

Sundays Well Boating & Tennis Club

Member Discount Scheme - May 2022



About the Scheme

Sunday's Well members are entitled to discounts in the below locations. In order to avail of discounts, members may need to show their club card or use a specific discount code, details are given below. For the most up-to-date list of discounts please see [the discount page on our club website](#).

If you know a business that would be interested in taking part in the scheme please contact dave@sundayswell.ie or call 021 4272733.

Arena Clinic

About the Arena Clinic

The arena clinic is a unique clinic, incorporating physiotherapy, hydrotherapy and specialist rehabilitation. They strive to provide excellence in terms of expertise and equipment to all clients, regardless of ability. They are based at the Mardyke Arena UCC, a centre already recognised for excellence in its facilities. They have access to the excellent facilities on-site, and their own unique equipment, in order to maximise their input into maintaining or restoring your good health. All their therapists are Chartered Physiotherapists with vast experience in treating musculoskeletal, sports and neurological conditions.

The flyer has a yellow background with a red banner at the bottom. The title "the arena clinic" is in large red letters. Below it, "Treatments include:" is followed by a list of services with checkmarks: Injury Assessment & Treatment, Sports Injury & Return to Play, Pain Management & Chronic Conditions, Post-Surgical Rehabilitation, and Orthotics. Logos for Mardyke Arena and Sunday's Well are present. A red banner at the bottom states "Discounted Rate for Club Members €50" and includes booking instructions, contact details (T: 021 490 4760, E: arenaclinic@ucc.ie, www.mardykearena.com), and social media icons for Facebook, Twitter, and Instagram.

the arena clinic

Treatments include:

- ✓ Injury Assessment & Treatment
- ✓ Sports Injury & Return to Play
- ✓ Pain Management & Chronic Conditions
- ✓ Post-Surgical Rehabilitation
- ✓ Orthotics

Discounted Rate for Club Members €50

To avail of the discounted rate, pre-book via the dedicated club link and ensure you have a valid Sunday's Well Tennis Club membership card, when attending your appointment.

T: 021 490 4760 E: arenaclinic@ucc.ie
www.mardykearena.com

Member Discount

The arena clinic at the Mardyke Arena, UCC is delighted to offer all Sunday's Well Tennis Club members a discounted rate on physiotherapy sessions. To avail of the discounted rate, pre-book via the below dedicated club link and ensure you have a valid Sunday's Well Tennis Club membership card, when attending your appointment.

Tel: 021 4904760

Email: arenaclinic@ucc.ie

Club Specific Booking Link: <https://bit.ly/2UCsmq0>

Website: <https://www.mardykearena.com>

Bare Foot Physio

About Bare Foot Physio

Denis O'Leary, Sports and Manual Therapist. Services include injury assessment and treatment, deep tissue massage, trigger point dry needling, postural assessments, kinesio taping and pitchside first aid and is based on the Model Farm Road.

Member Discount

A 10% discount will be given to members on presentation of a valid Sunday's Well Tennis Club membership card when attending the appointment.

Tel: 086 8572064

Email: denis@barefootphysio.ie for further information.

Website: www.barefootphysio.ie



barefootphysio
freedom through movement

DENIS O'LEARY
SPORTS & MANUAL THERAPIST

INJURY ASSESSMENT & TREATMENT
DEEP TISSUE MASSAGE
TRIGGER POINT DRY NEEDLING
POSTURAL ASSESSMENTS
KINESIO TAPING
PITCHSIDE FIRST AID

Unit 13 Melbourne Business Park
Model Farm Road, Cork

TEL:
0868572064
EMAIL:
denis@barefootphysio.ie

www.barefootphysio.ie

a multidisciplinary movement clinic with the following team members

<small>Alan Lyons MScCP (S)Physio Crisis Counselor & Lead Physiotherapist alan@barefootphysio.ie 086 4501554</small>	<small>R/D Waters MScCP (S)Physio Paediatric Physiotherapist & Respiratory Breathing Practitioner R@barefootphysio.ie 086 4501554</small>	<small>Denis O'Leary MScPT Sports Injury Therapist & Manual Therapist denis@barefootphysio.ie 086 4501554</small>	<small>Ray Buckley PhD Level 4 Personal Trainer & Strength & Conditioning Coach ray@barefootphysio.ie 086 4501554</small>
--	--	--	--

Unit 13 Melbourne Business Park, Model Farm Road, Cork

Bespoke Tailors

About Bespoke Tailors

Bespoke Tailors are a sustainably priced clothing alteration service. Should you need jeans shortened, a waist taken in jackets tapered.. a button fixed etc.. we do it all!


Member Discount

A 10% discount will be given to members on presentation of a valid Sunday's Well Tennis Club membership card.

Tel: 086 1752948

Email: wbogorman@gmail.com for further information.

Location: Villa Maria, Glasheen Park, Cork



Bespoke Tailors
MADE TO MEASURE

ALTERATION SERVICE

- Shorten Jeans
- Take in waist
- Taper Jackets
- Buttons, Ironing etc...

FOR MORE INFORMATION:
wbogorman@gmail.com / 086 1752948

Brook Inn Bar & Restaurant

About Brook Inn

Located in the heart of Glanmire, the Brook Inn offers customers a relaxed and laid back ambience with great food.

Member Discount

A 10% discount will be given to members on presentation of a valid Sunday's Well Tennis Club membership card.

Tel: 021 4821498

Facebook: @BrookInn.Glanmire



Human + Kind

About Human + Kind

Human+Kind is not only a 100% VEGAN, a cruelty-free beauty brand with a kind conscience. We are different because we provide a simple, affordable, problem-solving, effective skincare brand for sensitive skin.

Member Discount

- 25% off (extra) for all Members of Sunday's Well Code: **SW25**
- Currently there is a Summer Sale with up to 40% off. So the 25% will be on top of that.

Website: humanandkind.com

Facebook: @humanandkind



Insight Insurance

About Insight Insurance

Everything is easier with Insight. We'll talk to over 22 insurers and use all our 20 years of experience to find you the right cover at the right price, quickly and easily, saving you time and money. One Call Sorts it All, call now on 0818 911 009, quoting your Member Code and we'll take care of the rest!

Member Discount

Sunday's Well members can avail of:

- 10% discount on home insurance: Use code **SWH10**
- 5% discount on car insurance: Use code **SWC5**

Tel: 0818 911 009

Website: <https://insightinsurance.ie>

Facebook: @insightinsurance.ie



Keanes Jewellers

About Keanes

In 1948 a young watchmaker named Patrick Keane started out repairing watches and clocks in premises at 25 Patrick's Street Cork. Two years later Patrick and his wife Eileen, moved to a small shop at 94 Oliver Plunkett Street. This was the start of a family business that has become synonymous with Cork and fine jewellers in Ireland, offering outstanding craftsmanship, service and reasonable prices.

Keanes now also have shops in Limerick and Killarney. Together with our flagship store in Cork, we have over 60 staff in total, a quarter of whom have been with us for over 20 years. Keanes employees have been trained to the highest standards, displaying great expertise in their relevant areas. Many have travelled abroad to receive training with various watch houses such as Rolex and Patek Philippe.

When it comes to diamonds, our staff hold certifications from the GIA (Gemmological Institute of America) and the IGI (International Gemmological Institute). Both are considered as the highest standard in the industry worldwide. All our diamonds are ethically sourced and priced to reflect

quality, all year round. We don't offer seasonal sales, what we offer are consistently fairly priced pieces. If we don't have your perfect piece in stock, or wish to design your own special bespoke ring, please feel free to come in and speak with one of our experts.

Keanes is a brand steeped in tradition, being well known for carrying a variety of high end watches and as the 'go-to' for diamond jewellery. We are also very aware that customers wants and needs are varied and change, so we carry a large range of leading fashion brands.

Member Discount

Sunday's Well members can avail of

- 10% off Jewellery and rings. Use code **SWJewellery**
- 5% off watches excluding Patek Philippe and Rolex: Use code **SWWatch**

These discounts can be availed of online using the above codes or in store on presentation of club card.

Tel: (021) 427 1257

Website: <https://www.keanes.ie/>

Instagram: https://www.instagram.com/keanes_jewellers/

Keanes
Jewellers since 1948

Mizenhead

About Mizenhead

Mizenhead is an Irish run and owned retail group employing over 100 staff nationwide and are the official brand partners for Timberland, Vans, and The North Face in Ireland.

In 1991 Mizenhead launched with their very first Timberland store in Cork and since then have opened 12 Timberland, The North Face and Vans franchise stores across Ireland and recently launched a brand webstore online www.mizenhead.com

Mizenhead are passionate about the great outdoors and therefore want to provide customers with the ultimate choice in outdoor/ lifestyle clothing and footwear and feel Timberland, The North Face and Vans are at the pinnacle of their genres.

Member Discount

- 10% discount on www.mizenhead.com – code: swmizenhead (Excludes sale items)

Facebook @mizenheadretail

Instagram: @mizenheadretail

Twitter @mizenheaddotcom

Contact: customerservice@mizenhead.com



Rebel Blinds

About Rebel Blinds

Rebel Blinds has over 10 years of experience in creating made-to-measure window dressings to the highest quality standards. At Rebel Blinds, we pride ourselves on giving our customers the best product, service and customer experience. We are an Irish company based in Cork City that delivers the best in class product that is manufactured and produced to the very highest of standards in Ireland.

As true Corkonians, we are big believers of the “Look after your own” mentality and strive to go above and beyond for our customers from free consultations to delivery and installation that is 100% hassle-free.

We believe in quality of service that doesn't break the bank, our products are made to the highest standards while delivering at a price that is simply far more Cost-effective than our local competitors

Member Discount

Club members can receive a 20% discount off any range. See our website for the various services we provide.

Telephone: 085 2682652

Website: www.rebelblinds.ie

Email: info@rebelblinds.ie

Address: Unit 3 Blarney Rd, Clogheen Business Park, Cork

[Facebook](#)

[Instagram](#)



Snap Printing

About Snap Printing

Snap is a full service marketing company with 17 Centres across Ireland. We work closely with over 70% of Ireland's top 1000 Companies to support their needs across design, print, signage, promotional products and web. We are the largest full service agency in Ireland and have over 40 years of experience in the industry. Trust Snap to help with your next project, event or website - we know marketing!

Member Discount

- 25% discount for first time customers,
- 20% discount for customers going forward: use code: **SnapTennis** when placing your order.

Tel: 086 6027539

Email: verona@island.snap.ie

Website: www.snap.ie

