

We know, we know. We should have had a website years ago but we think you'll agree it was worth the wait. We've been working hard with [Noostyle](#) Web Design Belfast to bring you the very best in online content.

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[arcade](#)

of cool games, a

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and much more. Feel free to

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with opinions on or ideas for the website.

Training for Life are proud to be part of the Upper Springfield Development Company Ltd. You can find out all about Training for Life right here but please remember to visit the USDC website where you can find out about all the other great projects in our area.

See you all soon.

Gary, Dee, Orliath and Marty

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