



Comhairle Contae Mhaigh Eo
Mayo County Council



2024 Spring/Summer Programme of Events

www.mayosports.ie

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

SPORT IRELAND

Date & Time	Workshop / Course	Venue	Fee	Further Information
APRIL 2024				
5 th April 7.00pm	Pilates for Men	Cill Chomain GAA Club House Glenamoy		Booking through Eventbrite eomalley@mayococo.ie
6 th April	Sports First Aid	Claremorris		Booking through Eventbrite misp@mayococo.ie
8 th April	Boccia	Breaffy		Ray McNamara rmcnamara@mayococo.ie
9 th April	Inclusive Soccer Blitz	Milebush Castlebar	Free	Ray McNamara rmcnamara@mayococo.ie
10 th April	Golf For All	Castlebar Golf Club	Booked out	Ray McNamara rmcnamara@mayococo.ie
11 th April	GAA For All	Castlebar Mitchel's	Free	Ray McNamara rmcnamara@mayococo.ie
Tuesdays 2-3pm	Active Age Gentle Spin Class	Ballinrobe		Book with Lakeside lakesidegymmanager@gmail.com 094 9541364
Saturdays 12-1pm	Active Age Gentle Strength & Mobility	Ballinrobe		Book with Lakeside lakesidegymmanager@gmail.com 094 9541364

Fridays : 6pm Sundays : 12 noon	Ladies over 40 Strength & Conditioning	Ballinrobe		Book with Lakeside lakesidegymmanager@gmail.com 094 9541364
6 th April	Sports First Aid	Claremorris		Booking through Eventbrite mzp@mayococo.ie
8 th April	Boccia	Breaffy		Ray McNamara rmcnamara@mayococo.ie
9 th April 9.00 - 9.45 am	Staying Fit for the Future 10 week Pilot Better Balance Class	Achill GAA clubhouse		Booking through Eventbrite mzp@mayococo.ie Enquiries: eomally@mayococo.ie
9 th April 10.00 – 10.45am	Staying Fit for the Future 10 week Pilot Better Balance Class	Achill GAA clubhouse		Booking through Eventbrite mzp@mayococo.ie Enquiries: eomalley@mayococo.ie
9 th April 11.00 – 11.45am	Staying Fit for the Future 10 week Pilot Better Balance Class	Achill GAA clubhouse		Booking through Eventbrite mzp@mayococo.ie enquiries: eomalley@mayococo.ie
9 th April 10.00- 11.00am	Pilates for Women Beginners 6 weeks	Bangor Erris Parish Hall		Booking through Eventbrite mzp@mayococo.ie
11 th April 7.00- 8.00pm	Chair Yoga for Men	Aras Inis Gluaire		dankeeganyoga@gmail.com
21 st April	Sensory Walk	Lough Lannagh Castlebar	Free	Ray McNamara rmcnamara@mayococo.ie
22 nd April	Go For Life Games	Ballintubber	€4	Ray McNamara rmcnamara@mayococo.ie
13 th April	SFAM Event	Lough Lannagh, Castlebar		mzp@mayococo.ie
26 th April	Marathon Kids End Event Davi Gillick Visit	Castlebar		Deirdre Donnelly dedonnelly@mayococo.ie

Mondays 9.30 – 10.30am	Exercise to Music for Men	Ballina Sports Centre		Pat O'brien ballinasportshub@mayonortheast.com
Mondays 10.45 – 11.45am	Exercise to Music for Women	Ballina Sports Centre		Pat O'brien ballinasportshub@mayonortheast.com
April	Ballina Community Sports Hub Calendar of Events	Ballina		Download Calendar HERE
Mondays 9.45am	Yoga with Marie	Ballina Sports Centre		Pat O'brien ballinasportshub@mayonortheast.com
Wednesdays 9.40am	Wednesday walks	Friary grounds Ballyhaunis	Free	ballyhaunissportshub@gmail.com
Thursdays 10am	Self Defense	Moy Valley Freestyle Martial Arts		Pat O'brien ballinasportshub@mayonortheast.com
Thursdays 8pm	Walking Football	'The Green' Ballinrobe	€5	Mark Smith: ballinrobesportshub@gmail.com or 087 609 1463
April	Women Over 40 Programmes	Various		Booking through Eventbrite dedonnelly@mayococo.ie
April	Couch to 5k	Various		Booking through Eventbrite dedonnelly@mayococo.ie
April	Men on the Move	Various		Booking through Eventbrite mmp@mayococo.ie
April	Activator Walking with Poles Mayo	Various		rmcnamara@mayococo.ie www.mayo.ie/sports-partnership
April	Buggy Buddies (Claremorris, Castlebar, Ballina, Ballyhaunis)	Various		Contact : Local FRC mmp@mayococo.ie
Thursdays 11am	Petanque 'Come & Try It' Sessions	Lough Lannagh, Castlebar		Graham Clarke e: castlebarsportshub@canoe.ie m: 086 177 1973

April	Adult Swimming Lessons	Castlebar & Claremorris		Booking through Eventbrite dedonnelly@mayococo.ie
April 16th	Couch to 5K – Summer Festival	Ballyhaunis		Booking through Eventbrite ballyhaunissportshub@gmail.com
TBC	Outdoor Sports Hub Network Face-to-Face Meeting	TBC	Free	Graham Clarke e: castlebarsportshub@canoe.ie m: 086 177 1973
Every Monday and Thursday @ 7pm	Lough Lannagh Social Running Group	Lough Lannagh	Free	Meet outside the front of the Leisure Centre at 7pm sharp. Several running sessions will be facilitated by a coach. Text Graham on 086 177 1973 to be added to the Whats App Group
April 18 th	Exercise to Music	Ballyhaunis Community Hall	6 sessions 20 euros total	tracy.cunnane@gmail.com
April 19 th	Plant room operators course	Ballyhaunis swimming pool	Free	ballyhaunisswimmingpool@gmail.com
Wednesdays (Weekly)	Good-to-Go Schools Paddlesport Programme	Lough Lannagh	n/a	A 10-week paddlesport programme being run for secondary schools in Castlebar Graham Clarke e: castlebarsportshub@canoe.ie m: 086 177 1973
TBC	Sleep Health Workshop	Lough Lannagh Leisure Complex	€5	Graham Clarke e: castlebarsportshub@canoe.ie m: 086 177 1973
Wednesday 24 th 20:00 – 22:00	Adventure Film Club (April)	Upstairs @ Bridge St. Bar, Castlebar	Free	Graham Clarke e: castlebarsportshub@canoe.ie m: 086 177 1973
Saturday April 27 th	Canoeing Ireland Level 3 Paddle Surf Skills Training	TBC	€70	Graham Clarke e: grahamclarke@canoe.ie m: 086 177 1973

TBC (Two-days)	Canoeing Ireland Level 4 River Kayak Skills Training	TBC	€150	Graham Clarke e: grahamclarke@canoe.ie m: 086 177 1973
Sunday April 28 th	Canoeing Ireland Essential Coastal Navigation (ECN)	TBC	€70	Graham Clarke e: grahamclarke@canoe.ie m: 086 177 1973
Sundays 2pm – 4pm April 21 st & 28 th May 19 th & 26 th June 09 th	Parent & Child Kayak Pool Sessions	Lough Lannagh Leisure Complex Swimming Pool	€5 - €25	A 5-week kayak Parent & Child programme in the comforts of a swimming pool. All levels welcome. Very limited places. Graham Clarke e: castlebarsportshub@canoe.ie m: 086 177 1973
Every Wednesday from April 10 th 6:30pm – 9:00pm	Introduction to Kayaking Course	Lough Lannagh	€150	Castlebar Kayak Club castlebarkayakclub@gmail.com
MAY 2024				
May 5th	Mayo.ie Western People Women's Mini Marathon	Ballina		Mayo.ie Western People Women's Mini Marathon 2024 - Home (westofirelandwomensminimarathon.com)
Monday & Thursday 7pm	Lough Lannagh Social Running Group	Lough Lannagh, Leisure Centre	Free	Text Graham on 086 177 1973 to be added to the Whats App Group
Wednesday March 06 th (Weekly for 10 weeks)	Good-to-Go Schools Paddlesport Programme	Lough Lannagh	n/a	Graham Clarke e: castlebarsportshub@canoe.ie m: 086 177 1973
Weekly on a Thursday 11am – 1pm	Petanque (French Boules) Come & Try It Sessions	ATU Mayo Sports Track	Free	Graham Clarke e: castlebarsportshub@canoe.ie m: 086 177 1973

Sundays 2pm – 4pm May 19 th & 26 th June 09 th	Parent & Child Kayak Pool Sessions (5 week) Limited to 15 places.	Lough Lannagh Leisure Complex Swimming Pool	€5 - €25	Graham Clarke e: castlebarsportshub@canoe.ie m: 086 177 1973
Every Wednesday from April 10 th 6:30pm – 9:00pm	Introduction to Kayaking Course	Lough Lannagh	€150	Castlebar Kayak Club castlebarkayakclub@gmail.com
TBC	Junior Paddlesport Hub and Slalom Academy Open Evening	Lough Lannagh	Free	Graham Clarke e: castlebarsportshub@canoe.ie m: 086 177 1973
May 11th – 18th	Bike Week	Various		dedonnelly@mayococo.ie