

ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - Spring/Summer 2022



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

Classes WITHOUT smiley faces require prior booking

www.activeennis.ie

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 - 11 am Body Blast cost €7, €3 mem., €5 senior	7.15 - 7.45 am HIIT Class cost €5, €3 members	10 - 11 am Body Blast cost €7, €3 mem., €5 senior	7.15 - 7.45 am HIIT Class cost €5, €3 members	10 - 11 am Body Blast cost €7, €3 mem., €5 senior	8 - 11 am Unislim contact Olga for details 0872526239
11 am - 12 pm Chair Fitness (Impaired mobility class) coming soon	10 - 11 am AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members) March 1st	1.15 - 1.45pm Lunch Crunch cost €5	9- 10 am Tai Chi cost €8, €6 members	10 - 11 am AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members) (March 4th)	9 - 10 am Body Blast cost €7, €3 mem., €5 senior
1.15 - 1.45pm Lunch Crunch cost €5	6PM-7PM Karriemann COMING SOON	3.30 - 5.30pm Rinka Kids Fitness contact Audrey 0860792516	10 - 11 am YOGA Contact Antoinette 0863100827	1.15 - 1.45pm Lunch Crunch cost €5	10.15 -11.15am Barre (Ballet inspired blend of yoga/pilates & intense conditioning. www.bookbookwhen.com/simplyclass
6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	8 - 9 pm Pilates Contact: Christine 0877710642 for price/further details	6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	11 am - 12pm Rock & Roll (Dance/Gentle Yoga) Contact: Kasia 086 8963098 (FEBUARY 24th)	 Áiseanna Spóirt is Fíllíochta Sports and Leisure Facilities www.activeennis.ie	11.30am-12.30am mat pilates with Idoia coming soon
INTERESTED IN BOOKING STUDIO CONTACT JOHN (065)6821604	ACTIVE ENNIS FACILITIES ●Active Ennis Leisure Complex ●Active Ennis John O Sullivan Park, Lees Road ●Active Ennis Tim Smythe Park ●Active Ennis All Weather Pitch & Playground, Cloughleigh ●Active Ennis Pitch, Glenina ●Active Ennis Pitch & Playground, Cotee Park ●Active Kilrush Sports Complex Contact: 065-6821604 info@activeennis.ie	BEGINNERS PILATES WITH KARRIEMANN 0862639454 COMING SOON	6pm-7pm Unislim OLGA for details 0872526239	6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	 Áiseanna Spóirt is Fíllíochta Sports and Leisure Facilities www.activeennis.ie
8.45 - 9.45 pm AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members) (Mar 7th)		INTERESTED IN BOOKING STUDIO CONTACT JOHN (065)6821604	6PM-7PM STEP AEROBICS WITH KARRIEMANN 0862639454 PRE-BOOK PRE-PAY (24TH FEB)	8 - 9.30 pm Karate contact Jim for details 0872220300 back Soon	
 Áiseanna Spóirt is Fíllíochta Sports and Leisure Facilities www.activeennis.ie		 Áiseanna Spóirt is Fíllíochta Sports and Leisure Facilities www.activeennis.ie	 Áiseanna Spóirt is Fíllíochta Sports and Leisure Facilities www.activeennis.ie		

Gym Opening Hours

Mon 7am - 9.45pm	Fri 6.30am - 9.45pm
Tues 7am - 9.45pm	Sat 8am - 8.45pm
Wed 6.30am - 9.45pm	Sun 10am - 5.45pm
Thurs 7am - 9.45pm	Bk Hols 8am -3.45pm

Teen Gym Hours 12 - 15 years

Wed & Fri
4 - 5 pm €6

Saturday
5 - 6 pm €6

School Holidays
Mon - Friday
11 am - 1pm €6 per hour

ACTIVE ENNIS LEISURE COMPLEX- SWIMMING POOL SCHEDULE - Spring/Summer 2022

	MORNING	AFTERNOON		EVENING		
MON	Public Swim* 8am-10am & 12pm-12.45pm	Adult only Swim 12.45 - 2pm (commences 1st March)	Public Swim* 2pm - 4.45pm Kid's Swim Lessons 4-4.45pm	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
TUES	Public Swim* 8am - 12.45pm AQUA FIT 10-10.45am (Shallow End) (March 1st)	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm Kid's Swim Lessons 4-4.45pm (N.B. Kiddie Pool Closed)	Private Booking 4.45 - 6pm	Public Swim* 6pm - 7.55pm	Adult only Swim 7.55 - 8.45pm 8.45 - 9.45PM MASTERS Private Booking
WED	Public Swim* 8am - 12.45pm	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm Kid's Swim Lessons 4-4.45pm	Private Booking 4.45 - 6pm	Public Swim* 6pm - 7.55pm	WIDTH SWIM Adult only 8 - 8.45pm 8.45 - 9.45PM Private Booking C.W.S
THURS	Public Swim* 8am - 12.45pm	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm Kid's Swim Lessons 4-4.45pm (N.B. Kiddie Pool Closed)	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 / IMPR (3RD March)
FRI	Public Swim* 8am - 12.45pm AQUA FIT 10-10.45am (Shallow End) (Commences 4th March)	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 3.45pm Kid's Swim Lessons 4-4.45pm (BOTH POOLS CLOSED 4pm-7pm)	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
SAT	Public Swim* 2pm - 7.45pm <u>Very restricted Swimming at certain times</u>					SUB AQUA 6-8pm (4lanes) C.W.S 8-8.45pm (4lanes) Adult only swim 8-8.45pm
SUN	Public Swim* 12pm - 4.45pm <u>Very restricted Swimming at certain times</u>					
Bank Hol	Public Swim* 8am - 3.45pm	<p>* Restrictions may apply to public times</p> <ul style="list-style-type: none"> 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. Please note that public lane for 'lane swimmers only' will only be available when the pool is <u>not too busy</u>. 				

