

<b>T10</b>	€70.00
10 WEEKS	7.00pm-8.00pm

### PILATES FOR BEGINNERS III WITH MICHELE ALLEGRI

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

<b>T11</b>	€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 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 & own yoga mat needed).

<b>T12</b>	€70.00
10 WEEKS	9.00pm-10.00pm

### PILATES FOR BEGINNERS IV WITH MICHELE ALLEGRI

A repeat of the Beginners I class

<b>T13</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)

<b>T14</b>	€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 situated to those who have completed the Improvers course or who have a good knowledge of Spanish and wish to improve their proficiency.

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

### WEB DESIGN AND DIGITAL MARKETING WITH NAOMI KENDAL

This course covers the fundamentals of website design and digital marketing. If you want to pursue a career in digital marketing, advance your skills or build the digital profile of your business; this course is for you. In an increasingly digital world, the demand for digital marketing skills is always growing. This course gives students a clearly defined set of practical skills and a portfolio of work including: Digital Marketing Landscape and Channels: Website Design, Social Media, Search Engine Optimisation (SEO) and Analytics for measurement.

<b>T16</b>	€70.00
10 WEEKS	8.00pm-9.00pm

### TAI-CHI FOR BEGINNERS 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.

<b>T17</b>	€70.00
10 WEEKS	9.00pm-10.00pm

### TAI-CHI FOR BEGINNERS AND IMPROVERS WITH GUS TOLSTER

A follow on course for those who have previous experience with Tai-Chi.

<b>T18</b>	€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.

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

### YOGA III

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

A repeat of the Yoga III class.

## GENERAL INFORMATION AND TERMS & CONDITIONS OF ENROLMENT

- There are minimum numbers required before classes can be formed and classes may be cancelled if this minimum number is not reached.
- 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.**
- 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.
- Full fees must accompany enrolments and payments may be made by cash, cheque, debit or credit card.
- 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.
- While every effort is made to ensure the accuracy of this brochure, no liability can be accepted for any errors or omissions.
- Please note that the fee of those over the age of 66 and in receipt of a State Pension is €60 (some exclusions apply).
- 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:

- Cheques/Money Orders should be made payable to **Dublin and Dun Laoghaire Education and Training Board.**
- 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.

GOVERNMENT  
GUIDELINES ON  
SOCIAL DISTANCING  
WILL BE FOLLOWED

# 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 Autumn 2021

*'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 20th September 2021, 7.00pm – 8.30pm

## \* TERM COMMENCES \*

The week beginning Monday 27th September 2021

## \* 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

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

## DIGITAL PHOTOGRAPHY FOR BEGINNERS

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>M3</b>	€105.00
10 WEEKS	7.00pm-8.30pm

## INTERMEDIATE ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

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>M4</b>	€105.00
10 WEEKS	8.30pm-10.00pm

## UPPER INTERMEDIATE ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

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

<b>M5</b>	€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!

<b>M6</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 will be included as part of this comprehensive and fascinating course (in line with social distancing guidelines).

<b>M7</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 major world cuisines such as France, Italy, Mexico and more. (After the first class, students will be required to buy ingredients for each class).

<b>M8</b>	€115.00
8 WEEKS	7.00pm-8.00pm

## GROUP GUITAR LESSONS FOR BEGINNERS

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>M9</b>	€115.00
8 WEEKS	8.00pm-9.00pm

## GROUP GUITAR LESSONS FOR IMPROVERS

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>M10</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>M11</b>	€85.00
8 WEEKS	7.00pm-8.30pm

## MINDFULNESS WITH ANDREA RYAN

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 practising mindfulness. Join us on this wonderful journey of self - discovery.

<b>M12</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>M13</b>	€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)

<b>M14</b>	€70.00
10 WEEKS	8.00pm-9.00pm

## PILATES FOR IMPROVERS I WITH HELEN CULLEN

A follow-on course for those who have some previous experience with Pilates.

<b>M15</b>	€70.00
10 WEEKS	9.00pm-10.00pm

## PILATES FOR BEGINNERS II WITH HELEN CULLEN

A repeat of the Beginners I class.

<b>M16</b>	€105.00
10 WEEKS	7.00pm-8.30pm

## SPANISH FOR BEGINNERS WITH PILAR FIZ

Have fun while 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>M17</b>	€105.00
10 WEEKS	8.30pm-10.00pm

## 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>M18</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 & own yoga mat needed).

<b>M19</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). This course will run for one night on 28/9/2021.

<b>T2</b>	€105.00
10 WEEKS	7.00pm-8.30pm

## FRENCH FOR CONVERSATION (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 oral proficiency.

<b>T3</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>T4</b>	€85.00
8 WEEKS	7.00pm-8.30pm

## HAIRDRESSING BOOTCAMP FOR BEGINNERS WITH ELAINE DELANEY

Here's your chance to master various braiding techniques, easy up-styles, curling, straightening, achieving a perfect blow dry and red carpet looks for a 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 approx. €50).

<b>T5</b>	€105.00
10 WEEKS	7.00pm-8.30pm

## ITALIAN FOR BEGINNERS WITH ELENA BARBERO

A wonderful opportunity to learn this romantic language in a fun and friendly atmosphere. Taught by a native speaker, emphasis on conversational Italian.

<b>T6</b>	€105.00
10 WEEKS	8.30pm-10.00pm

## 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>T7</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 approx. €20).

<b>T8</b>	€85.00
8 WEEKS	7.30pm-9.00pm

## 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>T9</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.