

# The Celtic Ross Swimming Pool Timetable March 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-12.15		School's Swimming Lessons 12.15-2.30 <b>POOL CLOSED</b>		POOL OPEN 2.30-3.45	Celtic Swimming Lessons 3.45-6.00pm <b>POOL CLOSED</b>	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-12.15		School's Swimming Lessons 12.15-2.45 <b>POOL CLOSED</b>		POOL OPEN 2.45- 3.45	Celtic Swimming Lessons 3.45-7.00pm <b>POOL CLOSED</b>		ADULT SWIM LESSONS 7.00-8.30pm Pool Restricted	ADULTS ONLY 8.30-10.00pm POOL OPEN		
Wednesday	POOL OPEN 7.00am - 10.00	Aqua Aerobics 10-10.40	POOL OPEN 10.40- 12.15	School's Swimming Lessons 12.15-2.30 <b>POOL CLOSED</b>		POOL OPEN 2.30- 3.45	Celtic Swimming Lessons 3.45-7.00pm <b>POOL CLOSED</b>		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 <b>POOL CLOSED</b>	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 <b>POOL CLOSED</b>		POOL OPEN 1.00-3.40pm		Celtic Swimming Lessons 3.40-6.00pm <b>POOL CLOSED</b>	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 <b>POOL CLOSED</b>		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 & EASTER SWIM WEEK March 26-30**

\*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

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

\***EASTER HOLIDAYS ~ MONDAY MARCH 26<sup>TH</sup> – SUNDAY APRIL 8<sup>TH</sup>**

No Schools & Evening Celtic Swimming lessons during Easter Holidays

\* **EASTER SWIM WEEK Monday March 26<sup>th</sup> – March 30<sup>th</sup> ~ POOL CLOSED 11AM – 3PM**

**TIMETABLE IS SUBJECT TO CHANGE AT ANY TIME**

**\* 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 MARCH 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	<u>KETTLEBELLS</u> 7.00 -7:45pm
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> 11.00-11:30 am	<u>G.O.L.D</u> 12.00-12:30pm (Over 55s, exercise & movement class)
THURSDAY	<u>B.L.T(BUM,LEGS &amp; TUM)</u> 6:15-6:45pm	<u>KETTLEBELL CIRCUITS</u> 7.00-7:45pm
FRIDAY	<u>CORE &amp; MOBILITY</u> 7.00-7:30pm	

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

DAY	CLASS	TIME	CONTACT
MONDAY	Callanetics	7:15-8:45pm 8:30-9:30pm	contact Justina @ 083-3592202 for queries & booking
WEDNESDAY	Yoga	6:30-7:45pm	contact Fiona @ 086-3767467 for queries & booking