



~Worcester Public Schools~

NIGHT LIFE

CONTINUING EDUCATION

SPRING 2022



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 for employment or just for the fun of it. Our instructors are professionals who 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*

Laura Clancey
Jermaine Johnson
Jermoah Kamara
Susan Mailman
Molly McCullough
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 Training Pro 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: April 11, April 15-22 (Spring Break), May 30.

FEBRUARY 2022						
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					

MARCH 2022						
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 2022						
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

MAY 2022						
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				

JUNE 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
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		

JULY 2022						
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

= 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

2. A student who misses twenty-five (25) school hours in a semester will meet with the STI Director and Program Director. The STI Director will place the student on written probation with the understanding that if the student misses a total of five (5) more school hours the student will be dismissed from the program for excessive absences greater than 5% of the semester hours.
3. A student who misses thirty (30) school hours in a semester will meet with the STI Director. The STI Director will dismiss the student from the program with a written program dismissal for excessive absences greater than 5% of the semester program hours.

Extenuating Circumstances

Students who miss time due to a death in the family, hospitalization, or an extended or chronic health issue, have an opportunity to request consideration due to extenuating circumstances. A determination will be made by the STI Director on a case by case basis. The decision of the STI Director is final. Students must be aware that any absence interferes with their ability to successfully meet program requirements and outcomes.

Clinical/Externship/Lab Absence

All clinical/externship/lab absences require makeup. However, hours absent may remain as missed time. Students who are not present during clinical/externship/lab must meet with the Program Director/lead teacher. Mandatory makeup requirements to meet missed expectations may be in a variety of modalities. Students may be responsible for an associated fee related to clinical/externship/lab makeup. See individual program handbook.

Tardiness and Dismissal

Tardiness is defined as entering the classroom or clinical area after attendance has been taken. A student with a pattern of tardiness will receive a written warning. Students who are tardy from school in the morning, from break, or from lunch, will not be allowed to enter class until the next regularly scheduled break. The student's attendance will be affected accordingly.

Dismissal is defined as leaving the classroom or clinical area before the class or clinical day is completed. A student with a pattern of dismissals will receive a written warning. Any student who is being dismissed from school before the end of the schedule school time must sign out in the STI office before leaving.

Students who arrive late or leave early from any period must sign in/out on the clipboard in the STI Office. Students will be charged 1 full hour increments for any fraction of an hour for tardiness or dismissal during class or lab time.

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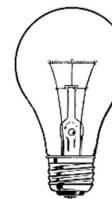
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Career – Vocational Technical

Electrical Code and Theory

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



You may start working as an electrical apprentice first, start classes first, or do both concurrently. Each of these 4 levels consists of 150 classroom hours split into 75- hour modules covering electrical code and theory. The curriculum is based on current Code of Massachusetts Regulates (CMR). Students are required to bring a copy of the latest *MA Electrical Code Book* to classes. After taking all levels and working as apprentices for 8000 clock hours in no less than 4 years before applying, students will be eligible to take the Massachusetts Journeyman Electrician exam administered by the Board of Examiners of Electricians.

Spring2022

Level 1A (Mod1), Level 2A (Mod3), Level 3 (Mod5) and Level 4A&4B (Mod 7&8)

Time: Mondays and Wednesdays, January 31 through May 4

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

Level 1B (Mod2), Level 2B (Mod4) and Level 3B (Mod6)

Dates: Tuesdays and Thursdays, February 1 through May 5

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

Fee: \$595 per 75-hour module

Location: Worcester Technical High School, 1 Skyline Drive

Course Outline – 600 hours (75 hours per module)

Electrical Level 1 (150 hours)

Module 1 (75 hours): Jobsite and Electrical Safety, Introduction to the National Electrical Code and Process, DC/Alarm Theory, and Basic Math.

Module 2 (75 hours): Electrical Bonding and Grounding, Low Voltage Systems and Controls, Fire Warning and Security Systems, and Design and Testing

Electrical Level 2 (150 hours)

Module 3 (75 hours): National Electrical Code application of DC Theory, Massachusetts Electrical Code and Amendments, and Wiring Methods.

Module 4 (75 hours): Fiber, Data and Communications Wiring and Systems, Massachusetts Laws and Regulations Pertaining to Electrical Wiring, and Conduct of Technicians and Apprentices Including Inspection Requirements.

A student's Title IV aid eligibility will be reinstated if the student prevails upon appeal, or regains satisfactory academic progress status by meeting the qualitative and quantitative requirements.

*Pending Policy Approval

Calculating the Cumulative Grade Point Average (GPA)

1. Multiply the grade points (GP) by clock hours for each subject grade.
2. Divide the sum of the grade points (GP) by the sum of clock hours.

Example

Grade	GPA		Clock Hours	Total GPA
A	4.0	x	110	440
B+	3.3	x	110	70%
Plumbing	550			70%

Final Examinations

Any student unable to be present for a final exam must notify the instructor and be prepared to take the exam immediately upon return. Requirements may vary with specific programs. Point penalty may vary with specific programs.

Honor Students

Honor students will be listed at graduation and will be noted on the transcript.

Honors 3.30 to 3.59 GPA

High Honors 3.60 to 3.79 GPA

Highest Honors 3.80 to 4.00 GPA

Incomplete Grade

All incomplete work must be completed within one week of the close of the course, unless prior arrangements have been made with the instructors.

ATTENDANCE POLICY

Attending every class and scheduled meeting is critical to your success. The student is responsible to make the necessary personal arrangements that will enable him or her to attend class and schedule time for study.

Absences/Tardiness/Dismissals

1. A student who misses ten (10) school hours in a semester will be issued a written warning with a copy forwarded to the STI Director.

Satisfactory Academic Policy (SAP)

Satisfactory Academic Policy is defined as:

- Maintaining the required minimum grade for each course
- Students must pass all courses in each semester/term in order to continue in a program. Students who do not pass all courses will be withdrawn from the program.
- Students must maintain 95% attendance as defined by the attendance policy
- Students are evaluated at the mid-point and conclusion of each semester/term
- All program requirements must be completed within a maximum time frame of 2 times program length

Program	Total Clock Hours	Minimum grade for each course
Manicurist	100	70%
Electricity	600	70%
Plumbing	550	70%

Attendance Warning

If a student fails to meet the cumulative 95% attendance criteria at any point during the program, he or she will receive a written warning as specified in the Attendance Policy. During the warning period, students remain eligible for Financial Aid. Failure to correct the problem beyond the second warning period will result in the loss of eligibility for any additional financial aid and termination from the program.

Academic Warning

At the midpoint of each course, a student who fails to meet the minimum standard will receive formal notification. During the warning period, students remain eligible for Financial Aid. Students who do not meet specific program academic requirements by the end of a semester/term will be terminated from the program.

Appeal Process

Informal Appeal Process

Resolution of student's concerns should be attempted between the student, instructor, staff member, or administration. If this cannot be resolved to a mutual satisfaction, or if the concerns are of a more serious nature, then the Formal Appeal process may be initiated.

Formal Appeal Process

The Director of Adult Career Technical Education will deal with all issues. The student will meet with the Director to present her/his information on the issue. The Director will conduct an investigation and will issue a decision. The student has the right to request a meeting with the Superintendent to further discuss the issue if the situation has not been resolved. The decision of the Superintendent will be final.

Reinstatement of Financial Aid

Electrical Level 3 (150 hours)

Module 5 (75 hours): Electricians Math and Basic Electrical Formulas, Electrical Circuit, AC Theory, Raceway, Outlet boxes and conductor fill, and Conductor Selection and Over-Current Protection.

Module 6 (75 hours): Branch Circuit /Feeder/ Service Requirements, Branch Circuit/Feeder/ Service Calculations and Voltage Drops, Motors, Controls and Transformers Requirements, Use of Code book tables and examples, and Swimming Pools and Similar Installations.

Electrical Level 4 (150 hours)

Module 7 (75 hours): One Family Dwelling Calculations, Multi-family Dwelling Calculations, Commercial Load Calculations, and Use of Code book tables and examples.

Module 8 (75 hours): Motor Calculations, Transformer Calculations, Review of Board rules and Regulations, and Review of Massachusetts General Laws applicable to Electricians, General Review of all subjects covered.

Commercial Driver's License (CDL) Instructor Kathy Everett

We need bus drivers! Scholarships are available for qualifying individuals (see below). This course will prepare you to take the MA Registry of Motor Vehicles (RMV) learner's permit test for a Commercial Driver's License (CDL) including passenger (P) and student (S) endorsements, MA school bus driver certificate and air brake certification. You will engage in classroom instruction, hands-on demonstrations of a pre-trip safety inspection on a school bus, video presentations, and practice tests. Once you pass the permit test, you will train with our transportation department to qualify for a CDL license.

Time: Class times are 5:30 – 7:30pm. Class dates on a rolling basis.

Contact the Night Life Coordinator-508-751-7612- to get updated information regarding class dates and available grant support.

Location: Worcester Technical High School, 1 Skyline Drive



Hoisting Exam Prep and Renewal Instructor Michael Florio

These courses are designed to help you achieve your MA hoisting license. Each course will cover all 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 & Thursday March 8 & March 10

Class 2 License: Tuesday & Thursday April 12 & April 14

Class 4 License: Tuesday & Thursday May 10 & May 12

Time: 5:30pm – 7:30pm, 2 classes each segment, 2-hour classes (4 hours total)

Fee: \$85 per 4 hour hoisting license class

Location: Worcester Technical High School, 1 Skyline Drive

Career – Vocational Technical

Plumbing 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. 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.

Each of these 5 tiers consists of 110 classroom hours covering plumbing code and theory. The curriculum is based on current Code of Massachusetts Regulates (CMR). Students must be registered apprentices to take tiers 2-5. Students are required to bring a copy of the latest *MA Plumbing and Gas Code Book* to classes. After taking all 5 tiers while working as apprentices for 1700 clock hours per calendar year, students will be eligible to apply for the Massachusetts Journeyman Plumber exam administered by the Board of Examiners of Plumbers and Pipefitters.

(Plumbing Code & Theory Continued on next Page)

Plumbing Tier 1, Tier 2 and Tier 4

Dates: Mondays and Wednesdays, January 24 to May 11

Plumbing Tier 3 and Tier 5

Dates: Tuesdays and Thursdays, January 25 to May 12

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.

Course Outline – 550 hours (110 hours per tier)

Plumbing Tier 1 (110 hours)

- | | |
|---|--|
| 1. Lesson 1 (6 hours): Introduction to Plumbing | 4. Lesson 4 (18 hours): Materials, Tools, and Joining Methods used in Plumbing |
| 2. Lesson 2 (10 hours): Safety & Installation Practices | 5. Lesson 5 (9 hours): Valves and Devices Used in Plumbing |
| 3. Lesson 3 (6 hours): Education and Experience Requirements 248 CMR 3.00 and 11.00 | 6. Lesson 6 (15 hours): Residential Blueprint Reading |

Attendance, Leaves of Absence and Make-Up Work

Good attendance is critical to successful completion of the program. You must maintain at least a 90% attendance rate to continue receiving VA benefits. If you miss more than 10% of your time in a given period or term, you will be placed on probation for the following period/term. If you miss more than 10% during the probationary period, your VA educational benefits will be terminated.

You may be re-certified for VA educational benefits after consulting with the school's VA Certifying Official, once the cause for unsatisfactory progress has been removed, attendance becomes satisfactory, and it is determined that the program is suitable for your aptitude, interests, and abilities. Official school holidays or breaks are not considered days of absence, but tardiness or class-cuts may accumulate to constitute 10% in accordance with school policy.

Students receiving VA educational benefits may take a school approved Leave of Absence, but this will interrupt VA educational benefits during the leave. The leave of absence will be reported to the VA as a termination. When you return from the leave, the school may again certify you for VA educational benefits, giving you credit for all hours completed prior to the leave.

In all licensing and certification classes, teachers are responsible for tracking student attendance. All students are expected to be on time and attend each class to receive the total course hours per semester. Each student is allowed 2 classes of make-up due to absence. Make-up work will be assigned by the teacher and must be completed by the assigned time. Once a semester is completed, no make-up work will be accepted for that semester. Make-up hours may only be given for the current semester. If the day school is cancelled for inclement weather or any reason, evening classes will be cancelled as well. The classes will be made up.

Available Resources

Vocational instructors are typically very well connected within the field/industry. These instructors are encouraged to communicate with students about finding employment. If you make a special request to be connected with employment opportunities, the Worcester Tech Night School Team will do their best to assist you with finding employment.

Program Completion

Your VA educational benefits expire on the earliest of either the date you reach the total hours approved for your program, or on the date you complete or terminate your enrollment in the program. When you complete your program, please notify the school's VA Certifying Official as soon as possible so that the VA can be informed within 30 days.

Requirement Eligibility for Program Completion and Graduation

1. Completion of the required number of clock hours. Students must adhere to the attendance policy to fulfill program requirements.
2. Students must meet all obligations to the program.
3. Satisfaction of all financial obligations to the Worcester School District and participating agencies.
4. Meet all other program requirements.

Students enrolled in Worcester Technical night school programs are graded based on attendance and participation in the course. Occasional quizzes and exams may be administered to assess learning but overall success in the course is dependent upon students attending the scheduled classes in their program.

At the 50% benchmark of their enrollment period, students must maintain a minimum academic Grade Point Average of 70% "C" or better to be considered making Satisfactory Academic Progress (SAP). If it is determined that a student is not achieving the minimum standard of academic performance, that student shall be placed on Unsatisfactory Academic Warning Status.

The length of the Unsatisfactory Academic Warning Status shall remain in effect until the next Satisfactory Progress evaluation (100% benchmark) is measured. When the next Satisfactory Academic Progress (SAP) evaluation is measured at the 100% completion benchmark, if it is determined that the student is still not achieving the minimum standard of academic performance required by way of a Grade Point Average, he/she shall be placed on Unsatisfactory Academic Probation Status.

When a student has failed to maintain the prescribed standards of progress, the VA will be notified and any benefit payments will be discontinued in accordance with the law. When a student's benefits have been discontinued, the student has three (3) days to appeal the action to the Executive Director in writing. If the appeal is upheld, VA benefits will be reinstated. If the student fails to appeal the action, or the appeal is denied, the student's VA benefits will remain discontinued.

Worcester Technical High School maintains progress records show the courses taken each term and the grade assigned at the end of the term. These records are furnished to the student upon request.

Student Conduct and Conditions for Dismissal

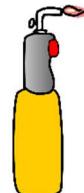
Disruptions and unprofessional behavior which may result in expulsion from class and forfeiture of payment include, but are not limited to:

1. Physical or verbal abuse, threats, intimidation, harassment, coercion, and/or other conduct which threatens or endangers the health or safety of any person
2. Attempted or actual theft of and/or damage to personal or public property
3. Violation of federal, state, or local law on premises, including but not limited to the following:
 - a) Intoxication, use, possession or distribution of alcoholic beverages, narcotics or other controlled substances
 - b) Illegal or unauthorized possession of firearms, explosives, other weapons, or dangerous chemicals
 - c) Use of a tobacco product within the school buildings or facilities or on the grounds of a public or private primary or secondary school.

7. Lesson 7 (40 hours): Math
8. Lesson 8 (6 hours): Definition

Plumbing Tier 2 (110 hours)

- | | |
|--|---|
| <ol style="list-style-type: none">1. Lesson 1 (3 hours): Drainage2. Lesson 2 (6 hours): Building Sanitary Waste and Venting System3. Lesson 3 (3 hours): Allowable Materials and Approval Procedures4. Lesson 4 (6 hours): Plumbing Traps5. Lesson 5 (3 hours): Cleanouts6. Lesson 6 (6 hours): Plumbing Code | <ol style="list-style-type: none">7. Lesson 7 (12 hours): Potable Water Supply8. Lesson 8 (32 hours): Math9. Lesson 9 (24 hours): Gas Fitting10. Lesson 10 (9 hours): Blueprint Reading11. Lesson 11 (6 hours): Definitions |
|--|---|



Plumbing Tier 3 (110 hours)

- | | |
|---|---|
| <ol style="list-style-type: none">1. Lesson 1 (21 hours): Venting2. Lesson 2 (18 hours): Drainage3. Lesson 3 (18 hours): Water Supply4. Lesson 4 (6 hours): Testing & Safety5. Lesson 5 (9 hours): Storm Drains | <ol style="list-style-type: none">6. Lesson 6 (16 hours): Gas Code7. Lesson 7 (12 hours): Fixture Installation8. Lesson 8 (10 hours): Definitions |
|---|---|

Plumbing Tier 4 (110 hours)

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|--|--|
| <ol style="list-style-type: none">1. Lesson 1 (27 hours): Gas Code2. Lesson 2 (6 hours): General Provisions3. Lesson 3 (3 hours): Scope and Jurisdiction4. Lesson 4 (24 hours): Drainage Piping5. Lesson 5 (12 hours): Water Supply6. Lesson 6 (12 hours): Fixture Installations7. Lesson 7 (3 hours): Hospital Fixtures | <ol style="list-style-type: none">8. Lesson 8 (3 hours): Manufactured Homes & Construction Trailers9. Lesson 9 (3 hours): Public and Semi-Public Swimming Pools10. Lesson 10 (3 hours): Vacuum Drainage Systems11. Lesson 11 (6 hours): Basic Principles12. Lesson 12 (8 hours): Definitions |
|--|--|

Plumbing Tier 5 (110 hours)

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|---|--|
| <ol style="list-style-type: none">1. Lessons 1 - 4 (95 hours): Plumbing & Gas Code Review | <ol style="list-style-type: none">2. Lesson 5 (15 hours): Business Related Costs |
|---|--|

Intro to Welding Instructor Anthony Siciliano

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. **Limit to 15 students per section.**

Early Spring: Mondays and Wednesdays, January 24 to February 16

Late Spring: Mondays and Wednesdays, March 28 to April 27

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

Fee: \$495 (includes materials)

Location: Worcester Technical High School, 1 Skyline Drive

How to Start Your Own Business: Instructor Richard Cheney

Thinking about starting a business but don't know where to begin? Join us in this comprehensive class that will help you learn all you need to know to get a new business up and running. Our instructor has over 30 years of experience helping entrepreneurs successfully begin their businesses. Some of the topics we will cover include characteristics of an entrepreneur, how to create a business plan, and developing a financial model. Ongoing support is also available for students even after completing the class. Make your business dream come true!

Start Your Own Business: Monday March 28 and Wednesday, March 30

Time: 6-8:30 pm, 2 classes, 5 hours

Fee: \$25

Location: Worcester Technical High School, 1 Skyline Drive

Computer Skills

Intro to Computing *Instructor Khoa Kennedy*

Learn the fundamentals of computing from an exceptional IT professional with 20+ years of experience in all facets of computing. This class has 4 components: (1) Operating Systems (2) Basics of Networking (3) Programming Applications (4) Security. Gain comprehensive knowledge of computing that can be utilized anywhere. This is a great opportunity for individuals interested in pursuing a career in computing. **Limit 15 students.**

Dates: Mondays and Wednesdays, January 24 – May 25

Time: 6-7:30pm, 31 classes, 46.5 hours

Fee: \$250

Location: Worcester Technical High School, 1 Skyline Drive

Microsoft Word for Beginners *Instructor Patrick Kelly*

Understanding Word is essential for office work. Learn the fundamentals of Word or brush up on your skills through this interactive class. You will use basic Word functions such as creating documents, inserting photos or tables into documents and changing page layouts. Please bring your own laptop computer. If you do not have one, please contact Night Life: 508-751-7612

Time: Tuesdays, 5:30-7:30pm, 8 classes 16 hours

Dates: January 25 to March 15 **Fee:** \$90

Location: Worcester Technical High School, 1 Skyline Drive

Excel for Beginners *Instructor Patrick Kelly*

Learn the basics of Excel in this hands-on class. Create spreadsheets with computations, chart labeling and formatting. Please bring your own laptop computer. If you do not have one, contact Night Life 508-751-7612.

Time: Thursdays, 5:30-7:30 pm, 8 classes 16 hours

Dates: January 27 to March 17 **Fee:** \$90

Location: Worcester Technical High School, 1 Skyline Drive

3. Submit a Certificate of Eligibility to the school's VA Certifying Official: Elizabeth Tiley, Worcester Technical High School, 1 Skyline Drive, Worcester, MA 01605.

Note: Once the VA has processed and approved the application, the student will receive a Certificate of Eligibility from their office. The Certificate of Eligibility will allow us to verify the student's enrollment to the VA.

Physical Facilities

Worcester Technical High School is located at 1 Skyline Drive, Worcester, MA 01605. The school contains general purpose classrooms, clinical laboratories, shop classrooms and administrative offices. Labs and shops are furnished with modern equipment representative of industry standards. Worcester Tech's facilities and equipment fully comply with all federal, state, and local ordinances and regulations, including requirements pertaining to fire safety, building safety, and handicapped accessibility.

Anti-Discrimination Law

Worcester Technical High School is an Equal Opportunity/Affirmative Action Educational Institution and does not discriminate regardless of race, color, religion, national origin, ancestry, sex, gender identity, age, handicap (disability), genetics, military service, mental illness, sexual harassment or sexual orientation as required by Title IX of the 1972 Educational Amendments and Chapter 622 of the Acts of 1971, and Section 504 of the Rehabilitation Act of 1973. Comments made in jest which may insult others. Therefore, in order to provide a bias-free atmosphere in our school, racial slurs, ethnic jokes, religious bigotry, and detrimental statements or comments concerning race, marital status, sexual orientation, color, gender, age, religion, gender identity, national origin, or disability are prohibited.

Progress Policy

You must make satisfactory progress toward completion of the program in which you are enrolled to continue receiving veterans' benefits. Satisfactory progress is the ongoing demonstration that you are completing training at a rate that will allow you to graduate with the approved length of the program. Progress will be monitored by your instructors and will be verified by the school's VA Certifying Official.

The VA will only pay for standard hours in the approved program of study. In order for you to complete your training within the standard time, your progress must be measured at a level in keeping with school policy. If your progress is not satisfactory in any school measured portion of the program, you will be notified to such and placed on probation for 30 days, at which time your progress will again be evaluated. If satisfactory improvement is not made by the end of this probationary period, your benefits will be terminated. You may, however, be able to continue your training in accordance with school policy.

Note: Once you have completed the standard hours in this program, your benefits will cease. This is true regardless of your remaining educational benefit entitlement.

Worcester Public Schools Calendar 2021-2022

= DAYS WHEN SCHOOL IS NOT IN SESSION FOR STUDENTS

The Worcester Public Schools is an Equal Opportunity/Affirmative Action Employer/Educational Institution and does not discriminate regardless of race, color, gender, age, religion, national origin, marital status, sexual orientation, disability or homelessness. The Worcester Public Schools provides equal access to employment and the full range of general, occupational and vocational education programs. For more information concerning Title VI/MSC, please contact Worcester Public Schools, 20 Tufts Street, Worcester, MA 01650, (508) 799-3100.

 = 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.*

Enrollment Dates and Entrance Requirements

Worcester Technical night school programs run on an academic calendar year by semester meaning classes start in September and end in June. Due to inclement weather, Worcester Technical may be closed when school is in session. If this is the case, make-up classes may result in the program ending later than the last scheduled day in June. When a student registers for their evening program, they need to complete the attached enrollment agreement identifying that they are aware of their enrollment and expectations.

To receive educational VA benefits, students must:

1. Be matriculated into an approved certificate program;
 2. Apply for Veterans Education Benefits at wwhew.vets.gov; and

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Career-Medical

Clinical Medical Assistant (CCMA) Instructor Abby Velazco



Learn all you need to know to pass the CCMA exam! Gain valuable experience through our externship placement process. Beginning Tuesday January 25, 2022 through Thursday May 19, 2022, this is a 15-week training program. Tuesdays will be live online classes. All other classes will be in person. Seven weeks of Didactic training; 7 weeks of in person clinical training; 120-hour internship consisting of hands-on and shadowing experience in a clinical or hospital setting. City of Worcester residents may be eligible to apply for a limited number of full scholarships. If interested, contact Turgeonj@Masshirecentral.com to apply for a scholarship. *All student candidates will need to present valid identification, pass a CORI test and a drug test prior to class registration completion. There will be a \$155 fee when you take the CCMA exam.*

Dates: Tuesdays (online), Wednesdays and Thursdays, Jan 25 to May 19

Time: 5:30-9:30 pm, 55 classes, 180 hours. Some classes will be via Zoom.

Fee: \$2,700 (includes books and materials)

Location: Worcester Technical High School, 1 Skyline Drive

Phlebotomy Technician Instructor Adam Morgan Sr.

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: Mondays and Wednesdays, January 24 – April 27

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

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

Location: Worcester Technical High School, 1 Skyline Drive

Attention Caregivers! Listen up! Instructors Liz Myska, JD, LLMs & Joseph Kolb, MA COMS

Discover and acquire communication skills, both verbal and non-verbal, and learn when and how to use such techniques and strategies. Our instructors will provide useful insights and take away tips for family care givers, professional care providers and the public at large. Become aware and sensitized to effectively deploy these skills when engaged with the aging population, including those physically, cognitively and/or sensorially challenged.

Dates: Wednesdays, April 27-May 18th

Time: 6-7:30 pm, 4 classes, 6 hours

Fee: \$30

Location: Worcester Technical High School, 1 Skyline Drive

Environmental

Home Composting *Instructor Joel Betts*

Learn how to make rich compost for your yard using organic material you would otherwise throw away. Joel Betts, member of the Greater Quabbin Food Alliance Compost working group, will take the mystery out of the home composting process. This live online class will teach you how to easily start or improve your home compost system with a few important techniques. It will describe the specific benefits that compost provides for garden soil.

Date: Wednesday, March 16th

Time: 6-8:00pm

Fee: \$45

Location: Zoom platform – password will be given to each registrant

Municipal Wastewater Treatment *Instructor Robert McDonald*

Prepare to take the Massachusetts Municipal Wastewater Grades 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. You will visit a local wastewater treatment plant and meet individuals within the wastewater industry.

Date: Tuesdays, March 1-April 5

Time: 6-8pm, 12 hours

Fee: \$145

Location: Worcester Technical High School, 1 Skyline Drive

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.

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>.

Arts and Crafts

Coastal Window Workshop *Instructor Lisa Young*

You will use shells, star fish, urchins, sand dollars, stones, glass, driftwood, coral, sand and other goodies to make a wood framed 8" x 10" art piece. Create your own design or use one of the provided templates. Bring your own finds or use our materials. Everything you need to make a complete 8" x 10" wood framed piece is included. Due to curing time you will complete your design in the workshop and be given a kit and instructions to complete at home.

Date: Tuesday, March 29

Time: 6:00-8:00 pm, 1 class, 2 hours

Fee: \$59 (includes materials)

Location: Worcester Technical High School, 1 Skyline Drive

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 text information 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:

Arts and Crafts

Crochet *Instructor Fran Bellerive*

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 Class: Tuesdays May 3-May 24

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

Fee: \$85

Location: Worcester Technical High School, 1 Skyline Drive



Absolute Knitting for Beginners *Instructor Amy Novins*

Learn to knit from the very beginning. If you have never knitted or learned how to knit years ago, then pull up a chair. At your own pace you will learn the knit and purl stitches, how to start (cast on), end (bind off), and finish a project (weaving in ends). Once you build confidence, reading patterns, recognizing, and fixing mistakes, the world of knitting is open to you. You will begin by creating two simple wash cloths. Materials provided. If time permits, there will be a several other washcloth designs to choose from to advance to the next level. **No knitting experience required!** See online course description for materials list. Dates and times below:



First Time Cables & Laces *Instructor Amy Novins*

Do Irish knits cables scare you? Does lace intimidate you? Add some fun and texture to your scarves, hats and blankets! Our instructor will introduce you to the basic cables and lace. We will use a Cowl design for cables and different cowl design for lace. See online course description for materials list. Dates and times below:

Absolute Beginner Knitting: Tuesdays, March 1 through March 22

First Time Cables & Laces: Tuesdays March 29 to April 26 (one holiday)

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

Fee: \$85 per course

Location: Worcester Technical High School, 1 Skyline Drive

Mistakes! Catch Them & Fix Them *Instructor Amy Novins*

This class will teach you how to recognize common mistakes and how to fix them without ripping everything out. The student should have at least some basic knowledge of the knit stitch and purl stitch. This is for anyone from beginner to experienced who have never learned how to fix mistakes. See online course description for materials list. Dates and times below:

Mistakes! Tuesday, May 3

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

Fee: \$20 per course

Location: Worcester Technical High School, 1 Skyline Drive

Quilting at Your Own Pace *Instructor Amy Friend*

This is a quilting class that will meet you at your skill level and help you learn or improve upon your knowledge of basic quilting techniques. Students will make a quilt from a choice of 3 patterns. Our instructor will help you create a material and tool list for the project. She will guide you as you work at your own pace to finish the project of your choice. Students are required to bring their own sewing machine and extension cord and have a basic understanding of simple machine sewing. Fabric and supplies could reach \$100 or more.

Quilting at Your Own Pace: Wednesdays March 2 through April 27 (1 holiday)

Time: 6-9 pm, 8 classes, 24 hours

Fee: \$95

Location: Worcester Technical High School, 1 Skyline Drive

Photography Basics and Beyond: *Instructor Jeff Baker*

Practical Hands-On Training to make your photos Fun!

From cell phones to the most expensive Digital SLR, the basics are mostly the same. So, whatever you have for a camera is welcome. We will start with the aspects of the Exposure Triangle, Depth of Field, and Composition with fun, hands-on experiments to bring everyone up to a similar level. Then we will customize the curriculum based on the overall experience level and interests of those in the class. We will dig deeper into Advanced Lighting, Elements of Visual Design, and even a little Photoshop to make your creativity fun!



Photography Basics and Beyond: Tuesdays, February 22 – April 12th.

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

Fee: \$185

Location: Worcester Technical High School, 1 Skyline Drive

Rubber Stamping: *Instructor Fran Bellervie*

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.

Rubber Stamping: Tuesdays, March 22 to April 12

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

Fee: \$85 per course

Location: Worcester Technical High School, 1 Skyline Drive

Travel Agent

Master Wedding and Event Planner

Marketing and Sales

OMCA Content Marketing Associate ✓

OMCA Conversion Optimization Associate ✓

OMCA Display Advertising Associate ✓

OMCA Email Marketing Associate ✓

OMCA Mobile Marketing Associate ✓

OMCA PPC Associate ✓

OMCA SEO Associate ✓

OMCA Social Media Associate ✓

OMCA Web Analytics Associate ✓

OMCP Digital Analytics and Conversion Professional ✓

OMCP Paid Search Professional ✓

OMCP Search Marketing Professional ✓

OMCP Social and Mobile Marketing Professional ✓

Construction and Trades

HVAC/R Technician ✓

Certified Indoor Environmentalist Prep

Certified Indoor Air Quality Manager

Fitness

AFAA Group Fitness Instructor ✓

NASM Certified Personal Trainer + Corrective Exercise ✓

NASM Certified Personal Trainer + Performance Enhancement ✓

NASM Certified Personal Trainer and Exam Preparation ✓

NASM Corrective Exercise Specialist (CES) ✓

NASM Performance Enhancement Specialist (PES) ✓

NASM Certified Nutrition Coach ✓

NASM Certified Personal Trainer + AFAA Group Fitness Instructor ✓

NASM Certified Personal Trainer (Spanish) ✓

NCSF Certified Strength Coach ✓

NCSF Sports Nutrition Specialist ✓

Miscellaneous

Certified Residential Interior Designer ✓

Certified Paralegal ✓

Adobe Certified Associate ✓

Advance your career – industry recognized credentials

✓ Exam costs included – careertraining.ed2go.com/nightlife

Medical

- Advanced Hospital Coding ✓
- Advanced Medical Interpreter
- Medical Billing & Coding ✓
- Clinical Medical Assistant ✓
- Electronic Health Records Specialist ✓
- Health Unit Coordinator ✓
- Healthcare & Eldercare Mediator
- Inpatient Coder ✓
- Medical Transcriptionist ✓
- Medical Administrative Assistant ✓
- Outpatient Coder ✓
- Pharmaceutical Sales Representative ✓
- Physical Therapy Aide ✓
- Professional Medical Auditor ✓
- Risk Adjustment Coder ✓
- Clinical Dental Assistant
- Medical Interpreter (Spanish/English)
- Medical Office Manager ✓
- Patient Care Technician ✓
- Pharmacy Technician ✓

Business

- Accounts Payable Manager ✓
- Accounts Payable Specialist ✓
- Administrative Professional ✓
- Bookkeeper ✓
- Credit Counselor ✓
- Financial Health Counselor ✓
- Global Business Professional
- Green Supply Chain Professional ✓
- Internal Auditor
- Quality Auditor ✓
- Quality Engineer ✓
- Quality Improvement Associate
- Six Sigma Black Belt ✓
- Six Sigma Green Belt ✓
- Six Sigma Yellow Belt ✓
- Chartered Tax Professional
- Court Interpreter (Spanish/English)
- Financial & Career Coach ✓
- Human Resources Professional
- Lean Training ✓

- PMI Risk Management Professional ✓
- Student Loan Counselor ✓
- The Complete Project Manager

Information Technology

- AWS System Operations ✓
- Ethical Hacker ✓
- Information Security Manager ✓
- Information Systems Auditor ✓
- Information Systems Security Professional ✓
- CompTIA Advanced Security ✓
- CompTIA Linux+ ✓
- CompTIA Mobility+ ✓
- CompTIA Project+ ✓
- CompTIA A+ ✓
- CompTIA Cloud+ ✓
- CompTIA Network+ ✓
- CompTIA Security+ ✓
- EXIN Cloud Computing
- Help Desk Analyst
- Information Security Training ✓
- IT Foundations Bundle ✓
- ITIL Capability Expert ✓
- ITIL Foundation ✓
- ITIL Life Cycle Expert ✓
- Systems Security Practitioner ✓
- VMware Associate ✓

Computer Applications

- AutoCAD ✓
- AutoCAD with AutoCAD 3D ✓
- AutoCAD 3D ✓
- Autodesk Inventor ✓
- Autodesk Revit Architecture ✓
- Microsoft Azure Infrastructure ✓
- Microsoft Access ✓
- Microsoft Excel ✓
- Microsoft Office Master ✓
- Microsoft Office Specialist ✓
- Microsoft Outlook ✓
- Microsoft PowerPoint ✓
- Microsoft Word ✓

Hospitality

Carpentry

Home Improvements *Instructor Anthony McGeorge*

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, repairing an extension cord, install or fix switches, outlets, fans, and lights. Replace a faucet, learn to solder copper tubing, learn how to replace drain hoses on a washer, a dryer vent, 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, March 15 to May 10 (1 holiday)

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

Fee: \$165

Location: Worcester Technical High School, 1 Skyline Drive

Culinary Arts

All About Soups: *Instructor Chef Kevin Layton*

Learn the basics to making flavorful, delicious homemade soups! Soups are a savory way to utilize leftovers. In this soup making session, we will learn to create a Cream Based Chowder, French Onion Soup, Minestrone and Chicken Noodle Soup. Yum!



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

Date: Tuesday April 12

Time: 6-8:30 pm, 1 class, 2 ½ hours

Fee: \$45

Location: Worcester Technical High School, 1 Skyline Drive

Cooking 101: *Instructor Kevin Layton & Kim Youkstetter*

Learn with the best and impress your friends and family with your cooking skills. A fun way to learn how to make a meal – even if you have never tried to cook before. Foolproof cooking techniques from choosing the freshest ingredients to having the meal parts finish at the same time. You will learn how to cook vegetables, make simple sauces and cook meat or fish. Chef Layton and Chef Y make cooking easy and enjoyable.

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

Date: Thursday April 28

Time: 6-8:30 pm, 1 class, 2 ½ hours

Fee: \$45

Location: Worcester Technical High School, 1 Skyline Drive

Knife Skills Instructor Kevin Layton



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.

Date: Tuesday, March 29

Time: 6-8:30 pm, 1 class, 2 ½ hours

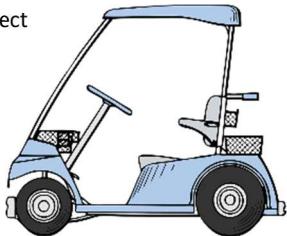
Fee: \$45

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, 2-3 pm, 6 classes, 6 hours. Start dates: Apr 26, Apr 27 or Apr 30

Golfers: Thursdays, 5:30-6:30 pm, 6 classes, 6 hours. Start date: Apr 28

Dates: Classes begin the week of April 25th

Fee: \$145

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

Instructor: Jim Fener, Golf Professional

Learn new skills – affordable, fast and fun

6 week and self-paced online classes – 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

MS 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

Technology in the Classroom

Ready, Set, Read!

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

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

Music

Instant Guitar for Hopelessly Busy People (This is an online class)

Instructor Craig Coffman

Learn guitar online with this unique style of teaching. In just a few hours you can learn enough guitar to give you years of musical enjoyment. No experience necessary. Class includes an online book and online follow-up video lessons so you will be able to continue your practice and study on your own.

Instant Piano for Hopelessly Busy People (This is an online class)

Instructor Craig Coffman

Learn to play piano the way professionals do – using chords. Center state with your piano when you learn to play scales and read tabs. Chord knowledge will be helpful. Course includes an online book and online follow up video lessons, so you will be able to continue practicing and studying on your own.

Instant Guitar: Tuesday, March 15

Instant Piano: Monday March 14

Time: 6:30-9:30 pm, 1 live online class with follow up online text and video class

Fee: \$65

Location: Link will be given to you after registration is completed.

Fitness & Sports

Oxygen Aerobics *Instructor Lee Ann Cipro*

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, Feb 28 – May 2 (2 holidays)

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

Fee: \$85

Location: Worcester Technical High School, 1 Skyline Drive

Yoga *Instructor Dina Taylor*

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: Tuesdays, March 1 through April 5

Time: 4:30 – 5:30pm, 6 classes, 6 hours

Fee: \$65

Location: Worcester Technical High School, 1 Skyline Drive

Beginner Tai Chi

Join us for the relaxing movement of Tai Chi. This one-hour class will help you learn basic Tai Chi techniques and begin you on your journey of health and well-being. Visit www.worcesternightlife.org for more information about this class.

Flower Arranging

Flower Arranging Basics *Instructor Francoise Hsu*

Learn to create your own creative flower arrangements using fresh flowers and natural items found outside. In this class we learn how to create artistic arrangements for all seasons, using floral technique tips from an artisan flower arranger.

Dates: Wednesdays March 9, March 23, March 30, Apr13, Apr27, May 11, May 25

Time: 6:00-8:30 pm, 8 classes, 20 hours **Fee:** \$135

Location: Worcester Technical High School, 1 Skyline Drive

Instructor: Francoise Hsu of Le Jolie Fleur & formerly of Sprout

Genealogy & History

The ABC's of Family History Instructor Dave Robinson

"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 on line. We'll learn about more than just birth and death certificates, census records, and ships' manifests. The trick is finding all these records.

Dates: Tuesdays, March 8, 15, 22 and 29

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

Fee: \$85

Location: This will be a live online Zoom class



Bathsheba Spooner: A Revolutionary Murder Conspiracy

Author Andrew Noone will lead students in a discussion of his book: Bathsheba Spooner: A Revolutionary Murder Conspiracy. Each week one or two chapters will be reviewed and debated regarding the most sensational crime of the American Revolution – here in Worcester County. As the weather improves, we will visit actual locations of the events in Worcester, MA.

Dates: Wednesdays, April 6 to May 25 (1 holiday)

Time: 6:30-8:30 pm, 7 classes, 14 hours

Fee: \$125, plus a copy of the paperback book

Location: Worcester Technical High School, 1 Skyline Drive

Conversational Italian Instructor Andrew Noone

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, March 1 to April 26 (1 holiday), \$165

Italian II: Thursdays, March 3 to April 28 (1 holiday), \$165

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

Location: Worcester Technical High School, 1 Skyline Drive

Languages & Writing

Conversational Spanish Instructor Hope Oliveras

Learn conversational Spanish from the comfort of home. This live online class will get you speaking like a pro. Hope Oliveras is an experienced language instructor who will help you grasp beginner conversationalist skills that include Spanish pronunciation, vocabulary and grammar basics. At the end of this course, you will be able to have simple conversations based on everyday scenarios.



Dates: Thursdays, January 26 to March 16 (snow day classes 3/23 & 3/30)

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

Fee: \$165

Location: This will be a live online Zoom class.

Dates: Wednesday March 2

Time: 6:00- 9:00 pm, 1 class, 3 hours **Fee:** \$45

Location: Worcester Technical High School, 1 Skyline Drive

Instructor: David Ewen, M.Ed. Author, publisher and educator