

# 2022 CHANGE FOR LIFE

From **16<sup>th</sup> May** – **1<sup>st</sup> July** | **Taster Activities for Adults (Over 18's)**

To secure your place - please book your place directly for each class with the **contact point** below.

*Places will be allocated on a first come, first served basis as spaces are limited.*

**COVID guidelines must be adhered to where appropriate**

## MONDAYS

Activity: **Recreational Badminton**  
Contact Point: **Derek Buckley / 087-341 8803**  
When: **10 AM - 11 AM**  
Where: **St. Laurence O Toole Recreation Centre**  
Provider: *Dublin City Council*  
Cost: **€2 per Class**

## TUESDAYS

Activity: **Running Group**  
Contact Point: **Irene Crawley / 087-246 4346**  
When: **12.45 PM - 2 PM**  
Where: **Meet up at Front of Killarney Court**  
Provider: *HOPE (Recovery Runners)*  
Cost: **FREE**

Activity: **ExWell Medical Physical Activity Class \*\***  
Contact Point: **info@exwell.ie**  
When: **2 PM - 3 PM**  
Where: **Ballybough Youth and Community Centre**  
Provider: *ExWell Medical*  
Cost: **€2 per Class**

Activity: **Tai - Chi**  
Contact Point: **Martin Mc Conigley / 087-747 1016**  
When: **5.45 PM - 6.45 PM**  
Where: **Ballybough Youth and Community Centre**  
Provider: *Lourdes Youth and Community Services*  
Cost: **€2 per Class**

Activity: **Mini - Marathon Group**  
Contact Point: **Colette Quinn / 085-871 2817**  
When: **6 PM - 7 PM**  
Where: **Meet outside St. Laurence O Toole Recreation Centre**  
Provider: *Athletics Ireland*  
Cost: **FREE**

## WEDNESDAYS

Activity: **Bootcamp**  
Contact Point: **Scott Kinevane / 085-275 4756**  
When: **6 PM - 7 PM**  
Where: **St. Laurence O Toole Recreation Centre**  
Programme Provider: *Dublin City Council*  
Cost: **€2 per Class**

Activity: **Yoga**  
Contact Point: **Scott Kinevane / 085-275 4756**  
When: **7 PM - 8 PM**  
Where: **St. Laurence O Toole Recreation Centre**  
Programme Provider: *Dublin City Council*  
Cost: **€2 per Class**

Activity: **Self-Defence Class**  
Contact Point: **John Moffit / 086-883 2366**  
When: **7.30 PM - 8.30 PM**  
Where: **Lourdes Parish Hall, Sean Mc Dermott St.**  
Programme Provider: *IFSC Force Taekwondo*  
Cost: **€2 per Class**

## THURSDAYS

Activity: **Mam and Baby Fitness**  
Contact Point: **Marie Boyne / 086-607 8654**  
When: **10.30 AM - 11.15 AM**  
Where: **Belvedere Youth Club**  
Provider: *Early Learning Initiative (National College of Ireland)*  
Cost: **FREE**

Activity: **Move for Health Programme**  
Contact Point: **Derek Ahern / 087-336 2368**  
When: **11 AM - 12 PM**  
Where: **Ballybough Youth and Community Centre**  
Programme Provider: *Dublin City Sport and Wellbeing Partnership*  
Cost: **€2 per Class**

Activity: **Running Group**  
Contact Point: **Irene Crawley / 087-246 4346**  
When: **12.45 PM - 2 PM**  
Where: **Meet up at Front of Killarney Court**  
Provider: *HOPE (Recovery Runners)*  
Cost: **FREE**

## THURSDAYS

Activity: **ExWell Medical Physical Activity Class \*\***  
Contact Point: **info@exwell.ie**  
When: **2 PM - 3 PM**  
Where: **Ballybough Youth and Community Centre**  
Provider: *ExWell Medical*  
Cost: **€2 per Class**

Activity: **Gaelic Football Fitness for Women**  
Contact Point: **Niamh Mc Evoy / 087-925 2238**  
When: **6 PM - 7 PM**  
Where: **St. Laurence O Toole Recreation Centre**  
Provider: *Dublin City Council*  
Cost: **FREE**

Activity: **Gaelic Football Fitness for Women**  
Contact Point: **Niamh Mc Evoy / 087-925 2238**  
When: **7 PM - 8 PM**  
Where: **Ballybough Youth and Community Centre MUGA**  
Provider: *Dublin City Council*  
Cost: **FREE**

## FRIDAYS

Activity: **Yoga**  
Contact Point: **Derek Ahern / 087-336 2368**  
When: **10 AM - 11 AM**  
Where: **Ballybough Youth and Community Centre**  
Provider: *Dublin City Council*  
Cost: **€2 per Class**

## SATURDAYS

Activity: **Parkrun**  
Contact Point: **Participants must register at [www.parkrun.com](http://www.parkrun.com)**  
When: **9.20 AM**  
Where: **Fairview Park**  
Cost: **FREE**

Activity: **Tapeball (Cricket Activity)**  
Contact Point: **Fintan Mc Allister / 086-179 5587**  
When: **10 AM - 1 PM**  
Where: **Mountjoy Square Park**  
Cost: **FREE**

**#Dublin**  
**#NEICActivity**  
**#OperationReactivation**

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For further information | [www.neic.ie](http://www.neic.ie)

*\*Places limited for this class participants must book directly to secure place.*

*\*\*GP Referral necessary to partake in this class - limited capacity*

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