

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
Coach to 5k	6.30pm-7.15pm
Kettlebells	8.00pm-8.45pm

Tuesday:

Adult Swim training	7.00-8am
Aqua Aerobics	9:45am & 7.00pm
Glutes & Abs	1.00-1.45pm

Wednesday:

Aqua Aerobics	9:45am & 7.00pm
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Thursday:

Active Aging	10.00am-11.00am
Glutes & Abs	1.00pm-1.45pm
Aqua Aerobics	7:00pm-7.45pm

Friday:

Aqua Aerobics	9:45am-10.15am
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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



November



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><u>Wednesday 25th October</u> 8.00 – 9.00 (AO) 9.00 – 9.45 Aqua Aerobics 9:45am 12.00-12.45 (Half Pool) 12.45 – 1.45 (AO) 2.30 – 3.45 5.00 – 6.45 Aqua Aerobics 7.00 pm 7.45 – 9.45 (AO)</p>	<p><u>Thursday 26th October</u> 7.15 – 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 8.45 – 9.45 (AO)</p>	<p><u>Friday 27th October</u> 7.15 – 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 7.00 – 8.00</p>	<p><u>Saturday 28th October</u> 1.00 – 1.45pm 3.00 – 3.45 Inflatable 4.00 – 5.45 <u>Gym open 6.30am</u></p>	<p><u>Sunday 29th October</u> 12.00 – 2.45 3.00 – 3.45 Inflatable 4.00 – 5.45 <u>Gym Open 10.30am</u></p>
<p><u>Monday 30th October</u> 10.00-11.45 12.00-1.45 2.00-3.45 Bank Holiday</p>	<p><u>Tuesday 31st October</u> 7.00 – 9.00(AO) 9.00 – 9.45 Aqua Aerobics 9.45 am 10.30 – 12.00 12.45 – 1.45 (AO) 5.00 – 6.45 Aqua Aerobics 7.00 pm 7.45 – 9.45 (AO)</p>	<p><u>Wednesday 1st November</u> 8.00 – 9.00 (AO) 9.00 – 9.45 Aqua Aerobics 9:45am 10.30 – 12.00 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><u>Thursday 2nd November</u> 7.15 – 9.00 (AO) 9.00 – 10.00 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><u>Friday 3rd November</u> 7.15 – 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 7.00 – 8.00</p>
<p><u>Saturday 4th November</u> 1.00 – 2.45pm 3.00 – 3.45 Inflatable 4.00 – 5.45 <u>Gym open 6.30am</u></p>	<p><u>Sunday 5th November</u> 12.00 – 2.45 3.00 – 3.45 Inflatable 4.00 – 5.45 <u>Gym Open 10.30am</u></p>	<p><u>Monday 6th November</u> 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><u>Tuesday 7th November</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 8th November</u> 8.00 – 9.00 (AO) 9.00 – 9.45 Aqua Aerobics 9:45am 12.00-12.45 (Half Pool) 12.45 – 1.45 (AO) 2.30 – 3.45 5.00 – 6.45 Aqua Aerobics 7.00 pm 7.45 – 9.45 (AO)</p>
<p><u>Thursday 9th November</u> 7.15 – 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><u>Monday 6th November</u> 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><u>Saturday 11th November</u> 1.00 – 2.45pm 3.00 – 3.45 Inflatable 4.00 – 5.45 <u>Gym open 6.30am</u></p>	<p><u>Sunday 12th November</u> 12.00 – 2.45 3.00 – 3.45 Inflatable 4.00 – 5.45 <u>Gym Open 10.30am</u></p>	<p><u>Monday 13th November</u> 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>

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