

## 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
<b>ATHLETICS</b>	<a href="#">School MILE Challenge</a>	Primary (5 <sup>th</sup> and 6 <sup>th</sup> class) and Post Primary schools	March - June	Anthony White <a href="mailto:schools@athleticsireland.ie">schools@athleticsireland.ie</a>
<b>BOXING</b>	<b><u>St Bernadette's Boxing Club, Shanowen, Santry</u></b> <ul style="list-style-type: none"><li>• Qualified garda vetted boxing coach to come to schools to provide a taster session using non- contact boxing drills</li><li>• We can facilitate a visit to the boxing club during school hours for any local schools that wish to bring a class around to the club to experience what it's like to train in a boxing club.</li><li>• Every participating student will receive a free pass to attend a boxing class in our club with their friends.</li></ul>	Primary and Post Primary Schools (ages 8+ years)	March - June	Elaine O Neill <a href="mailto:Elaineon27@gmail.com">Elaineon27@gmail.com</a> (085) 1307765
<b>CYCLING</b>	<a href="#">Sprocket Rocket CYCLING</a> – FUN activities for your school to try out in the playground during ASW	Primary Schools	March - June	Lawrence Salonen <a href="mailto:lawrence.Salonen@cyclingireland.ie">lawrence.Salonen@cyclingireland.ie</a>

<b>Dublin City Sport and Well Being Partnership</b>	<p>Team of 18 Sport 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>Robert Abbey  <a href="mailto:Robert.abbey@dublincity.ie">Robert.abbey@dublincity.ie</a> / (01) 222 5025</p> <p>David Phelan  <a href="mailto:David.phelan6@mail.dcu.ie">David.phelan6@mail.dcu.ie</a>  (01) 2227734</p>
<b>GREEN SCHOOLS</b>	<p>Green Schools encourages schools to promote active travel as part of their #ASW18 programme.</p> <p>Make every day a WOW, SOW, COW, Park and Stride day and tally class scores to see which class will do the best</p> <p><a href="#">Active Travel TALLY SHEET</a></p>	<p>Primary and Post Primary Schools</p>	<p>23-27 April, 2018</p>	<p>Visit <a href="https://greenschoolsireland.org/themes/travel/">https://greenschoolsireland.org/themes/travel/</a> to find out more the Active Travel theme.</p>
<b>IRISH HEART FOUNDATION</b>	<p><u>'Let's Get Active' (Irish Heart Foundation)</u></p> <p>The Irish Heart Foundation 'Let's Get Active' award is a FUN way to encourage children to get at least 60 MINUTES of physical activity every day, over a 4 weeks period.</p> <p>The booklet allows kids to track how much activity that they do every day and is accompanied by a motivational sticker pack and certificates upon</p>	<p>Primary Schools</p>	<p>March - June</p>	<p>Caoimhe Rudden  <a href="mailto:schools@irishheart.ie">schools@irishheart.ie</a></p>

	completion. Available FREE to schools running ASW programmes.			
<b>KICK BOXING</b>	<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 <a href="mailto:Ilija.salerno@gmail.com">Ilija.salerno@gmail.com</a>
<b>KICK BOXING</b>	<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 <a href="mailto:Tma.bano@yahoo.ie">Tma.bano@yahoo.ie</a>
<b>KICK BOXING</b>	<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 <a href="mailto:uptonkb@gmail.com">uptonkb@gmail.com</a>
<b>KICK BOXING</b>	<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 <a href="mailto:robbiehaugh@gmail.com">robbiehaugh@gmail.com</a>
<b>KICK BOXING</b>	<u>Mugendo, Coolock</u> FREE taster sessions for students, staff, TY programmes etc.	Primary and Post Primary schools	March - June	Alan Johnson <a href="mailto:Alan.johnson@welfare.ie">Alan.johnson@welfare.ie</a>

<b>KICK BOXING</b>	<u>Korean Kickboxing, Cabra</u> FREE taster sessions for students, staff, TY programmes etc.	Primary and Post Primary schools	March - June	Nicholas Duffy <a href="mailto:nickoduffy@hotmail.com">nickoduffy@hotmail.com</a>
<b>KICK BOXING</b>	<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 <a href="mailto:eddie@kombat.ie">eddie@kombat.ie</a>
<b>KICK BOXING</b>	<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 <a href="mailto:Taekwondo77@gmail.com">Taekwondo77@gmail.com</a>
<b>LEISURE CENTRE</b>	<u>Sport &amp; Fitness Markievicz, Townsend Street, Dublin 2</u> FREE Family Swim Passes for schools to give out as prizes during ASW programmes FREE Gym/Class Passes for students (aged 16+) FREE Gym/Class Passes for teachers/parents and students (aged 16+)	Local Primary and Post Primary schools	April - June	Garreth Matthews <a href="mailto:gareth.matthews@dublincity.ie">gareth.matthews@dublincity.ie</a> 01-2226138

<p><b>LEISURE CENTRE</b></p>	<p><a href="#">SWAN Leisure Centre, Rathmines</a></p> <p><u>Early Morning Teachers Yoga</u> - Swan Leisure will provide a Yoga instructor to call out to your school to give a staff yoga session before school starts</p> <p><u>SWIM for a MILE</u> - Swan Leisure will provide FREE pool rental for schools wishing to organise the 'Swim for a Mile' challenge for their students. (subject to availability)</p> <p><u>FREE Hall Hire</u> – Swan Leisure will provide free hall hire to facilitate Teacher V Students Football/Basketball</p> <p><u>ZUMBA</u> – Swan Leisure will facilitate FREE Zumba class on premises or at your school</p>	<p>Local Primary and Post Primary schools</p>	<p>March – June</p> <p>23-27 April</p> <p>March – June</p> <p>March - June</p>	<p>Gavin Finn <a href="mailto:gavin@swanleisure.ie">gavin@swanleisure.ie</a></p>
<p><b>LEISURE CENTRE</b></p>	<p><a href="#">DLR MeadowBrook</a></p> <p>FREE use of 5 a side pitches during school hours <b><i>Pre-booking needed and school teacher supervision required.</i></b></p> <p>FREE swims for primary schools during national Active School Week</p>	<p>Local Primary and Post Primary Schools</p>	<p>23-27 April</p>	<p>Darren O Connor <a href="mailto:doconnor@dlrleisure.ie">doconnor@dlrleisure.ie</a></p>

<b>LEISURE CENTRE</b>	<a href="#">Gymplus RATHFARNHAM</a>  FREE swim passes FREE Family Fitness passes FREE Teen Fit class passes	Local Primary and Post Primary Schools	23-27 April	Please check out the <a href="#">Gymplus RATHFARNHAM</a> website over coming days for details of #ASW18 offers
<b>LEISURE CENTRE</b>	<a href="#">Fit2Go Fitness Facility, DIT Campus, Kevin Street</a>  <b>FREE Class Passes</b> <ul style="list-style-type: none"> <li>· Pre-Teen Fitness classes</li> <li>· Teen Fitness classe</li> </ul> <b>FREE Fitness Classes</b> 1 hour fitness/gym classes can be organised for school groups at our premises.  <b>FREE Swim Passes</b> 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.	Primary and Post Primary schools in Dublin 1/2/7/8  Dublin 2/7	March - June	Laura Fitzpatrick <a href="mailto:Laura.fitzpatrick@dit.ie">Laura.fitzpatrick@dit.ie</a>
<b>LEISURE CENTRE</b>	<a href="#">Fit2Go Club Fitness Facility, DIT Campus, Grangegorman</a>  <b>FREE Class Passes</b> <ul style="list-style-type: none"> <li>· Pre-Teen Fitness classes</li> <li>· Teen Fitness classes</li> </ul> <b>FREE Fitness Classes</b> 1 hour fitness/gym classes can be organised for school groups at our premises.	Local Primary and Post Primary schools	March - June	Laura Fitzpatrick <a href="mailto:Laura.fitzpatrick@dit.ie">Laura.fitzpatrick@dit.ie</a>

<b>LEISURE CENTRE</b>	<a href="#">NewPark Sports Centre, Blackrock</a>  FREE swim passes and FREE pool rental (subject to availability)	Local Primary and Post Primary schools	23-27, April	Nicola Ring <a href="mailto:nicola.ring@newparksportscentre.ie">nicola.ring@newparksportscentre.ie</a>
<b>LEISURE CENTRE</b>	<a href="#">Gymplus, SWORDS</a>  FREE swim passes FREE Family Fitness passes FREE Teen Fit class passes	Local Primary and Post Primary Schools	23-27 April	Please check out <a href="#">Gymplus, SWORDS</a> website over coming days for details of #ASW18 offers
<b>LEISURE CENTRE</b>	<a href="#">The DARTRY Health Club</a>  FREE Kids Boxercise classes: <ul style="list-style-type: none"> <li>• <b>Monday</b> 23rd April from 3pm - 4:30pm (8-10 years)</li> <li>• <b>Thursday</b> 26th April 3pm - 4:30pm (10-12 years)</li> </ul> <p><i>Pre- booking is essential so call us to get your place.</i></p>	Local Primary Schools	23/26 April	Sean <a href="mailto:membership@thedartryhealthclub.ie">membership@thedartryhealthclub.ie</a>
<b>LEISURE CENTRE</b>	<a href="#">SPORTSCO</a> South Lotts Road, Ringsend, Dublin 4  FREE Tennis Lessons – <i>Please contact centre, in advance, to discuss</i>	Local Primary and Post Primary Schools	23-27 April	Stuart Wilson <a href="mailto:stuart@sportsco.ie">stuart@sportsco.ie</a>

<p><b>LEISURE CENTRE</b></p>	<p><a href="#">Cabra Parkside Community &amp; Sports Complex</a></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><b><i>Please email or call in to centre IN ADVANCE to secure booking on ALL offers</i></b></p>	<p>Local Primary and Post Primary schools</p>	<p>March - June</p>	<p>Sinead Ennis <a href="mailto:Sinead.ennis@dublincity.ie">Sinead.ennis@dublincity.ie</a></p>
<p><b>ORIENTEERING</b></p>	<p>South Dublin County Sport Partnership has installed <a href="#">permanent orienteering courses at</a> the following locations:</p> <ul style="list-style-type: none"> <li>✓ CORKAGH Park</li> <li>✓ GRIFFEEN Valley Park</li> <li>✓ TYMON Park</li> <li>✓ The HELL FIRE Club</li> <li>✓ MASSEY'S Wood.</li> </ul> <p>All the maps for these courses are available are available to download <u>FREE of charge</u></p>	<p>Primary and Post Primary Schools</p>	<p>All Year</p>	<p><a href="http://sdcsp.ie/orienteering/">http://sdcsp.ie/orienteering/</a></p> <p>Find out more about <a href="#">Schools Orienteering</a></p>

<p><b>PARKRUN Juniors</b></p>	<p><a href="#">ALBERT Park Junior parkrun</a> Glasnevin, Dublin 9</p> <p>ALBERT COLLEGE junior parkrun invites local schools to celebrate <b>ACTIVE SCHOOL WEEK</b> by joining them on:</p> <p>Sunday, <b>April 22<sup>nd</sup></b> @ 9.30am Sunday, <b>April 29<sup>th</sup></b> @9.30am</p> <p>Pupils are encouraged to dress in their school colours and to bring along their school flag/mascot. Every participating school will get a really big SHOUT OUT at the start. Guaranteed FUN and suitable for children of all abilities.</p> <p>Interested schools should contact the junior Event Director <i>in advance</i></p>	<p>2km FUN run for juniors aged 4-14years</p>	<p>22/29 April And EVERY Sunday</p>	<p>Junior Event Director: Bronagh Traynor <a href="mailto:albertcollege-junioroffice@parkrun.com">albertcollege-junioroffice@parkrun.com</a></p> <p>Teachers - Why not REGISTER your school as a parkrun club? Your school name will appear in the parkrun results making it really easy to track progress <a href="#">REGISTER your SCHOOL - as a Parkrun club</a></p> <p><b>PUPIL REGISTRATION</b> – Every pupil must register themselves online with parkrun, in advance, using their school name, in order to receive their parkrun barcode. This will allow them to look up their times and see how their school does every week.</p> <p><u>The printed barcode must be brought along on the day for results.</u></p>
<p><b>PARKRUN Juniors</b></p>	<p><a href="#">BALBRIGGAN Junior parkrun</a></p> <p>BALBRIGGAN junior parkrun invites local schools to celebrate <b>ACTIVE SCHOOL WEEK</b> by joining them on:</p> <p>Sunday, <b>April 22<sup>nd</sup></b> @ 9.30am (Also our first anniversary so there'll be balloons and cake!)</p> <p>Sunday, <b>April 29<sup>th</sup></b> @9.30am</p> <p>Pupils are encouraged to dress in their school colours and to bring along their school flag/mascot. Every participating school will get a really big SHOUT OUT at</p>	<p>2km FUN run for juniors aged 4-14years</p>	<p>22/29 April And EVERY Sunday</p>	<p><b>Junior Event Director:</b> Andrea Wilson <a href="mailto:balbriggan-juniorsoffice@parkrun.com">balbriggan-juniorsoffice@parkrun.com</a></p> <p>Teachers - Why not REGISTER your school as a parkrun club? Your school name will appear in the parkrun results making it really easy to track progress <a href="#">REGISTER your SCHOOL - as a Parkrun club</a></p> <p><b>PUPIL REGISTRATION</b> – Every pupil must register themselves online with parkrun, in advance, using their school name, in order to receive their parkrun</p>

	<p>the start. Guaranteed FUN and suitable for children of all abilities.</p> <p>Interested schools should contact the junior Event Director <i>in advance</i></p>			<p>barcode. This will allow them to look up their times and see how their school does every week.</p> <p><u>The printed barcode must be brought along on the day for results.</u></p>
<b>PARKRUN Juniors</b>	<p><a href="#">DEERPARK Junior parkrun</a> Stillorgan</p> <p>DEERPARK junior parkrun invites local schools to celebrate <b>ACTIVE SCHOOL WEEK</b> by joining them on:</p> <p>Sunday, <b>April 22<sup>nd</sup></b> @ 9.30am and Sunday, <b>April 29<sup>th</sup></b> @9.30am</p> <p>Pupils are encouraged to dress in their school colours and to bring along their school flag/mascot. Every participating school will get a really big SHOUT OUT at the start. Guaranteed FUN and suitable for children of all abilities.</p> <p>Interested schools should contact the junior Event Director <i>in advance</i></p>	<p>2km FUN run for juniors aged 4-14years</p>	<p>21/29 April And EVERY Sunday</p>	<p><b>Junior Event Director:</b> Lucia Lambe <a href="mailto:lambe.lucia@gmail.com">lambe.lucia@gmail.com</a></p> <p>Teachers - Why not REGISTER your school as a parkrun club? Your school name will appear in the parkrun results making it really easy to track progress <a href="#">REGISTER your SCHOOL - as a Parkrun club</a></p> <p><b>PUPIL REGISTRATION</b> – Every pupil must register themselves online with parkrun, in advance, using their school name, in order to receive their parkrun barcode. This will allow them to look up their times and see how their school does every week. <u>The printed barcode must be brought along on the day for results.</u></p>
<b>PARKRUN Juniors</b>	<p><a href="#">HOLYWELL Junior parkrun</a> Swords</p>	<p>2km FUN run for juniors aged 4-14 years</p>	<p>22/29April,</p>	<p><b>Junior Event Director:</b> Sinead Davy <a href="mailto:holywell-juniorsoffice@parkrun.com">holywell-juniorsoffice@parkrun.com</a></p> <p>Teachers - Why not REGISTER your school as a parkrun club? Your school name will appear in the</p>

	<p>HOLYWEL junior parkrun invites local schools to celebrate <b>ACTIVE SCHOOL WEEK</b> by joining them on:</p> <p>Sunday, <b>April 22<sup>nd</sup></b> @ 9.30am</p> <p>OR</p> <p>Sunday, <b>April 29<sup>th</sup></b> @9.30am</p> <p>Pupils are encouraged to dress in their school colours and to bring along their school flag/mascot. Every participating school will get a really big SHOUT OUT at the start. Guaranteed FUN and suitable for children of all abilities.</p> <p>Interested schools should contact the junior parkrun Event Director <i>in advance</i></p>		<p>And EVERY Sunday</p>	<p>parkrun results making it really easy to track progress</p> <p><a href="#">REGISTER your SCHOOL - as a Parkrun club</a></p> <p><a href="#">REGISTER your school</a> as a club</p> <p><a href="#">PUPIL REGISTRATION</a> – Every pupil must register themselves online with parkrun, in advance, using their school name, in order to receive their parkrun barcode. This will allow them to look up their times and see how their school does every week.</p>
<p><b>PARKRUN Juniors</b></p>	<p><a href="#">MARLAY Junior parkrun</a> Rathfarnham</p> <p>MARLAY junior parkrun invites local schools to celebrate <b>ACTIVE SCHOOL WEEK</b> by joining them on:</p> <p>Sunday, <b>April 22<sup>nd</sup></b> @ 9.30am Sunday, <b>April 29<sup>th</sup></b> @9.30am</p> <p>Pupils are encouraged to dress in their school colours and to bring along their school flag/mascot. Every participating school will get a really big SHOUT OUT at the start. Guaranteed FUN and suitable for children of all abilities.</p>	<p>2km FUN run for juniors aged 4-14years</p>	<p>22/29 April</p> <p>And EVERY Sunday</p>	<p>Junior Event Directors: Daragh Kelly and Carol Healy <a href="mailto:daragh.kelly@parkrun.com">daragh.kelly@parkrun.com</a> <a href="mailto:Marlay-juniorsoffice@parkrun.com">Marlay-juniorsoffice@parkrun.com</a></p> <p>Please get in touch with Daragh and Carol, and we will we guide you through the registration process for your school.</p> <p>Children should register online (free) <i>in advance</i> <a href="http://www.parkrun.ie/register/">http://www.parkrun.ie/register/</a> to receive barcode and instructions</p>

<p><b>PARKRUN Juniors</b></p>	<p><a href="#">RUSH Junior parkrun</a> Kenure Woods</p> <p><b>Facebook:</b> <a href="https://www.facebook.com/Rush-junior-parkrun-915335988548600/?ref=bookmarks">https://www.facebook.com/Rush-junior-parkrun-915335988548600/?ref=bookmarks</a></p> <p>RUSH junior parkrun invites local schools to celebrate <b>ACTIVE SCHOOL WEEK</b> by joining them on:</p> <p>Sunday, <b>April 22<sup>nd</sup></b> @ 9.30am Sunday, <b>April 29<sup>th</sup></b> @9.30am</p> <p>Pupils are encouraged to dress in their school colours and to bring along their school flag/mascot. Every participating school will get a really big SHOUT OUT at the start. Guaranteed FUN and suitable for children of all abilities.</p> <p>Interested schools should contact the junior Event director <i>in advance</i></p>	<p>2km FUN run for juniors aged 4-14years</p>	<p>22/29 April and EVERY Sunday!</p>	<p><b>Junior Event Director:</b> Niall Power <a href="mailto:rush-juniorshelpers@parkrun.com">rush-juniorshelpers@parkrun.com</a></p> <p>Teachers - Why not REGISTER your school as a parkrun club? Your school name will appear in the parkrun results making it really easy to track progress <a href="#">REGISTER your SCHOOL - as a Parkrun club</a></p> <p><b>PUPIL REGISTRATION</b> – Every pupil must register themselves online with parkrun, in advance, using their school name, in order to receive their parkrun barcode. This will allow them to look up their times and see how their school does every week.</p> <p><u>The printed barcode must be brought along on the day for results.</u></p>
<p><b>PARKRUN Juniors</b></p>	<p><a href="#">St ANNE'S Junior parkrun</a> Clontarf, Dublin 5</p> <p>ST ANNE'S junior parkrun invites local schools to celebrate <b>ACTIVE SCHOOL WEEK</b> by joining them on:</p> <p>Sunday, <b>April 22<sup>nd</sup></b> @ 9.30am Sunday, <b>April 29<sup>th</sup></b> @9.30am</p> <p>Pupils are encouraged to dress in their school colours and to bring along their school flag/mascot. Every</p>	<p>2km FUN run for juniors aged 4-14years</p>	<p>22/29 April And EVERY Sunday</p>	<p><b>Junior Event Director:</b> Gillian Kenny <a href="mailto:stannes-juniorsoffice@parkrun.com">stannes-juniorsoffice@parkrun.com</a></p> <p>Teachers - Why not REGISTER your school as a parkrun club? Your school name will appear in the parkrun results making it really easy to track progress <a href="#">REGISTER your SCHOOL - as a Parkrun club</a></p> <p><b>PUPIL REGISTRATION</b> – Every pupil must register themselves online with parkrun, in advance, using</p>

	<p>participating school will get a really big SHOUT OUT at the start. Guaranteed FUN and suitable for children of all abilities.</p> <p>Interested schools should contact the junior Event director <i>in advance</i></p>			<p>their school name, in order to receive their parkrun barcode. This will allow them to look up their times and see how their school does every week.</p> <p><u>The printed barcode must be brought along on the day for results.</u></p>
<b>PITCH and PUTT</b>	<p><u>Lucan Pitch and Putt Club</u></p> <p>FREE use of facility FREE coaching session</p>	<p>Primary &amp; Secondary schools (children aged 10 yrs upwards)</p>	<p>March - June</p>	<p>Peter Keogh <a href="mailto:info@lucanpitchandputt.com">info@lucanpitchandputt.com</a></p>
<b>PITCH and PUTT</b>	<p><u>Ierne Pitch and Putt Club, Drumcondra, Dublin 9</u></p> <p>FREE use of facility FREE coaching session</p>	<p>Primary &amp; Secondary schools</p>	<p>March - June</p>	<p>Catherine Lally <a href="mailto:catherine.ierne@gmail.com">catherine.ierne@gmail.com</a></p>
<b>PITCH and PUTT</b>	<p><u>Old County Pitch and Putt Club, Kimmage, Dublin 12</u></p> <p>FREE use of facility FREE coaching session</p>	<p>Primary &amp; Secondary schools</p>	<p>March - June</p>	<p>Rob Ryan <a href="mailto:oldcounty@iol.ie">oldcounty@iol.ie</a></p>
<b>PITCH and PUTT</b>	<p><u>Loughlinstown Pitch &amp; Putt Club</u></p> <p>FREE use of facilities</p>	<p>Secondary schools in South Co. Dublin</p>	<p>March - June</p>	<p>Aiden Clarke <a href="mailto:loughlinstownpitchandputt@gmail.com">loughlinstownpitchandputt@gmail.com</a></p>
<b>ROWING</b>	<p>Calling on all DUBLIN <b>Get Going, Get Rowing</b> schools. ROW from your school to other Get Going, Get Rowing</p>	<p>Get Going, Get Rowing</p>	<p>April 23-27, 2018</p>	

	<p>schools across your county. CALL OUT to your destination school on Twitter using the hashtags <b>#getrowingcallout #ASW18</b></p> <p><a href="#">@get_rowing</a> <a href="#">@ActiveFlag</a>  <a href="#">@sportireland</a> <a href="#">@HealthyIreland</a></p> <p>All schools involved in the Get Going...Get Rowing programme will be invited to #Blitzit <b>Splash and Dash</b> on the water at Grand Canal Dock, Dublin 2 on April 20<sup>th</sup>.</p>	Schools in DUBLIN		To find out more about the Get Going, Get Rowing programme and to check out the CALL-OUT challenge visit <a href="http://www.getgoinggetrowing.com">www.getgoinggetrowing.com</a>
<b>SWIMMING</b>	<p><a href="#">SWIM for a MILE Challenge</a></p> <p>Does your school participate in swimming lessons? If so, why not participate in the 'Swim for a Mile' challenge event during national 'Active School Week'</p> <p>Challenge your class to complete the mile by working individually (over a number of weeks) or by working as a relay team during ASW.</p> <p>Swim Ireland will provide FREE certificates to everyone that completes the mile challenge a FREE class medal to each participating class.  <i>Individual medals and hats can be ordered at a cost</i></p>	Primary and Post Primary schools	March - June	Carol Finlay <a href="mailto:participation@swimireland.ie">participation@swimireland.ie</a> (086) 838 4346
<b>TRIATHLON</b>	<p>Triathlon coach available to visit school to give a FREE taster session of the '<a href="#">Tri-Heroes</a>' programme</p>	3 <sup>rd</sup> – 5 <sup>th</sup> class, Primary Schools	March - June	Gary Crossan <a href="mailto:gary@triathlonireland.com">gary@triathlonireland.com</a>
<b>TUG of WAR</b>	<p>Tug of War demonstration and mini competition for participating classes.</p>		March - June	Cathy O Toole <a href="mailto:ladiestugofwar2015@gmail.com">ladiestugofwar2015@gmail.com</a>

	€20 fee to go towards keeping the rope for the school	Primary and Post Primary schools		
<b>ULTIMATE FRISBEE</b>	Experienced coach available to visit schools and to give an Introductory session. <i>(a small fee applies)</i>	Primary and Post Primary schools	March - June	Dominick Smyth <a href="mailto:dominick@irishultimate.com">dominick@irishultimate.com</a>
<b>VOLLEYBALL</b>	<a href="#">SITTING Volleyball</a> has grown to be one of the most popular Paralympic sports due to its fast paced and energetic action. The game offers both disabled and non-disabled players the opportunity to compete both with and against each other in this dynamic team sport. Take the <a href="#">60 Seconds SITTING VOLLEYBALL Challenge</a>  <a href="#">Volleyball RESOURCE Pack</a> - This resource pack has fun lesson plans to help teach the skills of volleyball and to introduce Volleyball or Spikeball into your school.'	Primary and Post Primary	March - June	Sitting Volleyball <a href="mailto:inclusion@volleyballireland.com">inclusion@volleyballireland.com</a>  Norma Mc Intyre <a href="mailto:east@volleyballireland.com">east@volleyballireland.com</a> (01) 6707165
<b>WALKING</b>	<u>Launch your Active School WALKWAY</u>  Schools are encouraged to create an Active School WALKWAY around their school grounds and to launch it during national Active School Week (23-27 April, 2018). Tweet your 30 second launch day video to be in with a chance to win a set of outdoor speakers for your school.  <u>Special OFFER for ASF Schools Only</u> An Active School WALKWAY resource pack is available to <i>current</i> Active School Flag schools: schools awarded	Primary, Post Primary and Special Schools	23-27 <sup>th</sup> April	Tweet your 30 second launch day video <b>#activeschoolwalkway</b> during national Active School Week (April 23-27, 2018)  <a href="#">@ActiveFlag</a> <a href="#">@GetIreWalking</a> <a href="#">@HealthyIreland</a> <a href="#">@sportireland</a>

ASF between September 1<sup>st</sup>, 2014 and present and listed on the ASF Locations list on [www.activeschoolflag.ie](http://www.activeschoolflag.ie).

Visit <http://www.getirelandwalking.ie/registeryourschool/> to apply for this FREE resource before March 31<sup>st</sup>.

*Please note that only schools with current ASF status are eligible to apply for this resource pack*