

ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - AUTUMN/WINTER 2025



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		1.15 - 1.45pm Lunch Crunch cost €5		10 - 11 am AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members) (March 4th)	9 - 9.45 am Body Blast cost €7, €3 mem., €5 senior
1.15 - 1.45pm Lunch Crunch cost €5	6.30-7.30pm Sculpt & Shred karrieann 0862639454	4.30-5.30 Yoga Marie 0876228325		1.15 - 1.45pm Lunch Crunch cost €5	10am-11am Barbell Blast 0892011805
6pm-7pm Back to Basics Beginner class karrieann 0862639454	8 - 9pm Barbell pump 0892011805		5pm-6pm Kids Art Class with Sophie 0863913073		11am -12am Pilates Idoia 0876977880
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	6.30pm-7.45pm Pilates karrieann 0862639454	6.30pm-7.30pm Karrieann's Step Aerobics 0862639454 PRE BOOK	€1 is needed for your Locker. Please do NOT leave your belonging in the Changing Rooms, During Swim Lessons.	Shannon Sharks Under Water Hockey uw@h@gmail.com for enquiries
8.45 - 9.45 pm AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)	8.45 - 9.45 pm AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)	8.45 - 9.45 pm AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)	8 - 9pm Circuit 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

	MORNING	AFTERNOON			EVENING		
MON	Public Swim* 8am - 12.45pm	Adult only Swim 12.45 - 2pm Parent +toddler (u6) baby pool	Public Swim* 2pm - 4.45pm	Private Booking 4.45 - 6pm	Public Swim* 6pm - 7.50pm (6-7pm 3 lanes booked)	Adult only Swim (over 18) 7.50 - 8.45pm	AQUA FIT CLASS & Adult Only Width Swim 8.45-9.30 pm
			Kid's Swim Lessons 3:45-4.45pm				
TUES	Public Swim* 8am - 12.45pm	Adult only Swim 12.45 - 2pm Parent +toddler (u6) baby pool	Public Swim* 2pm - 4.45pm	Private Booking 4.45 - 6pm	Public Swim* 6pm - 7.50pm	Adult only Swim (over 18) 7.50 - 8.45pm	8.45 - 9.45PM MASTERS Private Booking
	AQUA FIT 10-10.45am (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 Parent +toddler (u6) baby pool	Public Swim* 2pm - 3.45pm	Private Booking 3.45pm - 6pm	Public Swim* 6pm - 7.50pm	WIDTH SWIM Adult only (over 18) 8 - 8.45pm	AQUA FIT CLASS & Adult Only Width Swim 8.45-9.30 pm
			Kid's Swim Lessons 3:45-4.45pm				
THURS	Public Swim* 8am - 12.45pm	Adult only Swim 12.45 - 2pm Parent +toddler (u6) baby pool	Public Swim* 2pm - 3.45pm	Private Booking 3.45pm - 6pm	Public Swim* 6pm - 7.50pm	Adult only Swim (over 18) 7.50 - 8.45pm	8.45 9.45PM ADULT SWIMMING LESSONS Private Booking
			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 Parent +toddler (u6) baby pool	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 10-10.45am (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 (4 lanes) ONLY SWIM 8 - 8:45PM ADULT	
SUN	Public Swim* 12pm - 4.45pm <u>Very restricted Swimming at certain times</u>						



*** 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 7.50pm 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 (Non-stop) 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.