

Scoil Phobail Inis Mhór Baile an Chollaigh
Ballincollig Community School

Adult Education Classes

Spring 2020

Enrolments are now being taken at

www.bcsadulted.ie

CREDIT CARD FACILITY NOW AVAILABLE

The Adult Education Office will be open for enrolment from
Monday 6th January 9.30am – 3.30pm.

Please Note: Office hours on Wednesdays are 1.30pm – 4.30pm

Enrolment night Wednesday 15th January 6.30-8.00pm

Enrolment closing date Friday 24th January 2020

Classes commence the week of Monday 27th January 2020 unless otherwise stated.

TO AVOID CLASS CANCELLATIONS, PLEASE BOOK EARLY.

www.bcsadulted.ie

Director of Adult and Community Education: Anne Marie Daly

Applications are now being accepted from tutors who have proposals for Spring 2020

Tel: (021) 4875401 Fax: (021) 4871060

Email: adulted@balcs.ie www.bcsadulted.ie

Innishmore, Ballincollig, Co. Cork

Principal: Kathleen Lowney • Deputy Principals: Karen Forde & Gary O'Sullivan

Monday

Classes begin 27th January 2020

- 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** **Conversational French - Beginners** Jean Yves Boizard 7.30-9.30pm €110 10 Wks
For those who want to improve their conversational French
- M3** **NEW** **Fancy Ways to Cook Easy Dishes** Anne O'Hora 7.00-9.00pm €110 10 Wks
This class is ideal for those who want to learn basic cookery skills and create dishes which will impress family & friends. Learn to bake bread, make homemade soups & sauces, learn to roast a joint and finish off the meal with desserts and puddings.
- M4** **German Continued** Andrea Walsh 7.30-9.30pm €110 10 Wks
An introduction to language and culture giving students a basic working knowledge of German
- M5** **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.
- M6** **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.
- M7** **Millinery/Fun with Fascinators** Claire Hurley 7.30-9.30pm €70 6 Wks
In this course, you will learn all the basic techniques of designing and making a headpiece for yourself or friends. You will be able to make a huge variety of headpieces and this will be the beginning of the fun. Additional materials costs apply (€50-€60) The Tutor will discuss this on the first evening of class.
- M8** **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.

- M9 Painting with Acrylics – All Levels 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.
- M10 Photography – Basic/Intermediate Donal Neary 7.30-9.30pm €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.
- M11 Social Basketball - Daniel O'Sullivan 6.30pm – 8.00pm FREE**
This course is for beginners upwards. Improve your skills and fitness levels while enjoying this sport.
- M12 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.
- M13 Spanish – Improvers Mariana Jimenez Moreno 7.30-9.30pm €110 10 Wks**
A conversation based course for those who already have the basics of the language. It is also a great opportunity to discover more about Spanish culture and traditions.
- M14 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.
- M15 Sugarcraft-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.
- 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.nizolinapopovic.zumba.com

Tuesday Classes begin 28th January 2020

Tu1 **Ballincollig Competitive Basketball** Daniel O'Sullivan 6.30-8pm **FREE 10 weeks**

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

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 10Weeks

Tu4 **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.

Tu5 **Excel for the Office** Neal O'Brien 7-9pm 4 Wks €45

NEW

Improve your administration skill. Plan and construct basic Excel spreadsheets. Create formulae and work with a selection of mathematical functions. Produce simple charts from spreadsheet data. Produce professional looking charts, financial statements and data entry logs.

Tu6 **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.

Tu7 **French Improvers** Jan Yves Boizard 7.30-9.30pm €110 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.

Tu 8 **How To Cook With Flair** Ramazan Arslan 7.30-9.30pm €110 10 Wks

NEW

Learn how to follow and adapt a recipe. Produce a variety of healthy and tasty dishes from around the world, under the guidance of a professional chef. Learn how to follow a recipe and improve your cooking skills. Combine the ingredients in your cupboard to create international dishes such as Moroccan, Turkish and Asian dishes to please your family and friends.

- Tu9 Making Words Work Bernadette Leach 7.30-9.30pm €110 10 Wks**
Ten weeks to explore in writing and conversation, books, films, television, drama, and current affairs. Whatever is of interest to you. If you have a story to tell and need encouragement to write, you are so welcome.
- Tu10 Navigation & Hillwalking Maureen O'Brien 7.30pm-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 you on the first night of class.
- Tu11 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.
- Tu12 Pilates – Improvers Regina Fruitos 8.00-9.30pm €80 8 Wks**
As for Beginners
- Tu13 Polish – Beginners Mariola Wanczyk 7.30 – 9.30pm €110 10 Wks**
NEW *For those who want to begin their journey with Polish language and culture. This Course is designed to develop communication skills in everyday situations.*
- Tu14 Irish Traditional Music -Beginners Ruadh Duggan 7-8pm €75 10 Wks**
NEW *Have you always wanted to try playing Irish music but don't know where to begin? Come along and give it a go. These lessons will give you an introduction to Irish tunes, and rhythms, and have you playing in no time. You must bring an instrument with you, (eg Tin Whistle, Fiddle, Flute, Concertina, Button Accordion....) If in doubt, just ask.*
- Tu15 Irish Traditional Music – Intermediate Ruadh Duggan 8-9pm €75 10 Wks**
NEW *Come along and learn some new and interesting tunes to bring to sessions, and improve your confidence in your playing. Tunes will be covered in a multitude of rhythms (reel, slip jig, hornpipe etc) and there will also be a chance to share tips about techniques. You must bring an instrument with you.*

Wednesday **Classes begin 29th January 2020**

- 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 8th January @ 7.30pm.
- W5 Data Protection & GDPR in your Workplace – Anita Murphy 7-9pm €45 4 Weeks**
This course has been developed in response to those significant changes in Data Protection Legislation since May 2018
- W6 Effective Communication for Life Maureen Ryan 7.30-9.30 €80 8 Wks**
NEW *Understand the importance of effective communication and its impact on the workplace and life. Learn the skills needed to effectively communicate, especially listening. Practice and integrate those skills into everyday activities.*
- W7 English as a Second Language Vincenzo Rodrigo Parilla 7.30-9.30pm €110 10 Wks**
This class is suitable for those who have some basic knowledge of the language and now wish to improve their English. The course will focus on the four skills of language with special emphasis on speaking & listening.
- W8 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.

W9 **Stain Glass - Tiffany Style James Nicholl 7-9pm €135 8 Wks**
NEW *Construct your own stain glass project in a fun, friendly atmosphere. Learn stain glass techniques from professional stain glass artist James Nicholl. Price includes the cost of materials and tools you will use. Suitable for beginners.*

W10 **Sugar Craft – Improvers Tracy Desmond Bell 7.30-9.30pm €95 8 Wks**
For those who have completed the Beginner class.

W11 **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 cook delicious meals from breakfast to dinner under the guidance of an experienced industry professional. The course will cover everything from meal planning and shopping, to nutritional content and building of flavor. Please note: This is a Demo Class only and there will be a light meal at the end of each lesson.

W12 **Yoga with Anne– Anne Burke 7pm-8.30pm €100 10 Wks**
NEW *This course is suitable for both beginners and regular yoga practitioners. The focus of this course is to become more aware of our bodies and breathe through moderate movement in a calm and relaxed environment in order to reduce the stress of everyday life. Please bring water and a blanket/scarf for relaxation at the end of class.*

ENROLMENT INFORMATION

OFFICE REOPENS MONDAY 6TH JANUARY 2020 @ 9.30AM – 3.30PM.

PLEASE NOTE: OFFICE HOURS ON WEDNESDAYS ARE 1.30PM-4.30PM

MONDAY - CLASSES BEGIN 27TH JANUARY '20 UNLESS OTHERWISE STATED

TUESDAY - CLASSES BEGIN 28TH JANUARY '20 UNLESS OTHERWISE STATED

WEDNESDAY - CLASSES BEGIN 29TH JANUARY '20 UNLESS OTHERWISE STATED

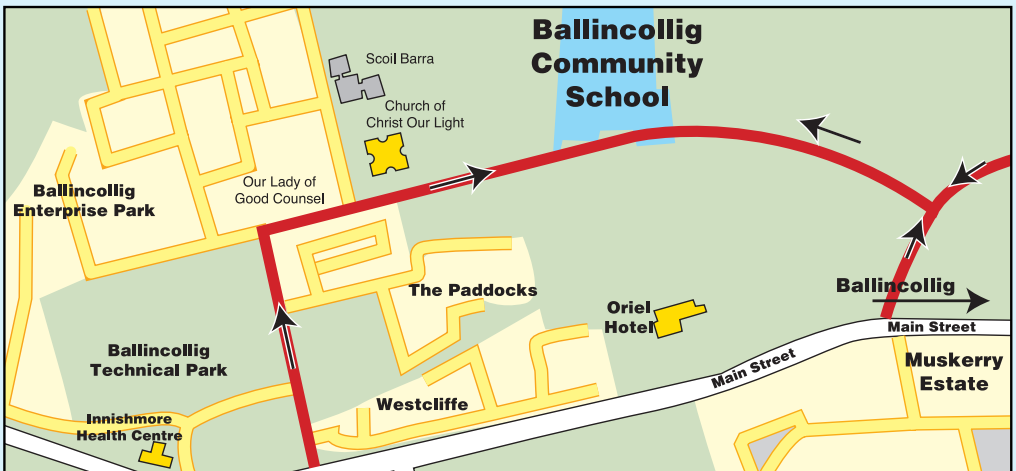
Applications are now being accepted from tutors who have proposals for Autumn 2020

To avoid class cancellations, please book early.

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All classes are of 10 weeks duration unless otherwise stated



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Conditions of Enrolment

1. Classes are offered subject to sufficient demand existing to form a class
2. If a class is not formed fees will be refunded or transferred to another course by request
3. Where a class is formed, fees will be strictly non-refundable
4. Concession: Places on certain courses may be allocated, at a discount rate or free of charge. To avail of this please apply in writing prior to enrolment date. Certification will be required.
5. Exams, Field Trips, Exhibitions may form and extra week of class
6. All fees must accompany enrolment, we can not reserve places over the phone
7. Class materials, exam fees, field trips are not included in the Course Fee unless otherwise stated
8. Cars parked on school grounds at owners risk
9. Students must enroll before attending the class

Adult Education Courses Application Form

Course Name:

Name:

Address:

Telephone (Home) Telephone (Mobile)

Email address: