

MONDAYS

AQUAFIT

(€3 Supplement)

🕒 12pm to 1pm and 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

WALKING GROUP

🕒 1pm to 2pm

Contact:

Michael Darragh Macauley

📞 087 182 2010

📍 St. Laurence O' Toole Recreation Centre

YOGA

🕒 6.30pm to 7.30pm

Contact:

David Mc Guinness (HSCL)

📞 085 844 8342

📍 St. Laurence O' Toole Recreation Centre

• **LIMITED PLACES** •
+

WEDNESDAYS

DANCE FITNESS

🕒 6.15pm to 7pm

Contact Point:

Alysia Arkins (Fitness Instructor)

📞 085 826 4065

📍 St. Laurence O' Toole Recreation Centre

STRENGTH AND CONDITIONING

🕒 Evening

Contact:

Adam Maguire (Duty Supervisor)

📞 01 547 2257

📍 St. Laurence O' Toole Recreation Centre

THURSDAYS

GAA FOR MA'S

🕒 6pm to 7pm

Contact:

Thomas Gleeson

📞 085 113 7728

📍 St. Laurence O' Toole Recreation Centre

FRIDAYS

YOGA

🕒 1pm to 2pm

Contact:

Michael Darragh Macauley

📞 087 182 2010

📍 St. Laurence O' Toole Recreation Centre

SATURDAYS

PARKRUN

🕒 9.20am

Contact Point:

Participants must register at www.parkrun.com

📍 Fairview Park

BOXFIT

🕒 11am to 12pm

Contact Point:

Elaine O Neill

📞 085 130 7765

📍 Ballybough Boxing Club

SATURDAYS / SUNDAYS

ADVENTURE PROJECT

🕒 10am *Additional registration with project*

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.

TUESDAYS

COUCH TO 5KM

🕒 1pm to 2pm

Contact:

Colette Quinn (Athletics Officer)

📞 085 871 2817

📍 Mountjoy Square

COUCH TO 5 TAGS

🕒 5.45pm to 6.45pm

Contact:

Stephen Maher (Rugby Officer)

📞 086 199 4569

📍 St. Laurence O' Toole Recreation Centre



* Please note some classes may be limited by capacity ** Please note that some classes charge a supplementary

	MON.	TUE.	WED.	THU.	FRI.	SAT.
9am						PARKRUN
10am						ADVENTURE PROJECT
11am						BOXFIT
1pm	AQUAFIT & WALKING GROUP	COUCH TO 5KM	DANCE CLASS + STRENGTH AND CONDITIONING		YOGA	
6pm	YOGA	5.45PM / COUCH TO 5 TAGS		GAA FOR M.A.S		
7pm	AQUAFIT					



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

NORTH WALL (SHERIFF STREET) AREA





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







