

Park Life

PHYSICAL ACTIVITY PROGRAMME

- For Adults 55+
- No Equipment Needed
- 45 Mins of Activity
- Led by a Qualified Tutor
- Two Mornings Per Week (Tues & Thurs)
- Using Natural Park Environment & Outdoor Equipment



26th April - 12th July
Tues/Thurs 11am
12 Weeks



FREE



O'Briens Park,
(Clare Street Park)



For More info, contact Pádraigh at
preale@limericksports.ie or
061-333600



"Great introduction to a new activity that I wouldn't have ordinarily done and it has given me an interest in trying again."

"Just been over heart surgery, this programme has given me a new shot at life"

"Great to broaden my mind and find some additional exercise."

<http://limericksports.ie/event/park-life-2/2022-04-26/>

