



NENAGH LEISURE CENTRE

SÓLANN AN AONAIGH

Dublin Road, Nenagh, Co. Tipperary.

Tel: 067-31788 Fax: 067-34841

PUBLIC SWIMMING / SNAMH POIBLÍ July / Iúil 2010

Mon 5 th	Mon 12 th 19 th	Mon 26 th	Tue 6 th , 13 th	Tue 20 th , 27 th	Wed 7 th	Wed 14 th , 21 st	Wed 28 th	Thurs 1 st	Thurs 8 th , 15 th
			7-9am	7-9am				7-9am	7-9am
10-11	10-11	10-11	10-11	10-11	10-11	10-11	10-11		
12-1		12-1		12-1	12-1	12-1			
1-2	1-2	1-2	1-2	1-2	1-2	1-2	1-2	1-2	1-2
			2-4	2-4	2-4	2-4	2-4	2-4	2-4
3-4 A	3-4 A	3-4 A							
4-6	4-6	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 *	6-7 *
								7-8	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	8-10 L

Thurs 22 nd , 29 th	Fri 2 nd	Fri 9 th	Fri 16 th , 23 rd , 30 th	Sat 3 rd , 10 th , 17 th , 24 th & 31 st	Sun 4 th , 11 th , 18 th & 25 th
7-9am					
			10-11	10-11 A	10-11 A
				11-1	11-1
12-1	12-1		12-1		
1-2	1-2	1-2	1-2	1-2	1-2
2-4	2-4	2-3	2-4	2-4	2-4
4-6		4-6	4-6	4-6	4-6
	5-6				
6-7 *	6-8	6-8	6-8	6-8	
7-8					
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 / Bealáí 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

<p>Daily Children Swimming Classes</p>  <p>(See reverse for details)</p>	<p>Special Offer</p> <p>Saturdays 2 – 9 pm Two for the price of One (Pay for one and get a second Free)</p>	<p>Early morning Gym & Swim Steam Room & Sauna Tues. & Thur. 7am – 9am</p> 
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Gift Vouchers are available for all types of membership

Check our website (www.nenaghtc.ie)

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

NENAGH LEISURE CENTRE

GYM TIMETABLE – July 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: 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	5 th July	11.00 am	5 Days	Beginners 2	Improvers 1	Advanced 1
Monday	5 th July	11.30 am	5 Days	Arm. / Beg 1	Beginners 3	Improvers 2
Monday	12 th July	11.00 am	5 Days	Beginners 2	Improvers 1	Advanced 1
Monday	12 th July	11.30 am	5 Days	Arm. / Beg 1	Beginners 3	Improvers 2
Monday	19 th July	11.00 am	5 Days	Beginners 2	Improvers 1	Advanced 1
Monday	19 th July	11.30 am	5 Days	Arm. / Beg 1	Beginners 3	Improvers 2
Monday	26 th July	11.00 am	5 Days	Beginners 2	Improvers 1	Advanced 1
Monday	26 th July	11.30 am	5 Days	Arm. / Beg 1	Beginners 3	Improvers 2

Irish Water Safety Classes

Monday 9th – Friday 13th August

Enrolment Friday 23rd July (Between 5pm – 7pm ONLY)

Application forms will be available on the website

(www.nenaghtc.ie) from 1st July



Complementary Therapy Clinic contact Annette on 086 – 3148516

Great Value in Weekly / Monthly

3 Monthly / 6 Monthly / Yearly Passes

A range of Swimming Accessories are also for sale at Reception

More details on our website (www.nenaghtc.ie)