

TUESDAY

T16 ZUMBA DANCE

Health-boosting, Latin-inspired exhilarating dance fitness party! Tutor: Róisín O'Keeffe.
7.00 – 7.50 p.m. Fee: €85 14 weeks

T17 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

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 8th February 2023 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: €50 8 weeks

A2 CHAIR YOGA

Yoga from the chair, and from standing using the chair as a prop. Ideal for those who are restricted in mobility or are restricted in ability to access the yoga mat/floor. Tutor: Hazel Moon
4.30 – 5.30pm Fee: €50 8 weeks

A3 PILATES FOR THE OVER-55'S

Gentle exercises to promote health and wellbeing. No experience required. Tutor: Aisling Maunsell.
3.00 – 4.00 p.m. Fee: €50 8 weeks

A4 BEGINNERS CERAMICS & POTTERY

Learn the basics and techniques in Clay to create functional and sculptural pieces for your friends, family and home. No experience necessary and all materials supplied. Tutor: Kira O'Brien.
3.00-5.00pm Fee: €135 10 weeks

THURSDAY MORNING

TH1 MORNING GOLF WITH WAYNE O'CALLAGHAN (Professional)

10.00 – 11.30 a.m. Fee €100 10 weeks

OTHER COURSES

OC1 MANUAL HANDLING

Upskill and keep your training up to date! (QQI Level 6 Manual Handling Instructor). Tutor: Marguerite MacDonagh (Please contact office for details of date and times) Fee: €80

OC2 EASTER STUDY

Study sessions for 3rd, 5th and 6th Years: Study techniques, advice and guidance given daily. Limited numbers. Mon 3rd April – Thursday 6th April (inclusive) Tuesday 11th April – Friday 14th April (inclusive) 9.00am-1.00pm Fee: €90 (or pay daily €12)

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

E-mail: adulthood@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 2023 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 1st February 2023**

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 2023



Enrol online now using laser or credit card:

www.carrigcs.ie/adult

Call us in the office on:

021-4373767

or email: adulthood@carrigcs.ie

All classes will begin the week of
6th February unless otherwise stated

ENROLMENT...

Online enrolment with debit/credit card is available at www.carriggs.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 **Thursday 5th January 2023**. Office Hours: 9.30 a.m.-12.30 p.m.

MONDAY

Monday courses will commence on Monday 6th February 2023 unless otherwise stated.

M1 AN INTRODUCTION TO FRONTLINE DESK ADMIN & TECHNOLOGY - NEW

This course is designed to introduce and enable the learner to develop competence, knowledge, and most importantly skills that are necessary to carry out tasks /operations as a Frontline Desk Receptionist in the workplace. Tutor: Carol McAuliffe
7.00 – 9.00 p.m. Fee: €100 8 weeks

M2 ENGLISH FOR NON-IRISH – BEGINNERS

7.00 – 8.15 p.m. Fee: €75 10 weeks

M3 ADVANCED ENGLISH FOR NON-IRISH

8.30 – 9.45 p.m. Fee: €75 10 weeks

M4 CREATIVE WRITING

An introduction to the basics of creative writing: developing voice, structuring small narratives and experimenting with prose and fictional forms. Tutor: Fiona White
7.00-8.30 p.m. Fee: €65 6 weeks

M5 COOKING & BAKING (ALL LEVELS)

Learn a variety of recipes for delicious meals and tasty desserts. Ingredients needed but not on the first night. Tutor: Michelle Hogan
7.00-9.00pm 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. Tutor: Billy Kennedy
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 WINE APPRECIATION - NEW

Love wine? Want to know your Merlot from your Malbec? The best way to learn about wine is through tasting and talking and we will do plenty of that. This course will help you develop an understanding of the wines of the world and an appreciation of the diverse nature of the noble grape. Tutor: Oliver Baumann
7.00 – 9.00 p.m. Fee: €150 8 weeks
(includes weekly wine samples)

M9 UKELELE FOR BEGINNERS

Learn to play the Ukelele in a fun, friendly and relaxed atmosphere! Tutor: Robert Kiernan
7.00 – 8.30 p.m. Fee: €75 8 weeks

M10 HILLWALKING AND NAVIGATION

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 POSITIVE PSYCHOLOGY - NEW

An introduction to the concepts and tools of Positive Psychology and how to use them to create more presence, resilience and optimism every day.
7.00-9.00pm Fee: €75 6 weeks

MONDAY

M12 DIGITAL PHOTOGRAPHY FOR BEGINNERS

Aimed at those who are new or interested in getting into Digital Photography. No previous experience required. Students will not need any cameras to attend the classes but having access to a camera for practice in between the classes is advised.
Tutor: Graham Daly
7.00 – 9.00 p.m. Fee: €95 8 weeks

M13 COUCH TO 5K

Turn off the TV and get running your first 5K!
7.00 – 8.00 p.m. Fee: €60 10 weeks

M14 5K AND BEYOND

You've reached 5k, now push on and improve your running form, build endurance and increase your running distance.
8.00 – 9.00 p.m. Fee: €60 10 weeks

M15 PILATES ON THE MAT (LEVEL 1)

Tutor: Kieran McKeown
7.00 – 8.00 p.m. Fee: €80 10 weeks

M16 PILATES ON THE MAT (LEVEL 2)

Tutor: Kieran McKeown
8.00 - 9.00 p.m. Fee: €80 10 weeks

M17 YOGA (BEGINNERS AND INTERMEDIATES)

Tutor: Hazel Moon
7.00 – 8.15 p.m. Fee €75 8 weeks

M18 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.
Tutor: Hazel Moon
8.30 – 9.30 Fee: €60 8 weeks

TUESDAY NIGHT:

Tuesday night courses will commence on Tuesday 7th February 2023 unless otherwise stated.

T1 BASIC BOOKKEEPING FOR BEGINNERS - NEW

Learn the basics of bookkeeping – ideal for those who are starting their own business, planning on working with accounts or want to learn a new skill. Tutor: Marguerite MacDonagh.
7.00-9.00pm Fee: €120 10 weeks

T2 INTRODUCTION TO SIGN LANGUAGE (ISL) - NEW

An introduction to Sign Language – ideal for anyone interested in working with people who are deaf or hard of hearing.
7.00-8.30pm Fee: €100 10 weeks

T3 TRACING FAMILY HISTORY

This course will help you trace your own family history and help you build a family tree. Tutor: Fiona Forde (Irish Family Detective)
7.00-8.30pm Fee: €65 6 weeks

T4 SPANISH BEGINNERS

For absolute beginners who would like to build the basic skills for communicating in Spanish
Tutor: Mariana Jimenez Moreno
7.00 – 8.15 p.m. Fee €85 10 weeks

T5 SPANISH CONTINUATION

for those who have done a beginner's course or who have acquired the basic skills and wish to improve their communication skills in holiday situations. Tutor: Mariana Jimenez Moreno
8.30 – 9.45 p.m. Fee: €85 10 weeks

T6 TRAUMA & RECOVERY - NEW

A look at the impact of psychological trauma and stress on the physical body. In this course we will explore the neuroscience of safety, the anatomy of survival and look at ways of developing safety in the body and treatment approaches to healing.
Tutor: Helen Russell
7.00-9.00p.m. Fee: €95 8 weeks

T7 DRESSMAKING (BEGINNERS AND INTERMEDIATES)

7.30 – 9.30 p.m. Fee: €110 10 weeks
Starts Tuesday 31st January

T8 STILL-LIFE OIL PAINTING (ALL LEVELS)

This class is suitable for anyone wishing to develop and improve their skills in oil painting through practical and easy step-by-step tuition and is suitable for all levels. Tutor: Carmela Brennan
7.00-9.00 pm Fee: €80 6 weeks

T9 SCRIPTWRITING FOR BEGINNERS

Learn the first steps in writing your own script for both theatre and screenplays. Tutor: Tess Healy Maguire
7.30-9.00pm Fee: €75 8 weeks

T10 INTRODUCTION TO HERBALISM

Michelle Walsh has been practicing as a general nurse and expanded her role as a health care practitioner gaining an Honors degree in herbal science & a Master's degree in horticulture. She will bring you back to basics by exploring the medicinal properties of local and easy to grow herbs for common ailments. Learn some of the basics of using herbs safely.
7.00-8.30pm Fee: €60 6 weeks

T11 GUITAR FOR BEGINNERS

Aimed at complete beginners or those with a little ability who wants to improve. Focused on learning to play chords and basic chord progressions.
Tutor: Graham Daly
7.00-8.00pm Fee: €60 8 weeks

T12 GUITAR FOR INTERMEDIATES

Aimed at those with a little prior experience who want to improve their playing. Students will learn to play some songs, learn some guitar scales, techniques useful for lead guitar playing and experimenting with chord progressions. Tutor: Graham Daly
8.00-9.00pm Fee: €60 8 weeks

T13 LEARN TO MAKE TAPAS!

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 – 9.00pm Fee: €75 5 weeks

T14 ELDERCISE (FOR SENIOR CITIZENS AND RETIRED) - NEW

Our aim is to provide an outlet for the older generation to socialise and mix with others, while having fun through light movement of dance & exercise which is essential for health & well-being. Not forgetting the tea and chat afterwards!
Tutor: Emily Hayes Time: 7.00-8.30pm Fee: €60 8 weeks

T15 CIORCAL CÓMHRÁ

Learn/Improve your Irish in a relaxed social environment. Ideal for beginners or those looking to rediscover the language after many years! Tutor: Nora Noonan
7.15 – 8.45 p.m. Fee: €75 8 weeks