

March - May 2019

Swimming Programme

Monday

CLASS	TIME	PRE-REQUISTE	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
A.S.A Swimming Stage 1 & 2 Beginners	4.00pm - 4.30pm	Beginners	5 Years +	Marty Donaghey	£45.20	Course: Monday 04 th March – Monday 29 th April (Excluding Mon 22 nd Apr due to Easter break) – 8 Weeks
A.S.A Swimming Stage 3 & 4 Advanced Beginners	4.30pm - 5.00pm	Must hold 5m Badge	5 Years+	Marty Donaghey	£45.20	Course: Monday 04 th March – Monday 29 th April (Excluding Mon 22 nd Apr due to Easter break) – 8 Weeks
A.S.A Swimming Stage 5 Intermediate	5.00pm - 5.30pm	Must hold 10m Badge	5 Years +	Marty Donaghey	£45.20	Course: Monday 04 th March – Monday 29 th April (Excluding Mon 22 nd Apr due to Easter break) – 8 Weeks
A.S.A Swimming Stage 6 Advanced Improvers	5.30pm - 6.00pm	Must hold the A.S.A Stage 5	5 Years +	Marty Donaghey	£45.20	Course: Monday 04 th March – Monday 29 th April (Excluding Mon 22 nd Apr due to Easter break) – 8 Weeks

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

Available for public Booking on Monday 04th March at 8.00am in Person or 9.30am via telephone.

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Tuesday

CLASS	TIME	PRE-REQUISTE	AGE	Instructor	COST	DATES
Rookie Bronze 1,2,3	6.30pm – 7.15pm	200m Badge	7 Years +	Marty Donaghey	£45.20	Course: Tuesday 05 th March – Tuesday 30 th April (Excluding Tues 23 rd Apr due to Easter Break) – 8 Weeks
Rookie Silver 1,2,3	7.15pm – 8.00pm	Must have Rookie Bronze 1,2,3	7 Years+	Marty Donaghey	£45.20	Course: Tuesday 05 th March – Tuesday 30 th April (Excluding Tues 23 rd Apr due to Easter Break) – 8 Weeks
Aqua Aerobics	8.00pm-8.45pm	All Levels	18 Years + Spaces (20)	Ceri McManus	Pay at Reception per session £4.15	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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Wednesday

CLASS	TIME	PRE-REQUISITE	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
Snorkel & Flipper Fun	6.30pm – 7.10pm	Confident Swimmer (Must bring own snorkel & Flippers)	7yrs +	Marty Donaghey	£45.20	Course: Wednesday 06 th March – Wednesday 01 st May (Excluding Weds 24 th Apr due to Easter break) - 8 Weeks
Intro to Competitive Swimming (Affiliation with Lakeland Swim Club)	7.35pm – 8.15pm	Must have completed ASA Level 6	7yrs+	Marty Donaghey	£45.20	Course: Wednesday 06 th March – Wednesday 01 st May (Excluding Weds 24 th Apr due to Easter break) - 8 Weeks
Triathlon Training	8.20pm - 9.00pm	Able to swim 200m+	16yrs +	Marty Donaghey	£58.80	Course: Wednesday 06 th March – Wednesday 01 st May (Excluding Weds 24 th Apr due to Easter break) - 8 Weeks

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Thursday

CLASS	TIME	PRE-REQUISTE	AGE	Instructor	COST	DATES
Aqua Legends	12.30pm-1.15pm	Must be 60yrs+	60yrs+	Marty Donaghey	£28.60	Course: Thursday 04 th April – Thursday 27 th June (Excluding Thurs 25 th Apr due to Easter break) – 11 Weeks
Beginners	6.30pm-7.00pm	Beginners	5 Years +	Christopher Carney	£45.20	Course: Thursday 07 th March – Thursday 02 nd May (Excluding Thurs 25 th Apr due to Easter break) – 8 Weeks
Rookie Gold 1 & 2	6.30pm – 7.15pm	Must have Rookie Silver 3	7 Years +	Marty Donaghey	£45.20	Course: Thursday 07 th March – Thursday 02 nd May (Excluding Thurs 25 th Apr due to Easter break) – 8 Weeks
Rookie Gold 1 & 2	7.15pm – 8.00pm	Must have Rookie Silver 3	7 Years+	Marty Donaghey	£45.20	Course: Thursday 07 th March – Thursday 02 nd May (Excluding Thurs 25 th Apr due to Easter break) – 8 Weeks
Aqua Aerobics	8.00pm-8.45pm	All Levels	18 Years + Spaces (20)	Ceri McManus	Pay at Reception per session £4.15	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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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 01 st March – Friday 05 th April – 6 Weeks
Baby Splash 8 -12 months	12.15pm-12.45pm	N/A	8 -12 months	Maeve Clancy	£30.00	Course: Friday 01 st March – Friday 05 th April – 6 Weeks
Baby Splash 12 -24 months	12.45pm-1.15pm	N/A	12 -24 months	Maeve Clancy	£30.00	Course: Friday 01 st March – Friday 05 th April – 6 Weeks
Beginners	5.30pm – 6.00pm, 6.15pm – 6.45pm, 6.55pm – 7.25pm 7.35pm – 8.05pm	Beginners	5 Years +	Marty Donaghey, Christopher Carney & Roisin Carney	£45.20	Course: Friday 08 th March – Friday 03 rd May (Excluding 19 th Apr due to Easter break) – 8 Weeks
5 Metre	6.15pm – 6.45pm	5M Badge	5 Years+	Marty Donaghey, Christopher Carney & Roisin Carney	£45.20	Course: Friday 08 th March – Friday 03 rd May (Excluding 19 th Apr due to Easter break) – 8 Weeks
10 Metre	6.15pm – 6.45pm & 7.35pm – 8.05pm	10M Badge	5 Years +	Marty Donaghey, Christopher Carney & Roisin Carney	£45.20	Course: Friday 08 th March – Friday 03 rd May (Excluding 19 th Apr due to Easter break) – 8 Weeks
25 Metre	6.55pm – 7.25pm	25M Badge	5 Years +	Marty Donaghey, Christopher Carney & Roisin Carney	£45.20	Course: Friday 08 th March – Friday 03 rd May (Excluding 19 th Apr due to Easter break) – 8 Weeks
50 Metre	6.55pm – 7.25pm & 8.15pm – 8.45pm	50M Badge	5 Years +	Marty Donaghey, Christopher Carney & Roisin Carney	£45.20	Course: Friday 08 th March – Friday 03 rd May (Excluding 19 th Apr due to Easter break) – 8 Weeks

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100 Metre	7.35pm – 8.05pm & 8.15pm – 8.45pm	100M Badge	5 Years +	Marty Donaghey, Christopher Carney & Roisin Carney	£45.20	Course: Friday 08 th March – Friday 03 rd May (Excluding 19 th Apr due to Easter break) – 8 Weeks
Rookie Silver 1, 2 & 3	8.45pm-9.30pm	Must have Rookie Bronze 3	7 Years+	Marty Donaghey, Christopher Carney & Roisin Carney	£45.20	Course: Friday 08 th March – Friday 03 rd May (Excluding 19 th Apr due to Easter break) – 8 Weeks
Rookie Bronze 1,2 & 3	8.45pm-9.30pm	200m Badge	7 Years+	Marty Donaghey, Christopher Carney & Roisin Carney	£45.20	Course: Friday 08 th March – Friday 03 rd May (Excluding 19 th Apr due to Easter break) – 8 Weeks

Saturday

Baby Splash 4 -12 months	10.15am-10.45am	N/A	4 -8 months	Maeve Clancy	£30.00	Course: Saturday 02 nd March – Saturday 06 th April – 6 Weeks
Baby Splash 2-4 years (Beginner)	10.45am-11.15am	N/A	2-4 years Beginner	Maeve Clancy	£30.00	Course: Saturday 02 nd March – Saturday 06 th April – 6 Weeks
Baby Splash 12 -24 months	11.15am-11.45am	N/A	12 -24 months	Maeve Clancy	£30.00	Course: Saturday 02 nd March – Saturday 06 th April – 6 Weeks
Baby Splash 2-4 years (Beginner)	12.00pm-12.30pm	N/A	2-4 years Beginner	Maeve Clancy	£30.00	Course: Saturday 02 nd March – Saturday 06 th April – 6 Weeks
Baby Splash 2-4 years (Advanced)	12.30pm-1.00pm	N/A	2-4 years Advanced	Maeve Clancy	£30.00	Course: Saturday 02 nd March – Saturday 06 th April – 6 Weeks

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