

## 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**

### TUESDAY

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

### 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	8.30am – 5.00pm
Sunday	9.45am – 5.00pm

Follow us on....



051 640955  
 seankellysc@gmail.com  
 seankellysportscentre.com



## December



**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>Sunday 2<sup>nd</sup> December</u></b>  12.00 – 1.45  3.00 – 3.45 Inflatable  4.00 – 5.00</p> <p><b><u>Gym Open 9.45am</u></b></p>	<p><b><u>Monday 3<sup>rd</sup> December</u></b>  8.00 – 9.00 (AO)  9.00- 9.30  Aqua Aerobics 10.15 am  11.00 – 12.00  12.45 – 1.45(AO)  2.00 - 3.45  6.00 – 6.45  Aqua Aerobics 7.00pm  7.45 – 9.45 (AO)  <b><u>Gym open 6.30am</u></b></p>	<p><b><u>Tuesday 4<sup>th</sup> December</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  9.00 – 9.45 (AO)</p>	<p><b><u>Wednesday 5<sup>th</sup> December</u></b>  8.00 – 9.00 (AO)  9.00 – 9.45  Aqua Aerobics 9:45am  10.30 12.45  12.45 – 1.45 (AO)  2.30– 3.45  5.00 – 6.45  Aqua Aerobics 7.00 pm  7.45 – 9.45 (AO)  <b><u>Gym open 6.30am</u></b></p>	<p><b><u>Thursday 6<sup>th</sup> December</u></b>  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  9.00 -9.45 (AO)</p>
<p><b><u>Friday 7<sup>th</sup> December</u></b>  7.15 – 9.00 (AO)  9.00 – 9.45  Aqua Aerobics 9.45 am  10.30-11.15  12.45 – 1.45 (AO)  2.30 – 3.45  6.00 – 7.15  7.30 – 9.00</p>	<p><b><u>Saturday 8<sup>th</sup> December</u></b>  10.00 – 12.00  1.00 – 1.45  3.00 – 4.00</p> <p><b><u>Gym Open 8.30am</u></b></p>	<p><b><u>Sunday 9<sup>th</sup> December</u></b>  12.00 – 2.45  3.00 – 4.00</p> <p><b><u>Gym Open 9.45am</u></b></p>	<p><b><u>Monday 10<sup>th</sup> December</u></b>  8.00 – 9.00 (AO)  9.00- 9.30am  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)  <b><u>Gym open 6.30am</u></b></p>	<p><b><u>Tuesday 11<sup>th</sup> December</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  9.00 – 9.45 (AO)</p>
<p><b><u>Wednesday 12<sup>th</sup> December</u></b>  8.00 – 9.00 (AO)  9.00 – 9.45  Aqua Aerobics 9:45am  10.30 – 12.45  12.45 – 1.45 (AO)  2.30– 4.45  5.00 – 6.45  Aqua Aerobics 7.00 pm  7.45 – 9.45 (AO)  <b><u>Gym open 6.30am</u></b></p>	<p><b><u>Thursday 13<sup>th</sup> December</u></b>  7.30-9.00 (AO)  9.00-10.45  11.00 – 12.45  12.45-1.45(AO)  2.00-3.45  4.00-5.45  6.00-6.45  Aqua Aerobics 7.00pm  9.00 -9.45 (AO)</p>	<p><b><u>Friday 14<sup>th</sup> December</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  7.30 – 9.00</p>	<p><b><u>Saturday 15<sup>th</sup> December</u></b>  10.00 – 11.45  12.00 – 1.45  3.00 – 4.00</p> <p><b><u>Gym Open 9.45 am</u></b></p>	<p><b><u>Sunday 16<sup>th</sup> December</u></b>  12.00 – 1.45  3.00 – 4.00</p> <p><b><u>Gym Open 11.45 am</u></b></p>
<p><b><u>Monday 17<sup>th</sup> December</u></b>  8.00 – 9.00 (AO)  9.00- 9.30am  Aqua Aerobics 10.15 am  11.00 – 12.45  12.45 – 1.45(AO)  2.00 - 3.45  4.00-5.45  6.00 – 7.00  7.00 – 9.45 (AO)  <b><u>Gym open 6.30am</u></b></p>	<p><b><u>Tuesday 18<sup>th</sup> December</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)  2.00 - 3.45  6.00 – 6.45  7.00 – 8.45pm (AO)</p>	<p><b><u>Wednesday 19<sup>th</sup> December</u></b>  8.00 – 9.00 (AO)  9.00 – 9.45  Aqua Aerobics 9:45am  10.30 – 12.45  12.45 – 1.45 (AO)  2.30– 4.45  5.00 – 6.45  7.45 – 8.45 (AO)  <b><u>Gym open 6.30am</u></b></p>	<p><b><u>Thursday 20<sup>th</sup> December</u></b>  7.30-9.00 (AO)  9.00-10.45  11.00 – 12.45  12.45-1.45(AO)  2.00-3.45  4.00-5.45  6.00-6.45  7.00 -8.45pm (AO)  <b><u>No Aqua Aerobics</u></b></p>	<p><b><u>Friday 21<sup>st</sup> December</u></b>  7.15 – 9.00 (AO)  9.00 – 10.30  10.30-12.45  12.45 – 1.45 (AO)  2.00 – 3.45  7.30 – 9 pm</p> <p><b><u>No Aqua Aerobics</u></b></p>