

DUBLIN Schools

The following support is available to schools running **Active School Week** programmes. Keep an eye on the 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
ATHLETICS	ALBERT Park Junior parkrun Glasnevin, Dublin 9	2km run for juniors aged 4-14years	Every Sunday at 9.30am	http://www.parkrun.ie/albertcollege-juniors/ Children should register online (free) <i>in advance</i> http://www.parkrun.ie/register/ to receive barcode and instructions
ATHLETICS	RUSH Junior parkrun Kenure Woods	2km run for juniors aged 4-14years	Every Sunday at 9.30am	http://www.parkrun.ie/rush-juniors/ Children should register online (free) <i>in advance</i> http://www.parkrun.ie/register/ to receive barcode and instructions
ATHLETICS	St ANNE'S Junior parkrun Clontarf, Dublin 5	2km run for juniors aged 4-14years	Every Sunday at 9.30am	http://www.parkrun.ie/stannes-juniors/ Children should register online (free) <i>in advance</i> http://www.parkrun.ie/register/ to receive barcode and instructions

BADMINTON	<p>ASW BADMINTON 5 Star Challenge.</p> <p>Why not try this FUN, easy to set up Badminton Challenge as part of your ASW programme?</p>	<p>Primary and Post Primary schools</p>	<p>March - June</p>	<p>Simone Higgins simoneandjohnhiggins@gmail.com</p> <p>If your school would like to try out the challenge but does not have badminton equipment please e-mail development@badmintonireland.com and we will try to arrange equipment on loan from your local club.</p>
CYCLING	<p>Sprocket Rocket CYCLING – Fun activities for the Playground</p>	<p>Primary Schools</p>	<p>March - June</p>	<p>Lawrence Salonen lawrence.Salonen@cyclingireland.ie</p>
Dublin City Sport and Well Being Partnership	<p>18 sports officers are available to work with schools and local communities to provide a range of different sports programmes and activities</p>	<p>Primary and Post Primary schools in Dublin City (post codes – D1, 2, 3, 4, 5, 6, ,7, 8, 9, 10, 11, 12, 13, 17, 20)</p>	<p>March - June</p>	<p>David Phelan David.phelan6@mail.dcu.ie (01) 2227734</p>
HOCKEY	<p>Hockey Skills Challenge</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://hsregistrationschool.questionpro.com/</p>	<p>Primary and Post Primary schools</p>	<p>March - June</p>	<p>Sue Haslam Sue.haslam@hockey.ie</p>

KICK BOXING	<u>Bushido Martial Arts Centre, Clondalkin, Dublin 22</u> FREE taster sessions for students, staff, TY programmes etc.	Primary and Post Primary schools	March - June	Ilija Salerno Ilija.salerno@gmail.com
KICK BOXING	<u>Tallaght Martial Arts, Dublin 24</u> FREE taster sessions for students, staff, TY programmes etc.	Primary and Post Primary schools	March - June	Martin Bannon Tma.bano@yahoo.ie
KICK BOXING	<u>Global Kickboxing, Blanchardstown, Dublin 15</u> FREE taster sessions for students, staff, TY programmes etc.	Primary and Post Primary schools	March - June	Jimmy Upton uptonkb@gmail.com
KICK BOXING	<u>Elite Martial Arts, Artane, Dublin 7</u> FREE taster sessions for students, staff, TY programmes etc.	Primary and Post Primary schools	March - June	Robbie Haugh robbiehaugh@gmail.com
KICK BOXING	<u>Mugendo, Coolock</u> FREE taster sessions for students, staff, TY programmes etc.	Primary and Post Primary schools	March - June	Alan Johnson Alan.johnson@welfare.ie

KICK BOXING	<u>Korean Kickboxing, Cabra</u> FREE taster sessions for students, staff, TY programmes etc.	Primary and Post Primary schools	March - June	Nicholas Duffy nickoduffy@hotmail.com
KICK BOXING	<u>Kombat Martial Arts, Balbriggan, Co Dublin</u> FREE taster sessions for students, staff, TY programmes etc.	Primary and Post Primary schools	March - June	Eddie Byrne eddie@kombat.ie
KICK BOXING	<u>Red Star Kickboxing, Dublin 11</u> FREE taster sessions for students, staff, TY programmes etc.	Primary and Post Primary schools	March - June	Jon Mackey Taekwondo77@gmail.com
LACROSSE	Loan of Lacrosse equipment Introduction to Lacrosse and Training Plan	Primary and Post Primary schools (boys and girls) in South County Dublin	March - June	Aisling Casey acasey@irelandlacrosse.ie
LASER RUN	<u>Pentathlon Ireland</u> Development Officer available to facilitate a Laser-Run taster day at your school during your ASW programme (FREE) Find Out More Laser Run	Primary and Post Primary schools	April - June	Darragh Cunningham darragh.cunningham@pentathlon.ie REGISTER Your Interest

LEISURE CENTRE	<p><u>Sport & Fitness Markievicz, Townsend Street, Dublin 2</u></p> <p>FREE Family Swim Passes for schools to give out as prizes during ASW programmes</p> <p>FREE Gym/Class Passes for students aged 16+ years</p> <p>FREE Gym/Class Passes for teachers and parents</p>	<p>Local Primary and Post Primary schools</p>	<p>April - June</p>	<p>Garreth Matthews gareth.matthews@dublincity.ie 01-2226138</p>
LEISURE CENTRE	<p><u>Swan Leisure Centre, Rathmines</u></p> <p>FREE Zumba classes for school groups in Swan Centre – <i>subject to hall availability</i></p> <p>Instructor available to visit local schools to give FREE Zumba class session during ASW programme</p>	<p>Local Primary and Post Primary schools</p>	<p>March - June</p>	<p>Simon Ward simon@swanleisure.ie</p>

LEISURE CENTRE	<p><u>GER CONROY Fitness Mulhuddart, Dublin 15</u></p> <p>FREE 'Taster Fitness Class' on school premises or at the gym</p> <p>FREE class passes available on request (Note all children under 16 must be accompanied by an adult when attending the gym)</p>	<p>Post Primary schools</p>	<p>March - June</p>	<p>Ger Conroy (087) 6138797 gerconroyfitness@gmail.com</p>
LEISURE CENTRE	<p><u>Energie Fitness, Rathfarnham</u></p> <p>Open to discussing options with schools that get in touch</p>	<p>Local Primary and Post Primary schools</p>	<p>March - June</p>	<p>Eoin Kaar Eoin.kaar@energiefitness.ie</p>
LEISURE CENTRE	<p><u>Fit2Go Fitness Facility, DIT Campus, Kevin Street</u></p> <p>FREE Class Passes</p> <ul style="list-style-type: none"> · Pre-Teen Fitness classes · Teen Fitness classes <p>FREE Swim Passes</p> <p>Children under 12 years must be accompanied by an adult. A Free Swim Pass allows access to our pool facility for 1 child and 1 adult.</p>	<p>Primary and Post Primary schools in Dublin 1, 2, 7, 8</p> <p>Primary and Post Primary schools, Dublin 2, 7</p>	<p>March - June</p>	<p>Linda Donegan linda.donegan@dit.ie</p>

LEISURE CENTRE	<u>Fit2Go Club Fitness Facility, DIT Campus, Grangegorman</u> FREE Class Passes <ul style="list-style-type: none"> · Pre-Teen Fitness classes · Teen Fitness classes 	Local Primary and Post Primary schools	March - June	Linda Donegan linda.donegan@dit.ie
LEISURE CENTRE	<u>NewPark Leisure Centre, Blackrock</u> FREE use of Pitches FREE use of Sports Hall <i>Possibility of organising a school event</i>	Local Primary and Post Primary schools	March - June	Nicola Ring nicola.ring@newparksportscentre.ie
LEISURE CENTRE	<u>Astropark, Coolock</u> FREE use of 5 aside pitches during school time and under teacher supervision. Availability and <i>T&Cs apply. Pre-booking required</i>	Local Primary and Post Primary schools	24 th – 28 th April, 2017	Joey Hayden Joey.hayden@astropark.ie
LEISURE CENTRES	<u>Astropark, Tallaght</u> FREE use of 5 aside pitches during school time and under teacher supervision. Availability and <i>T&Cs apply. Pre-booking required</i>	Local Primary and Post Primary schools	24 th – 29 th April, 2017	Derek Tipping derek.tipping@astropark.ie

LEISURE CENTRE	<p><u>Cabra Parkside Community & Sports Complex</u></p> <p>FREE gym passes for teenagers aged 16+ years)</p> <p>FREE class passes for Teachers and Parents</p> <p>FREE use of facilities (astro-pitches, sports hall) during your ASW programme. <i>Pre-booking required and subject to availability</i></p> <p>FREE Bubble Football session (post primary only). <i>Pre-booking required and subject to availability</i></p>	<p>Local Primary and Post Primary schools</p>	<p>March - June</p>	<p>Sinead Ennis Sinead.ennis@dublincity.ie</p>
PITCH and PUTT	<p><u>Lucan Pitch and Putt Club</u></p> <p>FREE use of facility FREE coaching session</p>	<p>Primary & Secondary schools (children aged 10 yrs upwards)</p>	<p>March - June</p>	<p>Peter Keogh info@lucanpitchandputt.com</p>
PITCH and PUTT	<p><u>Ierne Pitch and Putt Club, Drumcondra, Dublin 9</u></p> <p>FREE use of facility FREE coaching session</p>	<p>Primary & Secondary schools</p>	<p>March - June</p>	<p>Catherine Lally catherine.ierne@gmail.com</p>
PITCH and PUTT	<p><u>Old County Pitch and Putt Club, Kimmage, Dublin 12</u></p> <p>FREE use of facility FREE coaching session</p>	<p>Primary & Secondary schools</p>	<p>March - June</p>	<p>Rob Ryan oldcounty@iol.ie</p>

PITCH and PUTT	<u>Loughlinstown Pitch & Putt Club</u> FREE use of facilities	Secondary schools in South Co. Dublin	March - June	Aiden Clarke loughlinstownpitchandputt@gmail.com
PITCH and PUTT	<u>Ringcommons Pitch & Putt Club</u> FREE use of facilities	Primary & Secondary schools in North Co. Dublin	March - June	Jack O'Connor Kenure@eircom.net
TRIATHLON	<u>TRI-HEROES ASW Triathlon</u> 2 lengths swimming – 10 minutes cycling – 1 mile running. <i>Activities can be undertaken separately or as a combined multi-event, across 1 hour/1 day/1 week</i> Find Out More ASW TRIATHLON certificate	Primary and Post Primary schools	March - June	Michael Black schools@triathlonireland.com TRI-HEROES School Programme
SWIMMING	SWIM for a MILE Challenge 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>	Primary and Post Primary schools	March - June	Carol Finlay participation@swimireland.ie (086) 838 4346

TUG of WAR	FREE Tug of War demonstration visit and option to purchase rope (€20)	Primary and Post Primary schools	March - June	Cathy O Toole ladiestugofwar2015@gmail.com
ULTIMATE FRISBEE	Experienced coach available to visit schools and to give an Introductory session. <i>(a small fee may apply)</i>	Primary and Post Primary schools	March - June	Dominick Smyth dominick@irishultimate.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	Get Ireland Walking – Primary Schools Competition Get Ireland Walking (GIW) will award a trophy to the school that: a. Designs the best walking route (to include 8 exercise stations) b. Covers the most distance walking during their ASW programme Information Sheet	Primary schools	Closing date – June 10 th	David Gaul david@getirelandwalking.ie