**VITALITY MEMBERSHIP CLASSES – CHILDREN**

**July & August**

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| **DAY** | **TIME OF CLASS** | **CLASS** | **AGE** | **VENUE** |
| **MONDAY** | **5.00pm – 6.00pm** | **STREET DANCE** | **8 – 17 yrs** | **LOUGH MOSS LEISURE CENTRE** |
| **MONDAY** | **6.00pm – 7.00pm** | **INDOOR GOLF LESSONS** | **8 – 14 yrs** | **GROVE ACTIVITY CENTRE** |

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| **DAY** | **TIME OF CLASS** | **CLASS** | **AGE** | **VENUE** |
| **TUESDAY** | **10.00am – 10.45am** | **BOOGIE BEAT (Adult & Child)** | **0 – 5 yrs** | **LAGAN VALLEY LEISUREPLEX** |
| **TUESDAY** | **2.30pm – 3.15pm** | **GYMNASTICS** | **P1** | **LAGAN VALLEY LEISUREPLEX** |
| **TUESDAY** | **3.15pm – 4.15pm** | **GYMNASTICS** | **P2, P3, & P4** | **LAGAN VALLEY LEISUREPLEX** |
| **TUESDAY** | **4.30pm – 5.15pm** | **YOUTH PILATES** | **13 – 17 yrs** | **LOUGH MOSS LEISURE CENTRE** |

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| **DAY** | **TIME OF CLASS** | **CLASS** | **AGE** | **VENUE** |
| **WEDNESDAY** | **4.00pm – 4.45pm** | **KIDS CIRCUIT CLASS** | **P3 – P7** | **LOUGH MOSS LEISURE CENTRE** |
| **WEDNESDAY** | **5.45pm – 6.30pm** | **ARCHERY** | **Adult / Child 8+** | **KILMAKEE ACTIVITY CENTRE** |
| **WEDNESDAY** | **6.30pm – 7.15pm** | **ARCHERY** | **Adult / Child 8+** | **KILMAKEE ACTIVITY CENTRE** |
| **WEDNESDAY** | **7.30pm – 8.30pm** | **YOUTH CLUB** | **5 – 11 yrs** | **GROVE ACTIVITY CENTRE** |

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| **DAY** | **TIME OF CLASS** | **CLASS** | **AGE** | **VENUE** |
| **THURSDAY** | **12.30pm – 1.30pm** | **SQUATS & TOTS** | **ADULT & CHILD** | **LOUGH MOSS LEISURE CENTRE** |
| **THURSDAY** | **1.30pm – 2.15pm** | **GYMNASTICS PRESCHOOL** | **UP TO 4** | **LOUGH MOSS LEISURE CENTRE** |
| **THURSDAY** | **4.00pm – 5.00pm** | **FAMILY FUN SESSION (Bouncy Castles)** | **ALL AGES** | **LAGAN VALLEY LEISUREPLEX** |
| **THURSDAY** | **4.15pm – 5.15pm** | **Free URBAN GYMNASTICS** | **7 – 15 yrs** | **LOUGH MOSS LEISURE CENTRE** |

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| **DAY** | **TIME OF CLASS** | **CLASS** | **AGE** | **VENUE** |
| **FRIDAY** | **10.30am – 11.15am** | **BOOGIE BEAT (Adult & child)** | **0 - 5** | **LOUGH MOSS LEISURE CENTRE** |
| **FRIDAY** | **4.00pm – 4.45pm** | **KIDS YOGA** | **7-10 yrs** | **LOUGH MOSS LEISURE CENTRE** |
| **FRIDAY** | **4.00pm – 5.00pm** | **STREET DANCE** | **8-13 yrs** | **LAGAN VALLEY LEISUREPLEX** |
| **FRIDAY** | **4.00pm – 5.00pm** | **FAMILY FUN SESSION (Bouncy Castles)** | **ALL AGES** | **LAGAN VALLEY LEISUREPLEX** |
| **FRIDAY** | **6.00pm – 7.00pm** | **INDOOR GOLF LESSON** | **8 – 14 yrs** | **LOUGH MOSS LEISURE CENTRE** |
| **FRIDAY** | **7.00pm – 8.00pm** | **INDOOR GOLF LESSON** | **8 – 14 yrs** | **LOUGH MOSS LEISURE CENTRE** |
| **FRIDAY** | **7.15pm – 9.00pm** | **YOUTH CLUB** | **8 – 12 yrs** | **KILMAKEE ACTIVITY CENTRE** |
| **FRIDAY** | **7.30pm – 9.00pm** | **YOUTH CLUB** | **5 – 11 yrs** | **GROVE ACTIVITY CENTRE** |

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| **DAY** | **TIME OF CLASS** | **CLASS** | **AGE** | **VENUE** |
| **SUNDAY** | **10.30am – 11.15am** | **FAMILY GROUP CYCLING** | **12 + yrs** | **LOUGH MOSS LEISURE CENTRE** |