



HERE4U ACTIVITIES Covid-19 Social Distancing Restrictions Applicable
Commencing Monday 25 April 2022 - 8-WEEK SESSION

ACTIVITY	LOCATION	TIME	INSTRUCTOR	START DATE	END DATE
Boxing Max 12	St Agnes Boxing Club	5.15-6.30 pm 7 WEEKS	Jimmy McGrath	Monday 25 April <small>[NOT 2 MAY – BANK HOLIDAY]</small>	Monday 13 June
Beginners Guitar Max 7	ZOOM	5.45-6.20 pm 7 WEEKS	Brendan Popplestone	Monday 25 April <small>[NOT 2 MAY – BANK HOLIDAY]</small>	Monday 13 June
Improvers Guitar Max 7	ZOOM	6.30-7.05 pm 7 WEEKS	Brendan Popplestone	Monday 25 April <small>[NOT 2 MAY – BANK HOLIDAY]</small>	Monday 13 June
Pilates Max 14	ZOOM	6.30-7.30 pm 7 WEEKS	Lisa Maxwell	Monday 25 April <small>[NOT 2 MAY – BANK HOLIDAY]</small>	Monday 13 June
Yoga Max 14	ZOOM	7.30-8.30 pm 7 WEEKS	Brenda Cafolla	Monday 25 April <small>[NOT 2 MAY – BANK HOLIDAY]</small>	Monday 13 June
Pilates Max 14	ZOOM	7.15-8.15 pm 7 WEEKS	Linda Fennell	Monday 25 April <small>[NOT 2 MAY – BANK HOLIDAY]</small>	Monday 13 June
Physio-assistant led Pilates Max 12	ZOOM	7.30-8.30 pm 7 WEEKS	Elaine MacFarlane	Monday 25 April <small>[NOT 2 MAY – BANK HOLIDAY]</small>	Monday 13 June
Physio-led Pilates Beginners Max 12	ZOOM	7.00-8.00 pm 7 WEEKS	Jean Byrne	Monday 25 April <small>[NOT 2 MAY – BANK HOLIDAY]</small>	Monday 13 June
Physio-led Pilates Improvers Max 12	ZOOM	8.15-9.15 pm 7 WEEKS	Jean Byrne	Monday 25 April <small>[NOT 2 MAY – BANK HOLIDAY]</small>	Monday 13 June
Football Max 15	Grosvenor Recreation Centre	5.00-6.00 pm 8 WEEKS	[Derek and Tony H4U]	Tuesday 26 April	Tuesday 14 June
Pilates Max 14	ZOOM	5.30-6.30 pm 8 WEEKS	Fionnuala Keohane	Tuesday 26 April	Tuesday 14 June
Pilates Max 14	ZOOM	8.00-9.00 pm 8 WEEKS	Linda Fennell	Tuesday 26 April	Tuesday 14 June
Choir No limit	ZOOM	6.45-8.00 pm 8 WEEKS	Keith Acheson	Tuesday 26 April	Tuesday 14 June
Zumba No limit	ZOOM	5.45-6.45 pm 8 WEEKS	Maura Ward	Tuesday 26 April	Tuesday 14 June
Basic Spanish Max 15	ZOOM	6.30-7.30 pm 8 WEEKS	Jemma Mulligan	Tuesday 26 April	Tuesday 14 June
Watercolour Painting Max 15	ZOOM	7.00-8.30 pm 8 WEEKS	Beverley Healy	Tuesday 26 April	Tuesday 14 June



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ACTIVITY	LOCATION	TIME	INSTRUCTOR	START DATE	END DATE
Beginners Photography Max 20	ZOOM	7.00-8.00 pm 6 WEEKS	Carrie Davenport	Wednesday 27 April	Wednesday 1 June
Yoga Max 14	ZOOM	7.00-8.00 pm 8 WEEKS	Patricia Gormley	Wednesday 27 April	Wednesday 15 June
Physio Assistant-led Pilates Max 12	ZOOM	6.30-7.30 pm 8 WEEKS	Elaine MacFarlane	Wednesday 27 April	Wednesday 15 June
Boxercise Max 12	St Agnes Boxing Club	5.15-6.30 pm 8 WEEKS	Jimmy McGrath	Wednesday 27 April	Wednesday 15 June
Football Max 15	Grosvenor Recreation Centre	5.00-6.00 pm 7 WEEKS	[Derek and Tony H4U]	Thursday 28 April <small>(NOT 2 JUNE – PUBLIC HOLIDAY)</small>	Thursday 16 June
Zumba No limit	ZOOM	5.45-6.45 pm 7 WEEKS	Maura Ward	Thursday 28 April <small>(NOT 2 JUNE – PUBLIC HOLIDAY)</small>	Thursday 16 June
Pilates Max 14	ZOOM	7.00-8.00 pm 7 WEEKS	Lisa Maxwell	Thursday 28 April <small>(NOT 2 JUNE – PUBLIC HOLIDAY)</small>	Thursday 16 June
Yoga Max 14	ZOOM	6.15-7.15 pm 6 WEEKS	Nicki Fulcher	Thursday 5 May <small>(NOT 2 JUNE – PUBLIC HOLIDAY)</small>	Thursday 16 June
Yoga Max 14	ZOOM	7.30-8.30 pm 6 WEEKS	Nicki Fulcher	Thursday 5 May <small>(NOT 2 JUNE – PUBLIC HOLIDAY)</small>	Thursday 16 June
Pilates Max 14	ZOOM	8.30-9.30 pm 7 WEEKS	Fionnuala Keohane	Thursday 28 April <small>(NOT 2 JUNE – PUBLIC HOLIDAY)</small>	Thursday 16 June