



Health & Leisure

Looking for a quiet, reflective holiday, to take a break away from it all or to indulge in a sporting interest. Whether it's a scenic spa, seaweed bath, swimming, martial arts or Irish dancing the Down, Newry & Mourne region can accommodate you.



Ballynahinch Centre

55 Windmill Street, Ballynahinch, Co Down BT24 8HB

t: 028 9756 1950 f: 028 9756 5606

e: ballynahinchcentre@downdc.gov.uk

w: www.downdc.gov.uk

Play park, all weather pitch, football training, aerobics, badminton, table tennis, karate club, workshops & facilities for birthday parties. For any special events, please contact the Centre for further details.

Opening Hours: Mon - Fri: 9.00am to

10.00pm, Sat: 9.00am to 5.30pm,

Sun: 1.30pm to 6.00pm.

July/August Mon-Fri: 9.00am to 5.00pm

Price: Please contact the Centre for further information

Directions: located in the centre of Ballynahinch on Windmill Street

Bridge Centre

Braeside Gardens, Killyleagh, Co Down BT30 9QE

t: 028 4482 8648 f: 028 4482 8615

e: bridgecentre@downdc.gov.uk

w: www.downdc.gov.uk

Multi-use main hall for indoor soccer, basketball, badminton, concerts etc., fitness suite, minor hall, changing facilities with showers and outdoor playground. For any information on special events please contact the Centre.

Opening Hours: Mon- Fri: 9.00am to 10pm,

Sat: 9.30am to 5.30pm, Sun: 1.30pm to 6pm

Price: Please contact the Centre for further information

Directions: From the A22 Downpatrick to Killyleagh Road turn left at Citroen garage onto Frederick Street. Take the second road on the right into Braeside Gardens.

Castlewellan Centre

Circular Road, Castlewellan, BT31 9ED

t: 028 4377 0007 / 028 4372 5034

f: 028 4372 2805 (Newcastle Centre)

e: newcastlecentre@downdc.gov.uk

w: www.downdc.gov.uk

All weather pitch, yoga, badminton, netball, multi-craft activities and many more.

Opening Hours: Monday – Friday: 9am

– 10pm. **Saturday & Sunday:** Subject to booking arrangements.

Price: Please contact Centre for further information.

Directions: Take road round by the Upper Square turn left onto the Circular Road, Centre is on left hand side.

Dan Rice Memorial Hall

Drumaness, Ballynahinch, Co Down BT24 8RL

t: 028 9756 1449 f: 028 9756 1449

e: ballynahinchcentre@downdc.gov.uk

w: www.downdc.gov.uk

Snooker & billiards club, badminton, 5-a-side football, table tennis, Irish dancing classes, aerobics, netball, cricket, play park.

Opening Hours: Mon, Wed, Thurs: 9.00am – 10.00pm, Tues: 3.30pm – 10.00pm,

Friday: 3.00pm – 10.00pm, Sat: 9.00am –

5.30pm, Sun: 1.30pm- 6.00pm

Price: Please contact Centre for further information

Directions: In the centre of Drumaness Village

Delamont Country Park

Mullagh, Killyleagh

t: 028 4482 8333 f: 028 4482 8333

e: delamont.park@downdc.gov.uk

w: www.delamontcountrypark.com

Delamont has introduced a wide range of exercise equipment, free to use and accessible to all.

Opening Hours: 365 days Dawn – Dusk.

Price: For entry prices into Country Park please see Countryside section.

Directions: Delamont is located on the A22 Downpatrick to Comber Road. 5 Minutes from Downpatrick.

Down Leisure Centre

114 Market Street, Downpatrick, Co Down BT30 6LZ

t: 028 4461 3426 f: 028 4461 6905

e: downleisurecentre@downdc.gov.uk

w: www.downdc.gov.uk

25 x 10 metre main swimming pool, 8 x 10 metre children's pool, poolside sauna/ steam room, fully air conditioned fitness suite and Squash/Handball courts.

Opening Hours: Mon- Fri: 10.00am to

9.45pm, Sat: 10.00am to 5.15pm,

Sun: 2.00pm to 5.45pm.

Price: please contact centre for activity charges.

Directions: On the main Newcastle Road, heading out of Downpatrick .

Enchanted Spa & Retreat

20 Lough Road, Mullaghbawn, BT35 9XP

t: 028 3088 8603

e: info@enchantedspaandretreat.com

w: www.enchantedspaandretreat.com

Our sole ambition is to introduce you to a world where you can escape the rigour and stress of modern life. Emotional and physical burdens are lifted away to allow your free spirit to prosper. We would be delighted to care for you.

Price: Prices are variable

Directions: Mullaghbawn

Kilkeel Leisure Centre

Mourne Esplanade, Kilkeel, BT34 4DB

t: 028 417 64666 f: 028 417 63495

w: www.newryandmourne.gov.uk

Swimming pool, health suite (sauna, jacuzzi, steam room) Sports hall, pulse fitness studio, squash court, viewing area and meeting room.

Opening Hours: Mon - Fri: 9.30am - 10pm,

Sat: 1pm - 5.30pm, Sun: 2pm - 5.30pm

Directions: From Greencastle Street come off mini roundabout onto Knockchree Avenue, take left at end of Avenue and the centre is on the left

Killough Road Community Centre

Killough Road, Downpatrick

Contact: Down Leisure Centre

t: 028 4461 3426 f: 028 4461 6905

e: downleisurecentre@downdc.gov.uk

w: www.downdc.gov.uk

The centre is available for hire and is used for various activities such as indoor bowling, playgroup, youth club, Irish dancing, and birthday parties.

Opening Hours: Contact Down Leisure Centre
Prices: Please contact Down Leisure Centre for further information.

Directions: Situated on the Killough Road in the Flying Horse Housing Estate, Downpatrick.

Newcastle Centre

10-14 Central Promenade, Newcastle Co Down, BT33 0AA



Soak Seaweed Baths

Health & Leisure

t: 028 4372 5034 **f:** 028 4372 2805

e: newcastlecentre@downdc.gov.uk

w: www.downdc.gov.uk

Annesley health suite with, full range of resistance and cardiovascular training machines, sauna and steam room. Qualified fitness instructors are available to offer help and advice. A variety of rooms are available for hire. Available for Birthday Parties. For full programme of activities and events throughout the year please contact the centre.

Opening Hours: Mon-Fri 9am-10pm, Sat 9.30am-5.30pm, Sun 2pm-6pm

Price: Vary- depending on activity

Directions: Drive down Newcastle Main Street, cross over the bridge onto Central Promenade and Newcastle Centre is the large white & blue building on the left-hand-side.

Newry Sports Centre

Patrick Street, Newry

t: 028 3031 3130

w: www.newryandmourne.gov.uk

This facility is a multi-purpose dry centre comprising of a six court main hall, two court activity hall, state of the art fitness suite, squash courts, handball / racquetball court. Activities include fitness classes, basketball, soccer, gymnastics, martial arts, badminton and trampolining.

Opening Hours: Monday – Friday: 9.00am – 10.30pm, Saturday: 10.00am – 5.30pm, Sunday: 2.00pm – 5.30pm

Price: Variable, please contact the centre.

Directions: Newry City Centre

Newry Swimming Pool

Clanyre Avenue, Newry, BT35 6EH

t: 028 3031 3190

f: 028 3025 1718

w: www.newryandmourne.gov.uk

Visit the sauna and steam room or bring the whole family for a refreshing swim. A full sized 25 meter main pool, separate learner pool and a health suite.

Opening Hours: Monday & Thursday: 9.30am - 9.00pm, Wednesday: 9.30am - 5.30pm, Tuesday & Friday: 9.00am - 9.00pm, Saturday: 10.00am - 12.30pm & 2.00pm - 5.00pm, Sunday: 2.00pm - 5.30pm.

Price: Adult Swim £2.70, Junior Swim £2.00, Health Suite £4.50

Directions: Newry City Centre 3 minutes walk away from Newry Sports Centre.

Slieve Donard Resort & Spa

Downs Road, Newcastle, Co Down BT33 0AH

t: 028 4372 6166 **f:** 028 4372 1166

e: thespa@sdh.hastingshotels.com

w: www.hastingshotels.com

Over two floors, the ground floor accommodates a luxury 20 metre swimming pool, vitality pool, fitness studio, juice bar, rock sauna and steam room. The first floor

comprises of all treatment areas including relaxation suites and heat experiences.

Opening Hours: Monday – Friday Leisure

Suite: 7.00am – 10.00pm

Treatments: 9.00am – 9.00pm,

Saturday - Sunday Leisure Suite: 7.00am –

9.00pm Treatments: 9.00am – 8.00pm

Price: Please contact spa for current tariffs

Directions: Adjacent to Royal County Down Golf Course

Slieve Gullion Springs

7 Tullymacrieve Road, Mullaghbawn

BT35 9RD **t:** 028 3088 9525

e: info@slievegullionsprings.com

w: www.slievegullionsprings.com

Slieve Gullion Springs is a unique Spa experience set in the picturesque village of Mullaghbawn at the foot of Slieve Gullion Mountain. At Slieve Gullion Springs we guarantee a haven where the body and spirit will be nurtured, resulting in a state of total relaxation, emotional balance and beauty.

Opening Hours: Monday & Sunday: appointment only. Tuesday - Friday: 9.00am - 8.00pm, Saturday: 9.00am - 5.00pm

Price: Prices are variable

Directions: Mullaghbawn

Soak Seaweed Baths

5A South Promenade, Newcastle

Co Down BT33 0EX

t: 028 4372 6002 **f:** 028 4372 6002

e: info@soakseaweedbaths.co.uk

w: www.soakseaweedbaths.co.uk

Soak offers hot salt water and steamed seaweed baths. Each private room has an individual steam cabinet, a Victorian roll top bath and a fresh water shower.

Opening Hours: July – August: Open 7 days a week from 11.30am – 8.00pm, September – June Monday, Thursday, Friday, Saturday and Sunday: 11.30am – 8.00pm, Tuesday & Wednesday: Closed.

Price: Single Room - £25.00, Shared Single (One Bath) - £30.00, Double deluxe (Two Baths) £40.00

Directions: Drive down Main Street and Central Promenade. Soak Seaweed bathhouse is situated on South Promenade, Newcastle

The Burrendale Hotel Country Club & Spa

51 Castlewella Road, Newcastle

Co Down BT33 0JY

t: 028 4372 2599 **f:** 028 4372 2328

e: countryclub@burrendale.com

w: www.burrendale.com

Nestling between the majestic Mourne Mountains & glimmering Irish Sea, lies the Burrendale Hotel – a fine example of traditional hospitality. Step through the door which leads from the hotel to the Country Club and enter a new world of leisure. As relaxed as you like – as energetic

as you make it. Not only is there a kiddies paddling pool but also a large swimming pool. Get involved in one of our many fun fitness classes designed to suit all. We also boast a state-of-the-art gym for the energetic grown up or bask in the sauna, steam room or spa bath – the choice is yours. Rejuvenate, restyle & relax in our Spa. Begin your journey of relaxation and pampering in the comfort of the Burrendale Spa. With a choice of treatments including dry floatation bed, nail bar, tanning and relaxation suites, with a further 5 lavish treatments suites for your every need. To complete your journey allow our stylist to add the finishing touches with a choice of hair care to suit all.

Opening Hours: Monday: 10.00am –

8.00pm, Tuesday: 10.00am – 9.00pm,

Wednesday: 10.00am – 8.00pm,

Thursday: 10.00am – 9.00pm,

Friday: 10.00am – 8.00pm,

Saturday & Sunday: 9.00am – 6.00pm

Price: Please telephone 028 4372 1304 for complete tariff.

Directions: Located just outside Newcastle on the right, heading towards Castlewella.

Younique Spa

12 Main Street, Forkhill, BT35 6SQ

t: 028 3088 9794

f: 028 3088 9795

e: spa@younique.ie

w: www.younique.ie

Relaxation room, Hydrazet float balenotherapy bath, standup sunbed, tanning room, pedicure room, four treatment rooms, massage, facials etc.

Opening Hours: Monday & Sunday: closed,

Tuesday & Wednesday: 9.00am - 6.00pm,

Thursday & Friday: 9.00am - 9.00pm,

Saturday: 9.00am - 5.00pm

Price: Variable

Directions: Main Street Forkhill

Zafron Day Spa

3 River Street, Newry, BT34 2DQ

t: 028 3082 5888

e: info@zafrondayspa.co.uk

w: www.zafrondayspa.co.uk

Zafron Day Spa is a luxurious Day Spa specialising in a variety of beauty treatments. Some of which include body treatments, facial treatments, specialised massage, scrub and wrap treatments, cellulite treatments and treatments for men. Zafron Day Spa has been awarded 'Ireland's Best Day Spa' in 2005, 'IBPA Standard Of Excellence' in 2006 and was a finalist in 'Ireland's Best Day Spa' in 2006.

Opening Hours: Sunday & Monday: Closed,

Tuesday & Wednesday: 9.30am - 5.30pm,

Thursday: 9.30am - 8.30pm, Friday &

Saturday: 9.30am - 5.30pm

Directions: Newry City Centre