

TEEN ACTIVITIES

4 Day RLSS

ROOKIE LIFEGUARD COURSE

Tues 3rd - Fri 6th April • 9.00am - 12.30pm

A great way to improve water safety awareness and also learn basic water rescue and survival techniques. On completion of this 4-day course you will receive a RLSS Rookie Lifeguard Certificate and badge that can be used as a pathway to further Lifesaving certification. Sessions will include water-based training and land-based theory and practice.



€110



TEEN GYM SESSIONS

Every day Mon 26th March - Sun 8th April 10am
11am & 4pm - 5pm
Ages 13 - 17yrs
Bishopstown €6 / Churchfield €5.50

These supervised sessions are led by gym staff that show Teens how to use equipment safely, effectively and suggest workouts for them to follow.

EASTER HOLIDAY OFFER

ASTROTURF DISCOUNT

5-a-side OR 6-a-side ONLY €25

Available every day Mon 26th March - Sun 8th April
Pitch Bookings before 5pm each day.



EASTER ACTIVITIES FOR KIDS + FAMILY



4 DAY ACTIVITY CAMPS

suitable for
5-10 year olds

€75

A fun and active camp including: Swimming - Indoor & Outdoor Games - Arts & Crafts

Camp Week 1: 10am - 4pm, Mon 26th - Thurs 29th March

Camp Week 2: 10am - 4pm, Tues 3rd - Fri 6th April

Optional pre-&-post camp supervision 9am - 10am & 4pm - 5pm only
€20 for the week.

4 DAY SWIM LESSONS

suitable for
5-10 year olds

€40

4 x 45 min Swim Lessons developing kids ability in the water.

Week 1: Mon 26th - Thurs 29th March

9am - 9.45am Beginners & Improvers

10am - 10.45am Beginners & Improvers

Week 2: Tues 3rd - Fri 6th April

9am - 9.45am Beginners

10am - 10.45am Beginners

Beginners will work on water confidence and basic stroke development. Improvers will work on improving stroke and swimming fitness.



FAMILY FUN PASS

€20

Great fun for the whole family! These fun sessions include toys and activities available in kid's pools.

1pm - 3pm every day from

Monday 26th March - Sunday 8th April

Family Pass = 2 adults + 2 kids or 1 adult + 3 kids.

Additional children under 18 will be €5,

under 4's go for **FREE!**

