



KLEAR

An open door to adult
education & empowerment

Community Adult Education Centre

Swan's Nest Road, Kilbarrack, Dublin 5, D05 V5Y9

Courses and Timetable 2025-2026

Enrolment from **Monday 1st September**

Doors open at 8.30am daily

Enrolment times vary-see enclosed enrolment timetable and our website Klear.ie for days and times of enrolment or call **01 8671845**

Different courses enrol on different days except for Thursday Art -
Enrolment is on 28th August at 9.30am

Most courses begin from **Monday 15th September**

Phone Main Office: 01 867 1845

Phone Literacy Office: 01 803 6238

Phone Community Employment Service: 01 867 1040

Art and Wellness

These courses run for 30 weeks and are free of charge unless otherwise stated. Courses may change according to demand. You must enrol in KLEAR for these courses. See bottom of page for more information.

Day	Time	Class
Monday	9.15am-10.45am	Pilates <i>Rachel Carbery</i>
	11.15am-1.15pm	Creative Card Making <i>Aideen Kilbride</i>
	12.15pm-1.45pm	Pilates <i>Rachel Carbery</i>
	1.30pm-3.30pm	Stained Glass <i>Aideen Kilbride</i>
Tuesday	9.30am-11am	Yoga for Beginners <i>Cormac Lennon</i>
	11.30am-1pm	Intermediate Yoga <i>Cormac Lennon</i>
	1.30pm-3pm	Chair Yoga <i>Cormac Lennon</i>
Wednesday	11.30am-1pm	Chair Yoga <i>Cormac Lennon</i>
Thursday	9.00am-10.30am	Pilates <i>Rachel Carbery</i>
	9.15am-11.15am	Painting and Drawing 1 <i>Lindsey Holland</i>
	11.30am-1.00pm	Painting and Drawing 2 <i>Lindsey Holland</i>
	1.30pm-3pm	Art for Everyone <i>Lindsey Holland</i>
	1.30pm-3.30pm	Baby Massage <i>Niamh Healy</i> €95 for 5 weeks
Friday	1.30pm-3.30pm	Baby Massage <i>Niamh Healy</i> (Subject to demand) €95 for 5 weeks

About enrolment

- Enrolment week commences in KLEAR on Monday 1st September. Different courses enrol on different days, times vary. See our website for updates: [klear.ie](#)
- Enrolment is at KLEAR Adult Education Centre, in person.
- No pre-booking service is available. One ticket per person per course will be in place.
- If you cannot attend during Enrolment Week you can arrange for a friend to book for you, but not a course member.
- If it is your first time attending a course in KLEAR, you must meet the tutor and enrol in person.
- Parking during Enrolment is restricted to people with disabilities.

Please let your tutor(s) know about any absences. Places will be offered to student

General Interest

These courses run from September 2025 until May 2026. All courses are free of charge. Courses may change according to demand. You must enrol in KLEAR for these courses. See bottom of page for more information.

Day	Time	Class
Monday	9.30am-11am	Irish Advanced <i>Honor Clynes</i>
Tuesday	9.30am-11am	Current Affairs 1 <i>Sinéad O'Brien</i>
	9.15am-10.45am	Irish Advanced <i>Honor Clynes</i>
	11.30am-1pm	Current Affairs 2 <i>Sinéad O'Brien</i>
	11.30am-1pm	European Art and Artists <i>Rosarii Moran</i>
	11am-12.30pm	Irish Intermediate <i>Honor Clynes</i>
	1pm-2.30pm	Irish Beginners and Improvers (false beginners) <i>Honor Clynes</i>
Wednesday	9.30am-11am	Understanding History <i>Sinéad O'Brien</i>
	11.30am-1pm	Irish Intermediate (online on Zoom) <i>Honor Clynes</i>
Thursday	9.30am-11am	Irish Advanced <i>Honor Clynes</i>
	11.30am-1pm	Irish Intermediate <i>Honor Clynes</i>
Friday	9.30am-11am	Understanding the Landscape <i>Ann Farrell</i>
	11.30am-1pm	The Arctic: Past, Present and Future – A Geographer's View <i>Ann Farrell</i>
	10.30am-12 noon	English Literature and Culture 1 <i>Rosarii Moran</i>
	12.30pm-2pm	English Literature and Culture 2 <i>Rosarii Moran</i>

- CDET courses have no fees.
- A 'Learner Detail Form' is required to be completed, usually on the first day of your course. Support will be provided.
- 'KLEAR Enrolment Form' is required to be completed on enrolment day.
- Check start date of courses with your tutor(s) at enrolment.
- Speak with our tutors to ensure course content and level are suitable.
- It is important that prospective students inform us about special requirements to support successful course placement.

Students on waiting lists after 3 unexplained absences.

A few words about our courses



Baby Massage

Learn the benefits of massage for bonding, communication, improved sleep and relief of digestive problems for baby, all in a relaxed, social setting.

Current Affairs

Discuss the news of the week and analyse the background to the stories through presentation, discussion and debate.

Creative Card Making

Learn to make special cards for all occasions. Use card-making tools and experiment with processes like matting, layering, embossing and card-folding techniques.

English Literature and Culture

Explore the interesting lives and experiences of our many famous writers through plays, novels and poetry. We will also visit some of our cultural museums.

European Art and Artists

Enjoy and investigate the history of art in an informal setting. Includes visits to art galleries and exhibitions.

Geography Courses

Understanding the Landscape and The Arctic: Past, Present and Future – A Geographer's View:
Two opportunities to examine and explore aspects of geography and environmental issues in a relaxed and friendly atmosphere.

Irish

Enjoy learning Irish at a variety of levels – a special Fáilte for beginners. An online option is available. Students are encouraged to progress from beginners and improves through intermediate to advanced level.

Painting & Drawing and Art for Everyone

Develop skill and technique under expert guidance.

Pilates

Learn how to improve posture and strengthen core muscle groups.

Stained Glass

Learn how to cut glass and solder in this course. We cover the copper foil technique making light catchers, mirrors, lampshades etc. Some materials are provided, but students will be advised as to what materials they will need. Everyone works at their own pace.

Understanding History

Explore people, events and themes from Irish and World History. Presentation, discussion and visits to relevant museums and exhibitions.

Yoga

Learn the technique of yoga at three levels. Our chair yoga is for those who may be less active.



Reading and Writing Service (Literacy Office)

We offer a range of courses for adults who wish to improve their reading, writing, spelling, maths, technology, and other skills. A special welcome to adults who might have left school early and would like to return to education, or would like to up-skill and build confidence.

Courses are free of charge and available at different times throughout the week. You can attend one-to-one tuition and small groups of between four and eight people. You can learn at a level that suits you, whether you are a complete beginner or want to brush up. If you want to work towards getting certification, we offer some courses up to QQI level 4.

How to enrol:

Enrolment for these courses is ongoing throughout the year. Call our Adult Literacy Office for more information about any of the courses listed below. You can arrange an appointment to discuss your needs and goals and find a course suitable for you.

Call Breda our Adult Literacy Organiser on: 01 803 6238

Day	Time	Class
MONDAY	9.30am-11am	Smartphone for Beginners Learn the basics of using a Smartphone, texts, calls popular apps and browsing the internet
	11.30am-1pm	Nutrition and Healthy Options QQI Level 3 To allow learners gain knowledge of nutrition, skills to prepare a limited range of nutritious meals and to provide for special dietary needs
	11.30am-1pm	Internet Skills QQI Level 3 Become confident using internet and email while gaining a qualification
	1.000pm-2.30pm	Smartphone for Beginners Learn the basics of using a Smartphone, texts, calls, popular apps and browsing the internet
	1.30am-3.30pm	English As A Second Language QQI Level 3 English classes for people who already have some simple English and can gain a qualification
	1.45pm 4.45pm	English As A Second Language QQI Level 4 To equip learner to communicate effectively in a variety of personal, social and work related situations
TUESDAY	9.30am-11am	Information Technology QQI Level 4 Learn to organise your files, folders. Learn more about emails, the internet and word processing
	9.30am-11.30am	Communications QQI Level 3 Build confidence in your communication skills. Develop good reading, writing and interpersonal skills for use in a range of situations
	11.30am-1pm	Spreadsheets QQI Level 3 To equip learner to use spreadsheets in their daily lives
	1.30am-3.30pm	Gardening Explore the basics of gardening including, planting seeds, flowers and shrubs.
	1.30pm-3.30pm	English As A Second Language QQI Level 3 Part 2 of Monday's class
	1.30pm-3pm	Internet Skills QQI Level 3 For people who would like to improve their skills and confidence doing online activities with a computer
WEDNESDAY	9.15am-11.15am	Creative Writing Improve your literacy skills by exploring creative writing at a gentle pace in a supportive and friendly group
	9.30am -11am	Computer Beginners QQI Level 3 Introduction to using Computers while gaining certification
	11.30am-1pm	Read Write Spell Improve your reading, writing and spelling skills in a small group
	11.30am- 1pm	Smartphone Intermediate Improve skills using a Smartphone. Basic ability to use Smartphone required
	11.30am-1pm	Numeracy QQI Level 3 Improve your everyday maths
	1pm-3pm	Painting QQI Level 4 Comprehensive overview of all art elements necessary to create a small body of work in the medium of paint, primarily acrylics including composition, drawing skills and colour theory. Also written component with emphasis on reflective learning
	1.30am - 3pm	Internet Skills QQI Level 3 Become confident using internet and email while gaining a qualification
	1.45pm4.45pm	English As A Second Language QQI Level 4 Part 2 of Monday's class
THURSDAY	9.30am-11am	IT Skills QQI Level 4 Part 2 of Tuesday's class
	9.30am-11am	Smartphone Intermediate Improve skills using a Smartphone. Basic ability to use Smartphone required
	10.00am-1pm	One to One Literacy support Improve your reading, writing and spelling skills
	11.30am-1pm	Word Processing QQI Level 3 Learn about word processing applications and how to create and use documents in everyday life
	11.30am-1pm	Smartphone Beginners Learn the basics of using a Smartphone, texts, calls, popular apps and browsing the internet
	1.30pm - 3pm	Smartphone Intermediate Improve skills using a Smartphone. Basic ability to use Smartphone required
	1.30am-3pm	Internet Skills QQI Level 3 Become confident using internet and email while gaining a qualification
	1.30pm-3.30pm	English As A Second Language QQI Level 3 Part 3 of Monday's and Tuesday's class
	1.45pm 4.45pm	English As A Second Language QQI Level 4 Part 3 of Monday's class
	7.00pm- 8.30pm	Writing QQI Level 2 Improve your writing skills in a group while getting a qualification
FRIDAY	11.30am-1.30pm	Healthy Cooking on a Budget Learn to prepare healthy meals in this practical cookery course. Emphasis is on vegetarian and budget- friendly options

Adult Education Guidance Service

The CDETB Adult Education Guidance Service helps people make informed decisions about education, career and life choices. This service is free, impartial and confidential.

For more information, call: 01-862 3835

Email: fiona.clarke@aes.cdetsb.ie or paul.maguire@aes.cdetsb.ie

KLEAR Education Service

KLEAR is a community-based adult education service. We offer a broad range of courses, on a part-time basis, in the areas of general education, literacy, health, languages, culture, creativity, and social and community education. For 45 years we have catered for the educational needs of over 20,000 adults in the wider community. We are a designated QQI (Quality and Qualifications Ireland) provider.

KLEAR is run and organised by a voluntary management group made up of tutors, students and the local community. We are funded by City of Dublin Education and Training Board (CDETB), European Social Fund and Department of Employment Affairs and Social Protection.

Community Employment Scheme

Community Employment (C.E.) is an employment programme which helps unemployed people to re-enter the active workforce by breaking the experience of unemployment through a return-to-work routine. Participants can work in a number of areas, including Childcare, Household, Clerical, Domestic, Driving and Maintenance. Recruitment is ongoing throughout the year.

For more information, call Louise on: 01 8671040 or email louiseparsons@klearce.com

Contact information

KLEAR Adult Education Centre, Swan's Nest Road, Kilbarrack, Dublin 5, D05 V5Y9

Main Office

Literacy Office

Community Employment Service

Website:

Phone: 01 867 1845

Phone: 01 803 6238

Phone: 01 867 1040

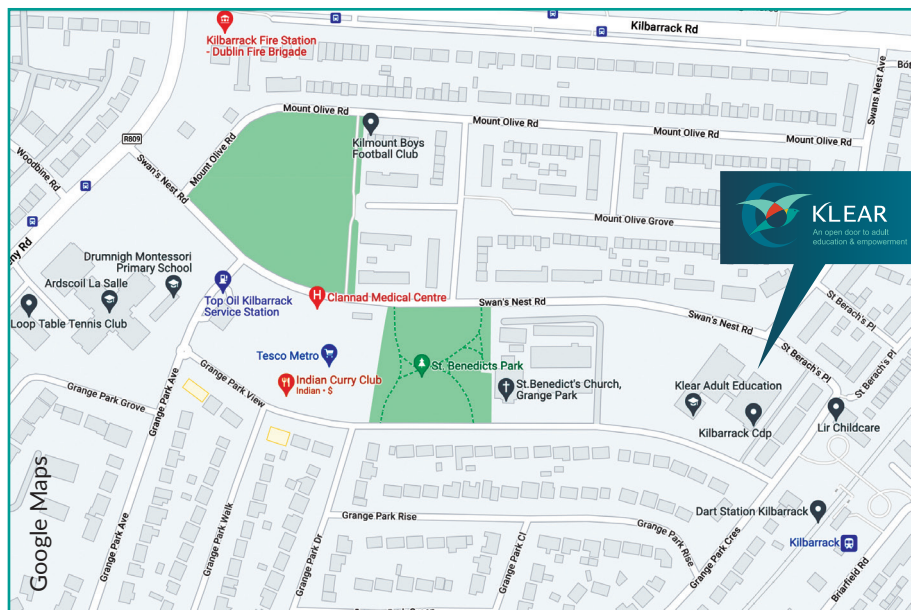
klear.ie

Email: office@klear.ie

Email: literacy.organiser@klear.ie

Email: louiseparsons@klearce.com

Where to find us



KLEAR is situated beside Kilbarrack DART Station, off Swan's Nest Avenue.

LIMITED PARKING is available on site for students.