



Spring January 2020

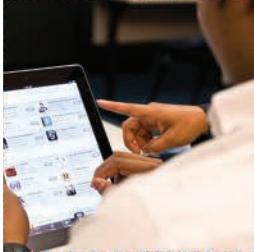
This is a free publication



Yoga & Pilates



Languages



Meditation



Bridge



Photography



Golf

Malahide Community School Adult Education Programme

Serving the community for 44 years



National Association of **Adult & Community Education Directors**

Director of Adult Education: Robbie Harrold
Adult Education Officers: Aisling Cadden, Declan Donnelly.

OTHER ACTIVITIES FOR ADULTS

Basketball: Fiona Daly – Telephone: 845 0595
Enchiriadis Treis Choir: Deirdre Kearney (Secretary) – ench3secretary@gmail.com
Corus Choir Group: Yvonne McDonald – Telephone: 086 811 5854
Comhaltas Ceoltóirí Eireann (Malahide Branch): malahidecce@gmail.com

Enrolment Options:

1. **Enrol online** for fast and convenient registration. Full list of courses and information available online. Visit www.malahidecs.ie and click the **ENROL HERE** button to use our Easy Payments Plus process – Adult Ed. Please ensure to provide your mobile number and an email address in the event we need to contact you during a course regarding a class.
2. **Walk in Enrolment** evening and registration for class available on the **20th January, 7.30pm-9pm**. Here you can meet the course tutors in Malahide Community School to discuss the course you are interested in and to register and pay for a course also.
3. Postal Registration is available by completing the registration form in this booklet. Cheques should be made payable to Adult Education Dept., Malahide Community School. Postal enrolments must be submitted **before Friday 17th January 2019**.

Note: Places are subject to availability. If you wish to receive a receipt, please submit a stamped addressed envelope along with your registration and payment form.

Postal Registration Form

Name

Address

Telephone: Home(reqd. for contact) Mobile

Course Title..... Code Number

Course Title..... Code Number

Amnt. Enclosed (cheque / postal order) € _____

PLEASE NOTE:

1. Cheques to be made payable to:
ADULT EDUCATION DEPT., Malahide Community School. and sent to Malahide Community School, Malahide, Co. Dublin.
2. Postal enrolments must arrive on/before January 17th, 2020.
4. **Students will only be contacted in the event of a class being full or due to a cancellation of a listed class. If a student wishes the school to confirm a postal enrolment a stamped addressed envelope must be included with the postal enrolment form.**
5. We cannot facilitate Transition Year students attending courses as U-18s are not eligible to enrol for any classes except for **Yoga for Teens**.
6. For health and safety reasons adult students should not enter the school building before 7.00pm.
7. It is very important to give a mobile number so information re cancellation, etc. of classes can be texted to students.
8. Formation of classes is subject to sufficient numbers enrolling for a particular class.

**For details phone: 846 0949
between 10.00am. - 1.00pm.
Email: adulted@malahidecs.ie**



Robbie Harrold

Message from

The Director of Adult Education

Our new Spring 2020 brochure features over 50 courses, including all of the classes popular from Autumn 2019. Our Autumn term proved very successful. Students who completed the Certificate in Bookkeeping course were given a fantastic opportunity to acquire a professional qualification accredited by the ICB. This course is being offered again in February 2020.

Our new Spring term schedule will see a number of new courses on offer, including Pottery, Fibre Arts, Mastering Money, Polish for beginners, Roman History, Mandarin Chinese, Radio Broadcasting and Releasing the Positive Power of your Mind.

Some of our courses are extremely popular and I'd advise early booking to avoid disappointment, in particular with our the Furniture Restoration and Jewellery Making courses.

Our Spring 2020 schedule has been chosen to offer our community some of the key benefits associated with Adult Education. These include active courses e.g. Yoga and Pilates, along with classes which also develop students connection with others in the community e.g. Ballroom dancing, Art, Golf, learning a new skill e.g. Jewellery Making. We also offer a selection of modern language courses.

As our Spring brochure is due for release on 20th December, this gives me an opportunity to wish all of our past students and prospective students a very Happy Christmas 2019 and every happiness for the coming year in 2020.

Robbie Harrold
Director of Adult Education

CONTENTS

A Message from the Director.....	3
Index.....	5
Monday Classes.....	6-10
Tuesday Classes.....	11-17
Comhaltas Ceoltóirí.....	17
Wednesday Classes.....	17
Thursday Classes.....	17-24
Enchiriadis Treis Choir.....	24
Saturday Classes.....	24
Location Map.....	25
Exhibition Night.....	26
Evaluation Form.....	27

IMPORTANT DATES

Release of Brochure:	20th Dec 2019
Online Enrolment available from:	16th Dec 2019
Walk In Enrolment Night:	20th Jan 2020
MONDAY Classes Commence:	27th Jan 2020
TUESDAY Classes Commence:	28th Jan 2020
	(with exception of Pilates which starts 21st Jan 2020)
WEDNESDAY Classes Commence:	29th Jan 2020
THURSDAY Classes Commence:	30th Jan 2020
SATURDAY Classes Commence:	11th Jan 2020

Please note there will be no classes on the following dates:

16th or 17th March 2020

6th April - 17th April (Easter Holidays)

LITERACY CLASSES

For further details contact (daytime): **Declan, Robbie at 8460949**
Information Evening: 20-1-20 @ 8.00 p.m. in the School



Help is here for Reading, Writing, Numeracy and Computers

Classes in: • **Reading** • **Writing** • **Numeracy** • **Spelling** • **Basic Computers***

One to one and group tuition. Tuition is **FREE** and **CONFIDENTIAL**.

Programmes are run in conjunction with the Fingal Adult Literacy Service.

Class times arranged to suit you. Qualified tutors.

10 minute walk from Malahide DART station. Bus routes: 42, 102, 32A.

(See map on Back page).

*Computer classes for participants of the above course only

INDEX

Art	Monday	P.6
Art	Thursday	P.17
Astronomy Stage 2	Tuesday	P.12
Ballroom Dancing Improvers and Advanced.....	Tuesday	P.11
Ballroom Dancing Beginners	Wednesday	P.17
Bookkeeping Certificate	Tuesday	P.15
Bread Making.....	Monday	P.7
Bridge for Beginners Term 2	Tuesday	P.11
Business Idea	Monday	P.9
Corús Singing Class	Monday	P.10
Comhaltas Ceoltóirí	Tuesday	P.17
Computing Intermediate	Monday	P.7
Creative Writing	Tuesday	P.14
DSLR Camera	Thursday	P.18
Enchiriadis Singing Class	Thursday	P.24
Event Management.....	Thursday	P.20
Excel for Business	Monday	P.8
Exhibition Night Photos.....		P.26
Fashion Design Workshop.....	Monday	P.6
Fibre Arts	Thursday	P.20
French Beginners	Thursday	P.19
Furniture Restoration & Upholstery	Tuesday	P.13
GAA Coaching.....	Monday	P.23
Golf School Beginners	Monday	P.7
Golf School Beginners	Thursday	P.19
Guitar Beginners.....	Thursday	P.20
Guitar Improvers	Tuesday	P.17
Important Dates		P.4
Irish Conversation.....	Thursday	P.23
Irish Genealogy.....	Tuesday	p.12
Italian Beginners	Monday	P.6
Italian Improvers	Tuesday	P.14
Jewellery Making	Tuesday	P.11
Jewellery Making	Thursday	P.19
Makeup Artistry	Monday	P.7
Mandarin Chinese.....	Thursday	P.22
Mastering Money	Thursday	P.22
Meditation & Mindfulness.....	Monday	P.8
Pace Pilates for Women	Tuesday	P.13
Pace Pilate for Men	Tuesday	P.13
Polish for Beginners.....	Monday	P.10
Positive Power of Your Mind	Tuesday	P.16
Pottery	Monday	P.10
Radio Broadcasting	Monday	P.8
Roman History.....	Tuesday	P.16
Searsol Touch Typing.....	Saturday	P.24
Spanish Beginners.....	Tuesday	P.11
Spanish Improvers.....	Monday	P.6
Spanish Beginners.....	Thursday	P.18
Write and Publish Your Book	Thursday	P.21
Yoga Beginners.....	Monday	P.7
Yoga Improvers.....	Monday	P.7
Yoga Improvers.....	Thursday	
Yoga for Men.....	Thursday	P.18
Yoga for Teens	Thursday	P.18

ART

Discover your creative skills by joining an Art Class where you are introduced to the various popular drawing and printing mediums. This class also affords the opportunity to those who are more advanced to further develop their existing skills.

Course: **101** | Tutor: **Herbert Alexander** | Cost: **€110** | Note: **Essential requirements for beginners are: one good quality backed A3/A4 size sketchpad, three graphite pencils, B, 3B, 6B and a soft plastic-type eraser** | Start Date: **27-1-2020** | Duration: **10 weeks**

SPANISH TERM 2 (continued from Term 1)

A multi-media course for beginners learning Spanish. New Escuchar y Repetir method. Designed to enable the visitor to Spain to communicate more effectively. Emphasis on dialogue and conversation.

Course: **102** | Tutor: **Lourdes Espinosa** | Cost: **€110** | Start Date: **27-1-2020** | Duration: **10 weeks**

FASHION DESIGN WORKSHOP – BEGINNERS/IMPROVERS

Our aim on this workshop is to introduce students to the basics of following a commercial pattern, and producing their very own garment.

Week 1:

Sewing machine refresher course.

Create your own mood board and fashion drawings to make your garment personal to you.

Weeks 2-4:

Follow a commercial pattern.

Construct a sample made from calico.

Alterations to the pattern can be made at this stage to get that perfect fit.

Weeks 5-10

Chalking out your patterns and cutting your cloth.

Construction of your final garment.

Places are limited so early booking is essential!

Course: **103** | Tutor: **Rosena Cuddy** | Cost: **€120** | Note: **Places are limited so early booking is essential! Class notes will be provided for each student. Students will supply their own fabric** | Start Date: **27-1-2020** | Duration: **10 weeks**

ITALIAN FOR BEGINNERS

This introductory course will give you a good grounding in the basics of Italian language. A multi-media course for beginners learning Italian. Ascolta and Ripeti lessons with an emphasis on dialogue and conversation. Course to enable the visitor to Italy to communicate more effectively.

Course: **104** | Tutor: **Angelo Roselli** | Cost: **€110** | Note: **Book: Buongiorno Italia. (Do not purchase book until after the first class)** | Start Date: **27-1-2020** | Duration: **10 weeks**

YOGA for STRONG BODY, CALM MIND and OPTIMUM HEALTH

These physical exercises and breathing techniques from ancient India:

- Help you deal with stress
- Increase energy levels
- Increase flexibility and range of motion
- Calm the mind
- Improve core strength
- Beginners 7.30 p.m.
- Improvers 8.30 p.m.

Course: **105** | Tutor: **Lea Kendellen (Yoga Alliance Registered)** | Cost: **€100** | Note: **Bring yoga mat and water. (If anyone has injury or mobility issues we advise you to talk to the tutor in advance of enrolling for this course. Please contact the office for details on 8460949)**

Start Date: **27-1-2020** | Duration: **10 weeks**

INTERMEDIATE COMPUTING

This course is designed for those who have basic computer skills and will enable participants to develop their proficiency in MS Word, MS Excel and File Management using Windows 7 and Microsoft Office 2010. Bring your own lap top, if convenient.

Course: **106** | Tutor: **John White** | Cost: **€110** | Note: **Bring your own laptop**

Start Date: **27-1-2020** | Duration: **10 weeks**

GOLF SCHOOL – BEGINNER

The perfect introduction to the game.

Together we will work towards building the confidence to play a round of golf, safe in the knowledge that the basic skills and understanding are in place. This course will cover the golf swing, short game, etiquette and the rules of golf. A 7-week course – 3 in the school, 3 at a local driving range and 1 at a golf course. This will cover range balls and golf course fees (equipment supplied). By special arrangement with Donabate Golf Club the week 7 lesson will take place there followed by light refreshments.

Course: **107** | Tutor: **David Murray, USPGA Professional** | Cost: **€100** | Start Date: **9-3-2020**

Duration: **7 weeks**

BREAD MAKING

This class will be teaching techniques for bread making. This will include white bread, brown bread, assorted rolls, sweet breads, soda bread. There are different techniques and ways to achieve the same results with these breads. Each week during the class, each person will make their own bread.

Course: **108** | Tutor: **Julie Farrington (B.Sc. International Culinary Arts)** | Cost: **€120**

Start Date: **27-1-2020** | Duration: **10 weeks**

PROFESSIONAL MAKEUP ARTISTRY

Would you like to apply your own makeup professionally? Our Tutor has worked with MAC cosmetics in Brown Thomas over the last 17 years. Her portfolio includes Brown Thomas Fashion Shows, Weddings, RTE, Presenters, Musicians and models.

This class will include tips and tricks within the fashion industry using MAC products and show you how to achieve glowing skin, smokey eyes, applying false eyelashes, brows, perfect lip shape and highlighting and contouring cheekbones.

Course: **109** | Tutor: **Hazel Latham** | Cost: **€110** | Start Date: **27-1-2020** | Duration: **10 weeks**

INTRODUCTION TO RADIO BROADCASTING, PODCASTING AND VOICEOVERS

Ever listened to radio and thought "I could do that!". Maybe you've a dynamic idea for a podcast and don't know how to start! Or maybe you've a voice that can sell anything to anyone? Well, that's where we come in! With 37% of Irish people now listening to podcasts and with 197 million podcast listeners worldwide, this is your chance to start your journey to becoming a podcast artist! This course will aim to give you an introduction into the exciting worlds of Radio Broadcasting, Podcasting and Voiceovers!

At the end of the course, you'll walk away with a voiceover demo, a radio sample and a podcasting sample, plus the confidence and knowledge to explore and wonderful world of Media!

Course: **110** | Tutor: **Stephen Daly** | Cost: **€110** | Start Date: **27-1-2020** | Duration: **10 weeks**

EXCEL FOR BUSINESS

This course will cover techniques and methods for anyone who uses MS Excel in the workplace.

MS Excel is an extremely versatile tool and one that can be used effectively either for data gathering, analysis or presentation. Many admin or reporting requirements can be met solely through creative use of Excel and this course aims to show you techniques and tips to get the most out of your version of Excel whatever the size of your organisation.

Starting with the basics, linking cells, formulas, worksheets and workbooks. Using formulas, text formulas and basic statistics. Charting and charting across 2 data sets. Using excel as a database, limitations and getting information as the data changes. Setting up Templates, restricting data entry to certain forms. Using Lookups, Matching and Index functions. Pivot tables, charts and their uses. Logical testing (If...then functions) for checking. Cost modelling with Excel. Building a simple example budget solution for domestic use to see how the formula link, adding valuable data to the budget and seeing it change real time with scroll bars and other dynamic controls. Creating a small macro to automate repetitive tasks then saving the macro to the toolbar as a button.

Last but not least we will try to guide the student through some real life Excel solutions and help them with any excel challenges they need to find solutions for.

Course: **111** | Tutor: **David McLaughlin** | Cost: **€110** | Note: **Please bring your own Laptop** | Start Date: **27-1-2020** | Duration: **10 weeks**

MEDITATION & MINDFULNESS

Still Mind:- Over the course of this ten week program you will learn techniques and tools to learn to make peace with your busy mind. These meditation practices will ground and centre you, enabling you to observe more and breathe more fully. Over time you will enjoy a greater stillness and quiet in body and mind.

Course: **112** | Tutor: **YogaPal Tutor** | Cost: **€80** | Note: **Time: 8.00pm - 9.00pm**
Start Date: **27-1-2020** | Duration: **10 weeks**

Here is a really important question for you! On a scale of 1 to 10, with 10 being the maximum possible, how happy are you in life?

If your answer is not absolutely to your satisfaction, here is an opportunity you should not miss!

WHY NOT TURN YOUR IDEA INTO A BUSINESS?



Know that idea you've often thought could make a really nice business? Is this the time to finally decide to do something about it? We can help you turn that idea – or your skill, interest, hobby or passion into your own successful business!

Why not discover the steps to establishing a profitable and independent business over which YOU have complete control – and create an independent income that does not depend on someone else deciding your fate? This just might be your lucky day! Included in this extraordinary nine-week Course are all the elements below!

YOU CAN DO IT! AND WE CAN SHOW YOU HOW . . .

- How to evaluate the power of your idea – and where to look for the best concepts
- How to clarify and build on your unique strengths
- What business are you really in? How to define clearly what service or product you are selling and to whom...
- What you need in order to set up - and what you don't need
- The ideal structure for your business
- No-cost and low-cost ways of researching your market and market opportunities
- How to get to know who your customers really are and market opportunities
- Building the best team of staff and advisors
- Learn where and how the State and other agencies can help you
- Discover the wide range of grants, guidance and other resources that are out there
- Building big results with tiny resources - you don't need a fortune to make a fortune
- Financing your business – your financial questions answered
- How to write a beginner business plan and how to put it to good use
- Costs and prices – how to work out your business costs and pricing models
- Growing your business – how to take it to the next stage
- The joys and responsibilities of running your own business
- Taxes and the other statutory requirements
- All the steps you need to create an independent and valuable enterprise and income

Presented by the Self-Development College

Email: selfdevelopmentcollege@gmail.com

Course: 113 | Tutor: Self Development College | Fee: €145 | Start Date: 27th Jan 2020

Duration: 9 weeks

POTTERY: AN INTRODUCTION TO CERAMICS

Week 1: Introduction.

Clay and its stages.

Shrinkage, Wedging, Pinch pots, rolling a slab. Sphere construction. Bisc Fire.

Week 2: Slab construction, making a box with a lid, templates. Coil building. Joining clay, score and slip.

Week 3: Hump molds, drape molds, textures. Work ready to glaze. Testing glazing. Bisc fire/glaze fire.

Week 4: Surface decoration. Making marks. Making plans for final works. Glaze Fire.

Week 5: Individual projects

Week 6: Making and glazing Final bisc fire.

Week 7: Glazing. Glaze Fire

Week 8: Glazing. Glaze Fire

Week 9/10 Collection of all work.

Course: **114** | Tutor: **Roísín Moore** | Cost: **€140** | Note: **Time: 8.00pm - 9.00pm**

Start Date: **3-2-2020** | Duration: **10 weeks**

POLISH: BEGINNERS

No previous knowledge of Polish required. Course is based on practical use of language on a basic level through interaction with colleagues in the group. It is focused on language use needed in everyday/travelling situations.

The course will provide some basic structural knowledge of language but condensed on speaking ability and courage to communicate. On completion of the course students will be able to:

- Establish basic social contact
- Follow speech that is very slow and carefully articulated
- Read and understand very short, simple texts
- Produce simple mainly isolated phrases about people and places
- Ask for or pass on personal details in written form
- Write simple sentences about themselves

Course: **115** | Tutor: **Monika Agasniewicz** | Cost: **€110** | Note: **Please do not purchase the book until after the first class** | Start Date: **27-2-2020** | Duration: **10 weeks**

MONDAY CÓRus SINGING CLASS

Uplifting, therapeutic and fun! CÓRus singing classes are open to everyone who loves to sing, no auditions, no need to read music. CÓRus choirs are made up of ordinary people with ordinary voices who make an extraordinary sound.

Join CÓRus and learn to sing in harmony to the music that's been the soundtrack of our lives: Pop, Rock, Country, Irish and Gospel.

Malahide CÓRus returns 6th January 2020 on Monday nights in Malahide Community School, 8.00p.m. - 9.30p.m. Open to men and women over 18 years. Come along and try us out for a class with no obligation to join. If you enjoy yourself, join up. It's that easy.

Contact: **Dara** on **087 9676351** | Email: **info@corus.ie** | **www.corus.ie** | Start Date: **6-1-2020**

BRIDGE FOR BEGINNERS – TERM 2

Some previous experience required. Also suitable for those returning to bridge after a break.

Course: **201** | Tutor: **Anne Doyle C.B.A.I. Diploma** | Cost: **€110** | Start Date: **28-1-2020**

Duration: **10 weeks**

SPANISH – ABSOLUTE BEGINNERS

Designed to enable the visitor to Spain to communicate effectively in everyday situations.

Course: **202** | Tutor: **Lourdes Espinosa** | Cost: **€110** | Note: Book: **AULA 2 Internacional. Do not purchase book until after the first class** | Start Date: **28-1-2020** | Duration: **10 weeks**

AN INTRODUCTION TO JEWELLERY MAKING

Make your own jewellery. Learn how to file, pierce and solder in a fun and relaxed environment. The course is designed that over the ten weeks you should complete 2 to 3 pieces of hand crafted jewellery.

Course: **203** | Tutor: **Eric Lidwell** | Cost: **€120** | Note: **Maximum number: 10 students**
Start Date: **28-1-2020** | Duration: **10 weeks**

BALLROOM DANCING – IMPROVERS

Have you ever wished you could get up and dance a Waltz / Quick Step / Jive / Tango / Cha Cha Cha?

Are you watching “Strictly Come Dancing” and wish you could try that? About to get married? Anxious about your first dance? Or, just attending a wedding or function and don’t want to be left sitting all night?

Michèle will teach you step by step in a fun and relaxed atmosphere.

Course: **204** | Tutor: **Michèle Carpenter I.P.T.O.S.D.S. & U.K.A. Qualified** | Cost: **€85**
Note: **Wear comfortable clothing and shoes** | Time: **7.30-8.30p.m.** | Start Date: **28-1-2020**
Duration: **10 weeks**

BALLROOM DANCING – ADVANCED

Have you ever wished you could get up and dance a Waltz / Quick Step / Jive / Tango / Cha Cha Cha?

Are you watching “Strictly Come Dancing” and wish you could try that? About to get married? Anxious about your first dance? Or, just attending a wedding or function and don’t want to be left sitting all night?

Michèle will teach you step by step in a fun and relaxed atmosphere.

Course: **205** | Tutor: **Michèle Carpenter I.P.T.O.S.D.S. & U.K.A. Qualified** | Cost: **€85**
Note: **Wear comfortable clothing and shoes** | Time: **8.30-9.30p.m.** | Start Date: **28-1-2020**
Duration: **10 weeks**

IRISH GENEALOGY

HOW TO RESEARCH YOUR FAMILY HISTORY

Researching your family tree is a growing hobby. This class teaches you where to begin with Irish sources like the census, birth, death and marriage certificates, then progresses to parish registers, newspapers, wills, land records and the military. No prior knowledge is required but ability to use a computer and the internet is essential, as many genealogy records are now online.

Course: 206 | Tutor: **Claire Bradley** | Cost: €110 | Start Date: **28-1-2020** | Duration: **10 weeks**

ASTRONOMY - Stage 2

This course is for those who have completed Astronomy Stage 1, or an equivalent course. You've taken in the wonders of your local galactic neighbourhood and you now want to deepen your understanding and extend your cosmic horizons!

Some Topics Covered:

Star-Birth: How stars come into being, how they evolve and how we can classify them.

A closer look at how stars die: Supernovae, Pulsars and Black Holes.

Some of the basic concepts - in simple terms - underpinning our understanding of the cosmos.

What Kepler and Newton taught us about how planets move, their orbits and the force of gravity.

Advancing our knowledge of the night sky, with emphasis on locating deep sky objects, including further practical sessions with telescope and binoculars.

Rockets and space probes: Looking at some important ones, present, past and planned.

The discovery of extra-solar planets.

How we can measure the distances to stars and far-off galaxies.

Some key discoveries in astronomy that have advanced our understanding of the Universe.

Keeping up with what's happening in space at present.

And lots more!

Course: 207 | Tutor: **John Daly** | Cost: €80 | Start Date: **28-1-2020** | Duration: **8 weeks**

PACE PILATES FOR WOMEN

The sequence and timing of the events in our lives effect the outcome just as much as the events themselves.

So too with exercise! Pace Pilates is a classic Joseph Pilates Mat class but with a calm flow which allows you to focus deeply and achieve more than you expected.

Every muscle group is systematically and thoroughly conditioned and leaving you with a wonderful sense of well being which is its own motivation to join us again the next week. Suitable for both beginners and advanced levels.

Course: **208** | Tutor: **Darya Yegorina** | Cost: **€100** | **7.30 p.m. - 8.30 p.m.** | Cost: **€100**

Note: **Please bring water** | Start Date: **21-1-2020** | Duration: **10 weeks**

PILATES CLASS FOR MEN

The exercises designed specifically for men to boost energy, keep fit and keep muscles toned.

Pace Pilates offers a Fitness Pilates Mat class but with a flow which allows you to focus deeply on your inner energy and achieve more than you expected in exercising.

Every muscle group is systematically and thoroughly conditioned and leaving you with a wonderful sense of well being which is its own motivation to join us again the next week.

Benefits you get:

- Improve flexibility and core strength
- Boost energy
- Keep your body toned
- Mind relaxation

• Suitable for both beginners and advanced levels •

Course: **209** | Tutor: **Darya Yegorina** | Cost: **€100** | **8.30 p.m. - 9.30 p.m.**

Note: **Please bring water** | Start Date: **21-1-2020** | Duration: **10 weeks**

FURNITURE RESTORATION AND UPHOLSTERY

This 10 week course offers you a hands on opportunity to Re store ... Re upholster... Re new ... Re design ... Re purpose ... any piece of your own furniture; Antique or Modern.

Using traditional methods, the secrets of furniture restoration will be unveiled leaving you with a glorious piece of furniture that you restored, to the amazement of family and friends

Course: **210** | Tutor: **Brian Darcy** | Cost: **€120** | Maximum 12 Students

Note: **Please bring your own furniture piece** | Start Date: **28-1-2020**

Duration: **10 weeks**

CREATIVE WRITING – GETTING STARTED, KEEPING GOING!

It's often hard to begin writing, even if you really want to, it's also hard to keep going even if you really want to! Finding time & space, building self-belief & writing habits, all need practice and encouragement.

This course offers you strategies to help you get started & to help you keep going ...

In class, we will work on short exercises which prompt writing - opening lines, photographs, objects, images - which you can then continue at home. You will be encouraged to delve into memories, experiences, imagination, as material for your work, whether your interest is in poems, stories, memoir.

There will also be a focus on the tools of the trade: finding your voice, using images, shaping work, writing character, setting, dialogue and building surprise & tension in stories and poems.

We will read samples of writing from published authors – to see how they do it – so expect lively, enjoyable discussion.

Course: **211** | Tutor: **Mary Lennon** (Mary is a published writer and experienced creative writing tutor)

Cost: **€120** | Start Date: **28-1-2020** | Duration: **10 weeks**

ITALIAN FOR IMPROVERS

This Course is designed for those who have already completed one term of an Italian for Beginners course or for those who have a little prior knowledge of Italian.

Course to enable a visitor to Italy to communicate more effectively.

Emphasis on dialogue and conversation.

Course: **212** | Tutor: **Angelo Roselli** | Cost: **€110** | Note: **Do not purchase book until after the first class** | **Book: BUONGIORNO ITALIA!** | Start Date: **28-1-2020**

Duration: **10 weeks**

CERTIFICATE IN BOOKKEEPING

About the Course

The Certificate in Bookkeeping, accredited by ICB, is aimed at those who are new to bookkeeping and have little or no previous knowledge or experience. Successful candidates will be able to demonstrate a full understanding of the concepts of double entry bookkeeping and its place in modern business, enter transactions into a bookkeeping system and produce an initial trial balance. They should be able to reconcile sales and purchases ledger balances against the relevant control accounts and reconcile the bank account. They should also be able to identify and correct errors present in the system. An inexperienced bookkeeper can earn a wage between €18,000 to €22,500, with some experience that goes up to €28,000 and with 4 years experience a salary of €50,000 can be commanded.

Who is the course for?

- Anyone who would like to work in an accounting role in SME
- People who would like to run their own bookkeeping business
- Owner Managers who wish to understand the finances of their small business
- Bookkeepers who would like to enhance their experience with a qualification

Who is ICB?

The Institute of Certified Bookkeepers (ICB) is the largest bookkeeping institute in the world. It promotes and maintains the standards of bookkeeping as a profession through the establishment of relevant qualifications and the award of grades of membership that recognise academic attainment, working experience and competence.

Pre-requisites

There are no formal entry requirements to the Certificate in Bookkeeping and no prior bookkeeping knowledge is assumed at this level. However, candidates must have basic numerical skills and a good understanding of the English language.

Course Structure

The Certificate in Bookkeeping is made up of five topics:

1. Underpinning Knowledge
2. Preparation of Business Documents
3. Accounting for VAT
4. Entering Transactions
5. Reconciliation and Reporting

Assessment

The testing of knowledge and skills for the qualification will comprise three online assessments.

The first two will test the concepts that underpin the double entry system for a variety of types of businesses; the third will test the set up and data entry to trial balance using software.

Including:

- **Subscription and student membership to ICB**
- **Classroom Tuition (12 nights and 3 exam sessions)**
- **Comprehensive set of worked examples**
- **Online recorded material, quizzes and exam prep to support the classroom based learning (Access for 6 months)**
- **All 3 assessments (1 sitting at each)**

Please note students will require their own lap top for 4 Sage sessions and 3 Exam sessions

Course: 213 | Tutor: **Elaine O'Doherty** (Financial Controller ODoherty.BIZ Limited) | Cost: **€595**

Note: **7pm - 10pm** | Start Date: **11-2-20** | Duration: **12 weeks**

RELEASE YOUR POSITIVE POWER – IN YOUR MIND AND IN YOUR LIFE!

Presenting a brand-new powerful nine-week Course that will help you transform your life in so many extraordinary and positive ways! Shows you how to release the positive power of your mind and achieve the objectives you have always wanted. Let us show you how to understand the amazing way your mind works and how you can unleash its power to accomplish what you truly seek in life.

'Certainly one of the most powerful Courses ever on how to achieve whatever you want in life' – Sean Farrell, Managing Director, Mindstream Coaching Ltd.

A comprehensive, life-changing course embodying up-to-the-minute proven scientific principles on using the power of your mind to get you to where you want to be in your life. Course modules include:

- **How the mind creates the realities of your life**
- **Discover what you truly want in life – and do it now**
- **Why and how you are always creating your life, like it or not**
- **Mindfulness and the power to transform your life**
- **The 21 most powerful questions you must ask**
- **How your thoughts work - how to shape their outcomes**
- **The reasons for events and circumstances in your life**
- **How to get back up when life gets you down**
- **Harnessing the healing energy that runs through you**
- **Why loving yourself – and others – is essential**
- **Know your personality type and use that powerful knowledge**
- **One fundamental – but easy - step can change everything**
- **The science of how mind affects matter**
- **Relationships - and how to relate to friends and non-friends**
- **How to release the unlimited resources within you**
- **The proven principles of personal transformation**
- **30 powerful techniques that change your life for the better**
- **How the processes that bring you what you want work**
- **What stress is, how to deal with it and turn it to advantage**
- **The 10 key steps to achieving profound self-belief**
- **How to set clear goals for your life and accomplish them**

'A unique and life-changing opportunity' – J.M., a Course graduate

Presented by The Self-Development College email: selfdevelopmentcollege@gmail.com

Course: **214** | Tutor: **Michael Keating** | Cost: **€140** | Start Date: **11-2-20** | Duration: **9 weeks**

ROMAN HISTORY

This course will explore how Roman society transitioned from Republic to Empire. We will begin with an intro to Roman history from the foundation and then examine the chain of events which led to the emergence of an imperial system - a system which Romans swore at the founding of the Republic that they would never go back to. Caesar and Cicero, among others, will guide us through this period of violence, political turmoil, and social upheaval. In the second half of the course we will look at how the imperial system manifested itself by examining the writings of men who lived under it. "Woe is me! I think I am becoming a god!!!" Want to know if Vespasian did indeed become a god? Or why Caligula made his favourite horse a senator? What was Nero really doing while Rome burned? If you find these questions interesting, then this is the module for you! All sources will be in translation, no knowledge of Latin necessary (thankfully!).

Course: **215** | Tutor: **Eoghan Finn** | Cost: **€110** | Start Time: **7.30pm - 9.30pm** | Start Date: **28-1-20**
Duration: **10 weeks**

TUESDAY

Class times are 7.30-9.30pm unless otherwise stated

GUITAR FOR IMPROVERS

Course overview:

'Do you know the basics on the guitar? Have you learned a few chords and strums and are struggling to play songs? Would you like to learn how to play and sing songs? If so, then this is the course for you. Course includes; More chords, finger picking, How to play songs and playing your favourite songs and a course book'

Course: **216** | Tutor: **Brendan Farrell** | Cost: **€120**. (This fee includes a course book which will be supplied by the tutor) or fee is €110 if you already have the book | Note: **Please bring your guitar**
Start Date: **28-1-2020** | Duration: **10 weeks on Tuesday evenings**



Interested in learning to play Irish Traditional Music or improving your skill?



The Malahide Branch of Comhaltas Ceoltóirí Eireann is looking to recruit new students for classes.

Classes run on Tuesday nights (6.45-9.30pm), in Pobal Scoil Íosa, Malahide.

Our branch also organises traditional music sessions throughout the year where members can enjoy playing together with other musicians

If you or your children are interested in playing Banjo, Bodhrán, Button Accordion, Concertina, Fiddle, Flute, Guitar, Mandolin or Tin Whistle.

Classes recommence on 14-1-2020 ■ Enrolment 6.30pm to 7.30pm

Further details on: www.malahidecce.com ■ Enquiries: malahidecce@gmail.com

WEDNESDAY

BALLROOM DANCING FOR BEGINNERS

Have you ever wished you could get up and dance a Waltz / Quick Step / Jive /Tango / Cha Cha Cha?

Are you watching "Strictly Come Dancing" and wish you could try that? About to get married? Anxious about your first dance? Or, just attending a wedding or function and don't want to be left sitting all night? Why not try our Beginner Ballroom Dancing Classes?

From the total beginner up, Michéle will teach you step by step in a fun and relaxed atmosphere.

Course: **301** | Tutor: **Michéle Carpenter** *I.P.T.O.S.D.S. & U.K.A. Qualified* | Cost: **€85**

Note: **Please wear comfortable clothes** | Start Time: **7.30pm - 8.30pm** | Duration: **10 weeks**

THURSDAY

ART

Discover your creative skills by joining an Art Class where you are introduced to the various popular drawing and printing mediums. **Essential requirements for beginners are: one good quality backed A3/A4 size sketchpad, three graphite pencils, B, 3B, 6B and a soft plastic-type eraser.**

This class also affords the opportunity, to those who are more advanced, to further their existing skills.

Course: **401** | Tutor: **Herbert Alexander** | Cost: **€110** | Note: **Essential requirements for beginners are: one good quality backed A3/A4 size sketchpad, three graphite pencils, B, 3B, 6B and a soft plastic-type eraser** | Start Date: **30-1-2020** | Duration: **10 weeks**

SPANISH FOR BEGINNERS

This introductory course will give you a good grounding in the basics of Spanish language. A multi-media course for beginners learning Spanish. Escuchar y Repetir lessons with an emphasis on dialogue and conversation. Course to enable the visitor to Spain to communicate more effectively.

Course: **402** | Tutor: **Angelo Roselli** | Cost: **€110** | Note: **Do not purchase book until after the first class** | Book: **SUENOS World Spanish** | Start Date: **30-1-2020** | Duration: **10 weeks**

DSLR CAMERA

This course is designed for those who want to get the most from their DSLR (digital single lens reflex) camera by taking it off automatic mode and taking great photos. The topics covered will be:

- Aperture • Shutter Speeds • Focal Length • Lighting • Lenses • Filters
- Photo Composition • Landscape Photography • Portrait Photography • Introduction to Photoshop

So, whether beginner or improver this course will help capture those amazing shots.

Course: **403** | Tutor: **John White** | Cost: **€110** | Note: **Bring your own camera**
Start Date: **30-1-2020** | Duration: **10 weeks**

YOGA FOR TEENAGERS

The benefits of Yoga for teenagers are vast. Yoga practice is an investment in their health and well-being.

PHYSICAL BENEFITS	MENTAL BENEFITS	EXTRA BENEFITS
Strength	Stress Management	Compassion
Flexibility	Concentration	Presence
Improved Posture	Healthy Body Image	Connection
Stability and Balance	Decision Making	Intuition

Course: **404** | Tutor: **Susanne Liiri, ryt 200 hr YogaWorks,BfA** | Cost: **€100** | Note: **Please bring a mat and water** | Start Date: **30-1-2020** | Start Time: **6.30-7.30pm** | Duration: **10 weeks**

YOGA for MEN

STRONG BODY, CALM MIND and OPTIMUM HEALTH

Ryan Giggs and Roy Keane both credit yoga as the secret to a prolonged sports career. A space exclusively for men to explore yoga and reap its benefits without the pressure of being the only man in the class!

- **Improve core strength** • **Increase flexibility and range of motion**
- **Help you deal with stress management** • **Calm the mind** • **Increase energy levels**
- **Tone the body** • **Improve concentration** • **Prevent disease** • **Relaxation** • **Meditation**

Course: **405** | Tutor: **Susanne Liiri, ryt 200 hr YogaWorks,BfA** | Cost: **€100** | Note: **Please bring a mat and water** | Start Date: **30-1-2020** | Start Time: **7.30-8.30pm** | Duration: **10 weeks**

YOGA for IMPROVERS

YOGA for STRONG BODY, CALM MIND and OPTIMUM HEALTH

These physical exercises and breathing techniques from ancient India:

- **Help you deal with stress**
- **Calm the mind**
- **Increase energy levels**
- **Improve core strength**
- **Increase flexibility and range of motion**
- Improvers 8.30 p.m. •

Course: **406** | Tutor: **Susanne Liiri, ryt 200 hr YogaWorks,BfA** | Cost: **€100** | Note: **Please bring a mat and water** | Start Date: **30-1-2020** | Start Time: **8.30-9.30pm** | Duration: **10 weeks**

GOLF SCHOOL BEGINNER

The perfect introduction to the game.

Together we will work towards building the confidence to play a round of golf, safe in the knowledge that the basic skills and understanding are in place. This course will cover the golf swing, short game, etiquette and the rules of golf. A 7-week course – 3 in the school, 3 at a local driving range and 1 at a golf course. This will cover range balls and golf course fees (equipment supplied). By special arrangement with Donabate Golf Club the week 7 lesson will take place there followed by light refreshments.

Course: **407** | Tutor: **David Murray USPGA Professional** | Cost: **€100** | Start Date: **30-1-2020**
Duration: **7 weeks**

AN INTRODUCTION TO JEWELLERY MAKING

Make you own jewellery. Learn how to file, pierce and solder in a fun and relaxed environment. The course is designed that over the ten weeks you should complete 2 to 3 pieces of hand crafted jewellery.

Course: **408** | Tutor: **Eric Lidwell** | Cost: **€120** | Maximum number: **10 students**
Start Date: **30-1-2020** | Duration: **10 weeks**

FRENCH CONVERSATION / BEGINNERS

This course is designed as an introduction to the French Language. It will enable complete beginners to learn how to communicate in an effective manner in everyday situations such as shopping, ordering food and directions. The course also involves task based projects and interactive lessons.

Course: **409** | Tutor: **Isabelle Thevernaud** | Cost: **€110** | Note: **Please do not purchase the book until after the first class** | Book: **Tendances AI from Cle International**
Start Date: **30-1-2020** | Duration: **10 weeks**

GUITAR FOR BEGINNERS

Have you always wanted to learn to play the guitar or is it perhaps a new idea for you? Either way you will enjoy our ten week course for beginners where you will learn chords, strumming, finger-picking and songs. Using a course book you will be guided step by step through the journey of learning to play the guitar.

Course: **410** | Tutor: **Brendan Farrell** | Cost: **€120**. (This fee includes a course book which will be supplied by the tutor) | Note: **Please bring your guitar** | Start Date: **30-1-2020** | Duration: **10 weeks**

DIPLOMA IN EVENT MANAGEMENT

Topics: Principles of Event Management, Research, Preparing Proposals, Crisis Management Planning, Seeking Sponsors, Organising the Event, Marketing Tools, Media Tools, Promotional Tools, Specialist Areas, Staffing & Evaluation.

Event Management is a dynamic, exciting and varied career. You will be booking venues, working with celebrities, selecting food and entertainment. You will also be responsible for promotion, ticket sales, health and safety, insurance, and crisis management if something goes wrong!

You might be working as a wedding planner or a conference organiser. You could be organising a local sports derby, a nationally televised awards ceremony or the next Olympics. The Events Management industry covers festival organisers, hotel staff in conference & banqueting sections, and charities organising fundraising events. You might be organising an agricultural show or planning a music festival. You could be a self-employed party planner or working for one of the major event management companies.

You could simply be on a committee tasked with organising a number of important events e.g. captain or committee member of the local golf club.

The job opportunities are many and varied. On graduation, you also join the international alumni of the Irish Academy of Public Relations. They have graduates in 50 countries around the world – you are instantly networked!

Course: **411** | Tutor: **Irish Academy Tutor** | Cost: **€220** | Note: **Taught 2 hours per week for 12 weeks**
Achievement: **Diploma in Event Management** | Examination: **By Project** | Start Date: **30-1-2020**

FIBRE ARTS

This course covers fundamentals in embroidery, needle felting and tapestry weaving.

Course: **412** | Tutor: **Agnieszka Jakubczyk** | Cost: **€110** | Note: **All materials needed are supplied for €15 to be paid to the tutor on 1st day of class. All tools will be provided** | Achievement: **Diploma in Event Management** | Examination: **By Project** | Start Date: **30-1-2020** | Duration: **10 weeks**

WRITE AND PUBLISH YOUR BOOK!

How to finally create and get into print the book you've been promising to write all your life...

A step-by-step guide to planning, writing and publishing the book that, all of your life, you have been saying you wanted to produce. Free printed instructional materials that show you how to create, write, develop and how to get your finished book into print.

This Course guarantees you'll succeed when you follow the writing and publishing roadmap that is all simply and clearly worked out for you. An invaluable guide that shows you how to tell your story – whether it's a work of creative fiction, extraordinary fact, biography, autobiography, of whatever special interest you choose to write about

- Inspiration from former non-writers whose works became bestsellers
- Why you shouldn't allow any anxiety about grammar, language and punctuation hold you back
- The key techniques involved in the writing process
- The secrets to creating unforgettable characters and powerful dialogue
- Guides you with powerful resources that will be of enormous help to you in crafting your story and getting it into circulation
- Decide how you should write, how much you should write, when you should write – and how to know without doubt that you are succeeding
- Your book will be measured not by its length, or its cover, but by the effect it has on your readers
- Getting your book into print – the opportunities and the pitfalls
- The magic, the market, and can you make money from your writing?
- Decide RIGHT NOW to join us on the journey of a lifetime – your lifetime!

Course Code: **413** | Cost : **€135** | Start Date: **30-1-20** | Duration : **9 weeks**

Presented by **The Self-Development College**

Email: **selfdevelopmentcollege@gmail.com**

MASTERING MONEY – GET MONEY FIT

Easy simple steps to have more and get more from it

On this 8-week course, you'll get your money fit and in great shape, giving you:

- More **MONEY** by spending smarter and saving better.
- More **CONTROL** by understanding better and making good choices.
- More **HAPPINESS** by knowing what's important to you and using your money to get it.

We know money is personal and that privacy matters. So, we'll keep it general and won't be getting into anyone's personal circumstances or actual amounts openly in class.

As part of a friendly group, you'll follow these easy, simple exercises towards financial fitness:

1. **Find out** about the **eight key pillars** to being money smart and fit.
2. **Learn** the "must know" stuff about saving, borrowing, pensions, mortgages and more.
3. **See** your money clearly and write out the details on just one page.
4. **Plan** improvements to do better with your money, again on just one page.
5. **Make it happen!** With great motivation tools, tips and support.

You'll get real, valuable results -in money and more -giving you a great return on your investment in this course. So, get your "trainers" on and take the first easy step to getting money fit by signing up right now!

Course Code: **414** | Tutor: **Mark Herman – www.you-me-we.com** | Cost: **€110**

Start Date: **30-1-20** | Time: **7.30-9.30pm** | Duration: **8 weeks**

MANDARIN CHINESE – BEGINNERS

Designed to provide students with an introduction to the Chinese Mandarin language. Suitable for those intending to visit China, either on holiday or business. You'll learn the basic interpretation of 'Pin Yin' which forms the basis on which all Chinese Mandarin words are read and written. This course will enable you to interpret basic phrases, everyday greetings, plus other useful and practical dialogue necessary for doing business in China.

Course Code: **415** | Tutor: **Cindy Tang, Qualified Teacher in Beijing** | Cost: **€110**

Start Date: **30-1-20** | Time: **7.30-9.30pm** | Duration: **10 weeks**

IRISH CONVERSATION CLASS

IS FÉIDIR LINN! (Barack Obama, College Greene 2011)

Want to learn to speak better Irish?

Want to be able to help students with Irish homework?

If you answer "yes" to one or both of these questions, then this could be the class for you!

The aim of the class is to get you speaking Irish confidently, and to the best of your ability. The class will provide a supportive setting for you to practice and improve your Irish, whatever your current level, in the company of like-minded learners and with the help of an experienced tutor.

The emphasis will be on listening to, and speaking Irish. Basic points of grammar will be explained on a need-to-know basis as they arise in class. We will also look at the many helpful resources that now exist on line for learners of Irish.

The class will be of particular benefit also to parents/guardians in helping students with Irish homework. With that in mind, we'll take time to examine the current Irish textbook in use and look at typical homework assignments.

Remember, over 300,000 people in Ireland speak Irish. If you have a desire to improve your Irish there is no reason at all why you cannot achieve your ambition.

As Barack Obama said as *Gaeilge*, in College Green, Dublin in 2011:

***Is féidir linn!* (We can do it). So can you, of course.**

Course Code: **416** | Tutor: **Martin Moore** | Cost: **€110** | Start Date: **30-1-20**
Time: **7.30-9.30pm** | Duration: **10 weeks**

ST. SYLVESTER'S COACHING COURSES

(GAELIC FOOTBALL COACHING COURSE)

- **Leinster Coaching 2 Games Development** ●
- **Award 1 Youth and Adult** ●
- **Football Coaching Course** ●

For full information on courses and to register please contact:

Padraig McCarthy 086 816 7399 – Starts 13-1-20

THURSDAY

Class times are 7.30-9.30pm unless otherwise stated

Enchiriadis Treis Choir

**NEW SEASON'S CLASSES COMMENCING
THURSDAY, 9th JANUARY 2020**



Enchiriadis Treis is a mixed adult choir of about 120 voices, based in Malahide. Founded by Dr. Marion Doherty Hayden in 1994, our choir is committed to achieving musical excellence through performance of the great classical choral works as well as individual ancient, modern and Irish pieces. Our current Musical Director is Cathal Clinch.

Our love of music has also brought us together as a group of friends. The nurturing of an informal, friendly and inclusive environment is a core value of Enchiriadis Treis.

Past repertoires of the choir include works by:

- Vivaldi
- Mozart
- Stanford
- Bernstein
- Handel
- Verdi
- Vaughan Williams
- Jenkins
- Haydn
- Faure
- Britten
- Rutter

SATURDAY

SEARSOL TOUCH TYPING

(for children over 8 yrs of age)

This course helps children develop the correct keyboard technique enabling them to develop their accuracy and eventually speed levels.

- **Suitable for all children but especially children who may have an exemption to use a laptop**
- **Small class size**
- **Promotes self-esteem (some children may find academic work challenging and this course is achievable for them)**
- **Focus on correct posture**
- **Each child works at their own pace**
- **Ten weeks**

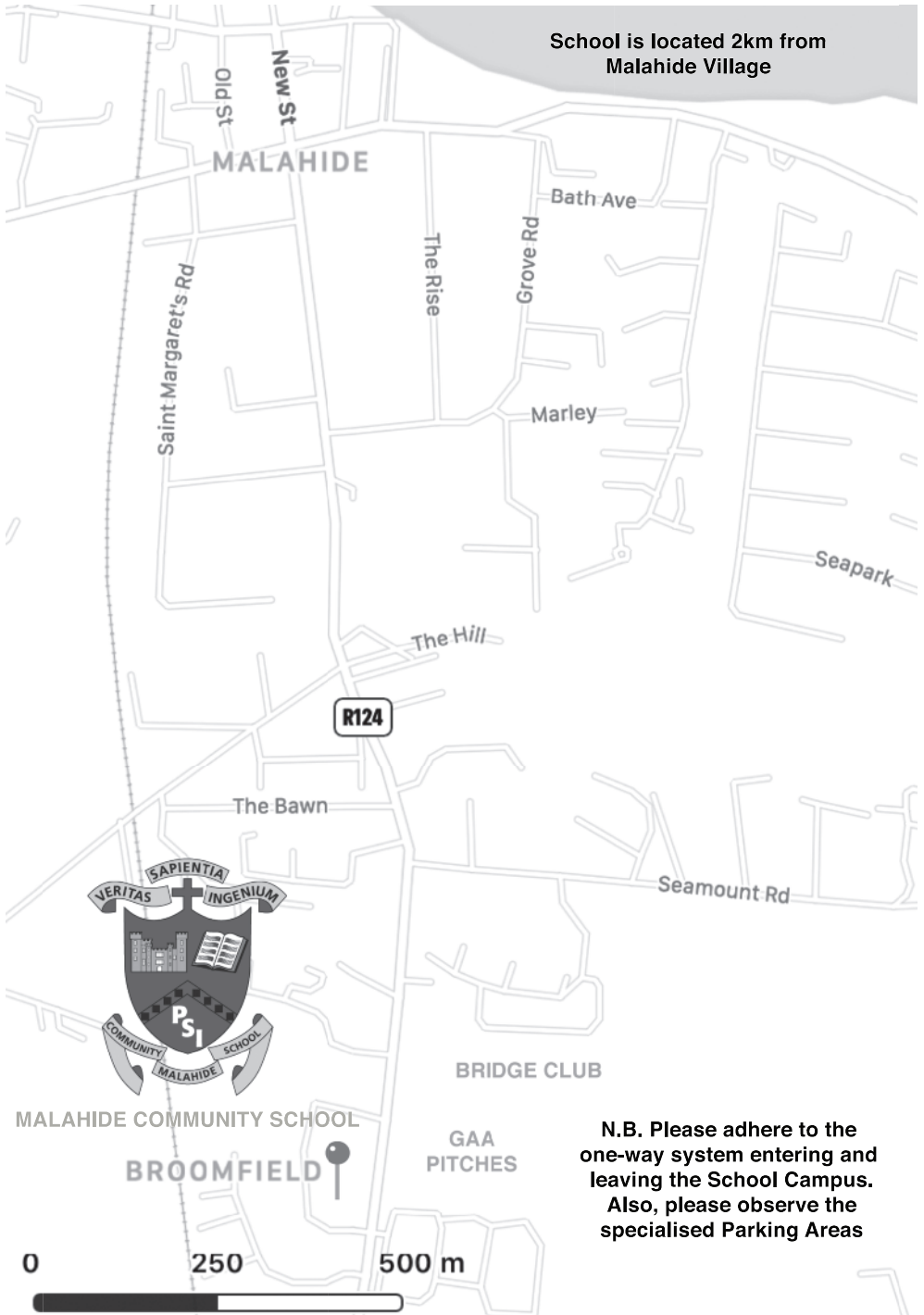
The course is for all children but especially beneficial to children with learning differences such as Dyslexia, Dyspraxia and Autism. The Searsol programme is highly recommended by the Dyspraxia Association of Ireland, occupational therapists around the country and many resource teachers in various schools.

Course Start Date: 11-1-2020

BOOK YOUR FREE TRIAL FOR SEPTEMBER 2019 - RING SEARSOL: 01-630 3384

Where We are Located:

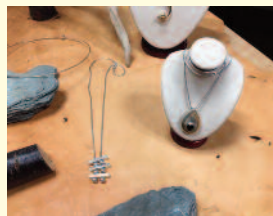
School is located 2km from Malahide Village



N.B. Please adhere to the one-way system entering and leaving the School Campus. Also, please observe the specialised Parking Areas

EXHIBITION NIGHT

Exhibition of work from Art, Jewellery Making and Furniture Upcycling class



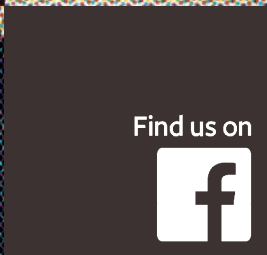
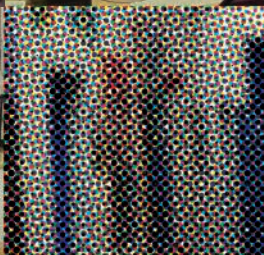
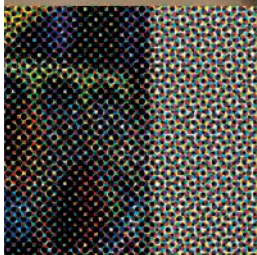
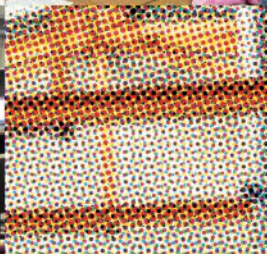
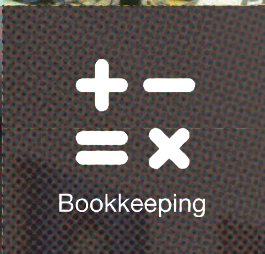
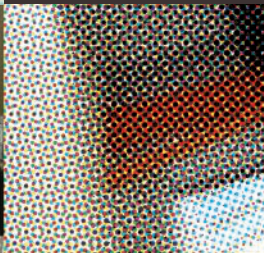
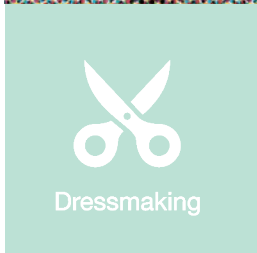
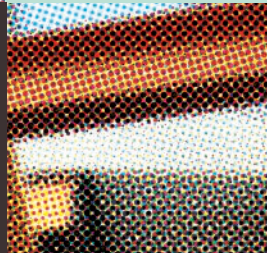
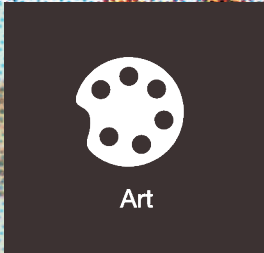
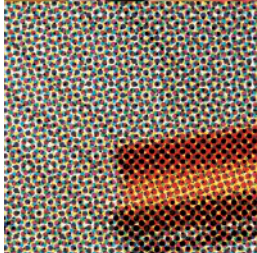
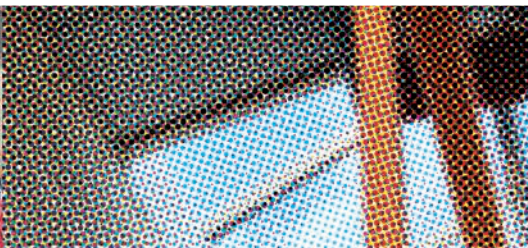
COURSE EVALUATION FORM

1. Did you enjoy the course?
2. What aspects of the course did you particularly enjoy?
3. How well did the course title and brochure description relate to the classes you attended?
4. Did you feel you were in a relaxed learning environment during the classes?
5. Were the facilities in the school of good standard?
6. How did you find out about our courses?
7. Do you have any other comments?

You may drop this form into the Adult Education office or post it to me at the school address at any time during the term.

ROBBIE HARROLD

Director of Adult Education



Find us on



Enrolment for courses can be completed as follows:

1. Walk In enrolment.

The enrolment evening will be held on the 20-01-2020 in Malahide Community School between 7.30-9pm.

2. Online.

At www.malahidecs.ie by clicking on the **ENROL HERE** button to use EASY PAYMENTS PLUS.

This option is available from 20-01-2020.

Via our dedicated Adult Ed website at www.malahideadulthoodedcs.ie where all course information can be found along with the **ENROL HERE** button for quick and easy registration and payment.

Contact: Adult Education Office - Tel: 01 8460949 - Email: adulted@malahidecs.ie