

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

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 | 8.30 - 10 am Roll with It Contact Karriann 0862639454 €50 6 weeks or €10 PAYG | 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 | 10 - 11 am AQUA AEROBICS Cost €6.50, (€4.70 golden yrs & €2 members) | 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 | |
| 6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info | 8 - 9 pm PILATES - Level 2 & 3 Call: Christine 0877710642 | 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 Teen Pound Fitness cost €5 | |
| 7 - 8pm Zumba Contact Kasia 0868963098 | | 7 - 8 pm Boxercise €50 6 weeks or €10 PAYG Contact Kerriann 0862639454 | 4 - 6pm Theatro School of Performing Arts contact Helen Ball 0870657307 | 6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info | SUNDAY |
| 8 - 9 pm Boxercise €50 6 weeks or €10 PAYG Contact Kerriann 0862639454 | | 8 - 9 pm Pound Fitness Contact: Kasia 0868963098 | 7 - 8 pm Zumba Contact: Kasia 0868963098 | 8 - 9.30 pm Karate contact Jim for details 0872220300 | 10.15 -11.15am Boxercise €50 6 weeks or €10 PAYG Contact Kerriann 0862639454 |
| 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) | Teen Gym Hours 11 - 15 years <u>Wed & Fri</u> 4 - 5 pm €4.50 <u>Saturday</u> 4 - 5 pm €4.50 (add pool from 5 - 6pm for an extra €1) <u>School Holidays</u> Mon - Friday 11 am - 1pm €4.50 per hour | | |

Gym Opening Hours

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|---------------------|----------------------|
| 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 - 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 |
| | | | | 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 |
| | | | | 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 SWIMMING LESSONS <small>Reg/Imp/Advan</small> |
| | | | | 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 | 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 7.55pm 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 14th.

