

### CARRIGALINE SINGERS:

The Carrigaline Singers offer an opportunity to men and women who enjoy singing at any level to come along & join the fun. Learn and develop your singing talents while learning & performing music from the Beatles to Beethoven. Choir subscription applies. New members welcome. Contact office for details

## WEDNESDAY

Wednesday Afternoon courses will commence on Wednesday 29th January 2020 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: €60 10 weeks
- A2 PILATES FOR THE OVER-55'S**  
Gentle exercises to promote health and wellbeing. No experience required  
3.00 – 4.00pm Fee: €60 10 weeks

## THURSDAY MORNING

- THURS1 TENNIS COACHING** (In association with Carrigaline Tennis Club)  
10.00 – 11.00am Fee: €75 8 weeks
- THURS2 MORNING GOLF WITH WAYNE O'CALLAGHAN** (Professional)  
10.00 – 11.30am 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 – 1.00pm Fee: €50  
**Monday 17th October – Friday 21st January (inclusive)**
- OC2 ENGLISH LEAVING CERT REVISION:**  
Intensive 8-week revision course for Higher Level English students  
7.00 – 8.30pm Fee: €95 8 weeks
- OC3 CHEMISTRY REVISION FOR LEAVING CERT: NEW**  
Intensive 8-week chemistry revision course that enhances learning and exam technique.  
Mondays: 7.00 - 9.00pm Fee: €95 8 weeks
- OC4 BIOLOGY REVISION FOR LEAVING CERT: NEW**  
Exam techniques and revision to prepare you to answer questions effectively.  
Tuesdays: 7.00 - 9.00pm Fee: €95 8 weeks
- OC5 CLASSIC WESTERNS: NEW**  
Sit back, relax and enjoy an evening of film watching a classic western. Featuring Eastwood, Bronson, Brynner, Fonda, VanCleaf and many others. Over 5 weeks, we will watch a classic film every week.  
**Entry is free but you must register beforehand!**  
Begins Monday 24th February at 7pm

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 [adulsted@carrigcs.ie](mailto:adulsted@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 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 15th January 2020.

## CONDITIONS

- Class numbers are limited to ensure a high standard of tuition, particularly in practical subjects.
- Fees are not refundable.
- 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.
- Students must ENROL BEFORE attending classes.
- Cheques should be made payable to Carrigaline Community School and have a Bank Card Number on the back.
- Class times/duration are subject to change.
- E & O.E.
- 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

## JANUARY 2020



Enrol online now using laser or credit card:

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

Office & Postal Enrolments from  
MONDAY 6TH JANUARY 2020

ENROLMENT NIGHT  
WEDNESDAY 22ND JANUARY 2020  
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.carriggs.ie/adult](http://www.carriggs.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 6th January 2020. Office Hours: 10.00 a.m.-12.30 p.m.

## MONDAY

Monday courses will commence on **Monday 27th January 2020** unless otherwise stated.

- M1 COMPUTERS FOR INTERMEDIATES**  
Improve your basic proficiency in Word, Excel, Powerpoint, Database  
7.00 – 9.30pm Fee: €95 5 weeks
- M2 MICROSOFT EXCEL**  
Start at the beginning and work your way up to an advanced level in Microsoft Excel  
7.00 – 9.30pm Fee: €95 5 weeks (begins Mon. 3rd March)
- M3 CISSP STUDY COURSE NEW**  
CISSP is one of the worlds most recognised Cyber Security Certification. If you are trying to self-study for the CISSP Exam, or maybe you want to get an idea about what involved this course is right for you. We will step you through all 8 domains which will give you a very good broad knowledge of the cybersecurity landscape  
7.00 – 9.30 p.m Fee: €175 8 weeks
- M4 ENGLISH FOR NON-IRISH – BEGINNERS**  
7.00 – 8.15pm Fee: €75 10 weeks
- M5 ADVANCED ENGLISH FOR NON-IRISH**  
8.15 – 9.30pm Fee: €75 10 weeks
- M6 THE GREAT CCS BAKE OFF NEW**  
Develop your baking skills in a friendly and relaxed environment. Learn new skills and recipes and gain practical help and advice! Finish off the course with a bake-off against your classmates!  
7.30 – 9.30pm Fee: €95 8 weeks
- M7 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
- M8 INTERIOR DESIGN**  
This course covers the basics of interior design and will help participants to create room schemes for their home with confidence and creativity.  
7.00 – 8.30pm Fee: €80 8 weeks
- M9 DRAWING & PAINTING (ALL LEVELS)**  
Suitable for beginners or those who have already begun their journey into drawing and painting. (Materials required but not on the first night)  
7.00 – 9.00pm Fee: €110 10 weeks
- M10 IRELAND IN REBELLION 1916-21 NEW**  
A historical examination of the 1916 rebellion and War of Independence in Ireland. Looking at its origins, course and consequences as well as examining its long lasting legacy.  
7.15 – 9.15pm Fee: €95 8 weeks

## MONDAY

- M11 FLOWER ARRANGING NEW**  
Simple floral arrangements for a variety of social events with tips and inspirations from a professional floral designer.  
7.30 – 8.30pm Fee: €50 5 weeks
- M12 UKELELE FOR BEGINNERS**  
7.00 – 8.30pm Fee: €75 8 weeks
- M13 HILLWALKING AND NAVIGATION (Start date to be confirmed)**  
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]
- M14 DIGITAL PHOTOGRAPHY FOR BEGINNERS**  
7.00 – 9.00pm Fee: €95 8 weeks
- M15 BASIC FIRST AID CERTIFIED COURSE (ORDER OF MALTA)**  
7.30 – 9.30pm Fee €110 (Start date and time to be confirmed)
- M16 5K AND BEYOND**  
You've reached 5K, now push on and improve your speed, endurance and increase your running distance  
7.00 – 8.00pm Fee: €60 10 weeks
- M17 PILATES ON THE MAT (LEVEL 1)**  
7.00 – 8.00pm Fee: €80 10 weeks
- M18 PILATES ON THE MAT (LEVEL 2)**  
8.00 – 9.00pm Fee: €80 10 weeks
- M19 YOGA (BEGINNERS & INTERMEDIATES)**  
7.00 – 8.15pm Fee €75 8 weeks
- M20 MEDITATION**  
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 28th January 2020** 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. Basic knowledge of computers required)  
7.00 – 8.30pm Fee: €50 5 weeks
- T3 INFECTION PREVENTION & CONTROL (QQI LEVEL 5 COMPONENT) NEW**  
A component module of the Health Service Skills Award  
7.00 – 9.30pm Fee: €195 10 weeks
- T4 CHILDCARE AWARD (QQI/FETAC- LEVEL 5)**  
7.00 – 10.00pm Limited numbers €195 per Module

## TUESDAY

- T5 CYBER SECURITY AWARENESS TRAINING NEW**  
This course explores all aspects of cyber security using practical demonstrations to show how hackers gain access to our systems and data, while also learning how to minimise the risk of such an attack. This course is suitable for all levels. If you own a computer, tablet or smart phone then this course is for you.  
7.00 – 9.00pm Fee: €75 6 weeks
- T6 WEST AFRICAN DRUMMING NEW**  
Immerse yourself in the art of West African percussion this spring. Learn to drum and create traditional African rhythms as a group, meet new people and have some fun. Djembe drums are supplied.  
7.00 – 9.00pm Fee: €95 8 weeks
- T7 BAKING WHILE LEARNING FRENCH NEW**  
Develop your baking skills while learning a new language! (Course ingredients required but not on first night)  
7.30 – 9.30pm Fee: €95 8 weeks
- T8 SPANISH FOR BEGINNERS**  
7.00 – 8.15pm Fee €75 10 weeks
- T9 SPANISH CONTINUATION**  
8.30 – 9.45pm Fee: €75 10 weeks
- T10 DRESSMAKING (BEGINNERS AND INTERMEDIATES)**  
7.00 – 9.00pm Fee: €110 10 weeks
- T11 CIORCAL CÓMHRÁ**  
Learn/Improve your Irish in a relaxed social environment. Ideal for beginners or those looking to rediscover the language after many years!  
7.15 – 8.45pm Fee: €70 8 weeks
- T12 INTRODUCTION TO PUBLIC SPEAKING NEW**  
Increase your confidence and learn how to speak more effectively at public events or formal work presentations.  
7.00 – 8.30pm Fee: €90 10 weeks
- T13 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
- T14 COUCH TO 5K**  
Turn off the TV and get running your first 5K!  
7.00 – 8.00pm Fee: €60 10 weeks
- T15 KICK FIT FOR MEN & WOMEN**  
High-intensity martial arts-based training. Get fighting fit!  
7.00 – 8.00pm Fee €60 8 weeks
- T16 ZUMBA DANCE**  
Health-boosting, Latin-inspired exhilarating dance fitness party!  
7.00 – 8.00pm Fee: €60 10 weeks
- T17 TENNIS COACHING** (In association with Carrigaline Tennis Club)  
7.00 – 8.00pm Fee: €75 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