

Main Pool	6.30am to 9am	9am to 10am	10am to 11am	11am to 12pm	12pm to 1pm	1pm to 2pm	2pm to 3pm	3pm to 4pm	4pm to 5pm	5pm to 6pm	6pm to 7pm	7pm to 8pm	8pm to 9pm	9pm to 9.45pm
Monday	Adults only	Public Swim		Public Swim		Public Swim		Public Swim	1 Lane Open Swim Club		Public Swim	2 Lanes Open Aqua	Adults only	
Tuesday	Closed	Public Swim		2 Lanes Open Aqua		Public Swim		1 Lane Open Swimming Lessons 3.00pm-5.45pm			Public Swim		2 Lanes Open Cobh Tri	Adults only
Wednesday	Adults only	Public Swim		2 Lanes Open Aqua		Public Swim		1 Lane Open Lessons	Three Lanes Open Swim Club		3 Lanes Open Swim Club		Adults only	
Thursday	Closed	Public Swim		2 Lanes Open Schools		Public Swim		1 Lane Open Swimming Lessons 3.00pm-5.45pm			3 Lanes Open Adult Swim Lessons		Adults only	
Friday	Adults only	Public Swim	2 Lanes Open Schools	Aqua	2 Lanes Open Schools	2 Lanes Open Schools		Public Swim	1 Lane Open Swim Club		Public Swim		Closed	
Saturday	Closed	1 Lane Open Swimming Lessons 9.00am to 1.00pm		1 Lane Open				Public Swim	Public Swim		Closed		Closed	
Sunday	Closed	Public Swim		Public Swim		Public Swim		Public Swim	Public Swim		Closed		Closed	

Learner Pool	9am to 10am	10am to 11am	11am to 12pm	12pm to 1pm	1pm to 2pm	2pm to 3pm	3pm to 4pm	4pm to 5pm	5pm to 6pm	6pm to 7pm	7pm to 8pm	
Monday	Public Swim		Public Swim		Public Swim		Public Swim		Public Swim			
Tuesday	Public Swim		Public Swim		Public Swim		Closed for Lessons 2.30pm to 5.45pm		Public Swim			
Wednesday	Parent & Toddler		Public Swim		Public Swim		Closed for Lessons 3.00pm to 4.45pm		Public Swim			
Thursday	Public Swim	Schools	Schools				Closed for Lessons 2.30pm to 5.45pm		Public Swim			
Friday	Public Swim	Schools	Public Swim	Schools	Schools		Public Swim		Public Swim			
Saturday		Closed for Swimming Lessons 9.00am to 2.00pm						Public Swim		Closed		
Sunday	Public Swim		Public Swim		Public Swim		Public Swim		Closed			

1. Swim hats must be worn at all times and are available for sale from reception.
2. Child 10yrs and under must be accompanied by an adult in the water.
3. During Aqua and Lessons in the main pool there will be one lane open for adults.
4. Untrained infants must wear a swim nappy.
5. All patrons are requested to take a shower before entering the pool.
6. No running, diving, jumping etc allowed.
7. This is a temporary timetable and is subject to change.
8. Swimming pool and health suite area must be vacated 15 minutes before closing

Mon	9.15am	Circuit with Ross (45mins)
	6.15pm	Spin 20/20 with Becky (45mins)
	7.00pm	Upper Body Tone with Weights & ABS/ CORE with Margo (45mins)
	7.30pm	Aqua with Becky (45mins)
	7.45pm	Legs Bums & Tums with Margo (45mins)
	8.30pm	Private Hire
Tue	7.15am	Private Hire
	9.15am	Body Attack HITT with Margo (45mins)
	11.00am	Aqua with Becky (55mins)
	6.15pm	Body Attack with Ross (45mins)
	7.00pm	Zumba with Margo - Course & PAYG (45mins)
	7.45pm	Pilates & Body Work with Margo - Course and PAYG (45mins)
Wed	6.30am	Wake up Spin with Sean (30 mins for €1 or €2)
	9.15am	Swiss & Tone (Core) with Sean (45mins)
	10.15am	Private Hire
	11.00am	Aqua with Andrea (55mins)
	3.00pm	Private Hire
	4.00pm	Private Hire
	6.15pm	Body Attack HITT with Ross (45mins)
	7.00pm	Spin Blast with Becky (30mins for €1 or €2 only)
	7.30pm	Step & Tone with Margo (45mins)
8.30pm	Private Hire	
Thur	9.15am	Strength and Conditioning with Ross (45mins)
	10.15am	Yoga (PAYG only)
	6.15pm	Spinning with Sean (45mins)
	7.00pm	Private Hire
	8.00pm	Private Hire
Fri	6.30am	Wake up Spin with Sean (30 mins for €1 or €2)
	10.15am	Private Hire
	11.00am	Aqua with Andrea (55mins)
	6.00pm	Body Conditioning with Bryan (45mins)
	7.00pm	Private Hire
Sat	9.30am	Spinning with Brian (60mins)

- Pre booking for classes can be made 1 week in advance - cancellation fee may occur.
- Late arrival for classes may result in non admittance.

STUDIO AVAILABLE FOR HIRE for business meetings etc. Please contact Reception for details.

BIRTHDAY PARTIES

PARTY OPTION 1:

**POOL GAMES
PARTY BAGS HOT FOOD**

2 Hours

€18.00 per child :: 10 children minimum

PARTY OPTION 2:

**POOL PARTY BAGS
BOUNCY CASTLE HOT FOOD**

2 1/2 Hours

€15.00 per child :: 10 children minimum

CLASS PRICES

	Member	Non-Member
1 Class	€2.00	€5.00
10 Classes	€18.00	€40.00

Note: regular class prices for 10 visit cards

GYM TIMES

Mon-Thurs	6.30am-10.00pm
Friday	6.30am-8.00pm
Sat & Sun	9.00am-6.00pm