

SPRING 2012 CLASSES

Class	Day & Level	Time & Duration	Start Date	Cost
Child Swim	Tuesday – Tadpole to Turtle	5.15pm – 45mins	06 th Mar*	€60
Lessons	Wednesday – Tadpole to Turtle	5.15pm – 45mins	07-Mar*	€60
	Thursday – Tadpole to Turtle	5.15pm – 45mins	08-Mar*	€60
	Saturday – Tadpole to Turtle	10am – 45mins 10.45am – 45mins	3 rd Mar*	€60
	Saturday – Jaws only	11.30am – 45mins	3 rd Mar *	€60
Adult Swim	Tuesday – Beginner	7.45p m – 45 mins	06-Mar	€70
Lesson	Tuesday - Improver	8.30pm – 45 mins	06-Mar	€70
	Wednesday - Beginner	8.30p m – 45 mins	07-Mar	€70
Adult Swim Advanced	Wednesday	9.15pm – 45mins	07-Mar	€70
Aquafit	Monday	8.15pm – 45 mins	12-Mar	€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
Early Bird Fitness	Wednesday	7am – 30mins	25 th Jan	€5 per class

***Enrolment for Child Swim Lessons begins 17th Feb**