

BECOMING MORE RESILIENT

Become more resilient using cognitive-based therapies and mindfulness-based strengthening techniques. This course aims to help you develop resilience for a happier and healthier life.



PHOTOGRAPHY/FILM - THE BASICS:

The object of this eight week course is to learn how to use a Digital Single Lens Reflex camera (DSLR). Students will discover how cameras work and learn about the history of photography in its various forms since 1860. Scenes from 20th and 21st century cinema will be shown to highlight various photographic techniques. We will study the importance of exposure, shutter speeds and film grain by a variety of media. The course will demonstrate how to take photos under different lighting conditions, even in semi-darkness. The class will identify common mistakes in photography and how to correct them. We will explore how reflections in a human eye heighten a beautiful portrait and how to achieve a 'perfect' photograph. At the end of the course there will be a class/school presentation of the students' finest work.



PHILOSOPHY - AN INTRODUCTION

Literally translated as being a love of knowledge/wisdom; philosophy aspires to answer the fundamental questions in life and get to the very root of human existence in order to develop a greater understanding of our place in the world and our relationships with one another. Do we know there is a God? What is the ultimate nature of the universe? What constitutes a right and wrong action? We will also look at the historical development of philosophy from the Ancient Greeks to the moderns.

INTRODUCTION TO MOUNTAIN NAVIGATION COURSE.

The course begins by looking at maps and map scales, how to interpret the symbols on maps, what are grid lines and how we use them to pinpoint our position by giving a grid reference. We progress to looking at contour lines and their interpretation, and how they represent features in the landscape, (hills, valleys, etc...) We will learn how to measure distance, by estimation and by using a compass, and move on to using the compass to find a direction of travel and to walk on a bearing. Finally, we shall look at route planning, navigational strategies and bringing all of our new skills together to become independent and competent navigators.

PUBLIC SPEAKING

Become more confident with public speaking. Make a wedding speech, deliver that sales pitch or simply be yourself in any group at any time. Participants will engage in fun, short speaking exercises every week and craft and deliver unique and engaging speeches.

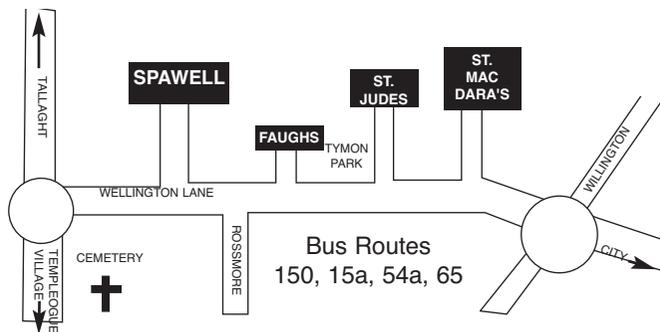
CREATIVE WRITING

Have you decided this is the year you'll see your name in print, on the cover of a novel or in the form of a memoir, short story or essay? Tutor Ross Campbell is offering creative writing classes that will help you put a shape to your story and give you the building blocks to fulfil your dreams. Classes are relaxed and informal. Writers will receive helpful feedback on their writing from the class. Tips too on how to get your writing published. Short assignments will be given out to do each week.

DIGITAL PHOTOGRAPHY

This course will cover all aspects of digital photography including camera equipment, taking a picture, post processing and printing.

FURTHER INFORMATION ON THE ABOVE COURSES CAN BE FOUND ON www.ddletb.ie



Early enrolment is advisable as some classes may not form due to insufficient numbers

DUBLIN AND DUN LAOGHAIRE EDUCATION AND TRAINING BOARD

Cllr. Pat Hand, Cathaoirleach
Cllr. Gerry Madden, Leas Cathaoirleach
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Ms Eithne Dunne
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Mr. Joe Pitcher
Ms. Rose Callan
Dr. John Walsh
Mr. Gerard Mc Caul
Ms. Olive Phelan

DATES FOR CLASSES				
September	24th			
October	1st	8th	15th,	22nd
November	5th	12th	19th	26th
December	3rd			

Enrol at www.ddletb.ie

Bomac Printing Ltd - Walkinstown - 450 5559 - www.bomacprinting.com

PROGRAMME FOR AUTUMN 2018

St. Mac Dara's Community College

WELLINGTON LANE,
TEMPLEOGUE, DUBLIN 6W.
PHONE: 456 6216 FAX: 456 6217

Principal: MR. PAUL KINGSTON
Director of Adult Education: MS. DERVIL CORR

Adult Education & Leisure Time Activities



DUBLIN AND DUN LAOGHAIRE EDUCATION AND TRAINING BOARD

Enrolments : Monday 10th & Tuesday 11th September
ENROLMENTS DURING THIS WEEK ONLY
from 7.30p.m. - 9.00p.m. for all classes.

You can now enrol online at www.ddletb.ie

Credit/Laser card payments acceptable

COURSES WILL COMMENCE ON
Monday 24th September, 2018

No cash or cheque payments can be accepted

MONDAY

COURSE	TIME	DURATION	FEE
Computers - Beginners			
Microsoft Word, Powerpoint, Excel	7.30 - 9.30	8 Weeks	€115
Photography / Film - The Basics	7.00 - 8.00	8 Weeks	€57
Introduction to Mountain Navigation	7.00 - 8.00	8 Weeks	€57
Digital Photography	6.45 - 8.15	8 Weeks	€85
Becoming More Resilient	7.30 - 9.00	8 Weeks	€85
Yoga (Beginners)	7.30 - 9.00	8 Weeks	€85
Fitness Blast	7.30 - 8.30	8 Weeks	€57
Public Speaking	7.00 - 8.00	8 Weeks	€57
Spanish (Beginners)	7.00 - 8.30	8 Weeks	€85
Spanish (Continued)	7.00 - 8.30	8 Weeks	€85
Dressmaking	7.30 - 9.30	10 Weeks	€143
Different Types of Craft	7.30 - 8.30	8 Weeks	€57
Zumba	7.00 - 8.00	8 Weeks	€57
Philosophy - An Introduction	7.30 - 8.30	8 Weeks	€57
Tai Chi	7.30 - 8.30	8 Weeks	€57
Art	7.30 - 9.30	8 Weeks	€115
First Aid (Cert)	7.30 - 9.30	8 Weeks	€115
Salsa Dancing	7.30 - 9.00	8 Weeks	€85
Aerobics (Tummy & Thighs)	7.15 - 8.15	8 Weeks	€57
French (Beginners)	7.30 - 9.00	8 Weeks	€85
Yoga (Continued)	7.30 - 9.00	8 Weeks	€85
Pilates (Beginners)	6.30 - 7.30	8 Weeks	€57
Pilates (Improvers)	7.30 - 8.30	8 Weeks	€57
Sugar Craft Cake Art Decoration	7.30 - 9.30	8 Weeks	€115
Guitar (Beginners)	7.00 - 8.00	8 Weeks	€57
Guitar (Improvers)	8.00 - 9.00	8 Weeks	€57
Still Life Painting	7.30 - 9.00	8 Weeks	€85
Dancing for Fun and Fitness	7.30 - 9.00	8 Weeks	€85
Creative Writing	8.30 - 9.30	8 Weeks	€57
Italian For Beginners	7.00 - 8.00	8 Weeks	€57

FEES

- (i) Fees payable on enrolment or enrol online at www.ddletb.ie
Credit/Laser card payments acceptable.
- (ii) Fees are non refundable except where classes are not formed.
- (iii) No student may transfer from one subject to another, except with approval of the Adult Education Officer.
- (iv) **Payment of fees by Credit / Laser card where possible.**
- (v) **To avail of Senior Citizens rate, Senior Citizens must enrol in the college. O.A.P. rate €60.**
- (vi) The Committee accepts no obligation to refund any fee (or part fee) paid by a student to the Committee or to a student who withdraws from the course. A full refund will be given for courses which do not proceed.

No cash or cheque payments can be accepted

AGE LIMIT

The minimum age limit for students is 16 years.

STUDENTS' PROPERTY

The Dublin and Dun Laoghaire Education and Training Board does not accept responsibility for property stolen or mislaid on any of its premises.

PARKING FACILITIES AVAILABLE.

SMOKING IS NOT PERMITTED INSIDE THE COLLEGE AT ANY TIME.

YOGA

Enjoy yoga movements, postures, breath-work and relaxation to improve the wellbeing of your body, mind and spirit.

Bring a mat and a cosy blanket.

DIFFERENT TYPES OF CRAFTS

Learn all sorts of crafts from embroidery, knitting, covering boxes and making fridge magnets etc.

STILL LIFE PAINTING

Painting, mixed media and life sketching. Students are asked to bring their own personal object to the course.

FITNESS BLAST

Get your New Year off to a flier with this body conditioning class. The class will not only help improve your overall fitness but will also help you design your own plan so you can include it as part of a healthy lifestyle. This is suitable for all abilities and fitness levels.

DANCING FOR FUN AND FITNESS

Irish set dancing, céilí, sean nós, brush dance, waltz, folk dances like the mexican hat, german clap dance, etc.

FURTHER INFORMATION ON THE ABOVE COURSES CAN BE FOUND ON www.ddletb.ie

IF YOU HAVE ANY READING, SPELLING OR WRITING DIFFICULTIES OR KNOW OF ANYONE WHO HAS, PLEASE TELEPHONE 414 7187 TO TALK TO GAIL ROANTREE ABOUT GETTING HELP