



# Adult & Teen Activities Programme

Enjoy the fresh mornings as you walk along the golden sandy beach and breathe in the salty sea air. Participate in some fun sporting events or venture on one of our many enjoyable day trips. Retreat to the Seaspa and immerse yourself in an oasis of peace and tranquillity. Each evening enjoy dinner and superb wine in the ambience of our Beaches Restaurant, followed by music and dancing in the Ivy Room.





# Adult Activities



## Sunday

12.00pm Sign Up for this Week's Sporting Activities & Day Trips in the McGonigal Room & also Meet with Tennis Coach Clyde Gatell

2.30pm Adults v Teenagers Rounders, please meet on the Soccer Pitch

4.30pm Adults v Teenagers Soccer, please meet on the Soccer Pitch

11.30am Badminton, please meet at the Indoor Courts

2.30pm Bowls, please check with the Aqua Club for venue

4.15pm Staff vs Residents Soccer, please meet on the Soccer Pitch

## Monday

Well-Being  
10.00am Morning Power Walk, please meet at main reception (40mins)

11.00am Aqua Aerobics in the top pool of the Aqua Club

5.30pm Boot Camp, please meet in the Gym

11.30am Croquet Draw and first matches, please meet on Croquet Lawn

2.30pm Croquet on the Croquet Lawn

## Thursday

Well-Being  
10.00am Morning Power Walk, please meet at main reception (40mins)

10.00am Boot Camp on the Beach

11.00am Aqua Aerobics, please meet in the Aqua Club

11.30am Crazy Golf Competition, please meet on the Patio

2.30pm Table Tennis, please meet in the Ivy Room

4.30pm Horse Shoe Throwing, Please meet on the Patio

## Tuesday

Well-Being  
7.15am Swim Fit, please meet in the Top Pool

10.00am Morning Power Walk, please meet at main reception (40mins)

11.00am Stretch & Tone, please meet in the Blue Room

11.30am French Boules, please meet on the stone court in the garden

2.30pm Kelly's Tennis Open, please meet at the Indoor Courts

4.30pm Snooker Competition, Please meet in the Snooker Room

## Friday

Well-Being  
10.00am Morning Power Walk, please meet at main reception (40mins)

10.00am Swim Fit, please meet in the Aqua Club

5.00pm Body Sculpt, please meet in the Gym

6.00pm Boot Camp in the Indoor Courts

11.30am Mixed Tag Rugby Match, Adult & Teenagers, please meet at the Indoor Courts

2.30pm Team Obstacle Course Challenge, please meet at the Indoor Courts

4.30pm Fun Table Quiz in the Ivy Room Extension

6.30pm Presentation of Prizes and Champagne Reception in the Ivy Room Extension/on the Patio (Weather Permitting)

## Wednesday

Well-Being  
10.00am Morning Power Walk, please meet at main reception (40mins)

10.00am Bum, Abs, Thighs, please meet in the Blue Room

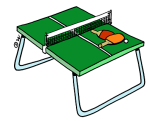
11.00am Swim Fit, please meet in the top pool of the aqua club

6.30pm Kettle Bells, please meet in the Blue Room





# Teenager Activities



## Sunday

- 11.30am Sign Up for this Week's Sporting Activities & Day Trips in the McGonigal Room & also Meet with Tennis Coach Clyde Gatell
- 2.30pm Adults v Teenagers Rounders, please meet on the Soccer Pitch
- 4.30pm Adults v Teenagers Soccer, please meet on the Soccer Pitch

## Monday

- 10.00am Horse Shoe Throwing Competition, please meet on the patio
- 11.00am Ultimate Beach Frisbee, please meet in the Aqua Club
- 2.30pm French Boules Competition, please meet on the stone court in the garden
- 4.30pm Beach Cricket, please meet in the Aqua Club

## Tuesday

- 10.00am Dodgeball, please meet in the Indoor Courts
- 11.00am Badminton, please meet in the Indoor Courts
- 2.30pm Tag Rugby, please meet on the Soccer Pitch
- 3.15pm Kickball Match, please meet on the Soccer Pitch
- 5.00pm Water Polo, please meet in the Top pool of the Aqua Club

## Wednesday

- 10.00am Bowls, Please meet James in the Ivy Room
- 11.30pm RugBall, please meet in the indoor courts
- 2.30pm Table Tennis in the Ivy Room
- 4.15pm Staff v Residents Soccer, please meet on the soccer pitch

## Thursday

- 10.00am Croquet, please meet on the Croquet Lawn
- 2.30pm Kellys Tennis Open, please meet at the Aqua Club
- 4.30pm Crazy Golf Competition, please meet on the patio

## Friday

- 11.30am Mixed Tag Rugby Match, Adult & Teenagers
- 2.30pm Team Obstacle Course Challenge, please meet at the Indoor Courts
- 4.30pm Fun Table Quiz in the Ivy Room Extension
- 6.30pm Presentation of Prizes in the Ivy Room Extension/on the Patio (Weather Permitting)



Our Health & Fitness Classes stated on the Adult Activities Programme are open to any Teenager over the age of 16

## Day Trip's & Excursions

**Adults:** Discover the beautiful sights of Wexford by taking a look at our Excursion Section on the Sports Board in the Aqua Club. If you fancy taking off for a relaxing afternoons drive or exploring the unspoilt sights of County Wexford, all the information you need for an enjoyable day is right here!

**Teenagers:** Please attend Sign Up at 11.30am in the McGonigal Room on Sunday with Ruth for all information on organised Day Trips or see James, your Activities co-ordinator.



# Dining & Entertainment



## Breakfast

Traditional 8.30am Beaches  
Buffet 8.30am Ivy Room

## Lunch

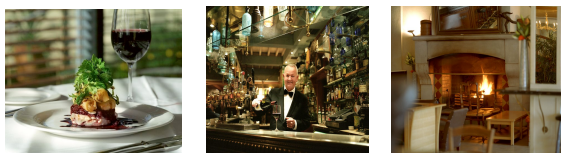
Luncheon 1.00pm Beaches  
Buffet 12.30pm Ivy Room

## Afternoon Tea

4.00pm Ivy Room

## Dinner

7.30pm Beaches



After dinner each evening, enjoy the following live entertainment in the Ivy Room:

- ❖ **Saturday:** The Kelly Band
- ❖ **Sunday:** Irish Coffee on the house followed Top Cats in the Ivy Room
- ❖ **Monday:** Nice n' Easy
- ❖ **Tuesday:** The Kelly Band with the Mary Dunne School of Dancing
- ❖ **Wednesday:** Derek & Louise
- ❖ **Thursday:** Ballroom Dancing with Live music from Nice n' Easy
- ❖ **Friday:** Top Cats

## Experience More at Kelly's...



## Kelly's Weekly Golf Competition

Enter our great 36-hole Golf competition, sponsored by Bewley's, to be played at Rosslare Golf Club and St. Helen's Golf Club.

There will be excellent weekly prizes. The overall winner each week will qualify for a playoff competition in Mount Juliet with the subsequent winner qualifying for an Irish Pro Am in 2012.

For more information please contact Mags or attend the Golfers meeting on Sunday morning in the Card Room.



## KELLY'S SUMMER TENNIS CAMP!



This Summer Kelly's will be offering an expanded Tennis Camp Program! Following the Success of Last Summer's Tennis, Kelly's will be offering Group Lessons throughout your stay (Minimum of 4 in any Group) for all ages. You can sign up for this great value offer on Sunday Morning at Sign Up or see the Aqua Club for more details.

Our LTA (GB) – Qualified Coach will provide 5 hour long lessons for €50 per person for the Camp.

Private Lessons are also available at a rate of €50 per hour.

All parts of your game can be improved and developed.

So whether you play regularly, or have never picked up a racquet, come & join.

Thank you for choosing Kelly's and we wish you a very enjoyable stay with us.  
*Management & Staff*