



Booking is essential (except for Aqua Aerobics & Aqua Fit)

MONDAY	
M	7.00 - 7.45am Early Bird Spin
C	Gymnastics 5.15pm - 6.00pm
C	Total Beginners Pilates 6.15pm - 7.15pm
	7.10 - 8.00pm Adult Lane Training
M	7.30 - 8.00pm Full Body Pump

TUESDAY	
M	9.00 - 9.45am Aqua Aerobics
C	2.30 - 3.10pm Little Fish (3yrs +) 3.30 - 6.40pm Child Swim Lessons
M	8.00 - 8.45pm HIIT Spin
M	7.15 - 8.00pm Aqua Fit

WEDNESDAY	
M	7.00 - 7.45am Swim Fit
M	7.00 - 7.45am Early Bird Spin
C	9.00 - 9.45am Adult Swim Lessons
M	11.00am - 11.45am Active Fitness
C	2.30 - 7.15pm Danceworld
C	4.10 - 5.00pm Child Lane Training
C	7.30 - 8.30pm Pilates
C	7.15 - 8.00pm Adult Swim Lessons

THURSDAY	
M	11.30am - 12.15pm Aqua Aerobics
C	2.40 - 5.50pm Child Swim Lessons
C	5.15 - 6.00pm Gymnastics
M	7.15 - 8.00pm Aqua Fit
M	7.15 - 8.00pm Half + Half
M	8.15 - 9.00pm HIIT Spin

FRIDAY	
M	7.00 - 7.45am Early Bird Spin
M	11.00 - 11.45am Active Fitness
C	7.10 - 8.00pm Child Lane Training
M	7.15 - 8.00pm Circuits
SATURDAY	
C	9.20am - 1.20pm Child Swim Lessons
C	10.00 - 10.45am Gymnastics
C	12.40 - 1.30pm Child Lane Training

GYM OPENING TIMES:	
Monday - Friday:	7.00am - 9.00pm
(Members Only; Mon - Thu: 6 - 8 pm)	
Saturday:	9.15am - 5.00pm
Sunday:	10.00am - 5.00pm
Public Holiday:	10.00am - 5.00pm

PAY AS YOU GO	
Adult Gym & Swim	€9.00
Family Swim (2 adults & 2 Kids u16)	€24.00
Child Swim (u16)	€5.00
Over 55s Swim & Gym	€6.00
Student Swim & Gym (over 16 Valid ID)	€6.00
Fitness Classes (excluding Yoga & Pilates)	€9.00
Adult Aqua Aerobics	€9.00
Over 55s Aqua Aerobics	€7.00
Job Seekers (proof of Unemployment)	€6.00
10 Fitness Classes (excl. Yoga & Pilates)	€80.00
10 Adult Aqua Aerobics	€80.00
10 over 55s Aqua Aerobics	€60.00
Disability Gym & Swim	€6.00

AUG - DEC 2022 POOL HALL



Public Swim & Members



Members Only



No Access to Pool Hall

Claremorris
Leisure Centre



	MORNING		AFTERNOON	EVENING		NIGHT
Mon	Public Swim 7 - 10am		School Lessons & Members Lane Swimming 10am - 2pm	Public Swim 2 - 6pm		Claremorris Swim Club 4.30 - 7.00pm Adult Lane Training 7.10- 8pm Members Lane Swimming 6 - 8pm Public Swim 8 - 9.00pm
Tue	CM Swim Club 6.45 - 8.15am Public Swim 7 - 9am	Aqua Aerobics 9 - 9.45am	School Lessons & Members Lane Swimming 9am - 2pm	Little Fish 3yrs+ 2.30 - 3.10pm Public Swim 2 - 3.15pm	Child Swim Lessons 4yrs+ 3.30 - 6.40pm Members Lane Swimming Only	Aqua Fit 7.15 - 8pm Members Lane Swimming 6.40 - 8pm Public Swim 8 - 9.00pm
Wed	Swim Fit 7.00 - 7.45am Public Swim 7 - 10am	Adult Swim Lessons 9 - 9.45am	School Lessons & Members Lane Swimming 10am - 2pm	Child Lane Training 4.10 - 5.00pm Claremorris Swim Club 5.00 - 7.00pm Public Swim 2 - 6pm Members Lane Swimming 6 - 8pm		Adult Swim Lessons 7.15 - 8pm Public Swim 8 - 9.00pm
Thu	CM Swim Club 6.45 - 8.15am Public Swim 7 - 10am	School Lessons 10 - 11am Aqua Aerobics 11.30 - 12.15pm Members Lane Swimming 10am - 2pm	School Lessons 1 - 2pm	Public Swim 2 - 3.15pm	Child Swim Lessons 4yrs+ 3.30 - 7pm Members Lane Swimming Only CM Swim Club 6.00 - 7.00pm	Aqua Fit 7.15 - 8pm Members Lane Swimming 7 - 8pm Public Swim 8 - 9.00pm
Fri	CM Swim Club 6.45 - 8.15am Public Swim 7 - 10am	School Lessons & Members Lane Swimming 10am - 2pm		Public Swim 2 - 6pm	Claremorris Swim Club 4.30 - 7.00pm Members Lane Swimming 6 - 8pm	Child Lane Training 7.10 - 8pm Public Swim 8 - 9.00pm
Sat	Child Swim Lessons 4yrs+ 9.20am - 1.20pm		Public Swim 1.20 - 5pm			
	Members Lane Swimming Only					
Sun	Claremorris Swim Club 9.30am - 11am		CM Swim Club 11.00am - 12.30pm	Public Swim 11.00am - 5pm		