

Down Leisure Centre

Centre Activities

Martial Arts

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

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		Michael 07802872628 michael@burkesystems.co.uk
	Tues	7.00pm – 9.30pm		
	Fri	7.00 pm – 9.45pm		
	Sun	1.00pm – 2.00pm	Alter-native	
Aqua Zumba	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	

Details correct at time of print, Activities may cancel from time to time
Contact the centre for further information 028 44613426

Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh