

COMPUTER COURSES

ALL CLASSES ON MONDAYS

INTERMEDIATE COMPUTERS

(7.30-9pm) €90

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

6 weeks

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 and 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.
- Our Spring 2023 courses are subject to change as a result of HSE and Department of Education & Skills advice & guidelines. Courses may change to blended/online, be deferred or cancelled.

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 A84T925.**

Name:

Address:

Mobile Contact#:

Home Contact#:

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.

NEW COURSES

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

Community Education Programme

23rd January 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 23rd January 2023
excluding QQI, SNA, QQI Payroll,
CPR and Sports Injury Course**

Find us on Instagram
www.instagram.com/adulteducation_acs

Arza Beharic Adult Education Director
Rhona Gannon Adult Education Officer

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

A FLOURISHING LIFE: WELLBEING FOR EVERYONE (7-8.30pm) €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 stages. Facilitated by Positive Psychology Coach Claudia Geratz. **6 weeks**

BEGINNERS BALLROOM & LATIN AMERICAN DANCING (7-8pm) €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 (7-9pm) €100
Bridge is for life. Keep the mind active and the memory in shape. **8 weeks**

BEGINNERS PHOTOGRAPHY (7-9pm) €110
This beginners 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 (7-9pm) €115
Explore your creative side with a structured writing course that covers short stories, novels, poetry, memoir and getting published! **8 weeks**

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

ENGLISH AS SECOND LANGUAGE-INTERMEDIATE (7-9pm) €115
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 (7-9pm) €85
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. **6 weeks.**

GET TO KNOW YOUR SEWING MACHINE (7-9pm) €115
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 (7-8pm) €80
Master the basics, improve your game with instruction from a qualified pro. Classes at Ashbourne Golf Club. **7 Places. 6 weeks.**

ITALIAN - BEGINNERS (7-8.30pm) €110
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. **8 weeks.**

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

MAKE & BAKE (7-9pm) €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 (7-9pm) €110 plus €120 for materials
Learn millinery techniques from a multi award winning milliner. Millinery supplies will be provided in class at an extra cost of €120. **8 weeks**

MINDFULNESS AN INTRODUCTION (7.30-9pm) €90
You will be taught the basics of what mindfulness is and ways to practice it. Bring your own mat. **8 weeks**

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

SPANISH BEGINNERS (6-7.30pm) €110
On your next visit to a Spanish-speaking country immerse yourself in its culture by communicating in a simple but effective manner! **8 weeks**

SPANISH IMPROVERS (6-7.30pm) €110
For those who already have some knowledge of the language. **8 weeks**

FRENCH BEGINNERS 7-9pm. €110
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 (7-9pm) €110
This course is suitable for those who have some knowledge of the language. **8 weeks**

Group Hypnosis Circles (7-8.30pm) €90
Alleviate stress and anxiety, increase confidence and promote a sense of inner well-being. **6 weeks**

Philosophy (7-9pm) €110
This course will explore what are philosophy, ethics, political philosophy, and philosophy in religion. **6 weeks**

CERTIFIED COURSES

CARE OF THE OLDER PERSON QQI LEVEL 5 (7-9.30pm) €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 (6-9.30pm) €120
PHECC Cardiac First Response. Certificate of Completion valid for two years. **1 night 20th March 2023**

SNA (SPECIAL NEEDS ASSISTANT) QQI Level 5) (7-9.30pm) €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 12 weeks and 30 hours work placement. Run in partnership with College of Progressive Education. Fee based on 15 students min. Continuous evaluation is sole method of assessment for this course. Learner record and skills demonstration. For further details

SNA (SPECIAL NEEDS ASSISTING QQI Level 6 (7-9.30pm) €330
For learners who wish to progress from a QQI Level 5 to a QQI Level 6 qualification. Further develop skills, knowledge and understanding of the role of the Special Needs Assistant & to 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.

YOGA (7-8pm) €90
Gain strength, stamina & flexibility through movement, breath & guided relaxation learn to focus the mind! Practise key yoga poses. Please bring your own mat. **9 weeks.**

SPORTS INJURY (6-9pm) €85
This course will provide participants with the skills to treat common injuries that occur during our 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 6th March 2023**