

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 2020

'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

* POSTAL ENROLMENT *

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

* ENROLMENT NIGHTS *

Enrol in person on Monday 20th & Tuesday 21st January 2020, 7.30pm – 8.30pm

* TERM COMMENCES *

The week beginning Monday 27th January 2020

* ENQUIRIES *

Telephone: 8129346/8221626

E-mail: nightclasses@castleknockcc.ie

Website: www.castleknockcc.ie

MONDAY

M1	€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 a 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.

M2	€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.

M3	€115.00
8 WEEKS	7.30pm-9.30pm

DIGITAL PHOTOGRAPHY FOR BEGINNERS WITH GIITA HAMMOND

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).

M4	€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!

M5	€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.

M6	€105.00
10 WEEKS	7.00pm-8.30pm

FRENCH FOR BEGINNERS WITH CECILE SAUVAGE

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!

M7	€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 comprehensive and fascinating course.

M8	€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).

M9	€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.

M10	€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

M11	€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!

M12	€115.00
8 WEEKS	7.30pm-9.30pm

MICROSOFT OFFICE FOR IMPROVERS WITH BIJU KURIAN

This course will focus on MS Word, Excel and PowerPoint. A comprehensive, real-world, activity-based class in introductory and intermediate MS Office skills with a focus on application in the workplace. Master these tools to confidently process, organise and present your ideas and projects. Some previous knowledge of computers is an advantage.

M13	€57.00
8 WEEKS	7.30pm-8.30pm

MINDFULNESS WITH ANDREA RYAN

Start off 2020 on a great footing. This is a fun and interactive class. Andrea is an experienced Mindfulness Coach. During this course you will learn tips and techniques on how to live a more mindful life. We will explore formal and informal ways of Mindfulness. Join us on this wonderful journey of self - discovery.

M14	€115.00
8 WEEKS	7.00pm-9.00pm

PAINTING FOR BEGINNERS WITH AILBHE O'CONNOR

This delightful course is a comprehensive introduction into the fundamental techniques of painting with acrylics. Students will learn about; Colour theory, grounding, blocking, creating texture, composition and basic anatomy. (Students will be required to buy materials costing apox €20).

M15	€70.00
10 WEEKS	7.00pm-8.00pm

PILATES FOR BEGINNERS I WITH HELEN CULLEN

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).

M16	€70.00
10 WEEKS	8.00pm-9.00pm

PILATES FOR IMPROVERS I WITH HELEN CULLEN

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

M17	€70.00
10 WEEKS	9.00pm-10.00pm

PILATES FOR BEGINNERS II WITH HELEN CULLEN

A repeat of the Beginners I class.

M18	€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!

M19	€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..

M20	€105.00
10 WEEKS	8.30pm-10.00pm

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.

M21	€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).

M22	€105.00
10 WEEKS	8.15pm-9.45pm

YOGA II WITH CATHERINE ROONEY

A repeat of the Yoga I class.

TUESDAY

T1	€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). This course will run for one night on 28/01/2020.

T2	€105.00
10 WEEKS	7.00pm-8.30pm

FRENCH FOR IMPROVERS WITH CECILE SAUVAGE

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. For others this will be a chance to revisit your knowledge of French.

T3	€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.

T4	€105.00
10 WEEKS	8.00pm-9.30pm

GERMAN FOR BEGINNERS WITH KATRIN MARKHAM

Wouldn't it be nice to speak a little German in everyday situations 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.

T5	€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). Begins on Feb. 4th.

T6	€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.

T7	€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.

T8	€85.00
8 WEEKS	7.30pm-9.00pm

KNITTING FOR BEGINNERS & IMPROVERS WITH PATRICIA CORCORAN

This delightful class will cover basic and advanced knitting techniques (including Aran knitting). 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).

T9	€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.

T10	€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.

T11	€70.00
10 WEEKS	7.00pm-8.00pm

PILATES FOR BEGINNERS III WITH MICHELE ALLEGRI

Learn the basic techniques to efficiently move your body, improve posture, build core strength and combat or prevent backpain. In my class you will learn practical tricks to help you in your daily life. (Loose clothing & a yoga mat needed).

T12	€70.00
10 WEEKS	8.00pm-9.00pm

PILATES FOR IMPROVERS II WITH MICHELE ALLEGRI

Build on the techniques and exercises learnt in the Beginners course. You will be challenged with more complex exercises and sequences to continue your journey towards a better form. (Loose clothing & a yoga mat needed).

T13	€70.00
10 WEEKS	9.00pm-10.00pm

PILATES FOR BEGINNERS IV WITH MICHELE ALLEGRI

A repeat of the Beginners III class.

T14	€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.

T15	€105.00
10 WEEKS	7.30pm-9.00pm

SPANISH FOR IMPROVERS PLUS WITH PILAR FIZ

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

T16	€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.

T17	€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.

T18	€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).

T19	€105.00
10 WEEKS	8.15pm-9.45pm

YOGA IV WITH JOLANTA LIADOVA

A repeat of the Yoga III class.

T20	€70.00
10 WEEKS	7.30pm-8.30pm

ZUMBA

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.