

# **Class Information for Autumn 2023**

**Membership and Class Registration**

**4th and 5th September**

**Monday 4th 11:00 14:00**

**Tuesday 5th 11:00 14:00**

***Classes are payable by bank card preferably***

**Contact details**

**TEXT ONLY: 086 8806808**

**activeageforall@gmail.com**

**www.activeageforall.com**

**Donabate Portrane Community Centre 01-8434546**

**Classes Commence on  
Monday 18th September**

PROGRAMME FOR AUTUMN 2023

VENUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STUDIO 1	<b>PILATES</b> 10:30 to 11:30 <b>DANCE TO FITNESS</b> 11:30 to 12:30	<b>SIT &amp; GET FIT</b> 11:00 to 12:00 <b>YOGA</b> 12:30 to 1:30	<b>TAI CHI</b> 10:30 to 11:30 <b>CHAIR YOGA</b> 11:30 to 12:30	<b>PILATES 1</b> 10:30 to 11:30 <b>PILATES</b> 11:30 to 12:30	<b>YOGA</b> 12:15 to 13:15
STUDIO 2		<b>SING &amp; MUSIC</b> 11:15 to 12:30		<b>STRONGER FOR LONGER 1</b> 10:30 to 11:30 <b>STRONGER FOR LONGER 2</b> 11:30 to 12:30	
PORTACABIN	<b>SPANISH</b> 11:15 to 12:15	<b>FRENCH</b> 9:45 to 11:00	<b>ART</b> 11:30 to 13:00		
NEWBRIDGE	<b>*CROQUET/*BOULES</b> 13:30 to 15:30	<b>MENS SHED ONLY</b> <b>*CROQUET/*BOULES</b> 10:00 to 13:00	<b>*CROQUET/*BOULES</b> 13:30 to 15:30	<b>*CROQUET /*BOULES</b> 10:00 to 13:00	
SPORTS HALL		<b>*INDOOR MAT BOWLS &amp;</b> <b>*TABLE TENNIS</b> 15:15 to 16:45		<b>*PICKLEBALL</b> 15:15 to 16:45	
LIBRARY			<b>*CHESS / *GAMES / *COMPUTERS</b> 13:45 to 15:00		
LIBRARY COMP. ROOM					<b>PHOTOGRAPHY</b> 11:00 to 12:00

Classes marked with asterix\* are free, but numbers may be limited. You need to register for them to secure your place.

NOTES

---



---



---