Please note that this timetable is subject to change. Any changes will be notified via our website, mobile app and/or social media pages.

Public Swimming Times
* Last entry is one hour before close *

- **Monday:** 7:30am - 10pm
- **Tuesday:** 7:30am - 9pm
- **Wednesday:** 7:30am - 10pm
- **Thursday:** 7:30am - 10pm
- **Friday:** 7:30am - 9pm
- **Saturday:** 9am - 6pm
- **Sunday/BH:** 10am - 6pm

*IMPORTANT:* We have a strict policy regarding the admission of children which applies at all times, please read before planning a visit (PTO).
**General Pool Access Regulations**

1. Swim hats must be worn at all times and can be purchased at Reception.
2. Children aged 3 years and under are F.O.C. Swim nappies and hats must be worn and can be purchased at Reception.
3. In the interests of hygiene all pool users must shower before entering the Pool.
4. Patrons may not leave belongings in changing cubicles at ANY time & must store them in the lockers provided. €1 coin (refundable) req.
5. Patrons may not reserve cubicles at ANY time e.g. while showering/waiting for children to finish lessons etc
6. The Health Suite may only be accessed by persons aged 16 years and over.
7. Users of the Pool Complex and Health Suite must comply with directives given by The Watershed Lifeguards and staff at all times.
8. The floor of deep end of our main pool is MOVABLE, we strongly advise that you check the depth of the pool on monitors before entering.
9. Pay As You Go Customers must wear their wristbands AT ALL TIMES and dispose of them in the bins provided after their visit.

**Child Admission Policy**

1. Children’s hours apply to all persons under 16 years.
2. Children aged 10 or under must be accompanied in the water by a person of minimum age 18 years at all times.
3. The ratio of one adult to every two children aged 7 or under applies at all times.

**Standard Pool Admission Prices**

**Peak Time:**
- FAMILY €20
- ADULT €7.75
- CHILD €3

4pm to close Monday to Friday (excl 'Special' Swim Time), Weekends & Bank Holidays.

**Off-Peak Time:**
- FAMILY €20
- ADULT €6.75
- CHILD €4.35

7.30am to 4pm Monday to Friday (except during 'Special' Swim Time).

**General Information Regarding Pool Access**

1. Our Main Pool is divided into sections. There is a free space plus a minimum of one lane available to the public at all times, when other activities are taking place.
2. There is limited or no access to our Learner Pool during Swim Camp periods.
3. During our 'Sensory Friendly' time periods, there will be no music, loud speaker announcements limited to emergencies only and reduced lighting in public areas if and where possible.