

CHANGE FOR LIFE



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council



DUBLIN
NORTH EAST
INNER CITY

From 26th January – 8th March 2026

Free activities for adults (Over 18's)

MONDAY

Activity: Aqua Fit
Contact: 01 872 0752
Time: 10:00-10:45
Location: Seán McDermott Street Swimming Pool
Activity: Active Ageing
Contact: 01 222 4205
Time: 13:30-14:00
Location: St Laurence O'Toole Recreation Centre
Activity: Beginners Weightlifting
Contact: 086 166 0063
Time: 17:00 - 18:00 / 18:00-19:00
Location: O'Connell's School Hall
Activity: Badminton
Contact: 086 166 0063
Time: 17:00-18:30
Location: St Laurence O'Toole Recreation Centre
Activity: NEIC Handball
Contact: 086 166 0063
Time: 19:00-20:00
Location: National Handball Centre
Activity: Beginners Aikido
Contact: 087 924 4360
Time: 19:15-20:45
Location: Dance House, Foley Street

WEDNESDAY

Activity: Active Ageing with Eddie
Contact: 01 222 4205
Time: 13:30-14:00
Location: St Laurence O'Toole Recreation Centre
Activity: Senior Chair Yoga
Contact: 086 166 0063
Time: 14:30-15:15
Location: Lourdes Parish Day Care Centre
Activity: Introduction to Olympic Weightlifting
Contact: 083 332 6483
Time: 17:30-18:30
Location: O'Connell's School Hall
Activity: EmpowerHer Weightlifting (Women Only)
Contact: 083 332 6483
Time: 18:30-19:30
Location: O'Connell's School Hall
Activity: Beginners Taekwondo
Contact: 086 883 2366
Time: 19:00-20:00
Location: Our Lady of Lourdes Hall

THURSDAY

Activity: ExWell Medical
Contact: 086 166 0063
Time: 11:00-12:00
Location: St Laurence O'Toole Recreation Centre
Activity: Aqua Fit
Contact: 01 872 0752
Time: 18:15-19:00
Location: Seán McDermott Street Swimming Pool
Activity: Yoga
Contact: 085 180 8830
Time: 19:30-20:30
Location: Sean O Casey Centre
Activity: Beginners Aikido
Contact: 087 924 4360
Time: 19:15-20:45
Location: Dance House, Foley Street

FRIDAY

Activity: Boxercise
Contact: 086 166 0063
Time: 12:00-13:00
Location: St Laurence O'Toole Recreation Centre
Activity: Yoga (Men Only)
Contact: 086 166 0063
Time: 18:00-19:00
Location: Killarney Court
Activity: Walking Basketball (Snr. Mens)
Contact: 086 166 0063
Time: 13:30-14:15
Location: Ballybough Community Centre
Activity: Walking Football
Contact: 086 166 0063
Time: 12:00-13:00
Location: St Laurence O'Toole Astro Pitch
Activity: Introduction to Olympic Weightlifting
Contact: 083 332 6483
Time: 17:30-18:30
Location: O'Connell's School Hall
Activity: Heels Dance Class
Contact: 085 114 7996
Time: 19:00-20:00
Location: Dance House, Foley Street

SATURDAY

Activity: Beginners Volleyball
Contact: 083 082 8145
Time: 13:00-16:00
Location: St Laurence O'Toole Astro Pitch

SUNDAY

Activity: Calisthenics Workshop
Contact: 087 660 5997
Time: 11:00-12:00
Location: Royal Canal Greenway (opposite Luke Kelly statue)
Activity: Beginners Aikido
Contact: 087 924 4360
Time: 14:00-15:00
Location: Dance House

#ChangeForLife

#NEIC

For further information

www.neic.ie



@NEIC_Dublin

fb.com/DNEIC

Register at:



Please book place directly for each class with the contact point. Places will be allocated on a first come, first served basis where spaces are limited. Participants can join a class at any stage throughout the programme.