

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

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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	<p>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)	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 24th June & 1st July are 7-9am & 11am-7.45pm)			Adult only Swim 7.45 - 8.45pm	
SUN	Private Booking Pool Closed 7-10am	Public Swim* 10pm - 5.45pm 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.