

Appendix 2- Lisnasharragh/ Brook Activity Programme

December Pool Programme- Lisnasharragh

Lane		6.00am	6.30am	7.00am	7.30am	8.00am	8.30am	9.00am	9.30am	10.00am	10.30am	11.00am	11.30am	12noon	12.30pm	1.00pm	1.30pm	2.00pm	2.30pm	3.00pm	3.30pm	4.00pm	4.30pm	5.00pm	5.30pm	6.00pm	6.30pm	7.00pm	7.30pm	8.00pm	8.30pm	9.00pm	9.30pm	10.00pm	10.30pm	11.00pm
Monday	1	CLOSED	Swim For Fitness	Swim For Fitness + Morning Swim TUT	School Swimming				Swim for All	Swim For Fitness + Lunch Time TUT	School Swimming		Swim for All	Swim School										Club	Swim For Fitness	Swim For Fitness	CLOSED									
	2				Swim for All																															
	3				Swim for All																															
	4				Swim for All																															
	5				Swim for All																															
	6				Swim for All																															
	7				Swim for All																															
	8				Swim for All																															
Tuesday	1	CLOSED	Swim For Fitness	Swim For Fitness + Morning Swim TUT	School Swimming				Swim for All + Senior Citizens tut	Swim For Fitness + Lunch Time TUT	School Swimming		Swim for All	Swim School										Swim For Fitness	Swim For Fitness	CLOSED										
	2				Swim																															
	3				Swim for All																															
	4				Swim for All																															
	5				Swim for All																															
	6				Swim for All																															
	7				Swim for All																															
	8				Swim for All																															
Wednesday	1	CLOSED	Leander	Staff Training	School Swimming				Swim For Fitness + Lunch Time TUT	School Swimming		Swim for All	Swim School										Club	Swim For Fitness	CLOSED											
	2		Swim for All																																	
	3		Swim for All																																	
	4		Swim for All																																	
	5		Swim for All																																	
	6		Swim for All + Over 40s + Adult TUT																																	
	7		Swim for All																																	
	8		Swim for All																																	
Thursday	1	CLOSED	Swim For Fitness	Swim For Fitness + Morning Swim TUT	School Swimming				Swim for All	Swim For Fitness + Lunch Time TUT	School Swimming		Swim for All	Swim School										Swim For Fitness	Swim For Fitness	CLOSED										
	2				Swim for All																															
	3				Swim for All																															
	4				Swim for All																															
	5				Swim for All																															
	6				Swim for All																															
	7				Swim for All																															
	8				Swim for All																															
Friday	1	CLOSED	Leander	Swim For Fitness + Morning Swim TUT	School Swimming				Swim for All + Senior Citizens TUT	Swim For Fitness + Lunch Time TUT	School Swimming		Swim For Fitness	Swim School										Swim For Fitness	Swim For Fitness	CLOSED										
	2		Swim for All																																	
	3		Swim for All																																	
	4		Swim for All																																	
	5		Swim for All																																	
	6		Swim for All																																	
	7		Swim for All																																	
	8		Swim for All																																	
Saturday	1	CLOSED	Swim School		Swim for fitness	Swim For Fitness	Swim for All (one day may be taken up by water polo for tests)										Closed																			
	2		Swim for All																																	
	3		Swim for All																																	
	4		Swim for All																																	
	5		Swim for All																																	
	6		Swim for All																																	
	7		Swim for All																																	
	8		Swim for All																																	
Sunday	1	CLOSED	Staff Training	Swim For Fitness	Swim for all										Closed																					
	2		Swim for all																																	
	3		Swim for all																																	
	4		Swim for all																																	
	5		Swim for all																																	
	6		Swim for all																																	
	7		Swim for all																																	
	8		Swim for all																																	

January Main Pool Programme- Lishasharragh

Lane	6.00am	6.30am	7.00am	7.30am	8.00am	8.30am	9.00am	9.30am	10.00am	10.30am	11.00am	11.30am	12noon	12.30pm	1.00pm	1.30pm	2.00pm	2.30pm	3.00pm	3.30pm	4.00pm	4.30pm	5.00pm	5.30pm	6.00pm	6.30pm	7.00pm	7.30pm	8.00pm	8.30pm	9.00pm	9.30pm	10.00pm	10.30pm	11.00pm
Monday	1	CLOSED	TMSC		Swim For Fitness + Morning Swim TUT	School Swimming			Swim For Fitness + Lunch Time TUT	School Swimming		Swim for All		Swim School			Leander			Swim For Fitness + Ladies TUT	CLOSED														
	2		COB			Swin for All				Swin for All		Lagan Valley SC		Swin for All		TMSC																			
	3		Swim For Fitness			Swin for All + Over 40s TUT				Swin For Fitness + T/More Adults TUT																									
	4																																		
	5																																		
	6																																		
	7																																		
	8																																		
	9																																		
Tuesday	1	CLOSED	TMSC		Swim For Fitness + Morning Swim TUT	School Swimming			Swim For Fitness + Lunch Time TUT	School Swimming		Swim School		Leander			Swim For Fitness + Ladies TUT	CLOSED																	
	2		T Tri Club			Swin for All + Senior Citizens tut				Swin for All + Over 40s + Womens Group TUT		Set Up		Diamonds WPC		Cathal Brugha WPC			Cu Chaiinn WPC																
	3		Swim For Fitness																																
	4																																		
	5																																		
	6																																		
	7																																		
	8																																		
	9																																		
Wednesday	1	CLOSED	Leander		Swim For Fitness + Morning Swim TUT	School Swimming			Swim For Fitness + Lunch Time TUT	School Swimming		Swim School		TMSC			Swim For Fitness + Ladies TUT	CLOSED																	
	2		TMSC			Swin for All				Swin for All		Lagan Valley SC		Swin for All		T Tri Club																			
	3		Swim For Fitness			Swin for All + Over 40s + Adult TUT				Swin For Fitness																									
	4																																		
	5																																		
	6																																		
	7																																		
	8																																		
	9																																		
Thursday	1	CLOSED	COB		Swim For Fitness + Morning Swim TUT	School Swimming			Swim For Fitness + Lunch Time TUT	School Swimming		Swim School		Leander			Swim For Fitness + Ladies TUT	CLOSED																	
	2		TMSC			Swin for All				Swin for All + Over 40s TUT		Set Up		Diamonds WPC		Clonard WPC			Cathal Brugha WPC																
	3		Swim For Fitness																																
	4																																		
	5																																		
	6																																		
	7																																		
	8																																		
	9																																		
Friday	1	CLOSED	Leander		Swim For Fitness + Morning Swim TUT	School Swimming			Swim For Fitness + Lunch Time TUT	School Swimming		Swim School		TMSC			Swim For Fitness + Adult TUT	CLOSED																	
	2		TMSC			Swin for All + Senior Citizens TUT				Swin for All + Over 40s		Leander		Swin For Fitness																					
	3		Swim For Fitness																																
	4																																		
	5																																		
	6																																		
	7																																		
	8																																		
	9																																		
Saturday	1	CLOSED	Swim School		Swim For Fitness	Swim Galas (PTL & Aqua Splash) and WaterPolo Events			Closed			CLOSED																							
	2		TMSC																																
	3		Swim For Fitness																																
	4																																		
	5																																		
	6																																		
	7																																		
	8																																		
	9																																		
Sunday	1	CLOSED	Staff Training		Swim For Fitness	Clonard WPC			Swim for Fitness /Swim for All/ Aqua Splash			Closed			CLOSED																				
	2		TMSC			Set Up																													
	3		Swim For Fitness																																
	4																																		
	5																																		
	6																																		
	7																																		
	8																																		
	9																																		

January- Diving Pool Programme- Lisnasharragh

Time	9:30am	10:00am	10:30am	11:00am	11:30am	12:00pm	12:30pm	1:00pm	1:30pm	2:00pm	2:30pm	3:00pm	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm	6:00pm	6:30pm	7:00pm	7:30pm	8:00pm	8:30pm	9:00pm	9:30pm	10:00pm	10:30pm	11:00pm					
Mon	1	Closed					School Swimming		Family Swim	School Swimming		Swim School						Little Dippers Swim School 6.50-7.15pm		Closed													
	2						School Swimming		Swim For All		School Swimming		Swim School																				
	3						School Swimming		Swim For All		School Swimming		Swim School																				
	4						School Swimming		Swim For All		School Swimming		Swim School																				
	5						School Swimming		Swim For All		School Swimming		Swim School																				
	6						School Swimming		Swim For All		School Swimming		Swim School																				
Tue	1	Closed					School Swimming		Mitre Physio	BSS Adult Lessons		School Swimming		Arthritis SC		Swim School						Swim For Fitness		Closed									
	2						School Swimming		Swim For All		School Swimming		Arthritis SC		Swim School						COB 5-7PM SL		Swim For Fitness										
	3						School Swimming		Swim For All		School Swimming		Arthritis SC		Swim School						Swim For Fitness												
	4						School Swimming		Swim For All		School Swimming		Arthritis SC		Swim School						Swim For Fitness												
	5						School Swimming		Swim For All		School Swimming		Arthritis SC		Swim School						Swim For Fitness												
	6						School Swimming		Swim For All		School Swimming		Arthritis SC		Swim School						Swim For Fitness												
Wed	1	Closed					School Swimming		Family Swim	School Swimming		Swim School						Sub Aqua		Closed													
	2						School Swimming		Swim For All		School Swimming		Swim School						Sub Aqua														
	3						School Swimming		Swim For All		School Swimming		Swim School						Sub Aqua														
	4						School Swimming		Swim For All		School Swimming		Swim School						Sub Aqua														
	5						School Swimming		Swim For All		School Swimming		Swim School						Sub Aqua														
	6						School Swimming		Swim For All		School Swimming		Swim School						Sub Aqua														
Thurs	1	Closed					School Swimming		Mitre Physio	Family Swim		School Swimming		Swim School						Swim For Fitness		Closed											
	2						School Swimming		Swim For All		School Swimming		Swim School						Swim For Fitness														
	3						School Swimming		Swim For All		School Swimming		Swim School						Swim For Fitness														
	4						School Swimming		Swim For All		School Swimming		Swim School						Swim For Fitness														
	5						School Swimming		Swim For All		School Swimming		Swim School						Swim For Fitness														
	6						School Swimming		Swim For All		School Swimming		Swim School						Swim For Fitness														
Fri	1	Closed					School Swimming		Jigsaw	School Swimming		Swim School						Closed															
	2						School Swimming		Swim For All		School Swimming		Swim School																				
	3						School Swimming		Swim For All		School Swimming		Swim School																				
	4						School Swimming		Swim For All		School Swimming		Swim School																				
	5						School Swimming		Swim For All		School Swimming		Swim School																				
	6						School Swimming		Swim For All		School Swimming		Swim School																				
Sat	1	CLOSED					Swim School		Swim Gala (PTL & Aqua Splash) and WaterPolo Events																		Closed						
	2						Swim School		Family swim		Association Spina Bitta		Swim Gala (PTL & Aqua Splash) and WaterPolo Events																		Closed		
	3						Swim School		Family swim		Association Spina Bitta		Swim Gala (PTL & Aqua Splash) and WaterPolo Events																		Closed		
	4						Swim School		Family swim		Association Spina Bitta		Swim Gala (PTL & Aqua Splash) and WaterPolo Events																		Closed		
	5						Swim School		Family swim		Association Spina Bitta		Swim Gala (PTL & Aqua Splash) and WaterPolo Events																		Closed		
	6						Swim School		Family swim		Association Spina Bitta		Swim Gala (PTL & Aqua Splash) and WaterPolo Events																		Closed		
Sun	1	CLOSED					Swim School		Aqua Splash or Swim for Fitness / Swim for All If Aqua Splash is in Main Pool																		Closed						
	2						Swim School		Swim for All		Aqua Splash or Swim for Fitness / Swim for All If Aqua Splash is in Main Pool																						
	3						Swim School		Swim for All		Aqua Splash or Swim for Fitness / Swim for All If Aqua Splash is in Main Pool																						
	4						Swim School		Swim for All		Aqua Splash or Swim for Fitness / Swim for All If Aqua Splash is in Main Pool																						
	5						Swim School		Swim for All		Aqua Splash or Swim for Fitness / Swim for All If Aqua Splash is in Main Pool																						
	6						Swim School		Swim for All		Aqua Splash or Swim for Fitness / Swim for All If Aqua Splash is in Main Pool																						

Key

Swim School	School Swim	Club	Adult Lesson	Aqua Splash	Parent & Toddler	Disability Swim	Party Swim	Family Swim
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Lisnasharragh- Fitness Studio Programme (December- further classes will be added from January as required)

Day	Time	Class	Comment
Monday	7.00-07.45	Spin	FI led
Monday	11.00-12.00	Low impact TBC	Heather
Monday	12.00-13.00	Water workout	Andrea (half later than Avoniel)
Monday	17.00-18.00	TBC	FI led new
Monday	19.00-2.00	TBC	FI led existing programme
Tuesday	07.00-07.45	Spin	FI led new
Tuesday	12.00-13.00	TBC	Fi led to replace Andrea
Tuesday	19.00-20.00	Spin	Fi led to replace Alison
Wednesday	Circuits (low impact)	10.00-11.00	New class Fi led
Wednesday	TBC	11.00-12.00	Fi led (no need to pay Andrea)
Wednesday	Spin	19.00-20.00	Fi led Not Alison
Wednesday	TBC	18.00-19.00	Fi led new class

Lisnasharragh- Fitness Studio Programme

Day	Time	Class	Comment
Thursday	TBC	07.00-08.00	New time for low attended class FI led
Thursday	Water workout	12.00-13.00	Andrea (half later than Avoniel)
Thursday	Spin	18.00-19.00	FI led new time an hour earlier
Friday	Spin	07.00-08.00	FI led new class
Friday	TBC	18.00-19.00	FI led new class
Saturday	TBC	08.00-09.00	FI led new class
Saturday	TBC	09.00-10.00	FI led new class
Sunday	Spin	08.00-09.00	Fi led new class

Brook- Pool Programme- Dec

New Brook Leisure Centre
 Opening Pool Programme 0-6 months
 TEACHING POOL - Term Time

	Late	5.30am	6.00am	6.30am	7.00am	7.30am	8.00am	8.30am	9.00am	9.30am	10.00am	10.30am	11.00am	11.30am	12noon	12.30pm	1.00pm	1.30pm	2.00pm	2.30pm	3.00pm	3.30pm	4.00pm	4.30pm	5.00pm	5.30pm	6.00pm	6.30pm	7.00pm	7.30pm	8.00pm	8.30pm	9.00pm	9.30pm	10.00pm	10.30pm	11.00pm				
Monday	1								Swim for Fitness	staff training	swim for all												staff training	swim for fitness		pool party		Closed													
	2																																								
	3																																								
	4																																								
Tuesday	1								Swim for Fitness	staff training	swim for all												staff training	swim for all						Closed											
	2																																								
	3																																								
	4																																								
Wednesday	1								Swim for Fitness	staff training	swim for all										pool party		staff training	swim for fitness						Closed											
	2																																								
	3																																								
	4																																								
Thursday	1								Swim for Fitness	staff training	swim for all												staff training	swim for all						Closed											
	2																																								
	3																																								
	4																																								
Friday	1								Swim for Fitness	staff training	swim for all												staff training	swim for fitness		pool party		Closed													
	2																																								
	3																																								
	4																																								
Saturday	1								staff training	swim for all										family swim		staff training	CLOSED																		
	2																																								
	3																																								
	4																																								
Sunday	1							de-rig	seniors session	de-rig	staff training		swim for all		family swim		staff training		CLOSED																						
	2																																								
	3																																								
	4																																								

Key

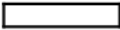
Swim School	School Swim	Club	Adult Lesson	Aqua Splash	Parent & Toddler	Disability Swim	Party Swim	Family Swim																															
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Aquatic Principles
 Public Swimming available Monday - Friday 6am - 10pm
 Club bookings in Red agreed through consultation process
 Increased School & Learn to Swim Programming
 Swim for All includes families, groups, general swim and private coaching
 Targeted interventions - Disability, Over 60's, Parent & Toddler.

Brook Sports Hall Programme

Brook Main Hall 5 courts

		9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00			
Monday	Court 1	TODDLERS WORLD					DE-RIG	OVER 60'S		DE-RIG	SCHOOL USE			DE-RIG	GYMNASTICS			DE-RIG													
	Court 2																														
	Court 3																														
	Court 4																														
	Court 5	Mtg/buss/tours		BADMINTON															JUDO ?												
Tuesday	Court 1	TODDLERS WORLD					DE-RIG	OVER 60'S		DE-RIG	SCHOOL USE			DE-RIG	NGB		DE-RIG	NGB		DE-RIG											
	Court 2																														
	Court 3																														
	Court 4																														
	Court 5	BADMINTON															JUDO ?		BADMINTON												
Wednesday	Court 1	TODDLERS WORLD					DE-RIG	OVER 60'S		DE-RIG	SCHOOL USE			DE-RIG	GYMNASTICS			DE-RIG	NGB												
	Court 2																														
	Court 3																														
	Court 4																														
	Court 5	BADMINTON															JUDO PRIVATE		BADMINTON												
Thursday	Court 1	INFLATABLE																													
	Court 2	INFLATABLE																													
	Court 3	INFLATABLE																													
	Court 4	INFLATABLE																													
	Court 5	BADMINTON															JUDO ?														
Friday	Court 1	INFLATABLE																													
	Court 2	INFLATABLE																													
	Court 3	INFLATABLE																													
	Court 4	INFLATABLE																													
	Court 5	BADMINTON															BADMINTON														
Saturday	Court 1	INFLATABLE																													
	Court 2	INFLATABLE																													
	Court 3	INFLATABLE																													
	Court 4	INFLATABLE																													
	Court 5	BADMINTON					JUDO PRIVATE		BADMINTON																						
Sunday	Court 1	INFLATABLE																													
	Court 2	INFLATABLE																													
	Court 3	INFLATABLE																													
	Court 4	INFLATABLE																													
	Court 5	BADMINTON															BADMINTON														



divider curtain
 mechanical wall on the fourth court
 bounce Castle entrance
 bounce court Soft Play
 Bouncy castles

Brook Dry Programme

Brook CENTRE MPR w Kitchen

	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.30	20.00	20.30	21.00																						
MONDAY																						CONFERENCE												DE-RIG	BOXFIT (45)	DE-RIG	YOGA (60)														
TUESDAY																						TOTAL BODY CONDITIONING (60MINS)	healthwise	PILATES (60)	DE-RIG	BOXFIT (45)	DE-RIG		DE-RIG	football PARTY 3-3.45pm and 4.15-5pm				DE-RIG	IRISH DANCING?	DE-RIG	IRISH DANCING?														
WEDNESDAY																							healthwise	TAI CHI 11-12	DE-RIG	TOTAL BODY CONDITIONING (45)	DE-RIG		DE-RIG	football PARTY 3-3.45pm and 4.15-5pm				DE-RIG	BOXFIT (45)	DE-RIG															
THURSDAY																						POWER PUMP (60)	healthwise	PILATES (60)	DE-RIG	staff training	DE-RIG		DE-RIG	football PARTY 3-3.45pm and 4.15-5pm				DE-RIG	POWER PUMP (60)	DE-RIG	FEMALE ONLY BOOTCAMP														
FRIDAY																							healthwise	TOTAL BODY CONDITIONING (45)	DE-RIG	HIIT (45)	DE-RIG		DE-RIG	football PARTY 3-3.45pm and 4.15-5pm				DE-RIG		DE-RIG	YOGA (60)														
SATURDAY																							DE-RIG	PARTY	DE-RIG	PARTY	DE-RIG	PARTY	DE-RIG	PARTY	DE-RIG	PARTY	DE-RIG	PARTY	DE-RIG																
SUNDAY																						boxfit (45)	DE-RIG	PARTY	DE-RIG	PARTY	DE-RIG	PARTY	DE-RIG	PARTY	DE-RIG	PARTY	DE-RIG	PARTY	DE-RIG																

yellow GROUP EX COACH

black to be confirmed
 ed FI OR FM

MUSIC SYSTEMS

TRESSLE TABLES

CHAIRS

TODDLER TOYS

Specialised Floor

red (historic and group ex led) to be confirmed
