

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	€570	€350	€260	€130	€400	€400
Adult - Couple	€1,000	€590	€400	€190	€650	€650
Golden Over 55	€450	€280	€230	€120	€350	€350
Golden - Couple	€780	€470	€340	€160	€550	€550
Corporate (Enquire)	€500	€350	€260	€130	€400	€400
Student (I.D. required)	€400	€280	€230	€120	€350	€350
Youth (16 & 17yrs) (I.D. required)	€370	€280	€190	€120	€350	€350
Junior (13-15yrs)	Must be supervised by an adult				€250	-
Family (2 Adults & 2 Juniors)	€1,200	€800	€520	-	-	-
Child (12yrs & under) free with adult membership	Free	Free	Free	Free	Free	

Swimming Lessons

Children's Private Lessons			Group Lessons		
1:1	5 Week Block	€120	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	€170			
1:3	5 Week Block in the same class	€200			
			Adult Private Lessons		
2 Children	5 Week Block in a separate class	€200	1:1	5 Week Block	€120

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