

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

TUESDAY NIGHT

T15 GOLF WITH WAYNE O'CALLAGHAN (PROFESSIONAL)

Classes held in The Golf Centre Ballincollig.

All levels, from beginners to advanced. (ball rental required)

6.30 – 8.00 p.m. Fee €95 10 weeks

WEDNESDAY AFTERNOON

Wednesday Afternoon courses will commence on
Wednesday 31st January 2024 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)

Classes held at The Golf Centre, Ballincollig

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 initiatives. There'll be tea/coffee, biscuits & cake, chats, fun and interesting projects! 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 EASTER STUDY

Study sessions for 3rd, 5th and 6th Years: Study techniques, advice and guidance given daily. Limited numbers.

Mon 25th March – Thursday 28th March (inclusive)

Tuesday 2nd April – Friday 5th April (inclusive)

9.00am-1.00pm Fee: €80 (or pay daily €10)

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 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 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 Wednesday 24th January 2024.**

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

SPRING 2024



Enrol online now using laser or credit card:

www.carrigcs.ie/adult

Office & Postal Enrolments from
MONDAY 8TH JANUARY 2024

All classes begin the week of
29th January unless otherwise stated.

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 8th January 2024. Office Hours: 10.00 a.m.-12.30 p.m.

MONDAY

Monday courses will commence on Monday 29th January 2024 unless otherwise stated.

- M1 MICROSOFT OFFICE SPECIALIST (EXCEL) - NEW**
Develop and improve your skills in Microsoft Excel and gain an internationally recognised certificate. Price includes cost of exams.
7.00-9.00pm Fee: €100 8 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 SELF MANAGMENT - NEW**
Learn how to preserve your energies, manage stress and emotion and prevent burnout. This course is designed having in mind anyone who feels overwhelmed or challenged by life event or just want to get more balance in their life. (Tutor: Consiglia Sorge)
7.30 - 9.00pm 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.
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 6 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 6 weeks
- M7 ADULT ART CLASSES (ALL LEVELS)**
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)
- M9 UKELELE FOR BEGINNERS**
Learn to play the Ukelele in a fun, friendly and relaxed atmosphere!
7.00 – 8.15 p.m. Fee: €70 8 weeks

MONDAY

- M10 GUITAR BEGINNERS**
Learn to play guitar in a fun and relaxed atmosphere. This is a practical class and you will need a guitar for class.
8.30 – 9.45 p.m. Fee: €70 8 weeks
- M11 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]
- M12 DIGITAL PHOTOGRAPHY FOR BEGINNERS**
7.00 – 9.00 p.m. Fee: €95 8 weeks
- M13 DEMENTIA CARE**
An evidence-based Person-Centered Approach to Dementia Awareness and Care. Led by Independent Certified PAC trainer Linda Jordan, Msc.
7.30 – 9.00 pm Fee: €95 8 Weeks
- M14 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
- 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 30th January 2024 unless otherwise stated.

- T1 WEB DESIGN & DEVELOPMENT**
Learn to build your own website for personal and/or business use
7.00 – 9.00 p.m. Fee: €95 8 weeks
- T2 INTRODUCTION TO SIGN LANGUAGE (ISL)**
An introduction to Sign Language – ideal for anyone interested in working with people who are deaf or hard of hearing.
(Tutor: Charlotte Murray)
7.00-8.30pm Fee: €100 10 weeks
- 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

TUESDAY NIGHT

- T4 SPANISH BEGINNERS**
(Tutor: Mariana Jimenez Moreno)
7.00 – 8.15 p.m. Fee €85 10 weeks
- T5 SPANISH CONTINUATION**
For those with some Spanish who wish to improve and build upon their vocabulary and spoken skills
(Tutor: Mariana Jimenez Moreno)
8.30 – 9.45 p.m. Fee: €85 10 weeks
- T6 UNDERSTANDING IRISH SOCIETY - NEW**
With information overload , 'social influencers', misinformation and Far Right violence etc, learn to skillfully separate fact from fiction, deciding which societal goals/policies likely offer 'the greatest good for the greatest number' of people.
(Tutor: Dr. Tom O'Connor)
7.00 – 8.30 p.m. Fee: €95 10 weeks
- T7 INTERPERSONAL COMMUNICATION - NEW**
"We are born communicating with others and we never stop throughout our lives. But do we ever stop to think about what's happening, how it's happening and, maybe, how we can make the process better?" (Tutor: Pat Ryan)
7.15 – 8.30pm Fee: €75 10 weeks
- T8 DRESSMAKING (BEGINNERS AND INTERMEDIATES)**
7.00 – 9.00 p.m. Fee: €120 10 weeks
- T9 CONVERSATIONAL IRISH**
7.00 – 8.15pm – Beginners (For those with little to no Irish who wish to learn some cúpla focail)
8.30 – 9.45pm – Continuation (For those with a bit of Irish who wish to improve their conversational skills)
Fee: €75 8 weeks (Tutor: Nora Noonan)
- T10 INTRODUCTION TO LIFE COACHING: KNOW YOUR STRENGTHS AND ACHIEVE A HAPPIER LIFE**
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.
7.30 – 9.00pm Fee: €80 8 weeks
- T11 BASIC BOOKKEEPING FOR BEGINNERS**
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.
7.00 -9.00pm Fee: €120 10 weeks
- T12 ELDERCISE FOR SENIOR CITIZENS & ACTIVE RETIRED**
Have fun through light movement of exercise and dance which is essential for health & wellbeing. Tea/coffee and chats afterwards make it great for socialising!
(Tutor: Emily Hayes)
7.30 – 9.00 p.m. Fee: €60 6 weeks
- T13 COUCH TO 5K**
Turn off the TV and get running your first 5K!
7.00 – 8.00 p.m. Fee: €60 10 weeks
- T14 ZUMBA DANCE**
Health-boosting, Latin-inspired exhilarating dance fitness party!
(Tutor: Róisín O'Keefe)
7.00 – 7.50 p.m. Fee: €85 14 weeks