

**THURSDAY**

Tai Chi - 8.30 - 9.30 €90  
Muscle and joint ache? Poor posture or balance? Introductory course to Tai chi! Release tension from the joints and muscles. The gentle flowing movements of Tai Chi bring strength and flexibility to the body. Suitable for all ages.

Yoga - 7.15 - 8.15 €85  
Experience the power of yoga through relaxation, posture and breath work. \*Yoga mat required

**SATURDAY**

Lámh Course €120  
Saturday 30th April. - 9.30 - 4.00pm.  
Training provided by a qualified Speech & Language Therapist. This practical course will teach participants how to use a manual sign system with children and adults with intellectual disability and communication needs. Use of Lámh signs can help to support communication. Lámh users may be more easily understood when they use signs with speech. All participants will receive a certificate of completion and Lámh course training pack.



New QQI Courses from Tuesday 25th January 2022. Level 5 qualifications available from €350.

5N1610 - Business Administration Skills  
5N2706 - Care of the Older Person  
5N1786 - Special Needs Assisting

**IFZ GYM**

**SIGN UP NOW**

**INSANITY FIT ZONE GYM**

**WWW.INSANITYFITZONE.COM**

Palmerstown Community School  
is a member of

  
National Association of Adult & Community Education Directors

**www.naced.ie**

**ROOM HIRE**  
Wide Selection of Classrooms available to rent at Competitive Rates.  
Tel: 01 255 1909  
Email: info@adulthood.ie

QQI Courses delivered in partnership with The Open College  
www.theopencollege.com



**General Information**

1. Fees are payable in full on enrolment.
2. Where possible, please enrol online using a debit or credit card, well in advance of the start of term.
3. Online booking is available on [www.adulthood.ie](http://www.adulthood.ie) through [easypaymentsplus.com](http://easypaymentsplus.com) where normal charges will apply.
4. Cheques should be made payable to Palmerstown Community School and should have your bank card number on the back. Fees are non-refundable except when classes do not form.
5. Parking is provided at POBALSCOIL IOSOLDE. The school authorities regret they cannot be held responsible for loss of or damage to your car.
6. All applicants must be over 16 years of age.
7. Senior Citizens are offered a reduction of €10 per class on production of satisfactory I.D.
8. Times and duration of courses may vary from those stated in this brochure at the Director's discretion.
9. Smoking is prohibited by law within the school building and grounds.

Course details and further information available on [www.adulthood.ie](http://www.adulthood.ie)

Discount available for 2 courses (call for details)



 Dublin Bus: 18,25, 25a, 25b, 26, 66, 66a, 67, 76a

**Pobalscoil Iosolde Adult Education**  
Follow us on Social Media for all the latest news & updates!

 @AdultEdPalmerstown

 @AdultEdPalmerstown

 @AE\_Palmerstown

**New Course Ideas:** If you have an idea for a course you would like to offer please get in touch: info@adulthood.ie

**Palmerstown Community School**  
Palmerstown, Dublin 20



**Adult Education Programme**

**Spring Term 2022**

Classes commence from  
**1st February 2022**

To avoid cancellations, please book early.

**HOW TO BOOK A CLASS**

Online: [www.adulthood.ie](http://www.adulthood.ie)

By phone: (01) 255 1909 | Mob: 087 688 2924

In Person: **Adult Education Office**  
Mon 17th - Wed 19th January  
10 - 12pm

Email: [info@adulthood.ie](mailto:info@adulthood.ie)

All courses 10 weeks unless otherwise stated.  
**Director: Martina McGuinness**

<b>TUESDAY</b>	
<b>Acrylic Nails, Shellac and Nail Art. Beginners.</b> - 7.00 – 9.00 <b>*8 weeks</b>	<b>€220</b>
This nail course is ideal for anyone who wishes to develop skills and techniques that will enhance nails and give a flawless finish. <i>*Nail kit supplied to the value of €100.</i>	
<b>Barbering. Beginners</b> - 8.15 – 9.30	<b>€120</b>
An introduction to barbering which includes basic cutting, blending, razor work and beard styling. Participants must bring their own model, equipment required.	
<b>Basic Computers</b> - 6.30 – 7.45	<b>€100</b>
Learn the basics and gain confidence in a relaxed class environment. This course will introduce you to basic computer technology, Microsoft Office, Word, Creating documents, Saving files, Emails, Internet etc.	
<b>Beauty &amp; Makeup</b> - 7.00 – 8.30 <b>*6 weeks</b>	<b>NEW €100</b>
Do you love makeup? Learn different styles of makeup and look and feel amazing! Bring your own products and brushes. Course delivered by an expert Makeup Artist!	
<b>Business Administration Skills QQI Level 5</b> 7.00 – 9.30 <b>*9 weeks</b>	<b>€350</b>
Delivered in partnership with The Open College. This course is designed for people who wish to work in the Business, Finance, Administration and Marketing sectors. Topics covered include: The Organisation; Finance, Money, Banking and Foreign Exchange; Human Resources; Preparing for Meetings; Processing Business Documents. The course is an elective component in the Major Award "Office Administration Skills" and a mandatory component in "Business Administration Skills". <i>*Highly experienced tutor. **Access the following link: <a href="http://www.adulted.ie">http://www.adulted.ie</a></i>	
<b>Care of the Older Person QQI Level 5</b> - 6.30 - 9.30	<b>€400</b>
Delivered in partnership with The Open College. This course is designed to equip the learner with the skills and knowledge to care for older people. <i>*Runs for 12 weeks ** 30 hours work experience required. ***Access the following link: <a href="http://www.adulted.ie">http://www.adulted.ie</a></i>	
<b>Carpentry – A practical approach (Beginners)</b> - 7.00 – 9.00.	<b>€130</b>
A basic understanding of carpentry and joinery. Create a mirror/picture frame, bird box, jewellery box etc. <i>*Materials included.</i>	

<b>Complex Psychological Trauma and Adolescents</b> - 6.30 - 8.30. Symptoms, Causes, Supports. Vital information for those working with adolescents. <i>*Runs for 5 weeks.</i>	<b>€60</b>
<b>Computers - MS Office (Intermediate)</b> - 7.45 – 9.30	<b>€130</b>
Based on key applications in MS Office, Word, Excel, Powerpoint. Course will cover basic tasks through to advanced. Some previous computer knowledge required. Certificate on completion of course.	
<b>Creative Writing for adults. Beginners &amp; intermediate</b> - 8.00 – 9.30	<b>€120</b>
Participants will receive instruction and feedback in the writing of fiction (short stories, extracts from novels, memoir) in a relaxed setting. Whether you write for self-expression, wellbeing, personal development, interest or with a view to publication, this course is a place to begin.	
<b>Crochet – Beginners/Improvers</b> - 7.00 – 9.00	<b>€100</b>
Why not try your hand at crochet! Learn a new craft in a relaxed setting and design your own garments. <i>* Starter kit included.</i>	
<b>Cyber/Information Security, An introduction</b>	<b>NEW €120</b>
- 8.00 - 9.30. Learn the basic fundamentals of information/cyber security using real life scenarios. Learn how and why hackers hack and how it can be prevented. Course delivered by a very experienced Information security professional.	
<b>Drawing and sketching</b> - 7.00 – 9.00	<b>NEW €120</b>
Unlock your hidden drawing talent! Learn different types of drawing/sketching using pencil, pen, charcoal, pastel and conte.	
<b>Digital Photography</b> - 7.00 - 8.30	<b>€120</b>
A foundation workshop for beginners regardless of the type of camera used. Includes outdoor workshops and basic Photoshop skills. <i>* Award Winning Tutor.</i>	
<b>English as a Second Language</b> - 6.30 - 8.00	<b>€100</b>
Do you want to speak and read English more fluently? A fun and relaxed atmosphere to learn and practise basic English for everyday conversations with a focus on listening, reading, pronunciation, writing and grammar.	
<b>First Aid</b> - 7.00 - 9.00 <b>*Start date 1st March **6 weeks</b>	<b>€100</b>
A 12-hour course certified by the Irish Red Cross that includes adult and infant CPR, basic injuries, burns, fractures, haemorrhage and poisons.	

<b>Flower Arranging</b> - 7.30 - 9.00	<b>NEW €120</b>
Learn to create beautiful and amazing floral arrangements using fresh flowers and foliage in a relaxing and therapeutic atmosphere. Bring your own flowers so that you can leave with a beautiful flower arrangement each night e.g table spray/decorations, door wreaths, hand tie bouquets, bows and more! Details of materials required will be advised!	
<b>Guitar for Beginners</b> - 7.30 - 8.30	<b>€100</b>
Learn to play the guitar in this step by step class with a professional guitar player.	
<b>Guitar for Improvers</b> - 8.30 - 9.30	<b>€100</b>
An ideal class for those who have completed the Beginner's course or who have a good command of basic chords.	
<b>Hairdressing</b> - 6.45 – 8.15	<b>€120</b>
An introduction to salon life to include cutting, blow drying and styling. Sectioning hair, pony tails and plaits. Techniques (backcombing, curling etc.) Heated appliances used for curling and up-styling. Models and own equipment required.	
<b>Home Cooking and Baking</b> - 7.00 – 9.00	<b>€130</b>
Be the next Mary Berry or Jamie Oliver! Our master chef will enhance your cookery skills with a wide range of recipes e.g soups, breads, main courses and mouth watering desserts! <i>*Participants supply ingredients after the first class.</i>	
<b>Italian Beginners</b> - 6.30 - 8.00	<b>€110</b>
A wonderful opportunity to learn this romantic language in a fun and friendly atmosphere. Taught by a native speaker, emphasis on conversational Italian.	
<b>Italian Improvers</b> - 8.00 - 9.30	<b>€110</b>
This class is ideally suited to those who have completed the Beginners Course or who have a good knowledge of Italian. Taught by a native speaker.	
<b>Introduction to Counselling and Psychotherapy</b> - 7.00 – 9.00.	<b>€120</b>
Theory of Counselling and Counselling skills. A foundation Course for further studies in Counselling.	
<b>Maths for Living</b> - 7.00 – 8.00	<b>€80</b>
A practical approach - Budgeting, Tax, VAT, Interest rates, Percentages, Decimals and Payslips.	
<b>Meditation &amp; Mindfulness</b> - 7.00 – 8.00	<b>€90</b>
Learn how to become more present in your life and to lead a happier life with less worry.	

<b>Painting – Beginners/Improvers</b> - 7.00 – 9.00	<b>€120</b>
Create landscapes, portraits, still life, abstract and more in this relaxed class. Students provide watercolour or acrylic paints!	
<b>Pilates</b> - Beginners – 8.30 – 9.30	<b>€85</b>
Pilates helps in keeping fit, works on core muscles and will leave you feeling relaxed, mindful and toned.	
<b>Pottery</b> - 7.00 - 9.00	<b>€180</b>
Learn hand building techniques and how to throw pots on a potter's wheel. Join our fun and relaxing class which is open to beginners and improvers. <i>** Materials included.</i>	
<b>Setting up Your Own Business</b> - 7.30 - 9.00	<b>€120</b>
A step by step approach to starting your own business. Preparing the Business Plan – Production, Marketing, Finance and Promotion. Highly qualified tutor.	
<b>Sign Language: Beginners</b> - 7.30 - 9.00	<b>€120</b>
Help break down barriers and learn to communicate with the hard of hearing.	
<b>SNA QQI Level 5</b> - 6.30 - 9.30	<b>€400</b>
Delivered in partnership with the Open College. This course is designed for people who wish to pursue a career in working with children with special needs in an educational setting. <i>*Access the following link: <a href="http://www.adulted.ie">http://www.adulted.ie</a> *30 hours work experience required. *Runs for 12 weeks.</i>	
<b>Spanish Beginners</b> - 6.30 - 8.00	<b>€110</b>
Basic level of conversation for use in everyday situations. Taught by a native speaker.	
<b>Spanish Improvers</b> - 8.00 - 9.30	<b>€110</b>
A follow-on course for those who have completed a beginner's course and wish to further improve their vocabulary and grammar. Taught by a native speaker.	
<b>Ukulele – Beginners</b> - 6.30 - 7.30	<b>€100</b>
Learn to play this little gem! Our master tutor will have you strumming, picking and playing in no time.	
<b>Yoga</b> - 7.15 - 8.15	<b>€85</b>
Experience the power of yoga through relaxation, posture and breathing exercises. Yoga Mat required!	