

# Indoor Short Mat Bowling for Beginners

Enjoy learning how to play this popular indoor sport with experienced coaches in a friendly atmosphere.

Bowling is easy to pick up and great fun. It provides light exercise that is beneficial to both body and mind.

All equipment is provided. Just wear flat soled shoes or runners.

**Where:** Ashton School, Blackrock Road, Cork **T12 AF50**

**When:** Starting on Wednesday 23<sup>rd</sup> September 2026, 3 to 5 p.m.

**How:** Enrol online from mid-June on [ashtonadulthoodeducation.ie](http://ashtonadulthoodeducation.ie)

