

A New Year - A New Course

CARRIGALINE COMMUNITY SCHOOL

Lifelong Learning

SPRING 2012

Adult & Community Education Programme

Enrol online using
laser or credit card through
www.carrigcs.ie/adult

Office & Postal
Enrolments from
MONDAY 9TH JANUARY 2012

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:

Tel: (home) Tel: (work)

1st Choice Course:

Code: Fee €:

If 1st Choice is not available please state:

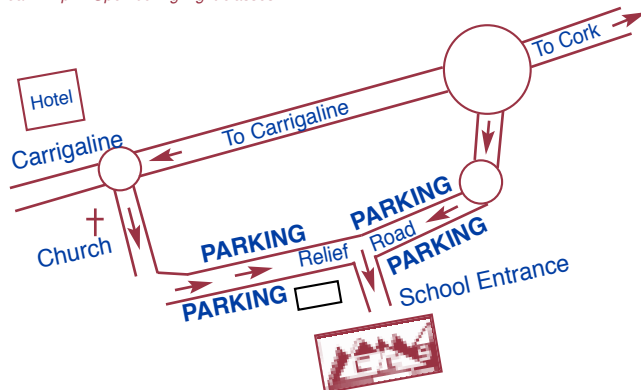
2nd Choice Course:

Code: Fee €:

Signature:

HOW TO FIND US

Relief road entrance is closed during school hours
9am - 4pm. Open during night classes.



Adult Education Courses are also available at the following Cork Community 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 Fax 021-4377050
E-mail adulsted@carrigcs.ie

Principal: John Hourihan
Director of Adult Education: 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
September 2012 brochure.

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 and course fees 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.

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 18th January 2012.

ENROLMENT

Completed application forms with payment will be accepted at the Adult Education Office daily or by post from Monday 9th January 2012
Office Hours: 10.00 a.m.-12.30 p.m. & 2.00 p.m. - 4.00 p.m.
New: Online booking now available on our website: www.carrigcs.ie/adult

MONDAY

Monday courses will commence on Monday 30 January 2012 unless otherwise stated.

- M1 Introduction to Computers** 7.00 – 10.00 p.m. Fee €95
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
- M2 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 5th March 2012)
- M3 Website Design & Development** 7.00- 10.00 p.m. Fee €150
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
- M4 NEW Household Finance and Budgeting** 7.30 – 9.30 p.m. Fee €95
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: 8 weeks
- M5 “Present with Confidence” –Presentation Skills Master-Class** 7.30 – 9.30 p.m. Fee €75
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
- M6 German Beginners** 7.30 – 9.30 p.m. Fee €110
Learn German the easy way and acquire basic conversational skills for work or pleasure.
Tutor: Holger Haase M.A. Duration: 10 weeks
- M7 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
- M8 English for Non-Irish - Continued** 8.30 – 9.45 p.m. Fee €75
This course is geared towards those who already have completed the beginners course.
Tutor: Tara Mansworth B.A., TEFL Duration: 10 weeks
- M9 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
- M10 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 79).
Commencing Monday 20th February
Tutor: Julie Reeves (Qualified Mountain Leader) Duration: 6 weeks
- M11 Law – An introduction to the Law in Ireland** 7.00-8.30 p.m. Fee €90
NEW Learn about the Irish legal system covering topics such as criminal law, sports law, consumer law, debt collection law, defamation, contract law and wills and probate law. The course will include case studies of high profile cases in Ireland.
Tutor: David Sweeney (www.sweeneysolicitors.ie) Duration: 10 weeks
- M12 Come Dine with Me** 7.30 – 9.30 p.m. Fee €110
NEW Learn to prepare and serve complete dinner parties from shopping lists to suggested wines. Course ingredients will be needed
Tutor: Michelle Hogan (Chef, Heronswood Childcare Centre) Duration: 5 weeks

MONDAY

- M13 SPANISH COOKING** 7.30-9.30pm Fee €110
NEW A native Spaniard will teach you all the secrets to cook fantastic Paella, refreshing Gazpacho, gorgeous Tapas/Pintxos and much more. And everything will be gluten free. Enjoy tasty food and healthy cooking that helps prevent heart disease, diabetes, some cancers and reduces bad cholesterol.
Tutor: Felix Molinero Duration: 5 weeks
- M14 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
- M15 Pastel Painting** 7.00 – 9.00 p.m. Fee €110
NEW This is a beginners course in the use of pastels. No drawing skills required.
Tutor: Victor Richardson Duration: 10 weeks
- M16 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
- M17 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. (Tools & Class materials required). Please check with office. (Commencing Monday 27 February 2012)
Tutor: Rosemary Murphy Duration: 6 weeks.
- M18 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)
- M19 Manual Handling Instruction (FETAC)** 7.00-10.00p.m. Fee €780
NEW Would you like to instruct your own Manual Handling Course?
This FETAC Accredited course will enable you to become a certified Manual Handling Instructor. We only employ the best manual handling instructors and we specialise in all manual handling issues. This is a comprehensive course designed to teach participants the core information to be able to design and deliver their own course.
Tutor: CMSE Duration: 13 weeks
- M20 Learn 2 Drive (Beginners)** Fee €365
Initial 1-hour interactive tutorial on Road Safety & EDT regulations followed by 12 one hour practical driving lessons to be arranged between pupil and tutor. This is a Road Safety Authority (RSA) mandatory course to obtain a Full Irish Driving license.
Tutor: Dave's Driving School (RSA Approved Driving School) Duration: 6 months
- M21 Learn 2 Drive (Improvers)** Fee €150
NEW Initial 1-hour tutorial on Road Safety & Driving Test, followed by 5 one hour practical driving lessons, covering pre-test routes, complex driving situations, night time driving and a mock exam. Lessons will be arranged between pupil and tutor. Helps build confidence prior to driving test.
- M22 Broaden Your Mind – An Introduction to Philosophy** 7.00-9.00pm Fee: €75
NEW What makes an action right or wrong? What makes a state legitimate? Do we have free will? Should we believe in God? These and other issues considered during the course. No previous knowledge of Philosophy required.
Tutor: Robert Fehily M.A., Duration: 6 weeks
- M23 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
- M24 Digital Photography** 7.00 – 9.30 p.m. Fee €110
This course is ideal for people who want to learn to use all the functions of their D-SLR, Compact or i-Phone camera. Learn practical hands-on steps to taking a range of great photos including landscape, portrait, close-up and night-scenes. Get the most from your digital camera.
Tutor: Neil O'Leary (Naylor Designs) Duration: 8 weeks

MONDAY

- M25 Skin Care, Make-up & Nail Treatments** 7.30 – 9.30 p.m. Fee €95
This course helps you to discover your skin type through 'skin-analysis', giving you the knowledge you need to select the very best beauty preparations. Learn simple skills in providing luxury nail treatments and improve your make-up application techniques for simple day wear or that special occasion.
Tutor: Barbara Braham Duration: 8 weeks
- M26 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
- M27 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
- M28 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
- M29 Yoga (Hatha 2)**
Progressing from level one. This course will introduce some new poses and also places a strong emphasis on breathing techniques and relaxation. Suitable for anyone who has completed a level one hatha yoga class, or has some previous experience of yoga.
Tutor: Diane Howley Duration: 8 weeks
- M30 TAI CHI- Beginners** 7.00 – 8.15 p.m. Fee €75
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
- M31 TAI CHI – Improvers** 8.30 – 9.45 p.m. Fee €75
Previous experience of infinite TAI CHI required.
Tutor: John Murphy Duration: 10 weeks
- M32 High Intensity Training Circuits** 7.15 – 8.15 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
- M33 Total Tone** 8.30 – 9.30 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. (Sports & Exercise Science) Duration: 8 weeks
- M34 Zumba Gold** 7.00 – 8.00 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
- M35 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
- M37 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
- M38 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 the Wayne O'Callaghan Golf Academy
Students are required to pay for ball rental.

MONDAY

M39 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**

Leaving Cert Courses

M40 Leaving Cert Biology Exam Preparation 8.15 – 9.30 p.m. Fee €85
Suitable for any 6th Year Leaving Cert Student and focusing on exam preparation and exam technique using past Leaving Cert papers. Both H.L. and O.L. topics will be covered.
Tutor: Dr. Michelle Morris B.Sc., PhD, PGCE Duration 8 weeks

M41 Leaving Cert Chemistry: 5 Questions You Should Answer 8.15-9.30p.m Fee: €85
Suitable for any 6th Year Leaving Cert honours student and focusing on organic chemistry, structure, bonding and periodicity and some aspects of the mandatory practicals emphasising key points and modelling past-Leaving Cert questions. Course commences on March 26th 2012.
Tutor: Dr. Michelle Morris B.Sc., PhD, PGCE Duration 5 weeks

M42 Leaving Cert. Religion 7.00 – 9.00p.m. Fee: €150 per term (4 terms)
Suitable for any Fifth year student wishing to study Religion for the Leaving Cert. This is a one and half year course in preparation for the Leaving Cert June 2013.
Tutor: Mary O'Doherty B.A. (Theology)

TUESDAY NIGHT

Tuesday night courses will commence on Tuesday 1st February 2012 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

T1 ECDL Modules 4 & 6 7.00 – 10.00 p.m.
Spreadsheets (Excel) & Presentation (Powerpoint)
Tutor: Sinead Ui Luasaigh Duration: 8 weeks (inc. exams)

T2 ECDL Modules 1 & 3 7.00 – 10.00 p.m. (Commencing 29th March 2010)
Basic Concepts of I.T. and Word Processing
Tutor: Meg Livingstone Duration: 8 weeks (inc. exams)

T3 Advanced English for Non-Irish 7.30 – 9.30 p.m. Fee €110
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

T4 French Conversation for Beginners 7.00 - 8.30 p.m Fee €75
Geared towards people who have little or no French. Useful for that holiday or business trip.
Duration: 8 weeks

T5 Portuguese for Beginners 7.00 – 8.00p.m. Fee: €60
NEW Ideal for holiday-makers who wish to learn the language survival skills. Focus on aural and oral skills.
Tutor: Soraya Nepomuceno Duration: 10 weeks

T6 An Introduction to Sign Language (ISL) 7.00 – 8.30 p.m. Fee €85
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.
Duration: 10 weeks

T7 Carbon Emissions Foundation 7.00pm – 10.00pm Fee: €390
NEW All company's need to get a full understanding and control of their Carbon Emissions. We can provide you with a detailed understanding of carbon emissions measurement and ways you can reduce your organisations carbon footprint. This Carbon Emissions Foundation course will help you get an understanding of an increasingly important area for all companies. It will enhance your CV.
Tutor: CMISE Duration: 8 Weeks

TUESDAY

T8 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

T9 Guitar Improvers 7.00 – 8.30 p.m. Fee €90
For those with reasonable proficiency. Improve your basic skills.
Tutor: Charles Ward Duration: 10 weeks

T10 An Introduction to Film Studies 7.00 – 9.00p.m. Fee €95
NEW This course aims to give students a broad, detailed and enjoyable introduction to the study of cinema, film techniques and film theory. Discuss topics including music in cinema, European films and the early days of cinema in an enjoyable and informative setting.
Tutor: Leon McCarthy M.A. Duration 8 weeks

Drawing & Painting 7.00 – 9.00 p.m. Fee €110
T11 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

T12 Special Needs FETAC – Level 6 Childcare 7.00 – 10.00 p.m. Fee €200
Students must have completed the full FETAC Level 5 Childcare
This is a single module at level 6 covering the following areas
(1) Assessment process for special needs
(2) Individual education plan
(3) Curriculum and the Special Needs Child
Tutor: Mary Fitzgerald Duration: 10 weeks

T13 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 Hanafin Duration: 10 weeks

T14 Colour & Style 7.00 – 9.00 p.m. Fee €95
NEW Become your own personal stylist. Through this unique colour and style course, you'll have better shopping habits, save lots of money and love your look. Topics covered include Style & Colour analysis, skincare & makeup, personal shopping trip etc.
Tutor: Sharon Huggard (Image Consultant) Duration: 8 weeks

T15 Salsa Dancing 8.15-9.15p.m. Fee €60
NEW A fun way to tone up, burn calories and learn to dance. No partner required.
Tutor: Soraya Nepomuceno Duration: 10 weeks

T16 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.

T16a Ballroom Dancing – Beginners 8.30 – 9.30 p.m. Fee €75
Tutor: Fintan Murphy Duration: 10 weeks

T17 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

T18 Introduction to Triathlon & Adventure Racing Skills 7.00-9.00pm Fee €95
NEW This course will help people gain a valuable insight into the skills, equipment and training required to tackle their 1st Triathlon or Adventure Races. A combination of interactive classroom-based theory and practical gym-based exercise will form a dynamic, interesting and fun course designed to help you achieve your goals in sport.
Tutor: Jon Hynes Duration: 8 weeks

T19 Kick Fit for Women (Level 1) 7.00 – 8.00 p.m. Fee €60
Tone up, lose weight, keep fit and learn to protect yourself. Open to all.
Tutor: Paul Coffey Level 3 Coach & Level 2 Tutor with I.M.A.C. Duration 8 weeks

TUESDAY

T19a 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.
Tutor: Paul Coffey Level 3 Coach & Level 2 Tutor with I.M.A.C. Duration 8 weeks

T20 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

T21 Improve Your Golf 6.00 – 7.00 p.m. Fee €85
Prepare for the coming season. Improve your technique and overall play.

T22 Improve Your Golf 7.00 – 8.00 p.m. Fee €85

T23 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 the Wayne O'Callaghan Golf Academy, Carrigaline.
Students are required to pay for ball rental.

T24 Leaving Cert Music 6.30 – 8.30 p.m. Fee €150 per term (4 terms)
NEW Suitable for any Fifth year student wishing to study Music for the Leaving Cert. This is a one and half year course in preparation for the Leaving Cert June 2013.
Tutor: Niamh McCarthy B.Mus., G.Dip. Duration: 10 weeks

ES1 Attention Leaving & Junior Cert Students:
NEW Evening Study with Exam & Study Advice. Prepare well for your public examinations in a structured and conducive environment. Suitable for any Leaving Cert or Junior Cert student taking exams in 2012. Study and exam advice given nightly.
Tutor: Arthur Twomey
Time: 7.15 – 9.15 p.m. Mon, Tues & Wed Fee: €150 Duration: 10 weeks

CARRIGALINE SINGERS:

The Carrigaline Singers offer an opportunity to men and women who enjoy singing at any level to come along and join the choir at rehearsals. Music from the Beatles to Beethoven. Choir subscription will apply. New Members welcome.
Musical Director: Brian McNamara Time: 7.30 – 9.30p.m.

WEDNESDAY NIGHT:

Wednesday Courses will commence on Wednesday 2nd February 2012 unless otherwise stated.

W1 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

W2 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

W3 Spanish Beginners 7.00 – 8.15 p.m. Fee €90
Fun-filled introduction to Spanish culture and conversation. Useful phrases for the holidays or work.
Tutor: Rafael Jaimé Duration: 10 weeks

W4 Spanish Continuation 8.30 – 9.45 p.m. Fee €90
Suitable for anyone who has completed a beginners course in Spanish.
Tutor: Rafael Jaimé Duration: 10 weeks

W5 Certificate in News Journalism 7.00-9.00pm Fee €195
NEW (includes registration, exam correction and certification from the Irish Academy of Public Relations) This course will equip students with the skills necessary for news journalism. On completion and passing of exam, students will be awarded a Certificate in News Journalism from the Irish Academy of Public Relations.
Tutor: Bill Browne Duration: 10 weeks

WEDNESDAY

- W6 NEW Fire Fighting Foundation** 7.00 – 10.00pm Fee: €390
It is ideal for job seekers, people in the Pharma, Fire Services, Marine and other industry sectors. Over the four week period all students will get a very practical and informative education on all Fire Fighting aspects. CMSE have their own fire training centre and some practical aspects of this course will be carried out in this specialised training facility. All instructors are fully qualified and experienced.
Tutor: CMSE Duration: 4 Weeks
- W7 NEW Fire Safety for Families at Home** 6pm – 8pm Fee: €295 for 2 people
Would you and your family know what to do in the event of a fire? This course has been specifically designed for parents and children above 16 years of age. Safety topics for this course include fire safety in the home, evacuation scenarios and other life saving techniques. Some of the practical aspects of this course will be carried out in our specialised fire training centre.
Tutor: CMSE Duration: 4 Weeks
- W8 Irish for Beginners** 7.30 – 9.00 p.m. Fee: €90
For those with little or no Irish who would like to learn the language in a relaxed and friendly environment. Emphasis on spoken Irish.
Tutor: Katie White Duration: 8 weeks
- W9 NEW Watercolour Improvers** 7.00 – 9.00 p.m. Fee €110
This course is designed for those who have completed the beginners class in Drawing & Painting or who have some experience with watercolour painting. There will be further techniques in handling watercolour paint, and you will be guided to your own style of work. Materials will be needed – advice on these given on the first night. Limited Numbers
Tutor: Keith Norman Duration: 10 weeks
- W10 NEW Art Portfolio Preparation.** 7.00-9.00pm Fee €110
This course is designed for all who wish to build up a Portfolio of Artwork. Would suit students with an interest in attending full-time Art study or those with a general interest in expanding their Art knowledge. Areas covered include Observational drawing, Painting, Collage and Self-Portrait. Let your creativity flourish. No experience needed.
Tutor: Alison Butt Duration: 10 weeks
- W11 NEW Care of the Older Person (FETAC)** 7.00 – 9.30 p.m. Fee €170
This is a FETAC Level 5 component module. Suitable for those caring for older people at home, those interested in working as care assistants or working in private care homes. .
Tutor: Mary O'Sullivan Duration: 10 weeks
- W12 NEW Introduction to the Marine Megafauna of Cork Harbour** 7.00 – 9.30 p.m. Fee: €200
An introduction to the marine megafauna of Cork Harbour and the coastal waters. Focusing on whales, dolphins, porpoises, seals basking sharks and turtles. Learn about ecology, biology and field-skills required to observe and identify these magnificent mammals in Irish waters. Students will partake in a day's land-based fieldtrip and will be offered an optional sea-based trip.
Tutor: Pádraig Whooley (IWDG) Duration: 7 weeks
- W13 NEW Woodcarving** 7.00 – 9.30 p.m. Fee €160
Students will learn the fundamentals of woodcarving. Honing chisels and the basic understanding of 3 dimensional form. Two pieces of carving will be completed in this time frame. (Fee includes cost of materials)
Tutor: James McLoughlin Duration: 10 weeks
- W14 Living Well, Living Mindfully** 7.30 – 9.30p.m. Fee €110
(Based on the MBSR Programme developed by Dr. Jon Kabat Zinn)
Cultivating mindfulness in our daily lives allows us to live with a greater sense of ease, balance and peace. You will be introduced to a wide variety of mindfulness practices including connecting with the breath, the body, mindful movement and mindful walking to help you integrate the practice of mindful living into your everyday life.
Tutor: Clodagh McCarthy (Bright Sparks Coaching) Duration: 8 weeks
- W15 Vegetarian Cooking** 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

WEDNESDAY

- W16 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 7 March 2012)
Tutor: Joe Glennon (Quay Co-Op) Duration: 5 weeks
- W17 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
- W18 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
- W19 NEW Introduction to Music - Tin Whistle** 6.00-7.00p.m. Fee €60
For those interested in learning music. Starter Tin Whistle required.
Tutor: Louise O'Sullivan Geary Duration 10 weeks
- W20 NEW Basic Music Theory for Adults** 7.00-8.00pm Fee €60
Is your child learning a musical instrument? Would you like to be able to follow their progress and help them advance with their instrument? If so..... sign up today!!
Tutor: Louise O'Sullivan Geary Duration: 10 weeks
- W21 NEW Intermediate Music Theory** 8.00-9.00pm Fee €60
For those people who learned music in their teens or childhood and would love to dust off the knowledge - perhaps to write songs, engage with their advancing younger musician at home - of just for pleasure!
Tutor: Louise O'Sullivan Geary Duration: 10 weeks
- W22 NEW Playwriting Workshop** 7.30-9.30pm Fee: €110
This short course is a fun, gentle introduction to the craft of playwriting for people of all levels of experience. Over the course, we will explore the basics of playwriting in a clear and accessible manner. In class through writing exercises, you will have the opportunity to script your ideas before developing the plot to eventually script your own play.
Tutor: Aoife O'Keefe Duration: 10 weeks
- W23 Photoshop for Digital Photographers** 7.00 – 9.30 p.m. Fee €110
This course is geared towards people who want to enhance their photographs taken with a D-SLR, compact or i-phone camera. It is a practical hands-on course with all images and full-colour notes provided. All participants work on a computer with photoshop installed.
Tutor: Neil O'Leary (Naylor Designs) Duration: 8 weeks
- W24 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
- W25 NEW Self Defence for Women** 8.00-9.15 pm Fee €60
Learn how to protect and defend yourself, tone up and get fit and healthy in the process.
Tutor: Gene Cahill (ITSWA, CWAAGB) Duration: 10 weeks
- W26 NEW Boxing Conditioning for Men** 7.00 - 8.00 p.m. Fee: €60
In association with the Boxing Clinic. Build speed, strength, agility and endurance and get fighting fit in this high intensity workout. (Training gloves required)
Coach: Stewart Dollery Duration: 10 weeks
- W27 NEW Boxing Conditioning for Women** 8.00 – 9.00p.m. Fee: €60
In association with the Boxing Clinic. Burn fat, burn calories, lose weight tone up and get fighting fit. (Training gloves required)
Coach: Stewart Dollery Duration: 10 weeks

WEDNESDAY AFTERNOON

Wednesday Afternoon courses will commence on Wednesday 1 February 2012 unless otherwise stated.

- A1 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
- A2 Continuation Computers** 2.00 – 4.00 p.m. Fee €65
A continuation from Int. to Computers, addressing internet, email etc. (Commencing Wednesday 2 March 11)
Tutor: Sinead Ui Luasaigh Duration: 5 weeks
- A3 Irish Traditional Music - Tin Whistle/Traditional Flute/Uilleann Pipes**
These classes cater for individual and group tuition for all levels and all ages. The classes will run for two 12 week terms per year. For full details contact: John Mitchell (021 4545725/086 1259746).
- A4 Leaving Cert Conversational French** 2.15 – 3.15 p.m. Fee €50
These classes will prepare the Leaving Cert Student for the French Oral exam.
Tutor: Muireann O'Brien B.A., H.Dip.Ed., M.Sc. Duration: 5 weeks (Commencing Wednesday 29th February 2012)
- A5 Now You Are Retired, So What?** 2.00 - 4.00 p.m. Fee: €60
This course aims to help people think about their own perceptions and to provide practical advice concerning age related issues. Topics covered include review of current entitlements for older people in Ireland, how to age-proof your house, how to manage important papers, technology is your friend and how to plan and build supports before you need them.
Tutor: Sheila Cagney Duration: 5 weeks

THURSDAY MORNING

- Thur1 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

OTHER COURSES

- Thur2 Mid Term Study Techniques + Revision for Public Exams**
This week will provide exam candidates the opportunity to revise for forthcoming examinations. Each day valuable advice will be given in regard to the best methods of study/revision.
Time: 9.00 a.m. – 1.00 p.m. Fee €45
Monday 13th February to Friday 17th February (inclusive)
- Thur3 Easter Study Techniques + Revision for Public Exams**
These two weeks will provide exam candidates the opportunity to revise for forthcoming examinations. Each day valuable advice will be given in regard to the best methods of study/revision.
Time: 9.00 a.m. – 1.00 p.m. Fee €80
Monday 2nd April to Thursday 5th April
Tuesday 10th April to Friday 13th April (inclusive)