






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday Morning Breakfast Club with Lisa (€60) 10am-11am	Swimming with Graham (€120) 10am-11am	Bocce with Lisa (€65) 10.30am-11.30am	Bocce with Graham (€65) 10am-11am	Couch to 5k with Graham (€60) 9am-10am	Badminton (€60) 11.30am-12.30pm
Pottery with June (€96) 10am-12pm	Gym with Lisa (€120) 10am-11am	Hill Walking with Volunteers (€65) 10am-12pm 	Walk with Lisa (Shanganagh) (€65) 10am-11am	Strollers with Volunteers (€60) 10am-12pm 	Men's + Ladies Basketball (€60) 12.30pm-1.30pm
Golf with Graham (€60) (Starting 12th Sept) 11am-12pm 	Cookery with Volunteers (€96) 10am-12pm	Tennis with Graham (€65) 11am-12pm 	Cookery with Niamh (GF) (€104) 10.30am-12.30pm	Music with Graham (€60) 11am-12pm	
Dance with Lisa (€60) 11am-12pm	Performance Group with Lisa (€60) 12pm-1pm	Bocce 2 with Lisa (€65) 12pm-1pm	Men's Club with Graham (€65) 11.30am-12.30pm	Athletics with Lisa (€60) 11am-12pm 	
Cookery with Niamh (€96) 12pm-2pm	Walk with Graham (€60) 12pm-1pm	Cookery with Niamh (€104) 11.30am-1.30pm	Ladies Friendship Circle with Lisa (€65) 12pm-1pm	Music with Graham (€60) 12pm-1pm	Over 18's Activities 4th January-1st April
Table Tennis with Graham (€60) 1pm-2pm	Yoga with Graham (€60) 2pm-3pm	Art with Christine (€96) 2.30pm-3.30pm Starting 11th Jan 	Book Club with Niamh (€65) 2pm-3pm	Fun Bowl with Lisa (€120) 2pm-3pm	No Activities: 17th+ 18th March 7th, 8th + 10th April
Art with Christine (€96) 4pm-5pm	Photography with Lisa (€60) 3pm-4pm	Keep Fit with Graham (€40) 2pm-3pm 	Computers with Lisa (€65) 3pm-4pm	Swimming with Graham and Lisa (€120) 4pm-5pm 	
Cookery with Niamh (€96) 4pm-6pm	Bingo with Graham (€60) 3pm-4pm	Drop in (€104) 3.30pm-5.30pm 	Music with Graham (€65) 3pm-4pm		
Art with Christine (€96) 6pm-7pm	Art with Christine (€96) 4pm-5pm/5.30pm-6.30pm	GAA -Éir Óg Greystones (FOC) Starting 22nd Feb 5pm-6pm	O16 Taekwondo with Volunteers (€65) 5.30pm-6.30pm		
O16 Tennis with Volunteers (€40) 5pm-6pm Starting 6th Feb	Social Club with Lisa (€60) 4pm-6pm	Drama with Nadia (€65) 5.30pm-6.30pm			
Football with Graham (€60) 6pm-7pm 	Bowling with Volunteers €10 per/play 6pm-8pm	Drama with Nadia (€65) 6.30pm-7.30pm			



U18 Activities
4th January-1st April

LAKERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Teen Movie Club with Lisa (€60) 3.30pm-5.30pm	Music with Graham (€60) 4pm-5pm	U18 Athletics (€65) 3.30pm-4.15pm	U18 Dance with Lisa (€65) 4pm-5pm	Fun Swim with Graham (€120) 3pm-4pm	Junior Club (€60) 9.30am-10.30am
Junior Football with Graham (€60) 3.30pm-4.30pm	Teen Bowling with Hannah (€120) 5pm-6pm	Drama (€65) 4pm-5pm	Teen Cookery with Hannah (€104) 4pm-5.30pm		Teen Club (€60) 10.45am-11.45am
O16 Tennis with Volunteers (Starting 6th Feb) (€40) 5pm-6pm		Beginners Junior Athletics (€65) 4.30pm-5.15pm	O16 Taekwondo with Volunteers (€65) 5.30pm-6.30pm		Teen Club (€60) 12pm-1pm
		GAA Éir Óg Greystones (FOC) Starting 22nd Feb 5pm-6pm		No Activities: 17th+ 18th March 7th, 8th + 10th April	

