

**Ireland
Active**

**Leisure, Health
and Fitness
Association**



Skillnet Funding 2019

Following on from our member Skillnet training survey last year, we are delighted to announce that we have received notice of being successful for establishing a leisure, health and fitness Skillnet for 2019.

We will be meeting Skillnet in the coming weeks to discuss the programme and will have further details for our members in the coming weeks.

This will be another valuable Ireland Active member benefit as it will offer discounted rates on a variety of industry training courses for our members.



Dear club representative,

The **EuropeActive** (EA), supported by Deloitte, conducts a survey on the European health & fitness market. The results of this survey will give an insight into market development and trends in the fitness sector. Thus the survey will contribute to this promising industry and is a great tool for you as well as for suppliers, investors, politicians and other stakeholders.

The survey will take **only 5-7 minutes**. Please fill out the questionnaire seriously and as **completely** as possible. In return for your participation we will **provide you with the results** of your country.

Click here to start the survey: <https://www.soscisurvey.de/fitnessmarket2018/>

We respect your privacy: Your information will be kept **strictly confidential**. The evaluation of the data is only in aggregated anonymous form. The disclosure of individual data to third parties is excluded.

If you have any questions concerning this survey do not hesitate contacting us.

Thank you very much for your support!

Best regards,

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Board Member

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Entries are now open for the
NUTRAMINO® Health and Fitness Awards 2019.

This is the second year of the awards, which were first launched in the Round Room, April 20th 2018. Information on the event is available on our website at this [link](#)

The **NUTRAMINO® Health and Fitness Awards** aim to bring together and celebrate the country's finest health educators and motivators, gyms and facilities who repeatedly help the people of Ireland achieve a better mind, body and spirit.

To submit your entry is **completely free** and you can do so [here](#). We have 28 categories to can choose from. [Click here](#) to view this year's categories.

Entries will close midnight on **Sunday 13th January 2019**. Our [judging panel](#) will then begin the judging process.

The winners will be announced on **Friday 8th March 2019** at a luncheon in the Round Room in the Mansion House.



See below for a list of our upcoming courses

Safeguarding Foundation Course

7th February - Irish Sport HQ, Dublin, 10am - 2pm

14th March - Irish Sport HQ, Dublin, 10am-2pm

Pool Plant

Venue: Charleville Park Hotel, Cork

Full Course: 18,19,20th February

Foundation Course: 18th February

Re-Validation Course: DateTBC

Venue: Gym Plus Naas

Full Course: 15,16,17th May

Foundation Course: 15th May

Re-Validation Course: 17th May

If you are interested in booking a place on one of these courses, or have any questions, please contact Cliodhna.Macnamara@irelandactive.ie

#GetIrelandSwimming

Calling All Swim Teachers

We're looking for Swimming Teachers who want to upskill. Partnering with Swim Ireland, we're offering half day CPD's in Synchronised Swimming and Mini Waterpolo combining theory and practical learning at a reduced rate to all our members. To register your interest email getirelandswimming@irelandactive.ie before February 8th.

We're not just about swimming you know, we want people to experience all the water has to offer!

The mini polo CPD presents the core principles of mini-polo using fun games and activities using minimal equipment, cones and a soft balls. It could be a great way of introducing a new sport to your swim clubs or to use in summer camps. The game consists of four quarters in which the two teams attempt to score goals scoring by throwing the ball into the opponent's goal. A team consists of thirteen athletes six field players and one goalkeeper in the water at

any one time.

Synchronised swimming is a combination of dance and gymnastics accompanied by music. Synchronised swimming requires great strength, endurance, flexibility, grace, artistry and timing while being great fun! Suitable for all ages, Synchro would be a great addition to any fitness timetable or to do with kids during swimming lessons.

#GIS2019



RCSI Public Lectures

The Faculty of Sports and Exercise Medicine is delighted to announce that its first Public Lecture event will take place on Monday 31st January 2019 in RCSI, on the topic of **"Physical Activity is Medicine"**

For further information & to book your place on the lecture,
[click here](#)

Partners:



Supplier Members:



The Sports Equipment Specialists



pools@gracepools.co.uk



www.podium4sport.com



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