

## **Mayo Activator poles Walking Programme**

## 8-week Programme

Area	Start Date	Time	Venue
Ardagh	Friday 25 <sup>th</sup> Feb	2;00pm	<b>Community Centre</b>
Ballintubber	Thursday 24 <sup>th</sup> Feb	10:30am	<b>Community Centre</b>
Ballina	Friday 25 <sup>th</sup> Feb	11:00am	Over 55 club
Ballinrobe	Monday 28 <sup>th</sup> Feb	11:00am	The Green
Ballyglass	Tuesday 22 <sup>nd</sup> Feb	11:00am	
Ballyhaunis	Friday 25 <sup>th</sup> Feb	10.40am	Clare Court
Castlebar	Monday 28 <sup>th</sup> Feb	12:00pm	Muga/Playground Lough
			Lannagh
Castlebar Men's Shed	Tuesday 22 <sup>nd</sup> Feb	12.30pm	GMIT Track
Castlebar COPD Group	Thursday 24 <sup>th</sup> Feb	2.10pm	Tennis Club
Claremorris	Thursday 24 <sup>th</sup> Feb	2:00pm	Mc Mahon Park
<b>Claremorris Men's Shed</b>	Thursday 24 <sup>th</sup> Feb	12:30pm	Men's Shed
Charlestown	Monday 28 <sup>th</sup> Feb	11:00am	Parish Centre
Crossmolina	ТВС	ТВС	ТВС
Foxford	Thursday 24 <sup>th</sup> Feb	1.30pm	Sports Centre
Kilkelly	Wednesday 23 <sup>rd</sup> Feb	11:00am	Astro Turf
Knock	ТВС	ТВС	TBC
Westport	Tuesday 22 <sup>nd</sup> Feb	11:00am	Skate Park

For More Information log on to Mayo Sports Partnership at www.mayo.ie/sports-partnership, Contact <u>rmcnamara@mayococo.ie</u> or <u>cnewell@mayococo.ie</u> or call 094906 4362



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ciste na gcuntas díomhaoin the dormant accounts fund



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