

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 2020

Term commence 21st September 2020

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'

By Telephone: Call 061 229325/ 061 302354

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



PLEASE NOTE WE ARE A CASH FREE SCHOOL AND NO CASH IS KEPT ON OUR PREMISES

Principal: Ms Karin Fleming





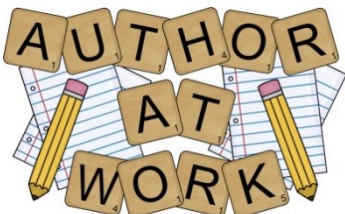
Deputy Principals: Ms Sinead Mulcahy & Mr Diarmuid Mullins






Director of Adult Education: Ms Catherine Scannell








Find us on Facebook: Crescent College Comprehensive Adult Education

MONDAY CLASSES (START 21ST SEPTEMBER 2020)


M1	BRIDGE (BEGINNERS) 	€100	8.15-9.45pm; 8 weeks; Tutor: Oliver Creighton	An introduction to the wonderful world of bridge through play and demonstration.
M2	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.
M3	INTRODUCTION TO CALLIGRAPHY 	€120	7.00-9.00pm; 8 weeks; Tutor: Brigid O'Shea	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.
M4	COOKERY FOR ALL GRADES 	€120	7.00pm to 9.00pm 8 Weeks Tutor: John Carswell	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.
M5	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.





M6	DIGITAL SKILLS FOR CITIZEN *FREE(T&C apply).  To book a place: CALL 061 302354 AND LEAVE YOUR NAME AND PHONE NUMBER. <i>First Come First Serve</i>	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 AND HAVE NOT DONE THIS CLASS PREVIOUSLY; T&C apply.
<div data-bbox="778 479 1283 555" style="border: 1px solid black; padding: 5px; text-align: center;"> CALL: 061 302354 TO BOOK </div>			
M7	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.
M8	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.
M9	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.
M10	GUITAR (CONTINUATION) €100 	8.30-10:00pm; 8 weeks; Tutor: Jason Mitchell	This course is targeted at those who wish to develop their skills to a more advanced level.




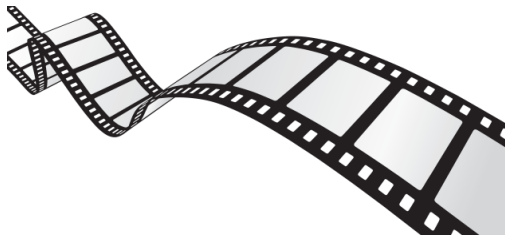

M11	IRISH LANGUAGE & CULTURE €90 	6.30pm-7.30pm; 8 weeks Tutor: <i>Paul Murray</i>	Is féidir linn! Learn to speak Irish confidently in a welcoming and relaxed setting while also exploring some aspects of Irish culture. Tá fáilte roimhách.
M12	JAPANESE LANGUAGE AND CULTURE €100 	7.00pm-8.30pm; 8 weeks Tutor: <i>Akie Nagahashi-Mullen</i>	This class covers basic conversation and survival Japanese for those travelling to Japan for business or on holiday.
M13	SPANISH (BEGINNERS) €100 	7.00-8.30pm; 8 weeks; Tutor: <i>Emi Espinosa</i>	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.
M14	SPANISH (CONTINUATION) €90 	8.30-9.30pm; 8 weeks; Tutor: <i>Emi Espinosa</i>	This course is suitable for individuals who have completed a beginner's course or who have studied Spanish in the past but are a little rusty.
M15	SOCIAL DANCING FOR FUN €120 	7:00-8:30pm; 8 weeks; Tutors: <i>Eileen & Frank Byrne</i>	A ballroom dancing course for couples which offers enjoyment and exercise. <i>Price is per couple.</i>

M16	TIN WHISTLE (BEGINNERS)  €80	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.
M17	WOODCARVING  €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.
M18	WOODWORK/JOINERY  €120	7.00-9.00pm; 8 weeks; Tutor: Dan Mullane	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
M19	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 22ND SEPTEMBER 2020)

T1	COOK WITH Jacques Brennan-HEALTHY & TASTY PLANT-BASED COOKING €120  How to cook 100% Vegan	7.00 – 9.00 pm; 8 weeks; Tutor: Jacques Brennan Author of Hungry Soul Cookbook.	A hands on class – Find out how easy it is to make plant-based / vegan meals for health and fitness. This course is suitable for beginner cooks and more experienced ones interested in new methods and recipes. Course given by the author of the cookbook – Hungry Soul - how to cook, 100% vegan.
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T2	DIGITAL PHOTOGRAPHY 	€120 7.00pm to 9.00pm 8 Weeks Tutor: Aidan Ryan	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.
T3	DOG GROOMING 	€90 7.00-9.00pm; 4 weeks; Tutor: Paul Hogan NOTE: STARTING Oct 6th	Learn to groom your own pet, maintain his coat between grooming and get tips on positive handling. Various breeds covered. Course Dates: Oct 6th to Oct 27th
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	MINDFULNESS, STRESS MANAGEMENT, LIFE COACHING 	€150 7.00-8:30pm; 8 weeks; Tutor: Calp.ie	Introduction to Coaching, Understanding & Practicing Mindfulness, Improving Self Awareness, Managing Change, Improve your Self Confidence & Esteem, Dealing with Stress, Improve Time Management, Learn to Say "No" to Others (Setting Boundaries) Setting Goals & Objectives, Managing Family Relationships, Becoming more Assertive. For more information see www.calp.ie .

T6	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.
T7	PAINTING €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
STARTS SEPTEMBER 29 TH			
T8	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.
T9	SCREENWRITING FUNDAMENTALS €100 COMMENCING OCT 19TH 	7:00-9.00pm; 5 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) €120 	7.00-9.00pm; 8 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	SPANISH (ADVANCED) 	€90 8.00-9.00pm; 8 weeks; Tutor: Emi Espinosa	This course is conducted <u>completely in Spanish</u> . Gain confidence in speaking fluently in Spanish. The emphasis is on oral work using correct grammar and tense.
T12	UKULELE (BEGINNERS) 	€80 7.00pm to 8.00pm 8 Weeks Tutor: Julianne Hennelly	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.
T13	YOGA FOR ALL 	€100 6.15-7.30pm; 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.

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 adulthood@crecentsjsj.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: 21 Sept	Week 5: 19 Oct
Week 2: 28 Sept	Week 6: 26 Oct
Week 3: 05 Oct	Week 7: 02 Nov
Week 4: 12 Oct	Week 8: 09 Nov

Note: No classes on bank holidays.

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

No class October 26th replacement class November 16th.