

August/September  
2025

# Upcoming News



[swanleisure@ladygregoryhotel.ie](mailto:swanleisure@ladygregoryhotel.ie)

## Children's Group Swimming Lessons

### ON SALE NOW

Our club group lessons are starting back  
September 6<sup>th</sup> to October 17<sup>th</sup>.

They are taking place on Tuesday's, Wednesday's, Thursday's  
Friday's & Saturday's.

These classes are aimed for children of all levels, from 4yrs +  
Our NEW LIFESAVERS level has been added. Here advanced swimmers (aged  
11yrs+) swim lengths wearing clothes, learn towing, rescue throws and more.



Studio Fitness Classes resume  
September 1<sup>st</sup>

Check out our NEW TIMETABLE

## September Sale

### 5th-7th

Mega Value Packages  
to suit all.

Check Out Our Social Media  
Pages for a Competition

## Aqua-Fit Special Offer Class Cards



€25 Now €20

€50 Now €45

Offer available until  
September 1<sup>st</sup> - 14<sup>th</sup>

## New Fitness Class Rate

For Non-Members

€10 per class

€64 class card

September

## SEPT-OCT GROUP SWIM SCHEDULE

September 7<sup>th</sup> - October 17<sup>th</sup> 2025



**ON SALE**  
**August 2<sup>nd</sup> @ 8am**

**Tuesday**

3.30pm /5.15pm Beginners  
4.05pm Improved Beginners  
4.40pm Improvers/Advanced  
**NEW** 5.50pm Lifesavers (Adv+)

**Marco**

**WEDNESDAY**

3.30pm /5.15pm Beginners  
4.05pm Improved Beginners  
4.40pm Improvers/Advanced  
5.50pm Lanes

**Michaela**

**THURSDAY**

3.30pm/5.15pm Beginners  
4.05pm/5.50pm Improved Beginners  
4.40pm Improvers /Advanced

**Leah**

**FRIDAY**

3.30pm/5.15pm Beginners  
4.05pm/5.50pm Improved Beginners  
4.40pm Improvers/Advanced  
6.25pm Lanes

**Marco**

**SATURDAY**

9am/9.35am/10.10am/10.45am Beginners  
9am/9.35am/10.45am/11.20am Improved Beginner  
10.10am Improvers/Advanced  
**NEW** 11.20am LIFESAVERS

**Clodagh  
Diarmuid**

**T&C's Apply:\*\*Refunds only with Medical Cert  
Names only taken with payment**

**Members €70  
Non Members €85**





# REVIEW

## *Swan Leisure*

***Be in with a chance to  
win a 3 month  
membership/extension***



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**LEAVE A REVIEW**



091647947



**SCAN HERE**



# ADULT SWIMMING CLASS

*beginners & improvers*



Members €70

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Non Members €85

**BOOK NOW**

Tuesday's @ 7.15pm  
September 9,16,23,30, October 7,14



2025  
Term 1

# Baby & Toddler Swim Classes



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Level 1&2 (4-18mths)

Friday 10.30am

Sunday 9.30am

Sunday 10am(NEW)

Level 3 & 4 (18mths - 4yrs)

Sunday 9am

**€85 Members**  
**€100 Non Members**  
**x4 Weeks**

**On Sale**  
**August 2nd**  
**@ 8am**

**Next Term  
Dates;**

**Friday: Sept 5,12,19,26**  
**Sunday: Sept 7,14,21,28**

Please Note: Classes are subject to a min.booking  
number in order for class to go ahead.



**\*\*Limited Availability**  
Classes will take place in Lanes



# PRIVATE SWIM LESSONS

## INSTRUCTORS

### MONDAY

Thomas  
Michaela  
Marco

### TUESDAY

Michaela



### WEDNESDAY

Thomas

### THURSDAY

Marco

### FRIDAY

Kieran

### SATURDAY

Diarmuid  
Clodagh



Limited Availability for September

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