

Class Dates (all Mondays):

September 23rd and 30th

October 7th, 14th and

21st

November 4th, 11th and

18th

(No class on 28th October)



Bord Oideachais agus Oiliúna Dublin and Dún Laoghaire
Átha Cliath agus Dhún Laoghaire Education and Training Board

Principal: Frances Gibson
Deputy Principal: Jenna Clune



Enrolment

- All courses can be booked online.
- In person enrolment will take place on Monday 9th September from 6.30pm to 7.30pm in the college.
- All students must be over 16 years.

Enrol online: Go to stmacdaras.ie and click on Adult Education

Fees

All courses are €60, apart from History (€90 but €60 for OAP) and Flower Arranging (extra weekly fee for materials).

There is no obligation to refund a fee if a person withdraws from a course. If a course does not go ahead, fees will be reimbursed.

For more information

Email:
deirdrefeore@stmacdaras.ie

ST MAC DARA'S
COMMUNITY COLLEGE,
TEMPLEOGUE



ADULT EDUCATION PROGRAMME
AUTUMN 2024

ST MAC DARA'S COMMUNITY
COLLEGE
WELLINGTON LANE
TEMPLEOGUE
DUBLIN 6W

PHONE: 01 456 6216
EMAIL:
DEIRDREFEORE@STMACDARAS.IE

COURSES €60 FOR EIGHT WEEKS *

Creative Writing (6.30 to 7.30)



Learn about story writing, using inspiration such as music. The course is given by a published writer and poet.

Italian for Holidays (6.30 to 7.30)



Aimed at people starting from scratch or leaning the basics for holidays.

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COURSES €60 FOR EIGHT WEEKS *

Irish Historical Events, 1882-1922 (7.00 to 8.30)

New course – each week concentrates on an event from Irish history. *€90 (OAP rate of €60)

Pilates (6.30 to 7.30)

Increase your flexibility, strength and posture. Suitable for beginners and improvers.

Yoga (7.30 to 8.30)

Enjoy movement, breath work and relaxation. Suitable for beginners and improvers.

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COURSES €60 FOR EIGHT WEEKS *

Flower Arranging (7.00 to 8.00)

Learn how to arrange flowers into colourful displays.

*There is an extra weekly cost of €12 for flowers which you keep



Relaxation and Meditation (7.00 to 8.00)

Learn how to relax and meditate, in order to benefit your body and mind. Build skills to manage stress and increase self awareness.



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