



## **COMMUNITY ENGAGEMENT PR POLICY**

Here in Clannlife Fitness our policy to interact with our local community and surrounding areas is vital.

We have contacted local sports clubs and offered them lower rates on Membership. We are continually signing up new clubs and we are very aware of the importance of today's youth in the fitness sector. With this in mind we have approached local Transition years and 5<sup>th</sup> & 6<sup>th</sup> year students in the surrounding schools to have use of our gym once they have turned 16 at a special rate. We ensure that all students are given an assessment and Program where one of our qualified Instructors bring them through the gym, educating them on the use of various equipment.

We are also open to Teams such as Ashbourne Rugby, Meath GAA & other visiting teams to have use of our Pool for cooldown sessions after big matches.

We run spin sessions for local Cycling Clubs during the winter months, such as Ashbourne Wheelers.

We are all the time engaging with new clubs and schools to see how Clannlife Fitness can keep engaged with what is going on in the community.

We also run swimming lessons for children and adults in the community who are not members. Our last Swim a mile challenge was in aid of local boy Kyle, "Kyle's Wish to Walk" and we will continue to support local charities once government restrictions are lifted.

We run an Aquafit Class weekly for the Active Elderly here in Ashbourne ran by Mary Flanagan and will continue this once we are given the go ahead from Government.

We support any local functions by offering them spot prizes of gym membership

We sponsor the local Soccer Club Killeghland United by supplying them with a new kit for some of their teams.

At Christmas & Easter we hold coffee morning free of charge aimed at our elderly members and anyone available to attend.

We hold an event for National Fitness Day annually which is open to the public.