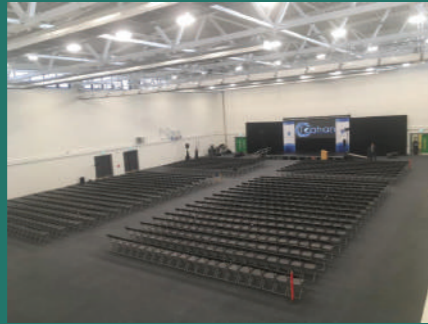


EVENT CENTRE

The Sports Hall can be transformed into an event space – set-up with a fully carpeted flooring. The overall space of the sports hall is 65 metres x 30 metres (1,950m²) which can be rented as one space or divided into 3 independent smaller spaces.



The entire hall can accommodate 1,500 people seated or 100 Exhibition spaces along with a viewing gallery for approximately 100 spectators. We have a wide variety of other facilities to support the delivery of various events, conferences and training courses including:



- » Jon Griffin Lecture Hall (171m²) seating for 142 in a tiered style for training or hosting events for companies
- » 3 fully equipped meeting rooms
- » 3 classrooms
- » Complimentary High Speed Wi-Fi
- » AV Equipment incl Screen, Projector and Microphones
- » Flip Chart and Podium on request
- » Secure carpark

OUR FOCUS

The focus of the Academy's activities is to provide lifelong opportunities for all the community, ranging from recreation, rehabilitation, health, fitness, through to elite performance. The building is a Centre for Universal Inclusive Sport Health & Leisure Education and has a particular focus on opening up physical activity, sport and recreation opportunities for people with disabilities where both the facilities, equipment and expertise are specifically adapted for their needs.

BUILDING OPENING HOURS

Monday to Friday
7.30am - 9.00pm

Saturday & Sunday
10.00am - 5.00pm

GYM OPENING HOURS

Monday to Thursday
7.30am - 9.00am
12.00pm - 3.00pm
4.00pm - 9.00pm

Friday
7.30am - 9.00am
12.00pm - 3.00pm
5.00pm - 9.00pm

Saturday and Sundays
10.00am - 5.00pm



CONTACT INFO

Kerry Sports Academy
Institute of Technology Tralee, North Campus
Dromtacker
Tralee
Co. Kerry V92 HD4V

Website:
www.kerrysportsacademy.ie

Telephone:
066 7194200

Email:
kerrysportsacademy@staff.ittralee.ie



@ittkerrysportsacademy

KERRY SPORTS ACADEMY



WWW.KERRYSPORTSACADEMY.IE
TEL: 066 719 4200



ABOUT US

Kerry Sports Academy opened its doors to students, staff and various groups within the community in September 2019. We are located on the North Campus of the Institute of Technology Tralee and are home to:

- » IT Tralee Health and Leisure Department
- » CARA - National Centre for Adapted Physical Activity
- » UNESCO Chair - Transforming the Lives of People with Disabilities, their Families and Communities through Physical Education, Sport, Recreation and Fitness
- » Kerry GAA Centre of Excellence
- » Comhaltas Ceoltóirí Éireann

FACILITIES

The Kerry Sports Academy is an 8,400m² universally accessible sports facility which has state of the art facilities including:

- » International sized indoor sports hall
- » Hydrotherapy suite
- » Gym area including a High performance gym and exercise physiology laboratory
- » Aerobic and dance studios
- » Massage suite
- » Teaching spaces (lecture theatre and class rooms)
- » Virtual Learning Environment (VLE) and Video Conferencing (VC) equipped
- » Specialist treatment and activity specific rooms
- » Dry outdoor and wet changing areas
- » Student recreation area



HYDROTHERAPY POOL

The hydrotherapy pool is 12 metres long x 6 metres wide. The temperature is above a standard swimming pool - the pool water is kept at a constant temperature of between 32 – 34 degrees. Using a hydrotherapy pool can provide benefits in terms of health, fitness, rehabilitation, mobility and pain relief. The pool has a ceiling and pool hoist making the pool accessible to all. Activities available in the pool include public swim slots, children's swim lessons, variety of aqua exercise classes and personal hydrotherapy programmes. The pool can also be rented privately for group bookings. Our pool timetable will vary throughout the year.



SPORTS HALL

The Sport Hall at the Kerry Sports Academy operates as a large sporting arena or separately as three independent multipurpose areas designed for a wide variety of sports and activities. The overall space of the sports hall is 65 metres x 30 metres (1,950m²) which contains 3 parallel basketball courts, 1 centred championship basketball court, 9 badminton courts, 2 futsal courts, 3 volleyball courts.

There is a viewing gallery for approximately 100 spectators. The hall can be rented in it's entirety or as three individual spaces. We are in a position to host large sporting competitions and mass participation events due to the number of toilet and changing facilities and secure parking.



GYM

The Gym at the Kerry Sports Academy has more than 30 pieces of Matrix state of the art cardio equipment including upright/recumbent bikes, spin bikes, treadmills, cross trainers, arc trainers, ski ergs, a wide variety of accessible cardio and strength equipment, 10 lifting platforms with a number of squat racks for advanced strength & conditioning, 3 x Watt bikes, free weights ranging from 1 - 50kg, kettle bells, and slam balls, along with an area for stretching & mobility work. Fully accessible changing area and shower facilities available.

FITNESS CLASSES

We currently offer more than 20 fitness classes a week, ranging from beginner to advance level, in our Dance/Aerobics studios and exercise laboratory. Classes include Zumba, Spinning, Boxercise, Kettlebells, Circuit, HIIT, Fit blast, Sweat & Pump, Spin & Sculpt and many more. All classes are fully inclusive and accessible for people of all abilities. Our fitness class timetable will vary throughout the year based on customer interests and demand.

