

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 065-6821604



Classes WITHOUT smiley faces require prior booking

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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 Sept 9PM- 9.45PM	5PM-6.20PM KIDS ART CLASS SOPHIE GAVIN 0863913073	 Aiseanna Spóirt is Fíllíochta Sports and Leisure Facilities www.activeennis.ie	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, Cooite Park •Active Killrush Sports Complex Contact: 065-6821604 info@activeennis.ie Find us on Facebook	7PM-8PM KARRIEANN 0862639454 Zero to Hero Fitness Class	6.30pm-7.30pm MAT PILATES 4 Week Block Coming Soon 0862639454	€1 is needed for your Locker. Please do NOT leave your belongings in the Changing Rooms, DURING Swim Lessons.	SHANNON SHARKS Under water Hockey uw@gmail.com 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

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	MORNING	AFTERNOON		EVENING	
MON	Public Swim* 8am - 12.45pm KID'S SWIM LESSONS 11am-12.15pm Kiddie pool closed	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 7.55pm (6-7pm 3 lanes booked)		Adult only Swim 7.55 - 9.45pm
TUES	Public Swim* 7am - 12.45pm *AQUA FIT 10AM-10.45AM * SWIM LESSONS 11-12.15pm Kiddie pool closed	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 4.45pm		Adult only Swim 7.55 - 8.45pm
WED	Public Swim* 8am - 12.45pm KID'S SWIM LESSONS 11am-12.15pm Kiddie pool closed	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 7.55pm		WIDTH SWIM Adult only 8 - 8.45pm 8.45 - 9.45pm Adult Swim
THURS	Public Swim* 8am - 12.45pm KID'S SWIM LESSONS 11am-12.15pm Kiddie pool closed	Adult only Swim 12.45 - 2pm	Public Swim* 2pm - 7.55pm		Adult only Swim 7.55 - 9.45pm
FRI	Public Swim* 7am - 12.45pm *AQUA FIT 10AM-10.45AM *KID'S SWIM LESSONS 11am-12.15pm Kiddie pool closed	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 8.45pm-9.45pm. Last Entry 9PM
SAT	Public Family Swim* 10am - 7.55pm <u>Very restricted Swimming at certain times</u>			Adult only Swim 7.55pm-8.45pm. Last Entry 8PM	
SUN	Public Family Swim 10am - 5.45pm			*Kiddie pool closed 11am-12.15pm Monday- Friday for Intensive lessons	
Bank Hol	Public Swim* 8am - 3.45pm	<p style="background-color: yellow; margin: 0;">* 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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