

Appendix A

Pilot Activity Programme October 2021 – 30th April 2022.

Previously in September 2021, Members considered the Council's Participation team ongoing activity and resolved to approve a new pilot programme as part of the annual Active Lifestyle Plan (minute reference: D161/21)

The Active Lifestyle Plan walking and running programme had 2,130 participants registered attending the various 8 week courses that took place across various locations in Aughnacloy 3G, Cookstown LC, Dungannon LC, Drumcoo 3G, Fivemiletown 3G, Gortgonis, Greenvale LC, Maghera LC, Meadowbank Sports Arena, Moneymore Recreation Centre and Mid Ulster Sports Arena.

Review of Activity for the Pilot Activity Programme October 2021 – 30th April 2022:

Participation Area	Additional Details	Approx. Attendance Figures
Active Lifestyle Plan: Couch 2 5K Couch 2 3K Walking Group Cycling Buggy Fit Mums and Tums Tai Chi / Chi Mi Active aging 65+ Autism Club Disability Hub Autism Play Developmental coordination disorder (DCD)	Approx. number of users that paid and took part in Active Lifestyle Plan classes and courses.	Oct 2021: 82 Nov 2021: 328 Dec 2021: 246 Jan 2022: 43 Feb 2022: 534 Mar 2022: 650 April 2022: 247 Total: 2,130 participants

Proposed Programme: Planned Activity within Mid Ulster District Council Leisure Facilities Sept 2022 – March 2023

All activities including dates/times/booking/payment arrangements to be advertised via social media, website and also within leisure facilities. Note that the below sessions are in addition to normal services as part of leisure centre services - group exercise programmes will continue as normal.

Inclusive		
Activity	Location	Session
Autism Club:	DLC, GLC, MLC, MSA	Sept 2022 - April 2023 (26 sessions in each facility)
Disability Hub:	MUSA	
		TOTAL SESSIONS : 130
Pre & Post Natal		
Activity	Location	Session
Mums and Tums:	MRC	Sept 2022 - April 2023 (26 sessions in each facility)
Water Aerobics:	DLC, GLC	
Beginners Yoga / Postnatal Yoga / Post Natal Pilates :	CLC, DLC, GLC, MLC, MRC	
		TOTAL SESSIONS : 208
Active Aging		
Activity	Location	Session
Ti Chi / Chi Mi:	CLC, DLC, GLC, MLC, GLC	Sept 2022 - April 2023 (26 sessions in each facility)
Active aging 65+ activities:	GLC	
Strength & Balance:	CLC, DLC, GLC, MLC	
		TOTAL SESSIONS : 234

Walking groups, Couch 2 5k, Couch 2 3k still to be finalised.

Summer 2022: Schemes / Camps and £1 Activities

Activity	Target Group	Location	Session
Summer Scheme			
Summer Scheme 850 spaces	8yrs-11yrs	CLC DLC GLC MSA MLC	18 th July 2022 - 12 th Aug 2022
	6yrs-11yrs	MRC	25 th July – 12 th Aug
Summer Camps			
Gymnastics 160 spaces	5 -11	GLC	4 th – 8 th July
	5 -11	MLC	18 th – 22 nd July
	5 -11	MRC	1 st – 5 th
	5 -11	CLC	15 th – 19 th August
Tennis 60 spaces	7-14	MUSA	20 th – 22 nd July
	7-14	D Park	3 rd – 5 th August
	7-14	MRC	17 th – 19 th August
Canoeing 36 spaces	11-16	Ballyronan	4 th -8 th July 25 th – 29 th July 8 th – 12 th August
Golf 36 spaces	7+	TGC	6 th – 8 th July 14 th – 15 th August 26 th – 28 th July 9 th – 11 th August 17 th – 18 th August 23 rd – 26 th 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 st July – 31 st August

In addition to the activities detailed above during July and August, those Leisure Centres with swimming pools (Cookstown, Dungannon & Greenvale) will be hosting a wide range of water based activities which are bookable via Leisure Hub and at facility receptions, this includes:

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