

<b>DAY</b>	<b>TIME</b>	<b>CLASS</b>	<b>VENUE</b>
MONDAY	11.00am – 11.45am	PARENT & CHILD CIRCUITS	LAGAN VALLEY LEISUREPLEX
MONDAY	4.00pm – 5.00pm	GAMES (AGES 5 – 10 YEARS)	LOUGH MOSS LEISURE CENTRE
MONDAY	4.30pm – 5.30pm	DODGEBALL (6 – 14 YEARS)	LAGAN VALLEY LEISUREPLEX
TUESDAY	10.00am – 11.00am	ARCHERY (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	11.15am – 12 noon	MOO MUSIC (0-5 years)	LAGAN VALLEY LEISUREPLEX
TUESDAY	12.15pm – 12.45pm	MOO MUSIC (0-pre walkers)	LAGAN VALLEY LEISUREPLEX
TUESDAY	3.00pm – 3.45pm	GYMNASTICS (4-7 YEARS)	LAGAN VALLEY LEISUREPLEX
TUESDAY	4.00pm – 4.45pm	GYMNASTICS (8-12 YEARS)	LAGAN VALLEY LEISUREPLEX
TUESDAY	4.00pm - 4.45pm	CRICKET (AGES 5 – 9 YEARS)	LOUGH MOSS LEISURE CENTRE
TUESDAY	5.00pm – 5.45pm	CRICKET (AGES 10+)	LOUGH MOSS LEISURE CENTRE
TUESDAY	5.00pm – 5.45pm	TRAMPOLINE (AGES 8 – 18 YEARS)	LAGAN VALLEY LEISUREPLEX
TUESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
TUESDAY	7.30pm – 8.30pm	BASKETBALL (8-13 YEARS)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	9.30am – 10.30am	PARENT AND BABY YOGA	GROVE ACTIVITY CENTRE
WEDNESDAY	12.30pm – 1.30pm	BABY MASSAGE	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	4.00pm – 4.45pm	KIDS FOOTBALL (AGES 5-7 YEARS)	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	5.00pm – 5.45pm	KIDS FOOTBALL (AGES 8-10 YEARS)	LOUGH MOSS LEISURE CENTRE
WEDNESDAY	5.30pm – 6.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	6.30pm – 7.15pm	ARCHERY ADULTS & CHILDREN (AGES 7+)	KILMAKEE ACTIVITY CENTRE
WEDNESDAY	7.00pm – 8.00pm	BASKETBALL (AGES 5-7)	GROVE ACTIVITY CENTRE
WEDNESDAY	8.00pm – 9.00pm	BASKETBALL (AGES 8-12)	GROVE ACTIVITY CENTRE
THURSDAY	10.15am – 11.15am	ADULT & CHILD CREATIVE LEARNING SESSION (AGES 1 – 5)	GLENMORE ACTIVITY CENTRE
THURSDAY	11.30am – 12.30pm	ADULT & CHILD CREATIVE LEARNING SESSION (AGES 1 – 5)	GLENMORE ACTIVITY CENTRE
THURSDAY	12.00pm – 1.00pm	BABY MASSAGE	GROVE ACTIVITY CENTRE
THURSDAY	12.30pm – 1.30pm	SQUATS AND TOTS	LOUGH MOSS LEISURE CENTRE
THURSDAY	3.00pm – 4.00pm	FAMILY FUN	LAGAN VALLEY LEISUREPLEX
THURSDAY	5.00pm – 5.45pm	KIDS ARCHERY & DODGEBALL (5 – 10 YEARS)	LOUGH MOSS LEISURE CENTRE
FRIDAY	11.00am – 11.45am	PARENT & CHILD LEGS, BUMS, TUMS	LAGAN VALLEY LEISUREPLEX
FRIDAY	3.30pm – 4.30pm	KIDS AFTERSCHOOL FOOTBALL	KILMAKEE ACTIVITY CENTRE
FRIDAY	4.00pm – 5.00pm	FAMILY FUN SESSION (AGES 4 – 10 YEARS)	LOUGH MOSS LEISURE CENTRE
FRIDAY	4.30pm – 5.30pm	FOOTBALL (AGES 4 – 7)	LAGAN VALLEY LEISUREPLEX
FRIDAY	5.15pm – 6.30pm	FAMILY FUN SESSION (AGES 5 – 11 YEARS)	GLENMORE ACTIVITY CENTRE
FRIDAY	5.30pm – 6.30pm	FOOTBALL (AGES 8 – 12)	LAGAN VALLEY LEISUREPLEX
FRIDAY	6.00pm – 7.00pm	YOUTH CLUB (AGES 5 – 11 YEARS)	GROVE ACTIVITY CENTRE
FRIDAY	7.30pm – 8.30pm	YOUTH CLUB (AGES 5 – 11 YEARS)	GROVE ACTIVITY CENTRE
SATURDAY	9.30am – 10.30am	NIA DANCE	LAGAN VALLEY LEISUREPLEX
SATURDAY	10.00am – 11.00am (Time will change to 9.00am-10.00am from 2 July)	BALLET DANCE	LAGAN VALLEY LEISUREPLEX
SATURDAY	New session starting from 2 July – 10.00am-11am	BALLET DANCE(AGES 8-12 YEARS)	LAGAN VALLEY LEISUREPLEX
SUNDAY	9.30am – 10.15am	BASKETBALL (AGES 5-7 YEARS)	LAGAN VALLEY LEISUREPLEX



## VITALITY MEMBERSHIP CLASSES 2022- CHILDREN'S

SUNDAY	9.30am – 10.15am	BASKETBALL (AGES 8 – 12 YEARS)	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.15am – 11.00am	BASKETBALL (AGES 5-7 YEARS)	LAGAN VALLEY LEISUREPLEX
SUNDAY	10.15am – 11.00am	BASKETBALL (AGES 8 – 12 YEARS)	LAGAN VALLEY LEISUREPLEX