

PROGRAMME	DATE	TIMES	LOCATION	COST	DESCRIPTION	BOOKING
Try Tennis	Monday 17 th Jan to Monday 7 th Feb	Block 1 10-11am Block 2 11am - 12pm	Butler Community Centre	€30pp (Min of 8 participants Max of 16)	Introducing participants to Tennis through a fun social fitness Session.	Booking Essential and is limited to one organisation per activity. Please contact Pauline (see details below)
	Monday 7 th March to Monday 28 th March	Block 1 10-11am Block 2 11am - 12pm				
Yoga for Teens & Young Adults with Dyspraxia	Monday 17 th January to Monday 7 th February	6 - 7pm	Carrickphierish Community Sports Hub	€30pp	Yoga for Teens and Young Adults with Dyspraxia	Booking Essential BOOK NOW ON: www.eventbrite.ie For more information Please contact Pauline (see details below)
Let's Move	Tuesday 18 th January to Tuesday 15 th February	10.30am - 11.30am	People's Park Waterford	€20pp	Suitable for all fitness levels and focuses on cardiovascular fitness, increasing your strength and improving your muscle tone	Booking Essential and is limited to one organisation per activity. Please contact Pauline (see details below)
Kick to Recovery	Wednesday 2 nd February to Wednesday 9 th March (6 week block)	11am - 12pm	Butler Community Centre	€3pp per week	We are working in partnership with the FAI to deliver a six week block of soccer for participants in mental health services. Participants will have the opportunity to experience 60 minutes of quality soccer training instruction provided by an experienced FAI coach.	Booking Essential Numbers are limited Please contact Pauline: see details below
Wheelchair Basketball	Monday 7 th March to Monday 4 th April (5 week block)	6-7pm	Carrickphierish Community Sports Hub	€20pp	Come & Try Wheelchair Basketball for people with a Physical Disability. Don't have a Sports Chair - no problem, we will supply one for you on the night.	Booking Essential BOOK NOW ON: www.eventbrite.ie For more information Please contact Pauline (see details below)
Pitch & Putt	Tuesday 8 th March to Tuesday 29 th March	10-11am (Group 1) 11.15am - 12.15pm (Group 2)	Waterford Regional Sports Centre	€20pp Min 6 Max 8	Adults Mild to Moderate Intellectual Disability We are teaming up with Ryan Madigan PGA with Waterford Castle Golf Club to deliver a number of 4 week pitch and putt sessions for adults with a mild to moderate intellectual disability. Ryan will teach participants some of the basics such as putting and chipping during the programme.	Booking Essential Numbers are limited Please contact Pauline: see details below
Ready Steady Pedal	Wednesday 30 th March to Wednesday 27 th April	10.30am - 11.30pm (Group1) 12pm - 1pm (Group 2)	Waterford Regional Sports Centre	€30pp (Numbers Depending on Ability)	Adults Mild to Moderate Intellectual Disability This Cycling programme will be car park based with Bikes & Helmets provided for participants. The programme is aimed at adults who may have previously cycled as children or for those who wish to learn a new skill. This programme aims to increase cycle confidence and learn the basics of cycling such as balancing, cornering, breaking and ready position.	Booking Essential Numbers are limited Please contact Pauline: see details below
	Wednesday 4 th May to Wednesday 1 st June	10.30am - 11.30pm (Group1) 12pm - 1pm (Group 2)	Waterford Regional Sports Centre	€30pp (Numbers Depending on Ability)		

PLEASE NOTE: Activities may change in line with COVID-19 guidelines.

Contact Pauline Casey our Sports Inclusion Disability Officer
by phone on 086 783 7385 or by email pcasey@waterfordsportspartnership.ie

