

## Every Body Active 2020 Update

### Disability Coach

During April Fit 4 U co-ordinates a range of daytime physical activities and sports. Fit 4 U is funded by the Public Health Agency and led by the Southern Health and Social Care Trust in partnership with MUDC and Sport NI funded Everybody Active 2020 coaches.

The Fit 4 U Project aims to empower people with physical/ sensory and/or learning disabilities to improve their health. Some of the activities include Archery, Boccia, New Age Kurling, Group Based Exercises programmes, Boxercise, Walking Groups and Indoor Golf etc.



May saw the continuation of the Mid Ulster Boccia Club in Cookstown Leisure Centre. The Mid Ulster Boccia Club runs on a fortnightly basis and each session lasts one hour (6-7pm). The club gives participants with physical disabilities the opportunity to compete for the club trophies in a round robin tournament.

Please see pictures below of some of our Trophy winners to date.



## Multi-Sport Coach

April saw the commencement of the Schools Multi Sports Programme, which was run in conjunction with local school Tobermore PS and took place every Wednesday afternoon at the school. The children enjoyed the range of activities on offer.



May saw the commencement of the Fit Workplace Programme, which was run in conjunction with local workplace South West College in Dungannon. The programme took place every Tuesday evening after work for 6 weeks.



## Coach Development Program


The 2018 /19 Coach Development Program has now finished.

Coach Development Courses	Numbers of Coaches attending
<b>11</b>	<b>169</b>

## Summer 2019

Summer planning is completed and an online bookings system up and running through the Council website.

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### Summer Leisure Activities



This summer, you'll find a variety of indoor and outdoor activities and sporting opportunities for young people throughout the district during July and August. All activities will be led by fully qualified staff that will ensure that participants have a fun, stimulating and enjoyable experience in a safe, structured environment. Bookings are on a first come, first served basis, therefore any postal/email bookings cannot be guaranteed. \*Please check the location for enrolment for each activity.

## EBA Year 3 Strand 1 & Strand 4

### Strand 1

Year 3 has been completed and the Year 4 Plan and Year 3 Review have been submitted to Sport NI the programme funder. Year 4 will see the coaches continue to target women and girls, those living with a disability, and those living in areas of greatest need with health related physical activity programmes.

### Strand 4

The MUDC small sports grants will once again receive support from Sport Ni via the EBA 2020 programme and a funding pot in the region of £30k will be available for local sports clubs to access.

## Dungannon Leisure Centre

The Leisure Centre closed for refurbishment from Monday 29<sup>th</sup> April 2019. Prior to closure ongoing work took place with our customers advising them of what other services and facilities would be available to them during the closure.

Some of the fitness equipment from Dungannon Leisure Centre was relocated to Gortgonis Citizen Centre and the opening hours extended to provide customer access to a fitness suite locally. Customers were also advised of the facilities available in Cookstown and Magherafelt.

The Men's Health programme continues to run at Drumcoo Bowling Pavilion providing them with the opportunity of trying out outdoor activities.

On Saturday 27<sup>th</sup> April 2019, Dungannon Leisure staff held a swimming gala to say a final farewell to their much beloved co-worker, Leisure Attendant, Swimming Teacher and Coach Gary Morris and to raise funds for local charity Northern Ireland Chest Heart and Stroke. The gala provided an opportunity for all the children and young people who attended swimming lessons in Dungannon and taught by Gary the opportunity to swim competitively and demonstrate what they had learned. Over 230 young people took part. The event was a great success and £5,000 raised for Chest, Heart and Stroke.



## **Cookstown Leisure Centre**

Cookstown Leisure Centre Drop-In Classes are offered to the general public and also as part of the total "Evolve Membership". We have 18 drop-in classes currently running as part of our membership packages, this will increase again during the summer months when pool space frees up due to the Swimming club summer break and officers reintroduces the "Hydro Power" class.

In addition to this, we run 2 Buggy Fit classes and a 60+ Zumba class per week which are not part of the membership packages. With Dungannon LC closing, two Masters swimming classes have moved to Cookstown and numbers attending from the existing Dungannon swimmers and new swimmers from Cookstown are good. The classes are continuing to perform well where we have seen an increase in numbers in most of the classes. (24 Centre based classes open to the public).





Cookstown Leisure Centre MidUlster Academy completed its Spring Enrolment offering 1160 place to the public with 86% uptake.

Cookstown Leisure Centre ran a four day Easter Scheme Tuesday 23<sup>rd</sup> to Friday 26<sup>th</sup> April. The facility offered a range of centre-based activities e.g. dodgeball, swim & flume, soft play, ten-pin bowling and full main hall programme. Daily the centre catered for over 100 children plus.

We have just trained up additional staff for the climbing wall, 12 staff from across the MUDC district receive climbing instructor training from “Adventure Training”. These staff will start immediately working at forthcoming event across the district. June and July already looking a busy period.

## **MUSA**

### **Sports Review**

Facilities at MUSA are very busy with bookings from soccer, GAA and rugby clubs as well as schools during January to March 2019. There were a huge number of schools matches and tournaments played on our 3G Gaelic pitch throughout the week in this time period. There also remains a high demand for soccer matches at the weekend with most pitches booked each Saturday and a lot of matches also played of site at Beechway and Fairhill football pitches.

## Colour Run

Mid Ulster District Council organised a colour run for all year 8 school girls in the district.

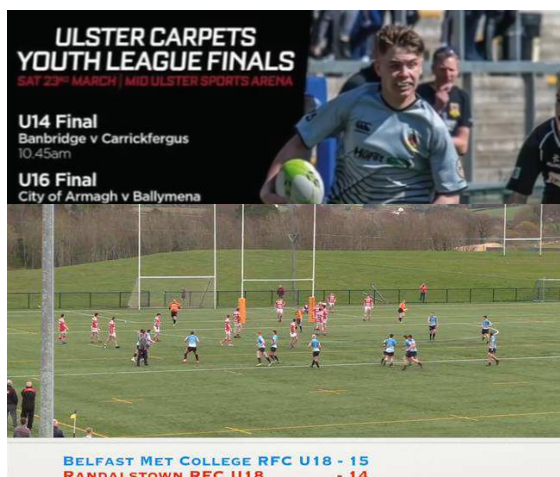
The Colour Run was organised as part of the Every Body Active 2020 Programme. The Course was laid out around the outside of two pitches of our pitches.

350 year eight girls from across the Mid Ulster district took part. The girls all received a free t-shirt and sunglasses for the event. The event was a great success and enjoyed by all. It was a fantastic opportunity that let young people from all walks of life mingle, make new friends and be healthy and active in a fun environment.



## Ulster Youth League Rugby Finals

The Ulster Youth League Rugby finals were held here at the Mid Ulster Sports Arena. There were 3 finals held on Saturday 23<sup>rd</sup> March 2019 for the under 14s, under 16s and under 18s. All 3 games were well supported with over 600 people coming to spectate.



## Soccer Coaching Awards

On Sunday 24<sup>th</sup> February, Sunday 3<sup>rd</sup> and 10<sup>th</sup> March the IFA ran a very successful coaching award to get local people qualified to coach grassroots football here at the Mid Ulster Sports Arena for local clubs.



## AFL

Mid Ulster Sports Arena hosted its first ever Australian Rules open day. The event was held by The Belfast Redbacks Australian Rules Football Club and Portadown Power men's and ladies teams that offered coaching, fun games, drills and skills tests on the day for men and women of all abilities. The AFL hope to start a team here at the Mid Ulster Sports Arena this summer. We have been working closely with the new club and we will be providing the first proper oval pitch in the province for Australian Rules football.





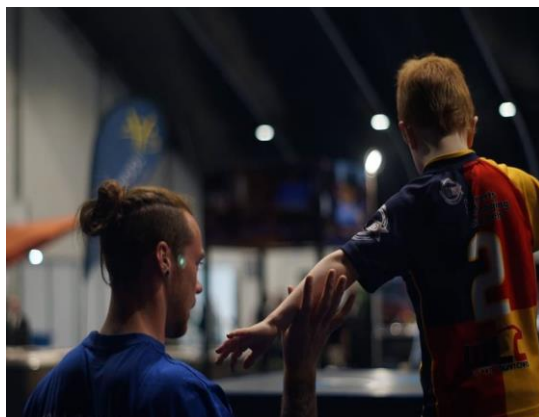
### **Six a-side soccer league**

The new six a-side league has been a great success with 10 teams entering the first time the event has run. This competition is run by MUSA and provides teams with a referee for all their games. We hope to expand on this in the autumn and take the tournament to a 16 team competition played over 2 nights a week over an eight week period.



### **JumpNI**

JumpNI brought Parkour for the first time to the Mid Ulster Sports Arena. The activity teaches kids the ability of moving rapidly through an area negotiating obstacles by running, jumping, and climbing. It was a very popular event with children.





Usage figures were good for the period. Following a slow start in January usage began to pick up towards the end of January and continued to rise through February and March. The low figures in January could be attributed to the bad weather and having to call off several matches and training sessions during the month.

### **Events During This Time Period**

- Parkrun continues every Saturday morning at 9.30am (100 plus participants weekly)
- Mothers and Others takes place every Monday and Friday morning
- Mid Ulster Youth League 9 aside and 11 aside matches each Saturday
- National League matches on Pitch 1
- Ladies only circuits on Monday evenings
- Schools colour run
- Ulster rugby finals
- Couch to 5K Programme on Tuesday and Thursday evenings
- 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
- High demand for Birthday Parties in the indoor 3G & Blue court
- Mid Ulster District Council & Tyrone GAA Primary School Winter Indoor Blitz
- Ulster Colleges Matches and Tournaments
- Ulster Colleges Camogie Tournament
- Ulster Camogie Blitze
- Tyrone Hurling Centre of Excellence
- Ulster Ladies GAA Matches

### **Fairhill Bowling Green**

Facilities opened on the 6<sup>th</sup> April, with matches commencing on the 13<sup>th</sup>. All bookings and supervision of the pavilion, bowling rinks and tennis has moved to MUSA. We have been approached by the general public for the opportunity to avail of the seasonal tickets, which has now been accommodated.

Over the last few weeks there has been some increase in anti-social behaviour again. Police have been informed and a request for CCTV has been received. The clubs had to make a “999” call on the 31<sup>st</sup> May due to a group of youths throwing stone over the perimeter hedging during play (police couldn’t attend on the evening ). Fortunately, no club members were hurt.

### **Meadowbank Sports Arena**

Spring Programme April – June 2019

As with the seasonal nature of Meadowbank there has been a decrease in the number of pitch bookings due to the lighter evenings and clubs returning to their own facilities. On a more positive note there has been a number of big events that have taken place and the normal burst of School Sports Days and Fun Days at this time of year. The main bookings of note have been the Local Council Elections and European Elections that chose Meadowbank as their Count Centre. This led to a lot of Media exposure, footfall and income for the Arena.

## Special Events April - June 2019

- Ulster GAA Gaelic Blitz Wed 3<sup>rd</sup> April – 200 Kids
- Ulster Camogie Blitz Sat 6<sup>th</sup> April 2019 – 400 Kids
- Ulster GAA Gaelic Blitz Wed 10<sup>th</sup> April – 250 Kids
- Cuchulainn Cup project Gaelic Blitz Wed 10<sup>th</sup> April – 250 Kids
- Boys Brigade Soccer Tournament Sat 13<sup>th</sup> April – 70 Kids
- Sky Blues Soccer Tournament Sun 14<sup>th</sup> April – 400 Kids
- Schools Ladies Gaelic Blitz Wed 17<sup>th</sup> April – 250 Ladies
- Ulster Rugby Junior Men 7's Tournament 30<sup>th</sup> April – 200 Players
- Ulster Camogie Blitz Sat 11<sup>th</sup> May – 100 Kids
- Sky Blues Soccer Tournament Sat 14<sup>th</sup> May – 250 Kids
- Primary Schools Athletics Competition Thurs 16<sup>th</sup> May – 200 Kids
- Free Presbyterian Church Fun Evening 29<sup>th</sup> May – 150 Kids/Adults
- Spires Integrated P.S. Sports Day Fri 31<sup>st</sup> May – 200 Kids
- CFM (Combined Facilities Management) Soccer Tournament Fri 31<sup>st</sup> May – 60 Players
- Gaelscoil School Sports Day Mon 3<sup>rd</sup> June – 100 Kids
- Kilcronaghan Mission Group Fun day Mon 3<sup>rd</sup> – Thur 6<sup>th</sup> June - 150 Kids/Adults per night
- Kilross P.S. Sports Day Fri 7<sup>th</sup> June – 100 Kids
- Sky Blues Soccer Tournament Sat 8<sup>th</sup> June – 80 Kids
- Northern/NW Ladies Cricket match Sun 9<sup>th</sup> June – 50 Players
- Holy Family Schools Sports Day Tue 10<sup>th</sup> June – 250 Kids
- Local Council Elections Fri 3<sup>rd</sup> May – 400 People
- European Elections Mon 27<sup>th</sup> May – 1000 People

## Upcoming Events

- Woods P.S. Sports Day Wed 12<sup>th</sup> June
- Fit For Life Fun Day Thur 13<sup>th</sup> June
- Annahorish P.S. Fri 14<sup>th</sup> June
- Holy Family/St Mary's Fit For Life Fun Day Tue 18<sup>th</sup> June
- Vocational Schools Athletics Competition
- Holy Family P.S. Key Stage 1 Sports Day Fri 21<sup>st</sup> June
- Sky Blues Soccer Tournament Sat 22<sup>nd</sup> June
- Kilronan School Sports Day Mon 24<sup>th</sup> June
- Ballylifford P.S. Sports Day Tue 25<sup>th</sup> June
- St Mary's Grammar School Fun Day Wed 26<sup>th</sup> June

There were 38 Birthday Parties booked between April – June.

9 Local Primary Schools have signed up again for Meadowbanks Fit for Life Programme

The Mid Ulster Swim Academy started its second block on the 1<sup>st</sup> April 2019 with a total of 1181 swimmers registered on the scheme. With the scheme running for 13 weeks we hope to see all participants' progress and hopefully pass the level they are at and move into the next.

## **Private Lessons**

Another term of private lessons commenced on the 29<sup>th</sup> April. These lessons are as ever popular with the general public with 60 hours of 1-1 lessons provided and 6 hours of 2-1 lessons. These lessons are perfect for people who want that little extra attention from the teacher so that they can progress further and focus on certain areas that they feel they are lacking in.

## **Rookies and Lifesaving**

Rookies – 20 participants

The second Rookie course of the year kicked off in April and was well attended with 20 participants. With a mixture of dry work, where they learn first aid and CPR and water work, where they learn lifesaving skills, this is a stepping stone for young kids before they enrol on our NPLQ course.

Survive and Save – 5 participants

The second Survive and Save course of the year kicked off in January and was well attended with 9 participants. With a mixture of dry work, where they learn first aid and CPR and water work, where they learn lifesaving skills, this is a stepping stone for young kids before they enrol on our NPLQ course.

## **Masters Swim Club**

The third block of Masters started on the 13<sup>th</sup> May and ran for 8 weeks. We had 19 participants registered and paid. This course runs for 7 weeks and is aimed at the more experienced swimmers as well as people who take part in triathlons etc. The Club is focused on technique and drills that will improve their swimming capabilities. This is always a popular class on the pool timetable.

## **NPLQ**

The second of our planned NPLQ courses ran from the 24<sup>th</sup> April for 5 consecutive days. With 6 people having booked and paid this is a great opportunity for people to gain access to the leisure industry and hopefully we will welcome them into employment in the near future.

The candidates were put through their paces and sat their exam on Sunday 28<sup>th</sup> April. This consisted of a written exam, practical exam and then their pool test. All 6 candidates passed the course and now will hopefully be able to go on and gain a job in the Leisure industry.





## **Adult beginners and Improvers**

Our next block of adult lessons started on the 7<sup>th</sup> May

Beginners – 10 participants

Improvers – 11 participants

As always our adult lessons continue to be a hit with the public. These lessons are taken by Anthony McGill and Eoin McGeary and we have received nothing but positive feedback regarding what they teach. Both beginners and improvers are constantly pushed and the progress can be clearly seen at the end of the block.

## **Talent spotting**

Charlie Morriss, a member of Mid Ulster Swim Club and Greenvale Leisure Centre swam a new PB in 50m Freestyle at the recent Ulster Championships in Bangor. Charlie's time of 30.46, qualifies him for the Irish Division 1 Nationals. That's now 50m Free and 100m Breaststroke.



## **Pool Bookings**

Ballymena Swim Club – Every Sunday and Monday (On going booking)

Swim Ulster – Every Sunday (On going booking) = 60 swimmers

Every Wednesday (On going booking) = 24 swimmers

With the closure of Dungannon Leisure Centre we were able to welcome Dungannon Swim Club to the centre to use the pool facilities. They booked 2 x lanes every Friday night. Great to see other clubs making use of the great facilities here at Greenvale.

We also welcome Tullylagan Pony Club to the centre for the first time. They have a number of tetrathlons (run/swim/shoot/cross country on pony) in May and June, and their championship is on 14th July. We have been able to support their progress in the pool.

## **Mid Ulster Swim Academy**

With the current 13 week block running up to the start of July we see another term come to a finish with great success. All kids have enjoyed the 13 weeks of lessons and with a great success rate throughout the scheme we see the benefits of the lessons coming to the fore front.

The next block of lessons commences on the 15<sup>th</sup> July after a 1 week break due to a holiday period within the council. We hope to see the current numbers not dropping too far even though it is the summer period.

## Fitness Suite and Classes



### NEW CLASS ALERT @GREENVALE

This class focuses on learning and improving techniques in Olympic and other related lifts. It will improve coordination, conditioning strength, posture and anaerobic CV fitness. The class will be split into 2 sessions with session 1 incorporating all the basic lifts which will be delivered and exercised in the following part of the class. Session 2 will be a stimulating circuit that will take the functional aspects of the training to the limit to challenge your inner warrior have must for any standard of customer want ting to learn technique!!

In line with customer feedback and industry trends Greenvale has procured and completed installing new equipment in our Fitness suite. This initiative was deemed a great hit and welcomed by our internal stakeholders and staff alike,

### Assault Bikes



The Assault Air Bike is a great 'default to' exercise. If running or rowing is currently something you are unable to do due to injury, the Assault Air Bike is a great way to modify that movement in your workout

### ERG Skiers





A workout on the SkiErg provides a true full-body workout that exercises the legs at least as hard as the upper body. The classic (alternating arms) ski technique uses fewer muscles than double-poling, and generally has less leg involvement, but it is an excellent ski-specific training for Nordic skiers.

## 6 Bay Rig



The Metal 6 bay free standing rig is 15 feet long by 6 feet wide. ... The 6 foot section provides multiple pull-up areas as well as the use of suspended training devices, like TRXs and gymnastic rings. Each Bay allow access for functional; exercise like squats, bench press, thrusters and Push Press

## GREENVALE SHRED PROGRAM STARTING 13<sup>th</sup> MAY 2019

13th May - 21 June 2019, Mon, Wed & Fri 6.30am & Saturday 08.00am. The programme costs just £120, together with regular weigh-ins, nutritional advice and excellent functional training, it's a great way to get motivated and get in shape for summer!



## **GREENVALE SHRED PROGRAM RESULTS FOR 13<sup>th</sup> Feb 2019!**

The weight loss results were amazing the fitness team at Greenvale are proud of the shredders as they have done extremely well!

### **Active Aging Group**

Greenvale celebrated the 3rd annual birthday party for the over 50s Active Ageing Group on Wednesday 17<sup>th</sup> April 2019

There was a great turn out and everyone had a ball, the day started with a circuit session, followed by a finger buffet. Then to help burn of those extra carbs there was a swim, sauna and steam, followed by some casual badminton.

This group has gone from strength to strength with an average of 10 members on its first year to an average of 30 per week attending this year! This group is a great means of social networking and fitness exercise to achieve and develop normal daily functional. If you want to know more about the activity or are available on a Monday or Wednesday from 11.30 call in or give us a call for more info.



### **Greenvale Easter Kids Camp 24-26th April 2019**

Easter Camp involves all the normal activities in GLC including dodgeball, swimming (over 8s only), play kingdom, multi sports, water polo, obstacle courses etc.

There were 100 children, aged 4 – 12yrs attending & enjoying the activities daily @ GLC.

### **Café Dolce/Parties @ Greenvale Leisure Centre**

Over the last quarter the café has performed steadily. Food and coffee sales remain fairly consistent and it is always good to see customers returning on a weekly basis whether it be for a quiet coffee during the day or feeding the family after swimming lessons. The Easter camp was a success and the café provided food over the 3 days.

## **Service**

Coming into the summer months it is a time for us to look at our food and drinks menus and see where we could offer more choice for our customers.

This summer we believe we should focus/promote the smoothies and iced coffees /teas. We've offered these in previous summers but uptake has been low. We aim to market & promote Café Dolce this summer and will be liaising with the marketing department to guide us and steer us in the right direction to achieve this. We also need to look at the FOH display and see if we can better utilise the space we have.

We are looking at changing our menu to provide a lighter and healthier selection of foods for the warmer weather, increasing in the offerings of salads, pastas and baked potatoes moving into the summer.

## **Maghera Leisure Centre**

### **Membership**

Our £20/month membership continues to sell extremely well. We have retained our custom base and sales to new customers continue to increase.

### **Birthday Parties/School Bookings**

Birthday parties are also very busy with almost every weekend slot booked out and our evening parties have become more popular too due to the weekend slots being already filled. We have also a number of schools booked for end of year trips.

### **Centre Based Classes and Activities April & May.**

Maghera Leisure Centre released its biggest class program so far with 29 Classes (not including gymnastics). With the return of the old favourite classes and some new initiatives such as Pilates, customers are being challenged in different ways and we are catering for different levels of fitness. The over 50s club has also provided more opportunities to exercise and socialise for the less active customers. Our new Kids Spin & Kids Cardio classes adds younger users to our instructor lead programme.



### **Maghera 10k and 5k Road Races 2019**

Almost 400 participants took part in Maghera 10K and 5k races 2019 supported by Mid Ulster District Council and sponsored by Kelly's Eurospar and Qualivend took place on Tuesday, 21 May.



This was an extremely enjoyable and fun occasion, which brought Maghera to life attracting serious athletes and fun runners, all completing the course safely in almost perfect conditions.



### **6-week Body Shred Programme.**

Following on from previous Shred programmes with some clients losing up to 10lb We organised a pre summer Shred in April 2019

Programme consisted of 3 weekly group gym sessions each Monday, Wednesday and Friday at 6.30am, combined with regular weigh-ins and nutritional advice to help you achieve your goals 6 week membership to use our Gym, Health Suite and all our Centre based classes is also included!! The Programme costs £120 per person.



### **Easter Bootcamp 2019**

We organised and ran our annual Easter Bootcamp in April with the numbers at these classes continuing to rise every year.

### **Gymnastics.**

Registration for our 7 week Gymnastics classes took place at end of March to middle of May 2019. Our customers had the option of booking online or at reception and has proven to be as popular as ever, with all 6 classes fully booked.



## **Outdoor Pitches**

Soccer pitches have been booked weekly as leagues conclude and end of season matches are organised/booked. Cahore Gaelic pitch bookings are beginning to increase as the GAA season begins.

## **Clubs at Maghera Leisure Centre**

- 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.
- Club Oige Luraigh.
- Derry GAA Special Needs
- Glen Gac
- Slaughtneil Gac
- St Patricks College Maghera
- Day Centre Maghera
- Over 50s Club