



# SWIM LESSONS 2025

TUESDAY Starting March 4th		WEDNESDAY Starting March 5th		SATURDAY Starting March 8th		SUNDAY Starting March 9th	
TIME	GROUP	TIME	GROUP	TIME	GROUP	TIME	GROUP
10.00am	Parent & Baby	3.30pm	Tadpoles Goldfish	7.30am	Parent & Tots	8.00am	Pre-school swim
10.30am	Parent & Tots		Frogs Penguins	8.00am	Parent & Tots Pre-school swim		Frogs Goldfish
11.00am	Parent & Baby	4.10pm	Tadpoles Frogs Goldfish		Goldfish Stingrays	8.40am	Tadpoles
12.45pm	Pre-school swim		Seals	8.40am	Tadpoles		Goldfish Seals Pre-school swim
1.20pm	Pre-school swim	4.50pm	Tadpoles Frogs Goldfish		Frogs Goldfish Penguins	9.20am	school swim Frogs Penguins
3.30pm	Tadpoles Frogs Goldfish Penguins	5.30pm	Penguins Sharks Tadpoles Frogs Goldfish	9.20am	Parent & Baby Goldfish Penguins Sharks	10.00am	Pre-school swim Frogs
4.10pm	Frogs Goldfish Seals Sharks	6.10pm	Seals Tadpoles Penguins Rookie Lifeguard	10.00am	Parent & Tots Tadpoles Seals		
4.50pm	Tadpoles Goldfish Seals Stingrays	6.45pm	Teen Active	10.40am	Pre-school swim Frogs		
5.30pm	Frogs Goldfish Penguins Lane Swim						
6.10pm	Frogs Goldfish Penguins Sharks						
7.00pm	Beginner Adults Improver Adults						

Cost members €110 (child must be a member) / non-members €130. Only 1 Adult may attend with Child  
 Parent and Baby/Tots €120 (members/non-members)  
 Booking opens Monday 17th February for current swimmers & Wednesday 19th 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  
 Current swimmers may book into the group they are currently in on the day swim certs are issued. If a swimmer is changing group, day or time they must wait until the following Monday.  
 Swimmers not moving groups - classes start from Tuesday 11th February - Sunday 16th February.

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