

L01 ITALIAN BEGINNERS

Niamh Dam
Monday 7.30 – 9.00 p.m. 10 weeks
Fee €80

L02 GERMAN BEGINNERS

Andrea Walsh
Tuesday 7.30 – 9.00 p.m. 10 weeks
Fee €80

A01 BEGINNERS OIL PAINTING

Using simple exercises and techniques learn how to create oil depictions of a wide variety of subjects: landscapes, seascapes, flowers animals and people. Roberto Garcia
Monday 7.00 – 9.30 p.m.
10 weeks Fee €115

A04 DRAWING & ACRYLICS- BEGINNERS

Pencil, ink, charcoal, acrylics and washes
Aoife Layton
Tuesday 7.00 – 9.30 p.m. 10 weeks
Fee €115

A05 ADVANCED ART GROUP

Aoife Layton
Wednesday 7.00 - 9.30 p.m.
Duration 10 weeks Fee €115

W01 GENTLE CHAIR YOGA FOR JOINT MOBILITY & STRESS REDUCTION

This 10 week on line course provides a safe and gentle introduction to chair yoga. The focus of the course is joint mobility and stress reduction. The course primarily includes slow and simple seated poses but also some gentle standing poses which use the chair for support. In addition to movement each class includes calming breath awareness practices. No previous yoga experience is necessary. New students to Roisin's classes will receive a short one to one consultation prior to the course commencing.
Roisin Kenny Mind Body Ireland
Friday **NOTE 11.00 am to 12.00 noon**
Duration 10 weeks Fee €70

W02 MINDFULNESS BASED CREATIVITY FOR STRESS REDUCTION

This course will combine Mindfulness practices with different forms of creative expression. Participants will learn various techniques that when combined with art can be both relaxing and beneficial for using on a daily basis to reduce stress. No Artistic experience required.
Roisin Kenny Mind Body Ireland

Wednesday **NOTE: 3.30 – 4.30 P.M.**
10 weeks Fee €70

W03 MINDFULNESS BASED CREATIVITY FOR STRESS REDUCTION

This course will combine Mindfulness practices with different forms of creative expression. Participants will learn various techniques that when combined with art can be both relaxing and beneficial for using on a daily basis to reduce stress. No Artistic experience required.

Roisin Kenny Mind Body Ireland

Wednesday 6.00 - 7.00 p.m.
10 weeks Fee 780

W04 MAT PILATES BEGINNERS/INTERMEDIATE

Wednesday 6.30 – 7.30 p.m.
10 weeks Fee: €70

W05 MAT PILATES BEGINNERS

Wednesday 7.30 – 8.30 p.m.
10 weeks Fee: €70

S01 PSYCHOLOGY OF SPORTS PERFORMANCE

A course designed to assist coaches, managers and sports participants to improve their own or their teams performances by applying mental fitness techniques.

Canice Kennedy

Monday 8.00 – 9.30 p.m.

10 weeks Fee: €80

D01 AN INTRODUCTION TO POSITIVE PSYCHOLOGY

Unlike traditional psychology which studies what is “wrong” with people, the science of positive psychology explores optimal functioning and what is “right” with people; why they excel and what makes them so happy. It scientifically and practically explores themes such as optimism, emotions, flow, happiness, wellbeing, resilience, gratitude, mind-set, meaning, purpose and motivation- as well as introducing you to interventions to bolster your own positive psychological state.

Kate Moriarty

Tuesday, 7.30 – 9.30 p.m.

8 weeks Fee: €80

CONDITIONS OF ENROLMENT

1. All Students must enrol BEFORE attending classes
2. Fees are payable on enrolment and receipts issued.
3. **NO OFFICE ENROLMENTS.** Payment can ONLY be made ONLINE OR by postal order / cheque. Cheques and postal orders should be made payable to Douglas Community School.
4. **Class fees are not refundable.**
5. Class numbers are limited to ensure a high standard of tuition particularly in practical subjects.
6. Classes are offered subject to sufficient demand existing to form a class.
7. **Materials are not included in course fee.**
8. In the event of a class not forming all participants will be notified and fees refunded.
9. Those participating in physical exercise classes may need to seek medical advice before classes commence.



**DOUGLAS
COMMUNITY
SCHOOL**

**ON LINE EVENING
CLASSES
SPRING 2021**

**LEARN FROM HOME ON YOUR
COMPUTER, TABLET, SMART TV OR
SMARTPHONE**

Email: adulted@dscork.ie

**YOU CAN ENROL NOW FOR A
COURSE**

- **BY POST:** Enclosing details **EMAIL ADDRESS MUST BE PROVIDED** and fee to Adult Education Office, Douglas Community School, Clermont Avenue
- **.ON-LINE:** Go to dscork.ie and follow the link to Adult and Community Education **NOTE: NO OFFICE ENROLMENTS IN PERSON WILL BE ACCEPTED**

Please enrol early to avoid cancellation of classes.

CLASSES BEGIN 1ST OF FEBRUARY