



# Hurling Workshop

Are you ready for a real puc around? Interested in finding out more about Ireland's national sport? The ancient game of Hurling has been played in Ireland for over two thousand years and over time has evolved into the world's fastest field sport.

Ireland's sporting culture is defined by the popularity of this game and for many visitors to our shores a chance to see a 'game' is never missed.

Xtreme.ie's Hurling Workshop gives you an authentic insight into hurling and is a unique opportunity to learn and experience the skills associated with the sport. An experienced player of the game takes the participants through a series of exercises where all will develop their own particular style. This is an activity not to be missed!



## Fact File:

**Numbers:** 20+ participants

**Duration:** 40+ minutes

**Additional Information:** All levels of physicality is suitable for this activity

**Benefits:** Cultural and physical benefits

**CONTACT US!**

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