

## 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

### Weekly Members

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

### 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	€40
Child	€60

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

Follow us on....



051 640955  
 seankellysc@gmail.com  
 seankellysportscentre.com

## EXERCISE CLASSES

### Monday:

Aqua Aerobics 10.15am & 7.00pm

### Tuesday:

Aqua Aerobics 9:45am & 7.00pm  
Glutes & Abs 1.00-1.45pm

### Wednesday:

Aqua Aerobics 9:45am & 7.00pm

### Thursday:

Active Aging 10.00am-11.00am  
Men's Aqua 12.00 - 12.45pm  
Aqua Aerobics 7:00pm-7.45pm

### Friday:

Aqua Aerobics 9:45am-10.15am

Private Gym / Class Available on request

## Gym Hours

Monday	6.30am- 9.45pm
Tuesday	7.00am - 9.45pm
Wednesday	6.30am – 9.45pm
Thursday	7.15am – 9.45pm
Friday	7.15am – 8.45pm
Saturday	6.30am – 5.45pm
Sunday	10.30am – 5.45pm



Jan / Feb



**MAKING FITNESS FUN!**

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

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

<p><b><u>Tuesday 16<sup>th</sup> January</u></b>  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><b><u>Wednesday 17<sup>th</sup> January</u></b>  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)</p>	<p><b><u>Thursday 18<sup>th</sup> January</u></b>  7.15 – 9.00 (AO)  9.00 –10.45  11.00. – 12.45  (12.00-12.45-half pool)  12.45 – 1.45 (AO)  2.00 – 3.45  6.00 –6.45  Aqua Aerobics 7.00pm  9.00 – 9.45 (AO)</p>	<p><b><u>Friday 19<sup>th</sup> January</u></b>  7.15 – 9.00 (AO)  9.00 – 9.45  Aqua Aerobics 9.45 am  12.00-12.45  12.45 – 1.45 (AO)  2.30 – 3.45  7.00 – 8.45</p>	<p><b><u>Saturday 20<sup>th</sup> January</u></b>  1.00 – 2.45  3.00 – 3.45 Inflatable  4.00 – 5.45</p> <p><b><u>Gym Open 6.30am</u></b></p>
<p><b><u>Sunday 21<sup>st</sup> January</u></b>  12.00 – 12.45  1.00 – 2.45  3.00 – 3.45 Inflatable  4.00 – 5.45</p> <p><b><u>Gym Open 10.30am</u></b></p>	<p><b><u>Monday 22<sup>nd</sup> January</u></b>  8.00 – 9.00 (AO)  9.00 – 10.15  Aqua Aerobics 10.15 am  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><b><u>Tuesday 23<sup>rd</sup> January</u></b>  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><b><u>Wednesday 24<sup>th</sup> January</u></b>  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)</p>	<p><b><u>Thursday 25<sup>th</sup> January</u></b>  7.15 – 9.00 (AO)  9.00 –10.45  11.00. – 12.45  (12.00-12.45-half pool)  12.45 – 1.45 (AO)  2.00 – 3.45  6.00 –6.45  Aqua Aerobics 7.00pm  9.00 – 9.45 (AO)</p>
<p><b><u>Friday 26<sup>th</sup> January</u></b>  7.15 – 9.00 (AO)  9.00 – 9.45  Aqua Aerobics 9.45 am  12.45 – 1.45 (AO)  2.30 – 3.45  7.00 – 8.45</p>	<p><b><u>Saturday 27<sup>th</sup> January</u></b>  1.00 – 2.45  3.00 – 3.45 Inflatable  4.00 – 5.45</p> <p><b><u>Gym Open 6.30am</u></b></p>	<p><b><u>Sunday 28<sup>th</sup> January</u></b>  12.00 – 12.45  1.00 – 2.45  3.00 – 3.45 Inflatable  4.00 – 5.45</p> <p><b><u>Gym Open 10.30am</u></b></p>	<p><b><u>Monday 29<sup>th</sup> January</u></b>  8.00 – 9.00 (AO)  9.00 – 9.30  Aqua Aerobics 10.15 am  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><b><u>Tuesday 30<sup>th</sup> January</u></b>  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><b><u>Wednesday 31<sup>st</sup> January</u></b>  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)</p>	<p><b><u>Thursday 1<sup>st</sup> February</u></b>  7.15 – 9.00 (AO)  9.00 –10.45  11.00. – 12.45  (12.00-12.45-half pool)  12.45 – 1.45 (AO)  2.00 – 3.45  6.00 –6.45  Aqua Aerobics 7.00pm  9.00 – 9.45 (AO)</p>	<p><b><u>Friday 2<sup>nd</sup> February</u></b>  7.15 – 9.00 (AO)  9.00 – 9.45  Aqua Aerobics 9.45 am  12.00 – 12.45  12.45 – 1.45 (AO)  2.30 – 3.45  7.00 – 8.45</p>	<p><b><u>Saturday 3<sup>rd</sup> February</u></b>  1.00 – 2.45  3.00 – 3.45 Inflatable  4.00 – 5.45</p> <p><b><u>Gym Open 6.30am</u></b></p>	<p><b><u>Sunday 4<sup>th</sup> February</u></b>  2.00 – 2.45  3.00 – 3.45 Inflatable  4.00 – 5.45</p> <p><b><u>Gym Open 10.30am</u></b></p>