

ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - Spring/Summer 2023



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

www.activeennis.ie 065-6821604

Classes WITHOUT smiley faces require prior booking

Like our page on Facebook (Active Ennis) and get upto date news

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 - 11 am Body Blast cost €7, €3 mem., €5 senior	10 - 11 am AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)	10 - 11 am Body Blast cost €7, €3 mem., €5 senior	9- 10 am Tai Chi cost €8, €6 members	10 - 11 am Body Blast cost €7, €3 mem., €5 senior	8 - 11 am Unislim contact Olga for details 0872526239
NO HAT - NO SWIM Appropriate swimwear must be worn in Health suites.	Please don't use Excessive shower products on Pool Deck.	1.15 - 1.45pm Lunch Crunch cost €5	11 am - 12pm Rock & Roll (Dance/Gentle Yoga) Contact: Kasia 086 8963098	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	4.30-5.30 Yoga Marie 0876228325	12pm -1pm Rock & Roll (Dance/Gentle Yoga) Contact: Kasia 0868963096	1.15 - 1.45pm Lunch Crunch cost €5	10.10-11.00am Karrieanns PILATES(core) 0862639454 PRE BOOK
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	6pm-7pm Unislim OLGA for details 0872526239	 Aiseanna Spóirt is Fíllíochta Sports and Leisure Facilities www.activeennis.ie	BLOCK TICKETS AVAILABLE AT RECEPTION
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	7-8pm Yoga with Lauren contact 0879293180	6pm-7.15pm Karrieanns MAT PILATES 0862639454 PRE BOOK	€1 is needed for your Locker. Please do NOT leave your belonging in the Changing Rooms, During Swim Lessons.	5 - 6PM FITT TRAINING 0892011805
8.45 - 9.45 pm AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)	Contact: 065-6821604 info@activeennis.ie	INTERESTED IN BOOKING STUDIO CONTACT JOHN (065)6821604	8 - 9pm FITT Training 0892011805	WATER AVAILABLE AT RECEPTION	 Aiseanna 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

Mon/Wed/Fri
4 - 5 pm €6

Saturday
5 - 6 pm €6

School Holidays
Mon - Friday

11am- 12pm or 12pm-1pm , €6 per hour

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	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 (6-7pm 3 lanes booked)	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 Adult Swim	
			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 4pm - 6pm	Public Swim* 6pm - 7.55pm	Adult only Swim 7.55 - 8.45pm	8.45 9.45PM ADULT SWIM	
			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>							

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>.
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