

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**

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. 15th of April.**

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, Fitness classes 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 adulted@ashcom.ie



Ashbourne Community School

Community Education Programme SPRING 2024

Enrolment Details

To avoid class cancellations please book early

1. Online – www.ashcom.ie/adulted
2. By phone-landline 018353007
3. Postal Enrolment – see brochure

Classes are on Mondays,
commencing 22nd of January 2024
except for CPR, Sports Injury ,
Spanish and SNA Level 6.



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www.instagram.com/adulteducation_acs

Arza Beharic Adult Education Director

Email: adulted@ashcom.ie
Website: www.ashcom.ie/adulted

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**

ART-ANCIENT MANDALAS **NEW** (7.00-9.00 pm) €100
Learn the basic fundamentals about mandalas and explore the most common and more sophisticated patterns. We will also talk about different colour theories that can be used in our Mandala's journey and see how drawing impacts us. This class is for beginners and more advanced drawers. There is no need to know how to draw to join. You will need a compass and a ruler, pencils, a few markers, and coloured pencils. **7 weeks**

BEGINNERS BALLROOM & LATIN AMERICAN DANCING (7.00-8.00 pm) €75
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? **8 weeks.**

BRIDGE BEGINNERS LEVEL 1 / 2 (7.00-9.00 pm) €110
Bridge is for life. Keep the mind active & the memory in shape. 16 places. **8 weeks.**

BEGINNERS PHOTOGRAPHY (7.00- 9.00 pm) €110
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. **8 weeks**

CREATIVE WRITING (7.00-9.00pm) €120
This course provides a forum for people who are interested in developing their skills in creative writing. The course offers participants the opportunity to give and receive feedback on their writing. **8 weeks**

CLASSIC EYELASH EXTENSION **NEW** (7.00-9.00pm) €80
Learn how to apply classic eyelash extensions. Application training and demonstration. If you are creative and have an interest in beauty, then this course is for you. Cost of kit €99 (paid to the tutor on the first night) **6 weeks**

CONNECTING TO OURSELVES **NEW** (7.00-8.30 pm) €110
Using hands-on healing, develop the ability to feel your energy. Increase your self-awareness, life force, and overall wellbeing. **8 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 (7.00-9pm) €110
Learn to communicate in everyday situations for life in Ireland. **8 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. **8 weeks.**

FLORAL DESIGN (7.00-9.00pm) €110
Learn techniques & artistic ways of flower arranging for the home from an award-winning florist. Multiple Chelsea and Bloom Medal winner. The list of materials to bring each week will be supplied. **8 weeks.**

FRENCH BEGINNERS (7.00-9.00 pm) €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. **8 weeks**

FRENCH IMPROVERS (7.00-9.00pm) €120
This course is suitable for those who have some knowledge of the language. **8 weeks**

FUN FITNESS WITH LATIN IN LINE (8.10-9.10 pm) €75
In this class no partner is necessary, and the class is structured to teach Waltz, Cha Cha Cha, Samba Jive Salsa, and Rhumba This is a dance fitness class. **8 weeks**

GET TO KNOW YOUR SEWING MACHINE (7.00-9.00 pm) €120
Learn all aspects of sewing and troubleshoot any problems you might have with your sewing machine. Learn the basics of garment construction and doing your own clothes alterations. **8 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. We also offer 8-9 pm class. **7 places. 6 weeks.**

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

GUITAR BEGINNERS **NEW** (7.00-9.00pm) €120
Beginners are introduced to chords, chord progression, understanding tone, timing & key. An introduction to fingerpicking.

HOLISTIC LIVING (7.00-9.00pm) €130
Make aromatherapy products from candles, soaps, bath salts, rollerball remedies, holistic balms, 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 (7.00-9.00pm) €100
Ciao a tutti! This class is for beginners. Build your confidence in speaking & using the language in a fun way. **6 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**

PILATES (8.05-9.05pm) €75
A series of non-impact exercises designed to develop strength, flexibility, balance & inner awareness. Suitable for beginners to advanced levels. Bring your own mat. **8 weeks.**

POLISH -BEGINNERS (Online) (7.00-9.00 pm) €110
Polish evening course will introduce you to Polish through small group classes with native-speaking, experienced and qualified teachers, using the communicative approach and focusing on speaking and listening. **9 weeks**

SPANISH - BEGINNERS (6.00-7.30 pm) €60
For those who have completed the beginner's course. This shorter course will help you revise the material learned in the beginner's course. Starts 26th of February. **4 weeks**

YOGA (Mondays) (7.00-8.00 pm) €75
Gain strength, stamina & flexibility, through movement, breath & guided relaxation. Learn to focus the mind! Practice key yoga poses. Bring your own mat. **8 weeks.**

YOGA (Tuesdays) (7.30-8:45 pm) €85
Improve your balance and posture. Gain strength & flexibility. Teaches effective breathing techniques and helps to reduce stress. **8 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) €100
For those who have completed a basic computer course. Covers word processing, spreadsheets, the internet & email. **7 weeks**

ONE DAY WORKSHOP

AROMATHERAPY WORKSHOP (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, balms and remedies. A fun workshop for all ages. Materials cost included. **1 night. 18th of March 2024.**

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.**

CPR & DEFIBRILLATOR (6.00-9.30 pm) €80
PHECC Cardiac First Response. Certificate of Completion valid for two years. **1 night. 19th of February 2024.**