



*Fitzgeralds*

**Woodlands**

HOUSE HOTEL & SPA



HEALTH & LEISURE CLUB

# SWIM LESSONS

Starting April 9<sup>th</sup> 2018



## KIDS LESSONS

8 Week Course

Non-Members €95  
Members €65



## ADULT LESSONS

8 Week Course

Non-Members €95  
Members €65

Fully Qualified Instructors

Small Classes Guaranteed

# BOOK NOW

At Reception or CALL 061 605 111

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# SWIM LESSONS

Starting 9<sup>th</sup>  
April 2018



**TADPOLES**  
Level 1



**GOLDFISH**  
Level 2



**SEA LIONS**  
Level 3



**DOLPHINS**  
Level 4



**SHARKS**  
Level 5



**LANE SWIM**  
Level 6



**ROOKIE  
LIFEGUARD**

**ADULT  
LESSONS**

## MONDAY

## TUESDAY

## WEDNESDAY

## SATURDAY

						17.00 - 17.30 17.30 - 18.00 18.00 - 18.30	10.00 - 10.45
16.30 - 17.00 17.00 - 17.30	16.30 - 17.00 17.00 - 17.30 17.30 - 18.00	17.30 - 18.00 18.00 - 18.30	18.00 - 18.30	18.30 - 19.00			19.00 - 19.45
16.30 - 17.00	16.30 - 17.00	17.00 - 17.30 17.30 - 18.00	17.00 - 17.30 17.30 - 18.00	18.00 - 18.30	18.30 - 19.00	18.00 - 18.30 18.30 - 19.00	
11.00 - 11.30 11.30 - 12.00 13.00 - 13.30 15.00 - 15.30	11.00 - 11.30 11.30 - 12.00 14.00 - 14.30 15.00 - 15.30 15.30 - 16.00	12.00 - 12.30 12.30 - 13.00 13.30 - 14.00 15.30 - 16.00	12.00 - 12.30 12.30 - 13.00	13.00 - 13.30 14.00 - 14.30	13.30 - 14.00		