



Kilmacud Crokes is proud to be a part of the GAA's 'Healthy Clubs' network. Healthy Clubs aim to embed a healthy philosophy and place the Club at the heart of the community.

Our Club – Where We All Belong.

During these challenging times, we are delighted to connect our communities and launch...

VIRTUAL KC HEALTH HUB 2020 (ONLINE)

Crokes Challenge

Paraic & Niall are busy putting together a plan to test and improve your skills! Each age group will receive it from their coaches as well as being posted on Kilmacud Crokes Social Media channels. Perfect opportunity for parents to learn the skills too!

Also, our Senior Players have put together a series of skills challenges for boys & Girls to try at home. A new skills challenge will be posted online every couple of days for you to try out. Can you beat our Senior Players' scores?

Active Meditation & Alexander Technique with Masoumeh Melrose

Active Meditation Sessions

During these sessions we will look at becoming aware of our habit patterns, in our thoughts and reactions. Especially those default settings, we all have. We will explore the differences and choices between being reactive and being responsive.

Tuesday morning & evening	activemeditation2020@gmail.com 0868904435	Suitable for all	€50 per household for 6 weeks*
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Movement and Awareness with the Alexander Technique

Mind your body. Mind your mind. Mind yourself. Alexander Technique is applicable to all daily life. It encourages a renewed sense of awareness and understanding of balance, movement and body alignment. It is a gentle process that does not require putting any extra strain on the body. Each person works within their own individual movement capability.

Thursday evening	activemeditation2020@gmail.com 0868904435	Suitable for all	€50 per household for 6 weeks*
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BOOK CLUB Book Clubs offer a great opportunity to chat new people and to read and discuss books – some of which you may not otherwise read. And, sometimes it's just good to chat over a cuppa. The group will meet monthly online for now to discuss the 'Book of the Month'. Just have your cuppa ready!

Coordinator- Joan Gallagher	justdoit@eircom.net 085 7333939	Suitable for all	No charge
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Chair Exercise with Kiera Brown, a Chartered Physiotherapist. It is really important to keep the muscle strength and flexibility that you have or improved it! Please contact Kiera in advance if you have a history of injury. A recording of the class can be emailed to you or a family member if you wish to do the exercises at a different time. 30 minute class.

Monday 10.30-11am (Recorded session can be emailed)	info@physioextra.ie 01 2000 555 www.physioextra.ie	Suitable for those that are less mobile	€30 for 6 weeks*
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PILATES with Kiera Brown, a Chartered Physiotherapist. Pilates benefits include good posture, longer leaner muscles, improved flexibility and mental health, stronger bones and improved general health. Please let Kiera know in advance if you have a history of injury.

Monday 8-9pm	info@physioextra.ie 01 2000 555	Suitable for all abilities, but let Kiera know about any injuries	€50 per household for 6 weeks* (60mins)
Wednesday 9.15- 10.15am	www.physioextra.ie		

WALKING & RUNNING Whilst we can't lead any groups, you are currently still encouraged to exercise outside, whilst adhering to the recommended Social Distancing advice whilst running alone or with a family member. Please keep us posted on what you are up to ... especially there is a quieter place for us to explore!

[Keep up to date on Government Policies.](#)

www.athleticsireland.ie/runzone/recreational-running-tips/beginners-to-5km/

WELLNESS with Catriona Kirwan. Be a calmer, stronger version of yourself through Neuro-Wellness coaching with Mindfulness. Over the 4 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.

Thursday 11-12noon	catriona@catrionakirwancoaching.ie 0878369882	€25 for 4 weeks*
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YOGA with Nuala Kiernan. Give yourself time and space to unwind, release and rebalance through yoga.

Wednesday 10-11am Adults	nuala.kiernan@gmail.com	Suitable for all	€50 per household for 6 weeks*
Wednesday 2.30- 3.30 Kids	086 917 7026		
Wednesday 7-8pm	Stillorganholisticcentre.com		

PLEASE REGISTER DIRECTLY WITH EACH COORDINATOR.

***WE ALL FULLY UNDERSTAND THAT SOME PEOPLE ARE FINANCIALLY UNCERTAIN AT THIS TIME, IF THAT IS YOU PLEASE LET YOUR COORDINATOR KNOW IN STRICT CONFIDENCE.**

Kilmacud Crokes Hope you Stay Safe & Healthy

Coronavirus COVID-19

If you have fever and/or cough you should stay at home

How to Prevent

- Wash (Icon: hands being washed)
- Cover (Icon: hand covering mouth)
- Avoid (Icon: hand with slash)
- Clean (Icon: disinfectant bottle)
- Stop (Icon: hands being stopped)
- Distance (Icon: two people with distance lines)

Symptoms

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties

If you have symptoms : www.hse.ie
Or ↗ HSE Live 1850 24 1850

#ichoose2Bsafe

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everyone • everything • everytime