

## North West Area Activities

<b>Event</b>	Finglas Activity Bonanza (FAB)
<b>Venue</b>	Mellowes Road, Finglas, Dublin 11 (Finglas Leisure Centre, Mellowes Park, Finglas Youth Resource Centre)
<b>Date</b>	5 <sup>th</sup> November
<b>Time</b>	12noon – 4pm
<b>Cost</b>	Free
<b>Registration</b>	Groups of 10+ participants must register with <a href="mailto:antonia.martin@dublincity.ie">antonia.martin@dublincity.ie</a> / 01-2225407 / 087-1254709
<b>Description</b>	Community multi-sport event. Activities include: free access to Leisure Centre, rugby, soccer, table tennis, athletics, prams in the park, paintball target shooting, self defence and much more.
<b>Target Group</b>	Finglas Community
<b>Programme</b>	Prams in the Park
<b>Venue</b>	Playground, Johnstown Park (Glasanaon Rd Entrance), Finglas, Dublin 11
<b>Date</b>	Every Wednesday
<b>Time</b>	11am – 12 noon
<b>Cost</b>	Free
<b>Registration</b>	<a href="mailto:antonia.martin@dublincity.ie">antonia.martin@dublincity.ie</a> / 01-2225407 / 087-1254709
<b>Description</b>	Light outdoor exercise class for parents with prams/ buggies. Includes walking and light strengthening and toning exercises.
<b>Target Group</b>	Parents with children in prams / buggies

**Programme** Revitalise through Exercise  
**Venue** Ballymun Leisure Centre, Ballymun Road, Dublin 9  
**Date** Every Friday  
**Time** 12noon – 1pm  
**Cost** €3 per class  
**Registration** [antonia.martin@dublincity.ie](mailto:antonia.martin@dublincity.ie) / 01-2225407 / 087-1254709  
**Description** Combination of seated and standing exercises designed to improve functional fitness through improving strength, balance, co-ordination and cardiovascular fitness.  
**Target Group** Adults over 50 years wishing to improve functional fitness

**Programme** Meet & Train / Johnstown Joggers  
**Venue** Johnstown Park (Glasanaon Rd entrance), Finglas, Dublin 11  
**Date** Every Wednesday  
**Time** 7 – 8pm  
**Cost** Free  
**Registration** [antonia.martin@dublincity.ie](mailto:antonia.martin@dublincity.ie) / 01-2225407 / 087-1254709  
**Description** Recreational running group. Caters for absolute beginners and those looking to jog socially  
**Target Group** Adults

**Programme** Older Adult Aqua  
**Venue** Finglas Leisure Centre, Mellows Road, Finglas, Dublin 11  
**Date** Every Tuesday and Friday  
**Time** Tuesdays 1 – 2pm ; Fridays 11am – 12noon  
**Cost** €20 for 10 weeks  
**Registration** Register with Finglas Leisure Centre, call in or phone 01-8642584  
**Description** Water-based aerobic class. Swimming ability not essential  
**Target Group** Older Adults

**Programme** Older Adult Aqua  
**Venue** Ballymun Leisure Centre, Main Street, Ballymun, Dublin 9  
**Date** Every Wednesday  
**Time** 11am – 12noon  
**Cost** €20 for 10 weeks  
**Registration** Register with Ballymun Leisure Centre, call in or phone 01-8623510  
**Description** Water-based aerobic class. Swimming ability not essential  
**Target Group** Older Adults

**Programme** Age-ilty  
**Venue** Finglas Leisure Centre, Mellows Road, Finglas, Dublin 11  
**Date** Thursdays  
**Time** 11am – 12noon  
**Cost** €3 per class  
**Registration** Register with Finglas Leisure Centre, call in or phone 01-8642584  
**Description** Low impact aerobic class designed to improved cardiovascular fitness, strength, balance and co-ordination  
**Target Group** Older Adults

**Programme** Body Pump  
**Venue** Ballymun Leisure Centre, Main Street, Ballymun, Dublin 9  
**Date** Thursdays  
**Time** 11am – 12noon  
**Cost** €3 per class  
**Registration** Register with Ballymun Leisure Centre, call in or phone 01-8623510  
**Description** Exercise class designed to increase strength  
**Target Group** Older Adults

