



Coral Cobh Leisure Centre Swimming Pool Timetable

August 2019

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	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Adults only	Adults only
Tuesday	Closed	Public Swim	2 Lanes Open Aqua	Public Swim	Public Swim	Public Swim	Public Swim	1 Lane Open Swimming Lessons 3.00pm-5.45pm	Public Swim	Public Swim	Public Swim	Public Swim	Adults only	Adults only
Wednesday	Adults only	Public Swim	2 Lanes Open Aqua	Public Swim	Public Swim	Public Swim	Public Swim	1 Lane Open	Public Swim	1 Lane Open Swim Club	Public Swim	Public Swim	Adults only	Adults only
Thursday	Closed	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	3 Lanes Open Adult Swim Lessons	Adults only	Adults only
Friday	Adults only	Public Swim	2 Lanes Open Aqua	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Closed	Closed
Saturday	Closed	1 Lane Open Swimming Lessons 9.00am to 1.00pm	1 Lane Open	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Closed	Closed	Closed	Closed
Sunday	Closed	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Closed	Closed	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	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
Tuesday	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Closed for Lessons 2.30pm to 5.45pm	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
Wednesday	Public Swim	Parent & Toddler	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
Thursday	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
Friday	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
Saturday	Closed for Swimming Lessons 9.00am to 2.00pm	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Closed	Closed
Sunday	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Closed	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.



Coral Cobh Leisure Centre Aerobic Timetable

Mon 7.00pm Upper Body Tone with Weights & ABS / CORE with Margo (45mins)
7.45pm Legs Bums & Tums with Margo (45mins)

Tue 9.15am Body Attack HITT with Margo (45mins)
11.00am Aqua with Becky (55mins)
7.00pm Spin 20/20 (45mins)

Wed 6.30am Wake up Spin with Sean (30 mins for €1 or €2)
9.15am Swiss & Tone (Core) with Sean (45mins)
11.00am Aqua with Andrea (55mins)
6.15pm Hell & Back Boot Camp with Ross/Becky
7.00pm Spin Blast with Becky (30mins for €1 or €2 only)
7.30pm Step & Tone with Margo (45mins)

Thur 10am Private Hire
6.15pm Spinning with Sean (45mins)
8pm Private Hire

Fri 6.30am Wake up Spin with Sean (30 mins for €1 or €2)
11.00am Aqua with Andrea (55mins)

Sat 9.30am Spinning with Brian (45mins)

- 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.

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

30=30



30 DAYS FOR €30



Pool & Gym Memberships

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