

AUGUST 2026



LOCH GARMAN
GNÍOMHACH TRÍ SPÓIRT
SPORTS ACTIVE
WEXFORD

SPÓRT ÉIREANN

NEWSLETTER



"Not only does exercise keep the body young, but it also keeps the mind vital and promotes emotional well-being. The important thing is to start off slowly, find physical activities you enjoy, and do them regularly"
Deepak Chopra

START

STAY

SUCCEED

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AUGUST 2026

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About Sports Active Wexford

Sports Active Wexford are the Local Sports Partnership in Wexford and are part of the Community Section of Wexford County Council.

Our vision is for Wexford to be a county where all people are encouraged to:

- START to participate in some form of physical activity
- STAY physically active across the life stages
- SUCCEED in achieving their personal goals (whether they be physical fitness, mental wellbeing, social interaction or competition)

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Recent programmes held throughout the county - European Aquatic Championships, Wexford outdoors Week 2026, Activator Poles and more!
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EUROPEAN AQUATIC CHAMPSIONS IN PARIS



Huge congratulations to the entire Irish swimming team including our very own Fran, who was part of the coaching team on such a successful championships in Paris.

There was quite the excitement in The Apex in New Ross last weekend, when Mona, Danielle and Ellen visited and showed off their medal haul. The girls also gave lots of time, advice and tips to the swimmers who came out to see them. Well done to all involved.

Wexford Outdoors Week 2026

Family Hike

The weather played its part for Wexford Outdoors Week and we had great fun on our Family Hike on Forth Mountain. Thank you to the families that joined us.



Wexford Outdoors Week 2026

Beach Yoga

What a beautiful way to start the day!

Beach yoga on Curracloe Beach with Adrienne at 7am was the order of the day recently as part of Wexford Outdoors Week 2026.

Talk about setting yourself up for the day!



Wexford Outdoors Week 2026

Stand Up Paddle Boarding

After our early morning yoga, some participants followed it up with trying their hand at Stand Up Paddleboarding at Curracloe with The Surf Shack.

There were lots of smiles and laughs and splashes. We couldn't have asked for a better morning!



Wexford Outdoors Week 2026

Teenage Girls Surfing



Our Teenage Girls Surfing taster session was a huge success with the Surf Shack at Curracloe. The girls certainly brought the energy and fun factor to this event. Well done girls 😊



Wexford Outdoors Week 2026

Kids Kayaking Taster Session



Our kids kayaking taster session took place at the Bunclody Outdoor Activity Hub as part of Wexford Outdoors Week 2026.

It was great to see the kids on the water being brave enough to try out something new. Well done guys!

Wexford Outdoors Week 2026

Hiking with your phone



Well done to all the participants who took part in the Hiking with your phone workshop in collaboration with Mountaineering Ireland last week. Led by instructor Kevin from Wild Walks Ireland. Participants learned how to use their smartphones safely and effectively for navigation.

This workshop which included both indoor theory and outdoor practical elements was enjoyed by all. This programme was apart of the Wexford Outdoors Week 2026.

Wexford Outdoors Week 2026

Activator Pole Walking Programme



Another great morning out at our Activator Pole Exercise Taster at Mc Cauley Park, Bellfield, Enniscorthy. This event is a part of the Wexford Outdoors Week 2026.

Did you know you can borrow a set of Activator Poles from each of the libraries in Co. Wexford. Visit your local library for more details.

Adamstown Field Day



Alina, our New Ross Hub Co Ordinator, attended the Adamstown Community Centre Field Day recently.

Her gymnastics workshop was very successful and popular among children aged 2-12.

Medal Haul



Huge congratulations to Dean and Jesse who both travelled to Scotland last Friday to compete in multiple divisions in kickboxing. Dean and Jesse are part of the Pat Rocketts Martial Arts academy fight team and part of Team Ireland ICO Ireland squad.

They brought 7 medals home for their county and country at the 4 nations kickboxing competition.

We were delighted to support these athletes through the Sporting Champions Grant. Well done guys!

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Adapted Bike Taster Sessions on the South-East Greenway

Available Bikes
1 x Axxess E3 Quad
1 x Trigo Trike
1 x Wheelchair Platform Bike

Dates
July: 10th & 24th
August: 14th & 28th
September: 11th & 25th
October: 9th & 23rd

Option of 2 time slots: 11am or 1:30pm
Sessions run for 1.5hrs approx.

Suitability
All suitability and information about bikes are in the overview section of the Eventbrite booking link.

Queries
For any queries, please contact sports.active@wexfordcoco.ie
Booking: <https://bit.ly/4mPWNSV>

Logos: SPORT ÉIREANN, South-East Greenway, wweb, Shielbaggan, Talisteal Gníomhach Loch Garman Active Travel Wexford

Our next Adapted Bike Taster Session is happening on the South East Greenway on August 28th

We'll have a range of bikes available to try:

- ✨ Axxess E3 Quad
- ✨ Trigo Trike
- ✨ Wheelchair Platform Bike

🕒 Two time slots available:

- 11:00am
- 1:30pm

👉 Give it a go and experience the joy of cycling in a safe, supportive environment!

Suitable for:

- ✓ All abilities
- ✓ Individuals with additional needs
- ✓ Beginners or those returning to cycling
- ✓ Anyone looking to build confidence on adapted bikes

📧 Limited spaces – booking essential!

<https://www.eventbrite.com/e/1979716622711?aff=oddtcreator>

Farmers Water Based Strength and Mobility Exercise Programme

Fit2Farm Initiative

Farmer's Water-based Strength & Mobility Exercise Programme

€30 for 6 weeks

The Waterfront Pool, Enniscorthy

Starting Tuesday the 15th of Sept for six weeks @ 8pm

Code > Sports Active 26

Call The Waterfront Pool on 053 923 4443 to register

For farmers wishing to take part in low impact weight-bearing exercise classes

Logos at the bottom: FAI, An Roinn Talmhaíochta, Bia agus Mara (Department of Agriculture, Food and the Marine), Comhairle Contae Loch Garman (Wexford County Council), SPÓRT ÉIREANN (SPORT IRELAND), LOCH GARMAN GNÓIMHACH TRI SPÓIRT (SPORTS ACTIVE WEXFORD).

Calling on Farmers - Do you want to try a low impact weight bearing exercise class??

Come along to our 6 week farmers water based strength and mobility exercise programme in the Waterfront Pool, Enniscorthy commencing on 15th September at 8pm. We'd love to see you there!

To secure your place, please call the Waterfront Pool on 053 923444

Farmers Gym Based Strength and Mobility Exercise Programme



Fit2Farm Initiative

LOCH GARMAN GNÍOMHACH TRÍ SPÓIRT
SPORTS ACTIVE WEXFORD
SPORT ÉIREANN

FARMERS GYM-BASED STRENGTH & MOBILITY EXERCISE PROGRAMME

-  Medi-Fit New Ross
-  7.30pm - 8.30pm
-  6-week programme
Start Thursday the 17th of September
-  €30 for 6 weeks
-  Registrations via Eventbrite

An Roinn Talmhaíochta, Bia agus Mara
Department of Agriculture, Food and the Marine

Comhairle Contae Loch Garman
Wexford County Council

SPÓRT ÉIREANN
SPORT IRELAND

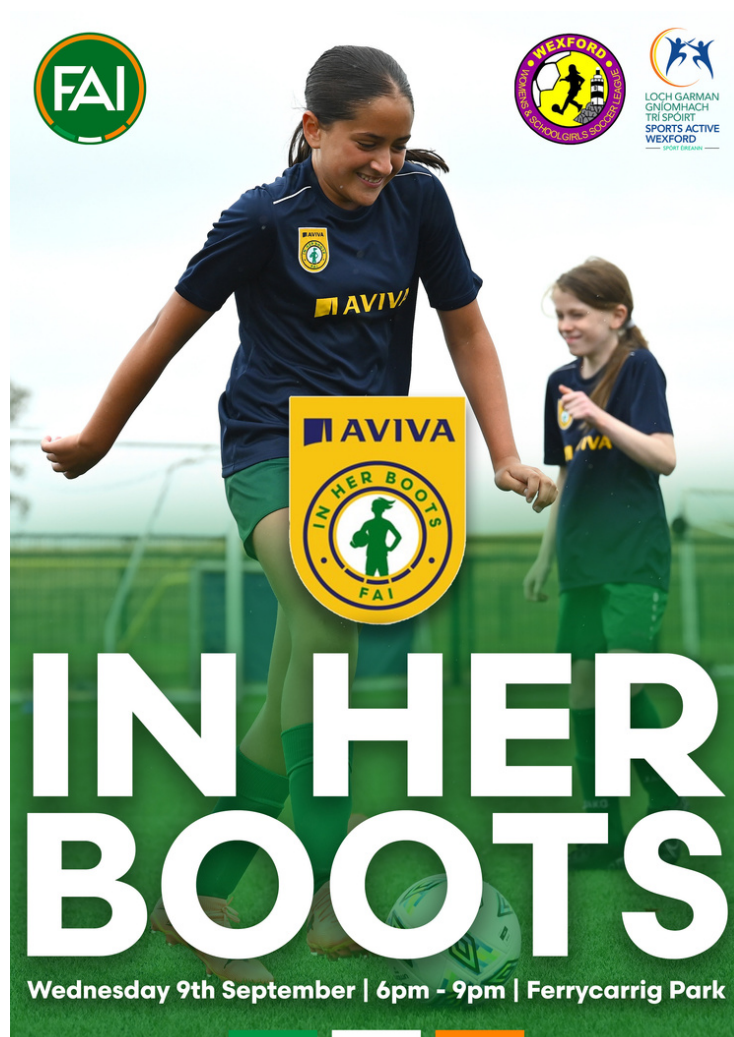
 Calling on Farmers - Do you want to increase your leisure-time physical activity in a controlled environment?

This Gym-based strength & mobility exercise programme could be for you! Apart of the Fit2Farm Initiative 2026 in collaboration with IFA Wexford, this 6-week exercise programme will consist of gentle strength & mobility exercises aiming to improving balance, flexibility and range of motion in joints.

Limited spaces, booking is essential!

Register  <https://www.eventbrite.com/e/1994937788628?aff=oddtcreator>

In Her Boots

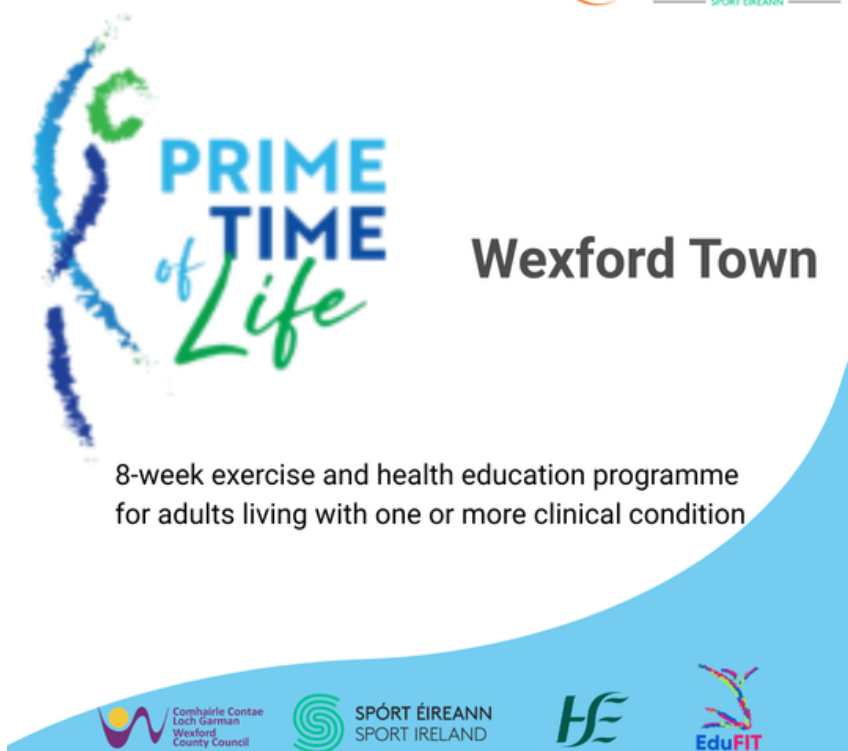


Are you a girls soccer coach?

"In Her Boots" programme is an education and awareness-based programme aimed at the football volunteer workforce across Ireland working with female players (9-16years). The programme will focus on topics that are vital for the participation and retention of young female players in football across Ireland. This new approach to female player development, celebrates and informs all levels of your club on a national scale. Wednesday, 9th September Ferrycarrig park 6.00 - 9.00pm Free - Fully funded by Sports Active Wexford Sign up here:

<https://faiconnect.ie/mycomet/private/seminars/51429223>

Prime Time of Life Programme



Are you living with 1 or more clinical condition? Join us for our 8-week evidence-based exercise and health education programme for middle aged and older adults (35+) living with clinical condition such as cardiac, respiratory, metabolic (diabetes), neurological, cancer recovery. It is suitable for adults of all fitness levels.

The programme will consist of x2 sessions/week on a Monday and Wednesday from 11am-12noon in Clonard Community Centre, Wexford town.

Participants will undergo pre-testing at the first session to establish base-line fitness levels. Monday's class will consist of a 45-minute exercise session and a 15-minute educational workshop each week. Wednesdays class will consist of a 45-minute exercise session.

Spaces are limited – register today to secure your spot! Link in bio to book. Medical clearance may be necessary. If you have any questions regarding this programme please email ben.hunt@wexfordcoco.ie

Sign up here: <https://www.eventbrite.ie/e/1998944783658?aff=oddttdtcreator>

Strong and Steady



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Strong and Steady - Falls Prevention for Older Adults (65+)

-  Coolcots Community Centre
-  2pm - 3:30pm
-  30th September - 16th December (Wednesdays)
-  For Older Adults (65+) who have a history and/or fear of falls
-  €20 for the full programme

Our popular Strong and Steady falls prevention programme returns to Wexford town. Maybe you have a relative or friend who unfortunately has a history of or a fear of falls. This programme is supported by @healthywexford through the healthy Ireland fund.

Who is this for? This falls prevention programme is designed to help older adults (65+) who have a history of or a fear of falls improve their fitness, strength, mobility and even learn some useful techniques on how to safely get down to the floor and more importantly, how to get back up. Previous participants have used this programme as part of their recovery from hip fractures and surgery, management of neurological conditions, or simply to improve their confidence in movement and ability to achieve their day to day activities.

What to expect? This 12-week programme will consist of both chair-based and standing exercises, working on endurance, balance, flexibility and mobility, strength. It is based in a local community hall and 2 instructors will guide you through each session with care.

Sign up here: <https://www.eventbrite.ie/e/1998945704412?aff=oddtcreator>

Strength and Balance



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Strength and Balance for Older Adults (55+)

 Presentation Arts Centre Enniscorthy

 11:30am -12:30pm

 30th September - 18th November (Wednesdays)

 Adults (55+) who wish to improve their strength and balance

 €20 for the full programme

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 Comhairle Contae
Loch Garman
Wexford
County Council

Join us in the Presentation Arts Centre, Enniscorthy for our 8-week strength and balance programme for adults aged 55+. This programme is aimed at improving your strength, balance and confidence in movement.

Who is this for? This programme is for adults who are independently mobile but may have some concerns around their balance and wish to get a little bit stronger for their day to day activities.

What to expect? This programme will run for 8-weeks and will consist of a combination of chair-based and standing exercises. You will be taken through correct technique with various strength and balance exercises with our tutor and also be given an exercise band and booklet so you can maintain your exercise at home

Registration is essential and medical clearance may be needed before taking part.

Sign up here: <https://www.eventbrite.ie/e/1998958609010?aff=oddttdtcreator>



Club Database



Our Club Database is newly revamped and its a great tool for people looking for sports clubs and groups in an area. We would love to grow this database. Check see if your local club is registered and if not, maybe ask a club contact to register.

It can be viewed at
<https://wexfordcoco.ie/clubs>

Active Disability Ireland

Sport Inclusion
 Disability Charter
 clearly outlines the five key areas people with disabilities are asking all organisations to consider in making active and healthy lifestyles possible for them.

Check it out
<https://bit.ly/424ww0Q>



Sports Active Wexford Team



Fran Ronan - LSP Co-Ordinator - fran.ronan@wexfordcoco.ie

Will Doyle - Temporary Programme Manager - william.doyle@wexfordcoco.ie

Ben Hunt - Physical Activity for Health Officer - ben.hunt@wexfordcoco.ie

Anna Flynn - ESF+ Social Innovation in Sports Officer - anna.flynn@wexfordcoco.ie

Alina Andrei - New Ross Hub Co Ordinator

Nicola Collins - Senior Sports Development Officer - nicola.collins@wexfordcoco.ie

Bridget Kenny - Communications Officer - bridget.kenny@wexfordcoco.ie

Mary T Kehoe - Administrator - maryt.kehoe@wexfordcoco.ie