

PSLC October News...

Its Busy, Busy, Busy ...

We have exciting news in **Martello Fitness** this month as we launch our HYROX class on the 14th of October.

These classes are a mix of strength and cardio creating a tough but fun hybrid style of training. These classes are great if you are looking to take part in a HYROX or want to improve your fitness. Having a good base level of fitness is recommended but if you are a beginner, you can take it at your own pace.

We have a wide demographic of members which is one of the best parts of **Martello Fitness** and we encourage people of all ages to take part.

Our classes are adaptable for all levels and ages. Some classes that are particularly good for people of all ages are the likes of our Exercise dance to Retro Music, Pilates and Mobility. We are also planning to add a “**Parent and Buggy**” strength class onto our timetable in the last quarter of the year. This would be great for busy parents who are looking to strength train and improve overall strength. More info to come... ..



Halloween...

It has been disappointing to see the **Antisocial Behaviour** in the build up to Halloween.

It's very concerning to see fire works being targeted at the club outdoor courts, 5-a-side pitches and our Food partner Puck.

There have been some incidents which could have caused injuries. We have had to increase security, adding unnecessary extra costs to the PSLC as well as wasting Garda and Fire Services valuable time. If you know anyone who might be using are selling these fireworks, please point out the dangers to themselves and others and ask them to **Stop before someone gets hurt !**





We are delighted to be playing our part in the up and coming **Presidential Election**.

The **PSLC Sports Hall** will be used for the counting of votes in Fingal over the weekend of the 25th and 26th of October. Be aware the carpark will be busy that weekend so leave yourself extra time if your taking part in an activity in the club.

On the Social side we are as busy as ever. **Après Coffee, Puck & PSLC Bar** are catering for all your social catch ups, whether it's small or large functions, we have it sorted, and of course all the big sports events are shown live in the Bar. Great to see the buzz at the weekends with a real sense of community.

We know it's early to mention the Christmas word BUT if you are having a party or small get-together check out what's on offer from the Bar and our Food partner **Puck**.

Book early to avoid disappointment.....



We are in the process launching our Sponsorship package in the PSLC. This will offer some great opportunities for high profile advertising and help the PSLC to maintain our great community facility. Your Brand will also be featured on our Web page, Facebook over 4k followers and Instagram over 2.5k followers. Did you know we had 342,804 visitors attend the PSLC last year!!!

Here are some of the exciting opportunities available for Exclusive Sponsorship:

Padle Courts: Paddle is the fastest growing sport in the world and we have two of the busiest courts on the north side. And with plans to extend the facility this is a great time to get involved with your brand.

5-a-side pitches: The club has 3 outdoor **5-a-side pitches** they are used for training sessions and matches and are ideal for brand promotion opportunities.

Gym : We have a state-of-the-art Gym in the Club which provides fitness facilities such as group exercise classes, and personal training options. It is busy from 6 am until late in the evening giving your brand ultimate exposure.

Swimming Pool. Our swimming Pool is one of busiest in North Dublin and renowned for its high standard of lessons and training from young to seniors, it is fully used from 5am to 10pm with a variety of swimming activities including Water Polo, Aquafit, Swim Team, Triathlon Club, Lane swimming, Adult and Child lessons, all of which can be watched from our fabulous balcony overlooking the pool.....With 1,000 children attending swim lessons this year your brand will get maximum visibility from this activity alone.

Sports Hall. The club offers many wellness programs, promoting overall health and fitness among members. The Sports Hall also is host to clubs such as Basketball, Badminton, Pickle ball, Judo, Karate, and various Dance Classes. Your brand would be the exclusive sponsor.

If you think your company could help to support our Club, please reach out to us at info@PSLC.com

Stay Connected

For the latest updates, follow us on social media and check our website for schedules and announcements. We look forward to seeing you around the club this October.

Thanks as always for your continued support. Remember all our news is updated daily/ weekly on our pages:



pslc.ie



Facebook.com/pslcclub



PSLC APP



Instagram for over 2.5k followers.

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