



Parish Centre Activities for children

Group	Activity	Day	Time	Contact No	Notes (if any)
Lynam School of Dance	Irish Dancing	Monday	3pm-4pm	0862025906 Orla Byrne	School year St. Mary's Hall
Farrell Caffrey School of Dance	Irish Dancing	Tuesday	4.30pm-6.30pm	087 6104684 Becky Caffrey	School year
Ricky Lawless School of Dance	Irish Dancing	Monday Tuesday	4.45pm-6.45pm	0851478687 Ricky Lawless	School year St. Mary's Hall
Happy Hearts Club	Hip Hop Dancing	Wednesday	4.30pm-6pm	086 8857116 Marian Augustine	School year St. Mary's Hall
Curtain Call Studio	Performing Arts Group	Thursday	4pm-7pm	086 8529559 Karen Hackett	School year
Midland Drama School	Stage Academy, Drama, Dance	Wednesday	4pm-8pm	087 2924719 Lorraine Wynne	School year
Laois Archery	Adults & Kids	Monday Saturday	8pm-10pm 6pm-8.30pm	087 6144195	All year St. Mary's Hall
Portlaoise Dance Academy	Dance Academy	Saturday	10.30am-4.30pm	085 8179291 Helen Dunne	School year
Aedeon O'Hagan's School of Ballet	Ballet for Children	Monday Tuesday	2.30pm-8pm 2.30pm-7.30pm	059 9137333 Aedeon O'Hagan	School year
Mother and Toddler group 'Together is better'		Friday	10am-11.30am	085 7578432 Christina Malone	All year
Infant Massage Classes		Tuesday	10am-11.30am		
Baby Jam	Music group for babies, toddlers (12mths-5year) and parents	Saturday	10am-12noon	085 7179963 Carrie Haskins	



Parish Centre Activities for adults

Group	Activity	Day	Time	Contact No	Notes (if any)
Portlaoise Literature Studies Group		Wednesday	10.45am-12.45pm	057 8661798 Cathy Fennelly	
Portlaoise Camera Club	Photography	Wednesday	8pm-10pm	085 2397576 Antoinette	September - June
Zumba Fitness	Zumba Gold	Tuesday	6.15pm-7.15pm	087 1448052 Suzanne Toumi	All year St. Marys Hall
	Zumba Fitness	Wednesday	7.30pm-8.30pm		
Weightwatchers		Wednesday	9.45am-1.30pm	0876788713 Marnie	Weigh In: 9.45am-10.30am Talk: 10.30am-11.00am Weigh In: 11.15am-11.40am Talk: 11.40am-12.10pm Weigh In: 12.30pm-1.15pm Talk: 1.15pm-1.30pm <hr/> 5.15pm & 6.30pm
			5pm-7pm	0876788713 Marnie	
Unislim		Tuesday	7.30am-1.30pm 5pm-6pm	087 6382545 Breda McCann	All year
Slimming World		Friday	9.30-11am	0833343679 Michelle	All year
Portlaoise Active Retirement Group		Wednesday	3pm-5pm	057 8621571 Andy McQuillan	September - May
Mountmellick Embroidery Group		Monday	7.30pm-9.30pm	086 8687135 Ann Fennell	September-May
Yoga	Core Connect	Monday	6.30-7.30pm	0879647655 Mary Kavanagh	All year
	Evening Restore		7.45-8.45pm		
	Evening Energise	Wednesday	8.15-9.15pm		
	Morning Restore	Thursday	11.30am-12.30pm		
Kangoo Jumps	Fitness Class	Tuesday	8.30pm-10pm	0876902201 Vlada	All year St. Mary's Hall
Latino Dance		Friday	8.30pm-9.30pm	0868360552 Kris	All year
Mindfulness Class		Wednesday	8.15pm-9.30pm	0876783310 Geraldine Goulding	All year
Art Classes		Friday	10.45am-12.45pm	0860609898 Caroline Keane	
French Conversation Class		Monday	10.30am-11.30am	0876968600 Michèle Castiaux	
Pilates		Tuesday Friday	10am-11am	0894653938 Joanna	
Zumba		Tuesday	8.15pm-9pm	0870640046 Tanya	
Zumba Gold	Low Impact	Monday	8.15pm-9pm	0876431743 Zaneta	
	Zumba	Thursday	10am-10.45am		