

# SWIMMING LESSONS

## Wednesday & Saturday ONCE WEEKLY SWIMMING COURSES 2018

- All children must be min. 5 years for level 1-6, Preschool 3-5 years
- Kids Swimming Lessons are not held during School Holidays
- Maximum 8 People for Preschool

### Course 3

Wednesday Morning	Adults Level 1-4	17th Jan - 7th March
Wednesday Evening	Kids Level 1-4	17th Jan - 7th March
Saturday Morning	Kids Level 1-6	20th Jan - 10th March

### Course 4

Wednesday Morning	Adults Level 1-4	14 March - 16 May (no lessons 28 Mar & 4 April)
Wednesday Evening	Kids Level 1-4	14 April - 16 May (no lessons 28 Mar & 4 April)
Saturday Morning	Kids Level 1-6	24 March - 19 May (no lessons 31st March)

## Places limited! KIDS TWICE WEEKLY SWIMMING LESSONS (Tuesday & Thursday) Level 1-5

- Kids must be minimum 5 Years for level 1-6, Preschool 3-5 years
- There are NO lessons during School Holidays
- Places are limited to 25 per class, 8 for Preschool

Course 5	Tuesday 23rd January - Thursday 15th February
Course 6	Tuesday 20th February - Thursday 15th March
Course 7	Tuesday 20th March - Thursday 26th April (no lessons 27 & 29 March & 3 & 5 April)
Course 8	Tuesday 1st May - Thursday 24th May

### Banna Seals begins

Monday 8th Jan (6-10yrs) 6-7 pm  
Tuesday 9th & Thursday 11th (10-15 yrs) 6-7pm

## ADULTS TWICE WEEKLY SWIMMING LESSONS (Tuesday & Thursday) Level 1-5 8pm to 8.45pm

Course 5	Tuesday 16th January - Thursday 8th February
Course 6	Tuesday 13th February - Thursday 8th March
Course 7	Tuesday 13th March - Thursday 5th April
Course 8	Tuesday 10th April - Thursday 3rd May

**SWIM FIT (Tuesday & Thursday) 8.45pm**

# MEMBERSHIP PRICES

MEMBERSHIP PRICES	12 months	9 months	6 months	3 months
Single	€524	€449	€329	€219
Couple	€824	€749	€549	€349
Family (2A 2C) (extra child €15 per month)	€899	€799	€599	€399
Student /OAP/ Jobseekers	€374	€299	€249	€149

- Proof of ID required for Couple, Student, OAP & Jobseekers Memberships

EASY-PAY	12 months	9 months	6 months	3 months
Single	€174 Upfront 5 x €70	€149 Upfront 4 x €75	€129 Upfront 4 x €50	€219
Couple	€199 Upfront 5 x €125	€199 Upfront 5 x €110	€149 Upfront 4 x €100	€349
Family	€199 Upfront 5 x €140	€199 Upfront 5 x €120	€199 Upfront 4 x €100	€399
OAP/ Student	€124 Upfront 5 x €50	€99 Upfront 4 x €50	€99 Upfront 3 x €50	€149

- Proof of ID required for Student, OAP Memberships
- Under 2's are free. Child prices apply to all children aged 16 and under.  
Child price only applies when accompanied by at least one adult member subscription.

### Pay As You Go Prices

Single: Peak €12 (PAYG Member €10) Offpeak €8

OAP/Student/Child: Peak €8 Offpeak: €6

Family (2+2) €30

Off Peak - before 2pm Mon - Fri, after 1pm Sat & all Day Sunday

## Opening Times

Mon/Wed 9am - 10pm Tues/Thurs 7am - 10pm

Fri 9am - 9pm Sat/Sun 10am - 7pm

### Children's hours

Mon/Fri 10am - 8pm

Sat & Sun 10am - 7pm

Facilities Include 20 metre swimming pool with dedicated swimming lanes, bubble pool, air loungers and relaxation area, Infants Pool. Sauna, Steam Room and Jacuzzi

3000 sq.ft. Fully Equipped Gym • Astro Turf Pitch - from €30/hr

banna beach  
leisure club



## New Year Classes & Memberships

Tel: 066 7134412

Email: leisureclub@bannabeachhotel.net

## STUDIO CYCLE

TIME	LEVEL	MEMBERS	PUBLIC
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### MONDAY

6 - 6.45pm	Begin to Spin	Free	€12
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### TUESDAY

10 - 10.45am	Beginner/Intermed	Free	€12
6 - 6.45pm	Advanced	€4	€12
7 - 7.45pm	Advanced	€4	€12

### WEDNESDAY

6.45 - 7.30am	Intermediate/Advanced	€35 7 wk course	€70 7 wk course
7 - 7.45pm	Intermediate	Free	€12

### THURSDAY

10 - 10.45am	Beginner/Intermed	Free	€12
6 - 6.45pm	Advanced	€4	€12
7 - 7.45pm	Advanced	€4	€12

### FRIDAY

6 - 6.45pm	Beginner/Intermed	Free	€12
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### SUNDAY

10.30 - 11.15am	Beginner/Intermed	€4	€12
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## Personal Training

**Various packages - Members - Public - Group rates available**

Call John 087 744 3751 for further details  
or Call Claire 087 096 9564 for further details

**Now available Sunday Morning**

Find us on facebook  
facebook/Bannabeachleisureclub

### PRIVATE CLASS GROUPS

	6 SESSIONS	8 SESSIONS	10 SESSIONS
Member	€45	€52	€65
Public	€57	€75	€90

**All classes available to private groups.  
Minimum of 5 required - Flexible times**

## EXERCISE CLASSES

TIME	ACTIVITY/CLASS	MEMBERS	PUBLIC
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### MONDAY

7 - 7.45pm	Circuits (HIIT)	Free	€12
7 - 7.45pm	Pilates (Beg)	€55/7wks	€75/7wks
7.45 - 8.30pm	Pilates (Imp)	€55/7wks	€75/7wks
8 - 8.45pm	Absolute (Beg)	€35/7wks	€75/7wks

### TUESDAY

10am - 11am	Yoga (Beg/Imp)	€65/7wk course	€80 / 7wk course
7 - 8.30pm	Yoga (Imp)	€65/7wk course	€80 / 7wk course

### WEDNESDAY

7 - 7.45pm	Circuits	Free	€12
7.00 - 8.30pm	Yoga (Beg)	€65/7wk course	€80/7wk course

All inhouse classes start week of Tuesday January 2nd -  
*This week all spin/exercise classes are free for members and 1/2 price for public.*

Yoga beginning Tuesday January 9th.  
Pilates beginning Monday January 8th.



## AQUA FIT

TIME	MEMBERS	PUBLIC
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### MONDAY

10 - 10.45am	€3	€12
8 - 8.45pm	€3	€10

### TUESDAY

10 - 10.45am	€3	€12
7 - 7.45pm Madness (adv)!	€3	€12

### WEDNESDAY

8 - 8.45pm	€3	€12
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### THURSDAY

10 - 10.45am	€3	€12
7 - 7.45pm Madness(adv)!	€3	€12

### Advanced/Competitive Swim Course

Tues and Thurs 6.45am - 8am **Members** €70/6wk course **Public** €120/6wk  
Mon 7pm - 8pm **Members** €35/6wk course **Public** €60/6wk  
For adults who wish to improve their swimming to competition level. Must be able to swim 100m in two minutes and 30 seconds.

**Courses Starting Tuesday 9<sup>th</sup> January**

