

WOMEN IN SPORT

6-12TH MARCH

Date & Sport Ireland Theme	Cavan sports partnership Activities	Details	To register
Monday 6th March <i>Elite performance</i>	Swimmin' Women	Baileborough 10-11am	via Leisure centre reception
	Aerobics	Shercock 11am	Cavan Sports Partnership Eventbrite page
	Women on move-Outdoor circuits	Bailieborough 6.30pm	Contact Tony Gregory at 086 399 3430
Tuesday 7th March <i>Coaching & Officiating</i>	CSP support for female leaders		
	Martial arts-Inclusion kids (6-11yrs)	Black dragon martial arts club 4pm, 5pm	Cavan Sports Partnership Eventbrite page
	Zumba	Cootehill 6.30pm, Cavan 8.30pm	Cavan Sports Partnership Eventbrite page
	Yoga	Mountnugent 7.30pm	dmcelroy@cavancoco.ie
	GAA skills- Inclusion adult	Cavan leisure centre 10.30am	dmcelroy@cavancoco.ie
	Football 4all Workshop	Bailieborough Celtic AFC 6.30pm	paul.smyth@fai.ie
	Women on move-Outdoor circuits	Bailieborough 6.30pm	Contact Tony Gregory at 086 399 3430
	Sport Ireland research and toolkits		

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Wednesday 8th March <i>International women's day</i>	Her Moves launch	Sport Ireland Campus 9.30am	
	Inclusive hockey taster	Cavan Leisure Centre 4.30pm Girls 6+ with disability	dmcelroy@cavancoco.ie
	Tug of war Zumba	Secondary Schools programmes	aislingmaguire@cavancoco.ie
	Swimmin' Women	Cavan Leisure centre 1pm	Cavan Sports Partnership Eventbrite page
	Women on move-Outdoor circuits	Bailieborough 6.30pm	Contact Tony Gregory at 086 399 3430
	Zumba	Virginia and Kingscourt 7pm	Cavan Sports Partnership Eventbrite page
	LGFA Coach goalkeeper workshop	Knockbride GAA Club 7.30pm	Coach The Goalkeeper Tickets, Wed 8 Mar 2023 at 19:30 Eventbrite
Aerobics	Corlough 8pm	Cavan Sports Partnership Eventbrite page	
Thursday 9th March <i>Leadership & Governance</i>	Aerobics	Bailieborough 11am	Cavan Sports Partnership Eventbrite page
	Women on move-Outdoor circuits	Bailieborough 6.30pm	Contact Tony Gregory at 086 399 3430
	NEW2TRI	Virginia tri club	Contact Tony Gregory at 086 399 3430
	<i>Sport Ireland toolkit</i>		

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Friday 10th March <i>Active Participation</i>	<i>Upcoming activities highlight</i>		
	Menopause and Exercise	Lunchtime Webinar	https://www.eventbrite.ie/e/sport-ireland-menopause-and-physical-activity-webinar-tickets-564941915477
	Women on move-Outdoor circuits	Bailieborough 6.30pm	Contact Tony Gregory at 086 399 3430
	NEW2TRi	Cuilcagh, Virginia club	natasha@triathlonireland.ie
Saturday 11th March <i>Events</i>	Parkrun	Cavan, Cootehill, Virginia, Mullagh 9.30am	events parkrun Ireland
	PDP1 FAI course		
Sunday 12th March <i>Events</i>	NEW2TRI	Cavan, DB tri club 9am	natasha@triathlonireland.ie
	LGFA referee course	Cavan 10am	Grab Your Whistle Adult Referee Course - Cavan Tickets, Sun 12 Mar 2023 at 10:00 Eventbrite
	Community bike ride	Mountnugent 11am	Women in Sport Week - Mount Nugent to Oldcastle Lap Community Bike Rides

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Upcoming Programmes in 2023	Where	When
Women on move- Exercise class	Communities	All Year
Girls get active- Teen exercise	Schools, community	All Year
Women on wheels- Cycling	Clubs/Community bike rides	May
Women on water- Kayaking	Bailieborough/Cavan/Virginia/Belturbet	May
SUP taster	Jolly paddlers, Killeshandra/Killykeen	Summer
Open water swimming	Venue throughout Cavan	Summer
Swimmin' Women- Indoor swim	Cavan/Bailieborough	March-May
Get into golf for women	Belturbet/Cavan/Virginia/Blacklion	March/April
Easter girls camp	Belturbet, Other venue TBC	April/summer
Orienteering	Ballyconnell, Belturbet, Burren	April/summer
Cuilcagh Ramblers walk	Cuilcagh lowlands walk	April
Social Basketball		TBC
Lawn bowls	Cavan Lawn Bowls	TBC
Pickleball	Mullahoran, Cavan, TBC other venues	TBC
Buggy buddies- Post natal class	TBC	TBC
Tennis/Padel Tennis	Cavan/BJD	TBC