



**NOW
ENROLLING
SPRING 2024
COURSES**

2024 SPRING COURSES BALLYBODEN



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

Check out the website 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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SPRING 2024 TERM CLASS SCHEDULE



Classes commencing from 15th January 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
GARDENING CLUB WITH PATRICIA Get ready for Spring and Summer.	22.1.24	8	9.45–11.15	€72.00
IRISH CONVERSATION WITH JEN	19.2.24	5	10.00– 11.15	€30.00
ART WITH CHRISTINE CAREY Beginners/Improvers,	15.1.24	8	11.30–13.15x	€72.00
TUESDAY				
PILATES WITH JOANNE Strengthen and tone your body	16.1.24	12	9.20-10.20	€108.00
YOGALATES WITH JOANNE Combination of Pilates and Yoga	16.1.24	12	10.30 –11.30	€108.00
YOUNG AT HEARTS Over 65's Group for tea, chat, and activities.	16.1.24	8	10.30–12.00	€0
RELAX AND STILL THE MIND WITH SALLY Learn to relax & still the mind	16.1.24	10	11.45–13.15	€40
TUESDAY EVENING				
GENTLE BACH FLOWER DANCE WITH JEAN	16.2.24	9	7.30–9.30	€67.50
WEDNESDAY				
YOGA WITH PATRICIA Transform your sense of well-being.	17.1.24	9	9.30–10.30	€81.00
PARENT & TODDLER GROUP Come along for a cuppa and a chat.	17.1.24	9	10.45–12.30	€0
THURSDAY				
SPANISH INTERMEDIATE A With Silvia Villaverde	18.1.24	10	9.30 –10.45	€90.00
SPANISH INTERMEDIATE B With Silvia Villaverde	18.1.24	10	11.00–12.15	€90.00
FRIDAY				
SPANISH BREGINNERS With Silvia Villaverde	19.1.24	10	9.30-10.45	€90.00
SPANISH IMPROVERS With Silvia Villaverde	19.1.24	10	11.00-12.15	€90.00
LADIES CLUB Chat and cuppa	19.1.24		10.00–11.30	€0