

## Fit Kids



### MEMBERS KIDS ONLY

The chance for kids to exercise in a fun environment and interact with other kids their own age at the same time. Age 5-12yrs

### Friday 5-6pm

Your time to go for a workout, have a dip, or simply sit back and enjoy a coffee. Free if the child is a member, otherwise a charge of €3.00 applies. Pool only membership must also pay €3.00. This charge will include swim time until 7pm.

### Booking essential

Guardian must be on premises during the class

## Teen Zone, Mon & Thurs 5-6pm & Sat 2-3pm

### MEMBERS KIDS ONLY

3 x 1hr sessions in the gym.

Get your teenagers off the couch and get them moving! 13yrs-17yrs

Free if the child is a member, otherwise a charge of €3.00 applies.

## Splash Time



Splash times for all kids are supervised by a lifeguard

Wednesday & Friday 3-5.30pm

Saturday & Sunday 10am-12pm

Children under the age of 13 must be accompanied by an adult in the pool except during splash time where the adult must be on the premises. Children over the age of 13 must be able to swim unaided to stay in the pool unaccompanied. Parents must be on the premises at all times.

### Kids Hours in pool are as follows:

Monday-Thursday

7am-7.00pm

Friday, Sat & Sun

All Day

Kids must be accompanied by an adult at all times



## TWINKLES DROP IN CENTRE

- ✚ Mon, Tues, Thurs & Fri 10am-12pm(closed on Bank Holidays & for 2wks in July)
- ✚ Maximum time per stay is 1hr
- ✚ Booking essential
- ✚ Age 6 months – 9yrs
- ✚ Parents must be on the premises at all times
- ✚ Cost - €4.00 per hr