

## ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - SUMMER 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 - 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.	Family Summer Special €200 Gym & pool Jul & Aug	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	6.30pm-7.30pm Karriann's MAT PILATES 4 week block 0862639454	4.30-5.30 Yoga Marie 0876228325	INTERESTED IN BOOKING STUDIO CONTACT JAMIE (065)6821604	1.15 - 1.45pm Lunch Crunch cost €5	INTERESTED IN BOOKING STUDIO CONTACT JAMIE (065)6821604
6pm-7pm Karriann's Step aerobics 0862639454 Coming soon	8 - 9PM FITT TRAINING 0892011805	ADULT LESSONS Starting Thu 12TH Sep, 9PM-9.45PM	5PM-6.20PM KIDS ART CLASS SOPHIE GAVIN 0863913073	 Aiseanna Spóirt is Fíllíochta Sports and Leisure Facilities <a href="http://www.activeennis.ie">www.activeennis.ie</a>	10AM-11AM FITT TRAINING 0892011805
7PM - 9:30PM YOGA ANTOINETTE 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 Killrush Sports Complex  Contact: 065-6821604 <a href="mailto:info@activeennis.ie">info@activeennis.ie</a> Find us on Facebook	7PM-8PM KARRIEANN 0862639454 Zero to Hero	6.30pm-7.30pm MAT PILATES 4 Week Block Coming Soon 0862639454	€1 is needed for your Locker. Please do NOT leave your belonging in the Changing Rooms, During Swim Lessons.	SHANNON SHARKS Under water Hockey <a href="mailto:uw@gmail.com">uw@gmail.com</a> for enquiries.



**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

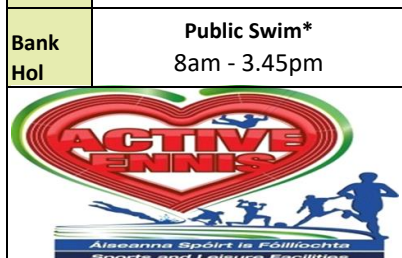
Mon/Wed/Fri  
4 - 5 pm €6

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 2024

	MORNING	AFTERNOON			EVENING	
<b>MON</b>	Public Swim* 8am - 12.45pm KID'S SWIM LESSONS 11am-12.15pm <span style="color: red;">Kiddie pool closed</span>	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm	Public Swim*: 6pm - 7.55pm (6-7pm 3 lanes booked)	Adult only Swim 7.55 - 9.45pm	
<b>TUES</b>	Public Swim* 7am - 12.45pm <span style="color: blue;">*AQUA FIT</span> 10AM-10.45AM * SWIM LESSONS 11-12.15pm <span style="color: red;">Kiddie pool closed</span>	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
<b>WED</b>	Public Swim* 8am - 12.45pm KID'S SWIM LESSONS 11am-12.15pm <span style="color: red;">Kiddie pool closed</span>	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 3.45pm	Public Swim*: 6pm - 7.55pm	WIDTH SWIM Adult only 8 - 8.45pm	8.45 - 9.45PM Adult Swim
<b>THURS</b>	Public Swim* 8am - 12.45pm KID'S SWIM LESSONS 11am-12.15pm <span style="color: red;">Kiddie pool closed</span>	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 3.45pm	Public Swim*: 6pm - 7.55pm	Adult only Swim 7.55 - 9.45pm	
<b>FRI</b>	Public Swim* 7am - 12.45pm <span style="color: blue;">*AQUA FIT</span> 10AM-10.45AM *KID'S SWIM LESSONS 11am-12.15pm <span style="color: red;">Kiddie pool closed</span>	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 3.45pm	POOL CLOSED Private Booking 4.45pm - 7pm	Public Swim * 7pm - 8.45pm (Children to be accompanied by an adult)	
<b>SAT</b>	Public Family Swim* 10AM - 8.45pm <u>Very restricted Swimming at certain times</u> (Adult only 7.55pm-8.45pm)					
<b>SUN</b>	Public Family Swim 10AM - 5.45PM			<span style="color: red;">*Kiddie pool closed 11am-12.15pm Monday- Friday for Intensive lessons</span>		



**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.



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