

### **Beginners Guide to Photography - 10 weeks - €100**

*Tuesdays 7.30 - 9.30 pm (Marc Coombes)*

Learn the general basis of photography - suitable for both digital & film users. Learn the basic fundamentals of digital technology - From capture on camera, to computer, to output by print or digital presentation.

### **Gardening - 10 weeks - €100**

*Tuesdays 7.30 - 9.30 pm (Peter Fitzgerald)*

This gardening course is aimed at the amateur gardener with an urban or rural garden, be it a large or small space. If you would like to design your existing plot using basic design principles or/and grow your own vegetables and flowers, then this course will help. Its emphasis will be on general gardening dos and don'ts and basic garden design, - "the garden is a room outside".

## THURSDAY COURSES

### **Spanish Beginners - 10 weeks - €60**

*Tuesdays 8.30 - 9.30 pm (Leona Mattia)*

Learn Spanish in a dynamic environment with a qualified teacher. The lessons are aimed to be practical, enjoyable and successful. Students will begin by speaking Spanish from the first day of class and will develop their knowledge of the language through exploring aspects of the culture.

### **Spanish Improvers - 10 weeks - €60**

*Tuesdays 7.30 - 8.30 pm (Leona Mattia)*

Continue learning Spanish in a dynamic environment with a qualified teacher. Spanish course for students who have reached an elementary level of competence in the language. This level is a continuation of the basic stage.

### **Computers for Improvers - 10 weeks - €60**

*Thursdays 7.30 - 8.30 pm (Claire McCarthy)*

This course is for people who want to improve on their computer skills. The course will deal with the more advanced features of Word Processing, Spreadsheets, Information Technology and File Management. An introduction to PowerPoint for professional presentations is also included in the course.

**NEW**

### **Typing - 10 weeks - €60**

*Thursdays 8.30 - 9.30 pm (Claire McCarthy)*

Introductory typing course establishes to enable participants to type with confidence without looking at the keys.

This course is ideal for beginners who wish to become familiar with typing and Microsoft Word or for those who wish to enhance their touch typing or improve speed. Each class is of one hour duration where participants will build their skills and improve accuracy and speed.

No previous experience with Microsoft Word is necessary.

### **Art Advanced - 10 weeks - €100**

*Thursdays 7.30 - 9.30 pm (Marie Cronin)*

This course is designed for students who have a previous knowledge of colour mixing, drawing and painting. Students can work in a medium of choice and will be guided and advised with techniques for their works.

### **Guitar Course for Beginners - 10 weeks - €75**

*Thursdays 7.30 - 8.30 pm (Paul McCarthy)*

Have you been dreaming too long of learning to play the guitar? This is a course designed to get you up and running.

It is for anyone who wants a solid grounding in learning to play this great instrument. The classes will include: choosing a guitar and maintenance; basic music theory; popular genres (Country, Rock, Blues); songwriting. Now's your chance to have your favourite tunes at your fingertips (literally!) - Sign up today.

**NEW**

### **Keyboard Course for Beginners - 10 weeks - €75**

*Thursdays 8.30 - 9.30 pm (Paul McCarthy)*

Learn to play the keyboard in this new course designed for beginners which covers all the basics including theory, practice and (of course) fun playing music.

### **Interior Design - 10 weeks - €100**

*Thursdays 7.30 - 9.30 pm (Ursula Ward)*

In this course students will learn how to choose a colour scheme with confidence, and use lighting to make the most of your space. They will be provided with storage solutions. They will develop awareness of styles, themes and trends. Makeover your own home - have fun exploring your creative side.

### **French Beginners - 10 weeks - €60**

*Thursdays 7.30 - 8.30 pm (Jessie McDonald)*

French Level 1: For those with no prior knowledge of French who wish to learn enough basic French to get by. Emphasis on conversation in a friendly, informal setting.

### **French Improvers - 10 weeks - €60**

*Thursdays 8.30 - 9.30 pm (Jessie McDonald)*

A continuation for those that have done the basic course.

**NEW**

### **French and European Traditional Dance - 10 weeks - €100**

*Thursdays 7.30 - 9.00 pm (Marie-Laure Haas)*

"This is an easy workshop of French and European traditional dances for all level and age. Circle dances, andros, bourrées, polkas and many more... And all that partly with live music!"

# CLONAKILTY COMMUNITY COLLEGE

Coláiste Phobal Chloch na gCoillte

*Tríocha bhliain ag fás  
(1980 - 2010)*

## A Guide to Evening Classes Spring 2012

**Enrolment Night:**  
**Tuesday, 10th January**  
**7.30pm - 8.30pm**



*Ar Scáth A Chéile A Mhairimid*

Community College, Clonakilty, Co. Cork.

Tel. 023/8833877

Email: clonccof@eircom.net ~ Web: www.clonakiltycc.ie

We at the Community College have organised evening classes over the past 30 years for the town of Clonakilty and its environs.

In this brochure, you will find a brief course description for each of the evening classes we have on offer for Spring 2012.

Classes will run only if there are sufficient numbers to cover costs.

**Enrolment Night** is on **Tuesday, 10th January** from **7.30pm - 8.30pm** at the college.

**Enrolment for Children's Art and Children's Speech and Drama** will take place on **Monday, 9th January at 4pm.**

- Payment can be made by cash or cheque. (Cheques should be made payable to County Cork VEC).
- Refunds will be issued only where classes are not formed.
- All classes will commence on the week beginning Monday, 16th January unless otherwise stated.

We are always looking at ways of extending our Adult Education Programme to meet community needs. Should you be interested in taking up courses that we currently are not offering or wish to work as a tutor please contact Mary O'Neill (Adult Education Co-ordinator) 023-8833877 or clonccof@eircom.net.

### F.E.T.A.C. Level 5 – Full Time Courses

Clonakilty Community College also incorporates our Further Education College, Clonakilty. We are currently offering the following full time certificate courses:

FETAC Level 5 – Hairdressing

FETAC Level 5 – Childcare

Further information is available on [www.clonakiltycc.ie](http://www.clonakiltycc.ie)

We hope you will find a course suited to you and look forward to seeing you in the Spring.



**Anne Dunne**

(Principal)

Mary O'Neill

(Adult Education Co-ordinator)

Coláiste Phobal Chloch na gCoillte, Cloch na gCoillte, Co. Chorcaí

Teil: 023-8833877 • Fasc: 023-8833836

Ríomhphost: [clonccof@eircom.net](mailto:clonccof@eircom.net) • An Gréasán: [www.clonakiltycc.ie](http://www.clonakiltycc.ie)

## MONDAY COURSES

### Children's Art (over 7yrs) - 10 weeks - €80

*Mondays 4.00 - 5.30 pm (Marie Cronin)*

The classes will include exercises that will encourage and maintain individual creativity, encourage drawing skills and use of colour. The children will learn paper skills - card & book making, chalk pastels, simple printing, mono-printing, and collage.

## TUESDAY COURSES

### Tai Chi for health - 10 weeks - €70

*Tuesdays 7.30 - 8.30 pm (Mary Niles)*

An effective and safe exercise specially designed by Master Ding and Dr. Alan Ding. Ideal for both young and old, slow graceful movements practised in tai chi, benefits muscles, circulation, balance, while deep breathing techniques aids relaxation, anxiety, blood pressure and chronic pain. Take time out to relax, energise, and bring harmony and balance to mind body spirit.

### Introductory Guide to Reflexology - 10 weeks - €70

*Tuesdays 8.30 - 9.30 pm (Mary Niles)*

A simple practical guide that will provide you with a wealth of indispensable knowledge by which you can improve the quality of your health and that of your family. This course will help you identify reflexes (points) on the feet corresponding to every part of the body.

It will also teach you how to apply finger pressure to the feet a very relaxing and pleasant experience.

### Italian Beginners - 10 weeks - €60

*Tuesdays 7.30 - 8.30 pm (Jessie McDonald)*

Going to Italy this summer? Why not learn some basic Italian to make your experience that bit more enjoyable. Learn enough basic Italian to get by at the market, order food in a restaurant or just tell people who you are and where you are from.

### NEW English Conversation - 10 weeks - €60

*Tuesdays 8.30 - 9.30 pm (Jessie McDonald)*

Intermediate level for those who have school English as a foreign language but need to practise it in a guided manner. Improve your English and make new friends in a relaxed, friendly class.

### Become your own Life Coach - 10 weeks - €100

*Tuesdays 7.30 - 9.30 pm (Regina Cook)*

Would you like to be more motivated, focused or confident with your career or personal life? This course provides individuals (working or not) a wonderful toolkit to organise and prioritise what is important to you and put actions in place to achieve those goals. Regina Cook, Course Tutor is an accredited Life and Business Coach. This course includes two free one-to-one follow up coaching sessions (normally €120).

### NEW Children's Speech and Drama - 10 weeks - €80

*Tuesdays 4.00 - 5.30 pm (Peter Fitzgerald)*

This Educational speech and drama course will allow children to explore speech and drama as a learning experience. It is improvisational in nature and involves every aspect of the child's personality: spiritual, moral, emotional, intellectual and physical and of course it's fun too! Suitable for children aged 8 years and over.

### Sewing - 10 weeks - €100

*Tuesdays 7.30 - 9.30 pm (Lillian Hallahan)*

This sewing class offers students the chance to experiment with their existing clothes, as well as new styles, in order to create up-to-date and on trend styles within a budget. This can be achieved by using basic dressmaking skills and trimmings. Be inspired by your imagination and magazines and create everyday chic or red carpet glamour.

### Computers for Beginners - 10 weeks - €100

*Tuesdays 7.30 - 9.30 pm (Kathleen Russell)*

Easily learn computer basics in a relaxed and friendly environment:

- **Word Processing:** learn how to create letters, posters, cards, etc.
- **Spreadsheets:** be confident and effective in using Excel
- **Internet Basics:** learn about the World Wide Web
- **E-mail Basics:** covers all the important skills you need, including attaching files and photos.

### Art Beginners - 10 weeks - €100

*Tuesdays 7.30 - 9.30 pm (Marie Cronin)*

10 weeks of painting with an introduction to drawing with specific exercises to develop artistic perception. Classes will include introduction to pure contour drawing, modified contour drawing, simple colour theory, still life, perspective and composition, with introduction to painting. Materials needed to begin are a large sketching pad, HB and 2B pencil, water based or acrylic based paints, some brushes and a natural sponge.

### Yoga - 10 weeks - €60

*Tuesdays 7.30 - 8.30 pm*

This class is of mixed ability level, beginners to intermediate students. It is advisable to come to enrolment early to book your place, as this class is very popular! Please wear suitable loose fitting and comfortable clothing and bring a cushion and mat if you have one

### Course You Can Cook! – 10 weeks - €100

*Tuesdays 7.30 - 9.30 pm (Ellen Hurley)*

This is a series of classes aimed at beginners who are not very confident at cooking. Using fresh ingredients and keeping an eye on cost we prepare everyday and interesting foods in a relaxed environment. You will be exposed to many foods over 10 weeks and the objective is to raise your level of comfort towards cooking at home. Recipe handouts and many tips are provided, students supply own ingredients.