

PSLC February News

Is it ever going to Stop Raining !!!!

Don't worry we have you covered in the **PSLC**, we have been as busy as ever as all the new year resolutions are still going strong with clubs and members keeping healthy and preparing for the spring /summer events, competitions and Sunshine!!!

There is so much to do and something for everyone, check out our website www.pslc.ie and notice boards in the club for all the details of what's happening in the **PSLC** and associated clubs.

Martello Fitness has a whole range of fitness classes and programmes to suit all levels including the popular Hyrox workouts. Drop in and talk to the team and see what works for you.

And if you're not feeling too energetic, we always have our **Après Coffee** with seating upstairs and downstairs and of course takeaway if life too busy...!



The **Good News** is after the heavy rain in January we have finally got to start the ground works on our **3 New Padel Courts**. Fingers crossed weather permitting the project will be completed in April. This will give us availability on 5 courts which will give **PSLC** huge opportunities to develop the sport and encourage all ages and levels to enjoy the world's fastest growing sport.



Why not treat yourself to something delicious from the **PUCK** menu, and if you're planning a function big or small in the **PSLC**, **PUCK** have a whole range great food options to suit everyone.

Did you know **Puck** also do Home Catering with menus to suit all occasions?

Ideal for your family gathering and events including Confirmations and Communions.

Call in to see them for more details and how they can make your event hassle free.



<https://pslc.ie/assets/puck-foods/hot-mains.jpg>

<https://pslc.ie/assets/puck-foods/salads.jpg>

Or contact Aoibheann directly by email: aoibheann@puckburger.com



It's been great to see the Buzz in the Southern **Cross Lounge** during all the major sports events. Remember all the **Six Nations Rugby** matches, and big Soccer Games are all shown live. We also have a number of alcohol-free drinks including Guinness 00 & Heineken 00



Matches list here..

Round 2

Ireland v Italy
Saturday 14 February (14:10)

Scotland v England
Saturday 14 February (16:40)

Wales v France –
Sunday 15 February (15:10)

Round 3

England v Ireland
Saturday 21 February (14:10)

Wales v Scotland
Saturday 21 February (16:40)

France v Italy
Sunday 22 February (15:10)

Round 4

Ireland v Wales
Friday 6 March (20:10)

Scotland v France
Saturday 7 March (14:10)

Italy v England
Saturday 7 March (16:40)

Round 5

Ireland v Scotland
Saturday 14 March (14:10)

Wales v Italy
Saturday 14 March (16:40)

France v England
Saturday 14 March (20:10)

Remember all our news is updated daily/ weekly on our webpage and social media with over 2500 followers on Instagram and 3.8k followers on Facebook.



pslc.ie

[Facebook.com/pslcclub](https://www.facebook.com/pslcclub)



PSLC APP



Instagram for over 2.5k followers.