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Weigh & Go **5.30-6pm**Class **6-7pm** 

Motivational Talk **6.15pm** 

## **KINSALE**

Sáile Community Centre

Thursday Evening Weigh & Go **5.30-6pm** 

Class 6-7pm

Motivational Talk 6.15pm



Contact Elaine on 087 7435482

**New Members Always Welcome** 



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Kinsale

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# SCHOOL OF DANCE

## **NEW TERM BEGINS ON FRIDAY 7th SEPTEMBER**

We look forward to welcoming all our students old and new.
All classes are currently full but we are taking names on our waiting list.
Please note all places have been held from last year.

#### **MONDAY**

3.30-4.30	Hip Hop (Primary School Level, 2nd class + up)	
4.30-5.15	Boys Hip Hop & Breakdance Beginners	
5.15-6.00	Boys Hip Hop & Breakdance (B)	
6.00-7.00	Boys Hip Hop & Breakdance (A)	
7.00-8.00	Hip Hop (1st & 2nd Year)	
8.00-9.15	Senior Hip Hop (3rd Year + up)	

## **TUESDAY**

3.30-4.30	RAD Grade 1 A & B
4.30-5.15	RAD Grade 4
5.15-6.00	RAD Grade 6A Ballet
6.00-6.45	RAD Grade 7 Ballet
	(also open to Adv Found students)
6.45-7.45	RAD Adv 1 Ballet
7.45-9.15	Contemporary

#### WEDNESDAY

1.30-3.00 3.00-3.30	RAD Intermediate Ballet Pre School Ballet (Age 2½-4½)
3.30-4.15	RAD Grade 1C Ballet
4.15-5.15	RAD Grade 2 Ballet
5.15-6.00	RAD Grade 3 Ballet
6.00-7.00	RAD Grade 4 Ballet
7.00-8.00	RAD Grade 7 Ballet
8.00-9.30	(also open to Adv Found students) RAD Adv 1 Ballet & Pointe

#### **THURSDAY**

3.30-4.15	Jazz A (1st & 2nd Class)
4.15-5.00	Jazz B (3rd & 4th Class)
5.00-6.00	Jazz C (5th & 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 Rep (4th Year + up)

## **FRIDAY**

3.30-4.30	RAD Grade 3 Ballet
0.00	
4.30-6.00	RAD Intermediate Foundation
6.00-7.00	RAD Grade 6C Ballet
7.00-8.00	RAD Grade 6A Ballet
8.00-9.00	RAD Adv Foundation Ballet

### **SATURDAY**

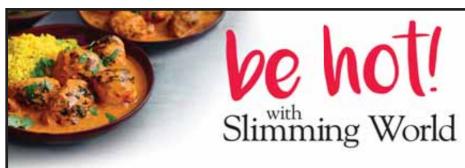
9.30-11.00	RAD Adv Foundation Ballet & Pointe
11.00-11.30	Pre School Ballet (Age 21/2-41/2)
11.30-12.15	RAD Pre Primary Ballet
12.15-1.00	RAD Pre Primary Ballet (Exam)
1.00-1.45	RAD Primary Ballet
1.45-3.15	RAD Grade 6B Ballet
3.15-4.00	RAD Grade 6C Ballet

Call 087 9521463 or 021 4773553

info@lucyfrenchschoolofdance.com www.lucyfrenchschoolofdance.com







Sáile Community Centre, Cappagh EVERY WEDNESDAY 9.30am, 5.30pm & 7.30pm & EVERY SATURDAY 9.30am

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Dinner: Mon - Sun 17:30 - Late Lunch: Sat - Sun 12:30 - 15:00

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#### Some conditions treated in the clinic:

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- Syndrome Postural Distortions

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- Sciatica
- Nerve Entrapment
- Joint Pain/ Discomfort
- Strains/Sprains Sports Injuries/
- Recovery

- Hip Pain/Discomfort/
   Soft Tissue Repair
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   Muscular Disorders/
  - Conditions Coordination
  - Development Loss of Balance
  - Stiffness
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Model Farm Rd: Ph: 021-4341028 Email: modelfarmroad@nln.ie Cork Business & **Technology Park** Model Farm Rd, Cork

- · Focus Mental Health Recovery
- Catering Skills
- (Penrose Wharf & Midleton) · Computer Networks & IT Systems
- · Retail Skills
- · Employer Based Training
- · Foundation Training for adults & school leavers over 18 (Cork & Mallow)
- · Next Step for school leavers over 18 with ASD

Hollvhill: Ph: 021-4300144 Email: hollvhill@nln.ie Hollymount Industrial Estate (across from Apple)

Individual Personal Plans
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with Pat, Tennis Ireland Coach Learn about the game of tennis in a fun & safe way!

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Age 8-12yrs 4.30pm - 5.30pm FEE OPTIONS: €60/6 weeks or **€12/drop-in** on the day

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## KINSALE LIONS WALKING FESTIVAL

15th & 16th September 2018



The fourth annual Kinsale Lions Walking Festival offers walks for all ages and abilities in and around historical Kinsale. Created by Kinsale Lions Club to provide a festival for all the community whilst raising funds for Lions Charities.



Kinsale Lions Club is a regulated charity and is 100% voluntary.



#### Events at a glance...

Day	Event	Distance	Time
Sept 15th	Sandycove Loop Walk*	15km	11am
Sept 16th	Haven to Harbour Walk**	15km	11am

\*Walk commences from Kinsale Community School
\*\*Walk commences from Kinsale Rugby Club

#### Notes:

To help with planning please pre-register online at www.kinsalelionsonline.com but you may also register in person at The Boathouse Gallery, Main St., Kinsale, or on the day on Saturday at the Community School or Sunday at the Rugby Club.

#### Walk Registration Fee:

Both days - €25 total / Single day - €20

All walks will be fully marshalled.

All walkers must read and comply with the safety instructions and information.

Your safety is our paramount concern.

#### Walk Check in times:

#### Saturday 15th September:

Sandycove Loop Walk: 9.45am - 10.45am Kinsale Community School (51.70428, -8.53059)

#### Sunday 16th September:

Haven to Harbour Walk: 9.45am - 10.45am Kinsale Rugby Club (51.70702, -8.49157)

Details at www.kinsalelionswalkingfestival.com





## The Kartels

With Billy Crosbie and Friends
+ members of local band "King K"

## Sat 15th September @ 10.00pm

## A myriad of ABBA hits:

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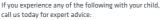


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## **Autumn Activities**

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## CHILDREN'S ACTIVITIES:

- **♦** Grassroots Tennis Coaching
- ◆ Fun Football
- Kinsale Scouts
- Playball
- **♦** Rugby Tots
- ◆ Kinsale Hockey Club
- Kinsale Soccer Club
- ♦ Kinsale GAA Club
- Basketball Camps
- **♦ Multi-Activity Camps**
- Birthday Party Venue

### FOR THE ADULTS:

- **♦** Social Badminton
- Social Basketball
- Social Hockey
- Slimming World
- **◆ Zumba Toning**
- **♦ UniSlim Class**
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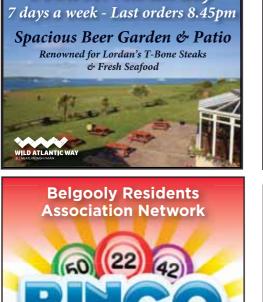
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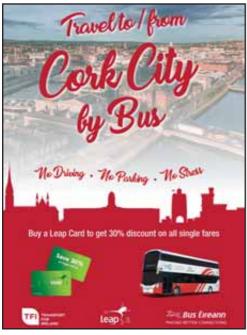
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## **SPORTS** Friday 7th September PRO 14 RUGBY Glasgow v Munster, 7.35pm Saturday 8th September

RUGBY CHAMPIONSHIP New Zealand v Argentina, 8.35am Australia v South Africa, 11.05am

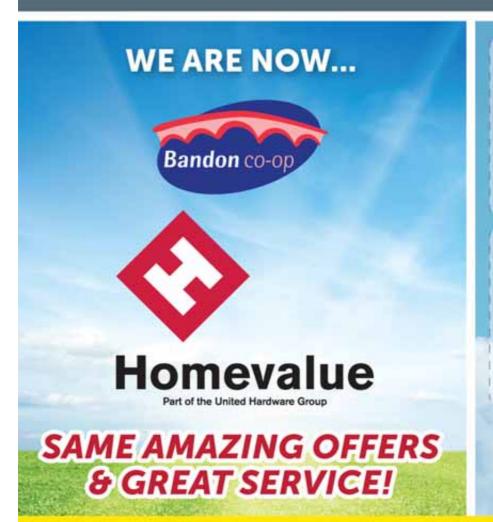
> Tuesday 11th September INTERNATIONAL SOCCER Poland v Ireland, 7.45pm

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## Kinsale AFC Exciting times ahead for Kinsale AFC

Established in 1935, Kinsale AFC has been an integral part of the local community for over 80 years, with over 400 men, women and children now playing with the club. At Madden Park we have two of the best maintained and picturesque playing pitches in all of Ireland. Our goal now is to provide a clubhouse and training facilities for our players and the wider community to match this spectacular location.

Funding received to date through grants and FAI support will cover the cost of developing the changing rooms/ showers/parking facilities but further funding is required to develop the Community Rooms, 2 training/underage pitches and complete the development in total.

#### You can help by becoming a CLUB PATRON

The committee members are happy to meet with any potential donors to share the club vision and goals. If you are interested in supporting this fantastic facility in Kinsale please fee free to contact:

Trina O'Neill, Chairperson,

T: 085 140 3847 E: t.oneill3721@gmail.com

Dr. Frank Hill, Building Committee

T: 087 251 3311 E: drfrankhill@gmail.com

**Daniel Searls, PRO** 

T: 086 070 8432 E: daniel.searls@gmail.com

## KINSALE AFC **FUNDRAISING** PLAN







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This programme is ideal if you have a business idea in mind and would like to research starting your own business. Over a period of 4 weeks, you will cover all you need to know to research your idea and to get you started. The programme would also suit someone who has recently started their own business.

> Dates: Wed 19th Sept, Wed 3rd & 10th & Tues 16th Oct 2018 **Location:** The Trident Hotel, Kinsale Fee: €80 per person

All online bookings are available from our website: www.localenterprise.ie/corknorthandwest

#### Contact us at:

A: Local Enterprise Office Cork North & West, 8 Kent Street, Clonakilty, Co. Cork E: westcork@leo.corkcoco.ie T: 023-8834700 W: www.localenterprise.ie/corknorthandwest

Personal information collected by Cork County Council is done so in order for us to process your representation/enquiry and legally we can process it as it is necessary for us to comply with our statutory/legal obligations. The information will be processed in line with our privacy statement which is available on our website www.corkcoco.ie







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- 7) Follow us on Twitter @kinsalenews and Facebook /kinsalenews. Advertise your events and we will promote them to our followers on Twitter and Facebook. Over 3900 followers on Twitter, over 3300 likes on Facebook.
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- 9) Book your preferred space for upcoming events.
- 10) The Kinsale Advertiser, the most effective way to let people know what your business has to offer.

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Term: Sat 15th Sept &

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Saturday: 9.45am - 10.45am (ages 5-8)

11am - 12pm (8 years +) 12.30pm - 1.30pm (11 years +)

Tuesday: 3.30pm - 4.30pm (ages 5-8)

4.45pm - 5.45pm (8 years +)

Fees: €70 for 6 weeks

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Kinsale Irish Red Cross Fundraiser

## TRIVIA NIGHT

Friday 28th September, 8pm The Huntsman, Belgooly

Tickets €10 per person or €50 for table of 6.

Kinsale Irish Red Cross needs your help to buy a new LifePak Defibrillator, to help save lives. Please support this great cause.

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invite you to apply for current vacancies in our Bar & Restaurant.

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Please forward CVs to info@thespaniard.ie Or post to: The Owner, The Spaniard, Scilly, Kinsale, Co Cork or call 021 477 2436





We are currently seeking applications for various full and part time positions within the hotel.

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## The Blue Haven, Kinsale is seeking

### **FULL TIME CHEFS OF ALL LEVELS**

to join our dynamic team.

Experience in a busy restaurant environment, along with a passion for exceptional food are required.

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Please forward your CV to Box 38/18, c/o Kinsale Advertiser, Market Square, Kinsale

#### Carer required for gentleman in Kinsale.

Preferably with certificate but must have experience with Alzheimers.

Evenings 6-8pm.

Call 087 9555180 between 3-8pm.

#### WANTED

Flexible, live-in carer for elderly woman, walking distance from town centre.

Apply to Box 36/18, c/o Kinsale Advertiser, Market Square, Kinsale

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Just outside Kinsale, suit 1 person. Car needed, €300 per month

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# NOTICES

## Miraculous Praver

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. SC

## FOR SALE: FORD FIESTA L 03

Very good condition. Tax 10/18, NCT 03/19. 4 new tyres. Ideal for Learner driver. Reason for selling: buying new. Contact Eileen 086 2133410

## Miraculous Praver

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Bachelor of Arts in Popular Music - CIT Cork School of Music Higher Diploma in Popular Music Performance

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#### Kinsale Men's Shed Autumn/Winter Programme:

Tues 11th Sept: 45 Card Drive 8pm-10pm Thurs 13th Sept: Ukulele Practice Time TBC

(Ladies & Gents welcome)

Sat 15th Sept: Open Morning 11am-1pm

Drop in for a cuppa & chat. (Ladies & Gents welcome) You may have something to offer the Shed

& the Shed may have something to offer you!

Mon 17th Sept: Male Choir Practice 8pm

### 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. KC



#### STAINED GLASS COURSE FOR BEGINNERS

**Kinsale Pottery and Arts Centre** www.kinsaleceramics.com WEEKEND COURSE 29th-30th Sept & 20th-21st Oct

Price: €195 (bring a friend for €180)

## 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. KC

## KINSALE BAPTIST CHURCH Sundays, 11am Temperance Hall

All welcome

www.kinsaleabc.ie



# NOTICES

# DON & BARRY'S HISTORIC STROLL

FROM TOURIST OFFICE @ 11.15am DAILY - 7 DAYS

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Departure beyond Actons Hotel on board 'Spirit of Kinsale'

### **SEPTEMBER TIMES**

Mon-Fri: 2pm & 3pm Sat-Sun: 2pm, 3pm, 4pm

See sandwich board at Tourist Office & Pier Road for updates

Complimentary Tea/Coffee Served

Cruises are subject to weather and tide

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### Miraculous Prayer

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time lask 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. ROM

# DERMOT RYAN'S HERITAGE TOWN WALKS



"Kinsale's Top Independent Attraction" TripAdvisor

"Best Guide in Ireland" Irish Independent

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Sunday Times



## 10.30am Daily

(or by appointment) from the Tourist Office.

Adults: €5 Children: Free
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# WHAT'S ON & DISTRICT

**ACTONS LEISURE CENTRE:** 20% Off 6 & 12 Month Memberships until 28th September.

T+C Apply. ARMADA:

The Ferrymen. **AUDIOLOGY MEDICAL** SERVICES:

50% Off Under 5 and Over 5 Screening for

September. **BLUE HAVEN:** 

Danny Dineen, 10pm. COFFEE MORNING:

Kinsale Flower & Garden Club supporting Pieta House

Temperance Hall, 9.30am to 12.30pm.

**DERMOT RYAN'S** HERITAGE TOWN WALK:

10.30am. Tourist Office

**DON & BARRY'S** HISTORIC STROLL:

9.15am, 11.15am from the Tourist Office.

**FOLKHOUSE:** 

King K, 10.30pm. HAMLETS:

Live music, 9pm. KINSALE HARBOUR

**CRUISES:** 2pm & 3pm.

KINSALE TAEKWON-DO: Scoil Naomh Eltin.

7-12yrs: 6.45pm-7.45pm. 12+ yrs: 7.45pm-8.45pm. LUCY FRENCH

SCHOOL OF DANCE: New term starts today. SAM'S BAR:

Darren Grimley WILLOW & WEAVE:

Fabric Sale until 12th Sept.

#### **SAT 8th SEPTEMBER**

ARMADA: Free Beer. **BACCHUS** NIGHTCLUB: DJ Sean, 11,30pm. BLUE HAVEN: Route 66, 10pm.

HERITAGE TOWN WALK:

10.30am, Tourist Office, DON & BARRY'S

HISTORIC STROLL: 9.15am, 11.15am

from the Tourist Office.

FOLKHOUSE: The Watermelons.

10.30pm. HAMLETS:

DJ. 10pm. KINSALE HARBOUR

**CRUISES:** 2pm, 3pm & 4pm.

SAM'S BAR: Irish Draught with

The Whistler. SLIMMING WORLD:

At Sáile, 9.30am. WHITE HOUSE:

Loose Chains, 10.30pm.

#### SUN 9th SEPTEMBER

ARMADA: Lannigan's Ball, 8pm. BLUE HAVEN:

Trad Sessions. 8.30pm.

**DERMOT RYAN'S** HERITAGE TOWN WALK:

10.30am, Tourist Office. DON & BARRY'S HISTORIC STROLL:

11.15am from the Tourist Office. **FOLKHOUSE:** 

Ben & The Mighty Men.

HAMLETS:

Old No. 7, 6.30pm. KINSALE BAPTIST CHURCH:

11am, Temperance Hall. KINSALE HARBOUR

**CRUISES:** 2pm, 3pm & 4pm. SAM'S BAR:

The Americhanics

#### **MON 10th SEPTEMBER**

ARMADA: Allsorts, 8pm. BANDON COOP HOMEVALUE:

50% Off Many Lines until 22nd September.

Traditional Irish Music with Arundo, 9pm.

**DALTON'S BAR:** 

Trad. **DERMOT RYAN'S** HERITAGE TOWN WALK:

10.30am, Tourist Office. DON & BARRY'S

HISTORIC STROLL: 9.15am, 11.15am

from the Tourist Office. KINSALE HARBOUR

**CRUISES:** 2pm & 3pm.

#### TUES 11th SEPTEMBER

ARMADA: Allsorts, 8pm.

**BLUE HAVEN:** Sonny & Friends, 9pm.

DALTON'S BAR: Trad Singalong.

**DERMOT RYAN'S** HERITAGE TOWN WALK:

10.30am. Tourist Office. DON & BARRY'S

HISTORIC STROLL:

9.15am & 11.15am from the Tourist Office. KINSALE HARBOUR

CRUISES: 2pm & 3pm.

KINSALE MEN'S SHED:

45 Card Drive, 8-10pm. KINSALE PHOTOGRAPHIC SOCIETY:

Meeting at Temperance Hall, 8pm, Adm; €5.

#### WFD 12th SEPTEMBER ARMADA:

Live Music, 8pm. BLUE HAVEN:

Niall McCabe, 9pm. **DALTON'S BAR:** 

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

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

KINSALE HARBOUR CRUISES:

2pm & 3pm.

#### KINSALE TAEKWON-DO:

Scoil Naomh Eltin. 4-6yrs: 5.30pm-6.15pm. 7-12yrs: 6.15pm-7.15pm. 12+ yrs: 7.15pm-8.15pm.

SLIMMING WORLD: At Sáile, 9.30am,

5.30pm & 7.30pm. UNISLIM:

SMA Parish Centre. Wilton.

5.30-6pm: Weigh & Go.

6-7pm: Class 6.15pm: Talk

WHITE HOUSE: Ray and Stephen,

9pm.

#### **THUR 13th SEPTEMBER**

ARMADA:

Live Music, 8pm. BLUE HAVEN: Traditional Irish Music with Arundo, 9pm.

DALTON'S BAR: Trad

DERMOT RYAN'S HERITAGE

TOWN WALK: 10.30am.

Tourist Office. DON & BARRY'S

HISTORIC STROLL: 9.15am & 11.15am from the Tourist Office.

HAMLETS: Niall McCabe,

9.30pm. KINSALE HARBOUR

CRUISES: 2pm & 3pm. KINSALE MEN'S SHED:

Ukulele Practice. Time TBC. SAM'S BAR:

Grainne Ryan, 9pm.

UNISLIM:

Saile, Kinsale. 5.30-6pm: Weigh & Go, 6-7pm: Class 6.15pm: Talk. WHITE HOUSE:

Two of a Kind. 9pm.





01 LOWER O'CONNELL STREET, KINSALE

www.kinsaleadvertiser.com