

ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - AUTUMN/WINTER 2017



Classes WITH smiley faces means no need to pre- book class, just come along!!!!

www.activeennis.ie

Classes WITHOUT smiley faces require prior booking

Like our page on Facebook (Active Ennis) and get upto date news

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10.00 - 11.00 am Body Blast (core & cardio) cost €6, €2 members	7.30 - 8.00 am Wake & Shake (Cardio/Tone) Cost €4	10.00 - 11.00 am Body Blast (lower body & cardio) cost €6, €2 members	7.30 - 8.00 am Wake & Shake (Cardio/Tone) Cost €4	10.00 - 11.00 am Body Blast (upper body & cardio) cost €6, €2 members	8.00 - 11.00 am UNISLIM contact Olga for details 0872526239
11.00 - 12.00 am Active Aged Fitness Class (Senior) cost €6, €3 members	10.00 - 11.00 am AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	Check our website for up to date news	8.30am - 10.00 am Tai Chi cost €7, €5 members	10.00 - 11.00 am AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	9.00 - 10.00 am Cardio Tone cost €6, (€4 golden yrs, €2 members)
Lunch Crunch 1.15 - 1.45pm cost €4	6.00 -7.00 pm Yoga Flow Contact: Deborah 0867365169	Lunch Crunch 1.15 - 1.45pm cost €4	10.00 - 11.30 am Yoga Call: Antoinette 0863100827	Lunch Crunch 1.15 - 1.45pm cost €4	<u>Weekend Kids Swimming</u> Lessons 3 yrs + Sat 10am- 1pm. Sun 10am & 11am. 7wks €65/€60 2nd child
6.00 - 7.00 pm Active Body Bootcamp Contact reception for prices/booking info	7.00 - 8.00 pm TRX & KETTLEBELLS COMBO 6 wks €55 / members €50 / payg €10 per class)	6.00 - 7.00 pm Active Body Bootcamp Contact reception for prices/booking info	4 - 6pm Theatro School of Performing Arts contact Helen Ball 0870657307	4.00 - 5.00 pm Teen Gym (11 - 15 yrs) €4.50 Under supervision of qualified instructors	5.00 - 7.00 pm Teen Gym (11 - 15 yrs) €4.50 Under supervision of qualified instructors
Check our website for up to date news	8.00 - 9.00 pm PILATES - Level 2 & 3 Call: Christine 0877710642 (Sept 12)	8.00 - 9.00 pm Pound Fitness Contact: Kasia 0868963098	7.00 - 8.00 pm Zumba Contact: Kasia 0868963098	6.00 - 7.00 pm Active Body Bootcamp Contact reception for prices/booking info	<p style="text-align: center;">Teen Gym Hours 11 - 15 years Wed & Fri @ 4- 5pm - €4.50 Saturday Gym 5-6pm & Pool 6-7pm - & &SCHOOL HOLS 11am-1pm - €6.00 for both or €4.50 for gym only (1 hr)</p>
8.45 - 9.45 pm AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	Check our website for up to date news	8.45 - 9.45 pm AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	Adult Swimming Lessons 8.45-9.45pm €70 for 7 week course Contact Reception for Booking	8pm - 9.30 pm Karate contact Jim for details 0872220300	

SAVE WITH BLOCK TICKETS

BOOKS OF 10 TICKETS

ADULT POOL €48	CHILD POOL €36	GYM PEAK €60
GYM OFF PEAK €48	STUDENT €36	
GOLDEN YEARS €36	UNWAGED €36	

Gym Opening Hours

Mon 7am - 9.45pm	Fri 6.30am - 9.45pm
Tues 7am - 9.45pm	Sat 8am - 7.45pm
Wed 6.30am - 9.45pm	Sun 10am - 5.45pm
Thurs 7am - 9.45pm	Bk Hols 8am -3.45pm

ACTIVE ENNIS POOL TIMETABLE - Autumn/Winter 2017 TEL: 065 6821604 www.activeennis.ie

	MORNING		AFTERNOON		EVENING			
MON	Public Swim* 8am-12.45pm (CLOSED BETWEEN 10-12)		Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm	Private Booking 4.45 - 6pm	Public Swim* 6pm - 7.45pm	Adult only Swim 7.45 - 8.45pm	AQUA FIT CLASS & Adult Only Width Swim 8.45-9.45
				Kid's Swim Lessons 4-4.45pm				
TUES	Public Swim* 8am - 12.45pm		Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm	Private Booking 4.45 - 6pm	Public Swim* 6pm - 7.45pm	Adult only Swim 7.45 - 8.45pm	8.45 - 9.45PM Private Booking
	AQUA FIT 10-10.45am (Shallow End)			Kid's Swim Lessons 4-4.45pm (N.B. Kiddie Pool Closed)				
WED	Public Swim* 8am - 12.45pm		Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm	Private Booking 4.45 - 6pm	Public Swim* 6pm - 7.45pm	WIDTH SWIM Adult only 8 - 8.45pm	AQUA FIT CLASS & Adult Only Width Swim 8.45-9.45
				Kid's Swim Lessons 4-4.45pm				
THURS	Public Swim* 8am - 12.45pm		Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm	Private Booking 4.45 - 6pm	Public Swim* 6pm - 7.45pm	Adult only Swim 7.45 - 8.45pm	8.45 9.45PM ADULT SWIMMING LESSONS PRIVATE BOOKING
				Kid's Swim Lessons 4-4.45pm (N.B. Kiddie Pool Closed)				
FRI	Public Swim* 8am - 12.45pm		Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 3.45pm	POOL CLOSED Private Booking 4pm - 7pm	Public Swim * 7pm - 8.45pm (Children must be accompanied by an adult)		8.45 - 9.45pm Private Booking
	AQUA FIT 10-10.45am (Shallow End)			Kid's Swim Lessons 4-4.45pm (BOTH POOLS CLOSED 4pm-7pm)				
SAT	Public Lane Swim* 7-8am	Pool Closed 8-10am	Kid's Swim Lessons 10am - 2pm (N.B. BOTH POOLS CLOSED)	Public Swim* 2pm - 7.45pm Very restricted Swimming at certain times			Adult only Swim 7.45 - 8.45pm	
SUN	Private Booking Pool Closed 7-10am	Kid's Swim Lessons 10am - 12pm (N.B. BOTH POOLS CLOSED)	Public Swim* 12pm - 4.45pm Very restricted Swimming at certain times	KIDS BIRTHDAY PARTIES! 1 hr Fun time in the pool. Hot Food. Return swim present for Birthday Child. Party invitations provided. All for only €12 per child. Contact reception on 065 6821604 for more details.				

Bank
Hol
Public Swim*
8am - 3.45pm

*** Restrictions may apply to public times**

- Swimming caps are compulsory. Waterproof swim nappies must be worn by toddlers
- Under 8s must be accompanied by an adult in the water at all times
- Children may only stay in the pool until 7.45pm with the exception of Fridays when they can stay until 8:45 pm when accompanied by an adult
- Maximum stay is 2 hours per person
- Must be able to swim 2 lengths of pool and tread water before entering the deep end of the pool.
- Last entry is 45 minutes before closing time.
- Sat Morning Lane Swim 7-8am. Lane swimming only, under 16s must be able to do lane swimming and accompanied by an adult. Kiddie Pool will be open.
- Please note that public lane for 'lane swimmers only' will only be available when the pool is not too busy.

