

- **MarathonKids** is a citywide running programme developed to encourage 6th class pupils to embrace healthy, active lifestyles. The aim of the programme is to inspire children to run; and over 8 weeks accumulate the equivalent distance of a Marathon – 26.2 miles! Resource booklets have been given to all pupils to assist with motivation and learning.

DCC Sport & Wellbeing Partnership have teamed up with Fingal County Council to build on the very successful programme rolled out by Fingal in 2015, which saw 22 primary schools and over 600 kids take part in this unique event. The 2016 programme commenced in September and will climax in a 'final mile' event & celebration to be held in the National Sports Campus, Abbotstown, on Sunday November 20th.

- What: **Yoga**
Who: **HSE Mental Health Referrals**
Where: Ballybough Community Centre
Dates: 17th, 24th Nov and 1st, 8th Dec
Time: 12-1pm
- What: **Chair Aerobics**
Who: **Older Adults**
Where: Central Library, Ilac centre
Date: 15th, 22nd, 29th Nov and 6th Dec
Time: 12.30-1.30pm
- What: **Walking Club**
Who: **Older Adults**
Where: Clonliffe Community Centre
Dates: 18th, 25th Nov and 2nd, 9th Dec
Time: 11am
- What: **Tai Chi**
Who: **Older Adults**
Where: Friends of the Elderly Centre, Bolton St.
Dates: 21st November
Time: 1-2pm

- What: **Mixed Circuit Fitness**
Who: **HSE Mental Health Referrals**
Where: Ballybough Community & Sport Centre
Date: 18th, 25th Nov and 2nd, 9th Dec
Time: 12–1pm
- What: **Pulmonary Rehabilitation Class**
Who: **Referred Participants**
Where: Ballybough Community & Sport Centre
Date: 15th, 17th, 21st & 24th Nov
Time: 2-4pm
- What: **Gaelic Gaels**
Who: **Girls 9-13 years**
Where: Sheriff Street Community Centre
Date: 17th, 24th Nov and 1st, 8th Dec
Time: 2–4pm
- What: **Adult Dance**
Who: **Older Adults**
Where: Clonliffe Community Centre
Date: 16th, 23rd & 30th Nov
Time: 11am
- **Sport na nÓg** is an initiative aimed at introducing young people in the 9 – 14 year age bracket (mixed gender) to fun sports & activities in an outdoor environment. Activities include Olympic handball, tug of war, soccer, skipping etc...

Wednesday 3 - 4.30pm @ the outdoor pitch in Dominick St Flats (in partnership with the 'Just ASK' After School Homework Club)

Thursday 3 – 4.30pm @ the outdoor pitch in Hardwicke St Flats (in partnership with Hardwicke Community Recreation Centre)

- **Cricket** Development Officer will be liaising with DCC Sports Officers in the area to organise the running of cricket programs for the coming months. He will also be delivering sessions in ArdScoil Rís during this period to prepare them for the Junior Cup
- Provincial cricket sessions will continue on Friday nights from 5.00pm-9.30pm in North County Cricket Club where a number of players from the Central Area are involved. Players are between 10-18 years of age.

- New 'Learn to Speak English' Classes are currently running every Monday & Wednesday in **Ballybough Community Youth & Fitness Centre**. The classes are aimed at foreign nationals living in the area and are supported by DCC's Social Inclusion Unit. Over 40 participants take part each week.

The new gym in the centre is now fully operational and is steadily gaining more members each week.

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Report by

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