

Older Adult Initiatives

- **Learn to Swim Classes** for over 55's are currently taking place every Monday at 10am in Herberton Leisure Centre, Rialto, Dublin 8. These sessions are rolled out in conjunction with Swim Ireland & Fatima Groups United.
- **Chair Aerobics/Yoga sessions** for an older adult group take place every Tuesday at 2pm in the Lorcan O'Toole Centre, Stanaway Park.
- An **Older Adults Fitness Class** takes place every Tuesday at 10.30am in the Assumption Primary School, Walkinstown.
- The DCSWP Sports Officer is assisting the organisers of the **Swinging 50s Dance Club** (based in Sport & Fitness Ballyfermot) to become a more sustainable club and assist them in finding new dance coaches and activities for their members. They are also very open to accepting any new members to join them on a Tuesday morning from 11am to 12pm.

General

- **Men on the Move**
This is a FREE physical activity programme aimed at adult men of all ages who have been inactive for a sustained period and want to get back to exercising and improving their fitness levels. It involves regular exercise sessions made up of a combination of aerobic, strength & flexibility components. A 12-week programme has commenced in the F2 Centre, 3 Reuben Plaza, Rialto, Dublin 8, on Wednesdays at 12pm and will run until December. This programme is delivered by our HSE Health Promotion & Improvement Officer, David Phelan. For further details or to sign up please contact David on 01-2227734/087-6525001 or david.phelan6@mail.dcu.ie
- **St. John of God Sports Programme**
The DCSWP Sports Officer is working with the St. John of God Sports Co-ordinator to provide an ongoing sports programme for all participants in the St. John of God facilities during the period September to December. This programme takes place in Sports & Fitness Ballyfermot on Monday mornings from 11am to 12pm.
- **Ballyfermot Star Realt Nua - First Aid Certification**
The DCSWP Sports Officer will be facilitating a first aid courses for participants in Ballyfermot Star Realt Nua, which is a CDETB and QQI Training Centre. The adults will initially complete the PHECC Cardiac First Responder Community Course with the option of going on to complete the Occupational First Aid Course (FETAC Level 5). The training will take place over two dates in November.

- **Education & Training**

The DCSWP Sports Officer will be facilitating an open Safeguarding 3 Designated Liaison Persons course on Monday 20th November in Ballyfermot Sports & Fitness from 6.30pm to 9.30pm.

- **Learn to Swim Classes** are currently taking place every Wednesday from 12.30pm – 1.30pm (for Men over age 18) and every Tuesday from 11am – 12pm (for 9 and 10 year olds) in Herberton Leisure Centre, Rialto, Dublin 8. These sessions are rolled out in conjunction with Swim Ireland & Fatima Groups United.

- **Inchicore fitness:** An over-18's fitness class will take place in St. Michael's Parish Hall every Tuesday from 10am to 11am. This is in partnership with St. Michaels' Resource Centre.

- **Inchicore Rowing:** Rowing for 11 to 12 year olds from St. Michael's will take place every Wednesday from 12.30pm to 1.30pm in the Dublin Municipal Rowing Centre, Islandbridge.

- **Club Support**

The local DCSWP Sports Officer supports and works with the coaches from *St. Catherine's Boxing Club & Tae Kwon-Do Club* who both train on various evenings in St. Catherine's Sports Centre and are always willing to take on new members. Likewise with *Liberty Saints Rugby Club U13's & 17's* who train on Tuesday & Thursday nights in Liberty Park on Basin Lane.

- A **Multi-Sports Programme** is currently ongoing in Donore Avenue Community Centre for young people in the area every Monday afternoon.

- The local DCSWP Sports Officer is partnering with **Warrenmount Girl's School** to roll out a **twice weekly fitness class** to a group of girls from the school (Tuesdays 12pm – 1pm & Fridays 9am – 10am). Activities include boxercise, spin bikes, dance & circuit training.

- A **Boot Camp** for young men going through addiction recovery takes place every Tuesday & Friday in Clogher Road Sports Centre and Lourdes Celtic Clubhouse, Old County Road, respectively, from 2pm – 3.30pm (in association with **Addiction Response Crumlin**).

- The DCSWP Sports Officer is assisting in two **Fit for Life (Couch to 5K/Parkrun)** programmes taking place in the Ballyfermot area. Participants from Realt Nua (Ballyfermot Star) commenced their programme on Monday 2nd October, running for 8 weeks. A second programme runs from Cherry Orchard Community Centre and is organised by the local running club.

- **Fit for Life (Couch to 5K/Parkrun)** training continues every Friday in Sundrive Park from 4pm – 5pm for participants from **CLAY Youth Project** and every Wednesday from 6pm – 7pm in both Bluebell & Fatima.

- **Fit for Class / Junior Weightlifting** sessions take place every Monday at 9.45am in **St. Patrick's Primary Choir School** (3rd & 4th class). The DCSWP Sports Officer also facilitates **Rowing Sessions** for the 5th & 6th class students in the school at the same time on a Monday morning.

- The DCSWP Sports Officer is assisting the WHAD (We Have a Dream) Crime Awareness & Probation Project with an **Outdoor Pursuits Programme**. This partnership programme between **WHAD, Kylemore College, Ballyfermot Outward Bounds Centre** and DCSWP sees young men taking part in a 4-week programme (ends mid-November).

Clogher Road Sports Centre – News/Info

- A new **Hot Yoga Class** takes place every Monday from 7pm – 8pm. Open to anyone in the local area, male or female, this class will help improve posture, flexibility & core strength while also tackling stress. Contact DCSWP Sports Officer Will Morris or the centre directly for more details.
- **Bokwa classes** take place on Monday & Thursday evenings. Bokwa is a cardio based blend of hip-hop and step aerobics that taps into South African-style dance and is fast gaining popularity everywhere!
- **Ladies Fitness Classes** are underway every Wednesday from 8pm – 9.30pm and every Thursday from 6.30pm – 7.30pm in Clogher Road Sports Centre (Sundrive Sprinters!). Contact DCSWP Sports Officer Will Morris for more details.
- **Teen Gym** returns to Clogher Road Sports Centre later this month! (days & times tbc). The sessions will be divided into girls hour/boys hour and will be open to all teenagers from the local area. Contact DCSWP Sports Officer Will Morris for more details.

St. Catherines Sports Centre, Marrowbone Lane – News/Info

- A new **‘D8 Yoga Class’** takes place every Monday at 7pm.
- In an exciting development, **College of Dance**, the premier centre of excellence for dance training in Ireland has taken up a long term residency in St. Catherines. This will bring much life to the area and create a buzz around the facility, even during off-peak hours.
- **Atomic Stage School** are in the centre every Saturday from 10am – 5pm
- New **‘Community Stretch’** Class takes place every Tuesday from 1-2pm & every Wednesday from 6.30pm – 7.30pm
- Ballet Áthas Youth **Ballet** Company hold an open session every Sunday at 11.30am (for ages 14 – 30)
- **St. Catherine’s Boxing Club** continues to operate from the centre every Monday, Wednesday & Friday evening. The club is growing from strength to strength.

Football Development Officers Update

- **Sprog Soccer** takes place every Monday from 4pm to 5pm in St. Catherine’s Sports Centre for 4 – 8 year olds.
- **Men’s Homeless Street League** takes place each Friday from 11am – 1pm in St. Catherine’s Sports Centre.
- **Walking Football** for older adults takes place every Friday from 1pm – 2pm in Clogher Road Sports Centre.
- A **‘My School Club’** initiative has commenced with students from Mourne Road Primary School every Wednesday morning from 9.30am – 11.30am (commenced October 11th runs for 6 weeks).

- **Community Coach Development Sessions** are continually ongoing as the local FAI/DCSWP Football Development Officers endeavour to further educate local football coaches and aspiring coaches in all aspects of the game, from tactics to good general management, safeguarding & player welfare. One such session will take place at Pearse College/Lourdes Celtic Astro Pitches on Monday & Tuesday, 11th & 12th of December (PDP2).

The FAI/DCSWP Development Officer will also deliver a National C Licence Course to over 18 coaches from the area at the Crumlin Utd facility from 28th November – 1st December (9am – 6pm daily).

- **Late Night Leagues** continue every Friday night this November in three locations (Basin Lane Pitch, St. Catherine's Sports Centre & Inchicore Community Sports Centre). This hugely successful diversion initiative is a partnership programme between the FAI, DCSWP and the Gardaí. The Citywide Finals will take place on December 8th in Irishtown Stadium.
- **Teen Football** takes place every Thursday from 5pm - 6pm in Inchicore Community Sports Centre. These sessions are aimed at teens who don't play for teams and also acts as a Garda Diversity Programme - working with local Garda, schools and specific youth community support groups.

Boxing

- The DCSWP/IABA Boxing Development Officer for the area has now commenced the rollout of the 'Startbox Gold' programme in schools throughout the South Central Area.

The Gold Sessions are exclusively for students who have shown a talent and enthusiasm for the sport throughout the Bronze & Silver phases. They will have the chance to train at the High Performance Gym in the National Stadium and then take part in the Showcase Finals in December.

Rugby

- Our DCSWP/Leinster Rugby Development Officer is continuing to deliver Primary & Secondary School Programmes in the South Central Area. The Primary Programme consists of weekly tag rugby sessions and is aimed at 4th, 5th & 6th class pupils. Current sessions include:
 - 5 weeks of girls Tag rugby with Scoil Mhuire Gan Smal in Inchicore (commenced 07/11/17).
 - Tag rugby commenced in Canal Way Educate Together, Basin Lane on November 9th.
- The annual Metro Blitz (Primary Schools) is scheduled to take place on Monday, November 20th at 10am in Irishtown Stadium. Over 400 school children from across the city will attend.

Rowing

- **Get Going ... Get Rowing**
This initiative, jointly supported by DCSWP, Sport Ireland, Healthy Ireland, Active School Flag & Trinity College, has been successfully rolled out for a number of years by Rowing Ireland's Leinster Women's Development Officer, Michelle Carpenter. This is a 4/6 week school's programme for girls (second level). Rowing Ireland provide rowing machines and a community coach to the schools.

A Transition Year Programme gives students the opportunity to get on the first step of the coaching ladder and enables them to be involved in a youth leadership role, working in a fun and interactive environment with younger students and hence, bringing value to the school.

- **Olympic Values Education Programme (accompanies above programme)**
Students will be taught values such as fair play, respect, dignity etc... through rowing. Get Going ... Get Rowing will be the first programme in Ireland to roll this out.
- **Phoenix Rowing Club:** A recreational rowing club for adults based in Dublin Municipal Rowing Centre. The club is purely aimed at getting people on the water to enjoy the activity and surrounding environs of the Memorial Gardens, Phoenix Park & River Liffey. No previous experience required and members can progress at their leisure to a level of their comfort and choosing.
- **Active Age Rowing** - Tuesdays and Fridays from 12.20pm - 1.30pm in Dublin City Municipal Rowing Centre, for new and on-going participants aged 55 and over. No previous experience required.

Cricket Development Officer update

- Our Cricket Development Officer is liaising with DCSWP Sports Officers in the area to plan programmes for the coming months.
- **School coaching visits** are ongoing in the following schools:
 - *Canal Way Educate Together, Dublin 8 (Tuesdays 10am – 12pm)*
 - *Drimnagh Castle Boys Secondary School (Thursdays 1pm – 2.30pm)*
- **Provincial cricket sessions** take place on Friday nights from 5pm - 9.30pm in North County Cricket Club, where we have a number of players from the South Central Area involved in these sessions. Players are between 10 and 18 years of age.
- We are providing **Table Cricket** sessions in Sports & Fitness Ballyfermot each Monday morning as part of the St. John of Gods Sports Programme (described above).

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