



Telephone: 022 21863

Mallow Swimming Complex

| Children's Lessons | Day/ Time | From | To |
|--|----------------------|---|--|
| Week 1 Price: €50 (5 Weeks) | Sat. 11.45-12.30 | September 14 th Book Now!!!! | October 12 th Book Now!!!! |
| Week 2 Price: €50 (5 Weeks) | Sun. 11.00-11.45 | September 22 nd Book Now!!!! | October 20 th Book Now!!!! |
| Week 3 Price: €50 (5 Weeks) | Tues. 4pm | September 24 th Book Now!!!! | October 22 nd Book Now!!!! |
| Week 4 Price: €50 (5 Weeks) | Wed. 5pm | September 25 th Book Now!!!! | October 23 rd Book Now!!!! |
| Week 5 Price: €50 (5 Weeks) | Sat. 11.45-12.30 | October 19 th List Out September 20th | November 16 th List Out September 20th |
| Mid Term Lessons: €30 | 10am 11am 12pm | October 29 th List Out September 27th | November 1 st List Out September 27th |
| Week 6 Price: €50 (5 Weeks) | Sun. 11.00-11.45 | November 3 rd List Out October 11th | December 1 st List Out October 11th |
| Week 7 Price: €50 (5 Weeks) | Tues. 4pm | November 5 th List Out October 11th | December 3 rd List Out October 11th |
| Week 8 Price: €50 (5 Weeks) | Wed. 5pm | November 6 th List Out October 11th | December 4 th List Out October 11th |

ADULT INSTRUCTION

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| Tuesdays Weekly 7.45-8.45 Price:€6 - Non Member Price:€3 - Member Starts Tuesday September 10th | Tues. | Couch 2 Swim 1Length 1Length – 1k 1k – 5k | |
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