

Disability Update - Upcoming Activities

| Activity | Day | Time | Venue | Cost | Contact |
|--|--|--|---|---|---|
| Nordic walking for adults | Wednesday 16 th Sept 23 rd Sept | 5 to 7pm | Freedom Surf School, Tramore | €20 for 2 weeks | Katie: 051 849757 |
| "Come and Try it" evenings for adults with a physical disability | Wednesday 16 th Sept Kilkenny, 23 rd Sept Carlow, 30 th Sept Waterford | 5 to 7pm | Waterford: Cill Barra Sports Centre Others: TBC | Free | Kilkenny: Niamh – 056 7720870. Carlow: Jenna – 059 9172450. Waterford: Katie – 051 849757 |
| Blind/Visually Impaired Soccer | Mon: 7 th Sept, 5 th Oct. 2 nd Nov, 7 th Dec, 4 th Jan 2010, 1 st Feb, 1 st March, 29 th March | 6.30 to 7.30pm | Clonmel F.C., Cashel Road, Clonmel | €5 pp | Katie: 051 849757 or Nick: 086 0472051 |
| Aqua Aerobics for adults with a physical disability | Friday 11 th Sept | 11 to 12 | Spirit Leisure Centre | €48 for 8 weeks | Katie: 051 849757 or Spirit Leisure Centre: 051 840744 |
| Fishing for children with a physical disability | Saturday 19 th Sept | 12.30 to 3 | Oakland Lakes, New Ross | Free | Katie: 051 849757 |
| Dancing for adults with an intellectual disability in Waterford | Wednesday 30 th Sept | Beginners 3.45 to 4.30 Improvers 4.30 to 5.15 | Butler Community Centre | €40 for 8 weeks | Katie: 051 849757 |
| Disability Awareness Coaching Course | Monday 11 th Nov | 6.30 to 9pm | City Hall, The Mall | €10 pp | Katie: 051 849757 |
| Open Day for the development of a Social Racket Sport League | Tuesday, 15 th Sept | 2 to 3.30pm | Cill Barra Sports Centre | Free | Katie: 051 849757 |
| Sportsability Forum meeting | Wednesday 30 th Sept | 11.30 to 12.45 | Colbeck Room, HR Department, Waterford City Council 2 nd Floor, Maritanna Gate, Canada Street | No Charge | Katie: 051 849757 |
| Swimming for children with an Autism Spectrum Disorder | Wednesday 23 rd Sept | Group 1: 4.15 to 5pm Group 2 5 to 5.45pm | Splashworld, Tramore | €80 pp for 8 week of 1-1 classes | Katie: 051 849757 |
| Fun4All Club | Every Friday | 6.30 to 8pm | Kingfisher Club, Tramore Road | €5 per session | Helen: 051 351158 |
| Yoga for children with special needs | Tuesday 22 nd Sept | 4.15 to 5:15 | Alphazone Yoga Studio, Cleaboy Business Park | €50 for 10 sessions/ €80 for child and sibling | Katie: 051 849757 |
| Yoga for adults with a physical/neurological disability | Wednesday 23 rd Sept | 11 to 12 | Alphazone Yoga Studio, Cleaboy Business Park | €50pp for 10 sessions | Katie: 051 849757 |
| Multi-Activities for children with special needs (4-8 yrs) | Wednesday, Start date TBC | 4.30 to 5.30 | Butler Community Centre | €20pp for 5 sessions | Katie: 051 849757 |
| IWA South East Games – Athletics | Saturday 3 rd October/ Closing date for applications 26 th Sept | All Day event | Regional Sports Centre Waterford | Please Contact IWA | Auveen Wilson Sports Admin 01 818 6454 auveen.wilson@iwa.ie |

OTHER UPCOMING EVENTS

Please contact Katie if you are interested or require more information on any of the following:

Gym/Fitness programme for adults with a physical or neurological disability
Pending interest levels

Dungarvan Special Olympics
Restarting Week of 21st September
Dancing for adults with an intellectual disability - Dungarvan
Restarting end of September
Multi-Activities for children with special needs (4-8 yrs) - Dungarvan
Pending interest levels