



**Thursday
7.00pm - 9.00pm
First Aid**

First Aid

This is a practical course designed to enable you to administer first aid in the event of an accident or sudden illness.

Classes run for 4 weeks starting -
Thursday 18th Oct '12

Cost per class - €10.00

Deposit : €20.00

Please note: deposits will be used to pay for last two classes

Name: _____

Address: _____

Tel: _____

Email: _____

**To register for any of the available
courses**

Phone: 01 2390884

Email:

coiscairnddevelopmentgroup@yahoo.ie

**The maximum number of people
catered for on each course is 12, except
Yoga (this is 10) and will be allocated on
a first come, first served basis.**

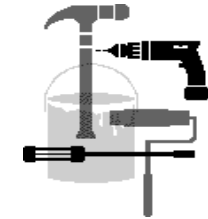
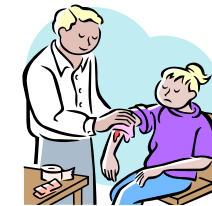
**Courses begin on Monday 15th October
so please contact us as soon as possible
to book your place.**

Deposits can be paid on the first night



**Cois Cairn Youth & Community Facility
Cois Cairn, Old Connaught Avenue,
Bray, Co. Wicklow
Tel: 01-2390884**

**Courses
October 2012**



Tel: 01 2390884 (Mon - Fri 9.30 - 12.30)

Email: coiscairnddevelopmentgroup@yahoo.ie



Monday
7.00pm - 8.30pm
Yoga

Yoga for beginners

Wear loose comfortable clothing

This is an introduction to Yoga, it is suitable for all.

Classes run for 10 weeks starting -
Monday 15th Oct '12

Cost per class - €5.00

Deposit : €10.00

Please note: deposits will be used to pay for last two classes

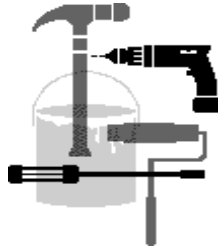
Maximum No: 10 per class

Name: _____

Address: _____

Tel: _____

Email: _____



Tuesday
7.00pm - 9.00pm
D.I.Y.

Basic D.I.Y.

Know how and tips for basic repairs in the home. Everything from changing plugs, wallpapering, painting and simple plumbing jobs.

Classes run for 10 weeks starting -
Tuesday 16th Oct '12

Cost per class - €5.00

Deposit : €10.00

Please note: deposits will be used to pay for last two classes

Name: _____

Address: _____

Tel: _____

Email: _____



Wednesday
7.00pm - 9.00pm
Computers

Internet / email

You must have your own laptop

This is a practical course designed to enable you to use the internet with confidence. A step by step from turning on the computer to booking your next holiday online.

Classes run for 10 weeks starting-
Wednesday 17th Oct '12

Cost per class - €5.00

Deposit : €10.00

Please note: deposits will be used to pay for last two classes

Name: _____

Address: _____

Tel: _____

Email: _____