

# ARENA

SPRING NEWSLETTER 2010



**MARDYKE  
ARENA**

UNIVERSITY COLLEGE CORK

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## WELCOME

On behalf of the management and staff at the Mardyke Arena UCC, I am pleased to welcome you back. As you will see, the Arena has had a 'fresh makeover' where virtually the entire ground floor has been refurbished. So it's a new beginning for all of us!

We really appreciate your support and patience over the past 3 months, and thank you most sincerely for 'staying with us'. The past is very much the past. We're now looking forward to a bright future and helping you to make the best of your membership at the Arena.

Our Arena Newsletter, which coincides with the re-opening of the Arena following the floods of November 2009, is packed full of information and programmes geared to help you live a healthy lifestyle, and

provide you with the energy to live life to the full.

Our programmes and activities cater for all age groups, and our staff are looking forward to supporting and helping you to achieve your goals. With over 70 fitness classes each week - from yoga and pilates, adult and children's swimming lessons, dedicated lane-swimming times, gym programmes, active retirement programmes, children's camps, squash, badminton to wall-climbing and much more - the Arena truly is the place to get fit, stay fit, relax, de-stress and enjoy.

**Enjoy life to the full.....  
we promise we will help you!**

**Patsy Ryan**  
General Manager  
Mardyke Arena UCC



## Children's swim lessons at the Mardyke Arena UCC

### Give your child a skill for life

Over 500 children have 'graduated' from our swim lessons programme over the past 3 years. Places are much sought after, and the Arena has become recognised for the quality of the teaching provided and programme excellence.

Swimming lessons for children re-commenced on Monday 15th February and are ongoing. However, as a result of the disruption due to flood closure, children's lessons are currently reduced to a 9-week programme instead of the normal 12 weeks. One more 9-week programme will take place before the summer break. Enrolment will commence on the 29th of March for those on the current course. Children who are not on the current course can enrol from the 20th of April.



“ As a family, we have been attending swimming lessons at the Mardyke for the past 4 years. I attended adult swimming lessons last year as I couldn't swim at all and was afraid of the deep end. I can now swim the length of the pool, thanks to the guidance and tuition of the swimming coaches.

Mary, my daughter, started at 4 years of age. In the beginning, she wouldn't put her chin in the water let alone her face. She has now progressed to level 5, doing lengths of the pool and loves every moment of it.

John, my son, started pre-school swimming at four also. Like Mary, he didn't like the water at all. He was a bigger challenge as he was giddy and liked to play a lot, and his concentration span was short. Thanks to a very patient swim instructor, he's now in level 3, progressing very well, and he loves it too.

I have found the staff at the Mardyke very approachable, helpful and accommodating, and most of all very, very patient!

”

**The Mullan Family** – Honoria, Mary and John

## Adult Swim Lessons

**Go for it in 2010 - learn to swim at the Mardyke Arena**

Lessons for adults, from beginners to advanced, are now back in full swim. The next enrolment date for the next course of adult lessons is the 16th March. The new course will commence on Tuesday 13th April, Wednesday 21st April and Thursday 15th April. Lessons normally take place on Tuesdays, Wednesdays and Thursdays.



## NEW FOR 2010 - Parent And Toddler Swim

**Let your toddler learn to love the water with you by their side.**

Parent and toddler classes will commence in the Mardyke Arena on Tuesday 16th March. Classes will run on a pay-and-play basis, and must be pre-booked up to 1 week before they begin. The class will take place every Tuesday morning from 10-10.30am - €8 for non-members; free for members.

**Places are limited, so it's best to book by calling the Arena Reception Desk on 021 4904751.**

## NEW TO THE ARENA - SwimFit

**Do you like to swim and want to improve your fitness levels? Then try our new programme, SwimFit.**

SwimFit is an exercise and fitness programme created by Swim Ireland for the pool. Designed for those who can already swim - masters or triathletes - the main focus of the programme is to develop endurance and the cardio vascular system. SwimFit aims to get the best out of you and your training while ensuring you enjoy the journey along the way.

### **How do I sign up for this programme?**

You can sign up by approaching one of our lifeguards who will happily discuss the programme with you and get you started at a level that suits you.

### **What does the programme involve?**

The programme consists of three progressive levels ranging from 500m to 6000m. Each level is broken down into distances of 50-100m. There are 2-4 workouts or sessions for each distance, and the programme consists of 64 workouts per level.

### **What is the cost of the programme?**

The programme is free for members.



## School tours 2010

**Our school tour programme takes place throughout the month of June.**

At this stage, the programme is almost 90% full for this year, with over 2,500 school children expected to visit the Arena in June. If your school is interested in including the Arena on their school tour, then contact Nora at [n.aherne@ucc.ie](mailto:n.aherne@ucc.ie) or on **021 4904762**. There is a full brochure available on our website [www.mardykearena.com](http://www.mardykearena.com)

## Children's multi-activity camps

**The Easter holidays are approaching fast, so book a place for your child now.**

Next-up for children, is our popular Easter Camp which will take place this year from Tuesday 6th April to Thursday 8th April. Children who had enrolled for our Christmas Camp, but were let down because of the flood, will be accommodated in our Easter Camp. Places are limited so, to avoid disappointment, bookings should be made without delay.



Visit our website: [www.mardykearena.com](http://www.mardykearena.com)

## Summer Camp 2010

### CAMP TASTER SESSIONS AVAILABLE IN APRIL

**Not sure which camp to book this summer? Then come to one of our taster sessions. You'll be impressed.**

Our children's Summer Camp will run throughout the summer of 2010. This year, for the first time, we will be holding Summer Camp open days, which will provide you with a taster of the programmes and activities available to your child during camp weeks. Parents are invited to enrol their children for one of the taster sessions on offer, and then to observe the children's play, the excellence of the facilities and the professionalism of the Arena staff. The Arena children's Activity Co-ordinator, Nora Aherne, will be available on the day with key staff to answer any of your questions. Taster sessions last just 90 minutes and will take place on Sunday 11th and Sunday 18th April. Taster Sessions are FREE!

To book your child's place on one of our Free Summer Camp Taster Sessions, please phone the Arena Reception Desk on 021 4904751.

## Children's Birthday Parties At The Arena

**Book your child's birthday party at the Arena - a safe and friendly environment for your child and their friends!**

With climbing wall, swimming pool, multi-sport activities and lots more, it's great fun too. Available every Saturday and Sunday.



## Professional courses available at the arena

### Pool Lifeguard

[ Course accredited by RLSS ]

#### Learn how to save a life at the Mardyke Arena UCC.....

The RLSS Pool Lifeguard Course will be held on consecutive Sundays for 5 weeks. The next course is starting on Sunday April 11th 2010, and places are limited so book now to secure yours.

### Swim Teacher

[ Course accredited by Swim Ireland ]

#### Enhance your professional profile by qualifying as a swim teacher at the Mardyke Arena UCC....

Swim Ireland accredited Level 2 full swimming teacher courses are also available at the Arena. The next course starts on 19th March 2010 and runs for 3 consecutive weekends - Friday, Saturday and Sunday. Only a few places remain, so book now to secure.

### National Qualification in Exercise, Health Studies & Personal Training

[ Course accredited by NTC ]

#### Become a Certified Fitness Professional in 2010-2011 at the Mardyke Arena UCC.....

The National Qualification in Exercise, Health Studies and Personal Training is the only complete fitness instructor and personal training qualification in Ireland. It is an 18-week course and its accreditation by the European Health and Fitness Association (EHFA) demonstrates that it meets the minimum standard as agreed by the fitness industry in Ireland and throughout Europe.

The current course started on 20th February 2010 and is fully booked. The next course is starting at the Mardyke Arena on September 4th 2010, and places are now available for booking.



### Neuromuscular Therapy

[ Course accredited by NTC ]

#### Learn how to treat pain and injury at the Mardyke Arena UCC....

The National Qualification in Neuromuscular and Physical Therapy is a part-time programme, available at the Mardyke Arena UCC, which qualifies successful graduates to offer soft tissue and muscular intervention to the general public. A 15-month part-time programme, one weekend per month for 15 months, it leads to qualification as a Neuromuscular Physical Therapist and Sports Massage therapist.

The current course started in October 2009 and is fully booked. The next course is starting on the 18th September 2010 and places are now available for booking.



## Energise Your Life Programme

**Unique to the Arena, it's considered one of the best programmes of its type in the country, but don't just take our word for it!**

Over 55 and in need of an energy boost, then the Energise Your Life programme at the Mardyke Arena, Monday to Thursday between 9.30am and 12.30pm, could be just what the doctor ordered?

You choose what activities you would like to take part in - from swimming and aqua aerobics to line dancing, belly dancing, yoga and pilates, and lots more. Add in the social aspect - the tea, coffee and the chat, and you'll agree that the Arena is the place to be.



"To fitness and friendship"

“ Like a home from home  
**Marian, Betty and Joan**

We missed it so much – thrilled to be back

**The two Marys**

”

## GP Referral Programme

**Looking for an exercise programme to help with the treatment of a health or medical problem? Then ask your G.P. about our G.P. Referral Programme.**

The G.P. Exercise Referral Programme provides a safe pathway for people with various health problems by helping them to become more active and healthier as a result. The programme lasts for twelve weeks. For best results, you should commit 1-2 hours per week to your activities.

Our coordinators will monitor your progress over the 12 weeks and make any changes that you or they feel necessary.

For more information, ask your G.P. or visit [www.mardykearena.com](http://www.mardykearena.com)

## Pilates

**Feel like improving your balance, co-ordination and circulation? These are just some of the many benefits you can expect to enjoy when you enrol on one of our Pilates courses.**

Using controlled and fluid movements, Pilates develops the body uniformly. It corrects posture, restores physical vitality, invigorates the mind and elevates the spirit. Courses run for 6 weeks and there are three different levels, which cater for everyone from beginner to mixed and improver. The next course starts on April 12th 2010.



For bookings & details, visit: [www.mardykearena.com](http://www.mardykearena.com)



Stretch for Success with Mardyke Yoga

## Massage

**Need to de-stress after the February Freeze? Relax and unwind with a massage at the Arena.**

Book now and enjoy our special 'Welcome Back' offer - a one-hour massage for just €35. Offer valid for appointments booked for March. To book an appointment with Sarah, just call reception on **021 4904751**.

## Fitness Classes

**Thinking about the summer holidays? Find a fitness class that suits you today at the Arena.**

With an impressive selection of classes on offer, just take a look at the chart below to see what's available on an average day.

Aqua Aerobics	Pool	11.35 - 12.05
EYL Pilates	Dance Studio...	11.45 - 12.45
Spin Peaks	Multi-Purpose Room	13.10 - 14.00
Peak Abs	Multi-Purpose Room	14.00 - 14.15
Student Hatha Yoga	Hospitality Suite	18.00 - 19.00
Total Tone G	Dance Studio	18.10 - 19.00
Total Body Circuits	Circuit Gym	18.10 - 18.40
Pilates	Hospitality Suite	19.00 - 20.00
Aqua Attack	Pool	19.10 - 20.00
Step 'n Tone	Dance Studio	19.10 - 20.00
Pilates	Hospitality Suite	20.00 - 21.00
Spin Peaks	Multi-Purpose Room	20.10 - 21.00

## Stretch for Success with Mardyke Yoga

**Breathe your way to fitness! Better breathing is one of the skills you will learn when you enrol on one of our yoga courses.**

The benefits of yoga to your wellbeing, both physically and mentally, can be life-changing. We run 6-week Hatha and Ashtanga yoga courses throughout the year, and the next is starting on April 12th 2010.



Spin to win at the Mardyke

## Nosh+Coffee

**Wind-up your workout with a coffee and a bite to eat at Nosh+Coffee at the Mardyke Arena**

Great coffees, good food, a relaxing atmosphere and stylish surroundings are just some of the things you can expect at Nosh+Coffee. We also offer a great range of freshly made sandwiches, paninis and baguettes, as well as cakes, muffins, cookies and other snacks to compliment your favourite cuppa. See [www.mardykearena.com](http://www.mardykearena.com) for more menu details.



Simon and Co. – “Coffee’s brewing”

## Sparkling new!

**Brand new state of the art gym equipment has been installed in the newly refurbished ground floor gym.**

New Sauna and Steamroom have also been installed in the pool area following flood damage in November 2009, along with a refreshed and rejuvenated pool changing area. While our restyled and modernised reception area is the subject of much positive feedback, not to mention the occasional admiring glance.

## Physiotherapy clinic

**Feeling the strain of back or neck pain, a sports injury or joint stiffness? Book an appointment now with the Cork Therapy Centre at the Mardyke Arena.**

Chartered Physiotherapists from the Cork Therapy Centre have resumed their clinic at the Mardyke Arena. Physiotherapy services are offered at a discount to Mardyke Arena members. For more information and bookings visit [www.corktherapycentre.com](http://www.corktherapycentre.com)



## Mardyke Arena UCC – Proud Sponsors Of Lee Valley Scratch Cup 2010

**Mardyke Arena UCC are delighted to announce a three year Sponsorship Agreement for their prestigious Senior Scratch Cup competition.**

This competition has gone from strength to strength over the last 9 years and is now a significant event on the calendar of Ireland's most accomplished amateur golfers.

The current champion is Shane Lowry, who soon after claiming the title went on to become only the 3rd Amateur to win a European Tour Event when he won the Irish Open in Baltray Golf Club just a few weeks after landing the Lee Valley Senior Scratch Cup in 2009.



Visit our website: [www.mardykearena.com](http://www.mardykearena.com)