

Every Body Active 2020 Update

February saw the commencement of the Ladies Only Circuits Programme at Mid Ulster Sports Arena. The Programme takes place every Tuesday evening and is proving to be a great success with 60 Ladies attending each week.



An additional Ladies Only Circuits Programme run in partnership with local workplace Loughry College commenced in March. The programme takes place every Tuesday at lunch time and attracts 20 ladies and hopes to increase the health and wellbeing of the female workforce.



January saw the commencement of a 6-week programme with 'The Carefully Yours Project'. This project aims to provide support to over 55's in Magherafelt and the surrounding Mid Ulster area. Activities are open to all over 55's including those suffering from, or at risk of, dementia; ill health; disability; or experiencing isolation and loneliness.

By offering a wide range of social activities, as well as training and volunteering opportunities, the Carefully Yours Project aims to promote positive health and well-being, social inclusion and independence of an ageing population, focusing on preventative approaches and early intervention.

As part of this service physical activity classes are delivered through the Mid Ulster Council Everybody Active 2020 programme. These physical activity sessions help to make small changes to the participant's daily lives in order to improve on their health and wellbeing.



During February the Everybody Active 2020 Disability coach supported the Magherafelt Marvels a Special Olympics Athletics Club for those in the Magherafelt.

This club includes a mixture of community-based and service based participants who avail of training, events and sports competitions throughout the year as part of the Special Olympics Ireland programme.

The sport of athletics encourages the Marvel athletes of all abilities and ages to compete at their optimum level. Through the track-and-field-based athletics-training program, participants can develop total fitness to compete in any sport.



March saw the commencement of a 12-week Multi-Sports fitness programme for people with mental health.

This programme is currently being held every Thursday (2.30-3.30pm) at Meadowbank Sports Arena Magherafelt, with over 10 participants attending each week.

The programme aims to help promote and sustain independence, wellbeing and social inclusion through sport and physical activity.



January and February saw the multisport programme taking place with Cookstown Primary School P5's and Holy Trinity Primary P4's participating in a range of different sports such as Dodgeball, Olympic Handball and Football.

To finish off the programme 150 Cookstown PS and Holy Trinity PS pupils took part in a fun session at Mid Ulster Sports.

February saw multisport programmes taking place at Moneymore P.S, Cookstown HS, St Joseph's College, Coalisland and Aughnacloy College.

Sports played were - Dodgeball, Olympic Handball and Uni hockey.

The programme was aimed at girls and boys aged between 9-14 years and was delivered over a period of 6 weeks.



During March EBA 2020 organised and delivered a social netball programme for women in the Dungannon Area. This programme, based at The Integrated College in Dungannon on a Tuesday night from 8.15-9.15pm has proven very popular.

Over 25 women registered for this programme with between 14-18 women attending each night. Due to its popularity, it was decided to extend the programme for a further 6 weeks. These girls have not played Netball from High School days so they are enjoying the fitness and social side to the sport.

March also saw the first Social Netball Tournament for women across the Mid Ulster Council area. Teams from Fivemiletown, Cookstown, Dungannon, Tobermore and Draperstown came to Cookstown Leisure Centre to compete against each other.

Over 60 women turned up to play in what turned out to be a great evening of netball that showed how popular netball has become at all levels. It is hoped that this will become an annual tournament that will give women and girls the opportunity to participate in physical activity in a fun environment.

Coach Development Program

This year's Coach Development Programme in partnership with The Performance Lab has now finished, over the last few months an extensive range of courses have been offered to local sports coaches with more than 200 volunteers attending from January - March.

Courses included Safeguarding, First Aid, Sports Science, Governing Body Coaching Qualifications, Specialist Disability training and Club Development workshops.

MUDC Disability Hub

The Hub's specialist disabled equipment including, various trikes and hand powered trikes, sports wheelchairs and specialist sporting equipment is now in operation.

Mid Ulster Sports Arena is hosting wheel chair hurling and EBA 2020 disability classes that includes boccia, sensory sessions, hand cycles and wheel chair activities.

A Road Show exhibiting the equipment and activities available is planned for May with a Fun Day scheduled for Saturday 16 June.

MUSA Parkrun

Coming up to its 5th birthday in May the MUSA Parkrun continues to be a huge success with up to 130 people from a range abilities either running, jogging or walking the 5K course each week. All participants from council C25K programmes graduate on week 9 at the MUSA Parkrun to encourage them to sustain their physical activity levels.

Health & Physical Activity Fair

Sports Development teamed up with Environmental Health to host its first ever Health & Physical Activity Fair in Cookstown Leisure Centre on Tuesday 6 February. The aim of the event was provide information to Mid Ulster citizens to enable them to take future steps to improve their health and well-being.

With a wide range of free activities on offer including spinning, tai chi, circuits, sleep clinics and health checks as well as information stands from across the spectrum of health & wellbeing the event was big success with more than 300 people attending.



Feedback was very positive and plans are already in place to build on the event for next year.

Magherafelt Junior Parkrun

March saw the first ever Junior Parkrun established in Mid Ulster taking place in Polepatrick Magherafelt. Set up by Sports Development, this free 2K timed run for 4-14 year olds takes place every Sunday morning at 9.30am and is managed by a hard working team of volunteers.

Partnership funding for the Junior Parkrun was secured from the Northern Partnership for Physical Activity.

Already the Junior Parkrun attracts more than 120 children each week.

C25K & Beyond Programme

The first C25K & Beyond Programme of the new year saw more than 250 sign up for the sessions in Gortgonis, MUSA and Meadowbank. It should be noted that there was a large increase in numbers of those attending the Gortgonis Programme this time round.

Graduation took place on Saturday 24 March at the MUSA Parkrun.



The next programme began in April with graduation planned for 16 June.

Cookstown Leisure Centre

February and March saw Lissan GAA, Father Rocks GAA and Cookstown Youth FC all take up opportunities to avail of additional or pre-season training with our instructors with options of Bootcamps, Hydro Power classes, Spinning, Circuits and Boxercise sessions to supplement their regular training.

The newly introduced “Metcon” (short for Metabolic Conditioning), has been very popular.



December 20th, 2017 was a very successful “on-line “wet enrolment with over 700 swimming lesson places on offer to the public. This generated £29,750.00 on the day, and by the commencement date of lessons.

Cookstown Leisure Centre hosted a second “Community Health and Well-being Fair” for Council staff, with this year also being open to the public. The event ran on Tuesday the 6th February, commencing at 3pm to 7pm. This event offered a wide range of information stands offered visitors helpful information and advice. The usual health check was available via the mobile health screening bus. The nurses were overwhelmed on the day, but all feedback to organisers was positive. Event this year saw a few new clinics catering for issue with sleep and pain, and again well attended. The centre provided a range of taster sessions from Tai Chi to spinning which was well attended.

Annual Cookstown Swimming gala took place on March 20th 2018, with 20 schools from the Cookstown area participating. Holy Trinity were the overall winners, with Bush and Moneymore PS runners up. Holy Trinity and Moneymore will now proceed to the regional finals on April 26th at Greenvale Leisure Centre.



Evolve Fitness

In January 2018, we held our New Year Promotion 'Make a Change' on offer is 2 months free on 12-month cash sales and a free month to new members. Existing members who take out a 3 month, 6 months or 12 month DD membership during January and the promotion was advertised on posters within the centre and on the centre Facebook page.



To help motivate users a Stepper Challenge was held during January 2018 whereby members had to climb 4km over a 4 week period. Thirty- nine people entered and 29 completed the challenge within the period.



For February, we held a promotion over Valentines weekend and again during March we held a promotion over St Patrick's weekend in that if you joined on those weekends you got a free month. The return on these was not as expected therefore may decide not to run them again next year as a result.



Our final challenge of the year was held in March whereby members had to row 100km over a 4 week period. Twenty- three entered, with 12 completing the challenge.



These promotions have assisted with the good start to the year with 26 new members signing up 46 new members over the first three months of 2018.

The “Physical Activity Programme” has taken off with currently 90 and clients, either at the initial 12 weeks’ stage by the “phase three practitioners (Cardiac), local GP’s, and Charis (Cancer) or re-referred by their local GP’s.

Cookstown Leisure Centre ran a three-day scheme over the Easter week holidays (6th -8th April). The daily attendance was on average 150 children per day. The scheme offered the usual daily activities and an Easter hunter in the soft play area, which proved very popular with the children. Refresh offered a breakfast club in conjunction with an early drop off “Arts and Crafts”, although number were not great.

The scheme offered great value at £8.00 for a full day of supervised activities and is something to build on for next year.

On Saturday 31st March, we hosted a Baby & Child Market, which was well attended by both buyers and people selling. Thirty-six vendors hired tables to offer a range of products to potential customers from prams, baby clothes and other baby accessories.

The organiser was charged a commercial rate for the venture and has provisionally booked a second event later in the year.

MUSA

Outdoor Pitches

The grass and synthetic pitches continue to be in demand for bookings by soccer; rugby and GAA Clubs as well as schools during January to March there were large number schools matches, blitzes and tournaments. The conversion of Pitch 4 to a multi-use pitch, has allowed us to facilitate pitch rest for Pitch 2, with the school bookings during daytime hours using pitch 4 and reserving Pitch 2 for floodlit evening matches.

Most of the outdoor pitches were closed for almost a week during mid-January due to snow and frost and again for a few days in early February. The winter verti-draining paid dividend, and praise to Gerard Glackin must be made as the grass pitches over the early weeks with minimal disruption. A senior schools Gaelic tournament took place on 12th of March, following a heavy frost and snow the previous night and all parties praised the condition of grass field.

The IFA Elite Performance Centre, National League and Mid Ulster League 9 aside and 11 aside leagues continue weekly.

January saw a new initiative with a new morning Couch to 5k in the mornings. Organiser targeting mothers dropping of children at school, and then looking for an early morning workout. The pilot was very successfully with 25 to 30 participants weekly. The organisers are planning a second course at the end of April.

Indoor Pitches

The indoor pitches continue to be popular and especially during the colder period with club bookings and birthday parties from January to March.

Acorns Cross Country

The annual Acorns Athletic Cross Country was held on 13 January 2018 with approximately 200 participants in this event. Due to poor weather conditions leading up to the event, the area utilised on the site sustain more damage than usual.



Ulster GAA College Finals

Several Ulster GAA college cup finals were held at MUSA including the Oisín McGrath Memorial finals.

NI School Boys and NI School Girls Soccer Finals

A few NI School boys' and girls' quarter and semifinals were held on the synthetic soccer pitch during February and March.

Ulster Rugby

Ulster Rugby U14, 16 and 18s Ulster Youth Plate, Bowl and Shield Finals were held in March and continued into April.



Ulster Wheel Chair Hurling

Regular training sessions are currently being held on the indoor court, for Ulster Wheel Chair Hurling Initiative sessions.

SVP races

SVP held 5mile and 10 mile charity run in February with over 150 participants.



Tyrone Super Cup

The Tyrone Junior and Senior cup trials and selected squad training has commenced at MUSA.

Cumann na Bunscoil

The Tyrone indoor regional football finals for Primary Schools were held in March.



Block Bookings

The new block bookings commenced on the first week of January and continue until the end of April, with a very high demand for outdoor and indoor facilities

Bookings received by Gaelic Clubs for their youth/Senior teams to use the indoor/outdoor facilities from January to March (with some continuing through April) were at a record high for this year.

The new block booking has been advertised and will run from Monday 30 April to Sunday 2 September 2018.

EVENTS/BOOKINGS DURING THIS TIME

- Parkrun continues every Saturday morning at 9.30am (100+ participants weekly)
- Mid Ulster Youth League 9 aside and 11 aside matches each Saturday
- National League matches on Pitch 1
- Couch to 5K Programme on Tuesday and Thursday evenings with 150 register participants for this course
- IFA GRDO Small Sided games centre
- CYFC Development Centre – 200+ children
- Usage of the Trim Trail by walkers and runners remains steady especially during the day. Estimated numbers using this facility in the region of 100 per day.
- Ulster Colleges Matches and Tournaments
- Ulster Camogie Weekly Blitzes
- Tyrone Hurling Centre of Excellence
- Ulster Ladies GAA Trials
- Ulster Camogie All Star Trials
- Cookstown Hockey Club – indoor hockey
- IFA Girls
- IFA Futsal
- Tyrone GAA and Hurling under 21s and seniors
- Eater Camps
- Birthday Parties

FUTURE EVENTS AND ACTIVITIES

- Ulster Rugby U14, 16 and 18s Ulster Youth Plate, Bowl and Shield Finals
- 22nd and 29th April and 6th May
- Park Run – still taking place every Saturday morning
- Streets League Competition
- Sports Development Fun Day
- IFA National Football League youth finals 7 and 12 May 2018
- Preparations are underway for Fireworks Display 28 October 2018
- Summer Sports Camps

Dungannon Leisure Centre

Dry Activity Classes and Courses

January was a very busy month as customers keep their New Year's resolutions. Fitness classes continue to be very popular an extra spin classes added to the programme to meet demand.

Yoga and Pilates have also grown in popularity and have booked out.

Wet Activity Classes and Courses

Swimming Lessons

The School of Aquatics swimming programme was fully subscribed.

January – March 2018 1-1 lessons were also popular with over 500 classes sold.

Aqua Fit classes remain a popular activity with classes sold out.

Masters Swimming also attracts large numbers of participants at the three classes provided per week.

School swimming programme this comprehensive swimming programme provided to local schools.

Rookie Lifeguard_young swimmers are given the opportunity to learn basic skills of water safety and some rescue techniques during lively interactive classes.

Ladies Night takes place every Monday night this club provides women with the opportunity to swim in a female only environment.

Swimmer Development Class has gone from strength to strength this quarter and regularly attracts over twenty swimmers. Young people attending these classes are up early every Saturday morning to travel from as far away as Strabane, Portadown, Omagh, Cookstown and Armagh.

Fitness Suite

During January, February and March customers were given the opportunity to challenge themselves by meeting targets set by the Fitness Instructors on the treadmill, cross trainer and rowing machine. The incentive was well received and encouraged more interaction between customers they challenged each other as well as themselves. Staff are currently preparing the next challenge.

Teen fitness is available for 13-16 year old and popular after school activity as young people come in small groups to use the facility.

January to March has seen an increase of disability users both in group and individual use.

Clubs

A wide variety of clubs and classes use the centre for training and practice. These include, Ren Bu Ken Judo Club, Kobra Kai Karate Club, Tae Kwon Do Club, 50+ Club, Special Olympics, Irish Dancing and Oksana's Dance Academy.

Tyrone Towers Basketball play their home games in the centre and train their various adult and junior teams here too.

Men's Health

Men's Health club takes place on Wednesday's and those who attend continue to enjoy the activities available.

In addition, Dungannon Leisure Centre hosted two swimming galas, the SELB Music event and Dungannon Feis. All events were well attended.



An audience of over 900 waiting in anticipation for Dungannon Feis to start.

Greenvale Leisure Centre

Group Swimming Lessons

The 'Learn to Swim' programme at Greenvale continues to attract a large volume of children (aged 3.5-12yo) to the Centre for weekly swimming lessons. The recently launched Spring term of lessons attracted over 1175 participants, representing the largest enrolment since the Centre reopened in 2012.

Additionally, private swimming lessons continue to run at full capacity, with over 150 sessions booked per week.

School Gala 28th February

Greenvale welcomed participants from 25 local schools to the inaugural Schools Gala (organised in partnership with Sports Development). The event was a huge hit, with a Grand Final, featuring schools from Cookstown, Dungannon and Magherafelt due to be held at the Centre on Thursday 26th April 2018.



Kids Fitness Classes

Greenvale recently launched two pilot children's Activity classes, with a view to offering an extensive kids fitness programme from September, includes a 'Strength Academy' for 12-15yo's and Kids Bootcamp for 8-14yo's. Both programmes have

launched very successfully with the 12-week Strength Academy fully booked, and weekly Bootcamp classes catering for over 40 children per week.

50+ Group Birthday

The weekly 50+ group at Greenvale recently celebrated its second birthday. The programme, designed to provide a wide range of fitness and social activities for users over the age of 50yo, continues to grow and has benefited from recently added walking, jive, and aqua aerobics sessions.

In order to celebrate the landmark, a small event was held for participants at Greenvale in April:



Easter Scheme

The Easter Camp ran on 4-6th April, and was again over-subscribed. Around 120 children, aged between 4-12yo attended the scheme each day, taking part in a wide range of activities, including sports, swimming, soft play and a variety of Easter themed games.

Autism Friendly Soft Play Sessions

Following the successful participation in World Autism Awareness Day, Greenvale launched weekly Autism friendly session within the soft play area, every Sunday 10.00-12.00noon. The sessions, which commenced in February, provide a quiet sanctuary for children with Special needs and allow a social space for parents to meet. The sessions have been utilised by several local families, with extremely positive feedback received to date

Network Personnel Job Fair

Greenvale was delighted to host Network Personnel's Job Fair at the Centre on Friday 2nd January. Attracting over 50 local businesses, and hundreds of jobseekers to the Centre:



Meadowbank Sports Arena

Winter Programme

The Arena, Pavilion, 3G Pitches and Outdoor Track at Meadowbank have been well booked and heavily used over the Winter period (Jan – Mar). The weekly programme is as follows (Not including Casual and Block Bookings):

Mondays

- MUDC 'Couch 2 5K' - Track 6.30 - 7.30pm
- Pregnancy and Post Natal Yoga – Pavilion 6.30 - 8pm
- Magherafelt Reds & Sofia Farmer FC – 3G 7 – 8pm
- Tafelta Running Club – Track 7.30 – 8.30pm
- Drum Majoring – Maxi 1 7- 8pm
- Ulster Rugby - U 16 & U18s 3G 6 - 9pm
- Tobermore Youth Soccer - Maxi 1 & 2 7 – 8pm

Tuesdays

- Secondary Schools Hockey U13's & 15's – Indoor Pitch 7 – 9pm
- RSP Fitness – Bootcamp – Top Floor 7 – 9pm
- Sky Blues 2006 & 2010 – 3G Soccer 7 – 8pm
- Mid Ulster Athletic Club – Primary & Secondary Schools 7 - 9pm
- Karate Club – Café Area 7- 9pm
- ROB RFC Senior Training – 3G Rugby 7 – 9pm
- Sky Blues Senior Training – 3G Soccer 8 – 10pm
- Rossa U14's - Gaelic 3G 8 – 9pm

Wednesdays

- Buggy Fit – Outdoor Track/Gym 11 – 1pm
- Sky Blues 2011 – Mini Pitch 6 – 7pm
- Sky Blues 2004 – 3G Soccer 6 – 7pm
- Sky Blues 2007 – 3G Rugby 6 - 7pm
- Pregnancy & Post Natal Yoga – Pavilion Hall 6.30 – 8pm
- MUDC 'Couch 2 5K' – Track 6.30 - 7.30pm
- Sky Blues 2009 – Maxi Pitch 7 – 8pm
- Magherafelt Reds & Sofia Farmer FC – 3G Soccer 7 – 8pm
- Acorns AC Training – Track 7.30 – 8.30pm
- Soccer Sixes – 3G Soccer 8 – 10pm
- Magherafelt Marvels - Maxi Pitch 7 – 8pm

Thursdays

- ROB Youth Rugby Training – 3G Gaelic Pitch 6 – 7pm
- St Colmcille Girl Guides – Café Area 6.30 – 8pm
- ROB RFC Senior Training – 3G Rugby 7 – 9pm
- Sky Blues 2008 – 3G Soccer 7 – 8pm
- Sofia Farmer FC – 3G Soccer 7 – 8pm
- Mid Ulster Athletics Club Secondary School age group – Track 7 – 9pm
- Sky Blues Senior Training – 3G Soccer 8 – 10pm
- Yoga – Pavilion 7 - 8.30pm

Fridays

- Primary Schools Hockey – Hockey Pitch 4 – 5pm
- Sky Blues 2004 – Mini Pitch 6 – 7pm
- ROB Mini Rugby – 3G Rugby 6 – 8pm
- Tennis Club – Maxi Pitch – 7 – 9pm
- Derry GAA Underage Gaelic – 2 x Maxi Pitch – 7 – 10pm

Saturdays

- Sky Blues Minis – 2 x Mini Pitch 10 – 11am
- Yoga – Pavilion 10.30 – 12pm
- Mother and Toddler Group – Pavilion 10.30 – 11.30am
- Mary Hill Ballet School – Pavilion 3.30 – 6.30pm

Sundays

- NI School Boys Soccer – 3G Soccer 10am – 12pm
- Rossa Ladies – 3G Soccer 12 – 1pm
- Rossa Underage Gaelic – 2 x Maxi Pitch & 2 x Mini Pitch 12 - 1pm
- Castledawson GAC Underage Gaelic – Maxi Pitch 11 - 12pm

Special Events

- Ulster GAA Schools Gaelic Blitz Mon 15th Jan – 40 Pupils
- Primary School Sports Hall Athletics Thu 18th Jan – 300 Pupils
- Ulster GAA Underage Gaelic Blitz Sat 20th Jan – 50 Kids
- Ulster GAA Schools Gaelic Blitz Tue 23rd Jan – 200 Pupils
- Ulster GAA Underage Gaelic Blitz Sat 27th Jan – 80 Kids
- Ulster GAA Schools Gaelic Blitz Tue 30th Jan – 150 Pupils
- Primary Schools Sports Hall Athletics Thu 1st Feb – 300 Pupils
- Ulster GAA Underage Hurling Blitz Sat 3rd Feb – 165 Kids
- Ulster GAA Schools Gaelic Blitz Tue 6th Feb – 200 Pupils
- Ulster GAA Schools Hurling/Camogie Blitz Thu 8th Feb – 130 Pupils
- Ulster GAA Underage Gaelic Blitz Sat 10th Feb – 150 Kids
- Ulster Hockey Camp Thu & Fri 15th & 16th Feb – 35 Kids each day
- Ulster GAA Underage Hurling Blitz Sat 17th Feb – 130 Kids
- Ulster GAA Underage Gaelic Blitz Sat 24th Feb – 100 Kids
- Ulster GAA Underage Camogie Blitz Sun 25th Feb – 317 Kids
- St Marys Grammar School Gaelic Blitz Wed 28th Feb – 150 Pupils
- Derry GAA Underage Hurling Blitz Sun 4th Mar – 80 Kids
- Magherafelt High School Soccer Tournament Wed 7th Mar – 80 Kids
- Cuchulainn Cup Project Gaelic Games Wed 14th Mar – 200 Kids
- Sky Blues Soccer Tournament Sun 18th Mar – 200 Kids
- Ulster GAA Underage Hurling Blitz Wed 21st Mar – 200 Kids
- Ulster GAA Schools Gaelic Blitz Thu 22nd Mar – 250 Pupils
- Secondary Schools Sports Hall Athletics Thu 22nd Mar – 200 Pupils
- Ulster GAA Underage Hurling Blitz Sat 31st Mar – 200 Kids

There were 47 Birthday Parties took place between Jan – March
10 Schools took part in the Fit For Life Programme.





Maghera Leisure Centre Jan, Feb March 2018

Prize winners from Maghera Leisure Centre's Christmas promotion.



- Carn Glen Credit Union Quiz 26th January
- Karate Grading 20th March 5pm-9pm
- Easter Bootcamp



Memberships sold

The Centre remains very busy with £20/month membership selling especially well. Birthday parties are also very busy.

Centre Based Classes and Activities Jan, Feb & March.

Daily Morning session classes 10am – 11am.

- Mon -Core Stability.
- Tues – Spin.
- Wed - Circuit Training.
- Thurs - BLT Blitz.
- Fri Circuit Training.
- Early morning boot camp 6.30am – 7.15am Wed & Fri.
- Adult Centre Tuesday and Thursday.

Evening Classes

- Circuit Training Mon & Thurs.
- Kettlebells Tuesday & Thursday.
- Gymnastics Tues, Wed & Fri.
- Stomach Shred Wed.
- Senior Citizen Club Wed 2pm – 4pm.
- Fit Kids Session Mon & Thurs.
- Spinning Classes Mon, Wed, Thurs, Fri & Sat.
- Sunday boot camp & Spinning class.
- Delivery of GP Referral Programme.

Out Door Pitches

- 14 bookings, a lot cancelled due to bad weather.

Clubs at Maghera Leisure Centre Jan, Feb, March 2018

- Ju Jitsu Mon – 7pm – 9.30pm & Sat 10am – 1pm.
- Leo Maguire Taekwondo Club, Main Hall Thursdays 5pm – 6 Karate Friday night.
- Floral Art.
- Womens Institute.
- Gardening Group.
- Culnady Girls Brigade
- Carn Wheelers
- Club Oige Luraigh.

Tobermore Golf Centre Jan, Feb & March 2018

January

Golf Camp 2nd & 3rd Jan 10am-2.30pm

Junior Coaching 13th Jan for 6 weeks 1.30pm-6pm. These junior coaching sessions focus on improving the young golfers' technical skills, preparing them for the next incoming golfing season.



- Lessons Trackman/ Standard 22
- Kilrea Ladies Branch.
- Moyola Junior Panel
- Sat junior Coaching.
- Killymoon Juniors.

February

Improver Course Thurs 1st Feb For 6 weeks 7pm-9pm

- Lessons Trackman/ Standard 23
- Moyola Junior Panel
- Sat junior Coaching.
- Killymoon Juniors.

March

Junior Coaching Sat 7th 1.30pm-6pm for 8 weeks

- Lessons Trackman/ Standard 23
- Sat junior Coaching
- Killymoon Juniors.
- Moyola Junior