

JUNIOR CLASSES PROGRAMME



DAY	TIME	CLASS	INSTRUCTOR	VENUE
MONDAY	3.30pm	** Ballet Beginners	Ciara	Kardio Kids
	4.15pm	** Ballet	Ciara	Kardio Kids
	5.00pm	** Advanced Ballet	Ciara	Kardio Kids
TUESDAY	4.00-7.00pm	** Junior Swim Tuition	Joe Morrissey	Pool
	4.00pm	Seals	School of Swim (Lorraine)	
	4.45pm	Seals		
	5.30pm	Dolphins		
	6.15pm	Sharks		
WEDNESDAY	3.30pm	** Irish Dancing Beginning	Walsh Byrne School of Dancing	Kardio Kids
	4.15pm	** Irish Dancing Improvers	Walsh Byrne School of Dancing	Kardio Kids
	4.00-7.00pm	** Junior Swim Tuition	Joe Morrissey	Pool
	4.00pm	Seals	School of Swim (Gary)	
	4.45pm	Seals		
5.30pm	Dolphins			
6.15pm	Sharks			
THURSDAY	4.30pm	** Taekwondo for Beginners	Sandra	Kardio Kids
	5.15pm	** Taekwondo for Improvers	Sandra	Kardio Kids
	6.00pm	** Taekwondo for Advanced	Sandra	Kardio Kids
FRIDAY	10.00am	** Gymboree	Laurie	Kardio Kids
	11.00am	** Gymboree	Laurie	Kardio Kids
	10.00am	Water Babies	Jamie & Lisa	Pool
	5.00pm	Dolphins	Aqua Team	Pool
	5.45pm	Dolphins	Aqua Team	Pool
3.30pm (4-6)	Gymnastics Dance	Kasia	Kardio Kids	
4.15pm (6+)	Gymnastics Dance	Kasia	Kardio Kids	
SATURDAY	12.00-3.00pm	** Junior Swim Tuition	Joe Morrissey	Pool
	12.00pm	Seals	School of Swim	
	12.45pm	Seals		
	1.30pm	Dolphins		
	2.15pm	Sharks		
	5.00-7.00pm	Family Splash	Aqua Team	



Classes in red are kids classes open to both members and non members.

Classes in blue are available to members only.

KARDIO KIDS classes are €40 for Tranquillity members and €60 for non members

Tel: (091) 875 300 **Email:** tranquillityleisure@eircom.net

Web: tranquillityleisureandspa.com