

COURSE	DURATION	TIME	FEE
<b>STARTING WEDNESDAY FEB 6<sup>th</sup>, 7.30-9.30 (unless otherwise indicated)</b>			
Acrylics Painting with Trudi van der Elsen	7 weeks	7.30-9.30	€130(*)
Intermediate Creative Writing <b>NEW</b>	7 weeks	7.30-9.30	€100
Conversational Spanish for Improvers	7 weeks	7.30-9.30	€100
Crochet for all Levels	7 weeks	7.30-9.30	€100
Interior Design for your Home	7 weeks	7.30-9.30	€100
Irish Sign Language for Absolute Beginners	7 weeks	7.30-9.00	€85
C.P.R./A.E.D. & Emergency First Aid (Feb 6, 13, 27 & March 6)	4 weeks	7.30-9.30	€60
Mindful Eating – Balanced Life w/Deirdre Devally (Feb 6, 13, 27)	3 weeks	7.30-9.30	€50
Make-Up for all Occasions (Feb 6, 13, 27)	3 weeks	7.30-9.30	€50
Flowers for Spring (March 6, 20 and 27th)	3 weeks	7.30-9.30	€50
Practical Environmental Studies: Living a Low-Impact Life <b>NEW</b>	4 weeks	7.30-9.30	€60
Mindfulness and Meditation with Deirdre Devally (March 6-27)	4 weeks	7.30-9.30	€60
Gentle Yoga & Relaxation w/ Karen Brennan (March 6-27)	4 weeks	7.30-9.00	€50
Skincare for all ages <b>NEW</b> (March 13, 20, 27)	3 weeks	7.30-9.30	€50
<b>(*) All materials are included in the fee</b>			

**SATURDAY WORKSHOPS: FEB 9 + MARCH 9 + MARCH 23**

Spanish Tapas, Demonstration Workshop, March 9, 2pm-5pm	<b>NEW</b>	€40
C.P.R./A.E.D., Feb 9, 9am-1.30pm	<b>NEW</b>	€60
Mindful Eating – Balanced life, February 9, 10am-4pm	<b>NEW</b>	€85
Getting Started as a Creative Writer & Staying Creative, March 9, 10am-4pm	<b>NEW</b>	€85
Mosaic, Hands-on Workshop, March 9, 10am-4pm	<b>NEW</b>	€100(*)
Journalling for Wellbeing & Creativity, March 9, 10am-4pm	<b>NEW</b>	€85
Portrait Painting, Hands-on Workshop, March 9 & March 23, 10am-4pm	<b>NEW</b>	€150(*)
Memoir Writing: an Introduction, March 23, 10am-4pm	<b>NEW</b>	€85
Stained Glass, Hands-on Workshop, March 23, 10am-4pm	<b>NEW</b>	€100(*)

**!! NIGHT CLASSES ARE OPEN TO PEOPLE OVER 18 ONLY !!**

- !! BOOK EARLY TO AVOID DISAPPOINTMENT. !! All courses are subject to sufficient enrolment.
- !! Booking (with cheque or postal order) accepted by post only up to Friday, February 1<sup>st</sup>.
- !! 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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**(S19) 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): \_\_\_\_\_ (Day): \_\_\_\_\_

Email: \_\_\_\_\_ Fees enclosed: \_\_\_\_\_