

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

13th February - 26th March 2017

www.ballinasloe.ie/fittown

DISCOUNTED FEES AND COSTS ARE APPLICABLE TO SOME EVENTS, THIS CAN BE CONFIRMED AT TIME OF BOOKING

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	Tuesday evening from 4pm	Ballinasloe Enterprise Centre, Creagh	Lily Kelly Art School 087-2042979
Ballinasloe Swimming Club	Open for membership. Swimming assessment by Swim Ireland level 2 coaches provided free of charge	Club Development Squad training takes place Mon and Wed 4-5pm and Fridays 6.30pm – 7.30pm. Competitive Squad training Mon, Wed, Fri 5pm – 6.30pm	Coral Leisure Centre	Monica Ballinasloe Swimming Club 087-7432787 (pre booking essential)
Golf for Kids	Golf for young beginners @ the Driving Range - children must be accompanied by an adult for the duration	Tuesday evening from 7pm	Ballinasloe Golf Academy & Driving Range (old Athlone road)	Mark Conneely 087-2724777 (Pre-booking essential)
Kenpo Karate for Beginners (age 5 – 10)	Introduction to Kenpo Karate with a view to extending the programme based on demand	Wednesday evening 6.00pm – 7.00pm	Ballinasloe GAA Club	James Dillon, Galway Kenpo Karate School 087-6436615 or jamesdillon123@hotmail.com
Yoga & Mindfulness (age 8 – 15)	A 6 week introduction programme in yoga and mindfulness	Tuesday evening 5.45pm – 6.30pm	Aloha Studio, Croffys Yard	Melissa 086-3370365 or m.dolan1982@gmail.com

TEENS (After School Activities)				
Event	Description	Date/Time	Venue	Contact for Booking
Athletics for Teens	What better way to take time out from the busy study schedules and get the feel good endorphins flowing? New club members always welcome -all fitness levels catered for	Tuesday and Thursday evening 6.00pm – 7.00pm	Dunlo Running Track, Brackernagh	Ann Burke & Paula Harley 086-1261230
Cuckoo Hill Bootcamp	Adventure Bootcamp to boost teen fitness over a challenging outdoor obstacle/ endurance course	Contact Tommie to arrange dates/ times for groups	Cuckoo Hill, Taughmaconnell	Bootcamps available to organised teen groups such as Youth Clubs, Foroige or other sporting clubs. Tommie Costello, Cuckoo Hill Bootcamp 087-6411530 or cuckoohillbootcamp@gmail.com
Golf for Teens	Introduction to golf for teenage boys and girls – a programme to give teens a taste of golf which includes introductory coaching	Programmes will run over the mid-term and also at Easter Break	Ballinasloe Golf Club, Rosgloss, Ballinasloe	Ballinasloe Golf Club 090 9642126
Kenpo Karate for Teens	Introduction to Kenpo Karate with a view to extending the programme based on demand	Wednesday evening 7.00pm – 8.00pm	Ballinasloe GAA Club	James Dillon, Galway Kenpo Karate School 087-6436615 or jamesdillon123@hotmail.com
Aughrim Foróige	Foróige Clubs are a safe place for young people to hang out, meet new friends and have a voice	Friday evening from 8.45pm – 10.15pm	Aughrim Hall	Kieran Collieran, Catherine Collieran, Marie Smith, Ciara Costello 086-2657805
Ballinasloe Foróige		Friday evening from 7.00pm – 8.30pm	Ballinasloe GAA	Karen Campbell 087-7648587
Moore Foróige		Friday evening 8.00pm – 9.30pm	Moore Hall	Tom Madden/Ger Warde 086-8179580

ADULTS (Male/Female Specific)				
Women				
Event	Description	Date/Time	Venue	Contact for Booking
Camogie Training (Cumann Camógaíochta Beal Atha na Slua) – from Age 15 +	This is a shout out to all the ladies out there who would like to get back into exercise and enjoy being part of a Team – all abilities and fitness levels catered for	TBD	Ballinasloe Camogie Grounds (beside Ardscoil Mhuire)	Aisling Brannelly 085-7539176
Gaelic 4 Mothers & Others	Gaelic 4 Mothers & Others provides an opportunity for women to get their recommended weekly exercise in a fun, non-competitive and social environment	Wednesday evenings @ 8.00pm	Ballinasloe GAA Club (new training pitch & ball wall)	Mark Ward or Kathryn Gibbons 086 3015746 (pre-booking essential)
Get Women Active - Circuit Training with Cumann Camógaíochta	The aim is to get women (mothers, sisters, daughters etc..) active and taking part in weekly circuit training – suitable for all fitness abilities	Tuesday evening 7.30pm	Ard Scoil Mhuire Hall	Aisling Brannelly 085-7539176

Men

Event	Description	Date/Time	Venue	Contact for Booking
Men on the Move	An initiative to encourage men to become more active and improving overall health and wellbeing	Tuesday and Thursday evenings meeting @ 7.30 pm	Dunlo Running Track, Brackernagh	Shirley Hynes Keating 086-8529084

ADULTS

Event	Description	Date/Time	Venue	Contact for Booking
Aqua Fit Class	Aquafit is another name for water aerobics classes. The water provides resistance to strengthen your muscles and raise your heart rate while minimizing impact on your joints	Tuesday evening 8.15 – 9.00pm	Coral Leisure Centre	Rochelle, Therese or Trish @ Coral Leisure 090 9645755 (numbers limited so pre booking essential)
Beechlawn Farm Walk & Talk (Families welcome .. bring wellies)	Farm tour with stop offs to discuss crops and nutritional benefits of various foods followed by a talk on nutrition and healthy eating with Nutritional Therapist Honor Geraghty (special offers to people who order veg box on the day)	Saturday 11th March	Beechlawn Organic Farm, Beechlawn	Una or Padraig 087-9458528 or info@beechlawnfarm.org
Bootcamp for Beginners @ Cuckoo Hill	A FREE 6 week outdoor (no muck!) fitness programme open to anyone who is new to exercise, would like to improve their fitness levels, feel and look better for 2017!	Saturday afternoons 2.00pm	Cuckoo Hill Bootcamp, Taughmaconnell	Tommie Costello 087-6411530 (pre-booking essential)
Circuit Training	Body conditioning, resistance training and high-intensity aerobics classes which target fitness and muscular endurance	Thursday 8.00pm	Taughmaconnell Hall	Tommie Costello 087-6411530
Cycling Couch to 50k	Beginners cycling programme with a goal of 50k over 6 weeks and includes basic bike skills, bike maintenance, nutrition, hydration, group cycling	Commencing Sunday 19th February for 6 weeks	Meeting @ Barry Cycles @ 10 am	John Donnelly 089-2391513 or ballinasloecyclingclub@gmail.com
'Get into Golf' Programme	Introduction to golf - the Get into Golf programme is designed to make golf more accessible to a wider audience	6 week programme will commence in February	Ballinasloe Golf Club, Rosgloss, Ballinasloe	Ballinasloe Golf Club 09096 42126

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Golf at the Driving Range	An opportunity to practice your swing again and again and again! (Tuition can be arranged if required)	TBD	Ballinasloe Golf Academy & Driving Range (Old Athlone Road)	Alan Naughton 087-9750364
Gym or Pool 'Pay as you Go'	Pay as you go offer to use the pool or gym OR pool and gym	6 week period from 13th February	Coral Leisure Centre	Rochelle, Therese or Trish @ Coral Leisure 090 9645755
Health Monitoring	6 week programme to monitor weight, blood pressure and BMI (20 free measurements)	Monday to Saturday 10am-6pm	Healthwise Pharmacy, Society Street & Poolboy	Ian @ Healthwise Pharmacy 09096 42148 (register in store)
Horsieriding for Beginners	6 week introduction to horsieriding from mounting to walk, trot, canter - and maybe even jumping!	Monday evening 8.00pm – 9.00pm	Creagh Equestrian Centre	Damien Carey 087-2254227 or creaghequestriancentre@gmail.com
Jive& Waltz Classes – give it a whirl!	Introduction to country jive and waltz classes for a workout with a difference	Thursday evening 8.30pm – 10.30pm	An Tain Bar (Upstairs)	Gerry Tynan 087-7745909
Kenpo Karate for Beginners	Introduction to Kenpo Karate with a view to extending the programme based on demand	Wednesday evening 8.00pm – 9.00pm	Ballinasloe GAA Club	James Dillon, Galway Kenpo Karate School 087-6436615 or jamesdillon123@hotmail.com
Kettlebells Fitness	Introduction to Kettlebells – learning good techniques and get a great overall body workout	Tuesday evening 8.00pm	The Engine Room Ballinasloe, Croffys Yard	Stephen 086-6039235
Pilates (3 week Intro)	Pilates workouts promote strength and balanced muscle development as well as flexibility and increased range of motion for the joints	Starting Monday 13th 6.00pm –7.00pm	In Step Studio, Society Street, Ballinasloe	Olive Keys 083-1967217 or olivekeys1@gmail.com
Running Couch to 5k	Introduce new members to the joy of running with the support of group members and 'buddies' while setting an achievable goal of running 5k in 6 weeks. Programme includes road run and cardio work	Tuesday and Thursday evenings @ 7.45 and Sunday mornings 10.00am	Dunlo Running Track, Brackernagh	No booking required – for enquiries contact John Egan @ 087-9611695
Sean N6s Dance Workshop	Learning the art and style of traditional Sean N6s dance – incorporating physical activity in a fun and sociable setting	2 Saturday workshop events – 18th February and 4th March @ 11.00am	Ballinasloe GAA Clubhouse	Martina Flanagan, Club Damhsa Sean N6s 087-9007036 or martinaflanagan@gmail.com (Pre-booking essential)
Set Dancing	Learning how to 'dance a set' and some other routines in a fun and social environment with all the added benefits of health & wellbeing	Wednesday evening 8.00pm – 9.00pm	Scoil an Chroi Naofa	Michael Cusack 087- 4114749
Slimming World	Food optimising plan and lifestyle activity programme	Monday @ 3.30pm, 5.30pm and 7.30pm Tuesdays @ 9.30 and 7.30pm	Shearwater Hotel	Caroline Higgins 087-9650580

Swimming (Masters)	Coached 6 week programme covering 2 main stroke techniques over short and long courses - open to all swimming capabilities only requirement is to be able swim a minimum of 2 lengths comfortably	Tuesday evening 8.00pm – 9.00pm	Coral Leisure Centre	Paula Harley 086-1261230
Tennis for Beginners	6 week (1 hour) introduction to Tennis training with professional coach and also including social matches and tennis challenges with participants	Monday evening 6.00pm – 7.00pm	Ballinasloe & District Tennis Club, Portumna Road (Rugby Club Grounds)	Louise Doherty or Gary Zancanaro, Ballinasloe Tennis Club 087-1353751
Walking the Walk	Introducing participants to the wonders of the Ballinasloe area and routes on foot and educating them on the benefits of walking to both physical and mental health	Monday 13th February Introductory meeting in Gullanes @ 8.00pm. Scheduled walks over 6 weeks commencing Saturday 18th February @ 10.30am	Meet in Gullanes carpark @ 10.30am	Liam Roche 087-2287076
Water Safety for Beginners	Essential life skill – 6 week water safety programme including CPR, personal water safety and simple rescue. Participants do not need to be competent swimmers but should be comfortable in the water	Friday evening 8.00pm – 9.00pm	Coral Leisure Centre	John Jordan, Therese/ Rochelle 090 9645755
Yoga & Mindfulness	6 week introduction to Yoga & Mindfulness – learning the importance of yoga to overall well-being both physical and mental health	Monday evening 6.30pm – 7.30pm (extra sessions will be scheduled if demand exceeds class numbers)	Gullanes Hotel & Conference Centre	Theresa Donoghue, 087-7862329 or Facebook Galway Bay Wellness (Advanced Booking Essential)
OLDER ADULTS				
Event	Description	Date/Time	Venue	Contact for Booking
Active Ageing Fitness Programme	The 6 week programme will focus on fitness, flexibility, mobility and muscle building	Wednesday (Times TBD)	Shearwater Leisure Centre	Shearwater Hotel 09096 30400
Active Retirement Walking Group	Exercise programme to suit older adults - focus on the importance of walking and exercise to mobility and overall health	Tuesday morning 10.30am	Dunlo Recreational Track and Ballinasloe GAA Clubhouse	Noelle Rohan & John Boland 086 1902377 / 087 6168117
Dance for Health	Traditional music and dance for elderly and persons with disability in the community to maintain mobility and mental health	Each Tuesday and Wednesday at 2.00pm	Social Services Centre, Brackernagh	Teresa Coughlan 09096-43217 or admin@balinasloesocialservices.ie

SPECIFIC PROGRAMMES				
Event	Description	Date/Time	Venue	Contact for Booking
Cancer Support - Meditation	Meditation for Adults	Wednesday evening 7.30pm	East Galway (& Midlands) Cancer Support Centre, Brackernagh	Jacqueline Daly, East Galway (& Midlands) Cancer Support 09096 42088 or info@egmcancersupport.com
	Meditation for Kids/ Young Adults	Saturday 2.00pm		
Cancer Support - Walking	Walking Club	Saturday 10.00am	Dunlo Running Track	Jacqueline Daly, East Galway (& Midlands) Cancer Support 09096 42088 or info@egmcancersupport.com
Cancer Support – Resistance Training	Resistance Training	10.00am Monday and Thursday and 12 noon on Tuesdays (evening classes due to commence shortly)	East Galway (& Midlands) Cancer Support Centre, Brackernagh	Jacqueline Daly, East Galway (& Midlands) Cancer Support 09096 42088 or info@egmcancersupport.com
Cancer Support – Therapies & Support Groups (By Appointment)	Support Groups (Bowel, Breast, Prostate, Family, Art). Therapies include; Reflexology, Healing Touch, Acupuncture, Bio energy, Reiki, Aromatherapy, Chiropractic, Cancer patient Massage, Counselling, Gardening Club, Choir	Support groups take place on the first Tuesday of the month - contact Jacqueline for details.	East Galway (& Midlands) Cancer Support Centre, Brackernagh	Jacqueline Daly, East Galway (& Midlands) Cancer Support 09096 42088 or info@egmcancersupport.com (Treatments by appointment)
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, Rosgloss Ballinasloe	Teresa Kelly, Ballinasloe Eagles 086-3424669 or Ballinasloe Golf Club 09096 42126
Healthy Lifestyle Management (for persons with disability and mental health issues)	Programme includes exercise classes, healthy eating (as per new food pyramid), stress management, smoking cessation, heart and bone health, weight management and active living	Gym classes 3 afternoons a week @ Coral Leisure Centre 1.45 – 3.00pm. Weekly group classes also in Creagh, Portumna, Mountbellew and Ballinasloe	Coral Leisure Centre, Creagh Training Centre and other local centres	Imelda Tully 087-2803939
Horsriding for Persons with Disability	Equestrian training for Eagles Special Olympic Team supported by East Galway Pony Club and East Galway Hunt	Monday evening 6.00pm -7.00pm	Creagh Equestrian Centre	Teresa Kelly, Ballinasloe Eagles and Marie Dunne/ Ruth Waldron East Galway Hunt & Pony Clubs 086-3424669
5k Training Programme for persons with additional needs	Run, Walk or Wheel it – the goal is to complete a 5k run, walk or wheel it after the 6 weeks training	Monday and Wednesday afternoon 11 am	Dunlo Running Track	Brothers of Charity, Viewpoint 087-9030903

PRIMARY SCHOOLS (IN-SCHOOL ACTIVITIES)	
School	Description
Ballinasloe GAA Schools Coaching Programme	A programme developed by Ballinasloe GAA to coach hurling and football to students (age 5-8 years) in schools across the area. A key aim of the programme is to be inclusive across all cultures
Attoryry NS	The school plan to participate in the Active Schools programme as follows: 1. Cycle Training in February (County Council sponsored) 2. Active Schools Week: 27 Feb.-3rd March
Aughrim NS	6 week in-school fitness/wellbeing programme including mindfulness and in class energisers and a range of outdoor activities
Creagh NS	D.E.A.R. – Drop Everything And RUN Classes involved will have a D.E.A.R. time during the 6 weeks of the Fit Town project. This will involve leaving the classroom to go out and run laps of the astrotrurf pitch, (as main pitch may be too wet) building up the number of laps completed as the weeks go by. Grand finale – final week 'Run Off' to assess improvement Benefits : Improvement in general health and fitness of the children, as well as hopefully building some self esteem and sense of achievement for pupils who may not be involved in sports
Scoil an Chroí Naofa	A variety of in school and afterschool activities will be scheduled over the 6 weeks to include circuits, danceathon day, football, hurling, spikball and Gonoodle activity breaks are now part of the daily school routine
Scoil Uí Cheithearnaigh	6 week in-school fitness/wellbeing programme which includes a range of physical activities to energise and promote a healthy body and mind including Skipathon/ Damhsa – Just Dance/ Tóraocht Taisce ag baint úsáid as timpeallacht na scoile
Newtown NS	6 week programme with an overall goal to create awareness of the importance of a healthy mind and body. 1 hour weekly afterschool sessions comprising GAA Skills, Yoga, Athletics and Dance
St. Augustines NS Clontuskert	Skipathon – the school will schedule in school skipping classes for the 6 weeks followed by a 'official skipathon' on Thursday 23rd March
Taughmaconnell NS	Pupils will take part in weekly after-school athletics club which will include athletics & games, outdoor bootcamp and much more

POST PRIMARY SCHOOLS (Garbally & Ardscoil Mhuire)		
Event/ Programme	Description	Student/Teacher Contact
Ard Scoil Mhuire	A range of in-school activities and events will be scheduled in both schools over the 6 weeks through our Fit Town TY Student representatives	Student Reps: Heather Bruen and Aoife Dudgeon
Garbally College		Student Reps: Eoin Costello and Kevin Mulry
Aras Na Buachailli, Garbally College		Teacher Sinead Costello

Discounted Fees and costs 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)
- Older Adults
- Teens (After School Activities)
- Post primary Schools (Garbally & Ard Scoil Mhuire)
- Adults (Males/Female)
- Primary Schools (In-School Activities)
- Adults
- Specific Programmes

Fit Town Celebration Day
Sunday 26th March
GAA Clubhouse & Grounds



BACD
 Ballinasloe Area Community Development Ltd.

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

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