

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 the Adult Education Office at 021-4373767 for details.

Time: 7.30 – 9.30 p.m

WEDNESDAY AFTERNOON

Wednesday Afternoon courses will commence on Wednesday 2nd March 2022 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 – 4.00 p.m. Fee: €45. 8 weeks

A2 PILATES FOR THE OVER-55'S

Gentle exercises to promote health and wellbeing. No experience required 3.00 – 4.00 p.m.

Fee: €45 8 weeks

WEDNESDAY NIGHT

W1 SKINCARE, MAKEUP - NEW

In this course you will be taught how to choose the correct beauty preparations for your skin, by availing of a personalised skin analysis. Learn simple techniques in makeup application suited for 'day wear' and how it can be simply transformed into 'evening wear'

7.00 - 9.00pm Fee: €75 6 Weeks

W2 ASTROPHOTOGRAPHY - NEW

Aimed at those with basic photographic skills and who wish to develop their interest in photographing the night sky.

7.00-9.00pm Fee: €95 8 weeks

THURSDAY MORNING

Thursday morning courses will commence on Thursday 3rd March unless otherwise stated.

TH1 TENNIS COACHING

10.00 – 11.00 a.m. Fee: €75 8 weeks
Start date to be confirmed

TH2 MORNING GOLF WITH WAYNE O'CALLAGHAN (Professional)

10.00 – 11.30 a.m. Fee €100 10 weeks

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

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 Officer: Geraldine McCarthy

Office Administrator: Greta Connolly

C.V.'s and new topics accepted for our September 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 23rd February 2022.**

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.
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:

A new year - A new course

CARRIGALINE

COMMUNITY SCHOOL

Lifelong Learning

Adult & Community Education Programme

SPRING 2022



Enrol online now using laser or credit card:

www.carrigcs.ie/adult

Office & Postal Enrolments from
MONDAY 6TH FEBRUARY 2022

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.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 **Monday 6th February 2022**. Office Hours: 10.00 a.m.-12.30 p.m.

MONDAY

Monday courses will commence on Monday 28th February 2022 unless otherwise stated.

M1 MICROSOFT EXCEL

Start at the beginning and work your way up to an advanced level in Microsoft Excel.

7.00 – 9.30 p.m. Fee: €95 5 weeks

M2 COMPUTERS FOR INTERMEDIATES

Improve your basic proficiency in Word, Excel, Powerpoint, Database. 7.00 – 9.30 p.m. Fee: €95 5 weeks (begins Mon 4th April)

M3 TRACING FAMILY HISTORY

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

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 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

M7 DRAWING & PAINTING (ALL LEVELS)

7.00 – 9.00 p.m. 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.

7.30 – 9.00 p.m. Fee: €65 6 weeks (Begins Monday 28th March)

MONDAY

M9 UKELELE FOR BEGINNERS

7.00 – 8.30 p.m. Fee: €75 8 weeks

M10 HILLWALKING AND NAVIGATION (Start date to be confirmed)

7.00 – 9.00 p.m. Fee €95. 4 weeks [+1 guided day in the mountains putting your map-reading, navigation and route-planning techniques into practice]

M11 DIGITAL PHOTOGRAPHY FOR BEGINNERS

7.00 – 9.00 p.m. Fee: €95 8 weeks

M12 5K AND BEYOND

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 Begins 22nd March

M13 PILATES ON THE MAT (LEVEL 1)

7.00 – 8.00 p.m. Fee: €80 10 weeks

M14 PILATES ON THE MAT (LEVEL 2)

8.00 – 9.00 p.m. Fee: €80 10 weeks

M15 YOGA (BEGINNERS AND INTERMEDIATES)

7.00 – 8.15 p.m. Fee €75 8 weeks

M16 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.

8.30 – 9.30 Fee: €60 8 weeks

TUESDAY NIGHT:

Tuesday night courses will commence on Tuesday 1st March 2022 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 – 8.30 p.m. Fee: €95 5 weeks

T2 WEST AFRICAN DRUMMING - NEW

Immerse yourself in West African percussion this Spring. Learn to drum and create traditional African rhythms as a group, meet new people and have some fun. Drums are supplied.

7.00 p.m. – 9.00 p.m. Fee: €95 8 weeks

TUESDAY

T3 SPANISH BEGINNERS

7.00 – 8.15 p.m. Fee €85 10 weeks

T4 SPANISH CONTINUATION

8.30 – 9.45 p.m. Fee: €85 10 weeks

T5 DRESSMAKING (BEGINNERS AND INTERMEDIATES)

7.30 – 9.30 p.m. Fee: €110 10 weeks

T6 GUITAR FOR BEGINNERS

Aimed at people picking up the guitar for the first time and/or those with a little experience looking to progress. 7.00-8.00pm Fee: €60 8 weeks

T7 GUITAR FOR IMPROVERS - NEW

Aimed at people who have a decent grasp of the fundamentals and who want to improve their playing. Also learn how to play pieces alongside other guitarists. 8.00 – 9.00pm Fee: €60 8 weeks

T8 LEARN TO MAKE TAPAS! - NEW

An introduction to this Spanish way of cooking. Learn to make Spanish tapas in a friendly and relaxed environment. Each week you will cook 3-4 different types. Ingredients needed but not on the first night! 7.00 – 8.30pm Fee: €70 5 weeks (Begins Tues 15th March)

T9 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 – 8.45 p.m. Fee: €75 8 weeks

T10 COUCH TO 5K

Turn off the TV, and go from the couch to running your first 5K. 7.00 – 8.00 p.m. Fee: €60 10 weeks

T11 ZUMBA

Health boosting Latin-inspired exhilarating dance fitness party. 7.00 – 8.00 p.m. Fee: 60 10 weeks

T12 TENNIS COACHING

(In association with Carrigaline Tennis Club) 7.00 – 8.00 p.m. Fee: €75 8 weeks Start date to be confirmed

T13 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