

The Celtic Ross Pool Timetable MAY 2018

Monday	POOL OPEN 7.00am-3.45pm		Celtic Swimming Lessons 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			Celtic Swimming Lessons 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	Aqua Aerobics 10-10.40 Pool Restricted	POOL OPEN 10.40-3.45pm	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 6.00-7.00pm	ADULTS ONLY 7.00-10.00pm POOL OPEN	
Friday	POOL OPEN 7.00am- 11.15am	School Swimming 11.15-2.15pm POOL CLOSED	POOL OPEN 2.15- 3.40pm	Celtic Swimming Lessons 3.40-6.00pm POOL CLOSED	POOL OPEN 6.00-7.00pm	ADULTS ONLY 7.00-10.00pm POOL OPEN	
Saturday		POOL OPEN 8.00am- 10.00am	Celtic Swimming Lessons 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	

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

* **Both Changing Rooms are CLOSED OFF during the EVENING CELTIC ROSS Swimming Lessons DUE TO Leisure Centre Child Protection Policy**

* **SWIMMING HATS** must be **WORN AT ALL** times when using the swimming pool & can be purchased at leisure Centre Reception@ €2.50 each

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

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

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

* **Aqua Aerobics** Monday, Wednesday Evenings & Wednesday Mornings. See Times above. **NO PRE BOOKING** is needed. €5 non members/€2 members.

TIMETABLE IS SUBJECT TO CHANGE AT ANY TIME

EXERCISE CLASS TIMETABLE MAY 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 (High Intensity Interval Training)</u> 6:15-6:45 pm	
TUESDAY	<u>NEW YOU SHAPE PLAN</u> 10.00-10:30 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> 11.00-11:30am (Over 55s, exercise & movement class)
THURSDAY	<u>B.L.T(BUM, LEGS & TUM)</u> 6:15-6:45pm	
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