

Clár an
TSAMHRAIDH
SUMMER

Programme



www.newrymouredown.org/summer-programme



Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh



Comhairle Ceantair
an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down
District Council

Newry, Mourne and Down District Council have a fun filled summer programme for all ages and abilities of children to enjoy!

Here's what's available...



July and August is...

£1 Summer

Enjoy Teen Gym, Children's Indoor Swimming and soft play for £1 per session.

**Available from 9am-5pm,
Monday to Friday.
Subject to availability. Supervision
restrictions and normal admission
criteria may apply.**

Teen Gym

Teen Gym is for 12 to 15-year olds only and each Centre will have a maximum number of slots which can be booked along with an induction at your local Leisure Centre.

These session times might vary slightly so check specific times with your local Leisure Centre.

Children Indoor Swim Activities (Down & Kilkeel Leisure Centres Only)

Normal admission policy applies i.e. All children under the age of 8 must be accompanied by a responsible person, who should be 16 years or over. This person may accompany up to 1 child under the age of 4, or 2 children where at least one of which is aged over 4 years.

For swimming pool group bookings, the normal admission policy applies. Contacting your preferred Leisure Centre before attending is recommended.

Maximum bather loads apply in each pool and admissions may be restricted if bather loads are at capacity.

Children's Swimming Crash Courses

Swimming crash courses are scheduled throughout July and August in Down Leisure Centre and Kilkeel Leisure Centre.

These courses are designed to enable swimmers to make significant progress over the course of one week with each daily lesson lasting 30 mins.

Available lessons include:

Stanley Swimming Lessons – suitable for beginners aged for 4–6 years
Octopus Swimming Lessons – suitable for beginners aged for 7+ years

Rookie Lifeguard Courses

Rookie Lifeguard courses are also available for children aged 7-15 years. Attendees must be able to swim 50m comfortably (25m on front, 25m on back).

To book any of the above activities, download or log into the Be Active app, select centre and then select the relevant tile.

Payment must be made in full at the time of booking.

All bookings are non-refundable and non-transferable unless cancelled by Council. A registration form must be completed in advance of the course commencing.

Soft Play (Newry Leisure Centre only)

Only available for children under the age of 12 years or under 4'9" (1.45m) in height; children must be supervised by a responsible adult aged 16 years or over.

Maximum admission numbers apply and admissions may be restricted if the maximum admission numbers are reached.

Soft play activities can be paid for on arrival at Newry Leisure Centre.



Big Summer discounts for Under 18 Group Sport Activities from 9am to 5pm, Monday to Friday



Main/Minor Hall Group Activities

(e.g. badminton, table tennis, netball, basketball, volleyball, 5-a-side football, indoor bowls).

Only £8.00 per session.

Applicable to 18 years and under only. Facilities are subject to availability.

Court Activities

(e.g. squash, racquetball)

Only £2.00 per session.

Applicable to 18 years and under only. Facilities are subject to availability and cannot be booked at discounted rates on evenings and weekends.

Activities can be booked and paid on the day of play and advanced bookings must be pre-paid at the time of booking.

General Supervision

Unless stated elsewhere, parents/guardians should be reminded that children aged 7 years and under should be supervised always by a responsible adult whilst on the premises of the centre.

Parents/guardians are responsible for allowing children 8 years and over to use Newry, Mourne and Down District Council Indoor Leisure facilities unaccompanied.

Participating Centres:

Newry Leisure Centre

Down Leisure Centre

Kilkeel Leisure Centre



Summer Multi Sports Activities Primary School Aged Children

Key information, locations & dates

Age Range:

P1 - P7 (Children attending must have completed Primary 1 in 2023/2024 academic school year).

Locations:

Newry Leisure Centre

Down Leisure Centre

Kilkeel Leisure Centre

Newcastle Centre

Dan Rice Hall, Drumaness

Length of programme:

4 weeks

Dates:

Weeks commencing
15, 22, 29 July &
5 August

Times:

10am - 12pm : P1 - P3 (Monday to Friday)

1pm - 3pm: P4 - P7 (Monday to Friday)

Price: £10.90 per full week

Booking:

To book, download or log into the NMD Be Active app and select the 'Sports Camps' tile or book at your local centre. Booking opens at 10am on June 10



Multi-Sports sessions provide the opportunity for primary school aged children to take part in active, fun and rewarding sporting activities. The focus of the sessions is to help and support each child's development and enjoyment.

The main benefit of the multi-sports camps is to allow children to try many different sports at a young age to broaden their interests and knowledge in physical activity.



Inclusive and Disability 'Wheele Active' Programme

Wheele Active sessions have a wide variety of disability sports equipment including accessible bikes, sports wheelchairs, Boccia sets and other specialist equipment which is to be used throughout the sessions as required. This is an exciting opportunity for children with disabilities aged 4 – 12 years old so they can improve their motor skills, health and wellbeing.

These sessions aim to give children with disabilities, opportunities to develop physical literacy and movement skills for sport in a range of safe, progressive and inclusive activities. Friends and siblings are also encouraged to take part in the activities with the understanding that safety and enjoyment is key to the ethos of the programme.

Location	Date	Time	Price	Booking
Newry Leisure Centre	23 & 25 July	3:30 – 4:30pm	£2.20 per session	Drop in Max 20 per session
Down Leisure Centre	6 & 8 August	3:30 – 4:30pm	£2.20 per session	Drop in Max 20 per session



Autism Swim Sessions

Dedicated autism-friendly swim sessions are available to book throughout the year in Down Leisure Centre and Killeel Leisure Centre.

Autism-friendly swim sessions are designed to create a calmer swimming environment suitable for those with autism and their families.

Autism Swim sessions are available to book as follows:

Locations & times:

Down Leisure Centre
Every Thursday afternoon 5.00pm – 6.00pm

Killeel Leisure Centre
Every Friday afternoon 5.30pm – 6.30pm

Price:
Normal swim entry pricing applies

Booking:
To book, download or log into the NMD Be Active app, select centre and select 'Book General Swimming' tile.



Teen Activity Week



Multi-Sports sessions provide the opportunity for young people aged 12 – 15 years old to take part in active and engaging sporting activities. The focus of the sessions is to help and support young people to ‘Be Active’ and have fun this summer. The main benefit of the multi-sports camps is to allow all involved to try different sports and activities to cater for a range of interests and skills development.

Teen Fitness sessions are specifically aimed at young people who want to improve their overall physical and mental well-being by engaging in exercises to support their development. These sessions will aim to inspire teenagers to be more active in a supportive environment where they can make new friends, try various activities and have fun.

Key information, locations & dates	
Age Range:	12 – 15 years
Locations:	Newry Leisure Centre Down Leisure Centre
Length of programme:	1 week
Dates:	12 – 16 August
Times:	11am – 1pm: multi-sports sessions 2pm – 4pm: teen fitness
Price:	£10.90 per week
Booking:	To book, download or log into the NMD Be Active app, select centre and select the ‘Sports Camps’ tile or book at your local centre. Booking opens at 10am on June 10.

Terms & conditions



Terms and Conditions for all Sports Activity Programmes

Children attending the multi-sports camps must have completed Primary 1 in the 2023/2024 academic school year.

Please arrive no more than 10 minutes before the activity is due to start and be prompt for collection times.

It is recommended all participants wear suitable footwear, casual clothing and should be prepared for indoor and outdoor activities.

Participants are advised to bring a refillable water bottle and one healthy snack.

Parents/Guardians are responsible for applying sunscreen to participants under 18 before they arrive.

Please note we are unable to provide one to one personal care such as toileting and feeding.

All bookings are non-refundable and non-transferable unless cancelled by Council.

Tropicana Outdoor Swimming Complex Newcastle

Tropicana Outdoor Swimming Complex situated in the heart of Newcastle will again open its doors for residents to enjoy outdoor swimming sessions throughout July and August. All outdoor swimming pools are heated.

Admissions Policy

Newry, Mourne and Down Leisure Centres currently operate the following swimming admission policy for its users.

- All children under the age of 8 must be accompanied by a responsible adult (at least 16 years old) at all times.
- An adult (aged 16 or over) may accompany:-
 - 1 child under the age of 4.
 - 2 children where at least one of the children is aged over 4 years.
- In addition to the above, non-swimmers (children) must wear a secure flotation device such as fitted armbands or a buoyancy aid.
- Any person under the influence of drugs or alcohol will be refused admission.

Age Restrictions

Children under 8 years must be accompanied by an adult aged 16 or over in the water at all times, who must stay in close proximity to supervise the child. This applies to both pools.

Swimming pools and slides

All of the swimming pools within the Tropicana Swimming Complex are heated. The small slide in the toddler pool will be open to children under the age of 8 years old.

Weather

Some of our facilities may have to close in the event of dangerous weather conditions. For latest updates see NMD Be Active Facebook page.

Seasonal opening times (July and August only)

Monday	12pm – 5.30pm
Tuesday	12pm – 8pm
Wednesday	12pm – 5.30pm
Thursday	12pm – 8pm
Friday	12pm – 5.30pm
Saturday	10am – 5.30pm
Sunday	2pm – 5.30pm

Tropicarama (Fun sessions)

Every Tuesday & Thursday 6pm – 8pm

Swimming – Casual Pay-As-You-Go prices:

Pay-As-You-Go 16+	£3.50
Pay-As-You-Go Concession	£2.70
Pay-As-You-Go Under 4	Free
Pay-As-You-Go Group Ticket (2 adults & 2 Children)	£10.50

Booking:

To book, download or log into the Be Active app, select centre and then select the relevant tile.

Swim sessions are added regularly throughout the summer and you can only book 8 days in advance. All bookings are non refundable and non transferable unless cancelled by Council.



Sports Summer Camps - Financial Assistance

Newry, Mourne and Down District Council provide financial assistance to clubs throughout our district to help support the delivery of summer sports sessions to over 1500 children and youths with mixed abilities.

For details of the sports clubs involved, sports programmes available as well as how to register and sign up, log onto: www.newrymournedown.org/summer-programme or check out the NMD Be Active Facebook page.



Take5

steps to wellbeing

HSC Health and
Social Care



www.mindingyourhead.info

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

Take5

steps to wellbeing

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.



Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing (www.neweconomics.org).

Artwork designed in association with Belfast Strategic Partnership.

CONTACTS

Ballymote Sports and Wellbeing Centre
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E: ballymotesportsandwellbeingcentre@nmandd.org

Down Leisure Centre
114 Market Street, Downpatrick BT30 6LZ
T: 0330 137 4026
E: downleisurecentre@nmandd.org

Kilkeel Leisure Centre
Mourne Esplanade, Kilkeel BT34 4DB
T: 0330 137 4026
E: kilkeel.reception@nmandd.org

Newcastle Centre
10-14 Central Promenade, Newcastle BT33 0AA
T: 0330 137 4026
E: newcastlecentre@nmandd.org

Newry Leisure Centre
60 Cecil Street, Newry BT35 6AU
T: 0330 137 4026
E: poolreception@nmandd.org



www.newrymournedown.org/summer-programme



Please check the NMD Be Active app or www.newrymournedown.org/leisure-facilities for the latest information on timetables and opening times.

NMD Be Active App
Download it NOW



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