

From  
March 2019

# CLASSES & CLUBS

## Monday

**50+ Keep Fit** 10.30-11.30

**Valley Wildcats Cheerleading Club**

Recreational Cheer classes 5.30-6.30pm 5-8yrs 6.30-7.30pm 9yrs+

Competition teams 5.45-7.30pm 6-8yrs 5.45-8.30pm 9-11yrs

5.45-9pm 12-14yrs 7.30-9pm 15yrs+

**Valley Ju-jitsu Club** 6.00-7.00pm beginners 5-15yrs 7.00-8.00pm advanced

8.15-9.45pm 16yrs+

**Newtownabbey Swimming Club** 6-7.30pm (level 7 or above) under 18yrs

**Zumba** 7.45-8.30pm

**Couch to 5K** 7pm 21/1/19-8/4/19

## Tuesday

**Pramtastic** 10.30-11.30am

**Pilates** 10.30-11.30am

**50+ Club** 10.00-12noon

**Club Gymnasia** 2.30-3.30pm P1-P3, 3.30-4.30pm P4-P5, 4.30-5.30pm P6-P7 Rec,

5.30-6.30pm P4-P7 boys, 6.30-7.30pm 11yrs+ Dev.

**Table Tennis Coaching Club** 6.00-7.00pm juniors 7.00-9.30pm seniors

**Valley Taekwondo Club** 6.15-7pm 4-9yrs (fundamental)

7-8.15pm 10yrs+

**Aqua Energy** 6-6.45 & 6.45-7.30pm (numbers limited)

## Wednesday

**Zumba** 9.30-10.15am (numbers limited)

**50+ Keep Fit** 10.30-11.30am

**Club Gymnasia** 2.30-3.30pm P1-P3, 3.30-4.30pm P4-P5, 4.30-5.30pm P6-P7 Rec,

5.30-6.30pm P4-P7 Dev. 6.30-7.30pm 11yrs+ Rec.-

**Wildcats Multi Sports Club** 3.30-4.20pm 3-6yrs & 7-9yrs (restarts 23/1/19)

**Pilates** 6.30-7.30pm

**Newtownabbey Racers** 7.00-8.00pm (**Special Olympics Club**)\*

**Sentou Ryu Ju Jitsu** 6.45-8.15pm 16yrs+

**East Coast Blaze Inline Hockey** 8.15-9.45pm 16yrs+

**Abbey Judo Club** 7-9pm juniors 8-12yrs 12yrs+ 8-9pm

## Thursday

**50+ Aqua Aerobics** 12-1pm

**Club Gymnasia** 2.30-3.30pm P1-P3, 3.30-4.30pm P4-P5, 4.30-5.30pm P6-P7 Rec,

5.30-6.30 P4-P7 Dev. 6.30-7.30pm 11yrs+ Dev.

**Valley Ju-jitsu Club** 6.00-7.00pm beginners 5-15yrs. 7.00-8.00pm advanced.

8.15-9.45pm 16yrs+.

**Valley Netball Club** 6-9.45pm 16yrs+

**Newtownabbey Swimming Club** 6-7.30pm (level 7 or above) 8-18yrs

**Zumba** 7-7.45pm

## Friday

**50+ Keep Fit** 10.30-11.30am

**Abbey Judo Club** 6.30-7.30pm beginners 5-8yrs 7.30-8.30pm juniors 8-12yrs

8.30-9.45pm seniors 12yrs+

## Saturday

**Couch to 5K** 9.30am 26/1/19-13/4/19

**Valley Dance Company** \* 10.00-5.00pm 3-18yrs

**East Coast Blaze Inline Hockey** 9am-12.45pm 5-16yrs

**Valley Ju-jitsu Club** 10.30-12.45pm 5-14yrs

**Valley Wildcats Cheerleading Club** Competition teams 2.15-5.15pm

## Sunday

**Aqua Energy** 10-10.45am (numbers limited)

## Toddlers and Babies

### Wednesday

**Parents & Toddlers at Playzone** 10-11.30am 0-4yrs

### Thursday

**Eco Club at Playzone** 10-11.30am 0-8yrs

### Friday

**Parents & Toddlers at Playzone** 10-11.30am 0-4yrs

### Monday – Friday

**Valley Creche**\* 9.30-11.30 1-4yrs (up to 2hrs)

Updated 28/1/19

\* To book or for more  
information T. 02890 861211

INCLUDED IN NEW MEMBERSHIP