



*A world of  
Education  
In your local  
Community*

# Adult Education Programme 2017 Spring Brochure

Crescent College Comprehensive  
Dooradoyle  
Limerick

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How to find us: <https://goo.gl/maps/8KjGbCL8pnt>

## **How to Enrol:**

### **1. By Post**

Cheques made payable to Crescent on-going Education

### **2. ENROLMENT NIGHTS:**

In Person: in Adult Education Office. Enrolment nights on

**Monday, Tuesday, Wednesday (9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> January between 6-8pm**

**AND**

**16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup> January between 6-8pm**

**Classes will commence on Monday 23<sup>rd</sup> and Tuesday 24<sup>th</sup>  
January 2017**



## Monday Classes



1. **Strictly Come Dancing:** (beginners) 1 Hr 8pm to 9pm  
Ballroom Dancing. A course which offers enjoyment and exercise. Fee €100 8 weeks.



2. **The Yoga Way:** 1¼hrs 8.00pm to 9.15pm

Contemporary yoga leads to greater well-being of the body, breath and mind and the development of greater awareness. The class is suitable for beginners or those who have not practised yoga for a while. Fee: €90 8 weeks



3. **Hands on Practical Baking:** 2 Hrs 7.00pm to 9.00pm

Valerie at the Forget Me Knot Foods invites you to come along on this ten week journey of practical baking for beginners. During the course you will gather the confidence to bake impressive delights to impress even the most seasoned tastebuds. Fee: €110 8 weeks.



4. **Bridge:** (beginners) 1½ Hrs 6.30pm to 8.00pm

An introduction to the wonderful world of bridge, through play and demonstration. Fee: €110 8weeks.

5. **Bridge:** (Improvers) 2 Hrs 8.00pm to 10.00 pm

This class is aimed at those who are playing bridge and would like to improve their card play and bidding. It is a revision and a continuation for those who wish to improve their bridge. Fee: €120 8 weeks.

6. **Woodcarving:** (Continuation) Barry McKee 2 Hrs 7.00pm to 9.00pm



This course is to aim at bringing you to an advanced level which will include design and construction detail. Specific attention will be paid to detailing. Fee €110 8 weeks.

7. **Emotional Freedom Therapy:** 1 ½Hrs 7.30pm to 9.00pm



EFT is a psychological version of acupuncture without the needles. It releases stress by producing a balancing effect thus replacing emotional distress with a form of calm and peace. Fee: €120 8 weeks.

8. **Tin Whistle:** ( Introduction) 1 Hr 6.30pm to 7.30 pm



Enjoy learning tin whistle in a small adult group. This class is for beginners learning basic tunes and some jigs and reels. Fee: €100 8 weeks



9. **English as a Foreign Language:** 1 Hr 7.00pm to 8.00pm

This course is for those with basic English who wish to improve their practical language Skills . Gain confidence in your spoken /written English in a friendly, relaxed atmosphere. Course includes form filling, creating a CV, dealing with everyday situations, Communicating with child's school etc. and grammar.

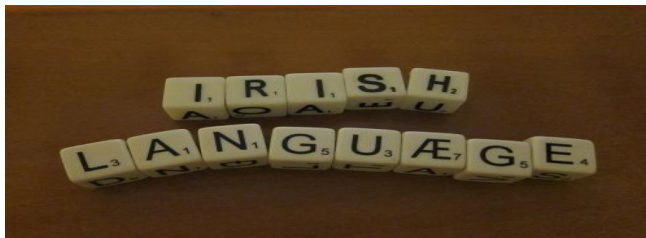
Fee € 100 8 weeks



**10 Maths for Parents/Adults 1 ½ Hours 7.30pm to 9.00pm**

This 8 week course will enable you to help your children with their maths homework by covering topics that are included on the school curriculum. It will also show you ways to bring maths to life at home, helping to make the subject relevant to everyday life. This course is also suitable for adults wanting to improve their maths.

Fee €110 8 weeks



**11. Irish: Conversation class 1 Hr 7.00pm-8.00pm**

Is Feidir linn! Learn to speak Irish confidently. The class will be of particular benefit to Parents/Guardians in helping students with Irish homework.

Fee € 100 8 weeks



**12. Flower Arranging 1 ½ Hrs 7.30-9.00pm**

Learn the skills of flower arranging in a relaxing and therapeutic atmosphere. Create Your arrangement of fresh flowers.

Fee €110 8 weeks



## Tuesday Classes:

### 1. Life Coaching Skills: 2 Hrs 7.00pm to 9.00pm

This class addresses critical skills required for today's many challenges including ; dealing with stress, time management , setting goals, building self confidence and esteem, managing family relationships, assertiveness and improve your decision making skills. The class will give you tools and strategies to overcome barriers that are holding you back and improve your personal performance.

Fee: €120 8 weeks

### 2. Dog Grooming: 2 Hrs 7.00pm to 9.00pm (Paul Hogan)



An overview to grooming your own pet and how best to maintain and upkeep his coat between groomings. Basic tips on positive handling skills. Different breeds covered.

Fee: €90 4 weeks

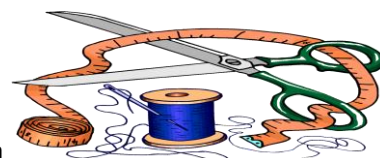
### 3. Woodcarving: ( Beginners) 2 Hrs 7.00pm to 9.00pm



Learn the basic skills of woodcarving and tool care .Develop a love of hand carving wood in a relaxed atmosphere. Learn to keep tools sharp. (Beginners tools can be provided)

Fee: €110 8 weeks

### 4. Sewing Class: 1 ½ Hrs 7.30pm to 9.00pm



Learn how to improve your sewing skills and to read patterns and construct basic garment. Students will be required to provide their own sewing machine.

Fee: €110 8 weeks

**5. Guitar: (Continuation) 1½ Hrs 8.30pm- 10pm**



For those who have completed the beginners course or its equivalent..

Fee; €110 8 weeks

**6. French: (Beginners) 1 Hr 7.00pm to 8.00pm**



A course in spoken French by a native speaker. This course will give you a good grounding in the basics and enable the visitor to France to communicate more effectively.

Fee: €100 8 weeks

**7. French ( Continuation) 1½ Hrs 8.30pm to 10.00pm**

For people who would like to improve their spoken French to achieve a more independent level.

Fee: €110 8 weeks

**8. Hands on Cooking:(Beginners)2Hrs 7pm-9pm**



Valerie at Forget me Knot Foods invites you to come along to this eight week journey of cooking for beginners. This is a masterclass ideal for someone with basic cooking skills the beginner cook or people living alone. It's a hands on course so you will be bringing home delicious dishes all cooked by you.

Fee: €110 8 weeks



**9. Painting: 2 Hrs 8.00pm to 10.00pm**

Discover painting and develop your artistic side in a relaxed helpful and supportive atmosphere.

Fee: €100 8 weeks



**10. Aerobics: 1 Hr 8.00 to 9.00pm**

A full body work out for beginners and those with some experience of aerobic. Moving to music you will tone up get fitter feel better and look healthier while thoroughly enjoying yourself.

Fee: €100 8 weeks



**11. Understanding your Tax: 1½ Hrs**

**7.30pm -9pm**

Introduction to the Irish Tax System and day to day accounting. Class will focus on the following:

- How to prepare your tax returns.
- How to deal with Revenue Commissions.
- Understanding your salary and tax credits.
- Assess if you are due a tax refund.
- The tax consequences of receiving a gift or inheritance.

Fee: €120 8 weeks



**12. Spanish: (Beginner) 1 hr 7.00pm -8.00pm**

Based on oral and written communication with lots of opportunity to practice for holidays, work etc.

Fee: €100 8 weeks



### **13. Heal your life 1 1/2hrs 7.30pm -9.00pm**

#### **Heal Your Life Workshops based on the philosophies of Louise Hay**

Join us for this 8 week course where we will gently guide you through the philosophies of Louise L Hay and her bestselling book You Can Heal Your Life. If you are feeling stuck, in a pattern of negative thinking or wish to live a more positive life, this is the course for you. For those of you who are already familiar with Louise Hay this is a great opportunity to reconnect to her work.

Along with the philosophies there will be guided meditation, group work and most of all support for you on your journey to a better and happier life

**Fee €120 8 weeks**