

EXPRESSIONS OF INTEREST:

- Speech & Language Therapy

■ Abstract Art
- Life Drawing

■ Genealogy
- Sound Bath Meditation

■ Coding for Beginners

Email ofinight@lmetb.ie if you are interested in any of these classes (QQI Level 5).

NIGHT CLASS CALENDAR AUTUMN 2025			
20 th January In Person Enrolment		9 th / 11 th March	Week 6 (Hobby Week 3)
26 th / 28 th January*	Week 1	16 th / 18 th March	Week 7 (Hobby Week 4)
3 rd / 4 th February	Week 2	23 rd / 25 th March	Week 8 (Hobby Week 5)
9 th / 11 th February	Week 3	Easter Break 30 th March–10 th April	
Mid-Term Break 16 th –20 th February		13 th / 15 th April	Week 9 (Hobby Week 6)
23 rd / 25 th February**	Week 4 (Hobby Week 1)	20 th / 22 nd April	Week 10 (Hobby Week 7)
2 nd / 4 th March	Week 5 (Hobby Week 2)	27 th / 29 th April	Extra Week (Hobby Week 8)

COURSE START:

- * QQI and all 10-week courses**

Week beginning 26th January 2026
- ** All other hobby courses**

Week beginning 23rd February 2026 unless otherwise stated

Social Welfare Recipients and full-time students 20% Discount available.
Email ofinight@lmetb.ie for details.

IN PERSON ENROLMENT: Tuesday 20th January 7.00pm – 8.30pm

ENROL ONLINE: www.ofi.ie/nightclasses

Email ofinight@lmetb.ie for first night requirements.

Listing correct at time of printing. Changes may occur.
Please check on website or at registration.

Debit/Credit Cards & Cheques Accepted (No Cash Please)
For Full Terms & Conditions visit www.ofi.ie/nightclasses

NEW COURSES

We are always on the lookout for new ideas for courses.
Email ofinight@lmetb.ie with suggestions you would like to see included.

- ART & MEDIA
- CHILD CARE & HEALTH CARE
- ENGINEERING & SCIENCE
- BEAUTY, SPORT & WELL-BEING
- BUSINESS & COMPUTING
- PRE-UNIVERSITY

50+ FULL TIME PLC & PRE-UNIVERSITY COURSES



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Evening Class Programme | Spring 2026

Courses

- Professionally Certified (QQI)
- Hobby
- IT

In Person Enrolment

Tuesday 20th January 7.00pm – 8.30pm

Courses start

QQI and all 10-week courses
Week beginning
26th January 2026

All other hobby courses
Week beginning 23rd February 2026
unless otherwise stated



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20%
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FOR SOCIAL WELFARE
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QQI CERTIFIED COURSES

(Starting week beginning 26th January 2026 unless otherwise stated.)

UPSKILLING /PROFESSIONAL COURSES (QQI LEVEL 5)					
CODE	TITLE	WEEKS	DAY	FEE	TIME PM
AOF01	Psychology (QQI Level 5)	10	Wed	€290	6.00 – 9.30

SPECIAL NEEDS ASSISTING (QQI LEVEL 5 and LEVEL 6)					
SOF02	Special Needs Assisting (Mon) (QQI Level 5) <i>Participants must find relevant work experience to complete this module.</i>	10	Mon	€290	6.00 – 9.30
SOF03	Special Needs Assisting (Wed) (QQI Level 5) <i>Participants must find relevant work experience to complete this module.</i>	10	Wed	€290	6.00 – 9.30
SOF04	Special Needs Assisting (Mon) (QQI Level 6) <i>Participants must find relevant work experience to complete this module. (Prior completion of SNA Level 5 and/or industry experience desirable)</i>	10	Mon	€335	6.00 – 9.30
SOF05	Special Needs Assisting (Wed) (QQI Level 6) <i>Participants must find relevant work experience to complete this module. (Prior completion of SNA Level 5 and/or industry experience desirable)</i>	10	Wed	€335	6.00 – 9.30



HOBBY COURSES

(Starting the week beginning 23rd February 2026 unless otherwise stated.)

CODE	TITLE	WEEKS	DAY	FEE	TIME PM
SOF06	Art, Drawing & Painting <i>Traditional art class taught by a local artist.</i>	8	Wed	€112	6.30 – 8.30
SOF07	Baking Wednesdays with Chef Karl	8	Wed	€112	7.00 – 9.00
SOF08	Basic Small Engine Maintenance	5	Mon	€70	7.00 – 9.00
SOF09	Beginners Conversational Spanish	8	Wed	€112	7.00 – 9.00
SOF10	BodyBlitz <i>This class combines bodyweight and resistance exercises to improve strength, endurance, and aerobic fitness while effectively burning calories.</i>	6	Wed	€45	6.00 – 7.00
SOF11	Computers for Beginners and Improvers	8	Wed	€112	7.00 – 9.00
SOF12	Counseling & Psychotherapy – An Introduction	8	Mon	€112	7.00 – 9.00
SOF13	Conversational Irish NEW	5	Wed	€70	7.00 – 9.00
SOF14	Dancing for Fitness <i>This fun, full-body workout uses dance as an exciting way to get fit, burn calories, and challenge both body and mind.</i>	6	Wed	€50	7.15 – 8.30
SOF15	Digital Photography	5	Mon	€70	7.00 – 9.00
SOF16	Family Caregiving in the Home NEW	5	Wed	€70	7.00 – 9.00
SOF17	Fit Lab (Starting 9 th March) NEW <i>Nutrition for fitness enthusiasts.</i>	5	Mon	€70	7.00 – 9.00
SOF18	DIY for Beginners	5	Wed	€70	7.00 – 9.00
SOF20	Floor and Wall Tiling	8	Mon	€112	7.00 – 9.00
SOF21	Hairdressing for Beginners	5	Mon	€70	7.00 – 9.00
SOF22	Help your primary school children with Irish & Maths Homework NEW	5	Wed	€70	7.00 – 9.00
SOF23	Improvers Spanish NEW	8	Mon	€112	7.00 – 9.00
SOF24	Indian Cookery for Beginners with Chef Karl (Starting 26 th January)	5	Mon	€70	7.00 – 9.00
SOF25	Interior Design for Beginners	8	Mon	€112	7.00 – 9.00
SOF26	Jewellery Making	5	Mon	€70	7.00 – 9.00
SOF27	Knitting and Cross Stitching for Beginners	8	Wed	€112	7.00 – 9.00
SOF28	Make up and Self Care Beauty	5	Mon	€70	7.00 – 9.00
SOF29	Professional/Personal Story Telling NEW	5	Mon	€70	7.00 – 9.00
SOF30	Stained Glasswork Advanced (Starting Monday 26 th January) <i>Materials will be extra, approx. €100</i>	10	Mon	€140	7.00 – 9.00
SOF31	Stained Glasswork Beginners and Intermediate (Starting Wednesday 28 th January) <i>Materials will be extra, approx. €100</i>	10	Wed	€140	7.00 – 9.00
SOF32	Tai Chi: The Art of Movement	10	Wed	€70	6.00 – 7.00
SOF33	Upcycling Furniture <i>Bring along an item you would like to upcycle.</i>	5	Wed	€70	7.00 – 9.00
SOF34	Woodworking for Beginners	8	Mon	€120	7.00 – 9.00
SOF35	Yoga and Breathwork for Beginners <i>A slow-paced yoga class for absolute beginners taught by student teachers. Own mat required.</i>	8	Mon	€60	7.00 – 8.15

For online booking & course details visit: www.off.ie/nightclasses

SKILLS TO ADVANCE (EXPRESSIONS OF INTEREST)

(Open to Eligible Employed persons only.)

CODE	TITLE
STA 2026 SPR OFI	QQI Level 5 Retail Floristry
STA 2026 SPR OFI	QQI Level 5 Business Administration
STA 2026 SPR OFI	QQI Level 5 Digital Marketing
STA 2026 SPR OFI	QQI Level 5 Spreadsheets
STA 2026 SPR OFI	QQI Level 5 Care of the Older Person
STA 2026 SPR OFI	QQI Level 5 Spreadsheets
STA 2026 SPR OFI	QQI level 5 Pastry Skills
STA 2026 OFI	QQI Level 5 Enhancing Productivity with AI
STA 2026 OFI	Beauty Therapy Level 5 – ITEC Eye Treatments
STA 2026 OFI	Beauty Therapy Level 5 – ITEC Waxing
STA 2026 OFI	Beauty Therapy Level 5 – ITEC Manicure/Pedicure
STA 2026 OFI	Beauty Therapy Level 5 – ITEC Swedish Massage
STA 2026 OFI	ILM - Leadership and Management – Understanding Costs and Budgets
STA 2026 OFI	ILM - Leadership and Management – How to lead effective meetings
STA 2026 OFI	ILM - Leadership and Management – Understanding Leadership
STA 2026 OFI	ILM - Leadership and Management – Understanding Stress Management
STA 2026 OFI	ILM - Leadership and Management – Understanding Conflict Management

Contact Ann Gallagher | T: 086 78 708 54 | E: skillstoadvance@lmetb.ie | W: www.fetchcourses.ie

