

We are not taking Pool bookings – admissions will be stopped when we reach capacity as per government guidelines

Please be aware that swim sessions can reach capacity very quickly, particularly at weekends

Please arrive as early as you can before the swim session is due to start

If we are full when you arrive, we will offer to sell you an admission in to the next available session

What you need to know

- Capacity in our pool is forty six customers and four staff members.
- Everyone must wear a face mask while entering the building, moving through the Reception area and corridors of the building
- 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

- | | | |
|---------------------------------|-------------------|-------------------------------------------------------------------|
| 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 |

14th to 18th October 2020

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	7:30am	➤ 8:30am	9:30am ⁹⁰	➤ 11am	10:15am ^{SP}	➤ 11am
9am	➤ 10am	9am	➤ 10am	9am	➤ 10am	9am	➤ 10am	9am	➤ 10am	9am	➤ 10am	11:30am	➤ 12:30pm	11:15am ^{SP}	➤ 12pm
10:15am	➤ 11:15am	10:15am	➤ 11:15am	10:15am	➤ 11:15am	10:15am	➤ 11:15am	10:15am	➤ 11:15am	10:15am	➤ 11:15am	1pm	➤ 2pm	12:30pm	➤ 1:30pm
11:30am	➤ 12:30pm	11:30am	➤ 12:30pm	11:30am	➤ 12:30pm	11:30am	➤ 12:30pm	11:30am	➤ 12:30pm	11:30am	➤ 12:30pm	2:15pm	➤ 3:15pm	2pm	➤ 3pm
2pm	➤ 3pm	12:45pm	➤ 1:45pm	2pm	➤ 3pm	12:45pm	➤ 1:45pm	12:45pm	➤ 1:45pm	12:45pm	➤ 1:45pm	3:30pm	➤ 4:30pm	3:15pm	➤ 4:15pm
3:15pm ⁹⁰	➤ 4:45pm	2pm	➤ 3pm	3:15pm ⁹⁰	➤ 4:45pm	2pm ³	➤ 3pm	2pm	➤ 3pm	2pm	➤ 3pm	5:00pm ^{SP}	➤ 5:45pm	4:30pm	➤ 5:30pm
6:45pm ^{SP 2}	➤ 7:30pm	3:15pm ⁹⁰	➤ 4:45pm	5pm ⁹⁰	➤ 6:30pm	3:15pm ⁹⁰	➤ 4:45pm	3:15pm ⁹⁰	➤ 4:45pm	3:15pm ⁹⁰	➤ 4:45pm				
8pm ^{SP}	➤ 8:45pm	7pm ^{SP 3}	➤ 7:45pm	6:45pm	➤ 7:45pm	7pm ^{SP}	➤ 7:45pm	6:45pm	➤ 7:45pm	6:45pm	➤ 7:45pm				
9pm	➤ 10pm	9pm ²	➤ 10pm	8pm ^{SP}	➤ 8:45pm	9pm ⁴	➤ 10pm	8pm ^{SP 3}	➤ 8:45pm						
				9pm	➤ 10pm										

• Max 12 admission Mon 6:45pm

Aqua Aerobics

This class is cancelled until further notice, due to Level 3 restrictions

Special Off-Peak Price Session^(SP)

On Monday at 6:45pm and 8pm, Tuesday at 7pm, Wednesday at 8pm, Thursday at 7pm, Friday at 8pm, Saturday at 5pm and Sunday at 10:15am and 11:15am, the swim sessions are 45 minutes long and will therefore be charged at the Off-Peak price of €6.75

Extended Swim Time⁽⁹⁰⁾

Monday to Friday at 3:15pm, Wednesday at 5pm and Saturday at 9:30am, the Swim Sessions are 90 minutes duration

Limited Space

Mondays from 6:45pm, Tuesdays from 4pm and at 7pm and 9pm, Thursdays at 2pm and 9pm and Fridays at 8pm will have reduced space due to group bookings : ²=Two Lanes available ³=Three Lanes Only available ⁴= Four Lanes available ⁵= Five Lanes available

Children's Hours

Children's (0 – 15 years) hours are temporarily extended and they are welcome to attend any session starting 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 9:30am
- 10am to 2pm
- 2:15pm to 4pm
- 4:15pm to 9:30pm

Weekends/Bank Holidays

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

Friday

- 4:15pm to 9pm

***Members Only:** From 6:30am Monday to Friday and 8:30am Weekends/Bank Holidays) - strictly for [peak time members only](#). members must [swipe in](#) and must complete [self declaration forms](#). Unauthorised access to the gym is strictly forbidden and will result in future access being denied.

Fitness Classes

- All Live Fitness classes will take place outdoors under the Canopy or on the Astroturf. All Virtual Fitness classes will be take place in the studio
- Maximum participants class = 14. 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

- 7:30am to 1:30pm Weekdays €6
- 1:30pm to 8pm Weekdays €9
- Saturdays/Sundays/Bank Holidays €9
- Teen Gym Hour (13 to 15 year olds) €5
- Fitness Classes: 45 Minute Class €7 30 Minute Class €5

1. All members/customers must swipe in/check in at Reception
2. All members/customers must wear the Wristband given to them

USE OF FACILITIES WITHOUT HAVING COMPLETED THE ABOVE TWO CONDITIONS IS STRICTLY PROHIBITED

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 wear a face mask while entering the building, moving through the Reception area and corridors of the building
- 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 session times listed, however, last admission to any gym session will be **forty five minutes before the session is due to end**.
- 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**
- 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
- Customers must be aged 16 years and over to access the Gym and Fitness Classes. From Monday to Friday, 4:15pm to 5:15pm, Teens aged 13 years to 15 years can access the Gym ('Teen Gym Hour')

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