



Cabinteely Community School

Adult Education Programme

Spring 2019

Commencing January 2019

**PLEASE BOOK
EARLY
TO AVOID
DISAPPOINTMENT**

**Morning Classes
Evening Classes
QAI Courses
Room Rental**

CCS



Cabinteely Community School

Johnstown Road, Cabinteely, Dublin 18

Enquiries: 01 285 7455

www.cabinteelyadulthoodeducation.ie

Email: info@cabinteelyadulthoodeducation.ie

Facebook: www.facebook.com/cabinteelyadulthoodeducation

Twitter: [@CabinteelyAdult](https://twitter.com/CabinteelyAdult)



ENROLMENT

Online: Available from 26th November 2018 www.cabinteelyadulthoodeducation.ie
Daytime Enrolment: From 26th November 2018. Phone 01 2857455
Payment Methods: Credit/Debit Card Preferred

Students in receipt of old age pensions or supplementary benefits are entitled to a 10% discount on most classes on production of the necessary documentation.

GIFT VOUCHERS AVAILABLE

All 2.25 hour classes include a 15 minute tea break
Tea, coffee, hot food and snacks available on Monday, Tuesday and Wednesdays from 6.30pm

**WIN A
FREE TABLET!**
Enrol online before 4pm
Wednesday 16th January
& enter competition for a FREE
Samsung Galaxy Tab
A 7" Black Tablet

CLASS FEES CANNOT BE REFUNDED UNLESS A CLASS IS CANCELLED

- The minimum age for courses is 16 years
- Students must enrol before attending classes
- Class times/duration are subject to change
- Classes will only form when a minimum of 8 people enrol.
We will contact you only if the course is not formed.
- It is recommended that you do not buy course material until the course is confirmed
- Those participating in physical exercise classes may need to seek medical advice before commencing
- Smoking is not permitted on the school premises/grounds
- Cabinteely Adult Education cannot accept responsibility for any loss, damage or injury to persons or property whilst on the school premises/grounds
- Please note the information contained in this brochure is as accurate as possible at the time of production

**Limited parking
available, so
arriving early is
advisable**

NEW COURSE IDEAS

If you have a course that you would like to see offered or would like to teach a course with us, please contact us at info@cabinteelyadulthoodeducation.ie

TO FIND CABINTEELY COMMUNITY SCHOOL

Using the N11: From Stillorgan

Head south on Stillorgan Road/N11. At Cabinteely Village Junction - turn left onto Johnstown Road. Turn right at next traffic lights. Destination directly ahead.

From Bray

Head north on M11 towards Exit 5. Keep left at the fork to stay on M11, follows signs for City Centre. At the roundabout, take second exit onto N11. At Cabinteely Village Junction - turn right onto Johnstown Road. Turn right at next traffic lights. Destination directly ahead.

Using the M50 Southbound

Exit Junction 16 on M50 for Cherrywood. Go straight at first lights and turn left at next traffic lights onto N11. At Cabinteely Village Junction - turn right onto Johnstown Road. Turn right at next traffic lights. Destination directly ahead.

Bus Routes: 63, 145

MORNING CLASSES

MONDAY MORNING COMMENCING 21ST JANUARY 2019

FRENCH - BEGINNERS 2 €110

8070 Christiane Abrassart 9.30 – 11.00am (12 weeks)

HEALING YOGA €80

8020 Marie Angeline Lascaux 10.45am – 12.15pm (10 weeks)

MINDFULNESS & WELLBEING COURSE €110

8160 Veronica Coughlan 11.00am – 12.30pm (10 weeks)

PILATES – ALL LEVELS €95

8010 Clare Ryan 9.30 – 10.30am (12 weeks)

RUNNING - LEARN TO RUN IN 8 WEEKS €95

8030 Clare Ryan 10.30-11.30am. Twice Weekly - Monday & Thursday Mornings (8 weeks)

TUESDAY MORNING COMMENCING 22ND JANUARY 2019

ALEXANDER TECHNIQUE – INTRODUCTORY NEW €85

8150 Masoumeh Melrose 10.00am – 12 noon (6 weeks)

Course 1 commencing 22nd January 2019 | Course 2 commencing 5th March 2019

BRIDGE - BEGINNERS - Phase 2 €115

8180 Ann O'Rourke 10.00am – 12.00 noon (12 weeks)

BRIDGE - IMPROVERS €115

8140 Ann O'Rourke 12.00 noon - 2.00pm (12 weeks)

EDIBLE ART CLASS NEW €110

8100 Sinead Nolan 10.30am - 12.30pm (10 weeks)

Ingredients will be provided at an extra cost of approx. €45

YOGA FOR THE OVER-50s/ACTIVE RETIRED €95

8120 Frankie Heany 10.00am – 11.30am (12 weeks)

WEDNESDAY MORNING COMMENCING 23RD JANUARY 2019

FLORAL DESIGN (Flower Arranging) €125

8190 Siobhan Harrison 11.15am – 1.15pm (10 weeks)

MINDFULNESS & WELLBEING COURSE - CONTINUATION NEW €110

8170 Veronica Coughlan 11.00am – 12.30pm (10 weeks)



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SPANISH – BEGINNERS 2 €130

8130 Leticia Medina Andres 9.30 – 11.30am (12 weeks)

SPANISH – BEGINNERS NEW €130

8040 Leticia Medina Andres 11.30am - 1.30pm (12 weeks)

THURSDAY MORNING COMMENCING 24TH JANUARY 2019

PILATES – ALL LEVELS €95

8110 Clare Ryan 9.30am – 10.30am (12 weeks)

RUNNING - LEARN TO RUN IN 8 WEEKS (commencing 21st January 2019) €95

8030 Clare Ryan 10.30-11.30am - Twice Weekly - Monday & Thursday Mornings (8 weeks)

TAI CHI & QI GONG €90

8060 Laurence Reddin 9.30am – 10.45am (12 weeks)

EVENING CLASSES

MONDAY NIGHT COMMENCING 21ST JANUARY 2019

ART HISTORY €110

1010 John O'Riordan 7.30 - 9.45pm (10 weeks)

BALLROOM & LATIN DANCING - BEGINNERS (commencing 28th January 2019) €80

1110 Eithne Monahan 7.30 – 8.30pm (10 weeks)

BALLROOM & LATIN DANCING - IMPROVERS (commencing 28th January 2019) €80

1120 Eithne Monahan 8.40 – 9.40pm (10 weeks)

BRIDGE – BEGINNERS - Phase 2 €115

1240 Ann O'Rourke 6.45 – 8.45pm (12 weeks)

BRIDGE - IMPROVERS €90

1300 Ann O'Rourke 8.30 – 10.00pm (12 weeks)

CAR MAINTENANCE €110

1280 Henry Harris 7.30 – 9.45pm (10 weeks)

CREATIVE WRITING - ALL LEVELS €110

1030 Veronica Casey 7.30 - 9.45pm (10 weeks)

GOLF - BEGINNERS €110

1250 Billy Kinsella 7.15 - 8.15pm (10 weeks)

METALWORK / METALCRAFT – BEGINNERS/IMPROVERS €150

1340 John Mahony 7.30 – 9.45pm (10 weeks)

PILATES – ALL LEVELS	€95
1140 Eliza Rzepko 7.00 – 7.55pm (12 weeks)	
1150 Eliza Rzepko 8.05 – 9.00pm (12 weeks)	
POTTERY – BEGINNERS	€130
1370 Chris Lukaszewicz 7.30 – 9.45pm (10 weeks)	
RUNNING - IMPROVERS RUNNING CLUB NEW	€140
1330 Clare Ryan 6.00-6.55pm. Twice Weekly. Monday & Wednesday Evenings (12 weeks)	
SPANISH – BEGINNERS 2	€130
1310 Cristina Arizaga 7.15 – 9.30pm (12 weeks)	
SPECIAL NEEDS ASSISTING (SNA) – QQI LEVEL 6 (6N1957)	€240
9061 Denise O'Carroll 7.00 – 9.45pm (10+1 weeks)	
STAINED GLASS	€130
1090 Bernie Norris 7.00 – 9.15pm (10 weeks)	
TAI CHI & QI GONG – BEGINNERS	€80
1170 Monica O'Loughlin 7.00 – 8.00pm (12 weeks)	
UKULELE	€65
1160 7.30 – 8.30pm (10 weeks)	
WATERCOLOURS - BEGINNERS / IMPROVERS	€110
1040 Brian O'Farrell 7.30 – 9.45pm (10 weeks)	
WOOD CARVING	€170
1100 Billy Egginton 7.30 – 9.45pm (10 weeks)	
YOGA - BEGINNERS	€95
1190 Frankie Heany 8.35 – 10.00pm (12 weeks)	
YOGA – IMPROVERS	€95
1200 Miriam Brady 7.00-8.25pm (12 weeks)	
1210 Miriam Brady 8.35-10.00pm (12 weeks)	
YOGA FOR THE OVER-50s/ACTIVE RETIRED	€95
1220 Frankie Heany 7.00 - 8.25pm (12 weeks)	
ZUMBA - ALL LEVELS	€80
1230 Mirva Walsh 8.00 - 9.00pm (12 weeks)	



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ALEXANDER TECHNIQUE – INTRODUCTORY	€85
2000 Masoumeh Melrose 7.30 - 9.45pm (6 weeks) Course 1 commencing 22nd January 2019 Course 2 commencing 5th March 2019	
COMPUTERS – BEGINNERS	€125
2050 Carol Whelan 7.00 – 8.25pm (10 weeks)	
COMPUTERS - IMPROVERS	€125
2060 Carol Whelan 8.35 – 10.00pm (10 weeks)	
COOKERY – ASIAN COOKING	€120
2030 Colette Walker 7.15 – 9.30pm (8 weeks) Ingredients will be provided at an extra cost of approx. €45.	
COOKERY – COOKING FOR BEGINNERS	€120
2080 Noeleen Brady 7.30 – 9.45pm (8 weeks) Ingredients not included.	
D.I.Y. NEW	€130
2240 7.30 - 9.45pm (10 weeks)	
EARLY CHILDHOOD CARE & EDUCATION PRACTICE – QQI LEVEL 5 (5N1770) NEW	€195
9023 7.00 – 9.45pm (12 weeks)	
EDIBLE ART CLASS NEW	€110
2070 Sinead Nolan 7.30 – 9.45pm (10 weeks) Ingredients will be provided at an extra cost of approx. €45	
FLORAL DESIGN (Flower Arranging) NEW	€125
2010 Siobhan Harrison 7.30 - 9.45pm (10 weeks)	
FOLK GUITAR - BEGINNERS	€80
2100 7.30 – 8.30pm (12 weeks)	
FOLK GUITAR - IMPROVERS	€80
2110 8.45 – 9.45pm (12 weeks)	
INTRODUCTION TO SCALE MODEL AIRCRAFT KIT BUILDING NEW	€120
2130 Roy Kinsella 7.30 – 9.45pm (10 weeks). Additional fee of €25 to cover cost of tools and materials paid directly to the tutor on the first night.	
ITALIAN - BEGINNERS	€130
2200 Claudia Fini 7.30 – 9.45pm (12 weeks).	
JEWELLERY MAKING NEW	€120
2140 Stacey Kemp 7.30 – 9.45pm (10 weeks). Additional cost of €75.00 to cover cost of 22 project kits to be paid directly to the tutor on the first night.	
OIL PAINTING – BEGINNERS NEW	€130
2230 7.30 – 9.45pm (12 weeks)	

PASSIONATE ABOUT ME (PAM) NEW	€90
2120 Anni Kilgallon 7.30 – 9.00pm (8 weeks)	
PHOTOGRAPHY – BASIC DIGITAL PHOTOGRAPHY	€110
2040 Caroline D’Arcy 7.30 – 9.45pm (10 weeks)	
PILATES – ALL LEVELS NEW	€95
2210 Ruth Sharkey 7.00 -7.55pm (12 weeks)	
2220 Ruth Sharkey 8.05-9.00pm (12 weeks)	
POTTERY – MOULD- MAKING & SLIP- CASTING NEW	€130
2190 Kate O’Kelly 7.30 – 9.45 (10 weeks)	
RUNNING - LEARN TO RUN IN 8 WEEKS	€95
2020 Clare Ryan 6.15 – 7.15pm. Twice Weekly. Tuesday & Thursday Evenings (8 weeks)	
SMALL GROUP FITNESS (max 10 students) NEW	€110
2180 Mirva Walsh 7.00 – 8.00pm (10 weeks). Prior to commencement of the course students are requested to complete and return a questionnaire to establish their fitness levels and goals	
SPECIAL NEEDS ASSISTING (SNA) – QQI LEVEL 5 (5N1786)	€240
9021 Denise O’Carroll 7.00 – 9.45pm (10 + 1 weeks)	
TAI CHI & QI GONG –ALL LEVELS NEW	€80
2170 Ming Ng 7.00 – 8.00pm (12 weeks)	
TRANSFORM YOUR HOME	€110
2090 Danielle Dooris 7.30 – 9.45pm (10 weeks)	
YOGA – ALL LEVELS NEW	€95
2150 Mary Boylan 7.00 – 8.25pm (12 weeks)	
2160 Mary Boylan 8.35 – 10.00pm (12 weeks)	
WEDNESDAY NIGHT COMMENCING 23RD JANUARY 2019	
ACCOUNTING MANUAL & COMPUTERISED – QQI LEVEL 5 (5N1348) NEW	€195
9012 7.00 – 9.45pm (12 weeks)	
BALLROOM AND LATIN DANCING – BEGINNERS (commencing 30th January 2019)	€80
3080 Eithne Monahan 7.30 - 8.30pm (10 weeks)	
BALLROOM AND LATIN DANCING – IMPROVERS (commencing 30th January 2019)	€80
3090 Eithne Monahan 8.40 – 9.40pm (10 weeks)	
BODY FIT	€80
3150 Mirva Walsh 8.00 – 9.00pm (12 weeks)	



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COOKERY – COOKING FOR WEIGHT LOSS	€90
3160 Cathy Soraghan 7.30 – 9.45pm (8 weeks) Ingredients not included.	
COOKERY – SWEET HOME BAKING	€120
3050 Sharon Burrell 7.30 – 9.45pm (8 weeks) Ingredients not included.	
COUNTRY JIVE & LINE DANCING – BEGINNERS	€120
3060 7.00 - 9.00pm (10 weeks)	
CREATIVE WRITING - ALL LEVELS	€110
3200 Veronica Casey 7.30 - 9.45pm (10 weeks)	
D.I.Y.	€130
3220 David Groves 7.30 - 9.45pm (10 weeks)	
EARLY CHILDHOOD EDUCATION & PLAY - QQI LEVEL 5 (5N1773) NEW	€195
9024 7.00 – 9.45pm (12 weeks)	
ECDL ESSENTIALS	€240
3040 Carol Whelan 7.00 - 10.00pm (12 weeks)	
FLORAL DESIGN (Flower Arranging)	€125
3280 Siobhan Harrison 7.30 - 9.45pm (10 weeks)	
FRENCH - BEGINNERS	€90
3310 Catherine Mc Govern 7.00 - 8.25pm (10 weeks)	
FRENCH - INTERMEDIATE	€90
3320 Catherine Mc Govern 8.35 - 10.00pm (10 weeks)	
GOLF- BEGINNERS	€110
3250 Billy Kinsella 7.15 - 8.15pm (10 weeks)	
ITALIAN - IMPROVERS	€110
3330 Claudia Fini 7.00 – 8.25pm (12 weeks)	
ITALIAN - INTERMEDIATE	€110
3340 Claudia Fini 8.35 – 10.00pm (12 weeks)	
MARINE ENGINE MAINTENANCE	€110
3270 Henry Harris 7.30 – 9.45pm (10 weeks)	
MINDFULNESS & WELLBEING COURSE	€110
3100 Veronica Coughlan 7.00 – 8.30pm (10 weeks)	
OIL PAINTING – BEGINNERS / IMPROVERS	€110
3140 Brian O’Farrell 7.30 – 9.45pm (10 weeks)	
PAYROLL MANUAL & COMPUTERISED - QQI LEVEL 5 (5N1546) NEW	€195
9011 7.00 – 9.45pm (12 weeks)	
PILATES – ALL LEVELS	€95
3430 Clare Ryan 7.05 – 8.00pm (12 weeks)	

PILATES – ALL LEVELS	€95
3130 Deirdre Doyle 8.00 - 9.00pm (12 weeks)	
POTTERY	€145
3070 Valerie Coombes 7.15 - 9.45pm (10 weeks)	
RUNNING - IMPROVERS RUNNING CLUB (commencing 21st January 2019) NEW	€140
1330 Clare Ryan 6.00 – 6.55pm. Twice Weekly. Monday & Wednesday Evenings (12 weeks)	
SIMPLY DRAWING	€130
3020 Caroline O’Farrell 7.30 - 9.45pm (12 weeks)	
SPANISH – BEGINNERS	€110
3360 Cristina Arizaga 7.00 – 8.25pm (12 weeks)	
SPANISH – INTERMEDIATE 1 A	€110
3350 Cristina Arizaga 8.35 – 10.00pm (12 weeks)	
SPANISH – INTERMEDIATE 2 A	€110
3370 Isabel Morales-Duffy 7.30 – 9.45pm (10 weeks)	
SPECIAL NEEDS ASSISTING (SNA) – QQI LEVEL 5 (5N1786)	€240
9022 Sarah Thornburgh 7.00 – 9.45pm (10+1 weeks)	
TAI CHI & QI GONG - ALL LEVELS	€80
3440 Ming Ng 7.00 – 8.00pm (12 weeks)	
WATERCOLOURS - IMPROVERS	€130
3030 Katrin O’Shea 7.30 – 9.45pm (12 weeks)	
WEB DESIGN WITH WORDPRESS	€125
3290 Owen Forsyth 7.30 – 9.45pm (12 weeks)	
WOODWORK/WOODCRAFT	€150
3110 Billy Egginton 7.30 – 9.45pm (10 weeks)	
YOGA – ALL LEVELS	€95
3170 Gillian Morrissey 7.00 - 8.25pm (12 weeks)	
YOGA - ALL LEVELS	€95
3180 7.30 - 9.00pm (12 weeks)	

THURSDAY NIGHT COMMENCING 24TH JANUARY 2019

RUNNING - LEARN TO RUN IN 8 WEEKS (commencing 22nd January 2019)	€95
2020 Clare Ryan 6.15 – 7.15pm. Twice Weekly. Tuesday & Thursday Evenings. (8 weeks)	
SPECIAL NEEDS ASSISTING (SNA) – QQI LEVEL 6 (6N1957)	€240
9062 Denise O’Carroll 7.00 – 9.45pm (10 + 1 weeks)	



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QQI COURSES



QQI AWARD

A QQI information evening will take place on Monday 14th January 2019 from 7pm. Please bring your PPS number. Where work experience is required, we recommend that students obtain work experience before the course commences. In addition, students should apply for Garda Vetting to the institution where they are undertaking their work experience. Students do not need Garda Vetting when doing work experience through their own job

9023 QQI LEVEL 5

EARLY CHILDHOOD CARE & EDUCATION PRACTICE 5N1770 €195

Tuesday Evenings 7.00 – 9.45pm (12 weeks) commencing Tuesday 22nd January, 2019

The purpose of this award is to equip the learner with the knowledge, skill and competence in Early Childhood Care and Education Practice to enable the learner to work under direction with children, their families and colleagues within early childhood care and education settings.

9024 QQI LEVEL 5

EARLY CHILDHOOD EDUCATION & PLAY 5N1773 €195

Wednesday Evenings 7.00 – 9.45pm (12 weeks) commencing Wednesday 23rd January, 2019

The purpose of this award is to equip the learner with the knowledge, skill and competence to ensure that each child's learning, development and well-being is facilitated through the provision of opportunities, experiences, activities, interaction, materials and equipment, having regard to the age and stage of development of the child and the child's cultural context.

QQI LEVEL 5

SNA - SPECIAL NEEDS ASSISTING 5N1786 €240

9021 Tuesday Evenings 7.00 – 9.45pm over 10+1 weeks commencing Tuesday 22nd January 2019. Denise O'Carroll

9022 Wednesday Evenings 7.00 – 9.45pm over 10 + 1 weeks commencing Wednesday 23rd January 2019. Sarah Thornburgh

The purpose of this award is to equip the learner with the knowledge, skill and competence in the practices and principles underpinning the role of a Special Needs Assistant to enable the learner to work effectively under direction in a special needs assisting capacity.

WIN A FREE TABLET!

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QQI LEVEL 6

SNA - SPECIAL NEEDS ASSISTING 6N1957

€240

9061 Monday Evenings 7.00 – 9.45pm over 10+1 weeks commencing Monday 21st January 2019. Denise O'Carroll

9062 Thursday Evenings 7.00 – 9.45pm over 10 + 1 weeks commencing Thursday 24th January 2019. Denise O'Carroll

This course is designed for learners who wish to progress from a QQI Level 5 to a QQI Level 6 qualification. The purpose of this award is to equip the learner with the knowledge, skill and competence in the theory and practice underpinning the education and care of those who present with special educational needs to enable the learner to assist in the provision of this education and care.

9012 QQI LEVEL 5

ACCOUNTING MANUAL & COMPUTERISED

5N1348

€195

Wednesday Evenings

7.00 – 9.45pm (12 weeks)

commencing Wednesday 23rd January 2019

This Level 5 Course is designed to help the student to understand the principles and practice of maintaining financial records manually and using integrated accounting software. It is designed for those with a basic knowledge of computers and an interest in accounting. It is designed to support the learner in being able to carry out a range of accounting procedures, to include forecasts, budgets, producing accounts, reports, and calculations.

9011 QQI LEVEL 5

PAYROLL MANUAL & COMPUTERISED

5N1546

€195

Wednesday Evenings

7.00 – 9.45pm (12 weeks)

commencing Wednesday 23rd January 2019

The purpose of this award is to provide the student with the knowledge, skills and competence to operate and maintain accurate payroll records using manual and computerised systems for an organisation, working under general direction and supervision. It is designed to support the learner who wishes to learn the knowledge and skills necessary to maintain payroll records manually and on a computer in a small to medium sized business/ organisation.

Please visit our website on

www.cabinteelyadulthoodeducation.ie

for full details on our QQI Certificate courses.

RENTAL

We have a wide range of excellent facilities available for rental by individuals or groups. For further information contact us on 01 2857455



Sports Hall: Dimensions: 31m x 18m, Balcony: 18m x 9m, suitable for Sports Training, Indoor Matches, Exercise Classes, etc.

Large Hall with Stage: Dimensions: 22m x 11m, suitable for Large Meetings, Choirs, Bands, Drama Classes, etc. Capacity: 230 seated

Large Meeting Room: Dimensions: 14m x 12m, suitable for Large Meetings, Choirs, Bands, etc. Capacity: 120 seated

Meeting Room: Dimensions: 14m x 7m, suitable for Meetings, etc. Capacity: 60 seated

Classroom: Dimensions: 8m x 6m, suitable for Meetings, etc. Capacity: 40 seated

Computer Room: Dimensions: 14m x 7m, Capacity: 30 Computers

Home Economics Room: Dimensions: 12m x 9m, Capacity: 7 Cookers



BOOGIE BOUNCE XTREME:

TUESDAY and THURSDAY 7.00 - 8.00pm

Contact: Emma 083 8184900 email:bbx@unifyfitness.com

JUDO:

TUESDAY and THURSDAY: 5.00-6.00pm SPECIAL NEEDS; 6.00-7.30pm

JUNIORS (under 13); 7.30 – 9.00pm ADULTS (over 13)

Contact: Frederick 086 0449126

SLIMMING WORLD:

THURSDAY 5.30pm & 7.30 pm

Contact: Michele 087 6102127