

## Facilities Include:

- Fully Equipped Gymnasium with State of the Art Weights Area and Cardio Facilities
- 20 Metre Deck Level Swimming Pool
- Kiddie's Pool
- Group and Private Swimming Lessons Available
- Sauna
- Steam Room
- Jacuzzi
- Training Zone
- Full Fitness Class Timetable Available
- Personal Training Services
- Free Car Park

## Members can also avail of the following:

- Free Fitness Assessment
- Free Training Programmes
- Complimentary Fitness Classes



# PRICE LIST

## OPENING HOURS:

**Monday - Friday:** 05.30 - 21.30

**Weekends:** 08.00 - 20.00

**Bank Holidays:** 08.00 - 20.00

## CHILDREN'S HOURS:

**Monday - Friday:** 09.30 - 18.30

**Weekends:** 09.30 - 18.30

**Bank Holidays:** 09.30 - 18.30

Membership Price List	Annual	6 Months	3 Months	1 Month	Pool Only	Gym Only
Adult	€460	€280	€210	€100	€300	€300
Adult - Couple	€810	€480	€330	€150	€530	€530
Golden Over 55	€360	€230	€180	€90	€250	€250
Golden - Couple	€630	€380	€270	€130	€430	€430
Corporate	€400	€280	€210	€100	€300	€300
Student	€330	€230	€180	€90	€250	€250
Youth (16 & 17yrs)	€300	€230	€150	€90	€250	€250
Junior (13yrs +)	-	-	-	-	€200	-
Child (12yrs & under) with adult membership	Free	Free	Free	Free	Free	Free
Family (2 Adults & 2 Juniors)	€930	€630	€430	-	-	-

## Swimming Lessons

Children's Private Lessons			Group Lessons - (Mon/Wed/Sat)		
1:1	5 Week Block	€100	Runs as per academic term timetable, each term varies in length. Please enquire directly with the team. Discount given for members.		
1:2	5 Week Block in the same class	€150			
1:3	5 Week Block in the same class	€180			
			Adult Private Lessons		
2 Children	5 Week Block in a separate class	€180	1:1	5 Week Block	€100

We cater for all levels of abilities, from the age of 4 years, to beginners and even the most experienced of swimmers.

## DAY PASSES

If you don't want to commit to full membership why not avail of a book of day passes. This allows the guest to use the Gym, Swimming Pool, Sauna, Steam Room & Jacuzzi.

For more information call the team directly on  
052 - 6188733 or email [talbotfitness@talbothotelclonmel.ie](mailto:talbotfitness@talbothotelclonmel.ie)

