

# COLÁISTE CHIARÁIN

GELBRIDGE ROAD, LEIXLIP, CO. KILDARE

## EVENING CLASSES



### ENROLMENT

Online at [www.colaistechiarain.com](http://www.colaistechiarain.com)  
 In Person Tues. 12th September 7 pm - 8.30 pm  
 Thurs 14th September 10.30 am - Noon & 7.00 - 8.30pm  
 or Postal Enrolment

### COMMENCEMENT

Tues. Weds. & Thurs. 26th, 27th & 28th September 2017  
 unless otherwise specified

PHONE 01-6247624 / 6295046 (message)

• [www.colaistechiarain.com](http://www.colaistechiarain.com)  
 • email: [adulted@colaistechiarain.com](mailto:adulted@colaistechiarain.com)

Coláiste Chiaráin - a provider of programmes leading to QQI Awards

Thank you to all the shops and businesses that display our brochures and play their part in promoting education and community spirit

#### 540 Hairdressing Boot Camp

This course will teach you the correct skills and tools to use while also covering braiding, blow-drying, setting, curling and much more so that you can create your own glamorous hairstyles for any event.

#### 550 Indian Head Massage

Learn all about the different oils and techniques that can be used in this holistic therapy. Head massage has been practised for over a thousand years and is a great way to relax and relieve stress while also rebalancing the body's entire energy system.

#### 560 Life Skills

Feel like life happens to you rather than you being in control? Get back in the driving seat of your life! This course explores issues such as bullying, building resilience, de-stressing and how to identify and set your real life goals. Learn how to foster these skills in your children too. Topics covered include: goals and goal setting, confidence, resilience, bullying and de-stressing.

#### 570 Meditation Class

Take some time for yourself and look after your mind, body and spirit. Meditation can help relieve stress, tension and open the doorways to self-discovery. This class allows you to explore meditations that will help with self-belief, stress and creativity.

#### 580 Meditation and Tai-chi

Meditation is about having a relaxed body and an alert mind. It will help to combat stress, relieve anxiety and improve general health. Tai-chi has been described as meditation in motion and promotes good health and a profound sense of well-being.

#### 590 Psychology

Psychology is the scientific study of mind and behavior. This course will help you understand how people behave, how memory works, how personalities develop, how learning occurs, what motivates us and why we perceive things the way we do.

#### 600 Ulysses for Beginners - Part 1

Have you ever wanted to read Ulysses but felt daunted by the book's reputation? This class will provide you with a unique opportunity to read Joyce's masterpiece in a non-academic, friendly and supportive environment. Trips will be organised on Saturdays to places mentioned in the book (Part 2 after Christmas).

Thur. 7.30pm-9pm 9 classes €80.

Wed. 7.30pm-9pm 8 classes €90.

Tue. 7pm-8.30pm 6 classes €70.

Wed. 7.30pm-8.30pm 8 classes €70.

Tue. 7.30pm-8.30pm 10 classes €90.

Wed. 7pm-9pm 10 classes €110.

Wed. 7.30pm-9pm 10 classes €80.

### SPORTS and EXERCISE

#### 610 Boxercise (Beginners)

Exercise that helps you lose weight, get in shape and tone all over. This is a non-contact aerobic boxing workout, suitable for all fitness levels (Part 2 after Christmas).

#### 620 Fishing For Beginners (Meadow Lodge Fisheries, Maynooth)

This course is suited to beginners who would like an introduction to the sport. You will learn many new skills including casting, knots and fishing techniques. Catch your first fish!

#### 630 Golf (with a professional) (Beginners)

#### Golf (with a professional) (Improvers)

This course is broken up in the following way: 1 week in classroom, 6 classes in driving range and last class - 9 holes, par 3 golf course, to be arranged on a Saturday morning. (Max 12)

#### 640 Hill Walking

Learn map, compass and navigation skills. This course is suitable for experienced and inexperienced hill walkers alike. It is classroom based but will involve walks in the Wicklow mountains. (Sat 11am -3pm).

#### 650 Pilates (Beginners)

#### Pilates (Improvers)

Rejuvenate the mind and body. Pilates helps to relieve the stresses of everyday living. Please bring a yoga mat.

#### 660 Tennis Xpress Programme (Beginners)

#### Tennis Xpress Programme (Improvers)

Learn and develop tennis technique, tactics and rules of tennis. Play tennis on full court by the end of the 6 weeks. Lessons take place in Leixlip Tennis Club in the Amenities Centre, Leixlip.

#### 670 Yoga For Health - Hatha (Beginners/Improvers)

Yoga is an ancient holistic system which helps to bring about balance of body, mind and spirit. This class explores the ancient practice of Yoga and is suitable for beginners and experienced alike. (Please bring a yoga mat or towel with you).

#### 680 Zumba

Get active while having fun! Zumba is a high energy class that combines many different Latin-American and freestyle dance forms.

Thur. 7.30pm-8.30pm 8 classes €75.

Sun. 2pm-4pm 4 classes €60.

Wed. 7pm-8.00pm 8 lessons €100.

Wed. 8pm-9.00pm 8 lessons €100.

Tue. 7.30pm-9.30pm 8 classes €80.

Wed. 7pm-8.00pm 9 classes €90.

Wed. 8.15pm-9.15pm 9 classes €90.

Thur. 7.15pm-8.45pm 6 classes €80.

Thur. 8.45pm-10.15pm 6 classes €80.

Tue. 7pm-8.30pm 10 classes €90.

Wed. 7.30pm-8.30pm 9 classes €80.

#### GENERAL INFORMATION

EVENING CLASSES are offered in Coláiste Chiaráin on Tuesdays, Wednesdays, Thursdays and Saturdays in collaboration with KWETB, Maynooth University and QQI. Coláiste Chiaráin is quality assured to QQI Level 6. *Anyone over 16 years of age is welcome to enrol in the evening programme.*

ENROLMENT ONLINE - [www.colaistechiarain.com](http://www.colaistechiarain.com) Follow the link for Adult Education. (Register with 'Easy Payments Plus' and continue to enrol on one of our classes using debit or credit card. A small charge applies when paying by credit card. This charge does not apply to debit cards).

IN PERSON - Tuesday 12th September (7pm-8.30pm), Thursday. 14th September (10.30am-12 noon and 7pm-8.30pm)

POSTAL ENROLMENT - will be accepted provided a cheque, bank draft or postal order accompanies your application for the required fee made out to 'Ad Ed Coláiste Chiaráin' to reach us on or before the 15th September 2017. Students are enrolled on a 'first come first served' basis. If your class does not go ahead you will be contacted and your cheque returned or you will be refunded.

ENROLMENT BY PHONE using debit or credit card is also possible from the **Monday 4th September 2017**. A small charge applies when paying by credit card. This charge does not apply to debit cards.

Please inform the Adult Education Office of any **special needs** prior to enrolment. *This school is wheelchair accessible.*

RECEIPTS are issued. No cash will be accepted on enrolment night. Only students who are fully paid-up will be admitted to class. Senior citizens and unemployed people may be granted fee reductions on some courses. This must be applied for at the Adult Education Office **before the 20th September 2017**.

LATE ENROLMENT may be effected up to and including the first night of class, however **early enrolment is advisable to ensure the class of interest to you has sufficient numbers to make it viable.**

REFUNDS - Fees are non-refundable unless a course does not commence due to insufficient numbers or a tutor being unavailable. In such cases participants will be notified and fees refunded. The Director reserves the right to close a course and refund fees.

COMMENCEMENT: Tuesday Wednesday and Thursday the **26th, 27th and 28th September 2017** unless otherwise specified.

SCHOOL CLOSURES: Night classes follow the day school closures. **No classes 31st October 1st, and 2nd November** (Midterm break).

STUDENT PROPERTY: Responsibility cannot be accepted for loss of or damage to the property of students, their cars, motorbikes or bicycles on the school grounds.

PARKING: Please park with consideration for others. Do not block access and keep off the grass. Parking at the school is limited.

DISCIPLINE: On enrolment, the student subscribes to the regulations of the school and is bound by them. The school reserves the right to suspend a student from classes and the premises, as seems appropriate.

SMOKING IS STRICTLY PROHIBITED BY LAW in any part of the school building and grounds.

NEW COURSES: Do you have a skill or knowledge you would like to share with adults? If you have a course you are prepared to instruct, please send course outline and your qualifications to the Director at [adulted@colaistechiarain.com](mailto:adulted@colaistechiarain.com).

#### Further Education and Training Centre

Kildare and Wicklow ETB Manor Mills, Maynooth, Co. Kildare

Spelling, Reading, Writing, Maths, Computers

Phone: 01-6292602 Email: [maynoothfetc@kwetb.ie](mailto:maynoothfetc@kwetb.ie)

#### Comhaltas Ceoltóirí Éireann

Craobh Bheartla Uí Fhlatharta, Leixlip offers classes in all of the following:

Tin Whistle, Fiddle, Concertina, Accordion, Flute, Banjo, Mandolin, Sean-nós Dance

Venue: Scoil Uí Dhálaigh, Leixlip. Time: Monday 6-8.30pm

[info@cceleixlip.com](mailto:info@cceleixlip.com) [www.cceleixlip.com](http://www.cceleixlip.com)

#### Irish Countrywomen's Association

Are you looking for something different to do? The ICA welcomes new members to join their Leixlip Guild. A varied programme is provided throughout the year. Members can look forward to activities such as craft demonstrations, talks, group outings etc. The Guild meets every Wednesday at 7.30pm in Coláiste Chiaráin. New members are welcome!

Look out for some new courses in our Spring brochure out in JANUARY 2018.

For further information contact - Coláiste Chiaráin's Adult Education Office: -

Tel 6247624 / 6295046

Email: [adulted@colaistechiarain.com](mailto:adulted@colaistechiarain.com)

Website: [www.colaistechiarain.com](http://www.colaistechiarain.com)

Joseph Sweeney

Thomas Cash

Máire Ní Scanaill

Noel Daly

Mary Gallagher

Ann Keating

Frank Clancy

Ciara O'Reilly



Principal  
 Deputy Principal  
 Director of Adult Education  
 Assistant Director  
 Co-ordinator  
 Payroll and Accounts  
 Ancillary Staff  
 Administrator

## CHILDCARE and HEALTHCARE



QQI AWARD

### 10 Early Childhood Care and Education 6M2007 QQI Level 6

Starts Sat. 16th Sept. 9.30am-3.00pm for 4 Saturdays €240 per module  
This course is aimed at Supervisors or those wishing to move into a supervisory role in a childcare setting. Each module is worth 15 credits. 120 credits (8 Modules) are required for a Full Award. (Learner Fund is accepted).

**Module 1 - Early Learning Environment 6N1933 Starts Saturday 16th September**

**Module 2 - Childhood Social Legal and Health Studies 6N1945 Starts Saturday 14th October**

**Module 3 - Supervision in Early Childhood Care 6N1973 Starts Saturday 18th November**

*Early enrolment is essential to secure a place in this class*

### 20 Early Childhood Care and Education 5M2009 QQI Level 5

Tue. & Thur. 7pm-9.30pm for 5 weeks €220 per module

This course is aimed at childcare workers or those considering setting up childcare facilities. Each module is worth 15 credits. 120 credits (8 Modules) are required for a Full Award. (Learner Fund is accepted).

**Module 1 - Child Development 5N1764 Starts Tuesday 26th September**

**Module 2 - Creative Arts for Early Childhood 5N1769 Starts Tuesday 7th November**

*Early enrolment is essential to secure a place in this class.*

### 30 Healthcare Support 5M 4339 QQI Level 5 Tue. & Thur. 7pm-9.30pm for 12 weeks. €250 per module

One Module will run on Tuesday and the other module will run on Thursday.  
This course will lead to qualification for those seeking employment as healthcare assistants in hospitals, residential care centres or in the home. Each module is worth 15 credits. 120 credits are required for a Full Award.

**Module 1 - Palliative Care Support 5N3769 Starts Tuesday 19th September**

**Module 2 - Care Skills 5N2770 Starts Thursday 21st September**

*Early enrolment is essential to secure a place in this class*

## BUSINESS and ICT

### 40 Cloud Accounting for Beginners Wed. 7.30pm-9pm 10 classes €120.

Workshop aimed at the self-employed or those wanting to learn online cloud computing. Includes a free cloud accounting application. Set up your own business accounts in class.

### 50 Computers (Beginners/Improvers) Tue. 7pm-8.30pm 10 classes €110.

This course will introduce you to basic computer terminology, Microsoft Office. Word, saving files, typing, e-mail, internet etc.

### 60 iPad/iPhone Class Wed. 7.30pm-9pm 9 classes €100.

Find out how to make most use of your iPad or iPhone and the accessories (printers etc.) and apps that go with them. Learn how to download music and films etc. (Bring your own iPad/iPhone).

## COOKERY and NUTRITION

### 70 Cake Decorating and Sugarcraft Thur. 7.30pm-9.30pm 8 classes €100.

Learn how to achieve a professional cake decorating finish for various occasions. All levels catered for. Materials cost c. €5 per class.

### 80 Cookery Demonstration Tue. 7pm-9pm 8 classes €130.

Relax with fellow foodies while improving your culinary skills. Observe as a qualified chef demonstrates a range of different cuisines each week.

### 90 Nutrition for Healthy Living Tue. 7.30pm-9pm 8 classes €80.

Taught by a dietician, this course will cover the basics of a balanced diet, weight management, disease prevention (cardiovascular, diabetes) and common digestive disorders. The class will have a strong practical component - calculating body mass index, nutrient intakes, understanding nutrition labels and recipe suggestions (Max 16).

### 100 Oriental Cooking Wed. 7pm-10pm 8 classes €140.

Try something new with this hands-on cookery experience that will teach you to make a deliciously indulgent treat or a great give for any foodie friend. These recipes tend to be very healthy and also quick to make. (Participants supply the ingredients after the first class). Max 10.

## CRAFTS and SKILLS

### 110 Art - Watercolours Tue. 7.30pm-9.30pm 10 classes €100.

Take some time out for yourself and find or develop your artistic talent in a relaxed environment - still life, landscapes and portraiture. This class is suitable for beginners and improvers alike. You will need your own brushes, paints, etc. - €20 approx. The tutor will advise on the first night. (Tutor: Noel).

### 120 Art Painting - Oil and Acrylics Wed. 7.30pm-9.30pm 10 classes €100.

This course will include still life, landscapes, portraiture, seascapes and some street scenes. This class is suitable for beginners and improvers alike. You will need your own brushes etc - €20 approx. The tutor will advise on the first night. (Tutor: Caitríona).

### 140 Digital Photography with Photoshop Wed. 8pm-9.30pm 10 classes €125.

Learn how to use your digital camera more effectively and manipulate the image using Photoshop software. Computer skills are essential. 3 field trips are organised at weekends – usually Sunday mornings.

### 150 DIY about the House Tue. 7.30pm-9pm 8 classes €80.

This course is aimed at those looking to become more independent and confident with DIY in the home, it will cover the use of many hand and power tools used in DIY. Aspects covered will include tiling, flooring, papering, painting, shelving, furniture, basic electrics and plumbing.

### 170 Flower Arranging Thur. 7.30pm-9pm 9 classes €80.

Join this interesting class and learn how to arrange beautiful floral displays you can be proud of, for a variety of different occasions. (Extra cost €5 per night for flowers - paid to tutor).

### 180 Furniture Restoration Tue. 7.30pm-9.30pm 9 classes €100.

Find out the steps to restoring an old piece of furniture you've been meaning to work on for years (table, chair, locker etc). Bring along the piece if possible and work on it in class and get the best advice available regarding tips of the trade.

### 190 Gardening Workshop Tue. 7.30pm-9pm 9 classes €80.

Add some character to your garden this Autumn. This workshop is given by a qualified horticulturist. Topics to be covered include landscape design, Autumn colours, Winter-bedding, planters and containers, planning your allotment for Autumn, plant care and husbandry, pests, pesticides and much more.

### 200 Illustrations and Caricatures Thur. 7.30pm-9pm 8 classes €70.

Learn how to draw your very own caricatures, illustrations and cartoons. Use your originality and imagination to create unique art pieces.

### 220 Picture Framing Tue. 7.30pm-9pm 9 classes €80.

Learn how to professionally frame your very own pictures for your home or as a gift. (Materials extra).

### 240 Woodturning (Beginners) Thur. 7.30pm-9.30pm 9 classes €130.

An introductory class to the basic skills involved in the wonderful craft of woodturning. Bring your own dust mask.

### 250 Woodturning (Improvers) Tue. 7.30pm-9.30pm 9 classes €130.

Improve on your existing woodturning skills and make your own bowls, table lamps, vases, spindles, toys, boxes etc. Bring your own dust mask.

### 260 Woodcarving (Basic) Wed. 7.30pm-9.30pm 9 classes €100.

Learn how to use basic woodwork tools and master new techniques to produce numerous small projects.

## LANGUAGES

### 270 Irish (Beginners) Tue. 7pm-8.30pm 10 classes €80.

This class is for absolute beginners with an emphasis on the spoken language. There is a possibility of taking level A1 of Maynooth University's 'Teastas Eorpach sa Ghaeilge' (European Certificate in Irish).

### 280 Comhrá Gaeilge (Beginners/Improvers) Tue. 8.30pm-10pm 10 classes €80.

These classes are aimed at those who have a basic knowledge of Irish and who wish to practise their 'cúpla focal'.

### 290 Chinese (Beginners) Thur. 7.30pm-8.30pm 8 classes €60.

This is a beginner's conversation class. Suited to those who wish to learn this language of growing importance in the business world, or for your upcoming holiday.

### 300 Estonian (Beginners) Tue. 7.30pm-8.30pm 8 classes €60.

This is a beginners conversation class for those with an upcoming trip or a love of languages or those who wish to increase their employment opportunities.

### 310 French (Beginners) Wed. 7.30pm-8.30pm 20 classes over two terms €130.

Why not learn or re-learn this beautiful language and enjoy travel, films and literature while even improving your employment prospects.

### 320 French (Improvers) Wed. 8.30pm-10pm 20 classes over two terms €150.

Improve on the language skills previously learned and enjoy travel, films and literature and enhance your employment prospects.

### 330 French (Advanced) Wed. 6.45pm-8.15pm 20 classes over two terms €150.

A more advanced class for those who have studied French previously and want to take it to a higher level.

### 340 Italian (Beginners/Improvers) Wed. 20 classes over two terms €150.

**Beginners: 8.30pm-10pm - Improvers: 7pm-8.30pm**

Improve your language skills and work your way through Italy. Join this very popular European language class and enjoy travel, films and literature and enhance your employment prospects.

### 350 Spanish (Beginners) Thur. 8.30pm-10pm 20 classes over two terms €150.

This class is a conversation class for absolute beginners. (Tutor: Sandra)

### 360 Spanish (Improvers 1) Tue. 8.30pm-10pm 20 classes over two terms €150.

Improve your standard of Spanish for holidays or business. Join this very popular European language class. (Tutor: Sandra)

### 370 Spanish (Improvers 2) Thur. 7pm-8.30pm 20 classes over two terms €150.

Broaden your language skills and prepare for that business trip or holiday. (Tutor: Sandra)

### 380 Spanish (Advanced 1) Wed. 7pm-8.30pm 20 classes over two terms €150.

Prepare now for that business trip or holiday next summer. (Tutor: Sandra)

### 390 Spanish (Advanced 2) Tue. 7pm-8.30pm 20 classes over two terms €150.

Prepare now for that holiday next summer or the upcoming business trip. Take this language to an advanced level with the possibility of certification. (Tutor: Sandra).

### 400 Spanish (Advanced 3) Wed. 8.30pm-10pm. 20 classes over two terms €150.

Prepare now for that holiday next summer or the upcoming business trip. Take this language to an advanced level with the possibility of certification. (Tutor: Sandra).

### 410 Sign Language (Beginners) Tue. 7.30pm-9pm. 9 classes €75.

Learn to communicate with the deaf and be able to understand them. This is an introductory course and will teach you the basics of Irish Sign Language (ISL).

## MUSIC and DANCE

### 420 Choir Thur. 8pm-9.30pm 8 classes €60.

Join this choir and meet new people. For those who enjoy singing for fun, adding parts and harmonies along the way. A mix of sacred and secular music with something to suit all tastes. A great form of vocal exercise.

### 430 Egyptian Belly-Dance Wed. 7.45pm-8.45pm 8 classes €75.

Enjoy the benefits of belly-dance while meeting people and having fun. Suitable for women of all ages. Great for muscle toning, weight loss, stress reduction, improved digestion and self-confidence. Challenge yourself with oriental dance movements and combinations in a relaxing environment.

### 440 Fitsteps - 'Strictly Come Dancing' Wed. 8.30pm-9.30pm 9 classes €90.

Learn all the steps from "strictly" in a dance fitness class. Fitsteps is solo so no partner needed.

### 450 Guitar (Beginners) Thur. 7pm-8.30pm 8 classes €90.

Join this class and develop your musical talent. Topics covered include music theory, scales, notes, chords, keys, tablature and songs for study.

### 460 Line Dancing Tue. 8pm-9pm 9 classes €80.

Get fit while having fun! Learn new, easy to follow moves in a welcoming atmosphere for a great mid-week social night.

### 470 Music - The Art of Mixing Thur. 7.30pm-9.30pm 9 classes €130.

This course covers the basics of music mixing using a professional DAW (defines sound and how we hear it). Students will learn the mechanics of mixing.

### 480 Music - The Art of Recording Wed. 7.30pm-9.30pm 10 classes €150.

Students will learn recording techniques using a hands on approach to capture the best sound from any stringed acoustic instrument, electric or wind instrument and solo voice, using microphones found in most professional recording studios.

### 490 Ukulele (Beginners) Tue. 7.30pm-9pm 8 classes €75.

Learn how to play the ukulele in this fun beginners class. Develop your musical talent and learn new songs on this unique instrument. Own ukulele required.

## SOCIAL and PERSONAL

### 500 An Introduction to Basic Beauty Therapy Tue. 7pm-8.30pm 8 classes €70.

Learn how to make your own natural facemasks with different skin healing properties suited to your needs. Other skills taught in this course include manicures and pedicures, hand and foot massage, eyebrow shape, eyelash tint and tips for a professional facial (cleanse, tone, mask and moisturise). Learn how to practise affordable beauty at home.

### 510 Creative Writing Tue. 7.30pm-9pm 8 classes €80.

Join this class if you have a talent for writing or telling stories but are inhibited by how and where to get it published. This course will help both the novice and established writer to think, write and edit creatively.

### 515 'Dubliners' by James Joyce Tue. 7.30pm-9pm 10 classes €80.

Consists of fifteen Short Stories which are set in Edwardian Dublin and feature the lives of ordinary people who experience moments of personal insight ('epiphany'). The stories address some of James Joyce's major themes - religion, nationalism, relationships and personal identity. The classes are designed to create a relaxed environment where everyone enjoys the learning experience.

### 520 De-clutter your Home Wed. 7.30pm-9pm 5 classes €60.

Learn how to de-clutter and organise your wardrobe, cupboards and home, using simple step-by-step techniques that you can bring with you through life. Create an organised beautiful home and a happier living environment.

### 530 Genealogy Tue. 7.30pm-9pm 9 classes €80.

Who do you think you are? Do you know your family history? Find out where to start on this wonderful journey tracing your family roots.

*Continued Over . . .*