



CANON HAYES RECREATION CENTRE

Newsletter April 2019



Exciting developments at the Canon Hayes Recreation Centre

As you know the Canon Hayes Recreation Centre provides sporting and recreation facilities for Tipperary Town and the wider hinterland. Opened in 1987, the Centre boasts a wide range of indoor and outdoor facilities along with the provision of childcare facilities. Over the last number of months the Centre has been engaged in upgrading the Astro Turf pitches to 3G surface, with FIFA certification and the Tennis Courts to Pro Tennis Mono 20 surface, at an investment of over €200,000.

The upgrading of the tennis courts has been completed and the upgrading to the 3G pitches is very near completion.

This is a very exciting development for the Canon Hayes Recreation Centre and will give a new 'lease of life' to the Complex.

Following a tender process the contracts for both projects was awarded to SIS Pitches. SIS Pitches are the only sports-pitch contractor in Ireland that design, manufacture, construct, install and maintain pitches for the biggest names in sport, but also for schools, universities and leisure industry. SIS are a FIFA Licensee, a World Rugby Preferred Turf Producer, have GAA Performance approved surfaces and are a certified FIH (International Hockey Federation) manufacturer.

These developments have been made possible through the support of the Department of Transport, Tourism and Sport, South Tipperary Development Company and Tipperary LCDC, Tipperary County Council & Cashel/Tipperary Municipal District and the local community.

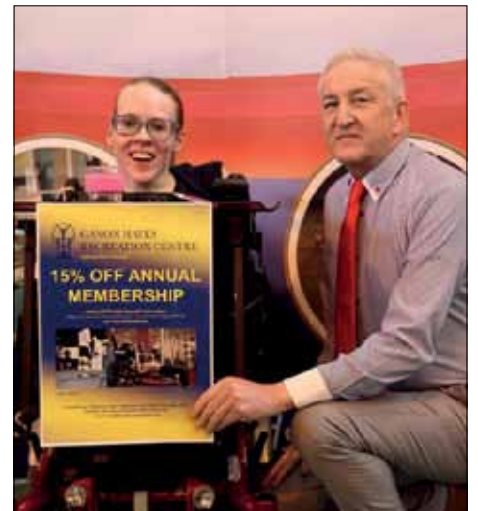
We are delighted to announce that these new facilities are now available for booking and our

staff in the Centre will be delighted to assist you on 062-52022.

Thank you to the Manager & Staff and to the Members of the Management Committee who have worked so hard to bring these projects to fruition.

These new developments will compliment the existing facilities and will be a wonderful addition to the Complex. We are not however resting on our laurels as we have much more to do in upgrading our extensive facilities and we currently have an application pending with the Sports Capital Section of the Department of Transport, Tourism and Sport.

Thank you for your continued support.
Martin Quinn, Chairman



Joanne O'Riordan Disability Rights Campaigner and speaker at the 'Be Inspired' Conference with Martin Quinn, Chairman Canon Hayes Centre

15% OFF ANNUAL MEMBERSHIP

Joining a GYM made easy with Canon Hayes.
When you and one of your friends join, you can both enjoy 15% off your Annual Membership.

T&C's Apply

15% OFF Annual Membership

Fantastic Offer on Annual Memberships at the Canon Hayes Recreation Centre for a limited period only.

A massive 15% off when any two persons join together. This promotion was launched by Disability Rights Campaigner, Joanne O'Riordan when she visited the Centre to speak at the 'Be Inspired' Conference.

Don't like to train alone? ... Well this is just the offer for you and your friend/partner. This works out at just €0.69c a day for gym, sauna, steam room, fitness programme and running track.

This is a once-off promotion. T&C apply.



Meet & Train is back!

Meet & Train is back on our full sized Athletics Track at 6:45pm every Tuesday. Our fully qualified and experienced trainers will be on hand to deliver a 45minute class on our running track and we will help you build up your fitness in a fun, friendly and safe environment. This class is suitable for adults, young adults & children. All fitness levels are welcome with exercises that will suit everyone. Why not get the whole family involved? Make more of the stretch in the evenings and stay active and fit at the same time. Only €2 per person.



YOUTH DEVELOPMENT
Tuesday's 4:30 - 5:30 pm

→ Structured Strength and Conditioning workouts with a qualified and experienced trainer

→ Opportunity to develop your potential and improve your performance

€3.50 pp or €20 for 6 weeks

Introducing our new Youth Development class

This is a great opportunity for the youth of the town and area to be introduced to fitness and have an experienced and qualified trainer with them to deliver a valuable training session to develop their potential in their chosen sport. The trainer will also be on hand to answer any questions on Fitness, Strength & Conditioning, Recovery, Nutrition, Insight to the industry, How to prepare for training & matches, How to build muscle and How to get fitter. Suitable for all fitness levels and all sports. Limited spaces available. 062-52022.

The Copper Man

Have you seen the Copper Man at the Canon Hayes Recreation Centre? Well the Copper Man wants all your copper and loose change. Can you help to fill the Copper Man? Perhaps the schoolchildren would like to get involved in saving up their copper and loose change and giving it to the Copper Man.

There is approx 32 million in copper in the country and we are looking for just a small percentage of that amount. Please bring your copper or loose change to the Copper Man at the Canon Hayes Recreation Centre. All money raised through the copper challenge will go towards the finance required for our outdoor works.



Return of Tennis to Canon Hayes

We are delighted to announce the return of tennis to the Canon Hayes Recreation Centre. Following the upgrading of the 2 floodlit courts to Pro Tennis Mono 20 surface we are delighted to accept bookings for pay as you go and for membership.

We would now like to re-form the Canon Hayes Tennis Club and get tournaments and competitions underway for the summer period. If you would like to get involved in the Tennis Club then please let us know as we hope to arrange a meeting for the coming weeks. Call us on 062-52022 to be part of this new club.

In the meantime our courts are available for booking.

Pay as you go:

- Adult €4.50 (€5 with lights)
- Child €3.00 (€3.50 with lights)
- Racquet/Ball Hire (+€2 Adults/+€1 Child)

Memberships:

- Individual €70
- Student €40
- Family €110 (2 Adults + 2 Child)

CANON HAYES RECREATION CENTRE
Optimal Fitness Lifestyle

Only **€70** per month

UNLIMITED CLASSES

INCLUDING PERSONAL TRAINING

UNLIMITED GYM

SAUNA AND STEAM ROOM

Ask at Reception



Canon Hayes Tennis Courts

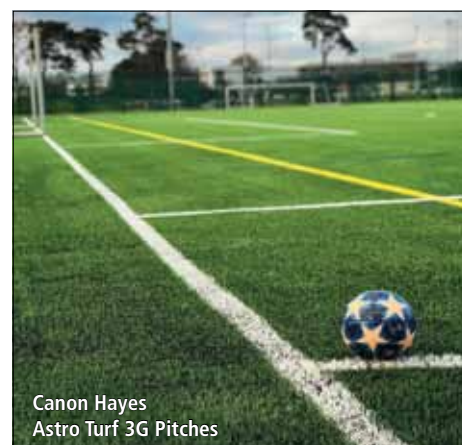
Astro Turf Pitches upgraded to 3G surface

One of the most exciting developments at the Canon Hayes Centre in its 30+ years has to be the upgrading of the floodlit Astro Turf Pitches to a fabulous 3G surface to FIFA Certification and FIH standard. With work on the development near completion we are delighted to announce that we are now accepting bookings for the pitches. We can't wait for the pitches to be in operation so please call us today on 062-52022 to book

your time slot. There are discounts for all underage clubs/teams as we want to make it as accessible as possible for clubs.

The following is an outline of the price list:

- Side pitches: €50
- Middle pitch: €60
- Side + middle pitch: €75
- Full pitch: €100 (1 hour)
- Match: €150 (90 minute match + warm up + warm down)



Canon Hayes Astro Turf 3G Pitches

Fitness Classes Timetable

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
7.15am-8.00am	Personal Training	-	Spin & Core	-	Spin & Core
8.00am-9.00am	-	-	-	-	-
9.15am-10.00am	Personal Training	Spin & Core	Personal Training	TRX & Kettlebell Fusion	Personal Training
10.15am-11.00am	Personal Training	-	Personal Training	-	Personal Training
4.15pm-5.00pm	Junior Gym	Youth Development (4:30-5:30)	Junior Gym	-	Junior Gym
5.00pm-6.00pm	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training
6.00pm-7.00pm	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training
6.45pm-7.30pm	Pilates	Meet & Train (Outdoor Track)	-	-	-
7.00pm-8.00pm	Personal Training	Personal Training	Circuits	Personal Training	Personal Training
7.45pm-8.30pm	Spin & HIIT	-	-	-	-
7.00pm-9.00pm	-	-	Dance Fitness	-	-

CALL NOW TO BOOK YOUR CLASS



Canon Hayes Main Hall



Kids Playground

Dates for your Diary

Friday July 19th at 7.30pm

Canon Hayes 5k, starting and finishing from the Canon Hayes Sports Centre.

Friday December 13th

The 24th Annual Canon Hayes National Sports Awards Banquet at the GN Ballykisteen Hotel with Reception from 7pm.

New weekly split the proceeds promotion coming soon - The Canon Hayes 50/50

CALLING ALL CLUB MEMBERS

Do you play with a club? Then this is the offer that you've been waiting for. For just €24.99 a month you will have unlimited access to our gym, strength & conditioning suite and our sauna/steam room AND access to a specially designed program from one of our experienced trainers to suit your goals that will help you to reach new highs in your chosen sport. To avail of this great offer contact us today on 062-52022.

BECOME OUR PARTNER

The Canon Hayes Recreation Centre is looking for a club/organisation to partner with us in fundraising events. Would you like to earn extra money for your club? Do you think that you could effectively partner with us to raise funds for both organisations? If you have an interest in this proposal then please contact us so that we can arrange a meeting. Hope to hear from you. All organisations and fundraising ideas considered. Contact us on 062-52022.



CANON HAYES RECREATION CENTRE
Optimal Fitness Lifestyle

CALLING ALL CLUB MEMBERS IN TIPPERARY

CANON HAYES Supports You!
Introducing our new club rates



- €24.99 per month

- Unlimited access to Gym, Sauna Steamroom and Strength and Conditioning room
- Exclusive access to our class timetable

Cashel Road, Tipperary Town, Telephone: 062-52022, Fax: 062-33140
Website: www.canonhayesrecreationcentre.com
E-mail: info@tipperarysportscentre.com



Canon Hayes Gym



Astro Turf Pitches - A new 3G surface

CANON HAYES EASTER CAMP 2019

Tuesday April 23rd to Friday April 26th from 9:00am – 14:00pm each day

Canon Hayes Recreation Centre will be hosting an Easter Camp for children aged from 4 - 12 years. Our camp trainers will be on-hand to organise a host of entertaining games, sports and lots of adventure over the four days to ensure that everyone is kept busy while also having plenty of fun.

Prices: €12 per child per day or €40 for all 4 days (instead of €48). Reduction for 2+ children from the same family for all 4 days to €35 per child.



To book a place for your child contact us today on 062-52022.

All places must be pre-booked before April 15th and there is a minimum of 10 places required before the camp can go ahead.