

# Ballincollig Athletic Club



Founded November 1995  
Club Sponsor O Cruaiaoi Butchers  
[www.ballincolligathleticclub.com](http://www.ballincolligathleticclub.com)  
club phone -087 1436121 (or 087-7833067)  
email: [ballincolligathleticclub@gmail.com](mailto:ballincolligathleticclub@gmail.com)

## **FIT4LIFE**

Tuesday 8th March 7-8pm CIT  
GAA(meeting point) Walk, Jog or Run

A new Fit4Life group is starting on the 8th March. Athletes of ALL abilities are welcome and catered for at this session. The jog takes place along a track that goes around the CIT football and soccer pitches. There is a registration fee of €15 and a weekly charge of €2 for CIT. You are welcome to join the group at a later stage.

Directions - as you enter CIT from the Melbourne Rd. entrance, drive

straight on towards the roundabout. Take the 2nd exit off the roundabout for the car park (3rd exit is for Leisure World). You will pass the GAA stand prior to entering the car park. Ring 087 7833067 for further details (after 3pm)

## **Club Training**

Monday 6:30-7:30pm CIT Track,  
Bishopstown  
Tuesday 7-8pm CIT GAA Stand,  
Bishopstown  
Thursday 7-8pm Spórtlann, Coláiste  
Choilm, Ballincollig

Our New Club Mobile Number is 087  
1436121