

Mon	9.30am	Indoor/Outdoor Boot Camp with Ross (45mins)
	11.00am	Active Age with Ross (45mins)
	6.00pm	Spinning with Marc (45mins)
	6.45pm	Boxfit & Core with Margo (45mins)
	7.30pm	Basic Step with Margo (45mins)
	8.15pm	Private Hire
Tue	9.30am	Astro Circuit with Becky (45mins)
	11.00am	Aqua with Becky (55mins)
	6.00pm	Spinning with Marc (45mins)
	7.00pm	Zumba with Margo (Course & PAYG 45 mins)
	7.30pm	Aqua with Andrea (45mins)
	7.45pm	Pilates with Margo (Course & PAYG 45 mins)
Wed	9.30am	Swiss & Tone with Sean/Patrick (45mins)
	10.30am-11.30am	Private Hire
	11.00am	Aqua with Andrea (55mins)
	2.00pm	Active Teens with Patrick (45mins for 13+)
	6.30pm	Functional Step & Tone with Margo (60mins)
	7.30pm	Spin & ABS with Becky (45mins)
8.15pm	Private Hire	
Thur	9.30am	Pure Strength & Conditioning on Astro w/Ross (45mins)
	10.15am	Yoga (PAYG)
	11.15am	Active Age with Ross (45mins)
	2.00pm	Active Teens with Sean/Patrick (45mins for 13+)
	6.00pm	Spinning with Sean (45mins)
	7.00pm	Yoga Beginners (PAYG)
8.00pm	Yoga (PAYG)	
Fri	6.30am	Wake up Spin with Sean/Patrick (30min)
	11.00am	Aqua with Andrea (55mins)
	6.00pm	Spin & TRX/Tone (50mins)
Sat	9.30am	Pure Spin (45mins)
	2.00pm	Astro Circuit (45mins)
Sun	11.00am	Active Teens (45mins for 13+)



Halloween KIDS CAMPS

MAKE A SPLASH!
AND ENJOY FUN
AND GAMES!

Prices

€70.00 Non Members
€63.00 Members
€14.00 Daily Rate

Dates

Mon, 30th October
to Fri, 3rd November

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		3 Lanes Open Swim Club		2 Lanes Open Aqua		Adults only			
Tuesday	Closed	2 Lanes Open School	2 Lanes Open Aqua			2 Lanes Open School		2 Lanes Open School		One Lane Open Swimming Lessons 3.00pm-6.00pm		Public Swim Aqua		2 Lanes Open Tri Club Adults only		
Wednesday	Adults only	Two Lanes Open Aqua			2 Lanes Open School		2 Lanes Open School		One Lane Open Swimming Lessons Swim Club		Public Swim		3 Lanes Open Tri Club		Adults only	
Thursday	Closed	2 Lanes Open School fin 12th			2 Lanes Open School		2 Lanes Open School		One Lane Open Swimming Lessons 3.00pm-6.00pm		2 Lanes Open Adult Swim Lessons		3 Lanes Open		Adults only	
Friday	Adults only	2 Lanes Open School		2 Lanes Open Aqua		2 Lanes Open School fin 13th		School		Public Swim Swim Club		Public Swim		Closed		
Saturday	Closed	1 Lane Open Swimming Lessons 9.00am to 1.00pm			1 Lane Open		Public Swim		Public Swim		Public Swim		Closed		Closed	
Sunday	Closed	Public Swim		Public Swim		Hire 2 lanes		Public Swim		Public Swim		Public Swim		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		
Tuesday	Public Swim			School		Closed for Lessons 2.30pm to 5.45pm			Public Swim		
Wednesday	Parent & Toddler	Public Swim			School		Closed for Lessons 3.00pm to 4.45pm			Public Swim	
Thursday	Public Swim			School		Closed for Lessons 2.30pm to 5.45pm			Public Swim		
Friday	Public Swim			School		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

NOTE:
Last admission is 60 minutes prior to closing.
One lane Open is for Adult Lane-swimmers.