

# The Termon Times

The Termon Complex  
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## Pettigo and Tullyhommon Festival 2014

The Festival Weekend is on from 1st to 3rd August 2014. An action packed weekend of music & entertainment for the whole family. Nightly entertainment includes Paul Kelly, Farrah Bogle, Rockhill Ramblers, Garth Brooks Tribute, Adrian Knight, Vida Loca & Local Musicians. Daytime activities includes a fancy dress parade, circus workshop, puppet performers, jumping jesters, peppa pig, mickey & minnie mouse, children's disco, sports day, sports personalities, traditional fair including farmers market, crafts etc and crowning of The Termon Queen. More activities & to be announced! Funded by ADOPT

We are looking for local businesses to select their own queen to represent them for the Festival this year. On the First Night (August 1st) they will be interviewed on stage in between the music acts and then a winner will be selected and crowned the The Termon Queen!



She'll be crowned with a Tiara and Sash and will represent the Festival all weekend. Her prize is she'll have free entry into The Termon Complex all year. Free classes, free gym, free events! Anything happening in the Complex from August 2014 until the Festival next year (2015) she'll be entitled to attend for FREE! So, businesses, ask a girl to represent you and get your nomination into us in The Termon Complex office!



## Termon Fitness - Gym

The Gym is now open. Current times at time of printing are Monday to Friday 9.30am -9.00pm and Saturday 10.00am-

2.00pm. Gym Opening Hours also on our Front Door and on our Website but they are subject to change. We are assessing demand and use at the moment so may extend/reduce these



hours to suit needs best. Membership forms available. You must participate in an induction before using the Gym – whether you become a member or choose the Pay as you go option. Contact us for the next induction dates. Special Opening offer of €150 for annual membership will only be available for July & August.

**Winner of online competition was Gerardette McLaughlin**

## BADMINTON!

We are having an open meeting on Tuesday 8th July at 7pm to discuss having a Badminton Club in The Termon Complex. We have all the equipment here to use in the Sports Hall and we've had great enquiries from both beginners and experienced players. So by setting up a club or deciding on a regular evenings practice everyone can progress.



We'll also have in attendance Naomi Darragh who is a coach in the Donegal area for Badminton Ireland. She'll tell us about how Badminton Ireland can help us and if we set up an affiliated club she can help with coaching which may be an idea too.

We look forward to seeing you!

## FIRST AID

We are planning on hosting an Occupational First Aid & Defibrillator Course Fetac Level 5



It is a 3 day course (or 6 half days maybe depending on demand) and there will be a fee. Any interest please get in touch with us.

## Football!

Indoor goalposts and indoor footballs have arrived and the sports hall is available for hire. Although we are waiting to get the indoor hall lined for football but it's still usable - €40 per hour. MUGA pitch also available to hire €20 per hour (€30 per hour with floodlights). Changing rooms and shower facilities and lockers available to use. Just contact us to book a time slot!



## Space Available to Hire



The Termon Complex is available to hire! We have a variety of meeting rooms, conference rooms and sports hall hire.



Contact Katherine or Linda in the office to chat about your requirements

## New Classes

We plan to have a lot more classes and events organised come September! Contact us if you can teach a class or if you are interested in a particular class being organised. We already have some tutors lined up for September to offer such courses as Yoga, Guitar, Tai Chi & Women's Health.

## Website

Check out our new blog and keep up to date with all that's happening.

[www.termoncomplex.wordpress.com](http://www.termoncomplex.wordpress.com)

Also find us on Facebook & Twitter!



## Fitness Classes

We are running fitness classes on a Monday & Wednesday Evening with Darren and a Tuesday morning with Marcella. If you've booked a block of classes you can join a second class in the same week with a discounted rate. Also Pay as you Go Options too. Contact us for any details!



The Special EU Programmes Body is the Managing Authority for the European Union's PEACE III Programme

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