

Moate CS 1st Year Fitness Academy

Moate CS annual fitness academy, organized by Mr. Dolan and Mr. Flanagan, began on Friday 29th September with an excellent turn out by the u14 girls. An enthusiastic bunch of girls arrived to the school gym at 7.30am to be put through their paces. A special word of thanks to Eleanor in the kitchen who had a lovely breakfast ready for all attendees. The boy's academy will commence after the midterm.

