## Appendix 2- Lisnasharragh/ Brook Activity Programme

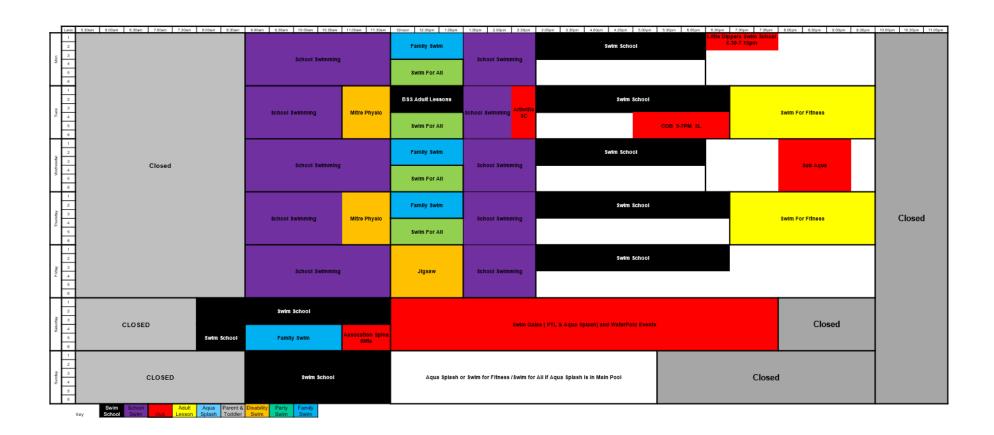
# **December Pool Programme- Lisnasharragh**

FT			Lane	L	T40.00 [44.00 [44.00	[40 [40.00 [400	L 400 L 000 L 000 I			I	7.00pm 7.30pm 8.00pm 8.30pm	L	40.00 [40.00 [44.00		
1 2 3		6.00am   6.30am   7.00am   7.30am	8.00am   8.30am   9.00am		ol Swimming	12noon   12.30pm   1.00pm	School Swimming	3.00pm 3.30pm 4.00pm Swim for All	Swim School		7.30pm   8.30pm   8.30pm	9.00pm   9.30pm	10.00pm   10.30pm   11.00pm		
2 3 4 5 6 7 8	CLOSED	Swim For Fitness	Swim For Fitness + Morning Swim TUT			Swim For Fitness + Lunch Time TUT		Swim for	All		Swim For Fitness	Swim For Fitness	CLOSED		
				Scho	ol Swimming		School Swimming	Swin for All	Swim School		Swim For Fitness				
A Kepsen	CLOSED	Swim For Fitness	Swim For Fitness +			Swim For Fitness + Lunch Time TUT	Swim					Swim For Fitness	CLOSED		
1 2 3 4 5 6 7 8			g cannot con	Swim for All	+ Senior Citizens tut					СОВ	Swim for All				
2		Leander	Staff Training	Scho	ol Swimming		School Swimming		Club						
/sepseup	CLOSED	TMSC	Swim For Fitness +			СОВ		Swim For Fitness	CLOSED						
1 2 3 4 5 6 7 8		Swim For Fitness	Morning Swim TUT	Sv	vim for All	Lunch Time TUT	s	wim for All + Over 4	0s + Adult TUT		Swim for All	1 1111035			
1 2				Scho	ol Swimming		School Swimming	Swin for All	Swim School		Swim For Fitness				
Kepsin 5	CLOSED	Swim For Fitness	Swim For Fitness + Morning Swim TUT			Swim For Fitness + Lunch Time TUT						Swim For Fitness	CLOSED		
1 2 3 4 5 6 7 8			morning Own TOT	Swim for All		Euron Fille For		Swim for All + Ov	er 40s TUT		Swim for All				
1 2		Leander		Scho	ol Swimming		School Swimming	Swim For Fitnes Si	wim School		Swim For Fitness				
Kepiu.	CLOSED	TMSC	Swim For Fitness +	Swim for A	II + Senior Citizens	Swim For Fitness + Lunch Time TUT						Swim For Fitness	CLOSED		
1 2 3 4 5 6 7 8		Swim For Fitness	morning Own TOT		TUT	Euron Fille For	Si	wim for All + Over 40	)s		Swim For Fitness				
1 2			Swim School												
Kepinte 5		CLOSED		Swim For Fitness	Swim	for All (one day ma	y be taken up by wa	nter polo for tests)			Closed				
2 3 4 5 6 7 8			Swim for fitness	- Mileos											
			Staff Training												
1 2 3 4 4 5 6 7											Closed				
puns 5		CLOSED	Swim For Fitness			Swim for a	all								
7 8															

## January Main Pool Programme-Lisnasharragh

Lane	1 1	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 5.30	om 6.00pm 6	30pm 7.0	00pm 7.30pm	8.00pm 8.30pm	9.00pm 9.30pm	10.00pm 10.30pm 11.00pm
1 2		TMSC		Schoo	ol Swimming		School Swimmimg	Swin for All	Swim School			Lear	nder		
3		СОВ	Swim For Fitness +			Swim For Fitness +	Swin for A	.II	Lagan Valley SC	Swin for	All	тм	sc	Swim For	
5 6 7 8	CLOSED	Swim For Fitness	Morning Swim TUT	Sv	vin for All	Lunch Time TUT		Swin for	All + Over 40s TUT				ness + T/More s TUT	Fitness + Ladies TUT	CLOSED
1 2		TMSC		Schoo	ol Swimming		School Swimming	Swin for All	Swim School						
3 4 5 5 6 7 8	CLOSED	T Tri Club	Swim For Fitness + Morning Swim TUT	Swin for All +	- Senior Citizens tut	Swim For Fitness + Lunch Time TUT	Swin for .	All + Over 40	s + Womens Group TUT	s	et Up	Diamonds WPC	Cathal Brugha WPC	Cu ChalinnWPC	CLOSED
1		Leander	Staff Training	Schoo	ol Swimming	Staff Training	School Swimming	Swin for	Swim School			TM			
2 3		TMSC			•	3	Swin for A		Lagan Valley SC	Swin for	ΔII	CC	Club DB	Swim For	
psequesque 5	CLOSED	111100	Swim For Fitness +			Swim For Fitness +	OWIII TO P		Lagaii Valley 00	Owniiioi	All			Fitness +	CLOSED
7 8		Swim For Fitness	Morning Swim TUT	SV	vin for All	Lunch Time TUT	,	Swin for All +	Over 40s + Adult TUT			Swim Fo	r Fitness	Ladies 101	
1 2		СОВ		Schoo	ol Swimming		School Swimming	Swin for All	Swim School						
8 4		TMSC	Swim For Fitness +			Swim For Fitness +					Set	Diamonds	Clonard	Cathal Brugha	
5 6 7 8	CLOSED	Swim For Fitness	Morning Swim TUT	Sv	vin for All	Lunch Time TUT		Swin for All -	Over 40s TUT		Up	WPC	WPC	WPC	CLOSED
1 2		Leander		Schoo	ol Swimming		School Swimming	Swim For Fitnes	Swim School		TMSC				
3		TMSC	Swim For Fitness +			Swim For Fitness +					Leander			Swim For	
Prida 6	CLOSED	Swim For Fitness	Morning Swim TUT	Swin for All	I + Senior Citizens TUT	Lunch Time TUT	s	win for All +	Over 40s		Swim For Fitness			Fitness + Adult TUT	CLOSED
7 8															
1 2 3 4 5 6 7 8		CLOSED	Swim School TMSC Swim For Fitness	Swim For Fitness	Sw	im Galas ( PTL & Ad	qua Splash) and Wa	aterPolo Ev	ents				Closed		
1 2 3 4 5 6 7 8		CLOSED	Staff Training  TMSC  Set Up  Swim For Fitness	Clonard WPC	Set Up	Swim for Fitr	ness/Swim for All/ /	Aqua Splasi	h	Closed					

#### January- Diving Pool Programme- Lisnasharragh



## **Lisnasharragh- Sports Hall Programme**

												-			1				-			-				
		9.30	10.00	10.30			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		20.00	20.30	21.00	21.30
∕londay-	Court 1				GP Re	ferral /															Chung d	o kwan -				
	Court- 2				Healt	thwise															taekw	ondo				
	Court- 3																									
	Court- 4												Move	iviore												
	Court-5																									
	Court 6	Uni of 3	3rd Age Bac	iminton																	Circ	uits				
	Squash Co	urt	1																							
	Court- 1																									
	Court- 2	Mixe	d Activity S	ession	Cardia	c Rehab																				
	Court- 3																									
	Court- 4		Cardia	Rehab																						
						1		All Sta	sto NII												Self Defe	oo North				
	Court-5 Court 6							All Sta	ite ivi												Sell Delei	ice ivortii				
	Squash Co		Diabete	s Physical .	Activity Pro	ogramme																				
	Court- 1	-	Diabetes	S Physical .	Activity Pro	ogramme																				
	Court- 2																									
	Court- 3		1		ļ																					
	Court- 4																									
	Court-5							All Sta								Tae-kw	ron-do		Ulster Ba	dminton	Tae-kw	on-do				
	Court 6							Fide	ssa										Sister Da							
	Squash Co		Diabete	S Physical .	Activity Pro	ogramme																				
ursday	Court- 1																				Self Defe	nce North				
	Court- 2			and a set																						
	Court- 3		Dand	erbali																						
	Court- 4														<b>Gp</b> кете	rral / Heal	tnwise									
	Court-5							All Sta	ate NI												Alisc	n McNeilly	Junior Ju j	itsu		
	Court 6	Mixe	d Activity S	ession														Cardiac	Kenab				nior Ju Jitsı			
	Squash Co	urt																								
	Court- 1																									
	Court- 2	Uı	ni of 3rd Ag	e Badmint	ton																					
	Court- 3																									
	Court- 4		C	ardiac Reh	ab																					
		l			CD D-	formal /													Char	an da lace	a taola	o d o			+	
	Court-5	-	1			ferral /													Chu	ig do kwai	n - taekwo	iuo			+	
	Court 6		1		Heal	thwise																				
	Squash Co	urt	1	D. 1	ll																				-	
	Court- 1				lience	$\vdash$																				
	Court- 2		1	Cheer	leading																					
	Court- 3																									
	Court- 4				Self defe	nce North																				
	Court-5																									
	Court 6																									
	Squash Co	urt																								
ınday	Court- 1																									
	Court- 2																							İ		
	Court- 3		1																							
	Court- 4		1																							
	Court-5																									
	Court 6	l	1	l	1																				- t	
	Squash Co		+	l —	+	+ +																				
											1															

# 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 classs 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	ТВС	08.00-09.00	FI led new class
Saturday	ТВС	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

		5.30am 6.00am 6.30am 7.00am 7.30am 8.00am 8.30am	0.00		11.50 11.05 10.00 10.00	1.00pm 1.30pm	0.00		400	5.00   5.00		700 400 400	9.00pm 9.30pm 10.00pm 10.30pm 11.		
Wonday	1 2 3 4	5.30am 8.50am 8.30am 7.50am 7.30am 8.00am 8.30am 6.30am	Seem For Fitness	staff framing	11.00aes 11.30am 12.noon 12.30pss		torall	3.00pm 3.50pm	4.00pm 4.30pm	staff training	6.00pm 6.30pm 7.00pm	pool party	9.30pm 9.30pm 10.30pm 10.30pm 11.30pm		
Tuesday	1 2 3 4	crozea	Swim for Primers	staff framing		ywin	torall			staff framing	20.00	tor sill	Closed		
Wodnesday	3 4	crozeo	Swim for Primera	staff framing	<b>V</b> WHIT	n for all		pool	party	staff training	source fo	or fittinesse	Closed		
Thursday	3 4	crozeo	Swim for Primers	staff framing		wen	tor all			staff training	****	tor will	Clowed		
Friday	1 2 3 4	crozeo	Swim for Primers	staff framing		win	tor all			staff training	swim for fitness	pool party	Clowed		
Saturday	1 2 3 4	crozea	staff framing		swim for sil		hamily	y www.m	statt training			CFORFO			
Sunday	1 2 3 4	crozea		sezsion de-ng	stelf framing	anim for all	hemily	r www.	shaff-framing			CFORFO			
		Key Secol Swim Club Adult Aqui Pinori & Todder	Disability Swim Party Swim	Family Swim	·										

Aquatic Principles
Public Swimming available Monday - Friday Sam - 10pm
Club bookings in Rad agreed through consulation process
increased School & Learn to Swim Programming
Swim for All includes familliles, groups, general swim and private coaching
Targeted interventions - Disability, Over 60's, Parent & Toddler.

#### **Brook- Pool Programme- Jan 20**

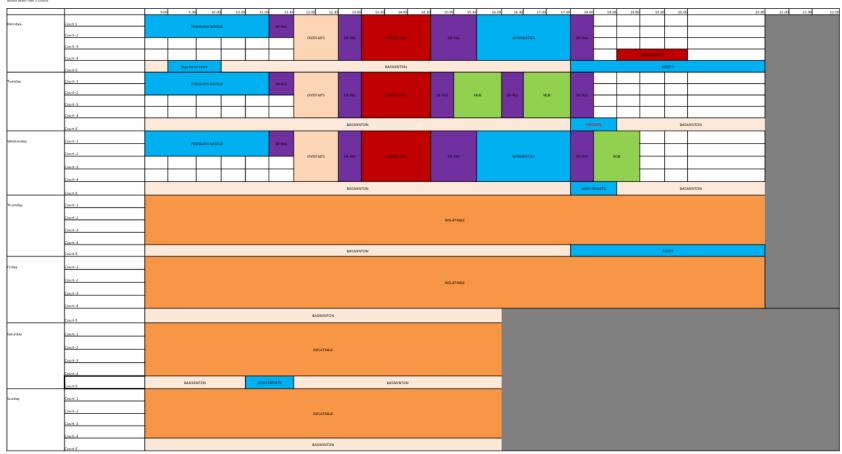
New Brook Leisure Centre Opening Pool Programme 0-6 months TEACHING POOL - Term Time

1	Leno	5.30am 6.00am 6.90am 7.00am 7.30am 8.00am 8.30am	9.00em 9.30em	10.000-0	10.30am 11.00am 11.30a	n 12noon 12.30pm	1.00pm	1.30pm	2.00pm 2.	30pm 3.	.00pm 3	3.30pm	4.00pm	4.000	5.00pm	6.3500	6.00pm 6.30pm	7.00pm	7.30pm 8.00pm 8.30pm	9.00pm 9.30pm 10.00pm 10.30pm 11.00pm
nday	1 2		Seem For Fitness (1.2m)		School Swimming	Pamily Swim (U.S)	1 Augin		awim for htm		oopin .	s.supm	jumor htm		wern for		water serobics	7.00pm	awim for all (0.8)	Closed
ow.	3 4		(1.2.11)		swim for all (0.8)								worm h	or will			swim for all			
sday	1 2	CLOSED	Serim For Fitness (1.2m)		School Swimming	water serobics			www.m.tor.htm	18004			jumor hine	esse switti	wern for	wii (0.8)	water serobics		awith for all (0.5)	Clawed
Tue	4		(1.211)		wwim for all (0.8)			***				warm h	or will			swim for all				
esday	2	CFGZFB	Seem For Fitness		School Swimming Family Swim (U.5)					were for hinese						wii (U.S)	water serobics		awim for all (0.5)	Closed
Wodr	3 4	-	(1.2m)		swim for all (0.8)						warm h				swim for all					
rsday	1 2	Crosen	Seem For Fitness		School Swimming	ataff training	Scho	ool Swimmin	of Swimming St			Swim achi	pol (U.S)				ADULT LESSONS (1.0)		pool party (1.0)	Clowed
uft .	3 4	-	(1.2m)				*****	m for all (U.S	ų.								swim for fitness (1.0)		post party (1.0)	
day	1 2	CLOSED	Seem For Fitness		School Swimming	water serobics	School Swimmi		ming awim for all (U.S)		1.41			Nondeamage				pool party (1.0)	Clowed	
64	3 4	-	(1.2m)		swim for all (0.8)	and another	Swim for all (0.8)					swim for all (U.S)			-	an senson ju	-1		pour party (1.0)	Cident
rday	1 2	CLOSED		rım wchool (U.		benuly awim (	1.50				wim for al	1.01.20							CLOSED	
Sata	3 4				"	.2, 2														
day	2	CLUSEU de-ng Constant de-ng Sen					m for all (U.S)			nn	ol party (1.0						CLOSED			
uns	3 4		Jan.			torall (0.6)		SWII		wii (0.8) poo			on grandy (1.0						220320	
		Key School Swim Club Linkson Splash Todder	Disability Swim Party Swim	Family Swim																

Aquatic Principles
Public Swimming available Monday - Friday Sam - 10pm
Club bookings in Rad agreed through consulation process
Increased School & Learn to Swim Programming
Swim for All Includes famililes, groups, general swim and private coaching
Targeted Interventions - Disability, Over 60's, Parent & Toddler.

#### **Brook Sports Hall Programme**





divider curtain mechanical wall on the fourth court bouncy Castle adnesse bottons 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 12.3	0 13.0	13.30 1	1.00 1	14.30	15.00 15.30	16.00	16.30	17.0	00 17.30	18.00	18.30	19.00	19.30 20.	.00 20.:	30 21.00
MONDAY								CONFER	ENCE								DE-RIG	В	OXFIT (45)	DE-RIG	YOGA (60)		
TUESDAY				TOTAL BODY CONDITIONING BOMINS healthwise		PILATES (60)	DE-RIG	BOXFIT (45)		u <b>G</b>	D	E-RIG fo	ootball PARTY 3-	3.45pm	and 4.15-5pm	DE-RIG	IRIS	H DANCING?	DE-RIG	IRISH DANCIN	G?		
WEDNESDAY					healthwise		TAI CHI 11-12	DE-RIG		TOTAL BODY DITIONIING (45)	liG	D	IE-RIIG fi	football PARTY 3-3.45pm and 4.1		and 4.15-5pm	DE-RIG	В	OXFIT (45)	DE-RIG			
THURSDAY					ER PUMP (60)	healthwise	PILATES (60)	DE-RIG		taff training DE-F	liG.	D	E-RIG fo	ootball PARTY 3-	3.45pm	and 4.15-5pm	DE-RIG	POW		DE-RIG	FEMALE ONL BOOTCAMP		
FRIDAY						healthwise	TOTAL BODY CONDITION (45)	NIING DE-RIG		HIIT (45) DE-F	UG	D	E-RIG fo	ootball PARTY 3-	3.45pm	and 4.15-5pm	DE-RIG			DE-RIG	YOGA (60)		
SATURDAY					DE-RIG	PARTY	DE-RIG	PARTY	DE-RIG	s PARTY	DE-RIC	5	PARTY	DE-RIG									
SUNDAY			boxf	it (45)	DE-RIG	PARTY	DE-RIG	PARTY	DE-RIO	s PARTY	DE-RK	5	PARTY	DE-RIG									

yellow GROUP EX COACH

black to

confirm ed FLOR FM

MUSIC SYSTEMS TRESSLE TABLES red (historic and group ex led) to be confirmed

CHAIRS TODLER TOYS

Specialised Floor

