

**Waterford Sports Partnership
Older Adults Activity Sheet 2010
WATERFORD CITY**

Waterford City

Date	Time	Programme	Venue	Cost	Contact
Ongoing		Bowling	Butler Community Centre		Richard Walsh 051 876907
Ongoing		Bowling	Cill Barra Sports Centre		Mick / Andy 051 350800
Monday 11 th January	11.00 – 12.30	Woodlands 5 week Gym programme	Woodlands Hotel	€30	Liam Walsh 051 871177
Wednesday 13 th January	11.00 – 12.30	Woodlands 5 week Gym programme	Woodlands Hotel	€30	Liam Walsh 051 871177
Tuesday 9 th February	10.30-11.30	Kingfisher 6 week Gym programme	Kingfisher Gym	€30 (6 weeks) €7 per session	Rachel Wall 051 850300
Thursday 11 th February	10.30-11.30	Kingfisher 6 week Gym programme	Kingfisher Gym	€30 (6 weeks) €7 per session	Rachel Wall 051 850300
Mondays	12.00 – 1.00	Over 50's, Swiss ball, aerobics and Pilates	Cill Barra Sports Centre	€4 member €5 non member	Mick / Andy 051 350800
Wednesdays	10.30 – 11.45	Aqua Aerobic/Gym Programme	Splashworld Leisure Centre	€5 per session	Gaye McAuliffe 051 390176
Every Day		Gym Programmes for older adults	Cill Barra Sports Centre	€on request	Mick / Andy 051 350800
Monday 12 th April	10-00 – 2.00	Waterford Sports Partnership MULTI SPORT PROGRAMME (5 sport taster day)	Butler Community Centre	€FREE	Peter Jones 058 21191
Mondays 19 th & 26 th April	11.00 – 12.30	WSP MULTI SPORT BOWLING	Butler Community Centre	€10 for two sessions	Peter Jones 058 21191
Thursdays 22 nd & 29 th April	11.00 – 12.30	WSP MULTI SPORT BADMINTON	Butler Community Centre	€10 for two sessions	Peter Jones 058 21191
Tuesday 4 th & Mondays 10 th May	11.00 – 12.30	WSP MULTI SPORT YOGA	Farran Shooneen Youth/Community Centre	€10 for two sessions	Peter Jones 058 21191
Thursdays 6 th & 13 th May	11.00 – 14.00	WSP MULTI SPORT FISHING	Ballyshunnock Reservoir	€10 for two sessions	Peter Jones 058 21191
Mondays 17 th & 25 th May	11.00 – 12.30	WSP MULTI SPORT PITCH AND PUTT	RSC	€10 for two sessions	Peter Jones 058 21191

**Waterford Sports Partnership
Older Adults Activity Sheet 2010
DUNGARVAN**

Waterford County

Date	Time	Programme	Venue	Cost	Contact
Every Tuesday/Thursday	10.30-12.30	Causeway Bowling Club	Causeway Tennis Club	€2 a session	Donal McGovern 087 9954016
Mondays & Wednesdays	10.00 – 10.45	Aqua Aerobics	Park Hotel	€6 a session	058 42902
Monday - Friday	Anytime	Gym usage including pool	Park Hotel	€4 a session	058 42902
Monday 12 th April	10-00 – 2.00	Waterford Sports Partnership MULTI SPORT PROGRAMME (5 sport taster day)	Dungarvan Sports Centre	€FREE	Peter Jones 058 21191
Mondays 19 th & 26 th April	11.00 – 12.30	WSP MULTI SPORT BOWLING	Causeway Tennis Club	€10 for two sessions	Peter Jones 058 21191
Thursdays 22 nd & 29 th April	11.00 – 12.30	WSP MULTI SPORT BADMINTON	Dungarvan Sports Centre	€10 for two sessions	Peter Jones 058 21191
Tuesday 4 th & Mondays 10 th May	12.00 – 13.30	WSP MULTI SPORT YOGA	Pilates Lifestyle, Buttery Lane	€10 for two sessions	Peter Jones 058 21191
Thursdays 6 th & 13 th May	11.00 – 14.00	WSP MULTI SPORT FISHING	Blackwater Lodge, Ballyduff (transport from Dungarvan provided)	€10 for two sessions	Peter Jones 058 21191
Mondays 17 th & 25 th May	11.00 – 12.30	WSP MULTI SPORT PITCH AND PUTT	Cunnigar Pitch and Putt Club, Dungarvan	€10 for two sessions	Peter Jones 058 21191

Waterford Sports Partnership Older Adults Activity Sheet 2010

Waterford City and County

Date	Time	Programme	Venue	Contact
Monday 15 th March	10.00-3.00	Go For Life- Basic Principles	Rainbow Hall, Kilmacthomas	Peter Jones 058 21191
Monday 22 nd March	10.00-3.00	Go For Life- Sit Fit	Rainbow Hall, Kilmacthomas	Peter Jones 058 21191
Monday 4 th October	10.00-3.00	Go For Life- Pitching and Tossing	Rainbow Hall, Kilmacthomas	Peter Jones 058 21191
Monday 11 th October	10.00-3.00	Go For Life- Better Balance	Rainbow Hall, Kilmacthomas	Peter Jones 058 21191
TBC		Golden Years Festival	Tower Hotel, Waterford	Peg Teaby 051 857215 or Babs Murphy 051 878245