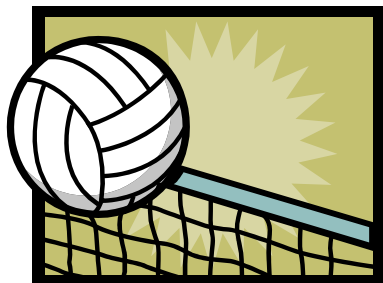


Spring/Summer Opening Hours

Day	Opening Hours
Monday	9am to 10pm
Tuesday	9am to 10pm
Wednesday	9am to 10pm
Thursday	9am to 10pm
Friday	9am to 5pm
Saturday	10am to 5pm

Want to set up your own group? All our facilities are available for hire—just drop in and see how we can help!



Facilities

- Full sized Sports Hall
- All Weather Pitch
- Dance/Fitness Studios/Meeting Rooms
- Boxing Studio/ 2 Clubs
- Poppintree Youth Project
- Community Employment Office
- Sport Across Ireland Office
- Martial Arts Studios
- Community Crèche

Some Current Activities

Senior Bowls / Soccer

Shotokan Karate

Girls Soccer/Body Zorbing/Weight Management

Fitness Classes/Birthday Parties/Health Classes

Aisling Project/ Dublin Roller Girls

The Block Hip Hop/Taekwondo

Supervised Drop-in Games Sessions

Dance classes, Zumba

Etc.

*Nothing on the List of interest...?
Why not drop in and let us know?
Hope to see you
soon...*



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council

Balbutcher Lane
Ballymun, Dublin 11

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New Programme!

**Ionad Spóirt Pobail Chrann
Phapáin
Poppintree Community Sports
Centre**

Spring/Summer Programme 2014



*Living Your Life
The Heart of the Community*



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council

Spring/Summer

Welcome ...

to our **Spring/Summer Programme**. As the evenings begin to stretch out and everybody settles back into normal routine,, now is a good time to consider **getting the kids involved** in an activity or sport, or indeed getting involved in something yourself. We are rolling out a **range of activities and sports this season** in our fabulous **Community Sports Centre**.



We have all the usual sports including **football, martial arts and basketball** as well as a few different ones such as **Body Zorbing**, fit/dance for kids and **Zumba**. Continuing due to popular demand is our **fun fitness** classes, including the latest craze, **TRX** and the ever popular pool and table tennis in our youth studio . There is sure to be **something of interest** to everyone! If not, let us know...

All our facilities are available for hire. In line with the times we have kept facility hire charges as reasonable as possible. Just let us know what you want to do . See you there soon...!

*"A new year—A new leaf."
Why not drop in today to see
what we can do for you?*

Day	Fitness Classes	Time	€
M	Boxercise	11am	3
	Aerostep	6pm	3
T	Boot Camp Circuit Class	1pm	3
	TRX Circuit	6pm	5
W	TRX Circuit	1pm	5
T	Boot Camp Circuit Class	1pm	3
	Boot Camp Circuit Class	1pm	3
F	TRX Circuit	11am	5
	Classes and Activities subject to change.		
	Call centre to confirm.		
	We also tailor fitness/active classes to private and community groups—just let us know how we can help.		

*Living Your Life?
We're here to help!*

Clothing: Participants should wear loose fitting comfortable clothes and trainers.
Note: All participants will have to sign a health screening form. 18yrs and over only.

**Some Centre Activities
Try One - Try All*
You Choose...**

Day	Activity	Time	€
M	Active Age Bowls	1.30pm	
	Ladies Basketball	7pm	
	Red Star Taekwondo	6pm	
	Teenagers Hip Hop	8pm	
	Mobhi Magic Club*	8pm	
	Shamrock Celtic	5pm	
T	Unislim	6pm	
	Sports Across Ireland	3.30pm	
	Zumba	8pm	
W	Children's Art Group	4pm	
	Ballymun Utd	7pm	
	St Josephs NS PA	9.30am	3
	Over 40s Football*	6pm	
	Shotokan Karate	8pm	5
	St. Margaret's PHC*	11am	
T	Active Age Bowls	1.30pm	
	Zumba	8pm	2
	Red Star Taekwondo	6pm	
F	Bingo (€7 book, €5 card)	11am	5
S	Irish Dancing	10am	
	Sports Across Ireland	10.30	
*	*Private Group - Ask if Interested	Call for more details	

