

| 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 | 1 Lane Open | Swim Club | Public Swim | 2 Lanes Open | Adults only | |
| Tuesday | Closed | Public Swim | 2 Lanes Open | 2 Lanes Open | Public Swim | Public Swim | Public Swim | Swimming Lessons 3.00pm-5.45pm | 1 Lane Open | Public Swim | Public Swim | Adults only | | |
| Wednesday | Adults only | Public Swim | 2 Lanes Open | 2 Lanes Open | Public Swim | Public Swim | Public Swim | Lessons | Swim Club | 3 Lanes Open | Swim Club | Adults only | | |
| Thursday | Closed | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Swimming Lessons 3.00pm-5.45pm | 1 Lane Open | 3 Lanes Open | Adult Swim Lessons | Adults only | | |
| Friday | Adults only | Public Swim | 2 Lanes Open | 2 Lanes Open | 2 Lanes Open | 2 Lanes Open | Public Swim | Public Swim | Swim Club | Public Swim | Public Swim | Closed | | |
| Saturday | Closed | Swimming Lessons 9.00am to 1.00pm | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Closed | Closed | Closed | | |
| Sunday | Closed | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | 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 | Schools | 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 | Parent & Toddler | Schools | Public Swim | Public Swim | Public Swim | Closed for Lessons 3.00pm to 4.45pm | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim |
| Thursday | Public Swim | Schools | Public Swim | Public Swim | Public Swim | Closed for Lessons 2.30pm to 5.45pm | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim |
| Friday | Public Swim | Schools | Public Swim | Schools fin 7th | Schools fin 7th | 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 | Closed | Closed |
| Sunday | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | Closed | Closed |

- Swim hats must be worn at all times and are available for sale from reception.
- Child 10yrs and under must be accompanied by an adult in the water.
- During Aqua and Lessons in the main pool there will be one lane open for adults.
- Untrained infants must wear a swim nappy.
- All patrons are requested to take a shower before entering the pool.
- No running, diving, jumping etc allowed.
- This is a temporary timetable and is subject to change.
- 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-swimmer.

| | | |
|-------------|---------|--|
| 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) |
| | 7.45pm | Legs Bums & Tums with Margo (45mins) |
| | 8.30pm | Private Hire |
| Tue | 9.15am | Body Attack HITT with Margo (45mins) |
| | 11.00am | Aqua with Becky (55mins) |
| | 2.00pm | Circuit Training with Antony (45mins) |
| | 6.15pm | Body Sculpt 4 weeks intensive challenge with Ross (45mins Course) |
| | 7.00pm | Zumba with Margo - Course & PAYG (45mins) until 18th |
| | 7.45pm | Pilates & BodyWork with Margo - Course & PAYG (45mins) until 18th June |
| 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 until 5th June |
| | 11.00am | Aqua with Andrea (55mins) |
| | 3.00pm | Private Hire |
| | 6.15pm | Hell & Back Boot Camp with Becky or Ross (45mins) |
| | 7.00pm | Spin Blast with Becky (30mins for €1 or €2 only) |
| | 7.30pm | Step & Tone with Margo (45mins) |
| Thur | 9.15am | Strength and Conditioning with Ross (45mins) |
| | 10.15am | Yoga (PAYG only) |
| | 6.15pm | Spinning with Sean (45mins) |
| | 7.00pm | Private Hire (7.00pm-8.30pm) |
| Fri | 6.30am | Wake up Spin with Sean (30 mins for €1 or €2) |
| | 11.00am | Aqua with Andrea (55mins) |
| | 6.00pm | Body Conditioning Class with Bryan (45mins) |
| Sat | 9.30am | Spinning with Brian (45mins) |

KIDS Summer Camps + Intensive Lessons



WEEK 1 1st - 5th July
Camp and Intensive Lessons

WEEK 2 8th - 12th July
Camp Only

WEEK 3 15th - 19th July
Camp and Intensive Lessons

WEEK 4 29th July - 2nd August
Camp Only

WEEK 5 5th - 9th August
Camp and Intensive Lessons

WEEK 6 12th - 16th August
Camp Only

PRICES:
Camp daily €14 weekly €70
Intensives €50
Both Camp & Intensive €100

TIMES:
Intensives 9.00am-9.45am
Camp 10.00am-3.00pm

- 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