

Sligo Park Leisure Club - Terms and Conditions

General Information



Face masks must be worn when entering and exiting the Club.

All members should enter via the Club front entrance and leave using the tennis court exit.

Please use the hand sanitiser provided throughout the Club.

Register with a member of staff upon your arrival.

There will be no admittance to the Gym or Pool without a pre-booking.

Please observe social distancing at all times in the changing rooms, gym, pool and reception areas.

Time slots are strictly 1 hour with an additional 15 minutes allocated to prevent user congestion on entering and exiting the Club. Please ensure you leave enough time to exit the building within your time slot.

Lockers are currently not in use, all clothing must be stored in the sanitized containers provided, please avoid bringing valuables to the Club.

Sauna and Jacuzzi are available under the normal age restrictions with a maximum of two bathers.

To facilitate as many bathers as possible, please restrict Sauna and Jacuzzi usage to 10 minutes per person per slot.

Children under 14 years are not permitted in or around the Jacuzzi area.

The Steam Room is currently unavailable.

Members Information

Complete and submit Return to Fitness Declaration prior to making your first booking .(It is not necessary to complete prior to each visit, the leisure club manager must be notified of any changes).

Register for “**sign me up live**” for both gym and pool using the following 2 links

Gym <http://www.signmeuplive.com/invite/767921045315/>

Pool <http://www.signmeuplive.com/invite/015324165515/>

Bookings can be made up to 6 days in advance

In the event you are unavailable to attend a booking, please cancel as early as possible so the slot may be reallocated.

Residents Information

Bookings can be made using the links above, please check your email confirmation to ensure you have booked the correct facility. Alternatively please call 071 9161053 where a member of our team will be happy to make booking for you.

Spaces are limited only one booking per day at peak times please.

Limited access to the changing rooms for swimmers is available at this time, if possible please arrive ready for your swim and shower in your room to avoid overcrowding.

Children under 14 years must be always accompanied by a responsible adult.

Towels are available from Leisure Club reception



Gym users

Please arrive ready to begin your workout as changing facilities are not currently available to gym users. Toilet facilities are available while using the Gym, located in what was the family changing room. Bring along plenty of bottled water to hydrate during your session as the water cooler is not in use at this time. Observe social distancing guidelines at all times during your workout.



Pool users

Arrive no more than 5 mins prior to your slot.
Families please remember to social distance whilst swimming and be mindful of others.
Armbands and pool toys and swim boards are not available on deck at this current time but are available for purchase at our Club reception.
Swimming caps are mandatory and are available to purchase at a cost of €3.
An additional 15-minutes is allocated between each hour pool session to allow bathers use and vacate the changing rooms.
Leave the changing rooms promptly (if you feel that the time allocated is not sufficient, please leave the pool earlier).

Leisure Club Opening Times

★ *Separate booking systems are in place for pool and gym, please check your confirmation email to ensure you have booked the correct facility to avoid disappointment on arrival.*

Monday- Friday	Saturday & Sunday (and Bank Holidays)
7.00 - 8.00 (*Adults Only)	
8:15 - 9:15	8:30 - 9:30
09:30 - 10:30	09:45 - 10:45
12:00 - 13:00	11:00 - 12:00
13:15 - 14:15	12:15 - 13:15
14:30 - 15:45	13:15 - 14:30
- Facilities Closed for cleaning & sanitising	- Facilities Closed for cleaning & sanitising
15:45 - 16:45	14:45 - 15:45
17:00 - 18:00	16:00 - 17:00
18:15 - 19:15	17:15 - 18:15
19:30 - 20:30	18:30 - 19:30
20:45 - 21:45 (*Adults Only)	19:45 - 20:45



(*Adults only) = Over 14 years