



**NOW  
ENROLLING  
AUTUMN 2024  
COURSES**

# 2024 AUTUMN COURSES BALLYBODEN



**B.A.S.E. (Ballyboden Adult Social Education )**  
**Phone: 087 7395730 (Mon – Thurs 10.30–1.30)**  
**Email: [baseballyboden@gmail.com](mailto:baseballyboden@gmail.com)**  
**Find us on Facebook**

Check out the website [www.acenetwork.ie](http://www.acenetwork.ie) for more details and course updates.

**Sponsored by Dublin & Dún Laoghaire ETB**  
We are affiliated with the adult community education network – Ace network



### MEET NEW PEOPLE

Socialise and meet people from the locality.



### LEARN NEW SKILLS

Gain new skills in the garden, dance, language and more.



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**Contact**  
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[baseballyboden@gmail.com](mailto:baseballyboden@gmail.com)

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# AUTUMN 2024 TERM CLASS SCHEDULE



**Classes commencing from 16th September 2024**

**Enrolling by Phone or Email – details overleaf.**

**Our classes are held in:**

**Whitechurch Community and Youth Centre**

**Whitechurch Heights, Ballyboden, D16 R298**

**B.A.S.E. (Ballyboden Adult Social Education )**

We are a voluntary group organising Adult Community and Social Education with a variety of Morning and Evening classes.



| MONDAY   | START   | WEEKS | TIME        | FEE     |
|--|---------|-------|-------------|---------|
| <b>GARDENING CLUB WITH PATRICIA</b> Get ready for Spring and Summer.       | 30.9.24 | 10    | 9.45-11.15  | €95.00  |
| <b>ART WITH CHRISTINE CAREY</b> Beginners/Improvers,                       | 16.9.24 | 9     | 11.30-13.15 | €90.00  |
| <b>TUESDAY</b>   |         |       |             |         |
| <b>PILATES WITH JOANNE</b> Strengthen and tone your body                   | 17.9.24 | 12    | 9.30-10.30  | €115.00 |
| <b>YOGALATES WITH JOANNE</b> Combination of Pilates and Yoga               | 17.9.24 | 12    | 10.35-11.35 | €115.00 |
| <b>YOUNG AT HEARTS</b> Over 65's Group for tea, chat, and activities.      | 17.9.24 | -     | 10.30-12.00 | -       |
| <b>RELAX AND STILL THE MIND WITH SALLY</b> Learn to relax & still the mind | 17.9.24 | 12    | 11.45-13.15 | €50     |
| <b>TUESDAY EVENING</b>   |         |       |             |         |
| <b>GENTLE BACH FLOWER DANCE WITH JEAN</b>                                  | 17.9.24 | 12    | 7.30-9.30   | €96.00  |
| <b>WEDNESDAY</b>   |         |       |             |         |
| <b>YOGA WITH PATRICIA</b> Transform your sense of well-being.              | 18.9.24 | 12    | 9.30-10.30  | €115.00 |
| <b>PARENT &amp; TODDLER GROUP</b> Come along for a cuppa and a chat.       | 18.9.24 | 12    | 10.45-12.30 | -       |
| <b>THURSDAY</b>  |         |       |             |         |
| <b>SPANISH INTERMEDIATE A</b> With Belen                                   | 19.9.24 | 10    | 9.30-10.45  | €95.00  |
| <b>CREATIVE WRITING WITH MARY</b> Do you have a hidden story to tell       | 3.10.24 | 8     | 10.00-12.00 | €80.00  |
| <b>SPANISH INTERMEDIATE B</b> With Belen                                   | 19.9.24 | 10    | 11.00-12.15 | €95.00  |
| <b>FRIDAY</b>  |         |       |             |         |
| <b>SPANISH IMPROVERS</b> With Belen  | 20.9.24 | 10    | 9.45-11.00  | €95.00  |
| <b>SPANISH BREGINNERS</b> With Belen                                       | 20.9.24 | 10    | 11.15-12.30 | €95.00  |
| <b>LADIES CLUB</b> Chat and cuppa  | TBA     | -     | 10.00-11.30 | -       |