

Autumn Term  
2nd September-24th October

# LAKERS

## Senior Activities

Register for classes using Lakers Community or  
emailing [info@lakers.ie](mailto:info@lakers.ie)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>11am-12pm</b> Zoom Dance with Lisa €35	<b>10am-11am</b> Keep fit with Graham Garden €35	<b>10am-12pm</b> Hill Walking with Volunteers starting 1st €40	<b>10am-11am</b> Healthy Eating Hall starting 16th €30	<b>10am-12pm</b> Strollers with Volunteers €40
<b>11am-12pm</b> Table Tennis Hall €35	<b>11am-12pm</b> Senior Athletics Charlesland with Lisa €35	<b>10am-11am</b> Bocce with Lisa €35	<b>10am-11am</b> Walk with Lisa Shanganagh Park €40	<b>11am-12pm</b> Music with Garden €40
<b>11am-1pm</b> Walk with Nadia Belmont €35	<b>11.30am-12.30pm</b> Zoom Yoga and Flexibility with Graham €35	<b>11am-12pm</b> Tennis Greystones with Graham €35	<b>11.30am-12.30pm</b> Music with Graham Garden €40	<b>11am-12pm</b> Athletics Charlesland with Lisa €40
<b>2pm-4pm</b> Adult Pizza and Movie Day with Lisa Hall €35	<b>12pm-1pm</b> Zoom Music with Nadia €35	<b>12pm-2pm</b> Cookery Lunch with Niamh Kitchen starting 15th €30	<b>12pm-1pm</b> Ladies Friendship Circle Gazebo €40	<b>2pm-3pm</b> Zoom Get-together with Graham €40
<b>2pm-3pm</b> Music and Movement with Nadia Garden €35	<b>2pm-3.30pm</b> Nature Walk and Picnic Cabinteely Park €35	<b>2pm-3pm</b> Drama with Nadia Gazebo €35	<b>2pm-3pm</b> Bingo with Graham €40	<b>3pm-4pm</b> Zoom Relaxation with Lisa €40
<b>4pm-5pm</b> Art with Christine Garden €35	<b>2.30pm-3.30pm</b> Driving Range with Graham Charlesland €35	<b>2pm-3.30pm</b> Art with Christine Garden €35	<b>3pm-4pm</b> Zoom Quiz with Lisa €40	
<b>4pm-5pm</b> Drumming with Nadia Gazebo €35	<b>5pm-6pm</b> Drama all ages with Nadia €30	<b>3pm-4pm</b> Keep Fit with Graham Hall €35	<b>4pm-5pm</b> Zoom Cookery with Niamh €40	
<b>6pm-7pm</b> Art with Christine Garden €35		<b>4pm-6pm</b> Cookery Dinner with Niamh Kitchen starting 15th €35		
<b>6pm-7pm</b> Football with Graham Shoreline €40		<b>4pm-5pm</b> Drama with Nadia Garden €35		
<b>6pm-7pm</b> Tennis Greystones starting 20th €25		<b>5pm-6pm</b> GAA Inclusion (Éir Óg G'stones) FOC		
		<b>6pm-7pm</b> Drama with Nadia Garden €35		

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## Junior & Teen ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Saturday
<b>3.30pm-4.30pm</b> Junior Football with Graham Shoreline €35	<b>3.30pm-5.30pm</b> Teen Pizza and Movie Night with Lisa Hall €35	<b>3.30pm-4.15pm</b> Junior Athletics 1 with Lisa Shoreline €35	<b>4pm-5pm</b> Junior Music with Graham Garden €40	<b>9.30am-10.30am</b> Junior Activities with Hannah €40
		<b>4.30pm-5.15pm</b> Junior Athletics 2 with Lisa Shoreline €35		<b>10.45am-11.45am</b> Teen Activities with Hannah €40
		<b>5pm-6pm</b> GAA Inclusion (Éir Óg G'stones) FOC		<b>12pm-1pm</b> Teen Activities with Hannah €40

