

PSLC September News. 🍂

Now that we are settling back to the autumn / winter routines it's time to plan your sporting and healthy focus. The good news is the PSLC have something for everyone.



Have you seen our fabulous new gym MARTELLO FITNESS?

It's amazing. All Our teams have been so busy throughout the summer months transforming the old Martello room to its new look, top of the range GYM with the best of equipment and amazing views.

Matt is our new supervisor, and he has loads of classes and sessions planned for all age and sporting groups.

The old gym will still be used for classes and group sessions. So check it out and talk to Matt and his team.

The Pool is starting into another busy season with a huge selection of classes and free time for those who wish to do their own programmes. Some spaces still available check out our time tables and social media for more details .

The Tennis Club is starting up its Open Sunday Night Sessions again for those that might like to take up this very social sport. Checkout their website: www.portmarnocktennis.com or Instagram for more details.

Padel courts are as busy as ever so be sure to book in advance. There is good availability in the mornings and early afternoon if you want to try it out.

Portmarnock indoor bowling Club social games take place in the PSLC: 11am Tuesday mornings and 8pm Friday nights. There is free coaching and equipment is provided. New members always welcome.



The Badminton club as always is very active, they meet Mondays and Wednesdays at 8pm and you can try it out free in September, and did you know there is a group of ladies meeting every Thursday for a game and a social coffee afterwards. They are back after the summer and looking for new members. Check out PSLC Club's notice board for more details

We are delighted to welcome **ExWell** to the PSLC 3 times a week.



ExWell Medical is an established community-based chronic illness rehabilitation programme with a patient-centred ethos.

Founder and Medical Director Dr Noel McCaffrey has been providing supervised exercise classes and nutrition services to patients with a range of chronic illnesses since 2006. ExWell Medical is a not-for-profit company that has over 5,000 in-person patient visits per week, across 31 centres which illustrates the confidence it has gained from the HSE, hospital physicians and boasts a strong and steady referral base from local GPs and other allied health professionals. For more details Check out the website and video for more details www.exwell.ie

Après Coffee..Check out our September Special: Iced White Hazelnut Mocha



Relax and enjoy the new Après seating area it's just the place to catch up with friends and enjoy their amazing coffee.

Also available great selection of healthy treats as well as some indulgent ones !!!!

Remember seating also available upstairs in the Oakwood room and balcony.

Premier league, and all the big sporting events are shown in **the Bar**. Why not join us and maybe treat yourself to something off the Puck menu. Also we can cater for teams, small and large groups. Check in with our bar staff or the team in Puck.



Start your weekend off right with our Friday night bar bites, hosted by our food partner PUCK BURGER

And look out for our new midweek family meal deals launching this Autumn, perfect for after the after-school activities. Follow their page [@puckburger](https://www.instagram.com/puckburger) for further updates.

And remember If you are thinking of having of having a birthday party for the kids you cab book one of our five-a-side all-weather pitches and have Puck Burger to do you up some of their amazing food offers for afters...


Once again **Thanks** to everyone who paid their capitation fee for the year, it is **very much appreciated. These are now overdue.** Unfortunately, as you can appreciate members rates will be declined if the fee is not paid. The fee is a **very important revenue** for the PSLC. Just click on the link <https://payments.pslc.ie/> if you haven already paid.

Good news, Portmarnock has been granted €61,000 for our **Fingal Climate Action Grant** application which fully covers the elements we applied for: the double glazing of our windows, the energy efficient pumps for the plant room and E-Scooter parking racks. €9,000 of the grant is for to the Arch club for their community garden. And €10,000 is for Puck Burger's commercial food composter

Full marks also to **Fingal County Council** for the fantastic new all-weather pathway that runs from the PSLC all around the pitches at Woodlands. It makes a great walk/run plus you can finish it with a coffee at Après !

Finally, maybe you can help us. We currently have a number of vacancies on the Management Committee, please let us know if you have the skillsets that we need to help with IT, Marketing, PR or other areas that would be of help to your local vibrant PSLC. We would really appreciate if you gave it some thought and let us know if are able to give us a couple of hours of your time each month.

Remember all of our news is updated daily/ weekly on our webpage and social media with over 1800 followers on Instagram and 3.8k followers on Facebook

follow us: www.pslc.ie  [facebook.com/pslcclub/](https://www.facebook.com/pslcclub/)  [@pslcclub](https://www.instagram.com/pslcclub)

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