

# PSLC October News.



Everyone is keeping active!!!!

We have been very busy in the PSLC after the summer holidays and it's brilliant to see all ages keeping active and enjoying our fabulous facilities in the heart of the community.

Have you see our fabulous new Gym, Martello Fitness?

We recently caught up with our very busy Gym Supervisor Matt and here is what he told us.....



*"At Martello Fitness, we're constantly improving our services to enhance the member experience. We've recently introduced QR codes throughout the gym to provide quick and easy explanations on how to use the machines, ensuring everyone feels confident and supported in their workouts. For those looking for more personalized guidance, we also offer gym inductions, which can be easily booked through our online link.*

*Coming next week is a brand new class "StrengthX" early morning Tuesday 6am class that is a mix of Strength & Endurance with one of our coach's Ross*

*Our mission is to create a welcoming environment where members can achieve their fitness goals with the best possible support and resources."*

*click on the link for Gym Induction Bookings:*  
[https://calendly.com/martellofitness/gym\\_induction](https://calendly.com/martellofitness/gym_induction)



*or scan the QR code to access the Induction booking*

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. Did you know we have over 800 young people booked in for classes this year !!! check out our timetables 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 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.

**Après Coffee** ..Après has become the place to meet for a coffee, if it's after playing a sport, going for a walk along the new path around Woodland pitches or just catching up with friends. Also available great selection of healthy treats as well as some indulgent ones!!!! Remember seating also available upstairs in the Oakwood room and balcony. And check out Catherine's Halloween colouring competition!! We've had some great entries, making the judges task very tough, check out the colourful entries:



Remember Premier league, and all the big sporting events are shown in **the Bar**. Sign in at the Bar to our FanZone app <https://www.fanzo.com/en-ie/bar/125230/portmarnock-sports-leisure-club> and you can win lots of prizes and free pints. The Bar now opens on Wednesday and Thursdays at 5.00pm. 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 Dave and Bar team for more details.

Did you know that Puck Burger have a Midweek Family Meal Special available to eat in the Bar: 2 Adult Burgers, 2 Adult Fries *and* 2 Kids Meals all for only €45 (Wednesday & Thursday only)



and on Thursday and Fridays we run and Pint and **Puck burger** for only 13 euro!!

Keep an eye out on their offers.



If you're thinking of having of having a birthday party for the kids why not book one of our 5- a-side all weather pitches and you could use Puck Burger to do you up some of their amazing food offers for you afterwards.

Unfortunately, we have been hit with more antisocial behaviour by young teenagers that seem to think it's ok to target people with their fireworks. Last weekend our reception was attacked by these teenagers, luckily no one was injured but our door and floor were damaged. We have had to double our security at the weekends just to keep everyone safe. Gardai have been very supportive but there is only so much they can do.

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.

Remember all 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](http://www.pslc.ie)  [facebook.com/pslcclub/](https://facebook.com/pslcclub/)  [@pslcclub](https://instagram.com/pslcclub)

*PSLC..... 'The place to be'*