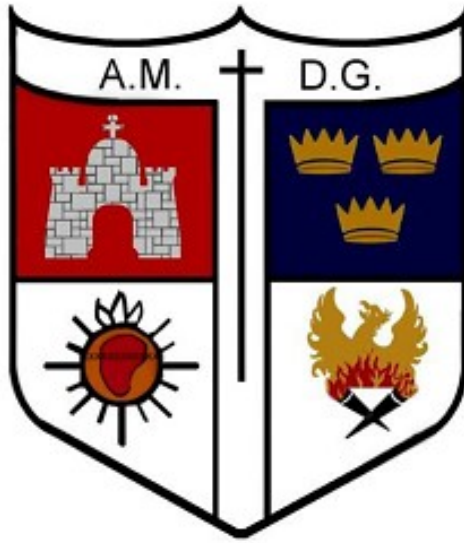


Crescent College Comprehensive S.J.
Adult Education Programme



2018 Spring Term Brochure

Classes start 22nd/23rd January

Enrolment evenings (6-8pm):
8th, 9th, 15th and 16th January
Note: payment by cash and cheques only

Phone: 061-302354
Email: nightclassesccc@eircom.net
Website: www.crescentsj.com
Address: Dooradoyle, Limerick

Principal: Ms Karin Fleming
Deputy Principals: Ms Sinead Mulcahy & Mr Diarmuid Mullins
Director of Adult Education: Ms Nuala McGann



Find us on Facebook:
Crescent College Comprehensive Adult Education

MONDAY CLASSES (start Mon 22nd Jan)

- M1. BICYCLE MAINTENANCE (BEGINNERS)** €120
7:00-9:00pm; 8 weeks; Tutor: James Keenehan
Learn how to mend a puncture, change a tube, adjust brakes, tune gears, grease and oil parts and carry out essential checks in this hands-on course. Workstand and all tools provided.
- M2. BRIDGE (BEGINNERS)** €110
8.30-10.00pm; 8 weeks; Tutor: Rose Pratt
An introduction to the wonderful world of bridge, through play and demonstration.
- M3. BRIDGE (IMPROVERS)** €120
6.30-8.30pm; 8 weeks; Tutor: Rose Pratt
Opportunity for those who already play bridge to improve their card play and bidding.
- M4. CHOIR** N/A
8:00-10:00pm; year round; full for Spring 2018
- M5. 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 atmosphere. Covers form filling, creating a CV, grammar, dealing with everyday situations and communicating with child's school.
- M6. 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.
- M7. FRENCH (BEGINNERS PLUS)** €100
7.00-8.00pm; 8 weeks; Tutor: Nelly Fouchet
This course in spoken French, given by a native speaker, is designed for those who have completed the beginners' course or who have some basic knowledge of the language.
- M8. 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.
- M9. HANDS-ON PRACTICAL BAKING** €120
6.30-8.30pm; 8 weeks; Tutor: Valerie O'Gorman
Learn to make chocolate cakes, Victoria sponges, biscuits, scones, apple tarts, muffins, cupcakes and other beautiful cakes and pastries with confidence during this practical baking course.
- M10. IRISH (CONVERSATIONAL)** €100
7.00pm-8.00pm; 8 weeks Tutor: TBC
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.
- M11. 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.

- M12. SPANISH (BEGINNERS PLUS) €110**
 6.30-8.00pm; 8 weeks; Tutor: Iziar Sarasola
 Based on oral and written communication with lots of opportunity to practice for holidays, work etc. Follow on from beginners' course.
- M13. SPANISH (IMPROVERS PLUS) €110**
 8.00-9.30pm; 8 weeks; Tutor: Iziar Sarasola
 For those who have completed an intermediate course or have a good foundation in Spanish.
- M14. STRICTLY COME DANCING (BEGINNERS) €120**
 7:30-8:30pm; 8 weeks; Tutors: Eileen & Frank Byrne
 A ballroom dancing course which offers enjoyment and exercise.
- M15. TIN WHISTLE (ADVANCED) €100**
 7:30-8:30pm; 8 weeks; Tutor: Denis O'Toole
 Enjoy learning tin whistle in a small adult group. 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 of carving.
- M17. WOODWORK €120**
 7.00-9.00pm; 8 weeks; Tutor: TBC
 Learn basic carpentry skills while making a small item of furniture.
- M18. 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.

TUESDAY CLASSES (start Tue 23rd Jan)

- T1. BICYCLE MAINTENANCE (INTERMEDIATE) €120**
 7:00-9:00pm; 8 weeks; Tutor: James Keenehan
 Learn to replace brake cables, gear cables and brake blocks, tune gears and repair buckled wheels. Bike fitting will also be covered. Tools provided.
- T2. CREATIVE WRITING €110**
 7:00-9.00pm; 8 weeks; Tutor: Ben Kesp
 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.
- T3. DIGITAL SKILLS FOR CITIZENS FREE**
 7.00-9.00pm; 5 weeks; Tutor: Denis O'Toole
 See special section on penultimate page for full details.
- T4. 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.
- T5. FLOWER ARRANGING €110**
 7.30-9.00pm; 8 weeks; Tutor: Nuala Gaffney
 Make a range of seasonal floral arrangements from simple bunches of springtime blooms to more elaborate Easter baskets.

T6. GUITAR (CONTINUATION)	€110
<i>8.30-10:00pm; 8 weeks; Tutor: Jason Mitchell</i>	
Opportunity for those who have completed the beginners' course or its equivalent and have some basic knowledge of chords to improve their playing skills.	
T7. HANDS-ON COOKING (BEGINNERS)	€120
<i>6:30-8:30pm; 8 weeks; Tutor: Valerie O'Gorman</i>	
This hands-on masterclass for beginner cooks and those with basic cooking skills, covers Italian, Thai, Indian and fish dishes (gluten-free options available). Ingredients not included.	
T8. MINDFULNESS, STRESS MANAGEMENT, LIFE COACHING	€120
<i>7.00-9.00pm; 8 weeks; Tutor: Joe Delaney</i>	
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	€120
<i>7.30-9:30pm; 8 weeks; Tutor: Marie Bartlett</i>	
Discover painting and develop your artistic side in a relaxed, helpful and supportive atmosphere.	
T10. POTTERY/CERAMICS	€120
<i>7.00-9:00pm; 8 weeks; Tutor: Clare Butler</i>	
Learn the basics of handbuilding, modelling and glazing as you make functional and decorative ceramic vessels and sculptures.	
T11. SEWING	€110
<i>7.30-9.00pm; 8 weeks; Tutor: Mary Meskell</i>	
Improve your sewing skills and learn to read patterns and construct basic garments. You'll need to provide your own sewing machine.	
T12. WOODCARVING (BEGINNERS)	€120
<i>7.00-9.00pm; 8 weeks; Tutor: Barry McKie</i>	
Develop the basic skills of woodcarving and tool care in a relaxed and fun atmosphere. (Beginners tools can be provided).	
T13. ZUMBA	€80
<i>8.00-9.00pm; 8 weeks; Tutor: Jillian Furlong</i>	
Party yourself into shape with this fun, Latin-inspired, calorie-burning dance class.	

OTHER COURSES (book through website provided)

PLANT-BASED NUTRITION	€229
<i>Wednesday 6:30-9.30pm; 6 weeks; Tutor: Michael Roughan (The Master Herbalist)</i>	
Prepare healthy and delicious, mainly raw food recipes, learn about healthy clean eating and explore herbal medicine. Starts 24th Jan.	
Booking: themasterherbalist.ie	
GOURMET COOKING (BEGINNERS)	€135
<i>Thursday 7:00-9.30pm; 3 weeks; Delivered by: George Casey Catering</i>	
Covers basic knife skills, healthy options, basic baking, family meals and cooking for numbers. Starts 4th Jan.	
Booking: georgecaseycatering.com/blog	
GOURMET COOKING (INTERMEDIATE)	€135
<i>Friday 7:00-9.30pm; 3 weeks; Delivered by: George Casey Catering</i>	
Covers knife skills for fish and meat preparation, healthy options, professional planning tips and the art of risotto and pasta making. Starts 5th Jan.	
Booking: georgecaseycatering.com/blog	



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!

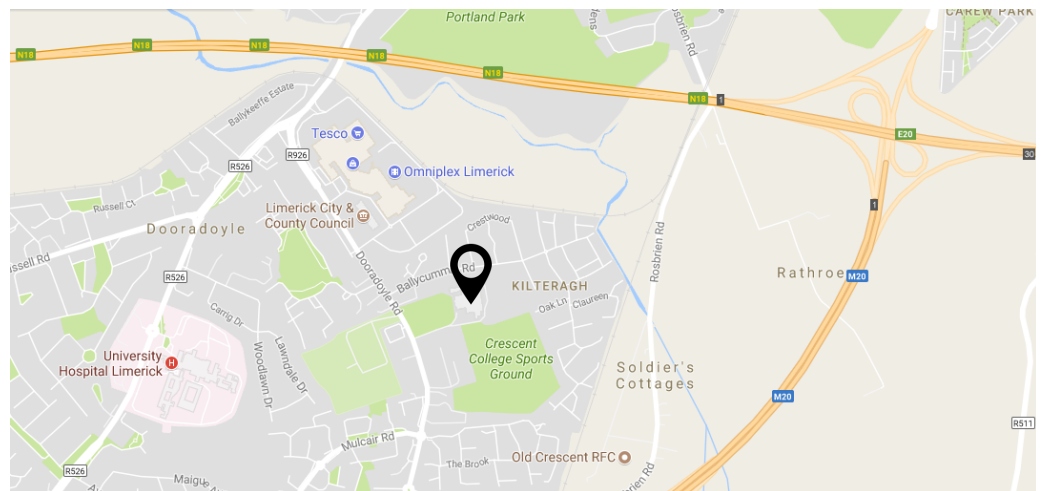
Programme A: Productive Use of Digital Skills (6 hours; all topics compulsory):

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 (8th, 9th, **and** 15th, 16th Jan, 6:00-8:00pm). Payment by cash and cheque only.

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.