

THE FITNESS CLUB

HILLGROVE HOTEL

BABY SWIM LESSONS

SUNDAY

10:00AM - 10:30AM

SUNDAY

10:30AM - 11:00AM

Aqua tots 3 months – 4 years

CHILDRENS SWIM LESSONS

THURSDAY

3.30PM – 7.00PM

FRIDAY

3.30PM – 8.00PM

SATURDAY

9.00AM – 1.00PM

We cater for all levels in Child lessons from beginners at Level 1 up to Stroke improvement at Level 5

ADULT SWIM LESSONS

THURSDAY (BEGINNERS LEVEL)

7.00PM – 7.30PM

THURSDAY (IMPROVERS LEVEL)

7.30PM – 8.00PM

Booking available for new participants
Call 047 73232 for more information

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TERM 2 | 6 WEEK TERM | MEMBERS €78 | NON-MEMBERS €90

LESSON DAY	START DATE	END DATE
THURSDAY	09/11/2023	14/12/2023
FRIDAY	10/11/2023	15/12/2023
SATURDAY	11/11/2023	16/12/2023
SUNDAY	12/11/2023	17/12/2023

TERM 3 | 6 WEEK TERM | MEMBERS €90 | NON-MEMBERS €102

LESSON DAY	START DATE	END DATE
THURSDAY	11/01/2024	15/02/2024
FRIDAY	12/01/2024	16/02/2024
SATURDAY	13/01/2024	17/02/2024
SUNDAY	14/01/2024	18/02/2024

TERM 4 | 8 WEEK TERM | MEMBERS €120 | NON-MEMBERS €136

LESSON DAY	START DATE	END DATE
THURSDAY	22/02/2024	18/04/2024
FRIDAY	23/02/2024	19/04/2024
SATURDAY	24/02/2024	20/04/2024
SUNDAY	25/02/2024	21/04/2024

TERM 5 | 8 WEEK TERM | MEMBERS €120 | NON-MEMBERS €136

LESSON DAY	START DATE	END DATE
THURSDAY	25/04/2024	13/06/2024
FRIDAY	26/04/2024	14/06/2024
SATURDAY	27/04/2024	15/06/2024
SUNDAY	28/04/2024	16/06/2024