

ADULT EDUCATION PROGRAMME AUTUMN 2010



Cabinteely
Dublin 18
Tel: 285 7455

ENROLMENT from 23rd August by:

- credit card
- post
- in person

Booking daily
9.30am - 4.30pm

Also enrolment nights:

Mon 13th September 7.30pm - 9.00pm

Wed 15th September 7.30pm - 9.00pm

Term commences: Monday 27th September
Website: www.cabinteelycs.ie

All classes are of a 10 week duration
and are from 7.30pm - 9.45pm
unless otherwise stated

**FEES ARE NON REFUNDABLE
UNLESS A CLASS IS CANCELLED**

For postal enrolment see inside of brochure.
For day studies see inside of brochure.

ENQUIRIES: Tel: 285 7455

MONDAY NIGHT

- 101 THE ULTIMATE FAT BURNING CLASS - 7.30-8.30pm** €65
C. O'Neill
Fun class suitable for all, using body conditioning circuits and aerobics. Tailored to each student's special needs.
- 102 ZUMBA - 8.30-9.30pm** €65
S. Murphy
Ditch the workout, join the party! Zumba fuses Latin rhythms and easy to follow moves to create a one of a kind fitness programme. Experience an absolute blast in one exciting hour of calorie-burning, body-energising, awe-inspiring movements.
- 103 ART HISTORY** €110
J. O'Riordan
Extensively illustrated course designed to help students to make the most of their visits to galleries and buildings, at home or on holidays. There will be scope for coverage of topics of special interest to participants. Gallery visits included.
- 104 BALLROOM & LATIN DANCING - Beg - 7.30-8.30pm** €80
E. Monahan
Quickstep, Waltz, Tango, Jive and Salsa for weddings, social evenings and special occasions.
- 105 BALLROOM & LATIN DANCING - Imp - 8.40-9.40pm** €80
Quickstep, Waltz, Tango, Jive and Salsa.
- 106 COMPUTER INTRODUCTION - Beginners - 7.00-8.25pm** €125
A. Smith
Learn the basics, from starting the computer to simple documents; save/open files; change the look of your text and much more in a relaxed friendly atmosphere.
- 107 COMPUTERS FOR IMPROVERS - 8.35-10.00pm** €125
A. Smith
WORD - inc. tables and mailmerge; EXCEL - spreadsheets, cells, charts; POWERPOINT - slides, pictures, graphics; and FILE MANAGEMENT - folders, files, etc.
- 108 GETTING THE MOST FROM YOUR HOME COMPUTER** €125
C. Whelan - 7.00-8.25pm
- 109 GETTING THE MOST FROM YOUR HOME COMPUTER** €125
C. Whelan - 8.35-10.00pm
Upload photos from digital camera to PC and make copies to CD disk. Holiday research, bookings, and flights. Pay bills. Use of Skype. Emails. Instant chat in G-mail. Demonstration on copying music. Extensive notes for home use. Bring your own laptop if you wish.
- 110 COOKING FOR SPECIAL OCCASIONS** €125
B. Garrioch - 8 weeks
Starters, main courses and desserts. Includes fish and meat dishes. Tasting and recipe each evening.
- 111 CRAFT WORKSHOP** €110
E. Healy & P. Quinn - 8 weeks 7.30-9.00pm
Hands-on class. 30 euro materials included. Unlock your creativity, and have great fun making awesome crafts - seasonal crafts, kids parties, rainy day projects & so much more.
- 112 FRENCH - Beginners** €110
M. Fitzgerald
Text book used will be The French Experience.

Smoking is not permitted in any part of the school building.

- 113 FRENCH - Improvers** €110
R. O'Donnell
Text book: The French Experience 1.
- 114 FRENCH POLISHING - MAX 10 STUDENTS** €110
J. Quinn - 7.15-9.30pm
For those whose project involves stripping down, preparing and French Polishing only.
- 115 GOLF - Beginners - 7.30-8.30pm** €110
- 116 GOLF - Improvers - 8.45-9.45pm** €110
B. Kinsella
Practical tips and advice from the professional. Class size limited to 12. Fee includes golf balls used on driving range.
- 117 MAKEOVER MAGIC WORKSHOP** - 8 weeks €90
O. Rainert
A practical hands-on Facial Makeup application course for Day, Evening/Occasion, and High Fashion
- 118 MOTOR CAR MAINTENANCE** €110
H. Harris
Learn the basics of car maintenance in a pleasant & relaxed atmosphere. N.C.T. checks covered. Tutor has 38 years experience.
- 119 OIL PAINTING - Stage 1 & 2** €110
H. Pompfrey
Stage 2 will focus on further creative developments in paint application and techniques. Beginners will follow a 10-step basic skills programme in tandem with Stage 2 students.
- 120 PILATES - Beg 7.00-7.55pm** €80
- 121 PILATES - Beg/Int 8.00-8.55pm** €80
- 122 PILATES - Beg/Int 9.00-9.55pm** €80
L. Dzermeitaite
Pilates strengthens and stretches the muscles achieving good posture, a strong back and a flat stomach. Please wear loose clothing and bring a yoga mat.
- 123 PRE DRAMA DIPLOMA COURSE - 7.30-9.00pm** €80
CM. Sutton R.I.A.M.
Build confidence, be creative, and prepare for drama teaching diploma.
- 124 REIKI - Level 1** - 6 weeks €70
D. Coleman
Learn how to use Reiki for the wellbeing of yourself, family, and friends, and how to positively benefit from Reiki in your daily life.
- 125 SOFT FURNISHINGS** €110
A. Harold
Create that professional look without paying professional prices. Course covers all aspects of measuring/estimating fabric and design of cushions, curtains, roman blinds, etc.
- 126 SPANISH - Beginners** €110
P. Perez-Valdez
Text book is "Ele Initial 1".
- 127 STAINED GLASS** €130
B. Norris
Transform your home - Let us introduce you to the colourful exciting craft of stained glass mirrors, lightcatchers and tiffany lamps. Clear glass and equipment supplied.

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- 128 TAI CHI CHUAN / HEALING - 7.30-9.00pm** €80
 M. Nicholdson
 Teaches Tai Chi movement form, Qi Gong, Healing to improve health and harmony of body, mind and spirit.
 Wear loose dress and flat shoes.
- 129 WATERCOLOURS - Beginners** €110
 K. O'Shea
 Explore painting with practical step-by-step exercises and easy techniques. Drawing skills not necessary.
 Materials list provided on enrolment.
- 130 YOGA - Open - 7.00-8.30pm** €80
- 131 YOGA - Open - 8.30-10.00pm** €80
 M. Brady
 Yoga stretch and relaxation through postures, breathing and meditation. Students need to wear loose clothing and bring a mat.
- 132 YOGA FOR THE OVER-50s / ACTIVE RETIRED** €80
 F. Heaney 7.00-8.30pm
 Also welcome, people with osteoporosis, hip ailments, MS, blood pressure, etc.
- 133 YOGA - Beginners - 8.30-10.00pm** €80
 F. Heaney
 Yoga stretch and relaxation through postures, breathing and meditation. Students need to wear loose clothing and bring a mat.

WEDNESDAY NIGHT

- 301 ABSOLUTELY FABULOUS** €90
 L. McCaul & J. Coyne - 6 weeks
 Learn how to dress with style and confidence making the most of your body shape. Course includes a shopping trip, use of accessories, colour, wardrobe de-cluttering and lots of tips from the experts.
- 302 AERODANCE - 8.30-9.30pm** €65
 L. Zapivaldva
 Fab fat burner. Non-stop cardio workout combining many dance types. Finishing with extra work on ABS. Feel great.
 See results.
- 303 BODY ATTACK - 7.30-8.30pm** €65
 L. Zapivalova
 The ultimate workout. High energy aerobic workout combined with muscle endurance and conditioning work.
 Suitable for MEN and WOMEN.
- 304 ASSERTIVENESS** €110
 A. Carrigy
 Communicate more effectively, express your needs and views, handle criticism and conflict. Increase your self-esteem and value & nurture yourself.
- 305 BALLROOM DANCING - Beginners - 7.30-8.30pm** €80
 E. Monahan
 Designed purely for weddings, company functions, social and formal occasions. Waltz, Quickstep, Foxtrot and Tango.
- 306 LATIN DANCING - Beginners - 8.40-9.40pm** €80
 Learn to Mambo, Cha-Cha-Cha, Rumba, Salsa and Jive to fantastic Latin music. Also included 'Latino in Line'.

- 307 BRIDGE - Beginners 1** €110
J. McElhinney
COMPUTER COURSES
- 308 COMPUTERS - Beginners - 7.00-8.25pm** €125
- 309 COMPUTERS - Beginners - 8.35-10.00pm** €125
R. Mullen
Learn word processing plus an introduction to Microsoft Publisher, all in a friendly relaxed atmosphere.
- 310 COMPUTERS - Improvers - 7.00-8.25pm** €125
- 311 COMPUTERS - Improvers - 8.35-10.00pm** €125
A. Smith
Word - including tables and mailmerge; Excel - spreadsheets, cells, charts; Powerpoint - slides, graphics, pictures; and File Management - folders, files, etc.
- 312 GETTING THE MOST FROM YOUR HOME COMPUTER** €125
C. Whelan **7.00-8.25pm PART 2**
Manage those files and folders. Learn more about downloading. Learn how to produce your own posters, business cards, etc. in MS Publisher and much more.
- 313 MICROSOFT WORD - A COMPREHENSIVE GUIDE** €125
C. Whelan **8.35-10.00pm**
For today's busy world, learn how to create letters, menus, reports, essays for college, simple flyers, cards, and greetings with use of nice art effects; borders, shading, colour, etc. If using your own laptop, must have MS WORD pre-installed.
- 314 D.I.Y.** €130
J. McLoughlin
Practical "hands-on" course. Materials included. Covers all aspects of basic home D.I.Y. including woodwork, plumbing, tiling and electrics.
- 315 FOLK GUITAR - Beginners - 7.30-8.30pm** €65
D. Byrne
Emphasis on keeping time and rhythm playing. Course covers first chords, timing, introduction songs, and use of the capo.
- 316 FOLK GUITAR - Improvers - 8.45-9.45pm** €65
A knowledge of the basic rhythms and principle major and minor chords is required before taking this course.
- 317 GOLF - Beginners - 7.30-8.30pm** €110
B. Kinsella
Practical tips and advice from the professional. Class size limited to 12. Fee includes golf balls used on driving range.
- 318 GOLF - Improvers - 8.45-9.45pm** €110
B. Kinsella
Practical tips and advice from the professional. Class size limited to 12. Fee includes golf balls used on driving range.
- 319 INDIAN COOKING - AN INTRODUCTION** €125
S. Dave - 8 weeks
Create healthy, authentic Indian meals at home including starters, condiments, and main courses, breads, basmati, biryanis.
- 320 INFANT / BABY MASSAGE** €50
D. Casey - **7.30-8.30pm** - 8 weeks
Ideal for parents of babies 0-24 months. Improve sleep patterns, bonding, colic, and digestive upsets as well as easing asthma and congestion.

- 321 INTERIOR DESIGN** €110
T. Stewart
Learn the correct use of colour, window treatments, lighting and accessories. Spice up or redesign existing schemes with current trends in Interior Design. Visuals also include slides, colour examples, magazines and books.
- 322 ITALIAN - Beginners** €110
H. Abrahamson
Learn to speak Italian through conversation, games, role play and text book. Materials supplied.
- 323 ITALIAN - Improvers** €110
H. Abrahamson
Keep up your Italian with conversation, games, role play and text book. Pick it up wherever you left off! Materials supplied. Fun class.
- 324 MARINE ENGINE MAINTENANCE** €110
H. Harris
Is your boat/yacht motorised? Ever had problems with starting or running your engine? Have you ever required a tow? If so, then this course is for you.
- 325 PAINTING IN OIL OR ACRYLIC** €110
B. Stewart
Explore your own style and taste through the use of oil or acrylic paints. Focuses on the development of both visual awareness and technical skills. Mixed ability. All levels welcome.
- 326 PHOTOGRAPHY - DIGITAL - Beginners** €110
G. Hammond
Lessons ranging from light, exposure, composition, equipment, landscape and portraiture to downloading your digital files and introduction to Photoshop. Bring your camera.
- 327 PILATES - Beg 7.00-7.55pm** €80
- 328 PILATES - Beg/Int 8.00-8.55pm** €80
D. Doyle
Pilates strengthens and stretches the muscles achieving good posture, a strong back and a flat stomach. Please wear loose clothing and bring a mat.
- 329 PILATES ON THE BALL - 9.00-9.55pm** €80
D. Doyle
Using a Swiss Ball for extra challenge to the postural muscles and for more fun. Suitable for ALL!! Please bring your own Swiss Ball and a mat.
- 330 POTTERY** €130
V. Coombes
Learn handbuilding, throwing on the wheel and modelling. Make your own sculptures, large or small, and other objects, useful or just beautiful. Fee includes all materials used.
- 331 SIMPLY DRAWING** €110
H. Pomfrey
No. It's not magic! Simply a series of structured drawing classes. Designed to suit beginners and those that want to improve their skills further.
- 332 SPANISH - Improvers** €110
C. Arizaga
Textbook is "Ele Initial 1".
- 333 SPANISH - Advanced** €110
I. Morales-Duffy
Emphasis will be on conversation and correct grammar.

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334 WATERCOLOURS - Improvers

€110

K. O'Shea

Develop your own style and taste. Choose your own themes and experiment with more advanced techniques and combinations with other mediums like acrylic paints or pen. Materials list provided on enrolment.

335 YOGA - Mixed Ability - 7.00-8.30pm

€80

336 YOGA - Mixed Ability - 8.30-10.00pm

€80

B. Western

Bring a yoga/exercise mat or blanket.

337 YOGA - Continuation - 7.00-8.30pm

€80

338 YOGA - Beginners - 8.30-10.00pm

€80

L. McEaney

Yoga stretch and relaxation through postures, breathing and meditation. Students need to wear loose clothing and bring a mat.



POSTAL ENROLMENT FORM

PLEASE USE BLOCK CAPITALS

Name _____ Mr/Mrs

Tel: (H) _____ (W) _____

1st choice course _____ Code _____

2nd choice course _____ Code _____

Car Reg. No. _____

Credit Card No. _____

Exp. Date _____

N.B. FULL fee must accompany this enrolment

*Unless you are contacted by the school,
you have been accepted in your first choice course.*

Signature _____

**Adult
Education
Courses
also at:**

Ballinteer Community School	298 8216
Balally Community School	295 3224
Newpark Comprehensive School	288 3725
St. Kilian's, Bray	282 8126

Reduced rates will be available for those receiving old age pensions or supplementary benefits on production of the necessary documentation.

- Need help with reading/writing/spelling/math's?

If so, contact Dun Laoghaire Adult Learning Centre at 285-5633.

For their support, our nightschool thanks:

Annie Bloom, Cornelscourt
BLT's, Cabinteely
Café Solo, Killiney
Café Solo, Shankill
Cabinteely Village Pharmacy
Centra, Ballybrack
Centra, Cornelscourt
Centra, Johnstown Road
Credit Union, Cornelscourt
Deerings Butchers, Killiney
Enterprise Rent-A-Car, Pottery Road
Farmers Pharmacy, Leopardstown
Fothergills Deli, Foxrock
Foxrock Hair Salon
Get Fresh, Ballybrack
Grange Pharmacy, Deansgrange
Howards Hair Studio, Sallynoggin
Johnstown Pharmacy
Londis, Cabinteely
Newsagent, Dunnes Stores
Nolan's Pharmacy, Glenageary
Park Academy, The Park Cabinteely
Park Pharmacy, The Park Cabinteely
Pottery Service Station, Bakers Corner
Quinn's Unicare Pharmacy, Shankill
Rushe's Eurospar, Killiney
Salon Topa, Bakers Corner
Spar, Ballybrack
Spar, Leopardstown
Spar, Shankill
Spar, The Park Cabinteely
Super Valu, Deansgrange
Texaco, Clonkeen Road
The Cowshed, Glasthule
The Station, Foxrock
Thomas's, Foxrock
Village Pharmacy, Foxrock
Whole Health, Ballybrack

BUSINESS STUDIES - By Day

Are you available for a few hours on weekday mornings?
If you are, would you like to:

- *know more about the computers than the kids?*
- *learn new office skills for the job market?*
- *meet new people and learn business skills?*
- *obtain national certification (FETAC, ECDL)*

Courses begin mid-September and continue until the end of May. Normal school breaks are observed. Limited availability.

Apply **now** for your brochure.

Cost: €100. FETAC Grant available for eligible participants.
Tel: 285-2137