

Postal Enrolment Form

Name: _____

Address: _____

Telephone: _____

Home _____

Mobile _____

Email: _____

1st Choice Course _____

Course No: _____ Day: _____

2nd Choice Course _____

Course No: _____ Day: _____

Total amount enclosed: € _____

PLEASE RETURN FORM WITH APPROPRIATE FEE TO :

Ashton School
Adult Education Dept
Blackrock Road
Cork
T12 AF50

PAYMENT CAN BE MADE BY CHEQUE OR POSTAL ORDER AND MADE PAYABLE TO ASHTON SCHOOL.

Receipt will be issued by post / email within 5 working days.



APPLICATIONS FROM POTENTIAL TUTORS WITH NEW COURSE SUGGESTIONS ALWAYS WELCOME
Please phone or email us !

ASHTON



ASHTON SCHOOL

Blackrock Road
Cork
T12 AF50

Tel: 021 432 2382
Email: adulted@ashton.ie

www.ashton.ie

ASHTON SCHOOL



ADULT EDUCATION PROGRAMME

SPRING 2018

How to book a class:

Online: www.ashton.ie

Office: In person or by phone (021 432 2382) from Monday January 8th 2018

Office hours: Mon- Fri 9.30am - 1pm

Post: Details on the form enclosed

Enrolment Night at school:

Wednesday January 17th, 7.00^{pm} - 8.00^{pm}

Ashton Adult Education Facebook page

Ashton School
Blackrock Road, Cork T12 AF50

Enquiries:

Tel: 021 432 2382

Email: adulted@ashton.ie

ASHTON



ENROLMENT OPTIONS

ON-LINE ENROLMENTS

Enrol online now for any of our courses using the school website www.ashton.ie. €2 fee applies for use of debit/credit card. Receipts issued via email.

ADULT EDUCATION OFFICE

Our office at the school will accept enrolments in person from **Mon January 8th 2018**. Payment can be made using cash, cheque or card. Alternatively phone us on 021 4322382 and pay by card. **Office Hours : Mon - Fri 9.30am - 1pm.**

POSTAL ENROLMENT

You may enrol by post from **Mon January 8th**. Please complete the Enrolment Form attached and return by post with the appropriate fee. You can pay by Cheque or Postal order made payable to Ashton School. Receipts issued by post/email within 5 days.

ENROLMENT NIGHT

Wednesday January 17th from 7.00 - 8.00pm at the school.

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

CLASSES WILL COMMENCE ON

Monday January 29th 2018
Tuesday January 30th 2018
Wednesday January 31st 2018

For general queries please contact us on 021 4322382 or email adulted@ashton.ie.

- Course fees do not include the cost 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.
- Classes will not take place on Bank Holidays.

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

MONDAY

1. 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

2. BRIDGE - Beginners

Learn the basics of this great card game. Help to keep your mind active in an enjoyable way.

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

3. 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. Some computer experience necessary.

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

4. COOKING WITH GLENA

With this hands-on course, learn to create tasty meals for family and friends with easy and delicious recipes. Ingredients required each week.

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

5. CRIMINOLOGY - INTRODUCTION (NEW)

Discussion based course examining the sociology of crime, the Irish justice system and crime prevention.

7.30pm-9.30pm | Duration: 5 weeks | Fee: €60 | Tutor: Kevin McCabe

6. 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

7. DRESSMAKING

For the beginner or intermediate Sewist. Make a dress, a top, a skirt... Using a commercial pattern you will learn how to layout, cut and make up a garment.

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

8. DYNAMIC HATHA YOGA - Beyond Beginners

Suitable for those with some experience or 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

9. 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

10. 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.

11. GUITAR - Improvers (NEW)

For those who have completed a beginner's course or who have some prior experience.

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

12. 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

13. 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: Helen Leonard

14. 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: Helen Leonard

15. PLANTING THE SEED! (NEW)

Enhance your garden through design & horticulture, with a modern, low maintenance, planting style.

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

Tutor: Ingrid Swan BSc MGLDA

16. SPANISH - Improvers (NEW)

For those who have completed a beginners course or who already have some Spanish.

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

Tutor: Maria Martinez Galvez B.A.

17. STOCKMARKET EXPLORED

Learn all about the stockmarket. Is now the right time to invest ?

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

Tutor: Redmayne Bentley Stockbrokers

18. STYLE & FASHION (NEW)

Learn to create a style you love ! Explore how your wardrobe, hair, make-up and posture impact your style and discover what suits you best. Includes visits from guests and an optional personal shopping experience.

7.30-9.30pm | Duration: 8 Weeks | Fee: €95 | Tutor: Anne Mc Sweeney

19. ZUMBA

A fitness class that uses a mix of Latin sounds and well known, popular music that guarantees to burn 500+ calories per class while having fun.

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

Tutor: Siobhan Dennehy B Ed SSPE

20. 20-20-20 (NEW)

This class covers 20 mins cardio, 20 mins strength training and 20 mins toning. It is a great all round class to give you a full body workout and improve your flexibility. Suitable for all levels of fitness.

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

Tutor: Siobhan Dennehy B Ed SSPE

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. CORE & TONE (NEW)

Concentrating on core, bum and legs this class will help you to tone and build core strength. It will also increase your general level of fitness and improve posture.

7.00-8.00pm | Duration: 8 Weeks | Fee: €65
Tutor: Siobhan Dennehy B Ed SSPE

24. FITNESS MATTERS

Strengthen your body through cardio and resistance exercises which target every muscle group. A great full body workout.

8.00-9.00pm | Duration: 8 Weeks | Fee: €65
Tutor: Siobhan Dennehy B Ed SSPE

25. FLOWER ARRANGING FOR SPRING (NEW)

Tips and practical advice to get the best from your flowers. Learn how to make nice practical arrangements from easily accessible flowers.

7.30-9.30pm | Duration: 8 weeks | Fee: €95 | Tutor: Nuala O'Sullivan

26. FRENCH CONVERSATION (NEW)

This course is for adults who have some spoken French already and wish to practice and develop. Improve your fluency with a native speaker in a friendly and supportive environment.

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

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. INTRODUCTION TO PUBLIC SPEAKING

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

30. IRISH ORAL - 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.

31. IRISH GRAMMAR - LEAVING CERTIFICATE (NEW)

Suitable for Senior cycle students seeking to improve their knowledge of nouns, verbs, genitive case etc.

8.00-9.00 | Duration: 8 Weeks | Fee: €65
Tutor: Carmel Desmond B.A H.Dip In Ed.

32. NUTRITION & HEALTHY COOKING (Demonstration class) (NEW)

Learn the principles of good nutrition and healthy eating through cooking with the right ingredients and healthy methods. Enjoy demonstrations with tasting. Try these easy recipes at home!

7.30-9.30pm | Duration: 6 Weeks | Fee: €85
Tutor: Jorien Verstraten (Dynamic Nutrition)

33. PILATES - Beginners

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

8.40-9.40pm | Duration: 8 Weeks | Fee: €65
Tutor: Jaconel Janssen (www.pilatespeoplecork.com)

34. PILATES - Continuation

For those who have completed a beginners course.

7.30-8.30pm | Duration: 8 Weeks | Fee: €65
Tutor: Jaconel Janssen (www.pilatespeoplecork.com)

35. SPANISH - Beginners (NEW)

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. TRADITIONAL WOODCRAFT

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: 10 Weeks | Fee: €110 | Tutor: Kevin Carey B Tech Ed.

37. WORLD OF WINE

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

7.30-9.30pm | Duration: 6 Weeks | Fee: €90
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.

WEDNESDAY

40. ALEXANDER TECHNIQUE - Continuation (NEW)

For those who have completed a beginners course.

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

41. CAKE DECORATION

Learn the art of Sugarcraft and all aspects of cake decorating, including the use of patchwork cutters. A list of materials required will be provided before the start date.

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

42. EXPRESSIVE DRAWING (NEW)

Discover your own self expression, using mindful drawing techniques and exercises, while increasing calmness and clarity, in a relaxed environment. No drawing experience necessary

7.30-9.00pm | Duration: 8 Weeks | Fee: €85
Tutors: Carol Healy & Cassandra Eustace

43. 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

44. FRENCH ORAL - LEAVING CERTIFICATE (NEW)

Ideal for LC students who wish to practice and improve their spoken French with an experienced teacher and native speaker.

6.30-7.30pm | Duration: 8 Weeks | Fee: €65 | Tutor: Marité Huet

45. FRENCH GRAMMAR - LEAVING CERTIFICATE (NEW)

Class designed for LC students to improve verbs, tenses and all aspects of sentence structure.

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

46. FURNITURE RESTORATION & FRENCH POLISHING

A piece of furniture is required!

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

47. 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

48. PILATES - Continuation

For those who have completed a beginners course.

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

49. PSYCHOLOGY FOR LIFE

Psychology you can use. Learn how to read and master body language, understand people better. 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.

50. RUN FOR FUN (NEW)

Transform into a runner week by week with some walking and jogging. With dedication you will gradually build up to running 5Km.

6.30-7.30pm | Duration: 9 Weeks | Fee: €65 | Tutor: Mags O'Leary

51. SKIN REJUVENATION & MAKEUP (NEW)

Learn how to take care of your skin and techniques for makeup application. Includes personalised skin analysis and complimentary lash & brow tint.

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

52. SONG-WRITING MADE SIMPLE (NEW)

Learn how to write lyrics and discover your own musical style! Come along to unlock the song in your heart! No previous song-writing experience or knowledge of an instrument required.

7.30-9.30pm | Duration: 8 weeks | Fee: €95
Tutor: David Moynihan (www.ducksymusic.com)

53. 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.

54. STRENGTH & CONDITIONING (NEW)

A low impact exercise class that focuses on improving strength and mobility, mostly using your own body resistance. A class for all ages.

7.30-8.30pm | Duration: 8 Weeks | Fee: €65 | Tutor: Mags O'Leary

55. UKULELE FOR BEGINNERS (NEW)

Great opportunity to meet new people, learn a new skill and have the option to perform in a live group performance. No previous experience necessary.

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

56. UKULELE FOR IMPROVERS (NEW)

For those who have completed a beginners course or have some previous experience. Includes the option to perform in a live group performance.

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

57. ZUMBA (NEW)

A fast paced high energy dance workout incorporating a fusion of dance styles from Salsa, Merengue, Jive, Cha Cha and Bhangra to a mix of Latin sounds, old favourites and current hits. Burn 500+ calories whilst having fun sweating to fabulous music!

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

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 - MICROSOFT EXCEL (NEW)

Learn how to use Excel. Practice with formulas, rows & columns height and width, freeze and lock, inserting tables, using the auto fill tools and a whole lot more!

3.30-5.00pm | Duration: 5 weeks | Fee: €50 | Tutor: Martina Adair

60. COMPUTERS - MICROSOFT ACCESS (NEW)

Learn about Access tables, Relationships, Queries, Forms and Reports. ** This course starts on Wed March 7th 2018

3.30-5.00pm | Duration: 5 weeks | Fee: €50 | Tutor: Martina Adair

61. LACEMAKING, EMBROIDERY & CROCHET

Limerick, Carrimacross, Youghal and Tape etc. Suitable for all levels.

2.00-4.00pm | Duration: 8 Weeks | Fee: €85
Tutor: Veronica Stuart, International Gold Medal winner

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

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

2.00-3.00pm | Duration: 8 weeks | Fee: €60
Tutor: Jaconel Janssen (www.pilatespeoplecork.com)

64. SPANISH - Beginners (NEW)

Focus on basic communication skills in Spanish and cultural aspects. Printed material will be provided.

3.30-5.00pm | Duration: 10 weeks | Fee: €85
Tutor: Mariana Jimenez Moreno

65. SPANISH - Improvers

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: Mariana Jimenez Moreno

66. SPANISH - Conversation

For those with an intermediate level of Spanish who would like to converse in an easy-going and friendly atmosphere.

3.30-5.00pm | Duration: 10 Weeks | Fee: €85
Tutor: Vicente Rodrigo Parrilla

67. 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 introduction to meditation.

2.00-3.15pm | Duration: 10 Weeks | Fee: €75 | Tutor: Melloney O'Sullivan

68. YOGA FOR THE OLDER ADULT

3.20-4.35pm | Duration: 10 Weeks | Fee: €75 | Tutor: Melloney O'Sullivan

HORSERIDING

69. 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

70. TENNIS FOR BEGINNERS

Douglas Lawn Tennis Club

Suitable for all ages and fitness levels.

Friday | 10.00-11.00am | Fee: €65
Duration 8 Weeks | Tutor: Mark Cunningham

GOLF

71. Golf for Beginners

Frankfield Driving Range

Tuesday | 6.00-7.00pm | Fee: €90
Duration: 5 weeks | Tutor: David Whyte P.G.A.

72. Golf for Improvers

Frankfield Driving Range

Tuesday | 7.00-8.00pm | Fee: €90
Duration: 5 weeks | Tutor: David Whyte P.G.A.