

**No need to raid
the piggy bank!**
**Discount Vouchers
Available!**



**12 visits for
the price of 10**

**Available for
all Gym, Swim
and Fitness
Class visits!**



Centre Timetable

27 February - 11 March 2012

Please Note:

Timetable may be subject to change without notice.
Public bank holiday hours are the same as Sunday.
Centre rules apply, call us or see our website for more information.

For more information call
053 94 24849

forestpark@coralleisure.ie
www.coralleisure.ie/forestpark



www.facebook.com/forestparklc

Forest Park Leisure Centre Timetable - Valid From 27 February - 11 March 2012

	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30
Monday	Public Swimming 7:30 - 10:00				School 10:00 - 11:00		Aqua Fit 11:00 - 12:00		Public Swimming 12:00 - 3:00						School 3:00 - 4:00		Public Swimming 4:00 - 6:30				S.O.C.G.A. 6:30 - 8:00		Aqua Fit 8:00 - 9:00		Adults Only 9:00 - 10:00				
Tuesday	Public Swimming 9:00 - 12:00				LP: Parent & Toddler		School 12:00 - 1:00		Public Swimming 1:00 - 3:15				Swimming Lessons 3:30 - 5:30		Public Swimming 5:30 - 9:00 (No lane available from 7:00 - 8:00)				Adults Only 9:00 - 10:00										
Wednesday	Public Swimming 7:30 - 9:00		School 9:00 - 11:00			Aqua Fit 11:00 - 12:00		School 12:00 - 1:00		Public Swimming 1:00 - 7:00						IWS 7:00 - 8:00		Aqua Fit 8:00 - 9:00		Adults Only 9:00 - 10:00									
Thursday	Public Swimming 9:00 - 12:00				School 12:00 - 1:00		Public Swimming 1:00 - 2:00		Irish Wheelchair Association 2:00 - 3:15		Swimming Lessons 3:30 - 5:30		Public Swimming 5:30 - 8:00				Adult Swimming Lessons		Adults Only 9:00 - 10:00										
Friday	Public Swimming 9:00 - 12:00				School 12:00 - 1:00		Public Swimming 1:00 - 9:00 (No lane available 7:00 - 8:00)										Adults Only 9:00 - 10:00												
Saturday	Courtown Swim Club Gym open from 8:00		Lessons 10:00 - 11:00		Public Swimming 11:00 - 3:00 (Lane available from 11:30)				FUN SWIM 3:00 - 4:00		Public Swimming 4:00 - 5:15		FUN SWIM! Every Saturday & Sunday at 3p.m!																
Sunday	Public Swimming 10:00 - 3:00				FUN SWIM 3:00 - 4:00		Public Swimming 4:00 - 5:15		Slide, floats and music! Fun for all the family! Swimming lane may not be available during fun swim.																				



Forest Park Leisure Centre Prices

Web: www.coralleisure.ie/forestpark Email: forestpark@coralleisure.ie

Peak~ Off Peak~

Adult Swim	€6.30	€5.30
Child Swim^	€4.40	€3.90
Family Swim	€17.40	€15.00
<small>(2 adults + 2 children OR 1 adult + 3 children, additional children €3.40 per child)</small>		
Adult Gym	€7.20	€5.80
Adult Gym & Swim	€8.70	€7.20
Active Retirement*	€4.35	
Teen Gym**	€5.80	€4.80
Teen Gym & Swim**	€7.30	€6.30
Fitness Class	€6.80	

Fitness Class Timetable 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
10a.m.	Spinning	Body Tone	Spinning		Bums & Tums
11a.m.	Aqua	Pilates	Aqua	Body Tone	Step & Tone
7p.m.	Pilates	Spinning	Body Tone	Spinning	Minimum age for Fitness Classes: 16 years old
8p.m.	Bums & Tums	Step & Tone	Bums & Tums	Step & Tone	
8p.m.	Aqua		Aqua		

~Peak: After 5p.m. weekdays and all weekend. Off Peak: Before 5p.m. weekdays and before 10a.m. weekends

^All under 11's must be accompanied IN THE WATER at all times by an adult. No exceptions.

* Active retirement available to anyone over the age of 55. Active Retirement Fitness Class €5.40

**14 years or over, a Teen Age Verification Form must be completed by parent/guardian prior to first Teen Gym use

Gravity Extreme Adventure Prices

Web: www.gravityforestpark.ie Email: info@gravityforestpark.ie

Multi-Ticket	€24.00	per person
Multi-ticket includes both Aerial Trekking levels, 1 Zip Wire descent, Extreme Leap of Faith and the Climbing Wall!		
Multi-Ticket + Swim	€27.85	per person
Climbing Wall OR Leap of Faith Only	€9.60	per person
Lower OR Higher Aerial Trekking Only	€9.60	per person
Zip Wire Only	€9.60	per person
Maximum Weight Restriction:	120kg / 19 Stone	
Minimum Height Restriction:	1.3m / 4' 3"	
Appropriate footwear and clothing must be worn.		



Booking strongly recommended! Call us on 053 9424849 to book your extreme adventure!

PLEASE NOTE: Pool, Gym and Fitness Timetables may be subject to change each day without notice, please phone us on **053 94 24849** for the most up to date details. MP= Main Pool, LP= Learner Pool.

Public Swimming and the Jacuzzi are NOT available during any lessons, private sessions or Aqua Fit classes. Gym open all day every day. **Flume Water Slide Height restriction: 1.2m.**

Use of the Health Suite is complimentary to any adult admission to Forest Park Leisure Centre. The Flume Water Slide is complimentary to any swim admission to Forest Park Leisure Centre. Some features, including the Flume Water Slide, may operate on a rotational basis, and/or may not be in operation during any given session. Public Swimming for 1 hour and 15 minutes duration. Peak: After 5p.m. weekdays and all weekend. Off Peak: Before 5p.m. weekdays. **All under 11's must be accompanied IN THE WATER at all times by an adult.** **Teen Gym: 14 years or over. A Teen Age Verification Form must be completed by parent/guardian prior to first Teen Gym use. Minimum age for Fitness Classes: 16 years old. More information, timetables and downloads available at www.coralleisure.ie/forestpark and www.gravityforestpark.ie. We're also on Facebook: www.facebook.com/forestparklc. Imperial measurements approximate.



Customers are reminded that the car park gates are locked at 10:15pm weekdays and 5:30pm weekends. Management reserve the right to refuse admission.