

The Celtic Ross Swimming Pool Timetable February 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-12.15pm	School's Swimming Lessons 12.15-2.15pm POOL CLOSED	POOL OPEN 2.15-3.45pm	Celtic Swimming Lessons 3.45-6.00pm POOL CLOSED	POOL OPEN 6.15-7.00pm	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-8.45am	School's Swimming Lessons 8.45-10.15am POOL CLOSED	POOL OPEN 10.15-11.15am	School's Swimming Lessons 11.15-12.45pm POOL CLOSED	POOL OPEN 12.45-3.45pm	Celtic Swimming Lessons 3.45-7.00pm POOL CLOSED	ADULT SWIM LESSONS 7.00-8.30pm Pool Restricted	ADULTS ONLY 8.30-10.00pm POOL OPEN	
Wednesday	POOL OPEN 7.00am-10.00am	AQUA AEROBICS 10-10.45AM Pool Restricted	POOL OPEN 10.45-12.15	School's Swimming Lessons 12.15-2.15pm POOL CLOSED	POOL OPEN 2.15-3.45	Celtic Swimming Lessons 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			Celtic Swimming Lessons 3.45-6.00pm POOL CLOSED	POOL OPEN 6.15-7.00pm	ADULTS ONLY 7.00-10.00pm POOL OPEN			
Friday	POOL OPEN 7.00am-11.45am	School's Swimming Lessons 11.45-1.00pm POOL CLOSED	POOL OPEN 1.00-3.40pm	Celtic Swimming Lessons 3.40-6.00pm 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	
Saturday	POOL OPEN 8.00am-10.00am	Celtic Swimming Lessons 10.00-12.15pm POOL CLOSED	POOL OPEN 12.15-2.30pm	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**

***MID TERM BREAK Monday Feb 12th – Friday Feb 18th ~ NO CELTIC SWIMMING LESSONS ON ~ Mon 12th – Sat 17th**

SCHOOLS SWIMMING LESSONS IN OPERATION ON ~ Mon 12th, Tues 13th, 14th Wed (check Swim Times Above)

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

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

TIMETABLE IS SUBJECT TO CHANGE

*** PLEASE CHECK OVERLEAF FOR THE EXERCISE CLASSES TIMES**

Please Note:

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

*An adult must supervise children under 16 years of age when using the swimming pool at all times.

*Persons under 16 years of age must vacate the pool at 7pm.

*We have a limited rental facility available of €2 for armbands. Armbands also for sale for €6.

EXERCISE CLASS TIMETABLE FEBRUARY 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> 6:15-6:45pm		<u>EXERCISE 4 ALL</u> 7.00 -7:45pm
TUESDAY	<u>NEW YEAR & YOU</u> 10.00-10:30am	<u>BODY CONDITIONING</u> 6:30-7:15 pm	<u>KETTLEBELLS</u> 7:30-8:15pm
WEDNESDAY	<u>G.O.L.D</u> (beg/ Adapted exercise) 11.00-11:30am		<u>H.I.I.T</u> 11:45am-12:15pm
THURSDAY	<u>LEGS, BUM & 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 MONTH

DAY	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
THURSDAY	Kick Boxing	8.00-8:45pm	book with Tomas @ 087-4619210