

CORK Schools

The following support is available to schools running **Active School Week** programmes. Keep an eye on this website as more offers will issue between now and ASW.

ACTIVITY	OFFERS/IDEAS	Target Groups	Dates of OFFER	CONTACT
ATHLETICS	School Mile Challenge	Primary (5 th and 6 th class) and Post Primary Schools	March - June	Anthony White schools@athleticsireland.ie
BADMINTON	ASW BADMINTON 5 Star Challenge. Why not try this FUN, easy to set up Badminton Challenge as part of your ASW programme?	Primary and Post Primary schools	March - June	Fiach Andrews fandrews@badmintonireland.com If your school would like to try out the challenge but does not have badminton equipment please email development@badmintonireland.com and we will try to arrange equipment on loan from your local club.
BASKETBALL	FREE Coach Visit	Non-Basketball Playing Primary Schools (3 rd – 6 th class)	24 th – 28 th April, 2017	Ciaran O Sullivan cosullivan@corksports.ie

BOXING	<p><u>Dunmanway Boxing Club</u> FREE AND FUN Introduction to Your Local Boxing Club (Non-Contact Programme)</p> <p>Coaches available to give a FREE, <i>non-contact</i>, 'Introduction to Boxing' class on school premises</p>	Primary and Post Primary schools	March - June	Kirstie Smith (087) 997445 smudywombat@gmail.com
CYCLING	<p><u>Sprocket Rocket CYCLING</u> – Fun activities for the Playground</p>	Primary Schools	March - June	Lawrence Salonen lawrence.Salonen@cyclingireland.ie
HOCKEY	<p><u>Hockey Skills Challenge</u></p> <p>Why not take on a Hockey Skills Challenge during Active School Week? This skills circuit is easy to run and easy to set up with FREE online resources available to support you every step of the way. To register visit http://hscregistrationschool.QUESTIONPRO.COM/</p>	Primary and Post Primary schools	March - June	Sue Haslam Sue.haslam@hockey.ie

KICKBOXING	<p><u>Bushido Martial Arts, Douglas, Cork</u></p> <p>Free taster sessions for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	Colin O Shaughnassey colinos@indigo.ie
KICKBOXING	<p><u>West Cork Kickboxing, Bantry</u></p> <p>Free taster sessions for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	Ian Kingston iankickboxing@gmail.com
LEISURE CENTRE	<p><u>Skibbereen Sports and Fitness Centre</u></p> <p>The centre is happy to discuss activity options with schools that get in touch</p>	Local primary and special schools	March - June	Mary Kelleher Info@skibbereensportscentre.ie
LEISURE CENTRES	<p><u>Coral Leisure Centre, Cobh</u></p> <p>€2 swim for children and teenagers during national Active School Week.</p> <p><i>Please mention Active School Week at reception</i></p>	Local Primary and Post Primary schools	24 th – 28 th April, 2017	Norrie Murphy norriemurphy@gmail.com

LEISURE CENTRE	<p><u>Midleton Fitness</u></p> <p>FREE class passes for teachers/parents in local schools running ASW programmes. (A limited number of passes available on a first come basis)</p>	<p>Teachers and Parents in local primary and post primary schools</p>	<p>March - June</p>	<p>Aisling O Mahony Aislingmidletonfitness@gmail.com</p>
LEISURE CENTRES	<p><u>Leisureworld Bishopstown, Cork</u></p> <p>5 x FREE Family Swim Passes for school to use as prizes</p> <p>1 x FREE Swim / Gym or Aerobic Pass for each Teacher</p> <p>1 hr Family swim for €10 (2 adults 2 kids) - <i>Please mention Active School Week at the reception desk and check the Pool Timetable on www.leisureworldcork.com for Public times during the week</i></p>	<p>Local Primary and Post Primary schools</p>	<p>April 24-28th, 2017</p>	<p>Richard O'Regan communications@leisureworldcork.com</p>

LEISURE CENTRES	<p><u>Leisureworld Churchfield, Cork</u></p> <p>5 x FREE Family Swim Passes for school to use as prizes</p> <p>1 x FREE Swim / Gym or Aerobic Pass for each Teacher</p> <p>1 hr Family swim for €10 (2 adults 2 kids) - <i>Please mention Active School Week at the reception desk and check the Pool Timetable on www.leisureworldcork.com for Public times during the week</i></p>	<p>Local Primary and Post Primary schools</p>	<p>April 24-28th, 2017</p>	<p>John Hegarty communications@leisureworldcork.com</p>
PITCH and PUTT	<p><u>Majestic Pitch & Putt Club, Mallow</u></p> <p>FREE use of facilities FREE coaching session</p>	<p>Both Primary and Secondary Schools</p>	<p>April - March</p>	<p>Brain Healy majesticpitchandputt@gmail.com</p>
PITCH and PUTT	<p><u>Newcestown Pitch & Putt Club, Bandon</u></p> <p>FREE use of facility FREE coaching session</p>	<p>Both Primary & Secondary Schools in Cork city</p>	<p>March - June</p>	<p>Mary Collins secretaryhhs@gmail.com</p>

PITCH and PUTT	<u>Newmarket Pitch and Putt Club</u> FREE use of facility FREE coaching session	Both Primary & Secondary Schools in Cork city	March - June	Tom Twomey tom.Twomey@irdduhallow.com
PITCH and PUTT	<u>Collins Pitch and Putt Club, Old Youghal Road, Cork City.</u> FREE use of facility FREE coaching session	Both Primary & Secondary Schools in Cork city	March - June	Damien Long longydamien40@gmail.com
PITCH and PUTT	<u>St. Anne's Pitch and Putt club, Shanakiel, Cork City</u> FREE use of facility FREE coaching session	Both Primary & Secondary Schools in Cork city	March - June	Ray Murphy ray.murphy7@yahoo.co.uk
PITCH and PUTT	<u>Crosshaven Pitch and Putt club</u> FREE use of facility FREE coaching session	Primary & Secondary schools	March - June	Abraham Farr abrahamfarr@gmail.com
PITCH and PUTT	<u>Castlelyons Pitch and Putt club</u> FREE use of facility FREE coaching session	Primary & Secondary schools	March - June	Murphy castlelyonspitchandputt@gmail.com

PITCH and PUTT	<p><u>Rocklodge Pitch & Putt Club, Carrigohane</u></p> <p>FREE use of facility FREE coaching session</p>	Primary & Secondary schools	March - June	<p>Mark Keohane markkeoghane@yahoo.co.uk</p>
PITCH and PUTT	<p><u>Raffeen Creek Pitch & Putt Club, Ringaskiddy</u></p> <p>FREE use of facility FREE coaching session</p>	Primary & Secondary schools	March - June	<p>Mark O'Riordan orstaff@eircom.net</p>
PITCH and PUTT	<p><u>Fermoy Pitch & Putt club</u></p> <p>FREE use of facilities and coaching session provided</p>	Primary Schools (4 th to 6 th class) and Secondary Schools	March - June	<p>John Cahill johncahill5556@gmail.com</p>
SWIMMING	<p><u>SWIM for a MILE Challenge</u></p> <p>The mile (1,600m, 64 lengths of a 25m pool) can be completed individually or as a relay, during school swim lessons or at the local pool at a time that suits you. Certificates will be provided for all participants free of charge. <i>Medals and swim hats are also available, at a small cost.</i></p>	Primary and Post Primary schools	March - June	<p>Carol Finlay participation@swimireland.ie (086) 838 4346</p>

TUG of WAR	The Tug of War Association, in conjunction with Cork Sports Partnership, offer interested schools a free Tug of War demonstration visit, rope and opportunity to participate in a schools' blitz	Primary and Post Primary schools	March - June	Cathy O Toole ladiestugofwar2015@gmail.com
ULTIMATE FRISBEE	Coach visit, introductory session and 8 week lesson plan <i>A small fee applies</i>	Primary and Post Primary schools	March - June	Donal Murray corkultimate@gmail.com
VOLLEYBALL	SITTING Volleyball – Why not give this fast paced, entertaining and inclusive Paralympian sport a go? It's simple to set up and play. Take the 60 Seconds SITTING VOLLEYBALL Challenge	Primary and Post Primary – suitable for able bodied and disabled players	March - June	Norma Mc Intyre east@volleyballireland.com (01) 6707165

WALKING	<p>Get Ireland Walking – Primary Schools Competition</p> <p>Get Ireland Walking (GIW) will award a trophy to the school that:</p> <ul style="list-style-type: none">a. Designs the best walking route (to include 8 exercise stations)b. Covers the most distance walking during their ASW programme <p>Information Sheet</p>	Primary schools	Closing date – June 10 th	David Gaul david@getirelandwalking.ie
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