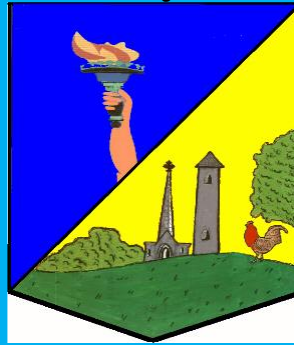


**ADULT & COMMUNITY
EDUCATION PROGRAMME**

January 2020



THE DONAHIES

COMMUNITY SCHOOL

STREAMVILLE ROAD, DUBLIN 13

ENROLMENT DATES – FOR ALL CLASSES

Evenings: Monday 20th January 2020 7.00-9.00pm

Daytime: 9.45am to 11.45am

Tuesday 14th & 21st January 2020

Wednesday 22nd January 2020

&

Enrolment will continue from Monday 27th January 2020

Now
Offering
QQI Level 5
& 6 Courses

CLASSES STARTING FROM MONDAY 27th JANUARY ONWARDS



Accepting **online registration** and card payments with Easy Payments Plus through our website www.donahiesadulted.ie or by phone on (01) 8482217

Contact us: www.donahiesadulted.ie

E-mail: donahiesadulted@gmail.com Telephone : 01-848 22 17

Join us on Facebook & Twitter:   Donahies CS Adult Education

 Instagram @donahiesadulted

Bus routes serving our school : 27A, 29A, 27 and 17A.

DART to Raheny or Howth Junction

Suggestions for new classes and new tutors are always welcome or contact us if you wish to enquire about using our facilities – groups/organisations/societies/choirs

All Welcome.

QQI LEVEL 5 & 6 MINOR AWARDS IN CONJUNCTION WITH THE COLLEGE OF PROGRESSIVE EDUCATION

CODE	COURSE	TIME	FEE
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Classes commencing Tuesday 4th February 2020

CPE1	SPECIAL NEEDS ASSISTING LEVEL 6 (6N1957)	7.00 -9.30	€325
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For course information please contact:- www.progressivecollege.ie

info@progressivecollege.ie

[\(01\) 4884300](tel:(01)4884300)

To book please contact Donahies Adult Ed.

10 week course, Tuesday evenings. Minimum age is 17 Years for QQI Courses.

It is advised that Special Needs Assisting Level 5/ equivalent is completed before undertaking the Level 6 Course

Class commencing Wednesday 5th February 2020

CPE2	SPECIAL NEEDS ASSISTING LEVEL 5 (5N1786)	7.00 -9.30	€325
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For course information please visit : - www.progressivecollege.ie

To book please contact Donahies Adult Ed.

12 week course, Wednesday evenings. Minimum age is 17 Years for QQI Courses.

EVENING CLASSES – MONDAY

CODE	COURSE	TIME	FEE
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Classes commencing Monday 27th January 2020

M1	PILATES – <i>Advanced</i>	6.45-7.30	€70
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For those who have been practising for over a year or with their own regular Pilates practice. Focus on a more flowing class and advancement of movements, class at a faster pace.

M2	PILATES – <i>Continuation</i>	7.30-8.15	€70
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For those with some experience. Class will be at a slightly faster pace than beginners with focus on posture and core strength.

M3	PILATES – <i>Beginner</i>	8.15-9.15	€80
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For those who are new to Pilates or those returning after a long absence. Suitable for those with or recovering from injury.

10 week courses.

Jonathan Walsh

See also Wednesday night. Mat and towel required.

EVENING CLASSES – TUESDAY

CODE	COURSE	TIME	FEE
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Classes commencing Tuesday 28th January 2020

T1	E.C.D.L. Word and Excel (2 modules)	7.00-9.00	€170
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Examinations are optional and are held at the end of each module. Cost of examinations: a once off ECDL registration €40 plus €15 for each exam, these fees are payable during the course prior to each examination. *10 week course including exam weeks. Class will start earlier weeks 5 and 10 followed by optional exam. Essential requirements for ECDL course: Basic computer skills, access to e-mail & MS Office 2016 for home practice and a memory stick.*

T2	E.C.D.L. Word	7.00-9.00	€90
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(single module – 5 week course. Class starts early Week 5 followed by optional exam)

T3	E.C.D.L. Excel	7.00-9.00	€90
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(single module – 5 week course. Class starts early Week 5 followed by optional exam)

Excel Commences 3rd March 2020

Pauline Berkery



- T4 SEWING FOR ALL SKILL LEVELS** 7.15-9.45 €110
 A fun, creative and practical course suitable for all skill levels. Learn the basics or improve your existing skills for dress-making, soft furnishings, curtains, festive decorations, handbag making, gifts and crafts. *8 week course.*
Mary Coonan
See Wednesday afternoon/evening, Thursday, Friday evening & Saturday morning/afternoon.
- T5 SOUND ENGINEERING & MUSIC TECHNOLOGY (Intermediate)** 7.30-9.30 €120
 Learn how to put musical performances in time & in tune. Learn how dynamic processors work – compressors, limiters & expanders. Learn how to use & programme time based effects - reverbs, delays, chorus. Learn how to effectively use EQ in a mix, how to automate a mix, how to record multiple sources & run a recording session for a band. Informal, practical, hands on classes.
10 week course Maybe kick-start a new career!
JJ Vernon
- T6 SPANISH – Absolute Beginner** 7.15-9.15 €100
 Looking to explore Spanish language and culture? Like to learn to communicate in basic Spanish? This is the course for you! Embark on our journey of discovery and fun with *native* Spanish speaker, Maria Soler, at the helm!
10 week course
Maria Asensio Soler
- T7 YOGA** 7.00-8.15 €70
T8 YOGA 8.15-9.30 €70
 Learn to experience the power of yoga, by tuning into your own life force. Develop the techniques of relaxation, posture and breath work. Suitable for all levels
8 week course. Mat required for all Yoga classes.
Dermot Kirby

Classes commencing Tuesday 4th February 2020

- T9 BRIDGE – Beginners Continuation** 7.15-9.15 €85
 Suitable for those who have completed a Beginner 8 week course or equivalent and wish to improve their bridge skills.
8 week course
Paul Doyle C.B.A.I.
- T10 ENERGY & VITALITY IN MOVEMENT** 7.30-9.00 €60
 Aches & pains? Stiff joints? Bad circulation? Have your body work for you, not against you! Learn a whole-body routine for releasing tension & increasing body flow. Gentle but powerful exercises to keep your body healthy, flexible & energised. Includes elements of Tai Chi & Qi Gong.
5 week course
Ben Somers
- T11 TYPING/KEYBOARD SKILLS**  7.00-9.00 €80
 This course is suitable for beginners and also for those wishing to improve their touch typing skills, including speed development.
6 week course
Eleanor Byrne

EVENING CLASSES – WEDNESDAY

CODE	COURSE	TIME	FEE
Class commencing Wednesday 29th January 2020			
W1	E.C.D.L. PowerPoint and Access (2 modules)	7.00-9.00	€170
	Examinations are optional and are held at the end of each module. Cost of examinations: a once off ECDL registration €40 plus €15 for each exam, these fees are payable during the course prior to each examination. <i>10 week course including exam. Essential requirements for ECDL course: Basic computer skills, access to e-mail & MS Office 2016 for home practice and a memory stick. Class will start earlier weeks 5 and 10 followed by optional exam.</i>		
W2	E.C.D.L. PowerPoint	7.00-9.00	€90
	<i>(single module – 5 week course. Class will start earlier week 5 followed by optional exam.</i>		
W3	E.C.D.L. Access	7.00-9.00	€90
	<i>(single module – 5 week course. Class will start earlier week 5 followed by optional exam.</i> Commences 4th March 2020 <i>Pauline Berkery</i>		
W4	PILATES – Continuation	7.00-8.00	€80
	<i>10 week course</i> for those with some experience or who are relatively fit. Class will be at a slightly faster pace than beginners with focus on posture and core strength.		

W5	PILATES – Beginner <i>10 week course</i> for those who are new to Pilates or those returning after a long absence. Suitable for those with or recovering from injury. <i>See also Monday night. Mat and towel required.</i>	8.00-9.00	€80	<i>Jonathan Walsh</i>
W6	POTTERY –Beginner/ Improver Course In this 10 week course students will learn a number of hand building techniques including slab work & also how to throw a pot on a potter's wheel. Students can design and create vases, tiles, wall pieces, bowls and small sculptures. Materials included.	7.30-9.30	€130	<i>Jill Kelly</i>
W7	SEWING FOR ALL SKILL LEVELS A fun, creative and practical course suitable for all skill levels. Learn the basics or improve your existing skills for dress-making, soft furnishings, curtains, festive decorations, handbag making, gifts and crafts. <i>8 week course.</i> <i>See Wednesday afternoon, Tuesday/Thursday/Friday evening & Saturday morning/afternoon.</i>	7.15-9.45	€110	<i>Mary Coonan</i>
W8	Introduction to SOUND ENGINEERING & MUSIC TECHNOLOGY An <i>introduction to</i> learn how to record and edit musical performances by both solo artists/ensembles and speakers. Learn how to operate Pro Tools, mixing and editing software, as well as exploring MIDI, using virtual instruments and plug-ins. <i>Maybe kick-start a new career!</i> <i>10 week course</i>	7.30-9.30	€120	<i>JJ Vernon</i>
W9	SPANISH – Beginners Continuation If you would like to brush up on your Spanish, improve your basic knowledge and learn more about Spanish culture, with a native speaker, this is the course for you! Come and join us for a fun night of learning. Suitable for those who have completed one term of beginner Spanish. <i>10 week course</i>	7.15-9.15	€100	<i>Maria Asensio Soler</i>
<i>Classes commencing Wednesday 5th February 2020</i>				
W10	BEAUTY & MAKEUP Look and feel amazing inside and out! Learn how to treat your skin the best way. Course covers skin analysis, eyebrow tinting & shaping, manicures and pedicures. Make up for all occasions, including lashes, by highly qualified tutor. <i>6 week course</i>	7.30-9.30	€70	<i>Toni O'Leary</i>
W11	BRIDGE – Introduction  Think you might like to learn Bridge? An introductory course to Bridge in a friendly, relaxed atmosphere. Possibility of a continuation course to follow this 5 week taster course. <i>5 week course</i>	7.15-9.15	€60	<i>Paul Doyle C.B.A.I.</i>
W12	JEWELLERY MAKING – An Introduction Start a new hobby and create your own handmade jewellery in a supportive class. Create two or three pieces in each class working with handouts and talks on tools, threading, beads etc. All tools provided with <i>materials extra €3/€4 per class.</i> <i>8 week course</i>	7.15-9.30	€90	<i>Lorna Gaffney White</i>
W13	OIL PAINTING/SOFT PASTELS Course accommodates beginner/improver/advanced. It includes mixed media of soft and hard pastel, charcoal, acrylic, water and oil paints. Explore your own project. <i>8 week course</i>	7.30-9.30	€85	<i>Joni Croughan</i>
W14	PHOTOGRAPHY – Level 1  <i>8 week</i> introductory course to help get the most from your camera, learn about all the camera modes and settings. Topics covered will include Aperture-Depth of Field, Shutter speed and ISO settings, Portrait and Landscape photography. This course is ideal to those looking to get started with their camera. The course will be delivered in a relaxed non-technical manner and will include a photo-shoot in the local area. <i>8 week course</i>	7.30-9.30	€85	<i>John White</i>


EVENING CLASSES – THURSDAY

CODE	COURSE	TIME	FEE
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Classes commencing Thursday 30th January 2020

- TH1 MINDFULNESS/MEDITATION** 7.00-8.15 €70
 This 8 week course is for those who wish to deepen spiritual awareness and learn simple relaxation techniques to practice in their journey through life.
Dermot Kirby
- TH2 SEWING FOR ALL SKILL LEVELS** 7.15-9.45 €110
 A fun, creative and practical course suitable for all skill levels. Learn the basics or improve your existing skills for dress-making, soft furnishings, curtains, festive decorations, handbag making, gifts and crafts. 8 week course.
Mary Coonan
 See Tuesday, Wednesday evening/afternoon, Friday evening & Saturday morning/afternoon.
- TH3 SPANISH – Improver** 7.15-9.15 €100
 Looking to improve your Spanish? Come and join us for a fun night of learning. Suitable for those with a good command of vocabulary and present tense. Introduction to past and future tenses.
 10 week course
Maria Asensio Soler

Classes commencing Thursday 6th February 2020

- TH4 BASKETBALL FOR WOMEN - Beginner** 7.30-8.30 €55
- TH5 BASKETBALL FOR WOMEN – Experienced & Improver player** 8.30-9.30 €55
 An enjoyable, fun class for those who are familiar with the rules of basketball and have good fitness level.
 8 week course
Róisín Shanahan
- TH6 NAIL GLAMOUR** 7.30-9.00 €65
 Learn all about your nails plus filing, painting and shellac. Includes nail design art, diamond application, flowers and more. Applying artificial tips, demonstration of acrylic application (starter kit available to purchase from tutor) and much more. 
 7 week course
Toni O’Leary

Class commencing Thursday 13th February 2020

- TH7 EXCEL – Intermediate to Advanced** 7.00-9.00 €90
 This 6 week course is specifically designed for those who want to learn how to create and use spreadsheets. Topics covered include how to input data, autofill, apply basic formula, process data, create graphs and charts. Course will progress to include advanced features of excel “if” functions and nested “if” “and” “not” functions, Sumif and Countif for Selective adding and counting. Work with time and dates, text functions, performing look ups, pivot tables, using the slicer tool and to create pivot charts. Memory stick required.
 6 week course
Pauline Berkery

EVENING CLASSES – FRIDAY

CODE	COURSE	TIME	FEE
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Classes commencing Friday 31st January 2020

- F1 SEWING FOR ALL SKILL LEVELS** 7.15-9:45 €110
 A fun, creative and practical course suitable for all skill levels. Learn the basics or improve your existing skills for dress-making, soft furnishings, curtains, festive decorations, handbag making, gifts and crafts.
 8 week course
Mary Coonan
 See Tuesday, Wednesday evening/afternoon, & Thursday evening & Saturday morning/afternoon.

DAYTIME CLASSES

CODE	COURSE	TIME	FEE
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MONDAY MORNING

- MON1 BRIDGE IMPROVER** 10.15-12.15 €60
 Suitable for those who are above Bridge beginner level, have been playing for 1 year or more and wish to improve their Bridge skills at bidding and play.
 5 week course Monday 3rd February 2020
Anne Doyle C.B.A.I.
- MON2 COMPUTER –Beginner/Improver** 10.30 – 12.30 €70
 This course covers file management and internet/email. Learn how to download

and upload documents/photos to your email. Manage and organise your documents/photos into folders on your computer/laptop and learn how to transfer your documents between devices.
6 week course commencing Monday 3rd February 2020 *Eleanor Byrne*

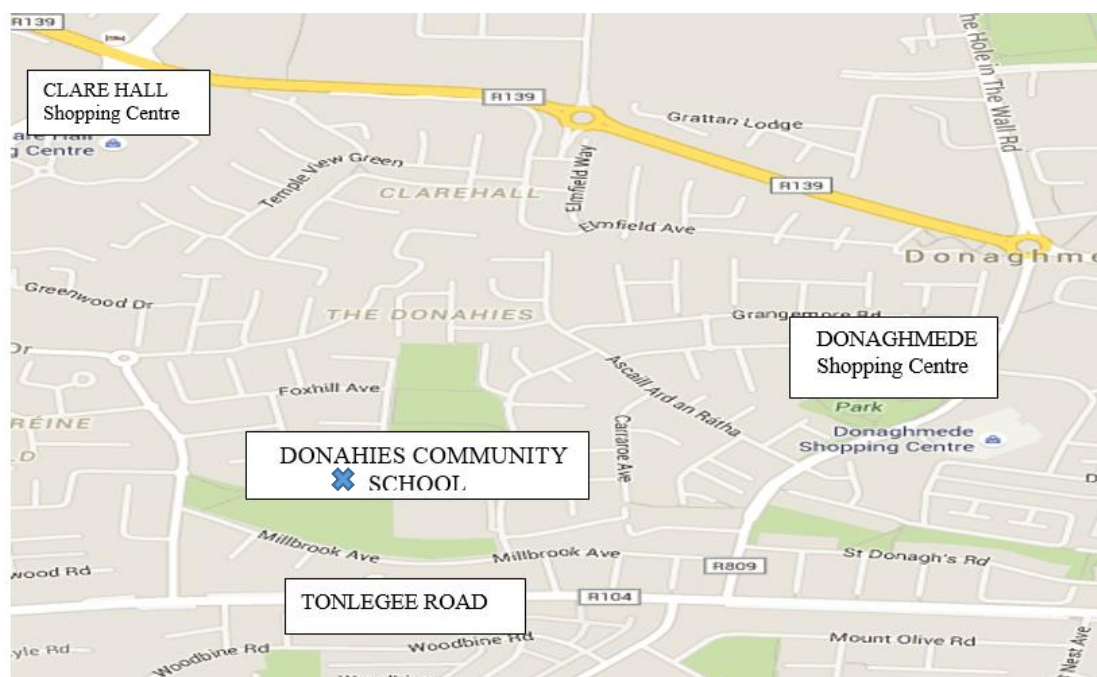
WEDNESDAY MORNING/AFTERNOON

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|-------------|--|--------------------|-------------|------------------------|
| WED1 | SEWING FOR ALL SKILL LEVELS
A fun, creative and practical course suitable for all skill levels. Learn the basics or improve your existing skills for dress-making, soft furnishings, curtains, festive decorations, handbag making, gifts and crafts. <i>8 week course commencing 22nd January 2020</i>
<i>See Tuesday, Wednesday evening, Thursday/Friday evening & Saturday morning/afternoon.</i> | 2.00-4:30 | €110 | <i>Mary Coonan</i> |
| WED2 | MINDFULNESS
This <i>8 week course</i> is for those who wish to deepen spiritual awareness and learn simple relaxation techniques to practice in their journey through life.
<i>Commencing Wednesday 29th January 2020</i> | 11.30-12.45 | €70 | <i>Dermot Kirby</i> |
| WED3 | TAI CHI – Beginner and Continuation
The gentle flowing movements of Tai Chi bring strength and flexibility to the body. With practice, Tai Chi enhances mental clarity and assists in achieving better balance and co-ordination.
<i>10 week course commence Wednesday 29th January 2020</i> | 2.00-3.00 | €80 | <i>Claire McGreevy</i> |
| WED4 | SMART PHONE/TABLET/iPAD
Bring your own device and learn all you need to know to become confident in using your smart phone/iPhone/tablet/iPad. This course is designed for beginners and will cover the basics, to enable you to get the most out of your device.
<i>6 week course commencing 5th February 2020</i> | 10.30-12.30 | €70 | <i>Eleanor Byrne</i> |

SATURDAY MORNING

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|-------------|---|-------------------|-------------|
| SAT1 | SEWING FOR ALL SKILL LEVELS | 9.30-12.00 | €110 |
| SAT2 | SEWING FOR ALL SKILL LEVELS
A fun, creative and practical course suitable for all skill levels. Learn the basics or improve your existing skills for dress-making, soft furnishings, curtains, festive decorations, handbag making, gifts and crafts. <i>8 week course commencing 25th January 2020</i>
<i>See Tuesday, Wednesday evening/afternoon, & Thursday/Friday evening.</i> | 2.00-4.30 | €110 |

We are here: D13 YN 77



POSTAL APPLICATION FORM

Please complete and return with payment (cheque/postal order ONLY)
Adult Education Officer, Donahies Community School, Streamville Road, Dublin 13

NAME _____

ADDRESS _____

PHONE _____ E-MAIL _____

COURSE & CODE _____ COST € _____

*Postal enrolments are subject to availability and will be accepted up to
Friday 24th January 2020*

**Cheques/Postal orders should be crossed “a/c payee” and made payable to
DONAHIES COMMUNITY SCHOOL. Receipt will be made accordingly.**

Terms & Conditions

- Formation of classes will depend upon sufficient enrolments for the class. **We will only contact you if your class is not formed.**
- Fees, once paid are strictly **non-refundable**, unless a class is not formed, in which case they will be returned accordingly, after classes commence.
- Unless otherwise stated, course fees cover tuition and use of building only. Examination fees and materials used must be paid for separately. Participants **must be over 16 years of age.**
- Class schedule/finish dates may change due to unforeseen circumstances.
- All course participants attend at their own risk, neither the Minister for Education & Skills nor the Board of Management of the Donahies Community School and their officers accept liability for damage or injury to persons or property, while present in the school or its precincts.
- Clean runners are essential for activities in the gym. Smoking is prohibited by law in any part of the school building.
- Day Class participants must use designated adult facilities only. Cars parked at owners risk.
- **All participants are requested to respect disabled and reserved parking spaces.**

** LINKS WITH OUR COMMUNITY **

Counselling/Psychotherapy for Adults	Rosemarie 086 0382589 Email: roma6191@gmail.com
Donahies Residents Association	thedonahies@gmail.com
Dublin All Stars Marching Band	Bairbre 086 2252718 Email:bairbre.sweeney@gmail.com
Holy Trinity Parish	holyltrinityparish.ie
Mr. Safety - Fire & First Aid Training for families	www.mrsafety.ie / 0863088046
O'Toole's GAA	https://otoolesgac.ie
Polish School	Boleslaw 089 9720658 /Agnieska 089 9736295
Tai Chi Master Ding Academy Ireland	www.dublin.masterdingacademy.com
Trinity Gaels GAA	www.trinitygaels.com