



## **\*\*ATTENTION ALL MEMBERS & GUESTS\*\***

Due to easing of Government guidelines we are delighted to announce that our **fitness classes** are resuming on Monday 31/8/2020. Please check our social media platforms for times to book or download our app on <https://www.gymsync.co.uk>

## **\*Reminder New TIME slots\***

Please note all usage of leisure club is per session.

GYM & POOL slots now combined and changing rooms open to all with social distancing rules still in force. Leisure Club visits **MUST** be booked in advance and you will be able to book online through our app <https://www.gymsync.co.uk> one week in advance or call 00353-429371922.

### **Scheduled times:**

#### **Mon-Fri**

6.30am to 8.30am  
9.00am to 10.30am  
11.00am to 12.30am  
1.00pm to 2.00pm  
2.30pm to 4.00pm  
4.30pm to 6.00pm  
6.30pm to 8.00pm  
8.30pm to 9.30pm

#### **Sat - Sun**

7.30am to 9.00am  
9.30am to 11.00am  
11.30 am to 1.00pm  
1.30pm to 3.00pm  
3.30pm to 5.00 pm  
5.30pm- 7.45pm

### **Please note children's hours remain the same**

At present, due to government guidelines the sauna, steam room, Jacuzzi and Hot tub will have limited capacity for the immediate future.

Facility opening times have changed slightly and numbers in the facility will be strictly controlled with a queuing system in place if needed. We would ask all our members to work with the staff to ensure that our new protocols are followed at all times and please take time to review these when you return with a member of our team. Carrickdale complex is cleaned & sanitized by staff after each session and a deep cleaning disinfectant ULV fogger Spray happens twice daily. Our team is adhering to the strictest guidelines for your safety.

Due to government track and trace guidelines there are new check in measures so check in may be a little bit longer than normal. Please be patient, read our guidelines and follow our procedures while using the complex. We would appeal for members and guests' support in the above procedures to ensure the safety of all.

**Please note all memberships have been updated and are active from 1/9/2020**

**Welcome back to Carrickdale Leisure Complex.**