



Parish Centre Activities for children

Group	Activity	Day	Time	Contact No	Notes (if any)
Aedean O'Hagan's School of Ballet	Ballet for Children	Monday Tuesday	3pm-8pm 3pm-7.30pm	059 9137333 Aedean O'Hagan	School year
Farrell Caffrey School of Dance	Irish Dancing	Tuesday	4.45pm-5.45pm	087 6104684 Becky Caffrey	School year
Ricky Lawless School of Dance	Irish Dancing	Monday	5pm-6pm	0851478687 Ricky Lawless	School year St. Mary's Hall
Happy Hearts Club	Hip Hop Dancing	Saturday	9.30am-12.30pm	086 8857116 Marian Augustine	School year St. Mary's Hall
Portlaoise Dance Academy	Dance Academy	Saturday	11am-4pm	085 8179291 Helen Dunne	School year
Midland Drama School	Stage Academy, Drama, Dance	Wednesday	4pm-8pm	087 2924719 Lorraine Wynne	School year
Laois Archery	Adults & Kids	Saturday	6pm-9pm	087 6144195	All year St. Mary's Hall
Mother and Toddler group 'Together is better'		Friday	9.30am-12am	085 7578432 Christine Malone	All year
Infant Massage Classes		Tuesday	10am-11.30am		
Zumba	Dance	Thursday	5pm-7pm	0876431743 Zaneta	All year



Parish Centre Activities for adults

Group	Activity	Day	Time	Contact No	Notes (if any)
Portlaoise Literature Studies Group		Wednesday	10.45am-12.45pm	085 1529558 Helen Crawford	
Portlaoise Camera Club	Photography	Wednesday	8pm-10pm	0879573965 Pat	September - June
Zumba		Monday	8pm-9pm	087 1448052 Suzanne Toumi	All year St. Marys Hall
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
			5pm-7pm	0876788713 Marnie	5.15pm & 6.30pm
Unislim		Tuesday	7.30am-1.30pm 5pm-6pm	087 6382545 Breda McCann	All year
Slimming World		Friday	9-11.30am	0833343679 Michelle	All year
Portlaoise Active Retirement Group		Wednesday	3pm-5pm	057 8621571 Andy McQuillan	September - May
Mountmellick Embroidery Group		Monday	7pm-9.30pm	086 8687135 Ann Fennell	September-May
Yoga		Monday	6.30pm-7.30pm	0879647655 Mary Kavanagh	All year
		Thursday	9.45am-10.45am		
Body Factory Fitness		Tuesday Thursday	7.30pm-8.30pm 7pm-8pm	0871764695 Jagna	
Latino Dance		Friday	8.30pm-9.30pm	0868360552 Kris	All year
Mindfulness Class		Monday or Wednesday	6.30pm - 7.45pm 8.15pm-9.30pm	0876783310 Geraldine Goulding	6 weeks courses running throughout the year
Art Classes		Friday	10.45am-12.45pm	0860609898 Caroline Keane	
Fitness Zumba		Monday	8pm-9pm	0876431743 Zaneta	