

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.

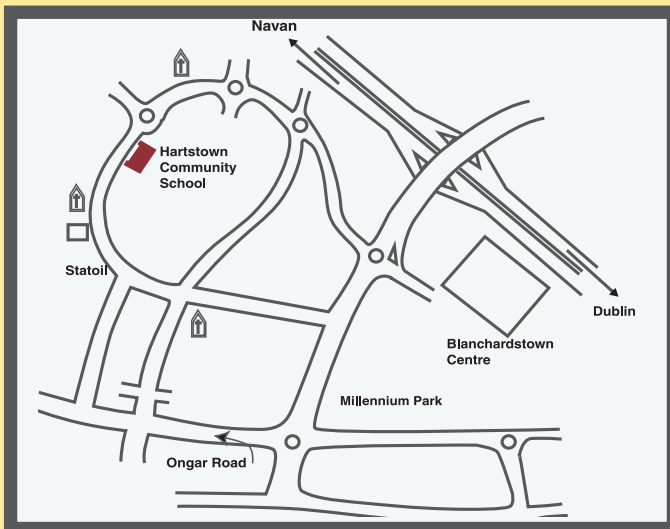
CLASSES

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	5TH FEB	6TH FEB	7TH FEB
WEEK 2	12TH FEB	13TH FEB	14TH FEB
WEEK 3	19TH FEB	20TH FEB	21ST FEB
WEEK 4	26TH FEB	27TH FEB	28TH FEB
WEEK 5	5TH MAR	6TH MAR	7TH MAR
WEEK 6	12TH MAR	13TH MAR	14TH MAR
WEEK 7	26TH MAR	20TH MAR	21ST MAR
EASTER HOLIDAYS 27TH MAR - 6TH APR			
WEEK 8	9TH APR	10TH APR	11TH APR
WEEK 9	16TH APR	17TH APR	18TH APR
WEEK 10	23RD APR	24TH APR	25TH APR

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 SPRING 2018



ENROLMENT

- ◆ Online From 15th December (See pg 11)
- ◆ Post/Phone From 8th January, 10am - 3pm
- ◆ School 22nd January, 7- 9pm

CLASSES COMMENCE
Week beginning Monday 5th February

CLASS TIMES 7.30 - 9.30 PM
UNLESS OTHERWISE STATED

MONDAY

- 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 altar, read angel cards, how meditation and crystals can help you, plus a section using the correct essential oils. (8 Weeks)
- 102 ASIAN COOKING (Beginners)** €100
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.
- 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).
- 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.
- 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.
- 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.
- 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.
- 108 COMPUTERS (Intermediate) 8.00 - 9.30pm** €80
Based on ECDL word processing module (MS Word). Course will cover basic tasks through to advanced. Some previous computer knowledge required and access to a PC an advantage.
- 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.
- 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.
- 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 listening, writing, reading, grammar and vocabulary skills. (Beginners)
- 112 ENGLISH AS AN ALTERNATIVE LANGUAGE** €100
Practical English taught for everyday situations. Emphasis on further development of all the key skills of speaking, listening, writing, reading, grammar and vocabulary. (Improvers)
- 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).
- 114 FLORISTRY FOR RETAIL OR HOME 7:30-9:00pm** €80
A fun creative ten week course, focussing on floristry for retail or home use. Covering bouquets, arrangements, bows, Valentine's and Easter arrangements and much more. Taught by a qualified florist.
- 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!
- 116 GARDENING & LANDSCAPE DESIGN (Beginners)** €100
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!
- 117 HAIRDRESSING (Beginners)** €100
Basic introduction to hairdressing to include cutting, perming, colouring and up-styles.
- 118 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)
- 119 IRISH (Beginners)** €100
Learn to further your knowledge of your native language in everyday situations. *Bígí linn.*
- 120 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. For non-Apple devices see Wednesday.
- 121 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.
- 122 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.
- 123 PORTUGUESE (Beginners)** €100
Basic level of conversation for use in everyday situations.
- 124 PILATES (Beginners) 8.30- 9.30pm** €65
Pilates helps to keep fit, works on your core muscles and leaves you feeling trained, relaxed and stretched.
- 125 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)
- 126 TAI-CHI- An Introduction(Beg & Imp) 7.00 - 8.25pm** €75
Tai-Chi for health. Ancient Chinese art of exercise and meditation through gentle movement. Build natural strengths to handle everyday stresses.
- 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)

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 22nd January 2018

TUESDAY

- 201 BODY CONDITIONING & TONING 8.15-9.30PM €70**
This toning, circuit class focuses on the lower part of the body, in particular, the stomach, bottom, hips and thighs. Toning exercises included for the chest, back and arms. Get that firmer, fitter body in no time! A short guided relaxation session is included at the end of class to improve physical & mental health.
- 202 STRICTLY BALLROOM (Beginners) 7:00-8:00pm €65**
Learn to dance for all occasions. Jive, quickstep, waltz, samba, wedding waltz, Cha-Cha-Cha, Tango and get fit!
- 203 STRICTLY BALLROOM (Improvers) 8.00-9.00pm €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 7.00- 9.00pm €100**
(Beginners & Intermediate) Demonstration on 1st night. Course involves covering cakes including Easter Cakes, Chocolate Easter Egg, handmade chocolates and novelty cakes for Birthdays. 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.) 7.00-8.20pm €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.) 8.25-9.45pm €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 – 9.00pm €80**
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 and embroidery skills. (Basic sewing, machine skills necessary)
- 215 FIRST AID 8.00 – 9.30pm €80**
A basic course which looks at first aid treatment of burns, fractures, haemorrhage and demonstrations of CPR (8 weeks)
- 216 GENEALOGY – Trace Your Family History €100**
Learn how to trace your Irish Ancestors. All you need is some curiosity and expert guidance to search for records, which will allow you to produce your own family tree.
- 217 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)
- 218 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)
- 219 INTERIOR DESIGN €80**
Design a room in your home. During this 8 week 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)
- 220 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.
- 221 ITALIAN (Beginners) €90**
Basic introduction to the language, the people and the ways of Italy. A 'communicative approach'.
- 222 JEWELLERY MAKING €100**
In this exciting class learn the basic techniques of jewellery making to let your creativity flow! Our tutor will guide you as you create your own fabulous jewellery in the early weeks. Participants will work towards their own statement pieces later in the course. Equipment pack and materials €50 extra.
- 223 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)
- 224 SELF DEFENCE FOR ALL €100**
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!
- 225 SIGN LANGUAGE (Irish Beginners) 7.30 - 9.00pm €80**
Basic introduction to Irish sign language. Personal Identification, Language, House/Home environment, Daily Life, Weather & Travel, Relationships, Health, Education, Food/Drink, Shopping, etc.
- 226 SPANISH (Improvers Level 2) €90**
The next step for those who have completed an improvers course and wish to immerse themselves further into the language and culture of Spain.
- 227 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.
- 228 UKULELE (Improvers) 8.30- 9.30pm €60**
The next step to improve your ukulele skills further.
- 229 WEB DESIGN & BLOGGING FOR BEGINNERS €100**
Learn to create and manage a simple Website using Wordpress. Digital media, Blog, make money, sell products, SEO, Connect with Social Media and Analytics. Also learn the latest Digital Marketing techniques and practice. Taught by a professional web designer. €50 extra required for Domain name and Hosting.
- 230 WOODTURNING (Intermediate/Advanced) €120**
Participants must be confident with lathe and tools and have completed at least one beginners' course. €25 extra for specialised wood.
- 231 HATHA YOGA (Beginners) 7.00 – 8.25pm €75**
- 232 HATHA YOGA (Mixed Ability) 8.35 – 10.00pm €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

WEDNESDAY

- 301 ASIAN COOKING-For the more experienced Chef** €100
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 (Beginners&Improvers)** €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 MEDITATION & MINDFULNESS** €100
Learn how to become more present in your life and to lead a happier life with less worry. 2-3 seated meditations per class as well as mindfulness tasks. Includes group discussions with a focus on self-awareness and seeing our own behaviour that take us away from the present moment. Become more balanced and discover the joy and happiness within.
- 315 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
- 316 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.
- 317 PILATES (Beginners) 6.30– 7.30pm** €65
Pilates helps in keeping fit, works on core and leaves you feeling trained, relaxed and stretched.
- 318 PILATES (Mixed Ability) 7.30– 8.30pm** €65
Pilates helps in keeping fit, works on core and leaves you feeling trained, relaxed and stretched.
- 319 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.
- 320 PORTUGUESE (Improvers)** €90
This follow on class will allow participants to further develop their skills. More focus on structure and grammar.
- 321 SELF DEVELOPEMENT (Through the Four Agreements)** €90
Helping people become more aware of their thoughts and beliefs. Course empowers participants to live their lives to their truest potential.
- 322 SEWING FOR BEGINNERS/FASHION DESIGN** €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.
- 323 SPANISH (Improvers Level 1) 6.30 - 7.55pm** €80
A follow on course for those who have completed a beginner's course and wish to further improve their vocabulary and grammar.
- 324 SPANISH (Beginners) 8.00 - 9.30pm** €80
Basic level of conversation for use in everyday situations.
- 325 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.)
- 326 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!
- 327 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. €25 extra for specialised wood.
- 328 YOGA - (Beginners&Improvers) 7.00 – 8.25pm** €75
- 329 YOGA - (Beginners&Improvers) 8.35 – 10.00pm** €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.
- 330 ZUMBA!!! 7.30 - 8.30pm** €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