

**VITALITY MEMBERSHIP CLASSES – CHILDREN**

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| **DAY** | **TIME OF CLASS** | **CLASS** | **AGE** | **VENUE** | **START DATE** |
| **MONDAY** | **3.00pm – 3.45pm** | **MIXED ACTIVITIES** | **P1 – P3** | **LOUGH MOSS** | **4/3/19** |
| **MONDAY** | **3.45pm – 4.30pm** | **MIXED ACTIVITIES** | **P4 – P7** | **LOUGH MOSS** | **4/3/19** |
| **MONDAY** | **3.30pm – 4.15pm** | **AFTER SCHOOL ACTIVITIES** | **8 - 14** | **GLENMORE ACTIVITY CENTRE** | **11/3/19** |
| **MONDAY** | **3.30pm – 4.15pm** | **MULTI SPORTS** | **8 – 14** | **LAGAN VALLEY LEISUREPLEX** | **4/3/19** |
| **MONDAY** | **4.15pm – 5.00pm** | **MULTI SPORTS** | **8 - 14** | **GLENMORE ACTIVITY CENTRE** | **11/3/19** |
| **MONDAY** | **4.30pm – 5.15pm** | **DODGEBALL** | **8 – 14** | **LAGAN VALLEY LEISUREPLEX** | **4/3/19** |
| **MONDAY** | **5.00pm – 5.45pm** | **STREET DANCE** | **8 - 11** | **LOUGH MOSS** | **4/3/19** |
| **MONDAY** | **5.45pm – 6.30pm** | **STREET DANCE** | **12 - 17** | **LOUGH MOSS** | **4/3/19** |
| **MONDAY** | **6.00pm – 7.00pm** | **INDOOR GOLF LESSONS** | **8 - 14** | **GROVE ACTIVITY CENTRE** | **4/3/19** |
| **MONDAY** | **8.00pm – 9.00pm** | **TEEN CIRCUITS CLASS** | **13 - 17** | **GROVE ACTIVITY CENTRE** | **25/3/19** |

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| **DAY** | **TIME OF CLASS** | **CLASS** | **AGE** | **VENUE** | **START DATE** |
| **TUESDAY** | **10.00am – 11.00am** | **LAZY RIVER & AQUALAND** | **ADULT & CHILD** | **LAGAN VALLEY LEISUREPLEX** | **\*** |
| **TUESDAY** | **10.00am – 10.45am** | **BOOGIE BEAT (Adult & Child)** | **0 - 5** | **LAGAN VALLEY LEISUREPLEX** | **12/3/19** |
| **TUESDAY** | **10.00am – 11.00am** | **BUGGY BLITZ** | **ADULT & CHILD** | **LOUGH MOSS** | **5/3/19** |
| **TUESDAY** | **2.30pm – 3.15pm** | **GYMNASTICS** | **P1** | **LAGAN VALLEY LEISUREPLEX** | **12/3/19** |
| **TUESDAY** | **3.15pm – 4.15pm** | **GYMNASTICS** | **P2, P3, & P4** | **LAGAN VALLEY LEISUREPLEX** | **12/3/19** |
| **TUESDAY** | **4.00pm – 4.45pm** | **AFTER SCHOOL ACTIVITIES** | **8 - 14** | **LOUGH MOSS** | **5/3/19** |
| **TUESDAY** | **4.45pm – 5.30pm** | **MULTI SPORTS** | **8 - 14** | **LOUGH MOSS** | **5/3/19** |
| **TUESDAY** | **4.30pm – 5.15pm** | **TEEN CYCLE** | **13 - 17** | **LOUGH MOSS** | **5/3/19** |
| **TUESDAY** | **4.30pm – 5.30pm** | **MIXED ACTIVITIES** | **8 - 12** | **KILMAKEE ACTIVITY CENTRE** | **5/3/19** |
| **TUESDAY** | **4.45pm – 5.30pm** | **TRAMPOLINE (4 x classes)** | **8 - 18** | **LAGAN VALLEY LEISUREPLEX** | **12/3/19** |
| **TUESDAY** | **7.45pm – 8.45pm** | **ADULT & JUNIOR CIRCUITS** | **12 +** | **GLENMORE ACTIVITY CENTRE** | **5/3/19** |

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| **DAY** | **TIME OF CLASS** | **CLASS** | **AGE** | **VENUE** | **START DATE** |
| **WEDNESDAY** | **10.00am – 11.00am** | **LAZY RIVER & AQUALAND** | **ADULT & CHILD** | **LAGAN VALLEY LEISUREPLEX** | **\*** |
| **WEDNESDAY** | **3.30pm – 4.15pm** | **FUTSAL (Football)** | **5 - 7** | **LAGAN VALLEY LEISUREPLEX** | **6/3/19** |
| **WEDNESDAY** | **4.30pm – 5.30pm** | **FUTSAL (Football)** | **8 - 11** | **LAGAN VALLEY LEISUREPLEX** | **6/3/19** |
| **WEDNESDAY** | **4.00pm – 4.45pm** | **KIDS CIRCUIT CLASS** | **P3 – P7** | **LOUGH MOSS** | **6/3/19** |
| **WEDNESDAY** | **4.00pm – 4.45pm** | **AFTER SCHOOL ACTIVITIES** | **8 - 14** | **KILMAKEE ACTIVITY CENTRE** | **6/3/19** |
| **WEDNESDAY** | **4.45pm – 5.30pm** | **MULTI SPORTS** | **8 - 14** | **KILMAKEE ACTIVITY CENTRE** | **6/3/19** |
| **WEDNESDAY** | **5.45pm – 6.30pm** | **ARCHERY** | **Adult / Child 7+** | **KILMAKEE ACTIVITY CENTRE** | **6/3/19** |
| **WEDNESDAY** | **6.30pm – 7.15pm** | **ARCHERY** | **Adult / Child 7+** | **KILMAKEE ACTIVITY CENTRE** | **6/3/19** |
| **WEDNESDAY** | **7.30pm – 8.30pm** | **YOUTH CLUB** | **5 - 11** | **GROVE ACTIVITY CENTRE** | **6/3/19** |

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| **DAY** | **TIME OF CLASS** | **CLASS** | **AGE** | **VENUE** | **START DATE** |
| **THURSDAY** | **10.00am – 11.00am** | **LAZY RIVER & AQUALAND** | **ADULT & CHILD** | **LAGAN VALLEY LEISUREPLEX** | **\*** |
| **THURSDAY** | **10.30am – 12.30pm** | **ADULT & CHILD GYMNASTICS** | **PRESCHOOL** | **GLENMORE ACTIVITY CENTRE** | **7/3/19** |
| **THURSDAY** | **12.30pm – 1.30pm** | **SQUATS & TOTS** | **ADULT & CHILD** | **LOUGH MOSS** | **7/3/19** |
| **THURSDAY** | **1.30pm – 2.15pm** | **GYMNASTICS PRESCHOOL** | **UP TO 4** | **LOUGH MOSS** | **7/3/19** |
| **THURSDAY** | **2.30pm – 4.00pm** | **FAMILY FUN SESSION (Bouncy Castles)** | **ALL AGES** | **LAGAN VALLEY LEISUREPLEX** | **7/3/19** |
| **THURSDAY** | **3.30pm – 4.15pm** | **AFTER SCHOOL ACTIVITIES** | **8 - 14** | **GROVE ACTIVITY CENTRE** | **7/3/19** |
| **THURSDAY** | **4.15pm – 5.00pm** | **MULTI SPORTS** | **8 - 14** | **GROVE ACTIVITY CENTRE** | **7/3/19** |
| **THURSDAY** | **4.15pm – 4.45pm** | **TEENAGE GROUP CYCLING** | **12 - 17** | **LAGAN VALLEY LEISUREPLEX** | **7/3/19** |
| **THURSDAY** | **4.00pm – 4.45pm** | **ARTS & CRAFTS / ACTIVITIES** | **P3 – P7** | **LOUGH MOSS** | **7/3/19** |
| **THURSDAY** | **4.15pm – 5.15pm** | **FreeG URBAN GYMNASTICS** | **7 - 15** | **LOUGH MOSS** | **7/3/19** |
| **THURSDAY** | **4.30pm – 5.30pm** | **MIXED ACTIVITIES** | **8 - 12** | **KILMAKEE ACTIVITY CENTRE** | **7/3/19** |

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| **DAY** | **TIME OF CLASS** | **CLASS** | **AGE** | **VENUE** | **START DATE** |
| **FRIDAY** | **10.30am – 11.15am** | **BOOGIE BEAT (Adult & child)** | **0 - 5** | **LOUGH MOSS** | **8/3/19** |
| **FRIDAY** | **3.00pm – 4.30pm** | **FAMILY FUN SESSION (Bouncy Castles)** | **ALL AGES** | **LAGAN VALLEY LEISUREPLEX** | **1/3/19** |
| **FRIDAY** | **4.00pm – 5.00pm** | **STREET DANCE** | **8 – 11** | **LAGAN VALLEY LEISUREPLEX** | **1/3/19** |
| **FRIDAY** | **5.00pm – 6.00pm** | **STREET DANCE** | **12 – 17** | **LAGAN VALLEY LEISUREPLEX** | **1/3/19** |
| **FRIDAY** | **6.00pm – 7.00pm** | **INDOOR GOLF LESSON** | **8 - 14** | **LOUGH MOSS** | **8/3/19** |
| **FRIDAY** | **7.00pm – 8.00pm** | **INDOOR GOLF LESSON** | **8 - 14** | **LOUGH MOSS** | **8/3/19** |
| **FRIDAY** | **7.15pm – 9.00pm** | **YOUTH CLUB** | **8 - 12** | **KILMAKEE ACTIVITY CENTRE** | **1/3/19** |
| **FRIDAY** | **7.30pm – 9.00pm** | **YOUTH CLUB** | **5 - 11** | **GROVE ACTIVITY CENTRE** | **1/3/19** |

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| **DAY** | **TIME OF CLASS** | **CLASS** | **AGE** | **VENUE** | **START DATE** |
| **SATURDAY & SUNDAY** | **10.00am – 11.00am** | **LAZY RIVER & AQUALAND** | **ADULT & CHILD** | **LAGAN VALLEY LEISUREPLEX** | **\*** |
| **SUNDAY** | **9.30am – 10.30am** | **BASKETBALL** | **5 – 7** | **LAGAN VALLEY LEISUREPLEX** | **17/3/19** |
| **SUNDAY** | **9.30am – 10.30am** | **BASKETBALL** | **8 – 12** | **LAGAN VALLEY LEISUREPLEX** | **17/3/19** |
| **SUNDAY** | **10.30am – 11.15am** | **FAMILY GROUP CYCLING** | **12 +** | **LOUGH MOSS** | **3/3/19** |

\***CLASSES ARE SUBJECT TO VARIATION. LAZY RIVER & AQUALAND SESSION TIMETABLE SUBJECT TO CHANGE ON 31st MARCH**