

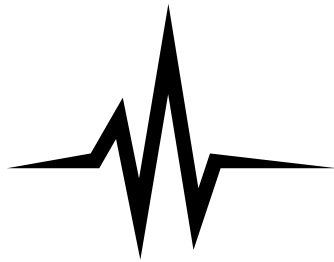
THE PULSE



Welcome Pack

9th - 11th February, 2024

The Pulse 2024



Hello!

Welcome to The Pulse 2024! We are so happy to share in this weekend of dancing and learning with you. Here is some information to guide you through the event.

Check-in is available on Friday night and at classes on Saturday. The “Dips & Tricks” taster class with Nadia and Mathias is now full. All three parties are included for full pass holders, so keep your wristbands on for the entire weekend and show them at the door to ensure access.

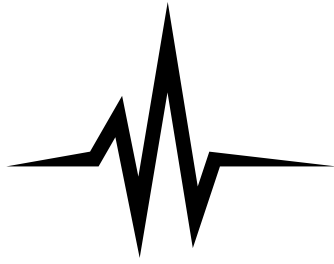
This year we have a limited amount of Pulse T-shirts and Hoodies for sale during the weekend. T-Shirts are €20 and Hoodies are €40 cash only and are available at the registration desk while stocks last.

In addition, we are proud to introduce “Rhythm and Threads” where you have an opportunity to give your pre-loved clothes a second chance to swing.

Tom: 086 8985912

Rachel: 086 3241264

The Pulse 2024



9th
FEB

Cricket Club

8:00pm - 9:00pm
9:00pm - 12:30am

T12 YN61

Taster Class
Welcome Party with
Underscore Orchestra

10th
FEB

St Als

9:30am - 4:00pm
11:00am - 4:00pm

T12 RK03

Classes - see timetable
Rhythm & Threads Swap

The Address

8:30pm - 12:30am

T23 T292

The Pulse Party with Le
Hot Club Quintet
Teacher performances,
games & surprises.
Bellevue Suite

11th
FEB

St Als

10:00am - 3:15pm
10:00am - 1:00pm

T12 RK03

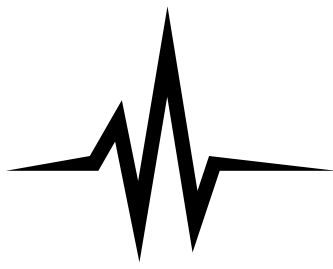
Classes - see timetable
Rhythm & Threads Swap

The Pavilion

3:30pm - 6:30pm

T12 RD00

Farewell Party with DJ
Sam and DJ Donncha.
*Upstairs 1920s cinema



CLASS TIMETABLE 2024

Beginner/Improver

Saturday 10th

Sunday 11th

12.00 - 1.00pm	Gym	11.15 - 12.15pm	Canteen
1.30 - 2.30pm	Canteen	1.00 - 2.00pm	Gym

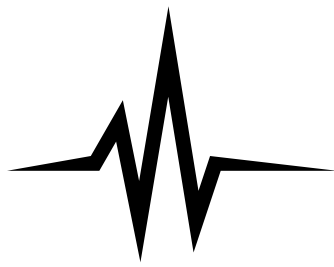
All classes at St Aloysius secondary school, Sharman
Crawford Street, Cork, T12RK03

* Note one way traffic system

We would ask you to leave the class area promptly when your class has finished as other students will be starting their class.

There is free car and bike parking at St Al's school but the gates will be locked at the end of each day.

T12RK03



CLASS TIMETABLE 2024

Intermediate/Advanced

Saturday 10th

Sunday 11th

10.30 - 12.30pm

Canteen

10.00- 11.00am

Canteen

2.00 - 4.00pm

Gym

2.15 - 3.15pm

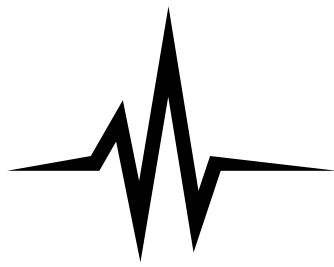
Gym

All classes at St Aloysius secondary school, Sharman
Crawford Street, Cork, T12RK03

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T12RK03



CLASS TIMETABLE 2024

Advanced/Advanced +

Saturday 10th

Sunday 11th

9.30 - 11.30am

Gym

10.00- 12.00pm

Gym

2.45 - 3.45pm

Canteen

1.30 - 2.30pm

Canteen

All classes at St Aloysius secondary school, Sharman
Crawford Street, Cork, T12RK03

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T12RK03

Rhythm & Threads



The Pre-Loved Clothes Hop, Swap 'n Shop



Give your pre-loved clothes a second chance to swing at our swap and shop clothes rail at The Pulse.

 Location: St. Aloysius School

 Saturday: 11 am - 4 pm & Sunday: 10 am - 1 pm

HOW IT WORKS

Bring along your pre-loved items , pop on the provided tags with your name, price, and contact details , and hang them up on the rail.

Browse through the collection of other pre-loved treasures from your fellow dancers. Spot something you love? Contact the seller directly , make the deal, exchange money , and you're ready to rock the dance floor in your new (to you) outfit!

IMPORTANT INFORMATION

Items left at owner's risk.

Please collect all unsold items by Sunday at 1 pm.

Items left behind will bring joy elsewhere, as we'll donate them to charity.



NEARBY FOOD OPTIONS

Dance together, eat together.

Boxt

New York-style pizza by the slice

Gilabbey St

www.boxtpizza.ie

Open Saturday & Sunday

Probys Kitchen

Probys Quay

www.probyskitchen.ie

Open Saturday & Sunday

Dwyers

GastroPub

Washington St

www.dwyersofcork.ie

Open Saturday & Sunday

River Lee Hotel

www.doylecollection.com

Open Saturday & Sunday

Joes and Bros

Coffee/Sandwich Shop

Gillabbey Street

www.joesandbros.com/

Open Saturday & Sunday

Sensei Cafe

Coffee & Sushi

Dyke Parade

www.senseicafe.ie

Closed Sundays

Cameron Bakery

Pastries & treats

Washington St

www.cameronbakery.com

Closed Sundays

Quay Co-op

Vegetarian & Vegan cafe/deli

Sullivans Quay

www.quaycoop.com

Closed Sundays

ADDRESS

Cork County Cricket Club

Maradyke Walk,

Cork

T12YN61

Look out for the little green pedestrian gate. Parking on the street and at the grounds. Bar open

St Aloysius Secondary School

Sharman Crawford Street

Cork

T12RK03

Please be aware of the one-way street system. Free parking at the school

“The Address” Hotel

Military Hill

St Lukes

Cork

T23T292

Free parking at the hotel grounds. Bellevue Suite Ballroom. Bar open

The Pavilion

Intermission Bar

13 Carey's Lane

Cork

T12RD00

Vintage event space from 1920s. Head upstairs. No specified parking.

Bar open