



Fermanagh District Council

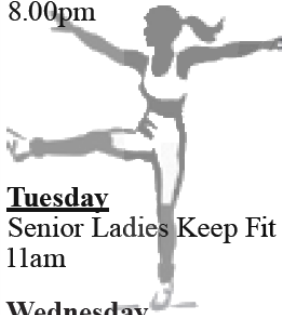
# The Lakeland Forum

## ACTIVITY PROGRAMME 2010

### Aerobic & Exercise Recommence Monday 18th January

#### Monday

Stretch & Tone 6.15pm  
Ladies "Spin" Class  
8.00pm



#### Tuesday

Senior Ladies Keep Fit  
11am

#### Wednesday

Aqua Blast 8.30pm  
(Exercise in water)

#### Thursday

Ladies "Spin" Class  
6.30pm  
Ladies Aerobics  
8.00pm

#### Friday

Mixed "Spin" Class  
7.45am  
Ladies Morning  
10.30am  
(Mixture of spin/  
circuits  
Aerobics/tone)  
(Creche available)

### Children's Activities Recommence Monday 11th January

#### Monday

Soccer Coaching  
3G pitch  
4-5.30pm 11-13yrs  
Gymnastics  
(10 week course)  
4-5pm Beginners 5yr+  
5-6pm Improvers 5yr+

#### Wednesday

Gymnastics  
(10 week course)  
4-5pm mixed ability  
8yrs+

#### Thursday

Boys & Girls Soccer  
4.00-5.00pm 5-8yrs  
5.00-6.30pm 8-11yrs

#### Teen Fit Programme

Monday - Friday 4-5pm  
Saturday 10am-12noon  
£1.00 per session  
Enquire at reception for  
details and induction

#### Saturday

Try for a swim badge  
Teacher on Druty from  
10.30 - 11.30am  
Water Babies Fun Session  
10.15-11.15am  
Fun toys and inflatables  
in the pool every  
Saturday Morning

### Other Activities

#### Monday

Indoor Bowls 10.30am  
Instructor: Des Brown  
Basketball 6.30-8pm  
Coach: Joey Hale  
Yoga 7.30pm  
Instructor: Al Smith

#### Tuesday

Ju-Jitsu 7.30pm  
Instructor: Sean Maguire  
Lifestart 10.00am  
Fermanagh  
& Western Bowls 7.30pm

#### Wednesday

Drama 4-6pm  
Coach: Helen O'Grady  
Kraft Class 7.00pm  
Leader: Mabel Black  
Karate 8.00pm  
Instructor: Dave Martin

#### Thursday

Badminton 7.00-9.00pm  
Coach: Derek Jobb  
Ju-Jitsu 7.30pm  
Instructor: Sean Maguire  
Mother & Toddler 10.30am

#### Friday

Irish Dancing 7.30pm  
Coach: Roisin Keenan

**Creche Available  
Tuesday - Friday  
10am - 12.30pm**

### SWIMMING PROGRAMME 2010

8th January - 26th February 8weeks  
5th March - 23rd April • 30th April - 18th June

#### Tuesday Night Junior Beginners

12 spaces  
5th January - 23rd February  
2nd March - 27th April (closed 6th  
April for Easter)  
4th May - 22nd June  
Time: 6.30 - 7.15pm  
Cost: £33 - 8weeks

#### Bronze Medallion Course - Tuesdays

8 spaces - Time: 7.30pm  
Cost: £80  
5th January - 23rd February  
2nd March - 27th April  
(closed 6th April Easter)  
4th May - 22nd June

#### National Pool Lifeguard Course - Thursdays

8 spaces - Time: 7.30pm  
Cost: £200  
7th January - 11th March 10 weeks  
18th March - 20th May

#### Swimability Programme

Monday 5pm - 7pm  
Friday 6pm - 8pm  
One-to-one tuition  
available

**Call for details:  
028 66324121**

#### Thursday Night Beginners

12 spaces  
7th January - 25th February  
4th March - 22nd April  
29th April - 17th June  
Time: 6.30 - 7.15pm  
Cost: £33 - 8 weeks

#### Breast Stroke for Junior Beginners - Fridays

2 classes of 14 pupils  
Time: 6.15 - 7.00pm Cost: £35

#### Breast Stroke for Advanced Beginners Fridays

(must hold 5 metre badge)  
2 classes of 14 pupils  
Time: 7.00pm - 7.45pm Cost: £35

#### Swimming Stroke & Badge Skills for Juniors - Fridays

14 places in each class Cost: £35  
Class 1a - must hold  
25 metres badge  
Class 1b - must hold  
100 metres badge  
Time: 8.00 - 8.45pm

#### Adult Advanced Stroke & Skills Class - Fridays

8 spaces available Cost: £38

#### Breast Stroke for Adult Beginners - Fridays

14 spaces available Cost: £38  
Time: 8.45 - 9.30pm

#### Lifesaving/Lifeguard Classes

email:  
flf@fermanagh.gov.uk