



SWIM LESSONS 2024

TUESDAY 30th April		WEDNESDAY 1st May		SATURDAY 4th May		SUNDAY 5th May	
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) Frogs Goldfish
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 Seals	8.40am	Tadpoles Goldfish Seals
11am	Parent and Tots (18mts - 3yrs) (30 MIN)			8.40am	Tadpoles Frogs/Goldfish Penguins		
12.45pm	Pre-school swim (3-5yr) (30 MIN)	4.50pm	Frogs Goldfish Penguins Sharks	9.20am	Parent and Baby (4-18mts) (30 MIN) Penguins / Sharks Goldfish	9.20am	Pre-school swim (3-5yr) (30 MIN) Frogs Penguins
1.20pm	Pre-school swim (3-5yr) (30 MIN)						
3.30pm	Tadpoles Frogs Goldfish Penguins	5.30pm	Tadpoles Frogs Seals Goldfish	10.00am	Parent and Tots (18mts - 3yrs) (30 MIN) Tadpoles Seals	10.00am	Pre-school swim (3-5yr) (30 MIN) Frogs
4.10pm	Frogs Goldfish Seals Sharks						
4.50pm	Tadpoles Goldfish Seals Stingrays	6.45pm	Teen Active	10.40am	Pre-school swim (3-5yr) (30 MIN) Frogs		
5.30pm	Frogs Goldfish Penguins Lane Swim						
6.10pm	Sharks 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 15th April for current swimmers & Wednesday 17th April 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