

**NEW & EXCITING AT  
OMAGH LEISURE COMPLEX!**

# **FITNESS 4 FAMILIES MEMBERSHIP!**

Our Fitness 4 Families Membership offers your family an affordable way to enjoy your leisure time and keep active. This fantastic package is open to new and existing members who are signed up to any of our 12 month paid in full or direct debit contracts.

The package allows up to 2 adults residing in the same household (age 18+) on any existing or new membership package (Aquatic, Fitness or All Inclusive) to add up to 3 children (age 5 – 17) for just £15 each child per month or £150 each for 12 months up front payment!

## **Junior Membership includes UNLIMITED use of the following: -**

- UNLIMITED use of the swimming pool (excludes Splash Disco and other Special Events)
- UNLIMITED use of the DEC gym (age 14+ and after induction)
- FREE Induction for the DEC gym (age 14+)
- UNLIMITED attendance at any class on our Junior Programme "Kit to Get Fit" (age 5 – 14)
- UNLIMITED attendance at any class on our Adult "Kit to Get Fit" (age 14 – 17)

### **Payment Options:**

- Pay in advance: 12 month contract. £150 per child
- Pay by Direct Debit by the adult primary account holder: 12 month contract. £15 per month.



**INTERESTED?** Please speak with our Sales and Membership Advisor, Lynette who will be happy to give you more detail and get you and your loved ones signed up on the pathway to health and wellness!

# Omagh Leisure Complex – putting “u” in leisure!

## NEW FOR SPRING 2015:

Pick up a copy of our current programme from Reception!

### YOGA ADVENTURE (aged 2-4yrs)

**Just £20 for 6 weeks (must be accompanied by a parent or guardian)**

Jump on board for a yoga adventure with us! Bark in downward dog, hiss in cobra pose and flutter your wings like a butterfly! Balance on your surfboard and stretch up tall like a tree! On this course, we will use music, games and simple animated poses to strengthen growing muscles, improve balance and teach breathing and relaxation techniques. Parents/guardians are required to attend and participate in the programme

### YOGA FAMILY (aged 5-11yrs)

**Just £20 for 6 weeks (1 parent or guardian plus 2 children)**

Bend, twist and balance in this yoga class designed for the pre-teen and their mum, dad or guardian. Each class will work on strength, flexibility and relaxation techniques. Yoga is great for all levels and all ages; whether you're an athlete or just seeking to try something new and fun together.

### YOUTH IN ACTION (ages 12 – 15 years)

\* under 14's must still be accompanied to DEC by inducted adult at end of course

**Just £15 for 6 weeks**

This class is designed to introduce young adults to the basics of fitness and functional training. Following this orientation, 12 – 15 year olds are able to use the fitness centre.

### FAMILY SWIM

**Just £9.50 (2 Adults and 3 children)**

Your family can enjoy our new aquatic facilities together for an all inclusive price of just £9.50! Please observe our child admittance policy: children under the age of 8 must be directly supervised in the swimming pools; No more than two children aged 4 – 7 may be supervised by one parent or responsible person (age 16 or over). Children under 4 must be supervised by a parent or responsible person (age 16 or over) on a one to one basis.

### FREE INDUCTIONS for the DEC Gym for under 18's!

If you are under 18 and want to know how to safely use the DEC cardio and resistance machines for maximum, personal benefit – book your FREE induction today!

### Admission into the DEC for under 18's (3 – 5pm) - just £2.50!

If you are over 14 but under 18 and have completed your FREE Induction, you can use the DEC Gym between the hours of 3pm and 5pm for just £2.50 per session!

## DON'T FORGET

**KIDS AQUA CIRCUITS** every Tuesday at 5.15pm & **KIDS BOX 'R' US** every Friday at 4pm

## COMING SOON!...

### SIZZLING SUMMER CAMP

for 4 – 7 year olds and 8 – 12 year olds!

6 weeks of sizzling summer fun and exciting activities to keep you entertained during the school break! Just £45 per week! Details to be released soon! \*Priority enrolment for Family Memberships!

For further information on these activities and other facilities or services, please telephone our receptionist who will be happy to assist: 02882 246711 Email: [olc@fermanaghmagh.com](mailto:olc@fermanaghmagh.com)