



Ballsbridge College of Further Education

Coláiste Breisoideachais Droichead na Dothra

# Adult Education Programme September 2023

Arts & Crafts  
Lifestyle & Leisure  
Well-Being & Fitness  
Languages

City of Dublin Education & Training Board

## Arts And Crafts

**NEW: Knitting & Crochet for Beginners (Course Code: 01)** This 10-week course is perfect for anyone who wants to learn how to knit or crochet. Over the course of the programme, you will learn all the basic techniques needed to create beautiful and functional items, from simple scarves to more complex projects like hats and blankets. Our experienced instructor will guide you through each step of the process, giving you the confidence and skills you need to tackle any project.

With our supportive community and hands-on approach, you'll soon be hooked on the joys of knitting and crochet!

*A list of materials for this course will be emailed to you on enrolment. It is also available on the college website [www.ballsbridgecollege.com/evening-classes](http://www.ballsbridgecollege.com/evening-classes)*

**Introduction to Acrylic Painting (Course Code: 02)** is one of the most rewarding ways to express yourself artistically, and this course will explore the medium of Acrylic paint, a medium which is both flexible and durable. This class is suited to both beginners and for people with some experience in painting. During the course students will work on different skills, methods and techniques, such as perspective, colour mixing and paint application.

The course subject matter will include landscape, still life and portraiture, and the work of famous artists' will be looked at for inspiration and exciting ideas

Students of this class will benefit and grow from getting individual support and tuition and they will be encouraged to develop their own personal style. See [www.jennyclary.com](http://www.jennyclary.com)

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**Drawing for Beginners (Course Code: 03)** This course involves learning how to realistically draw what you see by accessing the creative part of your brain. Proven drawing techniques and skills will enable you to accurately draw from observation, from photos/artwork and from your own memory and imagination. The tutor will work closely with students, providing continual constructive feedback on each individual's work. Subjects will include the human face, body, nature, still life, animals, basic perspective and much more. B, 2B and 4B pencils, an A3 sketchpad, a good soft eraser and a pencil sharpener that holds shavings will be the materials required. See [www.nicolasedgwick.com](http://www.nicolasedgwick.com)

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## Drawing and Painting (Course Code: 04)

This is a popular course! It is accepted that accurate drawings are the basis for good realistic paintings, so along with learning the fundamentals of acrylics and watercolours, proven drawing techniques will also be taught. Over the weeks, students will draw and paint various subjects from observation, as well as from photos/artwork. The tutor will work closely with students, providing continual constructive feedback on each individual's work.

One or two additional media may also be introduced during the course. Time will also be given for students to explore their preferred media and subject matter. See [www.nicolasedgwick.com](http://www.nicolasedgwick.com)

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## Lifestyle & Leisure

**Interior Design (Course Code: 41)** We are delighted to present our course in Interior Design, which will provide you with the necessary skills to create a cohesive and pleasing style for your home. We will be exploring elements such as Colour techniques, making the best use of Lighting and choosing and sourcing Materials to name but a few, and we will help you build your confidence in bringing your ideas together through encouragement and close personal attention.

The Course is aimed at those new to the field of Interior Design, as well as those looking to expand their existing knowledge and flair, and will feature practical exercises along with theory making for a creative and stimulating environment that will appeal to anyone with an interest in style and inspiration.

The **Creative Writing (Course Code: 42)** course explores creativity along with structuring and editing work. The focus will be on the essential ingredients of dramatic narrative: conflict, character, contrast, movement and theme. Short stories, novels, poetry, plays and film will be dealt with, as will comedy and children's writing.

## Wellbeing & Fitness

People will be encouraged to develop strong individual writing styles and to produce at least one completed work. You may opt to submit assessment work in order to achieve the **QQI Level 5 Creative Writing** 5N0690 Minor Award.

**Bridge for Beginners (Course Code: 44)** is this term joined by **Bridge Continuation Beginners (Course Code: 43)** and a **Supervised Bridge Game (Course Code: 45)**. Our tutor from the Bridge Association explains the rules of the game, as well as game strategies. The social aspect of Bridge is stressed. See [cbai.ie/](http://cbai.ie/) **Bridge A game for life**.

**Yoga (Course Code: 50/51)** A very mindful & safe practice using a somatic approach in yoga which is more sensory based - mind-body connection.

Please bring a set of yoga blocks & a yoga mat.

### **Mindfulness (Course Code: 52)**

This course is a highly experiential 8-week Introduction to Mindfulness Meditation and the main components are participation and commitment. You wouldn't expect to learn to play an instrument or a sport merely by reading a book on the subject, likewise learning to develop a meditation practice is no different than any other skill that involves both mind and body – practice is the key. Working as part of a group helps to encourage participation, intention and a collective energy which can have a profound impact on motivation, support and inspiration.

This 8-week programme involves a blended approach that includes experiential exercises, formal meditation practices, mindfulness tips and techniques, and the realistic application of mindfulness in everyday life. See [www.6thsenseworks.ie](http://www.6thsenseworks.ie)

### **NEW: Yogafulness (Course Code: 53)**

In this practical course, you will explore all dimensions of the human being in a positive, supported, holistic, and knowledgeable way.

What you will learn is based on Classical Yoga, adapted to the modern challenges of the 21st century. Here, the human being is approached as a whole, understanding the interconnectivity and interdependency of body, emotions, mind, and awareness.

By attending this course and mastering the execution of the taught techniques *you will enhance your cognitive functions* including memory and memory recall, mental clarity, attention, and processing speed, train your mind to stay focused for an extended period and *improve awareness of the self and mood.*

Learn tools to reduce stress and anxiety by reducing the levels of cortisol and adrenaline, regulating your heart rate, calm your mind.

Have *better sleep*, by releasing physical, emotional, and mental tension.

*Improve physical flexibility, strength and balance, respiratory function, digestive function, eyesight and boost your immune system.*

*Learn how to intentionally relax, focus, calm or increase your levels of energy and vitality, discovering how to regulate your inner chemistry.*

### **Pilates Beginners (Course Code:**

**54/55/56)** If you are new to the world of Pilates or you haven't done it for a while, this class is for you. Pilates is a workout focusing on your core strength as well as for conditioning your full body, improving your flexibility and raising your mind & body awareness. Want lean abdominals and strong body without having to lift weights and staying in the gym for hours and hours? This is the class to join.

### **Pilates Improvers (Course Code: 57)**

If you have already taken part in many Pilates courses before and you want to join again, this is the class to come to. Flowing from one exercise to another, this class is at a higher level. Join me and not only feel, but also see your body changing day by day!

**Nutrition (Course Code: 58)** This course will help participants with a personal self-assessment through body and facial diagnosis. It will give an understanding of how old diet habits have affected present health and fitness. An Irish eating plan, using produce grown locally or in a similar climate will be emphasised. The body's meridians of energy and their healing foods will be discussed.

# Languages

The **English as a Foreign Language** courses use a communicative approach where students practice the four key skills: reading, writing, listening and speaking. Grammar will also be taught. Materials are supplied except for a textbook. Class size is limited and groups are taught at **Intermediate (Course Code: 85)** and **Advanced (Course Code: 86)** levels.

**Preparation for IELTS: Intensive (Course Code: 82).** The International English Language Testing System examination is a requirement for non-native speakers of English who wish to use their professional qualifications in an English-speaking country, and also to study at degree, masters or doctorate level.

Preparation is offered for all parts of the examination, which takes place in University College Dublin (UCD), among other venues. This course offers students the chance to prepare for the IELTS examination in a concentrated way – 5 hours of class per week over two evenings. See [www.ielts.org/test\\_takers\\_information.aspx](http://www.ielts.org/test_takers_information.aspx) for more information.

**Beginners' Italian (Course Code: 90) and Beginners' Spanish (Course Code: 80/87)** are for those wishing to learn the basics of the languages so they can communicate when they meet native speakers, both here in Dublin, or on holidays/business. Emphasis will be on the spoken language as it is used in real-life situations. Students will develop their knowledge of the language through exploring aspects of the cultures involved.

This term we are also offering **Spanish Continuation Beginners (Course Code: 81); Spanish Intermediate (Course Code: 88)** (suitable for anyone who has completed a Beginners course); **Italian Intermediate (Course Code: 84)** and **Italian Upper-Intermediate (Course Code: 89)**, designed for students who have already built a good control of basic vocabulary and grammar and have developed basic conversation skills. We are now also offering **Italian Advanced (Course Code: 83)** for students who wish to further perfect their language skills.

**Our French classes will return in January 2024**

# Enrolment

You may **register and pay online** at our website [www.ballsbridgecollege.com/](http://www.ballsbridgecollege.com/) apply

Postal payment by cheque and postal order continue to be possible.

**Please note: there will be no enrolment evenings this term.**

**Fee Waivers:** A small fund is available to help those who have difficulty attending a course due to the course fees. Applications for fee waivers must be made to the Principal, whose decision is final.

**Fees** are payable in advance and are not transferable to another student. Cheques and postal orders should be made payable to City of Dublin ETB. Please write your name and address and current Banker's Card number on the back of the cheque.

**Refund of Fees:** No refund of fees can be made except where a course does not form.

**Rules and Regulations:** All enrolments are subject to the rules and regulations of City of Dublin ETB, a copy of which is available from the Principal. A copy is also on display in the College foyer.

*The College will be closed for Mid - Term during the week Monday, October 30th to Friday, October 3rd, inclusive.*

**How to get here:** Ballsbridge College is at the top of Shelbourne Road, beside the Post Office. All city centre buses that pass through Ballsbridge pass right beside the College. The cross-city number 18 bus also passes the College. Lansdowne Road Dart station is just five minutes' walk away.

**Parking:** The road running through Herbert Park, which is a couple of minutes on foot from the College, has free parking from 6.30pm onwards. Before this time, there is pay-and-display parking. At time of going to press, some of the road has free parking from 2pm.

There is pay-and-display parking on Shelbourne Road up to 7.00pm on the OPPOSITE side of the road to the College. The College side is a clearway from 4.00pm to 7.00pm.

**Always check on-street signage when parking, as it may be changed without notice.**

*The College can be contacted as follows:*

Tel: 01 6684806

Web: [ballsbridgecollege.com](http://ballsbridgecollege.com)

E-mail: [eveningadmissions@ballsbridge.cdetc.ie](mailto:eveningadmissions@ballsbridge.cdetc.ie)

**Ballsbridge College takes no responsibility for any errors or omissions in this brochure.**

# Adult Education Programme September 2023

Code	Course	Day	Time	Fee	Wks	Start Date
<b>Arts And Crafts</b>						
01	Knitting & Crochet for Beginners)	Tues	6.00 - 7.30	€90	10	19/09
02	Introduction to Acrylic Painting	Mon	6.00 - 9.00	€180	10	18/09
03	Drawing for Beginners	Mon	6.00 - 9.00	€180	10	18/09
04	Drawing & Painting	Tues	6.00 - 9.00	€180	10	19/09
<b>Lifestyle &amp; Leisure</b>						
41	Interior Design	Mon	6.00 - 9.00	€180	10	18/09
42	Creative Writing QQI level 5	Tues	7.00 - 9.00	€150	10	19/09
43	Bridge Continuation Beginners	Mon	5.30 - 7.15	€100	10	18/09
44	Bridge Beginners	Mon	7.15 - 9.00	€100	10	18/09
45	Supervised Bridge Game	Wed	5.30 - 7.15	€100	10	20/09
<b>Wellbeing &amp; Fitness</b>						
50	Yoga	Mon	6.00 - 7.30	€100	10	18/09
51	Yoga	Mon	7.30 - 9.00	€100	10	18/09
52	Mindfulness	Mon	7.00 - 8.30	€105	8	18/09
53	Yogafulness	Tue	6.30 - 8.00	€100	10	19/09
54	Pilates Beginners	Wed	4.30 - 5.30	€70	10	20/09
55	Pilates Beginners	Wed	5.30 - 6.30	€70	10	20/09
56	Pilates Beginners	Wed	6.30 - 7.30	€70	10	20/09
57	Pilates Improvers	Wed	7.30 - 8.30	€70	10	20/09
58	Nutrition	Wed	7.00 - 9.00	€120	10	20/09



Code	Course	Day	Time	Fee	Wks	Start Date
<b>Language Courses</b>						
80	Spanish Beginners	Mon	6.00 - 7.30	€90	10	18/09
81	Spanish Continuation Beginners	Mon	7.30 - 9.00	€90	10	18/09
82	IELTS	Mon/ Wed	6.00 - 8.30	€270	10	18/09
83	Italian Advanced	Mon	6.00 - 7.30	€90	10	18/09
84	Italian Intermediate	Mon	7.30 - 9.00	€90	10	18/09
85	EFL Intermediate	Wed	6.00 - 9.00	€180	10	20/09
86	EFL Advanced	Tues	6.00 - 9.00	€180	10	19/09
87	Spanish Beginners	Wed	6.00 - 7.30	€90	10	20/09
88	Spanish Intermediate	Wed	7.30 - 9.00	€90	10	20/09
89	Italian Upper Intermediate	Wed	6.00 - 7.30	€90	10	20/09
90	Italian Beginners	Wed	7.30 - 9.00	€90	10	20/09

**Please Note: No refund of fees is possible except in the case that a course does not form.**

**The College is closed for Mid-Term on Monday October 30th, Tuesday October 31st and Wednesday November 1st.**

**Ballsbridge College of FE**  
**Day-Time Full-Time courses**  
**QQI Level 5 & 6 programmes**

**Business**

**Criminology**

**Psychology**

**English - EFL**

**Multimedia**

**Marketing**

**Social Studies**

**Event Management**

**Property**

**Human Resources**

**Health & Fitness**

**Design**

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