



THE
JOHNSTOWN
ESTATE ★ ★ ★ ★
HOTEL & SPA

SWIM LESSONS 2025

TUESDAY Starting 28th October		WEDNESDAY Starting 29th October		SATURDAY Starting 1st November		SUNDAY Starting 2nd November	
TIME	GROUP	TIME	GROUP	TIME	GROUP	TIME	GROUP
10.00am	Parent & Baby	3.30pm	Tadpoles Goldfish Frogs Penguins	7.30am	Parent & Tots	8.00am	Pre-school swim Frogs Goldfish
10.30am	Parent & Tots			8.00am	Parent & Tots Pre-school swim Goldfish Stingrays	8.40am	Tadpoles Goldfish Seals
11.00am	Parent & Baby	4.10pm	Tadpoles Frogs Goldfish Seals	8.40am	Tadpoles Frogs Goldfish Penguins	9.20am	Pre-school swim Frogs Penguins
12.45pm	Pre-school swim	4.50pm	Frogs Goldfish Penguins Sharks	9.20am	Parent & Baby Goldfish Penguins Sharks	10.00am	Pre-school swim Frogs
1.20pm	Pre-school swim	5.30pm	Tadpoles Frogs Goldfish Seals	10.00am	Parent & Tots Tadpoles Seals		
1.55pm	Pre-school swim	6.10pm	Tadpoles Penguins Rookie Lifeguard	10.40am	Pre-school swim Frogs		
3.30pm	Tadpoles Frogs Goldfish Penguins	6.45pm	Teen Active				
4.10pm	Frogs Goldfish Seals Sharks						
4.50pm	Tadpoles Goldfish Seals Stingrays						
5.30pm	Frogs Goldfish Penguins Laneswim						
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 13th October for current swimmers & Wednesday 15th October 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