

Summer Schedule-Bookings From May 01st

	Day	Date Starting	Date Finishing	Time	Price	N/M
Swim Weeks						
Children Water Confidence		06th July	09th July	10.30am-11am	€40	€70
Children Beginners	Monday-Friday	06th July	09th July	11.00am-11.30am	€40	€70
	Monday-Friday	09th August	13th August	11.00am-11.30am	€40	€70
Children Improvers	Monday-Friday	06th July	09th July	11.45am-12.15pm	€40	€70
	Monday-Friday	09th August	13th August	11.45am-12.15pm	€40	€70
Adult Beginners	Monday-Friday	06th July	09th July	7.30-8.00pm	€50	€75
	Monday-Friday	09th August	13th August	7.30-8.00pm	€50	€75
Adult Improvers	Monday-Friday	06th July	09th July	8pm-8.30pm	€50	€75
	Monday-Friday	09th August	13th August	8pm-8.30pm	€50	€75
Adult Water Confidence		06th July	09th July	8.30pm-9pm	€50	€75
Aqua Fit	Thursdays	June-August		11.15am-12pm	€3pc	€8pc
Aqua Creche	Tuesdays	June-August		7.30-8.15pm	€3pc	€8pc
	Fridays	June-August		10am-10.45am	€3pc	€8pc
Kids Camp						
Activity Week	Tuesday-Friday	13th July	16th July	11am-3pm	€55	€75
Sports Week	Tuesday-Friday	20th July	23rd July	11am-3pm	€55	€75
Activity Week	Tuesday-Friday	03rd August	06th August	11am-3pm	€55	€75
Activity Week	Tuesday-Friday	24th August	27st August	11am-3pm	€55	€75





Water Confidence/Ducklings: 3-6years

Aim ... get Child confident in water. Immerse whole body & face. Will suit a child who is completely afraid of the water. Lesson will be taught in Baby Pool and progress with armbands to main Pool

Beginners/Gold Fish:

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/Frogs:

Aim ... Teach correct technique for 2 strokes. Will suit one who can swim a stroke, but needs to improve their technique

Aqua Aerobics

Combines the cardiovascular benefits of full body rhythm, with toning exercises that are designed to use muscles to strengthen and firm.

Full payment is needed to secure and confirm bookings.

Limited Places available to ensure effective teaching.

Names cannot be

transferred to any other classes

Minimum number for classes to go ahead

Gold Members Will receive 1 free Aqua Class a Month

Please note that when booking a place and if you fail to attend classes you will be charged full Rate



