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Enjoy learning a new language

Explore a new hobby

Improve your qualifications

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Enhance your skills for the workplace

**SCOIL
MHUIRE**
COMMUNITY SCHOOL
CLANE

**ADULT EDUCATION
EVENING & DAYTIME COURSES
AUTUMN TERM 2025**

Classes Start Monday 22nd September

EMAIL : INFO@CLANESM.COM

WEB : WWW.CLANESM.COM

PHONE : 045 868255

Department Staff

Principal:

Kevin Martin

Deputy Principal:

JP Cahillane

Sinéad Ronan

Séamus Scully

Director of Adult Education:

Edmond Behan

QQI Verifier:

Padraig Brennan

Assistant Director of Adult Education:

Cormac O'Donovan

Adult Education Co-Ordinators:

Orla Mc Ardle

Louise Black

Information Technology:

Andrew Herring

Gerry McGowan

School Office Administration Team:

Catherine Killaly

Ann O Gorman

Ciara Byrne

Administration and Support Team:

Jacqueline Slattery

Colette Breslin

Night Staff:

Eileen Cribbin

Scan the code to view online brochure:



ENROLMENT

Please note formation of courses will depend upon sufficient enrolments for the course. After you enrol, we will contact you if your course is not formed or is delayed.

SDL

Courses identified with this symbol will have some element of self directed learning.

These courses will require learners to access some resources online in addition to the in-school hours listed in brochure.

COURSES BEGIN:

Monday 22nd September

Tuesday 23rd September

Wednesday 24th September

Thursday 25th September (Daytime Only)

Friday 26th September (Daytime Only)

HOW TO ENROL:

Enrol using VISA, MASTERCARD or LASER. (LASER cards do not incur a transaction fee. A fee is applied to CREDIT card users).

POSTAL ENROLMENT:

Save queuing and enrol by post. Payment accepted by cheque, postal order or bank draft. Complete Postal Enrolment Form and return it with full fee payment to:

Scoil Mhuire Adult Education, Clane, Naas, Co. Kildare.

ONLINE ENROLMENT:

To enrol anytime visit www.clanesm.com

TELEPHONE ENROLMENT:

Phone 045 868255.

Lines open Monday-Thursday from 9.30am to 4.30pm and on Friday from 9.30am-1.30pm.

FOR FURTHER INFORMATION

Telephone: 045 868255

Email: info@clanesm.com

Website: www.clanesm.com

Facebook: www.facebook.com/clanesm

Address: Scoil Mhuire Adult Education,
Clane, Naas, Co. Kildare.

PAYMENT OF FEES

Fees must be paid in full on Enrolment or by Payment Plan Options.

Payment Plan Options: Choose a Payment Plan Option to suit you

1. Full Payment
2. Payment by monthly instalments.

Fees: Are non-refundable except where a course is not formed or the Director closes a course.

All cheques should be crossed and made payable to:

Scoil Mhuire Adult Education Account.

Class Materials: Where necessary a charge will be made for class materials.

Gift Vouchers: Can be purchased in the office during office hours.

TERMS & CONDITIONS

QQI Courses:

Scoil Mhuire Community School is registered with QQI to offer programmes leading to QQI awards in the National Framework of Qualifications & adheres to the Equal Status Act 2000.

QQI Requirement:

All QQI courses facilitate Self Directed Learning (SDL). Hours stated indicate minimum Tutor/Learner contact hours.

All Learners' English Oral and Communication skills should be appropriate to the QQI level which they wish to study.

Car Park:

Over 270 car parking spaces available on school grounds. Cars are parked at owner's own risk.

Car Park closes at 9.45pm.

No Smoking :

Smoking is prohibited by law in any part of the school building or school grounds.

Health & Safety:

All course participants attend at their own risk. Neither the Minister for Education nor the Board of Management and their officers accept liability for damage or injury to persons or property, while present in the school or its precincts.

Courses:

- Formation of courses will depend upon sufficient enrolments for the course.
- The Director reserves the right to close a course and refund fees or to alter times & dates of a course if deemed necessary.
- Course content may be subject to change.
- After you enrol, we will contact you if your course is not formed or is delayed.

Age Requirement:

Participants must be at least 18 years of age in order to enrol in Adult Education Courses. Age requirement does not apply to Leaving Certificate Subject courses.

New Courses:

If you have an interest in tutoring a new course at Scoil Mhuire, please contact us at info@clanesm.com and we'd be delighted to hear from you.

No.	Course	Time	Page
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MONDAY

0104	Chair Yoga	9:45 a.m. 10:45 a.m.	21
0106	Healthy Ageing	11:00 a.m. 1:00 p.m.	18

TUESDAY

0201	Special Needs Assisting	10:30 a.m. 1:00 p.m.	23
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WEDNESDAY

0302	Creative Writing - Beginners	9:30 a.m. 11:30 a.m.	15
0323	Oil & Watercolour Painting	11:45 a.m. 1:45 p.m.	14

THURSDAY

0408	Circuit Training - Beginners	9:30 a.m. 10:15 a.m.	17
0407	Kettlebell Training - Beginners	10:30 a.m. 11:30 a.m.	17
0404	Chair Aerobics	12:00 p.m. 1:00 p.m.	17

FRIDAY

0508	Flower Arranging	9:30 a.m. 11:30 a.m.	24
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D Daytime classes marked thus throughout the brochure.

School Facilities Rental

We offer a variety of rental facilities, including indoor and outdoor spaces. Our school venue is perfect for local groups needing a rehearsal space or organizations requiring meeting rooms. Sports facilities, including our Sports Hall and Astro Pitch, are available for local clubs and groups to rent and may be booked for regular time slots throughout the year.

More Information: Please use the QR Code below to complete a short Enquiry Form, Alternatively you can call our Adult Education office at 045 868255 or email info@clanesm.com.



Scan the QR Code
School Facilities Rental - Enquiry Form
Submit your enquiry and we will get back to you!

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Welcome to our New Autumn 2025 Brochure!

We hope we have something for everyone! Further your education, improve your skills, fitness & wellbeing, meet new and interesting people!

This term we are offering over 20 New Courses, everything from Hip-Hop to our new Business courses - See page 7 for a full list of our New Courses.



No.	Course	Code	Page
8044	Bookkeeping: Manual and Computerised	5N1354	9
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8076	Information and Administration	5N1389	10
8075	Medical Terminology	5N2428	10
8011	Payroll: Manual and Computerised	5N1546	9
8082	Psychology	5N0754	22
8018	Special Needs Assisting	5N1786	23
0201	Special Needs Assisting	5N1786	23
8106	Special Needs Assisting (Level 6)	6N1957	23
8038	Training Delivery And Evaluation (Train the Trainer)	6N3326	19

Please also visit www.qqi.ie for further details of all QQI Modules including all Major awards.



Scoil Mhuire Community School Clane - a provider of programmes leading to QQI awards.

Quality Assurance

As the provider of programmes of training and education leading to award on the National Framework of Qualifications, we have prime responsibility for the quality of the programmes, and the supports we have in place for learners. In order to ensure quality we plan, resource and commit to creating and maintaining a culture and ethos of quality throughout the school.

We focus on continually improving our programmes and supports, with our primary focus being the welfare and success of our learners. In order to achieve this, we operate within a framework of a quality assurance (QA) system that is context-specific, fit-for-purpose and easy to implement.

In order to ensure that our QA system is effective, governance units, management and staff must own the system and be proactive in implementing it.



Scan the QR Code to view our
[Quality Assurance Manual](#)
 or visit: www.claneqa.com

No.	Course	Award	Page
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1031	ICDL Workforce (ECDL)	Certificate	8
5023	Practical First Aid	Certificate	23

New Courses

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5051	Kettlebell Blast	16
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5043	Get into Volleyball!	17
0407	Kettlebell - Beginners	17
0408	Circuit Training - Beginners	17
0404	Chair Aerobics	17
6022	Decluttering using KonMari Method	18
5034	Crystals	20
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6023	Christmas Craft	25



ICDL WORKFORCE (ECDL)



Course No. 1031 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee: €325
Essentials Certificate - Certified by ICDL (Payment Plan Option)

ICDL (formally known as ECDL) is Ireland's most popular digital skills programme with a range of 30 modules. The quality and reputation of ICDL is built on over twenty years delivering certification programmes to over 15 million people in more than 40 languages worldwide, with more than 2.5 million ICDL tests taken annually.

ICDL Workforce is designed to build the digital skills of the modern workplace. We offer 4 modules as part of the ICDL Workforce programme.

See www.classlink.ie/icdl for full details of all ICDL modules.

1. Computer and Online Essentials

This module covers the main concepts and skills needed for using computers and devices, file and application management, networks, online information, online communication, and safety.

2. Documents

Develop the skills needed to create complex documents that are attractive and easy to read. This module covers the knowledge and skills needed to create clearly presented, well-structured documents.

3. Spreadsheets

Develop the key skills needed to organise and analyse data using spreadsheet software. The Spreadsheets module covers the main concepts and skills needed to use spreadsheets, such as tasks associated with developing, formatting, modifying, and using a spreadsheet.

4. Presentation

The Presentation module covers the main concepts and skills needed to work with presentation software to create and use presentations. Presentations are a helpful way of communicating information, whether it is to be delivered by a speaker or used as a reference or guide.

Some computer experience is essential and beginners should consider completing **Course No. 1009 'Computers For Improvers: Pre - ICDL'** prior to attempting this course.

Important: Learners should allow for time between classes to access available online elearning resources. ICDL Tests may be completed after course ends if additional time is required.

MICROSOFT® EXCEL - OFFICE SPECIALIST



Microsoft



Course No. 1013 Sessions: 10 Monday 7:30 PM - 9:30 PM Fee: €150
Certificate - Certified by Microsoft* Additional Costs (Optional)- eLearning Pack including Exam Voucher €110

Gain a solid foundation in Excel 2019. This course is suitable for improvers (Optional Certificate). Complete practical projects in a relaxed workshop environment. Learn the terminology, create and manage worksheets and workbooks, create cells and ranges, create tables, apply formulas and functions, create charts and objects. Create professional quality spreadsheets.

***Optional:** Undertake Microsoft Office Specialist Excel 2019 Exam and become a Microsoft IT Academy Office Specialist. Immediate results using the most modern testing methods. Test yourself in advance using automated practice exams. Put Microsoft on your CV! Optional eLearning pack and testing cost extra as above.

(External Test Center Fee will be approx. €25 - Not payable to Scoil Mhuire)

COMPUTERS BEGINNERS

Course No. 1005 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee: €120

This course will help you learn the basics and enable you gain confidence to use the Internet, send emails, create documents. and share photos online, find and enjoy content online. This course will introduce you to lots of interesting Internet sites and services. Learn the basics in a relaxed workshop class environment.

Scan the code to view online brochure:



COMPUTERS IMPROVERS

Course No. 1008	Sessions: 8	Wednesday	7:30 PM - 9:30 PM	Fee: €120
Suitable for those who have some basic computer skills or for those who have completed the Computers (Beginners) course. Topics may include: File management, Email, Creating and sharing documents using MS Office and Google Workspace, Sharing photos online, YouTube, Safety online. This course will help you to use your computer more efficiently and will introduce you to lots of interesting online sites and services. Tips, tricks, and links shared in a relaxed workshop class environment.				

COMPUTERS FOR IMPROVERS: PRE - ICDL

Course No. 1009	Sessions: 8	Wednesday	7:30 PM - 9:30 PM	Fee: €120
This Pre - ICDL course is designed to help learners develop the confidence and skills required to proceed and undertake the 'ICDL Workforce (ECDL)'. Description as Evening Course No. 1008 Above.				

TYPING SKILLS FOR BEGINNERS

NEW

Course No. 1011	Sessions: 4	Monday	7:30 PM - 9:00 PM	Fee: €50
Learn how to type and improve your training/work opportunities in this short course. The aim of this course is to be able to navigate the keyboard efficiently and effectively. Most courses require computer skills and assignments. Knowing your way around the keyboard will help. Over the four weeks you will get familiar with the home keys/numbers/punctuation marks and will learn to construct a letter/document and an email. Students may bring their own laptop. Note: Tablets/ipads are not acceptable.				

AUTOCAD

Course No. 1010	Sessions: 8	Wednesday	7:30 PM - 9:30 PM	Fee: €225
(Payment Plan Option)				

This course is designed for people working in industry i.e. Engineering, Architecture or Design, Apprentices in many of the trades, Students who are in or hope to follow a Third Level College Course. A student who successfully completes this course will have the ability to set up and use AutoCAD software for the production of a wide variety of Drawings. Some computer experience necessary.

BUSINESS - LEGAL - ACCOUNTING

BOOKKEEPING: MANUAL AND COMPUTERISED

SDL

Course No. 8044	Sessions: 16	Wednesday	7:30 PM - 9:30 PM	Fee: €390
Level 5 Component Code 5N1354 - Certified by QQI				(Payment Plan Option)

This is a course in both Manual and Computerised Bookkeeping. QQI Level 5 Component Certificate will be available upon completion of both Term 1 (Manual Bookkeeping) and Term 2 (Computerised Bookkeeping) using Sage 50.

The course will appeal to those considering self employment or working (or intending to work) as a BookKeeper. (Memory stick required).

This may lead to a major award in Business Administration Code 5M2468.



PAYROLL: MANUAL AND COMPUTERISED

SDL

Course No. 8011	Sessions: 12	Tuesday	6:30 PM - 9:30 PM	Fee: €390
Level 5 Component Code 5N1546 - Certified by QQI				(Payment Plan Option)

Exam will be held during the 12th session - Date to be confirmed.

This course will provide you with the knowledge and skills necessary to maintain payroll records for small to medium sized businesses covering terminology, calculations and the production of statutory reports. Sage Micropay used. (Memory stick required).

Students should be familiar with how to use a computer, USB Key and Excel/Google Sheets.

This may lead to a major award in Business Administration Code 5M246





MEDICAL TERMINOLOGY

SDL

Course No. 8075 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee: €290

Level 5 Component Code 5N2428 - Certified by QQI (Payment Plan Option)

This course covers the medical terminology applicable to a medical receptionist or secretarial role in a medical practice, clinic and or hospital context. Medical secretaries work in a variety of areas in the medical field, such as general practice, dental practice and hospitals. Opportunities exist abroad for those with language skills. Many successful learners progress to third level institutions through the Higher Education Links Scheme (HELS).

5N2428 is a component of the Major award 5M1997 Office Administration.



BUSINESS ADMINISTRATION SKILLS

SDL

Course No. 8074 Sessions: 8 Monday* 7:30 PM - 9:30 PM Fee: €290

Level 5 Component Code 5N1610 - Certified by QQI (Payment Plan Option)

***This course was previously advertised for Tuesday.**

- Explore the different types of departments and examine the main functions of management and the role and impact of Human Resource management in an organization.
- Examine a range of recruitment options and current employment rights legislation.
- Learn about the need for Quality Assurance systems and the various techniques used to ensure quality in different types of organisations.
- Learn about financial controls.
- Explore Insurance requirements also learn how to implement and adhere to an organisations systems and procedures.
- Learn how to process a range of business documentation and use a range of hardware and software to provide administrative support.

This module is an elective component in the Major Award "Office Administration Skills" and a mandatory component in "Business Administration Skills".

Progression route:

Employment within the Business, Finance, Administration and Marketing sectors.
Progression to 3rd level through the Higher Education Links Scheme (HELS).



INFORMATION AND ADMINISTRATION

SDL

Course No. 8076 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee: €290

Level 5 Component Code 5N1389 - Certified by QQI (Payment Plan Option)

The purpose of this award is to equip the learner with the knowledge, skill and competence required to understand how information is processed within organisations and the various systems and methods in use and to enable the learner to operate effectively, under supervision in a range of organisations.

Organisational charts Effective diary management system,
Roles and functions in the planning and conduct of a range of business meetings,
Manual or computerised database filing system, Use of office equipment and resources,
Document collation and proofing and payment validation, Organise inward and out
Diary management to include meeting notices and minutes and the preparation
of business trip itineraries, Prevent unauthorised access to files and records.



This may lead to a major award in Business Administration Code 5M2468.

START AND GROW YOUR OWN BUSINESS

Course No. 3031 Sessions: 6 Monday 7:30 PM - 9:30 PM Fee: €110

Learn how to start and grow your business, build your brand, and expand your network. This course covers a wide range of topics. You'll get practical tips on managing daily operations, boosting sales, marketing on a budget, and finding grants to support your growth.

ONLINE MARKETING FOR SMALL BUSINESS AND ENTREPRENEURS

NEW

Course No. 3036

Sessions: 8

Tuesday

7:30 PM - 9:30 PM

Fee: £175

Unlock the power of online marketing in this hands-on course designed for **small business owners and aspiring entrepreneurs**. Gain practical skills to help grow your business, build your brand, and connect with your audience in the digital world.

You'll learn:

- Introduction to Digital Marketing fundamentals
- SEO (Search Engine Optimisation) & Pay Per Click (PPC) advertising
- How to use Canva to create professional marketing materials
- Email Marketing
- Social Media planning and strategy
- Basics of Video Marketing to engage your audience.
- Understanding social media analytics and what they mean

FACILITIES MANAGEMENT

NEW

Course No. 3037

Sessions: 8

Wednesday

7:30 PM - 9:30 PM

Fee: £150

(Payment Plan Option)

What is Facilities Management?

First, Facilities is the backbone of any company irrespective of industry, ensuring that the physical infrastructure operates smoothly to support the core business functions and to ensure that staff have a comfortable workplace to work in.

Second, Facilities is the one touch point for all employees to engage with. In today's world Facilities faces many challenges ranging from budget constraints, regulatory compliance to technological advancements, health and safety, risks and most recently sustainability concerns. These challenges require strategic planning, efficient resource allocation, and problem-solving skills for all those who work in facilities.

CUSTOMER SERVICES

NEW

Course No. 3038

Sessions: 8

Monday

7:30 PM - 9:30 PM

Fee: £150

Customer Services is the support you offer your customers - both before and after they buy and use your products or services. Skills can differ according to industry, but the key ones typically include:

- Problem-solving
- Clear Communication
- Friendly Attitude
- Empathy Product/Service Knowledge
- Very good Time Management
- Patience

The importance of customer service for your business cannot be overstated. Implementing essential customer service will ultimately improve and help to grow your business.

HOW TO GROW YOUR BUSINESS

NEW

Course No. 3039

Sessions: 8

Tuesday

7:30 PM - 9:30 PM

Fee: £150

Growing and managing your business

This is a very practical Business Development course suitable for new and existing businesses. For Small, Medium and large businesses. For Owner/Managers or indeed aspiring dynamic sales people. The tailor-made course content is vital for the growth and development of both the individual and the business. It is paramount as a solid foundation for new business ventures.

Course Content:

- How to win new business
- The Role of Selling
- Making the Connection and get the Sale
- The 8-Step Selling Model
- Perfecting your Sales Pitch
- How to Close a Sale in 9 easy steps
- Customer Retention - Building loyalty & keeping customers
- Overcoming Objections



LEAVING CERT IRISH (HONOURS)

Course No. 2004	Sessions: 16	Tuesday	7:30 PM - 9:30 PM	Fee: €220
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(Payment Plan Option)

Revision of Paper 1 and Paper 2 material. Course will be offered over two terms Autumn and Spring (8 weeks each term). Course taught by experienced examiner. Leaving Certificate students only. Fee covers both terms.

LEAVING CERT ORAL IRISH

Course No. 2010	Sessions: 12	Monday	7:30 PM - 9:30 PM	Fee: €160
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(Payment Plan Option)

All aspects of the Leaving Cert Oral Irish exam covered by an experienced examiner. Course will be offered over two terms, Autumn (8 weeks) and Spring (4 weeks). Leaving Certificate students only. Fee covers both terms.

LEAVING CERT MATHS (HONOURS)

Course No. 2001	Sessions: 20	Monday	6:00 PM - 8:00 PM	Fee: €270
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(Payment Plan Option)

Course will be offered over two terms Autumn and Spring.
For 6th year students.

LEAVING CERT MATHS (HONOURS) FOR 5TH YEARS

Course No. 2032	Sessions: 20	Monday	8:00 PM - 9:30 PM	Fee: €240
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(Payment Plan Option)

Course will be offered over two terms Autumn and Spring.

LEAVING CERT MATHS (HONS) FOR TRANSITION YEAR STUDENTS

Course No. 2026	Sessions: 10	Monday	8:00 PM - 9:30 PM	Fee: €120
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For students currently in Transition Year. Great foundation for Leaving Cert honours maths.

LEAVING CERT MATHS (ORDINARY LEVEL)

Course No. 2002	Sessions: 10	Tuesday	8:00 PM - 9:30 PM	Fee: €120
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(Payment Plan Option)

Great preparation for Leaving Certificate. Leaving Certificate students only.

LANGUAGES

SIGN LANGUAGE - BEGINNERS

Course No. 4018	Sessions: 8	Wednesday	7:30 PM - 9:00 PM	Fee: €90
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The course is designed to enable learners to communicate using basic Irish sign language (ISL) which is used among the Irish Deaf Community. Learn to communicate about familiar, day to day topics and activities, deaf community and deaf culture. By the end of the course learners will be able to communicate using ISL, understand basic questions/answers using ISL conversation, and sign a short story.

SIGN LANGUAGE - IMPROVERS

Course No. 4019	Sessions: 10	Monday	7:30 PM - 9:00 PM	Fee: €110
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The course is designed to enable learners to improve their knowledge of Irish sign language (ISL). Learn to communicate about familiar, day to day topics and activities, deaf community and deaf culture. By the end of the course learners will be able to communicate with deaf people using sign language, understand basic questions/answers using ISL conversation, and sign a short story.

CONVERSATIONAL IRISH

Course No. 4003	Sessions: 8	Tuesday	7:30 PM - 9:30 PM	Fee: €120
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Come along and enjoy using your 'Cúpla Focal' in a relaxed and friendly environment.

GRAMADACH NA GAEILGE S.O.S.

NEW

Course No. 4005 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee:€120

A relaxed but informative class where you can get to grips with the nuts and bolts of everyday Irish ‘grammer’.

SPANISH - BEGINNERS

Course No. 4004 Sessions: 10 Wednesday 8:00 PM - 9:30 PM Fee:€110

Course description as evening course no. 4001 above.

SPANISH - IMPROVERS

Course No. 4002 Sessions: 10 Monday 8:00 PM - 9:30 PM Fee:€110

For those who have taken a Basic Course in Spanish.

FRENCH BEGINNERS

Course No. 4009 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee:€120

Suitable for beginners. Prepare for your holiday in France, move on to Conversational French next term

ITALIAN BEGINNERS

Course No. 4010 Sessions: 10 Monday 6:30 PM - 7:45 PM Fee:€95

Enjoy learning Italian, discovering something new about Italy and her people. At the end of the course, enjoy using your Italian in the kitchen where the tutor will help you to cook up a traditional Italian meal. Great fun and a unique and tasty way to finish your course!

ITALIAN IMPROVERS

Course No. 4011 Sessions: 10 Monday 8:00 PM - 9:30 PM Fee:€110

Enjoy learning Italian, discovering something new about Italy and her people. At the end of the course, enjoy using your Italian in the kitchen where the tutor will help you to cook up a traditional Italian meal. Great fun and a unique and tasty way to finish your course.

ARTS - PHOTOGRAPHY

PHOTOSHOP & LIGHTROOM FOR PHOTOGRAPHY

Course No. 6174 Sessions: 8 Monday 7:00 PM - 9:30 PM Fee:€160

(Payment Plan Option)

Learn Understand the necessary functions of Lightroom and Photoshop. Develop a simple post production workflow. Manage and store your photo files and optimise the quality of your images before exporting for print or the web. Edit, repair and make colour adjustments in Lightroom. Edit with layers and masks in Photoshop. Whether you're new to Photoshop & Lightroom or an improver this course will have something to offer. **Free access to Photoshop & Lightroom for the duration of the course.** Students must have their own laptop.

CREATIVE PHOTOGRAPHY & TECHNIQUES

Course No. 6030 Sessions: 8 Tuesday 7:00 PM - 9:30 PM Fee:€140

In this practical, hands-on course you will be introduced to your camera's manual controls and the basic camera functions. Get to grips with exposure using aperture & shutter speed to get perfect photos every time. Class topics include, creative depth of field and motion. Composition and lighting for portraits, still-life, landscape & nature. This course is suitable for beginners and improvers.



DRAWING THE PORTRAIT

Course No. 6076	Sessions: 10	Monday	7:30 PM - 9:30 PM	Fee: €150
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Cost Materials €20 approx.

This course is designed for learners who have an interest in sketching portraits that achieve a good likeness. Suitable for absolute beginners and those who have some knowledge in drawing techniques. You will need to purchase your own drawing supplies.

LEARNING ABOUT ART THROUGH ART MAKING

NEW

Course No. 6061	Sessions: 8	Wednesday	7:00 PM - 9:00 PM	Fee: €120
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Cost Materials €20 approx.

This course is aimed at those who would like to fine tune their drawing skills, who are curious about 20th century art and for those who wish to explore mixed media. Each week, students will be guided through a different theme explored through drawing and mixed media, while also being introduced to contemporary artists and concepts. This hands-on drawing and mixed media approach is suitable for all levels of skill and knowledge. The tutor is an artist and has years of teaching experience.

PAINTING WITH ACRYLICS

Course No. 6059	Sessions: 10	Wednesday	7:30 PM - 9:30 PM	Fee: €150
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(Cost of materials extra)

A course for beginners in the technique of painting with this versatile, fast drying medium. Also included will be the theory of colour and colour mixing, collage and still life painting. (Materials list available from office).

OIL & WATERCOLOUR PAINTING

Course No. 6060	Sessions: 10	Tuesday	7:30 PM - 9:30 PM	Fee: €150
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(Cost of materials extra.)

Learn oil and watercolour painting in a relaxed and supportive environment. The focus of this class is on developing individual abilities in painting style and expression by providing advice and demonstrations of techniques. Class tutor is experienced and is a practising artist. A course for beginners and the experienced.

OIL & WATERCOLOUR PAINTING

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Course No. 0323	Sessions: 10	Wednesday	11:45 AM - 1:45 PM	Fee: €150
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Description as Evening Course No. 6060 Above.

ART FOR WELLBEING

NEW

Course No. 6039	Sessions: 8	Wednesday	7:00 PM - 9:00 PM	Fee: €120
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Cost Materials €10 approx.

This art course for adults is designed to nurture creativity, mindfulness, and a sense of ease. Focusing on the process rather than the end product, we'll explore mark-making, collage, printmaking, painting, and mixed-media techniques. Each session combines individual and group activities to encourage playful experimentation and connection. Through mindful creative exercises, participants are invited to unwind, have fun, and enjoy the simple joy of making art. Whether you're a complete beginner or returning to art, this course offers a supportive space to relax and recharge. Leaving each week feeling lighter and more curious about the world around us.

Scan the code to view online brochure:



PODCASTING

NEW

Course No. 6062 Sessions: 8 Monday 7:00 PM - 9:00 PM Fee: €120

Unleash your voice and bring your podcast ideas to life in this hands-on course. Whether you're looking to share stories, explore a niche, or build a personal brand, this course will guide you through every step of podcast creation, from idea to launch.

- Learn the essentials of audio recording and editing using accessible tools, with a focus on producing high-quality content using just a smartphone and laptop.
- Each week covers key elements like podcast planning, scripting, branding, hosting techniques, and effective storytelling.
- Editing software, learn how to add music and sound design, and explore podcast distribution platforms to get your show out into the world.

No prior experience is needed, just a great idea and the willingness to learn. By the end of the course, you'll have the skills and confidence to produce and publish your very own podcast.

EXPLORING IRISH FOLKLORE

NEW

Course No. 6064 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee: €120

A light discussion of some of the best known Irish folk tales, including characters, language and settings.

CREATIVE WRITING - BEGINNERS

Course No. 6063 Sessions: 10 Tuesday 7:30 PM - 9:30 PM Fee: €150

Do you have a story waiting to be told? This course will help you use your creative imagination and express it through the form of literature. It will give you a better understanding of how to create and write wonderful stories.

The course covers how to use the following writing tools needed to drive your unique story forward.

- How to write a story and the use of the five senses
- Building Characters
- Setting
- Dialogue / Point of view
- Description
- Show, Don't Tell
- Plot and Conflict /Theme
- Language
- Tips & Revision
- Editing and rewriting.

All you need is a brand-new notebook and pen. Notes are provided for each class.

CREATIVE WRITING - BEGINNERS

D

Course No. 0302 Sessions: 10 Wednesday 9:30 AM - 11:30 AM Fee: €150

Course description as evening course no. 6063 above.

BEAUTY - FASHION

MAKE-UP ARTIST - INTRODUCTION

Course No. 5027 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee: €120

Small kit & brush requirement for this course, available on first night. Make-up brushes available to purchases in the class, approx €30 for the full set of brushes including eyelashes.

- Skin types & conditions, matching your foundation, colour correction & colour theory, contouring, highlighting, sculpting, shading
- Eyebrows, strong lips, eyeliner techniques
- Day & Evening make up
- Bridal makeup
- Make-up for the mature lady and smokey eyes
- Individual & strip lash application



COGNITIVE BEHAVIOURAL THERAPY

Course No. 6155 Sessions: 8 Monday 7:00 PM - 9:00 PM Fee:€120

Become your own inner therapist. Learn how negative trains of thought can negatively affect your life on a daily basis. C.B.T. is a powerful personal tool that can change your life in surprising ways. Using the skills of C.B.T. in a supportive group can support you in “thinking better to feel better”.

COUNSELLING - AN INTRODUCTION

Course No. 6028 Sessions: 8 Monday 7:00 PM - 9:00 PM Fee:€120

Curious about what it takes to become a counsellor or just want to boost your communication skills? This dynamic short course offers a hands-on introduction to the core principles of counselling focussing on elements of personal development, theory and skills. You'll explore the basics of active listening, empathy, and how to support others with confidence and care. Whether you're exploring a new career path or aiming to better support others, this course gives you the tools to understand and connect on a deeper level. No prior experience needed – just an open mind and a willingness to learn!

DANCE - SPORT - FITNESS

LINE DANCING

Course No. 5014 Sessions: 8 *Tuesday 7:30 PM - 8:30 PM Fee:€70

***This course was previously advertised for Wednesday.** Great social night of Line-Dancing. Learn a range of line-dances, from old traditional country western line-dancing to the modern style line-dancing that is currently filling the dance floors. Easy to follow routines & fantastic music in a friendly atmosphere.

BALLROOM DANCING FOR BEGINNERS

Course No. 5059 Sessions: 8 Tuesday 7:30 PM - 8:30 PM Fee:€70

Would you like to learn to dance for fun or for that special occasion? Learn Ballroom Dancing, Latin, American, Waltz, Quickstep, Jive and Cha Cha Cha in a fun and friendly environment.

WORLD FIT DANCE!

NEW

Course No. 5054 Sessions: 8 Monday 7:00 PM - 8:00 PM Fee:€70

A dynamic program inspired by global dance techniques. Enjoy a one-hour workout, moving your body safely and effectively while delivering an excellent cardiovascular and mobility-focused Interval training session. This energizing class combines the joy of dance with athletic conditioning, helping you shape your body through movement awareness and rhythm. Experience traditional dance styles and global beats while having fun and getting fit! Suitable for all levels of fitness, there are options for everyone.

BOXERCISE

Course No. 5035 Sessions: 8 Monday 8:30 PM - 9:30 PM Fee:€70

Take your boxing and fitness to a whole new level with boxercise. Learn the fundamentals of boxing while getting fit. No experience needed.

CORE BLAST

NEW

Course No. 5053 Sessions: 8 Wednesday 8:00 PM - 9:00 PM Fee:€70

The perfect way to finish off your day, more hard work. This core blast circuit is all level friendly, super fast and most importantly efficient. Support your body by supporting your core.

KETTLEBELL BLAST

NEW

Course No. 5051 Sessions: 8 Tuesday 8:30 p.m. - 9:30 p.m. Fee:€70

Whether you're a kettlebell pro or just getting started, this challenging total body workout will get your heart rate up and your muscles working. Feel the burn in your chest, back, quads and hamstring as you push yourself with 45 seconds of work and 15 seconds of rest.

ZUMBA FITNESS

Course No. 5052 Sessions: 8 Wednesday 8:30 PM - 9:30 PM Fee: €70

****This class was previously advertised for Tuesday** . Ditch the Workout - Join the Party! An exhilarating, effective, easy to follow, Latin inspired, calorie burning dance fitness party that's moving millions of people towards joy and health.

HIP-HOP

NEW

Course No. 5042 Sessions: 8 Wednesday 8:00 PM - 9:30 PM Fee: €90

This class is suitable for both complete beginners and experienced dancers. Sessions include a warm-up, exercises, and fun choreography. The class provides a safe space to learn, vibe and have a fun time.

GET INTO VOLLEYBALL!

NEW

Course No. 5043 Sessions: 8 Monday 7:00 PM - 8:30 PM Fee: €90

Experienced Player and Licensed Volleyball Coach presents "Fun Volleyball Classes". Ideal For Beginners, Intermediate who would like to learn Volleyball Basic Skills. The training sessions will focus on improving Volleying, Passing, Serving and Hitting the ball in various drills and games. Calling All Volleyball Enthusiasts! Join Up and Play . . . for Fun and for Fitness!

KETTLEBELL TRAINING - BEGINNERS

D

NEW

Course No. 0407 Sessions: 8 Thursday 10:30 AM - 11:30 AM Fee: €70

Build strength and confidence. Learn the fundamentals of kettlebell training in a safe, supportive environment. This class focuses on form, core engagement, and full-body strength - perfect for beginners and all fitness levels.

CIRCUIT TRAINING - BEGINNERS

D

NEW

Course No. 0408 Sessions: 8 Thursday 9:30 AM - 10:15 AM Fee: €55

Get moving, build endurance, and feel strong. Rotate through a variety of beginner-friendly exercises designed to improve strength, cardio and flexibility. No experience needed - just show up and move at your own pace.

CHAIR AEROBICS

D

NEW

Course No. 0404 Sessions: 8 Thursday 12:00 PM - 1:00 PM Fee: €70

Fun, low-impact fitness, seated or standing. Stay active and energized with easy-to-follow movements set to upbeat music. Ideal for seniors, those with limited mobility, or anyone looking for a gentle yet effective workout.

MUSIC - SOUND - DRAMA

LEARNING THE GUITAR

Course No. 6041 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee: €120

Suitable for beginners or those with some experience. Tuning, strumming, finger styles etc. Learners are required to bring their own guitar to class.

LEARNING THE BODHRAN

Course No. 6038 Sessions: 8 Tuesday 7:30 PM - 9:00 PM Fee: €90

Suitable for beginners and improvers. This course will cover the basic rhythms and techniques of playing the bodhran with Traditional Music and as a Solo Instrument.

TENOR BANJO / MANDOLIN

Course No. 6045 Sessions: 8 Wednesday 8:00 PM - 9:30 PM Fee: €90

Become the next Gerry O'Connor! Learn how to play traditional Irish tunes (jigs and reels) on Tenor Banjo or Mandolin. Suits beginners and novices.

WOODWORKING FOR BEGINNERS

Course No. 6032Sessions: 8Monday7:30 PM - 9:30 PMFee:€120

Learn the proper and safe use of woodworking tools and how to design and build your own projects. Skills in woodwork, shaping, design features and finishing are all well practiced allowing the student to gain confidence in the use of a wide range of basic woodwork machinery and tools. A variety of projects are produced each one utilising the new skills that have been learned with each piece becoming an important learning tool in the journey of woodwork. This is a stepping stone to further woodwork projects or home DIY.

FURNITURE RESTORATION

Course No. 6036Sessions: 8Wednesday7:30 PM - 9:30 PMFee:€120

Restore all types of furniture, reassemble, remove old polish, re french polish, stain and finish. Please bring your piece of furniture to be restored on the first night. All pieces must be of a size that can be taken home at the end of class each night.

DIY

Course No. 6010Sessions: 8Wednesday7:30 PM - 9:30 PMFee:€120

This course was previously listed for Tuesday
Want to learn all the tips and tricks of a variety of trades . Carpentry,tiling,plumbing and electrical and lot more . This is the course for you it will help keep your home in top top condition.

PRACTICAL INTERIOR DESIGN

Course No. 6021Sessions: 8Wednesday7:30 PM - 9:30 PMFee:€120

An introduction to Interior Design with a focus on practical tips and tricks that will help you to transform your home. Each week focuses on a different room in the home and hopes to inspire and equip you with the confidence to tackle your own design projects.

DECLUTTERING USING KONMARI METHOD

Course No. 6022Sessions: 8Tuesday7:00 PM - 9:30 PMFee:€150

This course on decluttering using the KonMari Method™ is **facilitated by Aidan Gately, a recognized Declutter Expert from RTE’s TV show, “Home Rescue**. Tackle your clutter once and for all using a fun, practical, hands-on approach.

Tackle the following categories:

- Clothing: Organize your wardrobe
- Books: Decide which to keep
- Paper: Manage documents

- Komono: Organize miscellaneous items
- Sentimental Items: Handle with care

Reflect on the journey, plan for a clutter-free future, and celebrate progress with gratitude exercises. Aidan guides participants with personalized advice and practical activities throughout the course.

HEALTHY AGEING

Course No. 0106Sessions: 8Monday11:00 AM - 1:00 PMFee:€120

Keep your brain healthy while ageing well! Would you like to prolong your wellbeing by developing and maintaining your abilities as you age? If so, then come and join us for this healthy ageing course. This exciting course will explore all aspects of healthy ageing and equip you with a goal plan going forward to ensure you are still living ‘your best life’ long after the last class finishes. Have fun and meet new people into the bargain!

ASTRONOMY FOR BEGINNERS

Course No. 6037Sessions: 8Tuesday7:30 PM - 9:30 PMFee:€120

A beginner’s guide to the night sky, its history, and discoveries about the heavens and universe, starting with the Big Bang. We will explore our nearest star, the Sun, and other solar systems. You’ll learn to navigate the night sky and use binoculars and telescopes effectively. No science or mathematical knowledge is needed.

TRACE YOUR FAMILY TREE

D

Course No. 6144 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee: €120

Who do you think you are? Genealogy for beginners. An introductory course on how to trace your family history & build up your family tree. Course will look at births, deaths, marriages, census returns & many more records from Ireland & United Kingdom. Basic computer skills needed.

SPEAKING IN PUBLIC WITH CONFIDENCE

Course No. 6090 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee: €120

Using drama techniques, improve communication skills for interviews or speech making. Course includes Relaxation, Body Language, Vocal Techniques, Preparation for an Interview or Presentation. A highly interactive course conducted in a friendly atmosphere will help participants to banish fear of Public Speaking and provide skills whereby individuals can express their views and communicate with confidence and conviction. Embrace the opportunity to impress with an effective presentation/speech, formal/informal to large and small groups.

BRIDGE - BEGINNERS

Course No. 6091 Sessions: 10 Wednesday 7:30 PM - 9:30 PM Fee: €140

Suitable for beginners. Enjoy a great night out!

TRAINING DELIVERY AND EVALUATION (TRAIN THE TRAINER)

SDL

Course No. 8038 Sessions: 8 Wednesday 7:00 PM - 9:30 PM Fee: €330

Level 6 Component Code 6N3326 - Certified by QQI

(Payment Plan Option)

www.QQI.ie

Extra cost for folder and text book €35

The purpose of this award is to equip the learner with the knowledge, skill and competence to deliver, assess and evaluate a training and development intervention. Suitable for those responsible for the training of others.

Content of Programme includes:

- Adult learning / Training Objectives
- Roles & Competences of the Trainer
- Preparing & Delivering Training
- Learning Assessment & Training Evaluation.



MIND AND BODY

RELAX, REFLECT, DE-STRESS

Course No. 5065 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee: €120

Stress and Anxiety have become a common challenge. Join our Meditation & Stress Reduction Course and learn proven techniques to reduce stress, enhance your focus, and achieve a deeper sense of peace.

We will develop an understanding and together we will practice :-

- Mindful Meditation and Relaxation: Calming techniques.
- Breathing exercises: Gentle tools to relax your body.
- Stress-Reduction Strategies: Practical tips to handle daily stress with ease.
- Guided Meditation: Supportive, calming experiences of mind and body in a group setting.

Why Join? Clear your mind, improve motivation and sharpen focus. This can help in employment, sports, study etc. Improve Physical and Emotional Well-being: Develop self care and cultivate a Better You!

MINDFULNESS MEDITATION

Course No. 5064 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee: €120

Introduces the practice of mindfulness meditation by learning formal meditation pieces and discovering its benefits (backed by research) for everyone in today's frantic world. Importantly, the theory and concepts behind mindfulness in relation to our selves, thoughts and feelings, etc., and the additional potential it holds to allow us to flourish will also be expanded and built upon each week.



STRESS MANAGEMENT AND MINDFUL LIVING

Course No. 5062 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

Develop an ability to deal with stress and learn to live in a mindful way which may increase feelings of happiness, joy and peace in their lives. **Topics include:** Stress and the impact on our lives, What is mindful living?, How mindful living can help us deal with stress, Problem solving, Healthy living, Exercise/Movement, Meditation. Mindful living may not change the ever present external demands on our time and energy, however mindful living has the ability to change our reaction to these demands, resulting in less stress and a more joyful and peaceful approach to life.

TAI CHI / QIGONG

Course No. 5008 Sessions: 8 Tuesday 7:00 PM - 8:30 PM Fee:€90

Suitable for complete beginners and improvers. Strong body, still mind. Tai Chi is a Chinese martial art now practiced as a type of moving meditation to improve both mental and physical health. This unique, gentle, slow moving exercise is suitable for all people regardless of age or fitness level. This course introduces the participants to Yang style Tai Chi (foundation form) and Chi Kung.

CRYSTALS

NEW

Course No. 5034 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

Welcome to the world of crystals! This course explores their unique properties and teaches you how to care for them—cleansing, charging, and maintaining their energies. You'll learn to harness crystal vibrations by aligning them with moon cycles and elemental energies to amplify their power. Discover how to integrate crystals into your life for a harmonious environment, goal manifestation, and deeper well-being. By course end, you'll confidently use crystals to create balance, harmony, and transformation in everyday life.

SOMATIC MOVEMENT

Course No. 5033 Sessions: 8 Monday 7:30 PM - 9:00 PM Fee:€90

Somatic Movingness for everyone. Learn to walk and move with a spring in your step on chairs or on the floor (your choice). Loosen up and be at ease in your movements by learning through a series of gentle exercises, natural breathing and tuning into sensations. Discover the free open you. No experience necessary. Please bring along a Yoga mat and thick blanket to support the body.

PILOGA

D

Course No. 5049 Sessions: 10 Wednesday 7:30 PM - 8:30 PM Fee:€100

Piloga is a fusion of gentle yoga stretches and Pilates postures that calms the mind while invigorating the body. Taking the best from both practices, it focuses on developing muscle strength, specifically to the core and back, deepens flexibility and improves balance and co-ordination. You will experience relief from stress, and body tension, including neck, shoulder or back pain, bringing you a more restful sleep and feeling of well-being. Piloga will leave you looking toned and feeling revitalised. Suitable for beginners. Limited class size. (Bring a thick mat, large towel and bottle of water).

PILOGA

Course No. 5046 Sessions: 10 Monday 8:30 PM - 9:30 PM Fee:€100

Description as Evening Course No. 5049 Above.

PILATES - BEGINNERS

Course No. 5041 Sessions: 8 Monday 7:15 PM - 8:15 PM Fee:€80

Pilates is a form of low-impact exercise that strengthens the muscles, improves posture, mobility, and flexibility, and enhances the body's potential. This practice involves coordinating the breath with body movements to achieve optimal alignment and balance. In the beginners' class, you will uncover the basic principles of Pilates while practising fundamental movements that will improve your posture. There will be a focus on simple and effective movements in these lessons. There is a limited number in these classes. Please bring a yoga/Pilates mat, towel and bottle of water.

YOGA - VINYASA

NEW

Course No. 5031 Sessions: 8 Wednesday 7:00 PM - 8:00 PM Fee:€80

This beginner Vinyasa Yoga course builds a strong foundation in a welcoming, supportive environment. Suitable for beginners and those with some experience, you'll learn key postures, alignment, breathwork, and basic Vinyasa sequencing. Each class offers a dynamic yet accessible flow aimed at gently building strength, improving mobility, and encouraging relaxation. You'll learn how to move with intention and breath, while modifications are provided throughout to ensure the practice is inclusive and adaptable to all body types and abilities. Come as you are - no flexibility or experience required. Just bring your mat and an open mind!

TRADITIONAL ASHTANGA YOGA

Course No. 5045 Sessions: 8 Monday 7:00 PM - 8:15 PM Fee:€85

Ashtanga yoga is still taught in India today and is a dynamic, energetic yoga class. This class is suitable for anyone who enjoys a physical class, while learning to connect with our breath. The many benefits include building strength and flexibility, posture alignment, reduce stress and anxiety in the body and mind. The class starts with an energetic yoga sequence and finishes with a relaxing guided meditation. This course is for anyone who wants to reduce anxiety symptoms and regulate the nervous system, while building strength and flexibility in a relaxed environment.

CHAIR YOGA

D

Course No. 0104 Sessions: 10 Monday 9:45 AM - 10:45 AM Fee:€85

Chair Yoga is a modified form of Yoga that is performed while seated or using a chair for support. This unique and accessible yoga practice is designed to bring balance, relaxation, and rejuvenation to individuals of all ages and abilities. Our Chair Yoga course is the perfect opportunity for anyone seeking the benefits of yoga without the need for getting down on the floor. Chair Yoga offers a wide range of physical, mental, and emotional benefits. Whether you are a beginner or an experienced practitioner, this course welcomes individuals of all fitness levels. Chair Yoga also offers numerous therapeutic benefits, such as stress reduction, improved joint mobility, enhanced circulation, and increased body awareness. Through mindful breathing and meditation techniques, you will cultivate a sense of calmness and inner peace, promoting mental clarity and emotional well-being.

YOGA NIDRA

Course No. 5036 Sessions: 10 Monday 8:30 PM - 9:30 PM Fee:€100

Yoga Nidra is a flexible form of meditation that anyone can do, as it is practised by lying on your mat, getting comfortable and taking time just for you. There is a body scan at the beginning of each class to relax the mind and body and bring about a profound sense of deep relaxation. Learn tools to do this and more. Suitable for anyone who suffers from trouble sleeping, burnout, exhaustion and anxiety.

YOGA

Course No. 5039 Sessions: 10 Monday 7:30 PM - 9:00 PM Fee:€110

The focus is on relaxation, gentle postures, awareness, breathing exercises, meditation and exploring ways to live a more peaceful life. Suitable for all levels.

Scan the code to view online brochure:





PRACTICAL FIRST AID

Course No. 5023 Sessions: 5 Tuesday 7:00 PM - 9:30 PM Fee: €95
Certificate - Certified by Red Cross **(Workbook and Certificate €15 Included in Fee)**

Practical First Aid is a 12 hour course certified by the Red Cross which covers Accident Scene Management, Bleeding, Respiratory Problems, CPR, Unconsciousness, Fractures & soft tissue injuries, Burns & Scalds and Medical Emergencies. The course is very much based on practical work rather than theory and is taught with the use of workbooks which chart the participants skills.

CARE OF THE OLDER PERSON

SDL

Course No. 8095 Sessions: 8 Tuesday 7:00 PM - 9:30 PM Fee: €290
Level 5 Component Code 5N2706 - Certified by QQI **(Payment Plan Option)**

The module is designed to equip the learner with the skills and knowledge to care for older people in a variety of settings.

- Learners will demonstrate good work practice
- Understand the concept of the ageing process
- Be able to meet the full range of needs of older people
- enhance the quality of life of the older person



This is a component of “Healthcare Support” 5M4339.

CARE SKILLS

SDL

Course No. 8104 Sessions: 8 Monday & Some Tuesdays 7:00 PM - 9:30 PM Fee: €290
Level 5 Component 5N2770 - Certified by QQI **(Payment Plan Option)**

- Recognise the personal care needs of clients.
- Respond effectively to clients’ individual needs, with their involvement and use of choice.
- Acquire practical skills in the area of client personal care.
- Maintain a safe, healthy and hygienic environment for clients.
- Appreciate the models of care.
- Be aware of nursing ethics and etiquette in care situations.
- Communicate effectively in ways that are consistent with the carer’s role.



This is a component of the **Major Award Healthcare Support Code 5M4339.**

PSYCHOLOGY

Course No. 8082 Sessions: 10 Monday 7:00 PM - 9:30 PM Fee: €325
Level 5 Component Code 5N0754 - Certified by QQI **(Payment Plan Option)**

The purpose of this award is to equip the learner with the knowledge, skill and competence to link an introductory understanding of psychological perspectives with practical therapeutic applications and the development of psychology as a discipline. Exam will be held on week 11.

- Enable the learner to explore psychological perspectives.
- Facilitate an understanding of how each perspective gives us an insight into individual behaviour.
- Explore the main therapeutic paradigms and interventions.
- Assist learners in applying theory and research to practise.
- Facilitate an exploration of attitudes and beliefs.
- Develop transferable skills and knowledge which will enable individuals to meet changing circumstances in a variety of fields.
- Enable the learner to take responsibility for his/her own learning.



This may lead, in part, to a major award in “Healthcare Support” 5M4339.

PSYCHOLOGICAL FIRST AID

NEW

Course No. 5021 Sessions: 8 Wednesday 7:30 PM - 9:00 PM Fee: €90

Psychological First Aid (PFA) offers a simple, practical framework for supporting people in distress following a crisis, trauma, or emergency. No formal qualification is required to complete this course and it is **ideal for adults working or volunteering in community, health, education, or care settings**.

You'll learn how to provide immediate emotional support using the key principles of PFA - ensuring safety, promoting calming, building connection, and encouraging hope and self-efficacy.

Through real-life scenarios and guided practice, you'll gain the confidence to respond with empathy and skill when it matters most.

SPECIAL NEEDS ASSISTING

SDL

Course No. 8018 Sessions: 16 Wednesday 7:00 PM - 9:30 PM Fee: €375

Level 5 Component Code 5NI786 - Certified by QQI

(Payment Plan Option)

For people who wish to pursue a career in working with children with special needs as an assistant within an educational setting.

The Special Needs Assisting Course aims to:

- Ensure adequate training of the Special Needs Assistant (SNA).
- Promote understanding of role of SNA in the classroom.
- Equip the SNA with the necessary skills and knowledge for a rewarding career.

Work Experience:

Candidates will have to complete at least 30 hours working with the individuals with Special Needs under the age of 18 in an educational setting, or similar during the course. This work experience may be of a paid or voluntary nature.

Entry Requirements:

Candidates who do not currently work in this area must be prepared to undertake the work experience outlined above. All learners must be fluent English speakers.

On successful completion, participants will be qualified to work as SNAs in primary, post-primary, and special school settings.



SPECIAL NEEDS ASSISTING

SDL

D

Course No. 0201 Sessions: 16 Tuesday 10:30 AM - 1:00 PM Fee: €375

Level 5 Component Code 5NI786 - Certified by QQI

(Payment Plan Option)

Description as Course no. 8018 above.

SPECIAL NEEDS ASSISTING (LEVEL 6)

SDL

Course No. 8106 Sessions: 10 Wednesday 7:00 PM - 9:30 PM Fee: €350

Level 6 Component Code 6NI957 - Certified by QQI

(Payment Plan Option)

Entry Requirement

Level 5 Special Needs Assisting or you must have achieved the Learning outcomes for this level.

This course will enable you to:

- Evaluate the provision of education for people with special educational needs.
- Examine relevant theories, skills and processes relevant to current implementation.
- Organise learning opportunities in order to promote independence and responsibility.
- Learn how to access interventions and behaviour management techniques that may be used in the learning environment.
- Assist Learner to develop the academic, and vocational language, literacy and numeracy skills related to Early Childhood Care and Education through the medium of indicative content.





FLOWER ARRANGING

Course No. 6014	Sessions: 10	Tuesday	7:30 PM - 9:30 PM	Fee:£150
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(Cost of materials extra)

Learn the skills of flower arranging in a relaxing and therapeutic atmosphere. Create your own arrangement of fresh flowers including Christmas bouquets.

FLOWER ARRANGING



Course No. 0508	Sessions: 10	Friday	9:30 AM - 11:30 AM	Fee:£150
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Course description as course no. 6014 above.

(Cost of materials extra)

CROCHET TO DESIGNER WEAR

Course No. 6019	Sessions: 10	Monday	7:30 PM - 9:30 PM	Fee:£150
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Why not try your hand at crochet, or improve your crochet skills. Crochet is so fashionable right now. Learn to design and make your own garments of choice and learn to read crochet patterns. You will get hooked once you start! Bring any crochet hooks you may have. Yarn and hooks will be available to purchase from class tutor.

KNITTING

Course No. 6013	Sessions: 8	Tuesday	7:30 PM - 9:30 PM	Fee:£120
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Learn to knit in a relaxed and fun class suitable for beginners and those looking to improve their skills. You will master the basic stitches and begin to learn how to read a knitting pattern. You will be guided to complete 2 small projects while having fun along the way.

DRESSMAKING (BEGINNERS)

Course No. 6072	Sessions: 10	Wednesday	7:30 PM - 9:30 PM	Fee:£190
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(Payment Plan Option)

Make a garment that you can wear yourself. You will be guided in every aspect of dressmaking, starting from buying your own pattern and learning how to cut it to your size, how to read and follow pattern instructions. Choose the fabric and cut and match it. Step by step you will be shown how to assemble your garment. Also you will be shown how to set up and work a domestic sewing machine. Sewing machine required. **A Maximum of only 10 places available.**

Materials to bring with you to class: Scissors, sewing machine and hand-sewing needles, measuring tape, seam ripper, water-soluble markers, thread, 30+ cm ruler, pencil and eraser.

STAINED GLASS (COPPER FOIL TECHNIQUE)

Course No. 6031	Sessions: 8	Tuesday	6:30 PM - 8:30 PM	Fee:£160
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Fee includes for project materials

Liberate your artistic and technical skills in the copper foil technique! Learn fundamental stained glass processes such as drafting, cutting, grinding, foiling, soldering, attaching wire supports/hangings and polishing. There will also be an opportunity to learn how to create additional artistic components in etched glass.

UPCYCLING WITH HAND EMBROIDERY (BEGINNERS)

Course No. 6018	Sessions: 8	Tuesday	7:30 PM - 9:30 PM	Fee:£120
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Learn how to use hand embroidery and sewing techniques to upcycle your own clothing and textiles. Give new life to your own clothing or accessories, with the exciting and diverse craft that is embroidery. You will learn how to use and combine embroidery stitches to embellish and to add your own designs onto a wide variety of fabrics. In addition to learning a repertoire of stitches, you will also learn applique techniques and ways to transfer images onto material. Finally, you will be taught how to use sewing techniques to perform simple alterations to clothing.

CHRISTMAS CRAFT

NEW

Course No. 6023 Sessions: 8 Tuesday 7:00 PM - 9:00 PM Fee:€120

Paint your own Stockings, Ornaments & Gift Tote Bags - Additional cost for materials

Celebrate the season with creativity and joy in our festive Holiday Craft Class! In this fun and relaxed workshop, you'll have the opportunity to paint and decorate your choice of burlap Christmas stockings, wooden ornaments, and Christmas gift tote bags. Whether you're looking to create something special for your own home or a heartfelt handmade gift for someone you love, this class is the perfect way to get into the holiday spirit.

No painting experience is needed—just bring your enthusiasm! Choose from a variety of festive designs, paints, and embellishments, and add your own unique touches to bring your vision to life.

As a final flourish, personalize your stockings, ornaments, or tote bags with custom vinyl lettering—perfect for names, holiday greetings, or meaningful messages that make your piece truly one-of-a-kind.

COOKING

BAKING & DESSERTS

Course No. 6100 Sessions: 10 Monday 7:30 PM - 9:30 PM Fee:€150

(Cost of materials extra)

Interesting and a fun experience. A hands on practical approach to baking. Learn how to bake cakes for all occasions. Party desserts, different pastries, pies, meringues & roulades and much more.

JOYS OF COOKING

Course No. 6052 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

(Cost of materials extra.)

Cooking for fun. Want to entertain family and friends or cook just for one? This is an easy paced practical approach to cooking. All tastes catered for includes soups and bread, stirfries, curries, pasta dishes, Irish specialities, Sunday dinner and desserts. Whether you are a complete beginner in the kitchen or want to get new ideas this is the course for you.

PIPING SKILLS FOR CAKE DECORATING

Course No. 6048 Sessions: 5 Monday 7:30 PM - 9:30 PM Fee:€80

Using royal icing, learn decorative piping, piped flowers using nozzles and nails, runouts, brush embroidery and writing skills. Nozzels required, cost of materials extra.

FEEL GOOD COOKING

Course No. 6051 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee:€120

Come join us in learning how to make delicious, simple, affordable, and satisfying Whole Food, Plant-Based dishes for Breakfast, Lunch, Dinner, Snacking, and Entertaining.

The instructor who is Plant-Based certified from Cornell University will guide you in following varied, simple recipes using natural foods that are healthy for you and the environment that you can quickly whip up at home. This course is suitable for anyone who is interested in including more plant-based meals into their diet, no matter what their food preferences. All appetites are welcome.

CAKE DECORATING

Course No. 6049 Sessions: 10 Tuesday 7:30 PM - 9:30 PM Fee:€150

(Cost of materials extra)

Learn how to get the professional finish in Cake Decorating. Using Sugar Paste many different techniques taught e.g. frills, ribbon insertion and flower craft etc. Also piping work in royal icing. All levels catered for. The aim of the course is to finish with new skills and confidence in Cake Decorating.



CAKE DECORATING IMPROVERS

Course No. 6055 Sessions: 10 Wednesday 7:30 PM - 9:30 PM Fee: €150
(Cost of materials extra)

Suitable for those who have completed the basic cake decorating course, this course will build on techniques learnt in more depth. Projects may run over 2 weeks and will include modelling figures and animals, runout icing, flowers and other decorating techniques. Students will be required to provide their own materials, tools and equipment and will be given list before each class. Material list for week one will be available from the office

GARDENING - NATURE - ANIMALS

BEE KEEPING

Course No. 6081 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee: €120

Backyard Bee Keeping is a wonderful hobby, but to many it seems surrounded by mystery. This course opens the lid of the honey bee's hive, enabling the novice beekeeper to understand this complex and fascinating world. We will explore the life cycle of the hive, what happens when the bees swarm and so much more. Join us in this course to explore just what it is that bees buzz about!

Course content:

- Recognising bees (worker, drone, queen)
- The hive, equipment
- Activities in each of the four seasons
- Stings, swarms, feeding, harvesting honey
- Pests and diseases.

GARDENING

Course No. 6087 Sessions: 10 Wednesday 7:30 PM - 9:30 PM Fee: €150

Sustainable gardening with course designed for gardeners of all levels! Each session combines practical skills with environmental awareness to transform your garden into a thriving ecosystem.

What you'll explore:

- Wild & Wonderful - Discover the beauty and ecological importance of wildflowers
- Nature's Bounty - Harvesting and responsible foraging from your garden and beyond
- Autumn To-Do List - Learn essential tasks to prepare your garden for the changing seasons
- Compost - Expert composting methods that enrich your soil naturally
- Creative Containers DIY Workshop - Design Autumn containers for winter colour
- Soil Analysis - Learn how to optimize your soil for healthier plants
- Divide & Thrive - Plant propagation through division to multiply your garden favourites
- Shade Gardening Success - Transform challenging shady spots into garden highlights
- Christmas from your garden

Looking ahead:

There will be a follow-up **Spring Term course** covering more seasonal topics such as low-maintenance gardening, pollinators, seasonal checklists, propagation techniques, herbs, companion planting, natural pest control, and colourful container displays.

Please check our website www.clanesm.com
for any late additions or changes to our courses.
The online version of our brochure will also be updated.

Scoil Mhuire - Your Community School

SPECIAL NEEDS ASSISTING COMPONENT AWARDS



Rewarding & Fulfilling Career While Helping Others

Special Needs Assistants (SNAs) are school-based additional adult support staff who can assist children with special educational needs. Such support is provided in order to facilitate the attendance of those pupils at school, with a view to developing their independent living skills.

The following modules are scheduled to run this term:

- Special Needs Assisting Level 5 5N1736
- Special Needs Assisting Level 6 6N103

See Page 23 for Details

To be a Special Needs Assistant you should have:

- an interest in education and in working with children
- good communication and people's skills
- the ability to work well as part of a team
- good literacy and numeracy skills
- tact and sensitivity
- a responsible attitude
- patience



YOUR PATH TO A QQI AWARD

**HIGHER COMPLETION RATES
WITH BETTER RESULTS!**



Face to Face Classes



Experienced Tutors



Support for all Learners

Step by step at a pace to suit you

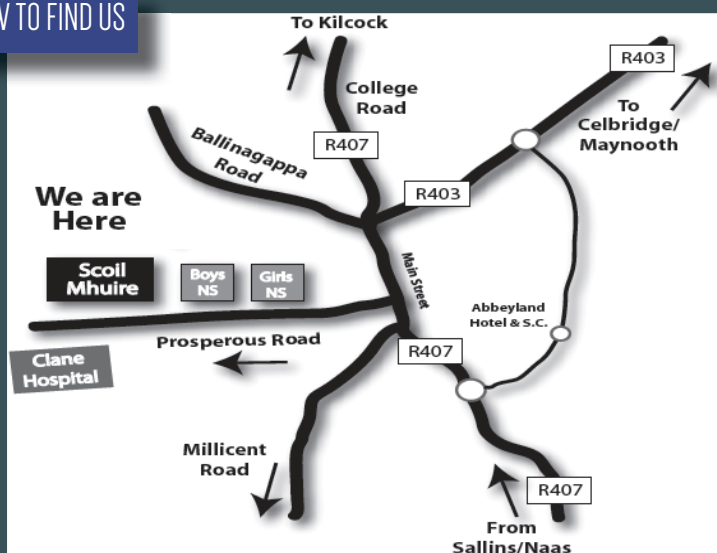
INFORMATION TECHNOLOGY -- Autocad -- Computers Beginners -- Computers For Improvers: Pre - ICDL -- Computers Improvers -- ICDL Workforce -- MICROSOFT Excel - Office Specialist -- Typing Skills for Beginners -- **BUSINESS - LEGAL - ACCOUNTING** -- Bookkeeping: Manual and Computerised -- Business Administration Skills -- Online Marketing for Small Business and Entrepreneurs -- Information and Administration -- Medical Terminology -- Payroll: Manual & Computerised -- Start and Grow Your Own Business -- Facilities Management-- Customer Services -- How to Grow your Business -- **LEAVING CERTIFICATE SUBJECTS** -- Leaving Cert Maths (Honours) -- Leaving Cert Oral Irish -- Leaving Cert Maths (Honours) -- Leaving Cert Maths (Honours) For 5th Years -- Leaving Cert Maths (Hons) For Transition Year Students -- Leaving Cert Maths (Ordinary Level) -- **LANGUAGES** -- Conversational Irish -- French Beginners -- Gramadach na Gaeilge S.O.S.-- Italian Beginners -- Italian Improvers -- Sign Language - Beginners -- Sign Language - Improvers -- Spanish - Beginners -- Spanish - Improvers -- **ARTS - PHOTOGRAPHY** -- Drawing the Portrait -- Painting with Acrylics -- Oil & Watercolour Painting -- Learning About Art through Art Making -- Exploring Irish Folklore -- Podcasting -- Photoshop & Lightroom For Photography -- Creative Photography & Techniques -- Art For Wellbeing -- Creative Writing - Beginners -- **BEAUTY - FASHION** -- Make-Up Artist - Introduction -- **HUMAN BEHAVIOUR - MIND** -- Cognitive Behavioural Therapy -- Counselling - An Introduction -- **DANCE - SPORT - FITNESS** -- Ballroom Dancing for Beginners -- World Fit Dance -- Bootcamp -- Boxercise -- Chair Aerobics -- Circuit Training - Beginners -- Core Blast -- Kettlebell Blast -- Kettlebell - Beginners -- Line Dancing -- Get into Volleyball! -- Hip-Hop -- Zumba Fitness -- Circuit Training -- **MUSIC - SOUND - DRAMA** -- Learning the Bodhran -- Learning the Guitar -- Tenor Banjo / Mandolin -- **SKILLS - SELF DEVELOPMENT** -- Astronomy - A Guide For Beginners -- Bridge - Beginners -- Decluttering using KonMari Method -- DIY -- Furniture Restoration -- Healthy Ageing -- Practical Interior Design -- Speaking in Public With Confidence -- Trace your Family Tree -- Training Delivery And Evaluation (Train the Trainer) -- Woodworking for Beginners -- **MIND & BODY** -- Relax, Reflect, De-Stress -- Chair Yoga -- Crystals -- Mindfulness Meditation -- Pilates - Beginners -- Piloga -- Somatic Movement -- Stress Management And Mindful Living -- Tai Chi / Qigong -- Traditional Ashtanga Yoga -- Yoga -- Yoga Nidra -- Yoga - Vinyasa -- **CARING - HEALTH & SAFETY** -- Care Skills -- Care of the Older Person -- Practical First Aid -- Psychology -- Psychological First Aid -- Special Needs Assisting -- Special Needs Assisting (Level 6) -- **CRAFTS - FABRICS** -- Christmas Craft -- Crochet to Designer Wear -- Dressmaking (Beginners) -- Flower Arranging -- Knitting -- Stained Glass (Copper Foil Technique) -- Upcycling With Hand Embroidery -- **COOKING** -- Baking & Desserts -- Cake Decorating -- Cake Decorating Improvers -- Feel Good Cooking -- Joys of Cooking -- Piping Skills For Cake Decorating -- **GARDENING - NATURE - ANIMALS** -- Bee Keeping -- Gardening



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EMAIL : [INFO@CLANESM.COM](mailto:info@clanesm.com)

WEB : WWW.CLANESM.COM

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