

Postal Enrolment FORM

How to make a BOOKING



Online  www.bcsadulted.ie

Office  0830988298

Postal Enrolment Form

Booking opens

Online: November 1st 2022

Phone: November 7th 2022

Postal: November 7th 2022

Enrolment night: November 29th 2022 - 7.00-8.00pm

Classes will commence

Monday: January 16th 2023

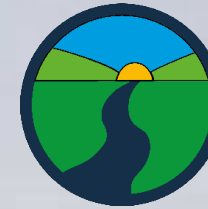
Tuesday: January 17th 2023

Wednesday: January 18th 2023

Thursday: January 19th 2023

Conditions

1. Classes are offered subject to sufficient demand existing to form a class.
2. If a class is not formed fees will be returned.
3. Where a class is formed, fees will be strictly non-refundable.
4. All fees must accompany enrolment, we cannot reserve places over the phone.
5. Class materials, exam fees, field trips are not included in the Course Fee unless otherwise stated on the website.
6. Students must be 16 or over to enroll in a class.
7. Those participating in physical activities may need to seek medical advice before commencing.
8. Classes will run during the school mid-term holidays unless notified otherwise by the tutor. Classes will not run on bank holidays.
9. Car parking is free. Cars parked on the school grounds are at owner's risk.



**SPRING 2023
BALLINCOLLIG
COMMUNITY SCHOOL
ADULT
EDUCATION**

Course Title: _____

Name: _____

Address: _____

Telephone: _____

Email: _____

Total amount enclosed: _____

Please return form to:

Ballincollig Community School

Adult Education Dept

Innishmore, Ballincollig, Co.Cork P31E030

www.bcsadulted.ie

Email: info@bcsadulted.ie

0830988298 



Monday Night

M1 Guitar for Beginners

These lessons will have you playing in no time! Learn Chords, Strumming Patterns, Riffs and all the tools you need to play your favourite songs!

7.00-8.00pm | Duration: 10 Weeks | Fee: €80 | Tutor: Brian Clancy

M2 Guitar – Improvers

Take your playing to the next level with colourful new chords and rhythms. Learn lots more of your favourite songs, exciting riffs and guitar solos!

8.00-9.00pm | Duration: 10 Weeks | Fee: €80 | Tutor: Brian Clancy

M3 Photography for Beginners

This course is for everyone regardless of experience or skill. It will give you an overview of landscape, still life, portrait and a studio session.

7.00-9.00pm | Duration: 10 Weeks | Fee: €95 | Tutor: Donal Neary

M4 Spanish for Beginners

Develop communication skills in everyday situations. For those with little or no Spanish.

6.30-8.00pm | Duration: 10 Weeks | Fee: €110 | Tutor: Mariana Morena

M5 Spanish – Improvers

A conversation based course for those who already have the basics of the language.

8.00-9.30pm | Duration: 10 Weeks | Fee: €110 | Tutor: Mariana Morena

M6 Ballroom Latin and Jive (Including Coun-

Get fit, make friends and learn to dance for your next social event . Waltz, Foxtrot, Quickstep, Jive , Cha Cha Cha and more...

7.15-9.30pm | Duration: 10 Weeks | Fee: €85 | Tutor: Derek Long

M7 Line Dancing with Dancing Derek Class)

The dances are done to varied music including country & western music, swing jive, disco, waltz, Cha Cha Cha and more...

8.30-9.30pm | Duration: 8 Weeks | Fee: €75 | Tutor: Derek Long

M8 Amateur Astronomy for Beginners

This course is aimed at the beginners who just want to know enough to get started in amateur astronomy.

7.30-9.30pm | Duration: 8 Weeks | Fee: €60 | Tutor: Tom Bonner

M9 Couch to 5K 6.15–7.00

The idea is to transform you from a couch potato to runner. The key is that you are eased into running gradually as your confidence grows.

6.15-7.00pm | Duration: 8 Weeks | Fee: €50 | Tutor: Lily Healy

M10 Couch to 5K 7.00–8.45

The idea is to transform you from a couch potato to runner. The key is that you are eased into running gradually as your confidence grows.

7.00-8.45pm | Duration: 8 Weeks | Fee: €50 | Tutor: Lily Healy

M11 Drama for Beginners

In this Drama Course, you will experience the basic techniques of drama while you work towards developing your acting skills.

7.00-9.00pm | Duration: 8 Weeks | Fee: €80 | Tutor: Margret McCarthy

M12 Mindfulness, Meditation & Relaxation

The emphasis of the course is on increasing your awareness of being present. This has the result of increased positivity.

7.30-20.45pm | Duration: 6 Weeks | Fee: €70 | Tutor: Pat Buckley

M13 Yoga for Beginners “Gentle Flow”

An excellent class for beginners, this class has a gentle rhythm, practising Yoga poses.

6.30-7.50pm | Duration: 10 Weeks | Fee: €85 | Tutor: Ghislain

Monday Night

M14 Yoga some Experience “Vinyasa Flow”

If you are familiar with some Yoga poses, this class has a moderate rhythm to go deeper into your practice, always keeping the awareness of your body.

8.00-9.30pm | Duration: 10 Weeks | Fee: €85 | Tutor: Ghislain

M15 Woodwork for Beginners

Learn to cut, plane and join timber in this 8 week course for beginners. During this time we will focus on projects highlighting timber joining.

6.30-8.30pm | Duration: 8 Weeks | Fee: €145 | Tutor: Aoife O’Connell

M16 Kick Boxing

Increase your fitness, concentration and flexibility with kickboxing training.

8.00-9.30pm | Duration: 10 Weeks | Fee: €85 | Tutor: Julian Dalton

Tuesday Night

T1 Dress-Making

This is a Dressmaking class suitable for people with or without experience. The basics will be covered and you will get to construct a garment.

7.00-9.00pm | Duration: 10 Weeks | Fee: €110 | Tutor: Majella O’Mahony

T2 Navigation & Hillwalking

Learn navigational skills and safety aspects of hill-climbing over 5 weeks. You will also participate in two hill climbs with your tutor.

7.00-9.00pm | Duration: 5 Weeks | Fee: €110 | Tutor: Maureen O’Brien

T3 Pilates with Music for Beginners

With the beat of music focus on Pilates exercises which will improve co-ordination, balance and control. Suitable for beginners.

6.30-7.50pm | Duration: 10 Weeks | Fee: €85 | Tutor: Regina Fruits

T4 Pilates with Music for Improvers

With the beat of music focus on Pilates Suitable for those who have practised Pilates before.

8.00-9.30pm | Duration: 10 Weeks | Fee: €110 | Tutor: Regina Fruits

T5 Painting with Oils & Other Mediums

Explore the artistic medium of your choice and improve your skill in a relaxed atmosphere. Open to all levels.

6.30-9.30pm | Duration: 8 Weeks | Fee: €110 | Tutor: Diane Peters

T6 Mosaic Stepping Stones

Create a beautiful mosaic steppingstones using broken glass and pottery on a concrete slab, great for adding colour and imagination to your garden.

7.00-8.30pm | Duration: 8 Weeks | Fee: €85 | Tutor: Joy Duggan

T7 Button Accordion (BC) for Beginners

Familiarise yourself with the scales and buttons. Then progress onto some basic tunes in the key of D, C and G.

8.00-9.30pm | Duration: 8 Weeks | Fee: €70 | Tutor: Anne Foley

T8 Feng Shui Your Life

This six-week course is about creating an abundant flow of money, wealth and blessings into your life using the techniques and tools of Feng Shui.

7.00-8.30pm | Duration: 6 Weeks | Fee: €60 | Tutor: Fiona Finn

T9 Disability Awareness Training Introduction

This course is suitable for anyone with an interest in increasing an awareness of disabilities either on a personal or professional level.

6.30-9.00pm | Duration: 4 Weeks | Fee: €70 | Tutor: Deirdre O’Grady

Wednesday Night

W1 Dog Training & Care Theory

This is a fun and interesting way to gain more knowledge on the care and training of your dog.

7.00-8.30pm | Duration: 6 Weeks | Fee: €60 | Tutor: Esther Ri

W2 Bridge for Improvers

Bridge is a great way to develop and retain memory, tactical, probability and communication skills, and is a great social activity.

7.00-9.00pm | Duration: 10 Weeks | Fee: €100 | Tutor: Bernie O Halloran

W3 Pensions & Investments

Get a clear understanding of your pension options, and tax reliefs. And, in particular, learn about the underlying investments and their performance.

7.30-8.45pm | Duration: 3 Weeks | Fee: €50 | Tutor: Pat Buckley

W4 Legs Bums and Tums with Nina

The class focuses on the key areas of the thighs, hips, glutes and abs. Strengthening these crucial zones for a trimmed and toned silhouette

6.15-7.05pm | Duration: 8 Weeks | Fee: €65 | Tutor: Nina Cancarevic

W5 Zumba with Nina

Zumba is exhilarating, effective, easy-to-follow, Latin inspired, calorie burning dance fitness class.

7.15-8.05pm | Duration: 8 Weeks | Fee: €65 | Tutor: Nina Cancarevic

W6 Step Aerobics with Nina

Step Aerobics is an important part of a well rounded exercise routine. It will improve your cardiovascular performance and muscular endurance.

8.15-9.05pm | Duration: 8 Weeks | Fee: €65 | Tutor: Nina Cancarevic

W7 Badminton Beginners

Improve your physical well-being and health while learning the skills of badminton.

6.30-8.00pm | Duration: 8 Weeks | Fee: €80 | Tutor: Michelle Hayes

W8 Badminton Improvers

The Improvers course will build on the basics you have acquired (either recently or some time ago).

8.00-9.30pm | Duration: 8 Weeks | Fee: €80 | Tutor: Michelle Hayes

W9 Stained Glass

Learn how to create your own stained glass panel using traditional techniques. Suitable for beginners and those wishing to hone their skills.

6.30-9.00pm | Duration: 10 Weeks | Fee: €150 | Tutor: Joy Duggan

W10 Smartphones

In this course we will go through the basics of using technology, particularly smartphones.

7.30-8.30pm | Duration: 6 Weeks | Fee: €50 | Tutor: Lauren Cahalane

Thursday Night

TH1 Golf Beginners

Beginner Group Golf Lessons with David Whyte at Frankfield Golf Academy. All inclusive...tuition, range balls and club hire .

6.00-7.00pm | Duration: 5 Weeks | Fee: €110 | Tutor: David Whyte PGA

TH2 Golf Beginners

Beginner Group Golf Lessons with David Whyte at Frankfield Golf Academy. All inclusive...tuition, range balls and club hire .

7.00-8.00pm | Duration: 5 Weeks | Fee: €110 | Tutor: David Whyte PGA