

# MORE INFORMATION

Personalised private group classes arranged. If you & your work colleague, sports club or friends would like to arrange private class for dancing, fitness, or any other way you want to blow off steam & build team spirit, just give us a call **(074 91 22761)** & see if your community centre can help.

Any & all suggestions are always welcome If you a have any suggestions for classes or services you would like to see at your community centre just give us a call **(074 91 22761)**



LETTERKENNY COMMUNITY CENTRE

FULL SIZE 3G ASTROTURF PITCH

Available for hire for a wide range of sports and booked in 3 parts, one or two thirds or as a full pitch for matches or training purposes

Contact Liam 086 337 0027



LIMITED SPACE AVAILABLE!

**BIRTHDAY PARTIES**

▶PARTY HOST  
▶BOUNCY CASTLE  
▶PLAY AREA  
▶SCOOTER KARTS  
▶SOCCER  
▶ART AREA AND MUCH MORE!  
▶MUSIC SYSTEM AVAILABLE

EVERY SUNDAY:  
1PM-2.30PM  
3PM-4.30PM

FOR ONLY €100!

LETTERKENNY COMMUNITY CENTRE  
PEARSE ROAD, LETTERKENNY  
(074) 91 22761



**OPENING HOURS:**  
Mon -Thu 8am - 11pm  
Fri 8am - 10pm  
Sat 8:30am - 5:30pm  
Sun 10am - 1pm  
(From Sept 15th Sun 1pm - 4pm)



## Memberships Gym Only

Monthly Ticket - €40  
3 Monthly Ticket - €90  
6 Monthly Ticket - €150  
Annual Ticket - €240

## Memberships Gym & LCC Classes

Monthly Ticket - €50  
3 Monthly Ticket - €100  
6 Monthly Ticket - €180  
Annual Ticket - €320

## Daily Rates Day

Daily Rates (Before 4:30pm) - €4  
Evening (After 4:30pm) - €5  
Student/OAP/Unemployed - €3 (All Day)  
Weekly Ticket - €10  
Students/OAP/Unemployed Only (Mon-Sat before 4:30pm)

## LCC CLASSES - €5 Morning Movers

A mix of exercises  
Tue & Thu 9:45am - 11:00am

## Tums & Bums

A body Toning Class  
Tue & Thu 6:15pm - 7:00pm

## Circuits

Aerobic & Strength  
Mon & Wed 6:15pm - 7:15pm

## Zumba

Latin & Modern Dance  
Tue & Thu 7:00pm - 8:00pm

## 20/20/20

A mix of exercises  
Mon & Wed 7:15pm - 8:15pm

## Core Conditioning

Build your core strength  
Fri 6:15pm - 7:15pm

**MUST BE OVER 16 TO ENTER THE GYM**

## ASK ABOUT

Hall Hire - Astro Turf Football - Memberships  
Car Boot Sale - Wheatgrass - Weight Watchers And More

📍 Pearse Rd, Letterkenny, Donegal  
☎ 074 95 22761  
🏠 [www.letcomcentre.ie](http://www.letcomcentre.ie)  
✉ [letterkennycommunitycentre@mail.com](mailto:letterkennycommunitycentre@mail.com)

**FIND US ON FACEBOOK FOR UPDATES**

## ADULT EXERCISES

### Battle Core €7.00

Tue 6:15pm - 7:00pm  
Thu 6:15pm - 7:00pm

### HIIT €5.00

Tues, Wed, Thu 1:00pm - 1:30pm

## RUNNING

### Couch to 5k €2.00

Mon, Tue & Thurs 6:30pm

### Run For Fun €2.00

Mon, Tue & Thurs 7:15pm  
(suitable for Couch to 5k graduates)

## DANCING

### Line Dancing €5.00

Mon 8:00pm - 9:30pm (Int & Adv)  
Tue 7:15pm - 8:15pm (Beg)  
Tue 8:15pm - 9:30pm (Imp)

### Ballroom Dancing €5.00

Thurs 8:35pm - 10:00pm

### Jive & Social Dancing

Ballroom Sun 7:00pm - 8:00pm  
Jive Sun 8:00pm - 9:00pm

## MARTIAL ARTS

### Karate

Mon 7:00pm - 8:00pm

### Kickboxing

Call 086 240 2323  
Wed 7:00pm - 9:00pm

## MARTIAL ARTS

### CONTINUE:

### Jiu Jitsu

Call 086 240 2323  
Wed 9:00pm - 11:00pm  
Thurs 7.30pm - 9:00pm

## ADULT MEDITATION

### Tai Chi €8.00

10 lessons for €60.00, Call Phillip Lomns 087 456 1707  
Mon 8:00pm - 8:50pm  
Tue 10:30am - 10:50am

### Weight Watchers

Call Annette Diver 087 648 6047 for more information  
Tue 5:30pm - 7:00pm  
Wed 10:00am - 12:30pm

### Pilates with Aine

Call 087 633 5230 to book  
Mon 6.30pm - 7:30pm  
Mon 7.30pm - 8:30pm  
Wed 10.15am - 11:15am  
Wed 6.30pm - 7:30pm  
Wed 7.30pm - 8:30pm  
Thurs 6.30pm - 7:30pm (Beg)

### Landscape Art - Class in Oils

€120.00 for 8 week term. Call Shaun 085 750 5749 for more information

## KIDS CLASSES

### Letterkenny Brownies

Mon 7:00pm - 8:30pm (7-11 Yrs)  
Find them on Facebook to apply

### Junior Soccer €5.00

Tues 4:00pm - 5:00pm (5 Yrs)  
Tues 5:00pm - 6:00pm (6-12 Yrs)

### Drama & Musical

Mon 5:00pm - 6:00pm (Inter)  
Call Zara 087 360 2008

## MARTIAL ARTS KIDS

### Jiu Jitsu

Call 086 240 2323  
Wed 5:00pm - 6:00pm (5-7 Yrs)  
Wed 6:00pm - 7:00pm (8-12 Yrs)

## KID'S DANCING

### Ferry School of Irish Dancing

ferryschoolofdance@mail.com  
Fri 4:30pm - 8:00pm (Biweekly\*)  
Wed 6:00pm - 7:00pm (8-12 Yrs)

### McCaul Academy of Irish Dancing (Ages 4+ Yrs)

Call Sharon Friel 086 211 7948 or email sharon.friel1@gmail.com  
Mon 5:00pm - 7:00pm  
Thu 5:00pm - 7:00pm

## HEALTH

### Spine Care

Kevin Ginty 086 166 9013

### Reflexology

Patricia Swann 085 723 2807

## OVER 50S

### Senior Line Dancing €3.00

Mon 12:30pm - 1:30pm  
Tea afterwards

### Exercise & Socialise €3.00

Tue & Thu 11:30am - 12:30pm

## OTHER

### Carboot Sale

Every Sat 7:30am  
Car & Trailer €17.00  
Car €12.00 Van €22.00  
Call 074 91 22761

## FACILITIES FOR HIRE

### Main Hall €45 per hour

### Other Rooms €20 per hour

### Astro Turf Pitches

5/6 A-Side floodlit Astro Pitch

### Floodlit Astro Pitch

Full Size 3G - Now Opened