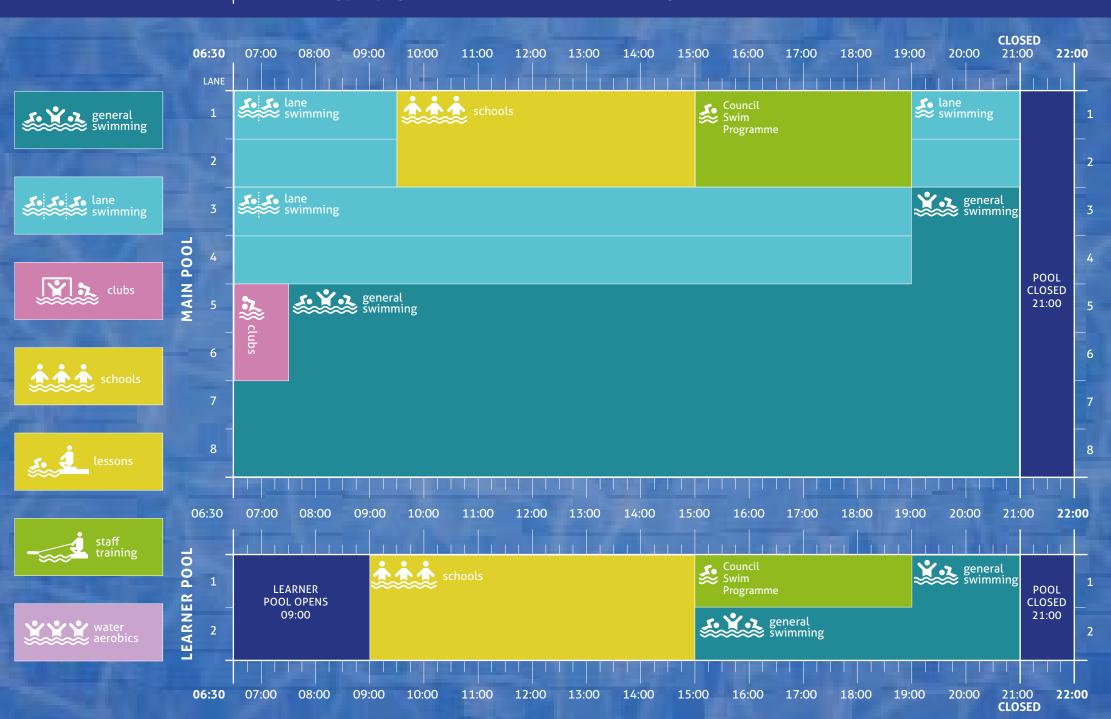
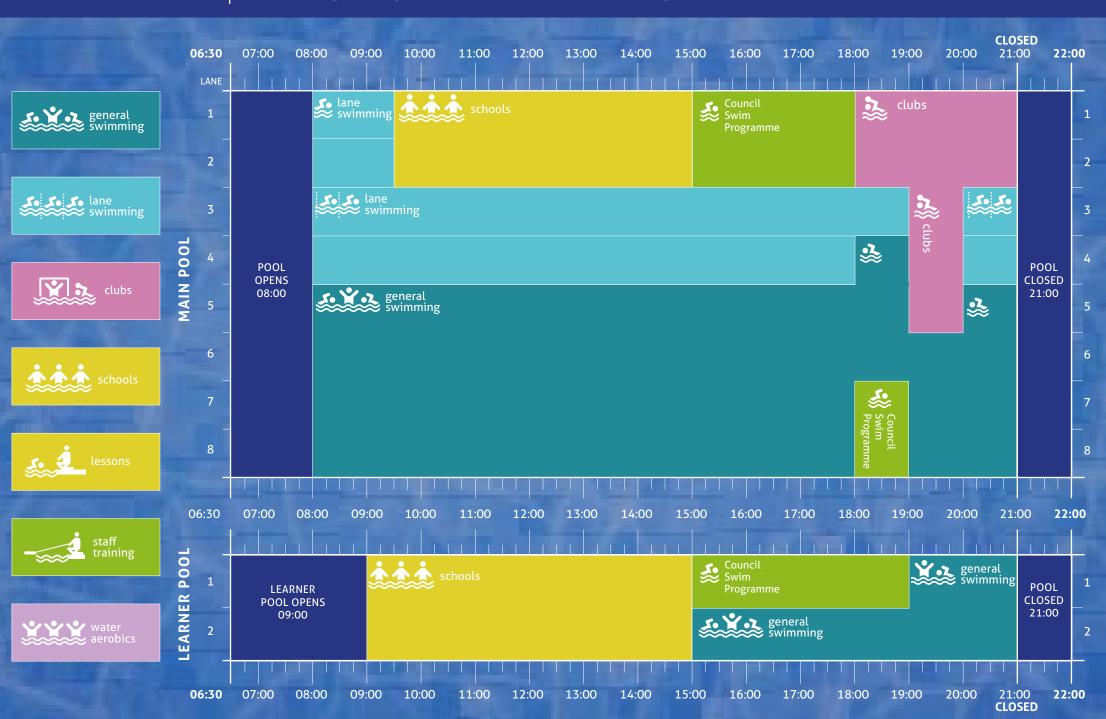
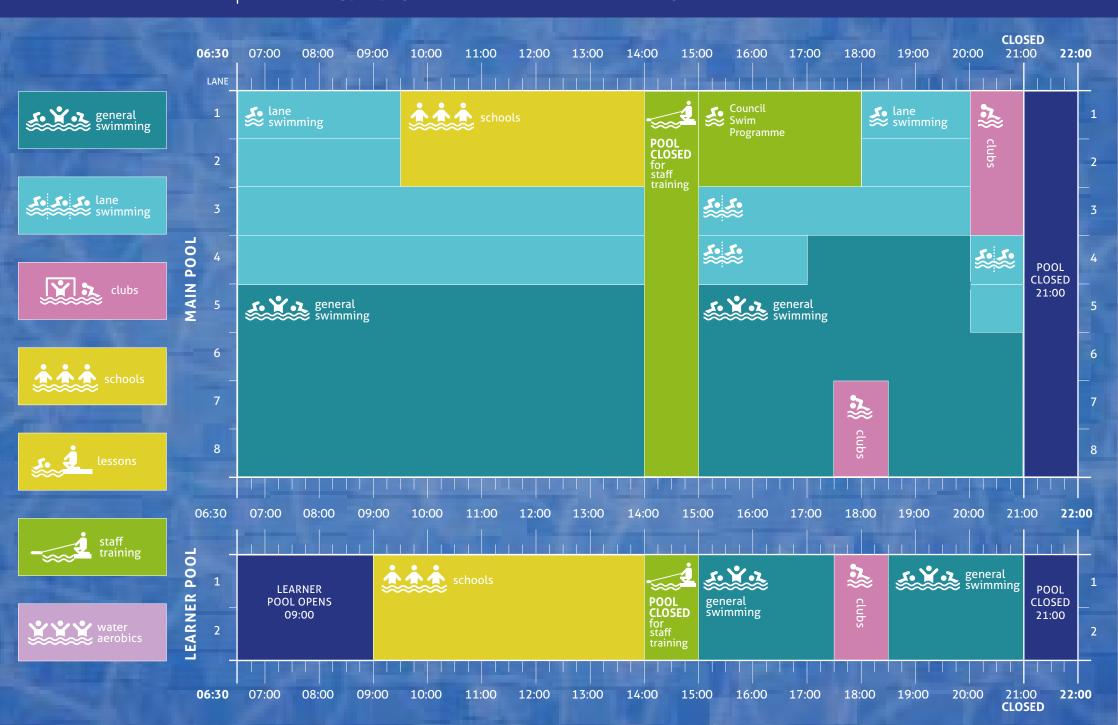


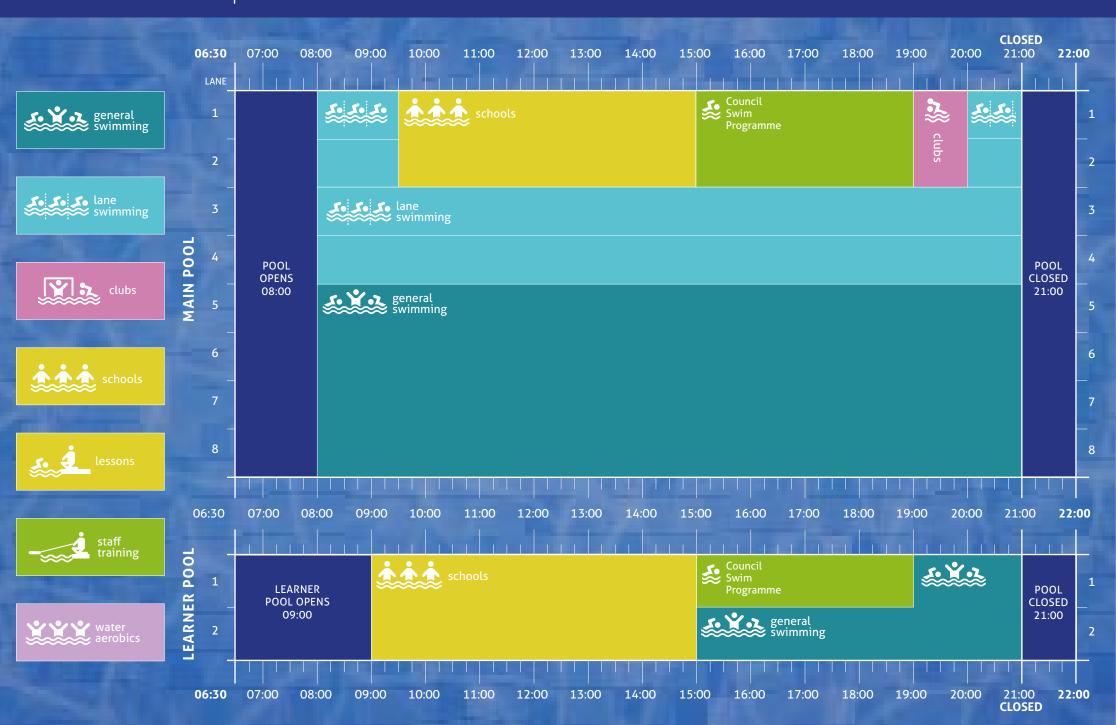
Ag freastal ar an Dún agus Ard Mhacha Theas Serving Down and South Armagh

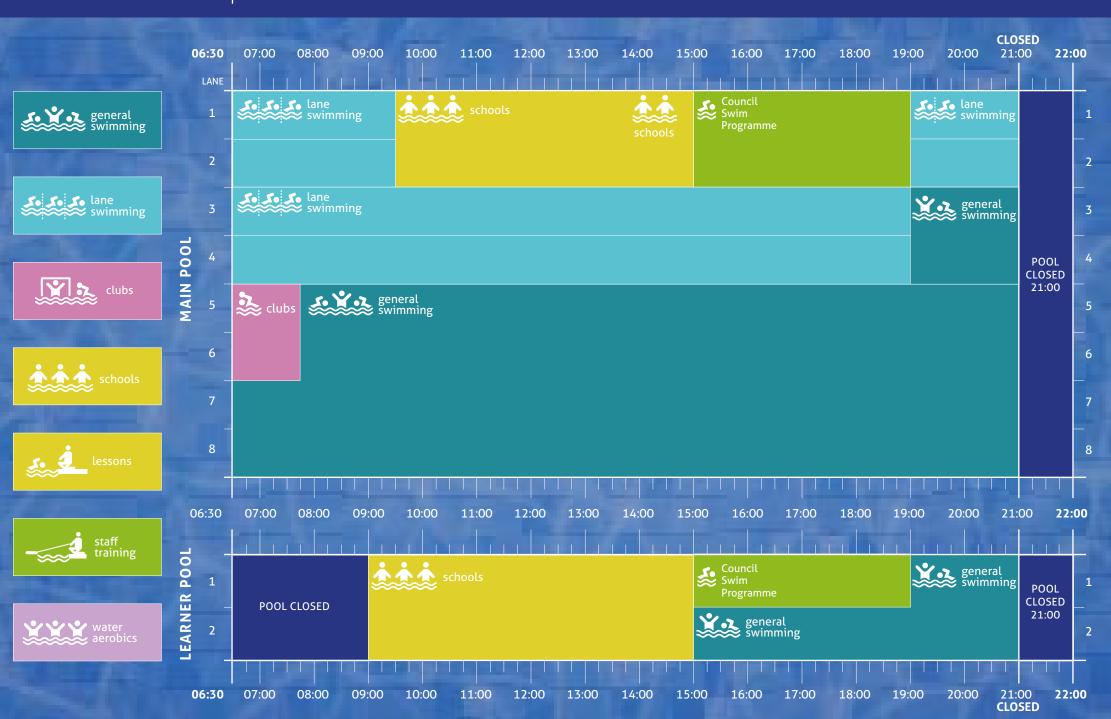


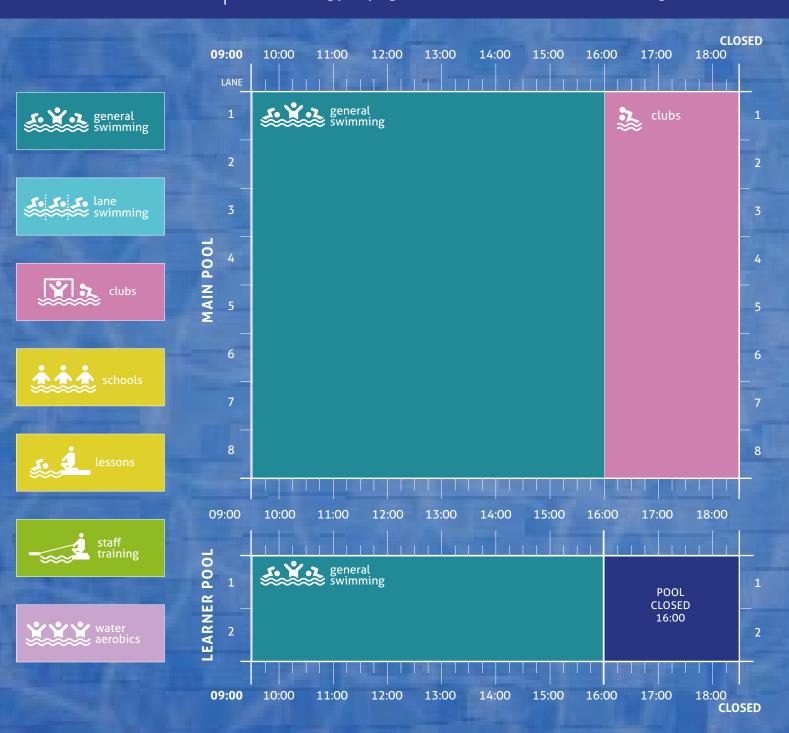












Due to high demand,
we strongly advise prebooking swim sessions in
advance for weekends and
public holidays to avoid
disappointment.

Bookings can be made via the NMD Be Active app or by calling the Leisure Centre on 0330 137 4026.

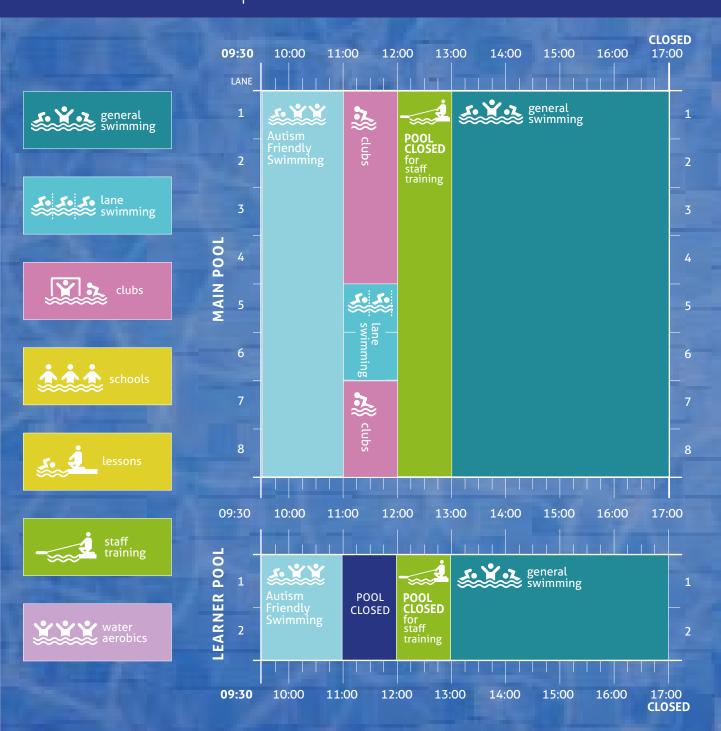
Maximum limits apply.

Members and non-members can book and pay for health suite access at Reception upon arrival or in advance via the NMD Be Active app.

Swim sessions are strictly 60 minutes. Swim sessions will start at 9.00am and will run every 15 minutes with the last swim session being 3.00pm.

For more information on downloading the NMD Be Active app go to www.newrymournedown. org/be-active-app

## **SUNDAY**



Due to high demand,
we strongly advise prebooking swim sessions in
advance for weekends and
public holidays to avoid
disappointment.

Bookings can be made via the NMD Be Active app or by calling the Leisure Centre on 0330 137 4026.

Maximum limits apply.

Members and non-members can book and pay for health suite access at Reception upon arrival or in advance via the NMD Be Active app.

Swim sessions are strictly 60 minutes. Swim sessions will start at 1.00pm and will run every 15 minutes with the last swim session being 4.00pm.

For more information on downloading the NMD Be Active app go to www.newrymournedown. org/be-active-app