

## 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](http://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)	10 - 11 am AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)		9- 10 am Tai Chi cost €8, €6 members	10 - 11 am AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)	9 - 10 am Body Blast cost €7, €3 mem., €5 senior
1.15 - 1.45pm Lunch Crunch cost €5		1.15 - 1.45pm Lunch Crunch cost €5		1.15 - 1.45pm Lunch Crunch cost €5	10.15 am-11.15am mat pilates with Idoia
6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info		6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	11 am - 12pm Rock & Roll (Dance/Gentle Yoga) Contact: Kasia 086 8963098	 Áiseanna Spóirt is Fíllíochta Sports and Leisure Facilities <a href="http://www.activeennis.ie">www.activeennis.ie</a>	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, Cootie Park ●Active Kilrush Sports Complex  Contact: 065-6821604 info@activeennis.ie	BEGINNERS PILATES WITH KARRIEANN 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 <a href="http://www.activeennis.ie">www.activeennis.ie</a>
8.45 - 9.45 pm AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)		INTERESTED IN BOOKING STUDIO CONTACT JOHN (065)6821604	6PM-7PM STEP AEROBICS WITH KARRIEANN 0862639454 PRE-BOOK PRE-PAY	8 - 9.30 pm Karate contact Jim for details 0872220300 back Soon	
 Áiseanna Spóirt is Fíllíochta Sports and Leisure Facilities <a href="http://www.activeennis.ie">www.activeennis.ie</a>		 Áiseanna Spóirt is Fíllíochta Sports and Leisure Facilities <a href="http://www.activeennis.ie">www.activeennis.ie</a>	 Áiseanna Spóirt is Fíllíochta Sports and Leisure Facilities <a href="http://www.activeennis.ie">www.activeennis.ie</a>		

### 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

9 TEL: 065 6821604 [www.activeennis.ie](http://www.activeennis.ie)

	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	8.45 - 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 5pm - 7pm	Public Swim *		8.45 - 9.45PM MASTERS Private Booking
SAT	Public Swim* 2pm - 7.45pm <u>Very restricted Swimming at certain times</u>					SUB AQUA & Adult only Swim	
SUN	Public Swim* 12pm - 4.45pm <u>Very restricted Swimming at certain times</u>						

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 once schools recommence.

