




# LAKERS

## Senior Activities

Winter Term  
22nd November -17th December

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12am-1pm</b> Zoom Music with Graham €20	<b>10am-11am</b> Zoom Keep-fit with Graham €20	<b>10am-12pm</b> Hill Walking Volunteers €20	<b>10am-11am</b> Walk with Lisa Shanganagh Full	<b>9.30am-10.30am</b> Zoom Healthy Eating with Niamh €20	<b>9.30am-10.30am</b> Junior Activities with Hannah Full
<b>3.30pm-4.30pm</b> Junior Football with Graham €20	<b>11am-12pm</b> Athletics with Lisa Full	<b>11am-12pm</b> Tennis with Graham €20	<b>12am-1pm</b> Zoom Get-together with Graham €20	<b>10am-12pm</b> Strollers with Volunteers €20	<b>10.45am-11.45am</b> Teen 1 Activities with Hannah Full
<b>4pm-5pm</b> Zoom Art with Christine €20	<b>2.30pm-3.30pm</b> Skiing with Volunteers	<b>3pm-4pm</b> Zoom Art with Christine €20	<b>3pm-4pm</b> Zoom Quiz with Lisa €20	<b>11am-12pm</b> Athletics with Lisa Full	<b>12pm-1pm</b> Teen 2 Activities with Hannah Full
<b>5pm-6pm</b> Tennis with Volunteers €20	<b>3.30pm-4.30pm</b> Zoom Yoga + Meditation with Graham €20	<b>3pm-4pm</b> Adult Walk with Graham Seafront €20	<b>4pm-5pm</b> Zoom U18 Music with Graham €20	<b>11am-12pm</b> Zoom Music with Graham €20	
<b>6pm-7pm</b> Football Graham €20		<b>3.30pm-4.15pm</b> Junior Athletics with Lisa Full	<b>4.15pm-5.15pm</b> Zoom Cookery with Niamh €20	<b>3pm-4pm</b> Zoom Bingo with Lisa and Graham €20	
		<b>4.30pm-5.15pm</b> Junior Athletics 2 with Lisa Full			
		<b>4.30pm-5.30pm</b> Zoom Drama with Hannah €20			