

Bloom family by getting to know about their marital struggles, bereavement on the loss of a child, adolescent exploits, Irish identity, work challenges, middle age crises.....and much more.

SPORTS and EXERCISE

470 Badminton (Beginners)	Wednesday 8pm - 9.30pm 6 classes €80
Get fit while having fun! All fitness levels are welcome.	
480 Get into Golf (Beginners)	8 lessons €100
490 Golf with a Professional (Experienced)	8 lessons €100
500 Golf with a Professional (Advanced)	8 lessons €100
510 Golf with a Professional (Short Game Clinic)	8 lessons €100

The first class will take place on **Tuesday 27th September 7pm - 8pm**. The times of the various lessons will be arranged at that first class. All lessons will take place in Naas Driving Range (Sallins).

520 Hill Walking **Tuesday 7.30pm - 9.30pm 8 classes €90**
Learn map, compass and mountain navigation skills. Four classes in the school on Tuesday evenings as well as walks in the Dublin or Wicklow mountains (on Saturdays, leaving Leixlip 10am). This course is suitable for experienced and inexperienced hill walkers alike.

530 Pilates (Beginners) **Wednesday 7pm - 8pm 9 classes €90**
540 Pilates (Improvers) **Wednesday 8pm - 9pm 9 classes €90**
Pilates helps to relieve the stresses of everyday living, it revitalises the mind and body. Please bring a yoga mat.

550 Tennis Xpress Programme (Beginners 1pm - 2.30pm) **Saturday 6 classes €80**
Learn and develop tennis techniques, tactics and rules of tennis. Lessons take place in Leixlip Tennis Club in the Amenities Centre. (Starts Saturday 24th September)

560 Tennis Xpress Programme (Improvers 2.30pm - 4pm) **Saturday 6 classes €80**
Improve your tennis skills and develop your techniques and tactics. Serve your first ace!
Lessons take place in Leixlip Tennis Club in the Amenities Centre. (Starts Saturday 24th September)

570 Yoga For Health - Hatha (Beginners/Intermediate) **Tuesday 7.15pm - 8.30pm 10 classes €100**
Yoga is an ancient holistic system which helps to bring about balance of body, mind and spirit. This class explores the ancient practice of Yoga and is suitable for beginners and experienced alike. (Please bring a yoga mat or towel with you).

GENERAL INFORMATION

EVENING CLASSES are offered in Coláiste Chiaráin on Tuesdays and Wednesdays and also on Saturdays. Coláiste Chiaráin in collaboration with Scoil Mhuire, Clane is offering an expanded range of QQI accredited courses this term.

Anyone over 16 years of age is welcome to enrol in the evening programme.

ENROLMENT ONLINE - www.colaistechiarain.com and follow the link for Adult Education. (Register with 'Easy Payments Plus' and continue to enrol in our classes using debit or credit card. A small charge applies when paying by credit card. This charge does not apply to debit cards.)

IN PERSON - Tuesday 13th September 10am - 12 noon only or Wednesday 14th September 10am - 12 noon and 7pm - 8.30pm.

POSTAL ENROLMENT - will be accepted provided a cheque, bank draft, or postal order accompanies your application along with the required fee made out to 'Ad Ed Coláiste Chiaráin' to reach us on or before Wednesday the 21st September. Students are enrolled on a 'first come first served' basis.

ENROLMENT BY PHONE using debit or credit card is also possible from Thursday 1st September. A small charge applies when paying by credit card. This charge does not apply to debit cards. Please inform the Adult Education Office of any **special needs** prior to enrolment.

The school is wheelchair accessible.

No cash will be accepted on enrolment night. Only students who are fully paid-up will be admitted to class. Senior citizens and unemployed people may be granted fee reductions on some courses. This must be applied for at the Adult Education Office **before Wednesday 21st September.**

Late enrolment may be effected up to and including the first night of class, however **early enrolment is advisable to ensure the class of interest to you has sufficient numbers to make it viable.**

REFUNDS - Fees are non-refundable unless a course does not commence due to insufficient numbers or a tutor being unavailable. In such cases participants will be notified and fees refunded. The Director reserves the right to close a course and refund fees.

COMMENCEMENT: Classes begin on Tuesday and Wednesday the **27th and 28th September** unless otherwise specified.

SCHOOL CLOSURES: Night classes follow the day school closures.

October midterm break: No Classes on the 1st and 2nd November 2022.
[February 2023 midterm break - 14th and 15th February 2023].

STUDENT PROPERTY: Responsibility cannot be accepted for loss of or damage to the property of students, their cars, motorcycles or bicycles on the school grounds.

PARKING: Parking at the school is limited. Please park with consideration for others. Do not block access and keep off the grass.

DISCIPLINE: On enrolment students subscribe to the regulations of the school and are bound by them. The school reserves the right to suspend a student from a class and the premises, as seems appropriate.

SMOKING IS STRICTLY PROHIBITED BY LAW in any part of the school building and grounds.

PRIVACY STATEMENT: At Coláiste Chiaráin, we take your privacy seriously. The details you provide to us on registration (Name, address, telephone number, email address and card details) are uploaded onto Easy Payments Plus (operated by Feepay Ltd). We will not be sharing these details with a third party.

QQI students will be asked to complete a more detailed Application Form and Garda Vetting Forms. These details will need to be shared with the relevant bodies.

COVID-19 UPDATE: Learners are asked to continue to adhere to the hygiene regulations in place. Hand sanitisers will be made available on entering the school and at various points around the school. The wearing of masks (or face screen) is optional. All classrooms and surfaces will be cleaned before the Evening Classes but it is recommended that you wipe down any tables, chairs or equipment you use before class with the wipes provided.

NEW COURSES: Do you have a skill or knowledge you would like to share with adults? If you have a course you are prepared to instruct, please send a course outline and your qualifications to the **Director of Adult Education** at adulded@colaistechiarain.com

Further Education and Training Centre

Kildare and Wicklow ETB Manor Mills, Maynooth, Co. Kildare

Spelling, Reading, Writing, Maths, Computers

Phone: 01-6292602 Email: maynoothfetc@kwetb.ie

Comhaltas Ceoltóirí Éireann

Craobh Bheartla Uí Fhlatharta, Leixlip offers classes in all of the following:
Tin Whistle, Fiddle, Concertina, Accordion, Flute, Banjo, Mandolin, Sean-nós Dance
Venue: Scoil Uí Dhálaigh, Leixlip. Time: Monday 6pm - 8.30pm
info@cceleixlip.com www.cceleixlip.com

Irish Countrywomen's Association

Are you looking for something different to do? The ICA welcomes new members to join their Leixlip Guild. A varied programme is provided throughout the year. Members can look forward to activities such as craft demonstrations, talks, group outings etc. The Guild meets every Wednesday at 7.30pm in Coláiste Chiaráin. New members are always welcome!

Watch out for some new courses in our Spring Brochure in January '23.

For further information contact - Coláiste Chiaráin's Adult Education

Office: - Tel 6247624 / 6295046

Email: adulded@colaistechiarain.com

Website: www.colaistechiarain.com

Mark Neville

Louise Doran

Máire Ní Scanail

Maria Furlong

Ann Keating

Frank Clancy



Principal
Deputy Principal
Director of Adult Education
Assistant Director
Payroll and Accounts
Ancillary Staff

COLÁISTE CHIARÁIN

CELBRIDGE ROAD, LEIXLIP, CO. KILDARE

EVENING CLASSES



ENROLMENT

Online at www.colaistechiarain.com

In Person

Tuesday 13th September

10am - 12 noon only

Wednesday 14th September

10am - 12 noon and also 7pm - 8.30pm

or Postal Enrolment

COMMENCEMENT

Tuesday and Wednesday 27th

and 28th September 2022

(unless otherwise specified)

PHONE 01-624 7624

to leave a message or 01 629 5046

• email: adulded@colaistechiarain.com

• www.colaistechiarain.com

Thank you to all the shops and businesses that display our brochures and play their part in promoting education and community spirit

QQI ACCREDITED COURSES

10 Early Childhood Care and Education 6M2007 QQI Level 6
Starts Saturday 17th September 9.30am - 3pm €250 per module.

NB - Please note that these classes may be delivered this term by blended learning (ie partially classroom based along with online delivery and support)

This course is aimed at Supervisors or those wishing to move into a supervisory role in a childcare setting. Eight modules are required for a Full Award. Participants will take 3 modules this term.

Module 1 - Communications 6N1950 Starts Saturday 17th September

Module 2 - Work Experience 6N1946 Starts Saturday 15th October

Module 3 - Early Learning Environment 6N1933 Starts Saturday 19th November

20 Healthcare Support 5M4339 QQI Level 5 Starts **Tuesday 4th October 7pm - 9pm; €340 per module. (30 hours)**

NB - Please note that these classes may be delivered this term by blended learning (ie partially classroom based along with online delivery and support)

This course will lead to a qualification for those seeking employment as healthcare assistants in hospitals, residential care centres or in the home. Each module is worth 15 credits. 120 credits are required for a full award.

Module 1 – Nutrition 5N2006 Starts Tuesday 4th October

30 Office Administration 5M1997 QQI Level 5 Starts **Tuesday 4th October 7.30pm - 9.30pm; €340 per module. (30 hours)**

NB - Please note that these classes may be delivered this term by blended learning (ie partially classroom based along with online delivery and support)

This course prepares learners for employment opportunities in an administrative setting by providing them with a broad and balanced programme of modules. The course introduces learners to a range of office skills - using Microsoft Word to create organisational charts, memos, letters, invoices; meeting agendas and minutes of the meeting; travel itinerary; file management; stay organised using Microsoft Outlook (setting reminders, meetings, contacts); telephone techniques and using internet for research purposes). This course is suitable for anyone wishing to work as a Secretary or PA.

Module 1 – Word Processing 5N1358 Starts Tuesday 4th October

40 Special Needs Assisting 5N1786 QQI Level 5 Starts **Wednesday 5th October 7pm - 9pm €380 (48 hours)**

NB - Please note that these classes may be delivered this term by blended learning (ie partially classroom based along with online delivery and support)

This course is designed to give learners the knowledge and skills required to work as an SNA in either a primary or secondary school. Learners will gain an understanding of the role and function of the SNA. As work experience is integral to this course, learners will have the opportunity to put what they are learning into practice and gain 'real world' experience. This course is a single component at Level 5 on the National Framework of Qualifications.

50 University Access Programme 5M1997 QQI Level 5 Starts **Tuesday 4th October 7.30pm - 9.30pm; €340 per module. (30 hours)**

NB - Please note that these classes may be delivered this term by blended learning (ie partially classroom based along with online delivery and support)

This course is aimed at those wishing to progress to third level education. Course participants get an opportunity to develop the skills required for participation at university and this course equips learners with the knowledge and confidence to undertake academic research.

Module 1 – Word Processing 5N1358 Starts Tuesday 4th October

BUSINESS and ICT

60 Computers (Basic) **Wednesday 7.30pm - 9pm 10 classes €115**
This course will introduce you to basic computer skills - typing, creating documents, saving, emailing, browsing the internet, booking flights, using Skype etc.

70 Computers (Improvers) **Wednesday 7.30pm - 9pm 10 classes €115**
This is a follow-on course from beginners. Participants will learn more about Word and File Management, shopping online, internet safety and security and lots more.

80 Computerised Payroll **Tuesday 7.15pm - 8.45pm 6 classes €75**
Participants will be introduced to all aspects of producing computerised payrolls - inputting employee details, hourly rates and producing various reports.

90 Introduction to Microsoft Excel Reporting and Analysis **Wednesday 7.30pm – 9pm 8 classes €95**
This course covers an introduction to excel spreadsheets, formulas, formatting etc and then progresses to more advanced techniques to create professional looking reports and data analysis.



QQI AWARD

COOKERY and NUTRITION

100 Cake Decorating and Sugarcraft **Wednesday 7.30pm - 9.30pm 8 classes €100**
Achieve a professional cake decorating finish for various occasions – birthdays, Halloween & Christmas. All levels catered for. Materials cost €5 per class.

110 Easy Healthy Meals **Tuesday 7.15pm - 9.45pm 8 classes €150**
This is a practical cookery class for people who would like to enhance their cooking skills in how to cook easy, healthy family meals. It will include some lovely soups, breads and simple, heart warming desserts.

CRAFTS and SKILLS

120 Art - (Watercolours) **Tuesday 7.30pm - 9.30pm 10 classes €100**
Take some time out for yourself and find or develop your artistic talent in a relaxed environment - still life, landscapes and portraiture. This class is suitable for beginners and improvers alike. You will need your own brushes, paints etc - €20 approx. The tutor will advise on the first night. (Tutor: Noel)

130 Art Painting - (Oil and Acrylics) **Wednesday 7.30pm - 9.30pm 10 classes €100**
This course will include still life, landscapes, portraiture, seascapes and some street scenes. This class is suitable for beginners and improvers alike. You will need your own brushes etc - €20 approx. The tutor will advise on the first night. (Tutor: Noel).

140 Arts and Crafts for Wellbeing **Tuesday 7pm - 8.30pm 9 classes €80**
Enjoy being creative and exploring different types of arts and crafts for various occasions - birthdays, Halloween & Christmas. Relax and enjoy creating your own cards and decorations using decopatch. This class is suitable for all levels of ability. (Extra cost of €15 paid to the tutor for art pack and materials).

150 DIY about the House **Wednesday 7.30pm - 9pm 8 classes €80**
This course is aimed at those looking to become more independent and confident with DIY in the home, it will cover the use of many hand and power tools used in DIY. Aspects covered will include tiling, flooring, papering, painting, shelving, furniture, basic electrics and plumbing.

160 Flower Arranging (Beginners to Improvers) **Wednesday 7.30pm - 9pm 9 classes €80**
Join this interesting class and learn how to arrange beautiful floral displays for a variety of different occasions. The first class will be a demonstration class and participants will buy their own flowers thereafter.

170 Gardening Workshop **Tuesday 7.30pm – 9pm 9 classes €80**
Add some character to your garden this autumn. This workshop is given by a qualified horticulturist. Topics to be covered include landscape design, autumn colours, planters and containers, planning your allotment for spring, plant care and husbandry, pests, pesticides and much more.

172 Knitting and Crochet Classes **Tuesday 7.30pm – 9pm 9 classes €80**
Learn a stitch or two in a relaxed environment. This class is suitable for beginners and improvers alike.

175 Ornamental Glass (Stained glass) **Tuesday 7.30pm – 9.30pm 9 classes €110**
Learn the wonderful craft of stained glass and complete two small projects by the end of the course. (€35 extra to cover tools and equipment – paid to tutor).

180 Sew Your Own! (Garment Alterations) **Wednesday 7.30pm - 9.30pm 8 classes €105**
Why not make something you want to wear or upcycle an old favourite? Sewing classes for beginners but all levels welcome. A notebook, pins and good scissors are needed. Extra materials may be required but the tutor will advise on each project.

190 Woodturning (Beginners) **Tuesday 7.30pm - 9.30pm 10 classes €150**
Learn the basics of the ancient craft of woodturning and master new techniques. Let your creativity flow and produce your first bowl! Bring your own dust mask. (Tutor: Irene).

200 Woodturning (Improvers) **Wednesday 7.30pm - 9.30pm 10 classes €150**
Improve on your existing woodturning skills and make your own bowls, table lamps, vases, spindles, toys, boxes etc. Bring your own dust mask. (Tutor: Leo).

LANGUAGES

205 English for Beginners **Tuesday 7.30pm - 8.30pm 10 classes No Charge**
This class is for absolute beginners with an emphasis on the spoken language. (It is necessary to enrol in the class)

210 Beginners Irish **Tuesday 7.30pm - 8.30pm 10 classes €75**
This class is for absolute beginners with an emphasis on the spoken language.

220 Comhrá Gaelige (Improvers) **Tuesday 8.30pm - 10pm 10 classes €90**
These classes are aimed at those who have a basic knowledge of Irish and who wish to practise their 'cúpla focal'.

230 French (Beginners) **Wednesday 8.30pm - 9.30pm 10 classes €75**
Learn the basics of this beautiful language in preparation for work or holidays. (Tutor: Francesco)

240 French (Improvers) **Wednesday 7pm – 8.30pm 11 classes €100**
Improve on the language skills previously learned and enjoy travel, films and literature and enhance your employment prospects (Tutor: Francesco).

250 German (Beginners) **Tuesday 8pm – 9pm 10 classes €75**
Learn the basics of this language in preparation for work or holidays.

260 Italian (Beginners) **Tuesday 7pm - 8pm 10 classes €75**
Learn the basics of this language in preparation for work or holidays.

270 Italian (Improvers) **Tuesday 8pm – 9.30pm 10 classes €90**
Bring your fluency to a higher level in preparation for your next trip to Italy or to enhance your employment prospects.

280 Sign Language (Beginners) **Tuesday 7.30pm – 9pm 9 classes €80**
This is an introductory course and will teach you the basics of Irish Sign Language (ISL)

290 Spanish (Beginners) **Tuesday 7pm - 8.30pm 20 classes over two terms €150**
This class is a conversation class for absolute beginners. (Tutor: Sandra)

300 Spanish (Improvers 1) **Tuesday 8.30pm – 10pm 20 classes over two terms €150**
Improve your standard of Spanish for holidays or business. Join this very popular European language class. (Tutor: Sandra)

310 Spanish (Improvers 2) **Wednesday 7pm - 8.30pm 20 classes over two terms €150**
Broaden your language skills and prepare for that business trip or holiday. (Tutor: Sandra)

320 Spanish (Advanced) **Wednesday 8.30pm -10pm 20 classes over two terms €150**
Bring your fluency to an advanced level in preparation for your next trip to Spain or to enhance your employment prospects (Tutor: Sandra).

MUSIC and DANCE

330 Guitar (Beginners) **Tuesday 7pm – 8.30pm 8 classes €90**
Join this class and develop your musical talent. Topics covered include music theory, scales, notes, chords, keys, composition and songs for study.

380 Ukulele (Beginners) **Tuesday 8.30pm - 10pm 8 classes €85**
Learn how to play the ukulele in this fun beginners class. Develop your musical talent and learn new songs on this unique instrument. Your own ukulele is required.

360 Zumba Workout **Wednesday 7pm – 8pm 9 classes €80**
Get active while having fun! Zumba is a high energy class that combines many different Latin-American and freestyle dance forms.

SOCIAL and PERSONAL

370 Companion Dog Training **Tuesday 7pm - 8.30pm 8 classes €100**
This class offered by an Irish Kennel Club Instructor will help you to build a stronger bond with your dog. Topics covered include leash manners, games and basic command recognition so that you can have a relaxed, obedient and balanced dog. You can bring your dog to this class but there's no need to bring your dog on the first night!

380 Creative Writing **Tuesday 7.45pm - 9.15pm 8 classes €80**
If you have a talent for writing or telling stories but are inhibited by how and where to get it published, then this class is for you! This course will help both the novice and established writer to think, write and edit creatively.

390 Digital Photography with Photoshop **Wednesday 7.30pm - 9pm 8 classes €120**
Learn how to use your digital camera more effectively and manipulate the image using Photoshop software. 2 field trips are organised at weekends. **Computer skills are essential.**

400 De-clutter your Home **Wednesday 7.30pm - 9pm 5 classes €60**
Learn how to declutter and organise your wardrobe, cupboards and home, using simple step-by-step techniques that you can bring with you through life. Create an organised beautiful home and a happier living environment.

410 Genealogy **Tuesday 7.30pm - 9pm 9 classes €80**
Who do you think you are? Do you know your family history? Find out where to start on this wonderful journey tracing your family roots.

420 Meditation Class **Tuesday 8.30pm - 9.30pm 8 classes €75**
Take some time for yourself and look after your mind, body and spirit. Meditation can help relieve stress, tension and open the doorways to self-discovery. This class allows you to explore meditations that will help with self-belief, stress and creativity.

430 Reducing Home Energy Costs **Tuesday 7.30pm - 9.30pm 10 classes €100**
Learn how to make savings on your energy costs and reduce your carbon footprint by making changes in your home. Participants will receive practical advice and tips on how you can improve the quality of the environment you live in while also saving money on energy bills.

440 Tai-chi (Beginners) **Tuesday 7pm - 8.15pm 10 classes €90**
Tai-chi has been described as meditation in motion and promotes good health and a profound sense of well-being.

450 The Irish Revolution through the works of Seán O'Casey **Tuesday 7pm – 9pm 10 classes €120**
We will explore this turbulent time in our history by studying the daily lives of ordinary Dubliners – their politics, family struggles, loves and personal demons. We will laugh and cry our way through these timeless tragic comedies which are among the best in the canon of Irish theatre (Juno and the Paycock, Shadow of a Gunman, The Plough and the Stars).

460 1922 – The centenary of the publication of Ulysses by James Joyce **Wednesday 7pm – 9pm 10 classes €120**
A class for the absolute newcomer to the great novel – the focus will be a modern approach to introducing ourselves to the
Continued Over . . .