

Swimming Lessons

The Celtic Ross Leisure Centre has been awarded the Cork County Council Water Safety Awareness Award for introducing the Primary Aquatics Water Safety (PAWS) programme to primary school children who attend the Celtic Ross Swim Classes. For more information and to book, call our Leisure Centre Reception Desk on (023) 88 51012.

Children's Swimming Lessons

The minimum entry age for starting Swim Lessons is 4½ to 5 yrs. of age (or primary school going). Lessons run from September to the end of May, with terms based on the school year. Once a student is accepted onto a Swim Lesson, there is an automatic enrolment onto the following swim level and so on. Breaks are not allowed during the swimming year; once a student is enrolled he/she must continue to attend lessons for the remainder of the school year to allow a consistent improvement and progression.

The Swim Lesson progression is as follows:

Beginner 1; Beginner 2; Intermediate 1; Intermediate 2; Advanced Intermediate 2; Improvers 1; Improvers 2; Pre-Dolphins; Dolphins Swim Club. (Enrolment is based on a waiting list)

Schedule:

Lessons are on Monday – Saturday, 40 minutes in duration:

Monday – Thursday: 3.40pm – 6pm (3 lessons)

Friday: 3.45pm – 5.10pm (2 lessons)

Saturday: 9.30am – 11am (2 lessons)

Fee:

The Swim Lesson fee varies depending on the length of the term, as a guide a 6-week term for non-members €70, members €50

Dolphin Swim Club

The Dolphin Swim Club is open to children who have completed all of the previous swim lesson levels. The emphasis is now on stamina and reinforcement of all swimming strokes taught throughout the previous levels. The requirement to join is to complete 8 lengths, with a good technique in Front Crawl, Breast Stroke and Back Crawl. There will be an introduction to competitive swimming and other water activities.

Schedule:

Dolphin Club runs from September – May, based on the school term.

Wednesday: 6pm – 7pm (mixed)

Friday: 7am – 8am & 5pm – 6pm (mixed)



Fee:

Prices vary depending on the length of school term & package selected.

Package 1: 13 weeks €110 non-members, €85 members (Swim Club only)

Package 2: €130 non-members, €120 members

Package 2 includes Swim Club, Fitness Class, Introduction to Water Safety, Monthly Nutrition Information and Swim Gala. Fitness Class is for 12 yrs. and over, Tuesday 5.30pm – 6.30pm. Limited numbers.

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Adult Swimming Lessons

Swim Lessons for adults are suitable for beginners and improvers.

Learning to swim can be a frightening prospect for beginners. There is nothing to fear when you book a Swim Lesson with us. The pool has a uniform depth to allow you to feel confident and comfortable and with our professional Swim Instructors you'll be fully supported & guided. For improvers, the instruction will refine techniques in all strokes. Classes run from October to Easter. The duration of each class is 1 hour, every Thursday from 7pm to 8pm.

Prices vary depending on length of term. As a guide a 7-week block is €70.

Other Classes:

Aqua Aerobics:

€5 a class, €2 for members Monday & Friday at 8pm, and Wednesday 10 am and 8pm.

Aqua Aerobics Classes are an extremely effective calorie burning class using the support of the water. They are great fun and a fantastic way to lose weight and tone up in a friendly atmosphere.

Waterworks:

€12 a class, Friday 11am

This is a great pool based exercise for the over 50s. It is a gently exercise that supports the body while giving a good workout.