

# WOMEN IN SPORT WEEK 2023

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

Mayo Sports Partnership

March 6<sup>th</sup> – March 12<sup>th</sup>



## WOMEN IN SPORT WEEK

Date	Event	Registration	Details
Monday March 5th	Mindfulness with Maura	Online via Zoom. Email: <a href="mailto:maurahorkanmia@gmail.com">maurahorkanmia@gmail.com</a>	Get prepared and ready for a wonderful week
	<b>Women's Strength and Conditioning</b> Claremorris #itmytime	Contact: <a href="mailto:cheryl@axsomsports.com">cheryl@axsomsports.com</a>	Beginners Axsom Sports Claremorris for 6 weeks @ 9.30am
	<b>Women's Strength and Conditioning</b> Castlebar #itmytime	Contact: Paddy 087 659 6263	F&F Performance For 6 weeks @ 6pm
Monday March 6th	<b>Women's Racquetball Come and Try</b> Castlebar	Contact: Majella Haverty 0894064150	6:15 – 8pm An Sportlann -Rear entrance
	Women's Socio Basketball Castlebar	Contact: Karen McHale 0876107020	8-9pm St. Gerald's De la Salle Hall
	Swimming Castlebar	Book <a href="#">HERE</a>	Improvers 8:15am, Improvers 10:15am- Lough Lannagh Leisure Complex
	Knock Activators	Contact Tracy : <a href="mailto:ballyhaunissportshub@gmail.com">ballyhaunissportshub@gmail.com</a>	Knock - 12 noon Meeting Carramore Meadows
	<b>Women's Badminton Come &amp; Try</b> Killawalla	Killawalla Community Centre	Killawalla Community Centre @7.30pm & 8.30pm
	<b>Women's Badminton Come &amp; Try</b> Ballina	Contact: Anthony Walsh 087 6795670	Ballina Sports Centre @ 8pm
	All about Mini Marathon	Register <a href="#">HERE</a>	Feature Article in The Western People Featuring Teens Target 30
Tuesday March 7th	Teen Girls Skate Squad	Contact Tracy : <a href="mailto:ballyhaunissportshub@gmail.com">ballyhaunissportshub@gmail.com</a>	Skating with Mayo Bulls in Ballyhaunis for Foroige Teens
	Swimming for Women Castlebar	Book <a href="#">HERE</a>	Castlebar -Tuesday 8.15am Intro to Lengths, Lough Lannagh Leisure Complex
	5km Walk	Contact: Odette 087 236 2112	6.45pm Swinford Amenity Centre
Wednesday March 8th	International Women's Day		
	'HER Moves' Launch	Contact ; Deirdre Donnelly – <a href="mailto:dedonnelly@mayococo.ie">dedonnelly@mayococo.ie</a>	Mayo Teen Girls Surfing launching soon in Carroinskey, Achill
	Women's Socio Basketball Ballyhaunis	Contact Tracy : <a href="mailto:ballyhaunissportshub@gmail.com">ballyhaunissportshub@gmail.com</a>	Ballyhaunis Community School @7.15pm
	<b>Women's Strength and Conditioning</b> Castlebar #itmytime	Contact: Paddy 087 659 6263	F&F Performance For 6 weeks @ 6pm
	Mini Marathon	Register <a href="#">HERE</a>	Early Bird Deadline. Don't miss out!
Thursday March 9th	Swimming for Women Claremorris	Book <a href="#">HERE</a>	Claremorris Beginners & Improvers Claremorris Leisure Centre @ 10am
	<b>Come &amp; Try</b> Tai Chi/Qigong Ballyhaunis	Contact : Tracy O'Malley 087 410 0052	In 'Myspace' Ballyhaunis @ 7.30pm. Booking Essential
	<b>Women's Racquetball Come and Try</b> Ballinrobe	Contact: Michael Kelly 0872370377	7pm – 9pm Lakeside Gym

<p>Mayo Sports Partnership</p> <p><b>Friday March 10th</b></p> <p>Comhpháirtíocht Spóirt Mhaigh Eo</p>	<p><b>Women's Strength and Conditioning</b> Claremorris #itmytime</p>	<p><b>Contact:</b> cheryl@axsomsports.com</p>	<p><b>COMPLETE Beginners</b> Axsom Sports Claremorris for 6 weeks @ 9.30am</p>
	<p><b>Women's Strength and Conditioning</b> Ballinrobe #itmytime</p>	<p><b>Contact Liam</b> lakesidegymmanager@gmail.com</p>	<p>Lakeside Gym @ 7pm for 8 weeks</p>
	<p><b>Activator Poles</b> Kilmovee</p>	<p><b>Contact: Tracy :</b> ballyhaunissportshub@gmail.com</p>	<p>12 noon at Kilmovee Community Centre</p>
	<p><b>Swimming for Women</b> Castlebar</p>	<p>Book <a href="#">HERE</a></p>	<p>Beginners 8:15am, Improvers 9am - Lough Lannagh Leisure Complex</p>
<p><b>Saturday March 11th</b></p>	<p><b>Parkrun</b></p>	<p>Register <a href="#">HERE</a></p>	<p>Every Saturday morning at 9.30am See <a href="#">HERE</a> for details</p>
<p><b>Sunday March 12th</b></p>	<p><b>Event Wrap Up</b></p>		<p>Check out Our <b>Web page and SocialMedia Platforms</b></p>

'It's My Time' Women [www.mayo.ie/sportpartnership](http://www.mayo.ie/sportpartnership)

Come & Try Badminton and Racquetball

HER Moves & Teen Girls

Mayo.ie Western People Womens Mini Marathon

Sport Ireland 'Theme Per Day'

Interviews & Information

[www.mayo.ie/sports-partnership](http://www.mayo.ie/sports-partnership)

