



# SWIM LESSONS 2025

TUESDAY Starting April 29th		WEDNESDAY Starting April 30th		SATURDAY Starting May 3rd		SUNDAY Starting May 4th	
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		Penguins Sharks	9.20am	Parent & Baby		10.00am Pre-school swim Frogs
4.10pm	Frogs Goldfish Seals Sharks	5.30pm	Tadpoles Frogs Goldfish Seals		Goldfish Penguins Sharks		
4.50pm	Tadpoles Goldfish Seals Stingrays	6.10pm	Tadpoles Penguins Rookie Lifeguard	10.00am	Parent & Tots Tadpoles Seals		
5.30pm	Frogs Goldfish Penguins Laneswim	6.45pm	Teen Active	10.40am	Pre-school swim Frogs		
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 14th April for current swimmers & Wednesday 16th 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  
 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.

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