




Dingle Skellig Hotel
& Peninsula Spa



Dingle Skellig Leisure Club Classes

Hydro Spin

Enjoy an innovative new way to exercise, which offers real physical benefits. Hydrospin is a class combining the invigorating action of studio cycling with the benefits of water based exercise. An excellent class for people recovering from injury, looking for a new way to train, or for those beginning their fitness journey.

45min class, morning and evening classes available

Members- €8 per session/ Non-members €10 per session

Aqua Aerobics

A fun and enjoyable workout, aqua aerobics is suited for all levels of fitness. Ideal for those looking for a total body workout, it is a combination of cardio, muscle conditioning and strength. No swimming skills are required and it is low impact making it perfect for reducing the risk of injury.

45 min class, mornings only

Members- €8 per session/ Non-members €10 per session

Circuit Training

This method of training is a fast passed class involving body conditioning and resistance training. Ideal to increase your strength and aerobic fitness it is a great way to burn calories.

45 min class, mornings only

Members- Free / Non-members €10 per session

Children's Swimming Lessons

Learning to swim is an exciting time for a child but we understand that not all children are water confident. Our instructors are caring, patient and kind, while supporting your child on their learning journey. We welcome children from 4 years of age and a block of 5 lessons are recommended. Small class sizes, private lessons are also available.

30 min class, Saturday mornings

Members-€8 per lesson / Non- members €10 per lesson

Contact us for private lesson rate

Adult Swimming Lessons

We are delighted to welcome adults to begin their swimming experience. Our instructors will work with you to become water confident and proficient in your swimming. Private lessons are also available.

45 min class, Monday evening

Members- €8 per lesson / Non-members €10 per lesson

Contact us for private lesson rate

Parent and Toddler Mornings

Our parent and toddler morning session is the ideal trip out with your toddler. Enjoy water fun with your little one and introduce them to the water from a young age. Suitable for babies of 6 months to 4 years.

Monday and Saturday Mornings from 10am- 12pm

Members – Free /Non- members €5 per parent and toddler

Contact us at the Dingle Skellig Leisure Club for bookings and further information on 066 915 0222