

## Mind & Body

MINDFULNESS MEDITATION	TUESDAY 7:30 - 9:30 PM	€120
STRESS MANAGEMENT AND MINDFUL LIVING	WEDNESDAY 7:30 - 9:30 PM	€120
PILOGA	WEDNESDAY 7:30 - 8:30 PM	€80
PILOGA	THURSDAY 9:30 - 10:30 AM	€80
PILOGA	MONDAY 8:30 - 9:30 PM	€80
PILATES - BEGINNERS	MONDAY 7:15 - 8:15 PM	€80
PILATES - INTERMEDIATE	MONDAY 8:30 - 9:30 PM	€80
TAI CHI / QIGONG	TUESDAY 7:00 - 8:30 PM	€90
TRADITIONAL ASHTANGA YOGA	MONDAY 7:00 - 8:15 PM	€85
CHAIR YOGA	MONDAY 9:45 - 10:45 AM	€70
YOGA NIDRA	MONDAY 8:30 - 9:30 PM	€80
YOGA	MONDAY 7:30 - 9:00 PM	€90
YOGA	TUESDAY 7:30 - 9:00 PM	€90
SOMATIC MOVEMENT	MONDAY 7:30 - 9:00 PM	€90
SOMATIC MOVEMENT	WEDNESDAY 9:30 - 11:00 AM	€90

## Caring - Health & Safety

PSYCHOLOGY - QQI	MONDAY 7:00 - 9:30 PM	€325
CARE OF THE OLDER PERSON - QQI	TUESDAY 7:00 - 9:30 PM	€290
COMMUNICATIONS - QQI	WEDNESDAY 7:00 - 9:30 PM	€290
INFECTION PREVENTION AND CONTROL - QQI	WEDNESDAY 7:00 - 9:30 PM	€290
PRACTICAL FIRST AID	TUESDAY 7:00 - 9:30 PM	€95
SPECIAL NEEDS ASSISTING - QQI	TUESDAY 7:00 - 9:30 PM	€375
SPECIAL NEEDS ASSISTING - QQI	TUESDAY 10:30 AM - 1:00 PM	€375
SPECIAL NEEDS ASSISTING (LEVEL 6) - QQI	TUESDAY 7:00 - 9:30 PM	€350

## Crafts - Fabrics

FLOWER ARRANGING	TUESDAY 7:30 - 9:30 PM	€120
FLOWER ARRANGING	FRIDAY 9:30 - 11:30 AM	€120
CROCHET TO DESIGNER WEAR	MONDAY 7:30 - 9:30 PM	€120
KNITTING	TUESDAY 7:30 - 9:30 PM	€120
DRESSMAKING (BEGINNERS)	WEDNESDAY 7:30 - 9:30 PM	€150
HAND BUILT POTTERY & MODELLING	MONDAY 7:00 - 9:30 PM	€140
STAINED GLASS (COPPER FOIL TECHNIQUE)	WEDNESDAY 7:00 - 9:30 PM	€140

CLASSES START MONDAY 23RD SEPTEMBER



Scan the code to view or download our online brochure



Scan the code for full course details at [www.clanesm.com](http://www.clanesm.com)

## Enrolment

**WEBSITE** [www.clanesm.com](http://www.clanesm.com)

**PHONE :** 045 868255

Lines open Monday - Thursday from 9.30am to 4.30pm and on Friday from 9.30am - 1.30pm.

**OFFICE:** Scoil Mhuire, Adult Education, Clane, Naas, Co. Kildare.

## Daytime Courses

### MONDAY

HEALTHY AGEING	11:00 AM - 1:00 PM	€120
CHAIR YOGA	9:45 AM - 10:45 AM	€70

### TUESDAY

SPECIAL NEEDS ASSISTING	10:30 AM - 1:00 PM	€375
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### WEDNESDAY

SOMATIC MOVEMENT EDUCATION	9:30 AM - 11:00 AM	€90
SPANISH - BEGINNERS	9:30 AM - 11:00 AM	€90
OIL & WATERCOLOUR PAINTING	11:45 AM - 1:45 PM	€120

### THURSDAY

PILOGA	9:30 AM - 10:30 AM	€80
COGNITIVE BEHAVIOURAL THERAPY	10:45 AM - 12:45 AM	€120

### FRIDAY

FLOWER ARRANGING	9:30 AM - 11:30 AM	€120
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Get creative with craft and art courses

Improve your fitness & wellbeing

Enjoy learning a new language

Explore a new hobby

Improve your qualifications

Meet new and interesting people

Enhance your skills for the workplace

**SCOIL  
MHUIRE**  
COMMUNITY SCHOOL  
**CLANE**

**ADULT EDUCATION**  
EVENING & DAYTIME COURSES  
**AUTUMN TERM 2024**

Classes Start Monday 23rd September

**OPEN NIGHT IN SCOIL MHUIRE**  
THURSDAY 12TH SEPTEMBER 7.00PM - 9.00PM  
SPEAK WITH SOME OF THE CENTRE'S TUTORS & STAFF  
**ALL WELCOME!**

## Information Technology

ICDL WORKFORCE (ECDL)	TUESDAY 7:30 - 9:30 PM	€325
MICROSOFT® EXCEL - OFFICE SPECIALIST	MONDAY 7:30 - 9:30 PM	€120
COMPUTERS BEGINNERS	TUESDAY 7:30 - 9:30 PM	€120
COMPUTERS IMPROVERS	WEDNESDAY 7:30 - 9:30 PM	€120
COMPUTERS FOR IMPROVERS: PRE - ICDL	WEDNESDAY 7:30 - 9:30 PM	€120
AUTOCAD	WEDNESDAY 7:30 - 9:30 PM	€190

## Business - Legal - Accounting

BOOKKEEPING: MANUAL & COMPUTERISED - QQI	WEDNESDAY 7:30 - 9:30 PM	€390
PAYROLL: MANUAL & COMPUTERISED - QQI	TUESDAY 6:30 - 9:30 PM	€390
MEDICAL TERMINOLOGY - QQI	MONDAY 7:30 - 9:30 PM	€290
DIGITAL MARKETING - QQI	MONDAY 7:00 - 9:30 PM	€225
ONLINE & DIGITAL MARKETING	MONDAY 7:00 - 9:30 PM	€175
BUSINESS ADMINISTRATION SKILLS - QQI	MONDAY 7:30 - 9:30 PM	€290
START AND GROW YOUR OWN BUSINESS	TUESDAY 7:30 - 9:30 PM	€100
INFORMATION AND ADMINISTRATION - QQI	WEDNESDAY 7:30 - 9:30 PM	€290

## Leaving Certificate Subjects

LEAVING CERT IRISH (HONOURS)	TUESDAY 7:30 - 9:30 PM	€135
LEAVING CERT MATHS (HONOURS)	MONDAY 6:00 - 8:00 PM	€270
SHAKESPEARE FOR 6TH YEAR STUDENTS (HONS)	WEDNESDAY 8:00 - 9:30 PM	€120
LEAVING CERT MATHS (HONOURS) FOR 5TH YEARS	MONDAY 8:00 - 9:30 PM	€240
LEAVING CERT MATHS (ORDINARY LEVEL)	TUESDAY 8:00 - 9:30 PM	€200
LEAVING CERT BIOLOGY (HONS)	TUESDAY 7:00 - 9:00 PM	€270
LEAVING CERT MATHS (HONS) FOR TRANSITION YEAR STUDENTS	MONDAY 8:00 - 9:30 PM	€120

## Cooking

BAKING & DESSERTS	MONDAY 7:30 - 9:30 PM	€120
THE GREEN CHEF	MONDAY 7:30 - 9:30 PM	€120
JOYS OF COOKING	WEDNESDAY 7:30 - 9:30 PM	€120
PIPING SKILLS FOR CAKE DECORATING	MONDAY 7:30 - 9:30 PM	€80
FEEL GOOD COOKING	TUESDAY 7:30 - 9:30 PM	€120
CAKE DECORATING	TUESDAY 7:30 - 9:30 PM	€120
CAKE DECORATING IMPROVERS	WEDNESDAY 7:30 - 9:30 PM	€120

## Languages

SIGN LANGUAGE - BEGINNERS	WEDNESDAY 7:30 - 9:00 PM	€90
SIGN LANGUAGE - IMPROVERS	MONDAY 7:30 - 9:00 PM	€90
CONVERSATIONAL IRISH	TUESDAY 7:30 - 9:30 PM	€120
SPANISH - BEGINNERS	MONDAY 6:30 - 8:00 PM	€90
SPANISH - BEGINNERS	WEDNESDAY 9:30 - 11:00 AM	€90
SPANISH - BEGINNERS	WEDNESDAY 8:00 - 9:30 PM	€90
SPANISH - IMPROVERS	MONDAY 8:00 - 9:30 PM	€90
FRENCH BEGINNERS	MONDAY 7:30 - 9:30 PM	€120
FRENCH IMPROVERS CONVERSATION & CULTURE	TUESDAY 7:30 - 9:30 PM	€120
ITALIAN BEGINNERS	MONDAY 7:00 - 8:30 PM	€90
GERMAN BEGINNERS	WEDNESDAY 7:30 - 9:30 PM	€120

## Arts - Photography

PHOTOSHOP & LIGHTROOM FOR PHOTOGRAPHY	MONDAY 7:00 - 9:30 PM	€160
CREATIVE PHOTOGRAPHY & TECHNIQUES	TUESDAY 7:00 - 9:30 PM	€140
DRAWING THE PORTRAIT	MONDAY 7:30 - 9:30 PM	€120
MIXED MEDIA	WEDNESDAY 7:30 - 9:30 PM	€120
PAINTING WITH ACRYLICS	WEDNESDAY 7:30 - 9:30 PM	€120
OIL & WATERCOLOUR PAINTING	TUESDAY 7:30 PM - 9:30 PM	€120
OIL & WATERCOLOUR PAINTING	WEDNESDAY 11:45 - 1:45 PM	€120
MASK MAKING	TUESDAY 7:00 - 9:00 PM	€120
PUPPET MAKING	TUESDAY 7:00 - 9:00 PM	€120
ILLUSTRATE A STORY	TUESDAY 7:00 - 9:00 PM	€120
ART WORKSHOP	MONDAY 8:00 - 9:30 PM	€90
SCULPTURE TECHNIQUES: CLAY MODELING & MOLD MAKING WITH CASTING	TUESDAY 7:00 - 9:00 PM	€120

## Beauty - Fashion

MAKE-UP ARTIST - INTRODUCTION	MONDAY 7:30 - 9:30 PM	€120
MAKE-UP (ITEC CERTIFIED)	TUESDAY 7:30 - 9:30 PM	€500

## Gardening - Nature - Animals

BEE KEEPING	WEDNESDAY 7:30 - 9:30 PM	€120
GARDENING	WEDNESDAY 7:30 - 9:30 PM	€120

## Human Behaviour - Mind

COUNSELLING - AN INTRODUCTION	WEDNESDAY 7:30 - 9:30 PM	€120
COGNITIVE BEHAVIOURAL THERAPY	MONDAY 7:00 - 9:00 PM	€120
COGNITIVE BEHAVIOURAL THERAPY	THURS 10:45 AM - 12:45 PM	€120
PSYCHOLOGY - AN INTRODUCTION	MONDAY 7:30 - 9:30 PM	€120

## Dance - Sport - Fitness

LINE DANCING	WEDNESDAY 7:30 - 8:30 PM	€70
DANCE WORKSHOP	WEDNESDAY 7:00 - 8:00 PM	€70
BALLROOM DANCING FOR BEGINNERS	TUESDAY 7:30 - 8:30 PM	€70
BOXERCISE	MONDAY 8:15 - 9:15 PM	€70
CIRCUIT TRAINING	WEDNESDAY 8:00 - 9:00 PM	€70
KETTLEBELLS	MONDAY 7:00 - 8:00 PM	€70
ZUMBA FITNESS	TUESDAY 8:30 - 9:30 PM	€70

## Music - Sound - Drama

LEARNING THE GUITAR	WEDNESDAY 7:30 - 9:30 PM	€120
KEYBOARD PIANO FOR COMPLETE BEGINNERS	TUESDAY 7:30 - 8:30 PM	€80
KEYBOARD PIANO FOR IMPROVERS	TUESDAY 8:30 - 9:30 PM	€80
LEARNING THE BODHRAN	TUESDAY 7:30 - 9:00 PM	€90
TENOR BANJO / MANDOLIN	WEDNESDAY 8:00 - 9:30 PM	€90
UKULELE	TUESDAY 7:30 - 9:30 PM	€120

## Skills - Self Development

WOODWORKING FOR BEGINNERS	MONDAY 7:30 - 9:30 PM	€120
FURNITURE RESTORATION	WEDNESDAY 7:30 - 9:30 PM	€120
DIY	TUESDAY 7:30 - 9:30 PM	€120
DIY - IMPROVERS	MONDAY 7:30 - 9:30 PM	€120
PRACTICAL INTERIOR DESIGN	WEDNESDAY 7:30 - 9:30 PM	€120
HEALTHY AGEING	MONDAY 11:00 AM - 1:00 PM	€120
ASTRONOMY FOR BEGINNERS	TUESDAY 7:30 - 9:30 PM	€120
TRACE YOUR FAMILY	MONDAY 7:30 - 9:30 PM	€120
SPEAKING IN PUBLIC WITH CONFIDENCE	TUESDAY 7:30 - 9:30 PM	€120
BRIDGE - BEGINNERS	WEDNESDAY 7:30 - 9:30 PM	€140
TRAINING DELIVERY AND EVALUATION (TRAIN THE TRAINER) - QQI	WEDNESDAY 7:00 - 9:30 PM	€330