WATERFORD SPORTS PARTNERSHIP
An Irish Sports Council Initiative

Older Adults Activity Leadership Programme

Waterford Sports Partnership is running an Older Adults Activity Leadership Programme (OAALP) commencing at the end of September 2014. The aim of the programme is for participants to gain the skills and confidence to organise and lead activity sessions with older adults. The programme schedule of activities is detailed below.

Activity	Description	Location	Date	Time	COST
Active Leadership Course	An Irish Sports Council certified course designed to equip participants with the knowledge and skills to plan, organise and lead a safe activity session.	Crystal Sports & Leisure Centre, Cork Road, Waterford	Monday 29th September & Tuesday 30th September	9:30am-3pm both days, tea/coffee provided	€25 per person
Caman Abu Workshop and League	Caman Abu is an adapted non con-contact version of hurling. Participants will learn how to play and teach their group the game so that they can lead a league with other groups involved in the OAALP.	Rainbow Hall, Kilmacthomas	Thursday 9th October	9:30am-1pm tea/coffee provided	
Irish Heart Foundation Walking Leader Training	A certified Irish Heart Foundation Course in which participants will learn how to lead a walking group safely. WSP will subsidise the €50 cost of the workshop with the agreement that OAALP participants will lead Walk Waterford walks with WSP support following course.	February 2015 date and venue to be confirmed	To be Confirmed	9am-5pm Saturday & 9am- 2pm Sunday, tea/coffee and lunch provided	
Go for Life Games Workshop and League	Participants will be taught how to play the GFL indoor bowling games and shown how to host a challenge match in preparation for a league led by OAALP leaders and their groups & supported by WSP.	March 2015 date and venue to be confirmed	To be Confirmed	9:30am-3pm tea/coffee & lunch provided	

If you would like to apply, please give details of your group and the two participants that will take part below:

Club/Organisation Name:

Secretary:

Address:

Contact Number:

E-mail Address:

Participant 1: **Phone:**

Email:

Participant 2: **Phone:**

Email:

Please send completed form and fees (€25pp) to:

Sarah Chadwick, Assistant Sports Development Officer
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www.waterfordsportspartnership.ie

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