

HAVE FUN THIS SUMMER!

BODY BOOTCAMP NEW

This course is an intense mix of aerobic, strength training and speed in each class session of interval training. Great for all levels of fitness. Bring your mat and water!

20UFIT147A \$69 TH 7/11-8/15 DH-B/WilsRm 7:15-8:15PM 6hrs 6 sessions

CHI GONG NEW

Achieve clarity of mind and better your health, stamina and strength through coordination of movements by practicing this ancient system of meditative movement. The low-impact forms featured in this class are fluid, easy to learn and are considered non-strenuous. Wear comfortable loose clothing and bring water.

20UFIT120A \$69 TU 7/9-8/13 DH-B/WilnRm 6:30-8pm 9hrs 6 sessions

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.

20UIDD136A \$55 TU/TH 7/9, 7/11 DH-C/Staffloug 6-10pm 5.5hrs 2 sessions

MUSIC THEORY

Uncover how music is created and structured; learn major and minor scales, the circle of fifths, key signatures, chord theory, basic ear training and more.

20UMUS206A \$125 TH 7/11-8/15 DH-C/27 6-8PM 12hrs 6 sessions

PIYO NEW

PiYo combines pilates and yoga to build strength, increase flexibility and promote weight loss. Created by Chalene Johnson of the Turbo Kick system, this course is for people who want the mind-body benefit and a high intensity class. Bring your mat and water!

20UFIT146S \$69 TH 7/11-8/15 DH-B/WilsRm 6-7PM 6hrs 6 sessions

RHYTHM GUITAR WORKSHOP

Learn techniques of accomplished players; focus on how to subdivide the beat, arpeggiate and play with timing. Beginners welcome; some knowledge of basic and barre chords helpful.

20UMUS119A \$125 M 7/8-8/12 Npt/103 6-8PM 12hrs 6 sessions

SONG WRITERS' WORKSHOP NEW

Introductory course for aspiring songwriters focuses on musical structure, chord progressions, melody writing, lyric writing. Prerequisite: some guitar or piano knowledge.

20UMUS207A \$125 M 7/8-8/12 Npt/103 8-10PM 12hrs 6 sessions

YOGA

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

20UFIT104A \$69 TU 7/9-8/13 DH-A/Gym 6:30-8pm 9hrs 6 sessions

VOICEOVERS

Receive professional voice evaluation. 18 and over. Taught by professional voice instructors, Voices for All. Check out the video at www.voicesforall.com/ooo. Also offered via telephone if you do not have a webcam. Call 631-667-6000 x320 to arrange.

20USPI103A \$49 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!

20UMUS117A \$125 TU 7/11-8/15 DH-C/27 8-10pm 12hrs 6 sessions

LEAD GUITAR WORKSHOP

Learn the pentatonic scales, blues scales, chromatic scales, major and minor modes and arpeggios. Opportunities to learn one-on-one and jam. Beginners welcome but some knowledge of basic guitar helpful. Open to both electric and acoustic players. Electric players are required to bring their own small practice amp to class.

20UMUS120A \$125 TU 7/9-8/13 DH-C/27 8-10pm 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.

20UMUS208A \$125 TH 7/9-8/13 DH-C/LCR 6-8pm 12hrs 6 sessions

WREATH WORKSHOP NEW

Create something beautiful. First class covers fundamental design and instructor provides tips on flowers and materials to purchase for second class, depending on what you want to create.

20UIDD143A \$59 TU/TH 7/16, 7/18 DH-C/LCR 6-10PM 5.5hrs 2 sessions

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

SPACE IS LIMITED!
SIGN UP TODAY!

SUMMER 2019
ADULT ED CLASSES

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

Non-Profit Org.
U.S. Postage
PAID
Hicksville, NY
11801
Permit No. 86

SUMMER 2019 ADULT EDUCATION COURSES

LEARN TO CHANGE LIVES FOR THE BETTER THIS SUMMER



BECOME A 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.

20UMED111A \$1130 7/9-8/1 TU/TH
REP/123 9am-2:30pm 44hrs 8 sessions

BECOME A VETERINARY ASSISTANT

Work with various types of domestic animals and learn proper nutrition, correct handling of animals, and identification of common parasites. You'll also review radiographs, prepare surgical equipment, laboratory forms and logs; and cover basic grooming. Field trips will be scheduled for three Sundays. Prerequisite: Must achieve a satisfactory score on TABE if student does not have a high school diploma. Students will be post-tested on the last day of class to assess their skills. Textbook, vocabulary book, and grooming kit are provided. Payment plan available.

20SVET500A \$3245 TU/TH Fall 2019
HN/201 6-10:30PM 153hrs 34 sessions



PREPARE FOR A GREAT CAREER IN AVIATION MAINTENANCE TECHNOLOGY FAA AIRFRAME AND POWERPLANT LICENSE



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, August 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. For more information, call our Financial Aid office at 631-261-3600 x214. DD214 waivers are evaluated on-site for approved military training. Tuition includes 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. 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.

DELTA TechOps

Approved Partner School Aviation Maintenance Technology

20AAMT500A \$31825 Ongoing Enrollment
REP/ 8am-2:30pm M-F 1910hrs

Powerplant/General
20AAMT500B \$19095 Ongoing Enrollment
REP/ 8am-2:30pm M-F 1155hrs

Airframe/General
20AAMT500C \$19095 Ongoing Enrollment
REP/ 8am-2:30pm M-F 1155hrs

AUTO/MOTORCYCLE

Auto Body Repair

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

20UAUT102A \$380 7/9-8/15 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.

20UAUT103A \$399 7/9-8/15 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. Develop skills in communication, customer relations, sales, shop operations and repair order writing (RO's).

20UAUT110A \$215 7/9-7/25 TU/TH
DH-C/AuMechII 6-10pm 24hrs 6 sessions

*Interested in a career in auto mechanics?
Consider our full-time program!*

WORK YOUR RIDE!

Bicycle Maintenance-Intro

Learn the basics of maintaining your bike, from bearing replacements, system overhauls and basic tuneups. Bring your bikes!

20USP1102A \$99 TU 7/9-8/6
DH-C/AutoMechIII 6-9PM 15hrs 5 sessions

COMING THIS FALL!

Automotive Technical Training	Marine Technician (P/T)
Central Service Technician	Auto Body Repair
Computer Technology III and IV	Home Inspection License
EKG Technician	Recovery Coach
Medical Assisting (P/T)	Fitness/Dancing
	Radiologic Technology
	And much more!

REGISTER NOW! SUMMER CLASSES 2019 WWW.WILSONTECH.ORG / ADULTS

SIGN LANGUAGE- BEGINNER NEW

Sign language is the third most used language in the US. This beginner American Sign Language course explores finger spelling, ASL grammar and syntax, vocabulary, numbers and facial expression. and sign with ASL and some Sign English, with focus on developing facial/body expression skills.

20ULAN101A \$239 TU/TH 7/9-8/15
DH-C/27 6-8PM 24hrs 12 sessions

APPEARANCE ENHANCEMENT

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. \$475) and designated uniform. Financial aid available to those who qualify. Tuition includes a \$100 non-refundable fee.

20ACOS500A \$10610 Ongoing Enrollment
NPT/Cos 8am-2:30pm M-F 1000hrs
20ACOS500B \$10610 Ongoing Enrollment
NPT/Cos 5:30-9:30pm M-TH 1000hrs

Esthetics

Esthetics 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 prepare for State Board licensing exam for 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

20AEST500A \$9455 Ongoing Enrollment
NPT/Esth 8am-2:30pm 600hrs M-F



SUMMER SALON!

The Western Suffolk BOCES Cosmetology and Esthetics programs are offering summer specials from July 8 through August 23! Call for an appointment for an array of hairstyling services, from a simple cut and shampoo to a full head of highlights, and esthetics services including facials. Students pursuing licenses are supervised by instructors and provide salon-quality services at dramatically reduced prices.

Cosmetology Salon: Wednesday, 5:30-8 p.m.
Thursdays & Fridays from, 8 am-2 pm.
Call 631-261-3600 x249

Esthetics Salon: Thursdays & Fridays, 8 am-Noon
Call 631-261-3600, x253

Appointments are required and spaces fill up fast!

ATTENTION FOODIES! LITTLE BITES!

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



Light and Healthy Summer Bites NEW

20UCUL203A \$65 7/9 TU DH-B/CulA 6-9pm 3hrs 1 session

Summer Soups & Salads

20UCUL168A \$65 7/11 TH DH-B/CulA 6-9pm 3hrs 1 session

Basic Knife Skills

20UCUL111A \$65 7/16 TU DH-B/CulA 6-9pm 3hrs 1 session

Gourmet Burgers

20UCUL169A \$65 7/18 TH DH-B/CulA 6-9pm 3hrs 1 session

Cake and Cupcake Decorating Skills NEW

20ACUL204A \$65 7/23 TU DH-B/CulA 6-9pm 3hrs 1 session

Fun Fruit Arrangements

20UCUL153A \$65 7/25 TH DH-B/CulA 6-9pm 3hrs 1 session

Dressings and Marinades

20UCUL172A \$65 7/30 TU DH-B/CulA 6-9pm 3hrs 1 session

Summer Essentials NEW

20UCUL205A \$65 8/1 TU DH-B/Cul A 6-9pm 3hrs 1 session

Mediterranean Cooking NEW

20UCUL206A \$65 8/6 TH DH-B/CulA 6-9pm 3hrs 1 session



- WESTERN SUFFOLK BOCES -

HIGH SCHOOL EQUIVALENCY

FAST TRACK PROGRAM

Our certified Career Counselors will work with you to create an Individualized Education Plan and help you start your educational journey.

FAST TRACK FEATURES:

- Math tutoring in small groups
- Writing experts available
- Use passing scores from ANY Regents no matter how long ago you took it
- Apply passing scores from previous TASC exams
- Learn test-taking strategies
- Develop test-anxiety reduction strategies
- Morning, afternoon and evening instruction available.

EXTERNAL DIPLOMA PROGRAM (EDP) OPTION:

- Supportive environment
- Weekly meetings scheduled at your convenience
- Flexible days and hours
- Great for those with test anxiety
- Registration fee required once fully enrolled

Call 631-667-6000 ext.327

MAKE THE MOST OF YOUR IPHONE!

iPhone/iPad I NEW

Phone basics, text messaging, security, battery life, notes

20UCOM156A \$29 7/23 TU DH-C/224
6:30-9:30pm 3hrs 1 session

iPhone/iPad II NEW

Maps, email, Safari, iCloud, Apple Pay

20UCOM157A \$29 7/25 TH DH-C/224
6:30-9:30pm 3hrs 1 session

iPhone/iPad III NEW

Take better pictures, music & videos, SIRI

20UCOM158A \$29 7/30 TU DH-C/224
6:30-9:30pm 3hrs 1 session

iPhone/iPad IV NEW

Practice and perfect with an instructor on-hand to assist.

20UCOM159A \$29 8/1 TH DH-C/224
6:30-9:30pm 3hrs 1 session



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, Dr. Hugh Gigante, who may be contacted at 507 Deer Park Road; PO Box 8007; Huntington Station, NY 11746-9007 or 631-549-4900, x204 or email hgigante@wsbores.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>

ALL CLASSES SUBJECT TO MINIMUM ENROLLMENT REQUIREMENTS

COMPUTERS

Cisco Routing & Switching Essentials – Module II Hybrid

Covers the architecture, components, and operations of routers and switches in a small network. Learn how to configure a router and a switch for basic functionality. By the end of course, you should be able to configure and troubleshoot routers and switches and resolve common issues with RIPv1, RIPv2, single-area and multi-area OSPF, virtual LANs and Inter-VLAN routing in both IPv4 and IPv6 networks. Prerequisite: Intro to Networks

20UCIS117A \$815 7/9-8/15 TU/TH
DH-C/227 6-10pm 70hrs 12 inclass sessions;
5 online 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.

20UCOM120A \$599 7/9-8/15 TU/TH
DH-C/223 6:30-10pm 42hrs 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.

20UCOM135A \$249 7/9-7/23 TU/TH
DH-C/10 6:30-10pm 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.

20UCOM136A \$249 7/25-8/8 TU/TH
DH-C/10 6:30-10pm 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.

(20UCOM132A \$155 7/9-7/23 TU/TH
DH-C/18 6-9pm 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.

20UCOM133A \$155 7/25-8/8 TU/TH
DH-C/18 6-9pm 15hrs 5 sessions

Order textbooks www.wilsontech.org/bookstore

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 7-10pm at DH-C/224.**

Facebook-Beginner

20UCOM144A \$65 7/9 TU

Facebook-Intermediate

20UCOM147A \$65 7/11 TH

Twitter-Beginner

20UCOM150A \$65 8/6 TU

Twitter-Intermediate

20UCOM151A \$65 8/8 TH



PHOTOGRAPHY

ADOBE LIGHTROOM CLASSIC & CLOUD FOR BEGINNERS

Learn how to use Lightroom to import and organize your photos. Edit and enhance them and develop a workflow for your photography.

20UMGA165A \$29 TU 7/9 DH-C/18
6:30-9:30PM 3hrs 1 session

DECIPHERING YOUR DSLR 101

Become familiar with the basics of your digital camera. Class covers exposure, shooting modes and basic camera settings.

20UMGA163A \$29 TU 7/16 DH-C/18
6:30-9:30PM 3hrs 1 session

DECIPHERING YOUR DIGITAL CAMERA AND LENS 102

Class picks up where 101 leaves off. Expand your knowledge to include memory cards, wide angle and telephoto lens controls/aperture settings and more! Bring your camera!

20UMGA164A \$29 TU 7/23 DH-C/18
6:30-9:30PM 3hrs 1 session

PHOTOSHOP - INTRODUCTION

Learn the power of Photoshop to take your photos to the next level. Learn about tools and layout as well as layers and plug-ins.

20UMGA170A \$29 TU 7/30 DH-C/18
6:30-9:30PM 3hrs 1 session

MASTERING YOUR FLASH – NEW

Learn about flash/speedlights on camera and off-camera; the advantages of light modifiers such as umbrellas, softboxes, reflectors, speed rings and more.

20UMGA173A \$29 TU 8/6 DH-C/18
6:30-9:30PM 3hrs 1 session

TO REGISTER

wilsontech.org/express

631-667-600 x320



CONSTRUCTION

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).

20UELE103A \$675 7/9-8/15 Tu/Th
DH-D/Elec 6-9:30pm 42hrs 12 sessions

Oil Burner Service II

Prerequisite: Oil Burner Service I. In-depth study of controls and wiring; learn to troubleshoot/repair residential oil burner controls; use test equipment to set-up oil burners. Lecture/hands on. Textbook required.

20UHVC104A \$555 TU/TH 7/9-8/15
DH-D/Plumb 6:30-10PM 42hrs 12 sessions

OSHA 30-HR Construction Safety Training

Learn OSHA construction standards to perform your daily job functions safely. Topics: intro to OSHA, electrical safety, scaffold safety, fall protection, power tools and more. Successful completion earns US Department of Labor wallet card. Textbook additional.

20UCON115A \$289 TU/TH 7/9-8/8 DH-C/16
6-9PM 30hrs 10 sessions

WELDING



Comprehensive Welding - Basic NEW

If you're interested in welding, this comprehensive class is the perfect place to start! Become familiar through hands-on experience with Arc, Tig, Mig Oxy Fuel, and plasma cutting. Our master instructors will help you gain a better understanding of welding techniques so you can decide which is best for you. A true beginner's class.

20UWEL111A \$465 7/9-7/25 Tu/Th
DH-C/Weld 3:30-6:30pm 21hrs 6 sessions

Welding Refresher – NEW

Looking for additional practice of skills you learned 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.

20UWEL110A \$709 7/9-8/15 Tu/Th
DH-C/Weld 6:30-9pm 30hrs 12 sessions

DH - 17 WESTMINSTER AVE, DIX HILLS NPT-152 LAUREL HILL ROAD, NORTHPORT