

## ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - WINTER 2024



Classes WITH smiley faces means no need to pre- book class, just come along!!!! [www.activeennis.ie](http://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 - 10.45 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	2-3PM CHAIR EXERCISE TRISH 0868507227	1.15 - 1.45pm Lunch Crunch cost €5	BLOCK TICKETS AVAILABLE AT RECEPTION	10 - 10.45 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	3 MTH GYM & POOL JANUARY SPEC €120	4.30-5.30 Yoga Marie 0876228325	TO BOOK STUDIO CONTACT JOHN or JAMIE (065)6821604	1.15 - 1.45pm Lunch Crunch cost €5	INTERESTED IN BOOKING STUDIO CONTACT JOHN or JAMIE (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	 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	7PM-8PM KARRIEANN 0862639454 BUMS & TUMS	6pm-7pm Karriann's PILATES COMING SOON 0862639454 PRE BOOK	€1 is needed for your Locker. Please do NOT leave your belonging in the Changing Rooms, During Swim Lessons.	
8.45 - 9.45 pm AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)	Contact: 065-6821604 info@activeennis.ie	KARRIEANNS BEG PILATES 8PM -9PM	7PM - 8pm STEP WITH KARRIEANN	12MTHS GYM & POOL JANUARY SPECIAL €100 OFF (DD available)	 www.activeennis.ie
 www.activeennis.ie		8.45 - 9.45 pm AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)	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

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 - WINTER 2024

	MORNING	AFTERNOON		EVENING		
MON	Public Swim* 8am - 12.45pm	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm  Kid's Swim Lessons 3:45-4.45pm	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  AQUA FIT 10-10.45am (Shallow End)	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm  Kid's Swim Lessons 3:45-4.45pm (N.B. Kiddie Pool Closed)	Private Booking 4.45 - 6pm	Public Swim* 6pm - 7.55pm	8.45 - 9.45PM MASTERS Private Booking
WED	Public Swim* 8am - 12.45pm	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 3.45pm  Kid's Swim Lessons 3:45-4.45pm	Private Booking 3.45pm - 6pm	Public Swim* 6pm - 7.55pm	WIDTH SWIM Adult only 8 - 8.45pm  AQUA FIT CLASS & Adult Only Width Swim 8.45-9.45 pm
THURS	Public Swim* 8am - 12.45pm	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 3.45pm  Kid's Swim Lessons 3:45-4.45pm (N.B. Kiddie Pool Closed)	Private Booking 3.45pm - 6pm	Public Swim* 6pm - 7.55pm	8.45 9.45PM ADULT SWIMMING LESSONS Private Booking
FRI	Public Swim* 8am - 12.45pm  AQUA FIT 10-10.45am (Shallow End)	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 3.45pm  Kid's Swim Lessons 3:45-4.45pm (BOTH POOLS CLOSED 3.45pm-7pm)	POOL CLOSED Private Booking 3.45pm - 7pm	Public Swim* 7pm - 8.45pm (Children to be accompanied by an adult) (6-7pm 3 lanes booked)	8.45 - 9.45PM MASTERS Private Booking
SAT	Public Swim* 2pm - 7.45pm <u>Very restricted Swimming at certain times</u>					SUB AQUA 6-8pm (4 lanes) 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><b>* Restrictions may apply to public times</b></p> <ul style="list-style-type: none"> <li>Swimming caps are compulsory. Waterproof swim nappies must be worn by toddlers</li> <li>Under 8s must be accompanied by an adult in the water at all times</li> <li>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</li> <li>Maximum stay is 2 hours per person</li> <li>Must be able to swim 2 lengths of pool and tread water before entering the deep end of the pool.</li> <li>Last entry is 45 minutes before closing time.</li> <li>Please note that public lane for 'lane swimmers only' will only be available when the pool is <u>not too busy</u>.</li> </ul>
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