

## PROGRAMME INFORMATION

All courses run for **10 weeks**  
*Unless otherwise stated*

### GENERAL COURSE FEES

- €20 Unemployed / State Pension
  - €60 Employed / State or Private Pension
- Unless otherwise stated*

### ENGLISH LANGUAGE COURSE FEES

- €40 Unemployed
  - €80 Employed - Part time or Full Time
- Unless otherwise stated*

### ZUMBA COURSE FEES

- €40 Unemployed / State Pension
- €80 Employed / State or Private Pension

## REGISTRATION

**TUESDAY & WEDNESDAY**  
**28TH & 29TH MARCH 2017**  
**9AM-8PM**

**COURSES START WEEK OF**  
**3RD APRIL 2017**

Ozanam House Adult Programmes are part funded by  
CDETB



# SVP



## OZANAM HOUSE COMMUNITY RESOURCE CENTRE

**53 MOUNTJOY SQUARE WEST**  
**DUBLIN 1**

**PHONE: 01 8742804**

**ADMIN@OZANAMHOUSE.IE**

**WWW.OZANAMHOUSE.IE**



'SVP Ozanam House'

**OPENING HOURS:**  
**MONDAY - FRIDAY**  
**9AM - 9PM**

**COME IN AND SEE US**



# SVP



## ADULT COURSES SPRING 2017

### REGISTRATION

**TUESDAY & WEDNESDAY**  
**28TH & 29TH MARCH 2017**  
**9AM - 8PM**

**COURSES START WEEK OF**  
**3RD APRIL 2017**

# COMPUTER CLASSES

We talk you through our classes to make sure we find the best class and level for you

## ABSOLUTE BEGINNERS

Switch on your computer and take it nice and slowly from the start

Monday 10:30am - 12:00pm  
Monday 7:00pm - 8:30pm

## BASIC COMPUTERS & THE INTERNET

Bringing you to the next level, building confidence as you go

Monday 2:30pm - 4:00pm  
Tuesday 10:30am - 12:00pm

## GET MORE FROM YOUR COMPUTER

Learn how to personalise and manage your computer better

Friday 10:30am - 12:00pm

## ECDL & FETAC PREPARATION COURSE **\*\*NEW\*\***

An Introduction to Word, Excel and Powerpoint.

Wednesday 2:30pm - 4:00pm

## MOBILE TECHNOLOGY - GET CONNECTED

Connect your phone, save pictures, learn about social media

Thursday 10:30am - 12:00pm Level 1  
Thursday 2:30pm - 4:00pm Level 2

## MOBILE PHONE CLASS FOR BEGINNERS

Learn the basics of using your mobile phone

Tuesday 2.30pm - 4:00pm

# LANGUAGE CLASSES

## ENGLISH

Learn practical English for everyday use

### BEGINNERS LEVEL

Monday & Friday 10:30am - 12:30pm

# HOME & LIFE



## FAMILY COOKERY CLASSES

Learn how to cook simple dishes for all the family

### Level 1

- How to prepare and cook simple tasty dishes
- Information on healthy eating and nutrition
- Practical tips you'll use at home

Wednesday 7:00pm - 9:00pm  
Thursday 10.30am - 12:30pm

### Level 2

- Use a variety of different ingredients
- Have more choice and adventure in the recipes

Thursday 7:00pm - 9:00pm

## HOME MANAGEMENT **\*\*NEW\*\***

Learn new skills to improve your home life in a fun, relaxed class - includes cooking, sewing and family budgeting

Tuesday 10:30am - 12:30pm

## DRESS MAKING

Learn how to use a sewing machine, make simple garments and how to do some general alterations in a fun and social class

Thursday 10:30am - 12:30pm  
Friday 10:30am - 12:30pm



## BASIC DIY **\*\*NEW\*\***

Learn the basic skills to carry out safe DIY in your home. The best tools to use and where to get them

Wednesday 2:00pm - 4:00pm

# CREATIVE CLASSES



## ART CENTRE

A course in painting & drawing that will help unleash your creativity

Monday 10:00am - 12:00pm  
Wednesday 10:00am - 12:00pm

## DRAMA

Enjoy improvisation in a social group

Monday 11:00am - 12:30pm



## ADULT CHOIR

Learn to sing in a fun friendly choir group

Wednesday 12:30pm - 1.30pm

# HEALTH & FITNESS

## YOGA

Relaxing classes for everyone

Monday **Beginners** 6:30pm - 7:30pm  
Monday **Improvers** 7:45pm - 9:00pm

## LINE DANCING

Keep fit and have fun

Wednesday 11:30am - 12:30pm

## ZUMBA PILOXING - DANCE FITNESS

A muscle-toning, fat burning workout that will make you feel physically & mentally empowered

Wednesday 7.30pm - 8.30pm

