

T6. Conversational Irish

Duration: 8 weeks.
Time: 7.30 - 9.00.
Cost: €80.

T8. Yoga for Beginners

Duration: 8 weeks.
Time: 7.30 - 9.00.
COST: €80.
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: 8 weeks.
Time: 7.30-9.00. **Cost: €80.**
Tutor: Ms. A. Geary.

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

Eight Saturdays: **Fortnightly**
Commencing: **Saturday Feb. 4th**
Time: **2-30 to 4-30**
Venue: **Blackwater Garden Centre.**
Tutor: Mr. Ml Mc Kenna. **Cost: €120.**

Choosing & sewing the right veg/ herbs/ plants etc. at the right time, sewing & using companion plants to minimize insect & pest problems, managing watering & ventilation in glasshouses & polytunnel. Producing young plants, flowers etc. for planting outside.

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 6th February and Thursday 9th February 2012.

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 old age pension recipients 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



Pobalscoil Na Tríonóide, Eochail, Contae Chorcaí

Contae Chorcaí

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ADULT EDUCATION PROGRAMME

Spring 2012

MONDAY & THURSDAY

NIGHT COURSES

8 WEEKS

Commencing Mon 6th Feb... 2012

OFFICE ENROLMENTS

FROM MON 23rd Jan. 2012

ENROLMENT NIGHT

TUESDAY 24th Jan.. 2012

7.30 - 8.30PM

MONDAY NIGHT COURSES.

M1. Beginners Computers

For the complete novice.

Duration: 8 weeks.

Time: 7.30-9.30. Cost: €100.

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: €100.

Duration: 8 weeks.

Tutor: Ms. C. O'Brien.

M3. Introduction to Digital Photography

Duration: 8 weeks.

Time: 7.30 - 9.30. Cost: €100.

Tutor: Mr. K. McCarthy.

M4. Life skills-Managing Stress Holistically.

Coping skills for everyday use, self development and self-realisation.

Duration: 8 weeks.

Time: 7-30 - 9-30. Cost: €100.

M5. Intermediate Wood Turning

Duration: 8 weeks.

Time: 7.30 - 9.30. Cost: €120.

Tutor: Mr. T. Froud.

M6. AEO Defibrillator Course.

Including: CPR & Choking on adults, children & infants. Use of the Defibrillator & more

Duration: 8 weeks.

Time: 7.30 - 9.00. Cost: €100.

Tutor: Mr. P. McCarthy.

M7. Salsa Dancing

Duration: 8 weeks.

Time: 7.30-8.30. Cost: €70.

Tutor: Ms. A O'Brien.

M8. Beginners Guitar

Duration: 8 weeks.

Time: 7.30-9.30. Cost: €100.

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: €100.

Tutor: Ms. M. Solomon.

M10. Conversational French

Duration: 8 weeks.

Time: 7.30-9.30. Cost: €80.

M11. Art for Relaxation

Relax and unwind while painting With oils and Acrylics.

Duration 10 weeks.

Time: 7.30-9.30. Cost: €100.

M12. Beauty Course

Including skincare and make-up Tips and tricks.

Duration: 8 weeks.

Time: 7.30-9.30. Cost: €100.

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: €100.

Duration: 8 weeks.

Tutor: Mr. M. Keep.

T2. Follow-on Computers

For those with basic computer skills.

Duration: 8 weeks.

Time: 7.30 - 9.30. Cost: €100.

Tutor: Ms. A. O'Brien.

T3. Solid Works 3 Dimensional Computer generated Graphics.

Duration: 8 weeks.

Time: 7.30 - 9.30. Cost: €100.

T4. Web Page Design

Duration 8 weeks.

Time: 7.30 - 9.30.

Cost: €100.

T5. Cooking

Breakfast, Lunch & Dinner. Eight easy meals in eight weeks.

Time: 7.30-9.30. Cost €100.

Tutor: Ms. M. Solomon.