

# PLEASE TAKE YOUR FREE COPY

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 2026**

**Classes Start Monday 21st September**

EMAIL : [INFO@CLANESM.COM](mailto:INFO@CLANESM.COM)

WEB : [WWW.CLANESM.COM](http://WWW.CLANESM.COM)

PHONE : 045 868255

# Department Staff

## Principal:

Kevin Martin

## Deputy Principal:

JP Cahillane

Sinéad Ronan

Séamus Scully

## Director of Adult Education:

Edmond Behan

## Assistant Director of Adult Education:

Louise Black

## Adult Education Co-Ordinators:

Orla Mc Ardle

## Information Technology:

Andrew Herring

Gerry McGowan

## School Office Administration Team:

Catherine Killaly

Ann O Gorman

Ciara Byrne

## Administration and Support Team:

Jacqueline Slattery

Colette Breslin

## Night Staff:

Eileen Cribbin

Scan the code to view online brochure:



# ENROLMENT

Please note formation of courses will depend upon sufficient enrolments for the course. After you enrol, we will only contact you if your course is not formed or is delayed.

**SDL**

Courses identified with this symbol will have some element of self directed learning.

These courses will require learners to access some resources online in addition to the in-school hours listed in brochure.

## COURSES BEGIN:

**Monday** 21st September

**Tuesday** 22nd September

**Wednesday** 23rd September

**Thursday** 24th September (Daytime Only)

**Friday** 25th September (Daytime Only)

## HOW TO ENROL:

Enrol using VISA, MASTERCARD or LASER. (LASER cards do not incur a transaction fee. A fee is applied to CREDIT card users).

## ONLINE ENROLMENT:

To enrol anytime visit [www.clanesm.com](http://www.clanesm.com)

## TELEPHONE ENROLMENT:

Phone 045 868255.

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

## FOR FURTHER INFORMATION

Telephone: 045 868255

Email: [info@clanesm.com](mailto:info@clanesm.com)

Website: [www.clanesm.com](http://www.clanesm.com)

Facebook: [www.facebook.com/clanesm](http://www.facebook.com/clanesm)

Address: Scoil Mhuire Adult Education,  
Clane, Naas, Co. Kildare.

Scoil Mhuire Clane  
a provider of programs  
leading to QQI awards



# PAYMENT OF FEES

Fees must be paid in full on Enrolment or by Payment Plan Options.

**Payment Plan Options:** Choose a Payment Plan Option to suit you

1. Full Payment
2. Payment by monthly instalments.

**Fees:** Are non-refundable except where a course is not formed or the Director closes a course.

All cheques should be crossed and made payable to:

Scoil Mhuire Adult Education Account.

**Class Materials:** Where necessary a charge will be made for class materials.

**Gift Vouchers:** Can be purchased in the office during office hours.

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## TERMS & CONDITIONS

**QQI Courses:**

Scoil Mhuire Community School is registered with QQI to offer programmes leading to QQI awards in the National Framework of Qualifications & adheres to the Equal Status Act 2000.

**QQI Requirement:**

All QQI courses facilitate Self Directed Learning (SDL). Hours stated indicate minimum Tutor/Learner contact hours.

All Learners' English Oral and Communication skills should be appropriate to the QQI level which they wish to study.

**Car Park:**

Over 270 car parking spaces available on school grounds. Cars are parked at owner's own risk.

Car Park closes at 9.45pm.

**No Smoking :**

Smoking is prohibited by law in any part of the school building or school grounds.

**Health & Safety:**

All course participants attend at their own risk. Neither the Minister for Education nor the Board of Management and their officers accept liability for damage or injury to persons or property, while present in the school or its precincts.

**Courses:**

- Formation of courses will depend upon sufficient enrolments for the course.
- The Director reserves the right to close a course and refund fees or to alter times & dates of a course if deemed necessary.
- Course content may be subject to change.
- After you enrol, you will only be contacted if a course is not running or is delayed.

**Age Requirement:**

Participants must be at least 18 years of age in order to enrol in Adult Education Courses. Age requirement does not apply to Leaving Certificate Subject courses.

**New Courses:**

If you have an interest in tutoring a new course at Scoil Mhuire, please contact us at [info@clanesm.com](mailto:info@clanesm.com) and we'd be delighted to hear from you.

SCOIL MUIRE - YOUR COMMUNITY SCHOOL

NO.

COURSE

TIME

PAGE

## MONDAY

|      |                             |                      |    |
|------|-----------------------------|----------------------|----|
| 0101 | Gentle Breathwork           | 9:45 a.m.–10:45 a.m. | 19 |
| 0102 | Bee Keeping                 | 1:30 p.m.–3:30 p.m.  | 25 |
| 0103 | Sewing Skills for Beginners | 2:15 p.m.–4:15 p.m.  | 23 |
| 0104 | Flower Arranging            | 9:20 a.m.–11:20 a.m. | 24 |
| 0106 | Healthy Ageing              | 11:30 a.m.–1:30 p.m. | 18 |

## TUESDAY

|      |                         |                      |    |
|------|-------------------------|----------------------|----|
| 0201 | Special Needs Assisting | 10:30 a.m.–1:00 p.m. | 22 |
|------|-------------------------|----------------------|----|

## WEDNESDAY

|      |                            |                      |    |
|------|----------------------------|----------------------|----|
| 0301 | TAI CHI / QIGONG           | 2:00 p.m.–4:00 p.m.  | 20 |
| 0302 | Creative Writing           | 9:30 a.m.–11:30 a.m. | 14 |
| 0303 | Dressmaking (Beginners)    | 12:30 p.m.–4:30 p.m. | 24 |
| 0323 | Oil & Watercolour Painting | 11:45 a.m.–1:45 p.m. | 14 |

## THURSDAY

|      |                                                  |                       |    |
|------|--------------------------------------------------|-----------------------|----|
| 0401 | Chair Yoga                                       | 9:45 a.m.–10:45 a.m.  | 19 |
| 0402 | Chair Pilates                                    | 11:00 a.m.–12:00 p.m. | 19 |
| 0406 | Stained Glass (Copper Foil Technique) - Workshop | 11:00 a.m.–4:30 p.m.  | 24 |
| 0407 | Kettlebell Training - Beginners & Improvers      | 10:30 a.m.–11:30 a.m. | 16 |
| 0408 | Circuit Training                                 | 9:30 a.m.–10:15 a.m.  | 16 |

## FRIDAY

|      |                      |                       |    |
|------|----------------------|-----------------------|----|
| 0502 | Conversational Irish | 10:30 a.m.–12:30 p.m. | 12 |
| 0503 | Computers Beginners  | 10:30 a.m.–12:30 p.m. | 09 |
| 0506 | Step Aerobics        | 9:15 a.m.–10:15 a.m.  | 16 |

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Daytime classes marked thus throughout the brochure.

## School Facilities Rental

We offer a variety of rental facilities, including indoor and outdoor spaces. Our school venue is perfect for local groups needing a rehearsal space or organizations requiring meeting rooms. Sports facilities, including our Sports Hall and Astro Pitch, are available for local clubs and groups to rent and may be booked for regular time slots throughout the year.

More Information: Call our Adult Education office at **045 868255** or email [info@clanesm.com](mailto:info@clanesm.com).

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## Welcome to our New Autumn 2026 Brochure!

We have been busy preparing our Autumn Brochure - We hope we have something for everyone! Further your education, improve your skills, fitness & wellbeing, meet new and interesting people! We offer over 100 classes including many Certified - See pages 6 and 7.

Scoil Mhuire is a Community School - Your Community School!



| NO.  | COURSE                                               | CODE   | PAGE |
|------|------------------------------------------------------|--------|------|
| 8074 | Business Administration Skills                       | 5N1610 | 11   |
| 8095 | Care of the Older Person                             | 5N2706 | 21   |
| 8076 | Information and Administration                       | 5N1389 | 11   |
| 8075 | Medical Terminology                                  | 5N2428 | 10   |
| 8011 | Payroll: Manual & Computerised                       | 5N1546 | 10   |
| 8082 | Psychology                                           | 5N0754 | 23   |
| 0201 | Special Needs Assisting                              | 5N1786 | 22   |
| 8018 | Special Needs Assisting                              | 5N1786 | 22   |
| 8038 | Training Delivery And Evaluation (Train the Trainer) | 6N3326 | 19   |

Please also visit [www.qqi.ie](http://www.qqi.ie) for further details of all QQI Modules including all Major awards.

## SCOIL MUIRE - YOUR COMMUNITY SCHOOL



Scoil Mhuire Community School Clane - a provider of programmes leading to QQI awards.

## Quality Assurance

As the provider of programmes of training and education leading to awards on the National Framework of Qualifications, we have prime responsibility for the quality of the programmes, and the supports we have in place for learners. In order to ensure quality we plan, resource and commit to creating and maintaining a culture and ethos of quality throughout the school.

We focus on continually improving our programmes and supports, with our primary focus being the welfare and success of our learners. In order to achieve this, we operate within a framework of a quality assurance (QA) system that is context-specific, fit-for-purpose and easy to implement.

In order to ensure that our QA system is effective, governance units, management and staff must own the system and be proactive in implementing it.



Scan the QR Code to view our  
[Quality Assurance Manual](#)  
 or visit: [www.claneqa.com](http://www.claneqa.com)

| NO.  | COURSE                              | AWARD                  | PAGE |
|------|-------------------------------------|------------------------|------|
| 1013 | Microsoft Excel - Office Specialist | Certified by Microsoft | 07   |
| 1031 | ICDL                                | Certified by ICDL      | 07   |
| 5023 | Practical First Aid                 | Certified by Red Cross | 21   |

## New Courses

| NO.  | COURSE                                                 | PAGE |
|------|--------------------------------------------------------|------|
| 0503 | Computers Beginners                                    | 09   |
| 5048 | Step Aerobics                                          | 16   |
| 6040 | Tin Whistle for Beginners and Improvers                | 17   |
| 0401 | Chair Yoga                                             | 19   |
| 0402 | Chair Pilates                                          | 19   |
| 5034 | Menopause Wellbeing: Practical Tools for Everyday Life | 20   |
| 5043 | Pilates - Intermediate                                 | 20   |
| 5045 | Pilates Back Care                                      | 20   |
| 0103 | Sewing Skills for Beginners                            | 23   |

"Pitched perfectly for beginners."

"Lots of conversation, excellent tutor."

**Italian Beginners**

"Tutor was so knowledgeable and a great teacher. Willing to show different techniques."

"Very happy, I have learned new techniques, our tutor is very professional."

**Make-Up Artist - Introduction**

"The teacher makes learning Spanish very interesting and fun."

**Spanish - Improvers**

"Very clear content and explanation. Tutor excellent."

**Spanish - Beginners**

## ICDL

Course No. 1031      Sessions: 8      Wednesday      7:30 p.m.–9:30 p.m.      Fee: €250  
**Essentials Certificate - Certified by ICDL** (Payment Plan Option)

This course is designed to build the digital skills of the modern workplace. We offer 3 modules from the ICDL range of programmes as part of a base package, with the option for learners to enrol in additional courses on a pay-per-module basis.

The full list of ICDL modules can be found at [my.classlink.ie/icdl](http://my.classlink.ie/icdl)

Popular modules include:

- Computer and Online essentials
- Documents (Microsoft Word) - Basic and Advanced programmes available
- Spreadsheets (Microsoft Excel) - Basic and Advanced programmes available
- Presentation (Microsoft PowerPoint) - Basic and Advanced programmes available
- AI Essentials
- Data Protection
- Digital Marketing
- Cyber Security

Some computer experience is essential and beginners should consider completing Computers for Improvers: Pre- ICDL prior to enrolling in this course.

Important: Learners should allow for time between classes to access available online elearning resources. ICDL Tests may be completed after the course ends if additional time is required.

## MICROSOFT EXCEL - OFFICE SPECIALIST

Course No. 1013      Sessions: 10      Monday      7:30 p.m.–9:30 p.m.      Fee: €150  
**Certified by Microsoft Optional: eLearning Pack including Exam Voucher €110** (Payment Plan Option)

Gain a solid foundation in Excel 2019. This course is suitable for improvers (Optional Certificate). Complete practical projects in a relaxed workshop environment. Learn the terminology, create and manage worksheets and workbooks, create cells and ranges, create tables, apply formulas and functions, create charts and objects. Create professional quality spreadsheets.

### Optional:

Undertake Microsoft Office Specialist Excel 2019 Exam and become a Microsoft IT Academy Office Specialist. Immediate results using the most modern testing methods. Test yourself in advance using automated practice exams.

Put Microsoft on your CV! Optional eLearning pack and testing cost extra as above.

(External Test Center Fee will be approx. €25 - Not payable to Scoil Mhuire)

## COMPUTERS BEGINNERS

Course No. 1005      Sessions: 8      Monday      7:30 p.m.–9:30 p.m.      Fee: €120

This course will help you learn the basics of computer skills in a relaxed, workshop environment. We will build the course curriculum together based on what you are interested in and need to know for day-to-day computing.

**This includes:** using the internet, sending emails, creating and storing documents, sharing photos online, organising files on your desktop, and a range of tips and tricks to help learners build confidence. Class will be held in a computer room with desktop computers provided, but learners can bring their own laptops if preferred.

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## COMPUTERS BEGINNERS

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NEW

Course No. 503      Sessions: 8      Friday      10:30 a.m.–12:30 p.m.

Fee: €120

This course will help you familiarise yourself with your laptop and learn the basics of computer skills in a relaxed, workshop environment. We will build the course curriculum together based on what you are interested in and need to know for day-to-day computing.

**This includes:** using the internet, sending emails, creating and storing documents, sharing photos online, organising files on your desktop, and a range of tips and tricks to help learners build confidence.

**Important:** This course requires learners to bring their own laptop to class.

## COMPUTERS IMPROVERS

Course No. 1008      Sessions: 8      Tuesday      7:30 p.m.–9:30 p.m.

Fee: €120

Suitable for those who have some basic computer skills or have completed the Computers for Beginners course. This course aims to help you use your computer more efficiently and build skills in areas that will help in your day-to-day life.

**This includes** file management, email, creating and sharing documents online using Microsoft Office and Google Workspace, an introduction to using AI for daily tasks, and tips and tricks to help you build confidence and manage your digital tasks with ease.

Class will be held in a computer room with desktop computers provided, but learners can bring their own laptops if preferred.

## COMPUTERS FOR IMPROVERS: PRE - ICDL

Course No. 1009      Sessions: 8      Tuesday      7:30 p.m.–9:30 p.m.

Fee: €120

This Pre - ICDL course is designed to help learners develop the confidence and skills required to proceed and undertake the 'ICDL Workforce (ECDL)'.

Suitable for those who have some basic computer skills or for those who have completed the Computers (Beginners) course.

**Topics may include:** File management, Email, Creating and sharing documents using MS Office and Google Workspace, Sharing photos online, YouTube, Safety online. This course will help you to use your computer more efficiently and will introduce you to lots of interesting online sites and services. Tips, tricks, and links shared in a relaxed workshop class environment.

## ARTIFICIAL INTELLIGENCE INTRODUCTION FOR PERSONAL USE

Course No. 1011      Sessions: 8      Tuesday      7:30 p.m.–9:00 p.m.

Fee: €150

(Payment Plan Option)

A practical introduction to using Artificial Intelligence in everyday and semi-professional contexts. Designed for curious adult learners, the course builds from AI basics to real-world skills you can apply across many areas of life. Classes run in our computer rooms with computers provided. Learners are welcome to bring their own laptop.

**Course modules**

- Introduction to AI fundamentals
- Prompt engineering essentials
- Common AI use cases across daily life and work
- Comparing results across different AI platforms
- Specialist AI apps and tools
- Critical thinking and evaluation skills
- AI-Hygiene and Health practices

Apply AI to everyday tasks such as internet search, travel planning, medical, health, diet, exercise and legal. Plan next steps confidently while understanding and evaluating AI's limitations.

Scan the code to enrol:



# 2 - BUSINESS - LEGAL - ACCOUNTING

## ONLINE MARKETING FOR SMALL BUSINESS AND ENTREPRENEURS

Course No. 3036      Sessions: 8      Tuesday      7:30 p.m.–9:30 p.m.      Fee: €175  
(Payment Plan Option)

Unlock the power of online marketing in this hands-on course designed for **small business owners and aspiring entrepreneurs**. Gain practical skills to help grow your business, build your brand, and connect with your audience in the digital world.

### You'll learn:

- Introduction to Digital Marketing fundamentals
- SEO (Search Engine Optimisation) & Pay Per Click (PPC) advertising
- Email Marketing
- How to use Canva to create professional marketing materials
- Social Media planning and strategy
- Understanding social media analytics and what they mean
- Basics of Video Marketing to engage your audience

## HOW TO GROW YOUR BUSINESS

Course No. 3039      Sessions: 8      Tuesday      7:30 p.m.–9:30 p.m.      Fee: €150  
(Payment Plan Option)

**Growing and managing your business:** This is a very practical Business Development course suitable for new and existing businesses. For Small, Medium and large businesses. For Owner/Managers or indeed aspiring dynamic sales people.

The tailor-made course content is vital for the growth and development of both the individual and the business. It is paramount as a solid foundation for new business ventures

### Course Content:

- How to WIN NEW BUSINESS
- The Role of Selling.
- Making the Connection - get the Sale
- The 8-Step Selling Model
- Perfecting your Sales Pitch
- How to Close a Sale in 9 easy steps
- Customer Retention.  
(Building loyalty & keeping customers.)
- Overcoming Objections

## PAYROLL: MANUAL & COMPUTERISED

Course No. 8011      Sessions: 12      Tuesday      6:30 p.m.–9:30 p.m.      Fee: €390  
(Payment Plan Option)

This course will provide you with the knowledge and skills necessary to maintain payroll records for small to medium sized businesses covering terminology, calculations and the production of statutory reports. Sage Micropay used. (Memory stick required).

### Important

Students should be familiar with how to use a computer, how to save files to a USB Key and be familiar with the basics of using Excel/Google Sheets.

**Exam will be held during the 12th session** - Date to be confirmed.

This may lead to a major award in **Business Administration Code 5M2468**.



## MEDICAL TERMINOLOGY

Course No. 8075      Sessions: 8      Monday      7:30 p.m.–9:30 p.m.      Fee: €290  
(Payment Plan Option)

This course covers the medical terminology applicable to a medical receptionist or secretarial role in a medical practice, clinic and or hospital context. Medical secretaries work in a variety of areas in the medical field, such as general practice, dental practice and hospitals. Opportunities exist abroad for those with language skills. Many successful learners progress to third level institutions through the Higher Education Links Scheme (HELS).



## BUSINESS ADMINISTRATION SKILLS

SDL

Course No. 8074

Sessions: 8

Wednesday

7:30 p.m.–9:30 p.m.

Fee: €290

Level 5 Component Code 5N1610 – Certified by QQI

(Payment Plan Option)

- Explore the different types of departments and examine the main functions of management and the role and impact of Human Resource management in an organization.
- Examine a range of recruitment options and current employment rights legislation.
- Learn about the need for Quality Assurance systems and the various techniques used to ensure quality in different types of organisations.
- Learn about financial controls.
- Explore Insurance requirements also learn how to implement and adhere to an organisations systems and procedures.
- Learn how to process a range of business documentation and use a range of hardware and software to provide administrative support.

This module is an elective component in the **Major Award “Office Administration Skills”** and a mandatory component in **“Business Administration Skills”**.

### Progression route:

Employment within the Business, Finance, Administration and Marketing sectors.

Progression to 3rd level courses through the Higher Education Links Scheme (HELS).



## INFORMATION AND ADMINISTRATION

SDL

Course No. 8076

Sessions: 8

Wednesday

7:30 p.m.–9:30 p.m.

Fee: €290

Level 5 Component Code 5N1389 – Certified by QQI

(Payment Plan Option)

The purpose of this award is to equip the learner with the knowledge, skill and competence required to understand how information is processed within organisations and the various systems and methods in use and to enable the learner to operate effectively, under supervision in a range of organisations.

- Organisational charts Effective diary management system
- Roles and functions in the planning and conduct of a range of business meetings
- Manual or computerised database filing system
- Use of office equipment and resources
- Document collation and proofing and payment validation
- Organise inward and outward postage
- Diary management to include meeting notices and minutes and the preparation of business trip itineraries
- Prevent unauthorised access to files and records.



**This may lead to a major award in Business Administration Code 5M2468.5N2428 is a component of the Major award 5M1997 Office Administration.**

## 3 - LEAVING CERTIFICATE SUBJECTS

### LEAVING CERT IRISH (HONOURS)

Course No. 2004

Sessions: 16

Tuesday

7:30 p.m.–9:30 p.m.

Fee: €220

(Payment Plan Option)

Preparation for Leaving Cert 2027 - both written and oral exams, all aspects covered and tips on how to gain more marks. Class given by an experienced examiner in both parts of the exam. Leaving Certificate students only. 8 sessions each term.

Scan the code to enrol:



# 4 - LANGUAGES

## Sign Language - Beginners

Course No. 4018      Sessions: 8      Wednesday      7:30 p.m.–9:00 p.m.      Fee: €90

The course is designed to enable learners to communicate using basic Irish sign language (ISL) which is used among the Irish Deaf community. Learn to communicate about familiar, day to day topics and activities, deaf community and deaf culture. By the end of the course learners will be able to communicate using ISL, understand basic questions/answers using ISL conversation, and sign a short story.

## Sign Language - Improvers

Course No. 4019      Sessions: 10      Monday      7:30 p.m.–9:00 p.m.      Fee: €110

The course is designed to enable learners to improve their knowledge of **Irish sign language (ISL)**. Learn to communicate about familiar, day to day topics and activities, deaf community and deaf culture. By the end of the course learners will be able to communicate with deaf people using sign language, understand basic questions/answers using ISL conversation, and sign a short story.

## Conversational Irish

Course No. 4003      Sessions: 8      Monday      7:30 p.m.–9:30 p.m.      Fee: €120

Come along and enjoy using your ‘Cúpla Focal’ in a relaxed and friendly environment.

## Conversational Irish

Course No. 502      Sessions: 8      Friday      10:30 a.m.–12:30 p.m.      Fee: €120

Description as Course no. 4003 above.

## Spanish - Beginners

Course No. 4004      Sessions: 10      Wednesday      7:30 p.m.–9:30 p.m.      Fee: €120

An introduction to Spanish language, covering everyday situations, with emphasis on pronunciation and oral practice. Just the course to get you started.

## Spanish - Improvers

Course No. 4002      Sessions: 10      Monday      7:30 p.m.–9:30 p.m.      Fee: €120

For those who have taken a Basic Course in Spanish.

## French Beginners

Course No. 4009      Sessions: 8      Wednesday      7:00 p.m.–9:00 p.m.      Fee: €120

Suitable for beginners. Prepare for your holiday in France.

## Italian Beginners

Course No. 4010      Sessions: 10      Monday      7:00 p.m.–8:30 p.m.      Fee: €110

Enjoy learning Italian while exploring Italy and discover more about Italian life and culture.

## Italian Intermediate

Course No. 4011      Sessions: 10      Monday      7:00 p.m.–8:30 p.m.      Fee: €110

For those who have taken a basic Italian course and wish to keep learning while exploring Italy and discover more about Italian life and culture.



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## PHOTOSHOP & LIGHTROOM FOR PHOTOGRAPHERS

Course No. 6174      Sessions: 8      Monday      7:00 p.m.–9:30 p.m.

Fee: €160

(Payment Plan Option)

Learn Understand the necessary functions of Lightroom and Photoshop. Develop a simple post production workflow. Manage and store your photo files and optimise the quality of your images before exporting for print or the web. Edit, repair and make colour adjustments in Lightroom. Edit with layers and masks in Photoshop. Whether you're new to Photoshop & Lightroom or an improver this course will have something to offer. Free access to Photoshop & Lightroom for the duration of the course. Students must have their own laptop.

## CREATIVE PHOTOGRAPHY & TECHNIQUES

Course No. 6030      Sessions: 8      Tuesday      7:00 p.m.–9:30 p.m.

Fee: €140

(Payment Plan Option)

In this practical, hands-on course you will be introduced to your camera's manual controls and the basic camera functions. Get to grips with exposure using aperture & shutter speed to get perfect photos every time.

### Class topics include:

- Creative depth of field and motion.
- Composition and lighting for portraits, still-life, landscape & nature.

This course is suitable for beginners and improvers.

## DRAWING THE PORTRAIT

Course No. 6076      Sessions: 10      Monday      7:30 p.m.–9:30 p.m.

Fee: €150

(Payment Plan Option)

This course is designed for learners who have an interest in sketching portraits that achieve a good likeness. Suitable for absolute beginners and those who have some knowledge in drawing techniques.

**You will need to purchase your own drawing supplies.**

## ART FOR MINDFULNESS

Course No. 6039      Sessions: 8      Wednesday      7:00 p.m.–9:00 p.m.

Fee: €120

Additional Costs: Materials extra €25 approx.

This art course for adults is designed to nurture creativity.

Over the eight weeks, we will cover a number of approaches to art making.

Focusing on the process rather than the end result, we'll explore:

- mixed media techniques using a range of art materials
- mark-making
- collage
- painting

Sessions will combine individual and group activities, fostering experimentation and connectivity.

Learners are invited to unwind, have fun and learn about art making.

Whether you're a complete beginner or returning to art, this course offers a supportive space to relax and recharge. Small class size as places limited.

A materials list will be provided prior to the course commencing.

## PAINTING WITH ACRYLICS

Course No. 6059      Sessions: 10      Wednesday      7:30 p.m.–9:30 p.m.

Fee: €150

Additional Costs: (Cost of Materials extra) (Payment Plan Option)

A course for beginners in the technique of painting with this versatile, fast drying medium. Also included will be the theory of colour and colour mixing, collage and still life painting.

(Materials list available from office).

Scan the code to enrol:



# 5 - ARTS - PHOTOGRAPHY

## OIL & WATERCOLOUR PAINTING

Course No. 6060      Sessions: 10      Tuesday      7:30 p.m.–9:30 p.m.      Fee: €150  
**Additional Costs: (Cost of Materials extra) (Payment Plan Option)**

Learn oil and watercolour painting in a relaxed and supportive environment. The focus of this class is on developing individual abilities in painting style and expression by providing advice and demonstrations of techniques. Class tutor is experienced and is a practising artist. A course for beginners and the experienced.

## OIL & WATERCOLOUR PAINTING

D

Course No. 323      Sessions: 10      Wednesday      11:45 a.m.–1:45 p.m.      Fee: €150  
**Additional Costs: (Cost of Materials extra) (Payment Plan Option)**

Description as Course no. 6060 above.

## PODCASTING

Course No. 6062      Sessions: 8      Monday      7:00 p.m.–9:00 p.m.      Fee: €120

Unleash your voice and bring your podcast ideas to life in this hands-on course. Whether you're looking to share stories, explore a niche, or build a personal brand, this course will guide you through every step of podcast creation, from idea to launch.

- Learn the essentials of audio recording and editing using accessible tools, with a focus on producing high-quality content using just a smartphone and laptop.
- Each week covers key elements like podcast planning, scripting, branding, hosting techniques, and effective storytelling.
- Editing software, learn how to add music and sound design, and explore podcast distribution platforms to get your show out into the world.

No prior experience is needed, just a great idea and the willingness to learn. By the end of the course, you'll have the skills and confidence to produce and publish your very own podcast.

## CREATIVE WRITING

Course No. 6063      Sessions: 10      Tuesday      7:30 p.m.–9:30 p.m.      Fee: €150

Do you have a story waiting to be told? This course will help you use your creative imagination and express it through the form of literature. It will give you a better understanding of how to create and write wonderful stories.

The course covers how to use the following writing tools needed to drive your unique story forward.

- How to write a story and the use of the five senses
- Building Characters
- Setting
- Dialogue / Point of view
- Description
- Show, Don't Tell
- Plot and Conflict /Theme
- Language
- Tips & Revision
- Editing and rewriting.

All you need is a brand-new notebook and pen. Comprehensive notes are provided each week, helping learners build their course folder step by step throughout the term. Suitable for Beginners.

## CREATIVE WRITING

D

Course No. 302      Sessions: 10      Wednesday      9:30 a.m.–11:30 a.m.      Fee: €150

Course description as course no. 6063 above.

SCOIL MHUIRE - YOUR COMMUNITY SCHOOL



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**Make-Up Artist - Introduction**

Course No. 5027

Sessions: 8

Monday

6:30 p.m. – 8:30 p.m.

Fee: €120

**Additional Costs: Kit & Brushes available to purchase**

Small kit & brush requirement for this course, available on first night. Make-up brushes available to purchases in the class, approx €30 for the full set of brushes including eyelashes.

- Skin types & conditions, matching your foundation, colour correction & colour theory, contouring, highlighting, sculpting, shading
- Eyebrows, strong lips, eyeliner techniques
- Day & Evening make up
- Bridal makeup
- Make-up for the mature lady and smokey eyes
- Individual & strip lash application

**7 - HUMAN BEHAVIOUR - MIND****Cognitive Behavioural Therapy**

Course No. 6155

Sessions: 8

Monday

7:00 p.m. – 9:00 p.m.

Fee: €120

Become your own inner therapist. Learn how negative trains of thought can negatively affect your life on a daily basis. C.B.T. is a powerful personal tool that can change your life in surprising ways. Using the skills of C.B.T. in a supportive group can support you in “thinking better to feel better”.

**8 - DANCE - SPORT - FITNESS****LINE DANCING FOR BEGINNERS**

Course No. 5014

Sessions: 8

Tuesday

7:30 p.m. – 8:30 p.m.

Fee: €70

Great social night of Line-Dancing. Learn a range of line-dances, from old traditional country western line-dancing to the modern style line-dancing that is currently filling the dance floors. Easy to follow routines & fantastic music in a friendly atmosphere. Wear layers and comfy footwear. Bring a drink.

**BALLROOM DANCING FOR BEGINNERS**

Course No. 5059

Sessions: 8

Tuesday

7:30 p.m. – 8:30 p.m.

Fee: €70

Would you like to learn to dance for fun or for that special occasion? Learn Ballroom Dancing, Latin, American, Waltz, Quickstep, Jive and Cha Cha Cha in a fun and friendly environment

**WORLD FIT DANCE**

Course No. 5054

Sessions: 8

Monday

8:30 p.m. – 9:30 p.m.

Fee: €70

A dynamic program inspired by global dance techniques. Enjoy a one-hour workout, moving your body safely and effectively while delivering an excellent cardiovascular and mobility-focused Interval training session. This energizing class combines the joy of dance with athletic conditioning, helping you shape your body through movement awareness and rhythm. Experience traditional dance styles and global beats while having fun and getting fit!

Suitable for all levels of fitness, there are options for everyone.

**ZUMBA FITNESS**

Course No. 5052

Sessions: 8

Wednesday

7:30 p.m. – 8:30 p.m.

Fee: €70

Ditch the Workout - Join the Party! An exhilarating, effective, easy to follow, Latin inspired, calorie burning dance fitness party that's moving millions of people towards joy and health.



# 8 - DANCE - SPORT - FITNESS

## HIP-HOP

Course No. 5042      Sessions: 8      Wednesday      8:00 p.m. – 9:30 p.m.      Fee: €90

This class is suitable for both complete beginners and experienced dancers. Sessions include a warm-up, exercises, and fun choreography. The class provides a safe space to learn, vibe and have a fun time.

## KETTLEBELL TRAINING - BEGINNERS & IMPROVERS



Course No. 407      Sessions: 8      Thursday      10:30 a.m. – 11:30 a.m.      Fee: €70

Build strength and confidence. Learn the fundamentals of kettlebell training in a safe, supportive environment. This class focuses on form, core engagement, and full-body strength - perfect for beginners and all fitness levels.

## CIRCUIT TRAINING



Course No. 408      Sessions: 8      Thursday      9:30 a.m. – 10:15 a.m.      Fee: €55

Get moving, build endurance, and feel strong. Rotate through a variety of beginner-friendly exercises designed to improve strength, cardio and flexibility. No experience needed - just show up and move at your own pace.

## STEP AEROBICS



Course No. 5050      Sessions: 8      Monday      7:00 p.m. – 8:00 p.m.      Fee: €70

Looking for a workout that doesn't feel like a chore?

Join Aoife, a qualified personal trainer and busy mam, for this Step Aerobics Class. This is a small, supportive class designed to help women and men get fitter, stronger, and more confident, all while having a laugh along the way.

Easy-to-follow routines, great music, and positive energy, with options for all fitness levels. Life can be busy, which is why this class is about balance, encouragement, and enjoying movement, not pressure or perfection!

## STEP AEROBICS



Course No. 5048      Sessions: 8      Tuesday      7:00 p.m. – 8:00 p.m.      Fee: €70

Description as Course no. 5050 above.

## STEP AEROBICS



Course No. 5060      Sessions: 8      Wednesday      7:00 p.m. – 8:00 p.m.      Fee: €70

Description as Course no. 5050 above.

## STEP AEROBICS



Course No. 506      Sessions: 8      Friday      9:15 a.m. – 10:15 a.m.      Fee: €70

Description as Course no. 5050 above.

“Instructor is so kind and approachable.  
Relaxing course, a good experience.”  
“Tutor is experienced and engaging. All necessary  
materials are available for the course.”

### Woodworking for Beginners

“It was very informative about the subjects. The hands on approach of the  
tutor was very helpful.”

### Photoshop & Lightroom For Photographers



Scan the code to view online brochure



## LEARNING THE GUITAR

Course No. 6041      Sessions: 8      Wednesday      7:30 p.m.–9:30 p.m.      Fee: €120

Suitable for beginners or those with some experience. Tuning, strumming, finger styles etc. Learners are required to bring their own guitar to class.

## LEARNING THE BODHRAN

Course No. 6038      Sessions: 8      Tuesday      7:30 p.m.–9:00 p.m.      Fee: €90

Suitable for beginners and improvers. This course will cover the basic rhythms and techniques of playing the bodhran with Traditional Music and as a Solo Instrument.

## TIN WHISTLE FOR BEGINNERS AND IMPROVERS

NEW

Course No. 6040      Sessions: 8      Wednesday      7:30 p.m.–9:00 p.m.      Fee: €90

Learn to play some basic music in an easy and fun way. This course is designed for beginners or those with some knowledge of music.

## TENOR BANJO

Course No. 6045      Sessions: 8      Wednesday      8:00 p.m.–9:30 p.m.      Fee: €90

Learn how to play traditional Irish tunes (jigs and reels) on Tenor Banjo. Suitable beginners.

# 10 - SKILLS - SELF DEVELOPMENT

## WOODWORKING FOR BEGINNERS

Course No. 6032      Sessions: 8      Monday      7:30 p.m.–9:30 p.m.      Fee: €120

Learn the proper and safe use of woodworking tools and how to design and build your own projects. Skills in woodwork, shaping, design features and finishing are all well practiced allowing the student to gain confidence in the use of a wide range of basic woodwork machinery and tools. A variety of projects are produced each one utilising the new skills that have been learned with each piece becoming an important learning tool in the journey of woodwork. This is a stepping stone to further woodwork projects or home DIY.

## FURNITURE RESTORATION

Course No. 6036      Sessions: 8      Wednesday      7:30 p.m.–9:30 p.m.      Fee: €120

Restore all types of furniture, reassemble, remove old polish, re french polish, stain and finish. Please bring your piece of furniture to be restored on the first night. All pieces must be of a size that can be taken home at the end of class each night.

## DIY

Course No. 6010      Sessions: 8      Wednesday      7:30 p.m.–9:30 p.m.      Fee: €120

Want to learn all the tips and tricks of a variety of trades . Carpentry, tiling, plumbing and electrical and lot more . This is the course for you it will help keep your home in top top condition.

## PRACTICAL INTERIOR DESIGN

Course No. 6021      Sessions: 8      Wednesday      7:30 p.m.–9:30 p.m.      Fee: €120

An introduction to Interior Design with a focus on practical tips and tricks that will help you to transform your home. Each week focuses on a different room in the home and hopes to inspire and equip you with the confidence to tackle your own design projects.

## BRIDGE - BEGINNERS

Course No. 6091      Sessions: 10      Wednesday      7:30 p.m.–9:30 p.m.      Fee: €140

Suitable for beginners. Enjoy a great night out

## WOOD TURNING

Course No. 6033      Sessions: 8      Tuesday      7:00 p.m.–9:00 p.m.      Fee: €250  
(Payment Plan Option)

This beginner woodturning course introduces lathe operation, tools and essential safety. You will learn techniques such as rounding wood and creating beads and coves, then progress to small projects like honey dippers, tealight holders and spinning tops, building towards a polished final piece.

**Tutor Conor Fay is a seventh-generation woodworker** and first-class honours graduate in Furniture Design & Manufacture from ATU Connemara. He continues his family tradition at The Carpentry Store and brings extensive woodturning expertise to this practical course..

## WOOD TURNING

Course No. 6034      Sessions: 8      Wednesday      7:00 p.m.–9:00 p.m.      Fee: €250  
(Payment Plan Option)

Description as Course no. 6033 above.

## HEALTHY AGEING



Course No. 106      Sessions: 8      Monday      11:30 a.m.–1:30 p.m.      Fee: €120

Keep your brain healthy while ageing well! Would you like to prolong your wellbeing by developing and maintaining your abilities as you age? If so, then come and join us for this healthy ageing course. This exciting course will explore all aspects of healthy ageing and equip you with a goal plan going forward to ensure you are still living ‘your best life’ long after the last class finishes.

Have fun and meet new people into the bargain!

## ASTRONOMY - A GUIDE FOR BEGINNERS

Course No. 6037      Sessions: 8      Tuesday      7:30 p.m.–9:30 p.m.      Fee: €120

A beginner’s guide to the night sky, its history, and discoveries about the heavens and universe, starting with the Big Bang. We will explore our nearest star, the Sun, and other solar systems. You’ll learn to navigate the night sky and use binoculars and telescopes effectively. No science or mathematical knowledge is needed.

## DECLUTTERING USING KONMARI METHOD

Course No. 6022      Sessions: 8      Tuesday      7:00 p.m.–9:30 p.m.      Fee: €150

**Facilitated by Aidan Gately - Declutter Expert from RTE’s TV show, ‘Home Rescue’.**

Want a clutter-free home but don’t know where to start? This isn’t just a lecture—it’s a practical, hands-on course where you will actually declutter your own items each week.

Using the KonMari Method™, we will break down the mountain into manageable steps, tackling one category at a time:

- Clothing – Streamline your wardrobe
- Books – Curate your collection
- Paper – Manage those stacks of document
- Komono – Sort the miscellaneous chaos
- Sentimental – Handle special items with care

By the end of the course, you’ll have a clear plan for a clutter-free future, a lighter home, and a fresh perspective. Let’s get it sorted together!

## SPEAKING IN PUBLIC WITH CONFIDENCE

Course No. 6090      Sessions: 8      Tuesday      7:30 p.m.–9:30 p.m.      Fee: €120

Using drama techniques, this interactive course helps improve communication skills for interviews, presentations and public speaking. In a friendly atmosphere, participants will explore relaxation, body language, vocal techniques and preparation strategies to help build confidence, reduce fear and communicate with clarity and conviction to groups large or small.

## TRACE YOUR FAMILY TREE

Course No. 6144      Sessions: 8      Monday      7:30 p.m.–9:30 p.m.      Fee: €120

Who do you think you are? Genealogy for beginners. An introductory course on how to trace your family history & build up your family tree. Course will look at births, deaths, marriages, census returns & many more records from Ireland & United Kingdom. Basic computer skills needed.

## TRAINING DELIVERY AND EVALUATION (TRAIN THE TRAINER) SDL

Course No. 8038      Sessions: 8      Wednesday      7:00 p.m.–9:30 p.m.      Fee: €330

**Level 6 Code 6N3326 - Certified by QQI**

**(Payment Plan Option)**

The purpose of this award is to equip the learner with the knowledge, skill and competence to deliver, assess and evaluate a training and development intervention. Suitable for those responsible for the training of others.

### Content of Programme includes:

- Adult learning / Training Objectives
- Roles & Competences of the Trainer
- Preparing & Delivering Training
- Learning Assessment & Training Evaluation.



## II - MIND AND BODY

### GENTLE BREATHWORK

Course No. 5001      Sessions: 8      Monday      7:00 p.m.–8:00 p.m.      Fee: €80

Discover gentle, accessible breathwork techniques suitable for everyone of all ages. This calming class will guide you through simple practices that support relaxation, balance and calm. Helping you navigate life's busy or stressful moments with more ease.

It would also be recommended to bring a yoga mat and also a blanket & pillow for extra comfort to class.

(Chairs provided for participants who would prefer to be seated).

### GENTLE BREATHWORK D

Course No. 101      Sessions: 8      Monday      9:45 a.m.–10:45 a.m.      Fee: €80

Description as Course no. 5001 above.

### CHAIR YOGA D NEW

Course No. 401      Sessions: 8      Thursday      9:45 a.m.– 10:45 a.m.      Fee: €80

A calming and accessible yoga class using the support of a chair to improve mobility, flexibility, balance and relaxation. Gentle movements, mindful breathing and stretches help release tension and create a greater sense of ease in both body and mind. All welcome.

### CHAIR PILATES D NEW

Course No. 402      Sessions: 8      Thursday      11:00 a.m.–12:00 p.m.      Fee: €80

A supportive chair-based Pilates class focused on gentle strengthening, posture, balance and mobility. Using controlled movements and mindful pacing, this class helps improve stability, flexibility and overall confidence in movement in a welcoming and accessible environment.

### YOGA

Course No. 5039      Sessions: 8      Monday      7:30 p.m.–9:00 p.m.      Fee: €110

The focus is on relaxation, gentle postures, awareness, breathing exercises, meditation and exploring ways to live a more peaceful life. Suitable for all levels.

# II - MIND AND BODY

## TAI CHI / QIGONG

D

Course No. 0301      Sessions: 4      Wednesday      2:00 p.m.–4:00 p.m.      Fee: €75

### New Afternoon Class

Improve balance, flexibility, and strength while reducing stress and calming the mind. Suitable for all ages and fitness levels, these slow, mindful movements help you feel more relaxed, energised, and connected.

## MENOPAUSE WELLBEING: PRACTICAL TOOLS FOR EVERYDAY LIFE

NEW

Course No. 5034      Sessions: 8      Wednesday      7:30 p.m.–9:30 p.m.      Fee: €120

Menopause is about much more than hot flushes. It can affect sleep, energy, mood, concentration and stress, influencing everyday life. This gentle, practical course explores the physical and emotional changes associated with menopause and offers simple techniques to help you feel calmer, more balanced and more confident.

You will learn how changing hormones can affect wellbeing and explore daily practices to encourage relaxation and manage stress. In a welcoming space, whether you are experiencing perimenopause, menopause or postmenopause, you will build a personalised toolkit to help you feel more informed, confident and in control.

## PILOGA

Course No. 5049      Sessions: 10      Wednesday      7:30 p.m.–8:30 p.m.      Fee: €100

Piloga is a fusion of gentle yoga stretches and Pilates postures that calms the mind while invigorating the body. Combining the best of both practices, it focuses on building strength—especially in the core and back—while deepening flexibility and improving balance and co-ordination. You will experience relief from stress and body tension, including neck, shoulder, or back pain, leading to more restful sleep and a greater sense of well-being. Piloga will leave you looking toned and feeling revitalised. Suitable for beginners. Limited class size. **(Bring a thick mat, large towel and bottle of water).**

## PILOGA

Course No. 5046      Sessions: 10      Monday      8:30 p.m.–9:30 p.m.      Fee: €100

Description as Course no. 5049 above.

## PILATES - BEGINNERS

Course No. 5041      Sessions: 8      Monday      7:15 p.m.–8:15 p.m.      Fee: €80

Pilates is a form of low-impact exercise that strengthens the muscles, improves posture, mobility, and flexibility, and enhances the body's potential. This practice involves coordinating the breath with body movements to achieve optimal alignment and balance. In the beginners' class, you will uncover the basic principles of Pilates while practising fundamental movements that will improve your posture. There will be a focus on simple and effective movements in these lessons.

There is a limited number in these classes. **Please bring a yoga/Pilates mat, towel and bottle of water.**

## PILATES - INTERMEDIATE

NEW

Course No. 5043      Sessions: 8      Tuesday      6:10 p.m.–7:10 p.m.      Fee: €80

A welcoming Pilates class focused on building strength, improving posture and creating more ease and confidence in movement. Expect mindful full-body exercises, core work and flowing sequences designed to leave you feeling stronger, more balanced and energised.

## PILATES BACK CARE

NEW

Course No. 5045      Sessions: 8      Tuesday      7:15 p.m.– 8:15 p.m.      Fee: €80

A gentle yet strengthening Pilates class focused on improving posture, mobility and core support to help ease tension in the back, shoulders and hips. Ideal for anyone spending long hours sitting, experiencing stiffness, or looking to move with more comfort and confidence.

## UNDERSTANDING CHILDREN'S BEHAVIOUR

Course No. 5020      Sessions: 10      Monday      7:00 p.m.–9:00 p.m.

Fee: €175

(Payment Plan Option)

### Why Children Do What They Do - A Skills-Based Training Programme

**Class start date: 7th October**

Behaviour is a form of communication. Children do what works for them—and when we understand the why behind behaviour, we can teach new skills, reduce stress, and create more positive interactions. The training is grounded in the principles demonstrated in the Road Map to Behaviour Success.

#### Who Is This Course For?

This course is designed for any adult supporting children or young people, including: Parents and guardians, Teachers, SNAs and educators, Caregivers and extended family Frontline and residential staff Coaches, youth workers, and volunteers. If you interact with behaviour, this course is for you.

#### By the end of the programme participants will be able to:

Understand why behaviours occur and what children are communicating. Teach new skills that improve independence and regulation. Respond effectively to challenging behaviour. Use reinforcement meaningfully and confidently. Identify triggers and create supportive environments. Reduce stress and increase positive interactions at home or in professional settings.

#### Tutor:

Catherine (Katie) Smyth is a Board Certified Behaviour Analyst (BCBA) and Chartered Psychologist with the Psychological Society of Ireland. She brings over a decade of experience supporting children, adolescents, and adults with a wide range of behavioural needs across home, school, residential, and clinical settings—both in Ireland and internationally.

## PRACTICAL FIRST AID

Course No. 5023      Sessions: 5      Tuesday      7:00 p.m.–9:30 p.m.

Fee: €95

Practical First Aid is a 12 hour course certified by the Red Cross which covers Accident Scene Management, Bleeding, Respiratory Problems, CPR, Unconsciousness, Fractures & soft tissue injuries, Burns & Scalds and Medical Emergencies. The course is very much based on practical work rather than theory and is taught with the use of workbooks which chart the participants skills.

## CARE OF THE OLDER PERSON

SDL

Course No. 8095      Sessions: 8      Monday      7:00 p.m.–9:30 p.m.

Fee: €290

### Level 5 Component Code 5N2706 - Certified by QQI

(Payment Plan Option)

The module is designed to equip the learner with the skills and knowledge to care for older people in a variety of settings.

- Learners will demonstrate good work practice
- Understand the concept of the ageing process
- Be able to meet the full range of needs of older people in a variety of care settings
- Enhance the quality of life of the older person

This is a component of “**Healthcare Support**” 5M4339.



## PSYCHOLOGICAL FIRST AID

Course No. 5021      Sessions: 8      Wednesday      7:30 p.m.–9:00 p.m.

Fee: €120

Psychological First Aid (PFA) offers a simple, practical framework for supporting people in distress following a crisis, trauma, or emergency. No formal qualification is required to complete this course and it is **ideal for adults working or volunteering in community, health, education, or care settings**.

You'll learn how to provide immediate emotional support using the key principles of PFA - ensuring safety, promoting calming, building connection, and encouraging hope and self-efficacy. Through real-life scenarios and guided practice, you'll gain the confidence to respond with empathy and skill when it matters most.

## SPECIAL NEEDS ASSISTING

SDL

Course No. 8018

Sessions: 16

Wednesday

7:00 p.m.–9:30 p.m.

Fee: €375

Level 5 Component Code 5NI786 - Certified by QQI

(Payment Plan Option)

For people who wish to pursue a career in working with children with special needs as an assistant within an educational setting.

### The Special Needs Assisting Course aims to:

- Equip the SNA with the necessary skills and knowledge for a rewarding career.
- Ensure adequate training of the Special Needs Assistant (SNA)
- Promote understanding of role of SNA in the classroom

### Work Experience:

Candidates will have to complete at least 30 hours working with the individuals with Special Needs under the age of 18 in an educational setting, or similar during the course. This work experience may be of a paid or voluntary nature.

### Entry Requirements:

Candidates who do not currently work in this area must be prepared to undertake the work experience outlined above.

All learners must be fluent English speakers.

On successful completion, participants will be qualified to work as SNAs in primary, post-primary, and special school settings.



## SPECIAL NEEDS ASSISTING

SDL

D

Course No. 201

Sessions: 16

Tuesday

10:30 a.m.–1:00 p.m.

Fee: €375

Level 5 Component Code 5NI786 - Certified by QQI

(Payment Plan Option)

Description as Course no. 8018 above.

## SPECIAL NEEDS ASSISTING (LEVEL 6)

Course No. 8106

Sessions: 10

Wednesday

7:00 PM - 9:30 PM

Fee: €350

Level 6 Component Code 6NI957 - Certified by QQI

(Payment Plan Option)

### Entry Requirement

Level 5 Special Needs Assisting or you must have achieved the Learning outcomes for this level.

### This course will enable you to:

- Evaluate the provision of education for people with special educational needs.
- Examine relevant theories, skills and processes relevant to current implementation.
- Organise learning opportunities in order to promote independence and responsibility.
- Learn how to access interventions and behaviour management techniques that may be used in the learning environment.
- Assist Learner to develop the academic, and vocational language, literacy and numeracy skills related to Early Childhood Care and Education



“The variety of the course was excellent.”

“Exceeded expectations, great space.”

“The teacher was very good and taught at a good pace.”

TAI CHI / QIGONG

“Really enjoyed how Tutor explained and sent notes by email. The staff were always so nice.”

“Plenty of variety, Tutor made time for everyone.”

I have learned so much about my camera.”

Creative Photography & Techniques

## PSYCHOLOGY SDL

Course No. 8082 Sessions: 10 Tuesday 7:00 p.m.–9:30 p.m.

Fee: €325

Level 5 Component Code 5N0754 - Certified by QQI

(Payment Plan Option)

The purpose of this award is to equip the learner with the knowledge, skill and competence to link an introductory understanding of psychological perspectives with practical therapeutic applications and the development of psychology as a discipline. Exam will be held on week 11.

- Enable the learner to explore psychological perspectives
- Facilitate an understanding of how each perspective gives us an insight into individual behaviour
- Explore the main therapeutic paradigms and interventions
- Assist learners in applying theory and research to practise
- Facilitate an exploration of attitudes and beliefs
- Develop transferable skills and knowledge which will enable individuals to meet changing circumstances in a variety of fields
- Enable the learner to take responsibility for his/her own learning

This may lead, in part, to a major award in “Healthcare Support” 5M4339.



## I3 - CRAFTS - FABRICS

### SEWING SKILLS FOR BEGINNERS

D

NEW

Course No. 0103 Sessions: 5 Monday 2:15 p.m.–4:15 p.m.

Fee: €90

This beginner-friendly course suits anyone with little to no previous sewing experience, or those looking to refresh their skills.

#### What You Will Learn

You'll get to know your home sewing machine and practise essential techniques, including top stitch, double stitch, French seam, corded seam, eased seam and welt seam.

You'll also make a variety of pockets – patch, seam, flap, welt and side seam – and learn to insert lapped, concealed and centred zips.

#### Course Project

By the end of the course, you'll have completed a beginner-friendly sewing project, such as a lined tote bag, apron or simple skirt, using the skills you've developed.

#### Learning Experience

You'll benefit from individualised attention and support tailored to your own pace.

#### What to Bring

Scissors, a sewing machine, hand-sewing needles, pins, a seam ripper, thread, a fabric marking pencil or chalk, a ruler, cotton fabric and iron-on interfacing material.

### SEWING SKILLS FOR BEGINNERS

NEW

Course No. 6002 Sessions: 5 Monday 6:30 p.m.–8:30 p.m.

Fee: €90

Description as Course no 103 above.

### CROCHET TO DESIGNER WEAR

Course No. 6019 Sessions: 10 Monday 7:30 p.m.–9:30 p.m.

Fee: €150

(Payment Plan Option)

Why not try your hand at crochet, or improve your crochet skills. Crochet is so fashionable right now. Learn to design and make your own garments of choice and learn to read crochet patterns. You will get hooked once you start! Bring any crochet hooks you may have. Yarn and hooks will be available to purchase from class tutor.



## DRESSMAKING (BEGINNERS)

D

Course No. 0303      Sessions: 2      Wednesday / Thursday      12:30 p.m.–4:30 p.m.      Fee: €140

**New Daytime Workshop:** Wednesday 23rd and Thursday 24th September.

Make a garment that you can wear yourself. You will be guided in every aspect of dressmaking, starting from buying your own pattern and learning how to cut it to your size, how to read and follow pattern instructions. Choose the fabric and cut and match it. Step by step you will be shown how to assemble your garment. Also you will be shown how to set up and work a domestic sewing machine.

Sewing machine required. Learners should be familiar with the operation their sewing machine.

A Maximum of only 10 places available.

### Materials to bring with you to class:

- Scissors - sewing machine in perfect working order
- hand-sewing needles - measuring tape - seam ripper
- water-soluble markers - thread - 30+ cm ruler - pencil and eraser.

## FLOWER ARRANGING

Course No. 6014      Sessions: 10      Tuesday      7:30 p.m.–9:30 p.m.      Fee: €150

**Additional Costs: Materials extra**

Learn the skills of flower arranging in a relaxing and therapeutic atmosphere. Create your own arrangement of fresh flowers including Christmas bouquets.

## FLOWER ARRANGING

D

Course No. 104      Sessions: 10      Monday      9:20 a.m.–11:20 a.m.      Fee: €150

**Additional Costs: Materials extra**

Description as Course no. 6014 above.

## STAINED GLASS (COPPER FOIL TECHNIQUE) - WORKSHOP

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Course No. 0406      Sessions: 2      Wednesday / Thursday      11:00 a.m.–4:30 p.m.      Fee: €145

**Fee includes for project materials**

**Two-day intensive workshop**, Wednesday and Thursday (dates to be confirmed).

Wednesday runs 11:00 a.m.–4:30 p.m.; Thursday runs 11:00 a.m.–5:30 p.m.

Liberate your artistic and technical skills in the copper foil technique!

### Learn fundamental stained glass processes:

- drafting - cutting - grinding - foiling - soldering
- attaching wire supports/hangings - polishing.

There will also be an opportunity to learn how to create additional artistic components in etched glass.

“Different topics each class, lots of opportunities for conversation.”

“I learnt a lot and enjoyed the informal approach.”

**Conversational Irish**

“Great course, very practical.”

“Learning extra tips and tricks. Warm bright room.”

**Dressmaking (Beginners)**

“Margaret excellent and knowledgeable. Varied content and responsive to suggested topics.” “Very detailed, enjoyed all of the course.”

**Gardening**

“Excellent course and instructor. Great value.”

“Loved every minute! Brilliant tutor, everything was perfect.”

**Stained Glass (Copper Foil Technique) - Workshop**



## BAKING & DESSERTS

Course No. 6100      Sessions: 10      Monday      7:30 p.m.–9:30 p.m.      Fee: €150  
 Additional Costs: Materials extra

Interesting and a fun experience. A hands on practical approach to baking. Learn how to bake cakes for all occasions. Party desserts, different pastries, pies, meringues & roulades and much more.

## JOYS OF COOKING

Course No. 6052      Sessions: 8      Wednesday      7:30 p.m.–9:30 p.m.      Fee: €120  
 Additional Costs: Materials extra

Cooking for fun. Want to entertain family and friends or cook just for one? This is an easy paced practical approach to cooking. All tastes catered for includes soups and bread, stir-fries, curries, pasta dishes, Irish specialities, Sunday dinner and desserts. Whether you are a complete beginner in the kitchen or want to get new ideas this is the course for you.

## FEEL GOOD COOKING

Course No. 6051      Sessions: 8      Tuesday      7:30 p.m.–9:30 p.m.      Fee: €120

Come join us in learning how to make delicious, simple, affordable, and satisfying Whole Food, Plant-Based dishes for Breakfast, Lunch, Dinner, Snacking, and Entertaining.

The instructor who is Plant-Based certified from Cornell University will guide you in following varied, simple recipes using natural foods that are healthy for you and the environment that you can quickly whip up at home. This course is suitable for anyone who is interested in including more plant-based meals into their diet, no matter what their food preferences. All appetites are welcome.

# 15 - GARDENING - NATURE - ANIMALS

## BEE KEEPING

Course No. 6081      Sessions: 8      Monday      7:30 p.m.–9:30 p.m.      Fee: €120

Backyard Bee Keeping is a wonderful hobby, but to many it seems surrounded by mystery. This course opens the lid of the honey bee's hive, enabling the novice beekeeper to understand this complex and fascinating world. We will explore the life cycle of the hive, what happens when the bees swarm and so much more. Join us in this course to explore just what it is that bees buzz about!

### Course content:

- Recognising bees (worker, drone, queen)
- The hive, Equipment
- Seasons (Summer, Autumn, Winter and Spring and activities in each)
- Stings, Swarms, Feeding, Harvesting honey
- Pests and Diseases

## BEE KEEPING

Course No. 102      Sessions: 8      Monday      1:30 p.m.–3:30 p.m.      Fee: €120  
 Description as Course no. 6081 above.

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SCOIL MHUIRE - YOUR COMMUNITY SCHOOL

Scan the code to enrol:



## GARDENING

Course No. 6087

Sessions: 10

Monday 7:30 p.m. – 9:30 p.m.

Fee: €150

(Payment Plan Option)

Sustainable gardening with course designed for gardeners of all levels! Each session combines practical skills with environmental awareness to transform your garden into a thriving ecosystem.

What you'll explore:

- Wild & Wonderful - Discover the beauty and ecological importance of wildflowers
- Nature's Bounty - Harvesting and responsible foraging from your garden and beyond
- Autumn To-Do List - Learn essential tasks to prepare your garden for the changing seasons
- Compost - Expert composting methods that enrich your soil naturally
- Creative Containers DIY Workshop - Design Autumn containers for winter colour
- Soil Analysis - Learn how to optimize your soil for healthier plants
- Divide & Thrive - Plant propagation through division to multiply your garden favourites
- Shade Gardening Success - Transform challenging shady spots into garden highlights
- Christmas from your garden

### Looking ahead:

There will be a follow-up Spring Term course covering more seasonal topics such as low-maintenance gardening, pollinators, seasonal checklists, propagation techniques, herbs, companion planting, natural pest control, and colourful container displays.

"Excellent guidance and easy access."

"Tutor very patient and pleasant."

"Not too many attendees, got some time with the tutor,  
Plenty of hardware and space available."

**Computers Beginners**

"Easy to understand for beginners. Excellent teacher. Good room  
in class, loads of parking."

"Teacher was amazing." "Very good patient teacher."

**Sign Language - Beginners**

"Very pleased with the course. Learning new techniques and getting ideas."

**Painting with Acrylics**

"Teacher totally understanding of me being a complete novice, The tea  
at break time is fantastic!"

**Learning the Guitar**

Please check our website [www.clanesm.com](http://www.clanesm.com)  
for any late additions or changes to our courses.  
The online version of our brochure will also be updated.

SCOIL MUIRE - YOUR COMMUNITY SCHOOL

**All courses are listed alphabetically below.**

(The number in brackets indicates the course category for easy reference)

|                                                    |                                                              |
|----------------------------------------------------|--------------------------------------------------------------|
| Art for Mindfulness (5)                            | Leaving Cert Irish (Honours) (3)                             |
| Artificial Intelligence Intro For Personal Use (1) | Line Dancing For Beginners (8)                               |
| Astronomy - A Guide For Beginners (10)             | Make-Up Artist - Introduction (6)                            |
| Baking & Desserts (14)                             | Medical Terminology (2)                                      |
| Ballroom Dancing for Beginners (8)                 | Microsoft Excel - Office Specialist (1)                      |
| Bee Keeping (15)                                   | Oil & Watercolour Painting (5)                               |
| Bridge - Beginners (10)                            | Online Marketing for Small Business and<br>Entrepreneurs (2) |
| Business Administration Skills (2)                 | Painting with Acrylics (5)                                   |
| Care of the Older Person (12)                      | Payroll: Manual & Computerised (2)                           |
| Chair Pilates (11)                                 | Photoshop & Lightroom For Photographers (5)                  |
| Chair Yoga (11)                                    | Pilates - Beginners (11)                                     |
| Circuit Training (8)                               | Pilates - Intermediate (11)                                  |
| Cognitive Behavioural Therapy (7)                  | Pilates Back Care (13)                                       |
| Computers Beginners (1)                            | Piloga (11)                                                  |
| Computers For Improvers: Pre - ICDL (1)            | Podcasting (5)                                               |
| Computers Improvers (1)                            | Practical First Aid (12)                                     |
| Conversational Irish (4)                           | Practical Interior Design (10)                               |
| Creative Photography & Techniques (5)              | Psychological First Aid (12)                                 |
| Creative Writing (5)                               | Psychology (12)                                              |
| Crochet to Designer Wear (13)                      | Sewing Skills for Beginners (13)                             |
| Decluttering using KonMari Method (10)             | Sign Language - Beginners (4)                                |
| DIY (10)                                           | Sign Language - Improvers (4)                                |
| Drawing the Portrait (5)                           | Spanish - Beginners (4)                                      |
| Dressmaking (Beginners) (13)                       | Spanish - Improvers (4)                                      |
| Feel Good Cooking (14)                             | Speaking in Public With Confidence (10)                      |
| Flower Arranging (13)                              | Special Needs Assisting (12)                                 |
| French Beginners (4)                               | Stained Glass (Copper Foil) - Workshop (13)                  |
| Furniture Restoration (10)                         | Step Aerobics (8)                                            |
| Gardening (15)                                     | TAI CHI / QIGONG (11)                                        |
| Gentle Breathwork (11)                             | Tenor Banjo (9)                                              |
| Healthy Ageing (10)                                | Tin Whistle for Beginners and Improvers (9)                  |
| Hip-Hop (8)                                        | Trace your Family Tree (10)                                  |
| How to Grow your Business (2)                      | Training Delivery And Evaluation (Train the<br>Trainer) (10) |
| ICDL (1)                                           | Understanding Children's Behaviour (12)                      |
| Information and Administration (2)                 | Wood Turning (10)                                            |
| Italian Beginners (4)                              | Woodworking for Beginners (10)                               |
| Italian Intermediate (4)                           | World Fit Dance (8)                                          |
| Joys of Cooking (14)                               | Yoga (11)                                                    |
| Kettlebell Training - Beginners & Improvers (8)    | Zumba Fitness (8)                                            |
| Learning Skills (3)                                |                                                              |
| Learning the Bodhran (9)                           |                                                              |
| Learning the Guitar (9)                            |                                                              |

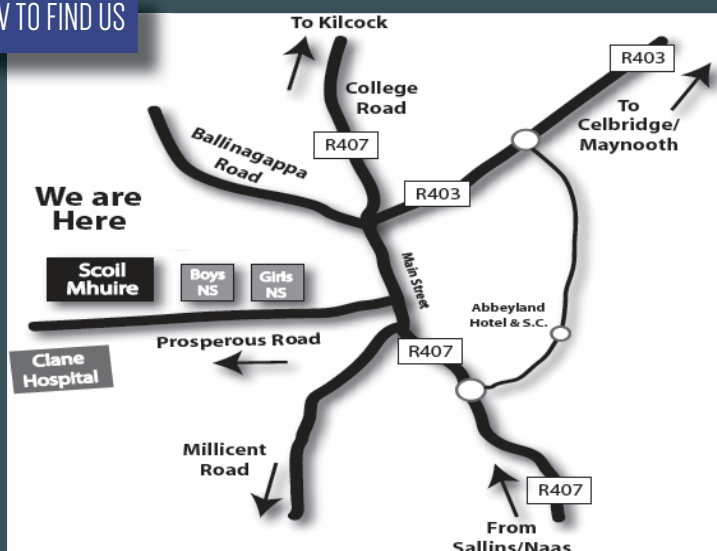
-- Arts & Photography -- Art for Mindfulness -- Creative Photography & Techniques -- Creative Writing -- Drawing the Portrait -- Oil & Watercolour Painting -- Painting with Acrylics -- Photoshop & Lightroom For Photographers -- Podcasting -- Beauty - Fashion -- Make-Up Artist - Introduction -- Business - Legal & Accounting -- Business Administration Skills -- How to Grow your Business -- Information and Administration -- Medical Terminology -- Online Marketing for Small Business and Entrepreneurs -- Payroll: Manual & Computerised -- Caring - Health and Safety -- Care of the Older Person -- Practical First Aid -- Psychological First Aid -- Psychology -- Special Needs Assisting -- Understanding Children's Behaviour -- Cooking -- Baking & Desserts -- Feel Good Cooking -- Joys of Cooking -- Crafts - Fabrics -- Crochet to Designer Wear -- Dressmaking (Beginners) -- Flower Arranging -- Sewing Skills for Beginners -- Stained Glass (Copper Foil Technique) - Workshop -- Dance - Sports - Fitness -- Ballroom Dancing for Beginners -- Circuit Training -- Hip-Hop -- Kettlebell Training - Beginners & Improvers -- Line Dancing For Beginners -- Step Aerobics -- World Fit Dance -- Zumba Fitness -- Gardening - Nature - Animals -- Bee Keeping -- Gardening -- Human Behaviour - Mind -- Cognitive Behavioural Therapy -- Information Technology -- Artificial Intelligence Introduction For Personal Use -- Computers Beginners -- Computers For Improvers: Pre - ICDL -- Computers Improvers -- ICDL -- Microsoft Excel - Office Specialist -- Languages -- Conversational Irish -- French Beginners -- Italian Beginners -- Italian Intermediate -- Sign Language - Beginners -- Sign Language - Improvers -- Spanish - Beginners -- Spanish - Improvers -- Leaving Cert Subjects -- Learning Skills Leaving Cert Irish (Honours) -- Mind and Body -- Chair Pilates -- Chair Yoga -- Gentle Breathwork -- Menopause Wellbeing: Practical Tools for Everyday Life -- Pilates - Beginners -- Pilates - Intermediate -- Pilates Back Care -- Piloga -- TAI CHI / QIGONG -- Yoga -- Music - Sound - Drama -- Learning the Bodhran -- Learning the Guitar -- Tenor Banjo -- Tin Whistle for Beginners and Improvers -- Skills - Self Development -- Astronomy - A Guide For Beginners -- Bridge - Beginners -- Decluttering using KonMari Method -- DIY -- Furniture Restoration -- Healthy Ageing -- Practical Interior Design -- Speaking in Public With Confidence -- Trace your Family Tree -- Training Delivery And Evaluation (Train the Trainer) -- Wood Turning -- Woodworking for Beginners



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## HOW TO FIND US



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