

Special Events /Extended Lets/ Group Bookings

Thinking of booking an event at the Leisure Centre in the near future? If so, contact Sammy Montgomery, Centre Supervisor, on 028276 60260 or email sammy.montgomery@causewaycoastandglens.gov.uk Whether it be a vintage car show, musical performance or gala dinner, we have the experience and expertise to make your event a success!

An example of some of the events hosted:

- Motorcycle show
- Classic/Vintage Car show
- Power lifting Competition
- Music competition
- Church groups and youth clubs
(we can take bookings for outside opening hours)

Lecture Room (seats 40 or can be set up boardroom style seats 20 at tables)

This newly refurbished room is perfect for committee meetings and training seminars. Let us take care of your meetings! We can provide TV, Flipchart, projector, laptop or Screen. Catering is also available on request!

Conference Area (Seats 60 or can be set up boardroom style and seats 20 - 30 at tables)

This area is situated on the first floor and ideal for larger groups for meetings and seminars. As with our lecture room it can be set up to meet your individual needs and a range of A/V and presentation equipment provided.

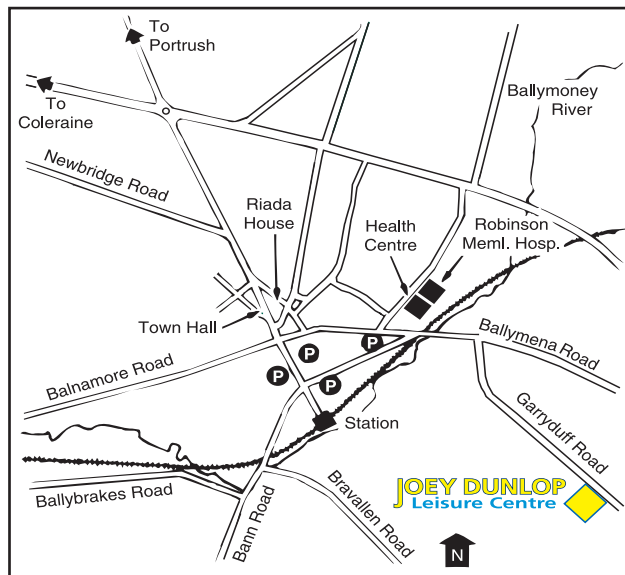
The Marquee

Do you require something a little special? **The MARQUEE** hosts various special evenings, including the annual Ballymoney Sports Awards.

The main hall of the leisure centre is equipped with draped ceilings, chandeliers and carpets to transform the hall into a perfect venue for your special event. We can recommend a selection of outside caterers and guide you in the tiny details to make it a memorable occasion.



HOW TO FIND US



Accessibility

The Joey Dunlop Leisure Centre warmly welcomes users with disabilities.

Our leisure centre provides:

- Designated parking spaces for Blue Permit Holders
- Automatic entrance doors
- Wheelchair accessible changing facilities
- Accessible toilets
- Lift to first floor
- Easy access to Conservatory Restaurant
- Pool hoist for main swimming pool
- Braille and Tactile signage throughout the building
- Induction Loop System

Supported by Adapt N.I.

JOEY DUNLOP LEISURE CENTRE
33 Garryduff Road, Ballymoney BT53 7DB
028 2766 0260 or 2766 0265



JOEY DUNLOP LEISURE CENTRE

SPRING ACTIVITIES 2017
Jan - June

email: JDLC@causewaycoastandglens.gov.uk
www.causewaycoastandglens.gov.uk 028 2766 0260/2766 0265

A warm welcome to Leisure Centre patrons from the Management and Staff. We hope you will enjoy our wide and varied programme of activities on offer during the period January to June 2017.

N.B. The details in this brochure are subject to change without notice.

Activity Price List from January 2017

Yearly Membership Fees:

Family	£25
Adult	£15
Junior (under 18)	£8
Full Time Student (over 18)	£8
Senior Citizen/Disabled	£3.50
Extended Let Affiliation Fee	£32

Activity Prices

Activity	Member	Non-member
Adult Swim	£3.80	£4.70
Adult Earlybird Swim (Mon-Fri: 8.30-9.30am)	£1.70	£2.40
Adult Lunchtime Swim (12.30-1.30pm)	£2.40	£3.30
Junior Swim (5-17yo)	£2.40	£3.10
Concession Swim (Senior citizen, disabled etc)	£1.70	£2.40
Family Swim (2ad & 2ch/1ad & 3ch)	£8.00	£10.00
Facility Hire (per hour)	Junior	Adult
Badminton	£6.00	£8.80
Table Tennis	£4.50	£6.50
Tennis	£3.50	£5.00
Main Hall Off Peak: 9.00-5.00pm	£18.00	£18.00
Main Hall Peak: 5.00-10.00pm	£26.40	£26.40
Minor Hall	£12.00	£17.60
Dance Studio	£19.00 per hour	
Lecture/Committee Rm	£16.00 per hour	
Conference Room	£20.00 per hour	

CHILDREN'S SWIMMING LESSONS AT JDLC!

Whether your child is an absolute beginner or looking to improve their technique, we offer a comprehensive programme of lessons to suit them! Our 'Learn to Swim' programme aims to take the non-swimmer from their first splash to developing confidence and competence in the water.

Our qualified team of instructors will take your child through a structured lesson programme, teaching new skills and techniques in an enjoyable and safe environment. Each swimmer will benefit from:

- Fully qualified STA/ ASA instructors
- Automatic progression throughout the scheme - priority booking after each block of lessons.

Lessons take place **Monday - Friday afternoons** (3.30 - 6.30pm) and **Saturday mornings** (9.30-12.00noon) and cost £48 for a twelve week course for centre members (non-members £57.60).

To book please complete a registration form at reception or email: JDLC@causewaycoastandglens.gov.uk for further information!

EARLY BIRD SWIMMING 8.15am - 9.30am

Start your day with an early morning plunge, which will leave you feeling invigorated, fit and ready to face the day ahead. These sessions are available Monday, Tuesday, Wednesday and Friday mornings from 8.15 am - 9.30am.



PARENT & TODDLER SWIM & SOFT PLAY

Every Monday 12.30 until 1.15 minor pool followed by 1.15 until 2.15 soft play area. Only £5 per family for both activities. Please contact reception for more information when the next course starts.

Parent and toddler is an instructor lead session, with nursery rhythms and games. It is a relaxed environment to help develop your child's water confidence. Followed by tea and coffee in our soft play area.

ADULT SWIMMING DEVELOPMENT COURSE'S

Want to learn to swim, improve your technique or get fit? Then we have the classes for you!

We are providing a 6 week course to help you get there.

Please contact reception for more information when the next course starts.

Adult beginners: For those adults that are looking to learn the basics and start the journey of becoming a swimmer. Thursday's 6-7pm. Price £36

Adult Improvers: For those adults that can nearly swim 25 metres but find it a struggle and want to improve their technique. Thursday 7-8pm. Price £36

Swim Fit: A pay as you go session. This is for the adults that can swim 50 metres front crawl and want to develop their technique, improve their swim times and general swim fitness. Each session will have a different goal and use different training aids. Thursday 8-9pm. **Pay as you go price - £4 per session. Booking is essential**

SATURDAY SCAMPER CLUB 9.30am - 1pm



Saturday is Scamper Day! Join us for 3½ hours of football, swimming, table tennis and much more. There is no need to book! Just come on the day and our coaches will keep you right. Scamper kids can also refuel with the kids meal deal @ £3.00 (food supplied by Flash in The Pan)!

Every Saturday during school terms 9.30am - 1pm
Members £3 Non-member £3.70



Birthday Parties

Indoor Adventure Playground

Children under 12

- Twin Wavy Slide
- Ball Cannon arena
- Ball Pool... and more
- Exo-station Interactive Games
- 540° Spiral Slide
- Treasure Hunt

Treasure Island

Treasure Island is the perfect place to let your little sea urchins run riot. A soft play area designed for children under 12 years. Watch them as they slip and slide down the wavy slide and going paddling in the ball pool! A designated area for the toddlers is the ideal place for the younger kids. The staff are there to supervise ensuring every child has a safe and fun adventure. Sit back, relax and watch your child explore the 7 seas.

Having a birthday party? Treasure Island is the perfect place for the kids to have fun together
 For Birthday Party details contact the office manager on 028 2766 0266.

To book your party call
028 2766 0266

SPORTS CLUBS 2017

Karate Club
 Tuesday 7.30 - 9.00pm 5 - 12 yrs 12+/Adults
 Contact Danny Redmond for further details on 07976987696

Ballymoney Hockey Club
 Contact Dianne Kirgan (07596256996) or Maria Doherty (07881238558) for further details

Ballymoney Utd. Youth Academy
 Contact John Fall (Sports Development Manager) for details of other age groups on 07719745936

Ju- Jitsu
 Friday 7.00 - 8.00pm 5 -14 yrs
 8.00 - 9.00pm 15 yrs
 Contact Peter Kernohan for further details on 07719200005

Special Olympics Swimming Club
 Friday 6.00 - 6.30pm Beginners
 6.30 - 7.30pm Improvers (Group 1)
 7.30 - 8.30pm Improvers (Group 2)
 Children must be at least 6 years old to enrol. Contact Catherine for further details on 028 7032 9164

Springwell Running Club
 Monday 6.00pm Beginners/ Improvers
 Tuesday 6.00pm Interval/ Hill Session
 Thursday 6.00pm 3, 5, 6+ mile steady run
 Contact Kenny Bacon for further information on 07753289528.
 Long run from Matthewson' Chemist on Sundays 8am

Racquets Club
 28th March - 9th May 4.30 - 5.30pm
 5-12 years JDLC Main Hall £2 per session



Wendy Hunter
 M.Ch.S. D.Pod.M. S.R.Ch.

Health Professions Council registered
 State Reg. Chiropodist / Podiatrist
 35 Captain St. Upper, Coleraine.
 Joey Dunlop Centre, Ballymoney.

T: 028 703 51877
www.footcareclinic.biz
 Rep. for Essential Whole Food Nutrition
www.juiceplus.co.uk/+wh27490

Now at Joey Dunlop Leisure Centre...



T: 07517 808 056

JOEY DUNLOP HEALTH AND FITNESS CLUB

Open 7 Days a week!



Opening Hours

Monday	9.00am - 10.00pm
Tuesday	8.15am - 10.00pm
Wednesday	9.00am - 10.00pm
Thursday	8.15am - 10.00pm
Friday	9.00am - 10.00pm
Saturday	9.00am - 5.30pm
Sunday	1.30pm - 5.30pm

Fitness Classes at JDLC - Now included within our great value, monthly membership!

We are proud to offer a wide range of fitness classes at Joey Dunlop LC which are now included within our great value monthly membership.

Whether you're interested in our NEW pump classes, or a more relaxed Pilates class, we have something to suit you!

Under the expert tuition of our qualified instructors, we'll help you reach your fitness goals in a fun and stimulating environment. Not a member? No problem! You can participate in our classes for just £4 per session (advance booking recommended).

Check out our latest timetable **NOW** in the centre or on our Facebook page.



The Health and Fitness Club has its own membership advisor, who is dedicated to finding you a membership package to suit your needs.

For further details contact **Brenda Boyle** directly on 028 2766 0291 or email brenda.boyle@causewaycoastandglens.gov.uk

Gymnastics Classes

Our gymnastics classes are for everyone! Whether you are a boy or a girl, a child or an adult, our qualified coaches have the skills to teach complete beginners and experienced gymnasts. The following classes, which are fully endorsed by British Gymnastics, are available:

Wednesdays	4.00 - 5.00 pm	5 - 10yrs old
	5.00 - 6.00 pm	5 - 7yrs old
	6.00 - 7.00 pm	8 - 10yrs old
	7.00 - 8.00 pm	10 yrs+/Adults

Causeway Trampoline Club

(Based in Ballymoney & Coleraine)

NEW

Trampoline is a competitive Olympic sport in which gymnasts perform acrobatics while bouncing on a trampoline. These can include simple jumps in the pike, tuck or straddle position to more complex combinations of forward or backward somersaults and twists. The Ballymoney section will be based at the Joey Dunlop Leisure Centre, under the expert guidance of one of N.I High Performance Coaches **Stuart Harper** for children aged 8 years upwards.

The Ballymoney section will run on a Wednesday evening from 8.30pm-9.30pm for eight weeks starting on 25th January 2017. Cost £60 for eight weeks with 20 places available.

For more information contact the Sports Development Unit on 028 2766 0271 or you can collect registration forms at the Joey Dunlop Leisure Centre.

Girls Multisports League 12-16 yrs

12th January - 2nd March 7 - 8pm
JDLC Main Hall £2 per session

For further information contact **Coach Mark McKane** on 028 2766 0286 or email mark.mckane@causewaycoastandglens.gov.uk



DANDER FOOTBALL - OVER 50'S



9th January - 27th February
10 - 11am JDLC Main Hall
£2 per session

Everybody Active 2020

Everybody Active 2020 is a Causeway Coast and Glens Borough Council and Sport NI partnership investment programme that employs a team of coaches to deliver physical activity and multi sports to the residents of the borough. The Everybody Active 2020 team of coaches will work in community and club settings, whilst encouraging new groups to increase participation in sport and physical activity. The aim of the programme is to target underrepresented groups and to create opportunities especially for women and girls, and people with a disability, to find a sport or physical activity they enjoy through sustained participation. There will be minimum charge weekly for each activity.

Pain Management Activity Class

12.00am - 13.00pm Each Wednesday

Open to anyone with CFS or Chronic Pain this class includes gentle exercise, stretching and relaxation techniques. Classes cost £3 which includes complimentary Tea and Coffee afterwards. For further information contact **Coach Pat Montgomery** on 028 2766 0267 email Pat.Montgomery@causewaycoastandglens.gov.uk

How to get involved?

For further information on the **Active Communities Programme** please contact:

John Fall - Sports Development Manager
T: 028 276 60271 or E: John.fall@Causewaycoastandglens.gov.uk
Mark McKane - Everybody Active Coach
T: 028276 60286 or E: Mark.Mckane@causewaycoastandglens.gov.uk
Pat Montgomery - Everybody Active Coach
T: 028276 60267 or: Pat.Montgomery@causewaycoastandglens.gov.uk

Active Aging

Causeway Coast and Glens Borough Council, in partnership with Sport NI, are delighted to offer an Active Aging Programme at Joey Dunlop LC. These sessions, which are designed for customers over the age of 50, offer a fun and enjoyable way to get active and stay healthy, while also meeting new friends.

Tuesdays (10am - 12noon)

Activities available: Fitness Suite, Swimming, Badminton, Light Aerobics and Strength and conditioning classes.

Thursdays (12 noon- 2 pm)

Activities available: Fitness suite, Swimming and use of Health Suite, Pilates

Classes cost £3 per session, which includes complimentary Tea and Coffee afterwards.

For further information on our **Active Aging programme**, please contact our **Pat Montgomery** on 028 276 60267 or email Pat.Montgomery@causewaycoastandglens.gov.uk