

## BRING OUT THE O'CAROLAN IN YOU

### 7.30-9.30 GUITAR FOR BEGINNERS

€100 Learn to play songs immediately - no need to read music. Students must bring their own guitar.

Tutor: Gerry Curtis



## COMPUTERS & TECHNOLOGY

### 7.30-9.30 COMPUTERS FOR BEGINNERS

€100 This course introduces computers in a relaxed atmosphere. It teaches basic computer skills including Microsoft Word, the Internet and emailing.

Tutor TBA



### 7.30-9.30 ADVANCED COMPUTERS

€100 This course covers emailing, word document layout, saving techniques and much much more

Tutor TBA

## LANGUAGES

### 7.30-9.30 BEGINNERS ITALIAN COURSE

€100 Learn basic conversational Italian for that holiday in Venice or Rome. Build your confidence to order pizza and pasta, your vino and cappuccino. With emphasis on the spoken language and culture of lively, everyday Italy. Progress guaranteed.

Tutor: Marie Louise Deignan

## REVISION COURSES

Class times can be adjusted to accommodate students

### 7.30-9.30 IRISH HIGHER LEVEL

€100 This course will examine paper one and paper two of the Leaving Cert course. It will examine aural, written and oral technique.

Tutor TBA

### 7.30-9.30 IRISH ORDINARY LEVEL

€100 This course will examine paper one and paper two of the Leaving Cert course. It will examine aural, written and oral technique.

Tutor: TBA

### 7.30-9.30 LEAVING CERT MATHS HIGHER LEVEL

€100 A revision course which covers the major topics on both papers through the use of worked examples. A comprehensive set of study notes can be taken from the course and students benefit from the small-group environment.

Tutor TBA

### 7.30-9.30 LEAVING CERT MATHS ORDINARY LEVEL

€100 Revision of the ordinary level maths course.

Tutor TBA

### 7.30-9.30 ENGLISH HIGHER LEVEL

€100 Revise and improve skills for paper one and paper two of English exam. This course will focus on different aspects of the course.

Tutor Majella Rogers

### 7.30-9.30 ENGLISH ORDINARY LEVEL

€100 Revise and improve skills for paper one and paper two of English exam. This course will focus on different aspects of the course.

Tutor TBA

### 7.30-9.30 AN BHÉALTRIAIL: IRISH ORAL REVISION COURSE

€100 Course focuses on the Leaving Certificate Irish Oral Exam now worth 40%.

Revision of all aspects including:

Léamh na Filíochta - Reading of Poems

Sraith Pictiúr - 20 Picture Sequences

Cómhra - Conversation

Mock Irish oral exam and

comprehensive notes provided.

Tutor TBA



## HOW TO ENROL

- Postal enrolment - Complete enrolment form and return it with the full fee (by cheque) and send it to O'Carolan College, Nobber, Co. Meath. Postal enrolment saves queuing.
- Come along to the enrolment night, Tuesday, 15th January, 2019 from 7.00 - 9.00 p.m.
- Courses Begin Tuesday, 22nd January, 2019 at 7.30 p.m.
- On Line Enrolment: [www.ocarolancollege.ie](http://www.ocarolancollege.ie)

## ENROLMENT CONDITIONS

- No enrolment without fees
- Minimum number of students per class is twelve
- Places allocated on a 'first paid' basis
- Fees are non-refundable once class forms
- Where the hire of class material or the hire of specialist equipment is involved, the cost will be carried by the students
- Any claims for refund of fees must be made within one month after enrolment date
- **Minimum Age:** All participants must be over 16 years to enrol in a night class
- **Smoking** is strictly prohibited in any part of the school building
- Fees will be refunded by post **ONLY** for classes which do not form
- Intending students will be informed **ONLY** if class does NOT form or has been cancelled
- LMETB cannot accept responsibility for change of advertised tutor due to unforeseen circumstances

While every effort has been made to ensure that the information in this brochure is accurate at the time of printing, LMETB reserves the right to make alteration without notice prior to enrolment.

Every effort has also been made to ensure that LMETB equipment is functioning properly. In the event of unexpected breakdowns, no responsibility can be accepted by LMETB.

**NEW COURSES:** We are always looking to expand our Adult Education Programme - If you are suitably qualified to give a particular course please contact us.

### PLEASE NOTE:

No Class on Tuesday 19th February due to Mid Term Break & No Class on Tuesday 19th March

Enrolment available on [www.meathnightclasses.com](http://www.meathnightclasses.com)

## POSTAL APPLICATION FORM

Name: .....

Address: .....

.....

Tel: .....

Email: .....

Preferred Course:

1: .....

2: .....

Payment Enclosed: .....

Please send completed forms to:  
**Maria Brady,**  
**O'Carolan College, Nobber, Co. Meath.**  
**Telephone: 046 - 9052177**



Louth and Meath Education and Training Board

(Amalgamation of Co. Meath and Co. Louth VECs)



# O'CAROLAN COLLEGE ADULT EDUCATION SPRING TERM 2019

PRICE FIX 2009 Prices Apply

Principal: **Cathal Rogers**  
 Course Director of Adult Education: **Maria Brady**

*Make a Date and Bring a Friend to a Night Class of Your Choice in O'Carolan College*

## HOW TO ENROL

Come to enrolment night on **Tuesday, 15th January, 2019** from 7.00 p.m. - 9.00 p.m.

or

**NEW: ONLINE ENROLMENT**  
 Log on to [www.ocarolancollege.ie](http://www.ocarolancollege.ie) or Postal Enrolment Accepted

### CONTACT:

**Maria Brady**  
 Director of Adult Education  
 O'Carolan College, Nobber, Co. Meath.  
 Tel: 046 - 9052177  
 Email: [mbrady.occ@lmetb.ie](mailto:mbrady.occ@lmetb.ie)  
[meathnightclasses@lmetb.ie](mailto:meathnightclasses@lmetb.ie)  
[www.ocarolancollege.ie](http://www.ocarolancollege.ie)

Enrolment available on [www.meathnightclasses.com](http://www.meathnightclasses.com)

### CLASS START:

**Tuesday, 22nd January, 2019 at 7.30 p.m.**

**Non cash payments preferable on enrolment night**

Classes can be arranged for morning - numbers dependent

Please note: No Class on Tuesday 19th February due to Mid Term Break & No Class on Tuesday 19th March  
 Find us on Facebook: [meathnightclasses](https://www.facebook.com/meathnightclasses)



## CLASS SCHEDULE FOR SPRING - TUESDAY

### PERSONAL DEVELOPMENT

#### 7.30-9.30 INTRODUCTION TO ART **NEW**

€100 A history of European Art from Roman times, with emphasis on the period 1400- 1900, Renaissance to Post-Impressionism.

That participants will enjoy art more, by having a sense of the major movements in art, as well as the characteristics of, and artists associated with, each movement.

No prior knowledge of art, or art history required.

Guided tour by course facilitator, of National Gallery Dublin.

Tutor: Dr. Liam McNiffe



#### 7.30-9.30 BE THE SCRATCH GOLFER **NEW** YOU DREAMED OF....

€100 Learn the tips and tricks of being the scratch golfer you always dreamed of. Classes suitable for all ranges and ability

Tutor: TBA



#### 7.30-9.30 INTERIOR DESIGN **NEW**

€100 Learn to make your house beautiful inside and out

Tutor: TBA

#### 7.30-9.30 PILATES

€100 PILATES is a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. The Pilates philosophy focuses on training the mind and body to work together toward the goal of overall fitness.

Tutor: Michael Boylan Course Duration: 8 weeks



#### 7.30-9.30 INTRODUCTION TO HAIRDRESSING AS A CAREER

€100 This is a class aimed at anyone considering or recently started a career in Hairdressing. It will also suit someone looking at a career move into hairdressing. The course covers basic salon duties of a salon apprentice, consultations, shampooing hair, client care, applying basic colour and basic colour theory, blow-drying techniques, putting rollers in, current trends, basic up styles and tools. This knowledge will help and advise where to start your career and by no way qualifies you in the hairdressing trade but will give you better help to progress in the trade.

Tutor: Una Donoghue  
Course Duration: 4 weeks



#### 7.30-9.30 DIY CHILDREN'S HAIRSTYLES

€50 This is a class aimed at parents who wish to learn the neat and tidy hairstyles for school and the funky hair style for those party outings. Tips and tricks to manage your little ones hair!

Tutor: Una Donoghue Course Duration: 4 weeks



#### 7.30-9.30 FASHION DESIGN/SEWING **NEW**

€100 Learn the basics of fashion design from preparing to sewing up a commercial pattern. Students will learn how to place the pattern pieces on the fabric, tailor tacking for easy assembly, fitting and altering pieces, sewing up and construction of garments. All levels welcome, sewing machine not necessary if students would just like to learn how to use commercial patterns and prepare for assembly.

Tutor: Michelle Smyth



#### MILLINERY FASCINATORS - INTRODUCTION As Seen on Xpose

€50 Learn how to create your own fascinators and headpieces ideal for any special occasion. During this course you will learn how to make basic fascinators using traditional millinery techniques and create wonderful trimmings such as bows, petals, flowers in different materials as well as feather curling and cutting techniques. You will complete at least 2 fascinators and learn techniques to create many more.

#### Course Content:

Introduction to basic traditional Millinery techniques. Working with different materials used in Millinery such as Sinamay, Crin and Feathers. Basic machine and hand stitching techniques. How to cut and curl feathers. Attaching trimming to your headpiece, hairbands and comb.

Tutor: Monica Feher Duration 4 weeks



#### MILLINERY - ADVANCED

€50 This advanced course allows students to build on their Millinery skills, work with new materials, create wonderful trimmings, through developing skills in flowers and feathers. An ideal follow on to the Millinery Introduction course.

#### Course Content:

Working with new shapes and patterns. Introducing new materials like felt into Millinery. Sinamay edge Rolling Developing machine and hand stitching Millinery techniques. Gaining further knowledge on proportions and design. Completion of 2/3 Headpieces.

Tutor: Monica Feher  
Duration 4 weeks

#### 7.30-9.30 LANDSCAPE OIL PAINTING CLASS

€100 The classes will be guided instruction to paint a landscape painting in oil on canvas. By the end of the course you will get to take home your completed painting. All materials will be provided.

Tutor: Colin Wood Course Duration: 8 weeks



#### 7.30-9.30 REIKI LEVEL 1 - LEVEL 1 REIKI

€100 Learn to heal and balance the energy levels of the body and mind. A one hour session of reiki is equal to four hours sleep. This course will lead to an increase in general vitality and wellbeing and a sense of inner peace.

Tutor: Deborah King Course Duration: 8 weeks



#### 7.30-9.30 REIKI LEVEL 2 - LEVEL 2 REIKI

€100 Following on from Reiki Level 1, this course is for those who wish to progress in Reiki healing.

Tutor: Deborah King Course Duration: 8 weeks

#### 7.30-9.30 HATHA YOGA

€100 Do you suffer from Stress? Find it difficult to relax/sleep? Are you interested in a better quality of life? If so then yoga could be the key to a more positive you – to a greater improvement in your general health and well being. Yoga is for everyone regardless of age and fitness. Through the practice of Deep Breathing, Yoga Postures, Deep Relaxation of Mind and Body – the essence of Yoga – one becomes more aware of ones true potential.

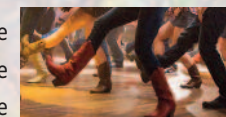
Tutor: Anne Parke



#### 7.30-9.30 LINE DANCING

€50 Grab a few friends, throw some Stetsons into OCC and some cowboy boots for a spot of line dancing in a fun and relaxed manner

Tutor: Majella Murray Course Duration: 4 weeks



#### 7.30-9.30 JIVE DANCING

€50 Lets get the best of American country Nathan Carter style

Tutor: Martin Dolan  
Course Duration: 4 weeks



#### 7.30-9.30 BALLROOM DANCING **NEW**

€50 Get in touch with your inner Strictly, learn the elegance tips and tricks of these classic dances in a fun friendly and relaxed manner.

Tutor: Martin Dolan  
Course Duration: 4 weeks



## ART AND HOME CRAFT

### 7.30-9.30 FLOWER ARRANGING FOR ALL OCCASIONS

€50 Learn to make your own table arrangement, funeral tribute and Autumn designs. Classes are fun and relaxed. All levels catered for. This course covers all aspects of flower arranging - including contemporary and traditional.

*Please note - there is an additional €15 materials fee (not included in price above) payable to the tutor on first night of course to cover materials such as oasis blocks, dishes, cellophane, wires and ribbons.*

Tutor: Paula Casey

Limited Availability

Course Duration: 4 weeks

\*Morning Class Available

- if numbers permit\*



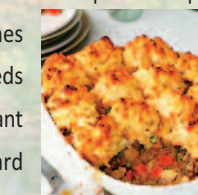
## COOKERY COURSES

### 7.30-9.30 COOKING WITH CLASS

€50 Become the next master chef and enhance your culinary skills by making a variety of healthy, yet delicious, sweet and savoury dishes. Learn how to spice up your dishes to sweeten up your guests in a relaxed, fun and enjoyable environment. Exchange skills, tips, knowledge and expertise along with those all important recipes to keep

our taste buds tantalised! All dishes can be modified to suit certain needs and requirements of each participant will be catered for. Looking forward to seeing you all there.

Tutor: Stacey Smith



### 7.30-9.30 HEALTHY EATING COOKERY **Short Course**

€50 Learn to cook in a healthy way using fresh, low fat, wholesome ingredients. Also learn basic and essential skills that you can use to impress your friends while dining at home.

*Additional fee to tutor may be incurred for ingredients*

Tutor: Patricia O'Reilly (Fully Qualified Chef)

Course Duration: 4 weeks



### 7.30-9.30 CAKE DECORATING AND SUGAR CRAFT COURSE

€50 Up-date your cake decorating skills, working with sugar paste acquire tips and techniques to help you decorate with ease in a friendly relaxed atmosphere

Tutor: Maria Meegan Course Duration: 4 weeks

