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Saturday 27th August OLD NO. 7

Sunday 28th August AMERICHANICS

Monday 29th August SINGALONG with Roy

Weekly Advertiser & Guide to WHAT'S ON IN KINSALE & DISTRICT

ENROLLINGNOW 2016 COURSES





KINSALE COMMUNITY SCHOOL

Kinsale, Co. Cork

ENROLMENT DAY:

Wednesday 7th September, 2016 | 9.30am-12noon

COMMENCEMENT DATE:

Monday 12th September, 2016

EQUINE & BUSINESS STUDIES

NFW COURSE FOR 2016

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Equine Anatomy & Physiology 7. Work Experience

4. Equine Nutrition

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WHAT'S ON IN KINSALE & DISTRICT



KINSALE YOGA CENTRE

68 Lower O'Connell St, Kinsale (behind Actons Hotel, next to the Black Pig Winebar)









AUTUMN 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginners/ Improvers Yoga Starts 26th Sept 10 - 11am Rose 087 6166109	Early Bird Asthanga Flow Ongoing 7.30 - 8.30am Gillian 085 2164184	Asthanga (Dynamic) Yoga Starts 7th Sept 9.30 - 10.45am Martina 087 6166109	Early Bird Asthanga Flow Ongoing 7.30 - 8.30am Gillian 085 2164184	Hatha Yoga Gentle Stretch Starts Sept, text to book 11am - 12pm Fiona 086 0529129	Early Bird Hatha Yoga Ongoing, text to book 8 - 9am Veronique 087 3934389
	Mindfulness Meditation & Gentle Yoga Starts 6th Sept 10 - 11am Martina 087 6166109	Hatha Yoga Beginners/ Improvers Starts 7th Sept 11am - 12pm Martina 087 6166109	Yogilates/ Pilates Starts 15th Sept 9.30 - 10.30am Eileen 087 2383849		Hatha Yoga Ongoing 9.30 - 10.45am Veronique 087 3934389
Teens Yoga Starts 19th Sept 5.15 - 6.20pm Mary 087 7623822			Kids Story Yoga 8-12yrs, Course Only 4-5pm Teens Yoga 15+ 5.15 - 6.20pm Both start 22nd Sept Mary 087 7623822		Chi Kung & Relaxation 11am-12pm Tai Chi & Meditation 12.15pm - 1.15pm Both start 10th Sept Pam 087 2132663
Prenatal Yoga Ongoing 6.30 - 7.45pm Eileen 087 2383849	Beginners/ Improvers Yoga Starts 27th Sept 6.30 - 7.45pm Rose 087 6166109	Yogilates/ Pilates Starts 14th Sept 6.30 - 7.45pm Eileen 087 2383849	Sports Yoga For Men & Women Starts 1st Sept 6.30 - 7.45pm Patricia 087 7637514		Beginners 2hr Workshop €25 Asthanga (Dynamic) Yoga Martina 087 6166109 3rd Sept, 11am or 1st Oct, 1.30pm Booking essential!
Yoga for Wellbeing Ongoing 8 - 9.15pm Eileen 087 2383849	Individual Therapeutic Yoga 8 - 9.15pm Eileen 087 2383849 Booking essential!	Mindful Meditation & Gentle Yoga Starts 14th Sept 8 - 9.15pm Eileen 087 2383849	Gentle Flow Yoga Beginners/Improvers Starts 1st Sept 8 - 9.15pm Liz 087 8133718		SUNDAY SANGHA Meditation Txt Veronique 087 3934389 7.45 - 9pm Most Sundays, Donation class

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

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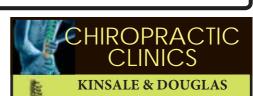
TUES, WED, THURS: 9.30am-5.30pm

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



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SATURDAY 27TH AUGUST

Spurs v Liverpool, 12.30pm Watford v Arsenal, 3pm Hull v Man. Utd, 5.30pm

Live Music at 10.30pm

KING K

SUNDAY 28TH AUGUST

West Brom v M'boro, 1.30pm

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Dublin v Kerry, 3.30pm

Man. City v West Ham, 4pm



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NEW TERM BEGINS ON MONDAY SEPTEMBER 5TH

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

MONDAY

<u>IMIOINDU</u>	
3.30-4.15	Hip Hop A (3rd & 4th class)
4.15-5.00	Hip Hop B (5th & 6th class)
5.00-5.45	Boy's Hip Hop and Breakdance Level 2
5.45-6.45	Boy's Hip Hop and Breakdance Level 1
6.45-7.45	Hip Hop C (1st & 2nd years)
7.45-9.15	Senior Hip Hop (3rd year & up)
THECD	W

<u>TUESDAY</u>

4.15-5.00	RAD Glade 4 Dallet
5.00-5.45	RAD Grade 5 Ballet
5.45-6.30	RAD Grade 6 Ballet
6.30-7.30	RAD Inter Foundation
7.30-9.00	Contemporary 3rd year & up, waiting list - must also do ballet

WEDNESDAY

8 15-9 15

3.30-4.00	Pre School Ballet (Age 21/2-41/2)
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 Group B
7 15-8 15	RAD Grade 6 Ballet

RAD Intermediate

THURSDAY

3.30-4.30	Jazz A (1st & 2nd class)
4.30-5.30	Jazz B (3rd & 4th class)
5.30-6.30	Jazz C (5th & 6th class))
6.30-7.30	Senior Jazz (1st - 3rd year)
7.30-9.00	Jazz Repertoire (4th year and up)

FRIDAY

3.30-4.30	RAD Grade 2 Ballet Group A
4.30-5.30	RAD Grade 4 Ballet
5.30-6.30	Pre-Vocational Ballet (G4 & 5)
6.30-7.30	RAD Grade 5 Ballet
7.30-9.00	RAD Inter Foundation Ballet & Pointe

SATURDAY

9.30-10.00	Pre School Ballet (21/2-41/2)
10.00-10.45	RAD Pre Primary Ballet
10.45-11.30	RAD Primary Ballet
11.30-12.30	RAD Grade 4 Ballet
12.30-2.00	RAD Intermediate Ballet and Pointe
2.00-3.30	Teenage RAD Grade 3 Ballet

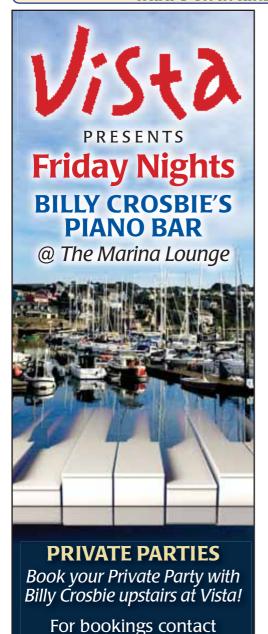
To book a place or to be added to the waiting list please contact Lucy on

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Cork ITA

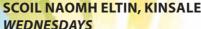
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Ms. Aoife O'Mahony
1st Degree Black Belt

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 Kubz:
 5.30pm - 6.15pm (ages 4 - 6)

 Taekwon-Do Juniors:
 6.15pm - 7.15pm (ages 7 - 12)

 Seniors:
 7.15pm - 8.15pm (age 12+)

FRIDAYS

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

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KINSALE MUSIC ACADEMY

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KMA MELODY MAKERS Age 5-7

The 'Melody Makers' group is a beginner class that includes singing/dancing/story telling/action songs and games. This class centres on singing and musical discovery as children build a foundation for musical literacy and experience. Children will enjoy exploring their voices and using their imagination while building their confidence.

KMA YOUTH VOCAL GROUP Age 8-12

The 'Youth Vocal Group' is ideal for children who love to sing but may not be ready for individual lessons. In this class, children begin training their ears and voices as they start the path to fine musicianship. Through engaging and fun repertoire, the group learn musical concepts and establish a strong musical understanding.

KMA TEEN VOCAL GROUP Age 13-18

This group is an advanced vocal harmony group for confident teenage singers who want to master their vocal and musicianship skills while still enjoying working in a team setting. Focused and fun rehearsals involve a wide range of repertoire from contemporary pop arrangements to musical theatre and more. This group also caters for singers coming together to perform for Junior or Leaving Cert music practicals!

ALSO AVAILABLE

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BAR & GUESTHOUSE

Friday 26th August

(The Dolans)

Award Winning Irish Singing Duo

ADRIAN DOLAN is the nephew of the late great Joe Dolan ("Good Looking Woman", etc.). He played in his band for over 25 years & toured the world, as well as writing many hits for Joe, including the top ten single "Ciara".

KAREN CARROLL has worked with Charley Pride, Joe Dolan & Johnny Logan. She has recorded in Nashville & worked with many Irish entries in the Eurovision Song Contest.



This dynamic duo will have you singing and dancing along to all those great hits!

Saturday 27th August Sunday 28th August **Monday 29th August** Tuesday 30th August Wednesday 31st August

Thursday 1st September

SEAN TRACY THE FERRYMEN THE PURE DROP 8pm FREE BEER 8pm

ALLSORTS 8pm THE QUAYS 8pm

Pearse Street, Kinsale Ph: 021 477 2255



Lifeboats FUNDRAISING NIGHT

Friday 26th August

- BBQ on The Night
- Fun in the Kinsale Yacht Club
 - Music with Rockin' Gerry
 - Raffles & Spot Prizes
 - Everyone Welcome

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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 €70 for 1 hour, however the full hour may not be required depending on your medical condition/functional limitation.



The volunteer crew of Kinsale RNLI wish to thank all the rafters, sponsors and supporters of the Raft Race on the August Bank Holiday weekend.

Special thanks all to the fishermen, especially Finbar, Cathal, Valerie & Eamon who manned the chipper on the day, the Hurleys, Ger Murphy & Martin from Fishy Fishy.

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SEE YOU ALL AGAIN NEXT YEAR!



19 www.facebook.com/KinsaleNews

Weekly Advertiser & Guide to WHAT'S ON IN KINSALE & DISTRICT



Kinsale RFC and Caring for Clara presents

KINSALE 6 5 MILE ROAD RACE







Sunday September 4th, 2016 at 11am

RACE CATEGORIES

Men, Women, Junior U-18 Boys and Girls. Over 40.45.50.55.60.

Family Walk for Ciara via Scilly Walk at 10.30am

Prizes for all categories.

FREE TRANSPORT From Finish Line To Club



Come and enjoy a great family day in Kinsale

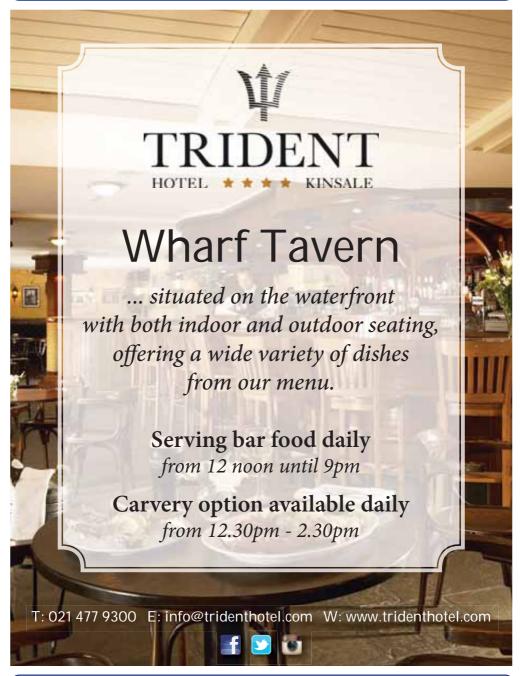
- Open to all athletes
- Course Officially Measured
- Senior Entry Fee: €10
- Junior Entry Fee: C5
- Start time 11am at Kinsale RFC
- Free transport from finish line to club •
- Registration and changing facilities at Kinsale RFC from 9.30am to 10.30am
- Family walk C20
- Car Parking available at Kinsale RFC
- Walk commences 10.30am
 - Charity Partner Caring For Clara

Race will start at Rugby Club and finish outside Actions Hotel, on a fast course. Free transport available back to club for showers/refreshments after the race. If you would like to pre-register please send an email with name to kinsalericroadrace@gmail.com. Walk (same route) starts at 10.30am finishes at Actions Hotel where the main race finishes. A day out for all the family, run or walk and spend some time in Kinsale.



Registration from 9.00am • To pre-register please email kinsalerfcroadrace@gmail.com

Contact: kinsalerfcroadrace@gmail.com or John 086-8199611











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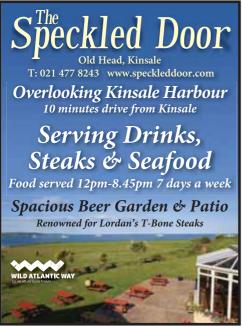
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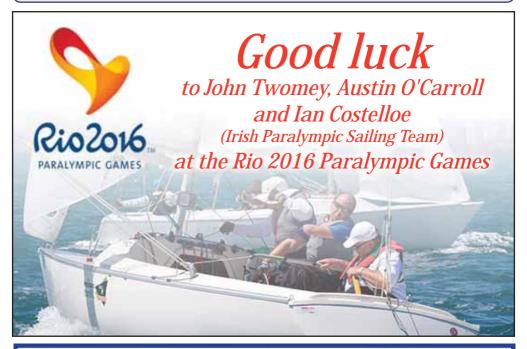
Mondays 4pm - 6pm Phone or Text 086 8520492

Email: bclifford1972@gmail.com



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FRI 2nd SEPTEMBER: DJ MARK





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LEAP FOR LAUREN **Fundraiser for Lauren Walsh**



Chris, Molly and Ruth Mitchell from Dunderrow, Kinsale, will do a Charity Skydive THIS SATURDAY 27TH AUGUST to raise funds for Lauren Walsh, a 26-year-old local Cork girl, from Passage, who is in organ failure and requires multiple organ transplant surgeries in the U.K. They are heading to Longford on Friday and are hoping to complete the jump at 9.30am from Abbeyshrule Aerodrome on Saturday (weather permitting).

In the past 12 months, Lauren has spent a total of 5 weeks at home and the rest of the time has been spent in hospital.

SHE NEEDS OUR HELP!

All donations, no matter how small, will be very, very gratefully received.

100% OF ALL FUNDS RAISED **WILL GO DIRECTLY TO LAUREN**

How can you donate?

There are 4 ways:

- 1. Donate cash to any Mitchell / Walsh family members.
- 2. www.gofundme.com/leapforlauren
- 3. Via Paypal to: 1ruthmitchell@gmail.com
- 3. Bank Transfer directly to Lauren's Stripes for Life Bank account:

Account Name: LAUREN WALSH

BIC: AIBKIE2D

IBAN: IE26 AIBK 9343 4850 2811 88

For a young person going through such a difficult time, Lauren is an absolute inspiration with her positive outlook and sense of humour through it all.



Follow Lauren's story "Stripes for Life - My EDS Journey" on Facebook on www.facebook.com/Stripes-For-Life-My-Eds-Journey-529664150454132/



More about Lauren

Lauren has a host of rare illnesses, diagnosed 11 years ago with Ehler Danlos Syndrome (EDS) and, later, with Axelrod's Congenital Dysfunction. She is in intestinal failure and spends 20 hours a day on a TPN feed. As she has zero absorption, she is on many IVs. She has a Pej (jejunostomy) tube in her tummy, as well as an ileostomy bag. Lauren has severe gastroparesis, as well as Raynaud's Syndrome.

As Lauren has been diagnosed as completely unique with her array of symptoms, there are no specialists in Ireland who can assist, so she has to travel to the UK regularly for treatment.

Travel, accommodation and medical costs are very high for both Lauren and her parents, one of whom has to accompany her on each visit.

Thank you all for all of your support. Please share :-) Help spread the word!







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WHAT'S ON IN KINSALE & DISTRICT



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Email: Yvonne.McCarthy@havenbay.ie Tel: 021 477 7328

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Monday 5th September at 7.30pm in the Friary

to be followed by a cup of tea and refreshments to celebrate Eucharist adoration for over 4 years.

NOTICES

CONVENT OF MERCY KINSALE PAST PUPIL REUNION

Take a trip down memory lane at

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WHAT'S ON & DISTRICT

FRI 26th AUGUST

ARMADA: KaceyD. **BACCHUS NIGHTCLUB:** DJ Mark, 11.30pm. BLACKS OF KINSALE: Brewery Tours, 11am to 4pm on the hour. BLUE HAVEN BAR: Rory & Katie, 10pm. CASEY'S BAR: Steve Rocks, 9pm. **DON & BARRY'S**

HISTORIC STROLL: Tourist Office 9.15am, 11.15am. FOLKHOUSE: GDR, 10.30pm.

HAMLETS: Eoghan Murphy, 9pm. HARBOUR CRUISE: Pier Road, 12pm, 2pm, 3pm, 5pm.

HERITAGE TOWN WALKS: Tourist Office, 10.30am. KINSALE YACHT CLUB: RNLI Fundraising Night. BBQ, Music, Fun! SAM'S BAR: Sarah Bear.

SILENT BANJO: Nightshift, 10.30pm VISTA:

Billy Crosbie's Piano Bar at The Marina Lounge. 100 years of musicals. WHITE HOUSE:

Two of a Kind, 10.30pm.

SAT 27th AUGUST

ARMADA: Sean Tracy. **BACCHUS NIGHTCLUB:** DJ Sean, 11.30pm. BLACKS OF KINSALE. Brewery Tours, 11am to 4pm on the hour. BLUE HAVEN: Sharon Crosbie, 10pm. CASEY'S BAR: Cillian Geaney, 8pm. Laughing Shamrocks, 10pm. DJ Mike Fitz til late.

CAMOGIE & LADIES FOOTBALL CLUB: Celtic Jam: Trad

COURCEY ROVERS

Music, BBQ, Raffle at Corcoran's Bar, Ballinadee, 5.30pm.

DON & BARRY'S HISTORIC STROLL: Tourist Office

9.15am, 11.15am. FOLKHOUSE: Tom Cats, 10pm.

HAMLETS: DJ, 10.30pm. HARBOUR CRUISE: Pier Road, 12pm, 2pm. 3pm, 4pm, 5pm. HERITAGE TOWN WALKS:

Tourist Office, 10,30am. LEAP FOR LAUREN: 9.30am at Abbeyshrule Aerodrome (weather

permitting). OLD HEAD OF KINSALE LIGHTHOUSE:

Open Day. OSCAR MADISON'S: King K, 10.30pm. SAM'S BAR: Old No. 7 SILENT BANJO:

Dizzy Blues Band, 10.30pm. TRIDENT HOTEL: Tim O'Riordan.

WHITE HOUSE: Celtic Knights, 10,30pm.

SUN 28th AUGUST ARMADA:

The Ferrymen. BLUE HAVEN: Les Temps de Cerise,

BULMAN BAR: The Forefathers, 6pm. CASEY'S BAR: Andrew Foley, 9pm. DJ Rory til late.

DON & BARRY'S HISTORIC STROLL: Tourist Office, 11,15am. FOLKHOUSE:

King K, 9pm. HAMLETS: Pat Carey, 7pm. HARBOUR CRUISE:

Pier Road, 12pm, 2pm. 3pm, 4pm, 5pm. HERITAGE TOWN WALKS: Tourist Office, 10.30am. KINSALE BAPTIST

CHURCH: 11am, Temperance Hall. OLD HEAD OF KINSALE LIGHTHOUSE:

Open Day. SAM'S BAR: Americhanics.

MON 29th AUGUST

ARMADA: The Pure Drop, 8pm. BLUE HAVEN: Arundo, 9.30pm. CASEY'S BAR: Chase the Ace, 9pm. DALTON'S BAR: Trad. DON & BARRY'S HISTORIC STROLL: Tourist Office 9.15am, 11.15am, HARBOUR CRUISE: Pier Road, 12pm, 2pm, 3pm, 5pm, HERITAGE TOWN WALKS: Tourist Office, 10.30am. KINSALE ST. JOHN THE BAPTIST CHURCH: Perpetual Adoration, 9am - 1pm.

TUES 30th AUGUST ARMADA:

Singalong with Roy.

SAM'S BAR:

Free Beer, 8pm. BABY & TODDLER GROUP: Temperance Hall. 10am - 12 noon BLACKS OF KINSALE: Brewery Tours, 11am to 4pm on the hour. BLUE HAVEN: Sonny & Friends, 9,30pm. CASEY'S BAR: Roll the Dice, 6pm. DALTON'S BAR: Trad. DON & BARRY'S HISTORIC STROLL: Tourist Office 9.15am, 11.15am, HARBOUR CRUISE: Pier Road, 12pm, 2pm, 3pm. 5pm. HERITAGE TOWN WALKS: Tourist Office, 10.30am.

WED 31st AUGUST ARMADA:

Allsorts, 8pm.

BLACKS OF KINSALE:

Brewery Tours, 11am to 4pm on the hour. BLUE HAVEN:

Niall McCabe. 9.30pm.

CASEY'S BAR: Bingo, 8,30pm. DON & BARRY'S HISTORIC STROLL:

Tourist Office 9.15am. 11.15am. HARBOUR CRUISE: Pier Road, 12pm,

2pm, 3pm, 5pm. HERITAGE TOWN WALKS: Tourist Office, 10.30am. KINSALE ST. JOHN THE

BAPTIST CHURCH: Perpetual Adoration, 9am - 8pm.

SLIMMING WORLD: Sáile Community Centre. 5.30pm & 7.30pm.

WHITE HOUSE: Two of a Kind, 9pm.

THUR 1st SEPTEMBER ARMADA:

The Quays, 8pm. BLACKS OF KINSALE: Brewery Tours, 11am to 4pm on the hour. BLUE HAVEN: Arundo, 9.30pm. CASEY'S BAR: No Frontiers, 9pm. DALTON'S BAR:

DON & BARRY'S HISTORIC STROLL:

Trad.

Tourist Office 9.15am. 11.15am. FOLKHOUSE: GK Loops, 9.30pm.

HAMLETS: Niall McCabe, 9.30pm.

HARBOUR CRUISE:

Pier Road. 12pm, 2pm, 3pm, 5pm. HERITAGE TOWN WALKS:

Tourist Office, 10.30am. WHITE HOUSE: Two of a Kind, 9pm.

For upcoming events see www.kinsaleadvertiser.com/advertise/What's-On





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