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## **ST FLANNAN'S COLLEGE**

# **]8**5 1670326

## WINTER 2018 NIGHT CLASSES

COURSE	DURATION	TIME	FEE
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#### STARTING WEDNESDAY OCT 10<sup>TH</sup>, 7.30-9.30 (unless otherwise indicated)

Painting with Acrylics with Trudi van der Elsen	7 weeks	7.30-9.30	€130 <mark>(*)</mark>
Crochet for all Levels	7 weeks	7.30-9.30	€100
Mindfulness and Meditation with Deirdre Devally	7 weeks	7.30-9.30	€100
Conversational Spanish for Beginners	7 weeks	7.30-9.30	€100
Creative Writing for Beginners	7 weeks	7.30-9.30	€100
Irish Sign Language for Absolute Beginners	7 weeks	7.30-9.00	€85
Make-Up for all Occasions (Oct 10, 17, 24)	3 weeks	7.30-9.30	€50
Flowers for Halloween (Oct 10, 17, 24)	3 weeks	7.30-9.30	€50
C.P.R./A.E.D. & Emergency First Aid (Oct 24 + Nov 7-21)	4 weeks	7.30-9.30	€60
Basic Introduction to Permaculture <b>NEW</b> (Nov 7-28)	4 weeks	7.30-9.30	€60
Gentle Yoga & Relaxation w/ Karen Brennan (starts Nov 7)	4 weeks	7.30-9.00	€50
Skincare for all ages <b>NEW</b> (Nov 14, 21, 28)	3 weeks	7.30-9.30	€50
	(*) All materials a	are included in	<mark>1 the fee</mark>

SATURDAY WORKSHOPS: OCTOBER 20 AND NOV 10 & 24				
Good Food Fast: Demonstration Workshop, Oct. 20, 2-5pm	NEW	€40		
Embroidery for Beginners: Hands-on Workshop, Oct. 20, 10am-4pm	NEW	€120 <mark>(*)</mark>		
Getting Started as a Creative Writer & Staying Creative, Oct. 20, 10-4pm	NEW	€100		
The Basics of Mindfulness, Oct. 20, 10-4pm	NEW	€100		
Silk Painting: Hands-on Workshop, Oct. 20, 10am-4pm	NEW	€120 <mark>(*)</mark>		
Stained Glass: Hands-on Workshop, Nov. 10, 10am-4pm		€120 <mark>(*)</mark>		
Mosaic: Hands-on Workshop, Nov. 10 (10am-4pm) & Nov 24 (10am-2pm)	NEW	€150 <mark>(*)</mark>		
Plotting and Planning a Story, Nov. 10, 10-4pm	NEW	€100		
Mindfulness & Exam Technique Tips for College Students, Nov 10, 1-4pm		€40		
Portrait Painting: Hands-on Workshop, Nov 10 & Nov 24 (10am-4pm)	NEW	€150 <mark>(*)</mark>		
Edible Gifts for Christmas: Demonstration Workshop, Nov. 24, 2-5pm	NEW	€40		
Mindfulness & Techniques for a Joyful Festive Season, Nov. 24, 10-4pm	NEW	€100		

✓ Booking (with cheque or postal order) accepted by post only up to Friday, October 5.

✓ All courses are subject to sufficient enrolment.

✓ Applicants will only be contacted if a class is cancelled. If so, all monies will be refunded by post.

✓ Phone/text Carinne di Francesco, Director of Adult Education, at 085 1670326 for further information.

#### (W18) POSTAL ENROLMENT FORM TO BE RETURNED TO "NIGHT CLASSES, ST. FLANNAN'S COLLEGE, ENNIS"

Please fill in all details in CAPITALS & enclose fee (cheque or postal order made payable to St. Flannan's College)

Course title:

Email: \_\_\_\_\_

Name: Tel. No. (Mobile):

\_Day: \_\_\_\_\_

Fees enclosed: