

PSLC September News...

Where did that lovely Summer go?

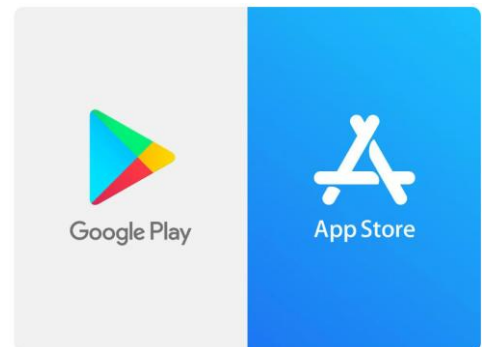
As the lovely summer draws to a close and we ease into autumn, we're excited to bring you all the latest updates, news, and upcoming events. September is always a busy month, with new programs kicking off, fresh faces joining us, and plenty of opportunities to get active and social.

PSLC App

If you haven't downloaded our new app go onto your App store through one of the following links...

Android:

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



Or Apple:

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

The PSLC APP will guarantee members get the best rates and priority booking.

Our new Gladstone software system is working well; we have had some bumps on the road but Thanks to Everyone for the very positive feedback which is helping us to resolve some of those early teething issues.

Pool Update

We're diving into a busy September at PSLC, and we're delighted to share some exciting updates with you!

● *Swim Lesson Enrolment – Huge Success*

Enrolment for the new term went brilliantly – we now have over 900 swimmers enrolled across the week! A big thank you to all our families for booking early and securing spaces. We're thrilled to announce that all Goldfish, Turtles, and Adult Swim classes are now full. Limited availability remains in other levels, so if you're still hoping to join, please keep an eye on HomePortal for cancellations or future openings.

● *Clubs & School Groups Returning*

September also marks the return of our clubs and community groups, and we're especially excited to welcome back local schools for their weekly swim lessons. Teaching children these vital life skills is a huge part of what we do, and we're proud to support our community in developing confidence and safety in the water.

● *Public & Family Swims*

Alongside lessons, we continue to offer *public and family swim sessions* throughout the week and on weekends. Don't forget – all swims must be booked online via GladstoneGo to guarantee your place.

So as you can see the Pool is busier than ever, and it's fantastic to see so many swimmers of all ages making use of our facilities. Thank you for your continued support – here's to another great term of swimming!

Martello Fitness

We want to welcome back everyone who may have been away over the Summer and a big welcome to our new members. The Summer has seen several exciting changes to Martello Fitness, including our new studio space downstairs, Have you seen it yet ? Have a look it's brilliant...

We are delighted with our New Scan In system and booking system for classes which will make booking your favourite classes easier and more efficient. We have also welcomed a new team member to the gym team, Daven he will be joining us from September as the new Senior Gym instructor.

We have HYROX classes starting over the coming weeks and Be Active Day on the 23rd of September which we will be marking with lots of fun

Remember that consistency is key to staying active. Try scheduling your workouts like appointments—you'll be more likely to stick with them.

If you need any help or advice on your fitness routine just ask us and we can take you through the many options and classes we have on offer.

.....*Happy training from the Martello Fitness team.*

Don't forget to check out all the Clubs and activities available at the PSLC on our Website you will find all their contact details there...so no excuse for not keeping active !!!

Tennis Club fundraising event

A big call out to the Tennis Club on their incredible fundraising event recently. It was a day full of activity for all ages, the event raised for over €17k for the Irish Cancer Society, please log on to the Tennis clubs website for all the news from the day. www.portmarnocktennis.ie

Après Coffee

Our café is as busy as ever, it is becoming the place to catch up with friends and enjoy the amazing coffee. We also have a great selection of healthy treats... as well as some indulgent ones!!!!

Remember seating is also available upstairs in the Oakwood room and Balcony.

PSLC Bar

Premier league is back! Remember all the big sporting events are shown in the Bar. Why not join us... and maybe treat yourself to something from the Puck menu.

Puck Burger

Having a party ? We have you sorted for your party needs big or small ... just ask the Puck and Bar team, and If you are thinking of having a birthday party for the kids why not book one of our five-a-side all weather pitches and you could use Puck Burger to do some of their amazing food offers for you.

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.

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 September. Here's to a fun and active autumn ahead!

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



pslc.ie



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



PSLC APP



Instagram for over 2.5k followers.

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