



**NOW  
ENROLLING  
SPRING 2025  
COURSES**

# 2025 SPRING 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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# SPRING 2025 TERM CLASS SCHEDULE



**Classes commencing from 13th January 2025**

**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.	27.1.25	6	9.45-11.15	€57.00
<b>ART WITH CHRISTINE CAREY</b> Beginners/Improvers,	13.1.25	10	11.30-13.15	€100.00
<b>TUESDAY</b>				
<b>PILATES WITH JOANNE</b> Strengthen and tone your body	14.1.25	10	9.30-10.30	€95.00
<b>YOGALATES WITH JOANNE</b> Combination of Pilates and Yoga	14.1.25	10	10.35-11.35	€95.00
<b>YOUNG AT HEARTS</b> Over 65's Group for tea, chat, and activities.	14.1.25	10	10.30-12.00	-
<b>RELAX AND STILL THE MIND WITH SALLY</b> Learn to relax & still the mind	14.1.25	10	11.45-13.15	€45
<b>TUESDAY EVENING</b>				
<b>GENTLE BACH FLOWER DANCE WITH JEAN</b>	14.1.25	10	7.30-9.30	€80.00
<b>WEDNESDAY</b>				
<b>YOGA WITH PATRICIA</b> Transform your sense of well-being.	15.1.25	10	9.30-10.30	€95.00
<b>PARENT &amp; TODDLER GROUP</b> Come along for a cuppa and a chat.	15.1.25	10	10.45-12.30	-
<b>THURSDAY</b>				
<b>SPANISH INTERMEDIATE A</b> With Belen	16.1.25	10	9.30-10.45	€95.00
<b>SPANISH INTERMEDIATE B</b> With Belen	16.1.25	10	10.50-12.05	€95.00
<b>SPANISH IMPROVERS</b> With Belen	16.1.25	10	12.10-13.25	€95.00
<b>FRIDAY</b>				
<b>LADIES CLUB</b> Chat and cuppa	17.1.25	-	10.00-11.30	-