

**FREE**

Vol. 26 Issue 35/15

Friday 4th - Thursday 10th September 2015



# KINSALE ADVERTISER

INCLUDING THE GUIDE TO **WHAT'S ON** IN KINSALE & DISTRICT

Tel: 021 477 4313 :: Web: [www.kinsaleadvertiser.com](http://www.kinsaleadvertiser.com) :: Email: [info@kinsaleadvertiser.com](mailto:info@kinsaleadvertiser.com)

# Elite Pilates

## KINSALE



## NEW TIMETABLE



### MONDAY

- 9.15am Reformer 2
- 10.15am Intermediate Mat
- 11.15am Introductory Reformer
- 7pm Beginner Reformer Intro
- 7pm Beginner Mat (Course)
- 8pm Reformer Level 2
- 8pm Barre Bootcamp



### TUESDAY

- 7am Reformer
- 9.30am Reformer 1
- 10.30am Mat Mixed Level
- 7pm Mat Level 2
- 8pm Reformer Level 1



### WEDNESDAY

- 10am Barre Mixed Level
- 11am Barre 55 +
- 11am Reformer Level 1

### WEDNESDAY (continued)

- 6pm Reformer Level 2
- 7pm Reformer Level 1
- 8pm Reformer Level 2

### THURSDAY

- 9.15am Reformer Level 2
- 10.15am Reformer Level 1
- 7pm Ante Natal (Course)
- 7pm Reformer Level 2
- 8pm Barre Mixed Level
- 8pm Reformer Level 1

### FRIDAY

- 9.15am Power Pilates with Props
- 10.15am Reformer Level 1
- 11.15am Mummy and Me

### SATURDAY

- 8am Barre Mixed Level
- 8am Reformer Level 2
- 9am Reformer Level 1

CHECK OUT OUR NEW WEBSITE

[WWW.ELITEPILATESKINSALE.IE](http://WWW.ELITEPILATESKINSALE.IE)

FOR NEW MONTHLY MEMBERSHIPS FROM €75 A MONTH

Enquiries: 021 436 9097

Unit 1, Kinsale Commercial Centre, Kinsale.



# KINSALE TYRE & VALET CENTRE

Barrack Green, Kinsale 021 477 7764

The Tyre Specialists since the turn of the Century!



## DISCOUNT TYRES

LARGE STOCK OF TYRES!!

MASSIVE DISCOUNTS!!

Tyre Sales  
Puncture Repairs

Wheel Balancing - Wheel Alignment  
Cars - Vans - 4x4 - Light Commercials

Just call us for the best tyre deals.

GREAT PRICES! GREAT SERVICE!

Car Wash - Car Batteries - Oils - Bulbs - Wipers - Full Valet Service - Recovery

# KENNEDY'S OPTICIANS

Pearse St., Kinsale

Keeping Kinsale Focused

Tel: 021 4773595

## BACK TO SCHOOL!

# 20% OFF ALL CHILDREN'S SPECTACLES



OPENING HOURS TUES TO THURS: 9.30am-5.30pm FRI: 8.30am-5.30pm, SAT: 9.30am-3.00pm

# THE CORK NATIONAL ANTIQUES, ART & VINTAGE FAIR



## SILVER SPRINGS HOTEL

TIVOLI, CORK

**SAT 12th - SUN 13th SEPT**

11am - 6pm

**OVER 80 DEALERS**  
(4 TIMES BIGGER THAN OUR ACTON'S KINSALE FAIR)

This is a Hibernian Antique Fair and is a sister Fair to our fabulous Acton's Kinsale Fair, just 4 times bigger with 80+ dealers from all over Ireland.

Further details from Robin O'Donnell on [robinodon@gmail.com](mailto:robinodon@gmail.com)



[www.twitter.com/kinsalenews](https://www.twitter.com/kinsalenews)

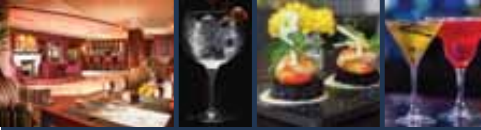
3

[www.facebook.com/KinsaleNews](https://www.facebook.com/KinsaleNews)





THE  
**BLUE HAVEN**  
BAR & BISTRO



Great Food Served Daily  
to 10pm

New Gin Menu &  
Extensive Whiskey Selection

Exciting Cocktail &  
Craft Beer Menu

Superb Wines  
from around the World

Live Music 7 Nights a Week

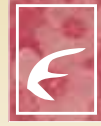
Rising Sons Craft Beer  
now available on tap



Ph: 021 4772209



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



**Eileen's**  
beauty | salon

27 Pearse Street, Kinsale  
(beside the Post Office)  
Tel: 021 477 4212

**O·P·I** and caption  
Longlasting Varnish

Shine lasts until you take it off.  
Wears up to 10 days.  
Soak-free removal.



**GUINOT** Age Summum  
Facial



1 1/4 hours Anti-Aging  
Treatment:  
Dermabrasion  
(Exfoliation),  
Vitamin C, Massage,  
Eyebrow Shaping  
and Collagen Mask.  
**Special introductory  
offer €70**  
Normally €92

**GUINOT** **NEW**

INSTITUT • PARIS  
Skincare Essentials  
Product Set

Cleanser 200mls • Toner 200mls  
Moisturiser 50mls • Mask 15mls  
In a Beautiful Red Satin Bag.

€57 Worth €119



# VIVI TRADING Co.

16 Main Street, Kinsale

World-renowned hand-knit designer Debbie Bliss is coming to Vivi Trading Co.

On Wednesday 7th October Debbie Bliss will hold one morning and one afternoon session in store to meet local knitters, sign your books and teach you all a lesson or two....

This is a ticket only event with very limited numbers. A 10% discount will be available for all purchases on the day (except hand-knits).

Tickets €15.00 each with proceeds going to KYSS. Places will not be guaranteed until tickets are collected.

Tickets can be purchased at Vivi Trading Co, 16 Main Street, Kinsale

Ph: 021 470 0000  Facebook.com/vivitradingco

# The White House

FULLY LICENCED GUESTHOUSE, RESTAURANT & BAR



Guest Accommodation

4 Star AA Guesthouse



FOOD SERVED ALL DAY



**Breakfast**  
8am-11.30am

**Bar/Bistro**  
12pm-10pm

**Restaurant d'Antibes**  
6pm-10pm

Serving Fresh Seafood,  
Shellfish, Steaks & Stews.

Delivered daily by local producers.

Friday 4th September 10pm

**Two of a Kind**

Saturday 5th September 10.30pm

**Tommy & Friends**

Monday 7th September 9pm

**Irish Draught**

Tuesday 8th September 9pm

**Two of a Kind**

Wednesday 9th September 9pm

**Two of a Kind**

Thursday 10th September 9pm

**Rambling Siulers**

Friday 4th September

EUROPEAN SOCCER QUALIFIERS

**Gibraltar v Ireland** 7.45pm

Saturday 5th September

RUGBY UNION FRIENDLY

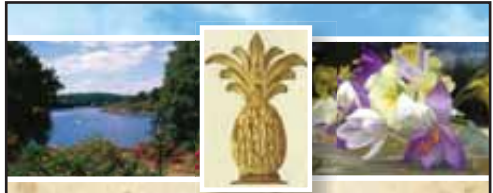
**England v Ireland** 2.30pm

Sunday 6th September

ALL IRELAND HURLING FINAL

**Kilkenny v Galway** 3pm

Your hosts the Frawley Family & Staff  
T: 4772125 www.whitehouse-kinsale.ie



# Courtyard Café



Tel: 021 4770878

WALTON COURT, OYSTERHAVEN BAY

*Ireland Guide Café of the Year 2014*

OYSTERHAVEN BAY® PRODUCE

Lunch Specials

Artisan Platters to Share & Local Seafood

Home of the Oysterhaven Bay®  
Hungry Fisherman's Pie

Organic Bread & Cakes from our Bakery

Home Grown Salads  
& Produce from our Gardens

Wines & Beers  
Roastinghouse Kinsale® Artisan Coffee

Beautiful Courtyard Retreat  
on Oysterhaven Bay®

**SUMMER OPENING HOURS**

**Tuesday - Sunday: 10.30am - 5pm-ish**

We now accept payment by Visa/MasterCard (over €10)  
Check our seasonal opening hours Walton Court, Oysterhaven Bay



[www.WaltonCourt.com](http://www.WaltonCourt.com)  
[www.OysterhavenBay.com](http://www.OysterhavenBay.com)



# Actons

## of Kinsale

### HEALTH & FITNESS CLUB CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>M O R N I N G S</b>			<b>H.I.I.T.</b> With Alison 7am-7.30am Book from 1pm Mondays		
			<b>Morning Stretching</b> With Alison 7.30am-8am Book from 1pm Mondays		
			<b>Exercise for Over 50s</b> With Alison 8am-8.45am Drop In	<b>Parent &amp; Toddler</b> Marie-Anne 10am - 10.40am Call Marie-Anne 085 854 9246	
			<b>Power Pilates</b> Karen 9.30am-10.30am Call Karen 087 6728232	<b>Parent &amp; Toddler</b> Marie-Anne 10.40am - 11.10am Call Marie-Anne 085 854 9246	
			<b>Water Exercise &amp; Weight Loss</b> Alana 10.30am-11.30am Drop In Class		
<b>A N F O T E R N O O N S</b>		<b>Swimming Lessons</b> With Sue 3.30pm - 5pm Call Sue 086 3828463	<b>Swimming Lessons</b> With Sue 3.30pm - 5pm Call Sue 086 3828463	<b>Swimming Lessons</b> With Sue 3.15pm - 4.45pm Call Sue 086 3828463	
<b>E V E N I N G S</b>	<b>Water Exercise &amp; Weight Loss</b> Alana 6.30pm-7.30pm Drop In Class				
					<b>Reebok Cycle</b> With Alison 6.45pm - 7.30pm Book from 1pm Mondays
	<b>Reebok Cycle</b> Alison 7pm - 7.45pm Book from 1pm Mondays	<b>Project Weightloss</b> Resuming 29th September Enquiries Alison 021 477 2345		<b>Circuits</b> With Alison 7pm - 7.45pm Book from 1pm Mondays	<b>Swimming Lessons</b> With Sue 7pm - 8pm Call Sue 086 3828463
	<b>Power Pilates</b> With Karen 8pm - 9pm Call Karen 087 6728232		<b>Power Pilates</b> With Karen 8pm - 9pm Call Karen 087 6728232		<b>Project Weightloss</b> Resuming 29th Sept Enquiries Alison 021 477 2345

Booking is essential Classes are subject to change  
 Swimming lessons times will change each term Please call to confirm

**Personal Training Available**  
**Various Memberships also available**

For more info on any of the above please contact the Leisure Club on 021 477 2345



## @ *The Trident Hotel*

**Food Service from Monday - Sunday**

Start your day with a delicious breakfast with so many NEW options, mornings have never been tastier!  
Served from 7.30 - 10.30am



Savour the ambience and great food in the Wharf Tavern.

Food menu offers a delicious selection of dishes.

Served from 12noon until 9pm



Our Carvery choices change daily to ensure we can provide a wide variety of dishes and use the best of seasonal Irish produce.

Our popular Carvery served daily is a lunchtime favourite.

Served from 12.30 - 2.30pm



Tel. +353 (0)21 4779 300  
Email: [info@tridenthotel.com](mailto:info@tridenthotel.com)  
Web: [www.tridenthotel.com](http://www.tridenthotel.com)





KINSALE RFC PRESENTS  
**RUGBY WORLD CUP  
LAST MAN STANDING**



# Win the Jackpot

by correctly predicting match winners

Entry forms available  
€10 per pool at

- The Rugby Club
- Kinsale Sports Shop
- Giles Norman Photography



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

 Search: Facebook Kinsale-RFC



**RUGBY  
WORLD CUP  
2015**

# OLD BANK Town House

*Boutique Georgian Residence*

Café - Gourmet Food Store

Open 7 Days

From 8.30am to 6pm

Great Cakes & Coffee

Delicious Lunch Menu

Daily Healthy Specials

Gourmet Food Products  
(Sit In or Take Out)



Ph: 021 4706090

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

## Violin Classes

**SUZUKI METHOD**  
*Specialised Innovative Fun*

Experienced,  
Qualified Teacher

For Children  
aged 3-4 years  
and upwards



Contact Mary B: 086 1914488

## The Speckled Door

Old Head, Kinsale  
T: 021 477 8243 [www.speckleddoor.com](http://www.speckleddoor.com)

*Spectacular Views of Kinsale Harbour  
from bar, restaurant, patio & beer garden!*

*10 minutes drive from Kinsale  
Ample Parking & Wheelchair Facilities*

*Food Served 7 Days 12.30pm - 8.30pm  
Full Menu Served All Day  
Also Kid's Menu & Selection of Sandwiches  
Renowned for Lordan's T-Bone Steaks*



**WILD ATLANTIC WAY**  
SLIAN AT LANSASH PHOENIX



# ROGUE FITNESS

PERSONAL TRAINING • NUTRITION • FITNESS CLASSES • PHYSIOTHERAPY



OVER 40 FUN FITNESS CLASSES - ALL LEVELS - MEN & WOMEN  
 NEW STATE OF THE ART FITNESS CLASSES CENTRE NOW OPEN

## CLASS TIMETABLE

TO BOOK A CLASS OR CLASS ENQUIRES  
 CALL US 021 4777538

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT
6.15am - 7.00am		PSYCLE		PSYCLE	ROGUE CIRCUITS	7.00am - 8.00am	SWAT MEN
9.30am - 10.30am	ROGUE PUMP IT	ROGUE CIRCUITS	ROGUE PUMP IT	ROGUE CIRCUITS	20/20 LIFT-HIIT	8.15am - 9.10am	HIIT TRAINING
11.00am - 12.00pm	ROGUE CIRCUITS		ROGUE CIRCUITS		FIT FOR RETIREMENT	9.15am - 10.15am	IRON MAIDENS
2.00pm - 6.00pm			Coming Soon CLUB			10.30am - 11.30am	PSYCLE
5.00pm - 5.50pm	BEGINNERS FITNESS CLASS		13yrs to 17yrs 2.00pm - 6.00pm			10.30am - 11.30am	TEEN GYM GIRLS
6.00pm - 6.50pm	ROGUE PUMP IT	HIIT TRAINING	TRX/ KETTLEBELLS	IRON MAIDENS		12.00pm - 1.00pm	TEEN GYM LADS
6.30pm - 7.20pm	PSYCLE	PSYCLE	PSYCLE				
7.00pm - 7.50pm	IRON MAIDENS	ROGUE CIRCUITS POSTUREREHAB	ROGUE PUMP IT	ROGUE CIRCUITS		All above classes limited to 10 p/p class - Individual Attention BRING A FRIEND FOR FREE! <a href="http://www.roguefitness.ie">www.roguefitness.ie</a>	
7.30pm - 8.20pm	PSYCLE	PSYCLE	PSYCLE	PSYCLE			
8.00pm - 8.50pm	TRX/ KETTLEBELLS	ROGUE CIRCUITS	HIIT TRAINING	ROGUE CIRCUITS			
8.00pm - 9.00pm	YOGA	POSTURELATES	YOGA				

Rogue Fitness Farm Lane, Kinsale, Cork • [www.roguefitness.ie](http://www.roguefitness.ie) • 021- 4777538



## YOUR LOCAL CLASSES

### TRIDENT HOTEL, KINSALE EVERY WEDNESDAY

10.30am and 7.00pm

Phone: 087 9480261

### And also **MEN ONLY CLASSES**

SMA CENTRE, WILTON, CORK  
EVERY TUESDAY at 8pm

Local girl Lucinda Wright joined  
WeightWatchers Kinsale in  
January 2015 and lost 5st 5lbs.

*When asked "Why Weight Watchers?"  
Lucinda simply said "BECAUSE IT WORKS".*



**WeightWatchers**  
because it works

For more information see [weightwatchers.ie](http://weightwatchers.ie)  
or call 1850 234 123 / (01) 870 3900

Looking for a winter night  
class with a difference?

## Try Ceilí Fit

Beginners course starting Monday  
September 14th 8.00pm in  
Kinsale Temperance Hall  
Followed by Improvers class



[www.Ceilifit.ie](http://www.Ceilifit.ie) to book online  
Enquiries to Fionan on 087 818 5111

"Mighty Craic. Great  
social night out,"  
Mary, Kinsale

"I didn't have a partner  
but still had great fun,"  
Patrick, Belgooly

"Better than an  
hour in the gym!"  
John, Dunderow

"Found it an easy way to meet  
the locals & felt welcome"  
Annika, German AuPair

## THE 39<sup>th</sup> KINSALE GOURMET FESTIVAL 2015



Friday 9<sup>th</sup> October 2015

### Cork Heat of All Ireland Chowder Cook Off €5

Come along and sample chowders from 20 of Cork City and County's top  
restaurants and vote for who you feel should represent the County at the  
6th All Ireland Chowder Cook Off in Kinsale in 2016.

### Festival Opening & Taste of West Cork Dinner €55

Champagne Reception followed by a 5 course dinner in a Good Food Circle  
restaurant of your choice.

Saturday 10<sup>th</sup> October 2015

### The 'Infamous' Mad Hatters Taste of Kinsale €90

An escorted fun foodie walking tour taking in all the Members of Kinsale's  
Good Food Circle. **ALMOST SOLD OUT**

Sunday 11<sup>th</sup> October 2015

### Fruits de Mer Luncheon €75

A superb 4 course seafood platter Luncheon including  
lobster, crab, prawns, etc. accompanied by delicious wines.  
Followed by music, entertainment and a fun Charity Auction.

Kinsale Good Food Circle  
71 Main Street, Kinsale, Co Cork, Ireland  
Tel / Fax: +353 21 4773571

[www.kinsalerestaurants.com](http://www.kinsalerestaurants.com)  
maria@kinsalerestaurants.com  
 [www.facebook.com/Good.Food.Circle](https://www.facebook.com/Good.Food.Circle)



*Visit the Cobh Heritage Centre*

**Learn about Cobh's connection with:**

- The Titanic
- The Lusitania
- The Great Famine
- Emigration to North America
- Convict Ships to Australia



**LUSITANIA CENTENARY**

**Gift Shop and Café**

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



# #BEACTIVE

## European Week of Sport

### 7-13 September 2015



**KINSALE OUTDOOR EDUCATION CENTRE  
OPEN DAY (FREE TO ALL)**

**12th SEPTEMBER 2015 10am to 4pm**

*Climbing Wall, Zip Line & Archery Sit on Top Kayaking, Sailing & Powerboating  
Adapted Sailing & Kayaking Session for Disabled All Ages, All Abilities Welcome*

**To take part please register with us at 4772896**

**Email us [info@kinsaleoutdoors.com](mailto:info@kinsaleoutdoors.com)**

## Face Painting *for any occasion*

I'm an Artist & Montessori Teacher based in Kinsale. I combine my love of working with children with my artistic skills to make your day truly memorable.



For more information contact Zoe:  
tel: 0879002194  
email: [zoe.e.patel@gmail.com](mailto:zoe.e.patel@gmail.com)

# CROLEC

Electrical & Security Services



**YOUR LOCAL  
INSTALLER OF  
INTRUDER  
ALARMS  
& CCTV  
SYSTEMS**

Crolec also maintains existing Intruder Alarms & CCTV

Also carries out Electrical Work (Big or Small)

**ALARM SYSTEMS  
Starting from €650**

**Call today for more info  
087 6494864**

**[info@crolec.ie](mailto:info@crolec.ie) | [www.crolec.ie](http://www.crolec.ie)**





# Kinsale Yoga Centre

68 Lower O'Connell St, Kinsale



## SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Asthanga Flow Yoga</b> 9.30-10.45am Gillian 085 2164184 (from 21 Sept)	<b>Asthanga Flow Yoga</b> 7.30-8.30am Gillian 085 2164184	<b>Asthanga Flow Yoga</b> 9.30-10.45am Martina 087 6166109	<b>Sports Yoga</b> 6.30-7.20am Patrida 087 7637514 (from 24 Sept)	<b>Hatha Yoga Gentle Stretch</b> 11am-12am Fiona 086 0529129	<b>Hatha Yoga</b> 10-11.15am Veronique 087 3934389
	<b>Gentle Yoga &amp; Meditation</b> 9.45-10.45am Martina 087 6166109	<b>Beginners &amp; Improvers Yoga</b> 11am-12pm Martina 087 6166109	<b>Asthanga Flow Yoga</b> 7.30-8.30am Gillian 085 2164184 (from 24 Sept)		<b>Tai Chi/Chi Kung</b> 11.30am-1pm Pam 085 1691304 (€15 drop in, €60 for 5wks) (from 12 Sept)
		<b>Kids Story Yoga</b> (8-12 yrs - course only) 4-5pm Mary 087 7623822 (from 23 Sept)	<b>Yogilates/Pilates</b> 9.30-10.30am Eileen 087 2383849		
<b>Teens Yoga</b> 5.15-6.20pm Mary 087 7623822 (5wks €35/drop in €9) (from 21 Sept)		<b>Teens Yoga 16+</b> 5.15-6.15pm Mary 087 7623822 (from 23 Sept)	<b>Vinyasa Flow Yoga</b> 10.45-11.45am Veronique 087 3934389		<b>Happy Healing Arts Teacher Training Workshops</b> Yogi Cho/Pam 087 2132663 (26/27 Sept)
<b>Prenatal Yoga</b> 6.30-7.30pm Eileen 087 2383849	<b>Mindfulness Meditation &amp; Movement</b> 6.30-7.30pm Michelle 086 8785212 (from 8 Sept)	<b>Yogilates/Pilates Beginners &amp; Improvers</b> 6.30-7.45pm Eileen 087 2383849	<b>Asthanga Flow Yoga</b> 6.30-7.45pm Martina 087 6166109	<b>Balancing Hatha Flow Yoga</b> 6.45-7.45pm Millie 087 3984544	<b>Asthanga Yoga (Dynamic)</b> Beginner Workshops 11.30am-1.30pm Martina 087 6166109 (5 Sept, 17 Oct)
<b>Yoga for Wellbeing</b> 8-9.15pm Eileen 087 2383849		<b>Yin Yoga &amp; Restoratives</b> 8-9.15pm Eileen 087 2383849	<b>Beginners &amp; Improvers Hatha Yoga</b> 8-9pm Martina 087 6166109		

To book or enquire about classes txt/ph teachers  
Class times subject to change- Doublecheck with teachers

Courses usually 6 weeks, €60 payable in advance & drop-in €12, unless otherwise stated.

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



[www.twitter.com/kinsalenews](http://www.twitter.com/kinsalenews)

15

[www.facebook.com/KinsaleNews](http://www.facebook.com/KinsaleNews)



# KINSALE MUSIC ACADEMY



## **'LITTLE MAESTRO' BEGINNERS CLASS**

Ages : 4 - 6 years

*Introduce your child to music!*

*A pre-instrumental class where children learn interactively through the internationally renowned Kodály method. Through songs and games your child will begin to learn to read, write and understand music.*

**MONDAYS 4pm - 4.30pm**

**KINSALE COMMUNITY SCHOOL**

## **YOUTH CHOIR**

Ages : 7 - 15 years

*Open to anyone with an interest in singing! All aspects of singing taught and developed. Our friendly group setting will cover a wide range of styles and repertoire.*

**MONDAYS 4.30pm - 5.10pm**

**KINSALE COMMUNITY SCHOOL**

## **NEW THIS SEPTEMBER DRUM LESSONS**

**Drum & rhythm tuition - individual lessons.**



Follow us on Facebook  
and Twitter to stay updated!

**For more information contact:**

**Tel: 087 3579000**

**Email: [info@kinsalemusicacademy.com](mailto:info@kinsalemusicacademy.com)**



# 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

**By Appointment: 021 477 9578**  
No. 26 Haven Bay Apt, Ballinacubby, Kinsale



## 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



[www.twitter.com/kinsalenews](http://www.twitter.com/kinsalenews)

17

[www.facebook.com/KinsaleNews](http://www.facebook.com/KinsaleNews)



**Mr. Mark Buckley**  
6th Degree Black Belt

**Ms. Aoife O'Mahony**  
1st Degree Black Belt

**INSTRUCTORS QUALIFICATIONS**  
FIRST AID CERTIFICATE  
GARDA CLEARANCE CERTIFICATE  
IMAC COACH CERTIFICATE  
CHILD PROTECTION CERTIFICATE

**FUN ★ EXCITING ★ SPORT**  
for **KIDS**

**SCOIL NAOMH ELTIN, KINSALE**  
**WEDNESDAYS**

**Kubz:** **5.30pm - 6.15pm** (ages 4 - 6)  
**Taekwon-Do Juniors:** **6.15pm - 7.15pm** (ages 7 - 12)

**FRIDAYS**  
**Taekwon-Do Juniors:** **6.45pm - 7.45pm** (ages 7 - 12)  
**Seniors:** **7.45pm - 8.45pm**

**Call or Text 086 822 0107**

Cork ITA

## Kinsale Primary Care Centre

### MEDICAL SUITE - ROOMS TO LET

A limited number of rooms are currently available to let to suitable medical businesses within the recently completed Kinsale Primary Care Centre.

The Primary Care Centre on New Road currently houses a substantial GP practice, an on-site pharmacy as well as the full range of HSE services.

The consultant's suite of rooms is ideally located for use for a wide range of ancillary medical services and is available for rent on a full time or sessional basis.

For further details please contact Primary Project Management  
on 021 487 6244 or [info@primaryprojectmanagement.ie](mailto:info@primaryprojectmanagement.ie)



**KINSALE TILE STORE  
GUARDWELL, KINSALE**

T: 021 4772966 F: 021 4773243  
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at Kinsale Tennis Club  
*Open to members and non-members*

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INCORPORATING PLAY & STAY COLOURED BALL SERIES

**Starting Monday 14th September 2015**

#### MONDAYS

3-4pm | 4-5pm | 5-6pm **RED LEVELS 1, 2, 3 (5-8yrs) 8wks**

#### TUESDAYS

3-4pm | 4-5pm **ORANGE LEVELS 1, 2 (8+9yrs)**  
5-6pm **GREEN LEVEL (10+yrs) 8wks**

#### WEDNESDAYS

3-4pm **RED LEVEL**  
4-5pm | 5-6pm **GREEN TO YELLOW LEVEL (12+yrs) 8wks**

### ADULT COACHING

*Begins Friday 18th September for 6 weeks*  
Fundamental Level: 7-8pm  
Intermediate Level: 8-9pm  
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Please contact Maria Bolster (TCI) Registered Coach to discuss suitable groupings for both Juniors and Adults.  
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# ARMADA

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FRIDAY 4th SEPTEMBER

**SEAN TREACY**

SATURDAY 5th SEPTEMBER

**LIFFEY LEE**

SUNDAY 6th SEPTEMBER

**THE QUAYS**

TUESDAY 8th SEPTEMBER

**ALLSORTS**

WEDNESDAY 9th SEPTEMBER

**KINSALE SESSIONS**

**DARTS - POOL - RINGS**

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NEW TERM BEGINS ON MON SEPT 7TH

Limited places available.

All current places have been kept, if your child is not returning please let us know.

#### MONDAY

3.30-4.15 Hip Hop A (Age 8-10)  
4.15-5.00 Hip Hop B (Age 10-12)  
5.00-5.45 Boy's Hip Hop and Breakdance Level 2  
5.45-6.30 Boy's Hip Hop and Breakdance Level 1 Advance  
6.30-7.30 Hip Hop C (1st and 2nd years)  
7.30-9.00 Senior Hip Hop (3rd year +)

#### TUESDAY

3.30-4.15 RAD Grade 3 Ballet  
4.15-5.00 RAD Grade 4 Ballet  
5.00-5.45 RAD Grade 5 Ballet  
5.45-6.45 RAD Intermediate Foundation Ballet B  
6.45-7.45 RAD Intermediate Ballet  
7.45-9.15 Contemporary 3rd year + must also do ballet

#### WEDNESDAY

3.30-4.00 Pre School Ballet (Age 2½-4½)  
4.00-4.45 RAD Pre Primary Ballet  
4.45-5.30 RAD Primary Ballet  
5.30-6.15 RAD Grade 1 Ballet  
6.15-7.15 RAD Grade 2 Ballet  
7.15-8.15 RAD Grade 5 Ballet  
8.15-9.15 RAD Intermediate Foundation Ballet A

#### THURSDAY

3.30-4.30 Jazz A (Age 6-8)  
4.30-5.30 Jazz B (Age 8-10)  
5.30-6.30 Jazz C (Age 10-12)  
6.30-7.30 Senior Jazz (Age 12+)  
7.30-9.00 Jazz Repertoire  
3rd Year +, must have Jazz dance experience

#### FRIDAY

4.00-5.00 RAD Grade 3 Ballet  
5.00-6.00 RAD Grade 4 Ballet  
6.00-7.30 RAD Intermediate Foundation Ballet and Pointe B  
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  
10.45-11.45 RAD Grade 3 Ballet  
11.45-1.15 RAD Intermediate Foundation Ballet and Pointe A  
1.30-2.30 Teenage Beginner Ballet 6th class upwards  
2.30-4.00 RAD Grade 3 Ballet (Teenage)

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

**087 9521463 or 021 4773553**

info@lucyfrenchschoolofdance.com www.lucyfrenchschoolofdance.com



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# 1000k CYCLE

## for Kinsale Community Hospital

to raise €10,000 for a Dementia Friendly Garden



Bernie



Patricia

**Best wishes to Roesia & Alex Lordan who are taking part in the MSL Cork Women's Leisure Cycle this weekend cycling 50km each!**

**Patrick, Roesia & Alex have already cycled over 1000km to raise €10,000 for a dementia-friendly garden at Kinsale Community Hospital in memory of Bernie & Patricia Lordan.**

**Please support this great cause!**



Patrick & Roesia Lordan

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THURSDAY 10th SEPTEMBER 9.30pm

### OLE DOLLS

*3 Piece Folk/Contemporary*

FRIDAY 11th SEPTEMBER 10.30pm

### KING K

*5 Piece Rockin' Covers*

SATURDAY 12th SEPTEMBER 10.00pm

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All the Old & New Classics. Doors 11:30pm - Free b4 12:00am

SAT 6th SEPTEMBER : DJ SEAN

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THURS 10th SEPTEMBER : DJ MARK

All the Old & New Classics. Doors 11:30pm - Free b4 12:00am



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**Sun 6th Sept 8.30pm FRANK MORRIS BAND**

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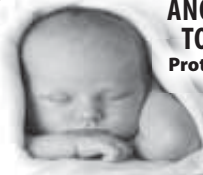
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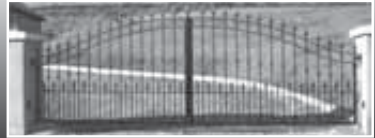
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1198 innocents were  
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**DAN DEMPSEY** started  
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TOP QUALITY WORK. C2 & VAT REGISTERED

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Individually Heated Kennels • Large outdoor exercise area  
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Powerwashing, Painting,  
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All Stonework



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087 703 8733

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Complete Design & Landscaping Service

Garden & Grounds Maintenance

PATIOS  
&  
PLANTING

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"Ensuring quality animal care"

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Belgooly, Kinsale, Co. Cork.

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REASONABLE  
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dog grooming

\*Professional dog grooming for all breeds.  
\*Free pick up & drop-off in Kinsale area  
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**CHINESE HERBAL MEDICINE**  
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**Counselling & Psychotherapy**

Individual Therapy For Teenagers & Adults  
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The Glen, Kinsale

 **COLOUR & CUTS**  
FROM €50  
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Open Tuesday to Saturday 9am to 5.30pm  
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61  
Main Street  
Kinsale  
Co. Cork

## SITUATIONS VACANT



*Award Winning  
Nursing Home*

**HAVEN BAY  
CARE CENTRE**

*We are currently recruiting a*

## Health Care Assistant

to work morning shifts  
9am - 12noon.

Must hold or working towards a Fetac 5  
in caring for the Elderly.  
Must have previous experience.

Please send your CV to Joann  
at [hr@havenbay.ie](mailto:hr@havenbay.ie)

## EXPERIENCED CHEF/COOK

Part time, must be flexible, fluent English.

Apply in writing with CV to  
[info@lordkingsale.com](mailto:info@lordkingsale.com)



**BLUE HAVEN  
HOTEL**

*has vacancies for the following jobs:*

**EXPERIENCED  
WAITING STAFF  
HOUSEKEEPER**

**CHEFS  
OF ALL LEVELS**

Experience and fluent English essential.  
CVs to [hr@bluehavenkinsale.com](mailto:hr@bluehavenkinsale.com)  
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**Baby Massage Classes  
For Parents**

Starting in September in Kinsale.

Anne-Marie Levis (CIMI) 087 967 3143  
VHI, Aviva, Laya Healthcare & GloHealth approved

**Marmalade  
Park**  
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Montessori, Siolta & Aistear Based curriculum.  
Promoting Fitness in children. Babies - 5 yrs.

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## PROPERTY

### TO RENT: LANZAROTE

Beautiful one bedroom apartment with sea views in Matagorda, Lanzarote. Small quiet complex with heated swimming pool. Close to all local amenities. 5 minutes walk to beach. 10 minutes from airport.

**087-2355 258 or 087-986 3302**

## NOTICES

### 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 eyes 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. ML*



### KINSALE PEACE PROJECT



Guest Speaker  
**FERGUS FINLAY**  
*of Barnardos*  
**Thursday 1st October**

Fergus will also speak to Transition Year Students at Kinsale Community School.

**Time and Venue for Evening Talk to be confirmed**

Like us on Facebook

## FOR SALE

**BUGABOO CAMELEON  
PRAM / BUGGY**

**WITH CO-ORDINATING CHANGING BAG**  
*(navy & cream)*

**MAXI COSI AXISS CAR SEAT**

*All in very good condition  
Any reasonable offer accepted*

**Text: 086 8164918**



Thank you

From the Moses Foundation to everyone who helped and supported our fundraising event.

Donal & Eleanor Herlihy

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## THANK YOU BOB'S CHARITY GOLF TOURNAMENT

wishes to thank the following sponsors who contributed to the success of their tournament which raised money for  
*The Kinsale Hospital.*

- Garry Fitzsimons
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- Crackpots
- The Trident Hotel
- Actons Hotel
- The Moorings Bar
- Kinsale Silver
- Kinsale Crystal
- Hamlets
- Murphy's Sports
- AA Fire Protection Group
- The Shack
- Auntie Nellies
- Rockview B&B
- Curtin Electronics
- 1601 Off Licence
- Ger Broderick, Kinsale Golf Club
- Kinsale Advertiser

*God bless all of you.*

## FOR SALE

**3 Small Leotards & 1 Character Skirt**  
for exams for the Lucy French School of Dance.

**Tel: 087 7633 555**

### 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 eyes 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. D.C.*

**Feel like stretching those vocal chords?**

"Kinsale Voices" Acapella Performance Choir  
*Actively seeking new members*

**NEW 6 WEEK AUTUMN TERM  
BEGINS MONDAY 14TH SEPT**  
7.30-9.30pm

**HAMLETS VIP ROOM  
AND EVERY MONDAY AFTER**

€10/€8 per 2 hour class waged/unwaged



"Kinsale Voices" Acapella Performance Choir  
For info call 086 8759949 KinsaleVoices

In aid of **Marymount**

**Iris (Anderson) & John  
Open Their Garden**

at Belvedere, Rigsdale, Ballinhassig  
on Saturday 12th Sept, 12pm - 6pm

*Bring a friend, enjoy the garden & view, with  
afternoon tea & homemade delights.*

**KIND, EXPERIENCED PERSON AVAILABLE  
to care for elderly in their own home.**

Day shift or night shift. References on request.  
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**MIRACULOUS PRAYER**

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

**KINSALE GARDEN  
& FLOWER CLUB**

**Meet on 2nd Thursday of Every Month @ 8pm**  
Venue: St Multose Hall, Kinsale

*We warmly welcome new members to our  
monthly demonstrations.*

To find out more please come along on the 10th Sept  
or contact [kinsaleflowerandgarden@gmail.com](mailto:kinsaleflowerandgarden@gmail.com)

**Demonstration for September**

**'Autumn Bounty' by Carmel O'Driscoll, AOIFA**

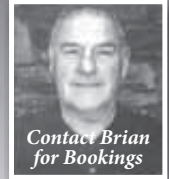
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**Krafty Kids!**

Calling all Krafty Kids!  
Ages 4-12 years

Classes at  
**SAILE from Mon 14th Sept, 4.15-5.15pm**  
**& BALLINSPIITTE HALL from Thurs 24th Sept, 3-4pm**

*Join in, create and make at Krafty Kids!*

*Ring Laura 087 7970011 or email  
[laurakraftykids@gmail.com](mailto:laurakraftykids@gmail.com) for info*

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FOR WINTER AND SUMMER MONTHS

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 & WHALE  
 WATCHING**  
 Min: 6 Persons  
 Weather Permitting  
 €25 Per Person

**HARBOUR CRUISE**  
 Departure beyond Actons Hotel on board 'Spirit of Kinsale'




**SEPTEMBER TIMES**  
**12pm, 2pm, 3pm  
 Daily (until 20th)**

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 & Pier Rd. for updated times.*

Complimentary Tea/Coffee Served  
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 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**



**DON & BARRY'S  
 HISTORIC STROLL**

FROM TOURIST OFFICE  
 @ 11.15am DAILY - 7 DAYS  
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**Ranked #1** of ALL activities in Kinsale  
**Check it out!**

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*"Excellent... Kinsale's single  
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[www.HistoricStrollKinsale.com](http://www.HistoricStrollKinsale.com)  
 Tel: 087 2500731 Adults €7/Children €1  
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*All welcome*  
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 CONTACT TOM ON  
 085 872 5789**

**MIRACULOUS  
 PRAYER**

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

**Kinsale  
 Yoga  
 Centre**

Flexibility Tone Wellbeing

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# KINSALE ADVERTISER

WHAT'S ON IN KINSALE

FRI 4th SEPT - THURS 10th SEPT 2015



*Welcome to all the Judges for the Kinsale Sharks Advertising Awards*

**FRI 4th SEPT**

**ARMADA:**  
Sean Treacy.

**BACCHUS NIGHTCLUB:**  
DJ Mark, 11.30pm.

**BINGO:**  
Friary Centre, 8pm.

**BLUE HAVEN:**  
Highway Special, 10pm.

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

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

**FOLKHOUSE:**  
The Frets, 10.30pm.

**HAMLETS:**  
Gary Martin, 10pm.

**HARBOUR CRUISE:**  
12pm, 2pm & 3pm.

**KINSALE COLLEGE:**  
Open Day, 10am to 7pm.

**SAM'S BAR:**  
Fiona Kennedy.

**SILENT BANJO:**  
Street Talk, 10.30pm

**SPANIARD:**  
Jug A Punch, 10pm.

**WHITE HOUSE:**  
Two of a Kind, 10pm.

**SAT 5th SEPT**

**ARMADA:**  
Liffey Lee.

**BACCHUS NIGHTCLUB:**  
DJ Sean, 11.30pm.

**BLUE HAVEN:**  
Crazy Chester, 10pm.

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

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

**FOLKHOUSE:**  
Fantasy Jam Band, 10pm.

**HAMLETS:**  
DJ Niall, 10pm.

**HARBOUR CRUISE:**  
12pm, 2pm & 3pm.

**KINSALE RFC:**  
Underage season resumes today.

**SAM'S BAR:**  
Jennifer Lyons.

**SILENT BANJO:**  
The Angels, 10.30pm.

**SPANIARD:**  
For Folk Sake, 10pm.

**WHARF TAVERN AT THE TRIDENT HOTEL:**  
The Quays.

**WHITE HOUSE:**  
Tommy & Friends, 10.30pm.

**SUN 6th SEPT**

**ARMADA:**  
The Quays.

**BLUE HAVEN:**  
Barry Tierney, 9pm.

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

**DON & BARRY'S HISTORIC STROLL:**  
Tourist Office 11.15am.

**FOLKHOUSE:**  
King K, 9pm.

**HAMLETS:**  
Clem Buckley, 7pm.

**HARBOUR CRUISE:**  
12pm, 2pm & 3pm.

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

**SAM'S BAR:**  
Americianics.

**SILENT BANJO:**  
Frank Morris Band, 8.30pm.

**SPANIARD:**  
Skellig, 6pm.

**MON 7th SEPT**

**BLUE HAVEN:**  
Arundo and Irish Dancers, 9.15pm.

**DALTONS BAR:** Trad.

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

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

**HARBOUR CRUISE:**  
12pm, 2pm & 3pm.

**KINSALE COMMUNITY SCHOOL:**  
QQ1 Level 5 Business Studies, course commences.

**LUCY FRENCH SCHOOL OF DANCE:**  
New term begins.

**SAM'S BAR:**  
Murphy's Open Mic.

**WHITE HOUSE:**  
Irish Draught, 9pm.

**TUES 8th SEPT**

**ARMADA:**  
Allsorts.

**BLUE HAVEN:**  
Sonny & Friends, 9.15pm.

**DALTONS BAR:**  
Traditional Music.

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

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

**HARBOUR CRUISE:**  
12pm, 2pm & 3pm.

**KINSALE BRIDGE CLUB:**  
Trident Hotel, 7.30pm.  
Visitors welcome.

**WEIGHTWATCHERS:**  
Men Only Class, SMA Centre, Wilton at 8pm.

**WHITE HOUSE:**  
Two of a Kind, 9pm.

**WED 9th SEPT**

**ARMADA:**  
Kinsale Sessions.

**BLUE HAVEN:**  
Niall McCabe, 9.15pm.

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

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

**FOLKHOUSE:**  
Big Swinging Mikeys, 9.30pm.

**HARBOUR CRUISE:**  
12pm, 2pm & 3pm.

**WEIGHTWATCHERS:**  
Trident Hotel,  
10.30am and 7pm.

**WHITE HOUSE:**  
Two of a Kind, 9pm.

**THUR 10th SEPT**

**ACTONS HOTEL:**  
New Parent & Toddler Swim Class  
Tel: 085 8549246.

**BACCHUS NIGHTCLUB:**  
DJ Mark, 11.30pm.

**BLUE HAVEN:**  
Arundo and Irish Dancers, 9.15pm.

**DALTONS BAR:**  
Traditional Music.

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

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

**FOLKHOUSE:**  
Ole Dolls, 9.30pm.

**HARBOUR CRUISE:**  
12pm, 2pm & 3pm.

**KINSALE GARDEN & FLOWER CLUB:**  
"Autumn Bounty" by Carmel O'Driscoll, AOIFE.  
St. Multose Hall, 8pm.

**SILENT BANJO:**  
Black Rose, 9pm.

**WHITE HOUSE:**  
Rambling Siulers, 9pm.





*Dreams Do Come True*



*Classes in...*

KINSALE, COBH, BANDON  
& INNISHANNON

**ENROLLING  
NOW!**

Join the Sarah Callanan School of Dance for classes in...

**Ballet Modern Jazz Hip Hop Tap**

**Age 3<sup>1</sup>/<sub>2</sub> - Adult Classes**

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