Bridge Centre
Autumn–Spring Programme
September 2019 – June 2020

**Monday**
Yoga and Mindfulness with Patricia
6pm – 7pm
Cost: £36 for six weeks or £8 per class.

Down Patchwork and Craft Group
7.30pm – 10pm
First and third Monday of each month.

Private Badminton bookings
8pm – 9pm.

**Tuesday**
Parent and Toddler Group
Throughout the school term.
9.30am – 12pm
Cost: £2 per adult with 2 kids

Friendship Club
2pm – 4pm

Killyleagh & Shrigley Youth Club
Juniors 7pm – 8.30pm (Primary School children)
Seniors 8.30pm -9.45pm (Secondary school children)

Circuits
6pm-7pm
Cost: £5

**Wednesday**
Private Badminton Booking
8pm – 9pm

**Thursday**
Parent and Toddler Group
9.30am – 12pm
Throughout the school term
Cost: £2 per adult with 2 kids

Yoga with Jane Campbell
9am -10am

Senior Bowls
1.30pm – 4pm
Cost: Over 60s annual membership, one annual payment of £3.70.

Yoga and Mindfulness with Patricia
7pm – 8pm
Cost: £36 for 6 weeks or £8 per class

WKAI Ophir Karate Club
7.15pm – 8.15pm

Private 5-a-side Booking
8.30pm – 9.30pm


**Community Services, Facilities and Events**

**Friday**
Family Night
7pm – 9pm
Activities for all the family including arts & crafts, bouncy castle, 5-a-sides, toys etc.
Family Ticket: £5.00 (2 adults & 2 children)
Adult: £2.50
Child: £1.50

**Saturday**
Slimming World
9.30am – 11.30am
Ju-Jitsu for six to ten-year old’s
12pm – 1pm
Available for Children’s Birthday Parties
2pm – 4pm

Jim Shannon MP
Constituency Surgery
10am – 12pm
4th Saturday of each month

**Sunday**
Available for Children’s Birthday Parties
1.30pm – 3.30pm
4pm – 6pm

**Fitness Suite Opening Hours**
Monday – Friday 9am to 9.45pm
Saturday – 9.30am to 5.15pm
Sunday – 1.30pm to 5.45pm
All Customers must complete an Induction with our Fitness Coach prior to using.
Cost: £3.10 per session or £15.45 for a Monthly Membership.

**Contact details**
Bridge Centre
Braeside Gardens
Killyleagh
County Down BT30 9QE
T: +44 (0) 28 4482 8648
E: bridgecentre@nmandd.org