



# SWIM LESSONS 2022

TUESDAY Starting September 6th		WEDNESDAY Starting September 7th		SATURDAY Starting September 10th		SUNDAY Starting September 11th	
TIME	GROUP	TIME	GROUP	TIME	GROUP	TIME	GROUP
10.00am	Parent and Baby (4-18mts) (30 MIN)	3.30pm	Tadpoles Frogs Sharks	8.00am	Pre-school swim (3-5yr) (30 MIN)	8.00am	Pre-school swim (3-5yr) (30 MIN)
10.30am	Parent and Tots (18mts - 3yrs) (30 MIN)	4.10pm	Tadpoles Frogs Goldfish Seals		Parent and Tots (18mts - 3yrs) (30 MIN)	8.35am	Tadpoles Goldfish Seals
11.00am	Parent and Baby (4-18mts) (30 MIN)			8.35am	Frogs x 2 groups Goldfish Penguins	9.15am	Pre-school swim (3-5yr) (30 MIN)
11.30am	Parent and Tots (18mts - 3yrs) (30 MIN)	4.50pm	Tadpoles Frogs Goldfish Penguins	9.15am	Parent and Baby (4-18mts) (30 MIN)		Frogs Penguins
12.45pm	Pre-school swim (3-5yr) (30 MIN)	5.30pm	Tadpoles Frogs Seals Rookie Lifeguard		Penguins Seals Sharks	9.55am	Pre-school swim (3-5yr) (30 MIN)
1.20pm	Pre-school swim (3-5yr) (30 MIN)	6.10pm	Tadpoles Frogs Penguins	9.55am	Parent and Tots (18mts - 3yrs) (30 MIN)		Frogs
3.30pm	Tadpoles Frogs Goldfish Penguins	6.45pm	Teen Active		Tadpoles		
4.10pm	Frogs Goldfish Seals/Sharks						
4.50pm	Tadpoles Goldfish Seals/Stingrays						
5.30pm	Frogs Goldfish Penguins Lane Swim						
6.10pm	Tadpoles Frogs Goldfish Penguins						
7.00pm	Beginner Adults Improver Adults						

Cost members €100 (child must be a member) / non-members €120. Only 1 Adult may attend with Child

Parent and Baby/Tots €110 (members/non-members)

Booking opens Monday 22nd August for current swimmers & Monday 29th August for new swimmers

A limited number of swim assessments are available if you are unsure of the ability level – contact reception for details

All Lessons are 35 mins, except Parent & Baby/Tots

To book, call us +353 (0) 46 954 0020