



	TIME	Course
Monday	10.00-11.00am	
	11.00-11.45pm	
	4.30 - 5.15	
	6.45 - 7.30pm	
	7.45- 8.15pm	
Tuesday	7:10—7:40am	
	10.00-11.00am	
	10.00-11.00am	
	7.15 - 8.00pm	
	8.00 - 8.45 pm	
Wednesday	10.15-11.00am	
	11.00-11.30am	
	7.30-8.30pm	
	7.15 - 8.30 pm	
Thursday	10.00-11.00am	
	11.00 - 11.45am	
	7.15 - 7.50 pm	
	8.00 - 9.00 pm	
Friday	10.00 - 11.00am	
Saturday	10.15 - 11.00am	
	12.00 - 1.00pm	
Sunday	9.00 –11.00am	Triathlon Training

Aerobic Studio
 When the Aerobic Studio Is Not In Use Please Feel Free To Use It.

- Class Booking**
- All Classes/ Courses Should Be Booked At Reception To Ensure A Space
 - Classes Can Only Be Booked Up To One Week In Advance And Must Be Cancelled If You Cannot Attend.
 - If You Miss More Than 2 Classes In One Course Your Name Will Be Put On The Waiting List again.



Pool Activity

Time Table

Commencing Monday 14th Sept.- Sunday 20th Dec. 2009

	Course	TIME
Tuesday	Water Safety	4.30 - 5.15pm 5.15 - 6.00pm
	Adult Beginners	7.00 - 7.30pm
	Adult Improvers	7.30 - 8.00pm
	Master Swim	8.00 - 9.00pm
Wednesday	Child Beginners	5.00-5.30pm
	Child Improvers	5.30-6.00pm
Thursday	Stroke Analysis	5.00-5.45pm
Saturday	Child Beginners	11.00 - 11.30am
	Child Improvers	11.30 - 12.00pm
	Happy Hour	12.00- 1.00pm

All Pool Activities Are Members Only
The Four Seasons Hotel & Leisure Club, Coolshannagh, Co. Monaghan
Tel 047 77320 Fax 83131