

Seomraí Folláine

Fáilte roimh chách. Caithydh tú seisiún ionductúcháin a dhéanamh roimh ré. Déan áirithint roimh ré ag an deasc fáiltithe spóirt. *Tá tuáille lámhe pearsanta riachtanach chun allas a ghlanadh ar gach cuairt.

Clubanna Spóirt

Tá ballraíocht ins na clubanna Spóirt saor in aisce. Déan teagmháil le do thoil le hAontas na Mac Léinn chun sonraí a fháil.

Cúrsaí

Leadóg ar fáil gach seimeastar. Ióga agus Pilates ar fáil, déan teagmháil linn le do thoil. Rithimid freisin sraithchomórtais ghrínn sacair agus haca do mhic léinn. Is féidir linn cóisir lá breithe & Campaí do Pháistí a sholáthar. Cuir ceist orainn le do thoil.

Fáilte roimh chách is cuma do chumas

Mic léinn €3 Baili €3.50 Foireann €5.50
Cártaí lamháiltais ar fáil.

Is gá áirithint a dhéanamh do na ranganna uile

roseannmcginley@lyit.ie or
Teileafón 074 918 6800.

Féach do ríomhphost gach Luan le haghaidh an eolais is déanaí faoi ranganna. Cuardaigh eolas ar ríomhphost, ar phóstaeir agus ar an leathanach g réasáin & facebook againn.

Fitness Suite

All are welcome. You must do an Induction/introduction before using. Book this at sports reception in advance. *A personal hand towel is compulsory to wipe perspiration on each and every visit.

Sports Clubs

Sports clubs are free to join. Please contact the Students Union for details.

Courses

Tennis is available each semester. Yoga and Pilates are available, please contact us. We also run student soccer and hockey fun leagues. We do Birthday Parties and Kids Kamps. Please ask.

Everyone and all abilities welcome

Students €3 Members €3.50 Staff €5.50
Concessionary cards available.

Booking necessary for all classes

roseannmcginley@lyit.ie or
Telephone 074 918 6800.

Check your emails each Monday for updates on classes. Look out for info via email, on posters and on our web and facebook page.



FÁILTE CHUIG IONAD SPÓIRT LYIT WELCOME TO LYIT SPORTS CENTRE



Ionad Spóirt

Is duitse an tIonad Spóirt, mar sin bain feidhm as. Tá sé SAOR in aisce do mhic léinn lánaimseartha.

- Taispeáin do chárta aitheantais ag an deasc fáiltithe gach uair a théann tú isteach. Cosc isteach gan cárta aitheantais.
- Is féidir leat an halla a chur in áiritheam ar bith le haghaidh pé imeachtaí is mian leat ní gá ach ceist a chur.
- Glac páirt ins na ranganna agus na himeachtaí úrnuachta.

Uaireanta Oscailte

Luan go Déardaoin 8.00am-9.30pm
Aoine 8am 8pm Satharn 11am-3pm

Sports Centre

The sports centre is for you so please do use it. Full-time students are FREE of charge

- Show your ID card at reception on each and every visit. No ID No Entry.
- You can book the hall at any time for any activity you wish just ask.
- Join in the classes and novelty events. Just book.

Opening Hours

Monday to Thursday 8.00am-9.30pm
Friday 8am 8pm Saturday 11am-3pm

Do rogha sa halla

Do rogha sa halla

Do rogha sa halla

Do rogha sa halla

Do rogha sa halla

Do rogha sa halla

Do rogha sa halla

Do rogha sa halla

Do rogha sa halla

Do rogha sa halla

Your choice of hall activity

Your choice of hall activity

Your choice of hall activity

Your choice of hall activity

Your choice of hall activity

Your choice of hall activity

Your choice of hall activity

Your choice of hall activity

Your choice of hall activity

Your choice of hall activity