




Summer Programme:
5th July-30th July

LAKERS

Register for classes using Lakers Community or
emailing info@lakers.ie

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am-12pm Junior Fun and Games with Hannah Garden €40	10am-11am Adult Get-together with Graham Zoom €20	10am-12pm Adult Hill Walking with Volunteers €20	10am-12pm Junior Games with Graham Garden €40	10am-11am Adult News and Weather with Niamh Zoom €20	9.30am-10.30am Junior Activities with Hannah Garden €15
12pm-1pm Adult Art with Christine Zoom €20	11.30am-12.30pm Adult Music with Nadia Zoom €20	10am-11am Adult Fitness with Graham Zoom €20	10am-12pm Adult Healthy Eating and Exercise with Niamh Gazebo €40	10am-12pm Strollers with Volunteers €20	10.45am-11.45am Teen Activities with Hannah Garden €15
12pm-2pm Adult Walk with Graham + Nadia Belmont €20	1pm-3pm Teen Club with Hannah Garden €40	2.30pm-4pm Adult Art with Christine Garden €40	11-12 Adult Glee Club with Hannah Zoom €20	11pm-12pm Adult Athletics Charlesland €20	12pm-1pm Teen Activities with Hannah Garden €15
1pm-3pm Teen Club with Hannah Garden €40	2pm-4pm Adult Nature Walk and Picnic with Nadia Cabinteely Park €20	3.30-4.15/4.30-5.15 Junior Athletics Charlesland €20	2pm-3pm Teen Glee Club with Hannah Garden €40	1.30pm-3.30pm Teen Picnic and Walk with Graham Garden €40	
3.30pm-4.30pm Adult Music with Graham Zoom €20	3.30pm-4.30pm Junior Football with Graham Shoreline €20	4pm-5pm Adult Drama with Nadia Garden €20	4pm-5pm Adult Bingo with Hannah Garden €20	2pm-3.30pm Book Club and Games with Niamh Gazebo €30	No Activities Bank Holiday Saturday 31st
6pm-7pm Football with Graham Shoreline €20		6pm-7pm Adult Walk with Christine and Niamh Kilruddery €20	4pm-5pm Cookery with Niamh Zoom €20	3-4 Relaxation with Christine Zoom €20	
 zoom		6pm-7pm Adult Drama with Nadia Garden €20		 #HOLDFIRM	 LAKERS