

Community Services, Facilities and Events



Kids Self Defence and Awareness **FREE 5 Week Introductory Online Sessions**

This 5 week taster course will provide kids (5years - 12years) with tips and techniques on how to get out of situations and provide them with an awareness of their general safety.

This course is fun, informal and suitable for all abilities
Just light, physical movement required. Sign up and give it a go.



Tuesday
5:30pm - 6:00pm

STAY SAFE!

Week 1 – 16th February
Week 2 – 23rd February
Week 3 – 2nd March
Week 4 – 9th March
Week 5 – 16th March

FREE COURSE



Online Course will be provided by: **Cathal Fegan**
Chief Instructor of Northern Ireland ITF TaeKwon-Do

Pre-Booking is essential – Limited spaces available

Please Email: ccbookings@nmandd.org

State the title of the activity you are interested in, along with your name, postcode and contact details.

Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh



Comhairle Ceantair
an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down
District Council

Community Services, Facilities and Events



FAMILY FITNESS & SELF DEFENCE TIPS **FREE 5 Week Introductory Online Sessions**

This 5 week taster course will provide the whole family with fitness sessions that are fun and informal, with the addition of learning a few self defence top tips.



Suitable for the whole family

Sign up and give it a go

SATURDAY
11:30am – 12noon

Week 1 – 20th February
Week 2 – 27th February
Week 3 – 6th March
Week 4 – 13th March
Week 5 – 20th March

FREE COURSE



Online Course will be provided by: **Cathal Fegan**
Chief Instructor of Northern Ireland ITF TaeKwon-Do

Pre-Booking is essential- Limited spaces available

Please Email: ccbookings@nmandd.org

State the title of the activity you are interested in, along with your name, postcode and contact details.

Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh



Comhairle Ceantair
an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down
District Council

Community Services, Facilities and Events



Well Time for Me

FREE 3 Week Introductory Online Sessions

Choose from the dates and times below and take time for yourself- a short 3 week taster course will provide you with an introduction to mindfulness, coping techniques to manage stress, meditation and understanding stress.



FEBRUARY		
Thursday morning	10am – 11am	11 th , 18 th & 25 th February
Wednesday evening	7pm – 8pm	10 th , 17 th & 24 th February
MARCH		
Thursday morning	10am – 11am	11 th , 18 th & 25 th March
Wednesday evening	7pm – 8pm	10 th , 17 th & 24 th March



Online Course will be provided by:

Lorraine Rooney
Wellbeing NI

Each weekly session will be delivered via a live Zoom video link



Pre-Booking is essential - Limited spaces available

Please Email: cbookings@nmandd.org

State the title of the activity and dates you are interested in, along with your name, postcode and contact details.

Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh



Comhairle Ceantair
an Iúir, Mhúrn agus an Dún
Newry, Mourne and Down
District Council

FREE 6 Week Online Sessions



This 6-week taster course will introduce babies (age 3m+) to a variety of sounds, give them an opportunity to play and provide opportunities for active music making.



Mondays
10.30 - 11:00am



Week 1 – 22nd February
Week 2 – 1st March
Week 3 – 8th March
Week 4 – 15th March
Week 5 – 22nd March
Week 6 – 29th March

FREE



Online Course will be provided by:

Bethel Brown

Jo Jingles