



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

Health Suite: Sauna & Steam Room

Opening times (Adults Only)	
Monday to Friday	7.30 am - 10.30 pm
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
 Easter, Summer and Halloween camps for boys & girls aged 3-14 years.
 Monday to Friday
 10.00 am - 3.00 pm
 Activities include swimming, gymnastics, uni-hoc, soccer, basketball, arts & crafts, fun & games and lots more.



Swimming Pool Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15-8.15am AO lane swim	7.15-8.15am AO lane swim	7.15-8.15am AO lane swim	7.15-8.15am AO lane swim	7.15-8.15am AO lane swim	10.00am-2.00pm CSL	
11.10-11.40am Parent & toddler	11.10-11.40am Ladies swim	11.10-11.40am Parent & toddler	11.10-11.40am Ladies swim	11.10-11.40am Parent & toddler		11.00-4.00pm Family Swim
1.00-1.45pm AO lane swim		3.00-4.30pm CSL	1.00-1.45pm AO lane swim	1.00-1.45pm AO lane swim	2.00-5.00pm Family Swim	
5.30-7.00pm CSL	6.30-7.30pm CSL	5.30-7.00pm CSL		6.00-7.30pm CSL		4.00-5.00pm Group Bookings
7.00-8.00pm Family Swim		7.00-8.00pm Family Swim				5.00-7.00pm CSL
8.00-9.00pm Aquafit		8.00-9.00pm Aquafit				
		9.00-10.00pm ASL	9.00-10.00pm ASL			
10.00-10.45pm AO lane swim	10.00-10.45pm AO lane swim	10.00-10.45pm AO lane swim	10.00-10.45pm AO lane swim	10.00-10.45pm AO lane swim		

Membership also available. 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

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

Public Swim		AO Lane Swim		Ladies Swim - (Tue & Thur am)	
Adults	€6.00	Price per session	€6.00	Price per session	€3.50
Children	€4.00			OAP's	€3.00
Senior Citizens and Students (ID Required)	€5.00	Lunchtime AO Lane Swim		Parent and Toddler	
Family Swim	€15.00	Mon, Thurs, Fri - 1.00 - 1.45pm		Price per session	€5.00
(admits 4 people - max 2 adults)		Price	€5.00		

Fitness Classes

Aquafit	
Exercise in water to music. Classes are suitable for non-swimmers.	
Monday and Wednesday	8.00 pm – 9.00 pm
Price Per Class	€7.00
Circuit Training	
Improve fitness, tone up and lose weight. Specifically selected exercises for the best possible workout in an hour. Suitable for all fitness levels.	
Monday	8.00 pm – 9.00 pm
Wednesday	7.00 pm – 8.00 pm
Thursday	8.30 pm – 9.30 pm
Friday	6.30 pm – 7.30 pm
Price (including Health Suite)	€6.50
Body Conditioning	
This class blends aerobic, resistance and stability exercises for a low impact total body workout. Suitable for all levels.	
Tuesday and Thursday	6.30 pm – 7.30 pm
Price (including Health Suite)	€6.50
Exercise for the over 50's	
Supervised fitness centre session combining all fitness components.	
Monday, Wednesday and Friday	2.00 pm – 3.00 pm
Price (including Health Suite)	€4.00

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	
Saturday	9.00 am – 6.00 pm	
Sunday	10.00 am – 5.00 pm	
Pay as you go rates	Membership	
	1 Year	€385.00
Mon-Fri before midday €5	6 Months	€255.00
All other times €6.50	3 Months	€175.00
Session prices includes Health Suite	1 Month	€65.00
<i>Couples, Corporate and Student Membership rates also available</i>		

