

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 TUTORS 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 SCHOOL



ADULT EDUCATION PROGRAMME

AUTUMN 2017

How to book a class

Online: www.ashton.ie

By phone: 021 432 2382

Office:

Enrolments from Monday September 4th
9.30^{am} - 1.00^{pm}

Postal enrolments:
on the form enclosed

Enrolment Night

Wednesday 13th September, 7.00^{pm} - 8.00^{pm}

Ashton School
Blackrock Road
Cork
T12 AF50

Enquiries: Phone 021 432 2382
Email adulted@ashton.ie



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 4th September**. 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 4th September**. Office Hours: Monday to Friday 9.30am - 1.00pm.

or

4. ENROLMENT NIGHT

Wednesday 13th September from 7.00 - 8.00pm at the school.

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

CLASSES WILL COMMENCE ON

Monday 25th September 2017
Tuesday 26th September 2017
Wednesday 27th September 2017

- 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

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

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. 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: 8 Weeks | Fee: €95 | Tutor: The Bike Shed

4. BRIDGE - Beginners

Learn the basics of this great card game. Help to keep your mind active in an enjoyable way.
7.30-9.30pm | Duration: 8 Weeks | Fee: €95 | Tutor: Sharon Carroll

5. 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

6. 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

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. DYNAMIC HATHA YOGA - Beyond Beginners **NEW**

For improvers and enthusiastic beginners, deepening and building your yoga practice in an enjoyable and challenging class.
6.30-7.55pm | Duration: 10 Weeks | Fee: €90 | Tutor: Melloney O'Sullivan

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.

8.05-9.30pm | Duration: 10 Weeks | Fee: €90 | Tutor: Melloney O'Sullivan

11. 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, enjoyable atmosphere.

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

12. 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.

13. GUITAR - Beginners

8.30-9.30pm | Duration: 10 Weeks | Fee: €75 | Tutor: Gordon Frost M.A.

14. INTRODUCTION TO FAMILY HISTORY **NEW**

Are you interested in tracing your family history, but don't know where to start? This course will provide you with the practical know how to find your family records. Basic Internet knowledge required.

7.00-9.00pm | Duration: 8 Weeks | Fee: €95 | Tutor: Karen O'Riordan B.A.

15. INTRODUCTION TO IPAD

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

16. MINDFULNESS

This practical course will give you the tools/skills to become more present in your everyday life. Develop a better understanding of yourself to enable you to live in the Now.

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

17. PILATES (STOTT) - Beginners

Tone your body and strengthen your core, become more aware of your body. 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

18. 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

19. PUBLISH YOUR OWN BOOK

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: 6 Weeks | Fee: €70 | Tutor: Kevin Doyle

20. 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.

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. ART - WATERCOLOURS

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 M.F.A.

23. GROW YOUR GARDEN

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

24. 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

25. INFINITE TAI-CHI & CHI-KUNG - Improvers

8.30-10.00pm | Duration: 10 Weeks | Fee: €90 | Tutor: Allan O'Leary

26. INTRODUCTION TO PUBLIC SPEAKING **NEW**

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

27. KINESIOLOGY - Beginners **NEW**

This course teaches skills that can be used everyday to help improve health and wellbeing, reduce stress and improve general vitality.

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

Tutor: Liam Daly DipAK

28. 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.

29. 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

30. PILATES - Beginners

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

8.40-9.40pm | Duration: 10 Weeks | Fee: €75

Tutor: Jaconel Janssen

31. PILATES - Continuation

For those who have completed a beginners course.

7.30-8.30pm | Duration: 10 Weeks | Fee: €75

Tutor: Jaconel Janssen

32. QUICK AND EASY CAKES **NEW**

Learn to create quick and easy novelty cakes incorporating clever modelling techniques, using your own cakes.

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

Tutor: Patricia O'Flaherty

33. 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.

34. TRADITIONAL WOODCRAFT **NEW**

An introduction to the practice of woodworking and a wide application of craft skills. Gain practical experience of woodworking processes and techniques. Material cost extra.

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

Tutor: Kevin Carey B Tech Ed.

35. 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

36. UKULELE FOR BEGINNERS

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

Tutor: Daniel Campion

37. WORLD OF WINE **NEW**

An informative course on the diverse world of wine. Taste your way to a greater appreciation and knowledge of wine.

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

Tutor: Nicolas Sicot WSET Diploma

38. YOGA

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.

39. YIN YOGA AND MINDFULNESS

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.

40. 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

41. ZUMBA WORKOUT - Continuation

For those who have completed a beginners course or have Zumba experience.

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

Tutor: Siobhan Dennehy B Ed SSPE

WEDNESDAY

42. 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

43. 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

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: 9 Weeks | Fee: €65 | Tutor: Mags O'Leary

45. COUCH TO 5KM

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

46. 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

47. 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, great for burning calories and complete body toning. No partner necessary.

6.30-7.30pm | Duration: 8 Weeks | Fee: €65 | Tutor: Rachel Crusher

48. FITSTEPS - Continuation **NEW**

For anyone who has attended Fitsteps previously. A slightly more advanced class, faster paced enabling you to achieve a higher level of fitness and toning with extra calories burnt.

7.30-8.30pm | 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. LIVE LIFE NOW

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.

51. 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.

52. 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

53. PILATES - Continuation

For those who have completed a beginners course.

8.00-9.00pm | 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. 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.

56. STOCKMARKET EXPLORED **NEW**

Learn about the Stockmarket. Is now the time to invest?

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

Tutor: Redmayne Bentley Stockbrokers

WEDNESDAY AFTERNOON

57. 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

58. 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

59. 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

60. 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

61. PILATES FOR THE OLDER ADULT

A mix of mat and chair based pilates exercises to help improve flexibility, strength and balance.

2.00-3.00pm | Duration: 10 Weeks | Fee: €70

Tutor: Jaconel Janssen

62. SPANISH - Continuation

A conversation based course for those who have completed a beginners course or have acquired the basics of the language.

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

Tutor: Vicente Rodrigo Parrilla

63. SPANISH - Improvers

For those who would like to improve their Spanish in an easy-going and friendly atmosphere.

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

Tutor: Vicente Rodrigo Parrilla

64. 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

65. YOGA FOR THE OLDER ADULT

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

Tutor: Melloney O'Sullivan

HORSERIDING

66. HORSE RIDING 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.

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

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

Duration 8 Weeks | Tutor: Mark Cunningham

GOLF

69. Beginners (Frankfield Driving Range)

Tuesday | 6.00-7.00pm | Fee: €90

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

70. Improvers (Frankfield Driving Range)

Tuesday | 7.00-8.00pm | Fee: €90

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