

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pottery with June + Claire J (€120) 10am-12pm	Pottery with June + Claire J (€128) 10am-12pm	Hill Walking with Vols (€80) 10am-1pm 	Craft for Fun w/ Vols (€128) 9.30am-10.30am	Strollers w/ Volunteers (€80) 10 am-12pm 	Badminton w/ Medi (€65) 11.30am-12.30pm
Golf with Medi (€75) 11am-12pm 	Swimming w/ Clare K + Medi 10am-10.50am (€96) 	Bocce with Medi (€80) 10am-11am	Men's Friendship Club w/ Joe 10am-11am (€80)	Music with Claire J (€80) 10.30am-11.30am	Men's + Ladies Basketball w/ Medi (€65) 12.30pm-1.30pm
Ladies Friendship Circle w/ Vols (€75) 10am-11am/11am-12pm	Cookery with Vols (€128) 10am-12pm	Tennis with Clare K (€80) 11am-12pm 	Book Club (€80) 11am-12pm	Music with Claire J (€80) 11.30am-12.30pm	Sunday Tag Rugby Greystones 12pm-1pm
Cookery with Anissa (€120) 12pm-2pm	Boxercise with Virgilio (€80) 10.30am-11.30am	Bocce with Medi (€80) 11am-12pm	Pottery with June (€128) 11am-1pm	Athletics with Clare K + Medi 11am-12pm(€80) 	
Keep Fit with Claire J (€75) 12.30pm-1.30pm	Gym with Clare K + Medi 11am-12pm (€96)	Cookery with Anissa (€128) 12pm-2pm	Cookery with Anissa (€128) 12pm-2pm	Healthy Eating + Lifestyle w/ Anissa (€80) 12.30pm-1.30pm	Payment in instalments available
Music + Movement with Clare K (€75) 1pm-2pm	Yoga + Relaxation with Claire J (€80) 12.30pm-1.30pm	Dance with Medi (€80) 1.30pm-2.30pm	Dance with Nell (€80) 1pm-2pm	Cookery with Anissa (€128) 2pm-4pm	Billing period 31st Aug–18th Dec (16 weeks)
Art (€120) 1.30pm-2.30pm	Sing Along with Clare K (€80) 1.30pm-2.30pm	Table Tennis with Clare K (€80) 2pm-3pm	Table Tennis (€80) 2pm-3pm	Swimming w/ Clare K +Medi 4pm-5pm (€96) 	 Collection from Local day services
Fun Bowl with Medi (€90) 2pm-3pm	Art (€128) 2pm-3pm	Art (€128) 3pm-4pm	Keep Fit w/Nell (€80) 3pm-4pm	GAA -Éire Óg Greystones (FOC) 5pm-6pm	
Fun Drum with Clare K (€75) 2.30pm-3.30pm	Bingo with Medi (€80) 3pm-4pm	Drop in w/Clare K +Medi 3.15pm-5.15pm(€8 per day) 	Taekwondo with Vols (€80) 5:30pm-6:30pm		
Cookery with Anissa (€120) 3.30pm-5.30pm	Taekwondo with Vols(€80) 5.30pm-6.30pm	Drama with Rob (€80) 5.30pm-6.30pm			
Art (€120) 3.30pm-4.30pm/5pm-6pm	Bowling with Vols 6pm-8pm (€6 per play)	Drama with Rob (€80) 6.30pm-7.30pm			
Singing with Nadia (€75) 5pm-6pm					
Football with Medi (€75) 6pm-7pm					



LAKERS

SPORTS & SOCIAL

Empowering People with Intellectual Disabilities

Young Adults and Under 18's

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Young Adult Drama and Games with Nadia (€75) 4pm-5pm	U18's Music with Clare K + Medi (€80) 4pm-4.50pm	U18 Athletics with Nell (€80) 4pm-5pm	Young Adult Cookery with Anissa (€128) 3.30pm-5pm	U18's Fun Swim with Clare K + Medi (€96) 3pm-4pm	Junior Club with Nell (€65) 9.30am-10.30am	Tag Rugby Seagulls Rugby Club Greystones ages 8-15 FOC 12pm-1pm
U18's Bowling (€90) 4pm-5pm	Young Adult Cookery with Anissa (€128) 4pm-5.30pm		U18's Playball with Playball (€80) 4.15pm-5pm	U18's Dance with Nell 4pm-5pm (€80)	Junior Club with Nell (€65) 10.45am-11.45am	U18's : Under 18 years of age Young Adult : 18 years old to 23 years old
	Young Adult Bowling with Clare K + Medi (€96) 5pm-6pm		U18's Drama 4.30pm-5.30pm (€80)	GAA -Éire Óg Greystones (FOC) 5pm-6pm	Teen Club with Nell (€65) 12pm-1pm	Billing period 31st Aug to 18th Dec (16 weeks)
	Taekwondo with Volunteers (€80) 5.30pm-6.30pm		Taekwondo with Volunteers (€80) 5.30pm-6.30pm	Monthly Youth Club with Nell 6:30pm-8pm €5 per month	Young Adult Club with Nell 1pm-2pm (€65)	Payment in instalments available
					Afternoon Club with Nell 2.30pm-5pm €6 per session	