

MONDAYS

DANCE FITNESS

🕒 10.30am to 11.15am and 11.30am to 12:30pm

Contact:

Derek Buckley

📞 087 341 8803

📍 East Wall Recreation Centre

AQUAFIT

(€3 Supplement)

🕒 12pm to 1pm

Contact:

Mary Bolger Hinds (Swim Ireland)

📞 086 775 9954

📍 Sean Mc Dermott St Swimming Pool

AQUAFIT

(€3 Supplement)

🕒 7pm to 8pm

Contact:

Mary Bolger Hinds - Swim Ireland

📞 086 775 9954

📍 Sean Mc Dermott St Swimming Pool

Participants must register for this activity on the morning of the activity through the contact above

TUESDAYS

COUCH TO 5KM

🕒 1pm to 2pm

Contact:

Colette Quinn (Athletics Officer)

📞 085 871 2817

📍 Mountjoy Square

TAG-RUGBY

🕒 7pm to 8pm

Contact:

Stephen Maher (Rugby Officer)

📞 086 199 4569

📍 East Wall Recreation Centre

WEDNESDAYS

DANCE FITNESS

🕒 12pm to 12.45pm

Contact Point:

Derek Buckley

📞 087 341 8803

📍 East Wall Recreation Centre

DANCE FITNESS

🕒 1pm to 1.45pm

Contact:

Derek Buckley

📞 087 341 8803

📍 East Wall Recreation Centre

THURSDAYS

YOGA

🕒 10am to 11.15am

Contact:

Derek Buckley

📞 087 341 8803

📍 East Wall Recreation Centre

YOGA

🕒 11.30am to 12.45am

Contact:

Derek Buckley

📞 087 341 8803

📍 East Wall Recreation Centre

GAA FOR MA'S

🕒 7.30pm to 8.30pm

Contact:

Derek Buckley

📞 087 341 8803

📍 East Wall Recreation Centre

FRIDAYS

WALKING GROUP

🕒 11am to 12pm

Contact:

Derek Buckley

📞 087 341 8803

📍 East Wall Recreation Centre

SATURDAYS

PARKRUN

🕒 9.20am

Contact Point:

Participants must register at www.parkrun.com

📍 Fairview Park

BOXFIT

🕒 11am to 12pm *Additional registration with club required*

Contact Point:

Elaine O Neill

📞 085 130 7765

📍 Ballybough Boxing Club

SATURDAYS / SUNDAYS

ADVENTURE PROJECT

🕒 10am *Additional registration with club required*

Contact Point:

Willie Whelan - Adventure Project -

📞 087 294 3970

📍 Meet at Adventure Project every week


Participants must register for activity early in week through Willie Whelan.



	MON.	TUE.	WED.	THU.	FRI.	SAT.
9am						PARKRUN
10am	DANCECLASS			YOGA AND MINDFULNESS		ADVENTURE PROJECT
11am	DANCECLASS			YOGA AND MINDFULNESS	WALKING GROUP	BOXFIT
12pm	AQUAFIT		DANCECLASS			
1pm		COUCH TO 5KM	DANCECLASS			
7pm	AQUAFIT	TAG-RUGBY		GAA FOR MAYS		



Get you moving through physical activity classes.



Provide you with the know-how to lead a healthier lifestyle through information workshops.

Pre and Post Health Assessments to measure your personal progress.

FIND OUT WHERE YOUR LOCAL CHANGE FOR LIFE PROGRAMME IS TAKING PLACE

SUMMERHILL & SEAN MC DERMOTT STREET AREA

Bruce Mc Devitt, A/Senior Sports Officer
087-1253231 • bruce.mcdevitt@dublincity.ie
Dublin City Council, Central Area Office,
51-53 Sean Mc Dermott Street, Dublin 1

NORTH WALL (SHERIFF STREET) AREA

Michael Darragh Macauley
087-1822010 • md.macauley@dublincity.ie
Dublin City Council, Central Area Office,
51-53 Sean Mc Dermott Street, Dublin1

EAST WALL AREA

Derek Buckley
087- 3418803 • derek.buckley@dublincity.ie
East Wall Recreation Centre,
Russell Avenue, Dublin 3

BALLYBOUGH, CLONLIFFE & NORTH STRAND AREA

John Sweeney
087-9809095 • john.sweeney@dublincity.ie
Ballybough Youth and Community Centre, Dublin 3



Dublin City Sport & Wellbeing Partnership

EAST WALL AREA





Start the New Year with your own **Operation Transformation** by joining the **Dublin City Sports & Wellbeing Partnerships** **Change for Life** Programme







