

Abbey Christian Brother' Grammar School
77A Ashgrove Road,
Newry, Co. Down
BT34 1QN

Sports Facilities For the 21st Century



Full Size 3G Synthetic Grass Gaelic Football Pitch with Floodlighting

Sports Hall



*Olympic Basketball Court & Electronic Scoring System
4 Badminton Courts
5 A-Side Football - Half & Full Court
Volleyball*



2 Outdoor Grass Pitches



CET Cryo Spa for Sports Injuries



Cybex Machine Fitness Suite

Our range of machines include:

3 treadmills, 3 Ark Trainors, 4 Rower Machines, 3 Fitness Bikes



Weight Training Suite

Our range of equipment available are:

Pull Down

Leg Press

Chest Press

Torso Rotation

Overhead Press

Fly/Rear Delt

Pull-Up Bar

Bent Leg Abdominal Board

Seated Leg Curl

Leg Extension

4 Punch Bags



"We are delighted to make all the sports facilities contained in our new school building available for hire to the sporting clubs of South Down and South Armagh. All these facilities are 'State of the Art' components in our new school and we believe they are unequalled in the local area especially our 3G Synthetic floodlighted Gaelic Football Pitch".

**Mr Dermot Mc Govern
(Principal)**

There is also available a normal sized fully equipped gymnasium which is very suitable for the complete range of fitness classes, martial arts clubs and gymnastic groups.

To service these facilities there are 6 enclosed changing areas with male and female shower areas and toilets.

***The facilities are available on the following times:
Monday – Friday 6.00pm – 10.00pm***

Provisional Scale of Charges

3G Synthetic Pitch

Full Pitch & Floodlights	£90/hr
Full Pitch	£75/hr
½ Size Pitch & Floodlights	£45/hr
½ Size Pitch	£35/hr

Grass Pitches

Senior Grass Pitch	£50/game £40/game (U-16 & Schools)
Junior Grass Pitch	£40/game £30/game (U-16 & Schools)

Sports Hall

Full Main Hall	£30/hr
½ Main Hall	£20/hr

<i>Cryotherapy Unit</i>	£15/10 min. session
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<i>Fitness Suite & Weights Room -</i>	On Request
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To enquire and/or book the use of these facilities contact the school reception desk.

School Reception -	028 3026 3142
Fax -	028 3026 2514
E-mail -	info@abbeycbs.co.uk
Web-site -	www.abbeycbs.org