



WE ALL BELONG HERE... *In this place at this time. We belong not because of who we are or where we come from. Being here means belonging. Belonging means knowing that you're part of a community. A Community that has a place for all. Where potential is nurtured. Where individuals become teams. Who honour the legacy of those who went before and strive to build a legacy of their own. Some of us play. Some of us used to play. Some of us never played. WE ALL BELONG. Belonging means having a voice. Means being able to say what you think is right. BEING LISTENED TO. Belonging means respecting each other. Means being there for each other. On the pitch. Off the pitch. Belonging means rolling our sleeves up and doing what needs to be done. We all belong whether it's our first day or our hundredth year. We all belong because this place belongs to us all.*

Join us for 'Kilmacud Crokes Kickstart 2020'...

1. BOOK CLUB NEW Book Clubs offer a great opportunity to read and discuss books and meet new people. Also, sometimes it's just good to meet and chat over a cuppa. The group will meet monthly in Kilmacs Bar to discuss the 'Book of the Month'. We will discuss set up at our first get together. Bring a mug for a cuppa!

Last Tuesday each month @ 8 p.m.	Starting 28 th January	Suitable for all	No charge
----------------------------------	-----------------------------------	------------------	-----------

2. BRIDGE NEW TMCs 'Maple Kilmacud Bridge Club', led by Huey Daly, 087 792 7736, play in the Function Room on Wednesday mornings. Membership is now open to new members. Contact Huey to register.

Wednesday mornings at 10 a.m.	Re-starting 8 th January	€30 per season + €8 per session
-------------------------------	-------------------------------------	---------------------------------

3. CHOIR Studies show that singing improves mood with an associated decrease in stress and anxiety. If you would like to join a choir with fellow enthusiasts in a fun and learning environment, this is your chance...

Sundays 6.30 to 8 p.m. in Function Room	Start date to be confirmed	Suitable for all	€50 per term
-----------------------------------------	----------------------------	------------------	--------------

4. COUCH TO 5K (i) mornings with Michael Carolan in the Paddock and (ii) Thursday evening with John Connellan and Vincent Brett leaving from the front of the Clubhouse

Tuesdays & Thursdays 9.30 to 10.15 a.m.	14th January x 6 weeks	Moderate fitness	No charge
Tuesdays @ 8.30 p.m.			

5. CYCLING with Club Group 'KC Wheelers'. Participants are required to register with Cycling Ireland*

SUNDAYS from 9 a.m. outside Club	Start date to be confirmed	Moderate fitness	*Registration €50
----------------------------------	----------------------------	------------------	-------------------

6. FITNESS LEAGUE IRELAND NEW We all know exercise creates a feel good factor, so why not make it a weekly fix? FLI classes - often recommended by physios - provide a warm welcome to all. Under expert tuition, there will be a noticeable improvement in posture, mobility, muscle strength and stamina. Exercises are done standing and/or chair-based, are low impact, effective and safe minimizing stress on weight-bearing joints and suitable for all abilities. Music plays an important and enjoyable part in maximising participation.

Mondays 2.15 to 3.00 p.m.	3 rd February x 6 wks	Suitable for all	€6 per 45 min class
---------------------------	----------------------------------	------------------	---------------------

7. IRISH CONVERSATION / Ciorcal Gaeilge A great opportunity for members and friends to meet and practice their Irish in a social atmosphere with others interested in speaking Irish. All welcome.

Tuesdays 8.30 to 9.30 p.m. in Bar	Weekly	Suitable for all	No charge
-----------------------------------	--------	------------------	-----------

8. IRISH DANCING for 3 to 10 year olds with Shauna McGauran, principal of Shauna McGauran School of Irish Dance. Shauna is T.R.C.G. qualified, Insured and Garda Vetted. The classes are suitable for all levels

Saturdays 9.30 to 10.30 a.m. in Room 5	11th January x 4 weeks	Ages 3 to 12	€20 for 4 weeks
----------------------------------------	------------------------	--------------	-----------------

9. Active MEDITATION & Relaxation Techniques using mind and body connections, with Masoumeh Melrose, a qualified Alexander Technique Teacher and practitioner.

Saturday mornings 10 to 11.15 a.m. tbc	Saturday 18 th January	Suitable for all	€60 x 4 weeks
----------------------------------------	-----------------------------------	------------------	---------------

10. PILATES with Kiera Brown, Chartered Physiotherapist. Pilates benefits include good posture, longer leaner muscles, improved flexibility and mental health, stronger bones and improved general health. Kiera will run classes teenagers and adults. **All payments being donated to Breast Cancer Ireland & Club*

Thursday; (i) teens 7.15 to 8 p.m. and adults (ii) 8 to 8.45 p.m. and (iii) 8.45 to 9.30 p.m.	16th Jan x 5 wks	Suitable for all	*€25 for 5 classes
-----------------------------------------------------------------------------------------------	------------------	------------------	--------------------

11. SET DANCING with Shauna McGauran. No previous experience required and everyone is welcome. It's great fun, fantastic exercise and a super way to socialise.

Sundays 8 to 9 p.m. in Function Room	12th January x 4 wks	Suitable for all	€20 for 4 weeks
--------------------------------------	----------------------	------------------	-----------------

12. SLIMMING WORLD Slimming World is one of the nation's favourite ways to lose weight. Using their food optimising system, they'll help you reach your desired weight and stay there without feeling deprived.

Mondays @ 5.30 & 7.30 p.m. with Karen	Weekly in	Suitable	No sign up fee for Kickstarters;
Tuesdays @ 3.30, 5.30 & 7 p.m. with Michele	Function Room	for all	regular €9 weekly class fee

13. SPIN CLASSES *NEW* with Cycle Studio, Stillorgan. 20% discount to Kickstarters signing up for 5 & 10 pack of classes prior to 8th January 2020. Registrations on line at cyclestudio.ie . NB; classes in their studio.

Full details on cyclestudio.ie	Moderate fitness & classes for all ages	20% discount KS20
--------------------------------	-----------------------------------------	-------------------

14. TAI CHI with Alex Delogu. Alex will go through Tai Chi moves slowly, explaining the reasoning behind the Tai Chi starting with the assumption that most people are only barely aware of their bodies until it begins to break down or hurt. Tai Chi is not just for recreation, it has a serious function to re-wire your nervous system so that future moves are not putting strain through the system.

Wednesdays 7 to 8 p.m. in Function Room	15 th January for 4 wks	Suitable for all	€35 for 4 weeks
-----------------------------------------	------------------------------------	------------------	-----------------

15. TENNIS Cardio Tennis with Lesley O'Halloran, Glenalbyn Tennis Club Coach.

Mondays 6.30 to 7.30 p.m. in Glenalbyn	13 th January for 4 wks	Moderate fitness	€35 for 4 weeks
----------------------------------------	------------------------------------	------------------	-----------------

16. WALKING with Rachel Hynes & Aileen Murphy. Walkers meet at the Clubhouse and walk locally. Pace and distance is set to suit participants.

Tuesdays & Thursday (tbc) @ 7.30 p.m. from front of Clubhouse	Wk starting 21 st January x 6 wks	Suitable for all	No charge
---------------------------------------------------------------	----------------------------------------------	------------------	-----------

17. Walking Adventures with Footfalls Walking Holidays *NEW*. Guided walks starting gently and progressing. And, an opportunity to attend a guided Camino Walk in 1st wk October

Dates to be confirmed	Monthly	Moderate fitness	€20 per 4 hr walk (incl 20% for Kickstarters)
-----------------------	---------	------------------	-----------------------------------------------

18. Wellbeing with Catriona Kirwan. *NEW* Boost your Mind, Body and Spiritual Wellbeing through Life Coaching with Mindfulness. Over the 6 weeks, simple techniques will be introduced to calm and nurture the body, mind and spirit, helping you get on the road to leading a more balanced and fulfilled life.

Monday evenings 7.30 to 8.45 p.m. in Board Room	20 th Jan x 4 wks	Suitable for all	€30 for 4 classes
-------------------------------------------------	------------------------------	------------------	-------------------

*Kilmacud Crokes' Healthy Club Committee wishes everyone a
Happy & Healthy 2020*