

Vitality

membership

Live Life With Vitality

Family Day Out Activities

As part of your membership you can enjoy a host of family activities to help you plan the perfect day out!

Dundonald International Ice Bowl

Ice Skating

Discover the fun of ice skating at Northern Ireland's only public Olympic sized ice rink. Skate hire is available. There are also penguin and snowmen skating aids to help young children take their first steps on the ice.

Your Vitality membership entitles you to;

- Unlimited use of the ice rink during public skating sessions
- Unlimited use of the ice rink for private lessons during patch and public sessions

NB) Height restrictions apply for skating aids which are allocated on a first come, first served basis

Tenpin Bowling

Become 'King of the Lanes' at the 30 lane bowling centre. You can also enjoy spectacular Xtreme bowling sessions with glow balls, pins, ultra violet lanes and supported DJ entertainment at weekends and selected holidays.

Bumper lanes and ramps are available for young children and beginners.

Your Vitality membership entitles you to;

- A maximum of two games of tenpin bowling per member per day

Indiana Land

Children can scamper through hidden tunnels, climb over daring rope bridges and free fall down the famous free fall slide for an exciting adventure.

Available to children under 12 years or under 5ft in height. Your Vitality membership entitles you to;

- A maximum of one Indiana Land session per member per day.



For session times for activities at Dundonald International Ice Bowl and terms & conditions, please visit www.theicebowl.com

Lagan Valley LeisurePlex

Leisure Pool

Make a splash down the longest and fastest water slides around! The whole family can enjoy the adrenaline rush of The Space Bowl, The Master Blaster and Falling Rapids. Children aged 8 years and under can also venture around the interactive water playground, Aqualand, which includes see-saws, water shooting bicycles and much more! Your Vitality membership entitles you to;

- A maximum of one leisure pool session per member per day.

NB) Pool Child admission policy applies. Children under 4 years must be supervised by an adult over 16 years on a one to one basis. Children aged 4-7 years must be supervised by an adult over 16 years on a one adult to two children ratio. Children 8+ years must be able to swim without aids to be allowed in the pool without adult supervision. For further details, please visit www.theleisureplex.com

Mission Inflatable

Take on the challenge of the water inflatable assault course! Start your mission across demolition balls, rollers, slides and the amazing Giant's Causeway feature for an unforgettable family adventure! Available to children aged 6+ years. Your Vitality membership entitles you to;

- A maximum of one Mission Inflatable session per member per day.

NB) Children aged 6 and 7 years must be accompanied by an adult on a one to one basis. Children 8+ years must be able to swim without aids to be allowed in the pool without adult supervision.



For session times for activities at Lagan Valley LeisurePlex and terms & conditions, please visit www.theleisureplex.com

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