



Booking is essential (except for Aqua Aerobics & Aqua Fit)

MONDAY	
<b>M</b>	7.00 - 7.45am Early Bird Spin
<b>C</b>	Gymnastics 5.15pm - 6.00pm
<b>C</b>	Total Beginners Pilates 6.15pm - 7.15pm
	7.10 - 8.30pm Adult Lane Training
<b>M</b>	7.30 - 8.15pm Full Body Pump

TUESDAY	
<b>M</b>	9.00 - 9.45am Aqua Aerobics
<b>C</b>	2.30 - 3.10pm Little Fish (3yrs +)
	3.30 - 6.40pm Child Swim Lessons
<b>M</b>	8.00 - 8.45pm HIIT Spin
<b>M</b>	7.15 - 8.00pm Aqua Fit

WEDNESDAY	
<b>M</b>	7.00 - 7.45am Swim Fit
<b>M</b>	7.00 - 7.45am Early Bird Spin
<b>C</b>	9.00 - 9.45am Adult Swim Lessons
<b>M</b>	11.00am - 11.45am Active Fitness
<b>C</b>	2.30 - 7.15pm Danceworld
<b>C</b>	4.10 - 5.00pm Child Lane Training
<b>C</b>	7.30 - 8.30pm Pilates
<b>C</b>	7.15 - 8.00pm Adult Swim Lessons

THURSDAY	
<b>M</b>	11.30am - 12.15pm Aqua Aerobics
<b>C</b>	2.40 - 5.50pm Child Swim Lessons
<b>C</b>	5.15 - 6.00pm Gymnastics
<b>M</b>	7.15 - 8.00pm Aqua Fit
<b>M</b>	7.15 - 8.00pm Half + Half
<b>M</b>	8.15 - 9.00pm HIIT Spin

FRIDAY	
<b>M</b>	7.00 - 7.45am Early Bird Spin
<b>M</b>	11.00 - 11.45am Active Fitness
<b>C</b>	7.10 - 8.00pm Child Lane Training
<b>M</b>	7.15 - 8.00pm Circuits
SATURDAY	
<b>C</b>	9.20am - 1.20pm Child Swim Lessons
<b>C</b>	10.00 - 10.45am Gymnastics
<b>C</b>	12.40 - 1.30pm Child Lane Training

GYM OPENING TIMES:	
Monday - Friday:	7.00am - 9.00pm
(Members Only; Mon - Thu: 6 - 8 pm)	
Saturday:	9.15am - 5.00pm
Sunday:	10.00am - 5.00pm
Public Holiday:	10.00am - 5.00pm

PAY AS YOU GO	
Adult Gym & Swim	€10.00
Family Swim (2 adults & 2 Kids u16)	€26.00
Child Swim (u16)	€6.00
Over 55s Swim & Gym	€7.00
Student Swim & Gym (over 16 Valid ID)	€7.00
Fitness Classes (excluding Yoga & Pilates)	€10.00
Adult Aqua Aerobics	€10.00
Over 55s Aqua Aerobics	€8.00
Job Seekers (proof of Unemployment)	€7.00
10 Fitness Classes (excl. Yoga & Pilates)	€90.00
10 Adult Aqua Aerobics	€90.00
10 over 55s Aqua Aerobics	€70.00
Disability Gym & Swim	€7.00

# AUG - DEC 2022 POOL HALL

Public Swim & Members

Members Only

No Access to Pool Hall

**Claremorris**  
Leisure Centre



	MORNING		AFTERNOON	EVENING		NIGHT			
<b>Mon</b>	Public Swim 7 - 10am		School Lessons & Members Lane Swimming 10am - 2pm	Public Swim 2 - 6pm		Claremorris Swim Club 4.30 - 7.00pm	Adult Lane Training 7.10- 8.30pm	Public Swim 8 - 9.00pm	
<b>Tue</b>	CM Swim Club 6.45 - 8.15am	Aqua Aerobics 9 - 9.45am	School Lessons & Members Lane Swimming 9am - 2pm	Little Fish 3yrs+ 2.30 - 3.10pm	Child Swim Lessons 4yrs+ 3.30 - 6.40pm		Aqua Fit 7.15 - 8pm	Public Swim 8 - 9.00pm	
	Public Swim 7 - 9am			Public Swim 2 - 3.15pm		Members Lane Swimming Only 3.30 - 8.00pm			
<b>Wed</b>	Swim Fit 7.00 - 7.45am	Adult Swim Lessons 9 - 9.45am	School Lessons & Members Lane Swimming 10am - 2pm	Child Lane Training 4.10 - 5.00pm	Claremorris Swim Club 5.00 - 7.00pm	Adult Swim Lessons 7.15 - 8pm		Public Swim 8 - 9.00pm	
	Public Swim 7 - 10am			Public Swim 2 - 6pm		Members Lane Swimming 6 - 8pm			
<b>Thu</b>	CM Swim Club 6.45 - 8.15am	Public Swim 7 - 10am	School Lessons 10 - 11am	School Lessons 1 - 2pm	Public Swim 2 - 3.15pm	Child Swim Lessons 4yrs+ 3.30 - 7pm	CM Swim Club 6.00 - 7.00pm	Aqua Fit 7.15 - 8pm	Public Swim 8 - 9.00pm
			Aqua Aerobics 11.30 - 12.15pm			Members Lane Swimming 10am - 2pm			
<b>Fri</b>	CM Swim Club 6.45 - 8.15am	Public Swim 7 - 10am	School Lessons & Members Lane Swimming 10am - 2pm		Public Swim 2 - 6pm	Claremorris Swim Club 4.30 - 7.00pm	Child Lane Training 7.10 - 8pm	Public Swim 8 - 9.00pm	
						Members Lane Swimming 6 - 8pm			
<b>Sat</b>	Child Swim Lessons 4yrs+ 9.00am - 1.50pm			Public Swim 1.50 - 5pm					
	Members Lane Swimming Only								
<b>Sun</b>	Claremorris Swim Club 8.30am - 10.30am		CM Swim Club 10.30am - 12.00pm	Public Swim 11.00am - 5pm					