

ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - FROM 24 JUN 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 up to date news

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|---|
| Check our website for up to date news | SUMMER CAMPS AND KIDS INTENSIVE SWIM LESSONS NOW TAKING BOOKINGS!! | 10 - 11am BODY TONE cost €6, (€4 golden yrs, €2 members) | SUMMER CAMPS AND KIDS INTENSIVE SWIM LESSONS NOW TAKING BOOKINGS!! | 10am - 11 am AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members) | 8 - 11 am UNISLIM contact Olga for details 0872526239 |
| 11 - 12am ACTIVE AGED FITNESS CLASS (Senior) cost €6, €3 members | 10am - 11 am AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members) | Lunchtime Crunch 1.15 - 1.45pm cost €4 | 9am - 10.30am 'MY TIME' CLASS cost €7, €5 members TAI CHI | 10 - 11am FRIDAY CRUNCH cost €6, (€4 golden yrs, €2 members) | 9 - 10 am CARDIO TONE cost €6, (€4 golden yrs, €2 members) |
| Lunchtime Crunch 1.15 - 1.45pm cost €4 | 6-7pm Yoga Flow (bk 12th Sept) Contact: Deborah 0867365169 | 4pm - 5pm TEEN GYM (11 - 15 yrs) €4.50 Under supervision of qualified instructors | 10 - 11.30am Yoga Call: Antoinette 0863100827 | Lunchtime Crunch 1.15 - 1.45pm cost €4 | Weekend Kids Swimming Lessons 3 yrs + Sat 10am-1pm. Sun 10am & 11am. 7wks €65/€60 2nd child |
| 6 - 7 pm ACTIVE BODY BOOTCAMP 4 week course €60 Contact reception to book | 7 - 8pm TRX / KETTLEBELLS COMBO 6 wks €55 / members €50 / payg €10 per class | 6 - 7 pm ACTIVE BODY BOOTCAMP 4 week course €60 Contact reception to book | 7 - 8pm Zumba Contact: Kasia 0868963098 | 4pm - 5pm TEEN GYM (11 - 15 yrs) €4.50 Under supervision of qualified instructors | 5-6pm TEEN GYM (11 - 15 yrs) €4.50 or Gym & Swim €6 (pool 6-7pm) |
| 7 - 8pm Full Body Fitness Contact: David 0857532077 | 8 - 9 pm PILATES - Level 2 & 3 Call: Christine 0877710642 | 7 - 8pm Full Body Fitness Contact: David 0857532077 | Kids CAMPS & INTENSIVE SWIM LESSONS starting July 17 | 6 - 7 pm ACTIVE BODY BOOTCAMP 4 week course €60 Contact reception to book | 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) |
| 8.45 - 9.45 pm AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members) | 8.45PM - 9.45PM Adult Intensive Swim Lessons €12 / €10 members per lesson from 06/06/17 | 8.45 - 9.45 pm AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members) | 8.45PM - 9.45PM Adult Intensive Swim Lessons €12 / €10 members per lesson from 08/06/17 | TEL : 065 6821604 FOR FURTHER INFORMATION & TO BOOK | |

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 - FROM 24 JUN 2017 TEL: 065 6821604 www.activeennis.ie

| | MORNING | | AFTERNOON | | | EVENING | |
|-------|--|---|---|---|--|--|---|
| MON | Public Swim* 7am-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 | AQUA FIT CLASS & Adult Only Width Swim 8.45-9.45 |
| 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 | ADULT INTENSIVE LESSONS & Adult Only Swim 8.45 - 9.45 |
| | AQUA FIT 10-10.45am (Shallow End) | | | | | | |
| WED | Public Swim* 7am - 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 |
| 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 | ADULT INTENSIVE LESSONS & Adult Only Swim 8.45 - 9.45 |
| FRI | Public Swim* 7am - 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) | Adult only Swim 8.45 - 9.45pm | |
| | AQUA FIT 10-10.45am (Shallow End) | | | | | | |
| SAT | Public Lane Swim* 7-8am | Pool Closed 8-10am | Public Swim* 10am - 7.45pm Very restricted Swimming at certain times (please note Public times on 25th June & 2nd July are 7-9am & 11-7.45pm) | | | Adult only Swim 7.45 - 8.45pm | |
| SUN | Private Booking Pool Closed 7-10am | Public Swim* 10pm - 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. | | |



*** 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.