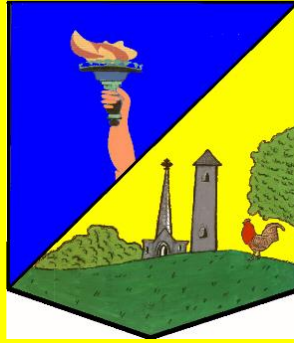


**ADULT & COMMUNITY  
EDUCATION PROGRAMME**

**September 2020**



**NO ADMIN  
FEE on card  
payments this  
September  
term!**

**Now  
Offering  
QQI Level 5  
& 6 Courses**

**THE DONAHIES**

**COMMUNITY SCHOOL  
STREAMVILLE ROAD, DUBLIN 13**

**CLASSES STARTING FROM MONDAY 28<sup>th</sup> SEPTEMBER ONWARDS**



Accepting **online registration** and card payments with Easy Payments Plus through our website [www.donahiesadulthood.ie](http://www.donahiesadulthood.ie) or by phone on (01) 8482217

**NO WALK IN ENROLMENTS**

**Contact us: [www.donahiesadulthood.ie](http://www.donahiesadulthood.ie)**

**E-mail: [donahiesadulthood@gmail.com](mailto:donahiesadulthood@gmail.com) Telephone : 01-848 22 17**

**Join us on Facebook & Twitter:   Donahies CS Adult Education**

** Instagram @donahiesadulthood**

**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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### Online Class commencing Tuesday 29<sup>th</sup> September 2020

<b>CPE1</b>	<b>SPECIAL NEEDS ASSISTING LEVEL 6 (6N1957)</b>	<b>7.00 -9.00</b>	<b>€325</b>
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For course information please contact:- [www.progressivecollege.ie](http://www.progressivecollege.ie)

[info@progressivecollege.ie](mailto: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.**

**Laptop/tablet/PC, webcam, microphone, good internet access, computer skills required for these courses.**

### Online Class commencing Wednesday 7<sup>th</sup> October 2020

<b>CPE2</b>	<b>SPECIAL NEEDS ASSISTING LEVEL 5 (5N1786)</b>	<b>7.00 -9.00</b>	<b>€325</b>
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For course information please visit : - [www.progressivecollege.ie](http://www.progressivecollege.ie)

To book please contact Donahies Adult Ed.

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

**Please note: Week 1 ONLY Wednesday 30<sup>th</sup> and Thursday 1<sup>st</sup> October.**

**Laptop/tablet/PC, webcam, microphone, good internet access, computer skills required for these courses.**

## EVENING CLASSES – TUESDAY

CODE	COURSE	TIME	FEE
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### Classes commencing Tuesday 29<sup>th</sup> September 2020

<b>T1</b>	<b>ONLINE SPANISH– Absolute <i>Beginner</i></b>	<b>7.15-8.45</b>	<b>€75</b>
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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!

*9 week course*

*Maria Asensio Soler*

**Laptop/tablet/PC, webcam, microphone, good internet access, computer skills required for these courses**

**For Spanish classes, we will have to cut off booking date 4 working days before class starts to allow classes to be set up online.**

<b>T2</b>	<b>ENERGY &amp; VITALITY IN MOVEMENT (Blended Course)</b>	<b>7.30-9.00</b>	<b>€60</b>
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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*

**(these classes will continue online if school closes)**

**Laptop/tablet/PC, webcam, microphone, good internet access, computer skills required for these courses**

**Email addresses will be shared with tutor for these courses**

- T3 SEWING FOR ALL SKILL LEVELS** **7.15-9.15 €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. *10 week course.* **Mary Coonan**  
*See Wednesday afternoon/evening, Thursday, Friday evening & Saturday morning/afternoon*

### EVENING CLASSES – WEDNESDAY

CODE	COURSE	TIME	FEE
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***Classes commencing Wednesday 7<sup>th</sup> September 2020***

- W1 ONLINE SPANISH – *Beginner Continuation*** **7.15-8.45 €75**  
 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/two terms of beginner Spanish.  
*9 week course* **Maria Asensio Soler**  
**Laptop/tablet/PC, webcam, microphone, good internet access, computer skills required for these courses**

**For Spanish classes, we will have to cut off booking date 4 working days before class starts to allow classes to be set up online**

- W2 SEWING FOR ALL SKILL LEVELS** **7.15-9.15 €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. *10 week course.* **Mary Coonan**  
*See Wednesday afternoon, Tuesday/Thursday/Friday evening & Saturday morning/afternoon.*

### EVENING CLASSES – THURSDAY

CODE	COURSE	TIME	FEE
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***Classes commencing Thursday 8<sup>th</sup> October 2020***

- TH1 ONLINE SPANISH– *Improver*** **7.15-8.45 €75**  
 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.  
*9 week course* **Maria Asensio Soler**  
**Laptop/tablet/PC, webcam, microphone, good internet access, computer skills required for these courses. For Spanish classes, we will have to cut off booking date 4 working days before class starts to allow classes to be set up online**
- TH2 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**
- TH3 SEWING FOR ALL SKILL LEVELS** **7.15-9.15 €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. *10 week course.* **Mary Coonan**  
*See Tuesday, Wednesday evening/afternoon, Friday evening & Saturday morning/afternoon.*

## EVENING CLASSES – FRIDAY

CODE	COURSE	TIME	FEE
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### Classes commencing Friday 2<sup>nd</sup> October 2020

<b>F1</b>	<b>SEWING FOR ALL SKILL LEVELS</b>	<b>7.15-9:15</b>	<b>€110</b>
<p>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>10 week course</i> <span style="float: right;"><i>Mary Coonan</i></span></p> <p style="text-align: center;"><i>See Tuesday, Wednesday evening/afternoon, &amp; Thursday evening &amp; Saturday morning/afternoon.</i></p>			

## DAYTIME CLASSES

CODE	COURSE	TIME	FEE
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<b>TUESDAY MORNING</b>			
<b>TUE1</b>	<b>ONLINE PILATES – <i>Beginner</i></b>	<b>10.30-11.30</b>	<b>€65</b>
<p>For those who are new to Pilates or those returning after a long absence. Suitable for those with or recovering from injury. <i>8 week courses commencing 6<sup>th</sup> October 2020</i> <span style="float: right;"><i>Jonathan Walsh</i></span></p> <p><b>Laptop/tablet/PC, webcam, microphone, good internet access, computer skills required for these courses. Mat required, sufficient floor space and good lighting required.</b></p>			
<b>TUE2</b>	<b>ONLINE SPANISH– <i>Absolute Beginner</i></b>	<b>10.30-12.00</b>	<b>€75</b>
<p>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 <i>native</i> Spanish speaker, Maria Soler, at the helm! <i>9 week course commences 29<sup>th</sup> September 2020</i> <span style="float: right;"><i>Maria Asensio Soler</i></span></p> <p><b>Laptop/tablet/PC, webcam, microphone, good internet access, computer skills required for these courses</b></p> <p><b>For Spanish classes, we will have to cut off booking date 4 working days before class starts to allow classes to be set up online.</b></p>			

## WEDNESDAY AFTERNOON

<b>WED1</b>	<b>SEWING FOR ALL SKILL LEVELS</b>	<b>2.00-4:00</b>	<b>€110</b>
<p>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>10 week course commencing 30<sup>th</sup> September 2020</i> <span style="float: right;"><i>Mary Coonan</i></span></p> <p><i>See Tuesday, Wednesday evening/afternoon, Thursday/Friday evening &amp; Saturday morning/afternoon.</i></p>			
<b>WED2</b>	<b>TAI CHI – <i>Beginner and Continuation (TBC)</i></b>	<b>2.00-3.00</b>	<b>€50</b>
<p>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>6 week course commencing Wednesday 30<sup>th</sup> September 2020</i> <span style="float: right;"><i>Claire McGreevy</i></span></p>			

## THURSDAY MORNING

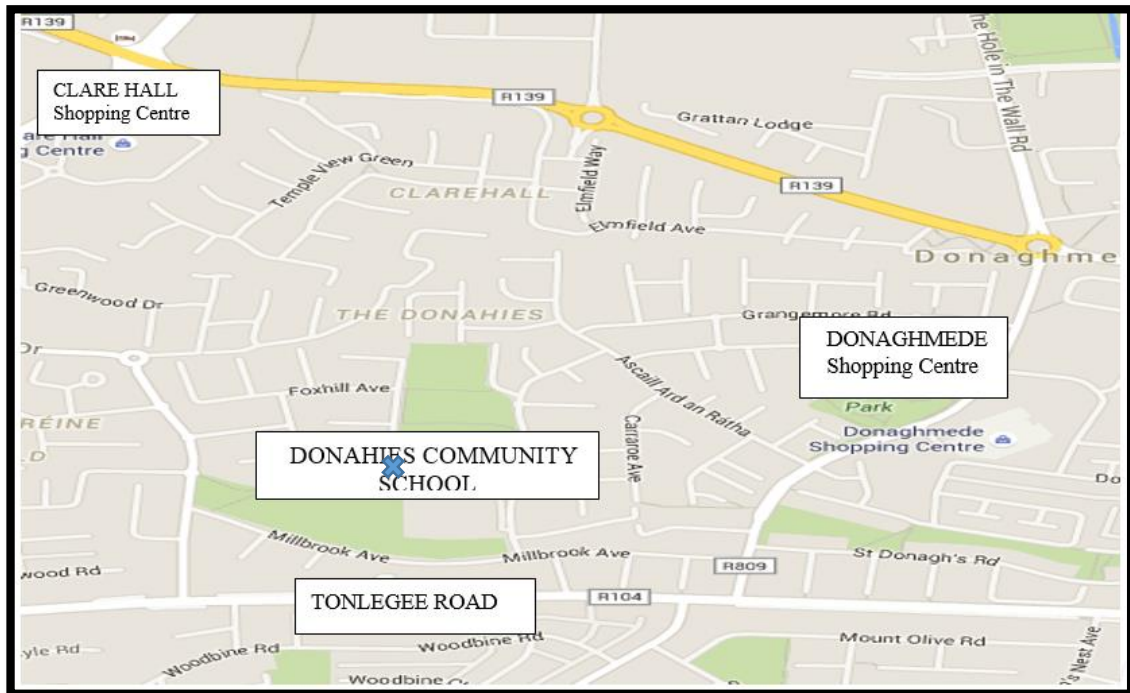
<b>THUR1</b>	<b>ONLINE PILATES– <i>Improver</i></b>	<b>12.00-1.00</b>	<b>€65</b>
<p><i>8 week course commencing 8<sup>th</sup> October 2020</i> for those with some experience or who are relatively fit. Class will be at a slightly faster pace than beginners with focus on posture and core strength. <b>Laptop/tablet/PC, webcam, microphone, good internet access, computer skills required for these courses. Mat required, sufficient floor space and good lighting required.</b></p>			

## SATURDAY MORNING

SAT1	SEWING FOR ALL SKILL LEVELS	9.30-11.30	€110
SAT2	SEWING FOR ALL SKILL LEVELS	2.00-4.00	€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. *10 week course commencing 26<sup>th</sup> September 2020* Mary Coonan  
*See Tuesday, Wednesday evening/afternoon, & Thursday/Friday evening.*

*We are here: D13 YN 77*



### ***New Social Distancing Measures include:***

- ***NO ADMIN FEE on card payments for Sept' 20 term, we would encourage phone & online bookings this term!***
- ***Sanitiser Dispensers in school***
- ***Social/physical distancing regulations allowed for in classes. This means reduced class sizes – we would advise early booking for this reason***
- ***No classes running during the school day***
- ***Specific measures for particular classes may include mandatory mask/glove wearing, handwashing before using equipment, non-sharing of equipment etc.***
- ***Pottery class – fee increase of €15 to include set of tools to avoid sharing. If you have your own tools, please contact us before booking to avoid the extra cost.***

## 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 18<sup>th</sup> September 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 owner's risk.
- **All participants are requested to respect disabled and reserved parking spaces.**

### Covid Related:

- **Face covering** required in the school building/class (mask/visor)
- Students are 2 metres apart in classes, however facecovering wearing advised
- **Bookings:** all bookings must be made **before entering** the school to start your class. **Phone & online bookings only.** We cannot accept walk in registrations.
- **Health Issue:** anybody with a serious underlying health issue should not attend the school for classes.
- **Symptoms of Covid 19:** any adult student or staff member who is ill or displaying symptoms of Covid-19 **should not attend the school for classes.**
- **Travel Abroad:** Adults should not attend the school for classes for a period of 14 days after travelling abroad.
- **Confirmed Case Contact:** Adults **SHOULD NOT** attend the school for classes if they have been in contact with a person who has been confirmed as having Covid-19. A period of 14 days since being in contact with the confirmed case must have elapsed before re-attending class.
- Students can **enter building no earlier than 5-10 minutes before class**, if you are earlier than this, we request you wait in your car. We are required to reduce time spent in the building.

- Students are required to complete and sign a **self-declaration form** regarding their wellness for each class they attend. These will be available each class from tutor/adult ed office. Students are advised to have their own **pen** to complete this form.
- **No sharing** of equipment allowed and a **physical distance of 2 metres** must be kept at all times from fellow students & tutor.
- Government Guidelines: Classes may have to be postponed or cancelled if the Government so advises in the event of a major resurgence of Covid-19. Blended classes will revert to remote only classes.
- The classrooms will be set out to ensure physical distancing. Tables and chairs should not be moved from their positions. Maintain at all times 2 metres physical distance.
- For online /blended learning classes, email addresses will be shared with tutors /in case of SNA courses  
College of Progressive Education
- The one-way system in the school does not apply to adult education classes.

**No classes during Midterm Break -  
Monday 26th - Friday 30th Oct. '20**

**\*\* LINKS WITH OUR COMMUNITY \*\***

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