



Lakers Social & Recreational Club
The Old School House
Eglinton Road
Bray, Co Wicklow
T: 012022694 | E: info@lakers.ie
www.lakers.ie



Hello Everyone, we know these are strange times for you all and we hope you are doing ok and staying safe. We know you miss all your Lakers activities and seeing your friends, we miss you all too. We are using our Website, Facebook Page, Twitter, LinkedIn and Instagram pages to keep everyone up to date on classes and to share any information we think may be useful in the current climate. If you don't have access to any of these platforms, please let us know and we will endeavour to find a way to keep you included in our communications.

We are really looking forward to seeing you back in the Centre in the future. We hope you find the information in this newsletter useful and if you have any ideas on how we can stay in contact please email us at info@lakers.ie

Stay safe and we will see you all soon,

Lakers Team.

P.S Here is a photo of us having a virtual meeting using zoom.



Virtual Activities

Our virtual timetable is now live, we are using Facebook Live, Zoom and Lakers YouTube Channel to bring the classes to our members.

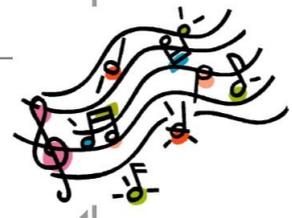
Below is the current virtual timetable, if a class is conducted on Zoom, please send an email to info@lakers.ie at least 24 hours before the class is due to take place and we will invite you to join in. Our classes are open to all Lakers Members, but we may need to cap classes if the demand is high, if this happens the spaces will be allocated on first come, first served basis.



LAKERS Virtual Classes



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lisa Junior Keep Fit 11.30-12.30am Zoom	Lisa Senior Dance 11.30-12.30am Zoom	Lisa Ladies Health 11am-12pm Zoom	Lisa Adult Fitness 10am-11am Zoom	Graham Keep-Fit 9.30am-10.30am Facebook Live	Nadia Junior Music 10.30am-11am Zoom
Niamh Cookery Video @ 2pm Facebook	Graham Keep-fit @ 2pm Facebook Live	Nadia & Christine Teen Music & Art 11am-11.30am Zoom	Lisa Junior Fitness 11am-12am Zoom	Lisa Mindfulness Tips 2pm Facebook	
			Nadia Senior Music 12am-1pm Zoom		



www.lakers.ie

Facebook: Lakers: Meeting Special Needs

Instagram: [lakersmeetingspecialneeds1989](https://www.instagram.com/lakersmeetingspecialneeds1989)



zoom

Click ICONS BELOW TO VISIT OUR SOCIAL MEDIA PAGES



YouTube

Volunteers

We hope you are doing ok, and we know you miss seeing the members. If you would like to conduct a virtual class or send in some activities that we can share online, give Andrew a call on 086-6062913 or email andrew.synnott@lakers.ie



Payments

If anyone needs to make a payment to Lakers, this can be done over the phone with Cathy, to arrange please email cathy.kelly@lakers.ie and she will give you the details.