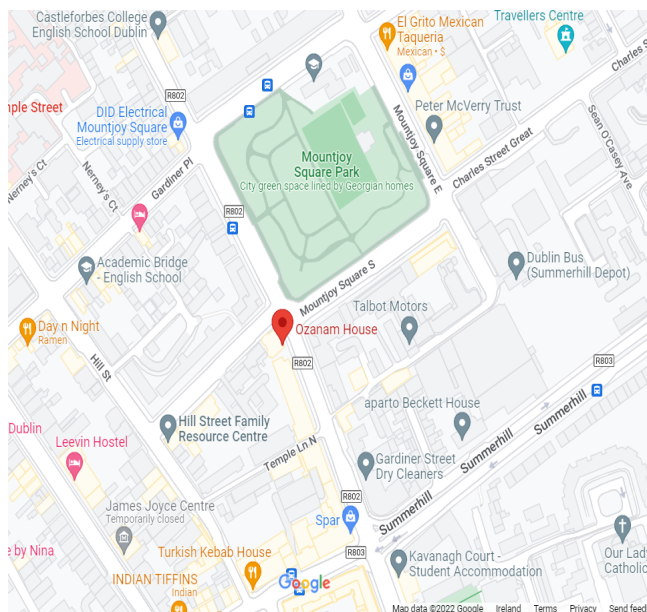


Other Services:

Active Retired Group
Men's Group
Youth Services
Childcare
Room Rental



Opening Hours: Monday - Friday
9am - 9pm
Phone: 874 2804
Email: admin@ozanamhouse.ie



Programme Information

All courses run for **10 weeks**
starting week of 20th January 2025
(Unless otherwise stated)

General Course Fees

€30 Unemployed / State Pension
/ Part-time Worker (Unless otherwise stated)

€60 Employed / State or Private Pension (Unless otherwise stated)

Ozanam House Adult Education courses provide the North Inner City Dublin community with the opportunity to return to education.

Our team of volunteers, staff and teachers dedicate their skills and time to providing excellent services in a friendly, fun & safe environment.

'SVPOzanamHouse'



Ozanam House Adult Education

Jan – Mar 2025

Ozanam House Resource Centre
Society of St. Vincent de Paul
53 Mountjoy Square West, Dublin 1





Yoga

Monday

We offer yoga classes for all. Whether you're looking for gentle, beginner-friendly classes or something more intense. Each class offers a mix of slow mindful movements, with a focus on flexibility, balance and strength building, breathing exercises, and relaxation techniques to help reduce stress!

Beginners : 6:30pm - 7:30pm Improvers 7:30pm - 8:30pm



Guitar

Group Guitar lessons for Beginners. The course follows the Acoustic Guitar syllabus from the London College of Music and beginners level Music Theory with the Royal Irish Academy of Music.

Guitar: 10:00am - 11:30am

Tuesday



Computers

Learn basic computer skills at your own pace. Students will gain knowledge and experience on what a computer is and learn how to work it before progressing onto Word, Excel and PowerPoint.

11:00am - 12:30pm

Wednesday



Cookery

FREE! A fun nutrition and cookery course which helps people to make better choices when they shop, cook and eat.

1:00pm - 3:30pm for 6 Weeks



Sewing and Dressmaking

Wednesday and Saturday

Learn a new skill and display your creativity with something handmade by you! Learn how to use a sewing machine, make simple Garments, Home Furnishings and how to do some general alterations in a fun and social class.

Wednesday: 9:30 am - 11:30am

Saturdays: 2:30pm - 4:30pm



Art and Crafts

Wednesday and Thursday

Painting Mediums: Oil, Acrylic, Watercolour, Gouache
Drawing Mediums: Pencil; Charcoal; Oil Pastel; Chalk Pastel; Indian Ink; Twig and Ink
Printmaking Techniques: Drypoint Etching; Monoprinting; Linocut; Collagraph; Card Printing and Clay Modelling
With an exhibition in June.

No special equipment needed.

9:30am - 11:00am

Wednesday



Mobile Phone Technology

Get connected! Learn how to use your phone, tablet, camera or any other mobile device?

This class will teach you how to connect your phone, save pictures, use social media and more.

11:00am - 12:30pm



Line Dancing

Friday

Ozanam House offer courses in Line Dancing. At the start of every term, it is back to basics! An hour of fun exercise to music offers a great way to improve your well being. The Friday class dance to Pop, Country, Irish, Salsa and much more. Beginners welcome. **12:30pm - 13:30pm**



Piano

Group Piano Lessons for beginners. Follows the Pianoforte syllabus and beginners Level Music theory with the Royal Irish Academy of Music. Graded exams are encouraged but not required. The main objective to have fun and learn.

Piano: Friday 4.30pm - 6.00pm



Tai Chi

Saturday

Taiji is a lifestyle that nurtures harmony between body, mind, and spirit. This class lays the foundation for your future Taiji journey, introducing you to essential principles, basic Wu style movements and Eight Brocade Qigong. You will develop a deeper understanding of your body alignment, relaxation and energy flow. Cultivate balance, harmony, strength, flexibility and agility physically, mentally and spiritually.

1:00pm - 2:30pm