

*Saturday 6th*

**Cork SportsAbility Day**  
Mardyke Arena UCC  
(11am - 2pm)

**Your Voice in Sport**  
Mardyke Arena UCC  
(12:15pm - 1:15pm)



**Wheelchair Basketball  
National League Tournament**  
Ursulines Secondary School,  
Blackrock  
(10:30am-5:00pm)

*Sunday 7th*

**Badminton Inclusion Blitz**  
Nagle Community College  
(9:30am - 12:30pm)



**Munster Special Olympics  
Artistic Gymnastics**  
Douglas Gymnastics Club  
(2-4pm)

**Wheelchair Basketball Junior  
Blitz Series**  
Ursulines Secondary School,  
Blackrock  
(10:30am - 4:00pm)

# Cork SportsAbility Week 2019

(6th - 13th April)



**Acorn Life**

*Monday 8th*

**Swim A Mile Challenge**  
LeisureWorld Churchfield  
(1pm - 2pm)



**Gymnastics Open Session**  
Cork Acro Gymnastics Club  
(3pm - 3:45pm)

**Football for All Intro  
Workshop**  
Ringmahon Rangers FC,  
Mahon, Cork  
(6:30pm - 9pm)



*Tuesday 9th ...*

**Outdoor Gym Programme**  
Fairfield Park, Cork City  
(11am - 1pm)



*... Tuesday 9th*

**Disability Awareness Training**  
IRD Duhallow - Newmarket  
(6:30pm - 8:30pm)

**Cork City Amputee Football**  
COPE Foundation, Montenotte  
(6pm)

**Open Gymnastics Session**  
Cork Acro Gymnastics Club  
(3pm - 3:45pm)

*Wednesday 10th*

**Run, Walk or Roll 5km for Youths**  
River Park, The Glen  
(1pm)

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



**Leisurely Walk for 100 Days of Walking**  
The Lough (6:30pm)

*Thursday 11th*

**Unlimited Road Bowling**  
St Finbarrs GAA, Togher  
(12:15pm - 1pm)

**Adapted Tag Rugby**  
Mallow GAA with Mallow Barbarians  
(2:30pm)

**Rowing for All Teens**  
Cork Boat Club  
(8pm - 9pm)



*Friday 12th*

**Cork Taekwon-Do Open Sessions**  
Kilnagleary Business Park, Carrigaline  
Ages 3 - 7 (6:15pm)  
Ages 7 - 12 (7pm)  
Teens & Adults (8pm)



*Saturday 13th*

**Disability Inclusion Training**  
Scoil Bernadette, Montenotte  
(10am - 4pm)

**Parkrun**  
Ballincollig Regional Park  
(9:30am)

**Rebel Wheelers Come & Try**  
Cope Foundation, Montenotte  
(11am - 12:30pm)

*#CorkSportsAbility*

TO REGISTER FOR ANY OF THE ABOVE VISIT [WWW.CORKSPORTSABILITY.IE](http://WWW.CORKSPORTSABILITY.IE)