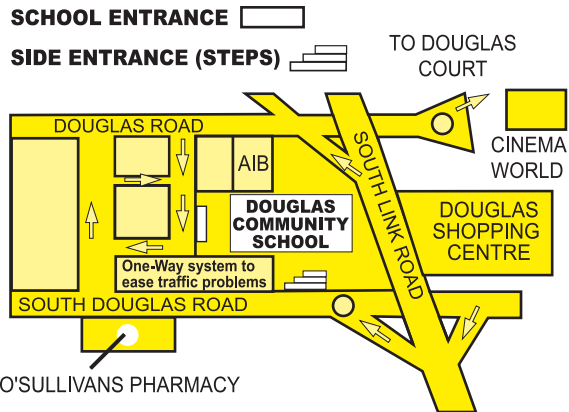


HOW TO FIND US



HOW TO FIND US

ENROLMENT FORM

Name:

Address:

Tel. No.:

COURSE

1st Preference:

2nd Preference:

N.B. Please remember to enclose your fee.

cut here

ATTENTION:

NEW TUTORS REQUIRED TO OFFER NEW COURSES

Any person interested in offering a new course on our Adult Education programme should contact the Adult Education office by post, phone or email.

Postal Enrolments

Complete enrolment form overleaf
And return with fee to:

Adult Education Office,
Douglas Community School,
Clermont Avenue,
Douglas, Cork.

Adult Education Courses

are also available
at the following Cork Community
Schools:

Ashton School
Ballincollig Community School
Bishopstown Community School
Carrigaline Community School



Scoil Phobail na Dúghlaise
Douglas Community School
(021) 4294208

KWP Print (021) 4373106 info@kwpprint.com

Scoil Phobail na Dúghlaise

Douglas Community School

Clermont Ave., Douglas
Telephone: (021) 4294208
Fax: (021) 4292723
Email: adulted@dcscork.ie

ADULT EVENING CLASSES

NEW COURSES IN
NEW CLASSES IN ACOUSTIC GUITAR,
LATINO LINE DANCING, LIFE COACHING,
EXPRESSIVE ART, DIGITAL MARKETING
AND TEXTILE PRINTING

Postal & Office Enrolment

From Monday September 4th, 2017
Adult Education Office
open from 9.30a.m. - 12.45p.m.
2.00p.m. - 4.00p.m.

Enrolment Night in the School

Wednesday 13th September, 2017
7.00p.m. - 8.00p.m.

AUTUMN 2017

**DOUGLAS COMMUNITY SCHOOL
ADULT & COMMUNITY EDUCATION
PROGRAMME AUTUMN 2017**

Director of Adult & Community Education: Jerry O' Mahony
Adult & Community Education Officer: Zoe O'Mahony
Telephone: (021) 4294208 **Fax:** (021) 4292723
Email: adulated@dcscork.ie **Web:** www.dcscork.ie

Douglas Community School Adult & Community Education is committed to providing you with a wide range of quality adult courses. The school is an independent community school governed by a Board of Management. Douglas Community School receives no public or other funding for its Adult & Community Education courses.

**YOU CAN ENROL FOR A COURSE FROM MONDAY 4TH
SEPTEMBER 2017**

POST: Enclosing details and fee to Adult Education Office, Douglas Community School, Clermont Avenue.

OFFICE: From Monday September 4th enrolments will be taken in the Adult Education Office. The office will be open from 9.30a.m. – 12.45 p.m. and from 2.00 – 4.00p.m.

ENROLMENT NIGHT: A night enrolment will take place in the school on Wednesday 13th September from 7.00 - 8.00p.m.

Please enrol early to avoid cancellation of classes.

YOUR COURSE STARTS ON...

All courses start during the week commencing **Monday 25th of September** unless otherwise stated.

CONDITIONS OF ENROLMENT

1. All Students must enrol BEFORE attending classes
2. Fees are payable on enrolment and receipts issued.
3. Payment can be made by cash, postal order or cheque. Cheques and postal orders should be made payable to Douglas Community School.
4. **Class fees are not refundable.**
5. Class numbers are limited to ensure a high standard of tuition particularly in practical subjects.
6. Classes are offered subject to sufficient demand existing to form a class.
7. **Materials are not included in course fee.**
8. In the event of a class not forming all participants will be notified and fees refunded.
9. Those participating in physical exercise classes may need to seek medical advice before classes commence.

SELECTED COURSES ARE FREE FOR LONG TERM UNEMPLOYED

A limit number of places have been reserved on selected courses for those in receipt of jobseekers benefit/allowance (written confirmation from Dept. of Social Protection required). These places will be allocated to earliest applicants and are available by calling to the Adult Education office **in advance of enrolment night (13th of September)** where applications will be dealt with in the strictest confidence.

OUR FEES ARE REDUCED FOR MANY PENSIONERS...

The following reduced fees are available to OAP's, Widows and Disability pensioners on application during enrolment.

Fee	Reduced fee	Fee	Reduced fee
€60	€50	€100	€90
€70	€60	€110	€95
€80	€70	€120	€105
€90	€80	€130	€115

Tea and coffee are available during the class break each night.
All courses are open to men and women.

INFORMATION

LEARN A LANGUAGE

Beginners Level 1 will be held in the Autumn term, Level 2 in the Spring term and Level 3 in the Summer term if demand exists

L01 FRENCH BEGINNERS

Express yourself clearly and participate in conversations. Use a rich vocabulary for everyday life situations as well as for specific topics (your interests, your activities etc.)

Tutor: Laurie Legrand Monday 7.30 – 9.30 p.m.
Duration: 10 weeks Fee: €110

L02 FRENCH INTERMEDIATE

Express yourself clearly and participate in conversations. Use a rich vocabulary for everyday life situations as well as for specific topics (your interests, your activities etc.)

Tutor: Laurie Legrand Tuesday 7.30 – 9.30 p.m.
Duration: 10 weeks Fee: €110

L03 ITALIAN BEGINNERS

Tutor: Alessia Risi Tuesday 7.30 – 9.30 p.m.
Duration: 10 weeks Fee: €110

L04 GERMAN BEGINNERS

Tutor: Andrea Walsh Tuesday 7.30 – 9.30 p.m.
Duration: 10 weeks Fee: €110

L05 SPANISH BEGINNERS

Tutor: Felix Monje Monday 7.30 – 9.30 p.m.
Duration: 10 weeks Fee: €110

L06 SPANISH BEGINNERS Level 2

Tutor: Felix Monje Tuesday 7.30 – 9.30 p.m.
Duration: 10 weeks Fee: €110

L07 SPANISH INTERMEDIATE

Tutor: Felix Monje Wednesday 7.30 – 9.30p.m.
Duration: 10 weeks Fee: €110

L08 ENGLISH AS A 2nd LANGUAGE Pre Intermediate

Tutor: Julie Forrester Monday 7.30 – 9.30 p.m.
Duration: 10 weeks Fee: €110

L09 ENGLISH AS A 2nd LANGUAGE Upper Intermediate

Tutor: Julie Forrester Tuesday 7.30 – 9.30 p.m.
Duration: 10 weeks Fee: €110

ARTS AND CRAFT

A01 DECOUPAGE - CONTINUATION

This course involves gluing papers to everyday objects to create a new exciting look including an option to decoupage small pieces of furniture. Materials required.

Tutor: Maree O Sullivan Wednesday 7.30 – 9.30 p.m.
Duration: 6 weeks Fee €70

A02 INTRODUCTION TO TEXTILE PRINTING - NEW

Bring your textiles to life with simple textile printing techniques. Learn how to create stencils, blocks and rolls, and transfer patterns to T-shirts, cushions, tea towels, scarves and dresses with simple hand printing techniques you can use at your home studio. Suitable for all ages and skill levels.

Monday 7.30 – 9.30 p.m. Duration: 10 weeks Fee: €110

A03 BEGINNERS OIL PAINTING - NEW

Using simple exercises and techniques learn how to create oil depictions of a wide variety of subjects: landscapes, seascapes, flowers, animals, people...

Tutor: Roberto Garcia Tuesday 7.15 – 9.45 p.m.
Duration: 10 weeks Fee: €130

LANGUAGES & ARTS & CRAFTS

A04 EXPRESSIVE ART - NEW

This course takes you on a journey of self-discovery through a series of simple art activities or exercises exploring: connection, past, present, future, fear, courage, purpose, gratitude,... "Art washes from the soul the dust of everyday life." No Art experience is necessary.

Tutor: Roberto Garcia Monday 7.15 – 9.45 p.m.
Duration: 10 weeks Fee: €130

A05 CAKE DECORATION BEGINNERS

Learn how to professionally cover and decorate a cake in Sugarpaste. Learn how to make Sugar bows, frills, Sugar flowers and foliage.

Tutor: Sinead Hurley Monday 7.00 – 9.00 p.m.
Duration: 5 weeks Fee: €60

A06 CAKE DECORATION BEGINNERS Starts 6th of November

Learn how to professionally cover and decorate a cake in Sugarpaste. Learn how to make Sugar bows, frills, Sugar flowers and foliage.

Tutor: Sinead Hurley Monday 7.00 – 9.00 p.m.
Duration: 5 weeks Fee: €60

A07 CAKE DECORATION INTERMEDIATE

Learn how to create sugar roses, carnations and sugar figurine. Develop Royal icing techniques and learn how to professionally cover and decorate a cake.

Tutor: Sinead Hurley Wednesday 7.00 – 9.00 p.m.
Duration: 5 weeks Fee: €60

A08 CAKE DECORATION INTERMEDIATE

Starts 1st of November

Learn how to create sugar roses, carnations and sugar figurine. Develop royal icing techniques and learn how to professionally cover and decorate a cake.

Tutor: Sinead Hurley Wednesday 7.00 – 9.00 p.m.
Duration: 5 weeks Fee: €60

A09 FLOWER ARRANGING: Modern & Traditional

Starts 4th of October

Tutor: Maureen O Keefe Wednesday 7.30 – 9.30 p.m.
Duration: 5 weeks Fee: €60

A10 CHRISTMAS FLOWERS Starts 8th of November

Tutor: Maureen O Keefe Wednesday 7.30 – 9.30 p.m.
Duration: 5 weeks Fee: €60

A11 BEADED JEWELLERY BEGINNERS

Design and make your own earrings, necklaces and bracelets using many different materials.

Tutor: Rosemary Murphy Monday 7.30 – 9.30 p.m.
Duration: 6 weeks Fee: €70

A12 BEADED JEWELLERY- IMPROVERS

Design and make your own earrings, necklaces and bracelets using many different materials.

Tutor: Rosemary Murphy Wednesday 7.30 – 9.30 p.m.
Duration: 6 weeks Fee: €70

A13 PAINTING WITH OILS - ADVANCED

Tutor: Roberto Garcia Wednesday 7.15 – 9.45 p.m.
Duration: 10 weeks Fee: €130

A14 DRAWING & ACRYLICS - BEGINNERS

Pencil, ink, charcoal, acrylics and washes

Tutor: Aoife Layton Tuesday 7.15 – 9.45 p.m.
Duration: 10 weeks Fee: €130

ARTS & CRAFTS

A15 DRAWING & ACRYLICS - ADVANCED

Tutor: Aoife Layton Wednesday 7.15 - 9.45 p.m.
Duration: 10 weeks Fee: €130

A16 PASTELS - CONTINUATION

Tutor: Victor Richardson Wednesday 7.15 - 9.45 p.m.
Duration: 10 weeks Fee: €130

A17 ILLUSTRATION AND CARTOON

Draw out the illustrator within you! Suitable for all levels.
Tutor: Maeve O' Keefe Wednesday 7.30 - 9.30 p.m.
Duration: 10 weeks Fee: €110

HEALTH & WELLNESS COURSES

For Yoga, Pilates and Tai Chi, you should bring your own mat or blanket. You should seek medical advice if you have not taken exercise in recent times.

W01 PRE NATAL YOGA

Gentle Yoga postures to guide the body through a happy pregnancy. Poses to help adapt to a growing changing shape, breath practices, relaxation tools to aid sleep and help calm and rest in our day to day.
Tutor: Susie Cornally Monday 6.45 - 8.00 p.m.
Duration: 10 weeks Fee: €70

W02 MEDITATION / GENTLE YOGA

Gentle Yoga class incorporating Meditation and Breathing Techniques to aid relaxation.
Tutor: Susie Cornally Monday 8.15 - 9.30 p.m.
Duration: 10 weeks Fee: €70

W03 HATHA YOGA BEGINNERS / INTERMEDIATE

Build confidence in posture, increasing strength and flexibility. We explore the poses and learn to breath better. Simple breathing exercises coordinated with yoga poses help relieve deep held tension.
Tutor: Lisa Keating Monday 7.00 - 8.25 p.m.
Duration: 10 weeks Fee: €90

W04 HATHA YOGA BEGINNERS / INTERMEDIATE

Build confidence in posture, increasing strength and flexibility. We explore the poses and learn to breath better. Simple breathing exercises coordinated with yoga poses help relieve deep held tension.
Tutor: Lisa Keating Tuesday 7.00 - 8.25 p.m.
Duration: 10 weeks Fee: €90

W05 KUNDALINI YOGA BEGINNERS

Kundalini Yoga is designed to strengthen, tone and enhance flexibility while regulating the body's energy and reducing stress
Tutor: Norma Creed Tuesday 7.00 - 8.25 p.m.
Duration: 10 weeks Fee: €90

W06 YOGA THERAPY-YOGA FOR STRESS & FATIGUE SUFFERERS

Yoga therapy for sufferers of ME/Chronic Fatigue Syndrome, Fibromyalgia, Burnout and chronic illness.
Tutor: Roisin Kenny Wednesday 7.00 - 8.00 p.m.
Duration: 10 weeks Fee: €70

W07 MAT PILATES BEGINNERS / INTERMEDIATE

Wednesday 6.30 - 7.30 p.m.
Duration: 10 weeks Fee: €80

W08 MAT PILATES BEGINNERS

Wednesday 7.30 - 8.30 p.m.
Duration: 10 weeks Fee: €80

W 09 AEROBICS BEGINNERS / INTERMEDIATE

Tutor: Aisling Maunsell Wednesday 8.30 - 9.30 p.m.
Duration: 10 weeks Fee: €70

W10 YANG FAMILY TAI CHI BEGINNERS / IMPROVERS

For relaxation, stress relief, meditation, Chi development, self confidence and health. Mind body, spirit in harmony.
Tutor: Maurice Shanahan Wednesday 7.00 - 8.30p.m.
Duration: 10 weeks Fee: €90

W11 VINYASA FLOW YOGA FOR STRENGTH AND CONDITIONING

Beginners/Intermediate
Tutor: Riosin Kenny Wednesday. 8.15 - 9.30 p.m.
Duration: 10 weeks Fee: €70

SPORTS AND EXERCISE

MEN AND WOMEN ARE WELCOME AT ALL THESE COURSES

All those who enrol for these courses are advised to seek medical advice if they have not taken exercise in recent times. Participants are reminded that they accept the normal risks associated with these activities.

S01 LATINO LINE DANCING - **NEW**

Love to dance? Don't want to worry about a partner? Then try Latino Line Dance. This class is a fun Latin Line dance class with sizzling hot Latino Beats & rhythms like Cha Cha - Salsa - Rumba - Merengue & more. It's a great way to keep fit and learn to dance in a fun relaxed environment.
Tutor: Derek Long Monday 8.30-9.45 p.m.
Duration: 6 Weeks Fee: €45

S02 ZUMBA FITNESS

Zumba Fitness is a Latin - inspired cardio dance workout that uses music and easy to follow steps to form a fitness party atmosphere. While many of the types of dance featured in the programme are Latin American inspired, classes also can contain everything from jazz to African beats to country, hip hop, pop and more...

No partner needed.

Tutor: Derek Long Monday 7.00-7.50 p.m.
Duration: 10 Weeks Fee: €60

NOTE: Enrol in both Monday and Wednesday evening classes for a reduced fee of €100

S03 ZUMBA FITNESS

Zumba Fitness is a Latin - inspired cardio dance workout that uses music and easy to follow steps to form a fitness party atmosphere. While many of the types of dance featured in the programme are Latin American inspired, classes also can contain everything from jazz to African beats to country, hip hop, pop and more...

No partner needed.

Tutor: Derek Long Wednesday 7.00-7.50 p.m.
Duration: 10 Weeks Fee: €60

NOTE: Enrol in both Monday and Wednesday evening classes for a reduced fee of €100

S04 BEGINNERS JIVE DANCE (INCL. COUNTRY, ROCK & ROLL AND SWING)

Modern Jive is taking Ireland's dancefloors by storm! Have fun, get fit, make friends and learn Beginner steps in a fun relaxing environment. To music ranging from chart to Irish Country (including Nathan Carter, Mike Denver, Declan Nurney, Derek Ryan and more) **Partner required and bring water bottle.**
Tutor: Derek Long Tuesday 8.30-9.45 p.m.
Duration: 5 Weeks Fee: €35

S05 IMPROVERS JIVE DANCE (INCL. COUNTRY, ROCK & ROLL AND SWING)-NEW

NOTE: STARTS ON TUESDAY NOVEMBER 7TH
Modern Jive is taking Ireland's dancefloors by storm! Have fun, get fit, make friends and learn Beginner steps in a fun relaxing environment. To music ranging from chart to Irish Country (including Nathan Carter, Mike Denver, Declan Nurney, Derek Ryan and more) **Partner required and bring water bottle.**
Tutor: Derek Long Tuesday 8.30-9.45 p.m.
Duration: 4 Weeks Fee: €30

S06 COUCH TO 5 K

Beginning at zero fitness level gradually build up your fitness through fun structured exercises to learn to walk and then run that 5 K target distance.
Tutor: Tim O' Brien Monday 8.00 - 9.00 p.m.
Duration: 8 weeks Fee: €55

S07 COUCH TO 5 K

Beginning at zero fitness level gradually build up your fitness through fun structured exercises to learn to walk and then run that 5 K target distance.
Tutor: Tim O' Brien Wednesday 8.00 - 9.00 p.m.
Duration: 8 weeks Fee: €55

S08 CIRCUIT TRAINING FOR MALES & FEMALES

Tutor: Tim O Brien Monday 6.30 - 7.45 p.m.
Duration: 10 weeks Fee: €70

S05 CIRCUIT TRAINING FOR MALES & FEMALES

Tutor: Tim O Brien Wednesday 6.30 - 7.45 p.m.
Duration: 10 weeks Fee: €70

Enrol for circuits for both Monday and Wednesday nights for a reduced fee of €120

S09 PSYCHOLOGY OF SPORTS PERFORMANCE

A course designed to assist coaches, managers and sports participants to improve their own or their teams performances by applying mental fitness techniques.
Tutor: Canice Kennedy Monday 8.00 - 9.30 p.m.
Duration: 10 weeks Fee: €90

S10 BADMINTON - IMPROVERS

Tutor: Marion O'Neill Tuesday 7.15 - 8.15 p.m.
Duration: 10 weeks Fee: €60

S11 BADMINTON - IMPROVERS

Tutor: Marion O'Neill Tuesday 8.15 - 9.15 p.m.
Duration: 10 weeks Fee: €60

S12 BADMINTON - BEGINNERS

Tutor: Marion O'Neill Wednesday 7.15 - 8.15 p.m.
Duration: 10 weeks Fee: €60

S13 BADMINTON - BEGINNERS

Tutor: Marion O'Neill Wednesday 8.15 - 9.15 p.m.
Duration: 10 weeks Fee: €60

S14 TENNIS BEGINNERS

Tutor: Siobhan Murray Monday 7.00 - 8.00 p.m.
Duration: 10 weeks Fee: €60

S15 GOLF FOR BEGINNERS**AT CORK GOLF CENTRE, BALLINCOLLIG**

Practice sessions on the golf course are included in the course.
Tutor: Wayne O Callaghan Wednesday 10.30a.m.-12.00noon.
Duration: 10 weeks. Fee: €100

Please note that students are required to pay for ball rental

S16 GOLF FOR IMPROVERS**AT CORK GOLF CENTRE, BALLINCOLLIG**

Practice sessions on the golf course are included in the course.
Tutor: Wayne O Callaghan Wednesday 7.00 – 8.30 p.m.
Duration: 10 weeks. Fee: €100

Please note that students are required to pay for ball rental

S17 GOLF FOR BEGINNERS**AT CORK GOLF CENTRE, BALLINCOLLIG**

Practice sessions on the golf course are included in the course.
Tutor: Wayne O Callaghan Thursday 7.00 – 8.30 p.m.
Duration: 10 weeks. Fee: €100

Please note that students are required to pay for ball rental

BUSINESS COURSES

All our computer based courses are “hands on” with one participant per computer.

BO1 GETTING STARTED WITH I-PAD

Come to this new course to get an overview of the iPad and learn about iOS, iCloud, the App Store and so much more. This course will show you initial setup, innovative apps, web surfing, backups and show you how to get the most from your iPad.

Note: You will need your own iPad / iPad mini

Tutor: David Hales Monday: 7.30 - 9.30 p.m.
Duration: 8 weeks Fee: €90

BO2 COMPUTERS – BEGINNERS

Learn the basics of working a computer. Learn how to browse on line and send e mails.

Tutor: Marguerite O Connor Monday 7.30 – 9.30 p.m.
Duration: 8 weeks Fee: €90

BO3 INTRODUCTION TO DIGITAL MARKETING - NEW

Learn how to engage in Digital Marketing. We will discuss websites, social media (Facebook, Twitter etc.), email marketing, online advertising and their relevance to your business. Introduction to free tools to track your activity/success.

Tutors: Jo Ivie & Paul Roseingrave (Big Splash Marketing)
Monday 7:30pm-9:30pm Duration: 8 weeks Fee: €90

SOCIAL AND DEVELOPMENT COURSES**D01 INTRODUCTION TO CRIMINOLOGY**

Examine such areas as the sociology of crime, justice I Ireland, Peace Building and Crime Prevention.

Tutor: Kevin McCabe Wednesday 7.00 – 9.00 p.m.
Duration: 5 weeks Fee: €60

D02 DRAMA FOR FUN AND CONFIDENCE

This is an upbeat course with simple games, script introduction and fun drama exercises to boost confidence and, have space for you to enjoy yourself!

Tutor: Tamasin MacCarthy Morrogh Wednesday 7.00 – 9.30 p.m.
Duration: 8 weeks Fee: €110

D03 HOW TO MAKE A RADIO DOCUMENTARY

Make your very own radio documentary, drama or story using digital tools. Learn interview techniques, presenting, editing and production skills. No experience necessary. All courses are based on person centre learning and group work theory.

Tutor: Kathy O' Hare Tuesday: 7.00 – 9.00 p.m.
Duration: 10 weeks Fee: €110

D04 MINDFULNESS FOR PARENTS

Aimed at parents of children of all ages. Learn how to respond skilfully to stressful parenting situations. Develop patience and improve communication with your children. Cultivate self-care and awareness through mindful meditations. Improve well being and enjoy parenting more.

Tutor: Seamus McMahon Wednesday 7.30 – 9.30 p.m.
Duration 8 weeks Fee: €90

D05 The Greener Living Course - Think Globally, Act Locally

The Greener Living Course helps participants understand Irelands contribution to Global issues like Climate Change, Ireland's Ecological Footprint and the health of our National Biodiversity. It then helps participants implement local changes in their lives and communities to contribute to a more caring and environmentally friendly society.

Cork Environmental Forum
Tuesday 7.30 – 9.30 p.m. Duration: 8 weeks Fee: €90

D06 PUBLIC SPEAKING – “Gift of The Gab”

A friendly, relaxed, practical, public speaking class with a mission! At the end of 8 weeks, a new confidence is guaranteed for all. Stand up to speak loud and proud at Work Presentations, Meetings & Events, Weddings, Christenings etc,

Tutor: Tamasin MacCarthy Morrogh Tuesday 6.30 – 8.30 p.m.
Duration: 8 weeks Fee: €90

D07 CREATIVE WRITING

Develop your writing skills to the next level and unlock the story within you. Become the author of your own short story.

Tutor: Susan Good Wednesday 7.30 - 9.30 p.m.
Duration: 10 weeks Fee: €110

D08 SKIN CARE, NAIL TREATMENTS, MAKE UP APPLICATION

In this 'hands-on' course, discover your skin type through a personalised skin analysis giving you the knowledge to select the best beauty preparations. Learn simple skills for luxury nail treatments and great techniques with everyday and evening make-up.

Tutor: Barbara Braham- Beauty Therapist ITEC, CIBTAC
Tuesday 7.30 - 9.30 p.m.

Duration: 6 weeks Fee: €70

D09 LIVE LIFE NOW! - NEW

This personal development course explores how to live a more vibrant, meaningful life - by living mindfully, with acceptance, compassion and gratitude. Learn a better way to deal with stress, anxiety, negative thoughts and challenging relationships. Communicate better, with others, and with yourself.

Tutor: Rosarii Ryan Monday 7.00 - 9.00 p.m.
Duration: 8 weeks Fee: €90

HOBBY AND SKILLS COURSES**H01 BEGINNERS ACOUSTIC GUITAR – NEW**

For absolute beginners, learn to play guitar and begin a life-long hobby.

Tutor: Charles Ward Monday 7.30 – 9.00 p.m.
Duration: 10 weeks Fee: €90

H02 BICYCLE MAINTENANCE FOR BEGINNERS

Covering the basics of the parts of a bike and basic maintenance and safety checks. Develop an understanding of the most important parts of the bike and how to adjust and service them, including gears, brakes and wheels.

Tutor: Matt Jones Monday 7.30 – 9.00 p.m.
Duration: 6 weeks Fee: €70

H03 UKULELE FOR COMPLETE BEGINNERS

Develop your skills in a relaxed and fun environment, small class size to enjoy playing this fun instrument.

Tutor: Antoin Corbett Tuesday 7.00 - 8.15 p.m.
Duration: 10 weeks Fee: €80

H04 UKULELE FOR COMPLETE BEGINNERS

Learn a fun new skill in a relaxed and fun environment. Small class size catering for the complete novice, enjoy learning how to play this fun instrument.

Tutor: Antoin Corbett Tuesday 8.15 - 9.30 p.m.
Duration: 10 weeks Fee: €80

H05 DRESSMAKING

Realise your designing dream. Learn how to use a sewing machine, choose fabrics and patterns and make a finished garment of your design.

Tutor: Deirdre Hanafin Wednesday 7.00 - 9.30 p.m.
Duration: 10 weeks Fee: €130

H06 CAR MAINTENANCE - INTRODUCTION

Save money on basic maintenance that you can do yourself

Tutor: Liam O Shea Tuesday 7.30 – 9.30 p.m.

Duration: 10 weeks Fee: €110

H07 PHOTOGRAPHY

Incorporating two field trips: one night session and one landscape

Tutor: Donal Neary Wednesday 7.30 - 9.30p.m
Duration: 10 weeks Fee: €110

H08 INTERIOR DESIGN BEGINNERS

Design a style for your rooms. Foundation Course, covers colour schemes, space, balance, texture and furnishings.

Tutor: Valda Rumley Tuesday 7.30 – 9.30 p.m..
Duration: 8 weeks Fee: €90

H09 WHO DO YOU THINK YOU ARE – TRACING YOUR FAMILY HISTORY

Learn how to research your family's past. Build up a family tree using a variety of sources methods and clues from the Pipe Roll of Cloyne to the Census Returns of 1911. The course will also place our subject in a setting of local and social history so as to broaden our understanding of our past and our origins.

Tutor: Richard Forrest Tuesday 7.30 – 9.30 p.m.
Duration: 8 weeks Fee: €90

H10 VEGETABLE GROWING

Learn how to grow your own vegetables

Tutor: Eoin O Callaghan Tuesday 7.30 – 9.00 p.m.
Duration: 7 weeks Fee: €65

COMMUNITY EDUCATION COURSES**CE1 IRISH RED CROSS – (BEGINNERS)****CERTIFICATE COURSE IN FIRST AID**

Tuesday, 7.30 - 9.00 pm
Duration: 9 weeks Fee: €90