

***Stretch your talent
- Not your budget***

CARRIGALINE COMMUNITY SCHOOL

LIFELONG LEARNING

Autumn 2011

Adult & Community Education Programme

**OFFICE & POSTAL Enrolments from
Monday 29th August 2011**

**Enrolment Night
Wednesday 14 September 2011 from 7.00 – 8.00 p.m.
(For any remaining vacancies)**

ENROLMENT

Completed application forms with payment will be accepted at the Adult Education Office daily or **by post** from **Monday 29 August 2011**
Office Hours: 10.00 a.m.-12.30 p.m. & 2.00 p.m. - 4.00 p.m.

MONDAY:

Monday courses will commence on Monday 26 September 2011 unless otherwise stated.

M. 1 Introduction to Computers **7.00 – 10.00 p.m.** **Fee €95**
This is a general introductory course for those who have no experience of computers. The course will introduce the participant to the basic elements of word processing, handling the mouse and basic Internet and email.
Tutor: Meg Livingstone **Duration: 5 weeks**

M. 2 Computer Literacy **7.00 – 10.00 p.m.** **Fee €95**
Spreadsheets, Database, Presentation & Internet/e-mail .
Basic knowledge of computers required.
Tutor: Meg Livingstone
Duration: 5 weeks (Commencing Mon 7 November 2011)

New **M. 3 “Managing Your Money in a Recession”** **7.30 – 9.30 p.m.** **Fee €120**
This course is designed to help people manage their domestic income and identify where savings can be made. Learn to prepare a household budget and understand your debts. Review life and home insurance and learn how to claim tax refunds.
Tutor: John Vesey QFA, BSc.Fin. Duration: 10 weeks

M. 4 German Beginners **7.30 – 9.30 p.m.** **Fee €110**
Acquire basic conversational German skills for work or pleasure.
Tutor: Holger Haase M.A. **Duration: 10 weeks**

M. 5 English for Non-Irish – Beginners **7.00 – 8.15 p.m.** **Fee €75**
For anyone with little or no English. Improve your English in a friendly atmosphere.

Tutor: Tara Mansworth B.A., TEFL Duration: 10 weeks

M. 6 Advanced English for Non-Irish 8.30 – 9.45 p.m. Fee €75

This course is geared to those who already have a reasonable level of English. Course content will include grammar and a study of Irish literature.

Tutor: Tara Mansworth B.A., TEFL Duration: 10 weeks

New M.7 Navigation for Mountaineering 7.00 – 9.00 p.m. Fee €75

This course will teach students how to navigate the mountains using maps and compass. Learn about route planning and various navigational techniques and test your skills with a day in the mountains.

(Students will need OS Map 78).

Tutor: Julie Reeves (Qualified Mountain Leader) Duration: 6 weeks

M. 8 Plumbing & Heating 7.30 – 9.00 p.m. Fee €65

Practical advice on all issues of domestic plumbing and heating.

Tutor: Seamus Corkery Duration: 6 weeks

M. 9 Practical Cooking 7.30 – 9.30 p.m. Fee €100

Learn to cook or improve your skills in this hands on practical course.

Some course ingredients may be needed

No ingredients required 1st Night.

Tutor: Michelle Hogan (Chef, Heronwood Childcare Centre, Carrigaline) Duration: 5 weeks

M. 10 Master Your Knowledge of Wine 7.30 – 9.00 p.m. Fee €110

This course is geared to anyone who wishes to improve their knowledge of wines. Each night 6/8 wines will be sampled.

Tutor Joe Karwig (Karwig Wines, Carrigaline) Duration: 6 weeks

M. 11 Bridge for Beginners 7.30 – 9.30 p.m. Fee €110

Learn to play social bridge in a friendly atmosphere. For complete beginners.

Tutor: Pat McNulty Duration: 10 weeks

New M. 12 Glass Fusing 7.30 – 9.30 p.m. Fee €75

Learn to design and make glass pendants, coasters, small bowls etc. An exciting new craft.

(Class materials required)

Tutor: Rosemary Murphy Duration: 6 weeks.

M. 13 Guitar Beginners 7.00 – 8.30 p.m. Fee €90

Introduction to keys and main chords.

Learn popular and folk styles in a relaxing setting.

No previous experience required.

Tutor: Charles Ward

Duration: 10 weeks

M. 14 Guitar Improvers

8.30 – 10.00 p.m.

Fee €90

For those with reasonable proficiency.

Improve your basic skills.

Tutor: Charles Ward

Duration: 10 weeks

New

M. 15 Learn 2 Drive

Fee €385

Initial 2 hour interactive tutorial on Road Safety and EDT regulations followed by 12 one hour practical driving lessons to be arranged between pupil and tutor.

This is a Road Safety Authority mandatory course to obtain a Full Irish Driving Licence.

Tutor: Dave's Driving School (RSA Approved Driving School)

Duration: 6 months

M. 16 Childcare Award (FETAC- Level 5) 7.00 – 10.00 p.m.

Is geared towards people working in the childcare field. It includes 8 modules. This term 2 modules will be completed. **Limited vacancies.**

€170 per Module – (Monday & Wednesday Nights over 2 years)

New

M. 17 Learn to Sing 7.-00 – 8.00 p.m.

Fee €60

Discover the confidence to sing that party piece or join that choir.

Tutor: Nicola Cook B.A., BMus., H.Dip. Ed., LTCL

Duration: 6 weeks

M. 18 Digital Photography

7.00 – 9.30 p.m.

Fee €110

The Digital Camera and how it works.

i.e. shutter speeds, metering, landscape & portrait photography and introduction to photo-shop.

Tutor: Neil O'Leary (Naylor Designs) Duration: 8 weeks

M. 19 Horse Riding for Beginners

7.00 – 8.00 p.m.

Fee €160

(In Association with Hop Island Equestrian Centre)

Learn to horse ride in one of Cork's premier Equestrian Centres on the Rochestown Road.

All levels of fitness catered for on well-schooled horses. (Students need to wear jeans/tracksuit and shoes with a **heel**). **Limited numbers**

This course will take place

in the Hop Island Equestrian Centre.

Tutor: Liam O'Driscoll (B.H.S.A.I.)

Duration: 8 weeks

M. 20 Skin Care, Make-up & Hair

7.30 – 9.30 p.m.

Fee €95

Learn easy tips and tricks to have healthy skin, achieve make-up looks for both day and night,

apply a french polish, and create different hairstyles for all occasions. **(Limited numbers)**

Tutor: Lisa Ronan, Make up Artist. C.I.B.T.A.C.

Duration: 8 weeks

- M. 21 Pilates on the Mat** 7.00 – 8.00 p.m. Fee €80
Gentle form of toning exercise.
Suitable for all age groups.
Tutor: Deirdre Mullan **Duration: 10 weeks**
- M. 22 Pilates on the Mat (Level 2)** 8.00 - 9.00 p.m. Fee €80
Suitable for all age groups but
previous experience of pilates required.
Tutor: Deirdre Mullan **Duration: 10 weeks**
- M. 23 Yoga (Hatha)** 7.30 – 9.00 p.m. Fee €80
Gentle stretching and introduction to
classical yoga postures, with a strong emphasis on
breathing & relaxation. Suitable for all.
Tutor: Diane Howley **Duration: 8 weeks**
- M. 24 TAI CHI- Beginners** 7.00 – 8.25 p.m. Fee €90
Tai Chi is an ancient Chinese form of
co-ordinated body movements. These forms
of exercise relax the mind, strengthen and
improve health. Relaxation in movement. No previous experience
of infinite TAI CHI required.
Tutor: John Murphy **Duration: 10 weeks**
- M. 25 TAI CHI – Improvers** 8.35 – 10.00 p.m. Fee €90
Previous experience of infinite TAI CHI
required.
Tutor: John Murphy **Duration: 10 weeks**
- M. 26 Total Tone** 7.15 – 8.15 p.m. Fee €60
This course is for women only
This class will give a whole body work-out to tone
all areas as well as increasing fat burning rate and
overall fitness. Suitable for all ages and levels
of ability.
Tutor: Cathal O’Shea B.Sc. (Sport and Exercise Science)
Duration: 8 weeks
- M. 27 High Intensity Training Circuits** 8.30 – 9.30 p.m. Fee €60
This class is for men only
It includes high and low intensity training
which gives great health benefits, builds strength
and increases fat burning rate. Get in shape, get
stronger, get going.
Tutor: Cathal O’Shea B.Sc. (Sports & Exercise Science)

Duration: 8 weeks

- New** **M. 28 Zumba Gold** **7.00 – 8.00 p.m. p.m.** **Fee €60**
A low intensity course designed for the older adult. The music uses dance moves and rhythms from Cumbia, Salsa, Merengue, Tango, Rumba, Cha Cha etc. Come along and enjoy the atmosphere. No partner required.
Tutor: Derek Long **Duration: 10 weeks**
- M. 29 Zumba** **8.00 – 9.00 p.m.** **Fee €60**
This high intensity course fuses various Latin rhythms like Samba, Salsa, Reggaeton, Merengue and more with easy to follow moves to create a fitness programme. Work out while experiencing an exciting hour of calorie-burning, body-energising, awe-inspiring dance. No partner required and open to all levels.
Tutor: Derek Long **Duration: 10 weeks**
- M. 30 Golf for Beginners** **6.00 – 7.00 p.m.** **Fee €85**
Learn basic skills and improve your game.
Coach: Wayne O’Callaghan **Duration: 10 weeks**
- M. 31 Golf for Beginners** **7.00 – 8.00 p.m.** **Fee €85**
Learn basic skills and improve your game.
Coach: Wayne O’Callaghan **Duration: 10 weeks**

Coach: Wayne O’Callaghan, Professional
Duration for each course 10 weeks
All Golf Courses are held at Carrigdhoun Driving Range
Students are required to pay for ball rental.

- M. 32 Basic First Aid Certified Course**
(Order of Malta) **7.30 – 9.30 p.m.** **Fee €110**
Life Saving Skills and Techniques.
This course qualifies people in the area of First Aid.
Company/Work groups welcome.
Duration: 9 weeks
- M. 33 Applied Maths for the Leaving Cert** **6.30 – 8.30 p.m.**
Suitable for any **Fifth Year Student** wishing to study Applied Maths for the Leaving Cert. This is a **two year** course in preparation for Leaving Cert **June 2013**
Tutor: Ronan Neville BSc., H.Dip App. Phys., H.Dip Ed.
Fee €150 per term (3 Terms per year) **Duration: 10 weeks.**
- M. 34 Agricultural Science** **8.00 - 9.00 p.m.**
Suitable for any 5th Year student wishing to study Ag. Science for the Leaving Cert. This is a **two year**

course in preparation for the Leaving Cert **June 2013.**
Tutor: James Dunlea B.Ag.Sc., H.Dip.Ed. Duration: 10 weeks
Fee €150 per term (3 Terms per year)

TUESDAY NIGHT:

Tuesday night courses will commence on **Tuesday 27 September 2011**
 unless otherwise stated.

EUROPEAN COMPUTER DRIVING LICENCE (Basic ECDL Course)

Covers all aspects of Computers – Certificate recognised World-Wide:

Computer Experience required for all ECDL Courses.

Costs: Fee per Module €75 Skills Card €40

Examination Fee €20 per Module

T. 1 ECDL Modules 2, 5 & 7 7.00 – 10.00 p.m.
File Management, Database and Informatin
& Communications.
Tutor: Sinead Ui Luasaigh Duration: 9 weeks (inc. exams)

T. 2 Accounting/Manual & Fee €480
Computerised (FETAC Level 5) 6.45 – 10.00 p.m.
 Will enable the learner to understand the
 principles and practice of maintaining financial
 records manually and using integrated accounting
 software. **No previous experience necessary.**
Tutor: Margaret McGrane (Fellow of the Institute of
Chartered Accountants in Ireland)
Duration: 24 week

New T. 3 Marketing & Sales 7.30 – 9.00 p.m. Fee €75
 This course is designed to impart to participants the
 basic skills of practical marketing and sales techniques
 including Marketing Segmentation, New Product Development
 and Customer Care and Retention.
Tutor: John O’Donoghue Duration: 8 weeks

T. 4 “Present with Confidence” – Fee €75
Presentation Skills Master-Class 7.30 – 9.30
 The aim of this course is to enable you to present
 with confidence. This is done by knowing what makes
 you comfortable in front of an audience, knowing how
 to prepare and practicing the results you wish to achieve.
Tutor: Karl Ryan Dip in Life, Business & Executive Coaching
Duration: 6 weeks

- New** T. 5 **FCE Preparation Course** 7.00 – 9.00 p.m. Fee €110
 In depth preparation for students taking
 Cambridge First Certificate in English Exam
Tutor: Tara Mansworth B.A., TEFL **Duration: 10 weeks**
- T. 6 **French Conversation for Beginners** 7.00 - 8.30 p.m. Fee €75
 Geared towards people who have **no French**.
Useful for that holiday or business trip.
Tutor: **Duration: 8 weeks**
- T. 7 **Italian Beginners** 7.30 – 9.00 p.m. Fee €80
 Ideal for holidays in Italy. Emphasis on conversation
 and useful phrases. No previous knowledge needed.
Tutor: Niamh Dam M.A. **Duration: 10 weeks**
- T. 8 **An Introduction to Sign Language (ISL)** 7.00 – 8.30 p.m. Fee €75
 This ISL course is intended for all those who would
 like to be able to communicate with deaf people.
 It will teach the basic signs/sentences needed to deal
 with greetings, numbers, place, weather, common posted
 signs, food and drink etc.
(Commencing Tuesday 4th October 2011)
Tutor: Jennifer King **Duration: 8 weeks**
- New** T. 9 **French Cooking** 7.00 – 9.00 p.m. Fee €130
 Learn the basics of French cooking with seasonal
 products and finish with tasty dessert .
Some course ingredients may be needed
No ingredients required 1st Night.
(Max: 15 per class)
Tutor: Herve Leber **Duration: 8 weeks**
- T. 10 **Drawing & Painting** 7.00 – 9.00 p.m. Fee €110
 This course is designed for beginners and those
 who have some experience. There will be lessons in
 basic drawing skills and techniques in handling
 watercolour paint, leading to creating your own
 original work. Materials will be needed but not on the
 first night as these will be provided and advice given on
 what and where to buy them. This course can give great
 satisfaction and lead to a life-long hobby.
Limited numbers
Tutor: Keith Norman **Duration: 10 weeks**
- T. 11 **Dressmaking** 7.30 – 9.30 p.m. Fee €110
 For the beginner wishing to learn basic
 techniques or the more experienced dressmaker
 looking for new ideas and inspiration. Choice of

fabric, pattern, making up and finishing a garment.
(Course materials required but not on the first night as tutor will advise on where and what to buy)

Tutor: Deirdre Hannafin **Duration: 10 weeks**

- T. 12 Beaded Jewellery Course –
A Follow Up Course** **7.30 – 9.30 p.m.** **Fee €110**
Learn the classic art of pearl-knotting, create crystal beads and grow a chain one link at a time. Sew various bead-stitched jewellery pieces using one/two needle techniques
Put your creativity into practice, have fun and relax.
No previous experience required.
(Some course materials will need to be purchased for this course.)
Tutor: Rosemary Murphy **Duration: 10 weeks**
- T. 13 Interior Design** **7.30 – 9.30 p.m.** **Fee €100**
A simple step by step guide to interior design.
This course offers you the chance to redecorate your home or business no matter what your budget.
Tutor: Gwen Sliney **Duration: 8 weeks**
- T. 14 Ballroom Dancing - Beginners** **7.15 - 8.15 p.m.** **Fee €75**
Come and enjoy the fun of the fox-trot, quick-step, tango, waltz and rock-n-roll.
Tutor: Fintan Murphy **Duration: 10 weeks.**
- T. 15 Ballroom Dancing - Beginners** **8.30 – 9.30 p.m.** **Fee €75**
(As above)
Tutor: Fintan Murphy **Duration: 10 weeks**
- T. 16 Yoga (Hatha)** **7.00 – 8.15 p.m.** **Fee €80**
Gentle stretching and introduction to classical yoga postures, with a strong emphasis on breathing and relaxation. Suitable for all.
Tutor: Diane Howley **Duration: 10 weeks**
- T. 17 Yoga (Vinyasa Flow)** **8.30 – 9.45 p.m.** **Fee €80**
A dynamic flowing style of yoga, linking body movement with the breath and incorporating deep relaxation. Suited to those looking to progress their yoga practice.
Tutor: Diane Howley **Duration: 10weeks**
- T. 18 Kick Fit for Women (Level 1)** **8.00 – 9.00 p.m.** **Fee €60**
Tone up, lose weight, keep fit and learn to protect yourself.
Open to all levels
Tutor: Paul Coffey Level 3 Coach & Level 2 Tutor with I.M.A.C.
Duration 8 weeks

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|--------------|--|---------------------------|-----------------|
| T. 19 | Tennis Coaching (In association with Carrigaline Tennis Club) | 7.00 – 8.00 p.m. | Fee €65 |
| | This course is geared to those who wish to learn the basic skills of tennis. Emphasis on skills & tactics. | | |
| | (Limited numbers) | | |
| | Tutor: Tim Marnane | Duration: 8 weeks | |
| T. 20 | Improve Your Golf | 6.00 – 7.00 p.m. | Fee €85 |
| | Prepare for the coming season.
Improve your technique and overall play. | | |
| T. 21 | Improve Your Golf | 7.00 – 8.00 p.m. | Fee €85 |
| T. 22 | Morning Golf | 10.00 – 11.30 a.m. | Fee €100 |

Coach: Wayne O’Callaghan, Professional
Duration for each course 10 weeks
All Golf Courses are held at Carrighoun Driving Range
Students are required to pay for ball rental

CARRIGALINE SINGERS:
Rehersals take place in Carrigaline Community School every
Tuesday Night from 7.30 – 9.30 p.m.
New Members welcome.

WEDNESDAY NIGHT:

Wednesday Courses will commence on Wednesday 28 September 2011
unless otherwise stated.

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|------------|-------------|--|---------------------------|-----------------|
| New | W. 1 | Website Design & Development | 7.00- 10.00 p.m. | Fee € |
| | | Learn how to design, build and manage websites, install a Content Management System (CMS) , promote your website online and integrate it with social media. | | |
| | | Tutor: Brian McAuliffe | Duration: 10 weeks | |
| | W. 2 | Basic Book Keeping for Small Business | 7.30 – 9.30 p.m. | Fee €110 |
| | | This course will give basic information on all matters dealing with accounts/book keeping, Vat Returns, Wages for the small business. | | |
| | | Jonathan Curley CPA | Duration: 10 weeks | |
| | W. 3 | Getting Published | 7.30 – 9.30 p.m. | Fee €95 |
| | | Ever dreamt of becoming a published writer, of seeing your book on the shelves? This course is aimed at those who have already put pen to paper or believe they have | | |

a book inside them. It is a step by step guide to getting published by the Sunday Times, best selling writer, John Stack, author of “Ship of Rome” and “Captain of Rome”, the first two books of the “Masters of the Sea” series.

Tutor: John Stack Duration: 8 weeks.

W. 4 Introduction to the Stock Market 7.30 – 9.30 p.m. Fee €95

This course is primarily orientated at those who have little or no knowledge of the Stock Market. Topics covered include the jargon associated with the Stock Market, how to get started in investing shares, fundamental analysis and technical analysis. A share game is run throughout the course.

Tutor: Pat Sexton of Redmayne-Bentley (Stock Brokers)
Duration: 8 weeks

W. 5 Solidworks 3 D Modelling – an Introduction 7.30 – 9.30 p.m. Fee €95

This is an introductory course to the Solidworks programme used in the Design and Communication Graphics Course for the Leaving Certificate. This course starts at beginners level advancing to more complex drawing required for the Leaving Certificate DCG Project.

Tutor: Anthony Nyhan B.Tech.Ed.
Duration 8 weeks

New W. 6 Health & Safety in the Workplace 7.30 – 9.00 p.m. Fee €75

This course is intended to offer practical advice on the key elements of Health & Safety in the workplace covering a wide range of topics including HSA Legislation, Employer and Employee responsibility and work place hazards.

Tutor: John O’Donoghue Dip. in Health & Safety in the Workplace
Duration: 8 weeks.

W. 7 Irish (Conversational) 7.30 – 9.00 Fee €90

For those who have a basic knowledge and who wish to improve their spoken Irish in a friendly and enjoyable atmosphere.

Tutor: Eamon Matthews B.A., H.Dip Ed Duration: 8 weeks

W. 8 Spanish Beginners 7.00 –8.15 p.m. Fee €75

Fun-filled introduction to Spanish culture and conversation. Useful phrases for the holidays or work.

Tutor: Rafael Jaime Duration: 10 weeks

W. 9 Spanish Continuation 8.30 – 9.45 p.m. Fee €75

Suitable for anyone who has completed a beginners course in Spanish.

- Tutor: Rafael Jaime** **Duration: 10 weeks**
- W. 10 Vegetarian Cooking 1** **7.15 -9.15 p.m.** **Fee €100**
 Hands on tasty veggie dishes from around the world using a variety of fresh & colourful ingredients. This is a course both for vegetarians and anyone with a taste for adventure.
No ingredients required on 1st night.
Tutor: Joe Glennon (Quay Co-Op) **Duration: 5 weeks**
- W. 11 Vegetarian Cooking 2** **7.15 – 9.15 p.m.** **Fee €100**
 More delicious vegetarian dishes, **featuring all new recipes.**
 This course is open to previous students of the vegetarian class, and **newcomers also welcome.**
No ingredients required on 1st night.
(Course commencing Wednesday 9 November 2011)
Tutor: Joe Glennon (Quay Co-Op) **Duration: 5 weeks**
- W. 11 Cake Decoration and Sugar Craft**
Level 2 **7.00 – 9.30 p.m.** **Fee €110**
 Students will improve their skills of cake carving, icing and sugar craft.
Previous experience of cake decoration and sugar craft required.
(Some course materials are required)
Tutor: Brid Lyons **Duration: 8 weeks**
- W. 12 Flower Arranging** **7.30 - 9.30 p.m.** **Fee €80**
 Learn how to make arrangements for hall-table, dinner-table, etc.
Tutor: Ann Kelly **Duration: 5 weeks**
- W. 13 Christmas Flowers** **7.30 – 9.30 p.m.** **Fee €65**
 Make your own arrangements for Christmas
 e.g. Swag, hall-door, dinner-table etc.
(Commencing November 9th)
Tutor: Ann Kelly **Duration: 4 weeks**
- W. 14 Vegetable Growing – an Introduction** **7.30 – 9.00 p.m.** **Fee €65**
 This course is aimed at beginners hoping to start their own vegetable garden or thinking of renting an allotment. The course will cover the essential basics including: garden design, seed selection and sowing, annual growing calendar etc. Includes optional visit to the tutor’s garden.
Tutor: Eoin O’Callaghan B.Sc., M.Sc. **Duration: 7 weeks**
- W. 15 Photoshop for Digital Photographers** **7.00 – 9.30 p.m.** **Fee €120**
 An introduction to the basic features of photoshop and in particular to the features used to manipulate photographs so as to produce a better image.

Covers input to computer, enhancing work in photoshop and preparing the image for printing.

Tutor: Neil O'Leary (Naylor Designs)

Duration: 8 weeks

W. 16 Taking Time for Yourself 7.30 – 9.00 p.m. Fee €70

This course enables participants to take time out of their very busy and demanding lives to relax, unwind and live in the present moment. Actively participate in managing your stress, enhancing your confidence/self esteem and improving your quality of life.

Tutor: Gretta Connolly

Duration: 8 weeks

W. 17 Yoga 7.30 - 9.00 p.m. Fee €90

Gentle stretches, breathing and relaxation. Improve body awareness/reduce stress.

Tutor: Norma Slattery

Duration: 10 weeks

New W. 18 Infinite Chi Kung - Beginners 7.00 – 8.25 pm. Fee €90

The aim of this course is to teach the student, by using an ancient Eastern practice, how to work with their own energy system in order to promote health and vitality of body and mind. Also included are modern meridian exercises that are both pleasant and beneficial.

Tutor: John Murphy

Duration: 10 weeks

New W. 19 Infinite Meditation 8.35 – 10.00 pm. Fee €90

Relaxing and centering meditation aimed at increasing self-awareness

Tutor: John Murphy

Duration: 10 weeks

W. 20 Ceili and Set Dancing Beginners 7.00 – 8.30 p.m. Fee €90

Learn basic steps – improve co-ordination. Ceol, Craic agus Exercise. Suitable for those with or without experience.

Tutor: Fionán Cogan

Duration: 10 weeks

WEDNESDAY AFTERNOON:

Wednesday Afternoon courses will commence on

Wednesday 28 September 2011 unless otherwise stated.

A. 1 Introduction to Computers 2.00 – 4.00 p.m. Fee €65

This is a general introductory course for those who have no experience of computers. The Course will introduce the participant to the basic elements of word processing,

handling the mouse and basic internet and email.

Tutor: Sinead Ui Luasaigh **Duration: 5 weeks**

A. 2 Continuation Computers 2.00 – 4.00 p.m. Fee €65

A continuation from Int. to Computers,
addressing internet , email etc.

(Commencing Wednesday 9 November 11)

Tutor: Sinead Ui Luasaigh Duration: 5 weeks

A. 3 Irish Traditional Music

Tin Whistle/Traditional Flute/Uilleann Pipes

These classes cater for individual and group
tuition for all levels. The classes will run for two
12 week terms per year.

For full details contact:

John Mitchell (021 4545725/086 1259746)

New A. 4 Leaving Certificate Religion 2.00 – 4.00 p.m.

Suitable for any **Fifth Year Student** wishing to study
Religion for the Leaving Cert. This is a **two year**
course in preparation for Leaving Cert **June 2013**

Tutor: Mary O'Doherty B.A.(Theology) H.Dip.Ed

Fee: €150 per term (3 terms per year) Duration: 10 weeks

THURSDAY MORNING

**Thur. 1 Tennis Coaching (In association
with Carrigaline Tennis Club) 10.00 – 11.00 a.m. Fee €65**

This course is geared to those who wish to
learn the basic skills of tennis. Emphasis on skills & tactics.

(Limited numbers)

Tutor: Tim Marnane Duration: 8 weeks

Conditions:

1. Fees are payable on enrolment and receipts issued.
2. Class numbers are limited to ensure a high standard of tuition, particularly in practical subjects.
3. **Fees are not refundable.**
4. Classes are offered subject to sufficient demand existing to form a class. In the event of a class not forming, all participants will be notified and fees refunded.
5. Students must **ENROL BEFORE** attending classes.
6. Cheques should be made payable to Carrigaline Community School and have a Bank Card Number on the back.
7. Class Materials – Extra costs arise in some courses – enquire on enrolment.

8. Class times/duration are subject to change.
9. **We urge all our adult students to park carefully and avoid obstructing any private residence.**
10. E & O.E
11. Those participating in physical exercise classes may need to seek medical advice before commencing.

Tea/Coffee is available in shop during class (evenings only)

Fee Concessions:

A limited number of fee concessions are reserved for those on Social Welfare Benefit. This concession is not applicable to all courses. It is necessary to call and make application to the Adult Education Office before Wednesday 14 September 2011.

Adult Education Courses are also available at the following Cork Community/Comprehensive Schools:

Ashton Comprehensive School
Ballincollig Community School
Bishopstown Community School
Douglas Community School
Mayfield Community School

Further Information: **Adult Education Office, Carrigaline Community School**
Tel: 021-4373767 www.carriges.ie
Fax 021-4377050 **E-mail** adulted@carriges.ie

Principal	John Hourihan
Adult Education Director	Eugene Cahill
Assistant Director:	Patricia McCarthy
Adult Education Officers:	Anne Maria O'Sullivan/Geraldine McCarthy
Administrator:	Imelda Darmody

All our courses are open to both men and women unless otherwise stated

C.V's and new topics accepted for our January 2012 brochure.

POSTAL ENROLMENT FORM

Completed enrolment forms, with payments,

will be accepted by post for any of the advertised courses. Cheques and Postal Orders should be made payable to Carrigaline Community School and sent to Adult Education Office, Carrigaline Community School, Carrigaline, Co Cork.

NAME: _____

ADDRESS: _____

Mobile: _____ **Tel: (home/work)** _____

1st Choice Course: _____

Code _____ **Fee €** _____

If 1st Choice is not available please state:

2nd Choice Course: _____

Code _____ **Fee €** _____

Signature: _____