

Age and Opportunity

Events Schedule for the European Week of Sport 2023

Date	Event Description	Event Time	Event Location (exact location details will be confirmed on registration)	How to Register
Saturday - 23/09/2023	Greenway Cycle and Scenic Stroll - 12km Enjoy a scenic cycle along the Blessington Greenway with an experienced leader. A coffee stop and stroll at Russborough house will be the perfect chance to chat with others and relax for a moment before the 6km cycle back. This cycle is suitable for beginners and those interested in getting back on their bikes!	11:00 - 13:30	Blessington Greenway, Wicklow	Register here . You will need to create a free account first!
Sunday - 24/09/2023	Be Active Festival - Sport Ireland Age and Opportunity will be inviting you to take part in some fun games during this year's Be Active Festival. The festival is the perfect chance to try out some new sports and activities, learn from inspiring speakers and check out some expert demos!	9:00 - 17:00	Sport Ireland Campus, Blanchardstown, Dublin	Register here .
Monday - 25/09/2023	Pickleball Try out the growing sport of Pickleball! This session is the perfect introduction to those new to the activity or a great chance to refresh your skills for more experienced participants!	11:00 - 12:30	Waterford City, Waterford City	Please reply to this email to register your details.
Tuesday - 26/09/2023	Dance and Dip - Clontarf Baths Join us for a fun, dance warm up and a refreshing swim in the iconic Clontarf Baths!	10:00 - 11:00	Clontarf Baths, Dublin	Please reply to this email to register your details.
Wednesday - 27/09/2023	Waterford Greenway Cycle - 18km Have you ever wanted to cycle some of the Waterford Greenway with an experienced leader? On this ride, we will be taking a leisurely spin from Waterford City to Mount Congreve Gardens where we will stop for a refreshing hot drink and a chat before cycling back to Waterford.	12:00 - 15:00	Waterford Greenway, Waterford City	Register here . You will need to create a free account first!

<p>Thursday - 28/09/2023</p>	<p>Cricket 4 All Cricket 4 All is an inclusive programme that anyone can participate in. It combines traditional cricket and table cricket to offer something fun for everyone!</p>	<p>18:00 - 19:30</p>	<p>Balbriggan, Dublin</p>	<p>Please reply to this email to register your details.</p>
<p>Friday - 29/09/2023</p>	<p>Greenway Cycle - Westmeath - 20km This easy going cycle is the perfect way to explore the beauty of the Old Rail Trail Greenway with an experienced leader. We will be stopping for a refreshing hot drink and a chat along the way to top off an already great morning out!</p>	<p>10:00 - 12:00</p>	<p>Old Rail Trail Greenway, Westmeath</p>	<p>Register here. You will need to create a free account first!</p>
<p>Saturday - 30/09/2023</p>	<p>Leisurely Cycle - Cork - 20km Explore the beautiful greenways and blueways of Cork during this cycle with an experienced leader. Of course, there will be a well-earned café stop at the end of the cycle to chat to finish off a fantastic morning.</p>	<p>10:00 - 12:30</p>	<p>Marina Market, Cork</p>	<p>Register here. You will need to create a free account first!</p>