

JANUARY 2012 CLASSES

Co Longford
Sports & Leisure
Centre



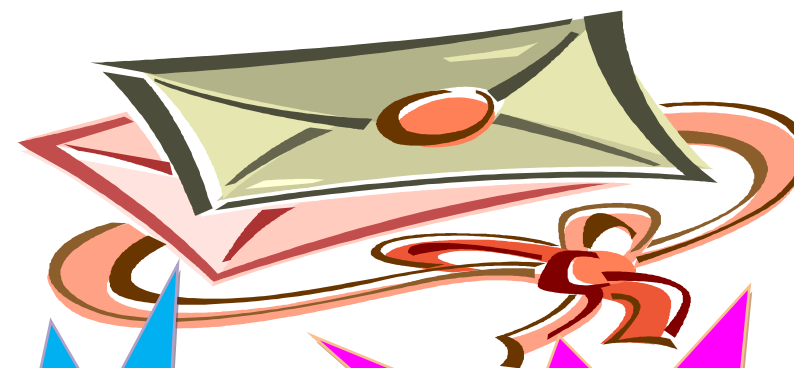
leisure
centre

The Mall, Templemichael, Longford. Telephone 043 3346431 / 3346536
E- mail:longfordsportscentre@eircom.net Website:www.longfordsportsandleisure.ie

Class	Day & Level	Time & Duration	Start Date	Cost
Child Swim	Tuesday – Tadpole to Turtle	5.15pm – 45mins	10 th Jan*	€60
Lessons	Wednesday – Tadpole to Turtle	5.15pm – 45mins	11 th Jan *	€60
	Thursday – Tadpole to Turtle	5.15pm – 45mins	12 th Jan *	€60
	Saturday – Tadpole to Turtle	10am – 45mins 10.45am – 45mins	7 th Jan *	€60
	Saturday – Jaws only	11.30am – 45mins	7 th Jan *	€60
Adult Swim	Tuesday – Beginner	7.45p m – 45 mins	10 th Jan	€70
Lesson	Tuesday - Improver	8.30pm – 45 mins	10 th Jan	€70
	Wednesday - Beginner	8.30p m – 45 mins	11 th Jan	€70
Adult Swim Advanced	Wednesday	9.15pm – 45mins	11 th Jan	€70
Aquafit	Monday	8.15pm – 45 mins	9 th Jan	€50 for 6 or €10 per class
Pilates	Tuesday	1pm – 30 mins	10 th Jan	€50 for 6 or €10 per class
	Wednesday	7pm – 40mins	11 th Jan	€50 for 6 or €10 per class
	Thursday	10am – 30mins	12 th Jan	€50 for 6 or €10 per class



VOUCHERS FOR CHRISTMAS NOW AVAILABLE



Children
Lessons

Aquafit

Adult
Lessons

Pilates

Advanced Adult
Lessons

***Enrolment for Child Swim Lessons begins 12th DEC**

