



Timetable: September to December 2017. *Specific Junior Activities are Highlighted in Yellow.* Juniors may also take part in other activities deemed suitable. For classes highlighted in Red, if you wish to participate in Special Olympic events, if you haven't already done so, please fill out a Special Olympic Form (valid 5 years) which can be downloaded from our website at www.lakers.ie

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00						JUNIOR SPORTS CLUB 1 Term 9.00 – 9:45	
10.00						JUNIOR SPORTS CLUB 2 Term 9:45 – 10:30	
10.30	COOKERY 10.30 – 12.30 GOLF Bray 10.45 – 12:00 POTTERY 10.30 – 12.30pm	COOKERY 10.30 – 12.30 GOLF Charlesland 10.30-11:30	COOKERY Term 10.30-12.30 WALKING Club 10.30 – 3.00 POTTERY 10.30-12.30 MUSIC THERAPY 10.30 – 11.15	ARTS & CRAFTS 10.30 – 11.30 COOKERY 10.30 –12.30 DANCE (1) 10.30 – 11.30	MUSIC & SONG (1) 10.30-11.15 FRIDAY STROLLERS 10.30	TEEN SPORTS 10..30 – 11.30 GYM 10:30-11:30	
11.00	GYM (Loughlinstown) 10.30 – 11.30				ATHLETICS 11.00 -12.00	* MENS'S BASKETBALL TEAMS 11:30–12:30	TAG RUGBY 11.15-12.30 Greystones Rugby Club
11.15		DRUMMING (1) 11.15					
11.30		DRUMMING (2) 12.05	TENNIS 11.00 – 12.00		MUSIC & SONG (2) 11.30-12.15		
11.45			MUSIC THERAPY 11.15 – 12.00				
12.30						*BADMINTON and Badminton Skills 12.30 –1.30 BOXERCISE 12:30 - 13:30 13:30 – 14:30 (At the Brady Centre)	
2.00	COOKERY 2.00 – 4.00 TABLE TENNIS 2.00-3.00	BOCCE(1) 2.00 – 2:45	COOKERY 2.00 – 4.00	LADIES HEALTH & WELLBEING 2.00 – 3.00	DANCE 2.00 – 3.00		
2.30		SKIING Commences Oct		COMPUTERS 2.00 – 2:45			
3.00		BOCCE(2) 3.00 – 3:45 LADIES BASKETBALL 4:00-5:00	KEEP FIT 3.00-4.00 JUNIOR ATHLETICS 1 3.30 – 4.15 JUNIOR ATHLETICS 2 4.15 – 5.00pm Charlesland	COMPUTERS 2.45 – 3:30			
3.45	JUNIOR Playball CLUB 3.45 –4.45						
4.00				JUNIOR ART 4:00 – 5:00	SWIMMING 4.00-5.00		
4.15		TEEN Playball CLUB 4.15 –5.15	DROP IN Centre including meal				
5:00	Tennis Greystones 5:00-6:00pm						
6.00	FOOTBALL 7 A+B 6 - 7.00pm		FOOTBALL 7-A 6.00 – 7.00pm	ARTS & CRAFTS 6:00 -7.30pm			
6.30		BOWLING 6:30-8:00pm	DRAMA & MUSIC 6:30 - 7:45pm				
7.00	Tug of War 7:15 to 8:15		DRAMA & MUSIC 7:45- 9pm.				
7.30				ARTS & CRAFTS 7:30- 9pm.			

Our contact details are:
 Lakers "Meeting Special Needs"
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www.lakers.ie
 Find us on: facebook.