City of Dublin FET College
Ballsbridge

Adult Education Programme

September 2026

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

City of Dublin Education & Training Board

Arts & Crafts Courses

Introduction to Acrylic Painting (Course Code: 01) 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.

A list of materials for this course will be available on the College website. ***https://www.ballsbridgecollege.com/evening-classes/***

Drawing for Beginners (Course Code: 02)

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. 2B, 4B and 6B pencils, an A4 sketchpad, a good soft eraser and a pencil sharpener that holds shavings are the materials required.

See ***http://www.nicolasedgwick.com/***

A list of materials for this course will be available on the College website. ***https://www.ballsbridgecollege.com/evening-classes/***

Drawing and Painting (Course Code: 03)

This is a busy course! Accurate drawings are the foundation of good realistic paintings, so along with learning the basics of acrylics, pastels and watercolours, proven drawing techniques will also be taught. Over the ten 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. Time will also be given for students to explore their preferred media and subject matter. A list of materials will be given out at enrolment.

See ***http://www.nicolasedgwick.com/***

A list of materials for this course will be available on the College website. ***https://www.ballsbridgecollege.com/evening-classes/***

NEW Drama Workshop (Course Code: 05)
This course is an introduction to drama and its various practices. We will explore improvisation, text work and physical theatre while building confidence and communication skills.
Sessions are collaborative, encouraging participants to express themselves, work together in a fun and safe environment. No previous experience is required, only curiosity and a willingness to try.

Introduction to Watercolours (Course Code: 04) is intended for beginners, but is also suitable for those with some experience. Various simple subjects suitable to watercolours are used – landscapes, flowers, interiors, etc. Basic drawing, composition, perspective and colour mixing are covered in the course.

A list of materials for this course will be available on the College website. ***https://www.ballsbridgecollege.com/evening-classes/***

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

Lifestyle & Leisure Courses

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.

Bridge for Beginners (Course Code: 43) is this term joined by **Bridge Continuation Beginners (Course Code: 45)** and a **Supervised Bridge Game (Course Code: 44)**. 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 http://cbai.ie/ Bridge, A game for life.

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

Wellbeing & Fitness Courses

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.

Yogafulness (Course Code: 52)
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.

Please bring a yoga mat to class.

Pilates Beginners
(Course Code: 54, 56 & 57)
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.

Please bring a yoga mat to class.

Pilates Mixed Abilities
(Course Code: 55)
If you have already taken part in a Beginners group but want to remain at that level for a bit longer, this is the group for you.

Please bring a yoga mat to class.

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

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: 86)** level.

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 http://www.ielts.org/test_takers_information.aspx for more information.

This term we are offering **German for Beginners (course code: 87)**. This is a general language course that will focus on speaking and listening with learners kept as active as possible through practice using real world situations.

Spanish Beginners (Course Code: 80 & 88) is for those wishing to learn the basics of the language 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 culture involved.

This term we are also offering **Italian Beginners (Course Code: 91)**, **Spanish Continuation Beginners (Course Code: 89)**; **Spanish Pre-Intermediate (Course Code: 81)** (suitable for anyone who has completed a Beginners course); **Italian Intermediate (Course Code: 85)** and **Italian Upper-Intermediate (Course Code: 90)**, designed for students who have already built a good control of basic vocabulary and grammar and have developed basic conversation skills.
We are also offering **Italian Advanced (Course Code: 84)** for students who wish to further perfect their language skills.

Italian Advanced Level 2 (Course Code: 83) is for those who have at least five continuous years of Italian learning & practice.

French is returning this term at **Beginners (Course Code: 92)** and **Continuation Beginners (Course Code: 93)** level.

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

Enrolment

You may **register and pay online** at our website ***https://www.ballsbridgecollege.com/apply-for-evening-class/***

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

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, 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.

How to get here: City of Dublin FET College Ballsbridge is at the bridge end of Shelbourne Road. All city centre buses that pass through Ballsbridge pass right beside the College. The cross-city number S2 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 the 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:

City of Dublin FET College Ballsbridge

01 6684806
http://www.ballsbridgecollege.com
eveningadmissions@ballsbridge.cdetb.ie

City of Dublin FET College Ballsbridge takes no responsibility for any errors or omissions in this brochure.

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 26th, Tuesday October 27th & Wednesday October 28th 2026.

Adult Education Programme
September 2026

Code	Course	Day	Time	Fee	Weeks	Start Date
Arts & Crafts						
01	Introduction to Acrylic Painting	Mon	6.00 – 9.00	€180	10	14/09
02	Drawing for Beginners	Mon	6.00 – 9.00	€180	10	14/09
03	Drawing & Painting	Tue	6.00 – 9.00	€180	10	15/09
04	Introduction to Watercolours	Wed	6.00 – 9.00	€180	10	16/09
05	Drama Workshop	Wed	6.30 – 8.00	€100	10	16/09
Lifestyle & Leisure						
41	Interior Design	Mon	6.00 – 9.00	€180	10	14/09
43	Bridge Beginners	Mon	5.30 – 7.15	€100	10	14/09
44	Supervised Bridge Game	Mon	7.15 – 9.00	€100	10	14/09
45	Continuation Bridge Beginners	Tue	5.30 – 7.15	€100	10	15/09
Wellbeing & Fitness						
50	Yoga	Mon	6.00 – 7.30	€100	10	14/09
51	Yoga	Mon	7.30 – 9.00	€100	10	14/09
52	Yogafulness	Tue	6.30 – 8.00	€100	10	15/09
54	Pilates Beginners	Wed	4.30 – 5.30	€70	10	16/09
55	Pilates Mixed Abilities	Wed	5.30 – 6.30	€70	10	16/09
56	Pilates Beginners	Wed	6.30 – 7.30	€70	10	16/09
57	Pilates Beginners	Wed	7.30 – 8.30	€70	10	16/09

Code	Course	Day	Time	Fee	Weeks	Start Date
Language Courses						
80	Spanish Beginners	Mon	6.00 – 7.30	€90	10	14/09
81	Spanish Pre-Intermediate	Mon	7.30 – 9.00	€90	10	14/09
82	IELTS	Mon/Wed	6.00 – 8.30	€270	10	14/09
83	Italian Advanced Level 2	Mon	4.30 – 6.00	€90	10	14/09
84	Italian Advanced	Mon	6.00 – 7.30	€90	10	14/09
85	Italian Intermediate	Mon	7.30 – 9.00	€90	10	14/09
86	EFL Intermediate	Tue	6.00 – 7.30	€90	10	15/09
87	German Beginners	Tue	6.30 – 8.00	€90	10	15/09
88	Spanish Beginners	Wed	6.00 – 7.30	€90	10	16/09
89	Spanish Continuation Beginners	Wed	7.30 – 9.00	€90	10	16/09
90	Italian Upper Intermediate	Wed	6.00 – 7.30	€90	10	16/09
91	Italian Beginners	Wed	7.30 – 9.00	€90	10	16/09
92	French Beginners	Wed	6.00 – 7.30	€90	10	16/09
93	French Continuation Beginners	Wed	7.30 – 9.00	€90	10	16/09

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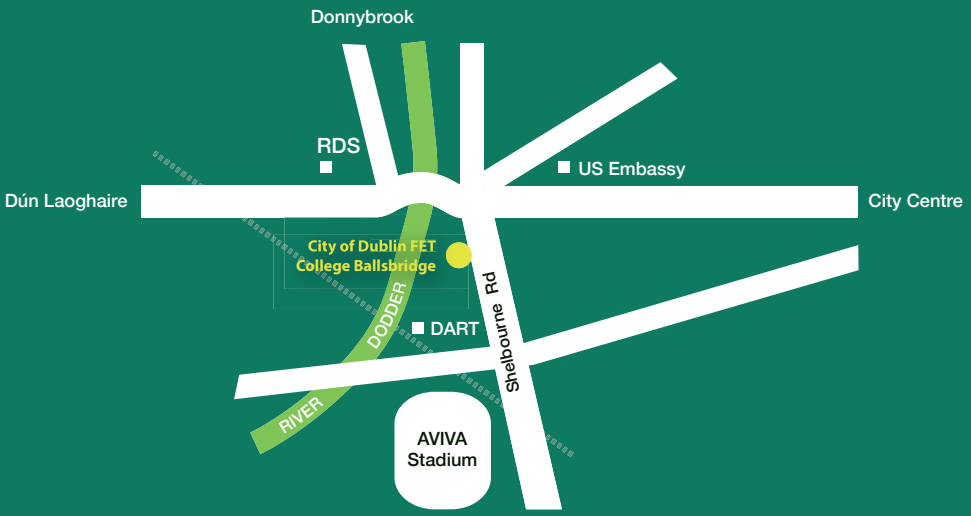
FET College
Ballsbridge



City of Dublin FET College Ballsbridge
Day-Time Full-Time courses
QQI Levels 5, 6 & 8 programmes

Creative Media
Business Administration & Law
Engineering & Construction
Health, Welfare & Education
Language, Literacy & Lifelong Learning

Tel: 01 668 4806
Web: http://www.ballsbridgecollege.com
E-mail: eveningadmissions@ballsbridge.cdetb.ie