

WANT 2 MOVE

SLIGO EAST CITY

More People, More Active, More Often

Activity Guide

ISSUE 3: May-September 2017



Check out the 'Want2Move Sligo East City' Activity Guide which features Sport and Recreational Programmes, Classes and Events for Youth, Families, Adults and Seniors. This initiative is part of the Sligo East City Community Sports Hub.



sport ireland



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KEEP UP WITH THE *MOVE*

WHAT'S NEW

Activity	Venue	Timescale	Target Group	Further Information
Bike Week: Adult beginner Cycling Course	Riverside Hotel	10 th -16 th June , 10.30-11.30am (FREE) Pre- booking essential	Adults Beginners	Sligo Sport and Recreation Partnership 071 9161511 theresa@sligosportandrecreation.ie
Bike Week: Adult beginner Cycling Course	Riverside Hotel	12 th -14 th June 5-6pm (FREE) Pre- booking essential	Adult Beginners	Sligo Sport and Recreation Partnership 071 9161511 theresa@sligosportandrecreation.ie
Bike Week: Pedal to Paddle	Doorly Park	12 th June 6.30-8pm €5 per person Pre- booking essential	Over 40yrs	Sligo Sport and Recreation Partnership 071 9161511 theresa@sligosportandrecreation.ie
Bike Week: Teenage Mountain Biking	TBC	Wed 14 th June 6.30-8.30pm Pre- booking essential	Teenagers	Sligo Sport and Recreation Partnership 071 9161511 theresa@sligosportandrecreation.ie
Bike Week: Parent and Child Over 10yr	Doorly Park	Sunday 11 th June 2.30-4.30pm Pre-booking essential	Parent and Child over 10years	Sligo Sport and Recreation Partnership 071 9161511 theresa@sligosportandrecreation.ie
Bike Week: Pedal to Paddle Over 16years	Doorly Park	Sunday 11 th June 5-6.30pm Pre-booking essential. Bikes available on request, booking is essential	Over 16years	Sligo Sport and Recreation Partnership 071 9161511 theresa@sligosportandrecreation.ie
Bike Week: Lunch time Cycle	Riverside Hotel	Wednesday 14 th June 1pm	Adults	Sligo Sport and Recreation Partnership 071 9161511 theresa@sligosportandrecreation.ie
Couch to 5K	Doorly and Cleveragh Park	Monday and Wednesdays 6.30-7.30pm 24 th April-31 st May	Adults	Sligo Sport and Recreation Partnership 071 9161511 diane@sligosportandrecreation.ie
Gaelic Football	Cleveragh Park	Saturdays from 6 th May U6 Boys and Girls 10.30-11.30am U8, U10, U12 Boys and Girls 10-11.30am Boys U12 Mondays 6-7pm	Girls (Age 8-11years)	St. John's GAA Club stjohnsacademy@gmail.com www.stjohnsgaa.ie
Green Gym Programme	Doorly Park Outdoor Gym	Starting 31 st May Wednesdays 10-11am Wednesday 11am-12 (support provided for people with a disability)	Adults	Sligo Sport and Recreation Partnership 071 9161511 diane@sligosportandrecreation.ie
Ladies Come and Try Sessions	Abbeyquarter Community Centre	Monday 22 nd & 29 th May, Monday 12 th , 19 th and 26 th June (Zumba, Circuits, Couch to 5K etc)	Women	Cranmore Co-operative Society 0719149951
Lawn Bowls Programme	Lawn Bowls Facility Regional Cleveragh Park	Saturdays 10.30am-12noon	Adults	Sligo Sport and Recreation Partnership 071 9161511 diane@sligosportandrecreation.ie

Outdoor Gym	Doorly Park	Weekly summer programme starting Wednesday 31 st May 10-11am Adult Green Gym Programme 11-12noon Inclusive Green Gym Programme	10-11am- Adults 11-12noon- People with a disability	Sligo Sport and Recreation Partnership 0719161511 diane@sligosportandrecreation.ie
Running- Supervalu Fit 4 Life Women's 5k Series	Doorly Park	Tuesday 23 rd May, register at 6.30pm, start time 7.30pm. €5 entry fee	Women	Sligo Sport and Recreation Partnership 0719161511 shane@sligosportandrecreation.ie
Soccer	Sean Fallon Pitch, Cranmore	8 Week programme starting the 10 th May 4-5pm	6-12years	Cranmore Co-operative Society 0719149951
Women's Come and Try Fitness programme	Abbeyquarter Community Centre	Mon 29 th May 10.15-11.15am Zumba Mon 29 th May 9.40-10.30am Boxercise Mon 12 th June 10.15-11.15am Couch 25K Mon 19 th June 9.40-10.30am Circuits Mon 26 th June 9.40-10.30am Pilates	Women	Cranmore Co-operative Society 0719149951
Zumba- Mature Movers	Abbeyquarter Community Centre	Mon 15 th , Mon 22 nd and Tues 30 th May Mon 5 th , Mon 12 th June	Adults over 55years	Abbeyquarter Community Centre 0719143420 Or Rita 0719162930

JOIN THE **MOVE** MENT

Activity	Venue	Timescale	Target Group	Further Information
Athletics	Sligo Racecourse	Thurs 6pm	Adults	sligoac@gmail.com http://www.sligoathleticclub.com
Active Retired Swim	Regional Sports Centre	Wednesdays 11am	Retired/Senior	Sligo Regional Sports Centre 07160539 www.facebook.com/sligo.sportscomplex
Basketball	Mercy College Gym	Ongoing	Youth and Adults	Sligo All Stars Basketball Club allstars.sligo@gmail.com https://www.facebook.com/SligoAllStarsBasketballClub/
Basketball	Mercy College Gym	3-7 th July €50 U13's Boys and Girls 9am-1pm U17's Boys and Girls 2-6pm	Youth	Sligo All Stars Basketball Club allstars.sligo@gmail.com https://www.facebook.com/SligoAllStarsBasketballClub/
Boxing	Abbeyquarter Community Centre	Tuesdays and Fridays 6-7pm €2 a session	Youth 7-18yrs	Sligo City Boxing Club 0864014955

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Blind Soccer	Doorly Park (MUGA)	Every second Wednesday 6.30-7.30pm (from Spring onwards)	People with a visual impairment	Sligo Sport and Recreation Partnership 0719161511
Boccia	Irish Wheelchair Association	Every second Tues 8.00-9.30pm	Adults with a physical or sensory disability	Irish Wheelchair Association 0719155522
Brazilian Jiu Jitsu Classes	Unit 9b Cleveragh Business Centre	Mon-Thur Beginners 7-8pm Mon-Fri Intermediate 8-9pm Saturdays: 7-11 year olds 11:30-12:25pm Saturdays 12 years +: 12:30-1:25pm €60 a month- 2 sessions a week €70 a month- unlimited number of classes	Adults over 16years Kids aged 7+	Alliance Jiu Jitsu Ryan Smith 0868759056 info@sligobjj.com www.sligobjj.com No answer- Send email
Colour Dash	Doorly Park	Sunday 28 th of May	All	CallSave 1850 60 60 60 https://www.facebook.com/ColourDash/ https://www.cancer.ie/get-involved/fundraise/challenge-yourself/colour-dash
Cricket	County Sligo Cricket Club The Oval Racecourse	Various	Mens Under 15's boys and girls	Muhammad Asif Qadeer 0860228535 https://www.facebook.com/County-Sligo-Cricket-Club
Dance	Avalon Centre	Ballet, Jazz, Tap, Acrobatics and Lyrical dance lessons Tues, Wed, Fri and Sat Camps	3yrs-18yrs	Lisa Cooper Dance Academy 0862419834 www.facebook.com/lisacooper.danceacademy No answer
GAA	Cleveragh Park	All year €120 annual membership (per member and family) €10 a month option	U6-U16 Boys and Girls Senior	St. John's GAA Club Secretary.st.johns.sligo@gaa.ie http://www.stjohnsgaa.ie/ Club Chairperson Ray Henry 0876492760 Chairperson Underage Academy Fergal Kelly 0876760277

Activity	Venue	Timescale	Target Group	Further Information
Girls Active	Secondary Schools	Lunch Time and after school programme- Academic Year	Teenage Girls	Mercy College Jacqui Mulligan 0719143476
Group Fitness Classes	ROM Fitness 2b Cleveragh Retail Park	Various class times- see website €8 Pay as you go €50 10 sessions	Adults (16+) Older Adults	https://www.facebook.com/pg/ROMSLIGO Terry Quinn 0858704446/0719144725 www.romsligo.com
Gym Fitness private members club	ROM Fitness 2b Cleveragh Retail Park	1 month unlimited membership €60	Adults (16+) Older Adults	https://www.facebook.com/pg/ROMSLIGO Terry Quinn 0858704446/0719144725 www.romsligo.com
Gym Fitness	Mercy College Gym	TBC	Teenagers Adults Older Adults	https://www.facebook.com/mercygym/?fref=ts
Gym & Swim	Regional Sports Centre Cleveragh	7am-10pm Mon/Wed/Fri 9am-10pm Tue/Thur 10-6pm Sat/Sun See facebook page for public swim times	Adults-€6 Children-€4 Teens-€5 Seniors-€4 Unemployed-€5	Sligo Regional Sports Centre 07160539 www.facebook.com/sligo.sportscomplex
Hip Hop Dance	Avalon Centre Chapel Hill	Mon 3.30-4.30 3-6years Mon 4.30-5.30pm 7-11years €2 a session €20 for 10 week term	Youth	Avalon Centre 0719161836
Indoor Bowls	Avalon Centre, Chapel Hill	Wed 11.00am-1.00pm €2 Including Tea/Coffee	Adults & Older Adults	Avalon Centre 0719161836
Kayaking	Sligo Kayak Club Doorly Park	April-September	All	Eddie Loftus 0861922424 edwardloftus@eircom.net
Kettlebells	Pilates & Fitness Studio Unit 10 Cleveragh Business Park	Various Class times- See timetable on website €35 for 6 weeks	Adults Older Adults	Joanna Treadgold 0861219674 http://www.pilatesandfitnessstudiosligo.com/
Personal Training	ROM Fitness 2b Cleveragh Retail Park	Contact ROM for more info	Adults (16+) Older Adults	ROM Fitness www.romsligo.com Terry Quinn 0858704446/0719144725
Pilates	Pilates & Fitness Studio Unit 10 Cleveragh Business Park	Various Class times- See timetable on website €65 for 6 weeks	Adults Older Adults	Joanna Treadgold 0861219674 http://www.pilatesandfitnessstudiosligo.com/

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Running	Cleveragh Park	Beginners and Intermediate Mon & Wed 7.30pm Advanced Tues & Thurs 7pm	Adults	Sligo Running Club/Ray Murtagh 0834273080 https://www.facebook.com/Sligorunningclub/
Running Group	Mark Foley Fitness	Mon & Wed at 7pm	Adults	foley4fitness@gmail.com Mark Foley 087 277 9422
Running	Cleveragh Park	Mondays and Wednesdays 7.30-8.30pm	Adults	Sligo Couch 2 5K 0876150926/ 0868328772 https://www.facebook.com/SligoC25K/
Sligo Parkrun	Doorly Park	5K Walk/Run Saturday 9.30am all year round. Free	All	Jim Rushe 0868389436 sligooffice@parkrun.com Register at http://www.parkrun.ie/register/ Register before you run and bring a printed copy of your barcode
Summer Camps	Avalon Centre Chapel Hill	July-Aug	Youth and Teenagers	Avalon Centre 0719161836
Summer C amp	Resource House Project	July	Youth	Resource House Project, Cranmore 071914 7070
Swimming lessons	Regional Sports Centre Cleveragh	Various times- contact the centre	Adult Children	Sligo Regional Sports Centre 07160539 www.facebook.com/sligo.sportscomplex
Triathlon	Sligo Triathlon Club Regional Sports Centre Cleveragh	Various	Adults Juniors(11+)	Sligo Triathlon Club www.Sligotriathlon.ie www.facebook.com/Sligo-Triathlon-Club
Walking Sligo East City Walking Group	Meeting Point: Riverside Hotel and Studio. Walk along Doorly Park/Cleveragh Park on flat terrain	Thursdays 10.30-11.30am	All	Sligo Sport and Recreation Partnership 071 9161511 diane@sligosportandrecreation.ie
Youth Club	Avalon Centre Chapel Hill	Multi Games and Activities	6-10yrs 11-14yrs	Avalon Centre 0719161836
Youth Sport West	Available to all Primary Schools	Lunch Time and after school programme	Youth	Sligo Sport and Recreation Partnership 0719161511

Youth Sport West School – Club links	Primary and Secondary Schools	School Blitz events; Tennis, Triathlon, Basketball, Volleyball, Cricket & Multi- Sport	Youth	Sligo Sport and Recreation Partnership 0719161511
Zero Gravity Skatepark	Zero Gravity Skatepark Unit 4 Cleveragh Business Park	Tues-Fri 3.30-9pm Sat-Sun 12-9pm €5 per hr, €8 2 hrs, €10 for 4 hrs, €14 day pass	Youth age 7 + Adults	Neville Dunbar zerogravitysligo@gmail.com www.zerogravityskateparksligo.ie www.facebook.com/zerogravityskateparksligo
Zumba Fitness Classes	Riverside Hotel	Thursday 6-7pm 10 euro per class or 50 euro for 6 sessions	13+	Barbara Aluk 0872493413 Book2dance@yahoo.ie http://barbaraa.zumba.com/ https://www.facebook.com/Zumba-in-Sligo-with-Barbara-Aluk-

If you wish to have your club/organisation's details included in the 'Want2Move Sligo East City' Activity Guide please contact Community Sport Development Officer, Sligo Sport and Recreation Partnership on 0719161511 or email diane@sligosportandrecreation.ie.

This Activity Guide is available to download from www.sligosportandrecreation.ie