

LEARN A NEW SKILL  
& MAKE SOME NEW  
FRIENDS THIS SPRING!

# Castleknock Community College



ADULT & COMMUNITY EDUCATION DEPARTMENT

PRINCIPAL: John Cronin

DEPUTY PRINCIPALS: Carmel O' Neill / Mairead O' Halloran / Christina Clarke    DIRECTOR OF ADULT EDUCATION: Kelly McGrath

## Adult Education Night Classes Programme Spring 2019

*'A world of education in your local community'*

### \* ONLINE ENROLMENT \*

Enrol online via the Adult Education – Night Classes section of the school website

[www.castleknockcc.ie](http://www.castleknockcc.ie)

### \* POSTAL ENROLMENT \*

Enrol by post by completing the Postal Enrolment Form on the reverse of this brochure

### \* ENROLMENT NIGHTS \*

Enrol in person on Monday 21st & Tuesday 22nd January 2019, 7.30pm - 8.30pm

### \* TERM COMMENCES \*

The week beginning Monday 28th January 2019

### \* ENQUIRIES \*

Telephone: 8129346/8221626

E-mail: [nightclasses@castleknockcc.ie](mailto:nightclasses@castleknockcc.ie)

Website: [www.castleknockcc.ie](http://www.castleknockcc.ie)

# MONDAY

<b>M1</b>	€70.00
10 WEEKS	8.15pm-9.15pm

## **Ballroom Dancing for Beginners with Dermot & Sandra Bracken**

Would you like to learn to dance for fun or for that special occasion? Taught by top Irish International Ballroom Dancing competitors, learn to dance the Waltz, Jive, Cha-Cha-Cha and more in a fun and friendly environment.

<b>M2</b>	€115.00
8 WEEKS	7.30pm-9.30pm

## **Bridge for Beginners Plus with Mary Greene**

A follow-on course for those who attended Mary's Bridge for Beginners class last term.

<b>M3</b>	€115.00
8 WEEKS	7.30pm-9.30pm

## **Digital Photography for Beginners with Dee O'Shea**

Taught by a practising and professional photographic artist, discover the underlying principles of camera technique and visual composition with a strong emphasis on practical coursework (Students must have access to an SLR digital camera).

<b>M4</b>	€105.00
10 WEEKS	7.00pm-8.30pm

## **Intermediate English for Speakers of Other Languages with Alan Worrall**

This class is a must for those who already have a sound basis in English. In a communication-focused class, we will work on improving speaking, reading, writing and listening skills. You will speak a lot!

<b>M5</b>	€105.00
10 WEEKS	8.30pm-10.00pm

## **Upper Intermediate English for Speakers of Other Languages with Alan Worrall**

This class is for those students who consider their level to be stronger than intermediate. Once again, this class will work on improving speaking, reading, writing and listening skills.

<b>M6</b>	€105.00
10 WEEKS	7.00pm-8.30pm

## **French for Improvers with Elodie Bordet.**

Taught by a native speaker, this fun class is ideally suited to those who have completed the Beginners course and wish to improve their proficiency.

<b>M7</b>	€105.00
10 WEEKS	8.30pm-10.00pm

## **French for Beginners with Elodie Bordet**

French is one of the most romantic languages, easy to listen to and a delight to speak. Taught by a native speaker, learn 'the basics' to get more from a holiday in a French speaking country or why not learn a new language just for fun!

<b>M8</b>	€85.00
8 WEEKS	7.30pm-9.00pm

## **Genealogy for Improvers: Tracing Your Irish Ancestors with Maeve Mullin**

A follow-on course ideally suited for those who previously attended the Genealogy for Beginners course. Includes a field trip to more Dublin record repositories.

<b>M9</b>	€135.00
8 WEEKS	7.00pm-9.00pm

## **The Global Kitchen Cookery Course with Damian Moore**

Taught by an experienced chef this course is suited to all levels of ability. In this fun, practical, hands-on cookery course learn how to prepare well-known dishes from around the world. Cuisine from countries such as France, Italy, Mexico and many more will be explored. (After the first class, students will be required to buy ingredients for each class).

<b>M10</b>	€115.00
8 WEEKS	7.00pm-8.00pm

## **Group Guitar Lessons for Improvers with Chris Ledwidge**

An ideal class for those who have completed the Beginners course or who have a good command of basic chords. Perfect for students looking to add more classic, popular songs to their repertoire. Numbers will be limited to four students in this unique class.

<b>M11</b>	€115.00
8 WEEKS	8.00pm-9.00pm

## **Group Guitar Lessons for Beginners with Chris Ledwidge**

Learn how to play this popular and versatile instrument in a supportive and relaxed environment. Numbers will be limited to four students in this unique class

<b>M12</b>	€70.00
10 WEEKS	7.00pm-8.00pm

## **Latin in Line with Sandra Bracken**

A great way to get fit and learn to Cha-Cha-Cha, Samba and Jive in this new Dance Fitness class. No partner needed. Just lots of fun!

<b>M13</b>	€115.00
8 WEEKS	7.30pm-9.30pm

### Marquetry & Veneering for Beginners with Andrew Kirrane

In this practical, hands-on course learn how to use thin pieces of different species of timber to create unique and beautiful pictures or patterns with an expert tutor to guide you step-by-step. See [andrewkerrane.wix.com/woodwork](http://andrewkerrane.wix.com/woodwork) for more information. (There is an additional supplement of €20, payable to the tutor, to cover the cost of materials and equipment used in the class).

<b>M14</b>	€70.00
5 WEEKS	7.30pm-9.30pm

### Microsoft Excel for Beginners with Pauline Berkery

This course is specifically designed for those who want to learn how to create and use spreadsheets. Topics covered include how to input data, use autofill, apply basic formula, process data, create graphs and charts, and how to alter the look and layout of spreadsheets.

<b>M15</b>	€70.00
5 WEEKS	7.30pm-9.30pm

### Microsoft Excel for Improvers with Pauline Berkery

This follow-on course covers If Functions and Nesting the If Function and other functions. Learn how to use the And, Or and Not Function, SumIf and CountIf for selective adding and counting, work with time and dates, text functions, performing look ups, pivot tables, using the slicer tool and create pivot charts.

<b>M16</b>	€115.00
8 WEEKS	7.00pm-9.00pm

### Mindfulness Meditation with Maggy Blake

Science and the experience of many people, prove that Mindfulness Meditation practice has profoundly beneficial effects on both physical health and well-being. Learn Mindfulness Meditation practices, compassion and gentle exercises of shibashi Tai Chi.

<b>M17</b>	€115.00
8 WEEKS	7.00pm-9.00pm

### Painting for Beginners with Ailbhe O'Connor

This delightful course covers basic drawing and painting techniques using acrylic paints. Students will also learn the importance of observation and composition in a painting. (Students will be required to buy materials costing €20)

<b>M18</b>	€70.00
10 WEEKS	7.00pm-8.00pm

### Pilates for Beginners I

Get firm and feel fabulous with this low impact, total body exercise programme designed to develop your deep postural muscles and lengthen and tone your whole body! (Loose clothing & a yoga mat needed)

<b>M19</b>	€70.00
10 WEEKS	8.00pm-9.00pm

### Pilates for Improvers I

A follow-on course for those who attended last term's Beginners classes.

<b>M20</b>	€70.00
10 WEEKS	9.00pm-10.00pm

### Pilates for Beginners II

A repeat of the Beginners I class.

<b>M21</b>	€85.00
8 WEEKS	7.30pm-9.00pm

### Public Speaking with Vincent Kirby

A fantastic opportunity to learn how to develop your public speaking skills and communicate effectively in a fun, friendly, and supportive environment. Highly recommended!

<b>M22</b>	€105.00
10 WEEKS	7.00pm-8.30pm

### Spanish for Improvers with Pilar Fiz

Taught by a native speaker, this fun class is ideally suited to those who have completed the Beginners course or who have some knowledge of Spanish and wish to improve their proficiency.

<b>M23</b>	€105.00
10 WEEKS	8.30pm-10.00pm

### Spanish for Improvers Plus with Pilar Fiz

Taught by a native speaker, this fun class is ideally situated to those who have completed the Improvers course or who have a good knowledge of Spanish and wish to improve their proficiency.

<b>M24</b>	€115.00
8 WEEKS	7.00pm-9.00pm

### Web Design with Naomi Byrne

Create and manage a simple website using Wordpress, Digital Media & Blogs. Make money, sell products & SEO. Connect with Social Media and Analytics. Learn the latest Digital Marketing techniques and practice. Taught by a professional web designer. (50€ extra required for Domain name and Hosting)

<b>M25</b>	€105.00
10 WEEKS	6.45pm-8.15pm

### Yoga I with Catherine Rooney

This is an ideal class for those who are new to Hatah Yoga or who have some experience of it. (Loose clothing & a yoga mat needed).

<b>M26</b>	€105.00
10 WEEKS	8.15pm-9.45pm

### Yoga II with Catherine Rooney

A repeat of the Yoga I class.

## TUESDAY

<b>T1</b>	€25.00
1 WEEK	7.30pm-10.00pm

### Heartsaver C.P.R. & A.E.D. with Paulo Melo

Taught by a Clinical Nurse Specialist, learn the lifesaving techniques of C.P.R. and how to use an A.E.D. (Automatic External Defibrillator). Upon successful completion of the course, students will receive an Irish Heart Foundation Certificate which is valid for two years. (There is an additional supplement of €20, payable to the tutor, to cover the cost of equipment, certificate & exam fees).

<b>T2</b>	€115.00
8 WEEKS	7.30pm-9.30pm

### Digital Photography for Improvers with Dee O'Shea

In this follow-on class to last term's Beginners course, students will focus on areas such as Portrait Photography, Still Life, Travel, Landscape and Night Photography. As well as coming to grips with advanced lighting, flash and composition techniques with a strong emphasis on practical coursework. (Students must have access to an SLR digital camera).

<b>T3</b>	€85.00
8 WEEKS	7.30pm-9.00pm

### Genealogy for Beginners: Tracing Your Irish Ancestors with Maeve Mullin

A step-by-step guide through the collections of records that are available to help you build your own unique family tree. A field trip to the main Dublin record repositories is included as part of this fascinating course.

<b>T4</b>	€105.00
10 WEEKS	7.00pm-8.30pm

### German for Beginners with Katrin Markham

Thinking of working or holidaying in a German speaking country? Or why not learn a new language just for fun! Taught by a native speaker, learn 'the basics' in an enjoyable and relaxed environment. Emphasis on conversational German.

<b>T5</b>	€105.00
10 WEEKS	8.30pm-10.00pm

### German for Advanced with Katrin Markham

Taught by a native speaker, this class is ideally suited to those with an advanced knowledge of German (Level B1). Emphasis on conversation and brushing up on rusty grammar.

<b>T6</b>	€85.00
8 WEEKS	7.00pm-8.30pm

### Hairdressing Bootcamp for Beginners with Elaine Delaney

Fed up with expensive salon visits, valuable time wasted in the stylist's chair or struggling? Here's your chance to master basic cutting, various braiding techniques, easy up-styles, curling, straightening, achieving a perfect blow dry and red carpet looks for that special occasion. Taught by a highly experienced and practising hair stylist. (Please note, students will need a model or training head and some basic equipment, as advised by the tutor. Cost of training head & equipment c. €50).

<b>T7</b>	€105.00
10 WEEKS	7.00pm-8.30pm

### Italian for Improvers with Elena Barbero

Taught by a native speaker, this fun class is ideally suited to those who have completed the Beginners course or who have some knowledge of Italian and wish to expand their vocabulary and broaden their knowledge of Italian culture.

<b>T8</b>	€105.00
10 WEEKS	8.30pm-10.00pm

### Italian for Beginners with Elena Barbero

Are you planning on holidaying in Italy and want to interact with the local people? Or just in love with Italian? A wonderful opportunity to learn this romantic language in a fun and friendly atmosphere. Taught by a native speaker, emphasis on conversational Italian.

<b>T9</b>	€85.00
8 WEEKS	7.30pm-9.00pm

### Knitting for Beginners & Improvers with Patricia Corcoran

This delightful class will cover basic knitting techniques, equipment and materials. Using a simple pattern, participants will have knitted up their own garment by the end of the course. (Students will need to supply their own materials costing c. €20).

<b>T10</b>	€57.00
8 WEEKS	7.30pm-8.30pm

### **Nutrition, Exercise & Mindfulness for Weight Management with Liz Connery**

Taught by a Personal Health and Nutrition Adviser, this healthy eating and lifestyle programme is designed to improve your health and wellbeing by employing effective strategies for personal change to create sustainable future healthy eating habits, exercises and mindfulness for health.

<b>T11</b>	€115.00
8 WEEKS	7.00pm-9.00pm

### **Painting for Improvers & Advanced with Ailbhe O'Connor**

This class is suited for those who have some prior experience of painting, and would like to work on self-chosen projects with some guidance from an experienced instructor. You may work in whatever medium you choose: oils, acrylics or watercolours

<b>T12</b>	€70.00
10 WEEKS	7.00pm-8.00pm

### **Pilates for Beginners III with Aoife Diamond**

Learn to move your limbs out from your core with ease and flexibility. In my class you will breathe better, feel taller, more comfortable, at ease, mindful and bodily aware on and off your Pilates mat. (Loose clothing & a yoga mat needed).

<b>T13</b>	€70.00
10 WEEKS	8.00pm-9.00pm

### **Pilates for Improvers II with Aoife Diamond**

Build on the techniques and exercises learnt in your first Beginners course with me. You will feel greater physical strength and physical control as you really learn to employ the body and mind connections to life particularly on but also off the mat. (Loose clothing & a yoga mat needed).

<b>T14</b>	€70.00
10 WEEKS	9.00pm-10.00pm

### **Pilates for Beginners IV with Aoife Diamond**

A repeat of the Beginners I class

<b>T15</b>	€115.00
8 WEEKS	7.00pm-9.00pm

### **Sewing Craft for Beginners and Improvers with Eva Williams**

Using a sewing machine, learn how to create your own cushions, curtains, tie backs, throws or even items of clothing in a relaxed atmosphere with an experienced instructor to help you step-by-step! Students will need to supply their own materials. (\*Start date 5th February)

<b>T16</b>	€105.00
10 WEEKS	8.00pm-9.30pm

### **Spanish for Beginners with Pilar Fiz**

Get more from your Spanish holiday by acquiring some basic knowledge of this popular and widely spoken language in an enjoyable and relaxed class environment. Taught by a native speaker, emphasis on conversational Spanish.

<b>T17</b>	€70.00
10 WEEKS	8.00pm-9.00pm

### **Tai-Chi for Improvers with Gus Tolster**

A follow on course for those who attended last term's Beginners classes.

<b>T18</b>	€70.00
10 WEEKS	9.00pm-10.00pm

### **Tai-Chi for Beginners & Improvers with Gus Tolster**

Tai-Chi can be practised at any age and by anyone, and to a level of intensity that best suits your goals. Learn how to relax, develop improved flexibility and fitness and practise more intensely to a higher level of Qi flow and Gong Fu skills. All levels welcome.

<b>T19</b>	€105.00
10 WEEKS	6.45pm-8.15pm

### **Yoga III with Jolanta Liadova**

This is an ideal class for those who are new to Hatah Yoga or who have some experience of it. (Loose clothing & a yoga mat needed).

<b>T20</b>	€105.00
10 WEEKS	8.15pm-9.45pm

### **Yoga IV with Jolanta Liadova**

A repeat of the Yoga III class.

<b>T21</b>	€70.00
10 WEEKS	7.30pm-8.30pm

### **Zumba with Nareerat Pitakpoolsin**

Let Latin and World rhythms take over and blast your body into better shape by mixing low-intensity and high intensity moves in a calorie-burning dance fitness party. Suitable for all levels of fitness.

## GENERAL INFORMATION AND TERMS & CONDITIONS OF ENROLMENT

1. There are minimum numbers required before classes can be formed and classes may be cancelled if this minimum number is not reached.
2. The D.D.L.E.T.B. accepts no obligation to refund any fee (or part fee) paid by a student who withdraws from a course. A full refund will only be given where a course does not proceed. Where fees have been paid by cash or cheque, refund cheques will be issued by Head Office (this may take up to 15 working days). Fees paid by debit/credit card will be refunded to the card used as the original method of payment. Refunds can only be made payable to the person enrolled on a course or to the named card holder in the case of debit/credit card transactions. **The D.D.L.E.T.B. and individual Education Centres are not in a position to issue cash refunds.**
3. Please note that neither the D.D.L.E.T.B. or the school authorities are responsible for any loss or damage to student's property while attending Night Classes.
4. Full fees must accompany enrolments and payments may be made by cash, cheque, debit or credit card.
5. Please note that fees only cover the cost of tuition. In some practical classes students may be asked to buy their own materials or an extra charge may be levied.
6. While every effort is made to ensure the accuracy of this brochure, no liability can be accepted for any errors or omissions.
7. Please note that the fee of those over the age of 66 and in receipt of a State Pension is €60 (some exclusions apply).
8. Please note that the school premises and grounds close nightly at 10.10p.m. and that smoking is strictly prohibited in the school building, grounds and car park.

### POSTAL ENROLMENT FORM



Please complete the details below and include a **STAMPED ADDRESSED ENVELOPE** with your enrolment form:

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone (mobile preferred): \_\_\_\_\_ Email: \_\_\_\_\_

Please enrol me in the following course(s):

Course Code	Course Title
1) _____	_____
2) _____	_____

I enclose a **CHEQUE/MONEY ORDER (NO CASH PLEASE!)** for the following amount: € \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please note the following important information:

- 1) Cheques/Money Orders should be made payable to **Dublin and Dun Laoghaire Education and Training Board.**
- 2) Confirmation that a place has been secured and a receipt for course fees paid, will only be issued to those who include a S.A.E. with their enrolment form.

ADULT & COMMUNITY EDUCATION DEPARTMENT, CASTLEKNOCK COMMUNITY COLLEGE, CARPENTERSTOWN RD, DUBLIN 15.