

KILDARE Schools

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

ACTIVITY	OFFERS/IDEAS	Target Groups	Dates of OFFER	CONTACT
ATHLETICS	Try the School Mile Challenge	Primary (5 th and 6 th class) and Post Primary schools	March - June	Anthony White schools@athleticsireland.ie
CYCLING	Sprocket Rocket CYCLING – FUN activities for your school to try out in the playground during ASW	Primary Schools	March - June	Lawrence Salonen lawrence.Salonen@cyclingsireland.ie
GREEN SCHOOLS	Green Schools encourages schools to promote active travel as part of their #ASW18 programme. Make every day a WOW, SOW, COW, Park and Stride day and tally class scores to see which class will do the best Active Travel TALLY SHEET	Primary and Post Primary Schools	23-27 April, 2018	Visit https://greenschoolsireland.org/themes/travel/ to find out more the Active Travel theme.
GOLF	FREE golf ‘taster’ session available to interested schools <i>with a large indoor venue</i> .	2 nd – 6 th class PRIMARY schools	<u>23-27 April</u> Subject to availability for other dates	Maria Dunne maria@cgigolf.org

IRISH HEART FOUNDATION	<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 completion. Available FREE to schools running ASW programmes.</p>	Primary Schools	March - June	Caoimhe Rudden schools@irishheart.ie
KICKBOXING	<p><u>Bushido Martial Arts, Leixlip</u></p> <p>Free taster classes for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	Mark Smith Mark.smith@tusla.ie
KICKBOXING	<p><u>Bushido Martial Arts, Celbridge</u></p> <p>Free taster classes for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	David Carthy David.carthy@intel.com
KICKBOXING	<p><u>Bushido Martial Arts, Maynooth</u></p> <p>Free taster classes for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	Roy Baker Roy.p.baker@icloud.com

KICKBOXING	<p><u>Bushido Martial Arts, Kilkcock</u></p> <p>Free taster classes for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	Roy Baker Roy.p.baker@icloud.com
KICKBOXING	<p><u>Bushido Martial Arts, Enfield</u></p> <p>Free taster classes for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	James Bugle jbfitzone@gmail.com
LEISURE CENTRE	<p><u>Gymplus NAAS</u></p> <p>FREE swim passes FREE Family Fitness passes FREE Teen Fit class passes</p>	Local Primary and Post Primary Schools	23-27 April	Please check out the Gymplus NAAS website over coming days for details of #ASW18 offers
LEISURE CENTRE	<p><u>K Leisure, NAAS</u></p> <p>FREE GYM & SWIM TEEN classes on Tuesday 24th, Wednesday 25th and Thursday 26th. Class starts 4:45pm, and it includes 40min gym/studio class and 40 min leisure swim</p> <p>FREE VIRTUAL SH'BAM and VIRTUAL BODY COMBAT classes. Times TBC</p> <p>FREE swims sessions all that week between 1-3pm and 6-7pm.</p>	<p>Students aged 12-15 years</p> <p>Students aged 12-15 years</p>	23-27 April	Helena Vaz helena@kildareleisure.ie

	<i>All sessions must be pre-booked, and participants must quote 'Active School Week' to avail of the offer, limited spaces available.</i>			
LEISURE CENTRE	<p>K Lesiure, NEWBRIDGE</p> <p>FREE use of facilities (5 aside pitches/hall etc.) during school time – <i>This must be pre-booked and under school teacher supervision</i></p> <p>FREE gym passes FREE class passes</p>	<p>Primary and Post Primary Schools</p> <p>Teachers/Students (16yrs+ - ID required)</p>	<p>23-27 April</p>	<p>Maura Noone mnoone@kildarecoco.ie</p>
LEISURE CENTRE	<p>K-Leisure ATHY</p> <p>FREE teen class per day (Monday-Friday) from 4.30-5.15pm in our studio.</p> <p>FREE swims from 2-4pm and 7-8pm Monday to Thursday only.</p>	<p>Ages 12 yrs+</p> <p>Under 12 years</p>	<p>23-27 April</p> <p>23-26 April</p>	<p>Cathal Rowan cathal@kildareleisure.ie</p>
PITCH and PUTT	<p>Athgarvan Pitch & Putt Club</p> <p>FREE use of facility FREE coaching session</p>	<p>Primary & Secondary schools</p>	<p>March - June</p>	<p>James Dunne Jdunne1905@gmail.com</p>

ROWING	<p>Calling on all KILDARE Get Going, Get Rowing schools. ROW from your school to other Get Going, Get Rowing schools across your county. CALL OUT to your destination school on Twitter using the hashtags #getrowingcallout #ASW18</p> <p>@get_rowing @ActiveFlag @sportireland @HealthyIreland</p> <p>All schools involved in the Get Going...Get Rowing programme will be invited to #Blitzit Splash and Dash on the water at Grand Canal Dock, Dublin 2 on April 20th.</p>	<p>Get Going, Get Rowing Schools in KILDARE</p>	<p>April 23-27, 2018</p>	<p>To find out more about the Get Going, Get Rowing programme and to check out the CALL-OUT challenge visit www.getgoinggetrowing.com</p>
SWIMMING	<p>SWIM for a MILE Challenge</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>	<p>Primary and Post Primary schools</p>	<p>March - June</p>	<p>Carol Finlay participation@swimireland.ie (086) 838 4346</p>
TRIATHLON	<p>Triathlon coach available to visit school to give a FREE taster session of the 'Tri-Heroes' programme</p>	<p>3rd-5th class, Primary Schools</p>	<p>March - June</p>	<p>Gary Crossan gary@triathlonireland.com</p>

TUG of WAR	<p>Tug of War demonstration and mini competition for participating classes.</p> <p>€20 fee to go towards keeping the rope for the school</p>	Primary and Post Primary schools	March - June	<p>Cathy O Toole ladiestugofwar2015@gmail.com</p>
ULTIMATE FRISBEE	<p>Experienced coach available to visit schools and to give an Introductory session. (a small fee applies)</p>	Primary and Post Primary schools	March - June	<p>Dominick Smyth dominick@irishultimate.com</p> <p>Kevin Nolan kjpnolan@gmail.com</p>
VOLLEYBALL	<p>SITTING Volleyball 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 60 Seconds SITTING VOLLEYBALL Challenge</p> <p>Volleyball RESOURCE Pack - This resource pack has fun lesson plans to help teach the skills of volleyball and to introduce Volleyball or Spikeball into your school.'</p>	Primary and Post Primary	March - June	<p>Sitting Volleyball inclusion@volleyballireland.com</p> <p>Norma Mc Intyre east@volleyballireland.com (01) 6707165</p>
WALKING	<p><u>Launch your Active School WALKWAY</u></p> <p>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</p>	Primary, Post Primary and Special Schools	23-27 th April	<p>Tweet your 30 second launch day video #activeschoolwalkway during national Active School Week (April 23-27, 2018)</p> <p>@ActiveFlag @GetIreWalking</p>

with a chance to win a set of outdoor speakers for your school.

Special OFFER for ASF Schools Only

An Active School WALKWAY resource pack is available to *current* Active School Flag schools: schools awarded ASF between September 1st, 2014 and present and listed on the ASF Locations list on www.activeschoolflag.ie.

Visit

<http://www.getirelandwalking.ie/registeryourschool/>

to apply for this FREE resource before March 31st.

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

[@HealthyIreland](#)

[@sportireland](#)