



*A world of  
Education  
In your local  
Community*

# Adult Education Programme 2017 AUTUMN Brochure

Crescent College Comprehensive

Dooradoyle

Limerick

Adult Education Phone: 061- 302354

Email: [nightclassesccc@eircom.net](mailto:nightclassesccc@eircom.net)

Website: [www.crescentsj.com](http://www.crescentsj.com)

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 (11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> September  
between 6-8pm

AND

18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup> September between 6-8pm

Classes will commence on Monday 25<sup>th</sup> and Tuesday 26<sup>th</sup>  
September 2017



## Monday Classes

**M1 Strictly Come Dancing:** (beginners) 1 Hr 7.30pm to 8.30pm

**Tutor:** Eileen and Frank Byrne

**Ballroom Dancing.** A course which offers enjoyment and exercise.

Fee: €120 8 weeks



**M2 The Yoga Way:** 1½hrs 8pm to 9.15pm

**Tutor:** Martina Mullins

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. The class will help to develop greater flexibility, achieve relief from stress and enjoy better sleep patterns.

Fee: €100 8 weeks

**M3 Hands on Practical Baking:** 2 Hrs 7pm to 9pm

**Tutor:** Valerie O Gorman



Valerie at the Forget Me Knot Foods invites you to come along on this eight week journey of practical baking for beginners. During the course you will gather the confidence to make beautiful cakes and pastries such as Chocolate cakes, Victoria Sponge, Biscuits, Scones, Apple Tarts, Muffins, Cup Cakes along with butter cream icing and **a few other delights**. You won't be disappointed.

Fee €120 8 weeks



**M4 Bridge: (beginners) 2 Hrs 6.30pm to 8.30pm**

**Tutor: Rose Pratt**

**An introduction to the wonderful world of bridge, through play and demonstration.**

**Fee: €120 8 weeks**

**M5 Bridge: (Improvers) 2 Hrs 8.30pm to 10.30 pm**

**Tutor: Rose Pratt**

**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**



**M6 Woodcarving: (Continuation) 2 Hrs 7pm to 9pm**

**Tutor: Barry McKie**

**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 €120 8 weeks.**



**M7 French: (Beginners) 1 Hr 7pm to 8pm**

**Tutor: Nelly Fouchet**

**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**

**M8 French: (Improvers) 11/2 hrs 8pm to 9.30pm**

**Tutor: Nelly Fouchet**

**This course is suitable for people with previous knowledge of speaking French and who wish to develop their conversational and comprehension skills. Course Content: General conversation, Grammar, listening comprehension and oral practice.**

**Fee: €110 8 weeks**



**M9 Emotional Freedom Therapy: 1 ½Hrs 7.30pm to 9pm**

**Tutor: Deborah Barry**

**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 calm and peace.**

**Fee €120 8 weeks**



**M10 Tin Whistle: ( Introduction) 1 Hr 6.30pm to 7.30 pm**

**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.**

**Fee: €100 8 weeks**

**M11 Tin Whistle:(Advanced) 1 Hr 7.30 to 8.30 pm**

**Tutor: Denis o Toole**

**This course is designed for those who have completed the beginners course .**

**Fee: €100 8 weeks**



**M12 English as a second Language: 1 Hr 7.00pm to 8.00pm**

**Tutor: Eithne Murphy**

**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**



**M13 Maths for Parents/Adults 1 ½ Hours 7.30pm to 9.00pm**

**Tutor: Niamh O Shea**

**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**

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**M14. 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**



**M15. 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**



**M16. 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**

**[M17. Spanish (Improvers) 1 1/2 hrs 8-930pm**

**For those who have completed a beginner's course or who have a basic knowledge of Spanish.  
Fee: €110 8 weeks**

## **Tuesday Classes:.**



**T1 Flower Arranging 1 1/2 Hrs 7.30-9pm  
Tutor: Nuala Gaffney**

**Learn the skills of flower arranging in a relaxing and therapeutic atmosphere.**

**Create your own arrangement of fresh flowers, Christmas flower arrangements, seasonal wreaths, centrepieces types of containers, wiring and taping and much more.**

**Fee: € 110 8 weeks**



## **T2 Stress Management – Life coaching : 2 Hrs 7.00pm to 9.00pm**

**Tutor Joe Delaney**

**Are you feeling stressed?**

**Worrying about the past but never in the moment?**

**Head going round in a turmoil?**

**Frustrated- but not exactly sure why or how you got here?**

**Looking to plan better for both career & life?**

**Looking to find a way to manage it all?**

**Then why not try our 8 week Mindfulness, Stress Management & Life Coaching course.**

**Using our ‘5 Steps to Success’ Coaching Methodology, this course will give you skills and techniques to help you manage life’s big and small challenges, organise your thinking and behaviour into steps that make life more enjoyable for you and others .**

**Fee: €120 8 weeks**

## **T3 Dog Grooming: 2 Hrs 7.00pm to 9.00pm**

**Tutor: 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**





**T4 Woodcarving: ( Beginners) 2 Hrs 7.00pm to 9.00pm**



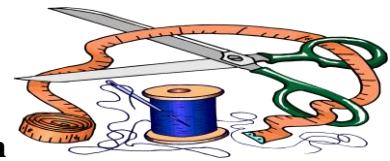
**Tutor: Barry Mc Kie**

**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:€120 8 weeks**

**T5 Sewing Class: 1 1/2 Hrs 7.30pm to 9.00pm**



**Tutor: Mary Meskell**

**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**



**T6 Guitar: (Beginners) ) 1½ Hrs 8.30pm- 10pm**  
**Tutor: Jason Mitchell**

**This course is suitable for individuals who have no knowledge of playing the guitar and who wish to play simple tunes..**

**Fee: €110 8 weeks**

**T7 Heal your |Life**                      **1 1/2hrs 7.30pm -9.00pm**

**Tutor: Gillian O Gorman**



**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**



**T 8 Painting: 2 Hrs 7.30pm to 9.30pm**

**Tutor: Marie Bartlett**

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

**Fee: €100 8 weeks**

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



**Tutor: Valerie O Gorman**

**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. You will try some Italian, Thai, Indian, Fish dishes all with Gluten free options if you wish. If you are looking for a fun and exciting course this will tick all those boxes. All ingredients supplied by you.**

**Fee: € 120 8 weeks**

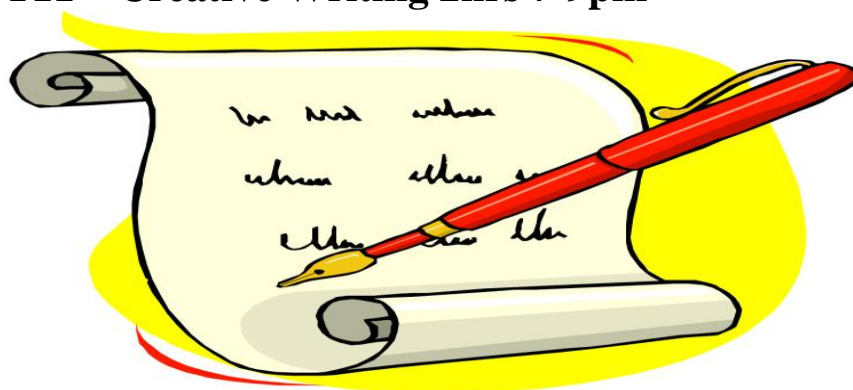


### **T10 Aerobics: 1 Hr 8pm to 9pm**

**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**

### **T11 Creative Writing 2hrs 7-9pm**



#### **Tutor:**

**This programme is aimed at anyone who enjoys and who wishes to develop skills and confidence in creativity whether in the area of fiction, poetry or memoir. The programme will provide an introduction to the various aspects of the craft of writing. Creativity and idea generating skills will be built through a mixture of group and individual work as participants are guided in creating, shaping and developing their skills.**



**T12 Tai Chi classes 1 hour 7-8pm**

**Live your life with the mind and body in harmony. Beginners classes.**

**Fee; €100 8 weeks**

**T13 Digital Skills for citizens Free**

**5 weeks 7pm -9pm**



**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 under Programme A are compulsory.**
  - **Introduction to the internet**
  - **Internet safety & security**
  - **Email**
  - **Search engines and websites**

- **Online government services**
- **Conducting everyday transactions**
- **Online voice and video calls**
- **Use of “Apps”.**
- **Programme B: Lifestyle Choices (4 Hours) - Trainees should be given the opportunity to select a minimum of two topics from Programme B.**
  - **Specific government online services**  
**Social Media**
  - **Video, TV and Radio**
  - **Shopping online**
  - **Instructional videos on YouTube**
  - **Online banking, including the process and security safeguards**
  - **Digital photography**
  - **Revision of one or more of the topics under Programme A.**

**No Fee**