

Malahide Community School

Adult Education Programme

Serving the community for 45 years



Yoga & Pilates



Languages



Meditation & Wellness



Radio



Digital Photography



Golf

Spring January 2021

This is a free publication

TO ENROL

Online: www.malahidecsadulted.ie

By phone: 01-8460949 between 9am - 12pm

COURSE COMMENCEMENT DATES

Courses will commence week starting Monday 1st February 2021 unless otherwise specified.

COVID - 19 ADVICE

Please note that all necessary precautions and measures as recommended by the HSE are in place to ensure the safety of our students and tutors. Please see our Adult Education Covid-19 guidelines on the website www.malahidecsadulted.ie

COURSE FORMATS INCLUDE

Face to Face in class or Online (using Zoom or Google Meets). Face to Face classes will have a limited number of students and space available. Please note that Face to Face classes may need to switch to remote only class / be postponed or be cancelled if the Government advises in the event of a major resurgence of Covid-19.

ACCREDITED COURSES

Please see www.malahidecsadulthood.ie for full details and to enrol for a class.

- AC1 **SPECIAL NEEDS ASSISTING QQI LEVEL 5 (Tuesday 2nd February 2021)**
Level 5 Component Code 5N1786 - Certified by QQI This course is being run in conjunction with Clane Community School which is a registered QQI course provider. 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) please refer to www.malahidecsadulthood.ie for further information on this course.
Time: 7.30 - 9.30pm | **Fee** €300 (Payment Plan Option (3 payments of €100)
Duration: 16 weeks
Course Format: *Blended Learning (Face to Face in class & Remotely)*
Note: *Depending on advice from Government regarding Covid-19 restrictions we may need to switch to online classes at short notice. Thus you will need access to a PC / Laptop to take part in online learning.*
- AC2 **DIGITAL PHOTOGRAPHY QQI LEVEL 5 (Tuesday 2nd February 2021)**
This award will equip the learner with the knowledge skill and competence in the theory and practice of digital photographic production to produce digital photographic images.
Time: 7.30 - 9.30pm | **Fee** €360 (Payment Plan Option 3 payments of €120
15 weeks | **Tutor:** John White
Course Format: *Blended Learning (Face to Face in class & Remotely)*
- AC3 **DIPLOMA IN EVENT MANAGEMENT (Monday 1st February and Thursday 4th February 2021)**
Achievement: *Diploma in Event Management*
For full details see www.malahidecsadulthood.ie
Fee €220 | 8 weeks | **Tutor:** Irish Academy of Public Relations
Course Days & Format: Monday 7.30 - 9.00pm Remote via Zoom and Thursday 7.45 - 9.15pm Face to Face in class

MONDAY CLASSES (Courses start 1st February 2021 unless otherwise stated)

Full course details and enrolment online is available at www.malahidecsadulthood.ie

- M1. **COOKING FOR ALL SEASONS**
This course aims to showcase simple but creative dishes for each season. **Spring** - seafood, shellfish, spring lamb, **Summer** - light fayre eg. salads, BBQ meats, **Autumn** - comfort food, pasta dishes, **Winter** - heartier dishes, slow cook meats, pies, root vegetables.
Note: Students bring their own equipment / utensils etc.
Time: 7.45 - 9.15pm | **Fee** €100 | 8 weeks | **Tutor:** Alan McDonnell
Course Format: *Face to Face*
- M2. **DSLR CAMERA**
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 photos.
Time: 7.45 - 9.15pm | **Fee** €90 | 8 weeks | **Tutor:** John White
Note: Please bring along your own camera
Course Format: *Remotely via Zoom and on location*
- M3. **EXCEL FOR BUSINESS**
An 8 week course covering techniques and methods for anyone who uses MS Excel in the workplace.
Time: 7.45 - 9.15pm | **Fee** €90 | 8 weeks | **Tutor:** David McLaughlin
Note: Please bring along your own laptop with MS for Excel package.
Course Format: *Face to Face in class*
- M4. **GOLF SCHOOL - BEGINNER**
Learn to play golf with a professional. This course will cover the golf swing, short game, etiquette and the rules of golf. A 7-week course – 2 in the school, 4 at a local driving range and 1 at Donabate golf course.
Tutor: David Murray USPGA Professional
Time: 7.30 - 8.30pm | **Fee** €120 | 7 weeks | Classes start 1st March
Course Format: *Face to Face*
- M5. **FASHION DESIGN WORKSHOP**
Our aim on this workshop is to introduce students to the basics of the following a commercial pattern, and producing their own garment. Limited places so book early!
Time: 7.30 - 9.00pm | **Fee** €90 | 8 weeks | **Tutor:** Project Fashion
Note: Students to supply own fabric and tutor will advise on this during 1st class
Course Format: *Face to Face in class*

M6. INTRODUCTION TO RADIO BROADCASTING

An introduction to radio, podcasting and voiceovers will, over 8 weeks, give you a feel for life in the media. Marty Miller is a radio host with Radio Nova, formerly of Today FM, 98Fm and more.

Time: 7.30 - 9.00pm | **Fee** €90 | 8 weeks | **Tutor:** Marty Miller

Course Format: Face to Face in class

M7. ITALIAN FOR BEGINNERS

This introductory course will give you a good grounding in the basics of the Italian language. A multimedia course for beginners learning Italian.

Time: 7.30 - 9.00pm | **Fee** €90 | 8 weeks | **Tutor:** Angelo Roselli

Course Format: Face to Face in class

M8. MAN ALIVE! - MEN'S GROUP

Find balance and real meaning in your busy, stressful life. Join guys of all ages as we make sense of things together! Design the happy, fulfilling life you really want, alongside all your commitments, and get the tools to start building it in the real-world. For full details see www.malahidecsadulied.ie

Time 7.30 - 9.00pm | **Fee** €70 | 5 weeks | **Tutor:** Mark Herman

Course Format: Remotely via Zoom or Google Meets

M9. MEDITATION & MINDFULNESS

Still Mind:- Over the course of this eight week program you will learn techniques and tools to learn to make peace with your busy mind. Over time you will enjoy a greater stillness and quiet in body and mind.

Time 8.30 - 9.30pm | **Fee** €80 | 8 weeks | **Tutor:** Yoga Pal Tutor

Course Format: Remote via Zoom

M10. SPANISH FOR BEGINNERS

A multi-media course for beginners learning Spanish. Designed to enable the visitor to Spain to communicate more effectively. Emphasis on dialogue and conversation.

Time: 8.00 - 9.30pm | **Fee** €90 | 8 weeks | **Tutor:** Lourdes Espinosa

Course Format: Remote join only using Zoom

M11. YOGA for STRONG BODY, CALM MIND and OPTIMUM HEALTH - BEGINNERS

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.

Beginners from 7.30 - 8.30pm | **Fee** €80 | 8 weeks | **Tutor:** Lea Kendellen

Note: If you have any injury or health concerns please contact Adult Ed.

Office on 01 8460949

Course Format: Remote join only using Zoom

M12. YOGA for STRONG BODY, CALM MIND and OPTIMUM HEALTH - IMPROVERS

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.

Improvers from 8.40 - 9.40pm | **Fee** €80 | 8 weeks | **Tutor:** Lea Kendellen

Note: If you have any injury or health concerns please contact Adult Ed.

Office on 01 8460949

Course Format: Remote join only using Zoom

TUESDAY CLASSES (Tuesday Courses start 2nd Feb. 2021 unless otherwise stated)

T1. BALLROOM DANCING – COUPLES ONLY – BEGINNERS

Have you ever wished you could get up and dance a Waltz / Quick Step / Jive /Tango / Cha Cha Cha?

Time 7.30 - 8.30pm | **Fee** €85 | 8 weeks | **Tutor:** Michelle Carpenter

Course Format: Face to Face in class (limited space available)

T2. BALLROOM DANCING – COUPLES ONLY – IMPROVERS

Have you ever wished you could get up and dance a Waltz / Quick Step / Jive /Tango / Cha Cha Cha?

Time 8.40 - 9.40pm | **Fee** €85 | 8 weeks | **Tutor:** Michelle Carpenter

Course Format: Face to Face in class (limited space available)

T3. GET MONEY FIT

Sort out your money, save more and never be hanging on for payday again. Getting good with money is easy! Find out exactly where your money's going, make quick fixes, learn good habits and start building the money future you want today. For full details see www.malahidecsadulied.ie

Time 7.30 - 9.00pm | **Fee** €70 | 5 weeks | **Tutor:** Mark Herman

Course Format: Remotely via Zoom / Google Meets

T4. BRIDGE FOR IMPROVERS [NOTE: This course is not suitable for beginners]

Join a group of people online to develop your Bridge skills. Previous knowledge of Bridge is essential / this course is not suitable for beginners.

Time: 7.30-9.00pm | **Fee:** €90 | **Duration:** 8 weeks | **Tutor:** Anne Doyle C.B.A.I Diploma

Course Format: Remote join class ONLY

T5. CREATIVE WRITING – GETTING STARTED, KEEPING GOING!

It's often hard to begin writing, even if you really want to, it's also hard to keep going. This course offers you strategies to help you get started & to help you keep going ...

Time 7.30 - 9.00 | **Fee** €90 | 8 weeks | **Tutor:** Mary Lennon

Course Format: Remote via Zoom

T6. GUITAR FOR IMPROVERS

The course will include bar chords, alternating thumb style finger picking, building a repertoire of songs and much more.

Time 7.30 - 9.00pm | **Fee** €100 | 8 weeks | **Tutor:** Brendan Farrell

Course Format: Face to Face in class

T7. ITALIAN FOR IMPROVERS

This Course is designed for those who have already completed one term of an Italian for Beginners course or for those who have a little prior knowledge of Italian. Emphasis on dialogue and conversation.

Time 8.00 - 9.30 | **Fee** €90 | 8 weeks | **Tutor:** Angelo Roselli

Course Format: Face to Face in class

T8. PILATES CLASS FOR MEN AND WOMEN

Every muscle group is systematically and thoroughly conditioned and leaving you with a wonderful sense of wellbeing which is its own motivation to join us again the next week. Suitable for both beginners and advanced levels. **Note:** If you have any injury or health concerns please contact the Adult Ed office at 01-8460949.

Time 7.30 - 8.30pm | **Fee** €80 | 8 weeks | **Tutor:** Darya Yegorina

Course Format: Remote via Zoom

T9. SPANISH FOR IMPROVERS

A multimedia course to learn and develop your Spanish. Emphasis on dialogue and conversation.

Time 8.00 - 9.30pm | **Fee** €90 | 8 weeks | **Tutor:** Lourdes Espinosa

Course Format: Remote via Zoom

T10. HOW TO OVERCOME ANYTHING AND MAKE 2021 YOUR BEST YEAR EVER!

This course looks at 14 powerful principles to help you overcome life's challenges and create a life of fulfilment, success and happiness.

"An extraordinary and life-changing Course - I strongly recommend it!"

For full details see www.malahidecsadulthood.ie

Time 7.30 - 9.00pm | **Fee** €100 | 8 weeks | **Tutor:** Self Development College

Course Format: Remote via Zoom / Google Meets

T11. FRENCH CONVERSATION [not suitable for complete beginners]

Learn the basis of this beautiful language to communicate in an effective manner in everyday situations such as shopping, ordering food and directions.

Time 7.30 - 9.00pm | **Fee** €90 | 8 weeks | **Tutor:** Isabelle Thevernaud

Course Format: Face to Face in class

WEDNESDAY CLASSES (Wednesday Courses start 3rd Feb. 2021 unless otherwise stated)

W1. ONLINE CHAIR YOGA

This course teaches you the basics of yoga practice from your chair. Whether you are new to yoga, feeling unfit or working from home, you will enjoy the benefits of using your chair to practice yoga. We will perform safe stretches, bends, articulations and twists using the chair and sometimes the wall. We will also enjoy a refreshing mindfulness meditation to bring the class to a refreshing close.

Time 8.30 - 9.30pm | **Fee** €80 | 8 weeks | **Tutor:** YogaPal Tutor

Course Format: Remote via Zoom

W2. GOLF SCHOOL BEGINNERS

The perfect introduction to the game. A 7-week course, 2 in school, 4 at driving range, 1 at Donabate Golf Club.

Time 7.30 - 8.30pm | **Fee** €120 | 7 weeks | **Tutor:** David Murray, USPGA Professional

Note: Classes start 3rd March.

Course Format: Face to Face

W3. VISIBLE MENDING WITH ELEMENTS OF SASHIKO

This course is designed both for beginners and participants with some experience in stitching. It covers learning various aspects of modern visible mending. It also touches on traditional patterns and techniques of the Japanese art of Sashiko. Please note students must supply their own material. For a full list of what is required please see www.malahidecsadulthood.ie, email: uiscestitch@gmail.com or WhatsApp to +353(0)868418384. A full list of materials required for class will be sent via email with your receipt as an attachment once you register online.

Time 8.00 - 9.00pm | **Fee** €85 | 8 weeks | **Tutor:** Agnieszka Jakubczyk

Course Format: Remote via Zoom

THURSDAY CLASSES (Thursday Courses start 4th Feb. 2021 unless otherwise stated)

TH1. TREE OF LIFE - CREATIVE EMBROIDERY WITH UNUSUAL STITCHES

This course is designed both for beginners and participants with some experience in stitching. You will be working with needle and thread, as with popular embroidery stitches. Please note students must supply their own material. A full list of items required may be found at www.malahidecsadulthood.ie / email uiscestitch@gmail.com or WhatsApp to +353(0)868418384.

Time 8.00 - 9.00pm | **Fee** €85 | 8 weeks | **Tutor:** Uisce Jakubczyk

Course Format: Remote via Zoom

TH2. **GOLF SCHOOL BEGINNER**

The perfect introduction to the game. A 7week course, 2 in school, 4 at driving range, 1 at Donabate Golf Club.

Time 7.30 - 8.30pm | **Fee** €120 | 7 weeks | **Tutor:** David Murray, USPGA Professional
Classes start 4th March.

Course Format: Face to Face

TH3. **GUITAR FOR BEGINNERS**

Using a course book you will be guided step by step in learning chords, strumming, finger-picking and songs.

Time 8.00 - 9.30pm | **Fee** €100 | 8 weeks | **Tutor:** Brendan Farrell

Course Format: Face to Face in class

TH4. **YOUR RETIREMENT STARTS HERE**

Imagine the happy retirement you want and take the first enjoyable steps on your way. Meet a new you – the one who's retired! Get clear on what really matters to you, learn what makes a fulfilling retirement, figure out what you want and start easing yourself into it gently. For full details see www.malahidecsadulthood.ie

Time 7.30 - 9.00pm | **Fee** €70 | 5 weeks | **Tutor:** Mark Herman

Course Format: Remotely via Zoom / Google Meets

TH5. **INTERMEDIATE COMPUTING**

This course is designed for those who have basic computer skills and participants to develop their proficiency in MS Word, MS Excel and File Management using Windows 7 and Microsoft Office 2010.

Time 7.45 - 9.15pm | **Fee** €90 | 8 weeks | **Tutor:** John White

Course Format: In class Face to Face (**Note:** Bring your own laptop)

TH6 **IRISH CONVERSATION CLASS**

IS FÉIDIR LINN! (Barack Obama, College Greene 2011)

Want to learn to speak better Irish?. Want to be able to help students with Irish homework?.

Time 8.00 - 9.30pm | **Fee** €90 | 8 weeks | **Tutor:** Martin Moore

Course Format: Face to Face in class

TH7 **LIVING VEGAN FOOD EXPERIENCE**

Delicious Raw Vitalist food that won't cost the earth. Discover how to create deliciously vibrant living foods that not only taste heavenly but are also kind to your body and kinder to the earth.

Time 7.30 - 9.00pm | **Fee** €110 | 8 weeks | **Tutor:** Shelly Power

Course Format: In class Face to Face in class

TH8 **SPANISH FOR BEGINNERS**

A multi-media course for beginners learning Spanish. Escuchar y Repetir lessons with an emphasis on dialogue and conversation.

Time 7.30 - 9.00 | **Fee** €90 | 8 weeks | **Tutor:** Angelo Roselli

Course Format: In class Face to Face in class

TH9 **YOGA FOR TEENAGERS**

The benefits of Yoga for teenagers are vast. Yoga practices an investment in their health and well-being.

Time 6.00 - 7.00pm | **Fee** €80 | 8 weeks | **Tutor:** Susanne Liiri

Course Format: Remote via Zoom

TH10 **YOGA FOR MEN**

Strong body, calm mind and optimum health.

Time 7.15 - 8.15pm | **Fee** €80 | 8 weeks | **Tutor:** Susanne Liiri

Course Format: Remote via Zoom

TH11 **YOGA FOR IMPROVERS**

Strong body, calm mind and optimum health.

Time 8.30 - 9.30pm | **Fee** €80 | 8 weeks | **Tutor:** Susanne Liiri

Course Format: Remote via Zoom

For all Yoga classes, if you have any injury or health concerns please contact the Adult Education Office at **01 8460949**

SATURDAY CLASSES (Saturday Courses start 9th Jan. 2021 unless otherwise stated)

S1. **SEARSOL TOUCH TYPING (For children over 8 yrs of age)**

This course helps children develop the correct keyboard technique enabling them to develop their accuracy and eventually speed levels. It's especially beneficial to children with learning differences such as Dyslexia, Dyspraxia and Autism. For full details see www.malahidecsadulthood.ie

BOOK YOUR FREE TRIAL FOR January 2021

CALL SEARSOL DIRECT: 01 - 6303384

START DATE OF COURSE: 9th January 2021

OTHER ACTIVITIES FOR ADULTS

Basketball: Fiona Daly – Telephone: 01 845 0595

Enchiriadis Treis Choir: Deirdre Kearney (Secretary) ench3secretary@gmail.com

Corus Choir Group: Yvonne McDonald | Mobile: 086 811 5854

Comhaltas Ceoltóirí Éireann (Malahide Branch): Mobile: 083 3648039

email: MalahideCCE@gmail.com | **website:** www.malahidecce.com



A message from the Director of Adult Education

As you may be aware our friend and colleague Robbie Harrold recently retired as Director of Adult Education in MCS. We would like to wish him well in his retirement and congratulate him on all of his work and success throughout the years in developing the Adult Education programme

Our Spring programme 2021 consists of over 30 courses. Three of these are accredited courses including, SNA Level QQI 5, Digital photography QQI Level 5 and Diploma in Event Management. Unfortunately we are still unable to offer some of our popular courses, including Art, Furniture Restoration and Jewellery Making. However, we hope to be in a position to offer these next September.

Courses are only being offered either in class face to face or by remote learning. The courses we are offering all follow the Covid-19 Guidelines ensuring that all necessary precautions are in place for your safety. Please see www.malahidecsadulted.ie for full details.

In these difficult times I believe that Adult Education will have an important and enduring role in supporting communities.

Make a positive start to 2021 by signing on to one of our courses!

Best wishes for 2021.

Declan Donnelly
Director of Adult Education

ENROLMENT PROCEDURES

1. Visit www.malahidecsadulted.ie and click the ENROL HERE button to use our EASY PAYMENTS PLUS. Please ensure you provide your mobile number and email address in the event we need to contact you during a course regarding a class.
2. By Phone 01 8460949 between 9am - 12pm
3. There is no walk in enrollment night for the Spring Programme. Thus all students must have enrolled online before attending their first class..

CONDITIONS OF ENROLMENT

1. The majority of Face to Face in class courses will have a limited number of 8 students permitted.
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. Students must supply their own materials.
6. Courses are subject to change at any time.
7. Enrolment students will only be contacted in the event of a class being full or due to a cancellation of a listed class.
8. Students under the age of 18 are not eligible to enrol for courses.
9. For health and safety reasons Adult students should not enter the school building before 7.00pm.
10. It is very important to give a mobile number so information re cancellation etc. of classes can be texted to students.
11. Please note that Face to Face classes may need to switch to remote only class / be postponed or be cancelled if the Government advises in the event of a major resurgence of Covid-19.

GENERAL INFORMATION

1. SMOKING IS STRICTLY PROHIBITED in our school premises or on school campus. This includes the smoking of E-Cigarettes. Please note there are SMOKE SENSORS in toilets and at the end of each stairwell.
2. 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.