

# Swan Leisure @ Crumlin

## May 2023

### Monday

7:00 - 9:00 am	25m Open Session	🟢
9:00 - 6:00 pm	Family Swim	
10:00 - 12:00 am	School	
12:00 - 2:00 pm	School	🔴
3:00 - 6:00 pm	Centre Lessons	🔴
6:00 - 8:45 pm	25m Open Session	
6:00 - 7:00 pm	Masters	🔴
7:00 - 8:00 pm	Swim Club	🔴
8:00 - 8:45 pm	Adult Lessons	

### Tuesday

7:00 - 9:00 am	25m Open Session	🟢
10:00 - 10:40 am	Aqua	
9:00 - 6:00 pm	Family Swim	
11:00 - 12:30 pm	Baby Lessons	
1:00 - 2:00 pm	School	
3:00 - 6:00 pm	Centre Lessons	🔴
6:00 - 8:45 pm	25m Open Session	
6:00 - 7:00 pm	Masters	🔴
7:00 - 9:00 pm	Swim Club	

### Wednesday

7:00 - 9:00 am	25m Open Session	🟢
9:00 - 10:00 am	School	
9:00 - 6:00 pm	Family Swim	
10:15 - 11:00 am	Adult Lessons	
11:00 - 1:00 pm	School	
3:30 - 6:00 pm	Centre Lessons	🔴
5:00 - 6:00 pm	Rookie Lifeguard	🔴
6:00 - 8:45 pm	25m Open Session	
6:00 - 7:00 pm	Masters	🔴
7:00 - 9:00 pm	Swim Club	

### Thursday

7:00 - 9:00 am	25m Open Session	
9:00 - 6:00 pm	Family Swim	
9:00 - 10:00 am	School	
4:00 - 5:00 pm	Centre Lessons	🔴
5:00 - 6:00 pm	Autism Hour	🔴
6:00 - 8:45 pm	25m Open Session	
6:00 - 7:00 pm	Masters	🔴
7:15 - 7:55 pm	Aqua	🔴
8:15 - 8:45 pm	School	

### Friday

7:00 - 9:00 am	25m Open Session	
6:30 - 7:30 am	Masters	🔴
9:00 - 10:00 am	School	
9:00 - 6:00 pm	Family Swim	
10:00 - 1:00 pm	School	🔴
1:00 - 2:00 pm	School	
4:00 - 5:00 pm	Centre Lessons	
5:00 - 6:00 pm	School	🔴
6:00 - 7:45 pm	25m Open Session	

### Saturday

9:00 - 10:00 am	25m Open Session	
10:00 - 2:00 pm	Centre Lessons	🔴
2:00 - 4:45 pm	Family Swim	

### Sunday

10:00 - 4:00 pm	Family Swim	
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🟢 🟡 🔴 Green, amber and red lights indicate how busy the pool will be during school lessons

\*Changing room access will be restricted during school sessions. Changing rooms must be clear 20 minutes before the end of a group and for the 1st 5 minutes of a group (e.g. 13:00 school changing rooms access will be from 13:05 and must be cleared by 13:40)

## Baby Lessons

Parent & Baby/Toddler Lessons are suitable for children under 3, held once a week and are sold in 10 week fixed terms for €95.

To get on the mailing list for when the next term goes live for booking visit the reception desk or email [info@swanleisure.ie](mailto:info@swanleisure.ie)

## Centre Lessons

We offer Children Group Swimming Lessons that are 30 minutes long once a week, these lessons are suitable for children 3 - 12 years old and there are 6 levels of classes. They are sold in 10 week continuous terms for €95 or monthly direct debit of €36 for the first child and €33 for any additional children.

Beginners can start in our Ducklings class or they can come down for an assessment on weekdays anytime before 5pm, after 2pm on a Saturday or anytime Sunday to see which level would suit them best

## Adult Lessons

Swimming is a valuable skill to learn at any time throughout life. Our adult lessons are for complete beginners and will take you through the basics of technique and safety in the water

€100 for 10 week block

## 25m Open Session

Adult Swim. Free for members

€6.50 drop in rate

## Aqua

Popular water aerobics group exercise class - excellent for toning and sculpting your body with no impact to your joints.

Free with membership

€6.50 drop in rate

## Masters

Our coaches provide a set for you which will help you increase your swimming fitness level in a group environment.

Free for members

€6.50 drop in rate

## Family Swim

Family Swim. Free for members and children on centre lesson direct debit

Drop in rates: €6.50 per adult, €3 per child or €13 per family  
Free for children under 3

## Rookie Lifeguard

This course teaches poolside rescue skills and first aid for our lifeguards of the future. Skills they will learn include rope throwing, surface dives, pool safety, water rescues and follow Irish Water Safety Junior Lifeguard Program.

€100 for 10 week block

Suitable for those aged 8 - 15

## Autism Hour

Autism Friendly Hour for those with sensory needs. Sensory map and social story available at reception desk, music will be switched off, priority queuing for those with Autism, hairdryers will be switched off, and no unnecessary customer announcements will be made.

Children's lessons during this hour in collaboration with D12 Autism Parent's Support Group: €95 for 10 week block