

Courses/Classes/Clinics are free of charge unless otherwise stated.

Course registration is with ARD FRC unless otherwise stated.

All Courses/Classes/Clinics take place in The Cumasú Centre unless otherwise stated.

ARD Family Resource Centre

Timetable 2025

All activities are subject to change

091 768852

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Monday

- English Classes - GRETB 10 am to 11.30 am and 11.30 am to 1 pm.
Register with the GRETB before the class. ***Returning in September***
- Buggy Buddies- Parent and Baby exercise group- supported by Galway Sports Partnership and the HSE. Participants must be a minimum of 6 weeks postpartum to register. Cost €20 for 6 weeks. For more information contact vera@ardfrc.com or angie@ardfrc.com ***Starts on Monday 15th September***
- Computer Support – All Levels – 10am – 1.30pm Contact Geraldine on 0878153762. ***Returning in September***
- Family Support Advice Clinic 2 pm to 4 pm. For information and booking please contact Elske on 091 768852/ 083 3217083 (Monday/Thursday and Friday morning)
- Foroige - For Summer programme details
Contact Robert 086 067 8880 / Katie 086 175 4487
- Beginners Hip Hop Dance. Contact Monika for details and cost on 085 853 9410 ***Returning in September***
 - 4 to 7 years 2.15 pm to 3.00 pm.
 - 7 to 12 years 3.15pm to 4.00 pm.
- Hatha Yoga with Niamh, 7-8pm
 - build strength and heat, followed by deep relaxation.

For information on cost of class and how to register contact Niamh 085 848 5836

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Tuesday

- Active Retired Group – 11.00 am to 12.30 pm. Leave your name and number with Reception. ***Returning in September***
- Low-Cost Counselling for Adults -10 am to 4 pm – Contact Margaret mtierneycounselling@gmail.com.
- ARD Community Garden- 10 am to 12 pm. Located at the rear of Merlin Woods City Park, Doughiska. For the Summer months will also meet 7pm for an evening session
- GRETB Community Education Classes - details will be available in late September
- Computer Support – All Levels – 10 am – 1.30 pm Contact Geraldine on 0878153762. ***Returning in September***
- Siel Bleu - 12 week exercise programme for older adults, 12.30pm. Cost is €60.
This is a fun social exercise programme, suitable for older adults or anyone with mobility issues. All levels and abilities welcome. Registration will take place on the first morning. Queries to dermot.brennan@sielbleu.ie
- Foroige
For details of Summer programmes,
Contact Robert 086 067 8880 / Katie 086 175 4487
- Emerald Knights CHESS CLUB
Junior age 7-10 6-7pm
Youth age 10-17 7-8.15pm
For information on fees and how to sign up
email dodo.moreira@gmail.com 087 720 8271

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Wednesday

- Threshold Housing Support Clinics. 9 am to 5 pm. Call Threshold on 1800 454 454 to book an appointment.
- HSE Quit Smoking Clinics. 9 am to 2.30 pm. Contact [Quit Smoking West Service](#) as follows;
Phone Number: 091775485
Email: quitsmoking.west@hse.ie
- Parent and Toddler Group- 10 am to 12 pm. Cost €3.00 with a free cup of tea/coffee. Contact Angie on 083 446 7108. Runs until end of June and will return in September.
- Beginners Hip Hop Dance. Contact Monika for details and cost on 085 853 9410 4 to 7 years 3.15 pm to 4.00 pm.
 - 7 to 12 years 4.15 pm to 5.15 pm. ***Returning in September***
- Foroige
For details of Summer programmes:
Contact Robert 086 067 8880 / Katie 086 175 4487
- Yoga. 7.30 pm to 8.30 pm, with Michelle. These classes are full.

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Thursday

- English Classes (Failte Isteach). Beginners, Intermediate and Advanced. 10 am to 12 pm. Contact Elske at ARD FRC on 083 321 7083. These classes will return in mid September
- Foroige
For details of Summer Programmes:
Contact Robert 086 067 8880 / Katie 086 175 4487
- Yoga with Agnieszka, 7.30-8.30pm . For information and to register please contact 085 742 3566
- Pilates (Beginner - Progressive) 7.30-8.30pm. For information on price and to book your space 087 092 8619

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Friday

- ARD Women's Circle – Arts, crafts and other creative and social activities. 11 am to 1 pm. To join either turn up or leave contact details with reception or on 091 768852.
- GRETB Art with Martin, 10am -12. *Starting Friday 30th May for 5 weeks. This is free of charge and places are limited, to register for a place, send a text to 086 065 0281*
- Gentle Yoga with Shalome, 10am-11.30. For information on how to book and price contact Shalome 087 246 2600
- Foroige
For details of Summer programmes:
Contact Robert 086 067 8880 / Katie 086 175 4487
- Ladybirds 4 to 7 years. 5.30 pm to 6.30 pm. For further information, please see Merlin Woods Ladybirds and Brownies on Facebook.
- Brownies 7 to 10 years. 5.30 pm to 6.45 pm. For further information, please see Merlin Woods Ladybirds and Brownies on Facebook.
- Guides 10 to 15 years. 6.30pm to 8pm. For further information, please see Merlin Woods Guides on Facebook.

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Saturday

- Saturday Yoga. 10 am to 11.00 am. To register please contact 085 742 3566

Other Services

Time 4 Us Family Support Services: provides a safe, neutral and comfortable place for children to meet with their non-resident parent or family.

Time 4 Us makes it possible for contact arrangements to take place with a minimum of stress both for children and their parents.

It can also support parents who cannot agree contact arrangements themselves. At the ARD Family Resource Centre we have 2 playrooms where we facilitate access visits. If you are interested in more information about the Time 4 Us service you can contact the program manager directly on

(091) 860018 /time4us@ardfrc.com to make a booking, see our website for further information: www.time4us.ie

Opening hours Tuesday to Friday 10am to 6pm we are also open every second Saturday 10am to 5pm

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Western Region Drug and Alcohol Task Force Family Support:

The Drug and Alcohol Family Support Program can support family members and loved ones in working out what will be helpful in coping with and responding to a loved one's substance use. Family support includes parents, siblings, grandparents, extended family, friends, and broader social networks.

Support is provided over the phone, online or in-person

For referral, support, or information:

Contact: Robert Dervin , Family Support Worker

Phone: 087 146 5956 Email: robert.dervin@wrdatf.ie

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