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*€5 for 3 climbs Please supervise your children

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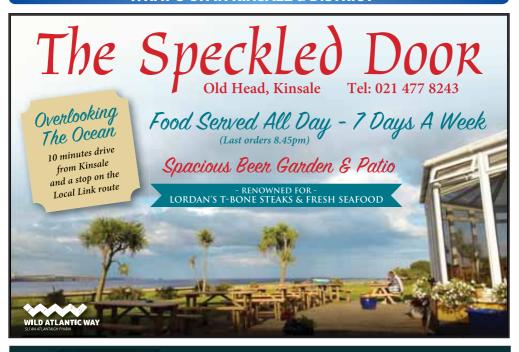




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NEW TERM BEGINS ON MONDAY 2nd SEPTEMBER

All current students places have been held, please do let us know if students are not returning. Limited availability in some classes. We are looking forward to seeing you soon. Lucy, Sarah and Jess

MONDAY

3.30-4.15	Junior Hip Hop (4th-6th Class)
4.15-5.00	Boys Hip Hop Level 1
5.00-5.45	Boys Hip Hop Level 2
5.45-6.45	Senior Hip Hop Group 1 (1st-3rd Year)
6.45-8.00	Senior Hip Hop Group 2 (4th-6th Year)
8.00-9.15	Contemporary Group 1

TUESDAY

3.30-4.30	RAD Grade 2 Ballet
4.30-5.15	RAD Grade 3 Ballet
5.15-6.15	RAD Grade 5 Ballet
6.15-7.00	RAD Grade 7A Ballet
7.00-8.00	RAD Grade 8 Ballet
8.00-9.15	Contemporary Group 2

WEDNESDAY

1.30-2.30	RAD Intermediate Ballet
2.30-3.30	RAD Advanced 1 Ballet
3.30-4.00	Pre School Ballet (Age 21/2-41/2)
4.00-4.45	RAD Primary Ballet A
4.45-5.30	RAD Grade 1 Ballet
5.30-6.30	RAD Grade 3 Ballet
6.30-7.15	RAD Grade 4 Ballet
7.15-8.15	RAD Grade 7B Ballet
8.15-9.15	RAD Grade 8 Ballet

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 4 Ballet
4.30-5.15	RAD Grade 5 Ballet
5.15-6.30	Pre Vocational Ballet
6.30-7.30	RAD Grade 7A Ballet
7.30-9.00	RAD Adv Foundation Ballet & Pointe

SATURDAY

9.00-10.00	RAD Adv Foundation Ballet
10.00-10.30	Pre School Ballet (Age 21/2-41/2)
10.30-11.15	RAD Pre Primary Ballet (New)
11.15-12.00	RAD Pre Primary Ballet (Exam)
12.00-12.45	RAD Primary Ballet B
12.45-2.15	RAD Intermediate Ballet & Pointe
2.30-3.15	RAD Grade 7B Ballet
3.15-4.45	RAD Intermediate Foundation Ballet
4.45-6.15	RAD Advanced 1 Ballet & Pointe

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SATURDAY 28TH SEPTEMBER

IRELAND V JAPAN

8.15AM

THURSDAY 3RD OCTOBER

IRELAND V RUSSIA

11.15AM

SATURDAY 12[™] OCTOBER

IRELAND V SAMOA

1.45AM

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BABY MASSAGE CLASSES (5 WEEKS) Starting Friday 20th September, 10.30am

BABY MASSAGE CLASSES FOR DADS Starting Saturday 21st September, 11am

Injury Therapist

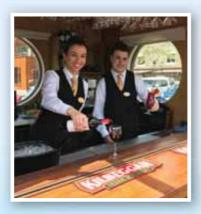
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KINSALE LIONS WALKING FESTIVAL

7th & 8th September 2019



The fifth annual Kinsale Lions Walking Festival offers walks for all ages and abilities in and around historical Kinsale and Courtmacsherry. Created by Kinsale Lions Club to provide a festival for all



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



Events at a glance...

Day	Event	Distance	Time
Sept 7th	Courtmacsherry Woods & Coastal Walk*	14km	10am
Sept 8th	Kinsale James Fort to Sandycove Loop Walk**	16km	11am

*Walk commences from Courtmacsherry Hotel

**Walk commences from Kinsale Community School

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 Courtmacsherry Hotel or Sunday at Kinsale Community School.

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:

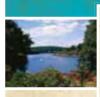
Saturday 7th September:

Courtmacsherry Woods & Coastal Walk: 9.00am - 10.00am (Walk 10.00am sharp) Courtmacsherry Hotel (51.63356, -8.699583)

Sunday 8th September:

Kinsale James Fort - Sandycove Walk: 9.45am - 10.45am (Walk 11.00am sharp) Kinsale Community School (51.70428, -8.53059)

Details at www.kinsalelionswalkingfestival.com







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UPDATED TIMETABLE

SATURDAY 31ST AUGUST, 10am - 2pm Kinsale Commercial Park

AGE 3 TO 5 YEARS

Acro
10am to 10.20am
Moderne Dance
10.25am to 10.45am
Drama & Musical Theatre
10.45am to 11.05am

AGE 6 TO 9 YEARS

Choir Vocal Group
10.30am to 11am
Acro 11am to 11.30am
Guitar Group 11am to 11,30am
Drama & Musical Theatre
11.30am to 12pm
Moderne Dance
12pm to 12.30pm

AGE 10 PLUS

Choir Vocal Group
11.30am to 12pm
Guitar Group 12pm to 12.30pm
Drama & Musical Theatre
12.30pm to 1pm
Moderne Dance
1pm to 1.30pm
Acro Dance 1.30pm to 2pm







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The Kinsale Photographic Society (KSP) is open to all who are interested in learning and sharing their knowledge of photography. ANY SKILL level and any camera type, including your phone, are very welcome.

Here's what's happening in our next three sessions:

10th Sept **IMAGES, INFORMATION** AND 'HOW TO DO IT' **FROM DAN & GER'S** RECENT TRIP TO NORWAY!

The images are amazing as will be the chat about how they were captured.

24th Sept

Award Winning Pro Photographer MIKE BROWN

Mike will be presenting some of his work and offering ideas as well as answering questions. From Fine Art to Landscape to Nature & Weddings. Mike has over 25 years of experience. This will be his first time in Kinsale at a KPS meeting!

8th Oct

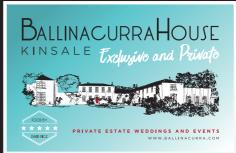
THEME NIGHT - "ABSTRACT"

This time all are encouraged to submit images that you consider to be 'Abstract'! Come and see everyone's work and here the story behind the shot.

For more information: Text 085 8466168 www.kinsaleps.com

All meetings are in **Kinsale Temperance Hall**

8:00pm Cost: €5.00



Events & Wedding Coordinator

Due to the growth of private and exclusive weddings and events, we are looking for someone to join our expanding team.

POSITION REQUIREMENTS:

- Excellent admin & organizational skills.
- Good with people.
- Enthusiastic & eager to learn.
- Be flexible.
- Be fluent in English both spoken & written.
- A team player.
- Good computer knowledge would be an advantage.
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- Sciatica

- Nerve Entrapment
- · Joint Pain/Discomfort
- · Strains/Sprains
- · Sports Injuries/Recovery
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You can play competitively in county leagues/cups, or if you prefer to play just socially/for the craic, then that's fine too!

OPENING NIGHT FOR 2019-2020 SEASON Tuesday September 3rd

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Following the success of How It Is (Part 1), developed over 3 years as Artists in Residence at The Everyman, Cork's own Beckett specialists return with Part 2 of this towering novel.

A site-specific work featuring actors Conor Lovett and Stephen Dillane (Game of Thrones).

How It Is (Part 2) will be performed alongside The Irish Gamelan Orchestra with guest-tenor Mark Padmore and an original composition by Mel Mercier. How It Is charts a journey undertaken by turns alone and accompanied, where time and space are fragmented and juxtaposed. Gare St Lazare illuminate Beckett's writing offering a new perspective on both Beckett and the exquisite auditorium of The Everyman.

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4.45pm - 5.45pm (8 years +)

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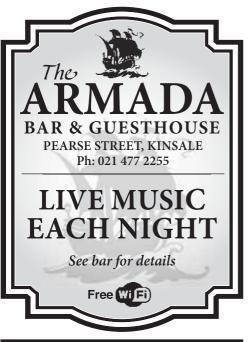
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Join the Mercy University Hospital Foundation for this year's Women's Mini Marathon on Sunday, September 22nd



Last year, over one hundred ladies joined #Team Mercy, raising €8,800 for The Mercy Cancer Appeal, funding key services and advancements in the treatment of and research into many cancers, and funding The Mercy Cancer CARE Centre.

In recent weeks, as a result of the continued support from the people of Cork and Munster, The Mercy University Hospital Foundation secured an exciting location The Mercy Cancer CARE Centre.



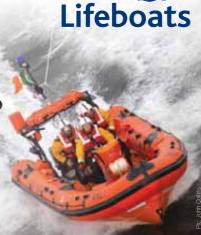
If you would like to join #TeamMercy on Sunday, September 22nd call (021) 4274076 or visit www.mercyfundraising.ie to register.

FUNDRAISING NIGHT

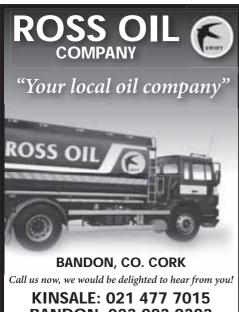
Friday 6th September

- BBQ on the Night
- Fun in the Kinsale Yacht Club
- Music, Song & Dance on the Night
- Raffles & Spot Prizes

All Welcome Please support! ALL DONATIONS TO THE RNLI



www.rnli.org.uk















Celebrating the Empowerment of Women

Location: The Old Market Bar | 2nd Floor Drinks Reception: 2pm

Tickets: €37.50



- :: Two course meal :: Goodie Bag
- :: Best Dressed Lady Prizes
- :: Inspiring & Motivational Guest Speakers
- :: Fashion Show :: Music with Shelly Burke
- :: Raffle & Spot Prizes

The Old Market Bar Bandon Jack & Friends Centre

086 834 9315 Bandon | Clonakilty | Dunmanway Area 087 277 1724 Kinsale & Cork

Email: bandonautism@gmail.com

Supporting Children and Families in Cork & County living with Autism & other developmental disabilities.

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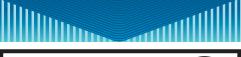
Belgooly, Kinsale, Co. Cork.

Call: 087 132 1792

Full carbon monoxide & combustion monitoring using latest digital analyse John McCarthy (Kinsale): 087 2377667

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Chimney Sweep - Open Fires & Stoves Rotary Power Swept - Hepa Filter Hoover CCTV Inspection - Smoke & Carbon Alarms Fitted





Ph: 087 7553984 / 021 4709554 KINSALE ENTERPRISE PARK - BARRACK GREEN - KINSALE - CORK

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www.twitter.com/kinsalenews



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Award Winning **Nursing Home**

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We are currently recruiting a

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Must be able to work 07.00-15.00 and 12.00-20.30 shifts.

Please apply to HR@havenbay.ie or call 021 4777328 ext 506

FULL & PART TIME WAITING & BAR STAFF REQUIRED

THE SPANIARD, KINSALE CALL 021 477 2436

34



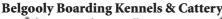
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Appointments: 021 477 7337







HEALTH, HAIR





PROPERTY

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Contact: 086 2022 628

A large double room is available for rent in Dunderrow. 2 mins to Eli Lilly. €500 per month excluding bills. Deposit required.

Looking for professional female, clean and tidy and no pets please.

Contact Una 086 358 8475

CHILDCARE

Baby & Toddler Group TEMPERANCE HALL, KINSALE TUESDAY 3rd SEPTEMBER 10am - 12noon



Meet, chat & have a cuppa with other parents while you watch your child play & interact.

Make friends for life. FOR INFO PLEASE CALL MARY @ 085 745 9011

CHILDMINDER REQUIRED

From mid-August to mind 3 school-going children in their own home. 4 afternoons a week in the Belgooly area. (incl. transporting children to and from school/activities)

Contact 087 3966686

NOTICES

DRUM CIRCLE

Fridays, 7pm Temperance Hall

Beginners welcome

Margaret Murphy O'Mahony TD



OFFICE OPENING TIMES

Monday to Friday, 08:30 - 17:30 (including lunch hour)

Monthly clinics in all areas Please call the office to arrange an appointment.

Tel: 023 88 41179



KINSALE GARDEN & FLOWER CLUB COFFEE MORNING

Supporting Pieta House

Temperance Hall Friday 6th Sept, 9.30am-12.30pm

Home Baking & Raffle Prizes appreciated. Plants for sale.

KINSALE GARDEN & FLOWER CLUB

begin the season with a

Demonstration by Siobhan McInerney AOIFA St. Multose Hall, Thursday 12th Sept, 8pm

Come and be a part of a vibrant and active club! Call Eileen 087 9860403

Honey Bee Swarm Collection in Kinsale & surrounding areas 087 2878915

KINSALE BRIDGE CLUB **Attention Members**

NEW SEASON COMMENCES Tuesday 3rd September, 7pm Trident Hotel



SUNDAY 1st SEPT, 9am-3pm

Belgooly GAA Pitch Contact: 086 3923447



Are you concerned about the well-being of any young person? **FOR FREE & CONFIDENTIAL ADVICE & SUPPORT CONTACT GER ON** 085 872 5789

DERMOT RYAN'S HERITAGE TOWN WALKS



"Kinsale's Top Independent Attraction" **TripAdvisor**

"Best Guide in Ireland" Irish Independent

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10.30am Daily

(or by appointment) from the Tourist Office.

Adults: €5 Children: Free For group rates, please phone 086 826 7656

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GETTING READY FOR BACK TO SCHOOL?

Kinsale based Dyslexic Tutor available. Please contact Una: 086 358 8475

KINSALE BAPTIST CHURCH

Sundays, 11am Temperance Hall All welcome

www.kinsaleabc.ie

DON & BARRY'S HISTORIC STROLL

From Tourist Office
11.15am EVERY DAY
plus 9.15am Mon-Sat

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

Rick Steves

#1 Kinsale Tour

tripadvisor.ie

Over 1000 Reviews!

Chosen guides for NATIONAL GEOGRAPHIC in June 2016!

> NATIONAL GEOGRAPHIC

www.HistoricStrollKinsale.com Tel: **087 2500731** or **021 4772873** Adults €8 / Children €1

HARBOUR CRUISES

Departure beyond Actons Hotel on board 'Spirit of Kinsale'

THURS & FRI 30th AUG: 12pm, 2pm, 3pm, 5pm SAT 31st AUG: 12pm, 2pm, 3pm, 4pm, 5pm SEPTEMBER TIMES MONDAY - FRIDAY: 2pm & 3pm SATURDAY & SUNDAY: 2pm, 3pm & 4pm See sandwich board at Tourist Office & Pier Rd. for updates

Complimentary Tea/Coffee Served
Cruises are subject to weather and tide

T: 086 250 5456 www.kinsaleharbourcruises.com

SENATOR TIM LOMBARD

Constituency Office: 71 Lower O'Connell St, Kinsale

Phone: 021 477 3399 Mobile: 086 832 9119 E-mail: tim.lombard@oir.ie www.timlombard.ie



FINE GAEL☆

WHAT'S ON & DISTRICT

FRI 30th AUGUST

ARMADA:

Live music.

BLUE HAVEN:

Kurtis Goodwolf, 10pm.

CRACKPOTS:

Special music night with Chris Haywood & Mo O'Connor.

DERMOT RYAN'S

HERITAGE TOWN WALK:

10.30am, Tourist Office.

DON & BARRY'S

HISTORIC STROLL:

9.15am & 11.15am Tourist Office.

DRUM CIRCLE:

Temperance Hall, 7pm. All welcome.

FOLKHOUSE:

The Watermelons, 10.30pm.

HAMLETS:

Alan Murphy,

9pm. KINSALE HARBOUR

CRUISES:

Beyond Actons.

12pm, 2pm, 3pm, 5pm.

SAT 31st AUGUST

ARMADA:

Live music.

BACCHUS NIGHTCLUB:

DJ Mark,

11.30pm.

BLUE HAVEN:

Crazy Chester, 10pm.

DERMOT RYAN'S HERITAGE TOWN WALK:

10.30am,

Tourist Office. DON & BARRY'S

HISTORIC STROLL:

9.15am & 11.15am

Tourist Office. FOLKHOUSE:

Jerome Rimson & The Bad Boy Blues,

10.30pm.

HAMLETS: DJ, 10pm. **KINSALE COLLEGE:**

Open Day, 10am-4pm. KINSALE HARBOUR

CRUISES:

Beyond Actons. 12pm, 2pm, 3pm, 4pm, 5pm.

SUPER STARS STAGE SCHOOL:

Open Day. Kinsale Commercial Park, 10am - 2pm. 087 7933505.

WHITE HOUSE:

Nightshift, 10.30pm.

SUN 1st SEPTEMBER

ARMADA:

Live music

BLUE HAVEN

Trad Session, 8.30pm. Musicians welcome.

CAR BOOT SALE:

Belgooly GAA Pitch, 9am - 3pm.

WHAT'S ON INKINSALE

DERMOT RYAN'S HERITAGE TOWN WALK:

10.30am. Tourist Office.

DON & BARRY'S

HISTORIC STROLL:

11.15am. Tourist Office.

FOLKHOUSE:

King K, 9.00pm.

HAMLETS:

Old No. 7, 6.30pm.

KINSALE BAPTIST CHURCH:

11am.

Temperance Hall.

KINSALE HARBOUR CRUISES:

Beyond Actons.

2pm, 3pm, 4pm.

KINSALE HOTEL & SPA:

Tour & Trial voucher expires.

ROAD TO KINSALE SO LONG, LUGHNASA:

An end of Summer Party. 2-5pm at Sáile.

Community Centre. **MON 2nd SEPTEMBER**

ARMADA:

Live music. .ma00.8

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 Tourist Office.

KINSALF HARBOUR CRUISES:

Beyond Actons. 2pm, 3pm,

KINSALF TENNIS CLUB:

Autumn Fun Tennis Coaching starts today. Tiny Tennis, 3-4pm (full). Mini Aces, 4-5pm (full). Hot Shots, 5-6pm (full). 8 week course.

LUCY FRENCH SCHOOL OF DANCE:

New Term commences today.

TUES 3rd SEPTEMBER

ARMADA:

Live music, 8.00pm. **BABY & TODDLER**

GROUP: Temperance Hall.

10am - 12 noon. **BLUE HAVEN:** Sonny & Friends, 9pm.

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

DON & BARRY'S HISTORIC STROLL:

9.15am & 11.15am Tourist Office.

EVERYMAN THEATRE:

How It Is (Part 2). 7.30pm.

Runs until 7th Sept.

KINSALE

BADMINTON CLUB:

Opening night for 2019-2020 season. 8.30pm-10.30pm. St. Multose School. Drop in for a free

taster session! KINSALE BRIDGE CLUB:

Trident Hotel, 7pm.

KINSALE HARBOUR CRUISES:

Beyond Actons. 2pm, 3pm.

WED 4th SEPTEMBER

ARMADA:

Live music, 8,00pm.

BLUE HAVEN: Niall McCabe, 9pm.

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:

Beyond Actons.

2pm, 3pm. KINSALE TAEKWON-DO:

Scoil Naomh Eltin. Little Ninjas (4-6 yrs):

4.30pm-5.15pm. Juniors (7-12 yrs): 5.15pm-6.15pm.

Advanced Juniors: 6.15pm-7.15pm. 086 8220107

KINSALE TENNIS CLUB:

Autumn Fun Tennis Coaching starts today. Tiny Tennis, 3-4pm (full). Future Stars, 4-5pm

Teen Tennis, 5-6pm (full).

8 week course

WEST CORK HERITAGE & HISTORY TRAIL:

Leaves Kinsale at 9am, returns at 4.30pm. Email for itinerary: patoleary2@gmail.com Pat: 087 9904946

WHITE HOUSE:

Pet the Goose, 9pm.

THUR 5th SEPTEMBER

ARMADA:

Live music. .ma00.8

BLUE HAVEN:

Traditional Irish Music with Arundo, 9pm.

DERMOT RYAN'S

HERITAGE TOWN WALK:

10.30am

Tourist Office. DALTON'S BAR:

Trad. DON & BARRY'S

HISTORIC STROLL:

9.15am & 11.15am

Tourist Office.

HAMIFTS:

Niall McCabe & Mike

O'Riordan, 9.30pm. KINSALE

BADMINTON CLUB:

8.30pm-10.30pm.

St. Multose School. Drop in for a free taster session!

KINSALE HARBOUR

CRUISES:

Beyond Actons.

2pm, 3pm, KINSALE TENNIS CLUB:

Autumn Fun Tennis Coaching starts today. Future Stars, 5-6pm

8 week course

(full).

KINSALE TIDY TOWNS:

Meet at Car Park Church Square, 7pm.

WHITE HOUSE:

Two of a Kind. 9pm.

KINSALE & COLLEGE



Kinsale College Coláiste Chionn tSáile



DYNAMIC, FRIENDLY, SUPPORTIVE COLLEGE!

Guaranteed to put you on the road to employment or higher education!

QQI/FETAC LEVEL

- · Early Childhood Care & Education
- Outdoor Adventure Education
- Office Administration/Computers
- Professional Cookery
- Sustainable Horticulture/ Permaculture
- · Digital Media Production
- · Creative Drama & Theatre Arts
- Healthcare
- · Art
- TV & Film
- · English as a Second Language

Courses open to all ages! No CAO points requirement!

OPEN DAY

Friday 30th August

10am - 4pm www.kinsalecollege.ie

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- · Outdoor Leadership
- Business
- Film & TV Production
- · Drama: Advanced Acting Course
- Sustainable Horticulture/ Permaculture
- Advanced Health Services Skills
- · Art