

# Adult Education Programme

Crescent College Comprehensive S.J.

Dooradoyle, Limerick, V94 W6W8

Tel: 061-302354 Email: [adulthood@crecentsj.com](mailto:adulthood@crecentsj.com)

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



## Night Classes Spring 2020

Term commence 20<sup>th</sup> January 2020

*Please book early to avoid class cancellation*

### HOW TO ENROL:

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

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

In person: Enrolment evenings January:  
Mon 13<sup>th</sup> (4.15-7.15pm)

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



Principal: Ms Karin Fleming





Deputy Principals: Ms Sinead Mulcahy & Mr Diarmuid Mullins

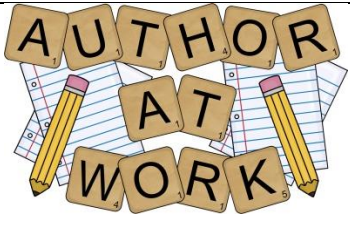




Director of Adult Education: Ms Catherine Scannell








Find us on Facebook: Crescent College Comprehensive Adult Education

## MONDAY CLASSES (START 20<sup>TH</sup> JANUARY)

<b>M1</b>	<b>BRIDGE (BEGINNERS)</b>  	<b>€100</b>	<i>8.15-9.45pm; 8 weeks; Tutor: Oliver Creighton</i>	An introduction to the wonderful world of bridge through play and demonstration.
<b>M2</b>	<b>BRIDGE (IMPROVERS)</b>  	<b>€100</b>	<i>6.45-8.15pm; 8 weeks; Tutor: Oliver Creighton</i>	Opportunity for those who already play bridge to improve their card play and bidding.
<b>M3</b>	<b>INTRODUCTION TO CALLIGRAPHY</b>  <div style="text-align: center;">                     THE POWER OF   </div>	<b>€120</b>	<i>7.00-9.00pm; 8 weeks; Tutor: Brigid O'Shea</i>	Introducing foundational skills in lettering and from that we will progress to a specific style of writing. Materials required: 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.
<b>M4</b>	<b>COOKERY FOR MEN</b>  	<b>€120</b>	<i>7.00pm to 9.00pm 8 Weeks Tutor: John Carswell</i>	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.
<b>M5</b>	<b>CREATIVE WRITING</b>	<b>€120</b>	<i>7:00-9.00pm; 8 weeks; Tutor: Ben Kesp</i>	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.

			
M6	<b>DIGITAL SKILLS FOR CITIZEN</b> *FREE(T&C apply).  <b>To book a place:</b> Complete the enrolment form at the end of this brochure and return it to the Adult Education office by Jan 14 <sup>th</sup> . <b>First Come First Serve</b>	7.00-9.30pm; 4 weeks; Tutor: TBC	Learn how to go online, use email, internet banking, shop online and navigate websites and apps.  <b>*Free to citizens over 45 who wish to improve their digital literacy; T&amp;C apply.</b>
M7	<b>DRAMA SKILLS</b> €100 	7.30-9.00pm; 8 weeks; Tutor: Brian Desmond	This course will introduce you to useful ways of using drama in a classroom or facilitation context. Exercises will cover areas such as play, ensemble work, group dynamics, and developing stories through devising, character and improvisation. The skills explored will be useful for teachers and community workers/facilitators, but the course also welcomes anyone who is interested in being creative and working with others in an atmosphere of play.
M8	<b>FLOWER ARRANGING</b> €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.
M9	<b>FRENCH (BEGINNERS)</b> €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.
M10	<b>GUITAR (BEGINNERS)</b> €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.

			
<b>M11</b>	<b>GUITAR (CONTINUATION)</b> 	<b>€100</b>	<i>8.30-10:00pm; 8 weeks; Tutor: Jason Mitchell</i>
<b>M12</b>	<b>IRISH LANGUAGE &amp; CULTURE</b> 	<b>€90</b>	<i>6.30pm-7.30pm; 8 weeks Tutor: Paul Murray</i>
<b>M13</b>	<b>JAPANESE LANGUAGE AND CULTURE</b> 	<b>€100</b>	<i>7.00pm-8.30pm; 8 weeks Tutor: Akie Nagahashi-Mullen</i>
<b>M14</b>	<b>SPANISH (BEGINNERS)</b> 	<b>€100</b>	<i>7.00-8.30pm; 8 weeks; Tutor: Emi Espinosa</i>
<b>M15</b>	<b>SPANISH (CONTINUATION)</b>	<b>€90</b>	<i>8.30-9.30pm; 8 weeks;</i>

This course is targeted at those who wish to develop their skills to a more advanced level.

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.

This class covers basic conversation and survival Japanese for those travelling to Japan for business or on holiday.

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.

This course is suitable for individuals who have completed a beginner's




		<i>Tutor: Emi Espinosa</i>	course or who have studied Spanish in the past but are a little rusty.
<b>M16</b>	<b>SOCIAL DANCING FOR FUN</b> <span style="float: right;"><b>€120</b></span> 	<i>7:00-8:30pm; 8 weeks; Tutors: Eileen &amp; Frank Byrne</i>	A ballroom dancing course for couples which offers enjoyment and exercise. <i>Price is per couple.</i>
<b>M17</b>	<b>TIN WHISTLE (BEGINNERS)</b> <span style="float: right;"><b>€80</b></span> 	<i>6:30-7:30pm; 8 weeks; Tutor: TBC</i>	Enjoy learning tin whistle in a small adult group. This class is for beginners learning basic tunes and some jigs and reels.
<b>M18</b>	<b>TIN WHISTLE (CONTINUATION)</b> <span style="float: right;"><b>€80</b></span> 	<i>7:30-8:30pm; 8 weeks; Tutor: TBC</i>	This course is for those who wish to learn more complex tunes and continue to develop their playing to a more advanced level.
<b>M19</b>	<b>WOODCARVING</b> <span style="float: right;"><b>€120</b></span> 	<i>7.00-9.00pm; 8 weeks; Tutor: Barry Mc Kee</i>	Develop the basic skills of woodcarving and tool care in a relaxed and fun atmosphere. Tools can be provided.
<b>M20</b>	<b>WOODWORK/JOINERY</b> <span style="float: right;"><b>€120</b></span> 	<i>7.00-9.00pm; 8 weeks; Tutor: TBC</i>	Hand craft a solid wood piece of furniture using traditional jointing skills and finishing techniques such as oils. No prior knowledge or skillset is required to produce a project. Materials not included
<b>M21</b>	<b>ZUMBA</b> <span style="float: right;"><b>€80</b></span>	<i>8.00-9.00pm; 8 weeks;</i>	Zumba takes the “work” out of workout, by mixing low-intensity and





Tutor:  
Jillian Furlong

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 21<sup>ST</sup> JANUARY)

<b>T1</b>	<p><b>COOKERY FOR ALL GRADES</b>      <b>€120</b></p> 	<p>7.00pm to 9.00pm 8 Weeks Tutor: John Carswell</p>	<p>This class is taught by a qualified chef. 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.</p>
<b>T2</b>	<p><b>DIGITAL PHOTOGRAPHY</b>      <b>€120</b></p> 	<p>7.00pm to 9.00pm 8 Weeks Tutor: Aidan Ryan</p>	<p>An introduction to Digital Photography suitable for those who have no previous knowledge of photography. The course will cover camera exposure settings applicable to any brand of digital camera. (DSLR or mirrorless). Camera not necessary but individuals may bring their own camera if the wish.</p>
<b>T3</b>	<p><b>DOG GROOMING</b>      <b>€90</b></p> 	<p>7.00-9.00pm; 4 weeks; Tutor: Paul Hogan</p> <p><b>NOTE: STARTING FEB 4TH</b></p>	<p>Learn to groom your own pet, maintain his coat between grooming and get tips on positive handling. Various breeds covered.</p> <p><b>Course Dates: Feb 4<sup>th</sup> to Feb 25<sup>th</sup></b></p>
<b>T4</b>	<p><b>ENGLISH AS A FOREIGN LANGUAGE</b>      <b>€90</b></p>	<p>7.00-8.00pm; 8 weeks; Tutor: Sarah Joy</p>	<p>Gain confidence in your spoken and written English in a friendly, relaxed atmosphere. Covers form filling,</p>

			<p>creating a CV, grammar, dealing with everyday situations and communicating with child's school, etc.</p>
T5	<p><b>GREEK &amp; ROMAN CIVILISATIONS</b>  <b>***NOTE: NIGHT CHANGE***</b></p>  <div data-bbox="722 674 1042 871" style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p><b>PLEASE NOTE:  CHANGED TO  MONDAY NIGHT  STARTING JAN 20<sup>th</sup>.</b></p> </div>	<p><b>€100</b></p> <p><i>7.00pm to 8.30pm  8 Weeks  Tutor: Paula Keane</i></p>	<p>For those interested in the civilisation of Greece and Rome. Basic <i>Latin</i> will be covered. No previous knowledge is required.</p> <p>This course is presented by The Limerick Branch of The Classical Association of Ireland. Website: <a href="http://classicalassociation.ie">classicalassociation.ie</a>. It is of particular interest to individuals travelling to Italy and Greece on holiday.</p>
T6	<p><b>LIFE COACHING</b></p> 	<p><b>€150</b></p> <p><i>7.00-8:30pm;  8 weeks;  Tutor: Calp.ie</i></p>	<p>Introduction to Coaching, Understanding &amp; Practicing Mindfulness, Improving Self Awareness, Managing Change, Improve your Self Confidence &amp; Esteem, Dealing with Stress, Improve Time Management, Learn to Say "No" to Others (Setting Boundaries) Setting Goals &amp; Objectives, Managing Family Relationships, Becoming more Assertive. For more information see <a href="http://www.calp.ie">www.calp.ie</a>.</p>
T7	<p><b>MAKE-UP COURSE (SELF-APPLICATION)</b></p> 	<p><b>€120</b></p> <p><i>7:00-9.00pm;  8 weeks;  Tutor:  Emma Sheehan</i></p>	<p>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.</p>
T8	<p><b>PAINTING</b></p> 	<p><b>€120</b></p> <p><i>7.30-9:30pm;  8 weeks;  Tutor:  Marie Bartlett</i></p>	<p>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</p>
T9	<p><b>PUBLISH YOUR OWN EBOOK</b></p>	<p><b>€90</b></p> <p><i>7:00-9.00pm;</i></p>	<p>This workshop will help you to</p>

		<p>4 weeks; Tutor: Ben Kesp</p>	<p>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.</p>
<b>T10</b>	<p><b>SCREENWRITING FUNDAMENTALS</b>      <b>€100</b> <b>COMMENCING FEB 18<sup>TH</sup></b></p> 	<p>7:00-9.00pm; 5 weeks; Tutor: Ben Kesp</p>	<p>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</p>
<b>T11</b>	<p><b>SEWING (BEGINNERS)</b>      <b>€150</b></p> 	<p>7.00-9.30pm; 10 weeks; Tutor: Mary Meskell</p>	<p>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.</p>
<b>T12</b>	<p><b>SPANISH (ADVANCED)</b>      <b>€90</b></p> 	<p>8.00-9.00pm; 8 weeks; Tutor: Emi Espinosa</p>	<p>This course is conducted completely in Spanish. Gain confidence in speaking fluently in Spanish. The emphasis is on oral work using correct grammar and tense.</p>
<b>T13</b>	<p><b>UKULELE (BEGINNERS)</b>      <b>€80</b></p> 	<p>7.00pm to 8.00pm 8 Weeks Tutor: TBC</p>	<p>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.</p>
<b>T14</b>	<p><b>UKULELE (CONTINUATION)</b>      <b>€80</b></p>	<p>8.00pm to 9.00pm 8 Weeks Tutor: TBC</p>	<p>This course is targeted at those who have completed a beginner's course or who can play basic tunes and want to</p>



			take their playing to a more advanced level.
T15	<b>YOGA FOR ALL</b> 	<b>€100</b>	<i>6.15-7.30pm; 8 weeks; Tutor: Triona Butler</i> <p>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.</p>

#### OTHER COURSES

PLEASE CONTACT FORUS TRAINING TO BOOK THESE COURSES: [www.forustraining.ie](http://www.forustraining.ie)

#### QQI COURSES

1 EVENING PER WEEK THURSDAY NIGHT STARTING JANUARY 30TH

Level 6 Special Needs Assisting €480 8 week course

Level 5 Challenging Behaviour €380 7 week course

#### GENERAL INFORMATION

- Class numbers are limited to ensure a high standard of tuition.
- Minimum numbers are required to form all classes.
- Once enrolled arrive for class as advertised, we only contact you if classes are cancelled.
- No class on Bank Holidays.
- 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
- Free parking on site
- E&OE

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

## 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: € \_\_\_\_\_

### Term Dates (week beginning)

Week 1: 20 Jan	Week 5: 17 Feb
Week 2: 27 Jan	Week 6: 24 Feb
Week 3: 03 Feb	Week 7: 02 Mar
Week 4: 10 Feb	Week 8: 09 Mar

Note: No classes on bank holidays.

Classes missed due to bank holidays will be added on at the end of term.

No class March 17<sup>th</sup> replacement class March 24<sup>th</sup>.