

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 11th February 2026 unless otherwise stated.

A1 MORNING GOLF WITH WAYNE O'CALLAGHAN (PROFESSIONAL)
12.00 - 1.30 p.m. Fee €100 8 weeks

A2 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

A3 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

A4 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

A5 SPRING FLOWERS - NEW
For the person who loves all things floral. Note extra materials required. Tutor: Maree O'Sullivan
2.00 - 4.00p.m. Fee: €65 5 weeks
(Starts 18th Feb)

A6 ARTS & CRAFTS WITH UPCYCLING THEME - NEW
Learn a new craft each week, decoupage, pebble art, card making, book folding, mixed media(paint effects). Note: extra materials required. Tutor: Maree O'Sullivan
2.00 - 4.00 p.m. Fee: €65 5 weeks
(Starts 1st April)

A7 WEDDING FLOWERS - NEW
Hints and tips from professional florist. Note extra materials required. Tutor: Maree O'Sullivan
2.00 - 6.00 p.m. Fee: €65 2 weeks
(Begins Wed. 13th May)

OTHER COURSES

OC. EASTER STUDY
1 Study sessions for 3rd, 5th and 6th Years: Study techniques, advice and guidance given daily. Limited numbers.
Mon 30th March - Thursday 2nd April (inclusive)
Tuesday 7th April - Friday 10th April (inclusive)
9.00am-1.00p.m. Fee: €70 (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 | www.carrigcs.ie
Fax: 021-4377050 | E-mail: adulded@carrigcs.ie

Principal: Paul Burke
Director of Adult Education: Eugene Cahill
Adult Education Officer: Geraldine McCarthy

C.V.'s and new topics accepted for our September 2026 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 4th February 2026.

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 2026



Enrol online now using laser or credit card:

www.carrigcs.ie/adult

Office & Postal Enrolments from
WEDNESDAY 7TH JANUARY 2026

All classes begin the week of
9th 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 Wednesday 7th January 2026. Office Hours: 10.00 a.m.-12.30 p.m.

MONDAY

Monday courses will commence on Monday 9th February 2026 unless otherwise stated.

- M1 CARE SKILLS (QQI LEVEL 5)**
(This course is being run by the Progressive College)
For individuals working or seeking to work as healthcare assistants, nursing aides, personal care assistants, or in other roles involving direct client care.
7.00-10.00p.m. Fee: €295 8 weeks
- M2 ENGLISH AS A SECOND LANGUAGE (INTERMEDIATES TO UPPER INTERMEDIATES B2 LEVEL) - NEW**
The focus will be on Conversation practice, Pronunciation and Grammar.
7.45-9.00p.m. Fee: €65 6 weeks
- M3 PORTUGUESE CONVERSATION - NEW**
Heading to Portugal this summer? Why not learn some basic conversational skills to help you get the most out of the holiday? Tutor: Mayara Mafra
Beginners: 7.00 - 8.15p.m. | Continuation: 8.15 - 9.30p.m.
Fee: €85 10 weeks
- M4 MONEY MATTERS: A PRACTICAL GUIDE TO PERSONAL FINANCE**
Learn how to better understand key elements of your finances like inflation, tax, savings, investments, pensions, insurances, loans, mortgages etc. and how to take steps to start building your own financial plan for the future. Tutor: Tadhg Leonard
7.30 - 9.00p.m. Fee: €75 8 weeks
- M5 ARTIFICIAL INTELLIGENCE - NEW**
Learn how to use Artificial Intelligence to be most effective at work. Special emphasis on prompting and maximising the use of prompts to enhance your productivity
7.00-8.00 p.m. Fee: €75 8 weeks
- M6 CROCHET FOR BEGINNERS**
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.
7.00-9.00p.m. 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. Price includes cost of materials.
7.00 - 9.00 p.m. Fee: €135 10 weeks
- M8 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
- M9 BUTEYKO BREATHING - NEW**
Learn evidence-based Buteyko breathing techniques that calm

the nervous system, improve sleep quality, reduce stress and ease anxiety. Harness the science of breath regulation to restore your body's natural rhythm.

6.30 - 7.30p.m. Fee: €50 6 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]. Tutor: Chris O'Donoghue

M11 COUCH TO 5K

A great way to start the week! Turn off the TV and get running your first 5K!

7.15 - 8.15 p.m. Fee: €60 10 weeks

M12 5K AND BEYOND

You've reached 5K, now push on and improve your speed, endurance and increase your running distance.

8.15 - 9.15 p.m. Fee: €60 10 weeks

M13 PILATES ON THE MAT

7.00 - 8.00 p.m. - Level 1 | 8.00 - 9.00 p.m. - Level 2
Fee: €80 10 weeks

Tutor: Kieran McKeown

M14 YOGA (BEGINNERS AND INTERMEDIATES)

Tutor: Hazel Moon

7.00 - 8.15 p.m. Fee: €75 8 weeks

M15 QIGONG MEDITATION

A mix of Qigong practices, healing sounds and meditations to cultivate the Qi (vital life force). Helps to build strength, stability focus and inner peace. Please bring a mat. Tutor: Hazel Moon
8.30 - 9.30 p.m. Fee: €60 8 weeks

TUESDAY NIGHT:

Tuesday night courses will commence on Tuesday 10th February 2026 unless otherwise stated.

- T1 SPECIAL NEEDS ASSISTING (QQI LEVEL 6)**
7.00 - 10.00p.m. Fee: €300 11 weeks
(Starts 27th Jan)
- T2 ENGLISH FOR NON-IRISH (BEGINNERS)**
7.00 - 8.15p.m. Fee: €85 10 weeks
- T3 DRESSMAKING (BEGINNERS AND INTERMEDIATES)**
7.00 - 9.00 p.m. Fee: €120 10 weeks
- T4 CASUAL CHOIR**
Come along, learn and sing different songs each week, have fun in a casual and relaxed environment. No experience required.
7.30-8.30p.m. Fee: €60 10 weeks
- T5 LEBANESE COOKING (ALL LEVELS) - NEW**
Savour the Taste of Lebanon. Join us for a culinary journey through the flavours and aromas of Lebanese cuisine. In these cooking classes, you'll learn the secrets of our traditional dishes from mezze, main courses and desserts!
7.00-9.00p.m. Fee: €95 8 weeks
- T6 BASIC BOOKKEEPING**
An introductory course to the concepts of bookkeeping. This course will be suitable for people considering a career in

bookkeeping or for small business owners who would like to get an understanding of the bookkeeping function. The course will be delivered by Linda O'Connell and Elaine Oughton from OOC Associates Limited.

7.00 - 8.00p.m. Fee: €95 6 weeks

T7 BRIDGE FOR BEGINNERS

7.00 - 9.00p.m. Fee: €110 10 weeks

T8 SPANISH

7.00 - 8.15p.m. - Beginners | 8.30 - 9.45p.m. - Continuation
Tutor: Mariana Jimenez Moreno

Fee €85 10 weeks

T9 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

T10 CREATIVE DIGITAL PHOTOGRAPHY

For beginners and amateur hobbyists. Learn how to create the perfect picture and develop your photographic skills

7.00 - 9.00 p.m. Fee: €95 8 weeks

T11 JEWELLERY-MAKING - NEW

Learn how to make jewellery with Aine Cudlip owner of Luna Maille Jewellery You will be taken step by step through the various methods required to make earrings, pendants, necklaces and bracelets. Course materials are provided and you keep what you make. (€35 payable on first night for course materials)

7.00 - 9.00 p.m. Fee: €95 8 weeks

T12 PRINTMAKING & CLAY

Learn the ancient art of printmaking & explore working with clay and ceramics. Price includes cost of materials

7.00 - 9.00p.m. Fee: €130

10 weeks

T13 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)

Tutor: Nora Noonan Fee: €75 8 weeks

T14 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.

7.15 - 9.15p.m.

T15 OLD-SCHOOL AEROBICS WITH TERRY CORKERY

Get ready to sweat, smile, and step to the beat!

6.00 - 6.50 p.m. Fee: €60 10 weeks

T1 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)

Classes held in The Golf Centre Ballinacollig.

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

5.00 - 6.30 p.m. Fee €95 8 weeks