

STEWARTS SPORTS CENTRE

WATERSTOWN AVENUE, PALMERSTOWN, DUBLIN 20.

TEL: 6269879

FAX: 6235759

SWIMMING PROGRAMME August 2010 to November 2010

Closed for Classes on Monday 25th October

Family Discount : Enrol 2 or more children in classes and get €5.00 discount per child

DAY	TIME	ENROLL DATE	DURATION	WKS	FEE
<u>CHILDREN'S TEACHING CLASSES</u>					
MONDAY	3.30-4.15 pm	30th August	to 1st November	9	€ 76.50
	4.15-5.00 pm	30th August	to 1st November	9	€ 76.50
	5.00-5.45 pm	30th August	to 1st November	9	€ 76.50
TUESDAY	6.30-7.15 pm	30th August	to 1st November	9	€ 76.50
	4.15-5.00 pm	31st August	to 2nd November	10	€ 85.00
	5.00-5.45 pm	31st August	to 2nd November	10	€ 85.00
WEDNESDAY	4.15-5.00 pm	1st Sept	to 3rd November	10	€ 85.00
	5.00-5.45 pm	1st Sept	to 3rd November	10	€ 85.00
	6.30-7.15 pm	1st Sept	to 3rd November	10	€ 85.00
THURSDAY	7.15-8.00 pm	1st Sept	to 3rd November	10	€ 85.00
	4.15-5.00 pm	2nd Sept	to 4th November	10	€ 85.00
	5.00-5.45 pm	2nd Sept	to 4th November	10	€ 85.00
FRIDAY	4.15-5.00 pm	3rd Sept	to 5th November	10	€ 85.00
	5.00-5.45 pm	3rd Sept	to 5th November	10	€ 85.00
	6.30-7.15 pm	3rd Sept	to 5th November	10	€ 85.00
SATURDAY	7.15-8.00 pm	3rd Sept	to 5th November	10	€ 85.00
	11.15-12.00 pm	4th Sept	to 6th November	10	€ 85.00
	12.00-12.45 pm	4th Sept	to 6th November	10	€ 85.00
SUNDAY	3.00-3.45 pm	4th Sept	to 6th November	10	€ 85.00
	12.00-12.45 pm	5th Sept	to 7th November	10	€ 85.00
	2.15-3.00 pm	5th Sept	to 7th November	10	€ 85.00

CHILDREN'S LENGTHS CLASSES

SATURDAY	3.45-4.30 pm	4th Sept	to 6th November	10	€ 85.00
SUNDAY	10.30-11.15 am	5th Sept	to 7th November	10	€ 85.00
SUNDAY	3.45-4.30 pm	5th Sept	to 7th November	10	€ 85.00

TEENAGE LENGTHS CLASS

FRIDAY	8.45-9.30 pm	3rd Sept	to 5th November	10	€ 85.00
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ADULTS TEACHING CLASS (AFTERNOON)

FRIDAY	12.00-12.45 pm	€9.00 Members	€9.50 Non-Members	€4.75 Senior Citizens
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ADULTS TEACHING CLASSES (EVENINGS)

MONDAY	7.15-8.00 pm	30th August	to 1st November	9	€ 89.70
WEDNESDAY	9.30-10.15 pm	1st Sept	to 3rd November	10	€ 99.70

ADULTS LENGTHS

FRIDAY	9.30-10.30 pm	€9.50 members	€10.00 non-members
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AQUA AEROBICS

Monday & Wednesday	8.45-9.30pm	€7.00 per class
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PARENT AND CHILD SESSIONS

SATURDAY	10.30-11.15 am	Children	6mths - 8 yrs	€9.50
SUNDAY	9.45-10.30 am	Children	6mths - 8 yrs	€9.50
SUNDAY	11.15-12.00 pm	Children	6mths - 8 yrs	€9.50
SUNDAY	1.30-2.15 pm	Children	6mths - 8 yrs	€9.50

GYM ACTIVITIES

STEP AEROBICS Tue & Thur 8.10p.m. to 9.00p.m. €7.00 per class

YOGALATES Tue & Thur 7.15p.m. to 8.00p.m. €7.00 per class

CIRCUIT TRAINING Mon 5.30p.m. Sat 10.00a.m. €7.00 per class.

FITNESS SUITE : Please enquire at reception for opening times and prices.

THE MANAGEMENT RESERVE THE RIGHT OF ADMISSION AND THE RIGHT TO CHANGE THE RULES AND REGULATIONS FROM TIME TO TIME. THE MANAGEMENT ALSO RESERVE THE RIGHT TO ALTER OR CANCEL CLASSES, TUITION COURSES OR OTHER ACTIVITIES AT ANY TIME.
ALL CHILDREN MUST BE ACCOMPANIED BY A PARENT / GUARDIAN WHILE PARTAKING IN CLASSES
PLEASE SEE REVERSE FOR ALL OF THE LEISURE CENTRES POLICIES