



See [carlowinstitute.ie](http://carlowinstitute.ie) for the list of full-time day courses.

Carlow Institute of  
Further Education and Training  
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Carlow, R93 X0FX

t: 059 913 4230  
e: [applications@carlowinstitute.ie](mailto:applications@carlowinstitute.ie)  
w: [www.carlowinstitute.ie/nightcollege](http://www.carlowinstitute.ie/nightcollege)



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## Carlow Institute of Further Education and Training

### Adult Education Night College September 2024

Classes start on  
Tuesday, 24th September 2024



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## Welcome to our Autumn 2024 Brochure.

We have a range of 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
- All classes start on Tuesday, 24th September 2024
- Mid-term break – 28th October – Friday 1st November 2024 (no classes)
- Last class will take place on – 19th November 2024

### How to enrol

Online enrolment only at [www.carlowinstitute.ie](http://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](mailto:applications@carlowinstitute.ie)

**Web:** [www.carlowinstitute.ie/nightcollege](http://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. This course will also cover basic digital editing skills.

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

### Landscape Painting

Learn painting in a relaxed and supportive environment. The focus of this class is on developing individual abilities in painting style through the use of oils, acrylics or watercolours. Class tutor is an experienced 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 digital skills.

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

### 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

### Spanish – Introduction to Conversational 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

### 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 develops core strength, relieves back pain and stress and improves balance and co-ordination. Suitable for beginners. Bring your own exercise mat, towel and bottle of water.

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

### 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

### Nail Styling

Introductory Course to include manicure, shellac and nail art. This nail styling course is ideal to learn the basics in nail styling and care. Nail kit supplied €30. Course will take place in our ultra-modern salon.

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

### 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 – Simple Suppers

Learn how to make delicious and simple meals with easy-to-follow recipes, made from healthy, natural products.

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

### 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

### Sign Language (ISL)

This 8-week course is a step-up ISL class suitable for students who want to learn the basics of ISL.

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