



# *Law Society of Ireland*

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## Extra Mural Classes 2011

*This autumn The Law Society of Ireland is offering a series of optional courses available to Law Society students or in-office Trainees, Solicitors and Law Society staff members.*

### Spanish for Beginners

*Commencing Wednesday 28<sup>th</sup> September running for 8 weeks until Wednesday, 16<sup>th</sup> November 2011.*

This course is designed for those interested in acquiring a basic knowledge of the Spanish language and also includes a brief introduction to Spanish culture.

- Duration:** 8 hours running over 8 weeks.  
**Dates:** Wednesdays 5.30pm to 6.30pm; Commences Wednesday 28<sup>th</sup> September and runs until Wednesday 16<sup>th</sup> November.  
**Places:** 20 Places.  
**Course Fee:** €80.00.  
**Venue:** Seminar Room's 6 & 7 on the second floor of the Education Centre (last class taking place in Room A, Green Hall on Wednesday 16<sup>th</sup> November).  
**Application:** Cheque, Postal Order or Bank Draft should be **made payable to Eva Massa** and posted to Julianne Ward, Law School, Blackhall Place, Dublin 7. No cash will be accepted.  
**Closing Date:** Friday 23<sup>rd</sup> September 2011.

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### Spanish for Beginners

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Trainee Number:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

**E-Mail Address:** \_\_\_\_\_

**Fee:** \_\_\_\_\_

Cheque to be made **payable to Eva Massa** and marked for the attention of Julianne Ward, Law School, Law Society of Ireland, Blackhall Place, Dublin 7.



## *Law Society of Ireland*

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### Zumba Classes from Love2Dance.

*Commences Thursday the 29<sup>th</sup> September and runs for 8 weeks. Classes 1 hour long.* Zumba is the new fitness sensation taking over the world. Latin & International music are fused to create an explosive, booty shaking party of a workout that burns 400-1000 calories an hour and leave you on a high! Zumba is for everyone! Every age, shape & fitness level and is great for the mind, body & soul. It lifts your spirits. Get fit and have fun with salsa, merengue, samba, hip hop, bellydance, african Beats, Reggaeton, cumbia, mambo cha cha & more!

- Duration:** 8 hours running over 8 weeks.  
**Dates:** Thursdays 5.30pm to 6.30pm; Commences Thursday 29<sup>th</sup> September.  
**Places:** 20 Places (if more interested, second class will run at 6.30 pm).  
**Course Fee:** €40.00.  
**Venue:** Vanilla Café, Main Building.  
**Application:** Cheque, Postal Order or Bank Draft should be **made payable to Love2Dance** and posted to Julianne Ward, Law School, Blackhall Place, Dublin 7. No cash will be accepted.  
**Closing Date:** Friday 23<sup>rd</sup> September 2011.

**\*NB: If more than 20 people are interested, we will run a second class at 6.30pm.**

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### Zumba Classes from Love2Dance.

**Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**Trainee Number:** \_\_\_\_\_  
**Telephone Number:** \_\_\_\_\_  
**E-Mail Address:** \_\_\_\_\_  
**Fee:** \_\_\_\_\_

Cheque to be made **payable to Love2Dance** and marked for the attention of Julianne Ward, Law School, Law Society of Ireland, Blackhall Place, Dublin 7.



## *Law Society of Ireland*

**Yoga & Pilates:** Both courses are offered at a vastly reduced rate of €129.00. That's a whopping 50% saving (if you do both) off the normal class rates. Individual details below.

### **Pilates Grade I Class**

*Commencing Monday, 19<sup>th</sup> September and running for 7 weeks.*

The Elbow Room, North Brunswick Street, Dublin 7 (3 minute walk from the Law School) offer PPCI students a significant discount off the normal cost of the Pilates Grade I course. Pilates is a series of exercises that target the abdomen, back and butt. At each class you will be brought through a series of controlled movements that target your deep muscle groups. The class is great for anyone with weak abs, poor posture or back pain. More information on [www.the-elbowroom.com](http://www.the-elbowroom.com)

**Duration:** 7 week course running for 45 minutes per week.  
**Dates:** Mondays 5.30pm to 6.15pm; Commences 19th September.  
**Places:** 16 Places.  
**Course Fee:** €69.00 (normally €120.00) or €129.00 when combined with Yoga.  
**Venue:** The Elbow Room, North Brunswick Street, Dublin 7 (3 minutes from Law Society).  
**Application:** Application must be made directly to the Elbow Room and Cheque, Postal Order or Bank Draft made payable to same. You can also book by e-mailing [info@the-elbowroom.com](mailto:info@the-elbowroom.com): PLEASE NOTE THAT YOU SHOULD **NOT** APPLY TO THE LAW SCHOOL FOR YOGA OR PILATES.

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### **Vinyasa Flow Yoga**

*Commencing Wednesday, 21st September and running for 7 weeks.*

The Elbow Room, North Brunswick Street, Dublin 7, are offering PPCI students a significant discount off the normal cost of a 7 week, Vinyasa course. Vinyasa flow yoga is a dynamic yoga building strength, flexibility and fitness. The class runs over 7 weeks with each week progressing through postures. Each class ends in a lovely relaxation.

**Duration:** 7 week course with each class lasting 1hr.  
**Dates:** Wednesday evenings; Commences Wednesday 21<sup>st</sup> September.  
**Places:** 20 Places.  
**Course Fee:** €69.00 (normally €120.00) or €129.00 when combined with Pilates.  
**Venue:** The Elbow Room, North Brunswick Street, Dublin 7 (3 minutes from Law Society).  
**Application:** Application must be made directly to the Elbow Room and Cheque, Postal Order or Bank Draft made payable to same. You can also book by e-mailing [info@the-elbowroom.com](mailto:info@the-elbowroom.com): PLEASE NOTE THAT YOU SHOULD **NOT** APPLY TO THE LAW SCHOOL FOR YOGA OR PILATES.

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### Pilates Grade I Class

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Trainee Number: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Fee: \_\_\_\_\_

Cheques to be made payable to the Elbow Room and posted directly to them at the following address....

The Elbow Room, North Brunswick Street, Dublin 7. Telephone 01 6779859 or contact [info@the-elbowroom.com](mailto:info@the-elbowroom.com)

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### Vinyasa Yoga Class

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Trainee Number: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Fee: \_\_\_\_\_

Cheques to be made payable to the Elbow Room and posted directly to them at the following address....

The Elbow Room, North Brunswick Street, Dublin 7. Telephone 01 6779859 or contact [info@the-elbowroom.com](mailto:info@the-elbowroom.com)

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If you have any queries regarding any of the extra mural classes on offer, please contact Julianne Ward at the Law Society by e-mail ([j.ward@lawsociety.ie](mailto:j.ward@lawsociety.ie)) or by telephone (01 6724802).

Please note that class places can only be confirmed when full payment has been received. You must send individual payment for each course and ensure that the correct recipient is marked on your cheque, money order or bank draft. If you wish to sign up to more than one class (yoga and pilates excluded, then please send individual cheques).

We cannot accept credit card payment, although the Elbow Room may be able to facilitate this for the Pilates and Yoga classes.

