

Down District Council

# Down Leisure Centre Autumn - Spring 2011/2012



[www.downdc.gov.uk](http://www.downdc.gov.uk)





## Our Mission

Improving the quality of life for all of our people.

## Our Values

### **Integrity**

Be honest, accountable, consistent, transparent and responsible in all our actions, decisions and behaviours.

### **Respect for People**

Treat all of our citizens, visitors, colleagues and stakeholders with utmost respect and provide our services on a fair and equitable basis.

### **Excellence**

Provide the highest quality of services possible within our resources and continuously strive to improve the provision of services and the environment in which we live.

### **Sustainability**

We will take into account the social, economic and environmental needs of current and future generations when we make decisions about what we do and how we do it.

# Our Customer Charter

## We promise you that:

Staff will be polite, friendly and informative. They will be trained and appropriately qualified to national standards.

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All staff will be easily identifiable by wearing the corporate uniform including their name badge.

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Facilities will be monitored hourly and kept to a high standard, providing a safe and clean environment and will be set out to meet your requirements.

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The time and availability of service will be published in an up-to-date Centre Programme.

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Every part of our service will reflect quality and operate to Quest standards. If things go wrong we will take whatever practical steps we can to correct it immediately.

# Weekly Programme

## Monday

### Swimming Pool

Early morning swimming	7.30am - 9.00am
Schools swimming programme	9.00am - 12.30pm
Public swimming with lanes	12.30pm - 1.30pm
Schools swimming programme	1.30pm - 2.30pm
Flippers swimming classes (Small pool, Preschool+)	2.30pm - 4.00pm
Flippers swimming classes (Main Pool, Primary 2+)	4.00pm - 5.00pm
Small pool closed	2.30pm - 4.00pm
Public swimming	2.30pm - 9.15pm
Play session in pool	2.30pm - 5.00pm
Public swimming with lanes	5.00pm - 7.00pm
2 Lanes - Lecale swimming club (last swim ticket sold 8.30pm)	8.00pm - 9.15pm

### Sauna/Steam Room

(last ticket sold 8.30pm)	12.30pm - 1.30pm 2.30pm - 9.15pm
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### Main Hall

Fifty Plus Club Bowls (26 September 2011 - 16 April 2012)	1.00pm - 4.00pm
Body Blitz with Sinead	8.00pm - 9.00pm
Aerobic exercise to music. Suitable for all fitness levels. Hand held weights (optional)	

### Games Room

Jo - Jingles	9.45am - 11.45am
Little Tiger Cubs	4.00pm - 4.45pm
Karate with Noel (Juniors and Beginners)	7.00pm - 8.00pm
Karate with Noel (Seniors)	8.00pm - 9.00pm

### Courts

Squash/Racquetball available (last court booking 9.00pm)	10.00am - 9.45pm
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### Lecale Fitness Suite

Members early morning workout	7.30am - 9.00am
Public use (last ticket sold 9.00pm)	10.00am - 9.45pm

### All Weather Pitch

East Down Athletics Club (contact Frank 028 4377 8119)	7.00pm - 8.00pm
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### Quoile Room

Spinning Classes with Smitty (bike setup 6.15pm)	6.30pm - 7.15pm
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## Tuesday

### Swimming Pool

Schools swimming programme	9.00am - 11.30am
Ladies only swim	11.30am - 12.30pm
Little Flippers with Elaine - pre-booking essential	11.30am - 12.30pm
Small pool closed	11.30am - 12.30pm
Public swimming with lanes	12.30pm - 1.30pm
Schools swimming programme	1.30pm - 2.30pm
Public swimming	2.30pm - 9.15pm
Play session in pool	2.30pm - 5.00pm
Public swimming with lanes	5.00pm - 7.00pm
2 lanes - Lecale swimming club (last swim ticket sold 8.30pm)	8.00pm - 9.30pm

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### Sauna/Steam Room

(last ticket sold 8.30pm)	12.30pm - 1.30pm 2.30pm - 9.15pm
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### Games Room

Creche	10.00am - 1.00pm
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### Courts

Squash/Racquetball available (last court booking 9.00pm)	10.00am - 9.45pm
Russell Gaelic Union Handball Club U7 to U10	5.15pm - 6.45pm

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### Quoile Room

Yoga	10.15am - 11.15am
Spinning Classes with Julie (Bike setup 6.45pm)	7.00pm - 8.00pm

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### Lecale Fitness Suite

Members early morning workout	8.30am - 10.00am
Public Use (last ticket sold 9.00pm)	10.00am - 9.45pm

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## Wednesday

### Swimming Pool

Early morning swimming	7.30am - 9.00am
Schools swimming programme	9.00am - 12.30pm
Public swimming with lanes	12.30pm - 1.30pm
Schools swimming programme	1.30pm - 2.30pm
Public swimming	
Small Pool (Last swim ticket sold 3.30pm)	2.30pm - 4.15pm
Main Pool (Last swim ticket sold 5.00pm)	2.30pm - 5.45pm
Last swim ticket sold Toddler pool	3.30pm
Last swim ticket sold Main pool	5.00pm
Full range of public swimming classes	4.30pm - 9.50pm

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### Sauna/Steam Room

(last ticket sold 8.30pm)	12.30pm - 1.30pm
	2.30pm - 9.15pm

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### Games Rooms

Pilates with Sue	10.00am - 11.00am
Tai Jitsu with Gary	7.00pm - 9.30pm

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### Quoile Room

Spinning Classes with Smity (bike setup 5.45pm)	6.00pm - 6.45pm
Spinning Classes with Smity (bike setup 6.45pm)	7.00pm - 7.45pm

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### Courts

Squash/Racquetball available	10.00am - 1.30pm
(last court booking 9.00pm)	3.00pm - 9.45pm
Russell Gaelic Union Handball Club (U14)	7.30pm - 9.45pm

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### Main Hall

Zumba with Gemma	8.00pm - 9.00pm
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### Lecale Fitness Suite

Members only early morning workout	7.30am - 10.00am
Public use (last ticket sold 9.00pm)	10.00am - 9.45pm

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## Thursday

### Swimming Pool

Schools swimming programme	9.00am - 11.30am
Ladies only swim	11.30am - 12.30pm
Little Flippers with Elaine - pre-booking essential	11.30am - 12.30pm
Small pool closed	11.30am - 12.30pm
Public swimming	12.30pm - 1.30pm
Schools swimming	1.30pm - 2.30pm
Flippers swimming classes (Small pool, Preschool+)	2.30pm - 3.30pm
Flippers swimming classes (Main Pool, Primary 2+)	3.00pm - 5.00pm
Public swimming	2.30pm - 7.25pm
Small Pool (last swim ticket for juniors sold 6.40pm)	3.30pm - 7.25pm
Main Pool (last swim ticket for juniors sold 6.40pm)	2.30pm - 7.25pm
Public swimming with lanes	5.00pm - 7.00pm
Aqua Aerobics (starts 5 January 2012 - 29 March 2012)	7.30pm - 8.15pm
Adults only swim (lane swimming) (last swim ticket sold 9.00pm)	8.15pm - 9.45pm

### Sauna/Steam Room

(last ticket sold 8.30pm)	12.30pm - 1.30pm 2.30pm - 9.45pm
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### Quoile Room

Weight Watchers	11.00am - 1.00pm
Spinning Class with Julie (Bike setup 6.45pm)	7.00pm - 8.00pm

### Saul Room

Weight Watchers	4.30pm - 7.30pm
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### Courts

Squash /Racquetball Available (last court booking 9.00pm)	10.00am - 9.45pm
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### Main Hall

Aerobics with Gillian (starts 9 September 2010)	10.15am - 11.15am
East Down Athletic Club (contact Frank 028 4377 8119)	8.00pm - 9.00pm

### Lecale Fitness Suite

Members only early morning workout	8.30am - 10.00am
Public use (last ticket sold 9.00pm)	10.00am - 9.45pm

### Games Room

Creche	10.00am - 1.00pm
Yoga with Jackie (028 4372 6707)	7.00pm - 8.15pm
East Down Athletic Club	8.30pm - 9.30pm

## Friday

### Swimming Pool

Early morning swimming	7.30am - 9.00am
Schools swimming programme	9.00am - 12.30pm
Public swimming with lanes	12.30pm - 1.30pm
Schools swimming programme	1.30pm - 2.30pm
Little Flippers	2.00pm - 2.30pm
Public swimming with lanes (last swim ticket sold 6.15pm)	2.30pm - 7.00pm
Play Sessions	2.30pm - 7.00pm
Lecale Swimming Club	7.00pm - 9.45pm

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### Sauna/Steam Room

(last ticket sold 6.15pm)	12.30pm - 1.30pm
	2.30pm - 7.00pm

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### Games Room

Judo (Lightfoot Judo School)	3.30pm - 5.30pm
Aikido	7.30pm - 9.00pm

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### Courts

Public use (last court booking 9.00pm)	10.00am - 9.45pm
Russell Gaelic Union Handball Club	6.45pm - 7.30pm

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### Lecale Fitness Suite

Members early morning workout	7.30am - 9.00am
Public use (last ticket 9.00pm)	10.00am - 9.45pm

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## Saturday

### Swimming Pool

Lifesaving Club	8.15am - 10.00am
Swimming Lessons	10.00am - 11.30am
Public Swimming	11.30am - 5.15pm
Play Session in pool (last swim ticket sold 4.30pm)	2.30pm - 5.00pm

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### Sauna/Steam Room

(last ticket sold 4.30pm)	11.30am - 5.15pm
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### Main Hall

Beginners Gymnastics	9.30am - 10.15am
Beginners Gymnastics	10.20am - 11.05am
Intermediate Gymnastics	11.10am - 11.55am
Squad Gymnastics (enrolment necessary contact reception for details)	12.00noon - 1.00pm
Down Viking Basketball Club	2.00pm - 3.30pm

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### Games Room

Available for birthday parties	2.30pm - 4.30pm
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### Courts

Squash/Racquetball available (last court booking 4.30pm)	10.00am - 5.15pm
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### Lecale Fitness Suite

Public use (last ticket sold 4.30pm)	10.00am - 5.15pm
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### Dunleath Park

Downpatrick Youth Football League	9.00am - 12.00noon
Newcastle League Matches	2.00pm - 4.00pm

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## Sunday

### Swimming Pool

Public swimming (last swim ticket sold 5.00pm) 2.00pm - 5.45pm  
Play session in pool 2.00pm - 5.00pm

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### Sauna/Steam Room

(last ticket sold 5.00pm) 2.00pm - 5.45pm

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### Main Hall

Available for Birthday Parties 2.30pm - 4.30pm

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### Courts

Squash available (last court booking 4.30pm) 2.00pm - 5.15pm  
Handball Court - Karate with Noel (Juniors and Beginners) 3.00pm - 4.00pm  
Karate with Noel (all grades) 4.00pm - 5.00pm

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### Fitness Suite

Public use (last ticket sold 5.00pm) 2.00pm - 5.45pm

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### Dunleath Park

Downpatrick Youth Football League 10.00am - 12.00pm

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### Games Room

Tumbling Tots Gymnastics 3.00pm - 4.00pm  
(enrolment necessary, contact reception for details)

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**Down Leisure Centre**

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