

**DOUGLAS COMMUNITY SCHOOL
ADULT & COMMUNITY EDUCATION
PROGRAMME AUTUMN 2018**

Director of Adult & Community Education: Jerry O' Mahony
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Email: adulthood@dcs.cork.ie Web: www.dcs.cork.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 3RD SEPTEMBER 2018**

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 12th September** 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 24th of September 2018** 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.**
- In the event of a class not forming all participants will be notified and fees refunded.
- Those participating in physical exercise classes may need to seek medical advice before classes commence.

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 (12th of September)** 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 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

L02 FRENCH INTERMEDIATE

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

L03 ITALIAN - BEGINNERS

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

L04 GERMAN - BEGINNERS

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

L05 SPANISH BEGINNERS

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

L06 SPANISH BEGINNERS Level 2

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

L07 SPANISH INTERMEDIATE

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

L08 ENGLISH AS A 2nd LANGUAGE Pre Intermediate

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

L09 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 - NEW

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.

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

LEARN A LANGUAGE / ARTS & CRAFTS

A02 DECOUPAGE

This involves gluing papers to everyday objects to give an exciting new look. Very versatile with the looks achieved and the items you can re-vamp. **Materials required.**

Tuesday: 7.30 – 9.00 p.m.
Duration: 6 weeks Fee: €60

A03 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

A04 FLOWER ARRANGING: Modern & Traditional

Tutor: Maureen O Keefe
Monday: 7.30 – 9.30 p.m.
Duration: 5 weeks Fee: €60

A05 CHRISTMAS FLOWERS Starts 31st of October

Tutor: Maureen O Keefe
Monday: 7.30 – 9.30 p.m.
Duration: 5 weeks Fee: €60

A06 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

A07 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

A08 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

A9 PASTELS - CONTINUATION

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

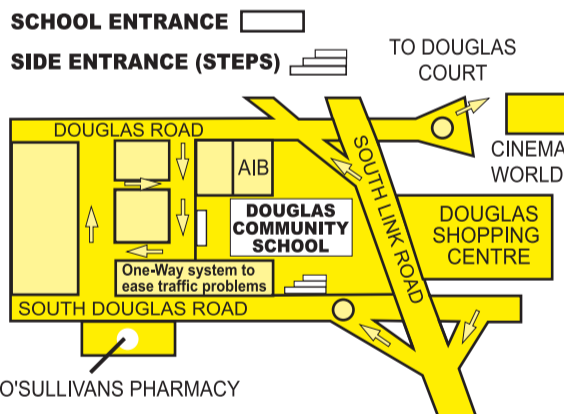
A10 ILLUSTRATION AND CARTOON

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

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:

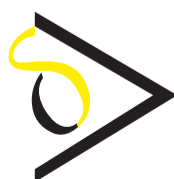
Adult Education Office,
Douglas Community School,
Clermont Avenue,
Douglas, Cork.

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

KVWP Print (021) 4372096 info@kvwpprint.com

Scoil Phobail na Dúghlaise

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**ADULT
EVENING
CLASSES**

NEW CLASSES IN: FITSTEPS, CERAMICS, BUILDING CONFIDENCE, FAMILY WELLBEING, RELATIONSHIPS, CRITICAL THINKING FOR SUCCESS, LINE DANCING, SMARTPHONES AFTERNOON MINDFULNESS & ART EXERCISES, AFRICAN DRUMMING.

Postal & Office Enrolment

From Monday 3rd September 2018,
Adult Education Office
open from 9.30a.m. - 12.45p.m.
2.00p.m. - 4.00p.m.

Enrolment Night in the School

Wednesday 12th September, 2018
7.00p.m. - 8.00p.m.

AUTUMN 2018

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 PLANT BASED LIVING MADE EASY

Whole food plant based living is a popular and scientifically proven way to help you live a healthier life. If you are just 'veg curious' or want to go fully vegan then this is the course for you. Learn the health benefits of plant based living and how to easily get more whole grains, legumes and fruits and veggies into a healthy daily routine.

Tutor: James O Donovan
Monday: 7.30 – 9.30 p.m.
Duration: 8 weeks Fee: €90

W02 PRE NATAL YOGA

Gentle Yoga postures to guide the body through a happy pregnancy. Poses to help adapt to a growing changing shape, breath practices, relaxation tools to aid sleep and help calm and rest in our day to day.

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

W03 MEDITATION / GENTLE YOGA

Gentle Yoga class incorporating Meditation and Breathing Techniques to aid relaxation.

Tutor: Susie Cornally
Monday: 8.15 – 9.30 p.m.
Duration: 10 weeks Fee: €70

W04 HATHA YOGA BEGINNERS/INTERMEDIATE

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

W05 HATHA YOGA BEGINNERS/INTERMEDIATE

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

W06 KUNDALINI YOGA BEGINNERS

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

W07 MINDFULLNESS BASED CREATIVITY FOR STRESS REDUCTION - NEW

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 day to day basis for reducing stress. No artistic skill or experience required.

Tutor: Lisa Keating (Mind Body Ireland)
Wednesday Afternoon 2.30 – 4.30 p.m.
Duration: 10 weeks Fee €90

W08 MAT PILATES BEGINNERS/INTERMEDIATE

Wednesday: 6.30 – 7.30 p.m.
Duration: 10 weeks Fee €80

W09 MAT PILATES BEGINNERS

Wednesday: 7.30 – 8.30 p.m.
Duration: 10 weeks Fee €80

S12 GOLF FOR BEGINNERS At Cork Golf Centre Ballincollig

Tutor: Wayne O Callaghan
Wednesday, 10.30a.m.-12.00noon.
Duration, 10 weeks. Fee: €100

Please note that students are required to pay for ball rental

S13 GOLF FOR IMPROVERS at Cork Golf Centre Ballincollig

Tutor: Wayne O Callaghan
Wednesday, 6.30 – 8.00 p.m.
Duration, 10 weeks. Fee :€100

Please note that students are required to pay for ball rental

S14 GOLF FOR BEGINNERS At Cork Golf Centre Ballincollig

Tutor: Wayne O Callaghan
Thursday: 7.00 – 8.30 p.m.
Duration: 10 weeks. Fee: €100

Please note that students are required to pay for ball rental

BUSINESS COURSES

All our computer based courses are "hands on" with one participant per computer.

B01 INTRODUCTION TO ANDROID SMARTPHONES – NEW

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 pm
Duration: 5 weeks Fee: €55

B02 GETTING STARTED WITH I-PAD

Come to this new course to get an overview of the I- Pad and learn about IOS, I Cloud, the App Store and so much 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.

Note: You will need your own I Pad / I Pad mini
Tutor: David Hales Monday: 7.30 – 9.30 p.m.
Duration: 8 weeks Fee €90

B03 CRITICAL THINKING FOR SUCCESS – NEW

Explore how you can understand and learn to use the skills of Critical Thinking in your everyday life. Enhance your performance at work, improve your communication skills and hone your performance in work interviews.

Tutors: Damien Lynch,
Wednesday: 7.30 – 9.30 p.m.
Duration: 8 weeks Fee €90

B04 COMPUTERS – BEGINNERS

Learn the basics of working a computer. Learn how to browse on line and send e mails.

Tutor: Marguerite O Connor
Monday: 7.30 – 9.30 p.m.
Duration: 8 weeks Fee €90

SOCIAL AND DEVELOPMENT COURSES

D01 UNDERSTAND INTROVERSION- BUILD CONFIDENCE - NEW

Personality temperament, in particular introversion influences all aspects of our lives: communication, work, socialising and general approach to life. Gain valuable skills to harness the power of your personality and develop confidence to approach new personal and professional challenges.

Tutor: Aoife Lenox
Tuesday: 7.30 – 9.30 p.m.
Duration: 8 weeks Fee: €90

W 10 AEROBICS BEGINNERS /INTERMEDIATE

Tutor: Aisling Maunsell
Wednesday: 8.30 – 9.30 p.m.
Duration: 10 weeks Fee: €70

W11 YANG FAMILY TAI CHI BEGINNERS/IMPROVERS

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

W12 HEALTHY NUTRITION

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

SPORTS AND EXERCISE

MEN AND WOMEN ARE WELCOME AT ALL THESE COURSES

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.

S01 ZUMBA

Zumba: 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. **Bring Water Bottle!**

Tutor: Derek Long
Monday: 7.10-8.00 p.m.
Duration: 9 Weeks Fee : €55

Note: - Special Offer : Take Monday and Wednesday evening courses and pay €90 for both courses.

S02 LINE DANCING - NEW

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 and 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: 8.25 – 9.40 p.m.
Duration: 6 weeks Fee €45

S03 FITSTEPS – "Strictly Fun"- NEW- Starts Mon November 12th

'Strictly Come Dancing', Natalie Lowe, Mark Foster and Ian Waite had a great idea. They decided to mix the graceful steps of Ballroom and the up tempo steps of the Latin dances together to create a really fun, energetic and effective way to stay fit and keep trim that would appeal to everyone. They created FitSteps® – the unique dance fitness programme that is 'so much fun you don't even realise you're getting fit!' No Partner Necessary.

Tutor: Derek Long
Monday: 8.20 – 9.10 p.m.
Duration: 5 weeks Fee €35

S04 BEGINNER SWING JIVE DANCE - NEW

Set to Swing, Irish Country & Rock n'Roll Music this class is suitable for both Beginner & those who want to learn more steps, improve their footwork and rhythm counts. Jive is taking Irelands dancefloors by storm! East Coast Swing Jive which is made up of both Single

D02 THE STORY TELLER

Fancy being a Story Teller? Or maybe Work, a Pitch, a Family or Community event, scream for your inner gift of the gab? Only nerves are stopping you dead in your tracks... Well you're in luck! Come and join me for techniques & tips to melt away anxiety and release that happy, confident and eloquent you! A friendly, relaxed, practical, public speaking class with a mission! At the end of 8 weeks, a new confidence is guaranteed for all. Stand up to speak loud and proud at Work Presentations, Meetings & Events, Weddings, Christenings etc,

Tutor: Tamasin MacCarthy Morrogh
Tuesday: 6.30 – 8.30 p.m.
Duration: 8 weeks Fee: €90

D03 DRAMA FOR FUN!

Bored of that hum drum, 'day in day out' feeling? That everyday life is just the, 'same old, same old'... Break free then! In Drama for Fun, you grab back your creativity and childhood confidence! Join us as we shout from the rooftops and re-connect to the imaginative, effective, joyful you! This is an upbeat course with simple games, script introduction and fun drama exercises to boost confidence and, have space for you to enjoy yourself!

Tutor: Tamasin MacCarthy Morrogh
Wednesday: 7.00 – 9.30 p.m.
Duration: 8 weeks Fee: €110

D04 FAMILY WELLBEING – NEW

Learn to appreciate and understand family relationships, child behaviour and communication to enhance family wellbeing as a whole. This course involves exploring and deepening a person's relationship with themselves and seeing how the deepening understanding of self will benefit the family unit as a whole.

Wednesday: 7.30 – 9.00 p.m.
Duration: 8 weeks Fee: €80

D05 GREENER LIVING: "Live Greener and live cheaper"

The Greener Living Course helps participants implement changes to their lives that will save them money and enable them to live a healthy, environmentally friendly life. Participants who undertake the actions outlined in the programme can expect to reduce their bills significantly over the course of a year. Cork Environmental Forum

Tuesday: 7.30 – 9.30 p.m.
Duration: 8 weeks Fee: €90

D06 SKIN CARE, NAIL TREATMENTS, MAKE UP APPLICATION

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

D08 RELATIONSHIPS –THE HEART OF A MATURE SOCIETY-NEW

Relationships are the life blood of society. All relationships spring from our own relationships with the Self. This applied psychology course will delve into understating importance of story and examining defences, behaviour, feelings, stress and communication in order to enhance relationship with the self, others and to reach ones potential.

Tutor: Sinead Collins Monday: 7.30 – 9.00 p.m.
Duration: 5 weeks Fee: €50

HOBBY AND SKILLS COURSES

H01 AFRICAN DRUMMING- BEGINNERS – NEW

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 – 9.00 p.m.
Duration: 8 weeks Fee: €80

or Triple Step styles is a social partner dance made up of 4, 6 or 8 beat patterns. Have fun, get fit, make friends and learn steps in a fun relaxing environment to music ranging from chart to swing jive, Irish country (including Nathan Carter, Mike Denver etc.) and more. **Bring Water Bottle!**

Tutor: Derek Long
Tuesday: 8.25-9.40 pm
Duration: 7 weeks Fee : €50

S05 ZUMBA FITNESS

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. **Bring Water Bottle!**

Tutor: Derek Long
Wednesday: 7.10 – 8.00 p.m.
Duration: 9 weeks Fee €55

Note: - Special Offer : Take Monday and Wednesday evening courses and pay €90 for both courses

S06 SOCIAL BALLROOM, LATIN AMERICAN & FUN DANCE

This class will ignite your passion for dance and 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 basic waltz, quickstep, foxtrot, cha cha cha, fun dances, rumba and more! Partner recommended but not essential. Return students are welcome to learn some more dances and continue to enjoy spending time on the dance floor. **Bring Water Bottle!**

Tutor: Derek Long
Wednesday: 8.25-9.40pm
Duration: 10 Weeks Fee : €80

S07 COUCH TO 5 K

Beginning at zero fitness level gradually build up your fitness through fun structured exercises to learn to walk and then run that 5 K target distance.

Monday: 8.00 – 9.00 p.m.
Duration: 8 weeks Fee €55

S08 COUCH TO 5 K

Beginning at zero fitness level gradually build up your fitness through fun structured exercises to learn to walk and then run that 5 K target distance.

Wednesday: 8.00 – 9.00 p.m.
Duration: 8 weeks Fee €55

S09 CIRCUIT TRAINING FOR MALES & FEMALES

Monday: 6.30 – 7.45 p.m.
Duration: 10 weeks Fee €70

S10 CIRCUIT TRAINING FOR MALES & FEMALES

Wednesday: 6.30 – 7.45 p.m.
Duration: 10 weeks Fee €70

Enrol for circuits for both Monday and Wednesday nights for a reduced fee of €120

S11 PSYCHOLOGY OF SPORTS PERFORMANCE

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

H02 BICYCLE MAINTENANCE FOR BEGINNERS

Covering the basics of the parts of a bike and basic maintenance and safety checks. Develop an understanding of the most important parts of the bike and how to adjust and service them, including gears, brakes and wheels.

Tutor: Matt Jones
Monday, 7.30 - 9.00 p.m.
Duration: 6 weeks Fee: €70

H03 BEGINNERS ACOUSTIC GUITAR

For absolute beginners, learn to play guitar and begin a life-long hobby.

Tutor: Charles Ward
Monday: 7.00 - 8.15 p.m.
Duration: 10 weeks Fee: €80

H04 UKULELE FOR COMPLETE BEGINNERS

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

H05 UKULELE FOR COMPLETE BEGINNERS

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

H06 DRESSMAKING Starts 3rd of October

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

H07 PHOTOGRAPHY

Incorporating two field trips: one night session and one landscape

Tutor: Donal Neary
Wednesday, 7.30 - 9.30p.m
Duration: 10 weeks Fee :€110

H08 INTERIOR DESIGN BEGINNERS

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

H09 WHO DO YOU THINK YOU ARE –TRACING YOUR FAMILY HISTORY

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

H10 VEGETABLE GROWING

Learn how to grow your own vegetables

Tutor: Eoin O Callaghan Tuesday, 7.30 – 9.00 p.m.
Duration: 7 weeks Fee €65

COMMUNITY EDUCATION COURSES

CE1 IRISH RED CROSS – (BEGINNERS)

CERTIFICATE COURSE IN FIRST AID
Tuesday, 7.30 – 9.00 pm
Duration: 9 weeks Fee: €90