

SportsAbility Day Schedule 2017

Time	Court 3 (19 metres)	Court 2 (19 metres)	Court 1 (10 metres)
11.00-11:50am	Yoga - Target Games – Boccia	Table Tennis – Badminton	Information Stands
11:50am-12:30pm	Adapted Tag Rugby		
12:30 - 12:45	Official Opening		
12.45pm-1:30pm	Powerchair Football	Power lifting – Table Tennis	
		Wheelchair Karate - Boxing	
1:30pm-2:15pm	Seated Volleyball - Inclusive Games	Modern Dance – Enjoy Tennis	
2:15pm-3pm	Table Cricket - Frame Football	Munster Wheelchair Rugby	

- Healthy Eating Workshop, 2nd Floor, 11:30am & 1:30pm
- North Cork GAA For All – Hockey Pitch, 11am – 12 noon
- Archery – Studio room by reception 1pm – 3pm
- Wall Climbing 1pm – 3pm
- Special Olympics Integrated Soccer – Hockey Pitch

Inclusive Games
Workshop, Indoor
Athletics Track 11:15am

Sensory Room
Available