

FITSTEPS every week 8:30pm
PAY AS YOU GO €7
Dance Studio in the Sports Complex
Contact Shauna: 089-4299768



GC Fitness
Gym Membership & Instruction
Mon to Fri 5 - 9pm €24 per month
Circuit Training Classes Mon, Wed, Fri 5-6pm
Contact Greg: 087-3181984

Manual Handling
1st Tuesday of every month
6:30-9:30pm €40
More dates available
Contact Sean: 086-2311961

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

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



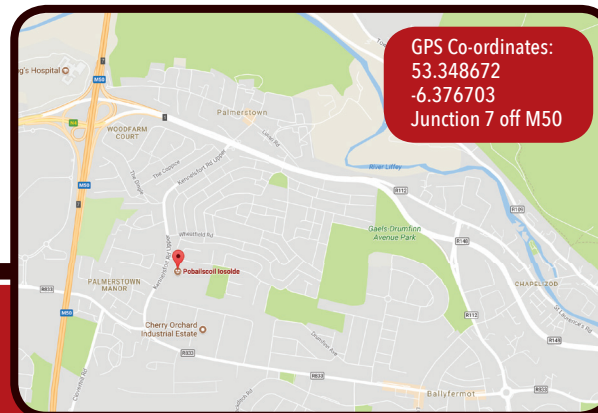
Slimming World
Tuesday at 5:30 & 7:30 in the school. Wednesday at
9:30am in Palmerstown & Community Youth Centre
Call Maria : (085) 1233512

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.adulterd.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.adulterd.ie

Discount available for 2 courses (call for details)



Follow us on:

Palmerstown CS Adult Education

@pcsadulterd

New Course Ideas:

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

Palmerstown Community School
Palmerstown, Dublin 20

Adult Education Programme



Spring 2018
Term Commences February 6th

To avoid cancellations, please book early.

HOW TO BOOK A CLASS

Online: www.adulterd.ie
By phone: (01) 6260116 | Mob : 089 2108162
In Person: Saturday January 27th 10-1pm
Tuesday January 30th 7-9pm
Email: info@adulterd.ie

All courses 10 weeks unless otherwise stated.

Tuesday

Care of the Older Person QQI Level 5 - 6:30-9:30 <i>Delivered in partnership with The Open College</i> <i>** Starts January 30th - runs for 12 weeks</i>	€350
Painting – Beginners - 6:30 – 8:00	€110
Painting – Advanced - 7:00 – 9:00	€110
Bloggng - 8:00-9:30 A how to guide.	€110
Creative Writing - 8:00 – 9:30	€120
Academic Writing - 6:30 – 8:00 Learn how to plan, structure and reference academic assignments.	€110
Aromatherapy - 7:00 – 9:00	€120
ECDL - 6:30-8:30 Get certified in at least 2 modules.	€200
Yoga Level 1 with Deirdre - 7:00-8:15	€80
Yoga Level 2 with Deirdre - 8:15 – 9:30	€80
Sign Language: Beginners - 6:30 – 8:00	€110
Sign Language: Improvers - 8:00 9:30	€110
Car Maintenance - 7:30 – 9:00 Practical and hands on.	€110

Digital Photography - 6:30 – 8:30 <i>**New award winning tutor. A foundation workshop for beginners regardless of the type of camera you use. Includes outdoor workshops.</i>	€110
Art Portfolio Preparation - 6:30 – 8:30	€120
Beauty Basics - 6:30 – 8:00 Manicure, pedicure, eyebrow tint and shape, facial cleansing and masks.	€110
Indian Head Massage - 8:00 - 9:30 Stress relieving and health promoting holistic therapy.	€110
Introduction to Counselling - 7:00 - 9:00 Expert tutor. <i>** 8 weeks</i>	€100
Setting up Your Own Business - 6:30 - 8:00 A step by step approach, preparing a business plan, raising finance. Highly qualified tutor.	€120
National Economics - 8:00 – 9:30 Debating topical current affairs and issues.	€90

SNA QQI Level 5 - 6:30 – 9:30 <i>Delivered in partnership with The Open College.</i> <i>** Starts January 30th runs for 12 weeks</i>	€350
Pottery - 6:30 -8:30 <i>** Materials included.</i>	€150
Stained Glass Art - 6:30 - 8:30 <i>** Materials included.</i>	€150
Home Cooking - 7:00 - 9:00 Back by popular demand. <i>** 8 weeks.</i>	€120
Italian Level 1 - 8:00 – 9:30	€110
Italian Level 2 - 6:30 - 8:00	€110
Spanish Level 1 - 6:30 – 8:00	€110
Spanish Level 2 - 8:00 – 9:30	€110
Guitar for Beginners - 7:00 – 8:00	€100
Guitar for Improvers - 8:00 – 9:00	€100
Yoga with Amanda - 7:00 – 8:15	€80
Conflict Management - 6:30 - 8:00 Learn to manage conflict in your personal and professional life. <i>** 8 weeks</i>	€100
Personal and Professional Development - 8:00 -9:30 Learn how to enhance your skills and become more effective in both your personal and professional life. <i>** 8 weeks</i>	€100

Thursday

Introduction to Complex Psychological Trauma and School Students. For teachers, SNAs, those working with children. - 6:30 - 8:00 3 weeks Identifying, managing and teaching students that have complex trauma. Tutor: Peter O'Leary IACP <i>** Starts February 22nd</i>	€30
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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.