

SNA (SPECIAL NEEDS ASSISTANT) QQI LEVEL 5

(Mondays 7.00-9.30 pm) €330

This course is designed to facilitate learners who intend to work with children with special needs in an educational /care setting. Run in partnership with the College of Progressive Education. Applicants will also be required to obtain 30 hours of work placement. Students must complete the Garda Vetting process before commencing work placement. Continuous evaluation is the sole method of assessment. **12 weeks**

SNA (SPECIAL NEEDS ASSISTANT) QQI LEVEL 6

(Tuesdays 7.00-9.30 pm) €330

For learners who wish to progress from QQI Level 5 to a QQI Level 6 qualification. Further develop skills, knowledge & understanding of the role of the Special Needs Assistant & promote good practice among those working in the school system. Applicants will also be required to obtain 30 hours of work placement. Students must complete the Garda Vetting process before commencing work placement. Continuous evaluation is the sole method of assessment. **12 weeks**

ONE DAY WORKSHOPS

AROMATHERAPY

NEW (6.00-9.00pm) €50

During this workshop, students will have a hands-on approach to making essential oil-based products to use at home. You will be introduced to crafting candles, soaps, balms & remedies. A fun workshop for all ages. Materials cost included. **1 night. 2nd December 2024**

CPR & DEFIBRILLATOR

(5.00-9.00 pm) €90

PHECC Cardiac First Response. Certificate of Completion valid for two years. **1 night. 14th October 6 places**

CHRISTMAS WREATH MAKING

NEW (7.00-9.00pm) €55

Come along and make your very own Christmas Door Wreath. Enjoy a relaxed fun workshop with an award-winning florist. The wreath ring, Christmas tree foliage, wires, a good quality ribbon, and some cones will be supplied. **1 night 25th November**

EVERYDAY CLIMATE ACTION- **NEW**

EMPOWERING CHANGE IN THE COMMUNITY (7.00-9.00 pm) Free

During this interactive workshop, you will learn what climate actions you can take within our community. We will focus on local solutions that can be applied directly by learning from other Sustainable Energy Communities (SECs) across Ireland, before moving into action-oriented group discussions. Facilitated by Climate Coaches Claudia Geratz & Aoife Mollin. **1 night 18th November 2024**

FIRE SAFETY

NEW (6.30-9.00 pm) €65

This is a two-evening workshop. It will cover legislation, fire detection & prevention, fire emergency procedures, fire extinguishment, and duties and responsibilities of the fire warden.

Maximum number of attendees is 10. Early booking is advisable. **2 nights. 7th and 14th October 2024**

SPORTS INJURY

NEW (6.00-9.00 pm) €60

This course will provide participants with the skills to treat common injuries that occur during your clubs' sporting events. The course will also enable participants to provide first aid interventions until the arrival of a club First Aid Responder or the Emergency Services. It will cover scene safety, head injuries, bleeding fractures sprains, and strains. **1 night. 30th September**

POSTAL ENROLMENT FORM

Completed enrolment forms with cheque/postal order made payable to Ashbourne Community School & addressed to the **Adult Education Office, Ashbourne Community School, Ashbourne, Co. Meath. A84 T925.**

Name:

Address:

Mobile Contact Number:

Home Contact Number:

Email Address:

1st Choice Course:

Fee: €

2nd Choice Course:

Fee: €

ENROLMENT CONDITIONS

- Fees cover tuition & use of building only. Materials used are at the discretion of tutors & must be paid for separately.
- Formation of course depends upon demand & availability of tutor.
- Courses are only provided for those over 16 years of age.
- Your receipt is your admission ticket to your course.
- Fees once paid are **STRICTLY NON-REFUNDABLE**, unless a class is not formed, in which case the fee will be returned by post as soon as possible.
- If a course is booked to capacity, we will contact the applicant & offer them their 2nd choice or a full refund.
- No deposits will be accepted as booking on a course.
- Postal enrolment students will **only** be contacted in the event of a class being full or due to a cancellation of a class.
- All students attend at their own risk & the Board of Management cannot accept any responsibility for injury to any person or for property mislaid on the premises.
- Rooms (computer rooms & classrooms) are available for hire at reasonable rates for committee meetings, discussion groups, etc.



Ashbourne Community School

Community Education Programme AUTUMN 2024

Enrolment Details

To avoid class cancellations please book early

1. Online – www.ashcom.ie/adulted
2. By phone-landline 018353007
3. Postal Enrolment – see brochure

Classes are on Mondays, commencing
Monday 23rd September 2024
except one day workshops, SNA Level 6,
Sewing, Millinery and Tuesday Yoga.



Find us on
Facebook
www.facebook.com/acsadulted

Find us on Instagram
www.instagram.com/adulteducation_acs

Arza Beharic Adult Education Director

Email: adulted@ashcom.ie
Website: www.ashcom.ie/adulted

BEGINNERS BALLROOM & LATIN AMERICAN DANCING

(7.00-8.00 pm) €75
In this class, we teach basic Slow Waltz, Quickstep, Samba, Jive, and Cha Cha Cha. We like to encourage a fun and friendly atmosphere. This class is designed for beginners, so be brave and join now! Why not bring a friend? **8 weeks.**

BRIDGE BEGINNERS LEVEL 1 / 2

(7.00-9.00 pm) €120
Bridge is for life. Keep the mind active & the memory in shape. **9 weeks.**

BEGINNERS PHOTOGRAPHY

(7.00- 9.00 pm) €125
This beginner's photography course will explore the three main settings: ISO, Aperture, & Shutter speed through class demonstrations and weekly assignments. This will give you the basics to be more creative with your photography by controlling light and movement. Other genres of photography we will explore will be studio lighting, nighttime photography, still life, portraiture, and the rule of thirds. **9 weeks**

CLASSIC EYELASH EXTENSION COURSE **NEW**

(7.00-9.00 pm) €80
Learn how to apply classic eyelash extensions. Application training and demonstration. If you are creative and have an interest in beauty, then this course is for you. The cost of the kit €99 (paid to the tutor on the first night) Mondays 7-9 pm **6 weeks**

CONNECTING TO OURSELVES

NEW (7.00- 8.30pm) €110
Using hands-on healing, develop the ability to feel your energy. Increase your self-awareness, life force, and overall wellbeing. **8 weeks**

CREATIVE SERENITY: DRAWING COURSE

NEW (7.00-9.00 pm) €120
We will use drawing to meditate and relax your mind. This class is for all levels. The materials required will be a drawing notebook, and a few markers. **8 weeks**

CREATIVE WRITING

(7.00-9.00 pm) €120
This course provides a forum for people who are interested in developing their skills in writing be it compositions, articles, short stories, etc. **8 weeks**

CRAFT CIRCLE

NEW (7.00-9.00 pm) €130
Each week you will be given a new craft project to try and, hopefully, in the process may fall in love with a new hobby. Materials cost included. **6 weeks**

DRAWING/SKETCHING/PAINTING

(7.00-9.00 pm) €120
Explore your creativity, looking at a variety of techniques & media. Starting with charcoal and pencil drawing, using chalk and oil pastel to depict landscapes & still life. Introduction to watercolour & acrylic painting. Topics include composition, depicting human form & colour mixing. No experience necessary. **8 weeks.**

ENGLISH AS SECOND LANGUAGE-BEGINNERS

(7.00-9pm) €120
Learn to communicate in everyday situations for life in Ireland. **9 weeks.**

ENGLISH AS SECOND LANGUAGE-INTERMEDIATE

(7.00-9.00 pm) €120
This course is suitable for those who have a good knowledge of speaking, listening, reading, and writing English, and who wish to practice and improve speaking fluency, vocabulary development, and grammatical structures. **9 weeks.**

FLORAL DESIGN

(7.00-9.00pm) €100
Learn techniques & artistic ways of flower arranging for the home from an award-winning florist (Multiple Chelsea and Bloom Medal Winner). Small extra cost each week to cover flowers. **8 weeks.**

FRENCH-BEGINNERS

(7.00-9.00pm) €120
This course is designed for non-native French speakers and is suitable for complete beginners. The primary aim is to develop basic communication skills, focusing on listening and speaking. **9 weeks**

FRENCH -IMPROVERS

(7.00-9.00pm) €120
This course is suitable for those who have some knowledge of the language. **9 weeks**

FUN FITNESS WITH LATIN IN LINE

(8.05-9.05pm) €75
Want to keep fit with Latin styles and moves to great dance music? Suitable for all adults and all fitness levels. **8 weeks**

GET TO KNOW YOUR SEWING MACHINE

(7.00-9.00 pm) €120
Learn how to use your sewing machine, thread the bobbin, use of pedal, create seam allowances, basic stitches, etc. Make a pin cushion, tote bag, cushion cover, and roll up tool case. Cost of materials included. **7 weeks Starts 30/9/24**

GOLF - BEGINNERS & IMPROVERS

(7.00-8.00 pm) €80
Master the basics and improve your game with instructions from a qualified pro. Classes at Ashbourne Golf Club. **7 places. 6 weeks.**

GROUP HYPNOSIS CIRCLES **NEW**

(7.00-8.30pm) €90
Alleviate stress and anxiety, increase confidence, and promote a sense of inner well-being. **6 weeks**

GUITAR-BEGINNERS

(7.00-9.00pm) €130
Beginners are introduced to chords, chord progression, understanding tone, timing, key, and fingerpicking. **9 weeks**

GUITAR-IMPROVERS

(7.00-9.00pm) €130
For those who have some knowledge of guitar and wish to improve their skills. **9 weeks**

HOLISTIC LIVING **NEW**

(7.00-9.00pm) €130
Make aromatherapy products from candles, soaps, bath salts, and rollerball remedies and gain knowledge of essential oils & how to use them to benefit a healthier lifestyle. Materials cost included. **8 weeks**

INTRODUCTION TO WELDING **NEW**

(6.00-9.00pm) €275
This course will give you a taste of different types of welding on a range of different materials. This course will take place at the Nationwide Welding Institute. **5 weeks**

ITALIAN - BEGINNERS

(7.00-9.00pm) €120
Ciao a tutti! For beginners & those with a smattering already. Build your confidence in speaking & using the language in a fun way. **8 weeks.**

MAKE AND BAKE

(7.00-9.00 pm) €110
A perfect class for anyone wanting to roll up their sleeves & get started in the world of baking. From basic yeast to cakes and desserts, this course covers many aspects of the craft with the goal of turning beginners into confident bakers. **8 weeks**

MILLINERY FOR BEGINNERS

NEW (7.00-9.00 pm) €100
Learn millinery techniques from a multi-award-winning milliner. **Millinery supplies will be provided in class at an extra cost of €120. 7 weeks Starts 30/9/24**

PILATES

(8.05-9.05pm) €80
A series of non-impact exercises designed to develop strength, flexibility, balance & inner awareness. Suitable for beginners to advanced levels. **Bring your own mat. 9 weeks.**

POLISH -BEGINNERS (Online)

NEW (7.00-9.00 pm) €110
Polish online classes are perfect for busy individuals who want to learn Polish for family, travel, or work purposes. **9 weeks**

SPANISH -BEGINNERS

(6.00-7.30pm) €120
On your next visit to a Spanish-speaking country immerse yourself in its culture by communicating in a simple but effective manner! **8 weeks**

SPANISH -IMPROVERS

(6.00-7.30pm) €120
For those who already have some knowledge of the language. **9 weeks.**

THE ART OF SLOWING DOWN: YOUR LIFE IN BALANCE

(7.00-8.30pm) €80
Explore holistic approaches to mental and emotional wellbeing and learn to manage stress through a blend of mindfulness practices, self-care techniques, and positive psychology principles for joyful living. With Positive Psychologist Claudia Geratz. **6 weeks Starts 30/9/24**

YOGA (Mondays)

(7.00-8.00 pm) €80
Gain strength, stamina & flexibility, through movement, breath & guided relaxation. Learn to focus the mind! Practice key yoga poses. **Bring your own mat. 9 weeks.**

YOGA (Tuesdays)

(7.30-8.45pm) €85
Improve your balance and posture. Gain strength & flexibility. Teaches effective breathing techniques and helps to reduce stress. **8 weeks Starts 3/9/24**

COMPUTER COURSES

All classes are on Mondays

COMPUTERS FOR SENIORS

(7.00-8.30pm) €110
Topics covered include emails, messaging using Skype and other video calling applications, online security, online banking, shopping, social media, etc. **8 weeks**

INTERMEDIATE COMPUTERS

(7.00-8.30pm) €110
For those who have completed a basic computer course. Covers word processing, spreadsheets, the internet & email. **8 weeks**

CERTIFIED COURSE

CARE OF THE OLDER PERSON QQI LEVEL 5

(7.00-9.30pm) €325
This course is designed to provide the learner with the knowledge, skills, and competencies to support and meet the needs of older people and to care effectively and to a high standard using the best practice while adhering to current legislative and regulatory requirements. Continuous assessment consists of a project and practical skills demonstrations. Learners must complete 40 hours' work placement in a nursing home, hospital, or day-care centre. **10 weeks.**