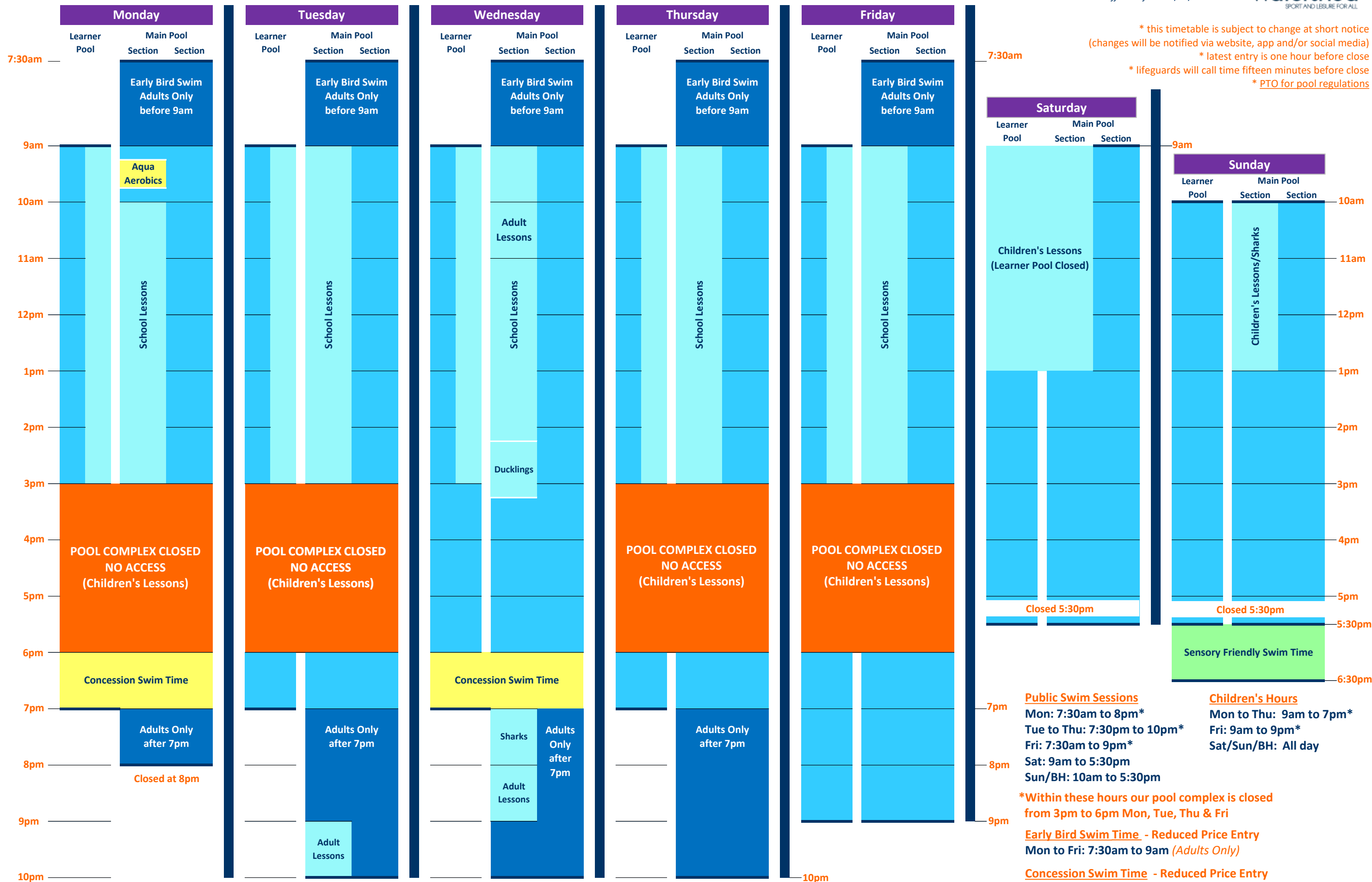


# Pool Timetable Autumn 2023



Timetable effective from 31/08/2023



\* this timetable is subject to change at short notice (changes will be notified via website, app and/or social media)  
 \* latest entry is one hour before close  
 \* lifeguards will call time fifteen minutes before close  
 \* PTO for pool regulations

**Public Swim Sessions**  
 Mon: 7:30am to 8pm\*  
 Tue to Thu: 7:30am to 10pm\*  
 Fri: 7:30am to 9pm\*  
 Sat: 9am to 5:30pm  
 Sun/BH: 10am to 5:30pm

**Children's Hours**  
 Mon to Thu: 9am to 7pm\*  
 Fri: 9am to 9pm\*  
 Sat/Sun/BH: All day

\*Within these hours our pool complex is closed from 3pm to 6pm Mon, Tue, Thu & Fri

**Early Bird Swim Time - Reduced Price Entry**  
 Mon to Fri: 7:30am to 9am (Adults Only)

**Concession Swim Time - Reduced Price Entry**  
 Mon & Wed: 6pm to 7pm

**Sensory Friendly Swim Time**  
 Sun: 5:30pm to 6:30pm - for customers with additional needs

**IMPORTANT:** We have a strict policy regarding the admission of children which applies at all times, please note this policy on our website before planning a visit

**Please note:**

The Health Suite has partially reopened, the Steam Room and Jacuzzi are available to customers aged 16 and over only

The Sauna is closed until further notice and we apologise for any inconvenience this may cause

Swim sessions with the giant inflatable swim slide are not operating at present

The Watershed are not responsible for any belongings lost or mislaid on the premises

All pools are closed to Members and Public swims from 3pm to 6pm on Mondays, Tuesdays, Thursdays and Fridays during Children's Lessons

The Learner Pool is not available on Saturday mornings until after 1pm

The floor of the deep end of our main pool is MOVABLE, we strongly advise you to check the pool depth before entering the water

Latest entry permitted is one hour before close and Bank Holidays operate to Sunday swim sessions

**General Regulations**

All customers must wear the wristband issued to them at Reception at all times while they are on the premises

All pool users must wear swim hats and pre-shower before entering the water, including children

All belongings must be stored in lockers (refundable €1 coin required)

The reserving of showers and changing cubicles is strictly forbidden WITHOUT EXCEPTION, and may lead to belongings being moved

Members and customers must exit the pool when Lifeguards call time fifteen minutes before close

Latest entry permitted is one hour before close and Bank Holidays operate to Sunday times

**Child Admission Policy**

Children's hours are 9am to 7pm Monday to Thursday, from 9am to 9pm on Friday and all day Saturday, Sunday and Bank Holidays (note pool closures during children's lessons)

Children's hours apply to all members and customers aged 15 and under

Children aged 10 & under must be accompanied in the water by a supervising adult 18 years + at all times, even if they are experienced & proficient swimmers

The ratio of one adult to every two children aged 7 or under & one to three for ages 8 to 10 applies at all times

Supervising adults must be in close proximity to children in the water at all times & may not supervise from the pool deck, Health Suite, changing village or viewing gallery

**Sensory Friendly Swim Time**

Our Sensory friendly swim session is specifically for the comfort of our customers with sensory sensitivity, when there will be no music and reduced lighting at Reception and in the Pool Complex. Numbers are restricted and entry is on a first come first served basis. A limited number of tickets may be available for advance purchase - please email [amanda.menton@thewatershed.ie](mailto:amanda.menton@thewatershed.ie) if you would like to enquire. Training will also be taking place in the pool during this time. All customers are respectfully requested to be aware and observe that this is a quiet time and keep all noise to a minimum, thank you

**Pay As You Go Rates €**

	<b>Adult</b>	<b>Child</b>	<b>Family</b>	<i>Family Rates are for two adults + two children or one adult + three children</i>
<b>Peak</b>	9	5	22	6pm to close Monday, Tuesday, Thursday, Friday, from 5pm on Wednesdays and all day Saturday, Sunday and Bank Holidays
<b>Off Peak</b>	7	5	22	7:30am to 3pm Monday, Tuesday, Thursday and Friday and 7:30am to 6pm Wednesday (excluding Bank Holidays)
<b>Concession</b>	6	4	18	6pm to 7pm on Mondays and Wednesdays (excluding Bank Holidays)
<b>Early Bird</b>	6	-	-	7:30am to 9am Monday to Friday (excluding Bank Holidays), Adults Only