



Monthly
unlimited
membership
is less than
£1 per day

Activities at the

LAKELAND FORUM

September 2017



Fermanagh & Omagh
District Council
Comhairle Ceantair
Fínear Manach agus na hÓmaí

Adult Fitness/ Dry Activities

Day	Class	Time	Cost	Details
Monday	Early Morning Indoor Cycle	08.05am–08.35am	£3.00	
	Senior Gym Fit	9.30am–10.15am	£2.50	
	Indoor Bowls	10.30am–12.30pm	£2.50	
	50/50 Cardio/Core	11.00am-11.45am	£4.00	
	Para Club*	4.00pm-5.00pm	£2.00	Pre-Register Required contact Chris Elliott Town hall 0300 303 1777
	Kettle Blast	5.30pm–6.15pm	£4.00	
	Cycle Blast	6.30pm-7.15pm	£4.00	
	Strength & Tone	6.15pm-7.00pm	£4.00	
	Box Fit	7.15pm-8.00pm	£4.00	
	Met Con	7.45pm-8.15pm	£3.00	
Tuesday	Early Morning Kettle Blast	8.05am-8.35am	£3.00	
	Stretch & Tone	10.00am-11.00am	£4.00	
	Spin & Bells	10.30am-11.30am	£4.00	
	Power Hour	5.45pm-6.45pm	£4.50	
	Cycle Blast	7.00pm–7.45pm	£4.00	
	Kettle Blast	8.15pm-9.00pm	£4.00	
	Aqua Jog	8.45pm-9.30pm	£4.00	
Wednesday	Early Morning Indoor Cycle	8.05am–8.35am	£3.00	
	Senior Fit	10.00am–11.00am	£4.00	
	Adult Multi Sport*	11.00am-12.00noon	£1.00	Pre-Register Required contact Chris Elliott Town hall 0300 303 1777
	Met Con	12.45pm-13.15pm	£3.00	
	Tea Dance*	2.00pm-3.30pm	£1.00	
	Learn to play Bridge*	2.00pm-5.00pm	£2.50	
	Cycle Blast	5.30pm-6.15pm	£4.00	
	Step & Sculpt	6.45pm-7.45pm	£4.50	
	Ladies Activity Programme*	7.30pm – 8.30pm	£0.00	Pre-Register Required contact Chris Elliott Town hall 0300 303 1777
	Kettle Blast	8.00pm-8.45pm	£4.00	
	Social Volleyball*	8.45pm-9.45pm	£3.00	
	Aqua Fit/ Aerobics	8.15pm-9.00pm	£4.00	
Thursday	Early Morning Kettle Blast	8.05am-8.35am	£3.00	
	Senior Gym Fit	9.30am-10.15am	£2.50	
	Box & bells	10.30am–11.15am	£4.00	
	Senior Chair Based Exercise	11.00am-12.00noon	£2.50	
	Inclusive Activities*	1.45pm-2.45pm	£0.00	Pre-Register Required contact Chris Elliott Town hall 0300 303 1777
	Kettle Blast	5.30pm-6.15pm	£4.00	
	Men's Activity Programme*	6.00pm-7.00pm	£0.00	Pre-Register Required contact Chris Elliott Town hall 0300 303 1777
	Cycle Blast (Advanced)	7.00pm-7.45pm	£4.00	
	50/50 Cardio/Core	8.15pm-9.00pm	£4.00	
	Aqua Jog	8.45pm-9.30pm	£4.00	
Friday	Early Morning Indoor Cycle	8.05am-8.35am	£3.00	
	Yoga	9.30am-10.30am	£4.00	
	50/50 Cardio/Core	11.00am-11.45am	£4.00	
	Adult Multi Sport*	11.00am-12.00noon	£1.00	Pre-Register Required contact Chris Elliott Town hall 0300 303 1777
	Met Con	5.30pm-6.00pm	£3.00	
	Indoor Cycle (Beginners)	6.15pm–7.00pm	£4.00	
Saturday	Cycle Blast and Core	10.15am-11.00am	£4.00	
	HIIT(High Intensity Training)	12.00 noon – 1.00pm	£4.50	

Lakeland Forum Fitness classes are inclusive in our membership unless otherwise indicated by*

Classes are in a drop in basis but must be pre booked. Bookings taken from 8.30am the morning of the class. Classes are subject to change.

Children's Fitness/Dry Activities

Day	Class	Time	Age	Cost	Details
Monday	Gymnastic Activity Programme	3.45pm-4.30pm	5-7yrs	£3.50	Pay as you go
	Teen Fit Gym	3.45pm-5.00pm	13-15yrs	£2.50	Induction necessary
	Para Club	4.00pm-5.00pm		£2.00	Pre-Register Required contact Chris Elliott Town hall 0300 303 1777
	Youth Volleyball	4.00pm-5.00pm		£2.50	Pay as you go
	Gymnastic Activity Programme	4.30pm-5.15pm	5-7yrs	£3.50	Pay as you go
Tuesday	Tiny Tumblers Gymnastics	3.00pm-3.45pm	3-4yrs	£35 10wks	Enrolment necessary for course
	Teen Fit Gym	3.45pm-5.00pm	13-15yrs	£2.50	Induction necessary
	Acrobatic Gymnastics	4.00pm-5.00pm	5yrs+	£35 10wks	Enrolment necessary for course
	Novice Gymnastics	5.00pm-6.00pm	5yrs+	£35 10wks	Enrolment necessary for course
Wednesday	Tiny Tumblers Gymnastics	3.00pm-3.45pm	3-4yrs	£35 10wks	Enrolment necessary for course
	Teen Fit Gym	3.45pm-5.00pm	13-15yrs	£2.50	Induction necessary
	Novice Gymnastics	4.00pm-5.00pm	5yrs+	£35 10wks	Enrolment necessary for course
	Intermediate Gymnastics	5.00pm-6.00pm	5yrs+	£3.50	Pay as you go
	Intermediate Gymnastics	6.00pm-7.00pm	5yrs+	£3.50	Pay as you go
	Advanced Gymnastics	7.00pm-8.00pm	5yrs+	£3.50	Pay as you go
Thursday	Teen Fit Gym	3.45pm-5.00pm	13-15yrs	£2.50	Induction necessary
	Dodgeball	4.00pm-5.00pm	5-8yrs	£2.50	Pay as you go
Friday	Teen Fit Gym	3.45pm-5.00pm	13-15yrs	£2.50	Induction necessary
Saturday	Teen Fit Gym	10.00am-6.00pm	13-15yrs	£2.50	Induction necessary
	Tiny Tumblers Gymnastics	10.15am-11.00am	3-4yrs	£35 10wks	Enrolment necessary for course
	Novice Gymnastics	11.00am-12noon	5yrs+	£35 10wks	Enrolment necessary for course
	Novice Gymnastics	12noon-1.00pm	5yrs+	£35 10wks	Enrolment necessary for course
Sunday	Teen Fit Gym	2.00pm-6.00pm	13-15yrs	£2.50	Induction necessary
	Bouncy Castle	3.30pm-5.00pm	<10yrs	£2.00 per 1/2hr	Adult supervision required

Indoor Soft Play Areas:

Ely Alley	Nemo's Reef	Monday to Friday	8.00am – 10.00pm	£3.00 per 1/2hr	*Adult supervision required
6-12yrs	0-7yrs	Saturday	10.00am – 6.00pm	£3.00 per 1/2hr	
		Sunday	2.00pm – 6.00pm	£2.00 per 1/2hr	



Pool/ Wet Activities

Day	Class	Time	Pre-Requisite	Age	Cost	Details
Monday	ASA Stage 1&2 Beginners	4.00–4.30pm	Beginner	6yrs+	£35 7wks	Course 1:04/09/17 - 16/10/17 Course 2:30/10/17 –11/12/17
	ASA Stage 3&4 Advanced Beginners	4.30–5.00pm	5m Badge	6yrs+	£35 7wks	Course 1:04/09/17 - 16/10/17 Course 2:30/10/17 –11/12/17
	ASA Stage 5 Intermediate	5.00–5.30pm	10m Badge	6yrs+	£35 7wks	Course 1:04/09/17 - 16/10/17 Course 2:30/10/17 –11/12/17
	ASA Stage 6 Advanced Improvers	5.30–6.00pm	Must hold the ASA stage 5	6yrs+	£35 7wks	Course 1:04/09/17 - 16/10/17 Course 2:30/10/17 –11/12/17
	Flipper & Fun	6.45–7.30pm	200m Badge	7yrs+	£35 7wks	Course 1:04/09/17 - 16/10/17 Course 2:30/10/17 –11/12/17
	One To One	7.30–8.00pm 8.00-8.30pm 8.30-9.00pm 9.00-9.30pm	All Levels	5yrs+	£75 5wks	Course 1: 04/09/17-02/10/17 Course 2: 09/10/17-06/11/17 Course 3: 13/11/17-11/12/17
Tuesday	Senior Free Swim	8.30am- 9.30am	Senior	60yrs+	Free	Ongoing
	One to One	3.45-4.15pm 4.15-4.45pm 4.45-5.15pm 5.15-5.45pm	All Levels	5yrs+	£75 5wks	Course 1: 05/09/17-03/10/17 Course 2: 10/10/17-07/11/17 Course 3: 14/11/17-12/12/17
	Rookie Bronze 1,2&3	6.30–7.15pm	200m Badge	6yrs+	£35 7wks	Course 1: 05/09/17–17/10/17 Course 2: 24/10/17-04/12/17
	Rookie Silver 1&2	7.15–8.00pm	Bronze 3	6yrs+	£35 7wks	Course 1: 05/09/17–17/10/17 Course 2: 24/10/17-05/12/17
	Aqua Jog	8.45-9.30pm	Water confident	16yrs+	£4.00	On going
Wednesday	One To One	5.30–6.00pm 6.00-6.30pm 6.30-7.00pm 7.00-7.30pm 7.30-8.00pm	All Levels	5yrs+	£75 5wks	Course 1: 06/09/17-04/10/17 Course 2: 11/10/17-08/11/17 Course 3: 15/11/17-13/12/17
	Aqua Fit/ Aerobics	8.45-9.30pm	Water confident	16yrs+	£4.00	On going
Thursday	One To One	3.45–4.15pm 4.15-4.45pm 4.45-5.15pm 5.15-5.45pm	All Levels	5yrs+	£75 5wks	Course 1: 07/09/17-05/10/17 Course 2: 12/10/17-09/11/17 Course 3: 16/11/17-14/12/17
	Rookie Gold 1	6.30–7.15pm	Rookie silver 3	7yrs+	£35 7wks	Course 1: 07/09/17-19/10/17
	Rookie Gold 2	7.15–8.00pm	Rookie Gold 1	7yrs+	£35 7wks	Course 1: 07/09/17-19/10/17
	Rookie Gold 3	8.00–8.45pm	Rookie Gold 2	7yrs+	£35 7wks	Course 1: 07/09/17-19/10/17
	Aqua Jog	8.45-9.30pm	Water confident	16yrs+	£4.00	On going
Friday	One To One	3.45-4.15pm 4.15-4.45pm 4.45-5.15pm	All levels	5yrs+	£60 4wks	Course 1: 01/09/17-22/09/17 Course 2: 29/09/17-20/10/17 Course 3: 27/10/17-17/11/17 Course 4: 24/11/17-15/12/17
	Beginner Breast Stroke	6.00-6.30pm 6.30-7.00pm	Beginners	6yrs+	£40 8wks	Course 1: 01/09/17-20/10/17 Course 2: 27/10/17-15/12/17
	5m Breast Stroke Improvement	6.30-7.00pm 7.00-7.30pm	5m Badge	6yrs+	£40 8wks	Course 1: 01/09/17-20/10/17 Course 2: 27/10/17-15/12/17
	NPLQ Course (Nation Pool Lifeguard)	7.00-10.30pm	Water confident Water test prior to course	16yrs+	£250 12wks	Course: 08/09/17 -24/11/17 Exam: 26/11/17
	10m Breast Stroke Improvement	7.00-7.30pm 7.45-8.15pm	10m Badge	6yrs+	£40 8wks	Course 1: 01/09/17-20/10/17 Course 2: 27/10/17-15/12/17
	25m Breast Stroke Improvement	7.45-8.15pm 8.15-8.45pm	25m Badge	6yrs+	£40 8wks	Course 1: 01/09/17-20/10/17 Course 2: 27/10/17-15/12/17
	50m Breast Stroke Improvement	8.15-8.45pm	50m Badge	6yrs+	£40 8wks	Course 1: 01/09/17-20/10/17 Course 2: 27/10/17-15/12/17

	100m Breast Stroke Improvement	8.45-9.15pm	100m Badge	6yrs+	£40 8wks	Course 1: 01/09/17-20/10/17 Course 2: 27/10/17-15/12/17
Saturday	Fun Time on Floats	2.00-4.00pm <small>? depends on baby splash</small>	<8yrs accompanied by adult in pool		Price of normal swim	
Adult only swimming Monday to Friday 8am – 9am						
Ladies only swim Wednesday 9pm – 9.45pm						





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