

lyit | SPORTS CENTRE

Open to all... see you there

ACTIVITIES



Letterkenny Institute of Technology
Sport Centre, An Dánlann.

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 www.facebook.com/lyit.sportscentre

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Term Time Opening Hours

Monday – Thursday

8.00am – 9.15pm

Friday

8.00am – 7.45pm

Saturday

10-2pm (term time only)

Closing times during the summer months & holidays is at the earlier time of 6pm



WELCOME ALL!

FACILITIES

A large spacious Sports Hall / Events Facility
An 8mt high Climbing Wall
A modern bright & airy Fitness Suite
An on-site grass Prunty Pitch
Indoor handball wall

COMING SOON:

- Lifestyle Challenge 2015/16
- Student Soccer League
Nov 2015 & Feb 2016
Staff v Student Uni
Hoc League - Nov 2015
OUR 5K ROAD RACE 8TH MARCH 2016
6 Week Programs are now available
- Spring 2016 Table Tennis League
Kool Kats Summer Kamp
5-12 years - July 2016
- School Tours, June 2016
- Just Call

HOW MUCH?

Classes €3 - €7.50
(students & members reduction)

Concessionary cards available
(10 classes for the price of 8)

Concessionary cards for fitness suite
also available (12 visits for the price
of 9) or pay per visit

Please
note,
outdoor/
hard soled
or high
heeled
shoes
are not
permitted
in the hall



LYIT Exercise Classes 2015/16

Please check at sports reception before attending classes. Booking necessary

- **SPIN FIT** Mon 8.15am
- **SPIN MIX** Mon 5.40pm
- **BODY CONDITIONING** Mon 12.40pm
- **GYM CIRCUITS** Tues 12.40pm
- **ABS BLAST** (15mins of tummy work)
Mon, Tues, Wed 7pm
- **MORNING BOOTCAMP** Wed 8.15am
- **CIRCUITS** Tues 5.40pm & Thurs 6.30pm-

SLIMMING CLUB Thurs between 11am-12 noon

- **YOGA COURSE** Please ask (booking necessary)
- **PILATES** 4 & 6 week courses / Thurs lunchtime & more / Please ask / Booking necessary / Personal 1-1 sessions available
- **FIT MIX** Fri 8.15am
- **PUNCH BAG** Just book it
- **FUN BASKETBALL, BADMINTON, UNI HOCKEY, INDOOR SOCCER** Just book it
- **PERSONAL FITNESS INSTRUCTION**
Please contact us

AND FOR THE KIDS..

- **KIDDIES FUN DAYS** (on school days-off)
- **KOOL KATS SUMMER CAMP EVERY JULY**



PRICES * FULLTIME STUDENTS ARE FREE!*

FITNESS SUITE (NON-MEMBERS)

Pay-as-you-go staff & part-time students	€5
Pay-as-you-go all others	€6
Early Bird (before 12.30pm)	€4
Concessionary Cards (12 visits for price of 9)	€36 (am only) €60 (any time)
PERSONAL TRAINING	€30 - €50 per session

CLIMBING WALL & EQUIPMENT

Per Person	€10 per hour + instructor fee
Per Group Booking	€60 per hour + instructor fee
Instructor Fee	€20 - €30 per session

HALL HIRE

Contact helen.kennedy@lyit.ie

MEMBERSHIP FEES

	Per Year	Per 4 months
General Public Member	€220	€110 per term
General Public Couple	€450	€170 per term
Junior Outside Member (17-18 yrs)	€110	€55 per term
Seniors	€100	€50 per term
Seniors Family Couple	€160	€70 per term
Part-time Student	€120	€55 per term
Staff	€100	€30 per term
Staff Family	€220	€80 per term
Part-time Staff	€120	€40 per term
Part-time Staff Family	€270	€80 per term
Non-LYIT-paid Staff: CoLab / Canteen	€180	€80 per term
Alumni	€190	€80 per term
Alumni Family	€340	€140 per term

CLUBS

For any student interested in any of LYIT's Clubs or Societies call the Students Union office - 074 9186810 or 9186823 for further info.

