



Evening Courses

September 2023

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AutoCAD

Mondays / 10 weeks / 7-9pm

Auto Cad is a drawing package that allows you to construct 2D drawings with accuracy. It is used as a visual communication tool across several disciplines. This is an introductory course which helps you navigate the commands and tools in Auto desk Computer Aided Design. It is a hands-on course, which through the completion of a variety of different drawings you will develop a proficient understanding of 2D AutoCAD software.

€120

Beginners Ceramics

Mondays / 10 weeks / 4.30-6.30pm

Learn how to hand build and throw clay on the potter's wheel with this comprehensive course in working with clay. You will learn the four basic techniques in Ceramics, pinch potting, slab building, coiling and Sculpture. I will also bring you through pottery wheel techniques where you will learn how to make vessels and bowls to start, and we will include glazing your work that you have made in the first four weeks. All work is fired in our kiln and available to take home at the end of the ten weeks All clay, materials and firings included but do please bring along an apron!

€150

Ceramics

Mondays / Tuesdays / Wednesdays
10 weeks / 7-9pm

Learn how to hand build and throw clay on the potter's wheel with this comprehensive course in working with clay. You will learn the four basic techniques in Ceramics, pinch potting, slab building, coiling and Sculpture. All work is fired in our kiln and available to take home at the end of the ten weeks All clay, materials and firings included but do please bring along an apron!

€150

Dress Making

Mondays / Tuesdays / Wednesdays
10 weeks / 7-9pm

Do you want to learn how to make your own clothes, add decoration or simply give old clothes new life? Learn how to cut a pattern to your size or make a garment to a professional standard. Learn how to use sewing machine correctly. If you have a sewing machine at home that you never used, bring it with you to class and learn on your own machine. We do have machines available for all students. There are only 10 places on this course. This course is aimed at beginners.

€130

Environmental Sustainability Awareness (QQI L4)

Mondays / 10 weeks / 7-9pm

The aim of this Level 4 QQI Component in Environmental Sustainability Awareness is to develop learners' awareness of the impacts of environmental change and the key sustainable practices that can be implemented at individual and community level. On successful completion of the level 4 award in Environmental Sustainability Awareness learners will be able to: 1. Outline the principal effects that human activities have on the environment. 2. Examine the key national, European, and global measures that have been taken to address environmental issues. 3. Identify the main environmental impacts of these issues and the challenges they pose for an individual at a local level 4. Explore a range of sustainable practices and actions that can be implemented at individual and community level.

€120

Fit & Fabulous

Mondays / 10 weeks / 7-8pm

Looking to get fit and toned for the winter, then this is the class for you! This class will combine aerobic and toning exercises to help you feel more confident. The class is suitable for beginners and those returning to exercise. Each class will begin a gentle warm up suitable for all before progressing to a fun class of different toning and aerobic exercises which are vital for our everyday health. You will leave feeling energised after every class. Classes will take place in the sports hall at Tramore Road Campus. **What do you need to bring?** Runners, water, small towel and some energy!!

€80

Fun with Flowers

Mondays / 10 weeks / 7-9pm

Have you or someone you know had an interest in floristry but just never got around to joining a course? Then Fun with Flowers is the perfect course for you. The class caters to all levels, from complete beginners to those with floral ambitions, teaching a wide range of techniques, tips and tricks. As a student you will learn how to create beautiful seasonal arrangements, from centre pieces, wreaths, flower crowns to bouquets and gift ideas and much more. You will also learn how to care for and condition flowers and use lots of different materials. The class is suitable to all ages and levels. So come along and have some fun with beautiful flowers in a relaxed setting.

€130



Hatha Yoga

Mondays / 10 weeks / 6-7pm

Start off on the right foot in this class designed to help you create a well-rounded & balanced Yoga practice. Relaxing, uplifting & fun. A great all-rounder class to help improve mood, enhance flexibility & get confident on your Yoga mat. Plenty of time given, plenty of variations & adaptations. A class suitable for Beginners & those returning to Yoga.

€100

Hatha Yoga II

Mondays / 10 weeks / 7-8pm

Confident with finding your way around your Yoga mat, this class is accessible to established & emerging practitioners. Focus will shift from week to week. A great class for those looking to develop their practice further & enhance wellbeing through Asana (yoga poses), Meditation & Pranayama (breathwork). An open-to-all class that builds on your existing Yoga practice.

€100

Introduction to Life Coaching

Tuesdays / 4 weeks / 7-9pm

This course will help you understand the basic principles around coaching. It will introduce you to topics that are normally covered when you work with a Life Coach. You will get to practice some of the skills to get a better understanding of what Life Coaching is.

€80

Millinery for Beginners

Mondays / 8 weeks / 7-9pm

This introductory course is suitable for anyone with an interest in designing and creating headpieces. It is tailored to beginners and will introduce students to a variety of techniques. Each student will create a minimum of two pieces during the class duration. Introduction to working with one of millinery's main foundation materials, sinamay. How to create a variety of standard and free form bases. Learn sewing techniques to correctly attach wire to stabilise each base. How to cut and use bias strips to create sculpted abstract pieces. Pleating, learn how to create larger abstract trimmings to add texture and interest. Fitting, learn how to fit your headpiece to the head using hairbands and combs.

€120

Mixed Textiles

Tuesdays / 8 weeks / 7-9pm

Participants will be afforded the opportunity to acquire the basic stitches and techniques of the textile crafts specifically covered in this course, namely, crochet, knitting and embroidery (Mountmellick, Sprigging and traditional surface embroidery). The techniques peculiar to each textile craft will be utilized in various projects. For example, in crochet and knitting, participants will be shown how to construct popular fashionable accessories, such as, scarves, cowls, small bags, baby cardigans and blankets.

€100

Beginners Printing

Thursdays / 10 weeks / 7-9pm

A comprehensive and detailed guide to printing techniques such as Lino Print, Gel Print Photo Transfer, Lithography and Mono printing. Learn the fundamentals of printing your very own Art work, Fabrics and Cards with these fun and easy to learn techniques. Explore your creativity with a different technique each week. All tools and materials are included but please do bring along an apron!

€135

Retail Floristry (QQI L5)

Wednesdays / 22 weeks / 7-9pm

This course is aimed at participants who wish to explore employment opportunities in Retail Floristry and will equip you with the knowledge, skills and competency to work effectively in Commercial Floristry. The main focus of the course is based on developing the practical skills required to work as a professional florist, combined with the necessary theoretical knowledge. In addition, there is a strong emphasis on understanding creativity and encouraging the development of each student's creative and artistic abilities.

€400

Special Needs Assisting (QQI L5&6)

Mondays / 24 weeks / 7-9.45pm

If you're seeking employment as an SNA this is the course for you. On successful completion of this course, you will be accredited with a QQI component certificate in Special Needs Assisting level 5 and level 6. The level 5 course will be delivered for 12 weeks before Christmas prior to moving on to the level 6 course after Christmas. Students should have access to computer / laptop with access to the internet.

€500

Special Needs Assisting (QQI L5)

Mondays / 12 weeks / 7-9.45pm

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 need's capacity. Students should have access to computer/laptop with access to the internet.

€250

Special Needs Assisting (QQI L6)

Wednesdays / 12 weeks / 7-9.45pm

Students MUST have completed QQI Special Needs Assisting level 5 module before registering for the level 6 course. 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. Students should have access to computer / laptop with access to the internet.

€270

**Cork College of FET
Tramore Road Campus
www.tramoreroadcampus.ie**

021-4961020

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