



**Starting
week of
October
12th**

AUTUMN 2020

- *Classes are being offered in the school and online using Zoom.*
- **Course registration starts from September 18th**
- *There will not be a Registration night this term.*
- *You can register online with Easy Payments OR phone the office (Mondays 10am-1pm)*
- *Voicemails will be answered as soon as possible.*
- *The office is closed for registration in person.*
- *Email addresses are required for Zoom communication.*
- *Zoom invitations will be sent the night before the first class. It is recommended to familiarise yourself with the platform before the start date and ensure you have a strong internet connection.*
- *You will only be contacted after registration if the class fails to form.*
- **All courses start week of October 12th.**
- **No classes on October 26th (Bank Holiday).**
- *Current Government Covid Guidelines will be in place.*
- *Please sanitise your hands on entering and leaving Ashton School.*
- *Use of Face coverings are recommended while in the school.*

Please enrol early to avoid cancellation of classes.

Phone: 021 4322382

**Email:
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Web: www.ashton.ie

**Facebook:
Ashton Adult Education**



Courses taking place in Ashton School

	Course	Fee	Day	Time	Duration
1.	BADMINTON – Beginners/Improvers Racquets are available for use. Tutor: Michelle Hayes, Level 2 Coach	€80	Monday	7.00-8.30pm	8 weeks
2.	CONFLICT MANAGEMENT SKILLS Learn how to approach conflict positively, understand the different conflict strategies and build your skills and self-knowledge. Tutor: Claire Daly	€95	Monday	7.15-9.15pm	8 weeks
3.	DIGITAL MARKETING – Introduction The past 6 months has proven your business needs an online presence! Learn new online marketing skills, with theory & practical lessons to help promote your business. Tutor: Paul Roseingrave (www.bigsplashmarketing.ie)	€95	Monday	7.30-9.30pm	8 weeks
4.	DRESSMAKING You will learn how to assemble a skirt, understand seams, learn how to insert a zip correctly and much more. You will be guided through the language, and symbols used in commercial patterns. This course will help to give you confidence to move on to more difficult sewing projects in the future. Materials required will be emailed in advance. Sewing machines are available for use. Tutor: Jess Lucas	€95	Monday	7.00-9.00pm	8 weeks
5.	FRENCH CONVERSATION – Beyond Beginners Tutor: Marité Huet	€65	Monday	7.00-7.55pm	8 weeks
6.	FRENCH CONVERSATION – Intermediate Tutor: Marité Huet	€65	Monday	8.05-9.00pm	8 weeks
7.	FURNITURE RESTORATION & FRENCH POLISHING Revive, refurbish and renew your chosen piece of furniture! Tutor: Michael O'Connell	€95	Monday	7.30-9.30pm	8 weeks
8.	GUITAR – Beginners Tutor: Alan Murphy	€65	Monday	7.30-8.30pm	8 weeks
9.	HAPPY HABITS – Wellbeing NEW Learn activities that are scientifically proven to increase your wellbeing. The more you practice them the happier you are. Simple! Tutor: Andrew Jolly	€95	Monday	7.00-9.00pm	8 weeks
10.	IRISH ORAL - LEAVING CERTIFICATE 2021 Tutor: Carmel Desmond B.A H.Dip In Ed.	€65	Monday	6.00-7.00pm	8 weeks
11.	PHOTOGRAPHY – Beginners/Intermediate Tutor: Rob Lamb	€95	Monday	7.15-9.15pm	8 weeks
12.	SPANISH – Beginners Level 1 Tutor: Maria Martinez Galvez B.A.	€95	Monday	7.30-9.30pm	8 weeks
13.	START YOUR OWN BUSINESS NEW Complete a business plan which will act as a road map for your business development idea. It will cover Target Market, Law, Tax, Employment, Finance/Funding, PR and Networking. Tutor: Rebecca Robinson	€80	Monday	7.15-8.45pm	8 weeks
14.	WATERCOLOURS – Beginners/Continuation Tutor: Carole Anne Floyd	€95	Monday	7.30-9.30pm	8 weeks

Courses taking place online using the Zoom platform

	Course	Fee	Day	Time	Duration
15.	ACADEMIC WRITING & RESEARCH NEW Learn how to read and dissect academic text, write a bibliography, manage your time and structure your essays. Suitable for 3 rd level courses with strong essay writing focus. Tutor : Linda Costello	€80	Tuesday	7.00-9.00pm	5 weeks
16.	ALEXANDER TECHNIQUE - Beginners Tutor : Rosemary Moone	€95	Monday	7.00-9.00pm	8 weeks
17.	DANCE FITNESS NEW Tutor : Rachel Crusher	€40	Thursday	6.30-7.30pm	5 weeks
18.	PILATES - Continuation Tutor: Jaconel Janssen(www.pilatespeoplecork.com)	€50	Tuesday	7.00-8.00pm	6 weeks
19. 20.	UKELELE – Beginners UKELELE – Beginners Plus Tutor : Andrew Moran	€65 €65	Wed.	6.00-7.00pm 7.10-8.10pm	8 weeks
21.	YOGA – Mindful Movement Incorporating yoga & other movement modalities this class focuses on releasing the body's tensions as well as increasing flexibility, lung capacity & range of motion. Tutor : Fiona Tierney	€65	Monday	6.30-7.30pm	8 weeks
22.	YOGA – Deep Rest This class focuses on gently settling the body down into a state of deep relaxation and restoration. Tutor : Fiona Tierney	€65	Monday	7.40-8.40pm	8 weeks

Courses taking place in outside locations

	Course	Fee	Day	Time	Duration
23.	GOLF – Beginners Frankfield Driving Range Tutor : David Whyte P.G.A.	€95	Tuesday	6.00-7.00pm	5 weeks
24.	GOLF – Improvers Frankfield Driving Range Tutor : David Whyte P.G.A.	€95	Tuesday	7.00-8.00pm	5 weeks
25.	HORSERIDING - Beginners Hop Island, Rochestown	€160	Thursday	7.00-8.00pm	8 weeks
26.	TENNIS – Beginners Garryduff Sports Centre, Rochestown Coach: Johnny O'Mahony	€80	Thursday	10.00-11.00am	8 weeks
27.	TENNIS – Beyond Beginners Garryduff Sports Centre, Rochestown Coach: Johnny O'Mahony	€80	Thursday	11.00-12.00am	8 weeks