



# SWIM LESSONS 2026

TUESDAY		WEDNESDAY		SATURDAY		SUNDAY	
Starting 1st September		Starting 2nd September		Starting 5th September		Starting 6th September	
10.00am	Parent & Baby	3.30pm	Tadpoles	7.30am	Parents & Tots	7.30am	Pre-school swim
10.30am	Parent & Tots		Goldfish		Pre-school swim		
11.00am	Parent & Baby		Frogs				
12.45pm	Pre-school swim		Penguins	8.00am	Parents & Tots		Pre-school swim
1.20pm	Pre-school swim	4.10pm	Tadpoles		Pre-school swim	8.00am	Frogs
1.55pm	Pre-school swim		Frogs		Goldfish		Penguins
			Goldfish		Stingray		
			Seals				
3.30pm	Tadpoles Frogs Goldfish Penguins	4.50pm		8.40am	Tadpoles		Tadpoles
			Frogs		Frogs		
			Tadpoles		Goldfish	8.40am	Goldfish
			Penguins		Penguins		Seals
4.10pm	Frogs Goldfish Seals Sharks		Sharks	9.20am	Parent & Baby		
		5.30pm	Tadpoles		Goldfish		Pre-school swim
			Frogs		Penguins		
			Goldfish		Sharks		
4.50pm	Tadpoles Goldfish Seals Stingrays		Seals	10.00am	Parents & Tots	9.20am	Penguins
		6.10pm	Tadpoles		Tadpole		
			Frogs		Seals		Pre-school swim
			Goldfish			10.00am	Frogs
			Penguins	10.40am	Pre-school swim		Goldfish
5.30pm	Frogs Goldfish Penguins Lane Swim			11.20am	Parent & Baby		
6.10pm	Frogs Goldfish Penguins Sharks						
7.00pm	Adults						

Cost: members = €110, non-members = €130. Only 1 adult may attend with a child.  
 Parent and Baby/Tots: €120 (members/non-members)  
 Booking opens Monday 8th June for current swimmers & Wednesday 10<sup>th</sup> June for new swimmers.

Swim assessments are available for new swimmers; please arrange a swim assessment prior to booking to ensure you are in the correct group, as a refund will not be available. Call 0469540020 to book.

All Lessons below the tadpole grade, which is for under 5 years old, are 30 minutes  
Current swimmers may book into the group they are currently in on the day swim certs are issued. If a swimmer is changing group, day, or time, they must wait until the following Monday.  
 Parent and baby = 4-18 months, Parent and tot = 18 months to 3 years, preschool = 3-5 years  
 Tadpole groups and above requires a minimum age of 5 years old.  
**NO REFUNDS WILL BE MADE AFTER BOOKING IS CONFIRMED.**