



SWIM LESSONS 2023

TUESDAY 24th October		WEDNESDAY 25th October		SATURDAY 28th October		SUNDAY 29th October	
TIME	GROUP	TIME	GROUP	TIME	GROUP	TIME	GROUP
10am	Parent and Baby (4-18mts) (30 MIN)	3.30pm	Tadpoles Goldfish Frogs Penguins	7.30am	Parent and Tot 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	8.00am	Parent and Tots (18mts - 3yrs) (30 MIN) Goldfish Sharks		Frogs Goldfish
12.45pm	Pre-school swim (3-5yr) (30 MIN)	4.50pm	Goldfish x2 Frogs Sharks	8.40am	Tadpoles Frogs/Goldfish Penguins	8.40am	Tadpoles Goldfish Seals
1.20pm	Pre-school swim (3-5yr) (30 MIN)	5.30pm	Tadpoles Frogs/Seals Rookie Lifeguard	9.20am	Parent and Baby (4-18mts) (30 MIN) Seals/Sharks Goldfish	9.20am	Pre-school swim (3-5yr) (30 MIN)
3.30pm	Tadpoles Frogs Goldfish Penguins	6.10pm	Tadpoles Penguins Frogs	10.00am	Parent and Tots (18mts - 3yrs) (30 MIN) Tadpoles Penguins		Frogs Penguins
4.10pm	Frogs Goldfish Seals Sharks	6.45pm	Teen Active	10.40am	Pre-school swim (3-5yr) (30 MIN) Frogs	10.00am	Pre-school swim (3-5yr) (30 MIN) Frogs
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 Advance 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 9th October for current swimmers & Wednesday 11th October 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