

## Health Suite: Sauna & Steam Room

### Opening times (Adults Only)

Monday to Friday	7.30 am – 10.30 pm <b>S</b>
Saturday and Sunday	10.00 am – 5.00 pm
Price	Session €6.00
	Special (including a swim) €10.00

## Additional Information

### Children's Swimming and Gymnastics Lessons

Lessons are taught by our own fully qualified instructors. We offer lessons on a term basis for swimming and gymnastics. Easter, Summer and Halloween intensive swimming courses also available

### Adult Swimming Lessons

Complete beginners widths, up to adult advanced lengths. Courses run throughout the year.

### Children's Multi Activity Camps

A fun filled week of camp - Easter, Summer and Halloween. For more information please visit our website.

**S** Centre hours change during the summer months - check the website for details.

## Fitness Centre

Full range of CV and resistance equipment. Separate free-weights section. Fully qualified fitness instructors. Fully air-conditioned. 17 years plus. ID required

Monday to Friday	7.15 am – 10.00 pm <b>S</b>
Saturday	9.00 am – 6.00 pm
Sunday	10.00 am – 5.00 pm

### Pay as you go rates- Health Suite included

€6.50 per session €10.00 per session for Fitness Centre and Swim	€5.00 per session Weekdays before 12pm
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### Fitness Centre Membership

Membership includes use of the fitness centre, all public sessions in the pool, health suite, all fitness classes and regular exercise programmes on request.

#### Membership Rates

Single	1 Year	€385	Couple	1 Year	€690
	6 Months	€255		6 Months	€460
	3 Months	€175		3 months	€300
	1 Month	€65		O.A.P €30 Discount Card €3.50 per visit to gym or pool	
Student*	1 Year	€250			

\* Full-time students only

### Swimming Pool Membership

Adult 1 Year	€325	Adult 1 Month	€40
Child 1 Year	€200	Family 1 Year	€600



# Newpark School Sports Centre

## Facilities include

25 metre heated swimming pool  
Multi purpose sports hall  
Fully equipped fitness centre with air-con  
Health Suite: Sauna and Steam room

Theatre / Conference Area  
Outdoor playing pitches  
Vending Facilities & Sports Shop  
Wheelchair accessible

Newtownpark Ave, Blackrock, Co Dublin. Ph 01 2883720 / 01 2833037  
www.newparksportscentre.ie info@newparksportscentre.ie

Find us on 



**Newpark Sports Centre**  
is a fully accessible  
Sports facility

**White Flag Award Holders**  
The Quality Award  
for Leisure Facilities



# Swimming Pool Timetable

[S For summer hours, please check the website]

Monday	
7.15-8.15am	AO lane swim
11.10-11.40am	Parent & toddler
1.00-1.45pm	AO lane swim
5.30-7.00pm	CSL
7.00-8.00pm	Family Swim
8.00-9.00pm	AquaFit
10.00-10.45pm	AO lane swim
Tuesday	
7.15-8.15am	AO lane swim
11.10-11.40am	Ladies swim
6.30-7.30pm	CSL
10.00-10.45pm	AO lane swim
Wednesday	
7.15-8.15am	AO lane swim
11.10-11.40am	Parent & toddler
3.00-4.30pm	CSL
5.30-7.00pm	CSL
7.00-8.00pm	Family Swim
8.00-9.00pm	AquaFit
9.00-10.00pm	ASL
10.00-10.45pm	AO lane swim

Thursday	
7.15-8.15am	AO lane swim
11.10-11.40am	Ladies swim
1.00-1.45pm	AO lane swim
9.00-10.00pm	ASL
10.00-10.45pm	AO lane swim
Friday	
7.15-8.15am	AO lane swim
11.10-11.40am	Parent & toddler
1.00-1.45pm	AO lane swim
6.00-7.30pm	CSL
10.00-10.45pm	AO lane swim <b>S</b>
Saturday	
10.00am-2.00pm	CSL
2.00-5.00pm	Family Swim
Sunday	
11.00-4.00pm	Family Swim
4.00-5.00pm	Group Bookings
5.00-7.00pm	CSL

AO = Adults only  
 CSL = Childrens Swimming Lessons  
 ASL = Adult Swimming Lessons

Public Swim	
Adults	€6.00
Children	€4.00
OAP and Students (ID Required)	€5.00
Family Swim	€15.00
Swim and Fitness Centre Admission	€10.00
AO Lane Swim	
7.15-8.15am	€6.00
Lunchtime AO Lane Swim	
Mon, Thurs, Fri 1.00 - 1.45pm <b>S</b>	€5.00
Ladies Swim	
Tue & Thur am	€3.50
OAP's	€3.00
Parent and Toddler	
Mon, Wed, Fri 11.10 - 11.40am	€5.00

- Membership also available. See reverse for details.
- All Children under 8 years of age must be accompanied by an adult in the water at all times.
- Birthday Pool Parties - Book In Advance

## Fitness Classes

**Abdominal Tone & Sculpt - €6.50 per class**

**AquaFit - €7.00 per class**

**Body Conditioning - €6.50 per class**

**Bosu Ball - €6.50 per class**

**Circuit Training - €6.50 per class**

**Exercise for the over 50's - €4.00 per session**

**Fit box - €6.50 per class**

**Teen Fit - €5.00 per class**



Monday	
2pm - 3pm	Exercise for the over 50's
6:30pm - 7pm	Abdominal Tone & Sculpt
8pm - 9pm	AquaFit
8pm - 9pm	Circuit Training
Tuesday	
6:30pm - 7:30pm	Body Conditioning
8:30pm - 9:15pm	Bosu Ball
Wednesday	
2pm - 3pm	Exercise for the over 50's
6pm - 6.45pm	Teen Fit
7pm - 8pm	Circuit Training
8pm - 9pm	AquaFit
8pm - 9pm	Body Conditioning
9pm - 10pm	Fit Box
Thursday	
6:30pm - 7:30pm	Body Conditioning
7:30pm - 8:15pm	Bosu Ball
8:30pm - 9:30pm	Circuit Training
Friday	
2pm - 3pm	Exercise for the over 50's
6:30pm - 7:30pm	Fit Box