

**ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - WINTER 2023/ SPRING 2024**



Classes WITH smiley faces means no need to pre- book class, just come along!!!! [www.activeennis.ie](http://www.activeennis.ie) 065-6821604

Classes WITHOUT smiley faces require prior booking [Like our page on Facebook \(Active Ennis\)](https://www.facebook.com/ActiveEnnis) and get upto date news



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 - 11 am Body Blast cost €7, €3 mem., €5 senior	10 - 10.45 am AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)	10 - 11 am Body Blast cost €7, €3 mem., €5 senior	9 - 10 am Tai Chi cost €8, €6 members	10 - 11 am Body Blast cost €7, €3 mem., €5 senior	8 - 11 am Unislim contact Olga for details 0872526239
NO HAT - NO SWIM	2-3PM CHAIR EXERCISE TRISH 0868507227	1.15 - 1.45pm Lunch Crunch cost €5	BLOCK TICKETS AVAILABLE AT RECEPTION	10 - 10.45 am AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members) (March 4th)	9 - 10 am Body Blast cost €7, €3 mem., €5 senior
1.15 - 1.45pm Lunch Crunch cost €5	6.45-7.45PM EGYPTIAN DANCE CLASS CIARA 0833941117	4.30-5.30 Yoga Marie 0876228325	TO BOOK STUDIO CONTACT JOHN or JAMIE (065)6821604	1.15 - 1.45pm Lunch Crunch cost €5	INTERESTED IN BOOKING STUDIO CONTACT JOHN or JAMIE (065)6821604
6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	8 - 9PM FITT TRAINING 0892011805	6 - 7 pm Active Body Bootcamp Contact reception for prices/booking info	6pm-7pm Unislim OLGA for details 0872526239		BLOCK TICKETS AVAILABLE AT RECEPTION
7PM - 9:30PM YOGA CONTACT ANTOINETTE FOR DETAILS 0863100827	ACTIVE ENNIS FACILITIES •Active Ennis Leisure Complex •Active Ennis John O Sullivan Park, Lees Road •Active Ennis Tim Smythe Park •Active Ennis All Weather Pitch & Playground, Cloughleigh •Active Ennis Pitch, Glenina •Active Ennis Pitch & Playground, Coote Park •Active Kilrush Sports Complex	7PM-8PM KARRIEANN 0862639454 Beginners PILATES	6pm-7.15pm Karrieann's MAT PILATES 0862639454 PRE BOOK	€1 is needed for your Locker. Please do NOT leave your belonging in the Changing Rooms, During Swim Lessons.	
8.45 - 9.45 pm AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)		WIDTHS SWIMMING 8PM- 8.45PM	8 - 9pm FITT Training 0892011805		
	Contact: 065-6821604 info@activeennis.ie Find us on Facebook	8.45 - 9.45 pm AQUA AEROBICS Cost €7.50, (€6 golden yrs & €4 members)		Teen Gym Hours 12 - 15 years Mon/Wed/Fri 4 - 5 pm €6 Saturday 5 - 6 pm €6 School Holidays Mon - Friday 11am- 12pm or 12pm-1pm, €6 per hour	

**Gym Opening Hours**

Mon 7am - 9.45pm	Fri 6.30am - 9.45pm
Tues 7am - 9.45pm	Sat 8am - 8.45pm
Wed 6.30am - 9.45pm	Sun 10am - 5.45pm
Thurs 7am - 9.45pm	Bk Hols 8am - 3.45pm

**ACTIVE ENNIS LEISURE COMPLEX- CLASSES & COURSES SCHEDULE - WINTER 2023/2024**

	MORNING	AFTERNOON	EVENING
MON	Public Swim* 8am - 12.45pm	Adult only Swim 12.45 - 2pm Public Swim* 2pm - 4.45pm Kid's Swim Lessons 3:45-4.45pm	Private Booking 4.45 - 6pm Public Swim* 6pm - 7.55pm (6-7pm 3 lanes booked)
TUES	Public Swim* 8am - 12.45pm AQUA FIT 10-10.45am (Shallow End)	Adult only Swim 12.45 - 2pm Public Swim* 2pm - 4.45pm Kid's Swim Lessons 3:45-4.45pm (N.B. Kiddie Pool Closed)	Private Booking 4.45 - 6pm Public Swim* 6pm - 7.55pm
WED	Public Swim* 8am - 12.45pm	Adult only Swim 12.45 - 2pm Public Swim* 2pm - 3.45pm Kid's Swim Lessons 3:45-4.45pm	Private Booking 3.45pm - 6pm Public Swim* 6pm - 7.55pm
THURS	Public Swim* 8am - 12.45pm	Adult only Swim 12.45 - 2pm Public Swim* 2pm - 3.45pm Kid's Swim Lessons 3:45-4.45pm (N.B. Kiddie Pool Closed)	Private Booking 3.45pm - 6pm Public Swim* 6pm - 7.55pm
FRI	Public Swim* 8am - 12.45pm AQUA FIT 10-10.45am (Shallow End)	Adult only Swim 12.45 - 2pm Public Swim* 2pm - 3.45pm Kid's Swim Lessons 3:45-4.45pm (BOTH POOLS CLOSED 3.45pm-7pm)	POOL CLOSED Private Booking 3.45pm - 7pm Public Swim* 7pm - 8.45pm (Children to be accompanied by an adult) (6-7pm 3 lanes booked)
SAT	Public Swim* 2pm - 7.45pm <u>Very restricted Swimming at certain times</u>		SUB AQUA 6-8pm (4 lanes) ADULT ONLY SWIM 8 - 8.45PM
SUN	Public Swim* 12pm - 4.45pm <u>Very restricted Swimming at certain times</u>		

**Bank Hol**

Public Swim\* 8am - 3.45pm

**\* Restrictions may apply to public times**

- Swimming caps are compulsory. Waterproof swim nappies must be worn by toddlers
- Under 8s must be accompanied by an adult in the water at all times
- Children may only stay in the pool until 7.55pm with the exception of Fridays when they can stay until 8:45 pm when accompanied by an adult
- Maximum stay is 2 hours per person
- Must be able to swim 2 lengths of pool and tread water before entering the deep end of the pool.
- Last entry is 45 minutes before closing time.
- Please note that public lane for 'lane swimmers only' will only be available when the pool is not too busy.