

## ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - JULY 2023



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

[www.activeennis.ie](http://www.activeennis.ie)

**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.	<b>ACTIVE ENNIS FACILITIES</b> ●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, Coot Park ●Active Kilrush Sports Complex  Contact: 065-6821604 <a href="mailto:info@activeennis.ie">info@activeennis.ie</a>	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)	9 - 10 am Body Blast cost €7, €3 mem., €5 senior
1.15 - 1.45pm Lunch Crunch cost €5		4.30 - 5.30pm private booking	INTERESTED IN BOOKING STUDIO CONTACT JOHN (065)6821604	1.15 - 1.45pm Lunch Crunch cost €5	BLOCK TICKETS AVAILABLE AT RECEPTION
6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info		6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	6pm-7pm Unislim OLGa for details 0872526239 back in september	 Áiseanna Spóirt is Fíllíochta Sports and Leisure Facilities <a href="http://www.activeennis.ie">www.activeennis.ie</a>	6-7PM FITT TRAINING 0892011805
7PM-9.30PM YOGA WITH ANTOINETTE 0863100827		7-8PM YOGA WITH LAUREN 7 WEEKS €70/€12 DROP IN CONTACT 0879293180	6-7.15PM KARRIEANN'S MAT PILATES PREBOOK 0862639454	NO HAT - NO SWIM.	 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	8-9PM FITT TRAINING 0892011805		



8-9PM  
FITT TRAINING  
0892011805



### 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 - 12PM OR 12PM -1pm €6 per hour

**ACTIVE ENNIS POOL TIMETABLE - JULY 2023 TEL: 065 6821604 www.activeennis.ie**

	MORNING	AFTERNOON		EVENING	
<b>MON</b>	Public Swim* 8am-12.45pm Kiddie pool closed 11am -12.15pm	Adult only Swim 12.45 - 2pm	Public Swim 2pm - 7.55pm		Adult only Swim 7.55 - 8.45pm AQUA FIT CLASS & Adult Only Width Swim 8.45 -9.45 pm
<b>TUES</b>	Public Swim* 8am - 12.45pm AQUA FIT CLASS 10am -11am Kiddie pool closed 11am -12.15pm	Adult only Swim 12.45 - 2pm	Public Swim 2pm - 7.55pm		Adult only Swim 7.55 - 9.45pm
<b>WED</b>	Public Swim* 8am - 12.45pm Kiddie pool closed 11am -12.15pm	Adult only Swim 12.45 - 2pm	Public Swim 2pm - 4.45pm	Pool Closed 4.45 - 6pm	Public Swim* 6pm - 7.55pm Adult only WIDTH SWIM 8 - 8.45pm ADULT ONLY SWIM 8.45-9.45PM
<b>THURS</b>	Public Swim* 8am - 12.45pm Kiddie pool closed 11am -12.15pm	Adult only Swim 12.45 - 2pm	Public Swim 2pm - 7.55pm		Adult only Swim 7.55 - 9.45pm
<b>FRI</b>	Public Swim* 8am - 12.45pm Kiddie pool closed 11am -12.15pm AQUA FIT 10-10.45am (Shallow End)	Adult only Swim 12.45 - 2pm	Public Swim 2pm - 4.45pm	Pool Closed Private Booking 4.45pm - 7pm	Public Swim * 7pm - 8.45pm (Children to be accompanied by an adult) ADULT ONLY SWIM 8.45-9.45PM
<b>SAT</b>	Public Swim 10am - 7.45pm				ADULT ONLY SWIM 7.45PM -8.45PM
<b>SUN</b>	Public Swim 10am - 5.45pm (last entry 5pm)				



**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.
- Please note that public lane for 'lane swimmers only' will only be available when the pool is not too busy.