

MONDAY

- 101 ANGELS** € 90
Have you ever wanted to learn how to communicate with your angels, perhaps you have felt their presence. Learn how to meet your very own Guardian Angel and have a greater understanding of Archangels. Learn how to make an angel alter, read angel cards, how meditation and crystals can help you, plus a section using the correct essential oils. (8 Weeks)
- 102 ASIAN COOKING - For the more experienced Chef** €100
Learn how to create restaurant-style Indian and South-East Asian dishes. Learn tips, tricks and techniques. This class is a mixture of demonstration and hands-on cooking.
- 103 BOOTCAMP** 7.30-8.30pm €65
"Bootcamp will incorporate a number of different aspects of fitness such as cardio, circuit training, resistance, endurance and of course fun. Suitable for men and women. (Do classes on Mon and Wed for only €100).
- 104 CAKE DECORATION AND SUGAR CRAFT 7-9pm** €100 (Advanced). This class is for those who have completed either a beginners or intermediate course. It covers novelty cake, 2 tier wedding cake, orchids, figurine, Bride & Groom. Learn about royal icing sugar paste and flood work.
- 105 POTTERY/CERAMICS (Beginners & Improvers)** €120
Aimed at exploring and having fun with clay. Learn the basic techniques of hand building. Learn to create functional objects such as bowls, vases and/or decorative objects. Participants are welcome to come with a particular idea in mind.
- 106 COMPUTERS FOR BEGINNERS 7.00 - 9.00pm** €100
Designed to give the basic knowledge required to carry out everyday routine work on a computer.
- 107 COMPUTERS-MS Office (Interm) 8.00 - 9.30pm** € 80
Based on the key applications in MS Office, Word, Excel, Powerpoint & Publisher. Course will Cover basic tasks through to advanced. Some previous computer knowledge required and access to a PC an advantage.
- 108 CREATIVE WRITING** €100
Have you ever wanted to write but thought you couldn't? Have you ever felt the fear of the blank page? Do you think you might like to write but have never tried? Bring paper and pen. No previous writing experience necessary.
- 109 DOG GROOMING AND DOG MAINTENANCE** €100
Learn how to care for your four-legged friends, so that they will be looking and feeling their best! This practical hands-on course will teach you tips and tricks on home maintenance and general care of your dog. Includes how to approach different breeds, Dog handling, Positive reinforcement training as well as Brushing, Bathing, Clipping, Ear cleaning, Nail clipping, Dental care, etc. You'd be barking mad not to join in on the fun!
- 110 DIY / HOME MAINTENANCE** €100
A general insight into how to work on DIY projects within your own home. Includes tiling, plumbing, painting & decorating, electrics, etc. Practical hands-on course.
- 111 EMBEDDED COMPUTING DEVELOPMENT** €100
Have you ever wanted to design your own computer systems for electrical appliances, games, toys, entertainment and more. This introductory course is project based and strives to teach you the basics of embedded computing, using the Arduino UNO system. Participants will need a Laptop/Tablet. €40 extra for Software and Hardware.

- 112 ENGLISH AS AN ALTERNATIVE LANGUAGE** €100
A fun and relaxed atmosphere to learn and practise basic English for everyday conversations with a focus on speaking listening, writing, reading, grammar and vocabulary skills. (Beginners)
- 113 ENGLISH AS AN ALTERNATIVE LANGUAGE** €100
Practical English taught for everyday situations. Emphasis on further development of all the key skills of speaking, listening, writing, reading, grammar and vocabulary. (Improvers)
- 114 EXERCISE TO ENERGISE (Age 55+) 6.30 - 7.30pm** €50
A gentle exercise routine designed to improve the condition of the heart and lungs followed by a toning programme to increase muscle strength. We will finish with stretching for flexibility and relaxation. (Do classes on Mon and Wed for only €90).
- 115 FLORISTRY** €100
Taught by a local florist, this fun 10 week course covers bouquets, arrangements, corsage, head-dress and more. Flowers are needed every week. Materials €60 extra.
- 116 HAIRDRESSING (Beginners)** €100
Basic introduction to hairdressing to include cutting, perming, colouring and up-styles.
- 117 OIL PAINTING 7.00 - 9.00pm** €100
An introduction to all aspects of oil painting for both beginners and experienced painters. Individual tuition provided at all levels. Free choice of subject matter. Please bring a photo or picture to work from and art materials.
- 118 PORTUGUESE (Beginners)** €100
Basic level of conversation for use in everyday situations.
- 119 REFLEXOLOGY - AN INTRODUCTION** €100
Would you like to look and feel healthier? Learn the benefits, common complaints and how to treat them for family and friends. Work on and receive treatments throughout the 10 weeks. Can reduce stress, headaches, insomnia, improve your mood and help with depression. We will cover Facial Reflexology also by combining the luxury of facial massage with the well being of Reflexology.
- 120 SEWING FOR BEGINNERS 5:30 - 7:25pm** €100
You'll learn to wind a bobbin and thread the machine, change the needle and install a presser foot. Become familiar with the most useful stitches. Once your machine is up and running explore the basic techniques of patchwork, quilting and craft.
- 121 SEWING & CRAFTWORK 7:30-9:30pm** €110
Learn to use a sewing machine and acquire or improve your sewing skills for repairs and alterations, dressmaking, soft furnishings, curtains, festive decorations, handbag- making and many other projects.
- 122 WEB DESIGN & BLOGGING FOR BEGINNERS** €100
Learn to create and manage a simple Website using Wordpress. Digital media, Blog, make money, sell products, SEO, Connect with Social Media and Analytics. Also learn the latest Digital Marketing techniques and practice. Taught by a professional web designer. €50 extra required for Domain name and Hosting.

- 123 YOGALATES (Conscious Movement) 7:00-8:00pm** €65
Consciously move from pilates exercise to more fluid exercise in this flowing core class. You will focus on harnessing breath to ground and move with strength, ease and openness. Suitable for all levels and abilities.
- 124 YOGALATES (Conscious Movement) 8:00-9:00pm** €65
- 125 ZUMBA!!!** 7.30-8.30 €65
Latin-inspired fitness programme that is exhilarating, effective and calorie-burning. Come to the party!
(Do classes on Mon and Wed for only €100)

Accredited Courses / College of Progressive Education

- 330 Care of the Older Person QQI Level 5** €300
Training for those interested in working with the aged in either a Nursing home or with a Homecare company. (Wednesday nights 10 Weeks + 2 Saturdays)
- 130 Special Needs Assistant QQI Level 5** €300
Designed to give the learner the knowledge and understanding of the role and function of the SNA and the skills to work as a SNA in a primary or secondary school. (Monday nights 12 Weeks)

Dóchas - Community Suicide Support

For more information, please contact
Blanchardstown Centre Oratory
(Yellow entrance) Tel. 8200915 / 0868806300

Oral Preparation Classes

Aimed at students preparing for the Leaving Certificate Oral examinations. (8 Weeks)
Mon: Irish(140) Tue: French(240) 7.00-8.30pm
Max no. of 14 per class €70
Starts: Week beginning 21st Jan

TUESDAY

- 201 BODY CONDITIONING-TOTAL WORKOUT 8.15-9.15pm €70**
Lose the fat, build the physique with total body conditioning. Increase your strength, speed and endurance. Conditioning workouts can trim fat, increase muscle tone and prepare your body for the rigours of sports.
- 202 STRICTLY BALLROOM (Beginners) 7-8pm €60**
Learn to dance for all occasions. Jive, quickstep, waltz, samba, wedding waltz. (Begins 18th Feb-8 Weeks)
- 203 STRICTLY BALLROOM (Improvers) 8-9pm €60**
Improve your dance skills further with this follow on class. Learn the Tango, Rumba and Cha-Cha-Cha. Keep fit and have fun! (Begins 18th Feb-8 Weeks)
- 204 BARBERING - BEGINNERS €100**
Level 1 introduction course to include basic cutting, blending, razor work and beard styling.
- 205 BRIDGE FOR BEGINNERS €100**
NEW! Mini bridge for complete beginners run by a CBAI accredited teacher. Introduction to the most widespread, hugely social, inexpensive, fun past time in the world. No partner is required. Start playing immediately.
- 206 CAKE DECORATION & SUGAR CRAFT 7 – 9pm €100**
(Beg/Int) Demonstration on 1st night. Course involves covering cakes including Easter Cakes, Chocolate Easter Egg, handmade chocolates and novelty cakes for Birthdays. Course materials extra.
- 207 CAR / VEHICLE MAINTENANCE €100**
Introduction to all the main components and systems of the car, safety practices and advice on the service and repair that can be carried out at home.
- 208 CARPENTRY-A PRACTICAL APPROACH (Beg.) €120**
To provide the learner with a basic understanding of Carpentry and Joinery. Understand different timbers, create basic joints, while appreciating health and safety in relation to tools and equipment. Create a mirror/ picture frame/ miniature door and frame/ architrave. (7.00 – 9.30pm)
- 209 COMPUTERS - Internet Skills 6.30-7.55pm €30**
Introduction to the Internet for beginners. This course will cover email, sending photos, internet searches, booking & buying online, TV online, podcasts, etc. (Subsidised course. 5 weeks)
- 210 COUNSELLING AND WELL BEING 7.30-9.00pm €80**
NEW! Counselling and psychology provide an understanding of how to develop and enhance well-being and resilience. Participants are encouraged to try a range of techniques for themselves in an interactive learning experience
- 211 CROCHET (All levels) €100**
Get started in the wonderful handcraft of crochet. Learn the basics needed to complete your own project and how to read a pattern. You will get 'hooked' once you start.
- 212 DRAWING FOR ANIMATION, CARTOONS & COMICS €100**
Learn the fundamentals of drawing, from designing and posing your own characters to an introduction to visual story-telling from an Animation Artist with 20 years industry experience. Ideal for those with an interest in animated film, video game design or comic art. Suitable for all levels of artist.

- 213 FIRST AID 8.00 – 9.30pm €80**
A basic course which looks at first aid treatment of burns, fractures, haemorrhage and demonstrations of CPR (8 weeks)
- 214 FRENCH (Beginners) €100**
French is one of the most romantic languages, easy to listen to and a delight to speak. Taught by a native speaker, this fun class is ideally suited to those who want to learn French to get more from holidays or just for fun!
- 215 FULL BODY MASSAGE €100**
NEW! Learn how to give and receive a Full Body Massage under the instruction of an ITEC Tutor. Learn how to massage the Body and Face, be instructed on the use of towels during the treatment, learn the mental and physical powers of a small number of Aromatherapy Oils, know the Contraindications of Massage and enjoy a meditation at the end of each Class.
- 216 GENEALOGY – Trace Your Family History €100**
Learn how to trace your Irish Ancestors. All you need is some curiosity and expert guidance to search for records, which will allow you to produce your own family tree.
- 217 GOLF (Beginners) 7.00 – 8.00pm €110**
Learn rules, etiquette, equipment, grip, stance, swing and short game. Classes held in Elmgreen Golf Centre. (6 weeks. Golf balls extra)
- 218 GOLF (Improvers) 8.00 – 9.00pm €110**
As above plus stance and swing improvements, driver and fairway shots. Classes held in Elmgreen Golf Centre. (6 weeks. Golf balls extra)
- 219 IRISH CONVERSATION (Beginners) €100**
Learn to further your knowledge of your native language in everyday situations. Bigí linn.
- 220 INTERIOR DESIGN €80**
Design a room in your home. During this 8 week course each student will be taught how to turn their individual design ideas into learning the principles of Interior Design from a professional interior designer. (8 weeks)
- 221 ITALIAN (Beginners) €100**
Basic introduction to the language, the people and the ways of Italy. A 'communicative approach'.
- 222 JEWELLERY MAKING €100**
NEW! In this exciting class learn the basic techniques of Jewellery making to let your creativity flow! Our tutor will guide you as you create your own fabulous jewellery in the early weeks, with participants working towards their own statement pieces later in the course. Equipment pack and materials €50 extra.
- 223 LUV YOUR iPad / TABLET/ SMARTPHONE 8-9:30pm €100**
Are you intimidated by iPads/ Smartphones, etc.? It's easier than you think. Demystify the operation of these amazingly useful devices for both personal and business use. Everything from setting up the machine, surfing the internet and using apps will give you confidence.
- 224 PHOTOGRAPHY AND PHOTOSHOP €100**
This course introduces the fundamental skills needed to improve day to day photography. Use either a standard digital camera or smartphone. Students are encouraged to explore their camera settings and assess their images for improvement and enhancement. A basic knowledge of Windows or smartphone operating systems is beneficial.

- 225 SELF DEFENCE FOR ALL €100**
NEW! Want to learn self-defence without getting hurt in the process? Want to get fitter and more flexible without sweating through lung bursting drills? We train WITHOUT causing pain. Relax, have fun! Course caters for men and women of all sizes and shapes!
- 226 SIGN LANGUAGE (ISL Teaching) 8.00 – 9.30pm €80**
Basic introduction to Irish sign language. Personal Identification, Language, House/Home environment, Daily Life, Weather & Travel, Relationships, Health, Education, Food/Drink, Shopping, etc.
- 227 SPANISH COOKING MADE SIMPLE €100**
NEW! Easy to make traditional Spanish dishes for everyday cooking and special occasions. You'll be ready to host your own Fiestas! Our tutor will have you eating and speaking in Spanish by the time you're finished. Ingredients extra.
- 228 TABLE TENNIS FOR ALL €100**
NEW! Become part of a social sports club. Suitable for complete Beginners or players wishing to brush up on their skills, under the guidance of our professional coach. Take part in this pastime that will excite and entertain you, in a friendly and inclusive atmosphere. Learn all the shots and skills and get playing straight away.
- 229 TAI-CHI- An Introduction(Beginners) 6.30 – 7.55 pm €75**
Tai-Chi for health. Ancient Chinese art of exercise and meditation through gentle movement. Build natural strengths to handle everyday stresses.
- 230 TAI-CHI - (Improvers) 8.00 – 9.25 pm €75**
Follow-on class for those wishing to progress with their exercise and meditation.
- 231 UKULELE (Beginners) 7:30 - 8.30pm €60**
Learn to play this little gem! Our master tutor will have you strumming, picking and playing in no time.
- 232 UKULELE (Improvers) 8.30 - 9.30pm €60**
The next step to improve your ukulele skills further.
- 233 WALK THE CAMINO YOUR WAY €100**
NEW! Have you ever wanted to walk the Camino? Our tutor will provide knowledge, advice and the support needed to walk the Camino without paying thousands to others. Have full control over "Your Camino" by planning your route, accommodation options, and much more in advance to suit your own needs.
- 234 WOODTURNING (Intermediate/Advanced) €120**
Participants must be confident with lathe and tools and have completed at least one beginners' course. €25 extra for specialist timber to be used.
- 235 HATHA YOGA (Beginners) 7.00 – 8.25 pm €75**
- 236 HATHA YOGA (Mixed Ability) 8.35 – 10.00pm €75**
Bringing balance and harmony to body and mind, this Ancient Indian discipline will help you to relax, focus and improve physical and mental health

WEDNESDAY

- 301 ASIAN COOKING (Beginners) €100**
Learn all of the techniques and tips to create restaurant quality dishes. 5 weeks of Indian and 5 weeks of Thai/Indonesian cooking. This class is a mixture of demonstration and hands-on cooking.
- 302 BARBERING - ADVANCED €100**
Level 2 course to include modern cutting and styling, razor fading and blending. Ideal for hairdressers looking to upskill to gents' styling.
- 303 BOOK-KEEPING & ACCOUNTS (Beginners) €100**
Introduction to Book-keeping, covering Day Books, Sales and Purchase Ledgers, General Ledger & Trial Balance. We will also look at Bank Reconciliations and basic Final Accounts.
- 304 BOOTCAMP 7.30 – 8.30pm €65**
Bootcamp will incorporate a number of different aspects of fitness such as cardio, circuit training, resistance, endurance and of course fun. Suitable for both Men and Women (Do classes on Mon and Wed for only €100)
- 305 BRIDGE FOR IMPROVERS €100**
Bridge for improvers run by a CBAI accredited teacher. Aimed at anyone who has within the last year to two years already taken bridge classes, maybe playing in the clubs and wishes to brush up / improve their bridge skills. Learn while having fun.
- 306 DRAWING WITH CREATIVITY (Beg.&Impr.) €100**
Learn and develop drawing skills and techniques using drawing and colour media.eg: drawing & watercolour pencil, chalk & oil pastels, charcoal, etching & mixed media in order to create landscapes, townscapes, portraits, still life, abstract & more! Possibility of using water-based paints. Also explore the style of selected artists.
- 307 EXERCISE TO ENERGISE (Age 55+) 5.30 – 6.30pm €50**
A gentle exercise routine designed to improve the condition of the heart and lungs followed by a toning programme to increase muscle strength. We will finish with stretching for flexibility and relaxation.
(Do classes on Mon and Wed for only €90).
- 308 EXERCISE TO ENERGISE - LEVEL 2 6:30 – 7:30pm €50**
Push yourself that little further, while having fun! Aimed as an advancement on our level 1 exercise programme to develop the heart and lungs with a 30 minute low impact cardio session. Followed by a variety of toning and conditioning exercises to promote strength and flexibility for the core muscles (Abs, legs and back). Our class will finish with a mix of stretches to cool down and techniques for relaxation.
- 309 FRENCH (Improvers) €100**
For those who wish to continue on after completing beginners course in conversational French. Taught by a native French speaker you will learn to use the language in a practical way just in time for summer!

- 310 GUITAR (Beginners) 7.30 – 8.30pm €60**
Have fun learning guitar in this step by step class for total beginners.
- 311 GUITAR (Improvers) 8.30 – 9.30pm €60**
From beginner to improver – learn more chords, techniques and playing styles to help your performance.
- 312 HAIRDRESSING FOR DADS 7:30-9:00PM €65**
Calling all fathers. This practical hands-on course will help fathers with their little Princesses. Help get your daughter ready for school, play dates, dancing, sport, etc. Learn how to Style, Plait/Braid, Blow-dry, etc. for those all important occasions. Earn some brownie points, while becoming the next Vidal Sassoon. (6 Weeks)
- 313 HILL WALKING AND MOUNTAIN NAVIGATION €100**
This course will include 4 in-school classes learning the skills necessary to read Hill walking maps, use a navigation compass, respect the environment, wear the correct boots, rain wear etc. For the other 6 classes, there will be a relatively easy Saturday morning walk in the Wicklow Mountains which will include navigating challenges prepared in the classroom.
- 314 IRISH CONVERSATION (Improvers) €100**
This follow-on class will help you to further improve your Irish language skills and give you a chance to practice with others. Ideal for those who learnt Irish in school and haven't used it for some time or for parents/grandparents trying to brush up on their Irish for children/grandchildren... Bigí linn.
- 315 ITALIAN COOKERY 7:30-9:30pm €100**
Finally, you can learn to prepare "Classic Italian Dishes" in this easy step by step class. Impress your friends and family with your "Italian Specialities". Ingredients extra.
- 316 MEDITATION & MINDFULNESS €100**
Learn how to become more present in your life and to lead a happier life with less worry. 2-3 seated meditations per class as well as mindfulness tasks. Includes group discussions with a focus on self-awareness and seeing our own behaviour that take us away from the present moment. Become more balanced and discover the joy and happiness within.
- 317 PIANO/KEYBOARD and MUSIC LESSONS €100**
This is your chance! Fulfil your dreams! Learn to play a piano! Our professional piano and keyboard teacher, with over 20 years experience, will provide piano and music lessons for both beginners and amateurs wishing to improve their skills.
- 318 PILATES (Beginners) 6.30– 7.30pm €65**
Pilates helps in keeping fit, works on core and leaves you feeling trained, relaxed and stretched.
- 319 PILATES (Mixed Ability) 7.30– 8.30pm €65**
Pilates helps in keeping fit, works on core and leaves you feeling trained, relaxed and stretched.
- 320 PILATES (Improvers) 8.30– 9.30pm €65**
Push yourself a little further with this follow on class. More difficult movements and positions will be introduced.
- 321 SPANISH (Beginners) 6:30-8:00pm €90**
Basic level of conversation for use in everyday situations.

- 322 SPANISH (Improvers) 8:00-9:30pm €90**
A follow on course for those who have completed a beginner's course and wish to further improve their vocabulary and grammar.
- 323 STAINED GLASS (Beginners to Intermediate) €120**
Using the Tiffany Style (Copper Foil) technique, learn how to create light catchers and mirrors. Mosaics will also be covered. (8 Weeks.)
- 324 TOP TO TOE BEAUTY €100**
Enhance your appearance with professional advice and tips on make-up, skincare, hair and nails from a qualified MAC make-up artist. Get that salon look for less!
- 325 WOODTURNING (Beginners) €120**
Learn all you need to know to start or improve your woodturning. No experience necessary, just a love of wood. Beginners will make a candlestick holder & a two-piece lamp. €25 extra for specialist timber to be used.
- 326 YOGA - (Beginners&Improvers) 7.00 – 8.25pm €75**
- 327 YOGA - (Beginners&Improvers) 8.35 – 10.00pm €75**
Bringing balance and harmony to body and mind, this Ancient Indian discipline will help you to relax, focus and improve physical and mental health.
- 328 ZUMBA!!! 7.30 - 8.30 pm €65**
Latin-inspired fitness programme that is exhilarating, effective and calorie-burning. Come to the party!
(Do classes on Monday and Wednesday for only €100)

ROOM HIRE

Wide Selection of Class Rooms, Halls & Sports Equipment Available to Hire at the Lowest Rates.
Free use of premises available to Community Groups
Tel: 01 820 9863
Email: adult_ed@eircom.net

NEW COURSES:

If you don't see a course here to interest you, or have a suggestion for a new course, please let us know. If you are interested in tutoring a new course, we'd love to hear from you.
Please email us at: adult_ed@eircom.net