

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.

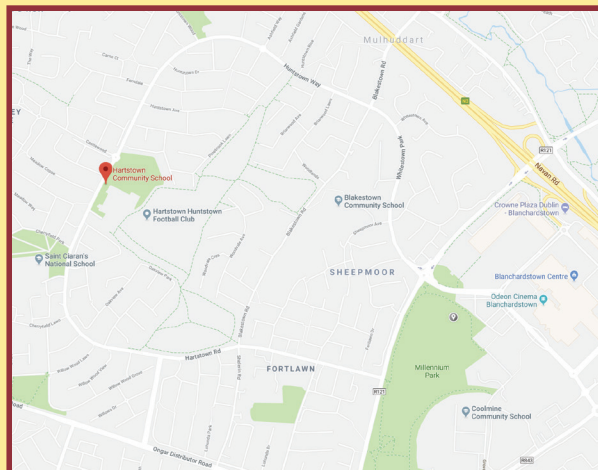
CLASSES

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 or online.
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

Autumn Term: Sept. – December 2020

Spring Term: January – May 2021

Monday, Tuesday and Wednesday nights

POSTAL ENROLMENT FORM

Name:

Address:

Email Address:

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 PROGRAMME



HARTSTOWN & HUNTSTOWN
COMMUNITY SCHOOL

AUTUMN 2020/SPRING 2021

Participants may be required to supply their own personal additional equipment for certain courses, inline with current Covid-19 Guidelines. Some courses may be offered online/remotely.



ENROLMENT

- ♦ **Online** From August 20th (See pg 11)
 - ♦ **Post/Phone** From August 26th 10am–3pm
 - ♦ **School** September 21st 7–9pm
- Secretary available Mon–Fri 10am–3pm

CLASSES COMMENCE

Week beginning Monday 5th October

CLASS TIMES 7.30–9.30 PM

UNLESS OTHERWISE STATED

COMMUNITY EDUCATION DEPARTMENT

Tel. 8209863 Fax: 8209867
E-mail: adulted@hartstowncs.ie
www.hartstown-cep.com
Secretary available 10am–3pm

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 BOOTCAMP** 7.30–8.30pm €70
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 €110)
- 103 BRIDGE FOR IMPROVERS** €100
Bridge for improvers run by a CBAI accredited teacher. Aimed at anyone who has within the last year to two years already taken bridge classes, maybe playing in the clubs and wishes to brush up / improve their bridge skills. Learn while having fun.
- 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 CERAMICS/POTTERY** €120
Throw pots on a potters wheel and learn hand-building techniques in our fun, relaxing class. Many different projects will be undertaken every 10 weeks. Participants are welcome to come with a particular idea in mind.
- 106 COOKING FOR MEN** €100
Men love to cook too! This course gives men the chance to improve their cooking and baking skills and add to their repertoire of favourite meals. The emphasis will be placed on cooking meals that men traditionally like to cook (and eat!).
- 107 COOKING-FAMILY FAVOURITES FROM SCRATCH** €100
Modern, healthy family favourite recipes, cooked from scratch. This is a hands-on course with weekly demonstrations. Expand your recipe repertoire, knowledge and techniques. Time to throw out the jars and packages from your kitchen and cook from scratch.
- 108 COMPUTERISED ACCOUNTS** 7.00–9.00pm €120
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
- 109 COMPUTERS FOR BEGINNERS** 7.00–9.00pm €100
Designed to give the basic knowledge required to carry out everyday routine work on a computer.
- 110 COMPUTERS-MS Office (Interm)** 8.00–9.30pm €90
Based on the key applications in MS Office, Word, Excel, Powerpoint and Publisher. Course will cover basic tasks through to advanced. Some previous computer knowledge required and access to a PC an advantage.

- 111 DIY/HOME MAINTENANCE** €100
Introduction to Home Maintenance. 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.
- 112 EMBEDDED COMPUTING DEVELOPMENT** €100
Have you ever wanted to design your own computer systems for electrical appliances, games, toys, entertainment and more. This introductory course is project based and strives to teach you the basics of embedded computing, using the Arduino UNO system. Participants will need a Laptop/Tablet. €40 extra for Software and Hardware.
- 113 ENGLISH AS AN ALTERNATIVE LANGUAGE (Beginners)** €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.
- 114 ENGLISH AS AN ALTERNATIVE LANGUAGE (Improvers)** €100
Practical English taught for everyday situations. Emphasis on further development of all the key skills of speaking, listening, writing, reading, grammar and vocabulary.
- 115 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).
- 116 FLORISTRY** €100
This fun creative, hands-on course covers bouquets, arrangements, hand-tie, sympathy flowers, bows and more. (Flowers and materials pack extra charge)
- 117 GUITAR (Improvers)** 7.00–8.00pm €65
From beginner to improver – learn more chords, techniques and playing styles to help your performance.
- 118 HAIRDRESSING (Beginners)** €100
Basic introduction to hairdressing to include cutting, perming, colouring and up-styles.
- 119 INTERIOR DESIGN** €90
Introduction to colour schemes, wall coverings, flooring, room layout, lighting, window treatments and Kitchen/Bathroom floor plans. (8 weeks)
- 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 set of paints, white spirits, canvas or board and brushes.
- 121 PILATES (Mixed Ability)** 7.00–8.00pm €70
Pilates helps in keeping fit, works on core and leaves you feeling trained, relaxed and stretched.
- 122 PILATES (Improvers)** 8.00–9.00pm €70
Push yourself a little further with this follow on class. More difficult movements and positions will be introduced.

- 123 PORTUGUESE (Beginners)** €100
The main objective of this course is to offer students the basic abilities to use the Portuguese language, allowing sensible and competent interactions in everyday situations.
- 124 HOLISTIC THERAPIES** €100
Would you like to look and feel healthier? Reduce headaches, stress, insomnia, improve your overall mood. Learn the benefits of reflexology, facial reflexology and specific massage. Work on and receive treatments throughout this 10 week holistic course.
- 125 SEWING FOR BEGINNERS** 5.30–7.25pm €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 dressmaking, patchwork, quilting and craft.
- 126 SEWING & CRAFTWORK** 7.30–9.30pm €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.
- 127 STAINED GLASS (Beg – Interm)** €120
Using the Copper Foil method, learn to cut and shape glass to create small light catchers. Assemble, solder and finish ornamental glass. No experience necessary. Create light catchers and mirrors. Most materials and tools supplied. 8 Weeks).
- 128 UKULELE (Beginners)** 8.00–9.00pm €65
Learn to play this little gem! Our master tutor will have you strumming, picking and playing in no time.
- 129 UKULELE (Improvers)** 9.00–10pm €65
The next step to improve your ukulele skills further.
- 130 YOGALATES (Conscious Movement)** 9.00–10.00pm €70
Consciously move from pilates exercise to more fluid exercise in this flowing core class. You will focus on harnessing breath to ground and move with strength, ease and openness. Suitable for all levels and abilities.
- 131 ZUMBA!!!** 7.30–8.30 €70
Latin-inspired fitness programme that is exhilarating, effective and calorie-burning. Come to the party! (Do classes on Mon and Wed for only €110)

ORAL PREPARATION CLASSES

Aimed at students preparing for the Leaving Certificate Oral Examinations (8 Weeks)
Mon: Irish (140) Tue: French (240) 7.00–8.30pm
Max no. of 14 per class €70
Starts: Monday 12th October

TUESDAY

- 201 BODY CONDITIONING: Total Workout 8.15–9.15pm €70**
Lose the fat, build the physique with total body conditioning. Increase your strength, speed and endurance. Conditioning workouts can trim fat, increase muscle tone and prepare your body for the rigours of sports.
- 202 BARBERING- BEGINNERS €100**
Level 1 introduction course to include basic cutting, blending, razor work and beard styling
- 203 BRIDGE FOR BEGINNERS €100**
Mini bridge for complete beginners run by a CBAI accredited teacher. Introduction to the most widespread, hugely social, inexpensive, fun past time in the world. No partner is required. Start playing immediately
- 204 CAKE DECORATION & SUGAR CRAFT 7–9pm €100 (Beginners & Intermediate)**
Course involves covering cakes, Decorations, Novelty cakes and Birthday cakes, Valentines Cake. Modelling figures and animals. Course materials extra.
- 205 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.
- 206 CARPENTRY: A PRACTICAL APPROACH €120 (Beg)** 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.
- 207 COMPUTERS: Internet Skills 6.30–7.55pm No Fee**
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))
- 208 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.
- 209 DANCING WITH THE STARS (Beg) 7.00–8.00pm €70**
Learn to dance like "DWTS" contestants. Jive, quickstep, waltz, samba, wedding waltz.
- 210 DANCING WITH THE STARS (Imp) 8.00–9.00pm €70**
Tango – Rumba – Cha- Cha- Cha.
- 211 DRAWING FOR ANIMATION: Cartoons & Comics €100**
Learn the fundamentals of drawing for cartoons, animation and comic art. From designing your own characters to an introduction to visual story-telling using traditional drawing methods. The tutor is an animation artist with over 25 years experience. Suitable for all levels of artist.
- 212 FIRST AID 8.00–9.30pm €90**
A basic course which looks at first aid treatment of burns, fractures, haemorrhage and demonstrations of CPR (8 weeks)

- 213 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!
- 214 FULL BODY MASSAGE €100**
Learn how to give and receive a Full Body Massage under the instruction of an ITEC Tutor. Learn how to massage the Body and Face, be instructed on the use of towels during the treatment, learn the mental and physical powers of a small number of Aromatherapy Oils, know the Contraindications of Massage and enjoy a meditation at the end of each Class.
- 215 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.
- 216 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)
- 217 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)
- 218 IRISH CONVERSATION (Beginners) €100**
Learn to further your knowledge of your native language in everyday situations. Bigí linn.
- 219 ITALIAN (Beginners) €100**
Basic introduction to the language, the people and the ways of Italy. A 'communicative approach'.
- 220 LUV YOUR IPAD/TABLET/SMARTPHONE 8–9:30pm €100**
Are you intimidated by iPads/ Smartphones, etc.? 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 internet and using apps will give you confidence.
- 221 PHOTOGRAPHY & PHOTOSHOP €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.
- 222 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!
- 223 SIGN LANGUAGE (ISL Teaching) 8.00–9.30pm €90**
Basic introduction to Irish sign language. Personal Identification, Language, House/Home environment, Daily Life, Weather & Travel, Relationships, Health, Education, Food/Drink, Shopping, etc.

- 224 SPANISH COOKING MADE SIMPLE €100**
Easy to make traditional Spanish dishes for everyday cooking and special occasions. You'll be ready to host your own Fiestas! Our tutor will have you eating and speaking in Spanish by the time you're finished. Ingredients extra.
- 225 SPANISH (Lower Intermediate) 7.30–9.00pm €90**
Continuation class based at A2 Lower Intermediate level for those who have completed Improvers level or anybody with a proficiency in spoken Spanish and grammar.
- 226 TABLE TENNIS FOR ALL €100**
Become part of a social sports club. Suitable for complete beginners or players wishing to brush up on their skills, under the guidance of our professional coach. Take part in this pastime that will excite and entertain you, in a friendly and inclusive atmosphere. Learn all the shots and skills and get playing straight away.
- 227 TAI-CHI (Beginners) 6.30–7.55pm €80**
Tai-Chi for health. Ancient Chinese art of exercise and meditation through gentle movement. Build natural strengths to handle everyday stresses.
- 228 TAI-CHI (Improvers) 8.00–9.25pm €80**
Follow-on class for those wishing to progress with their exercise and meditation.
- 229 TOP TO TOE BEAUTY €100**
Enhance your appearance with advice and tips on make-up, skincare, hair and nails. Learn how to treat and care for your skin from a qualified professional, keeping it healthy and nourished, as well as appropriate make-up application. Get that salon look for less!
- 230 WOODTURNING (Intermediate/Advanced) €120**
Participants must be confident with lathe and tools and have completed at least one beginners course. €25 extra for specialist timber to be used.
- 231 HATHA YOGA (Beginners) 7.00–8.25 pm €80**
- 232 HATHA YOGA (Mixed Ability) 8.35–10.00 pm €80**
Bringing balance and harmony to body and mind, this Ancient Indian discipline will help you to relax, focus and improve physical and mental health.

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

WEDNESDAY

- 301 ASIAN COOKING** €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.
- 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
Introduction to Book-keeping, covering Day Books, Sales and Purchase Ledgers, General Ledger & Trial Balance. We will also look at Bank Reconciliations and basic Final Accounts.
- 304 BOOTCAMP** 7.30-8.30pm €70
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 €110)
- 305 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.
- 306 DOG GROOMING AND DOG MAINTENANCE** €100
Learn how to care for your four-legged friends, so that they will be looking and feeling their best! This practical hands-on course will teach you tips and tricks on home maintenance and general care of your dog. Includes how to approach different breeds, Dog handling, Positive reinforcement training as well as Brushing, Bathing, Clipping, Ear cleaning, Nail clipping, Dental care, etc. You'd be barking mad not to join in on the fun!
- 307 DRAWING WITH CREATIVITY (Beg. to Interm.)** €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.
- 308 EXERCISE TO ENERGISE (Age 55+) 5.30-6.30pm** €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).
- 309 EXERCISE TO ENERGISE (Level 2) 6:30-7:30pm** €50
Push yourself that little bit further, while having fun! Aimed as an advancement on our level 1 exercise programme to develop the heart and lungs with a 30 minute low impact cardio session. Followed by a variety of toning and conditioning exercises to promote strength and flexibility for the core muscles (Abs, legs and back). Our class will finish with a mix of stretches to cool down and techniques for relaxation.

- 310 FRENCH (Improvers)** €100
For those who wish to continue on after completing beginners course in conversational French. Taught by a native French speaker you will learn to use the language in a practical way just in time for summer!
- 311 GUITAR (Beginners)** 7.30 - 8.30pm €65
Have fun learning guitar in this step by step class for total beginners.
- 312 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.
- 313 IRISH CONVERSATION (Improvers)** €100
This follow-on class will help you to further improve your Irish language skills and give you a chance to practice with others. Ideal for those who learnt Irish in school and haven't used it for some time or for parents/grandparents trying to brush up on their Irish for children/grandchildren. Bigi linn.
- 314 ITALIAN COOKERY** 7.30 - 9.30 pm €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". Ingredients extra.
- 315 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.
- 316 PIANO/KEYBOARD & 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 (Mixed Ability)** 8.00- 9.00pm €70
Pilates helps in keeping fit, works on core and leaves you feeling trained, relaxed and stretched.
- 318 SPANISH (Beginners)** 6:30-7:55pm €90
Basic level of conversation for use in everyday situations.
- 319 SPANISH (Improvers)** 8:00-9:30pm €90
A follow on course for those who have completed a beginner's course and wish to further improve their vocabulary and grammar.
- 320 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 specialist timber to be used.
- 321 YOGA (Beg. & Imp.)** 7.00 - 8.25pm €80
- 322 YOGA (Beg. & Imp.)** 8.35 - 10.00pm €80
Bringing balance and harmony to body and mind, this Ancient Indian discipline will help you to relax, focus and improve physical and mental health.

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Consciously move from pilates exercise to more fluid exercise in this flowing core class. You will focus on harnessing breath to ground and move with strength, ease and openness. Suitable for all levels and abilities.
- 324 ZUMBA!!!** 7.30 - 8.30 pm €70
Latin-inspired fitness programme that is exhilarating, effective and calorie-burning. Come to the party! (Do classes on Monday and Wednesday for only €110)

ACCREDITED COURSES / COLLEGE OF PROGRESSIVE EDUCATION

- 135 Special needs assistant QQI Level 5** €325
(Monday nights 12 Weeks)
Designed to give the learner the knowledge and understanding of the role and function of the SNA and the skills to work as a SNA in a primary or secondary school.
- 136 Care of the Older Person QQI Level 5** €325
(Monday nights 12 Weeks)
Training for those interested in working with the aged in either a Nursing home or with a Homecare company.
- 330 Special needs assistant QQI Level 6** €325
(Wednesday nights 10 Weeks)
- 331 Early Childhood Care—Child Development QQI Level 5** €325
(Wednesday nights 12 Weeks)
Child Development Module for those interested in a career in early childhood care, eg. Creche/ Playschool, etc.
- 332 Office Administration QQI Level 5** €325
(Wednesday nights 12 Weeks)
Information and Administration Module for those interested in careers in office administration and management.