



Operation Transformation Community Support Programmes

Event/Programme	Start Date	Duration	More Info
Parkruns	Ongoing every Saturday 9.30am	Every Saturday (9 Locations)	parkrun Cork
Castlehaven parkwalk	January 19 th	6 week walking programme	Castlehaven parkwalk
Couch 2 5k	February 2019	8 Weeks (3 Programmes)	Couch 2 5k Cork
Staying Fit for the Future	January 28 th 2019	8 Weeks (24 Locations)	Staying fit for the Future Cork
Project Weightloss	January 21 st 2019	12 Weeks (3 Programmes)	Project Weightloss Cork
Knocknaheeny Walking Group	January 19 th 2019	Every Saturday 11am - Terrence MacSwiney CC	Knockaheeny Walking Group
Get Going Get Rowing (Women)	February 2019	6 Weeks (Cork BC & Bantry RC)	Get Going...Get Rowing Women
Get Going Get Rowing (Men)	February 2019	6 Weeks (Bantry BC & Farran RC)	Get Going...Get Rowing Men
Get Going Get Rowing (Teens – Autism)	February 7 th 2019	6 Weeks (Cork Boat Club 8-9pm)	Get Going...Get Rowing Autism
Community Walking Groups	Ongoing @ Multiple Locations	All year round	Community Walking Groups Cork
Operation Transformation Skibbereen	January 7 th 2019	8 weeks Mondays & Tuesdays	Operation Transformation Skibbereen
Operation Transformation Beara	January 12 th 2019	8 Weeks (Adrigole, Castletownbere, Lehanamore)	Operation Transformation Beara
Operation Transformation Youghal	January 17 th 2019	8 Weeks Every Thursday	Operation Transformation Youghal
Leisureworld Churchfield OT Walk Programme	January 17 th 2019	8 Weeks every Thursday @ 7pm	Leisureworld Churchfield
GAA 'Ireland Lights Up' (Cork)	January 17 th 2019 7pm-9pm	6 Weeks Every Thursday (13 Clubs)	GAA 'Ireland Lights Up'
Ballyhea Men on the Move	January 15 th 2019	12 Weeks - Tuesdays & Thursdays	Ballyhea MOM
Inniscarra Men on the Move	January 14 th 2019	12 Weeks - Mondays & Wednesdays	Inniscarra MOM
Dunmanway Men on the Move	February 2019	6-8 Weeks	Dunmanway MOM
Come Walking Baltimore	January 16 th 2019	Tuesdays 5pm	Come Walk Baltimore
Mitchelstown Operation Transformation	January 17 th 2019	7 Weeks - Tuesdays & Thursdays	Operation Transformation Mitchelstown
Donoughmore Operation Transformation	January 19 th 2019	8 Weeks every Thursday @ 10AM	Operation Transformation Donoughmore

