



No online booking is available. Pay on arrival.

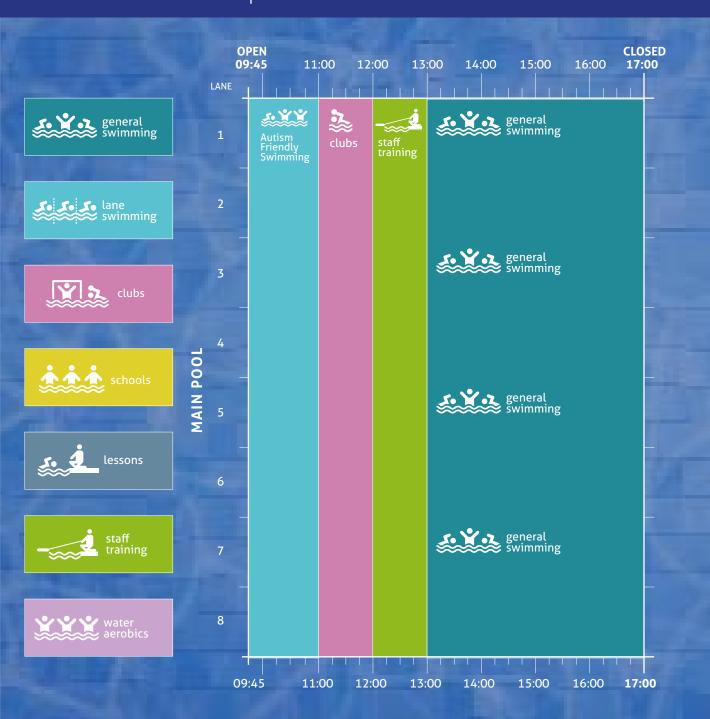
Members and non members can book and pay for health suite access at Reception.

Maximum limits may apply.

Swim sessions are strictly 60 minutes. Swim sessions will start at 9.00am and will run every 15 minutes with the last swim session being 3.00pm.

For more information on downloading the NMD Be Active app go to https://www.newrymournedown.org/be-active-app.

SUNDAY



No online booking is available. Pay on arrival.

Members and non members can book and pay for health suite access at Reception.

Maximum limits may apply.

Swim sessions are strictly 60 minutes.
Swim sessions will start at 9.00am and will run every 15 minutes with the last swim session being 3.00pm.

For more information on downloading the NMD Be Active app go to https://www.newrymournedown.org/be-active-app.