



THE  
JOHNSTOWN  
ESTATE HOTEL & SPA

# SWIM LESSONS 2024

TUESDAY 5th March		WEDNESDAY 6th March		SATURDAY 9th March		SUNDAY 10th March	
TIME	GROUP	TIME	GROUP	TIME	GROUP	TIME	GROUP
10.30am	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)
11am	Parent and Tots (18mts - 3yrs) (30 MIN)			8.00am	Parent and Tots (18mts - 3yrs) (30 MIN)		Frogs Penguins
12.45pm	Pre-school swim (3-5yr) (30 MIN)	4.10pm	Tadpoles Frogs Goldfish Seals		Goldfish Seals		Tadpoles
1.20pm	Pre-school swim (3-5yr) (30 MIN)		Frogs Goldfish Penguins Sharks	8.40am	Tadpoles Frogs/Goldfish Penguins	8.40am	Goldfish Seals
3.30pm	Tadpoles Frogs Goldfish Penguins	5.30pm	Tadpoles Frogs Seals Goldfish	9.20am	Parent and Baby (4-18mts) (30 MIN) Penguins / Sharks Goldfish	9.20am	Pre-school swim (3-5yr) (30 MIN) Frogs Penguins
4.10pm	Frogs Goldfish Seals Sharks	6.10pm	Tadpoles Penguins Rookie Lifeguard		Parent and Tots (18mts - 3yrs) (30 MIN)		Pre-school swim (3-5yr) (30 MIN)
4.50pm	Tadpoles Goldfish Seals Stingrays	6.45pm	Teen Active	10.00am	Tadpoles Seals	10.00am	Frogs
5.30pm	Frogs Goldfish Penguins Lane Swim			10.40am	Pre-school swim (3-5yr) (30 MIN) Frogs		
6.10pm	Tadpoles Frogs Goldfish Penguins						
7.00pm	Beginner Adults Improver Adults						

Cost members €105 (child must be a member) / non-members €125. Only 1 Adult may attend with Child

Parent and Baby/Tots €115 (members/non-members)

Booking opens Monday 19th February for current swimmers & Wednesday 21st 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 which are 30 mins

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