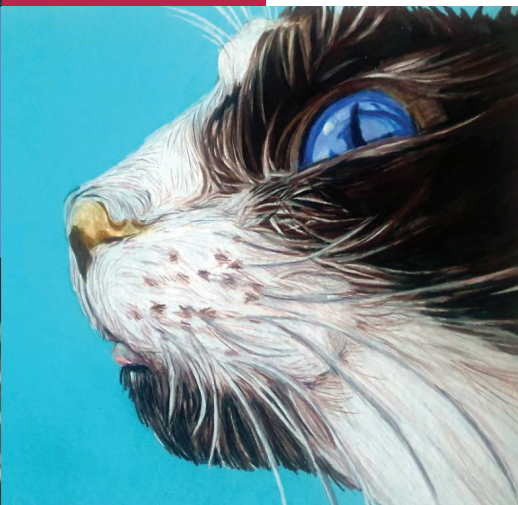
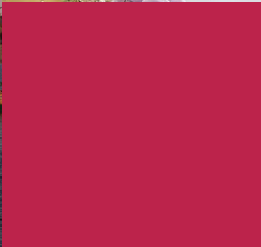


ADULT EDUCATION EVENING COURSES

MALAHIDE COMMUNITY SCHOOL

ADULT EDUCATION PROGRAMME **AUTUMN 2024**



SERVING THE COMMUNITY FOR OVER 47 YEARS

COURSE COMMENCEMENT DATES & INFORMATION

Courses start week commencing Monday 16th September 2024 and they will run for 10 consecutive weeks unless otherwise specified.

TO ENROL

Visit www.malahidecsadulted.ie or Tel: (01) 8460949.

All students must enrol online via Easy Payments Plus prior to attending their first class.

HEALTH & SAFETY

For full details on our Adult Education health & safety policies and guidelines please visit www.malahidecsadulted.ie

FREE COPY

AUTUMN 2024 SCHEDULE OF COURSES / CLASSES

Please see www.malahidecsadulted.ie
for full course details and to enrol

ACCREDITED COURSES

Care of the Older Person QQI Level 5	Thursday	P.4
Special Needs Assisting QQI Level 5	Thursday	P.4
Lámh - Module 1 (Certified)	Tuesday	P.4
Diploma in Event Management	Thursday	P.5
Public Relations & Content Creation (Certificate)	Monday	P.4
CPR/Defibrillation and First Aid (Certificate)	Tuesday	P.5
HACCP: Food Safety Level 2 Training (Certificate of Attendance)	Monday	P.5

PERSONAL INTEREST, HOBBY, EXERCISE & SKILLS CLASSES

MONDAY NIGHT COURSES

Adult Choral Course (Modern)	P. 20
Acrylic Nails Course	P. 9
Air Dry Clay 3D Art	P. 9
Basketball Coaching	P. 13
Bounce Back After Cancer	P. 17
Book Club	P. 7
Bread Making.....	P. 12
Creative Writing	P. 7
Cyber Security for Home Users	P. 15
Cycling - 100k in a Day Cycling Program.....	P. 13
Drama, Music & Dance	P. 20
Embroidery.- Embroidering Art Nouveau	P. 10
Empowering Abilities - Overcoming Your Obstacles.....	P. 22
ESOL - Beginners (English For Speakers of Other Languages)	P. 16
Film & Literature Appreciation	P. 6
Fitness For Men Over 60	P. 14
French Conversation for Improvers	P. 15
Golf Beginner School	P. 14
Indian Head Massage - Introduction.....	P. 18
Indian Head Massage - Intermediate/Advanced	P. 18
Irish Genealogy	P. 22
Know Your Rights	P. 17
Mindfulness Introduction	P. 19
Music Theory / Sight Reading for Beginners	P. 21
Nail Styling.with BIAB - Introductory course.....	P. 9
Pen & Ink Beginners.....	P. 7
Programme - Eat & Live for Peak Performance	P. 19
Radio Broadcasting - Podcasting - Voice overs.....	P. 17
Sculpture - Make Mould Cast - A Beginners Introduction	P. 8
Sewing - Machine Sewing for Beginners	P. 12
Tap Dance Beginners / General	P. 14
Tin Whistle for Beginners	P. 21
Yoga Beginners	P. 19
Ukulele Beginners	P. 21
Ukulele Improvers	P. 21
Ukulele Upper Improvers	P. 21
Woodwork.....	P. 10

TUESDAY NIGHT COURSES

Art	P. 6
Astronomy.....	P. 8

Ballroom Dancing Intermediate & Advanced.....	P. 14
Bridge Absolute Beginner.....	P. 21
Cake Decorating.....	P. 12
Chess for Novices Wishing to Improve.....	P. 22
Comhaltas Traditional Irish Music.....	P. 20
CPR/Defibrillation and First Aid (Certificate).....	P. 5
Creating Poetry.....	P. 7
DSLR Camera.....	P. 6
Exploring Personal Growth.....	P. 17
Flower Arranging- Beginners.....	P. 10
Furniture Restoration & Upholstery.....	P. 10
Gardening for Beginners.....	P. 6
Hillwalking Skills for Beginners.....	P. 5
Interior Design for Beginners.....	P. 22
Italian Complete Beginner.....	P. 15
Italian Beginner Continuation.....	P. 16
Italian Improvers / Intermediate.....	P. 16
Jewellery Making.....	P. 11
Keyboard Piano for Beginners.....	P. 20
Keyboard Piano Improvers.....	P. 20
Knitting for Beginners.....	P. 11
Knitting & Crochet Circle Group.....	P. 11
Pilates	P. 18
Pilates For Men.....	P. 18
Practical Legal Information for Everyday Life.....	P. 17
Spanish Complete Beginner.....	P. 16
Spanish Beginner-Continuation	P. 16
Spanish Improvers / Intermediate.....	P. 16
UV Resin Art.....	P. 7
Zumba.....	P. 14

WEDNESDAY NIGHT COURSES

Ballroom Dancing - Beginner & Improver classes.....	P. 13
Drama, Music & Dance	P. 20
Guitar for Beginners.....	P. 20
Guitar - Improver.....	P. 20

THURSDAY NIGHT COURSES

Acrylic Pouring Art.....	P. 6
Adult Choral Course (Traditional).....	P. 20
Art	P. 6
Bridge for Improvers.....	P. 22
Cookery for Men.....	P. 13
Computers Intermediate.....	P. 15
Craft Circle Courses.....	P. 9
Crochet Beginners.....	P. 10
Flower Arranging - Intermediate / Advanced.....	P. 10
Food Facts: Nutrition for Everyday Living.....	P. 13
Golf Beginner School.....	P. 14
Harmony through Ayurveda: Lifestyle & Nutrition.....	P. 18
Irish Conversation- Revisiting Irish.....	P. 15
Knitting - Intermediate class.....	P. 11
Macrame for Beginners.....	P. 11
Metalwork & Metalcraft for Beginners.....	P. 12
Makeup Artistry.....	P. 8
Retirement - Your Retirement Starts Here.....	P. 22
Sewing - Machine Sewing Intermediate	P. 12
Sketching (Colour Pencil) for Beginners.....	P. 8
Yoga Courses.....	P. 19

ACCREDITED COURSES

CARE OF THE OLDER PERSON QQI LEVEL 5 [CODE 5N2706]



CODE: TH26 | **8 WEEKS** | **THURSDAY 7.00-9.30PM** | **FEE: €285 (PAYMENT PLAN 3 X €95)** | **START: 19/09/24**

Level 5 Component Code 5N2706 - Certified by QQI. This module is designed to equip the learner with the skills, knowledge and competence to meet the full and holistic needs of older people in a variety of care contexts and to develop an awareness of the increasing needs of older people in the community today. Learners will understand the concept of the aging process, be able to meet the full range of needs of older people in a variety of care settings and enhance the quality of life of the older person. This is a component of "Healthcare Support" 5M4339. See www.malahidecsadulthood.ie for full details & to enrol. **Tutor:** Donna Pérez Cox. **Format:** In class with tutor.

SPECIAL NEEDS ASSISTING QQI LEVEL 5 [CODE 5N1786]

CODE: TH22 | **12 WEEKS** | **THURSDAY 6.30 - 9.30PM** | **FEE: €285 (PAYMENT PLAN 3 X €95)** | **START: 19/09/24**

Level 5 Component Code 5N1786 - Certified by QQI. This course is for those who wish to pursue a career in working with children with special needs as an assistant within an educational setting. For details of entry requirements and work experience (30 Hours). See www.malahidecsadulthood.ie for full details & to enrol. **Tutor:** Noreen Moore. **Format:** In class with tutor.

LÁMH MODULE 1 (CERTIFIED)

6 HOUR COURSE | **TUESDAY X 2 NIGHTS (3 HOURS EACH NIGHT)** | **6.30-9.30PM**
| **FEE: €110. THERE IS TWO COURSE DATE OPTIONS TO CHOOSE FROM**

COURSE 1 CODE T26A : TUESDAY 15TH OCTOBER & 22ND OCTOBER OR

COURSE 2 CODE T26B : TUESDAY 26TH NOVEMBER & 3RD OF DECEMBER

What is Lámh? Lámh is a manual sign language system designed for children and adults with intellectual disabilities and communication needs in Ireland. This course is for staff working with children and adults, with special needs, Teachers, SNAs, Social Care Workers, parents, family members PAs and Preschool & AIMS staff, Volunteers and others, who work in preschools, mainstream and special schools, adult support services and other settings. Participants must attend the two sessions, which comprises the full certified Lámh Module 1 Course. The course materials include LÁMH Module 1 books, LÁMH Certificate and the LÁMH. Signs-online digital resource. See www.malahidecsadulthood.ie for full details. Max of 12 students per course. Heart Foundation and PHECC.

Tutor: Margaret Farrell (Lámh Tutor and Speech and Language Therapist) CORU. www.lamh.org **Format:** In class with tutor.

PUBLIC RELATIONS & CONTENT CREATION (CERTIFICATE)

CODE: M7 | **10 WEEKS** | **MON 7.30-9.30PM** | **FEE: €220 (PAYMENT PLAN OPTION AVAILABLE (2 X €110))** | **START DATE: 16/09/24**

This course will cover the areas of Public Relations, Writing Press Releases, Sponsorship, Organising Functions, Storytelling Photography, Creating Digital Newsletters, Content Creation and Crisis PR. This course is ideal for anyone with an interest in understanding how (good & bad) PR dominates media coverage around the world, for those who work with voluntary organisations and want to create content and attract publicity and for those who want to enhance their CVs by adding a skill which is highly valued in the current business environment. Course includes project based assessment.

For full details see www.malahidecsadulthood.ie (Max 12 students)

Tutor: From the Irish Academy of Public Relations. **Format:** In class with tutor

DIPLOMA IN EVENT MANAGEMENT

CODE: TH8 | 12 WEEKS | THURSDAY 7.30-9.30PM | FEE: €220 (PAYMENT PLAN OPTION 2 PAYMENTS OF €110 AVAILABLE) | START: 19/09/24

Event Management is a dynamic, exciting and varied career with lots of exciting job opportunities. On graduation you will join the international alumni of the Irish Academy of Public Relations. They have graduates in 50 countries around the world ensuring you are instantly networked. Examination is by project and a course book is included with the fee.

For full details see www.malahidecsadulted.ie (Max 12 students)

Format: In class with tutor (Payment Plan 3 x €95)

CPR/ DEFIBRILLATION & EMERGENCY FIRST AID (CERTIFICATE)

3 HOUR COURSE IN TOTAL | TUESDAY 6.30 - 9.30PM | FEE €50 WITH CERTIFICATION. OPTIONAL ADDITIONAL OF €25 FOR 2 YEAR CPR CARD PAYABLE TO TUTOR ON THE NIGHT FOR CANDIDATES WHO WISH TO CHOOSE THIS OPTION.

3 COURSE DATES TO CHOOSE FROM:

COURSE 1: CODE T10A -TUESDAY 1ST OCTOBER OR

COURSE 2: CODE T10B -TUESDAY 5TH NOVEMBER OR

COURSE 3: CODE T10C -TUESDAY 3RD DECEMBER

Learn how to perform cardio-pulmonary resuscitation - the safe use of an Automated External Defibrillator (AED) - how to recognise and treat choking - how to recognise and treat heart attack - recognition and treatment of a stroke - how to place a person in the recovery position. Successful completion of this course leads to joint certification by the Irish Heart Foundation and American Heart Association. See www.malahidecsadulted.ie for details.

Tutor: Ray Stears who is a certified first aid instructor, recognised by The Irish Heart Foundation and PHECC. **Format:** In class with tutor.

HACCP: FOOD SAFETY LEVEL 2 TRAINING (CERTIFICATE OF ATTENDANCE)

CODE: M40 | 10 WEEKS | MON 7.30-9.30PM | FEE: €110 | START: 16/09/24

Food Safety Training is a legal requirement for anyone working in a food business (eg restaurant, café, food stall, coffee truck, hotel, garage hot counter, manufacturing company); the level of training is inline with the work activity. The responsibility for the supervision and food safety training of staff lies with the business owner. This course is based on the Food Safety Authority of Ireland (FSAI) requirement for HACCP Food Safety Level 2 training.

For full details see www.malahidecsadulted.ie (Max 12 students)

Tutor: Patricia Mc Govern, MSc Environmental Health Association of Ireland Registered Trainer (Level 2). **Format:** In class with tutor.

PERSONAL INTEREST, HOBBY, EXERCISE & SKILLS COURSES

ANIMALS - GARDENING - NATURE

HILLWALKING SKILLS FOR BEGINNERS

CODE T17 | 10 WEEKS | TUESDAY 7.30-9.30PM | FEE: €110 | STARTS 17/09/24

Introduction to Hill Walking. The aim of this practical course is to prepare people to undertake this healthy and interesting pursuit of Hill Walking in a safe manner. Course content includes Map Reading, Compass Reading, Time and Pacing, Equipment needed to safely hill walk, Food and drinks required, Introduction on Rescue Emergencies Care (REC) first aid, Phone Apps use for hikes, Weather check, Creating a Route Card for walks, Students will get a chance to put these skills to use during evening walks with tutor. See www.malahidecsadulted.ie

Tutor: Ed O'Donnell. **Format:** In class with tutor & two 4 / 5 hours walks.

GARDENING FOR BEGINNERS

CODE T16 | 10 WEEKS | TUESDAY 7.30–9.30PM | FEE: €110 | STARTS 17/09/24

This course is intended for beginners and gardeners who have some experience in the garden and want to expand their knowledge. The objectives of this course is to introduce participants to the world of gardening and learn how to complete tasks which are the foundation for successful gardening. The classes will be mostly classroom based material with some practical elements involved, such as demonstrations of pruning and potting etc. By the end of the course, participants will have a strong understanding of all things green!

See www.malahidecsadulted.ie for more details.

Tutor: Yasmin Bonner. **Format:** In class with tutor (Max 12 students)

ARTS - PHOTOGRAPHY

ACRYLIC POURING ART

CODE TH1 | 10 WEEKS | THURSDAY 7.30–9.30PM | FEE: €210 (THIS INCLUDES ALL MATERIALS FOR THE COURSE) | STARTS 19/09/24

This course covers the techniques of Acrylic Pouring, Color Theory and Mixing, Preparation and small canvas art work, flip cup technique & Dirty Pour Travel Cup, Swipe technique, Dutch Pour (Blow/Hair Dryer), Bloom technique and more. The course fee of €210 includes tuition and all materials (Canvas x 6, Panels x5, Paint set of 6 colours, Silicone Oil, Floretrol, Chain, Cup x 5 & Containers x 4). See www.malahidecsadulted.ie for full details and images of finished pieces.

Tutor: Karolina Di Duca. **Format:** In class with tutor (Max 10 students).

ART

CODE T2 | 10 WEEKS | TUESDAY 7.30–9.30PM | FEE: €110 | STARTS 17/09/24 OR CODE TH2 | 10 WEEKS | THURSDAY 7.30–9.30PM | FEE: €110 | STARTS 19/09/24

We are offering 2 Art courses this term. Classes are suitable for beginners / improvers and also affords the opportunity to those who are more advanced to further develop their skills. See www.malahidecsadulted.ie for details.

Tutor: John O' Flynn. **Format:** In class with tutor (Max of 12 students)

FILM & LITERATURE APPRECIATION

CODE M15 | 10 WEEKS | MON 7.30–9.30PM | FEE: €110 | STARTS 16/09/24

This class will appeal to anyone who appreciates both movies and novels. It involves taking a different movie/novel tie in each week and discussing the aspects that have made both the both and its movie adaptation into classics. These can range from the classic era of Hollywood e.g. 1930s-50s, the 'New Wave' of the 1960s and 1970s and books/movies from more recent decades. The course is not academic ie. It is not heavy with literary or film theory although the 'film' side of the course does look at aspects of cinematography as a means of telling an onscreen story. See www.malahidecsadulted.ie for details.

Tutor: Tom Farrell. **Format:** In class with tutor (Max 12 students)

DSLR CAMERA

CODE T12 | 10 WEEKS | TUES 7.30–9.30PM | FEE: €110 | STARTS 17/09/24

Whether you are a beginner or improver, 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 photographs. Note: Please bring along your own camera. See www.malahidecsadulted.ie for full course details.

Tutor: John White. **Format:** In class for 8 weeks & 2 weeks off site using your camera with tutor (Max 12 students)

CREATING POETRY

CODE T11 | 10 WEEKS | TUES 7.30–9.30PM | FEE: €110 | STARTS 17/09/24

Over this ten-week course you will explore the world of poetry both reading poems from published poets and also creating your own poetry. In class we will look at the poetry of published poets and through that find inspiration for our own writing. We will look at some technical aspects of poetry such as metaphors, similes, alliteration, line breaks, and imagery to improve our own writing. During class we will experiment with different styles of poetry such as Haiku, prose poetry, ekphrastic poetry (engaging with a work of art), acrostic poetry (hidden messages) and free verse. You will also be encouraged to share your work with your fellow poets in class in our 'Poet's Corner' and explore avenues to getting your poems published. This course is also about having fun with language and finding your own voice. So, bring your paper and pens or laptop and start creating your own poetry. See www.malahidecsadulted.ie for details.

Tutor: Angela Kirwan. **Format:** In class with tutor (Max 12 students)

CREATIVE WRITING

CODE M8 | 10 WEEKS | MON 7.30–9.30PM | FEE: €110 | STARTS 16/09/24

It's often hard to begin writing, even if you really want to and it's also hard to keep going, even if you really want to! This course offers you strategies to get started & to keep going. You will be encouraged to delve into memories, experience, imagination as your material & to try out stories, memoir, short drama, poems etc. There will be a focus on finding a voice, creating setting, character, dialogue, & action. Expect lively discussion too! See www.malahidecsadulted.ie for details.

Tutor: Ross Campbell. **Format:** In class with tutor (Max 12 students)

BOOK CLUB [FREE TO JOIN]

CODE M4 | 10 WEEKS | MONDAY 7.30–9.30PM | FEE: FREE | START 16/09/24

This is a book club for everyone who wants to expand and explore the world of good books. We offer an informal and friendly environment with great discussions on books from all genres. **Contact** Declan on 01 8460949 to enrol.

Format: In class in Malahide Community School.

PEN & INK FOR BEGINNERS

CODE M30 | 6 WEEKS | MONDAY 7.00–9.00PM | FEE: €120 (INCLUDES COSTS OF MATERIALS FOR COURSE) | STARTS 16/09/24

A comprehensive skill of drawing specially designed for beginners to learn and experience the basics of pen and ink. The aim of the course is to learn and develop your drawing rhythm using basic pen and ink tools and techniques. Course content includes: History & introduction to the technique - Developing textures - Learning gradation and application techniques - Pen and Ink projects Learners will be able to - control the line and pressure - develop drawing in their own style and technique - learn and implement the visual balance in their drawing. See www.malahidecsadulted.ie for details.

Tutor: Kriti Khatri. **Format:** In class with tutor (Max 10 students)

UV RESIN ART

CODE T34 | 10 WEEKS | TUESDAY 7.30–9.30PM | FEE: €210 (INCLUDES COSTS OF MATERIALS FOR COURSE) | STARTS 17/09/24

This course covers UV Resin Jewelry Making, Miniature Art & Sculptures, Polymer Clay, Coasters and Functional Art, Creating 3D Effects, Incorporating Inks, Paints & Collage and more. The course fee of €210 includes tuition and all materials including Resin x 2, Tools set, Moulds set, Jewellery set, UV lamp, Gold foil, Decorations set). See www.malahidecsadulted.ie for full course details and images of finished pieces.

Tutor: Karolina Di Duca. **Format:** In class with tutor (Max 10 students)

SCULPTURE- MAKE MOULD CAST (BEGINNER INTRODUCTION)

CODE M32 | 10 WEEKS | MONDAY 7.30–9.30PM | FEE: €140 (INCLUDES COSTS OF MATERIALS FOR COURSE) | STARTS 16/09/24

A beginners step by step introduction to the art of sculpture and mould making. Dive into the captivating world of sculpture as you are guided through each step of the process. From shaping clay into forms inspired by the wonders of the natural world, to learning the art of pouring plaster to create moulds. This course is designed for beginners who would like to develop an interest in three-dimensional expression. See www.malahidecsadulthood.ie for details.

Tutor: Sharon Belton. **Format:** In class with tutor (Max 10 students)

SKETCHING COLOUR PENCIL - BEGINNERS

CODE TH21 | 10 WEEKS | THURS 7.30–9.30PM | FEE: €110 | STARTS 19/09/24

This class is aimed at beginners in pencil sketching with the objective of getting to know the basics of realism in drawing. We will start off with in-class sketching of subjects e.g. flowers, fruit, miscellaneous items using pencils/inks. There will also be classes on figure sketching and portraiture. Students will learn about composition, perspective, light and shading. The tutor will provide notes that expand upon the ideas and themes touched upon in the class. These will allow students to work on art projects of their own outside of the course. See www.malahidecsadulthood.ie for details.

Tutor: Tom Farrell. **Format:** In class with tutor (Max 12 students)

ASTRONOMY

ASTRONOMY

CODE T3 | 10 WEEKS | TUES 7.30–9.30PM | FEE: €110 | STARTS 17/09/24

This course is intended for beginners! No prior knowledge is required. Perhaps you've often looked up at the night sky and wondered "what's really up there?" If so, this may be just the course for you! Topics Covered: • A close look at the planets and moons of our Solar System • Studying the Sun, our nearest star • Galaxies, taking a closer look at our own Milky Way Galaxy • The life and death of stars • The expanding universe • A brief history of astronomy • A primer on binoculars and telescopes • An introduction to the constellations of the autumn night sky, with some practical sessions out under the stars • An introduction to some deep sky objects • "This Week In Space": Keeping up to date on what's of interest in space and space exploration right now.

See www.malahidecsadulthood.ie for details and to enrol.

Tutor: Michael McCreary. **Course Format:** In class with tutor (Max 12 students).

BEAUTY - FASHION

MAKE UP ARTISTRY

5 WEEKS | THURS 7.30–9.30PM | FEE: €55 | TWO COURSES TO CHOOSE FROM

COURSE 1 CODE TH18A STARTS 19/09/24 OR

COURSE 2 CODE TH18B STARTS 24/10/24

Would you like to apply your own makeup professionally? This class will include tips and tricks within the fashion industry from a professional makeup artist using a range of different products and brands. This class will show you how to prep the skin, apply a flawless base with different eyeshadow techniques, applying false eyelashes, trending brows, perfect lip shape and highlighting and contouring cheekbones. Please note you will be required to bring your own skincare, makeup, brushes and mirror. See www.malahidecsadulthood.ie for details.

Tutor: Danielle Neacsu. **Format:** In class with tutor (Max 10 students)

ACRYLIC NAILS

CODE M1 | 5 WEEKS | MONDAY 7.00–9.30PM | FEE: €180 | START 16/09/24

This nail course is ideal for anyone who wishes to become familiar or develop existing knowledge on acrylic nail enhancements. **Please Note:** This course does not qualify you as a Nail Technician. However our tutor Joanne provides separate Nail Technician training courses. **Note:** Course fee includes **Acrylic Nail Kit to the value of €115** and full details on kit and course content can be found at www.malahidecsadulthood.ie During the course, students will be able to purchase other tools or products, if necessary, at a discounted rate. **Tutor:** Joanna Figasinska. **Format:** In class with tutor (Max 12 students)

NAIL STYLING WITH BIAB - INTRODUCTORY COURSE

CODE M29 | 4 WEEKS | MONDAY 7.00–9.30PM | FEE: €150 | START 04/11/24

This course is a powerful foundation for the growth and development of a beginner nail technician. Even if you want to learn BIAB nail application for yourself and not to use the skills professionally, you will find the course interesting and practical. **Please Note:** This course does not qualify you as a Nail Technician. However our tutor Joanne provides separate Nail Technician training courses. **Note:** Course fee includes **Gel Nail Kit to the value of €100** and full details on kit and course content can be found at www.malahidecsadulthood.ie During the course, students will be able to purchase other tools or products, if necessary, at a discounted rate. **Tutor:** Joanna Figasinska. **Format:** In class with tutor (Max 12 students)

CRAFTS - FABRICS

AIR DRY CLAY 3D ART

CODE M3 | 10 WEEKS | MONDAY 7.30–9.30PM | FEE: €170 | START 16/09/24

Learn how to create beautiful DIY Air dry clay 3D Art. Fee includes the price of all the materials needed to complete the project for each participant. This includes: Air Clay (white, terracotta), set of sculpting tools, modeling wire, aluminum foil, acrylic board and canvas panels. For full details please see www.malahidecsadulthood.ie **Tutor:** Karolina Di Duca. **Format:** In class with tutor (Max 10 students)

CRAFT CIRCLE - COURSE 1

CODE: TH26 | 4 WEEKS | THURSDAY 7.30–9.30PM | FEE: €80 (INCLUDES ALL COURSE MATERIALS) | START 19/09/24

Have you wanted to try a new craft but don't quite know which one to choose? Then this 4 week craft circle course is for you! This course is intended to give the student a brief introduction to four crafts as follows - **Diamond Art Sun Catchers, Embroidery, Mosaic Coasters & Scratch Art.**

See www.malahidecsadulthood.ie for details / images and how to enrol.

Tutor: Amy Fortune Lynch. **Format:** In class with tutor (Max 10 students)

CRAFT CIRCLE - COURSE 2

CODE: TH27 | 4 WEEKS | THURSDAY 7.30–9.30PM | FEE: €80 (INCLUDES ALL COURSE MATERIALS) | START 07/11/24

Have you wanted to try a new craft but don't quite know which one to choose? Then this 4 week craft circle course is for you! This course is intended to give the student a brief introduction to four crafts as follows - **Cross Stitch, String Art, Mini Building Blocks & Diamond Art Fridge Magnet**

See www.malahidecsadulthood.ie for details / images and how to enrol.

Tutor: Amy Fortune Lynch. **Format:** In class with tutor (Max 10 students)

CROCHET - BEGINNERS

CODE: TH6 | 10 WEEKS | THURSDAY 7.30–9.30PM | FEE: €125 (INCLUDES ALL COURSE MATERIALS) | START 19/09/24

Crochet is a fun and versatile fibre art that can be used to create a huge number of items including garments, toys and blankets. The possibilities are endless. In this beginners course you will obtain a strong foundation in all aspects of crochet to give you a confident start to your crochet journey. You will be able to tackle any beginner crochet pattern and even many intermediate ones.

See www.malahidecsadulthood.ie for full course details.

Tutor: Mary Quigley. **Format:** In class with tutor (Max 12 students).

EMBROIDERY - ART NOUVEAU EMBROIDERY

CODE M12 | 10 WEEKS | MON 7.30–9.30PM | FEE: €110 | START 16/09/24

This course is available for experienced students and those who completed the “Fundamentals of Embroidery” course in the last semester.

See www.malahidecsadulthood.ie for full details.

Tutor: Uisce Jakubczyk. **Format:** In class with tutor (Max 12 students)

FLOWER ARRANGING - BEGINNERS

CODE T14 | 8 WEEKS | TUESDAY 7.00–9.30PM | FEE: €110 (WHICH INCLUDES MATERIALS FOR THE 1ST CLASS ONLY - TUTOR PROVIDES LIST EACH WEEK OF WHAT STUDENTS HAVE TO BUY FOR NEXT CLASS) | START 17/09/24

Floral art is a fun, relaxing, creative class. This course is suitable for beginners / intermediate and will cover traditional and contemporary designs - How to prepare your plant material for your flower arrangements - Names of everyday flowers, plants and shrubs that will be used in your arrangements - The Principles and Elements of flower arranging. See www.malahidecsadulthood.ie for full details.

Tutor: Julie Tracey. **Format:** In class with tutor (Max 12 students)

FLOWER ARRANGING - INTERMEDIATE/ADVANCED

CODE TH9 | 8 WEEKS | THURSDAY 7.00–9.30PM | FEE: €110 (WHICH INCLUDES MATERIALS FOR THE 1ST CLASS ONLY - TUTOR PROVIDES LIST EACH WEEK OF WHAT STUDENTS HAVE TO BUY FOR NEXT CLASS) | START 19/09/24

This course will cover flower arranging without ‘oasis’, techniques and structures for contemporary designs, more in depth detail on the elements of flower arranging and manipulation of plant material. **Please note** you must have completed the beginner course first before signing up for this course. See www.malahidecsadulthood.ie for full details.

Tutor: Julie Tracey. **Format:** In class with tutor (Max 12 students)

FURNITURE RESTORATION AND UPHOLSTERY

CODE T15 | 10 WEEKS | TUES 7.30–9.30PM | FEE: €120 | STARTS 17/09/24

This 10 week course offers you a hands-on opportunity to Restore, Reupholster, renew, re-design, repurpose any piece of your own furniture, antique or modern.

Please Note you'll have to bring your own project to class and home each night) See www.malahidecsadulthood.ie for full details and to enrol.

Tutor: Brian Darcy. **Format:** In class with tutor (Max 13 students)

WOODWORK - MARQUETRY COURSE

CODE M38 | 8 WEEKS | MON 7.00–9.30PM | FEE: €190 | STARTS 16/09/24

Unlock the artistry of woodworking in this 8-week night course on the topic of Marquetry. Marquetry, the ancient technique of creating intricate designs and patterns by skillfully assembling veneer pieces, takes centre stage in this hands-on adult education course. Throughout the program, students will delve into the tools, and techniques of marquetry while honing their skills through practical projects. See www.malahidecsadulthood.ie for more details and to enrol.

Tutor: Jordan Harrison. **Format:** In class with tutor (Max 14 students)

JEWELLERY MAKING - INTRODUCTION

CODE T21 | 8 WEEKS | TUESDAY 7.00–9.30PM | FEE: €150 | START 17/09/24

This 8 week course is a practical introduction to jewellery making and design. You will learn traditional hand skills, how to pierce (saw), texture, drill, file, hammer and solder metal sheet and wire. The course will be project based and is suitable for beginners to more advanced students. We will design and make pendants, earrings and rings. Tools, base metal, copper, brass will be provided and silver for projects can be purchased from tutor.

See www.malahidecsadulsted.ie for more details.

Tutor: Sara Hunter. **Format:** In class with tutor (Max 10 students)

KNITTING - BEGINNERS

CODE T25 | 10 WEEKS | TUESDAY 7.00 – 9.00PM | FEE: €135 (INCLUDES COSTS OF MATERIALS & NEEDLES TO GET STARTED) | START 17/09/24

Have you always wanted to learn how to knit? Or maybe you used to knit, but it's been a while since you last picked up your needles? If so, this is the course for you as it will cover what you need to know to get started and will also cater for those who have not taken up the needles in recent times.

See www.malahidecsadulsted.ie for more details and to enrol.

Tutor: Helen Crawford. **Format:** In class with tutor (Max 10 students)

KNITTING - INTERMEDIATE LEVEL

CODE TH15 | 10 WEEKS | THURS 7.00–9.00PM | FEE: €130 | START 19/09/24
COURSE FEE INCLUDES YARN FOR THE FIRST PROJECT. PLEASE NOTE: COURSE FEE DOES NOT INCLUDE KNITTING NEEDLES OR MATERIALS FOR THE FINAL PROJECT, WHICH SHOULD BE PURCHASED SEPARATELY BY STUDENTS.

Do you already know the basics of knitting, but you're not quite sure what to do next? If so, our intermediate knitting course is for you! This term, we'll be taking a look at lace knitting - the fine art of creating delicate, light-as-air knitted fabrics with stunning openwork designs. During this 10-week course, we'll begin by learning how to create the deliberate holes which are the building block of lace knitting patterns, and we'll practice this technique in our first project, a simple lace cowl. After that, we'll make a start on the main project of the course, and students will have the option of making either a larger lace shawl or, for the more ambitious, a lace jumper. Please see www.malahidecsadulsted.ie for full details.

Tutor: Helen Crawford. **Format:** In class with tutor (Max 12 students)

KNITTING & CROCHET CIRCLE GROUP (FREE TO JOIN)

CODE: T24 | 10 WEEKS | TUES 7.30-9.30PM | FEE: FREE | START 17/09/24

Join our weekly Knitting and Crochet group held every Tuesday in Malahide Community School where you can meet, chat, swap patterns and knit/crochet together. For more information and to enrol please **phone 01 8460949**.

MACRAME FOR BEGINNERS

CODE TH17 | 6 WEEKS | THURSDAY 7.00–9.00PM | FEE: €110 (INCLUDES COSTS OF MATERIALS FOR COURSE) | START 19/09/24

Macrame is a crafting technique that uses knots to create a textile design. The beauty of this technique is that it's solely done by hand, not with any tool or machine. The macrame patterns can be very dense or loose, both creating a challenge for anyone including the beginners. It's a great way to relax and enhance your brain productivity to create something stylish, luxurious and timeless. Please see www.malahidecsadulsted.ie for full details and to enrol.

Tutor: Kriti Khatri. **Format:** In class with tutor (Max 10 students)

METALWORK & METALCRAFT FOR BEGINNERS

CODE TH19 | 8 WEEKS | THURSDAY 7.00–9.30PM | FEE: €150 (INCLUDES COSTS OF MATERIALS FOR COURSE) | START 19/09/24

Welcome to Metalwork and Metalcraft for beginners. In this 10 week course, you will be led through the design, manufacture and decorative finishing stages of a metal artefact. Using a combination of materials ranging from aluminium, copper, steel and plastics, you will follow working drawings to create the final artefact. The course will teach you the basics of metalworking, the correct and safe way to use the bench tools and processes for each task.

See www.malahidecsadulted.ie for full details and to enrol

Tutor: Bart Nannery. **Format:** In class with tutor (Max 10 students)

SEWING: MACHINE SEWING FOR BEGINNERS

CODE M24 | 10 WEEKS | MON 7.00–9.00PM | FEE: €110 | START 16/09/24

In this day and age of recycling and repurposing, dust off that sewing machine and come and learn the basics. Learn how to use your machine, do hems, fix seams and do the sewing basics that will benefit you and your family. **Note:** price of course includes fabric for learning skills and smaller items at the start of the course. Students will have to purchase fabric for larger individual items you choose to make during the course. Tutor will advise on the fabric needed and where to purchase it. **Note:** If you have your own machine please bring it along, if not a shared machine will be provided.

See www.malahidecsadulted.ie for full details and to enrol

Tutor: Timea Nicholson. **Format:** In class with tutor (Max 10 students)

SEWING: MACHINE SEWING INTERMEDIATE LEVEL

CODE:TH16 | 10 WEEKS | THURS 7.00–9.00PM | FEE: €110 | START 19/09/24

Continue with your journey of learning how to get the best from your sewing machine, make satisfying items with your personal touch and piece together simple clothing items. Students must have basic skills in the following to register for this level: Threading and using their machine, Sewing a seam, Sewing a straight line & Unpickin. You can choose your project to work on.

Note: You are required to bring your own fabric and sewing machine to class.

See www.malahidecsadulted.ie for course details, what to bring & how to enrol.

Tutor: Robyn Johnstone. **Format:** In class with tutor (Max 10 students)

COOKING - FOOD

BREAD MAKING

CODE M6 | 8 WEEKS | MONDAY 7.00–9.30PM | FEE: €140 | START 16/09/24

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. (Fee includes all ingredients) See [website www.malahidecsadulted.ie](http://www.malahidecsadulted.ie) for full details.

Tutor: Jenny Murray. **Format:** In class with tutor (Max 10 students)

CAKE DECORATING

CODE T7 | 10 WEEKS | TUESDAY 7.30–9.30PM | FEE: €140 + PLUS OPTIONAL CAKE DECORATING KIT FOR €40 OR YOU SUPPLY YOUR OWN KIT. | START 17/09/24

Discover your creative cake skills and join our tutor Barbara Riggi the owner of Barbara Riggi Cakes at www.barbarariggicakes.com a boutique cake-design home studio. You'll learn everything you need to know to create your first edible masterpiece that will surprise your family & friends at your next celebration! See www.malahidecsadulted.ie for details and to enrol.

Tutor: Barbara Riggi. **Format:** In class with tutor. (Max of 10 students)

COOKERY FOR MEN

CODE TH5 | 7 WEEKS | THURSDAY 7.00–9.30PM | FEE: €145 (FEE INCLUDES ALL INGREDIENTS FOR COURSE) | START 19/09/24

This course will provide you with practical advice enabling you to learn a range of basic cooking skills, allowing you to produce tasty and healthy dishes from scratch. You will develop confidence through hands on guidance and demonstration. By the end you will be well capable of cooking delicious meals, surprising yourself with the ability to impress family and friends with your cuisine. Work as an individual or team up with someone, what works best for you?

See www.malahidecsadulted.ie for details and to enrol.

Tutor: Roland Lambe. **Format:** In class with tutor (Max 10 students)

FOOD FACTS: NUTRITION FOR EVERYDAY LIVING

CODE TH28 | 8 WEEKS | THURS 7.30–9.30PM | FEE: €100 | START 19/09/24

This is a fun and engaging evidence-based course where you will learn about everyday Nutrition and how to build into your meals. This course is for anyone who enjoys food, is interested in nutrition and confused by conflicting nutritional advice out there. See website www.malahidecsadulted.ie for full details and how to enrol.

Tutor: Trish Mc Govern, MSc in Human Nutrition.

Format: In class with tutor (Max 12 students)

DANCE - SPORT - FITNESS

ADULT BASKETBALL COACHING CLASSES

See www.malahidecsadulted.ie for full details of class times and start dates.

Tutor: Fiona Daly. **Format:** In Malahide Community School.

BALLROOM DANCING BEGINNERS & IMPROVERS (COUPLES ONLY)

10 WEEKS | WED | FEE: €85 PER PERSON (COUPLES ONLY) | START: 18/09/24

BEGINNER & IMPROVER CLASS CODE W2: 7.30 - 8.30PM

BEGINNER CLASS CODE W1: 8.30 - 9.30PM

You can choose from 2 beginner courses. Have you ever wished you could get up and dance a Waltz, Quick Step, Jive, Tango or do the Cha Cha Cha? Learn step by step in a relaxed atmosphere. Whether it is for a wedding or a social event, come and join our beginners or returning student beginners class and enjoy the fun. See www.malahidecsadulted.ie for full details and to enrol.

Tutor: Michele Carpenter. **Format:** In class with tutor (Max 10 students)

CYCLING - 100KM IN A DAY CYCLING PROGRAM

CODE M8 | 5 WEEKS | MONDAY 7.30 - 9.00PM | START 16/09/24

Run in conjunction with Syla's Cycling Club Malahide www.sylscc.ie this program will carefully guide you through the training plan, it is aimed at those who are looking to start or continue cycling for health, fitness, recreation, commuting or to tackle a challenge or charity ride. If you have any health issues we recommend that you consult with your doctor before beginning this structured training plan. **Cost:** 60 Euros payable to Syla's Cycling Club (+ handling fee) PLUS €61 Insurance payable to Cycling Ireland. **How to pay:** log onto www.cyclingireland.ie, select Leisure Membership, and state your affiliated club as syla's CC .. an email goes to syla'sCC .. you receive the club constitution to sign & return, then log back onto Cycling Ireland to complete ... all done ready to go, and insured ... This course fee of €60 gives you free membership of syla'sCC to the end of Calendar Year 2024. The CI (Leisure cycling) Insurance fee of €61 is a prerequisite for course participation. Note: The course has limited availability. The pricing is subsidised by Syla's Cycling Club Malahide, therefore we recommend you book soon to avoid disappointment. See www.malahidecsadulted.ie for full details.

Tutor: This course is run in conjunction with Syla's Cycling club Malahide.

Format: 5 in classroom & 5 weekend spins.

BALLROOM DANCING - INTERMEDIATE & ADVANCED

10 WEEKS | TUES | FEE: €85 PER PERSON (COUPLES ONLY) | START: 17/09/24

INTERMEDIATE CLASS CODE T5: 7.30 - 8.30PM

ADVANCED CLASS CODE T4: 8.30 - 9.30PM

These classes are ideal for anyone with some previous dance knowledge or for our returning dance students who want to gain more confidence on the dance floor. Returning students are welcome. See www.malahidecsadulthood.ie for details. **Tutor:** Michele Carpenter. **Format:** In class with tutor (Max 10 students)

GOLF BEGINNER SCHOOL

7 WEEKS | FEE: €130 (COVERS DRIVING RANGE GOLF BALLS & GOLF COURSE FEES - EQUIPMENT IS SUPPLIED) | 4 COURSES TO CHOOSE FROM

MONDAY 16/09/24 CODE M18 6.30 - 7.30 OR CODE M19 FROM 7.40 - 8.40 &

THURSDAY 19/09/24 CODE TH10 6.30 - 7.30PM OR CODE TH11 7.40 - 8.40

We are **running 4 golf courses** for beginners this term. 2 courses will run on a Monday evening and 2 courses on a Thursday. Choose the day and time to suit your schedule and build confidence to play golf, in the knowledge the basic skills and understanding are in place. Maximum 7 students per class.

See www.malahidecsadulthood.ie for class times and start date of each course.

Tutor: David Murray USPGA Professional.

Format: 3 lessons in school, 3 in driving range & 1 at a Golf Club.

TAP DANCE BEGINNERS / GENERAL TAP

CODE M33 | 8 WEEKS | MONDAY 7.00-8.00PM | FEE: €70 | START 16/09/24

Learn the basics in Tap Dance such as Heel /Toe taps, Shuffles, Flaps, Stomps & Stamps, Buffalo, Suzie q, step ball change and master the infamous Timestep! Course also ideal for continuation students. Get fit, have fun, enjoy the music and get tapping!!!! See www.malahidecsadulthood.ie for full details and to enrol.

Tutor: Fiona Burrows **Format:** In class with tutor (Max 12 students)

ZUMBA

CODE T35 & T36 | 10 WEEKS | FEE: €80 | STARTS 17/09/24 | CHOOSE FROM

CLASS A TUESDAY 7.00 - 8.00PM [T35] OR

CLASS B TUESDAY 8.15 - 9.15PM [T36]

A popular dance class. Now offering 2 dance class times to choose from. Zumba is dance fitness and a really effective cardio workout. Inspired by the various styles of Latin American dance to Latin American dance music and also to current chart hits. It's a full body workout with easy to follow choreography. A fun, exciting way to strengthen overall fitness levels, to destress in body and mind and to improve your overall well-being. See www.malahidecsadulthood.ie to enrol.

Tutor: Carmen Martin. **Format:** In class with tutor (Max 12 students)

FITNESS FOR MEN OVER 60

CODE M16 | 8 WEEKS | MONDAY 8.30-9.30PM | FEE: €65 | START 16/09/24

This is an hour long fitness class with emphasis on movement, balance and exercise-confidence as we get older. The class will incorporate exercise, and hints and tips on general health, delivered in a fun way. You will gain an understanding of the important role exercise has in helping to maintain muscle, bone, and body strength. Regular exercise is recognised medically to enhance physical and mental health. Exercise aids in reduction of some illnesses associated with advancing years. All exercise routines can be practiced at home. Classes are suitable for beginners and those wishing to get back into a fitness routine. A simple medical questionnaire will be completed before commencing the first class. See www.malahidecsadulthood.ie for full details.

Tutor: Frank Ormsby **Format:** In class with tutor (Max 10 students)

INFORMATION TECHNOLOGY - COMPUTERS

COMPUTERS INTERMEDIATE

CODE TH13 | 10 WEEKS | THURS 7.30–9.30PM | FEE: €110 | START: 19/09/24

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 10 and Microsoft Office 2010. Bring your own laptop, if convenient. See www.malahidecsadulted.ie for full details & to enrol.

Tutor: John White. **Format:** In class with a tutor. (Max 12 students)

CYBER SECURITY FOR HOME USERS

CODE M9 | 5 WEEKS | MONDAY 7.30–9.00PM | FEE: €55 | START: 16/09/24

Staying safe online has become more crucial than ever before. From shopping and banking to work and entertainment, much of our lives now depend on the internet. But with this digital convenience also comes risk – risk from hackers, scammers, and cybercriminals using ever-more sophisticated methods to access our data and devices. That's why developing core cybersecurity skills is so important in today's interconnected world. Digital Self Defence is designed to provide everyday internet users with the knowledge needed to protect themselves online. In a series of clear and practical lessons, you'll learn how to create strong passwords, safeguard your social media accounts, secure your home Wi-Fi network, avoid phishing scams, safely surf the web, and much more. Whether total beginner or seasoned user, this course has something for everyone seeking to fortify their cyber defenses. Enroll now and gain the understanding required to keep your data, assets and family safe! Note: Bring a phone, tablet or laptop (this is not mandatory). See www.malahidecsadulted.ie for full details & to enrol.

Tutor: Michael O'Neill. **Format:** In class with a tutor. (Max 12 students)

LANGUAGES

ITALIAN COMPLETE BEGINNER (COMMUNICATION & CONVERSATION)

CODE T19 [BEGINNERS] | 10 WEEKS | TUESDAY | TIME: 6.30–8.00PM | FEE: €85 | STARTS 17/09/24

This introductory beginners course will give you a good grounding in the basics of the Italian language. A multimedia course with an emphasis on dialogue and conversation. The course will enable the visitor to Italy to communicate more effectively. See www.malahidecsadulted.ie for details.

Format: In class with tutor (Max 12 students)

FRENCH CONVERSATION FOR IMPROVERS (NOT SUITABLE FOR COMPLETE BEGINNERS)

CODE M17 | 10 WEEKS | MONDAY 7.30–9.30PM | FEE: €110 | STARTS 16/09/24

Must have at least 1 - 2 years French in order to be able to converse. Develop your French communication in an effective manner in everyday situations such as shopping, ordering food and directions. See www.malahidecsadulted.ie for details.

Tutor: Isabelle Thevenard. **Format:** In class with tutor (Max 12 students)

IRISH CONVERSATION - REVISITING IRISH

CODE TH14 | 10 WEEKS | THURS 7.30–9.30PM | FEE: €110 | START 19/09/24

This course is suitable for people who have a basic level of Irish and would love to develop and improve their verbal fluency. This course focuses on Irish as a living language. So there will be an emphasis on understanding and speaking Irish as it is spoken nowadays, but reading, writing and grammar will also be covered. The tutor will take account of the needs and interests of individuals in fine tuning course content. See www.malahidecsadulted.ie for further details.

Tutor: Martin Moore. **Format:** In class with tutor (Max 12 students)

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL - BEGINNERS - COMMUNICATION & CONVERSATION)

CODE M14 | 10 WEEKS | MON 7.30 – 9.30PM | FEE: FREE | STARTS 16/09/24

This course is designed for adults who have recently arrived and are working and living in Ireland for whom English is not their first language. The course aims to help people to make a life in Ireland through English and deal successfully with all the situations that will arise at home, socially and work. In this class you will learn to communicate in an effective manner in everyday situations such as shopping, ordering food, directions etc. This course will also give you the opportunity to learn and practice the language. See www.malahidecsadulthood.ie for details.

Format: In class with tutor (Max 12 students).

Note: Only students who have enrolled online can attend the class.

ITALIAN BEGINNER CONTINUATION (COMMUNICATION & CONVERSATION) (NOT SUITABLE FOR COMPLETE BEGINNERS)

CODE T37 | 10 WEEKS | TUES | 6.30 - 8.30PM | FEE: €110 | STARTS 17/09/24

This course is designed for those who have already completed a beginners Italian course and wish to improve. Course to enable a visitor to Italy to communicate more effectively. Emphasis on dialogue and conversation. See www.malahidecsadulthood.ie for details and to enrol.

Tutor: Antonella Cossu. **Format:** In class with tutor (Max 12 students)

ITALIAN IMPROVERS / INTERMEDIATE (COMMUNICATION & CONVERSATION)

CODE T20 (IMPROVERS) | 10 WEEKS | TUESDAY | TIME: 8.00 - 9.30PM | FEE: €85 | STARTS 17/09/24

This course is designed for those who have already completed the beginners Italian course and wish to improve. Course to enable a visitor to Italy to communicate more effectively. Emphasis on dialogue and conversation. See www.malahidecsadulthood.ie for details and to enrol.

Tutor: TBC. **Format:** In class with tutor (Max 12 students)

SPANISH COMPLETE BEGINNER

CODE T32 | 10 WEEKS | TUESDAY 7.30–9.30PM | FEE: €110 | STARTS 17/09/24

Please note this course is suitable for complete beginners. An introduction covering everyday situations. Emphasis on pronunciation and oral practises. Course will enable the visitor to Spain to communicate more effectively. See www.malahidecsadulthood.ie for full details and to enrol.

Tutor: Melissa Campbell. **Format:** In class with tutor (Max 12 students)

SPANISH BEGINNER CONTINUATION (NOT SUITABLE FOR COMPLETE BEGINNERS)

CODE T31 | 10 WEEKS | TUESDAY 7.30–9.30PM | FEE: €110 | STARTS 17/09/24

This course will help you to develop and improve from the beginners course. Emphasis on pronunciation & oral practice. You must have completed a Spanish for Complete Beginners course first. See www.malahidecsadulthood.ie for full details. **Tutor:** Isabelle Thevenard. **Format:** In class with tutor (Max 12 students)

SPANISH FOR IMPROVERS & INTERMEDIATE

CODE T33 | 10 WEEKS | TUESDAY 7.30–9.30PM | FEE: €110 | STARTS 17/09/24

This Improvers/ Intermediate Spanish Course is designed for students who already have basic knowledge of Spanish and want to better their fluency and understanding of the language. During the course, the students will develop their skills in reading, writing, speaking and listening, focusing on more advanced topics of grammar, vocabulary and culture. Through practice exercises, interactive exercises and constant practice the students will better their linguistic skills. See www.malahidecsadulthood.ie for details and to enrol.

Tutor: TBC. **Format:** In class with tutor (Max 12 students)

LEGAL

PRACTICAL LEGAL INFORMATION FOR EVERYDAY LIFE

CODE T29 | 10 WEEKS | TUESDAY 7.30–9.30PM | FEE: €110 | START 17/09/24

This course looks at a variety of topics from Wills and Enduring Power of Attorney to Estate Administration Testate/Intestate, Civil Litigation, Criminal Litigation & Procedures, Personal Rights, a valid Contract, Family law including Maintenance, Custody, Safety/Barring orders, Separations, Divorce, Employment Law to include Constructive/ unfair Dismissal and WRC applications.

See www.malahidecsadulthood.ie for more details and to enrol.

Tutor: Angela Heavey. **Format:** In class with tutor (Max 12 students)

KNOW YOUR RIGHTS

CODE M23 | 6 WEEKS | MONDAY 7.30-9.00PM | FEE: €55 | START 16/09/24

This introductory course will provide you with an insight into the Social Welfare System, Employment Rights, Social Welfare Payments (Caring & Sickness), How to work out your PAYE / Tax Credits, Consumer Rights and Health Supports. Gaining knowledge and insight creates confidence and empowerment. In the world of information overload and digitisation, understanding your rights and entitlements in an easy and understandable fashion is key to exerting your rights in an assertive authoritative and calm manner.

See www.malahidecsadulthood.ie for full course details.

Tutor: Andrew McCann. **Format:** In class with tutor (Max 12 students)

MEDIA - RADIO

RADIO BROADCASTING - PODCASTING - VOICEOVERS

CODE M31 | 8 WEEKS | MONDAY 7.30 - 9.30PM | FEE: €90 | STARTS 16/09/24

An introduction to radio, podcasting and voiceovers will over the 10 weeks give you a feel for life in media. This course covers Voice overs- Interviewing - Music presentation- Copywriting advertising, news - Radio play - Social media and radio podcasts - Podcasting - Equipment / studio rooms - USB mic and PC time. Learn how to interview, create your own podcast, sell using your own voice and much, much more. See www.malahidecsadulthood.ie for more details. (Max 12 Students)

Tutor: Marty Miller (Radio host with radio Nova). **Format:** In class with tutor

MIND - BODY - CARE - WELLBEING

BOUNCING BACK AFTER CANCER

CODE: M5 | 4 WEEKS | MONDAY 7.30 - 9.30PM | FEE: €50 | STARTS 16/09/24

This unique course is for women who, like me, have come through a cancer journey. Even for those of us who have been lucky enough to have had an early stage diagnosis it will still have been a challenging stressful time. This is not a course about cancer. This is for us women who want to move on with our best foot forward into a happy peaceful life. It's about reconciliation, empowerment, inspiration, fulfillment, purpose and how to find it. This course is all about you - after cancer. See www.malahidecsadulthood.ie for more details.

Tutor: Janette McNamara. **Format:** In class with tutor (Max 12 students)

EXPLORING PERSONAL GROWTH

CODE: T13 | 7 WEEKS | TUES 7.30 - 9.00PM | FEE: €70 | STARTS 17/09/24

An Introduction to a Transformative Personal Growth Strategy using the power of beliefs, values and attitude based on the recently published book "Becoming Your Best Possible Self" by Gerard Morgan. This seven week course brings you on a journey of personal growth. See www.malahidecsadulthood.ie for further information.

Tutor: Gerard Morgan. **Format:** In class with tutor (Max 12 students)

INDIAN HEAD MASSAGE - BEGINNER LEVEL

CODE: M20 | 5 WEEKS | MON 7.30 - 9.30PM | FEE: €60 | STARTS 16/09/24

Indian Head Massage is a wonderful treatment for stress, neck & shoulder tension, headaches, sinusitis & hayfever. The use of oils is optional. This course is for anyone who would like to treat family and friends at home. There is no special equipment required, all you need is a kitchen chair and some towels. Participants have the option of continuing to the Intermediate level which is ideal for holistic therapists who want to add a very popular treatment to their menu. See www.malahidecsadulted.ie for more details.

Tutor: Jenny Sheridan. **Format:** In class with tutor (Max 12 students)

INDIAN HEAD MASSAGE - INTERMEDIATE LEVEL

CODE: M21 | 5 WEEKS | MONDAY 7.30-9.30PM | FEE: €60 | STARTS 04/11/24

This course is for holistic therapists who would like to upskill and add a new treatment to their menu. It's also suitable for holistic therapy students, beauty therapists and anyone considering training as a holistic therapist. It is also open to anyone else who has completed the beginner level and who wants to expand their skills, but unless you are a holistic therapist you won't be able to get insurance to practice professionally. The course is accepted by insurance companies and by professional bodies in Ireland. See www.malahidecsadulted.ie for more details.

Tutor: Jenny Sheridan. **Format:** In class with tutor (Max 12 students)

HARMONY THROUGH AYURVEDA: LIFESTYLE & NUTRITION

CODE: TH12 | 6 WEEKS | THURS 7.30 - 9.30PM | FEE: €110 | STARTS 19/09/24

Ayurveda means science of life. It is one of the sister sciences to yoga, and is a lifestyle, a holistic approach to your health and wellness, a tool for balance, wholeness and harmony. Harmony through Ayurveda is a 6-week Ayurveda lifestyle and nutrition course. This course covers fundamental concepts and practical applications of Ayurveda for participants in a community education setting. See www.malahidecsadulted.ie for full course details.

Tutor: Margaret Young. **Format:** In class with tutor (Max 12 students)

PILATES

CODES T28F (IN CLASS) OR T280 (ONLINE REMOTE VIA ZOOM) | 10 WEEKS | TUESDAY 7.15 - 8.15PM FEE: €100 | STARTS: 17/09/24

Pilates promotes overall well being. When practiced regularly, Pilates improves breathing and mobility, builds strength and develops control and endurance in the entire body. This is a mixed level class, if you have any injuries or health concerns please contact 01-8460949 Adult Ed Office.

Tutor: Clare Welsh. Max of 12 students in face to face class.

Format: Please select the correct course code to either attend class face to face with our tutor OR remotely through zoom from home for all classes.

Code: T28F - Face to face in class OR **Code T280** - Online remote via zoom.

PILATES FOR MEN

CODES T27F (IN CLASS) OR T270 (ONLINE REMOTE VIA ZOOM) | 10 WEEKS | TUESDAY 8.30 - 9.30PM | FEE: €100 | STARTS 17/09/24

Learn to move from your center to shed excess effort from overworking muscles, thus creating more both strength AND mobility at the same time! Mixed level class, if you have any injuries or health concerns ring 01-8460949 Adult Ed Office. **Tutor:** Clare Welsh. Max of 12 students in face to face class.

Format: Please select the correct course code to either attend class face to face with our tutor OR remotely through zoom from home for all classes.

Codes: T27F - Face to face in class OR **T270** - Online remote via zoom.

YOGA - BEGINNER (MONDAY CLASS)

CODE M39 | 10 WEEKS | MON 7.15 – 8.15PM | FEE: €100 | STARTS 16/09/24

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. **Note:** If you have any injury or health concerns please contact 01-8460949 Adult Ed Office

Tutor: Linda Kirwan. **Format:** In class with tutor (Max 12 students)

YOGA - FOR TEENAGERS (THURSDAY CLASS)

CODE TH25 | 10 WEEKS | THURS 6.15–7.15PM | FEE: €100 | START: 19/09/24

The benefits of Yoga for teenagers are vast and this Yoga course practices an investment in teenagers health and well-being. **Note:** If you have any injury or health concerns please contact 01-8460949 Adult Ed Office.

Tutor: Susanne Liiri. **Format:** In class with tutor. Max 12 students)

YOGA - FOR MEN (THURSDAY CLASS)

CODE TH24F OR TH240 | 10 WEEK | THURSDAY 7.20–8.20PM | FEE: €100 | STARTS 19/09/24

Specifically for men this course offers a strong body, calm mind and optimum health with improved posture and concentration. Helps promote your physical and mental well-being. Any injury or health concerns please contact 01-8460949 Adult Ed Office. See www.malahidecsadulthood.ie to enrol.

Tutor: Susanne Liiri. **Format:** Please select the correct course code to either attend class face to face with our tutor **OR** remotely through zoom from home for all classes. Maximum of 12 students in face to face classes.

Codes: TH24F - Face to face in class **OR** TH240 - Online remote via zoom.

YOGA - FOR IMPROVERS (THURSDAY CLASS)

CODE TH23F OR TH230 | 10 WEEKS | THURSDAY 8.30 – 9.30PM | FEE: €100 | STARTS 19/09/24

In this strong intermediate vinyasa flow class (previous yoga experience is required), you will be challenged both physically and mentally to push your limits in a supported and safe way. **Note:** If you have any injury or health concerns please contact 01-8460949 Adult Ed Office. See www.malahidecsadulthood.ie to enrol. Brochure cover yoga photo by Holst Photography www.holstphoto.com

Tutor: Susanne Liiri. **Format:** Please select the correct course code to either attend class face to face with our tutor **OR** remotely through zoom from home for all classes. Maximum of 12 students in face to face classes.

Codes: TH23F - Face to face in class **OR** TH230 - Online remote via zoom.

MINDFULNESS - AN INTRODUCTION

CODE M27 | 5 WEEKS | MONDAY 7.30–9.00PM | FEE: €40 | STARTS 21/10/24

In this 5 week course we will be learning to pay attention to various anchors such as the breath, the body, sounds, thoughts and emotions. Over time you will enjoy a greater stillness and quiet in body and mind. See www.malahidecsadulthood.ie for further information. **Tutor:** Mairead O' Keefe. **Format:** In class with tutor (Max 10 students)

PROGRAMME - EAT & LIVE FOR PEAK PERFORMANCE

CODE M11 | 8 WEEKS | MONDAY 7.30–9.00PM | FEE: €120 | STARTS 16/09/24

This programme is for you if you are struggling to find a sustainable diet & lifestyle routine that works for you 7 days a week. Each week you will learn about one of the 'Four Pillars of Health' Nutrition, Exercise, Selfcare & Sleep. You will learn about the important connection between these four pillars and why neglecting any one of them may be the reason you are not firing on all cylinders. Achieving a balance across these pillars is key to helping you enjoy more energy, better sleep, hormonal balance, maintain a healthy weight and so much more. See www.malahidecsadulthood.ie for further information.

Tutor: Louisa Kinirons. **Format:** In class with tutor (Max 12 students)

ADULT CHORAL COURSES

MONDAY & THURSDAY CLASSES 7.30–9.30PM

Choose from our Traditional or Modern courses. For more details on class times, fee and start dates please ring (01) 8460949. **Format:** In class with tutor.

ADULT DRAMA, MUSIC & DANCE CLASSES

MONDAY & WEDNESDAY & THURSDAY CLASSES 7.30–9.30PM

We provide a safe, fun and exciting place that encourages your creativity and confidence. We give you the opportunity to develop as a performing artist with our quality dance, drama and singing classes For more details ring (01) 8460949

COMHALTAS TRADITIONAL IRISH MUSIC

Interested in learning to play Irish Traditional Music or improving your skill? For full details of the classes & times on offer please see www.malahidecsadulthood.ie or contact (01) 8460949. **Format:** In class with tutor.

GUITAR FOR BEGINNERS

CODE W3 | 10 WEEKS | WEDS 7.30–8.30PM | FEE: €90 | START: 18/09/24

The aim of the course is to give you the skill set to: – play chords and scales – to learn and play different riffs – to learn exercises to support playing ability – maintain your guitar – understand how effects can support your playing. The course is delivered in a fun and inclusive way and you will leave with the ability to play songs in several genres See www.malahidecsadulthood.ie for details. **Tutor:** Andrew Mahon. **Format:** In class with tutor (Max 8 students).

GUITAR - BEGINNER / CONTINUATION

CODE W4 | 10 WEEKS | WED | 8.30–9.30PM | FEE: €90 | STARTS 18/09/24

This class is for students who have completed our beginners course and /or for new students who are not complete beginners and have the basics in guitar. See www.malahidecsadulthood.ie for full details.

Tutor: Andrew Mahon. **Format:** In class with tutor (Max 8 students).

KEYBOARD PIANO FOR BEGINNERS

CODE T22 | 10 WEEKS | TUES 7.15–8.15PM | FEE: €90 | STARTS 17/09/24

This is a beginners' class on the keyboard. You will be introduced to the basics of music sight reading as they apply to the keyboard. Students will learn the layout of the keyboard, note identification etc. At the end of the 10 week course with practice you will be able to read and play a piece of music.

PLEASE NOTE: Students are required to bring in their own keyboard each night for class. See www.malahidecsadulthood.ie for details and to enrol.

Tutor: John Brennan. **Format:** In class (Max 8 students).

KEYBOARD PIANO FOR IMPROVERS

CODE T23 | 10 WEEKS | TUES 8.30–9.30PM | FEE: €90 | STARTS 17/09/24

This is a beginner continuation 10 week course for the keyboard/Piano. The course builds on the course for beginners. It will be taught by a mixture of music theory and playing the instrument. With regular practice and knowledge built up over the weeks you will be increasing the musical skills required to play the instrument. **PLEASE NOTE: Students are required to bring in their own keyboard each night for class.**

See www.malahidecsadulthood.ie for details and to enrol.

Tutor: John Brennan. **Format:** In class (Max 8 students).

MUSIC THEORY/SIGHT READING FOR BEGINNERS

CODE M28 | 10 WEEKS | MON 7.30-8.30PM | FEE: €100 | STARTS 16/09/24

This is an introductory music theory/sight reading class for beginners. This course will cover key signatures, time signatures, scales, dynamics, rhythm and note values. See www.malahidecsadulthood.ie for details and to enrol.

Please note: Course book provided and no instrument is required for this class.

Tutor: John Brennan. **Format:** In class with tutor (Max 10 students).

TIN WHISTLE FOR BEGINNERS

CODE M34 | 10 WEEKS | MONDAY 8.30-9.30PM | FEE: €90 | START 16/09/24

One of the easiest instruments to learn but yet very flexible, in that once you learn the basics, you can play many different types of music from traditional to modern. I will be teaching the Tin Whistle in the key of D. You will learn how to hold and play the instrument, building on your expertise from week to week. By the end of the course and with practice you should have the confidence to play as a soloist and with a group of other players. **Please Note:** Students are required to bring in their own tin whistle each night for class. See www.malahidecsadulthood.ie for details and to enrol.

Tutor: John Brennan. **Format:** In class with tutor (Max 10 students).

UKULELE FOR BEGINNERS

CODE M36 | 10 WEEKS | MONDAY 7.30-8.30PM | FEE: €90 | START 16/09/24

This course is the ideal way to kick start your ukulele playing. Students will learn fundamental techniques, chords, strumming patterns and fingerstyle in a fun and supportive group setting. See www.malahidecsadulthood.ie for details and to enrol. Soprano Ukulele is recommended.

Tutor: Andrew McMahon LVCM (TD), AVCM. FVCM (Hons).

Format: In class with tutor (Max 10 students).

UKULELE FOR IMPROVERS

CODE M37 | 10 WEEKS | MONDAY 6.30-7.30PM | FEE: €90 | START 16/09/24

This course will help those with some ukulele knowledge to develop their skills and learn some great songs from traditional music through to Abba to Mary Black, David Bowie, and songs from The Greatest Showman and everything in between. Soprano Ukulele is recommended. See www.malahidecsadulthood.ie for details.

Tutor: Andrew McMahon LVCM (TD), AVCM. FVCM (Hons).

Format: In class with tutor (Max 10 students).

UKULELE FOR UPPER IMPROVERS

CODE M35 | 10 WEEKS | MONDAY 8.30-9.30PM | FEE: €90 | START 16/09/24

This course is for learners who have completed the Improvers course and are just moving into the Upper Improver Level. This course is designed to help each student get to grips with this popular instrument and learn the ukulele in a fun and exciting way. See www.malahidecsadulthood.ie for details.

Tutor: Andrew McMahon LVCM (TD), AVCM. FVCM (Hons).

Format: In class with tutor (Max 10 students).

SKILLS - PERSONAL DEVELOPMENT

BRIDGE ABSOLUTE BEGINNER

CODE T6 | 10 WEEKS | TUESDAY 7.30-9.30PM | FEE: €100 | START 17/09/24

In the classroom in groups of 4 using cards and /or your own device (Laptop, Tablet etc) your tutor will teach you how to play bridge with cards or/and BBO (Bridge Base Online, on the School's WiFi). This is a great way to start playing bridge while at the same time socialising with your peers.

Tutor: Anne & Paul Doyle C.B.A.I Diploma

Format: In class with tutor (Max 12 students).

BRIDGE FOR IMPROVERS

CODE TH3 & TH4 | 5 WEEKS | THURSDAY 7.30–9.30PM | FEE: €50 |

TWO COURSES TO CHOOSE FROM:

COURSE 1 TH3: STARTS THURSDAY 19/09/24 OR

COURSE 2 TH4: STARTS THURSDAY 24/10/24

This is a 5 week course aimed at players who want to improve their playing & for those who have a good knowledge of the game or returning to the game & wish to improve. Please see www.malahidecsadulthood.ie for details and to enrol.

Tutor: Anne & Paul Doyle C.B.A.I Diploma.

Format: In class with tutor (Max 12 students).

INTERIOR DESIGN

CODE T18 | 10 WEEKS | TUESDAY 7.30–9.30PM | FEE: €110 | START 17/09/24

This course introduces you to many of the core aspects of residential interior design. It is ideal for you if you have a keen interest in the area of Interior Design and would like to update your home or if you wish to explore the possibility of a career change it's a great starting point. Each week we will look at the following aspects of interior design and you will learn the tips and tricks from a qualified Interior Designer. See www.malahidecsadulthood.ie for details & to enrol.

Tutor: Danielle Dooris. **Format:** In class with tutor (Max 12 students).

IRISH GENEALOGY

CODE M22 | 10 WEEKS | MON 7.30–9.30PM | FEE: €110 | START 16/09/24

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. See www.malahidecsadulthood.ie for details & to enrol.

Tutor: Claire Bradley. **Format:** In class with tutor (Max 12 students).

CHESS FOR NOVICES WISHING TO IMPROVE

CODE T9 | 10 WEEKS | TUESDAY 7.30–9.30PM | FEE: €110 | START 17/09/24

In the classroom your tutor will teach you how to play chess from the beginning and develop the skills of novices who have a basic knowledge. Please see www.malahidecsadulthood.ie for details and to enrol.

Tutor: Tom O'Sullivan. **Format:** In class with tutor (Max 12 students).

EMPOWERING ABILITIES - OVERCOMING YOUR OBSTACLES

CODE M13 | 4 WEEKS | MON 7.30–8.30PM | FEE: €30 | STARTS 30/09/24

This course is for people who feel powerless to overcome their obstacles. Over the 4 weeks you will learn the skills to take back this power as Tracey McCann did. Be inspired by how Tracey overcame hers.

Please see www.malahidecsadulthood.ie for details and to enrol.

Tutor: Tracey McCann. **Format:** In class with tutor (Max 12 students).

YOUR RETIREMENT STARTS HERE

CODE TH20 | 5 WEEKS | THURS 7.30-9.00PM | FEE: €75 | STARTS 19/09/24

"I see retirement as a second Spring...a fresh start" That's how one participant on this course came to see retirement in a new way. In 5 short weeks you'll know the right retirement for you. Find out all about making the change, getting comfortable in your new shoes, staying active, health, hobbies, travel and more. Imagine your happy, fulfilling retirement and take the first easy steps on your way! Please see www.malahidecsadulthood.ie for details and to enrol.

Tutor: Mark Herman www.makeitreallcoaching.com.

Format: In class with tutor.

PROPOSE A COURSE

Are you interested in running a course for our Adult Education programme and joining our team of tutors? If so please email the following information to us at **adulted@malahidecs.ie**

Please include:

Your full name
Contact Details
Your Email address
Your Phone number
Your Mobile number
Course Title
Course Description

Include any images from your course (*if applicable*)

Please include a copy of your C.V. outlining your experience also.
We will contact you on receipt of your course proposal.
Thank you for your interest.



Adult Education Evening Courses in Malahide Community School

Welcome to our New Autumn 2024 brochure!

We hope we have something for everyone.

Further your education, improve your skills, keep fit, take up a new hobby or just meet people!

For full details of our courses & to enrol please visit our website

www.malahidecsadulted.ie

Phone 01 846 0949

Serving The Community For Over 47 Years

Cover Images

Cake Image

Courtesy of Barbara Riggi Cakes @
www.barbarariggicakes.com

Sculpture Image

Courtesy of Sharon Belton

Sketching - Colour Pencil

Courtesy of Tom Farrell

Yoga Image

Courtesy of Susanne Liiri. Holst
Photography @ www.holstphoto.com

Coastal / Harbour Image

Courtesy of Jacqueline Graham

DIRECTOR OF ADULT EDUCATION MESSAGE

We are delighted to launch our Autumn Term brochure for 2024. We have over 90 classes and activities available to adults from September through to November. We're offering a great selection of Accredited courses this term including SNA QQI Level 5, Care of the Older Person QQI Level 5.

We also have a fantastic programme of personal interest, hobby, exercise and skills classes to choose from. New courses on offer include Sculpture Making Mould cast, Sketching with colour pencil, Bouncing back after Cancer, Harmony through Ayurveda: Lifestyle & Nutrition and Creating Poetry to name just a few. Our classes provide you with an opportunity to meet people, further your education, improve your skills, learn a new hobby and have fun whilst trying something new. For full details on each course and how to enrol, log on to our Adult Education website at www.malahidecsadulted.ie

We are very much looking forward to the start of our Autumn term. All guidelines and policies can be read on our website. We do have a limited number of student places on some of our more popular courses so don't hesitate to go online and book yourself a place today. We look forward to welcoming you to Malahide Community School Adult Education in September 2024.



Declan Donnelly - Director of Adult Education

ENROLMENT PROCEDURES

Visit www.malahidecsadulted.ie and click the **ENROL HERE** button to use our **EASY PAYMENTS PLUS** to register for a course. Our courses will be available to book online from the 12th August 2024. Classes will commence from 16/09/2024. Please ensure you provide your mobile number and email address when booking in the event we need to contact you during a course. Students must be enrolled online before their first class.

CONDITIONS OF ENROLMENT

1. Some courses will have restrictions on student numbers.
2. Formation of classes depends on demand.
3. If a class is not formed, fees will be returned or transferred to another class by request.
4. If a class is formed, fees will be strictly non-refundable.
5. Some courses may require students to bring their own materials. See website www.malahidecsadulted.ie for guidance on course description, materials to bring to class and materials that can be purchased from tutor.
6. Courses may be subject to change. Should this happen students will be contacted in advance.
7. We will contact students should a course not form.
8. Students under the age of 18 are not eligible to enrol for courses with exception of Yoga for Teens.
9. Students will not be permitted to enter the school building before 7.00pm.
10. Student mobile numbers are requested in the event a class is cancelled or changed so information may be texted to students.
11. Please note our Autumn 2024 classes are subject to the guidance issued by the Government and the HSE.
12. Students on enrolment subscribe to the terms and conditions of enrolment. The Director reserves the right to suspend persons from classes and premises as deemed appropriate.

GENERAL INFORMATION

SMOKING IS STRICTLY PROHIBITED in our school premises or on the school campus. This includes the smoking of E-Cigarettes. Please note there are **SMOKE SENSORS** in the toilets and at the end of each stairwell.

PLEASE DO NOT PARK YOUR CAR AT THE EXIT DOOR OR ON THE GRASS OR IN AREAS DESIGNATED WITH PARKING CONES. PLEASE ENSURE THAT DISABLED PARKING AREAS ARE USED APPROPRIATELY.

Phone: 01-8460949 between 9am - 1pm · www.malahidecsadulted.ie