

Online Enrolment Procedure

1. Go on to www.hartstown-cep.com
2. Select the online enrolment option on the home page
3. Choose the course you want
4. Register

GENERAL INFORMATION

FEES

1. Fees are payable on enrolment.
2. Fees are non-refundable except where a class is not formed. In such a case, you may choose another class or have your fee refunded.
3. Fees cover tuition and the use of the building only. Materials used are at the discretion of the tutors and must be paid for separately.
4. A discount of €15 per course on production of Senior Citizens Pension Book / proof of unemployment benefit.

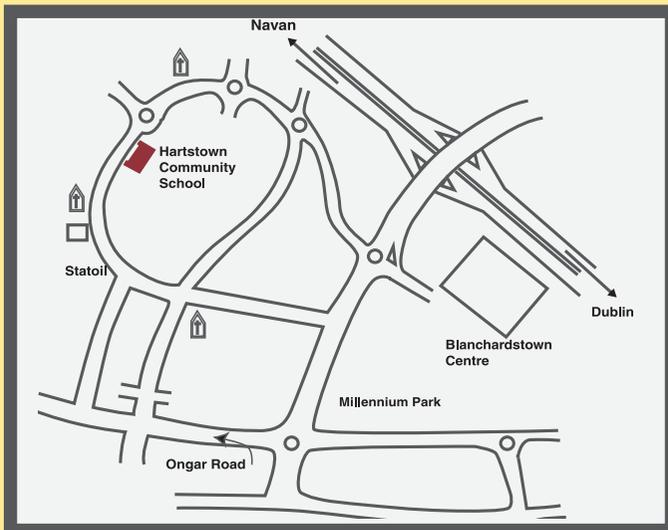
CLASSES

1. The formation of classes depends on demand & availability of teachers.
2. Transfer from one class to another is not permitted **except with the permission of the Adult Education Director.**
3. Numbers may have to be restricted in certain courses.
4. Courses are provided for those over 16 years of age.
5. All adult classes are of 10 weeks duration unless otherwise stated.

OTHER

1. Only credit/debit card bookings will be accepted by telephone.
2. Smoking is not permitted on school premises and grounds.
3. All students attend at their own risk. The Board of Management cannot accept any responsibility for injury to any person or for property stolen or mislaid on the premises. Please advise tutor of any relevant medical condition

HOW TO FIND US



DATES FOR YOUR DIARY

	MON	TUES	WEDS
WEEK 1	25TH SEPT	26TH SEPT	27TH SEPT
WEEK 2	2ND OCT	3RD OCT	4TH OCT
WEEK 3	9TH OCT	10TH OCT	11TH OCT
WEEK 4	16TH OCT	17TH OCT	18TH OCT
WEEK 5	23RD OCT	24TH OCT	25TH OCT
MIDTERM BREAK 30TH OCT - 3RD NOV			
WEEK 6	6TH NOV	7TH NOV	8TH NOV
WEEK 7	13TH NOV	14TH NOV	15TH NOV
WEEK 8	20TH NOV	21ST NOV	22ND NOV
WEEK 9	27TH NOV	28TH NOV	29TH NOV
WEEK 10	4TH DEC	5TH DEC	6TH DEC

POSTAL ENROLMENT FORM

Name:.....

Address:

Email:

Mobile No:..... Home Ph:.....

Course: No:.....

Amount Enclosed € (No Cash Please)

Credit/Debit Card Application:

Visa Credit Visa debit Mastercard Credit

Mastercard Debit

Credit Card No.

Expiry Date

Cardholder's Name

- Please Note:**
1. UNLESS YOU ARE CONTACTED BY THE SCHOOL YOU HAVE BEEN ACCEPTED ON YOUR FIRST CHOICE COURSE.
 2. FULL COURSE FEES MUST ACCOMPANY THIS FORM
 3. CHEQUES MADE PAYABLE TO HARTSTOWN COMMUNITY SCHOOL.
- ADULT EDUCATION DEPARTMENT
HARTSTOWN COMMUNITY SCHOOL DUBLIN 15**

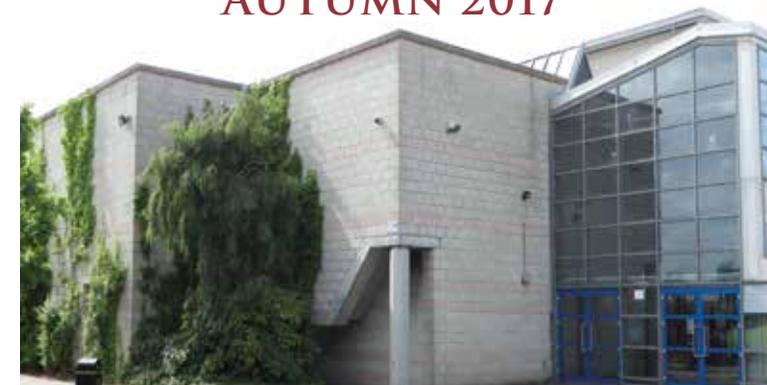
COMMUNITY EDUCATION DEPARTMENT

Tel. 8209863 Fax: 8209867
E-mail: adult_ed@eircom.net
www.hartstown-cep.com
Secretary available 10am – 3pm

HARTSTOWN COMMUNITY SCHOOL



COMMUNITY EDUCATION PROGRAMME AUTUMN 2017



ENROLMENT

- ◆ Online From 18th August (See pg 11)
- ◆ Post/Phone From 28th August, 10am - 3pm
- ◆ School 11th September, 7- 9pm

Secretary available Mon-Fri 10am - 3pm

CLASSES COMMENCE

Week beginning Monday 25th September

CLASS TIMES 7.30 - 9.30 PM
UNLESS OTHERWISE STATED

MONDAY

- | | | |
|---|--|---|
| <p>101 ANGELS € 90
Have you ever wanted to learn how to communicate with your angels, perhaps you have felt their presence. Learn how to meet your very own Guardian Angel and have a greater understanding of Archangels. Learn how to make an angel alter, read angel cards, how meditation and crystals can help you, plus a section using the correct essential oils. (8 Weeks)</p> <p>102 ASIAN COOKING (Beginners) €90
Learn all of the techniques and tips to create restaurant quality dishes. 5 weeks of Indian and 5 weeks of Thai/Indonesian cooking. This class is a mixture of demonstration and hands-on cooking.</p> <p>103 BOOTCAMP 7.30 - 8.30pm €65
"Bootcamp" will incorporate a number of different aspects of fitness such as cardio, circuit training, resistance, endurance and of course fun. Suitable for men and women.
(Do classes on Mon and Wed for only €100).</p> <p>104 CAKE DECORATION AND SUGAR CRAFT 7-9pm €100 (Advanced) This class is for those who have completed either a beginners or intermediate course. It covers novelty cake, 2 tier wedding cake, orchids, figurine, Bride & Groom. Learn about royal icing sugar paste and flood work.</p> <p>105 CORE YOGA 7.00 - 8.00pm €65
Build inner strength and peace as you activate your core, tone and stretch your muscles and articulate your spine. This Yoga practice includes centring, core poses, yoga wisdom and relaxation.</p> <p>106 POTTERY/CERAMICS (Beginners & Improvers) €120
Aimed at exploring and having fun with clay. Learn the basic techniques of hand building. Learn to create functional objects such as bowls, vases and/or decorative objects. Participants are welcome to come with a particular idea in mind.</p> <p>107 COMPUTERS FOR BEGINNERS 7.00 - 9.00pm €100
Designed to give the basic knowledge required to carry out everyday routine work on a computer.</p> <p>108 COMPUTERS (Intermediate) 8.00 - 9.30 pm €80
Based on ECDL word processing module. Course will cover basic tasks through to advanced. Some previous computer knowledge required and access to a PC an advantage.</p> <p>109 CREATIVE WRITING €100
Have you ever wanted to write but thought you couldn't? Have you ever felt the fear of the blank page? Do you think you might like to write but have never tried? Bring paper and pen. No previous writing experience necessary.</p> | <p>110 DIY / HOME MAINTENANCE €100
A general insight into how to work on DIY projects within your own home. Includes tiling, plumbing, painting & decorating, electrics, etc. Practical hands-on course.</p> <p>111 ENGLISH AS AN ALTERNATIVE LANGUAGE €100
A fun and relaxed atmosphere to learn and practise basic English for everyday conversations with a focus on speaking skills and vocabulary building. (Beginners)</p> <p>112 ENGLISH AS AN ALTERNATIVE LANGUAGE €100
Practical English taught for everyday situations. Emphasis on all the key skills of speaking, listening, writing, reading, grammar and vocabulary. (Improvers)</p> <p>113 EXERCISE TO ENERGISE (Age 55+) 6.30 - 7.30pm €50
A gentle exercise routine designed to improve the condition of the heart and lungs followed by a toning programme to increase muscle strength. We will finish with stretching for flexibility and relaxation.
(Do classes on Mon and Wed for only €90).</p> <p>114 FLORISTRY (All Levels) 7:30 - 9:00pm €80
A fun creative ten week course, covering hand-tie bouquet, Halloween arrangements, Christmas arrangements, table spray, door wreath, etc.</p> <p>115 FIX YOUR FINANCES €80
This course aims to make all things to do with money, simple. Take control of your finances. Learn simple money saving strategies and how to understand financial statements, bills and loans. Get your money working for you! (8 weeks)</p> <p>116 HAIRDRESSING (Beginners) €100
Basic introduction to hairdressing to include cutting, perming, colouring and up-styles.</p> <p>117 INDIAN HEAD MASSAGE & RELAXATION 7.15-9.30pm €100
Learn how to give and receive a quality massage, easing tension and stress in the upper back, shoulders, arms, neck, head and face. Massage will be worked in a seated position through the clothes. A number of relaxation techniques will be used. Time out to unwind and de-stress. (9 weeks)</p> <p>118 IRISH (Beginners) €100
Learn to further your knowledge of your native language in everyday situations. <i>Bí gá linn.</i></p> <p>119 LUV YOUR iPad / iPhone €100
Are you intimidated by iPads/ iPhones? It's easier than you think. Demystify the operation of these amazingly useful devices for both personal and business use. Everything from setting up the machine, surfing the net and using apps will give you confidence. <u>For non-Apple devices see Wednesday.</u></p> | <p>120 OIL PAINTING 7.00 - 9.00pm €100
An introduction to all aspects of oil painting for both beginners and experienced painters. Individual tuition provided at all levels. Free choice of subject matter. Please bring a photo or picture to work from and art materials.</p> <p>121 PHOTOSHOP €100
An introduction to Photoshop CS. This course will give you a good working knowledge of CS3. It covers the work area, the tools layers, masking, restoration and preparing images for printing and web publishing. Knowledge of Microsoft Windows and basic photographic terms required.</p> <p>122 PORTUGUESE (Beginners) €100
Basic level of conversation for use in everyday situations.</p> <p>123 PILATES (Beginners) 8:30 - 9:30 pm €65
Pilates helps to keep fit, works on your core muscles and leaves you feeling trained, relaxed and stretched.</p> <p>124 SEWING & CRAFTWORK 7.15 - 9.45pm €110
Learn to use a sewing machine and acquire or improve your sewing skills for repairs and alterations, dressmaking, soft furnishings, curtains, festive decorations, handbag-making and many other projects. (8 weeks)</p> <p>125 TAI-CHI- An Introduction (Beg & Imp) 7 - 8.25 pm €70
Tai-Chi for health. Ancient Chinese art of exercise and meditation through gentle movement. Build natural strengths to handle everyday stresses.</p> <p>126 YOGA (Mixed Ability) 8.15 - 9.45 pm €75
A gentle system of yoga, yoga breathing and relaxation focussing on health and balancing out the body, mind and spirit. Please bring a mat and wear comfortable clothing.</p> <p>127 ZUMBA!!! 7.30 - 8.30 €65
Latin-inspired fitness programme that is exhilarating, effective and calorie-burning. Come to the party!
(Do classes on Mon and Wed for only €100)</p> |
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Oral Preparation Classes

Aimed at students preparing for the Leaving Certificate Oral examinations. (8 Weeks)
Monday: French (131), Tuesday: Irish (237)
Max no. of 14 per class €70
Starts: Week beginning 3rd October

TUESDAY

201 BODY CONDITIONING & TONING 8- 9.15PM €70

NEW! This toning, circuit class focuses on the lower part of the body, in particular, the stomach, bottom, hips and thighs. Get that firmer, fitter body in no time! A short guided relaxation session is included at the end of the class.

202 STRICTLY BALLROOM (Beginners) 7 - 8:00pm € 65

Learn to dance for all occasions. Jive, quickstep, waltz, samba, wedding waltz and get fit!

203 STRICTLY BALLROOM (Improvers) 8 - 9.00pm €65

Improve your dance skills further with this follow on class.

204 BARBERING- BEGINNERS €100

Level 1 introduction course to include basic cutting, blending, razor work and beard styling.

205 CAKE DECORATION & SUGAR CRAFT 7 - 9pm €100

(Beginners&Intermediate) Demonstration on 1st night. Course involves covering Christmas cakes, Decorations, Novelty cakes and Birthday cakes, Figures of Snowman, Santa and Halloween decorations. Course materials extra.

206 CAR / VEHICLE MAINTENANCE €100

Introduction to all the main components and systems of the car, safety practices and advice on the service and repair that can be carried out at home.

207 CARPENTRY/A PRACTICAL APPROACH (Beg.)€120

To provide the learner with a basic understanding of Carpentry and Joinery. Understand different timbers, create basic joints, while appreciating health and safety in relation to tools and equipment. Create a mirror/ picture frame/ miniature door and frame/ architrave. (7.00 – 9.30pm)

208 COMPUTERISED ACCOUNTS 7.00 - 9.00pm €100

Using Sage Line 50 accounting software, learn sales, purchases and nominal ledgers, invoicing, petty cash, Bank reconciliation, VAT reporting, financial reports and year end processing. Notes supplied

209 COMPUTERS - Internet Skills(Beg.) 6.30 - 7.50pm €30

Introduction to the Internet for beginners. This course will cover email, sending photos, internet searches, booking & buying online, TV online, podcasts, etc. (Subsidised course. 5 weeks)

210 COMPUTERS - Internet Skills (Imp.) 8 - 9.20pm €30

This follow-on course will cover more on email, online shopping, banking, communications e.g. Skype/Viber, etc. (Subsidised course. 5 weeks)

211 COUNSELLING – An Introduction 7.30 - 9.00 pm €75

This course will enable you to understand counselling and to differentiate it from other activities and skills to bring about self-awareness. Course topics will include theory of counselling, counselling skills and counselling with adults, adolescents and children. (8 weeks)

212 CROCHET (All levels) €100

Get started in the wonderful handcraft of crochet. Learn the basics needed to complete your own project and how to read a pattern. You will get 'hooked' once you start.

213 DRAWING FOR ANIMATION, CARTOONS & COMICS €100

Learn the fundamentals of drawing, from designing and posing your own characters to an introduction to visual storytelling from an Animation Artist with 20 years industry experience. Ideal for those with an interest in animated film, video game design or comic art. Suitable for all levels of artist.

214 FASHION DESIGN, SEWING & DRESSMAKING €100

This exciting course will introduce you to the world of fashion design. Learn how to take body measurements and follow patterns, alter garments and soft furnishings, as well as acquiring sewing skills. (Basic sewing machine skills necessary)

215 FIRST AID 8.00 - 9.30pm €70

A basic course which looks at first aid treatment of burns, fractures, haemorrhage and demonstrations of CPR (8 weeks)

216 GARDENING & LANDSCAPE DESIGN (Beginners) €90

Develop that outside space in the way that you've always wanted. Under the guidance of a professional learn how to turn your garden into a paradise for all to enjoy!

217 GENEALOGY – Tracing Irish Ancestors €90

Learn to be your own researcher. All you need is some curiosity and expert guidance through the archives. Acquire the skills necessary to select, locate and use the appropriate sources for basic genealogy searches.

218 GOLF (Beginners) 7.00 - 8.00pm €110

Learn rules, etiquette, equipment, grip, stance, swing and short game. Classes held in Elmgreen Golf Centre. (6 weeks. Golf balls extra)

219 GOLF (Improvers) 8.00 - 9.00pm €110

As above plus stance and swing improvements, driver and fairway shots. Classes held in Elmgreen Golf Centre. (6 weeks. Golf balls extra)

220 INTERIOR DESIGN €80

Design a room in your home. During this course each student will be taught how to turn their individual design ideas into learning the principles of Interior Design from a professional interior designer. (8 weeks)

221 INTRODUCTION TO ANTHROPOLOGY €90

Anthropology is distinguished from the rest of the social sciences by the importance of field work. Anthropologists work in many areas – hospitals, corporations, retail, I.T. etc. and they help us to understand the diverse lives and cultures which make up the world as we know it today.

222 ITALIAN (Beginners) €100

Basic introduction to the language, the people and the ways of Italy. A 'communicative approach'.

223 MEDITATION & MINDFULNESS €100

Mindfulness meditation teaches you to stay in the present moment and live a more joyful and happier life. Meditation tools and techniques are used to help you worry less, become more balanced and discover the joy and happiness within.

224 PSYCHOLOGY: An Introduction €80

An introduction to some of the major theories of psychology including child development, memory, consciousness and Dreaming Freud, attachment and stress. (8 weeks)

225 SELF DEFENCE FOR ALL €100

NEW! Want to learn self-defence without getting hurt in the process? Want to get fitter and more flexible without sweating through lung bursting drills? We train WITHOUT causing pain. Relax, have fun! Course caters for men and women of all sizes and shapes!

226 SELF DEVELOPEMENT (Through the Four Agreements)€90

NEW! In this workshop explore and experience powerful possibilities for personal transformation. Discover the source of our self limiting beliefs that rob us of joy and create needless suffering in our life. The hidden power of the Four Agreements can shift our perception and can transform our lives and create freedom, true happiness and love.

227 SIGN LANGUAGE (Irish Beginners) 7 - 8.25pm €80

Basic introduction to Irish sign language. Personal Identification, Language, House/Home environment, Daily Life, Weather & Travel, Relationships, Health, Education, Food/Drink, Shopping, etc.

228 SPANISH (Improvers) €100

The next step for those who have completed a beginners' course and wish to improve their Spanish further.

229 UKULELE (Beginners) 7:30 - 8.30pm €60

Learn to play this little gem! Our master tutor will have you strumming, picking and playing in no time.

230 UKULELE (Improvers) 8.30 - 9.30pm €60

The next step to improve your ukulele skills further.

231 WEB DESIGN & BLOGGING FOR BEGINNERS €100

NEW! Create a simple Website, Blog, sell products, write good content for SEO. Connect with Social Media and Analytics, learn the latest Digital Marketing techniques and practice. Learn to Blog for business or fun. Taught by a professional web designer. €40 extra required for Domain name.

232 WOODTURNING (Intermediate/Advanced) €120

Participants must be confident with lathe and tools and have completed at least one beginners' course.

233 HATHA YOGA (Beginners) 7.00 - 8.25 pm €75

234 HATHA YOGA (Mixed Ability) 8.35 - 10.00 pm €75

Bringing balance and harmony to body and mind, this Ancient Indian discipline will help you to relax, focus and improve physical and mental health

Dóchas - Community Suicide Support

For more information, please contact
Blanchardstown Centre Oratory
(Yellow entrance) Tel. 8200915 / 0868806300

- 301 ASIAN COOKING-For the more experienced Chef €90**
Learn how to create restaurant-style Indian and South-East Asian dishes. Learn tips, tricks and techniques. This class is a mixture of demonstration and hands-on cooking.
- 302 BARBERING- ADVANCED € 100**
Level 2 course to include modern cutting and styling, razor fading and blending. Ideal for hairdressers looking to upskill to gents' styling.
- 303 BOOK-KEEPING & ACCOUNTS (Beginners) €100**
Basic principles of Book keeping and introduction to Accounting with Bank reconciliation.
- 304 BOOTCAMP 7.30 - 8.30pm € 65**
Bootcamp will incorporate a number of different aspects of fitness such as cardio, circuit training, resistance, endurance and of course fun. Suitable for both Men and Women
(Do classes on Mon and Wed for only €100)
- 305 DRAWING WITH CREATIVITY (Beg.&Imp.) €100**
Learn and develop drawing skills and techniques using drawing and colour media.eg: drawing & watercolour pencil, chalk & oil pastels, charcoal, etching & mixed media in order to create landscapes, townscapes, portraits, still life, abstract & more! Possibility of using water-based paints. Also explore the style of selected artists.
- 306 EXERCISE TO ENERGISE (Age 55+) 6.30 - 7.30pm €50**
A gentle exercise routine designed to improve the condition of the heart and lungs followed by a toning programme to increase muscle strength. We will finish with stretching for flexibility and relaxation.
(Do classes on Mon and Wed for only €90).
- 307 FRENCH (Beginners) €100**
French is one of the most romantic languages, easy to listen to and a delight to speak. Taught by a native speaker, this fun class is ideally suited to those who want to learn French to get more from holidays or just for fun!
- 308 GUITAR (Beginners) 7.30 - 8.30pm €60**
Have fun learning guitar in this step by step class for total beginners
- 309 GUITAR (Improvers) 8.30 - 9.30pm €60**
From beginner to improver – learn more chords, techniques and playing styles to help your performance.
- 310 HAIRDRESSING (Beginners) €100**
Basic introduction to hairdressing to include cutting, perming, colouring and upstyles.

- 311 HILL WALKING AND MOUNTAIN NAVIGATION €100**
This course will include 4 in-school classes learning the skills necessary to read Hill walking maps, use a navigation compass, respect the environment, wear the correct boots, rain wear etc. For the other 6 classes, there will be a relatively easy Saturday morning walk in the Wicklow Mountains which will include navigating challenges prepared in the classroom.
- 312 ITALIAN COOKERY 7:30 - 9:30pm €100**
 Finally, you can learn to prepare "Classic Italian Dishes" in this easy step by step class. Impress your friends and family with your "Italian Specialities".
- 313 LUV YOUR TABLET/SMARTPHONE €100**
 Want to get more from your Tablet/Smartphone? Learn tips and tricks which will surprise you. All Tablet models accepted. For Apple devices see Monday.
- 314 PHOTOGRAPHY €100**
Introductory course in photography. Participants learn about camera techniques and controls, image quality, composition, exposure and an introduction to digital manipulation. Course suited to both film and digital camera users
- 315 PIANO/KEYBOARD and MUSIC LESSONS €100**
This is your chance! Fulfil your dreams! Learn to play a piano! Our professional piano and keyboard teacher, with over 20 years experience, will provide piano and music lessons for both beginners and amateurs wishing to improve their skills.
- 316 PILATES (Beginners) 6.30 - 7.30pm €65**
Pilates helps in keeping fit, works on core and leaves you feeling trained, relaxed and stretched.
- 317 PILATES (Mixed ability) 7.30 - 8.30pm €65**
Pilates helps in keeping fit, works on core and leaves you feeling trained, relaxed and stretched.
- 318 PILATES (Improvers) 8.30 - 9.30pm €65**
Push yourself a little further with this follow on class. More difficult movements and positions will be introduced.
- 319 SEWING FOR BEGINNERS €100**
You'll learn to wind a bobbin and thread the machine, change the needle and install a presser foot. Become familiar with the most useful stitches. Once your machine is up and running explore the basic techniques of patchwork, quilting and craft.
- 320 SPANISH (Beginners) €100**
Basic level of conversation for use in everyday situations.

- 321 STAINED GLASS (Beginners to Intermediate) €120**
Using the Tiffany Style (Copper Foil) technique, learn how to create light catchers, mirrors and lampshades. Mosaics will also be covered. All materials included. (8 Weeks.)
- 322 TOP TO TOE BEAUTY €100**
Enhance your appearance with professional advice and tips on make-up, skincare, hair and nails from a qualified MAC make-up artist. Get that salon look for less!
- 323 WOODTURNING (Beginners) €120**
Learn all you need to know to start or improve your woodturning. No experience necessary, just a love of wood. Beginners will make a candlestick holder & a two-piece lamp.
- 324 YOGA - (Beginners) 7.00 - 8.25 pm €75**
- 325 YOGA - (Mixed Ability) 8.35 - 10.00 pm €75**
Bringing balance and harmony to body and mind, this Ancient Indian discipline will help you to relax, focus and improve physical and mental health.
- 326 ZUMBA!!! 7.30 - 8.30 pm €65**
Latin-inspired fitness programme that is exhilarating, effective and calorie-burning. Come to the party!
(Do classes on Monday and Wednesday for only €100)

ROOM HIRE

Wide Selection of Class Rooms, Halls & Sports Equipment Available to Hire at the Lowest Rates.
Free use of premises available to Community Groups

Tel: 01 820 9863

Email: adult_ed@eircom.net

NEW COURSES:

If you don't see a course here to interest you, or have a suggestion for a new course, please let us know. If you are interested in tutoring a new course, we'd love to hear from you. Please email us at: adult_ed@eircom.net

Call: 01 - 820 9863