

Over 100 events listed already for 2024.  
Check Eventbrite and Web page  
for details and availability



## PHYSICAL ACTIVITY FOR HEALTH

Have you a long-term health condition? Starting on your exercise journey? Our aim is to support you to allow you to do everyday activities that matter to you and to help you meet like-minded people and exercise together.  
**Contact Edel O'Malley (PAfHO) eomalley@mayococo.ie**

## SWIMMING PROGRAMMES

- Beginners & Improvers Swimming lessons
- Intro to lengths • Open Water Swimming
- Women's 'Try a Tri' • Swim for A Mile (SFAM)



## PARK RUN

A weekly run in your community. 5 locations in Mayo:  
**Westport • Castlebar • Ballina • Erris • Claremorris • Achill**  
Free to register [www.parkrun.ie](http://www.parkrun.ie)



## SPORTS INCLUSION PROGRAMMES

Sports for people with disabilities in a variety of settings. Targeted activities such as: Boccia • GAA for ALL • VI Tennis • Wheelchair Basketball • Football for ALL • Inclusive Camps • Autism Surfing • Learn to Cycle  
**Ray Mc Namara is our Sports Inclusion Disability Officer (SIDO) :**  
[rmcnamara@mayococo.ie](mailto:rmcnamara@mayococo.ie)



## CLUB DEVELOPMENT & VOLUNTEERING

Sports Volunteer training, Safeguarding 1,2,3.  
All training & education opportunities can be found on our webpage.  
**Contact msp@mayococo.ie**



## COMMUNITY

**More people, more active, more often:**  
Basketball • volleyball • Tennis • Badminton • buggy buddies • Fit 4 work



## MEN ON THE MOVE

Aimed at men aged 30+. Get active, have fun and improve fitness. 'The best move you will ever make' Current Locations:

- Achill • Ballyhaunis • Ballinrobe
- Claremorris • Castlebar • Swinford



## COMMUNITY SPORTS HUBS (CSH)

Making it easier for people in disadvantaged areas to engage in a more active lifestyle. Mayo currently have 4 hubs:

- Ballinrobe CSH • Ballyhaunis
- Castlebar Outdoor • Ballina Outdoor



## BEGINNERS COUCH TO 5K

This is an 8-week beginners walking/jogging programme for walkers who want to progress jogging. Current locations include: • Castlebar • Ballyhaunis • Claremorris. Check out our web page for more details.  
**Contact Deirdre : dedonnelly@mayococo.ie**



## ACTIVE AGE

Sport and Physical Activities designed for Older People: Activator Poles  
• Go for life Games Pickleball • Inclusive Walking  
**For more details on all our Active Programmes contact: Ray McNamara [rmcnamara@mayococo.ie](mailto:rmcnamara@mayococo.ie)**

## SCHOOLS

We have many programmes running throughout the year. Contact us to find out more:

- Marathon Kids • Tri Heroes • Badminton
- Primary School Athletics • Mini Fun Run • Girls Active
- Bike Week • Youth Sport Leadership



## WOMEN IN SPORT

A key aim is to have equal participation between males and female in sport. Mayo Sports Partnership is fully committed to supporting Women in Sport Programmes throughout County Mayo:

- 'It's my time' Women over 40 • HER Outdoors • Women's Mini Marathon
  - Women's Try a Tri • Teenage Girls – HER Moves
- Contact Deirdre : dedonnelly@mayococo.ie**

