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

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

ASHTON

ASHTON SCHOOL
ADULT EDUCATION
SPRING 2016

ENROL ONLINE USING LASER
OR CREDIT CARD THROUGH

www.ashton.ie

POSTAL & OFFICE ENROLMENTS from

Monday 4th January 2016

ENROLMENT NIGHT

Wednesday 13th January 2016
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 4th 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 4th January.
Office Hours:
Monday to Friday 9.30am – 12.45pm and 2.00 – 4.00pm.

or

4. ENROLMENT NIGHT

Tutors will not be present.
Course information will be available.
Wednesday 13th January from 7.00 – 8.00pm at the school.

CLASSES WILL COMMENCE ON

Monday 25th January 2016
Tuesday 26th January 2016
Wednesday 27th January 2016

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

3. ART – An Introduction
A beginners Art Course to guide you through the basics of painting and help you express your own individual style.
7.30-9.30pm | Duration: 8 Weeks | Fee: €95 | Tutor: Carole Anne Floyd

4. COMPUTER SKILLS 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: 8 Weeks | Fee: €95 | Tutor: Martina Adair

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 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. DYNAMIC HATHA YOGA - Beginners NEW
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

10. DYNAMIC HATHA YOGA - Improvers NEW
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

11. FIND YOUR INNER VOICE NEW
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

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

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

15. 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

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 awareness. Please bring a bath towel.
8.40-9.40pm | Duration: 10 Weeks | Fee: €75 | Tutor: Maggie Chojan

18. SPANISH - Beginners Stage 2 NEW
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.

19. 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

TUESDAY

20. A GLIMPSE OF OLD CORK
Remembering times past, an understanding of aspects of the history of Cork City.
7.30-9.30pm | Duration: 10 Weeks | Fee: €110
Tutors: Ronnie Herlihy and Tom Spalding

21. 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

22. ART & CRAFT OF SHORT STORY WRITING NEW
Learn to create short stories with a widely-published Irish Book Award-winning writer. This course covers the fundamental elements of creating vibrant fiction. Suitable for all levels.
7.30-9.30pm | Duration: 8 Weeks | Fee: €95
Tutor: Billy O'Callaghan

23. CERAMIC WORKSHOP
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. GARDEN OVERHAUL NEW
An introductory gardening course focusing on how to enhance your garden, guidance on design, planting and maintenance.
7.30-9.30pm | Duration: 8 Weeks | Fee:€95
Tutor: Noranne Scott

25. INFINITE TAI-CHI & CHI-KUNG – Beginners
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 LAW NEW
Exploring the basics of the core topics in law and the Courts system.
7.30-9.30pm | Duration: 8 Weeks | Fee: €95
Tutor: Tony O'Sullivan B.L.

28. 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

29. ORAL IRISH FOR LEAVING CERTIFICATE NEW
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 NEW
Intensive preparation for the oral exam worth 40% of the final grade. Maximum number 10.
8.00-9.00 | 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: 8 Weeks | Fee: €65
Tutor: Jaconel Janssen

32. PILATES - Continuation
For those who have completed a beginners course.
7.30-8.30pm | Duration: 8 Weeks | Fee: €65
Tutor: Jaconel Janssen

33. SPANISH - Beginners Stage 1 NEW
Based on oral and written communication with lots of opportunities to practice for holidays, work etc.
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. UKULELE FOR BEGINNERS NEW
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 NEW
8.30-9.30pm | Duration: 8 Weeks | Fee: €65 | Tutor: Daniel Campion

37. 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.

38. 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.

39. 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

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

WEDNESDAY

41. BOXERCISE NEW
A non-contact exercise class based on a combination of boxing movements and aerobics. Improve your fitness, have fun, burn calories, improve your rhythm and coordination. Open to all.
8.00-9.00pm | Duration: 8 weeks | Fee: €65
Tutor: Siobhan Dennehy B Ed SSPE

42. CAKE DECORATION
Create unique Christening cakes. Learn to use patchwork cutters and make bridal orchids.
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. DRAWING WORKSHOP
A fun, practical and skill-based approach to drawing, covering technical and observational skills. All levels welcome.
7.30-9.30pm | Duration: 8 Weeks | Fee: €95 | Tutor: Tracy Fitzgerald

46. EMPOWERING WOMEN NEW
Focus and reflect on your inner strength. Learn assertiveness skills and coping mechanisms to find an overall balance in your life.
7.00-9.00pm | Duration: 8 Weeks | Fee: €95
Tutor: Cara Bourke O'Shaughnessy

47. EXPLORING THE DIGITAL WORLD NEW
Interactive and discussion based class that examines the digital world, internet safety and awareness.
7.30-9.30pm | Duration: 5 Weeks | Fee: €55 | Tutor: Kathy O'Hare

48. FITNESS MATTERS NEW
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

49. FITSTEPS
Choreographed fitness programme designed by Strictly Come Dancing's own Ian Waite and Natalie Lowe. An energetic dance class to get fit and have fun. No partner necessary.
7.00-8.00pm | Duration: 8 Weeks | Fee: €65 | Tutor: Rachel Crusher

50. FITSTEPS
8.00-9.00pm | Duration: 8 Weeks | Fee: €65 | Tutor: Rachel Crusher

51. FURNITURE RESTORATION & FRENCH POLISHING
A piece of furniture is required!
7.30-9.30pm | Duration: 10 Weeks | Fee: €110 | Tutor: Michael O'Connell

52. 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

53. ORAL SPANISH FOR LEAVING CERTIFICATE NEW
Intensive preparation for the Oral Exam worth 25% of the final grade. Maximum number 10.
7.00-8.00pm | Duration: 8 Weeks | Fee: €65
Tutor: Vicente Rodrigo Parrilla

54. ORAL SPANISH FOR LEAVING CERTIFICATE NEW
Intensive preparation for the Oral Exam worth 25% of the final grade. Maximum number 10.
8.00-9.00pm | Duration: 8 Weeks | Fee: €65
Tutor: Vicente Rodrigo Parrilla

55. PILATES - Beginners
Pilates exercises are safe & effective; they target the core muscles & help improve posture, alignment & relaxation. Feel better, look better, move better.
7.00-8.00pm | Duration: 10 Weeks | Fee: €75 | Tutor: Yvonne Fitzgerald

56. PILATES - Continuation
For those who have completed a beginners course.
8.00-9.00pm | Duration: 10 Weeks | Fee: €75 | Tutor: Yvonne Fitzgerald

57. 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.

58. 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.

59. 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

60. 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

61. 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

62. 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

63. 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

64. 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: 8 Weeks | Fee: €65
Tutor: Jaconel Janssen

65. SPANISH – Continuation
For those who have completed a beginners course.
3.30-5.00pm | Duration: 10 Weeks | Fee: €85
Tutor: Vicente Rodrigo Parrilla

66. SPANISH - Improvers NEW
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

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, 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.

70. Monday | 7.00-8.00pm | Fee: €65
71. Friday | 10.00-11.00am | Fee: €65
Duration 8 Weeks | Tutor: Mark Cunningham

GOLF

72. Beginners (Frankfield Driving Range)
Wednesday, 6.00-7.00pm | Fee: €90
Duration: 5 weeks | Tutor: David Whyte P.G.A.

73. Improvers (Frankfield Driving Range)
Wednesday, 7.00-8.00pm | Fee: €90
Duration: 5 weeks | Tutor: David Whyte P.G.A.