

# 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

## TUESDAY

**Activity: ExWell Medical**  
**Contact:** 086 166 0063  
**Time:** 11:00-12:00  
**Location:** St Laurence O'Toole Recreation Centre

**Activity: Circuit Training**  
**Contact:** 086 166 0063  
**Time:** 13:00-13:45  
**Location:** St Laurence O'Toole Recreation Centre

## 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.