



Crescent College Comprehensive S.J.

Dooradoyle, Limerick

Adult Education Phone: 061- 302354

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

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

## Night Classes Spring 2019

Term commences 21<sup>st</sup> January

Enrol on or before 15<sup>th</sup> January

**To avoid class cancellations, please book early**

All classes have limited places and are filled on a first come, first served basis

### HOW TO BOOK A CLASS

Online: [www.crescentsj.com/adult-education/](http://www.crescentsj.com/adult-education/)

By Post: Cheques made payable to “**Crescent on-going Education**”

In Person: Tuesday 15<sup>th</sup> January 2019 5.00-8pm



Principal: Ms Karin Fleming

Deputy Principals: Ms Sinead Mulcahy & Mr Diarmuid Mullins

Director of Adult Education: Ms Catherine Scannell



Find us on Facebook: Crescent College Comprehensive Adult Education

# Monday Classes (starts Monday 21<sup>st</sup> January 2019)

## 1. CHOIR

2 ½ Hrs

7.30pm to 10.00pm Year round No Charge

## 2. CHESS AND DRAUGHTS

7.00pm to 9pm

8 weeks

Fee €120

Tutor: John Alfred ([www.ChessZ.net](http://www.ChessZ.net))

Chess - 5 weeks, Draughts - 3 weeks. One price covers both games. An introduction to two of the World's most popular Board games over an 8 week period. The first five weeks will cover Chess, starting with the Lowly Pawn and progressing to the King. Participants will play games with each other for at least three of the weeks. Draughts will be introduced for the last three weeks, and will cover openings, middle-games and endgames.

## 3. EMOTIONAL FREEDOM THERAPY (EFT)

7.30pm to 9pm

8 weeks

Fee €120

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 calm and peace.

## 4. FRENCH: (Beginners)

7pm to 8.30 pm

8 weeks

Fee: €120

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 visitors to France to communicate more effectively.

## 5. GUITAR: (Beginners)

7.00-8.30pm 8 weeks

Fee: €110

Tutor: Jason Mitchell

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

## 6. HANDS-ON PRACTICAL BAKING:

6.30pm to 8.30pm

8 weeks

Fee €120

Tutor: Valerie O Gorman (086 8521183) call/text for more information.

Learn how to make chocolate cakes, Victoria sponges, biscuits, scones, apple tarts, muffins, cup cakes and other beautiful cakes and pastries.

## 7. IRISH CONVERSATION CLASS:

7.00pm-8.00pm

8 weeks

Fee: €100

Tutor: Paul Murray

Is Feidir linn! Learn to speak Irish confidently. The class will be particularly useful when helping your children with Irish homework.

### **8. JAPANESE LANGUAGE AND CULTURE**

Hrs 7.00-8.30pm 8 Weeks

Fee: €120

Tutor Akie Nagahashi-Mullen

Whether you are off on holidays, wish to attend the Rugby World Cup or the Olympics prepare yourself for a trip to Japan. This class covers basic conversation and survival Japanese. The focus is on speaking and become familiar with Japanese language and culture.

### **9. SPANISH:**

7.00pm -8.30pm 8 weeks

Fee €120

Tutor: Iziar Sarasola

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

### **10. SOCIAL DANCING FOR FUN:**

7.30pm to 8.30pm 8 weeks

Fee: €120(per couple)

Tutor: Eileen and Frank Byrne

Ballroom Dancing for couples. A course which offers enjoyment and exercise.

### **11. TIN WHISTLE: ( BEGINNERS)**

6.30pm to 7.30 pm 8 weeks

Fee: €100

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.

### **12. WOODWORK**

7.00-9.00pm 8 weeks

Fee: €120

Tutor: Eric O'Donnell

Learn basic carpentry skills while making wooden items and pieces of furniture

### **13. YOGA FOR BEGINNERS Continuation**

6.30-7.45pm 8 weeks

Fee: € 100

Tutor: Triona Butler

Enjoy the benefits of a gentle yoga course. Each class includes breathing techniques, postures and a deep relaxation, all of which improve your overall wellbeing.

### **14. YOGA FOR ALL**

8.00-9.15pm 8 weeks

Fee: € 100

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.

### **15. ZUMBA**

8.00-9.00pm                      8 weeks    Fee: €80

Tutor: Jillian Furlong

Party yourself into shape with this fun, Latin-inspired, dance class. Class now held in sports hall for maximum party atmosphere!

### **16. WOODCARVING: ( BEGINNERS)**

7.00pm to 9.00pm                      8 weeks    Fee: €120

Tutor: Barry Mc Kee

Develop the basic skills of woodcarving and tool care in a relaxed and fun atmosphere. Tools can be provided.

## **Tuesday Classes (starts Tuesday 22nd January 2019)**

### **1. BACK TO BASICS MAKEUP COURSE**

7.00pm to 8.30pm                      8 Weeks    Fee: €120

Tutor: Lauren Fitzell –Inglot makeup Artist

This is a demonstration class. If you struggle with your everyday makeup, even wanting to brush up on what you already know or simply want to learn the basics this course is for you.

### **2. CREATIVE WRITING**

7:00-9.00pm; 8 weeks; Tutor: Ben Kesp    Fee: €120

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.

### **3. DIGITAL SKILLS FOR CITIZENS**

7.00-9.00pm; 5 weeks; Tutor: Denis O'Toole

**FREE TO OVER 45'S-CALL  
(061) 302354 to book a place**

Learn how to go online, use email, internet banking, shopping on line and navigate websites and apps. This course is free to citizens over 45 years of age who wish to learn or improve their digital literacy.

### **4. DOG GROOMING**

7.00pm to 9.00pm                      4 weeks    Fee: € 90

Tutor: Paul Hogan

Learn to groom your own pet, maintain his coat between groomings and get tips on positive handling. Various breeds covered.

### **5. ENGLISH AS A FOREIGN LANGUAGE (Tuesday)**

7.00pm to 8.00pm 8 weeks

Fee: €100

Tutor: Sarah Joy

Gain confidence in your spoken and written English in a friendly, relaxed atmosphere. Covers form filling, creating a CV, grammar, and dealing with everyday situations, communicating with child's school etc.

### **6. FLOWER ARRANGING**

7.30-9pm 6 weeks

Fee: € 90

Tutor: Nuala Gaffney **Maximum 11 students**

Learn the skills of flower arranging in a relaxing and therapeutic atmosphere. Create a range of seasonal floral arrangements from simple bunches of springtime blooms.

### **7. GERMAN LANGUAGE, CULTURE AND TRAVEL**

7.00pm to 9.00pm 8 Weeks

Fee: €120

Tutor: Anna Heimberger

A course in basic German given by a native speaker. Whether you need to go there on a business trip or want to go to Munich to try the beer at Oktoberfest this class will help you to find your way around in Germany. You will learn about life and people in Germany, Austria and Switzerland as well as regional traditions and customs.

### **8. MINDFULNESS, STRESS MANAGEMENT, LIFE COACHING**

7.00pm to 9.00pm 8 Weeks **Maximum 15 places** Fee: €120

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.

### **9. PAINTING**

7.30pm to 9.30pm 8 Weeks

**Maximum 15 places**

Fee: €100

Tutor: Marie Bartlett

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

### **10. SEWING CLASS**

7.30pm to 9.00pm 8 weeks

**Maximum 15 places**

Fee €120

Tutor: Mary Meskell

Improve your sewing skills and learn to read patterns and construct basic garment. Students will be required to provide their own sewing machine. Free parking.

## **11. GUIDE TO RESEARCHING AND CREATING A FAMILY TREE**

7.00pm to 9.00pm 8 weeks

Fee €120

Tutor: John Liston

Learn the procedure for finding information to create a family tree. Introduction to the use of software to write family trees.

## **Thursday Classes (starts Thursday 24rd January 2019)**

### **1. BRIDGE (BEGINNERS)**

8.30pm to 10.00pm 8 Weeks

Fee: €120

Tutor: Oliver Creighton

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

### **2. BRIDGE (IMPROVERS)**

6.30pm to 8.30pm 8 Weeks

Fee: €120

Tutor: Oliver Creighton

Opportunity for those who already play bridge to improve their card play and bidding.

### **3. COOKERY FOR MEN-(starts January 31<sup>st</sup> 2019)**

7.00pm to 9.00pm 8 Weeks

Fee: €120

Tutor: Valerie O’Gorman

This course gives men the chance to improve their cooking skills and add to their repertoire of favourite meals. This is a hands-on class exploring a wide range of cooking dishes including gluten free and vegan options. Ingredients not included. **This class starts January 31<sup>st</sup> 2019.**

### **4. ENGLISH AS A FOREIGN LANGUAGE: (THURSDAY)**

7.00pm to 8.00pm 8 weeks

Fee: €100

Tutor: Eveline Holderick

Gain confidence in your spoken and written English in a friendly, relaxed atmosphere. Covers form filling, creating a CV, grammar, and dealing with everyday situations, communicating with child’s school etc.

### **5. HILL WALKING**

7.00pm to 9.00pm 5 Weeks+2 hill walks (4/5 hours each)

Fee: €120

Tutor: Maureen O’Brien **Maximum 12 places**

Navigation and Hillwalking programme by qualified Mountain Leader. Five weeks theory and two hill exercises in the Galty and Knockmealdown Mountains. Ordnance survey map 74 necessary on the first night.

### **6. MILLINERY**

7.00pm to 9.00pm 8 Weeks

Fee: €120

Tutor: Mary Meskell

Make your own head piece to match your outfit.

**7. SET DANCING**

7.00pm to 9.00pm 8 Weeks

Fee: €120

Tutor: Pat O'Connell

Keep fit and have fun learning set dancing in a lively and friendly class.

**OTHER COURSES** (book these courses on: [georgecaseycatering.com/blog](http://georgecaseycatering.com/blog))

***All Gourmet Courses delivered by George Casey Catering***

**GOURMET COOKING (BEGINNERS)**

**€165**

*Thursday 7:00-9/9.30pm; 3 weeks; January 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>*

Covers basic knife skills, 'mother' sauces, dressings and marinades. Healthy options, basic breads, sweet baking, family meals and cooking for numbers.

**GOURMET COOKING (INTERMEDIATE LEVEL PART 1)**

**€165**

*Wednesday 7:00-9/9.30pm; 3 weeks; January 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup>*

Covers knife skills for fish and meat preparation, healthy options, professional dinner party planning tips, bread baking (e.g. Focaccia), sweet dishes(e.g. Baked French Custard Tart) and the art of risotto and pasta making.

**GOURMET COOKING (INTERMEDIATE LEVEL PART 2)**

**€165**

*Tuesday 7:00-9/9.30pm; 3 weeks; January 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>*

Covers knife skills focusing on fish and meat, healthy adventurous salad options, party dish like Salmon En Croute. Sweet dishes, wholesome classic dishes like Duck Cassoulet.

**We are currently working on adding more classes which are not ready for our brochure; follow us on Facebook to keep up to date on all our classes.**



**Crescent College Comprehensive Adult Education**

**GENERAL INFORMATION**

Fees are payable in full on enrolment.

Fees are non-refundable except when classes do not form.  
Crescent College Comprehensive SJ 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.

## HOW TO BOOK A CLASS



Online: [www.crescentsj.com/adult-education/](http://www.crescentsj.com/adult-education/)

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### ENROLMENT FORM

Complete and return with fee to: Adult Education Department, 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 Catherine Scannell at 061-302354 or email [adulted@crescentsj.com](mailto:adulted@crescentsj.com).

### 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.