

### New Course Ideas:

If you have an idea for a course you would like to offer please get in touch: [info@adulsted.ie](mailto:info@adulsted.ie)

### Adult Education Autumn Programme 2024

	Tuesday	Thursday
<b>Week 1</b>	24.09.2024	26.09.2024
<b>Week 2</b>	01.10.2024	03.10.2024
<b>Week 3</b>	08.10.2024	10.10.2024
<b>Week 4</b>	15.10.2024	17.10.2024
<b>Week 5</b>	22.10.2024	24.10.2024
<b>MID-TERM BREAK</b>		
<b>Week 6</b>	05.11.2024	07.11.2024
<b>Week 7</b>	12.11.2024	14.11.2024
<b>Week 8</b>	19.11.2024	21.11.2024
<b>Week 9</b>	26.11.2024	28.11.2024
<b>Week 10</b>	03.12.2024	05.12.2024

New QQI courses available from Tues. 24th Sept. 2024  
Level 5 and Level 6 qualifications available from €400

- 5N1610 - Business Administration skills
- 6N4310 - Business Management
- 5N2706 - Care of the Older Person
- 6N2183 - Purchasing and Procurement
- 5N1786 - Special Needs Assisting

QQI Courses delivered  
in partnership  
with The Open College  
[www.theopencollege.com](http://www.theopencollege.com)



## Palmerstown Community School

Palmerstown Community School  
is a member of



[www.naced.ie](http://www.naced.ie)

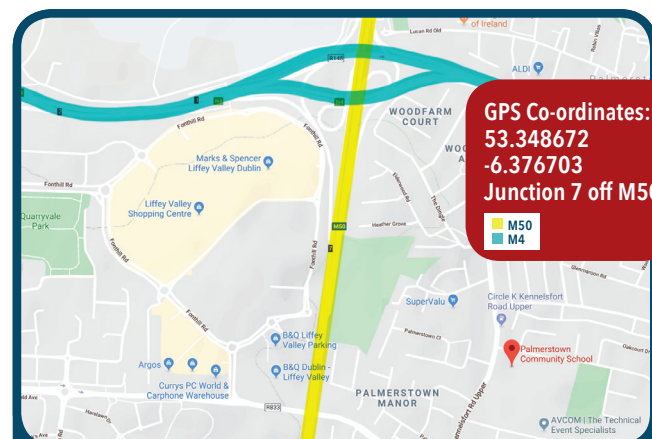
### ROOM HIRE

Wide Selection of Classrooms available  
to rent at Competitive Rates.  
Tel: 01 255 1909  
Email: [info@adulsted.ie](mailto:info@adulsted.ie)

### General Information

1. Fees are payable in full on enrolment.
2. Where possible, please enrol online using a debit or credit card, well in advance of the start of term.
3. Online booking is available on [www.adulsted.ie](http://www.adulsted.ie) through [easypaymentsplus.com](http://easypaymentsplus.com) where normal charges will apply.
4. Cheques should be made payable to Palmerstown Community School and should have your bank card number on the back. Fees are non-refundable except when classes do not form.
5. Parking is provided at POBALSCOIL IOSOLDE. The school authorities regret they cannot be held responsible for loss of or damage to your car.
6. All applicants must be over 16 years of age.
7. Senior Citizens are offered a reduction of €10 per class on production of satisfactory I.D.
8. Times and duration of courses may vary from those stated in this brochure at the Director's discretion.
9. Smoking is prohibited by law within the school building and grounds.

Course details and further information available on  
[www.adulsted.ie](http://www.adulsted.ie)



GPS Co-ordinates:  
53.348672  
-6.376703  
Junction 7 off M50



Dublin Bus routes:  
C-Spine (C1, C2, C3, C4) 26, G-Spine (G1)

Pobalscoil Iosolde Adult Education  
Follow us on Social Media for all the latest news & updates!

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## Palmerstown Community School

Palmerstown,  
Dublin 20, D20 P236



### Adult Education Programme

# Autumn Term 2024

Classes commence from  
24th September 2024.

To avoid cancellations, please book early.

## HOW TO BOOK A CLASS

Online: [www.adulsted.ie](http://www.adulsted.ie)

By phone: (01) 255 1909 | Mob: 087 688 2924

In Person: Adult Education Office  
Mon 9<sup>th</sup> – Wed 11<sup>th</sup> Sept. 10 – 12pm  
Tues 10<sup>th</sup> Sept. 7 – 8pm

Email: [info@adulsted.ie](mailto:info@adulsted.ie)

All courses 10 weeks unless otherwise stated.  
Director: Martina McGuinness

## TUESDAY

<b>Barbering, Beginners</b> - 8.00 – 9.30 <b>€130</b> An introduction to barbering which includes basic cutting, blending, razor work and beard styling. Participants must bring their own model. <i>*Equipment required.</i>
<b>Basic Computers</b> - 6.30 – 7.45 <b>€120</b> Learn the basics and gain confidence in a relaxed class environment. This course will introduce you to basic computer technology, Microsoft Office, Word, Creating documents, Saving files, Emails, Internet etc.
<b>Beauty &amp; Makeup</b> - 7.00 – 9.00 <b>€150</b> Do you love makeup? Learn different styles on how to apply makeup for that day and night time look. Feel and look amazing! Bring your own products and brushes. <i>*Course delivered by a professional Makeup Artist</i>
<b>Business Administration Skills QQI Level 5.</b> 7.00 - 9.30 <b>€400</b> Delivered in partnership with The Open College. This course is designed for people who wish to work in the Business, Finance, Administration and Marketing sectors. <i>*Course delivered every 2nd Tuesday. *7 Weeks. *Highly experienced tutor **Access the following link: <a href="http://www.adulted.ie">http://www.adulted.ie</a></i>
<b>Business Management Course QQI Level 6.</b> 6.30 - 9.30 <b>€400</b> Delivered in partnership with The Open College. This course is designed for people who wish to work in Business and Finance. Topics covered include: Types of Business Organisations and Structures, Management Activities, management Skills, Leadership Styles and the External Factors that Impact an Organisation. How to conduct a SWOT Analysis and Human Resource Management. Assignment and project based assessment. <i>*Start date 1st October **Course delivered every 2nd Tuesday. ***7 Weeks. ****Highly experienced tutor</i>
<b>Carpentry &amp; Woodcarving – A practical approach (Beginners)</b> - 7.00 – 9.00 <b>€190</b> A basic understanding of carpentry and joinery. Create a mirror/picture frame, bird box, jewellery box etc. <i>*Materials included.</i>
<b>Computers - MS Office (Intermediate)</b> - 7.45 – 9.30 <b>€150</b> Based on key applications in MS Office, Word, Excel, Powerpoint. Course will cover basic tasks through to advanced. Some previous computer knowledge required. Certificate on completion of course.
<b>Counselling and Psychotherapy</b> - 7.00 – 9.00 <b>€150</b> Theory of Counselling and Counselling skills. A foundation course for further studies in Counselling.
<b>Crochet – Beginners/Improvers</b> - 7.00 – 9.30 <b>€140</b> Why not try your hand at crochet! Learn a new craft in a relaxed setting and design your own garments. <i>*Start date 1st October * 8 weeks.</i>
<b>Dancercise – Beginners/Improvers</b> - 7.15 – 8.15 <b>€90</b> Keep fit, learn to dance and improve your physical and mental health in a fun and friendly environment. A variety of dance styles to suit all ages and levels. Ballroom and Latin are the favourites!
<b>English as a Second Language</b> - 6.30 - 8.00 <b>€120</b> Do you want to speak and read English more fluently? A fun and relaxed atmosphere to learn and practise basic English for everyday conversations with a focus on listening, reading, pronunciation, writing and grammar.

<b>First Aid</b> -7.00 - 9.00 <i>*Start date 5th Nov. **6 weeks</i> <b>€120</b> A 12-hour course certified by the Irish Red Cross that includes adult and infant CPR, basic injuries, burns, fractures, haemorrhage and poisons.
<b>French Beginners</b> - 6.30 - 8.00 <b>€120</b> Learn the basics of this beautiful language in preparation for work or holidays.
<b>French Improvers</b> - 8.00 - 9.30 <b>€120</b> Improve on the language skills previously learned and move on to conversational French.
<b>German – Beginners</b> - 6.30 – 8.00 <b>€120</b> Learn a new language and dip into the customs of German-speaking countries.
<b>German – Improvers</b> - 8.00 – 9.30 <b>€120</b> For those who have a basic knowledge of the language and would like to improve their language skills.
<b>Guitar for Beginners</b> - 5.30 - 6.30 <b>NEW €120</b> Learn to play the guitar in this step by step class with a professional guitar player.
<b>Guitar for Beginners</b> - 7.30 - 8.30 <b>€120</b> Learn to play the guitar in this step by step class with a professional guitar player.
<b>Guitar for Improvers</b> - 8.30 - 9.30 <b>€120</b> An ideal class for those who have completed the Beginner's course or who have a good command of basic chords.
<b>Hairdressing</b> - 6.30 – 8.00 <b>€130</b> An introduction to salon life to include cutting, blow drying and styling. Sectioning hair, pony tails and plaits. Techniques (backcombing, curling etc.) Heated appliances used for curling and up-styling. Models and own equipment required.
<b>Herbalism – Beginners</b> - 7.30 – 9.30 <b>€140</b> Experience the magic of the green world with hedgerow herbs in the wise woman way.
<b>Irish Conversation – Beginners</b> - 6.30 - 8.00 <b>€120</b> Learn to further your knowledge of your native language in everyday situations. Bigí linn.
<b>Irish Conversation – Improvers</b> - 8.00 - 9.30 <b>€120</b> For those who have the basics and would like to improve their knowledge and skills of the Irish language in a relaxed and friendly environment.
<b>Knitting – Beginners &amp; Improvers</b> - 7.00 – 8.30 <b>€130</b> Learn how to knit wearable garments and develop your knitting techniques. Participants provide all knitting materials. <i>*Materials extra</i>
<b>Painting</b> - 7.00 – 9.00 <b>€140</b> This course is designed for artists who want to learn the art of painting. Create landscape, portraits, still life, abstract, composition and more in this relaxed class. No previous experience in art is required. Participants provide watercolours/acrylic paints.
<b>Pilates - Beginners/Improvers</b> – 8.30 – 9.30 <b>€90</b> Pilates helps in keeping fit, works on core muscles and will leave you feeling relaxed, mindful and toned.

<b>Pottery - Beginners</b> - 7.00 - 9.00 <b>€200</b> Learn basic methods of hand building, modelling, throwing and glazing. Make functional or decorative objects. Fun and relaxing class. All items made are kiln-fired and glazed. <i>*Pottery kit and materials included in fee.</i>	
<b>Sewing: Beginners</b> - 7.00 - 9.30 <b>NEW €140</b> A creative and practical course to develop basic sewing skills to create personal sewing projects eg. Cushion covers, Christmas decorations, simple t-shirt or skirts. <i>*Sewing machine and materials required.</i>	
<b>Sign Language: Beginners</b> - 7.30 - 9.00 <b>€130</b> Help break down barriers and learn to communicate with the hard of hearing. <i>*8 weeks.</i>	
<b>Tai Chi</b> - 8.30 - 9.30 <b>€90</b> Ancient art of exercise and meditation through gentle movement. Build natural strength to handle everyday stresses.	
<b>Ukulele – Beginners</b> - 6.30 - 7.30 <b>€120</b> Learn to play this little gem! Our master tutor will have you strumming, picking and playing in no time.	
<b>Yoga</b> - 7.15 - 8.15 <b>€90</b> Experience the power of yoga through relaxation, posture and breathing exercises. Yoga Mat required!	
<b>THURSDAY</b>	
<b>Angels – An introduction</b> - 8.00 – 9.30 <i>*8 weeks</i> <b>€90</b> Have you ever wondered about the power of Angels? Learn how to connect to your Guardian Angel and learn more about the Angelic Realms.	
<b>Care of the Older Person QQI Level 5.</b> 6.30 - 9.30 <b>€400</b> Delivered in partnership with The Open College. This course is designed to equip the learner with the skills and knowledge to care for older people. <i>*Runs for 12 weeks ** 30 hours work experience required. ***Access the following link: <a href="http://www.adulted.ie">http://www.adulted.ie</a></i>	
<b>Drawing and Sketching</b> - Beginners - 6.30 – 8.00 <b>€120</b> Unlock your hidden drawing talent! Learn different types of drawing/ sketching using pencil, pen, charcoal, pastel and conte.	
<b>Drawing and Sketching</b> - Improvers - 8.00 – 9.30 <b>€120</b> This follow-on course explores more advanced techniques and use of new media for drawing and sketching.	
<b>Home Cooking and Baking</b> - 7.00 – 9.00 <b>€160</b> Be the next Mary Berry or Jamie Oliver! Our master chef will enhance your cookery skills with a wide range of recipes e.g soups, breads, main courses and mouth-watering desserts! <i>*Participants supply ingredients after the first class.</i>	
<b>Italian Beginners</b> - 6.30 - 8.00 <b>€120</b> A wonderful opportunity to learn this romantic language in a fun and friendly atmosphere. Taught by a native speaker, emphasis on conversational Italian.	

<b>Italian Improvers</b> - 8.00 - 9.30 <b>€120</b> This class is ideally suited to those who have completed the Beginners Course or who have a good knowledge of Italian. Taught by a native speaker.
<b>Meditation</b> - 7.00 – 8.00 <b>€90</b> Learn how to become more present in your life and to lead a happier life with less worry.
<b>Nails – Acrylic Nails (including BIAB and Gel Polish)</b> - 6.30 - 9.30 <b>€250</b> A foundation course for the growth and development of a beginner nail technician. Training includes BIAB and Gel Polish. Hands-on practice. <i>*Fee includes Acrylic Nail Kit to the value of €100. **5 weeks.</i>
<b>Purchasing and Procurement QQI Level 6</b> - 7.00 – 9.30 <b>€400</b> Delivered in partnership with the Open College. This course is a comprehensive introduction to the role of buying and the impact of effective purchasing. <i>*8 weeks.</i>
<b>Reiki Training Level 1 (USUI)</b> - 7.00 - 9.00 <b>€150</b> Learn how to effectively work with subtle and universal energy to naturally heal, rebalance and feel good within yourself.
<b>Setting up Your Own Business</b> - 7.30 - 9.00 <b>€130</b> A step by step approach to starting your own business. Preparing the Business Plan – Production, Marketing, Finance and Promotion. Highly qualified tutor.
<b>SNA QQI Level 5</b> - 6.30 - 9.30 <b>€400</b> Delivered in partnership with the Open College. This course is designed for people who wish to pursue a career in working with children with special needs in an educational setting. <i>*Access the following link: <a href="http://www.adulted.ie">http://www.adulted.ie</a> *30 hours work experience required. *Runs for 12 weeks.</i>
<b>Spanish Beginners</b> - 8.00 - 9.30 <b>€120</b> Basic level of conversation for use in everyday situations. Taught by a native speaker.
<b>Spanish Improvers</b> - 6.30 - 8.00 <b>€120</b> A follow-on course for those who have completed a beginner's course and wish to further improve their vocabulary and grammar. Taught by a native speaker.
<b>Tai Chi</b> - 8.30 - 9.30 <b>€90</b> Muscle and joint ache? Poor posture or balance? Introductory course to Tai chi! Release tension from the joints and muscles. The gentle flowing movements of Tai Chi bring strength and flexibility to the body. Suitable for all ages.
<b>Yoga</b> - 7.15 - 8.15 <b>€90</b> Experience the power of yoga through relaxation, posture and breath work. <i>*Yoga mat required</i>
<b>Zumba</b> - 7.30 - 8.30 <b>NEW €90</b> Dance to health and fitness! A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and awe- inspiring movements.