

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 12th February 2025 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 - 4.00pm | 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 - 4.00pm | Fee: €50 | 8 weeks

A4 DIY WEDDING FLOWERS WORKSHOP

For those wishing to create bridal/wedding bouquets, buttonholes etc. Materials required. (Tutor: Maree O'Sullivan) Workshops take place on Wednesday 9th & 16th April 2.00 - 6.00pm | Fee: €55.

THURSDAY EVENING

TH1 GOLF WITH WAYNE O'CALLAGHAN (PROFESSIONAL)

Classes held in The Golf Centre Ballincollig. All levels, from beginners to advanced. (ball rental required) 5.30 - 7.00pm | Fee: €95 | 10 weeks

FRIDAY MORNING

FRI. MORNING GOLF WITH WAYNE O'CALLAGHAN 1 (PROFESSIONAL)

11.00am - 12.30pm | Fee €100 | 10 weeks

OTHER COURSES

OC. SENIOR CITIZENS COMMUNITY INITIATIVE

1 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 - 12.20pm | Free of charge but you must register with the office | 8 weeks

OC. EASTER STUDY

2 Study sessions for 3rd, 5th and 6th Years: Study techniques, advice and guidance given daily. Limited numbers. Mon 14th April - Thurs 18th April (inclusive) Tuesday 22nd April - Friday 25th April (inclusive) 9.00am-1.00pm | Fee: €70 (or pay €10 daily)

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 adulted@carrigcs.ie www.carrigcs.ie

Principal: Paul Burke

Director of Adult Education: Eugene Cahill

Adult Education Officer: Geraldine McCarthy

Office Administrator: Monica O'Regan

C.V's and new topics accepted for our September 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 29th January 2025

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 2025



Enrol online now using laser or credit card:

www.carrigcs.ie/adult

Office & Postal Enrolments from

MONDAY | 6TH JANUARY 2025

All classes begin the week of 10th February unless otherwise stated

ENROLMENT...

Online enrolment with debit/credit card is available at 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 6th January 2025.

Office Hours: | 10.00 a.m.-12.30 p.m.

MONDAY

Monday courses will commence on Monday 10th February 2025 unless otherwise stated.

- M1 MICROSOFT OFFICE SPECIALIST (WORD)**
Develop and improve your skills in Microsoft Word and gain an internationally recognised certificate. Price includes cost of exams.
7.00-9.00pm | Fee: €120 | 8 weeks
- M2 CASUAL CHOIR - NEW**
Come along, learn and sing different songs each week, have fun in a casual and relaxed environment.
7.30-8.30pm | Fee: €60 | 10 weeks
- M3 SELF-MANAGEMENT**
Learn how to preserve your energies, manage stress & emotions and prevent burnout. (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.
7.00-8.30pm | 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: €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.
7.00-9.00pm | Fee: €75 | 6 weeks
- M7 ADULT ART CLASSES (ALL LEVELS)**
This course will introduce different media over the 10 weeks including drawing, collage, photography, printmaking, clay and painting. Creative exploration is encouraged within a relaxed and supportive space
7.00 - 9.00pm | 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.
7.00 - 9.00pm | 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 - 8.15pm | Fee: €70 | 8 weeks

M10 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 - 9.45pm | Fee: €70 | 8 weeks

M11 HILLWALKING AND NAVIGATION

7.00 - 9.00pm | 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)

M12 COUCH TO 5K

Turn off the TV and get running your first 5K!

7.00 - 8.00pm | Fee: €60 | 10 weeks

M13 PILATES ON THE MAT (LEVEL 1)

(Tutor: Kieran McKeown)

7.00 - 8.00pm | Fee: €80 | 10 weeks

M14 PILATES ON THE MAT (LEVEL 2)

(Tutor: Kieran McKeown)

8.00 - 9.00pm | Fee: €80 | 10 weeks

M15 YOGA (BEGINNERS AND INTERMEDIATES)

(Tutor: Hazel Moon)

7.00 - 8.15pm | 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. (Tutor: Hazel Moon)

8.30 - 9.30 Fee: €50 | 8 weeks

TUESDAY NIGHT:

Tuesday night courses will commence on Tuesday 11th February 2024 unless otherwise stated.

T1 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

T2 DRESSMAKING (BEGINNERS AND INTERMEDIATES)

7.00 - 9.00pm | Fee: €120 | 10 weeks

Class begins Tuesday 28th January

T3 REDUCE YOUR DIGITAL FOOTPRINT - NEW

Learn how to reduce your online digital footprint, de-google your life and phone and experience a more ad-free life online.

7.15 - 8.30pm | Fee: €45 | 4 weeks

T4 BRIDGE FOR BEGINNERS - NEW

7.00-9.00pm | Fee: €110 | 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.

7.30 - 9.00pm | Fee: €80 | 8 weeks

T6 SPANISH BEGINNERS

(Tutor: Mariana Jimenez Moreno)

7.00 - 8.15pm | 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 - 9.45pm | 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 - 9.00pm | Fee: €95 | 8 weeks

T9 WATERCOLOURS FOR BEGINNERS & INTERMEDIATES - NEW

This course meets the needs of total beginners and those at intermediate level who wish to develop their practice. Individual attention provided in a positive, creative environment with artist Mia Foley. All levels of experience welcome. (Materials required, please contact office for details)

7.00 - 9.00pm | Fee: €120 | 10 weeks

T10 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

T11 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)

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. 7.30 - 9.30pm

T13 ZUMBA DANCE

Health-boosting, Latin-inspired exhilarating dance fitness party! (Tutor: Róisín O'Keeffe)

7.00 - 7.50pm | Fee: €85 | 14 weeks

Class begins Tuesday 28th January