



# KILMACUD CROKES KICKSTART 2018

**Launch & Registration SUNDAY 14<sup>TH</sup> January @ 8pm**

- CIRCUITS** with Mo Leahy on Mondays @ 9 p.m. in the Hurling Arena for 6 weeks starting January 22<sup>nd</sup>
- COUCH TO 5K** with Michael Carolan Tues & Thurs - 9.30 to 10.15 am - in The Paddock for 6 weeks from Jan 23<sup>rd</sup>
- Crokes Recall** Last Wednesday afternoon monthly @ 3 pm from Feb 28<sup>th</sup>
- CYCLING** with KC Wheelers meeting at the Club on Sundays @ 9 am from Jan 21<sup>st</sup> to 17<sup>th</sup> March
- HEALTH & WELLBEING**; (i) **Drugs Awareness** with Kevin Spain (ii) **Healthy Breathing Workshops** with Martha Downey deBuitléir (a) *athsma, cough & nasal problems, the link with your breathing pattern* (b) *help for those who snore and/or have sleep apnea* (c) *improving sports ability, the oxygen advantage* (iii) **CPR / AED** training (iv) **Yoga**; benefits of on mind and body with Fiona Donovan
- Hill Walking** with Philip Mulligan & Tom Gallery on Saturdays @ 9am (meet at Club). Commencing Jan 20<sup>th</sup>
- Irish Conversation** with Naomhán Ó Ríordáin - details to follow
- Parenting Mindfulness** with Catherine Walsh – details to follow
- PILATES** with Kiera Browne on Wednesday evenings in the Function Room for 6 weeks starting 24<sup>th</sup> January
- RUNNING** Tuesday evenings from the Clubhouse @ 7.30 p.m. for 6 weeks from 23<sup>rd</sup> January
- SET DANCING** with Shauna McGauran on Sundays @ 8.30 p.m. in the Function Room for 5 weeks from Feb 11<sup>th</sup>
- SINGING** on Sunday evenings @ 7.15 p.m. in the Function Room for 6 weeks starting 7<sup>th</sup> January
- SNOOKER** with Mick Holohan in the Clubhouse Snooker Room for 4 weeks from Wed Feb 21<sup>st</sup> @ 8 p.m.
- Sport4All** Community activity on Sundays from 2 to 3 p.m. in The Paddock from January 28<sup>th</sup> to March 11<sup>th</sup>
- STRESS CONTROL** with Aisling White, Principal Psychologist Manager, HSE Community Health East starting April and will include strategies for dealing with Exam Stress. Details to follow.
- TENNIS** Cardio Tennis with Lesley O'Halloran on Mondays for 6 weeks starting Jan 22<sup>nd</sup> @ 7 & 8 pm
- VOLUNTEERING** Many Opportunities; Make a difference, be part of a community and have fun.
- WALKING** Tuesday evenings from the Clubhouse @ 7.30 p.m. for 6 weeks commencing 23<sup>rd</sup> January
- YOGA** with Fiona Donovan
- FAMILY FUN DAY** **Sunday 11<sup>th</sup> March from the Clubhouse; Walk, Run, Sing & Dance!**

**Kick Start**