

SWIMMING PROGRAMME TIMETABLE

PROGRAMME	AGE	STARTS	DURATION	COST	TIME	REGISTER
He Swims (Men 35+)	Men 35+	Men 28th Feb, 7th Mar, 14th Mar	3 Weeks	€15	10:00 – 11:00am	HERE
Swimmin Women	Midlife Women	21st Mar, 28th Mar, 4th Apr, 11th Ap	4 Weeks	€20	10:00 – 11:00am	HERE
He Swims (Men 35+)	Men 35+	7th, 14th, 28th Apr	3 Weeks	€15	1:00-1:45pm	HERE
Swimmin Women	Midlife Women	12th, 19th, 26th May, 9th, 16th June	5 Weeks	€25	1:00-1:45pm	HERE
Adults 50+ mixed	Adults 50+	1st, 8th, 15th, 22nd May	4 Weeks	€20	1:00-1:45pm	HERE



COMMUNITY PROGRAMMES



Enquiries & registrations to Una Pearson
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