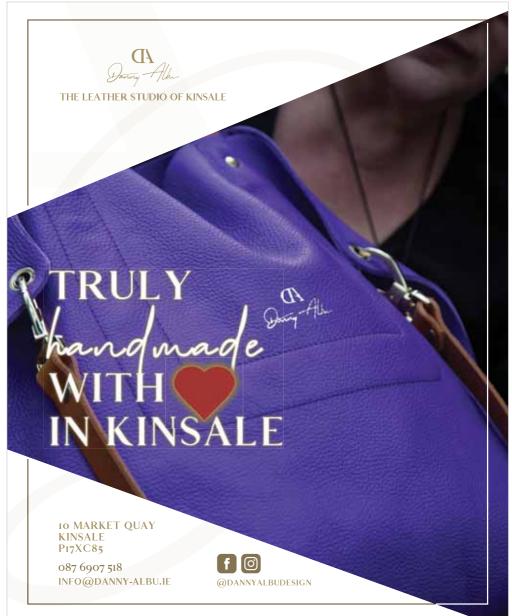
# Advertiser & Weekly Guide to What's On in Kinsale & District

Volume 36 #**25/25** Thurs 26th June

June
TO
Thurs 3rd
July
2025

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www.tracton.org **PROGRAMME** & TICKETS

#### THURSDAY 3RD - SUNDAY 6TH JULY

Follow along on the journey of a cat and its animal friends through a world of adventures. Heartfelt, imaginative and Oscar-winning.

This film is being shown as part of Tracton Music & Arts Festival 2025.



"FLOW" FILM SCREENING **Inkwell Theatre, Tracton** Friday 4th July at 4.30pm Adults: €8 Children: €5

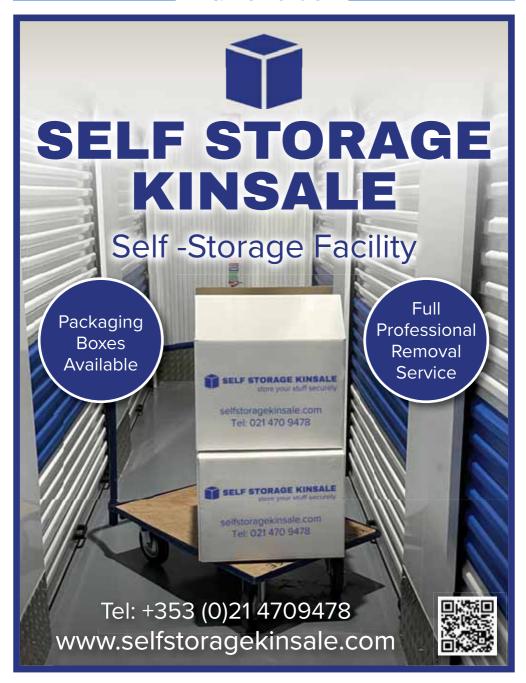


Unfolding without any dialogue, this is a beautiful and exciting fantasy-adventure film that will bewitch children and adults alike.











# Advertiser





# Advertiser



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with Private Swimming Lessons

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Treat yourself to a 25min Back, Neck & Shoulder Massage for just €59pp.

AVAILABLE SUNDAY TO THURSDAY IN JUNE.



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- Relaxation Suite Access
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# **Sunday Lunch Specials**

Enjoy a free dessert for kids with every main course.

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Available every Sunday this June.

www.kinsalehotelandspa.ie 021 470 6000 reservations@hotelkinsale.ie





### **Neuromuscular Physical Therapy Clinic**

Pain Management / Rehabilitation / Functional Exercise

Please contact us for appointment by call/text on mobile: 087 9872783 or email: sabinegraef63@gmail.com

#### 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/ Soft Tissue Repair
- Problems
- Knee Pain/Problems Ankle/Foot Problems
   Muscular Disorders/
- Sciatica
- Nerve Entrapment
- Joint Pain/ Discomfort
- Strains/Sprains
- Sports Injuries/ Recovery

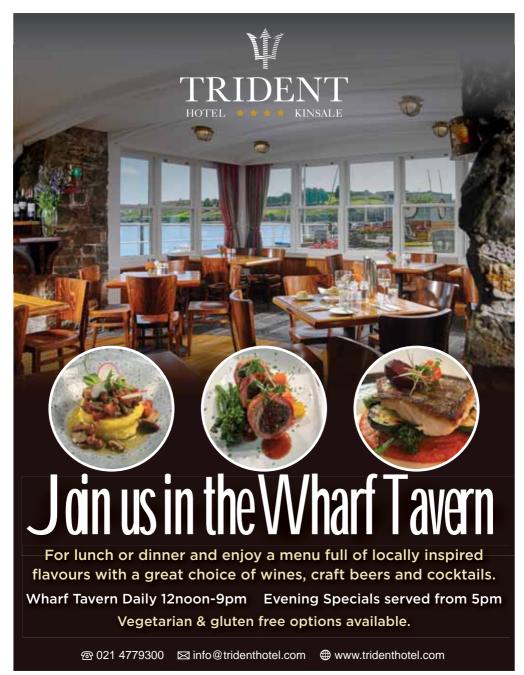
- Connective Tissue
- Repair
- Conditions
- Coordination Development
- · Loss of Balance
- Stiffness
- Impaired Mobility
- Functional Exercise

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

Mobile 087 9872783

No. 26 Haven Bay Apt, Ballinacubby, Kinsale

Health Insurance Approved Registered Member







# Summer Opening Times

(From May to August)

Monday..... 7am - 10pm

Tuesday...... 7am - 10pm

Wednesday..... 7am - 10pm

**Thursday......7am - 10pm** 

Friday..... 7am - 10pm

**Saturday...... 7am - 10pm** 

Sunday...... 7am - 10pm

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### **OUR NEW TERM STARTS ON MONDAY 1st SEPTEMBER**

Registration Now Open for September 2025



All current students places have been kept.

#### MONDAY: Studio 1 Miss Sarah

3.30-4.15 RAD Primary Ballet B Junior Hip Hop 4.15-5.15

5.15-6.00 RAD Grade 5A Ballet 6.00-7.15 Senior Hip Hop

7.15-8.15 RAD Inter Foundation Ballet A

Intermediate Contemporary 8.15-9.30 Must also do ballet

#### Studio 2 Miss French

3.45-4.30 RAD Grade 3B Ballet 4.30-5.30 RAD Grade 2C Ballet 5.30-6.15 RAD Grade 5B Ballet

6.15-7.15 **RAD Inter Foundation Ballet B** 7.15-8.15 **RAD Adv Foundation Ballet** 

8.15-9.15 **RAD Grade 8 Ballet** 

#### **TUESDAY: Studio 1 Miss**

4.15-5.15 **RAD Grade 2B Ballet RAD Grade 5B Ballet** 5.15-6.15 6.15-7.15 **RAD Grade 5A Ballet** Z.15-8.15 Post RAD Grade 8 Ballet 8.15-9.30 Advanced Contemporary

Must also do ballet

#### Studio 2 Miss Sarah

4.00-4.45 RAD Grade 3A Ballet

4.45-5.45 RAD Teen Beginner Ballet (spaces)

5.45-6.30 RAD Grade 4A Ballet **RAD Grade 6 Ballet** 6.30-7.15

7.15-8.15 **RAD Grade 8 Ballet** 8.15-9.15 Adult Jazz (spaces)

#### WEDNESDAY: Studio 1 Miss Sarah

3.15-4.00 RAD Primary Ballet A 4.00-4.45 RAD Grade 2A Ballet 4.45-5.45 RAD Grade 1A Ballet 5.45-6.30 RAD Grade 3C Ballet 6.30-7.15 **RAD Grade 4B Ballet RAD Inter Foundation Ballet B** 7.15-8.15

8.15-9.30 **Beginner Contemporary** 

Must also do ballet

www.lucvfrenchschoolofdance.com

#### **EDNESDAY: Studio 2 Miss French**

45-4.30 RAD Grade 3A Ballet 4.30-5.30 RAD Grade 3B Ballet

5.30-6.30 RAD Grade 4A Ballet 6.30-7.30 **RAD Grade 6 Ballet** 

7.30-8.30 **RAD Inter Foundation Ballet A** 

#### DAY: Studio 1 Miss Alesha

3.30-4.15 4.15-5.00 5.00-5.45 Jazz A (1st & 2nd class) (spaces)

Jazz B (1st of 2na class) (spaces)
Jazz B (3rd & 4th class)
Jazz C (5th & 6th class)
Senior Jazz Group 1 (1st - 3rd year)
Jazz Repertoire (4th-6th year)
Advanced Jazz (invite only) 5.45-6.45 6.45-8.00

8.00-9.15

#### FR IDAY

RAD Grade 2A Ballet 4.30-5.30 RAD Grade 2C Ballet 5.30-6.15

6.15-7.45 Advanced Foundation Ballet

#### tudio 2 Miss Sarah

4.15-5.15 RAD Grade 1B Ballet 5.15-6.00 **RAD Grade 2B Ballet** 6.00-7.00 **RAD Grade 3C Ballet** 7.00-8.00 **RAD Grade 4B Ballet** 

#### SATURDAY: Studio 1 Miss French & Miss Sarah

9.30-10.00 Pre School Ballet A (spaces) 10.00-10.30 Pre School Ballet B (spaces)

10.30-11.15 RAD Pre Primary Ballet A (spaces) 11.15-12.00 RAD Pre Primary Ballet B (spaces) 2.00-12.45 RAD Pre Primary Ballet Exam A 2.45-1.30 **RAD Pre Primary Ballet Exam B** 

Please note: Pre School Ballet open to age 2.5-3.5 years, Pre Primary Ballet 4-5 years, Teen Beginner Ballet open to 1st year and up.

Book a place

087 9521463

info@lucvfrenchschoolofdance.com

We look forward to seeing you all in September for another fabulous year.







# Advertiser









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in further development for accommodation and education for the children.

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Only excellent condition bags will be accepted.

Please drop them off at

Ms Ellie's Boutique on The Glen, Kinsale
or contact Cathy on 087 2422469 to arrange.

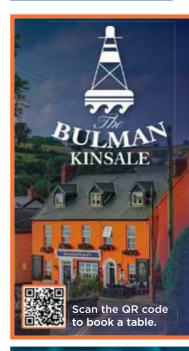
f

www.mselliesboutique.com









# SUNDAY 29th JUNE 7pm - 9pm LADY & THE AMP

Monday & Tuesday: Bar open @ 4pm. Kitchen closed.

#### **DINNER**

Dinner served Wednesday to Saturday in the restaurant from 6pm.

#### LUNCH

Lunch served Wednesday to Sunday from 12.30pm.









**Bookings at www.thebulman.ie** 



# INDA'S

of KINSALE















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# NO TO MUSSEL FARM IN KINSALE

# Deadline for objections is 29th June 2025

If you are in a position to do so, please submit your objection to:



Aquaculture Licences Appeals Board (ALAB) www.alab.ie/media/alab/Appeal%20Form.pdf

NOTE: Signing the Petition does not have the same impact as lodging an objection.



a place to thrive

# **Skydive**

In aid of The Down Syndrome Centre Cork

6th July 2025 | Cork, Ireland

Jackie and Jordan Corkery and Aimee Mulcair have taken on the challenge to do a skydive in aid of The Down Syndrome Centre Cork on 6th July 2025.

The Down Syndrome Centre Cork offer vital early intervention services to children with Down Syndrome. They receive no government funding so rely completely on fundraising initiatives like this to continue providing support. All funds raised will go directly to DSCC.



Please donate at www.idonate.ie/event/DSCCskydive

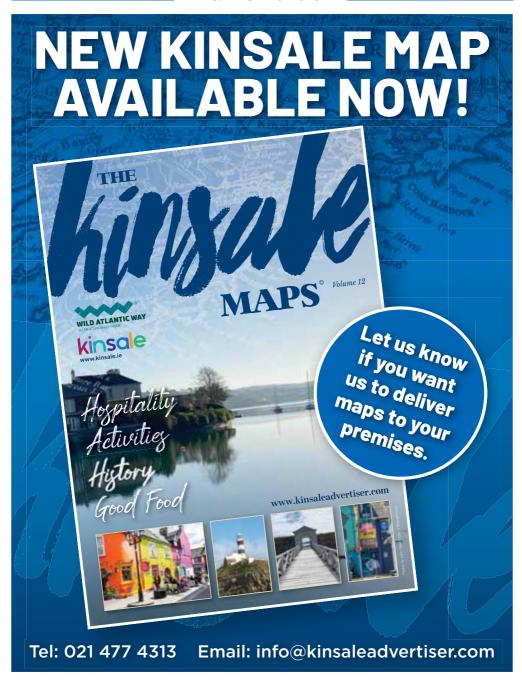
# Advertiser









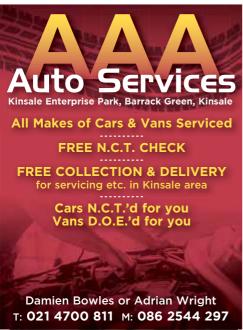














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INTERIORS & EXTERIORS
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Call: 087 132 1792

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0.5 ton dumper & 750 kg dumper & 1 ton dumper hire with drivers Site Clearance - Up to 20 ton machines available

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# Advertiser







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# **PROPERTY**

## **HOUSE WANTED BUYERS READY**

Local family looking to buy a home in Kinsale or nearby.

If you're thinking of selling or know someone who is, PLEASE CALL/TEXT 087 437 6584 for a confidential conversation.

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Garda vetted, references available

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# Naíonra na Mara

#### Naionra / Preschool

9r.n. go dtí 12i.n. gach lá 9am to 12pm each day

Gníomhaoíchtaí lasmuigh, ealaín, ceol, craic, bacáil Outdoor activities, art, music, fun, baking

#### "Gaeilge do chach!" - Irish for All!

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Tuilleadh eolais ó Trish ar 0879475367 Further Info from Trish on 0879475367

### PETS





### FOR SALE



## **NOTICES**

### KINSALE MEN'S SHED

#### MEMBERS GET-TOGETHER

Tues: 7pm-9pm Fri: 10am-12pm

CARDS / 45 WALKING

Wed: 7pm-10pm Sat: 10am-12pm

Interested in joining? Come along! For more information please contact 087 6657684

Follow us on Facebook: Kinsale Men's Shed



### **NOTICES**

# DON & BARRY'S HISTORIC STROLL

# DAILY TOURS AT 11.15am FROM THE TOURIST OFFICE

ALSO: EARLY BIRD TOUR Monday - Saturday at 9.15am

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

**Rick Steves** 

#1 Kinsale Tour





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# Oreative Writing Course FOR TEFNAGERS

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Ages 13–15: 10am–12pm Ages 16–19: 12pm–2pm
Cost: €100 (Discount for siblings)

To book and find out more about this and other courses:

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#### KINSALE BAPTIST CHURCH Every Sunday, 11am

Every Sunday, 11am Sáile Community Rooms

*All welcome* www.kinsaleabc.ie



# WHAT'S ON in Kinsale & District

Wishing a very warm Kinsale welcome to visitors for the Kildare Innovation Campus Sovereign's Cup 2025!

#### Sovereign's Cup 2025 **THURS 26th JUNE**

**BLUE HAVEN:** Carrie Mac, 8.30pm. **DON & BARRY'S HISTORIC STROLL:** 9.15am & 11.15am, Tourist Office. **HAMLETS:** Old No. 7, 7.30pm. KINSALE YACHT Kildare Innovation Campus Sovereign's Cup 2025. www.kyc.ie/sovereigns-cup

#### Sovereign's Cup 2025 FRI 27th JUNE **BLUE HAVEN:**

**Bermuda County** Council, 9.30pm. **DON & BARRY'S** HISTORIC STROLL: 9.15am & 11.15am. Tourist Office. HAMLETS: Murchu, 8.00pm. **KINSALE MEN'S SHED:** Members Get-together, 10.00am-12.00pm. KINSALE YACHT CLUB: Kildare Innovation Campus Sovereign's Cup 2025.

www.kyc.ie/sovereigns-cup

#### Sovereign's Cup 2025 **SAT 28th JUNE**

**BLUE HAVEN:** Velvet Duo, 10.00pm. **DON & BARRY'S HISTORIC STROLL:** 9.15am & 11.15am, Tourist Office. **HAMLETS:** DJ Declan, 9.30pm. **KINSALE MEN'S SHED:** Walking, 10.00am-12.00pm. KINSALE LIPSYNC: Actons Hotel, 7.30pm. Proceeds to Kinsale Lourdes Fund. KINSALE YACHT CLUB: Kildare Innovation

Campus Sovereign's www.kyc.ie/sovereigns-cup

#### **SUN 29th JUNE**

Cup 2025.

**BLUE HAVEN:** Bought & Sold, 8.30pm. **BULMAN:** Lady & The Amp, 7.00pm-9.00pm. DEADLINE FOR **OBJECTIONS TO MUSSEL FARM IN** KINSALE HARBOUR: https://shorturl.at/Ya9u9 **DON & BARRY'S** HISTORIC STROLL: 11.15am, Tourist Office. KINSALE BAPTIST CHURCH: Sáile Community Rooms, 11.00am.

#### **KINSALE** COMMUNITY HOSPITAL:

Altrusa Garden Party. 2.00pm-4.00pm. Great fun for all the family. Proceeds to Kinsale Community Hospital. KINSALE HOTEL & SPA:

Sunday Lunch Special, see page 9 for details.

#### MON 30th JUNE

ADVENTURES: Summer Camps at the Dock & Garrettstown. www.atlanticoffshoreadventures.com **BLUE HAVEN:** Ben & Clem. 8.30pm. **DON & BARRY'S** HISTORIC STROLL: 9.15am & 11.15am. Tourist Office. HAMLETS: Hot Strings, 6.00pm. KINSALE COMMUNITY **PLAYSCHOOL** SUMMER CAMP: Runs until Fri 4th July. **Exciting Weekly** Indoor & Outdoor Activities.

#### 087 7637266. **TUES 1st JULY**

Contact Danielle

BLUE HAVEN: Trad Duo with Irish Dancer, 8,30pm. **DON & BARRY'S** HISTORIC STROLL: 9.15am & 11.15am. Tourist Office.

KINSALE **MEN'S SHED:** Members Get-together. 7.00pm-9.00pm.

#### WED 2nd JULY

**ACTONS HOTEL:** Tides of Tradition. 7.00pm. **Tickets from Actons** and online at www.tidesoftradition.com **BLUE HAVEN:** Mike O'Riordan. ATLANTIC OFFSHORE 8,30pm DON & BARRY'S HISTORIC STROLL: 9.15am & 11.15am. Tourist Office. KINSALE MEN'S SHED: Cards/45. 7.00pm-10.00pm.

#### Tracton Music & Arts Festival 2025 **THURS 3rd JULY**

**BLUE HAVEN:** Live Music, 8,30pm. **DON & BARRY'S** HISTORIC STROLL: 9.15am & 11.15am. Tourist Office. **TRACTON MUSIC &** ARTS FESTIVAL: Runs until 6th July. For details check out www.tracton.org



# TRACTON 20 25 MUSIC AND ARTS 25

Thursday **3rd July -**Sunday **6th July** 

Featuring

MARY COUGHLAN

**Neil Young Tribute** 

AFRICAN QUEENS RASA NUA

MELIORA QUARTET DYIN' BREED

Sounds of Rory Gallagher

SNATCH COMEDY UNDER THE IVY

**Echoes of Kate Bush** 

ART
LIVE MUSIC
WORKSHOPS
FOOD, TALKS
EXHIBITIONS
FILM, DRAMA
FAMILY FUN
WELLNESS
COMEDY
DEMOS

OUR **10TH** FESTIVAL CELEBRATING THE ARTS

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