

Bridge Centre Autumn-Spring Programme – September 2018-June 2019

Monday

Yoga and Mindfulness with Patricia

6.00pm – 7.00pm

£36 for 6 weeks or £8 per class

Down Patchwork & Craft Group

7.30pm – 10pm

1st and 3rd Monday of each month – We usually take home 2 or 3 handmade greeting cards per night.

Cost £3.50 per night.

Private Badminton Booking

8pm – 9pm

Tuesday

Parent & Toddler Group

9.30am – 12 noon

Throughout the school term. Cost £2 per adult with 2 kids (£1 for each additional child). Childminders £2 per adult with one child (£1 for each additional child).

Friendship Club

2pm – 4pm

Killyleagh & Shrigley

Youth Club

Juniors 7pm – 8.30pm (Primary School aged children)

Seniors 8.30pm – 10pm (Secondary School aged children)

Cost £1 per person & £3 registration fee.

Wednesday

TaeKwon-Do

6.30pm – 7.30pm

Martial Arts for 6-10year olds

Private Badminton Booking

8.00pm – 9.00pm

Thursday

Parent & Toddler Group

9.30am – 12 noon

Throughout the school term. Cost £2 per adult with 2 kids (£1 for each additional child). Childminders £2 per adult with one child (£1 for each additional child).

Senior Bowls

1.30pm – 4pm

Cost: Over 60s annual membership, one annual payment of £2.35.

Yoga and Mindfulness with Patricia

7.00pm – 8.00pm

£36 for 6 weeks or £8 per class

WKAJ Ophir Karate Club – Wado Ryu Style Karate

7.15pm – 8.30pm

Cost: Annual membership 16+ £35 & under 16 £25.

Class fee 16+ £3 & under 16 £2.

Private 5-a-side Booking

9pm – 10pm

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

Cost £9.95 registration fee, £4.95 under 60's and
£4.65 over 60's per person.

Ju-Jitsu for 6 – 10year olds
12 noon – 1.30pm

Available for Children's Birthday Parties
2.30pm – 4.30pm

Jim Shannon MP Constituency Surgery
10am – 12 noon

4th Saturday of each month.

Sunday
Available for Children's Birthday Parties
1.30pm – 3.30pm
4.00pm – 6.00pm

Fitness Suite Opening Hours
Monday – Friday 9-00am to 9.45pm
Saturday – 9.30am to 5.15pm
Sunday – 1.30pm to 5.45pm

Fully Equipped Fitness Facility. All Customers must complete an Induction with our
Fitness Coach prior to using.

Cost - £3.00 per session, or,
£15.00 for a Monthly Membership

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Serving Down
@nmdcouncil /nmdcouncil and South Armagh
www.newrymournedown.org
Bridge Centre,
Autumn – Spring
Programme 2018/19

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