



Ballina Community Sports Hub CALENDAR OF EVENTS MARCH - MAY 2024

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

SPORT IRELAND

#BALLINASPORTSHUB

ACTIVITY	VENUE	Start Date	TIME	BOOKING
Yoga with Marie	Ballina Sports Centre	Monday 4th March for 8 weeks	9.45-10.45am	Marie 087 6549100
Exercise to Music Men	Ballina Sports Centre	Wednesday 6th March for 8 weeks	9.30-10.30am	Pat O'Brien
Exercise to Music Women	Ballina Sports Centre	Wednesday 6th March for 8 weeks	10.45am-12pm	Pat O'Brien
Self Defence	Martial Arts Killala Road	Thursday 7th March for 8 weeks	10 -11am	Pat O'Brien
Introduction to Cricket for Children &Adults	Knockmore Community Centre	Tuesday 5th March for 8 weeks	8-9pm	Pat O'Brien
Ballina Dragon Boat Club	Quay Ballina	Various - ongoing	Various (tide dependent)	Denise 086 2385542
Activator Poles	TBC	TBC	TBC	Brian 086 3948410
Inclusive Tennis for people with a disability	Ballina Tennis Club	TBC 2nd April	TBC	Damien Kelly 083 1486355
Enjoy Tennis Programme for service Users	Ballina Tennis Club	Friday 1st March	6-7pm	Damien Kelly 083 1486355
Introduction to Kayaking for Woman	Quay Ballina	Saturday 6th April	10am -1pm	David Paddle and Peddle 087 6808955
Junior Kayaking Skills	Quay Ballina	Saturday 4th May	10am-1pm	David Paddle and Peddle 087 6808955
Disability Kayaking	Moy Canoe Club	Sunday 7th April	10am -1pm	Matthew 087 2432514
Learn to Cycle	Ballina Athletic Track	Saturdays TBC	11am	Simon Walsh 087 2388533
Macra Na Feirme Fitness Class	TBC	TBC	TBC	Pat O'Brien
Teenage Rowing Programme	Quay Ballina	Saturday 2nd March for 10 weeks	Various (tide dependent)	Rachel 087 9492178
Swimming Lessons	Ballina Swimming Pool	TBC	TBC	Pat O'Brien
Social Inclusion Soccer Blitz	Ballina Town Soccer Club	Saturday 23rd March	11am-2pm	Pat O'Brien
Walking Football	Ballina Town Soccer Club	Thursday - ongoing	1.45-2.45pm	Pat O'Brien
Bike Week	Various	11th -19th May	Various	Pat O'Brien
Ballina Cycling Club	Route to be picked	TBC	TBC	Brian 086 3948410
Ladies Social Cycle	Belleek woods (Soccer Club)	Saturday 18th May	10am	Pat O'Brien
Men's Social Cycle	Belleek woods (Soccer Club)	Saturday 11th May	10am	Pat O'Brien
Pickleball For All	Ballina Sports Centre	TBC	TBC	Pat O'Brien
Para Cycling	Ballina Athletics Track	Tuesday TBC	TBC	Pat O'Brien

Booking Essential for all activities. Contact Pat O'Brien : 087 2540334, ballinasportshub@mayonortheast.com or msp@mayococo.ie



Comhairle Contae Mhaigh Eo
Mayo County Council

