

- **Community Walking Programme – IERNE Sports & Social Club, Drumcondra & Red Stables, St. Anne’s Park**
As part of the HSE *Get Ireland Walking* initiative, the local DCSWP Sports Officer is currently delivering Community Walking Programmes for over 55’s at the above locations (open to all abilities). DCC’s Community Development staff are also involved in supervising the local walks.
- **Water Polo Ireland / Swim Ireland**
Following on from recent discussions, Water Polo Ireland have indicated they would like to use Coolock Swimming Pool early this year for a Coach Education Programme and junior water polo coaching sessions. The pool will be made available free of charge with a view to basic swimming & water polo lessons being delivered to local schools. Ms. Carol Finlay, Participation Officer, Swim Ireland, is now working with Sports Officers in the North Central Area to provide free swimming for local schools in Coolock Pool.
- **Leinster Rugby Coaching Programme**
In partnership with a number of primary schools in the area including Naíscoil Íde, Raheny, Leinster Rugby are delivering a number of ‘Teacher Coaching’ sessions throughout January. Teachers will then be in a position to coach the children over the subsequent weeks & months as part of the Active School Flag.
- **IWS Pool Lifeguard Training Programme:** DCSWP Sports Officers and relevant Youth Projects in their areas have put forward suitable candidates for a place on the IWS Pool Lifeguard Programme (currently ongoing). Trainees must be able to swim 200m freestyle and 200m combination strokes. Exams will take place in late February.
- **1st Year Activity Club**
Students attending 1st year in Ard Scoil La Salle in Kilbarrack are invited to participate in this programme on Wednesday afternoons after school. The young people are encouraged to create their own programme of activities, behavioural contracts, goal setting and manage a budget for this 8-week programme. Activities include football, hall games, sporting trips etc. This is a partnership with the school and the school completion programme.
- **Belmayne/Clongriffin Couch to Parkrun**
Residents from the area are invited to take part in a weekly structured supervised training programme to take beginners and non runners and build their capacity to jog/run in their local 5km Parkrun. Participants are given training plans and hints and tips to achieve this goal.
- **Walking Football Programme**
Weekly sessions of walking football offered to Men’s shed and men’s groups in a pilot project with the FAI Community Officer and DCC Sport Officer. A number of taster sessions will be offered to the groups and a 4 week programme available to those interested.

- **February mid Term school Holiday provision**
Young people from Kilbarrack Youth Project and Kilbarrack Afterschool Club will take part in a varied programme of activities over the school holiday from 20th -24th February.
- **Multi Sports with Donnycarney CE group**
An 8-week programme of 1 hour sessions encouraging the participants to increase their weekly physical activity and to showcase the varied sports that are on offer to them in their local area. This hourly programme will run on Thursday afternoons from now until Easter.
- **Chair Aerobics**
A 6- week programme of Chair aerobics will be on offer to older adults in the Kilbarrack area from February 28th at 2pm in Kish House.
- **After-School Sports Drop-ins**
These ongoing sessions are a partnership initiative between the DCSWP Sports Officer and Sphere 17 Regional Youth Service / Kilmore Youth Service. Young people have the opportunity to try their hand at sports such as cricket, ultimate frisbee, indoor tennis & basketball. The programmes run Mondays - Thursdays from 2.30pm – 4pm for after-school groups in Darndale, Priorswood, Kilmore & Bonnybrook.
- **Rock Climbing**
This initiative targets a group of Traveller youths. They will use the impressive indoor climbing walls at the 'Awesome Walls' facility each Thursday from 5.30pm – 7pm with a view to obtaining a Level 1 Rock Climbing Cert upon completion. The programme is in partnership with Sphere 17.
- **Kilmore Youthreach Fitness & Sport**
Kilmore Youthreach use the Kilmore Recreation Centre for a Women's Fitness & Health programme run by the local DCSWP Sports Officer every Thursday at 2pm. This programme is trying to teach the young women the importance of health and fitness in their lives.
- **Walking Programmes**
Two walking programmes are currently taking place, one in Memorial Park Coolock on Tuesday mornings at 9.30am & the other in Priorswood Park on Thursday mornings at 9.30am.
Up to 40 men & women from the area participate. This programme is run in conjunction with the HSE and the local DCC Community Officer.
- **Women's Yoga**
Takes place in St. Francis School from 9.15am to 10.15am every Wednesday to help with mindfulness & wellbeing.
- **Startbox Silver**
This initiative runs from mid Feb – mid March and consists of 4 week sessions that will take place with transition year students onsite in the following schools: Chanel College, The Donahies & St. David's

- **Cricket Development Officer Update**

Provincial cricket sessions resume on Friday nights from 5.00pm-9.30pm in North County Cricket Club where we have a number of players from the North Central Area involved in these sessions. Players are between 10-18 years of age.

School Visits- We will be delivering school-yard sessions in the North Central Area to the following schools to prepare them for the Leprechaun Cup (Primary Schools Competition) in April:

Our Lady Immaculate (Darndale) - Thursdays from 10.30pm to 12pm

St. Francis (Priorswood) – Thursdays from 1pm to 2.30pm

Howth Road National School (Clontarf Road) day & times TBC

Northbay Educate Together (Kilbarrack) day & times TBC

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