

ENROLMENT OPTIONS

ONLINE ENROLMENTS

Enrol online now for any of our courses via www.ashton.ie. A €2 administration fee applies for the use of a debit/credit card. Receipts will be issued via email.

OR

ADULT EDUCATION OFFICE

Our office at the school will accept enrolments in person from **Mon September 6th**. Alternatively phone us on **021 4322382** and pay by card. **Office Hours : Mon – Fri 9.30^{am} – 1^{pm}**.

OR

ENROLMENT NIGHT

Wednesday September 15th from 7.00 – 8.00^{pm} at the school.

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

OR

POSTAL ENROLMENT

You may enrol by post from **Mon September 6th**. Please send your Name, Address, Mobile number, Email address and 1st / 2nd choice course numbers, with the appropriate fee, to Ashton Adult Education, Blackrock Rd., Cork. You can pay by cheque or postal order made payable to Ashton School. Receipts will be issued by post/email within 5 days.

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

CLASSES WILL COMMENCE ON

Monday September 27th 2021

Tuesday September 28th 2021

Wednesday September 29th 2021

- HSE Guidelines and Public Health advice will apply to all classes.
- Unless stated course fees do not include the cost of materials.
- Senior Citizens/Unwaged: reduced fees (contact the office).
- 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 run during the school holidays unless notified otherwise.
- Classes will not take place on Bank Holidays.

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



Applications from new tutors are always welcome. Please contact us!

ASHTON SCHOOL



AUTUMN 2021 ADULT EDUCATION PROGRAMME

HSE Guidelines and Public Health advice will apply to all classes

ONLINE ENROLMENTS

www.ashton.ie

OFFICE & POSTAL ENROLMENTS

from Monday September 6th 2021

ENROLMENT NIGHT

Wednesday September 15th 2021

7.00pm–8.00pm

Please see inside for more details

Ashton School

Blackrock Rd, Cork. T12 AF50

Tel: 021 4322382

Email: adulthood@ashton.ie | Web: www.ashton.ie

[f ashton adult education](https://www.facebook.com/ashtonadulteducation) | [@ashton_adult_ed](https://www.instagram.com/ashton_adult_ed)

MONDAY

1. ALEXANDER TECHNIQUE – Beginners

As you age, learn how to relieve stress, stay flexible and prevent aches & pains by finding out how your body works best. Become fitter and more flexible without going to the gym. Please bring your own mat.

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

2. BRIDGE FOR BEGINNERS NEW

Learn all the basics for this stimulating game. Being both fun & competitive, it can take you on a path of lifelong learning.

7.00-9.30pm | Duration: 8 Weeks | Fee: €110
Tutor: Cormac Lalor, C.B.A.I. Registered

3. COOKING WITH GLENA

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

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

4. 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

5. DRESSMAKING

For the beginner or intermediate Sewist. Make a dress, a top, a skirt... Learn how to layout, cut and make up a garment using a commercial pattern.

7.00-9.00pm | Duration: 10 Weeks | Fee: €110 | Tutor: Deirdre Hannafin

6. GUITAR – Beginners

Learn to play lots of popular songs. No previous experience necessary. Instrument required.

7.00-7.55pm | Duration: 10 Weeks | Fee: €75 | Tutor: Gordon Frost. M.A.

7. GUITAR – Beginners

8.05-9.00pm | Duration: 10 Weeks | Fee: €75 | Tutor: Gordon Frost. M.A.

8. HAPPY HABITS NEW

Learn activities that are scientifically proven to increase your wellbeing. The more you practice them, the happier you become. Simple!

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

9. PARENTING PRACTICES NEW

Engage with the principles needed to form strong connections with your children at all ages, while instilling in them positive life skills.

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

10. PHOTOGRAPHY

Develop your eye for taking a good photograph! Whether you're using a phone, a small camera or a DSLR, we'll cover the technical bits and look into what makes a great photograph.

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

11. PILATES

Focus on core strength, flexibility and injury prevention. Suitable for all levels. Please bring your own mat.

7.00-7.55pm | Duration: 8 Weeks | Fee: €65 | Tutor: Fiona Loughran

12. PILATES FOR MEN

Focus on core strength, flexibility and injury prevention. Please bring your own mat.

8.05-9.05pm | Duration: 8 Weeks | Fee: €65 | Tutor: Fiona Loughran

13. SINGING FOR ENJOYMENT

Find your voice within a group! Explore different singing styles, music types and learn how to make the most of your voice. No previous experience required!

7.00-8.30pm | Duration: 10 Weeks | Fee: €90 | Tutor: Eimear Sheehy

14. 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

15. SPANISH – Beginners Level 1

Based on oral and written communication with lots of opportunity to practice for work, holidays etc.

7.30-9.30pm | Duration: 10 Weeks | Fee: €110 | Tutor: Maria Martinez Galvez B.A.

16. SPEAK WITH CONFIDENCE

Progress from being an absolute beginner to a confident speaker and presenter, in a friendly & supportive environment.

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

17. SPORTS PSYCHOLOGY – STRENGTH OF MIND! NEW

Train your brain to improve your performance. Learn how to apply mental conditioning techniques across various sports settings. Suitable for coaches, players, managers or parents.

7.00-8.30pm | Duration: 5 Weeks | Fee: €60 | Tutor: Tim Marron, MSc M.Ps.I.

18. YOGA – Beginners

A gentle introduction to general yoga and breathing practice to improve posture, flexibility and muscle tone, including meditation and guided relaxations. Some incense will be used. Please bring your own mat.

6.30-7.45pm | Duration: 10 Weeks | Fee: €85 | Tutor: Melloney O'Sullivan

19. YOGA – Beyond Beginners

Suitable for those with some experience. Some incense will be used. Please bring your own mat.

7.55-9.10pm | Duration: 10 Weeks | Fee: €85 | Tutor: Melloney O'Sullivan

TUESDAY

20. ACADEMIC WRITING & RESEARCH NEW

Learn how to read and dissect academic text, write a bibliography, manage your time and structure your essays. Suitable for 3rd level courses with strong essay writing focus.

7.00-9.00pm | Duration: 5 Weeks | Fee: €80 | Tutor: Linda Costello

21. BADMINTON – Beginners

Improve your physical well-being and health while learning the skills of the game.

7.00-8.00pm | Duration: 8 Weeks | Fee: €65
Tutor: Michelle Hayes, Level 2 Coach

22. BADMINTON – Improvers

For those who can already play the game.

8.10-9.10pm | Duration: 8 Weeks | Fee: €65 | Tutor: Michelle Hayes, Level 2 Coach

23. BALLROOM/LATIN SOCIAL DANCING - Beginners

Have fun learning step by step to Waltz, Jive, Foxtrot, Quickstep, Cha Cha and more! Partner required.

7.00-8.10pm | Duration: 10 Weeks | Fee: €80 | Tutor: Enda O'Flaherty

24. BALLROOM/LATIN SOCIAL DANCING - Improvers

Continue to have fun practicing while still learning! Partner required.

8.20-9.30pm | Duration: 10 Weeks | Fee: €80 | Tutor: Enda O'Flaherty

TUESDAY cont'd

25. BRIDGE FOR BEGINNERS NEW

Learn all the basics for this stimulating game. Being both fun & competitive, it can take you on a path of lifelong learning.

7.00-9.30pm | Duration: 8 Weeks | Fee: €110
Tutor: Mary O'Sullivan, C.B.A.I. Registered

26. DRESSMAKING

For the beginner or intermediate Sewist. Make a dress, a top, a skirt... Learn how to layout, cut and make up a garment using a commercial pattern.

7.00-9.00pm | Duration: 10 Weeks | Fee: €110 | Tutor: Jess Lucas

27. FRENCH CONVERSATION - Beyond Beginners

This course is for adults who have some spoken French already. Practice and improve your fluency with an experienced native speaker.

7.00-7.55pm | Duration: 10 Weeks | Fee: €75 | Tutor: Marité Huet

28. FRENCH CONVERSATION - Intermediate

This course is for adults who are comfortable speaking French and would like to enhance their level with an experienced native speaker.

8.05-9.00pm | Duration: 10 Weeks | Fee: €75 | Tutor: Marité Huet

29. FUTURE FOODIE NEW

Discover the history of Irish food. Learn the fundamentals of food nutrition and modern approaches to the latest food trends, incorporating presentations of innovative culinary skills, tips & tricks.

7.30-9.30pm | Duration:8 weeks | Fee: €95 | Tutor: Diarmuid Higgins

30. GOLF - Beginners

Frankfield Driving Range
6.00-7.00pm | Duration : 5 weeks | Fee: €95 | Tutor : David Whyte P.G.A.

31. GOLF - Improvers

Frankfield Driving Range
7.00-8.00pm | Duration : 5 weeks | Fee: €95 | Tutor : David Whyte P.G.A.

32. GUITAR - Beginners

Learn to play lots of popular songs. No previous experience necessary. Instrument required.

7.00-7.55pm | Duration: 10 Weeks | Fee: €75 | Tutor: Alan Murphy

33. GUITAR - Continuation

For those who have completed a beginner's course or who have some basic prior experience. Learn more songs and new playing techniques.

8.05-9.00pm | Duration: 10 Weeks | Fee: €75 | Tutor: Alan Murphy

34. INFINITE TAI-CHI & CHI-KUNG

For relaxation, stress relief, meditation, Chi development, self-confidence and health. Mind, body and spirit in harmony. Suitable for beginners or those re-joining the practice.

7.00-8.30pm | Duration: 10 Weeks | Fee: €90 | Tutor: Allan O'Leary

35. IRISH ORAL - LEAVING CERTIFICATE

Intensive preparation for the oral exam worth 40% of the final grade. Max 10 students.

6.00-7.00pm | Duration: 8 Weeks | Fee: €65
Tutor: Carmel Desmond B.A H.Dip In Ed.

36. MIND YOUR WELLBEING NEW

Combining research based psychological education, short mindfulness practices and conversation, you will develop skills to build your resilience and enhance your life.

7.30-9.30pm | Duration: 8 Weeks | Fee: €95
Tutor: Tania Daunt, Carú Mindfulness & Wellbeing

37. PAINTING - OILS & ACRYLICS

Exploration of contemporary painting. All levels of ability welcome.

7.00-9.00pm | Duration: 10 Weeks | Fee: €110 | Tutor: Stephen Doyle

38. PILATES - Continuation

For those who have completed a beginner's course. Please bring your own mat.

7.00-8.00pm | Duration: 8 Weeks | Fee: €65
Tutor: Jaconel Janssen (www.pilatespeoplecork.com)

39. PILATES - Stretch & Relax

Mixed level class. De-stress and get ready for a good night's sleep. Gentle movement, stretches, releases and relaxation. Please bring your own mat.

8.10-9.10pm | Duration: 8 Weeks | Fee: €65
Tutor: Jaconel Janssen (www.pilatespeoplecork.com)

40. SPANISH - Beginners Level 2

For those who have completed a beginner's course or already have some Spanish.

7.30-9.30pm | Duration: 10 Weeks | Fee: €110 | Tutor: Maria Martinez Galvez B.A.

41. WOOD CARVING

Complete a project using hand carving techniques & principles. Course materials extra.

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

42. YOGA - Fusion

This class incorporates traditional yoga and other movement forms. The focus is on building core strength, in-creasing flexibility and range of motion. Please bring your own mat & a blanket.

6.30-7.30pm | Duration: 8 Weeks | Fee: €65 | Tutor: Fiona Tierney, Yoga Loft

43. YOGA - Mindful Movement

Looking to unwind? This yoga class focuses on relaxation techniques, breath work and gentle movement. Please bring your own mat & a blanket.

7.40-8.40pm | Duration: 8 Weeks | Fee: €65 | Tutor: Fiona Tierney, Yoga Loft

WEDNESDAY

44. CAKE DECORATION - Beginners

Learn all aspects of Sugarcraft from covering a cake to floral work to patchwork cutters etc. A list of materials required will be provided.

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

45. CONFLICT MANAGEMENT

Conflict is an inevitable part of life and work but it doesn't always have to be negative. Learn how to approach conflict positively, understand different conflict strategies and build your skills and self-knowledge.

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

46. DANCE EXPLOSION NEW

Fun packed, high energy dance class. Increase your mobility, flexibility, coordination and overall fitness. No partner required.

8.10-9.10pm | Duration: 8 Weeks | Fee: €65 | Tutor: Christina Murphy

47. FURNITURE RESTORATION & FRENCH POLISHING

Revive, refurbish and renew your chosen piece of furniture!

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

48. INTERIOR SPATIAL PLANNING & DESIGN FOR HOME

Study aspect, light and architectural drawings. Learn about spatial planning and how to choose furniture & colour selections for your home.

7.00-9.00pm | Duration: 8 Weeks | Fee: €95 | Tutor: Marie Lyne O'Keeffe

49. PAINTING - WATERCOLOURS

Explore the core techniques of wash, colour mixing, line, form, and texture through demonstrations and studies of landscape and still life. For both beginners and continuers.

7.30-9.30pm | Duration: 10 Weeks | Fee: €110 | Tutor: Carole Anne Floyd

50. PILATES - Beginners

Pilates is a form of exercise that focuses on core strength, flexibility and injury prevention. Suitable if you are new to Pilates or coming back to classes after a break. Please bring your own mat.

7.00-7.55pm | Duration: 8 Weeks | Fee: €65 | Tutor: Fiona Loughran

51. PILATES - Improvers

For those who have previously completed a course of Pilates. Please bring your own mat.

8.05-9.05pm | Duration: 8 Weeks | Fee: €65 | Tutor: Fiona Loughran

52. RUN FOR FUN NEW

Slow jog to a 5km run in just 8 weeks, using both indoor and outdoor facilities.

6.45-7.45pm | Duration: 8 Weeks | Fee: €65 | Tutor: Mags O'Leary

53. SEWING, PATCHWORK & QUILTING - INTRODUCTION NEW

Learn sewing, patchwork and quilting techniques that will allow you to make and embellish your own bags, purses and soft furnishings from scratch. Incorporates both hand and machine sewing.

7.00-9.00pm | Duration: 8 Weeks | Fee: €95 | Tutor: Anne Marie Curtin

54. STRETCH & FLEX NEW

A gentle approach to improve your flexibility and mobility while loosening all your muscles. Perfect as a pre or post workout for another exercise class or as a stand-alone option. Please bring your own mat.

7.30-8.00pm | Duration: 8 Weeks | Fee: €30 | Tutor: Christina Murphy

55. TOTAL BODY CONDITIONING

Head to toe strength and toning workout achieved through high repetition, non-cardio exercises, while using your own body or light weights as resistance. Suitable for all levels of fitness. Please bring your own mat.

8.00-9.00pm | Duration: 8 Weeks | Fee: €65 | Tutor: Mags O'Leary

56. YOGA & RELAXATION

A gentle introduction to include general yoga and breathing practice to improve posture, flexibility and muscle tone, including meditation and guided relaxations. Some incense will be used. Please bring your own mat.

6.30-8.00pm | Duration: 10 Weeks | Fee: €90 | Tutor: Melloney O'Sullivan

WEDNESDAY AFTERNOON

57. ALEXANDER TECHNIQUE - Beginners

As you age, learn how to relieve stress, stay flexible and prevent aches & pains by finding out how your body works best. Become fitter and more flexible without going to the gym. Please bring your own mat.

2.00-3.30pm | Duration: 10 Weeks | Fee: €90 | Tutor: Rosemary Moone

58. DANCERCISE !

Learn a mix of Waltz, Foxtrot, Cha Cha and other fun dances. Benefit in every way from a good workout too!

2.00-3.15pm | Duration: 10 Weeks | Fee: €80 | Tutor: Enda O'Flaherty

59. GARDENING - INTRODUCTION NEW

Create a year round garden by learning the techniques of taking cuttings, sowing seeds and planting bulbs or vegetables. Know how and what to plant for every season.

2.30-4.30pm | Duration: 8 Weeks | Fee: €95 | Tutor: Ros Longwill

60. LACEMAKING, EMBROIDERY & CROCHET

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

2.00-4.00pm | Duration: 8 Weeks | Fee: €95
Tutor: Veronica Stuart, International Gold Medal winner

61. MIND YOUR WELLBEING NEW

Combining research based psychological education, short mindfulness practices and conversation, you will develop skills to build your resilience and enhance your life.

2.30-4.00pm | Duration: 8 Weeks | Fee: €80
Tutor: Tania Daunt, Carú Mindfulness & Wellbeing

62. PAINTING IN WATERCOLOUR & OILS

(Improvers - Advanced. All Media)
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 floor and chair based Pilates exercises to help improve flexibility, strength and balance. Please bring your own mat.

2.00-3.00pm | Duration : 10 weeks | Fee : €75
Tutor: Jaconel Janssen (www.pilatespeoplecork.com)

64. SPANISH - Level 1 (Beginners)

Start to learn Spanish in a relaxed and friendly environment.

1.45-3.15pm | Duration: 10 Weeks | Fee: €90 | Tutor: Mariana Jimenez Moreno

65. SPANISH - Level 2 (Improvers)

For those who have already attended a beginner course or have acquired the basics of the language.

3.30-5.00pm | Duration : 10 weeks | Fee : €90 | Tutor : Mariana Jimenez Moreno

66. SPANISH - Level 3 (Intermediate)

Continue to learn and practice your Spanish.

3.00-4.30pm | Duration : 10 weeks | Fee : €90 | Tutor : Maria Martinez Galvez B.A.

67. YOGA FOR THE OLDER ADULT

Flowing gentle yoga sequences with movement of hips and shoulders. Includes breath awareness, yoga postures, guided relaxation and introduction to meditation. Mainly practised on a chair. Bring a cosy blanket. Some incense will be used. Please bring your own mat.

2.00-3.15pm | Duration: 10 Weeks | Fee: €80 | Tutor: Melloney O'Sullivan

68. YOGA FOR THE OLDER ADULT

Flowing gentle yoga sequences with movement of hips and shoulders. Includes breath awareness, yoga postures, guided relaxation and introduction to meditation. Mainly practised on a chair. Bring a cosy blanket. Some incense will be used. Please bring your own mat.

3.20-4.35pm | Duration: 10 Weeks | Fee: €80 | Tutor: Melloney O'Sullivan

THURSDAY

69. HORSERIDING - Beginners

Hop Island, Rochestown
Suitable for all ages and fitness levels.

7.00-8.00pm | Duration : 8 Weeks | Fee: €160

70. TENNIS - Beginners

Garryduff Sports Centre, Rochestown
Suitable for all ages and fitness levels.

10.00-11.00am | Duration: 8 Weeks | Fee: €80 | Coach: Johnny O'Mahony

71. TENNIS - Beyond Beginners

Garryduff Sports Centre, Rochestown
Suitable for all ages and fitness levels, with basic standard of play.

11.00-12.00 | Duration: 8 Weeks | Fee: €80 | Coach: Johnny O'Mahony

Looking forward to welcoming you in person to Ashton school