

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 €90
Experience the power of yoga through relaxation, posture and breath work.
**Yoga mat required*

Adult Education Spring Programme 2024

	Tuesday	Thursday
Week 1	30.01.2024	01.02.2024
Week 2	06.02.2024	08.02.2024
MID-TERM BREAK		
Week 3	20.02.2024	22.02.2024
Week 4	27.02.2024	29.02.2024
Week 5	05.03.2024	07.03.2024
Week 6	12.03.2024	14.03.2024
Week 7	19.03.2024	21.03.2024
EASTER BREAK		
Week 8	09.04.2024	11.04.2024
Week 9	16.04.2024	18.04.2024
Week 10	23.04.2024	25.04.2024
Week 11	30.04.2024	02.05.2024
Week 12	07.05.2024	09.05.2024

New QQI courses available from Tues. 30th January 2024
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

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



Palmerstown Community School

Palmerstown Community School
is a member of



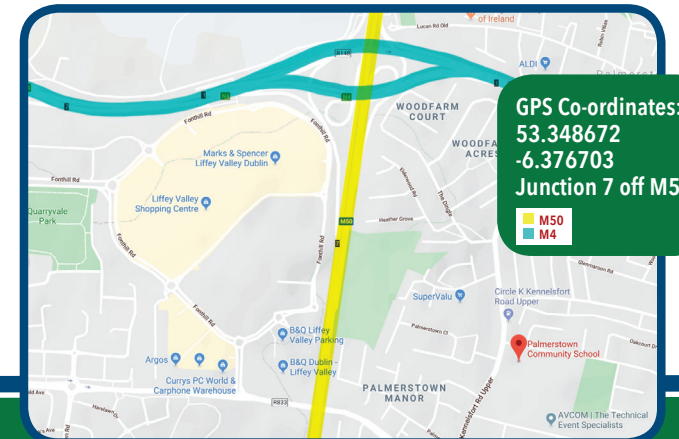
ROOM HIRE
Wide Selection of Classrooms available
to rent at Competitive Rates.
Tel: 01 255 1909
Email: info@adulded.ie

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.adulded.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.adulded.ie

Discount available for 2 courses (call for details)



Dublin Bus routes:
C-Spine (C1, C2, C3, C4) 26, G-Spine (G1)

Pobalscoil Iosolde Adult Education
Follow us on Social Media for all the latest news & updates!

- @AdultEdPalmerstown
- @AdultEdPalmerstown
- @AE_Palmerstown

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

Palmerstown Community School

Palmerstown,
Dublin 20, D20 P236



Adult Education Programme

Spring Term 2024

Classes commence from
30th January 2024

To avoid cancellations, please book early.

HOW TO BOOK A CLASS

Online: www.adulded.ie

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

In Person: **Adult Education Office**
Mon 15th - Wed 17th Jan. 10 - 12pm
Tues 16th Jan. 7 - 8pm

Email: info@adulded.ie

All courses 10 weeks unless otherwise stated.
Director: Martina McGuinness

TUESDAY

Angels – An introduction - 7.30 – 9.00 *8 weeks €90 Have you ever wondered about the power of Angels? Learn how to connect to your Guardian Angel and learn more about the Angelic Realms.
Barbering. Beginners - 8.00 – 9.30 €120 An introduction to barbering which includes basic cutting, blending, razor work and beard styling. Participants must bring their own model. *Equipment required.
Basic Computers - 6.30 – 8.00 €120 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.
Beauty & Makeup - 8.00 – 9.30 €150 Do you love makeup? Learn different styles on how to apply makeup for that day and night time look. Feel and look amazing! Bring your own products and brushes.
Business Administration Skills QQI Level 5. 7.00 - 9.30 NEW €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. *Course delivered every 2nd Tuesday. *9 Weeks. *Highly experienced tutor **Access the following link: http://www.adulted.ie
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. *Runs for 12 weeks **30 hours work experience required. ***Access the following link: http://www.adulted.ie
Carpentry & Woodcarving – A practical approach (Beginners) - 7.00 – 9.00 €170 A basic understanding of carpentry and joinery. Create a mirror/picture frame, bird box, jewellery box etc. *Materials included.
Computers - MS Office (Intermediate) - 8.00 – 9.30 €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.
Couch to 5K - 7.00 – 8.00 €90 A fun and easy way to take up running and develop a life-long love of it. It combines both walking and running and offers new runners simple ways to become a better and stronger runner.
Counselling and Psychotherapy €130 7.00 – 9.00 Theory of Counselling and Counselling skills. A foundation course for further studies in Counselling.
Crochet – Beginners/Improvers - 7.00 – 9.00 €130 Why not try your hand at crochet! Learn a new craft in a relaxed setting and design your own garments. *Materials €5 extra.

Dancercise – Beginners/Improvers - 7.00 – 8.00 NEW €90 Keep fit, learn to dance and improve your physical and mental health in a fun and friendly environment. A variety of dance styles to suit all ages and levels. Ballroom and Latin are the favourites!
Dancercise – Beginners/Improvers - 8.00 – 9.00 NEW €90 Keep fit, learn to dance and improve your physical and mental health in a fun and friendly environment. A variety of dance styles to suit all ages and levels. Ballroom and Latin are the favourites!
Digital Marketing Skills - Beginners & Business Startups - 8.00 – 9.30 NEW €130 Learn how to build your social media presence/page and learn how to design a website. Discover how to use email newsletters. Marketing advice for setting up your business online!
Drawing and Sketching - Beginners - 6.30 – 8.00 €120 Unlock your hidden drawing talent! Learn different types of drawing/sketching using pencil, pen, charcoal, pastel and conte.
Drawing and Sketching - Improvers - 8.00 – 9.30 NEW €120 This follow-on course explores more advanced techniques and use of new media for drawing and sketching.
English as a Second Language - 6.30 - 8.00 €120 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.
First Aid - 7.00 - 9.00 *Start date 6th Feb. **6 weeks €120 A 12-hour course certified by the Irish Red Cross that includes adult and infant CPR, basic injuries, burns, fractures, haemorrhage and poisons.
Flower Arranging - 7.00 - 9.00 €120 Learn to create beautiful and amazing floral arrangements using fresh flowers and foliage in a relaxing and therapeutic atmosphere. Bring your own flowers so that you can leave with a beautiful flower arrangement each night e.g table spray/decorations, door wreaths, hand tie bouquets, bows and more! Details of materials required will be advised!
French Beginners - 6.30 - 8.00 €120 Learn the basics of this beautiful language in preparation for work or holidays.
French Improvers - 8.00 - 9.30 €120 Improve on the language skills previously learned and move on to conversational French.
German – Beginners - 6.30 – 8.00 NEW €120 Learn a new language and dip into the customs of German-speaking countries.
German – Improvers - 8.00 – 9.30 NEW €120 For those who have a basic knowledge of the language and would like to improve their language skills.
Guitar for Beginners - 7.30 - 8.30 €120 Learn to play the guitar in this step by step class with a professional guitar player.

Guitar for Improvers - 8.30 - 9.30 €120 An ideal class for those who have completed the Beginner's course or who have a good command of basic chords.
Hairdressing - 6.30 – 8.00 €120 An introduction to salon life to include cutting, blow drying and styling. Sectioning hair, pony tails and plaits. Techniques (backcombing, curling etc.) Heated appliances used for curling and up-styling. Models and own equipment required.
Herbalism – Beginners - 7.30 – 9.00 NEW €120 Experience the magic of the green world with hedgerow herbs in the wise woman way. *8 weeks.
Home Cooking and Baking - 7.00 – 9.00 €160 Be the next Mary Berry or Jamie Oliver! Our master chef will enhance your cookery skills with a wide range of recipes e.g soups, breads, main courses and mouth-watering desserts! *Participants supply ingredients after the first class.
Irish Conversation – Beginners - 7.00 - 8.15 €120 Learn to further your knowledge of your native language in everyday situations. Bigí linn.
Irish Conversation – Improvers - 8.15 - 9.30 NEW €120 For those who have the basics and would like to improve their knowledge and skills of the Irish language in a relaxed and friendly environment.
Italian Beginners - 6.30 - 8.00 €120 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 - 8.00 - 9.30 €120 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.
Knitting – Beginners & Improvers - 7.00 – 8.30 €130 Learn how to knit wearable garments and develop your knitting techniques. Participants provide all knitting materials. *Materials extra
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.
Nails Course - Basic Gel, BIAB, Shellac & Manicure Theory - 6.30 – 8.00 €250 This course is ideal for anyone who wishes to learn basics or develop nail skills in the BIAB and in Gel system, including colour gels, builder in a bottle and shellac application. *Nail kit supplied to the value of €100.
Painting - 7.00 – 9.00 €130 This course is designed for artists who want to learn the art of painting. Create landscape, portraits, still life, abstract, composition and more in this relaxed class No previous experience in art is required. Participants provide watercolours/acrylic paints.
Pilates - Beginners – 8.30 – 9.30 €90 Pilates helps in keeping fit, works on core muscles and will leave you feeling relaxed, mindful and toned.

Pottery - Beginners - 7.00 - 9.00 €190 Learn basic methods of hand building, modelling, throwing and glazing. Make functional or decorative objects. Fun and relaxing class. All items made are kiln-fired and glazed. *Pottery kit and materials included in fee.
Purchasing and Procurement QQI Level 6 - 7.00 – 9.30 NEW €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. *Course delivered every 2nd Tuesday. **8 weeks.
Reiki Training Level 1 (USUI) - 7.00 - 9.00 €150 Learn how to effectively work with subtle and universal energy to naturally heal, rebalance and feel good within yourself.
Setting up Your Own Business - 7.30 - 9.00 €120 A step by step approach to starting your own business. Preparing the Business Plan – Production, Marketing, Finance and Promotion. Highly qualified tutor.
Sign Language: Beginners - 7.30 - 8.30 €120 Help break down barriers and learn to communicate with the hard of hearing.
SNA QQI Level 5 - 6.30 - 9.30 €400 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. *Access the following link: http://www.adulted.ie *30 hours work experience required. *Runs for 12 weeks.
Spanish Beginners - 8.00 - 9.30 €120 Basic level of conversation for use in everyday situations. Taught by a native speaker.
Spanish Improvers - 6.30 - 8.00 €120 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.
Tai Chi - 8.30 - 9.30 €90 Ancient art of exercise and meditation through gentle movement. Build natural strength to handle everyday stresses.
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 €90 Experience the power of yoga through relaxation, posture and breathing exercises. Yoga Mat required!