

SWIM LESSONS 2026

TUESDAY Starting January 6th	WEDNESDAY Starting January 7th	SATURDAY Starting January 10th	SUNDAY Starting January 11th
10.00am Parent & Baby	3.30pm	7.30am Parents & Tots	7.30am Pre-school swim
10.30am Parent & Tots		Parents & Tots	
11.00am Parent & Baby		Pre-school swim	8.00am Pre-school swim
12.45pm Pre-school swim	4.10pm	8.00am Goldfish	Frogs
1.20pm Pre-school swim		Stingray	Goldfish
1.55pm Pre-school swim			
3.30pm Tadpoles Frogs Goldfish Penguins	4.50pm	8.40am Tadpoles Frogs Goldfish Penguins	8.40am Tadpoles Goldfish
			Seals
4.10pm Frogs Goldfish Seals Sharks		9.20am Parent & Baby Goldfish Penguins Sharks	Pre-school swim
	5.30pm		Frogs
		10.00am Parents & Tots Tadpole Seals	9.20am Penguins
4.50pm Tadpoles Goldfish Seals Stingrays			Pre-school swim
	6.10pm	10.40am Pre-school swim Frogs	10.00am Frogs Goldfish
5.30pm Frogs Goldfish Penguins Lane Swim		11.20am Parent & Baby	
6.10pm Frogs Goldfish Penguins Sharks			
7.00pm Beginner Adults Improver Adults			

Cost: members = €110, non-members = €130. Only 1 adult may attend with a child.

Parent and Baby/Tots: €120 (members/non-members)

Booking opens Monday 8th December for current swimmers & Wednesday 10th December for new swimmers.

Swim assessments are available for new swimmers; please arrange a swim assessment prior to booking to ensure you are in the correct group, as a refund will not be available. Call 0469540020 to book.

All Lessons below the tadpole grade, which is for under 5 years old, are 30 minutes

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.

Parent and baby = 4-18 months, Parent and tot = 18 months to 3 years, preschool = 3-5 years

Tadpole groups and above requires a minimum age of 5 years old.

NO REFUNDS WILL BE MADE AFTER BOOKING IS CONFIRMED.