

WEDNESDAY AFTERNOON

Wednesday Afternoon courses will commence on Wednesday 29th September 2021 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

(Dependent on government guidelines. Please contact office before enrolling)

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

(Dependent on government guidelines. Please contact office before enrolling)

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 QQI LEVEL 5

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)

Mondays 7.00 - 10.00pm Limited numbers
€195 per Module

CC5 CHILDCARE AWARD (QQI LEVEL 6)

Mondays 7.00 - 10.00pm Fee: €225

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 2022 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 18th September 2021

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 2021



Enrol online now using laser or credit card:

www.carrigcs.ie/adult

Office & Postal Enrolments from

WEDNESDAY 1ST SEPTEMBER 2021

All classes will be run in accordance with public health guidelines and legislation. Some restrictions and limitations may apply to certain 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 1st September 2021. Office Hours: 10.00 a.m.-12.30 p.m.

MONDAY

Monday courses will commence on Monday 27th September 2021 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 8th November)

M3 TRACING FAMILY HISTORY - NEW

This course will help you build your family tree and uncover what life was like for your relatives in Ireland.
7.00 - 8.30pm Fee: €60 6 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 UKELELE FOR BEGINNERS

7.00 - 8.30pm Fee: €75 8 weeks

MONDAY

M9 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]

M10 DIGITAL PHOTOGRAPHY FOR BEGINNERS

7.00 - 9.00pm Fee: €95 8 weeks

M11 PILATES ON THE MAT (LEVEL 1)

7.00 - 8.00pm Fee: €80 10 weeks
(Dependent on government guidelines. Please contact office before enrolling)

M12 PILATES ON THE MAT (LEVEL 2)

8.00 - 9.00pm Fee: €80 10 weeks
(Dependent on government guidelines. Please contact office before enrolling)

M13 YOGA (BEGINNERS AND INTERMEDIATES)

7.30 - 8.45pm Fee: €75 8 weeks
(Dependent on government guidelines. Please contact office before enrolling)

TUESDAY NIGHT:

Tuesday night courses will commence on Tuesday 28th September 2021 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 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 10 weeks

T3 SPANISH BEGINNERS

7.00 - 8.15pm Fee: €75 10 weeks
These classes will be blended learning classes - a mix of online and in-class teaching

T4 SPANISH CONTINUATION

8.30 - 9.45pm Fee: €75 10 weeks
These classes will be blended learning classes - a mix of online and in-class teaching

TUESDAY

T5 DRESSMAKING (BEGINNERS AND INTERMEDIATES)

7.00 - 9.00pm Fee: €110 10 weeks

T6 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

T7 COUCH TO 5K

Turn off the TV and get running your first 5K!
7.00 - 8.00pm Fee: €60 10 weeks

T8 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

T9 GUITAR FOR BEGINNERS

Aimed at people picking up the Guitar for the first time and/or those with a little experience looking to progress.
7.15 - 8.15pm Fee: €50 8 weeks

T10 ZUMBA DANCE

Health-boosting, Latin-inspired exhilarating dance fitness party!
(Dependent on government guidelines. Please contact office before enrolling)
7.00 - 7.50pm Fee: €50 10 weeks

T11 TENNIS COACHING

(In association with Carrigaline Tennis Club)
7.00 - 8.00pm Fee: €65 8 weeks

T12 GOLF WITH WAYNE O'CALLAGHAN (PROFESSIONAL)

All levels, from beginners to advanced. (ball rental required)
6.30 - 8.00pm Fee €95 10 weeks

T13 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.