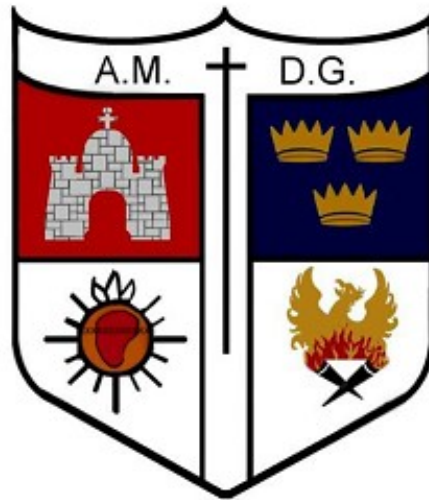


Crescent College Comprehensive S.J.  
Adult Education Programme



## 2018 Autumn Term Brochure

Classes start 17th/18th September

Enrolment evenings (6-8pm): 3rd, 4th, 10th, 11th September

***Online payments now accepted***



Phone: 061-302354

Email: [adulted@crescentsj.com](mailto:adulted@crescentsj.com)

Website: [www.crescentsj.com](http://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 17th Sept)

- 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: TBC*  
An introduction to the wonderful world of bridge through play and demonstration.
- M3. BRIDGE (IMPROVERS)** €120  
*6.30-8.30pm; 8 weeks; Tutor: TBC*  
Opportunity for those who already play bridge to improve their card play and bidding.
- M4. CHOIR** N/A  
*8:00-10:00pm; year round*
- M5. 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.
- M6. ENGLISH AS A FOREIGN LANGUAGE** €100  
*7.00-8.00pm; 8 weeks; Tutor: TBC*  
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.
- M7. 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.
- 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. GUITAR (BEGINNERS)** €110  
*7.00-8:30pm; 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.
- M10. HANDS-ON PRACTICAL COOKING** €120  
*6.30-8.30pm; 8 weeks; Tutor: Valerie O'Gorman*  
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.
- M11. 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.

- M12. 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.
- M13. SPANISH (BEGINNERS)** **€110**  
*6.30-8.00pm; 8 weeks; Tutor: Iziar Sarasola*  
 Beginners Spanish course based on oral and written communication with lots of opportunity to practice for holidays, work, etc.
- M14. SPANISH (IMPROVERS)** **€110**  
*8.00-9.30pm; 8 weeks; Tutor: Iziar Sarasola*  
 For those who have completed a beginner's course or have a good foundation in Spanish.
- M15. STRICTLY COME DANCING (BEGINNERS)** **€120**  
*7:30-8:30pm; 8 weeks; Tutors: Eileen & Frank Byrne*  
 A ballroom dancing course which offers enjoyment and exercise.
- M16. TIN WHISTLE (BEGINNERS)** **€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.
- M17. WOODWORK** **€120**  
*7.00-9.00pm; 8 weeks; Tutor: Bill Sheahan*  
 Learn basic carpentry skills while making small wooden items and pieces of furniture.
- M18. YOGA FOR BEGINNERS** **€100**  
*6.30-7.45pm; 8 weeks; Tutor: Triona Butler*  
 Enjoy the benefits of a gentle yoga course for beginners. Each class includes breathing techniques, postures and a deep relaxation, all of which improve your overall wellbeing.
- M19. YOGA FOR ALL** **€100**  
*8.00-9.15pm; 8 weeks; Tutor: Triona Butler*  
 Enjoy the benefits of a gentle yoga course suitable for all. Each class includes breathing techniques, postures and a deep relaxation, all of which improve your overall wellbeing.
- M20. ZUMBA** **€80**  
*8.00-9.00pm; 8 weeks; Tutor: Jillian Furlong*  
 Party yourself into shape with this fun, Latin-inspired, dance class. Now held in the sports hall.

## **TUESDAY CLASSES (start 18th Sept)**

- 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** **€120**  
*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 autumn foliage to more elaborate Christmas displays.
- T6. HANDS-ON PRACTICAL BAKING** **€120**  
*6:30-8:30pm; 8 weeks; Tutor: Ruth Quinn*  
 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.
- T7. 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.
- T8. 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.
- T9. POTTERY/CERAMICS** **€120**  
*7.00-9:00pm; 8 weeks; Tutor: Clare Butler*  
 Learn the basics of handbuilding, modelling and glazing as you make functional and decorative ceramic vessels and sculptures.
- 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 in a relaxed and fun atmosphere. (tools can be provided).

### **WEDNESDAY CLASSES (start 19th Sept)**

- W1. YOGA FOR ALL** **€100**  
*2.00-3.15pm; 8 weeks; Tutor: Triona Butler*  
 A yoga course suitable for all, with breathing techniques, postures and a deep relaxation.

### **OTHER COURSES (book through website provided)**

- GOURMET COOKING (BEGINNERS)** **€165**  
*Thursday 7:00-9.30pm; 3 weeks; Delivered by: George Casey Catering*  
 Covers basic knife skills, healthy options, basic baking, 'mother' sauces and dressings, family meals and cooking for numbers. Starts 13th Sept.
- GOURMET COOKING (INTERMEDIATE)** **€165**  
*Wednesday 7:00-9.30pm; 3 weeks; Delivered by: George Casey Catering*  
 Covers knife skills for fish and meat preparation, healthy options, professional dinner party planning tips, bread baking, and the art of risotto and pasta making. Starts 12th Sept.  
 Booking: [georgecaseycatering.com/blog](http://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

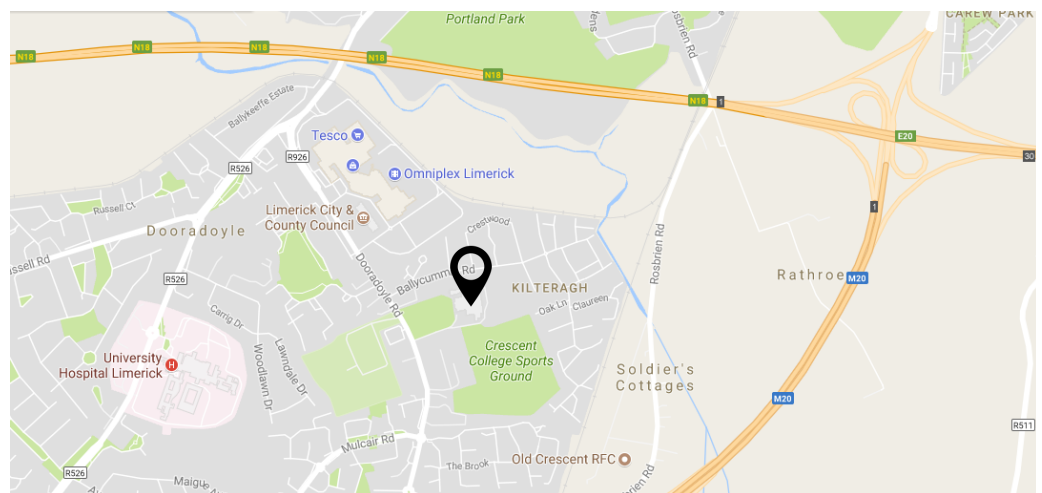
Free Training!

Free training classes available for all citizens who have not previously engaged with the internet and targeted at people over 45, farming communities, small business owners, the unemployed, persons with disabilities and disadvantaged groups.

Topics covered include:

**An introduction to the internet • Internet safety • How to send & receive emails • Using online government services, (Ag Food, Motor Tax, Passports etc.) • Using online banking services • How to use “Apps” (e.g. weather, traffic, news) • How to use Social Media (e.g. Skype, Facebook, Twitter) • Online Shopping**

### 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 (3rd, 4th, 10th, 11th Sept, 6:00-8:00pm).
3. Online: Anytime, [via Easy Payments Plus](#).



## ENROLMENT FORM

Complete and return with fee to: Adult Education Programme, Crescent College Comprehensive, Dooradoyle, Limerick. *Form not required if enrolling online.*

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 [adulted@crescentsj.com](mailto:adulted@crescentsj.com) (please note new email address).

### NEW COURSE IDEAS

If you have a course you would like to see offered, we would be delighted to hear from you; email [adulted@crescentsj.com](mailto:adulted@crescentsj.com) with your suggestions.