



NIGHT CLASSES

Crescent College Comprehensive SJ

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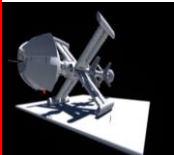

Website: www.crescentsj.com




Diarmuid Mullins

Cliona Gleeson

AUTUMN 2025 PROGRAMME

| Code | Course Details | Course Name | Start Date | Day | Cost | Time | Course Length | Course description |
|------|---|-----------------------|----------------|---------|------|-------------|---------------|---|
| M1 |  | Sewing Beginners | September 22nd | Monday | €140 | 6:30-8:30pm | 10 weeks | Learn to use your sewing machine to make small items and learn useful sewing techniques You will need to provide your own sewing machine scissors and sewing thread. |
| M2 |  | MINDFULNESS | September 22nd | Monday | €120 | 6:30-8:30pm | 8 weeks | Becoming you: An 8 week journey to empower within. A personal development and meditation course to reconnect with your inner calm confident self. This 8 week personal development course is designed to support emotional well-being build self awareness and help participants reconnect with inner strength Each week explores a different theme. The sessions include gentle discussions, practical tools and guided meditation to help calm and empower you. |
| T1 |  | GUITAR (BEGINNERS)) | September 23rd | Tuesday | €120 | 6:15-7:45pm | 8 weeks | This course is suitable for individuals who have no knowledge or a basic knowledge of playing the guitar and who simply wish to play simple tunes. |
| T2 |  | UKULELE (BEGINNERS) | September 23rd | Tuesday | €90 | 8:00-9:00pm | 8 weeks | Learn how to play the ukulele in a step-by-step method based on songs you want to play. The session is easygoing creative, fun and social. |
| T3 |  | YOGA CONTINUATION | September 23rd | Tuesday | €100 | 6:15-7:30pm | 8 weeks | This class is aimed at people who have completed a beginners yoga course. Triona is a Satyananda teacher who has been trained to the highest standard over 500 training hours. Her teaching diploma is recognised by Yoga Federation Ireland, Bihar School of Yoga, and the British Wheel of Yoga. The qualifications are approved and recognised worldwide |
| T4 |  | GARDENING (BEGINNERS) | September 23rd | Tuesday | €130 | 6:30-8:30pm | 8 weeks | Learn the secret to successful gardening. See how to grow fruit and vegetables in your garden all year round. The most common gardening mistakes will be explained and solutions given. An introduction to basic landscape design techniques will also be covered. All resources are supplied for this course |
| T5 |  | WOODCARVING | September 23rd | Tuesday | €120 | 6:30-8:30pm | 8 weeks | Develop the basic skills of woodcarving and tool care in a relaxed and fun atmosphere. Tools can be provided |
| T6 |  | BRIDGE (BEGINNERS) | September 23rd | Tuesday | €140 | 6:30-8:30pm | 10 weeks | An introduction to the wonderful world of bridge through play and demonstration |

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| T7 |  | COMPUTER SKILLS (BEGINNERS) | September 23rd | Tuesday | €120 | 6:30-8:30pm | 8 weeks | Unlock your digital potential join our fun, friendly 10 week basic computer skills course - perfect for beginners. Learn to email, browse safely use word and more. No experience necessary. Gain confidence meet new people and open doors to new opportunities Spaces are limited so sign up today and get tech savvy with us. |
| T8 |  | FLOWER ARRANGING | October 21st | Tuesday | €220 | 6:30-8:30pm | 8 weeks | Learn the skills of flower arranging in a relaxing atmosphere. Materials for class are supplied |
| T9 |  | WOODWORK BEGINNERS | September 23rd | Tuesday | €140 | 6:30-8:30pm | 10 weeks | Handcraft a solid wood piece of furniture using traditional jointing skills and finishing techniques such as oils. No prior knowledge or skill set is required to produce a project. Materials are included |
| T10 |  | DRAWING CLASS | September 23rd | Tuesday | €160 | 7:00-9:00pm | 10 weeks | The class will cover observational drawing, drawing from imagination and light and shadow. Subjects will include still life and portraiture we will start with a pencil and move on to charcoal |
| T11 |  | MILLINERY | September 23rd | Tuesday | €205 | 6:30-7:30pm | 8 weeks | Millinery course will comprise of designing two headpieces during the course while learning many techniques along the way with demonstrations on how to manipulate sinamay into different shapes to make your own unique headpiece...competition at the end for best hat for hamper. Materials included |
| Th1 |  | CREATIVE WRITING | September 25th | Thursday | €120 | 6:30-8:30pm | 8 weeks | 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. |
| Th2 |  | DRESSMAKING | September 25th | Thursday | €130 | 6:30-8:30pm | 8 weeks | Learn how to cut and sew from a pattern to complete a finished garment. Required: sewing machine and ability to use your sewing machine Material required for the garment will be advised at the commencement of the course |
| Th3 |  | DIGITAL PHOTOGRAPHY | September 25th | Thursday | €120 | 6:30-8:30pm | 8 weeks | 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. It is advised that individuals should bring their own cameras. |
| Th4 |  | COMPUTER AIDED DESIGN (3D-PRINTING) | September 25th | Thursday | €140 | 6:30-8:30pm | 8 weeks | Introduction to Computer Aided Design (CAD) . In these 120 minute sessions you will be introduced to the fundamentals of CAD. Throughly the course you will learn the basics in navigating CAD software, creating 2D drawings and building 3D models. This class is the first step in a project where you will gradually apply what you have learned to create a fully realised CAD model, and will provide a solid foundation for ongoing learning of CAD. |
| Th5 |  | SELF-DEFENCE/MMA | September 25th | Thursday | €140 | 7:00-8:30pm | 10 weeks | This 10 week course is designed to teach individuals of all levels how to protect themselves in a variety of situation. You will learn basic self defence techniques and become more comfortable practicing these each week. You will learn both physical and mental tools to aid you in all aspects of life. |

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| Th6 |  | SPANISH BEGINNERS | September 25th | Thursday | €110 | 6:00-7:15pm | 10 weeks | Spanish class 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 |
| Th7 |  | SPANISH CONTINUATION | September 25th | Thursday | €90 | 7:30-8:30pm | 10 weeks | This course is suitable for individuals who have completed a beginners course or who have studied Spanish in the past but are a little rusty |
| Th8 |  | BEGINNERS & IMPROVERS FITNESS | September 25th | Thursday | €90 | 6:00-7:00pm | 10 weeks | Do you want to feel stronger move more easily and boost your overall well-being. This friendly one hour class is perfect if you are new to exercising or looking to get back into it. We will use a mix of cardio, strength and mobility exercises - all with a gentle start and the ability to move at your own pace. With equipment provided, a welcoming environment improve your fitness and enjoy the process along the way. |

HOW TO BOOK A CLASS

Online: <https://www.crescentsj.com/adult-education/>

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

By Phone: on 085 1413757



GENERAL INFORMATION

- Class numbers are limited to ensure a high standard of tuition and student safety.
- Students must bring their own equipment and materials to class as instructed.
- All class times include a scheduled cleaning time of ten minutes.
- Minimum numbers are required to form all classes.
- **Once enrolled arrive for class as advertised. We only contact you if classes are cancelled.**
- **There will be no classes on Bank Holidays.**
- Fees are payable in full on enrolment.
- **Fees are non-refundable except when classes are cancelled.**
- Crescent College Comprehensive SJ does not accept responsibility for property damaged or mislaid on the premises.
- The minimum age for courses is 16 years.
- When signing up for classes please indicate if you wish your details to be added to our database.
- We will only use your details to contact you about courses.
- You may unsubscribe from our database anytime by informing us in writing.
- Smoking is not permitted on school premises and grounds surrounding it.
- There is limited free parking on site. There is an overflow car park in the Education Centre and Garryowen RFC
- E&OE

FACILITY HIRE

Classrooms

Computer rooms

Sports Facilities

Contact by phone or Cliona Gleeson

Phone: 085 1413757

Email: adulted1@crescentsj.com