

MAY '24 FEST

Timetable

* Drop in sessions

Saturday May 25th 2024

11am – 4pm	Indoor Rowing Challenge*	Hall A
	Cycling Challenge*	
	Golf*	
	Weightlifting*	
	Indoor Kayaking*	
	Information Stands	
	Target Shooting*	Studio 1
	Challenge Games*	Hockey Pitch
Time Slots Given	Rock Climbing	Hall A - Wall
11 - 12:30pm	B2/B3 Junior Football	Hall B
11:30 - 12:30pm	GAA - Adults (16+)	Hockey Pitch
12:30 - 1:30pm	GAA - Kids	Hockey Pitch
12:30 - 1:30pm	B2/B3 Adult Football	Hall B
1 - 2pm	B1 (Blind) Adult Football	Rugby Pitch
11 - 12:50pm	Karate	Hall A
1:30 - 2:30pm	VI Rugby	Hockey Pitch
1:30 - 5pm	Blind/VI Tennis*	Hall B
1 - 1:50pm	Intro to Move, Balance, Stretch	Hall A
2:30 - 4pm	Athletics	Track
2 - 2:50pm	Bodyweight Circuits	Hall A
4:30-5:30pm	Cool Down/Yoga	Hall A
4:30 - 5:30pm	Swimming - Kids (pre-registration)	Pool



Check out visionsports.ie/MayFest or the QR Code for more details

Tag us in your photos using the official hashtag

#MayFest24

