

WEDNESDAY AFTERNOON

Wednesday Afternoon courses will commence on Wednesday 26th September 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 – 4.00pm Fee: €45 8 weeks

A2 TEEN YOGA - NEW

Help manage exam stress & general anxiety, and promote your physical & mental wellbeing.

3.00 – 4.00pm Fee: €45 8 weeks

A3 PILATES FOR THE OVER-55'S

Gentle exercises to promote health and wellbeing. No experience required

3.00 – 4.00pm Fee: €45 8 weeks

A4 APPLIED MATHS (5TH YEAR)

Suitable for any student wishing to sit the Applied Maths in the 2020 Leaving Cert.

2.00 – 4.00 p.m. Fee €450 per year (payable in 3 installments of €150)

A5 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 – 11.00am Fee: €65 8 weeks

TH2 MORNING GOLF WITH WAYNE O'CALLAGHAN (PROFESSIONAL)

10.00 – 11.30am Fee €100 10 weeks

(Ball rental required)

OTHER COURSES

OC1 MID-TERM STUDY: TECHNIQUES AND REVISION FOR STATE EXAMS

This week will provide exam candidates the opportunity to prepare for forthcoming examinations. Each day valuable advice & techniques will be given in regard to the best methods of study/revision.

Time: 9.00am – 1.00pm Fee: €40

Tuesday 30th October – Friday 2nd November (inclusive)

OC2 FUNKY FESTIVE FLORALS

Recycling household and other items with a quirky Christmas theme!

7.30 – 9.30pm Fee: €45 3 weeks (begins Mon. 12th Nov.)

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 January 2019 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 12 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.
4. 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 times/duration are subject to change.
8. E & O.E
9. 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:

Stretch your talent - Not your budget Lifelong Learning

Adult & Community Education Programme AUTUMN 2018



Enrol online now using laser or credit card:

www.carrigcs.ie/adult

Office & Postal Enrolments from
WEDNESDAY 29TH AUGUST 2018

ENROLMENT NIGHT
WEDNESDAY 12TH SEPTEMBER
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.carrigs.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 **Wednesday 29th August 2018**. Office Hours: 10.00 a.m.-12.30 p.m.

MONDAY

Monday courses will commence on **Monday 24th September 2018** unless otherwise stated.

- M1 MICROSOFT EXCEL - NEW**
Start at the beginning and work your way up to an advanced level in Microsoft Excel.
7.00 – 9.30pm Fee: €95 5 weeks
- M2 COMPUTERS FOR INTERMEDIATES**
Improve your basic proficiency in Word, Excel, Powerpoint, Database
7.00 – 9.30pm Fee: €95 5 weeks (begins Mon 5th November)
- M3 PEN-TESTING & ETHICAL HACKING (WHITE HAT COURSE)**
Learn how to do ethical hacking, penetration testing, web testing and wifi hacking. Learn to find security weaknesses so they can be fixed to prevent a hacker from gaining access. You will learn many of the hacking tools cybercriminals use, as well as hacking techniques so that you can help system owners close security holes for the purpose of keeping the cybercriminal out.
7.00 – 9.30pm Fee: €175 (includes USB & other software) 10 weeks
- M4 ENGLISH FOR NON-IRISH – BEGINNERS**
7.00 – 8.15pm Fee: €75 10 weeks
- M5 ADVANCED ENGLISH FOR NON-IRISH**
8.30 – 9.45 p.m. Fee: €75 10 weeks
- M6 BAKING**
Develop your baking skills in a friendly environment. Learn new skills and gain practical help & advice (Course ingredients required but not on first night)
7.30 – 9.30pm Fee: €95 8 weeks
- M7 VEGAN COOKING - NEW**
This course will be of interest to anyone wishing to pursue a plant based approach to their diet and lifestyle. Learn how to make simple tasty recipes and plan a healthy diet under the guidance of an experienced industry professional.
7.00 – 9.00pm Fee: €95 8 weeks
- M8 PASTEL PAINTING WITH VICTOR RICHARDSON (ALL LEVELS)**
7.00 – 9.00pm Fee: €110 10 weeks
- M9 REALISING YOUR POTENTIAL - NEW**
Look within and discover who you are. This deepening relationship with self enables and empowers you to realise your true self and potential.
7.00 – 9.00pm Fee: €95 8 weeks
- M10 WEDDING FLOWERS FOR THE DIY BRIDE**
Learn to create simple wedding bouquets, buttonholes, corsages etc. Inspirations and tips from a local floral designer. (materials required)
7.30 – 8.30pm Fee: €45 5 weeks
- M11 CHURCH/VENUE FLOWERS FOR THE DIY BRIDE**
Simple arrangements with inspirations and tips from local floral designer 8.30 – 9.30pm Fee: €45 5 weeks

MONDAY

- M12 UKELELE FOR BEGINNERS - NEW**
7.00 – 8.30pm Fee: €75 8 weeks
- M13 HILLWALKING AND NAVIGATION**
7.00 – 9.00pm Fee €90 4 weeks [+1 day in mountains]
- M14 CHILDCARE AWARD (QQI/FETAC- LEVEL 6)**
7.00 – 10.00pm (FETAC Level 5 Childcare award required)
Limited numbers. €175 per Module
- M15 DIGITAL PHOTOGRAPHY FOR BEGINNERS**
7.00 – 9.00pm Fee: €95 8 weeks
- M16 PILATES ON THE MAT (LEVEL 1)**
7.00 – 8.00pm Fee: €80 10 weeks
- M17 PILATES ON THE MAT (LEVEL 2)**
8.00 - 9.00pm Fee: €80 10 weeks
- M18 YOGA (BEGINNERS AND INTERMEDIATES)**
7.00 – 8.15pm Fee: €75 8 weeks
- M19 SPORT YOGA - NEW**
Yoga exercises to benefit those in individual or team sports, increasing flexibility and strength, balancing the body and helping to prevent injury
8.15 – 9.30pm Fee: €75 8 weeks
- M20 PRE-NATAL FITNESS - NEW**
Gentle toning exercises and stretches to alleviate prenatal aches and pains and helping you stay fit during all trimesters of pregnancy.
7.00 – 8.00 p.m. Fee: €35 6 weeks
- M21 POST-NATAL FITNESS - NEW**
Gentle toning and stretching exercises to target post-pregnancy problems in a safe and effective manner.
8.00 – 9.00pm Fee: €50 8 weeks

TUESDAY NIGHT:

Tuesday night courses will commence on **Tuesday 25th September 2018** unless otherwise stated.

- T1 WEBSITE DESIGN & DEVELOPMENT**
Learn how to design and create your own website. Suitable for business, recreation or personal use. Students will have a fully functioning website by course end.
7.00 – 9.00pm Fee: €95 8 weeks
- T2 SOCIAL MEDIA FOR BEGINNERS**
An introduction to Facebook and twitter for beginners.
7.00 – 9.00pm Fee: €60 5 weeks
- T3 CARE SKILLS (QQI LEVEL 5 COMPONENT) - NEW**
7.00 – 9.30pm Fee: €195 10 weeks
- T4 SPECIAL NEEDS ASSISTANT**
(This is a 20-week certified course incorporating QQI Level 5 & 6 Special Needs and will qualify you to become a SNA)
7.00 – 9.30pm Fee: €450 20 weeks
- T5 SPANISH BEGINNERS**
7.00 – 8.15pm Fee €75 10 weeks
- T6 SPANISH CONTINUATION**
8.30 – 9.45pm Fee: €75 10 weeks
- T7 CHILDCARE AWARD (QQI/FETAC- LEVEL 5) - NEW**
7.00 – 10.00pm Limited numbers €195 per Module

TUESDAY

- T8 DRESSMAKING (BEGINNERS AND INTERMEDIATES)**
7.30 – 9.30pm Fee: €110 10 weeks
- T9 CONVERSATIONAL IRISH**
Learn/Improve your Irish in a relaxed but dynamic learning environment
7.15 – 8.45pm Fee: €70 8 weeks
- T10 AFRICAN DRUMMING - NEW**
Get a buzz and a lift from African drumming in a small supportive group. Beginners welcome. Combine the entrancing rhythms of djembé hand-drums, deep dundun stick drums and traditional hand-held percussion instruments. Everything provided.
7.00 – 8.30pm Fee: €75 8 weeks
- T11 STAINED GLASS (TIFFANY STYLE)**
Create and bring home your own project while learning about stained glass techniques from professional stained glass artist James Nicholl. Price includes cost of materials. Suitable for beginners.
7.00 – 9.00pm Fee: €135 8 weeks
- T12 COUCH TO 5K**
Turn off the TV and get running your first 5K!
7.00 – 8.00pm Fee: €60 10 weeks
- T13 KICK FIT FOR MEN & WOMEN**
High-intensity martial arts-based training. Get fighting fit!
7.00 – 8.00pm Fee €60 8 weeks
- T14 STRENGTH & CONDITIONING - NEW**
Geared towards coaches and individual athletes - develop and understanding of how and why we train and how best to tailor your training to suit your athletes and attain your training goals.
7.00 – 9.00pm Fee: €95 8 weeks
- T15 HIGH-INTENSITY TRAINING CIRCUITS (FOR MEN & WOMEN)**
7.00 – 8.00pm Fee: €60 8 weeks
- T16 ZUMBA DANCE**
Health-boosting, Latin-inspired exhilarating dance fitness party!
7.00 – 7.50pm Fee: €50 10 weeks
- T17 TENNIS COACHING**
(In association with Carrigaline Tennis Club)
7.00 – 8.00pm Fee: €65 8 weeks
- T18 GOLF WITH WAYNE O'CALLAGHAN (PROFESSIONAL)**
All levels, from beginners to advanced. (ball rental required)
6.30 – 8.00pm Fee €95 10 weeks
- T19 APPLIED MATHS (6TH YEAR)**
6.30 – 8.30pm
Fee €450 per year (payable in 3 installments of €150)

CARRIGALINE SINGERS:

The Carrigaline Singers offer an opportunity to men and women who enjoy singing at any level to come along & join the choir at rehearsals. Music from the Beatles to Beethoven. Choir subscription applies. New members welcome.
Contact: 085-1050077
Time: 7.30 – 9.30 p.m