

PSLC Summer News.



Hope you're enjoying your summer and all the sporting activities that go with it!...

Once again **Thanks** to everyone who paid their capitation fee for the year, it is **very much appreciated**. If it has slipped your mind, we would be very grateful if you could pay asap at: <https://payments.pslc.ie/> Unfortunately and as, you can appreciate members rates will be declined if the fee is overdue.

The fee is a **very important revenue** for the club particularly going into the quieter months of the summer.

The quieter summer months also give us more opportunities for pool availability...

We have a **very special offer** available in July and August for **Pool Family Membership**.

You can avail of a special 8-week family membership

PSLC Members €80 / Visitors €150.

Family size is up to 4 people. Check out the **weekly timetables** to see what might suit you or your family. Times are also available on the website.

www.pslc.com



We also have intensive swim lessons from

1st- 5th July,
8th-12th July,
15th-19th July,
22nd-28th July
29th-July – 2nd August
6th – 9th August

Price:

PSLC Members €65
Visitors €75

for full details see website
www.pslc.com



Also available assistant swim teachers' courses in July on 13th, 14th, 27th and 28th of July.

Course content includes water confidence, front crawl, back crawl, techniques. Breaststroke/butterfly techniques, diving, and side stroke.

This course is an Accredited Certificate from Water Safety Ireland.
Minimum age is 16.



LEISURE TRAINING IRELAND

WATER SAFETY IRELAND

Assistant Swim Teacher Course

13/14/27 & 28th of July

VENUE Portmarnock Sport and Leisure Club
COST €495
TIME 10am-6pm
CONTACT info@leisuretraining.ie

PORTMARNOCK SPORTS & LEISURE



PORTMARNOCK SPORTS & LEISURE

SUMMER GYM MEMBERSHIP OFFER!

ENJOY SUMMER WITH OUR 2-MONTH GYM MEMBERSHIP DEALS!

- FOR ADULTS:
 - NON-MEMBERS: €100
 - PSLC MEMBERS: €70
- FOR OAPS/STUDENTS:
 - NON-MEMBERS: €70
 - PSLC MEMBERS: €55

VALIDITY: 1ST JULY - 31ST AUGUST

T Bonus: Avail of this offer and receive a €10 voucher to use on any annual membership in September!

Summer fitness offer

Our Gym is also expanding and will be using the extra space in the Martello Room soon . Also plans to improve the shower facilities in the gym over the summer.....



PORTMARNOCK SPORTS LEISURE

JUNIOR PADEL CAMPS

SPACE IS LIMITED Padel is the fastest growing sport in Europe!

AGES: 8-15 YEARS Registration Fee **€90**

4 WEEKS OF CAMPS IN JULY:

- WEEK 1: July 1-5
- WEEK 2: July 8-12
- WEEK 3: July 15-19
- WEEK 4: July 22-26

2 PM TO 4 PM DAILY

Coach: Alejandro Jimenez Duran

CONTACT: Debbie Brown
WHATSAPP: 087 096 6682

SIGN UP IN THE PORTMARNOCK PADEL APP

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If you're thinking of taking up Padel Tennis 'the world's fastest growing sport' why not take advantage of Padel lessons for private or groups, for all skill levels.

Also, there are a number of Padel camps for juniors available in July.

Contact Debbie on 0870966682 or RacquetsCoach@gmail.com

For all budding Wimbledon tennis players remember the Tennis Club will be running tennis camps and coaching sessions throughout the summer for all ages and standards. Check in with Joey or the Tennis Club for more details

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



New seating area at Après...

Have you checked out Après new sitting area, it just the place to catch up with friends and enjoy their amazing coffee. Also available new selection of healthy treats as well as summer drinks, ice creams and some indulgent treats!!!! Including this month's special... Fresh Strawberries with Cream...

Remember seating also available upstairs in the Oakwood room and balcony.





We have been very busy in the bar with all the big sporting events. Remember all the key events are shown....Catch up with all the action of the Euros, Wimbledon, Rugby, Olympics



and maybe treat yourself to something off the Puck menu. Also, we can cater for teams, small and large groups. Check in with our bar staff or the team in Puck.

Did you know on Thursday and Fridays we run a Pint and Puck burger for only 10 euro!! Keep an eye out on the offers.

Remember all of our news is updated daily/ weekly on our webpage and social media with over 1500 followers on Instagram and 3.8k followers on Facebook

follow us: www.pslc.ie  facebook.com/pslcclub/  [@pslcclub](https://instagram.com/pslcclub)

P.S.L.C. - 'The Place to be

