

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
T12 AF50

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



APPLICATIONS FROM POTENTIAL TUTORERS WITH NEW COURSE SUGGESTIONS ALWAYS WELCOME

ASHTON



ASHTON SCHOOL

Blackrock Road
Cork
T12 AF50

Tel: 021-432 2382
Fax: 021-496 6321
Email: adulted@ashton.ie

www.ashton.ie

ASHTON



ASHTON SCHOOL
ADULT EDUCATION
SPRING 2017

ENROL ONLINE
USING LASER
OR CREDIT CARD
THROUGH www.ashton.ie



ENROL ONLINE USING LASER
OR CREDIT CARD THROUGH

www.ashton.ie

POSTAL & OFFICE ENROLMENTS from

Monday 9th January 2017

ENROLMENT NIGHT

Wednesday 18th January 2017
7.00 - 8.00pm

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 9th 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 9th January**. Office Hours: Monday to Friday 9.30am - 12.45pm and 2.00 - 4.00pm.

or

4. ENROLMENT NIGHT

Wednesday 18th January from 7.00 - 8.00pm
at the school.

Tutors will not be present.
Course information will be available.

CLASSES WILL COMMENCE ON

Monday 30th January 2017
Tuesday 31st January 2017
Wednesday 1st February 2017

Contact us on 021-4322382 to book
by phone or by email adulted@ashton.ie

- Course fees do not include costs of materials.
- Senior Citizens/unwaged: reduced fees.
- Those participating in physical activities may need to seek medical advice before commencing.
- 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. ART FOR SELF DEVELOPMENT **NEW**

This course will be of value to those interested in personal creative development through the therapeutic use of art activities.
7.30-9.30pm | Duration: 8 Weeks | Fee: €95
Tutor: Richard Day B.A. M.A. Art Therapist

3. ASTRONOMY **NEW**

From basics to beyond, a grounding in and an appreciation of amateur astronomy with an opportunity to do actual observing.
7.30-9.30pm | Duration: 8 Weeks | Fee: €95 | Tutor: Tom Bonner

4. BASIC BICYCLE MAINTENANCE

Keep your bike running smoothly. Learn to fix punctures and brakes and tune your gears. BYO (bring your own) bike!
7.30-9.30pm | Duration: 6 Weeks | Fee: €70 | Tutor: The Bike Shed

5. BRIDGE - Continuation

Improve your knowledge of this great card game. Help to keep your mind active in a fun way. Must have completed a beginner's course.
7.30-9.30pm | Duration: 8 Weeks | Fee: €95 | Tutor: Sharon Carroll

6. COMPUTER SKILLS

Learn to use your computer more effectively. Get to grips with Windows, the Internet and email, download and install apps and file management. Computer experience necessary.
7.30-9.30pm | Duration: 8 Weeks | Fee: €95 | Tutor: Martina Adair

7. 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: Glenna Casey

8. 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.

9. 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

10. DYNAMIC HATHA YOGA - Beginners

A gentle introduction to include general yoga and breathing practice to improve posture, flexibility and muscle tone, including meditation and guided relaxations.
6.30-7.55pm | Duration: 10 Weeks | Fee: €90 | Tutor: Melloney O'Sullivan

11. DYNAMIC HATHA YOGA - Improvers

Must have completed a beginners course. Deepening and building your practice in a fun and challenging class.
8.05-9.30pm | Duration: 10 Weeks | Fee: €90 | Tutor: Melloney O'Sullivan

12. 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

13. GUITAR - Beginners

Learn to play lots of popular songs. No previous experience necessary.
7.30-8.30pm | Duration: 10 Weeks | Fee: €75 | Tutor: Gordon Frost M.A.

14. GUITAR - Improvers **NEW**

For those who have completed the beginner's course or who have some prior experience.
8.30-9.30pm | Duration: 10 Weeks | Fee: €75 | Tutor: Gordon Frost M.A.

15. MINDFULNESS

This is a practical course which will help you weave mindfulness into your everyday life creating less stress and more awareness of your life in general.
7.30-9.30pm | Duration: 8 Weeks | Fee: €95 | Tutor: Susan Crowley

16. 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

17. PILATES (STOTT) - Improvers

For those who have completed a beginners course and have a good body awareness. Please bring a bath towel.
8.40-9.40pm | Duration: 10 Weeks | Fee: €75 | Tutor: Maggie Chojan

18. PUBLISH YOUR OWN BOOK **NEW**

The idea of publishing your own book is achievable. This practical course is aimed at providing an overview of what self-publishing involves and what options are available.
7.30-9.30pm | Duration: 8 Weeks | Fee: €95 | Tutor: Kevin Doyle

19. SPANISH - Beginners Stage 2

For those who have completed Stage 1 or who already have some Spanish.
7.30-9.30pm | Duration: 10 Weeks | Fee: €110
Tutor: Maria Martinez Galvez B.A.

20. STOCKMARKET EXPLORED

Learn about the operation and structure of global stockmarkets. You will develop an investors mindset by learning how to discover and research investments with the greatest potential.
7.30-9.30pm | Duration: 8 Weeks | Fee: €95
Tutor: Redmayne Bentley Stockbrokers

TUESDAY

21. A GLIMPSE OF OLD CORK

Develop an understanding of aspects of Cork's history with this remembrance of times past through a lively series of talks.

7.30-9.30pm | Duration: 10 Weeks | Fee: €110
Tutors: Ronnie Herlihy and Tom Spalding

22. ALEXANDER TECHNIQUE-Beginners

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. ART - WATERCOLOURS **NEW**

Gain the skills and techniques to be a confident watercolour painter in a relaxed and supportive environment.

7.00-9.00pm | Duration: 8 Weeks | Fee: €95 | Tutor: Danielle Sheehy B.A.

24. GROW YOUR GARDEN **NEW**

An introductory gardening course focusing on how to enhance your garden, guidance on design, planting and maintenance.

7.00-9.00pm | Duration: 8 Weeks | Fee: €95 | Tutor: Olive Ryan

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. INTRODUCTION TO iPad **NEW**

Learn to get the most from your iPad from set-up, apps, photos and iCloud.

7.30-9.30pm | Duration: 6 Weeks | Fee: €70

Tutor: Roy Sheehan BA PME

28. NOVELTY CAKES

Learn beginners 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

29. ORAL IRISH FOR LEAVING CERTIFICATE

Intensive preparation for the oral exam worth 40% of the final grade. Maximum number 10.

7.00-8.00 | Duration: 8 Weeks | Fee: €65

Tutor: Carmel Desmond B.A H.Dip In Ed.

30. ORAL IRISH FOR LEAVING CERTIFICATE

Intensive preparation for the oral exam worth 40% of the final grade. Maximum number 10.

8.00-9.00pm | Duration: 8 Weeks | Fee: €65

Tutor: Carmel Desmond B.A H.Dip In Ed

31. PILATES - Beginners

Gentle pilates and relaxation. Strengthen your core muscles and improve posture and alignment. Flexibility, strength and balance.

8.40-9.40pm | Duration: 9 Weeks | Fee: €70

Tutor: Jaconel Janssen

32. PILATES - Continuation

For those who have completed a beginners course.

7.30-8.30pm | Duration: 9 Weeks | Fee: €70

Tutor: Jaconel Janssen

33. 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.

34. UKULELE FOR BEGINNERS

Learn to play this fun instrument in a relaxed and friendly class. No previous experience necessary.

7.30-8.30pm | Duration: 8 Weeks | Fee: €65

Tutor: Daniel Campion

35. UKULELE FOR IMPROVERS **NEW**

For those with some experience or who have completed Ukulele for beginners.

8.30-9.30pm | Duration: 8 Weeks | Fee: €65

Tutor: Daniel Campion

36. YOGA **NEW**

Multi-level 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. YIN YOGA AND MINDFULNESS **NEW**

Yin yoga poses are held for longer periods with deeper results. Stillness in the poses creates the space for mindfulness which is the perfect antidote for a busy life. 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 a mix of Latin sounds and 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: Siobhan Dennehy B Ed SSPE

39. ZUMBA WORKOUT

8.00-9.00pm | Duration: 8 Weeks | Fee: €65

Tutor: Siobhan Dennehy B Ed SSPE

WEDNESDAY



40. ARCHAEOLOGY

This course is designed for those who want to know more about archaeology and to generate an understanding and interest in their local built heritage.

7.30-9.30pm | Duration: 8 Weeks | Fee: €95

Tutor: Sylvia Holmes and Niamh Daly

41. BADMINTON - BEGINNERS **NEW**

This course is geared towards those who wish to learn the basic skills and tactics of badminton. Open to men and women.

8.00-9.00pm | Duration: 8 Weeks | Fee: €65

Tutor: Siobhan Dennehy B Ed SSPE

42. CAKE DECORATION

Learn the art of Sugarcraft and all aspects of cake decorating, including the use of patchwork cutters.

7.00-9.30pm | Duration: 8 Weeks | Fee: €110 | Tutor: Kathleen Cronin

43. 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

44. COUCH TO 5KM

7.30-8.30pm | Duration: 9 Weeks | Fee: €65 | Tutor: Mags O'Leary

45. FITNESS MATTERS

Strengthen your body through cardiovascular and resistance exercises which target every muscle group. A great full body workout. Open to men and women of all fitness levels.

7.00-8.00pm | Duration: 8 Weeks | Fee: €65

Tutor: Siobhan Dennehy B Ed SSPE

46. FITSTEPS

Choreographed fitness programme designed by Strictly Come Dancing's own Ian Waite and Natalie Lowe. An energetic dance-based workout to get fit and have fun. Burn 600 - 800 calories per session. No partner necessary..

7.00-8.00pm | Duration: 8 Weeks | Fee: €65 | Tutor: Rachel Crusher

47. French - BEGINNERS **NEW**

Learn French in a relaxed and fun environment and acquire basic conversational skills for work or holidays.

7.30-9.30pm | Duration: 10 Weeks | Fee: €110

Tutor: Margaret O'Connor BA

48. FURNITURE RESTORATION & FRENCH POLISHING

A piece of furniture is required!

7.30-9.30pm | Duration: 10 Weeks | Fee: €110 | Tutor: Michael O'Connell

49. LIVE LIFE RIGHT NOW **NEW**

Learn to live a more vibrant, meaningful life now! Explore how to live mindfully and learn a better way to deal with life's difficulties

7.30-9.30pm | Duration: 8 Weeks | Fee: €95 | Tutor: Rosarii Ryan B.Sc. B.A.

50. PICTURE BOOK ILLUSTRATION

Introduction to children's book and graphic novel production. Step by step through the creative process from concept to sequential image to publishing and exhibiting.

7.30-9.30pm | Duration: 8 Weeks | Fee: €95

Tutor: Alan Corbett B.A. PGDE M.A.

51. PILATES (STOTT) - Beginners

Pilates exercises target the core muscles & help improve posture, alignment & relaxation. Improve your flexibility and prevent injury.

7.00-8.00pm | Duration: 10 Weeks | Fee: €75 | Tutor: Yvonne Fitzgerald

52. PILATES - Continuation

For those who have completed a beginners course.

8.00-9.00pm | Duration: 10 Weeks | Fee: €75 | Tutor: Yvonne Fitzgerald

53. 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.

54. 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.

55. 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

WEDNESDAY AFTERNOON

56. 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

57. COMPUTERS - Next Step

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

58. LACEMAKING, EMBROIDERY & CROCHET

Limerick, Carrimacross, Youghal and Tape etc..

2.00-4.00pm | Duration: 8 Weeks | Fee: €85

Tutor: Veronica Stuart, International Gold Medal winner

59. 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

60. PILATES FOR THE OLDER ADULT

Pilates exercises are safe & effective; they target the core muscles & help improve posture, alignment & relaxation. Improve flexibility, strength and balance.

2.00-3.00pm | Duration: 9 Weeks | Fee: €65

Tutor: Jaconel Janssen

61. SPANISH - Beginners

A conversation based course, learning how to speak Spanish in an easy-going and friendly atmosphere.

1.45-3.15pm | Duration: 10 Weeks | Fee: €85

Tutor: Vicente Rodrigo Parrilla

62. SPANISH - Improvers

For those who have completed a beginners course, improve your Spanish in an easy-going and friendly atmosphere.

3.30-5.00pm | Duration: 10 Weeks | Fee: €85

Tutor: Vicente Rodrigo Parrilla

63. YOGA FOR THE OLDER ADULT

Flowing gentle yoga sequences with movement of hips and shoulders. Suitable for people recovering from illness. Includes breath awareness, yoga postures, guided relaxation and an introduction to meditation.

2.00-3.15pm | Duration: 10 Weeks | Fee: €75

Tutor: Melloney O'Sullivan

64. YOGA FOR THE OLDER ADULT

3.20-4.35pm | Duration: 10 Weeks | Fee: €75

Tutor: Melloney O'Sullivan

HORSERIDING

65. HORSERIDING FOR BEGINNERS

Hop Island, Rochestown.

Suitable for all ages and fitness levels

Thursday 7.00 - 8.00pm | Fee: €160

Duration 8 Weeks | Maximum 12

TENNIS

Douglas Lawn Tennis Club

Tennis for beginners learning the basic skills of the game.

66. Wednesday | 6.00 - 7.00pm | Fee: €65

67. Friday | 10.00 - 11.00am | Fee: €65

Duration 8 Weeks | Tutor: Mark Cunningham

GOLF

68. Beginners (Frankfield Driving Range)

Wednesday, 6.00-7.00pm | Fee: €90

Duration: 5 weeks | Tutor: David Whyte P.G.A.

69. Improvers (Frankfield Driving Range)

Wednesday, 7.00-8.00pm | Fee: €90

Duration: 5 weeks | Tutor: David Whyte P.G.A.

