

ONE DAY WORKSHOPS

AROMATHERAPY

NEW (5.00-9.00pm) €50

During this workshop, students will have a hands-on approach to making essential oil-based products to use at home. You will be introduced to crafting candles, soaps, balms & remedies. A fun workshop for all ages. Materials cost included.

1 night. 6th of November

CPR & DEFIBRILLATOR

(5.00-9.00pm) €90

PHECC Cardiac First Response. Certificate of Completion valid for two years. **1 night. 13th of November.**

SPORTS INJURY

NEW (6.00-9.00pm) €60

This course will provide participants with the skills to treat common injuries that occur during your clubs sporting events. The course will also enable participants to provide first aid interventions until the arrival of a club First Aid Responder or the Emergency Services. It will cover scene safety, head injuries, bleeding fractures sprains and strains. **1 night. 27th of November.**

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.
- 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 (computer rooms & classrooms) are available for hire at reasonable rates for committee meetings, discussion groups, etc.

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. A84 T925.**

Name:

Address:

Mobile Contact Number:

Home Contact Number:

Email Address:

1st Choice Course:

Fee: €

2nd Choice Course:

Fee: €

ACS School Sports Hall

Sports hall, courts, mezzanine & rooms available to rent

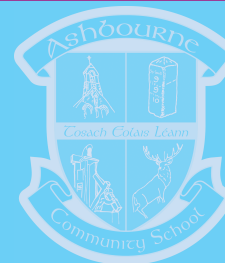
**Contact us on
01-8353007 or 083-8454943**

SPORTSHALL TRAINING

**Available in Badminton, Basketball, GAA, Handball,
Karate, Judo, Soccer, Taekwondo etc.
Contact us 01 8353007**

NEW COURSES

**If you have a skill you can impart or an idea for courses,
please email your idea &/or CV to adulthood@ashcom.ie**



Ashbourne Community School

Community Education Programme AUTUMN 2023

Enrolment Details

To avoid class cancellations please book early

1. **Online** – www.ashcom.ie/adulted
2. **By phone-landline 018353007 or mobile 0838454943. No walk-in enrolment available in the office.**
3. **Postal Enrolment** – see brochure

**Classes are on Mondays,
commencing Monday 25th of
September 2023 excluding SNA
Level 6, One Day Workshops,
Ballroom Dancing, and Latin in Line**



**Find us on
Facebook**
www.facebook.com/acsadulthood

Find us on Instagram
www.instagram.com/adulthood_education_acs

**Arza Beharic Adult Education Director
Rhona Gannon Adult Education Officer**

**Email: adulthood@ashcom.ie
Website: www.ashcom.ie/adulthood**

A FLOURISHING LIFE: WELLBEING FOR EVERYONE (7.00-8.30pm) €90
Learn about the 6 dimensions of wellbeing and how you can invite more wellbeing, joy, connectedness, and meaning into your life. The course combines educational elements with active learning exercises drawn from Positive Psychology to help you create a flourishing life. Open to all life stages. Facilitated by Positive Psychology Coach Claudia Geratz. **6 weeks**

BEGINNERS BALLROOM & LATIN AMERICAN DANCING (7.00-8.00 pm) €80
In this class, we teach basic Slow Waltz, Quickstep, Samba, Jive, and Cha Cha Cha. We like to encourage a fun and friendly atmosphere. This class is designed for beginners, so be brave and join now! Why not bring a friend? **Starts 2/10/23 9 weeks.**

BRIDGE BEGINNERS LEVEL 1/2 (7.00-9.00 pm) €110
Bridge is for life. Keep the mind active & the memory in shape. **9 weeks.**

BEGINNERS PHOTOGRAPHY (7.00- 9.00 pm) €120
This beginner's photography course will explore the three main settings; ISO, Aperture, & Shutter speed through class demonstrations and weekly assignments. This will give you the basics to be more creative with your photography by controlling light and movement. Other genres of photography we will explore will be; Studio lighting, night time photography, still life, portraiture, and the rule of thirds. **9 weeks**

CREATIVE WRITING (7.00-9.00pm) €120
This course provides a forum for people who are interested in developing their skills in writing be it compositions, articles, short stories, etc. **9 weeks**

DRAWING/SKETCHING/PAINTING (7.00-9.00 pm) €115
Explore your creativity, looking at a variety of techniques & media. Starting with charcoal and pencil drawing, using chalk and oil pastel to depict landscapes & still life. Introduction to watercolour & acrylic painting. Topics include composition, depicting human form & colour mixing. No experience necessary. **8 weeks.**

ENGLISH AS SECOND LANGUAGE-BEGINNERS (7.00-9.00pm) €110
Learn to communicate in everyday situations for life in Ireland. **9 weeks.**

ENGLISH AS SECOND LANGUAGE-INTERMEDIATE (7.00-9.00 pm) €120
This course is suitable for those who have a good knowledge of speaking, listening, reading, and writing English, and who wish to practice and improve speaking fluency, vocabulary development, and grammatical structures. **9 weeks.**

FLORAL DESIGN (7.00-9.00pm) €100
Learn techniques & artistic ways of flower arranging for the home from an award-winning florist (Bloom Winner 2018-2019 and AOIFA Demonstrator). Small extra cost each week to cover flowers. **8 weeks.**

FRENCH-BEGINNERS (7.00-9.00pm) €120
This course is designed for non-native French speakers and is suitable for complete beginners. The primary aim is to develop basic communication skills, focusing on listening and speaking. **9 weeks.**

FRENCH -IMPROVERS (7.00-9.00pm) €120
This course is suitable for those who have some knowledge of the language. **9 weeks.**

FUN FITNESS WITH LATIN IN LINE (8.10-9.10pm) €80
Want to keep fit with Latin styles and moves to great dance music? Suitable for all adults and all fitness levels. **Starts 2/10/23 9 weeks**

GET TO KNOW YOUR SEWING MACHINE (7.00-9.00 pm) €130
Learn how to use your sewing machine, thread the bobbin, use of pedal, create seam allowances, basic stitches, etc. Make a pin cushion, tote bag, cushion cover, and roll up tool case. Cost of materials included. **9 weeks**

GOLF – BEGINNERS & IMPROVERS (7.00-8.00 pm) €80
Master the basics and improve your game with instructions from a qualified pro. Classes at Ashbourne Golf Club. **7 places. 6 weeks.**

GROUP HYPNOSIS CIRCLES **NEW** (7.00-8.30pm) €90
Alleviate stress and anxiety, increase confidence, and promote a sense of inner well-being. **6 weeks**

GUITAR-BEGINNERS (7.00-9.00pm) €120
Beginners are introduced to chords, chord progression, understanding tone, timing, key, and fingerpicking. **9 weeks**

GUITAR-IMPROVERS (7.00-9.00pm) €120
For those who have some knowledge of guitar and wish to improve their skills. **9 weeks**

HOLISTIC LIVING **NEW** (7.00-9.00pm) €120
Make aromatherapy products from candles, soaps, bath salts, and rollerball remedies and gain knowledge of essential oils & how to use them to benefit a healthier lifestyle. Materials cost included. **6 weeks**

INTRODUCTION TO WELDING **NEW** (6.00-9.00pm) €275
This course will give you a taste of different types of welding on a range of different materials. This course will take place at the Nationwide Welding Institute. **5 weeks**

ITALIAN – BEGINNERS (7.00-8.30pm) €120
Ciao a tutti! For beginners & those with a smattering already. Build your confidence in speaking & using the language in a fun way with a native speaker. **9 weeks.**

MAKE AND BAKE (7.00-9.00 pm) €110
A perfect class for anyone wanting to roll up their sleeves & get started in the world of baking. From basic yeast to cakes and desserts, this course covers many aspects of the craft with the goal of turning beginners into confident bakers. **8 weeks**

MILLINERY FOR BEGINNERS **NEW** (7.00-9.00 pm) €110
Learn millinery techniques from a multi-award-winning milliner. **Millinery supplies will be provided in class at an extra cost of €120. 9 weeks**

PHILOSOPHY **NEW** (7.00-9.00pm) €120
This course will explore what is philosophy, ethics, political philosophy, and philosophy in religion. **9 weeks**

PILATES (8.05-9.05pm) €80
A series of non-impact exercises designed to develop strength, flexibility, balance & inner awareness. Suitable for beginners to advanced levels. Bring your own mat. **9 weeks.**

POLISH -BEGINNERS (Online) **NEW** (7.00-9.00 pm) €110
Polish online classes are perfect for busy individuals who want to learn Polish for family, travel, or work purposes. **9 weeks**

SPANISH -BEGINNERS (6.00-7.30pm) €120
On your next visit to a Spanish-speaking country immerse yourself in its culture by communicating in a simple but effective manner! **9 weeks**

SPANISH -IMPROVERS (6.00-7.30pm) €120
For those who already have some knowledge of the language. **9 weeks.**

YOGA (Mondays) (7.00-8.00 pm) €80
Gain strength, stamina & flexibility, through movement, breath & guided relaxation. Learn to focus the mind! Practice key yoga poses. Bring your own mat. **9 weeks.**

YOGA (Tuesdays) **NEW** (7.30-8.45pm) €90
Improve your balance and posture. Gain strength & flexibility. Teaches effective breathing techniques and helps to reduce stress. **9 weeks**

COMPUTER COURSES ALL CLASSES ON MONDAYS

COMPUTERS FOR SENIORS **NEW** (7.00-8.30pm) €110
Topics covered include emails, messaging using Skype and other video calling applications, online security, online banking, shopping, social media, etc **8 weeks**

INTERMEDIATE COMPUTERS (7.30-9.00 pm) €90
For those who have completed a basic computer course. Covers word processing, spreadsheets, the internet & email. **6 weeks**

CERTIFIED COURSES

CARE OF THE OLDER PERSON **NEW**
QQI LEVEL 5 (7.00-9.30 pm) €325
This course is designed to provide the learner with the knowledge, skills, and competencies to support and meet the needs of older people and to care effectively and to a high standard using the best practice while adhering to current legislative and regulatory requirements. Continuous assessment consists of a project and practical skills demonstrations. Learners must complete 40 hours' work placement in a nursing home, hospital, or day-care centre. **10 weeks.**

SNA (SPECIAL NEEDS ASSISTANT)
QQI LEVEL 5 Mondays (7.00-9.30 pm) €330
This course is designed to facilitate learners who intend to work with children with special needs in an educational /care setting. Run in partnership with the College of Progressive Education. Applicants will also be required to obtain 30 hours of work placement. Students must complete the Garda Vetting process before commencing work placement. Continuous evaluation is the sole method of assessment. **12 weeks**

SNA (SPECIAL NEEDS ASSISTANT)
QQI LEVEL 6 Tuesdays (7.00-9.30 pm) €330
For learners who wish to progress from QQI Level 5 to a QQI Level 6 qualification. Further develop skills, knowledge & understanding of the role of the Special Needs Assistant & promote good practice among those working in the school system. Applicants will also be required to obtain 30 hours of work placement. Students must complete the Garda Vetting process before commencing work placement. Continuous evaluation is the sole method of assessment. **12 weeks**