

### 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> | 28.01.2025 | 30.01.2025 |
| <b>Week 2</b> | 04.02.2025 | 06.02.2025 |
| <b>Week 3</b> | 11.02.2025 | 13.02.2025 |

### MID-TERM BREAK

|                |            |            |
|----------------|------------|------------|
| <b>Week 4</b>  | 25.02.2025 | 27.02.2025 |
| <b>Week 5</b>  | 04.03.2025 | 06.03.2025 |
| <b>Week 6</b>  | 11.03.2025 | 13.03.2025 |
| <b>Week 7</b>  | 18.03.2025 | 20.03.2025 |
| <b>Week 8</b>  | 25.03.2025 | 27.03.2025 |
| <b>Week 9</b>  | 01.04.2025 | 03.04.2025 |
| <b>Week 10</b> | 08.04.2025 | 10.04.2025 |

New QQI courses available from Tues. 28th Jan. 2025

Level 5 and Level 6 qualifications available from €400

5N1610 - Business Administration skills

6N4310 - Business Management

6N0697 - Customer Service Skills

5N1786 - Special Needs Assisting

6N1957 - 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.

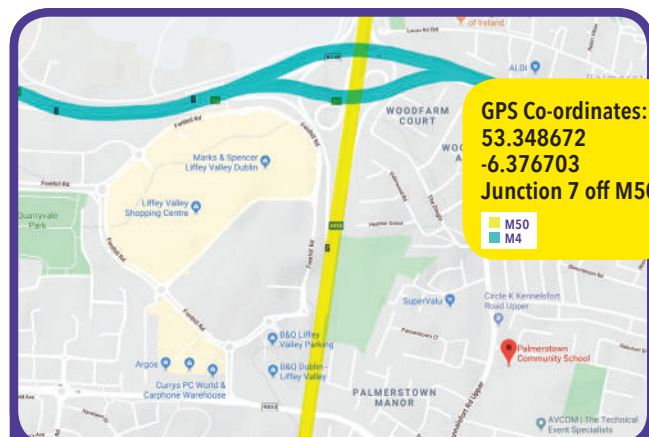
Tel: 01 255 1909

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)



Dublin Bus routes:

C-Spine (C1,C2, C3, C4) 26, G-Spine (G1)

Pobalscoil Iosolde Adult Education

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**Palmerstown  
Community School**

Palmerstown,  
Dublin 20, D20 P236



**Adult Education  
Programme**

**Spring Term  
2025**

**Classes commence from  
28th January 2025**

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 13<sup>th</sup> - Wed 15<sup>th</sup> Jan. 10 - 12pm  
Tues 14<sup>th</sup> Jan. 7 - 8pm

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

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

| <b>TUESDAY</b>   |   |
|--|---|
| <b>Barbering - Beginners - 8.00 – 9.30</b> €130  | 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 - 6.30 – 7.45</b> €120  | This course will introduce you to the basics in Microsoft Office - Basic Word, Excel, Powerpoint, Internet & Emails, File Management.   |
| <b>Beauty Care &amp; Makeup - 7.00 – 9.30</b> NEW €150                                   | Do you love makeup? Enhance your appearance with professional advice from a qualified therapist. Learn how to apply makeup for day and night time look. Choose colours that emphasise your colour and add self-confidence. Bring your own products and brushes! <i>*7 Weeks.</i>  |
| <b>Business Administration Skills QQI Level 5. 7.00 - 9.30</b> €400                      | 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. 6.30 - 9.30</b> €400                          | 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 4th February. **Course delivered every 2nd Tuesday. ***7 Weeks. ****Highly experienced tutor</i> |
| <b>Carpentry &amp; Woodcarving – A practical approach (Beginners) - 7.00 – 9.00</b> €190 | 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) - 7.45 – 9.30</b> €150                           | 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 - 7.00 – 9.00</b> €150                                  | Theory of Counselling and Counselling skills. A foundation course for further studies in Counselling.   |
| <b>Crochet – Beginners/Improvers - 7.00 – 9.30</b> €140                                  | Why not try your hand at crochet! Learn a new craft in a relaxed setting and design your own garments. <i>*8 weeks.</i>   |
| <b>Dancercise – Beginners/Improvers - 7.15 – 8.15</b> €90                                | 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>Dress Making - 7.00 – 9.30</b> NEW €160   | Design, make and alter a pattern to create a skirt/dress to suit your own shape. <i>*Sewing machine and materials are required!</i>   |
| <b>First Aid - 7.00 - 9.00</b> *Start date 4th March. **6 weeks €120                     | A 12-hour course certified by the Irish Red Cross that includes adult and infant CPR, basic injuries, burns, fractures, haemorrhage and poisons.  |

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| <b>French - Beginners - 6.30 - 8.00</b> €120                            | Learn the basics of this beautiful language in preparation for work or holidays.   |
| <b>French - Improvers - 8.00 - 9.30</b> €120                            | Improve on the language skills previously learned and move on to conversational French.  |
| <b>Guitar for Beginners - 7.30 - 8.30</b> €120                          | Learn to play the guitar in this step by step class with a professional guitar player.   |
| <b>Guitar for Improvers - 8.30 - 9.30</b> €120                          | An ideal class for those who have completed the Beginner's course or who have a good command of basic chords.  |
| <b>Herbalism – Beginners - 7.30 – 9.30</b> €140                         | Experience the magic of the green world with hedgerow herbs in the wise woman way.   |
| <b>Irish Conversation – Beginners - 6.30 - 8.00</b> €120                | Learn to further your knowledge of your native language in everyday situations. Bigi linn.   |
| <b>Irish Conversation – Improvers - 8.00 - 9.30</b> €120                | 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 - 7.00 – 8.30</b> €130          | Learn how to knit wearable garments and develop your knitting techniques. Participants provide all knitting materials. <i>*Materials extra</i>   |
| <b>Maths – Practical Maths for Everyday Life - 7.30 – 9.00</b> NEW €130 | Budgeting, Interest Calculations, Geometry in the Real World, Statistics for Everyday Decisions, Algebra in Daily Life, Time and Money Management, Probability and Risk, Maths and Technology.   |
| <b>Nails - Acrylic Nails, BIAB and Gel Polish - 7.00 - 9.30</b> €250    | 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. *8 weeks.</i>  |
| <b>Painting - 7.00 – 9.00</b> €140                                      | 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 – 8.30 – 9.30</b> €90                  | Pilates helps in keeping fit, works on core muscles and will leave you feeling relaxed, mindful and toned.   |
| <b>Pottery - Beginners - 7.00 - 9.00</b> €200                           | 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>Sign Language: Beginners - 7.00 - 8.30</b> €130                      | Help break down barriers and learn to communicate with the hard of hearing. <i>*8 weeks.</i>   |

**Palmerstown Community School, Dublin 20**  
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| <b>S.N.A. QQI Level 6 - 6.30 – 9.30</b> NEW €400 | Delivered in partnership with the Open College. This course is designed to equip the learner with the skills necessary to ensure adults or children with special needs are offered the same opportunity to access education compared to those who do not have special needs. <i>*30 hours of work experience required. *Runs for 12 weeks</i><br>Award Achieved: QQI Level 6 Certificate in Special Needs Assisting (6N1957). |
| <b>Tai Chi - 8.30 - 9.30</b> €90                 | 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>Ukulele – Beginners - 6.30 - 7.30</b> €120    | Learn to play this little gem! Our master tutor will have you strumming, picking and playing in no time.  |
| <b>Yoga - 7.15 - 8.15</b> €90                    | Experience the power of yoga through relaxation, posture and breathing exercises. Yoga Mat required!  |
| <b>Zumba - 7.00 - 8.00</b> €90                   | 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.  |

| <b>THURSDAY</b>  |  |
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| <b>Barbering - Beginners - 8.00 – 9.30</b> NEW €130                          | 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>Companion Dog Training - 7.00 - 8.30</b> NEW €130                         | This training course is offered by an experienced Irish Kennel Club trainer and covers canine communication, steps to train basic behaviours, leash manners, games and improved recall. The course focuses on bond and communication between the dog and the handler. Dogs must be house trained to bring to this class! <i>*8 Weeks</i>   |
| <b>Cooking and Baking – Family Favourites - Beginners - 7.00 – 9.00</b> €160 | Budget friendly dinners! Our master chef will enhance your cookery skills with a range of starters, main course dishes and mouth-watering desserts. <i>*Participants supply ingredients after the first class.</i>   |
| <b>Customer Service Course QQI Level 6 - 6.30 - 9.30</b> NEW €400            | Delivered in partnership with the Open College. This course is designed to enable the learner to gain a detailed understanding of the customer service function within an organisation and to facilitate the development of effective customer service skills. The programme is suitable for persons already working in a customer services role who would like a recognised qualification to support their practical experience It is also suitable for persons that are new to the customer services function and have no prior knowledge of the role, who would like to enhance their curriculum vitae and employment options with additional knowledge, skills and qualification. <i>*9 Weeks.</i> |
| <b>Drawing and Sketching - Beginners - 6.30 – 8.00</b> €120                  | Unlock your hidden drawing talent! Learn different types of drawing/ sketching using pencil, pen, charcoal, pastel and conte.  |

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| <b>Drawing and Sketching - Improvers - 8.00 – 9.30</b> €120 | This follow-on course explores more advanced techniques and use of new media for drawing and sketching.  |
| <b>English as a Second Language - 8.00 - 9.00</b> €120      | 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>Hairdressing - 6.30 – 8.00</b> €130                      | 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>Italian - Beginners - 6.30 - 7.45</b> €120               | 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 - 7.45 - 9.00</b> €120               | 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>Reiki Training Level 1 (USUI) - 7.00 - 9.00</b> €150     | 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 - 7.30 - 9.00</b> €130      | 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 - 6.30 - 9.30</b> €400                   | 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 - 6.30 - 8.00</b> €120               | Basic level of conversation for use in everyday situations. Taught by a native speaker.  |
| <b>Spanish - Improvers - 8.00 - 9.30</b> €120               | 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>Stained Glass Art - 7.00 - 9.00</b> NEW €200             | Learn the craft of Glass Cutting, Foiling and Soldering to create gifts or individual pieces to decorate your home and garden. Materials provided.   |
| <b>Tai Chi - 8.30 - 9.30</b> €90                            | 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 - 7.15 - 8.15</b> €90                               | Experience the power of yoga through relaxation, posture and breath work. <i>*Yoga mat required</i>  |