

# CORK SPORTSABILITY WEEK 2018 (21ST-29TH APRIL)

*Saturday 21st*

11am - 2pm  
Cork SportsAbility Day  
Mardyke Arena UCC

11:30am  
Adapted Tag Rugby Blitz UCC  
Mardyke Hockey Pitch



*Monday 23rd*

10:15am  
Free Yoga Session  
Himalaya Yoga Centre  
(Pre-booking required)

7:30pm  
Beech Hill Table Tennis  
Cope Foundation, Montenotte

11:30am - 1pm  
Adapted Tag Rugby  
Boys Club, Bantry



[www.corksports.ie](http://www.corksports.ie)

*Tuesday 24th*

6pm  
Wheelchair/MixedAbility Karate  
Fermoy Karate Club

6:30pm - 9pm  
Outdoor Activity Try It Session  
Kinsale Outdoors Education

7pm - 8pm  
Karate Come & Try Session  
St. Anthony's, Ballinlough

*Wednesday 25th*

11am - 1pm  
Unlimited Bowling Target  
CoAction, Bantry

7pm - 8pm  
Teen Rowing (ASD & Dyspraxia)  
Cork Boat Club, Blackrock



**CORK SPORTSABILITY**

*Activity for all*

*Thursday 26th*

11am  
Open Gym Session RPM Fitness,  
Bantry Enterprise Centre, Bantry,

5pm  
Amputee Football Demo Match,  
Cope Foundation, Montenotte

6pm  
Wheelchair/MixedAbility Karate  
Fermoy Karate Club

7pm  
Multi Activity Sports Club (M.A.S.C)  
Colaiste Stiofain Naofa, Tramore Road,



*Friday 27th*

10am  
Inter-generational Kurling Event  
Fermoy Community Youth Centre,



*Saturday 28th*

9:30am - 4pm  
Senior Wheelchair Basketball Blitz  
Ursuline Secondary School, Blackrock

10am - 4pm  
Disability Inclusion Training Course  
Clonakilty Sports Complex,

11am  
Munster Disability Sports Party  
Cope Foundation, Montenotte

1pm  
Strength and Conditioning For All  
ACLAÍ, Bishop Street, Cork



*Sunday 29th*

9:30am - 1pm  
Integrated Badminton Blitz  
Nagle Community College

10:30am - 4pm  
Junior Wheelchair Basketball Blitz  
Ursuline Secondary School, Blackrock



*#CorkSportsAbility*