

~WORCESTER PUBLIC SCHOOLS ~

---

# NIGHT LIFE

CONTINUING EDUCATION

---

## SPRING 2020



[WorcesterNightLife.org](http://WorcesterNightLife.org)

Career Vocational Technical Training  
and Lifelong Learning

# Welcome

Welcome to Worcester Public Schools Night Life Continuing Education Division. Our programs provide lifelong learners with opportunities to develop hands-on skills and knowledge for employment or just for the fun of it. Our instructors are professionals and work as artisans, business owners, educators and masters of their trade. Their enthusiasm is contagious as they share their expertise teaching evening classes and technical workshops.

## Worcester Public Schools

Maureen Binienda, *Superintendent*

## Night Life Administration

Worcester Technical High School  
1 Skyline Drive  
Worcester, MA 01605  
(508) 751-7612

## Worcester School Committee

Mayor Joseph Petty, *Chairman*  
John Foley, *Vice Chairman*  
Dianna Biancheria  
Laura Clancey  
Molly McCullough  
John Monfredo  
Tracy O'Connell-Novick

## Accreditation Standards:

New England Association of Schools and Colleges (NEASC)  
MA Board of State Examiners of Electricians approved school  
MA Board of State Examiners of Plumbers and Gas Fitters approved school  
MassHire TrainingPro approved eligible training provider  
MA Department of Public Health approved training provider  
National Restaurant Association approved training courses  
Occupational Safety and Health Administration approved training courses

## Scheduled Days Off

Night Life will not hold classes on the following dates: February 17–20 (Winter Break), April 20–23 (Spring Break) and May 25 (Memorial Day).

FEBRUARY 2020						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	22
23	24	25	26	27	28	29

MARCH 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL 2020						
S	M	T	W	T	F	S
						1
5	6	7	8	9	<b>10</b>	11
12	13	14	15	16	17	18
19	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	25
26	27	28	29	30		

MAY 2020						
S	M	T	W	T	F	S
						1
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	<b>25</b>	26	27	28	29	30
31						

JUNE 2020						
S	M	T	W	T	F	S
						1
7	8	9	<b>10</b>	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY 2020						
S	M	T	W	T	F	S
						1
5	6	7	8	9	<b>10</b>	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

 = DAYS WHEN SCHOOL IS NOT IN SESSION FOR STUDENTS

\*Last day of school may change in response to the number of snow days used during the school year

# Table of Contents

---

## Advanced Manufacturing

CAD/CAM, G-Code and CNC	5
-------------------------	---

## Allied Health

Clinical Medical Assistant (CCMA)	5
Electronic Health Records Specialist (CEHRS)	6
EKG Technician (CET)	6
Pharmacy Technician (CPhT)	7
Phlebotomy Technician (CPT)	7

## Arts & Crafts

Crochet	7
Glass Flameworking – Ignite and Inspire	8
Knitting	8
Make Furniture – 3D Design for Laser Cutting	9
Photography	10
Rubber Stamping	10
Sea Glass Window Workshop	10

## Carpentry

Adirondack Chair Making	11
Home Improvements	11

## Cosmetology

Manicurist – Nail Technician	11
------------------------------	----

## Culinary Arts

Bread Baking	12
Jams and Spreads	12
Knife Skills	13
ServSafe Food Manager	13

## Electrical

J Journeyman and Systems Technician Code and Theory	14
---	----

## Environmental

Municipal Wastewater Treatment	15
--------------------------------	----

## Finance and Marketing

Bring Balance to Your Budget	15
College – Getting There from Here	15
Creating Your Retirement Paycheck	15
Medicare	15
Social Security: Your Questions Answered	16

## **Fitness & Sports**

Golf	16
Oxygen Aerobics	17
Yoga	17

## **Flower Arranging**

St. Patrick's Day	17
First Day of Spring	17
Easter Basket	17
Earth Day	17
May Day Basket/Mother's Day	17

## **Genealogy**

The ABC's of Family History	18
-----------------------------	----

## **Hoisting**

Exam Prep and Renewal	18
-----------------------	----

## **Languages & Writing**

Conversational German	19
Conversational Italian	19
Conversational Spanish	20
Memoir Writing	20

## **Marine**

Yamaha Introduction to Outboard Systems	20
---	----

## **Painting and Design**

Decorative Furniture Painting	21
-------------------------------	----

## **Plumbing**

J Journeyman and Master Code and Theory	21
---	----

## **Veterinary Technician**

Blood Film Evaluation	22
Urinalysis	22

## **Welding**

Welding	23
---------	----

## **Online Courses**

Fundamentals	3
Advanced Career Training	4

## **Drivers' Ed**

AAA Training for High School Students	13
---------------------------------------	----

## **Frequently Asked Questions and Policies**

## **Online Fundamentals**

Popular instructor-led 6 week and self-paced online classes

[ed2go.com/nightlife](http://ed2go.com/nightlife)

### **Business and Finance**

Accounting Fundamentals

Effective Business Writing

Grant Writing

Personal Finance

Real Estate Investment

Start Your Own Business

Stocks, Bonds, and Investing: Oh, My!

Using Social Media in Business

### **Career and Life Skills**

Achieving Success with Difficult People

Computer Skills for the Workplace

Get Assertive!

Keys to Effective Communication

Leadership

Mastering Public Speaking

Project Management

Resume Writing Workshop

Supervision and Management

Workplace Law

### **Career Exploration**

Interior Design

Medical Coding

Medical Transcription

Nursing

Paralegal

Pharmacy Technician

Veterinary Assistant

### **Computers**

Adobe InDesign, Illustrator, Lightroom and Photoshop

C# Programming

ComptIA A+

CSS and HTML

Creating Web Pages

Introduction to Networking

Java Programming

Keyboarding

Microsoft Access, Excel, PowerPoint, and Word

PHP (Hypertext Preprocessor)

Python 3 Programming

QuickBooks

SQL (Structured Query Language)

Visual Basic

WordPress Websites

### **Education**

Blogging and Podcasting

Creating Classroom Centers

Guided Reading and Writing: Strategies for Maximum Student Achievement

Integrating Technology into the Classroom

Ready, Set, Read!

Response to Intervention: Reading Strategies That Work

Solving Classroom Discipline Problems

Spanish in the Classroom

Teaching Smarter with SMART Boards

Teaching Students With ADHD

Teaching Students With Autism

Test Prep – GED, SAT, ACT, GRE, GMAT, LSAT

### **Health**

Food, Nutrition, and Health

Human Anatomy and Physiology

Medical Terminology

Spanish for Medical Professionals

### **Language and Arts**

Conversational French

Conversational Japanese

Drawing for the Absolute Beginner

Grammar for ESL

Grammar Refresher

Instant Italian

Sign Language

Speed Spanish

### **Writing**

Creativity Training for Writers

The Keys to Effective Editing

Technical Writing

Writing Essentials

Write Fiction Like a Pro

Writing for Children

## **Online Career Training**

Courses that provide you with industry recognized credentials

[careertraining.ed2go.com/nightlife](http://careertraining.ed2go.com/nightlife)

### **Arts and Design**

Adobe Certified Associate

Marketing Design Certificate

Web Design Professional

### **Business**

Digital Marketing Strategist

Human Resources Professional

Lean Six Sigma Black Belt

Quality Auditor

Quality Engineer

Project Management Professional

Purchasing and Supply Chain Management

Sustainability Professional

### **Computer Applications**

Amazon Web Services

AutoCAD

Autodesk Inventor

Autodesk Revit Architecture

Microsoft Office Master

Professional Bookkeeping

### **Computer Programming**

CompTIA Linux+ and Unix Training

Full Stack Software Developer

### **Construction and Trades**

HVACR Technician – NATE Service Core

LEED (Leadership in Energy and Environmental Design)

Mechatronics

Robotics Technician

Wind Energy Professional

### **Health and Fitness**

Activity Director

Dental Administrative Assistant

Dental Clinical Assistant

Dental Office Manager

Medical Administrative Assistant

Medical Auditor

Medical Clinical Assistant

Medical Billing and Coding

Medical Interpreter  
(Spanish/English)

Medical Office Manager

Medical Transcriptionist

Pharmacy Technician

Physical Therapy Aide

Professional Recovery Coach

Veterinary Assistant

Veterinary Office Manager

### **Hospitality**

Corporate Event Planner

Travel Agent

### **Information Technology**

Ethical Hacker

Information Security Manager

Network Professional

### **Legal**

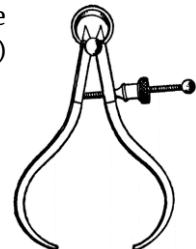
Mediation and Arbitration

Paralegal

# **Advanced Manufacturing**

## **CAD/CAM, G-Code and CNC**

This course will introduce you to CAD/CAM applications, G-Code programming and hands-on CNC (Computer Numerical Control) operator skills. Training will focus on writing code, drawing and programming a part to given specifications, safe operation of CNC Milling and Turning Centers, and expose you to the use of standard setup sheets, tool lists, blueprints, inspection reports, and basic manufacturing processes.



You will utilize the Titans of CNC Academy resources to model and program your parts. You will be introduced to cutting tools, tool holders, speeds & feed calculations, work offsets and tool length offsets, and will machine parts to blueprint specifications and perform first article inspections. You will be expected to perform G-Code and CAD/CAM and homework assignments on your own personal computer. Computer experience and a basic understanding of manufacturing is necessary to be successful in this class.

**Note:** If you are interested in starting a career in advanced manufacturing or are currently employed in this profession, a \$445 scholarship may be available.

**Dates:** Wednesdays and Thursdays, February 26 to May 7

**Time:** 6-9 pm, 20 classes, 60 hours

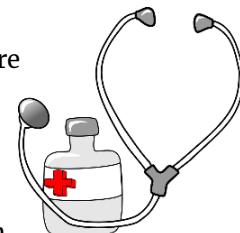
**Fee:** \$595 (includes access to software and materials)

**Location:** Worcester Technical High School, 1 Skyline Drive

# **Allied Health**

## **Clinical Medical Assistant**

A clinical medical assistant is a multi-skilled allied health care professional that specializes in procedures commonly performed in the ambulatory health care setting. Medical assistants perform both clinical and administrative duties and assist a variety of providers including physicians, nurse practitioners and physician assistants. They typically work in medical offices, clinics, urgent care centers and may work in general medicine or specialty practice.



Many organizations are now offering career laddering opportunities for medical assistants with elevated responsibilities and pay. This course will prepare you to take the Certified Clinical Medical Assistant (CCMA) exam accredited by the National Healthcareer Association.

**There will be a \$155 fee when you take the CCMA exam.**

## **Clinical Medical Assistant (continued)**

**Dates:** Tuesdays, Wednesdays and Thursdays, February 25 to May 20

**Time:** 5:30 - 9:30 pm, 35 classes, 140 hours

**Fee:** \$1,995 (includes books and materials)

**Location:** Worcester Technical High School, 1 Skyline Drive

**Externship:** 160 hours arranged between student and clinical facility

## **Electronic Health Records Specialist**

Are you interested in becoming a Certified Electronic Health Records Specialist? This course will prepare you to audit patient records for compliance, abstract clinical information for reports, perform basic coding to submit reimbursement claims, process Release of Information (ROI) requests for medical records, review patient records to ensure completion and accuracy, collect patient demographic and insurance information, discuss patient information with physicians and insurance professionals and provide you with the necessary knowledge and skills to take the Certified Electronic Health Records Specialist (CEHRS) exam accredited by the National Healthcareer Association.

**There will be a \$117 fee when you take the CEHRS exam.**

**Dates:** Tuesdays and Thursdays, February 25 to April 16

**Time:** 6 - 9 pm, 16 classes, 48 hours

**Fee:** \$595 (includes books)

**Location:** Worcester Technical High School, 1 Skyline Drive

## **EKG Technician**

EKG rhythms provide important data for the diagnosis of heart conditions. These tests can be performed during physical exams, when cardiovascular problems are suspected or in preparation for surgery. By administering EKGs (testing the electrical activity of the heart through small electrode patches attached to the body) you'll be making a life-changing difference by helping people of all ages prevent and treat heart disease. As a Certified EKG Technician, you'll have the credentials nearly all healthcare employers require to perform the critical tasks of administering EKGs, as well as Holter monitoring and stress testing. This course will provide you with the necessary knowledge and skills to take the national Certified EKG Technician exam accredited by the National Healthcareer Association.



**There will be a \$117 fee when you take the CET exam.**

**Dates:** Mondays and Wednesdays, March 9 to May 6

**Time:** 6 - 9 pm, 16 classes, 48 hours

**Fee:** \$695 (includes books and materials)

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Pharmacy Technician**

Pharmacy Technicians are sought-after professionals in pharmacies located in hospitals, drug stores, doctors' offices and grocery stores. Most pharmacy employers seek applicants with a certification and many mandate it as a requirement.



This course will provide you with the necessary knowledge and skills to pass the national Pharmacy Technician Certification Exam® (PTCE®). Licensure with the MA Board of Registration in Pharmacy is required after passing the exam. Externship at CVS Health to be arranged between student and the pharmacy.

**There will be a fee when you take the Pharmacy Technician Certification Exam®.**

**Dates:** Tuesdays and Thursdays, March 3 to May 14

**Time:** 6-8:30 pm, 20 classes, 50 hours

**Fee:** \$595 (includes books)

**Location:** Worcester Technical High School, 1 Skyline Drive

**Externship:** 120 hours arranged between student and CVS Health

## **Phlebotomy Technician**

Are you interested in becoming a Certified Phlebotomy Technician (CPT)? This course will prepare you for work in a laboratory or clinical setting, collecting blood for testing or donation, and provide you with the necessary knowledge and skills to take the CPT exam accredited by the National Healthcareer Association (NHA) during the last class. Phlebotomists are employed throughout the healthcare system including in hospitals, neighborhood health centers, medical group practices, HMO's, public health facilities, veteran hospitals, insurance carriers, and in other healthcare settings.

**There will be a \$117 fee when you take the Certified Phlebotomy Technician exam.**

**Dates:** Tuesdays and Thursdays, February 25 to May 21

**Time:** 6-9:30 pm, 24 classes, 84 hours

**Fee:** \$1,295 (includes books and materials)

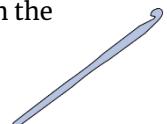
**Location:** Worcester Technical High School, 1 Skyline Drive

**Externship:** 120 hours arranged between student and clinical facility

## **Arts and Crafts**

### **Crochet**

In this class, you will learn the basic crochet stitches and how to read simple patterns and complete projects. You will make a small Afghan with the stitches you learn. You will need to bring to class a skein of light colored 4 ply worsted weight yarn and a size "H" crochet hook.



## **Crochet (continued)**

**Dates:** Wednesdays, March 4 to March 25

**Time:** 6:30 - 8:30 pm, 4 classes, 8 hours

**Fee:** \$85

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Glass Frameworking – Ignite and Inspire**

Glass Frameworking uses heat and gravity to shape glass rods and tubes in the flame of a torch. You will learn various sculpting and glassblowing techniques using borosilicate glass. Beginners can sculpt pendants, flowers, marbles and human figures. Projects can advance to include glassblowing with tubing to make hollow forms such as ornaments or small vessels.

Demonstration, personal instruction and hours of hands-on torch time will be offered at your own pace. You are encouraged to come with ideas in mind or problems to solve. No experience is necessary. All levels are welcome and will be able to complete projects. Wear closed-toe shoes and natural fibers.

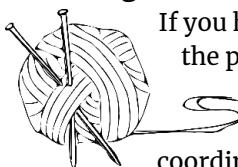
**Dates:** Wednesdays, March 4 to March 25

**Time:** 6 - 9 pm, 4 classes, 12 hours

**Fee:** \$350 (includes materials)

**Location:** Technocopia, 44 Portland Street, Worcester

## **Knitting I**



If you have never knitted, learned years ago and vaguely remember the process, only know the knit stitch and not the purl stitch or just need to build some confidence, this class is for you.

You will learn the following skills: comfort and coordination using knitting needles, cast on, bind off, knit stitch, purl stitch, gauge, reading knit patterns, recognizing and fixing mistakes and weaving in ends. You will start with two simple washcloths in cotton yarn and, if you advance quickly, there will be other projects available to learn new skills.

## **Knitting II**

If you have already known how to knit and purl and you want to advance to the next step, then this is the class for you. You will learn the following skills: shaping (increases/decreases), working in the round, working to gauge, reading patterns and charts, and fixing mistakes. More experienced students may be ready to learn textural stitches, cables, lace, or color techniques. You will work at your own pace on your own project based on your own individual level. For students who don't know much beyond knit and purl, the first project will be a knitted envelope in acrylic and then a wool hat. For students with more experience, there will be several cowl patterns to choose from that have varying degrees of difficulty and highlight different techniques.

## ***Knitting (continued)***

A materials list will be emailed to you before the first class.

**Knitting I:** Mondays, February 24 to March 16

**Knitting II:** Mondays, March 30 to April 27

**Time:** 6:30-8:30 pm, 4 classes, 8 hours

**Fee:** \$85

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Make Furniture – 3D Design for Laser Cutting**

This workshop will guide you through designing, laser cutting, and assembling a beautiful and functional display shelf to take home\*. We will cover the basics of parametric design workflow in Autodesk Fusion 360 and learn how to convert our 3D model into 2D files to be used with a laser cutter. Each class will provide an immersive hands-on experience.

### **Classes 1 – 2: Mini Shelf**

Learn the basics of the Fusion 360 to laser cutter workflow in order to create a 3-piece shelf that will fit on your hand.

### **Classes 3 – 4: Tabletop Bookcase**

Dig deeper into Fusion 360's tools in order to increase your model's size, add more parts, improve its structural stability, and customize it to your liking.

### **Classes 5 – 6: Assembly and Decoration**

Laser cut and assemble your bookcase, and learn how to use the laser to engrave designs to beautify your new piece of furniture!

**Note:** Each student will be responsible for bringing in their own 24" x 48" sheet of plywood for their final product.

**Dates:** Wednesdays, March 4 to April 8

**Time:** 7-9:30 pm, 6 classes, 15 hours

**Fee:** \$225 (includes materials)

**Location:** Technocopia, 44 Portland Street, Worcester

## **Photography I**

This course is for the beginner to digital photography.

Although Photo I is geared to the digital format, those with traditional (film) cameras will also benefit from this class. We

will discuss and learn the total photographic process and about the camera and how it functions. Shutter speed, f-stops,

ISO and their relationship to each other will be thoroughly explained. You will learn about white balance, composition and lenses.



## **Photography II**

This course is an extension of Photography I. Although Photography I is not required, a good knowledge of your camera is essential to benefit fully from this class. The student should have a knowledge of ISO, f-stops, shutter speed, depth of field and basic composition, although a quick review will be given in class. A digital SLR or film SLR will greatly enhance your learning experience. We will fine tune our understanding of depth of field, composition and flash techniques.

**Photography I:** Tuesdays, February 24 to March 17

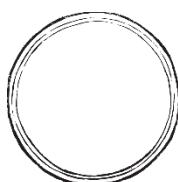
**Photography II:** Tuesdays, March 24 to April 14

**Time:** 6-8 pm, 4 classes, 8 hours

**Fee:** \$85

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Rubber Stamping**



Rubber stamping for greeting cards, wall art, coasters – any surface that will hold ink. A fun way to learn watercolor, use different mediums and create projects to keep or give away. No experience needed. Beginners, as well as advanced stampers, will benefit from this course.

We will explore exciting new techniques for stamping, coloring, watercolor backgrounds, alcohol markers and inks and doodle art. You will create beautiful and fun interactive greeting cards. If there is something special you want to learn, we can do that too. Please bring to class a double-sided tape runner or glue stick and a pen/pencil for notes. A supply list for the next three weeks will be given on the first night.

**Dates:** Tuesdays, March 3 to March 24

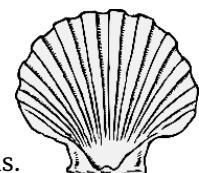
**Time:** 6:30-8:30 pm, 4 classes, 8 hours

**Fee:** \$85

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Sea Glass Window Workshop**

Allow your senses to feel the breeze and warm sun, smell the sea air, and see waves while you relax, unwind and socialize. Use shells, starfish, urchins, sand dollars, stones, glass, driftwood, coral, sand and other goodies to create your masterpiece. Bring your own finds or use our materials. Everything you need to make a complete 8" x 10" piece is included.



**Date:** Wednesday, March 18

**Time:** 6:30-8:30 pm, 1 class, 2 hours

**Fee:** \$55 (includes materials)

**Location:** Worcester Technical High School, 1 Skyline Drive

# Carpentry

## Adirondack Chair Making

Make your own Adirondack chair from start to finish. This is a hands-on, step-by-step woodworking class where you will develop a comprehensive understanding of furniture making skills. This course is designed to teach you the building blocks through a simple, comfortable, eye-pleasing piece of rustic beauty that you get to take home with you. A supply list will be emailed to students.



**Dates:** Thursdays, March 5 to April 2

**Time:** 6-8:30 pm, 5 classes, 12 1/2 hours

**Fee:** \$165

**Location:** Worcester Technical High School, 1 Skyline Drive

## Home Improvements

Have you ever paid a repairman big bucks to fix something simple? Have you ever thought that you could fix something but lacked the confidence? Well, here is your chance to learn many home improvement skills. You will learn basic electricity, plumbing, and carpentry skills. These will include but not be limited to fixing a lamp, repair an extension cord, install or fix switches, outlets, fans, and lights. Replace a faucet or repair washers, learn to solder copper tubing, fix leaking pipes, replace screens on windows and doors, repair broken or missing ceramic tiles, repair hardwood floors, repair and replace decks and downspouts, etc. You can DIY (Do It Yourself) with a little guidance and know-how.

**Dates:** Tuesdays, February 25 to April 14

**Time:** 6:30-8:30 pm, 8 classes, 16 hours

**Fee:** \$165

**Location:** Worcester Technical High School, 1 Skyline Drive

# Cosmetology

## Manicurist - Nail Technician

Are you ready for a career as a Nail Technician? This course will prepare you for the Massachusetts Manicuring License Exam. In all states, except Connecticut, nail technicians must hold a valid state license in order to practice legally. Some states, like California, require as much as 600 hours of training through a nail technician program, while other states, like Massachusetts, require as little as 100 hours of training. After completing the program, nail technicians must take written and practical exams to get a license through their state board.



## ***Manicurist – Nail Technician (continued)***

**Dates:** Tuesdays and Thursdays, February 25 to June 4

**Time:** 5:30 - 9:30 pm, 25 classes, 100 hours

**Fee:** \$1,250 (includes books, kit and materials)

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Culinary Arts**

### **Artisan Bread Baking**

Artisan bread is popular at many bakeries and for good reasons. Breads made by hand taste delicious and they can be easy to prepare at home, once you learn the proper techniques on how to create them.



In this bread baking session, we will be making classic Italian Foccacia Bread, enriched with fruity olive oil, sea salt and fresh rosemary. In addition, we will make Indian Roti Flatbread, the perfect bread for eating with grilled chicken and veggies or even hummus. For a sweet treat we will finish the class with the preparation of decadent Cinnamon Raisin Rolls, surely to satisfy your sweet tooth.

**Please bring \$5 (cash only) payable to the instructor for ingredients.**

**Date:** Monday, March 16

**Time:** 6 - 8:30 pm, 1 class, 2 1/2 hours

**Fee:** \$45

**Location:** Worcester Technical High School, 1 Skyline Drive

### **Jams and Relish**



Do you enjoy the taste of fancy jams and relish you see available in gourmet food shops? If so, instead of paying a good chunk of money on this indulgence, why not try to create your own at home made easily and at fraction of the cost?

In this class, you'll discover how easy it is to make gourmet jams and relish that you can enjoy anytime of the year (and they also make great gifts.) In this session you will make a variety of jams such as a Three Fruit Red Jam, Spiced Blueberry Honey Jam and a Savory Corn Relish, a perfect condiment for cold meats or as a topping on grilled chicken or burgers.

**Please bring \$5 (cash only) payable to the instructor for ingredients.**

**Date:** Monday, April 6

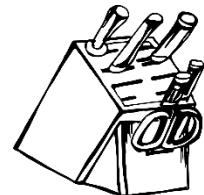
**Time:** 6 - 8:30 pm, 1 class, 2 1/2 hours

**Fee:** \$45

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Knife Skills**

Using knives skillfully is essential for home cooks, yet many individuals have never mastered proper techniques, which is important for safety. Because knives form the foundation of a well equipped kitchen, selection, care and sharpening are as important as learning to use them properly.



In this session, you will learn how to slice, dice and chop fruit, vegetables and herbs safely and efficiently. As you practice your cutting skills, (repetition is key to improving them over time) the chef will prepare a dish or two from the cut up items for you to enjoy. Please bring your own knife to the class.

**Please bring \$5 (cash only) payable to the instructor for ingredients.**

**Date:** Monday, April 27

**Time:** 6-8:30 pm, 1 class, 2 1/2 hours

**Fee:** \$45

**Location:** Worcester Technical High School, 1 Skyline Drive

## **ServSafe® Food Manager**

These two classes will prepare you for the ServSafe® Food Manager exam which will take place at the end of the second class. If you have been previously certified, you may choose to attend only the last class at a lower cost. With a passing grade you will receive the ServSafe® Food Manager Certificate in Food Safety. This certification is nationally recognized and accredited by the National Restaurant Association.



**Students must purchase one of the following before the first night of class:**

- **ServSafe® Manager Book with Exam Sheet (Paper Test)**
- **ServSafe® Manager Book with Exam Voucher (Online Test)**

**Dates:** Mondays, March 9 to March 16

**Certification:** 5:30-9:30 pm, 2 classes, 8 hours

**Fee:** \$85

**Re-Certification:** 5:30-9:30 pm, 1 class, 4 hours

**Fee:** \$45

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Drivers Ed**



AAA has partnered with Worcester Night Life to offer drivers' ed classroom training in the afternoon at Worcester Technical High School. This class is open to any high school student. Spring classes begin in March.

Visit AAA website to register.

# **Electrical**

---

## **Journeyman and Systems Technician Code and Theory**

Would you like to become a licensed electrician? According to the Massachusetts State Board of Electrical Examiners, before you take the

Journeyman licensing exam you must complete:

- 8000 hours of employment (approximately 4 years) as an apprentice under the direct supervision of a holder of a MA Class B Journeyman's license and
- 600 hours of classroom instruction (8 modules – approximately 75 hours each) in electrical code and theory from an approved school based on the current National Electrical Code; and before you take the

Systems Technician licensing exam you must complete:

- 4000 hours of employment (approximately 2 years) as an apprentice under the direct supervision of a holder of a MA Class B Journeyman's license and
- 300 hours of classroom instruction (4 modules – approximately 75 hours each) in electrical code and theory from an approved school based on the current National Electrical Code;

There is no set order for the two requirements listed above. You may start working as an electrical apprentice first, start classes first, or do both concurrently. All students must bring a current MA Electrical Code Book to all classes.

**Students must purchase the following before the first night of class:**

- Current MA Electrical Code Book
- Mike Holt Level Books

### **Level 1A (Module 1) and Level 3A (Module 5)**

**Dates:** Mondays and Wednesdays, February 24 to May 27

**Time:** 5:30-8:30 pm, 25 classes, 75 hours

### **Level 2A (Module 3) and Level 4A (Module 7)**

**Dates:** Tuesdays and Thursdays, February 25 to May 26

**Time:** 5:30-8:30 pm, 25 classes, 75 hours

### **Level 1B (Module 2) and Level 3B (Module 6)**

**Time:** Tuesdays and Thursdays, February 25 to May 26

**Dates:** 5:30-8:30 pm, 25 classes, 75 hours

### **Level 2B (Module 4) and Level 4B (Module 8)**

**Dates:** Mondays and Wednesdays, February 24 to May 27

**Time:** 5:30-8:30 pm, 25 classes, 75 hours

**Fee:** \$595 per 75-hour module

**Location:** Worcester Technical High School, 1 Skyline Drive

# **Environmental**

---

## **Municipal Wastewater Treatment**

Prepare to take the Massachusetts Municipal Wastewater Grade 1-4 Certification Exam. This course will provide an overview of the basic steps taken in treating wastewater such as preliminary, primary, biological and tertiary treatment. It will also cover functions of equipment and support systems as well as environmental responsibilities required to safely and properly operate a wastewater treatment facility. We will visit a local wastewater treatment plant and meet individuals within the wastewater industry.

**Students must purchase the following before the first night of class:**

- **Operation of Wastewater Treatment Plants Volume 1, latest edition**

**Dates:** Thursdays, March 12 to April 16

**Time:** 6-8 pm, 6 classes, 12 hours

**Fee:** \$125

**Location:** Worcester Technical High School, 1 Skyline Drive

# **Finance and Marketing**

---

## **Bring Balance to Your Budget**

This workshop is designed to help you sharpen your spending and saving strategy. You'll learn more about the basics of budgeting and the importance of managing credit and debt.



## **College: Getting There from Here**

Whether your children or grandchildren are learning to crawl or learning to drive, you can help make a college education a reality. We'll discuss questions to consider as you establish a college savings goal, strategies to help you reach your goal, and the features and benefits of 529 education savings plans.

## **Creating Your Retirement Paycheck**

As retirement nears, the purpose of a client's portfolio begins to change. It no longer has to get them to retirement; it has to get them through retirement. This report provides clients guidance on how to provide for their income needs throughout retirement.

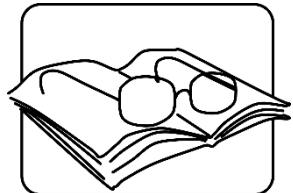
## **Medicare**

The increasing cost of health care is a growing concern for current and future retirees. In fact, 25 years ago, retirees spent almost twice as much on food as health care; now the amounts are nearly equal. In this presentation, we will discuss: Medicare coverage and traditional medical expenses, Long-term medical care expenses and strategies for addressing uncovered expenses.

## **Social Security: Your Questions Answered**

This is an educational program for people who are nearing retirement, ages 55 and up who have questions about social security. During this seminar we'll help answer these questions:

- How does Social Security fit into my retirement income plan?
- When should I start taking benefits?
- What about taxes?



**Bring Balance to Your Budget:** Tuesday, April 7

**College: Getting There from Here:** Wednesday, April 15

**Social Security:** Tuesday, April 21

**Medicare:** Wednesday, April 29

**Creating Your Retirement Paycheck:** Wednesday, May 6

**Time:** 6:30-8 pm, 1 class, 1.5 hours

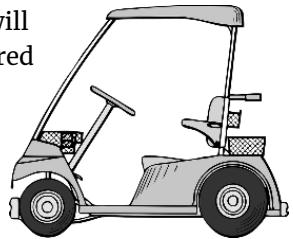
**Fee:** \$25

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Fitness & Sports**

### **Golf**

**Beginner** – Learn the proper fundamentals of golf. You will learn correct grip, stance, and posture. Other topics covered include full swing, chipping, and putting. Students must purchase golf balls at Cyprian Keyes – use our clubs or bring your own! Proper dress is required.



**Golfer** – It's tune-up time, let's improve your game with swing fundamentals. Then work on individual strengths and weaknesses. This course will also focus on stretching and toning your golf muscles. Get ready to play your best.

\*Because of the generosity of Cyprian Keyes Golf Club, all participants in the Night Life golf program are eligible to play golf at the Par 3 Cyprian Keyes Golf Course on Friday evenings at 5 pm for \$10.

**Beginners:** Tuesdays or Wednesdays, 5:30-6:30 pm or Saturdays, 3-4 pm, 6 classes, 6 hours

**Golfers:** Thursdays, 5:30-6:30 pm, 6 classes, 6 hours

**Dates:** Classes begin the first week of April

**Fee:** \$145

**Location:** Cyprian Keyes Golf Club, 284 East Temple Street, Boylston

**Instructor:** Jim Fenner, *Golf Professional*

## **Oxygen Aerobics**

This is a choreographed dance aerobics class that begins with a total body stretch and deep breathing to get oxygen into the muscles for best results. Fun and energetic choreographed dance moves use every major muscle group. Floor exercises are next for your lower body and abs. Gently lower your heart rate with a cool down. Awesome workout!

**Dates:** Mondays, February 24 to April 13

**Time:** 5:30 - 6:30 pm, 8 classes, 8 hours

**Fee:** \$85

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Yoga**

Relax and unwind with a gentle hatha yoga class. We will incorporate breath, movement, and mindfulness in a quiet, nonjudgmental space. "Breathe in Relaxation, Breathe out Tension".

**Dates:** Mondays, March 2 to April 6

**Time:** 5:30 - 6:30 pm, 6 classes, 6 hours

**Fee:** \$65

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Flower Arranging**

### **St. Patrick's Day**

Join us as we create some beautiful "green" to add to your St. Patrick's Day decor.



### **First Day of Spring**

Come celebrate the end of winter by making a flower arrangement to welcome spring into your home. Style will be a natural arrangement incorporating moss and twigs and fresh flowers. Feel the beauty of spring and bring it into your home.

### **Easter Basket**

With Easter only a few days away, come make your own Easter basket for your holiday celebration. Class will include basket, fresh flowers and accessories.

### **Earth Day**

Save the Earth! Come and make your own fun arrangement in a recycled container. Bring your own or we will have several recycled containers for you to choose from. Get creative and make a flower arrangement to celebrate Earth Day!

### **May Day Basket/Mother's Day**

May has finally arrived. Come make your own festive May Day basket with ribbons and fresh flowers to adorn your home. Perfect for Mother's Day.

## ***Flower Arranging (continued)***

**St. Patrick's Day:** Tuesday, March 10

**First Day of Spring:** Tuesday, March 24

**Easter Basket:** Tuesday, April 7

**Earth Day:** Tuesday, April 21

**May Day Basket/Mother's Day:** Tuesday, May 5

**Time:** 6-8 pm, 2 hours

**Fee:** \$45 (includes materials)

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Genealogy**

### **The ABC's of Family History**

Would you like to have a conversation with your own great grandparents? Then your job is to tell your family story to hand down to your descendants. There's a lot to learn so let's get started! The research can be simple, or it can be a real challenge. "ABC's" will guide you along the right path with tips on research on-and off-line. Web sites, archives, attics...wherever the records might be. It has been estimated that only 10% or less of the available material can be accessed online. We'll learn about more than just birth and death certificates, census records, and ships' manifests. The trick is finding all these records.

**Dates:** Thursdays, March 3 to March 24

**Time:** 6:30-8:30 pm, 4 classes, 8 hours

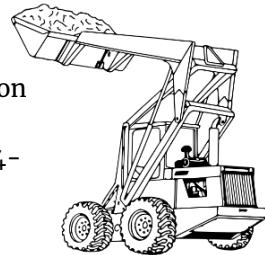
**Fee:** \$85

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Hoisting**

### **Exam Prep and Renewal**

These courses are designed to help you achieve your MA hoisting license. Each course will cover all of the information needed to prepare you for your written test in one of the following equipment classes: 1-hoisting, 2-excavating or 4-specialty. If you already have your hoisting license, these courses will satisfy the mandatory continuing education requirements for license renewal.



**Class 1 License:** Tuesday, March 3

**Class 2 License:** Tuesday, March 10

**Class 3 License:** Tuesday, March 24

**Time:** 5:30-9:30 pm, 1 class, 4 hours

**Fee:** \$85 for each hoisting license class

**Location:** Worcester Technical High School, 1 Skyline Drive

# Languages & Writing

## Conversational German

This class is an introduction to basic spoken and written German for those interested in traveling to German-speaking countries or learning more about German culture.



Learn pronunciation, vocabulary, and grammar basics through conversation, short readings, and games. At the end of this course, you will be able to have simple conversations based on everyday scenarios and gain a deeper insight into German and Austrian food, history and music.

Please purchase the following book prior to the start of class:

- [Language Hacking German by Benny Lewis](#)

**Dates:** Thursdays, February 27 to April 16

**Time:** 6:30–8:30 pm, 8 classes, 16 hours

**Fee:** \$165

**Location:** Worcester Technical High School, 1 Skyline Drive

## Conversational Italian

An introduction to spoken Italian for those who want to converse about Italian art, music, food, fashion, and genealogy using correct pronunciation, or simply travel to *il bel paese* and exchange pleasantries with the locals.



Learn grammar basics, vocabulary, sentence structure, and techniques for easier memorization via conversation, creative learning strategies, and games. A chance to learn some of Italy's most beloved folk songs and discuss culture, history, and foods/holidays in the native tongue.

Please purchase the following book prior to the start of class:

- [Italian Made Simple 2nd Edition](#)

**Italian I:** Tuesdays, February 25 to April 14

**Italian II:** Thursdays, February 27 to April 16

**Time:** 6:30–8:30 pm, 8 classes, 16 hours

**Fee:** \$165

**Location:** Worcester Technical High School, 1 Skyline Drive

## Conversational Spanish

Conversational Spanish will provide you with a general introduction to the Spanish language. The primary objective of this course is to give you the ability to carry on a simple conversation. Emphasis will be on listening, speaking, reading and limited writing. You will learn a basic understanding of Spanish culture, vocabulary and grammatical concepts.

## **Conversational Spanish (continued)**

Please purchase the following book prior to the start of class:

- **Spanish Conversation DeMystified with 2 Audio CDs**

**Spanish I:** Mondays, February 24 to April 13

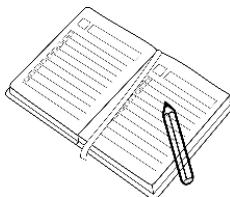
**Spanish II:** Wednesdays, February 26 to April 15

**Time:** 6:30-8:30 pm, 8 classes, 16 hours

**Fee:** \$165

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Memoir Writing**



Our sense of family identity and continuity stems from the stories we pass down. Everyday joys and sorrows as well as “big events” provide the fertile connecting ground between generations.

If you've ever wanted to preserve your memories for loved ones to read and enjoy, join award-winning columnist

Janice Harvey as we discover, record, develop and reflect on our experiences. Presented in a workshop format, we will engage in fun exercises and share our writing assignments. The threads we share bring us together, regardless of geography and calendars.

**Dates:** Wednesdays, March 4 to April 11

**Time:** 6-8 pm, 6 classes, 12 hours

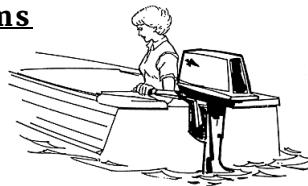
**Fee:** \$125

**Location:** Worcester Technical High School, 1 Skyline Drive

## **Marine**

### **Yamaha Introduction to Outboard Systems**

This 80 hour course includes classroom learning and concentrated hands-on training. The ITOS course was developed to give basic technical knowledge not only on Yamaha outboards but boats and boat systems as well. We will cover electrical systems, ignition systems, rigging, corrosion, proping and lots more.



Tuition for this course is \$795 but the **Massachusetts Marine Trades Association** is covering \$400 for each student that signs up this spring.

**Dates:** Tuesdays and Thursdays, February 25 to May 7

**Time:** 5:30-9:30 pm, 20 classes, 80 hours

**Fee:** \$395

**Location:** Worcester Technical High School, 1 Skyline Drive

# **Painting and Design**

## **Decorative Furniture Painting**

Do you have a well-loved piece of furniture that needs an update? Recently remodeled and your existing furniture isn't quite right? Picked up a gem that needs a makeover?



Furniture Painting is an incredible way to solve any of these issues and is a wonderfully rewarding hobby that offers tangible benefits you can enjoy for years to come! Not only will you transform your home (or someone else's), you will gain the deep satisfaction of taking an undesirable item and turning it into a work of art. You will learn the basics of prep work, proper painting, and caring for your updated furniture. We'll use sample boards to experiment with a few techniques to let you discover your creativity and get more comfortable with painting, then you will test out your new skills on a small project. No prior experience is necessary, please don't wear your favorite clothes, it could get messy! All materials are provided in the course fee.

**Dates:** Wednesdays, April 8 to April 15

**Time:** 6-9 pm, 2 classes, 6 hours

**Fee:** \$125

**Location:** Worcester Technical High School, 1 Skyline Drive

# **Plumbing**

## **Journeyman and Master Code and Theory**

Would you like to become a licensed plumber? In Massachusetts, a hopeful plumber begins a 5 year apprenticeship program to receive technical education and complete the required hours of on-the-job training under a licensed master plumber. Plumbers who have successfully completed their apprenticeship are known as journeymen.

To work independently, a plumber is required to receive a license. An applicant will not receive credit for work experience and education unless they were completed in conjunction with one another as measured by calendar years. For each year in which an apprentice obtains 110 clock hours of education, that apprentice must accrue 1700 clock hours of qualifying work experience with some exceptions:

- An unlicensed individual may complete Tier 1 of the education requirement prior to obtaining an apprentice license.
- A licensed apprentice may complete Tier 1 and Tier 2 in a single calendar year.
- In the event that an apprentice is enrolled in a tier but loses their employment, they shall be permitted to complete the tier they are enrolled in.

## ***Plumbing Journeyman and Master (continued)***

All students must bring a current MA Plumbing and Gas Code Book to all classes.

### **Tier 1, Tier 2 and Tier 4**

**Dates:** Mondays and Wednesdays, February 3 to May 20

### **Tier 3 and Tier 5**

**Dates:** Tuesdays and Thursdays, February 4 to May 21

**Time:** 5:30-9:30 pm, 28 classes, 110 hours

**Fee:** \$895 per 110-hour tier

**Location:** Worcester Technical High School, 1 Skyline Drive

**There will be a \$25 fee when Tier 1 students take the required OSHA training.**

## **Veterinary**

### **Blood Film Evaluation for the Veterinary Technician**

A Complete Blood Count (CBC) requires microscopic evaluation of a blood film by a properly trained member of the veterinary care team. Creating diagnostic blood slides can sometimes be frustrating, but with a few tips – along with some practice – you can quickly become an expert. This two-hour lab will begin with proper sampling handling, slide prep, and use of the microscope. We will focus much of our time recognizing normal and abnormal morphology of erythrocytes, leukocytes and platelets. We will also discuss methods for estimation and differentiation of each of these blood components. We will be using canine and feline blood samples to walk through this process step by step.

**Date:** Wednesday, March 25

**Time:** 6-8 pm, 1 class, 2 CEU hours approved by MVTA

**Fee:** \$45

**Location:** Worcester Technical High School, 1 Skyline Drive

### **Urinalysis for the Veterinary Technician**

Performing a complete urinalysis is an essential task of a veterinary technician and consists of four main parts: gross examination of the urine, the reagent test strip, the specific gravity and microscopic examination of the urine sediment. This 2-hour wet lab will begin with proper sample procurement and handling and then spend the majority of the time on the four components of analysis. We will use feline and canine samples for microscopic evaluation with a focus on differentiating structures commonly found in urine.

**Date:** Thursday, May 14

**Time:** 6-8 pm, 1 class, 2 CEU hours approved by MVTA

**Fee:** \$45

**Location:** Worcester Technical High School, 1 Skyline Drive

# **Welding**

---

## **Oxy-Acetylene and Shielded Metal Arc**

The metal fabrication industry is short of skilled workers so, if you have ever considered welding as a job or you would like to learn more about this skill, join our group. This hands-on course will teach you basic oxy-acetylene and shielded metal arc welding skills. Using state of the art equipment, class work will include joint design, melting points, types of filler metal and electrodes.

Please purchase a passive welding helmet, MIG welding gloves, and cutting safety glasses prior to the start of class.

**Winter:** Mondays and Wednesdays, February 24 to March 18  
**Early Spring:** Mondays and Wednesdays, March 23 to April 15  
**Late Spring:** Mondays and Wednesdays, April 27 to May 27  
**Time:** 6-8:30 pm, 8 classes, 20 hours  
**Fee:** \$495 (includes materials)

## **Frequently Asked Questions & Policies**

---

**First Night of Class:** Please report to the main office at the school to find out in which room your class is scheduled to meet.

**Parking:** Parking for students is provided in designated parking areas. The parking lots are well maintained and lit. Please do not park in front of shop doors or in the circular driveway.

**Smoke-Free School:** Worcester Public Schools are smoke free. This includes use of all tobacco products in school buildings and on school grounds.

**Tuition:** Must be paid in full at time of registration. Payment may be made by check, money order, MasterCard or Visa. Night Life reserves the right to cancel classes with insufficient enrollment and to make changes in instructors or class schedules due to unforeseen circumstances.

**Books & Supplies:** If a textbook is required for a class, the book title, author, publisher, and ISBN number of the text can be found on our web page in the course description.

**Class Cancellations & Snow Policy:** Occasionally, due to unforeseen circumstances, a scheduled class must be cancelled. Cancelled classes are made up (same day of the week and time) by extending the finish date of the course, unless other arrangements are made between the instructor and the class. When day school is cancelled due to snow conditions or other weather or emergency events, evening classes are also cancelled. In the event day classes are not cancelled, the weather worsens and a decision to cancel evening classes is made, it will be posted on the Worcester Night Life website by 4 pm.

**Nondiscrimination Policy:** Night Life welcomes and admits students of any race, color, religion, handicap, national and ethnic origin and extends all the rights, privileges, programs, and activities generally accorded and made available to Continuing Education students. Children under the age of eighteen are permitted to register only with the express consent of the instructor.

**Certificates and Course Credit:** Unless otherwise specified, all Night Life courses are non-college credit. Colleges and universities may upon their own discretion issue proficiency credit for course work taken through Night Life. Certificates of proficiency and completion are issued to students enrolled in career training and professional development courses upon successful completion of a course or program.

**Withdrawals/Refund Policy:** If we cancel a course due to insufficient enrollment or if a course is filled when we receive your payment, you will be given a full refund. If you withdraw from a course at least 72 hours before the start date, you will receive a full tuition refund. Withdrawal less than 72 hours before first class, 100% credit memo. Withdrawal after the first class meets and before the second class meets: 75% credit memo only. No credit memos will be issued after the second class is held.

**Financial Aid:**

**Employers** – Funds for up to 50% of the actual cost of training are available for MA businesses with 100 or fewer employees. Approved businesses are limited to \$30,000 per company per calendar year and \$3,000 per employee per course. For more information, visit [workforcetrainingfund.org/apply/express-program](http://workforcetrainingfund.org/apply/express-program).

**Worcester Residents** – For Worcester Jobs Fund aid availability, please contact Kelsey Lamoureux at (508) 373-7641.

**Veterans** – GI Bill® benefits are available for some of our training programs.

- Delayed VA Payments – Under S2248 PL 115-407 Section 103, Worcester Technical High School will not impose a late fee, denial of access to facilities, or other penalty against a veteran or eligible dependent due to a late payment of tuition and/or fees from the VA up to the certified benefits amount. Any portion of the student bill not covered by VA benefits is still expected to be settled by the due date.
- Prior Credit – Worcester Technical High School maintains written records of previous education and training of the veteran or eligible person and indicates appropriate credit has been given for previous education and training.

*GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at the official U.S. government web site at <https://www.benefits.va.gov/gibill>.*

# Register for a Course

**Online** – Go to [worcesternightlife.org](http://worcesternightlife.org) to pay by credit card or check

**Mail** – Complete the registration form below and mail it with your check payable to Worcester Public Schools

**Phone** – Call (508) 751-7612

**In Person** – Drop off this form with a check at Worcester Technical High School

## **Worcester Public Schools – Night Life Registration Form**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone #: \_\_\_\_\_ Email Address: \_\_\_\_\_

Course Name	Day & Time	Tuition
		\$
		Total \$

### **Mail Registration to:**

Night Life  
Worcester Technical High School  
1 Skyline Drive  
Worcester, MA 01605

**Enclose check payable to: Worcester Public Schools**

We reserve the right to cancel any class as a result of insufficient enrollment.

### **For Office Use Only**

Amount Received: \_\_\_\_\_ Date received: \_\_\_\_\_

Check #: \_\_\_\_\_ Received by: \_\_\_\_\_

Night Life  
Worcester Technical High School  
1 Skyline Drive  
Worcester, MA 01605