

WANT 2 MOVE

SLIGO EAST CITY

More People, More Active, More Often

Activity Guide

ISSUE 6: May-September 2019



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



Contact: Sligo Sport and Recreation Partnership,
Quay St, Sligo

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Email: diane@sligosportandrecreation.ie

Web: www.sligosportandrecreation.ie

KEEP UP WITH THE *MOVE*

WHAT'S NEW

Activity	Venue	Timescale	Target Group	Further Information
Bike Week 2019	TBC	22 nd -30 th June Lots of Bike Activities happening this week	All	Sligo Sport and Recreation Partnership 071 9161511 www.sligosportandrecreation.ie FB @sligosportandrecreation
Green Gym	Doorly Park Outdoor Gym	Wednesdays starting the 8 th May to the end of August 10-11am Adults 11-12 Inclusive programme. (additional support provided for a person with a disability) €2 per session	Adults	Sligo Sport and Recreation Partnership 071 9161511 diane@sligosportandrecreation.ie
GAA	Cleveragh Park	8 Week Nursery Programme starting Saturday 11 th May, from 10.30-11.30am Registration on the 6 th April, Sligo Sports Complex 10am-12pm	5-6years	St. John's GAA Club www.st.johnsgaa.ie 0857778174
Games For All	Sports Complex	10 week programme starting 11 th May, 11am-12pm Youth with a disability 12-1pm Adults with a disability Fee €30	People with a disability	Sligo Sport and Recreation Partnership 071 9161511 shane@sligosportandrecreation.ie
Kayaking	Sligo Kayak Club Doorly Park	Beginner Course 1 17 th -19 th May €150 Beginner Course 2 14 th -16 th June €150 Fee includes membership for the year	12years and over Adults	Sligo Kayak Club www.sligokayakclub.com FB @sligokayakclub
Lawn Bowls Come and Try	Lawn Bowls Facility Cleveragh Regional Park	FREE come and try session Monday 13 th May 7-8pm	18years and over	Sligo Lawn Bowls Club 0872418119 FB @sligobowls
Lawn Bowls Beginner Programme	Lawn Bowls Facility Cleveragh Regional Park	FREE 4 Week Beginner Coaching programme on Wednesdays 15 th May to the 5 th June, 7-8.30pm	Adults and Older Adults	Sligo Lawn Bowls Club 0872418119 FB @sligobowls
Running & Walking-SuperValu Women's 5K Series	Opposite the Cleveragh Retail Park.	Friday 3 rd May Registration from 6.30pm Walkers leave at 7.15pm Runners leave at 7.30pm Fee: €5	Women	Sligo Athletic Club Email sligoac@gmail.com
Social Rowing	Sligo Rowing Club Doorly Park	Learn to Row programme- Ongoing 6 lessons €40	Adults	Sligo Rowing Club Ray Murtagh 0834273080 Email sligosocialrowing@gmail.com

Soccer	Sean Fallon Pitch, Cranmore	8 Week programme starting the 1 st May 4-5pm	6-12years	Cranmore Co-operative Society 0719149951
Try a Tri Men's Initiative	Cleveragh Park & Sligo Sports Complex	6 week programme starting the 4 th May Training Sessions Sundays 6-7pm, Wednesdays 7-8.30pm. Fee €60	Men over 30 years	www.sligotriathlon.ie
Try a Tri Women's Initiative	Cleveragh Park & Sligo Sports Complex	September-October 2019 TBC	Women	womentrisligo@gmail.com www.sligotriathlon.ie

JOIN THE **MOVE** MENT

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Athletics	Sligo Racecourse	Thursdays at 6pm	Adults	Sligo Athletics Club 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
Aqua Aerobics	Regional Sports Centre	Monday 7pm Wednesday 6pm €7 per class	All ages	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/
Boxing	Abbeyquarter Community Centre	Tuesdays and Fridays 6-7pm €2 a session	Youth 7-18yrs	Sligo City Boxing Club 0864014955
Boccia	Irish Wheelchair Association	Every second Friday 1:30-2:45pm Irish wheelchair Association Building, Abbeyville, Sligo	Adults with a physical or sensory disability	Irish Wheelchair Association 0719155522

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Brazilian Jiu Jitsu Classes	Unit 9b Cleveragh Business Centre	https://www.sligobjj.com/timetable-2/ €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
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	Men	Muhammad Asif Qadeer 0860228535 https://www.facebook.com/County-Sligo-Cricket-Club
Dance	Avalon Centre	Every Saturday Ballet, Jazz, Tap, Acrobatics and Lyrical dance lessons Tues, Wed, Fri and Sat Camps	10-11am U5s €7 P/H 11-12:30pm 5-9yrs €10 p/class 12:30-2pm 9+yrs €10 p/class	Lisa Cooper Dance Academy 0862419834 www.facebook.com/lisacooper.danceacademy
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
Girls Active	Secondary Schools	Lunch Time and after school programme- Academic Year	Teenage Girls	Mercy College 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

Activity	Venue	Timescale	Target Group	Further Information
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 4-5pm 6-9years Mon 5-6pm 9-12years €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
Lawn Bowls	Sligo Lawn Bowls Facility Cleveragh Regional Park	Tuesday and Thursday 6.30-8.30pm Saturdays 10.30-12.30pm. €25 membership fee, €2 per session.	Adult	Sligo Lawn Bowls Club 0872418119 FB @sligobowls
Personal Training	ROM Fitness 2b Cleveragh Retail Park	Contact ROM for more info	Adults (16+) Older Adults	ROM Fitness www.romsligo.com Terry Quinn 0858704446/0719144275
Running	Cleveragh Park	Beginners and Intermediate Mon & Wed 7.30pm	Adults	Sligo Running Club/Ray Murtagh 0834273080 https://www.facebook.com/Sligorunningclub/
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
	Regional Sports Centre Cleveragh	July-Aug	Youth and Teenagers	Sligo Regional Sports Centre 07160539 www.facebook.com/sligo.sportscomplex regsport@gmail.com
Summer Camp	Resource House Project	July	Youth	Resource House Project, Cranmore 071914 7070
Summer Camp	Cranmore Co-operative Society	TBC	Youth	Cranmore Co-operative Society 0719149951
Swimming lessons	Regional Sports Centre Cleveragh	Tues/Wed/Sat 8 week courses	Adult €80.00 Children €68.00	Sligo Regional Sports Centre 07160539 www.facebook.com/sligo.sportscomplex regsport@gmail.com Eithne Clancy
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. Walk along Doorly Park/Cleveragh Park on flat terrain	Thursdays 10.30-11.30am Meet at the Riverside Hotel Looby at 10.15am. Tea/Coffee and Scones at the Hotel at 11.30am €2 pp	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	September - July Tues-Fri 1pm-8pm Sat-Sun 11am-8pm €6 per hr, €9 2 hrs,11 for 3 €12 for 4 hrs, €19 day pass July – September Tues – Fri 3.30 -8pm Sat – Sun 11 – 8pm	Youth age 7 + Adults	Neville Dunbar zerogravitysligo@gmail.com www.zerogravityskateparksligo.ie www.facebook.com/zerogravityskateparksligo
Zumba Fitness Classes	Sligo, Mercy College	Thursday @ 8:30pm €50 for 6 classes	16-80	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, Diane Middleton Cox, Sligo Sport and Recreation Partnership on 0719161511 or email diane@sligosportandrecreation.ie.

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