

Marathon Kids 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 (with many schools from the SCA taking part) and will climax in a ‘final mile’ event & celebration to be held in the National Sports Campus, Abbotstown, on Sunday November 20th.

Late Night Leagues

The DCSWP Sports Officer is working with the FAI Soccer Development Officer and the local Gardaí from both Kevin St. and Kilmainham Garda Stations to run a 4-week local soccer competition in St. Catherine’s Sport Centre on Monday nights for both 12 to 15 year olds & 16 to 19 year olds. The programme commenced on Monday 7th November. A second 3-week Late Night League Programme was scheduled to commence on the 10th of November on the pitch in Basin Lane from 6pm to 8pm. Representatives will travel to Irishtown Stadium in Ringsend for the Citywide Finals Night on Friday December 9th.

Late Night League Programmes will also run in Clogher Road Sports Centre and Ballyfermot Sports & Fitness.

Safeguarding 2 (Children’s Officer Course)

The DCSWP Sports Officer will be facilitating an open Safeguarding 2 course (Children’s Officer) which will be taking place on Wednesday 23rd November from 6:30pm to 9:30pm in Cabra Parkside Community Sports Complex. The course is open to all adults involved in the running and assisting of young people’s activities but to attend participants must hold a current Safeguarding 1 Certificate.

Safeguarding 3 (Designated Liaison Persons Course)

The DCSWP Sports Officer will be facilitating an open Safeguarding 3 course (Designated Liaison Persons) on Thursday November 17th from 6:30pm to 9:30pm in St. Catherine’s Sport Centre, Marrowbone Lane. The course is open to all adults involved in the running and assisting of young people’s activities but to attend participants must hold a current Safeguarding 1 Certificate.

TULSA Programme South City Family Support Services

The DCSWP Sports Officer is working with the South City Family Support Services TULSA to help build resilience for a group of young people aged 8 to 12 years of age and allow them find their voice. The group is taking part in a 12-week Water Confidence / Snorkelling Programme which takes place in Crumlin Swimming Pool on Tuesday afternoons from 3pm to 4pm. This Programme runs until December.

Teen Gym - Introductory Programme

The DCSWP Sports Officer with the support of the St. Catherine's Gym staff will organise another four week block of Teen Gym sessions for new participants, which will commence on Saturday 3rd December. This introductory programme is held on Saturday afternoons after the gym is closed to the public. The teens are given exclusive access to equipment and instructor supervision.

Once teens have completed these four weeks they may then use the gym after school on weekdays and up to 6pm daily during the school holidays. We constantly have new teens signing up for this programme and we have also retained a large number of teens who have progressed from Teen Gym to a full gym membership.

The cost of Teen Gym is €2 per session and is open to any teen from the age of 13 – 16 years.

Teen Gym also operates every Wednesday & Thursday in Clogher Road Sports Hall (St. Kevin's College)

EPIC (Empowering Young People in Care) Team Building Event

A team of three DCSWP Sports Officers will be working with EPIC's Advocacy Officer in providing an adventure / team building day for the youth committee group of 20 teenagers on Saturday 19th November. The group will be travelling to Lough Crew for the day to take part in a range of activities.

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 Tuesday & Thursday nights in Liberty Park on Basin Lane.

Weightlifting Programme with Rialto/Fatima/Dolphin Youth Groups on Tuesday 22nd, 29th November & 6th December from 4.30pm – 6pm.

Fencing Programme with Mercy Girl's Secondary School, Inchicore, on Friday 18th, 25th November & 2nd, 9th December from 1pm – 2.30pm.

Tri Heroes Programme: In conjunction with Triathlon Ireland, this initiative teaches the basics of triathlons to primary school children in the SCA (Nov 18th & 25th)

Bluebell Change for Life: An ongoing fitness programme from 7pm – 8pm on Mondays (Zumba) & Thursdays (Step Aerobics) in Bluebell Community Centre. Open to all the community.

Fatima Change for Life: An ongoing fitness programme in partnership with Fatima Health Care Team. 6pm – 7pm on Mondays (Step Aerobics) & Thursdays (Circuit Training) in the F2 Centre. Open to all the community.

Activities for Over 55's

Aqua Aerobics, every Wednesday from 11am – 12pm in Guinness Pool

Chair Aerobics, every Thursday from 10.30am – 11.30am in Donore Avenue Community Centre

Indoor Bowls, every Friday from 12pm – 1pm in Donore Avenue Community Centre

Addiction Response Crumlin (5 Programmes)

Mondays: 11am to 1pm, Clogher Rd – Recovered Group

Tuesdays: 11am to 1pm, Urban Gym Drimnagh – Recovery Via Sport Group 1

Thursday: 11am to 1pm, Urban Gym Drimnagh – Recovery Via Sport Group 2

Fridays: 11am to 12pm, Clogher Rd – Women's Group

Fridays: 11am to 1pm, Clogher Rd – Addiction Response Men

Inchicore Sports Centre - New Fitness Classes

Mondays: Pump & Tone, 6- 7pm

Tuesdays: TRX, 7- 8pm

Saturdays: Spin & Core, 11-12pm

Pay as you go - 5 euro per class ... all levels welcome ... no need to book!

Football Drop-in every Monday from 5pm to 6pm in Ballyfermot Sports & Fitness for 5 – 7 year olds (skill development) and every Thursday from 5pm to 6pm in Inchicore Sports Centre for teens (social, diversion, skill development)

A Primary School Football Blitz will take place on Friday, December 9th, from 11am – 1pm in Inchicore Sports Centre for all primary schools in the immediate and wider area

Girl's Football Drop-in every Monday from 5pm to 6pm in St. Catherine's Sports Centre for 6 – 11 year olds

School Football Sessions will run in St. Catherine's Sports Centre every Monday & Tuesday morning for local schools in the area

Kick Start 2: the FAI Community Football Development Officer for Crumlin will deliver this coach development course to 24 students from Pearse College over 2 days in December (6th & 7th)

The Boxing Development Officer will commence **Start-Box Gold sessions** this month. The Gold programmes consist of participants who showed promise through their Bronze and Silver Sessions and have consented to increased intensity, by partaking in schooled-spars etc...

There are a limited amount of students involved (amalgamated from all DCC areas) who will commence training at the high performance gym in the National Stadium throughout November. Depending on their response, they will be matched up accordingly with a view to partaking in the Showcase Finals, which take place in early December.

The **Cricket** Development Officer will be facilitating **school sessions** in both Drimnagh Castle B.N.S. & Scoil Colm (Crumlin) over the coming weeks.

Table Cricket (cricket designed for physically challenged participants) has been taking place with the St. John of Gods Programme, held in Ballyfermot Sports & Fitness. On the 12th of December we are having a competitive match between this group and a team from Ballymun (venue TBC).

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