

Postal Enrolment FORM

Course Title: _____

Name: _____

Address: _____

Telephone: _____

Email: _____

Total amount enclosed: _____

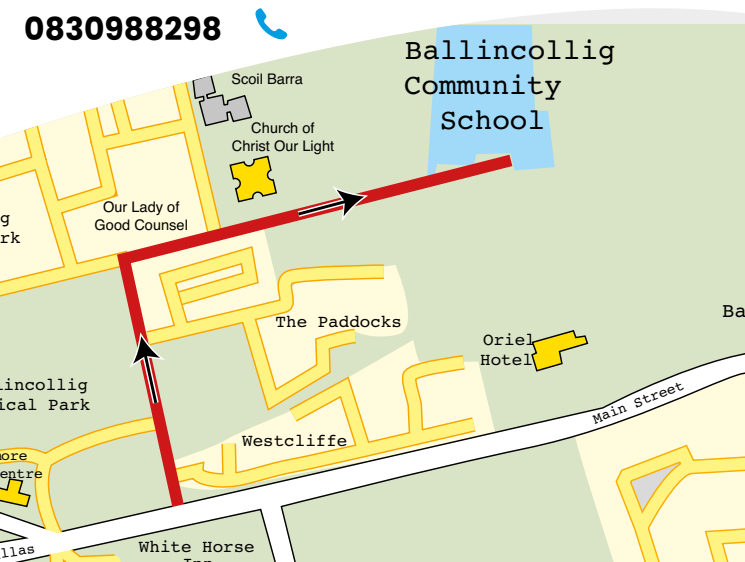
Please return form to:

Ballincollig Community School
Adult Education Department
Innishmore, Ballincollig, Co.Cork P31E030

www.bcsadulted.ie

Email: info@bcsadulted.ie

0830988298



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/Phone/Postal: Sept 1st 2024

Book in person: Sept 3rd 2024- 6.30-7.30pm

Classes will commence

Monday: Sept 23rd 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.

Become a Tutor

If you are interested in becoming a tutor please email or call for more information

Conditions

1. Classes will not run during the school mid-term holidays or 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.
8. Classes are offered subject to sufficient demand existing to form a class.
9. Car parking is free. Cars parked on the school grounds are at owner's risk.



AUTUMN 2024 BALLINCOLLIG COMMUNITY SCHOOL ADULT EDUCATION

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 Spanish for Beginners 2

This class is for those who already attended beginners level 1 and would like to continue learning the basics, improving their communication skills in real situations
6.00-7.30pm | Duration: 10 Weeks | Fee: €110 | Tutor: Mariana Morena

M4 Spanish Improvers

For those who already have the basics, this class is for those who wish to progress their vocabulary and communication skills further in a Spanish cultural context.
7.30-9.00pm | Duration: 10 Weeks | Fee: €110 | Tutor: Mariana Morena

M5 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

M6 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: 10 Weeks | Fee: €90 | Tutor: Katie Joyce

M7 Yoga for a good nights sleep

Relax before bed with this gentle, slow-paced class. Includes breathwork and relaxing yin and restorative yoga postures. Please bring your own mat, blanket and cushion.
7.45 to 8.45pm | Duration: 10 weeks | Fee: €90 | Tutor: Katie Joyce

M8 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 to 9pm | Duration: 8 weeks | Fee: €110 | Tutor: Daisy Petkova

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'Conaill

M10 Better Living

Learn to be more deeply present and control your thoughts. Set your goals with success. The formula for getting more from your life!
7.30 to 8.45pm | 5 weeks | Fee: €40 | Tutor: Pat Buckley

M11 Pilates Beginners

Pilates exercises which will improve co-ordination, balance and control. Suitable for beginners.
6-7.30pm | Duration: 10 weeks | Fee: €95 | Tutor: Paula Arozamena

Monday Night

M12 Pilates Improvers

Pilates Suitable for those who have practised Pilates before.
7.30 to 9pm | 10 weeks | Fee €95 | Tutor Paula Arozamena

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 Spanish Beginners 1

Suitable for those who are learning Spanish for the first time.
6.30-8pm | 10 weeks | Fee: €110 | Tutor: Elena Codina

T3 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

T4 Painting with watercolours

Create your own masterpiece working with watercolours.
6.30 to 8.30pm | 8 weeks | Fee: €100 | Tutor: Hannah Robicon

T5 Home Organisation/Decluttering

This course will help you to become clutter free! An organised home and space is essential for positive mental health and wellbeing
7 - 8.30pm | 8 weeks | Fee: €80 | Tutor: Odeta Grenouilleau

T6 Basic DIY

Suitable for anyone who wishes to become more competent with basic DIY skills within the home, from shelving to basic plumbing.
6.30 to 8.30pm | 8 weeks | Fee: €100 | Tutor: Cathal O' Conaill

T7 Developing Self Care

Enhance your physical and mental health. Identify methods to introduce meaningful changes without disrupting your lifestyle. Prioritize self-care effectively.

6.30 - 8pm | 8 weeks | Fee: €80 | Tutor: Blanca Pages

Everyday English

For those looking to take their English skills to the next level! Learn useful everyday language and improve your reading, listening, writing and speaking skills. Classes are interactive and full of fun speaking practice. Suitable for Beginners and above.

6.30 - 8pm | 8 weeks | Fee: €80 | Tutor: Alex Cronin

Wednesday Night

W1 Bridge

No partner required, suitable for Beginners, great social activity.
7.00-9.00pm | Duration: 10 Weeks | Fee: €100 | Tutor: Bernie O Halloran

W2 Circuits

Suitable for all fitness Levels. Including a mix of bodyweight and high intensity exercises.
6.30-7.30pm | Duration: 12 Weeks | Fee: €85 | Tutor: Emma Cripps

W3 Strength and Mobility

Suitable for all fitness levels. Including a mix of mobility, resistance and core exercises.
7.30-8.30pm | Duration: 12 Weeks | Fee: €85 | Tutor: Emma Cripps

Wednesday Night and Afternoon

W4 Badminton Beginners

Based on feedback from our last session, we are now running this as a 12 week course, split into 2 sets of 6 weeks. First 6 weeks will take place from Wednesday Oct 2nd to Wednesday Nov 6th and the second session will be held on Dec 4th & 11th & Jan 8th to 29th.
6.00-7.30pm | Duration: 12 Weeks | Fee: €120 | Tutor: Thirush Pulikeparaam

W5 Badminton Improvers

Based on feedback from our last session, we are now running this as a 12 week course, split into 2 sets of 6 weeks. First 6 weeks will take place from Wednesday Oct 2nd to Wednesday Nov 6th and the second session will be held on Dec 4th & 11th & Jan 8th to 29th.
7.30-9.00pm | Duration: 12 Weeks | Fee: €120 | Tutor: Thirush Pulikeparaam

W6 Retirement and Investment Planning

Know your pension products and understand your tax reliefs. Learn the magic of compounding. Have a strategy that works, it's never too late to start!
7.30 to 8.30 | 4 weeks | Fee: 40 | Tutor: Pat Buckley

W7 Art with Acrylics

Create your own masterpiece using acrylics.
6.30 to 8.30pm | 8 weeks | Fee: €100 | Tutor: Hannah Robicon

W8 Senior Hatha Yoga

A general Hatha Yoga class for older adults. Relax your body and mind and improve mobility, strength and balance. Includes breathwork, gentle movement for the whole body and relaxation. Please bring your own mat, blanket and cushion
2.00-3.00pm | Duration: 10 Weeks | Fee: €65 | Tutor: Katie Joyce

W9 Chair Yoga

This class will mainly focus on yoga breathing practices and relaxation techniques. Will also include some gentle movement. All done seated in a chair
3.15 to 4.15pm | 10 weeks | Fee: €65 | Tutor: Katie Joyce

W10 Chair Pilates

Suitable for all levels but particularly designed for people who find it difficult to exercise on the floor.
3.00-4.00pm | Duration: 10 Weeks | Fee: €65 | Tutor: Paula Arozamena

W10 Choir Cantairí Mhuscraí

Mixed voice choir, we welcome new singers in all ladies and men's lines without formal audition. Fee per term is 93€ per person, payable directly to the choir. This includes the 8€ administration fee
7.30-9.30pm | 12 Weeks | Fee: : €93 | Tutor: Ger Goodwin

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