

dlr Leisure Services Loughlinstown

Valid From
January
2011



We are also at Glenalbyn, Meadowbrook and Monkstown
Pay per visit, open 7 days a week Tel (01) 2823344



www.dlrleisureservices.ie



Comhairle Contae County Council

Seirbhísí Fóillíochta dlr a bhainistíodh an áis seo thar ceann Comhairle Contae Dhún
Laoghaire-Ráth an Dúin
*dlr Leisure Services will manage this facility on behalf of Dún Laoghaire-Rathdown
County Council*

“Exercise & Health is for everyone from the Toddler to the Retired”

Our Motto

Hello,

Thank you for taking the time to visit us at **dlr Leisure Services Loughlinstown**, this is one of four facilities managed by **dlr Leisure Services**.

The mission of Dún Laoghaire Rathdown Leisure Services is to promote the benefits of sport for recreational and healthy living purposes on a non profit basis by providing a customer centred approach to all programmes, ensuring these programmes meet the demands of the county's communities and that its staff are equipped and supported in the delivery of this objective. This leaflet is designed to introduce you to the various leisure programmes we have on offer. All our activities are priced on a pay per visit basis with further money saving offers available for clients who wish to visit regularly.

Our aim is to provide first class facilities with programmes to suit all fitness levels and individual requirements.

The staff of,
dlr Leisure Services Loughlinstown



What's new at

dlr Leisure Services Loughlinstown

Throughout 2010, we have expanded our fitness class and activities timetable. In 2011, we plan to add more Active Exercise, Cardiac Rehabilitation (Phase 4) and Teen Gym classes. We also aim to introduce Pilates (pay as you go) and a weight management club. Further details on all these will be available on our website and from reception.

In September 2010, planning permission was granted for the development of a 25m 6 lane Swimming Pool at dlr Leisure Services Loughlinstown. Construction of this community swimming pool is due to commence by the summer of 2011 and has a projected completion date of autumn 2012. Further information on the progress of this project will be available at reception.

In October 2010, we received the ILAM White Flag Award. This award recognises high standards of quality and excellence in health and leisure facilities. Further information on our standards are available in our customer charter.

History of Centre

dlr Leisure Services Loughlinstown opened its doors as Loughlinstown Leisure Centre in 1983 with the aim of providing a quality but affordable leisure facility for the community. It began with three multi-functional sports hall (albeit the largest in the country!) and small gym areas attached. Over the past 27 years, the centre has developed as the leisure/fitness industry has evolved. The centre now comprises of a larger gym (floor area of 361m²), complete with the latest in fitness equipment, aerobics studio, spinning studio, activity room, party room, multi functional sports halls and 4 6-a-side all weather pitches.

Centre Opening Times

Monday - Thursday	8.00am - 10.00pm
Friday	8.00am - 9.00pm
Saturday	9.00am - 5.00pm
Sunday	9.00am - 7.00pm
Bank Holidays	see website for details



Gymnasium at dlr Leisure Services Loughlinstown

Our gymnasium has over 361 sq. metre of workout space, complete with the latest in fitness equipment, air conditioned comprising of the following areas:

- Cardiovascular area consisting of treadmills, arm ergometer, elliptical-trainers, rowing machines, steppers and upright & recumbent bikes.
- Resistance equipment catering for both upper and lower body.
- Conditioning and Core Stability section.
- Extensive Free Weights section suitable for both the novice and experienced participant.
- Fully serviced changing rooms with lockers & sauna.
- **Qualified Instructors** are available to organise individual fitness assessments and programmes. Please contact an instructor or reception to make a booking.

Prices

Gym & Sauna	Before 4.00pm Monday - Friday	€5.00
Gym & Sauna	After 4.00pm Monday - Friday & Weekends	€6.50
Gym & Class	Daytime before 4.00pm	€7.50
Gym & Class	Evenings & Weekends	€10.00
Concession*	Before 5.00pm Monday - Friday	€4.20
Concession*	Weekends	€5.20

* Students, Special Needs, OAP's and unemployed. Proof of concession must be shown.



About The Classes at *dlr Leisure Services Loughlinstown*

Body Conditioning

This is a muscle toning and strengthening class for the whole body including the optional use of equipment to target individual muscle groups. This class is low cardiovascular, which is an excellent introduction to fitness classes giving balanced tone for all the body.

Step and Shape

This is a high impact cardiovascular workout on steps. Excellent for lower body tone and general cardiovascular fitness.

Ab Attack Plus

A 40 minute class concentrating specifically on the stomach area. Aim to get nice toned abs!

Super Circuit

A class comprising of various stations, which are designed to help improve strength, endurance and fitness levels. For those who want a good workout targeting all body areas, without complicated choreography.

Bums & Tums

A 50 minute workout focusing on the muscle groups of the lower body and is designed to tone the bum & tum areas!

Spinning

Spinning is ideal for all levels. It is a motivational cycling class on stationary bikes, with adjustable resistance levels, based on your personal aerobic ability, A great calorie burner!

Cardiac Rehabilitation

In conjunction with local hospitals offering phase 3 programme.

Active Sport

- Indoor and Outdoor Structured Class
- Sports Activities for Senior Clientele
- Ask at Reception for details

Studio Timetable

A current Studio Timetable is available on our website or from reception

Money Saver deals at dlr Leisure Services Loughlinstown

Membership

Unlimited use of gymnasium, fitness classes (*excluding Spinning*) and access to pool* during any public swim sessions.
Aqua Aerobics and Swimming Lessons are not included

Single	3 Months	€175.00
	6 Months	€275.00
	12 Months	€450.00
Couple	3 Months	€300.00
	6 Months	€450.00
	12 Months	€800.00
Off Peak***	3 Months	€125.00
	6 Months	€225.00
	12 Months	€350.00
Concession	6 Months	€225.00
	12 Months	€350.00

Corporate Membership also available. Please contact reception for further details.

Value Passes

10 Visit Gym Pass €55.00

Concession Gym Pass €40.00

Passes valid in all 4 centres

Gym Special Offer****

Gym Monthly Ticket, per calendar month €55.00

Gym Early Bird Monthly €45.00

* Please note swimming pools are available at our Monkstown, Glenalbyn & Meadowbrook centres.

** Gym Monthly and Gym Early Bird Monthly memberships do not allow access to the pools at the other centres. Gym Early Bird entry times are from 8am to 11am daily.

*** Mon - Fri 8am - 4pm Sat - Sun 3pm to closing.

**** Gym special offer only applies to use in Loughlinstown.

Check our website and centre displays for current membership offers



Indoor Multi-Sport Hall at *dlr Leisure Services Loughlinstown*

Three halls suitable for

- Indoor soccer
- Bocce
- Olympic Handball
- Indoor Hockey
- Basketball
- Indoor bowls
- Futsal
- Badminton (*per court; Off Peak €15 per hour & Peak €20 per hour*)

Facilities for Hire

Off Peak	Before 5.00pm Mon - Fri	€35.00 per hour
Peak	After 5.00pm Mon - Fri & weekends	€55.00 per hour
Weekend Special	1.00pm - 5.00pm	€35.00 per hour
Weekend Sport	Use of all three halls together	€85.00 per hour
School boy/girl*	5pm-6pm Mon - Fri & 9am-1pm Weekends	€45.00 per hour
Activity Room		€36.00 per hour
Aerobics Studio		€36.00 per hour
Spin Studio		€36.00 per hour

**Must be affiliated to a registered league. Bookings can only be taken with payment*



KICK OFF

Pitches

4 Pitches

6-a-side

Opening hours as per centre hours

Price

Off Peak	Before 5.00pm Mon to Fri	€35.00
Peak	After 5.00pm Mon to Fri & at weekends	€60.00
Weekend Special	1.00pm - 5.00pm	€35.00
School boy/girl*	5pm-6pm Mon – Fri & 9am-1pm Weekends	€45.00

**Must be affiliated to a registered league*

Birthday Parties

90 min Package	includes 60 mins of an activity and 30 mins in our Party Room	€45.00
120 min Package	includes 90 mins of an activity and 30 mins in our Party Room	€60.00



Loughlinstown, Loughlinstown Drive, Dun Laoghaire, Co. Dublin

Find out more

Tel (01) 282 3344/3096

Fax (01) 2823408

Email Loughlinstown@dlrls.ie

Website www.dlrleisureservices.ie

Buses 7, 111

On the N11 bus route no's 84, 84x, 45 and 145 (10 min walk to centre)

Luas Green line

You can stop at Cherrywood or Brides Glen

Visit other **dlr Leisure Services** locations at:

Glenalbyn Tel (01) 288 1502

Meadowbrook Tel (01) 2995610

Monkstown Tel (01) 230 1458/60/62

This document is available in alternative formats on request

