

The first class for all levels will take place on Tuesday 23rd January 7pm - 8pm. The times of all subsequent lessons will be arranged at that first class.

Lessons will take place in Naas Driving Range (Sallins). (Max 12)

**570 Hill Walking** Tuesday 7.30pm - 9.30pm €80  
Includes 5 Saturday walks (Wicklow Mountains) and 3 Tuesdays in the classroom  
Shake off those winter blues and get out on the hills! Learn map, compass and mountain navigation skills in the classroom (3 Tuesday evenings); put these skills to good use and meet new people (5 Saturdays). Starts Tuesday 23rd January in the school. This course is suitable for experienced and inexperienced hill walkers alike.  
(Saturday walks will not always be on consecutive dates).

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

**590 Pilates - Improvers** Wednesday 8pm - 9pm 9 classes €90

**600 Tennis Xpress Programme (Beginners)** Saturday 12.30pm - 2pm 6 classes €80 Starts Saturday 3rd February  
Learn and develop tennis technique, tactics and rules of tennis. Play tennis on full court by the end of the 6 weeks. Lessons take place in Leixlip Tennis Club in the Amenities Centre.

**610 Tennis Xpress Programme (Improvers)** Saturday 2pm - 3.30pm 6 classes €80 Starts Saturday 3rd February  
Develop your technique, serve your first ace and meet some new friends! Lessons take place in Leixlip Tennis Club in the Amenities Centre.

**620 Flow Yoga** Tuesdays 8.30pm - 9.30pm 8 classes €80  
Yoga is an ancient holistic system which helps to bring about balance of body, mind and spirit. In this class you will tone and strengthen your body, improve your flexibility and create overall well-being. It is suitable for beginners and experienced alike. (Please bring a yoga mat or towel with you).

### SATURDAY WORKSHOPS and DAYTIME CLASSES

**630 Art (Watercolours)** 10am - 2pm 4 Saturdays €120  
**640 Cake Decorating and Sugarcraft** 10am - 2pm 4 Saturdays €120  
**650 Back to Baking** 10am - 2pm 4 Saturdays €140  
**660 Woodturning** 10am - 2pm 4 Saturdays €140

First Saturday Workshop is on Saturday 3rd February.  
**670 Tai Chi** Wednesday 10am - 11.15am 8 classes €90  
Starts Wednesday 7th February

**680 Tennis Xpress Programme (Improvers)** Tuesday 10am - 11.30am 6 classes €80  
Starts Tuesday 6th February  
Lessons take place in Leixlip Tennis Club in the Amenities Centre

### GENERAL INFORMATION

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

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

**ENROLMENT ONLINE** - [www.colaistechiarain.com](http://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 16th January 11am - 1pm only or Wednesday 17th January 1pm - 3pm and also 7pm - 8pm.

**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 Friday the 19th January. Students are enrolled on a 'first come first served' basis.

**ENROLMENT BY PHONE** using debit or credit card is also possible from Monday 8th January. 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 17th January.**

**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 **23rd and 24th** January unless otherwise specified.

**SCHOOL CLOSURES:** Night classes follow the day school closures.  
**February midterm break** - **No classes on Tuesday and Wednesday 13th and 14th February 2024.**

**Easter break** - **No classes on Tuesday and Wednesday Week 1 - 26th and 27th March 2024 and Week 2 - 2nd and 3rd April 2024.**

**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 COURSES:** Students will be asked to complete a more detailed Application Form and Garda Vetting Forms. We will be asking for your name, address, phone number, email address, DOB and PPS Number. Coláiste Chiaráin is working in collaboration with Scoil Mhuire, Clane to deliver these QQI Courses and it will be necessary to share this information as well as your student folders with the Adult Education Office in Scoil Mhuire, Clane.

**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 [adulthood@colaistechiarain.com](mailto:adulthood@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](mailto: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](mailto:info@cceleixlip.com) [www.cceleixlip.com](http://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 Autumn Brochure in September '24.

For further information contact - Coláiste Chiaráin's Adult Education

Office: - Tel 6247624 / 6295046

Email: [adulthood@colaistechiarain.com](mailto:adulthood@colaistechiarain.com)

Website: [www.colaistechiarain.com](http://www.colaistechiarain.com)

Mark Neville  
Louise Doran  
Máire Ní Scanaill  
Maria Furlong  
Frank Clancy



Principal  
Deputy Principal  
Director of Adult Education  
Assistant Director  
Ancillary Staff

# COLÁISTE CHIARÁIN

CELBRIDGE ROAD, LEIXLIP, CO. KILDARE

## EVENING CLASSES



### ENROLMENT

Online: [www.colaistechiarain.com](http://www.colaistechiarain.com)

In Person:

Tuesday 16th January 11am - 1pm only  
Wednesday 17th January 1pm - 3pm and also  
7pm - 8pm  
or by Postal Enrolment

### COMMENCEMENT

Tuesday and Wednesday 23th  
and 23rd and 24th January 2024  
(unless otherwise specified)

PHONE 01-624 7624  
to leave a message or 01 629 5046

• email: [adulthood@colaistechiarain.com](mailto:adulthood@colaistechiarain.com)  
• [www.colaistechiarain.com](http://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 Special Needs Assisting 5N1786 QQI Level 5**  
Starts Tuesday 23rd January 7pm-9.30pm

**12 weeks €400**



QQI AWARD

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.

**20 Special Needs Assisting 6N1957 QQI Level 6**  
Starts Wednesday 24th January 7pm - 9.30pm

**12 weeks €400**

This course further develops the theory learned at Level 5 and gives you a greater understanding of the competencies required to work as an SNA. This course is a single component at Level 6 on the National Framework of Qualifications.

**30 Care of the Older Person 5N2706 QQI Level 5**  
Starts Tuesday 6th February 7pm - 9.30pm

**10 weeks €280**

This course is aimed at those seeking a qualification leading to employment as healthcare assistants in hospitals, residential care centres or in the home (Two relevant healthcare modules are required).

**40 Care Skills 5N2770 QQI Level 5**  
Starts Wednesday 7th February 7pm - 9.30pm

**10 classes €280**

This course is aimed at those seeking a qualification leading to employment as healthcare assistants in hospitals, residential care centres or in the home (Two relevant healthcare modules are required).

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

## BUSINESS and ICT

**50 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.

**60 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.

**70 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.

**80 Smartphone Skills** **Wednesday 7.15pm - 8.15pm** **6 classes €50**  
Find out how to make the most use of your smartphone and the apps that go with them. This class is open to all.

## COOKERY and NUTRITION

**90 Cake Decorating and Sugarcraft** **Wednesday 7.30pm - 9.30pm** **8 classes €100**  
Achieve a professional cake decorating finish for various occasions – birthdays, St Valentine’s Day and Easter. This class is suitable for beginners and improvers. Materials cost c €5 per class.

**100 Easy Healthy Meals (Beginners)** **Tuesday 6.45pm - 9.30pm** **8 classes €160**  
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. The first class will be a demonstration class.

**110 Easy Healthy Meals (Improvers)** **Tuesday 6.45pm - 9.30pm** **8 classes €160**  
This is a practical cookery class for people who would like to enhance their cooking skills in how to cook healthy family meals. It will include some lovely soups, breads and simple, heart warming desserts. The first class will be a demonstration class. (More complex recipes than beginners).

## CRAFTS and SKILLS

**120 Art (Watercolours)** **Wednesday 7.30pm - 9.30pm** **10 classes €120**  
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).

**130 Art – Painting (Oil and Acrylics)** **Tuesday 7.30pm - 9.30pm** **10 classes €120**  
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.

**140 DIY about the House (Beginners)** **Tuesday 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.

**150 Flower Arranging (Beginners to Improvers)** **Tuesday 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.

**160 Gardening** **Tuesday 7.30pm - 9pm** **9 classes €80**  
Add some colour to your garden this spring. The class is delivered by a qualified horticulturist and the topics to be covered include landscape design, planters and containers, planning your allotment for spring, plant care and husbandry, pests, pesticides and much more.

**170 Knitting and Crochet** **Tuesday 7.30pm – 9.30pm** **8 classes €100**  
Learn how to cast on stitches, knit various stitch types, increase, decrease, cast off, learn to read a pattern and knit some simple projects. (Materials not supplied but the tutor will advise on the first night).

**180 Pottery (Ceramics)** **Tuesday 7.30pm - 9.30pm** **8 classes €120**  
Learn the basics of this beautiful craft in a creative environment. Let your creativity flow and produce some interesting projects.!

**190 Sew Your Own! (Garment Alterations)** **Wednesday 7.30pm - 9.30pm** **10 classes €140**  
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.

**200 Stained Glass** **Wednesday 7.30pm - 9.30pm** **10 classes €120**  
This class will introduce learners to basic glass cutting and glass assembly and you will complete 2 small projects by the end of the course. (€30 extra paid to tutor for materials).

**210 Woodturning** **Tuesday 7.30pm - 9.30pm** **12 classes €200**  
Learn the basics of the ancient craft of woodturning or develop new techniques. Learn how to make bowls, lamps, pens etc. Bring your own dust mask.

**220 Woodturning** **Wednesday 7.30pm - 9.30pm** **12 classes €200**  
Learn the basics of the ancient craft of woodturning or develop new techniques. Learn how to make bowls, lamps, pens etc. Bring your own dust mask.

**230 Woodworking** **Wednesday 7.30pm - 9.30pm** **10 classes €120**  
Learn to use various woodworking tools and complete a few projects before the end of the course.

## LANGUAGES

**240 Beginners Irish** **Tuesday 7pm - 8pm** **10 classes €75**  
This class is for absolute beginners with an emphasis on the spoken language.

**250 Comhrá Gaeilge (Improvers)** **Tuesday 8pm - 9.30pm** **10 classes €90**  
These classes are aimed at those who have a basic knowledge of Irish and who wish to practise their 'cúpla focal'.

**260 French (Beginners - Ongoing Class)** **Wednesday 7.30pm – 8.30pm** **10 weeks €75**  
Learn the basics of this language in preparation for work or holidays. This class started back in September.

**270 French (Improvers)** **Wednesday 7pm – 8.30pm** **10 classes €90**  
Improve on the language skills previously learned and enjoy travel, films and literature and enhance your employment prospects (Tutor: Francesco).

**280 German (Beginners Plus)** **Tuesday 8.30pm – 9.30pm** **10 weeks €75**  
Learn the basics of this language in preparation for work or holidays (Tutor: Francesco).

**290 Italian (Beginners Plus)** **Tuesday 8.30pm – 9.30pm** **10 weeks €75**  
Learn the basics of this beautiful language in preparation for work or holidays. (Tutor: Barbara)

**300 Italian (Impovers - Ongoing Class)** **Tuesday 7pm - 8.30pm** **11 classes €100**  
Improve on the language skills previously learned and enjoy travel, films and literature and enhance your employment prospects. This class started back in September.

**310 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).

**320 Spanish (Absolute Beginners)** **Tuesday 8.30pm – 9.30pm** **10 classes €75**  
This class is for absolute beginners with an emphasis on the spoken language.

**330 Spanish (Beginners - Ongoing Class)** **Wednesday 8.30pm - 10pm** **10 classes €90**  
This class is a conversation class for beginners. This class started back in September. (Tutor: Francesco)

**340 Spanish (Improvers - Ongoing Class)** **Tuesday 7pm - 8.30pm** **10 classes €90**  
Improve your standard of Spanish for holidays or business. Join this very popular European language class. This class started back in September. (Tutor: Francesco)

## MUSIC and DANCE

**350 Choir** **Tuesday 7.30pm – 8.30pm** **8 weeks €50**  
Join this class and meet new people. For those who enjoy singing for fun, adding parts and harmonies along the way. A mix of secular and sacred music with something to suit all tastes. Singing is a great form of vocal exercise.

**360 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.

**370 Mandolin (Beginners)** **Wednesday 7pm - 8.30pm** **8 classes €85**  
Learn how to play the mandolin in this fun beginners class.

**380 Ukulele (Beginners)** **Wednesday 7pm – 8.30pm** **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.

**390 Set Dancing** **Tuesday 7.30pm – 8.30pm** **8 classes €50**  
Join this energetic traditional Irish dance class and get fit while having fun!

## SOCIAL and PERSONAL

**400 Bridge for Beginners** **Wednesday 7.30pm - 9.30pm** **10 classes €120**  
Learn this popular card game and enjoy a night out with like-minded people.

**410 Chess for Beginners** **Tuesday 7pm - 9pm** **8 classes €100**  
Learn to play this intriguing board game. Learn the moves, how to open, how to attack and set up your first checkmate!

**420 Companion Dog Training** **Tuesday 7pm - 8.30pm** **8 weeks €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!

**430 Canine Care** **Wednesday 7.30pm - 9pm** **8 classes €90**  
Find out how to care for your best (four-legged) friend! Topics covered include basic grooming techniques, vaccinations, exercise requirements, diet and basic dental cleaning.

**440 Creative Writing** **Tuesday 7.45pm - 9.15pm** **8 weeks €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.

**450 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.

**460 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.

**470 Ancestry and Genealogy** **Tuesday 7.30pm - 9pm** **8 classes €110**  
Would you like to build your own family tree? Join this fascinating class to find out how to trace your family roots and open a door to your past. Registration on 'ancestry.com' is included in the course fee. (Basic computer skills are essential).

**480 Mindfulness Class** **Wednesday 7.30pm - 8.30pm** **8 classes €70**  
Take some time for yourself and look after your mind, body and spirit. Mindfulness can help relieve stress and it is a door to self-discovery and contentment.

**490 Reducing Home Energy Costs** **Tuesday 7.30pm - 9.30pm** **8 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.

**500 Tai chi** **Tuesday 7.15pm - 8.30pm** **8 classes €80**  
Tai chi consists of slow focused movements which improve flexibility, balance and strength. This class is suitable for all ages and fitness levels. When practised regularly, Tai chi will result in a greater sense of well-being and relaxation.

## SPORTS and EXERCISE

**510 Badminton (Beginners and Improvers)** **Tuesday 7pm - 8pm** **8 classes €80**  
Get fit while having fun! All fitness levels and abilities are welcome.

**520 Circuit Training** **Wednesday 7.30pm - 8.30pm** **8 classes €70**  
Strengthen and tone up after the winter in this enjoyable but challenging fitness class. Suitable for both men and women. All fitness levels are welcome.

**530 Get into Golf (Beginners)** **8 lessons €100**  
**540 Get into Golf (Improvers)** **8 lessons €100**  
**550 Get into Golf (Experienced)** **8 lessons €100**  
**560 Get into Golf (Short Game Clinic)** **8 lessons €100**