

# Ballybough Community, Youth & Fitness Centre



Comhairle Cathrach  
Bhaile Átha Cliath  
Dublin City Council



222 85 84

49 Ballybough Road, Dublin 3

[www.ballyboughcommunitycentre.ie](http://www.ballyboughcommunitycentre.ie)

[ballyboughcentre@dublincity.ie](mailto:ballyboughcentre@dublincity.ie)

Centre Manager E: [treacy.byrne@dublincity.ie](mailto:treacy.byrne@dublincity.ie)



**NEW Gym**  
in your area!



See **ALL** our classes

## Gym/Classes Membership (DCC classes only)

Annual Membership	€220
3 Months Membership	€80
1 Month Membership	€30
Student Yearly	€180

## Classes

Classes **pay as you go** €5

## Gym pay as you go

Peak (5pm-10pm)	€7
Off Peak (8am-5pm)	€6
Unemployed / Student / Staff (must have proper ID)	€4

## Senior Citizens

Over 65's (must have appropriate ID) **Free**

## Open Times

Mon - Thurs	Fri	Sat
8am - 10pm	8am - 9pm	10am - 5pm

## New Timetable Starts Monday 14th August:

### Monday

6 - 6:45pm Spin & Abs



7 - 7:45pm BLT  
(bums, legs, Tums)



### Tuesday

6 - 6:45pm Strictly Spin



7 - 7:45pm Killer Combo



### Wednesday

6 - 6:45pm Spin & Abs



7 - 7:45pm Box Fit



### Thursday

6 - 6:45pm Strictly Spin



7 - 7:30pm Metcon  
(High Intensity workout)



7:30-8pm Stretch express



## Other Classes open to the public:

### Monday

#### Women's Art/Crafts Class

Learn a wide range of arts/  
crafts very popular class

10 - 12 am €4

#### Kickboxing For Adults (club)

High Impact workout using pads  
and gloves

8 - 9:30 pm €5

### Tuesday

#### Chair Aerobics

Fun and fitness for older adults.

11 - 12 am €4

#### Irish Dancing for Children

Well established Irish dancing class  
for children aged 4yrs and up.

5 - 7 pm €6

#### Card Making

Learn to make a large array  
of cards for different occasions.

7:30 - 9 pm €4

#### Pilates

Fitness class working on core  
strength and bodytoning.

8 - 9 pm €5

### Wednesday

#### Kickboxing For Adults (club)

High Impact workout using  
pads and gloves

8 - 9:30 pm €5

### Thursday

#### Pilates

Fitness class working on core  
strength and body toning.

8 - 9 pm €5

### Friday

#### Irish Dancing for Children

Well established Irish dancing class  
for children aged 4yrs and up.

5 - 7 pm €6



## Passport Leisure Scheme

DISCOUNTED GYM RATES: 55 Years and Older

1 YEAR	1 MONTH	PAY AS YOU GO
€77.50	€8.00	€2.00

JOIN SCHEME FOR €10 via: [www.passportforleisure.ie](http://www.passportforleisure.ie)

## FREE English Classes

Dublin City Intercultural Language Centre offers free English classes to help in aspects of Irish Life, work, health, education, etc. Classes take place from 10.00 am - 12.00 pm Monday to Thursday here at the Ballybough Centre.

Please contact Peter Sheekey at: **085 221 3491** or [dublincityilc@gmail.com](mailto:dublincityilc@gmail.com)

This project is supported and funded by Dublin City Council.



## Card Making



Make Your Own **Christmas Cards!**



## Services available from the centre:

### Ballybough Youth Project

Is open to young people aged 10-21 who live in the Ballybough area. Participation is voluntary and the service provides enjoyable developmental, educational and recreational experiences that will help equip young people with the skills required to meet their own needs and aspirations, whilst allowing them to play an active part in their own community. The Youth Service is based within the Ballybough Community Centre and anybody interested in more details can call into the community centre or contact us by:

**Phone: 01-856 1383**

### The North East Inner City (NEIC) YPAR Programme

Is an interagency initiative that brings together statutory, voluntary and community services to meet the needs of young people at risk in the area through a collaborative and coordinated approach aimed at improving all aspects of young people's lives. **Phone: 01-819 4779 Email: infoypar@gmail.com**

### The Dublin City Council Sports Officer

The key role of the sports officer is to encourage people of all ages, abilities and backgrounds to become more active through sport and recreation. This is done through providing participation opportunities for everyone in all kinds of sporting activities. Please contact John Sweeney:

**Mob: 087-980 9095 Email: john.sweeney@dublincity.ie**

### The Boxing Development Officer

The goal is to promote boxing and community activity – encourage participation – promote the values of sport – develop partnerships with local groups and schools. Our Target Group: 10-21 year olds, mixed gender. Contact: Paul Quinn, Dublin Central Area: **Phone: 087-674 8928 Email: paulquinn999@gmail.com**

### The Larkin Unemployed Centre

Delivers the following services within the Ballybough Community Centre, Full-Time Pre-School service from 8.30am-5.00pm, Job Club service from 9.00am-12.30pm daily, a variety of Community Education courses and classes, Men's Health & Fitness programme, Self-Employment support & mentoring courses. For further information please contact Maria Tyrrell: **Phone: 01-835 5544 Email: maria@larkinctr.com**

### The F.A.I / DCC Football Development Officer

Tommy Carberry is the Football Development Officer /North East Inner City. He works with Youth Groups, Clubs and Schools in the central area. Other programmes include: Summer Soccer Schools, Coach Education, Tournaments / League, Tony Gregory Cup, Noel O'Reilly League, Girls Easter Camp. For further information please contact Tommy Carberry: **Mob: 083-167 0271 Email: tommy.carberry@fai.ie**

### The Clontarf All Weather Sports Pitches

We manage from the centre. They consist of one full size GAA pitch, one full size Soccer/Rugby pitch and a 7-a side training pitch. For enquiries or bookings please contact: **Phone: 222-8583 Email: craig.martin@dublincity.ie**

## New Citizens Information Drop In

Every Monday from 10.00am - 12.00pm  
for four weeks starting on Monday the 18th September.

Citizens Information

## NEW 5-A-Side All Weather Pitch Surface

Day Rate **€20 p/h**  
Evening / Saturday Rate  
**€30 p/h**

**Contact Joe**

**Phone: 222-8235**



**Book Now!**



Cross Care - Ballybough Youth Project



NEIC YPAR Programme



The Larkin Jobs Club

## Ballybough Community, Youth & Fitness Centre



Comhairle Cathrach  
Bhaile Átha Cliath  
Dublin City Council

join in...

...have fun

