

Monday

Fermanagh Lakeland Forum

September-October 2018

Swimming Programme

CLASS	TIME	PRE-REQUISTE	AGE	Instructor	COST	DATES
A.S.A Swimming Stage 1 & 2 Beginners	4.00pm - 4.30pm	Beginners	5 Years +	Marty Donaghey	£45.30	Course: Monday 10 th September – Monday 29 th October 2018
A.S.A Swimming Stage 3 & 4 Advanced Beginners	4.30pm - 5.00pm	Must hold 5m Badge	5 Years+	Marty Donaghey	£45.30	Course: Monday 10 th September – Monday 29 th October 2018
A.S.A Swimming Stage 5 Intermediate	5.00pm - 5.30pm	Must hold 10m Badge	5 Years +	Marty Donaghey	£45.30	Course: Monday 10 th September – Monday 29 th October 2018
A.S.A Swimming Stage 6 Advanced Improvers	5.30pm - 6.00pm	Must hold the A.S.A Stage 5	5 Years +	Marty Donaghey	£45.30	Course: Monday 10 th September – Monday 29 th October 2018
Flipper & Snorkelling Fun Class.	6.45pm - 7.30pm	Must hold 200 metre Badge. Must also bring own mask, snorkel & flippers	7 Years +	Marty Donaghey	£45.30	Course: Monday 10 th September – Monday 29 th October 2018
Aqua Teen HIIT (Aqua High Intensity Interval Training)	7.30pm-8.00pm	13-17 Years – Able to Swim	13-17 Years Limited Spaces (16)	Ceri McManus	Pay at Reception per session £2.60	Ongoing
Aqua Aerobics	8.00pm-8.45pm	All Levels	18 Years + Spaces (20)	Ceri McManus	Pay at Reception per session £4.15	Ongoing

Groups are based on 3+ participants with a maximum of 12. Any group with less than 3 participants will not unfortunately go ahead.



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Tuesday

CLASS	TIME	PRE-REQUISITE	AGE	Instructor	COST	DATES
Aqua Aerobics	12.30pm-1.15pm	All Levels	18 Years + Spaces (20)	Ceri McManus	Pay at Reception per session £4.15	Ongoing
Rookie Bronze 1, 2 & 3	6.30pm – 7.15pm	200m Badge	7 Years +	Marty Donaghey	£45.30	Course: Tuesday 04 th September – Tuesday 23 rd October 2018
Rookie Silver 1, 2 & 3	7.15pm – 8.00pm	Must have Rookie Bronze 3	7 Years+	Marty Donaghey	£45.30	Course: Tuesday 04 th September – Tuesday 23 rd October 2018
Aqua Jog	8.45pm - 9.30pm	Swimmer must be confident in deep water	18 Years +	Marty Donaghey	Pay at Reception per session £4.15	Ongoing

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Swimming Programme

Wednesday

CLASS	TIME	PRE-REQUISTE	AGE	Instructor	COST	DATES
Aqua Natal	12.30pm-1.10pm	Expectant Mothers	N/A	Registered Community Midwife	Pay at Reception per session £3.00	Ongoing
Adult Beginners	6.50pm – 7.30pm	Beginners	18 Years +	Marty Donaghey	£58.80	Course: Wednesday 05 th September – Wednesday 24 th October 2018 (8 Weeks)
Adult Improvers	7.35pm – 8.15pm	Able to swim 10m	18 Years +	Marty Donaghey	£58.80	Course: Wednesday 05 th September – Wednesday 24 th October 2018 (8 Weeks)
Triathlon Training	8.20pm - 9.00pm	Able to swim 200m+	18 Years +	Marty Donaghey	£58.80	Course: Wednesday 05 th September – Wednesday 24 th October 2018 (8 Weeks)

Groups are based on 3+ participants with a maximum of 8 for adult classes & 12 for children's classes. Any group with less than 3 participants will not unfortunately go ahead.

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Thursday

CLASS	TIME	PRE-REQUISTE	AGE	Instructor	COST	DATES
Aqua Legends	12.30am-1.15pm	Beginners	60 Years +	Marty Donaghey	Free (16 Spaces Available)	Course: Thursday 06 th September – Thursday 22 nd November 2018 (12 weeks)
Rookie Gold 1 & 2	6.30pm – 7.15pm	Must have Rookie Silver 3	7 Years +	Marty Donaghey	£45.30	Course: Thursday 06 th September – Thursday 25 th October 2018
Rookie Gold 3	7.15pm – 8.00pm	Must have Rookie Gold 2	7 Years+	Marty Donaghey	£45.30	Course: Thursday 06 th September – Thursday 25 th October 2018
Beginners	6.30pm – 7.00pm & 7.00pm – 7.30pm	Beginners	5 Years +	Grace Hopper	£45.30	Course: Thursday 06 th September – Thursday 25 th October 2018
Aqua Teen HIIT (Aqua High Intensity Interval Training)	8.00pm-8.30pm	13-17 Years – Able to Swim	13-17 Years Limited Spaces (16)	Ceri McManus	Pay at Reception per session £2.60	Ongoing
Aqua Jog	8.45pm - 9.30pm	Swimmer must be confident in deep water	18 Years +	Marty Donaghey	Pay at Reception per session £4.15	Ongoing

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September-October 2018

Swimming Programme

Friday

CLASS	TIME	PRE-REQUISTE	AGE	Instructor	COST	DATES
Senior Citizen Swim Group	11.10am-11.50am	All Levels	60 Years +	Lynda Taylor	Pay at Reception per session £1.50	Ongoing
Baby Splash 4 -8 months	11.45am-12.15pm	N/A	4 -8 months	Maeve Clancy	£30.00	Course: Friday 07 th September – Friday 12 th October 2018
Baby Splash 8 -12 months	12.15pm-12.45pm	N/A	8 -12 months	Maeve Clancy	£30.00	Course: Friday 07 th September – Friday 12 th October 2018
Baby Splash 12 -24 months	12.45pm-1.15pm	N/A	12 -24 months	Maeve Clancy	£30.00	Course: Friday 07 th September – Friday 12 th October 2018
Beginners	6.15pm – 6.45pm, 6.45pm – 7.15pm & 7.15pm – 7.45pm	Beginners	5 Years +	Marty Donaghey, Grace Hopper & Christopher Carney	£45.30	Course: Friday 07 th September – Friday 26 th October 2018
5 Metre	6.45pm – 7.15pm & 8.00pm – 8.30pm	5M Badge	5 Years+	Marty Donaghey, Grace Hopper & Christopher Carney	£45.30	Course: Friday 07 th September – Friday 26 th October 2018



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10 Metre	6.15pm – 6.45pm & 7.15pm – 7.45pm	10M Badge	5 Years +	Marty Donaghey, Grace Hopper & Christopher Carney	£45.30	Course: Friday 07 th September – Friday 26 th October 2018
25 Metre	6.45pm – 7.15pm & 8.00pm – 8.30pm	25M Badge	5 Years +	Marty Donaghey, Grace Hopper & Christopher Carney	£45.30	Course: Friday 07 th September – Friday 26 th October 2018
50 Metre	6.15pm – 6.45pm & 7.15pm – 7.45pm	50M Badge	5 Years +	Marty Donaghey, Grace Hopper & Christopher Carney	£45.30	Course: Friday 07 th September – Friday 26 th October 2018
100 Metre	& 8.00pm – 8.30pm	100M Badge	5 Years +	Marty Donaghey, Grace Hopper & Christopher Carney	£45.30	Course: Friday 07 th September – Friday 26 th October 2018
250 Metre +	8.30pm – 9.15pm & 8.30pm – 9.15pm (2 Classes)	200M Badge	5 Years +	Marty Donaghey, Grace Hopper & Christopher Carney	£45.30	Course: Friday 07 th September – Friday 26 th October 2018
NPLQ	7.00pm – 10.00pm	Water Confident. There will be a water test prior to course commencing 16 Years + on the day of the exam		Declan Maguire £250.00 Includes Handbook and Examination Fee		Course: Friday 07 th September – Friday 23 rd November 2018 Exam: Sunday 25 th November @ 9.00am – 1.30pm

Groups are based on 3+ participants with a maximum of 12, with the exception of our 250m Class (14 participants). Any group with less than 3 participants will not unfortunately go ahead.