



KELLY'S  
RESORT HOTEL & SPA



*Spring Activities | 2018*

# Infinite Variety

Each Spring we offer a choice of interesting, informative and exciting activity and specific theme breaks at no extra cost, designed to make your stay with us even more enjoyable than usual. Increase your skills or expand your knowledge at one of our friendly, informal courses in the company of some of Ireland's leading specialists.

Whether you want to be active or just simply relax in our SeaSpa, you can look forward to a refreshing, revitalising and relaxing midweek break.



11 - 16 Feb	Dynamic Events Golf Clinics
18 - 23 Feb	Health & Mindfulness Midweek with Paula Mee, Karen Ward & Bibi Baskin Golf Clinics
25 Feb - 2 Mar	Cooking Demonstrations with Catherine Fulvio Golf Clinics
4 - 9 Mar	Wine Appreciation Golf Clinics
11 - 16 Mar	Improve your Bridge Golf Clinics
19 - 23 Mar	Garden Heaven Golf Clinics
25 - 29 Apr	The Gadget Man with Colin Baker Golf Clinics
8 - 13 Apr	Ballroom Dancing Golf Clinics
15 - 20 Apr	Health & Beauty with Barry Murray & TV's 3 Cathy O'Connor Golf Clinics
22 - 27 Apr	Home & Garden with Sandra Cosgrove/Floral Display Golf Clinics
29 Apr - 4 May	Painting with Orla Walsh Golf Clinics
7 May - 1 Jun	May Great Golf Getaway Golf Clinics



## Vouchers for those Special Occasions

Put a smile on someone's face with a Kelly's Voucher...

- A relaxing break
- La Marine Bistro or Beaches Restaurant
- A soothing massage in SeaSpa
- A beautiful Espa OR Caudalie Gift Set

Online Gift Vouchers available at [www.kellys.ie](http://www.kellys.ie)



# Dynamic Events

11 - 16 FEBRUARY



This special outdoor pursuits midweek features a variety of fun activities and sport of all types, for all ages!

- Tag Archery
- Air Rifle
- Obstacle Course
- Crazy Golf
- Enjoy a walk on Rosslare's Sandy Beach

A midweek to remember with good healthy fun!

**Monday to Thursday**

Be part of our walking Family Treasure Hunt around Rosslare. Great Family Fun with superb prizes.

# Health and Mindfulness

18 - 23 FEBRUARY

## 360 DEGREE WELLNESS A WHOLE LIFE APPROACH

with Registered Dietitian Paula Mee  
and Holistic Counselling Psychotherapist  
Karen Ward.



What does it mean to you personally? Our co-hosts, Karen and Paula talk you through the five pillars of 'A Whole Life Approach to Wellness' and explore the holistic nature of health.

Paula will use the 'Wheel of Nutrition Satisfaction' and Karen the 'Wheel of Life' to provide you with unique insights, thoughts and perspectives into the power of our habits and beliefs.

**Monday to Wednesday 11am - 1pm & 4.30 to 6pm.**



**Bibi Baskin** was the first woman in Ireland to have a TV chat show of her own. Her career also brought her to the UK where she presented both radio and TV for the BBC and ITV. Throughout this time she developed a significant interest in the Indian system of Wellness, Ayurveda. And so she went to Kerala, south India, to learn more. She spent a total of fifteen years there where she owned and managed a heritage hotel which also featured Ayurveda.

She has returned to Ireland and gives Motivational talks around the country on the subject of inviting change into your life and illustrates how she coped with this on her varied career path. Her talks also include an emphasis on Wellness, Mindfulness and other aspects of healthy living.

She will lead a Wellness tour from Ireland to Kerala in March 2018. Join Bibi as she talks about her wonderful career to date.

**Thursday 11am - 1pm**



# Cooking Demonstrations

25 FEBRUARY - 2 MARCH

Making everyday exceptional in the kitchen, **Catherine Fulvio** has the ability to create doable and delicious recipes to be enjoyed by friends and family for all occasions. With her Irish blood and her Italian heart Catherine has made the connection between food and friends for many.

Growing up on a working farm in Ireland, Catherine has a strong connection with food and the land. She is now an award-winning author, TV Chef, cookery tutor and proprietor of Ballyknocken House & Cookery School in Co. Wicklow. Following the success of her first cookbook, Catherine's Italian Kitchen, and two TV series, Catherine's Italian Kitchen and Catherine's Roman Holiday, she is now a household name and one of Ireland's top television culinary stars.

Executive Chef of Kelly's **Eugene Callaghan** won Roux Brothers "Chef of the Year" award in 1991. He gained invaluable international experience in Belgium, Switzerland, France and at Roscoff's in Belfast before taking over the role at

Kelly's Resort Hotel. Learn how tasty bistro style dishes can easily be accomplished at home.

**Stephane Rochard** is a talented French Pastry Chef, who has vast experience from working in France at many Gastronomic Restaurants. He will show you his passion for being creative while turning simple desserts into a work of art. Stephane has recently taken over as Head Chef in our new Cafe "Kelly's Cafe"

**Eugene Callaghan**  
Monday 11am - 1pm

**Catherine Fulvio**  
Tuesday & Wednesday 11am - 1pm

**Stephane Rochard**  
Thursday 11am - 1pm



# Wine Tasting

4 - 9 MARCH

## **ERIC FOREST** Pouilly-Fuissé

Eric now runs the vineyards that have been passed on from father to son for eight generations. Eric Forest produces five exclusive vintages of Pouilly-Fuissé, Saint-Véran and Macon-Vergisson on plots of vines planted between 1930 and 1979. Eric's grand-father, who possesses a vast knowledge in nature and biodynamics, has greatly influenced his approach to wine making. His wines are personally bottled using gravity and often unfiltered. As a passionate winemaker, he brings the utmost care and attention to all stages of the winemaking process. Eric has a deep understanding of his region and his terroir, and he makes tiny quantities of Macon Vergisson and Pouilly-Fuissé which are characterised by great precision of flavour. A tasting not to be missed.

**Monday & Tuesday 6pm - 7:30pm**

## **DOMAINE MONTIRIUS**

Join us for a tasting of Domaine Montirius, it is one of the stars of the appellation, and deservedly

so, judged by the care afforded to its wines by Christine and Eric Saurel. They represent the fifth generation to work this 57 hectare domaine in the heart of Vacqueyras which includes wines from Gigondas and Vacluse also. Their property is now farmed entirely by biodynamic principles.

Labour-intensive and rigorous, low yielding old vines on optimal soil provide the perfect raw materials, and a careful three week maceration allows the full expression of the terroir. Their patient methodology is rewarded with superb expressions of terroir, described by Christine as 'vins lumineux'.

**Wednesday & Thursday 6pm to 7:30pm**

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## **WEDNESDAY EVENING WINE TASTING DINNER:**

Special Wine Tasting & Dinner which will provide interesting food and wine combinations. Limited availability.

Cost €35 per resident (meal included in hotel full & half board packages).



## Improve your Bridge with Rory Boland 11 - 16 MARCH



Join **Rory Boland**, International Bridge player, for an exclusive midweek break. The morning classes will cover both bidding and play, ideal for the bridge improver. Competitions will be held in the afternoon with

hand-records, and a short discussion after play (plus prizes from Kelly's famous wine cellar for the lucky winners!). The perfect way to brush up on your bridge.

### Play and Learn Workshops

About half the session is given over to dealt hands, the other half is used to discuss the bidding and play with Rory. Players of all levels will receive enormous benefit from these sessions. Excellent daily prizes and fun. Rory will be available throughout the week for informal advice.

Bridge Competition/Discussion  
**Monday - Wednesday 3.30pm - 6pm**

Classes for Improvers  
**Monday - Thursday 11am - 12.30pm**

### Novelty Individual

Short, fun competition playing with many different partners.

**Thursday 3.30pm - 5.30pm**

### 3-DAY MIDWEEK GOLF BREAK

Dinner, Bed & Breakfast with  
2 Rounds of golf

**€395**

p.p + 10%  
service charge.





# Garden Workshops with Dermot O'Neill

19 - 23 MARCH

## 3-DAY MIDWEEK GOLF BREAK

Dinner, Bed & Breakfast with  
2 Rounds of golf

**€395**

p.p + 10%  
service charge



Join **Dermot O'Neill** one of Ireland's best loved gardening personalities, this midweek for some useful gardening hints and tips. Dermot is the editor of Ireland's premiere gardening magazine

Garden Heaven and is presenter of many gardening programmes on television including "Dermot's Secret Gardening". Dermot's lively and enthusiastic approach is a major factor encouraging many to take up the hobby of gardening. Bring some pictures of your own garden for advice during the question and answer session.

**Tuesday to Thursday 11am - 1pm**





## Passion for Gadgets with Colin Baker

25 - 29 MARCH



**Colin Baker** is TV3's very own gadget guru. Colin has been keeping Ireland AM viewers up to date with all the latest in tech news since 2002: from the very first iPhone to today's latest tablet; Colin has covered it. Keep up with our

Gadget Guru as he reviews all the latest gizmos and gadgets in his own unique style to make the latest technology more exciting and informative. Learn the basics on how to get the most out of your iPhone or iPad, etc. this midweek.

**Monday to Thursday 11am - 1pm**

### 5-DAY GOLF BREAK

Dinner, Bed & Breakfast to  
include 2 rounds of Golf

From **€600**

p.p + 10%  
service charge.



# Ballroom Dancing with Flora Millar

8 - 13 APRIL

## SUNDAY & THURSDAY TREAT

Dinner, Bed & Breakfast  
with 1 hr Espa  
Spa Treatment  
(Facial, full body massage  
or reflexology)

€165<sup>pp</sup>



Flora Millar is one of Ireland's best known and experienced Ballroom Dancing teachers. She is the recipient of the coveted Carl Alan Award (the Oscar of Ballroom

Dancing). Ballroom Dancing is fun to learn and Flora has the proven ability to make it easy and enjoyable. Each year Flora attracts a huge following of dancers to Kelly's, from beginners to the more advanced there is something for everyone. Learn to Waltz, Foxtrot, Tango, Quickstep, Rock & Roll, Cha Cha Cha, Mambo and Salsa.

**Monday to Thursday 10.30am - 1pm**

**Tuesday - Thursday 11am - 1pm  
& 3.30pm - 6pm**



## Health & Beauty

15 - 20 APRIL

### Caudalie Beauty Workshop

The French beauty sensation, Caudalie has found it's way to Rosslare having just arrived EXCLUSIVELY at the award-winning SeaSpa at Kelly's Resort. Caudalie have used years of acquired wisdom about the amazing anti-oxidant powers of the grapevine and grape polyphenols to bring you an effective beauty range designed to have exceptional benefits for the skin. Join the Caudalie experts for an overview of this wonderful product and try it first-hand.

**Monday 11am - 1pm**

### Barry Murray

**Barry Murray** is a Performance Nutritionist with a BSc in Chemistry from University College Dublin and an MSc in Sports & Exercise Nutrition from Loughborough University. He uses a modern approach to nutrition for optimizing both health and performance. He has developed his own system over several years of his own research

Join us on Thursday evening after dinner for a fashion show extravaganza hosted by Cathy O'Connor. Fashion by some of Wexford's elegant boutiques.

and practice that improves endurance, power/weight, recovery while also improving the individual's overall health. This works for any level of athlete from beginner to professional.

**Tuesday 11am – 1pm**

### TV's Fashionistas

Stylist **Cathy O'Connor**, who is a regular contributor on TV3's Xpose and Ireland AM, will be on hand to offer you tips to develop your personal style. **Lorraine Browne**, Hairdressing Supremo, whose work you will have seen in Ireland's glossiest magazines will offer tricks of the trade on how to create catwalk looks at home. **Derrick Carberry**, the favourite Make-up Artist of many of Ireland's most stylish women, will teach you how to devise a professional make up look that will work for you this season.

**Wednesday & Thursday 11am - 1pm  
& 4.30pm - 6 pm**

# Brighten up your Home and Garden with Sandra Cosgrove

22 - 27 APRIL



Well known Irish garden designer **Sandra Cosgrove** will share her extensive knowledge and passion for gardening. Using an innovative hands-on approach, Sandra will communicate both her

natural talent, design flair and garden skills and will share her portfolio of wonderful garden rooms over the course of the week. A firework display of spring bulbs together with her showcase of gardens with “year round interest” atmosphere will feature strongly providing our guests with inspirational workshops which will leave them departing with renewed enthusiasm for the challenges of their own gardens.

**Monday, Tuesday & Wednesday 11am - 1pm**

## Floral Display



Ever wonder who is responsible for the wonderful flower displays at Kelly's Hotel, well today is your lucky day! **Sheelagh Malone** is ready to share her tips about creating the perfect floral

displays. Sheelagh's modern displays adds important accents to the hotel atmosphere. The compositions adapt seasonally and at the same time initiate a link between indoors and the outdoors. This session will provide guests time to enjoy her experience and knowledge with in-house spring flowers at this hands-on workshop.

**Thursday 11am - 1pm**



## Painting Classes

with Orla Walsh **29 APRIL - 4 MAY**



Orla Walsh is famed for the Ketchup Collection, which features the iconic Heinz bottle on a variety of quirky, colourful backgrounds, from Space Invaders, Donuts to Flying Toasters. Having tried

to sell her first six ketchup paintings on the railings of St Stephens Green in Dublin, a senior Heinz executive spotted them, and, within a week, Orla got a call from the Corporate Lawyer from Heinz Ireland, Richelle McCarthy, asking if the Heinz could buy the stylised ketchup paintings for their World Head Quarters boardroom in Pittsburgh, where they still hang today.

Orla Walsh has gone on to create sought-after painting collections, regularly turning popular brands like Heinz Ketchup, Guinness, Tayto Crisps and Jacobs into iconic art images. Widely acclaimed for her quirky style and creative execution, Orla Walsh's paintings are included in many private Irish art collections, and her original work is also owned by a wide range of celebrities from rock, pop and movies stars to international sports stars around the globe.

**Monday to Thursday 11am - 1pm**





## May Great Golf Getaway 7 May - 1 JUNE

### May Golf Academy with Rosslare's Golf Pro Jamie O'Sullivan

The Kelly's Hotel Golf Academy reflects Kelly's dedication to golf offering a refreshingly original, simple and effective coaching system. It also offers mental workshops, custom fit advice and great practice facilities. Since opening in 2007, the academy has become a centre of excellence, with a mission to provide every golfer, from beginner to advanced, with the knowledge they need to improve all aspects of their game. The golf clinics will take place in Rosslare Golf Club.

**Monday:** Assessment of individuals, become brilliant at the basics. Learn how the tour players set up, it guarantees up to 20 metres longer off the tee through grip, posture, adjustment & ball position.

**Tuesday:** Learn how 5 minutes practice a day will lead you to consistent golf and amazing improvement, when you possess the correct knowledge i.e. "The Full Swing".

**Wednesday:** Learn and understand golf scoring shot

- the finesse shot. Learn from 25 - 75 metres to always be in, in 3 maximum
- Clubs 9/pw/sw. Learn stance, method and distance control.

**Thursday:** Putting is often neglected, but accounts for 45% of your game! Learn grip, stance and method. Then learn how to read the line and feel the pace. Bunker and chipping also covered.

Golf Fees  
from  
€25

# Spring Holiday Tariffs

## 5 DAY MIDWEEKS Including special 4 day breaks

Spring	Days	Price per Person Dbl/Twin sharing
11 Feb - 16 Mar	5 (Sun-Fri)	€610
19 Mar - 23 Mar	4 (Sun-Thurs)	€520
25 Mar - 29 Mar (Pre Easter)	4 (Sun-Thurs)	€525
2 Apr - 6 Apr (Easter Break)	4 (Mon-Fri)	€610
8 Apr- 4 May	5 (Sun-Fri)	€620
7 May - 11 May	4 (Mon-Fri)	€525
13 May - 1 June	5 (Sun-Fri)	€645
4 June - 8 June	4 (Mon-Fri)	€530
10 June - 22 June	5 (Sun-Fri)	€650

## 2-DAY WEEKENDS & BANK HOLIDAYS

Spring	Days	Price per Person Dbl/Twin sharing
**9 Feb - 24 June	2 (Fri-Sun)	€330
16 Mar - 19 Mar (St Pat's)	3 (Fri-Mon)	€475
* 29 Mar - 2 April (Easter)	4 (Thurs-Mon)	€670
* 4 May - 7 May (May Day)	3 (Fri - Mon)	€475
* 1 - 4 June (Whit)	3 (Fri-Mon)	€475

All tariff rates shown are inclusive of VAT, subject to 10% service charge in lieu of gratuities. Single occupancy of double rooms is 1/3 supplement. \*includes bank holidays \*\*except bank holidays

## SUITES

Spring	Mid-week	Weekend
Crozier & O'Malley Suites	€110.00	€130.00
Junior Suites	€30.00	€50.00

Suite supplement per room, per night.

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www.kellys.ie SeaSpa Tel:053 9132626 seaspa@kellys.ie

Prices include: Lunch, Dinner, Bed and Breakfast, afternoon tea and cakes, nightly entertainment, activities, sports and special interests, with moderate charges for beauty facilities.

\*Includes Bank Holidays

\*\* Except Bank Holidays

Tariff rates are shown inclusive of VAT. Subject to 10% service charge in lieu of gratuities.

## Vouchers for all Occasion



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