

Brighter Evenings, New Activities

See What's Coming Up! 🌟



Hi All,

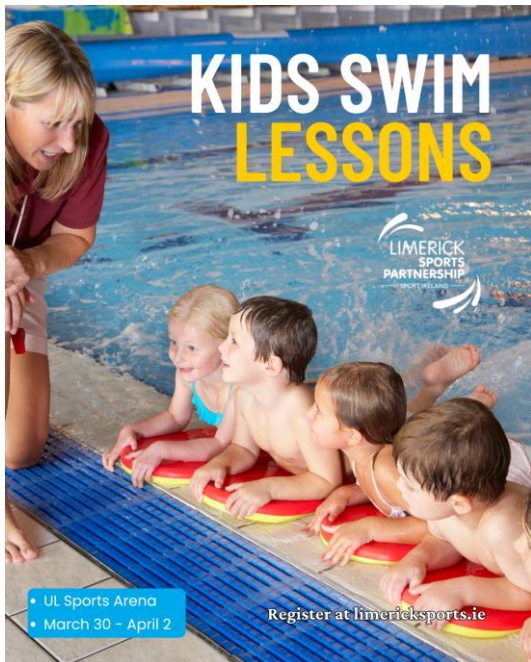
With the brighter evenings finally here, it's the perfect time to get out, get active and try something new!

We've a great range of programmes coming up over the next few weeks. **Kids Swim Lessons during the Easter break** are now on the way, along with **Adult Swim Lessons in Bawnmore**, and if you're thinking about taking on the **Great Limerick Run**, our **Meet & Train programme in Mungret** is a great place to start.

We're also continuing to make activity accessible for everyone through **Step Forward**, our inclusive walking and running programme that supports people with disabilities to take part in structured, coach-led sessions in a welcoming and supportive environment.

And don't forget — our **weekly group walks** continue across the City, Adare, Newcastle West and Kilmallock.

Take a look below to find out more, and please **share with anyone who might enjoy getting involved.** 🙏



Our kids swim lessons give children the chance to build water confidence and develop key swimming skills in a safe, supportive, and fun environment. These lessons are also a great opportunity for our assistant swim teachers to gain real experience working alongside qualified instructors. Participants must be between 6 and 12 years of age. **Takes place in UL Sports Arena. ([CLICK HERE](#))**



Thinking of running or walking the Great Limerick Run 6 Mile? Join our Meet and Train group for adults, where experienced coaches and fellow enthusiasts will guide and motivate you every step of the way in preparation for the event! Our sessions offer the perfect opportunity to build endurance & improve technique along the journey to race day. **Takes place in Mungret Park. ([CLICK HERE](#))**



This inclusive walking/running six-week programme provides people with disabilities the opportunity to take part in structured, coach-led sessions within a supportive and welcoming environment. Participants will develop cardiovascular fitness, improve endurance, and build confidence while learning safe and effective running techniques tailored to their individual needs and abilities. **Takes place in the University of Limerick Campus. ([CLICK HERE](#))**



Our popular weekly group walks will continue in the new year with participants enjoying some exercise outdoors sociable chats! They take place in Adare, Newcastle West, Killmallock and Limerick City. Just come along and enjoy. All are welcome! ([CLICK FOR CURRENT SCHEDULE](#))

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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