

WEDNESDAY

W10 First Aid for Beginners - NEW CLASS!

This basic first aid course consists of lifesaving skills and essential first aid for everyone including parents, teachers, coaches, or in the workplace. Learn C.P.R., how to use an AED Defibrillator and much more. On completion of this 8 week course, each participant will receive an Irish Heart Foundation Certificate which remains valid for 2 years.

6.30 - 9pm | Duration: 8 weeks | Fee: €110

Tutor: William O' Donovan

W11 Pickleball 1 - NEW CLASS!

Pickleball is a paddle sport in which two or four players use a smooth-faced paddle to hit a perforated, hollow plastic ball and will be played indoors. Paddles will be supplied. A great new, fun sport!!

6.30 - 7.45 | 7 weeks | Fee: €80

Tutor: Wayne Fitzgerald

W12 Pickleball 2 - NEW CLASS!

Both classes are the same just with 2 different time offerings.

7.45 - 9 | 7 weeks | Fee: €80

Tutor: Wayne Fitzgerald

W13 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 who is 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: €95

Tutor: Katie Joyce

W14 Choir Cantairí Mhuscraí

Mixed voice choir, we welcome new singers in all ladies and men's lines without formal audition. Fee per term is Fee: €93 per person, payable directly to the choir. **This includes an €8 administration fee**

7.30 - 9.30pm | Duration: 12 weeks | Fee: €93

Tutor: Ger Goodwin

THURSDAY

TH1 Golf Beginners 1

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 2

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

How to make a BOOKING



Online  www.bcsadulted.ie

Office  0830988298

Email: info@bcsadulted.ie

Eircode: P31030.

Office hours: 9.00am - 1.00pm Tuesday & Wednesday

Booking opens

Please enrol early to avoid cancellation of classes

Online: January 1st

Phone: January 7th

Book in person: January 7th – 6.00pm to 7.00pm

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 Feb Mid Term (week of 17th) or April Mid Term (weeks of 14th and 21st) or St Patricks Day break (17th & 18th of March).
2. Classes will proceed however, on St Bridgid's Bank Holiday Monday (3rd Feb) and May Bank Holiday Monday (5th May)
3. Reminder communications will issue to all registered students the week previous to these dates.
4. If a class is not formed fees will be returned.
5. Where a class is formed, fees will be strictly non - refundable.
6. All fees must accompany enrolment, we cannot reserve places over the phone.
7. Class materials, exam fees, field trips are not included in the Course Fee unless otherwise stated on the website.
8. Students must be 16 or over to enroll in a class.
9. Those participating in physical activities may need to seek medical advice before commencing.
10. Classes are offered subject to sufficient demand existing to form a class.
11. Car parking is free. Cars parked on the school grounds are at owner's risk.



**JANUARY 2025
BALLINCOLLIG
COMMUNITY SCHOOL
ADULT
EDUCATION**

MONDAY

- 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: €90
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: €90
Tutor: Brian Clancy
- M3 Spanish Improvers**
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 Please note that this class is a follow on from the September session and not suitable to absolute beginners
6.00 - 7.30pm | Duration: 10 weeks | Fee: €110
Tutor: Mariana Morena
- M4 Spanish Intermediate**
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 - 9pm | Duration: 10 weeks | Fee: €110
Tutor: Mariana Morena
- M5 Spanish for Beginners**
Suitable for those who are learning Spanish for the first time. Students will be allowed to switch between the 3 Spanish classes if the level is not suitable for them.
6.30 - 8pm | Duration: 10 weeks | Fee: €110
Tutor: Elena Codina
- M6 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. (INCLUDES REQUIRED MATERIALS)
6.30 - 8.30pm | Duration: 10 weeks | Fee: €150
Tutor: Cathal O'Conaill
- M7 Sugarcraft**
Create amazing cake toppers and learn the art of decorating with sugarpaste
6.30 to 9pm | Duration: Duration: 8 weeks | Fee: €110
Tutor: Daisy Petkova
- M8 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: Duration: 8 weeks | Fee: €90
Tutor: Donal Neary
- M9 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
- M10 Pilates Improvers**
Pilates Suitable for those who have practised Pilates before.
7.30 to 9pm | Duration: 10 weeks | Fee: €95
Tutor: Paula Arozamena

TUESDAY

- 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: €120
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 Painting with watercolours**
Create your own masterpiece working with watercolours.
6.30 to 8.30pm | Duration: 8 weeks | Fee: €100
Tutor: Carole Anne Floyd
- T4 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 | Duration: 8 weeks | Fee: €120
Tutor: Cathal O' Conaill
- T5 Home Organisation & Decluttering – NEW CLASS!**
Declutter your home and simplify your life! Easy to follow lessons on how to how to tackle clutter, from closets to kitchen and maintain order long term. We will also explore the mental and emotional benefits of living in a clutter-free environment. 7 – 8.30pm | Duration: 8 weeks | Fee: €80
Tutor: Odeta Grenouilleau
- T6 Beauty – NEW CLASS!**
Course will cover manicure and pedicures, facial treatments, lash and brow tint and shape, makeup application and techniques and cosmetic hygiene and infection control.
7 - 9pm | Duration: 8 weeks | Fee: €90
Tutor: Aoife Cahill Ryan
- T7 Basic Computers | NEW CLASS!**
This course will cover the basics of Microsoft Excel and Microsoft Word. Topics covered will be email, video calling, social media apps, shopping online, online banking and downloading apps. It will also help with getting started on the internet and staying safe online. Desktop computers will be available at the school or you can bring your own laptop.
7 - 9pm | Duration: 8 weeks | Fee: €80
Tutor: Senthil Kumar
- T8 Mosaic | NEW CLASS!**
During this course you will learn to design and make your own mosaic on a patio slab, using tiles. You will require a small claw hammer and old garden pruners. All other materials will be supplied as part of course cost.
7 - 9pm | Duration: 8 weeks | Fee: €125 (INCLUDES REQUIRED MATERIALS)
Tutor: Marion Spillane
- T9 Knitting | NEW CLASS!**
This course covers the key skills in knitting, from cast-on to bind-off with loads in between, including how to read patterns and fix things when they go wrong! For beginners to nearly beginners.
7 - 8.30 | Duration: 8 weeks | Fee: €80
Tutor: Anne Marie Curtin

WEDNESDAY

- W1 Bridge for Improvers**
Please note that this class is a follow on from the September session and not suitable to absolute beginners
7.00 - 9.00pm | Duration: 10 weeks | Fee: €115
Tutor: Bernie O Halloran
- W2 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
- W3 Chair Pilates 1**
Suitable for all levels but particularly designed for people who find it difficult to exercise on the floor.
3.15 - 4.15pm | Duration: 10 weeks | Fee: €65
Tutor: Paula Arozamena
- W4 Chair Pilates 2**
Both classes are the same just with 2 different time offerings due to the popularity of this course last term
4.15 - 5.15pm | Duration: 10 weeks | Fee: €65
Tutor: Paula Arozamena
- W5 Strength and Mobility 1**
Suitable for all fitness levels. Including a mix of mobility, resistance and core exercises (12 week session – 7 weeks prior to Easter Break and 5 weeks after, commencing on the 26th of February).
6.30 - 7.30pm | Duration: 12 weeks | Fee: €85
Tutor: Emma Cripps
- W6 Strength and Mobility 2**
Both classes are the same just with 2 different time offerings due to the popularity of this course last term
7.30 - 8.30pm | Duration: 12 weeks | Fee: €85
Tutor: Emma Cripps
- W7 Acrylic painting for Beginners – NEW CLASS!**
An introductory course featuring artist demos and simple exercises that, week by week, build on each other and encourage individual creative vision. At the end, participants will be able to combine the important principles and techniques of painting to develop a finished work of their own conception.
6.30 - 8.30pm – Duration: 8 weeks – Fee: €100 | Aodhán Floyd
- W8 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 - 8.30 | Duration: 4 weeks | Fee: €40
Tutor: Pat Buckley
- W9 Tracing Family History - NEW CLASS!**
Begin a voyage of self-discovery. This eight-week leisure course will help you build up a family tree using a variety of source methods. Most people of Irish ancestry can realistically hope to go back 200 years. We will focus on how the sources can be interpreted and enhance our knowledge of our families, the lives they led and the times they lived in.
7 - 9pm | Duration: 8 weeks | Fee: €90
Tutor: Richard Forrest