APPLICATIONS FROM POTENTIAL TUTORS WITH NEW COURSE SUGGESTIONS ALWAYS WELCOME

**Postal Enrolment Form**

Name: ____________________________
Address: ____________________________
Telephone: ____________________________
Home: ____________________________
Mobile: ____________________________
Email: _______________________________________

1st Choice Course ____________________________
Course No: ______________  Day: _______________

2nd Choice Course ____________________________
Course No: ______________  Day: _______________

Total amount enclosed: €

**Ashton School**
Blackrock Road
Cork
T12 AF50

Tel: 021-432 2382
Fax: 021-496 6321
Email: adulted@ashton.ie

**Ashton School**
**Adult Education Dept**
Blackrock Road
Cork
T12 AF50

**Monday 25th January 2016**

**1. ALEXANDER TECHNIQUE – Beginners**
Become fitter and more flexible without going to the gym. Prevent aches and pains by learning ways of helping yourself.
7.30-9.30pm | Duration: 8 Weeks | Fee: €25 | Tutor: Rosemary Moore

**2. BRIDGE Continuation**
Improve your knowledge of this great card game. Help to keep your mind active in a fun way. Must have completed a beginners course.
7.30-9.30pm | Duration: 8 Weeks | Fee: €35 | Tutor: Sharon Carroll

**3. ART – An Introduction**
A beginners Art Course to guide you through the basics of painting and help you express your own individual style.
7.30-9.30pm | Duration: 8 Weeks | Fee: €35 | Tutor: Caroline Anne Floyd

**4. COMPUTER SKILLS**
Learn to use your computer more effectively. Get to grips with Windows, the Internet and email, download and install apps, etc.
7.30-9.30pm | Duration: 8 Weeks | Fee: €35 | Tutor: Martina Adair

**5. COOKING WITH GLENA**
Learn to live a more vibrant, meaningful life now! Explore how to live mindfully and learn a better way to deal with life’s challenges.
7.30-9.30pm | Duration: 8 Weeks | Fee: €35 | Tutor: Rosarii Ryan B.Sc. B.A.

**6. CREATE A FREE WORDPRESS WEBSITE**
Learn about the tools to make informed decisions.
7.30-9.30pm | Duration: 8 Weeks | Fee: €35 | Tutor: Gordon Frost M.A.

**7. DIY FOR WOMEN**
Learn basic DIY skills and a few tricks of the trade to get the small jobs done without fuss. Course materials extra.
7.30-9.30pm | Duration: 8 Weeks | Fee: €35 | Tutor: Siobhan Dempsey

**8. DYNAMIC HATHA YOGA – Beginners**
A gentle introduction to include general yoga and breathing practice to improve posture, flexibility and muscle tone, including meditation and guided relaxation.
6.30-7.35pm | Duration: 10 Weeks | Fee: €90 | Tutor: Helen O'Sullivan

**9. DYNAMIC HATHA YOGA – Beginners**
A gentle introduction to include general yoga and breathing practice to improve posture, flexibility and muscle tone, including meditation and guided relaxation.
6.30-7.35pm | Duration: 10 Weeks | Fee: €90 | Tutor: Helen O'Sullivan

**10. DYNAMIC HATHA YOGA - Improvers**
Must have completed a beginners course. Deepening and building your practice in a fun and challenging class.
8.05-9.30pm | Duration: 10 Weeks | Fee: €90 | Tutor: Melloney O'Sullivan

**11. ENROLMENT NIGHT – New Course Suggested Always Welcome**

**12. GUITAR – Beginners**
Learn to play lots of popular songs. No previous experience necessary.
7.30-8.30pm | Duration: 10 Weeks | Fee: €75 | Tutor: Daniel Beuster

**13. GUITAR – Improvers**
7.30-9.30pm | Duration: 10 Weeks | Fee: €75 | Tutor: Gordon Frost M.A.

**14. LIFE NOW**
Learn to live a more vibrant, meaningful life now! Explore how to live mindfully and learn a better way to deal with life’s challenges.
7.30-9.30pm | Duration: 8 Weeks | Fee: €35 | Tutor: Rosarii Ryan B.Sc. B.A.

**15. MINDFULNESS**
Learn to participate in your life fully and in the present.
7.30-9.30pm | Duration: 8 Weeks | Fee: €35 | Tutor: Susan Crowley

**16. PILATES (STOTT) - Beginners**
Tone your body and strengthen your core. Improve the way your body functions, looks and feels. Please bring a bath towel.
8.30-10.30pm | Duration: 10 Weeks | Fee: €75 | Tutor: Maggie Choje

**17. PILATES (STOTT) - Improvers**
For those who have completed a beginners course and have a good awareness. Please bring a bath towel.
8.30-10.30pm | Duration: 10 Weeks | Fee: €75 | Tutor: Maggie Choje

**18. SPANISH – Beginners Stage 2**
For those who have completed Stage 1 or who already have some Spanish.
7.30-9.30pm | Duration: 8 Weeks | Fee: €70 | Tutor: Maria Martinez Galvez B.A.

**19. STOCKMARKET EXPLORED**
Take advantage of the Stockmarket in its current form. Learn about the tools to make informed decisions.
7.30-9.30pm | Duration: 8 Weeks | Fee: €75 | Tutor: Redmayne Bentley Stockbrokers

**SUGGESTIONS ALWAYS WELCOME**

**APPLICATIONS FROM POTENTIAL TUTORS WITH NEW COURSE SUGGESTIONS ALWAYS WELCOME**

**ENROLMENT OPTIONS**

1. **ON-LINE ENROLMENTS**
   - Debit/Credit card transactions: enrol online for any of our courses using the school website www.ashton.ie. €2 fee applies. Receipt via email.
   - or
2. **POSTAL ENROLMENT**
   - You may enrol by post from Monday 4th January. Please complete the Enrolment form attached – please include your name, address, phone number(s), email address and course title with the appropriate fee. Receipts will be issued by post/email.
   - or
3. **ADULT EDUCATION OFFICE**
   - Our office at the school will accept enrolments from Monday 4th January. Office Hours: Monday to Friday 9.30am - 12.45pm and 2.00 - 4.00pm.
   - or
4. **ENROLMENT NIGHT**
   - Tutors will not be present. Course information will be available.
   - Wednesday 13th January from 7.00 – 8.00pm at the school.

**POSTAL & OFFICE ENROLMENTS from**
**Monday 4th January 2016**
**ENROLMENT NIGHT**
**Wednesday 13th January 2016**
7.00 – 8.00pm

**CLASSES WILL COMMENCE ON**
**Monday 25th January 2016**
**Tuesday 26th January 2016**
**Wednesday 27th January 2016**

- Course fees do not include costs of materials.
- Senior Citizens/unwaged: reduced fees.
- Those participating in physical activities may need to seek medical advice before commencing.
- Fees will only be returned where a class is not formed.

Courses also available in Ballincollig, Bishopsown, Carrigaline and Douglas Community Schools.
28. NOVELTY CAKES
Tutor: Tony O'Sullivan B.L.
7.30-9.30pm  |  Duration: 8 Weeks  |  Fee: €95

29. ORAL IRISH FOR LEAVING CERTIFICATE    NEW
Tutor: Patricia O'Flaherty
7.00-9.30pm  |  Duration: 8 Weeks  |  Fee: €110

30. ORAL IRISH FOR LEAVING CERTIFICATE    NEW
Tutor: Melloney O'Sullivan
2.00-3.00pm  |  Duration: 8 Weeks  |  Fee: €65

31. PILATES - Beginners
Tutor: Carole Anne Floyd
2.00-4.00pm  |  Duration: 8 Weeks  |  Fee: €85

32. PILATES - Continuation
For those who have completed a beginners course.
7.30-8.30pm  |  Duration: 8 Weeks  |  Fee: €65

33. SPANISH - Beginners Stage 1    NEW
Tutor: Maria Marichal Gallo B.A.
3.20- 4.35pm  |  Duration: 10 Weeks  |  Fee: €75

34. SPEAK WITH CONFIDENCE
Increase your public speaking confidence in a friendly, supportive environment. Progress from an absolute beginner to a confident speaker.
7.30-9.30pm  |  Duration: 8 Weeks  |  Fee: €65

35. UKULELE FOR BEGINNERS    NEW
Tuesdays  |  7.30-8.30pm  |  Fee: €45

36. UKULELE WORKSHOP - Beginners
Tutor: Fiona Desmond B.A.
8.30-9.30pm  |  Duration: 8 Weeks  |  Fee: €65

37. YOGA BEGINNERS
Tutor: Trish Harley B.Sc, M.A.
6.30-9.30pm  |  Duration: 8 Weeks  |  Fee: €75

38. YOGA BEYOND BEGINNERS
If you have completed a yoga course and would like to improve. To open men and woman.
8.00-9.30pm  |  Duration: 6 Weeks  |  Fee: €75  |  Tutor: Trish Harley B.Sc, M.A.

39. ZUMBA WORKOUT
A fitness class that uses a mix of latin sounds and well known, popular music that guarantees to burn 500 to 1000 calories per class while having fun.
7.00-8.00pm  |  Duration: 8 Weeks  |  Fee: €65
Tutor: Siobhan Denehy B Ed BSSE

40. ZUMBA WORKOUT
8.00-9.00pm  |  Duration: 8 Weeks  |  Fee: €65
Tutor: Siobhan Denehy B Ed BSSE

41. BOXERICE    NEW
A non-contact exercise class based on a combination of boxing movements and aerobics. Improve your fitness, have fun, burn calories, improve your rhythm and coordination. Open to all.
8.00-9.00pm  |  Duration: 8 Weeks  |  Fee: €35
Tutor: Siobhan Denehy B Ed BSSE

42. CAKE DECORATION
Create unique Christmas cakes. Learn to use patchwork cutters and royal icing decorations. Some basic cake decorating skills required.
7.30-9.30pm  |  Duration: 8 Weeks  |  Fee: €75  |  Tutor: Kathleen Cronk

43. COUCH TO 5KM
Transform into a runner by week by some walking and jogging. You will gradually build up to running 5km.
6.30-7.20pm  |  Duration: 8 Weeks  |  Fee: €45  |  Tutor: Mags O'Leary

44. COUCH TO 5KM
7.30-8.30pm  |  Duration: 9 Weeks  |  Fee: €65  |  Tutor: Mags O'Leary

45. DRAWING WORKSHOP
A fun, practical and skill-based approach to drawing, covering technical and observational skills. All levels welcome.
7.30-9.30pm  |  Duration: 8 Weeks  |  Fee: €75  |  Tutor: Tracy Fitzgerald

46. EMPOWERING WOMEN
Focus and reflect on your inner strength. Learn assertiveness skills and coping mechanisms to find an overall balance in your life.
7.00-9.00pm  |  Duration: 8 Weeks  |  Fee: €35  |  Tutor: Carole O'Sullivan

47. EXPLORING THE DIGITAL WORLD    NEW
Interactive and discussion based class that examines the digital world, internet safety and awareness.
7.30-9.30pm  |  Duration: 5 Weeks  |  Fee: €55  |  Tutor: Kathy O'Hare

48. FITNESS MATES    NEW
Strengthen your body through cardiovascular and resistance exercises which target every muscle group. A full body workout. Open to men and women of all fitness levels.
7.00-8.00pm  |  Duration: 8 Weeks  |  Fee: €65
Tutor: Siobhan Denehy B Ed BSSE

49. FITSTEPS
Choreographed fitness programme designed by Strictly Come Dancing's own Val and Natalie Lowe. An energetic dance class to get fit and have fun. No partner necessary.
7.00-8.00pm  |  Duration: 8 Weeks  |  Fee: €65  |  Tutor: Rachel Crusher

50. FITSTEPS
8.00-9.00pm  |  Duration: 8 Weeks  |  Fee: €65  |  Tutor: Rachel Crusher

51. FURNITURE RESTORATION & FRENCH POLISHING
A piece of furniture is required!
7.30-10.30pm  |  Duration: 10 Weeks  |  Fee: €110  |  Tutor: Michael O'Connell

52. MINDFULNESS
This course helps us to uncover the calm within and become aware of present moment living. Learn to participate in your life fully and in the present.
7.30-9.30pm  |  Duration: 8 Weeks  |  Fee: €35  |  Tutor: Susan Crowley

53. ORAL SPANISH FOR LEAVING CERTIFICATE    NEW
Intensive preparation for the Oral Exam worth 25% of the final grade.
7.00-8.00pm  |  Duration: 8 Weeks  |  Fee: €65  |  Tutor: Vicenta Rodrigo Parrilla

54. ORAL SPANISH FOR LEAVING CERTIFICATE    NEW
Intensive preparation for the Oral Exam worth 25% of the final grade.
8.00-9.00pm  |  Duration: 8 Weeks  |  Fee: €65  |  Tutor: Vicenta Rodrigo Parrilla

55. PILATES - Beginners
Tutor: Noranne Scott
2.00-4.00pm  |  Duration: 8 Weeks  |  Fee: €95

56. PILATES - Continuation
Tuesdays  |  7.30-8.30pm  |  Fee: €45

57. PILATES - Beginners
Tutor: Veronique FitzGerald
7.30-9.30pm  |  Duration: 10 Weeks  |  Fee: €110

58. SKINCARE, NAILS & MAKE-UP
Discover your skin type through a personalised skin analysis. Learn simple skills for luxury nail treatments and great techniques with everyday and evening make-up.
7.30-9.30pm  |  Duration: 6 Weeks  |  Fee: €70  |  Tutor: Barbara Graham I.T.C.E.C.I.B.T.A.C.

59. SPANISH – Improvers
For those who have completed beginner stage and would like to speak more fluently and use it with others. Also for those who would like to progress with their reading skills.
7.15-9.15pm  |  Duration: 10 Weeks  |  Fee: €110
Tutor: Maria Belen Munoz B.A.

60. COMPUTERS – Beginners
An introduction to the Internet and making it work for you. Learn basic skills in word processing from typing to filing documents, photos, etc.
1.45-3.15pm  |  Duration: 8 Weeks  |  Fee: €30  |  Tutor: Marina Adair

61. COMPUTERS – Next Step
Enhance your knowledge of Word, Excel, PowerPoint and make the most of using the Internet.
3.30-5.00pm  |  Duration: 10 Weeks  |  Fee: €90  |  Tutor: Marina Adair

62. LACEMAKING, EMBROIDERY & CROCHET
Limerick, Carricmacross, Youghal and Tape etc.
2.00-4.00pm  |  Duration: 8 Weeks  |  Fee: €55  |  Tutor: Veronica Stuart, International Gold Medal winner

63. PAINTING IN WATERCOLOUR & OILS    NEW
Improve your painting skills and enable the artist within. Continuing to advanced students will be supported and learn to work with confidence in their own media.
2.00-4.00pm  |  Duration: 10 Weeks  |  Fee: €110  |  Tutor: Carol Anne Floyd

64. PILATES FOR THE OLDER ADULT
Pilates exercises are safe & effective; they target the core muscles & help improve posture, alignment & relaxation. Improve flexibility, strength and balance.
2.00-3.30pm  |  Duration: 8 Weeks  |  Fee: €65  |  Tutor: Jaconel Janssen

65. SPANISH – Continuation
For those who have completed a beginners course.
3.15-5.15pm  |  Duration: 8 Weeks  |  Fee: €85  |  Tutor: Vicenta Rodrigo Parrilla

66. SPANISH – Improvers    NEW
A conversation based course, learning how to speak Spanish in an easy-going and friendly atmosphere.
1.45-3.15pm  |  Duration: 10 Weeks  |  Fee: €85  |  Tutor: Vicenta Rodrigo Parrilla

67. YOGA FOR THE OLDER ADULT
Flowing gentle yoga sequences with movement of hips and shoulders. Suitable for people recovering from illness. Includes breath awareness, yoga postures, guided relaxation and introduction to meditation.
2.00-3.30pm  |  Duration: 10 Weeks  |  Fee: €75  |  Tutor: Meliney O'Sullivan

68. YOGA FOR THE OLDER ADULT
2.30-4.35pm  |  Duration: 10 Weeks  |  Fee: €75  |  Tutor: Meliney O'Sullivan

HORSE RIDING
Douglas Lawn Tennis Club
Tennis for beginners learning the basics of the game.

70. Monday  |  7.00-8.00pm  |  Fee: €65
71. Friday  |  10.00-11.00am  |  Fee: €65
Duration 8 Weeks  |  Maximum 12

TENNIS

72. Beginners (Frankfield Driving Range)
Wednesday, 6.00-7.00pm  |  Fee: €30
Duration 5 weeks  |  Tutor: David Whyte P.G.A.

73. Improvers (Frankfield Driving Range)
Wednesday, 7.00-8.00pm  |  Fee: €30
Duration 5 weeks  |  Tutor: David Whyte P.G.A.