

# ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - APR - JUN 2017



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

[www.activeennis.ie](http://www.activeennis.ie)

**Classes WITHOUT smiley faces require prior booking**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 - 11 am PILATES Level 1 & 2 Call: Christine 0877710642	7.30 - 8am WAKE 'N' SHAKE cost €3	10 - 11am BODY TONE cost €6, (€4 golden yrs, €2 members)	7.30 - 8am WAKE 'N' SHAKE cost €3	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	<u>Weekday</u> Kids Swimming Lessons 4 yrs + Mon - Fri 4-4.45pm 7wks €65/€60 2nd child	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	<u>Weekend</u> 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	6-7pm Yoga Flow Contact: Deborah 0867365169	6 - 7 pm ACTIVE BODY BOOTCAMP 4 week course €60 Contact reception to book	6 - 7pm 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	7 - 8pm TRX / KETTLEBELLS COMBO 6 wks €55 / members €50 / payg €10 per class	7 - 8pm Full Body Fitness Contact: David 0857532077	7 - 8pm Bokwa Contact: Ewelina 0851733706	6 - 7 pm ACTIVE BODY BOOTCAMP 4 week course €60 Contact reception to book	<p style="text-align: center;"><b>Teen Gym Hours</b> 11 - 15 years Wed &amp; Fri @ <u>4-5pm - €4.50</u> Saturday Gym 5-6pm &amp; Pool 6-7pm - &amp; School Hols 11am-1pm - <u>€6.00 for both</u> <u>or €4.50 for gym</u> <u>only</u></p>
8.45 - 9.45 pm AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	8 - 9 pm PILATES - Level 2 & 3 Call: Christine 0877710642	8.45 - 9.45 pm AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	8.45PM -9.45PM Adult Swim Lessons Contact reception more info 7 weeks €70	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 - APR-JUN 2017** TEL: 065 6821604 [www.activeennis.ie](http://www.activeennis.ie)

	MORNING		AFTERNOON			EVENING		
MON	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	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 MASTERS
	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	ADULT LESSONS & Adult Only Swim 8.45 - 9.45
				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 MASTERS	
	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.				

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**\* 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 a lane for lane swimmers only will only be available when the pool is not too busy.*