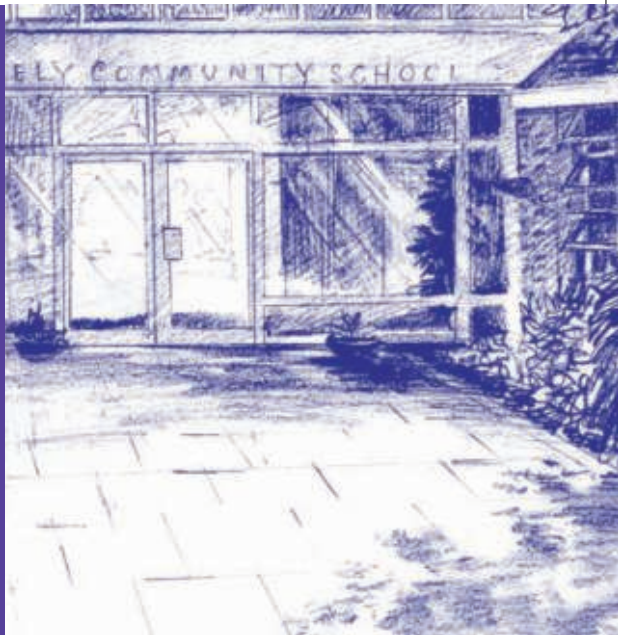


Cabinteely Community School (Life Long Learning)



Cabinteely Community School

Adult Education Programme

Autumn 2022

Commencing 19th September 2022

**PLEASE BOOK
EARLY
TO AVOID
DISAPPOINTMENT**

**Morning Classes (Some Online)
Evening Classes
QQI Courses
Room Rental**

CCS

Cabinteely Community School

Johnstown Road, Cabinteely, Dublin 18. D18VH73



Enquiries: 01 285 7455

www.cabinteelyadulthoodeducation.ie

Email: info@cabinteelyadulthoodeducation.ie

Facebook: /cabinteelyadulthoodeducation

Instagram: /cabinteelyadulthood



ENROLMENT

Online:	Available from 2nd August 2022 www.cabinteelyadulthoodeducation.ie
Enquiries:	Telephone 01 2857455 (from the 24th of August) or email info@cabinteelyadulthoodeducation.ie
Payment Methods:	Credit/Debit Card only
Office Hours:	See website.

All 2.25 hour classes include a 15 minute break.

REFUND POLICY

All our courses are non-refundable, unless there are insufficient numbers for the class to form. A small number of classes do not form each term, and in such cases, students who have enrolled will be notified and can either swap to another class or be offered a full refund. There is no discount for those who cannot attend all evenings of the course.

- The minimum age for courses is 16 years
- Students must enrol before attending classes
- Class times/duration are subject to change
- Classes will only form when a minimum of 8 people enrol.
We will contact you only if the course is not formed.
- It is recommended that you do not buy course material until the course is confirmed
- Those participating in physical exercise classes may need to seek medical advice before commencing
- Smoking is not permitted on the school premises/grounds
- Cabinteely Adult Education cannot accept responsibility for any loss, damage or injury to persons or property whilst on the school premises/grounds
- Please note the information contained in this brochure is as accurate as possible at the time of production
- Please visit our website on www.cabinteelyadulthoodeducation.ie before enrolment for further information on our terms and conditions.

Limited parking available, so arriving early is advisable

NEW COURSE IDEAS : If you have a course that you would like to see offered or would like to teach a course with, please contact us at info@cabinteelyadulthoodeducation.ie

Should the Autumn Term be disrupted due to restrictions, our classes will either be deferred or continue online (if applicable).

TO FIND CABINTEELY COMMUNITY SCHOOL

Using the N11: From Stillorgan

Head south on Stillorgan Road/N11. At Cabinteely Village Junction - turn left onto Johnstown Road. Turn right at next traffic lights. Destination directly ahead.

From Bray

Head north on M11 towards Exit 5. Keep left at the fork to stay on M11, follow signs for City Centre. At the roundabout, take second exit onto N11. At Cabinteely Village Junction - turn right onto Johnstown Road. Turn right at next traffic lights. Destination directly ahead.

Using the M50 Southbound

Exit Junction 16 on M50 for Cherrywood. Go straight at first lights and turn left at next traffic lights onto N11. At Cabinteely Village Junction - turn right onto Johnstown Road. Turn right at next traffic lights. Destination directly ahead.

Bus Routes: 63, 145, 155

MORNING & AFTERNOON CLASSES

TUESDAY MORNING COMMENCING 20TH SEPTEMBER 2022

SPANISH – BEGINNERS 2 - ONLINE €85
8040 Cristina Arizaga 8.45 – 10.00am (12 weeks)

THURSDAY MORNING COMMENCING 22ND SEPTEMBER 2022

SPANISH – IMPROVERS - ONLINE €85
8050 Cristina Arizaga 8.45 – 10.00am (12 weeks)

FRIDAY AFTERNOON COMMENCING 23RD SEPTEMBER 2022

BRIDGE – BEGINNERS €105
8140 Ann O'Rourke 1.30 – 3.30pm (10 weeks)

FRENCH - INTERMEDIATE €95
8090 Lisa Nexer 1.00-2.30pm (10 weeks)

POTTERY – ALL LEVELS €150
8200 Robert Marciniak 1.00 – 3.15pm (10 weeks)

SPANISH- BEGINNERS €95
8170 Leticia Medina Andres 1.00 – 2.30pm (10 weeks)

SPANISH – BEGINNERS - ONLINE €85
8060 Cristina Arizaga 1.30-2.45pm (12 weeks)

YOGA – ALL LEVELS €90
8100 Gillian Morrissey 1.15-2.45pm (10 weeks)

YOGA FOR THE OVER-50S/ACTIVE RETIRED €90
8120 Frankie Heany 1.30 – 3.00pm (10 weeks)

YOGA –JAPANESE YOGA - ALL LEVELS €90
8150 Juliet McLaughlin 1.00 - 2.30pm (10 weeks)

- Return to pre-restrictions class spaces
- **NEW courses** Grow It Yourself and Memoir Writing
- **NEW QQI certified** Care Studies and Word Processing
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SATURDAY MORNING COMMENCING 5TH NOVEMBER 2022

CHALLENGING BEHAVIOUR WORKSHOP - BLENDED LEARNING €100

8070 Denise O'Carroll 9.00am – 2.00pm (2 weeks). Saturday 5th November will be online and Saturday 12th November will be classroom based.

The topics will include; Understanding the causes of behavior. Developing regulation skills. De-escalation and redirection strategies. Therapeutic and restorative support.

EVENING CLASSES

MONDAY NIGHT COMMENCING 19TH SEPTEMBER 2022

ACCOUNTING MANUAL & COMPUTERISED – QQI LEVEL 5

(5N1348) Minor Award

€180

9012 7.00 – 9.45pm (10 weeks)

ART HISTORY

€110

1010 John O'Riordan 7.30 - 9.45pm (10 weeks)

ASIAN COOKING

€120

1260 Colette Walker 7.15 – 9.30pm (8 weeks)

Ingredients will be provided at an extra cost of approximately €45

BALLROOM & LATIN DANCING – BEGINNERS

€85

1110 Kelly Smyth 7.30 – 8.30pm (10 weeks)

BALLROOM & LATIN DANCING – IMPROVERS

€85

1120 Kelly Smyth 8.40 – 9.40pm (10 weeks)

BRIDGE – BEGINNERS

€105

1240 Ann O'Rourke 6.15 – 8.15pm (10 weeks)

BRIDGE - IMPROVERS

€80

1300 Ann O'Rourke 8.30-10.00 (10 weeks)

CAR MAINTENANCE

€115

1280 Henry Harris 7.30 – 9.45pm (10 weeks)

CREATIVE WRITING - ALL LEVELS	€80
1030 Veronica Casey 7.30 - 9.45pm (6 weeks)	
D.I.Y.	€135
1070 Andrew Dowling 7.30 - 9.45pm (10 weeks)	
GUITAR – BEGINNERS	€85
1050 Pat Byrne 8.00 – 9.00pm (10 weeks)	
ITALIAN FOR HOLIDAYS – BEGINNERS	€80
1080 Claudia Coppo 6.30 – 7.45pm (10 weeks)	
ITALIAN FOR HOLIDAYS – IMPROVERS	€80
1020 Claudia Coppo 7.45 – 9.00pm (10 weeks)	
METALWORK/METALCRAFT – BEGINNERS/IMPROVERS	€145
1340 6.30 – 8.45pm (10 weeks)	
PILATES – ALL LEVELS	€85
1140 Eliza Rzepko 7.00 – 7.55pm (10 weeks)	
PILATES – ALL LEVELS	€85
1150 Eliza Rzepko 8.00 – 8.55pm (10 weeks)	
POTTERY – ALL LEVELS	€150
1370 Robert Marciniak 7.15– 9.45pm (10 weeks)	
SOSA DANCE FITNESS (low impact, high energy dance fitness class)	€85
1500 Claire Thompson 6.55 -7.55pm (10 weeks)	
SPANISH – BEGINNERS	€95
1130 Leticia Medina Andres 8.00 – 9.30pm (10 weeks)	
TAI CHI & QI GONG – ALL LEVELS	€85
1170 Rita Kelly 7.00 –8.15pm (10 weeks)	

- **Return to pre-restrictions class spaces**
- **NEW courses** Grow It Yourself and Memoir Writing
- **NEW QQI certified** Care Studies and Word Processing
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UKULELE - BEGINNERS €85

1160 Pat Byrne 7.00 – 8.00pm (10 weeks)

WATERCOLOURS – BEGINNERS €120

1040 Cabrini Lynch 7.00 – 9.00pm (10 weeks)

WOOD CARVING €175

1100 Billy Egginton 7.30 – 9.45pm (10 weeks)

YOGA – JAPANESE YOGA - ALL LEVELS €90

1200 Juliet McLaughlin 7.00 - 8.25pm (10 weeks)

YOGA FOR THE OVER-50s/ACTIVE RETIRED €90

1220 Frankie Heany 7.00 - 8.25pm (10 weeks)

TUESDAY NIGHT COMMENCING 20TH SEPTEMBER 2022

ASIAN COOKING €120

2030 Colette Walker 7.15 – 9.30pm (8 weeks) Ingredients will be provided at an extra cost of approximately €45

CARE SKILLS QQI LEVEL 5 NEW introductory offer of €180

9031 (5N2770) Minor Award 7.00 – 9.45pm (10 weeks)

CHESS – BEGINNERS €105

2250 7.30 - 9.45pm (10 weeks)

D.I.Y. €135

2240 Andrew Dowling 7.30 - 9.45pm (10 weeks)

GOLF- BEGINNERS €105

2120 Billy Kinsella 7.15 - 8.15pm (8 weeks). This course includes two 1 ½ hour trips to the Driving Range

IRISH – CONVERSATION €95

2190 Clara Finnerty 7.00 – 8.30pm (10 weeks)

KNITTING FOR BEGINNERS/ IMPROVERS €115

2130 Elizabeth Dodd 7.00 – 9.15pm (10 weeks)

OIL PAINTING – BEGINNERS/IMPROVERS	€120
2230 Brian O’Farrell 7.30 – 9.45pm (10 weeks)	
SIMPLY DRAWING	€120
2280 Caroline O’Farrell 7.30 – 9.45pm (10 weeks)	
SING YOUR HEART OUT! GROUP SINGING	€105
2200 Esosa Ighodaro 7.30 – 9.45pm (10 weeks)	
SPANISH – IMPROVERS	€95
2070 Leticia Medina Andres 8.00 – 9.30pm (10 weeks)	
SPECIAL NEEDS ASSISTING (SNA) – QQI LEVEL 5 (5N1786) MINOR AWARD BLENDED LEARNING	€250
9021 Denise O’Carroll 7.00 – 9.45pm (10 weeks)	
STAINED GLASS	€145
2080 7.30 – 9.45pm (10 weeks)	
TRANSFORM YOUR HOME	€95
2090 Danielle Dooris 7.30 – 9.45pm (8 weeks)	
WOODCRAFT/WOODWORK	€145
2160 Billy Egginton 7.30 – 9.45pm (10 weeks)	
WORD PROCESSING QQI LEVEL 5 NEW introductory offer	€180
9026 (5N1358) Minor Award 7.00 – 9.45pm (10 weeks)	
YOGA - ALL LEVELS	€90
2020 6.30 - 8.00pm. (10 weeks).	
ZUMBA - ALL LEVELS	€85
2210 Klaudia Karasinska 8.00 - 9.00pm (10 weeks)	

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WEDNESDAY NIGHT COMMENCING 21ST SEPTEMBER 2022

BALLROOM AND LATIN DANCING – BEGINNERS	€85
3080 Kelly Smyth 7.00 – 8.00pm (10 weeks)	
COUNTRY JIVE & LINE DANCING - BEGINNERS	€95
3200 Laura Nolan 7.00 – 8.00pm (10 weeks)	
COUNTRY JIVE & LINE DANCING - IMPROVERS	€125
3210 Laura Nolan 8.30 – 9.30pm (10 weeks)	
FRENCH - BEGINNERS	€70
3310 Lisa Nexer 6.30-7.25pm (10 weeks)	
FRENCH - INTERMEDIATE	€95
3320 Lisa Nexer 7.30-9.00pm (10 weeks)	
GROW YOUR OWN NEW	€95
3190 Jean Wallace 7.00- 8.30pm (10 weeks)	
MARINE ENGINE MAINTENANCE	€115
3270 Henry Harris 7.30 – 9.45pm (10 weeks)	
MEMOIR WRITING-ALL LEVELS NEW	€105
3150 Fionnaigh Connaughton 7.00 – 9.00pm (10 weeks)	
MINDFULNESS & WELLBEING COURSE – ALL LEVELS ONLINE	€110
"Reduce Stress, Improve Resilience, Enhance Your Health and Find Greater Balance in Your Life."	
3100 Veronica Coughlan 7.00 – 8.30pm (10 weeks)	
OIL PAINTING – BEGINNERS/IMPROVERS	€120
3140 Brian O'Farrell 7.30 – 9.45pm (10 weeks)	
PHOTOGRAPHY – BASIC DIGITAL PHOTOGRAPHY	€115
3040 Caroline D'Arcy 7.00 – 9.00pm (10 weeks)	
PILATES – ALL LEVELS	€85
3430 Eliza Rzepko 7.00 – 7.55pm (10 weeks)	
3130 Eliza Rzepko 8.00 – 8.55pm (10 weeks)	

POTTERY	€150
3070 Valerie Coombes 7.15 - 9.45pm (10 weeks)	
SIMPLY DRAWING	€120
3020 Caroline O'Farrell 7.30 – 9.45pm (10 weeks)	
SPANISH – INTERMEDIATE	€95
3370 Leticia Medina Andres 8.00 – 9.30pm (10 weeks)	
SPECIAL NEEDS ASSISTING (SNA) – QQI LEVEL 6 (6N1957) MINOR AWARD ONLINE	€250
9062 Denise O'Carroll 7.00 – 9.30pm (10 weeks)	
TAI CHI & QI GONG – ALL LEVELS	€100
3440 Ming Ng 7.00-8.30pm	
WATERCOLOURS - IMPROVERS	€120
3030 Katrin O'Shea 7.30 – 9.45pm (10 weeks)	
WOODWORK/WOODCRAFT	€145
3110 Richard Lanin 7.00 – 9.00 (10 weeks)	
THURSDAY NIGHT online	COMMENCING 22ND SEPTEMBER 2022
MINDFULNESS & WELLBEING COURSE – ALL LEVELS ONLINE	€110
"Reduce Stress, Improve Resilience, Enhance Your Health and Find Greater Balance in Your Life."	
8160 Veronica Coughlan 7.00 – 8.30pm (10 weeks)	

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QQI COURSES



Where work experience is required, we recommend that students obtain work experience before the course commences.

In addition, students should apply for Garda Vetting to the institution where they are undertaking their work experience.

Students do not need Garda Vetting when doing work experience through their own job.

CHILDCARE COURSES

QQI LEVEL 5

SNA - SPECIAL NEEDS ASSISTING

5N1786 Minor Award

€250

9021 Tuesday Evenings 7.00 –9.30pm (10 weeks)

BLENDED LEARNING commencing Tuesday 20th September

2022 Denise O'Carroll

BLENDED LEARNING Two classes of this term will be classroom based in Cabinteely Community School, with the remaining classes held online. If you are unable to attend these weeks, these two classes will also be available on zoom.

The purpose of this award is to equip the learner with the knowledge, skill and competence in the practices and principles underpinning the role of a Special Needs Assistant to enable the learner to work effectively under direction in a special needs assisting capacity..

QQI LEVEL 6

SNA - SPECIAL NEEDS ASSISTING

6N1957 Minor Award

€250

9062 Wednesday Evenings 7.00 –9.30pm (10 weeks)

ONLINE commencing Wednesday 21st September 2022

Denise O'Carroll

This course is designed for learners who wish to progress from a QQI Level 5 to a QQI Level 6 qualification. The purpose of this award is to equip the learner with the knowledge, skill and competence in the theory and practice underpinning the education and care of those who present with special educational needs to enable the learner to assist in the provision of this education and care.

BUSINESS COURSES

9012 QQI LEVEL 5

ACCOUNTING MANUAL & COMPUTERISED

(5N1348) Minor Award

€180

**Monday Evenings 7.00 – 9.45pm (10 weeks)
commencing Monday 19th September 2022**

This Level 5 Course is designed to help the student to understand the principles and practice of maintaining financial records manually and using integrated accounting software. It is designed for those with a basic knowledge of computers and an interest in accounting. It is designed to support the learner in being able to carry out a range of accounting procedures, to include forecasts, budgets, producing accounts, reports, and calculations.

9026 QQI LEVEL 5

WORD PROCESSING (5N1358)

Minor Award NEW

introductory offer of €180

**Tuesday Evenings 7.00 – 8.25pm (10 weeks)
commencing Tuesday 20th September 2022**

The purpose of this course is to equip the learner with the knowledge, skill and competence to use a word processing application to produce documents in a variety of contexts to a mailable or publishable standard whilst working autonomously and under general direction.

COMMUNITY CARE COURSES

9031 QQI LEVEL 5 NEW

CARE SKILLS (5N2770) Health Care Minor Award

introductory offer of €180

**Tuesday Evenings 7.00 – 9.45pm (10 weeks)
commencing Tuesday 20th September 2022**

The purpose of this award is to both teach the learner to recognise the personal care needs of clients and equip them with practical skills in the area of client personal care. You will be able to respond effectively to a client's individual needs with their involvement and use of choice. You will learn how to maintain a safe, healthy and hygienic environment for clients (e.g., home help or care home setting).

Please visit our website on

www.cabinteelyadulthoodeducation.ie

for full details on our QQI Certificate courses.

RENTAL

We have a wide range of excellent facilities available for rental by individuals or groups.

For further information contact us on 01 2857455

Sports Hall: Dimensions: 31m x 18m, Balcony: 18m x 9m.

Large Hall with Stage: Dimensions: 22m x 11m.

Large Meeting Room: Dimensions: 14m x 12m.

Meeting Room: Dimensions: 14m x 7m.

Classroom: Dimensions: 8m x 6m.



JUDO:

TUESDAY and THURSDAY: 5.00-6.00pm SPECIAL NEEDS;

6.00-7.30pm JUNIORS (under 13);

7.30 – 9.00pm ADULTS (over 13).

Contact: Frederick 086 0449126

SLIMMING WORLD:

THURSDAY 5.30pm & 7pm. Contact: Lisa 087 9398583

NEW SEARSOL: **Searsol**

Typing classes for children: TUESDAYS 4-5pm/5-6pm

Contact: Sean on 01-6303384 www.searsol.com