

Clubs & Soes Blur6



Find Us on Facebook: ITC Clubs & Societies



**Happy Christmas to
Students & Staff from all
involved in Clubs &
Societies**



**Congrats to everyone who took part
in Santa Challenge 2011
Well done to all winners.
A big thank you to all who supported
to St. Vincent De Paul.
Winners : Athletics Club, Archery Club &
Santa's Little Early Years Elves !**

IT Carlow Health & Fitness Gym Christmas Opening Hours



Week 12th Dec— Sat 17th Dec— normal opening

Mon- Fri : 8am- 10pm ———Saturday: 8am - 6pm

Mon 19th Dec: 8am—6pm

Tues 20th Dec: 8am—6pm

Wed 21st Dec : 8am—6pm

Reopening : Tues 3rd Jan : 8am—6pm

Wed 4th Jan : 8am— 6pm

Thurs 5th Jan: 8am—6pm

Fri 6th Jan : 8am— 6pm

Sat 7th Jan : 8am—5pm



THIS WEEKS INTER COLLEGE MATCHES

<p style="text-align: center;">Mens Rugby Div 2 IT Carlow V DIT Mon 28th Nov @ 7pm IT Carlow Rugby Pitch</p>	<p style="text-align: center;">Mens Freshers GAA— League Final IT Carlow V DCU Tues 29th Nov @ 2.30pm in Curragh Bus leaves @ 12.30 pm</p>
<p style="text-align: center;">Mens Senior GAA— League Final IT Carlow V UCC Tues 29th Nov @ 7.30pm in Waterford Bus leaves Institute @ 5 pm</p>	<p style="text-align: center;">Mens Rugby Div 1 IT Carlow V Cork IT Wed 30th Nov @ 12pm IT Carlow Rugby Pitch</p>
<p style="text-align: center;">Mens Basketball IT Carlow V NUIG Wed 30th Nov @ 4.30pm In The Barrow Centre</p>	<p style="text-align: center;">Mens Rugby Div 3 IT Carlow v NMCI Wed 30th Nov @ 5pm IT Carlow Rugby Pitch</p>
<p style="text-align: center;">Womens Basketball IT Carlow V ST. Pats Wed 30th Nov @ 6.30pm In The Barrow Centre</p>	<p style="text-align: center;">Mens Soccer D IT Carlow V Bray Institute Thurs 1st Dec @ In Bray Final details later</p>
<p style="text-align: center;">Womens Rugby IT Carlow V UCC Thurs 24th Nov in Cork Details at training</p>	<p>Mens Volleyball Matches V GMT & Athlone IT Thurs 1st Dec starting @ 1pm Barrow Centre</p>

All Weather Pitches

Three 5 aside & one 7 aside

Astro Turf Pitches for hire
Excellent Student Rates:
From €25—before 5pm
From €30—after 5pm
Book in Barrow Centre

Pay before you play @ 4pm on the Day!

Swimming Club

Every Wed @ 9.30-10.30pm in Graiguecullen Pool
No Charge!
Swim hat required!

Horse Riding/ Equestrian Club.

Continues Every Wednesday @ 5.10pm .
Cost per lesson: €10 .
At least 10 students required to continue this activity

Karting Club

Round 2 : 29th Nov in Dublin. Meet in Barrow Centre @ 4pm

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UP-COMING EVENTS & BITS & BOBS.....

Badminton Matches: Wed 30th Dec 2011

Team 1 : V Tallaght IT in Badminton Centre, Terenure, Dublin
William Stevenson; Louise Byrne; Emma Byrne; Liz Byrne;
Katie Geoghagan; XAARON Bong Xian; — Bus leaves @ 11am

Team 2 : V Tralee IT in Tralee : Bus leaves @ 1pm

Team— Sophie Ladmiraault; Thibault Coblentz;
Aifric Mac Diarmada; Clemence Rambourg; Daniel Nissan

Triathlon & Cycling Club: Training every Mon @ 5pm. Meet - Barrow Centre . Hi Vis Gear & Helmet essential!

Table Tennis : continues every Wednesday @ 7pm in Activity Room— Trials will be held shortly for Inter College Competition.

Zumba : Continues every Wed @ 5.10pm—€2 per class

