

GALWAY Schools

The following support is available to schools running **Active School Week** programmes - please make sure to SCROLL DOWN to the bottom of this page.

NEW offers will be uploaded as and when they come in to us so make sure to regularly check the GALWAY tab.

ACTIVITY	OFFERS/IDEAS	Target Groups	Dates of OFFER	CONTACT
ATHLETICS	If you haven't yet launched The Daily Mile in your school national Active School Week is the perfect week to do so. School SIGN UP	Primary Schools	All Year	Nick Skelly nickskelly@thedailymile.ie
BASKETBALL	FREE 'taster session' from a Basketball Ireland Coach - non-basketball playing schools	Primary	7-10 May	Mike Murray Mike.murray@nuigalway.ie
BOXING	<u>Loughrea Boxing Club</u> <ul style="list-style-type: none">• Qualified coach available to visit schools to give a taster session using non-contact boxing drills• Schools can visit the boxing club during school hours to experience what it's like to train in a boxing club.• Open evening at the boxing club for local schools is also a possibility	Primary (10yrs+) Post Primary	April - June	Ferdy Whelan loughreaboxing@eircom.net (085) 1741684

GOLF	FREE golf taster session for schools with a large indoor hall.	Primary Schools	7-10 May Other dates – subject to availability	Maria Dunne maria@cigolf.org
HOCKEY Skills Challenge	<p><u>Hockey Skills Challenge</u></p> <p>Why not take on a Hockey Skills Challenge during <i>Active School Week</i>? 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. REGISTER</p>	Primary Post Primary	April - June	Sue Haslam Sue.haslam@hockey.ie
IRISH HEART FOUNDATION	<p><u>'Let's Get Active' Physical Activity Award</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. Available FREE to schools running ASW programmes. IHF Schools Programmes</p> <p><u>SKIPATHON</u></p> <p>Skipathon is a fun schools-based fundraising and physical activity campaign that has been inspiring Irish children to keep active while raising vital funds for the Irish Heart Foundation for the last 35 years.</p>	Primary Schools Primary Schools	All Year All Year	schools@irishheart.ie skip@irishheart.ie

	<p>Participating schools receive an Irish Heart Foundation Skipathon pack, including a Skipathon brochure, skipping ropes, posters and sponsorship cards.</p> <p>REGISTER</p>			
KICKBOXING	<p>AR Kickboxing, Tonabrocky, Galway</p> <p>FREE taster sessions for students, staff, TY programmes etc.</p>	<p>Primary</p> <p>Post Primary</p>	<p>April - June</p>	<p>Margaret Rogers Margaretrogers2012@live.com</p> <p>National Secretary: Martin Mc Mahon secretary@kickboxingireland.ie</p>
LEISURE CENTRE	<p>Coral Leisure Centre, TUAM</p> <p>FREE Teen Classes every day (7th, 8th, 9th, 10th May) at 4.15pm</p> <p>'Swim for a MILE' challenge – For schools attending the centre for swimming lessons</p> <p>ACTIVE Park Walk – Centre instructor available to lead ACTIVE park walks with local primary school classes, including bear crawls up the hill, rows on bar, lunges on steps, squat jumps etc.</p> <p>Available daily during #ASW19 (7-10 May)</p>	<p>Post Primary</p> <p>All Schools</p> <p>Primary Schools</p>	<p>7-10 May</p>	<p>Angela Collins Foh.tuam@coralleisurecentre.ie</p>

LEISURE CENTRE	<p>Coral Leisure Centre, BALLINSLOE</p> <p>FREE SWIM for local primary school children during national ASW – accompanying parents half price (€3). <i>Please mention Active School Week at reception.</i></p>	<p>Local Primary schools</p>	<p>7-10 May</p>	<p>Therese O Mahony</p> <p>ballinasloe@coralleisure.ie</p>
ORIENTEERING	<p>CORRIBDALE Permanent Orienteering Course Oughterard, Co Galway.</p> <p>Basic courses suitable for beginner levels</p> <p>Find out more about Schools Orienteering</p>	<p>Primary Post Primary</p>	<p>All Year</p>	<p>Frank Ryan frankryan46@hotmail.com</p>
ORIENTEERING	<p>Merlin Park Permanent Orienteering Course Galway</p> <p>Basic courses suitable for beginner levels</p> <p>Find out more about Schools Orienteering</p>	<p>Primary Post Primary</p>	<p>All Year</p>	<p>Frank Ryan frankryan46@hotmail.com</p>
PARKRUN Junior	<p>ORANMORE Junior parkrun</p> <p>Facebook: https://www.facebook.com/Oranmore-juniors</p>	<p>2km FUN run for juniors aged 4-14years</p>	<p>5th/12th May and EVERY Sunday!</p>	<p>Event Director: Padraig Fahey padraig.fahey@parkrun.com</p> <p>Teachers - Why not REGISTER your school as a parkrun club? Your school name will</p>

	<p>ORANMORE junior parkrun invites local schools to celebrate ACTIVE SCHOOL WEEK by joining them on:</p> <p>Sunday, April 22nd @ 9.30am Sunday, April 29th @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>appear in the parkrun results making it really easy to track progress REGISTER your SCHOOL - as a Parkrun club</p> <p><u>PUPIL REGISTRATION</u> – 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>SWIMMING</p>	<p>‘SWIM for a MILE’ – FREE Swim Hats Offer</p> <p>Does your school participate in swimming lessons?</p> <p>If so, why not participate in the ‘Swim for a Mile’ challenge event during national ‘Active School Week’ (7-10 May, 2019)</p> <p><u>1 mile = 64 lengths (25m pool)</u></p> <p>The challenge can be completed individually, in pairs/teams or by your whole class working together.</p>	<p>Primary</p> <p>Post Primary</p>	<p>7-10 May</p>	<p>Carol Finlay carolfinlay@swimireland.ie</p>

	FREE swim hats will be awarded to every student that participates in the 'Swim for a Mile' challenge during national Active School Week.			
TRIATHLON	Triathlon coach available to visit school to give a FREE taster session of the ' Tri-Heroes ' programme	Primary Schools	April - June	Anna Grealish anna@triathlonireland.com
ULTIMATE FRISBEE	Coach visit, introductory session and 8-week lesson plans. <i>A small fee applies</i>	Primary and Post Primary Schools	March - June	Zoe Langsdale zlangsdale@gmail.com
WALKING	<p><u>SHOWCASE your Active School WALKWAY</u></p> <p>Schools are encouraged to get out in the fresh air and to use their Active School WALKWAY during national Active School Week (7-10 May, 2019).</p> <p>SHARE a short video of your WALKWAY 'in action' on Twitter @GetIreWalking @activeflag to be in with a chance to win a set of outdoor speakers for your school. Remember to use #ASW19</p> <p><i>Active School WALKWAY packs are available to schools that engage with the Active School Flag programme and attend ASF training events.</i></p>	Primary Post Primary Special Schools	All Year Closing Date: June 17th	info@getirelandwalking.ie