

MONDAY

All classes are from 7.30pm to 9.30pm unless otherwise stated.
Classes are for eight weeks unless otherwise stated.

101 Assertive Communication Skills €90

Get yourself ready for that interview and improve your self-confidence for daily life.

102 Computers (Beginners) €90

Learn the basics – How to use Microsoft Office and more.

103 3D Decoupage €90

Learn how to create beautiful 3-Dimensional pictures in A4 size and have them box framed. (materials extra)

105 Digital Skills for Citizens – FREE Course – numbers restricted to 10 per night.
A very basic computer skills class for those looking to engage with IT for the first time.

104 English (E.S.L) (Improvers) €90

Got the basics and want more? This class will take you through a more grammatical and fluent approach.

105 First Aid (Basic Certificate) €90

Life-saving skills, burns, fractures and resuscitation. Certificate awarded by the Order of Malta.

106 Fix your Finances €90

Would you like to be more aware and educated in the world of finance?
Our qualified financial adviser will take you through a 6 Week course in the World of Finance.

107 Horticulture €90

Simon, our Horticulturist, has designed a gardening course for beginners and experienced alike.
Perfect for heading into Spring.

108 Irish €90

Learn conversational Gaeilge from an experienced Irish speaker.

109 Italian (Beginners) €90 A fun and enjoyable class given by a native speaker in conversational Italian.

110 Mindfulness €90

Explore the art of discovering inner peace and fulfillment. Meditation tools and techniques shared by our tutors.

111 Mosaic €90

Learn to design your furniture at home using this art form. Explore your inner creative genius.

112 Mountaineering €90

Learn to read maps, mountain navigation, GPS and other hill walking related subjects.

113 Spanish (Beginners) €90

Converse in the world's second most common language with a native speaker.

114 Sugarcraft Modelling €90 Learn how to make sugarcraft toppers for your cakes for all occasions. (materials extra)

115 Tai- Chi €60

Another art of exercise and meditation, through gentle movement. Build natural strength to handle everyday stresses.

116 Yoga (Beginners) €60

Balance body, mind and spirit. A Beginners approach to Yoga. (7:15pm-8:15pm) (Yoga mat required)

117 Yoga (Improvers) €60

Gwen, our instructor, will take you through more advanced approach to Yoga. (8:30pm - 9:30pm) (Yoga mat required)

TUESDAY

All classes are from 7.30pm to 9.30pm unless otherwise stated.
Classes are for eight weeks unless otherwise stated.

201 Angels €90 Learn to connect with your angels and bring health, wealth and happiness to you and your loved ones.

202 Bridge (Beginners) 10 week course €100 All aspects of ACOL bidding. The playing of a specially set hand.
This class will be returning for a second term.

203 3D Decoupage €90 (materials extra) Learn how to create beautiful 3D pictures in A4 size and have them boxed framed.

205 Digital Skills for Citizens – FREE Course – numbers restricted to 10 per night.
A very basic computer skills class for those looking to engage with IT for the first time.

204 English (E.S.L) (Improvers) €90

Got the basics and want more? This class will take you through a more grammatical and fluent approach.

205 Floristry €90 A fun, hands on course. Learn to make bouquet arrangements, wrist corsages and much more.

206 First Aid (Basic Certificate) €90 Life-saving skills, burns, fractures and resuscitation. Cert awarded by the Order of Malta.

207 Guitar (Beginners) €60 Have fun learning the guitar. For absolute beginners. Numbers limited in each class.

208 Guitar (Improvers) €60 For those looking to improve or for those who wish to rediscover a forgotten talent. (8:30pm-9:30pm)

209 Irish €90 Learn conversational Gaeilge from an experienced Irish speaker.

210 Italian (Improvers) €90 Learn to develop your skills in the romantic language that is Italian with our native speaker.

211 Love your IPAD €90 Make full use of your IPAD. Learn how to use APPS, Surf the Net, and get your IPAD working for you.

212 Mindfulness €90 Explore the art of discovering inner peace and fulfillment. Meditation tools & techniques shared by our tutors.

213 Mountaineering €90 (materials extra) Learn to read maps, mountain navigation, GPS and other hill walking related subjects.

214 Patchwork €90 (materials extra) Learn the basics of this textile based skill or improve on existing skills!

215 Pilates (Beginners) €60 Learn to strengthen and tone muscles to improve flexibility. (Yoga mat required) 7:15pm–8:15pm

216 Pilates (Improvers) €60 Take a more advanced approach to strengthening and toning muscles to improve flexibility.
(Yoga mat required) 8:30pm – 9:30pm

217 Sewing €90 A qualified Seamstress will guide you through the steps in making full use of your sewing machine.

218 Spanish (Improvers) €90 Improve upon your existing linguistic skills in Spanish with our native speaker.

219 Sugarcraft Modelling €90 Learn how to make sugarcraft toppers for your cakes for all occasions.(materials extra)(Beginners)

220 Tai-Chi €60 Ancient art of exercise and mediation, through gentle movement. Build natural strength to handle daily stresses.

221 Yoga (Mixed Ability) €60 Course takes you through varied techniques in breathing and stretching exercises. 7:30pm–8:30pm

222 Zumba €60 Dance yourself back to fitness through this fun, Latin inspired programme. No partner required. 8:30pm–9:30pm