

Postal Enrolment FORM

How to make a BOOKING



Online  www.bcsadulted.ie

Office  0830988298

Postal Enrolment Form

Booking opens

Online: May 16th 2023

Phone: May 16th 2023

Postal: May 16th 2023

Book in person: August 29th 2023- 6.30-7.30pm

Classes will commence

Monday: September 4th 2023

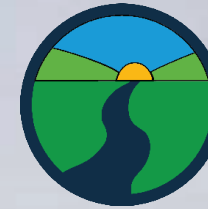
Tuesday: September 5th 2023

Wednesday: September 6th 2023

Thursday: September 7th 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.



Autumn 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: 8 Weeks | Fee: €90 | 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 Beginners Social Ballroom & Latin Dance Class**
This class will ignite your passion for dance and give you confidence to get out on that dance floor. No Partner required
7.10-8.25pm | Duration: 8 Weeks | Fee: €70 | Tutor: Derek Long
- M7 Beginners Line Dancing**
It's a great way to keep fit, meet new friends and learn to dance in a fun relaxed environment. Country & western, swing, salsa, cha cha and more.
8.30-9.30pm | Duration: 8 Weeks | Fee: €65 | 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: 10 Weeks | Fee: €60 | Tutor: Ruairi Casey
- M10 Couch to 5K 7.10–7.55**
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.
7.10-7.55pm | Duration: 10 Weeks | Fee: €60 | Tutor: Ruairi Casey
- M11 Drama for Beginners**
In this introduction to Drama, you will experience the basic techniques while you work towards developing the acting skills to join a drama group.
7.00-9.00pm | Duration: 8 Weeks | Fee: €85 | 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.
7.30-8.45pm | Duration: 6 Weeks | Fee: €70 | Tutor: Pat Buckley
- M13 Hatha Yoga**
A gentle class to calm your mind and improve mobility, muscle tone, balance and posture. Please bring your own mat, blanket and cushion.
6.30-7.30pm | Duration: 8 Weeks | Fee: €65 | Tutor: Katie Joyce
- M14 Yin Yoga**
A slow, meditative class. Seated and lying down postures held passively for 2-4 minutes each. Please bring your own mat, blanket and cushion.
7.45-8.45pm | Duration: 8 Weeks | Fee: €65 | Tutor: Katie Joyce

Monday Night

- 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.
7.30-9.30pm | Duration: 8 Weeks | Fee: €90 | Tutor: Julian Dalton
- M17 Creative Autumn Flowers**
The bold colours of autumn are the perfect mixture of tones for your home. Learn how to capture this beauty of Autumn in an arrangement of flowers!
7.30-9.30pm | Duration: 5 Weeks | Fee: €65 | Tutor: Maree O Sullivan
- M18 Creative Christmas Flowers**
Working with flowers is a wonderful way to add a touch of flourish to any room, especially at Christmas time.
7.30-9.30pm | Duration: 5 Weeks | Fee: €65 | Tutor: Maree O Sullivan

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 all day 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: €95 | Tutor: Regina Fruitos
- 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: €95 | Tutor: Regina Fruitos
- 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.
7.00-9.00pm | Duration: 6 Weeks | Fee: €85 | Tutor: Joy Duggan
- T7 Nutrition Essentials : Healthy Eating to Nourish Your Body**
Our night class on healthy eating is the perfect opportunity to learn about the power of nutrition and how it can transform your life.
7.00-8.00pm | Duration: 4 Weeks | Fee: €50 | Tutor: Ann Ahern
- T8 Feng Shui Your Life**
This six-week course is about creating an abundant flow of prosperity 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.
7.00-9.00pm | Duration: 4 Weeks | Fee: €60 | Tutor: Deirdre O' Grady
- T10 Digital marketing – Promoting your business online**
This course is to assist small businesses with their digital marketing.
6.30-8.30pm | Duration: 6 Weeks | Fee: €60 | Tutor: Megan Cronin

Wednesday Night

- W1 Choir Cantairí Mhuscraí**
Mixed voice choir with a wide range of musical pieces. We welcome new singers in all ladies' and men's lines, without formal audition.
7.30-9.30pm | 12 Weeks | Fee: Call office for details | Tutor: Ger Goodwin
- W2 Bridge for Beginners**
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 Circuit Class**
If you're looking to lose a few pounds, improve your fitness, or simply want a fun and versatile workout, circuit training is a great option.
6.00-7.00pm | Duration: 10 Weeks | Fee: €60 | Venue: F.1.T. Training Studio
- W5 Suspension and Boxing**
Improve total-body strength, stability, and heart health. TRX is for everyone, no matter your fitness level.
7.00-8.00pm | Duration: 10 Weeks | Fee: €60 | Venue: F.1.T. Training Studio
- W6 Mobility + Strength**
This class will help you improve your strength and flexibility. It helps prevent knots and injuries.
8.00-9.00pm | Duration: 10 Weeks | Fee: €60 | Venue: F.1.T. Training Studio
- 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 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
- W10 Yoga for Retirees –Weds Afternoon**
It's perfect for tired or sore muscles, ideal for seniors or those seeking slow and mindful practice to balance out the bustle.
2.00-3.00pm | Duration: 8 Weeks | Fee: €55 | Tutor: Katie Joyce
- W11 Chair Pilates for increased mobility–Weds Afternoon**
This class is designed for people with reduced mobility that find it difficult to exercise on the floor.
3.15-4.15pm | Duration: 8 Weeks | Fee: €55 | Tutor: Paula Arozamena

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