

Joey Dunlop Leisure Centre



**JANUARY
- JUNE
2012**



BALLYMONEY
BOROUGH COUNCIL



email: leisurecentre@ballymoney.gov.uk

028 2766 0260/2766 0265

www.ballymoney.gov.uk

CENTRAL & LEISURE SERVICES DEPARTMENT

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 2012.

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

Activity Price List from January 2012

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

Adult Entrance Fee	90p payable by non-member
Junior Entrance Fee	70p payable by non-member
Senior Citizen Entrance Fee	70p payable by non-member
Spectator Entrance Fee	90p payable by non-member
Adult Swim	£3.80 per session
Junior Swim	£2.40 per session
Treasure Island under 5's	£3.00 per session
Treasure Island over 5's	£3.50 per session
Aerobic Classes	£4.00 per session
Badminton	£4.40 per court ¹ / ₂ hour
Table Tennis	£3.25 per table ¹ / ₂ hour
Senior Citizens Bowls	£1 per 2-hour session
Tennis Adult	£5 per court 1 hour
Tennis Junior	£3.50 per court 1 hour
Tennis Concession Adult	£65 April - Sept
Tennis Concession Junior	£45 April - Sept

Facility Hire

Main Hall Adult Activity	£26.40 per hour
Main Hall Junior 9am - 6pm	£12.60 per hour
Minor Hall	£17.60 per hour
Committee Room	£16.00 per hour
Lecture Room	£16.00 per hour
Conference Room	£20.00 per hour
Dance Studio	£19.00 per hour

For details of Health & Fitness Club prices ask to see our membership advisor who will advise the best-priced package to suit your training needs. For details of gym packages contact **Brenda Boyle 028 2766 0291**.

Swimming Lessons January - April 2012

Set 1 Junior Swimming Courses Course Fee:

Members £24 Non-Members £28.80 (6 weeks)

The following courses commence on Monday 9 January and will finish on Monday 13 February 2012.

3.30 - 4.00 p.m.	4-6	Beginners
4.00 - 4.30 p.m.	4-6	Beginners
4.30 - 5.00 p.m.	4-6	Intermediate
5.00 - 5.30 p.m.	4-6	Improvers
5.30 - 6.00 p.m.	4-6	Beginners

The following courses commence on Wednesday 11 January and finish on Wednesday 15 February 2012.

3.30 - 4.00 p.m.	4-6	Beginners
4.00 - 4.30 p.m.	4-6	Intermediate
4.30 - 5.00 p.m.	4-6	Improvers
5.00 - 5.30 p.m.	7yrs+	Beginners
5.30 - 6.00 p.m.	7yrs+	Improvers
6.00 - 6.30 p.m.	7yrs+	Technique

The following courses commence on Thursday 12 January and will finish on Thursday 16 February 2012.

3.30 - 4.00 p.m.	4-6	Beginners
4.00 - 4.30 p.m.	4-6	Beginners
4.30 - 5.00 p.m.	4-6	Intermediate
5.00 - 5.30 p.m.	4-6	Improvers
5.30 - 6.00 p.m.	7yrs+	Improvers/Technique
6.00 - 6.30 p.m.	7yrs+	Bronze/Silver/Gold

Set 1 Adult Swimming Courses Course Fee:

Members £31.20 Non-Members £36.60 (6 weeks)

The following courses commence on Thursday 12 January and will finish on Thursday 16 February 2012.

6.45 - 7.30 p.m.	Adult Beginners
7.30 - 8.15 p.m.	Adult Improvers/Technique
8.15 - 9.00 p.m.	Adult Beginners (Ladies)

Swimming Enrolment 8.30am

Courses may be changed according to demand.
Enrolment is not permissible by telephone. Saturday morning enrolment - Free tea and coffee provided.

Set 1 Saturday 31 December 2012

Set 2 Saturday 11 February 2012

Set 3 Saturday 7 April 2012

Set 2 Junior Swimming Courses Course Fee:

Members £24 Non-Members £28.80 (6 weeks)

The following courses commence on Monday 20 February and will finish on Monday 26 March 2012.

3.30 - 4.00 p.m.	4-6	Beginners
4.00 - 4.30 p.m.	4-6	Beginners
4.30 - 5.00 p.m.	4-6	Intermediate
5.00 - 5.30 p.m.	4-6	Improvers
5.30 - 6.00 p.m.	4-6	Beginners

The following courses commence on Wednesday 22 February 2012 and will finish on Wednesday 28 March 2012.

3.30 - 4.00 p.m.	4-6	Beginners
4.00 - 4.30 p.m.	4-6	Intermediate
4.30 - 5.00 p.m.	4-6	Improvers
5.00 - 5.30 p.m.	7yrs	Intermediate
5.30 - 6.00 p.m.	7yrs+	Improvers
6.00 - 6.30 p.m.	7yrs+	Technique

The following courses commence on Thursday 23 February and will finish on Thursday 29 March 2011.

3.30 - 4.00 p.m.	4-6	Beginners
4.00 - 4.30 p.m.	4-6	Beginners
4.30 - 5.00 p.m.	4-6	Intermediate
5.00 - 5.30 p.m.	4-6	Improvers
5.30 - 6.00 p.m.	7yrs+	Improvers/ Technique
6.00 - 6.30 p.m.	7yrs+	Bronze/ Silver/Gold

SET 2 Adult Swimming Courses Course Fee:

Members £31.20 Non-Members £36.60 (6 weeks)

The following courses commence on Thursday 23 February and will finish on Thursday 29 March 2012.

6.45 - 7.30 p.m.	Adult Beginners
7.30 - 8.15 p.m.	Adult Improvers/Technique
8.15 - 9.00 p.m.	Adult Beginners (Ladies)

Set 3 Monday Junior Swimming Courses

Course Fee: Members £24 Non-Members £28.80 (6 weeks)

The following courses commence on Monday 16 April 2012 and will finish on Monday 4 June 2012.

(N.B. There will be no classes on Bank Holiday Monday 7 May & 28 May)

3.30 - 4.00 p.m.	4-6	Beginners
4.00 - 4.30 p.m.	4-6	Beginners
4.30 - 5.00 p.m.	4-6	Intermediate
5.00 - 5.30 p.m.	4-6	Improvers
5.30 - 6.00 p.m.	4-6	Beginners

Set 3 Wednesday & Thursday Junior Swimming Courses

Course Fee: Members £32 Non-Members £38.40 (8 weeks)

The following courses commence on Wednesday 18 April 2012 and will finish on Wednesday 6 June 2012.

3.30 - 4.00 p.m.	4-6	Beginners
4.00 - 4.30 p.m.	4-6	Beginners
4.30 - 5.00 p.m.	4-6	Intermediate
5.00 - 5.30 p.m.	4-6	Improvers
5.30 - 6.00 p.m.	4-6	Beginners

The following courses commence on Thursday 19 April 2012 and will finish on Thursday 7 June 2012.

3.30 - 4.00 p.m.	4-6	Beginners
4.00 - 4.30 p.m.	4-6	Beginners
4.30 - 5.00 p.m.	4-6	Intermediate
5.00 - 5.30 p.m.	4-6	Improvers
5.30 - 6.00 p.m.	7yrs+	Improvers/ Technique
6.00 - 6.30 p.m.	7yrs+	Bronze/ Silver/Gold



JOEY DUNLOP
Leisure Centre

SET 3 Adult Swimming Courses Course Fee:

Members £41.60 Non-Members £48.80 (8 weeks)

The following courses commence on Thursday 19 April and will finish on Thursday 7 June 2012.

6.45 - 7.30 p.m.

7.30 - 8.15 p.m.

8.15 - 9.00 p.m.

Adult Beginners

Adult Improvers/Technique

Adult Beginners (Ladies)

SATURDAY WATER BABIES

Tuition in the water for the under 4's with Karen Cox. Babies can develop water confidence from an early age helping them to develop and co-ordinate early swimming skills. Takes place on Saturday's and using the main pool, at least one parent will accompany the child in the pool. Inflatable armbands can be used and you can also bring one or two favourite bath toys (plastic) and perhaps a sponge. Babies must wear trainer swimming nappies.

Sat 7 January - Sat 11 February 6 weeks £30

Sat 25 February - Sat 31 March 6 weeks £30

6mths - 12mths

12mths - 24mths

24mths - 47mths

6mths - 12mths

1.30pm - 2.00pm

2.00pm - 2.30pm

2.30pm - 3.00pm

3.00pm - 3.30pm

8 places

8 places

8 places

8 places

R.L.S.S. Bronze Medallion

This course is dedicated to providing the training required to save lives. This very popular life saving class takes place on Friday evenings and is usually over-subscribed therefore early enrolment is advisable.

8 week course starting Friday 20 January 2012 8 p.m. - 10p.m. and finishing on Friday 9 March 2012.

Course fee: £115 including award, all course material and assessment fee.



lifesavers
The Royal Life Saving Society UK

TREASURE ISLAND

Treasure Island is a purpose built Pirate theme indoor soft play centre for children aged 12years and under. Let your child's imagination run riot on the twin wavy slide, spiral slide, ball pool and soft play area for toddlers. Our supervised equipment lets your child play safely at all times.

Let Treasure Island look after your birthday party, sit back relax and watch your children have a great time with their friends.

For details on birthday parties contact the **Office Manager on 028 2766 0266**



SATURDAY SCAMPER CLUB

Saturday 14 January 2012 - Finishes for Easter on Saturday 31 March 2012

Saturday 14 April 2012 - Finishes for summer on Saturday 24 June 2012

9.30 am - 1.00 pm Boys and Girls 8 - 12yrs

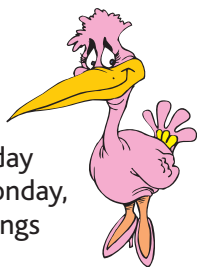
Cost £3 member £3.70 non-member

Come along and enjoy hours of fun meeting new friends and enjoying various activities such as Swimming, Football, Dodge ball or you can bounce the day away on the bouncy castle. It's 3¹/₂ hours of fun and you can have a kid's meal deal in the conservatory restaurant for £2.90 before resuming play.

N.B. Scamper Club may be cancelled for major event bookings; Children will be given notice via handouts the week before.

EARLY BIRD SWIMMING

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 8.15am - 9.30am.



KEEP-FIT CLASSES

All keep fit classes commence week beginning Monday 9 January 2012.

Cost per session £4

Monday

Cardio Kick Class Monday 7.00pm - 8.00pm

Cardio Kick is a dynamic, motivating and intense workout that combines simple aerobic choreography with martial arts and boxing-based moves. Our program focuses on cardiovascular conditioning through fun, fast paced group classes. Whether you want to lose weight, increase stamina, or just improve your overall health and well being, Cardio Kick is the answer.

Aquafit Class Monday 8.15 - 9.00pm

Exercise in water is commonly acknowledged as a widely accessible activity that provides good cardiovascular and muscular exercise for all with minimal risk of injury. As well as being one of the top activities to help achieve the Government's recommendation to exercise five times a week, swimming and water-based workouts are being recognised by elite sportsmen and women as a means of complimenting their training, regeneration and rehabilitation.

Also known as aqua aerobics, Aquafit is an aerobics session in the pool that can maintain and improve stamina, strength and suppleness as well as increase cardiovascular fitness. Unlike aerobics on land, Aquafit is low-impact and the cushioning effect of the water protects joints in the spine, ankle, hip and knees. It is suitable for people of all ages and abilities as participants can work at a variety of levels by increasing effort and using resistive equipment.

Slimming World Monday 7.30pm

Slimming World meets every Monday at 7:30pm in the Joey Dunlop Leisure Centre, for details contact Paula on 07738878724

www.slimmingworld.com

Tuesday

Circuit Training Tuesday 7.00pm - 8.00 pm

No matter what fitness level you are at this circuit class has been designed to meet everyone's fitness level. Circuit training is a form of conditioning combining resistance training and high-intensity aerobics. It is designed to be easy to follow and target strength building as well as muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for another circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise.

Zumba Tuesday Fitness Tuesday 8pm - 9pm

Zumba is the largest dance fitness program in the world, based on a Latin-inspired dance fitness program created by dancer and choreographer Alberto "Beto" Perez in Colombia during the 1990s. Zumba involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges are also included. Come along and let Catherine put you through your paces.

Wednesday

Kettlebells 6.00pm - 7.00pm

Kettlebell training is so effective because it is weight bearing cardiovascular exercise. Your body gets so physically exerted from swinging, cleaning, pressing, and snatching the iron bell that you burn a ton of calories, build tremendous lean muscle mass, and develop superior cardiovascular fitness! Kettlebell training can be catered to provide tremendous results in either brute strength or muscular endurance. If you are an endurance athlete or you are just serious about your fitness then kettlebell training is where it is at.

Spinning back at the JDLC - late January 2012

Power Hour (Aerobic Fitness) 7.00pm - 8.00 pm

Incorporating many different forms of exercise, power hour is designed to push the strength and stamina of each student. Utilizing positions and movements found in yoga, Pilates, aerobics, and weight lifting students experience a work out with a highly intensified work to rest ratio. The dynamic lifts and body positions help to gain upper body strength, increase flexibility, and improve aerobic/anaerobic fitness.

Pilates Workout Wednesday 8.00 - 9.00pm **6 Week course: Cost £20**

Joseph Pilates, the man behind PILATES claimed, 'In 10 sessions you will feel the difference, in 20 you will see the difference and in 30 you'll have a whole new body'

What Pilates can do for you!

- Increase flexibility
- Tone your body, giving you longer leaner muscles and a flatter tummy
- Improve posture
- Strengthen and tone abdominals and lower back muscles.
- Boost energy and confidence.
- A better feeling of wellbeing

This class will run over 6 weeks and will be booked and paid in advance. This is to encourage you to commit as we feel as instructors that this is the only way to have the positive benefits received from the Pilates techniques. The exercises can be practised at home without any additional equipment. We would advise you to wear loose comfortable clothing and bring a towel.

FRIDAY

Zumba Friday Fitness 6.00pm - 7.00pm

Zumba is the largest dance fitness program in the world, based on a Latin-inspired dance fitness program created by dancer and choreographer Alberto "Beto" Perez in Colombia during the 1990s. Zumba involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges are also included. Come along and let Toni put you through your paces.

IN 2012 TAKE STEPS TO HEALTH AND FITNESS AT THE JDLC!

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

HEALTH & FITNESS CLUB

Why not start your journey to get fit at the Joey Dunlop Health and Fitness Club?

Our fully trained fitness instructors will guide you through the workout equipment and design your personal fitness program to get you the results you deserve! The new smart centre keeps your programs up to date while recording your progression as you go.



The gym is fully equipped with state of the art Cardio equipment and resistance stations to help burn away the fat and tone up all those problem areas of your workout. They offer dietary advice, and if you lack motivation their personal assistance will help you keep on track.

Whether it's to loose weight or increase your current fitness we've got it all. Allow you to be motivated in a modern atmosphere and then loose yourself in the relaxation area.

After a full body workout why not allow yourself to unwind in our relaxation area. Ease away your aches and pains in our spa pool or let your senses take over in the steam room and sauna. We have 4 heated relaxation loungers just waiting for you to sink into and then visit the Caribbean in our state of the art experience shower.



This is a member's only area with its own changing facilities. You will find a spacious changing area complete with individual showers. Secure lockers will hold all your personal belongings. The changing rooms are equipped with hairdryers and plenty of mirrors in case your day is not ending here!

For membership details contact **Brenda Boyle** on **028 2766 0291**.



THE CONSERVATORY RESTAURANT

The CONSERVATORY RESTAURANT is an ideal environment to enjoy anything from a snack to a hot meal. The menu caters for all tastes with a variety of home baked scones and tray bakes.

OPENING HOURS

Monday - Friday	10.00a.m. - 4.00pm
Saturday	10.30a.m. - 5.00pm
Sunday	Closed (Vending only 1.30 p.m. - 5.30 p.m.)

Please note outside these opening hours the Restaurant will be open to our customers for viewing the swimming pools, where Food and Hot Drinks may be purchased from our vending machines.

Let the staff of the Conservatory Restaurant take the stress out of hosting birthday parties with our new improved birthday party menu, as part of the Treasure Island Birthday Party Package.



JOEY DUNLOP
Leisure Centre



Special Events/Group Bookings

Thinking of booking an event at the Leisure Centre in the near future? Contact: Amanda McComb 028 2766 0260 who will give you a competitive price.

Lecture Room

(seats 50 or can be set up boardroom style seats 20 at tables)

This room is perfect for committee meetings and training seminars. Let us take care of your meetings, we can provide TV/Video, Flipchart, O.H.P. and Screen and if required Tea/Coffee & biscuits. The room can be set up to meet your requirements.

Conference Area

(Seats 70 or can be set up boardroom style and seats 20-30 at tables)

This area is situated on the first floor, which is a bright open space. This is ideal for larger groups for meetings and seminars. As with our lecture room it can be set up to meet your individual needs, for which we can provide TV/Video, Flipchart, O.H.P. & Screen and tea/coffee and biscuits.

Joey Dunlop Leisure Centre

*Healing Hands
Complementary Therapies*



Deep Tissue Massage

Reflexology

Holistic Massage

Indian Head Massage

Thai Foot Massage

Pregnancy Massage

Manual Lymphatic Massage

Hopi Ear Candles

Chinese Reflexology

Daoyin Tao

Reiki

Gift Vouchers Available

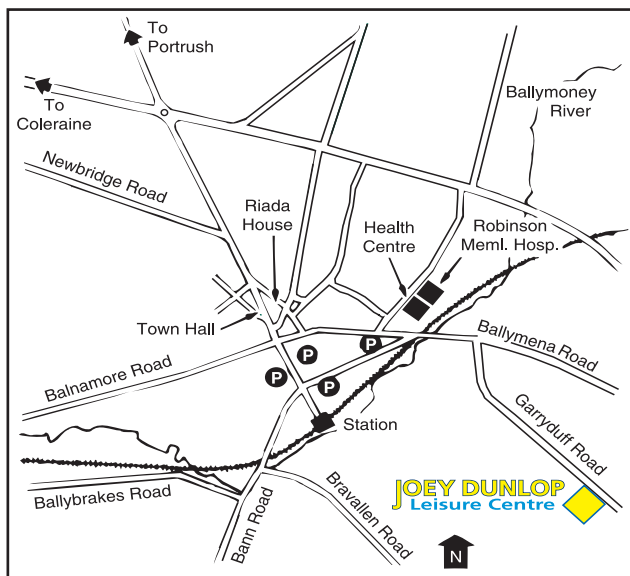
Donna Chamberlain

07790 789036

website: healinghands.co

email: donna@healinghands.co

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