Northern Community Leisure Trust
Supporting Healthier Lives

Inspire
Wellbeing Ability Recovery

SPORTS
MENTAL HEALTH NI

North Down Wellbeing Festival Timetable

All activities are free!

Saturday 8th August 2026

Sports Hall

9:00 AM – 10:00 AM	Gymnastics Ages 4-6	Courts 1&2
10:00 AM – 10:30 AM	Family Fitness Challenge	Courts 7&8
10:00 AM – 11:00 AM	Active Youth NI - Inclusive Games	Courts 5&6
10:00 AM – 11:00 AM	Gymnastics Age 6+	Courts 1&2
10:30 AM – 11:00 AM	Family Fitness Challenge	Courts 7&8
11:00 AM – 12:00 PM	Active Youth NI - Inclusive Games	Courts 5&6
11:00 AM – 12:00 PM	Walking Netball - Netball NI (18+)	Courts 7&8
11:00 AM – 12:00 PM	Little Kickers Football (18months to 8 years)	Courts 3&4
11:00 AM – 12:00 PM	Gymnastics Ages 6+	Courts 1&2
12:00 PM – 1:00 PM	Gymnastics Ages 6+	Courts 1&2
1:00 PM – 2:00 PM	Evolution Kickboxing (5+)	Courts 5&6
1:00 PM – 2:00 PM	Ards Pickleball Club	Courts 3&4
1:00 PM – 1:30 PM	Inline Hockey Bangor Chiefs (5-13 year olds)	Courts 7&8
1:30 PM – 2:00 PM	Inline Hockey Bangor Chiefs (14+)	Courts 7&8
2:00 PM – 2:30 PM	Clearwaters Anglers (7+)	Courts 1&2
2:00 PM – 2:30 PM	Inline Hockey Bangor Chiefs (18+)	Courts 7&8
2:00 PM – 3:00 PM	Evolution Kickboxing (5+)	Courts 5&6
2:00 PM – 3:00 PM	Ards Pickleball Club	Courts 3&4
2:30 PM – 3:00 PM	Clearwater Anglers (7+)	Courts 1&2
2:30 PM – 3:00 PM	Inline Hockey Bangor Chiefs (18+)	Courts 7&8

MUGA Pitches

10:00 AM – 11:00 AM	Walking Football (50+)	Muga Pitch 1
10:00 AM – 10:30 AM	Kids Football Skills- NDASSG (ages 4-12)	Muga Pitch 2&3
10:30 AM – 11:00 AM	Kids Football Skills- NDASSG (ages 4-12)	Muga Pitch 2&3
11:00 AM – 12:00 PM	Walking Football (50+)	Muga Pitch 1
11:00 AM – 11:30 AM	Kids Football Skills- NDASSG (ages 4-12)	Muga Pitch 2&3
11:30 AM – 12:00 PM	Kids Football Skills- NDASSG (ages 4-12)	Muga Pitch 2&3
12.00 PM -13.00 AM	Ward Park Runners	Muga Pitches 1-3
1:00 PM – 1:30 PM	ND Softball Club (18+)	Muga Pitch 1
1:00 PM – 2:00 PM	Inspire Multi Sports/Games (all ages)	Muga Pitch 2
1:00 PM – 1:30 PM	Inclusive Tennis - Enjoy/Tennis Ireland (all ages)	Muga Pitch 3

1:30 PM – 2:00 PM	ND Softball Club (18+)	Muga Pitch 1
1:30 PM – 2:00 PM	Inclusive Tennis - Enjoy/Tennis Ireland	Muga Pitch 3
2:00 PM – 3:00 PM	Scrabo Striders (all ages)	Muga Pitch 1
2:00 PM – 3:00 PM	Inspire Multi Sports and Games (all ages)	Muga Pitch 2
2:00 PM – 2:30 PM	Inclusive Tennis - Enjoy/Tennis Ireland (all ages)	Muga Pitch 3
2:30 PM – 3:00 PM	Inclusive Tennis - Enjoy/Tennis Ireland (all ages)	Muga Pitch 3

Wellness Studio

8:45 AM – 9:30 AM	Yoga (16+)
10:00 AM – 10:45 AM	Story Time NI Libraries (ages 4-8)
11:00 AM – 11:45 AM	Inspire Chairtastic (18+)
12:00 PM – 12:45 PM	Kids Yoga (4+)
1:00 PM – 1:45 PM	Tai Chi (18+)
2:00 PM – 3:00 PM	Drop In Water Colour Painting- Boom Studios
2:45 PM – 3:45 PM	Drop In Messy Art Session
3:00 PM – 3:45 PM	Art Trading Cards- Boom Studios

Meeting Room

10:00 AM – 10:45 AM	AGEnda Workshop
11:00 AM – 11:45 AM	NI Dyslexia Intro to Dyslexia
12:00 PM – 12:45 PM	Women's Aid Workshop (age 16+)
1:00 PM – 1:45 PM	Ascert Workshop (16+)
2:00 PM – 2:45 PM	We Need to Talk About Suicide - SDZ (16+)
3:00 PM – 3:45 PM	Gardening Fun for Kids with gardening supplies from Hillmount Garden Centre Bangor

Leisure Pool

4:00 PM – 5:00 PM	Family Swim

Sunday 9th August 2026

Swimming Pool

9:00 AM – 9:30AM	Adult and Baby Swim
9:30 AM – 10:00AM	Adult and Toddler Swim
10:30 AM – 11:00AM	Women Only Swim
11:30 AM – 12:00PM	Swim for people with Parkinsons and MS

Muga Pitches

10:00 AM – 10:30 AM	NDASSG Kid's Football Competition	Muga Pitches 1-3
10:30 AM – 11:00 AM	NDASSG Kid's Football Competition	Muga Pitches 1-3
11:00 AM – 11:30 AM	NDASSG Kid's Football Competition	Muga Pitches 1-3
11:30 AM – 12:00 PM	NDASSG Kid's Football Competition	Muga Pitches 1-3