



Senior Activities

Monday	Tuesday AM	Tuesday PM	Wednesday AM	Wednesday PM	Thursday	Friday	Saturday
9.30-10.30 Table Tennis €45 Lakers	9.30-10.15 Bocce €48 Lakers	14.00-15.00 Dance €48 Shoreline Bray	9.30-10.15 Acting Skills €48 Lakers	14.00-16.00 Cookery €80 Lakers	9.30-10.30 Running Club €48 Lakers	10.30- 12.30 Athletics €48 Shoreline G'Stones	11.30- 12.30 Men's Basketball €48 St. Thomas'
10.30- 12.00 Golf €45 Bray Golf Club	10.30- 12.30 Cookery €80 Lakers	15.30-16.30 Ladies Fit Group €48	10.30- 12.30 Cookery €80 Lakers	14.00-15.00 Keep Fit €48 Shoreline Bray	10.30-11.15 Computers €48 Lakers	10.30-11.15 Music and Song €48 Lakers	12.30-13.30 Badminton €42 St. Thomas'
10.30-12.30 Pottery €75 Lakers	10.30-11.15 Bocce €48 Lakers	18.30-20.00 Bowling €8 per night Bray Bowl	10.30-12.30 Pottery €80 Lakers	16.30-18.00 Drop In €5 per day Lakers	10.30-11.45 Hip Hop €48 Shoreline Bray	10.30-12.00 Strollers €48	12.30-13.30 Boxercise €42 Lakers
10.30-12.30 Cookery €75 Lakers	10.30-11.30 Drumming €48 Lakers	Lisa	10.30-12 Tennis €48 G'stones Tennis Club	18.00-19.00 Beginner Art €48 Lakers	10.30-12.30 Cookery €80 (Gluten Free) Lakers	11.30-12.15 Music and Song €48 Lakers	13.30-14.30 Boxercise €42 Lakers
11-12 Gym €45 Shoreline Bray	10.30-12.30 Golf €48 Charlesland GC	Nadia	10.45-11.30 Music and Movement €48 Lakers	18.00-19.00 Drama and Song €48 Lakers	11.15-12.00 Computers €48 Lakers	13.00-15.00 Enterprise Development €48 Lakers	Discounted Cost for Multiple Saturday Activities Is €70
14.0-016.00 Cookery €75 Lakers	10.30-11.30 Art Class €48 Lakers	Christine	14.00- 15.30 Gardening & Horticul- ture €48 Lakers	18.00-19.00 Football €48 St. Gerard's	14.00-15.00 Ladies Health and Wellbeing €48 Lakers	16.00-17.00 Swimming €96 Shoreline Bray	Sunday
18.00-19.00 Football €45 St. Gerard's	11.30-12.30 Craft Class €80 Lakers	June	Lakers Transport available from local Day Services as required	19.00-20.00 Art 1 €48 Lakers	18.30-19.30 Drumming Circle €48 Lakers		11.15-12.30 Tag Rugby Greystones Rugby Club
17.00-18.00 Tennis €45 G'stones Tennis Club	€3.50 Per class €45/€48 per term €5.50 Cookery, Pottery, & Craft €75/ €80 per term Please number classes in order of preference.			19.00-20.00 Drama and Dance €48 Lakers	 Name: _____		
7.15-8.15 Tug of War €45 Lakers				20.00-21.00 Art 2 €48 Lakers			

Junior Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15.45-16.30 12+ Dance Shoreline €45	16.15-17.00 Teen Playball €80 Lakers	15.30-16.15 Junior Athletics €48 Shoreline Greystones	16.00-17.30 Teen Drop in €5 Lakers	16.00-17.00 Swimming €96 Shoreline Bray	9.00-9.45 Junior Sports €42 St. Thomas Gym	11.15-12.30 Tag Rugby Greystones Rugby Club
		16.15-17.00 Junior Athletics €48 Shoreline Greystones	17.45-18.30 €48 Junior Drama and Music Lakers		9.45-10.30 Junior Sports €42 St. Thomas Gym	
		16.00-17.00 Junior Art €48 Lakers			10.00-10.45 Junior Music and Move- ment €42 Lakers	
Member: _____ <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;">Office use: Number: _____</div>					10.30-11.30 Teen Basketball €42 St. Thomas Gym	
					11.00-11.45 Junior Music and Move- ment €42 Lakers	

Lakers Sports and Recreational Club,

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www.lakers.ie

Please number classes in order of preference.