

Vitality

membership

Live Life With Vitality

LCCC
Lisburn &
Castlereagh
City Council

Lagan Valley
LeisurePlex 

Dundonald International
Ice Bowl

 **Lough Moss**
LEISURE CENTRE

Welcome

Thank you for becoming a Vitality member with Lisburn & Castlereagh City Council. Your membership package includes a host of activities including gym, swimming and fitness sessions to get your heart pumping as well as tenpin bowling, ice skating and leisure pool activities for those looking to plan family days out.



Membership Package

Below is an overview of activities and classes that you are entitled to use **AT ALL SIX** of our leisure facilities.

	Lagan Valley LeisurePlex	Dundonald International Ice Bowl	Glenmore, Grove & Kilmakee Activity Centres	Lough Moss Leisure Centre
Gym	✓		✓	✓ *
Ice Skating		✓		
Leisure Pool	✓			
Tenpin Bowling		✓		
Adult Exercise & Relaxation Classes	✓	✓	✓	✓ *
Vitality Health Suite	✓			
Competition Pool	✓			
Indiana Land		✓		
Children's Exercise & Sports Coaching	✓	✓	✓	✓ *
Mission Inflatable	✓			
Diving Pool	✓			
Racquet Sports	✓		✓	✓

*Gym and class sessions delivered by Pulse Fitness at Lough Moss Leisure Centre

Membership Prices

Household Membership

£45 per month (Direct Debit)

£520 per annum (Cash Payment)

- Price based on two adults (over 18 years old) and up to a maximum of five children living at the same household.
- Proof of address for all individuals will be required

Household Membership (Concession*)

£35 per month (Direct Debit)

£410 per annum (Cash Payment)

- Price based on two adults (over 18 years old) and up to a maximum of five children living at the same household.
- Proof of address for all individuals will be required.

*Concession Membership applies if at least one of the two adults in the membership provides a letter of entitlement or similar showing that they are in receipt of specific benefits as required under Vitality Memberships, at least one of the two adults is over 60 years or at least one of the two adults is disabled.

Individual Membership

£28 per month (Direct Debit)

£326 per annum (Cash Payment)

- Price based on one adult (over 18 years old)



Individual Membership (Concession*)

£21.50 per month (Direct Debit)

£248 per annum (Cash Payment)

*Applies if individual is over 60 years old, under 18 years old, disabled, provides a letter of entitlement or similar showing that they are in receipt of specific benefits as required under Vitality Memberships or 18+ years with evidence of attending full time education.

Membership Benefits

The following pages outline how you can make the most out of your Vitality Membership when visiting our centres. Please remember to contact your home centre, if you have any queries about your membership.

Lagan Valley LeisurePlex

All Vitality members are entitled to:

1. A maximum of one leisure pool session per member per day, subject to demand and waiting times.
2. Unlimited use of the competition and/or diving pool during public sessions.
3. A maximum of one Mission Inflatable session per member per day. Subject to availability/demand. Minimum age is 6 years old. Children aged 6 and 7 must be accompanied by an adult on a one to one basis.

Pool opening times and Mission Inflatable session times are available at www.theleisureplex.com



Pool Child Admission Policy

- All children under 4 years of age must be accompanied by a responsible adult / person (over 16 years), on a one to one basis, when using the competition, diving and leisure pools.
- Children aged between 4 – 7 years must be accompanied by a responsible adult / person (over 16 years), with a maximum of two children being supervised by one adult.

The requirements of the Child Admission Policy means that for example, one adult will not be able to gain admission to the water with three children under 8 years, and that a child under 4 years and one between 4 – 7 years must be accompanied by two responsible adults.

- Aqualand/Lazy River and Adult & Child Sessions in Learner Pool.
During these controlled sessions one responsible adult over 16 years of age can accompany a maximum of two children under 8 years into the water.
- Children must be 8+ years and able to swim without aids to be allowed in any pool at Lagan Valley LeisurePlex without adult supervision.



Vitality Gym Sessions

Vitality Members have unlimited use of the gyms at the following facilities:

- Vitality Gym at Lagan Valley LeisurePlex (including the Vitality Spa and Health Suite)
- Pulse Fitness Gym at Lough Moss Leisure Centre
- Glenmore Activity Centre
- Grove Activity Centre
- Kilmakee Activity Centre

Gym Admission Policy

- All persons using a gym facility must undertake an induction session and complete a health screening form (induction sessions must be booked in advance by contacting the relevant gym facility).
- All persons using a gym facility must be over 12 years old.
- Gym members between 12-14 years must be accompanied by a responsible adult if they enter a gym facility after 5pm.
- Vitality members between 12-14 years are prohibited from using loose weights.
- Only persons over 15 years old may use the Vitality Spa/Health Suite at Lagan Valley LeisurePlex.



Exercise, Relaxation and Sports Classes for Adults and Children

Classes can be booked in person via the various reception desks (up to seven days in advance) and subject to availability.



Dundonald International Ice Bowl

All Vitality members are entitled to:

1. A maximum of two games of tenpin bowling per member per day subject to demand/availability. Tenpin bowling sessions can be booked in advance by calling 028 9080 9100. *(Vitality members are advised to pre-book. Any additional games will incur the appropriate fee)*
2. Unlimited use of the ice rink during public skating sessions at both peak and non- peak periods subject to demand/availability.
3. Unlimited use of the ice rink for private lesson skaters during patch and public session ssubject to demand/availability.
4. A maximum of one Indiana Land session per member per day, including Terrific Tots subject to demand/availability. *(Indiana Land operates a height restriction of under 5ft and an age restriction of under 12 years and children must be 6+ years to use the Free Fall slide).*



Opening times and individual activity times are available at www.theicebowl.com

Racquet Sports

Household and Individual Vitality Members are entitled to:

1. A maximum of one racquet sport session (per individual/household membership) per day. *(Available racquet sports include badminton, table-tennis, Pickleball and squash)*
2. Non-members accompanying a Vitality member will be charged an appropriate fee.

Sessions can be booked up to one week in advance by visiting www.theleisureplex.com or via reception at each of the facilities.



Additional Membership Benefits

All Vitality members are entitled to:

1. Receive discounts in the restaurants at Lagan Valley LeisurePlex, Dundonald International Ice Bowl and Castlereagh Hills Golf Course.
2. Receive discounts at Clip N' Climb and Escapade HQ at Dundonald International Ice Bowl



General Membership Conditions

- All Vitality members must produce a valid membership card in advance of taking part in any activity, class etc.
- Vitality Membership is subject to all members adhering to the rules in place at all facilities and management have the right to refuse admission or request that a customer leave a facility.
- Lagan Valley LeisurePlex has a Child Admission policy for its pools. Further details of the requirements of this policy can be found by visiting www.theleisureplex.com
- We may on occasions need to postpone, alter, cancel or introduce new activities on a temporary or permanent basis, including in response to customer feedback or lack of customer support.
- All members must have their photograph taken to validate their membership card, this is necessary to prevent potential misuse/abuse of membership benefits.
- Valid membership cards must be produced by all members when using a facility.
- In the event of a lost Membership Card a £4 replacement fee will be charged.
- Members who allow a non-member to deliberately make use of their membership card will have their membership suspended/terminated.
- All classes, sessions etc. are available subject to demand/capacity and places will be allocated on a first come basis.
- Customers are not permitted to enter the facilities or take part in any activity whilst under the influence of alcohol or illegal drugs
- The taking of photographic or video imagery is not permitted in all pool, changing and toilet areas. If you wish to take a photograph in other areas of a centre then you should first report to the main reception desk.
- Smoking is not permitted in all Lisburn & Castlereagh City Council facilities, this includes the use of e-cigarettes.

Vitality Membership Direct Debit Payments

- Customers who pay for their membership via Direct Debit are engaged in a contract with Lisburn & Castlereagh City Council which will continue until such times as the customer notifies us in writing of their intention to cancel their membership.

Failure to make a Direct Debit payment will result in relevant membership benefits being suspended.

Please be aware the above information is subject to change.

Lagan Valley LeisurePlex

18 Lisburn Leisure Park, Lisburn, BT28 1LP

T: 028 9267 2121

E: leisureplex@lisburncastlereagh.gov.uk

W: www.theleisureplex.com



Dundonald International Ice Bowl

111 Old Dundonald Road, Dundonald, Belfast, BT16 1XT

T: 028 9080 9100

E: icebowl@lisburncastlereagh.gov.uk

W: www.theicebowl.com

Lough Moss Leisure Centre

Hillsborough Road, Carryduff, BT8 8HR

T: 028 9081 4884

E: loughmoss@lisburncastlereagh.gov.uk

W: www.lisburncastlereagh.gov.uk



pulse

Lough Moss



Glenmore Activity Centre

43 Glenmore Park, Lisburn, BT27 4RT

T: 028 9266 2830

E: glenmore@lisburncastlereagh.gov.uk

W: www.lisburncastlereagh.gov.uk

Grove Activity Centre

15 Ballinderry Park, Lisburn, BT28 1ST

T: 028 9267 1131

E: grove@lisburncastlereagh.gov.uk

W: www.lisburncastlereagh.gov.uk



Kilmakee Activity Centre

52A Rowan Drive, Dunmurry, BT17 9QA

T: 028 9030 1545

E: kilmakee@lisburncastlereagh.gov.uk

W: www.lisburncastlereagh.gov.uk



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