Online Enrolment Procedure

- Go on to www.hartstown-cep.com
 Select the online enrolment option on the home page
- 3. Choose the course you want
- 4. Register

GENERAL INFORMATION

FEES

- 1. Fees are payable on enrolment.
- 2. Fees are non-refundable except where a class is not formed. In such a case, you may choose another class or have your fee refunded.
- 3. Fees cover tuition and the use of the building only. Materials used are at the discretion of the tutors and must be paid for separately.
- 4. A discount of €15 per course on production of Senior Citizens Pension Book / proof of unemployment benefit.

CLASSES

- 1. The formation of classes depends on demand & availability of teachers.
- 2. Transfer from one class to another is not permitted
- except with the permission of the Adult Education Director.
- 3. Numbers may have to be restricted in certain courses.
- 4. Courses are provided for those over 16 years of age.
- 5. All adult classes are of 10 weeks duration unless otherwise stated.

OTHER

- 1. Only credit/debit card bookings will be accepted by telephone or online.
- 2. Smoking is not permitted on school premises and grounds.
- 3. All students attend at their own risk. The Board of Management cannot accept any responsibility for injury to any person or for property stolen or mislaid on the premises. Please advise tutor of any relevant medical condition

HOW TO FIND US



DATES FOR YOUR DIARY

	MON	TUES	WEDS			
WEEK 1	30TH SEP	1ST OCT	2ND OCT			
WEEK 2	7TH OCT	8TH OCT	9TH OCT			
WEEK 3	14TH OCT	15TH OCT	16TH OCT			
WEEK 4	21ST OCT	22ND OCT	23RD OCT			
MIDTERM BREAK 28th OCT - 1st NOV						
WEEK 5	4TH NOV	5TH NOV	6TH NOV			
WEEK 6	11TH NOV	12TH NOV	13TH NOV			
WEEK 7	18TH NOV	19TH NOV	20TH NOV			
WEEK 8	25TH NOV	26TH NOV	27TH NOV			
WEEK 9	2ND DEC	3RD DEC	4TH DEC			
WEEK 10	9TH DEC	10TH DEC	11TH DEC			

HARTSTOWN **COMMUNITY SCHOOL**



COMMUNITY EDUCATION PROGRAMME

AUTUMN 2019



ENROLMENT

- ◆ Online From 15th August (See pg 11)
- Post/Phone From 26th August, 10am 3pm
- School 16th September, 7-9pm Secretary available Mon-Fri 10am - 3pm

CLASSES COMMENCE Week beginning Monday 30th September

CLASS TIMES 7.30 - 9.30 PM **UNLESS OTHERWISE STATED**

POSTAL ENROLMENT FORM

i.	Name:
l	Address:
	Email:
l	Mobile No:Home Ph:
	Course: No:
L	Amount Enclosed €(No Cash Please)
l	Credit/Debit Card Application:
	Visa Credit 🗌 Visa debit 🗌 Mastercard Credit 🗌
L	Mastercard Debit
1	Credit Card No.
i	
l	Expiry Date
i.	Cardholder's Name
L	Please Note:
ľ	1. UNLESS YOU ARE CONTACTED BY THE SCHOOL YOU HAVE BEEN ACCEPTED ON YOUR FIRST CHOICE COURSE.
i.	2. FULL COURSE FEES MUST ACCOMPANY THIS FORM
I	3. CHEQUES MADE PAYABLE TO HARTSTOWN COMMUNITY SCHOOL

HARTSTOWN COMMUNITY SCHOOL DUBLIN 15

COMMUNITY EDUCATION

DEPARTMENT Tel. 8209863 Fax: 8209867

www.hartstown-cep.com

Secretary available 10am - 3pm

E-mail: adult_ed@eircom.net

ADULT EDUCATION DEPARTMENT

MONDAY

101 ANGELS

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 BOOTCAMP

7.30-8.30pm

€90

€100

€100

€100

€70 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 €110)

103 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.

104 CERAMICS/ POTTERY (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.

105 COOKING FOR MEN

Men love to cook too! This course gives men the chance NEW! to improve their cooking and baking skills and add to their repertoire of favourite meals. The emphasis will be placed on cooking meals that men traditionally like to cook (and eat!).

- 106 COMPUTERS FOR BEGINNERS 7.00-9.00pm €100 Designed to give the basic knowledge required to carry out every day routine work on a computer.
- 107 COMPUTERS-MS Office (Interm) 8.00-9.30pm €90 Based on the key applications in MS Office. Word. Excel. Powerpoint and Publisher. Course will cover basic tasks through to advanced. Some previous computer knowledge required and access to a PC an advantage.

108 CREATIVE WRITING

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 DIY / HOME MAINTENANCE

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.

110 DOG GROOMING & 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!

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 (Beginners)

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.

113 ENGLISH AS AN ALTERNATIVE LANGUAGE €100 (Improvers)

Practical English taught for everyday situations. Emphasis on further development of all the key skills of speaking, listening, writing, reading, grammar and vocabulary.

- 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. Discount applied. (Do classes on Mon and Wed for only €90).
- 115 FLORISTRY

Taught by a local florist, this fun 10 week course covers hand tied bouquets, Christmas arrangements, pumpkin arrangements and more. (Flowers and materials pack extra)

- **116 HAIRDRESSING (Beginners)** €100 Basic introduction to hairdressing to include cutting, perming, colouring and up-styles.
- **117 INTERIOR DESIGN** €90 Beginners. Introduction to Interior design. Colour wheel, wall coverings, floor coverings, room style, lighting, mood boards, room planning and how to accessorise. (8 weeks)
- **118 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.
- **119 PORTUGUESE (Beginners)** €100 Basic level of conversation for use in everyday situations.
- **120 REFLEXOLOGY/FACIAL REFLEXOLOGY** €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.
- **121 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 dressmaking, patchwork, quilting and craft.

122 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.

- **123 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.
- 124 YOGALATES (Conscious Movement) 7:00-8:00pm €70 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.
- 125 YOGALATES (Conscious Movement) 8:00-9:00pm €70
- 126 ZUMBA!!!

€100

7.30-8.30 €70

Latin-inspired fitness programme that is exhilarating, effective and calorie-burning. Come to the party! (Do classes on Mon and Wed for only €110)

DÓCHAS-Community Suicide Support

For more information, please contact **Blanchardstown Centre Oratory** (Yellow entrance) 01 820 0915 / 086 880 6300

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 14th October

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

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) 7:00-8:00pm €70 Learn to dance for all occasions. Jive, guickstep, waltz, samba, wedding waltz.
- 203 STRICTLY BALLROOM (Improvers) 8:00-9:00pm €70 Improve your dance skills further with this follow on class. Learn the Tango, Rumba and Cha-Cha-Cha. Keep fit and have fun!
- 204 BARBERING (Beginners) €100 Level 1 introduction course to include basic cutting, blending, razor work and beard styling.

205 BRIDGE FOR BEGINNERS €100 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 (Beginners & Intermediate)

Demonstration on 1st night. Course covers birthday, christening, halloween and christmas cakes, including figurines and decorations. 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. 7-9:30pm
- 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) €100

210 CROCHET (All levels)

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.

- 211 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.
- 212 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)

213 FRENCH (Beginners)

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!

214 FULL BODY MASSAGE

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.

- 215 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.
- 216 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)
- 217 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)
- 218 IRISH CONVERSATION (Beginners) €100 Learn to further your knowledge of your native language in everyday situations. Bígí linn.
- **219 ITALIAN (Beginners)** €100 Basic introduction to the language, the people and the ways of Italy. A 'communicative approach'.
- **220 JEWELLERY MAKING** €100 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.
- 221 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.

222 NUTRITION. EXERCISE & WELLBEING €100

- This healthy eating, lifestyle and weight management program is designed to improve your health and wellbeing by employing effective strategies for personal change to create sustainable future healthy eating habits, exercise and mindfulness for health.
- **223 PHOTOGRAPHY & PHOTOSHOP** €100 Introductory course in photography. Participants learn about camera techniques and controls, image quality, composition, exposure and an introduction to digital manipulation. Course suited to both film and digital camera users.

224 SELF DEFENCE FOR ALL

€100

€100

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!

- 225 SIGN LANGUAGE (ISL Teaching) 8.00-9.30pm € 90 Basic introduction to Irish sign language. Personal Identification, Language, House/Home environment, Daily Life, Weather & Travel, Relationships, Health, Education, Food/Drink, Shopping, etc.
- 226 SPANISH COOKING MADE SIMPLE

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.

227 TABLE TENNIS FOR ALL €100 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.

228 TAI-CHI: (Beginners) 6.30-7.55pm €80 Tai-Chi for health. Introduction to the gentle art of Tai-Chi. Build

natural strength to reduce stress, bring better balance to your life and cope with pressure.

- 229 TAI-CHI: (Improvers) 8.00-9.30pm €80 Follow-on class for those wishing to progress with their exercise and meditation.
- 230 UKULELE (Beginners) 7:30-8.30pm €65 Learn to play this little gem! Our master tutor will have you strumming, picking and playing in no time.
- 231 UKULELE (Improvers) 8.30-9.30pm €65 The next step to improve your ukulele skills further.
- 232 WALK THE CAMINO YOUR WAY

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 "Your Camino" by planning your route, accommodation options, and much more in advance to suit vour own needs.

- 233 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.
- 234 HATHA YOGA (Beginners) 7.00-8.25 pm €80

235 HATHA YOGA (Mixed Ability) 8.35-10.00 pm €80 Bringing balance and harmony to body and mind, this Ancient Indian discipline will help you to relax, focus and improve physical and mental health.

€100

€100

€100

WEDNESDAY

301 ASIAN COOKING (Beginners) €100 Learn all of the techniques and tips to create restaurant guality 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 €70 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 €110)
- **305 BRIDGE FOR IMPROVERS** €100 Bridge for improvers run by a CBAI accredited teacher. Aimed NEW 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. & Imp.) €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. Discount applied. (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. Discount applied. (Do classes on Mon and Wed for only €90)

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 €65 Have fun learning guitar in this step by step class for total beginners.

311 GUITAR (Improvers) 8.30 - 9.30pm From beginner to improver - learn more chords, techniques

and playing styles to help your performance.

312 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.

€65

- 313 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. Bígí linn.
- **314 ITALIAN COOKERY** €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.
- **315 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.
- 316 PIANO/KEYBOARD & 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.
- 317 PILATES (Mixed Ability) 7.00-8.00pm €70 Pilates helps in keeping fit, works on core and leaves you feeling trained, relaxed and stretched
- 318 PILATES (Improvers) € 70 mq00.9-00.8 Push yourself a little further with this follow on class. More difficult movements and positions will be introduced.
- 319 SPANISH (Beginners) 6:30-7:55pm €90 Basic level of conversation for use in everyday situations.
- 320 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.
- 321 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)
- 322 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!
- 323 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.

324 YOGA (Beg	g. & Imp.)	7.00 – 8.25pm	€80
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- 325 YOGA (Beg. & Imp.) 8.35 - 10.00pm €80 Bringing balance and harmony to body and mind, this Ancient Indian discipline will help you to relax, focus and improve physical and mental health.
- 326 ZUMBA!!! 7.30 - 8.30pm €70 Latin-inspired fitness programme that is exhilarating. effective and calorie-burning. Come to the party! (Do classes on Monday and Wednesday for only €110)

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

ACCREDITED COURSES / COLLEGE OF PROGRESSIVE EDUCATION

130 Special needs assisstant QQI Level 5 €325 NEW! (Monday nights 12 Weeks)

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.

Special needs assisstant QQI Level 6 €325 131

- (Monday nights 10 Weeks from January)
- Care of the Older Person QQI Level 5 €325 330

NEW! (Wednesday nights 12 Weeks)

NEW!

Training for those interested in working with the aged in either a Nursing home or with a Homecare company.

Business Studies (Adv.) QQI Level 6 €1200 132 NEW!

- (Monday and Wednesday nights 34 Weeks)
- This Major Award course will allow learners to develop professional management and business skills which will open up opportunities for a career of their choice, in the area of management, finance, business planning, sales and marketing.