



ST CLEMENTS COLLEGE

PARENT CLASSES

invites you to join

Strength & Conditioning Training

Date: Thursday, 9th October @ 9.30am

Location: Redemptorist Church Hall Limerick
(Blue door left of Redemptorist Church)

Don't forget to bring

- PPS Number
- Mobile Phone



to complete your class registration

Contact: Tommy Giltenane
HSCL Co-ordination
085 8549175



This programme is run in conjunction with the
Limerick and Clare Education Board LCETB