

Cookstown Leisure Centre

October 8th 2018 saw the launch of the new “Mid Ulster Swim Academy” across all wet facilities. Cookstown Leisure Centre offered 954, with uptake of 882 (92.4%) over September. The period October to December saw 1140 places offered with uptake of 993.

MUDC has hosted two in-house swimming teachers courses (STA), which has qualified 12 additional teachers to assist with the new programmes across the district.

On the 17th December, Cookstown offered its first “direct debit” facility for swimming lessons, in conjunction with our third party partners “Harlands” and their on-line portal “SNAP”.

Spinning has become more popular over the last twelve months. Currently our classes are running at capacity (24 bikes).

Evolve Fitness

Promotions have assisted with the good start to the year with 26 new members signing up. For Halloween evolve FITNESS ran a promotion to encourage retention and generate sales between 28/10/18 – 31/10/18. The promotion was advertised on posters within the centre and on the centre facebook page.

During the months of Oct-Dec 2018 inclusive evolve FITNESS ran our very popular Ultimate Members Challenge 2018 whereby members have to complete 2018 minutes exercise over the 3 month period. This challenge proves very popular each year with this year being no different. It is marketed as the perfect motivation to ‘get in shape for the Christmas Party Season’. To accomplish this target it is based on three visits per week with each session to be 60 minutes in duration. To date a total of 85 members have signed up to complete the challenge with 52 on course to complete it by 31/12/18.

Currently running during the month of December evolve FITNESS ran a Christmas Promotion (2 is Our Gift To U) as an incentive to boost sales at a time when the gym historically becomes less busy in the run up to the Christmas holiday period.

The “Physical Activity Programme” has currently 45 plus clients participating, 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. We have also 27 who have now joined Evolve Fitness since completing the programme.

MUSA

Sports Review October to December 2018

Facilities at MUSA are very busy with bookings from soccer, GAA and rugby clubs as well as schools during October to December 2018. 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 many matches also played of site at Beechway football pitch.

New Block Bookings

The new set of block bookings for this period showed that there was a high demand to use the outdoor and indoor facilities at the Mid Ulster Sports Arena. All booking were accommodated with the exception of a few clubs not getting the exact time slot that they requested. There was a few training sessions booked onto the grass pitches at night to meet this high demand. The usage of grass pitches was closely monitored during this period of the year and only one club per night was using any of the grass pitches for the pitch's long-term protection coming into the winter months.

Halloween Event

The Halloween event was a success and attracted a crowd of up to 5000 people even with bad weather on the day. The Halloween Event at MUSA had a large selection of activities for kids of all ages such as a spooky trail, funfair with numerous rides, a selection of food vendors & gourmet coffee, a climbing wall, Crazy karts, face painting, cage football, live music, craft station, Vortex Tunnel, storytelling, magic show, spooky trail and firework





Ulster Ladies GAA U'16 colleges final St Catherine's Armagh vs St Ciaran's

The Ulster Ladies Under 16 colleges final between St Catherine's Armagh and St Ciaran's took place at MUSA on 11th December with St Catherine's Armagh winning.

Under 16 colleges finalists



Acorns AC Mighty Oaks XC competition

Acorns AC held their Mighty Oaks XC competition at MUSA on the 8th December 2018. It comprised of 6 races U12 - 800m, U14 - 1mile, U16 - 2mile, U18 - 3 mile, Senior & Masters ladies – 3 mile and Senior & Masters men - 4 mile races. The course used the whole of the Mid Ulster Sports Arena's grounds.



Events

during this time

- 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
- 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 Blitz
- Tyrone Hurling Centre of Excellence
- Ulster Ladies GAA Matches

Dungannon Leisure Centre

November 2018 -January 2019

Dry Activities Classes and Courses

The lunchtime HIIT class continues to be popular with our customers. Following a revamp, the class now runs Monday to Friday with new customers enjoying the fitness challenges with some taking out monthly memberships.

Pilates, Yoga and Spin are fully booked; Lunchtime HIIT, Circuit and S.W.E.A.T are also performing well.



Demand for early morning exercise has resulted in the Early Burn class being run Monday, Tuesday and Wednesday 6.-45 – 715am as our customers recognize that exercising early in the morning offers both physical and mental gratification. Training exercises can boost metabolism.

Wet Activity Classes and Courses

The new Zumba Aqua-Fit class continues to be very popular and in high demand. This low impact class caters for all levels of fitness while exercising to the sound of the Latin beat.

Masters swimming on Monday night has been exceptional busy with 35-40 swimmers regularly enjoying the challenge. Masters swimming is a special class for competitive swimming, tri-athletes or those just looking to improve stroke technique.

Swimming Program

Following the introduction of the Mid Ulster Swim Academy and our ongoing commitment to the delivery of a quality services our customers can now enroll for lessons online, by phone or in person at reception. They now have the options to pay by cash, debit/credit card and Direct Debit. Swimming lessons continue to a popular activity and currently have 80% uptake on the current program.

Fitness Suite

December “Beat the Rush” - a free induction for new members. December is normally our quietest month, but it was one of the busiest.

November has been steady and January been very busy in the fitness suite with customers endeavoring to keep their New Year’s resolutions.

Teen Fit

Teen Fit is available for 13-16 year old and is a popular after school activity. Getting teenagers into the routine of exercising increases the likelihood that they will grow up to value healthy living and stay active.

Teen Fit has had a record new number of new and existing members, with plans to advertise in schools and Facebook.



Junior Fit

All children can benefit from exercise – whether or not they play organized sport. So it is important to encourage them to make physical activity part of their everyday lives.

Through Junior Fit, we aim to encourage and improve fitness levels, self-esteem, confidence and social interaction.

With machines special designed for 8-11 year olds, this has been popular and growing in strength.



Men's Health

Working in partnership with Environmental Health a new Men's Health Activity Programme will commence at Dungannon Leisure Centre starting Monday 21st

January 8pm-9.30pm. This 8-week physical activity program is targeted towards middle aged inactive Men who want to change their lifestyle, through exercise and health education.

20-28 men have enrolled and are attending each week, activities on offer include Pilates, Yoga and Fitness activities.



Clubs

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

Tyrone Towers Basketball play their home games in the centre and use the centre as a home base for training their adult and junior teams.

Dungannon Leisure Centre 50+ Club continue to meet every Tuesday and Thursday mornings in the Centre. Various activities take place including, Zumba, Circuit Training, Spinning, Badminton, Table Tennis, and Swimming and lots more. The 50+ club attracts large numbers on Tuesdays and Thursdays in our sports hall, fitness suite and pools.

Men's Health Club

The Men's Health club takes place every Wednesday. Currently there are eight regular club members who continue to enjoy the range of activities available within the Centre.

P.A.R.P's.

The Physical Activity Referral Programme at Dungannon Leisure Centre has gone from strength to strength. The local Doctors Surgeries refer patients to the centres specially trained Fitness Consultant. The appointment book is full, with customers seeing significant improvements in their fitness after completing his courses. Many clients continue as centre users after finishing the programme.

Gortgonis Gym

Gortgonis Gym Opening times are as follows- Mondays: 9am-1pm and 4-9pm, Tuesdays : 4-9pm, Wednesdays : 9am-1pm and 4-9pm, Thursdays : 4-9pm, Fridays 9-1pm and 4-8pm. The gym continues to be popular with local residents.

Maghera Leisure Centre

Refurbishment of Main Hall.

In November our Main Hall floor underwent a complete refurbishment. The old floor was replaced with a brand new pulastic surface and relined for multi sports activities. During this time we managed to continue to run our entire class programme by providing classes at St Patricks College Maghera, utilizing space and managing class numbers. Customers are delighted with the new surface and we have no doubt this has contributed to the success of our classes.



Refurbishment of Astroturf to 3g surface & Lights to Led.

In October, our Astroturf was replaced with a brand new 3G surface & lighting was converted to Led. There has been a steady increase in usage November & December. This area is now booked to capacity at peak times. We have found the 3G surface very popular encouraging different sports & activities rather than traditional 5 a side bookings (Gather ups). Local clubs have been booking various sports including Soccer, Gaelic, Hurling, Camogie and we currently have a couch to 5k programme running 2 evenings per week.



New dugouts Maghera Leisure Centre grass pitch, additional Storage & covered walk way.

New dugouts were installed on Maghera soccer pitch 1 in October. New storage unit and cover for walkway from hall to storage unit were installed in November & December to provide much needed storage for equipment.



Membership

Our £20/month membership continues to sell extremely well. We have retained our custom base and sales to new customers continue to increase. Leading up to Christmas we sold memberships to customers who were looking Christmas presents for family members and friends. This gave staff a sense of pride that current members were introducing their family and friends to our leisure environment.

Birthday parties are also very busy with nearly every slot booked out plus our evening parties have become more popular too due to the weekend slots being already filled.

Centre Based Classes and Activities October, November & December.

Maghera Leisure Centre released its biggest class program so far with 28 Classes (not including gymnastics). With the return of the old favourite classes and some new initiatives such as 30 minute blast classes, customers are being challenged in different ways providing a freshness to their routines. The addition of 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.



Halloween Hooley

Over 3,000 attended this event held on 31st October. There were lots of free activities including a broomstick Jiggle, Halloween dance party, magic shows, puppet shows, spooky storytelling, Pirates indoor play area, arts & crafts, face painting, balloon modelling, bubble ball, cage football, climbing wall & amusements. These activities commenced at 4pm, ending at 7pm.

6-week Body Shred Programme.

Following our successful September Shred programme, we announced our Christmas Shred in November.

Comprising of 3 x weekly small- group fitness classes (Mon, Wed & Fri 6.30am), together with regular weigh-ins and nutritional advice, the Shredding programme is perfect for anyone who wants to boost their training programme!

Bootcamps.

We ran our annual Halloween bootcamp in October & 2 week pre-Christmas bootcamp in December with the numbers at these classes continuing to rise every year.

Christmas Challenge

Our Christmas challenges have been very popular over the last number of years as a means to motivate customers & increase staff/customer communication in lead up to the festive holidays. This year's challenge was the 12 days of Christmas, customers were given 12 different exercise activities (Gym based) each day. Our staff recorded results and totalled at end of 12 days. Every customer that completed challenge received a prize.

Gymnastics.

Registration for our 13 week Gymnastics classes took place at end of November. Our customers had the option of booking online or at reception. This block of classes commenced first week in December and has proven to be a popular as ever, with all 6 classes fully booked.

Outdoor Pitches

Soccer pitches have been booked weekly as the leagues for local clubs are now in full flow and weather conditions have been kind.

Tobermore Golf Centre

Junior Academy

The final session of the 2018 Junior Academy saw 30 of our juniors enjoying their final day in the company of Irish International Tiarnan Mc Larnon



Improvers Coaching Course

Improvers Course ran from 7th November 2018 for 6 weeks and was open to ladies and Gents. This course targeted at golfers with a golf handicap and/or have had previous coaching.

Halloween Camp

A very successful Halloween camp was hold on Monday 29th & Tuesday 30th October 09.30 - 14.00 each day open to girls & boys aged 7-14yrs.

Meadowbank Sports Arena

Autumn/Winter Programme Oct – Dec 2018

Keeping with the trend, Meadowbanks usage again significantly increased in the evenings during the autumn and winter months leading up to the New Year. This can be seen by the increased number of clubs and groups booking the facility compared to the summer months.

There were 52 Birthday Parties booked between Oct – Dec.

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

