

**Appendix 2 - Get Inspired Active Academy, 17 & 18 December, Andersonstown and Shankill Leisure Centres**

<b>Andersonstown Thursday 17 December</b>	<b>Times</b>	<b>Shankill Thursday 17 December</b>	<b>Times</b>
Basketball	10-12pm 2-5pm 6-9pm	Archery	10-12pm 6-9pm
Boccia/New Age Kurling	10-12pm 2-5pm 6-9pm	Athletics	10-12pm 2-5pm 6-9pm
Climbing	10-12pm 2-5pm 6-9pm	Boxing	10-12pm 2-5pm 6-9pm
Danderball	2-5pm 6-9pm	Dodgeball	10-12pm 2-5pm 6-9pm
Hip Hop Dance	10-12pm 2-5pm 6-9pm	Judo	10-12pm 2-5pm 6-9pm
Gymnastics	10-12pm 2-5pm 6-7pm 8-9pm (Adult only)	Golf	10-12pm 6-9pm
Handball	10-12pm 2-5pm 6-9pm	Pilates	10-12pm 6-9pm ( <b>1 Hour slots</b> )
Rowing	10-12pm 2-5pm 6-9pm	Rugby	10-12pm 2-5pm 6-9pm
Tennis	10-12pm 2-5pm 6-9pm	Kidz-Fit Gymnasium	10-12pm 2-5pm 6-9pm
Waterpolo/Swimming	<b>6-9pm (1 Hour slots)</b>	Swimming ( <b>1 Hour slots</b> )	10-12pm 2-5pm 6-9pm
Yoga	<b>10-12pm 6-9pm</b>	Wheelchair Basketball	10-12pm 2-5pm 6-9pm

<b>Andersonstown Friday 18 December</b>	<b>Times</b>	<b>Shankill Friday 18 December</b>	<b>Times</b>
Athletics	10-12pm 2-5pm 6-9pm	<b>Archery</b>	10-12pm 6-9pm
Basketball/ Wheelchair Basketball	10-12pm 2-5pm 6-9pm	<b>Boccia</b>	10-12pm 2-5pm 6-9pm
Boxing	10-12pm 2-5pm 6-9pm	<b>Climbing</b>	10-12pm 2-5pm 6-9pm
Dodgeball	2-5pm 6-9pm	<b>Cricket</b>	10-12pm 2-5pm 6-9pm
Golf	10-12pm 2-5pm 6-9pm	<b>Dance</b>	10-12pm 2-5pm 6-9pm
Handball	10-12pm 2-5pm 6-9pm	<b>Danderball</b>	2-5pm 6-9pm
Pilates	10-12pm 6-9pm (1 Hour slots)	<b>Gymnastics</b>	10-12pm 2-5pm 6-7pm 8-9pm (Adult only)
Rugby	10-12pm 2-5pm 6-9pm	<b>Kidz-Fit Gymnasium</b>	10-12pm 2-5pm 6-9pm
Swimming	7-9pm	<b>Rowing</b>	10-12pm 2-5pm 6-9pm
Yoga	<b>6-9pm (1 Hour slots)</b>	<b>Swimming</b>	10-12pm 2-5pm 6-9pm
		<b>Wheelchair Basketball</b>	10-12pm 2-5pm 6-9pm

30 minute sessions - on the hour & half hour unless otherwise stated