

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 ACTING DEPUTY PRINCIPAL: Paul McCorry

DIRECTOR OF ADULT EDUCATION: Conor Barry

Adult Education Night Classes Programme Spring 2022

'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 NIGHT *

Enrol in person on Monday 17th January 2022, 7.30pm – 8.30pm

* TERM COMMENCES *

The week beginning Monday 24th January 2022

* ENQUIRIES *

Telephone: 01 8129346 / 01 8221626

E-mail: nightclasses@castleknockcc.ie

Website: www.castleknockcc.ie

Follows us on Facebook, Instagram & Twitter @NightClassesCCC

56 COURSES - 18 NEW COURSES

MONDAY

M1	€75.00
10 WEEKS	8.15-9.15pm

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.

M2	€90.00
7 WEEKS	7.00-9.00pm

CRAFT BEER MAKING

Craft beer is all the rage. Learn all the terminology about brewing, ingredients, bottling, equipment and actually brew your own beer. The course is 6 weeks duration, done over 7 weeks and includes a trip to a local brewery along with a break for 1 week to allow your beer brew to perfection. Over 18's only

NEW CLASS

M3	€112.00
10 WEEKS	7.00-8.30pm

INTERMEDIATE ENGLISH FOR SPEAKERS OF OTHER LANGUAGES WITH JAMES O'KEEFFE

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!

M4	€112.00
10 WEEKS	8.30-10.00pm

UPPER INTERMEDIATE ENGLISH FOR SPEAKERS OF OTHER LANGUAGES WITH JAMES O'KEEFFE

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.

M5	€112.00
10 WEEKS	7.00-8.30pm

FIRST AID

PHECC accredited course, FAR (First Aid Responder) covering CPR, basic bandaging, etc. & given by a PHECC accredited instructor from the Order of Malta, Blanchardstown. Participants will be given a First Aid Responders certificate upon completion of the course.

NEW CLASS

M6	€112.00
10 WEEKS	7.00-8.30pm

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	€112.00
10 WEEKS	8.30-10.00pm

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.

M8	€149.00
10 WEEKS	7.00-9.00pm

GARDENING WITH MARIE HIRST

Build up knowledge and confidence to manage your own garden. From the importance of good soil and plant maintenance to pruning techniques and indoor plant care. An introduction to plant names and how to identify plants will also help you when you're buying plants in your garden centre. Just in time for the start of the gardening season!

NEW CLASS

M9	€90.00
8 WEEKS	7.00-8.30pm

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.

M10	€13900
8 WEEKS	7.00-9.00pm

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).

M11	€119.00
8 WEEKS	7.00-8.00pm

GROUP GUITAR LESSONS FOR IMPROVERS WITH EMMA GREDLEY

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.

M12	€119.00
8 WEEKS	8.00-9.00pm

GROUP GUITAR LESSONS FOR IMPROVERS PLUS WITH EMMA GREDLEY

An ideal class for those who have completed the Improvers course or who have a good command of basic chords. Numbers will be limited to four students in this unique class.

M13	€90.00
8 WEEKS	7.00-8.30pm

HOW TO IMPROVE YOUR HEALTH & WELLBEING WITH LIZ CONNERY

This healthy lifestyle program will help you improve your health and well-being by employing effective strategies for personal growth and the nourishment of your mind and body. You will feel energized, empowered, and transformed through nutrition, mindfulness, proper breathing and exercise as a medicine.

NEW CLASS

M14	€90.00
8 WEEKS	7.00-8.30pm
NEW CLASS	

IMPROVE YOUR RELATIONSHIPS! WITH JENNIFER DRUMM

This course will focus on empowering and teaching individuals to improve communication within their relationships, in a fun and experiential way. All the skills you will learn are transferable into any relationship in your life be it with a work colleague, family member, friend or partner. Learn about unhelpful behaviours which impact your relationships. Learn about how we can only control our own behaviour in a relationship.

M15	€112.00
10 WEEKS	7.00-8.30pm
NEW CLASS	

JAPANESE FOR BEGINNERS

Fascinated by the land of the rising sun? Learn the basics of Japanese language in this beginner's course. Emphasis will focus on spoken language.

M16	€75.00
10 WEEKS	7.00-8.00pm

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!

M17	€75.00
5 WEEKS	7.00-9.00pm
NEW CLASS	

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.

M18	€75.00
5 WEEKS	7.00-9.00pm
NEW CLASS	

MICROSOFT EXCEL FOR IMPROVERS WITH PAULINE BERKERY

This follow-on course from the excel for beginners, starting week 6 of term, 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.

M19	€119.00
8 WEEKS	7.00-9.00pm

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)

M20	€75.00
10 WEEKS	7.00-8.00pm

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)

M21	€75.00
10 WEEKS	8.00-9.00pm

PILATES FOR IMPROVERS I WITH HELEN CULLEN

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

M22	€75.00
10 WEEKS	9.00-10.00pm

PILATES FOR BEGINNERS II WITH HELEN CULLEN

A repeat of the Beginners I class.

M23	€90.00
8 WEEKS	7.30-9.00pm

PUBLIC SPEAKING WITH VINCENT KIRBY

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

M24	€119.00
8 WEEKS	7.00-9.00pm

SEWING CRAFT FOR BEGINNERS AND IMPROVERS

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. (Students using their own sewing machine is advised)

M25	€112.00
10 WEEKS	7.00-8.30pm

SPANISH FOR BEGINNERS

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.

M26	€112.00
10 WEEKS	8.30-10.00pm

SPANISH FOR IMPROVERS

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.

M27	€112.00
10 WEEKS	6.45-8.15pm

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).

M28	€112.00
10 WEEKS	8.15-9.45pm

YOGA II WITH CATHERINE ROONEY

A repeat of the Yoga I class. (Loose clothing & a yoga mat needed).

M29	€149.00
10 WEEKS	7.00-9.00pm

FELTMAKING WITH CLODAGH MAC DONAGH

Welcome to the wonderful world of wool. Using beautiful Merino wool and other fibres to produce woolly works of Art. You will learn all of the terms and many techniques to create your own fabric and solid forms, from fluffy fibre, done using the wet felting technique. (Students will be required to pay a €25 materials charge)

NEW CLASS

M30	€112.00
10 WEEKS	7.00-8.30pm

INTRODUCTION TO BARBERING FOR BEGINNERS WITH NATALIE HARRIS

An Introduction to Barbering, where students will learn the basics of cutting, blending, razor work and beard styling. (Students will need to purchase their own barber kit after the first week.)

NEW CLASS

M31	€112.00
10 WEEKS	7.00-8.30pm

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.

TUESDAY

T1	€20.00
1 WEEK	7.00-9.30pm

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).

T2	€60.00
8 WEEKS	7.00-8.00pm

CBT & MINDFULNESS I WITH OWEN REDMOND

This course will look at how negative irrational thought processes affect our emotional state, exploring ways to change the way we think ultimately to make us feel better while continuously working on self-care measures. You will be developing new coping skills, thinking more positive, staying in the here and now and helping improve issues such as mental health, anger, stress & relationships.

NEW CLASS

T3	€60.00
8 WEEKS	8.00-9.00pm

CBT & MINDFULNESS II WITH OWEN REDMOND

Repeat class of CBT & Mindfulness I

NEW CLASS

T4	€112.00
10 WEEKS	7.00-8.30pm

FRENCH FOR CONVERSATION IMPROVERS WITH CECILE SAUVAGE

A conversation class in French for students who have a passion with French culture and language, talking about the best places in France, what to do & where to go. The class is a more laid-back class, with plenty of exchange through French and less emphasis on grammar and correction. Delving into French wines, habits, Paris, its culture and architecture.

T5	€112.00
10 WEEKS	8.30-10.00pm

FRENCH FOR CONVERSATION IMPROVERS PLUS WITH CECILE SAUVAGE

A conversation class in French for students who have a passion with French culture and language, talking about the best places in France, what to do & where to go. The class is a more laid-back class, with plenty of exchange through French and less emphasis on grammar and correction. Delving into French wines, habits, Paris, its culture and architecture.

T6	€149.00
10 WEEKS	7.00-9.00pm

GARDENING WITH MARIE HIRST

Build up knowledge and confidence to manage your own garden. From the importance of good soil and plant maintenance to pruning techniques and indoor plant care. An introduction to plant names and how to identify plants will also help you when you're buying plants in your garden centre. Just in time for the start of the gardening season!

NEW CLASS

T7	€90.00
8 WEEKS	7.00-8.30pm

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.

T8	€149.00
8 WEEKS	7.00-9.30pm

INDIAN COOKERY WITH SOOFIA KHOKHAR

"Love an Indian takeaway? Then why not make your own? Using authentic recipes learn how to create delicious Indian dishes at home and spice things up in your kitchen. (After the first class, students will be required to buy ingredients for each class).

NEW CLASS

T9	€90.00
8 WEEKS	7.00-8.30pm

INTERIOR DESIGN WITH EIMEAR DOLAN, BA. IN TEXTILE SURFACE DESIGN

This course will cover room colour schemes, space planning, visualisation of spaces, creating a digital mood board/material boards. Students will also learn how to plan using lighting, materials and finishes along with using 2D and 3D Design. (Students will be required to purchase a material list in advance)

NEW CLASS

T10	€112.00
10 WEEKS	7.00-8.30pm

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.

T11	€112.00
10 WEEKS	7.00-8.30pm

DIY / HOME MAINTENANCE

An Introduction to DIY & Home Maintenance. The course is designed to help prepare students work on DIY projects around their own home. Students will get a hands on with everything from painting to plumbing, tiling to electrics and ceramics to plumbing.

NEW CLASS

T12	€90.00
8 WEEKS	7.30-9.00pm

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).

T13	€90.00
8 WEEKS	7.00-8.30pm

MINDFULNESS & MEDITATION WITH ANDREA RYAN

This is a fun and interactive class. Andrea is an experienced Mindfulness & Meditation 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 & Meditation. Join us on this wonderful journey of self-discovery.

NEW CLASS

T14	€90.00
8 WEEKS	7.00-8.30pm

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.

T15	€119.00
8 WEEKS	7.00-9.00pm

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.

T16	€75.00
10 WEEKS	7.00-8.00pm

PILATES FOR BEGINNERS III WITH MICHELE ALLEGRI

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).

T17	€75.00
10 WEEKS	8.00-9.00pm

PILATES FOR IMPROVERS II WITH MICHELE ALLEGRI

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).

T18	€75.00
10 WEEKS	9.00-10.00pm

PILATES FOR BEGINNERS IV WITH MICHELE ALLEGRI

A repeat of the Beginners III class

T19	€75.00
10 WEEKS	7.00-8.00pm

TAI CHI FOR BEGINNERS I 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.

T20	€75.00
10 WEEKS	8.00-9.00pm
T21	€75.00
10 WEEKS	9.00-10.00pm
T22	€112.00
10 WEEKS	6.45-8.15pm
T23	€112.00
10 WEEKS	8.15-9.45pm
T24	€75.00
10 WEEKS	7.30-8.30pm
T25	€90.00
8 WEEKS	7.00-8.30pm
NEW CLASS	

TAI-CHI FOR IMPROVERS WITH GUS TOLSTER

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

TAI CHI FOR BEGINNERS II WITH GUS TOLSTER

A repeat of the Beginners I class

YOGA III WITH DAVE MURRAY

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).

YOGA IV WITH DAVE MURRAY

A repeat of the Yoga III class. (Loose clothing & a yoga mat needed).

ZUMBA WITH VICTORIA PAIVA

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.

AN INTRODUCTION TO PERFORMANCE ANALYSIS IN SPORT WITH GLEN KELLY

Data continues to permeate sport fields, tracks, and courts, revealing valuable insight into a team's/individual's performance. This course will provide an "Introduction to Performance Analysis in Sport", equipping them with the skills and knowledge to develop a performance analysis process into their coaching.

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.