

More detailed Course Descriptions and Tutor information are available on www.portmarnockcommunityschool.ie under Adult Education

Code 742 / 743 SPANISH (IMPROVER'S)

Ideal for those who have completed a beginner's course or picked up some Spanish along the way. Emphasis on dialogue /conversation to enable you to communicate effectively.

Ms. Florencia Sala 6:30 – 8:30pm Term 1 10 weeks €100
Term 2 (follow on course) 8 weeks €80

Code 744 SELF DEFENCE FOR WOMEN

Learn how to get out of trouble quickly and safely. Learn techniques that are effective and require no major muscle strength. Develop power and effectiveness without strain or tension. Fun and interactive classes. See www.consciousmartialarts.ie for more details.

Mr. Ben Somers 7:30 – 9:30 pm 10 weeks €100

Code 745 UKELELE FOR BEGINNERS

The course is designed to help students of all ages get to grips with this popular instrument and learn the ukulele in a fun and exciting way. Get the skill set to learn and play different songs, learn exercises to support playing ability, and learn to play individually and in a group. Beginners and Improvers welcome,

Mr. Andrew Mahon 8 – 9:30pm Term 1 10 Weeks €100
Term 2 8 Weeks €80 (limited to 10 persons per class)

Code 746 WEBSITE DESIGN USING WORDPRESS

This course will give you a basic understanding of how to build a website using Wordpress, you will also learn how to edit images in Photoshop and create your own logo. This course would suit anybody with an interest in web and graphic design, possibly someone starting up their own business or looking to create a personal website.

Mr. Jonathan O' Malley 7:30 – 9:30 pm 10 weeks €120 (includes domain name)

Code 747 / 748 YOGA (HATHA)

Suitable for all ages. You will be guided mindfully through a variety of yoga poses. Increase mobility, flexibility, upper body and core strength. Mixed levels class will work on more challenging postures and techniques.

Beginners 7:15 – 8:15 pm Mixed Levels 8:20 - 9:20 pm Ms. Kathleen Leavey Term 1 10 weeks, €80 Term 2 10 weeks €80

Code 749 / 750 ZUMBA

Perfect For: Everybody and every body! An interval-style, calorie-burning dance fitness party. Come see why Zumba Fitness classes are often called exercise in disguise. Super effective and super fun!

Ms. Michiko Ishimoto 7:30 – 8:30 pm Term 1 10 weeks €80 Term 2 7 weeks €60

Wednesday

Code 751 / 752 BRIDGE (IMPROVERS)

For those who have completed a beginners course or have some experience of the game. Improve your memory, make new friends, discover a pastime that costs little but is all-absorbing.

Ms. Anne Doyle 1:30 – 3:30pm, Course A (starts 24th Jan.),
Course B (starts 28th Feb.) 5 weeks €50

More detailed Course Descriptions and Tutor information are available on www.portmarnockcommunityschool.ie under Adult Education

Code 753 SPANISH (ADVANCED CONVERSATIONAL)

Have you practised your Spanish for a long while but you still don't feel confident enough? Well, this course is perfect for you! Take your Spanish to the next level with conversational exercises, everyday language, colloquial and formal Spanish, as well as bits of grammar. Come and join us to have fun while increasing your vocabulary and becoming more fluent!

Ms. Florencia Sala 1:30 – 3:30pm 10 weeks €100

Code 754 / 755 TAI – CHI

Learn how to relax and manage stress, develop flexibility and fitness, aid injury or illness recovery. All ages welcome. Return students welcome.

Mr. Gus Tolster Beginners 7-8pm €80 Improvers 8-9:30pm €80
Term 1 10 weeks (starts 24th Jan.) Term 2 10 weeks (starts 11th April)

Thursday

Code 756 / 757 BASS GUITAR **New Course!**

Learn to play along with easy to follow popular songs. Learn how to read basic standard notation in bass clef, and a few very basic music theory concepts. Learn essential playing techniques by using a set of fun musical exercises, most of them with a play-along track to get the feel of playing a real music piece. Own bass guitar and amp required.

Mr. Francesco Felici 8 – 9:30pm Term 1 10 weeks €100 Term 2 (follow on course) 10 weeks €100

Code 758 / 759 PILATES PRE AND POST NATAL

Pilates is the best form of exercise during pregnancy as it focuses on gently strengthening the core and pelvic floor muscles, stretching the back as well as maintaining full flexibility. It's also super in aiding post delivery recovery.

Ms. Sinead Foley 7-8pm Term 1: 8 weeks, €80. Term 2: 8 weeks, €80

Code 760 VOLLEYBALL

Social volleyball for men and women of all ages and abilities. No experience necessary.

Mr. Andrew Goti 8pm – late! Follow Portmarnock Volleyball Club on facebook for updates. 16 weeks €50 or €5 per session

Saturday

Code 761 THE ARTIST'S WAY – RECOVERING YOUR CREATIVE SELF

Using the works of Julia Cameron to reawaken your creativity and reenergise your life. Each class will show you how to help take a step back from your busy life to slow down, achieve more and set goals for your own self care and creativity. Sessions include discussion and exercises based on Cameron's book The Artist's Way each week followed by a creative activity. NO SKILL REQUIRED!!! (But Students should have a copy of the book)

Ms. Anne McDonald 10am - 12pm Term 1 9 Weeks €100
Term 2 7 weeks (limited to 12 students)

Code 762 / 763 BALLROOM DANCING (Mixed Levels Class)

Covering the basic dances of Slow Waltz, Cha Cha, Jive, Quick Step and the Rumba and more. Couples or individuals welcome. Join our experienced and popular tutor.

Ms. Sandra Bracken Term 1 9 weeks €80
Term 2 7 weeks €60 10am – 11am

More detailed Course Descriptions and Tutor information are available on www.portmarnockcommunityschool.ie under Adult Education

Code 764 COMPUTERS: LOVE YOUR iPad

This course will help students gain confidence and knowledge using an iPad. Get plenty of hands on practice in a relaxed, fun and focussed learning class. Learn about Apps, Add On – Keyboards, WIFI, Internet, E-Mail, Photographs, Music, TV Players: RTE TV3 etc.

Ms. Ann Byrne 10am – 12pm 6 Weeks €80

Code 765 COOKING FOR TEENAGERS.

Aimed at students age 16 – 20. Learn the basics and develop a passion for cooking healthy and nutritious meals with interesting recipes from around the world. (Ingredients not supplied)

Ms. Sonya Hylton 10am – 12pm 9 weeks €100.00

Code 766 / 767 DANCE FITNESS CLASS: LATIN IN LINE

A fun way to get fit and learn the Cha Cha, Samba, Jive etc. No partner necessary.

Ms. Sandra Bracken 11am – 12pm Term 1 9 weeks €80 Term 2 7 weeks €60

Code 768 DIGITAL MARKETING & SEARCH ENGINE OPTIMISATION (SEO)

This course will give you a good understanding of how to get your website to the top pages on Google and also how to use other marketing tools such as running your own Google Adwords campaigns, email marketing and social media marketing.

Mr. Jonathan O' Malley 10am - 12pm 9 weeks €100

Code 769 ENGLISH AS A SECOND LANGUAGE

Preparation for the Cambridge FCE exam, aimed at upper intermediate B2 level. Students are responsible for organising their own exam. A free trial class will take place on Saturday 20th Jan. from 10am -1pm for those wishing to see if this course is suitable.

Mr Rory Corcoran, 10am – 1pm 30 hour course €150

Code 770 FASHION DESIGN FOR TEENAGERS

Course aimed at 16 – 20 yr olds. Pick up new skills using a sewing machine and unleash your creativity during project based workshops. Sewing machines provided.

Presented by Project Fashion 10am – 12pm 9 weeks €90

Code 771 / 772 GERMAN (BEGINNERS) **New Course!**

Introductory course to learn the basics of spoken and written German. The emphasis will be on the spoken language, but students will also be given the grammar structures essential to become aware of how the language works and to create and produce their own sentences. Suitable for complete beginners, or for people who wish to brush up and reactivate old basic skills and vocabulary.

Mr. Francesco Felici 10am – 12pm Term 1 9 weeks €100
Term 2 (follow on course) 8 weeks €90

Code 773 INTRODUCTION TO LITERATURE **New Course!**

Do you like to dive into a good book? And would you like to know more about the world of books? Then this course is for you. For ten weeks, we will take a close look at the world of fiction together. What is literature? How should we read it? Why should we read it? And what are all the great books, like Ulysses, about? All this and more will be discussed in this introductory course on literature!

Mr. Tomas Buitendijk 9 weeks €100 11am – 1pm

More detailed Course Descriptions and Tutor information are available on www.portmarnockcommunityschool.ie under Adult Education

Code 774 PHOTOGRAPHY (DIGITAL DSLR) IMPROVERS

This course is aimed at those who have already completed a beginners course or who have some knowledge of operating a DSLR camera and who wish to take their photography to the next level. There will be a mixture of classroom based sessions and location workshops to review theory and also cover photographic composition and image formation, landscape, street, sports/action and portrait photography etc.

Mr. Peter MacMenamin Classroom sessions 10am - 12pm Location sessions TBC 9 weeks €100

Code 775 POTTERY

Learn the exciting skill of throwing pots on a potter's wheel and create animals and functional objects using the pinchpot method.

A fun, relaxing class is guaranteed!

Ms. Jill Kelly 10am – 12pm 9 Weeks €150 (all materials supplied)

Code 776/ 777 TIN WHISTLE

New Course!

For those who would like to play the tin whistle and get in touch with their musical skills.'D' tuning whistle required. Limited to 10 students per class.

Ms. Tina McLoughlin Beginners 10-11am and Improvers 11am -12pm 9 Weeks €80

Code 778 WRITING AND PUBLISHING YOUR OWN BOOK

New Course!

You may have written or are in the process of writing your book at this stage but there are some issues you may not have thought about. This course aims to cover the following topics to get aspiring writers over the finish line: Copyright, ISDNs and Defamation, Publishing Houses, Self Publishing Houses, Printers and Doing It Yourself, Avoiding common errors, Formatting your own book, The Cover and back cover blurb, E-books and formatting, Publishing on Amazon and Marketing.

Mr. David Malocco 10am -12pm 9 weeks €100

Notes:

1. Online Enrolments at www.portmarnockcommunityschool.ie using the easy payments plus system.
2. Classes commence week of 20th January (unless otherwise stated).
3. See www.portmarnockcommunityschool.ie for terms and conditions relating to class sizes, refunds, materials, etc.
4. Bus Routes serving school (Bus stop 3612): 32X, 102, 142, 42. DART Feeder Bus to/from Sutton Station.

PORTMARNOCK COMMUNITY SCHOOL

Adult Education Programme

DISCOUNT available for 2 courses

THE PERFECT GIFT

Spring & Summer Terms
January - June 2018



Photo by Goshia Hough, Photography class 2017

Enrol Online Before 7th January For A Chance To Win A Free Course

All Classes Have Limited Places And Are Filled On A First Come, First Served Basis.
Book Early To Avoid Disappointment.
Terms & Conditions On Our FAQ Section Of The Website

Enrolment for all classes can be completed in the following ways:
1: At our enrolment/information nights on Tues. 9th, Mon. 15th, Tues. 16th Jan. 2018, from 7:30-8:30PM
2: By post using the postal slip on the back page.
3: Online enrolment at www.portmarnockcommunityschool.ie

Term: Classes commence Sat. 20th January and week of 22nd of January (unless otherwise stated). There will be no midterm break this term. Most Tuesday classes run for 10 weeks until 27th March. Most Saturday Classes run for 9 weeks until 24th March.
Term 2: Classes commence week of 9th April.
(unless otherwise stated)



Find us on: facebook.

Adult Education Portmarnock Community School



@adultedpcs

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Monday Night

Code 701 PICKLEBALL (MODIFIED TENNIS)

A racquet sport combining many elements of tennis, badminton and ping-pong. It is suitable for all ages and skill levels. The rules are simple and the game is easy for beginners. It can develop into a quick, fast-paced, competitive game. Starts 8th January.

Ms. Debbie Brown 7-8pm Term 1:10 Weeks €60, Term 2: 8 weeks €50

Code 702/703 YOGA FOR PREGNANCY

New Class!

Pregnancy yoga will help you to prepare both emotionally and physically for giving birth and new motherhood. Classes can be started ideally in the second trimester.

Ms. Kathleen Leavey 7 - 8pm 6 weeks €55

Course A: Mon 22nd Jan. – 26th Feb. Course B: 5th March – 16th April.

Tuesday Night

Code 704 / 705 ARCHERY

The classes will be aimed at setting a foundation knowledge in range safety, bow safety, how to shoot safely and then how to progress in the sport. Learn and practice the basic fundamentals and exercises to develop technique and hit that bulls eye!

Mr. Glen Conway 8 - 9:30pm Term 1 10 weeks €100

Term 2 (follow on class) 10 weeks €100

Code 706 ART / PAINTING

Beginners and Improvers welcome. Colour, composition, perspective, etc. using varied medium-oils, acrylics, and watercolours.

Mr. Ciaran O'Briain 7.30 - 9.30pm 8 weeks (Starts 6th February) €90

Code 707 BADMINTON

A chance to play social badminton in a relaxed setting. All levels welcome. No previous experience required.

Ms. Enda Rice 8:30 – 9:30pm 18 Weeks (starts 9th Jan.) €50

Code 708 BAKING: HAVE FUN WITH BAKING!

Would you like to improve your bakery skills and make delicious baked goods? This is a hands on course so everybody can practice their skills and bring home lots of delicious baked goods to impress and share with your family and friends. If you enjoy baking at home or wish to start, this course is for you. Return students welcome. Students will be asked to supply their own ingredients.

Ms. Vera Fritschi 7.00 - 9.30pm 10 weeks €120

Code 709 BEEKEEPING FOR BEGINNERS (FINGAL NORTH DUBLIN BEEKEEPERS' ASSOCIATION)

A course specially developed for people with no previous experience. Includes an outdoor demonstration. Course is full this term but please contact paula.butler@gmail.com to reserve a place for 2019!

Dr. John McMullan and Mr. Mike Kelly 7:30 – 9:30 p.m. 5 weeks €100

Code 710 CHOIR

See Adult Education tab on website www.portmarnockcommunityschool.ie for updates.

Code 711/712 COMPUTER TRAINING: Digital Skills for Citizens Free Courses, Places Limited

Browsing and searching the internet efficiently and safely. Email, including attachments. Storing, sorting and sharing photos. Booking tickets, flights, holidays. Online government services. Online voice and video calls. Use of “Apps”. Social Media. Online Video, TV and Radio. Shopping online. Online banking.

Ms. Ann Byrne, 7.30 - 9.30pm Course A (starts 23rd Jan.) Course B (starts 27th Feb.) 5 weeks Free

Code 713 COOKING:HEALTHY DISHES FROM AROUND THE WORLD

This hands on course will have you cooking delicious, vibrant and healthy meals with easy to follow recipes. Join this culinary tour!

Ms. Sonya Hylton (Top 10 MasterChef finalist) 7.30 - 9.30pm 10 weeks €100

Code 714 CRAFT BEER BREWING

Why not learn how to brew your own craft beer? Brewing safety and hygiene, brewing equipment, raw materials, ale brewing, mashing and boiling, fermentation, packaging. Also includes Introduction to Tasting.

Mr. Des Feeney 7:30 – 9:30pm 6 Weeks (starts 13th Feb.) €80

Code 715 CREATIVE WRITING (Beginners Course)

The Beginners course will cover the creative process, writing fiction, non-fiction, poetry and aspects of going public with ones work.

TBC 7.30 - 9.30pm 10 weeks €110.00

Code 716 DEVELOPMENT EDUCATION AND HUMANITARIAN MAPPING PROJECTS

Portmarnock CS Development Education Programme endeavours to work with local communities in South Africa and Lesoto with the Action Ireland organisation. Become involved in this charity endeavour or learn how to map developing regions and aid in providing Educational and Healthcare provisions in Lesoto and South Africa.

Contact Mr. Niall Fitzgerald, Portmarnock Community School.

Code 717 EARLY CHILDHOOD PSYCHOLOGY **New Course!**

This course will cover childrens’ development from newborns up to age 6. Topics include development of thinking, language development and processing, social and emotional skills, play and learning, family and parenting styles.

Ms. Sarah Hughes 7:30 – 9:30pm 10 weeks €100

Code 718 FASHION DESIGN FOR BEGINNERS

Pick up new skills using a sewing machine and unleash your creativity during project based workshops. Sewing machines provided.

Presented by Project Fashion 7:30 – 9:30pm 10 weeks €100

Code 719 FIRST AID

Suitable for those wishing to provide First Aid in the family, sports and the workplace. A CFR and an Occupational First Aid Certificate is awarded to students who successfully complete the exams.

QQI exam also available (extra €35).

Ms. Catherine Donaghy and Mr. Liam Duke, 7:30 – 9:30pm 10 weeks €50

Code 720 / 721 FORENSIC SCIENCE – WATCHING THE DETECTIVES

How much of what you see on TV crime shows is actually true? Learn the essentials of forensic science and crime scene analysis. Based on the best-selling books Forensic Science: Crime Scene Analysis and How to Commit the Perfect Murder, this course is perfect for crime writers, readers of detective novels, criminal law students, law enforcers or anyone interested in crime.

Mr. David Malocco 7:30 – 9:30pm Term 1 10 weeks €100 Term 2 8 weeks €80

Code 722 / 723 GARDENING FOR BEGINNERS

Learn the fundamentals of growing plants (both edible and ornamental) successfully and of getting the most out of your space, no matter how small. The sessions will be classroom based to begin but will include some practical, hands on experience as the term progresses. The course would suit people completely new to gardening as well as budding gardeners who are keen to expand their knowledge.

Ms. Aisling O’ Donoghue Term 1 (starts 30th Jan) 8 weeks €90 Term 2 (starts 10th April) 8 weeks €90

Code 724 / 725 GOLF

Techniques for a variety of shots; putting, short and long game. Limited to 6 persons per hour.

Mr. Iarlaith Keane, Beginners 7 - 8 pm, Improvers 8 - 9pm, 10 weeks €100

(First two lessons in school then 8 lessons at Kinsealy Driving Range. Additional cost of €9 per class for balls at the driving range.)

Code 726 / 727 GUITAR – PLAY BETTER NOW

Get the skill set to play chords and scales, learn and play different riffs. Learn to play songs in several genres. Suitable for beginners and improvers. Return Students welcome.

Mr. Andrew Mahon 7 – 8pm Term 1 10 Weeks €100 Term 2 8 weeks €80 (limited to 6 persons per class)

Code 728 HISTORY: NORTHERN IRELAND PAST TO PRESENT

This course will include an examination of events from the 16th century onwards, with a more thorough focus on the 1920s to the present day. Join our popular tutor on this course, which promises students the opportunity to gain a full understanding of Northern Ireland’s history, particularly in light of the Brexit question.

Ms. Samantha Murphy 7:30 – 9pm 7 Weeks Starts 30th January €70

Code 729 ITALIAN (BEGINNER’S)

The course uses a communicative and interactive approach to learn basic Italian focusing on speech and comprehension in a natural manner with real life context. No previous knowledge is required, but students who have completed some beginners classes also welcome as different material from the previous term will be used.

Ms. Anna Nardini 7.00 - 9.00 pm 10 weeks €100

Code 730 / 731 ITALIAN (IMPROVERS CONTINUED)

This course is aimed at Level B1 Intermediate. Further develop the 4 language skills: Speaking, Listening, Reading, Writing, promoting interaction through Italian. Practice real life scenarios. Suitable for those who have completed some previous courses or those with some experience of the language.

Ms. Francesca Testoni 7:30 – 9:30pm Term 1 10 weeks €100 Term 2 8 weeks €80

Code 732/733 MINDFULNESS

This course teaches participants a number of different mindfulness practices that can help you deal with stress more effectively and improve your health and well-being. It consists of simple breathing exercises and postures suitable for all, regardless of age or level of fitness. Suitable for beginners or those who have completed a meditation practice already.

Mr. Barry Lee 7:30 – 9:30pm Course A 23rd Jan. – 20th Feb.

Course B 27th Feb. – 27th March €80

Code 734 / 735 PHOTOGRAPHY DSLR CAMERA

Explore your camera further than the automatic modes. Beginners and those with some experience welcome. DSLR camera with min. 18-55mm kit lens. Photoshop will also be covered.

Mr. John White 7:30 – 9:30pm Term 1 10 weeks €100

Term 2 (follow on course) 8 weeks €80

Code 736 / 737 PILATES FOR LIFE – FOR ALL THE STAGES IN LIFE

Challenging matwork class to improve core strength & flexibility. For people of all age. It is suitable for those who don’t exercise much & for those who have sore backs but no major injuries. Props supplied.

Beginners 7 – 8 pm Improvers 8 - 9 pm Ms. Sinead Foley Term 1 10 weeks €80 Term 2 10 weeks €80

Code 738 PSYCHOLOGY (Introductory Course)

Do our childhood experiences influence who we are today? How much of an influence do other people have on how we behave? How do we learn and why do we forget? This informational course will be of interest to those wishing to learn more about these questions, and also as a taster for those considering studying for a formal qualification in psychology.

Ms. Sarah Hughes 7:30 – 9:30pm 8 weeks Term 2 only (starts 10th April) €80

Code 739 “REALITY CHECK” COURSE

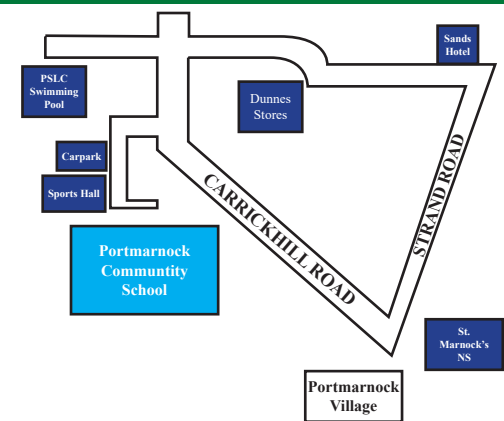
Discover and uncover many truths about ourselves and the world we create. Discover the nature of the mind and how it operates and evolved to the way it is. It is not Life or people or events that cause us to suffer and stress, it’s our reaction to them that causes our unhappiness, and our mental conditioning that causes our reactions. Discover how to be present and powerful, as opposed to being trapped by fear and the illusion of time.

Conscious Martial Arts 7:30 – 9:30 pm 10 weeks €100

Code 740 / 741 SPANISH (BEGINNER’S)

This introductory course will give you a good grounding in the basics of Spanish with an emphasis on the spoken language, as well as the skills of listening, reading & writing. Practice real life scenarios.

Mr. Francesco Felici 7:30pm – 9:30pm Term 1 10 week €100 Term 2 (follow on course) 8 weeks €80



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| <p>Once off courses and talks specifically for PCS Parents / Guardians:</p> <ul style="list-style-type: none"> • Study Skills for 1st and 2nd yr Parents / Guardians, • Parents / Guardians of Incoming 1st/4th yrs • Careers Talk for 6th yr Parents / Guardians | <p>We are always looking for tutors for different courses so why not drop us an email at adulthood@portmarnockcommunityschool.ie if you believe you are a suitable tutor for any type of course.</p> |
| <p>Room and sports hall rental: contact us for competitive rates</p> | <p>Courses will only run with a minimum of 10 students, so why not bring along a friend or two when enrolling!</p> |

Postal enrolments may be made by completing the coupon underneath and returning same to arrive on / before Wednesday 17th January 2018.

PLEASE NOTE:

1. Cheques to be made payable to: **ADULT EDUCATION DEPT., Portmarnock Community School.**
2. You will be automatically registered – no receipt is necessary.

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

Name

Address

Email

Telephone: Home Work

Course Title

Code Number

Course Title

Code Number

Amt. Enclosed (cheque / postal order) € _____