



Pobalscoil Na Tríonóide, Eochail,

Contae Chorcaí

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www.trionoide.ie

ADULT EDUCATION PROGRAMME

Autumn 2011

MONDAY & THURSDAY

NIGHT COURSES

10 WEEKS

Commencing Mon 26th Sept. 2011

OFFICE ENROLMENTS

FROM MON 12th SEPT. 2011

ENROLMENT NIGHT

TUESDAY 13th SEPT. 2011

7.30 - 8.30PM

T6. Conversational Irish

Duration: 10 weeks
Time: 7.30 - 9.00.
Cost: €100.

T7. Latin Dance.

An introduction to,
Meringue, Samba and
Zumba aerobic Dance
Duration: 10 weeks.
Time: 7.30 - 8.30.
COST: €80.
Tutor: Ms. B. Romero.

T8. Yoga for Beginners

Duration: 10 weeks.
Time: 7.30 - 9.00.
COST: €100.
Tutor: Ms. C. Taylor.

T9. Style and Image.

Learn to dress for your shape, wear the
colours that suit you and the art of make-up
application.
Duration: 10 weeks.
Time: 7.30-9.00. Cost: €80.
Tutor: Ms. A. Geary.

Getting the most from your Poly Tunnel/ Glasshouse this Autumn.

Eight Saturday mornings
Time: 10-00 to 12-00
Venue: Blackwater Garden Centre.
Limited places. Cost: €120.
Learn the basics of: Sowing & planting.
Pest and disease control and Feeding &
enriching soils.

ENROLEMENT

Completed enrolment forms, with payments, will be
accepted at the Main Office for any of the advertised
courses. Cheques and Postal Orders should be
made payable to Pobalscoil na Tríonóide.

All Courses Commencing Mon 26th September and
Thursday 29th September 2011.

Name: _____

Address: _____

Tel: (home) _____ Tel: (work) _____

Course: _____

Fee €: _____

All our courses are open to both men and women
unless otherwise stated.

Submissions are invited from local
clubs / societies for use of our sports hall

Reductions for pension holders on production of
proof

Conditions:

1. Fees are payable on enrolment and receipts
issued.
2. Class numbers are limited to ensure a high
standard of tuition, particularly in practical
subjects.
3. Fees are not refundable.
4. Classes are offered subject to sufficient
demand existing to form a class. In the event of
a class not forming, all participants will be
notified and fees refunded.
5. Students must **ENROL BEFORE** attending
classes.
6. Cheques should be made payable to
Pobalscoil na Tríonóide and have a Bank
Card Number on the back.

Director of Adult Ed: Mr. Pat Nolan
Assistant Director: Ms. R. O' Brien

MONDAY NIGHT COURSES.

M1. Beginners Computers

For the complete novice.
Duration: 10 weeks.
Time: 7.30-9.30. Cost: €135.
Tutor: Ms. A. O'Brien.

M2. Everyday Computers.

Learn how to Bank & Buy Online and explore the world of "Skype", "Twitter", And "Facebook"
Time: 7-30-9-30. Cost: €135.

Duration: 10 weeks.

Tutor : Ms. C. O'Brien.

M3. Introduction to Digital Photography

Duration: 10 weeks.
Time: 7.30 - 9.30. Cost: €135.
Tutor: Mr. K. McCarthy.

M4. Lifeskills-Managing Stress Holistically.

Coping skills for everyday use, self development and self-realisation.
Duration: 10 weeks.
Time: 7-30 - 9-30. Cost: €135.
Tutor Ms. D. Long.

M5. Intermediate Wood Turning

Duration: 10 weeks.
Time: 7.30 - 9.30. Cost: €150.
Tutor: Mr. T. Froud.

M6. Occupational First Aid – Fetac Level 5.

Duration: 8 weeks. C
Time: 7.30 - 9.30. Cost: €150.
Tutor: Mr. P. McCarthy.

M7. Salsa Dancing

Duration: 10 weeks.
Time: 7.30-8.30. Cost: €80.
Tutor: Ms. A O'Brien.

M8. Beginners Guitar

Duration: 10 weeks.
Time: 7.30-9.30. Cost: €135.

M9. Cooking : "Back to Basics with a Twist"

Easy to prepare good value food and healthy eating on a budget to suit all pockets. Learn to prepare meals from Starter to Dessert.
Duration: 10 weeks.
Time: 7-30 - 9-30. Cost: €145.
Tutor: Ms. M. Solomon.

M10. Conversational French

Duration: 10 weeks.
Time: 7.30-9.30. Cost: €100.

M11. Art for Relaxation

Relax and unwind while painting with oils and Acrylics.
Duration 10 weeks.
Time: 7.30-9.30. Cost: €135.
Tutor: Ms. J. Murphy.

M12. Beauty Course

Including skincare and make-up tips and tricks.
Duration: 10 weeks.
Time: 7.30-9.30. Cost: €135.
Tutor: Ms. S. Flavin

THURSDAY NIGHT COURSES.

T1. Setting up a low-cost e-Commerce site.

Set up your own e-commerce site And develop it for as little as €100.
Time: 7.30 - 9.30. Cost: €135
Duration: 10 weeks.
Tutor: Mr. M. Keep.

T2. Follow-on Computers

For those with basic computer skills.
Duration: 10 weeks.
Time: 7.30 - 9.30. Cost: €135.
Tutor: Ms. A. O'Brien.

T3. Solid Works 3 Dimensional Computer generated Graphics.

Duration: 10 weeks.
Time: 7.30 - 9.30. Cost: €135.

T4. Web Page Design

Duration: 10 weeks.
Time: 7.30 -9.30.
Cost: €135.

T5. Photoshop

Learn how to digitally manipulate your photographs.
Duration: 10 weeks.
Time: 7.30 - 9.30. Cost: €135.
Mr. K. McCarthy.