

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
---------------	-----------------

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
---------------	----------------

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



October



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 5th 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 7.45 – 8.45 (Half Pool AO) 8.45 – 9.45 (AO)</p>	<p><u>Friday 6th October</u> 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 – 8.00</p>	<p><u>Saturday 7th October</u> 1.00 – 1.45pm 3.00 – 3.45 Inflatable 4.00 – 5.00 <u>Gym open 10.00am</u></p>	<p><u>Sunday 8th October</u> 12.00 – 2.45 3.00 – 3.45 Inflatable 4.00 – 5.00 <u>Gym Open 10.30am</u></p>	<p><u>Monday 9th October</u> 8.00 – 9.00 (AO) 9.00 – 9.30 Aqua Aerobics 10.15am 11.45 – 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 10th 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>	<p><u>Wednesday 11th 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) 2.00 – 3.45 5.00 – 6.45 Aqua Aerobics 7.00 pm 7.45 – 9.45 (AO)</p>	<p><u>Thursday 12th 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 7.45 – 8.45 (Half Pool AO) 8.45 – 9.45 (AO)</p>	<p><u>Friday 13th October</u> 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 – 8.00</p>	<p><u>Saturday 14th 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 15th 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 16th October</u> 8.00 – 9.00 (AO) 9.00 – 9.30 Aqua Aerobics 10.15 am 11.45 – 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 17th 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>	<p><u>Wednesday 18th 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) 2.00 – 3.45 5.00 – 6.45 Aqua Aerobics 7.00 pm 7.45 – 9.45 (AO)</p>	<p><u>Thursday 19th 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 7.45 – 8.45 (Half Pool AO) 8.45 – 9.45 (AO)</p>
<p><u>Friday 20th October</u> 7.15 – 9.00 (AO) 9.00 – 9.45 Aqua Aerobics 9.45 am 11.15 – 12.00 12.45 – 1.45 (AO) 2.30 – 3.45 7.00 – 8.00</p>	<p><u>Saturday 21st October</u> 1.00 – 2.45pm 3.00 – 3.45 Inflatable 4.00 – 5.45 <u>Gym open 6.30am</u></p>	<p><u>Sunday 22nd 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 23rd October</u> 8.00 – 9.00 (AO) 9.00 – 9.30 Aqua Aerobics 10.15 am 11.45 – 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 24th 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) 2.0 0 – 3.45 6.00 – 6.45 Aqua Aerobics 7.00 pm 7.45 – 9.45 (AO)</p>