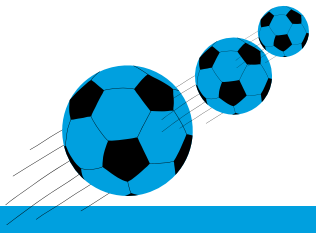

Age & Opportunity

Incorporating **Age & Opportunity active**,
The National Sport and Physical Activity Programme for Older People

Walking Football

What is Walking Football?

Walking football is a fun, non-contact sport aimed at older people aged 55 and above. It offers significant physical and mental health benefits. As a team-based activity it's a great way to socialise and meet others.

Walking football is a safe and accessible sport and can be played by anyone, even if you have never played football before.

This initiative consists of weekly sessions, each lasting approximately 1.5 hours, over a five-week period.

Why Join?

- Improves your fitness, balance and coordination
- Boost your mental health and mood
- Make new friends and be part of a team
- Enjoy a safe, supportive and inclusive environment
- Share a cuppa and a chat after every session
- Led by trained coaches

Venue:

Carnew Emmett's Gaa Club
Aughrim Road
Carnew, Co. Wicklow
Y14 W894.

Date:

Every Wednesday from 5th August to 2nd September 2026

Time:

10:00 - 11:30

How do I get involved?

Register your interest,
Email: active@ageandopportunity.ie
Phone: 01 913 3943

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HSE

Wicklow Sports & Recreation Partnership
Comhpháirtíocht Spóirt agus Áineasa Chill Mhantáin
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