

SWIMMING POOL TIMETABLE

From Tuesday 4th January 2011

ALL ADULT SWIMS €6.50

Day	Early	Morning	Lunchtime	Mid Afternoon	Evening	Night	Adults Only
Mon	Sun Rise Swim 7.30 - 9.00 (6L) 9.00 - 9.30 (2L)	AQUA FIT 11.00 - 11.30 LEISURE SWIM 11 - 12 (2L)	Lunch Time Swim 12.45 - 2.00 (2 Lanes)	LEISURE SWIM 2.45 - 3.45pm (2 Lanes)		FAMILY SWIM 6.45 - 8.15	ADULT SWIM 8.15 - 9.15 (3 Lanes)
Tue	Sun Rise Swim 7.30 - 9.00 (6L) 9.00 - 9.30 (2L)	ADULT SWIM LESSONS 11.00 - 11.45 7 Wk Off Peak €55	Lunch Time Swim 12.45 - 2.00 (2 Lanes)	OVER 50's & Adult Members Only SWIM 3.00 - 4.00(2L)	LEISURE SWIM 5.30 - 6.30 (2 Lanes)	AQUA FIT 6.35 - 7.15 No Booking Required FAMILY SWIM 7.15 - 8.15	ADULTS SWIM 8.15 - 9.15 (3 Lanes)
Wed	Sun Rise Swim 7.30 - 9.00 (6L) 9.00 - 9.30 (2L)	AQUA FIT 10.00 - 10.30 LEISURE SWIM 10.30 - 11.30 (2L)	Lunch Time Swim 12.45 - 2.00 (2 Lanes)	LEISURE SWIM 2.45 - 3.45pm (2 Lanes)		FAMILY SWIM 6.45 - 8.15	ADULTS SWIM 8.15 - 9.15 (3 Lanes)
Thu	Sun Rise Swim 7.30 - 9.00 (6L) 9.00 - 9.30 (2L)		Lunch Time Swim 12.45 - 2.00 (2 Lanes)	LEISURE SWIM 3.00 - 4.00pm (2 Lanes)	LEISURE SWIM 5.30 - 6.30 (2 Lanes)	AQUA FIT 6.35 - 7.15 No Booking Required FAMILY SWIM 7.15 - 8.15	ADULTS SWIM 8.15 - 9.15 (3 Lanes)
Fri	Sun Rise Swim 7.30 - 9.00 (6L) 9.00 - 9.30 (2L)		Lunch Time Swim 12.45 - 2.00 (2 Lanes)	LEISURE SWIM 3.00 - 4.00 (2 Lanes)		FAMILY SWIM 7.15 - 8.15	ADULTS SWIM 8.15 - 9.30 (3 Lanes)
Sat		LEISURE SWIM 11.30 - 12.30 (2 L)			FAMILY SWIM 4.00 - 5.30pm	LEISURE SWIM 5.30pm - 6.45pm (2 L)	
Sun	Members Only 10.00 - 11.00 Full Pool & 2L Not available B.H. Mondays	LEISURE SWIM 11.00 - 12.30 (2 Lanes)		FAMILY SWIM Fun Swim, Floats, Toys etc 2.30pm - 5.30pm		ADULT SWIM 5.30pm - 6.45pm (3 L)	

The Centre reserves the right to change any of the programmes subject to demand.

SUN RISE SWIM	Suitable for All levels of Swimmers. Lanes Divided into Slow, Med & Fast.
LEISURE SWIM	Suitable for Adults & Children & includes 2 lanes & toddlers pool.
FAMILY SWIM	Suitable for Adults & Children & includes toddler pool. No lanes available.
LUNCH TIME SWIM	Daily, Monday to Friday 12.45 - 2pm. Includes 2 lanes & the rest of the pool is available for leisure swimming.
AQUA FIT	€7 & includes swim/sauna/steam room & Jacuzzi Evening Class - €8 with swim/sauna/steam room & Jacuzzi.
ADULT SWIM	Adult Swim is for 18 yrs & over and includes sauna/steam room & Jacuzzi.
MEMBERS SWIM	Sunday Full Pool for Adult & Children who have pool or gym/swim membership.
OVER 50'S RATE	Over 50's Swimming Rate of €3.50 Now available for weekday 2.45pm & 3pm.



ADULT SWIMMING LESSONS 2011

- MONDAY NIGHT**
Beginners & Improver Classes 9.15pm - 10pm
- TUESDAY MORNING**
Beginners, Improvers & Advanced Improvers
11am - 11.45am
- WEDNESDAY NIGHT**
Beginners, Improvers, Advanced Improvers & Deepend
9.15pm - 10pm
- TUESDAY NIGHT**
Master Swimming (Suitable for tri-athletes)
9.15pm - 10pm
- THURSDAY NIGHT**
Lane Technique Classes Beginners & Improvers
9.15pm - 10pm

Adult Water Safety NEW For 2011

SPECIAL INTRODUCTORY OFFER €50.00 PER COURSE



10th Jan - 14th March
8pm - 9pm Theory
9.15pm - 10pm Practical in the Pool

10 week course for 16yrs & over
Applicant must be able to swim in the deepend
Irish Water Safety Awarding Body of Rescue 1, 2, 3 & 4

Places Limited - Call 0906470975 to Book

1st Course - 10th January 2011
2nd Course - 7th March 2011

Morning Classes - €55 Evening Classes - €69
20% discount for Centre Members
Booking Essential

Snap Printing 090 644 4779

FITNESS CLASS TIMETABLE

Commencing Monday 10th Jan 2011

MONDAY		
TIME	FITNESS CLASS	INSTRUCTOR
10.00am - 11.00am	WAIST WATCHERS	Mona
11.00am - 11.30am	AQUA AEROBICS	Ger
6.15pm - 7.00pm	BUMS & TUMS	Gosia
7.00pm - 8.00pm	BODY COMBAT	Michelle
8.00pm - 9.00pm	BODY PUMP	Gosia

TUESDAY		
TIME	FITNESS CLASS	INSTRUCTOR
10.00am - 11.00am	BODY BALANCE	Michelle
6.15pm - 7.00pm	STEP & SHAPE	Gosia
6.35pm - 7.15pm	AQUA AEROBICS	Ger
7.00pm - 8.00pm	BOOT CAMP	Joe
8.00pm - 9.00pm	BODY BALANCE	Mona

WEDNESDAY		
TIME	FITNESS CLASS	INSTRUCTOR
10.00am - 11.00am	BODY PUMP	Colm
10.00am - 10.30am	AQUA AEROBICS	Ger
1.10pm - 1.40pm	ABS CLASS	Fitness Team
6.15pm - 7.00pm	BUMS & TUMS	Michelle
7.00pm - 8.00pm	BODY COMBAT	Colm
8.00pm - 9.00pm	BODY PUMP	Mona

THURSDAY		
TIME	FITNESS CLASS	INSTRUCTOR
10.00am - 11.00am	ABC (Abs, Back & Chest)	Fitness Team
6.15pm - 7.00pm	STEP & SHAPE	Hazel
6.35pm - 7.15pm	AQUA AEROBICS	Ger
7.00pm - 8.00pm	BODY BALANCE	Mona

FRIDAY		
TIME	FITNESS CLASS	INSTRUCTOR
10.00am - 11.00am	BUMS & TUMS	Fitness Team
6.15pm - 7.00pm	BODY PUMP	Hazel

€7 MORNING CLASS €8 EVENING CLASS
BOOKING REQUIRED

GYM OPENING HOURS

Mon - Fri 7am - 10pm. Sat, Sun & B.H. Mon 10am - 6.45pm

WAIST WATCHERS	A circuit style class that work both cardio and strength suitable for all levels of fitness.
AQUAFIT	A safe and effective workout in the pool using the resistance that water creates. Equipment is used to increase intensity - suitable for all ages and fitness levels.
BOOT CAMP	Do you want to get fit, stay fit, and make friends along the way? Joe's Boot Camp Fitness offers a new way to get into the best shape of your life, and have fun while doing it!
BODYBALANCE™	A Yoga, T'ai Chi & Pilates workout that builds flexibility & strength & leaves you feeling centred & calm.
BODYCOMBAT™	This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Tae kwon do, May Tai. Supported by driving music.
BODYPUMP™	A muscular strength endurance workout using weights. Strengthens, conditions and tones.
STEP & SHAPE	A high energy cardio class using a step platform.
BUMS & TUMS	A conditioning class specifically for toning and mid to lower body.
FAB ABS	A class to strengthen and focus on the core area.
A.B.C.	Workout for Abs, Back, Biceps & Chest. Suitable for all levels of fitness.

FREE Childcare at the Gym

Your new year sorted!

We will mind your little ones for
FREE while you work out

Membership from ONLY €9 per week

3mths - 4yrs • Monday - Friday • 9.45am - 2pm (Booking Essential)

