

### Activities

**Non-Members €8.00 , Members  
€5.00 & OAP €5.00**

**Exercise to Music**

**Monday 8.15pm (Start Sept)**

**Step Aerobic Classes**

**Thursday 8.15PM(Start Sept)**

**Relax with Yoga**

Wednesday 8.30p.m

**Aqua Fit – Water Aerobics**

Monday, Tuesday & Thursday

7pm

Friday 10.00am (start Sept)

**Kick Boxing**

Monday

Wednesday 7 PM Age 5 upwards

**Taekwon-do Classes**

Tue 7.00-9.00pm

**Children & Adult Swim Lessons  
& Lifesaving Lessons**

**Ask at reception**

**For Any Information on any of the  
above**

**Ring us at Tel: 051-641717 /  
640955**

**Let us e-mail the timetable to  
you.....contact us at  
seankellysc@gmail.com**

### Complex Rates

Laser/Visa now available.

Laser/Visa	Single	Weekly	1 Monthly	3 Monthly	6 Monthly	12 Monthly
<b>Adult Swim</b>	<b>€5.60</b>	<b>€22.40</b>	<b>€55.70</b>	<b>€139.20</b>	<b>€250.50</b>	<b>€417.40</b>
<b>Adult Gym</b>	<b>€5.60</b>	<b>€22.40</b>	<b>€55.70</b>	<b>€139.20</b>	<b>€250.50</b>	<b>€417.40</b>
<b>Adult Swim &amp; Gym</b>	<b>€7.20</b>	<b>€27.30</b>	<b>€68.30</b>	<b>€178.50</b>	<b>€321.30</b>	<b>€535.50</b>
<b>Child Swim (Under 16)</b>	<b>€3.50</b>	<b>€12.60</b>	<b>€34.70</b>	<b>€86.70</b>	<b>€156.00</b>	<b>€259.90</b>
<b>OAP Swim &amp; Gym</b>	<b>€3.80</b>	<b>€15.10</b>	<b>€37.80</b>	<b>€94.50</b>	<b>€170.00</b>	<b>€283.50</b>
<b>OAP Swim OR Gym</b>	<b>€3.20</b>	<b>€11.60</b>	<b>€31.50</b>	<b>€78.80</b>	<b>€141.80</b>	<b>€236.50</b>
<b>Student Swim</b>	<b>€4.60</b>	<b>€17.00</b>	<b>€45.20</b>	<b>€112.80</b>	<b>€203.20</b>	<b>€338.70</b>
<b>Student Gym</b>	<b>€4.60</b>	<b>€17.00</b>	<b>€45.20</b>	<b>€112.80</b>	<b>€203.20</b>	<b>€338.70</b>
<b>Student Swim &amp; Gym</b>	<b>€6.30</b>	<b>€24.20</b>	<b>€63.00</b>	<b>€157.50</b>	<b>€283.50</b>	<b>€472.50</b>
<b>Family Swim Ticket</b>	<b>€18.00</b>	<b>€71.40</b>	<b>€178.5</b>	<b>€357.00</b>	<b>€535.50</b>	<b>€892.50</b>

**POOL & GYM OPENING TIMES. Mon to Fri 7.15am (UNTIL EARL SEPTEMBER).  
New Air conditioning installed upstairs. Weekend gym times...see timetable overleaf. Gym  
available all day regardless of swimming pool availability. AL = ALULT LANE & (Adults only)**

**Family Ticket = 2 Adults & 3 Children (Playpen on deck).**

**Have your timetable e-mailed to you...seankellysc@gmail.com**

**NEXT SWIM LESSON ENROLEMENT DAY ( for all ) is WEDNESDAY 8<sup>th</sup> AUGUST  
FROM 9.30AM.**

**Sean Kelly Sports  
Centre**

**August/September  
2007**

**Public  
Timetable**

**051 640955**

**051 641717**

**FAX: 051-641801**

**seankellysc@gmail.com  
www.carrickonsuir.ie**

<b>Friday 3 August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.00-3.45 4.00-5.45 6.00-7.45FS 8.00-9.45 AL	<b>Sat 4<sup>th</sup> &amp; Sun 5<sup>th</sup></b> 12.00-12.45 1.00-2.45 3.00-4.45 5.00-6.45 7.00-7.45 AL <b>GYM from 11.15am</b>	<b>Monday 6<sup>th</sup> August</b> 11.00-12.45 1.00-2.45 3.00-4.45 5.00-5.45 6.00-6.45 AL	<b>Tues 7<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45AL 2.00-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL	<b>Wed 8<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.00-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL
<b>Thursday 9<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.00-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL	<b>Friday 10<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.00-3.45 4.00-5.45 6.00-7.45 FS 8.00-9.45 AL	<b>Sat 11<sup>th</sup> &amp; Sun 12<sup>th</sup></b> 12.00-12.45 1.00-2.45 3.00-4.45 5.00-6.45 7.00-7.45 AL <b>GYM 11.15 AM</b>	<b>Mon 13<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.45-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL	<b>Tuesday 14<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.45-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL
<b>Wed 15<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.45-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL	<b>Thursday 16<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.45-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL	<b>Friday 17<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.45-3.45 4.00-5.45 6.00-7.45FS 8.00 -9.45 AL	<b>Sat 18<sup>th</sup> &amp; Sun 19<sup>th</sup></b> 12.00-12.45 1.00-2.45 3.00-4.45 5.00-6.45 7.00-7.45 AL GYM from 11.15am	<b>Monday 20<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.45-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL
<b>Tuesday 21 August</b> 7.15-9.45 10.00-12.45 12.45-1.45AL 2.45-3.45 4.00-5.45 6.00-7.45 8.00-9.45AL	<b>Wed 22<sup>nd</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.45-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL	<b>Thursday 23<sup>rd</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.45-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL	<b>Friday 24<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.45-3.45 4.00-5.45 6.00-7.45 FS 8.00-9.45 AL	<b>Sat 25<sup>th</sup> &amp; Sun 26<sup>th</sup></b> 12.00-12.45 1.00-2.45 3.00-4.45 5.00-6.45 7.00-7.45 AL <b>GYM from 11.15am</b>
<b>Monday 27<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.00-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL	<b>Tuesday 28<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.00-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL	<b>Wed 29<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.00-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL	<b>Thursday 30<sup>th</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.00-3.45 4.00-5.45 6.00-7.45 8.00-9.45 AL	<b>Friday 31<sup>st</sup> August</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.00-3.45 4.00-5.45 6.00-7.45 FS 8.00-9.45 AL
<b>Sat 1<sup>st</sup> &amp; Sun 2<sup>nd</sup> Sept</b> 12.00-12.45 1.00-2.45 3.00-4.45 5.00-6.45 7.00-7.45 AL <b>GYM from 11.15am</b>	<b>Mon 3<sup>rd</sup> September</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.00-3.45 5.00-6.45 8.00-9.45AL	<b>Tuesday 4<sup>th</sup> Sept</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.00-3.45 4.00-5.45 6.00-6.45 8.00-9.45 AL	<b>Wednesday 5<sup>th</sup> Sept</b> 7.15-9.45 10.00-11.15 12.00-12.45 12.45-1.45 AL 2.00-3.45 5.00-6.45 8.00-9.45 AL	<b>Thursday 6<sup>th</sup> Sept</b> 7.15-9.45 10.00-12.45 12.45-1.45 AL 2.00-3.45 5.00-6.45 8.00-9.45 AL

**PLEASE BE AWARE** that the timetable is **SUBJECT TO CHANGE AND AVAILABILITY.**

Children must be able to swim in **DEEP** end otherwise an adult must accompany.

**TIPS ON EXERCISE:** Always be aware of how your body feels and don't push it too far. Exercise is not meant to be painful! You should be able

**to exercise and carry on a conversation so if it hurts...stop.  
Remember....No Pain, Just Gain.**