

# How do you become a Vitality Member?

To join, simply download a copy of the application form and direct debit mandate from our websites

[www.theleisureplex.com](http://www.theleisureplex.com) or [www.theicebowl.com](http://www.theicebowl.com)

Next, take your completed forms to one of our facilities along with your photographic ID, bank card and necessary documentation to activate your membership. Alternatively you can visit one of our facilities and complete an application form. Juniors must be accompanied by an adult to verify their application. All Vitality Members must complete an induction before using the gym.

Download our Vitality App. Visit...




and search 'Vitality Member'



more than a golf membership!

# Upgrade your membership!

Vitality Plus includes all the benefits of Vitality Membership with the addition of golf at Castlereagh Hills Golf Course or Aberdelghy Golf Course.

The perfect package for golf fanatics or those looking to enjoy a new sport with their family!

### What is included in the Vitality Plus package?

- Unlimited golf 7 days per week (certain times on a Saturday)
- Complimentary golf club hire
- Weekly golf lessons for children
- Monthly golf lessons for adults
- Golf competitions for children
- Golf Ireland registration for children.



For further information or for details on how to become a member, visit [www.castlereaghills.com](http://www.castlereaghills.com) OR [www.aberdelghygolfcourse.co.uk](http://www.aberdelghygolfcourse.co.uk)



# Do I need to live in Lisburn & Castlereagh to become a Member?

No, anyone can become a member!



**Lagan Valley LeisurePlex**  
18 Lisburn Leisure Park, Lisburn, BT28 1LP  
T: 028 9267 2121  
E: [leisureplex@lisburncastlereagh.gov.uk](mailto:leisureplex@lisburncastlereagh.gov.uk)  
W: [www.theleisureplex.com](http://www.theleisureplex.com)

**Dundonald International Ice Bowl**  
111 Old Dundonald Road, Dundonald, Belfast, BT16 1XT  
T: 028 9080 9100  
E: [icebowl@lisburncastlereagh.gov.uk](mailto:icebowl@lisburncastlereagh.gov.uk)  
W: [www.theicebowl.com](http://www.theicebowl.com)

**Lough Moss Leisure Centre**  
Hillsborough Road, Carryduff, BT8 8HR  
T: 028 9081 4884  
E: [loughmoss@lisburncastlereagh.gov.uk](mailto:loughmoss@lisburncastlereagh.gov.uk)  
W: [www.lisburncastlereagh.gov.uk](http://www.lisburncastlereagh.gov.uk)

**Glenmore Activity Centre**  
43 Glenmore Park, Lisburn, BT27 4RT  
T: 028 9244 8020  
E: [glenmore@lisburncastlereagh.gov.uk](mailto:glenmore@lisburncastlereagh.gov.uk)  
W: [www.lisburncastlereagh.gov.uk](http://www.lisburncastlereagh.gov.uk)

**Grove Activity Centre**  
15 Ballinderry Park, Lisburn, BT28 1ST  
T: 028 9244 8026  
E: [grove@lisburncastlereagh.gov.uk](mailto:grove@lisburncastlereagh.gov.uk)  
W: [www.lisburncastlereagh.gov.uk](http://www.lisburncastlereagh.gov.uk)

**Kilmakee Activity Centre**  
52A Rowan Drive, Dunmurry, BT17 9QA  
T: 028 9244 8024  
E: [kilmakee@lisburncastlereagh.gov.uk](mailto:kilmakee@lisburncastlereagh.gov.uk)  
W: [www.lisburncastlereagh.gov.uk](http://www.lisburncastlereagh.gov.uk)

**Vitality Gym at Billy Neill MBE Country Park**  
Comber Road, Dundonald, BT16 1XB  
T: 028 9244 7100  
E: [info.billyneill@lisburncastlereagh.gov.uk](mailto:info.billyneill@lisburncastlereagh.gov.uk)  
W: [www.theicebowl.com](http://www.theicebowl.com)



Live Life With Vitality

 [VitalityLisburnCastlereagh](https://www.facebook.com/VitalityLisburnCastlereagh)

[www.theleisureplex.com](http://www.theleisureplex.com) or [www.theicebowl.com](http://www.theicebowl.com)




# Get more for your membership!

Activities for the whole family



**LCCC**  
Lisburn & Castlereagh City Council

GYM & SPA	ADULT & KIDS CLASSES	SWIMMING
LEISURE POOL	ICE SKATING	BOWLING
		INDIANA LAND

[www.theleisureplex.com](http://www.theleisureplex.com)

[www.theicebowl.com](http://www.theicebowl.com)



## What centres can Vitality Members Access?

Vitality membership is a unique package which gives members access to not one but **SEVEN** leisure facilities, including:

- Lagan Valley LeisurePlex
- Dundonald International Ice Bowl
- Lough Moss Leisure Centre
- Glenmore Activity Centre
- Kilmakee Activity Centre
- Grove Activity Centre
- Vitality Gym at Billy Neill MBE Country Park



## What do existing members enjoy about Vitality?

Vitality membership has already changed people's lives by helping individuals and families incorporate physical activity into their lifestyle as well as enjoy a choice of amazing days out!



*"Vitality membership has been such a fantastic scheme for our family. To know that on any given day we can always find a way to entertain the kids with a full range of activities on offer is brilliant. The membership is such great value for money and it offers something for each of us no matter what age."*

*"I have lost 2.5 stone and looking at other classes I might like to try."*



*"Vitality membership has helped me meet new friends and has filled the void left after retiring. This is something I value very much for my mental wellbeing."*

*"We have found that Vitality membership has really helped our family spend more quality time together. We make sure we do something as a family at least once a week."*

*"I have a job that can be very physically, mentally and emotionally demanding. Having Vitality membership allows me to access resources that support my physical and mental health. I see using this service as an act of self-care."*



## How much is Vitality Membership?

Vitality membership offers great value for money with a choice of amazing packages.

Package	Details	Price
Household Membership	Price based on two adults (18+ years) and up to 5 children living at the same household.	£49 per month
Household Membership Concession	<p><b>Concession applies to the following groups:</b></p> <ul style="list-style-type: none"> <li>• One adult and up to 5 children living at the same household</li> <li>• At least one of the two adults in the membership is in receipt of benefits (letter of entitlement required)</li> <li>• At least one of the two adults in the membership is disabled</li> <li>• At least one of the two adults in the membership is aged 60+ years</li> </ul>	£39 per month
Individual Membership	Price based on one adult (18+ years).	£29.50 per month
Individual Membership Concession	Applies if individual can provide a letter of entitlement showing they are in receipt of benefits, aged under 18 years, aged 60+ years, disabled or aged 18+ years and in full time education.	£23 per month

**NB)** The above prices are based on a direct debit monthly fee with no contract or joining fee. Proof of address is required for all individuals in the household membership and evidence of date of birth is required for children under 18 years. **Only one promotion applies per membership.**

A letter of entitlement dated within the last 3 months must be provided to avail of concession rates.

## What activities are included in the package?

Vitality members can choose from an exciting range of activities, classes and courses to suit both adults and children. It's the perfect package for those looking to get active or plan days out with their family. You will be spoilt for choice!



### Activities include:

- Choice of 6 gyms
- Extensive choice of adult classes
- Extensive choice of children's classes
- Racquet Sports
- Health Suite
- Swimming
- Ice Skating
- Tenpin Bowling
- Indiana Land
- Leisure Pool
- Mission Inflatable

For a full copy of the comprehensive timetable of adult and children's classes, please visit [www.theleisureplex.com](http://www.theleisureplex.com) or [www.theicebowl.com](http://www.theicebowl.com)

Household Membership  
**ONLY £49**  
per month

Household Membership Concession  
**ONLY £39**  
per month

