



# CASTLE PARK SCHOOL SWIM ACADEMY & SPORTS CENTRE



## POOL TIMETABLE JANUARY – MARCH 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY		
7am	Open Swim from 7.30am	Open & Lane Swim	Open & Lane Swim	Open & Lane Swim		Closed		Closed		
8am	Open & Lane Swim	Open & Lane Swim	Open & Lane Swim	Open & Lane Swim	Open & Lane Swim			Closed		
9am			Open Swim	Open & Lane Swim	Open & Lane Swim until 9.30	Parent & Toddler	Children's Lessons	Open & Lane Swim		
10am			Aqua Aerobics	Open Swim			Children's Lessons	Water Confidence	Open & Lane Swim	
11am			Adult Lessons	Parent & Toddler			Children's Lessons		Open & Lane Swim	
12pm			Open & Lane Swim		Open & Lane Swim		Children's Lessons		Open & Lane Swim	
1pm							Open & Lane Swim		Open & Lane Swim	
2pm					Children's Lessons Lv 1 – 3, WC	Open & Lane Swim	CP Senior Montessori		Open & Lane Swim	Family Fun Swim
3pm							Children's Lessons	Water Confidence	Open & Lane Swim	Family Fun Swim
4pm							Children's Lessons Finish at 5.15		Open & Lane Swim	Open & Lane Swim
5pm		Children's Lessons-start 4.45 – 6.15	Children's Lessons- start 4.45 – 6.15	Children's Lessons starting 4.45- 6pm	Rookie Lifeguard	Open swim	Open & Lane Swim	Open & Lane Swim		
6pm	Open & Lane Swim Starting 6.15 - 7	Rookie Lifeguard Starting 6.15	Open Swim	Children's Lessons	Children's Lessons	Open & Lane		Closed		
7pm	Children's Lane Training	Open & Lane Swim	Children Lane Training	Open & Lane Swim	Children's Lane Training			Closed		
8pm	Aqua Aerobics	Open/Lane Swim		Adult Lane Training	Open/Lane Swim		Adult Lessons	Aqua Aerobics	Open & Lane Swim	
9pm	Open & Lane Swim	Open & Lane Swim		Open & Lane swim	Closed					



# CASTLE PARK SCHOOL

## SWIM ACADEMY & SPORTS CENTRE



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#### PUBLIC SWIMMING & PAY AS YOU GO OPTIONS

**Open & Lane Swim:** Open to all children and adult public swimmers.

**Aqua Aerobics:** An energetic class to help you improve fitness.

**Adult Lane Training:** Structured swimming to develop endurance & stroke technique, ideal also for tri-athletes. (Also pay per term)

**Sea Swim Training:** Structured class to get you ready for the summer sea season. Sea specific techniques are introduced as well as improving stamina, endurance and technique.

**Early Morning Lane Coaching:** Coached lane session designed to improve stamina & technique.

**Aqua Aerobics:** Minimum of 3 participants per class

#### ACADEMY LESSONS – PAY PER TERM

**Adult & Children's Lessons:** Available for beginners to advanced swimmers of all ages & abilities, contact us for full details.

**Adult Lane Training:** Structured swimming to develop endurance & stroke technique, ideal also for tri-athletes. (Also pay-as-you-go)

**Children's Lane Training:** Structured swimming sessions designed to improve stamina, fitness, endurance and technique. All four strokes covered.

**Rookie Lifeguard:** RLSS Rookie Lifeguard program for children of proficient swimming ability. Follows lesson terms & dates.

**Parent & Toddler:** Classes which develop water confidence in children aged 6 months to 36 months.

**Water Confidence:** Specifically designed for children aged 3 years upwards, to build confidence in the water before moving into children's lessons.

**Please lock your valuables in a locker - €2 refundable lockers available at reception**

**Duration of each swim – 50 minutes approximately**

#### Admission Fees:

Adult Swim = €5.00

Child Swim = €3.50

Family Swim = €15.00

Aqua Aerobics = €6.00

Adult Lane Training = €8.50

Parent & Toddler = €7.00

Early Morning Coaching = €6.00

#### Additional Information:

The use of CAMERAS & camera phones is forbidden in pool area, spectator area & changing areas.

Swim caps must be worn at all times – available at reception for €2.50

Please lock away valuables.

Children under 8 must be accompanied by an adult at all times.

Children aged 8 and above must use correct changing rooms – male/female.

All times are subject to change at management's discretion, please ring ahead to confirm swim time.

Family swim = 2 adults & 2 children, OR 1 adult & 3 children.

Children not permitted on the premises after 8pm.

Please contact us for Christmas swimming times.