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

*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....









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
Aqua Aerobics
Glutes & Abs
H.I.I.T
Zuu
7.00-8am
9:45am & 7.00pm
1.00-1.45pm
6.30-7.15pm
7.30-8.15pm
Men's Circuit Training 8.30-9.15pm

Wednesday:

Aqua Aerobics9:45am & 7.00pmH.I.I.T6.30-7.15pmZuu7.30-8.15pm

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- 9.15pm
Tuesday 7.00am - 9.45pm
Wednesday 6.30am - 9.15pm
Thursday 7.15am - 9.45pm
Friday 7.15am - 8.45pm
Saturday 8.00am - 5.00pm
Sunday 10.30am - 5.00pm





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.

Friday 15 th September	Saturday 16 th September	Sunday 17 th September	Monday 18 th September	Tuesday 19 th September
7.15 – 9.00 (AO)	11.00 – 11.45a m	12.00 – 1.45		<u> </u>
9.00 – 9.45	1.00 - 1.45pm	3.00 – 3.45 Inflatable		
Agua Aerobics 9.45 am	3.00 – 3.45 Inflatable	4.00 – 5.00		
10.30. – 11.15.	4.00 - 5.00		Closed due to	Closed Due To
12.45 – 1.45 (AO)		Gym Open 10.30am	Maintenance	Maintenance
2.00 – 3.45	Gym open 8.00am	<u> </u>	<u>iviailitellalite</u>	<u>iviaiiiteilalite</u>
7.00 -8.45	<u>cym open olodani</u>			
Wednesday 20 th September	Thursday 21 st September	Friday 22 nd September	Saturday 23 rd September	Sunday 24 th September
8.00 – 9.00(AO)	7.15 – 9.00 (AO)	7.15 – 9.00 (AO)	1.00 – 1.45pm	12.00 – 1.45
9.00 – 9.45	9.00 – 11:15	9.00 – 9.45	3.00 – 1.45pm	3.00 – 3.45 Inflatable
Aqua Aerobics 9.45 am	12.00 – 11.13 12.00. – 12.45	9.00 – 9.45 Aqua Aerobics 9.45 am	4.00 – 5.00	4.00 – 5.00
10.30 – 12.00	12.45 – 1.45 (AO)	12.45 – 1.45 (AO)	4.00 – 5.00	4.00 – 3.00
12.00 – 12.45 (Half Pool)	2.00 – 3.45	2.00 – 3.45	Gym onen 9 Mam	Gym Onen 10 20cm
12.45 – 12.45 (Hall Pool) 12.45 – 1.45 (AO)	6.00 – 6.45	7.00 – 8.45	Gym open 8.00am	Gym Open 10.30am
2.00 – 3.45	Aqua Aerobics 7.00pm	7.00 0.43		
6.00 – 6.45	7.45 – 8.45 (Half Pool AO)			
Aqua Aerobics 7.00 pm	8.45 – 9.45 (AO)			
7.45 – 9.15 (AO)	51.15 (1.15)			
	To a decay of the contraction	>4/	The second and the se	Estate 20th Controller
Monday 25 th September	Tuesday 26 th September	Wednesday 27 th September	Thursday 28 th September	Friday 29 th September
8.00 – 9.00 (AO)	7.00 – 9.00(AO)	8.00 – 9.00 (AO)	7.15 – 9.00 (AO)	7.15 – 9.00 (AO)
9.00 – 9.30	9.00 – 9.45	9.00 – 9.45	9.00 –10.45	9.00 – 9.45
Aqua Aerobics 10.15am	Aqua Aerobics 9.45 am	Aqua Aerobics 9:45am	11.00. – 12.45	Aqua Aerobics 9.45 am
11.45 – 12.45	10.30 – 12.45	10.30 – 12.00	12.45 – 1.45 (AO)	12.45 – 1.45 (AO)
12.45 – 1.45(AO)	12.45 – 1.45 (AO)	12.00-12.45 (Half Pool)	2.00 – 3.45	2.30 – 3.45
2.00-3.45	2.30 – 3.45	12.45 – 1.45 (AO)	6.00 –6.45	7.00 – 8.45
6.00 – 6.45	6.00 – 6.45	2.00 - 3.45 5.00 - 6.45	Aqua Aerobics 7.00pm	
Aqua Aerobics 7.00pm	Aqua Aerobics 7.00 pm		7.45 – 8.45 (Half Pool AO)	
7.45 – 9.15 (AO)	7.45 – 9.45 (AO)	Aqua Aerobics 7.00 pm	8.45 – 9.45 (AO)	
		7.45 – 9.15 (AO)		
Saturday 30 th September	Sunday 1 st October	Monday 2 nd October	Tuesday 3 rd October	Wednesday 4 th October
11.00 – 11.45a m	12.00 – 1.45	8.00 – 9.00 (AO)	7.00 – 9.00(AO)	8.00 – 9.00 (AO)
1.00 –1.45pm	3.00 – 3.45 Inflatable	9.00 – 9.30	9.00 – 9.45	9.00 – 9.45
3.00 – 3.45 Inflatable	4.00 – 5.00	Aqua Aerobics 10.15 am	Aqua Aerobics 9.45 am	Aqua Aerobics 9:45am
		11.45 – 12.45	10.30 – 12.45	12.00-12.45 (Half Pool)
4.00 - 5.00				
4.00 – 5.00	Gym Open 10.30am	12.45 - 1.45(AO)	12.45 – 1.45 (AO)	12.45 – 1.45 (AU)
	Gym Open 10.30am	12.45 – 1.45(AO) 2.00-3.45	12.45 – 1.45 (AO) 2.30 – 3.45	12.45 – 1.45 (AO) 2.00 – 3.45
4.00 – 5.00 Gym open 8.00am	Gym Open 10.30am	• •		
	Gym Open 10.30am	2.00-3.45	2.30 – 3.45	2.00 – 3.45
	Gym Open 10.30am	2.00-3.45 6.00 - 6.45	2.30 - 3.45 6.00 - 6.45	2.00 - 3.45 5.00 - 6.45
	Gym Open 10.30am	2.00-3.45 6.00 – 6.45 Aqua Aerobics 7.00pm	2.30 – 3.45 6.00 – 6.45 Aqua Aerobics 7.00 pm	2.00 – 3.45 5.00 – 6.45 Aqua Aerobics 7.00 pm
	Gym Open 10.30am	2.00-3.45 6.00 – 6.45 Aqua Aerobics 7.00pm	2.30 – 3.45 6.00 – 6.45 Aqua Aerobics 7.00 pm	2.00 – 3.45 5.00 – 6.45 Aqua Aerobics 7.00 pm
	<u>Gym Open 10.30am</u>	2.00-3.45 6.00 – 6.45 Aqua Aerobics 7.00pm	2.30 – 3.45 6.00 – 6.45 Aqua Aerobics 7.00 pm	2.00 – 3.45 5.00 – 6.45 Aqua Aerobics 7.00 pm