



Councillor
Roisin Mulgrew
Chairperson, Newry,
Mourne and Down
District Council

Fáilte

Cuireann sé lúcháir an domhain orm fáilte a chur romhaibh ar fad chuig oscailte oifigiúil Ionad Fóillíochta an Iúir.

I ndiaidh míonna dianoibre, tá an Chomhairle iontach sásta a bheith ábalta áiseanna den chéad scoth a chur ar fáil do dhuine ar bith atá ag iarraidh aclaíocht a sníomh isteach ina ghnáthamh laethúil go héasca. Leis an ócáid a cheiliúradh, socraíodh deireadh seachtaine lán le himeachtaí spraiúla leis an háiseanna nua a chur os comhair an phobail. Cuirimid fáilte romhaibh páirt a ghlacadh sna ranganna agus sna taispeántais agus beidh baill foirne ar fáil le linn an deireadh seachtaine chun eolas agus comhairle a thabhairt.

Is mó an tairbhe a dhéanann saol sláintiúil gnóthach d'fholláine coirp, intinne agus shóisialta an duine agus, mar eagraíocht, ba mhian linn gach ball den phobal a spreagadh **'le Bheith Gníomhach, i do Bhealach Féin, Gach Lá!'**

Welcome

It gives me great pleasure to welcome you all to the official opening of Newry Leisure Centre.

After months of hard work, the Council is delighted to be able to provide world class facilities to make anyone's goal of integrating physical activity into their everyday routine a lot easier. To celebrate, this fun filled weekend of events has been planned to showcase the new facilities, offering people a taste of what to expect. You are welcome to take part in our classes and demonstrations and staff will be on hand throughout the weekend to offer information and advice.

A healthy and active lifestyle contributes positively to physical, mental and social wellbeing and, as an organisation, we want to encourage all of our citizens to **'Be Active, Your way, Every day!'**



Centre Opening Hours

Monday, Wednesday, Friday	6.30am - 10pm
Tuesday and Thursday	8am - 10pm
Saturday	9am - 5.30pm
Sunday	10am - 5.30pm

Soft Play Opening Hours

Monday - Friday	9.30am - 8pm
Saturday	9am - 5.30pm
Sunday	10.30am - 5.30pm

Core Café Opening Hours

Monday - Friday	8am - 9pm
Saturday	9am - 5pm
Sunday	9am - 5pm

Newry Leisure Centre

60 Cecil Street, Newry BT35 6AU
W: www.newrysportscentre.com
E: leisureandsport@nmandd.org or poolreception@nmandd.org
T: 028 3031 3190

www.nmandd.org

@NewryLeisureCentre

* Information correct at time of going to print.

Comhairle Ceantair an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down District Council

Your new premier Newry Leisure Centre



Opening Weekend
Saturday 4 and
Sunday 5
November 2017

**Your Way
Every Day**

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



Comhairle Ceantair
an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down
District Council

Newry Leisure Centre will open to the public on Monday 6 November 2017 at 6.30am

Fitness Classes: Our fitness classes are free throughout Opening Weekend. Pre-book from Wednesday 1 November by emailing leisureandsport@nmandd.org.

Leisure Centre Amenities - 10am - 4pm

Technogym Wellness Gym

Staff will be on hand to demonstrate the equipment and provide membership information.

Core Café

Open for hot and cold food, drinks and snacks.

Soft Play Area

Open for children under 12 to have fun.

Information Stands

Featuring information on Membership packages, Centre facilities, Birthday Party packages and the Soft Play area.

LAUNCH WEEKEND COMPETITION

Enter to be in with the chance to win one year's gym membership.

Saturday 4 November 2017

Swimming Pool Annual Swimming Gala

9am - 5pm

Come and watch local swimming clubs compete. Viewing is available in the Public Viewing Gallery. The pool is closed to the public.

8 Court Sports Hall Wheelchair Basketball League Matches

11am

NI Knights v Killester

1pm

Swifts v North East Thunder

3.30pm

NI Knights v North East Thunder

4 Court Sports Hall Every Body Active Danderball Session

11am - 11.45am

Indoor football with one exception, players must walk, not run. Those over 50 who still have a passion for the game, are welcome.

Body Pump

11am - 11.45am

Book in to take part in our exciting class.

Newry Dance Company Demonstrations

12pm - 1pm

Legs, Bums and Tums

12pm - 12.45pm

Book in to tone up with this lower body workout.

Piloxing

1pm - 1.45pm

Book in for a non-stop cardio fusion of standing pilates, boxing and dance.

Northern Ireland Tae Kwon Do Club Demonstrations

1.30pm - 2.30pm

Trampoline

2pm - 2.45pm

Come and see Sportability Trampoline Club demonstrate their skills on our state-of-the-art facility.

Respect Project Community Football Programme

3pm - 4pm

Under 16s, come and learn about the beautiful game with coaches from the Respect Project.

Multipurpose Room 1st floor

Pilates

12pm - 12.45pm

Improve your strength, flexibility and balance.

Handball Court

Our accessible cycles will be on display

Spin Studio Spin Class Sessions

11am - 11.45am

1pm - 1.45pm

3pm - 3.45pm

Available for everyone of all fitness levels to enjoy. Pre-book to avoid disappointment.

Sunday 5 November 2017

Swimming Pool Water Polo Competition

11am - 4pm

Come and watch this exciting water sport being played by local clubs. The pool is closed to the public however viewing is available in the Public Viewing Gallery.

8 Court Sports Hall Marty McGuigan Soccer Academy

11am - 12pm

Come and see these young footballers display their foot work.

Piloxing

12pm - 12.45pm

Book in for a non-stop cardio fusion of standing pilates, boxing and dance.

NI International Futsal Squad

1.30pm - 4pm

The Squad will show off their skills on our Futsal Court.

4 Court Sports Hall Body Pump

11am - 11.45am

Book in to take part in our exciting class.

Trampoline

11am - 11.45am

2pm - 2.45pm

Come and see Sportability Trampoline Club demonstrate their skills on our state-of-the-art facility.

Burns Soccer Academy

12pm-1pm

Pilates

1pm-1.45pm

Karate Club

1.30pm-2.30pm

Majella Burns Badminton Coaching Club

3pm - 4pm

Players from Majella Burns Badminton Coaching Club will be put through their paces on the courts.

Spin Studio Spin Classes

11am - 11.45am

1pm - 1.45pm

3pm - 3.45pm

Available for everyone of all fitness levels to enjoy. Pre-book to avoid disappointment.

Multipurpose Room 1st floor

Pilates

11am - 11.45am

Improve your strength, flexibility and balance. Pre-book to avoid disappointment.

Squash Court 1 Chi Me

1pm-1.45pm

3pm-3.45pm

Relax and unwind with our Everybody Active coach.