

**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. Time: 7.30 – 9.30 p.m

**WEDNESDAY**

Wednesday Afternoon courses will commence on Wednesday 31st January 2018 unless otherwise stated.

**A1 YOGA FOR THE ACTIVE RETIRED**

Activate the body, improve circulation, develop muscle strength, combat leg, hip and joint stiffness.  
3.00 – 4.00 p.m. Fee: €45 8 weeks

**A2 PILATES FOR THE OVER-55'S**

Gentle exercises to promote health and wellbeing. No experience required  
3.00 – 4.00 p.m. Fee: €45 8 weeks

**A3 IRISH TRADITIONAL MUSIC**

Tin Whistle/Traditional Flute/Uilleann Pipes  
These classes cater for individual and group tuition for all ages and all levels. The classes will run for two 12 week terms per year.  
For full details contact: John Mitchell (021 4545725/086 1259746)

**THURSDAY MORNING****TH1 TENNIS COACHING (IN ASSOCIATION WITH CARRIGALINE TENNIS CLUB)**

10.00 – 11.00 a.m. Fee: €65 8 weeks

**TH2 MORNING GOLF WITH WAYNE O'CALLAGHAN (PROFESSIONAL)**

Golf classes held at Fernhill Golf Club (Ball rental required)  
10.00 – 11.30 a.m. Fee: €100 10 weeks

**OTHER COURSES****OC1 MID-TERM STUDY: TECHNIQUES AND REVISION FOR STATE 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.  
9.00 a.m – 1.00 p.m. Fee: €50

Mon 12th Feb - Fri 16th Feb (inclusive)

**OC2 EASTER STUDY TECHNIQUES + REVISION FOR PUBLIC EXAMS**

Time: 9.00 a.m. – 1.00 p.m. Fee €80  
Monday 26th March to Thursday 29th March (inclusive)  
Tuesday 3rd April to Friday 6th April (inclusive)

**OC3 METALWORK COURSE FOR 5TH & 6TH CLASS GIRLS AND BOYS**

Learn basic metalwork skills through making a series of small project from metal and plastic.  
Thursdays evenings 4.30p.m. - 6.30p.m. 6 weeks €75

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 Fax 021-4377050  
E-mail adulted@carrigcs.ie www.carrigcs.ie

Principal: Paul Burke

Director of Adult Education: Eugene Cahill

Adult Education Officers: Anne Maria O'Sullivan/Geraldine McCarthy  
Administrator: Greta Connolly

C.V's and new topics accepted for our September 2018 brochure.

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

**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 24th September 2018.

**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*

**Lifelong Learning**

Adult & Community  
Education Programme

**SPRING 2018**



Enrol online now using laser or credit card:

**[www.carrigcs.ie/adult](http://www.carrigcs.ie/adult)**

Office & Postal Enrolments from  
**MONDAY 8TH JANUARY 2018**

**ENROLMENT NIGHT**  
**WEDNESDAY 24TH JANUARY 2018**  
**FROM 7.00-8.00PM**

Enrolment will continue up until the first week of classes but please book early to avoid unnecessary cancellation of classes

## ENROLMENT...

Online enrolment with debit/credit card is available at [www.carrigcs.ie/adult](http://www.carrigcs.ie/adult) (Bank transaction charges may apply). Completed application forms with payment will be accepted at the Adult Education Office daily or by post from Monday 8th January 2018. Office Hours: 10.00 a.m.-12.30 p.m.

### MONDAY

Monday courses will commence on **Monday 29th January 2018** unless otherwise stated.

- M1 COMPUTERS FOR INTERMEDIATES**  
Improve your proficiency in Word, Excel, Internet, Emails etc.  
7.00 – 10.00 p.m. Fee: €95 5 weeks
- M2 PEN TESTING & ETHICAL HACKING (WHITE HAT COURSE) NEW**  
Learn how to do ethical hacking, penetration testing, web testing, and wifi hacking. A penetration test subjects a system or a range of systems to real life hacks for the purpose of finding the security weakness so they can be fixed to preventing a hacker from gaining access. For this course, you will learn to use many of the hacking tools cybercriminal use, as well as hacking techniques so that you can help system owners close security holes for the purpose of keeping the cybercriminal out.  
7 – 9p.m. Fee: €130 (includes USB stick and other software) 10 weeks
- M3 CREATIVE WRITING**  
An enjoyable and stimulating introduction to writing fiction and prose. Suitable for beginners or the more experienced writer.  
7.00 – 9.00 p.m. Fee: €95 8 weeks
- M4 GENEALOGY**  
Exploring your genealogy from a 'cold case' perspective, applying forensic and analytical skills to better extrapolate results. Learn the skills from a long-term Family historian.  
7.00 – 9.00 p.m. Fee: €75 6 weeks
- M5 MINDFULNESS FOR PARENTS**  
7.00 - 9.00pm Fee: €95 8 weeks
- M6 PASTEL PAINTING WITH VICTOR RICHARDSON (ALL LEVELS)**  
7.00 – 9.00 p.m. Fee €110 10 weeks
- M7 KNITTING FOR BEGINNERS NEW**  
Learn to knit in a friendly and relaxed environment. (materials required, details available from office)  
7.00 – 9.00 p.m. Fee: €95 8 weeks
- M8 COOKING & BAKING (SUITABLE FOR ALL LEVELS)**  
Develop your cooking and baking style while working with delicious and tasty recipes in a relaxed atmosphere (Course ingredients required but not on first night)  
7.30 – 9.30 p.m. Fee: €95 8 weeks
- M9 WEDDING FLOWERS WORKSHOP**  
Learn to create simple wedding bouquets, buttonholes, corsages etc. Inspirations and tips from a local floral designer. (materials required)  
7.30 – 8.30 p.m. Fee: €45 6 weeks
- M10 CHURCH/VENUE FLOWERS WORKSHOP**  
Simple arrangements with inspirations and tips from local floral designer  
8.30 – 9.30 p.m. Fee: €45 6 weeks
- M11 GUITAR BEGINNERS**  
7.00 – 8.30 p.m. Fee: €90 10 weeks

### MONDAY

- M12 HILLWALKING AND NAVIGATION**  
7.00 – 9.00 p.m. Fee €90 5 weeks [+1 day in mountains] (start date to be confirmed)
- M13 CHILDCARE AWARD (QQI/FETAC- LEVEL 6)**  
7.00 – 10.00 P.M. Fee: €170 per Module (FETAC Level 5 Childcare award required) Limited numbers
- M14 DIGITAL PHOTOGRAPHY FOR BEGINNERS**  
7.00 – 9.00 p.m. Fee: €95 8 weeks
- M15 BASIC FIRST AID CERTIFIED COURSE (ORDER OF MALTA)**  
7.30 – 9.30 p.m. Fee €110
- M16 PILATES ON THE MAT (LEVEL 1)**  
7.00 – 8.00 p.m. Fee: €80 10 weeks
- M17 PILATES ON THE MAT (LEVEL 2)**  
8.00 - 9.00 p.m. Fee: €80 10 weeks
- M18 COUCH TO 5K**  
Turn off the TV and get running your first 5K! Hard work and commitment required!  
7.00 – 8.00 p.m. Fee: €60 10 weeks
- M19 5K TO 10K**  
You've reached 5K, now push on and get to 10K!  
8.00 – 9.15 p.m. Fee €60 10 weeks
- M20 YOGA**  
7.30 – 8.45 p.m. Fee €80 8 weeks
- M21 LEGS, BUMS & TUMS (WOMEN ONLY)**  
Tone up, lose weight and get fit  
7.00 – 8.00 p.m. Fee €60 8 weeks
- M22 HIGH INTENSITY GYM-TRAINING**  
High intensity exercises designed to burn fat and get you fit.  
8.00 – 9.00 p.m. Fee: €60 8 weeks

### ATTENTION LEAVING & JUNIOR CERT STUDENTS

- M23 ASSISTED LEARNING:**  
Learn how to learn. Suitable for any Leaving or Junior Cert student taking exams in June 2018. Study and learning techniques in a conducive and organised environment  
Time: 4.15 – 7pm. Mon, Tues, Thursdays  
Please contact office for details

### TUESDAY NIGHT:

Tuesday night courses will commence on **Tuesday 30th January 2018** unless otherwise stated.

- T1 FACEBOOK & TWITTER FOR BEGINNERS NEW**  
An introduction to social media! (Begins 6th Feb)  
7.30 – 9.00 p.m. Fee: €45 5 weeks
- T2 CHILDCARE (QQI LEVEL 5) NEW**  
7.00 – 10.00pm Fee: €195 (per module) 10 weeks
- T3 CARE OF THE OLDER PERSON (FETAC/QQI LEVEL 5 COMPONENT)**  
7.00 – 9.30 p.m. Fee: €170 10 weeks

### TUESDAY

- T4 WEBSITE DESIGN AND DEVELOPMENT**  
Build a website from scratch, integrate it with social media. For business or personal use  
7.00 – 9.00pm Fee: €95 8 weeks
- T5 SPANISH INTERMEDIATES**  
7.00 – 8.00p.m. Fee €75 12 weeks
- T6 SPANISH CONTINUATION**  
For those who have completed the beginners course  
8.00 – 9.00p.m. Fee: €75 12 weeks
- T7 SPANISH BEGINNERS**  
9.00 – 10.00p.m. Fee: €75 12 weeks
- T8 FUNDANCE FOR SENIOR CITIZENS NEW**  
Have fun through dance and music!  
7.00 – 8.00p.m. Fee: €50 8 weeks
- T9 FILM MAKING FOR BEGINNERS**  
7.00 - 9.00p.m. Fee: €110 10 weeks
- T10 DRESSMAKING (BEGINNERS AND INTERMEDIATES)**  
7.30 – 9.30p.m. Fee: €110 10 weeks
- T11 BALLROOM DANCING**  
7.00 – 8.15p.m. Fee: €75 10 weeks
- T12 CONVERSATIONAL IRISH NEW**  
Learn/Improve your Irish in a relaxed but dynamic learning environment  
7.15 – 8.45p.m. Fee: €70 8 weeks
- T13 CAKE DECORATION & SUGARCRAFT (LEVEL 2) NEW**  
7.00 – 9.30 p.m. Fee: €110 8 weeks
- T14 KICKBOXING FITNESS FOR MEN & WOMEN (ALL LEVELS)**  
8.00 – 9.00p.m. Fee €60 8 weeks
- T15 ZUMBA DANCE**  
Health-boosting, dance fitness programme.  
7.00 – 8.00p.m. Fee: €40 7 weeks
- T16 STAINED GLASS (TIFFANY STYLE)**  
Create and bring home your own project while learning about the skills and techniques of stained glass from professional stained glass artist James Nicholl. Price includes cost of materials.  
7.00 – 9.00p.m. Fee: €135 8 weeks
- T17 TENNIS COACHING (IN ASSOCIATION WITH CARRIGALINE TENNIS CLUB)**  
7.00 – 8.00 p.m. Fee: €65 8 weeks
- T18 GOLF WITH WAYNE O'CALLAGHAN (PROFESSIONAL)**  
All levels, from beginners to advanced. Classes held in Farnhill Golf Club (ball rental required)  
6.30 – 8.00 p.m. Fee €95 10 weeks

### ATTENTION LEAVING CERT STUDENTS

- T19 LEAVING CERT CHEMISTRY EXAM PREPARATION & REVISION**  
7.00 – 8.30 p.m. Fee €75 7 weeks
- T20 LEAVING CERT BIOLOGY EXAM PREPARATION & REVISION**  
7.00 - 8.30p.m Fee: €65 6 weeks (begins 23rd March)