

What you need to know

- **We are not taking Pool bookings** – admissions will be stopped when we reach capacity as per government guidelines
- Everyone must complete a **Self Declaration/Contact Tracing Form** which is to be handed in at Reception for each visit. Forms are available at Reception and on our website, if you like to print out and complete at home
- Your swim session will be for a maximum duration of **one hour** unless otherwise stated on the timetable information on the next page
- We recommend that you arrive '**Beach Ready**' i.e. with your swimwear on under your clothing to enable you to spend as much of the hour as possible in the water
- Everyone must wear the **Wristband** given to them at Reception, including children
- On entering the Changing Village, please observe the **One Way System** (Keep Right) and maintain **Social Distancing in all areas at all times**
- You must **pre-shower** and you must wear a **swim hat** at all times
- Please vacate the pool promptly when instructed by the Lifeguards at the end of your session
- Please dry and change as **swiftly** as possible to allow staff full opportunity to perform their cleaning and sanitisation duties in preparation for the next session. **Note:** use of the showers after your swim is not permitted, however, you may use the showers briefly to rinse the chlorinated water from your skin if you wish - maximum 30 seconds, **no shampoo, no shower gel**
- The **use of hairdryers and shavers is not permitted**
- We are sorry but... our Health Suite and Giant Inflatable Slide are not available for the time being

Price List

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|-----------------------------------|-------------------|---|
| ▪ 7:30am to 8:30am Weekdays | Early Bird | Adults €5.50 (Adult Only Session) |
| ▪ 11am to 4:30pm Weekdays | Off-Peak | Adults €6.75 , Children €4.35 , Families €20 |
| ▪ 4:30pm to 6pm Weekdays | Peak | Adults €7.75 , Children €5 , Families €20 |
| ▪ Saturdays/Sundays/Bank Holidays | Peak | Adults €7.75 , Children €5 , Families €20 |

How to access facilities at The Watershed

Swimming Pool



POOL TIMETABLE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
7:30am	> 8:30am	7:30am	> 8:30am	7:30am	> 8:30am	7:30am	> 8:30am	7:30am	> 8:30am	11:30am	> 12:30pm	11am	> 12pm
9am	> 10am	9am	> 10am	9am	> 10am	9am	> 10am	9am	> 10am	1pm	> 2pm	12:30pm	> 1:30pm
10:15am	> 11:15am	10:15am	> 11:15am	10:15am	> 11:15am	10:15am	> 11:15am	10:15am	> 11:15am	2:15pm	> 3:15pm	2pm	> 3pm
11:30am	> 12:30pm	11:30am	> 12:30pm	11:30am	> 12:30pm	11:30am	> 12:30pm	11:30am	> 12:30pm	3:30pm	> 4:30pm	3:15pm	> 4:15pm
2pm	> 3pm	12:45pm	> 1:45pm	3:15pm	> 4:15pm	12:45pm	> 1:45pm	12:45pm	> 1:45pm	5:00pm	> 5:45pm	4:30pm	> 5:30pm
6:45pm	> 7:45pm	2pm	> 3pm	5pm	> 6:30pm	2pm	> 3pm	2pm	> 3pm				
8pm	> 8:45pm	3:15pm	> 4:15pm	6:45pm	> 7:45pm	5pm	> 6:30pm	6:45pm	> 7:45pm				
9pm	> 10pm	5pm	> 6:30pm	9pm**	> 10pm	6:45pm	> 7:45pm	8pm**	> 9pm				
		6:45pm	> 7:45pm			9pm	> 10pm						
		9pm*	> 10pm										

Aqua Aerobics Mondays and Wednesdays 9am

Aqua Aerobics takes place at 9am on Monday and Wednesday mornings and during this time there will be space for open Swimming plus one Lane available

Special Monday Evenings 8pm

The Swim Session at 8pm on Monday is 45 minutes long, as opposed to the standard 60 minutes and will therefore be charged the Off-Peak price of €6.75

Limited Space

Tuesdays 9pm, Wednesdays 9pm and Fridays 8pm will have reduced space due to group bookings

* Two Lanes Only ** Three Lanes Only

Children's Hours

Children are temporarily extended and we welcome them to attend any swim session that starts between the hours of 9am and 6:45pm, all other times are for adults (16 years plus) only.

How to access facilities at The Watershed

Gym



Monday to Thursday

- 7:30am to 10am
- 10:30am to 2pm
- 2:30pm to 4pm
- 4:15pm to 8pm
- 8:30pm to 10pm

Weekends/Bank Holidays

- 10am to 12:30pm
- 1pm to 3:30pm
- 4pm to 5:30pm

Friday ▪ 4:15pm to 9pm

Members Only: 6:30am to 7:30am (Monday to Friday)

Fitness Classes

- All Live Fitness classes will take place outdoors under the Canopy or on the Astro turf. All Virtual Fitness classes will be take place in the studio
- Maximum participants class : Live = 14, Virtual = 6 Please see our Class Timetable and pre-book at Reception, online or via our Mobile App
- All classes must be booked in advance via Reception/Website/App. Please note we have a 'Strike' Policy for all 'no-shows'

Price List

Customers must be aged 16 years and over to access the Gym and Fitness Classes

- 7:30am to 1:30pm Weekdays €6
- 1:30pm to 8pm Weekdays €9
- Saturdays/Sundays/Bank Holidays €9
- Fitness Classes:
45 Minute Class €7 30 Minute Class €5

What you need to know

- **We are not taking Gym bookings** – admissions will be stopped when we reach capacity as per government guidelines
- Everyone must complete a **Self Declaration/Contact Tracing Form** which is to be handed in at Reception for each visit. Forms are available at Reception and on our website, if you like to print out and complete at home
- You are welcome to work out at any time during the times listed **but must vacate the gym at the end of the session**, so bear this in mind when planning your visit and ensure you arrive with sufficient time to complete your workout
- Please arrive in your gym gear, ready to work out, if possible. There is **limited access to changing/showering** facilities. Lockers may be used to store personal belongings
- Please bring a **water bottle** with you and also a **yoga mat** if you need one for stretching or performing floor exercises. Please note that **towels are not permitted**
- Everyone must wear the **Wristband** given to them at Reception
- On entering the Gym, please observe the **One Way System** (Keep Right) and maintain **Social Distancing in all areas at all times**
- You are not permitted to have someone 'spot' you when training so **do not include heavy weightlifting** in your workout
- Certain equipment such as the Ski Rig, Assault Bike, Rowers etc have been moved to the Personal & Group Training Zone, please ask a member of staff if you need access
- Please sanitise your hands and ensure they are dry before handling any equipment. Please note our sanitisers contain alcohol and are used at the customer's own risk
- Please vacate the Gym promptly when instructed by the Fitness Team at the end of your session to allow our staff full opportunity to perform their cleaning and sanitisation duties in preparation for the next session

14th to 20th September 2020