



NENAGH LEISURE CENTRE

SÓLANN AN AONAIGH

Dublin Road, Nenagh, Co. Tipperary.

Tel: 067-31788 Fax: 067-34841

PUBLIC SWIMMING / SNAMH POIBLÍ August / Lúnasa 2010

Mon 2 nd	Mon 9 th	Mon 16 th , 23 rd & 30 th	Tue 3 rd	Tue 10 th	Tue 17 th , 24 th & 31 st	Wed 4 th	Wed 11 th	Wed 18 th & 25 th	Thurs 5 th
CLOSED			7-9am	7-9am	7-9am				7-9am
	10-11	10-11	10-11	10-11	10-11	10-11	10-11	10-11	
		FUN 11-1			FUN 11-1	11-1		FUN 11-1	11-1
	1-2	1-2	1-2	1-2	1-2	1-2	1-2	1-2	1-2
				2-3	FUN	2-4	2-4	FUN	2-4 **
	3-4 A	3-4 A	3-4	3-4 **	2-4			2-4	
	4-6	FUN 4-6	4-6	4-6	4-6	4-6	4-6	4-6	4-6
	6-8	6-8	6-8	6-8	6-8	6-8	6-8	6-8	6-7 * 7-8
8-10 L	8-10 L	8-10 L	8-10 L	8-10 L	8-10 L	8-10 L	8-10 L	8-10 L	

Thurs 12 th	Thurs 19 th & 26 th	Fri 6 th	Fri 13 th	Fri 20 th	Sat 7 th & 14 th	Sat 21 st & 28 th	Sun 1 st , 8 th & 15 th	Sun 22 nd & 29 th
7-9am	7-9am							
10-11	10-11	10-11	10-11	10-11	10-11 A	10-11 A	10-11 A	10-11 A
	FUN 11-1	11-1		FUN 11-1	11-1	FUN 11-1	11-1	FUN 11-1
1-2	1-2	1-2	1-2	1-2	1-2	1-2	1-2	1-2
2-4	FUN 2-4	2-4	2-4	FUN 2-4	2-4	FUN 2-4	2-4	FUN 2-4
4-6	4-6	4-6	4-6	4-6	4-6	4-6	4-6	4-6
6-7 *	6-7 *	6-8	6-8	6-8	6-8	6-8		
7-8	7-8							
8-10 L	8-10 L	8-9 L	8-9 L	8-9 L	8-9 L			

NOTE: The Swimming Pool is Cleared 10 Minutes Before end of Session (Last Session 15 Minutes) L = Lanes in operation / Bealái i bhfeidhm
 A = Adults only / Daoine fásta amháin * = Ladies only / Mná amháin ** = Classes using part of pool. Use of Sauna and Steamroom facilities (strictly over 18's), included in the swim price. Caps must be worn in the pool

National Swimming Pool Guidelines

Child Protection Policy

Children aged 1 – 5 Must be accompanied by an Adult in the Pool

Children aged 6 – 10 Must be accompanied by an Adult who must remain within view of the child

Children aged 11 and upwards may be unaccompanied



Due to circumstances beyond our control
Fun Sessions will now Start 16th August
15 Metre Inflatable Obstacle Course
 (Can you make it all the way to the slide without falling off?)
 Cost per child €3.50 (Adults free if accompanied by a child)

Gift Vouchers are available for all types of membership

If you would like the Timetable emailed to you each month please send a request to
 NenaghLeisureCentre@northtippoco.ie

NENAGH LEISURE CENTRE

GYM TIMETABLE – August 2010



Mondays 10am – 9.30pm	Tuesdays 7am – 9.30pm	Wednesdays 10am – 9.30pm	Thursdays 7am – 9.30pm	Fridays 10am – 8.30pm	Saturdays 10am – 8.30pm	Sundays 10am – 5.30pm
Inductions 12pm – 1pm 7pm – 9pm		Inductions 7pm – 9pm		Inductions 7.30pm – 8.00pm		Inductions 10am – 11am
Please note:						
Closed Monday 2 nd August		All persons must receive an equipment orientation prior to using the gym. Book yours now at reception on 067-31788.				

Admission Rates

Swimming Pool (Adults €5.00), (Students, Unemployed & O.A.P. €3.00) & (Child €2.50)

Gym (Adult €4.00) & (Student, Unemployed & O.A.P. €2.50)

All admissions Peak Times @ Adult Rates

Peak Times – (Pool) After 7pm weekdays & 8pm on Saturdays

(Gym) – After 6pm weekdays & 7pm on Saturdays

Children Swimming Lessons

Monday	13 th Sep	4.00 pm	5 Weeks	(Beginners 1)	
Monday	13 th Sep	4.30 pm	5 Weeks	(Advanced 1)	
Tuesday	14 th Sep	4.00 pm	6 Weeks	(Beginners 2)	
Tuesday	14 th Sep	4.30 pm	6 Weeks	(Beginners 3)	
Wednesday	15 th Sep	4.00 pm	6 Weeks	(Beginners 3)	
Wednesday	15 th Sep	4.30 pm	6 Weeks	(Beginners 3)	
Thursday	16 th Sep	4.00 pm	6 Weeks	(Lengths)	
Friday	17 th Sep	4.00 pm	6 Weeks	(Improvers 1)	(Improvers 2)
Friday	17 th Sep	4.30 pm	6 Weeks	(Beginners 2)	(Advanced 1)
Friday	17 th Sep	6.00 pm	6 Weeks	(Armbands)	
Friday	17 th Sep	6.30 pm	6 Weeks	(Beginners 1)	(Beginners 2)
Saturday	18 th Sep	11.00 am	6 Weeks	(Beginners 1)	(Beginners 3)
Saturday	18 th Sep	11.30 am	6 Weeks	(Beginners 2)	(Improvers 1)



The cost will be €49.00 (6 lessons) (€46 per child for two or more children)

Enrolment from Thursday 2nd September

Adult Swimming Classes Tuesday 7pm - 8pm Starting 14th September

Irish Water Safety Classes Monday 9th – Friday 13th August

11am – 1pm



Great Value in Weekly / Monthly

3 Monthly / 6 Monthly / Yearly Passes

A range of Swimming Accessories are also for sale at Reception