

Cabinteely Community School (Life Long Learning)



Cabinteely Community School

Adult Education Programme

Spring 2024

Commencing 22nd January 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

Instagram: /cabinteelyadulthood

ENROLMENT

Online:	Available from 17th November 2023 www.cabinteelyadulthoodeducation.ie
Enquiries:	Telephone (01) 2857455 or email info@cabinteelyadulthoodeducation.ie
Payment Methods:	Credit/Debit Card only
Office Hours:	Term Time: Monday-Wednesday 5pm-10pm and Friday 11am-2pm

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

TUESDAY MORNING COMMENCING 23RD JANUARY 2024

SPANISH – BEGINNERS 2 - ONLINE

€80

8040 Cristina Arizaga 8.45 – 10.00am (10 weeks)

THURSDAY MORNING COMMENCING 25TH JANUARY 2024

SPANISH – IMPROVERS - ONLINE

€80

8130 Cristina Arizaga 8.45 – 10.00am (10 weeks)

FRIDAY AFTERNOON COMMENCING 26TH JANUARY 2024

BRIDGE – BEGINNERS 2 (completed one term/basic knowledge) €105

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

POTTERY – ALL LEVELS

€165

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

SPANISH- BEGINNERS (Some knowledge)

€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

- Visit our website www.cabinteelyadulthoodeducation.ie
- Scan the QR Code with your phone using a QR Code Reader app
- Phone us on 01 2857455 • Email: info@cabinteelyadulthoodeducation.ie
- Follow us on Facebook: www.facebook.com/cabinteelyadulthoodeducation
- Follow us on Instagram: [cabinteelyadulthood](https://www.instagram.com/cabinteelyadulthood)

EVENING CLASSES

MONDAY NIGHT COMMENCING 22ND JANUARY 2024

ART HISTORY €115

1010 John O’Riordan 7.30 – 9.45pm (10 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 2 (completed one term/basic knowledge) €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 Tutor TBC 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)

GUITAR – BEGINNERS 2 (completed one term/basic knowledge) €85

1050 Pat Byrne 7.00 – 8.00pm (10 weeks)

GUITAR – IMPROVERS (Jamming session) €85

1230 Pat Byrne 8.00 – 9.00pm (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--IMPROVERS €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)

PHOTOGRAPHY – Basic Digital IMPROVERS €115

(see website for course requirements)

1180 Andrew Griffin 7.00 – 9.15pm (10 weeks)

SOSA DANCE FITNESS (low impact, high energy dance fitness class) €90

1500 Claire Thompson 6.30 -7.30pm (10 weeks)



For details on all our courses you can either

- Visit our website www.cabinteelyadulthoodeducation.ie
- Scan the QR Code with your phone using a QR Code Reader app
- Phone us on 01 2857455 • Email: info@cabinteelyadulthoodeducation.ie
- Follow us on Facebook: www.facebook.com/cabinteelyadulthoodeducation
- Follow us on Instagram: [cabinteelyadulthood](https://www.instagram.com/cabinteelyadulthood)

UKULELE - IMPROVERS €85

1160 Pat Byrne 6.00 – 7.00pm (10 weeks)

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' €85

1170 Gosia Maughan 6.00 - 6.55pm (10 weeks)

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 23RD JANUARY 2024

ART (Beginner to Improver Level) €120

2040 Ann Kavanagh 7.15 – 9.30pm (10 weeks)

COMPUTERS – IMPROVERS €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)

FLORAL DESIGN (Flower Arranging) €150

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

GOLF- BEGINNERS €130

2120 Billy Kinsella 7.15 - 8.15pm (8 weeks). This course includes two 1 ½ hour trips to the Driving Range

ITALIAN FOR HOLIDAYS – BEGINNERS 2 €65

2190 Tutor TBC 6.30 – 7.30pm (10 weeks)

ITALIAN FOR HOLIDAYS – IMPROVERS €95

2220 Tutor TBC 7.30 – 9.00pm (10 weeks)

KNITTING FOR BEGINNERS 2 (completed one term/basic knowledge) €115

2130 Elizabeth Dodd 7.00 – 9.15pm (10 weeks)

METALWORK/METALCRAFT – BEGINNERS/IMPROVERS €165

2150 Tutor TBC 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)



For details on all our courses you can either

- Visit our website www.cabinteelyadulthoodeducation.ie
- Scan the QR Code with your phone using a QR Code Reader app
- Phone us on 01 2857455 • Email: info@cabinteelyadulthoodeducation.ie
- Follow us on Facebook: www.facebook.com/cabinteelyadulthoodeducation
- Follow us on Instagram: [cabinteelyadulthood](https://www.instagram.com/cabinteelyadulthood)

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 €95

2070 Leticia Medina Andres 8.00 – 9.30pm (10 weeks)

**SPECIAL NEEDS ASSISTING (SNA) – QQI LEVEL 5 (5N1786)
MINOR AWARD** €250

9062 Denise O'Carroll 7.00 – 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 Berni McLaughlin 6.30-7.55pm (10 weeks) Early Intermediate €95

2020 Berni McLaughlin 8.00-9.05pm (10 weeks) Beginners/Improvers €70

ZUMBA - ALL LEVELS €90

2210 Klaudia Karasinska 8.00 - 9.00pm (10 weeks)

CAKE DECORATING €110

3260 Tutor TBC 7.30 – 9.45pm (10 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)

FRENCH - BEGINNERS 2 (completed one term/basic knowledge) €65

3310 Tutor TBC 6.30-7.30pm (10 weeks)

FRENCH - INTERMEDIATE €95

3320 Tutor TBC 7.30-9.00pm (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 7.30 – 9.45pm (8 weeks)



For details on all our courses you can either

- Visit our website www.cabinteelyadulthoodeducation.ie
- Scan the QR Code with your phone using a QR Code Reader app
- Phone us on 01 2857455 • Email: info@cabinteelyadulthoodeducation.ie
- Follow us on Facebook: www.facebook.com/cabinteelyadulthoodeducation
- Follow us on Instagram: [cabinteelyadulthood](https://www.instagram.com/cabinteelyadulthood)

OIL PAINTING – BEGINNERS/IMPROVERS €120

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

PILATES – ALL LEVELS €85

3430 Gosia Maughan 7.00 – 7.55pm (10 weeks)

3130 Gosia Maughan 8.00 – 8.55pm (10 weeks)

SIMPLY DRAWING €120

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

SPANISH – BEGINNERS 3 €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)

STAINED GLASS €165

2080 Judy Bognall 7.30 – 9.45pm (10 weeks)

TRANSFORM YOUR HOME €100

3170 Danielle Dooris 7.30-9.45pm (8 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)

THURSDAY NIGHT **COMMENCING 25 JANUARY 2024**

ZUMBA - All levels

€90

4100 Klaudia Karasinska 7.30 - 8.30pm (10 weeks)

SATURDAY MORNING CLASSES

SATURDAY MORNING **COMMENCING 27 JANUARY 2024**

CHALLENGING BEHAVIOUR WORKSHOP

€100

8070 Denise O'Carroll 9.30am – 5.00pm One Day

Course is classroom based. The topics will include: Understanding the causes of behavior. Developing regulation skills. De-escalation and redirection strategies. Therapeutic and restorative support.



For details on all our courses you can either

- Visit our website www.cabinteelyadulthoodeducation.ie
- Scan the QR Code with your phone using a QR Code Reader app
- Phone us on 01 2857455 • Email: info@cabinteelyadulthoodeducation.ie
- Follow us on Facebook: www.facebook.com/cabinteelyadulthoodeducation
- Follow us on Instagram: [cabinteelyadulthood](https://www.instagram.com/cabinteelyadulthood)

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, Balcony: 18m x 9m.

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

SLIMMING WORLD:

THURSDAY 5.30pm & 7pm. Contact: Lisa 087 9398583

SEARSOL: **Searsol**

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

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