

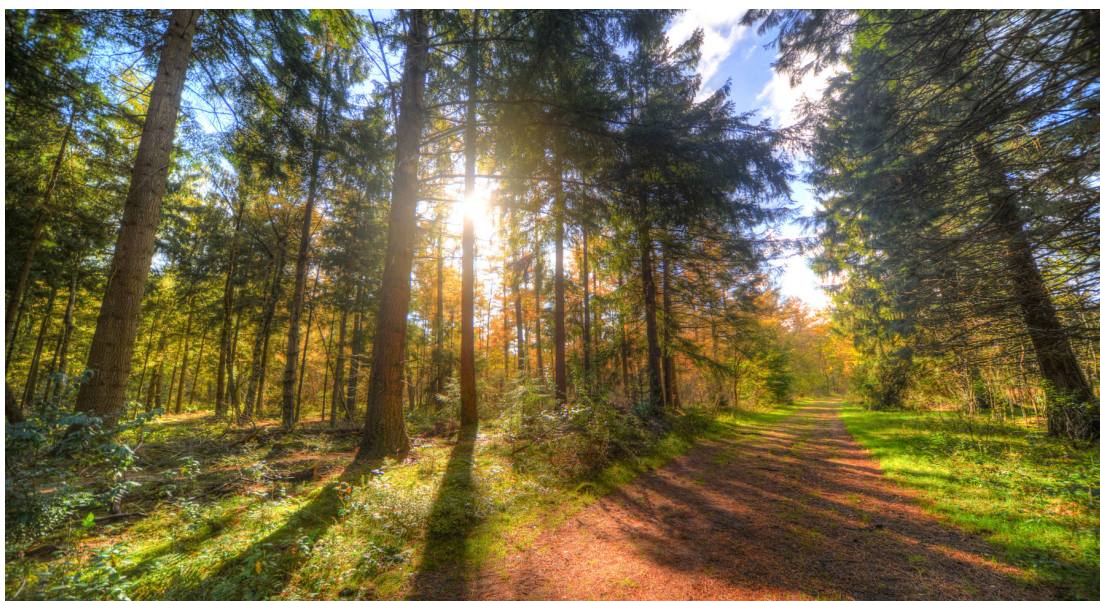
JULY 2026



LOCH GARMAN
GNÍOMHACH TRÍ SPÓIRT
SPORTS ACTIVE
WEXFORD

SPÓRT ÉIREANN

NEWSLETTER



"Join us for an activity this Wexford Outdoors Week 2026. Empowering people to step outside, rediscover the joy of nature and experience the physical and mental benefits of outdoor physical activities. A mix of activities designed to suit every member of the family" - Nicola Collins, Senior Sports Development Officer

START

STAY

SUCCEED

CONTENTS

JULY 2026

WWW.WEXFORDCOCO.IE/SPORTSACTIVE



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)

- **PAGE 3-5**
Recent programmes held throughout the county - Playground Leaders, Adapted Bikes, Women's Shed Activators, Playful Streets, and Wedding bells
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Upcoming Events & Courses
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Contact Us!



Family Fun Day New Ross



The sun was shining, families came out and fun was had ☀️. Great enjoyment was had on 21st June at the Family Fun Day in Pearse Park, New Ross. What a great community day!

Many thanks to all the people to joined us and to all to made the day so enjoyable.

This event was supported by Healthy Wexford by the Healthy Ireland fund.

Our Bat and Chat group goes national!

We're delighted to see our "Bat and Chat" table tennis programme for people with Neurological conditions featured in the Irish Independent on 23rd June.

Check out the video here: <https://www.independent.ie/lifestyle/health-wellbeing/in-praise-of-table-tennis-my-fitness-has-improved-my-game-is-getting-better-and-my-hand-to-eye-co-ordination-improves-from-week-to-week/a/157274699.html>

The Bat and Chat programme initially started as a 5 week programme in conjunction with Table Tennis Ireland but it has continued and grown.

One of the participants, Deirdre White said "when we're at Bat and Chat, we forget we've a chronic condition and feel the same as everybody else. We're just a group of people having the craic"



Bealtaine Together in Motion

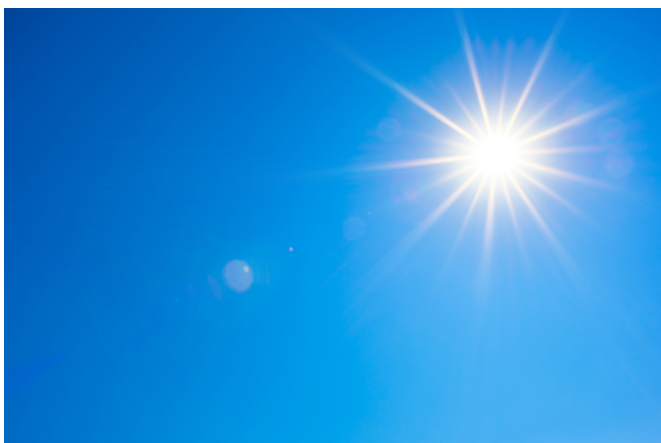
We completed our 6 week "Bealtaine Together in Motion" programme in collaboration with the New Ross Library recently.

9 participants took part in this Activtor Pole programme under the guidance of tutor Theresa.

Well done to all who took part 🙌



Be Sun Smart



Remember! If you are outside enjoying the current lovely weather, please remember to be sun smart. For information, please go to : <https://irishskin.ie/sunsmart/>


Adapted Bike Taster Sessions on the South-East Greenway





Available Bikes

- 1 x Axess E3 Quad
- 1 x Trigo Trike
- 1 x Wheelchair Platform Bike

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.

Dates

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

Queries

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






Our next Adapted Bike Taster Session is happening on the South East Greenway on Friday, July 24th.

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

- ✨ Axess 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>

Gym programme for Cardiac Conditions



Are you living with a cardiac or metabolic condition? Want to re-engage in physical activity? Join us for our 7-week programme in Medi-Fit, New Ross. This programme is ideal for those who have completed Phase III cardiac rehab or for those living with a stable cardiac or metabolic condition such as type II diabetes. You must not have experienced an acute cardiac event in the past 6-months and we advise that you have a conversation with your healthcare professional (GP/Physio) before taking part. Class will run on Tuesdays at 12:30pm-13:30am and started today, but there are still some places available. There will be an additional class on Thursday 27th August at 12:30pm. Cost of full programme (8-sessions): €30

Sign up: https://eventbrite.ie/e/gym-programme-for-cardiac-and-metabolic-conditions-tickets-1993325192309?aff=oddttdtcreator&_gl=1*ktzk8*_up*MQ..*_ga*MTk4NzY2MDU2OC4xNzg0NjlyNDE5*_ga_TQVES5V6SH*cze3ODQ2MjI0MTgkbzEkZzEkdDE3ODQ2MjIIMDEkajYwJGwwJGgw

Wexford Outdoors Week Family Hike



Family Hike at Forth Mountain



Forth Mountain, Wexford



Children must be over
8yrs



Tuesday 11th August



10.00 - 14.00hrs



€5 per adult



🌿 Wexford Outdoors Week 10th - 16th of August 🌿

Join us for this inclusive family-friendly outdoor hike at Forth Mountain! Designed for all the family, includes a leisurely paced, fully guided nature trail filled with flora & fauna spotting, and plenty of snack breaks to keep little legs moving.

Suitable for children 8yrs and above, ratio 1 adult to 2 children. Limited spaces, booking is required.

Register 👉 <https://www.eventbrite.com/e/1992997411909?aff=oddtcreator>

Wexford Outdoors Week Activator Pole Programme



Activator Pole Exercise Taster

📍 McCauley Park Bellfield,
Enniscorthy

🕒 Thursday 13th of August

🕒 Over 18

🕒 11am – 12pm

€ €5 p/p



🌿 Wexford Outdoors Week 10th - 16th of August 🌿

Join us for this beginner friendly Activator Poles Exercise class in McCauley Park, Enniscorthy.

- Open to adults of all abilities,
- Learn how to utilise Activator Poles in a controlled environment,
- Boost your mobility, balance, and core strength,
- Fun and social outdoor session.

Limited spaces, booking is essential!

Register 👉 <https://www.eventbrite.com/e/1993004170123?aff=oddtcreator>

Wexford Outdoors Week

Her Moves Teenage Girls Surfing Taster Session



Her Moves Teenage Girls Surfing Taster

📍 Curracloe Beach

🕒 AGE Teenage girls 14 - 17 yrs

🕒 Friday 14th of August

🕒 11am - 1pm

€ €20 p/p



🌿 Wexford Outdoors Week 10th - 16th of August 🌿

Catch your first waves and build water confidence at our exciting Her Moves Teenage Girls Surfing Taster Session! 🏄‍♀️

Specifically designed for Teenage girls 14-17yrs, grab a friend and join the fun in a relaxed, welcoming space! No previous experience required.

Limited spaces, booking is essential!

Register 👉 <https://www.eventbrite.com/e/wexford-outdoors-week-her-moves-surf-taster-session-tickets-1993015788875?aff=oddtcreator>

Wexford Outdoors Week

Outdoor Gym Taster, Gorey



Outdoor Gym Taster, Gorey District Park

📍 Gorey District Park

🕒 Wed 12th of August

🕒 AGE Over 18

🕒 10.30-11.30am

€ €5 p/p



🌿 Wexford Outdoors Week 10th-16th of August

Have you ever walked past the outdoor gym equipment in your local park and wondered how to use it?

Led by a qualified instructor, you will be shown multiple exercises utilising the calisthenics equipment in the Outdoor Gym to suit all abilities and ways to safely utilise your own body weight to build strength and cardiovascular health.

➡ Beginner friendly session, all abilities welcome,

➡ Limited spaces, booking is essential,

Register 👉 <https://www.eventbrite.com/e/wexford-outdoors-week-outdoor-gym-taster-gorey-district-park-tickets-1993519151446?aff=oddtcreator>

Wexford Outdoors Week

Hiking with your Phone

MOUNTAINEERING IRELAND

LOCH GARMAN GNÍOMHACHTRÍ SPORT WEXFORD

HIKING WITH YOUR PHONE

NAVIGATE SMARTER.
HIKE SAFER. EXPLORE MORE

WEXFORD
14th August

ONE DAY COURSE
Theory and practical session

Participant Fee: €15
(Reduced from €35 thanks to Sport Active Wexford)

EXCLUSIVE MEMBER DISCOUNT HIKER PRO+

BE PREPARED . BE CONFIDENT. BE HAPPY HIKING.

🌿 Wexford Outdoors Week 10th-16th of August

📱 Hiking with your Phone

Mountaineering Ireland's brand-new "Hiking with Your Phone" course designed to give modern hikers the confidence to navigate Ireland's mountains using the technology in their pocket.

- ➡ One day course
- ➡ Includes focused indoor & practical outdoor sessions
- ➡ Limited spaces, booking is essential

For further info & registrations 👉 <https://www.eventbrite.ie/e/hiking-with-your-phone-14th-aug-wexford-tickets-1994303129345>

Activators for All in Min Ryan Park



LOCH GARMAN
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ACTIVATORS FOR ALL

ACTIVATOR POLE WALKING & EXERCISE PROGRAMME

 For adults living with OR without a long-term condition

 Min Ryan Park, Wexford Town

 Wednesdays 5th of August – 9th of Sept

 11am - 12 noon

 €15 for full programme

Places are limited and registration is essential
Register online through Eventbrite link

Comhairle Contae Loch Garman
Wexford County Council

SPÓRT ÉIREANN
SPORT IRELAND

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Join us in Min-Ryan Park, Wexford Town for our 6-week Activators for All programme!

This activator pole walking and exercise programme is open to adults both living with OR without a chronic or long term condition such as a cardiac, respiratory, neurological or metabolic condition.

Perfect if someone wishes to bring a partner/spouse or friend to exercise together and support each other to become more physically active.

There will be 2-levels available to participants, with one level being slightly faster-paced and more challenging. Both levels will run at the same time and participants may move up or down a level if they wish.

Sports Active Wexford will provide tutors and activator poles each week.

Registration is essential and places are limited.

Sign Up here: https://www.eventbrite.ie/e/activators-for-all-tickets-1992823665228?aff=oddtcreator&_gl=1*zbyrq4*_up*MQ..*_ga*OTAYNTk2NzcwLjE3ODM5MzQxMzg.*_ga_TQVES5V6SH*cE3ODM5MzQxMzckbzEkZzAkdDE3ODM5MzQxMzckajYwJGwwJGgw



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



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