

Every Body Active 2020

Disability Sports

- Autumn saw the second annual Cookstown Insight Group Nordic Walking Day, in conjunction with Mid Ulster District Council Sports Development Unit and Everybody Active 2020 Coach for People with Disabilities.
- Cookstown Superstars Club took part in a 6-week physical activity programme in various sports and activities including, dodgeball, uni-hoc, football and handball as well as trying out the council's new Disability Sports Hub equipment.
- November saw the second successful year of Cookstown Insight Boccia Competition. The competition was a mixed gender event with 8 teams taking part. The participants had physical and sensory disabilities, which included participants with MS, Blind/Visually Impaired, and Arthritis.

Multi Sports

- Autumn also saw the commencement of the Schools Multi Sports Programme which was run in conjunction with local schools and delivered by the Every Body Active 2020 Multi Sports Coach.

School	Numbers
St Marys Primary School, Dunamore	50
Woods Primary School, Ballyronan	22
Tobermore Primary School	20

- The aim of this programme is to introduce the pupils to an activity programme and to improve their general fitness levels as well as introducing the kids to new sports.



- A 6-week recreational netball programme took place at the Royal School in Dungannon. It has now developed to an afterschools club with 25-30 attending each week and a Netball club now being established in Dungannon Leisure Centre.

Pram Fit

- In association with the Public Health Agency a Pram Fit programme aimed at mothers and babies took place for mothers and babies at Eoghan Ruadh Hurling Club and in the Fivemiletown Youth Annex.

- Over 40 women took part in the programmes with many commenting on how great it was being able to take their baby/toddler with them each week.

Halloween

- A series of Halloween schemes were organised across the District. This included EBA multi activity schemes, cheerleading camps, IFA, Tyrone GAA and Ulster Hockey camps all taking place with around 150 children involved.

Schools Cross Country 2017

- This year's Primary and Post Primary Cross Country events took place across the District during 3rd – 5th October with finals taking place on 19th October at Mid Ulster Sports Arena. 750 children took part in events.



Coach Development Programme

- This year's Coach Development Programme was launched in October.
- Courses taking place include Safeguarding, First Aid, Sports Science, Governing Body Coaching Qualifications, Specialist Disability training and Club Development.



- To over 100 volunteers have completed a range of courses from Child Protection, Defib, Specialised Disability courses and sports specific coaching, all taking place within council facilities. The second batch of training will take place at Christmas.

MUDC Disability Hub

- The Disability Hub is now established at Mid Ulster Sports Arena, The Hub has been supplied with £25k of specialist disability equipment provided by Disability Sport Northern Ireland and the Department for Communities. Training of MUDC staff and volunteers in the Hub's equipment took place in December.



- The Hub's specialist disabled equipment includes tandem bikes, various trikes and hand powered trikes, sports wheelchairs and specialist sporting equipment. A delivery programme is currently being designed.

Dungannon Leisure Centre

Dry Classes and Courses

- Dry classes and courses continue to grow in popularity and numbers have increased overall this quarter. Our Spin Classes in particular are very much in demand. The overall numbers for Dry Classes through October and November is 1,284 customers.

Swimming Lessons

- The School of Aquatics programme is as always flourishing with many classes fully booked on the day of release.
- Mid-term 1-1's October
- The centre held a three-day intensive 1-1 block of swimming lessons over the Halloween mid-term break. All lessons were sold.

Swim Ulster Skills Meet

- Swim Ulster held a very successful Skills Meet on Sunday 26th November. Over 120 children took part, with 35 coaches putting them through their paces. More than 200 spectators/parents attended the event.

Wet Classes

- The Aqua Fit class has proved to be very popular with customers since its reintroduction in September.
- Masters Swimming continues to go from strength to strength. Three classes a week regularly attract over twenty swimmers with over forty on many occasions.
- During October and November 534, swimmers attended Masters Classes.
- Rookie Lifeguard_class takes place on Friday afternoon and helps children learn the basic skills of water safety and some rescue techniques.
- Ladies Night takes place every Monday night and 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 on Saturday morning.
- These children travel from as far away as Strabane, Portadown, Omagh, Cookstown and Armagh.

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.

Road Safety Roadshow

- Dungannon Leisure Centre hosted the Road Safety Roadshow organised by the P.S.N.I.
- The event attracted 1,250 schoolchildren from the local area.
- Important topics covered included, the dangers of speeding, drink driving and the use of phones and other devices while driving.
- Cool FM broadcast the event live from the Leisure Centre.



P.S.N.I Road Safety Roadshow

Men's Health

- Men's Health v DLC staff football match is to take place on Wednesday 20th Dec with both parties having won two matches each, so this will be a winner takes all game to see who is crowned CHAMPIONS for 2017.

Kids First Aid

- DLC held its first parent and toddler first aid course. 5 booked and attended with very positive feedback.

Lifeguarding/Lifesaving

- To complement the NPLQ courses being delivered with DLC, Trainer Assessors are actively engaging with the local community in order to deliver- CPR/Defibrillator Stand Alone Training Courses.

November Gym Challenge

- With over 20 people involved in the short and sharp challenge of 20 air squats and 20kcal row it was won by the fastest male and female.

Public Survey

- Cogent carried out a customer survey in the centre over two days in November. A public meeting was also held. This was to gather opinions on what our customers feel is required in terms of leisure facilities in Dungannon in the coming years.

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 swimming lessons. During the Autumn term, numbers in excess of 1100 children attended weekly group lessons.
- Additionally, private swimming lessons continue to run at full capacity, with over 150 sessions booked per week.

Halloween Camp

- The Halloween Camp ran on Tuesday 31st October and Wednesday 1st November, and was again over-subscribed. Over 150 children, aged between 4-12yo, attended the scheme which included a mix of sports, swimming, soft play and a variety of Halloween themed games.



Other swimming programmes

- The swimming programmes at Greenvale continue to perform strongly. Over 14,000 school swimmers attended the Centre for lessons during October, November and December. Other pool activities, such as Rookie lifeguard, Masters Swimming and Adult Swimming Lessons attract a wide variety of users to the Centre, many of whom enrol in other programmes and now use the Centre regularly on a casual basis.

Studio Classes

- The studio fitness programme at Greenvale forms a major aspect of our dry side programme for customers, and continues to be a major selling point for Single and Household memberships. During the reporting period, over 10,000 adults (a mix of Centre members and casual users) attended a wide- variety of fitness classes at the Centre. The recent addition of low intensity classes, such as Pilates and Yoga, have been very well received and allow the Centre to attract a diverse

customer base. This aspect of the programme will be further enhanced with the addition of a new Yoga class on Friday mornings.

National Pool Lifeguard Qualification

- Nine candidates completed their National Pool Lifeguard qualification at the Centre during the November half term school holidays.

Parenting NI exhibition

- Greenvale was delighted to host Parenting NI for an Open Day on Thursday 26th November. This event attracted around 100 local families to the Centre for a wide variety of child-friendly games and activities, whilst also giving the Centre an opportunity to showcase the excellent facilities on offer at Greenvale to a key local market.



Cookstown Leisure Centre

- Cookstown Leisure Centre Drop-In Classes are offered to the general public and also as part of the total “Evolve Membership”. These are continuing to perform well and the new centre programme “Winter Addition” is currently with Marketing. It is hoped to release over the next week.



- The New Year will see opportunities for local sports clubs 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.
- To offer something new for 2018 some additional Drop-In Classes will be trialled to include a Combo Class which will offer a combination of Stability Ball and Khia-Bo exercises, Bump to Pumped class which is for post pregnancy Mothers and their little ones and the re-introduction of a Bums and Tums class.

Evolve Fitness

- During the months of Oct-Dec 2017 inclusive evolve FITNESS ran our very popular Ultimate Members Challenge 2017 where members have to complete 2017 minutes exercise over the 3 month period. This challenge proves very popular each year. It is marketed as the perfect motivation to 'get in shape for the Christmas Party Season'. To accomplish this target it is based on 3 visits per week with each session to be 60 minutes in duration.

Davagh MBT/Forest Trails

Maintenance

- Ongoing checks and minor repairs have been carryout on weekly bases. Tree Felling is currently taking place along the Eagles Rock trails and as a result this section of trail has been closed from September until January 2018. Forestry Service NI will be able to supply a mini digger, order in dust and pipes etc. to help with the repairs of eagles Rock Trail, hopefully this will help in keeping the costs down.

Volunteer day

- Volunteer Day will be planned for January 2017 to help with the repairs of the Eagles Rock section.

Events

- Fergal 10 miler took place on Saturday 14th October at Davagh Forest Trails and this event attracted to up 500 people over the 10 miler run and 2 mile fun run/walk.



MUSA

- Pitches continue to be in demand for bookings by soccer, rugby and GAA Clubs as well as schools during October to December 2017 there were large number schools matches and tournaments. The IFA Elite Performance Centre continues weekly on the 3G Gaelic Pitch and the indoor sports hall.

New Block Bookings

- The new block bookings are in for the New Year with a very high demand for outdoor and indoor facilities booking being processed at present and all bookings have been accommodated to date. There's currently a few training sessions booked onto the grass pitches at night to meet this demand. There's only a few sessions are available during peak times.

Halloween Event

- Huge crowds of up to 6000 enjoyed the Halloween Event at MUSA with a wide range of activities as such: Funfairs, Food, Crazy karts, Face painting, craft station, balloon modelling, Vortex Tunnel, Storey telling, Magic show, Spooky trail and fireworks.



Mid Ulster Schools Cross Country Championships 2017

- This year Schools Cross country events took place during October with 750 children taking part over the heats and finals.



Oisín McGrath Cup and Shield took place at MUSA

- The blitz stages of the Oisín McGrath Cup and Shield took place at MUSA with 11 schools taking part in an exciting tournament of football.



Events during this time:

- Parkrun continues every Saturday morning at 9.30am (100 plus participants weekly)
- Mid Ulster Youth League 9 aside and 11 aside football matches each Saturday
- National League youth 9 and 11 a side football matches each Saturday
- Ballymena Intermediate and Junior League adult football matches
- Couch to 5K Programme on Tuesday and Thursday evenings 80 participants each night.
- CYFC weekly 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.
- Mid Ulster District Council & Tyrone GAA Primary School Winter Indoor Blitz
- Ulster Colleges Matches and Tournaments
- Ulster Colleges Camogie Tournament
- Ulster Colleges Football All-star Trials
- Ulster Camogie Weekly Blitzes
- Ulster Ladies Football Blitzes
- Tyrone Hurling Centre of Excellence
- Tyrone Ladies football Academy Trials
- Ulster Ladies GAA Trials
- Ulster Camogie All Star Trials
- Sligo GAA VS Down GAA Senior men's Challenge match (Saturday 16th December 1300)
- Ulster Rugby schools Blitz

Future Events and Activities

- Couch to 5K – new session to begin in January 2016
- Park Run – still taking place every Saturday morning
- Acorns Cross Country event (TBC)

Moneymore Recreation Centre

- **St Patricks Primary School Moneymore & Moneymore Primary School.** On Wednesday 25th October St Patricks Moneymore P/S & Moneymore Primary School held a Sports Diversity Programme at the centre.
- **School Gymnastics.** Moneymore Recreation Centre has offered the 6 local schools the opportunity to attend a 6 week Gymnastics programme within the Centre.
- **Moneymore Gaelic Club.** Moneymore Gaelic club have been given the go ahead to use our outdoor Soccer pitch. This is for only Under 6, 8 & 10's go games. No bookings have yet been made.

- **East Tyrone Cycling Club.** East Tyrone Cycling Club have block booked our Sports Hall at Moneymore Recreation Centre from Wednesday 11th October to Wednesday 13th December 2017 for Circuit Training.
- **Jill's Cakes,** A cake designing class takes place at Moneymore Recreation Centre. 15 People attend these classes which are held in our Committee Room. During this programme all the participant's learn how to ice and design Wedding and Birthday Cakes.
- **Halloween Scheme.** Moneymore Recreation Centre held their Annual Halloween Scheme from Monday 30th October to Wednesday 1st November 2017 (10am-12.30pm). The scheme was aimed at Boys & Girls aged 6-14 years old. The activities we had on offer were Fun & Games, a Bouncy Castle, Football, Unihoc, Dodgeball, Badminton, Basketball etc.
- **Climbing Wall Bookings.** The climbing Wall is currently being advertised through Social Media and Leaflet drops. The Climbing Wall during October was present at the following, Mid Ulster Sports Arena Saturday 28th October 2017 (Fireworks' Event) & Tuesday 31st October at Maghera Leisure Centre from 3pm-7pm.
- **Outdoor MUGA.** The outdoor Tennis nets have now been removed for the winter months. However parents and children are continuing to use the area to play Basketball and other games.
- **Kettlebells.** On Thursday 7th September Moneymore Recreation centre held a 5 week Kettlebells Programme (6.30pm-7.15pm) which continued into October and is held in our Committee Room & the programme costs £4.50 per person per week. These sessions finished on the 12th October 2017.
- **Pilates Classes.** A new 5 week Pilates programme started on Monday 25th September 2017 at Moneymore Recreation Centre (6.15pm-7.15pm). 10 people have been attending these sessions which is the maximum number we can accommodate in our Committee Room in which we hold these classes. Stephen Kennedy is the instructor in charge of these classes. A new programme is due to start on Monday 6th November and once again is fully sold out.
- **Tuesday pm Yoga Classes.** 2 new 5 week yoga programmes have started at Moneymore Recreation Centre. These classes started on Tuesday 12th September 2017 (6pm-7pm & 7.15pm-8.15pm). The facility receives a commercial rate for the hire of the room and then charges the people attending. Both these classes are full to capacity with 10 people attending each class. A second 5 week yoga programme started on 17th October and once again both classes are full to capacity.
- **Birthday Parties.** Birthday parties were held at Moneymore Recreation Centre :-
 October 11
 November 7
 December 4 (to date)

- **Jump Gym Juniors** has booked our Sports Hall (5pm-7pm) to hold a 5 week Jump Gym Programme for School Children. This programme is a fun Fitness programme for kids which include Fitness, Co-ordination & lifestyle by playing fun activity games. Approximately 50 Kids are attending this programme. This programme is from Wednesday 22nd November to Wednesday 20th December 2017.
- **Stronghold Preservation.** Stronghold Preservation booked our Committee Room on Monday 4th & Tuesday 5th December from 8am-4pm. This is a local company and it is great to see that they are supporting us by using our facility. Approximately 20 of their employees attended the programme each day about the building work that they carry out including damp proofing and restoring buildings.

Meadowbank Sports Arena

Autumn/Winter Programme

- The Arena, Pavilion, 3G Pitches and Outdoor Track at Meadowbank have again been well booked and heavily used over the Autumn/Winter period to date. 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

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

Wednesdays

- 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

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

Fridays

- Sky Blues 2004 – Mini Pitch 6 – 7pm
- ROB Mini Rugby – 3G Rugby 6 – 8pm

Saturdays

- 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

Special Events September – Present

Moneyglass GFC Hurling Blitz – Sun 17th Sept – 150 players

Magherafelt Free Presbyterian Church Fun Day – Sat 30th Sept – 250 Kids

Moneyglass GFC Underage Gaelic Blitz – Sun 1st Oct – 350 players

O Donovan Rossa GFC Camogie Blitz – Sun 8th Oct – 300 players

O Donovan Rossa GFC Camogie Blitz – Sun 15th Oct – 100 players

Halloween Hockey Camp – Tue 31st Oct – Wed 1st Nov – 36 Kids

IFA Soccer Camp – Thu 2nd – Fri 3rd Nov – 55 Kids

Ulster GAA Gaelic Blitz – Wed 15th Nov – 100 players

Primary School Hockey Blitz – Sun 19th Nov – 200 players

Sky Blues U11's Soccer Tournament – Sun 3rd Dec – 100 players

There were 70 Birthday Parties booked between September and December.

10 Schools took part in our Fit For Life Programme this term.





Maghera Leisure Centre

- Tuesday 31st Oct Maghera Leisure Centre hosted the Halloween Hooley. The event was a resounding success with approximately 1800 in attendance. With Feedback on social media being excellent and very positive, with comments such as;
- "What a well organised event with lots for the kids to do, right on our doorstep. I hope they do this every year".
- "Really impressed with the events and layout. I had expected it to be crazy manic but was so well organised. Special shout out to Lucinda who was an excellent storyteller".



- Halloween Bootcamp 6.30am – 7.15am Mon 23rd Oct – Fri 27th Oct.
- Halloween Scheme Mon 30th, Tues 31 & Wed 1st November 10am – 12.30pm.

Centre Based Classes and Activities

- Facebook – Duty Officers, administrators of the MLC Facebook page continue to promote and utilise this social media to advertise and benefit the growth and development of Maghera Leisure Centre & Tobermore Golf Centre.
- 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.

- Halloween Boot Camp.
- Delivery of GP Referral Programme.

Out Door Pitches

- 30 bookings

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.
- Culnady Girls Brigade
- Carn Wheelers
- Club Oige Luraigh.
- Carntogher Community Association – An Carn Irish Language – held an Irish language careers day for the local schools, there were 400 school children in attendance.
- Profiles Health & Fitness Suite launched their Christmas Challenge.
- Pre-Christmas Bootcamp Mon 4th Dec – Fri 15th Dec 6.30am – 7.30am.



Tobermore Golf Centre

- Facebook – Fintan Campbell, Darrin Hutchinson and Tony Mulholland administrators of the TGC Facebook page continue to promote and utilise this social media to advertise and benefit the growth and development of Tobermore Golf Centre.
 - Halloween Golf Camp Mon 30th & Tues 31st Oct.
 - Lessons Trackman/ Standard 23
 - Improvers Course.

- Friday Club.
 - Moyola Park Junior Panel.
 - Moyola Girls 4 golf 4 life.
 - Kilrea Ladies Branch.
 - Sat Junior coaching commence 28th Oct.
- Saturday Junior Coaching with Resident PGA Tony Mulholland commenced the last Saturday of October. This Junior coaching session programme runs for 8 weekly sessions. The sessions focus on improving the young golfers technical skills, preparing them for the next incoming golfing season.
 - Local Professional Chris Selfridge will be attending Sat Junior Coaching final day on Sat 16th Dec to offer advice and guidance to our young aspiring Golfers.



