

# Down Leisure Centre

## Centre Activities

### Martial Arts

ACTIVITY	DAY	TIME	AGE	CONTACT
Karate	Mon	7.00pm – 8.00pm 8.00pm – 9.00pm	6+ 16+	Noel Kavanagh 07710610985
Aikido	Tue	7.30pm – 9.00pm		Dr Martin 07976758908
Tai Jitsu	Wed	7.00pm – 8.00pm 8.00pm - 9.30pm	6+ 16+	Chey McAllister 07751928080
Karate	Sun	3.00pm – 4.00pm 4.00pm – 5.00pm	6 +	Noel Kavanagh 07710610985

### Fitness Classes

East Down Athletic Club	Mon	7.00pm – 8.00pm All Weather		Frank 07921070066
Aerobics	Tues	10.15am - 11.15am	16+	Gillian 07772767602
Spinning	Tues	8.00pm – 9.00pm	16+	Joanne 07725836942
Pilates	Wed	10.00am – 11.00am	16+	Sue 02844851040
Spinning	Wed	6.00pm – 7.00pm	16+	Gavin 07754884545
Aerobics	Thur	10.15am – 11.15am	16+	Gillian 07772767602
Spinning	Thur	7.00pm – 8.00pm	16+	Joanne 07725836942

### Weight Watchers

Weight Watchers	Thur	11.00am –1.00pm 6.00pm – 7.00pm		Laura McCrickard
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### Swimming Pool

ACTIVITY	DAY	TIME	AGE	CONTACT DETAILS
Flippers swimming classes	Mon	12.00pm – 12.30pm 2.00pm – 2.50pm	Baby	Sinead 07761162820 Elaine 07779720554 Facebook- Little flippers
	Tues	11.30am – 12.30pm 2.00pm – 2.30pm	Baby Baby	
	Wed	2.00pm – 2.30pm		
	Thur	11.30am – 12.30pm 2.30pm - 2.50pm	Baby	
	Fri	2.00pm- 2.30pm	Pre school	
Lecale Swimming Club	Mon	7.00pm-9.15pm		Website <a href="http://www.lecaleswimclub.weebly.com">www.lecaleswimclub.weebly.com</a>
	Tues	7.00pm – 9.30pm		
	Fri	7.00 pm – 9.45pm		
	Sun	1.00pm – 2.00pm	Alter- native	
Aqua Zumba TBC	Thur	7.30pm- 8.15pm	16+	Anita 07541478770
Lifesaving Club	Sat	8.00am– 10.00am	Various	Website <a href="http://www.dsl.btik.com">www.dsl.btik.com</a>
East Down Pony Club	Sun	1.00pm – 2.00pm	Alter- native	