

### 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 30th January 2019 unless otherwise stated.

### YOGA FOR THE ACTIVE RETIRED

**A1** Activate the body, improve circulation, develop muscle strength, combat leg, hip and joint stiffness.  
3.00 – 4.00 p.m. Fee: €60 10 weeks

### PILATES FOR THE OVER-55'S

**A2** Gentle exercises to promote health and wellbeing. No experience required  
3.00 – 4.00 p.m. Fee: €60 10 weeks

### TEEN YOGA

**A3** Help manage exam stress & general anxiety. Promote your physical & mental wellbeing.  
2.00 – 3.00 p.m. Fee: €45 8 weeks

### IRISH TRADITIONAL MUSIC

**A4** 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  
Monday 18th February – Friday 22nd February (inclusive)

**OC2** EASTER STUDY TECHNIQUES + REVISION FOR PUBLIC EXAMS  
Time: 9.00 a.m. – 1.00 p.m. Fee €80  
Students can enrol for all days (€80) or calculate the cost at €10 per day and pay accordingly.  
Monday 15th April to Thursday 18th April  
Tuesday 23rd April to Friday 26th April (inclusive)

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 [adulded@carrigcs.ie](mailto:adulded@carrigcs.ie) [www.carrigcs.ie](http://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 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 23rd January 2019.

## 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 2019



Enrol online now using laser or credit card:

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

Office & Postal Enrolments from  
MONDAY 7TH JANUARY 2019

ENROLMENT NIGHT  
WEDNESDAY 23RD JANUARY 2019  
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) (booking fee of €1.50 will apply to online transactions). Completed application forms with payment will be accepted at the Adult Education Office daily or by post from Monday 7th January 2019. Office Hours: 10.00 a.m.-12.30

## MONDAY

Monday courses will commence on **Monday 28th January 2019** unless otherwise stated.

- M1 MICROSOFT EXCEL NEW**  
Improve your skills in Microsoft Excel. Go from proficient to expert!  
7.00 – 9.30 p.m. Fee: €95 5 weeks
- M2 COMPUTERS FOR INTERMEDIATES**  
Improve your proficiency in Word, Excel, Internet, Emails etc.  
7.00 – 9.30 p.m. Fee: €95 5 weeks (begins Mon. 4th March)
- M3 ETHICAL HACKING, PENTESTING AND CYBER FORENSICS (WHITE HAT COURSE) NEW**  
This hands-on course will feature a lot of live lab work. You will learn to identify security holes and weaknesses that need to be resolved. This will give you the skills to prevent hackers from breaching the system. As a White Hat hacker, you will learn to understand how to investigate cyber crime. The course will include hands-on cyber forensics tools. You will need to bring a laptop to class.  
7.00 – 9.30 p.m. Fee: €175 (includes USB & other software) 10 weeks
- M4 ENGLISH FOR NON-IRISH – BEGINNERS**  
7.00 – 8.15 p.m. Fee: €75 10 weeks
- M5 ADVANCED ENGLISH FOR NON-IRISH**  
8.30 – 9.45 p.m. Fee: €75 10 weeks
- M6 INTRODUCTION TO CRIMINOLOGY)NEW**  
An engaging and discursive class covering areas such as Crime and the Media, Drugs, Alcohol and Crime, White Collar Crime, Globalisation, Terrorism and Human Rights  
7.00 – 9.00 p.m. Fee: €95 8 weeks
- M7 OIL PAINTING FOR BEGINNERS (MATERIALS REQUIRED) NEW**  
7.00 – 9.00 p.m. Fee: €110 10 weeks
- M8 UKELELE FOR BEGINNERS**  
8.30 – 9.45 p.m. Fee: €75 10 weeks
- M9 VEGAN COOKING**  
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 – 9.00 p.m. Fee: €95 8 weeks
- M10 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 – 9.30 p.m. Fee: €95 8 weeks
- M11 CHILDCARE AWARD (QQI/FETAC- LEVEL 6)**  
This term we will be offering the Work Experience module.  
7.00 – 9.30 p.m. Fee: €195 10 weeks

## MONDAY

- M12 SOCIAL MEDIA FOR BEGINNERS**  
An introduction to Facebook, Twitter, Instagram etc.  
7.30 - 8.45pm Fee: €60 8 weeks
- M13 DIGITAL PHOTOGRAPHY FOR BEGINNERS**  
7.00 – 9.00 p.m. Fee: €95 8 weeks
- M14 BASIC FIRST AID CERTIFIED COURSE (ORDER OF MALTA)**  
7.30 – 9.30 P.M. Fee €110 dates and times to be confirmed
- M15 DIGITAL PHOTOGRAPHY FOR BEGINNERS**  
7.00 – 9.00 p.m. Fee: €95 8 weeks
- M16 BASIC FIRST AID CERTIFIED COURSE (ORDER OF MALTA)**  
7.30 – 9.30 p.m. Fee €110 9 weeks
- M17 PILATES ON THE MAT (LEVEL 1)**  
7.00 – 8.00 p.m. Fee: €80 10 weeks
- M18 PILATES ON THE MAT (LEVEL 2)**  
8.00 - 9.00 p.m. Fee: €80 10 weeks
- M19 YOGA (BEGINNERS & INTERMEDIATES)**  
7.00 – 8.15 p.m. Fee €75 8 weeks
- M20 SPORT YOGA NEW**  
Yyoga exercises to benefit those in individual or team sports, increasing flexibility and strength, balancing the body and helping to prevent injury  
8.15 – 9.30 Fee: €75 8 weeks

## TUESDAY NIGHT:

Tuesday night courses will commence on **Tuesday 29th January 2019** unless otherwise stated.

- T1 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
- T2 INFECTION PREVENTION & CONTROL (QQI LEVEL 5 COMPONENT) NEW**  
A component module of the Health Service Skills Award  
7.00 – 9.30 p.m. Fee: €195 10 weeks
- T3 DATA PROTECTION FUNDAMENTALS: GDPR REGULATIONS AND GUIDELINES) NEW**  
This course will provide participants with a comprehensive and practical grounding in data protection. You will learn the skills to put together your own data protection policy. Suitable for anybody involved in the collection of personal data.  
7.00 p.m. – 9.00 p.m. Fee: €95 8 weeks
- T4 CHILDCARE AWARD (QQI- LEVEL 5)**  
This term we will be offering the Communications module  
7.00 – 10.00 p.m. Fee: €195 10 weeks
- T5 SPANISH FOR BEGINNERS**  
7.00 – 8.15p.m. Fee €75 10 weeks
- T6 SPANISH CONTINUATION**  
For those who have completed the beginners course  
8.15 – 9.30p.m. Fee: €75 12 weeks

## TUESDAY

- T7 PAINTING WITH ACRYLICS NEW**  
Learn to work with acrylic paint and develop your own unique style!  
Individual tuition as you work on your own project, painting on canvas.  
7.00 – 9.00 p.m. Fee: €95 8 weeks
- T8 DRESSMAKING (BEGINNERS AND INTERMEDIATES)**  
7.30 – 9.30p.m. Fee: €110 10 weeks
- T9 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 – 9.00 p.m. Fee: €135 8 weeks
- T10 CONVERSATIONAL IRISH**  
Learn/Improve your Irish in a relaxed but dynamic learning environment  
7.15 – 8.45 p.m. Fee: €70 8 weeks
- T11 SECRETS OF FLORAL DESIGN NEW**  
Fun, basic flower-arranging with hints and tips from an experienced and local floral designer.  
7.30 – 9.30 p.m. Fee: €75 8 weeks
- T12 AERIAL YOGA NEW**  
A hybrid fusion technique combining all the benefits of yoga with the added health benefits of aerial suspension: excellent for both mind and body. (In association with Nicky's Dance Studio)  
7.30 – 8.30 p.m. Fee: €80 8 weeks [Limited numbers]
- T13 KICKBOXING FITNESS FOR MEN & WOMEN (ALL LEVELS)**  
8.00 – 9.00p.m. Fee €60 8 weeks
- T14 ZUMBA & FITSTEP COMBO NEW**  
This course combines Latin-inspired Zumba dancing with the graceful steps of ballroom dancing to create a really fun, easy-to-follow, energetic and effective way to stay fit. No partner needed!  
7.00 – 8.00 p.m. Fee: €55 10 weeks
- T15 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 – 8.30 p.m. Fee: €75 8 weeks
- T16 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
- T17 5K AND BEYOND NEW**  
You've reached 5K, now push on and improve your speed, endurance and increase your running distance  
8.00 – 9.00 p.m. Fee: €60 10 weeks
- T18 STRENGTH AND CONDITIONING**  
Geared towards coaches and individual athletes - develop an 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 - 9.00 p.m. Fee: €95 8 weeks
- T19 GOLF WITH WAYNE O'CALLAGHAN (PROFESSIONAL)**  
All levels, from beginners to advanced. (ball rental required)  
6.30 – 8.00 p.m. Fee €95 10 weeks