

Fit Town Ballinasloe

Get Up!

Get Out!

Get Active!



Running Hiking Boxing
Bootcamp Cycling Golf
Horse Riding Aerobics Nutrition Rugby Tennis Self Defence
Walking Dancing Art
Karate Swimming Shinkendo
Yoga Waltzing Golf

Ballinasloe is on the Move!

Events Schedule

1st February - 13th March 2016

www.ballinasloe.ie/fittown

PRIMARY SCHOOL CHILDREN (Afterschool Activities)				
Event	Description	Date/Time	Venue	Contact for Booking
Art Action	6 week programme for primary school children incorporating physical activity.	Each Friday commencing 5th February from 4pm.	Ballinasloe Enterprise Centre, Creagh	Lily Kelly Art School 087-2042979
In Step Fit Kids	4 week fun dance exercise programme for kids	Each Wednesday for 4 weeks commencing 3rd February @ 4.15pm	Instep Dance Studio, Barretts Yard	Elaine O Hanlon 087-7997078
Stage Performance/ Dance Workshops (age 7-12)	To introduce young people to performance, dance and drama and to hold a short performance at the end of the workshop.	Programme will run over a 2 day workshop during the school mid-term Thursday and Friday 18 and 19th February 10am – 2pm.	Town Hall Theatre	Lisa Whyte, Ballinasloe Musical Society 086-8782529
Swimming Club Distance Challenge (Also Teens)	All members encouraged to participate in a distance challenge - Target distance to be set and tracked over the 6 week period to monitor swim activity.	Programme will run over the 6 week period for all Swimming Club Sessions.	Coral Leisure Centre	Declan McKeon Ballinasloe Swimming Club 087-9159771
Yoga	A 6 week introduction programme in yoga and mindfulness.	Each Saturday commencing 6th February from 1.30 pm.	Aloha Studio, Croffys Yard	Melissa Dolan, Aloha Yoga 086-3370365 or mdolan1082@gmail.com
TEENS (After School Activities)				
Event	Description	Date/Time	Venue	Contact for Booking
Cuckoo Hill Teen Bootcamp	Adventure Bootcamp to boost teen fitness over a challenging outdoor obstacle/ endurance course.	Bootcamps available to organised teen groups such as Youth Clubs, Foroige or other sporting clubs -contact Tommie directly to arrange suitable date/time.	Cuckoo Hill, Taughmaconnell	Tommie Costello, Cuckoo Hill Bootcamp 087-6411530 or cuckoohillbootcamp@gmail.com
In Step Fit Teens	4 week fun dance exercise programme for Teens	Each Saturday for 4 weeks commencing 6th February 10 – 11am	Instep Dance Studio, Barretts Yard	Elaine O Hanlon 087-7997078
Jive & Waltz Classes	Introduction to Country, Jive and Waltz classes for a workout with a difference.	3 Saturday Afternoon workshops (6th, 13th and 20th Feb) from 2pm – 3.30pm	Haydens Hotel	Gerry Tynan 087-7745909 (Advanced Booking Essential)
Kenpo Karate	Introduction to Kenpo Karate with a view to extending the programme based on demand.	Workshops available to organised teen groups such as Youth Clubs, Foroige or other sporting clubs	Contact James directly to arrange suitable date/ time and venue.	James Dillon, Galway Ken Po Karate School 087-6436615 or jamesdillon123@hotmail.com
Sean N6s Dance Classes	Learning the skill of traditional Sean N6s dance steps – incorporating physical activity in a fun way.	Workshop Evening Friday 12th February @ 8pm	GAA Clubhouse	Martina Flanagan, Club Damhsa Sean N6s 087-9007036 or martinaflanagan@gmail.com
Self Defence (Shinken-Do)	Learning the essential life skill - self-defence programme which will also focus on improving fitness levels and self confidence.	Classes commencing each Sunday morning from 21st February.	Workshops also available to organised teen groups. Contact Brendan directly to arrange suitable date/ time Venue TBD Onsite Workshops	Brendan Boland 086-8367375
Water Safety (Participants must be able to swim and be confident in the water)	Another essential life skill – 6 week water safety programme including CPR, Personal Water Safety and simple rescue.	Each Friday commencing 5th February from 8.30 – 9.30pm	Coral Leisure Centre	Coral Leisure Centre(John Jordan, Therese/Rochelle) 090 9645755 Booking by 30 January please reference 'Fit Town' at time of booking
4 Week Activity Mix (Aughrim Youth Club) Boys v's Girls	Boxing, Self Defence, Rugby and Bootcamp.	Each Friday commencing 5th February	Aughrim Hall	Kieran Colleran Aughrim Youth Club 086-2657805
Moore Foroige Club	A range of games/ matches to be scheduled with a boys v girls mix over the 6 week period.	Each Friday commencing 5th February	Moore Hall	Tom Madden/Ger Warde Moore Feroige Club 086-8179580

ADULTS ... over 18's (All)				
Event	Description	Date/Time	Venue	Contact for Booking
Aqua Aerobics Classes	6 weeks of aqua aerobics resistance training classes (not a requirement to be able to swim).	Each Tuesday commencing 2nd February @ 8.15pm	Coral Leisure Centre	Coral Leisure Centre (Therese/Rochelle) 090 9645755 Advanced Booking before 29th January (Please reference 'Fit Town' at time of booking)
Cycling – Couch to 40k	Beginners cycling programme with a goal of 40k over 6 weeks which includes basic bike skills, bike maintenance, nutrition, hydration and group cycle skills.	Each Sunday commencing 7th February meet @10am	Meet at Barrys Cycle Centre (Barretts Yard)	John Donnelly, Ballinasloe Cycling Club 089-2391513 or ballinasloecyclingclub@gmail.com
Dance (Jive) and Walking Programme (with Ballinasloe Training for Employment Ltd.)	6 week mixed Fitness Programme to learn Country, Jive dance and also includes 5k walking programme.	Each Tuesday (@ 5pm) and Thursday (@ 7pm) commencing 2nd February	Ballinasloe Enterprise Centre and Rugby Club	Patricia Tierney 087-9176541 or trishander@eircom.net
GAA 5k Walks	Weekly guided walks scheduled for all adult members of the GAA Club to provide an opportunity to 'walk and talk' for overall health and wellbeing.	Each Thursday commencing 4th February meeting @ 8pm	GAA Clubhouse	Conor Ryan, Ballinasloe GAA 087-2244344
Horseriding for Beginners	6 week introduction to horseriding from mounting to walk, trot, canter - and maybe even jumping!	Each Monday commencing 1st February @ 8pm	Creagh Equestrian Centre	Damien Carey 087-2254227 or creaghequestriancentre@gmail.com
Karate (Kenpo)	Introduction to Kenpo Karate with a view to extending the programme based on demand.	Each Friday commencing 5th February from 7.30pm	Haydens Hotel	James Dillon, Galway Ken Po Karate School 087-6436615 Jamesdillon123@hotmail.com (Advanced Booking Essential)
Kettlebells, Step and Spin Classes	30 minute classes running throughout the two days – timetable to be confirmed.	Saturday 20th February and Saturday 12th March	Shearwater Leisure Centre	Elaine Kelly 090 9630522 (Advanced Booking Essential)
Operation Transformation @ Cuckoo Hill	Programme based on the popular TV Series Operation Transformation with promises of increased fitness and weight loss.	Groups or individuals can contact Tommie directly to make appointment	Cuckoo Hill, Taughmaconnell	Tommie Costello, Cuckoo Hill Bootcamp 087-6411530 or cuckoohillbootcamp@gmail.com
Running – Couch to 5k	Introduce new members to the benefits of running with the support of nominated group members while setting an achievable goal of running a 5k in 6 weeks. Programme will include a 5k event to mark the achievement.	Each Tuesday and Thursday evening commencing 2nd February meet @ 7.45pm and Sunday mornings @ 10 am	Dunlo Running Track, Brackernagh	John Egan Ballinasloe (& District) Road Runners 087-9611695 or ballinasloeroadrunners@gmail.com
Sean N6s Dancing	Learning the art and style of traditional Sean N6s dance – incorporating physical activity in a fun and sociable setting.	Workshop Event Saturday 20th February @ 11am	GAA Clubhouse	Martina Flanagan, Club Damhsa Sean N6s 087-9007036 or martinaflanagan@gmail.com

ADULTS ... over 18's (All) Continuing				
Event	Description	Date/Time	Venue	Contact for Booking
Set Dancing	6 week programme to introduce traditional set dancing steps and 'set' arrangements again in a fun and sociable setting.	Each Thursday commencing 4th February @ 8.30	In Step Stage School Premises, Barretts Yard	Michael Cusack 087-4114749
Step A Marathon (AIB Bank Staff Only)	Distance of 26.2 miles x 2 = 110670 steps from February 1 to February 28 for each staff member	Daily from 1st February – 28th February	AIB Bank	Maeve Carthy
Swimming (Open Sessions)	Open swimming sessions available to everyone – all swimming abilities catered for.	Each Monday commencing 1st February from 7pm – 9pm	Coral Leisure Centre	Coral Leisure Centre (Therese/Rochelle) 090 9645755 (Please reference 'Fit Town')
Swimming (Masters)	6 week programme covering 4 main strokes over short and long courses - requirement is to be able swim a minimum of 2 lengths comfortably.	Each Wednesday commencing 3rd February @ 7pm	Coral Leisure Centre	Paula Harley 086-1261230
Tennis for Beginners	6 week (1 hour) introduction to tennis -training with a professional coach to include social matches and challenges.	Each Monday commencing 1st February from 6pm – 7pm	Ballinasloe & District Tennis Club, Portumna Road (Rugby Club Grounds)	Louise Doherty or Gary Zancanaro, Ballinasloe Tennis Club 087-1353751
Walking the Walk for Wellbeing	Introduction to the many wonderful walking routes in the area and educating participants on the benefits of walking to both physical and mental health.	Commencing Monday 1st February meeting in Gullanes Hotel @ 7.30pm and thereafter walks will be scheduled each Saturday from 6th February meeting @ 10.30	Meeting in Gullanes Carpark @ 10.30am	Liam Roche, Rosway Walking Club 087-2287076 or liamroche@hotmail.com
Yoga & Mindfulness	6 week intro to Yoga & Mindfulness – learning the importance of yoga to both physical and mental health.	Each Monday and Friday commencing 1st February @ 6.30pm	Gullanes Hotel & Conference Centre	Theresa Donaghue, Galway Bay Wellness 087-7862329 or info@galwaybaywellness.com (Advanced Booking Essential)

ADULTS (Male/Female Specific)				
Event	Description	Date/Time	Venue	Contact for Booking
'Get Women Active' with Cumman Camogaoichta	6 week Fitness Prog. for Women - to get women (mothers, sisters, daughters) active and taking part in circuit training one night per week.	Each Tuesday from 2nd February @ 7.30pm	Ardscail Mhuire Hall	Sinead Costello, Cumman Camogaoichta 086-1065451
Instep Stage School for Women	A 6 week Introduction Programme to Modern dance routines and performance while also increasing fitness levels.	Each Wednesday from February 3rd @ 7pm	Instep Dance Studio, Barretts Yard	Elaine O'Hanlon, Instep Stage School 087-7997078
Men on the Move	An initiative to encourage men to become more active improving overall health and wellbeing.	Each Tuesday and Thursday meeting @ 7pm	Dunlo Running Track	Shirley Hynes Keating 086-8529084

Activities for All				
Event	Description	Date/Time	Venue	Contact for Booking
Beechlawn 'Farm Walk & Nutrition Talk' (Families welcome, wellies essential)	Farm tour with stop offs to discuss crops and nutritional benefits followed by a talk on nutrition with Nutritional Therapist Honor Geraghty	Two events Saturday 13th February and Saturday 27th February from 11 am – 12.30	Beechlawn Organic Farm, Beechlawn	Una or Padraig Fahy, Beechlawn Organic Farm 087-9458528 or info@beechlawnfarm.org
Community Hearts Seminar 'Embracing Self Worth for Better Quality Living'	Programme to encourage individuals to get the most of their lives which includes activities that demonstrate how participants can empower themselves through learning and co-operation.	First day of each month (over a 5 month period) commencing February from 11am – 2pm	Gullanes Hotel & Conference Centre	Maureen Cahalan, Community Hearts Ballinasloe 087-6787667 or maureen.cahalan@gmail.com
Golf for All – From age 8 to age108!	Introduction to golf which includes coaching in preparation for your debut 'T-off' – and a Beginners competition in the Golf Club Saturday 12th March @ 2pm.	Each Saturday commencing 6th February from 12 O' Clock	Ballinasloe Driving Range and Golf Academy, Old Athlone Road	Stephen Ruane or Alan Naughton 086-8506795
Health Monitoring for All	6 week programme to monitor weight, blood pressure and BMI (20 free measurements).	Commencing 1st February (may register interest beforehand)	Healthwise Pharmacies - signup forms are also available from participating clubs and groups .	Ian Tuft @ Healthwise Pharmacies 090 9642148

OLDER ADULTS				
Event	Description	Date/Time	Venue	Contact for Booking
Dance Yourself Healthy	Traditional music and dance for elderly and persons with disability in the community to maintain mobility and mental health.	Each Tuesday from 2pm – 3.30pm	Social Services Centre, Brackernagh	Teresa Coughlan, Ballinasloe Social Services 09096-43217 or admin@ballinasloesocialservices.ie
Go for Life Programme	A physical exercise programme which includes stretching, tapping, flexibility exercises to maintain mobility.	Each Monday for 8 weeks commencing 1st February @ 2pm	Social Services Centre, Brackernagh	Teresa Coughlan, Ballinasloe Social Services 09096-43217 or admin@ballinasloesocialservices.ie
Strength and Conditioning Programme (Active Retirement Group)	Customised programme of strength and conditioning, resistance, mobility and flexibility with endurance and strength testing.	Each Tuesday morning from 11.15am – 12	GAA Clubhouse	Eilis Ryan Solid Fitness / John Boland 087-7731707 or 087-9606137

Also refer to other tables for additional events

POST PRIMARY SCHOOLS (Garbally & Ardscail Mhuire)				
Event/ Programme	Description	Date/Time	Student/Teacher Contact	
Boys Hiking Club	Off-site Hike for Boys	TBD	Roisin McSharry	
Bootcamp for Boys	Weekly challenging fitness classes for boys	Each Monday from 4pm	Roisin McSharry / Tommie Costello	
'Mix and Match' for Boys and Girls	6 week programme of non-contact matches between TY boys and girls to include; Tennis, basketball, squash, tabletennis, soccer, badminton	Each Monday commencing 1st February from 2.30pm – alternating between Garbally and Ardscail Mhuire.	Eoin Hurley/Laura Finn	
Self Defence (ShinKen Do)	Learning the essential life skill - self-defence programme which will also focus on improving fitness levels and self confidence.	Garbally College and Ardscail Mhuire Tuesday 2nd February	Eoin Hurley/Laura Finn or Brendan Boland 086-8367375	
YSI (Youth Social Innovators Programme)	6 week 'healthy lifestyle' themed programme developed by TY students to target specific classes.	Garbally College and Ardscail Mhuire	Eoin Hurley/Laura Finn	
30 Day Ab Challenge for Girls	Programme to improve core strength and overall physical strength.	Each Wednesday @ 8.30am	Laura Finn	



Suas Leat! Amach Leat! Bí Bríomhar!

PRE-SCHOOLS			
Buntús Start Programme – Buntús Programmes are exciting programmes developed to support teachers and childcare practitioners in introducing young people to sport and physical activity. The programmes are rolled out through The Irish Sports Council's network of Local Sports Partnership in partnership with the HSE. Buntús Start is a comprehensive physical activity programme for children aged between 2-5 years old. It has been adopted from the Youth Sport Trust Programme Top Start in the UK. Training will be provided to pre-school teachers and practitioners in the community over the next few weeks and activities will be scheduled in each school based on this new learning.			
PRIMARY SCHOOLS (IN-SCHOOL ACTIVITIES)			
School	Description	Date/Time	Teacher Contact Name
Attoryry NS	DEAD (Drop Everything and Dance) Fun in the classroom and Green School Travel Programme. Pupils/teachers drop everything and dance to energise themselves. Pupils will also walk and cycle to school regularly to learn how to live in a sustainable way as part of the green school programme.	Commencing 1st February	Yvonne Walsh
Bike Fun with Mike Kelly	A 2 week Sprocket Rocket (Cycle Ireland Programme learning cycling skills such as hand signals, traffic awareness, riding in a group, bike maintenance.	2 Monday workshops per school commencing 1st February from 10am	Michael Kelly, Bike Fun 087-2395680 or mkellymoore@yahoo.co.uk
Clontuskert NS (St. Augustines)	Skipathon – the school will hold a skipathon Teaching basic skipping skills and organising skipping competitions.	February	Kate Murray
Creagh NS	Active Travel – encouraging children to walk or cycle to school. Active Playtime – encourage children to be active during school playtime. Active Homework – physical activity assigned as homework Bike Fun Sprocket Rocket Introductory Workshop (see above) Parents Association walking initiative	February/March	Mary Barrett Marian Canavan, Creagh Parents Association
Newtown NS	Being Fit is Fun, Getting Fit is Easy – a fitness programme for children of Newtown School which will be run over the 6 weeks.	Commencing Thursday 4th February from 3pm	Mary Parker
Scoil an Chroí Naofa	Exercise circuits to increase fitness and physical activity of children in the school. Collaborating with parents Parents will have the option of 2 goals – Group A will walk 5km over the period and Group B 3k Collaborating with Garbally TY Students – Exercise through Irish Dancing where Students and staff will practice and learn a number of Irish dance steps and perform at school Ceili scheduled for Friday 11th March. Dance-athon – the school will invite families of children in the school to take part in a fun dance day. Bike Fun Sprocket Rocket Introductory Workshop (see above)	3 mornings a week from 9 – 9.30am in school yard/hall Every Wednesday from 3rd February commencing 9.30am Ceili Scheduled for Friday 11th March Dance-athon scheduled for Thursday 11th February Monday 1st, 8 February @ 10am	Orla Shaughnessy Maria Naughton Declan Rynne Aoife O Grady Mike Kelly, Bike Fun
Scoil Uí Cheithernaigh	Walkathons for all the school community including parents, children and staff Encouraging children to walk and cycle to school - collaborating with Mike Kelly of Bike Fun (see above) for Sprocket Rocket pgm.	Monday 15th and 22nd February @ 10am	Siobhan Breathnach and Fiona Ni Dhomhnaill With Mike Kelly, Bike Fun
Taughmacconnell NS	Cuckoo Hill Bootcamp with Tommie Costello – pupils from 2nd to 6th class will take part in an after-school athletics club which will include running, games etc..	Each Thursday commencing 4th February from 3.00pm – 4.00pm	Lisa Whyte

SPECIFIC PROGRAMMES				
Event	Description	Date/Time	Venue	Contact for Booking
Fitness Programme – Ballinasloe Youth Reach	6 week activity based programme for Youth reach boys and girls (age 16-19)	Tuesdays afternoons	TBD	Rita Coen/Donal Fenton and Noel Mannion, Ballinasloe Rugby Club 090-9631409 or Rita.coen@gretb.ie
Golf for Persons with Disability	A 6 week programme to introduce golf coaching to persons with disability in a supported environment.	Each Monday morning (Precise time is weather dependent)	Ballinasloe Golf Club	Teresa Kelly or Vanessa Lodge, Ballinasloe Eagles 086-3424669 or Gerry Kelly, Ballinasloe Golf Club 086-6994492
Healthy Lifestyle Management (for persons with disability and mental health issues)	Programme includes healthy eating, bone health, smoking cessation, weight management Classes include exercise step, dynobands, resistance and flexibility and circuit training.	Classes provided 3 afternoons a week Monday, Wednesday and Friday from 1.45 - 3pm @ Coral Leisure. Also on Tuesday in Creagh Training Centre from 2 – 3pm.	Coral Leisure Centre and Creagh Training Centre	Imelda Tully, HSE 087-2803939
Horse Riding for Persons with Disability	Equestrian training for Eagles Special Olympic Team supported by East Galway Pony Club and East Galway Hunt.	Each Monday Evening from 6-7pm	Creagh Equestrian Centre	Teresa Kelly or Vanessa Lodge, Ballinasloe Eagles 086-3424669 or Marie Dunne, East Galway Pony Club 087-4176104
METS Programme (For Cancer Recovery) with Ellis Ryan Solid Fitness	The Programme will be administered by Ellis Ryan of Solid Fitness and includes resistance, cardiovascular and nutrition programme for cancer recurrence prevention.	Each Tuesday from 12.	East Galway (& Midlands) Cancer Support Centre, Brackernagh	Jacqueline Daly, East Galway (& Midlands) Cancer Support 090 96 42088 or info@egmcancersupport.com
Self Defence (ShinKen do) with Aras Na Buachaillí, Garbally College	Learning the essential life skill - self-defence programme which will also focus on improving fitness levels and self confidence.	Suitable dates to be arranged with college	Garbally College	Sinead Costello, Garbally College and Brendan Boland
Tag Rugby for persons with Disability	An introduction to the game and rules of tag rugby in a supportive and social setting.	TBD – weather dependent	Rugby Club	Deborah Gill, TOPE Brothers of Charity and Noel Mannion, Ballinasloe Rugby Club 09096 46938



Nominal Fees are applicable to some events, this can be confirmed at time of booking.
Tel: 087-6261709 / Email: fitballinasloe@gmail.com



Key:	
	Primary School (After School Activities)
	Teens (After School Activities)
	Adults... Over 18's (All)
	Adults (Makes/Female/Specific)
	Activities For All
	Older Adults
	Post primary Schools (Garbally & Ard Scoil Mhuire)
	Primary Schools (In-School Activities)
	Specific Programmes



Fit Town
Celebration Day
Sunday 13th March

GAA Clubhouse & Grounds

Further details available on www.ballinasloe.ie/fittown and our facebook page Fit Town Ballinasloe