



VITALITY MEMBERSHIP CLASSES 2026- BABY & CHILDREN

DAY	TIME	CLASS	VENUE
MONDAY	9.30am-10.30am	MAMAFIT STAGE 2	LAGAN VALLEY LEISUREPLEX
MONDAY	10.45am-11.45am	MAMAFIT STAGE 1	LAGAN VALLEY LEISUREPLEX
MONDAY	11.00am-11.45am	PARENT & INFANT CIRCUITS	LAGAN VALLEY LEISUREPLEX
MONDAY	3.30pm – 4.30pm	FOOTBALL (4-7YRS)	LAGAN VALLEY LEISUREPLEX
MONDAY	3.30pm – 4.15pm	BADMINTON 6-8YRS	GLENMORE ACTIVITY CENTRE
TUESDAY	10.00am-10.45am	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	11.15am-12pm	MOO MUSIC (0-5 YRS)	LAGAN VALLEY LEISUREPLEX
TUESDAY	12pm-12.45pm	MOO MUSIC (0-1 YRS)	LAGAN VALLEY LEISUREPLEX
TUESDAY	1.15pm-2pm	MOO MUSIC (0-5 YRS)	LAGAN VALLEY LEISUREPLEX
TUESDAY	3.00pm-3.45pm	GYMNASICS (4-7 YRS)	LAGAN VALLEY LEISUREPLEX
TUESDAY	4.00pm-4.45pm	GYMNASICS (8-12 YRS)	LAGAN VALLEY LEISUREPLEX
TUESDAY	4.15pm- 5.15pm	BASKETBALL (6-12 YRS)	GLENMORE ACTIVITY CENTRE
TUESDAY	4.30pm-5.30pm	GAEILIC KIDS (5-11YRS)	LOUGH MOSS LEISURE CENTRE
TUESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	6.30pm-7.30pm	PREGNANCY YOGA	LAGAN VALLEY LEISUREPLEX
TUESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	7.30pm-8.30pm	BASKETBALL (8-12 YRS)	KILMAKEE ACTIVITY CENTRE
TUESDAY	8.00pm-9.00pm	AQUA NATAL YOGA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	9.30am- 10.30am	PARENT AND BABY YOGA	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	10.45am-11.45am	MAMAFIT STAGE 1&2	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	11.00am – 11.45am	PARENT & BABY LEGS, BUMS & TUMS	MONEYREAGH COMMUNITY CENTRE
WEDNESDAY	11.00am-11.45am	PARENT AND INFANTS' CIRCUITS	LAGAN VALLEY LEISUREPLEX
WEDNESDAY	5.00pm-5.50pm	GYMNASICS (4-7 YRS)	GLENMORE ACTIVITY CENTRE
WEDNESDAY	5.30pm-6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	6.00pm-6.50pm	GYMNASICS (4-7 YRS)	GLENMORE ACTIVITY CENTRE
WEDNESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	7.00pm-7.50pm	GYMNASICS (8-12 YRS)	GLENMORE ACTIVITY CENTRE
WEDNESDAY	8.00pm-8.50pm	GYMNASICS (8-16 YRS)	GLENMORE ACTIVITY CENTRE
THURSDAY	10.30am-11.30am	BABY MASSAGE (8WKS- 4 MONTHS)	LAGAN VALLEY LEISUREPLEX
THURSDAY	10.00am-12.00pm	ADULT & TOT CREATIVE LEARNING SESSIONS	GLENMORE ACTIVITY CENTRE
THURSDAY	11.30am-12.30pm	TODDLER SOFT PLAY (9 months-5 YRS)	LAGAN VALLEY LEISUREPLEX
THURSDAY	3.00pm-4.00pm	FAMILY FUN SESSION (9 MONTHS-11 YRS)	LAGAN VALLEY LEISUREPLEX
THURSDAY	3.30pm-4.30pm	FAMILY FUN SESSIONS (ONLY CHILDREN)	MONEYREAGH COMMUNITY CENTRE
THURSDAY	3.30pm-4.30pm	Kids Multisport- (ranging from dodgeball, pickleball, football and rugby)	LAGAN VALLEY LEISUREPLEX



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THURSDAY	4.30pm –5.30pm	KIDS FOOTBALL (6-10 YRS)	LOUGH MOSS LEISURE CENTRE
THURSDAY	4.30pm-5.30pm	Kids Multisport- (ranging from dodgeball, pickleball, football and rugby)	LAGAN VALLEY LEISUREPLEX
FRIDAY	11.00am-12.45pm	PARENT & INFANT BUMS/TUMS/ LEGS	LAGAN VALLEY LEISUREPLEX
FRIDAY	11.00am-11.45am	PARENT & BABY CIRCUITS	MONEYREAGH COMMUNITY CENTRE
FRIDAY	3.30pm-4.30pm	KIDS BADMINTON CLASSES (6-12 YRS)	LAGAN VALLEY LEISUREPLEX
FRIDAY	3.30pm-4.30pm	FOOTBALL (4-7 YRS)	LAGAN VALLEY LEISUREPLEX
FRIDAY	4.15pm – 5.00pm	KIDS DODGEBALL	LOUGH MOSS LEISURE CENTRE
FRIDAY	4.30pm-5.30pm	FOOTBALL (8-12 YRS)	LAGAN VALLEY LEISUREPLEX
FRIDAY	5.40pm -6.10pm	EXPRESS DANCE 12YRS	LOUGH MOSS LEISURE CENTRE
FRIDAY	6.00pm – 7.00pm	DANCE FIT 12YRS	LAGAN VALLEY LEISUREPLEX
SATURDAY	9.45am-10.45am	NIA DANCE (12 YRS)	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.00am-11.00am	BALLET FITNESS	LAGAN VALLEY LEISUREPLEX
SUNDAY	9.30am-10.15am	BASKETBALL (5-7 YRS)	LAGAN VALLEY LEISUREPLEX
SUNDAY	9.30am-10.15am	BASKETBALL (8-12 YRS)	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.15am-11.00am	BASKETBALL (8-12 YRS)	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.15am-11.00am	BASKETBALL (5-7 YRS)	LAGAN VALLEY LEISUREPLEX