

PSLC August News...

The summer months can be very challenging for the PSLC, but thanks to your support we have been busy during June and July. Summertime can be a great opportunity to try something new, whether it's in the Pool, Gym, Tennis, Padel Tennis, catchup for a Coffee, a Drink or something tasty from our Puck menu.

Feedback from the new booking system and roll out of our Gladstone software has been very positive, yes there have been some bumps on the way as expected with any new system but thanks to everyone's patience and feedback it is progressing very well.

We are now launching our new App which you can add to your App store through one of the following links...

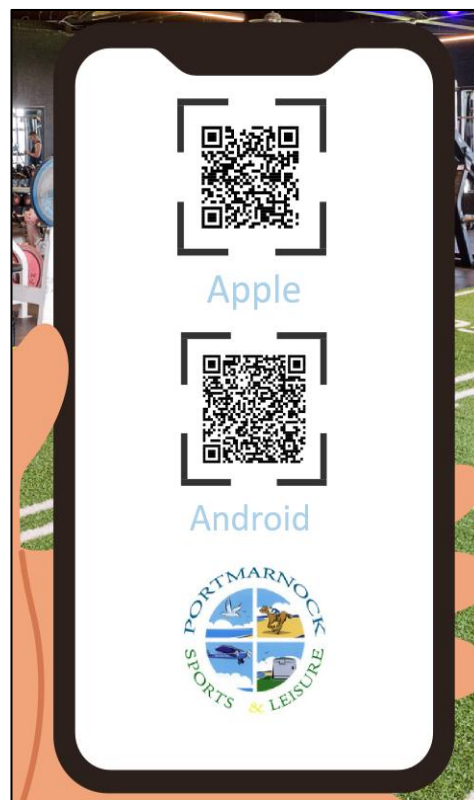
Apple:

<https://apps.apple.com/ie/app/portmarnock-sports/id6744327110>

Or Android:

https://play.google.com/store/apps/details?id=com.portmarnock.go.mobile&pcampaignid=web_share

Thanks to everyone who has paid their **Capitation and Membership fees**. This is a vital source of revenue to the PSLC, and payment ensures our members get the best prices and priority booking. You can check your account online through this link <https://pslc.gladstonego.cloud/auth/login> and make any overdue payments.

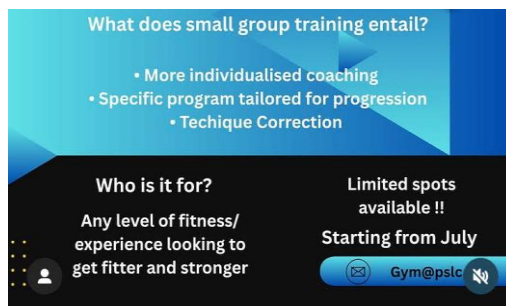



Martello Fitness

We hope you have been enjoying our classes and the amazing gym space! It's hard to believe we are nearly a year upstairs growing and building the **Martello Fitness** community. We have listened to feedback and have made changes over the year that we hope have positively impacted the gym, classes and your overall experience.

Our most recent project has been our downstairs studio. We have designed a **Spin Studio** that aims to create a fun yet challenging spin class environment.

Our **Small Group Training Studio** is up and running with the first of our groups now training hard and gaining confidence in the gym environment. **Small Group Training** is great if you are looking to improve your strength and have goals to work towards. We aim to scale our **Small Group Training**, offering more times and days in the months to come.



 **Coming soon to Martello Fitness** in the coming months, we hope to bring in Pre and Post Natal Classes many other exciting projects. We will be introducing a new exciting extra service very shortly 🤖. We will continue to create a positive gym and class experience for all our members and visitors.



PSLC Pool Update

As summer continues, there's no better place to cool off than at the pool! Whether you're planning a fun family day out or looking to keep your fitness routine on track, we've got plenty on offer this August for both members and visitors.



Family Swims Every Weekend

Our *Family Swim Sessions* run every Saturday and Sunday – a great way to enjoy time together in the water. These sessions are very popular, so we recommend booking **online in advance** to secure your spot!



Public Swim – Daily Availability

We have **loads of public swim sessions** throughout the week. Perfect for families, casual swimmers, or those looking to get a solid workout in the lanes. You can view the full schedule and **book all swims online via our new booking system**.



Swim Lesson Enrolment – for Members is open 11th August – 17th August and from Non Members from 20th -31st August

Enrolment details for our new swim term has been sent to all current paid up **Family** and **Basic Adult** members. Keep an eye out for the email to make sure you don't miss your chance to book early!

Full details are on the PSLC website: <https://pslc.ie/swim-lessons-enrolment-2025-2026>



What's Coming This Term:



- New class times added due to high demand
- Advanced Lane split into 3 tailored levels
- RLSS Rookie Lifeguard Programme (Bronze, Silver & Gold)
- Teen Team & Adult lessons continue



Reminders:

- **All swims and lessons must be booked online via HomePortal**
- Ensure your **membership and capitation fee** are up to date to receive priority booking
- Capitation/membership fee deadline: **August 1st** – don't miss out!

And finally, we hope you will us at PSLC for a charity fundraiser day on 24th August....

Thanks as always for your continued support. Remember all our news is updated daily/ weekly on our pages: www.pslc.ie  facebook.com/pslcclub/  [@pslcclub](https://instagram.com/pslcclub)

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