

SWIMMING POOL TIMETABLE - Valid From 15 September - 26 October 2008

	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00	9.30
Monday	Public Swimming 7:30 - 10:00				Schools 10:00 - 11:00		Aqua Fit 11:00 - 12:00		Schools 12:00 - 1:00		Public 1:00 - 2:00		Schools 2:00 - 3:00		Public 3:00 - 4:00		Schools 4:00 - 5:00		Public Swimming 5:00 - 7:00				Special Olympics		Aqua Fit 8:00 - 9:00		Adults Only 9:00 - 10:00		
Tuesday				Public 9:00 - 10:00		Schools 10:00 - 11:00		Adult Lessons 11:00 - 12:00		Public Swimming 12:00 - 2:00			Schools 2:00 - 3:30		Coral Lessons 3:30 - 6:00			Public Swimming 6:00 - 8:00			Adult Lessons 8:00 - 9:00		Adults Only 9:00 - 10:00						
Wednesday	Public Swimming 7:30 - 10:00				Schools 10:00 - 11:00		Aqua Fit 11:00 - 12:00		Schools 12:00 - 1:00		Public Swimming 1:00 - 3:45				Coral Lessons 4:00 - 5:00		No Lane Availa	Public Swimming 5:00 - 8:00			Aqua Fit 8:00 - 9:00		Adults Only 9:00 - 10:00						
Thursday				Schools 9:00 - 11:00			St Aidans Day Care Centre		Schools 12:00 - 1:00		Public 1:00 - 2:00		Irish Wheelchair Association		Coral Lessons 3:30 - 6:00			Public Swimming 6:00 - 8:00			Adult Lessons 8:00 - 9:00		Adults Only 9:00 - 10:00						
Friday				Public 9:00 - 10:00		Schools 10:00 - 1:00				Public 1:00 - 2:00		Schools 2:00 - 3:00		Pool Closed - Staff Training	Public Swimming 4:00 - 6:45			Lane Training 7:00 - 8:00		Private Booking		Adults Only 9:00 - 10:00							
Saturday	Courtown Swim Club						Coral Lessons 10:00 - 12:00		Public Swimming 12:00 - 5:15 (last swim starts at 4:00)																				
Sunday					Public Swimming 10:00 - 5:15 (last swim starts at 4:00)																								

PLEASE NOTE: Pool, Gym and Fitness Timetables subject to change each day without notice, please phone us on 05394 24849 for up to date details.

Public Swimming and the Jacuzzi are NOT available during any lessons or private sessions.

Gym open ALL DAY EVERY DAY, Teen Gym Hours: Weekdays 4pm - 7pm, Weekends ALL DAY.

	Peak After 5p.m. weekdays and all weekend & B/H	Off Peak Before 5p.m. weekdays	Adults	Active Retirement	Fitness Class Timetable																									
					Mon	Tue	Wed	Thu	Fri	Sat	Sun																			
Adult Swim	€6.50	€5.50	Aqua Fit €7.00	€5.50																										
Child Swim	€4.50	€4.00	Spinning €7.00	€5.50																										
Active Retirement (Gym or Swim)	€4.50	€4.50	Step Circuit €7.00	€5.50																										
Family Swim (2 adults + 2 children)	€18.00	€15.50	Total Toning €7.00	€5.50																										
Adult Gym	€7.50	€6.00	Pilates €7.00	€5.50																										
Teen Gym	€6.00	€5.00	Heart Beat €4.00	€4.00																										
Adult Gym & Swim	€9.00	€7.50	Boot Camp Kids €55 starts 27 September																											
Teen Gym & Swim *	€7.50	€6.50	Turbo Sun Beds €3.00 for 3 minutes (max 9 minutes)																											
Use of the Health Suite is complementary to your visit to Forest Park Leisure Centre.					<p style="text-align: center;"><i>Fitness Programmes available, contact reception for details.</i></p> <p style="text-align: center;"><i>Please arrive 10 minutes before class is due to start. Minimum age 16 years</i></p> <p style="text-align: center;"><i>Heart Beat classes are <u>referral only</u>. Boot Camp Kids 8 - 12 years old - Pre-booking essential.</i></p>																									

Customers are reminded that the car park gates are locked at 10:15pm weekdays and 5:30pm weekends