

FITSTEPS every week 8:30pm
PAY AS YOU GO €7
Contact Shauna: 089-4299768



GC Fitness
Gym Membership & Instruction
Mon to Fri 5 - 9pm €28 per month
Contact Greg: 087-3181984

Slimming World
Tuesday at 6pm in the school. Wednesday at 9:30am
in Palmerstown & Community Youth Centre
Call Maria : (085) 1233512

Rooms available to rent
for meetings, shows, workshops etc.
Contact info@adulded.ie

QQI Courses delivered
in partnership
with The Open College
www.theopencollege.com

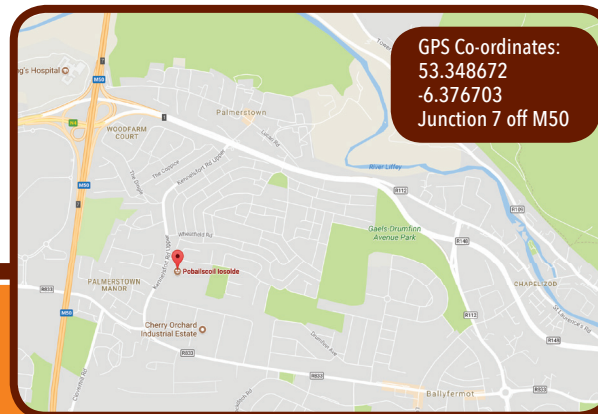


General Information

1. Fees are payable in full on enrollment.
2. Fees are non-refundable except when classes do not form.
3. Parking is provided at POBALSCOIL IOSOLDE. The school authorities regret they cannot be held responsible for loss of or damage to your car.
4. All applicants must be over 16 years of age.
5. Online booking is available on www.adulded.ie through feepay.ie where normal charges will apply
6. Senior Citizens are offered a reduction of €10 per class on production of satisfactory I.D.
7. Times and duration of courses may vary from those stated in this brochure at the Director's discretion
8. Smoking is prohibited by law within the school building and grounds.

Course details and further information available on
www.adulded.ie

Discount available for 2 courses (call for details)



Follow us on:

Palmerstown CS Adult Education

@pcsadulded

New Course Ideas:

If you have an idea for a course you would like to offer please get in touch: info@adulded.ie

Palmerstown Community School
Palmerstown, Dublin 20

Adult Education Programme



Autumn 2018
Term Commences September 18th

To avoid cancellations, please book early.

HOW TO BOOK A CLASS

Online: www.adulded.ie
By phone: (01) 6260116 | Mob : 085 1237858
In Person: Saturday 1st September 10-1pm
Tuesday 4th September 7-9pm
Email: info@adulded.ie

All courses 10 weeks unless otherwise stated.

Director: Martina McGuinness

Tuesday

<p>Care of the Older Person QQI Level 5 - 6:30 - 9:30 €370</p> <p>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>** Starts September 18th - runs for 12 weeks</i></p>
<p>SNA QQI Level 5 - 6:30 - 9:30 €370</p> <p>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>** Starts September 18th - runs for 12 weeks</i></p>
<p>Creative Writing for Adults - 8:00 - 9:30 €80</p> <p>Explore the various forms of writing including articles, essays, stories, memoirs. <i>*8 weeks</i></p>
<p>Digital Photography - 7:00 - 8:30 €120</p> <p>A foundation workshop for beginners regardless of the type of camera used. Includes outdoor workshops and basic photoshop skills. <i>** New Award Winning Tutor.</i></p>
<p>Basic Computers - 6:30 - 7:30 €90</p> <p>Learn the basics and gain confidence to use the internet, send emails, create documents. This course will introduce you to lots of interesting internet sites and services in a relaxed class environment.</p>
<p>ECDL - 7:30 - 9:30 €200</p> <p>Get certified in at least 2 modules.</p>
<p>Carpentry – A practical approach (Beginners) - 7:00 – 9:00 €120</p> <p>A basic understanding of carpentry and joinery.</p>
<p>Beauty Basics - 6:30 - 8:00 €110</p> <p>Manicure, pedicure, eyebrow tint and shape, facial cleansing and masks.</p>
<p>Setting up Your Own Business - 7:00 - 8:30 €120</p> <p>A step by step approach, preparing a business plan, raising finance. Highly qualified tutor.</p>
<p>Sign Language: Beginners - 6:30 - 8:00 €120</p> <p>Our popular course returns! Help break down barriers & learn to communicate with the hard of hearing.</p>
<p>Yoga Level 1 with Deirdre - 7:00 - 8:15 €80</p> <p>Experience the power of yoga through relaxation, posture and breathing exercises. Yoga Mat required!</p>
<p>Painting – Beginners - 6:30 - 8:00 €120</p> <p>Colour theory and mixing in a friendly relaxed atmosphere, culminating in a finished painting.</p>

www.adulted.ie

<p>Painting – Advanced - 7:00 - 9:00 €120</p> <p>Course is designed for those with previous painting experience.</p>
<p>Meditation & Mindfulness - 7:00 – 8:00 €90</p> <p>Learn how to become more present in your life and to lead a happier life with less worry.</p>
<p>Hairdressing – Beginners - 7:00 – 8:30 €120</p> <p>Basic introduction to hairdressing to include cutting, straightening, perming, colouring, up-styles and achieving that perfect blow dry.</p>
<p>Introduction to Counselling - 7:00 – 9:00 €100</p> <p>Theory of counselling and counselling skills. A Foundation course for further studies in Counselling. <i>*8 weeks. Expert tutor.</i></p>
<p>Zumba - 8:15 - 9:15 €80</p> <p>Dance yourself back to fitness in this calorie burning fitness class. Suitable for all levels.</p>
<p>Complex Psychological Trauma and Adolescents - 6:30 - 8:30 €60</p> <p>Symptoms, Causes, Supports. Vital Information for anyone working with Adolescents. <i>** Starts September 18th - runs for 5 weeks.</i></p>
<p>Digital Marketing - 7:00 - 9:00 €120</p> <p>Develop your Marketing/Advertising skills. Gain expert knowledge on blogs, social media and online advertising.</p>
<p>Social English - 7:00 - 8:00 €75</p> <p>Basic English Skills for life. Letter writing, form filling. Tailored to your needs!</p>
<p>Social Maths - 8:00 - 9:00 €75</p> <p>Maths for living - Budgeting, Tax, Payslips. Tailored to your needs!</p>
<p>Sign Language: Beginners - 8:00 - 9:30 €120</p> <p>Help break down barriers and learn to communicate with the hard of hearing.</p>

Thursday

<p>SNA QQI Level 5 - 6:30 - 9:30 €370</p> <p>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>** Starts September 20th - runs for 12 weeks</i> <i>**SNA QQI Level 6 Course Delivered in partnership with the Open College. Starts 31st January 2019.</i></p>
<p>€370</p>

<p>Bridge – for the Absolute Beginner - 7:30 - 9:30 €100</p> <p>Join us and enjoy this class in a friendly atmosphere. (ACOL)</p>
<p>Stained Glass Art - 7:00 - 9:00 €160</p> <p>Learn this beautiful skill with a view to making your own pieces. <i>** Materials included.</i></p>
<p>Pottery - 6:30 - 8:30 €160</p> <p>Learn hand building techniques and how to throw pots on a potter's wheel. Join our fun and relaxing class which is open to beginners and improvers. <i>** Materials included.</i></p>
<p>Home Cooking and Baking - 7:00 - 9:00 €150</p> <p>Be the next Mary Berry or Jamie Oliver! Our qualified chef will guide you through healthy cooking. <i>** Price includes ingredients!</i></p>
<p>Italian Beginners - 8:00 - 9:30 €110</p> <p>A wonderful opportunity to learn this romantic language in a fun and friendly atmosphere. Taught by a native speaker, emphasis on conversational Italian.</p>
<p>Italian Improvers - 6:30 - 8:00 €110</p> <p>This class is ideally suited for those who have completed the beginner's course or who have some knowledge of Italian and wish to expand their knowledge.</p>
<p>Spanish Beginners - 6:30 - 8:00 €110</p> <p>Basic level of conversation for use in everyday situations. Taught by a native speaker.</p>
<p>Spanish Improvers - 8:00 - 9:30 €110</p> <p>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.</p>
<p>Ukulele – Beginners - 6:30 - 7:30 €100</p> <p>Learn to play this little gem! Our master tutor will have you strumming, picking and playing in no time.</p>
<p>Guitar for Beginners - 7:00 - 8:00 €100</p> <p>Learn to play the guitar in this step by step class with a professional guitar player.</p>
<p>Guitar for Improvers - 8:30 - 9:30 €100</p> <p>An ideal class for those who have completed the Beginner's course or who have a good command of basic chords.</p>
<p>Yoga with Amanda - 7:15 - 8:30 €80</p> <p>Experience the power of yoga through relaxation, posture and breath work.</p>

Our QQI courses are delivered with quality in mind. With small class sizes, and expert tutors, successful participants will enter the workforce with the skills and confidence to succeed.