

## GLENALBYN SWIMMING POOL - JANUARY 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

**09.15 - 10.00** 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	<b>€3.00</b>
Junior Member	<b>€2.00</b>
Non-Member Adult	<b>€5.50</b>
Non-Member Junior	<b>€2.80</b>

#### TEACHING CLASSES, AQUA FIT AND COACHING FEES

Adult Member	<b>€3.80</b>
Non-Member Adult	<b>€6.00</b>

#### 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 January 2010 - ask Reception for more information**

#### Children's Teaching Classes (All classes start 1st September 2009)

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](mailto:info@glenalbyn.ie)**

New timetables can be downloaded @ [http://www.glenalbyn.ie/swimming\\_pool.htm](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**