

SUMMER
2017

ADULT EDUCATION COURSES

Diagnostic Medical Sonography

Learn OB/GYN, abdomen, vascular, echo, and breast ultrasound. This Program integrates basic sciences, medical sciences and instruction with supervised clinical experience in hospitals and doctors' offices. Successful completion of the program leads to a certificate that qualifies you to sit for registry exams in Diagnostic Medical Sonography 60 days prior to graduation. Accredited by the Commission of Accreditation of Allied Health Education Programs (www.caahep.org; 1361 Park St., Clearwater, FL 33756; 727/210-2350) upon the recommendation of the Joint Review Committee on Education in Diagnostic Medical Sonography. Prerequisites: HS Diploma or equivalent; a minimum grade of C in college-level, credit-bearing courses in General Physics, Anatomy & Physiology I & II, Algebra, and English; and a satisfactory score on Pre-Entrance Exam. Additional costs of approximately \$1,700 for textbooks and uniforms. Financial aid is available to those who qualify.

18ASON500A \$43050 7/10/17-6/30/19 NPT/202A
8AM-6p 2800hrs 517 sessions

Musculoskeletal Ultrasound NEW

This practical approach to musculoskeletal (MSK) ultrasound imaging is taught by a physician or registered diagnostic medical sonographer. The 20-hour course will provide a comprehensive overview of the practical applications, techniques and interpretation of MSK imaging. Includes scanning experience in our laboratory utilizing state-of-the-art machines including Philips Epic 7. Prerequisite: Must be a registered Sonographer.

18UMED119A \$1700 7/13/17-8/24/17 NPT/202A
6-9p 15hrs 5 sessions

BECOME A PERSONAL TRAINER**Personal Trainer**

This course will help prepare you to take the Personal Trainer Certification exam from the International Sports Sciences Association (ISSA). Learn basic exercise science, nutrition, fitness assessment, exercise programming, instructional and spotting techniques. Study anatomy, kinesiology, injury prevention, supplementation and nutrition and all aspects of weight and strength training as you prepare for employment as a personal trainer in a gym or fitness center or as a consultant for your own business. You'll gain firsthand experience in Tech's new fitness center where you'll learn to apply your coursework to sound health and fitness programming on state-of-the-art exercise equipment. Certification exam administered by ISSA, CPR required for certification (included in tuition). Textbook included.

18UMED111A \$1130 7/11-8/3 Tu/Th REP/123 9AM-2:30p 44hrs 8 sessions

Recovery Coach NEW

Offered by Western Suffolk BOCES in coordination with Healthspan.US.

Prepare to work in the addiction and mental health field as a Recovery Coach to help people along the path of recovery. Recovery Coaches do not provide clinical help or dispense medication; instead they work with the recoveree, either as a solo coach or part of a team. This class fulfills the 60-hour educational requirements set forth by NYS and the Office of Alcoholism and Substance Abuse Services (OASAS) to become a NY-certified Recovery Addictions Recovery Coach or NY-certified Addiction Recovery Advocate.

Curriculum includes the role of recovery coaches, core values and guiding principles of recovery, the stages of recovery, wellness planning, ethics, as well as spirituality and what this means to each individual as it pertains to recovery. Class has four modules:

- Module I-Recovery Coach Academy (30hrs)
- Module II-NYS Ethics (12hrs)
- Module III-Medically Assisted Treatment (6hrs)
- Module IV-Spirituality (12hrs)

Upon successful completion of each module you will receive a Healthspan.US certificate as well as information to receive your CCAR Certificate (Connecticut Community for Addiction Recovery) which you will need to file your NYS application. No prerequisites.

Additional fees: \$139 for manuals and materials due on first night of class, payable by money order only to HealthSpan.US; \$100 Application fee for certification exam; \$125 for NYS Recovery Coach Certification Exam (paid to NYS when application is submitted). There will be a \$13/hr make-up fee for any approved hours missed.

18USPI109A \$899 7/11/17-8/17/17 DH-A/101
5-10p 60hrs 12 sessions

18USPI109B \$899 7/11/17-7/31/17 DH-A/101
8AM-2p 60hrs 10 sessions

AUTOMOTIVE & MOTORCYCLE**Auto Body Repair**

Learn the fundamentals of metal and damage stress repair. Practice using auto body tools and plastic filling.

18UAUT102A \$380 7/11-8/17 Tu/Th
DH-C/AuBodyI 6:30-10PM 42hrs 12 sessions

Auto Mechanics I

A general introduction to automotive cooling; fuel, electrical and ignition systems; tune-ups; drive lines and components; and suspension, steering and brake systems.

18UAUT103A \$399 7/11-8/17 Tu/Th
DH-C/AuMechI 6:30-10PM 42hrs 12 sessions

Automobile Service Consultant / Service Writer

Gain the knowledge needed for a career as an Automotive Service Consultant/Service Writer. This course will help develop skills in communication, customer relations, sales, shop operations and repair order writing (RO's).

18UAUT110A \$215 7/11 -7/27 Tu/Th
DH-C/AuMechII 6-10PM 24hrs 6 sessions

Motorcycle Maintenance

Wilson Tech's Motorcycle Technician program, in partnership with North Shore Motorcycles of Garden City Park, offers the classroom and hands-on experience to help you gain the skills and confidence to properly maintain your bike. Learn electrical and fuel systems, basic tuneups, brakes, tires and suspension, sprockets and drive chain, shaft drive, oil and fluids, radiators, steering, throttles and clutch safety equipment and winterizing. Get a tool list at the first class with recommendations for each student's bike. Bring your motorcycle and the service manual.

18UMOT101A \$375 7/11-8/10 Tu/Th
North Shore Motorcycles/ 6:30-9:30p
30hrs 10 sessions

GET YOUR AVIATION CAREER OFF THE GROUND AT OUR REPUBLIC AIRPORT CAMPUS

This FAA-approved program provides the hands-on experience to service, repair and overhaul reciprocating and turbine engines and components, powerplant control systems, instrumentation, and aircraft structure. To prepare for both the Airframe and Powerplant licenses, students must complete five semesters (total of 1,910 hours/approximately 21 months). Semesters begin May, September and January and the program is offered at our Aviation Facility at Republic Airport in Farmingdale. Call 631-752-1957 for more information and to tour the facility. Financial aid/payment plans available to those who qualify. Call our Financial Aid office at 631-261-3600 x214.

DD214 waivers are evaluated on-site for approved military training. Tuition includes basic tools for each curriculum area, books, and testing for the Designated Mechanic Exam (DME). Students must supply standard work shirt or dark t-shirt, long pants and work boots to be worn in the hanger. FAA exams (3) extra: \$150 each. Those seeking just one of these FAA licenses should take General plus both sections for the license sought. Tuition will be prorated accordingly. Before being admitted into the AMT program, prospective students must take the TABE Survey (Test of Adult Basic Education), receive a successful score and meet with administration to determine eligibility into the program.

Aviation Maintenance Technology

18AAMT500A \$31210 Ongoing Enrollment
REP/ 8a-2:30p 1910hrs

Aviation Maintenance Technology - Powerplant/General

18AAMT500B \$18726 Ongoing Enrollment
REP/ 8a-2:30p 1155hrs

Aviation Maintenance Technology - Airframe/General

18AAMT500C \$18726 Ongoing Enrollment
REP/ 8a-2:30p 1155hrs

REGISTER NOW! SUMMER CLASSES 2017 WWW.WILSONTECH.ORG/ADULTS

APPEARANCE ENHANCEMENT

Make-Up Application 101

Choosing the right make-up will help you create your overall image and result in a natural look that enhances every feature. Discover colors that suit your skin tone, eyes and hair color. Learn the do's and don'ts of everyday make-up application.

18UAPP105A \$149 7/11, 7/13 Tu/Th NPT/Esth
6-10p 8hrs 2 sessions

Make-Up Application 102

A more advanced course that takes your everyday look and transforms it to another level. Discover the make-up techniques that take you from day to evening. Learn the art of the "smoky eye" as well as eyelash application.

18UAPP106A \$149 7/18, 7/20 Tu/Th NPT/Esth
6-10p 8hrs 2 sessions

Airbrush Make-Up

Achieve that flawless HDTV look and discover why airbrushing is the rage. You will learn techniques, shading, the difference between traditional application and airbrush techniques, and overall product knowledge.

18UAPP108A \$149 7/25, 7/27 Tu/Th NPT/Esth
6-10p 8hrs 2 sessions

Bridal Make-Up

Learn the techniques to prepare the bride and her bridal

party for the perfect wedding day look. Learn how to communicate with the bride to accommodate her needs. Tips on building your own bridal make-up business and how to do a professional makeover in 20 minutes also included.

18UAPP107A \$149 8/1, 8/3 Tu/Th NPT/Esth
6-10p 8hrs 2 sessions

Cosmetology

Learn care of hair, skin, scalp and nails to prepare for NYS licensing. Hair Extensions certification included. Students are required to purchase a cosmetology kit (approx. \$365) and designated uniform. Financial aid available to those who qualify. Tuition includes a \$100 non-refundable fee.

18ACOS500A \$10610 Ongoing Enrollment
NPT/Cos 8a-2:30p 1000hrs M-F

18ACOS500B \$10610 Ongoing Enrollment
NPT/Cos 5:30-9:30p M-Th 1000hrs

Esthetics

Esthetics, the field of skin care and make-up, is now a specialty requiring a separate NYS license. Course covers anatomy and physiology, bacteriology, sterilization, structure and function of the skin, waxing, make-up techniques, and business practices. Includes 30-hour Laser Hair Removal certification. Students will prepare for the State Board examination for licensing in Esthetics. Uniform (\$50) and State exam fee (\$70) not included in tuition. Financial

aid available to those who qualify. Tuition includes a \$100 non-refundable fee.

18AEST500A \$9455 Ongoing Enrollment
NPT/Esth 8a-2:30p 600hrs M-F

Esthetics for Cosmetologists

Designed for licensed cosmetologists to enhance their understanding of skin care and prepare for the State Board exam for a license in Esthetics. Laser training included. Uniform \$50 and State exam fee \$70 not included in tuition.

18AEFC500A \$7880 Ongoing enrollment NPT/Esth
8a-2:30p 500hrs

Microdermabrasion Certification

Learn about the crystal and diamond tip methods; histology of the skin; bacteriology; consultation; pre- and post-care; sanitation and safety; and more.

18UEST102A \$350 7/31, 8/2 M/W NPT/Esth
5:30-9:30p 8hrs 2 sessions

Microneedling Certification for Licensed

Estheticians, RN, LPN, PA, MD

Learn to perform microneedling, how it affects the skin's physiology, safety and infection control practices, and more.

18UEST101A \$500 7/17, 7/19 M/W NPT/Esth
5:30-9:30p 8hrs 2 sessions

CPR/FIRSTAID/INF. CONTROL

Infection Control / Preventing Disease Transmission

Covers disease transmission occurs, how to prevent transmission, and what to do if an exposure occurs. Training required for NYS license renewal for RNs and LPNs and valid for four years. Completion certificate awarded.

18UHEA103A \$69 8/1 Tu DH-B/B8
10a-2p 2hrs 1 session

BLS For Healthcare Providers

Covers infection control, foreign body airway obstruction, CPR for infants, children and adults, and AED applications for children and adults and includes use of the big-valve-mask for patient ventilation. American Heart Association card valid for 2 years awarded upon completion.

18UHEA105A \$85 8/1 Tu DH-C/LCR
5-10p 5hrs 1 session

ECSI (Emergency Care & Safety Institute) Sports First Aid & Injury Prevention-NYS Coaches NEW

Sports first aid and injury prevention course includes basic first aid to sick and injured athletes, ways to prevent illness and injury. Meets 2-year refresher requirement of NYS Department of Education. (Not for new coaches or trainer initial certification.)

18UHEA120A \$109 8/3 Th DH-C/LCR
5-10p 5hrs 1 session

Heartsaver First Aid, CPR, AED NEW

Course covers first aid and adult and child CPR/AED training, infant CPR, choking, medical, injury and environmental emergencies including OSHA recommendations. American Heart Association Heartsaver First Aid card valid for two years awarded at completion.

18UHEA118A \$109 8/2 W DH-C/LCR
8a-2p 6hrs 1 session

LITTLE BITES!

All classes at Dix Hills Campus, Food Lab A. Call (631) 667-6000, x320 for an ingredient list before first class.

No Bake Desserts NEW

18UCUL112A \$65 7/11 Tu DH-B/Cu/C
6-9p 3hrs 1 session

Summer Soups & Salads NEW

18UCUL168A \$65 7/13 Th DH-B/Cu/B
6-9p 3hrs 1 session

Basic Knife Skills NEW

18UCUL111A \$65 7/18 Tu DH-B/Cu/A
6-9p 3hrs 1 session

Gourmet Burgers NEW

18UCUL169A \$65 7/20 Th DH-B/Cu/C
6-9p 3hrs 1 session

Low Calorie Desserts NEW

18UCUL114A \$65 7/25 Tu DH-B/Cu/C
6-9p 3hrs 1 session

Backyard Grilling/BBQ Faves NEW

18UCUL170A \$65 7/27 Th DH-B/Cu/A
6-9p 3hrs 1 session

Cupcake Decorating NEW

18UCUL104A \$65 8/1 Tu DH-B/Cu/C
6-9p 3hrs 1 session

Basic Fruit Carving

18UCUL171A \$65 8/3 Th DH-B/Cu/A
6-9p 3hrs 1 session

Dressings and Marinades

18UCUL172A \$65 8/8 Tu DH-B/Cu/A
6-9p 3hrs 1 session

FINISH HIGH SCHOOL :

Receive credit for life skills. These credits can be applied toward earning your High School Diploma. Study-at-home program; weekly meetings with a counselor. Must be 21 and over for eligibility.

High School Equivalency Summer Exam Prep Class

- M-F, 8:30–11:30 am, Dix Hills Campus
- T/W/Th, 12 noon–3 pm, Dix Hills Campus
- T/Th, 6–9 pm, Dix Hills Campus
- M-F, 8:30–11:30 am, St. Martin of Tours Church (basement level), Amityville

GRASP High School Equivalency (formerly GED®) Study at Home
Prepare your assignments at home, based on individual needs. Pick up assignments from Career Center at Tech or local library. Telephone help available. Free to eligible adults 21 and over. Call (631) 667-6000 x327 today to schedule an interview and assessment.

Learn English!

631-667-6000, x327

English Classes – Call now!

- M-F, 8:30–11:30 am, Dix Hills Campus
- M-F, 8:30–11:30 am, Aviation Facility, Farmingdale
- M-Th, 12–3 pm, Aviation Facility, Farmingdale
- T/Th, 6–9 pm, Dix Hills Campus
- T/Th, 12:15–3:15 pm, Dolan Center, Huntington
- M-F, 8:30–11:30 am, St. Martin of Tours, Amityville
- T/Th, 6–9 pm, S. Huntington District Office, 10 Tower Street, Huntington Station

Wilson Technological Center is the career and technical education division of Western Suffolk BOCES. Accreditation: Western Suffolk BOCES is accredited by the Commission of the Council on Occupational Education. 7840 Roswell Rd., Suite 325, Atlanta, GA 30350; phone (770) 396-3898; fax (770) 396-3790; www.council.org. **Western Suffolk BOCES Non-Discrimination Policy:** The Board of Cooperative Educational Services of Western Suffolk County, New York does not discriminate on the basis of age, religion, creed, ethnic origin, national origin, marital status, race, color, gender, sexual orientation, veteran status, weight, disability or handicap in the educational programs or activities it operates and provides equal access to the Boy Scouts and other designated youth groups. This policy of non-discrimination includes the recruitment, hiring and advancement of employees; salaries, pay and other benefits; counseling services to students; student access to course offerings; lawful political activities; educational programs and other activities; and the business activities of the Board. Inquiries concerning the application of regulations prohibiting discrimination may be referred to the BOCES Compliance Officer, Paula Klingelhofer, who may be contacted at 507 Deer Park Road; PO Box 8007; Huntington Station, NY 11746-9007 or 631-549-4900, x204 or email pklingel@wsboces.org. Or, inquiries may be made by contacting the Office for Civil Rights at NY Office for Civil Rights, U.S. Department of Education, 32 Old Slip, 26th Floor, New York, NY 10005-2500 or call 646-428-3900, or fax 646-428-3843, or TDD 800-877-8339, or email OCR.NewYork@ed.gov or file form at <http://www2.ed.gov/about/offices/list/ocr/complaintintro.html>

GET THE CLASS YOU WANT! FIND YOUR COURSE NUMBER AND REGISTER AT WWW.WILSONTECH.ORG/REGISTER

COMPUTERS

Cisco Introduction to Networks Module I Hybrid

Covers architecture, structure, functions, components, and models of the internet and computer networks; principles and structure of IP addressing and the fundamentals of ethernet. Students build simple LANs, perform basic configurations for routers and switches, and implement IP addressing schemes. Basic understanding of computers needed. 48 hours in house/ 22 hours online.

18UCIS116A \$815 7/11-8/17 Tu/Th
DH-C/227 6-10p 70hrs 12 sessions

Excel 2013 Level I

Analyze data with worksheets and workbooks, modify and format common business reports such as budgets, inventory reports, invoices, and charts. Textbook additional. (www.wilsontech.org/bookstore).

18UCOM135A \$249 7/11-7/25 Tu/Th
DH-C/202 6:30-10p 18hrs 5 sessions

Excel 2013 Level II

Manage and edit numerical reports. Work with various functions for specific types of calculations, customize charts, add pictures or shapes in a worksheet, customize formatting and explore features for managing lists using a table or database format. Textbook additional. (www.wilsontech.org/bookstore).

18UCOM136A \$249 7/27-8/10 Tu/Th
DH-C/202 6:30-10p 18hrs 5 sessions

Computer Technology I

User-friendly workshop for first-time computer users. Start with how to turn on your computer and go from there! Discover the wonders of computers in this slow-paced workshop using Windows 7. Textbook additional. (www.wilsontech.org/bookstore).

18UCOM132A \$155 7/11-7/25 Tu/Th
DH-C/18 6-9p 15hrs 5 sessions

Computer Technology II

Class includes opening a free email account, writing, responding and forwarding emails, sending attachments. Basics of the internet. Prereq: Computer Tech I or equivalent.

18UCOM133A \$155 7/27-8/10 Tu/Th
DH-C/18 6-9p 15hrs 5 sessions

Computer Electronics/Construction

Learn to build, install, upgrade and repair personal computer hardware and operating systems. Topics discussed: personal computer hardware; Windows XP and Linux operating systems installation; maintenance and file sharing; removal of malicious software; remote desktop access; and computer security. Textbook additional. (www.wilsontech.org/bookstore).

18UCOM120A \$599 7/11-8/17 Tu/Th
DH-C/223 6:30-10p 42hrs 12 sessions

Cybercrime in Social Media NEW

Social media can have a downside. Learn to use social media responsibly and be protected in cyberspace. Social media account must be created prior to class.

18UCOM153A \$65 7/18 Tu DH-A/202
6-9p 3hrs 1 session

FULL- AND PART-TIME COURSES OFFERED THIS FALL

Practical Nursing (F/T)
Surgical Technology (F/T)
Medical Assisting (P/T)
Marine Technician (P/T)
Computer Technology III and IV
Introduction to Cybersecurity
Home Inspection License
Salsa Dancing
Ballroom, Latin & Swing Dancing
And much more!

SOCIAL MEDIA FOR PERSONAL USE

Create and cultivate your personal pages, accounts and profiles and learn how to connect with people you know as well as people you would like to know. Find out what's trending, what inspires you, what creative people are doing and what your friends and favorite personalities, brands or bloggers like. **All classes are one, 3-hour session, from 7-10p at DH-C/224.**

Facebook-Beginner

18UCOM144A \$65 7/18 Tu

Facebook-Intermediate

18UCOM147A \$65 7/20 Th

Instagram-Beginner

18UCOM145A \$65 8/1 Tu

Instagram-Intermediate

18UCOM148A \$65 8/3 Th

Twitter-Beginner

18UCOM150A \$65 8/15 Tu

Twitter-Intermediate

18UCOM151A \$65 8/17 Th

SOCIAL MEDIA FOR BUSINESS

Entrepreneurs or small business owners will learn to use social media to communicate directly with customers and employees. Become familiar with the major features of the ever-evolving platforms and discuss levels of privacy for your profile and business page. Business accounts must be set up prior to attending the Social Media for Business cluster of classes. **All classes are one, 3-hour session, from 7-10p at DH-C/224.**

Facebook for Business-Beginner

18UCOM116A \$65 7/11 Tu

Facebook for Business-Intermediate

18UCOM117A \$65 7/13 Th

Instagram for Business-Beginner

18UCOM142A \$65 8/8 Tu

Instagram for Business-Intermediate

18UCOM143A \$65 8/10 Th

Twitter/LinkedIn for Business-Beginners

18UCOM118A \$65 7/25 Tu

Twitter/LinkedIn for Business-Intermediate

18UCOM119A \$65 7/27 Th

PHOTOGRAPHY

Deciphering the DSLR

Learn the most important settings on DSLR and how to use them to achieve the image results you see in your mind's eye.

18UMGA130A \$29 7/11 Tu DH-C/17 6:30-9:30p 3hrs
1 session

Making Prints That Match

Learn how to set up a color managed system so that your computer and printer speak the same color language. Save time, ink, paper and frustration.

18UMGA137A \$29 8/8 Tu DH-C/17 6:30-9:30p 3hrs
1 session

Shooting RAW: It's Worth the Extra Effort

Learn about the critical techniques and software tools you can use to get the highest level of quality and control from your digital images.

18UMGA147A \$29 7/25 Tu DH-C/17 6:30-9:30p 3hrs
1 session

Introduction to Photoshop CC/CS NEW

Learn about critical techniques including selections, layers, levels, curves, compositing, photomerge, color correction and more. Taught in the CC/CS interface.

18UMGA153A \$125 7/20-8/3 Th DH-C/17 6:30-9:30p
9hrs 3 sessions

CONSTRUCTION

Construction Estimating & Project Management

Acquire the skills to begin working as an estimator or project manager. Topics include Critical Path Management (CPM), estimating database development, job costing principles and estimating standards. In addition, learn estimating practices relating to drainage, sanitary, cut and fill, sewer and site work. Prerequisite: Blueprint reading and a strong basic math background. Textbook additional (www.wilsontech.org/bookstore).

18UCON105A \$485 7/11-8/17 Tu/Th
DH-E/AdvArt 6:30-9:30p 36hrs
12 sessions

Blueprint Reading for Electricians

Become familiar with how to lay out an electrical project from floor plans, lighting layouts and schematics to construction specifications. Learn how to develop and read site plans, make and use panelboard schedules, connected-loads and more!

18UELE111A \$399 7/11-8/10 Tu/Th
DH-D/D6 6-9p 30hrs 10 sessions

Electrical Installation II

A continuation of Electrical Installation I with emphasis on commercial and industrial systems and problems. Students may purchase additional hand tools from a list provided by the instructor the first night of class (approx. \$50). Prerequisite: Electrical Installation I. Textbook additional (www.wilsontech.org/bookstore).

18UELE103A \$675 7/11-8/17 Tu/Th
DH-D/Elec 6-9:30p 42hrs 12 sessions

Oil Burner Service II

This class covers an in-depth study of oil burner controls and wiring. Learn to troubleshoot and repair residential oil burner controls specific to oil heating as well as hydronic and steam heating. Learn to use test equipment to set up oil burners for proper combustion and efficiency. Review troubleshooting oil burners, combustion and terminology. Textbook from Oil Burner Service I. (www.wilsontech.org/bookstore). Lecture/hands on. Prerequisite: Oil Burner Service I.

18UHVC104A \$555 7/11-8/17 Tu/Th
DH-D/Plumb 6:30-10p 42hrs 12 sessions

WELDING

Welding Refresher – NEW

Looking for additional practice of skills you learn in class? This refresher class will give you the additional time in stick welding 6010 and 7018, all positions. You can also practice Tig welding cold rolled steel in all positions.

18UWEL110A \$709 7/11-8/17 Tu/Th
DH-C/Weld 3:30-6p 30hrs 12 sessions

Electrical Arc Welding I

Learn the practical application of weldments in various positions, theories of electricity, welding circuits, current controls, and types of electrodes. Students must provide gloves, goggles/helmet. Two textbooks additional (www.wilsontech.org/bookstore).

18UWEL101A \$929 7/11-8/17 Tu/Th
DH-C/Weld 6:30-10p 42hrs 12 sessions

Western Suffolk BOCES
Wilson Technological Center
Adult Education
17 Westminster Ave.
Dix Hills, NY 11746

ADULT ED CLASSES

SIGN UP
TODAY!

SPACE IS
LIMITED!

REGISTRATION EASY: 631-667-6000. X320 / EASIEST: WILSONTECH.ORG/EXPRESS

HAVE FUN THIS SUMMER LEARNING SOMETHING NEW!

Aromatherapy-Make and Take NEW

Make natural body care products and learn the basics of Aromatherapy including the safe and practical use of essential oils from a Certified Aromatherapist. Create and take home an After-Sun Cooling Gel, Natural Bug Spray and Salt Foot Scrub with essential oils and natural ingredients. Students' supply fee \$15, payable to instructor. (Exact cash or money order only.)

18UFIT110A	\$49	7/11 Tu	DH-C/205	6-9p	3hrs	1 session
18UFIT110B	\$49	7/13 Th	DH-C/205	6-9p	3hrs	1 session
18UFIT110C	\$49	8/1 Tu	DH-C/205	6-9p	3hrs	1 session
18UFIT110D	\$49	8/3 Th	DH-C/205	6-9p	3hrs	1 session

DIY Fresh Flower Arrangements

Make gorgeous arrangements! First class (1.5 hrs) covers design fundamentals and second class is creating arrangement, either on your own (supply costs vary - approx. \$25-\$50) or with instructor.

18UIDD136A	\$55	7/18, 7/25	DH-A/203	6-10P	5.5hrs	2 sessions
18UIDD136B	\$55	8/1, 8/8	DH-A/203	6-10p	5.5hrs	2 sessions

POUND- NEW

A fun group fitness class that fuses strength training, Pilates and cardio moves with drumming. Using lightweight exercise drumsticks (Riptix™) challenge your body's stability during each technique, target and strengthen your core and deep muscles while combining both sound and movement. Wear comfortable clothing and bring water, your enthusiasm and a yoga mat.

18UFIT111A \$69 7/13-8/17 Th DH-B/WilsRm 6:30-7:30p 6hrs 6 sessions

Yoga

Tone your body, increase energy and improve physical, mental and spiritual well-being. Bring a yoga mat and wear comfortable clothing.

18UFIT104A \$69 7/11-8/15 Tu DH-A/Gym 6:30-8:30p 12hrs 6 sessions

Yogalates

Strengthen and tone your body in this intense yoga/pilates combination class. Bring a yoga mat and wear comfortable clothing.

18UFIT108A \$69 7/13-8/17 Tu/Th DH-A/Gym 6:30-8:30p 12hrs 6 sessions

Voiceovers

Fun, one-on-one, video chat class to get started in professional voice acting. Receive professional voice evaluation. 18 and over. This class is taught by a professional voice

actor from the voice acting training company, Voices For All. Check out the video at www.voicesforall.com/ooo for a better sense of how the class works. Requirements: Students must have internet access and video chatting capabilities using Skype (for PC users) or iChat (for Mac Users). Also offered via telephone if you do not have a webcam. Call 631-667-6000 x320 to arrange.

18USPI103A \$49 7/1 1.5hrs 1 session

Acoustic Guitar Workshop

Hone your skills in a supportive workshop focused on guitar repertoire, improvisation, reading, basic music theory and performing with others. All levels welcome!

18UMUS117A \$125 7/11-8/15 Tu DH-C/27 8-10p 12hrs 6 sessions

Art of Fingerstyle Guitar

Learn basic classical exercises for developing dexterity in the right hand using tablature or standard note reading. Includes basic folk and acoustic styles, Travis picking and standard fingerstyle. For beginner and intermediate students.

18UMUS111A \$125 7/13-8/17 Th DH-A/103 8-10p 12hrs 6 sessions

Guitar III NEW

As in Guitar I and Guitar II, emphasis is on bookwork, keys, major and minor chords, the Barr chord, chord progressions and vocal development/accompaniment. Must have a tunable guitar and ability to read and locate notes on first three strings. Textbook additional. (www.wilsontech.org/bookstore).

18UMUS116A \$179 7/11-8/10 Tu/Th DH-C/LCR 5:30-7:30p 20hrs 10 sessions

Guitar IV (Fret-Board Harmony)

Focus on ear development, harmonic and compensation tuning, scales and chords, fret-board analysis, chord construction/function. Textbook additional. (www.wilsontech.org/bookstore).

18UMUS118A \$179 7/11-8/10 Tu/Th DH-C/LCR 7:30-9:30p 20hrs 10 sessions

Music Theory

Learn how music is created and structured. Covers major and minor scales, the circle of fifths, key signatures, chord theory, basic ear training, intervals, and more.

18UMUS206A \$125 7/11-8/15 Tu DH-A/103 6-8p 12hrs 6 sessions

Singing for Non-Singers

Learn breath control, articulation, pitch, basic ear training and phrasing. Bring sheet music for one or two songs of your choosing.

18UMUS208A \$125 7/13-8/17 Th DH-A/103 6-8p 12hrs 6 sessions