



# NENAGH LEISURE CENTRE

## GYM TIMETABLE – October 2014



<b>Mondays</b> 7am – 9.30pm	<b>Tuesdays</b> 7am – 9.30pm	<b>Wednesdays</b> 7am – 9.30pm	<b>Thursdays</b> 7am – 9.30pm	<b>Fridays</b> 7am – 7.30pm	<b>Saturdays</b> 9am – 7.30pm	<b>Sundays</b> 10am – 5.30pm
<b>Inductions</b> 12pm – 1pm 7pm – 9pm		<b>Inductions</b> 7pm – 9pm		<b>Inductions</b> 7.30pm – 8.00pm		<b>Inductions</b> 10am – 11am
<b>RE-OPENING MONDAY 20<sup>th</sup> OCTOBER, CLOSED MONDAY 27<sup>th</sup> OCTOBER</b>						

**Please note:** All persons must receive an equipment orientation prior to using the gym.  
Book yours now at reception on 067-31788.

### Admission Rates

*Swimming Pool (Adults €5.20), (Students, Unemployed & O.A.P. €3.20) & (Child €2.60)*

*Gym (Adult €4.20) & (Student, Unemployed & O.A.P. €2.60)*

*All admissions Peak Times @ Adult Rates*

*Peak Times – (Pool) After 6.50pm weekdays & 7.50pm on Saturdays*

*(Gym) – After 5.50pm weekdays & 6.50pm on Saturdays*

*Classes will be notified at a later date*

### Children Swimming Lessons

<b>Monday</b>	<b>3<sup>rd</sup> Nov.</b>	<i>4.00pm</i>	<i>6 Weeks</i>	<i>Beginners 1</i>	<i>Improvers 1</i>
		<i>4.30pm</i>		<i>Advanced</i>	<i>Improvers 2</i>
<b>Tuesday</b>	<b>4<sup>th</sup> Nov.</b>	<i>4.00pm</i>	<i>6 Weeks</i>	<i>Beginners 2</i>	
		<i>4.30pm</i>		<i>Beginners 3</i>	
<b>Wednesday</b>	<b>5<sup>th</sup> Nov.</b>	<i>4.00pm</i>	<i>6 Weeks</i>	<i>Beginners 3</i>	
		<i>4.30pm</i>		<i>Improvers 1</i>	
<b>Thursday</b>	<b>6<sup>th</sup> Nov.</b>	<i>4.00pm</i>	<i>6 Weeks</i>	<i>Lengths</i>	
<b>Friday</b>	<b>7<sup>th</sup> Nov.</b>	<i>4.00pm</i>	<i>6 Weeks</i>	<i>Beginners 3</i>	<i>Improvers 2</i>
		<i>4.30pm</i>		<i>Improvers 1</i>	<i>Advanced</i>
		<i>6.00pm</i>		<i>Armbands</i>	<i>Beginners 1</i>
		<i>6.30pm</i>		<i>Beginners 2</i>	
<b>Saturday</b>	<b>8<sup>th</sup> Nov.</b>	<i>9.00am</i>	<i>6 Weeks</i>	<i>Lengths</i>	<i>Armbands</i>
		<i>9:30am</i>			<i>Beginners 1</i>
		<i>11.00am</i>		<i>Beginners 2</i>	<i>Beginners 3</i>
		<i>11.30 am</i>		<i>Improvers 1</i>	<i>Improvers 2</i>

The cost will be € 50.00 (6 lessons) (€49 per child for two or more children)

### ENROLMENT from Thursday 23<sup>rd</sup> October

A range of Swimming Accessories are also for sale at Reception

More details on our website ([www.nenaghtc/leisurecentre.ie](http://www.nenaghtc/leisurecentre.ie))



# NENAGH LEISURE CENTRE

SÓLANN AN AONAIGH Dublin Road, Nenagh, Co. Tipperary.

Tel: 067-31788 Mob: 087-7854662 Fax: 067-34841

## PUBLIC SWIMMING / SNAMH POIBLÍ October / Deireadh Fómhair 2014

Mon 20 <sup>th</sup>	Mon 27 <sup>th</sup>	Tue 21 <sup>st</sup>	Tue 28 <sup>th</sup>	Wed 22 <sup>nd</sup>	Wed 13 <sup>th</sup>	Thu 23 <sup>rd</sup>	Thu 30 <sup>th</sup>	Fri 24 <sup>th</sup>	
	<b>CLOSED</b>	7 – 9 am	7 – 9 am	7am – 9am	7am – 9am	7 – 9 am	7 – 9 am	7am – 9am	
9 – 10		9 – 11	9 – 11 **	9 – 11	9 – 11 **	9 – 11	9 – 11 **	9 – 11	
10 – 12 **		11 – 1	11 – 1	11 – 1	11 – 1	11 – 1		11 – 12	
12 – 2		1 – 3	1 – 3	1 – 3	1 – 3	1 – 3	1 – 3	12 – 1 **	
2 – 3 **		3 – 5	3 – 5	3 – 5	3 – 5	3 – 5	3 – 5	1 – 3	
3 – 4		5 – 6	5 – 6	5 – 6	5 – 6	5 – 6	5 – 6	3 – 5	
4 – 6		6 – 7	6 – 7			6 – 7 ♀	6 – 7 ♀	3 – 5	
		7 – 8 **	7 – 8 **	7 – 8 **	7 – 8 **	7 – 8 **	7 – 8 **	7 – 8 **	5 – 6
8 – 10 L		8 – 10 L	8 – 10 L	8 – 10 L	8 – 10 L	8 – 10 L	8 – 10 L	8 – 10 L	8 – 9 L

Fri 31 <sup>st</sup>	Sat 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup>	Sun 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup>
7am – 9am		
9 – 11	9 – 11	10 – 11 A
11 – 1	11 – 1	11 – 1
1 – 3	1 – 3	1 – 3
3 – 5	3 – 5	3 – 5
5 – 6	5 – 6	5 – 6
6 – 8	6 – 8	
8 – 9 L		



**Children Swimming Classes Starting  
3<sup>rd</sup> November  
Enrolment Thursday  
23<sup>rd</sup> October  
See reverse for details**

L = Lanes in operation / Bealáí i bhfeidhm A = Adults only / Daoine fásta amháin ♀ = Ladies only / Mná amhán \*\* = Classes using part of pool. Use of Sauna, Steamroom & Jacuzzi facilities (strictly over 18's) included in price of swim. Caps must be worn in the pool

**There will be at least two lanes available for public swimming at all times with the exception of 6pm – 8pm Mon & Fri 6pm – 7pm Wed**

**Water Safety  
Saturday 7 – 9pm Nov & Dec**



**Safety 4 – Rescue 4  
Enrolment Fri. Oct. 31<sup>st</sup> (4-5pm)**

**Adult Swimming Lessons  
Tuesday 8pm 4<sup>th</sup> Nov.  
Enrolment 23<sup>rd</sup> Oct.  
(6 lessons €55)**



### National Swimming Pool Guidelines Child Protection Policy

Children aged 1 – 5 MUST be accompanied by an Adult in the pool. Children aged: 6 – 10 MUST be accompanied by an Adult who must remain within view of the child. Children aged 11 and upwards may be unaccompanied

Check our website ([www.tipperarycoco.ie](http://www.tipperarycoco.ie))

If you would like the Timetable emailed to you each month please send a request to [NenaghLeisureCentre@tipperarycoco.ie](mailto:NenaghLeisureCentre@tipperarycoco.ie)

