

Finn Valley SPORTS CENTRE



MEMBERSHIP OPTIONS:

12, 6, 3 months or daily visits

PRICE:

12 months - €185

6 months - €120

3 months - €75

or €5.00 per visit



**Astro-turf Pitches
Now Available**

€30 off peak per hour

€50 after 6.00pm per hour

All Members receive a personalised fitness
programme from our fitness trainers

FREE OF CHARGE

Finn Valley SPORTS CENTRE

Millbrae, Stranorlar
Co. Donegal
T: 074 913 2053
F: 074 913 0110
E: niallfvac@hotmail.com
W: www.finnvalleyac.com

Programmes Commencing September 2009

Aerobics Classes (With Sheila, Booking: 074 913 2053)	Tuesday	7.00pm	€5.00
Gymnastics (With Collette 086 163 5412)	Saturday	10.00am - 1.00pm	€5.00
Finn Valley Boxing	Monday Wednesday Friday	7.00pm - 9.00pm 7.00pm - 9.00pm 7.00pm - 9.00pm	€10.00 Per Week
Terry Lafferty School of Irish Dancing	Monday	5.00pm - 7.00pm	
Ursela Quigely School of Irish Dancing (Ursela 086 359 0296) - 4th September	Friday	5.00pm - 7.00pm	
Soccer Skills (074 913 2053)	Monday, Friday		€4.00
	Age 4 - 6	4.00pm - 5.00pm	
	Age 7 - 12	5.00pm - 6.00pm	
Finn Valley Athletics (Patsy 087 222 6112)	Tues & Thur Sunday	7.30pm 10.00am	



AUTUM/WINTER 2009 - 2010

WE CATER FOR **CHILDRENS BIRTHDAY PARTIES**
INCLUDING BOUNCING CASTLES, ASTO-TURF etc...

FITNESS SUIT NOW OPEN



please turn over