



KICKSTART *Spring '19*

CHES for adults with Brendan Cooney. Novices welcome. This is an opportunity for adults to learn the basic skills and challenge themselves over four weeks. More advanced adults are also welcome to come down and compete. All equipment provided.

Tuesdays @ 8 p.m. in Kilmacs Bar	29th January for 4 wks	Suitable for all	No charge
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CHOIR Are you a secret shower crooner with a desire to join a choir with fellow enthusiasts in a fun and learning environment?. If so, this is your chance... Studies show that singing improves mood with an associated decrease in stress and anxiety. These benefits are enhanced in a group setting. Newcomers welcome.

Sundays 6 to 7 p.m. in Function Room	From 13th January wkly	Suitable for all	€30 per term tbc
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CIRCUIT TRAINING with Nathan Fox, Fitness Instructor and Personal Trainer, in the Hurling Arena . Body conditioning and endurance training using multiple high-intensity exercises to loud music.

Tuesdays 9 to 10 p.m.	15th January for 6 weeks	Moderate fitness req'd	€30 for 6 weeks
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COUCH TO 5K mornings with Michael Carolan a.m. and Thursday evening with John Connellan et al!

Tuesdays & Thursdays 9.30 to 10.15 a.m.	15th January for 6 weeks	Moderate fitness req'd	No charge
Tuesdays 8.30 p.m. with John et al!			

'CROKES TALKS' ; A series of presentations supporting Positive Mental Health (*free*):

25 th Feb	Padraig Langan on Addiction	Padraig is the founding member of Sharing Point which exists to support adults who are affected by addiction, directly or indirectly, to recover from it's damaging results in their lives.
21 st March	Colman Noctor on Teenagers & Technology	Colman is a child and adolescent psychotherapist. He specialises in the treatment of emotional disorders. As a self-confessed technology addict himself he has a keen interest in the effects of contemporary media on child development and mental health.
4 th April	David Gillick on Mental Health & Sport	David is a former professional track and field athlete. He has since spoken openly and honestly about his own struggles with mental health and the strategies he used in his recovery.

CYCLING with Club Group 'KC Wheelers'. Participants are required to register with Cycling Ireland*

SUNDAYS from 9 a.m outside Club	Starting 20th January weekly	Moderate fitness	*Registration €50
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IRISH CONVERSATION / Ciorcal Gaelige A great opportunity for members and friends to meet and practice their Irish in a (very!) social atmosphere with others interested in speaking Irish. Everyone welcome.

Tuesdays 8.30 to 9.30 p.m. in Bar	Weekly	Suitable for all	No charge
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IRISH DANCING for 3 to 10 year olds with Shauna McGauran, principal of Shauna McGauran School of Irish Dance. Shauna is fully qualified T.R.C.G., Insured and Garda Vetted. The classes are suitable for all levels (including beginners) wishing to learn and improve.

Saturdays 9.30 to 10.30 a.m. in Room 5	12th January for 4 weeks	All levels 3 to 10	€20 for 4 weeks
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MEDITATION FOR WELLBEING With Masoumeh Melrose. Stress is perhaps one of the greatest 'health robbers' in our lives today. While some stress is unavoidable, Meditation is recommended to improve general wellbeing and can help. Suitable for complete beginners as the process of relaxation and meditation will be broken into simple basic steps.

Wednesdays 11a.m to 12 in Room 4	23rd January for 4 wks	Suitable for all	€10 per session suggested
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PILATES with Kiera Brown, a Chartered Physiotherapist. Pilates benefits include good posture, longer leaner muscles, improved flexibility and mental health, stronger bones and improved general health. Kiera will run 2 classes (i) for **Teenagers** (ii) for adult starters

Thursday (i) 7.45 to 8.30 p.m. (ii) 8.30 to 9.15 p.m.	17th Jan for 5 wks	Suitable for all	€25 for 5 classes
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POUND FITNESS *for Teenagers*; with Nathan Fox, Fitness Instructor, fitness instructor and personal trainer. Get fit to your favourite tunes and release your inner rock star. High energy, aerobic workout with high intensity exercises using drumsticks and to loud music. Moderate fitness required.

Thursdays 6.30 to 7.30 p.m. in Function Room	17th Jan for 6 wks	Teens	€30 for 6 weeks tuition
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SET DANCING with Shauna McGauran. No previous experience is required and everyone is welcome. It's really great fun, excellent exercise and a super way to socialise - volunteers typically end with a cuppa!.

Sundays 7.30 to 8.30 p.m. in Function Room	27th January for 4 wks	Suitable for all	€20 for 4 weeks
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SLIMMING WORLD Slimming World is one of the nation's favourite ways to lose weight. Using their food optimising system, they'll help you reach your desired weight and stay there without feeling deprived. Meetings take place Mondays @ 7.30 p.m. in the Function Room and Thursdays @ 9.30 a.m. in the Board Room.

Mondays @ 7.30 p.m. with Karen Thursdays @ 9.30 a.m. with Emma	52 wks	Suitable for all	No sign up fee for Kickstart; regular €9 weekly class fee
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TAI CHI with Alex Delogu. Alex will go through Tai Chi moves slowly, explaining the reasoning behind the Tai Chi starting with the assumption that most people are only barely aware of their bodies until it begins to break down or hurt from long-term damage. Tai Chi is not just for recreation, it has a serious function to re-wire your nervous system so that future moves are not putting strain through the system.

Wednesdays 7 to 8 p.m. in Function Room	16th January for 4 wks	Suitable for all	€35 for 4 weeks
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Cardio TENNIS with Lesley O'Halloran. Cardio tennis is an engaging group fitness program featuring tennis drills, games and skills delivering a full body workout. It is open to all levels of tennis ability

Tuesdays 7 to 8 p.m. & 8 to 9 p.m.	22nd January for 4 wks	Moderate fitness req'd	€20 for 4 weeks
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WALKING with Aileen Murphy, Rachel Hynes et al. Walkers will start from the Clubhouse and walk locally

Tuesdays 7.30 p.m.	23rd January for 6 weeks	Suitable for all	No charge
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YOGA *for Teenagers* with Fiona Donovan. The most common reason for sport related injuries is overuse and abuse. The best prevention is to become aware of your body and its symmetry. The class will focus on helping to prevent these injuries with a range of stretching and balancing poses. It will give you the time to tune into your bodies and recognize imbalances before they become injuries.

Tuesdays 7.45 to 8.30 p.m. in Function Room	16th January for 6 wks	Suitable for all	€30 for 6 wks
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You may also be interested in some great local initiatives (*just a small sample below...*):

Marlay Park 'PARK RUN' in partnership with the VHI, Healthy Ireland, Athletics Ireland and supported by Sport Ireland. A 5km run against the clock for adults on Saturdays at 9.30 a.m. and a 2km run for juniors (4 to 14 yrs) on Sundays at 9.30 a.m. Participation is free. Register before first run and bring barcode with you. **Pregnancy Wellness Support Programme (Free)**, a DLR Children and Young People Services Committee Initiative funded by Healthy Ireland; #Gentle yoga #nutrition #Birthing and feeding #Wellbeing support and advice. Healthy refreshments provided. Contact brid.o'dwyer@sspsip.ie. The **Stillorgan Local History Society** Meetings take place in the Clubhouse each month on the 2nd Thursday. New members welcome. **Stress Control Course (Free)**; a 6 session evening class run by the HSE Dublin South Primary Care Psychology Service. 'Stress Control' was devised to help people who experience stress and who are keen to learn how to tackle their problems themselves. Sessions include (i) Learning about stress (ii) Controlling your body (iii) Controlling your Thoughts (iv) Controlling your Actions (v) Controlling Panic and (vi) Controlling Sleep Problems and Review. Contact Vanessa.coffee@hse.ie