



Parish Centre Activities for Children

Group	Activity	Day	Time	Contact No	Notes (if any)
Helen Dunne Ballet	Ballet for Children	Monday Tuesday Saturday	4.15pm-7.30pm 4.15pm-6.45pm 9.30am-3.30pm	0858179291 Helen Dunne	School year
Farrell Caffrey School of Dance	Irish Dancing	Tuesday	5pm-6pm	087 6104684 Becky Caffrey	School year
Shane Cummins Irish Dancing	Irish Dancing	Wednesday	5.30pm-6.30pm	0860121515 Shane	St. Mary's Hall
Zumba for kids	Dance	Thursday	6pm-7pm	0876431743 Zaneta	All year
Happy Hearts Club	Hip Hop Dancing	Tuesday	3.30pm-6.30pm	086 8857116 Marian Augustine	School year St. Mary's Hall
Gymboree Play & Music	For toddlers	Wednesdays Thursday	9.30am-2.30pm	0831244116 Jo Phelan	
Kyokushin Karate	Karate	Wednesday Friday	5.30pm - 8pm 5.30pm - 8pm	085 7134029 Bartosz	All year
Laois Archery	Adults & Kids	Saturday	7pm-9pm	087 6144195 Noel	St. Mary's Hall



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	086 0743500 Sharon	September - June
Zumba	Dance/Fitness	Monday Wednesday	7.30pm-8.30pm 7pm-8pm	087 1448052 Suzanne Toumi	All year St. Marys Hall
Zumba	Dance/Fitness	Monday Thursday	8pm-9pm 6pm-7pm	0876431743 Zaneta	All year
Cards Whist Drive		Tuesday	7.30pm-9.30pm	Breda Cooley	All year
Laois Physiotherapy Clinic		Monday Tuesday	9.30am-10.30am 6pm-8pm	0879945057	
Mindfulness		Thursday	7pm - 9pm	085 1446670 Ruairi	
Yoga		Monday Wednesday Friday	5.45-6.45pm 9.15am - 10.15am 6pm-7pm 7.15pm-8.15pm 9.30am-10.30am	0879647655 Mary Kavanagh	All year
Yoga		Thursday	7.15pm-8.15pm	0857258710 Aoife Fingleton	
Yoga		Tuesday	7.30pm - 8.30pm	0879912212 Jo Ryan	
Yoga		Thursday	7.30pm-8.30pm	083 0595355 Kamila	
Pilates		Thursday	8.30pm-9.30pm	087 7799604 Karolina	
Taichi		Monday	8.15pm - 9.30pm	087 6501064 Loretta	
Portlaoise Active Retirement Group		Wednesday	3pm-5pm	057 8621571 Andy McQuillan	September - May
Unislim		Tuesday	7.30am-1.30pm	087 6382545 Breda McCann	All year
Mountmellick Embroidery Group		Monday	7.30pm-9.30pm	087 2876537 Therese Collins	September-May
Kyokushin Karate		Wednesday Friday	5.30pm - 8pm 6.30pm - 8pm	0857134029 Bartosz	
Kick Boxing		Friday	8.35pm - 9.35pm	087 1399035 David	