

Cape May County Technical School District



Adult & Continuing Education Division Winter/Spring 2019 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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Need a gift for a special occasion?

**Consider giving an
Evening/Continuing
Education Course**

**Registration Information
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List of Community Education Classes by Night

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Yoga – Building Baptiste	10
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January

Mon.	Tues.	Wed.	Thurs.
			24
28	29	30	31

February

Mon.	Tues.	Wed.	Thurs.
4	5	6	X
11	12	13	14
XX	19	20	21
25	26	27	28

March

Mon.	Tues.	Wed.	Thurs.
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

April

Mon.	Tues.	Wed.	Thurs.
1	2	3	4
8			

No classes: February 7 & 18
 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/Post Secondary & Continuing Ed.</i> Ms. Nancy Wheeler Driscoll
<i>Freeholder</i> E. Marie Hayes	<i>Board Members</i> Mr. Robert L. Boyd Mr. Anthony L. Anzelone Mr. Kenneth Merson	<i>Principal High School & Adult High School</i> Mr. Steven Vitiello
<i>Freeholder</i> Will Morey	<i>Interim Executive County Superintendent</i> Dr. Judith DeStefano-Anen	<i>HSE Test Center Chief Examiner</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

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Cooking	9
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Genealogy – Develop Your Family History	11

Wednesday	
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Cooking	9
Gardening without Work	10
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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	14
Adult Basic Education classes to prepare students to take the High School Equivalency, the TEAS exam, and/or to raise their TABE scores for entrance into Post-Secondary programs.	
ESL-TEAS Preparation	14
Program to prepare ESL students for the Test of Essential Academic Skills (TEAS). This test is necessary for entrance into many medical programs, including Practical Nurse (PN) and Registered Nurse (RN).	
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ESL training to attain ServSafe Food Handler Certificate.	
Career Technical High School	15
A full-time career focused public school of choice.	
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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
www.capemaytech.com



Licensing/Certification & Technical Programs - 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, how to handle boating emergencies and how to enjoy water sports with your boat. All lessons will be reinforced with review worksheets and various hands-on activities that will prepare students for the examination which will be given on the last night of class. 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 3/25, 3/27, 4/1 & 4/3/19

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 such as respiratory or cardiac problems and sudden illness. 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 + \$20.00 (certification fee) 3/13/19

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 such as respiratory or cardiac problems and sudden illness. 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 + \$20.00 (certification fee) 3/20/19

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 eight session 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, ISBN-13-978-0134764214. Course schedule: January 9, 10, 17, 24 & 31; February 6, 12 & 13, 2019.

Instructor: Chef David Masterson Toft Building Room 338A
Tues., Wed. & Thurs. 4:00pm-7:00pm 8 sessions
Fee: \$120.00 Class starts 1/9/19

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 January 24, 2019.

Instructor: Chef David Masterson Toft Building Room 338A
Tues. & Wed. 4:00pm-7:00pm 2 sessions
Fee: \$30.00 + \$35.00 (exam fee) 2/12 & 2/13/19

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)

COMPUTER - QUICKBOOKS ONLINE INTRODUCTION

This course is designed to present the world's most utilized online accounting systems, Quickbooks Online, a cloud-based application. Learn how to keep track of income, expenses, receipts, bills, accounts payable/receivable, taxes and more. This course will cover both personal and business aspects of the program. Prerequisite: basic computer software knowledge.

Instructor: Michael Palombo Tozour Building Room 138
Thursday 5:00pm-7:00pm 6 sessions
FEE: \$60.00 1/24-3/7/19

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)

Arts/Crafts/Dance/Music

CREATING with POLYMER CLAY WORKSHOP

Do you have an interest in creating unique sculptures, decorative boxes or elements for jewelry? This workshop is your opportunity to 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
Wednesday 6:00pm – 9:00pm 3 sessions
Fee: \$36.00++ 3/6, 3/13 & 3/20/19

DRAW, PAINT, WATERCOLOR ALL LEVELS

This course is presented as an open art studio format. An experienced, professional artist will be available to assist and guide you with your independent projects in your favorite mediums including watercolors, pastels, acrylics, pencil and ink. All levels are welcome from novice to experienced. Please bring a large, spiral-bound sketchbook, pencil, kneaded eraser, as well as a project or an idea for a project the first night. Potential projects will be discussed and the instructor will provide guidance for the purchase of supplies. This course involves the independent purchase of supplies based on project selection.

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

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. This course is designed for the novice learner. Please 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 Toft Building Room 313
Tuesday 6:30pm-7:45pm 8 sessions
Fee: \$40.00++ 1/29-3/19/19

GUITAR INTERMEDIATE

Continue your study of the guitar by developing different playing styles, learn music theory and more fingering/strumming techniques. Begin to 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. This course is conducted in a group instruction format. Please bring your acoustic guitar and tuner to each night of class.

Instructor: Joe Scheid Toft Building Room 313
Tuesday 8:00pm-9:15pm 8 sessions
Fee: \$40.00++ 1/29-3/19/19

KNITTING A NEW SWEATER

This course is designed for the knitter who knows how to knit and purl and would like to learn how to knit a sweater using a pattern of the knitter's choice. Learn the important steps required to knit a well-fitted sweater. Techniques included in this course are increasing and decreasing stitches, picking up stitches and proper seaming. Please bring a pattern and supplies for a new sweater project or bring a sweater you have started to knit and need some guidance to continue. Patterns, yarn and other supplies will be discussed the first night and the instructor will provide individual assistance as necessary.

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

KNITTING - COLOR KNITTING with SLIPPED STITCHES

This course is designed for the knitter who knows how to knit and purl and would like to learn how to incorporate color into your knitting. When using slipped stitch patterns in color knitting, only one color yarn is worked per row, but the resulting stitch patterns look similar to Fair Isle. After learning the basic techniques, you will apply the knowledge and create a hat and/or mittens. This course involves the independent purchase of pattern and supplies. Simplicity Squared Hat and Mittens pattern is available at www.knitpicks.com.

Instructor: Kathe Christensen Toft Building Room 312
Wednesday 6:00pm-8:00pm 5 sessions
Fee: \$40.00++ 3/6-4/3/19

KNITTING - INTRODUCTION to COLOR THEORY

This course is designed for the knitter who knows how to knit and purl and would like to learn about color theory in knitting. Color theory includes exploring an individual's response to color, explaining the exact science of color and then applying your knowledge of color theory by knitting the Twist & Shout Scarf. This course involves the independent purchase of pattern and supplies. Twist & Shout Scarf pattern is available at www.kcknit.com. Recommend book: Simple Color Knitting, ISBN 9781250039095.

Instructor: Kathe Christensen Toft Building Room 312
Wednesday 6:00pm-8:00pm 5 sessions
Fee: \$40.00++ 1/30-2/27

KNITTING - SOCKS on CIRCULAR NEEDLES

This course is designed for the knitter who knows how to knit and purl and would like to learn how to knit basic socks on circular needles beginning with the toes. If you have never knitted socks, you will learn how to knit one at a time. If you have experience knitting socks, you will have the option of knitting one at a time or both socks at the same time. Upon registration, the supply list 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++

Register Early!

Arts/Crafts/Dance/Music

LINE DANCING BEGINNER TO INTERMEDIATE

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. No experience necessary, all levels welcome. Join Miss Susan for fun!

Instructor: Susan Pennypacker Scrivani Building Room 209
Thursday 5:00pm-6:30pm 8 sessions
Fee: \$48.00 2/14 - 4/4/19

QUILTING MACHINE

This course is for the confident beginner to intermediate level machine quilter. You will learn cutting and block placement, binding and borders as you assemble the quilt called, Courthouse Steps, dimension 76" x 76". 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 \$4.00 (exact change, please) for the pattern fee.

Instructor: Doreen Dever Toft Building Room 332
Monday 5:30pm-8:30pm 10 sessions
Fee: \$120.00++(S)

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 Tozour Building Room 160
Thursday 6:00pm-8:00pm 10 sessions
Fee: \$80.00++

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 Tozour Building Room 160
Monday 6:30pm-9:30pm 10 sessions
Fee: \$120.00++(S)

TRADITIONAL DUCK DECOY CARVING

Preserve the duck decoy carving tradition in New Jersey! Carving is an enjoyable hobby that could become a lifelong passion. Students will learn the basic techniques of creating traditional working decoys. This course will cover all aspects of decoy carving including pattern making. Shorebird carving will be introduced. Please note: painting and wood burning will not be covered and no power tools. Please bring any carving tools you may have to the first night of class. Advice on tool selection and opportunities to purchase reasonably-priced white cedar will be provided. All levels welcome!

Instructor: Cooper Rossner Tozour Building Room 106
Monday 6:00pm-9:00pm 10 sessions
Fee: \$120.00++(S)

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 Tozour Building Room 116
Thursday 6:00pm-9:00pm 10 sessions
FEE: \$150.00 + \$15.00 supply fee ++(S)

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 Tozour Building Room 116
Tuesday 6:00pm-9:00pm 10 sessions
Fee: \$150.00 + \$15.00 supply fee ++(S)

ZENTANGLE BEGINNER (Session 1)

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 \$12.00 cash (exact change, please) to the first night of class for supplies.

Instructor: Patti Mazzola Toft Building Room 311
Monday 6:00pm-8:00pm 5 sessions
Fee: \$40.00++ 1/28 - 3/4/19

ZENTANGLE BEGINNER (Session 2)

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

Instructor: Patti Mazzola Toft Building Room 311
Monday 6:00pm-8:00pm 5 sessions

*Get family and friends
and make a night of it!*

Fee: \$40.00++

3/11 - 4/8/19

Cooking

Join our Chefs for cooking adventures during the winter season. Learn about ingredients, receive recipes, cook on site and be guided by our expert Chefs 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.

20-MINUTE MEALS

Quick and easy meals incorporating a protein, starch and vegetable is the focus of this class. Learn how to make five complete dinners including meatloaf, pork chop, chicken, fish and pasta. Use this line-up for a Monday through Friday menu or mix and match for any days of the week.

Instructor: Chef Gregg Hofferica Tozour Building Kitchen Room 125
Thursday 5:30pm-8:30pm 1 session
Fee: \$12.00 + \$30.00 supply fee 3/14/19

SEAFOOD FESTIVAL

Take the hesitation out of cooking seafood at home and add popular seafood dishes to your repertoire. In this class, you will learn how to make the classics including poached salmon, shrimp scampi and more!

Instructor: Chef Warren Wade Tozour Building Kitchen Room 125
Tuesday 6:00pm-9:00pm 1 session
Fee: \$12.00 + \$30.00 supply fee 3/5/19

SPRING SALADS

Time to think spring! In this class, you will learn how to make five classic salads "restaurant style": including Caesar, Chef, Garden, Spinach and Wedge. Salads are simple to create using fresh ingredients and homemade dressings.

Instructor: Chef Gregg Hofferica Tozour Building Kitchen Room 125
Thursday 5:30pm-8:30pm 1 session
Fee: \$12.00 + \$25.00 supply fee 3/21/19

TAPAS, TAPAS, TAPAS!

Tapas are appetizers or snacks that originate in Spanish cuisine. Today tapas, or small plates, are very popular around the world. In this class, you will make tapas bravas, huevos endiablados, and more!

Instructor: Chef Warren Wade Tozour Building Kitchen Room 125
Tuesday 6:00pm-9:00pm 1 session
Fee: \$12.00 + \$25.00 supply fee 2/26/19

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 meditation will focus on balancing one or more Chakras.

Instructor: Debbie Valletto Tozour Building Room 120
Thursday 4:15pm-5:45pm 5 sessions
Fee: \$30.00 2/28 - 3/28/19

ESSENTIALS OILS 101

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. 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 Tozour Building Room 112
Tuesday 5:45pm-7:45pm 1 session
Fee: \$8.00 3/12/19

MINDFUL SELF COMPASSION INTRODUCTION

Mindfulness is a way of training the brain to pay attention with purpose and without judgement. It is a simple practice that strengthens the mind's ability to stay focused on what is happening right now and living in the present moment. This one-night informational seminar will introduce you to the modality of Mindful Self Compassion. The nine-week course is offered separately for those individuals wishing to learn more and continue the practice. More information at <https://centerformsc.org/learn-msc/>.

Instructor: Valerie Driscoll Tozour Building Room 133
Wednesday 6:00pm-7:30pm 1 session
Fee: \$6.00 1/30/19

MINDFUL SELF COMPASSION

Mindful Self Compassion is an empirically-supported, nine-week training program designed to cultivate the skill of self compassion. Based on the ground breaking research of Kristen Neff and the clinical expertise of Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding. Self compassion provides emotional strength and resilience. Rapidly expanding research demonstrates that self compassion is strongly associated with emotional well-being, less anxiety, depression and stress, maintenance of healthy habits like diet and exercise, and satisfying personal relationships. The course consists of meditations, short talks, experiential exercise and home practice. The instructor is a Mindful Self Compassion teacher-in-training through the University of California San Diego, having trained with course developer Chris Germer. There is a required workbook for this class, purchased independently by the student: The Mindful Self Compassion Workbook, ISBN 9781462526789.

Instructor: Valerie Driscoll Tozour Building Room 133
Wednesday 6:00pm-8:45pm 9 sessions
Fee: \$99.00 Class starts 2/6/19

Mail-In Registration Form
See Back Cover

Health and Fitness

MINDFUL EATING & WEIGHT CONTROL

How to cultivate a new relationship with food that will last a lifetime. Unlike diets, which become harder to maintain over time, mindful eating becomes easier as habits are created and reinforced through better understanding of our brains, mindfulness practice and group coaching. Classes will focus on the latest research in habit change and nutrition and mindfulness. The instructor is a teacher-in-training in various modalities of Mindfulness. No previous mindfulness practice is required to participate in this course. The instructor will provide a booklet of handouts for a fee of \$8.00 per person (exact change, please). There is an optional textbook for this class, which is purchased independently by the student: *The Mindful Diet* ISBN 9781451666816.

Instructor: Valerie Driscoll
Tuesday 7:15pm-8:45pm
Fee: \$60.00

Tozour Building Room 133
10 sessions

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.

Instructor: Debbie Valletto
Thursday 6:00pm-7:30pm
Fee: \$30.00

Tozour Building Room 120
5 sessions
2/28 - 3/28/19

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: \$21.00

Scrivani Building Weight Room 240
7 sessions
2/25 - 4/8/19

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: \$21.00

Scrivani Building Weight Room 240
7 sessions
2/25 - 4/8/19

YOGA – "BUILDING BAPTISTE"

A "moving meditation". This class takes Barons Baptiste's sequence of (unchanging) poses and breaks them down into sections. Starting with the fundamentals, then adding new segments each week, we will gradually progress into the practice making it accessible for beginners. The quiet, unheated, sequence of poses creates an undistracted atmosphere, manifesting mindfulness and deep focus. Muscles will be flexed, stretched, strengthened, and given a wider range of motion and stability. Prepare to sweat and move in this full body sequence. Any level of student is welcome, however, be advised this is a quicker-paced class. The instructor is a certified Yoga teacher. Please bring a yoga mat, hand towel and bottled water (hydration prior to class is highly suggested) to each class and wear loose, comfortable clothing.

Instructor: Jessica Weaver
Monday & Wednesday 6:45pm-7:45pm
Fee: \$80.00

Tozour Building Room 125
20 sessions

YOGA – "DEEP STRETCH VINYASA"

Perfect for any level, this class slows down the pace to unwind from the day. Deep relaxing stretches allow stress to fade away. The Vinyasa-inspired style combines breathe and movement allowing the body and mind to work together in harmony. End your day in a serene, slow and low-impact exercise class. The instructor is a certified Yoga teacher. Please bring a yoga mat, yoga strap, hand towel and bottled water (hydration prior to class is highly suggested) to each class and wear loose, comfortable clothing.

Instructor: Jessica Weaver
Monday & Wednesday 5:30pm-6:30pm
Fee: \$80.00

Tozour Building Room 125
20 sessions

YOGA – "POWER HOUR"

This class is designed for students who currently practice yoga and/or have a fitness regime. Join the melting pot power hour of yoga with a mix of cardio, pilates, strengthening and a deep stretch at the end to wrap up this innovative class. Be prepared to sweat as we use yoga with a twist to increase your heart rate and tone muscle. After the power hour, we will bring our session to a close with a slow, deep stretch. This combination allows muscles to be challenged and lengthened so you leave strong, not sore. The instructor is a certified Yoga teacher. Please bring a yoga mat, hand towel and bottled water (hydration prior to class is highly suggested) to each class and wear loose, comfortable clothing.

Instructor: Jessica Weaver
Tuesday & Thursday 5:30pm-6:45pm
Fee: \$100.00

Tozour Building Room 125
20 sessions

Special Interest

AMERICAN SIGN LANGUAGE INTRODUCTION

This course is designed to introduce students to American Sign Language. You will learn a variety of signs including the alphabet, numbers, colors, calendar, weather, holidays and more! The goal of the course is to teach students to have basic conversations in ASL. An overview of the hearing impaired culture and appropriate conversational communication behaviors is included.

Instructor: Jamie Shough
Tuesday 5:30pm-7:30pm
Fee: \$80.00

Toft Building Room 309
10 sessions

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 including heeling, sit/stay, down/stay, come when called, etc. Learn how to communicate with your canine friend using language they understand. 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. 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
2/14 - 4/4/19

Special Interest

DOG OBEDIENCE (Session 2)

The course description is the same as session 1, only the time & instructor are different.

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

Scrivani Building Room 230
8 sessions
2/14-4/4/19

GARDENING without WORK (Session 1)

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
Thursday 6:00pm-8:00pm
Fee: \$16.00

Scrivani Building Room 204
2 sessions
2/21 & 2/28/19

GARDENING without WORK (Session 2)

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

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

Scrivani Building Room 204
2 sessions
3/11 & 3/18/19

GENEALOGY - DEVELOP YOUR FAMILY HISTORY

This course is a beginner to advanced approach to develop and increase your knowledge of your family history. Whether you are a novice or experienced genealogy researcher, this course can assist you with accessing resources such as the internet, historical societies, DNA, religious records, census, newspapers, cemetery records, etc. to document your family history. The instructor has over 40 years of experience researching genealogy. Possible field trips to the local library and historical society may be incorporated.

Instructor: Helen Fink
Tuesday 4:30pm-7:00pm
Fee: \$60.00

Tozour Building Room 131
6 sessions
2/26 - 4/2/19

GENEALOGY - USE of DNA to DEVELOP PEDIGREE (Session 1)

So, you have your DNA results, what now? This workshop will be an introduction to DNA properties and how this information can be used to locate ancestors and genetic make-up factors. The definition of DNA, its properties, the test, testing companies and how to read results will be included along with research on the computer in class. Prerequisite: DNA results from a commercial service provider. Please bring your DNA report to the first night of class.

Instructor: Helen Fink
Wednesday, 4:30pm-7:30pm
Fee: \$60.00

Tozour Building Room 131
5 sessions
1/30-2/27/19

GENEALOGY - USE of DNA to DEVELOP PEDIGREE (Session 2)

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

Instructor: Helen Fink
Wednesday 4:30pm-7:30pm
Fee: \$60.00

Tozour Building Room 131
5 sessions
3/6-4/3/19

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 28, 2019. 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

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 seasons and learn the knowledge and skills to having fun outdoors. 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
1/30 - 3/6/19

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
Tuesday 6:00pm-8:00pm
Fee: \$80.00

Toft Building Room 310
10 sessions

SPANISH NOVICE

This course is designed for students with no previous experience speaking Spanish. We will start from the very beginning with elementary levels of the language including vocabulary, pronunciation and sentence structure. The goal is to introduce you to the conversational approach of the language so you may have basic communication skills to interact with other people or for general use in travel. The workbook for this class is mandatory and purchased independently by the student: Spanish in 10 Minutes a Day, ISBN 9781931873307.

Instructor: Valerie Driscoll
Tuesday 5:30pm-7:00pm
Fee: \$48.00

Tozour Building Room 133
8 sessions
1/29- 3/19/19

Registration Procedures for Part-time Evening classes

General Information

- Registration opens to the public on Thursday, January 3, 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, in-person or via postal mail
- 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

Ways to Register:

Online Registration: www.capemaytech.com

- Online registration opens Thursday, January 3, 2019 concurrent with all forms of registration
- 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 January 21 (school closed), in the Evening/ Continuing Education Office according to the following schedule:
Monday through Thursday, January 3 to January 23:
12:00 noon-7:00 pm
- 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)

By Postal Mail

- Mail-in registration will be accepted, postmarked January 2 to January 10, 2019
- Mail-in form is on PRINT brochure

Payment Reminders

- 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 mail-in or in-person)

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 (paints, cloth, wood etc.) for projects. Students should note that these courses cannot be productively experienced without purchasing the necessary supplies. These courses will be identified in the brochure with a double plus sign (++) next to the course fee. Instructors will provide students, upon request, 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. NEW JERSEY STATE LAW REQUIRES THEIR USE. Safety rules and regulations will be enforced. 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.

Register Early!

Post- Secondary Programs for Licensing/Certification

Contact Information.....
Cape May County
Technical School
Adult Education Division
188 Crest Haven Road
Cape May Court House,
NJ 08210
Ph. 609-380-0243
Fax 609-465-4962
Web site:
www.capemaytech.com

Pre- Admission Testing

All interested candidates must be 18 years of age or older and possess a U.S. recognized high school diploma or equivalent, and take and pass the TABE test (Test of Adult Basic Education), prior to admission into the program with an average score of 10th grade or better to be conditionally accepted into the program and to proceed to the next level of the admission process.

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 Association 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 that runs September through June. Monday through Friday, 8:00am to 2:30pm. Clinical hours may vary depending of 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 their 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 that runs September through June, Monday through Thursday, 1:30 pm - 9:30 pm**

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 on the affiliation site.

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.

Class will be held three days per week (Monday, Tuesday and Wednesday evenings) from 5:00pm to 8:00pm. Class is scheduled to begin in September, 2019.

For more information about Post Secondary Programs for adults who have completed high school, contact us at (609) 380-0200

Adult Basic Education and Testing

Classes and Testing for High School Equivalency, ESL & More

**Adult Basic Education (ABE)
High School Equivalency (HSE) Preparation
TEAS and TABE Test Preparations**

Free Classes Offered:

Our school offers free Adult Basic Education classes to prepare students to take their HSE, the TEAS exam, and/or to raise their TABE 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: 8:30 AM-11:30 AM

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

Call Now to Register (609)380-0200. ext. 644



High School Equivalency (HSE) Testing Schedule

Initial Testing	January 14, 2019 & January 15, 2019
Retest	January 15, 2019
Initial Testing	February 11, 2019 & February 12, 2019
Retest	February 19, 2019
Initial Testing	March 11, 2019 & March 12, 2019
Retest	March 18, 2019
Initial Testing	April 8, 2019 & April 9, 2019
Retest	April 15, 2019
Initial Testing	May 6, 2019 & May 7, 2019
Retest	May 13, 2019
Initial Testing	June 3, 2019 & June 4, 2019
Retest	June 10, 2019

Call Now to Register (609)380-0200. ext. 644

FREE ESL Skills Training Classes

Career Skills Training for the Food Service Industry

This program will provide ESL Training in the following areas:

- Basic Food Safety
- Personal Hygiene
- Cross Contamination and Allergens
- Time and Temperature Controls
- Cleaning and Sanitation
- Customer Service
- Communication in the Workplace

Participants will be eligible to earn the ServSafe Food Handler certificate. ServSafe is recognized as the worldwide leader in food safety training! Additionally, students will earn a certificate of completion from our district.

Start Date: Tuesday, February 20, 2019
Time: 4:00-7:00 PM
Where: Cape May County Technical School
188 Crest Haven Road,
Cape May Court House, NJ 08210
Room 176

ESL-TEAS Preparation Class

This program will prepare ESL students for the Test of Essential Academic Skills (TEAS). This test is necessary for entrance into many medical programs, including Practical Nurse (PN) and Registered Nurse (RN). The class will provide instruction in reading, math, science and English language usage, which are all sections of the TEAS.

Earn free:

ESL Training
TEAS Preparation
TEAS Test
CPR Certification

Participants will be eligible to earn a free CPR Certificate while preparing to take the TEAS test at no cost.

Start dates: January 8, 2019
Times: 6:00-9:00 pm
Where: Cape May County Technical School
188 Crest Haven Road,
Cape May Court House, NJ 08210

For more information or to reserve a spot please contact:
Elizabeth Satterfield at (609) 380-0200 ext 644 or esatterfield@capemaytech.com

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 2019 *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 2019.

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!