

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
9TH & 10TH JANUARY 2018
9AM-8PM

COURSES START WEEK OF
15TH JANUARY 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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ADMIN@OZANAMHOUSE.IE

WWW.OZANAMHOUSE.IE



'SVP Ozanam House'

OPENING HOURS:
MONDAY - FRIDAY
9AM - 9PM

COME IN AND SEE US



SVP



ADULT COURSES **WINTER 2018**

REGISTRATION

TUESDAY & WEDNESDAY
9TH & 10TH JANUARY 2018
9AM - 8PM

COURSES START WEEK OF
15TH JANUARY 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

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

INTERNET SAFETY

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

Gain better knowledge of internet safety

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

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

Exploring Cooking

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

Thursday 7:00pm - 9:00pm

HOME SKILLS CLASS

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

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 7.00pm - 8.00pm

