

THURSDAY

Tai Chi - 8.30 - 9.30 **€90**
Muscle and joint ache? Poor posture or balance?
Introductory course to Tai chi! Release tension from the joints and muscles. The gentle flowing movements of Tai Chi bring strength and flexibility to the body. Suitable for all ages.

Yoga - 7.15 - 8.15 **€85**
Experience the power of yoga through relaxation, posture and breath work.
**Yoga mat required*

SATURDAY

Purchasing and Procurement QQI Level 6
10.00am - 4.00pm **€350**
Delivered in partnership with the Open College. This course is a comprehensive introduction to the role of buying and the impact of effective purchasing.

*Delivered over 4 Saturday's, starting 9th October.

Course dates - 9th, 16th October, 6th, 13th November.
Exam 20th November 10 -12pm.



New QQI Courses from Tuesday 28th September 2021.
Level 5 and Level 6 qualifications available from €350.

5N1610 - Business Administration Skills
5N2706 - Care of the Older Person
6N2183 - Purchasing and Procurement
5N1786 - Special Needs Assisting

IFZ GYM

SIGN UP NOW

INSANITY FIT ZONE GYM

WWW.INSANITYFITZONE.COM

Palmerstown Community School
is a member of



www.naced.ie

ROOM HIRE

Wide Selection of Classrooms available
to rent at Competitive Rates.
Tel: 01 255 1909
Email: info@adulthood.ie

QQI Courses delivered
in partnership
with The Open College
www.theopencollege.com



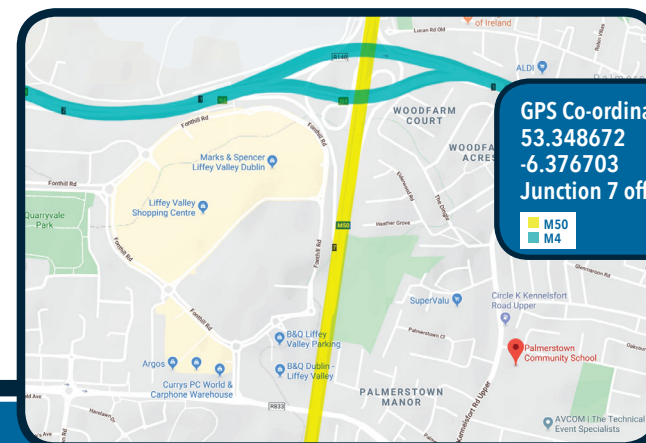
General Information

1. Fees are payable in full on enrolment.
2. Where possible, please enrol online using a debit or credit card, well in advance of the start of term.
3. Online booking is available on www.adulthood.ie through easypaymentsplus.com where normal charges will apply.
4. Cheques should be made payable to Palmerstown Community School and should have your bank card number on the back. Fees are non-refundable except when classes do not form.
5. Parking is provided at POBALSCOIL IOSOLDE. The school authorities regret they cannot be held responsible for loss of or damage to your car.
6. All applicants must be over 16 years of age.
7. Senior Citizens are offered a reduction of €10 per class on production of satisfactory I.D.
8. Times and duration of courses may vary from those stated in this brochure at the Director's discretion.
9. Smoking is prohibited by law within the school building and grounds.

Course details and further information available on

www.adulthood.ie

Discount available for 2 courses (call for details)



Dublin Bus: 18,25, 25a, 25b, 26, 66, 66a, 67, 76a

Pobalscoil Iosolde Adult Education

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New Course Ideas: If you have an idea for a course you would like to offer please get in touch: info@adulthood.ie

Palmerstown
Community School
Palmerstown, Dublin 20



Adult Education
Programme

Autumn Term 2021

Classes commence from 28.09.2021

To avoid cancellations, please book early.

HOW TO BOOK A CLASS

Online: www.adulthood.ie

By phone: (01) 255 1909 | Mob: 087 688 2924

In Person: Adult Education Office
Mon 20th - Wed 22nd September
10 - 12pm

Email: info@adulthood.ie

All courses 10 weeks unless otherwise stated.

Director: Martina McGuinness

Administrator: Carol Spellacy

TUESDAY	
Acrylic Nails, Shellac and Nail Art. Beginners. - 7.00 – 9.00 *8 weeks	€220
This nail course is ideal for anyone who wishes to develop skills and techniques that will enhance nails and give a flawless finish. <i>*Nail kit supplied to the value of €100.</i>	
Barbering. Beginners - 8.30 – 9.30	€100
An introduction to barbering which includes basic cutting, blending, razor work and beard styling. Participants must bring their own model.	
Basic Computers - 6.30 – 7.30	€90
Learn the basics and gain confidence in a relaxed class environment. This course will introduce you to basic computer technology, Microsoft Office, Word, Creating documents, Saving files, Emails, Internet etc..	
Business Administration Skills QQI Level 5 7.00 – 9.30 *9 weeks	€350
Delivered in partnership with The Open College. This course is designed for people who wish to work in the Business, Finance, Administration and Marketing sectors. Topics covered include: The Organisation; Finance, Money, Banking and Foreign Exchange; Human Resources; Preparing for Meetings; Processing Business Documents. The course is an elective component in the Major Award "Office Administration Skills" and a mandatory component in "Business Administration Skills". <i>*Highly experienced tutor. **Access the following link: http://www.adulted.ie</i>	
Care of the Older Person QQI Level 5 - 6.30 - 9.30	€400
Delivered in partnership with The Open College. This course is designed to equip the learner with the skills and knowledge to care for older people. <i>*Runs for 12 weeks ** 30 hours work experience required. ***Access the following link: http://www.adulted.ie</i>	
Carpentry – A practical approach (Beginners) - 7.00 – 9.00	€120
A basic understanding of carpentry and joinery. Create a mirror/picture frame, bird box, jewellery box etc. <i>*Materials included.</i>	

Complex Psychological Trauma and Adolescents - 6.30 - 8.30	€60
Symptoms, Causes, Supports. Vital information for those working with adolescents. <i>*Runs for 5 weeks.</i>	
Computers - MS Office (Intermediate) - 7.30 – 9.30	NEW €130
Based on key applications in MS Office, Word, Excel, Powerpoint. Course will cover basic tasks through to advanced. Some previous computer knowledge required. Certificate on completion of course.	
Conversational Irish - 7.00 - 8.30	NEW €110
This class is suitable for those who have a basic knowledge of Irish and wish to practice their cúpla focal in a relaxed and friendly environment.	
Creative Writing for adults. Beginners & intermediate - 7.00 – 8.30	€120
Participants will receive instruction and feedback in the writing of fiction (short stories, extracts from novels, memoir) in a relaxed setting. Whether you write for self-expression, wellbeing, personal development, interest or with a view to publication, this course is a place to begin. <i>*Award Winning Tutor</i>	
Crochet – Beginners/Improvers - 7.00 – 9.00	€100
Why not try your hand at crochet! Learn a new craft in a relaxed setting and design your own garments. <i>* Starter kit included.</i>	
Digital Photography - 7.00 - 8.30	€120
A foundation workshop for beginners regardless of the type of camera used. Includes outdoor workshops and basic Photoshop skills. <i>* Award Winning Tutor.</i>	
English as a Second Language - 6.30 - 7.30	€80
Do you want to speak and read English more fluently? A fun and relaxed atmosphere to learn and practise basic English for everyday conversations with a focus on listening, reading, pronunciation, writing and grammar.	
Guitar for Beginners - 7.30 - 8.30	€100
Learn to play the guitar in this step by step class with a professional guitar player.	

Guitar for Improvers - 8.30 - 9.30	€100
An ideal class for those who have completed the Beginner's course or who have a good command of basic chords.	
Hairdressing - 7.00 – 8.30	€120
Basic introduction to hairdressing to include cutting, colouring, up-styles and achieving the perfect blow dry. Short hair styling. Sectioning hair, pony tails. Techniques (backcombing, smoothing, creating different types of curls). Using heated appliances..	
Italian Beginners - 8.00 - 9.30	€110
A wonderful opportunity to learn this romantic language in a fun and friendly atmosphere. Taught by a native speaker, emphasis on conversational Italian.	
Italian Improvers - 6.30 - 8.00	€110
This class is ideally suited to those who have completed the Beginners Course or who have a good knowledge of Italian. Taught by a native speaker.	
Introduction to Counselling and Psychotherapy - 7.00 – 9.00	€120
Theory of Counselling and Counselling skills. A foundation Course for further studies in Counselling.	
Lámh Course - 6.30 – 9.30	€120
2-night course. Tues. 5th and Tues. 12th October. Training provided by a qualified Speech & Language Therapist. This practical course will teach participants how to use a manual sign system with children and adults with intellectual disability and communication needs. Use of Lámh signs can help to support communication. Lámh users may be more easily understood when they use signs with speech. All participants will receive a certificate of completion and Lámh course training pack.	
Maths for Living - 7.00 – 8.00	€80
A practical approach - Budgeting, Tax, VAT, Interest rates, Percentages, Decimals and Payslips.	
Meditation & Mindfulness - 7.00 – 8.00	€90
Learn how to become more present in your life and to lead a happier life with less worry.	
Painting – Beginners/Improvers - 7.00 – 9.00	€120
Create landscapes, portraits, still life, abstract and more in this relaxed class. Students provide watercolour or acrylic paints!	

Pilates - Beginners – 8.30 – 9.30	€85
Pilates helps in keeping fit, works on core muscles and will leave you feeling relaxed, mindful and toned.	
Pottery - 6.30 - 8.30	€180
Learn hand building techniques and how to throw pots on a potter's wheel. Join our fun and relaxing class which is open to beginners and improvers. <i>** Materials included.</i>	
Practical First Aid - 7.00 – 9.00	€100
A 12-hour course certified by the Irish Red Cross that includes adult and infant CPR, basic injuries, bleeding, burns and poisons. Please wear tracksuit bottoms or trousers! *6 weeks	
Setting up Your Own Business - 7.00 - 8.30	€120
A step by step approach, preparing a business plan, raising finance. Highly qualified tutor.	
Sign Language: Beginners - 7.30 - 9.00	€120
Help break down barriers and learn to communicate with the hard of hearing.	
SNA QQI Level 5 - 6.30 - 9.30	€450
Delivered in partnership with the Open College. This course is designed for people who wish to pursue a career in working with children with special needs in an educational setting. <i>*Access the following link: http://www.adulted.ie *30 hours work experience required. *Runs for 12 weeks.</i>	
Spanish Beginners - 6.30 - 8.00	€110
Basic level of conversation for use in everyday situations. Taught by a native speaker.	
Spanish Improvers - 8.00 - 9.30	€110
A follow-on course for those who have completed a beginner's course and wish to further improve their vocabulary and grammar. Taught by a native speaker.	
Ukulele – Beginners - 6.30 - 7.30	€100
Learn to play this little gem! Our master tutor will have you strumming, picking and playing in no time.	
Yoga - 7.15 - 8.15	€85
Experience the power of yoga through relaxation, posture and breathing exercises. Yoga Mat required!	