



WaterPoint

Enniscrone, Co. Sligo

JANUARY 2016 MEMBERSHIP PRICES

CATEGORY	12 MONTHS	6 MONTHS	3 MONTHS
Adult single	€399	€230	€125
Couple/Gym Buddy	€740	€450	€230
Child 3-15 years	€140	€90	€60
Senior Citizen/Student/Unemployed	€299	€195	€105
Family (2 adults plus 2 children)	€830	€515	€290

ENTRANCE PRICES

Adults Gym & Swim.....	€9	OAP	€6
Adults Gym or Swim.....	€7	Student.....	€6
Child (under 15).....	€5		
Infant (under 3)	€2	Child Inflatable Funzone	€6

10 VISIT PASS OPTION!

Offer includes use of all facilities and exercise classes with no expiry date!

Adult €50 (save €40) **Child €30** (save €20)

Ask at reception for more details

PERSONAL TRAINING

Packages with qualified gym instructors available for individuals and groups of up to 3. Prices start from €56pp based on a group of 3 booking 10 sessions.

OPENING HOURS

Monday – Friday: 9am – 9.30pm

Saturday: Pool 12pm – 7pm

Saturday: Gym 10am – 7pm

Sunday: Pool and Gym, 11am – 7pm

Bank Holidays: 11am – 7pm

Pool closed for swim lessons:

Tuesday: 4.30 – 5.30pm

Thursday: 4.30 – 5.30pm

Kid's Fun Zone Inflatable:

Friday: 5 – 7pm €6 per child

JANUARY 2016 TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am - 11am	 WaterPoint <small>Watersham, Co. Sligo</small>		Spin & Tone Mixed	CLASSES RESUME FROM MONDAY THE 11TH JANUARY		Children's Swimming Lessons
11am - 12pm	Beginners Yoga Contact Angela 087-7527682	Aqua Aerobics		Aqua Aerobics		Children's Swimming Lessons
4.30 - 5.30pm		Children's Swimming Lessons		Children's Swimming Lessons	Children's Inflatable Challenge 5-7pm €6 per child	
6 - 7pm			Beginner Kids Kickboxing/MMA 7 - 13 years €5 per class 6 - 6.45pm	Adult classes: Free to members or €7 pay-as-you-go for non-members. Kids fitness class: Free to child members or €5 pay-as-you-go for non-members.		
7 - 8pm	Yoga Mixed Levels 6.45 - 8pm Contact Angela 087-7527682	Spinning	Kickboxing/MMA Circuit Training Over 16s Only ----- Outdoor Boot Camp	Spinning	7.30 - 8.30pm Spinning ½ hour Strength + Conditioning Lower Body ½ hour	
7.30 - 9.30pm		Pool Adults Only After 7.30pm		Pool Adults Only After 7.30pm	Swimming and Yoga classes are an additional charge.	
8 - 9pm	Spin & Tone Mixed	Strength + Conditioning Upper Body ½ hour Kettlebells ½ hour	Spinning	Ball Tone ½ hour Strength + Conditioning Core ½ hour	7.30 - 8.30pm Adult Swimming Lessons All Levels	



Motiv8

Motiv8 – An 8 week weight loss program including dietary advice from a qualified weight loss consultant, weekly **one-to-one personal training**, full use of the **gym, pool** and health suite and entry to Waterpoint **fitness classes**.

See www.waterpoint.ie or call 096 36999 for more info.

CHECK OUT OUR NEW RANGE OF
BIRTHDAY PARTIES

THE DOLPHIN – Fun in the pool!

THE MOOSE – After the pool head to Maple Moose.

THE POW-WOW – Enjoy Apache Pizza after the pool.

THE KANGAROO – Don't feel like swimming? Check out our indoor supervised package. Bring your own food!

THE GALAVANT – Dine at Gala or have the food delivered.

THE PIRATE – With exclusive access to our new Pool Inflatable!