

## COMPUTER COURSES

### MONDAYS

#### BASIC COMPUTERS (Code MC1)

TUTOR: Liam Foster (7.00-8.25 pm)

Introduction to basic word processing, internet & email.

€80

#### COMPUTER AIDED DESIGN (Code MC2)

TUTOR: Peter Hally (7.00-8.25 pm)

For those who wish to learn the fundamental concepts of CAD using AutoCAD (LT), who wish to work in the drawing related environment or who want to use it to draw & modify their own living/working spaces.

€80

#### INTERMEDIATE COMPUTERS (Code MC3)

TUTOR: Liam Foster (8.30-9.30 pm)

For those who have completed a basic computer course. Covers word processing, spreadsheets, internet & email.

€50

### TUESDAYS

#### BASIC COMPUTERS (Code TC1)

TUTOR: Eileen O'Sullivan (7.00-8.25 pm)

Introduction to basic word processing, spreadsheets, internet & email.

€80

#### WEB DESIGN (Code TC2)

TUTOR: Joe Canning (7.15-9.15 pm)

Learn to design & maintain a web site for business or personal use. Structured course using HTML editing, with Dreamweaver. Basic knowledge of computers required.

€95

## Evening Adult Literacy & Spelling Course

Enquiries to 01-8011787

One to one group tuition

Tuition is FREE & CONFIDENTIAL

## Kinetix Dance Ltd

Classical Ballet &  
Contemporary Dance Class

Mondays 4.30-6.30 pm

[www.kinetixdance.ie](http://www.kinetixdance.ie), 086-6638037

## ENROLMENT CONDITIONS

- Fees cover tuition & use of building only. Materials used are at the discretion of tutors & must be paid for separately.
- Formation of course depends upon demand & availability of tutor.
- Courses are only provided for those over 16 years of age.
- Your receipt is your admission ticket to your course.
- Unless otherwise stated, courses are of 8 weeks duration. SCHOOL WILL BE CLOSED FOR MID-TERM BREAK ON THE WEEK OF MONDAY 13TH FEBRUARY AND TUESDAY 14TH FEBRUARY 2012.**
- Fees once paid are STRICTLY NON-REFUNDABLE, unless a class is not formed, in which case the fee will be returned by post as soon as possible.
- If a course is booked to capacity, we will contact the applicant & offer them their 2nd choice or a full refund.
- No deposits will be accepted as booking on a course.
- Postal enrolment students will **only** be contacted in the event of a class being full or due to a cancellation of a class.
- All students attend at their own risk & the Board of Management cannot accept any responsibility for injury to any person or for property mislaid on the premises.
- Rooms are available by prior arrangement only, for committee meetings, discussion groups, etc.

## Ashbourne Community School Parent Teacher Association

PTA Meetings take place every second  
Tuesday of the month in the school

## AFTER SCHOOL STUDY

For students of Ashbourne  
Community School  
Monday - Friday 4.00-6.00 pm  
Contact the school office for details  
01-8353066

## POSTAL ENROLMENT FORM

Completed enrolment forms with cheque/postal order made payable to Ashbourne Community School & addressed to the Adult Education Office, **Ashbourne Community School**, Ashbourne, Co. Meath.

Name:

Address:

Mobile Contact Number:

Home Contact Number:

Email Address:

1st Choice Course:

Course Code:

Night:

Fee: €

2nd Choice Course:

Course Code:

Night:

Fee: €

As a developing school, we would like to expand our programme to meet the needs of our community.

If you have any suggestions for classes or are a teacher interested in taking on a course, please contact the Adult Education Director.

Thank you.



# Ashbourne Community School

## Community Education Programme SPRING 2012

## Recession Busting Prices

### Enrolment Details

- Online enrolment at [www.easypaymentsplus.ie](http://www.easypaymentsplus.ie)
- Enrolment in school from Wednesday 11th January 2012 from 10.00 am-12.00 pm everyday, or at enrolment night on Thursday 19th January 2012 from 7.00-8.00 pm
- Postal enrolment form on reverse of brochure

Classes commence from  
Monday 30th January 2012

Telephone: 01-8353007

Fax: 01-8353083

Jackie Connolly  
Adult Education Director

Caroline Mathews  
Assistant Adult Education Director

Rhona Gannon  
Adult Education Officer

Email: [adulded@ashcom.ie](mailto:adulded@ashcom.ie)

Website: [www.ashcom.ie](http://www.ashcom.ie)



## MONDAYS

**ANGELS – AN INTRODUCTION (Code M1)**  
**TUTOR: Anne Noctor (7.00-8.00 pm)** €45

Working with angels can create miraculous changes in your life. Learn how to connect with your angels on a daily basis & let go of negativity. Class includes guided meditations. **6 weeks.**

**ASTRONOMY (Code M2)**  
**TUTOR: TBA (7.30-9.30 pm)** €60

Introduction to astronomy in a relaxed & informal setting. Learn about the planets, stars, history, telescopes, deep sky & cosmology. No previous knowledge of maths required. **6 weeks.**

**BRIDGE – BEGINNERS (Code M3)** **NEW**  
**TUTOR: Kathleen McSharry (7.00-9.00 pm)** €60

Bridge is for life. Keep the mind active & the memory in shape.

**CARE OF THE OLDER PERSON FETAC LEVEL 5 MODULE (Code M4)**  
**35 hours over 10 evenings (7.00-9.30 pm) & 2 Saturdays** €500

College of Progressive Education Certificate. 40 hours work experience in a nursing home or hospital providing care for older people is highly recommended but not mandatory. 01-4884300 [www.progressivecollege.com](http://www.progressivecollege.com)

**COUNSELLING SKILLS (Code M5)**  
**TUTOR: Linda Breathnach (7.15-9.15 pm)** €60

Taster course for those interested in counselling. Topics include an overview of what it involves, theories, self-awareness & skills to use at home & elsewhere. **6 weeks.**

**FIRST AID (Code M6)**  
**TUTOR: TBA (7.30-9.30 pm)** €70

Irish Red Cross Certificate. Useful in everyday situations & to crèche employees & other professions.

**FLORAL DESIGN (Code M7)**  
**TUTOR: Christopher Whyte (7.00-8.25 pm)** €60

Learn techniques & artistic ways of flower arranging for the home from an award winning florist (Chelsea & Bloom Winner 2011). Extra cost each week to cover flowers. Includes 2 weeks of wedding flowers. **6 weeks.**

**FRENCH – BEGINNERS Level 1 (Code M8)**  
**TUTOR: Brid Healy (7.00-9.00 pm)** €95

Improve your French in a relaxing & friendly atmosphere.

**FRENCH – IMPROVERS Level 1 (Code M9)**  
**TUTOR: Veronique Butler (7.15-9.15 pm)** €95

Continuation of beginners course. Gain confidence in your ability to converse in French.

**GOLF – BEGINNERS & IMPROVERS (Code M10)**  
**TUTOR: Mark O'Mahony (7.00-8.00 pm OR 8.00-9.00 pm)** €90

Master the basics, improve your game with instruction from a qualified pro. Classes at The Ward Driving Range. 7 places. **7 weeks.**

**GUITAR – BEGINNERS (Code M11)**  
**TUTOR: Amar Mahase (7.00-8.25 pm)** €70

Introduction to keys, main chords & basic strums. Good fun. Individual attention.

**GUITAR – IMPROVERS (Code M12)**  
**TUTOR: Amar Mahase (8.30-9.30 pm)** €50

Improve your guitar skills. Good fun. Individual attention.

**ITALIAN – BEGINNERS Stage 1 (Code M13)**  
**TUTOR: TBA (8.00-9.30 pm)** €80

For those who want to learn this romantic language. Book to be used Espresso 1.

**ITALIAN – INTERMEDIATE (Code M14)**  
**TUTOR: TBA (6.30-7.55 pm)** €80

For those who have completed a beginners course. Book to be used Espresso 2.

**LOVE MAKE-UP (Code M15)** **NEW**  
**TUTOR: Dervia O'Brien (7.30-9.00 pm)** €60

Learn the tips & tricks from a professional make-up artist. Gain experience & confidence to apply your own make-up to perfection. Kick start you career as a make-up artist. Get an insight into the cosmetics industry. **6 weeks.**

**ORIENTAL COOKING (Code M16)**  
**TUTOR: Sharon McCaffrey (7.00-9.00 pm)** €80

Learn to cook delicious Thai, Malaysian & Indian dishes, incorporating spices & natural colours to stimulate your palate. Demo & practical classes. **6 weeks.**

**PHOTOSHOP ELEMENTS (Code M17)**  
**TUTOR: Michael Harris (8.30-9.30 pm)** €60

Digital Image Correction. Fix blemishes, correct errors, etc, in this PC based course. Software used is Photoshop Elements. Basic knowledge of computers essential. Weekly assignments must be completed.

**PICTURE FRAMING (Code M18)**  
**TUTOR: John McCarthy (7.30-9.30 pm)** €90

Learn to produce a frame, cut mouldings, apply a finish, cut a mount & glass. Work on a small frame for yourself. €10 required to cover materials. 8 places. **6 weeks.**

**PILATES – BEGINNERS (Code M19)**  
**TUTOR: Alison Larkin (8.00-9.00 pm)** €65

Learn a series of non-impact exercises designed to develop strength, flexibility, balance & inner awareness. Bring your own yoga mat.

**RESTYLE YOUR HOME (Code M20)**  
**TUTOR: Maeve Lynch (7.30-9.30 pm)** €70

Give your home a style makeover. Get designer looks on a budget with inspirational advice & clever decorating ideas. **6 weeks.**

**SPANISH – IMPROVERS (Code M21)**  
**TUTOR: Eva Fuentes (7.00-9.00 pm)** €95

For those who already have some knowledge of the language. Learn from a native speaker.

**ZUMBA (Code M22)**  
**TUTOR: Jennie McMahon (7.00-7.55pm)** €50

Latin inspired, easy to follow, calorie burning dance fitness party. Feel the music & let loose.

## TUESDAYS

**ART WORKSHOP (Code T1)**  
**TUTOR: Deirdre Shanny (7.30-9.30 pm)** €70

Structured lessons for all levels of painters. Enjoy working in a relaxing & supportive environment. Topics include composition, line, tone, setting out a palette, edges, perspective & imprematura. **Materials list available on website. 7 weeks.**

**BLOW DRY BEAUTIFUL (Code T2)**  
**TUTOR: Lisa Martin (6.30-8.00 pm)** €45

Achieve a professional look for your hair. 10 places. **4 weeks.**

**CONFIDENCE IN PARENTING SKILLS (Code T3)** **NEW**  
**Linda Breathnach & Emer Madden (7.15-9.15 pm)** €70

For parents of 4-12 year olds, presented in a relaxed & interactive manner. Practical tips, advice, understanding & insight into the challenges of parenting. Improve your confidence & skills & learn new skills. **4 weeks.**

**COLOUR & STYLE WORKSHOP (Image Training Ireland) (Code T4)**  
**TUTOR: Niamh Courtney (7.30-9.30 pm)** €50

Find out about self presentation, dressing from the inside out, refining your style to suit your personality, the importance of appearance, choosing colours, styles & fragrance, functional wardrobe goals & guidelines. **4 weeks.**

**DIGITAL PHOTOGRAPHY – BEGINNERS (Code T5)**  
**TUTOR: Michael Harris (7.30-9.30 pm)** €80

Subjects include depth of field, camera programme controls, taking portraits, children & image correction. Work appraised & problems corrected. No experience necessary. [www.dynamicphotography.ie](http://www.dynamicphotography.ie)

**DIY ABOUT THE HOUSE (Code T6)**  
**TUTOR: Paul Carroll (7.00-9.00 pm)** €80

A course designed to help the beginner save money by learning basic skills in tiling, decorating, home security, electrical, plumbing, safety, carpentry, wall fixings & painting.

**DRAMA FOR FUN (Code T7)** **NEW**  
**TUTOR: Helen Langford (7.30-9.00 pm)** €80

Fancy your name in lights, or just looking for a creative new hobby? Practical course to stretch your imagination through a fun encounter with all elements of drama, from improvisation to voice to script-work. Expect laughter, challenge & a boost to your self-confidence.

**ENGLISH AS SECOND LANGUAGE – BEGINNERS & IMPROVERS (Code T8)**  
**TUTOR: Alva Doyle & Sheila Smith (7.00-9.00 pm)** €80

All students will be placed in classes **on the first night at 7.00pm** – Beginners, Elementary, Pre-Intermediate & Intermediate.

**GROW YOUR OWN & TASTE THE DIFFERENCE (Code T9)**  
**TUTOR: Michael Connolly (7.00-8.00 pm)** €30

Aside from the savings in expenditure, vegetables taste better when they come from your own garden. Learn how to sow seeds at the correct time, root vegetables, plant spring bulbs, etc. Prepare for summer. **Commences 6th March. 4 weeks.** [www.rolestownplantsplus.ie](http://www.rolestownplantsplus.ie)

**HATHA/DRU YOGA (Code T10)**  
**TUTOR: Frances Murdoch (8.05-9.30 pm)** €80

A mix of Hatha yoga with Dru yoga, a fluid & dynamic yoga which releases tension in a gentle yet powerful way. Suitable of all ages & fitness levels. Bring a yoga mat & blanket for relaxation.

**PILATES – BEGINNERS & IMPROVERS (Code T11)**  
**TUTOR: Frances Murdoch (7.00-8.00 pm)** €60

Every muscle group is worked, especially those for stabilizing the joints, to produce the correct body dynamics & a healthy, even flow of energy throughout the body. Designed to work at your own ability.

**PRE-NATAL PILATES MATWORK (Code T12)** **NEW**  
**TUTOR: Andrea O'Grady (7.10-8.25 pm)** €65

Gentle comfortable workout focusing on building core strength. Helpful both in prenatal period & during postnatal recovery. All levels catered for. Bring your own non-slip mat, cushion/pillow & water. 10 places.

**PRE-NATAL PILATES MATWORK WITH PROPS (Code T13)** **NEW**  
**TUTOR: Andrea O'Grady (8.30-9.25 pm)** €65

Learn to use the fitness circle, flex band & handheld toning balls as props to add upper & lower body resistance for more challenge, strength, endurance & toning. All levels catered for. Bring your own non-slip mat. **16 places.**

**SILVER METALS JEWELLERY (Code T14)** **NEW**  
**TUTOR: Chris McCormac (7.30-9.30 pm)** €40

Learn skills to work with precious metal. Design & develop your own piece, a ring, earrings, pendant & piece of abalone shell for a combination piece. **6 weeks.**

**SPANISH – BEGINNERS (Code T15)**  
**TUTOR: Eva Fuentes (7.00-9.00 pm)** €95

Basic conversation for everyday use, with a native speaker.

**START & RUN YOUR OWN BUSINESS (Code T16)** **NEW**  
**TUTOR: TBA (7.30-9.30 pm)** €95

The entrepreneur, sourcing of funds, start-up alternatives, business plans, cash flow, legal structure, quality & FAQ.

**ZUMBA (Code T17)**  
**TUTOR: Jennie McMahon (7.00-7.55 pm)** €50

Latin inspired, easy to follow, calorie burning dance fitness party. Feel the music & let loose.

## WEDNESDAYS

**HORSERIDING – BEGINNERS (Code W1)** €120  
**(7.00-8.00 pm)**

(In association with Thornton Park Equestrian Centre) All levels of fitness catered for on well-schooled horses. Students need to wear jeans or a tracksuit & shoes with a heel. Course will take place in Thornton Park Equestrian Centre. 7 places. **6 weeks.**

## CERTIFICATE COURSES

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**35 hours over 10 evenings (7.00-9.30 pm) & 2 Saturdays** €500

College of Progressive Education Certificate. 40 hours work experience in a nursing home or hospital providing care for older people is highly recommended but not mandatory. 01-4884300, [www.progressivecollege.com](http://www.progressivecollege.com)

**FIRST AID (Code M5)**  
**TUTOR: TBA (7.30-9.55 pm)** €70

Irish Red Cross Certificate. Useful in everyday situations & to crèche employees & other professions.