



SWIM LESSONS 2023

TUESDAY Starting March 7th		WEDNESDAY Starting March 8th		SATURDAY Starting March 11th		SUNDAY Starting March 12th	
TIME	GROUP	TIME	GROUP	TIME	GROUP	TIME	GROUP
10.00am	Parent and Baby (4-18mts) (30 MIN)	3.30pm	Tadpoles Goldfish Frogs Penguins	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)				Parent and Tots (18mts - 3yrs) (30 MIN)	8.35am	Tadpoles Goldfish Seals
11.00am	Parent and Baby (4-18mts) (30 MIN)	4.10pm	Tadpoles Frogs Goldfish Seals		Goldfish		
11.30am	Parent and Tots (18mts - 3yrs) (30 MIN)			8.35am	Tadpoles Frogs x 2 groups Goldfish Penguins	9.15am	Pre-school swim (3-5yr) (30 MIN) Frogs Penguins
12.45pm	Pre-school swim (3-5yr) (30 MIN)	4.50pm	Tadpoles Frogs Goldfish Sharks				
1.20pm	Pre-school swim (3-5yr) (30 MIN)	5.30pm	Tadpoles Frogs Seals Rookie Lifeguard	9.15am	Parent and Baby (4-18mts) (30 MIN)	9.55am	Pre-school swim (3-5yr) (30 MIN) Frogs
3.30pm	Tadpoles Frogs Goldfish Penguins				Penguins Seals Sharks		
4.10pm	Frogs Goldfish Seals/Sharks	6.10pm	Tadpoles Frogs Penguins	9.55am	Parent and Tots (18mts - 3yrs) (30 MIN)		
4.50pm	Tadpoles Goldfish Seals/Stingrays	6.45pm	Teen Active		Tadpoles		
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 20th February for current swimmers & Wednesday 22nd February 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