

ACTIVITY	DAY	TIME	VENUE	COST	CONTACT
NEW!!!! Golf for adults with a physical or sensory disability	Starting Tuesday 3 rd May	6pm	5- Weeks Tramore Pitch & Putt 5- Weeks Williamstown Golf Course	€8	Katie – 051 849757
NEW!!!! Cycling programmes	Contact SIDO	Various	Various	Various	Katie- 051 849757
NEW!!!! Fishing for All open day	Saturday 14 th May	2-4pm	Oaklands Fishing Reserve, New Ross, Co. Wexford	FREE	Katie – 051 849757
NEW!!!! Multi Activities for children with Special Needs/ Disability (ages 3-6 yrs)	Thursday	4 -5pm	Rainbow Hall, Kilmacthomas	€5 per session	Katie - 051 849757
NEW!!!! Bowling for adults/ teenagers with a physical disability	Wednesday 4 th May	6.30 – 7.30pm	Bowling Centre, Ardkeen	€5 per person	Katie - 051 849757
NEW!!!! Walking for All	Wednesday	2-3 p.m.	Peoples Park, Waterford	FREE	Katie - 051 849757
NEW!!!! John Treacy Run 2011	Sunday 15 th May	TBC	Villiarstown, Co. Waterford	TBC	Katie - 051 849757
Special Olympics	Contact Susan McGill	Various	Various	Various	Susan McGill - 087 2938321
Social Soccer league for adults with an intellectual disability (Monthly) - Now including a wheelchair soccer session	Last Thursday in every month	1-2pm.	Butler Community Centre, Johns Park, Waterford	€2 per person	Katie - 051 849757
Ferrybank Soccer for children with special needs	Thursday	5-6pm	Kilmacow Sports Hall, Kilmacow	Contact Rosalind	Rosalind - 086 8957620
Dancing for adults with an intellectual disability in Dungarvan - (Carriglea Cairde Services)	Various	Various	Various	€40 for 8 weeks	Tanya Cliff – 087 7479526
Activities for children with an Autism Spectrum Disorder - Swimming, Bowling, Horse Riding, Surfing, Yoga, Other.	Contact WASSA	Contact WASSA	Various	Contact WASSA	WASSA - 086 6637055
Yoga for adults with an intellectual disability	Thursday	11.15 – 12.15	Alphazone Yoga Studio, Cleaboy Business Park, Cleaboy, Waterford	€40 for 8 weeks	Adrianne : 086 8359863
Indoor Bowls for All	Contact Cill Barra to confirm				Cill Barra Sports Centre 051 350800
Special Olympics Club Dungarvan (8-16yrs)	Tuesday	5-6pm	Kilrush Park AFC, Dungarvan, Co. Waterford	€3	Fiona: 087 2774607
Cycling for adults with a vision impairment	Arranged with Cycling Club				Sinead -Comeragh Cycling Club - 051-358163 or 087-2680088
Yoga for adults with Multiple Sclerosis	Thursdays	10-11 a.m.	Alphazone Yoga Studio, Cleaboy Business Park, Waterford	€40 for 8 weeks	Katie – 051 849757
UPCOMING					
Fishing programmes for adults with a disability	TBA	TBA	Waterford District and Coarse Angling Club/ Brothers of Charity Services		Katie- 051 849757
Gym programme for adults with MS	TBA	TBA	TBA		Katie - 051 849757
Parent and Toddler Swimming Lessons – Down Syndrome	Organised through DSI				Kingfisher Club - 051 850300