

## WEDNESDAY AFTERNOON

Wednesday Afternoon courses will commence on Wednesday 28th September 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: €150 10 weeks

## THURSDAY MORNING

### TH1 MORNING GOLF WITH WAYNE O'CALLAGHAN (PROFESSIONAL)

10.00 – 11.30 a.m. Fee €100 10 weeks

## OTHER COURSES

### OC.1 SENIOR CITIZENS COMMUNITY INITIATIVE

Bringing our senior citizens and youth together to work and partner on a number of community-based initiatives. Further details available from the office.  
Tuesday Morning classes: 11.40am - 1.00pm  
Free of charge but you must register with the office  
6 weeks

### OC.2 MANUAL HANDLING - NEW

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

### OC.3 MIDTERM STUDY

Study sessions for 3rd, 5th and 6th Years: Study techniques, advice and guidance given daily. Limited numbers.  
Tuesday October 31st - Friday 3rd November  
9.00am - 1.00pm Fee: €40

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 [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 Officer: Geraldine McCarthy

Office Administrator: Greta Connolly

C.V's and new topics accepted for our January 2024 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 Monday 28th August 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: .....

*Learn & Discover*

**CARRIGALINE**

**COMMUNITY SCHOOL**

# Lifelong Learning

## Adult & Community Education Programme

# AUTUMN 2023



Enrol online now using laser or credit card:

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

Office & Postal Enrolments from  
**MONDAY 28TH AUGUST 2023**

All classes begin the week of  
25th September unless otherwise stated.

# ENROLMENT...

Online enrolment with debit/credit card is available at [www.carrigcs.ie/adult](http://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 Monday 28th August 2023. Office Hours: 10.00 a.m.-12.30 p.m.

## MONDAY

Monday courses will commence on Monday 25th September 2023 unless otherwise stated.

- M1 MICROSOFT OFFICE SPECIALIST (WORD) - NEW**  
Improve and develop your skills in Microsoft Word and gain an internationally recognised certificate. Price includes cost of exams.  
7.00-9.00pm Fee: €120 10 weeks
- M2 ENGLISH FOR NON-IRISH**  
Beginners 7.00 – 8.15 p.m.  
Intermediates 8.30 – 9.45 p.m.  
Fee: €75 10 Weeks
- M3 INTRODUCTION TO LIFE COACHING: KNOW YOUR STRENGTHS AND ACHIEVE A HAPPIER LIFE - NEW**  
Start your journey towards the better version of yourself. Learn more about your strengths and values. Re-evaluate how do you approach challenges in your life. Understand your goals, what drives them and how to achieve a more balanced and fulfilling life. (Tutor: Consiglia Sorge)  
7.30-9.00 p.m. Fee: €80 8 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)**  
(Tutor: Michelle Hogan)  
7.00-9.00pm Fee: €95 8 weeks
- M6 VEGAN COOKING**  
(Tutor: Billy Kennedy)  
7.00 – 9.00 p.m. Fee: €95 8 weeks
- M7 ADULT ART COURSE - NEW**  
These art classes led by local installation artist Aoife Claffey will provide participants of all experience levels with lots of creative approaches and skills. This course will introduce a different medium each week including drawing, collage, photography, printmaking, clay and painting. Creative exploration is encouraged within a relaxed and supportive space  
7.00 – 9.00 p.m. Fee: €120 10 weeks
- M8 WINE APPRECIATION**  
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)

## MONDAY

- 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: €80 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 SYCAMORE COURSE – LIVING THE CATHOLIC FAITH IN THE WORLD - NEW**  
7.00-8.30pm Fee: free of charge. 6 weeks
- M12 GUITAR CLASSES FOR BEGINNERS & INTERMEDIATES**  
Beginners: 7.00-8.00pm  
Intermediates: 8.00-9.00pm 7.00 – 9.00 p.m.  
Fee: €60 8 weeks
- M13 AFROBEAT & KIDURO DANCING - NEW**  
A brilliant hour of fun, movement and dancing to both slow and upbeat energetic African rhythms  
7.00 – 8.00 p.m. Fee: €50 8 weeks
- M14 KIZOMBA & SEMBA**  
Grab a partner and learn the smooth flowing elegant rhythms full of passion and emotion (Kizomba) before moving into the more intricate patterns, quick footwork and expressive movements of Semba.  
8.00 – 9.00 p.m. Fee: €50 8 weeks
- M15 PILATES ON THE MAT**  
7.00 - 8.00pm - Level 1  
8.00 - 9.00pm - Level 2  
(Tutor Kieran McKeown) Fee: €80 10 weeks
- M16 YOGA (BEGINNERS AND INTERMEDIATES)**  
(Tutor: Hazel Moon)  
7.00 – 8.15 p.m. Fee €75 8 weeks
- M17 MEDITATION**  
(Tutor: Hazel Moon)  
8.30 – 9.30 p.m. Fee: €60 8 weeks

## TUESDAY NIGHT:

Tuesday night courses will commence on Tuesday 26th September 2023 unless otherwise stated.

- T1 SPECIAL NEEDS ASSISTING (QQI LEVEL 5 & LEVEL 6)**  
Begin your journey to becoming a Special Needs Assistant (In partnership with Cork ETB)  
7.00 – 10.00pm Fee: €595 20 weeks  
(payable in 2 instalments)
- 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

## TUESDAY NIGHT

- T3 TRACING FAMILY HISTORY**  
This course will help you build your family tree and uncover what life was like for your relatives in Ireland (Tutor: Fiona Forde)  
7.00-8.30pm Fee: €65 6 weeks
- T4 SPANISH BEGINNERS**  
(Tutor: Mariana Jimenez Moreno)  
Beginners: 7.00-8.15  
Continuation: 8.30 - 9.45pm.  
Fee €85 10 weeks
- T5 BOOK CLUB - NEW**  
Meet once a month and discuss and chat about a particular book. This is free of charge but you must register and books will need to be purchased. Arrangements will be made to purchase through Carrigaline Bookshop. First book title will be decided on our first night. (In partnership with Carrigaline Bookshop).
- T6 DIGITAL PHOTOGRAPHY**  
Learn new photographic skills and improve your existing skills  
7.00 - 9.00pm Fee: €95 8 weeks
- T7 DRESSMAKING (BEGINNERS AND INTERMEDIATES)**  
7.30 – 9.30 p.m. Fee: €110 10 weeks
- T8 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
- T9 ELDERCISE (FOR SENIOR CITIZENS AND ACTIVE RETIRED)**  
Socialise and mix with others while having fun through light movement of dance and exercise which is essential for health and wellbeing. And not forgetting the tea and chat afterwards. (Tutor: Emily Hayes)  
7.00 - 8.30pm Fee: €50 8 weeks
- T10 ZUMBA DANCE**  
Health-boosting, Latin-inspired exhilarating dance fitness party! (Tutor: Róisín O'Keeffe)  
7.00 – 7.50 p.m. Fee: €60 10 weeks
- T11 COUCH TO 5K**  
Turn off the TV and get running your first 5K!  
7.00 – 8.00 p.m. Fee: €60 10 weeks
- T12 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
- 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