

Postal Enrolment Form

Name: _____

Address: _____

Telephone: Home _____

Mobile: _____

Email: _____

1st Choice Course: _____

Course No.: _____ Day: _____

2nd Choice Course: _____

Course No.: _____ Day: _____

Total Amount Enclosed: €

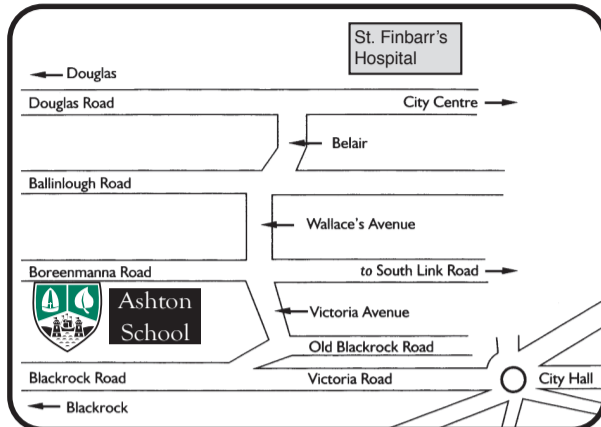
Completed enrolment form with payment will be accepted by post for any of the advertised courses. Cheques and Postal Orders should be made payable to Ashton School and sent to:

**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 • Fax: 021-4966321
Email: adulted@ashton.ie



Ashton School

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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

POSTAL & OFFICE ENROLMENTS
from Monday 31st August 2015

ENROLMENT NIGHT
Wednesday 16th September 2015

**PLEASE BOOK EARLY TO
AVOID CLASS CANCELLATIONS**

AUTUMN 2015

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 €2 fee applies. Receipt via email.

or

2. Postal Enrolment

You may enrol by post from **Monday 31st August**. 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 31st August**.

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 16th September from 7 - 8pm at the school.**

Classes will commence on

Monday 28th September 2015

Tuesday 29th September 2015

Wednesday 30th September 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

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**

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. ART - AN INTRODUCTION **NEW**

A beginners Art Course to guide you through the basics of drawing and painting and help you express your own individual style.
7.30-9.30pm Duration: 10 Weeks
Fee: €110 Tutor: **Carole Anne Floyd**

4. COMPUTER GUIDANCE **NEW**

Use your computer more effectively. Get to grips with Windows, the Internet and email, download and install apps., etc.
7.30-9.30pm Duration: 8 Weeks
Fee: €95 Tutor: **Meg Livingstone**

5. COOKING WITH GLENA

A hands-on course. Learn to create tasty meals with easy and delicious recipes. Ingredients required.
7.30-9.30pm Duration: 8 Weeks
Fee: €95 Tutor: **Glena Casey**

6. CREATE A FREE WORDPRESS WEBSITE

Would you like a wordpress website easily and quickly? Create your own website/blog without any techie stuff.
7.30-9.30pm Duration: 8 Weeks
Fee: €95 Tutor: **Siobhan Dempsey**

7. DIY FOR WOMEN

Learn basic DIY skills and a few tricks of the trade to get the small jobs done without fuss. Course materials extra.
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 - Beginners

8.30 - 9.30pm Duration: 10 Weeks
Fee: €65 Tutor: **Gordon Frost. M.A**

11. HERBAL REMEDIES **NEW**

Learn about the medicinal magic of herbs while making home remedies suitable for all the family for symptoms like colds & flu, sleep problems, skin conditions, to name but a few.
7.00 - 9.00pm Duration: 8 Weeks
Fee: €95 Tutor: **Carol Neenan**

12. LIVE LIFE NOW **NEW**

This course will help you discover more about yourself and your inner resources. Learn to live a more vibrant, meaningful life now!
7.30-9.30pm Duration: 8 Weeks
Fee: €95 Tutor: **Rosarii Ryan B.Sc. B.A.**

13. 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**

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 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.**

18. STOCKMARKET EXPLORED

Take advantage of the Stockmarket in its 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**

TUESDAY

21. **A GLIMPSE OF OLD CORK**
Remembering times past, an understanding of aspects of the history of Cork.
7.30-9.30pm Duration: 8 Weeks
Fee: €95 Tutors: **Ronnie Herlihy & Tom Spalding**
22. **ALEXANDER TECHNIQUE CONTINUATION**
For those who have completed an introductory course.
7.30-9.30pm Duration: 8 Weeks
Fee: €95 Tutor: **Rosemary Moore**
23. **CERAMIC WORKSHOP** **NEW**
Create your own piece through the versatile medium of clay. Expert tuition with all finished work fired and glazed.
7.30-9.30pm Duration: 10 Weeks
Fee: €110 Tutor: **Fiona Desmond B.A.**
24. **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 Tutor: **Daniel Beuster**
25. **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**
26. **INFINITE TAI-CHI & CHI-KUNG - Improvers**
8.30-10.00pm Duration: 10 Weeks
Fee: €90 Tutor: **Allan O'Leary**
27. **MUSIC APPRECIATION** **NEW**
Get the most out of classical music and discover some new works.
7.30-9.30pm Duration: 8 Weeks
Fee: €95 Tutor: **Eimear Reidy M.Mus.**
28. **INTRODUCTION TO LAW** **NEW**
Exploring the basics of the core topics in law such as Contract, Tort, Criminal and the Courts system.
7.30-9.30pm Duration: 8 Weeks
Fee: €95 Tutor: **Tony O'Sullivan B.L.**
29. **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**
30. **PARENTING TEENAGERS** **NEW**
An interactive course designed to build on the strengths that parents already have and help identify appropriate parenting strategies.
7.30-9.30pm Duration: 6 Weeks
Fee: €70 Tutor: **Anne Reynolds BSc.**
31. **PILATES - Beginners**
Gentle pilates and relaxation. Strengthen your core muscles and improve posture and alignment. Feel better, look better, move better.
8.40-9.40pm Duration: 10 Weeks
Fee: €75 Tutor: **Jaconel Janssen**
32. **PILATES - Continuation**
For those who have completed a beginners course.
7.30-8.30pm Duration: 10 Weeks
Fee: €75 Tutor: **Jaconel Janssen**
33. **SPANISH - Beginners Stage 2**
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.**
34. **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**
35. **WRITE A SHORT STORY**
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**
36. **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.**
37. **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.**

38. **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**
39. **ZUMBA WORKOUT**
8.00-9.00pm Duration: 8 Weeks
Fee: €65 Tutor: **Ciara Halpin**
40. **CAKE DECORATION**
Wedding flowers and foliage, cake lace, learn to use patch-work cutters and decorate a Christmas cake.
7.00-9.30pm Duration: 8 Weeks
Fee: €110 Tutor: **Kathleen Cronin**

WEDNESDAY

41. **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: 9 Weeks
Fee: €65 Tutor: **Mags O'Leary**
42. **COUCH TO 5KM**
7.30-8.30pm Duration: 9 Weeks
Fee: €65 Tutor: **Mags O'Leary**
43. **5KM ONWARDS**
For those who have completed Couch to 5Km course or have running experience.
8.30-9.30pm Duration: 9 Weeks
Fee: €65 Tutor: **Mags O'Leary**
44. **DRAWING WORKSHOP**
Improve your observational 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**
45. **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**
46. **FITNESS CIRCUITS** **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: **Kevin McSweeney**
47. **FITSTEPS DANCE CLASS** **NEW**
An energetic dance class mixing the graceful steps of ballroom and the uptempo steps of latin dances. Get fit and have fun. No partner necessary.
7.00-8.00pm Duration: 8 Weeks
Fee: €65 Tutor: **Rachel Crusher**
48. **FITSTEPS DANCE CLASS** **NEW**
8.00-9.00pm Duration: 8 Weeks
Fee: €65 Tutor: **Rachel Crusher**
49. **FURNITURE RESTORATION & FRENCH POLISHING**
A piece of furniture is required!
7.30-9.30pm Duration: 10 Weeks
Fee: €110 Tutor: **Michael O'Connell**
50. **INTRODUCTION TO COUNSELLING SKILLS** **NEW**
Learn the necessary skills for communicating, personal development and people skills.
7.30-9.30pm Duration: 10 Weeks
Fee: €110 Tutor: **Cara Bourke O'Shaughnessy**
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: **Yvonne Fitzgerald**
53. **PILATES - Continuation**
For those who have completed a beginners course.
8.30-9.20pm Duration: 10 Weeks
Fee: €75 Tutor: **Yvonne Fitzgerald**
54. **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.**

55. **SKINCARE, NAILS & MAKE-UP**
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.**
56. **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: **María Bélen Menéndez B.A.**
57. **TOTAL TONE** **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: **Kevin McSweeney**

WEDNESDAY AFTERNOON

58. **COMPUTERS – Beginners**
An introduction to the Internet and making it work for you. Learn the skill of word processing from typing to filing documents, photos, etc.
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. **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**
62. **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**
63. **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**
64. **SPANISH - Continuation**
For those who have completed a beginners course.
1.45-3.15pm Duration: 10 Weeks
Fee: €85 Tutor: **Vicente Rodrigo Parrilla**
65. **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**
66. **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**

HORSERIDING

67. **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.
68. Monday: 7.00-8.00pm Fee: €65
69. Friday: 10.00-11.00am Fee: €65
Duration: 8 Weeks Tutor: **Mark Cunningham**

GOLF

- Beginners (Frankfield Golf Club)**
70. Tuesday 6.00-7.00pm Fee: €100
71. Wednesday 6.00-7.00pm Fee: €100
Improvers (Frankfield Golf Club)
72. Tuesday 7.00-8.00pm Fee: €100
73. Wednesday 7.00-8.00pm Fee: €100
Duration: 6 Weeks Tutor: **David Whyte P.G.A.**