

The Celtic Ross Pool Timetable APRIL 2018

NB. Both Changing Rooms will be CLOSED off during SCHOOL Swimming Lessons as requested by the School due to their School Child Protection Policy

| | | | | | | | | |
|-----------|---------------------------------|--|---|---|---|---|--|--|
| Monday | POOL OPEN 7.00am-3.45pm | | <u>Celtic Swimming Lessons</u> 3.45-6.00pm POOL CLOSED | | POOL OPEN 6.00-7.00pm | ADULTS ONLY 7.00-8.00pm POOL OPEN | AQUA AEROBICS 8.00-8.45pm Pool Restricted | ADULTS ONLY 8.45-10.00pm POOL OPEN |
| Tuesday | POOL OPEN 7.00am-3.45pm | | | | <u>Celtic Swimming Lessons</u> 3.45-7.00pm POOL CLOSED | ADULT SWIM LESSONS 7.00-7.45pm Pool Restricted | ADULTS ONLY 7.45-10.00pm POOL OPEN | |
| Wednesday | POOL OPEN 7.00am- 10.00 | <u>Aqua Aerobics</u> 10-10.40 Pool Restricted | POOL OPEN 10.40-3.45pm | | <u>Celtic Swimming Lessons</u> 3.45-7.00pm POOL CLOSED | ADULTS ONLY 7.00-8.00pm POOL OPEN | AQUA AEROBICS 8.00-8.45 Pool Restricted | ADULTS ONLY 8.45-10.00pm POOL OPEN |
| Thursday | POOL OPEN 7.00am-3.45pm | | <u>Celtic Swimming Lessons</u> 3.45-6.00pm POOL CLOSED | | POOL OPEN 6.00-7.00pm | ADULTS ONLY 7.00-10.00pm POOL OPEN | | |
| Friday | POOL OPEN 7.00am- 11.15am | School Swimming 11.15-2.45pm POOL CLOSED | POOL OPEN 2.45-3.45pm | <u>Celtic Swimming Lessons</u> 3.45-6.00pm POOL CLOSED | POOL OPEN 6.00-7.00pm | ADULTS ONLY 7.00-10.00pm POOL OPEN | | |
| Saturday | | POOL OPEN 8.00am- 10.00am | <u>Celtic Swimming Lessons</u> 10.00-12.15pm POOL CLOSED | Children ½ price 2.30-5.00pm | POOL OPEN 5.00-7.00pm | ADULTS ONLY POOL OPEN 7.00-8.00PM | | |
| Sunday | | POOL OPEN 8.00am-2.30pm | Children ½ price 2.30-5.00pm | | POOL OPEN 5.00-7.00pm | ADULTS ONLY POOL OPEN 7.00-8.00PM | | |

* Both Changing Rooms are CLOSED OFF during the EVENING CELTIC ROSS Swimming Lessons

*Swimming Hats must be worn at all times when using the swimming pool.

Armbands also for sale for €6 or rental deposit of €2

* Anyone under 16 years of age must vacate the pool at 7pm each evening

* Children under 16 years of age must be supervised by an adult at all times when using the swimming pool at all times.

* FRIDAY SCHOOL SWIMMING to START APRIL 13th

* SATURDAY CELTIC SWIMMING LESSONS to START APRIL 7th

* MONDAY-FRIDAY CELTIC SWIMMING LESSONS to START WEEK OF APRIL 9th

TIMETABLE IS SUBJECT TO CHANGE AT ANY TIME

EXERCISE CLASS TIMETABLE APRIL 2018



Location: Celtic Ross Leisure Centre

Cost: €6 non-member / €4 member

6 classes €30 non-members

6 classes €20 members

| DAY | WEEKLY CLASSES & TIMES | |
|-----------|---|--|
| MONDAY | <u>H.I.I.T</u> 6:15-6:45 pm | |
| TUESDAY | <u>NEW YOU SHAPE PLAN</u> 10-10:30 am | <u>BODY CONDITIONING</u> 6:15-6:45 pm |
| WEDNESDAY | <u>H.I.I.T</u> 11-11:30 am | <u>G.O.L.D</u> 11-11:30pm (Over 55s, exercise & movement class) |
| THURSDAY | <u>B.L.T(BUM,LEGS & TUM)</u> 6:15-6:45pm | <u>KETTLEBELL CIRCUITS</u> 7:00-7:45pm |
| FRIDAY | <u>CORE & MOBILITY</u> 7:00-7:30pm | |

PLEASE NOTE: TIMETABLE & CLASSES ARE SUBJECT TO CHANGE EACH MONTH

| | CLASS | TIME | CONTACT |
|-----------|-------------|----------------------------|--|
| MONDAY | Callanetics | 7:15-8:45pm 8:30-9:30pm | contact Justina @ 083-3592202 to book your place & for any queries on prices etc |
| WEDNESDAY | Yoga | 6:30-7:45pm | contact Fiona @ 086-3767467 to book your place & for any queries on prices |