

WEDNESDAY AFTERNOON

Wednesday Afternoon courses will commence on Wednesday 27th September 2019 unless otherwise stated.

A1 YOGA FOR THE ACTIVE RETIRED

Activate the body, improve circulation, develop muscle strength, combat leg, hip and joint stiffness. (Tutor: Hazel Moon)

3.00 - 4.00pm Fee: €45 8 weeks

A2 PILATES FOR THE OVER-55'S

Gentle exercises to promote health and wellbeing. No experience required

3.00 - 4.00pm Fee: €45 8 weeks

A3 APPLIED MATHS (6TH YEAR)

2.00 - 4.00 pm Fee €450 per year (payable in 3 installments of €150)

A4 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)

CERTIFIED COURSES

CC1 CARE OF THE OLDER PERSON (QQI LEVEL 5)

Mondays 7.00 - 9.30pm Fee: €195 10 weeks

CC2 INFECTION PREVENTION AND CONTROL

A component module of the Health Service Skills Award

Tuesdays 7.00 - 9.30pm Fee: €195 10 weeks

CC3 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)

Tuesdays 7.00 - 10.00pm Fee: €450 20 weeks

CC4 CHILDCARE AWARD (QQI LEVEL 5)

Tuesdays 7.00 - 10.00pm Limited numbers

€195 per Module

CC5 CERTIFICATE IN BOOKKEEPING

This professional course is certified by the Institute of Certified Bookkeepers (ICB) - Course costs covers full costs of tuition, exams, and subscription to and membership of ICB).

Tuesdays 7.00 - 10.00pm Fee: €595 12 weeks

CC6 BASIC FIRST AID CERTIFIED COURSE (ORDER OF MALTA)

Mondays 7.30 - 9.30pm Fee: €110

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 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 2020 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 11 September 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.
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 2019



Enrol online now using laser or credit card:

www.carrigcs.ie/adult

Office & Postal Enrolments from
WEDNESDAY 28TH AUGUST 2019

ENROLMENT NIGHT
WEDNESDAY 11TH SEPTEMBER 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 (Bank transaction charges may apply). Completed application forms with payment will be accepted at the Adult Education Office daily or **by post** from **Wednesday 28th August 2019**. Office Hours: 10.00 a.m.-12.30 p.m.

MONDAY

Monday courses will commence on **Monday 23rd September 2019** 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 4th 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 and close security holes to keep 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 Advanced 8.30 - 9.45 p.m
Fee: €75 10 weeks
- M5 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
- M6 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 - 9.00pm Fee: €95 8 weeks
- M7 DRAWING AND PAINTING FOR BEGINNERS & INTERMEDIATES**
7.00 - 9.00pm Fee: €110 10 weeks
- M8 POLITICS & SOCIETY - NEW**
A critical examination of current political and societal issues in an engaging and relaxed atmosphere. Topics covered will include power & decision-making, role of media & fake news in a democracy, patriarchy & womens rights, human rights, immigration & Direct Provision, rise of extremism etc.
7.15 - 8.45 p.m. Fee: €75 8 weeks
- M9 INTERIOR DESIGN - NEW**
This course will cover the basics of Interior Design and will help participants to create rooms schemes for their home with confidence and creativity.
7.00 - 8.30pm Fee: €75 8 weeks
- M10 UKELELE FOR BEGINNERS**
7.00 - 8.30pm Fee: €75 8 weeks
- M11 AN INTRODUCTION TO COUNSELLING & PSYCHOTHERAPY - NEW**
Curious about counselling and psychotherapy and what it entails? Come along and over the next ten weeks we will be

MONDAY

- exploring some of the primary components within this field: theories, skills and personal development.
7.00 - 9.30pm 10 weeks. Fee: €150
- M12 HILLWALKING AND NAVIGATION (STARTS MONDAY 7TH OCTOBER)**
7.00 - 9.00pm Fee €95 4 weeks [+1 guided day in the mountains putting your map-reading, navigation and route-planning techniques into practice]
- M13 DIGITAL PHOTOGRAPHY FOR BEGINNERS**
7.00 - 9.00pm Fee: €95 8 weeks
- M14 PILATES ON THE MAT (LEVEL 1)**
7.00 - 8.00pm Fee: €80 10 weeks
- M15 PILATES ON THE MAT (LEVEL 2)**
8.00 - 9.00pm Fee: €80 10 weeks
- M16 YOGA (BEGINNERS AND INTERMEDIATES)**
7.00 - 8.15pm Fee: €75 8 weeks
- M17 MEDITATION - NEW**
An exploration into meditation and its techniques for those new to meditation and those wishing to deepen an existing practice. Helps to relieve stress & anxiety and cultivate inner peace.
8.15 - 9.30pm Fee: €75 8 weeks

TUESDAY NIGHT:

Tuesday night courses will commence on **Tuesday 24th September 2019** 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 DATA PROTECTION & GDPR: HOW TO GET YOUR WORKPLACE IN ORDER! - NEW**
This really is the ultimate, hands-on, 'paint by numbers' guide to help you and your workplace to meet all of its legal obligations. Avoid data breaches the consequential fines and reputational damage.
7.00 - 9.00pm Fee: €95 8 weeks
- T4 SPANISH BEGINNERS**
7.00 - 8.15pm Fee: €75 10 weeks
- T5 SPANISH CONTINUATION**
8.30 - 9.45pm Fee: €75 10 weeks
- T6 DRESSMAKING (BEGINNERS AND INTERMEDIATES)**
7.30 - 9.30pm Fee: €110 10 weeks

TUESDAY

- T7 CONVERSATIONAL IRISH**
Learn/Improve your Irish in a relaxed but dynamic learning environment. Ideal for beginners or those looking to rediscover the language after many years!
7.15 - 8.45pm Fee: €70 8 weeks
- T8 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
- T9 COUCH TO 5K**
Turn off the TV and get running your first 5K!
7.00 - 8.00pm Fee: €60 10 weeks
- T10 5K AND BEYOND**
You've reached 5K, now push on and improve your speed, endurance and increase your running distance.
8.00 - 9.00pm Fee: €60 10 weeks
- T11 FITNESS FOR REGULAR PEOPLE - NEW**
A wide range of gentle exercises for people of all ages, shapes, sizes and fitness levels. Ideal for people who haven't exercised in a long time. This course helps to improve flexibility, tone muscles and increase fitness.
7.15 - 8.15pm Fee: €50 8 weeks
- T12 KICK FIT FOR MEN & WOMEN**
High-intensity martial arts-based training. Get fighting fit!
7.00 - 8.00pm Fee: €60 8 weeks
- T13 ZUMBA DANCE**
Health-boosting, Latin-inspired exhilarating dance fitness party!
7.00 - 7.50pm Fee: €50 10 weeks
- T14 TENNIS COACHING**
(In association with Carrigaline Tennis Club)
7.00 - 8.00pm Fee: €65 8 weeks
- T15 GOLF WITH WAYNE O'CALLAGHAN (PROFESSIONAL)**
All levels, from beginners to advanced. (ball rental required)
6.30 - 8.00pm Fee €95 10 weeks
- T16 APPLIED MATHS (5TH YEAR)**
Suitable for any student wishing to sit the Applied Maths in the 2021 Leaving Cert.
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 fun. Music from the Beatles to Beethoven. Choir subscription applies. New members welcome. Contact office for details.