

Central Hotel

THE DIAMOND, DONEGAL TOWN

Tel: 074 9722576

Email: central.leisureclub@gmail.com

Kids Timetable of Classes

COMMENCING WEEK OF MONDAY 16TH JANUARY 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNINGS	AVS 11.30 - 12.10	AVS 12.15 - 12.55		AVS 10.45 - 11.15	School Groups 9.00 - 12.00		
EVENINGS	Teen Club 3.30-5.30 Teen-fit Gym 4.15-4.45	Teen Club 3.30-5.30	AVS 1.15 - 1.45 Teen Club 3.30-5.30 Kids swim lessons 4.00-5.00	Teen Club 3.30-5.30	Teen Club 3.30-5.30 Kids swim lessons 3.30-4.00		Rookie Life-saving Classes 4.00-5.00

LEISURE CENTRE OPENING HOURS

Monday - Friday 7am - 10pm

Saturday 8am - 9pm • Sunday 9am - 9pm

POOL STRICTLY OVER 16'S EVERY EVENING AFTER 7PM

- **TEEN CLUB** - All Teenager members (13-16yrs) have use of facilities without adult supervision
- **TEEN FIT CLASSES** - Member €2; Non-Members €4
- **Rookie Life-saving classes** (10 wks) - Members €40; Non-Members €65
- **KIDS SWIM LESSONS** restricted to members ONLY

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Adult Timetable of Classes

COMMENCING WEEK OF MONDAY 7TH NOVEMBER 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNINGS	AVS 11.30 – 12.10	AVS 12.15 – 12.55	Adult Swim Lessons 10.15 – 10.45 Aqua Aerobics 11.00 – 11.40	AVS 10.45 – 11.15	School Groups 9.00 – 12.00
EVENINGS	*Trampoline workout 7.00 – 7.30 *Trampoline workout 7.45 – 8.15	Hilt Training 7.00 – 7.40 Self Defence 8.00 – 8.30	AVS 1.15 – 1.45 *Trampoline workout 7.15 – 7.45pm *Trampoline workout 8.00 – 8.30pm	Aqua Aerobics 7.15 – 8pm Hilt Training 8.20 – 9.00	

LEISURE CENTRE OPENING HOURS

Monday - Friday 7am - 10pm

Saturday 8am - 9pm • Sunday 9am - 9pm

POOL STRICTLY OVER 16'S EVERY EVENING AFTER 7PM

- **Aquatic Classes** - Members €3 per class; Non-Members €6 per class.
- **Dry-land Classes** - (Block of 6) Members €35 for 6 classes or €7 PAYG
Non-members €50 for 6 classes or €10 PAYG

LIMITED PLACES IN CLASS

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