

**FREE**

Vol. 28 Issue 01/17

Friday 6th - Thursday 12th January 2017



# KINSALE ADVERTISER

INCLUDING THE GUIDE TO **WHAT'S ON** IN KINSALE & DISTRICTTel: 021 477 4313 :: Web: [www.kinsaleadvertiser.com](http://www.kinsaleadvertiser.com) :: Email: [info@kinsaleadvertiser.com](mailto:info@kinsaleadvertiser.com)

## KINSALE YOGA CENTRE

68 Lower O'Connell St, Kinsale  
(behind Actons Hotel, next to the Black Pig Winebar)**JANUARY / FEBRUARY 2017**

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|--|--|--|--|---|---|
| <b>Beginners/ Improvers Hatha Yoga</b><br>9.30-10.45am<br>Rose 089 4930312 | <b>Mindfulness Meditation &amp; Gentle Yoga</b><br>9.30-10.30am<br>Martina 087 6166109 | <b>Asthanga Style Yoga</b><br>9.45-10.45am<br>Martina<br>087 6166109             | <b>Asthanga Yoga</b><br>7.30-8.30am<br>Gillian<br>085 2164184  | <b>Body Mind Yoga</b><br>9.30-10.45am<br>Bea<br>083 8403412                 | <b>Hatha Yoga</b><br>8-9am<br>Veronique (txt teacher)<br>087 3934389  |
|  | <b>Pilates &amp; Yoga Tune-Up</b><br>10.45-11.45am<br>Rose 089 4930312                 | <b>Beginners/ Improvers Hatha Yoga</b><br>11am-12pm<br>Martina 087 6166109       | <b>Improvers/ Intermediate Hatha Yoga</b><br>10-11.15am<br>Rose 089 4930312  | <b>Hatha Yoga Gentle Stretch</b><br>11am-12pm<br>Fiona 086 0529129          | <b>Hatha Yoga</b><br>9.30-10.45am<br>Veronique<br>087 3934389   |
| <b>Teens Yoga</b><br>5.15-6.20pm<br>Mary<br>087 7623822<br>Starts 23rd Jan | <b>One to One Individual Yoga</b><br>Booking Essential!<br>Rose 089 4930312            |  | <b>Kids Story Yoga</b><br>8-12yrs (course only)<br>4-5pm<br><b>Teens Yoga 16+</b><br>5.15-6.20pm<br>Mary 087 7623822 | <b>One to One Individual Yoga</b><br>Booking Essential!<br>Rose 089 4930312 | <b>Chi Kung &amp; Meditation</b><br>11am-12pm<br><b>Tai Chi &amp; Relaxation</b><br>12.15-1.15pm<br>(one Sat off each month)<br>Pam 087 2132663 |
| <b>Prenatal Yoga</b><br>6.30-7.45pm<br>Eileen<br>087 2383849               | <b>Beginners/ Improvers Hatha Yoga</b><br>6.30-7.45pm<br>Rose 089 4930312              | <b>Yogilates/ Pilates</b><br>6.30-7.45pm<br>Eileen<br>087 2383849                | <b>Restorative Yoga</b><br>6.30-7.45pm<br>Lorraine<br>087 9426212  |   |   |
| <b>Yoga for Wellbeing</b><br>8-9.15pm<br>Eileen<br>087 2383849             | <b>Improvers Hatha Yoga</b><br>8-9.15pm<br>Rose<br>089 4930312                         | <b>Mindful Meditation &amp; Gentle Yoga</b><br>8-9.15pm<br>Eileen<br>087 2383849 | <b>Beginners/ Improvers Gentle Flow Yoga</b><br>8-9.15pm<br>Liz 085 8133718  |   | <b>SUNDAY SANGHA Meditation</b><br>7.45-9pm<br>(First Sunday of each month)<br>Donation class<br>Txt Veronique<br>087 3934389                   |

**STARTING 9TH JANUARY - ALL CLASS TIMES SUBJECT TO CHANGE**

Please text/phone Teacher for enquiries or to book a class/course

"DROP IN" WELCOME TO MOST CLASSES (€12) OR BUY A SET/COURSE OF 6 (€60)

[www.kinsaleyogacentre.com](http://www.kinsaleyogacentre.com)

# Pilates Classes

*Taught by a Chartered Physiotherapist*

Temperance Hall, Kinsale

Wednesdays

**BEGINNERS**  
at 6pm  
**BEGINNERS/  
INTERMEDIATE**  
at 7pm



Spaces limited, to book your place or for more info  
please contact Sinéad Considine on 087 9476150  
or [considine.sinead@gmail.com](mailto:considine.sinead@gmail.com)



## BENEFITS OF PHYSIOTHERAPY LED PILATES:

- 1:2:1 initial assessment for new clients. to inform the Physiotherapist of any problems that may be affecting you.
- This also allows the Physiotherapist to tailor the Pilates exercises according to your abilities.
- Attending the classes under the supervision of a Chartered Physiotherapist means that you will gain the benefit of their clinical expertise and explanation why some exercises are better for you than others.

Classes last for one hour,  
every Wednesday for 6 weeks.  
Cost for block of 6 classes: €90

Initial assessment required for  
beginners Pilates classes.

This is €55 for 1 hour, however the full  
hour may not be required depending  
on your medical condition/functional  
limitation.



## KINSALE TYRE & VALET CENTRE

Barrack Green, Kinsale 021 477 7764

The Tyre Specialists since the turn of the Century!

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LARGE STOCK OF TYRES!!  
MASSIVE DISCOUNTS!!

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TOOL SALES  
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the best tyre deals

GREAT PRICES!  
GREAT SERVICE!

JVC STEREOS AT  
GREAT PRICES

Keep your  
tyres up to  
standard!

Avoid penalty  
points for  
worn tyres!

**FREE**  
TYRE CHECK &  
RECOMMENDATION

# **HARD OF HEARING?**

*Conventional hearing aids may not be needed*

**100%  
Discreet  
Hearing Aids  
NOW  
AVAILABLE**

## **Audivox** Hearing Aids

Visit our clinic at the  
**O'CONNOR'S  
PHARMACY**  
Pearse St, Kinsale  
Friday 13th January  
10am-1pm

**SMALLER &  
MORE DISCREET**

- See, try and test the latest in hearing aid technology
- Free hearing test and professional evaluation of hearing
- Reductions available on trading in your old hearing aids
- Generous RSI grants available
- Concessions available to medical card holders

To make an appointment call our head office in Bishopstown: 021 4546437

**Audivox**  
EASY LISTENING  
AT CHEAPER PRICES

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silence and improve your hearing NOW***

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[www.audivox.ie](http://www.audivox.ie)



**GET FIT, LOSE WEIGHT**  
**2017 TIMETABLE**



**Monday 9th January**  
**ZUMBA TONING**  
 at Saile Kinsale  
 9.45am  
 7pm  
**ZUMBA TONING** at Carrigaline Educate Together School

**Tuesday 10th January**  
**BEGINNER PILATES**  
 6.15pm  
**ZUMBA FITNESS**  
 7.15pm  
**\*NEW P.H.I.I.T. WORKOUT**  
 8.15pm  
 at Innishannon Hall

**Wednesday 11th January**  
**BEGINNER PILATES**  
 10am  
**STABILITY BALL FITNESS**  
 11am  
 at Lucy French Studio Kinsale  
 6pm  
**P.H.I.I.T. WORKOUT**  
 (NEW PILATES CARDIO FUSION)  
 at Innishannon Hall

**Thursday 12th January**  
**PILATES** at Bandon Town Hall  
 10am  
**PILOXING WORKOUT**  
 7.50pm  
 at Innishannon Hall

**Friday 13th January**  
**EXERCISE FOR OVER 60s**  
 10.45am  
 in Tracton Community Centre

*Fitness is not a destination, it's a way of life.*

**Enrolling now limited places**  
**087 9514346**

Facebook 'Health & Fitness Classes with Debs'  
 Twitter 'FitnessCork'

Winner of Best Jameson  
 Cocktail in Ireland 2015



**Music Venue - Guardwell, Kinsale**  
 T: 021 4772382 www.folkhousevenue.com



**NEW GIN MENU**  
 AVAILABLE  
 Over 50 to  
 choose from!



**FRIDAY 6th JANUARY 10.30pm**  
**GDR**

*3 Piece Rockin Covers*

**SATURDAY 7th JANUARY 10pm**  
**KING K**

*5 Piece Rockin Covers*

**SUNDAY 8th JANUARY 9pm**  
**KING K**

*5 Piece Rockin Covers*

**FRIDAY 13th JANUARY 10.30pm**  
**AFTER HOURS**

**Bacchus Nightclub**

**FRIDAY 6th JANUARY**  
**DJ MARK**

90s Club Classics & Chart. Doors 11:30pm. Free before 12.

**SATURDAY 7th JANUARY**  
**DJ SEAN**

90s Club Classics & Chart. Doors 11:30pm. Free before 12.

**SATURDAY 14th JANUARY**  
**DJ SEAN**

90s Club Classics & Chart. Doors 11:30pm. Free before 12.



# SIENNA STYLES.ie

## LADIES FASHION BOUTIQUE

46 Main Street, Kinsale & Carrigaline Shopping Centre

Tel: 021 4700511 Mob: 087 1120907 Email: siennastyles2@gmail.com

# HUGE SALE

## UP TO 70% OFF

### Beat the January Blues & Look Fabulous



**ALL BOOTS  
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50% OFF**

**JEANS, TROUSERS  
& WET-LOOK JEANS  
BUY 1, GET 2ND HALF PRICE**

**COSTUME JEWELLERY  
BUY 1, GET 2ND HALF PRICE**



**KPS**



**BIG  
SALE  
NOW ON**



*Full range of*  
**CARPETS & TILES**  
**TIMBER FLOORS**  
**BATHROOMWARE**

*The only supplier of*  
**Bathroomware in Kinsale!**

**FURNITURE COMING SOON**

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T: 021 4772966 F: 021 4773243

E: [info@kinsaletiles.com](mailto:info@kinsaletiles.com) [www.kinsaletiles.com](http://www.kinsaletiles.com)

# Personal Training

at

## Farm Lane

### Pricing & Packages

Easy Payment  
Plans Available

#### ★ 6 Week Shape Up

- ★ Initial Consultation & Assessment
  - ★ Easy to Follow Nutrition Plan
  - ★ 6 Class Pass
  - ★ Weekly Weigh-in
  - ★ Weekly 1-1 PT Sessions
- 3 x 30minutes  
or  
2 x 45minutes

★ €350

#### ★ 8 Week Total Transformation

- ★ Initial Consultation & Assessment
  - ★ Easy to Follow Nutrition Plan
  - ★ 10 Class Pass
  - ★ Weekly Weigh-in
  - ★ Weekly 1-1 PT Sessions
- 3 x 30minutes  
or  
2 x 45minutes

★ €460

Prices based on the completion of all sessions within the package term. For more information or to enquire about all of the training possibilities at Rogue Fitness Farm Lane contact amy@roguefitness.ie

Rogue Fitness  
Farm Lane, Kinsale  
www.roguefitness.ie  
(021) 477538



Powered by  
**MINDBODY**

# Make a Rogue Resolution



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# THE SILENT BANJO

Main Street, Kinsale

## LIVE MUSIC LINE-UP

Friday 6th January, 9.30pm

## THE CLASSICS

Saturday 7th January, 10.30pm

## THE JOOLS

# live happy!

with  
Slimming World



SÁILE  
COMMUNITY  
CENTRE  
CAPPAGH

EVERY  
WEDNESDAY  
5.30pm & 7.30pm

NEW 9.30am GROUP  
Starting 4th January

Tel: Anna 087 4695680

slimmingworld.ie  
01 656 96 96



*Slimming*  
WORLD  
touching hearts, changing lives



## BEST PRICE TAXIS KINSALE

Tel: **087 237 1022**

Email: [cantyt@eircom.net](mailto:cantyt@eircom.net)  
[www.bestpricetaxis.com](http://www.bestpricetaxis.com)

**KINSALE TO CORK AIRPORT**  
**€25**

**KINSALE TO CORK CITY**  
**€30**

## IT'S A GREAT DEAL!

Recommended by  
Rick Steves' Travel Guide



# VICTORIA'S ANTIQUES

*Fantastic  
New Year  
Offers*

*on Diamond  
Jewellery  
& Watches*

**OPENING TIMES**  
Tuesday to Saturday  
11.00am-5.00pm

2 Oliver Plunkett Street, Cork Tel: 021 427 2752 or 086 253 0043



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Enjoy a Taste of India at...

69 Main Street,  
Kinsale



021 477 7911  
021 477 7163

# Cobra

*Tandoori & Balti Restaurant*

**A Classical Eastern Touch**

**Multi-award winning best Indian & Pakistani Cuisine**

You can enjoy our super, authentic home cooked & guaranteed mouth watering Indian & Punjab dishes from Goa to Khyber Regions - All prepared and cooked to the highest quality - with FREE boiled or pilau rice with every main course dish.

We have spent several years researching the traditional cuisine of Eastern communities who have been persuaded to part with their jealously guarded family recipes, resulting in a huge variety of very mild to hot dishes.

*Why not try something very mild for your first taste of curry.  
We are sure you will be delighted.*

**EARLY BIRD  
SPECIAL MENU**

Sunday-Thursday, 4pm-7pm

**COBRA TANDOORI  
KEBAB SPECIALS**

Take Away & Delivery Menu

**FREE DELIVERY IN THE KINSALE AREA**

OPENING HOURS: 4pm-11pm, 7 Days A Week

# Beat the Christmas **BULGE**

Join before  
31st January & receive  
**20% OFF**  
your membership



Offer applies to 6 and 12 month memberships only  
Does not include Direct Debit Membership  
Terms and Conditions Apply

**Actons**  
of Kinsale

Phone **021 477 2345** or Email **leisure@actonshotelkinsale.com**

For more information contact us on  



**KINSALE**  
DENTAL



We would like to say a huge congratulations to Kinsale Junior Ladies who are Munster Champions & All Ireland Finalists!

*Well done girls, you did us proud!*

Thanks for coming in to show us the cup. The complimentary customised gumshields that Dr. Power has made for the team look great!

**DID YOU KNOW ABOUT OUR GREAT OFFER?**

*These sports gumshields are only €40, a special offer for everyone.*

Now you can wear your town colours or any other colour available on the field ...and pitch.

Call to make an appointment for your customised gumshield.

#GoTeam #KeepSmiling #KinsaleForTheWin



Pearse St, Kinsale Tel: 021 4772788  
www.kinsaledental.ie Like us on Facebook

# SAM'S BAR

**SNUG AND BEER GARDEN**

The Glen, Kinsale Tel: 021 4700816

## Women's Little Christmas AT SAM'S

*A weekend of fun & live music!*

Friday 6th January  
*Our very own*  
**FORGET ME NOTS**

Saturday 7th January  
*The fabulous*  
**GRAINNE RYAN**

Sunday 8th January  
**THE AMERICANICS**



**Graham's famous Cocktail Specials**  
*served throughout the weekend!*

*Because you ladies deserve it!*



Starting  
This Monday 9th Jan 2017

# get healthy for 2017

Join us in our own  
**Operation  
Transformation**  
for 8 weeks



**ROGUE FITNESS**  
PERSONAL TRAINING • NUTRITION • FITNESS CLASSES

## LET'S GET FIT, HEALTHY AND MOTIVATED

-  **FREE Weekly weigh in's every Monday for 8 weeks** (8am to 9am and 7pm to 8pm @ Blue Haven with Rogue Fitness, starting Mon 9th)
-  **Healthy Options and Specials @ The Blue Haven** for your lunch & evening meals
-  **Blue Haven Hotel goes healthy with staff meals**
-  **FREE Nutritional Talk on Monday 16th January at 8pm**
-  **Squat Challenge** - be part of our ad break challenge and help us achieve 10,000 squats - **Saturday 28th Jan @ 11am** - we need you! (outside Blue Haven)
-  **FREE Fitness Class with Rogue Fitness**

**Be part of the transformation  
and let Kinsale lead the way**

For more call 021-4772209  
or email [cassandra@bluehavenkinsale.com](mailto:cassandra@bluehavenkinsale.com)  
visit [www.bluehavenkinsale.com](http://www.bluehavenkinsale.com)  
Pearse Street, Kinsale, Co Cork   





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# WILLOW & WEAVE

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Free Wi-Fi

# The ARMADA

BAR & GUESTHOUSE

Friday 6th January  
**THE QUAYS**  
Saturday 7th January  
**JOHNNO**  
Sunday 8th January  
**FREE BEER**

*Happy New Year to all our customers*

PEARSE STREET, KINSALE  
Ph: 021 477 2255

## NEW YEAR'S RESOLUTION?

Advertise on [www.kinsale.ie](http://www.kinsale.ie) in 2017



For rates and more information email Niamh at [info@kinsaleadvertiser.com](mailto:info@kinsaleadvertiser.com)



# TRIDENT

HOTEL ★ ★ ★ ★ KINSALE

## Let us help you plan your Dream Wedding...



The Trident Hotel offers a warm and welcoming environment with its own unique style and beautiful surroundings, perfectly complemented by our superb cuisine, luxury accommodation and professional service.

Whether enjoying every moment of your wedding day with us, including "I Do" or simply choosing individual elements to suit your preference, your day will tailor perfectly to your requirements ensuring that your wedding is the one of your dreams.



## We would like to take this opportunity to also wish you and yours a Happy New Year



For a brochure or any further information please call; 021 4779300 or email [info@tridenthotel.com](mailto:info@tridenthotel.com) and we would be delighted to help you!



## Neuromuscular Physical Therapy Clinic

Pain Management / Rehabilitation / Functional Exercise



### *Some conditions treated in the clinic:*

- Headaches
- Migraines
- Neck Pain
- Back Pain
- Shoulder Pain/Problems
- Elbow/Wrist Problems
- Carpal Tunnel Syndrome
- Postural Distortions
- Hip Pain/Discomfort/Problems
- Knee Pain/Problems
- Ankle/Foot Problems
- Sciatica
- Nerve Entrapment
- Joint Pain/Discomfort
- Strains/Sprains
- Sports Injuries/Recovery
- Soft Tissue Repair
- Connective Tissue Repair
- Muscular Disorders/Conditions
- Coordination Development
- Loss of Balance
- Stiffness
- Impaired Mobility
- Functional Exercise

By appointment: **Sabine Graef** (BEd., SMT, NMPT)

Mobile **087 9872783**

No. 26 Haven Bay Apt, Ballinacubby, Kinsale

Health Insurance Approved  
Registered Member of ANMPT



## Laura Hagger Podiatry Clinic

D.Pod.M, M.Ch.S.I, S.R.Ch.

### SPECIALIST FOOTCARE/CHIROPODY CENTRE

- Routine Footcare
- Specialist Diabetic Footcare
- Nail Surgery
- Orthoses & Insoles
- Sports Injuries
- Children's Foot Health
- Verruca Treatment
- Acupuncture
- House calls now available
- Rid your feet of fungal nails with the Laser Genesis Plus!
- Effective drug free treatment for onychomycosis.
- Blast those verrucae and warts with fast effective laser treatment.

✓ Health Board Approved



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No. 26 Haven Bay Apt, Ballinacubby, Kinsale





# ROGUE FITNESS

PERSONAL TRAINING • FITNESS CLASSES • COLLEGE

*If your plans for the new year include:*

- **WEIGHT LOSS** • **GETTING FITTER**
- **FEELING HEALTHIER**

At **ROGUE FITNESS** at **THE GLEN**  
*We're with you all the way*

*For private and exclusive personal training  
in the centre of Kinsale town*

- **YOUR GYM** • **YOUR TRAINER**
- **YOUR GOALS** • **YOUR RESULTS**

**CALL 021 4777538 NOW TO BOOK A  
COMPLIMENTARY CONSULTATION  
& START YOUR JOURNEY TODAY**



Phone: 021 4777538

[www.roguefitness.ie](http://www.roguefitness.ie)



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KINSALE   

**FRI 6th JANUARY 10pm**

**WOMEN'S LITTLE CHRISTMAS SPECIAL with GAELIC BREW**

Loads of treats for all ye special ladies out there!

**SAT 7th JANUARY 9pm**

**THE WAXIES**

followed by DJ Fitz Late Bar

**SUN 8th JANUARY 9pm**

**LIVE MUSIC**

- |                   |   |
|-------------------|---|
| <b>MONDAYS</b>    | <b>CHASE THE ACE</b> 9pm<br>LARGE JACKPOT WEEKLY  |
| <b>TUESDAYS</b>   | <b>ROLL THE DICE</b> 6pm<br><b>SALSA BEGINNER'S CLASS</b><br>8pm-9pm Upstairs in VIP Room |
| <b>WEDNESDAYS</b> | <b>BINGO</b> LARGE JACKPOTS 8.30pm  |
| <b>THURSDAYS</b>  | <b>NO FRONTIERS</b> 9pm   |

**CASEY'S BAR & RESTAURANT, MARKET ST, KINSALE 087 798 3393**

For all your optical requirements,



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Sunglasses • Low Vision Aids • Prescription Sunglasses  
 Domiciliary/ Home visits • Medical Cards/PRSI welcome  
 Contact Lenses • Coloured Contact Lenses • Safety Spectacles

**Full Eye Examinations Including:**

- ✓ Glaucoma Screening
- ✓ Diabetic Screening if Necessary
- ✓ Age Related Macular Degeneration Screening

**OPENING HOURS**

TUESDAY TO THURSDAY: 9.30am - 5.30pm  
 FRIDAY: 8.30am-5.30pm SATURDAY: 9.30am - 3.00pm

## Plan your advertising for 2017

Book your preferred space now

Limited number of back covers and premium pages available

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# Saile

KINSALE  
SPORTS & COMMUNITY  
CENTRE

Lots of activities to get you fit  
and keep you fit in 2017

*Low intensity, high intensity,  
motivation - all available at  
your Community Centre.*

**MONDAY:**

**Zumba Toning @ 9.45am**  
**Pilates & Postural Correction**  
**@ 10.45am**

**TUESDAY:**

**Social Basketball @ 7.30pm**

**WEDNESDAY:**

**Slimming World**  
**@ 9.30am, 5.30pm & 7.30pm**  
**Social Badminton @ 7.30pm**  
**Men's Social Soccer @ 8pm**

**THURSDAY:**

**Fitball Class @ 10.30am**  
**Strength & Movement Class (Time TBC)**  
**Social Hockey @ 8pm**

For more information on start dates, prices  
or contact details, call 021-4773929  
or email [bookings@sailesportsandleisure.ie](mailto:bookings@sailesportsandleisure.ie)

**FACILITIES AVAILABLE:**

5-A-Side Pitches | Indoor Hall  
Community Room | Tennis Court  
Basketball Court | Community Garden

## The White House

FULLY LICENCED GUESTHOUSE, RESTAURANT & BAR



**Guest Accommodation**

4 Star AA Guesthouse



Friday 6th January  
*Celebrate Women's  
Little Christmas*  
at The White House



MUSIC

Saturday 7th January

**Blue Steel 10.30pm**



**BREAKFAST 8am-11.30am**

**BAR/BISTRO 12pm-10pm**

**RESTAURANT d'ANTIBES**  
6pm-10pm

T: 4772125 [www.whitehouse-kinsale.ie](http://www.whitehouse-kinsale.ie)

**JOSIE  
DINNEEN**  
AUCTIONEER & VALUER

*Thank you to all  
our customers  
for your support  
in 2016.*

Market Street, Kinsale, Co. Cork

[info@jdpropertykinsale.ie](mailto:info@jdpropertykinsale.ie)

Tel : 021 4772635 Mob : 087 2317324

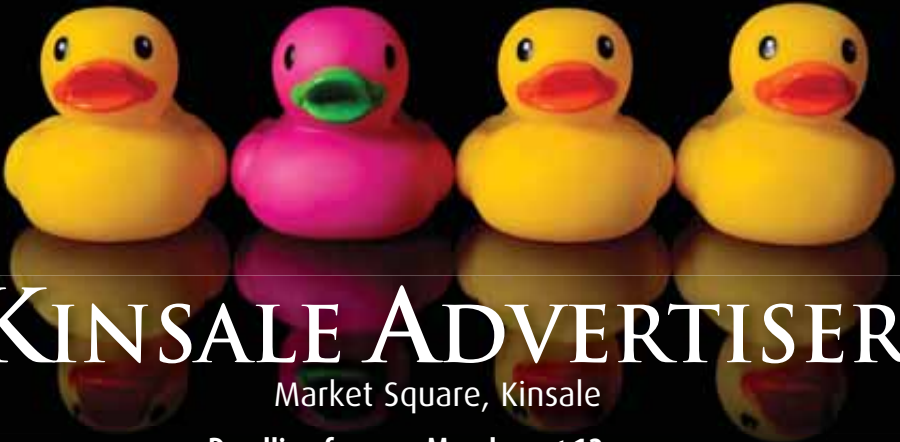
# GET NOTICED IN 2017

*Advertise in the Kinsale Advertiser*

Print version published every Friday

Online PDF version published every Thursday

Updates on Twitter and Facebook



## KINSALE ADVERTISER

Market Square, Kinsale

Deadline for copy Mondays at 12 noon



Ph: 021 4774313 Email: [info@kinsleadvertiser.com](mailto:info@kinsleadvertiser.com)

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Twitter: [@kinsalenews](https://twitter.com/kinsalenews)





**I | M | D | A**

IRISH MUSIC AND DRAMA ACADEMY

# VOCAL LESSONS

## GUITAR & PIANO LESSONS

### TUESDAYS AT TEMPERANCE HALL, KINSALE

*Suitable for kids,  
teens & adults*

*Varied options*

## JOIN TODAY!



**I | M | D | A**

IRISH MUSIC AND DRAMA ACADEMY

[www.irishmusicanddrama.com](http://www.irishmusicanddrama.com)

Contact: 086 076 6956 021 421 2021



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# Fasttrack Broadband

Providing High speed  
broadband in your area!

- Bandon
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# WHAT'S ON IN KINSALE & DISTRICT

Friday 6th  
January to  
Thursday 12th  
January 2017

## *Women's Little Christmas*

### **FRI 6th JANUARY**

#### **ARMADA:**

Celebrate Women's Little Christmas with The Quays.

#### **BACCHUS NIGHTCLUB:**

DJ Mark, 11.30pm.

#### **BLUE HAVEN:**

Women's Little Christmas. Kinsale Pink Ribbon Launch Night with Sharon Crosbie, 10pm.

#### **CASEYS, KINSALE:**

Women's Little Christmas Special with Gaelic Brew, 10pm.

#### **FOLKHOUSE:**

GDR, 10.30pm

#### **SAM'S BAR:**

Women's Little Christmas at Sam's. Music by our very own Forget Me Nots.

#### **SILENT BANJO:**

The Classics 9.30pm.

#### **VISTA:**

Billy Crosbie's Women's Little Christmas Piano Bar from 8pm.

#### **WHITE HOUSE:**

Celebrate Women's Little Christmas at The White House.

### **SAT 7th JANUARY**

#### **ARMADA:**

Johnno.

#### **BACCHUS NIGHTCLUB:**

DJ Sean, 11.30pm.

#### **BLUE HAVEN:**

The Pat Fitz Band, 10pm.

#### **CASEYS, KINSALE:**

The Waxies, 9pm. Followed by DJ Fitz.

#### **FOLKHOUSE:**

King K, 10pm.

#### **HAMLETS:**

DJ Niall, 10.30pm.

#### **SAM'S BAR:**

The fabulous Grainne Ryan.

#### **SILENT BANJO:**

The Jools, 10.30pm.

#### **SPANIARD:**

Jug A Punch, 10pm.

#### **WHITE HOUSE:**

Blue Steel, 10.30pm.

### **SUN 8th JANUARY**

#### **ARMADA:**

Free Beer.

#### **BLUE HAVEN:**

Trad Sessions, 8.30pm.

#### **CASEYS, KINSALE:**

Live music, 9pm.

#### **FOLKHOUSE:**

King K, 9pm.

#### **KINSALE BAPTIST**

**CHURCH:** 11am, Temperance Hall.

#### **SAM'S BAR:**

Americhanics.

### **MON 9th JANUARY**

#### **BLUE HAVEN:**

Operation Transformation (8 weeks). Free weekly weigh-ins with Rogue Fitness, 8am-9am and 7pm-8pm.

#### **BLUE HAVEN:**

Mike O'Riordan, 9.30pm.

#### **CASEYS, KINSALE:**

Chase the Ace, 9pm.

#### **DALTON'S BAR:**

Trad.

#### **KINSALE YOGA CENTRE:**

New courses starting today. See front page advert.

#### **SAILE:**

Pilates and Postural Correction at 10.45am.

#### **THINK FIT WITH DEB:**

Zumba Toning at Saile, 9.45am.

Zumba Toning at Carrigaline Educate Together, 7pm.

### **TUES 10th JANUARY**

#### **BABY AND**

#### **TODDLER GROUP:**

Temperance Hall, 10am - 12 noon.

#### **BLUE HAVEN:**

Sonny & Friends, 9.30pm.

#### **CASEYS, KINSALE:**

Roll the Dice, 6pm. Salsa Beginner's Class, 8pm-9pm. (Upstairs)

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#### **DRAMA ACADEMY:**

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#### **SAILE:**

Social Basketball at 7.30pm.

#### **THINK FIT WITH DEB:**

Beginner Pilates at 6.15pm. Zumba Fitness, 7.15pm. New P.H.I.I.T. Workout at 8.15pm. Innishannon Hall.

### **WED 11th JANUARY**

#### **ADULT DANCE CLASSES:**

St. Multose Hall. 8.30pm. Learn to Waltz, Quickstep, Jive, etc.

#### **BLUE HAVEN:**

Niall McCabe, 9.30pm.

#### **CASEYS, KINSALE:**

Bingo Night. 8.30pm.

#### **PILATES CLASSES:**

Beginners at 6pm. Beginners/Intermediate at 7pm.

#### **TEMPERANCE HALL:**

#### **SLIMMING WORLD:**

Saile Community Centre. 9.30am, 5.30pm, 7.30pm.

#### **SAILE:**

Social Badminton, 7.30pm. Men's Social Soccer, 8pm.

#### **THINK FIT WITH DEB:**

Beginner Pilates, 10am. Stability Ball Fitness, 11am.

Lucy French Studio, P.H.I.I.T. Workout (Pilates Cardio Fusion) at 6pm. Innishannon Hall.

### **THUR 12th JANUARY**

#### **BLUE HAVEN:**

Mike O'Riordan & guest, 9.30pm.

#### **CASEYS, KINSALE:**

No Frontiers, 9pm.

#### **SAILE:**

Fitball Class, 10.30am. Strength and Movement Class, time TBC.

Social Hockey, 8pm.

#### **THINK FIT WITH DEB:**

Pilates, 10am, Bandon Town Hall. Piloxing Workout, 7.50pm, Innishannon Hall.



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