



Fingal Sports Office February Calendar



7TH FEBRUARY- NUTRITION ROADSHOW

Time: 7 - 8pm

Dates: Feb 7th, 13th, 20th & 27th

Locations: Lusk Utd, Fingalians GAA, Westmanstown
RFC, Malahide LTCC

Duration: 4 weeks

Register: [Contact Owen.McGrath@fingal.ie](mailto:Owen.McGrath@fingal.ie)

MEN ON THE MOVE MULHUDDART

Time: Every Thursday @ 7.30pm

Location: Mulhuddart Community Centre

Register: <https://bit.ly/MenOnTheMoveMulhuddart>



SOCIA BALL

Time: Every Tuesday @ 6.00pm

Location: Luttrellstown Community Centre

Register: <https://bit.ly/SociaBallLuttrellstown>

PARENT AND TODDLER

Time: Every Thursday @ 10am

Location: Balbriggan Combined Clubs

Register:

<https://bit.ly/ParentAndToddlerBalbriggan>



OLDER ADULT EXERCISE

Time: Every Thursday @ 11am

Location: Balbriggan Combined Clubs

Register: [Contact Caitriona.Geraghty@fingal.ie](mailto:Caitriona.Geraghty@fingal.ie)

2023 COMMUNITY ACTIVITIES (SPORTS EQUIPMENT) FUNDING SCHEME

Sports Equipment Grant applications open online.

Who's eligible to apply?

Community & Voluntary Sports Clubs and
Organisations registered on the Fingal County
Register (Fingal PPN)





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MOVING FOR LIFE

Time: Every Tuesday @ 11.30am

Location: St. Macullin's Community Centre, Lusk

Register: Contact Caitriona.Geraghty@fingal.ie



FINGAL HOMEFIT PILATES PROGRAMME

Time: Mondays @ 6pm

Location: Online

Duration: 6 weeks

Register: <https://bit.ly/HomeFitPilates2023>



SAFEGUARDING COURSES

Time: Safeguarding 1 - Feb 7th, 16th & 23rd

Safeguarding 2 - Feb 20th

Location: Online

Register: Contact Sports@fingal.ie

