

**LEARN A NEW SKILL
& MAKE SOME NEW
FRIENDS THIS AUTUMN!**

Castleknock Community College



ADULT & COMMUNITY EDUCATION DEPARTMENT

PRINCIPAL: John Cronin

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

Adult Education Night Classes Programme Autumn 2017

'A world of education in your local community'

*** ONLINE ENROLMENT ***

For fast and convenient enrolment pay by debit/credit card online via the
'Short Adult Education Courses' Section
of the D.D.L.E.T.B. website at www.ddletb.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 18th & Tuesday 19th September 2017, 7.30pm – 8.30pm

*** TERM COMMENCES ***

The week beginning Monday 25th September 2017

*** ENQUIRIES ***

Telephone: 8129340/8221626 Fax: 8221630

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 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	€115.00
8 WEEKS	7.30pm-9.30pm

Bridge for Beginners with Mary Greene

Taught by an experienced and highly qualified tutor, learn how to play this fascinating and ever-popular card game. Play specially set hands with comprehensive course notes provided.

M3	€115.00
8 WEEKS	7.30pm-9.30pm

World Cinema Appreciation with Ronan O' Sullivan

Ever wondered why the Cannes Film Festival winner 'Winter Sleep' is not as popular as the Oscar winning 'Forrest Gump'? This course will take you on an adventure through the world of cinema. It will provide you with basic tools to understand films more fully and enrich your enjoyment of the movies.

M4	€115.00
8 WEEKS	7.30pm-9.30pm

Digital Photography for Beginners with Helena Tobin

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).

M5	€105.00
10 WEEKS	7.00pm-8.30pm

Intermediate English for Speakers of Other Languages with David Murphy

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!

M6	€105.00
10 WEEKS	8.30pm-10.00pm

Upper Intermediate English for Speakers of Other Languages with David Murphy

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.

M7	€115.00
8 WEEKS	7.00pm-9.00pm

Eyebrow Threading with Soofia Khokhar

This course introduces the learner to the skilled techniques of the ancient art of eyebrow threading. Originating from India and the Far East, the method of plucking untidy hair using rolled threads is very popular as it avoids pulling on the sensitive skin around the eye area. (Students will need to supply their own materials as advised by the tutor costing c. €15).

M8	€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.

M9	€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!

M10	€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.

M11	€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).

M12	€115.00
8 WEEKS	7.00pm-8.00pm

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.

M13	€115.00
8 WEEKS	8.00pm-9.00pm

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.

M14	€85.00
6 WEEKS	7.30pm-9.30pm

Homeopathy with Maureen Mc Larnon

This system of alternative healing is used by millions of people worldwide. Participants will learn how to use homeopathic remedies in the home.

M15	€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!

M16	€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 andrewkirrane.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).

M17	€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.

M18	€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. (Please note this class commences on 6/11/17).

M19	€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.

M20	€115.00
8 WEEKS	7.00pm-9.00pm

Painting for Beginners with Alan Burns

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 buy materials costing c. €40).

M21	€70.00
10 WEEKS	7.00pm-8.00pm

Pilates for Beginners I with Katherine Dowd

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).

M22	€70.00
10 WEEKS	8.00pm-9.00pm

Pilates for Improvers I with Katherine Dowd

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

M23	€70.00
10 WEEKS	9.00pm-10.00pm

Pilates for Beginners II with Katherine Dowd

A repeat of the Beginners I class.

M24	€105.00
10 WEEKS	7.00pm-8.30pm

Spanish for Beginners with Amal Abordan

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.

M25	€105.00
10 WEEKS	8.30pm-10.00pm

Spanish for Improvers with Amal Abordan

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.

M26	€115.00
8 WEEKS	7.30pm-9.30pm

NEW Sugar Craft for Beginners with Rose & Lori Cudden

Taught by certified Master Sugar Crafters, in this hands-on cake decorating course learn all the skills needed to create your own novelty/occasion cakes. Everything from the tools needed and how to use them, preparing the cake, use of sugar paste, lettering, fabric effect flowers, fondant roses, embossing, frilling, crimping, ribbons, bows, sways, figure modelling and lots of tips and tricks to help you along the way! Equipment and tools provided, which can be purchased at the end of course.

M27	€85.00
8 WEEKS	7.30pm-9.00pm

Toast Masters Public Speaking Course 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!

M28	€115.00
8 WEEKS	7.00pm-9.00pm

Web Design for Beginners with Naomi Byrne

Taught by a professional Web Designer learn how to create a simple Website, Blog, sell products, write good content for SEO. Connect with Social Media and Analytics, learn the latest Digital Marketing techniques.

M29	€105.00
10 WEEKS	6.45pm-8.15pm
M30	€105.00
10 WEEKS	8.15pm-9.45pm

Yoga I with Catherine Rooney

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

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).

T2	€115.00
8 WEEKS	7.30pm-9.30pm

Digital Photography for Improvers with Helena Tobin

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).

T3	€115.00
8 WEEKS	7.30pm-9.30pm

Short Film Production with Ronan O' Sullivan

Have you ever wondered if you could make an amazing short film? This course provides you with the necessary tools to get started and explains the basic steps of film production: screenplay, story-board layout, use of tripod, types of camera etc. (Students must have access to a video recording device).

T4	€85.00
8 WEEKS	7.30pm-9.00pm

Gardening for Beginners with Dominic Maguire

Taught by a practising horticulturist, learn the basics of garden design with a rare insight into 'trade secrets' on how to maintain and care for your garden. With hints and tips on how to grow your own vegetables, this course is not to be missed!

T5	€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.

T6	€105.00
10 WEEKS	7.00pm-8.30pm

German for Advanced with Katrin Markham

Taught by a native speaker, this fun class is ideally suited to those who have an advanced knowledge of German or who have previously learned and spoken German, which would be equivalent to 90 hours of German tuition (A2 Leaving Cert. standard).

T7	€105.00
10 WEEKS	8.30pm-10.00pm

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.

T8	€85.00
8 WEEKS	7.30pm-9.00pm

Hairdressing Bootcamp 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 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).

T9	€135.00
8 WEEKS	7.00pm-9.00pm

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).

T10	€105.00
10 WEEKS	7.00pm-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.

T11	€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.

T12	€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).

T13	€70.00
10 WEEKS	9.00pm-10.00pm

NEW Mindful Movement with Grainne Toher

Learn to incorporate alignment, breath and control in a very relaxed way into all your movements. Enjoy a series of physio stretches, classical mat Pilates exercises and Jon Kabatt Zinn mindfulness skills. A relaxing and stress busting class which will leave you ready for a great night's sleep. (Loose clothing & a yoga mat needed).

T14	€115.00
8 WEEKS	7.00pm-9.00pm

NEW Money Magic with Aoife Gaffney

If you are struggling to earn more money, battling a decreasing bank balance or you simply want more control over your money, come along to Money Magic taught by a qualified Financial Adviser and Ireland's only Certified Money Coach. Re-programme your money mind-set and transform your ability to attract abundance into your life.

T15	€85.00
8 WEEKS	7.30pm-9.00pm

Mountain Navigation for Beginners with Russell Mills

Taught by an expert tutor, learn how to understand and read a map, use a compass, plan routes and navigational strategies. Bring all these new skills together to open yourself up to a whole new world of hill walking. (At the end of the course students will have the option to consolidate their skills with a navigation day in the Wicklow Mountains. An additional charge of €20, payable to the tutor, will apply).

T16	€115.00
8 WEEKS	7.30pm-9.30pm

NEW 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.

T17	€85.00
8 WEEKS	7.30pm-9.30pm

NEW Our Ancient Built Heritage In and Around the Pale with Sean O' Gorman

This fascinating course delves into the history and architecture of some of the fantastic historic sites found in and around the capital. Iconic sites such as Dublin Castle, Christchurch Cathedral, Newgrange and Glendalough will be explored.

T18	€115.00
8 WEEKS	7.00pm-9.00pm

Painting for Improvers & Advanced with Alan Burns

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.

T19	€70.00
10 WEEKS	7.00pm-8.00pm

Pilates for Beginners III with Grainne Toher

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).

T20	€70.00
10 WEEKS	8.00pm-9.00pm

Pilates for Improvers with Grainne Toher

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).

T21	€115.00
8 WEEKS	7.00pm-9.00pm

Sewing Craft for Beginners & 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).

T22	€70.00
10 WEEKS	8.00pm-9.00pm

NEW Tai-Chi for Beginners I with Gus Tolster

Tai-Chi can be practiced at any age and by anyone, and to a level of intensity that best suits your goals. Whether they be learning how to relax, developing improved flexibility and fitness, or practicing more intensely to a higher level of Qi flow and Gong Fu skills.

T23	€70.00
10 WEEKS	9.00pm-10.00pm

NEW Tai-Chi for Beginners I with Gus Tolster

A repeat of the Beginners I class.

T24	€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).

T25	€105.00
10 WEEKS	8.15pm-9.45pm

Yoga IV with Jolanta Liadova

A repeat of the Yoga III class.

T26	€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.

T27	€70.00
10 WEEKS	8.30pm-9.30pm

Zumba Toning with Nareerat Pitakpoolsin

This class puts extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

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 D.D.L.E.T.B. nor 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.