

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

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|-------------------------|------|--------------------------------|-----|------------------------|
| 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

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|-----------------|------|------------------------------------|--|------------------|
| Weight Watchers | Thur | 11.00am –1.00pm 6.00pm – 7.00pm | | Laura McCrickard |
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Down Leisure Centre

Centre Activities

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 www.lecaleswimclub.weebly.com |
| | 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 www.dsl.btik.com |
| East Down Pony Club | Sun | 1.00pm – 2.00pm | Alter- native | |