

September Get Active Events



Get Involved in a range of activities to celebrate European Week Of Sport between 23rd – 30th September.

Please note pre-registration is required for most events during the week as spaces may be limited. For more resources or other activities throughout the week visit Sportireland.ie or keep an eye on the Activity Hub. The week is aimed to inspire others to #BeActive and get involved in exercise regardless of age, ability or fitness level.

Date	Time	Activity	Location	Description	How to Get Involved
19 th -27 th September	Anytime throughout the week	Bike Week	DO IT YOURSELF Your Local Park/Bike Track	Hop on your bike and get involved in Bike Week.	Check out http://www.bikeweek.ie/
Wednesday 23 rd September	N/A	GAA National Inclusive Fitness Day	JOIN IN Your Local GAA Club	Celebrating inclusion by hosting their own activities throughout the week.	Contact Your Local Club to find out if they are signed up for Inclusion Day.
Thursday 24 th September	10:00am & 1:00pm	National Fitness Day	JOIN IN Activity Hub	Two Online Exercise classes with John and Dyfed on Zoom	Register with: john.donnelly@smh.ie (Limited Spaces) Will be hosted on Zoom and applicants will receive the link
Friday 25 th September	Anytime throughout the week	Virtual Family Mile	DO IT YOURSELF Local Park/Town	One Mile for all the family, regardless age, background, or fitness level.	Register on https://eventmaster.ie/event/1vZwCwDHeM
Saturday 26 th September	5pm	Active Bingo	JOIN IN Online	Interactive Online Bingo Night with many prizes to be won	Register https://dublinsportsfest.ie/ Tickets €5 individual, €10 for team of 4
Sunday 27 th September	9:00am-9:00pm	National Walking Day Challenge	DO IT YOURSELF & COMPETE VIRTUALLY Local Park or Area	Walk with Friends, Family or Walking Group and count your steps or distance	More information https://www.smh.ie/assets/files/pdf/national_walking_day.pdf
Monday 28 th September	10:00am-3:30pm	Activities with Dublin City Sport & Wellbeing Partnership	JOIN IN Day/Residential Service	Activities delivered by coaches from Dublin Sport & Wellbeing Partnership	More info Dylan.casey@smh.ie (See availability)
Tuesday 29 th September	ORGANISE YOUR OWN PHYSICAL ACTIVITY OR SPORT ACTIVITY				
Wednesday 30 th September	10:00am-3:30pm	Activities with Dublin City Sport & Wellbeing Partnership	JOIN IN Day/Residential Service	Activities delivered by coaches from Dublin Sport & Wellbeing Partnership	More Info Dylan.casey@smh.ie (See availability)