

## **Monday Classes begin 28th January**

- M1 Boxercise & High Intensity Training Fred Lynch 8.30-9.30pm €60 10 Wks**  
A great way to get fit and stay fit. This class suits all levels from beginners to advanced levels of fitness. A great fun way to get fitter or improve overall fitness. No previous experience necessary. Bring water, loose clothing and running shoes.
- M2 Breads & Baking for All Agnes Stawosz 7.30 – 9.30pm €110 10 Wks**  
Bring out the baker in you. Experiment with yeast, sour dough, soda bread and pastry, both savory and sweet. Make cakes for every occasion to impress your friends. Class includes both demonstration and practical work. Students supply their own ingredients for the practical class.
- M3 Conversational French - Beginners Jean Yves Boizard 7.30-9.30pm €110 10 Wks**  
For those who want to improve their conversational French
- M4 Dressmaking Majella O'Mahony 7.30-9.30pm €110 10 Wks**  
Dressmaking and design for beginners. Create a garment during this course. Learn the basics from reading a pattern to producing your choice of clothing. It is preferable that you learn by using your own sewing machine.
- M5 German – Beginners Continued Andrea Walsh 7.30-9.30pm €110 10 Wks**
- M6 Guitar Beginners Brian Clancy 7.00-8.00pm €75 10 Wks**  
These lessons will have you playing in no time. Learn chords, Strumming Patterns, Riffs, Melodies and all the tools you need to play your favourite songs.
- M7 Guitar – Improvers Brian Clancy 8.00-9.00pm €75 10 Wks**  
Take your playing to the next level with lead guitar techniques, extended chords, scales and arpeggios. Learn classic riffs and songs in the style of your favourite players and unlock your guitar playing potential.
- M8 Painting with Oils Diane Peters 7.00-9.30pm €110 8 Wks**  
Explore this medium and improve your skills in a relaxed atmosphere. Students may use acrylics or oil paints to explore a variety of painting techniques. Open to all levels.
- M9 Photography – Basic/Intermediate Donal Neary €110 10 Wks**  
This course is for everyone regardless of experience or skill. It will give you an overview of genres (landscape, still life, portrait which also includes a studio session) to explore. Equipment needed: Camera (either film or digital) that allows the user some manual control over exposure and focus etc. (preferably SLR or advanced compact) 8 weeks in class and 2 field trips including night shots and landscape outing.

- M10 Social Basketball Daniel O’Sullivan 6.30-8.00pm €10 8 Wks**  
This course is for beginners upwards. Improve your skills and fitness levels while enjoying this sport.
- M 11 Spanish - Beginners Vicente Rodrigo Parrilla 7.30-9.30pm €110 10 Wks**  
This course is designed to develop communication skills in everyday situations for those with little or no knowledge of Spanish.
- M12 Spanish – Beginners Continuation Mariana Jimenez Moreno €110 10 Wks**  
A conversation based course, learning how to speak Spanish in an easy-going and friendly atmosphere. For those who have already attended a Spanish Beginner course or have acquired a basic knowledge of the language. It is also a great opportunity to discover more about Spanish culture and traditions.
- M13 Step Aerobics Nikolina Popovic 8.00-9.00pm €50 8 Wks**  
Step Aerobics is an important part of a well rounded exercise routine. It will improve your cardiovascular performance and muscular endurance. Working on both upper and lower limbs, it will improve coordination and agility.
- M14 Sugar Craft – Beginners Tracy Desmond Bell 7.30-9.30pm €95 8 Wks**  
Be creative. Learn to decorate all your Celebration cakes, Birthdays, Valentines, Christening, Communion & Confirmation, even Wedding cakes. For further information view Facebook: Trace of Cakes
- M15 Write your own Story or Book Kevin Doyle 7.30-9.30pm €110 10 Wks**  
Many people think about writing a story or novel but what is involved? What are the essential ingredients that go into making a story or novel succeed? This course will examine plot, character, pace and setting with the emphasis on progressing the participant’s work. Whether you are a complete beginner or you have work underway, this course will help you to improve and progress your work. The course is taught by Kevin Doyle whose novel ‘To keep a Bird Singing’ was recently published by Blackstaff Press. [www.kevindoyle.ie](http://www.kevindoyle.ie)
- M16 Zumba and Full Body Fitness Nicolina Popovic 7.00-8.00pm €50 8 Wks**  
Zumba is exhilarating, effective, easy-to-follow, Latin inspired, calorie burning dance fitness class that is moving millions of people towards joy and health. Come and try a class with Nina. For further information view: [www.nizolinapopociv.zumba.com](http://www.nizolinapopociv.zumba.com)

## **Tuesday Classes begin 29th January**

### **Tu1 Ballincollig Competitive Basketball - Daniel O'Sullivan 6.30-8.00pm Free**

This class is aimed at those who play Basketball competitively.

### **Tu2 Couch to 5K Ian Dorgan 6.30-7.15pm €50 10 Wks**

What is 'Couch to 5K'? The idea is to transform you from a couch potato to runner. Week by week with some walking and some jogging, you will gradually see yourself able to run 3 miles at your own pace. Too many people are put off exercise by starting too fast. The key to this programme is that you are eased into running gradually and your confidence grows.

### **Tu3 Couch to 5K Ian Dorgan 7.30 – 8.15pm €50 10 Wks**

### **Tu4 Cooking from Scratch Carmel Griffin 7.30-9.30pm €110 10 Wks**

Learn the real basics of cooking. Understand recipe terminology and modifications that can be made. Develop basic culinary skills through practice and demonstration in a friendly environment. Ideal for those with little or no cooking skills. Suitable for men and women.

### **Tu5 English as a Foreign Language – Beginners Vicente R. Parrilla 7.30-9.30pm €110**

An English course for people with little or no English. It is based on pronunciation, basic grammar and communication in everyday situations.

### **Tu6 French Improvers Jan Yves Boizard 7.30-9.30pm 110Eu 10 Wks**

This course is for those who have completed the Beginners course or who want to improve the French they already have. Emphasis on the spoken language.

### **Tu7 Floristry for Fun/Fun with Flowers Megan Buckley 7.30-9.30pm €110 10 Wks**

Learn the art of arranging flowers and other plant material into a pleasing design, which can be used to celebrate any occasion.

### **Tu8 New Happiness Class Bernadette Carroll 7.30-9.30pm €110 10 wks**

Make 2019 your happiest year yet! Join our Happiness Class. We believe happiness is a choice and that change is possible for everyone. An experienced facilitator, with a background in life-coaching and psychotherapy will guide you to explore happiness through weekly discussions and happiness challenges. This fun-filled course will include an introduction to mindfulness, positive psychology and goal setting.

### **Tu9 Making Words Work Bernadette Leach 7.30-9.30pm €110 10 Wks**

Ten weeks exploring the written and spoken word through books, film, media and all things of topical interests.

**Tu10 Mindfulness, Meditation & Relaxation Pat Buckley 7.30-9.00pm €90 8 Wks**

The emphasis of the course is on increasing your awareness of being present. This has the result of freeing your energy and your life on numerous levels, creating an increased positivity.

**Tu11 Navigation & Hillwalking Maureen O'Brien 7.30-9.30pm €100 5 Wks**

Learn navigational skills and safety aspects of hill-climbing. Participate in two hill climbs with your tutor. These dates will be decided on the first night. Please purchase Ordnance Survey Map 74 and bring it with on the first night of class.

**Tu12 Pilates for Beginners Regina Fruitos 6.30-8.00pm €80 8 Wks**

Pilates is much more than just an exercise regime. Pull out your mat and learn to do a series of movements that will stabilize and strengthen your core. Mat supplied. Please bring towel and water to class. Wear loose clothing and running shoes.

**Tu13 Pilates – Improvers Regina Fruitos 8.00-9.30pm €80 8 Wks  
As for Beginners**

**Tu14 Portuguese for Beginners Helena Bidarra 7.00-9.00pm €110 10 Wks**

A conversation based course, learning how to speak Portuguese in an easy-going and friendly atmosphere. For those with little or no knowledge of Portuguese. It is focused on developing communication skills in everyday situations. It is also an opportunity to discover more about Portuguese culture and traditions.

**Tu15 Vegan Cookery Course Billy Kennedy 7.30-9.30pm €110 10 Wks**

This course will be of interest to anyone wishing to pursue a plant based approach to their diet and lifestyle. Learn how to make simple tasty recipes and plan a healthy diet under the guidance of an experienced industry professional. The course will cover everything from meal planning and shopping, to recipes that will take you from breakfast to dinner. Bake wonderful scones and cakes and make your own pastry without eggs or dairy produce.

## Wednesday Classes start 30th January

- W1 Badminton – Introduction Michelle Hayes 6.30-8.00pm €50 8 Wks**  
This is your chance to get involved in the fastest racket sport in the world. This sport for life can be played by all ages and sections of society. Improve your physical and mental health, exercise in a fun environment, while learning the skills of the game.
- W2 Badminton – Improvers Michelle Hayes 8.00-9.30pm €50 8 Wks**  
**As Above**
- W3 Be Active, Be Fit for the Older Adult Pat O’Driscoll 2.30-3.30pm €50 10Wks**  
One is never too old or too young to start looking after one’s health and fitness. If we pay attention to our diet, maintain our fitness, we will protect our memories and other capacities. Exercise should be fun, so join me for an experience that will make you healthier.
- W4 Cantairi Mhuscraí Mr. Ger Goodwin 7.30-9.30pm €80 15 Wks**  
Cantairi Mhuscraí, Ballincollig’s local choir welcomes new members especially in the Bass and Tenor lines. The choir has been in existence for over 25 years and is currently led by Mr. Ger Goodwin. Contact Adult Education Office. Class resumes 9<sup>th</sup> January @ 7.30pm.
- W5 Fresh Cooking Ideas Carmel Griffin 7.30-9.30pm €110 10 Wks**  
Come and learn how to make each new recipe your own. Enjoy cooking in a friendly and relaxed environment. Relish the taste! All levels welcome. The tutor will also demonstrate different dishes most nights.
- W6 New Insight into Food Retail & Marketing Úna Buckley 7-9pm €110 10 Wks**  
Course contains very relevant information for customers part-taking in food shopping. Also, for people working or interested in working for a food business.
- W7 Painting with Oils or Acrylics Diane Peters 7.00-9.30pm €110 8 Wks**  
This course is open to all levels of painters interested in working with Acrylics, from Beginners to Advanced. Learn basic techniques to develop your own style of expression.
- W8 New Portuguese for Improvers Helena Bidarra 6.00-8.00pm €110 10 Wks**  
Improve your Portuguese skills through communication and the use of language in everyday situations. For those who have previously attended the Beginner Portuguese course or who want to improve and practice the Portuguese they already have. It is also an opportunity to discover more about Portuguese culture and traditions.

**W9 Spanish – Improvers Vincente Rodrigo 7.30-9.30pm €110 10 Wks**

Improve your Spanish skills through communication and the use of language in everyday situation. For those who have previously attended a Beginners Spanish course. It is also an opportunity to discover more about Spanish culture and traditions. An email exchange with Spanish students is also provided.

**W10 Sugar Craft – Improvers Tracy Desmond Bell 7.30-9.30pm €95 8 Wks**

For those who have completed the Beginners course.