

## 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
	Ongoing	Pilates Multi Sport Programme ongoing.	Pilates Lifestyle, Buttery Lane.	To be confirmed	Peter Jones 058 21191 Michelle Flynn- 087 1351768 or visit <a href="http://www.pilateslifestyle.com">www.pilateslifestyle.com</a>
On request	10.00 – 12.30	5 week Fishing programme	Blackwater Lodge, Ballyduff	€75	Peter Jones 058 21191 Glenda Powell – 087 2351260
Monday Mornings	10.00 – 11.30	Pitch and Putt	Cunnigar Pitch and Putt Club, Dungarvan	€5	Corrine McGee 087 2141343
Wednesday Mornings	10-12-30	Pitch and Putt – Ladies only	Cunnigar Pitch and Putt Club, Dungarvan	€5	Corrine McGee 087 2141343
Tuesdays	11-12.00	Pitch and Putt – Men only	Cunnigar Pitch and Putt Club, Dungarvan	€5 per day.	Corrine McGee 087 2141343
Anytime	10-12-30	Pitch and Putt – Open for all	Cunnigar Pitch and Putt Club, Dungarvan	€5 per day.	Corrine McGee 087 2141343
Tuesday	10 – 11.15	Yoga	Carrigahilla House, Stradbally	€15	Eily Henry 086 2576825
Anyday	Anytime	Yoga – Group sessions available	Carrigahilla House, Stradbally	€TBC	Eily Henry 086 2576825
Thursdays fortnightly	11.00 – 12.00	Social Seniors Coffee Morning	Varies	€free	Sinead Harty 058-24745
Monday 4 <sup>th</sup> October	10.00-3.00	Go For Life- Pitching and Tossing	Rainbow Hall, Kilmacthomas	€free	Peter Jones 058 21191
Monday 11 <sup>th</sup> October	10.00-3.00	Go For Life- Better Balance	Rainbow Hall, Kilmacthomas	€free	Peter Jones 058 21191
Tuesday 2 <sup>nd</sup> November	10.00 – 3.00	Go For Life - Dance	Rainbow Hall, Kilmacthomas	€free	Peter Jones 058 21191
TBC		Golden Years Festival	Tower Hotel, Waterford		Peg Teaby 051 857215 or Babs Murphy 051 878245

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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
On request	11.00 – 12.30	Woodlands 5 week Gym programme	Woodlands Hotel	€30	Liam Walsh 051 871177
On request	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 € non member	Mick / Andy 051 350800
Wednesdays	10.30 – 11.45	Aqua Aerobic/Gym Programme	Splashworld Leisure Centre	€ per session	Gaye McAuliffe 051 390176
Every Day		Gym Programmes for older adults	Cill Barra Sports Centre	€on request	Mick / Andy 051 350800
Every Day	Anytime	Pitch and Putt	RSC (regional sport centre)	€2.50	John Walsh 051 849908
Thursday	10.00-11.30	Yoga - Beginner's classes. All welcome	Farran Shooneen Youth/Community Centre	€10 Pay as you go.	Peter Jones 058 21191 Ger Houlihan 087-2259475
On request	Time TBC. Contact Der Casey	Learn new fishing skills, but mostly enjoy the outdoors.	Ballyshunnock Reservoir	Session Cost TBC €35 permit for the year	Peter Jones 058 21191 Der Casey 086-0568430
Anytime	11.00 – 12.30	Pitch and Putt.	RSC Regional Sport Centre	€2.50 per session	Peter Jones 058 21191 RSC-051-309908
Thursday mornings Sept on	10.00 -12.00	Indoor Bowling and Boccia	Cill Barra Sports Centre	€ each inc tea/coffee	Mick / Andy 051 350800
Monday 4 <sup>th</sup> October	10.00-3.00	Go For Life- Pitching and Tossing	Rainbow Hall, Kilmacthomas	€free	Peter Jones 058 21191
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TBC		Golden Years Festival	Tower Hotel, Waterford		Peg Teaby 051 857215 or Babs Murphy 051 878245