



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)	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	SWIM MERCHANDISE AVAILABLE AT RECEPTION	 www.activeennis.ie	INTERESTED IN BOOKING STUDIO CONTACT JOHN (065) 6821604	1.15 - 1.45pm Lunch Crunch cost €5	10.15 - 11.15am Mat Pilates with Idoia 0876977880
6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	8 - 9PM FITT TRAINING 0892011805	6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	11 am - 12pm Rock & Roll (Dance/Gentle Yoga) Contact: Kasia 086 8963098	 www.activeennis.ie	11:30AM - 12:30PM MAT PILATES WITH IDOIA 0876977880
7PM - 9:30PM YOGA CONTACT ANTOINETTE FOR DETAILS 0863100827	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, Coote 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	5 - 6PM FITT TRAINING 0892011805
8.45 - 9.45 pm AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)	 www.activeennis.ie	POOL BIRTHDAY PARTIES AVAILABLE TO BOOK. €14 PER CHILD.	6PM-7PM STEP AEROBICS WITH KARRIEANN 0862639454 PRE- BOOK PRE-PAY	8 - 9.30 pm Karate Contact Jim for details 0872220300 back Soon	 www.activeennis.ie
 www.activeennis.ie	BOOK EARLY. CONTACT RECEPTION FOR MORE DETAILS	8 - 9pm FITT Training 0892011805	<div style="background-color: #4b0082; color: white; padding: 10px; border-radius: 15px;"> <p>Teen Gym Hours 12 - 15 years</p> <p><u>Wed & Fri</u> 4 - 5 pm €6</p> <p><u>Saturday</u> 5 - 6 pm €6</p> <p><u>School Holidays</u> Mon - Friday 11 am - 1pm €6 per hour</p> </div>		

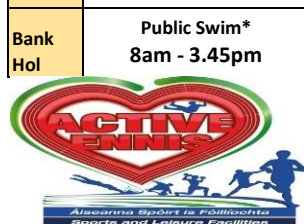
Gym Opening Hours

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
 *LAST ENTRY IS 45MINS BEFORE CLOSING .



ACTIVE ENNIS POOL TIMETABLE - Autumn/Winter 21ter2022

	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 3:45-4.45pm				
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 10-11am (Shallow End)		Kid's Swim Lessons 3:45-4.45pm (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	8.45 - 9.45PM Private Booking
			Kid's Swim Lessons 3:45-4.45pm				
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 / IMPR
			Kid's Swim Lessons 3:45-4.45pm (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 10-11am (Shallow End)		Kid's Swim Lessons 3:45-4.45pm (BOTH POOLS CLOSED 4pm-7pm)				
SAT	Public Swim* 2pm - 7.45pm <u>Very restricted Swimming at certain times</u>					SUB AQUA 6-8pm (4lanes) ONLY SWIM 8 - 8:45PM	ADULT
SUN	Public Swim* 12pm - 4.45pm <u>Very restricted Swimming at certain times</u>			POOL CLOSED PRIVATE BOOKING			



- * 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 8:45pm 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 not too busy.

