



# Bailieborough Leisure Centre Newsletter

NOVEMBER 2010

VOLUME 1, NUMBER 3

*Hello and welcome to our monthly Newsletter*

*Keeping you up to date with all that is happening here at the Leisure Centre.*

Contact us on

042 9666644

## November Membership Special

*4 Months for the price of 3 - €150*

*Pool Or Gym*

*Or*

*2 Month Family Membership - €150*

*Pool & Gym*

## Ladies Fitness Blast

**Only €30.00**

## Autumn Gym & Pool Fitness Timetable

With long evenings drawing in, thoughts are turning to an alternative to the television. What better way than to join a fitness class and get fitter, feel better and make new friends.

<b>Men's Fitness Class with Cian</b>	<b>Thurs Nov 4th 8.45 – 9.45 pm x 4 weeks</b>	<b>€30.00</b>
<b>Ladies Fitness Class with Linda</b>	<b>Mon 15<sup>th</sup> Nov 7.15 – 8.15 x 6 weeks</b>	<b>€45.00</b>
<b>Ladies Fitness Class with Linda</b>	<b>Mon 1<sup>st</sup> Nov 8.30 – 9.30 x 6 weeks</b>	<b>€45.00</b>
<b>Ladies Fitness Class with Linda</b>	<b>Thursday 4<sup>th</sup> Nov 8.00-9.00pm x 6 weeks</b>	<b>€45.00</b>
<b>Aqua Aerobics</b>	<b>Fri Nov 5<sup>th</sup> @ 11.15 – 12.15am Thurs Sept 16<sup>th</sup> @ 7.00 – 8.00pm</b>	<b>€32.00 €8.00 per session</b>

## Ladies Festive Fitness Blast

Get fit for the Festive Season with a 4 day workout plan. A combination of Cardio and resistance work to get you fitter and more toned. Only €30.00

- Dec 13 @ 8.30 - Linda
- Dec 15 @ 8.30 - Celine
- Dec 16 @ 8.00 - Linda
- Dec 17 @ 8.00 - Linda



# Christmas Intensive Lessons

Dec 13- Fri 17

Level 1/2 @ 3.30

Level 5/6 @ 3.30

Level 3 /4 @4.30

€57.00 per child

Place limited so  
book early

Special Pool Events

## Water Polo

Its back

Fridays @10pm

Only €5.00 per  
person

## Bronze Medallion

Next Course

Jan 2011

RLSS Lifesaving  
course

Instructor:

Ronan Mc Adam



## Bailieborough Leisure Centre Swim School

in association with Harris' Bailieborough

**SuperValu**  
Real Food. Real People

### Children Lessons

Our new revised syllabus is now underway at the Leisure Centre and being enjoyed by nearly 500 children weekly.

Lessons are suitable from children from 3 years of age upwards.

**Next set of lessons start January 2011**

**Rebooking Saturday Dec 4<sup>th</sup> @9am for those already in lessons**

Phone us if you want to be put on the call list for swimming lessons.

See [www.bailieboroughleisurecentre.com](http://www.bailieboroughleisurecentre.com) for full lesson details and booking form.

### Adult Lessons

Now taking bookings

Day	Duration	Price
Wed November 17 <sup>th</sup> Evening Class	4 weeks @ 8.15pm Instructor David	€35.00
Sunday November 21 <sup>st</sup> Morning Class	4 weeks @ 11.00am Instructor Lorraine	€35.00
Tues November 23rd Morning Class	x 4 weeks @ 10.00am Instructor Eric	€35.00

### Private Lessons

Contact us if you wish to learn one to one with an instructor at a time convenient to yourself,

Are you part of a sports team, community group or work shift work ?

We can arrange lesson times to suit if you and your friends wished to learn to swim together.

