



Updated: 24/08/2011

GENERAL RULES FOR ALL GUESTS/ LEISURE PASS HOLDERS

Management reserve the right to refuse admission.

All Pay-As-You-Go users must sign in at Reception on each visit.

Pool & Gym use is on a 'first come first served' basis at all times. **A valid Leisure Pass holder is not entitled to any preference over pay as you go users for any services or facilities that Forest Park Leisure Centre provide.**

The Forest Park Leisure Centre is a no smoking area.

Personal belongings are not to be left in lockers overnight. Such belongings will be removed and placed in lost property for seven days.

If you have any medical condition (diabetes, epilepsy, asthma or heart condition) or are pregnant please notify staff on your arrival.

Food and beverages are restricted to the reception area only. Soft drinks are permitted in the gym.

Chewing gum is not permitted in the building.

Forest Park Leisure Centre assumes no responsibility for property lost, stolen or damaged while on site.

Lockers require a refundable €1 coin.

All Leisure Passes are non refundable and non transferable.

Leisure pass holders must swipe in their cards on each entry to the centre.

The Leisure Pass card remains the property of Forest Park Leisure Centre.

The Centre time table is subject to change at any time without prior notice.

Use of the Health Suite is complimentary to any **ADULT** admission to Forest Park Leisure Centre.

Use of the Water Slide is complimentary to any admission to Forest Park Leisure Centre.

Peak Period: After 5p.m. weekdays, all weekends and bank holidays. Off Peak Period: Before 5p.m. weekdays.

Lost property will be kept on site for up to 2 months. After this time lost property will be donated to charity.

POOL RULES FOR ALL GUESTS/ LEISURE PASS HOLDERS

Children under the age of 11 years must be accompanied by an adult in the water at all times during public swimming. **No exceptions.**

Pool users must wear swimming hats at all times.

All admissions, including voucher and Leisure Pass holders, are for a duration of 60 minutes only. After this time the pool must be vacated to allow other users in.

Running, jumping, diving and acrobatics are strictly prohibited in the pool area.

Swimwear must be worn in the Health Suite and swimming pools at all times.

Instructions from the lifeguard must be followed at all times

Snorkels, flippers, masks and t-shirts are not permitted in the swimming pools.

Children who are not toilet trained must wear swim nappies.

Non-swimmers must remain within their depth.

A minimum height restriction of 1.2 m applies when using the Flume Water Slide. **NO EXCEPTIONS.**

Flotation rings are not permitted in the main pool unless fitted with an internal seat.

All bathers must shower before using the pool and after using the Health Suite.

Customers are not permitted to wear outdoor footwear in the pool area.

Glass containers are not to be taken into the pool area or changing rooms.

Cameras, mobile phone cameras and other recording devices are strictly prohibited in the building.

The public and Leisure Pass holders may use the pool during public sessions only.

Only persons over the age of 18 may use the Health Suite.

Use of the Jacuzzi is not permitted during swimming lessons or Aqua Aerobics classes.

Hats, goggles, armbands and other floatation devices will not be loaned or kept as lost property due to safety and hygiene reasons.

No soap products may be used at the poolside shower areas.

Some features, including the Flume Water Slide, may not be in operation during any given swim session.

GYM RULES FOR ALL GUESTS/ LEISURE PASS HOLDERS

We ask all customers to bring a towel to the gym.

The gym is for persons 18yrs or older.

Teen Gym Pay-As-You-Go rate available (14yrs - 17yrs 364 days) Parental consent form must be signed prior to first use.

Please wipe down the gym equipment after use.

Wear appropriate clothing such as running shoes, shirt, shorts or tracksuit.

All new customers are advised to undergo an induction & fill out a screening form. Please book in for an induction at the reception desk.

If you are unsure of how to use any of the equipment or have any questions please ask our qualified gym instructors.

Fitness programs, fitness classes and assessments can be purchased subject availability (complementary to valid Gym or Gym & Swim Leisure Pass Holders).

Items above may be adjusted by Forest Park Leisure Centre management where or when deemed necessary or appropriate due to exceptional circumstances.