

**FREE**

Vol. 29 Issue 03/18

Friday 19th - Thursday 25th January 2018



# 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)



## Wedding Fair

Sunday, 21<sup>st</sup> January 2 - 5 pm

Visit our Spectacular Newly Refurbished Ballroom

Macdonald Kinsale Hotel & Spa, Rathmore Road, Kinsale, Co. Cork  
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40% off Las mo Shlí collection

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sale continues until  
the end of the month

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# KINSALE COMMUNITY SCHOOL

# NIGHT CLASSES

## EVERYBODY WELCOME

**ENROLMENT: Tuesday 23rd January 2018, 6.30pm-7.30pm**

**TERM STARTS WEEK OF JANUARY 29th**

Please enrol for classes in advance to avoid cancellation of classes

Enrolment can be made in advance at school office or by post to  
Kinsale Community School or on enrolment night

### MONDAY NIGHTS

Spanish for Beginners . . . . .	€85
8 weeks - 7pm-9pm Mercedes Garcia	
Interior Design . . . . .	€85
8 weeks - 7pm-9pm Valda Rumley (Dip. Interior Design)	
English Language Course . . . . .	€90
8 weeks - 7pm-9pm Aine Wade	
Disarming Global Conflict . . . . .	€90
8 weeks Anthony Angelini	
Bridge for Beginners - Level 2 . . . . .	€90
10 weeks Bernie O'Halloran	
Computer Course . . . . .	€90
Beginners - Level 2	
8 weeks	
Beginners Sugar Craft Course . . . . .	€85
8 weeks - 7pm-9pm Lynn Smith	
Guitar Lessons 8 weeks . . . . .	€90
Sports First Aid Course . . . . .	€90
Monday 29th Jan & Monday 5th Feb - 7pm-9pm	
Italian for Beginners . . . . .	€85
8 weeks - 7pm-9pm Maria Grazia Traverso	
Beginners Gardening Course . . . . .	€85
8 weeks Francis Collins	
Beginners Irish . . . . .	€85
7pm-9pm Rob O'Foghlú	

### WEDNESDAY NIGHTS

Painting with Acrylics . . . . .	€90
8 weeks - 7pm-9pm	
David Kavanagh BA Fine Art, MA Visual Communication	
Continuation Course in Spanish . . . . .	€85
8 weeks - 7pm-9pm Mercedes Garcia	
Relieve Tension, Stress & . . . . .	€85
Chronic Pain with the Melt Method	
8 weeks - 7pm-8.30pm Jason Linton	
Healthy Eating Cookery Class . . . . .	€100
8 weeks Maria Grazia Traverso	
Ceramics . . . . .	€90
8 weeks - 7pm-9pm Julian Smith	
Paediatric First Aid Course . . . . .	€90
Wednesday 31st Jan & Tuesday 6th Feb	
7pm-9pm	
Conversational Irish . . . . .	€85
Rob O'Foghlú	
Salsa Dancing . . . . .	€80
7pm-8.30pm Oscar Luna	

### THURSDAY NIGHTS

Zumba for Beginners . . . . .	€75
8 weeks - 6.15pm-7pm Jamie Grace	

**Classes will break for midterm 12th Feb to 16th Feb**  
**Easter holidays from Monday 26th March to Friday 6th April**

For further details on night classes contact the Director of Adult Education  
Linda Dreehan: 087 849 1935 or 021 477 3174

info@kinsalecommunityschool.ie www.kinsalecommunityschool.ie



**Fun classes in drama,  
musical theatre, piano  
and vocal!**

**QUALIFIED & PROFESSIONAL TEACHERS!  
MUSIC EXAMS CATERED FOR**

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STAGE SCHOOL**

**INTRODUCING**



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DANCE**

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**FREE OPEN CLASS  
ON SATURDAY 27th JANUARY  
(BOOKING ESSENTIAL)**

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**Register online:  
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**Music Venue - Guardwell, Kinsale**  
T: 021 4772382 [www.folkhousevenue.com](http://www.folkhousevenue.com)



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



**FRIDAY 19th JANUARY 10.30pm  
THE WATERMELONS**

*3 Piece Folk/Rock Covers*

**SATURDAY 20th JANUARY 10pm  
THE INSIDERS**

*Rock/Contemporary Covers*

**SUNDAY 21st JANUARY 9pm  
MIKE & RORY**

**FRIDAY 26th JANUARY 10.30pm  
THE FRETS**

*Trad/Folk/Contemporary*

**SATURDAY 27th JANUARY 10pm  
HOT BLOODED  
ANIMALS**

***Bacchus Nightclub***

**Saturday 20th January DJ SEAN**  
90s Club Classics & Chart. Doors 11:30pm. Free before 12.

**Saturday 27th January DJ SEAN**  
90s Club Classics & Chart. Doors 11:30pm. Free before 12.







**Actons**  
HOTEL ★ ★ ★ ★ KINSALE

**NEW YEAR  
NEW YOU!**

**20% OFF**

**6 & 12  
MONTH  
MEMBERSHIPS**

Terms & Conditions Apply  
Does not include Direct Debit  
Memberships

Actons Hotel will be re-opening on 26th January  
following refurbishments of our Bedrooms, Suites & Sidney's Bar.  
The Leisure Centre, Conference & Banqueting Department & Reservations will remain open.

*Keep an eye on our social media for a sneak peek of our new additions!*

Phone: 021 477 2345 Email: [leisure@actonshotelkinsale.com](mailto:leisure@actonshotelkinsale.com)  
[www.actonshotelkinsale.com](http://www.actonshotelkinsale.com)



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**OPEN EVENING**

Tuesday 30th January  
7.00pm - 8.30pm

*All Welcome*

*Now Enrolling for Sept 2018-19*

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# ROGUE FITNESS

## FITNESS CLASS TIMETABLE 2018

### MONDAY

6.30am 20/20/20  
9.30am Pump It  
6.30pm Circuits  
6.30pm Spinning

### TUESDAY

6.15am Spinning  
9.30am Circuits  
6.30pm Circuits  
7.30pm Spinning

### WEDNESDAY

6.00am H.I.I.T.  
9.30am Spinning  
6.30pm Spinning

### THURSDAY

6.15am Spinning  
9.30am Spinning  
9.30am 20/20/20  
6.30pm Circuits  
6.30pm Spinning  
7.30pm Spinning

### FRIDAY

6.00am Rogue Reps  
9.30am H.I.I.T.  
6.30pm Spinning

### SATURDAY

7.00am Circuits  
8.15am H.I.I.T.  
9.30am Spinning

### SUNDAY

10.00am Spinning

Pay As You Go €12  
5 Class Pass €50  
10 Class Pass €90  
20 Class Pass €170

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Email: [info@kinsaleadvertiser.com](mailto:info@kinsaleadvertiser.com)





**Kinsale Triathlon Club**  
**OPEN EVENING**  
for new and existing members

Whether you just swim, cycle, run or do all three sports  
Kinsale Tri Club is where you can give it a Tri!

Come meet members of the swim, cycle & run teams  
& check out our calendar of training and events, such as:

- Introduction to cycling.
- Beginners running course with a qualified chi runner.

ALL LEVELS ARE CATERED FOR

New running kit - try on and order Tri suits, cycling and running kits.

**WHARF TAVERN, TRIDENT HOTEL**  
**THURSDAY 25th JANUARY**  
**7:30pm - 9pm**

Kinsale Triathlon Club presents

**NUTRITION FOR PERFORMANCE  
IN TRIATHLON**

**Wednesday 31st January, 8pm  
at Actons Hotel**

A talk presented by Catriona Courtney from Elev8  
Nutrition on connecting Nutrition with Triathlon training  
plans, Nutrition and its effect on optimizing body  
composition, Recovery Nutrition, Race Day Nutrition &  
Maintaining Health while training & competing.



[www.elev8nutrition.ie](http://www.elev8nutrition.ie)



Kinsale Triathlon Club

**BEGINNERS**  
**5K**

**Tuesday 6th February, 7.15pm  
at The Dock**



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- Improve concentration & focus
- Reduce anxiety & stress
- Learn techniques for relaxation & ease

**Sat. 3rd Feb, 2018**

**1:30pm - 2:45pm**

**Kinsale Yoga  
Centre**



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JUKEBOX NIGHT**

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**sky SPORTS**  
Sunday 21st January  
**Munster v Castres** 1pm

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4 & 5 yrs - TINY TENNIS - 3-4pm  
6 & 7 yrs - MINI ACES - 4-5pm  
8 yrs - HOT SHOTS - 5-6pm

 **ORANGE & GREEN BALL - TUESDAYS**  
9 yrs - FUTURE STARS - 4-5pm (Orange)  
10 & 11 yrs - SUPER SHOTS - 5-6pm (Green)

 **YELLOW LEVEL - TEEN TENNIS - WEDNESDAYS**  
12 yrs and over - 5-6pm

**8 WEEK COURSE**

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Free paint roller set **RRP €9.99**

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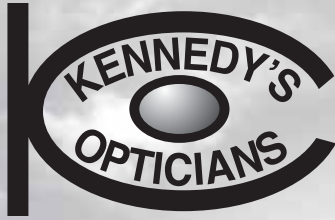


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FRIDAY: 8.30am-5.30pm SATURDAY: 9.30am - 3.00pm



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*See diary for details*



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## SENATOR TIM LOMBARD

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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. AK*



# WHAT'S ON IN KINSALE & DISTRICT

Friday 19th January - Thursday 25th January 2018

## FRI 19th JAN

### ARMADA:

Jukebox Night.  
Sign up for  
in-house darts.

### BANDON CO-OP:

January Sale.  
Up to 50% off until  
20th January.

### BLUE HAVEN:

Bought & Sold with  
Clem Buckley, 10pm.

### FOLKHOUSE:

The Watermelons,  
10.30pm.

### HAMLETS:

DJ, 10pm.

### ROGUE FITNESS:

Fitness Class Timetable  
on page 7.

### SAM'S BAR:

The Americanics,  
10pm.

## SAT 20th JAN

### BACCHUS

### NIGHTCLUB:

DJ Sean, 11.30pm.

### BANDON CO-OP:

January Sale  
ends today.

### BLUE HAVEN:

Crazy Chester, 10pm.

### FOLKHOUSE:

The Insiders, 10pm.

### HAMLETS:

DJ, 10pm.

### MARGARET MURPHY

### O'MAHONY TD:

Clinic in Kinsale.  
Call 023 8841179  
for an appointment.

### ROGUE FITNESS:

Fitness Class Timetable  
on page 7.

### SAM'S BAR:

Jamie Shine,  
10pm.

### WHITE HOUSE:

Nightshift, 10.30pm.

## SUN 21st JAN

### BLUE HAVEN:

Trad Session  
8.30pm.

### FOLKHOUSE:

Mike & Rory, 9pm.

### KINSALE BAPTIST CHURCH:

11am,  
Temperance Hall.

### MACDONALD HOTEL:

Wedding Fair,  
2pm - 5pm.

### ROGUE FITNESS:

Fitness Class Timetable  
on page 7.

### SAM'S BAR:

Dana Burns  
Farewell Gig, 9pm.

## MON 22nd JAN

### BLUE HAVEN:

Mike O'Riordan, 9pm.

### DALTON'S BAR:

Trad Singalong.

### ROGUE FITNESS:

Fitness Class Timetable  
on page 7.

## TUES 23rd JAN

### BABY & TODDLER GROUP:

Temperance Hall,  
10am - 12 noon.

### BLUE HAVEN:

Sonny & Friends, 9pm.

### KINSALE

### ACTIVE RETIRED ASSOCIATION:

Exercise followed  
by presentation by  
Declan Greenway,  
'Kinsale to Kabul and  
8 places in between'.  
2.30pm at  
Temperance Hall.

### KINSALE COMMUNITY SCHOOL:

Enrolment for  
Night Classes,  
6.30pm - 7.30pm.

### KINSALE MEN'S SHED,

### THE GLEN:

Card Game - 45s.  
8pm-10pm.

### ROGUE FITNESS:

Fitness Class Timetable  
on page 7.

## WED 24th JAN

### BLUE HAVEN:

Niall McCabe,  
9.30pm.

### ROGUE FITNESS:

Fitness Class Timetable  
on page 7.

### SLIMMING WORLD:

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

## THUR 25th JAN

### BLUE HAVEN:

Mike O'Riordan  
& guest, 9.30pm.

### DALTON'S BAR:

Traditional  
Irish music.

### KINSALE

### TRIATHLON CLUB:

Open Evening for new  
& existing members.  
All levels catered for.  
Trident Hotel,  
7.30pm - 9pm.

All welcome.

### ROGUE FITNESS:

Fitness Class Timetable  
on page 7.

## 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. AK*

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