



SHEARWATER HOTEL

CONFERENCE LEISURE WELLNESS

Summer Holiday Activity Made Easy



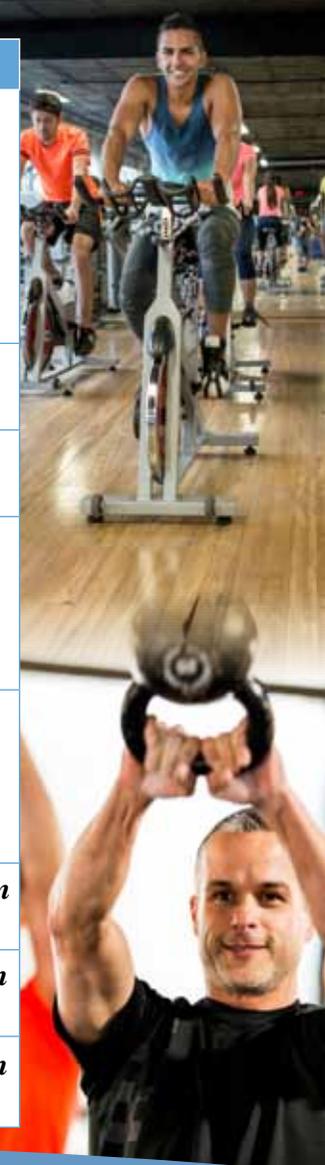
<i>Day</i>	<i>Activities</i>	<i>Dining Options at our Village Kitchen</i> <i>Families can mix and match the offerings below.</i> <i>Lunch snack also available on request €5.00</i>
Monday	Pallas Karting Go Karting for all the family 2 adults and 2 kids €50 for 15mins	Family Platter Chicken wings, chips, onion rings, cocktail sausages, garlic mushrooms and dessert 2 adults and 2 kids @ €50
Tuesday	Viking Boat Trip Boat trip excursion on the river Shannon Family pass €30	Italian Night Chorizo and chicken farfalle pasta, sundried tomato and basil sauce with dessert 2 adults and 2 kids @ €50
Wednesday	Cinema Athlone 2 adults and 2 kids	Thai Night Thai green chicken curry served on a bed of steamed rice plus dessert 2 adults and 2 kids @ €50
Thursday	Glendeer Pet Farm Family day out Family pass: 2 adults and 2 kids €6 per person	Marengo's Carvery Lunch Choice of main course and dessert 2 adults and 2 kids @ €50
Friday	Horse Riding Creagh Riding School 1 hour family pass €55	Pie Eille Chicken and mushroom pie and dessert 2 adults and 2 kids @ €50
Saturday	Jump for Joy Indoor fun activity Price: €5 per child for 90mins	Shearwater Special Night Canal Bar special dish of the day plus dessert 2 adults and 2 kids @ €50
Sunday	Pure Skill Galway €66 for 2hrs - aged 8yrs and above 2 adults and 2 kids	Sunday Lunch Choice of main course and dessert 2 adults and 2 kids @ €50



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Fitness Class Timetable 2016



Class	Monday	Tuesday	Wednesday	Thursday	Saturday
<i>Aqua Aerobics*</i>	<i>11.00 - 11.45am (Niall)</i>	<i>11.00 - 11.45am (Anthony)</i>		<i>11.00 - 11.45am (Anthony)</i>	
		<i>8.30 - 9.00pm (Una)</i>		<i>8.30 - 9.00pm (Frankie)</i>	
<i>Step n Tone*</i>		<i>7.00 - 7.45pm (Una)</i>		<i>7.00 - 7.45pm (Frankie)</i>	
<i>Kettlebells*</i>	<i>7.00 - 7.45pm (Ross)</i>		<i>8.00 - 8.45pm (Niall)</i>		
<i>Spin Class</i>	<i>10.00 - 10.45am (Niall)</i>	<i>8.00 - 8.45pm (Niall)</i>		<i>10.00 - 10.45am (Ant)</i>	
	<i>8.00 - 8.45pm (Ross)</i>			<i>8.00 - 8.45pm (Ross)</i>	
<i>Pilates</i>			<i>11.30 - 12.15am (Anthony)</i>		
			<i>7.00 - 7.45pm (Anthony)</i>		
<i>Yoga</i>					<i>11.00am - 12noon Beginners</i> <i>12noon - 1.00pm Advanced</i>
<i>Junior Gym (12yrs-15yrs)</i>				<i>5.00 - 6.00pm (Ross)</i>	<i>12noon - 1.00pm (Una)</i>

*** Special Offer -
€40 for 8 classes
(Non-Members)**

Classes marked with * are free for members, €8 for non-members

Pilates - €40 members, €55 non-members for 6 week course

Spin Class - €4 members, €8 non-members. Yoga - €40 for 4 week course, €12 PAYG