

DOUGLAS COMMUNITY SCHOOL ADULT & COMMUNITY EDUCATION PROGRAMME SPRING 2024

Director of Adult & Community Education: Jerry O' Mahony
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Douglas Community School Adult & Community Education is committed to providing you with a wide range of quality adult courses. The school is an independent community school governed by a Board of Management. Douglas Community School receives no public or other funding for its Adult & Community Education courses.

ON-LINE ENROLMENT NOW OPEN: Go to dscork.ie and follow the link to Adult Education

From Monday 8th of January 2024:

OFFICE AND POST: Enclosing details and fee to Adult Education Office, Douglas Community School, Clermont Avenue.

NOTE: E-MAIL ADDRESS MUST BE PROVIDED
Please enrol early to avoid cancellation of classes.

YOUR COURSE STARTS ON...

All courses start during the week commencing **Monday 29th of January** unless otherwise stated.

CONDITIONS OF ENROLMENT

PLEASE NOTE BEFORE ENROLLING: REFUNDS WILL ONLY BE ISSUED WHEN A CLASS IS CANCELLED.

- All Students must enrol BEFORE attending classes
- Fees are payable on enrolment and receipts issued.
- Payment can be made by Online, by post or at the school office. Cheques should be made payable to Douglas Community School.
- Class fees are not refundable.
- Class numbers are limited to ensure a high standard of tuition particularly in practical subjects.
- Classes are offered subject to sufficient demand existing to form a class.
- Materials are not included in course fee.
- In the event of a class not forming all participants will be notified and fees refunded.
- Your receipt is confirmation of your reservation of a place in class.
- Those participating in physical exercise classes may need to seek medical advice before classes commence.

OUR FEES ARE REDUCED FOR MANY PENSIONERS

If enrolling on line full fee must be paid initially, please contact the office once classes begin to avail of reduction.

SELECTED COURSES ARE FREE FOR LONG TERM UNEMPLOYED (written confirmation from Dept. of Social Protection required).

Places will be allocated to earliest applicants and are available by contacting the Adult Education office by email in advance of **Friday the 19th of January**.

The following reduced fees are available to OAP's, Widows and Disability pensioners on application during enrolment.

Fee	Reduced fee	Fee:	Reduced fee
€60	€50	€100	€90
€70	€60	€110	€95
€80	€70	€120	€105
€90	€80	€130	€115

NOTE: When enrolling online full fee must be paid and reduction refund will be later applied. All courses are open to men and women.

INFORMATION

LEARN A LANGUAGE

L01 ITALIAN- TOTAL BEGINNERS

Tutor: Margherita Bucci
 Tuesday: 6.30 – 7.45 p.m.
 Duration: 10 weeks Fee €90

L02 ITALIAN BEGINNERS- LEVEL 2

Tutor: Margherita Bucci
 Tuesday: 8.00 – 9.30 p.m.
 Duration: 10 weeks Fee €90

L03 SPANISH TOTAL BEGINNERS

Tutor: Felix Monje
 Tuesday: 6.30 – 8.00 p.m.
 Duration: 10 weeks Fee €90

L04 SPANISH BEGINNERS- LEVEL 2

Tutor: Felix Monje
 Tuesday: 8.00 – 9.30 p.m.
 Duration: 10 weeks Fee €90

L05 SPANISH BEGINNERS – LEVEL 2

Tutor: Felix Monje
 NOTE: Wednesday afternoon 2.30 – 4.30 p.m.
 Duration: 10 weeks Fee €110

L06 SPANISH INTERMEDIATE / ADVANCED

Tutor: Felix Monje
 Wednesday: 7.30 – 9.30 p.m.
 Duration: 10 weeks Fee: €110

L07 GERMAN – BEGINNERS

Tutor: Andrea Walsh
 Tuesday: 6.30 – 8.00 p.m.
 Duration: 10 weeks Fee €90

L08 GERMAN – CONTINUED

Tutor: Andrea Walsh
 Tuesday: 8.00 – 9.30 p.m.
 Duration: 10 weeks Fee €90

LEARN A LANGUAGE / ARTS & CRAFTS

ARTS AND CRAFTS

A01 DIY WEDDING FLOWERS

Create bridal party flowers, buttonholes, bouquets etc.
 Tuesday: 7.30-9.30pm
 Duration: NOTE: 5 weeks from Tuesday 30th January - 12th March. Fee: €60

A02 CREATIVE FLOWERS

Create beautiful quirky arrangements for the home/gifts.
 Wednesday: 7.30 - 9.30 p.m.
 Duration: 5 weeks Fee: €60

A03 CHURCH / VENUE FLOWERS - starts 19th of March

Simple arrangements with inspiration and tips from local floral designer
 Tuesday: 7.30 - 9.30 p.m.
 Duration: 5 weeks Fee: €60

A04 SPRING FLOWERS - starts 13th of March

Create beautiful arrangements for Spring/Easter.
 Wednesday: 7.30 - 9.30 p.m.
 Duration: 5 weeks Fee: €60

A05 DIY WEDDING FLOWERS - starts 17th of April

Create bridal party flowers, buttonholes, bouquets etc.
 Wednesday: 7.00 - 9.30 p.m.
 Duration: 4 weeks Fee: €60

A06 WATERCOLOUR PAINTING - BEGINNERS to IMPROVERS

This course will introduce students step-by-step to all skills and techniques needed to begin in Watercolour Painting. Lessons will range from picking the correct paper to work on and materials to use, to laying out a composition through drawing and underpainting, to colour theory and application of the painted layer.
 Tutor: Andrew Carroll
 Wednesday: 7.15 – 9.15 p.m.
 Duration: 10 weeks Fee €110

A07 OIL PAINTING - ADVANCED

This is a group class open to everyone that want to accomplish their own paintings with the help of individual tuition
 Tutor: Roberto Garcia
 Tuesday: 7.00 – 9.30 p.m.
 Duration: 10 weeks Fee €130

A08 CERAMICS – BEGINNERS

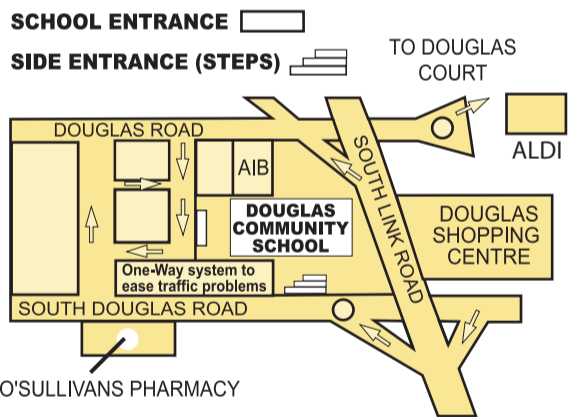
This course will introduce you to hand-building with clay, a versatile and enjoyable medium. Using simple techniques, participants can explore their creativity and create their own handmade pottery without the use of a potter's wheel. Please NOTE: The last class will be allocated just for the collection of the last fired pieces. Course materials to be purchased during the 1st class at a cost of €70.
 Tutor: Roberto Garcia
 Wednesday: 7.00 – 9.30 p.m.
 Duration: 10 weeks Fee €130

A09 DRAWING & ACRYLICS- BEGINNERS / IMPROVERS

Pencil, ink, charcoal, acrylics and washes
 Tutor: Aoife Layton
 Tuesday: 7.00 – 9.30 p.m.
 Duration: 10 weeks Fee €130

ARTS & CRAFTS

HOW TO FIND US



HOW TO FIND US

ENROLMENT FORM

Name:

Address:

Email address:

Tel. No.:

COURSE

1st Preference:

2nd Preference:

N.B. Please remember to enclose your fee.

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ATTENTION: NEW TUTORS REQUIRED TO OFFER NEW COURSES

Any person interested in offering a new course on our Adult Education programme should contact the Adult Education office by post, phone or email.

Postal Enrolment

Complete enrolment form overleaf and return with fee to:

Adult Education Office,
 Douglas Community School,
 Clermont Avenue,
 Douglas, Cork.

Adult Education Courses

are also available at the following Cork Community Schools:
 Ashton School
 Ballincollig Community School
 Bishopstown Community School
 Carrigaline Community School



Scoil Phobail na Dúghlaise
 Douglas Community School
085 2645142

KWIP Print (021) 4372096 info@kwippint.com

Scoil Phobail na Dúghlaise

Douglas Community School

Telephone: 085 2645142
 Email: adulted@dscork.ie Web: www.dscork.ie

ADULT & COMMUNITY EDUCATION PROGRAMME

ON-LINE ENROLMENT NOW OPEN: Go to dscork.ie and follow the link to Adult Education

ALL CLASSES BEGIN THE WEEK OF THE 29TH OF JANUARY

From Monday January 8th 2024
OFFICE & POST: Enclosing details and fee to Adult Education Office, Douglas Community School, Clermont Avenue.
NOTE E-MAIL ADDRESS MUST BE PROVIDED

PLEASE ENROL EARLY FOR COURSES TO AVOID CLASS CANCELLATIONS
YOU WILL ONLY BE CONTACTED IF YOUR CLASS HAS BEEN CANCELLED

SPRING 2024

A10 ADVANCED ART GROUP

NOTE: For those with previous experience of pencil, ink, charcoal, washes and acrylics seeking to perfect their techniques.

Tutor: Aoife Layton
Wednesday: 7.00 - 9.30 p.m.
Duration: 10 weeks Fee €130

HEALTH & WELLNESS COURSES

For Yoga, Pilates and Tai Chi, you should bring your own mat or blanket. You should seek medical advice if you have not taken exercise in recent times.

W01 SENIORS / CHAIR PILATES

This class is designed for people with reduced mobility that find it difficult to exercise on the floor. Resistance bands and small balls will be used alternatively during the course. Music will be utilised during classes to help participants to relax and enjoy themselves whilst exercising.
Tutor: Paula Arozamena
Tuesday: 6.30 – 8.00 p.m.
Duration: 10 weeks Fee €90

W02 YIN YOGA MEDITATION BEGINNERS/ INTERMEDIATE

Yin Yoga is a meditative practice which is a wonderful aid in teaching us how to stop, look in and listen deeply. Give yourself mini vacation's from the extremely busy, conditioned mind. You will learn to breathe better and each session will end with a short meditation practice. Suitable for everybody! Things to have for practice – Mat, blanket, cushion.
Tutor: Lisa Keating
Tuesday: 7.00 – 8.30 p.m.
Duration: 10 weeks Fee €90

W03 YIN YOGA MEDITATION BEGINNERS/ INTERMEDIATE

Yin Yoga is a meditative practice which is a wonderful aid in teaching us how to stop, look in and listen deeply. Give yourself mini vacation's from the extremely busy, conditioned mind. You will learn to breathe better and each session will end with a short meditation practice. Suitable for everybody! Things to have for practice – Mat, blanket, cushion.
Tutor: Lisa Keating
NOTE: Wednesday Afternoon 2.30 - 4.00 p.m.
Duration: 10 weeks Fee €90

W04 AN INTRODUCTION TO YOGA BEGINNERS

Enjoy a “taster” class in a number of Yoga disciplines to explore a style that suits you. Using a mixture of body work, relaxation and breath work, introducing and exploring yoga in its various forms, to help you find a style and level of yoga that you may wish to follow.
Tutor: Hazel Moon
Wednesday: 7.30 – 8.45 p.m.
Duration: 10 weeks Fee €90

ARTS & CRAFTS / HEALTH & WELLNESS

W05 MAT PILATES BEGINNERS/INTERMEDIATE

Wednesday: 6.30 – 7.30 p.m.
Duration: 10 weeks Fee €80

W06 MAT PILATES BEGINNERS

Wednesday: 7.30 – 8.30 p.m.
Duration: 10 weeks Fee €80

W07 TAI CHI BEGINNERS/IMPROVERS

For stress relief, relaxation, well-being, meditation, self-defence, chi development, inner balance, self confidence, health and fitness.
Tutor: Maurice Shanahan
Wednesday: 7.00 – 8.15 p.m.
Duration: 10 weeks Fee €90

W08 TAI CHI BEGINNERS/IMPROVERS

For stress relief, relaxation, well-being, meditation, self-defence, chi development, inner balance, self confidence, health and fitness.
Tutor: Maurice Shanahan
Wednesday: 8.15 – 9.30 p.m.
Duration: 10 weeks Fee €90

SPORTS AND EXERCISE

MEN AND WOMEN ARE WELCOME AT ALL THESE COURSES

All those who enrol for these courses are advised to seek medical advice if they have not taken exercise in recent times. Participants are reminded that they accept the normal risks associated with these activities.

S01 BEGINNERS SOCIAL BALLROOM / LATIN DANCE CLASS

IDEAL FOR POTENTIAL WEDDING COUPLES OR COUPLES who would just love to learn to dance over a steady period of time. This class will ignite your passion for dance and give you confidence to on that dance floor. Learn how to waltz (slow & old time), jive, quickstep, foxtrot, Cha Cha Cha, Salsa, and more. It's a great way to keep fit, meet other couples completely new to dance and learn in a fun relaxed atmosphere. Partner required!
Tutor: Derek Long
Tuesday: 7.10 - 8.25 p.m.
Duration: 8 Weeks Fee €70

S02 LINE DANCING

Line dancing involves people standing in lines performing dance movements together. It consists of patterned foot movements performed to a number of counts per sequence. The dances are done one-wall, two-wall, or four-wall to varied music including country & western music, swing, salsa, cha cha cha and more. It's a great way to keep fit, meet

HEALTH & WELLNESS / SPORTS & EXERCISE

new friends and learn to dance in a fun relaxed environment.

Tutor: Derek Long
Tuesday: 8.30-9.30pm
Duration: 8 Weeks Fee €65

S03 ZUMBA

Zumba Fitness is a Latin-inspired cardio-dance workout that uses music and easy to follow steps to form a fitness party atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, classes can also contain everything from jazz to African beats to country to hip-hop, pop and more... No partner needed. Bring Water Bottle!
Tutor: Derek Long
Wednesday: 7.00-7.50pm
Duration: 8 Weeks Fee €55

S04 CONTINUATION SOCIAL BALLROOM & AMP; LATIN DANCE CLASS

This class will ignite your passion for dance and give you confidence to on that dance floor. Partner Required! Learn how to waltz (slow & old time), jive, quickstep, foxtrot, Cha Cha Cha, Salsa, and more. It's a great way to keep fit, meet other couples completely new to dance and learn in a fun relaxed atmosphere.. This course will quickly revise the Beginner course and progress to dancing more figures.

Tutor: Derek Long
Wednesday: 8.15 - 9.30pm
Duration: 8 Weeks Fee €70

S05 GOLF INTERMEDIATE

At Cork Golf Centre Ballincollig
Tutor: Wayne O Callaghan
Monday: 6.00 – 7.30 p.m.
Duration: 10 weeks Fee: €100
Please note that students are required to pay for ball rental

S06 GOLF FOR BEGINNERS

At Cork Golf Centre Ballincollig
Tutor: Wayne O Callaghan
NOTE: Tuesday a.m. 11.00 am – 12.30 p.m.
Duration: 10 weeks Fee: €100
Please note that students are required to pay for ball rental

S07 GOLF FOR BEGINNERS

At Cork Golf Centre Ballincollig
Tutor: Wayne O Callaghan
Wednesday, 5.30 - 7.00 p.m.
Duration: 10 weeks. Fee: €100
Please note that students are required to pay for ball rental

SPORTS & EXERCISE

SOCIAL AND DEVELOPMENT COURSES

D01 MINDING my MIND; A practical approach

This 6-week course explores your relationship with stress, examine the causes, effects and develop solutions to allow you live with stress more comfortably.
Tutor: Collette Culver
Wednesday: 7.00 – 8.30 p.m.
Duration: 6 weeks Fee €70

D02 NUTRITION AND HEALTHY EATING COURSE

Gain a better understanding of the principals of a healthy diet with practical and straightforward ideas, recipes and hacks to optimise nutrition and get more creative in the kitchen. This course focuses on diet and lifestyle changes for wellness and longevity. Learn about the medicinal benefits of herbs and spices, how food can affect our mood and how to include more plant based sources in your diet in this fun and engaging class.
Tutor: Deirdre Roche
Wednesday: 7.00 – 8.30 p.m.
Duration: 8 weeks Fee €80

D03 SKIN CARE, NAIL TREATMENTS, MAKE UP APPLICATION - BEGINNERS

In this 'hands on' course, discover your skin type through a personalised skin analysis giving you the knowledge to select the best beauty preparations. Learn the techniques of make-up application suited for 'day wear' and how the look can be simply transformed into 'evening wear'.
Tutor: Barbara Braham, Lecturer of I.T.E.C. Therapies & Beauty Therapist I.T.E.C., C.I.B.T.A.C.
Tuesday: 7.30 - 9.30 p.m.
Duration: 6 weeks Fee €70

HOBBY AND SKILLS COURSES

H01 CHESS FOR BEGINNERS

Sport, science and art, all in one, for thousands of years chess mysteriously managed to survive and become one of the most popular games on the planet. Chess is for everyone. Chess will teach you patience, thinking ahead, to appreciate time and much more. Learn tactics, strategy, dynamics but above all, have good fun.
Tutor: Sasha Gavrilovic
Tuesday: 6.30 – 8.00 p.m.
Duration: 10 weeks Fee €90

H02 CHESS FOR IMPROVERS

Sport, science and art, all in one, for thousands of years chess mysteriously managed to survive and become one of the most popular games on the planet.

SOCIAL & DEVELOPMENT / HOBBY & SKILLS

Chess is for everyone. Chess will teach you patience, thinking ahead, to appreciate time and much more. Learn tactics, strategy, dynamics but above all, have good fun.

Tutor: Sasha Gavrilovic
Tuesday: 8.00 – 9.30 p.m.
Duration: 10 weeks Fee €90

H03 SINGING FOR ALL - BEGINNERS / INTERMEDIATE

“Singing for all’ is a fantastic opportunity to improve your singing skills in a relaxed and fun atmosphere. Whether you are a beginner or just a music lover, the class aims to give the participants basic knowledge of the voice, with simple practise and lots of beautiful songs to sing along. Programme: - Warming up: simple exercises to get started - The range: what's your range? Learn where you voice works at its best - Repertoire: every week we will sing together folk, pop, rock and R&B classics. Every participant will have the chance to practise both in choir and as lead singer.
Tutor: Chiarastella Calconi
Wednesday: 7.30 – 9.00 p.m.
Duration: 10 weeks Fee €90

H04 SINGING FOR ALL - ADVANCED

Take this opportunity to further improve your singing skills in a relaxed and fun atmosphere. Learn where you voice works at its best - Repertoire: every week we will sing together folk, pop, rock and R&B classics. Every participant will have the chance to practise both in choir and as lead singer.
Tutor: Chiarastella Calconi
Tuesday: 7.30 – 9.00 p.m.
Duration: 10 weeks Fee €90

H05 AFRICAN DRUMMING- BEGINNERS

Get a buzz and a lift from African drumming in a small supportive group. Beginners welcome. Weave together the entrancing rhythms of djembé hand-drums, deep dunduns and traditional hand-held percussion instruments. NOTE: Drums / equipment provided.
Tutor: John Sutton
Tuesday: 7.30 – 9.00 p.m.
Duration: 10 weeks Fee €90

H06 BEGINNERS ACOUSTIC GUITAR

For absolute beginners, learn to play guitar and begin a life-long hobby.
Tutor: Alastair Douglas
Wednesday: 7.30 - 9.00 p.m.
Duration: 10 weeks Fee €90

H07 UKULELE FOR COMPLETE BEGINNERS

Learn a fun new skill in a relaxed and fun environment. Small class size catering for the complete novice, enjoy learning how

HOBBY & SKILLS

to play this fun instrument.

Tutor: Charles Ward
Tuesday: 7.00 - 8.15 p.m.
Duration: 10 weeks Fee €80

H08 UKULELE FOR COMPLETE BEGINNERS

Learn a fun new skill in a relaxed and fun environment. Small class size catering for the complete novice, enjoy learning how to play this fun instrument.
Tutor: Charles Ward
Tuesday: 8.15 - 9.30 p.m.
Duration: 10 weeks Fee €80

H09 DRESSMAKING

Realise your designing dream. Learn how to use a sewing machine, choose fabrics and patterns and make a finished garment of your design.
Tutor: Deirdre Hanafin
Wednesday: 7.00 - 9.00 p.m.
Duration: 10 weeks Fee €110

H10 PHOTOGRAPHY

Incorporating two field trips: one night session and one landscape
Tutor: Donal Neary
Wednesday: 7.30 - 9.30 p.m.
Duration: 10 weeks Fee :€110

H11 WHO DO YOU THINK YOU ARE – TRACING YOUR FAMILY HISTORY

Learn how to research your family's past. Build up a family tree using a variety of sources methods and clues from the Pipe Roll of Cloyne to the Census Returns of 1911. The course will also place our subject in a setting of local and social history so as to broaden our understanding of our past and our origins.
Tutor: Richard Forrest
Tuesday 7.30 – 9.30 p.m.
Duration 8 weeks Fee €90

COMMUNITY EDUCATION COURSES

CE1 BEGINNERS FIRST AID

This basic first aid course consists of lifesaving skills and essential first aid for everyone including parents, teachers, coaches or in the workplace. Learn C.P.R., how to use an AED Defibrillator, treatment for choking, poisoning, concussion, bleeding, birns and sparians/broken bones.
Tutor: William O Donovan Certified I.H.F. & P.H.E.C.C. Instructor
Tuesday: 7.30 – 9.30 p.m.
Duration: 8 weeks Fee €90

HOBBY & SKILLS/COMMUNITY EDUCATION COURSES