

Guitar Playing

This course is suitable for a beginner or for a person with some basic experience. Tuning, strumming, finger styles are included. You are required to bring your own guitar.

Sessions: 8 Tuesday 7pm – 9pm Fee: €85

Cookery – Easy Entertaining for Parties and Christmas

This course is suitable for a beginner or for a person with some basic experience. Tuning, strumming, finger styles are included. You are required to bring your own guitar.

Sessions: 8 Tuesday 7pm – 9pm Fee: €85 Materials charge: €80

Zumba

Are you looking for an upbeat, high-energy way to keep fit. Get that 'feel-good' health and adrenalin factor with our fun and fitness-focused Zumba sessions.

Sessions: 8 Tuesday 7pm – 9pm Fee: €85

Ballroom and Latin Dancing

Are you inspired by 'Strictly'? Discover the art of dance with these introductory workshops on the basic techniques of Ballroom and Latin dancing. No partners needed.

Sessions: 8 Tuesday 7pm – 9pm Fee: €85

Complimentary Therapies and Mindfulness

Learn a range of introductory complimentary therapies, with activities focused on the holistic improvement of body and mind.

Sessions: 8 Tuesday 7pm – 9pm Fee: €85

Upholstery / Upcycling Furniture

During this course you will upholster/upcycle a piece of furniture under the guidance of your instructor. Please bring a suitable piece of furniture.

Sessions: 8 Tuesday 7pm – 9pm Fee: €85

Introduction to Craft Beer Brewing

This exciting course is suitable for anyone who wants to learn how to brew their own craft beer.

Sessions: 8 Tuesday 7pm – 9pm Fee: €85 Materials charge: €30

Care Skills (Q) (Part 1)

This QQI accredited minor award is your first step towards working in the care industry or to learn about care skills.

Sessions: 10 ** Tuesday 6pm – 9pm * Fee: €205 Cert Charge: €50

Make-up Techniques

Learn about skincare and beauty techniques to achieve a professional looking make-up.

Sessions: 8 Tuesday 7pm – 9pm Fee: €85 Materials charge: €30

Farm Machinery Maintenance

Develop the understanding, skills and knowledge to maintain farm machinery.

Sessions: 8 Tuesday 7pm – 9pm Fee: €85

PHECC First Aid Responder (Q)

This course trains you in the necessary skills for First Aid Response. If you successfully complete this course, you can achieve a PHECC First Aid Responder award.

Sessions: 8 Tuesday 7pm – 9pm Fee: €160 Materials charge: €20

Sign Language (ISL)

This 8 week course will introduce the basics of ISL communications.

Sessions: 8 Tuesday 7pm – 9pm Fee: €85

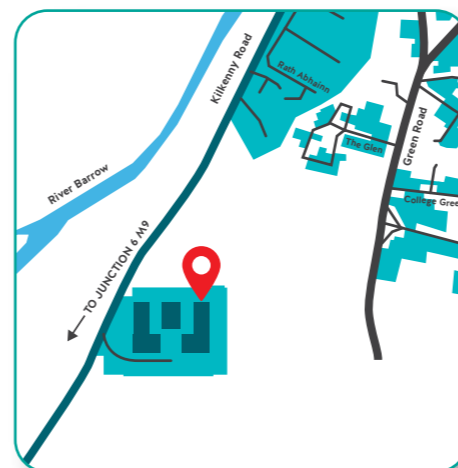
See carlowinstitute.ie for the list of full-time day courses.

Carlow Institute of Further Education and Training
Kilkenny Road
Carlow, R93 X0FX

t: 059 913 4230

e: applications@carlowinstitute.ie

w: www.carlowinstitute.ie/nightcollege



DESIGN & PRINT JONES BUSINESS SYSTEMS 059 9133599

Please
Take Your
Free Copy



Carlow Institute
of Further Education
and Training

**Adult Education
Night College
September 2023**

Classes start on
Tuesday, 26th September 2023



KCEB Registered Charity Number: 20083434

t 059 913 4230

e applications@carlowinstitute.ie

w www.carlowinstitute.ie/nightcollege

Welcome to our Autumn 2023 Brochure

We have over twenty night classes for you to choose from, providing a wide choice for everyone. Learn a new skill, take up a hobby, improve your knowledge and enjoy the sociable side of a night class. Carlow Institute – a college for the community.

Enrolment

- All courses will take place from 7pm – 9pm * **Exception:** Courses will run for eight weeks ** **Exception:** All classes start on Tuesday, 26th September 2023
- Mid-term break – 31st October 2023 (no classes)
- Last class will take place on – 21st November 2023 **

How to enrol

Online enrolment only at www.carlowinstitute.ie – Night college.

Telephone Enquiries:
059 913 4230

Further Information

Tel: 059 913 4230

Lines open from 9:30am - 4:00pm

Email: applications@carlowinstitute.ie

Web: www.carlowinstitute.ie/nightcollege

Address: Mortarstown Upper, Kilkenny Road, Carlow, Co. Carlow.

Payment of Fees

Fees must be paid in full and in advance. Fees are non-refundable except where a course does not take place due to low enrolment.

Class Materials: Have been noted on the course list, where applicable.

Car Park: Free car parking is available with over 300 spaces

Course Formation: Formation of a course is dependent on sufficient numbers. A full refund of fees will apply if a course does not form.

Minimum Age Requirement:
18 years

Payment of Fees

Payment of fees is online only. We do not accept any other form of payment.

Basic Materials: Where a basic materials fee is listed, you will be provided with the basic materials to participate in the class. Any additional materials costs to be covered by the learner.

Photography (Introduction to Digital Photography)

This practical, hands-on course will introduce you to camera's controls and the camera function. You will learn aperture, shutter speed, white balance and compositional techniques to get perfect photos every time. Composition and lighting for portraits, still-life, landscape and nature. This course is suitable for beginners and improvers. You need your own digital camera.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85

Landscape Painting for Beginners

Learn painting in a relaxed and supportive environment. The focus of this class is on developing individual abilities in painting style and expression by providing advice and demonstrations of techniques. Class tutor is experienced and is a practising artist.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85

Basic Computer Skills

All you need to know about using the Internet for day-to-day activities. This course is designed to build your digital skills for the modern world and includes email, managing transactions online, accessing documents and downloads and many other helpful.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85

CAD for Beginners (AutoCAD)

This course is designed for people interested in working with CAD and who want to learn how to use AutoCAD software for the production of a wide variety of drawings. The ability to use computers is necessary.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85

Carpentry Skills for DIY

Develop your basic skills in carpentry to help with a wide range of home projects. You will learn how to use essential carpentry tools and techniques.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85 **Materials charge:** €50

Language – French – Introduction to conversational French

Enjoy learning conversational French and discovering the culture of France. This class is suitable for those interested in learning the basic of the French language.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85

Language – Spanish

This course is suitable for those interested in improving their spoken Spanish. Enjoy learning conversational Spanish and discovering the culture of Spain.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85

Language – Gaelige

If you would like to develop your conversational Irish, this course is an ideal opportunity to brush up skills and vocabulary and develop your confidence in speaking and listening to Irish.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85

Introduction to Law

Understand the basics of Irish law and terminology. Gain the knowledge of basic legal practice to appreciate the role of law in a range of contexts and within your personal lives.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85

Yoga

Yoga focuses on relaxation, posture, awareness, breathing exercises, meditation. Suitable for all levels. Bring your own exercise mat, towel and bottle of water.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85

Pilates

Pilates invigorate the mind, develops core muscle strength, improves balance and co-ordination. Suitable for beginners. Limited number in class. Bring your own exercise mat, towel and bottle of water.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85

Flower Arranging

Learn the skills of flower arranging through demonstrations and participation. Create your own arrangement of fresh flowers.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85 **Materials charge:** €80

Lace Making

Join this class to discover the delicate art of lace making. You will learn a variety of techniques through practical projects.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85 **Materials charge:** €50

Knitting and Crochet

Learn how to knit and crochet in a fun, sociable class. This course is provided in a very relaxing and enjoyable environment where you can meet, swap patterns and knit/crochet together.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85 **Materials charge:** €50

Hat Design (Millinery) Beginners

This course will teach you how to make beautifully hand-crafted hats. You will learn the skills and techniques used to block and shape and to create your own design.

Sessions: 8 Tuesday 7pm – 9pm **Fee:** €85 **Materials charge:** €100