



ACTIVITIES & FIXTURES

JULY 2026



GOLF



- Every Monday **Ladies 9H Stableford**
- Every Wednesday **Junior 9H Mixed Stableford**
- 5th Sunday 18H Mixed Stableford
- 12th Sunday 18H Mixed Stableford
- 15th Wednesday **Captain's Prize** Junior 9H Mixed Stableford
- 19th Sunday **July Monthly Medal** 9H Mixed Stableford
- 26th Sunday 18H Mixed Stableford

TENNIS

Dunmore East Tennis Club

- **Non members** green fee €10
- Visit www.detc.ie to book



THE HOT POD



Sauna Session

Dip in and out during your 30 minute slot
16+ years only | Up to 8 people per session
€10 per session

Visit www.thehotpod.ie/book-online to Book

THE FITNESS BEACH BUM

The Harbour - Dunmore East.

With weekly availability from €15 per class
Visit: www.thefitnessbeachbum.com to Book



HILLTOP CAFE BAR



Good Coffee + Great Views

Serving **Btwenty7** coffee, light bites, smoothies & refreshments. Enjoy stunning clifftop sea views & outdoor seating.

YOGA + SUP

Bluemind Wellness Nervous System Reset Retreats - Dunmore East

Visit www.bluemindwellness.ie to Book

Yoga with Bo

Wednesday:

- 1.30pm Lunchtime Chair Yoga
- 6pm Deep Stretch Yoga *all levels*

Thursday:

- 6pm Strength and Conditioning Yoga *all levels*
- 7.30pm Yin Yoga

Sunday:

- 10am Deep Stretch Yoga *all levels*

Classes are €15 each @ Bluemind Wellness Studio

SUP - Stand Up Paddleboarding

- Daily sessions in Dunmore East

Contact Lee to Book: 086 796 5973



COUCH2CAVE SWIM COMPANY

Open Water Swim Classes

Beginners (Level 1):

Wednesdays @ 6.15pm
Saturdays @ 10.45am

Kids Swim Camp:

Week of July 13th
Monday-Friday

Level 2:

Wednesdays @ 7pm
Saturdays @ 11.30am

Level 3: Saturdays @ 12.30

Contact Rachel for more info: 086 6041300

