





## MONDAY

All classes are from 7.30pm unless otherwise stated.  
Classes are for 8 weeks unless otherwise stated.

	5 Weeks	8 Weeks
<b>101 Angels</b> Learn to connect with your angels and bring health, wealth and happiness to you and your loved ones.	€65	€90
<b>102 Bridge(Beginners)</b> All aspects of ACOL bidding. The playing of a specially set hand.	-	€100
<b>103 Computers (Beginners)</b> Learn the basics - How to use Microsoft Office and more.	€65	€90
<b>104 Dog Training</b> Our qualified dog trainer will take you through the steps in training your dog. This class will take place outdoors on the school grounds.	-	€100
<b>105 English (E.S.L.)</b> Got the basics and want more? This class will take you through a more grammatical and fluent approach.	€65	€90
<b>106 Floristry</b> A fun, hands on course. Learn to make bouquet arrangements, wrist corsages and much more.	€65	€90
<b>107 Horticulture</b> John, our Horticulturist, has designed a gardening course for beginners and experienced alike. Perfect for heading into Spring.	€65	€90
<b>108 Irish</b> Learn conversational Gaeilge from an experienced Irish speaker.	€65	€90
<b>109 Italian</b> A fun and enjoyable class given by a native speaker in conversational Italian.	€65	€90
<b>110 Knitting</b> Learn the basic stitches and techniques to enjoy successful creations in a friendly and warm atmosphere.	€65	€90
<b>111 Mindfulness</b> Explore the art of discovering inner peace and fulfillment. Meditation tools and techniques shared by our tutors.	€65	€90
<b>112 Nutrition</b> Want to continue your good start to the year or make a change, Delphine, our Nutritionist will offer expert advise on personal care to nutritional supplements.	€65	€90
<b>113 Pilates</b> Learn to strengthen and tone muscles to improve flexibility. (Yoga mat required) 7:30pm--8:30pm	€45	€65
<b>114 Salsa Dancing</b> Learn the invigorating and fun dance that is salsa. No partner required.	€45	€65

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	5 Weeks	8 Weeks
<b>115 Spanish (Beginners)</b> Converse in the world's second most common language with a native speaker.	€65	€90
<b>116 Tai-Chi(Beginners)</b> Another art of exercise and meditation, through gentle movement. Build natural strength to handle everyday stresses.	€45	€65
<b>117 Zumba</b> Dance yourself back to fitness through this fun, Latin inspired programme. No partner required.	€45	€65
<b>118 Yoga (Beginners)</b> Balance body, mind and spirit. A Beginners approach to Yoga. 7.30pm--8.30pm	€45	€65

## TUESDAY

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Classes are for 8 weeks unless otherwise stated.

	5 Weeks	8 Weeks
<b>201 Car Maintenance</b> Practical advice on good car maintenance and repairs that can be carried out at home.	€65	€90
<b>202 Dog Training</b> Our qualified dog trainer will take you through the steps in training your dog. This class will take place outdoors on the school grounds.	-	€100
<b>203 English (E.S.L.)</b> Got the basics and want more? This class will take you through a more grammatical and fluent approach.	€65	€90
<b>204 Floristry</b> A fun, hands on course. Learn to make bouquet arrangements, wrist corsages and much more.	€65	€90
<b>205 French (Beginners)</b> French is one of the most romantic languages, easy to listen to and a delight to speak. Taught by a native speaker, learn "the basics" to get more from a holiday in a French speaking country or why not learn a new language just for fun.	€65	€90
<b>206 Guitar (Beginners)</b> 7.15pm-8.15pm Have fun learning the guitar. For absolute beginners. Numbers limited in each class.	€45	€65
<b>207 Guitar (Improvers)</b> 8.30pm-9.30pm For those looking to improve or for those who wish to rediscover a forgotten talent.	€45	€65
<b>208 Horticulture</b> John, our Horticulturist, has designed a gardening course for beginners and experienced alike. Perfect for heading into Spring.	€65	€90
<b>209 Irish</b> Learn conversational Gaeilge from an experienced Irish speaker.	€45	€65

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	5 Weeks	8 Weeks
<b>210 Knitting</b> Learn the basic stitches and techniques to enjoy successful creations in a friendly and warm atmosphere.	€65	€90
<b>211 Mindfulness</b> Explore the art of discovering inner peace and fulfillment. Meditation tools and techniques shared by our tutors.	€65	€90
<b>212 Microsoft Office</b> This course is designed to introduce students to all aspects of MS Office. Learn to use Word, Excel and more.	€65	€90
<b>212 Microsoft Office</b> This course is designed to introduce students to all aspects of MS Office. Learn to use Word, Excel and more.	€65	€90
<b>213 Pilates</b> Learn to strengthen and tone muscles to improve flexibility. (Yoga mat required) 7:30pm--8:30pm	€45	€65
<b>214 Russian</b> Elena, our native speaker will introduce you to and take you through the basics of the language.	€65	€90
<b>215 Salsa Dancing</b> Learn the invigorating and fun dance that is salsa. No partner required. 7:30pm--8:30pm	€45	€65
<b>216 Spanish(Improvers)</b> Improve upon your existing linguistic skills in Spanish with our native speaker.	€65	€90
<b>217 Tai-Chi(Beginners)</b> 7.15pm-8.15pm Ancient art of exercise and meditation, through gentle movement. Build natural strength to handle everyday stresses.	€45	€65
<b>217 Tai-Chi(Improvers)</b> 8.30pm-9.30pm Ancient art of exercise and meditation, through gentle movement. Build natural strength to handle everyday stresses.	€45	€65
<b>218 Yoga</b> 7.30pm--8.30pm Course takes you through varied techniques in breathing and stretching exercises.	€45	€65
<b>219 Zumba</b> 8.30pm--9.30pm Dance yourself back to fitness through this fun, Latin inspired programme. No partner required.	€45	€65

### Clubs/Societies and Organisations meeting in Coolmine:

Córus  
Slimming World  
Order of Malta

## FREE WEBINARS

Check website for details  
[www.coolmineadulted.ie](http://www.coolmineadulted.ie)