

## Appendix 1

### Active Lifestyle Programme Sept 22 – Mar 23

Cookstown Leisure Centre	Age / Day / Time
<b>Post Natal Yoga</b> A class for Mum to build strength and reconnect after baby. Exercises are tailored to the postnatal phase and designed to help you recover, release tension, and ease yourself back to exercise. (Baby is welcome along).	16+ Tuesday 9.30am - 10.30am
<b>Ti Chi</b> This low impact exercise focuses on a series of slow and gentle movements that strengthen your body and improve mobility.	18 - 64 / 65+ Thursday 12.00noon - 1.00pm
<b>Strength &amp; Balance</b> An exercise programme designed to help boost confidence, improve flexibility, mobility, strength and balance, and maintain bone health.	65+ Friday 3.30pm - 4.30pm
Dungannon Leisure Centre	Age / Day / Time
<b>Neurodiversity Club</b> A multi-activity club focusing on facilitating primary school aged children with Neurodiversity needs to do things at their own pace and to enjoy movement and fun games.	6 - 18 years Monday 5.30pm - 6.30pm
<b>Post Natal Yoga</b> A class for Mum to build strength and reconnect after baby. Exercises are tailored to the postnatal phase and designed to help you recover, release tension, and ease yourself back to exercise. (Baby is welcome along).	16+ Tuesday 11.15am - 12.15pm
<b>Ti Chi</b> This low impact exercise focuses on a series of slow and gentle movements that strengthen your body and improve mobility.	18 -64 / 65+ Thursday 10am -11am
<b>Water Aerobics</b> Offering a wide range of therapeutic and health benefits with low impact, high energy exercise.	16+ Thursday 12.15pm - 1.15pm
<b>Strength &amp; Balance</b> An exercise programme designed to help boost confidence, improve flexibility, mobility, strength and balance, and maintain bone health.	65+ Friday 1.30pm - 2.30pm
Greenvale Leisure Centre	Age / Day / Time
<b>Neurodiversity Club</b> A multi-activity club focusing on facilitating primary school aged children with Neurodiversity needs to do things at their own pace and to enjoy movement and fun games.	6 - 18 years Monday 5pm - 6pm
<b>Ti Chi</b> This low impact exercise focuses on a series of slow and gentle movements that strengthen your body and improve mobility.	18 - 64 / 65+ Wednesday

Greenvale Leisure Centre	Age / Day / Time
	11.30am - 12.30pm
<b>Beginners Yoga</b> Perfect for beginners or regular practitioners of yoga. Simple movements guided by your breath in order to prepare your mind for meditation.	16+ Thursday 10am - 11am
<b>Strength &amp; Balance</b> An exercise programme designed to help boost confidence, improve flexibility, mobility, strength and balance, and maintain bone health.	65+ Thursday 12noon - 1pm
<b>Water Aerobics</b> Offering a wide range of therapeutic and health benefits with low impact, high energy exercise.	16+ Thursday 2.30pm - 3.15pm
<b>Active aging 65+ activities</b> A multi-sport club focusing on activities for older people to include pickleball and walking football.	18 - 64 / 65+ Thursday 2:30 - 4:30pm
Maghera Leisure Centre	Age / Day / Time
<b>Neurodiversity Club</b> A multi-activity club focusing on facilitating primary school aged children with Neurodiversity needs to do things at their own pace and to enjoy movement and fun games.	6 - 18 years Monday 3.30pm - 4.30pm
<b>Ti Chi</b> This low impact exercise focuses on a series of slow and gentle movements that strengthen your body and improve mobility.	18 - 64 / 65+ Wed 9.30 - 10.30am
<b>Strength &amp; Balance</b> An exercise programme designed to help boost confidence, improve flexibility, mobility, strength and balance, and maintain bone health.	65+ Thursday 10.30am - 11.30am
<b>Post Natal Yoga</b> A class for Mum to build strength and reconnect after baby. Exercises are tailored to the postnatal phase and designed to help you recover, release tension, and ease yourself back to exercise. (Baby is welcome along).	16+ Thursday 11.45am - 12.45pm
MUSA	Age / Day / Time
<b>Neurodiversity Club</b> A multi-activity club focusing on facilitating primary school aged children with Neurodiversity needs to do things at their own pace and to enjoy movement and fun games.	6 - 18 years Tuesday 5pm - 6pm
<b>Disability Hub</b> A multi activity club focusing on facilitating children and adults with disabilities to participate in various activities.	6 - 18 years Saturday 10.30am - 11.30am
Moneymore Recreation Centre	Age / Day / Time
<b>Mums and Tums</b> A post-pregnancy programme involving walking, jogging and	0-5 yrs / 16 + Wednesday

Moneymore Recreation Centre	Age / Day / Time
resistance based exercise using own body weight and equipment.	10.30am - 11.30am
<b>Strength and Balance</b> An exercise programme designed to help boost confidence, improve flexibility, mobility, strength and balance, and maintain bone health.	65+ Wednesday 11.30am -12.30pm

## Summer 2022: Schemes / Camps and £1 Activities

Activity	Target Group	Location	Session
Summer Scheme			
Summer Scheme 1,040 spaces	8yrs-11yrs	CLC DLC GLC MSA MLC	18 <sup>th</sup> July 2022 - 12 <sup>th</sup> Aug 2022
	6yrs-11yrs	MRC	25 <sup>th</sup> July – 12 <sup>th</sup> Aug
			18 <sup>th</sup> July 2022 - 29 <sup>th</sup> July & 8 <sup>th</sup> – 12 <sup>th</sup> Aug (No scheme 1 <sup>st</sup> – 5 <sup>th</sup> Aug)
Summer Camps			
Gymnastics 160 spaces	5 -11	GLC	4 <sup>th</sup> – 8 <sup>th</sup> July
	5 -11	MLC	18 <sup>th</sup> – 22 <sup>nd</sup> July
	5 -11	MRC	1 <sup>st</sup> – 5 <sup>th</sup>
	5 -11	CLC	15 <sup>th</sup> – 19 <sup>th</sup> August
Tennis 60 spaces	7-14	MUSA	20 <sup>th</sup> – 22 <sup>nd</sup> July
	7-14	D Park	3 <sup>rd</sup> – 5 <sup>th</sup> August
	7-14	MRC	17 <sup>th</sup> – 19 <sup>th</sup> August
Canoeing 36 spaces	11-16	Ballyronan	4 <sup>th</sup> -8 <sup>th</sup> July 25 <sup>th</sup> – 29 <sup>th</sup> July 8 <sup>th</sup> – 12 <sup>th</sup> August
Golf 36 spaces	7+	TGC	6 <sup>th</sup> – 8 <sup>th</sup> July 14 <sup>th</sup> – 15 <sup>th</sup> August 26 <sup>th</sup> – 28 <sup>th</sup> July 9 <sup>th</sup> – 11 <sup>th</sup> August 17 <sup>th</sup> – 18 <sup>th</sup> August 23 <sup>rd</sup> – 26 <sup>th</sup> August
£1 Summer Activities			
£1 swims £1 soft play £1 teen gym £1 courts £1 golf par 3 & driving range £1 athletics £1 tennis courts £1 3G pitches	Under 18	Across all sites	1 <sup>st</sup> July – 31 <sup>st</sup> August

In addition to the activities detailed above during July and August, those Leisure Centres with swimming pools (Cookstown, Dungannon & Greenvale) hosted a wide range of water-based activities which were bookable via Leisure Hub and at facility receptions, including:

- Intensive swimming lessons
- National Pool Lifeguard Qualification
- Rookie Lifeguard

Industrial strike action did cause some disruption to these services in affected facilities.