

GLENALBYN SWIMMING POOL - SEPTEMBER 2010 TIMETABLE

MONDAY

07.15 - 08.30 Early Morning Coaching and Lane Swimming
09.00 - 09.45 Adult Coaching
09.45 - 10.30 Adult Instruction
10.30 - 11.30* PUBLIC SWIM
12.30 - 01.30* PUBLIC SWIM
05.00 - 05.45 10 week children teaching course
06.00 - 06.45 10 week children teaching course
07.00 - 08.00* PUBLIC SWIM
08.00 - 09.00 8 week adult teaching course
09.00 - 10.00* PUBLIC SWIM

THURSDAY

07.15 - 08.30 Early Morning Coaching and Lane Swimming
09.00 - 09.45 Adult Coaching
09.45 - 10.30 Adult Instruction
04.00 - 04.45 10 week children teaching course
05.00 - 05.45 10 week children teaching course
06.00 - 06.45 10 week children teaching course
07.00 - 08.00 Adult Coaching
08.00 - 09.00 Aqua Fit
09.00 - 10.00* PUBLIC SWIM

TUESDAY

09.00 - 09.45 Adult Coaching
10.00 - 11.00 Aqua Fit
12.00 - 01.00* PUBLIC SWIM
04.00 - 04.45 10 week children teaching class
05.00 - 05.45 10 week children teaching class
07.00 - 08.00* PUBLIC SWIM
08.00 - 09.00* Adult Coaching
09.00 - 10.00* PUBLIC SWIM

FRIDAY

07.15 - 08.30 Early Morning Coaching and Lane Swimming
10.00 - 11.00* PUBLIC SWIM
11.00 - 12.00 Aqua Fit
01.00 - 02.00* PUBLIC SWIM
04.00 - 04.45 10 week children teaching course
05.00 - 06.00* PUBLIC SWIM
07.00 - 08.00 Adult Coaching
08.00 - 09.00 Lifesaving Course
09.00 - 10.00* PUBLIC SWIM

Glenalbyn Swimming Club

Glenalbyn Pool is the home of **Glenalbyn Swimming Club** which is a swimming club for children from 7 years upwards.

If your child would be interested in swimming competitively with qualified coaches please contact:

Linda at 0868181921

WEDNESDAY

07.15 - 08.30 Early Morning Coaching and Lane Swimming
11.30 - 12.30 Aqua Fit
12.30 - 01.30* PUBLIC SWIM
04.00 - 04.45 10 week children teaching class
05.00 - 05.45 10 week children lengths class
08.00 - 09.00 Aqua Fit
09.00 - 10.00* Public Swim

SATURDAY

02.00 - 03.00* PUBLIC SWIM
03.00 - 05.00 PUBLIC SWIM
05.00 - 06.00* PUBLIC SWIM
06.00 - 07.00 Adult Coaching

SUNDAY

09.00 - 10.00* PUBLIC SWIM
10.00 - 12.00 2 HOUR SWIM
02.00 - 03.00* PUBLIC SWIM
03.00 - 05.00 PUBLIC SWIM
05.00 - 06.00* PUBLIC SWIM

**CONTACT RECEPTION FOR
INFORMATION ABOUT
ADDITIONAL SWIMS**

PH. 2881502

PLEASE LOCK YOUR VALUABLES IN A LOCKER - LOCKER CHARGE 20C

DURATION OF SWIM 50 MINUTES APPROXIMATELY

ADMISSION FEES FOR PUBLIC SWIMS

Adult Member	€3.00
Junior Member	€2.00
Non-Member Adult	€5.50
Non-Member Junior	€2.80

TEACHING CLASSES, AQUA FIT AND COACHING FEES

Adult Member	€3.80
Non-Member Adult	€6.00

Please Note

All Child Teaching Classes For Year 2009/10 Start from September 1st

ADULT SWIMMING COURSES

**Monday 8-9 pm
Adult 8 week course**

Starting 6th September 2010

Children's Teaching Classes (All classes start 1st September 2010)

Monday	5.00 - 5.45pm
Monday	6.00 - 6.45pm
Tuesday	4.00 - 4.45pm
Tuesday	5.00 - 5.45pm
Wednesday	4.00 - 4.45pm
Wednesday	5.00 - 5.45pm (Lengths)
Thursday	4.00 - 4.45pm
Thursday	5.00 - 5.45pm
Thursday	6.00 - 6.45pm
Friday	4.00 - 4.45pm
Saturday	9.45am (Lengths)
Saturday	10.40am
Saturday	11.20am
Saturday	12.15pm
Saturday	1pm

Students, OAP, Unwaged swim rates apply up to 6 pm on production on relevant I.D.
 Early Morning Swim 7.15 - 8.30am, Monday, Wednesday, Thursday and Friday - Enquiries at 2881502

*Denotes Lanes 1 & 2 roped off for distance swimming - Pool closed Bank Holidays

The use of any form of CAMERA including Camera Phones, is forbidden in the Changing Rooms, Pool Hall, and Spectator Area

Swimcaps must be worn at all times - available at reception for €2.00

Goggles available at reception (one type - €5.00)

Please lock away valuables

Duration of swim 50 minutes approximately

Children under 8 must be accompanied by an adult.

Daily Talking Timetable – 2881678

Further information email info@glenalbyn.ie

New timetables can be downloaded @ http://www.glenalbyn.ie/swimming_pool.htm

MANAGEMENT MAY CHANGE OR ALTER SWIM SESSIONS FROM TIME TO TIME.

MEMBERS NOTE - CURRENT MEMBERSHIP CARDS MUST BE PRODUCED AT EVERY VISIT

To facilitate staff, patrons are requested to vacate the pool premises 15 minutes after last swim of the day.

NOTE

Please do not park vehicles on the Ambulance or Wheelchair parking spaces