

Finn Valley SPORTS CENTRE

Millbrae, Stranorlar
Co. Donegal

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Programmes Commencing September 2010

Finn Valley Athletics (Patsy 087 222 6112)	Tues & Thur Sunday	7.30pm 10.00am	
Aerobics Classes (With Sandra, Booking: 074 913 2053) - 14th September	Tuesday	7.00pm	€5.00
Gymnastics (With Collette & Danny 086 163 5412)	Saturday	10.00am - 1.00pm	€5.00
Finn Valley Boxing Conor Quigley 087 910 1727 - 30th August	Monday Wednesday Friday	7.00pm - 9.00pm 7.00pm - 9.00pm 7.00pm - 9.00pm	€10.00 Per Week
Smith McCarron School of Irish Dancing (087 9454058) - 30th August	Monday	5.00pm - 7.00pm	
Ursula Quigley-Moore School of Irish Dancing (Ursula 086 359 0296) - 3rd September	Friday	5.00pm - 7.00pm	
Soccer Skills (074 913 2053)	Monday, Friday Age 5 - 7 Age 7 - 12	4.00pm - 5.00pm 5.00pm - 6.00pm	€4.00
Enda Coyle Fitness Class Including Circuits/Keep fit/Core Training For ladies and gentlemen. All fitness levels welcome (www.endacoyle.ie, T: 087 1254612)	Monday, Thursday	1-2pm	
Finn Valley Rugby Club (Gerard Doherty 086 7355536) Adult Tag TBA	Saturday Age 6-12	10-11am	

Autumn/Winter 2010 - 2011

IRELAND'S LARGEST INFLATABLE FUN AREA AVAILABLE

for children's parties Every Saturday & Sunday
2 hours €125 unlimited numbers.

EARLY BOOKING ADVISED!

Face Painters available on request.



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