

- The **Lord Mayor's 5 Alive Challenge** is back for 2018! The initiative is a partnership programme between Dublin City Sport & Wellbeing Partnership and the Lord Mayor's Office. The Challenge is in its 6th year and has encouraged hundreds of people to take up regular exercise over the past 5 years.

In 2018 we are going back to our roots and are looking for people who are interested in taking up jogging or those who have started and need some encouragement to keep it going. For 2018, we have also introduced Mentors - people who have completed the Challenge in previous years and who will run with slower joggers/ walkers and encourage them around the course.

The Challenge is to complete 5 Dublin road races –
Tom Brennan Memorial 5k New Year's Day Road Race on 1st January
AXA Raheny 5 on 28th January
BHAA Garda Cross Country 2 Mile / 4 Mile on 3rd February
MSB St. Patrick's Festival 5k Race and Family Fun Run on 18th March
BHAA Dublin City Council 10k race on 7th April

If for some reason someone can't complete one of these races, they can substitute for one of the park runs organised by park run Ireland.

Priority will be given to first timers and we also ask that people who can complete a 5k in less than 30 minutes do not register for the Challenge and leave the spaces for those who need the support.

The Challenge will feature many novice runners who participated in 'Couch to 5K' programmes delivered by DCSWP Sports Officers citywide and will finish with a presentation night in City Hall in April.

- **GAGA (Getting All Girls Active)**

This is a 6-week sports programme for teenage girls from local schools. The programme content will be decided in consultation with the girls in an attempt to optimise participation. Suggested activities may include fencing, boxing, fun games, rugby, basketball, biking etc... There will be a citywide promotion of the programme on 13th December which will involve social media activation.

The following GAGA Programmes are currently being delivered in the South Central Area:

- *Frenzy Fitness*, in conjunction with Warrenmount School, takes place every Tuesday in St. Catherine's Sports Centre (for teenage girls aged 13-14 years)
- The DCSWP Sport Officer for Ballyfermot is working with youth workers from Cherry Orchard Integrated Youth Services to run a GAGA programme on Monday Nights. The teenage girls will be taking part in a CDYSB Wellbeing programme which will be complimented with some outdoor sporting activities. The girls will be going to Jump Zone, Skills Zone and taking part in a night hike.

Older Adult Initiatives

- **Guinness Aqua Aerobics:** Every Wednesday from 11am to 12pm in Guinness Pool for people over the age of 55.
- **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.
- An **indoor bowls** session for older adults is ongoing every Friday at 12pm in Donore Avenue Community Centre. There is also a **chair aerobics** session every Thursday at 10.30am.
- 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

- **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.
- **D10 Youth (Outdoor Adventure Programme)**
The DCSWP Sport Officer is Ballyfermot Outward Bounds Adventure Centre in the running of an outdoor adventure club for a group of young people aged 13 to 16 years of age. The group take part in a range of activities and for the December they will try their hand at ice skating in Blanchardstown.
- **Presidents Awards Information Session**
The DCSWP Sport Officer co-ordinated an open information session for all young people age 15 years and older on The Presidents Awards Programme.
From the initial information night a group of 6 young people have signed up to the challenge and will be working with the DCSWP Sport Officer (who is a Presidents Awards Leader). Dublin City Council is a GAP Gaisce Award Partner.
- **Learn to Swim Classes** are currently taking place every Tuesday from 11am – 12pm (for 10 – 12 year olds) in Herberton Leisure Centre, Rialto, Dublin 8. These sessions are rolled out in conjunction with Swim Ireland & Fatima Groups United. Further classes for the over 55's will commence on Monday 8th January at 9.45am.
- **Inchicore fitness (Parents get Active):** An over-18's fitness class takes place in St. Michael's Parish Hall every Tuesday from 10am to 11am. This is in partnership with St. Michaels' Resource Centre. Classes will run up until the 19th December and will resume on the 9th of January.

- **Inchicore Rowing:** Rowing for the children of Inchicore takes place every Wednesday from 12.30pm to 1.30pm in the Dublin Municipal Rowing Centre, Islandbridge. This is facilitated by the local DCSWP Sport Officer.
- **Fatima Change for Life:** This 8-week health and fitness based programme, which runs parallel to the Operation Transformation TV Series, commences in early January and consists of a general health check, body measurements, weekly weigh-ins, fitness programmes & nutrition talks. The fitness programmes provided include step aerobics on Mondays from 6pm to 7pm, walking group on Wednesdays from 6pm to 7pm and circuit training on Thursdays from 6pm to 7pm (all in the F2 centre). This programme is open to the local community. A Change for Life Programme will also be delivered in **Bluebell** during the same period (Bluebell Community Centre).
- **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.
- The local DCSWP Sport Officer is currently facilitating **Junior Fitness Classes** in Scoil Íosagáin, Crumlin, on Mondays and Wednesdays at 11am and a **Boot camp class** in Rosary College, Crumlin, on Wednesdays from 12.30pm - 2pm.
- 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**).
- **Fit for Life (Couch to 5K/Parkrun)** training continues every Friday in Sundrive Park from 4pm – 5pm for participants from **CLAY Youth Project**.
- **Triathlon Ireland Coaching Sessions** take place every Thursday at 12.30pm in **St. Patrick's Primary Choir School**. The school will also partake in a **3k 'Christmas Dash' Fun Run** on Thursday December 14th in the Phoenix Park.

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 in early January (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. Catherine's 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. Catherine's. 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 '**Flexi 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.
- A number of parent & toddler/baby friendly classes are currently running in St. Catherine's. Please contact the centre directly for more details.

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.
- **Breakfast Football:** Early morning football /kick-about for local primary school kids in Inchicore Community Sports Centre to get them up early in the morning during December and January, when the mornings are dark & cold and the spirit isn't willing for school. The sessions are a big hit with the school (as well as the kids themselves) as it boosts attendance and indirectly improves punctuality. This is in addition to the obvious benefits that physical activity brings.
- **Community Coach Development:** The FAI/DCSWP Development Officer will co-ordinate the final assessment days for 28 coaches to finalise their National C Licence. The sessions will take place from 9th- 11th January at Brickfields Park (6-10pm each night).
- **Girl's Futsal Blitzes:** These will take place on the second week of the school Christmas holidays in Inchicore Community Sports Centre. The sessions are aimed at girls aged 8 – 11 years who are just learning to play football. We will invite various developmental teams from around the Dublin area to take part.

- **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 local teams and also act as a Garda Diversity Programme - working with local Garda, schools and specific youth community support groups.

Boxing

- The DCSWP/IABA Boxing Development Officers will visit many of the local schools in the South Central Area with an Olympic Presentation (including an actual Olympic medal & torch). This will take place during the two weeks leading up to the Christmas break.
- In January the Bronze Start-Box Programme will kick off once more with primary and transition year students. The Bronze Programme is non-contact and runs for 4 weeks.

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
 - After-school rugby on Thursday afternoons in Basin lane (in conjunction with Liberty Saints)

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 rolling 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 up until the Christmas break:
 - *Canal Way Educate Together, Dublin 8 (Tuesdays 10am – 12pm)*
 - *Drimnagh Castle Boys Secondary School (Thursdays 1pm – 2.30pm)*
- Our annual Dublin City U12, U14 & U17 **Christmas and New Year Camps** will be taking place on the 27th & 28th of December and the 3rd & 4th of January respectively in North County Cricket Club from 10am - 4.30pm, where we have participants from across the city, including the South Central Area.
- 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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Rugby: [TBC](#)