



# MONDAY

<b>101 BOOTCAMP 7:30-8:30pm</b>	<b>€70</b>
(Do classes on Mon and Wed for only €120).	
<b>102 BRIDGE FOR BEGINNERS</b>	<b>€120</b>
<b>103 CERAMICS/HAND-BUILT POTTERY 7:00-9:00pm</b>	<b>€150</b>
(All levels)	
<b>104 COMPUTERS FOR BEGINNERS</b>	<b>€120</b>
<b>105 COMPUTERS-MS Office</b> (Improvers)	<b>€120</b>
<b>106 COOKING- FAMILY FAVOURITES</b>	<b>€120</b>
<b>107 DIY / HOME MAINTENANCE</b>	<b>€120</b>
<b>108 ENGLISH AS AN ALTERNATIVE LANGUAGE</b>	<b>€120</b>
(Beginners)	
<b>109 ENGLISH AS AN ALTERNATIVE LANGUAGE</b>	<b>€120</b>
(Improvers)	
<b>110 EXERCISE TO ENERGISE</b> (Age 55+) <b>6:30-7:30pm</b>	<b>€60</b>
(Do classes on Mon and Wed for only €100).	
<b>111 FLORISTRY</b>	<b>€120</b>
(Extra charge for Flowers and Materials pack)	
<b>112 HAIRDRESSING</b> (Beginners)	<b>€120</b>
<b>113 INTERIOR DESIGN - an introduction</b> (8 weeks)	<b>€100</b>
<b>114 OIL PAINTING 7:00-9:00pm</b>	<b>€120</b>
<b>115 PILATES</b> (Mixed Ability) <b>7:30-8:30pm</b>	<b>€70</b>
<b>116 ORNAMENTAL GLASS (Stained Glass)</b> (8 weeks)	<b>€150</b>
<b>117 SEWING &amp; TEXTILE CRAFT 7:30-9:30pm</b>	<b>€130</b>
(Materials Extra)	
<b>118 UKULELE</b> (Beginners) <b>7:30-8:30pm</b>	<b>€70</b>
<b>119 UKULELE</b> (Improvers) <b>8:30-9.30pm</b>	<b>€70</b>
<b>120 WELLBEING - MINDING YOUR MENTAL HEALTH</b>	<b>€120</b>
<b>121 YOGA</b> (Beginners & Improvers) <b>7:30-9:00pm</b>	<b>€90</b>
(Do Yoga classes on 2 nights for only €160)	

## Oral Preparation Classes

Aimed at students preparing for the Leaving Certificate Oral examinations. (8 Weeks)

**Tuesday: French** (240) 7.00-8.30pm

**Wednesday: Irish** (340) 7.00-8.30pm

Max no. of 14 per class **€70**

**Starts week beginning 5th February**

# TUESDAY

<b>201 BARBERING - BEGINNERS</b>	<b>€130</b>
<b>202 BRIDGE (LEVEL 2)</b>	<b>€120</b>
<b>203 BUILD YOUR OWN HOME</b>	<b>€120</b>
<b>204 CAKE DECORATION &amp; SUGAR CRAFT 6:30-8:00pm</b>	<b>€120</b>
(Beginners) (Course materials extra.)	
<b>205 CAKE DECORATION &amp; SUGAR CRAFT 8:05-9:30pm</b>	<b>€120</b>
(Improvers) (Course materials extra)	
<b>206 CAR/VEHICLE MAINTENANCE</b>	<b>€120</b>
<b>207 CARPENTRY - A PRACTICAL APPROACH 7:00-9:30pm</b>	<b>€140</b>
(All Materials Included - 8 weeks)	
<b>208 CROCHET</b> (All levels)	<b>€120</b>
<b>209 DANCING WITH THE STARS</b> (Ballroom) <b>7:00-8:00pm</b>	<b>€70</b>
(8 weeks)	
<b>210 DANCING WITH THE STARS</b> (Latino & Salsa) <b>8:00-9:00pm</b>	<b>€70</b>
(8 weeks)	
<b>211 DRAWING FOR ANIMATION, CARTOONS &amp; COMICS</b>	<b>€120</b>
<b>212 FRENCH</b> (Beginners)	<b>€120</b>
<b>213 GOLF</b> (Beginners) <b>7:00-8:00pm</b>	<b>€120</b>
(6 weeks. Golf balls extra)	
<b>214 GOLF</b> (Improvers) <b>8:00-9:00pm</b>	<b>€120</b>
(6 weeks. Golf balls extra)	
<b>215 IRISH CONVERSATION</b> (Beginners)	<b>€120</b>
<b>216 PHOTOGRAPHY AND PHOTOSHOP</b>	<b>€120</b>
<b>217 PIANO AND KEYBOARD</b>	<b>€120</b>
<b>218 PORTUGUESE</b> (Beginners & Improvers)	<b>€120</b>
<b>219 SIGN LANGUAGE</b> (IRISH SL Teaching)	<b>€120</b>
<b>220 TAI-CHI</b> (Beginners) <b>6:30-7:55pm</b>	<b>€90</b>
<b>221 TAI-CHI</b> (Improvers) <b>8:00-9:25pm</b>	<b>€90</b>
<b>222 WOODTURNING</b> (Intermediate/Advanced)	<b>€150</b>
€25 extra for specialist timber to be used. Students will undertake 2 Projects.	
<b>223 HATHA YOGA</b> (Beginners) <b>7:00-8:25pm</b>	<b>€90</b>
<b>224 HATHA YOGA</b> (Mixed Ability) <b>8:35-10:00pm</b>	<b>€90</b>
(Do Yoga classes on 2 nights for only €160)	

**CLASS TIMES: 7.30 - 9.30 PM**  
unless otherwise stated

# WEDNESDAY

<b>301 ART: ACRYLICS/WATERCOLOURS 7:00-9:00pm</b>	<b>€120</b>
<b>302 BARBERING</b> (Advanced)	<b>€130</b>
<b>303 BOOK-KEEPING &amp; ACCOUNTS</b> (Beginners)	<b>€120</b>
<b>304 BOOTCAMP 7:30-8:30pm</b>	<b>€70</b>
(Do classes on Mon and Wed for only €120)	
<b>305 CREATIVE WRITING</b>	<b>€120</b>
<b>306 DANCE FITNESS 7:30-8:30 pm</b>	<b>€70</b>
<b>307 DOG GROOMING AND DOG MAINTENANCE</b>	<b>€120</b>
<b>308 DRAWING WITH CREATIVITY</b> (Beginner to Intern.)	<b>€120</b>
<b>309 EXERCISE TO ENERGISE 6:30-7:30pm</b>	<b>€60</b>
(Do classes on Mon and Wed for only €100)	
<b>310 FRENCH</b> (Improvers)	<b>€120</b>
<b>311 GUITAR</b> (Beginners) <b>7:30-8:30pm</b>	<b>€70</b>
<b>312 GUITAR</b> (Improvers) <b>8:30-9:30pm</b>	<b>€70</b>
<b>313 HILL WALKING AND MOUNTAIN NAVIGATION</b>	<b>€120</b>
<b>314 IRISH CONVERSATION</b> (Improvers)	<b>€120</b>
<b>315 MEDITATION &amp; MINDFULNESS</b>	<b>€120</b>
<b>316 PILATES</b> (Mixed Ability) <b>7:30-8:30pm</b>	<b>€70</b>
<b>317 SCUBA-DIVING: INTRODUCTION COURSE</b>	<b>€120</b>
<b>318 SMARTPHONES AND TABLETS MADE EASY</b>	<b>€120</b>
<b>319 SPANISH</b> (Beginners) <b>6:30-7:55pm</b>	<b>€100</b>
<b>320 SPANISH</b> (Improvers) <b>8:00-9:30pm</b>	<b>€100</b>
<b>321 TABLE TENNIS FOR ALL</b>	<b>€120</b>
<b>322 TOP to TOE BEAUTY</b>	<b>€120</b>
<b>323 WOODTURNING</b> (Beginners)	<b>€150</b>
€25 extra for specialist timber to be used.	
<b>324 YOGA</b> (Beginners & Improvers) <b>7:00-8:25 pm</b>	<b>€90</b>
<b>325 YOGA</b> (Beginners & Improvers) <b>8:35-10:00 pm</b>	<b>€90</b>
(Do Yoga classes on 2 nights for only €160)	

## 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: [adulted@hartstowncs.ie](mailto:adulted@hartstowncs.ie)