

## ENROLMENT OPTIONS

*Early enrolment is strongly advised!*

### Four Enrolment options:

#### 1. On-Line Enrolments

Debit/Credit card transactions: enrol online for any of our courses using the school website [www.ashton.ie](http://www.ashton.ie) €2 fee applies. Receipt via email.

or

#### 2. Postal Enrolment

You may enrol by post from **Monday 5th January**. Please complete the Enrolment form attached - please include your name, address, phone number(s), email address and course title with the appropriate fee. Receipts will be issued by post/email.

or

#### 3. Adult Education Office

Our office at the school will accept enrolments from **Monday 5th January**.

Office Hours: Monday to Friday 9.30am – 1.00pm  
2.00pm – 4.00pm

or

#### 4. Enrolment Night

Tutors will not be present. Course information will be available. **Wednesday 21st January from 7.00-8.00pm.**

Classes will commence on

**Monday 2nd February 2015**

**Tuesday 3rd February 2015**

**Wednesday 4th February 2015**

1. Course fees do not include costs of materials.
2. Senior Citizens/unwaged: reduced fees.
3. Those participating in physical activities may need to seek medical advice before commencing.
4. Fees will only be returned where a class is not formed.

Courses also available in Ballincollig, Bishopstown, Carrigaline and Douglas Community Schools.

## MONDAY

1. **ALEXANDER TECHNIQUE CONTINUATION** NEW  
For those who have completed an introductory course.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95 Tutor: **Rosemary Moone**
2. **BRIDGE**  
Learn the basics of this great card game. Help to keep your mind active in a fun way.  
7.30-9.30pm Duration: 10 Weeks  
Fee: €110 Tutor: **Sharon Carroll**
3. **COLOUR AND LINE** NEW  
A series of Art Workshops exploring drawing through the media of ink and watercolour. This will offer participants experience in a wide range of drawing materials and approaches.  
7.30-9.30pm Duration: 10 Weeks  
Fee: €110 Tutor: **Carole Anne Floyd**
4. **COMPUTER BOOTCAMP** NEW  
Learn to use your computer more effectively. Get to grips with Windows, the Internet and email, download and install apps., etc.  
7.30-9.30pm Duration: 6 Weeks  
Fee: €70 Tutor: **Meg Livingstone**
5. **COOKING WITH GLENA**  
With this hands-on course, learn to create tasty meals for family and friends with easy and delicious recipes. Ingredients required.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95 Tutor: **Glena Casey**
6. **CREATE YOUR OWN FREE WEBSITE**  
Would you like to have a free website easily and quickly? Create your own website/blog without any techie stuff.  
7.30-9.30pm Duration: 6 Weeks  
Fee: €95 Tutor: **Siobhan Dempsey**
7. **DIY FOR WOMEN** NEW  
Learn basic DIY skills and a few tricks of the trade to get the small jobs done without fuss.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95 Tutor: **Aoife Browne Dip. Arch. B. Arch. Sc.**
8. **DRESSMAKING**  
For the beginner wishing to learn basic stitching techniques or the more experienced dressmaker looking for new ideas. Choice of fabric, pattern, making up and finishing a garment.  
7.30-9.30pm Duration: 10 Weeks  
Fee: €110 Tutor: **Deirdre Hannafin**
9. **GUITAR – Beginners**  
Learn to play lots of popular songs. No previous experience necessary.  
7.30 - 8.30pm Duration: 10 Weeks  
Fee: €65 Tutor: **Gordon Frost. M.A.**

10. **GUITAR – Improvers** NEW  
8.30 - 9.30pm Duration: 10 Weeks  
Fee: €65 Tutor: **Gordon Frost. M.A.**
11. **INTERIOR DESIGN ON A BUDGET**  
Are you building a new home, renovating or redecorating? All you need to know about interior design and styling on a budget.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95 Tutor: **Celene Collins**
12. **MINDFULNESS**  
This course helps us to uncover the calm within and become aware of present moment living. Learn to participate in your life fully and in the present.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95 Tutor: **Susan Crowley**
13. **ORAL IRISH FOR LEAVING CERT** NEW  
Specific examination preparation by a highly qualified teacher. **Max 10 per class**  
7.00-8.00pm Duration: 8 Weeks  
Fee: €65 Tutor: **Carmel Desmond B.A. P.G.D.E.**
14. **PILATES (STOTT) - Beginners**  
Tone your body and strengthen your core. Improve the way your body functions, looks and feels. Please bring a bath towel.  
7.30-8.30pm Duration: 10 Weeks  
Fee: €75 Tutor: **Maggie Chojan**
15. **PILATES (STOTT) - Improvers**  
For those who have completed a beginners course.  
8.40-9.40pm Duration: 10 Weeks  
Fee: €75 Tutor: **Maggie Chojan**
16. **PSYCHOLOGY FOR LIFE 2**  
Improve your memory, increase your self-esteem, learn effective communication and persuasion skills as well as hypnosis and counselling theories.  
7.30-9.30pm Duration: 10 Weeks  
Fee: €110 Tutor: **Gavin Naughton B.A.**
17. **SPANISH - Beginners Stage 2** NEW  
For those who have completed the beginners course and wish to develop further.  
7.30-9.30pm Duration: 10 Weeks  
Fee: €110 Tutor: **Maria Martinez Galvez B.A.**
18. **STOCKMARKET EXPLORED**  
Take advantage of the Stockmarket in it's current form. Learn about the tools to make informed decisions.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95 Tutor: **Redmayne Bentley Stockbrokers**
19. **VINYASA FLOW YOGA - Beginners**  
A flowing dynamic yoga practice where postures are linked using breath & body awareness. Improve posture, flexibility and muscle tone. Basic relaxation included.  
6.30 - 7.55pm Duration: 10 Weeks  
Fee: €90 Tutor: **Helen O'Connell**
20. **VINYASA FLOW YOGA - Improvers**  
**Must have completed a beginners course.**  
8.05-9.30pm Duration: 10 Weeks  
Fee: €90 Tutor: **Helen O'Connell**

## Postal Enrolment Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: Home \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

1st Choice Course: \_\_\_\_\_

Course No.: \_\_\_\_\_ Day: \_\_\_\_\_

2nd Choice Course: \_\_\_\_\_

Course No.: \_\_\_\_\_ Day: \_\_\_\_\_

Total Amount Enclosed: €

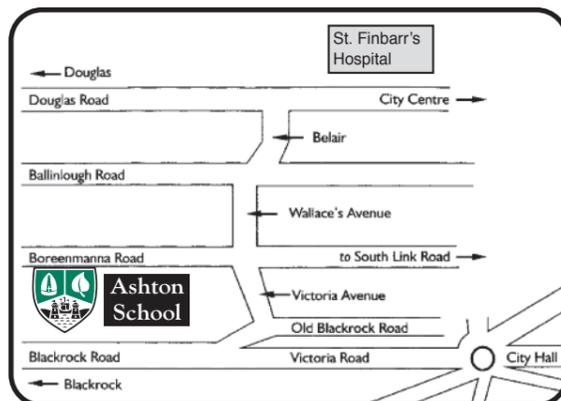
Completed enrolment form with payment will be accepted by post for any of the advertised courses. Cheques and Postal Orders should be made payable to Ashton School and sent to:

**Ashton School  
Adult Education Dept.,  
Blackrock Road, Cork**

\* Please allow five working days for receipt to be issued.

**APPLICATIONS FROM  
POTENTIAL TUTORS  
WITH NEW COURSE SUGGESTIONS  
ARE ALWAYS WELCOME**

*How to find us...*



**Ashton School**

Blackrock Road, Cork.

Tel: 021-4322382

Email: [adulded@ashton.ie](mailto:adulded@ashton.ie)

Fax: 021-4966321



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**Adult  
Education  
Classes**

**IN OUR STATE OF THE ART  
NEW SCHOOL BUILDING**

**ENROL ONLINE**

using Laser or Credit Card  
through [www.ashton.ie](http://www.ashton.ie)

**POSTAL & OFFICE ENROLMENTS**  
from Monday 5th January 2015

**ENROLMENT NIGHT**

Wednesday 21st January 2015  
7.00 – 8.00pm

**PLEASE BOOK EARLY TO  
AVOID CLASS CANCELLATIONS**

**SPRING 2015**

# TUESDAY

21. **A GLIMPSE OF OLD CORK** NEW  
Remembering times past, an understanding of some of the history of Cork.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95 Tutors: **Ronnie Herlihy & Tom Spalding**
22. **ALEXANDER TECHNIQUE**  
Become fitter and more flexible without going to the gym. Prevent aches and pains by learning ways of helping yourself.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95 Tutor: **Rosemary Moone**
23. **DIGITAL PHOTOGRAPHY – Introduction**  
MUST HAVE BASIC COMPUTER SKILLS.  
Learn to use your digital camera to make more creative pictures. Use your computer to enhance your photographs.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95
24. **FELDENKRAIS METHOD**  
A gentle yet powerful approach to restore balanced posture, find flexibility and stability, improve coordination and enjoy ease of movement.  
7.30-9.00pm Duration: 10 Weeks  
Fee: €90 Tutor: **Susanne Leutenegger**
25. **FIND YOUR INNER VOICE**  
For those who love to sing. Open to any level of singer, covering a range of different styles in a relaxed, fun atmosphere.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95
26. **FURNITURE UP CYCLING**  
Transform a small item of furniture through painting, decoupage, distressing, etc. and reinvent it.  
7.30-9.30pm Duration: 10 Weeks  
Fee: €110 Tutor: **Sandra Graham**
27. **INFINITE TAI-CHI & CHI-KUNG – Beginners**  
For relaxation, stress relief, meditation, Chi development, self-confidence and health. Mind, body and spirit in harmony.  
7.00-8.30pm Duration: 10 Weeks  
Fee: €90 Tutor: **Allan O'Leary**
28. **INFINITE TAI-CHI & CHI-KUNG - Improvers**  
8.30-10.00pm Duration: 10 Weeks  
Fee: €90 Tutor: **Allan O'Leary**
29. **JOY OF ART**  
Develop techniques to learn to draw and paint.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95 Tutor: **Paul O'Neill**
30. **NOVELTY CAKES**  
Learn the techniques and tricks to create quick and easy novelty cakes. Cakes decorated and finished in class. Cakes are not supplied.  
7.00-9.30pm Duration: 8 Weeks  
Fee: €110 Tutor: **Patricia O'Flaherty**
31. **ORAL IRISH FOR LEAVING CERT** NEW  
Specific examination preparation by a highly qualified teacher. **Max 10 per class.**  
7.00-8.00pm Duration: 8 Weeks  
Fee: €65 Tutor: **Daniel Boland B.A. P.G.D.E.**
32. **PILATES - Beginners**  
Pilates exercises are safe & effective, they target the core muscles & help improve posture, alignment & relaxation. Feel better, look better, move better.  
8.40-9.40pm Duration: 10 Weeks  
Fee: €75 Tutor: **Jaconel Janssen**
33. **PILATES - Continuation**  
For those who have completed a beginners course.  
7.30-8.30pm Duration: 10 Weeks  
Fee: €75 Tutor: **Jaconel Janssen**
34. **SHORT FILM-MAKING** NEW  
For those with an interest in cinema who would like to experience the film-making process from beginning to end.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95 Tutors: **Ross Carey and Emmet O'Brien**
35. **SPANISH - Beginners Stage 1**  
Based on oral and written communication with lots of opportunity to practice for holidays, work, etc.  
7.30-9.30pm Duration: 10 Weeks  
Fee: €110 Tutor: **Maria Martinez Galvez B.A.**
36. **SPEAK WITH CONFIDENCE**  
Increase your public speaking confidence in a friendly, supportive environment. Progress from being an absolute beginner to a confident speaker.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95 Tutor: **Damien Lynch**
37. **WRITE A SHORT STORY** NEW  
For those with an interest in creative writing and those who would like to bring their writing skills to another level.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95 Tutor: **Billy O'Callaghan**

38. **YOGA BEGINNERS**  
Ashtanga yoga for health and wellbeing, learn breathing techniques, postures and relaxation.  
Open to men and women.  
6.30-8.00pm Duration: 8 Weeks  
Fee: €75 Tutor: **Trish Hurley B.Sc, M.A.**
39. **YOGA BEYOND BEGINNERS**  
If you have completed a yoga course and would like to improve. Open to men and women.  
8.00-9.30pm Duration: 8 Weeks  
Fee: €75 Tutor: **Trish Hurley B.Sc, M.A.**
40. **ZUMBA WORKOUT**  
A fitness class that uses well known, popular music that guarantees to burn 500 to 1000 calories per class while having fun.  
7.00-8.00pm Duration: 8 Weeks  
Fee: €65 Tutor: **Ciara Halpin**
41. **ZUMBA WORKOUT**  
8.00-9.00pm Duration: 8 Weeks  
Fee: €65 Tutor: **Ciara Halpin**

# WEDNESDAY

42. **BALLROOM DANCING - Beginners**  
Learn to 'Strictly Come Dancing' in a relaxed and fun atmosphere.  
7.30-8.30pm Duration: 10 Weeks  
Fee: €65 Tutor: **Tom Cregoe**
43. **CAKE DECORATION**  
Spring flowers and foliage, brush embroidery, oriental string work and learn to use patchwork cutters.  
7.00-9.30pm Duration: 8 Weeks  
Fee: €110 Tutor: **Kathleen Cronin**
44. **COUCH TO 5KM**  
Transform into a runner week by week with some walking and jogging. You will gradually build up to running 5Km.  
6.30-7.30pm Duration: 8 Weeks  
Fee: €65 Tutor: **Mags O'Leary**
45. **COUCH TO 5KM**  
7.30-8.30pm Duration: 8 Weeks  
Fee: €65 Tutor: **Mags O'Leary**
46. **5KM ONWARDS**  
For those who have completed Couch to 5Km course or have running experience.  
8.30-9.30pm Duration: 8 Weeks  
Fee: €65 Tutor: **Mags O'Leary**
47. **DRAWING WORKSHOP**  
Improve your drawing skills through exercises, tips and tricks that will unlock your creative potential. Open to all levels.  
7.30-9.30pm Duration: 10 Weeks  
Fee: €110 Tutor: **Tracy Fitzgerald**
48. **FACEBOOK & TWITTER**  
Facebook and Twitter social media, find out what they are all about, how you can use them and learn how your children use them.  
7.30-9.30pm Duration: 5 Weeks  
Fee: €55 Tutor: **Meg Livingstone**
49. **FITNESS BOOTCAMP** NEW  
Enjoy a workout with varied exercises including bodyweight movements, core work and mobilisation to invigorate your life. Open to men and women of all fitness levels.  
7.30-8.30pm Duration: 8 Weeks  
Fee: €65 Tutor: **Ali O'Regan B.Ed Phys. Ed.**
50. **FURNITURE RESTORATION & FRENCH POLISHING**  
A piece of furniture is required!  
7.30-9.30pm Duration: 10 Weeks  
Fee: €110 Tutor: **Michael O'Connell**
51. **MINDFULNESS**  
This course helps us to uncover the calm within and become aware of present moment living. Learn to participate in your life fully and in the present.  
7.30-9.30pm Duration: 8 Weeks  
Fee: €95 Tutor: **Susan Crowley**
52. **PILATES - Beginners**  
Pilates exercises are safe & effective; they target the core muscles & help improve posture, alignment & relaxation. Feel better, look better, move better.  
7.30-8.20pm Duration: 10 Weeks  
Fee: €75 Tutor: **Fiona Loughran**
53. **PILATES - Continuation**  
For those who have completed a beginners course.  
8.30-9.20pm Duration: 10 Weeks  
Fee: €75 Tutor: **Fiona Loughran**
54. **POWER HOUR WORKOUT** NEW  
A fitness workout including core work and strength and conditioning. Open to men and women of all fitness levels.  
6.30-7.30pm Duration: 8 Weeks  
Fee: €65 Tutor: **Ali O'Regan B.Ed Phys. Ed.**

55. **PSYCHOLOGY FOR LIFE**  
Psychology you can use. Learn how to read and master body language, understand people better. Finally learn how your mind works in order to become more successful in Life.  
7.30-9.30pm Duration: 10 Weeks  
Fee: €110 Tutor: **Gavin Naughton B.A.**
56. **SKINCARE, NAILS & MAKE-UP APPLICATION**  
Discover your skin type through a personalised skin analysis. Learn simple skills for luxury nail treatments and great techniques with everyday and evening make-up.  
7.30-9.30pm Duration: 6 Weeks  
Fee: €70 Tutor: **Barbara Braham I.T.E.C./C.I.B.T.A.C.**
57. **SPANISH - Improvers**  
For those who have an intermediate level of Spanish and would like to be able to speak more fluently and use it with others. Also for those who would like to progress with their reading skills.  
7.15-9.15pm Duration: 10 Weeks  
Fee: €110 Tutor: **Maria Bélen Menéndez B.A.**

# WEDNESDAY AFTERNOON

58. **COMPUTERS – Beginners**  
An introduction to computing at basic levels. Word Processing and Internet.  
1.45-3.15pm Duration: 10 Weeks  
Fee: €90 Tutor: **Martina Adair**
59. **COMPUTERS – Next Step** NEW  
Enhance your knowledge of Word, Excel, Powerpoint and make the most of using the Internet.  
3.30-5.00pm Duration: 10 Weeks  
Fee: €90 Tutor: **Martina Adair**
60. **LACEMAKING, EMBROIDERY & CROCHET**  
Limerick, Carricmacross, Youghal and Tape etc.  
2.00-4.00pm Duration: 8 Weeks  
Fee: €85 Tutor: **Veronica Stuart**  
International Gold Medal winner
61. **ORAL IRISH FOR LEAVING CERT** NEW  
Specific examination preparation by a highly qualified teacher. **Max 10 per class.**  
2.00-3.00pm Duration: 8 Weeks  
Fee: €65
62. **PAINTING IN WATERCOLOUR & OILS**  
(Improvers to Advanced – All Media)  
Develop your painting skills and enable the artist within. Continuing to advanced students will be supported and learn to work with confidence in their chosen media.  
2.00-4.00pm Duration: 10 Weeks  
Fee: €110 Tutor: **Carole Anne Floyd**
63. **PILATES FOR THE OLDER ADULT**  
Pilates exercises are safe & effective; they target the core muscles & help improve posture, alignment & relaxation. Feel better, look better, move better.  
2.00-3.00pm Duration: 10 Weeks  
Fee: €75 Tutor: **Jaconel Janssen**
64. **SPANISH - Beginners**  
A conversation based course, learning how to speak Spanish in an easy-going and friendly atmosphere.  
3.30-5.00pm Duration: 10 Weeks  
Fee: €85 Tutor: **Vicente Rodrigo Parrilla**
65. **SPANISH - Continuation** NEW  
For those who have completed a beginners course.  
1.45-3.15pm Duration: 10 Weeks  
Fee: €85 Tutor: **Vicente Rodrigo Parrilla**
66. **YOGA FOR THE OLDER ADULT**  
Yoga for the older adult with movements of hips and shoulders and flowing gentle yoga sequences. Also suitable for people recovering from illness. Includes breath awareness, yoga postures and relaxation.  
2.00-3.15pm Duration: 10 Weeks  
Fee: €75 Tutor: **Helen O'Connell**
67. **YOGA FOR THE OLDER ADULT – Continuation**  
Must have some previous yoga experience.  
3.20- 4.35pm Duration: 10 Weeks  
Fee: €75 Tutor: **Helen O'Connell**

## GOLF

- Beginners (Frankfield Golf Club)**  
68. Tuesday 6.00-7.00pm Fee: €100  
69. Wednesday 6.00-7.00pm Fee: €100

- Improvers (Frankfield Golf Club)**  
70. Tuesday 7.00-8.00pm Fee: €100  
71. Wednesday 7.00-8.00pm Fee: €100  
Duration: 6 Weeks Tutor: **David Whyte P.G.A.**

## HORSERIDING

72. **HORSERIDING FOR BEGINNERS**  
Hop Island, Rochestown  
Suitable for all ages and fitness levels  
Thursday 8.00-9.00pm Fee: €160  
Duration: 8 Weeks Maximum 12

## TENNIS

- Douglas Lawn Tennis Club  
Tennis for beginners learning the basic skills of the game.  
73. Monday 7.00-8.00pm Fee: €65  
74. Friday 10.00-11.00am Fee: €65  
Duration 8 Weeks Tutor: **Mark Cunningham**