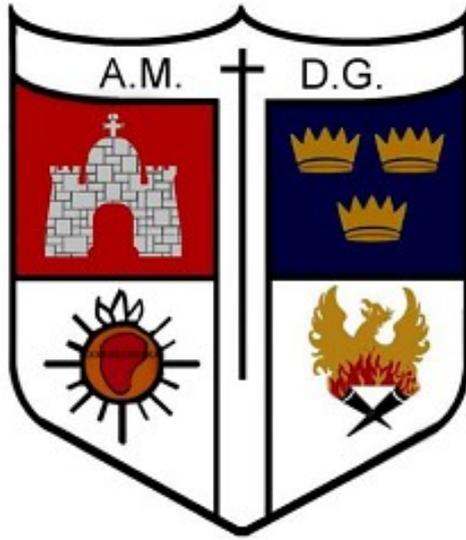


Crescent College Comprehensive S.J.
Adult Education Programme



2017 Autumn Term Brochure

Classes start 25th/26th September

Enrolment evenings (6-8pm):

11th, 12th, 13th September

18th, 19th, 20th September

Phone: 061-302354

Email: nightclassesccc@eircom.net

Website: www.crescentsj.com

Address: Dooradoyle, Limerick

Principal: Ms Karin Fleming

Deputy Principal: Ms Sinead Mulcahy

Director of Adult Education: Ms Nuala McGann



Find us on Facebook:

Crescent College Comprehensive Adult Education

MONDAY CLASSES (start Mon 25th Sept)

- M1. BRIDGE (BEGINNERS) €120**
6.30-8.30pm; 8 weeks; Tutor: Rose Pratt
An introduction to the wonderful world of bridge, through play and demonstration.
- M2. BRIDGE (IMPROVERS) €120**
8.30-10.30pm; 8 weeks; Tutor: Rose Pratt
Opportunity for those who already play bridge to improve their card play and bidding.
- M3. ENGLISH AS A FOREIGN LANGUAGE €100**
7.00-8.00pm; 8 weeks; Tutor: Eithne Murphy
Gain confidence in spoken and written English in a friendly, relaxed atmosphere. Covers form filling, creating a CV, grammar, dealing with everyday situations and communicating with child's school.
- M4. EMOTIONAL FREEDOM THERAPY (EFT) €120**
7.30-9.00pm; 8 weeks; Tutor: Deborah Barry
A psychological version of acupuncture, without the needles, which releases stress by producing a balancing effect and replacing emotional distress with calm and peace.
- M5. FRENCH (BEGINNERS) €100**
7.00-8.00pm; 8 weeks; Tutor: Nelly Fouchet
This course in spoken French, given by a native speaker, will give you a good grounding in the basics and enable visitors to France to communicate more effectively.
- M6. FRENCH (IMPROVERS) €110**
8.00-9:30pm; 8 weeks; Tutor: Nelly Fouchet
For people with some spoken French who would like to develop conversation and comprehension through role play, grammar tuition, listening comprehension and oral practice.
- M7. HANDS-ON PRACTICAL BAKING €120**
7.00-9.00pm; 8 weeks; Tutor: Valerie O'Gorman
Valerie at Forget Me Knot Foods invites you on this practical baking course for beginners during which you will learn to make chocolate cakes, Victoria sponges, biscuits, scones, apple tarts, muffins, cupcakes and other beautiful cakes and pastries with confidence.
- M8. IRISH (CONVERSATIONAL) €100**
7.00pm-8.00pm; 8 weeks
Is Feidir linn! Learn to speak Irish confidently. The class will be of particular benefit to parents and guardians in helping students with Irish homework.
- M9. MATHS FOR PARENTS/ADULTS €110**
7.30-9.00pm; 8 weeks; Tutor: Niamh O'Shea
Covers topics on the school curriculum to enable you to help with maths homework, and provide ways to bring maths to life at home. Also suitable for adults looking to improve their own maths.

- M10. SPANISH (BEGINNERS) €100**
 7.00-8.00pm; 8 weeks; Tutor: Iziar Sarasola
 Based on oral and written communication with lots of opportunity to practice for holidays, work etc.
- M11. SPANISH (IMPROVERS) €110**
 8.00-9.30pm; 8 weeks; Tutor: Iziar Sarasola
 For those who have completed a beginner's course or who have a basic knowledge of Spanish.
- M12. STRICTLY COME DANCING (BEGINNERS) €120**
 7:30-9:00pm; 8 weeks; Tutors: Eileen & Frank Byrne
 A ballroom dancing course which offers enjoyment and exercise.
- M13. TAI CHI (BEGINNERS) €100**
 6:00-7.00pm; 8 weeks; Tutors: Tim McGill
 Live your life with the mind and body in harmony.
- M14. TIN WHISTLE (INTRODUCTION) €100**
 6.30-7.30pm; 8 weeks; Tutor: Denis O'Toole
 Enjoy learning tin whistle in a small adult group. This class is for beginners learning basic tunes and some jigs and reels.
- M15. TIN WHISTLE (ADVANCED) €100**
 7:30-8:30pm; 8 weeks; Tutor: Denis O'Toole
 Designed for those who have completed the introduction course.
- M16. WOODCARVING (CONTINUATION) €120**
 7.00-9.00pm; 8 weeks; Tutor: Barry McKie
 This course is aimed at bringing you to an advanced level with specific attention given to design and construction detail.
- M17. YOGA - THE YOGA WAY €100**
 8.00-9.15pm; 8 weeks; Tutor: Martina Mullins
 Develop greater flexibility, enjoy better sleep patterns and achieve relief while improving your overall wellbeing. Suitable for beginners and those who are a little out of practice.
- M18. ZUMBA €80**
 8.00-9.00pm; 8 weeks
 Party yourself into shape with the Latin-inspired, calorie-burning dance class that's revolutionising exercise and fitness.

TUESDAY CLASSES (start Tue 26th Sept)

- T1. CREATIVE WRITING €100**
 7:00-9.00pm; 8 weeks; Tutor: Fiona Clark Echlin
 An introductory programme for aspiring writers who wish to develop skills, confidence and creativity in fiction, poetry or memoir writing through guided group and individual work.
- T2. DIGITAL SKILLS FOR CITIZENS FREE**
 7.00-9.00pm; 5 weeks; Tutor: Denis O'Toole
 See special section on penultimate page for full details.

- T3. DOG GROOMING** **€90**
7.00-9.00pm; 4 weeks; Tutor: Paul Hogan
Learn to groom your pet, maintain his coat between groomings and get tips on positive handling. Various breeds covered.
- T4. FLOWER ARRANGING** **€110**
7.30-9.00pm; 8 weeks; Tutor: Nuala Gaffney
Learn to make Christmas flower arrangements, seasonal wreaths, centrepieces and other arrangements in a relaxing and therapeutic atmosphere. Containers, wiring and taping will also be covered.
- T5. GUITAR (BEGINNERS)** **€110**
8.30-10:00pm; 8 weeks; Tutor: Jason Mitchell
This course is suitable for individuals who have no knowledge of playing the guitar and who wish to play simple tunes.
- T6. HANDS-ON COOKING (BEGINNERS)** **€120**
7pm-9pm; 8 weeks; Tutor: Valerie O’Gorman
Join Valerie at Forget me Knot Foods on this hands-on masterclass for beginner cooks and those with basic cooking skills, covering Italian, Thai, Indian and fish dishes (gluten-free options available). Ingredients not included.
- T7. HEAL YOUR LIFE** **€120**
7.30-9.00pm; 8 weeks; Tutor: Gillian O’Gorman
These workshops will guide you through the philosophies of Louise Hay and her bestselling book *You Can Heal Your Life*. If you’re stuck in a pattern of negative thinking or wish to live a more positive life, this is the course for you. Sessions include guided meditation, group work and support for you on your journey to a happier life.
- T8. MINDFULNESS, STRESS MANAGEMENT, LIFE COACHING** **€120**
7.00-9.00pm; 8 weeks; Tutor: Joe Delaney
Our ‘5 Steps to Success’ coaching methodology will give you the skills and techniques to help you manage life’s challenges, organise your thinking and behaviour and make life more enjoyable.
- T9. PAINTING** **€100**
7.30-9:30pm; 8 weeks; Tutor: Marie Bartlett
Discover painting and develop your artistic side in a relaxed, helpful and supportive atmosphere.
- T10. SEWING** **€110**
7.30-9.00pm; 8 weeks; Tutor: Mary Meskell
Improve your sewing skills and learn to read patterns and construct basic garments. You’ll need to provide your own sewing machine.
- T11. WOODCARVING (BEGINNERS)** **€120**
7.00-9.00pm; 8 weeks; Tutor: Barry McKie
Develop the basic skills of woodcarving and tool care in a relaxed and fun atmosphere. (Beginners tools can be provided).
- T12. ZUMBA** **€80**
8.00-9.00pm; 8 weeks
Party yourself into shape with the Latin-inspired, calorie-burning dance class that’s revolutionising exercise and fitness.



Roinn Cumarsáide, Gníomhaithe
ar son na hAeráide & Comhshaoil
Department of Communications,
Climate Action & Environment

ICS
Foundation

Digital Skills for Citizens



Learn how to
go Online

Free Training!

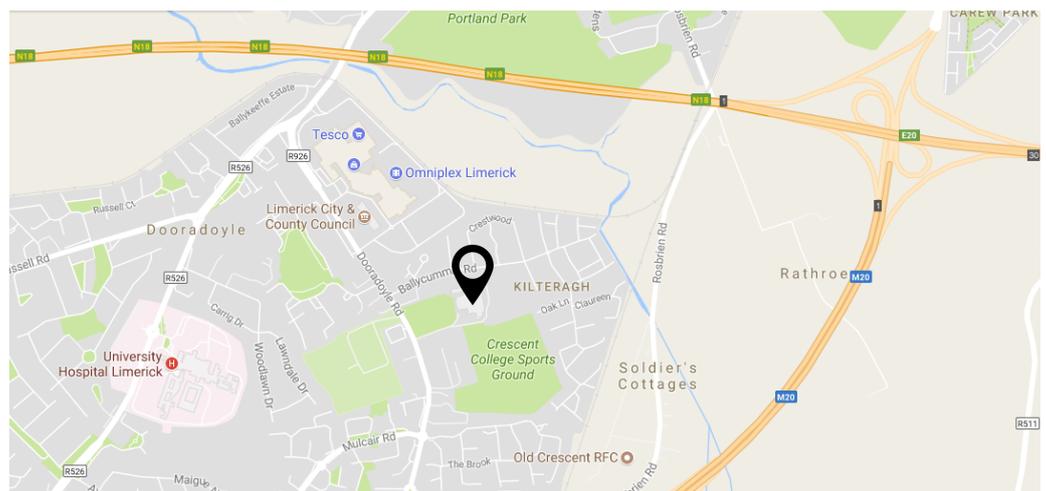
Programme A: Productive Use of Digital Skills (6 hours; all topics compulsory):

Introduction to the internet • Internet safety & security • Email • Search engines & websites • Online government services • Conducting everyday transactions • Online voice & video calls • Use of apps

Programme B: Lifestyle Choices (4 hours; opportunity to cover at least 2 of the following topics):

Specific government online services • Social media • Video, TV & radio • Shopping online • Instructional videos on YouTube • Online banking, including security safeguards • Digital photography • Revision of one or more Programme A topic

WHERE TO FIND US



GENERAL INFORMATION

- Fees are payable in full on enrolment
- Fees are non-refundable except when classes do not form
- Crescent College Comprehensive does not accept responsibility for property damaged or mislaid on the premises
- The minimum age for courses is 16 years
- Smoking is not permitted on school premises and grounds surrounding it
- Concessions: 10% (phone office to avail of concession).

HOW TO ENROL

1. By Post: Cheques made payable to '**Crescent on-going Education**'
2. In-school Enrolment Nights: Mon, Tue, Wed (11th, 12th, 13th **and** 16th, 17th, 18th September, 6:00-8:00pm)

ENROLMENT FORM

Complete and return with fee to: Adult Education Programme, Crescent College Comprehensive, Dooradoyle, Limerick

Name: _____

Address: _____

Phone number: _____ Email address: _____

Course(s) applied for:

Course 1: _____ Day: _____ Code: _____

Course 1: _____ Day: _____ Code: _____

Fee enclosed: € _____

FACILITY HIRE

We have an extensive range of facilities available for rental, including: Classrooms, Sport Hall and Computer Rooms.

For details contact: Ms Nuala McGann at 061-302354 or email nightclassesccc@eircom.net

NEW COURSE IDEAS

If you have a course you would like to see offered, we would be delighted to hear from you; email nightclassesccc@eircom.net with your suggestions.