

SHORT EVENING COURSES & SATURDAY WORKSHOPS

SHORT COURSES (WEDNESDAY CLASS)

C.P.R./A.E.D. & Emergency First Aid (Oct 24 + Nov 7-21)	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 NEW (Nov 14, 21, 28)	3 weeks	7.30-9.30	€50

(*) ALL MATERIALS ARE INCLUDED IN

SATURDAY WORKSHOPS:

OCTOBER 20:

Good Food Fast: Demonstration Workshop, 2-5pm	NEW	€40
Embroidery for Beginners: Hands-on Workshop, 10am-4pm	NEW	€120(*)
Getting Started as a Creative Writer & Staying Creative, 10-4pm	NEW	€100
The Basics of Mindfulness, 10-4pm	NEW	€100
Silk Painting: Hands-on Workshop, 10am-4pm	NEW	€120(*)

NOVEMBER 10:

Stained Glass: Hands-on Workshop, 10am-4pm		€120(*)
Plotting and Planning a Story, 10-4pm	NEW	€100
Mindfulness & Exam Technique Tips for College Students, 1-4pm	NEW	€40

NOVEMBER 10 & 24:

Mosaic: Hands-on Workshop, Nov. 10 (10am-4pm) & Nov 24 (10am-2pm)	NEW	€150(*)
Portrait Painting: Hands-on Workshop, Nov 10 & Nov 24 (10am-4pm)	NEW	€150(*)

NOVEMBER 24:

Edible Gifts for Christmas: Demonstration Workshop, 2-5pm	NEW	€40
Mindfulness & Techniques for a Joyful Festive Season, 10-4pm	NEW	€100

THE FEE

- ✓ Booking (with cheque or postal order) accepted by post only.
- ✓ 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.

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(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: _____

_____ Day: _____

Name: _____ Tel. No. (Mobile): _____

Email: _____ Fees enclosed: _____