

## TUESDAY NIGHT

- T14 FRENCH CONVERSATION FOR BEGINNERS - NEW**  
For those looking to learn some basic conversational French or re-learn some lost French language skills from school!  
7.15-8.30pm Fee: €85 10 weeks
- T15 COUCH TO 5K**  
Turn off the TV and get running your first 5K!  
7.00 – 8.00 p.m. Fee: €60 10 weeks
- T16 ZUMBA DANCE**  
Health-boosting, Latin-inspired exhilarating dance fitness party!  
(Tutor: Róisín O’Keeffe)  
7.00 – 7.50 p.m. Fee: €65 10 weeks
- T17 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 2nd October 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 – 5.30p.m. 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 WATERCOLOURS – AN EXPLORATION FROM THE BEGINNING - NEW**  
Learn to create beautiful, loose watercolours with the simplest of techniques. Develop your own unique style and learn how to add the magical finishing touches. Unlock your natural painting potential in a liberating and fun environment with artist Mia Foley.  
3.00-5.00p.m. Fee: €120 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 initiatives. There'll be tea/coffee, biscuits & cake, chats, fun and interesting projects! Further details available from the office.  
Monday Morning classes: 11.00am - 12.20p.m.  
Free of charge but you must register with the office 8 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 [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 2025 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 25th September 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.

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 2024



Enrol online now using laser or credit card:

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

Office & Postal Enrolments from  
WEDNESDAY 28TH AUGUST 2024

All classes begin the week of  
30th 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 30th September 2024 unless otherwise stated.

- M1 MICROSOFT OFFICE SPECIALIST (WORD) - NEW**  
Develop and improve your skills in Microsoft Word and gain an internationally recognised certificate. Price includes cost of exams.  
7.00-9.00p.m. Fee: €120 8 weeks
- M2 ENGLISH FOR NON-IRISH**  
7.00 – 8.15 p.m. – Beginners  
8.30 – 9.45 p.m – Advanced  
Fee:€75 10 weeks
- M3 SELF-MANAGEMENT**  
Learn how to preserve your energies, manage stress & emotions and prevent burnout. Course is designed for people who might sometimes feel: I overwhelmed by life's challenges or who simply want more balance in their life. (Tutor: Consiglia Sorge)  
7.30 – 9.00p.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.  
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)  
7.00-9.00p.m. Fee: €100 8 weeks
- M6 CROCHET FOR BEGINNERS - NEW**  
A crochet class for total beginners and also for those who might like to take up a hook again and need help following a pattern or finishing a project. Bring some yarn and enjoy a relaxing class of loops and chains. (Tutor: Siobhán O'Herlihy)  
7.00-9.00p.m. Fee: €75 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 CERTIFICATE IN PUBLIC RELATIONS - NEW**  
*Certified by the Irish Academy of Public Relations.* Public relations is an integral part of every organisation. This course is designed to give participants a practical working knowledge of public relations and hands-on skills that can be used effectively in their professional life.  
7.00 – 9.00p.m. Fee: €220 12 weeks

## MONDAY

- M9 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)
- M10 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
- M11 PRACTICAL GUITAR FOR BEGINNERS**  
Learn to play guitar in a fun and relaxed atmosphere. Learn some chords, jam and play some of your favourite tunes  
8.30 – 9.45 p.m. Fee: €70 8 weeks
- M12 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] (Tutor: Chris O'Donoghue)
- M13 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
- M14 PILATES ON THE MAT (LEVEL 1)**  
(Tutor: Kieran McKeown)  
7.00 – 8.00 p.m. Fee: €80 10 weeks
- M15 PILATES ON THE MAT (LEVEL 2)**  
(Tutor: Kieran McKeown)  
8.00 - 9.00 p.m. Fee: €80 10 weeks
- M16 YOGA (BEGINNERS AND INTERMEDIATES)**  
(Tutor: Hazel Moon)  
7.00 – 8.15 p.m. Fee: €75 8 weeks
- M17 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: €50 8 weeks

## TUESDAY NIGHT:

Tuesday night courses will commence on Tuesday 1st October 2024 unless otherwise stated

- T1 SPECIAL NEEDS ASSISTING (QQI LEVEL 5 & 6)**  
Begin your journey to becoming a Special Needs Assistant (certification from QQI will be through Cork ETB)  
7.00 – 10.00p.m. Fee: €595 22 weeks  
(payable in 2 instalments)
- T2 DRESSMAKING (BEGINNERS AND INTERMEDIATES)**  
7.00 – 9.00 p.m. Fee: €120 10 weeks
- T3 WEB DESIGN & DEVELOP.M.ENT**  
Learn to build your own website for personal and/or business use  
7.00 – 9.00 p.m. Fee: €95 8 weeks

## TUESDAY NIGHT

- T4 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.  
7.00-8.30p.m. Fee: €100 10 weeks
- T5 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. Understand your goals, what drives them and how to achieve a more balanced and fulfilling life.  
(Tutor: Consiglia Sorge)  
7.30 – 9.00p.m. Fee: €80 8 weeks
- T6 SPANISH BEGINNERS**  
(Tutor: Mariana Jimenez Moreno)  
7.00 –8.15 p.m. Fee: €85 10 weeks
- T7 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
- T8 CREATIVE DIGITAL PHOTOGRAPHY - NEW**  
For beginners and amateur hobbyists. Learn how to create the perfect picture and also learn the skills useful for entering into photo competitions. (Tutor: Niall O'Farrell)  
7.00 – 9.00 p.m. Fee: €95 8 weeks
- T9 EXPRESSIVE DRAWING - NEW**  
Drawing from a variety of different subjects, participants will learn to observe carefully and draw freely while exploring different materials and approaches. Individual attention provided in a positive, creative environment with teaching artist Mia Foley. All levels of experience welcome. (Materials required. Contact office for details)  
7.00 – 9.00p.m. Fee: €120 10 weeks
- T10 CERTIFICATE IN EVENT MANAGEMENT - NEW**  
*Certified by the Irish Academy of Public Relations.* Event Management is a dynamic, exciting and varied career. You will be booking venues, working with celebrities, selecting food and entertainment. You will also be responsible for promotion, ticket sales, health and safety, insurance, and crisis management!  
7.00 – 9.00p.m. Fee: €220 12 weeks
- T11 CONVERSATIONAL IRISH**  
7.00 – 8.15p.m. – Beginners (For those with little to no Irish who wish to learn some cúpla focail)  
8.30 – 9.45p.m. – Continuation (For those with a bit of Irish who wish to improve their conversational skills)  
Fee:€75 8 weeks (Tutor: Nora Noonan)
- T12 BOOK CLUB**  
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. First book title will be decided on our first night. (In partnership with Carrigaline Bookshop). 7.30-9.00pm
- T13 POLITICS & SOCIETY - NEW**  
Develop a deeper understanding of the political system and examine the causes of conflict & division internationally and within western societies.  
7.30-9.00pm Fee: €70 8 weeks