


# January Activity Timetable From The 09th January 2012

Day Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00am	Buddy Training	Marathon Training	Tums & Bums	Aqua Fit	Buddy Training	
10.30am	Coffee Morning			Coffee Morning		Swim A Song
11.00am	Gym Induction	Tums & Bums	Gym Induction	Ab Attack	Boot Camp	Kids Gym
12.00pm						Water Confidence
12.30pm						Child Beginner Swim 1
1.00pm						Child Beginner Swim 2
1.30pm				Gym Induction		Child Improver Swim 1
2pm						Child Improver Swim 2
4.30pm		Child Beginner Swim 1				
5.00pm		Child Beginner Swim 2	Swim A Song			
5.30pm	Kids Gym	Child Improver Swim 1	Child Beginner Swim		Kids Gym	
6.00pm	Kids Gym	Child Improver Swim 2	Child Improver Swim	Teen Boot Camp	Kids Gym	
6.30pm	Kids Aqua			Kids Lane Swim		
7.00pm	Bootcamp	Fitness Pilates	Kettlebells		Gym Induction	
7.30pm		Aqua Fit	Fitness Yoga	Adult Beginner		
8.00pm				Adult Improver		
8.30pm	Yoga		Zumba			

**Bookings From**

All Classes Except for Aqua Aerobics & Zumba, will run over 8 weeks.  
 Full payment is needed to secure and confirm bookings. No refund unless Class has been cancelled  
 Names cannot be transferred to any other classes  
 Classes will not take place over the Bank Holidays unless the Instructor States otherwise. Minimum number for classes to go ahead  
 Gold Members Please note that when booking a place and if you fail to attend classes or give 48hrs cancellation you will be charged full Rate.  
 a Towel, mat and Bottled Water is Recommended for Classes

## Class Explanation

**Swim Lessons: Child Members €55 Non- Members €85      Adult Members €60 Non-Members €90**

**Water Confidence:**  
**Aim** ... get Child confident in water. Immerse whole body & face. Will suit a child who is completely afraid of the water.  
**Beginners:**  
**Aim** ... Teach one swim stroke and improve water skills. Will suit one who has no fear of the water & can move around without armbands and can immerse their entire body in the water.  
**Improvers:**  
**Aim** ... Teach correct technique for 2 strokes. Will suit one who can swim a stroke, but needs to improve their technique.

**Swim A Song New!!!(Parent & Baby 4-36mths)**  
 Combines music, song, rhythm with educational water based games to help babies safely learn to enjoy the water

**Fitness Pilates Members €55 Non Members €90**  
 Improve the use of Key muscles in the Body& Mind, focus on postural alignment. Improve stability and mobility. (Minimum of 8 per class)

**Yoga Members €70 Non Members €120**  
 Promotes your inner Health and well being, creating balance through developing both strength and flexibility (Minimum of 8 per class)

**Aqua Aerobics Members €5 Non Members €8**  
 Combines the cardiovascular benefits of full body rhythm, with toning exercises that are designed to use muscles to strengthen and firm.

**Boot-camp Members €4 Non Members €8**  
 combination of interactive, motivating circuits, all over body exercises, running and motivational games; Covering all the different components of fitness; Cardio, Muscular Endurance, Muscular Strength and Flexibility,

**Zumba New!!! Members €5 Non Members €8      Kids Zumba (11-15yrs) €3 Members €5 Non Members**  
**Zumba** has become one of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious music, easy-to-follow dance moves, and body-beautifying benefits.