

ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - 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 up to 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 | BLOCK TICKETS AVAILABLE AT RECEPTION | 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 | INTERESTED IN BOOKING STUDIO CONTACT JOHN (065)6821604 | 1.15 - 1.45pm Lunch Crunch cost €5 | INTERESTED IN BOOKING STUDIO CONTACT JOHN (065)6821604 |
| 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 Contact: 065-6821604 info@activeennis.ie | 7-8pm Yoga with Lauren 7 weeks €70/ €12 drop in contact 0879293180 | 6pm-7.15pm Karriann's MAT PILATES 0862639454 PRE BOOK | €1 is needed for your Locker. Please do NOT leave your belonging in the Changing Rooms, During Swim Lessons. | 6- 7PM FITT TRAINING 0892011805 |
| 8.45 - 9.45 pm AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members) | Aiseanna Spóirt is Fíllíochta Sports and Leisure Facilities www.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

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

| | 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 |
| 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 - 3.45pm | Private Booking 3.45pm - 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 - 3.45pm | Private Booking 3.45pm - 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 3.45pm - 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 3.45pm-7pm) | | | | |
| SAT | Public Swim* 2pm - 7.45pm <u>Very restricted Swimming at certain times</u> | | | | | SUB AQUA 6-8pm (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>. |
|-------------|------------------------------|---|



