

## Autumn Courses Tuesday Evening 2022

Click on course code for course description

Code	Course Name	No. Weeks	Time	Fee
<a href="#">T1</a>	An introduction to Performance Analysis in Sport	8	7.00pm-8.30pm	€90
<a href="#">T2</a>	Ballroom Dancing for beginners	10	8.15pm-9.15pm	€75
<a href="#">T3</a>	Basket Weaving using newspaper	6	7.00pm-8.30pm	€70
<a href="#">T4</a>	Bridge for beginners (Group 2)	8	7.00pm-9.00pm	€119
<a href="#">T5</a>	Cake Decoration & Sugarcraft (Materials Fee)*	10	7.00pm-9.00pm	€149
<a href="#">T6</a>	DIY Home Maintenance with Derek Roban	8	7.00pm-8.30pm	€90
<a href="#">T7</a>	Exercise for all	10	8.00pm-9.00pm	€75
<a href="#">T8</a>	Gardening with Marie Hirst	10	7.00pm-9.00pm	€149
<a href="#">T9</a>	Genealogy for Beginners: Tracing Your Irish Ancestors	8	7.30pm-9.00pm	€90
<a href="#">T10</a>	Greek Cookery (€20 material fee)	8	7.00pm-9.00pm	€119
<a href="#">T11</a>	Heartsaver C.P.R. & A.E.D. Class 1 Tues 27th Sep *	1	7.00pm-9.30pm	€20
<a href="#">T12</a>	Heartsaver C.P.R. & A.E.D. Class 2 Tues 4th Oct *	1	7.00pm-9.30pm	€20
<a href="#">T13</a>	Heartsaver C.P.R. & A.E.D. Class 3 Tues 11th Oct *	1	7.00pm-9.30pm	€20
<a href="#">T14</a>	How to Improve Your Health & Wellbeing	8	7.00pm-8.30pm	€90
<a href="#">T15</a>	Interior Design	8	7.00pm-8.30pm	€90
<a href="#">T16</a>	Introducton to Jewelry Making (€30 materials fee)	8	7.00pm-9.30pm	€149
<a href="#">T17</a>	Italian for Improvers	10	7.00pm-8.30pm	€112
<a href="#">T18</a>	Japanese for Beginners	8	7.00pm-8.30pm	€90
<a href="#">T19</a>	Knitting for Beginners & Improvers	8	7.30pm-9.00pm	€90
<a href="#">T20</a>	Latin in Line Dance Fitness for all ages	10	7.00pm-8.00pm	€60
<a href="#">T21</a>	Mindfulness & Meditation	8	7.00pm-8.30pm	€90
<a href="#">T22</a>	Nutrition, Exercise & Mindfulness for Weight Management	8	7.00pm-8.30pm	€90
<a href="#">T23</a>	Painting for Improvers & Advanced	8	7.00pm-9.00pm	€119
<a href="#">T24</a>	Pilates for Beginners III with Michele Allegri	10	7.00pm-8.00pm	€75
<a href="#">T25</a>	Pilates for Improvers II with Michele Allegri	10	8.00pm-9.00pm	€75
<a href="#">T26</a>	Pilates for Beginners IV with Michele Allegri	10	9.00pm-10.00pm	€75

<a href="#"><u>T27</u></a>	Public Speaking	8	7.00pm-8.30pm	€90
<a href="#"><u>T28</u></a>	Tai Chi for Beginners	10	6.00pm-7.00pm	€75
<a href="#"><u>T29</u></a>	Tai Chi for Beginners & Improvers	10	7.00pm - 8.00pm	€75
<a href="#"><u>T30</u></a>	Yoga III with Dave Murray	10	6.45pm-8.15pm	€112
<a href="#"><u>T31</u></a>	Yoga IV with Dave Murray	10	8.15pm-9.45pm	€112
	*(€20 material fee)			