

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 / John Hopkins DIRECTOR OF ADULT EDUCATION: Paul McCorry

## Adult Education Night Classes Programme Autumn 2014

*'A world of education in your local community'*

### \* ONLINE ENROLMENT \*

For fast and convenient enrolment pay by debit/credit card online via the  
Night Classes section of the D.D.L.E.T.B. website at [www.ddletb.ie](http://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 15th & Tuesday 16th September 2014, 7.00pm – 9.00pm

### \* TERM COMMENCES \*

The week beginning Monday 22nd September 2014

### \* ENQUIRIES \*

Telephone: 8129340/8221626 Fax: 8221630

E-mail: [nightclasses@castleknockcc.ie](mailto:nightclasses@castleknockcc.ie) Website: [www.castleknockcc.ie](http://www.castleknockcc.ie)

# MONDAY

<b>M1</b>	€85.00
8 WEEKS	7.30pm-9.00pm

## 'Acting Stage by Stage' with Brigid Sweeney

Develop your drama skills against a rich backdrop of theatre history and work on scenes from ancient to modern plays. The course will also explore improvisation techniques and theatre sports. No experience is necessary. Just participation!

<b>M2</b>	€70.00
10 WEEKS	7.00pm-8.00pm

## Ballroom Dancing for Beginners I 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.

<b>M3</b>	€70.00
10 WEEKS	8.15pm-9.15pm

## Ballroom Dancing for Beginners II with Dermot & Sandra Bracken

A repeat of the Beginners I class.

<b>M4</b>	€115.00
8 WEEKS	7.00pm-9.00pm

## 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.

<b>M5</b>	€85.00
8 WEEKS	7.30pm-9.00pm

## **NEW** Colour Therapy with Veronique Soulie

Colour Therapy or Chromotherapy, is a complimentary therapy that aims to balance and harmonise the energies in our lives through the therapeutic use and application of colour.

<b>M6</b>	€115.00
8 WEEKS	7.00pm-9.00pm

## C.V. & Interview Preparation-Get that Job with Brian Golden

In this dynamic and hands on course, participants will research and skills match appropriate roles, prepare a letter of application and C.V. Role play and video interview analysis will ensure a confident, and professional interview manner, leading to success!

<b>M7</b>	€115.00
8 WEEKS	7.30pm-9.30pm

## Digital Photography for Beginners with Michael Holly

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>M8</b>	€105.00
10 WEEKS	7.30pm-8.30pm

## Intermediate English for Speakers of Other Languages with Fergal Kavanagh

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. Students will be given the opportunity to take the University of Cambridge First Certificate in English Exam and/or the workplace language skills BULATS test at the end of the term (First Certificate exam fee €155, BULATS exam fee €35).

<b>M9</b>	€105.00
10 WEEKS	8.00pm-9.30pm

## French for Advanced with Edward Therville

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

<b>M10</b>	€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.

<b>M11</b>	€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.

<b>M12</b>	€85.00
6 WEEKS	7.30pm-9.30pm

## Homoeopathy with Maureen Mc Larnon

This system of healing/medicine is used by millions of people worldwide. Participants will learn how to use homoeopathic remedies in First Aid situations and to treat common complaints.

<b>M13</b>	€105.00
10 WEEKS	7.30pm-9.00pm

## Irish for Beginners with Sinead Ni Bhraoin

A fantastic opportunity to learn Irish in a fun and relaxed environment! An ideal class for those who are new to Irish and want to pick up a 'cúpla focal'. Emphasis on conversational Irish.

<b>M14</b>	€115.00
8 WEEKS	7.00pm-9.00pm

## **NEW** Mindfulness Meditation with Aine Mc Garry

Learn how to calm the mind, be happier and live a more purposeful and richer life through staying in the present moment with mindfulness meditation. Not to be missed!

<b>M15</b>	€85.00
8 WEEKS	7.00pm-8.30pm

### Mosaic Art Class with Eszter Hatala

Learn how to turn ordinary household items into beautiful works of mosaic art! Taught by a professional artist, learn how to use different types of materials and equipment to unlock your creative potential! (All materials & equipment used in the class are provided by the tutor and cost €25).

<b>M16</b>	€135.00
8 WEEKS	7.00pm-9.00pm

### Nutritious & Healthy Eating Cookery Class with Linda Ennis

In this fun, practical, hands-on cookery course, learn how to cook nutritious, healthy and economical meals with easy to follow recipes and ideas. Taught by a highly experienced Home Economics teacher. (After the first class, students will be required to buy ingredients for each class).

<b>M17</b>	€115.00
8 WEEKS	7.00pm-9.00pm

### Painting for Advanced with Alan Burns

This class is suitable for those with some prior experience of painting, who 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.

<b>M18</b>	€115.00
8 WEEKS	8.40pm-9.40pm

### Piano/Keyboard for Beginners with Fergal Kavanagh

Make music in a fun environment and build your understanding of how to play, improvise, and even compose! The focus will be on playing by ear as opposed to reading music. Bringing your own keyboard and headphones are necessary. Numbers will be limited to four students in this unique class.

<b>M19</b>	€70.00
10 WEEKS	8.00pm-9.00pm

### Pilates for Improvers with Katherine Dowd

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

<b>M20</b>	€70.00
10 WEEKS	9.00pm-10.00pm

### Pilates for Advanced with Katherine Dowd

A follow-on class for those who attended last term's Improvers class.

<b>M21</b>	€85.00
8 WEEKS	7.00pm-8.30pm

### Psychology: The Study of the Human Experience with Julianne Thompson

This course focuses on how we are conditioned to behave in the ways people want with insights into motivation and emotion, personality theory, nature versus nurture and psychological disorders.

<b>M22</b>	€85.00
8 WEEKS	7.00pm-8.30pm

### 'Write that Movie'-An Introduction to Screenwriting with Paul FitzSimons

This course covers all the main elements of Screenwriting, such as story and scene development, characterisation, dialogue and screenplay formatting. Paul FitzSimons has been a screenwriter for seven years and has worked on TV shows such as 'Fair City'.

<b>M23</b>	€115.00
8 WEEKS	7.00pm-9.00pm

### Sugar Craft for Beginners with Lisette Ui Laighin

Taught by an award winning, professional cake decorator, learn all the basics of cake decorating and sugarcraft to decorate your own cakes for special occasion such as Christenings, cupcakes, novelty cakes, stacked cakes, and much, much more! (There is an additional supplement of €20, payable to the tutor, to cover the cost of equipment and tools used in the class).

<b>M24</b>	€85.00
8 WEEKS	7.00pm-8.30pm

### 'Find Your Style' with Siobhan Mc Hugh

In this fun, interactive course, learn how to find and maximise your unique, individual 'Style'. Taught by a professional fashion stylist and personal shopper; discover your body shape, the colours that suit you best and how to build a wardrobe with mixing and matching.

<b>M25</b>	€85.00
8 WEEKS	7.30pm-9.00pm

### Toast Masters Speech Craft with Vincent Kirby

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

<b>M26</b>	€115.00
8 WEEKS	7.00pm-9.00pm

### **NEW** Ulysses for Beginners with Roslyn Hickey

Have you ever wanted to read Ulysses but felt daunted by the book's reputation? This class will provide you with a unique opportunity to read Joyce's masterpiece in a non-academic, friendly and supportive environment. Chapters Telemachus to Cyclops will be covered in the Autumn Term with Oxen of the Sun to Penelope covered upon re-enrolment in the Spring. Excursions to sites related to the novel will also take place. Not to be missed!

<b>M27</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 Hatha Yoga or who have some experience of it. Loose clothing & a yoga mat needed.

<b>M28</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>	€70.00
10 WEEKS	7.00pm-8.00pm

## **Aerobic Body Blast with Ann Marie Clarke**

Blast your body into better shape! This class will tone the body while burning fat using a combination of cardio workouts and body conditioning challenges. Suitable for all levels of fitness.

<b>T2</b>	€135.00
8 WEEKS	7.00pm-9.00pm

## **Baking for Beginners with Alan Devlin**

Taught by an experienced and practising baker. In this fun, hands-on baking class learn how to make delicious sweet and savoury baked goods with easy to follow recipes and ideas! (After the first class, students will be required to buy ingredients for each class).

<b>T3</b>	€70.00
10 WEEKS	8.00pm-9.00pm

## **Body Toning with Anne Marie Clarke**

Improve your overall wellbeing using resistance training to shape, tone and strengthen your body. Suitable for all levels of fitness. Participants will need a mat for the floor exercises.

<b>T4</b>	€115.00
6 WEEKS	7.30pm-9.30pm

## **NEW Digital Photography for Improvers with Michael Holly**

In this follow-on class to last term's Beginners class, students will cover Macro Photography, Night Photography, Sport Photography and Flash Photography, as well as coming to grips with controlling Depth of Field and Shutter Speed with a strong emphasis on practical coursework. (Students must have access to an SLR digital camera).

<b>T5</b>	€115.00
8 WEEKS	7.30pm-9.30pm

## **NEW Easter 1916... Towards the Centenary with Sean O' Gorman**

With the centenary of the 1916 Rising fast approaching, this fascinating course looks at this seminal event in Irish history by examining the origins of the Rising, the key figures and events of Easter week as well as the impacts of the rebellion beyond 1916.

<b>T6</b>	€105.00
10 WEEKS	8.00pm-9.30pm

## **French for Beginners with Edward Therville**

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>T7</b>	€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!

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

## **Genealogy for Beginners: Tracing Your Irish Ancestors with Maeve Mullin**

Have you ever watched programmes such as 'Who Do You Think You Are?' and wondered about your own family history? Discover how to find your ancestors and build your own unique family tree. A field trip to the main Dublin record repositories will also be included as part of this fascinating course.

<b>T9</b>	€105.00
10 WEEKS	7.00pm-8.30pm

## **NEW 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 75 hours of German lessons (Leaving Cert. standard).

<b>T10</b>	€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.

<b>T11</b>	€115.00
8 WEEKS	7.00pm-9.00pm

## **Home Makeover & Design with Gary Somers**

In order to make the most of our homes we must use different tactics to make rooms appear bigger, re-configure an existing layout or even plan a small extension. Many designers don't take the time to understand their client's needs and how they use their home which is critical to the final design. So, who best to design your home but you... with the guidance of an expert, professional Interior Designer & Architect!

<b>T12</b>	€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).

<b>T13</b>	€105.00
10 WEEKS	7.00pm-8.30pm

## **Italian for Improvers with Stefania Fumagalli**

Taught by a native speaker, this fun class is ideally suited to those who have completed the Beginners class or who have some knowledge of Italian and wish to improve their proficiency.

<b>T14</b>	€105.00
10 WEEKS	8.30pm-10.00pm

### Italian for Beginners with Stefania Fumagalli

Get more from your holiday in Italy or why not learn a new language just for fun! A wonderful opportunity to learn this beautiful and romantic language in a fun and friendly atmosphere. Taught by a native speaker, focusing on conversational Italian.

<b>T15</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 c. €20).

<b>T16</b>	€115.00
8 WEEKS	7.00pm-9.00pm

### **NEW** Mandala Workshop with Veronique Soulie

The word 'Mandala' comes from ancient Sanskrit script and means 'circle'. 'Mandala' are painting like patterns within the boundary of a circle and are used a source of medication, relaxation, healing and focus. No artistic experience necessary. (Cost of materials used c. €25).

<b>T17</b>	€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)

<b>T18</b>	€85.00
6 WEEKS	7.00pm-9.00pm

### Parenting-Improve Your Relationship with Your Child with Siobhan Boucher

Understand your child's behaviour and learn how not to take it personally. Reduce your stress levels and that of your family, decrease your feelings of guilt and positively impact on your child's development.

<b>T19</b>	
10 WEEKS	7.00pm-9.30pm

### Certificate in Payroll Techniques Qualification - Stage 1 €195 Stage 2 €195 Reg Fee €100 HETAC fee €50

This course is promoted by the Irish Payroll Association (IPASS) the professional body for those working in the payroll function. This qualification is the leading payroll qualification in Ireland and is accredited by HETAC at Level 6.

Contact IPASS on (01) 4089 100 or email [ask@ipass.ie](mailto:ask@ipass.ie) to enrol. \*Please note this course commences on 16/09/14\*

<b>T20</b>	€70.00
10 WEEKS	7.00pm-8.00pm

### Pilates for Beginners I with Claire Hennessy

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>T21</b>	€70.00
10 WEEKS	8.00pm-9.00pm

### Pilates for Beginners II with Claire Hennessy

A repeat of the Beginners I class.

<b>T22</b>	€70.00
10 WEEKS	9.00pm-10.00pm

### Pilates for Beginners III with Claire Hennessy

A repeat of the Beginners I class.

<b>T23</b>	€85.00
6 WEEKS	7.30pm-9.30pm

### Relax, De-Stress & Re-Energise with Maureen Mc Larnon

A hands-on, relaxing course, exploring the healing power of touch. You will learn points on the body to release emotions, an effective face, neck/shoulder massage, foot and face reflexology combined with some brain gym.

<b>T24</b>	€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).

<b>T25</b>	€105.00
10 WEEKS	7.00pm-8.30pm

### Spanish for Beginners with Estibaliz Gredilla

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.

<b>T26</b>	€105.00
10 WEEKS	7.00pm-8.30pm

### Spanish for Advanced with Amal Abordan

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.

<b>T27</b>	€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.

<b>T28</b>	€115.00
8 WEEKS	7.00pm-9.00pm

### Sugar Craft for Improvers with Lisette Ui Laighin

A follow-on class for those who attended last Term's Beginners class. (There is an additional supplement of €20, payable to the tutor, to cover the cost of equipment and tools used in the class).

<b>T29</b>	€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.

<b>T30</b>	€105.00
10 WEEKS	8.15pm-9.45pm

### Yoga IV with Jolanta Liadova

A repeat of the Yoga III class.

## 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 Centre are not in a position to issue cash refunds.
3. Please note that neither Dublin and Dun Laoghaire Education and Training Board nor the school authorities are responsible for any loss or damage to student's property while attending these courses.
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 65 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.