

Adult Education Programme

Crescent College Comprehensive S.J.

Dooradoyle, Limerick, V94 W6W8

Tel: 061-302354 Email: adulthood@crecentsj.com

Website: www.crescentsj.com/adult-education/



Night Classes Autumn 2019

Term commences 16th September 2019

Please book early to avoid class cancellation

HOW TO ENROL:

Online: www.crescentsj.com/adult-education/

By Post: Cheques made payable to: 'Crescent on-going Education'

In person: Enrolment evenings September:
Wed 4th (5.00-7.30pm)
Tue 10th (5.00-8.00pm)

Online enrolment: Use **Easy Payments** button on bottom right of main screen.









Principal: Ms Karin Fleming



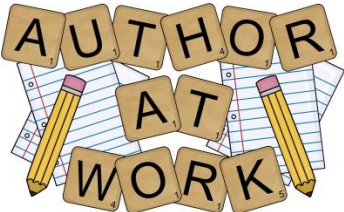


Deputy Principals: Ms Sinead Mulcahy & Mr Diarmuid Mullins






Director of Adult Education: Ms Catherine Scannell









Find us on Facebook: Crescent College Comprehensive Adult Education






M1	BICYCLE MAINTENANCE –BEGINNER €140 	6.30—8.30pm; 8 weeks; Tutor: Chris Butcher	Bicycle maintenance course for beginners, covering all the basics, such as puncture repair, gear and brake setup, headset, hub, and bottom bracket setup and adjustment, basic wheel truing. All materials provided, but after week 6 participants are encouraged to bring their own bikes in to work on. Maximum 16 places.
M2	BICYCLE MAINTENANCE –INTERMEDIATE €130 	8.30—10.00pm; 8 weeks; Tutor: Chris Butcher	Bicycle maintenance course for the more advanced, covering: Headset and bottom bracket removal and replacement, simple suspension servicing, hydraulic brake bleeding, pad replacement and setup, beginners wheel building. All materials provided. Maximum 12 places.
M3	BRIDGE (BEGINNERS) €100 	8.15-9.45pm; 8 weeks; Tutor: Oliver Creighton	An introduction to the wonderful world of bridge through play and demonstration.
M4	BRIDGE (IMPROVERS) €100 	6.45-8.15pm; 8 weeks; Tutor: Oliver Creighton	Opportunity for those who already play bridge to improve their card play and bidding.
M5	INTRODUCTION TO CALLIGRAPHY €100 	7.00-9.30pm; 4 weeks; Tutor: Brigid O'Shea	Introducing foundational skills in lettering and from that we will progress to a specific style of writing. Materials included: A basic copy book, 120 page or 40 page ruled with margin. A copy book (Ormond) 40 pages B2; a clear plastic ruler, pencil (HB) and rubber. A set of Manuscript, 3 nibs Set.
M6	CHOIR No Charge 	7:30-10:00pm; year round	The choir meet each Monday Night throughout the year. To book a place: Complete the enrolment form at the end of this brochure and return it to the Adult Education office by Sept 10 th . First Come First Serve



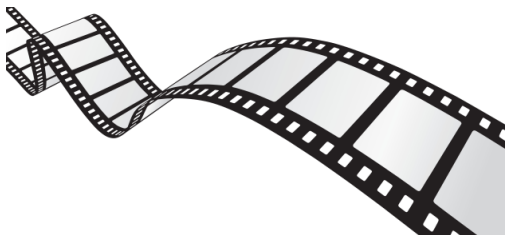



M7	CHESS & DRAUGHTS (New) €120 	7.00-9.00pm; 8 weeks; Tutor: John Alfred (www.ChessZ.net)	Learn Chess piece-by-piece from the lowly pawn to the mighty king before being introduced to draughts openings, middle-games and endgames.
M8	COOKERY FOR MEN €120 	7.00pm to 9.00pm 8 Weeks Tutor: John Carswell	This 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 techniques taught by a qualified chef. Ingredients not included.
M9	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.
M10	DIGITAL SKILLS FOR CITIZEN *FREE(T&C apply).  To book a place: Complete the enrolment form at the end of this brochure and return it to the Adult Education office by Sept 10 th . First Come First Serve	7.00-9.30pm; 4 weeks; Tutor: TBC	Learn how to go online, use email, internet banking, shop online and navigate websites and apps. *Free to citizens over 45 who wish to improve their digital literacy;
M11	DESIGN AND DRESSMAKING COURSE €120 	7.00-9.00pm; 8 weeks; Tutor: Nora O'Connor	Would you like to take sewing to next level. You will design and make your own skirt; you draft your own pattern to your own size; put your own design to it; learn advance sewing techniques; zips; pockets, frills etc. Own sewing machine required. Materials not included.

M12	FRENCH (BEGINNERS) 	€100	7.00-8.30pm; 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.
M13	FRENCH: (Advanced) 	€90	8.30- 9.30 pm 8weeks Tutor: Nelly Fouchet	This course is conducted totally in French, given by a native speaker. The aim of this course is to enable the speaker to engage with the French language at a medium to high level of fluency
M14	GUITAR (BEGINNERS) 	€100	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.
M15	IRISH LANGUAGE & CULTURE 	€90	6.30pm-7.30pm; 8 weeks Tutor: Paul Murray	Is féidir linn! Learn to speak Irish confidently in a welcoming and relaxed setting while also exploring some aspects of Irish culture. Tá fáilte roimh chách.
M16	JAPANESE LANGUAGE AND CULTURE 	€100	7.00pm-8.30pm; 8 weeks Tutor: Akie Nagahashi-Mullen	This class covers basic conversation and survival Japanese for those travelling to Japan for business or on holiday.

M17	SPANISH (BEGINNERS)  €100	7.00-8.30pm; 8 weeks; Tutor: Emi Espinosa	Spanish course based on oral and written communication with lots of opportunity to practice for holidays or work. This course is suitable for complete beginners or those with a very elementary knowledge of Spanish.
M18	SPANISH (ADVANCED)  €90	8.30-9.30pm; 8 weeks; Tutor: Emi Espinosa	This course is conducted completely in Spanish. Gain confidence in speaking fluently in Spanish.
M19	SOCIAL DANCING FOR FUN  €120	7.00-8.30pm; 8 weeks; Tutors: Eileen & Frank Byrne	A ballroom dancing course for couples which offers enjoyment and exercise. Price is per couple.
M20	TIN WHISTLE (BEGINNERS)  €90	6.30-7.30pm; 8 weeks; Tutor: TBC	Enjoy learning tin whistle in a small adult group. This class is for beginners learning basic tunes and some jigs and reels.
M21	WOODCARVING (BEGINNERS)  €120	7.00-9.00pm; 8 weeks; Tutor: Barry Mc Kee	Develop the basic skills of woodcarving and tool care in a relaxed and fun atmosphere. Tools can be provided.

M22	WOODWORK/JOINERY 	€120	7.00-9.00pm; 8 weeks; Tutor: Eric O'Donnell	Classes will see participants successfully craft a solid wood piece of furniture using traditional jointing skills and finishing techniques such as oils, stains and varnishes. No prior knowledge or skillset is required to produce a project you can use in your home. Materials not included
M23	YOGA FOR ALL 	€100	6.30-8.00pm; 8 weeks; Tutor: Triona Butler	Each class consists of breathing techniques (pranayama), physical postures (asana) and a deep relaxation (yoga nidra). This course is suitable for complete beginners and for those who enjoy a gentle class. Triona is a Satyananda teacher. Satyananda yoga teachers are trained to the highest standard with over 500 training hours and with regular in-service training and assessment. The teaching diploma is recognised by Yoga Federation Ireland (YFI), Bihar School of Yoga (Satyananda Yoga) and the British Wheel of Yoga (BWY). These qualifications are approved and recognised worldwide.
M24	ZUMBA 	€80	8.00-9.00pm; 8 weeks; Tutor: Jillian Furlong	Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba classes are often called exercise in disguise!
TUESDAY CLASSES (START 17TH SEPTEMBER)				
T1	COOKERY FOR ALL GRADES 	€120	7.00pm to 9.00pm 8 Weeks Tutor: John Carswell	Learn the skills of a competent cook from prep to presentation. Chop, slice, dice your veg...debone and filet your fish, cook the perfect meat dish -steak, chicken and lots more besides. This is a hands-on class. Ingredients not included. John is qualified chef.

T2	DOG GROOMING €90 	7.00-9.00pm; 4 weeks; Tutor: Paul Hogan	Learn to groom your own pet, maintain his coat between grooming and get tips on positive handling. Various breeds covered.
T3	EMOTIONAL FREEDOM THERAPY (EFT) €100 	7.30-9.00pm; 8 weeks; 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.
T4	ENGLISH AS A FOREIGN LANGUAGE €90 	7.00-8.00pm; 8 weeks; Tutor: Sarah Joy	Gain confidence in your spoken and written English in a friendly, relaxed atmosphere. Covers form filling, creating a CV, grammar, dealing with everyday situations and communicating with child's school, etc.
T5	FLOWER ARRANGING €120 	7.00-9.00pm; 8 weeks; Tutor: Nuala Gaffney	Learn the skills of flower arranging in a relaxing atmosphere. You must bring your own flowers so that you can leave each night with a beautiful flower arrangement. Details of materials required will be advised before each class. Check our Facebook page for samples of the Spring Class creations.
T6	GREEK & ROMAN CIVILISATIONS €100 	7.00pm to 8.30pm 8 Weeks Tutor: Paula Keane	For those interested in the civilisation of Greece and Rome. Basic <i>Latin</i> will be covered. No previous knowledge is required. This course is presented by The Limerick Branch of The Classical Association of Ireland. Website: classicalassociation.ie . It is of particular interest to individuals travelling to Italy and Greece on holiday.

T7	MAKE-UP COURSE (SELF-APPLICATION) €120 	7:00-9.00pm; 8 weeks; Tutor: Emma Sheehan	Learn to perfect <u>your own make-up</u> look from start to finish. Topics covered include skincare, lashes and every day make-up. Bring your own make-up bag and mirror to use in class.
T8	PAINTING WITH OILS €120 	7.30-9:30pm; 8 weeks; Tutor: Marie Bartlett	Discover painting and develop your artistic side in a relaxed, helpful and supportive atmosphere. Materials not supplied, please bring brushes, paint and canvas. Maximum 15 places
T9	SCREENWRITING FUNDAMENTALS €100 	7:00-9.00pm; 6 weeks; Tutor: Ben Kesp	This course is designed to give you the knowledge and skills necessary to understand the process of screenwriting, structure, formatting and will provide you with what you need to start writing your own screenplay. On completion, you will be able to write a screen script, formatted for submission. Learning Outcomes:1. Introduction to Screenwriting; 2. Understanding the 3 Act structure 3. Screenplay Formatting for Submission
T10	SEWING (BEGINNERS) €150 	7.00-9.00pm; 10 weeks; Tutor: Mary Meskell	Learn to use your sewing machine, make small items and learn useful sewing techniques. You'll need to provide your own sewing machine, scissors, cotton fabric and sewing thread. Maximum 15 places.
T11	UKULELE (BEGINNERS) €90 	7.00pm to 8.00pm 8 Weeks Tutor: Boris Hunka	Learn how to play ukulele in a step by step method based on songs you want to play. The session is easy going, creative, fun and social.
T12	COMMENCING NOV 4TH PUBLISH YOUR OWN EBOOK €90 	7:00-9.00pm; 4 weeks; Tutor: Ben Kesp	This workshop will help you to discover more on the publishing world and focuses on how to publish an e-book. It will help develop your passion and explore the steps in getting a manuscript ready for publication, book cover design and the different platforms for self-publishing an e-book.

ENROLMENT FORM

Complete and return with fee to:

Adult Education Programme, Crescent College Comprehensive SJ, Dooradoyle, Limerick, V94 W6W8. Form not required if enrolling online.

Name: _____

Address: _____

Mobile/Telephone Number: _____

Email address: . _____

Course(s) applied for (including course code)

Course 1: _____ Code: _____

Course 2: _____ Code: _____

Fee enclosed: € _____

FACILITY HIRE

We have an extensive range of facilities available for rental, including: Classrooms, Computer Rooms, Sports facilities. For details contact: Ms Catherine Scannell at 061-302354 or email adulthood@crecentsj.com

GENERAL INFORMATION

- ***Free parking on site***
- All classes run by Adult Education are operated on a not-for-profit self-financing basis, minimum numbers are required to form all classes
- ***please book early to avoid class cancellation***
- 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

GOURMET COOKING

All Gourmet courses delivered by George Casey Catering
(book these courses on: georgecaseycatering.com/blog)