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MONDAY

3.30-4.15	Hip Hop A (1st-6th Class - Beginners)
4.15-5.00	Hip Hop B (1st-6th Class - Experienced)
5.00-5.45	Boys Hip Hop and Breakdance Level 2
5.45-6.45	Boys Hip Hop and Breakdance Level 1
6.45-7.45	Hip Hop C (1st & 2nd Years)
7.45-9.00	Senior Hin Hon (3rd Year 8 up)

TUESDAY

3.30 4.13	INID CITAGO DANCE
4.15-5.00	RAD Grade 5 Ballet
5.00-5.45	RAD Grade 6B Ballet

5.45-6.45 RAD Grade 6A Ballet (Exam Class) 6.45-7.45 RAD Intermediate Ballet

7.45-9.15 Contemporary (G6A - Adv Found Ballet Waiting List)

WEDNESDAY

1.30-3.00	(Selected students from Pre-Vocational)
3.00-3.30	Pre School Ballet (2½ - 4½) (New Cla
3.30-4.15	RAD Primary Ballet
4.15-5.00	RAD Grade 1B Ballet
5.00-6.00	RAD Grade 1A Ballet (Exam Class)
6.00-7.00	RAD Grade 2 Ballet (Exam Class)
7.00-8.00	RAD Grade 6A Ballet (Exam Class)
8.00-9.15	RAD Advanced Foundation Ballet

THURSDAY

3.30-4.15	Jazz A (1st and 2nd Class)
4.15-5.00	Jazz B (3rd and 4th Class)
5.00-6.00	Jazz C (5th and 6th Class)
6.00-7.00	Senior Jazz Group 1 (1st-3rd Year)
7.00-8.00	Senior Jazz Group 2 (1st-3rd Year)
8 00-9 15	Jazz Ren (4th Year and un)

FRIDAY

3.30-4.30	RAD Grade 3 Ballet
4.30-5.30	RAD Grade 5 Ballet
5.30-6.30	Pre-Vocational Ballet (G5 & 6B)
6.30-7.30	RAD Grade 6B Ballet
7.30-9.00	RAD Intermediate Ballet and Pointe

SATURDAY

9.30-10.00	Pre School Ballet (2½ - 4½)
10.00-10.45	RAD Pre Primary Ballet
10.45-11.30	RAD Pre Primary (Exam Class)
11.30-12.15	RAD Grade 1C Ballet
12.15-1.45	RAD Advanced Foundation Ballet
	and Pointe
1.45-2.30	Grade 2 Ballet (Exam Class)
2.30-3.30	Grade 5 Ballet
3.30-5.00	RAD Grade 6C Ballet

To book a place or to be added to the waiting list please contact Lucy on

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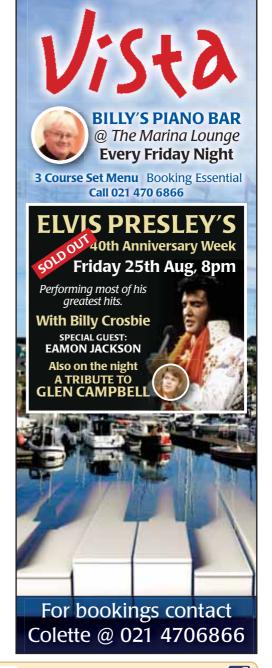
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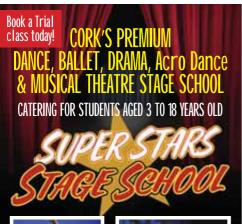


















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- Light up your home and use timer switches on lights for when you are out.
- Store keys safely and away from windows and letterboxes.
- Take photos of valuables.
- Consider purchasing a safe for your valuables, jewellery, keys, etc.
- Don't leave spare keys outside.
- Don't announce on Facebook or other social media platforms that you're going away.
- If you're going to post your vacation on social media, do it privately, with a group of friends and family that you completely trust.

Enjoy your Holidays and return to a Non-Burgled Home.

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Adults €10 - pro rata for families and children who must be under strict parental/guardian supervision. Includes admission to the restored Signal Tower.

Miraculous Prayer

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it. Then in his merciful eves it will become your favour, not mine, Amen.

Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail. DC

FITNESS EQUIPMENT FOR SALE

Reebok Z7 Exercise Bike 5 yrs old

Kryobak Exerciser Cost € 198 Now €100

1 yr old, hardly used, full instructions included

Power Tech Motorised

Folding Treadmill Cost € 700 Now €400

Model: JOG 280

18 mths old, hardly used, full instructions included

Buyer collects - Kinsale Tel: 021 4700413

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KINSALE BAPTIST CHURCH

Sundays, 11am Temperance Hall All welcome

www.kinsaleabc.ie



www.twitter.com/kinsalenews







NOTICES

DON & BARRY'S HISTORIC STROLL

FROM TOURIST OFFICE @ 11.15am DAILY - 7 DAYS & Early Bird @ 9.15am, Mon - Sat

"Excellent... Kinsale's single best attraction... A joy... Be sure to take it" Rick Steves

#1 Kinsale Tour

tripadvisor.ie

901 Reviews

Chosen guides for NATIONAL GEOGRAPHIC in June 2016!

> NATIONAL GEOGRAPHIC

www.HistoricStrollKinsale.com Tel: **087 2500731** or **021 4772873** Adults €7/Children €1



Miraculous Prayer

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HARBOUR CRUISES

Departure beyond Actons Hotel on board 'Spirit of Kinsale'

AUGUST SCHEDULE

Mon-Fri: 12pm, 2pm, 3pm & 5pm Sat-Sun: 12pm, 2pm, 3pm, 4pm & 5pm See sandwich board at Tourist Office & Pier Rd. for updates



Complimentary Tea/Coffee Served Cruises are subject to weather and tide

T: 086 250 5456

DERMOT RYAN'S HERITAGE TOWN WALKS



"Kinsale's Top Independent Attraction" TripAdvisor

"Best Guide in Ireland"

Irish Independent

"Best Value €5 in Ireland"
Sunday Times



10.30am Daily

(or by appointment)

from the Tourist Office.

Adults: €5 Children: Free
For group rates, please phone

086 826 7656

MATHS GRINDS

023 8849523 KILBRITTAIN AREA

20 years experience. Junior Cert, Leaving Cert & 3rd Level, includes Project Maths.

JUNIOR CERT MUSIC GRIND

3 places left Contact 085 2769922 asap



WHAT'S ON & DISTRICT

August to August 2017

FRI 25th AUGUST ARMADA:

Sean Treacy. **BACCHUS NIGHTCLUB:** D I Mark

11.30pm. BLACKS BREWERY: Brewery Tours, 1-4pm.

BLUE HAVEN: Deborah Rose & Mari Randle with special quest

Lindsev O'Farrell.

CASEYS, KINSALE: Jamie Shine 10pm. **DERMOT RYAN'S** HERITAGE TOWN WALKS: Tourist Office, 10.30am

or by appointment. **DON & BARRY'S** HISTORIC STROLL: Tourist Office 9.15am, 11.15am.

FOLKHOUSE: The Frets, 10,30pm.

Colin Deady, 9pm. KINSALE HARBOUR CRUISES:

12pm, 2pm, 3pm, 5pm, KINSALE YACHT CLUB: Fundraising Night in

aid of Kinsale RNLI. BBQ, music and fun! SAM'S BAR: Finnegan's Wake.

Cocktail Night. SILENT BANJO: Jimmy White. 10pm.

VISTA: Billy's Piano Bar at the Marina Lounge Celebrating Elvis

Presley's 40th Anniversary Week and a Tribute to Glen Campbell. Sold Out!

SAT 26th AUGUST ARMADA:

The Dolans. **BACCHUS NIGHTCLUB:** DJ Sean, 11.30pm. BLACKS BREWERY: Brewery Tours, 1-4pm. BLUE HAVEN: Niall McCabe & Band. 10pm. CASEYS, KINSALE:

Jono, 8pm. Long Beach, 10pm, & DJ Aaron.

DERMOT RYAN'S HERITAGE TOWN WALKS:

Tourist Office. 10.30am or by appointment. DON & BARRY'S HISTORIC STROLL: Tourist Office. 9.15am, 11.15am. FOLKHOUSE:

Barefoot Gypsies, 10.30pm. HAMLETS: DJ Nial, 10pm. KINSALE HARBOUR CRUISES:

12pm, 2pm, 3pm, 4pm, 5pm, OLD HEAD LIGHTHOUSE & SIGNAL TOWER:

Open Day. Shuttle bus from Lusitania Monument from 9.45am. ∆dults: €10

SAM'S BAR: Sound Doa. SILENT BANJO: The Hoots, 10pm. TRIDENT HOTEL:

Long Note. WHITE HOUSE: Kina K. 10.30pm.

SUN 27th AUGUST ARMADA: Allsorts, 8pm.

BLUE HAVEN: Traditional Session, 8.30pm.

CASEYS, KINSALE: The Live Lees, 10pm. D I Fitz

DERMOT RYAN'S HERITAGE TOWN WALKS: Tourist Office.

10.30am or by appointment. DON & BARRY'S HISTORIC STROLL:

Tourist Office. 11.15am.

FOLKHOUSE: Kina K. 9pm. HAMLETS:

Old No. 7 with Clem Buckley and Ben Dillon. 6.30pm

KINSALE BAPTIST CHURCH: 11am. Temperance Hall. KINSALE HARBOUR CRUISES:

12pm, 2pm, 3pm, 4pm, 5pm.

OLD HEAD LIGHTHOUSE & SIGNAL TOWER: Open Day. Shuttle

bus from Lusitania Monument from 9.45am. ∆dults: €10

SAM'S BAR: Americhanics.

SILENT BANJO: Rambling Weavers, 7pm.

MON 28th AUGUST ARMADA:

Allsorts, 8pm. BLUE HAVEN: Traditional Irish Music with Arundo and Irish Dancers, 9pm. CASEY'S, KINSALE: Chase the Ace. Bootleg Bhoys, 8pm. DALTON'S BAR: Trad singalong.

DERMOT RYAN'S HERITAGE TOWN WALKS: Tourist Office, 10,30am or

by appointment. **DON & BARRY'S** HISTORIC STROLL: Tourist Office. 9.15am, 11.15am,

KINSALE HARBOUR CRIJISES:

12pm, 2pm, 3pm, 5pm. SILENT BANJO: Mo O'Connor, 8pm.

TUES 29th AUGUST ARMADA:

Free Beer, 8pm BLACKS BREWERY: Brewery Tours, 1-4pm. BILIF HAVEN: Sonny & Friends, 9,30pm. CASEY'S, KINSALE: Roll the Dice, 6pm. DALTON'S BAR: Trad singalong. **DERMOT RYAN'S** HERITAGE TOWN WALKS: Tourist Office, 10,30am or by appointment. DON & BARRY'S HISTORIC STROLL: Tourist Office 9.15am, 11.15am. KINSALE BRIDGE CLUB: Trident Hotel, 7,30pm. KINSALE HARBOUR CRUISES:

12pm, 2pm, 3pm, 5pm. SILENT BANJO: Jimmy White, 8pm. WHITE HOUSE:

Mark & Cheese, 9pm.

WFD 30th AUGUST

ARMADA: Sean Treacy, 8pm. BLACKS BREWERY: Brewery Tours, 1-4pm. BLUE HAVEN:

Niall McCabe, 9,30pm. CASEY'S, KINSALE: Bingo Night, 8.30pm.

DALTON'S BAR: Trad

DERMOT RYAN'S HERITAGE TOWN WALKS: Tourist Office, 10.30am

or by appointment. DON & BARRY'S HISTORIC STROLL:

Tourist Office 9.15am, 11.15am. DRY EYE CLINIC:

At Kennedy's Opticians. 2pm - 5.30pm KINSALE HARBOUR

CRUISES: 12pm, 2pm, 3pm, 5pm.

SAM'S BAR: Dana Burns SLIMMING WORLD:

Sáile Community Centre. 9.30am, 5.30pm, 7.30pm WHITE HOUSE:

Two of a Kind, 9pm.

THUR 31st AUGUST

ARMADA: Johnny Shan, 8pm. BLACKS BREWERY: Brewery Tours, 1-4pm. BLUE HAVEN: Arundo, 9,30pm. CASEYS, KINSALE:

No Frontiers, 9pm. DALTON'S BAR: Traditional music. **DERMOT RYAN'S**

HERITAGE TOWN WALKS: Tourist Office, 10.30am or by appointment.

DON & BARRY'S HISTORIC STROLL: Tourist Office

9.15am, 11.15am, HAMLETS:

Niall McCabe, 9.30pm. KINSALE HARBOUR CRUISES:

12pm, 2pm, 3pm, 5pm, SAM'S BAR:

Darren Grimley. Cocktail Night. SILENT BANJO:

Tim O'Riordan, 8pm. WHITE HOUSE: Two of a Kind, 9pm.

LE YOGA 68 Lower O'Connell St, Kinsale (behind Actons Hotel, next to the Black Pig Winebar) JTUMN 2017 MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** SATURDAY Yoga for Fit **Beginners** 6-7.15am Veronique 087 3934389 **Beginners/** Mindfulness **Asthanga** One to One Asthanga Yoga Hatha Yoga **Individual Yoga Improvers Meditation &** Style Yoga 7.30-8.30am 8-10am Hatha Yoga **Gentle Yoga** 9.45-10.45am 9.30-10.45am Veronique (txt teacher) 10-11.15am 9.30-10.30am Martina Rose 089 4930312 085 2164184 087 3934389 Rose 089 4930312 Rose 089 4930312 087 6166109 **Booking Essential** Yoga/Pilates as **Beginners/** Hatha Yoga Pilates & Yoga **Yoga Flow** Therapy for **Improvers** Gentle Tone-Up 10-11.15am **Back Care** Hatha Yoga Stretch 11am-12pm Rose 11.30am-12.30pm 11am-12pm 11am-12pm Rose 089 4930312 089 4930312 Rose 089 4930312 Martina 087 6166109 Fiona 086 0529129 **Kids Story Time** 8-12yrs (course only) One to One One to One Teens Yoga **Gentle Chi Yoga** 4-5pm Chi Kung & Individual Individual 5.15-6.20pm & Relaxation Meditation Starts 28th Sept Mary Yoga 12.30-1.30pm Yoga Teens Yoga 16+ 11am-12pm 087 7623822 **Booking Essential! Booking Essential!** 5.15-6.20pm Starts 18th Sept Rose 089 4930312 087 2132663 Rose 089 4930312 Tai Chi & Mary 087 7623822 Relaxation Starts 21st Sept 12.15-1.15pm **Wind Down** (one Sat off **Beginners/ Access Divine Prenatal Yoga** Yoga Tune-up Friday each month) **Improvers** Flow Qi Gona 6.30-7.45pm 6.45-7.45pm 7-9pm Pam 087 2132663 Hatha Yoga 6.30-7.45pm Eileen Eileen Veronique 6.30-7.45pm Xavier 087 2383849 087 2383849 087 3934389 Rose 089 4930312 087 2812606 Starts October **SUNDAY** Mindful **Beginners/** Men's **Mindfulness Meditation &** Yoga for **Improvers** Beginner/ **Meditation &** Gentle Yoga 6.30-7.30pm Wellbeing **Gentle Flow Improvers Yoga Gentle Yoga** Rose 089 4930312 Starts October 8-9.15pm 8-9.15pm Yoga 8pm Fileen **Emotional Detox Workshop** 8-9.15pm Rose Fileen 087 2383849 4-6pm First Sunday of the month 089 4930312 087 2383849 Liz 085 8133718 Veronique 087 3934389

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)

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