

**600 Guitar (Improvers)**

Thur. 8.30-10pm 8 classes €100

Join this class and develop your musical talent. Topics to include music theory, scales, notes, chords, keys, composition and songs for study.

610 Music, Meaning and Mankind

Tue. 7.30-9pm 8 classes €70

Music - sounds and rhythms - is fundamental to all human existence since the beginning of time. This course will explore many of the aspects in which music and sound influence our thought patterns and behaviours; music for ritual and ceremony, music for healing, for celebration, for meditation, at the core of our being.

620 Tin Whistle (Beginners)

Tue. 7-8pm 9 classes €70.

Join this class and feel the pulse of Irish music. Some well known ballads and basic music theory will be covered in this class. (Own tin whistle in the key of D is required).

SPORTS and EXERCISE**630 Ballroom and Latin Dance (Beginners)**

Wed. 7.30-8.30 pm 9 classes €80.

Expert tuition in Ballroom and Latin dance movements. Enjoy an evening out and keep fit.

640 Belly-Dance with Props (Beginners/Improvers)

Wed. 8.00-9.00pm 8 classes €75.

Enjoy the benefits of belly-dance while meeting people and having fun. Suitable for women of all ages. Great for muscle toning, weight-loss, stress, digestion and self-confidence. Challenge yourself using oriental dance movements in a relaxed environment.

650 Boxercise (Beginners)

Thur. 7.30-8.30pm 8 classes €75.

Exercise that helps you lose weight, get in shape and tone all over. Non contact aerobic boxing workout. Suitable for all fitness levels.

660 Adult Ballet (Beginners)

Wed. 8-9.00pm 8 classes €75.

Ballet for all levels. Relax and let the music set you free!

670 Golf (with a professional) (Beginners)

Wed. 7-8.00pm 8 lessons €100.

680 Golf (with a professional) (Improvers)

Wed. 8-9.00pm 8 lessons €100.

Course is broken up in the following way: 2 weeks in classroom, 5 classes in driving range and last class - 9 holes, par 3 golf course, to be arranged on a Saturday morning.

690 Hill Walking

Tue. 7.30-9.30pm 8 classes €90.

Lean map, compass and navigation skills. This course is suitable for experienced and inexperienced hill walkers alike. It is classroom based but will involve 4 walks in the Wicklow Mountains on Saturdays 8th & 22nd Oct, 5th & 12th Nov.

700 Kettle Bells Class

Wed. 8.30-9.30pm 9 classes €85

This course offers a new and exciting way for you to become leaner and stronger by introducing the versatility of kettle bell training. It's one of the most effective forms of training for both muscle building and fat loss. This course will introduce a wide range of exercises that will be both enjoyable and beneficial, all in a friendly environment. Constructed by certified personal and kettle bell trainer. (Max 6).

710 Pilates (Beginners)

Wed. 7-8.00pm 9 classes €90.

720 Pilates for Men (Beginners)

Wed. 8.15-9.15pm 9 classes €90.

Revitalise the mind and body. Pilates helps to relieve the stresses of everyday living. (Please bring a towel or yoga mat).

730 Tennis Xpress Programme

Beginners Thur. 7.15-8.45pm 6 classes €80.

740 Tennis Xpress Programme

Improvers Thur. 8.45-10.15pm 6 classes €80.

Develop your technique, tactics, fitness, footwork, playing situations, competitive play in singles or doubles. Starts Thur. 22nd Sept. Lessons take place in Leixlip Tennis Club in the Amenities Centre, Leixlip.

750 Yoga For Health (Hatha)

Thur. 7-8.15pm 9 classes €80.

760 Yoga For Men (Hatha)

Thur. 8.30-9.45pm 9 classes €80.

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 for beginners and experienced alike. Please bring a Yoga mat or towel.

CHILDCARE and HEALTHCARE**770 Early Childhood Care and Education Level 6 (QQI) 6M2007**

Starts Sat. 17th Sept. 9.30-3.00pm x 4 Sat. €230 per Mod.

This course is aimed at Supervisors or those wishing to move into a supervisory role in a childcare setting. Each module is worth 15 credits. 120 credits are required for a Full Award. Participants can take 3 modules this term.

Mod 1 - Childhood Social Legal and Health Studies 6N1945 Starts Sat. 17th Sept.**Mod 2 - Supervision in Early Childhood Care 6N1973 Starts 15th Oct.****Mod 3 - Early Childhood Curriculum 6N1944 Starts Sat. 19th Nov.***Early enrolment is essential to secure a place in this class***780 Early Childhood Care and Education Level 5 (QQI) 5M2009**

Tue. & Thur. 7-9.30pm x 5 weeks €210 per Mod.

This course is aimed at childcare workers or those considering setting up childcare facilities. Each module is worth 15 credits. 120 credits are required for a Full Award. Participants can take 2 modules this term.

Mod 1 - Early Childhood Education and Play 5N1773 Starts Tue. 27th Sept.**Mod 2 - Early Care and Education Practice 5N1770 Starts Tue. 8th Nov.***Early enrolment is essential to secure a place in this class.***790 Healthcare Support Level 5 (QQI) 5M 4339**

Tue. & Thur. 7-9.30pm x 6 weeks. €240 per Mod.

This course will lead to 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. Participants can take 2 modules this term.

Mod 1 - Nutrition 5N2006 Starts Tue. 20th Sept.**Mod 2 - Safety and Health at Work 5N1794 Starts Tue, 8th Nov.***Early enrolment is essential to secure a place in this class***Supervised study offered to Junior and Leaving Cert. classes**

QQI AWARD

IMPORTANT INFORMATION FOR STUDENTS**EVENING CLASSES** are offered in Coláiste Chiaráin on Tuesdays, Wednesdays, Thursdays and Saturdays in collaboration with Maynooth Universty and KWETB. Coláiste Chiaráin is a provider of programmes leading to QQI awards. *Anyone over 16 years of age is welcome to enrol in the evening programme.***ENROLMENT ONLINE** Open from 2nd Sept. 2016 - www.colaistechiarain.com (Register with 'Easy Payments Plus' and continue to enrol on one of 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** - Tues. 13th Sept. (7-8.30pm), Thurs. 15th Sept. (10.30am-12 noon & 7-8.30pm)**POSTAL ENROLMENT** - will be accepted provided a cheque, bank draft, or postal order accompanies your application for the required fee made out to 'Ad Ed Coláiste Chiaráin' to reach us on or before the 20th Sept. 2016. If your class does not go ahead you will be contacted and your cheque returned or you will be refunded.**ENROLMENT BY PHONE** using debit or credit card is also possible from the **5th Sept. 2016**. 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. *This school is wheelchair accessible.***RECEIPTS** are issued. No cash will be accepted on enrolment night. Only those 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 the 20th Sept. 2016.****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:** Tues, Weds. & Thurs. the **27th, 28th & 29th Sept. 2016** unless otherwise specified.**SCHOOL CLOSURES:** Night classes follow the day school closures. **No classes 1st, 2nd & 3rd Nov.** (Midterm break).**STUDENT PROPERTY:** Responsibility cannot be accepted for loss of or damage to the property of students, their cars, motorbikes or bicycles on the school grounds.**PARKING:** Please park with consideration for others. Do not block access and keep off the grass. Parking at the school is limited.**DISCIPLINE:** On enrolment, the student subscribes to the regulations of the school and is bound by them. The school reserves the right to suspend a student from classes and the premises, as seems appropriate.**SMOKING IS STRICTLY PROHIBITED BY LAW** in any part of the school building and grounds.**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 course outline and your qualifications to the Director at adulted@colaistechiarain.com.**Maynooth Further Education and Training Centre**Phone: 01-6292602 Email: maynoothfetc@kwetb.ie**Leixlip Comhaltas Ceoltóirí Éireann**offers classes in: Tin Whistle, Fiddle, Concertina, Accordion, Flute, Banjo, Mandolin, Sean-nós Dance
Venue: Scoil Uí Dhálaigh, Leixlip. Time: Monday 6-8.30pm
info@cceleixlip.com www.cceleixlip.com**Irish Countrywomen's Association**

The ICA are currently looking for new members to join their Leixlip Guild. The Guild meets every Wed. at 7.30pm in Coláiste Chiaráin.

Watch for some new courses in our Spring brochure out in JANUARY 2017.

For further information contact - Coláiste Chiaráin's Adult Education Office: -

Tel 6247624 / 6295046

Email: adulted@colaistechiarain.comWebsite: www.colaistechiarain.comJoseph Sweeney
Thomas Cash
Máire Ní Scanaill
Noel Daly
Mary GallagherPrincipal
Deputy Principal
Director of Adult Education
Assistant Director
Co-ordinator

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COLÁISTE CHIARÁIN

CELBRIDGE ROAD, LEIXLIP, CO. KILDARE

EVENING CLASSES**ENROLMENT**Online at www.colaistechiarain.com

In Person Tues. 13th September 7 pm - 8.30 pm

Thurs 15th September 10.30 am - Noon & 7.00 - 8.30pm

or by post OR credit/debit card

COMMENCEMENT

Tues. Weds. & Thurs. 27th, 28th & 29th September 2016

unless otherwise specified

PHONE 01-6247624 / 6295046 (message)

- www.colaistechiarain.com
- email: adulted@colaistechiarain.com

Coláiste Chiaráin - a provider of programmes leading to QQI Awards

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

BUSINESS and ICT

- 10 Cloud Accounting for Beginners** Wed. 7.30-9.30pm 10 classes €120.
This workshop is aimed at the self-employed or those wanting to learn online cloud accounting. Includes free cloud accounting application and you will set up your own business accounts in class.
- 20 Computerised Payroll** Wed. 7-8.30pm 10 classes €110.
Learn to use computerised payroll and broaden your IT skills. You will also learn how to do hand-written payrolls.
- 30 Computers (Beginners)** Tue. 7-8.30pm 10 classes €115.
This course will introduce you to basic computer terminology, Microsoft Office. Word, saving files, typing, e-mail etc.
- 40 Computers (Improvers)** Tue. 8.30-10pm 10 classes €115.
This course is suitable for those who know the basics about computers. It is a follow-on course from beginners and includes Word, Powerpoint, Excel and Internet.
- 50 iPad/iPhone Class** Wed. 7.30-9pm 9 classes €95.
Find out how to make most use of your iPad or iPhone and the accessories (printers etc.) and apps that go with them. Learn how to download music and films etc. (Bring your iPad/iPhone).
- 60 Social Media Awareness** Thurs. 7.30-9pm 4 classes €50.
Keep up to date with various forms of multimedia, e.g. Facebook, Snapchat, Blogging, Twitter and other forms of social media.

LANGUAGES

- 70 Irish (Beginners)** Tue. 7.30-8.30pm 18 classes over two terms €100.
This class is for absolute beginners with an emphasis on the spoken language. There is a possibility of taking level A1 of Maynooth University's TEG (Teastas Eorpach sa Ghaeilge - European Certificate in Irish).
- 80 Comhrá Gaeilge** Tue. 8.30-9.30pm 18 classes over two terms €100.
These classes are aimed at those who have a basic knowledge of Irish and who wish to take level A2 or B1 of Maynooth University's TEG (Teastas Eorpach sa Ghaeilge - European Certificate in Irish).
- 90 Ciorcal Comhrá** Wed. 7.30-8.30pm 9 classes €50.
These classes are aimed at those who are quite fluent in Irish and would like to practise their 'cúpla focal' or who would like to take level B2* or C1 of Maynooth University's TEG (Teastas Eorpach sa Ghaeilge - European Certificate in Irish).
- *[Note: TEG Level B2 is now recognised by the Department of Education and Skills and satisfies the Irish language entry requirement for undergraduate and postgraduate courses in education in the Colleges of Education in Ireland].*
- 100 French (Beginners)** Wed. 7.30-8.30pm 18 classes over two terms €100.
This class is a conversation class for absolute beginners. Learn the basics of this beautiful language.
- 110 French (Improvers)** Wed. 8.30-9.30pm 18 classes over two terms €100.
Improve on the language skills previously learned and enjoy travel, films and literature and enhance your employment prospects.
- 120 French (Advanced)** Thur. 7-8pm 9 classes €50.
A more advanced class for those who have studied French previously and want to take it to a higher level.
- 130 German (Beginners)** Wed. 7.30-8.30pm 9 classes €50.
This class is a conversation class for absolute beginners. Learn the basics of this language in preparation for work abroad or for holidays.
- 140 Italian (Beginners)** Wed. 8.30-9.30pm 18 classes over two terms €100.
This class is a conversation class for absolute beginners.
- 150 Italian (Improvers)** Wed. 7-8.30pm 18 classes over two terms €140.
Improve on the language skills previously learned and enjoy travel, films and literature and enhance your employment prospects. (This class is a follow on from last year's beginners class).
- 160 Sign Language (Beginners)** Thur. 7.30-9pm 9 classes €75.
Learn to communicate with the deaf and be able to understand them. This course covers the basics of Irish Sign Language (ISL).
- 170 Spanish (Advanced 2)** Tue. 7-8.30pm 18 classes over two terms €140.
Prepare now for that holiday next summer or the upcoming business trip. Take this language to an advanced level with the possibility of certification. (Tutor: Sandra)
- 180 Spanish (Beginners)** Tue. 8.30-10pm 18 classes over two terms €140.
This class is a conversation class for absolute beginners. (Tutor: Sandra)
- 190 Spanish (Advanced 1)** Wed. 7-8.30pm 18 classes over two terms €140.
Prepare now for that business trip or holiday next summer. (Tutor: Sandra)
- 200 Spanish (Advanced 3)** Wed. 8.30-10pm 18 classes over two terms €140.
Prepare now for that holiday next summer or the upcoming business trip. Take this language to an advanced level with the possibility of certification. (Tutor: Sandra)
- 210 Spanish (Improvers 2)** Thur. 7-8.30pm 18 classes over two terms €140.
Broaden your language skills and prepare for that business trip or holiday (Tutor: Sandra).
- 220 Spanish (Improvers 1)** Thur. 8.30-10pm. 18 classes over two terms €140.
Improve your standard of Spanish for holidays or business. Join this very popular European language class (Tutor: Sandra)

SOCIAL and PERSONAL

- 230 Creative Writing** Tue. 7.30-9pm 8 classes €70.
If you have a talent for writing or telling stories but are inhibited by how and where to get it published, this course will help both the novice and established writer to think, write and edit creatively. (Tutor: Mae Leonard)
- 240 Memoir Writing Course** Wed. 7.30-9pm 9 classes €75.
Take a ramble down memory lane with your pen and writing pad. Put all those stories and anecdotes down on paper. Using photographs, memorabilia and exercises to recall and record events in a formal group setting.
- 250 Ulysses by James Joyce (Beginners)** Tue. 7.30-9pm 9 classes €70.
Enjoy reading one of the greatest novels ever written. This class is for the general reader who would like to explore the novel in a non-academic atmosphere. It is specifically aimed at readers who are coming to the book for the first time and would like to be introduced to the main themes in a context which is enjoyable. The classes are paced for the first-time reader and the facilitator will use a clear and non-jargoned approach. (Optional extra tours on two Saturdays during the term).
- 260 Doing Irish Local History: an introduction** Tue. 7-8.30pm 10 classes €90.
Explore the increasingly popular field of Irish local history, which concerns people in places over time. This course will introduce students to the sources and skills required for the study of local history in Ireland by asking big questions of small places.
- 270 The Great Irish Famine 1845-1852** Tue. 8.30-10pm 10 classes €90.
This course introduces students to the history of the Great Irish Famine, when between 1845 and the early 1850's, successive failures of the potato crop resulted in an estimated one million Irish men, women and children dying from hunger and disease, while another million emigrated.
- 280 Genealogy** Tue. 7.30-9pm 9 classes €80.
Who do you think you are? Do you know your family history? Find out where to start on this wonderful journey towards tracing your family roots.
- 290 Meditation Class** Wed. 7.30-8.30pm 8 classes €65.
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 and build self-belief and creativity.
- 300 Meditation and Tai-chi (Part 1)** Tue. 7.30-8.30pm 10 classes €80.
- 310 Meditation and Tai-chi (Part 1)** Tue. 8.45-9.45pm 10 classes €80.
Learn various types of meditation including mindfulness and mindful living. Help calm racing thoughts and break the habit of negative thinking. Tai-chi is a series of slow rhythmic meditative movements designed to calm and relax, increase flexibility and strengthen muscles, lower blood pressure and relieve arthritis and depression.
- 320 Meditation and Tai-chi (Part 2)** Wed. 7.30-8.30pm 10 classes €80.
By practising meditation and tai-chi you will restore balance and bring happiness into your life. (This is a follow-on class from Part 1 or for those who have some experience of meditation).
- 330 Nourishing Mindfulness** Wed. 8pm-9.30pm 8 classes €95.
Increase your ability to access and cultivate your inner resources, regulate challenging thoughts and emotions and take care of yourself in stressful situations. Discover how the practise of Mindfulness can help us enjoy a more wakeful, healthier and happier life.
- 340 Hairdressing Boot-camp** Thur. 7.30-9pm 8 classes €75.
Gain new skills to achieve glamorous hair, including braiding, blow-drying, setting, curling etc. using the right tools to achieve that sleek look. Essential tools are required (Extra cost: €50 paid to tutor).
- 350 An Introduction to Basic Beauty Therapy** Tue. 7-8.30pm 8 classes €70.
Facial - cleanse, tone, mask and moisturise; and learn how to make natural facemasks. Manicure and pedicure - including hand and foot massage. Eyebrow shape and eyelash tint. No more mascara - enhance eyes by tinting eyelashes.
- 360 Indian Head Massage** Wed. 7.30-9pm 8 classes €90.
Head massage has been practised for over a thousand year. The body's entire energy system can be rebalanced bringing relaxation and stress relief. Learn about the different oils that are used in this holistic therapy.
- 370 Tuition in Holistic Massage** Tue. 7-9pm 9 classes €100.
Enjoy the health benefits of holistic massage and learn the basics of the theory and practice of holistic therapy. (Class starts Tuesday 11th October).
- 380 An Introduction to Psychology** Wed. 7-9pm 10 classes €110.
Psychology is the scientific study of mind and behaviour. This course will help you understand how people behave, how memory works, how personalities develop, how learning occurs, what motivates us and why we perceive things the way we do.

CRAFTS and SKILLS

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

- 400 Art Painting (Oil and Acrylics)** Wed. 7.30-9.30pm 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. (cost €20 approx.) (Tutor: Caitriona)
- 410 Bee-Keeping** Thur. 7.30-9pm 6 classes €60.
Find out about bees, their life cycle, the role they play in nature, swarming, hives, honey etc.
- 420 Digital Photography (Photoshop)** Wed. 8-9.30pm 10 classes €125.
Learn how to use your digital camera more effectively and manipulate the image using Photoshop Software. **Computer skills are essential.** 3 field trips are organised at weekends - usually Sunday mornings.
- 430 Flower Arranging** Thur. 7.30-9pm 9 classes. €75.
Join this interesting class and learn how to arrange floral displays for a variety of different occasions (Extra cost c. €30 paid to tutor).
- 440 Gardening Workshop** Tue. 7.30-9pm 9 classes. €80.
Add some colour to your garden this Autumn. This workshop is given by a qualified horticulturist. Topics include landscape design, water features, decking, plant care and husbandry, pests, pesticides and much more.
- 450 DIY about the House** Tue. 7.30-9pm 8 classes €75.
Learn to use hand and power tools, tiling, flooring, papering, painting, shelving, basic electrics & plumbing etc.
- 460 Furniture Restoration** Tue. 7.30-9.30pm 9 classes €100.
Find out how to go about restoring an old piece of furniture you've been meaning to work on for years (table, chair, locker . . .) Bring along the piece if possible and work on it in class and get the best advice regarding tips of the trade.
- 470 Jewellery Making** Tue. 7.30-9.30pm 8 classes €100.
Participants will learn how to make necklaces, bracelets, earrings and rings using crocheting wire, tools and findings. Materials will be supplied for the first class. (Extra costs: €20 toolkit and c. €5 for materials for each class thereafter - available from tutor).
- 480 Ornamental Glass (Stained Glass)** Wed. 7.30-9.30pm 9 classes €110.
Basic glass cutting and glass assembly. Learn the wonderful craft of stained glass and complete two small projects by the end of the course. (€35 extra paid to tutor for tools etc.)
- 490 Pre-NCT your own Car** Tue. 7.30-9.30pm 8 classes €90.
Save money and enjoy motoring by servicing your own car and understanding how it works.
- 500 Woodturning (Beginners)** Thur. 7.30-9.30pm 9 classes €130.
This is an introductory class to the basic skills involved in the wonderful craft of woodturning. Make your first bowl or lamp. (Bring your own dust mask).
- 510 Woodturning (Improvers / Advanced)** Tue. 7.30-9.30pm 9 classes €130.
Improve on the skills previously learned and make your own bowls, table lamps, vases, spindles, toys, boxes, etc. (Bring your own dust mask).
- 520 Woodwork (Basic)** Thur. 7.30-9.30pm 9 classes €100.
Learn to use basic tools and techniques and make some small projects.

COOKERY

- 530 Cake Decorating** Thur. 7.30-9.30pm 8 classes €110.
Learn to achieve a professional cake decorating finish for various occasions. All levels catered for. Materials cost c. €30 (Max 12).
- 540 Cookery - 'Easy Healthy Meals'** Wed. 7.00-10pm 8 classes €140.
This is a basic course for people who would like to enhance their cooking skills. Recipes that are quick to prepare when you are under pressure, others that are easy but require some preparation. Soups, breads and simple heart-warming desserts. (Participants supply the ingredients after the first class).
- 550 Cookery: Back to Baking** Tue. 7-10.00pm 8 classes €140.
Learn to bake a range of artisan baked goods (breads, cakes, biscuits & tarts). Suitable for those with a passion for home baking (Max 12) Participants supply own ingredients after first class.
- 560 Gluten Free Cooking** Thur. 7-10.00pm 5 classes €90.
If you are gluten intolerant or would just like to cut down on your consumption of gluten, then this class is for you!
- 570 Nutrition for Everyday Life** Tue. 7.30-9pm 6 classes €60.
This course will cover the basics of a balanced diet, weight management, disease prevention (cardiovascular, diabetes) and common digestive disorders. The class will have a strong practical component - calculating body mass index, nutrient intakes, understanding nutrition labels and recipe suggestions. (Max 14). (Dates: 27th Sept; 4th & 11th Oct; 8th, 15th & 22nd Nov).

MUSIC

- 580 Choir** Thur. 8-9.30pm 8 classes €50.
Join this new choir and meet new people. For those who enjoy singing for fun, adding parts and harmonies along the way. A mix of sacred and secular music with something to suit all tastes, a great form of vocal exercise.
- 590 Guitar (Beginners)** Thur. 7-8.30pm 8 classes €100.
Join this class and find your musical talent. Topics covered include music theory, scales, notes, chords, tablature, keys, composition and songs for study.