



ADULT EDUCATION CLASSES



CHOOSE FROM OVER 150 ADULT CLASSES

Culinary Arts, Welding, Marine Trades, Automotive, Construction, Information Technology, Allied Health, Medical, Health & Fitness, Over 20 General Interests Classes and More...



**10 MONTH ACCELERATED PROGRAMS
OFFERED IN 7 CAREER FIELDS**

Precision Machine Technology, Automotive Technology, Practical Nursing, New Home Construction, Culinary Arts, Certified Medical Assistant & Cosmetology



APPRENTICE PROGRAMS

Available in 5 High-Demand Trade Areas

**BROWSE
COURSES
NOW**



**CLASSES FILL QUICKLY
REGISTER ONLINE EARLY | [OCVTS.ORG](https://www.ocvts.org)**



WWW.OCVTS.ORG

Registration for all classes, seminars and demo dinners is on a first-come, first-served basis.

**THE BEST WAY TO REGISTER IS ONLINE!
REGISTRATION STARTS ON JULY 17, 2024**

Visit OCVTS.ORG – Click on **FALL 2024 Adult Evening Class Registration**

**REGISTRATION FOR FIRST-YEAR APPRENTICES BEGINS
AUGUST 7, 2024, 8:00 AM–3:00 PM (SEE PAGE 7)**

Fall classes begin **September 9**, unless otherwise noted.
Enrollment is limited, so register early!

Online registration will be extended for classes that start later in the semester.

VISIT OCVTS.ORG FOR BUILDING ADDRESSES

OCVTS ADULT EDUCATION CALENDAR OF EVENTS

JULY				
M	T	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

Thursday, July 4, 2024 - 4th of July

AUGUST				
M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

SEPTEMBER				
M	T	W	TH	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

Monday, September 2, 2024 - Labor Day
 Tuesday, September 3, 2024 - 1st Day for Staff
 Wednesday, September 4, 2024 - Staff In-Service
 Thursday, September 5, 2024 - 1st Day for Students

OCTOBER				
M	T	W	TH	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

Thursday, October 3, 2024 - No School
 Monday, October 14, 2024 - Staff In-Service Day

NOVEMBER				
M	T	W	TH	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

Thursday-Friday, Nov. 7-8, 2024 - NJEA Convention
 Thursday-Friday, Nov. 28-29, 2024 - Thanksgiving

DECEMBER				
M	T	W	TH	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

Monday, Dec. 23 - Tuesday, Dec. 31, 2024 - No School

Indicates Evening School Closed

REGISTRATION INFORMATION

ADMISSION REQUIREMENTS

Adult vocational education classes are open to all persons eighteen years of age or older, who can profit from training, are capable of performing the course work, meet prerequisite requirements and can pay the applicable fees. Students applying for state licensing programs, which have a completion of high school requirement, must provide a copy of a high school diploma or high school equivalency diploma at registration.

TUITION & FEES

All courses are tuition-based. Each course has the required fee listed with the course description in the catalog. Fees include tuition, a **non-refundable \$15 registration fee** and, where noted, textbooks and supplies. All fees must be paid in full at time of registration.

REFUND POLICY

Prior to and after the first scheduled class meeting, you may request a tuition refund in accordance with Board of Education Policy. A full refund will be issued **before the first class**. Students must notify the Adult Education Office at 732.473.3100 x 1000 to initiate the refund process before the second class. A \$15 registration fee will be deducted from refunds after the first class. **Check refunds will take 6-8 weeks to process.** We are not responsible for snow days; however, classes will be rescheduled. Check refunds will take 6-8 weeks to process. We are not responsible for snow days; however, classes will be rescheduled.

COURSE CANCELLATION

Courses may be canceled by OCVTS or merged if enrollment does not permit economical operation. Registered students, who cannot be accommodated, may elect to transfer to another course, receive credit for a future course or receive a full refund (including the \$15 registration fee).

TEXTBOOKS

When a textbook is required for a class, students must purchase them on their own. Information can be located on our website www.ocvts.org. Students must have the textbook for the first night of class.

SUPPLIES/PERSONAL SAFETY EQUIPMENT

Supplies used for personal projects are the responsibility of the student. Items such as auto body paint, lumber, motor oil and sandpaper are examples of personal supplies. All items used, as required training exercises, are supplied by the school. Personal safety equipment such as safety glasses and goggles must be used and are not included in the tuition fee. No one will be allowed to participate in the training instruction without required safety items.

AWARDING CERTIFICATES

Students must attend a minimum of 85% of all school class hours and meet the course requirements, in order to receive the recommendation of the Adult Education Principal to be eligible for a Certificate of Completion. **(LICENSING, CERTIFICATION AND APPRENTICE PROGRAMS MAY REQUIRE HIGHER ATTENDANCE RATES. SEE INDIVIDUAL PROGRAM REQUIREMENTS. ALL FEES MUST BE PAID OR CERTIFICATES WILL NOT BE ISSUED.)**

CLASS SIZE AND SCHEDULES

Shops and classes are designed so that each student has access to the tools and equipment necessary to acquire the skills taught in the course. All classes and shops are planned with a student-teacher ratio which provides an optimum learning situation. (A minimum of 5 students is required to begin a course). The school reserves the right to cancel any course with insufficient enrollment. Every attempt will be made to maintain the class schedule as printed. In order to accommodate the greatest number of students possible, some changes in campus locations or days may be necessary.

CLASS MEETING DATES, TIMES & LOCATION

Classes begin February 6, 2023, unless otherwise noted. Refer to individual course listing for class meeting dates and times. Students will receive notification by email upon enrollment. Classes may be extended due to inclement weather. No refunds for inclement weather.

PARKING

All students are to park in the designated lots. Parking in fire lanes, along driveways or behind shops is strictly prohibited. Please lock your car. OCVTS is not responsible for theft or damage to your vehicle on school property.

CONDUCT ON CAMPUS/BOARD POLICIES

Students may be dismissed without refund of fees when their behavior or actions violate Board of Education Policy for students that follow NJ State Law Title 18A:37-2 "Cause for Suspension or Expulsion of Pupils." These policies include, but are not limited to, actions such as disruptive behavior, vehicle parking violations, visitors, alcohol or drugs, smoking, vandalism, disregard of safety rules, plus any action covered by civil or criminal law. According to State and Municipal laws, OCVTS is a NON-SMOKING CAMPUS. (The utilization of technology that disrupts the learning environment is prohibited)

The Board of Education believes pupils and/or school staff members should not be subject to having a video or audio recording or still images taken of any pupil(s) or school staff member(s) for any purpose (except for public area school security cameras) without the consent of the pupil, the pupil's parent or guardian, and/or the school staff member.

EMERGENCY SCHOOL CLOSING

Inclement weather or emergency closings will be announced on our website at ocvts.org and social media @ocvts via Facebook, Twitter and Instagram. It will also be announced on radio station WOBM (92.7), The Point (94.3), The Hawk (105.7), Cat Country (96.7) and News 12 New Jersey after 3:00PM.

IF DAY SCHOOL IS , EVENING SCHOOL IS .

**The Adult emergency closing number is: 732.473.3100 x 3199.
Please do not call before 3:00PM to inquire about closings.**

To Our Prospective Students,

The Ocean County Vocational Technical School Adult Division strives to meet the needs and interests of all residents of Ocean County. We continue to evaluate current trends and develop course offerings based on today's ever-changing community and work requirements. Whether students are searching for a new career, upskilling on a present career or just looking for a new hobby, OCVTS can provide a plethora of high quality programs.

As you browse through the brochure, you will note several new course offerings. These offerings are designed to meet the many requests of the Ocean County Community. Don't wait to register as many of our course offerings fill quickly! The Adult Education Division staff is always available to assist you with questions or concerns. Learning is a life-long process and OCVTS wants to assist you in your journey.

Karen L. Homiek, OCVTS Superintendent



OCEAN COUNTY VOCATIONAL TECHNICAL SCHOOL

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Dr. Michael B. Maschi	Assistant Superintendent
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OCVTS Administration

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Alison Carroll	Principal, MATES
Jeremy Dusza	Principal, Adult Education
Gary MacDonald	Director, Curriculum/Grants
Christopher Mazur	Vice Principal, Toms River
Thomas McInerney	Principal, Waretown/ALPS
Tierney Meeker	Principal, GPAA
Melanie Patterson	Principal, Student Services
Christine Santasieri	Principal Toms River/ LPN
Lynn Sauer	Principal, Brick
Tiffany Seeley	Vice Principal, Brick
Dr. Kyle Seiverd	Vise Principal, GPAA
Dr. Michael Tash	Principal, Technology
Dr. John Wnek	Supervisor MATES

The mission of Ocean County Vocational Technical School is to provide an intensive and immersive educational experience aligned with the current and emerging demands of business, industry and advanced education. We instill the knowledge, skills and competencies required for students to experience success in entering the workforce, advancing along a career pathway and achieving career aspirations.

It is the policy of the Board of Education of Ocean County Vocational Technical School not to discriminate in its technical programs, vocational opportunities, activities, employment practices or admission policies and practices on the basis of race, color, creed, religion, sex, ancestry, national origin, affectional and sexual orientation, disability, social or economic status. Lack of English language skills will not be a deterrent to admission to any program at Ocean County Vocational Technical School.

Inquiries regarding affirmative action, discrimination (including Federal Title IX requirements), sexual harassment or equity should be directed to:

- Dr. Michael B. Maschi, Title IX/Affirmative Action Office, 732.240.6414 x 3332
- Kevin Dineen, Federal Section 504 Officer, 732.473.3100 x 3123
- Kevin Dineen, Americans with Disabilities Officer, 732.473.3100 x 3123
- Kevin Dineen, District Equity Coordinator, 732.473.3100 x 3123

We are an Equal Opportunity Employer and Educator who fully and actively supports equal access for all people regardless of race, color, religion, gender, age, national origin, veteran status, disability, genetic information or testing, family and medical leave, sexual orientation and gender identification and expression. We prohibit retaliation against individuals who bring forth any complaint, orally or in writing, to the employer or the government, or against any individuals who assist or practice in the investigation of any complaint, or otherwise oppose discrimination.

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**OCVTS ADULT EDUCATION
FALL 2024 COURSE OFFERINGS
FULL-YEAR PROGRAMS**

Apprentice Programs (See Page 7)

Basic Home Systems

Heavy Equipment Operator

A+ CompTIA

Dental Assisting

Diesel Technician

Audio for Electronic Media

Automotive Technician I

Intro To Water/Wastewater Operation

**REGISTRATION FOR THESE PROGRAMS
WILL BEGIN July 17, 2024**

Great Career Training is Within Your Reach!

U.S. VETERANS

**AND THEIR IMMEDIATE FAMILY MEMBERS CAN QUALIFY
FOR VETERANS BENEFITS THROUGH WWW.VA.GOV**

Call the OCVTS VA Certifying Official for more information

732.473.3100 x 3139

OCVTS CENTERS

**OCVTS Brick Center (B) - 732.286.5670
350 Chambers Bridge Road, Brick, NJ 08723**

**OCVTS Jackson Center (J) - 732.286.5665
850 Toms River Road, Jackson, NJ 08527**

**OCVTS Toms River Center (TR) - 732.473.3100
1299 Old Freehold Road, Toms River, NJ 08753**

**OCVTS Waretown Center (W) - 732.286.5660
423 Wells Mills Road, Waretown, NJ 08758**

**OCVTS Ocean County Center for Culinary Arts (ATL) - 609.296.2137
Cuisine on the Green at Atlantis
261 Country Club Boulevard, Little Egg Harbor, NJ 08087**

**OCVTS Grunin Performing Arts Academy (PAA) - 732.286.5678
1 College Drive, Toms River, NJ 08754, Parking Lot #2
Adjacent to the Jay & Linda Grunin
Center for the Arts ~ Building #12**

OCEAN COUNTY VOCATIONAL TECHNICAL SCHOOL APPRENTICE PROGRAMS

An apprentice program is coordinated between labor, industry and education to prepare individuals for a specific-skilled trade, craft or occupation.

**RETURNING APPRENTICES ONLINE
REGISTRATION BEGINS
Wednesday, July 10, 2024**

THE FOLLOWING APPRENTICESHIP COURSES WILL BE OFFERED IN THE **FALL** OF 2024

Electricity I	HVAC-R I	Plumbing I
Electricity II	HVAC-R II	Plumbing II
Electricity III	HVAC-R III	Plumbing III
Electricity IV	HVAC-R IV	Plumbing IV
Heavy-Equipment Operator Program I & II	Maintenance Mechanic	

ADDITIONAL APPRENTICE OPPORTUNITIES AVAILABLE

*FIRST-YEAR APPRENTICE AND NEW APPRENTICE
APPLICATIONS WILL BE ACCEPTED*

IN-PERSON AT THE OCVTS TOMS RIVER CENTER ONLY

WEDNESDAY AUGUST 7, 2024, 8:00AM-3:00PM

The following are required for the application process:

- 1) Current proof of employment in the trade area
(pay stub or letter on company letterhead)
- 2) Tuition payment for the year
(VISA/MasterCard, check or money order)

Evening hours available upon request (after 4:00pm)

**SAVE TIME BY CREATING AN ACCOUNT
BEFORE YOU COME**

Visit <https://ocvts.digitalsignup.com/Cataloglist/All>

Evening hours available upon request (after 4:00pm)



ALL APPRENTICE REGISTRATION ENDS **September 2,**
2024 CALL 732.473.3159



QUICK REFERENCE CONTACT GUIDE

Adult Education Main Number	732.473.3100
Adult Admissions	x 3132, x 3157
Adult Evening Programs/Apprenticeship	x 1000, x 3133
Financial Aid	x 3139
High School Admissions	x 3122
Employment & Industry Development Services.....	x 3175, x 3177
Practical Nursing Admissions.....	x 3145

APPRENTICE REGISTRATION INFO

RETURNING APPRENTICES

Online registration begins July 10, 2024

FIRST YEAR APPRENTICES

Registration begins August 7, 2024

All first-year apprentices must register in-person at the Tom's River location (1299 Old Freehold Road) and have proof of employment by a licensed contractor (paystub or letter from employer)

OCVTS APPRENTICESHIP PROGRAM

A program coordinated between labor, industry and education to prepare individuals for a specific-skilled trade craft or occupation.

The following courses will be offered:

Electrician

HVAC-R

Plumber

Maintenance Mechanic

Heavy Equipment Operator Program

NO ONLINE REGISTRATION WILL BE PERMITTED FOR YEAR ONE APPRENTICE STUDENTS.

Enrollment in an apprentice class does not automatically grant a student-registered apprentice status through the US Department of Labor. Your employer must register you with the US Department of Labor at no cost.

What is an Apprenticeship Program?

An apprenticeship program is a voluntary arrangement between a **licensed** employer (sponsor) and employee (apprentice). As a part of this agreement, the employer agrees to provide the apprentice with on-the-job training (work processes) and the apprentice agrees to attend a related- instruction class for a specified time frame. Ocean County Vocational Technical School will provide the related and technical training through Adult Education coursework. The apprentice, as well as his/her employer, will be registered with the United States Department of Labor when an agreement is signed.

How do you become a registered apprentice?

To become a registered apprentice, you must be working in the field of your choice with an employer willing to sponsor you. It is important to have a sincere desire to learn a trade. Contact our New Jersey Apprenticeship Network Coordinator as soon as you decide to become a registered apprentice.

What else should the apprentice know?

1. Apprenticeships vary from one to four years in length.
2. 2000 hours per year of on-the-job training validated by the sponsor are required for each year of the apprenticeship.
3. 144 hours per year in the related instruction program are required.
4. These programs are designed to provide individuals working in the trade with related instruction necessary to advance in their jobs and licensing.

Why complete an apprenticeship?

Upon completion of an apprenticeship, participants will receive a completion certificate from the US Department of Labor. Employers honor this certificate nationwide.

Apprentice Regulations

1. Please note that the programs are scheduled from one to four years of classes. All classes meet two nights a week for both the fall and spring semesters. Each student, whether a registered apprentice or non-registered apprentice, is responsible to meet all of the same requirements of the course including, but not limited to, class work and attendance.
2. To receive a certificate at the end of the school year, all students are required to attend a minimum of 144 hours of the scheduled classes (RTI) for the entire year.
3. Working overtime will not be viewed as an excused absence.

The New Jersey Apprenticeship Network Coordinator

The Adult Education Division currently provides a New Jersey Apprenticeship Network Coordinator, who is available to register persons who have their employer's support as apprentices. Please call 732.473.3159 Monday through Friday from 9:00AM-4:00PM to talk directly with the Apprenticeship Coordinator. The US Department of Labor identifies over 800 occupations as apprenticeable. Employers who wish to start apprentice programs for their employees can also receive assistance in developing an apprenticeship training program.

Apprenticeship Prerequisites

The New Jersey Apprenticeship Network Coordinator will evaluate all new applicants' trade and educational experience to determine if advanced standing in the program will be given. Successful completion of a 144-hour course and a passing grade allows the apprentice to continue in the program. In New Jersey, union and open shops are eligible for apprentice training.

First-year and new apprentice applications will be accepted in person beginning August 7, 2024, at the OCVTS Toms River Center only.

Proof of employment and tuition fee are required.

ALLIED HEALTH

DENTAL RADIOLOGY — Complete and submit the Dental Radiology Application listed online under Documents after registering. Successful completion of this course, which is accredited by the New Jersey Radiological Technology Board of Examiners, qualifies students to take the Dental X-ray examination given by DANB. Included will be: X-ray procedures related to dentistry, safety precautions, exposures, processing, and interpretation. The student must be at least 18 years old, presently working at an approved clinical site, be familiar with dental terminology, and have a high school diploma or high school equivalency diploma (must be presented at the time of registration). Students with diplomas from foreign countries must have them translated and evaluated prior to registration. Prerequisite: Student must have completed a Dental Assisting program or been a chairside assistant for at least one year. Students must attend the required 45 hours of class time, followed by required clinical practice, complete all Board-required exposures at an approved facility, and complete/pass all NJ Radiological Technology Board of Examiners required lab objectives. **Prerequisite: 1 year chairside experience or completion of Dental Assisting class. Taught by Andrea Pollara.**

Course: 3300-F24A **Center:** TR **Nights:** T
Tuition: \$541.00 **Time:** 6:30-9:30PM **Hours:** 45 **Start:** 9/10/24

Course: 3300-F24B **Center:** TR **Nights:** W
Tuition: \$541.00 **Time:** 6:30-9:30PM **Hours:** 45 **Start:** 9/11/24

ENTRY LEVEL DENTAL ASSISTING (FALL REGISTRATION ONLY) — Our program focuses on the appropriate technical skills needed to prepare our students for entry level employment opportunities. It is designed for students who have little or no dental experience. This course centers on the dental assistant's role in four-handed dentistry where you will learn dental anatomy, charting, seating/dismissing the patient, passing instruments, moisture control, materials/equipment/instruments used, basic dental procedures, processing instruments and infection control. Successful completion of this course includes passing the final exam and attending the required hours of classroom instruction. Upon completion, students can further advance their dental career by enrolling in the OCVTS dental radiology program. The student is responsible for purchasing his/her textbook, workbook, uniform, and supplies. **Taught by Melissa Marchetti.**

Course: 3099-F24A **Center:** TR **Nights:** M,TH
Tuition: \$1,024.00 **Time:** 6:00-9:00PM **Hours:** 54 **Start:** 9/9/24

INTRODUCTION TO MEDICAL BILLING, CODING AND HEALTH INSURANCE — This course provides students with the fundamentals necessary for working in a healthcare office setting, such as coding medical supplies and procedures (CPT, HCPCS, modifiers, and ICD-10-PCS); coding diagnoses (ICD-10-CM); proper completion and submission of healthcare claim reimbursement forms; health-care regulations, compliance, government, and various managed care payers. Instruction includes: accurate completion of CMS-1500 claim forms for primary and secondary billing, coding to show medical necessity needed for maximum reimbursement, accounts receivable management best practices, revenue cycle management, electronic data interchange and paper submissions and a focus on compliance with federal and state regulations. Students will complete the American Medical Billing Association (AMBA)'s Certified Medical Reimbursement Specialist (CMRS) exam as part of the curriculum. Students will be eligible to sit for the Certified Billing and Coding Specialist (CBCS) exam offered by the National Health Career Association (NHA) at the completion of the course. Working knowledge of medical terminology and computer skills are required. (Prerequisites: Completion of the Medical Secretary course; Medical Terminology course or equivalent experience in a medical office; basic computer skills). The cost for the CMRS exam and one year annual AMBA membership is NOT included in the course fee. CBCS exam is optional, and cost is NOT included in the course fee. Please refer to our website under that specific class listing or call 732.473.3100 ext. 1000 for further details.

Course: 3431-F24A **Center:** TR **Nights:** M,W
Tuition: \$431.00 **Time:** 6:30-9:30PM **Hours:** 72 **Start:** 9/9/24

PHARMACY TECHNICIAN PREP PROGRAM — This is a comprehensive program designed to prepare students for an entry-level position as a Pharmacy Technician within a community or hospital setting. Students will review fundamental information related to the practice of pharmacy and to the work tasks and duties that are required within a pharmacy environment. The program will cover medical terminology, pharmacy calculations, medication names, and drug classes. Materials are presented in a concise and practical manner, which will be supplemented by required text reading and homework assignments as determined by the instructor. Upon completion of the program, students will be prepared to take the National Certification Examination that is given by the Pharmacy Technician Certification Board, which is recognized in all states within the United States.

Course: 3450-F24A **Center:** TR **Nights:** T,TH
Tuition: \$431.00 **Time:** 6:30-9:30PM **Hours:** 72 **Start:** 9/10/24

PHLEBOTOMY — This course emphasize phlebotomy safety in the lab, handling and insertion of needles, bracing, set up procedures and supplies, safety control procedures, and OSHA/HIPAA medical terminology pertaining to the vascular systems, veins, arteries, and blood flow. Upon completion of the course, students will be prepared to take the national certification examination for Phlebotomy . A uniform is required the first night of class (red top/black bottom). A hard top solid shoe hospital/lab grade is required and will be demonstrated on first night of class. **Taught by Nicole Porcelli (3098-F24A) or Danette Fernandez (3098-F2BA).**

Course: 3098-F24A **Center:** TR **Nights:** M,T,W
Tuition: \$525.00 **Time:** 6:00-9:00PM **Hours:** 120 **Start:** 9/9/24

Course: 3098-F24B **Center:** TR **Nights:** M,T,W
Tuition: \$525.00 **Time:** 6:00-9:00PM **Hours:** 120 **Start:** 9/9/24

BUSINESS DEVELOPMENT

INTERMEDIATE COMPUTER USE AND PRODUCTIVITY SOFTWARE — For those with basic computer skills, this course will review the hardware, software, and most popular Microsoft Productivity programs used in millions of homes and offices worldwide. You will learn features and operation of Microsoft WORD (Flyers, Letters, Newsletters, and Mailings), EXCEL (Functions and Formulas), POWERPOINT (professional presentations), and OUTLOOK (email and calendar). You will also learn effective ways to access the internet and how to become more confident and proficient creating documents at home and at work that will improve your comfort level using computers.

Textbook requirement, Teach Yourself VISUALLY Microsoft 365 by Paul McFedries (ISBN 978-1119893516), may be purchased on Amazon. **Taught by Robert Besse.**

Course: 4212-F24A	Center: TR	Nights: M,W
Tuition: \$383.00	Time: 6:00-9:00PM	Hours: 60
		Start: 9/9/24

PROJECT MANAGEMENT FOR SMALL BUSINESS OWNERS AND ASPIRING PROFESSIONALS — This course introduces basic project management concepts and methodologies. It will include their application in real-world scenarios with a focus on small business owners, sole proprietors, and individuals seeking entry into the Project Management profession. Required textbook: Project Management for Small Business: A Streamlined Approach from Planning to Completion Paperback – November 7, 2011 by Joseph Phillips ISBN-13: 9780814417676 ISBN-10: 0814417671. **Taught by Edward Russell.**

Course: 4000-F24A	Center: PAA	Nights: T,TH
Tuition: \$184.00	Time: 6:00-9:00PM	Hours: 24
		Start: 9/24/24

CONSTRUCTION TRADES

APP. ELECTRICITY I (FALL REGISTRATION ONLY) — This course will consist of knowledge and information required to understand basic, residential wiring practices. The main content of the course will be electrical theory. Instruction includes: introduction to the electrical trade, safety, AC, DC series, parallel circuits, electrical energy and power sources, electrical conductors, wire sizes and voltage drop, wiring methods and box sizes, service calculations, use and navigation of the National Electrical Code book. Coursework will be based on the current edition of the National Electrical 2020 Code Book. **Taught by Michael Carey (7010-F24A) or Nick Sorochka (7010-F24B).**

Course: 7010-F24A	Center: TR	Nights: M,W
Tuition: \$814.00	Time: 6:30-9:30PM	Hours: 162
		Start: 9/9/24

Course: 7010-F24B	Center: J	Nights: T,TH
Tuition: \$814.00	Time: 6:30-9:30PM	Hours: 162
		Start: 9/10/24

APP. ELECTRICITY II (FALL REGISTRATION ONLY) — Electricity II focuses on Commercial and Industrial Electrical wiring installations. All coursework will be based on the current edition of the (NEC) National Electrical Code Book. Instruction will emphasize electrical safety procedures, bending and installation of conduit and raceways, blueprint and wiring diagram reading, layout of commercial and industrial building and wiring plans, 3-phase power (3-wire and 4-wire systems), 3-phase transformers (wye and delta), voltage combinations and their uses, panel boards and switch gear, and grounding and bonding of electrical installations. **Taught by John Todd (7020-F24A) or Thomas Tucker (7020-F24B).**

Course: 7020-F24A	Center: TR	Nights: M,W
Tuition: \$814.00	Time: 6:30-9:30PM	Hours: 162
		Start: 9/9/24

Course: 7020-F24B	Center: PAA	Nights: T,TH
Tuition: \$814.00	Time: 6:30-9:30PM	Hours: 162
		Start: 9/10/24

APP. ELECTRICITY III - (FALL REGISTRATION ONLY) — Electricity III provides an in-depth study of electrical motors, transformers and motor controls. Instruction includes: industrial safety procedures, 3-phase AC and DC motors, ladder diagrams, motor controls, across-the-line starters, reversing starters, soft start technology, variable frequency drives, logic circuits, application and installation of control devices, proximity switches, programmable logic controllers, the latest in touch-screen technology and factory automation. **Taught by Dave Rudolph (7030-F24A) or Robert Wentler (7030-F24B).**

Course: 7030-F24A	Center: PAA	Nights: M,W
Tuition: \$814.00	Time: 6:30-9:30PM	Hours: 162
		Start: 9/9/24

Course: 7030-F24B	Center: PAA	Nights: T,TH
Tuition: \$814.00	Time: 6:30-9:30PM	Hours: 162
		Start: 9/10/24

APP. ELECTRICITY IV (FALL REGISTRATION ONLY) — This course is a thorough and intensive study of the National Electrical Code (NEC). The curriculum will emphasize code calculations and code application. Instruction includes: mathematics for electricians, raceway outlet box and junction box calculations, conductor sizing and over-current protection calculations, voltage drop calculations, residential and commercial load calculations, contractor business law and basics. **Taught Dave DeVito (7040-F24A) or Nick DellaFave (7040-F24A).**

Course: 7040-F24A **Center:** PAA **Nights:** M,W
Tuition: \$814.00 **Time:** 6:30-9:30PM **Hours:** 162 **Start:** 9/9/24

Course: 7040-F24B **Center:** PAA **Nights:** T,TH
Tuition: \$814.00 **Time:** 6:30-9:30PM **Hours:** 162 **Start:** 9/10/24

APP. HVAC-R I (FALL REGISTRATION ONLY) — Upon completion of this course, the student will have a basic knowledge and understanding of servicing HVAC-R equipment. Instruction includes: safety, fundamentals of refrigeration, air conditioning and heating, refrigeration tools and materials, basic sheet metal, domestic hermetic systems and mechanisms, silver soldering, tube bending and flaring. AC and DC series and parallel circuits will be explained, as well as electrical energy and power sources, electrical conductors, wire sizes and voltage drops. Introduction to computers will be included.

Course: 7111-F24A **Center:** B **Nights:** T,TH
Tuition: \$814.00 **Time:** 6:30-9:30PM **Hours:** 162 **Start:** 9/10/24

APP. HVAC-R II (FALL REGISTRATION ONLY) — This course is a continuation of year one with advanced fundamentals, covering residential, commercial and industrial systems. The course will include: instruction in basic electricity and magnetism, introduction to automatic controls, (components, application and troubleshooting) as well as electronic and programmable controls. Also covered will be electric motors, motor applications, motor controls and troubleshooting electric motors, test instruments and computers. Schematics for electrical controls of electric, gas, oil and heat pumps, air conditioning and applications will be demonstrated. **Taught by Michael Groff.**

Course: 7121-F24A **Center:** B **Nights:** T,TH
Tuition: \$814.00 **Time:** 6:30-9:30PM **Hours:** 162 **Start:** 9/10/24

APP. HVAC-R III (FALL REGISTRATION ONLY) Commercial-Industrial HVAC-R - This class will look at industrial and commercial applications, work with controls, understand wiring diagrams and advanced troubleshooting. Students will pick up where HVAC II left off with a look at more advanced controls. Wiring diagrams and schematics training will be covered. **Taught by Robert McCombs.**

Course: 7130-F24A **Center:** PAA **Nights:** M,W
Tuition: \$814.00 **Time:** 6:30-9:30PM **Hours:** 162 **Start:** 9/9/24

APP. HVAC-R IV (FALL REGISTRATION ONLY) — Design and Theory - Practical Applications. This class will look at and build systems utilizing design skills learned in class. Instruction will include: residential and commercial sizing, refrigeration storage design (low and medium temperature), as well as, industrial cooling applications. Field trips will be provided to demonstrate design applications. **Taught by Todd Harrington.**

Course: 7140-F24A **Center:** B **Nights:** M,W
Tuition: \$814.00 **Time:** 6:30-9:30PM **Hours:** 162 **Start:** 9/9/24

APP. PLUMBING I (FALL REGISTRATION ONLY) This is the first year of a four-year apprentice program for those working in the plumbing field. The course follows the curriculum standards for the plumbing industry and includes some “hands-on” training. History of plumbing, plumbing as a career, and the plumber apprentice will be discussed. Instruction includes the “22 Basic Principles of Plumbing”, plumbing math, water pipes and gas pipes, water and venting, tools, safety, personal safety, job site safety, and OSHA rules. Basic layout will be taught, as well as, plumbing materials including: cast iron, abs, pvs, copper and galvanized, basic boiler operations, and controls. **Taught by Bob Moore.**

Course: 7210-F24A **Center:** B **Nights:** M,W
Tuition: \$814.00 **Time:** 6:30-9:30PM **Hours:** 162 **Start:** 9/9/24

APP. PLUMBING II (FALL REGISTRATION ONLY) — This course picks up where Plumbing I left off and will include instruction in the following areas: tank installation and operations, drainage, venting, house sewers, traps, water supply, gas piping, sizing and fitting. Blueprint reading, isometric drawing, layout and related math will be included, as well as, layout and location of different types of vents and water main connections at the house and street. Instruction will include: beginning hydronics, design and layout of boilers, and controls. Emphasis will be placed on the plumbing codes. **Taught by Michael Caswell.**

Course: 7220-F24A **Center:** B **Nights:** T,TH
Tuition: \$814.00 **Time:** 6:30-9:30PM **Hours:** 162 **Start:** 9/10/24

APP. PLUMBING III (FALL REGISTRATION ONLY) — This class is a continuation of the four year plumbing program. The curriculum includes a review of the second-year curriculum and proceeds through installation and practices of appliances and fixtures, gas piping and gas codes. Blueprint reading and interpretation will be included, as well as, mathematical and related-science aspects of the above mentioned topics. This course will also cover hydronics, 1-zone layout, mono-flow system, radiant heating, and an in-depth study of boiler operations, controls, and applications. **Taught by Thomas Kohler.**

Course: 7230-F24A **Center:** W **Nights:** M,W
Tuition: \$814.00 **Time:** 6:30-9:30PM **Hours:** 162 **Start:** 9/9/24

APP. PLUMBING IV (FALL REGISTRATION ONLY)— This is the final year of the four-year program which includes updating the previous curriculum to current standards. Upon completion of this course, the student will be well-versed for a career in plumbing. Instruction includes: plumbing code, application of code to residential and commercial plumbing, controls and liens and business administration. Additional textbooks required. **Taught by Michael Monahan.**

Course: 7240-F24A	Center: W	Nights: M,W
Tuition: \$814.00	Time: 6:30-9:30PM	Hours: 162
		Start: 9/9/24

BASIC HOME SYSTEMS: CARPENTRY— This program teaches theory and application of techniques used in the building trades. The program will include the following: skills in framing, roofing, door and window installation, drywall installation and trim work. Upon successful completion of this 14 night program, students will be qualified for entry-level positions or home improvement projects. **Taught by Tim Smith.**

Course: 5019-F24A	Center: B	Nights: M,W
Tuition: \$289.00	Time: 6:30-9:30PM	Hours: 42
		Start: 9/9/24

BASIC HOME SYSTEMS II: FINISH CARPENTRY— This program teaches the theory and application of finishing techniques used in the building trades. The program will include skills in drywall, pre-hung door installation, basic trim application on interior/ exterior doors and windows, base molding, slab mortising, vinyl siding, and crown molding installation. Prerequisite: Students should have taken BASIC HOME SYSTEMS I-Rough CARPENTRY or have experience in the field. Upon successful completion of this 14-night program, students will be qualified for entry-level positions or home improvement projects. **Taught by Tim Smith.**

Course: 5014-F24A	Center: B	Nights: M,W
Tuition: \$289.00	Time: 6:30-9:30PM	Hours: 42
		Start: 10/30/24

BASIC HOME SYSTEMS: ELECTRIC— This course deals with residential wiring as well as voice, data, and video cabling. The fundamental theory and application of circuits, test equipment, power, lighting, and security are emphasized. Load calculations for residences will be taught. Code requirements and installation methods for various types of cables, conduits (both flexible and non-flexible), and service equipment will be addressed. Upon successful completion of this 14-night program, students will be qualified for entry-level positions or home improvement projects. **Taught by William Coonan.**

Course: 5017-F24A	Center: J	Nights: M,W
Tuition: \$289.00	Time: 6:30-9:30PM	Hours: 42
		Start: 9/9/24

Course: 5017-F24B	Center: J	Nights: M,W
Tuition: \$289.00	Time: 6:30-9:30PM	Hours: 42
		Start: 11/4/24

BASIC HOME SYSTEMS: HVAC— This course is designed as an introduction to the HVAC/R industry. If you are a homeowner or looking to make a career change, this 7-week 14, 14-session course will provide the basic operating principles of today's modern heating and cooling equipment. This course will provide basic hands-on principles and practices used in the HVAC/R industry to service and maintain the equipment safely. At the end of this program, the student will have a better understanding of the industry and may be able to seek employment or further educational opportunities. **Taught by Bill Roy.**

Course: 5016-F24A	Center: B	Nights: T,TH
Tuition: \$289.00	Time: 6:30-9:30PM	Hours: 42
		Start: 9/10/24

Course: 5016-F24B	Center: B	Nights: T,TH
Tuition: \$289.00	Time: 6:30-9:30PM	Hours: 42
		Start: 11/4/24

BASIC HOME SYSTEMS: PLUMBING— Students will learn the hands-on skills necessary to assemble, maintain, and repair water, gas, and other piping systems used in homes, businesses, and industry. The course will prepare students for the diverse skill sets necessary to enter a career in residential plumbing fields. Students will learn to prepare cost estimates, read blueprints, follow state and local building codes, and install, inspect, maintain, and troubleshoot piping systems. Upon successful completion of this 14-night program, students will be qualified for entry-level positions or home improvement projects. **Taught by Tim Noeding.**

Course: 5018-F24A	Center: B	Nights: M,W
Tuition: \$289.00	Time: 6:30-9:30PM	Hours: 42
		Start: 9/9/24

Course: 5018-F24B	Center: B	Nights: M,W
Tuition: \$289.00	Time: 6:30-9:30PM	Hours: 42
		Start: 11/4/24

BASIC WELDING I — This program is for beginners and teaches simple, basic knowledge and skills involved in welding. Students will be encouraged to join the American Welding Society (AWS). This course emphasizes the following: safety regulations and basic, electrical current (as it applies to welding), practice welding in training booths on steel plates, safety and proper use of machines and tools, oxy fuel cutting, plasma arc cutting, amperage and current selection on machines, electrode sizing and numbering, basic weld joint design, shielded, metal-arc welding, and metal identification. All students must provide their own safety equipment (i.e., safety glasses, protective clothing, welding headgear, etc.) **Taught by Jesse Vassallo and James Mansfield.**

Course: 8101-F24A	Center: TR	Nights: M,W,F
Tuition: \$709.00	Time: 6:00-9:00PM	Hours: 36
Start: 9/9/24		
Course: 8101-F24B	Center: TR	Nights: M,W,F
Tuition: \$709.00	Time: 6:00-9:00PM	Hours: 36
Start: 10/16/24		
Course: 8101-F24C	Center: TR	Nights: M,W,F
Tuition: \$709.00	Time: 6:00-9:00PM	Hours: 36
Start: 11/18/24		

BASIC WELDING II — This course is a continuation of Basic Welding I. All enrolled students must have Basic Welding I as a prerequisite. This course introduces more difficult tasks, such as vertical up and overhead welding, and emphasizes the following: welding on carbon steel, stainless steel plate, aluminum plate, practice welding carbon steel, stainless steel, and aluminum, welding safety practices, good work mannerisms, welding codes and standards, basic weld symbol interpretations, continued shielded metal-arc welding, gas metal-arc welding, and gas tungsten-arc welding. The class also offers the opportunity to take a welding certification practical exam. **Prerequisite, Basic Welding I. All students must provide their own safety equipment (i.e., safety glasses, protective clothing, welding headgear, etc.). An additional fee for certification will be charged. Taught by James Mansfield.**

Course: 8102-F24A	Center: TR	Nights: T,TH
Tuition: \$709.00	Time: 6:00-9:00PM	Hours: 36
Start: 9/10/24		
Course: 8102-F24B	Center: TR	Nights: T,TH
Tuition: \$709.00	Time: 6:00-9:00PM	Hours: 36
Start: 11/5/24		

BLACK SEAL ~ HIGH PRESSURE STEAM— A high-pressure steam license is required for boilers over 100 horsepower and more than 15 PSI of steam or more than 160 water PSI temperature of 250 degrees or more. The class will review auxiliary boiler room equipment and all associated equipment boiler controls and fittings. We will also go over different types of pumps and operations and steam turbine operation, along with water treatment testing and chemicals. We will tour boiler rooms in the area. **Taught by William Caufield.**

Course: 8024-F24A	Center: B	Nights: TH
Tuition: \$278.00	Time: 6:30-9:30PM	Hours: 36
Start: 9/12/24		

BLACK SEAL ~ LOW PRESSURE STEAM— This course prepares qualified people to take and pass the Black Seal Operators Examination under the rules and regulations of the Mechanical Inspection Bureau. Through demonstrations and theory, these topics will be covered: boilers, safety controls, water treatment, fuels, and combustion principles. Tours of industrial sites are included. It is important that the students have at least three months of experience working with a boiler of over 100 HP. (Application information for low-pressure licensing will be furnished). **Taught by William Caufield.**

Course: 8023-F24A	Center: B	Nights: T
Tuition: \$278.00	Time: 6:30-9:30PM	Hours: 36
Start: 9/10/24		

HEAVY EQUIPMENT OPERATOR PROGRAM ~ PRE-APPRENTICE HEOP I (FALL REGISTRATION ONLY) — The Heavy Equipment Operator Apprentice program is designed to provide students with the knowledge, skills, and competencies to operate and maintain a diverse range of heavy construction equipment. Throughout the program, students will be provided the opportunity to learn in the field through job shadowing experiences, and qualified candidates may continue on to participate in cooperative education experiences with local employers. Students will earn 144 hours of related technical instruction that will count toward a two-year apprentice program. ***Hands-on training may will be off-site one night per week or on Saturday. Taught by Tom Napurano.**

Course: 7701-F24A	Center: J	Nights: T,TH
Tuition: \$814.00	Time: 6:30-9:30PM	Hours: 162
Start: 9/10/24		

HEAVY EQUIPMENT OPERATOR PROGRAM ~ APPRENTICE HEOP II (FALL REGISTRATION ONLY) — This class is a continuation of the four year heavy equipment. The curriculum includes a review of the first-year curriculum and proceeds through On-road Dump Trucks, Scrapers, Loaders, Rough Terrain Forklifts, Excavation Math, Interpreting Civil Drawings, Site Work, Skid Steers, and Soils. Students will earn 144 hours of related technical instruction that will count toward a two-year apprentice program. ***Hands-on training may will be off-site one night per week or on Saturday. Taught by Tom Napurano.**

Course: 7702-F24A	Center: J	Nights: T,TH
Tuition: \$814.00	Time: 6:30-9:30PM	Hours: 162
Start: 9/10/24		

INTRO TO WATER/WASTEWATER OPERATION (FALL REGISTRATION ONLY) — This two-semester, 180-hour training course is designed to assist water and wastewater operators prepare for the first level of certification in Water Treatment (S-1), Wastewater Collections (C-1), Water Treatment (T-1), and Water Distribution (W-1). Students will gain the knowledge and classroom experience necessary to pass all four tests created by the Association of Board of Certification (ABC) to gain licenses issued by the New Jersey Department of Environmental Protection (NJDEP). Students will be comprehensively engaged in all aspects of water and wastewater operation and will be presented with course material in mathematics including algebra, trigonometry, probability statistics, and logic, geology, hydraulics, hydrology, physics, physical science, chemistry, biology, engineering, economics, accounting, management and psychology. **Students need to attend 90% of the course and attain a certificate of completion to register for the exam. Taught by Bob Worthington, Mike Testa, Alina Ferreira.**

Course: 8300-F24A	Center: TR	Nights: T,TH
Tuition: \$1,040.00	Time: 6:00-9:00PM	Hours: 180
		Start: 9/10/24

WOODWORKING ~ BEGINNER/NOVICE — This is a project-based course with an emphasis on safety in all areas of instruction. Students will work on two projects (assigned by the instructor) consisting of wood joinery, gluing, clamping, veneering, and assembly. **Students will be responsible for providing their own safety glasses.** All other materials will be supplied by the instructor. **Taught by Rob Daullary.**

Course: 5052-F24A	Center: J	Nights: M
Tuition: \$357.00	Time: 6:30-9:30PM	Hours: 36
		Start: 9/9/24

WOODWORKING ~ INTERMEDIATE/EXPERIENCED This is a project-based course with an emphasis on safety in all areas of instruction. Students will work on their own individual projects consisting of more complex and advanced woodworking tasks. Prerequisite: Students must have taken the Monday Beginner/Novice class. **Students will be responsible for purchasing their own materials. Taught by Rob Daullary.**

Course: 5053-F24A	Center: J	Nights: W
Tuition: \$289.00	Time: 6:30-9:30PM	Hours: 36
		Start: 9/11/24

CULINARY SEMINARS

OCVTS Adult Evening School offers a selection of hands-on seminars, which allow students to prepare a variety of dishes. Be prepared to feast at the end of the night! Students should bring an apron, take-home containers and bottled water.

20 MINUTE PIZZA DOUGH FOR SAUSAGE BREAD, GARLIC BREAD AND PIZZA — Learn this simple dough recipe and be prepared for the delicious possibilities. We will turn the dough into a delicious and easy sausage bread, a homemade fresh pizza, and rustic garlic bread. These recipes of simple and few ingredients will surely become a favorite for get-togethers, holidays, and any day when you want some fresh baked goodness from your oven. Join us for an evening of good food and fun. **Taught by Chef JoAnn Gallo.**

Course: 6241-F24A	Center: B	Nights: M
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 9/30/24

Course: 6241-F24B	Center: B	Nights: M
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 10/7/24

Course: 6241-F24C	Center: B	Nights: M
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 12/2/24

Course: 6241-F24D	Center: B	Nights: M
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 12/9/24

A MEDITERRANEAN GRAZING EXPERIENCE — In this class, you will learn the techniques necessary to impress anyone with the healthy flavors of the Mediterranean! We will make a traditional Hummus, Tzatziki Dip, and Baba Ganoush, complete with light Potato Flatbreads for dipping. A warm salad of Farro, which is an ancient grain packed with protein, craisins, feta cheese, and celery tossed with a zesty dressing will be the main event! These dishes will add depth to your repertoire and can be served all year long. Students are encouraged to bring bottled water, an apron, and take-home containers. **Taught by Kelly Dixon.**

Course: 6161-F24A	Center: B	Nights: T
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 10/1/24

Course: 6161-F24B	Center: B	Nights: W
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 12/4/24

ASIAN POKE BOWLS — People these days are looking for healthy, light, and delicious alternatives to satisfy their appetites. Polynesian poke has a long tradition on the Hawaiian Islands. In this course, we will discuss and produce some of the favorite Poke Bowls on these islands. Tuna/ Salmon Poke with traditional ingredients for you and your guests to enjoy. **Taught by Chef Gerard Donnelly.**

Course: 6137-F24A **Center:** B **Nights:** TH
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/10/24

A TASTE OF PORTUGAL — Embark on a culinary journey to Portugal with a tantalizing selection of traditional dishes that capture the essence of Portuguese cuisine. Begin your adventure with Feijoada à Transmontana, a hearty bean stew brimming with tender pork meat, sausages, cabbage, and garlic, showcasing the robust flavors of the Transmontana region. Indulge in the succulent delights of Porco à Alentejana, where braised pork and clams come together in a harmonious marriage of land and sea, accented with garlic, paprika, and fresh herbs, offering a taste of Alentejo's rich culinary heritage. Conclude your culinary odyssey with Arroz Doce, a comforting sweet rice pudding infused with cinnamon and lemon zest, providing a delightful finale that celebrates Portugal's love for simple yet indulgent desserts. Join us as we savor the flavors and traditions of Portugal, where each dish tells a story of passion, culture, and the joy of sharing a meal with loved ones. This is a hands-on class, and you will be cooking. Please be sure to bring a notebook to take notes. **Taught by Chef Peter Fischbach.**

Course: 6125-F24A **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 11/18/24

BBQ ESSENTIALS — Learn how the pitmasters from around the USA do it, from marinades and rubs, to sauces and mops. We will cover all of them! Learn how to turn a simple grill or stove top into a smoker to get that right amount of smoky flavor into your dishes! Learn the best cuts of meat to use for all kinds of different applications and make your next backyard BBQ look like it was catered by a real Pit Master! **Taught by Chef Bryan Jones.**

Course: 6783-F24A **Center:** B **Nights:** TH
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/10/24

CHARCUTERIE BOARDS, CHEESE BOARDS — Let me show you how to make a professional-looking charcuterie board like you see in magazines and online! I will teach you how to cut and arrange meats and cheeses, and then how to pair the right foods together. You will also learn what kind of accompaniments go with the board and even what cocktail to serve with it. **DEMONSTRATION ONLY Taught by Chef Bryan Jones.**

Course: 6780-F24A **Center:** B **Nights:** TH
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 11/14/24

CHICKEN ALFREDO WITH HOMEMADE FETTUCCINE — This class will have each student making their own pasta dough from scratch! We will then create fettuccine noodles and prepare seasoned chicken breasts and a creamy alfredo sauce. To complete the meal will be a classic caesar salad & roasted garlic cheese bread. **Taught by Kelly Dixon.**

Course: 6135-F24A **Center:** B **Nights:** W
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 9/25/24

CLASSIC ITALIAN RISOTTO — Learn how to produce some of the most savory Italian risotto. You will learn the types of rice and which rice to use for the classic risotto. You will make several types of risotto dishes with a variety of proteins and vegetable ingredients. We will discuss the types of stocks and cheeses used in these dishes. You will become confident about producing this classic dish. **Taught by Chef Gerard Donnelly.**

Course: 6139-F24A **Center:** B **Nights:** TH
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 11/14/24

EGGPLANT NOT JUST FOR PARM — Love eggplant? We'll make 3 different dishes. First, an eggplant based tomato sauce with Burrata cheese (perfect for non-meat eaters!) Next, an eggplant & rib gravy, both served over pasta for old world and next level pasta dishes. Lastly, we'll make eggplant balls. A quick alternative to traditional meatballs. **Taught by Chef JoAnn Gallo.**

Course: 6150-F24A **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 9/23/24

FLOURLESS "CRACKED EARTH" CAKE AND TUSCAN ZUCCHARINI COOKIES — Learn to make these two unique, easy, and delicious treats. First, a super-rich chocolate cake made with a few simple ingredients and no flour. We will top it with freshly-made whipped cream and berries. Next, a "Zuccarini" (little sugar) cookie that is a recipe straight from a Tuscan farmhouse kitchen and made with white wine. Both recipes will have people asking you to make these again and again! Join us for a sweet night of fun and learning. **Taught by Chef JoAnn Gallo.**

Course: 6240-F24A **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 11/11/24

FROM SCRATCH, POTATO GNOCCHI — Learn to make homemade potato gnocchi and enjoy it served with peas, ricotta, and crispy pancetta. A twist on a classic makes this side salad new again: shaved brussel sprout caesar will add a brightness to the meal. Students are encouraged to bring bottled water, an apron, and take-home containers. **Taught by Kelly Dixon.**

Course: 6157-S23A **Center:** B **Nights:** T
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/8/24

Course: 6157-S23B **Center:** B **Nights:** T
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 11/12/24

GRANDMA'S SUNDAY DINNER — Featuring Sicilian stuffed meatballs and traditional Rice Balls. A pot of gravy doesn't take all day to make! Join us and start some new family traditions. **Taught by Chef JoAnn Gallo.**

Course: 6151-F24A **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 11/4/24

GREEK FOR A NIGHT — These dishes are healthy and full of flavor. Learn to layer phyllo dough sheets into a classic Spanakopita filled with spinach and feta cheese. The main dish is a modern twist on the Gyro - a Greek Gyro Bowl with small meatballs, crisp vegetables, rice and tzatziki sauce. **Taught by Kelly Dixon.**

Course: 6146-F24A **Center:** B **Nights:** W
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/9/24

HIGH NOON TEA PARTY — Gather for an elegant High Noon Tea Party and indulge in a delightful assortment of traditional treats. Savor the rich flavors of assorted traditional teas, from delicate blends to robust brews, served alongside freshly baked scones accompanied by an array of jams and spreads. Delight in the dainty elegance of tea sandwiches, featuring delicate fillings like cucumber and cream cheese, egg salad, or smoked salmon, meticulously crafted to perfection. Complete your tea experience with the zesty tang of lemon curd, adding a burst of citrusy goodness to every bite. Whether you're hosting a sophisticated gathering or enjoying a leisurely afternoon, this High Noon Tea Party promises to elevate your tea-drinking experience with an abundance of flavor, elegance, and charm. This is a hands-on class, and you will be cooking. Please be sure to bring a notebook to take notes. **Taught by Chef Peter Fischbach.**

Course: 6123-F24A **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 12/2/24

HOMEMADE MOZZARELLA NIGHT — We will make fresh mozzarella from scratch in this class! Who doesn't love a nice piece of fresh mozzarella? I will show you just how easy it is, and you can wow your family and friends by having this at your next dinner or party! A nice fresh caprese salad with Jersey Tomato and fresh basil is perfect in the summer. I will also show you how to make homemade ricotta cheese to go along with your amazing fresh-made mozzarella! **Taught by Chef Bryan Jones.**

Course: 6778-F24A **Center:** B **Nights:** TH
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/24/24

Course: 6778-F24B **Center:** B **Nights:** T
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/29/24

Course: 6778-F24C **Center:** B **Nights:** TH
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/17/24

HOMEMADE PASTA — Learn to make gnudi which is a light and fluffy homemade pasta with a ricotta base rather than a potato base (like gnocchi). We will also make two simple sauces to top off our pasta. Bon Appetit! **Taught by Chef JoAnn Gallo.**

Course: 6242-F24A **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/21/24

Course: 6242-F24B **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/28/24

Course: 6242-F24C **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 11/18/24

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INTERNATIONAL STREET FOOD! — Take global culinary adventure with this tantalizing array of international street food delights. Transport your taste buds to Istanbul with Simits, a delightful fusion of bagel and pretzel, perfectly complemented by a dip in molasses and sesame seeds. Journey to Mexico City and indulge in the irresistible flavors of Elote, Mexican street corn coated in a symphony of spices, lime, and creamy cheese. Experience the vibrant street food culture of Cartagena with Arepas con Queso, golden corn cakes stuffed with ooey-gooney cheese, offering a taste of Colombian comfort. In Dakar, savor the warmth of a freshly baked baguette paired with Chocoleca, a peanut-infused chocolate spread reminiscent of Senegal's rich culinary heritage. Venture to the bustling streets of Mumbai and cool off with a refreshing Mango Lassi, a creamy yogurt-based drink bursting with the tropical sweetness of ripe mangoes. Finally, journey to Ho Chi Minh City and delight in the iconic Bahn Mi Sandwich, a fusion of French baguette and Vietnamese flavors, filled with a tantalizing medley of meats, pickled vegetables, and herbs. Join us on this gastronomic expedition around the world, where every bite tells a story of culture, tradition, and the joy of street food. This is a hands-on class, and you will be cooking. Please be sure to bring a notebook to take notes. **Taught by Chef Peter Fischbach.**

Course: 6128-F24A	Center: B	Nights: M
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 10/21/24

KNIFE SKILLS BASICS AND CARE — Learn the basics of knife care and how to use them. Basic cuts will be covered, as well as how to sharpen your knives and keep them sharp. Please bring your own knives with you so you can practice with what you will be using! **Taught by Chef Bryan Jones.**

Course: 6821-F24A	Center: B	Nights: TH
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 11/21/24

Course: 6821-F24B	Center: B	Nights: TH
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 12/12/24

OLD WORLD CHICKEN — This class has quite a bit of chopping, so you can learn some good knife skills! We will begin with a classic Panzanella Salad: fresh cucumbers & tomatoes tossed with croutons and a fresh vinaigrette. Hearty chicken thighs will be generously seasoned and roasted in the oven at high heat to crisp up the skin and retain their juices. Pancetta, Italy's bacon, is rendered crisp and set aside. Then on the stovetop, the magic begins...sautéing asparagus, garlic, and Brussels sprouts together and creating a rich cream sauce. The chicken is topped with this medley and sprinkled with pancetta to finish. **Taught by Kelly Dixon.**

Course: 6160-S23A	Center: B	Nights: T
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 10/15/24

Course: 6160-S23B	Center: B	Nights: T
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 11/19/24

PARTY HORS D'OUVRES — You asked! This class will give you 4 recipes to add to your repertoire that are delicious any season of the year. A hearty Italian sausage stuffed mushroom, minced clam dip pie served with crackers, pan fried artichoke rissoles with a marinara dipping sauce and a sweet caramelized onion flatbread will be created. You will be sure to wow your guests with these! **Taught by Kelly Dixon.**

Course: 6132-F24A	Center: B	Nights: W
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 11/20/24

PASTA NIGHT — Show your family that you can make pasta just like your Italian grandma! We will make pasta from scratch and transform it into the perfect meal. We will make angel hair, linguini, and ravioli in this class using everyday, basic ingredients. All you have to do is top it with your favorite sauce, and you can bring Italy to your own kitchen! **Taught by Chef Bryan Jones.**

Course: 6774-F24A	Center: B	Nights: TH
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 12/5/24

PROVINCES OF THAILAND -- BANGKOK Explore the vibrant flavors of Bangkok, Thailand, with a tantalizing selection of dishes that capture the essence of Thai cuisine. Dive into the rich and aromatic Green Curry, a spicy and fragrant dish simmered in coconut milk with tender chicken or your choice of protein, along with vibrant Thai herbs and green chilies. Indulge in the bold and fiery Red Curry, boasting a symphony of flavors from red curry paste, coconut milk, and a variety of spices, creating a deliciously complex sauce that pairs perfectly with chicken, beef, or seafood. Delight in the savory-sweet combination of Chicken with Cashews, featuring tender chicken stir-fried with crunchy cashews, vegetables, and a flavorful sauce infused with soy, garlic, and Thai seasonings. Finally, savor the iconic Pad Thai, a beloved Thai noodle dish featuring stir-fried rice noodles with shrimp, tofu, bean sprouts, and eggs, all tossed in a tangy-sweet tamarind sauce and garnished with peanuts and lime. Whether you're a Thai food enthusiast or new to the cuisine, this culinary journey through Bangkok promises to dazzle your taste buds with its bold flavors, aromatic spices, and irresistible dishes. This is a hands-on class, and you will be cooking. Please be sure to bring a notebook to take notes. **Taught by Chef Peter Fischbach.**

Course: 6122-F24A	Center: B	Nights: M
Tuition: \$53.00	Time: 6:30-9:30PM	Hours: 3
		Start: 12/9/24

REGIONAL FRANCE -- ALSACE — Experience the rustic charm and rich culinary heritage of Alsace in this regional French cooking class. Begin your journey with Coq Au Riesling, a succulent chicken dish simmered in the delicate flavors of Riesling wine, onions, and mushrooms, evoking the essence of Alsatian comfort cuisine. Delight in the simplicity and elegance of Tart Flambee, Alsace's answer to pizza, featuring a thin, crispy crust topped with crème fraîche, onions, and bacon or other savory delights. Indulge in the crispy goodness of Potato Pancakes, a beloved Alsatian staple showcasing the region's love for hearty, comforting fare. Conclude your culinary adventure with the sweet finale of Apple Tart, where tender apples nestled in a buttery pastry shell offer a taste of Alsace's bountiful orchards. Join us as we journey through the flavors of Alsace, where every dish is a celebration of tradition, flavor, and conviviality. This is a hands-on class, and you will be cooking. Please be sure to bring a notebook to take notes. **Taught by Chef Peter Fischbach.**

Course: 6130-F24A **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 9/23/24

REGIONAL FRANCE -- BURGUNDY — Embark on a gastronomic journey through the heart of Burgundy with this exquisite selection of regional French delicacies. Begin your culinary adventure with the legendary Beef Bourguignon, a soul-warming dish where tender beef is slowly braised in red wine, mushrooms, onions, and herbs, creating a symphony of flavors that epitomizes Burgundian comfort food. Indulge in the timeless elegance of Escargots de Bourgogne, succulent snails bathed in garlic butter and white wine, offering a taste of Burgundy's rich culinary heritage. Delight in the creamy decadence of Gratin Dauphinois, thinly sliced potatoes baked to golden perfection with cream, garlic, and nutmeg, showcasing the region's love for simple yet indulgent fare. Conclude your culinary odyssey with the exquisite Tarte de Semoule au Cassis, a semolina tart adorned with juicy black currants, offering a sweet finale that captures the essence of Burgundian charm. Join us as we celebrate the flavors and traditions of Burgundy, where each dish tells a story of passion, craftsmanship, and the art of French cuisine. This is a hands-on class, and you will be cooking. Please be sure to bring a notebook to take notes. **Taught by Chef Peter Fischbach.**

Course: 6127-F24A **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 11/4/24

REGIONAL ITALIAN -- BOLOGNA — Embark on a culinary voyage to the gastronomic capital of Italy's Emilia-Romagna region with this exquisite selection of traditional dishes from Bologna. Begin your journey with Orecchiette alle Cime di Rapa, a pasta dish featuring ear-shaped pasta adorned with tender broccoli rabe, garlic, and chili flakes, capturing the essence of Bolognese simplicity and flavor. Indulge in the rich and hearty Ragù alla Bolognese, a timeless sauce made with a slow-cooked blend of ground meat, tomatoes, wine, and aromatic herbs, perfect for coating fresh tagliatelle or other pasta. Delight in the elegant presentation and delicate flavors of Rosette al Forno, pasta roses filled with a savory combination of ham, cheese, and mortadella, offering a taste of Bologna's culinary creativity. Conclude your culinary odyssey with Torta di Riso, a comforting rice cake infused with citrus zest and studded with raisins, providing a sweet finale that celebrates the region's love for simple yet satisfying desserts. Join us as we explore the flavors and traditions of Bologna, where each dish embodies the rich culinary heritage of this vibrant Italian city. This is a hands-on class, and you will be cooking. Please be sure to bring a notebook to take notes. **Taught by Chef Peter Fischbach.**

Course: 6126-F24A **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 11/11/24

REGIONAL ITALIAN -- LAZIO — Embark on a culinary expedition to the heart of Italy with this regional cooking class celebrating the flavors of Lazio. Begin with the iconic Bucatini alla Amatriciana, a pasta dish featuring thick hollow noodles bathed in a rich tomato sauce infused with guanciale (cured pork cheek), pecorino cheese, and a hint of chili pepper, capturing the essence of Roman comfort food. Delight in the simplicity and elegance of Cacio e Pepe, a timeless Roman classic showcasing the marriage of pecorino cheese, black pepper, and perfectly al dente spaghetti, elevating simplicity to sublime perfection. Indulge in the tender delights of Saltimbocca alla Romana, where thinly sliced veal is enveloped in prosciutto, sage, and white wine, offering a taste of the refined elegance of Roman cuisine. Join us as we journey through the culinary treasures of Lazio, where each dish tells a story of tradition, passion, and the eternal allure of Italian gastronomy. This is a hands-on class, and you will be cooking. Please be sure to bring a notebook to take notes. **Taught by Chef Peter Fischbach.**

Course: 6129-F24A **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/7/24

REGIONAL ITALIAN -- SARDINIA — Embark on a culinary voyage to the enchanting island of Sardinia with a delectable selection of regional dishes that showcase the island's rich culinary heritage. Begin your journey with Malloreddus, also known as gnocchetti Sardi, a unique pasta resembling small gnocchi, served with a hearty sausage and fennel ragu that bursts with flavors reminiscent of the island's countryside. Dive into the flavors of the Mediterranean with Fregula, Sardinia's answer to couscous, adorned with succulent seafood and infused with the delicate aroma of saffron, offering a taste of the island's coastal bounty. Indulge in the comforting warmth of Sardinian Mussel Soup, a fragrant broth brimming with plump mussels, tomatoes, and aromatic herbs, capturing the essence of Sardinia's maritime traditions. Join us as we celebrate the flavors and traditions of Sardinia, where each dish reflects the island's vibrant culture, pristine landscapes, and deep-rooted culinary heritage. This is a hands-on class, and you will be cooking. Please be sure to bring a notebook to take notes. **Taught by Chef Peter Fischbach.**

Course: 6124-F24A **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 11/25/24

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RETRO CHIC CUT UP CAKES - FALL THEME — The magic is calling...one night only!!! Let your love for cut up cakes designs shine through! We will supply you with cakes, icing, and cake trimmings to complete your project. As with every original design, all cake sections are used and fit the template effortlessly. This is a great money-saving workshop for parents on a budget. You will take home your decorated cake, icing recipe, and an additional Retro Chic Cut Up Cake Design with step-by-step instructions. Scan the QR code or call 732-473-1000 to indicate your choice of 6 designs. Registration must be received 2 weeks prior to the start of class. Design Choices: ERIC GATOR, MOSQUITO ALERT, BEE HAPPY, LADYBUG ON LEAVES, ENCHANTED FROG AND SPACESHIP LUNA **Taught by Neida L. Cobos, Owner of Retro Chic Cut Up Cakes.**

Course: 6152-F24A **Center:** TR **Nights:** W
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/9/24



ROAST PORK LOIN & GRITS, ITALIAN STYLE — This class combines the simple, oven roasted pork loin with classic Italian vegetables all served over a warm semolina flour that we transformed into smooth and silky grits. A salad of bright arugula and stone fruit will be dressed in an orange vinaigrette for a side dish. **Taught by Kelly Dixon.**

Course: 6133-F24A **Center:** B **Nights:** W
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 11/13/24

SOUP & SANDWICH, ITALIAN STYLE — This class will warm us up as we create an authentic Italian wedding soup with mini meatballs, pasta, and spinach. On to Italy's version of a grilled cheese: mozzarella in Carozza, fresh mozzarella sandwiched in bread, dipped in an egg batter and pan-fried in butter and olive oil with a light marinara for dipping. **Taught by Kelly Dixon.**

Course: 6147-F24A **Center:** B **Nights:** W
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/2/24

SOUTH AMERICAN AREPAS — We will learn the types of flour used in varieties of arepas. We will produce several arepas and the different types of fillings and sauces that usually accompany these savory and sweet arepas. We will also discuss the different countries that produce arepas. Upon completion, you will be able to serve your guests these wonderful decadent tapas from the convenience of your home. **Taught by Chef Gerard Donnelly.**

Course: 6140-F24A **Center:** B **Nights:** TH
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 12/12/24

SOUTHERN STYLE BRUNCH — In this course, we will discuss and produce a few Southern brunch dishes. You will execute stylish plates from down south for you and your guests to enjoy. Some dishes included are shrimp & grits with roasted tomatoes and sauteed greens, Texas-style French toast, sweet potato home fries, and types of teas/sangria to accompany this Southern-style brunch. **Taught by Chef Gerard Donnelly.**

Course: 6138-F24A **Center:** B **Nights:** TH
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/17/24

THE 'I DON'T BAKE' DESSERT CLASS! — Let's pull off 3 impressive desserts without turning on the oven! We will make a decadent lemon tiramisu, krispy peanut butter chocolate coated truffles and an eye popping glazed donut strawberry shortcake.....each one tastier than the next! **Taught by Kelly Dixon.**

Course: 6131-F24A **Center:** B **Nights:** W
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 12/11/24

THE SCIENCE OF SPICE — Explore the science behind the art of making incredible spice blends and how the flavor compounds within spices work together to create exciting layers of flavor and new sensations. This is the perfect class for curious cooks and adventurous foodies. Spice profiles - organized by their dominant flavor compound - showcase the world's top spices, with recipe ideas, information on how to buy, use, and store, and more in-depth science to help you release the flavors and make your own spice connections. There is also a selection of recipes using innovative spice blends, based on the new spice science, designed to brighten your palate, and inspire your own culinary adventures. If you've ever wondered what to do with that unlabeled jar of sumac, why some spices taste stronger than others, or how to make your own personal garam masala, this inspirational class has all the answers. Explore the world's best spices, be inspired to make your own new spice blends, and take your cooking to new heights. This is a hands-on class, and you will be cooking. Please be sure to bring a notebook to take notes. **Taught by Chef Peter Fischbach.**

Course: 6815-F24A **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 9/30/24

TRADITIONAL SPANISH TAPAS II — Dive into the vibrant world of Spanish cuisine with this enticing selection of traditional tapas. Begin your culinary journey with Gambas al Ajillo, succulent shrimp bathed in a garlic-infused olive oil sauce, delivering a burst of Mediterranean flavor with every bite. Indulge in the crispy delight of Fried Calamares Fritos, showcasing the tender texture of calamari perfectly complemented by a golden, crunchy coating. Delight in the bold flavors of Fingerling Papas Bravas, crispy potato wedges served with a smoky aioli that adds a tantalizing kick to every bite. Experience the unique combination of sweet and savory with Berenjenas con Miel, fried eggplant drizzled with honey and sprinkled with sea salt, creating a symphony of flavors that dance on the palate. Finally, savor the irresistible harmony of Chorizo & Blue Cheese Dates Wrapped with Bacon, where the smoky richness of chorizo and blue cheese is perfectly balanced by the sweetness of dates and the crispness of bacon. Join us for an unforgettable culinary experience that celebrates the essence of Spanish culture and hospitality through these delectable tapas. This is a hands-on class, and you will be cooking. Please be sure to bring a notebook to take notes. **Taught by Chef Peter Fischbach.**

Course: 6800-F24A **Center:** B **Nights:** M
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/28/24

VEGETARIAN TACO SKILLET — Amazing flavors all in one skillet! We will combine delicious spices and assorted seasonal vegetables with a base of quinoa to prepare this hearty skillet. An appetizer of upside down onions in puff pastry will be created and we'll also enjoy a fresh guacamole. **Taught by Kelly Dixon.**

Course: 6134-F24A **Center:** B **Nights:** W
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 10/16/24

VERSATILE LEMONS! — This class will show you ways to incorporate amazing flavor into a meal. We will use lemons as a base to nestle our chicken breasts in, developing a light yet robust Francaise-style chicken. Next, the lemon will be infused into cream and served over linguine, accompanied with lemon zested roasted broccoli spears. **Taught by Kelly Dixon.**

Course: 6153-F24A **Center:** B **Nights:** T
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 9/24/24

Course: 6153-F24B **Center:** B **Nights:** T
Tuition: \$53.00 **Time:** 6:30-9:30PM **Hours:** 3 **Start:** 11/5/24

Demonstration Dinners

Chefs from the Ocean County Center for Culinary Arts at Cuisine on the Green at Atlantis in Little Egg Harbor will host Cooking Demonstration Dinners that feature some of their specialties. Cooking Demonstration Dinners include a multiple-course meal prepared before you with wine service available. Each course will be demonstrated by the chef in the dining room. Participants are able to ask questions during the demonstrations. Upon completion of each course demonstration, you will be served exactly what the chef prepared. Seating is limited.

DOORS OPEN AT 5:15PM.

Wine selections and a full service bar are available at an additional cost.

A TASTE OF ITALY — Join us for a taste of Tuscany's best flavors and discover ingredients that may be new to you, including pecorino, a hard cheese made with sheep's milk, to be used to make an arugula and pecorino salad with a lemon vinaigrette. A corkscrew shaped pasta cavatappi with grilled zucchini with herbed ricotta. In addition, learn the art to the perfect seared scallop, chopping fresh herbs for a gremolata with a demo of scallops with orange gremolata, and filling cannoli's for dessert. **Presented by Chefs Bruce VanSickle and Jason Crispin.**

Course: 6759-F24A **Center:** ATL **Nights:** T
Tuition: \$68.00 **Time:** 5:30-8:30PM **Hours:** 3 **Start:** 11/19/24

OKTOBERFEST DINNER — Oktoberfest, annual festival in Munich, Germany, held over a two-week period and ending on the first Sunday in October. The festival originated in 1810, in celebration of the marriage of the crown prince of Bavaria, who later became King Louis I, to Princess Therese von Sachsen-Hildburghausen. This demonstration dinner event will focus on the foods of this culture. Bavarian pretzels, Schnitzels, potato pancakes, and a German dessert will all be served and demonstrated as we listen to traditional folk music and sip on the drinks of the land. **Presented by Chefs Bruce VanSickle and Jason Crispin.**

Course: 6521-F24A **Center:** ATL **Nights:** T
Tuition: \$68.00 **Time:** 5:30-8:30PM **Hours:** 3 **Start:** 10/8/24

MURDER MYSTERY DINNER THEATRE

DEATH AT FIRST BITE — The world's top chefs meet for a competition to decide which cuisine reigns supreme. But they soon find out Murder is a dish best served cold. **Presented by Chefs Bruce VanSickle and Jason Crispin.**

Course: 6120-F24A **Center:** ATL **Nights:** SAT
Tuition: \$68.00 **Time:** 5:30-8:30PM **Hours:** 3 **Start:** 11/16/24

SANTA'S SLAY — Just hear those “slay” bells ringing, when someone delivers a stocking full of murder at the annual party for the Grinch International Factory for Toys. Become one of Santa’s little helpers, as you try to solve this holiday mystery. Join us for a holly, jolly good time, and a bit of murder under the mistletoe. **Presented by Chefs Bruce VanSickle and Jason Crispin.**

Course: 6586-F24A **Center:** ATL **Nights:** SAT
Tuition: \$68.00 **Time:** 5:30-8:30PM **Hours:** 3 **Start:** 12/14/24

TRUE CRIME MURDER MYSTERY — Fans of True Crime convene for their annual symposium. Then someone actually dies. Who knew that True Crime could turn into true crime? **Presented by Chefs Bruce VanSickle and Jason Crispin.**

Course: 6121-F24A **Center:** ATL **Nights:** SAT
Tuition: \$68.00 **Time:** 5:30-8:30PM **Hours:** 3 **Start:** 10/12/24

WIN, LOSE OR DIE Watch what happens when America’s favorite game show rolls into town looking for local contestants, and the category is murder! Everyone is in jeopardy, including the audience. Buzz in with your answer to the \$64,000 question: Who is the killer? It only takes a minute to win it, and just a moment to die, in this fast-paced, hysterically funny and light-hearted interactive mystery! — **Presented by Chefs Bruce VanSickle and Jason Crispin.**

Course: 6512-F24A **Center:** ATL **Nights:** SAT
Tuition: \$68.00 **Time:** 5:30-8:30PM **Hours:** 3 **Start:** 9/21/24

GENERAL INTEREST

ART: ABSTRACT, MIXED MEDIA & COLLAGE, FOR ARTISTS WHO CAN'T DRAW — This class is for Artists Who Can't Draw! We will use Fabric, Paper and Acrylic paints to create abstract paintings. Students will begin their first two projects immediately! They must bring the following art supplies to class on the first night: Canvas size 24 x 30, Canvas size 16 x 20, Mod Podge (Gloss) 8 oz., One flat 1/2 inch paint brush; One sponge 3 inch brush; One used or new Fashion Magazine; One new or used Colorful Calendar; Liquid Acrylic Paint 2 oz. size in 7 favorite colors plus white; Acrylic Paint Markers Dual Tip in 7 favorite colors plus white. **Taught by Angela Hart.**

Course: 2312-F24A **Center:** B **Nights:** T,TH
Tuition: \$147.00 **Time:** 7:30-9:30PM **Hours:** 20 **Start:** 9/10/24

ASTRAL TRAVEL Astral Travel is an ability that we all possess. It is a very common occurrence that we all share. During the night when we sleep, our souls leave the physical body behind. We travel to other dimensions/places, while our physical bodies keep functioning until we return. Astral Projection (astral travel) is an interpretation of an out-of-body experience (OBE) that assumes the existence of an “astral body” separate from the physical body and capable of traveling outside it. Please join us as we travel together through education and meditation, bringing us to places and people, many loved ones in spirit, helping us bridge the gap between both worlds. **Taught by Gloria J. Weichand, founder of The Spirit Education Center and Sanctuary, Spiritual Visionary/Medium, Spiritual Teacher, Author, Lecturer, and Grief Counselor. She is known for her compassion and evidential messages from Spirit on an International level. Gloria was also honored by being asked to be part of a study conducted by Yale University, which included some of the best mediums in the US and UK to date.**

Course: 3742-F24A **Center:** PAA **Nights:** T
Tuition: \$45.00 **Time:** 6:00-9:00PM **Hours:** 3 **Start:** 10/15/24

ASTROLOGY 1 Students will learn techniques and methods for analyzing and interpreting the sun, moon, rising sign and planets in our solar system. Each student will also receive a natal or solar chart, which is a picture of the sky at the time and place they were born. By the end of this course, the students should be fluent in analyzing a natal chart and understanding planetary energies. **Taught by Dawn Dittmar.**

Course: 3909-F24A **Center:** B **Nights:** TH
Tuition: \$63.00 **Time:** 6:30-8:30PM **Hours:** 12 **Start:** 10/10/24

ASTROLOGY 2 Picking up where Introduction to Astrology left off, each student will refine their chart interpretation by analyzing planetary aspects and configurations and will begin to learn how to forecast events. Introduction to Astrology is a prerequisite. **Taught by Dawn Dittmar.**

Course: 3910-F24A **Center:** B **Nights:** T
Tuition: \$63.00 **Time:** 6:30-8:30PM **Hours:** 12 **Start:** 10/22/24

ASTROLOGY 3 Continuing where Astrology 2 left off, students will continue learning how to forecast events, including: transits, solar returns, and secondary progressions. There will also be highlights on astrological events in the sky, such as eclipse interpretation, Mercury Retrogrades, and Void of Course moons. Astrology 1 and 2 are prerequisites for this course. **Taught by Dawn Dittmar.**

Course: 3911-F24A **Center:** B **Nights:** T
Tuition: \$63.00 **Time:** 6:30-8:30PM **Hours:** 12 **Start:** 9/10/24

BASIC PIANO — This course is designed for those who have not played piano or had any formal musical training. It will cover the basics: reading music, hand positions, and simple tunes. The student will need a piano or keyboard with at least 76 keys (88 keys is preferable) and touch sensitivity (weighted keys preferable) at home for this class. The instructor will discuss how to purchase an appropriate instrument during the first class. Alfred All in One Adult Piano Course, Level 1 will also be required.

Taught by Brian Beirne.

Course: 5028-F24A	Center: PAA	Nights: M
Tuition: \$190.00	Time: 6:00-7:00PM	Hours: 12
		Start: 9/9/24

Course: 5028-F24B	Center: PAA	Nights: M
Tuition: \$190.00	Time: 7:00-8:00PM	Hours: 12
		Start: 9/9/24

INTERMEDIATE PIANO — This course is designed for those who have some experience playing the piano or have completed the OCVTs Basic piano course. All requirements for the course are the same as for the basic piano course, from keyboard to textbook. There will be an initial review of the first seventy pages, and then we will progress as fast as is comfortable for the rest of the class. **Taught by Brian Beirne.**

Course: 5030-F24A	Center: PAA	Nights: T
Tuition: \$190.00	Time: 6:00-7:00PM	Hours: 12
		Start: 9/10/24

ADVANCED INTERMEDIATE PIANO — This course is designed for those who have either completed the OCVTs Intermediate Piano Course or have completed the Alfred Adult All-in-One Course, Level 1. There will be an initial review of Level 1, then progress as fast as is comfortable for the class through Adult All-in-One Course Level 2 over the twelve week session.

Taught by Brian Beirne.

Course: 5007-F24A	Center: PAA	Nights: W
Tuition: \$190.00	Time: 6:00-7:00PM	Hours: 12
		Start: 9/11/24

Course: 5007-F24B	Center: PAA	Nights: W
Tuition: \$190.00	Time: 7:00-8:00PM	Hours: 12
		Start: 9/11/24

BASIC VOCAL — This course is designed for anyone who would like to improve the ability to sing. Through exercises for vocal quality and breath control, the student will learn to sing classic songs from Broadway Musicals and hits by artists from Frank Sinatra to Lady Gaga. Music will be provided with instruction in basic musical notation. **Taught by Brian Beirne.**

Course: 5029-F24A	Center: PAA	Nights: T
Tuition: \$190.00	Time: 7:30-8:30PM	Hours: 6
		Start: 9/10/24

CINEMATIC STORYTELLING: AN INTRODUCTION TO SCREENWRITING — Join Jennifer D. Grunin, creator, head writer, and director of the series SMISHIE®, in a five-week creative writing workshop that explores the art of visual storytelling, demystifies the screenwriting process, and engages students in the development of their own screenplay. Students will build a shared understanding of the foundations of screenwriting, from the conception of compelling characters and visual stories to the execution of concept through plot development and three-act structure. Throughout the course, students will have the opportunity to draft, workshop, and revise basic building blocks of the screenwriting process, including character bios, loglines, mini treatments, and scene breakdowns. Students are required to bring a laptop/tablet to class and will be expected to complete assigned weekly writing activities and submit their work for peer review and one-on-one evaluation. As a companion reading to the class, students are strongly encouraged to purchase *The Screenwriter's Bible* by David Trottier. **Taught by Jennifer D. Grunin (MFA- Creative Writing, Emerson College).**

Course: 5323-F24A	Center: TR	Nights: M
Tuition: \$74.00	Time: 6:00-8:00PM	Hours: 10
		Start: 10/21/24

CREATIVE WRITING — In this class, you will learn to craft classic characters, set up scintillating settings, and construct conflicts that contort reality and boggle the mind. All genres of fiction and non-fiction writing will be covered. Students can work on and develop ideas for novels, short stories, etc. Students will be expected to submit their work for a combination of peer review and one-on-one evaluation. **Students are urged to bring a writing pad. Taught by Danielle Boska. (MA in Education).**

Course: 5326-F24A	Center: PAA	Nights: W
Tuition: \$184.00	Time: 6:00-9:00PM	Hours: 24
		Start: 10/9/24

DRUM FUNDAMENTALS — Learn the fundamentals of drumming with our Beginner Drum Course. Perfect for aspiring drummers, this comprehensive program covers basic rhythms, essential techniques, and drum kit navigation. Develop your coordination and musicality through hands-on exercises and gain the confidence to groove in various styles. **Taught by James Marshall.**

Course: 5006-F24A	Center: PAA	Nights: T
Tuition: \$126.00	Time: 6:00-8:00PM	Hours: 18
		Start: 9/10/24

ONE YEAR TO A NEW CAREER!

ACCELERATED CAREER DEVELOPMENT PROGRAMS FOR ADULTS

Ocean County Vocational Technical School offers Accelerated Career Development Programs to provide adult students with flexible options for career advancement, certification or a new career direction. Programs are open to adults, 18 and older, with a high school diploma or high school equivalency diploma.

Classes begin in September and run Monday-Friday

PROGRAM DESCRIPTIONS ARE LISTED ON PAGES 23 - 27

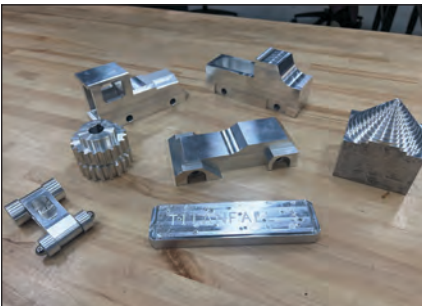
- TWILIGHT PRECISION MACHINE TECHNOLOGY
- CULINARY ARTS
- TWILIGHT COSMETOLOGY
- NEW HOME CONSTRUCTION
- TWILIGHT AUTOMOTIVE TECHNOLOGY
- PRACTICAL NURSING
- TWILIGHT CERTIFIED MEDICAL ASSISTANT

Programs qualify for Financial Aid Assistance:

- ~ Federal Financial Aid - Fill out your FAFSA Now
- ~ Veterans Education Benefits (for Veterans or immediate family members)
More Information available through WWW.VA.GOV
- ~ NJ-GIVS Scholarships
- ~ Unemployment Retraining Benefits

TWILIGHT PRECISION MACHINE TECHNOLOGY

10 Months, Mon-Fri, 4:30PM-9:30PM, Jackson Center



The OCVTS Precision Machine Technology Program (PMT) offers accelerated training in modern and relevant career pathways in the manufacturing industry. Areas of study include: Computer Numerical Control (CNC) theory and operations, manual machine operations (mill and lathe), basic welding, automation, prototyping, production planning, CNC milling, CNC lathe, engineering analysis and quality control, theory, programming and operations, and robotics. Students are afforded the opportunity to receive OSHA-10 Safety Certification Training.

The current manufacturing environment provides many career-training opportunities for employees who have experience operating an expansive range of machine tools and systems, who know how to read engineering drawings, set up, operate and program CNC machines and also use precision measuring and inspection instruments. The OCVTS Precision Machine Technology program provides a solid foundation of skills and workplace-ready competencies to successfully enter this in-demand career. Potential SLE/internship opportunities may be available.

This program qualifies for the NJ-GIVS Scholarship Program for Minorities and Women.

Call 732.473.3100 x 3157
to speak with an Admissions Representative

CUISINE ON THE GREEN

The Ocean County Center for Culinary Arts

10 Months, Mon-Fri, 8:00AM-1:00PM, Little Egg Harbor

The Ocean County Center for Culinary Arts, located at Cuisine on the Green at the Atlantis Golf Course, provides students with experience in the preparation, service and management tasks involved in the food service industry. This Culinary Arts training center, located in the newly-renovated restaurant facilities at the Atlantis Golf Course in Little Egg Harbor, offers exciting opportunities as students train for careers in the Culinary Arts. The 10-month curriculum includes classroom instruction, culinary skills training, and working internships, and training program incorporating a foundation of ecology, wellness, and responsibility to the overall reduction of the environmental footprint by the culinary industry. The use of locally sourced foods, responsibly caught seafood, and environmentally conscious practices are essential elements at the Ocean County Center for Culinary Arts. Areas of concentration include: safety, sanitation, food preparation, commercial baking, advanced baking, table skills, and dining-room management. Students will also receive certifications in ServSafe Food Protection Manager, TIPS Alcohol Training, CPR, Nutrition, and Food Cost Management.

An articulation agreement with the Restaurant School at Walnut Hill College provides students with an opportunity to earn advanced college credit upon successful completion of this program.



TWILIGHT COSMETOLOGY

10 Months, Mon-Fri, 2:00PM-7:00PM, Brick Center



The Twilight Cosmetology Program provides the skills and the knowledge necessary to pass the New Jersey State Board of Cosmetology licensing exam. The skills taught relate to the major areas of instruction, including hair services, skin and nail services and business management. Curriculum content will cover: sterilization and sanitation procedures; techniques to cut, shape, set, style, color and highlight hair; permanent wave and chemical relaxation techniques; hair removal – waxing; grooming techniques for male clients; make-up applications and facials; manicures and pedicures; salon reception functions, maintenance of individual employee records; care and styling of wigs; and thermal pressing and curling. In-school clinical experiences provide hands-on training. Good attendance is critical for completion of hourly requirements to sit for licensing exam. A home or on-line educated diploma will not be recognized for licensure.

NEW HOME CONSTRUCTION

10 Months, Mon-Fri, 8:00AM-1:00PM, Waretown Center



In response to a growing demand for skilled construction workers, the OCVTS New Home Construction program was developed as an accelerated training program for adults. Curriculum includes: extensive safety training, use of hand and power tools, blueprint reading, layout, industry-related mathematics, skills in framing, roofing, sheathing, siding, door and window installation, staircases, drywall installation, insulation, trim work, ceilings and floors. Students will receive the 10-hour OSHA Hazard Recognition Training Program as well as CPR/AED First Aid training. Through ongoing partnerships with outside agencies, such as Habitat for Humanity, students receive real-world, hands-on experience in all phases of construction as they work on-site at a selected home construction site in Ocean County.

This program qualifies for the NJ-GIVS Scholarship Program for Minorities and Women.

TWILIGHT AUTOMOTIVE TECHNOLOGY

10 Months, Mon-Fri, 2:00PM-7:00PM, Waretown Center



The OCVTS Twilight Automotive Technology program introduces students to major concepts and theories of maintenance, service and repairs on modern automobiles. Students are instructed on shop safety and proper usage of tools and equipment. Upon successful completion, students are prepared for entry-level employment in the automotive field and will have acquired the knowledge necessary to take ASE certification tests. This program is evaluated and accredited by NATEF. (National Automobile Technician Educational Foundation). The following subjects are NATEF accredited: Engine Repair, Engine Performance, Electrical/Electronic Systems, Brakes, Steering and Suspension, Heating and Air-Conditioning, Automatic and Manual Transmission, and Drive-Axles. Articulation agreements with Brookdale Community College, Mercer County College, Lincoln Technical Institute and the University of Northwestern Ohio provide students with opportunities to earn advanced college credits upon successful completion of this program.

NEW JERSEY GIVS THE GOVERNOR'S INDUSTRY VOCATIONS SCHOLARSHIP FOR WOMEN AND MINORITIES

The NJ-GIVS program provides funding for training. It is funded by the State of New Jersey Schools Development Authority and administered in partnership with HESSA.

Go to www.njgrants.org for eligibility requirements

Call 732.473.3100 x 3139 for More Information

PRACTICAL NURSING

10 Months, Mon-Fri, 8:30AM-2:30PM, Toms River Center



This program consists of lecture and clinical experiences to educate students to care for acute, sub-acute, chronically ill and convalescent patients. It is regulated by the State Board of Nursing and prepares students for the state licensing examination. Classroom theory and clinical experience are equitable in the number of hours required in the course. Students who successfully complete the program and pass the state licensing examination can find employment in hospitals, nursing homes, industry, clinics, private homes and public and federal health agencies.

Curriculum includes the study of anatomy and physiology, nutrition and diet therapy, pharmacology, medical/surgical nursing, geriatrics, maternity, pediatrics, psychiatric nursing, interpersonal relationship in nursing, maintaining records and independent study. A placement test, criminal background check and drug screening are required for all applicants entering this challenging program.

**CALL THE OCVTS PRACTICAL NURSING INFORMATION
HOTLINE AT 732.473.3100 x 3145**

TWILIGHT CERTIFIED MEDICAL ASSISTANT

10 Months, Mon-Fri, 4:30PM-9:30PM, Toms River Center



The National Certified Medical Assistant program provides the skills and knowledge necessary to pass the NCMA exam. This program emphasizes physician assisting skills and includes administrative and clinical components. The curriculum covers medical terminology and abbreviations, medical law and ethics, insurance billing and coding, medical history intake, computerized scheduling, in-depth computerized software, infection control, vital signs and electrocardiograms. Laboratory procedures include urinalysis, strep tests, capillary sticks and venipuncture techniques. Students will learn to assist the physician with special procedures.

Students may pursue certification as a National Certified Medical Assistant (NCMA) or continue their studies for radiology technician, licensed practical or registered nurse, health information technologist, billing and coding specialist or other healthcare careers. Students may also pursue certification as a NCMOA (National Certified Medical Office Assistant) through the National Center for Competency Testing (NCCT). Additional coursework and certification opportunities in Phlebotomy and EKG will be provided in the second semester. Technology proficiency is highly recommended.

*(Additional fees apply)

Tuition and approximate additional costs for programs on pages 23-26

Twilight Precision Machine Technology-Tuition \$7,500.00
No additional fees

Cuisine on the Green-Tuition \$7,500.00
Uniform-\$75.00 pants, top, shoes
Servsafe test-\$70.00

Cosmetology-Tuition \$8,000.00
Permit-\$5.00, license \$90.00
Testing-\$38.00 theory, \$50.00 practical
Uniforms-\$100.00 includes shoes, top, pants, and name tag

New Home Construction-Tuition \$7,500.00
No additional fees

Twilight Automotive Technology-Tuition \$7,500.00
Uniform-\$150.00 includes top, pants, boots (oil resistant, leather)

PRACTICAL NURSING PROGRAM-Tuition in county-\$11,000.00, out of county-\$13,000.00
Registration Fee-\$50.00, Application Fee-\$25.00
Pre Admission Testing Fee-\$97.00
Criminal Background Check-\$65.00
Drug Screening Fee-\$35.00
Other Approximate Costs-\$2,000.00
Medical exam, immunizations, lab tests, student malpractice insurance, CPR Certification-BLS Healthcare Provider, books, uniforms, stethoscope, blood pressure machine, watch with a second hand, fingerprinting (for state licensing) Immunizations required to participate in Clinical experience: rubella, rubeola, varicella-zoster, mumps, hepatitis B, QuantiFERON-TB, Tetanus (within 10 years), and current flu vaccine.

Twilight Certified Medical Assistant-Tuition \$7,500.00

Books-\$200.00
Uniform-\$100.00
Certification test-\$90.00
ECG/Phlebotomy-\$250.00
Malpractice insurance-\$43.00

2 YEAR PROGRAM / 1000 HOURS

PART-TIME COSMETOLOGY

Year 1 - Tue/Thu & Alternating Fri 4:30 **PM** - 9:30 **PM**. Year 2 - Mon/Wed & Alternating Fri 4:30 **PM** - 9:30 **PM**.

The Cosmetology Program provides instruction in the skills required to take the New Jersey State Board of Cosmetology licensing exam. The skills taught relate to the major areas of instruction including hair, skin and nail services, as well as business management. Curriculum content will cover: sterilization and sanitation procedures; techniques to cut, shape, set, style, color and highlight hair, permanent wave and chemical relaxation techniques, hair removal, waxing, grooming techniques for male clients, makeup application, facials, manicures, pedicures, salon reception functions, maintenance of individual employee records, care and styling of wigs, and thermal pressing and curling. Students also participate in clinical experiences on site, which provide hands on training in Cosmetology services. **Tuition-\$4000/yr.**



Please be aware that in order to sit for the state licensing exam all students must have a valid social security number, valid government issued photo id. (such as driver's license, NJMVC nondriver's id., or passport) and high school diploma: a home educated diploma will not be recognized for licensure. *Opt-Out Agreement available upon request.



CALL 732.473.3100 x 3157

to speak with an Admissions Representative

ELEMENTARY ITALIAN — This course focuses on reinforcing students' prior knowledge and skills acquired in the 'Introduction to Italian Language and Culture' class. It is designed for beginning students who have little knowledge of the Italian language and wish to learn the basic grammar structures and necessary vocabulary for simple everyday conversations. Through a contextual approach based on real-life scenarios and cultural references, students will practice the fundamental language skills of speaking, reading, listening, and writing. Active participation is highly encouraged. **Prerequisite: 'Introduction to Italian Language and Culture' or prior knowledge of basic Italian grammar concepts. Taught by Giovanna Cristiano.**

Course: 5342-F24A	Center: PAA	Nights: T
Tuition: \$79.00	Time: 6:30-8:30PM	Hours: 12
		Start: 9/10/24

ESL (ENGLISH AS A SECOND LANGUAGE) — Participants will have the opportunity to learn or improve their English Language Skills. They will be exposed to vocabulary and common phrases that will help them to improve their speaking skills, job opportunities, and social life. **Taught by Luisa Byron.**

Course: 5611-F24A	Center: PAA	Nights: T,TH
Tuition: \$207.00	Time: 6:00-7:30PM	Hours: 30
		Start: 9/10/24

Course: 5611-F24B	Center: PAA	Nights: W
Tuition: \$207.00	Time: 5:30-8:30PM	Hours: 30
		Start: 9/11/24

FINANCIAL STRATEGIES FOR SUCCESSFUL RETIREMENT — You can control the outcome of your financial future. Hear what you may need to know about investments, long-term care, Social Security and Medicare, estate planning, lifestyle issues, and pension options. This informational, three-week seminar will focus on money-management strategies and lifestyle issues facing current retirees and those aged 55 and older nearing retirement. Your registration fee includes an in-depth workbook and retirement planning data form that will help individuals develop a written inventory of assets, income, Social Security, and pension benefits. Will you be ready for retirement? Spouses may attend free of charge. **Seating is limited - please register early. Taught by Theodore J. Durante, CFP.**

Course: 5127-F24A	Center: PAA	Nights: W
Tuition: \$105.00	Time: 6:00-9:00PM	Hours: 9
		Start: 10/9/24

FUNDAMENTALS OF HYDROPONICS This course will cover the basics of the different hydroponic techniques and methods used in indoor agriculture and vertical farming. We will explore all the nutrients, lighting, plumbing, automation, and components required to build and manage a hydroponic system, as well as the assembly details and how they work together. We will also review plant needs, pathology, and troubleshooting. This is a hands-on course. You will be instructed on how to define, select, and build your own hydroponic system. Safety glasses and rubber gloves will be required. Students will be responsible for purchasing materials for projects (around \$75). **Taught by Robert Hankins.**

Course: 5056-F24A	Center: B	Nights: T,TH
Tuition: \$53.00	Time: 6:30-7:30PM	Hours: 3
		Start: 9/10/24

GUITAR ~ BEGINNER — This course is designed for those who have never played guitar or had any formal musical training and would like to learn how to play the guitar. It will cover the basics: chord playing, tuning, reading music notation, exercises, scales, and how to practice. Getting started and playing some favorite songs is the goal. You will need a guitar for this class. The instructor will discuss how to purchase a guitar during the first class. **Taught by Pete Wagula.**

Course: 5031-F24A	Center: W	Nights: W
Tuition: \$126.00	Time: 6:30-8:00PM	Hours: 18
		Start: 9/11/24

GUITAR ~ INTERMEDIATE — This class picks up where the beginner class left off. The course will cover basic theory, reading standard notation and tab, barre chords, and will introduce new chords and inversions. In addition, the class will also include strum patterns, basic song composition, fingerpicking, and simple improvisation. **Taught by Pete Wagula.**

Course: 5035-F24A	Center: W	Nights: M
Tuition: \$142.00	Time: 7:00-9:00PM	Hours: 24
		Start: 9/9/24

GUITAR ~ ADVANCED — This course is an interactive workshop that will include: basic and advanced chord forms, movable chord forms, major and minor scales, pentatonic and blue scales, modes, theory, songwriting, soloing techniques, chord identification, and construction through music theory and practice techniques. It will explore various styles and techniques found in Blues, Jazz, and Pop on both acoustic and electric guitars. **Taught by Pete Wagula.**

Course: 5041-F24A	Center: W	Nights: W
Tuition: \$126.00	Time: 8:00-9:30PM	Hours: 18
		Start: 9/11/24

HYDROPONIC MICROGREENS Ever wonder how your favorite microgreens are grown? This course will cover the basics of the different techniques and methods used to grow microgreens, sprouts, and shoots in indoor agriculture and vertical farming. We will explore all the nutrients, lighting, plumbing, automation, and components required to build and manage a microgreen system, as well as, the assembly details and how they work together. We will also review plant needs, pathology, and troubleshooting. This is a hands-on course. You will be instructed on how to define, select, and build your own hydroponic system. Safety glasses and rubber gloves will be required. Students will be responsible for purchasing materials for projects (around \$50). **Taught by Robert Hankins.**

Course: 5057-F24A **Center:** B **Nights:** T,TH
Tuition: \$131.00 **Time:** 6:30-7:30PM **Hours:** 7 **Start:** 9/24/24

LEARN TO CROCHET THE SIMPLE WAY This course will teach you to crochet with simple techniques that are comfortable for your hands. You will also learn four basic stitches, increasing and decreasing, and how to keep your edges straight. This course is also very informative for those who already crochet. All classes include new and improved techniques on crocheting the basics, The Simple Way, and a Q and A session. The class will also include how to crochet with different yarns. A simple project of your choice, or a scarf, will be completed in this course. Learning will qualify for Craft Yarn Council Certification and employment opportunities. Needed for the class: Light color #4 worsted weight yarn and an H and I crochet hook. Prerequisite to The Crochet Workshop. **Taught by Diana Toni.**

Course: 5054-F24A **Center:** PAA **Nights:** T
Tuition: \$245.00 **Time:** 6:00-9:00PM **Hours:** 36 **Start:** 9/10/24

MEDITATION AND CREATIVE VISUALIZATION "As Within, So Without." Our outer world is a reflection of what is going on inside of us. Through simple breathing techniques, guided meditations and visualizations, we can learn about the chakras in our body and ascertain the messages they are trying to tell us. Through this experience we can calm down even the most active mind. No meditation experience required. **Taught by Dawn Dittmar.**

Course: 3732-F24A **Center:** B **Nights:** TH
Tuition: \$58.00 **Time:** 6:30-8:30PM **Hours:** 4 **Start:** 9/12/24

SPANISH CONVERSATION AND CULTURE SECTION 1 — Do you want to connect with family, to benefit your job and career or simply spark your intellect? Learn Spanish through the use of comprehensible input, use of high frequency, commonly used words and phrases along with pictures, authentic songs and videos, Hispanic culture and movement. Learn Spanish the way it's meant to be learned. Learn more with Señor. Experience the acquisition of language learning through the study of different cultural practices in Spain and Latin America in the different modes of communication. This class is for the first time language learner or someone who is looking to review and build upon previous Spanish language skills. Beginning with basics of conversation and greetings, we will also cover some of the most common verbs, the use of the present tense as well as learning common, high frequency, practical vocabulary words and expressions. **Taught by Dan Wellner.**

Course: 5336-F24A **Center:** PAA **Nights:** M,W
Tuition: \$248.00 **Time:** 7:00-9:00PM **Hours:** 36 **Start:** 9/9/24

SPANISH CONVERSATION AND CULTURE SECTION 2 — Continue your acquisition of the Spanish language through further study of different cultural practices in Spain and Latin America through all of the modes of communication, focusing on the further use of the present. The course will also cover some common uses of the past tense that is used to tell stories and narrate events that happened in the past. **Taught by Dan Wellner.**

Course: 5337-F24A **Center:** PAA **Nights:** M,W
Tuition: \$248.00 **Time:** 7:00-9:00PM **Hours:** 36 **Start:** 10/28/24

TAROT ARCHETYPES-WHICH ONE ARE YOU? Embark on a mystical journey in this Tarot Archetypes workshop, a transformative exploration of self-discovery and divination. Unlock the ancient esoteric wisdom of the Tarot to uncover your birth archetype, revealing your inherent strengths and challenges. We will delve deeper into the cards to intuitively uncover the archetype currently influencing your life. Led by a seasoned Tarot expert, you'll decode the symbolism and energies associated with each archetype, gaining profound insights into your life's path. Whether you're a seasoned Tarot enthusiast or a novice, this workshop will empower you to harness the power of archetypes, providing clarity and guidance for the year ahead. Unveil the secrets that shape your destiny and navigate life's intricate web with confidence. **Taught by Psychospiritual Educator, Gina Romano.**

Course: 3805-F24A **Center:** PAA **Nights:** TH
Tuition: \$44.00 **Time:** 6:00-9:00PM **Hours:** 3 **Start:** 9/12/24

THE CROCHET WORKSHOP THE SIMPLE WAY So many projects - so little time! This course is not only for project making, because you will also learn new techniques, time saver shortcuts in crocheting, and how to save time on crocheting that darn foundation chain. We will also cover how three different shapes can create beautiful shawls, shrugs, afghans, handbags, etc., and learn Buddy stitches and extended stitches in order to close the space between stitches and the turning chain space and so much more! Q and A session in all classes. If you are working on a project, bring it in for a show-and-tell session because we can always learn from our fellow crocheters. The class will also introduce ways to crochet using different textured yarns. Expect surprises along the way! Bring your favorite yarns and hooks, and let's have some fun together! Learning will qualify for Craft Yarn Council Certification and employment opportunities. Must have taken Learn to Crochet The Simple Way or have instructor approval. **Taught by Diana Toni.**

Course: 5055-F24A **Center:** PAA **Nights:** TH
Tuition: \$225.00 **Time:** 6:00-9:00PM **Hours:** 33 **Start:** 9/10/24

HEALTH AND FITNESS CERTIFICATION

CPR - BASIC LIFE SAVER — The Basic Life Saver course features group interaction, hands-on coaching, and feedback from an American Heart Association instructor. This course is for anyone with limited or no medical training who needs a course completion card in CPR and the AED used to meet job, regulatory, or other requirements. Students will learn the correct procedures to save adults, children, or infants in medical emergencies. Participants will also learn how to save adults, children, or infants from choking. Course completion will include a BLS CPR Certification valid for two years. **Taught by Eve Adams.**

Course: 3745-F24A	Center: TR	Nights: W
Tuition: \$75.00	Time: 6:30-9:30PM	Hours: 3
Start: 9/25/24		
Course: 3745-F24B	Center: TR	Nights: W
Tuition: \$75.00	Time: 6:30-9:30PM	Hours: 3
Start: 11/13/24		
Course: 3745-F24C	Center: TR	Nights: W
Tuition: \$75.00	Time: 6:30-9:30PM	Hours: 3
Start: 10/23/24		

SPORTS NUTRITION — Learning proper nutrition can help you get the most out of your workout. This course will cover many aspects of personal nutrition, such as macronutrients and micronutrients, hydration, supplements, meal planning, pre and post-workout nutrition, and the role of nutrition in exercise. This course will conclude with an optional AAAI-ISMA Sports Nutrition certification exam which can help advance the student's fitness career. This course may be utilized for AAAI-ISMA CEC. Additional fee for the exam is \$50. **Taught by Christine Balas.**

Course: 3713-F24A	Center: B	Nights: T
Tuition: \$158.00	Time: 6:30-9:30PM	Hours: 18
Start: 9/10/24		

PERSONAL FITNESS TRAINER CERTIFICATION- BASIC — This 10-week course, held at the Health and Fitness facility at our Toms River Center, will be of great value for individuals interested in a career as a personal trainer and/or group fitness instructor, anyone interested in increasing their individual knowledge of health/fitness. Athletes will also benefit from the class. The instruction will include: basics in human anatomy and exercise physiology, kinesiology, exercise program design, sport-specific exercises, cardiorespiratory training, muscular strength, endurance training, flexibility training, physiological and functional assessment skills, and nutrition basics. Students will practice developing programs for various special populations in fitness, including common musculoskeletal injuries, cardiorespiratory disorders, respiratory disorders, diabetes, perinatal exercise and more. Hands-on activities in our spacious exercise room and with our state-of-the-art fitness equipment will be incorporated as well. **Upon successful completion of the course, students will qualify to take the certification exam(s) as a Personal Fitness Trainer and/or Group Fitness Instructor. Additional fees for each exam are approximately \$50. Texts/ Study Guides will be discussed on the first night of class. Taught by Helene Crist.**

Course: 3700-F24A	Center: TR	Nights: T,TH
Tuition: \$383.00	Time: 6:30-9:30PM	Hours: 60
Start: 9/10/24		

HEALTH ENRICHMENT

ADVANCED QIGONG/TAI CHI — This class is open to anyone who has completed the beginner Integral Qigong/Tai Chi class or has basic knowledge in Qigong or Tai Chi. Participants will learn advanced Qigong/Tai Chi movements, self applied massage techniques, advanced and Qi breathing techniques. **Taught by John Mercurio.**

Course: 3737-F24A	Center: PAA	Nights: T
Tuition: \$30.00	Time: 6:00-7:00PM	Hours: 4
Start: 10/15/24		

AMPD FUSION — Combining great music with simple resistance band movements creates a total body workout that is safe for all fitness levels. Bands are a simple yet effective training tool. Bands are lightweight, portable, and fun to use. When you add resistance bands to music, your workout gets AMPD up even more. Take the burn to a new level with KETTLEBELL AMPD & AMPD Burn. AMPD Burn is a barre-inspired workout that takes the workout to a whole new level. AMPD FUSION makes for a class that is a low-impact, full body workout that is for all fitness levels. Please bring a yoga mat, a long resistance band, and a loop band. If you have a light weight kettlebell 10 lbs. or less feel free to bring it as well. **Taught by Lisa Pepper, POUND® Tour Crew, POUND® Pro, Generation POUND®, AMPD Ambassador, AMPD Resistance, AMPD Burn, Kettlebell AMPD Instructor, AFAA Group Ex Certified, AAAI-ISMA Group/Aqua Ex Certified.**

Course: 5097-F24A	Center: TR	Nights: M
Tuition: \$68.00	Time: 5:00-6:00PM	Hours: 12
Start: 9/9/24		
Course: 5097-F24B	Center: TR	Nights: M
Tuition: \$68.00	Time: 6:00-7:00PM	Hours: 12
Start: 9/9/24		
Course: 5097-F24C	Center: TR	Nights: T
Tuition: \$68.00	Time: 3:00-4:00PM	Hours: 12
Start: 9/10/24		

BALLET FOR BALANCE — This class provides ballet-based exercises for those with or without previous dance training. This is the perfect class to improve strength, balance, and flexibility. Whether you are a dance enthusiast or just want to try a different type of workout, this class may awaken the inner dancer in you! **Taught by Sondra Attridge, DEA.**

Course: 3760-F24A	Center: PAA	Nights: TH
Tuition: \$58.00	Time: 7:00-8:00PM	Hours: 10
		Start: 9/12/24

BEGINNER BALLROOM — This class is an introduction to partnered dancing. The focus of this course is to gain the necessary partnering skills and foot patterns commonly used in social ballroom dancing like the Waltz, Foxtrot, Tango, Cha-Cha, Rumba, and Swing. No partner or experience is necessary. **Taught by Missy Piegaro, ISTD-International and Modern Ballroom Dance.**

Course: 5151-F24A	Center: PAA	Nights: W
Tuition: \$158.00	Time: 5:00-6:00PM	Hours: 12
		Start: 9/25/24

Course: 5151-F24B	Center: PAA	Nights: W
Tuition: \$158.00	Time: 8:00-9:00PM	Hours: 12
		Start: 9/25/24

BALLROOM 2 — This is a fast-paced, beginner level course that is perfect for those who have taken our newcomer ballroom class or for students looking to review their ballroom basics after a break. We will review the core concepts and add new material to Waltz, Foxtrot, Tango, Cha-Cha, Rumba, and Swing. No partner is necessary; experience is recommended. **Taught by Missy Piegaro, ISTD-International and Modern Ballroom Dance.**

Course: 5158-F24A	Center: PAA	Nights: W
Tuition: \$158.00	Time: 7:00-8:00PM	Hours: 12
		Start: 9/25/24

BEGINNER HUSTLE — The ultimate club dance! Born out of the disco era, the hustle is still relevant to pop and dance music currently playing on the radio. No experience needed. **Taught by Missy Piegaro, ISTD-International and Modern Ballroom Dance.**

Course: 5175-F24A	Center: PAA	Nights: W
Tuition: \$79.00	Time: 6:00-7:00PM	Hours: 6
		Start: 11/6/24

BEGINNER TAP FIT — Beginner Tap Fit combines tap dancing, cardio, and mind sculpting that benefits both the body and brain. This course is for beginners with little or no tap dancing experience. The class will keep you dancing to tap rhythms for fun and fitness! **Taught by Sondra Attridge, DEA.**

Course: 3764-F24A	Center: PAA	Nights: TH
Tuition: \$58.00	Time: 6:00-7:00PM	Hours: 10
		Start: 9/12/24

BEGINNER WEST COAST SWING — Try your feet at this effortlessly cool dance. Swing is very versatile and can be danced to a variety of music like blues, funk and more. **Taught by Missy Piegaro, ISTD-International and Modern Ballroom Dance.**

Course: 5177-F24A	Center: PAA	Nights: W
Tuition: \$79.00	Time: 6:00-7:00PM	Hours: 6
		Start: 9/25/24

CARE FOR THE CAREGIVER: WHEN YOU CAN'T STOP THE WAVES LEARN HOW TO SAIL — Come explore the caregiver's journey, learning strategies and building a self-care toolkit that will: increase self-awareness, strengthen health and boost resilience, promote balance and self-compassion, enhance stress management skills, and breathe renewed life into each day. Topics will include: caregiver challenges and needs; defining wellness and healing; dimensions of wellness; values clarification; creating a blueprint for change; cultivating resources; self-care practices (meditation, movement, self-massage, acupressure); and reconnecting with what has heart and meaning. **Taught by Regina Rosenthal, PT, MA, RYT-200.**

Course: 3733-F24A	Center: PAA	Nights: M
Tuition: \$89.00	Time: 6:00-9:00PM	Hours: 6
		Start: 9/30/24

CHANNELED MESSAGES & SOUND BATH — Join us for this amazing class where you will learn about the chakras and receive your own individual channeled message from your Spirit guides, loved ones, and/or the Divine. You will also receive personalized journal prompts to help you integrate your message deeper and for additional insight, followed by a profound energetic cleansing and vibrational upgrade administered via sound healing with crystal bowls. Students can bring a journal/notebook and a yoga mat if they would like to lie down for the sound bath. **Taught by Psychospiritual Educator, Gina Romano.**

Course: 3810-F24A	Center: PAA	Nights: W
Tuition: \$44.00	Time: 6:00-9:00PM	Hours: 3
		Start: 9/18/24

Course: 3810-F24B	Center: PAA	Nights: TH
Tuition: \$44.00	Time: 6:00-9:00PM	Hours: 3
		Start: 10/10/24

Course: 3810-F24C	Center: PAA	Nights: TH
Tuition: \$44.00	Time: 6:00-9:00PM	Hours: 3
		Start: 11/21/24

Course: 3810-F24D	Center: PAA	Nights: TH
Tuition: \$44.00	Time: 6:00-9:00PM	Hours: 3
		Start: 12/12/24

CHOIR OF ANGELS WORKSHOP — The Choir of Angels are our invisible friends who help us in our daily lives. They protect and guide us in all ways, depending upon their individual responsibilities that are bestowed on them by God. However, few people realize their presence and even acknowledge them. The Choir of Angels is composed of 9 classifications of angels. They are Angels; Archangels; Principalities; Powers; Virtues; Dominions; Thrones; Cherubim and Seraphim. Please join us as we delve into each Angel in their individual Choir and receive a clearer understanding of their strong presence in our daily lives. Through Guided Visual Meditation, you will learn which Angels are most connected to you and why. **TAUGHT BY GLORIA J. WEICHAND, FOUNDER OF THE SPIRIT EDUCATION CENTER AND SANCTUARY, SPIRITUAL VISIONARY/MEDIUM, SPIRITUAL TEACHER, AUTHOR, LECTURER, AND GRIEF COUNSELOR. SHE IS KNOWN FOR HER COMPASSION AND EVIDENTIAL MESSAGES FROM SPIRIT ON AN INTERNATIONAL LEVEL. GLORIA WAS ALSO HONORED BY BEING ASKED TO BE PART OF A STUDY CONDUCTED BY YALE UNIVERSITY, WHICH INCLUDED SOME OF THE BEST MEDIUMS IN THE US AND UK TO DATE.**

Course: 3902-F24A **Center:** PAA **Nights:** T
Tuition: \$45.00 **Time:** 6:00-9:00PM **Hours:** 3 **Start:** 9/17/24

CONTEMPORARY PILATES — Contemporary Pilates integrates various traditional Pilates exercises with other forms of exercises like yoga, fitness training, and physiotherapy. It also includes props such as resistance bands, foam rollers, and balls. Please bring your own mat. **Taught by Rachel Cannella.**

Course: 3782-F24A **Center:** PAA **Nights:** M
Tuition: \$58.00 **Time:** 7:30-8:30PM **Hours:** 10 **Start:** 9/9/24

COPING SKILLS — An empowering workshop on the necessary skills for being human, tailored to individuals of all ages navigating life's diverse challenges. Explore the empowering distinction between supportive and maladaptive coping skills, gaining practical strategies to tackle adversities with resilience and assurance. This transformative session delivers invaluable insights and tools to foster a sense of empowerment and resilience in any circumstance. By honing a repertoire of effective coping skills, you'll cultivate the strength and confidence needed to surmount obstacles, enhance emotional well-being, and lead a more fulfilling life. Don't miss this opportunity to invest in your overall well-being and unlock the keys to thriving in every aspect of life. **Taught by Psychospiritual Educator, Gina Romano.**

Course: 3730-F24A **Center:** PAA **Nights:** W
Tuition: \$44.00 **Time:** 6:00-9:00PM **Hours:** 3 **Start:** 10/9/24

Course: 3730-F24B **Center:** PAA **Nights:** T
Tuition: \$44.00 **Time:** 6:00-9:00PM **Hours:** 3 **Start:** 11/12/24

CREATING PEACE AND BALANCE — This dynamic workshop will introduce you to various techniques that can be easily incorporated into your everyday life to help reduce stress, be more mindful and enhance your overall health and wellbeing. Participants will learn simple exercises, breathing techniques and tips to help stay calm and centered even stressful situations. Whether you wish to develop ways to simply feel better or you are interested in gaining new insights to some of the best known stress management techniques, this workshop has the information you need to improve the overall quality of your life. **Taught by John Mercurio.**

Course: 3736-F24A **Center:** PAA **Nights:** T
Tuition: \$30.00 **Time:** 6:00-8:00PM **Hours:** 2 **Start:** 11/19/24

DEEPAK CHOPRA'S PRIMORDIAL SOUND MEDITATION CERTIFICATION — Learn to meditate using your birth mantra, your primordial sound. Mantra, Meditation is a vibratory Sanskrit word repeated silently. The mantra is used to interrupt your thought patterns. Deepak's method is derived from ancient Vedic traditions. Your thoughts are part of the process. We use your birth info, time, date, and place of birth to choose yours from the Sanskrit Mantra chart based on Vedic astrology. If you have tried to meditate and struggle, this meditation is a game changer! The mantra is a mind vehicle that takes you deeper and deeper until you can actually bump into the source, your true self. **Taught by Donna Keeney, Reiki Master, Crystal Certified, and Chopra Center Certified Primordial Sound Meditation Instructor.**

Course: 3744-F24A **Center:** PAA **Nights:** T
Tuition: \$85.00 **Time:** 6:00-8:00PM **Hours:** 4 **Start:** 10/8/24

Course: 3744-F24B **Center:** PAA **Nights:** W
Tuition: \$85.00 **Time:** 6:00-8:00PM **Hours:** 4 **Start:** 10/30/24

DIABETES SELF-MANAGEMENT — This free six-week self-management workshop was designed at Stanford University. It is sponsored locally by Community Services, Inc. of Ocean County. It will help you learn how to: manage symptoms, including fatigue and depression; use relaxation techniques; eat healthily; improve communication skills; use medication effectively; monitor your blood sugars; solve problems and set goals. To ask questions and get further information, call **Regina Rosenthal at 848-227-5274**

Course: 3735-F24A **Center:** PAA **Nights:** W
Tuition: \$0.00 **Time:** 6:00-8:00PM **Hours:** 12 **Start:** 9/11/24

DIVINATION TOOLS — Please join us for this six hour class filled with different forms of Divination Tools. We will delve into Angel Cards; Tarot Cards; Sand Reading; Ribbon Reading; Billet Reading; the proper use of Pendulums (and how they really work); Water Reading; Mirror Gazing; Scrying and crystal ball Reading. Please feel free to bring your own deck of Divination Cards/Tools and also learn how to create your own! This class promises to be filled with ways you can increase your own gifts and abilities through trusting Divination Tools, helping you achieve more security in all that you do. **Taught by Gloria J. Weichand, founder of The Spirit Education Center and Sanctuary, Spiritual Visionary/Medium, Spiritual Teacher, Author, Lecturer, and Grief Counselor. She is known for her compassion and evidential messages from Spirit on an International level. Gloria was also honored by being asked to be part of a study conducted by Yale University, which included some of the best mediums in the US and UK to date.**

Course: 3803-F24A **Center:** PAA **Nights:** T,W
Tuition: \$89.00 **Time:** 6:00-9:00PM **Hours:** 6 **Start:** 9/10/24

EMOTIONAL SELF DEFENSE Have you ever said to yourself why do I keep attracting the same patterns in my life? Is there some kind of a lesson I need to learn from sales people selling me something I never wanted in the first place and can't return? People imposing on me and co-opting me to do things for them I don't want to do? It can be frustrating, yet avoidable. Emotional Self-defense starts with awareness of patterns. This discussion and guided meditation will arm you with the tools you need to become conscious of these unwanted patterns in order to keep out of harm's way emotionally speaking. No meditation experience required. . . **Taught by Dawn Dittmar.**

Course: 3731-F24A **Center:** B **Nights:** TH
Tuition: \$58.00 **Time:** 6:30-8:30PM **Hours:** 4 **Start:** 12/5/24

ESSENTIAL OILS: A WAY TO BALANCE YOUR LIFE AND TAKE AWAY TOXINS Many essential oils have antibacterial, antimicrobial, antiviral, anti-inflammatory, antiseptic and antibiotic properties. In addition to these impressive qualities, they often also transfer very pleasurable, sensory experiences within minutes because of their fragrances and restorative natures, making them impactful on our brain chemistry, emotional well-being, and spiritual wellness. This class will focus on ten to twelve primary oils. Participants will receive a "take home" sample. Please bring water to drink. **Taught by Danielle Boska.**

Course: 3830-F24A **Center:** PAA **Nights:** T
Tuition: \$47.00 **Time:** 6:00-9:00PM **Hours:** 3 **Start:** 10/15/24

FORMING STRONGER CONNECTIONS WITH SPIRIT CABINET INTENSIVE — A sense of peace, acceptance and comfort can be difficult to achieve through meditation, until we learn to diminish the physical world around us for the time needed. For many, especially beginners, removing all that is around us in the physical sense, is the only way we are able to accomplish this feat. Join us for this six hour workshop, learning how to remove all connected to the physical world, helping us achieve what we once thought was impossible...strengthening our communication with our own inner soul as well as those in the Spirit World. It is possible! **Taught by Gloria J. Weichand, founder of The Spirit Education Center and Sanctuary, Spiritual Visionary/Medium, Spiritual Teacher, Author, Lecturer, and Grief Counselor. She is known for her compassion and evidential messages from Spirit on an International level. Gloria was also honored by being asked to be part of a study conducted by Yale University, which included some of the best mediums in the US and UK to date.**

Course: 3739-F24A **Center:** PAA **Nights:** T,W
Tuition: \$89.00 **Time:** 6:00-9:00PM **Hours:** 6 **Start:** 10/8/24

HOLISTIC HEALTH & WELLNESS — Homeopathy is a scientifically sound holistic system of healing developed more than 200 years ago and used successfully worldwide. Homeopathy treats each person as a unique individual with the purpose of stimulating their own body to heal. Homeopathic medicines, known as 'remedies', come from nature - plants, animals, and minerals. They are effective and safe to use for babies, teens, adults, pregnancy, seniors, and pets. **Margo (Nina) Sabra, Professional Classical Homeopath at HIO Homeopathy, will be sharing valuable information in six interactive classes/workshops. They include: health and wellness alternatives; health after a pandemic; suppressive, palliative, curative; follow the science; holistic pet healing; and cupping therapy.**

Course: 3729-F24A **Center:** TR **Nights:** T
Tuition: \$83.00 **Time:** 6:00-8:00PM **Hours:** 12 **Start:** 9/10/24

INTRODUCTION TO ACUPRESSURE: SEVA ACUPRESSURE FOR STRESS RELEASE Come learn how to use a simple acupressure program, initially used with workers at Ground Zero in New York City after the events of 9/11. SEVA, in Sanskrit, means compassionate service. The SEVA acupressure program, taught through Insight Acupressure, can be done seated or lying and completed in 20 minutes. Participants will learn how to reduce stress, promote relaxation, boost resilience and vitality, and enhance health and well-being using body-mind self-care practices: meditation and movement, breathing/pranayama, and acupressure. **Taught by Regina Rosenthal, PT, MA, RYT-200.**

Course: 3854-F24A **Center:** PAA **Nights:** M
Tuition: \$37.00 **Time:** 6:00-8:00PM **Hours:** 2 **Start:** 9/9/24

INTUITION DEVELOPMENT & INTRODUCTION TO PSYCHIC MESSAGES — We are all naturally intuitive, and we can all learn to be psychic if we so desire. In this class, we will cover how to reconnect with your innate 6th sense, your intuition. We will discuss why and how it became stifled and what you can do to strengthen it. This class will be broken down into 2 segments. The first class will be filled with education, exercises, mediation, and discussion specifically designed to help discover the primary way you receive intuitive messages and help you (re)connect with your intuition. In the second class, we will spend time discussing the difference between intuitive messages and psychic messages. There will be exercises and meditation to help you practice connecting to your own energy as well as the energy of others. We will also spend time discussing the possible meanings behind some of the messages that were received. **Taught by Psychospiritual Educator, Gina Romano.**

Course: 3809-F24A	Center: PAA	Nights: T,TH
Tuition: \$89.00	Time: 6:00-9:00PM	Hours: 6
Start: 10/22/24		
Course: 3809-F24B	Center: PAA	Nights: M,W
Tuition: \$89.00	Time: 6:00-9:00PM	Hours: 6
Start: 12/2/24		

JAZZ FUNK — Combining classic jazz fundamentals with modern movements and songs, this class will focus on getting your body moving to upbeat music while really learning how to feel the rhythm from your head to your toes. With a true focus on having fun and feeling confident, this class provides a space for you to let loose and feel your best. **Taught by Gwen Attridge.**

Course: 3766-F24A	Center: PAA	Nights: T
Tuition: \$58.00	Time: 7:00-8:00PM	Hours: 10
Start: 9/10/24		

LIFE WELLNESS/HOLISTIC HEALTH CONSULTANT— In this course, you will learn about the six modalities for wellness. This course encompasses both exercise and nutrition, along with the five other areas in your life that may get overlooked. This is a great introductory wellness course that covers topics such as: readiness to change, becoming empowered, and coach/client etiquette. Upon completion of this course, you will have created a holistic toolbox full of self-evaluations, surveys, and quizzes. Additionally, you will have learned how to create a complete personalized wellness program for your clients or for your own personal use. This course will conclude with an optional AAAI-ISMA Life Wellness/Holistic Consultant certification exam I which can help advance the student's fitness career. Additional fee for the exam is \$50. **Taught by Christine Balas.**

Course: 3715-F24A	Center: B	Nights: M
Tuition: \$158.00	Time: 6:30-9:30PM	Hours: 18
Start: 9/9/24		

LINE DANCING FOR BEGINNERS — This class is for anyone who wants to learn line dancing from the beginning. Learn the steps and basic dances that are done at venues in the local area. Ideal for singles, couples, or non-dancers who have no experience and need a place to start. You will be learning some easy line and circle partner/no partner dances that are done to various types of music. Dances may include CC Shuffle, Canadian Stomp, 16 Step, and Blue Rose. **REQUIREMENT: PLEASE wear comfortable shoes or boots with soles other than black.** **Taught by Billy Snyder of BTK Entertainment.**

Course: 5109-F24A	Center: PAA	Nights: W
Tuition: \$89.00	Time: 7:15-8:30PM	Hours: 9
Start: 9/18/24		
Course: 5109-F24B	Center: PAA	Nights: W
Tuition: \$89.00	Time: 7:15-8:30PM	Hours: 9
Start: 10/30/24		

LINE DANCING FOR INTERMEDIATES — This class is meant as a continuing education of line dancing. If you have taken the beginner line dance class and are proficient at those dances or have experience and want to take a more challenging dance class, this is the class for you. Dances such as Chill Factor, Cool Whip, Mmm Bop and some newer dances may be taught to various types of music. **REQUIREMENT: PLEASE wear comfortable shoes or boots with soles other than black.** **Taught by Billy Snyder of BTK Entertainment.**

Course: 5098-F24A	Center: PAA	Nights: W
Tuition: \$63.00	Time: 6:00-7:00PM	Hours: 6
Start: 9/18/24		
Course: 5098-F24B	Center: PAA	Nights: W
Tuition: \$63.00	Time: 6:00-7:00PM	Hours: 6
Start: 10/30/24		

MANIFESTING THE LIFE YOU WANT — Step into a world of limitless possibilities with this empowering Manifesting workshop. Designed to unlock your limitless potential and shape your destiny, this transformative journey delves into the art of turning dreams into reality. Led by an expert manifestor, you'll learn the principles of the Law of Attraction, setting clear intentions, and mastering visualization techniques. Discover how to align your thoughts, emotions, and actions to attract abundance, love, and success into your life. Through interactive exercises, guided meditations, and personalized coaching, this workshop will equip you with the tools and mindset to manifest your desires. Join us today and embark on a path to manifest the life you've always envisioned. **Taught by Psychospiritual Educator, Gina Romano.**

Course: 3912-F24A	Center: PAA	Nights: M
Tuition: \$44.00	Time: 6:00-9:00PM	Hours: 3
Start: 9/16/24		
Course: 3912-F24B	Center: PAA	Nights: TH
Tuition: \$44.00	Time: 6:00-9:00PM	Hours: 3
Start: 11/14/24		

MAT PILATES FOR BEGINNERS — Mat Pilates for beginners focuses on the fundamental Pilates movement techniques, suitable for beginners. The benefits of Mat Pilates include: strengthening your abdominals, lower back muscles, and pelvic floor to benefit your hips, glutes, shoulders, and upper body. Mat Pilates also has a host of mental health benefits, such as mindfulness, relaxation, and reduced stress as a result of breathwork. Please bring your own mat and a set of light weights. **Taught by Rachel Cannella.**

Course: 3783-F24A **Center:** PAA **Nights:** M
Tuition: \$58.00 **Time:** 6:30-7:30PM **Hours:** 10 **Start:** 9/9/24

MAT PILATES — Practice focused on improving coordination, strength, balance, and posture through a targeted series of flowing full-body exercises. Mat Pilates enhances flexibility, toning, and increases mind and body connection. Open to all levels. Please bring a mat and a set of light weights. **Taught by Rachel Cannella.**

Course: 3781-F24A **Center:** PAA **Nights:** W
Tuition: \$58.00 **Time:** 6:30-7:30PM **Hours:** 10 **Start:** 9/11/24

MEDITATION — Please join us as Spiritual Visionary/Medium Gloria Weichand, leads us through Guided Visual Meditation, opening our five senses, helping us form stronger communication with God, Angels and Guides, as well as our loved ones, who now reside in Spirit. Meditation brings us to a state of profound deep peace. With Meditation, we are able to achieve inner transformation. Through Guided Visual Meditation with Gloria, we are brought to a place of awareness, which exists deep inside our hearts and minds. Once this is achieved, many hurts and difficulties from our past begin to heal. It is then replaced with acceptance and peace. For many, Meditation is the only path to true healing. **Taught by Gloria J. Weichand, founder of The Spirit Education Center and Sanctuary, Spiritual Visionary/Medium, Spiritual Teacher, Author, Lecturer, and Grief Counselor. She is known for her compassion and evidential messages from Spirit on an International level. Gloria was also honored by being asked to be part of a study conducted by Yale University, which included some of the best mediums in the US and UK to date.**

Course: 3740-F24A **Center:** PAA **Nights:** T
Tuition: \$45.00 **Time:** 6:00-9:00PM **Hours:** 3 **Start:** 9/24/24

NEAR DEATH EXPERIENCE WORKSHOP — Every year, more than 350,000 people have a cardiac arrest outside of a hospital. Few survive. While many people who have been resuscitated have no memories of the experience, a recent study suggests others recall something, whether it's a vague sense that people are around them, or more specific dreamlike awareness. Unlike a heart attack where people are awake and the heart is still painfully beating, those in cardiac arrest are always unconscious. They have no heartbeat or pulse and need CPR urgently. In essence, they have "flat-lined" and are so near death there is no activity on electronic monitors. Researchers have been trying for years to explore what's happening when a patient's heart stops to see if there are themes or patterns of consciousness.

In recent years, many scientists believe they are very close to proving that the soul does continue to live, long after the physical body is no longer present. Since energy never dies and the soul is energy, this becomes a very strong possibility. In a recent study conducted by over thirty-five countries of people who have experienced NDEs, one in ten people reported experiencing this phenomenon. Interestingly, even people who weren't in imminent danger of losing their life experienced NDEs in much the same way as those facing life or death situations.

Please join us as we discuss this very controversial topic, hearing testimonies from some who have had an NDE. The workshop ends with an intense Guided Visual Meditation, followed by a large group discussion. **Taught by Gloria J. Weichand, founder of The Spirit Education Center and Sanctuary, Spiritual Visionary/Medium, Spiritual Teacher, Author, Lecturer, and Grief Counselor. She is known for her compassion and evidential messages from Spirit on an International level. Gloria was also honored by being asked to be part of a study conducted by Yale University, which included some of the best mediums in the US and UK to date.**

Course: 3741-F24A **Center:** PAA **Nights:** T,W
Tuition: \$89.00 **Time:** 6:00-9:00PM **Hours:** 6 **Start:** 10/1/24

POUND® THE ROCKOUT WORKOUT — POUND® is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums using lightly weighted drumsticks called Ripstix®. POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating, full-body workout that combines cardio, conditioning, and strength training with pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up, and rockin' out! Ripstix® drumsticks are provided. Wear comfortable clothes, a yoga mat and a water bottle. **Taught by Lisa Pepper, POUND® Tour Crew, Generation/POUND® Pro, AFAA Group Fitness Instructor, AAAI-ISMA Group Fitness Instructor, AMPD Burn Instructor, AMPD Resistance Instructor.**

Course: 5111-F24A **Center:** TR **Nights:** M
Tuition: \$68.00 **Time:** 3:00-4:00PM **Hours:** 12 **Start:** 9/9/24

Course: 5111-F24B **Center:** TR **Nights:** T
Tuition: \$68.00 **Time:** 5:00-6:00PM **Hours:** 12 **Start:** 9/10/24

Course: 5111-F24C **Center:** TR **Nights:** W
Tuition: \$68.00 **Time:** 5:30-6:30PM **Hours:** 12 **Start:** 9/11/24

Course: 5111-F24D **Center:** TR **Nights:** W
Tuition: \$68.00 **Time:** 6:30-7:30PM **Hours:** 12 **Start:** 9/11/24

POWER VINYASA FLOW — Let's Flow! This class will guide you through energetic and quick flowing sequences with dynamic mix of postures. It will allow you to release stress while still building strength and gaining flexibility. All levels welcome as modifications are always offered. **Taught by Francesca Chirelli.**

Course: 5091-F24A **Center:** W **Nights:** M,W
Tuition: \$131.00 **Time:** 5:15-6:15PM **Hours:** 24 **Start:** 9/9/24

Course: 5091-F24B **Center:** TR **Nights:** T,TH
Tuition: \$131.00 **Time:** 5:15-6:15PM **Hours:** 24 **Start:** 9/10/24

QIGONG/TAI CHI FOR BEGINNERS — Often described as a moving meditation. The gentle movements, relaxed breathing and focused intention, of this style of Qigong/Tai chi's great appeal is that anyone can benefit regardless of age or level of fitness. This class will focus on developing a practice that maintains optimal health and well-being. Regular practice can help reduce stress and anxiety, increase energy, improve balance, create inner peace and aid in healing the body mind and spirit. No prior experience is necessary. All movements can be performed standing or sitting. **Taught by John Mercurio.**

Course: 3738-F24A **Center:** PAA **Nights:** T
Tuition: \$30.00 **Time:** 6:00-7:00PM **Hours:** 4 **Start:** 9/10/24

REIKI LEVEL I — Anyone can learn to do Reiki! This class offers the basic understanding and principles behind Reiki and how energy healing works. You will learn the history of Reiki and the body's energy system. These systems include: auras, meridians, chakras, and how to feel and sense energy. You will receive the traditional Reiki attunement and learn the standard hand positions and why they are beneficial. Students will experience the giving and receiving of Reiki. You will be given a complete manual and be able to do Reiki on yourself, and on your family, friends, and pets. Students will receive a certificate upon completion. **Taught by Donna Keeney, Reiki Master, Crystal Certified, and Chopra Center Certified Primordial Sound Meditation Instructor.**

Course: 3752-F24A **Center:** PAA **Nights:** T
Tuition: \$131.00 **Time:** 6:00-9:00PM **Hours:** 9 **Start:** 9/17/24

Course: 3752-F24B **Center:** PAA **Nights:** T
Tuition: \$131.00 **Time:** 6:00-9:00PM **Hours:** 9 **Start:** 10/22/24

TAP FIT II — More experienced tappers may want to try Tap Fit II, which combines tap dancing, cardio, and mind sculpting that benefits both body and brain. This class is a continuation of Beginner Tap Fit. Challenge your tap dancing abilities for fun and fitness! **Taught by Sondra Attridge, DEA.**

Course: 3765-F24A **Center:** PAA **Nights:** T
Tuition: \$58.00 **Time:** 6:00-7:00PM **Hours:** 10 **Start:** 9/10/24

THE ANCIENT ART OF LAYING OF THE STONES - CRYSTALS FOR BODY ALIGNMENT — The Ancient Art of Laying of the Stones is taught in two 3-hour lessons. In the first night students will learn about the 12 chakras, which are essential to one's existence but are only known in the etheric realm. The second night will explore the ancient art of laying the stones - a technique that has been utilized for eons of time for healing the body physically, emotionally, mentally, and spiritually. **Taught by Donna Keeney, Reiki Master, Crystal Certified, and Chopra Center Certified Primordial Sound Meditation Instructor.**

Course: 3867-F24A **Center:** PAA **Nights:** W
Tuition: \$89.00 **Time:** 6:00-9:00PM **Hours:** 6 **Start:** 10/9/24

THE HEALING POWER OF PLANT MEDICINE — This course focuses on herbal remedies, providing useful information using a hands-on approach. In class, we will identify backyard plants, make teas to take home, and discuss and mix tinctures. This course is a GENERAL guide to edible and medicinal uses of the plant world. **Taught by Donna Keeney, Reiki Master, Crystal Certified, and Chopra Center Certified Primordial Sound Meditation Instructor.**

Course: 3743-F24A **Center:** PAA **Nights:** W
Tuition: \$58.00 **Time:** 6:00-8:00PM **Hours:** 4 **Start:** 9/25/24

VINYASA FLOW FOR BEGINNERS TO INTERMEDIATE — This is a full-body Vinyasa yoga flow class. The pace is accessible and moderate. We focus on a good balance between strength and flexibility in shapes and movements. You'll find challenging postures and poses throughout the class. I look forward to seeing you on the mat. Please bring your own yoga mat. **Taught by Michelle Nikolic.**

Course: 5093-F24A **Center:** TR **Nights:** W
Tuition: \$68.00 **Time:** 4:30-5:30PM **Hours:** 12 **Start:** 9/11/24

COURSE CANCELLATION

Courses may be by OCVTS or merged, if enrollment does not permit economical operation. Registered students, who cannot be accommodated, may elect to transfer to another course, receive credit for a future course or receive a full refund (including the \$15 registration fee).

WALKING THE MYSTICAL PATH WITH PRACTICAL FEET — Cultural anthropologist, educator, and author Angeles Arrien taught and shared simple, short practices derived from wisdom traditions, which were designed to inspire and empower us to feel comfort, a sense of peace and renewal, and balance in ourselves, our relationships, and our environment. In this two-session program you will learn several practices taught by Angeles Arrien to increase self-awareness, clarify personal intentions, enhance grounding through body-mind self-care practices (meditation, acupressure, movement), and reconnect with what has heart and meaning in your life. **Taught by Regina Rosenthal, PT, MA, RYT-200.**

Course: 3734-F24A	Center: PAA	Nights: M
Tuition: \$89.00	Time: 6:00-9:00PM	Hours: 6
		Start: 9/16/24

WEIGHT MANAGEMENT AND WELLNESS — Do you eat protein bars? How do you decide which one is the best for you from the extensive selection at the store? What about food shopping in general? How do you know which item on the shelf is the one that will keep you on track and healthy? Low fat versus light? Organic versus grass-fed? Do you, or would you like to, use an app to log your foods each day? Do you need help calculating the nutritional values for restaurant food or homemade meals and recipes? This course will cover all of the above, plus many other aspects of personal nutrition. You will also learn how nutrition helps with certain illnesses, such as diabetes and heart disease, along with current diet trends. The course will conclude with an optional AAAI-ISMA Weight Management certification exam, which can help advance the student's fitness career. Additional fee for the exam is \$50. **Taught by Christine Balas.**

Course: 3714-F24A	Center: B	Nights: W
Tuition: \$158.00	Time: 6:30-9:30PM	Hours: 18
		Start: 9/11/24

YOGA — Come and discover the benefits of yoga! Yoga has wonderful harmonizing and balancing effects on the body, mind, and emotions. Yoga helps you to relax and rejuvenates your mind. This yoga course is designed to help build muscle strength and promote balance and flexibility. The program will focus on asana postures, breathing techniques, and meditation. **VERY LIMITED ENROLLMENT.** Please bring your own yoga mat. **Taught by Jen Rinaldi.**

Course: 3749-F24A	Center: TR	Nights: M,W
Tuition: \$68.00	Time: 4:00-5:00PM	Hours: 12
		Start: 9/9/24

Course: 3749-F24B	Center: TR	Nights: M,W
Tuition: \$68.00	Time: 4:00-5:00PM	Hours: 12
		Start: 10/28/24

YOGA FOR ACTIVE ADULTS — It's never too late to begin a yoga practice! Yoga helps to build strength and stamina, improve focus and balance, and relax your body and mind. This class is perfect for active older adults who are new to yoga, as well as those with some experience. We will practice on the floor; please bring a yoga mat and wear comfortable clothing. Please bring your own yoga mat. **Taught by Michelle Nikolic, RYT 500.**

Course: 3790-F24A	Center: TR	Nights: W
Tuition: \$68.00	Time: 3:00-4:00PM	Hours: 12
		Start: 9/11/24

YOGA VINYASA FLOW FOR FLEXIBILITY — This is a full-body Vinyasa yoga flow-style class. The pace is accessible and moderate and will leave you with the feeling that you can keep up and will not be left behind. We focus on a good balance between strength and flexibility in shapes and movements. When the class is over, you will feel satisfied with your workout and have a sense of fulfillment as you end in Savasana! You'll find challenging postures and poses throughout the class. **Please bring your own yoga mat. Taught by Francesca Chirelli, E-RYT., and Jen Rinaldi.**

Course: 3847-F24A	Center: W	Nights: M,W
Tuition: \$131.00	Time: 4:00-5:00PM	Hours: 24
		Start: 9/9/24

Course: 3847-F24B	Center: TR	Nights: T,TH
Tuition: \$131.00	Time: 4:00-5:00PM	Hours: 24
		Start: 9/10/24

ZUMBA — Zumba is a dance and fitness program that consists of low and high-intensity movements. The class will begin at a basic level and progress weekly. No experience is necessary! Various genres of music will be incorporated. Please wear sneakers and bring water. **Contact the instructor, Gabrielle Molino, with any questions via email at Gab7980@aol.com.**

Course: 3748-F24A	Center: PAA	Nights: TH
Tuition: \$58.00	Time: 7:00-7:45PM	Hours: 8
		Start: 10/10/24

ZUMBA GOLD — Zumba Gold is the low-impact version of the dance and fitness program Zumba. While the class is designed for active older adults, all are welcome to join. No experience is necessary! Various genres of music will be incorporated. Please wear sneakers and bring water. **Contact the instructor, Gabrielle Molino, with any questions via email at Gab7980@aol.com.**

Course: 3747-F24A	Center: PAA	Nights: TH
Tuition: \$58.00	Time: 6:00-6:45PM	Hours: 8
		Start: 10/10/24

Course: 3749-F24B	Center: TR	Nights: M,W
Tuition: \$68.00	Time: 4:00-5:00PM	Hours: 12
		Start: 10/28/24

INFORMATION TECHNOLOGY

A+ COMPTIA COMPUTER CERTIFICATION (FALL REGISTRATION ONLY) — This 144-hour full-year course prepares students for the A+ Certification Exam in computer repair technology. The increased demand for qualified PC technicians has made A+ Certification a must-for-improved job opportunity and advancement in the world of PC repair and maintenance. Recommended skills: a general foundation in electronics or computers is strongly recommended. In addition, strong math and science skills are recommended. **Taught by Keith Pobuta.**

Course: 4009-F24A **Center:** TR **Nights:** T,TH
Tuition: \$2,126.00 **Time:** 6:30-9:30PM **Hours:** 144 **Start:** 9/10/24

AUDIO FOR ELECTRONIC MEDIA (FALL REGISTRATION ONLY) — Get a jump-start on a career within the professional audio industry! In this course, you'll learn to record, mix, and master audio from the ground up using digital and analog recording technology—all while receiving guidance on the music business and hearing from real-world artists, engineers, and other guest speakers.

Taught by Patrick Noon—an industry veteran with thousands of recording credits from over 20 years of experience—the course breaks down fundamental topics such as: microphones, preamps, converters, mixing consoles, studio design, cables, sound waves, ProTools software, and much more.

Sign up today to see how your favorite artists turn their ideas into reality, and how you can turn your passion for audio into a career.

Course: 5025-F24A **Center:** PAA **Nights:** M,W
Tuition: \$1,575.00 **Time:** 6:00-9:00PM **Hours:** 144 **Start:** 9/9/24

CISCO NETWORKING CCST & CCNA CERTIFICATION TRAINING — Get Hands-On Experience in the exciting world of Cisco networking and prepare yourself for a great career. This class will train you for the entry level Cisco CCST & advanced Cisco CCNA exams. Our Cisco Certified Support Technician (CCST) & Cisco Certified Network Associate (CCNA) training program will give you everything you need to pass the Cisco CCST & CCNA exam and get a high paying career in Cisco and computer networking. Our hands-on CCST & CCNA training is not just designed to get you through the exams but also to build your confidence so you can apply your new skills in the real world. You will start training & receive all the networking fundamental skills you need with Cisco CCST training and certification you will be trained on the foundational knowledge and skills needed to implement and manage an organization's computer network. Once we complete the Cisco CCST training and certification you are then ready to understand and begin training for the advanced Cisco CCNA certification. With CCNA training, you will learn how to install, configure, and operate LAN, WAN, and dial access services for small networks (100 nodes or fewer), including the use of IP, IGRP, Serial, Frame Relay, IP RIP, VLANs, RIP, Ethernet, and Access List protocols. CCNA Certification is one of the most popular & in-demand Networking certifications in the industry, this CCST /CCNA course covers the essentials of Networking such as Security Fundamental, Automation, Programming, and Networks. You will also be provided with all training material for the Cisco CCST exam and OCVTS will provide the exam and test fees to take and receive your Cisco CCST certification. Cisco CCNA exam and fees are not provided by OCVTS. **Taught by Keith Pobuta and Joe Bilotti.**

Course: 3999-F24A **Center:** TR **Nights:** M,W
Tuition: \$2,835.00 **Time:** 5:30-9:30PM **Hours:** 192 **Start:** 9/9/24

COMPUTER-AIDED DRAFTING LEVEL I — This course introduces students to Computer Aided Drafting utilizing Autodesk's industry standard AutoCAD. Topics covered will provide the student with a solid foundation of the skills necessary to create and modify geometry in the preparation of architectural and various engineering drawings. Students will be taught the most efficient ways to use these commands to help them become more marketable for specific industries. The curriculum will include: Basic drawing, modification commands, annotating the model with dimensions and text, adding layers to create professional drawings and designing blocks for standard symbols. These skills will be taught through instructional lessons and CAD lab exercises. Basic keyboarding and computer fundamentals are suggested. **Taught by Joe Dechiaro.**

Course: 4001-F24A **Center:** J **Nights:** TH
Tuition: \$315.00 **Time:** 6:00-9:00PM **Hours:** 36 **Start:** 9/12/24

HAM RADIO AND TECHNOLOGY — Students will learn basic regulations, operating practices, and electronics theory, with a focus on VHF and UHF applications. Upon passing the Technician Class license, the student will have all HAM radio privileges above 30 MHz. The end result of this class is the student will be prepared to sit and take the formal exam to pass the FCC Element 2 license commonly known as the HAM Technician license. Morse code is not required for this license. **Taught by Michael Daly.**

Course: 3998-F24A **Center:** W **Nights:** W
Tuition: \$167.00 **Time:** 6:00-8:00PM **Hours:** 22 **Start:** 9/11/24

INTRODUCTION TO PERSONAL COMPUTERS — This course is for the individual who has little or no computer experience. The class will provide instruction on the general applications of a PC, utilizing the Windows operating system, mouse, and keyboard. The objective of this course is for the student to become more comfortable with using a personal computer to navigate within the Windows environment, as well as using the Internet. **Taught by Laurie Passenti.**

Course: 4208-F24A **Center:** TR **Nights:** W
Tuition: \$105.00 **Time:** 5:00-8:00PM **Hours:** 12 **Start:** 11/13/24

TRANSPORTATION TECHNOLOGY

AUTOMOTIVE AND ORNAMENTAL METAL FABRICATION AND WELDING — This course will focus on metal fabrication and welding, both automotive and ornamental. Students can make items for home, garden, decor, etc. Students will learn the proper use of metal inert gas (MIG) welders, spot welders, oxy-acetylene torches, metal forming tools, and other equipment. **Students need to supply their own safety equipment, which will be reviewed on the first night of class. Taught by John Wilusz.**

Course: 1205-F24A **Center:** J **Nights:** M
Tuition: \$305.00 **Time:** 6:30-9:30PM **Hours:** 36 **Start:** 9/9/24

AUTOMOTIVE BODY REPAIR I — This course consists largely of classroom instruction combined with some demonstrations and work performed in the shop. All expendable supplies, reducers, and paints are to be supplied by the student. **Students must provide their own safety gear.** Instruction includes: basic metalworking, use of oxy-acetylene torch, and metal inert gas (MIG) welding. Students will learn sheet-metal shrinking, how to use body filler, proper masking techniques, rust repair, and spray guns. **Taught by John Wilusz.**

Course: 1110-F24A **Center:** J **Nights:** W
Tuition: \$305.00 **Time:** 6:30-9:30PM **Hours:** 36 **Start:** 9/11/24

AUTOMOTIVE BODY REPAIR II — This class is oriented toward supervised shop work and includes advanced skills in painting and refinishing. Class size is limited. Instruction will include: painting, making pulls, MIG welding, paint problems and cures, panel replacement, rust repairs, metal forming, fiberglass, flexible panels, and bumpers. All expendable supplies, reducers, and paints are to be supplied by the student. All students must provide their own safety gear. **Prerequisite: Auto Body Repair I. Taught by Mike Horn.**

Course: 1200-F24A **Center:** J **Nights:** T
Tuition: \$305.00 **Time:** 6:00-9:00PM **Hours:** 36 **Start:** 9/10/24

AUTOMOTIVE MECHANICS — This course is primarily for those with limited mechanical knowledge and/or service experience and who are interested in doing their own maintenance and light repair on their personal vehicle. Instruction will include: proper and safe use of tools, lubrication procedures and newer lubricant requirements, basic vehicle maintenance, brakes, steering and suspension systems, wheel alignment, basic troubleshooting, and engine performance. School vehicles may be available for hands-on activity, but use of student vehicles is encouraged. Those interested in pursuing a career as an automotive service technician should take our more in-depth, full-year Automotive Technician I and II programs. **Taught by Tom Hoffman.**

Course: 1440-F24A **Center:** J **Nights:** T,TH
Tuition: \$278.00 **Time:** 6:30-9:30PM **Hours:** 36 **Start:** 9/10/24

Course: 1440-F24B **Center:** J **Nights:** T,TH
Tuition: \$278.00 **Time:** 6:30-9:30PM **Hours:** 36 **Start:** 10/29/24

AUTOMOTIVE RESTORATION — This course is for the antique auto enthusiast who wants to perform bodywork on their vintage automobile. It covers all aspects of auto-body repair and maintenance. All expendable supplies, reducers, and paints are to be supplied by the student. All students must provide their own safety gear. **Prerequisite: Auto Body Repair I & 2. Taught by John Vorhees.**

Course: 1001-F24A **Center:** J **Nights:** TH
Tuition: \$305.00 **Time:** 6:30-9:30PM **Hours:** 36 **Start:** 9/12/24

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AUTOMOTIVE TECHNICIAN I (FALL REGISTRATION ONLY) ASE PREP BRAKES/STEERING & SUSPENSION/ENGINE REPAIR — This course covers automotive fundamentals, as well as basic vehicle maintenance and troubleshooting. Classroom and shop instruction includes: proper and safe use of tools and equipment, lubrication procedures, transmission, brakes, steering, engine performance and exhaust systems. This class will cover A-4 steering and suspension diagnosis and repair; independent front and rear suspension, light truck applications, wheel and tire theory and diagnosis, in preparation for the A-1, A-4 and A-5 ASE certification. **Taught by Mark Decker.**

Course: 1300-F24A **Center:** B **Nights:** T,TH
Tuition: \$814.00 **Time:** 6:30-9:30PM **Hours:** 144 **Start:** 9/10/24

CDL B W/ PASSENGER ENDORSEMENT — In partnership with Superior Driving School in Toms River, students will prepare for all written C.D.L. exams including: General Knowledge, Air Brakes, Hazmat, Tankers and Passenger. The theory portion of the course will take place in the Jackson Annex. Upon completion of the theory portion of the class, the students are required to take and pass the written CDL Class B exam at a NJ Motor Vehicle Agency before they can continue their training. The mandatory yard and road portion of the class will take place at 2834 Lacey Road, Forked River, NJ at the Superior Driving School location. The yard and road training will cover all skills necessary to pass the new federally regulated road test at NJ Motor Vehicles. Upon completing this training, students will be required to take a road test at NJ Motor Vehicle testing center coordinated by Superior Driving School. This course will satisfy the Entry Lever Driver Training (ELDT) required by the Federal Government. Upon completion of this course Drivers will be able to drive Automatic transmission class B vehicles including Buses. Please note that this training will NOT enable a driver to operate a School Bus. There is a separate endorsement, "S" (School Bus) which is required (not included in this course) and can be obtained after receiving the "P" (Passenger) endorsement, included in this course. **The total cost of the course is \$2,500. A mandatory deposit of \$220 is required to Superior Driving School upon registration as well as a payment in the amount of \$370.00 to OCVTS.**

Theoretical Portion: \$370 Tuesday and Thursday 5:30pm – 9:30pm 10/17/24 – 10/24/24
Yard and Road Training: \$2130 (Payable to Superior Driving School. Does not include MVC Permit, DOT Physical or fingerprinting.) (Payment arrangements can be made for the balance.)

Tuesday and Thursday 5:30pm – 9:30pm 11/5/24 – 12/10/24
 Upon registration, students will be mailed an additional information packet that they must complete and contact Superior Driving School two weeks before the theoretical portion of the class begins.

Requirements: Must be 18 with a non-provisional driver's license and pass a DOT physical provided by Superior Driving School. Theoretical training will continue until either the date listed above or the students permits are validated whichever comes first. 80% attendance in the Yard & Road section of the course is required. Questions should be directed to Superior Driving School at 1-877-664-5090.

Course: 9302-F24A **Center:** J **Nights:** T,TH
Tuition: \$370.00* **Time:** 5:30-9:30PM **Hours:** 40 **Start:** 9/10/24

*see above for full cost information

DIESEL TECHNICIAN (FALL REGISTRATION ONLY) — This 144 hour course will build your foundational knowledge of diesel technology. Students will learn to diagnose and repair diesel engines. Topics covered in this course include hand tool use, safety, lubrication procedures, basic diesel engine maintenance and troubleshooting. General information concerning transmissions, brakes, and suspension systems is also included. **Taught by Will Wisley.**

Course: 1310-F24A **Center:** J **Nights:** M,W
Tuition: \$814.00 **Time:** 6:30-9:30PM **Hours:** 144 **Start:** 9/9/24

OFF ROAD VEHICLE — This class will cover general maintenance of today's modern side by side, ATV, and other off-road vehicles through both classroom and shop instruction on routine and preventative maintenance. The course will include instruction on basic upgrades such as suspension setups, exhaust and intake systems, clutch systems, and maintenance related items. Students will learn the skills needed to diagnose common issues and properly repair them. Work on your vehicles with experienced technicians to learn new skills! **Taught by Adam Malinowski.**

Course: 1502-F24A **Center:** J **Nights:** TH
Tuition: \$278.00 **Time:** 6:30-9:30PM **Hours:** 36 **Start:** 9/12/24

OUTBOARD ENGINE MAINTENANCE — O.E.M. is an 8-week class that covers the theory, operation, and maintenance of 2 and 4-stroke outboards. The course is a combination of classroom and hands-on practice, utilizing late model engines. Main subject areas include: identification, theory of operation, mechanical, electrical, fuel, cooling systems, and periodic maintenance. **Taught by Rob Berenwick.**

Course: 9315-F24A **Center:** TR **Nights:** M
Tuition: \$263.00 **Time:** 6:00-9:00PM **Hours:** 24 **Start:** 9/9/24

Course: 9315-F24B **Center:** TR **Nights:** W
Tuition: \$263.00 **Time:** 6:00-9:00PM **Hours:** 24 **Start:** 9/11/24

SMALL GAS ENGINES LAWN AND MAINTENANCE EQUIPMENT AND BASIC WELDING — This course will teach basic maintenance and repair of small gas engines. Instruction focuses primarily on lawn and yard maintenance equipment, such as lawnmowers, edgers, blowers, weed whackers, power washers, snow blowers, etc. Students also learn basic, small engine design including: ignition, fuel and carburetion, and valve-train systems theory. Students will apply their knowledge in the shop as they troubleshoot, tune-up, and repair small gas engines. Basic Welding, both gas and electric fabrication techniques, will be taught. Students are permitted to bring personal equipment in for repair. **Taught by Adam Malinowski.**

Course: 1500-F24A **Center:** J **Nights:** W
Tuition: \$278.00 **Time:** 6:30-9:30PM **Hours:** 36 **Start:** 9/11/24

TRACTOR TRAILER - CDL CLASS A — In partnership with Superior Driving School in Toms River, students will prepare for all written C.D.L. exams including: General Knowledge, Air Brakes, Combination Vehicles, Hazmat, Tankers, Doubles & Triples. The theory portion of the course will take place at the Jackson Annex. Upon completion of the theory portion of the class, the students are required to take and pass the written CDL Class A exam at a NJ Motor Vehicle Agency before they can continue their training. The mandatory yard and road portion of the class will take place at 2834 Lacey Road, Forked River, NJ at the Superior Driving School location. The yard and road training will cover all skills necessary to pass the new federally regulated road test at NJ Motor Vehicles. Upon completing this training, students will be required to take a road test at NJ Motor Vehicle testing center coordinated by Superior Driving School. This course will satisfy the Entry Level Driver Training (ELDT) required by the Federal Government. **The total cost of the course is \$4,000.00. A mandatory deposit of \$220 is required to Superior Driving School upon registration as well as a payment in the amount of \$370 to OCVTS Adult Education. The total hours of the course are 160. There are 40 hours in the classroom and 120 hours for the yard and road.**

Theoretical Portion: \$370 Tuesday and Thursday 5:30pm – 9:30pm 9/17/24 – 10/24/24
Yard and Road Training: \$3630 (Payable to Superior Driving School. Does not include MVC Permit, DOT Physical or fingerprinting.) (Payment arrangements can be made for the balance.)
 Tuesday and Thursday 5:30pm – 9:30pm 11/05/24 – 2/27/25
 Upon registration, students will be mailed an additional information packet that they must complete and contact Superior Driving School two weeks before the theoretical portion of the class begins. **Requirements: Must be 18 with a non-provisional driver's license and pass a DOT physical provided by Superior Driving School. Theoretical training will continue until either the date listed above or the students permits are validated whichever come first. 80% attendance in the Yard & Road section of the course is required. Questions should be directed to Superior Driving School at 1-877-664-5090.**

Course: 9301-F24A **Center:** J **Nights:** T,TH
Tuition: \$370.00* **Time:** 5:30-9:30PM **Hours:** 40 **Start:** 9/10/24

*see above for full cost information

US CERTIFIED COAST GUARD CAPTAIN — The Captain's License Course, designed by US Captain's Training, is certified by the United States Coast Guard and enables the student to sit for their four-hour USCG Captain's exam at the end of the class. The instructor-led classes, coupled with homework, total approximately 35 hours. The student needs to pass all online quizzes and tests in order to sit for the final exam. The class is taught by a USCG-qualified instructor who holds a USCG Master's License. Exam modules include: rules of the road, navigation general-near coastal, navigation problem-chart plot, and deck general/safety. Students will receive a complete class package prior to class. **Taught by Captain John Stypulkoski.**

Course: 9354-F24A **Center:** TR **Nights:** M,W
Tuition: \$850.00 **Time:** 6:00-8:00PM **Hours:** 36 **Start:** 9/9/24



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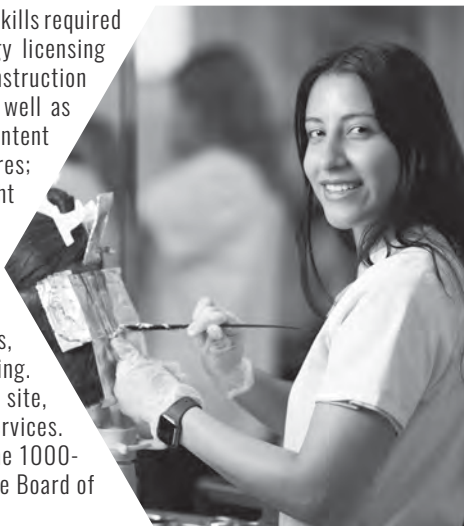
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2 YEAR PROGRAM / 1000 HOURS

PART-TIME COSMETOLOGY

Year 1 - Tue/Thu & Alternating Fri 4:30 pm - 9:30 pm. Year 2 - Mon/Wed & Alternating Fri 4:30 pm - 9:30 pm

The Cosmetology Program provides instruction in the skills required to take the New Jersey State Board of Cosmetology licensing exam. The skills taught relate to the major areas of instruction including hair, skin, nail services and barbering, as well as business management and ownership. Curriculum content will cover: sterilization and sanitation procedures; techniques to cut, shape, set, style, color and highlight hair, permanent wave and chemical relaxing techniques, temporary hair removal, waxing, shaving for men, makeup application, facials, manicures, pedicures, nail enhancements, salon receptionist functions, maintenance of individual client records, care and styling of wigs, thermal pressing and curling. Students also participate in clinical experiences on site, which provide hands on training in Cosmetology services. Consistent attendance is crucial for completion of the 1000-hour requirement, as dictated by the New Jersey State Board of Cosmetology. Tuition-\$4000/yr.



Please be aware that in order to sit for the state licensing exam all students must have a valid social security number, valid government issued photo id. (such as driver's license, NJMVC nondriver's id., or passport) and high school diploma; a home educated diploma will not be recognized for licensure.



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- Design & Visual Communications
Multimedia - Photography - Digital Reproduction
- Diesel Engine Technology
- Electrical Trades
- Engineering Technology
- Fashion Design /Merchandising
- Heating, Ventilation, Air Conditioning & Refrigeration (HVAC-R)
- Heavy Equipment Operator
- Health & Fitness Technology
- Human Development & Child Care
- Marine Service Technology
- Medical Assistant
- Pre-Nursing
- Plumbing, Pipefitters, Steamfitters & Fire Suppression Systems
- Welding



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ADVANCE | YOUR FUTURE

CULINARY ARTS

2 YEAR / 900 HOURS / HIGH SCHOOL STUDENTS

10 MONTH ACCELERATED PROGRAM / ADULT STUDENTS



This program provides students with experience in the preparation, service and management tasks involved in the food service industry with classroom instruction and hands-on training in a commercial kitchen. Areas of concentration include the following: dining room service, professional service skills; banquet service; beverage and mixology, including barista skills, as well as basic cooking methods, safety and sanitation (including ServSafe), knife skills, stocks, soups, sauces, salads and sandwiches. Fundamentals of baking are also a part of the curriculum including identification and function of the most common baking ingredients, quick bread production methods, yeast raised doughs, cookies, pies and tart production, metric measurements, and mixing methods. Areas of concentration in the second year of the program include basic meat cutting, smoking, and advanced cooking methodology such as sous vide cookery and molecular gastronomy, as well as baking and pastry arts.

**IN DEMAND
CAREERS**

MULTIMEDIA - PHOTOGRAPHY - DIGITAL REPRODUCTION

DESIGN AND VISUAL COMMUNICATIONS

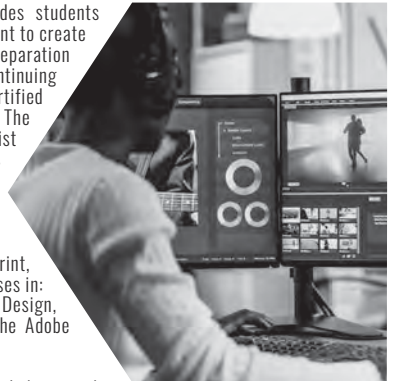
2 YEAR PROGRAM / 900 HOURS / HIGH SCHOOL STUDENTS AND ADULTS

The Design and Visual Communications (DVC) Career Cluster provides students interested in Photography, Multimedia and Printing a hands-on environment to create designs for advertising, marketing and entertainment. It emphasizes preparation for both immediate employment upon course completion, as well as continuing education on the collegiate level. The DVC Program offers an Adobe Certified Associates certificate in Photoshop, InDesign, Illustrator and Premier. The DVC Program consists of eleven different courses. These courses consist of both conventional and digital skill competencies to assure graduates are competitive in a wide variety of design and visual communication careers, including Professional Photographer, Animator, Game Designer, Illustrator, Screen-Printer, Web Designer, or Videographer.

The Multimedia Component emphasizes the creation of digital art for print, video and electronic media. This component of the program includes courses in: Image Manipulation, Vector Art, 2D Animation, Interactive Design, Web Design, Video production and 3D Printing. This component offers classes in the Adobe Certified Associate for Illustrator and Premier.

The Photography Component covers the techniques of traditional and digital photography highlighting skills required in advertising, portraiture, multimedia, commercial and fine art. This component of the program includes courses in: Digital Photography, Studio Lighting, Commercial and Multimedia Photography. This component offers classes in the Adobe Certified Associate for Photoshop.

The Digital Reproduction Component emphasizes the use of current technologies in both conventional printing and digital reproduction. This component of the program includes courses in: Design and Reproduction, Screen Printing, and Production Graphics. This component offers classes in the Adobe Certified Associate for InDesign.



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OCVTS Grunin Performing Arts Academy

2024-2025 Show Schedule

Event	Date(s)	Location	Time
GPAА Fall Drama	11/21/2024 - 11/24/24	OCC Grunin Performing Arts Theatre	Various
Winter Showcase Dance	12/16/2024	OCC Grunin Performing Arts Theatre	5:00 PM and 7:30 PM
Winter Showcase Vocal	12/11/2024 & 12/12/2024	OCC Grunin Performing Arts Theatre	7:00 PM
Underclassmen Winter Vocal	12/13/2024	GPAА Black Box Theatre	During the school day, time TBA
GPAА Winter Actors Showcase	12/18/2024 & 12/19/2024	GPAА	7:00 PM
GPAА Musical	2/20/2025 @ 9:30 am (school show) 2/21/2025 @ 7:00 pm 2/22/2025 @ 2:00 pm and 7:00 pm	Strand Theatre Lakewood	Various
Junior/Senior Vocal Showcase	5/9/2025	OCC Grunin Performing Arts Theatre	7:00 PM
Dance Showcase (Upperclassmen)	5/16/2025	OCC Grunin Performing Arts Theatre	7:00 PM
GPAА Junior Acting Showcase	5/1/2025	OCVTS Grunin Performing Arts Academy	7:00 PM
GPAА Senior Actor's Showcase	5/2/2025	OCVTS Grunin Performing Arts Academy	7:00 PM
Underclassmen Acting Showcase	5/15/2025	OCVTS Grunin Performing Arts Academy	7:00 PM
Freshmen Dance Showcase	5/16/2025	OCVTS Grunin Performing Arts Academy	7:00 PM
GPAА Underclassmen Vocal & Dance Showcase	5/20/2025	OCC Grunin Performing Arts Theatre	7:00 PM

OCC Grunin Center for the Arts - 1 College Drive, Lot 2, Building 11, Toms River, NJ 08754
 OCVTS Grunin Performing Arts Academy - 1 College drive, Lot 2, Building 12, Toms River, NJ 08754
 Strand Theatre - 400 Clifton Ave, Lakewood, NJ 08701

For ticket information go to:

<https://sites.google.com/ocvts.org/ocvtspaa>

Tickets may not be available for certain shows until 4 weeks before performance.



ADULT EDUCATION **FALL 2024** MAIL-IN REGISTRATION FORM

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 EMERGENCY CONTACT (NAME/PHONE #): _____ BIRTH DATE: _____ MALE ___ FEMALE ___

COURSE NO.	COURSE TITLE	START DATE	LOCATION (PLEASE CIRCLE)	FEE
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*PAA - OCVTS Grunin Performing Arts Academy - Adjacent to the Jay & Linda Grunin Center for the Arts. PLEASE NOTE REFUND POLICY ON PAGE 3

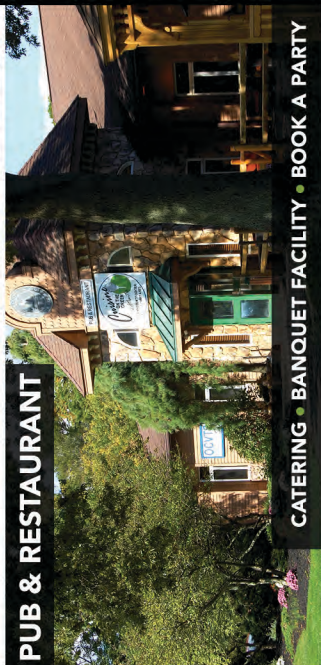


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