

PRICE LIST

SWIM & GYM DAILY

Adult Swim/ Gym	€7.50
Child Swim (3-15yrs inclusive)	€4.00
OAP/Unemployed/Student*	€5.00
Family (2Adults & 3Kids)	€19.00
Inflatable	€4.00

WEEKLY MEMBERS

Adult Swim/Gym	€15.00
OAP/Unemployed/Student*	€12.00
Family (2Adults & 3Kids)	€40.00
Child Swim <16	€12.00
Aqua Weekly	€20.00

MONTHLY MEMBERS

Adult Swim/Gym	€48.00
OAP/Unemployed	€40.00
Student*	€35.00
Family	€90.00

*Student ID required

ANNUAL MEMBERS

Adult	€375
Family	€750
Husband & Wife	€600

SWIM LESSONS

Adult	€50
Child	€60

Less than 8yrs and non-swimmers must be accompanied by a person 16yrs or over

EXERCISE CLASSES

MONDAY

Aqua Aerobics	10.15am & 7.00pm
Body Tone	10.30 -11.15am

TUESDAY

Aqua Aerobics	9:45am & 7.00pm
Bums & Tums	1.00 – 1.45pm

WEDNESDAY

Aqua Aerobics	9:45am & 7.00pm
---------------	-----------------

THURSDAY

Aqua Aerobics	7:00pm - 7.45pm
Active Aging	10.00am 11.00am

FRIDAY

Aqua Aerobics	9:45am-10.30am
Kettlebells	6.00 – 6.45pm

Private Gym / Class Available on request

GYM HOURS

Monday	6.30am- 9.45pm
Tuesday	7.00am - 9.45pm
Wednesday	6.30am – 9.45pm
Thursday	6.15am – 9.45pm
Friday	7.15am – 8.45pm
Saturday	9.00am –5.00pm
Sunday	10.15am – 5.00pm

Follow us on....



 051 640955
 seankellysc@gmail.com
 seankellysportscentre.com



Sept - Oct



MAKING FITNESS FUN!

**Gym, Swim, Cardio
Kids Clubs + Much More**

 051 640955
 seankellysc@gmail.com
 seankellysportscentre.com

Swim times are open to change at short notice.
Please check our Facebook page for daily updates.

<p><u>Thursday 13th September</u> 7.30-9.00 (AO) 9.00-10.45 11.00 – 12.45 12.45-1.45(AO) 2.00-3.45 6.00-6.45 Aqua Aerobics 7.00pm 7.45 -9.45 (AO) <u>Gym open 6.15am</u></p>	<p><u>Friday 14th September</u> 7.15 – 9.00 (AO) 9.00 – 9.45 Aqua Aerobics 9.45 am 10.30 – 11.15 12.45 – 1.45 (AO) 2.00 – 3.45 7.30 – 9.00</p>	<p><u>Saturday 15th September</u> 9.30 – 12.00 1.00 – 1.45 3.00 – 3.45 Inflatable 4.00 – 5.45 <u>Gym Open 9.00am</u></p>	<p><u>Sunday 16th September</u> 12.00 –1.45 3.00 – 3.45 Inflatable 4.00 – 5.45 <u>Gym Open 10.15am</u></p>	<p><u>Monday 17th September</u> 8.00 – 9.00 (AO) 9.00- 9.30am Aqua Aerobics 10.15 am 12.30 – 1.45(AO) 2.00 - 3.45 6.00 – 6.45 Aqua Aerobics 7.00pm 7.45 – 9.45 (AO) <u>Gym open 6.30am</u></p>
<p><u>Tuesday 18th September</u> 7.00 – 9.00(AO) 9.00 – 9.45 Aqua Aerobics 9.45 am 10.30 – 12.45 12.45 – 1.45 (AO) 2.30– 3.45 6.00 – 6.45 Aqua Aerobics 7.00 pm 7.45 – 9.45 (AO)</p>	<p><u>Wednesday 19th September</u> 8.00 – 9.00 (AO) 9.00 – 9.45 Aqua Aerobics 9.45am 10.30 – 12.00 12.00 – 12.45(Half Pool) 12.45 – 1.45 (AO) 2. 00– 3.45 5.00 – 6.45 Aqua Aerobics 7.00 pm 7.45 – 9.45 (AO) <u>Gym open 6.30am</u></p>	<p><u>Thursday 20th September</u> 7.30 -9.00 (AO) 9.00-10.45 11.00 – 12.45 12.45-1.45(AO) 2.00-3.45 6.00-6.45 Aqua Aerobics 7.00pm 7.45-9.45 (AO) <u>Gym Open 6.15am</u></p>	<p><u>Friday 21stSeptember</u> 7.15 – 9.00 (AO) 9.00 – 9.45 Aqua Aerobics 9.45 am 12.45 – 1.45 (AO) 2.00 – 3.45 7.30 – 9.00</p>	<p><u>Saturday 22nd September</u> 9.30 – 12.00 1.00 – 2.45 3.00 – 3.45 Inflatable 4.00 – 5.45 <u>Gym Open 9.00am</u></p>
<p><u>Sunday 23rd September</u> 12.00 –1.45 3.00 – 3.45 Inflatable 4.00 – 5.45 <u>Gym Open 10.15am</u></p>	<p><u>Monday 24th September</u> 8.00 – 9.00 (AO) 9.00- 9.30am Aqua Aerobics 10.15 am 12.30 – 1.45(AO) 2.00 - 3.45 6.00 – 6.45 Aqua Aerobics 7.00pm 7.45 – 9.45 (AO) <u>Gym open 6.30am</u></p>	<p><u>Tuesday 25th September</u> 7.00 – 9.00(AO) 9.00 – 9.45 Aqua Aerobics 9.45 am 10.30 – 12.45 12.45 – 1.45 (AO) 2.30– 3.45 6.00 – 6.45 Aqua Aerobics 7.00 pm 7.45 – 9.45 (AO)</p>	<p><u>Wednesday 26th September</u> 8.00 – 9.00 (AO) 9.00 – 9.45 Aqua Aerobics 9.45am 10.30 – 12.00 12.00 – 12.45(Half Pool) 12.45 – 1.45 (AO) 2.00– 3.45 5.00 – 6.45 Aqua Aerobics 7.00 pm 7.45 – 9.45 (AO) <u>Gym open 6.30am</u></p>	<p><u>Thursday 27th September</u> 7.30-9.00 (AO) 9.00-10.45 11.00 – 12.45 12.45-1.45(AO) 2.00-3.45 6.00-6.45 Aqua Aerobics 7.00pm 7.45 -9.45 (AO)</p>
<p><u>Friday 28th September</u> 7.15 – 9.00 (AO) 9.00 – 9.45 Aqua Aerobics 9.45 am 12.30 – 1.45 (AO) 2.30 – 3.45 7.30 – 9.00</p>	<p><u>Saturday 29th September</u> 9.30 – 12.00 1.00 – 1.45 3.00 – 3.45 Inflatable 4.00 – 5.45 <u>Gym Open 9.00am</u></p>	<p><u>Sunday 30th September</u> 12.00 –1.45 3.00 – 3.45 Inflatable 4.00 – 5.45 <u>Gym Open 10.15am</u></p>	<p><u>Monday 1st October</u> 8.00 – 9.00 (AO) 9.00- 9.30am Aqua Aerobics 10.15 am 12.30 – 1.45(AO) 2.00 - 3.45 6.00 – 6.45 Aqua Aerobics 7.00pm 7.45 – 9.45 (AO) <u>Gym open 6.30am</u></p>	<p><u>Tuesday 2nd October</u> 7.00 – 9.00(AO) 9.00 – 9.45 Aqua Aerobics 9.45 am 10.30 – 12.45 12.45 – 1.45 (AO) 2.30– 3.45 6.00 – 6.45 Aqua Aerobics 7.00 pm 7.45 – 9.45 (AO)</p>