

Cape May County Technical School District



Adult & Community Education Division
Winter/Spring 2020 Course Guide



Career/Vocational/Technical Courses
Evening/Continuing
Personal Enrichment Classes



188 Crest Haven Road, Cape May Court House NJ 08210

609-380-0241

www.capemaytech.com

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Semester Calendar

January

Mon.	Tues.	Wed.	Thurs.
			23
27	28	29	30

February

Mon.	Tues.	Wed.	Thurs.
3	4	5	XX
10	11	12	13
XX	18	19	20
24	25	26	27

March

Mon.	Tues.	Wed.	Thurs.
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

April

Mon.	Tues.	Wed.	Thurs.
		1	2
6			

No classes: February 6 & 17

Some classes may begin or end on different dates.
Please refer to the specific course description.

Cape May County Technical Schools Celebrating Over 100 Years

The Cape May County Technical School was instituted in 1915 by the Cape May County Board of Chosen Freeholders and is today situated on an 84-acre campus in the Northern section of the Crest Haven Complex (Middle Township) which is easily accessible from Exit 11 off the Garden State Parkway.

The Cape May County Technical School presently consists of one main building which includes the Tozour (100) Building, the Scrivani (200) Building and the Toft (300) Building, as well as auxiliary buildings that include a greenhouse, the Broadley Administration Building, and waterfront facilities on the sound. Also, baseball, softball and soccer fields have been established on the campus.

The district's educational schools include a full-time Career Technical high school, shared-time career high school programs, evening adult high school programs to complete a diploma, adult post secondary full time programs, adult basic education with High School Equivalency (HSE) test preparation, English as a Second Language, HSE Testing, Summer Enrichment programs for Youth, lab school for preschoolers, and Adult Evening Continuing Education.

The district is ready to serve the educational technical needs of the community well into the 21st century.

The Cape May County Technical School District shall provide equal and bias-free access for all students to all school facilities, courses, programs, activities and services and give them maximum opportunity to achieve their potential regardless of race, creed, color, national origin, ancestry, age, sex, gender identity or expression, affectional or sexual orientation, marital status, liability for service in the Armed Forces of the United States, nationality, place of residence with the district, socioeconomic status, disability or pregnancy. Enforcement of other district affirmative action/equity policies (2224, 4111.1, 4211.1 and 6121) contribute to this legally required equality of educational opportunity.

Programs and activities are operated in compliance with Title VI of the Civil Rights Act of 1964 (Title VI, 100.4), Title IX of the Education Amendments of 1972 (Title IX, 106.4), Section 504 of the Rehabilitation Act of 1973 (Section 504, 104.5), Family Educational Rights and Privacy Act (FERPA) for Elementary and Secondary Schools, and Protection of Pupil Rights Amendment (PPRA).

Cape May County Board of Chosen Freeholders	Cape May County Technical School District Board of Education	Cape May County Technical School District Administration
<i>Freeholder Director</i> Gerald M. Thornton	<i>Board President</i> Mr. Alan Gould	<i>Superintendent</i> Dr. Nancy M. Hudanich
<i>Freeholder Vice Director</i> Leonard C. Desiderio	<i>Board Vice-President</i> Ms. Jane Elwell	<i>Director of Curriculum & Instruction and Adult & Community Education</i> Ms. Nancy Wheeler Driscoll
<i>Freeholder</i> E. Marie Hayes	<i>Board Members</i> Mr. Robert L. Boyd Mr. Christopher Kobik Mr. Kenneth Merson Ms. Nancy Ramundo	<i>Principal High School and Adult High School</i> Mr. Steven Vitiello
<i>Freeholder</i> Will Morey	<i>Interim Executive County Superintendent</i> Dr. Judith DeStefano-Anen	<i>Supervisor of Adult & Community Education and Grant Coordinator</i> Ms. Susan Jurusz
<i>Freeholder</i> Jeffrey L. Pierson	<i>Board Secretary/ Business Administrator</i> Ms. Paula Smith	<i>Administrative Assistant</i> Ms. Alicia Arnold

EDUCATION THAT WORKS!

Community Education

Six Weeks or Less

Register up to the first night of class!

Monday	Start Date	Page
Cooking – All About Knives	1/27/20	9
Creating with Polymer Clay Workshop	3/9/20	8
Gardening without Work	3/23/20	12
Zentangle Beginner	1/27/20	9
Zentangle Intermediate	3/9/20	9

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Meditation – Tools & Techniques	3/3/20	10
Reiki Share	3/10/20	11
Seafood Cooking Session 1	1/28/20	10
Seafood Cooking Session 2	3/3/20	10

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Baking – Pate a Choux	3/4/20	10
Baking – Pies	2/19/20	10
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CPR/AED Adult Initial Certification	3/25/20	6
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Selling on ebay Session 2	3/5/20	12

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Did you know?

The Cape May County Technical School District serves all ages & stages!

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For adults, age 18 and above with a high school diploma seeking career technical credentials in a full-time program.	
Adult Basic Education	15
Adult Basic Education classes to prepare students to take the High School Equivalency, the TEAS exam, and/or to raise their scores for entrance into Post-Secondary programs.	
ESL Preparation	15
Programs to prepare ESL students for the demanding workplace. Classes focus on speaking, listening, reading and writing, as well as earning an industry credential.	
High School Equivalency Testing	15
Career Technical High School	13
A full-time career focused public school of choice.	
Summertime Adventures for Kids	13
For youth ages 9 to 14 years	
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Visit www.capemaytech.com for more online information including: Adult High School Diploma Lab School for Preschoolers	

Register Online 24/7
at www.capemaytech.com

Certification - Part Time

BOATER'S SAFETY CERTIFICATION

Earn your New Jersey Boater's Safety Certificate through this State approved, four night course. Students will learn the parts of a vessel, what to do before going out in your boat, safety procedures of operating a boat, legal requirements, and how to handle boating emergencies. All lessons will be reinforced with review worksheets and various hands-on activities that will prepare students for the examination. Students must meet the required 8 hours of instruction, and must achieve a passing score on the test to earn their New Jersey Boater's Safety Certification. Participant's Manual is recommended and available for purchase in the Evening School Office the first night of class for \$3.00 each (exact change, please).

Instructor: Hanna Toft Tozour Building Room 109
Monday & Wednesday 6:00pm-9:00pm 4 sessions
Fee: \$60.00 3/9, 3/11, 3/16 & 3/18/20

COMMERCIAL DRONE PILOT CERTIFICATION EXAM PREP

To fly a drone you must obtain a Remote Pilot Certificate from the Federal Aviation Administration (FAA) under the Small UAS Rule (Part 107). This course will provide detailed information on regulations, operating requirements and safety procedures as well as hands-on experience to help you prepare for the exam. Please note, the certification examination is independently scheduled and taken by the student at an off campus testing site approved by the FAA. The instructor is an experienced Certified Commercial Drone Pilot.

Instructor: Michael Palombo Tozour Building Room 138
Thursday 5:00pm - 7:30pm 5 sessions
Fee: \$62.50 3/5-4/2/20

Licensing/Certification Career Programs for Adults page 14

See Registration Information
on the Back Cover

CPR/AED ADULT INITIAL CERTIFICATION

This American Red Cross course is designed to train individuals to act in emergency situations and to recognize and care for life threatening adult emergencies. Students will have the opportunity to practice on the training manikin and the test for certification will be administered the same night.

Instructor: Sandra Pickens Tozour Building Room 107
Wednesday 6:00pm-9:00pm 1 session
FEE: \$15.00 + \$22.00 (certification fee) 3/25/20

CPR/AED ADULT RECERTIFICATION

This American Red Cross course is for individuals previously certified in Adult CPR/AED and would like to renew the two-year certification.

Instructor: Sandra Pickens Tozour Building Room 107
Wednesday 6:00pm-9:00pm 1 session
FEE: \$15.00 + \$22.00 (certification fee) 3/11/20

CPR/AED PEDIATRIC INITIAL CERTIFICATION

This American Red Cross course is designed to train individuals to act in emergency situations and to recognize and care for life threatening child and infant emergencies. Students will have the opportunity to practice on the training manikin and the test for certification will be administered the same night.

Instructor: Sandra Pickens Tozour Building Room 107
Wednesday 6:00pm-9:00pm 1 session
FEE: \$15.00 + \$22.00 (certification fee) 4/1/20

CPR/AED PEDIATRIC RECERTIFICATION

This American Red Cross course is for individuals previously certified in Pediatric CPR/AED and would like to renew the two-year certification.

Instructor: Sandra Pickens Tozour Building Room 107
Wednesday 6:00pm-9:00pm 1 session
FEE: \$15.00 + \$22.00 (certification fee) 3/18/20

NEW!

HVAC REFRIGERANT CHARGING and EPA 608

This course is for technicians, future technicians or anyone interested in the HVAC field. Learn to handle refrigerants, prepare systems for refrigerant and how to check the refrigerant charge. EPA 608 training is integrated throughout the course. A specific review is included for Core, Type 1, Type 2, Type 3 certification. Aspects covered include safety, the refrigeration cycle, components, service valves, ports, hoses, and gauges. Procedures include leak checking, evacuation, charging methods, pump downs and troubleshooting while measuring superheat and subcooling. The supply fee collected at registration includes the textbook and supplies for the course. For students interested in pursuing the EPA 608 Certification, the online examination will be administered on campus on a different night of the week during the course duration (date to be determined). An additional fee of \$25.25 is paid directly to the examination vendor by the student via credit card (Visa, MasterCard or Discover). On the date of the exam, students who choose to test must bring their credit card, photo identification and Social Security number to the testing site.

Instructor: Craig Migliaccio Toft Building Room 330
Monday 5:30pm-8:30pm 10 sessions
Fee: \$150.00 + \$60.00 supply fee (S)

Certification - Part Time

SERVSAFE SANITATION INITIAL CERTIFICATION

The State of New Jersey mandates one person on premises of a food service establishment must have sanitation certification. ServSafe leads the way in providing the restaurant and food service industry with an up-to-date, comprehensive food safety training and certification program. This certification course culminates with the participants taking the ServSafe examination on the last night of class. Participants with a passing grade will receive the nationally recognized ServSafe certification valid for five years. Who should take this course? Restaurant owners, managers, chefs, cooks, servers or anyone working in the food service industry. The textbook is mandatory and purchased independently by the student. The textbook title is ServSafe Coursebook, 7th Edition with answer sheet, ISBN 978-1-58280-334-0. All classes are held on Thursday evenings except February 12 and March 25 (Wed). Note: March 25 class is exam review night, 4-8pm.

Instructor: Chef David Masterson Toft Building Room 338A
Wed. & Thurs. 4:00pm-7:00pm 10 sessions
Fee: \$155.00 Class starts 1/23/20

SERVSAFE SANITATION RECERTIFICATION

This ServSafe certification course is for individuals previously certified through ServSafe and wish to renew their certification for an additional five years. The course consists of one test prep review evening and taking the examination on the second night. At the time of registration, students are required to pay for the recertification examination. Due to the ordering process for the examination materials, the registration deadline is February 13, 2020.

Instructor: Chef David Masterson Toft Building Room 338A
Wed. 4:00pm-8:00pm and Thur. 4:00pm-7:00pm 2 sessions
Fee: \$35.00 + \$35.00 (exam fee) 3/25 & 3/26/2020



Technical Skills

AUTO REPAIR LAB

This class is for students who have basic knowledge of automotive repair and would like to complete minor repairs on their own vehicle under the guidance of a professional ASE (Automotive Service Excellence) certified instructor. All repairs must be approved by the instructor. On the first night of class a shop/equipment orientation will occur along with a discussion of potential student projects. All parts are supplied by the student and all vehicles must be removed from the premises after each night of class, no exceptions.

Instructor: James Hornbeck Tozour Building Room 110
Wednesday 6:00pm-9:00pm 10 sessions
Fee: \$150.00++(S)

ELECTRICAL HOUSE WIRING

Students will be introduced to the theory of electrical house wiring by applying the technical knowledge presented in the classroom and opportunity for hands-on experience. Electrical theory codes, standards, outlet connections, circuits and metallic and non-metallic cables will be included. This course covers the basics of electrical house wiring for the homeowner.

Instructor: Mike Mills Toft Building Room 330
Tuesday 6:30pm-9:30pm 10 sessions
Fee: \$150.00 + \$15.00 supply fee (S)

OUTBOARD MOTOR MAINTENANCE & REPAIR

This course is for the boater who wants to know more about their engine. Theory and practical hands-on instruction in the operation, maintenance and troubleshooting of two and four-stroke outboard motors and drive trains will be featured. Students will be invited to bring in their own outboard motor later in the semester for servicing or repair. All parts are purchased independently by the student.

Instructor: Steve Schall Tozour Building Room 166
Wednesday 6:00pm-8:30pm 10 sessions
Fee: \$125.00++(S)

QUICKBOOKS ONLINE INTRODUCTION

This course is designed to present the world's most utilized online accounting system, Quickbooks Online, a cloud-based application. Learn how to keep track of income expenses, receipts, bills, accounts payable/receivable, taxes and more. Covers both personal and business aspects of the program. Prerequisite: Introduction to Computers or equivalent knowledge.

Instructor: Michael Palombo Tozour Building 138
Thursday 5:00pm-7:00pm 5 sessions
Fee: \$50.00 1/23-2/27/20



accepted for online and in-person registration

Arts/Crafts/Dance/Music

CREATING with POLYMER CLAY WORKSHOP

Interested in creating unique sculptures, decorative boxes or elements for jewelry? Learn to work with polymer clay with an experienced artist as your guide. Topics covered include conditioning, safe handling, tools, blending, surface treatments, design, curing and finishing touches. The possibilities are endless! The instructor will provide all supplies for the workshop. On the first night of class, please bring \$20.00 cash (exact change, please) to cover the cost of projects.

Instructor: Mary Simkins Federici Toft Building Room 326
Monday 6:00pm – 9:00pm 3 sessions
Fee: \$36.00 3/9, 3/16, 3/23/2020

GUITAR BEGINNER

Learn the fundamentals of playing the guitar including notes on the fingerboard, open chords and playing songs. Music theory and various music styles and guitar techniques will be presented in a group instruction format. Designed for the novice learner. Bring your acoustic guitar and tuner to each night of class. If you have a guitar method book, please bring it to class, but you are not required to purchase one to participate in this course.

Instructor: Joe Scheid Scrivani Building Room 204
Tuesday 6:30pm-8:00pm 8 sessions
Fee: \$48.00++ 1/28-3/17/20

GUITAR INTERMEDIATE

Continue your study of the guitar by developing different playing styles, learn music theory and more fingering/strumming techniques. Interpret what a piece of music is telling you such as beat, tempo, scale. Learn movable barre chords and chord structure. Explore the elements of rhythm, melody, harmony and form the expressive controls of texture, timbre, dynamics, tempo and articulation. Conducted in a group instruction format. Please bring your acoustic guitar and tuner to each class.

Instructor: Joe Scheid Scrivani Building Room 204
Wednesday 6:30pm-8:00pm 8 sessions
Fee: \$48.00++ 1/29-3/18/20

NEW!

KNITTING - A NEW SHAWL

Designed for the knitter who knows how to knit and purl. The focus will be on non-traditional shawls and wraps (not overly lacy). The shawl patterns to choose from use basic knit and purl stitches in new ways to create texture and design that may be asymmetrical in shape. The independent purchase of supplies is required. Upon registration, the patterns and associated supply lists for this course will be emailed to the students.

Instructor: Kathe Christensen Toft Building Room 312
Wednesday 6:00pm-8:00pm 10 sessions
Fee: \$80.00++

Need a gift for a special occasion?
Consider registering someone in an evening community education course.
Give the gift of learning!

Gift Certificates available.
Contact the office at
(609) 380-0241

NEW!

KNITTING – ANOTHER SWEATER

This course is designed for the knitter who knows how to knit and purl. You will learn the important steps required to knit a well-fitting sweater using a pattern of your choice. Additional techniques include increasing/decreasing stitches, picking up stitches and proper seaming. Select a brand new pattern or bring the sweater project you have started and need assistance to complete. The instructor will introduce the Aran style (Irish Fisherman) pattern if you would like to try something new. The independent purchase of supplies is required. Upon registration, the patterns and associated supply lists for this course will be emailed to the students.

Instructor: Kathe Christensen Toft Building Room 312
Tuesday 6:00pm-8:00pm 10 sessions
Fee: \$80.00++

NEW!

KNITTING – THE BRIOCHE STITCH

This course is designed for the knitter who knows how to knit and purl. Brioche knitting creates an unusual stitch structure that results in a thick, highly textured and warm fabric. In class you will learn the three basic stitches in brioche knitting and apply this skill to your selection of either a scarf, hat or cowl which uses one or two colors. This course involves the independent purchase of supplies. Upon registration, the patterns and associated supply lists for this course will be emailed to the student.

Instructor: Kathe Christensen Toft Building Room 312
Monday 6:00pm-8:00pm 10 sessions
Fee: \$80.00++

LINE DANCING - BEGINNER

Line Dancing is a choreographed dance performed individually in synchronization with others generally in lines and rows. Line dancing originated in the 1950's and grows more popular each year as music trends change. This course will teach you a variety of traditional and new line dances from Country to Pop to Latin to Soul. All dances learned can be applied in social venues too. Join Miss Susan for fun!

Instructor: Susan Pennypacker Tozour Building Room 125
Thursday 6:00pm-7:00pm 10 sessions
Fee: \$40.00

LINE DANCING – INTERMEDIATE

Are you ready to take your line dancing to the next step? This intermediate course will present more advanced line dances to popular varieties of music including Country, Pop, Latin and Soul. Designed for individuals with line dancing experience and knowledge of the basic steps. Put your dancing shoes on and get ready to dance with Miss Susan!

Instructor: Susan Pennypacker Tozour Building Room 125
Thursday 7:00pm – 8:00pm 10 sessions
Fee: \$40.00

NEW!

PAINTING AND PRINT MAKING

A professional artist will be your guide as you work on art projects in your favorite mediums including watercolors, acrylics, oils and more! Monoprinting is a form of print making that has lines or images that can only be made once. An introduction to monoprints and safe etching techniques will be included for individuals interested in learning new media. This class is conducted in an "art studio" format with all levels of artists welcome. Please bring a sketchbook, pencil, kneaded eraser and a project or idea for a project the first night. Independent purchase of supplies required with guidance provided by instructor.

Instructor: Mary Simkins Federici Toft Building Room 326
Tuesday 6:00pm-9:00pm 10 sessions
Fee: \$120.00++

QUILTING MACHINE

This course is for the confident beginner to intermediate level machine quilter. Learn how to use paper templates for making half square triangles into six different quilt blocks to assemble into your choice of a table runner, pillow tops or a lap size quilt. Basic knowledge of the sewing machine is a prerequisite and this course requires the independent purchase of supplies by the student. Upon registration, the supply list will be emailed to the student. On the first night of class, please bring \$6.00 (exact change, please) for the pattern fee.

Instructor: Doreen Dever
Monday 5:30pm-8:30pm
Fee: \$120.00++(S)

Toft Building Room 332
10 sessions

SEA GLASS CRAFTS

Create art and other crafts from your beach comer treasures. Learn about the history, color variations and authentication of glass tumbled in the waves. Utilize your sea glass collection to create items you can admire more often such as wall art, chimes, garden décor and jewelry. This course requires the independent purchase of supplies by the student. Upon registration the supply list will be emailed to the student. Please bring your sea glass collection and supply list to the first night of class. The instructor will have limited sea glass available to supplement your projects.

Instructor: Lisa Roach
Thursday 6:00pm-8:00pm
Fee: \$80.00++

Tozour Building Room 160
10 sessions

STAINED GLASS BEGINNERS

Explore the art of stained glass by learning how to create and construct stained glass items. Learn the techniques of glass cutting, foiling and soldering. Basic design concepts will be introduced. This course requires the independent purchase of supplies based on project selected. Potential projects will be discussed the first night of class and the instructor will provide guidance with the purchase of supplies.

Instructor: Bruce Hippel
Monday 6:30pm-9:30pm
Fee: \$120.00++(S)

Tozour Building Room 160
10 sessions

WOODTURNING INTRODUCTION

This course is an introduction to the exciting hobby of Woodturning. Learn safety procedures, lathe operation, tool sharpening, spindle turning, pen making, bowl turning and other wood crafts. Featured will be the basics of segmented bowl design and turning. Members of the Cape Atlantic Woodturners Club will be guest presenters throughout the course providing expert guidance and demonstrations.

Instructor: Joe Jones
Thursday 6:00pm-9:00pm
FEE: \$150.00 + \$15.00 supply fee ++(S)

Tozour Building Room 116
10 sessions

WOODWORKING FOR BEGINNERS

Proper use of hand tools and power machines will be introduced as students learn to construct individual projects during this course. The instructor will have suggestions on possible projects and/or bring an idea for a project the first night. All projects must have the approval of the instructor. This course involves the independent purchase of supplies by the student and guidance for purchasing supplies will be provided. Note: projects must be removed from the classroom after each night of class, no exceptions.

Instructor: Art Soloman
Tuesday 6:00pm-9:00pm
Fee: \$150.00 + \$15.00 supply fee ++(S)

Tozour Building Room 116
10 sessions

ZENTANGLE BEGINNER

Never heard of Zentangle? It's a relatively new meditative art form that is easy, and no previous drawing experience is required. If you can write the letters I, S, C & O, then you can Zentangle. The art is created with a pen, pencil and blending tool on small paper tiles approximately 4" x 4". Specific drawing patterns taught are called Tangles. The class is taught by a Certified Zentangle Teacher. Please bring \$15.00 cash (exact change, please) to the first night of class for supplies.

Instructor: Patti Mazzola
Monday 6:00pm-8:00pm
Fee: \$40.00

Tozour Building Room 112
5 sessions
1/27 - 3/2/20

NEW!

ZENTANGLE INTERMEDIATE

This course is designed for individuals who have taken a Zentangle class and want to progress to the next level of the art form. In this class we will explore Zentangle projects by incorporating watercolor, color pencils and other mediums. The class is taught by a Certified Zentangle Teacher. If you have a Zentangle kit, please bring it to class, along with \$5.00 (exact change, please) for the additional supplies needed to participate effectively in this course. If you need a new Zentangle kit, please bring \$15.00 (exact change, please) to class.

Instructor: Patti Mazzola
Monday 6:00pm-8:00pm
Fee: \$40.00

Tozour Building Room 112
5 sessions
3/9 - 4/6/20

Baking/Cooking

Join our Chef staff for cooking adventures. Learn about ingredients, receive recipes, cook on site and be guided by our experts in the kitchen. No culinary experience required! Please bring your favorite knife, apron, side towel and several containers of different sizes to transport food home.

NEW!

ALL ABOUT KNIVES

This one-night class will give students an opportunity to learn the proper way to sharpen knives and the basic knife skills used in the preparation of food. Please bring up to 4 of your favorite kitchen knives (non-serrated) to be sharpened under the guidance of the instructor. Students will learn knife skills such as chop, dice, mince and more. Using the techniques learned, students will prepare one recipe.

Instructor: Chef Warren Wade
Monday 6:00pm - 8:30pm
Fee: \$10.00 + \$20.00 supply fee

Tozour Kitchen Room 124
1 session
1/27/20

NEW!

COOKING BASIC TECHNIQUES

What is the best way to prepare your favorite protein, vegetable or starch? Basic food cooking techniques such as sautéing, grilling, braising and more will be included in this one-night class. Learn which techniques to use the next time you think about cooking your favorite foods. Students will use the basic skills learned to make one each of a breakfast menu item, lunch menu item and dinner menu item.

Instructor: Chef Warren Wade
Wednesday 6:00pm - 9:00pm
Fee: \$12.00 + \$25.00 supply fee

Tozour Kitchen Room 124
1 session
3/11/20

Baking/Cooking

NEW! CUPCAKES

Learn to make chocolate and vanilla cupcakes from scratch with variations. Students will also make homemade frostings and learn several decorating techniques for a professional presentation. Please bring one cupcake pan (accommodates 12 cupcakes) and other container or cupcake carrier to transport your baked goods home.

Instructor: Elaine Wallace
Wednesday 6:00pm-9:00pm
Fee: \$12.00 + \$20.00 supply fee

Tozour Building Room 123
1 session
2/5/20

NEW! PATE A CHOUX

This class will cover the magic of pate a choux dough and how to turn it into delicious treats. Students will learn to make all the components and then assemble cream puffs and eclairs. Sweet and savory variations will be explored as time permits. Please bring containers to transport your baked goods home.

Instructor: Elaine Wallace
Wednesday 6:00pm-9:00pm
Fee: \$12.00 + \$20.00 supply fee

Tozour Building Room 123
1 session
3/4/20

NEW! PIES

This class will present the basic technique for making a pie crust from scratch. Students will make two pies, one homemade custard and one fruit pie (filling not from a can!) Please bring two pie plates (9") to class.

Instructor: Elaine Wallace
Wednesday 6:00pm-9:00pm
Fee: \$12.00 + \$20.00 supply fee

Tozour Building Room 123
1 session
2/19/20

NEW! SEAFOOD COOKING (Session 1)

This five-week course will explore methods of seafood preparation. A variety of techniques will be presented including grilling, poaching, curing and more. This class is all about seafood from purchase to proper cleaning to preparation. We will explore a variety of seasonal seafood to include fish and shellfish. Students will have hands-on experience each night in the preparation of seafood.

Instructor: Chef Doug Gomersall
Tuesday, 6:00pm-9:00pm
Fee: \$60.00 + \$45.00 supply fee

Tozour Kitchen Room 124
5 sessions
1/28 - 2/25/20

NEW! SEAFOOD COOKING (Session 2)

Course description is the same as Session 1, only dates are different.

Instructor: Chef Doug Gomersall
Tuesday, 6:00pm-9:00pm
Fee: \$60.00 + \$45.00 supply fee

Tozour Kitchen Room 124
5 sessions
3/3- 3/31/20

*Gift Certificates are available.
Call 609-380-0241.*

Health and Fitness

CHAKRA MEDITATION

Chakra meditation is a form of meditation that consists of a set of relaxation techniques focused on bringing balance, relaxation and well being. The Chakras are important centers of energy that appear throughout your body. Through Chakra meditation, you can improve the balance of your key Chakras and bring your health into a more peaceful state. The class begins with an introduction to the 7 main Chakras and each week's guided meditation will focus on balancing one or more Chakras. Please bring a yoga mat each night.

Instructor: Debbie Valletto
Thursday 4:15pm-5:30pm
Fee: \$25.00

Tozour Building Room 133
5 sessions
3/5-4/2/20

NEW! ENERGETIC FLOW

Energetic flow is a creative movement class designed to enhance your natural energy flow. This physical class combines dance fitness, cardio and kinetic movement to enhance the mind/body connection. Basic meditation and breathing techniques are incorporated. Potential benefits of energy flow are stress reduction and relief of muscle tension. Come experience movement in a more organic way. All levels welcome! The instructor earned a Bachelor of Fine Arts in Physical Theatre Performance and has completed a residency in Creative Healing Mediums. Please bring a yoga mat or blanket to each night of class.

Instructor: Katrina Joseph Kuharich
Wednesday 5:30pm-7:00pm
Fee: \$60.00

Tozour Building Room 125
10 sessions

ESSENTIALS OILS FOR SPRING

Essential oils can enhance so many areas of your daily life. They are often used for immune support, relaxation, sleep, stress relief, skin care, green cleaning and more! In this introductory class, you will learn about essential oil safety, how essential oils are produced and common methods of use with an emphasis on the top 7 essential oils and seasonal focus. You will have an opportunity to smell the top 7 essential oils. An optional roller ball make & take will be available for an \$8.00 fee paid directly to the instructor (exact change, please). Note: contact with essential oils is not recommended for pregnant women, persons with high blood pressure or those individuals prone to seizures.

Instructor: Debbie Valletto
Tuesday 6:00pm-8:00pm
Fee: \$8.00

Tozour Building Room 106
1 session
3/31/20

NEW! MEDITATION – TOOLS & TECHNIQUES

Meditation is an ancient tradition that is practiced in cultures all over the world to create a sense of calm and inner harmony. The purpose of this class is to assist participants with experimenting with different meditation techniques and discover which techniques best suit the participant's unique needs and personality. Each week the instructor guides the group into a relaxed state and shares various meditation techniques including mantras, affirmations, Tibetan healing bowl, complete quiet, and more to help the participant discover the effective types of meditation for their practice. This course is designed for participants with some experience with meditation. Please bring a yoga mat or blanket unless you plan to remain seated in a chair.

Instructor: Debbie Valletto
Tuesday 4:30pm – 5:30pm
Fee: \$20.00

Tozour Building Room 133
5 sessions
3/3 – 3/31/20

REIKI 1, THE HEALING ENERGY

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the theory of "life force energy". Reiki is a simple, natural and safe method to promote healing and self-improvement that everyone can use. This class is presented in an interactive format with lecture, discussion and participation, with emphasis on self-treatment.

Instructor: Debbie Valletto
Thursday 5:45pm-7:15pm
Fee: \$30.00

Tozour Building Room 133
5 sessions
3/5-4/2/20

NEW!

REIKI SHARE

Reiki Share, also known as Reiki Circle or Exchange, is a gathering of Reiki practitioners who participate in group Reiki interacting with each other. The main purpose for the share is to give and receive Reiki in a casual atmosphere of positive energy. This class is for experienced Reiki practitioners, Level 1 and above. This class is a one-night seminar to experience the power of group Reiki, meet other practitioners, practice and connect in this holistic modality.

Instructor: Debbie Valletto
Tuesday 6:00pm-8:00pm
Fee: \$8.00

Tozour Building Room 133
1 session
3/10/20

WEIGHT TRAINING (Session 1)

The benefits of exercise and a balanced diet are essential to enjoying a healthy and happy lifestyle. Learn innovative strength and conditioning techniques as well as tips on how to maximize your workout through proper nutrition. The course will include: custom routines to your desired goals, correct form and appropriate utilization of all gym equipment. This is an effective and fun class for people of any age or fitness level. Weight training is proven to revitalize your energy levels and enhance your overall wellness.

Instructor: Brian Halsey
Monday 3:00pm-3:45pm
Fee: \$30.00

Scrivani Building Weight Room 240
10 sessions

WEIGHT TRAINING (Session 2)

Course description is the same as Session 1, only the time is different.

Instructor: Brian Halsey
Monday 4:00pm-4:45pm
Fee: \$30.00

Scrivani Building Weight Room 240
10 sessions

Semester Calendar page 3

Register Early!

**Register online 24/7 at
www.capemaytech.com**

Languages

NEW!

FRENCH CONVERSATIONAL

Learn useful phrases and vocabulary for travel or simply enjoy the experience of learning introductory French. Lessons will focus on speaking with correct pronunciation and comprehension of responses. French culture will be incorporated into the course to assist students in learning the language. The textbook is mandatory and purchased independently by the student: 15-Minute French, ISBN# 978-1-4654-6294-7. An optional French Creole cooking class will be available to enrolled students following the seven-week course. A separate registration and supply fee for the cooking class will apply. Information on the cooking class will be distributed on the first night of the course.

Instructor: Nora Cowley
Thursday 6:30pm – 8:00pm
Fee: \$42.00

Toft Building Room 312
7 sessions
1/23 – 3/12/20

RUSSIAN MADE EASY

In this course, the Russian language will be presented in a style to explain grammar and vocabulary clearly. Grammar will be dissected to include verb conjugation, adjectives, cases and dialogue. A conversational approach will be included to learn everyday vocabulary and expressions that you can use. Cultural information will be incorporated as necessary to assist the student with learning and understanding the language. There is an optional textbook for this class, which is purchased independently by the student: Simplified Russian Grammar, 1957 Ed., Author: Mischa Fayer, No ISBN#.

Instructor: Ekaterina Hamann
Wednesday 6:00pm-8:00pm
Fee: \$80.00

Toft Building Room 309
10 sessions

Special Interest

NEW!

BRIDGE: SHUFFLE & DEAL, INSTRUCTIONAL PLAY

This class is for individuals with basic knowledge of the card game, bridge. Each night a mini lesson will precede play. Then cards will be shuffled, dealt and played guided as needed with oversight of the instructor. Reinforcement of bridge techniques will be presented including terminology, bidding, scoring and strategy. This course is ideal for individuals who want to gain confidence with their game and practice with other bridge players. Supplies to participate will be provided by the instructor. The instructor holds Gold Life Master status within the American Contract Bridge League (ACBL) and is a certified bridge director.

Instructor: Karen Sylvester
Wednesday 6:30pm – 8:30pm
Fee: \$64.00

Toft Building Room 311
8 sessions
1/29 – 3/18/20

NEW!

CREATIVE DRAMATICS

Creative Dramatics invites all individuals with a passion and curiosity for Theater Arts to come to center stage. If you have a small or large desire to explore the many mediums used in Theater training, then this course is for you! The instructor will introduce physical theater training styles such as Commedia Dell'Arte, character work, monologue and more! The instructor earned a Bachelor of Fine Arts in Physical Theatre Performance from the University of Alaska Fairbanks.

Instructor: Katrina Joseph Kuharich
Thursday 6:00pm – 8:00pm
Fee: \$80.00

Tozour Building Room 120
10 sessions

Special Interest

DOG OBEDIENCE (Session 1)

This course presents a gentle, traditional method with positive reinforcement for solving undesirable canine obedience problems for dogs at least 6 months of age. The same human trainer must accompany the same dog on each night of class, no exceptions. Exercises include heeling, sit/stay, down/stay, come when called, etc. Problems such as jumping and barking will be addressed. Canine Good Citizen evaluation and test will be available. A suitable leash is required. Please, no flex lead or harness (flat or martingale). NOTE: NO DOGS ON THE FIRST NIGHT, HOWEVER, PLEASE BRING YOUR DOG'S IMMUNIZATION RECORD (BORDETELLA VACCINE **REQUIRED**). ON THE FIRST NIGHT, AN ORIENTATION AND RECORD REVIEW WILL OCCUR.

Instructor: Sandy Fedoroff
Thursday 6:00pm-6:45pm
Fee: \$24.00

Scrivani Building Room 230
8 sessions
2/13 - 4/2/20

DOG OBEDIENCE (Session 2)

Course description same as Session 1, only time & instructor are different.

Instructor: Gail Fumo
Thursday 7:00pm-7:45pm
Fee: \$24.00

Scrivani Building Room 230
8 sessions
2/13 - 4/2/20

NEW!

DOG OBEDIENCE – RALLY FOR BEGINNERS (Session 1)

Rally obedience is a dog sport based on obedience. It is a team sport, you and your canine companion. You and your dog navigate through a course of 10 to 20 different signs. Each sign displays instructions for the skill to be performed at that station. Your dog will need to respond to basic commands such as sit, down, stay, heel, etc. Rally is a great way for you and your dog to bond while working as a team and having fun! Your dog must be at least six months of age to participate. Pre-requisite: previous basic dog obedience class here at Cape May Tech or elsewhere. Class size is limited so each team will have adequate time on the course each week. NOTE: NO DOGS ON THE FIRST NIGHT, HOWEVER, PLEASE BRING YOUR DOG'S IMMUNIZATION RECORD (BORDETELLA VACCINE **REQUIRED**). ON THE FIRST NIGHT, AN ORIENTATION AND RECORD REVIEW WILL OCCUR.

Instructor: Sandy Fedoroff
Tuesday 6:00pm – 7:00pm
Fee: \$40.00

Scrivani Building Room 230
10 sessions

NEW!

DOG OBEDIENCE - RALLY FOR BEGINNERS (Session 2)

The course description is the same as Session 1, only the time is different.

Instructor: Sandy Fedoroff
Tuesday 7:00pm – 8:00pm
Fee: \$40.00

Scrivani Building Room 230
10 sessions

GARDENING without WORK

A beautiful garden can be in your future! In this two-night seminar, you will learn the "do's and don'ts" of gardening. General garden information will be presented in an interactive lecture format to include planning your garden, choices of seed versus plants, preparing & planting your garden, care, deadheading & composting. Optional book available from instructor the first night of class for \$5.00 (exact change, please).

Instructor: Gregg Aprill
Monday 6:00pm-8:00pm
Fee: \$16.00

Tozour Building Room 150
2 sessions
3/23 & 3/30/20

GENEALOGY WORKSHOP

This workshop is designed to provide the student with information on various genealogy resources and how documented research and DNA is utilized as verification of ancestry. Whether you are a novice or experienced researcher, this course can assist you with accessing internet resources such as historical societies, religious records, census, newspapers, cemetery records and more. The instructor has over 40 years of experience researching genealogy. A DNA report is not necessary, but if you have a DNA report from a commercial provider, please bring it to class. Optional: please bring a computer flash drive to class to save downloaded information.

Instructor: Helen Fink
Wednesday 4:00pm – 6:30pm
Fee: \$60.00

Tozour Building Room 131
6 sessions
2/26 – 4/1/20

MIXOLOGY 101

This mixology course is a comprehensive and detailed course on the basics of bar & restaurant bartending. Techniques on how to prepare and serve beverages, cutting fruit, setting up sinks as well as how to handle customer relations will be featured. In addition, the business and legal aspects of the industry will be covered to prepare individuals for work in restaurants, taverns, nightclubs or private parties. Field trips supplement instruction and will be scheduled on Wednesday evenings. Course schedule will be distributed the first night of class on Monday, January 27, 2020. Prerequisite: 21 years of age or older (valid proof of age required on first night of class such as driver's license, passport or birth certificate).

Instructor: Christopher Nardy
Monday 7:00pm-9:00pm
Fee: \$80.00

Tozour Building Room 122
10 sessions

NEW!

OUTDOOR RECREATION

Have you ever wondered what outdoor recreational opportunities are available to you in Cape May County? This course will introduce you to fishing, crabbing, clamming, hunting, scuba/free diving, boating, hiking and more! Class time includes lecture/discussion, videos, hand-outs and hands-on activities such as making crab traps and fishing lures. Prep for the upcoming spring and summer seasons by learning the knowledge and skills to having fun outdoors right here in southern New Jersey. Your instructor is the Marine Environmental High School Teacher at Cape May Tech.

Instructor: Hanna Toft
Wednesday 6:00pm-9:00pm
Fee: \$72.00+\$15.00 supply fee

Tozour Building Room 109
6 sessions
1/29 - 3/4/20

SELLING ON EBAY (Session 1)

Whether you are downsizing, decluttering or have items you suspect may be valuable, ebay offers a unique opportunity to sell your items via the online world. In this course you will learn the basics of selling on ebay including how to research, list, sell and ship your items including a review of ebay's rules, policies, financial transactions and customer service. Students should have an email account and basic knowledge of online shopping to effectively participate in this course.

Instructor: Susan Cline
Thursday 6:00pm – 8:00pm
Fee: \$40.00

Tozour Building Room 131
5 sessions
1/23 - 2/27/20

SELLING ON EBAY (Session 2)

The course description is the same as Session 1, only the dates are different.

Instructor: Susan Cline
Thursday 6:00pm – 8:00pm
Fee: \$40.00

Tozour Building Room 131
5 sessions
3/5 - 4/2/20

Youth Programs and High School Education



Cape May County Technical High School:
*from Culinary Arts to Calculus,
from English to Engineering...
and so much more!*

Cape Tech is a career focused public school of choice offering college and career readiness in high school.

**Want to schedule a tour?
Want more information?**
Call our admissions office
609-380-0200 ext. 691
or visit our website:
www.capemaytech.com

Why choose Cape Tech?

- Career Technical Training
- Industry Credentials
- Rigorous Academics and Electives
- College Credits in High School
- State of the Art Technical and Science Facilities
- Student Life with Sports, Clubs, Activities and more

Summertime Adventures For Kids **July 2020** *Fun for Ages 9 to 14* **sponsored by the Cape May County Technical Schools**

Summertime Adventures for Kids youth program is a “hands-on” summer experience for young people ages nine to fourteen.

Class offerings have been designed to share exciting, creative, enjoyable, and educational experiences in the following interest areas: arts/crafts, engineering, food, games, law/public safety, marine, and video production.

Each class curriculum has been tailored to designated age levels and a similar variety of classes will be offered in two one-week sessions in July.

Cape May County Technical School District approved teachers will staff and administer all programs.

All classes are held at the Cape May County Technical School District, 188 Crest Haven Road, Cape May Court House, New Jersey.

More specific information on class offerings will be available in May 2020.

Contact the continuing education office at (609) 380-0241 to place your name on the mailing list or e-mail your name and address to: aarnold@capemaytech.com.

Join the Fun!

Post Secondary Programs for Licensing/Certification

Dental Assisting

The Dental Assisting program at the Cape May County Technical School prepares the student to meet requirements to become a Certified Dental Assistant (CDA). Successful graduates also qualify for the NJ Registered Dental Assistant (RDA) and Limited Radiologic Technologist—Dental LRT-(D) credentials.

This program is open to adult students with either a high school diploma or equivalent, who are 18 years of age or older and pass the pre-admission testing. In addition, applicants must submit a valid CPR/BLS for Health Care Professionals and submit a completed physical form which includes specified titers and immunizations prior to the start of class. All post-secondary students must also obtain a criminal background clearance as per district policy.

The Dental Assisting program is fully accredited by the American Dental Associated Commission on Dental Accreditation (ADA-CODA), approved by the Department of Environmental Protection (DEP) Bureau of X-ray Compliance and approved by the New Jersey State Board of Dentistry.

The Dental Assisting program is a full-time, 10-month program in session September through June, Monday through Friday, 8:00am to 2:30pm. Clinical hours may vary depending upon the affiliation site.

Practical Nursing

The Practical Nursing program will provide a curriculum based on the holistic concept of patient care and will provide the students with the necessary knowledge to meet the requirements for licensing in the field of nursing. It will prepare the students to function as members of the health care team to recognize and meet the needs of people in their care.

This program is open to adult students with either a high school diploma or equivalent, who are 18 years of age or older and pass the pre-admission testing. In addition, applicants must submit a valid CPR/BLS for Health Care Professionals and submit a completed physical form which includes specified titers and immunizations prior to the start of class. All Post-Secondary students must also obtain a criminal background clearance as per district policy.

This course is approved by the New Jersey Board of Nursing and the New Jersey Department of Education, and consists of both classroom and clinical experiences.

The Practical Nursing program is a full time 44-week, daytime program reserved for post-secondary students. The regular classroom hours are Monday through Friday, 8:00am to 2:30pm. Clinical hours will vary depending upon the affiliation site.

Cosmetology

This course is specifically designed to prepare graduates for licensing requirements established by the New Jersey State Board of Cosmetology/Hairstyling. Students are required to complete 1000 productive hours of training as part of the course requirements. The district will strictly enforce this requirement. Students of this program will be instructed in all of the state required areas of Cosmetology and Barbering, along with other related areas of study, including workplace readiness and communication skills. Students will practice their skills on mannequins and fellow students. During the second half of the year and upon receipt of their student permit, an "in-house" clinical experience will be added, and students will work with patrons from the community as part of the training.

The program is open to adult students with either a high school diploma or equivalent, who are 18 years of age or older and pass the pre-admission testing. In addition students must submit a copy of their birth certificate and submit a completed physical form prior to the start of class. All post-secondary students must also obtain a criminal background clearance as per district policy.

The Cosmetology program is fully accredited by the New Jersey State Board of Cosmetology. The Cosmetology program is a full-time 10-month program in session September through June, Monday through Thursday, 1:30 pm - 9:30 pm.

Welding AWS 1G Certification

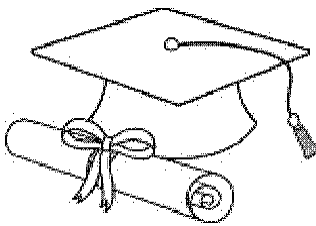
This course is aligned with the objectives and curriculum of the American Welding Society. Upon completion, the student will be able to produce welds to Bridge, Highway and AWS D1.1 Structural Codes. Classroom theory includes a review of materials, the cross matching of welding filler material to metals that will be welded, blueprint reading and math for welders. The curriculum includes practical application and practice in Oxy/Acetylene cutting, Fusion and all position brazing, and Arc welding in all positions using 6011 and 7018 welding rods. The American Welding Society Basic Welder (1-G) certification testing will be offered on site to all students that meet program requirements.

The Welding program is a 9-month program in session from September through May. Class is scheduled on Monday, Tuesday and Wednesday evenings.

***For more information about
Post Secondary Programs for adults
who have completed
high school, contact us at
(609) 380-0243***

Free Classes Adult Basic Education (ABE) High School Equivalency (HSE) Preparation

Our school offers free Adult Basic Education classes to prepare students to take their HSE and/or to raise pre-admission test scores for entrance into Post-Secondary programs.



Where: Cape May County Technical School, Room 157
Days: Mon, Tue, Wed, Thu
Times: 6:00 PM-9:00 PM

Where: One Stop Career Center, 3810 NJ Ave., Wildwood
Days: Mon, Tue, Wed, Thu, Fri
Times: 8:45 AM-11:45 AM
or
Times: 12:30 PM-3:30 PM



High School Equivalency (HSE) Testing Center Dates

- Monday, December 9, 2019
- Tuesday, December 17, 2019
- Tuesday, January 14, 2020
- Wednesday, January 29, 2020
- Monday, February 10, 2020
- Tuesday, February 18, 2020
- Monday, February 24, 2020
- Monday, March 9, 2020
- Tuesday, March 17, 2020
- Tuesday, March 24, 2020

Testers arrive at 3:45 PM and testing concludes no later than 9:00 PM
Register at: <https://capemaytech.com/ps-hse-registration.html>

FREE! English as a Second Language Classes Call for Information

For more information or to reserve a seat in any of these programs, please contact:
Elizabeth Satterfield at (609) 380-0200 ext. 644 or esatterfield@capemaytech.com

Registration Procedures for Part-Time Evening Community Education Classes

General Information

- Registration opens to the public beginning on Wednesday, December 11, 2019, for all methods of registration until the first night of class.
- Registrations will be processed in the order which they are received via on-line, or in-person.
- You may contact the evening school office to see if there is space available in the class you desire. Please call (609) 380-0241 during regular business hours.
- The total course fee must be paid in full at the time of registration.
- The Cape May County Technical School reserves the right to limit registration for courses, to discontinue courses for which there is insufficient registration and to change times, locations and/or instructors.
- Class sizes are determined by the nature of the class and space. If a class is full, it will be closed and a waiting list will be generated for the semester.
- Senior citizens age 60+ receive a discount for all non-credential/licensing courses. The discount is 50% off the registration fee. Other supply fees remain full price. ID will be requested.
- We cannot process cash at registration, so please be prepared with debit/credit card (for online or in-person) or check/money order (for in-person).

Ways to Register:

Online Registration: www.capemaytech.com

- Online registration opens Wednesday, December 11, 2019
- Have your course selection information ready
- Each course is registered for separately
- Payment is due online by credit/debit at time of registration (VISA, Mastercard or Discover)
- Senior Citizen discount code for online registration is provided
- Registrations may be accepted up through the first night of class providing seating is available

In-person Registration

- Registrations will be accepted Monday through Thursday excluding holidays, in the Adult Education Office according to the following schedule:
Monday through Thursday, Dec. 11 to Dec. 19:
12:00 noon to 7:00 pm and
Monday through Thursday, January 2 to first night:
12:00 noon to 7:00pm.
- Address for entrance is: 188 Crest Haven Road
Cape May Court House NJ 08210
- Park in Lot C, Tozour Building ONLY
- Access is controlled and you will be required to enter via intercom security screening
- Payment by check/money order or credit/debit only
(NO cash can be processed)

Need a gift for a special occasion? Consider registering someone in an evening community education course. Give the gift of learning!

Gift certificates available.

Contact the office at
609-380-0241.

Symbol Key

(+) Course Supply Fee —

A general course supply fee may be charged in courses in which consumable school supplies are used in the instructional/ learning process. All listed general course supply fees must be paid along with the course fee at the time of registration. These courses will be identified in the brochure with a plus sign (+) next to the course fee and the identified supply fee listed.

(++) Course Supplies need to be purchased —

Some courses require supplies to be used in class which cannot be effectively included in a general supply fee due to the nature of individual appeal for projects. These courses will be identified in the brochure with a double plus sign (++) next to the course fee. Instructors will provide students with the names of suggested vendors who may stock the necessary supplies.

(S) Safety —

Persons taking a class where tools, power machines, toxic fumes or flammable liquids are being used must wear proper safety clothing, breathing devices and approved eye protection as directed by the instructor, at all times in the shop area. Classes that require safety agreements will be identified in the brochure with an (S) and students are required to sign a safety agreement prior to participation.



**188 Crest Haven Road
Cape May Court House NJ 08210
609-380-0241
www.capemaytech.com**