



**PORTMARNOCK  
COMMUNITY SCHOOL**

# **ADULT EDUCATION PROGRAMME**

**SPRING 2013**



## ADULT EDUCATION

### SPRING 2013

#### REGISTRATION

Monday 14th January 2013	7.30 p.m. - 8.30 p.m.
Tuesday 15th January 2013	7.30 p.m. - 8.30 p.m.
Monday 21st January 2013	7.30 p.m. - 8.30 p.m.

**Classes commence Tuesday 29th January 2013 (unless otherwise stated)**  
**School will be closed for Mid-Term break from 11th February - 15th February 2013.**

#### NOTES:

1. The formation of all classes depends on demand.
2. Fees, once paid, are strictly NON-RETURNABLE
3. If classes are not formed, fees will be returned by post.
4. Students supply their own materials (unless otherwise stated)
5. Further information on the content of the course can be obtained on enrolment.
6. Numbers have to be restricted in certain courses, particularly the practical courses.

#### **Please note:**

If there are any additional courses which you would like to see on our Programme we would be glad to hear from you

**OR**

If you feel you would be suitably qualified to give a particular course we would also be glad to hear from you.

8. **Bus Routes serving school: 32, 32A, 102, 230.. DART Feeder Bus to/from Sutton Station.**
9. **It is not possible to enrol by telephone.**
10. Enrolments are accepted only during registration times above or by post.
11. Postal enrolments may be made by completing the coupon underneath and returning same to arrive on / before Wednesday 16th January 2013 – DOES NOT APPLY TO PILATES



#### Postal Registration Form (cannot guarantee automatic inclusion if class is full)

Name .....

Address .....

Telephone: Home ..... Work .....

Course Title ..... Code Number .....

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Amt. Enclosed (cheque / postal order) € .....

#### PLEASE NOTE:

1. **Cheques to be made payable to:**  
**ADULT EDUCATION DEPT., Portmarnock Community School**
2. **Postal enrolments must arrive on / before Wednesday 16th January 2013 (except PILATES).**
3. **You will be automatically registered – no receipt is necessary.**

## TUESDAY

### 101. COMPUTERS FOR BEGINNERS

Introduction to Computers suitable for all age groups. From how to turn on and off the computer to using **Microsoft Office Suite** (*Word, Excel, Powerpoint, Access*), **Internet** - learn how to navigate through booking flights, checking out relevant websites (*e.g. golf tee times, cinema tickets and much more*) and **Email** - send and reply to e-mails (*including: gmail, hotmail, eircom.net, yahoo and more*). Understand computers a little better and feel more comfortable using yours.

**Ms. Michelle Whelan**                      **10 weeks**    **€100.00**    **7.30 - 9.20p.m.**

### 102. FIRST AID (Civil Defence)

**Ms. C. Donaghy**                      **10 weeks**    **€50.00**    **7.30 - 9.20p.m.**

### 103. ART / PAINTING

Introducing you to the basic elements in art. Colour, Composition, Perspective, etc. using varied medium-oils, acrylics, watercolour . . . Painting is something anyone can try at any stage of life. Enjoy this creative absorbing and relaxing hobby.

Beginners and Improvers welcome.

**Mr. Ciaran O'Briain**                      **10 weeks**    **€100.00**    **7.30 - 9.20 p.m.**

### 104. BOXERCISE

Boxercise is a fun, safe, addictive and stress-busting form of exercise, suitable for both men and women, all ages and levels of ability. Classes combine aerobic exercise with elements of boxing and kick-boxing. So, if you want to tone-up, lose weight or increase your fitness levels, this class is for you. Suitable for all as you work at your own pace.

Qualified Fitness instructor (NCEHS) and Certified Boxercise instructor.

**Ms. Louise Kissane**                      **10 weeks**    **€80.00**    **7.30-8.30 p.m.**

## 105. KNOW YOUR DIGITAL CAMERA

- Understanding image    • How to capture images
- Storage: SD Cards and Drives.    • Formatting: E-mail / Web / Computer
- Software: Free software. Pacasa / Gimp / Audacity.
- Image Quality: Pixel / DPI.

**Course requirements:** Digital camera, USB lead or card reader, USB key, 2 DVD - R Discs, Notebook / Folder.

**Mr. Gerard Erraught** (B.A. Fine Art)    **10 weeks**    **€100.00**    **7.30-9.20 p.m.**

## 106. AN INTRODUCTION TO PSYCHOLOGY

This 10 week course will introduce learners to the study of Psychology. The course is designed to introduce learners to Psychology in a relaxed, non-threatening and hopefully, enjoyable way. Psychology is the study of human behaviour in all its forms, normal and abnormal, nature and learned, productive and destructive. It is a modern and progressive area of study and is currently experiencing unprecedented growth and development in Ireland and internationally. Psychology is wide-ranging and this variety is represented in the programme. Key areas of Psychology will be introduced including: the History and Schools of Psychology, Social Psychology, Developmental Psychology and Cognitive Psychology. It is hoped that the module will give learners a flavour of what it might be like to study Psychology to diploma or degree level. Bill Core is a Chartered Member of The Institute of Guidance Counsellors.

**Mr. Bill Core** (B.A., M.A., M.Ed. (*Educational Guidance & Counselling*), H.D.E., H.D.E.M., H.Dip. Psych. C.M.I.G)    **10 weeks**    **€100.00**    **7.30-9.20 p.m.**

## 107. BEE-KEEPING FOR BEGINNERS

A course specifically developed for people with no previous experience. Including outdoor demonstration. (Fingal North Dublin Bee Keepers' Association). Course commences February 19th 2013.

**5 weeks**    **€100.00**    **7.30 - 9.20 p.m.**

## 108. PILATES FOR LIFE – FOR ALL THE STAGES IN LIFE

This challenging matwork class is for people who would like to improve their core strength and stability. It is suitable for those who haven't exercised for ages or for those who have sore backs but have no major injuries. The later class is for people who have previously done Pilates.

**Ms. Sinead Foley** (087) 2278763    **8 weeks**    **€95.00**    **7.00 - 8.00 p.m.**  
(*Cheques payable to Sinead Foley*)    **or 8.00 - 9.00 p.m.**

### 109. DEVELOP A SUCCESSFUL ONLINE BUSINESS FROM YOUR OWN HOME!

A course designed to give you the all essential principles and techniques to establish and develop a successful Internet-based business. Modules include: the science of marketing, the key questions to Internet success, free market research, identifying the niche that is right for you, the secrets of successful 'salescopy', email marketing, simple automation, alleviating website fears, learning from experts, building your client base, and a host of other essential steps that will help you create a winning Internet enterprise at virtually no cost. Presented by 'How To Do It Coaching'.

**Mr. M. Keating**

**10 weeks €100.00 7.30 - 9.20 p.m.**

### 110. GOLF

Group coaching for Beginners / Improvers.

Limited places (12) available – early booking advisable.

Session I 7.00 - 8.00 p.m. (6 Places)

Session II 8.00 - 9.00 p.m. (6 Places)

**Mr. Christopher Salmon**

**6 weeks €100.00**

*(Malahide Golf Club)*

### 111. MINDFULNESS

Do you find yourself dwelling on the past? Anxious about the future?

Learn how to live in the present through practising MINDFULNESS.

Research has proven this leads to reduced:

- Blood pressure
- Stress
- Anxiety levels

while enhancing your:

- Memory
- Creativity
- Immune system
- Sense of peace and relaxation

Discover MINDFULNESS for yourself!

**Noreen Kelly**

**10 weeks €100.00 7.30 - 9.00 p.m.**

## 112. COMMUNITY SPORTS LEADERSHIP

*This course will cover:*

Coaching Philosophy; Communications and Motivation; an introduction to Sports Psychology, covering Mental Imagery and Visualisation; Performance Coaching and Performance Profiling; Coaching Children; Reflective Practise, Session Planning within the Long Term Athlete development Pathway. The course will also offer opportunities to develop expertise in Injury Management and Risk Assessment in Leisure and Recreation. The course is aimed at those Club and Community Volunteers. The course is NOT sports specific and is appropriate for Volunteers, Coaches and Mentors involved with both Team and Individual sports. Prior coaching qualifications are NOT a prerequisite. The course is primarily Lecture based, with some practical work and will be in two Semesters each of 8 weeks (7.00 - 9.00 p.m.).

**Mr. G. Ferrick B.A.; M.A.; M.Sc.**      **8 weeks      €120.00 (per Semester)**  
**Mob: 086 338 3027**      **or (€200.00 both semsters 16 Weeks)**  
**SEMESTER 1: JANUARY 2013      SEMESTER 2: SEPTEMBER 2013**

## 113. INDIAN COOKING

Introduction course into cooking traditional and authentic Indian dishes to include starters, main dishes and desserts.

**Ms. Nanth Kaur**      **10 weeks      €140.00      7.30 - 9.20 p.m.**

## 114. AN INTRODUCTION TO BASIC HAIRDRESSING

Would you like to be able to do a basic cut, even trim a child's fringe, blow dry your own hair and apply colour correctly. This course will enable you to do these and other basic hairdressing techniques.

**Mrs. Geraldine Foran**      **5 weeks      €60.00      7.30 - 9.00 p.m.**

## 115. HEALTHY COOKING FOR A BUSY LIFE

The aim of the course is to provide participants with practical information and skills on preparing healthy meals and snacks. The course will inform participants through demonstration, discussion and practice information on how they can prepare quick, easy and nutritious meals for themselves and their families.

**Ms. Susan Kenny**      **4 weeks      €60.00      7.30 - 9.20 p.m.**



