

**DOUGLAS COMMUNITY SCHOOL  
ADULT & COMMUNITY EDUCATION  
PROGRAMME SPRING 2019**

Director of Adult & Community Education: Jerry O' Mahony  
Adult & Community Education Officer: Zoe O'Mahony  
Telephone: (021) 4294208 Fax: (021) 4292723  
Email: adulated@dscork.ie Web: www.dscork.ie

Douglas Community School Adult & Community Education is committed to providing you with a wide range of quality adult courses. The school is an independent community school governed by a Board of Management.  
Douglas Community School receives no public or other funding for its Adult & Community Education courses.

**YOU CAN ENROL FOR A COURSE FROM  
MONDAY 7TH JANUARY 2019**

**BY POST:** Enclosing details and fee to Adult Education Office, Douglas Community School, Clermont Avenue.

**OFFICE:** Enrolments will be taken in the Adult Education Office. The office will be open from 9.30a.m. – 12.45 p.m. and from 2.00 – 4.00p.m.

**ENROLMENT NIGHT:** A night enrolment will take place in the school on **Wednesday 16th January** from 7.00 - 8.00p.m.  
**Please enrol early to avoid cancellation of classes.**

**YOUR COURSE STARTS ON...**

All courses start during the week commencing **Monday 28th of January** unless otherwise stated.

**CONDITIONS OF ENROLMENT**

- All Students must enrol BEFORE attending classes.
- Fees are payable on enrolment and receipts issued.
- Payment can be made by cash, postal order or cheque. Cheques and postal orders should be made payable to Douglas Community School.
- Class fees are not refundable.**
- Class numbers are limited to ensure a high standard of tuition particularly in practical subjects.
- Classes are offered subject to sufficient demand existing to form a class.
- Materials are not included in course fee.**
- Those participating in physical exercise classes may need to seek medical advice before classes commence.
- Car parking is available. Note: cars are parked strictly at owners own risk. Douglas Community School accepts no responsibility for any loss or damage.

**SELECTED COURSES ARE FREE FOR LONG TERM UNEMPLOYED**

A limited number of places have been reserved on selected courses for those in receipt of jobseekers benefit/allowance (written confirmation from Dept. of Social Protection required). These places will be allocated to earliest applicants and are available by calling to the Adult Education office in **advance of enrolment night (16th of January)** where applications will be dealt with in the strictest confidence.

**OUR FEES ARE REDUCED FOR MANY PENSIONERS...**

The following reduced fees are available to OAP's, Widows and Disability pensioners on application during enrolment.

Fee	Reduced fee	Fee	Reduced fee
€60	€50	€100	€90
€70	€60	€110	€95
€80	€70	€120	€105
€90	€80	€130	€115

Tea and coffee are available during the class break each night.  
All courses are open to men and women.

INFORMATION

**LEARN A LANGUAGE**

Beginners Level 1 will be held in the Autumn term, Level 2 in the Spring term and Level 3 in the Summer term if demand exists

**L01 CONVERSATIONAL IRISH FOR ALL - NEW**

Tutor: Sarah Roche  
Wednesday: 7.30 – 8.45 p.m.  
Duration: 6 weeks Fee: €45

**L02 FRENCH BEGINNERS**

Express yourself clearly and participate in conversations. Use a rich vocabulary for everyday life situations as well as for specific topics (your interests, your activities etc.)

Tutor: Laurie Legrand  
Monday: 7.30 – 9.30 p.m.  
Duration: 10 weeks Fee: €110

**L03 FRENCH POST INTERMEDIATE**

Tutor: Laurie Legrand  
Tuesday: 7.30 – 9.30 p.m.  
Duration: 10 weeks Fee €110

**L04 ITALIAN - INTERMEDIATE**

Tutor: Nicoletta Mandolini  
Tuesday: 7.15 – 9.15 p.m.  
Duration: 10 weeks Fee €110

**L05 GERMAN - BEGINNERS**

Tutor: Andrea Walsh  
Tuesday: 7.30 – 9.30 p.m.  
Duration: 10 weeks Fee €110

**L06 SPANISH BEGINNERS**

Tutor: Felix Monje  
Monday: 7.30 – 9.30 p.m.  
Duration: 10 weeks Fee €110

**L07 SPANISH BEGINNERS Level 2**

Tutor: Felix Monje  
Tuesday: 7.30 – 9.30p.m.  
Duration: 10 weeks Fee € 110

**L08 SPANISH INTERMEDIATE**

Tutor: Felix Monje  
Wednesday: 7.30 – 9.30 p.m.  
Duration: 10 weeks Fee: €110

**L09 ENGLISH AS A 2nd LANGUAGE Pre Intermediate**

Tutor: Julie Forrester  
Monday: 7.30 – 9.30 p.m.  
Duration: 10 weeks Fee €110

**L10 ENGLISH AS A 2nd LANGUAGE Upper Intermediate**

Tutor: Julie Forrester  
Tuesday: 7.30 – 9.30 p.m.  
Duration: 10 weeks Fee €110

**ARTS AND CRAFT**

**A01 CERAMICS – BEGINNERS**

This course is an introduction to the versatile and enjoyable medium of clay. With the use of simple techniques the participants have the opportunity to explore their creativity and make their own unique pieces of pottery.

Tutor: Roberto Garcia  
Monday: 7.15 – 9.45 p.m.  
Duration: 10 weeks Fee €130

LEARN A LANGUAGE / ARTS & CRAFTS

**A02 BEGINNERS OIL PAINTING**

Using simple exercises and techniques learn how to create oil depictions of a wide variety of subjects: landscapes, seascapes, flowers animals people

Tutor: Roberto Garcia  
Tuesday: 7.15 – 9.45 p.m.  
Duration: 10 weeks Fee €130

**A03 FLOWER ARRANGING: Modern & Traditional**

Monday: 7.30 – 9.30 p.m.  
Duration: 5 weeks Fee €60

**A04 EASTER FLOWERS Starts 4th of March**

Monday: 7.30 – 9.30 p.m..  
Duration: 5 weeks Fee €60

**A05 PAINTING WITH OILS- ADVANCED**

This is a group class open to people that want to accomplish their own paintings with the help of individual tuition.

Tutor: Roberto Garcia  
Wednesday: 7.15 – 9.45 p.m..  
Duration: 10 weeks Fee €130

**A06 DRAWING & ACRYLICS- BEGINNERS / IMPROVERS**

Pencil, ink, charcoal, acrylics and washes  
Tutor: Aoife Layton  
Tuesday: 7.15 – 9.45 p.m.  
Duration: 10 weeks Fee €130

**A07 ADVANCED ART GROUP**

NOTE: For those with previous experience of pencil, ink, charcoal, washes and acrylics seeking to perfect their techniques.

Tutor: Aoife Layton  
Wednesday: 7.15 - 9.45 p.m.  
Duration: 10 weeks Fee €130

**A08 PASTELS - CONTINUATION**

Tutor: Victor Richardson  
Wednesday: 7.15 – 9.45 p.m.  
Duration: 10 weeks Fee €130

**A09 ILLUSTRATION AND CARTOON**

Draw out the illustrator within you! Suitable for all levels.

Tutor: Maeve O' Keefe  
Wednesday: 7.30 – 9.30 p.m.  
Duration: 10 weeks Fee €110

**HEALTH & WELLNESS COURSES**

For Yoga, Pilates and Tai Chi, you should bring your own mat or blanket. You should seek medical advice if you have not taken exercise in recent times.

**W01 SOMATIC MOVEMENT – NEW**

This is a gentle movement and mindful awareness class in which you will learn to recognise and release tension and stress held in your body. Somatic Movement is relaxing, gentle, safe and compassionate. Learn to unravel body tensions which can sometimes show up as pain, sleep problems, and other issues with our well-being.

Tutor: Monica McCarthy  
Tuesday: 7.15 – 8.45 p.m.  
Duration: 10 weeks Fee: €90

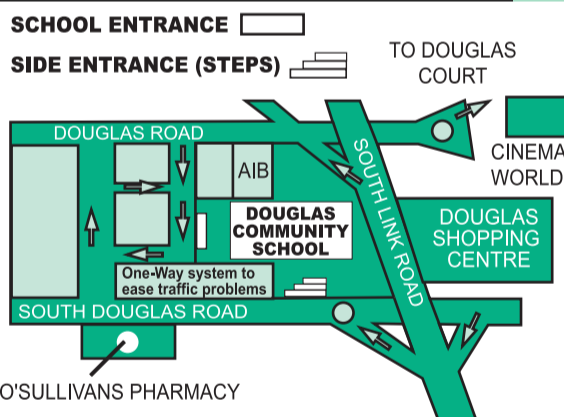
**W02 YOGA FOR BACK PAIN - NEW**

Utilizing yoga poses in a functional way to relieve back pain and excessive tension stored in body structures, such as muscles, connective tissue and organs.

Monday: 6.45 – 8.00 p.m.  
Duration: 10 weeks Fee: €70

ARTS & CRAFTS

**HOW TO FIND US**



HOW TO FIND US

**ENROLMENT FORM**

Name:

Address:


Tel. No.:

**COURSE**

1st Preference:

2nd Preference:

**N.B.** Please remember to enclose your fee.

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**ATTENTION: NEW TUTORS  
REQUIRED TO OFFER NEW  
COURSES**

Any person interested in offering a new course on our Adult Education programme should contact the Adult Education office by post, phone or email.

**Postal Enrolment**

Complete enrolment form overleaf and return with fee to:

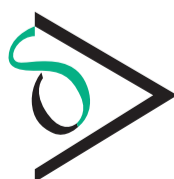
Adult Education Office,  
Douglas Community School,  
Clermont Avenue,  
Douglas, Cork.

**Adult Education Courses**

are also available

at the following Cork Community Schools:

- Ashton School
- Ballincollig Community School
- Bishopstown Community School
- Carrigaline Community School



Scoil Phobail na Dúghlaise  
Douglas Community School  
(021) 4294208

KWP Print (021) 4373066 info@kwpprint.com

Scoil Phobail na Dúghlaise

**Douglas  
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Clermont Ave., Douglas  
Telephone: (021) 4294208  
Fax: (021) 4292723  
Email: adulated@dscork.ie

**ADULT  
EVENING  
CLASSES**

NEW BUSINESS START UP, CONVERSATIONAL IRISH, INTRODUCTION TO POSITIVE PSYCHOLOGY, DANCE, FICTION WRITING, SPEAK WITH CONFIDENCE, YOGA FOR BACK PAIN AND SOMATIC MOVEMENT

**Postal & Office Enrolment**

From Monday January 7th, 2019  
Adult Education Office  
open from 9.30a.m. - 12.45p.m.  
2.00p.m. - 4.00p.m.

**PLEASE ENROL EARLY FOR COURSES TO  
AVOID CLASS CANCELLATIONS**

**Enrolment Night in the School**  
Wednesday 16th January, 2019  
7.00p.m. - 8.00p.m.

**SPRING 2019**

<b>W03 MEDITATION / GENTLE YOGA</b>		
Gentle Yoga class incorporating Meditation and Breathing Techniques to aid relaxation.		
Monday	8.15 – 9.30 p.m.	
Duration	10 weeks	Fee: €70
<b>W04 HATHA YOGA BEGINNERS/INTERMEDIATE</b>		
Build confidence in posture, increasing strength and flexibility. We explore the poses and learn to breath better. Simple breathing exercises coordinated with yoga poses help relieve deep held tension.		
Tutor:	Lisa Keating	
Monday	7.00 – 8.25 p.m..	
Duration	10 weeks	Fee €90
<b>W05 HATHA YOGA BEGINNERS/INTERMEDIATE</b>		
Build confidence in posture, increasing strength and flexibility. We explore the poses and learn to breath better. Simple breathing exercises coordinated with yoga poses help relieve deep held tension.		
Tutor:	Lisa Keating	
Tuesday	7.00 – 8.25 p.m..	
Duration	10 weeks	Fee €90
<b>W06 KUNDALINI YOGA BEGINNERS</b>		
Kundalini Yoga is designed to strengthen, tone and enhance flexibility while regulating the body's energy and reducing stress.		
Tutor	Norma Creed	
Tuesday	7.00 – 8.25 p.m.	
Duration	10 weeks	Fee €90
<b>W07 MINDFULNESS BASED CREATIVITY FOR STRESS REDUCTION</b>		
This course will combine Mindfulness practices with different forms of creative expression. Participants will learn various techniques that when combined with Art can be both relaxing and beneficial for using on a daily basis to reduce stress. No Artistic experience required.		
Tutor	Roisin Kenny (Mind Body Ireland)	
<b>Wednesday Afternoon 2.30 – 4.30 p.m.</b>		
Duration	10 weeks	Fee €90
<b>W08 MAT PILATES BEGINNERS/INTERMEDIATE</b>		
Wednesday	6.30 – 7.30 p.m.	
Duration	10 weeks	Fee €80
<b>W09 MAT PILATES BEGINNERS</b>		
Wednesday	7.30 – 8.30 p.m	
Duration	10 weeks	Fee €80
<b>W10 YANG FAMILY TAI CHI BEGINNERS/IMPROVERS</b>		
For relaxation, stress relief, meditation, Chi development, self confidence and health. Mind body, spirit in harmony.		
Tutor:	Maurice Shanahan	
Wednesday	7.00 – 8.30 p.m.	
Duration:	10 weeks	Fee: €90
<b>W11 HEALTHY NUTRITION</b>		
This course will enable you to move towards a healthier, happier, more energetic version of yourself. You will learn how stress, sleep quality, food and movement impact your body. We will look at systems such as digestion, the cardio vascular system and nervous system learning useful tips to put into practice.		
Tutor:	Elaine McKeon	
Monday	7.15 – 8.45 p.m.	
Duration:	10 weeks	Fee: €90

ARTS & CRAFTS / HEALTH & WELLNESS

<b>SPORTS AND EXERCISE</b>		
<b>MEN AND WOMEN ARE WELCOME AT ALL THESE COURSES</b>		
<b>All those who enrol for these courses are advised to seek medical advice if they have not taken exercise in recent times. Participants are reminded that they accept the normal risks associated with these activities.</b>		
<b>S01 ZUMBA &amp; FITSTEPS COMBO - NEW</b>		
his course combines Zumba , a Latin-inspired cardio-dance workout that uses music from jazz to African beats to country to hip-hop, pop & more... with the graceful steps of Ballroom and the up tempo steps of the Latin American dances together to create a really fun, easy to follow, energetic, effective way to stay fit and keep trim that would appeal to everyone. *No partner needed. and more. <b>Bring Water Bottle!</b>		
Tutor:	Derek Long	
Monday	7.00 – 8.10 pm	
Duration:	7 Weeks	Fee : €50
<b>Special Offer: Take Monday and Wednesday evening Zumba course and pay €90 for both courses.</b>		
<b>S02 LINE DANCING</b>		
Line Dancing involves people standing in lines performing dance movements together. It consists of patterned foot movements performed to a number of counts per sequence. The dances are done one-wall, two-wall, or four-wall to varied music including country & western music, swing , salsa, cha cha cha & more. It's a great way to keep fit, meet new friends and learn to dance in a fun relaxed environment.		
Tutor:	Derek Long	
Monday	8.30-9.35pm	
Duration	7 weeks	Fee €45
<b>S03 BEGINNER JIVE, SOCIAL BALLROOM, LATIN AMERICAN &amp; FUN DANCE</b>		
This class will ignite your passion for dance & give you confidence to get out on that dance floor, whether it be a wedding or other social function. In the course I will teach Swing Jive (to Popular, Irish Country & Rock n'Roll Music), slow & old time waltz, quickstep, foxtrot, cha cha cha , mambo fun dances, rumba & more!. Partner recommended but not essential. <b>Bring Water Bottle!</b>		
Tutor:	Derek Long	
Tuesday	8.30-9.40pm	
Duration	10 weeks	Fee €80
<b>S04 ZUMBA FITNESS</b>		
Zumba Fitness is a Latin-inspired cardio-dance workout that uses music and easy to follow steps to form a fitness party atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, classes can also contain everything from jazz to African beats to country to hip-hop, pop and more... No partner needed. <b>Bring Water Bottle!</b>		
Tutor	Derek Long	
Wednesday	7.10-8.00pm	
Duration	8 weeks	Fee €50
<b>Special Offer : Take MondayZumba/Fitsteps course &amp; Wednesday evening courses and pay €90 for both courses</b>		

HEALTH & WELLNESS / SPORTS & EXERCISE

<b>S05 SOCIAL BALLROOM, LATINAMERICAN &amp; FUN DANCE- CONTINUATION</b>		
This class will ignite your passion for dance & give you confidence to get out on that dance floor, whether it be a wedding or other social function. In the course I will teach slow & old time waltz, quickstep, foxtrot, cha cha cha , fun dances, rumba & more! . Partner recommended but not essential. Return students or students who have done a previous beginner course are welcome to learn some more dances and continue to enjoy spending time on the dance floor. <b>Bring Water Bottle!</b>		
Tutor	Derek Long	
Wednesday	8.25-9.35pm.	
Duration	10 weeks	Fee €80
<b>S06 PSYCHOLOGY OF SPORTS PERFORMANCE</b>		
A course designed to assist coaches, manages and sports participants to improve their own or their teams performances by applying mental fitness techniques.		
Tutor:	Canice Kennedy	
Monday	8.00 – 9.30 p.m.	
Duration	10 weeks	Fee: €90
<b>S07 GOLF FOR BEGINNERS at Cork Golf Centre Ballincollig</b>		
Practice sessions on the golf course are included in the course.		
Tutor:	Wayne O Callaghan	
Wednesday,	10.30a.m.-12.00noon.	
Duration,	10 weeks.	Fee: €100
<b>Please note that students are required to pay for ball rental</b>		
<b>S08 GOLF FOR IMPROVERS at Cork Golf Centre Ballincollig</b>		
Tutor: Wayne O Callaghan		
Wednesday,	6.30 – 8.00 p.m.	
Duration,	10 weeks.	Fee :€100
<b>Please note that students are required to pay for ball rental</b>		
<b>S09 GOLF FOR BEGINNERS at Cork Golf Centre Ballincollig</b>		
Practice sessions on the golf course are included in the course.		
Tutor:	Wayne O Callaghan	
Thursday,	7.00 – 8.30 p.m.	
Duration:	10 weeks.	Fee: €100
<b>Please note that students are required to pay for ball rental</b>		
<b>BUSINESS COURSES</b>		
All our computer based courses are "hands on" with one participant per computer.		
<b>B01 NEW BUSINESS START UP - NEW</b>		
Start Up helps the budding entrepreneur from first to last. This course helps you create, plan and market your business idea to the right customer in the right market. You will take away from this course a comprehensive business plan that will get you started and keep you focussed.		
Tutor	Damien Lynch MEconSc	
Wednesday,	7.30 – 9.30 p.m.	
Duration	8 weeks	Fee €90
<b>B02 INTRODUCTION TO ANDROID SMARTPHONES Starts 29th of January</b>		
Release the full potential of your Android smartphone. Learn to use "swipe gestures", Bluetooth, wi-fi, camera, social media and discover the world of "Apps".		
Tutor	Colm Marshall	
Tuesday,	7.30 – 9.00 p.m.	
Duration	5 weeks	Fee €50

SPORTS & EXERCISE

<b>B03 INTRODUCTION TO ANDROID SMARTPHONES Starts 5th of March</b>		
Release the full potential of your Android smartphone. Learn to use "swipe gestures", Bluetooth, wi-fi, camera, social media and discover the world of "Apps".		
Tutor	Colm Marshall	
Tuesday,	7.30 – 9.00 p.m.	
Duration	5 weeks	Fee €50
<b>B04 GETTING STARTED WITH I PAD</b>		
Come to this course to get an overview of the I-Pad and learn about I Cloud, the App Store and more. This course will show you initial set up, innovative apps, web surfing, backups and show you how to get the most from your I Pad.		
Tutor:	Colm Marshall	
Monday:	7.30 – 9.30 pm	
Duration:	8 weeks.	Fee: €90
<b>SOCIAL AND DEVELOPMENT COURSES</b>		
<b>D01 SPEAKING WITH CONFIDENCE – NEW</b>		
In a relaxed atmosphere, we will consider the basics of confident speaking and begin putting them into practice. We'll review some useful approaches to organizing your thoughts –for instance, breaking a topic down into a few key points—and we'll learn how to have physical ease and a calm voice when speaking, and how to engage an audience with simple techniques like eye contact and good humour.		
Tutor:	M. Booth	
Monday:	7.30 – 9.30 p.m.	
Duration:	10 weeks	Fee: €110
<b>D02 FICTION WRITING – NEW</b>		
Unlock the story within you! The goal of this class will be for each participant to write at least one complete short story. Let imagination, observation and your own unique life-experience combine to create something new. Along the way, we will pick up some tips and techniques from storytelling masters of the past and of our own time.		
Tutor:	M. Booth	
Tuesday:	7.30 – 9.30 p.m.	
Duration	10 weeks	Fee: €110
<b>D03 AN INTRODUCTION TO POSITIVE PSYCHOLOGY – NEW</b>		
Unlike traditional psychology which studies what is 'wrong' with people, the science of positive psychology explores optimal functioning and what is 'right' with people; why they excel and what makes them so happy. It scientifically and practically explores themes such as optimism, emotions, flow, happiness, well-being, resilience, gratitude, mindset, meaning, purpose and motivation - as well as introducing you to interventions to bolster your own positive.		
Tuesday	7.30pm-9.30pm	
Duration:	8 weeks	Fee: €90
<b>D04 INTRODUCTION TO CRIMINOLOGY</b>		
A topical discursive course covering the topics of: Introduction to Criminology, Crime and the Media, Drugs, Alcohol and Crime, White Collar Crime, Globalisation, Terrorism and Human Rights.		
Tutor:	Kevin McCabe	
Wednesday :	7.00 – 9.00 p.m.	
Duration:	5 weeks	Fee: €60

SPORTS & EXERCISE / BUSINESS

<b>D05 SKIN CARE, NAIL TREATMENTS, MAKE UP APPLICATION</b>		
In this 'hands-on' course, discover your skin type through a personalised skin analysis giving you the knowledge to select the best beauty preparations. Learn simple skills for luxury nail treatments and great techniques with everyday and evening make-up.		
Tutor:	Barbara Braham- Beauty Therapist ITEC, CIBTAC	
Tuesday	7.30 – 9.30 p.m.	
Duration:	6 weeks	Fee: €70
<b>HOBBY AND SKILLS COURSES</b>		
<b>H01 AFRICAN DRUMMING- BEGINNERS</b>		
Learn a fun new hobby in a relaxed group environment, no prior musical training necessary. Learn simple techniques of the West African djembe hand drum and dundun bass drum and bells. Drums are provided.		
Tutor:	John Sutton	
Wednesday	7.30 – 9.30 p.m.	
Duration	8 weeks	Fee: €90
<b>H02 BEGINNERS ACOUSTIC GUITAR</b>		
For absolute beginners, learn to play guitar and begin a life-long hobby.		
Tutor	Charles Ward	
Monday,	7.30 - 9.00 p.m.	
Duration	10 weeks	Fee: €90
<b>H03 UKULELE FOR COMPLETE BEGINNERS</b>		
Learn a fun new skill in a relaxed and fun environment. Small class size catering for the complete novice, enjoy learning how to play this fun instrument.		
Tutor:	Charles Ward	
Tuesday,	7.00 - 8.15 p.m.	
Duration:	10 weeks	Fee: €80
<b>H04 UKULELE FOR COMPLETE BEGINNERS</b>		
Learn a fun new skill in a relaxed and fun environment. Small class size catering for the complete novice, enjoy learning how to play this fun instrument.		
Tutor:	Charles Ward	
Tuesday,	8.15 - 9.30 p.m.	
Duration:	10 weeks	Fee: €80
<b>H05 DRESSMAKING</b>		
Realise your designing dream. Learn how to use a sewing machine, choose fabrics and patterns and make a finished garment of your design.		
Tutor:	Deirdre Hanafin	
Wednesday,	7.00 - 9.30 p.m.	
Duration:	10 weeks	Fee: €130
<b>H06 PHOTOGRAPHY</b>		
Incorporating two field trips: one night session and one landscape		
Tutor:	Donal Neary	
Wednesday.	7.30 - 9.30p.m	
Duration:	10 weeks	Fee :€110
<b>H07 INTERIOR DESIGN BEGINNERS</b>		
Design a style for your rooms. Foundation Course, covers colour schemes, space, balance, texture and furnishings.		
Tutor	Valda Rumley	
Tuesday,	7.30 – 9.30 p.m.	
Duration	8 weeks	Fee €90

SOCIAL & DEVELOPMENT / HOBBY & SKILLS

<b>H08 WHO DO YOU THINK YOU ARE –TRACING YOUR FAMILY HISTORY</b>		
Learn how to research your family's past. Build up a family tree using a variety of sources methods and clues from the Pipe Roll of Cloyne to the Census Returns of 1911. The course will also place our subject in a setting of local and social history so as to broaden our understanding of our past and our origins.		
Tutor:	Richard Forrest	
Tuesday,	7.30 – 9.30 p.m.	
Duration	8 weeks	Fee €90
<b>H10 VEGETABLE GROWING</b>		
Learn how to grow your own vegetables.		
Tutor	Eoin O Callaghan	
Tuesday,	7.30 – 9.00 p.m.	
Duration	7 weeks	Fee €65
<b>COMMUNITY EDUCATION COURSES</b>		
<b>CE1 IRISH RED CROSS – (BEGINNERS) CERTIFICATE COURSE IN FIRST AID</b>		
Tuesday,	7.30 - 9.00 pm	
Duration:	9 weeks	Fee: €90
<b>ATTENTION: NEW TUTORS REQUIRED TO OFFER NEW COURSES</b>		
<i>Any person interested in offering a new course on our Adult Education programme should contact the Adult Education office by post, phone or email.</i>		
<b>Complete enrolment form overleaf</b>		
<b>And return with fee to</b>		
<b>Adult Education Office,</b>		
<b>Douglas Community School,</b>		
<b>Clermont Ave.,</b>		
<b>Douglas.</b>		
<b>Cork.</b>		
Adult Education classes are also available at the following Cork Community Schools:		
<b>Ashton School</b>		
<b>Ballincollig Community School</b>		
<b>Bishopstown Community School</b>		
<b>Carrigaline Community School</b>		

HOBBY & SKILLS - COMMUNITY EDUCATION