

Be Active SUMMER

Programme



www.newrymouredown.org/summerprogramme



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

All activities are subject to availability and offers are only applicable Monday to Friday and only during designated times and dates.

Offer excludes evenings and weekends.

Supervision restrictions and normal admission criteria may apply.

Teen Gym

Teen Gym is for 12 to 15-year olds only and each Centre will have a maximum number of slots which can be booked along with an induction at your local Leisure Centre. These session times might vary slightly so check specific times with your local Leisure Centre.

Children Indoor Swim Activities

Normal admission policy applies i.e. All children under the age of 8 must be accompanied by a responsible person, who should be 16 years or over. This person may accompany up to 1 child

under the age of 4, or 2 children where at least one of which is aged over 4 years. Swimming pool group bookings for parties of children aged 8 years & over must be accompanied and supervised by a responsible adult aged 16 year or over, with a minimum supervision ratio of 1 adult to 10 children (1:10). Recommend contacting the Centre prior to attending. Maximum bather loads apply in each pool and admissions may be restricted if bather loads are at capacity.

Soft Play (Newry Leisure Centre only)

only available for children under the age of 12 years or under 4'9" (1.45m) and children must be supervised by a responsible adult aged 16 year or over. Maximum admission numbers apply and admissions may be restricted if the maximum admission numbers are reached.

All activities can be paid on the day at your local Leisure Centre.

Participating Centres:

Newry Leisure Centre

Down Leisure Centre

Kilkeel Leisure Centre

July and August is...

£1 Summer
from 9am to 5pm
Monday to Friday

All Activities just £1
Including Teen Gym,
Children's Indoor Swimming
and Soft Play (Newry Leisure Centre)
excluding TROPICANA
in Newcastle





Big Summer discounts for Under 18 Group Sport Activities from 9am to 5pm Monday to Friday

Main/Minor Hall Group Activities

(e.g. badminton, table tennis, netball, basketball, volleyball, 5-aside football, indoor bowls).

Only £8.00.

Applicable to 18 years and under only. Facilities are subject to availability.

Court Activities

(e.g. squash, racquetball)

Only £2.00 to hire.

Applicable to 18 years and under only. Facilities are subject to availability and cannot be booked at discounted rate evenings and weekends. Activities can be booked and paid on the day of play, advanced booking must be pre-paid at the time of booking.

General Supervision

Unless stated elsewhere, parents/guardians should be reminded that children aged 7 years and under should be supervised always by a responsible adult whilst on the premises of the centre.

Parents/guardians are responsible for allowing children 8 years and over to use Newry Mourne and Down District Council Indoor Leisure facilities unaccompanied.

Participating Centres:

Newry Leisure Centre

Down Leisure Centre

Kilkeel Leisure Centre



Summer Multi Sports Activities Primary School Aged Children

Multi-Sports sessions provide the opportunity for primary school aged children to take part in active, fun and rewarding sporting activities. The focus of the sessions is to help and support each child's development and enjoyment. The main benefit of the multi-sports camps is to allow children to try many different sports at a young age to broaden their interests and knowledge in physical activity.

Key information, locations & dates

Age Range:

P1 – P7 (Children attending must have completed Primary 1 in 2022/2023 academic school year.)

Locations:

Newry Leisure Centre

Down Leisure Centre

Kilkeel Leisure Centre

Newcastle Centre

Ballynahinch Centre

Bridge Centre Killyleagh (1 week only)
14th – 18th August

Length of programme:

4 weeks

Dates:

Weeks commencing
17, 24 & 31 July &
7 August

Times:

10am – 12pm : P1 – P3 (x1 session)

1pm – 3pm: P4 – P7 (x1 session)

Price: £10.90 per week

Booking:

You must book your place online
<https://www.newrymournedown.org/summerprogramme> or book at your local centre.





Inclusive and Disability 'Wheelie Active' Programme

Wheelie Active sessions have a wide variety of disability sports equipment including accessible bikes, sports wheelchairs, Boccia sets and other specialist equipment which is to be used throughout the sessions as required. This is an exciting opportunity for children with disabilities aged 4 – 12 years old so that they can improve their motor skills, health and wellbeing.

These sessions aim to give children with disabilities opportunities to develop physical literacy and movement skills for sport in a range of safe, progressive and inclusive activities. Friends and siblings are also encouraged to take part in the activities with the understanding that safety and enjoyment is key to the ethos of the programme.

Location	Date	Time	Price	Booking
Newry Leisure Centre	25 & 27 July 8 & 10 August	3:30 – 5pm	£2.20 per session	Drop in Max 30 per session
Down Leisure Centre	25 & 27 July 8 & 10 August	3:30 – 5pm	£2.20 per session	Drop in Max 30 per session



Autism Swim Sessions

Dedicated autism-friendly swim sessions are available to book throughout the year in Newry, Down and Kilkeel Leisure Centres.

Autism-friendly swim sessions are designed to create a calmer swimming environment suitable for those with autism and their families.

Autism Swim sessions are available to book as follows:

Locations & times:

Newry Leisure Centre

Every Sunday morning 10am – 11am

Down Leisure Centre

Every Thursday afternoon 5.30pm – 6.30pm

Kilkeel Leisure Centre

Every Friday afternoon 5.30pm – 6.30pm

Price:

Normal swim entry pricing applies

Booking:

Sessions can be booked at <https://www.newrymournedown.org/leisure-facilities>

Teen Activity Week

Multi-Sports sessions

provide the opportunity for young people aged 12 – 15 years old to take part in active and engaging sporting activities. The focus of the sessions is to help and support young people to 'Be Active' and have fun this summer. The main benefit of the multi-sports camps is to allow all involved to try different sports and activities to cater for a range of interests and skills development.

Teen Fitness sessions

are specifically aimed at young people who want to improve their overall physical and mental well-being by engaging in exercises to support their development. These sessions will aim to inspire teenagers to be more active in a supportive environment where they can make new friends, try various activities and have fun.

Key information, locations & dates

Age Range: 12 – 15 years

Locations:

Newry Leisure Centre

Down Leisure Centre

Length of programme:

1 week

Dates:

14 – 18 August

Times:

11am – 1pm: multi-sports sessions

2pm – 4pm: teen fitness

Price: £10.90 per week

Booking:

You must book your place online <https://www.newrymournedown.org/summerprogramme> or book at local leisure centre.

Terms & conditions

Terms and Conditions for all Sports Activity Programmes

Children attending the multi-sports camps must have completed Primary 1 in 2022/2023 academic school year.

Please arrive no more than 10 minutes before the activity is due to start and be prompt for collection times.

It is recommended all participants wear suitable footwear, casual clothing and should be prepared for indoor and outdoor activities.

Participants are advised to bring a refillable water bottle and one healthy snack.

Parents/Guardians are responsible for applying sunscreen to participants under 18 before they arrive.

Please note we are unable to provide one to one personal care such as toileting and feeding.

All bookings are non-refundable and non transferable unless cancelled by Council.

Tropicana Outdoor Swimming Complex Newcastle

Tropicana Outdoor Swimming Complex, situated in the heart of Newcastle will again open its doors for residents to enjoy outdoor swimming sessions throughout July and August. All outdoor swimming pools are heated.

Admissions Policy

Newry, Mourne and Down Leisure Centres currently operate the following swimming admission policy for its users.

- All children under the age of 8 must be accompanied by a responsible adult (at least 16 years old) at all times.
- An adult (aged 16 or over) may accompany:-
 - 1 child under the age of 4.
 - 2 children where at least one of the children is aged over 4 years.
- In addition to the above, non-swimmers (children) must wear a secure flotation device such as fitted armbands or a buoyancy aid.
- Any person under the influence of drugs or alcohol will be refused admission.

Age Restrictions

Children under 8 years must be accompanied by an adult aged 16 or over in the water at all times, who must stay in close proximity to supervise the child. Applies to both pools.

Swimming pools and slides

All of the swimming pools within the Tropicana Swimming Complex are heated. The small slide in the toddler pool will be open to children under the age of 8 years old.

Weather

Some of our facilities may have to close in the event of dangerous weather conditions. For latest updates see NMD Be Active Facebook page.

Seasonal opening times (July and August only)

Monday	12pm – 5.30pm
Tuesday	12pm – 8pm
Wednesday	12pm – 5.30pm
Thursday	12pm – 8pm
Friday	12pm – 5.30pm
Saturday	10am – 5.30pm
Sunday	2pm – 5.30pm

Tropicarama (Fun Sessions)

Every Tuesday & Thursday 6pm – 8pm

Swimming – Casual Pay-As-You-Go prices:

Pay-As-You-Go 16+	£3.50
Pay-As-You-Go Concession	£2.70
Pay-As-You-Go Under 4	Free
Pay-As-You-Go Group Ticket (2 adults & 2 Children)	£10.50

Booking:

Swim Sessions must be booked on the NMD Be Active app under the 'Book Swimming' tile.

Swim sessions are added regularly throughout the summer and you can only book 8 days in advance. All bookings are non refundable and non transferable unless cancelled by Council.



Sports Summer Camps – Financial Assistance

Newry, Mourne and Down District Council provide financial assistance to more than 14 clubs throughout our district to help support the delivery of the summer sports sessions for over 1500 children and youths with mixed abilities.

Details of the sports clubs involved, sports programmes coming up as well as how to register and sign up are outlined in the following pages.



Sports Club	District Electoral Area	Programme name	Sports provided	Who is it for?	Dates and times	How to register
Newry City AFC	Newry	Newry City AFC Summer Program 2023	Football coaching	Ages 5-12 All abilities and genders. 100 participants	7 – 11 August 10am – 1pm	For more information: www.newrycityafc.co.uk
Youth Initiatives	Downpatrick	FLIPPED	Accessible and alternative sports, including HIT Sessions, Cabbage Ball, Rounders Tournament, Circuit Training, Volley Ball, Badminton	Ages 12-17 All abilities All genders 30 participants	Week 1 24 - 28 July Week 2 2-11 August	For more information: www.youthinitiativesni.com
Newtownhamilton Development Association	Slieve Gullion	Summer Sports - NTH	Football, Dodgeball, Tennis, Basketball, Games and much more!	Ages 4-13 abilities All genders 150 participants	31 July – 4 August	For more information: nthdassoc@gmail.com
Peadar O Dairnin GAA Club, Forkhill	Slieve Gullion	Summer Sports Camp	Gaelic games with additional sports included	Ages 5-12 All abilities All genders	Week 1 10/7/23 - 14/7/23 Week 2 14/8/23 - 18/8/23	For more information: secretary.forkhillpeadarodairnin.armagh@gaa.ie

Sports Club	District Electoral Area	Programme name	Sports provided	Who is it for?	Dates and times	How to register
Saintfield Sports Club	Rowallane	Hit them for SIX!	Cricket	Ages 10-14 All abilities All genders	Week 1 31.07.23 – 04.08.23 Week 2 07.08.23 – 11.08.23	For more information contact: www.saintfieldsportsclub.co.uk/
St Patrick's GAC Saul	Downpatrick	Saul Multi-Sport Week	Gaelic games with additional sports included such as netball and basketball	Ages 5-12 All abilities All genders	July / August	For more information contact: www.facebook.com/SaulGac/
St Colmcille's Primary School PTA	Downpatrick	Getting active this summer!	Sports including football, GAA, rugby, Basketball, Netball, etc.	Ages 4-11 All abilities 70 participants	Week 1 03/07/23-07/07/23 Week 2 10/07/23-14/07/23	For more information contact: 028 44 614 177
Kilcoo GAC	The Mournes	Kilcoo Kids Healthy Activities Summer Scheme	Gaelic games with additional sports included	Ages 4-11 All abilities All genders 120 participants	July/August	For more information contact: secretary.kilcoo.down@gaa.ie www.kilcoo.gaa.ie
Valley Rangers Youth Football Club	The Mournes	Valley Summer Fun	Football with additional sports included	Ages 4-12 All abilities All genders	07/08/2023 – 11/08/2023	For more information contact: www.facebook.com/people/Valley-Rangers-Fc/

Sports Club	District Electoral Area	Programme name	Sports provided	Who is it for?	Dates and times	How to register
Glasdrumman GAC	The Mournes	Get active, stay active with Glasdrumman GAC	Gaelic Games plus team building challenges	Ages 6-11 All abilities All genders	10 – 14 July	For more information contact: www.facebook.com/GlasdrummanGAC
St John's Drumnaquoile GAC	Slieve Croob	Girls Get Active	Gaelic Games plus a range of outdoor activities at Newcastle YMCA	Girls aged 13-16 All abilities 60 participants	July/August	For more information contact: secretary.stjohns.down@gaa.ie www.stjohnsgaa.com
Tollymore United FC	The Mournes	Summer Sports Programme	Football with additional sports included	Ages 4 – 12 All abilities All genders	21.08.23 - 25.08.23	For more information contact: www.facebook.com/TollymoreBears
Newcastle Football Club	The Mournes	Newcastle Summer Sports Program	Football with additional sports included	Ages 4 – 12 All abilities All genders	24.07.23 - 28.07.23	For more information contact: www.facebook.com/newcastle.fc.58
Schomberg Society Kilkeel Ltd	The Mournes	Everyone Anyone Summer Sports Programme	Multi - sports	Ages 4 – 16 All abilities All genders	07.08.23 - 11.08.23	For more information contact: schombergsociety@gmail.com www.schombergsociety.co.uk

Take5

steps to wellbeing



Health and
Social Care

Give



Be active



Connect



Keep learning



Take notice



www.mindingyourhead.info

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.

Take5

steps to wellbeing



Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing (www.neweconomics.org).

Artwork designed in association with Belfast Strategic Partnership.

Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114 (local rate).

CONTACTS

Ballymote Sports and Wellbeing Centre

96 Glebetown Drive, Downpatrick BT30 6PX

T: 0330 137 4026

E: ballymotesportsandwellbeingcentre@nmandd.org

Down Leisure Centre

114 Market Street, Downpatrick BT30 6LZ

T: 0330 137 4026

E: downleisurecentre@nmandd.org

Kilkeel Leisure Centre

Mourne Esplanade, Kilkeel BT34 4DB

T: 0330 137 4026

E: kilkeel.reception@nmandd.org

Newcastle Centre

10-14 Central Promenade, Newcastle BT33 0AA

T: 0330 137 4026

E: newcastlecentre@nmandd.org

Newry Leisure Centre

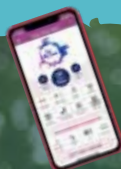
60 Cecil Street, Newry BT35 6AU

T: 0330 137 4026

E: poolreception@nmandd.org



www.newryandmouredown.org



Please check the NMD Be Active App or www.newrymouredown.org/leisure-facilities for the latest information on timetables and opening times.

NMD Be Active App
Download it NOW



f @NMDBeActive

t @nmdcouncil

