



**WESTMEATH  
SPORTS  
PARTNERSHIP**  
— SPORT IRELAND —



*August 2024*



## **Welcome**

Welcome to the second edition of the new Westmeath Sports Partnership e-newsletter!

Inside, you'll find a review of some of our events from July, a preview of Her Outdoors Week, details on Activator Poles classes in Moate and Mullingar, Orienteering in Athlone and lots more.

Don't forget that for more information and full details keep scrolling(!), follow us on socials or visit our website at [www.westmeathsports.ie](http://www.westmeathsports.ie) or email us [info@westmeathsports.ie](mailto:info@westmeathsports.ie)

# Her Outdoors Week 2024

## #FindYourOutdoors This August

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**HER** OUTDOORS WEEK

August 12th-18th 2024



**WESTMEATH SPORTS PARTNERSHIP**  
SPORT IRELAND



WESTMEATH COUNTY COUNCIL  
Comhairle Chontae na hIarmhí



SPÓRT ÉIREANN  
FAOIN SPÉIR

SPORT IRELAND  
OUTDOORS



#FINDYOUROUTDOORS

Date	Event	Location	Time	Cost
Mon 12th	Pilates & Dip	Lough Owel	7am-8am	€2
Mon 12th	SUP Yoga	Lough Ennel	7pm-8.30pm	€10
Mon 12th	Pitch & Putt Taster	Kilbeggan P+P Club	7pm-8pm	Free
Tues 13th	Women On Wheels	Old Rail Trail, Mullingar	6.30pm	€20 *
Tues 13th	Activator Poles	Old Rail Trail, Mullingar	7pm-8pm	€15 *
Tues 13th	Activator Poles	Dún na Sí, Moate	7pm-8pm	€15 *
Tues 13th	Kayaking Taster	Ballynacarrigy Harbour	7pm-9pm	Free
Tues 13th	Pitch & Putt Taster	Collinstown P+P Club	6pm-7pm	Free
Weds 14th	Come & Try Orienteering	Athlone Regional Sports Centre	12.30pm-2.30pm	Free
Thurs 15th	Meditation & Dip	Lough Owel	7am-8am	€2
Thurs 15th	Yoga in the Park	Mullingar Town Park	6pm-7pm	Free
Thurs 15th	Tai Chi in the Park	Mullingar Town Park	7.15pm-8pm	Free
Fri 16th	Tai Chi in the Park	Dún na Sí, Moate	11am-12pm	Free
Sat 17th	Come & Try Mountain Biking	Mullaghmeen Forest	10am-12pm	€15
Sat 17th	Bike Skills	Lillput Adventure Ctr	10am-12pm	€2
Sun 18th	Boxercise in the Park	Mullingar Town Park	10.30am-11.30am	Free
Sun 18th	Pilates & Dip	Lough Owel	6pm-7pm	€2

*\*full cost of ongoing programme*

For full details on all events and to register, visit [www.westmeathsports.ie](http://www.westmeathsports.ie)

☀️☀️ It's our biggest ever programme of events for HER Outdoors Week as we encourage females of all ages and abilities to get outdoors and get active. ☀️☀️

There are a wide range of free and low cost events from August 12-18 available right now across Co. Westmeath but spaces are limited so don't miss out!

[Full Details Here!](#)

## *National Play Day*



👏👏 We were delighted to support National Play Day at Athlone Regional Sports Centre in mid-July.

The day was attended by over 400 eager children (and some adults!) who got to try a variety of 'free play' sports and activities.

Thanks to everyone who helped out on the day including RSC staff and the staff of the Community Section of Westmeath County Council who organised the event. 🥰🥰



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***Watersports camps across Co.  
Westmeath***



🛶🛶 We have been having a great time on the water in the Lake County the last few weeks with various groups all across Westmeath getting the opportunity to experience kayaking and paddle boarding on their local waterways.

Courses and programmes have included:

**\*\*Adults Learn to Kayak in Lough Owel, Mullingar and Coosan Point, Athlone;**

**\*\*Paddlesports Camp for Youths in Mullingar Harbour and Coosan Point Athlone;**

**\*\*Come and Try Kayaking for youths from Cara Phort FRC in Ballynacarrigy Harbour;**

**\*\*Athlone FRC and Athlone Youth Project in Coosan Point Athlone and for adults from local accommodation centre in Mullingar Harbour.**

A variety of further paddle sport opportunities under the Sports Inclusion Development Programme also took to the water recently and thanks so much to everyone who took part!



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***Activator Poles in Moate and Mullingar***



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# ACTIVATOR POLES FOR OLDER ADULTS IN MULLINGAR

Exercise programme providing gentle exercise for those looking to maintain or improve balance, strength and overall fitness.



Balance



Recovery



Exercise



Social



€15



FIVE TUESDAYS

JULY 30, AUGUST 6, 13, 27,  
SEPTEMBER 3




7PM - 8PM



OLD RAIL TRAIL  
GREENWAY MULLINGAR

**REGISTRATION ESSENTIAL ON EVENTBRITE**

FOR FURTHER QUERIES CONTACT [CIAN.FOGARTY@WESTMEATHCOCO.IE](mailto:CIAN.FOGARTY@WESTMEATHCOCO.IE)

 Activator Poles are a great way to get fit, meet new people and enjoy the Irish autumn!

Our latest programmes for older adults are continuing in Moate and Mullingar on Tuesdays between 7.00pm and 8.00pm.

Share the posters among your friends and why not give this wonderful fun outdoors activity a go!

Email [info@westmeathsports.ie](mailto:info@westmeathsports.ie) for more details!

Register here



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## **ACTIVATOR POLES FOR OLDER ADULTS IN MOATE**

Exercise programme providing gentle exercise for those looking to maintain or improve balance, strength and overall fitness.



Balance



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Exercise



Social



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SIX TUESDAYS

JULY 30, AUGUST 6, 13, 20, 27,  
SEPTEMBER 3



7PM - 8PM



DÚN NA SÍ AMENITY PARK

**REGISTRATION ESSENTIAL ON EVENTBRITE**

FOR FURTHER QUERIES CONTACT [CIAN.FOGARTY@WESTMEATHCOCO.IE](mailto:CIAN.FOGARTY@WESTMEATHCOCO.IE)

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*Blueballs Midlands at Lough Owel*



Well done to the hardy souls who took part in the first-ever meet up of a new swimming group at Lough Owel recently.

Organised by Blueballs Ireland, the group focuses on helping men with their mental health.

The lads hope to meet every Wednesday at 7.30pm and you can contact Damien on 087-2394717 for more info!



***Come and Try Orienteering***

# Come & Try Orienteering

Family friendly orienteering this August in Westmeath

**Wednesday 14th August**  
**Athlone Regional Sports Centre**  
**12.30pm - 2.30pm**



- **MapRun Orienteering and Photo Orienteering both available**
- **Registration Essential via Eventbrite**
- **€5 registration fee per family/group (refunded upon attendance)**



Did you know that there are two different types of orienteering you can do at the Athlone Regional Sports Centre?

Why not join us on Wednesday August 14 for a Come and Try taster session of map reading and fun from 12.30pm to 2.30pm!

Orienteering is a perfect family sport and the courses are suitable for all ages and abilities.

It's just €5 and you'll get that back when you arrive.

Email [info@westmeathsports.ie](mailto:info@westmeathsports.ie) for more information or click the register button below!

[Register here!](#)

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## Westmeath Sports Partnership

Aras an Chontae, N91 FH4N, Mullingar

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