

Postal Enrolment FORM

How to make a BOOKING



Online  www.bcsadulted.ie

Office  0830988298

Office hours: 9.00am - 13.00pm Tuesday & Wednesday

Postal Enrolment Form

Booking opens

Online: Dec 5th 2023

Phone: Dec 5th 2023

Postal: Dec 5th 2023

Book in person: January 16th 2024- 6.30-7.30pm

Classes will commence

Monday: January 22nd 2024

Please ensure to check the dates and start times of your individual classes as some classes are commencing at a later date and/or different time than last semester.

Conditions

1. Classes will run during the school mid-term holidays unless notified otherwise by the tutor. Classes will not run on bank holidays.
 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.
1. Classes are offered subject to sufficient demand existing to form a class.
 2. Car parking is free. Cars parked on the school grounds are at owner's risk.



SPRING 2024 BALLINCOLLIG COMMUNITY SCHOOL ADULT EDUCATION

Course Title: _____

Name: _____

Address: _____

Telephone: _____

Email: _____

Total amount enclosed: _____

Please return form to:

Ballincollig Community School
Adult Education Department
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 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

For those with little or no Spanish, learn all the basics you need to start communicating in Spanish.

6.00-7.30pm | Duration: 10 Weeks | Fee: €110 | Tutor: Mariana Morena

M5 Spanish – Intermediate

For those who already have the basics. Movement between classes can be accommodated if the wrong level has been chosen.

7.30-9.00pm | Duration: 10 Weeks | Fee: €110 | Tutor: Mariana Morena

M6 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

M7 Hatha Yoga

Learn to breathe better and improve mobility, strength and balance. Includes postures such as downward dog, tree and warrior. Suitable for beginners and anyone looking for a class that is not too vigorous. Please bring your own mat, blanket and cushion.

6.30-7.30pm | Duration: 8 Weeks | Fee: €70 | Tutor: Katie Joyce

M8 Yin Yoga

Slow and meditative class. Great for people who crave quiet and stillness at the end of a busy day. Includes breathwork, long held passive stretches and relaxation. Beginners and experienced yogis welcome. Please bring your own mat, blanket and cushion.

7.45-8.45pm | Duration: 8 Weeks | Fee: €70 | Tutor: Katie Joyce

M9 Woodwork

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: Cathal O'Connell

M10 German

An introduction to basic German, focusing on simple topics as well as German culture and way of life. Start your journey to learning a new language

7.00-8.30pm | Duration: 8 Weeks | Fee: €80 | Tutor: Andrea Walsh

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

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.

6.00-7.30pm | 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.

7.30-9.00pm | Duration: 10 Weeks | Fee: €95 | Tutor: Regina Fruitos

T5 Painting for Beginners

A beginners course, learn specific art skills using acrylics and other mediums. Complete a painting from start to finish.

7.00-9.00pm | 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 Spanish – Advanced

A conversation based class for those with a strong knowledge of the Spanish language who wish to use and maintain their skills through discussion.

7.00-8.30pm | Duration: 10 Weeks | Fee: €110 | Tutor: Elena Codina

T8 Sugarcraft

If you are looking to create your own birthday cake, make a christening cake or decorate your own wedding cake, an adult education evening class is a good place to start. After just one term, you'll be creating cakes, cupcakes and cute cake toppers to wow the audience!

6.30-9.00pm | Duration: 8 Weeks | Fee: €115 | Tutor: Daisy Petkova

Wednesday Afternoon

W1 Senior Yoga

Suitable for all levels but particularly designed for seniors or those seeking slow and mindful practice and to ease tired and sore muscles..

2.00-3.00pm | Duration: 8 Weeks | Fee: €55 | Tutor: Katie Joyce

W2 Senior/Chair Pilates

Suitable for all levels but particularly designed for people who find it difficult to exercise on the floor.

3.15-4.15pm | Duration: 8 Weeks | Fee: €55 | Tutor: Paula Arozamena

Wednesday Night

W3 Choir Cantairí Mhuscraí

Mixed voice choir, we welcome new singers in all ladies' & men's lines, without formal audition. Fee is payable in person to the Choir Committee on the night. No requirement to pre-register for this class.

7.30-9.30pm | 12 Weeks | Registration fee : €8 | Tutor: Ger Goodwin

W4 Bridge

This course is a run on from the September course and is only suitable where students attended the September course.

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

W5 Pensions & Investments

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

7.30-8.45pm | Duration: 4 Weeks | Fee: €60 | Tutor: Pat Buckely

W6 Circuits with Emma

Suitable for all fitness Levels. Including a mix of bodyweight and high intensity exercises.

6.30-7.30pm | Duration: 8 Weeks | Fee: €55 | Tutor: Emma Cripps

W7 Strength and Mobility with Emma

Suitable for all fitness levels. Including a mix of mobility, resistance and core exercises.

7.30-8.30pm | Duration: 8 Weeks | Fee: €55 | Tutor: Emma Cripps

W8 Movement and Dance

An easy to follow dance class designed to free your mind and get your daily physical boost. No dance experience needed.

7.00-8.00pm | Duration: 8 Weeks | Fee: €55 | Tutor: Paula Arozamena

W9 Badminton Beginners

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

6.00-7.30pm | Duration: 8 Weeks | Fee: €80 | Tutor: Michelle Hayes

W10 Badminton Intermediate

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

7.30-9.00pm | Duration: 8 Weeks | Fee: €80 | Tutor: Michelle Hayes

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