

Welcome back to swimming lessons

Our team have been working hard to find a safe way for us to return to our swimming lessons programme. This process has taken time and we really appreciate your patience and understanding on this matter.

Following the guidance from the Government, Swim Ireland and Ireland Active we are delighted to announce that we are now in a position to resume swimming lessons the week of Monday 21st September for those pupils in level 3 to level 5.

Guidelines suggest that all swimming instructor teach from the pool deck which means we will have to postpone the return of levels 1 & 2 as our teachers are in the water with the pupils to assist them in building their confidence. We will monitor guidelines closely and plan to bring back levels 1 & 2 when we are certain it is safe to do so.

To allow us to operate safely there have been a few changes to the program which we would like to make you aware of;

- Arrive no more than five minutes before your class time
- Swimmers should only attend the lesson if they are feeling well
- The hand sanitisation station to be used on entering the building
- Face masks must be worn entering the building on the pool balcony and changing areas.
Please note Swim Irelands current guideline recommend children under 13 years of age are not expected to wear face masks.
- On arrival at reception you will need to complete the Covid-19 self-declaration / contact tracing log
- Your temperatures will be checked
- Only one person (parent/ guardian) is allowed to attend the session and may remain on the pool balcony for the duration of the session.
- Only one person (parent/ guardian) may enter changing room at the end of session.
- Use of changing rooms is only permitted after the swimming lesson so swimmers are to arrive ready with swimsuits on under their clothes.
- Swimmer will go straight to the pool balcony before the lesson and can get ready there.
- Swimming hat and goggles must be fitted before coming onto pool deck as the swimming instructor will not be allowed to assist in fitting them.
- Class timetables have changed and classes have been reduced to thirty five minutes to cater for additional cleaning and the need to add additional classes to the schedule. (See below for new class timetables)

- To abide by social distancing class sizes have been reduced and each swimmer will be allocated a pod with a designated resting space in the pool.
- The level 3 lessons will take place in shallow end of the swimming pool to allow for social distancing.
- Showers and changing rooms are available after the lesson to quickly wash off the chlorine and to get dressed.
- Hairdryers are not available at this time.
- Sanitiser spray and paper towels are available for your use throughout the building
- Please adhere to the social distancing requirements in place and follow our hygiene protocols

We understand that these changes may not suit everyone and are happy to hold any credits until you are ready to return.

We will do our utmost to accommodate as many swimmers as possible and have added extra sessions to the program but as numbers have been greatly reduced at all levels we may not be able to accommodate everyone at this time.

For now we ask that those who are happy to return to lessons under the current restrictions to contact reception on 021 4505284 to register. Your child will not be automatically registered.

Swim Lessons timetable

Monday	3.40 – 4.15pm	Group Lesson
	4.25 – 5.00pm	Lane Training
	5.10 – 5.45pm	Lane Training
Tuesday	4.00 – 4.35pm	Group Lessons
	4.45 – 5.20pm	Lane Training
	5.30 – 6.05pm	Lane Training
Wednesday	3.15 – 3.50pm	Group Lessons
	4.00 – 4.35pm	Group Lessons
	4.45 – 5.20pm	Group Lessons
	5.30 – 6.05pm	Group Lessons

Thursday	3.15 – 3.50pm	Group Lessons
	4.00 – 4.35pm	Group Lessons
	4.45 – 5.20pm	Group Lessons
Friday	4.00 – 4.35pm	Lane Training
	4.45 – 5.20pm	Lane Training
Saturday	10.00 – 10.35am	Lane Training
	10.45 – 11.20am	Lane Training
	11.30 – 12.05pm	Group Lessons
	12.15 – 12.50pm	Group Lessons
	1.00 – 1.35pm	Group Lessons