

BISHOPSTOWN
COMMUNITY SCHOOL



ADULT EDUCATION EVENING COURSES

Classes begin the week of 23rd September

MONDAY

NEW!! Monday Meditation and New Mindset for the week ahead.

Hayley Power invites you to reset and get set for the week ahead by using meditation and crystal sound bath tools to encourage the body and mind to align therefore encouraging peace of mind and a positivity of thought, all necessary elements to achieve a successful week in work and in life.

7.00-8.00pm €59

NEW!! Culinary Medicine

Learn to harness the anti-aging power of foods that will help the body and brain to age healthily and gracefully.

7.00-8:30pm €89

Scrabble

Be part of Bishopstown's Scrabble Club-all players welcome.

7.00-8.30pm €30

Introduction to Sign Language and ISL

8.00-9:00pm €70

Photography with David

6.45-8.45pm €90

NEW!!! Upcycle your Kitchen - Colour with Clio

Learn DIY your way to your dream home with this course. You will learn to improve your kitchen with all the best and basic knowledge to paint and create a new living space that can be applicable to all areas of your home.

7:30-8:45pm €90

TUESDAY

NEW!! Yoga for Baby Boomers

Enjoy a yoga tailored for a generation famous for being productive parents! Now it's your time back again.

6.00-7.00pm €70

Yin Yoga

A style of yoga that assists and combines the mind and body to reset and restore with Danni Waters of Ganesh Yoga.

7:30 -8:30pm €79

NEW!! Macramé for beginners

Learn to accessorize your home with creative cord artwork to hold your pot plants in our projects or to hold your belongings in stylish bags.

7.00-8.00pm €69

NEW!! Special Needs Assistant Course

QQI Accredited Level 5 and 6 SNA course.

*Begins 1st of October

7.00-9.00pm €375

Cricket (CrickHIIT)

6:30-7:30pm €30

Hockey

7:30-8:30pm €30

WEDNESDAY

Bridge (afternoon course)

2:30-4:30pm €90

Bridge (evening course)

7:00-9:00pm €90

NEW!! Winesday: An Introduction to Wines. WSET Accredited Course Level 1

A WSET accredited training course to enable you to understand the fundamentals of wine, from how to buy good wine to serving it by O'Briens Wines manager Paul Fox. It can facilitate anyone who seeks work in hospitality and have a globally recognized accreditation.

7.00-8:45pm €70

Sharper Minds

Alzheimer's Preventative Course.

7.00-8:45pm €85

Spanish for Beginners

6:30-7:30pm €70

NEW!! Midweek Meditation and Mindset for the week ahead

7.00-8.00pm €59

More info available at www.bishopstowncs.ie/adult-education

Phone: 0852829409