

Every Body Active 2020 Update

Disability Coach

Summer 2018 was once again an action packed event for Disability Sport, with Summer Camps taking place right across the Mid Ulster Council area. The camps were run for all disability spectrums, ages, and genders and provided each individual with a fun and safe environment where they could take part in sport and physical activity, whilst meeting new friends.

The sessions took place in Dungannon Leisure Centre, Mid Ulster Sports Arena Cookstown and Meadowbank Sports Arena Magherafelt. Each session lasted 1-2 hours and consisted of circuits and small fun games that allowed the participants to improve on their Fundamental Movement Skills of agility, balance and co-ordination, as well as their throwing, jumping, running and catching skills.

These sessions also allowed each individual to enjoy sport and physical activity in a fun and safe environment whilst meeting new friends. To date over 50+ participants have taken part in these sessions across the Mid Ulster Council Area.



September 2018 saw the EBA2020 team involved in the official re-opening of the newly refurbished Moneymore Recreation Centre.

The day involved the coming together of the 6 local primary schools in the surrounding area and the children taking part in a variety of sports delivered by the EBA2020 Coaches. The sports delivered by the coaches included Soccer, Dodgeball, Gymnastics and Tennis.

All the pupils embraced all the activities and really enjoyed themselves on the day.

Below are photos of some of the participants in action:



Summer Get Active 2018

Our summer programme ran during July and August. Participants registered across the range of camps and schemes.

Which created nearly 19000 active participatory sessions.

Sessions took place right across the District

Activity / Camps	Summer Schemes, Canoeing, Tennis, Bowling, Gymnastics, Football, Disability, Gaelic, Hockey, Multisport, Dance, Athletics and Golf
Locations	Ballyronan, Fairhill, Cookstown LC, Mid Ulster Sports Arena, Cookstown HS, Dungannpn LC, Drumcoo, Dungannon Park, Royal School Dungannon, Greenvale LC, Maghera LC, Moneymore RC, Meadowbank Sports Arena, Tobermore Golf Centre

MUDC Disability Hub

A Disability Hub Fun Day took place at Mid Ulster Sport Arena on the 16th June and was open to all. The Fun Day introduced the Sports Hub and the equipment available to all the District's disabled groups. In partnership with Disability Sport NI and MUDC Sports Development, more than 100 participants, family members and representatives from Sports Governing bodies attended.

Participants both disabled and able bodied took part in:

- Goal Ball – a floor based ball game for visually impaired,
- Wheelchair Hurling – hosted by Ulster GAA
- Disability Gaelic – Exhibition match Tyrone versus Derry GAA Disabled Teams
- Wheelchair Basketball – Hosted by Knights Wheelchair basketball Club
- Wheelchair Hockey - The first ever event of its type hosted by Ulster Hockey
- Disability Rugby – Host by Dungannon Sharks Disabled Rugby Team part of Dungannon Rugby Club,
- Boccia – A target bowls type game

- Tandem cycling – facilitated by a recently trained Sports Hub Volunteer who is also a member of Harps Cycling Club.

These taster sessions were run across an afternoon which gave participants the opportunity to 'have a go' at multiple sessions.



School Cross Country

Primary School heats are planned to take place across the District – Mid Ulster Sports Arena, Dungannon Park, Tobermore Golf Centre and a finals event including post primary schools will take place at M.U.S.A. in October.

Coach Education Programme

Planning has begun for the 2018 /19 Coach Development Program.

Coach education will be available from November 2018 – March 2019. A variety of safeguarding, first aid and sports science course will be hosted across the District ideal for volunteer and coach development. Our partners from last year The Performance Lab are again providing experienced sports scientists.

Cookstown Leisure Centre

Cookstown Leisure Centre had approximately 62,946 visitors during quarter 2.

Birthday Parties figures over the last 3 months:

- 22 parties booked over July
- 21 parties booked over August
- 52 parties booked over September* (*busier month for parties)

Cookstown Leisure Centre Drop in Classes are offered to the public and as part of the total “Evolve Membership”. These are continuing to perform well.

Hydro Power was introduced again on Thursday evenings during July and August when the swimming club gave up their sessions for the summer. This class again proved popular and will be reintroduced when pool time allows.

During July and August Dry courses were organised as follows:

- Get Active Tennis: 2nd – 6th July & 13th – 17th August
- Gymnastics: 6th – 10th August (3 sessions daily)

Summer Scheme

The Summer Scheme continued this year with the age limits 6-12 years, and the Breakfast Club, Early Drop Offs and supervised lunches.

The Scheme ran for 4 weeks (from Monday 16th July – Friday 10th August).

Activities: Playshack, Dance Mats, Bowling, Arts and Crafts, Main Hall Games, Football, Basketball, Badminton, Table Tennis, Board Games, Climbing Wall and Movies.

- The wide range of different Arts and Crafts proved very popular with the younger children.
- Using the same leaders throughout the 4 weeks meant consistency for the children which helped build relationships with them and their parents or guardians.
- The disco on the last day of scheme was very enjoyable.
- Climbing Wall was successful and enjoyed by children of all ages.
- Scheme Leaders were excellent at interacting with the children and worked extremely well as a team.
- Behaviour was managed very well.
- Supervised Lunch was great for the children

Launch of the September to December Drop in Programme.

The new timetable for classes and courses running from September to December was published and made available to the public. It included a choice of **16** Drop in exercise classes of various styles, courses for Swimming, Lifesaving, Recreational Gymnastics and Buggy Fit. This was also made available to the customers through social media and online.

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

The enrolment for our various courses is now also available online which greatly improves the procedure and is more and more in demand.

Swimming Lesson enrolment (summer intensive July /August 2018) took place on Wednesday 27th June. Youth Swimming lessons took place for 6 weeks and followed a Monday – Friday intensive format. Lessons commenced on Monday 2nd July and concluded on the 17th August 2018. Lessons were available from 9.00am to 12noon and 3.00pm to 6.30pm.

Mid-Ulster Council launched its new Swim Academy (MUSA) across all wet sites in October.

Swim Ulster having selected Cookstown Leisure Centre to be a partner in their **“Swim Ulster Pathway Development Programme”** and continue to utilize the facilities for their training sessions twice a week on Wednesday and Friday mornings.

Evolve Fitness

During August a promotion was held where members got access to the gym and drop in classes for £20. This proved very popular.

Dungannon Leisure Centre

Summer Scheme

Dungannon Leisure Centre Summer Scheme ran from Monday 16th July to Friday 10th August 2018. Over the four-week period 1,930 young people came along to enjoy a range of activities including swimming, crafts, football, netball, badminton. As part of the scheme the Southern Health & Social Care Health Promotion Team held an interactive session talking about healthy eating and care in the sun. The scheme received great feedback from parents on a well-run activity packed program.

Other activities on offer over the summer included Active Communities Gymnastics Camp and a Teen Disability Summer Camp.

During August Tyrone Towers held their annual basketball camp.



Tyrone Towers Summer Basketball Camp

Fitness Classes and Courses

Fitness classes and courses continued over the summer period classes on offer included:

- Early Burn
- Lunchtime H.I.I.T
- ½ Spin & ½ Circuits
- Pilates for beginners and intermediate
- Spin classes
- Yoga

- SWEAT

After a break for the summer the following clubs returned to begin their training and practice sessions:

- Tyrone Towers Basketball club
- Ju Jitsu
- Jundo
- Cobra Kai
- NI Association of Karate.
- Tae Kwon Do
- Pound Class
- Tai Chi
- Jo Jingles
- Irish Dancing Classes

The Men's Health programme continues on Wednesdays with members having the opportunity to enjoy the facilities including football, fitness suite and pool.

Fitness Suite

From 5th June - 5th September a shed it challenge has been running. This challenges members to burn 5,000 calories per month on any of our C.V. machines. The challenge has been very well received as it gives members a monthly target with many reporting it pushes them and encourages them to achieve personal goals.

A Fither programme started on the 24th August. For ladies with a disability this program has proved to be popular with 8/10 regularly attending.

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.

Wet Activity Classes and Courses

Swimming Lessons

Over July and August to accommodate different customer requirements a range of swimming lessons were available;

- 1-1 and 1-2 as always these were very popular and booked out quickly.
- 5 sets of 1 week intensive lessons, these lessons enable customers to attend every day for five days.
- 1 set of 5 week lessons – customers have one lesson per week for 5 weeks.

Masters Swimming and Swimmer Development programme continued throughout the July, August and September with all classes being well attended.

During September bookings took place for the new Mid Ulster Swim Academy which starts in October. Customers were able to book in person at reception, by phoning the Centre or online.

The School swimming programme recommenced at the beginning of September. The programme has also been revised and is aligned to the Mid Ulster Swim Academy.

Aqua- Fit has been renamed and is now Zumba Aqua-Fit. This new class has proved very popular designed for all levels of fitness it is a low impact water fitness class with a Latin beat.

September saw the water activity clubs back in for training:

- Dungannon Amateur Swimming Club.
- Dungannon Sub Aqua Club
- Monday Night Club swimming
- Aquababes
- Water Babies
- Special Olympics.

Rookie Lifeguard took place over the summer months with many young people achieving their bronze, silver and gold awards in basic skills of water safety and some rescue techniques.

In August the National Pool Lifeguard Qualification course was held. This week long intensive training session teaches candidates lifesaving skills including water rescue, CPR and how to use a defibrillator. All candidates were successful in obtaining the award.

Outdoor Pitches.

During the summer months' maintenance work took place on the following pitches in preparation for the new football season starting at the end of August:

- Gortgonis
- Newmills
- Drumcoo pitch 3
- Benburb
- Fivemiletown pitch 3

A number of community/church events also took place:

- Newmills - Primary school fun day
- Aughnacloy - 2-day Community Festival
- Church fun day
- Ballygawley - Church BBQ and praise
- Christian Endeavour team building
- Castlecaulfield - Church BBQ and fun day
- Benburb - Family fun day
- Junior Soccer Training

Unfortunately, the McDonalds Community Football and Fun Day event with the Irish FA and Riverdale Football Club had to be cancelled due to heavy rain and strong winds it is planned to take place next year.

Gortgonis

Gortgonis Gym opens Monday to Saturday. Opening times are Mondays: 9am-1pm and 4-9pm, Tuesdays: 4-9pm, Wednesdays: 9am-1pm and 4-9pm, Thursdays: 4-9pm, Fridays 9am-7pm. Staff are available to give advice on use of equipment and exercise programmes.

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 Summer term of lessons attracted over 1007 participants, as expected the numbers reduced slightly for the summer months.

The Adult Lessons and Masters Swimming continued over the summer months with 44 taking part in the adult's lessons and 25 in the Masters Swimming.

Additionally, private swimming lessons continue to run successfully, with over 100 sessions booked per week.

Studio Program

With the good weather in July the majority of classes were taken outside to the satisfaction of the customers and the staff.



Greenvale Shredding Program

Following our successful Pre- Summer programme, we announced our 'September Shred'!

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!

New studio Program Released for September

Greenvale released the biggest studio program so far with 43 Classes (not including gymnastics). With the return of the old favourite classes and some new initiatives such as TRX, KBs & Ropes which customers enjoyed, we also revamped our beginner classes to provide more opportunities the less active customers and improved our availability of Hatha Yoga.

Class of the week

Classes were available at £1 as part of our CLASS OF THE WEEK PROMO for the month of JULY, which was a great success with new members of the public coming in to avail of the special offers.

JULY

PROMO

Greenvale released the 'Beat the heat' this Summer with our brand new FAMILY SWIM DEAL!

Just £10 for 2 adults and 2 children, or 1 adult and 3 children available ALL DAY, EVERY DAY, throughout the month of July! This included use of our flume and family fun sessions

Kids Boot Camp

The kid's activity program was in full swing through out summer with the Strength Academy fully booked and the Kids Boot camp with over 40 kids attending.



Brand New Gymnastics Course running at Greenvale

After the success of the summer scheme Gymnastics. The centre uploaded another new kid's activity program with the edition of an 8 week Gymnastic courses running from 10th September.

- 15.30-16.30: 5-8 year olds
- 16.30-17.30 8-12 year olds

Availability was advertised on Facebook and had an overwhelming response with 30 spaces being filled in less than a day. The second course started on the 29th September and again booked up very quickly.

Autism Friendly Soft Play Sessions

Greenvale has continued with the Autism friendly session within the soft play area, every Sunday 10.00-12.00noon. The sessions, 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.

Maghera Leisure Centre

The Centre remains very busy with £20/month membership selling at extremely well. We also have gained a lot of new customers from all over due to this membership, some even travelling from neighbouring counties.

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 Jan, Feb & March.

In the Month of September, we introduced a new Class Timetable. Some of the new classes we run now include Kids Spin, Kids Cardio and an over 50s club where tea and biscuits is served after the class as they have a catch up.

We also have introduced a HITT Fitness class on a Friday morning as well as Cardio Blast classes, Core Stability class in the evening and changed days and times of classes to different slots to give our programme a fresh new look.



Below is a guide to our classes and days in which they run

Daily Morning session classes 10am – 11am.

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

Evening Classes

- Circuit Training Mon & Thurs.
- Over 50s Club Tues
- Kids Spin Tues
- Cardio Blast Tues & Sat
- Stomach Shred Tuesday
- Gymnastics Tues, Wed & Fri.
- Kettlebells Wed.
- Senior Citizen Club Wed 2pm – 4pm.
- Fit Kids Session Mon & Thurs.
- Kids Cardio - Fri
- Spinning Classes Mon, Wed, Fri & Sat.
- Sunday boot camp & Spinning class.
- Delivery of GP Referral Programme.

6-week Body Shred Programme.

10 Lucky customers took part in our first 6-week Body shred with amazing results. As well as their instructor lead classes 3 morning a week they could also avail of all our other centre based classes. The results from this were so successful we are running another 6 weeks with the possibility of 2 classes taking place as the demand is increasing. The class aims towards muscle toning, weight loss and general fitness increase. Weigh ins and diet plans are also included in this service.

Bootcamps.

We ran our annual Summer and post summer bootcamps with the numbers at these classes still on the increase every year.

Bleep Test

We held a Bleep test in September which was open to all our customers who wished to take part. They participated in the original test and have now been given 4 weeks to follow a programme set up to increase their cardio and running and will take part in another bleep test aimed to record their improvement and better their result over the last period.

Gymnastics.

We used the online booking system for the first time in our latest 7-week session. There were 6 classes altogether to be filled and this was completed and filled in the space of 10 minutes with customers able to book either through online registration or queuing in the centre to sign up when it went “live” at 7pm. This was a very successful first attempt with generally good positive feedback.

Outdoor Pitches

Most slots had been booked due to the better summer weather and our 11 a side Soccer pitches have started again for the new incoming season.

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 football every Friday night

Tobermore Golf Centre

July

- Junior Coaching club. These junior coaching sessions focus on improving the young golfers’ technical skills, preparing them for the next incoming golfing season. These were held every Saturday with 3 different classes running.

- We also had Friday club for Juniors held every week.
- Summer Golf camps were organised at different stages throughout the month.
- Beginners course for 6 weeks
- Killymoon Juniors and Kilrea Ladies were also out for coaching and availing of the facility
- Standard lessons and Trackman lessons

August

- Beginners Course
- Friday Club
- Junior Coaching Saturday
- Summer Camps
- Standard lessons and Trackman lessons

September

- Improvers Course 6 weeks
- Junior Coaching Saturday
- Friday Club
- Fairhill Youth Club
- Standard lessons and Trackman lessons





Meadowbank Sports Arena

Meadowbank Sports Arena has had the usual seasonal change in usage pattern within the facility. The Summer Scheme and various Summer Camps have increased the daily usage over the summer months. The change of timing of the Summer Scheme to include an afternoon session as well as a morning session this year has also increased the numbers of kids attending.

The Magherafelt Sky Blues Youth Programme has also increased the use of the 3G pitch over August and September with the 2006 squad up to the 2012 squad using the pitches on a nightly basis from Monday – Thursday with matches on a Saturday. Below is a list of the daily activities over July – September:

Mondays

Sky Blues 2011's – Maxi Pitch 6 - 7pm
 Sky Blues 2007's & 2010's – 3G 7 – 8pm
 Tafelta Running Club – Track 7.30 – 8.30pm
 Jeet Kune Do – Café 7 – 8.30pm
 Sperrin Athletic F.C. – 3G 8 – 9pm



Tuesdays

Sky Blues 2008 - 3G Soccer 7 – 8pm
 Sky Blues 2010 – Maxi Pitch 7-8pm
 Mid Ulster Athletic Club – Primary & Secondary Schools 7 - 9pm
 Karate Club – Café Area 7- 9pm
 Pregnancy and Pre-Natal – Pavilion 7 – 8.30pm
 Rainey Old Boys – 3G Rugby 7 – 9pm

Wednesdays

Dwayne Nelson Goalkeeping Academy – 3G Pitch 6 - 8pm
 Sky Blues 2011 – Maxi Pitch 7 – 8pm
 Sky Blues 2009 – 3G Pitch 7 – 8pm
 Sky Blues 2007 & 2010 – 3G 7 – 8pm
 Sky Blues 2012 - Mini Pitches – 7 – 8pm
 Acorns AC Training – Track 7.30 – 8.30pm



Magherafelt Marvels - Maxi Pitch 7 – 8pm
Rainey Ladies Hockey Maxi Pitches 8 – 10pm
Sperrin Athletic – 3G 8 – 9pm
Sky Blues Seniors – 3G – 8 – 9pm
Rainey Youth Rugby 3G Rugby 8 – 10pm

Thursdays

Sky Blues 2006 – 3G 6 – 7pm
St Colmcille Girl Guides – Café Area 6.30 – 8pm
ROB RFC Senior Training – 3G Rugby 7 – 9pm
Sky Blues 2010 – Maxi Pitch 7 – 8pm
Sky Blues 2008 – 3G Soccer 7 – 8pm
Mid Ulster Athletics Club Secondary School age group – Track 7 – 9pm

Fridays

Primary Schools Hockey – Hockey Pitch 4 – 5pm
ROB Mini Rugby – 3G Rugby 6 – 8pm
Acorns A.C – Top Floor 6 – 7pm

Saturday

Mary Hill Ballet School – Pavilion 3.30 – 6.30pm

Special Events July – Sept 2018

- Acorns A.C Road Race Sat 21st July – 300 Runners
- Young Doves Summer Scheme Wed 25th July – 30 Kids
- Basque Students Thu 26th July – 35 Kids
- Athletics N.I. Senior Competition Sun 5th Aug – 180 Athletes
- Mid Ulster Athletics Club Star Track Mon 6th – Fri 10th Aug – 140 Kids
- Kidz Lodge Summer Scheme Fri 10th Aug – 120 Kids
- Philip McClay Church Group Sat 11th Aug – 100 Kids
- IFA Soccer Camp Mon 13th – Fri 17th Aug – 70 Kids
- Sperrin House Disability Summer Camp Mon 13th – Fri 17th Aug – 36 Kids
- Back in the Gam IFA Soccer Camp Sunday 26th Aug - 80 Kids
- Acorns A.C. Family Day Fri 31st Aug – 120 Participants
- Magherafelt Harriers Road Race Sat 1st Sept – 300 Runners
- Tafelta R.C. 10-mile Road Race Sat 15th Sept – 350 Runners
- Magherafelt Free Presbyterian Church – Party Sat 29th Sept – 200 Attended
- Sky Blues Junior Soccer Tournament Sun 30th Sept – 400 Players



Birthday Parties and Fit for Life

There were 39 Birthday Parties booked between July – Sept.
9 Local Primary Schools have signed up again for Meadowbank's Fit for Life Programme