

W12 NEW	ILLUSTRATION – AN INTRODUCTION 7.15-9.15pm	Fee: €95	8 Weeks
W13	VEGETABLE GROWING – AN INTRODUCTION 7.30 – 9.00 p.m.	Fee €65	7 weeks
W14	PILATES FOR MEN 7.00 – 8.00 p.m.	Fee €80	10 weeks
W15	BOXING CONDITIONING FOR MEN & WOMEN 8.00 – 9.00p.m.	Fee €60	10 weeks

WEDNESDAY AFTERNOON:
Wednesday Afternoon courses will commence on
Wednesday 30 January 2013 unless otherwise stated.

A1	INTRODUCTION TO COMPUTERS 2.00 – 4.00 p.m.	Fee €65	5 weeks
A2	CONTINUATION COMPUTERS 2.00 – 4.00 p.m	Fee €65	5 weeks (commencing 6th March)
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	“NOW YOU ARE RETIRED & HERE’S HOW TO STAY OUT OF A HOME” 2.00 – 4.00pm	Fee €60	5 weeks

THURSDAY MORNING

THUR1	TENNIS COACHING (In association with Carrigaline Tennis Club) 10.00 – 11.00 a.m.	Fee €65	8 weeks
THUR2	MORNING GOLF with Wayne O’Callaghan (Professional) 10.00 – 11.30 a.m.	Fee €100	10 weeks Golf classes held at Fernhill Golf Club (Ball rental required)

OTHER COURSES

OC1	MID TERM STUDY TECHNIQUES + REVISION FOR PUBLIC EXAMS 9.00 a.m. – 1.00 p.m.	Fee €50	Monday 11th February to Friday 15th February (inclusive)
OC2	EASTER STUDY TECHNIQUES + REVISION FOR PUBLIC EXAMS 9.00 a.m. – 1.00 p.m.	Fee €80	Monday 25 March to Thursday 27th March Tuesday 2nd April to Friday 5th April (inclusive)
OC3	CARRIGALINE SINGERS For men and women who enjoy singing at any level. Music from the Beatles to Beethoven. Rehearsals every Tuesday in Carrigaline Community School 7.30-9.30pm. New members welcome. (Choir Subscription will apply)		
OC4	LEARN TO DRIVE (RSA Approved) 12 x 1 Hour tutorials	Fee €365	

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 adulted@carrigcs.ie • [twitter@ccsadulted](https://twitter.com/ccsadulted)
[facebook@CarrigalineAdultEd](https://facebook.com/CarrigalineAdultEd)
Principal: John Hourihan
Director of Adult Education: Eugene Cahill
C.V's and new topics accepted for our
September 2013 brochure.
**NEW: Online booking now available through our
website www.carrigcs.ie/adult** (bank transaction charges will apply)

CONDITIONS

1. Class numbers are limited to ensure a high standard of tuition, particularly in practical subjects.
2. Fees are not refundable.
3. 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.
4. Students must ENROL BEFORE attending classes.
5. Cheques should be made payable to Carrigaline Community School and have a Bank Card Number on the back.
6. Class times/duration are subject to change.
7. E & O.E.
8. Those participating in physical exercise classes may need to seek medical advice before commencing.

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)

Email:

1st Choice Course:

Code: Fee :

If 1st Choice is not available please state:.....

2nd Choice Course:

Code: Fee :

Signature:.....

A NEW YEAR- A NEW COURSE

**CARRIGALINE
COMMUNITY SCHOOL**

**Lifelong
Learning**

SPRING 2013

**Adult & Community
Education Programme**

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

Office & Postal Enrolments from
MONDAY 7th JANUARY 2013

Enrolment Night
Wednesday 16 January 2013
from 7.00 – 8.00 p.m.
(For any remaining vacancies)

Please book early to avoid unnecessary
cancellation of classes

ENROLMENT...

Completed application forms with payment will be accepted at the Adult Education Office daily or **by post** from **Monday 7th January 2013**
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 28 January 2013 unless otherwise stated.

M1	INTRODUCTION TO COMPUTERS 7.00 – 10.00 p.m.	Fee €95	5 weeks
M2	COMPUTER LITERACY 7.00 – 10.00 p.m.	Fee €95	5 weeks (Comm. Mon 4 March)
M3	WEBSITE DESIGN & DEVELOPMENT 7.00- 9.30 p.m.	Fee €130	8 weeks
M4	ENGLISH FOR NON-IRISH – BEGINNERS 7.00 – 8.15 p.m.	Fee €75	10 weeks
M5	ENGLISH FOR NON-IRISH - ADVANCED 8.30 – 9.45 p.m.	Fee €75	10 weeks
M6	PLUMBING & HEATING 7.30 – 9.00 p.m.	Fee €65	6 weeks
M7	CROCHET FOR BEGINNERS (Course materials required) 7.00 – 9.00 p.m.	Fee €95	8 weeks
M8	COOKING FOR FAMILIES (Course ingredients will be needed) NEW 7.30 – 9.30 p.m.	Fee €90	5 weeks
M9	BRIDGE FOR BEGINNERS 7.30 – 9.30 p.m.	Fee €110	10 weeks
M10	PASTEL PAINTING WITH VICTOR RICHARDSON 7.00 – 9.00 p.m.	Fee €110	10 weeks
M11	KNITTING (Intermediate - a follow-on from Beginners class) NEW 7.30 – 9.00 p.m.	Fee €70	8 weeks
M12	GUITAR BEGINNERS 7.00 – 8.30 p.m.	Fee €90	10 weeks
M13	CARE OF THE OLDER PERSON (FETAC Level 5 component) 7.00 – 9.30 p.m.	Fee €170	10 weeks
M14	CHILDCARE AWARD (FETAC- Level 5) 7.00 – 10.00 p.m.	Fee: €170 per Module – 2 modules this term (Monday & Wednesday Nights over 2 years)	
M15	DIGITAL PHOTOGRAPHY 7.00 – 9.30 p.m.	Fee €110	8 weeks
M16	PILATES ON THE MAT 7.00 – 8.00 p.m. (Level 1)	8.00- 9.00pm (Level 2) Fee: €80	10 weeks
M17	YOGA (HATHA) 7.30 – 9.00 p.m.	Fee €70	8 weeks

M18	TAI CHI 7.00 – 8.00 p.m. (Beginners) 8.15 – 9.30 p.m. (Improvers)	Fee €75	10 weeks
M19	HIGH INTENSITY TRAINING CIRCUITS (MEN ONLY) 6.30 – 7.30 p.m.	Fee €60	8 weeks
M20	TOTAL TONE (Women Only) 7.45 – 8.45 p.m.	Fee €60	8 weeks
M21	ZUMBA GOLD (low intensity dance) 7.00 – 8.00 p.m.	Fee €55	10 weeks
M22	ZUMBA (high-intensity dance) 8.00 – 9.00 p.m.	Fee €55	10 weeks
M23	ZUMBA TONING (hand-held weights required) 9.00 – 9.30 p.m.	Fee €25	10 weeks
M24	ORDER OF MALTA BASIC FIRST AID CERTIFIED COURSE 7.30 – 9.30 p.m.	Fee €110	9 weeks

LEAVING CERT COURSES

M25	LEAVING CERT BIOLOGY EXAM PREPARATION NEW 8.15 – 9.30 p.m.	Fee €85	8 weeks
M26	LEAVING CERT CHEMISTRY: 5 QUESTIONS YOU SHOULD ANSWER 8.15-9.30p.m	Fee: €85	5 weeks (Comm. Mon 25th March)

TUESDAY NIGHT:

Tuesday night courses will commence on Tuesday 29 January 2013 unless otherwise stated.

T1	MICROSOFT OFFICE SPECIALIST (Microsoft Word) 7.00 – 9.30 p.m.	Fee €120	8 weeks
T2	FRENCH CONVERSATION FOR BEGINNERS & FALSE BEGINNERS 8.00 - 9.30 p.m.	Fee €75	8 weeks
T3	AN INTRODUCTION TO SIGN LANGUAGE 7.00 – 8.30 p.m.	Fee €85	10 weeks
T4	MEDITERRANEAN COOKING NEW 7.00 – 9.00 p.m.	Fee €110	8 weeks
T5	DRAWING & PAINTING (Course Materials required) 7.00 – 9.00 p.m.	Fee €110	10 weeks
T6	DRESSMAKING (Beginners & Intermediates) 7.30 – 9.30 pm	Fee €110	10 weeks
T7	BALLROOM DANCING - BEGINNERS 7.30 - 8.30 p.m.	Fee €75	10 weeks.
T8	PHOTOSHOP FOR DIGITAL PHOTOGRAPHERS 7.00 – 9.30 p.m.	Fee €110	8 weeks
T9	BEADED JEWELLERY (Course materials required) NEW 7.00 – 9.00pm	Fee €70	6 weeks
T10	PARENTS PLUS - EARLY YEARS PROGRAMME (1-6 YEAR OLDS) 7.30 – 9.30pm	Fee €25 (includes manual)	6 weeks

T11	HILLWALKING AND NAVIGATION (Commencing Tues 26th Feb) 7.00 – 9.00 p.m.	Fee €90	5 weeks [+1 day in mountains]
T12	TRIATHLON TRAINING AND PREPARATION 7.00 – 9.00 pm	Fee €95	8 weeks
T13	WING CHUN KUNG FU 7.30 – 9.00 p.m.	Fee €60	10 weeks
T14	KICK FIT FOR WOMEN 7.00 – 8.00p.m. (Level 1) 8.00 – 9.00p.m. (Level 2)	Fee €60	8 weeks
T15	TENNIS COACHING (In association with Carrigaline Tennis Club) 7.00 – 8.00 p.m.	Fee €65	8 weeks
T16	GOLF FOR BEGINNERS with Wayne O'Callaghan (Professional) 6.30 – 8.00 p.m.	Fee €85	10 weeks Golf classes held at Fernhill Golf Club (Ball rental required)

Attention Leaving & Junior Cert Students:

ES1	EVENING STUDY WITH EXAM & STUDY ADVICE 7.15 – 9.15 p.m. Mon, Tues & Wed		10 weeks Fee: €120 (or pay €5 per night)
-----	--	--	---

WEDNESDAY NIGHT:

Wednesday Courses will commence on Wednesday 30th January 2013 unless otherwise stated.

W1	MICROSOFT OFFICE SPECIALIST (MICROSOFT EXCEL) NEW 7.00 – 9.30 p.m.	Fee €120	8 weeks
W2	FACEBOOK AND TWITTER FOR BEGINNERS NEW 7.00 – 9.00pm	Fee €60	5 weeks
W3	BASIC BOOK KEEPING FOR SMALL BUSINESS 7.30 – 9.30 p.m.	Fee €110	10 weeks
W4	INTRODUCTION TO THE STOCK MARKET 7.30 – 9.30 p.m.	Fee €95	8 weeks
W5	SPANISH BEGINNERS 7.00 – 8.15 p.m.	Fee €75	10 weeks
W6	AN INTRODUCTION TO THE IRISH CONSTITUTION: NEW CERTAINTY & CHANGE 7.00-9.00pm	Fee €95	8 Weeks
W7	ORAL IRISH FOR THE LEAVING CERT 7.30 – 9.00 p.m.	Fee €70	8 weeks
W8	ADVANCED CROCHET (Course materials required) NEW 7.00 – 9.00 p.m.	Fee €95	8 weeks
W9	VEGETARIAN COOKING (Cooking ingredients required) 7.15 -9.15 p.m.	Fee €100	5 weeks
W10	CAKE DECORATION AND SUGAR CRAFT (LEVEL 2) 7.00 – 9.30 p.m.	Fee €110	8 weeks
W11	KNITTING FOR BEGINNERS 7.30 – 9.00 p.m.	Fee €70	8 weeks