

GENERAL INFORMATION

ENROLMENT ON - LINE : ANYTIME @ www.clanesm.com

BY TELEPHONE 045 868255 using Visa, MasterCard or Laser card FROM Monday 4th January 2010 9.30am - 4.30pm.

POSTAL ENROLMENT - You can use the Postal Enrolment Form included, complete and return it with the full fee by cheque to Scoil Mhuire Adult Education, Clane, Naas, Co. Kildare. **Postal Enrolment saves queueing!**

ENROLMENT will also take place in Scoil Mhuire, Clane on **THURSDAY 7th JANUARY 2010** between **7.30pm & 9.30pm** and **MORNINGS, 9.30am - 1.00pm**

- ◆ **FEES** must be paid in full on Enrolment.
- ◆ **FEES** are non-refundable except where a course is not held due to poor enrolment. Fees will be returned by post. All cheques should be crossed and made payable to Scoil Mhuire Adult Education Account.
- ◆ **FEE** reductions may apply.
- ◆ **FORMATION OF COURSES** will depend upon sufficient enrolments for the course; **we will only contact you if your course is not formed.**
- ◆ Unless otherwise stated, courses are of ten weeks duration.
- ◆ Over 270 **car parking spaces** available on school grounds. Cars are parked at owners risk. Car Park closes at 10.15pm.
- ◆ **COURSE CLOSURE:** No course may be formed where the number of students enrolled does not warrant it. The Director reserves the right to close a course and refund fees or to alter times & dates of a course if deemed necessary.
- ◆ Participants must be at least **16 years of age** in order to participate in Adult Education Courses.
- ◆ 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.
- ◆ **SMOKING** is prohibited by law in any part of the school building or school grounds.
- ◆ **PLEASE** book early to avoid disappointment.
- ◆ **CLASS MATERIALS:** Where necessary a charge will be made for class materials.
- ◆ **NEW COURSES:** If you feel you would be suitably qualified to give a particular course we would be glad to hear from you.
- ◆ **GIFT VOUCHERS** can be purchased in the Office during Office hours.
- ◆ **LIGHT REFRESHMENTS** available.
- ◆ **CAREER GUIDANCE:** Information Counselling Service, Georges Street, Newbridge. Tel: 045-448512

FETAC REQUIREMENT

Scoil Mhuire Community School is registered with FETAC to offer programmes leading to FETAC Awards in the National Framework of Qualifications.

SPRING TERM 2010

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

ADULT EDUCATION

Scoil Mhuire

Community School

Clane

Serving the Community

Why not treat yourself to a useful night out and get value for your money. The range of courses we are now offering will enable you to further your education, improve your skills, learn a new hobby, and at the same time have an enjoyable social evening.

FETAC Certified Courses are a great way to gain additional educational qualifications, available to everyone, which will widen your career opportunities and open the door towards diploma, degree and masters level. Remember the Community School is for the Community. Why not make use of it?

Ní bua go firinne

EVENING CLASSES

Spring Term 2010

All Courses will run for ten weeks unless otherwise stated

FOR FURTHER INFORMATION

Tel: 045 - 868255 **Fax:** 045 - 868788

Email: claneadult@gmail.com **Website:** www.clanesm.com

To enrol on line log on to: www.clanesm.com
No extra cost

ENROLMENT

BY TELEPHONE
(045) 868255
9.30am-4.30pm (Daily)

Also **EVENING (In person)**
THURSDAY 7th Jan 2010
7.30pm - 9.30pm

And **MORNINGS (In person)**
9.30am-1.00 pm

COURSES BEGIN

Monday **18th** January 2010

Tuesday **19th** January 2010

Wednesday **20th** January 2010

Thursday **21st** January 2010

Friday **22nd** January 2010

THANK YOU to the Shops, Banks, Companies and Businesses who allow us display our Brochures and promote our Adult Education Programme.
Seamus Scully, Director of Adult Education

COMPUTERS

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

Participants of Computer and Business Courses may be required to purchase a memory stick.

ECDL

(European Computer Driving Licence)

ECDL Accredited Centre

FETAC LEVEL 5 EQUIVALENT COMPONENT

Course No. 1018: ECDL Automated Testing Centre

Sessions: 16 **Thursday** 7.00pm – 10.00pm

Fee: €500 (€250 per term)

Complete the seven ECDL modules using automated testing to receive immediate results using the most modern testing methods. Training CD and tuition included in the course fee. Complete course (Completed by end of May 2010) will run over two terms: Term 1 - (10 sessions Thursdays) & Term 2 - (6 sessions Thursdays). The seven modules are as follows: 1) Basic Concepts of Information Technology, 2) Using a Computer and Managing Files, 3) Word Processing, 4) Spreadsheets, 5) Information Network Services, 6) Presentation & Drawing, 7) Databases/Filing Systems. Some computer experience is essential.

Additional Cost - Automated Testing & Skills Card €50, Repeat Modules €10 each.

Course No. 1001: ECDL (Term 2 Continuation)

Sessions: 10 **Wednesday** 7.30pm – 10.00pm

Fee: €500 (€250 per term)

Course No. 1002: WEB PAGE DESIGN Dreamweaver

Sessions: 10 **Wednesday** 8.00pm-10.00pm **Fee: €160**

Discover how easy and exciting it can be building your very own web page. Suitable for those with some computer experience.

Course No. 1005: COMPUTERS Beginners

Sessions: 10 **Tuesday** 7.00pm-8.30pm **Fee: €100**

This course introduces the basic concepts of MS-Word, a word processing package, the Internet and E-mail.

Course No. 1008: COMPUTERS Improvers

Sessions: 10 **Tuesday** 8.30pm-10.00pm **Fee: €100**

Module 1: Word (to include document formatting & mail merge), Module 2: Excel (to include charts), Module 3: Access (to include setting up & using forms), Module 4: PowerPoint, Module 5: Using the Internet, Module 6: Setting up & using Email (using Hotmail)

Course No. 1004: COMPUTERS for over 55's (Absolute Beginners)

Sessions: 10 **Monday** 4.15pm-5.45pm **Fee: €90**

Course No. 1003: COMPUTERS for over 55's (Not Absolute Beginners)

Sessions: 10 **Tuesday** 4.15pm-5.45pm **Fee: €90**

This course is aimed at those with some computer experience and develops the basic concepts of MS-Word, a word processing package, the Internet and E-mail.

COMPUTERS (Continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

Course No. 1020: INTERNET & SOCIAL MEDIA

Sessions: 10 **Monday** 8.30pm – 10.00pm **Fee: €120**

This course will walk through the many online options which can be used to develop a web presence for business or personal use. Applications like FaceBook, Twitter, Blogging, LinkedIn and many more will be covered progressing from beginner to advanced levels. The course is suitable for anyone wishing to understand the concepts and to connect online, whether on a personal level or on behalf of their club, business or organisation. Most of these applications are free to use and once mastered can be highly effective communication tools.

Course No. 1015: SOLID WORKS (PARAMETRIC CAD)

Sessions: 10 **Tuesday** 6.00pm – 8.00pm **Fee: €190**

3 D Modelling package, suitable for people in Engineering and Architecture or related fields. An introduction to Solid Works taking two dimensional objects and modelling them in 3 D. This package covers the fundamentals of sketching working drawings and assembly drawings. (Max. 16 students).

Course No. 1010: AUTOCAD

Sessions: 10 **Monday** 6.30pm—8.30pm **Fee: €190**

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.

Course No. 1016: DIGITAL PHOTOGRAPHY

Sessions: 10 **Thursday** 8.30pm-10.00pm **Fee: €120**

Introduction to the use and workings of your digital camera. Learn about software applications.

Course No. 1017: DIGITAL PHOTOGRAPHY

Sessions: 10 **Thursday** 7.00pm-8.30pm **Fee: €120**

Course No. 1021: ADVANCED PHOTOGRAPHY

Sessions: 10 **Tuesday** 8.00pm – 10.00pm **Fee: €150**

The course will be project based with work to be completed and reviewed weekly. One final project to be established and worked on throughout the ten weeks. Essential equipment Digital/35mm SLR (with lens) tripod. LAPTOP with photoshop elements loaded and licensed (photoshop 7 ideal). Studio flashes, lighting and back drops will be provided.

Course No. 1019: MICROSOFT OFFICE PUBLISHER

Sessions: 10 **Tuesday** 8.00pm-10.00pm **Fee: €120**

Learn how to design publications; build your BRAND with flyers, brochures, newsletters and more. Use basic design techniques for professional looking results. Create impressive layouts using ready-made templates. Grab their attention with text effects, graphics and media clips.

Course No. 1013: MICROSOFT® CERTIFIED APPLICATION SPECIALIST

SCOIL MHUIRE - A Microsoft® IT Academy Automated Testing Centre

Sessions: 10 **Monday** 8.00pm – 10.00pm

Fee: €200

Become a Microsoft® IT Academy office Specialist in Excel 2007 with this ten week course. Obtain immediate results using the most modern testing methods and certification awarded by the Microsoft® Corporation. Test yourself in advance using automated practice exams - Course workbook & pack included with fee. Put Microsoft on your CV! Additional cost - Automated Testing €35.

LEAVING CERT. SUBJECTS

All students must complete Form E10 for State Examinations Commission in order to sit Leaving Certificate Examination in June 2010

Course No. 2001:	<u>LEAVING CERT MATHS</u>		
Sessions: 10	Monday	7.00pm-9.00pm	Fee: €150
Course No. 2003:	<u>LEAVING CERT BIOLOGY (Honours) Continuation</u>		
Sessions: 10	Thursday	7.30pm-9.30pm	Fee: €150
Course No. 2004:	<u>LEAVING CERT IRISH (Honours) Continuation</u>		
Sessions: 10	Tuesday	7.30pm-9.30pm	Fee: €150
Course No 2010:	<u>LEAVING CERT ORAL IRISH (Continuation)</u>		
Sessions: 15	Thursday	7.30pm - 9.30pm	Fee: €100
Gaeilge don Scrúdú Béil: Preparation for the oral Irish exam at Leaving Cert. Oral Irish suitable for both pass and honours students. Focus on conversation, exam preparation and some aspects of grammar. Course will run over Autumn Term 2009 and part of Spring Term 2010.			
Course No. 2007:	<u>LEARNING SKILLS</u>		
	Mon, Tues, Wed & Thurs	7.30pm-9.30pm	

BUSINESS

Course No. 3012: HR COMPLIANCE FOR SMALL BUSINESSES

Sessions: 10 Tuesday 8.00pm-10.00pm Fee: €110

The 'HR Compliance for Small Businesses' programme takes an innovative approach to understanding business owners needs whilst equipping participants with knowledge and practical tools to assess their compliance in terms of employment law and HR best practice. It presents the information in a concise and logical format, with practical templates, checklists etc provided.

Following the programme participants will :

- ◆ Ensure their business is legally compliant in the area of HR
- ◆ Understand Recruitment and Termination Practice, with particular emphasis on Equality Legislation; Employment Contracts
- ◆ Understand Disciplinary and Grievance Management Practice with particular emphasis on Bullying & Harassment
- ◆ Understand Time, Attendance and Leave Management practice, including Maternity Leave, Parental Leave, Organisation of Working Time Act, Flexible Working hours practice and part time leave requests.
- ◆ Manage Absenteeism
- ◆ Update/ create a company handbook to outline policies and procedures needed to ensure the workplace is compliant. .
- ◆ Understand Health & Safety practice
- ◆ Understand Employee Induction Practice
- ◆ Understand IT, Internet, Email and Data Protection Practice
- ◆ Termination & Redundancy – Adhering to current legislation

Participants will get a chance to raise HR issues directly relating to their business.

Course No. 3001: START & RUN YOUR OWN BUSINESS

Sessions: 10 Monday 8.00pm-10.00pm Fee: €110

The Entrepreneur, Sourcing of Funds, Start up alternatives, Preparing & understanding a Business Plan & Cash Flow Projection, Legal Structure, Taxation, Premises (incl. Planning Permission), Insurance, Health & Safety, Frequently asked Questions, Quality.

Course No. 8029: PAYROLL: Manual & Computerised

Sessions: 20 Monday 7.30pm -10.00pm Fee: €400 (€200 per term)

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 Quickpay used. Course runs over two terms, Spring 2010 and Summer 2010 (Mon & Wed). Completed by end of May 2010. FETAC Component may be obtained on completion of second term. (Memory stick required).

Course No. 8011: PAYROLL: Manual & Computerised

Sessions: 10 Thursday 7.30pm -10.00pm Fee: €200
(Term 2 Continuation) (Memory stick required)

BUSINESS (Continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

Course No. 8028: BOOKKEEPING: Manual & Computerised

Sessions: 20 Tuesday 7.30pm -10.00pm Fee: €400 (€200 per term)

This is a course in both Manual and Computerised Bookkeeping. FETAC Component will be available upon completion of both Term 1 Spring 2010 (Manual Bookkeeping) and Term 2 Summer 2010 (Tues & Thurs) (Computerised Bookkeeping) using TAS Books. Completed by end of May 2010. The course will appeal to those considering self employment or working (or intending to work) as a bookkeeper. Text Book included in course fee. (Memory stick required)

Course No. 8010: BOOKKEEPING: Manual & Computerised

Sessions: 10 Monday 7.00pm -10.00pm Fee: €200
(Term 2 Continuation) (Memory stick required)

Course No. 3005: COMPUTERISED ACCOUNTS

Sessions: 10 Wednesday 7.30pm -10.00pm Fee: €200
Computerised Bookkeeping using TAS Books.

Course No. 3008: INTRODUCTION TO LAW

Sessions: 10 Monday 8.00pm-10.00pm Fee: €120

Topics covered include: Sources of Law, Division of Law — Constitutional, Civil, Criminal, Family, etc. The Courts Structure & Legal Personnel, The Law of Negligence—Employers Liability, Occupiers Liability Trespass & the Law of Defamation. Contract & Consumer Law, Sale of Goods & Supply of Services Legislation, Employment Law — Unfair Dismissals, Maternity Protection, Employment Equality Holiday entitlements, Provisions for Part-time workers etc. Wills & Succession. Tutor is a practising Solicitor.

LANGUAGES

Course No. 4001: SPANISH Beginners

Sessions: 10 Monday 8.00pm-10.00pm Fee: €110

An introduction to Spanish language and culture in a relaxed atmosphere, covering everyday situations, with emphasis on pronunciation and oral practice.

Course No. 4002: SPANISH Improvers

Sessions: 10 Thursday 8.00pm-10.00pm Fee: €110

For those who have taken a Basic Course in Spanish.

Course No. 4010: ITALIAN Beginners

Sessions: 10 Thursday 7.30pm-9.30pm Fee: €110

Enjoy learning Italian, discovering something new about Italy and her people.

Course No. 4011: ITALIAN Improvers

Sessions: 10 Tuesday 7.30pm-9.30pm Fee: €110

Course No. 4003: CONVERSATIONAL IRISH

Sessions: 10 Monday 8.00pm-10.00pm Fee: €100

Expand on your 'Cúpla Focal' in a relaxed and friendly environment.

Course No. 4004: CONVERSATIONAL IRISH Improvers

Sessions: 10 Monday 8.00pm-10.00pm Fee: €100

Course No. 4005: ENGLISH AS A SECOND LANGUAGE

Sessions: 10 Wednesday 8.00pm-10.00pm Fee: €100

Course No. 4006: ENGLISH AS A SECOND LANGUAGE Improvers

Sessions: 10 Thursday 8.00pm-10.00pm Fee: €100

LANGUAGES (Continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

- Course No. 4008: CONVERSATIONAL FRENCH**
Sessions: 10 Monday 8.00pm-10.00pm Fee: €110
Suitable for those interested in improving their spoken French, especially when going on holiday.
- Course No. 4009: FRENCH Beginners**
Sessions: 10 Wednesday 8.00pm-10.00pm Fee: €110
This course is suitable for beginners. Prepare for your holiday in France, move on to Conversational French next term.
- Course No. 4012: GERMAN Beginners**
Sessions: 10 Thursday 8.00pm-10.00pm Fee: €110
Learn a new language and dip into the customs of German speaking countries.
- Course No. 4013: SIGN LANGUAGE Beginners**
Sessions: 10 Wednesday 7.30pm-9.30pm Fee: €100
This Course is suitable for beginners learning Irish Sign Language (ISL).
- Course No. 4015: SIGN LANGUAGE Improvers**
Sessions: 8 Monday 7.30pm-9.30pm Fee: €100
Suitable for those who have completed a beginners course learning Irish Sign Language.

HEALTH & FITNESS

- Course No. 5089 JUNGAN PSYCHOLOGY**
Sessions: 10 Thursday 8.00pm-10.00pm Fee: €110
Have you ever wondered what your dreams are saying to you? This course introduces you to Jungian psychology and dream analysis. Explore the fascinating symbolism of your unconscious mind. Discover your hidden potential and learn to harness the power of your true Self.
- Course No. 5011: INTRODUCTION TO NLP**
Sessions: 10 Wednesday 8.00pm-10.00pm Fee: €150
Neuro Linguistic Programming—Make LONG LASTING changes in your life. Learn how to get your mind and body synchronised and working in harmony together. This will enable you to make the changes necessary to take the STRUGGLE out of decision-making. Once and for all, you can learn to end the internal conflict that disables you on a regular basis. Develop skills necessary to build your own mind machine. Change destructive beliefs to doubts and replace them with valuable beliefs. You can dissolve your problems and begin to focus on your future possibilities.
- Course No. 5008: TAI CHI (INTRODUCTION)**
Sessions: 10 Wednesday 8.00pm-9.30pm Fee: €80
Tai Chi translates as “10,000 things” or “everything in the universe”. Originally derived from Martial Arts, the slow graceful movements in places reflect the natural movements of the animals and birds, as symbols or “pictures”, designed to focus the mind and breathing through a complex series of executions. Although it retains its fighting applications, it is practised for improving one’s health, concentration and mind / body co-ordination. Tai Chi facilitates a wakeful relaxation and shows one how to constantly have a reserve of mind & body energy available.
- Course No. 5090: I.E.T. (INTEGRATED ENERGY THERAPY) INTRODUCTION**
Sessions: 10 Tuesday 7.30pm - 9.30pm Fee: €110
IET is one of the next generation—hands on—power energy therapy systems that gets the “issues out of your tissues” for good. It will help you gain a brief understanding of the human body, systems and energy field. This course is designed for everyone, students, home carers and people with an interest in holistic therapies. Find out how the channelled energy can help the body recharge its energies. (Extra charge for materials.)

HEALTH & FITNESS (Continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

- Course No. 5015: TAKE CONTROL OF YOUR LIFE Beginners**
Sessions: 10 Wednesday 8.00pm-10.00pm Fee: €150
On this course you will learn how to master your emotions, pinpoint problems and develop essential skills to lead a more relaxed and fulfilling life - Stress Management; Dealing with Depression; Become more Self Confident; Assertiveness; Time Management; Improving Relationships; Self-Care. Tutor: Cathy Breslin.
- Course No. 5016: TAKE CONTROL OF YOUR LIFE Improvers**
Sessions: 10 Thursday 8.00pm-10.00pm Fee: €150
A more in-depth look at going beyond pattern of defeat, loss and limitation. This course will be helpful to anyone committed to inner healing and working towards long-term solutions to a healthier lifestyle. An educational and uplifting course. Includes life after separation and divorce, surviving mid-life crisis and the power of intention.
- Course No. 5017: INTRODUCTION TO MASSAGE/ REFLEXOLOGY**
Sessions: 10 Wednesday 8.00pm-10.00pm Fee: €110
If you are interested in massage/reflexology, this course will give you an insight into how it can be used in the home and on a professional basis.
- Course No. 5020: INTRODUCTION TO NAILS**
Sessions: 10 Thursday 8.00pm-10.00pm Fee: €110
Enjoy the art of Nail Technology. This course will demonstrate Manicure, French Polish, Gel Overlays, White Tips, Acrylic Extensions and Nail Art using coloured paints, diamonds and simple designs.
- Course No. 5025: HYPNOTHERAPY/PSYCHOTHERAPY An Introduction**
Sessions: 10 Thursday 8.00pm-10.00pm Fee: €110
Deal with your personal problem: smoking, overeating, panic attacks, fears and phobias, confidence and self-esteem, peace of mind, habits, psychosomatic disease etc.
- Course No. 5027: MAKE UP ARTIST—INTRODUCTION**
Sessions: 10 Monday 7.30pm-9.30pm Fee: €110
Skin types and conditions, mini facials, patch testing, tinting, choosing correct foundation, colour corrective products, concealing blemishes, contouring / highlighting & shading, blushers and bronzers. Day, evening and special occasion make up, bridal make up, make up for the mature woman. (Cost of materials extra).
- Course No. 5033: ANGEL HEALING AND THERAPY**
Sessions: 8 Wednesday 8.00pm-10.00pm Fee: €110
Learn how to invoke, communicate and heal with angels and ark angels.
- Course No. 5032: BEAUTY THERAPY**
Sessions: 10 Tuesday 7.30pm-9.30pm Fee: €110
Cleansing, deep cleansing, facial treatments, make-up applications, fake tan applications, eye brow trim, eye lash tinting, waxing, manicures & pedicures, stress massage. (Cost of materials extra).

HEALTH & FITNESS (Continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

- Course No. 5091: BALLET**
 Sessions: 10 Monday 7.00pm - 8.00pm Fee: €70
 Basic steps and simple dances, a fun way to tone and exercise.
- Course No. 5036: IRISH SET DANCING**
 Sessions: 10 Wednesday 8.00pm-10.00pm Fee: €110
 Prepare for the Ceili ie Plain Set, Connemara Set, Clare Lancers etc. plus Two Hand Dances ie Saint Bernard Waltz, Military Two Step, Corr Beirte, Britannia Two Step etc.
- Course No. 5026: LINE DANCING - Beginners/Improvers**
 Sessions: 10 Thursday 8.30pm -10.00pm Fee: €80
 All welcome—never too young, never too old.
- Course No. 5037: DANCE & MOVEMENT**
 Sessions: 10 Tuesday 8.00pm-9.00pm Fee: €70
 Introductory course to Dance and Movement by Miranda Linden incorporating all styles, Waltz, Jive, Rumba, Samba, Cha Cha, Salsa, Hip Hop. A fun and fantastic way to get fit.
- Course No. 5006: ADULT HIP HOP**
 Sessions: 10 Tuesday 9.00pm - 10.00pm Fee: €70
 Basic style of American Hip Hop.
- Course No. 5001: SALSA DANCING**
 Sessions: 10 Monday 9.00pm - 10.00pm Fee: €70
 Lets Salsa! Learn to dance with this fun latin dance. No partner required.
- Course No. 5002: BELLY DANCING (for Ladies)**
 Sessions: 10 Thursday 8.00pm - 9.00pm Fee: €90
 How to move in mysterious ways. The Art of authentic Eastern Dance. A fun way to lose weight and stay in good shape.
- Course No. 5084: BOLLYWOOD DANCE (for Ladies)**
 Sessions: 10 Thursday 7.00pm - 8.00pm Fee: €90
 Fun and lively Indian dance routines.
- Course No. 5085: BURLESQUE (for Ladies)**
 Sessions: 10 Thursday 9.00pm - 10.00pm Fee: €90
 Fun, exciting & effective workout to boost your self-esteem. (Props supplied.)
- Course No. 5003: BALLROOM & LATIN AMERICAN DANCING**
 Sessions: 10 Monday 8.00pm-9.00pm Fee: €70
Beginners - Salsa, Swing, Samba, Jive, Waltz & Cha Cha.
- Course No. 5043: CALLANETICS**
 Sessions: 10 Thursday 8.00pm-9.00pm Fee: €70
 Floor exercises, fitness, tummy and thigh routines, resulting in inch loss and body toning. (Bring a mat, towel and bottle of water)
- Course No. 5035: AEROBICS n' Tone**
 Sessions: 10 Monday 8.30pm-9.30pm Fee: €80
 Raise the heart-rate, enjoy an aerobic work-out which burn those troublesome calories and helps tone from head to toe. Followed by a variety of body resistance exercises to give the body definition. Incorporates various fitness levels. Cool down as your body's heart-rate returns to normal. (Qualified Instructor), (Bring mat & bottle of water).
- Course No. 5014: REIKI**
 Sessions: 10 Tuesday 8.00pm-10.00pm Fee: €150
 Reiki alleviates stress, promotes healing on a physical, mental and emotional level. In this course you will be attuned to the frequency of this energy and your chakras or major energy centres are opened to facilitate the flow and enable you channel this energy into yourself and others.

HEALTH & FITNESS (Continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

- Course No. 5038: YOGA IMPROVERS**
 Sessions: 10 Tuesday 8.30pm-10.00pm Fee: €80
 How to combat stress & tension through deep-breathing, exercises, relaxation & meditation. Please bring your own mat or rug.
- Course No. 5084: YOGA PREGNANCY**
 Sessions: 10 Tuesday 7.00pm-8.30pm Fee: €80
- Course No. 5040: YOGA**
 Sessions: 10 Wednesday 8.30pm-10.00pm Fee: €80
- Course No. 5042: YOGA**
 Sessions: 10 Thursday 7.00pm-8.30pm Fee: €80
- Course No. 5050: PILATES**
 Sessions: 10 Wednesday 7.00pm-8.00pm Fee: €90
 Invigorates the mind, develops core muscle strength, relieves stress and back pain, improves balance and co-ordination. Will leave you looking toned and revitalised. (Limited number in class). (Bring a mat, towel and bottle of water).
- Course No. 5045: PILATES**
 Sessions: 10 Thursday 7.00pm-8.00pm Fee: €90
- Course No. 5046: PILATES FOLLOW ON**
 Sessions: 10 Thursday 8.00pm-9.00pm Fee: €90
- Course No. 5044: PILATES**
 Sessions: 10 Thursday 9.00pm-10.00pm Fee: €90
- Course No. 5047: PILATES**
 Sessions: 10 Wednesday 8.00pm-9.00pm Fee: €90
- Course No. 5048: PILATES**
 Sessions: 10 Wednesday 9.00pm-10.00pm Fee: €90
- Course No. 5009: TAG RUGBY for All**
 Sessions: 10 Thursday 7.30pm-9.00pm Fee: €90
 Improve your fitness and enjoy rugby indoors at the same time. Relive your old glory days. All Ladies & Gentlemen welcome.
- Course No. 5010: CIRCUIT TRAINING 50/50 COMBO**
 Sessions: 10 Monday 7.30pm -8.30pm Fee: €70
 Enjoyable exercise class covering all aspects and suitable for all levels of fitness in men and women. Excellent way to burn off those calories combining toning and cardio.
- Course No 5023: PRACTICAL FIRST AID**
 Sessions: 4 Thursday 7.00pm -10.00pm Fee: €80
 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 participant's skills.
- Course No 5081: PRACTICAL FIRST AID**
 Sessions: 4 Thursday 7.00pm -10.00pm Fee: €80
 Starting February 25th 2010. (workbook and certificate €11 extra)
- Course No. 5086: INDOOR SOCCER**
 Sessions: 10 Tuesday 6.30pm - 7.30pm Fee: €60
- Course No. 5087: INDOOR SOCCER (for Ladies)**
 Sessions: 10 Tuesday 7.30pm - 8.30pm Fee: €60
- Course No. 5088: INDOOR SOCCER**
 Sessions: 10 Tuesday 8.30pm - 9.30pm Fee: €60

HOBBIES & LEISURE

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

Course No. 6049: CAKE DECORATING

Sessions: 10 Tuesday 7.30pm – 9.30pm Fee: €110

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. (Cost of materials extra.)

Course No. 6050: CAKE DECORATING- SUGARCRAFT

Sessions: 10 Monday 7.30pm-9.30pm Fee: €110

Learn how to make those sugarcraft flowers, leaves and sprays for wedding, anniversary or special occasion cakes. (Cost of materials extra.)

Course No. 6053: HEALTHY COOKING FOR A HEALTHY LIFE

Sessions: 10 Monday 7.30pm-9.30pm Fee: €110

Cook healthy alternatives for yourself and your family, using organic and locally produced ingredients. Recipes include super soups, spectacular sauces, beautiful beef dishes and mouth watering vegetarian dishes. (Cost of materials extra.)

Course No. 6054: TASTES FROM AROUND THE WORLD

Sessions: 10 Tuesday 7.30pm-9.30pm Fee: €110

Introductory course showcasing authentic dishes from around the world. Ingredients used are easily sourced and the recipes are simple to follow. Includes tastes from China, Italy, Switzerland, India and Spain. (Cost of materials extra.)

Course No. 6108: COOKING SPANISH STYLE

Sessions: 10 Monday 7.30pm-9.30pm Fee: €110

Discover the gastronomic gems of Spain: popular tapas, paella, tortilla and other equally delicious and healthy dishes from the various regions of this historic country. (Cost of materials extra.)

Course No. 6051: JOYS OF COOKING

Sessions: 10 Wednesday 7.30pm-9.30pm Fee: €110

Learn to cook for all occasions from omelettes, stir-fry to buffet and fast food for entertaining. (Cost of materials extra.)

Course No. 6052: JOYS OF COOKING

Sessions: 10 Thursday 7.30pm-9.30pm Fee: €110

(Cost of materials extra.)

Course No. 6100 BAKING & DESSERTS

Sessions: 10 Thursday 7.30pm – 9.30pm Fee: €110

Learn how to bake the classics plus new modern desserts. Great tips throughout, from mousses to fresh fruit tarts. (Cost of materials extra.)

Course No. 6055: CAKE ICING AND DECORATING

Sessions: 10 Wednesday 7.30pm-9.30pm Fee: €110

Learn how to almond, ice and decorate your Cake. Using sugarpaste and Royal Icing for decoration. You will learn how to write on your cake and various ways to decorate such as Runout work, Frilling, moulded roses etc. Wedding Cake or that special occasion cake! (Cost of materials extra.)

Course No. 6109: MEALS FOR MIDDLEBROWS

Sessions: 10 Wednesday 7.30pm—9.30pm Fee: €110.00

DEMONSTRATION CLASS. The menu focus on modern and colourful ideas that are suitable for family gatherings and home entertaining. Meals that are tasty and wholesome, while at the same time being quick and easy to prepare, will be demonstrated.

Course No. 6005: THE KITCHEN GARDEN

Sessions: 10 Wednesday 8.00pm -10.00pm Fee: €110

From a windowsill to an acre plot. This basic course will show you how to grow fruit, vegetables and herbs for your kitchen in a small or not so small acre.

HOBBIES & LEISURE (Continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

Course No. 6075: WEDDING FLOWERS

Sessions: 10 Thursday 7.30pm-9.30pm Fee: €190

Intensive Course covering aspects of Bouquet Design and Method, Floral Accessories, ie. Buttonholes, Corsage, Cake Top, Head-Dress etc. (Limited places available.)

Course No. 6076: WEDDING FLOWERS Improvers

Sessions: 10 Wednesday 7.30pm-9.30pm Fee: €190

Intensive Course covering aspects of Bouquet Design and Method, Floral Accessories, ie. Buttonholes, Corsage, Cake Top, Head-Dress etc. Must have covered previous Bridal Floristry class. (Limited places available.)

Course No. 6014: FLOWER ARRANGING

Sessions: 10 Wednesday 7.30pm-9.30pm Fee: €110

Learn the skills of flower arranging in a relaxing and therapeutic atmosphere. Create your own arrangement of fresh/dried flowers.

Course No. 6016: CURTAIN MAKING Beginners

Sessions: 8 Thursday 7.00pm-9.30pm Fee: €110

An introduction to curtain making, with a difference, simple sew solutions and no sew solutions to the problem of covering your windows - curtains, pelmets, tie-backs, cushions. If you can hold a sewing needle you will succeed with this course.

Course No. 6017: CURTAIN MAKING Improvers

Sessions: 8 Tuesday 7.00pm-9.30pm Fee: €110

Course No. 6021: PRACTICAL INTERIOR DESIGN

Sessions: 10 Wednesday 8.00pm-10.00pm Fee: €110

Realistic interior design course. By the end of the course everyone should have redesigned one room in their home and covered enough information to work alone on the other rooms. Colour wheel, assessing colours. Wall treatments including paint and wallpapers. Flooring, fabrics, curtains and blinds. Furniture, lighting and accessories.

Course No. 6019: CROCHET to DESIGNER WEAR

Sessions: 10 Monday 7.30pm-9.30pm Fee: €110

Why not try your hand at crochet, or improve your crochet skills. Crochet is so trendy right now. Learn to make your own summer tops, ponchos or baby wear. You will get hooked once you start!

CLASS REQUIREMENTS: 1 crochet hook size 4mm and 1 ball of yarn, double knitting.

Course No. 6031: STAINED GLASS WINDOW PANELS

Sessions: 10 Monday 8.00pm - 10.00pm Fee: €110

Learn the age-old technique of Stained Glass to create your own leaded panel for a window, kitchen unit, cabinet etc. Course will include glass-cutting, leading & basic design. Suitable for total beginners and those with some knowledge of course content.

Course No. 6113: PICTURE FRAMING

Sessions: 10 Wednesday 7.30pm – 9.30pm Fee: €110

Course No. 6078: MODEL AIRCRAFT / DESIGN

Sessions: 10 Tuesday 8.00pm – 10.00pm Fee: €110

Before you decide to purchase, learn about the mechanics, design, and flying of your own model helicopter or aeroplane.

Course No. 6012: ASTRONOMY

Sessions: 10 Wednesday 8.00pm—10.00pm Fee: €110

This introductory course is aimed at the casual stargazer and the enthusiastic beginner, designed to build the first steps from a passive interest to active participation in the fascinating study of the night sky. How the sky moves, the planets and the stars.

HOBBIES & LEISURE (Continued)

Course No. 6101: MUSIC TECHNOLOGY

Sessions: 10 **Tuesday** 8.00pm-10.00pm **Fee: €110**
Learn about digital production techniques for the electronic composer. Synthesis, sampling, mixing and sequencing. Learn about midi and digital audio interfaces. Basic experience / knowledge of digital / sequencing / DJing required.

Course No 6090: SPEAKING WITH CONFIDENCE

Sessions: 10 **Tuesday** 8.00pm - 10.00pm **Fee: €110**
Using drama techniques, enjoy improving, communication skills for interviews or speech making. Course includes Relaxation, Body Language, Vocal Techniques, Preparation for an Interview or Presentation.

Course No 6093: BOGS AND FENS OF IRELAND

Sessions 5 **Thursday** 7.00pm - 9.00pm **Fee: €55**
Bogs and fens are wetlands of stunning beauty, startling colours and spectacular wildlife. Explore the flora and fauna, habitats, archaeology and conservation of Ireland's bogs and fens on this special eye-opening course. Learn with experts from the Irish Peatland Conservation Council through an exciting programme of powerpoints, practical workshops and field studies. A daylong field trip will be optional, to three sites in the Irish Midlands to study bog formation from open water, through fen to raised bog.

Course No 6097: INTRODUCTION TO CRIMINOLOGY

Sessions: 10 **Tuesday** 8.00pm - 10.00pm **Fee: €110**
This course provides a basic introduction to understanding of crime and deviance. It will introduce the history of crime, provide an overview of a selection of criminological theories, offer an insight into youth offending and provide a forum for discussion on various criminal justice perspectives. This course will not only appeal to the person considering an undergraduate degree in Criminology or Sociology but also to anyone who is interested in discussing how the criminal justice system works and why certain approaches are used in punishing and rehabilitating offenders in Ireland today.

Course No. 6102: FASHION & STYLE

Sessions: 10 **Thursday** 7.30pm - 9.30pm **Fee: €110**
An exciting introductory course in Fashion and Style, excellent for participants to analyse their facial and body shapes, build an efficient capsule wardrobe and understand current trends. The learner may also cover the following: The elements of Fashion and Style; Individual and Facial analysis; Working with Colour; Wardrobe Weeding, Clothing and Accessories; Hair and Makeup.

Course No. 6024: GOLF FOR BEGINNERS / IMPROVERS

Sessions: 8 **Thursday** 7.30pm - 9.30pm **Fee: €110**
Suitable for beginners and refreshers. Some classes will be held in Kerdiffstown Driving Range, Sallins.

Course No. 6001: MEDITATION / SELF AWARENESS

Sessions: 10 **Tuesday** 8.00pm - 10.00pm **Fee: €110**
Self discovery, a journey to becoming successful using various powerful meditation techniques.

Course No. 6002: INDIAN HEAD MASSAGE

Sessions: 10 **Monday** 8.00pm - 10.00pm **Fee: €110**
Introduction to Indian Head Massage.

Course No. 6066: GARDENING - HANDS ON

Sessions: 10 **Tuesday** 8.00pm - 10.00pm **Fee: €110**
Design/Re-design your garden, proper pruning of plants, soil types. Lawn care and how to maintain a colourful garden all year. General garden tips and advice.

Course No. 6068: THE PURPOSE OF PLAY AND THERAPY

Sessions: 10 **Monday** 8.00pm - 10.00pm **Fee: €110**
A short practical course for parents or people working with pre-school children. Module 1: Importance of play for child development. Module 2: Art and Craft - various types of painting, art ideas for pre-schoolers. Module 3: Structured play. Module 4: Creativity with boxes e.g. making a puppet box, a house, a car. Module 5: Symbolic/Creative play. Module 6: Messy Play e.g. paint/glue/gloop/slime/bubbles/playdough/clay/water/flour/rice.

HOBBIES & LEISURE (Continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

Course No. 6099: BRICK AND COBBLE LAYING

Sessions: 10 **Thursday** 8.00pm - 10.00pm **Fee: €240**
Learn the technique of bricklaying the easy way. Learn to build decorative piers and garden walls. This course will also cover step by step cobbling and crazy paving for the beginner and the enthusiast. All work is indoor. (Limited numbers, some tools needed).

Course No. 6105: 3RD LEVEL MATHS [LINEAR ALGEBRA]

Sessions: 10 **Wednesday** 7.30pm - 9.30pm **Fee: €110**
This module is suitable for those who have attained a B at ordinary level or a C at higher level in Mathematics in the Leaving Certificate. It will introduce the learner to the basic concepts and methods of linear algebra thereby providing them with an opportunity to experience Mathematics at Third Level.

Course No. 6103: FASHION MAKE-UP

Sessions: 10 **Tuesday** 7.30pm - 9.30pm **Fee: €110**
This course is designed for anyone who has completed the Introduction to Make-Up Artistry course or equivalent.

Topics Include: Current Trends, Smokey Eyes, Perfect Eyeliner, Sculpting the face with bronzer, Classic Contoured Eyes, Male Make-Up & Grooming, Body Make-Up, Using Glitters & Shimmers, Using False eyelashes to create dramatic and natural looks. (Cost of materials extra).

Course No. 6104: AIRBRUSH MAKE-UP

Sessions: 3 **Thursday** 7.30pm - 9.30pm **Fee: €80**
This course is designed for anyone that has completed the Introduction to Make-Up Artistry or equivalent.

Topics Include: Using and maintaining the airbrush equipment, creating the flawless face, covering scars and blemishes, contouring the face, applying blusher, covering tattoos. (€30 Cost of materials during course extra).

Course No. 6107: HAIRSTYLING

Sessions: 10 **Tuesday** 7.30pm - 9.30pm **Fee: €110**
For the absolute beginner or those who may already have some experience and wish to refresh their skill base. Please note this course does not involve cutting or colouring hair. Topics Include: Tools, equipment & product knowledge, Sectioning hair, Pony tails. Using heated appliances (hairdryers, heated rollers, tongs, straightening irons), straight blow dries, Techniques (backcombing, smoothing, creating different types of curls, Velcro rollers and roller placement/ sets). Working with different hair types (fine, thick, curly, dry, damaged, greasy, treated & extensions). Short hair styling. Bridal hair styles (classic, modern and contemporary). Plaits & pleats (French, modern, classic & herringbone). Quiffs and Mowhawks, Using hair pads and hair pieces. (Cost of kit extra).

Course No 6084: DOG GROOMING

Sessions: 10 **Monday** 7.00pm - 9.00pm **Fee: €110**
This course is for all whether you own a dog or are considering getting one. Learn how to comb your dog, brush out knots, bathe, cut nails, check ears, teeth when to start to groom your puppy, visits to your vet etc. general health issues.

Course No 6085: TAROT FOR BEGINNERS

Sessions: 10 **Monday** 8.00pm - 10.00pm **Fee: €110**
Learn the ancient art of the Tarot, learn how to read and use the Tarot and know what the future holds. Know the secret symbols that have fascinated scholars for centuries.

Course No 6086: PSYCHIC DEVELOPMENT

Sessions: 10 **Tuesday** 8.00pm - 10.00pm **Fee: €110**
Everyone is born with the ability to communicate with spirit guides, not everyone knows the way to unlock this ability and use it. This course will show you how easy it is to communicate with your guide and also, develop and use your own psychic gifts.

Course No. 6106: ADVANCED PSYCHIC DEVELOPMENT

Sessions: 10 **Wednesday** 8.00pm - 10.00pm **Fee: €110**
For those who have completed the Psychic Development course, a way to further develop your mediumship and psychic abilities.

HOBBIES & LEISURE (Continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

- Course No. 6038: LEARNING THE BODHRÁN**
Sessions: 10 Monday 8.00pm – 10.00pm Fee: €110
Suitable for beginners and improvers. This course will cover the basic rhythms and techniques of playing the bodhrán with Traditional Music and as a Solo Instrument.
- Course No. 6039: LEARNING THE BODHRÁN Improvers**
Sessions: 10 Monday 8.00pm – 10.00pm Fee: €110
Suitable for those who have completed the beginners course.
- Course No. 6040: LEARNING THE GUITAR**
Sessions: 10 Monday 7.30pm – 9.30pm Fee: €110
Suitable for a beginner or for a person with some experience. Tuning, strumming, finger styles etc.
- Course No. 6041: LEARNING THE GUITAR**
Sessions: 10 Wednesday 7.30pm – 9.30pm Fee: €110
- Course No. 6042: GUITAR IMPROVERS**
Sessions: 10 Tuesday 8.00pm – 10.00pm Fee: €110
This course is suitable for those with a basic knowledge of playing the Guitar aimed at improving Strumming Patterns, learning more advanced Chords and Finger style playing.
- Course No. 6045: TENOR BANJO / MANDOLIN**
Sessions: 10 Thursday 7.30pm-9.30pm Fee: €110
Become the next Gerry O'Connor! Learn how to play traditional Irish tunes (jigs and reels) on Tenor Banjo or Mandolin. Suit beginners, novices or floundering fiddlers!
- Course No. 6043: LEARNING THE TIN WHISTLE**
Sessions: 10 Tuesday 7.00pm – 9.00pm Fee: €110
Suitable for beginners or for those with some experience.
- Course No. 6044: LEARNING THE FIDDLE**
Sessions: 10 Wednesday 7.00m – 9.00pm Fee: €110
Beginners: learn the basics, session tunes, polkas, slides, jigs & reels. Intermediate/Advanced: develop individual style & increase your repertoire of tunes, development of ornamentation.
- Course No. 6047: SINGING**
Sessions: 10 Tuesday 7.00pm – 9.00pm Fee: €110
An opportunity to learn traditional songs in English and Irish. The classes will increase your repertoire of songs and allow you to develop a traditional, unaccompanied style of singing. Songs taught would be suitable for competitions in Fleadhs, Scór na hÓige, Feiseanna and humorous/ballad songs heard in the local! The classes will introduce you to ornamentation, phrasing and the art of lilting (Diddling and tune) and introduce you to regional styles of singing.
- Course No. 6046: KEYBOARD - PIANO**
Sessions: 10 Tuesday 7.00pm – 8.00pm Fee: €80
An introduction to Keyboard—Piano Skills. Learn to play your favourite tunes. This course is suitable for beginners and experienced.
- Course No. 6008: PERSONAL GROWTH / DEVELOPMENT**
Sessions: 10 Wednesday 8.00pm – 10.00pm Fee: €110
Identify and achieve what you really want in life! Find the confidence and conviction to make the changes that are necessary. Unlock individual potential to achieve higher levels of performance in personal life and career.
- Course No. 6027: INTRODUCTION TO PSYCHOLOGY**
Sessions: 10 Tuesday 8.00pm-10.00pm Fee: €110
A ten week course introducing you to the area of Psychology. Course includes subjects such as Personality, Emotion, Abnormal behaviour, Cognition, Perception and Social Psychology.

HOBBIES & LEISURE (Continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

- Course No. 6032: BASIC WOODWORKING**
Sessions: 10 Thursday 8.00pm-10.00pm Fee: €110
Learn the techniques and make a project
- Course No. 6033: D. I. Y.**
Sessions: 10 Monday 8.00pm-10.00pm Fee: €110
Learn all the simple steps of laying wooden floors and how to make and fit cabinets. Also basic plumbing/tiling and electrical will be explained with simple solutions to making a home a safer place to live.
- Course No. 6034: HOUSE BUILDING EXPLAINED**
Sessions: 10 Tuesday 8.00pm-10.00pm Fee: €110
Building a new house, an extension, renovating or simply interested in house construction details, then this is the course for you.
- Course No. 6035: WOODCARVING**
Sessions: 10 Thursday 8.00pm-10.00pm Fee: €130
Learn the ancient art of woodcarving. This course is project based and will cover the fundamentals of woodcarving. Participants will be tutored in the skills of both relief carving and carving in the round. The course will also cover the proper and safe use of woodcarving tools, holding work, sharpening of tools and finishing. Tools will be provided. There will be a small additional charge of €15 for project material.
- Course No. 6036: FURNITURE RESTORATION**
Sessions: 10 Wednesday 8.00pm-10.00pm Fee: €110
Restore all types of furniture, re-assemble, remove old polish, re-french polish, stain and finish.
- Course No. 6029: INTRODUCTION TO IRISH ARCHAEOLOGY**
Sessions: 10 Wednesday 8.00pm-10.00pm Fee: €110
This is an introductory course providing an overview of Irish Archaeology, County Kildare in particular, guiding people in how to research sites and recognise monuments in the field. Course given by Qualified Archaeologist. Field trips may be included in the Course.
- Course No. 6028: INTRODUCTION TO COUNSELLING**
Sessions: 10 Monday 8.00pm-10.00pm Fee: €110
This course offers an introduction to basic counselling skills & practice. The focus will be on experiential learning through group interaction and participation. It aims to provide a foundation for those interested in pursuing further studies in the field and is also suitable for Parents, Teachers and Care Workers. Course given by Qualified Counsellor.
- Course No. 6064: FREELANCE WRITING**
Sessions: 10 Monday 8.00pm-10.00pm Fee: €110
Writing non-fiction for potential publication in a relaxed and fun atmosphere. Non-fiction includes local news stories, feature articles, local history, memoir, freelance journalism and more.
- Course No. 6074: GREAT NOVELS**
Sessions: 10 Monday 8.00pm -10.00pm Fee: €110
This course offers an overview of some of the classic novels which we may have read or may be planning to read 'someday'. Structured as a series of talks and discussions we will explore novels by Tolstoy, James, Austen, Melville, Dostoevsky and others.

HOBBIES & LEISURE (Continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

- Course No 6087: UNDERSTANDING WEATHER**
Sessions: 8 Monday 7.00pm - 9.00pm Fee: €100
How geographical location influences our weather and climate. How the sun's heat causes our weather. The Atmosphere: Airmasses, Weather Maps, Fronts, High Pressure/Low Pressure, Clouds, Precipitation, Thunderstorms. Weather Satellites/ Radar. Global warming .
- Course No 6098: THE GARDENING YEAR**
Sessions: 10 Monday 8.00pm - 10.00pm Fee: €110
Make the best use of your garden. This course follows the development of the garden through the year. It describes the ornamental and practical uses of the space around your home. It will include an introduction to design, choice of plants, the wildlife garden, the kitchen garden and many other aspects of your garden.
- Course No 6091: BRIDGE**
Sessions: 10 Wednesday 7.30pm - 9.30pm Fee: €110
Learn a new hobby and have a good night out.
- Course No 6097: JEWELLERY MAKING**
Sessions: 8 Thursday 7.30pm - 10.00pm Fee: €220
Learn all the basics to make your own jewellery at home! This course is project based and will cover the fundamentals of Jewellery Making. The course will cover the proper and safe use of jewellery making tools. Starter kit included in fee. Suitable for complete beginners.
- Course No. 6110: EXPLORING THEOLOGY**
Sessions: 10 Wednesday 8.00pm - 10.00pm Fee: €110
Examining some of the fundamental beliefs of the Catholic Church. The origin of these beliefs will be explored in order to attempt to understand these concepts in a modern-day context.
- Course No. 6057: HAND BUILT POTTERY & MODELLING**
Sessions: 10 Monday 7.00pm - 9.00pm Fee: €110
A course for beginners and experienced in the techniques of hand built pottery and modelling. All items made during the course are kiln-fired and glazed.
- Course No. 6058: OIL PAINTING**
Sessions: 10 Tuesday 7.00pm - 9.00pm Fee: €110
A course for beginners and experienced in the techniques of oil painting.
- Course No. 6060: WATERCOLOUR PAINTING**
Sessions: 10 Wednesday 7.00pm - 9.00pm Fee: €110
A course for beginners and experienced in the techniques of painting with watercolours.
- Course No. 6059: PAINTING WITH ACRYLICS**
Sessions: 10 Thursday 7.30pm - 9.30pm Fee: €110
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.
- Course No. 6061: DRAWING BEGINNERS**
Sessions: 10 Monday 7.00pm - 9.00pm Fee: €110
Learn to draw a variety of subjects using pencil, charcoal and chalk pastels.
- Course No. 6076: DRAWING THE PORTRAIT**
Sessions: 10 Monday 8.00pm - 10.00pm Fee: €110
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 technique. You will need to purchase your own drawing supplies (Cost €20 approx).

HOBBIES & LEISURE (Continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

- Course No. 6112: ADULT DRAMA FOR FUN**
Sessions: 10 Wednesday 7.30pm - 9.30pm Fee: €110
Adult Drama for FUN! provides a safe space for some creative play-time! The course is an entertaining, low pressure and engaging exploration of the basics of acting techniques. Whether you have little or no drama experience, Adult drama for FUN! offers a wonderful opportunity to meet new people, experience something different and boost your confidence through theatre games, improvisation, voice and body work.
- Course No. 6011: MANAGING CHALLENGING BEHAVIOUR**
Sessions: 10 Thursday 8.00pm - 10.00pm Fee: €110
Techniques and Strategies for Parents and Carers of Children. Challenging behaviours are a topic and demanding concern for Parents and Caregivers of Children today. For many reasons inappropriate or challenging behaviours can become a pressing concern for many families, who are unaware of how to really cope and know exactly what interventions or strategies to use in combating these behaviours.
- Course No. 6004: ENERGY EFFICIENCY (endless savings)**
Sessions: 10 Thursday 7.30pm-9.30pm Fee: €110
How to get the most out of your existing systems: Lighting; Heating Systems; Water Heating; Building Insulation; The Energy Market; Energy Costs.
- Course No. 6063: CREATIVE WRITING**
Sessions: 10 Thursday 8.00pm-10.00pm Fee: €110
Develop your talents in poetic writing, short story or prose.
- Course No. 6056: COMMUNICATION SKILLS**
Sessions: 10 Wednesday 7.30pm-9.30pm Fee: €110
Communications Theory; Interpersonal Communication; Communication in the small group and organisational context; presentation skills and interview techniques, helps to improve your self-esteem while you learn how to speak in public. Speak your mind at School Meetings, Residents Association Meetings or at work.
- Course No. 6065: CAR MAINTENANCE**
Sessions: 10 Tuesday 7.30pm-9.30pm Fee: €110
An introductory course to Car Maintenance encompassing the basic day to day care of your car, preparing for the NCT and dealing with common minor breakdowns. The Result? A car maintained in peak condition, giving you peace of mind.
- Course No. 6030: CREATIVE PHOTOGRAPHY & TECHNIQUES**
Sessions: 10 Tuesday 8.00pm-10.00pm Fee: €110
Start taking great pictures! Master the workings of your digital camera Understand composition and exposure and improve your portraits, landscapes, still-life and much more. For beginners and improvers.
- Course No 1016: DIGITAL PHOTOGRAPHY**
Sessions: 10 Thursday 8.30pm-10.00pm Fee: €120
Introduction to use and workings of your digital camera. Learn about software applications.
- Course No. 1017: DIGITAL PHOTOGRAPHY**
Sessions: 10 Thursday 7.00pm-8.30pm Fee: €120
- Course No. 1021: ADVANCED PHOTOGRAPHY**
Sessions: 10 Tuesday 8.00pm - 10.00pm Fee: €150
The course will be project based with work to be completed and reviewed weekly. One final project to be established and worked on throughout the ten weeks. Essential equipment Digital/35mm SLR (with lens) tripod. LAPTOP with photoshop elements loaded and licensed (photoshop 7 ideal). Studio flashes, lighting and back drops will be provided.

HOBBIES & LEISURE (Continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

Course No 6070 : LIFESKILLS

Sessions: 10 Tuesday 8.00pm–10.00pm Fee: €110
Lifeskills is based on the knowledge that the mind and body are closely intertwined and reflect each other. This course is aimed at showing you gentle methods of relaxation/meditations, gentle exercises to simple techniques which are manageable in everyone's everyday life, helping you manage your stress, reducing and relieving everyday tension, managing pain, promoting relaxation, good health and well-being.

Course No . 6071: COLOUR ME BEAUTIFUL COLOUR & STYLE

Sessions: 5 Thursday 8.00pm–10.00pm Fee: €90
Discover your colours to help you look younger, healthier & brighter and the secret of how to wear them. Your key styles of clothes to suit your body shape and guarantee a perfect fit and a slimmer silhouette every time. Find which make-up shades suit you naturally.

Course is relaxed, fun and informative. Ideal for women to socialise in the community.

Course No. 6072: DRESSMAKING (BEGINNERS)

Sessions: 10 Monday 8.00pm–10.00pm Fee: €150
You will be taught how to 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.

Course No. 6073: DRESSMAKING (IMPROVERS)

Sessions: 10 Wednesday 8.00pm–10.00pm Fee: €150
This course can be taken by anyone who is already familiar with assembling garments from patterns. It will encourage you to be creative, using more complicated designs from patterns of your choice, e.g. a dress, top and skirt, or trousers, using more sophisticated fabrics.

You will be introduced to a 'Domestic Over Locker', which is a sewing machine used to make garments look more professionally 'finished off'.

This will enable you to practise and become a more confident and competent dressmaker.

FETAC COURSES

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

FETAC Level 5 Component Certificate will be available upon successful completion of both Term 1 Autumn 2009 and Term 2 Spring 2010. Further information available from www.fetac.ie (use course code)

Course No. 8039: COMPONENT CERTIFICATE IN SPECIAL NEEDS ASSISTING FETAC Level 5

Monday 7.00—10.00 pm
Duration: Completed by end of May 2010

Sessions: 16 Mondays
Fee: €450

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.
- ◆ Promote understanding of role of Special Needs Assistant in the classroom situation.
- ◆ Equip the Special Needs Assistant 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. Junior Certificate level is usually required including English, Irish and Maths. All learners must be fluent English speakers.

Further Information:

www.fetac.ie or telephone 01 8659500

Course No 8037 CARE OF THE OLDER PERSON

Sessions: 15 Thursday 8.00pm - 10.00pm Fee: €280
Module Code D20180 (€165 per term)

FETAC Level 5

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 in a variety of care settings and enhance the quality of life of the older person.

Course No 8009 START YOUR OWN BUSINESS

Sessions: 20 Wednesday 8.00pm - 10.00pm Fee: €330
Module Code B20153 Term 2 Continuation (€165 per term)

FETAC Level 5

The module is designed to provide the skills required to start a business and the knowledge to understand the issues involved in doing so. It will provide the learner with real life experience of investigating and evaluating a business idea.

Course No 8021 CARING FOR CHILDREN (0 – 6 years)

Sessions: 20 Wednesday 8.00pm - 10.00pm Fee: €330
Module Code D20159 Term 2 Continuation (€165 per term)

FETAC Level 5

FETAC COURSES (continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

FETAC Level 5 Component Certificate will be available upon successful completion of both Term 1 Spring 2010 and Term 2 Summer 2010. Further information available from www.fetac.ie (use course code)

Course No. 8035: CARE OF THE ELDERLY COMMUNITY CARE AND HEALTH SERVICES FETAC LEVEL 5 AWARD

Code: DCHSX **Tuesday** 7.00pm –10.00pm
& some Thursdays

Duration: 2 years part-time
Completed by end of December 2011

Fee: €660 per year (total fee €1,320)

Areas covered

Services for Older people in Ireland, Support systems, Concepts of working in care of Older people, Responding to their needs, Employment in the care of Older people, Vocational Education/Training, policy. This course will cover Social Policy & the elderly, Professional practice, Risk assessment, Understanding and dealing with suspected Elder abuse. Over view of the issues concerning aging including the UN charter on the older person's rights.

1. Safety and Health at Work
2. Introduction to Nursing.
3. Exercise and Fitness.
4. Care of the Older Person.
5. Work Experience.
6. Communications
7. Nutrition
8. Social Studies.

An up to date certificate in First Aid is necessary to complete the award.

Although this course is available in Scoil Mhuire it is not included in cost above. All components have assignments attached. Suitable for those seeking employment in Caring of the elderly. Students are required to complete a minimum of 30 hours work experience either in a paid or voluntary capacity. FETAC Level 5 Certificate will be available upon successful completion of both year 1, 2010 and year 2, 2011. Further information available from www.fetac.ie (use course code)

Course No 8005 **SOUND ENGINEERING AND PRODUCTION**
Sessions: 20 **Wednesday** 8.00pm - 10.00pm **Fee: €330**
Module Code E20136 Term 2 Continuation (€165 per term)
FETAC Level 5

This module is designed to offer a practical introduction to sound engineering and production, meeting the needs of a range of learners following media and performing arts courses. The module combines practical training and experience with theoretical appreciation. It meets a wide range of vocational needs through emphasis on responsibility, good work practices, creativity, effective communication and co-operation.

Course No 8024 INTRODUCTION TO NURSING
Sessions: 20 **Tuesday** 8.00pm - 10.00pm **Fee: €330**
Module Code D20012 Term 2 Continuation (€165 per term)
FETAC LEVEL 5 (€165 per term)

Course No 8018 SPECIAL NEEDS ASSISTING
Sessions: 20 **Monday** 8.00pm - 10.00pm **Fee: €450**
Module Code D20186 Term 2 Continuation
FETAC Level 5

This course is designed for those people who are working or planning to work, with children with special needs as a classroom assistant, in a paid or voluntary capacity

FETAC COURSES (continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

Course No. 8040: SPECIAL NEEDS ASSISTANT FETAC LEVEL 6 COMPONENT CERTIFICATE

Code L32344 **Tuesday** 7.00pm – 9.30pm

Duration: Total 30 Hours
Completed by end of May 2010 **Fee ; €700**

This course is aimed at people who have completed the Component Certificate Course in Special Needs Assisting, but there is no special entry requirement. The Froebel Diploma in Special Needs Assistant will only be awarded to those who have also completed the Froebel Component Certificate course with the College of Progressive Education. 50 hours work experience necessary. www.fetac.ie

Further Information: The College of Progressive Education /Froebel College of Education 01-4884300.

Course No 8038: TRAIN THE TRAINER FETAC LEVEL 6 COMPONENT CERTIFICATE

Code E30179 **Tuesday** 7.00pm –10.00pm **Fee: €500**

Sessions 10:

This programme is suitable for those with training responsibilities in organisations who want to gain a formal training qualification. Companies who require an in house trainer or presenter. Individuals working in any of the following sectors: TRAINING -EDUCATION - RETAIL.www.fetac.ie

HOW TO FIND US

PROFESSIONAL BODIES

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

Course No. 7033: HAIR EXTENSIONS

Sessions: 10 Thursday 7.30pm - 9.30pm Fee: €280

Trainees learn how to apply and style 100% human hair extensions. This involves a strand by strand method, the latest and most popular trend. Trainees will work on mannequin heads as well as live models. This course covers the latest bonding technique, colour matching, Client consultation, Aftercare Maintenance and Health and Safety. Suitable for all applicants beginning their career or hairdressing professionals. Course also covers styling clip-in extensions and hair pieces. Human Hair extensions last between 3-6 months.

Exam at the end of course is optional. (Purchase of equipment is optional).

Course No. 7022: FÁS SAFE PASS PROGRAMME

Sessions: 1 DAY Wednesday 17th February 2010

Duration: 8.00am - 5.00pm Fee: €100.00

The FÁS Safe Pass Programme will extend to all Construction and Local Authority workers. All new entrants including construction apprentices registered under the standards based apprenticeship scheme, and trainees undergoing traineeships in the Construction Industry will be scheduled for safety Awareness Training and Registration under the Safe Pass Scheme.

Upon successful completion of the Safety Awareness Training Programme participants will be registered in the FÁS Safe Pass Programme and issued with a Registration Card. It is a condition of renewal of the registration card that participants must update their safety awareness training every four years.

Course Content: The training modules incorporated within the Safe Pass Programme are as follows:

The Reasons for Promoting Safety; Accident Reporting & Emergency Procedure; Accident Prevention; Health & Hygiene, Manual Handling; Working at Heights; Working with Electricity; Underground and Overhead Services; Use of Hand Held Equipment and Tools; Personal Protective Equipment; Safe Use of Vehicles; Noise and Vibrations; Excavations and Confined Spaces.

Note: Participants must be over 16 years of age and have a good command of the English language.

Participants arriving after the course commences will not be permitted entry.

PROFESSIONAL BODIES (continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

Course No. 7025: MANUAL HANDLING

Sessions: 1 Monday 6.00pm-10.00pm Fee: €80

Four hour Course with Practical and Written Test. Legislation, anatomy of skeleton and spine, causes of injury, ergonomics, fitness and flexibility, principles of safe moving and handling inanimate loads.

Students will receive a Certificate on completion of course. Qualified Instructor with IBEC. Maximum of 15 per group. (One Evening)

Course No. 7010: PRIMARY FOOD HYGIENE

Sessions: 4 Wednesday 8.00pm-10.00pm Fee: €140

Food hygiene—why bother? Food contamination, Food delivery and storage, Food preparation, cooking and service. Personal hygiene. Design and layout of food premises and pest control. Cleaning. An introduction to hazard analysis critical control point systems.

Each student will receive a course information pack at the opening session. Students will sit a multiple choice paper at the end of each topic and a final written paper at the end of the course. Students will be registered with the EHOA in order to sit the exam at the end of the course. Maximum of 20 per group. (4 weeks)

Course No. 7007:

CERTIFIED ACCOUNTING TECHNICIAN (C A T)

ACCA - (ASSOCIATION OF CHARTERED CERTIFIED ACCOUNTANTS)

(Continuation)

YEAR 1 - Introductory and Intermediate

Sessions: 25 Mon & Wed 7.30pm-10.00pm

Fee: €650 per term total cost €1,300 for 1 year . (Registration & Exam Fee extra). EXAM: June 2010

Introductory: (i) Recording financial transactions.
(ii) Information for management control.

Intermediate: (i) Maintaining financial records.
(ii) Accounting for costs.

Course No. 7008:

CERTIFIED ACCOUNTING TECHNICIAN (C A T)

ACCA - (ASSOCIATION OF CHARTERED CERTIFIED ACCOUNTANTS)

(Continuation)

YEAR 2 - Advanced

Sessions: 25 Tues & Thurs 7.30pm-10.00pm

Fee: €650 per term total cost €1,300 for 1 year.

Registration & Exam Fee extra.

1. Managing people and systems.
2. Drafting Financial Statements
3. Planning, Control and Performance Management
4. Preparing Taxation Computations
5. Managing Finances

EXAM: June 2010

Completion of the Accounting Technician Examinations can offer automatic transfer to the ACCA Professional Examinations and may allow an exemption from the Foundation Stage of ACCA. Further Information: ACCA,01 - 4988917

PROFESSIONAL BODIES (continued)

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

Course No. 7002: NUI MAYNOOTH CERTIFICATE IN COUNSELLING SKILLS (Continuation)

Course Duration: 100 Hours Part-time over One Year

Thursday 7.00pm - 10.00pm & some Saturday mornings

Fee: €690 x 2 (€1,380 Total Tuition Fee)

The NUI Certificate in Counselling Skills seeks to meet the growing need that people are experiencing in their personal and professional lives for a course concerned with introducing them to the communication skills central to human relationships. Suitable for Teachers, Year-Heads, Home-School Liaison Officers and other Professionals.

Further Information: From the School 045-868255 or
NUI Maynooth 01-7083784

Library in NUI Maynooth is available to students on Saturdays.

For Conditions: Consult NUI Maynooth Continuing Education
2009/2010 Brochure.

Course No. 7003: NUI MAYNOOTH

CERTIFICATE IN PSYCHOLOGY (Continuation)

Course Duration: 100 Hours Part-time over One Year

Tuesday 7.00pm - 10.00pm & some Saturday mornings

Fee: €550 x 2 (€1,100) Total Tuition Fee)

This course is designed to provide participants with the opportunity to develop an understanding of psychology and to explore its relevance to the individual, family, community and society.

Further Information: From the School 045-893243 or
NUI Maynooth 01-7084500

Library in NUI Maynooth is available to students on Saturdays.

www.itecworld.co.uk

PROFESSIONAL - ITEC COURSES

Course No. 7013: REFLEXOLOGY (Continuation) Sept 2009 - June 2010

Monday 7.00pm - 10.00pm (over three terms)

Fee: €980 Total tuition Cost (€490 x 2)

On this course you will learn foot reflexology with reference to hand and ear reflexology. You will be taught traditional Reflexology and includes practical and theory work. On completion you will sit ITEC Practical & Theory Examinations. **Exam Fee & Materials extra.**

You must have a recognised (or be taking) qualification in Anatomy & Physiology before commencing this course. www.itecworld.co.uk

PROFESSIONAL - ITEC COURSES

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

Course No. 7020:

ACRYLIC SCULPTING NAILS

Monday

Sessions 16 7.30pm- 10.00pm

Fee: €845 (Total cost including full kit €245 approx & exams)

The structure of the nail, disorders & diseases, contraindications, refills, rewhites, Nail biters and much more. Professional diploma on successful completion.

Career Path Mobile Nail Technician, Work at home.

Our Acrylic Nail Course is ideal for part-time or full-time professionals seeking a fast-track career in the nail industry.

Course No. 7025:

MAKE-UP (ITEC CERTIFIED)

January 2010 - June 2010

Wednesday Completed by end of May 2010

Sessions 16 7.00pm-10.00pm

Fee: €600 Total Tuition Cost

This course is both practical and theory based.

On completion you will sit ITEC Practical & Theory Examinations

Exam Fee and Materials extra. www.itecworld.co.uk

Course No. 7026:

MANICURE & PEDICURE

(ITEC CERTIFIED)

January 2010 - June 2010

Thursday Completed by end of May 2010

Sessions 16 7.00pm-10.00pm (over two terms)

Fee: €600 Total Tuition. www.itecworld.co.uk

Exam Fee and Materials extra.

Course No. 7016:

MAKE-UP (ITEC CERTIFIED)

(Continuation) Sept 2009 - June 2010

Wednesday 7.30pm-9.30pm . Completed by end of May 2010

Fee: €600 Total Tuition Cost (€300 x 2)

This course is both practical and theory based.

On completion you will sit ITEC Practical & Theory Examinations **Exam Fee and Materials extra.** www.itecworld.co.uk

Course No. 7012: ANATOMY & PHYSIOLOGY

Sept 2009 - June 2010

(Continuation)

Thursday 7.30pm - 10.00pm (over three terms)

Fee: €600 Total Cost (€300 x 2)

It is an in-depth study of the workings of the body. On completion you will sit ITEC Practical and Theory Examinations. www.itecworld.co.uk

Exam Fee & Materials extra.

FURTHER ENQUIRIES TO

Padraig Nolan: Principal, Scoil Mhuire, Clane

Padraig Brennan: Fetac Verifier (Deputy Principal), Scoil Mhuire

Seamus Scully, Director of Adult Education, Scoil Mhuire, Clane

Edmond Behan, Assistant Director of Adult Education

Cormac O'Donovan, Assistant Director of Adult Education

Padraig Carbury, Assistant Director of Adult Education

Orla Mc Ardle, Adult Education Co-Ordinator

Louise Black, Adult Education Co-ordinator

Sean Brilly, Pat O Connor : Information Technology

Administration Team: Breda Dowling, Bernadette Grogan
Paula McGrath, Kathleen Gately
Jacqueline Slattery, Colette Breslin
Bernie Holligan

Night Staff: Tom Connolly, Eileen Cribbin, Joe McDonald
Matt Dobbins, Andy O'Connor

Telephone: 045 - 868255

Fax: 045 - 868788

Email: claneadult@gmail.com

Website: www.clanesm.com

POSTAL ENROLMENT FORM

Note: Booking accepted with payment only
(Cheque / Postal Order / Bank Draft)

Name:

Address:

Day Tel:**Email:**.....

Course No. **Course Title:**

Fee Enclosed: €.....

I accept the conditions of enrolment as stated in the brochure.

Signed:

Postal Enrolment saves queueing!

DAYTIME COURSES

The following courses are offered as DAYTIME COURSES in Scoil Mhuire, Clane in our new Adult Education Centre. All Courses will run for TEN weeks unless otherwise stated.

MONDAY

Course No. MON110: CHILDCARE FETAC LEVEL 5 AWARD
Ref: page 19 9.30am — 12.30pm
Duration: 2 years part-time Completed by end of December 2011
Fee: €660 per year (total Fee €1,320)

Course No. MON102: PILATES
Sessions: 10 Ref: page 8 9.30am—10.30am **Fee: €90**

Course No. MON103: PILATES FOLLOW ON
Sessions: 10 Ref: page 8 10.30am—11.30am **Fee: €90**

Course No. MON104: OIL PAINTING
Sessions: 10 Ref: page 15 11.30am—1.30pm **Fee: €110**

Course No. MON106: OIL PAINTING IMPROVERS
Sessions: 10 Ref: page 15 9.30am—11.30am **Fee: €110**

Course No. MON110: DRESSMAKING (BEGINNERS)
Sessions: 10 Ref: page 17 11.30am—1.30pm **Fee: €150**

Course No. MON111: GOLF FOR BEGINNERS
Sessions: 8 Ref: page 11 9.30am—11.30am **Fee: €110**

Course No. MON109: THE KITCHEN GARDEN
Sessions: 10 Ref: page 9 1.30pm—3.30pm **Fee: €110**

TUESDAY

Course No. TUE201: WATER COLOUR PAINTING
Sessions: 10 Ref: page 15 9.30am — 11.30am **Fee: €110**

Course No. TUE203: SPANISH FOR IMPROVERS
Sessions: 10 Ref: page 4 11.30am — 1.30pm **Fee: €110**

Course No. TUE204: ITALIAN FOR BEGINNERS
Sessions: 10 Ref: page 4 11.30am — 1.30pm **Fee: €110**

Course No. TUE207: BELLY DANCING (for Ladies)
Sessions: 10 Ref: page 7 10.00am — 11.00am **Fee: €90**

Course No. TUE209: BOLLYWOOD DANCE (for Ladies)
Sessions: 10 Ref: page 7 11.00am — 12.noon **Fee: €90**

Course No. TUES210: COMPUTERISED ACCOUNTS
Sessions: 10 Ref: page 4 1,30pm—3.30pm **Fee: €200**

DAYTIME COURSES

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

WEDNESDAY

**ECDL : (European Computer Driving Licence)
ECDL Accredited Centre
FETAC LEVEL 5 EQUIVALENT COMPONENT**

- Course No. WED301:** ECDL Automated Testing Centre (Continuation)
Sessions: 20 **Ref: page 1** Wednesday 9.30am – 12.00pm
Fee: €500 (€250 per term)
- Course No. WED309:** BEAUTY THERAPY
Sessions: 10 **Ref: page 6** 9.30am—11.30pm Fee: €110
- Course No. WED305:** DIGITAL PHOTOGRAPHY
Sessions: 10 **Ref: page 2** 12.00 noon—2.00pm Fee: €160
- Course No. WED303:** SPANISH FOR BEGINNERS
Sessions: 10 **Ref: page 4** 11.30pm—1.30pm Fee: €110
- Course No. WED304:** PAINTING WITH ACRYLICS
Sessions: 10 **Ref: page 15** 9.30am—11.30am Fee: €110
- Course No. WED312:** INTRODUCTION TO NLP
Sessions: 10 **Ref: page 5** 9.30am—11.30am Fee: €150
- Course No. WED307:** LEARNING THE GUITAR
PRIMARY SCHOOL STUDENTS
Sessions: 10 3.45pm—4.45pm Fee: €90

DAYTIME COURSES

You can now enrol on line @ www.clanesm.com or by telephone using Visa, MasterCard or Laser

THURSDAY

**ECDL : (European Computer Driving Licence)
ECDL Accredited Centre
FETAC LEVEL 5 EQUIVALENT COMPONENT**

- Course No. THU405:** ECDL Automated Testing Centre
Sessions: 16 **Ref: page 1** Thursday 9.30am – 12.30pm
Fee: €500 (€250 per term)
- Course No. THU402:** CREATIVE PHOTOGRAPHY & TECHNIQUES
Sessions: 10 **Ref: page 16** 11.30am—1.30pm Fee: €110
- Course No. THU412:** YOGA
Sessions: 10 **Ref: page 8** 10am — 11.30pm Fee: €80
- Course No. THU411:** DRESSMAKING (IMPROVERS)
Sessions: 10 **Ref: page 17** 9.30am—11.30am Fee: €150
- Course No. THU407:** MICROSOFT OFFICE PUBLISHER
Sessions: 10 **Ref: page 2** 1.30pm - 3.30pm Fee: €120

FRIDAY

- Course No. FRI501:** COMPUTERS FOR BEGINNERS
Sessions: 10 **Ref: page 1** 9.30am—11.30am Fee: €120
- Course No. FRI502:** COMPUTERS FOR IMPROVERS
FETAC Level 3
Sessions: 10 **Ref: page 1** 11.45am—1.45pm Fee: €120
- Course No. FRI506:** CALLANETICS
Sessions: 10 **Ref: page 7** 10.00am—11.00am Fee: €70
- Course No. FRI503:** DRAWING THE PORTRAIT
Sessions: 10 **Ref: page 15** 9.30am—11.30am Fee: €120
- Course No. FRI505:** COLOUR ME BEAUTIFUL
COLOUR & STYLE
Sessions: 5 **Ref: page 17** 11.30am – 1.30pm Fee: €90