

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*

ZUMBA COURSE FEES

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

REGISTRATION

**TUESDAY & WEDNESDAY
10TH & 11TH APRIL 2018**

9AM-8PM

**COURSES START WEEK OF
16TH APRIL 2018**

Ozanam House Adult Programmes are part funded by



SVP



OZANAM HOUSE COMMUNITY RESOURCE CENTRE

**53 MOUNTJOY SQUARE WEST
DUBLIN 1**

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Find us on
Facebook

'SVP Ozanam House'

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

COME IN AND SEE US



SVP



ADULT COURSES SPRING 2018

REGISTRATION

**TUESDAY & WEDNESDAY
10TH & 11TH APRIL 2018
9AM - 8PM**

**COURSES START WEEK OF
16TH APRIL 2018**

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

ECDL & FETAC PREPARATION COURSE

An Introduction to Word, Excel and Powerpoint

Wednesday 2:30pm - 4:00pm
Friday 10:30am - 12:00pm

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
Gain better knowledge of internet safety

INTERNET SAFETY

INTERNET SAFETY FOR PARENTS ****NEW****

Wednesday 10:30am -12:30pm

This course runs over 2 weeks - €5 Fee

HOME & LIFE



COOKERY CLASSES

Learn how to cook simple dishes for you and all the family

Simple cooking for all

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

Thursday 10.30am - 12:30pm

Cookery—Improvers class

General cookery classes learn how to Improve your skills and learn new dishes

Wednesday 7:00pm - 9:00pm

INTRODUCTION TO MINDFULNESS ***NEW***

Introduction to mindfulness to help reduce stress, anxiety

Tuesday 11:30am - 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 - 12:30p



BASIC DIY

Learn the basic skills to carry out safe DIY in your home. The best tools to use and were 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
Tuesday **Beginners** 10:00am - 11:00am



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 7.00pm - 8.00pm