

DYSPRAxia DCD ACTIVITY DAY



7th August 2026 | 11:00 AM - 13:30 PM

Lough Lannagh, Castlebar, Co. Mayo

Ages 8-14 | FREE

**Organised by Dyspraxia/DCD Ireland POTTS
Programme & Mayo Sports Partnership**

**Fun & inclusive event featuring orienteering and kayaking!
Cooperative play, movement skills & meeting new friends!**

**Parents: Children will be grouped by age. Parents must stay for the duration.
Connect with other parents in a relaxed, friendly environment. Lunch included.**

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

— SPORT IRELAND —

Register now

Spaces limited - first come, first served!

www.dyspraxia.ie/POTTSActivityDay/Mayo2026



Mayo Dyspraxia/DCD Activity Day

Join us for a friendly, inclusive **Dyspraxia DCD Activity Day** designed for children to try new skills, build confidence, and enjoy being active together in a supportive group setting. With plenty of encouragement and a relaxed pace, it's a great way to get outdoors, meet others, and have fun.

When	7th August 2026, 11:00 AM – 13:30 PM
Where	Lough Lannagh, Castlebar, Co. Mayo
Ages	8–14 years
Cost	Free registration (spaces limited — first come, first served)
Lunch	Included

What's included

Expect a mix of **fun, inclusive group activities**, with children **grouped by age** so everyone can take part comfortably. Activities on the day include **orienteering** and **kayaking**, with a focus on participation, teamwork, and enjoyment.

Important: Parents/guardians must stay for the duration of the session.

Organised by

This activity day is organised by the **Dyspraxia/DCD Ireland POTTS Programme** and **Mayo Sports Partnership**. Trained facilitators will be guiding the activities.

Register & contact

To register (free — spaces are limited and offered on a first come, first served basis), email potts@dyspraxia.ie or visit www.dyspraxia.ie/POTTSActivityDay/Mayo2026.