

Cabinteely Community School (Life Long Learning)



QQI AWARD

Cabinteely Community School

Adult Education Programme

Autumn 2024

Commencing 20th September 2024

**PLEASE BOOK
EARLY
TO AVOID
DISAPPOINTMENT**

**Morning Classes (Some Online)
Evening Classes
QQI Courses
Room Rental**

CCS

Cabinteely Community School

Johnstown Road, Cabinteely, Dublin 18. D18VH73



Enquiries: 01 285 7455

www.cabinteelyadulthoodeducation.ie

Email: info@cabinteelyadulthoodeducation.ie

Facebook: [/cabinteelyadulthoodeducation](https://www.facebook.com/cabinteelyadulthoodeducation)

Instagram: [/cabinteelyadulthood](https://www.instagram.com/cabinteelyadulthood)



ENROLMENT

Online:	Available from August 6th www.cabinteelyadulthoodeducation.ie
Enquiries:	Telephone (01) 2857455 or email info@cabinteelyadulthoodeducation.ie
Payment Methods:	Credit/Debit Card only
Office Hours:	Term Time: Monday to Friday 11am-3pm and 6pm-9.30pm

All 2.25 hour classes include a 15 minute break.

REFUND POLICY

All our courses are non-refundable, unless there are insufficient numbers for the class to form. A small number of classes do not form each term, and in such cases, students who have enrolled will be notified and can either swap to another class or be offered a full refund. There is no discount for those who cannot attend all evenings of the course.

- The minimum age for courses is 16 years
- Students must enrol before attending classes
- Class times/duration are subject to change
- Classes will only form when a minimum of 8 people enrol.
We will contact you only if the course is not formed.
- It is recommended that you do not buy course material until the course is confirmed
- Those participating in physical exercise classes may need to seek medical advice before commencing
- Smoking is not permitted on the school premises/grounds
- Cabinteely Adult Education cannot accept responsibility for any loss, damage or injury to persons or property whilst on the school premises/grounds
- Please note the information contained in this brochure is as accurate as possible at the time of production
- Please visit our website on www.cabinteelyadulthoodeducation.ie before enrolment for further information on our terms and conditions.

Limited parking available, so arriving early is advisable

NEW COURSE IDEAS : If you have a course that you would like to see offered or would like to teach a course with us, please contact us at info@cabinteelyadulthoodeducation.ie

TO FIND CABINTEELY COMMUNITY SCHOOL

Using the N11: From Stillorgan

Head south on Stillorgan Road/N11. At Cabinteely Village Junction - turn left onto Johnstown Road. Turn right at next traffic lights. Destination directly ahead.

From Bray

Head north on M11 towards Exit 5. Keep left at the fork to stay on M11, follow signs for City Centre. At the roundabout, take second exit onto N11. At Cabinteely Village Junction - turn right onto Johnstown Road. Turn right at next traffic lights. Destination directly ahead.

Using the M50 Southbound

Exit Junction 16 on M50 for Cherrywood. Go straight at first lights and turn left at next traffic lights onto N11. At Cabinteely Village Junction - turn right onto Johnstown Road. Turn right at next traffic lights. Destination directly ahead.

Bus Routes: 63, 145, 155

MORNING & AFTERNOON CLASSES

FRIDAY AFTERNOON COMMENCING 20TH SEPTEMBER 2024

BRIDGE – BEGINNERS €105

8140 Ann O'Rourke 1.30 – 3.15pm (10 weeks)

CREATIVE CANVAS ART **NEW** (acrylics/colouring pencils/watercolours) €120

8210 Sandra O'Connor 2.00- 4.00pm (10 weeks)

CROCHET FOR BEGINNERS/IMPROVERS **NEW** €115

8220 Sandra O'Connor 12.00 - 2.00pm (10 weeks)

POTTERY – ALL LEVELS €165

8200 Penny Dewar 1.00pm – 3.15pm (10 weeks)

SPANISH- IMPROVERS €95

8170 Leticia Medina Andres 1.30 – 3.00pm (10 weeks)

TAI CHI & QI GONG –

8090 Ming Ng 1.00 - 2.00pm (8 weeks) ALL LEVELS €75

8100 Ming Ng 2.05 - 3.05pm (8 weeks) IMPROVERS €75

YOGA FOR THE OVER-50s/ACTIVE RETIRED €95

8120 Frankie Heany 1.30 – 3.00pm (10 weeks)



For details on all our courses you can either
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TUESDAY MORNING COMMENCING 24TH SEPTEMBER 2024

SPANISH – BEGINNERS - ONLINE €80

8040 Cristina Arizaga 8.45 – 10.00am (10 weeks)

THURSDAY MORNING COMMENCING 26TH SEPTEMBER 2024

SPANISH – IMPROVERS - ONLINE €80

8130 Cristina Arizaga 8.45 – 10.00am (10 weeks)

EVENING CLASSES

MONDAY NIGHT COMMENCING 23RD SEPTEMBER 2024

ART HISTORY €115

1010 John O’Riordan 7.30 - 9.45pm (10 weeks)

BAKING FOR BEGINNERS NEW (Ingredients not included) €120

1000 Niamh Connolly 7.00 - 9.15pm (8 weeks)

BALLROOM & LATIN DANCING – BEGINNERS €90

1110 Kelly Smyth 7.30 – 8.30pm (10 weeks)

BALLROOM & LATIN DANCING – IMPROVERS €90

1120 Kelly Smyth 8.40 – 9.40pm (10 weeks)

BEE KEEPING NEW €105

1340 Liam McGarry 6.30 – 8.45pm (10 weeks)

BRIDGE – BEGINNERS €115

1240 Ann O’Rourke 7.15 – 9.15pm (10 weeks)

BRIDGE - IMPROVERS €85

1300 Ann O'Rourke 5.45 - 7.15 (10 weeks)

CAR MAINTENANCE €115

1280 Paul Dalton 7.30 – 9.45pm (10 weeks)

CREATIVE WRITING - ALL LEVELS €125

1030 Veronica Casey 7.30 - 9.45pm (10 weeks)

D.I.Y. €150

1070 Andrew Dowling 7.30 - 9.45pm (10 weeks)

GENEALOGY NEW €115

1080 Hilary McDonagh and Frances Gillen 7.00 - 9.15pm (10 weeks)

HOLISTIC HEALTH - NEW €120

(topics covered include anatomy, acupressure, reflexology, massage, nutrition, relaxation & mindfulness)

1060 John Kelly 6.30 – 8.30pm (10 weeks)

IRISH – CONVERSATION - BEGINNERS €95

1350 Clara Finnerty 6.30 – 8.00pm (10 weeks)

PILATES – ALL LEVELS €85

1140 Gosia Maughan 7.00 – 7.55pm (10 weeks)

1150 Gosia Maughan 8.00 – 8.55pm (10 weeks)



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PHOTOGRAPHY – Basic Digital BEGINNERS	€115
(see website for course requirements)	
1180 Anthony Griffin 7.00 – 9.15pm (10 weeks)	
SEWING FOR BEGINNERS (including design) NEW	€135
1190 Naoise Farrell 7.15 - 9.30pm (10 weeks)	
(Additional cost of €15 to be paid to tutor on first night for materials)	
WATERCOLOURS – BEGINNERS/IMPROVERS	€120
1040 Brian O’Farrell 7.30 – 9.45pm (10 weeks)	
WOOD CARVING	€175
1100 Billy Egginton 7.30 – 9.45pm (10 weeks)	
YOGALATES - Yoga/Pilates Fusion	
‘Combines slow movements with core and muscular control’	
1170 Gosia Maughan 6.00 - 6.55pm (10 weeks)	€85
YOGA –JAPANESE YOGA - ALL LEVELS	€95
1200 Juliet McLaughlin 7.00 - 8.25pm (10 weeks)	
YOGA FOR THE OVER-50s/ACTIVE RETIRED	€95
1220 Frankie Heany 7.00 - 8.25pm (10 weeks)	
TUESDAY NIGHT	COMMENCING 24TH SEPTEMBER 2024
ART (Beginner to Improver Level) (Acrylics)	€120
2040 Jane Ellis 7.15 – 9.30pm (10 weeks)	
COMPUTERS – BEGINNERS	€115
2060 Elaine McGuinness 7.00 – 8.25pm (10 weeks)	

COOKERY – COOKING FOR BEGINNERS €120
2030 Aoife O’Carroll 7.00 – 9.15pm (8 weeks) Ingredients not included

D.I.Y. €150
2240 Andrew Dowling 7.30 - 9.45pm (10 weeks)

GOLF- BEGINNERS €135
2120 TBC 7.15 - 8.15pm (8 weeks). This course includes two 1 ½ hour trips to the Driving Range

ITALIAN FOR HOLIDAYS – BEGINNERS €65
2190 Elisabetta Fiortino 6.30 – 7.30pm (10 weeks)

ITALIAN FOR HOLIDAYS – IMPROVERS (1 years’ experience) €95
2220 Elisabetta Fiortino 7.30 – 9.00pm (10 weeks)

KNITTING FOR BEGINNERS €115
2130 Elizabeth Dodd 7.00 – 9.15pm (10 weeks)

METALWORK/METALCRAFT – BEGINNERS/IMPROVERS €165
2150 Paul Dalton 6.30 – 8.45pm (10 weeks)

POETRY FOR BEGINNERS (Reading and Writing Poetry) **NEW** €100
2100 Colm Brennan 7.00 - 9.15pm (8-week course)

OIL PAINTING – BEGINNERS/IMPROVERS €120
2230 Brian O’ Farrell 7.30 – 9.45pm (10 weeks)



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SIMPLY DRAWING	€120
2280 Caroline O'Farrell 7.30 – 9.45pm (10 weeks)	
SING YOUR HEART OUT! GROUP SINGING	€110
2200 Esosa Ighodaro 7.30 – 9.45pm (10 weeks)	
SPANISH – TOTAL BEGINNERS	€95
2090 Leticia Medina Andres 6.30 – 8.00pm (10 weeks)	
SPANISH – BEGINNERS 2 (completed at least one term/basic knowledge)	€95
2070 Leticia Medina Andres 8.00 – 9.30pm (10 weeks)	
SPECIAL NEEDS ASSISTING (SNA) – QQI LEVEL 5 (5N1786)	€250
MINOR AWARD	
9062 Denise O'Carroll 7.00 – 9.45pm (10 weeks)	
STAINED GLASS	€165
2080 Judy Bagnall 7.30 – 9.45pm (10 weeks)	
TAI CHI & QI GONG – ALL LEVELS	
2440 Ming Ng 7.00 – 8.00pm (8 weeks) BEGINNERS	€75
2170 Ming Ng 8.05 – 9.05pm (8 weeks) IMPROVERS	€75
WOODCRAFT/WOODWORK	€165
2160 Billy Egginton 7.30 – 9.45pm (10 weeks)	
YOGA – HATHA	
2190 Bernie McLaughlin 6.30-7.55pm (10 weeks) Early Intermediate	€95
2020 Bernie McLaughlin 8.00-9.00pm (10 wks) Beginners/Improvers	€70
ZUMBA - ALL LEVELS	€90
2210 Klaudia Karasinska 8.00 – 9.00pm (10 weeks)	

WEDNESDAY NIGHT COMMENCING 25TH SEPTEMBER 2024

CAKE DECORATING €100

3260 Mariana Cruz Finol 7.45 – 9.45pm (8 weeks) Ingredients not included

COOKERY – IMPROVERS €120

1060 Aoife O'Carroll 7.00 – 9.15pm (8 weeks) Ingredients not included

COUNTRY JIVE & LINE DANCING - BEGINNERS €95

3200 Laura Nolan 7.00 – 8.00pm (10 weeks)

COUNTRY JIVE & LINE DANCING - IMPROVERS €125

3210 Laura Nolan 8.00 – 9.30pm (10 weeks)

FLORAL DESIGN (Flower Arranging) €135

2010 Susan Stuart 7.00-9.15pm Additional Cost of €15 to be paid to tutor on the first night

FRENCH - BEGINNERS €65

3310 Tutor TBC 6.30-7.30pm (10 weeks)

FRENCH - INTERMEDIATE (over 1 years' experience) €95

3320 Tutor TBC 7.30-9.00pm (10 weeks)

GROW YOUR OWN €100

3190 TBC 6.30-8.30pm (8 weeks)



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GUITAR – BEGINNERS €85

1050 Pat Byrne 7.00 – 8.00pm (10 weeks)

GUITAR – IMPROVERS (Jamming session) €85

1230 Pat Byrne 8.00 – 9.00pm (10 weeks)

LITERATURE NEW €100

(Explore world literature from the first pieces of written literature to the modern texts of James Joyce and Virginia Woolf)

3080 Emma Stuart 6.30-8.30pm (8 weeks)

MARINE ENGINE MAINTENANCE €115

3270 Brian Hughes 7.15 – 9.30pm (8 weeks)

OIL PAINTING – BEGINNERS/IMPROVERS €120

3140 Brian O'Farrell 7.30 – 9.45pm (10 weeks)

PILATES – ALL LEVELS €85

3430 Veronika Kadac 7.00 – 7.55pm (10 weeks)

3130 Veronika Kadac 8.00 – 8.55pm (10 weeks)

SIMPLY DRAWING €120

3020 Caroline O'Farrell 7.30 – 9.45pm (10 weeks)

SPANISH – BEGINNERS 3 (1 years' experience) €95

3120 Leticia Medina Andres 6.30 – 8.00pm (10 weeks)

SPANISH – INTERMEDIATE (over 2 years' experience) €95

3370 Leticia Medina Andres 8.00 – 9.30pm (10 weeks)

SPECIAL NEEDS ASSISTING (SNA) – QQI LEVEL 6 (6N1957) €250
MINOR AWARD

9062 Denise O'Carroll 7.00 – 9.30pm (10 weeks)

TRANSFORM YOUR HOME €100

3170 Danielle Dooris 730-945pm (8 weeks)

UKULELE - BEGINNERS €85

1160 Pat Byrne 6.00 – 7.00pm (10 weeks)

WATERCOLOURS - IMPROVERS €120

3030 Katrin O'Shea 7.30 – 9.45pm (10 weeks)

WOODWORK/WOODCRAFT €165

3110 Jake Byrne 6.30 – 8.45 (10 weeks)

YOGA VINYASA FLOW (WITH BREATHWORK) NEW €85

3150 Veronika Kadac 6.00 - 7.00pm (10 weeks)

THURSDAY NIGHT COMMENCING 26TH SEPTEMBER 2024

ZUMBA - All levels €90

4100 Klaudia Karasinska 7.30 - 8.30pm (10 weeks)



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RENTAL

We have a wide range of excellent facilities available for rental by individuals or groups.

For further information contact us on 01 2857455

Sports Hall: Dimensions: 31m x 18m.

Gym: Dimensions 18m x 9m. **NEW** Suitable for teams.

Newly refurbished containing squat racks, benches, battle ropes, stationary bikes, prowler and free range weights from 2.5kg-30kg'

Large Hall with Stage: Dimensions: 22m x 11m.

Large Meeting Room: Dimensions: 14m x 12m.

Meeting Room: Dimensions: 14m x 7m.

Classroom: Dimensions: 8m x 6m.



CABINTEELY YOUTH THEATRE:

Teens (13-18yrs) Thursday 6.00 - 8.00pm

Contact: Jean: youththeatrecabinteely@gmail.com

JUDO:

TUESDAY and THURSDAY: 5.00-6.00pm SPECIAL NEEDS;

6.00-7.30pm JUNIORS (under 13);

7.30 – 9.00pm ADULTS (over 13).

Contact: Frederick 086 0449126

SEARSOL: **Searsol**

Typing classes for children: TUESDAYS 4-5pm/5-6pm

Contact: Sean on 01-6303384 www.searsol.com