

Help Your Teen Get Active And Have Fun in 2026!



Hi All,

Happy New Year! We hope you and your family enjoyed a refreshing break and found time to relax, recharge, and stay active.

As we step into the new year, we wanted to let you know about our new, **NextGen Teen Physical Activity Programmes**. From **BoxFit** and **Self-Defense**, to **Couch to 5K** and our fun, inclusive **SportSocial Club**, there's something for every teen—no matter their fitness level. These programmes are designed to be low-pressure, social, and supportive, making it easy for teens to get active, make friends, and enjoy themselves along the way. Places are limited, so book early to avoid disappointment!

If you'd like to learn more or have any questions, feel free to contact Dave at dneeson@limericksports.ie or call **061-541395**.

Know anyone who might be interested? Please pass it on and help us spread the news. 🙏

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Our Teen BoxFit classes (for teen aged 13-17), are designed to build fitness, confidence and boxing skills in a fun, supportive environment. Teens will boost their fitness, develop strength and coordination, and learn the fundamentals of boxing technique with a strong focus on safety. Takes place in the Garryowen Sports Hub. ([CLICK HERE](#))



'Start Strong, Stay Strong' is a beginner level gym programme designed for teenage boys who want to build confidence, strength, and healthy habits in a supportive group setting. Through guided workouts, participants will learn the basics of safe exercise & proper gym technique. Takes place in St. Leila's Community Centre, Ballynanty ([CLICK HERE](#))

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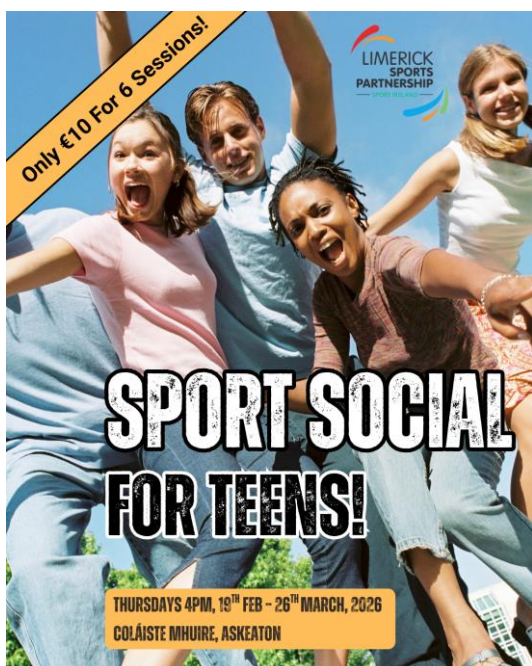


This teen beginner self-defence class helps students recognise danger and prevent conflicts, teaches basic techniques and builds confidence and calm decision-making under pressure. It emphasises safe, responsible, and appropriate use of self-defence. For teenagers aged 13-17. Takes Place in St. John's Pavilion ([CLICK HERE](#))



Our NextGen Runners: Teen 5k programme is perfect for teenage boys of all fitness levels. Over the programme, participants gradually build up their running ability with the guidance of experienced coaches and the support of a like-minded group. For teenage boys 13-17. Meeting point is at the Crescent Shopping Centre Playground Carpark ([CLICK HERE](#))

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SportSocial is designed for teens who are looking to try something new or re-engage with sport, especially those not currently involved in mainstream activities. It offers fun, low-pressure sessions focused on building confidence and emphasises social connection and enjoyment rather than competition. Takes place in Coláiste Mhuire, Askeaton ([CLICK HERE](#))

Visit our website to learn more about Limerick Sports Partnership and about our upcoming courses, programmes and events! ([READ MORE](#))

Any general queries, feel free to get in touch.

Regards,

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