

Kilmacud Crokes Active Autumn 2021

Welcome to our Active Autumn Programme



For some activities numbers are limited due to covid restrictions

1. COUCH TO 5K Tuesday mornings with Vincent Brett & Tuesday evenings Niamh Walsh leaving from the front of the Clubhouse. Please wear High Vis / Reflective Clothing.

Tuesdays 9.30am Tuesday 8pm	9 th Nov x 4 weeks	Moderate fitness	No charge
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2. WALKING with Caroline Little. Walkers meet at the Clubhouse and walk locally. Pace and distance is set to suit participants. Please wear High Vis / Reflective Clothing.

Tuesdays 8pm	9 th Nov x 4 weeks	Suitable for all	No charge
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3. CYCLING with Club Cycling Group 'KC Wheelers'. Participants are required to be members of Kilmacud Crokes. Prompt departure at 9am outside the clubhouse. Bike in good condition, helmet required.

SUNDAYS 9 a.m	7 th Nov x 4 weeks	Moderate fitness	No Charge
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4. IRISH DANCING for 3 to 12 year olds with Shauna McGauran, principal of Shauna McGauran School of Irish Dance. Shauna is T.R.C.G. qualified, Insured and Garda Vetted. The classes are suitable for all levels

Saturdays 9.30 to 10.30 a.m. in Room 5	6 th Nov x 4 weeks	Ages 3 to 12	€35 for 4 weeks
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5. Movement, Relaxation & Mindfulness using mind and body connections, with Masoumeh Melrose, a qualified Alexander Technique Teacher and practitioner.

Mondays 11am to 12 noon	8 th Nov x 4 weeks	Suitable for all	€65 x 4 weeks
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6. PILATES with Kiera Brown, Chartered Physiotherapist. Pilates benefits include good posture, longer leaner muscles, improved flexibility and mental health, stronger bones and improved general health.

Thursday 9.30am	11 th Nov x 4 weeks	Suitable for all	€40 for 4 weeks
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7. 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. 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.

Thursday 11am in Function Room	11 th Nov for 4 wks	Suitable for all	€40 for 4 weeks
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8. TENNIS Cardio Tennis with Lesley O'Halloran, Glenalbyn Tennis Club Coach.

Wednesdays 6.45 to 7.45 p.m. in Glenalbyn Tennis	10 th Nov for 4 weeks (no class 24 th Nov, last class 1 st Dec)	Moderate fitness	€35 for 4 weeks
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Kilmacud Crokes' Healthy Club Committee
Please Register your interest
kilmacudcrokes.healthyclub@gmail.com