



Fitzgeralds

Woodlands

HOUSE HOTEL & SPA



HEALTH & LEISURE CLUB

SWIM LESSONS

Starting September 9th 2019



KIDS LESSONS

7 Week Course

Non-Members €84
Members €70



ADULT LESSONS

7 Week Course

Non-Members €105
Members €84

Fully Qualified Instructors
Small Classes Guaranteed

BOOK NOW

CALL 061 605 111

Email leisure@woodlands-hotel.ie

T: 061 605 111 E: leisure@woodlands-hotel.ie W: www.woodlands-hotel.ie

SWIM LESSONS

Starting 9th
September 2019

START DATE
Mon 9th September

FINISH DATE
Sat 26th October



TADPOLES
Level 1



GOLDFISH
Level 2



SEA LIONS
Level 3



DOLPHINS
Level 4



SHARKS
Level 5



LANE SWIM
Level 6



**LANE SWIM
ADVANCED**

**ADULT
LESSONS**

MONDAY

4.00pm 6.00pm	4.30pm 6.00pm	4.00pm 5.00pm	4.30pm 6.30pm	5.30pm 6.30pm	5.00pm	5.30pm	7.00pm 7.45pm 8.30pm
------------------	------------------	------------------	------------------	------------------	--------	--------	----------------------------

TUESDAY

4.00pm 4.30pm 5.00pm 6.00pm	5.00pm 5.30pm	6.00pm 6.30pm	5.30pm 6.00pm	6.30pm			
--------------------------------------	------------------	------------------	------------------	--------	--	--	--

WEDNESDAY

4.30pm 5.30pm 6.00pm	4.30pm 5.30pm	5.00pm	5.00pm 6.30pm	6.00pm	6.30pm	5.30pm	
----------------------------	------------------	--------	------------------	--------	--------	--------	--

SATURDAY

10.00am 11.00am 11.30am 2.00pm 3.00pm	11.00am 11.30am 12.30pm 2.30pm 3.30pm	9.30am 10.30am 12.00pm 1.30pm 3.00pm	10.00am 12.00pm 1.00pm 2.00pm 3.30pm	10.30am 1.00pm 2.30pm	9.30am 1.30pm	12.30pm	
---	---	--	--	-----------------------------	------------------	---------	--