



LIMERICK CITY SPORTS PARTNERSHIP



ACTIVITIES - SUMMER 2010 Children and Adults with Disabilities in Limerick City and County

| Club | Venue | Participants | Day/Date | Time | Cost |
|---|--|---|---|--------------------------------|--------------------|
| Boccia Sessions | St Endas Sporting Complex | Adults with Intellectual/Learning difficulties | Wednesdays 2-3pm | 2pm-3pm | €1 per session |
| Evening Exercise Classes | Old Christians GAA Hall | Adults with Intellectual/Learning difficulties | Tuesdays 13th July-31st August | 7pm-8pm | €40 for 8wk block |
| Summer Multi Sports Club | UL Areana | 6yrs-14yrs pan disability | Thursdays July 8th-27th August | 10.30am-12pm | €40 for 8 wk block |
| Wheelers Club | Scoil Mhuire agus Ide Secondary School, Newcastle West | Teenagers and adults with physical disabilities | Thursdays June 17th-5th August | 6pm-7:45pm | €40 for 8wk block |
| Shannonside Rangers Powerchair Soccer Team | Cratloe GAA Club | Children and Adult Powerwheelchair users | Wednesday 30/6, 7/7,14/7. National Cup on Saturday 17/7 | 12pm-1pm | no cost |
| Wheelchair Tennis | Monaleen Tennis Club | Teenagers and adults with physical disabilities | Tuesdays - start date TBC | 6-7pm | TBC |
| Gym and Fitness | U.L. Arena Gym | All abilities | Time/days vary flexible 1:1 session/group | | €3.50 per session |
| Clubs and Sessions Outside Partnership | | | | | |
| Swim INC | U.L. Arena Swimming Pool | Children all abilities | Tuesday evenings-starting | 5pm-5.45pm | €60 for wk course |
| Swimming | St Gabriel's Hydro Pool | All abilities-public swim | Monday 11am-12pm Wednesday 2pm-3pm | 1hr | €15 per hr session |
| Football for All contact Nick Harrison 086-0472051 | Wolftones GAA, Shannon | Girls/Boys 7yrs-14yrs with Dyspraxia, cerebral Palsy or motor coordination Difficulties | Thursdays-Monthly 4/2, 4/3, 1/4,6/5,3/6,1/7, 5/8, 2/9, 7/10,4/11,2/12 | 4pm-5pm | n/a |
| Adapted Rowing | Castleconnell Rowing Club | All abilities, all ages | Wednesdays | Time Slots 4pm, 4.40pm, 5.20pm | €5 per row |
| Shannonside Wheelers Basketball Club | Bawnmore Hall | Teenagers and adults with physical disabilities | Mondays 28/6,12/7,26/7,9/8, 23/8 | 7pm-9:00pm | |

LIMERICK CITY SPORTS PARTNERSHIP, Tel: 061-468542, E-mail: info@limerickcitysports.ie



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www.limerickcitysports.ie



Many of these activities are kindly supported by the BDO Get BaCk Challenge

