



ANTRIM FORUM APRIL 2019 - JUNE 2019 FIT AND ACTIVE OVER 50'S PROGRAMME

- Every Monday until 17th June 2019
- Every Thursday until 20th June 2019

Time	Activity	Location
10.45 am – 11.45 am	Specified Activity (See dates)	Sports hall
11.45 am – 12.45 pm	Badminton / Table Tennis	Sports hall
11.45 am – 12.45 pm	Ten Pin Bowling	Ten Pin Suite
11.45 am – 1.30 pm	Leisure Swimming	Main Pool
11.45 am – 1.30 pm	Sauna/Steam/Jacuzzi	Spa
<ul style="list-style-type: none"> • Use of Pools & Halls is subject to availability / lesson schedules. • Complimentary Tea/Coffee available between 11.30am and 12.30pm on Monday & Thursday for participants. • Cost £0 (Members) £3 (Non Mem) per person per day 		

MONDAY

DAY	DATES	ACTIVITY TYPE
Monday 2 Weeks	29 th Apr – 6 th May 2019 (Inclusive)	<i>Pilates (Limited places)</i> OR <i>Dance Fit</i>
Monday 6 Weeks	13 th May – 17 th June 2019 (Inclusive)	<i>Step (Limited places)</i> OR <i>Dance Fit</i>

THURSDAY

DAY	DATES	ACTIVITY TYPE
Thursday 8 Weeks	2 nd May – 20 th June 2019 (Inclusive)	<i>Yoga (Limited places)</i> OR <i>Aerobics</i>

Activity spaces will be filled on a first come, first served basis from 9am on the day of the activity.

PROGRAMME MAY BE SUBJECT TO CHANGE

Please contact Antrim Forum Reception for details T: 028 9446 4131