

# ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - WINTER 2019



**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 Body Blast cost €6, €2 members	7.30 - 8 am HIIT Aerobics cost €4, €2 members	10 - 11 am Body Blast cost €6, €2 members	7.30 - 8 am HIIT Aerobics cost €4, €2 members	10 - 11 am Body Blast cost €6, €2 members	8 - 11 am Unislim contact Olga for details 0872526239
11 am - 12 pm Chair Fitness (Impaired mobility class) cost €6, €3 members	10 - 11 am AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	1.15 - 1.45pm Lunch Crunch cost €4	8.30 - 10 am Tai Chi cost €7, €5 members	10 - 11 am AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	9 - 10 am Cardio Tone cost €6, (€4 golden yrs, €2 members)
1.15 - 1.45pm Lunch Crunch cost €4	8 - 9 pm PILATES - Level 2 & 3 Call: Christine 0877710642	3.30 - 5.30pm Rinka Kids Fitness contact Audrey 0860792516	10 - 11.30 am YOGA Contact Antoinette 0863100827	1.15 - 1.45pm Lunch Crunch cost €4	 Áiseanna Spóirt is Fíllíochta Sports and Leisure Facilities <a href="http://www.activeennis.ie">www.activeennis.ie</a>
6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	 Áiseanna Spóirt is Fíllíochta Sports and Leisure Facilities <a href="http://www.activeennis.ie">www.activeennis.ie</a>	6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	11.30 am - 12.30 pm ZUMBA & POUND Contact: Kasia 086 8963098	4.00 - 5.00 pm Pound Fitness (age 11+ welcome) cost €5	
7 - 8pm Zumba Contact Kasia 0868963098	<b>ACTIVE ENNIS FACILITIES</b> <ul style="list-style-type: none"> <li>•Active Ennis Leisure Complex</li> <li>•Active Ennis John O Sullivan Park, Lees Road</li> <li>•Active Ennis Tim Smythe Park</li> <li>•Active Ennis All Weather Pitch &amp; Playground, Cloughleigh</li> <li>•Active Ennis Pitch, Glenina</li> <li>•Active Ennis Pitch &amp; Playground, Coot Park</li> <li>•Active Kilrush Sports Complex</li> </ul> Contact: 065-6821604 <a href="mailto:info@activeennis.ie">info@activeennis.ie</a>	8 - 9 pm Pound Fitness Contact: Kasia 0868963098	4 - 6pm Theatro School of Performing Arts contact Helen Ball 0870657307	6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	
8.45 - 9.45 pm AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)		8.45 - 9.45 pm AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members)	7 - 8 pm Zumba Contact: Kasia 0868963098	8 - 9.30 pm Karate contact Jim for details 0872220300	

**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

**Teen Gym Hours**  
11 - 15 years

Wed & Fri  
4 - 5 pm €4.50

Saturday  
4 - 5 pm €4.50  
(add pool from 5 - 6pm for an extra €1)

School Holidays  
Mon - Friday  
11 am - 1pm €4.50 per hour

**ACTIVE ENNIS POOL TIMETABLE - Winter 2019 TEL: 065 6821604 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 - 7.55pm	Adult only Swim 7.55 - 8.45pm	AQUA FIT CLASS & Adult Only Width Swim 8.45-9.45 pm
			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 - 7.55pm	Adult only Swim 7.55 - 8.45pm	8.45 - 9.45PM MASTERS 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 - 7.55pm	WIDTH SWIM Adult only 8 - 8.45pm	AQUA FIT CLASS & Adult Only Width Swim 8.45-9.45 pm
			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 - 7.55pm	Adult only Swim 7.55 - 8.45pm	8.45 9.45PM ADULT SWIM LESSONS Beg/Imp/Advan 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 to be accompanied by an adult)		8.45 - 9.45PM MASTERS 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	Public Swim* 12pm - 4.45pm Very restricted Swimming at certain times	<b>KIDS BIRTHDAY PARTIES!</b> 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  
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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 7.55pm 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 is for all.
- Please note that public lane for 'lane swimmers only' will only be available when the pool is not too busy.
- 7am swim from Monday to Friday finishes September 14<sup>th</sup>.

