

Junior Classes

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Activity** | **Time** | **Location** | **Age Range** |
| **Monday** | Parent & infant circuits | 11am – 11.45am | LeisurePlex |  |
| Dodgeball | 4.30pm – 5.30pm | LeisurePlex | 6 – 14 years |
| **Tuesday** | Archery | 10am – 11am | Kilmakee | 7 years+ |
| Gymnastics (4 wk course) | 3pm – 3.45pm | LeisurePlex | 4 – 7 years |
| Gymnastics (4 wk course) | 4pm – 4.45pm | LeisurePlex | 8 – 12 years |
| Basketball | 4.30pm – 5.30pm | Glenmore | 6 – 12 years |
| Trampoline (4 wk course) | 5pm – 5.45pm | LeisurePlex | 8 – 18 years |
| Archery Adults & Children | 5.30pm – 6.15pm | Kilmakee | 7 years+ |
| Archery Adults & Children | 6.30pm – 7.15pm | Kilmakee | 7 years+ |
| Basketball | 7.30pm – 8.30pm | Kilmakee | 8 – 13 years |
| **Wednesday** | Parent & Baby Yoga | 9.30am – 10.30am | Grove | 8 weeks to crawling |
| Moo Music | 11am – 12pm | Kilmakee |  |
| Football | 4pm – 5pm | Lough Moss | 5 – 10 years |
| Basketball | 7pm – 8pm | Grove | 5 – 7 years |
| Archery Adults & Children | 5.30pm – 6.15pm | Kilmakee | 7 years+ |
| Archery Adults & Children | 6.30pm – 7.15pm | Kilmakee | 7 years+ |
| Basketball Open Hoop Family practice | 7.30pm – 8pm | LeisurePlex | 5 years+ |
| Basketball | 8pm – 9pm | Grove | 8 – 12 years |
|  | Basketball Open Hoop Family practice | 8pm – 8.30pm | LeisurePlex | 5 years+ |
| **Thursday** | Parent & Toddler Play session | 10.15am – 12.15pm | Glenmore | Pre-school age |
| Baby Massage | 12pm – 1pm | Grove | 4 weeks *until they no longer want to lie down* |
| Family Fun | 3pm – 4pm | LeisurePlex |  |
| **Friday** | Parent & Infant legs, bums & tums | 11am – 11.45am | LeisurePlex |  |
| Family Fun | 4pm – 5pm | Lough Moss | 4 – 10 years |
| Football | 4.30pm – 5.30pm | LeisurePlex | 4 – 7 years |
| Family Fun | 5.15pm – 6.30pm | Glenmore |  |
| Football | 5.30pm – 6.30pm | LeisurePlex | 8 – 12 years |
| Youth Club | 6pm – 7pm | Grove | 5 – 11 years |
| Youth Club | 7.30pm – 8.30pm | Grove | 5 – 11 years |
| **Sunday** | Basketball | 9.30am – 10.15am | LeisurePlex | 5 – 7 years |
| Basketball | 9.30am – 10.15am | LeisurePlex | 8 - 12 years |
| Basketball | 10.15am – 11am | LeisurePlex | 5 – 7 years |
| Basketball | 10.15am – 11am | LeisurePlex | 8 -12 years |