



# SWIM LESSONS 2024

TUESDAY 3rd September		WEDNESDAY 4th September		SATURDAY 7th September		SUNDAY 8th September	
TIME	GROUP	TIME	GROUP	TIME	GROUP	TIME	GROUP
10am	Parent & Baby	3.30pm	Tadpoles	7.30am	Parent & Tot	8am	Pre-school swim
10.30am	Parent & Tot		Frogs				Frogs
11am	Parent & Tot		Goldfish		Parent & Tot		Goldfish
12.45pm	Pre-school Swim		Penguins		Pre-school swim		
1.20pm	Pre-school Swim	4.10pm	Tadpoles	8am	Goldfish		
			Frogs		Stingrays		Tadpoles
			Goldfish			8.40am	Goldfish
			Seals				Seals
3.30pm	Tadpoles			8.40am	Tadpoles		
	Frogs	4.50pm	Frogs		Frogs		Pre-school swim
	Goldfish		Goldfish		Goldfish	9.20am	Frogs
	Penguins		Penguins		Penguins		Penguins
			Sharks				
4.10pm	Frogs	5.30pm	Tadpoles	9.20am	Parent & Baby		
	Goldfish		Goldfish		Goldfish		
	Seals		Frogs		Penguins		
	Sharks		Seals		Sharks	10am	Pre-school swim
4.50pm	Tadpoles	6.10pm	Tadpoles	10am	Parent & Tot		Frogs
	Goldfish		Penguins		Tadpoles		
	Seals		Rookie lifeguard		Seals		
	Stingrays	6.45pm	Teen Active	10.40am	Pre-school swim		
5.30pm	Frogs				Frogs		
	Goldfish						
	Penguins						
	Lane Swim						
6.10pm	Frogs						
	Goldfish						
	Penguins						
	Sharks						
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 10th June for current swimmers & Wednesday 12th June 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