



SCHOOL OF CONTINUING EDUCATION at
Montachusett Regional Vocational Technical School District

SPRING



COURSE CATALOG

2023

PROCEDURES

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FIRST DAY OF CLASS: WELCOME TO MONTY TECH'S SCHOOL OF CONTINUING EDUCATION (SCE)!

For in person or Hybrid classes: Please arrive 10-15 minutes prior to the start of class. Enter the main building through the main entrance across from the flag poles. All students will be escorted to their class by a School of Continuing Ed Representative.

For Remote Classes: Your instructor will contact you the day of your first class with information on how the class will be meeting. Please check spam and junk folders for email.

BOOK AND SUPPLIES

Please visit our website www.montytechnites.com for up to date information on required books and materials for classes. All books and materials must be purchased prior to the start of class.

PAYMENT PLANS

Payment Plans are available for qualifying career courses. Monthly, Bi-weekly, and Weekly options are available. Please contact the SCE office in order to enroll in a payment plan.

DISCOUNTS

10% off: Current Monty Tech or MT Nites Employees, Monty Tech Alumni, Seniors (65+). To qualify for a discount your class must meet 4 or more times.

CANCELLATION POLICY

The School of Continuing Education reserves the right to cancel classes with insufficient enrollment, and to make instructor changes or to change class schedules due to unforeseen circumstances. In the event of a class cancellation, SCE will make every effort to contact students via email or phone as soon as possible. All students will receive a 100% refund in case of a canceled course.

REFUND/WITHDRAWAL POLICY

If you withdraw from a course:

- **Five days or more prior** to the start date you will receive a refund minus a \$10 processing fee
- **Less than five days prior** to the start date you will receive a 75% account credit (non transferable, expires one year from issue date)
- **Day of or after** the start of your course, No refund or account credit will be issued
- Account credits cannot be later refunded, are not transferable to other students and will expire one year from issue date.

Career, Certificate, or license courses are not eligible for refunds, including the down payment. All Personal Enrichment courses must be paid in full upon registration. Any student who is a no-show, or drops after the first night of class is still financially responsible for full tuition. No student will be able to register for any new classes until unpaid balances are paid in full.

INCLEMENT WEATHER

If Monty Tech High School cancels school, there will be NO night classes that evening. If we are expecting inclement weather in the Montachusett area, a decision will be made by 3PM the day of class for cancellation. In case of class cancellations, students will be notified via email, and updates will be available on www.montytechnites.com. For one night only classes, a makeup date will be scheduled and all students will be contacted via email and phone.

VETERANS

SCE's billing complies with S.2248 PL 115-407 Section 103 of the Veterans Benefits and Transition Act of 2018. Please contact our office to enroll.

SUBSTANCE FREE SCHOOL

Montachusett Regional Vocational Technical School is a smoke free school. There is no use of any kind of tobacco or vaping products allowed in school buildings or on school grounds.

NONDISCRIMINATION POLICY

SCE 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 adult evening students.

TITLE IX

Please see all Title IX Information online here: www.montytech.net/domain/4252

READY TO REGISTER?

Register today! Classes fill up quickly and registration is on a first-come first-serve basis.
There are four ways to register for classes:



ONLINE

This is the easiest way to register seeing how you are already here! Simply click the link below and choose a course from the categories list. You can also search courses by clicking "course search" in the top left hand corner. You will be prompted to create an account and complete registration once you choose.



MAIL

Download the form from our website and print to fill out. Include a check, money order, or credit card info. Checks made payable to **Monty Tech Adult Ed.**

Complete the registration form and mail it with your payment to:
School of Continuing Education at
Montachusett Reg. Voc. Tech. School
1050 Westminster Street
Fitchburg, MA 01420



PHONE

You can call us to register!
978-345-9200 x5220

Our office hours are:
Monday through Thursday
11:00 am - 9:30 pm
Friday 8:00 am - 2:00 pm
Saturday - Sunday: Closed

Summer and Intersession:
Monday - Thursday
8:00 am - 5:00 pm
Friday, Saturday, Sunday:
Closed



IN PERSON

Visit us at our location!
School of Continuing Education at
Montachusett Reg. Voc. Tech. School
1050 Westminster Street
Fitchburg, MA 01420

Our office hours are:
Monday - Thursday
8:00am - 5:00pm
Friday 8:00am - 2:00pm

CAREER TECHNICAL TRAINING

We are offering **NO COST** training in 6 in-demand occupations!

In partnership with MassHire North Central Career Center. Training Programs made possible with a grant provided by Commonwealth Corporation.



NO COST TRAINING

Full Scholarships Available

No cost training for grant eligible applicants, provided for the following courses:

- CNC Operator
- Property Maintenance
- Welding - reopening July 2023

Qualified participants will receive:

- Free training
- Industry-specific certifications
- Incentives for attendance and program completion
- All supplies and materials needed for success in the course
- Job placement

LIMITED SPACE

Contact us to learn more!

adulthoodeducation@montytech.net
978.345.9200 ext. 5220



ARTS & DESIGN

NEW EASTER BASKET WEAVING

MON | 3.6.23

5:30-8:30PM | ART141-SP23 | \$75

Ever wanted to make your own Easter Basket? The wait is now over! Create your own Easter basket in this one night course. At the end of the night, you will have a basket with a wooden base sufficient to hold a 9" pie pan and leather handles. Students will learn basic weaving techniques of basket making and will be able to choose from a variety of colors. (First come, first served). All materials included at a value of \$40 per kit. Students should bring: A bucket to soak the reed in, Scissors, Clothespins (6-10), A spray bottle for water, and an old towel.

INTRODUCTION TO ADOBE ILLUSTRATOR

TUES | 3.28.23-5.4.23

6-8PM | PHO110-SP23 | \$160

Let your artistic skill shine in this Adobe illustrator course. In this class you will learn the basics of Adobe Illustrator and be able to utilize the program to create unique cards and other printables and digital works with your own designs and artwork. No prior experience needed! Students should bring with them a notebook and writing utensil if they would like to take notes, and a flash drive to hold their projects.

INTRODUCTION TO GLASS FUSING - OFF-SITE

SAT | 4.29.23-5.20.23

10AM-1PM | ART107-SP23 | \$225

Glass fusing is a way to bring an eclectic piece of glass together to create a beautiful contrast. If you are not familiar with fused glass, you have come to the right place! Fusing is one of the most used techniques in the art glass world. It involves melting and bonding different pieces of glass together to form interesting new patterns and textures. This is a fun way to start experimenting with glass art!

Material cost is payable to the instructor on the first night of class in the amount of \$75.00. This cost includes glass, kiln time and supplies. Closed-toe shoes are required. First class is 10-11:30AM, remaining classes run until 1PM. Classes to be held at Toy Town Stained Glass (36 Monomonic Road W., Winchendon, MA 01475).



STAINED GLASS - OFF-SITE

THU | 4.27.23-6.1.23

6-9PM | ART106a-SP23 | \$225

Has a beautiful stained-glass window ever caught your eye and made you wonder how this was created? Now you can learn how to construct your own stained glass panel, learning glass cutting, foiling, and soldering techniques used in copper foil method. The instructor owns and operates a successful stained glass studio and will provide several patterns to choose from.

Material cost is payable to the instructor on the first night of class in the amount of \$85. This includes the use of tools, supplies, and glass needed for the project. Students will need a pair of safety glasses, which may be purchased at the studio for \$4. Closed-toe shoes are required.

Classes to be held at Toy Town Stained Glass (36 Monomonac Road W., Winchendon, MA 01475).

TAKING BETTER PICTURES I

THU | 3.16.23-4.13.23

6-8PM | PHO100a-SP23 | \$150

Want to know how to get more out of your digital camera? In this class you'll learn how Aperture, Shutter Speed, and ISO each affect exposure, picture quality, and image impact. The differences between your camera's "Aperture Priority", "Shutter Priority", and "Full Manual" modes are explained and explored. Weekly class exercises are designed to help you practice using each of these modes to produce incredible photographs. You will display your photographs taken during each exercise for review and feedback from both the instructor and the class.

Required Course Material: Please bring your camera, your Camera's Manual, and a USB Thumb Drive

TAKING BETTER PICTURES II

THU | 4.27.23-5.25.23

6-8PM | PHO100b-SP23 | \$150

Get creative with your camera. In this class we'll work on developing your photographer's eye. Go from just taking pictures to making great photographs. Class discussions will include traditional and non-traditional compositional guidelines such as the rule of thirds, lines, and curves, to how moving your feet can enhance an image. How does your choice of lenses affect perspective? Should you edit your photos? Have you considered shooting in black & white? Each week you'll work on projects designed to challenge your imagination. Students will display and discuss their weekly photos with the class.

Required Course Material: Please bring your camera, your camera's manual, and a USB Thumb Drive, but most of all, your imagination

*Any student who has taken "Taking Better Pictures I", will be eligible for a discount for this course. Please contact our office for more details.

C# PROGRAMMING SERIES*

ONLINE | ROLLING ADMISSION

Ed2Go-B8538-SP23 | \$250

Learn the fundamentals of computer programming with C#, the in-demand and incredibly useful programming language that incorporates the best features of Visual Basic, C++, and Java. 48 hours.

COMPUTER BASICS

TUE | 3.21.23-4.11.23

5-7PM | COM103-SP23 | \$60

Improve your computer confidence! There are no dumb questions! Come to learn tips, tricks, and answers to frequently asked questions about Windows Computer Basics. Topics Include: How to use your computer, creating an email, Using social media, Internet Safety. It is highly encouraged to bring your own laptop if you own one.

Apple Product specifics will not be taught in this class.

VIDEO GAME DESIGN AND DEVELOPMENT*

ONLINE | ROLLING ADMISSION

Ed2Go-GES605-SP23 | \$2150

Video game design and development is challenging, but the rewards are worth it. With this unparalleled comprehensive training course, you'll master skills that open doors to the growing video game industry. Using a comprehensive and analytical approach to game engine architectures, this online course will teach you how to effectively design and develop games. 225 hours.

NEW INTRODUCTION TO PODCASTING

MON | 3.27.23-5.8.23

5:30-7:30PM | PHO120-SP23-SP23 | \$150

Learn about how to use the portal of podcasting to transform your life! Work with Jill Woodworth, an experienced podcaster, special needs mom, who utilized her lived experience not only to inspire, create, cultivate and produce relevant content but to transform her life from the inside out, and how YOU CAN TOO! Know that you matter and will find a sense of empowerment and self-love through remembering and expressing your voice. You will be able to go forward feeling more fully aligned and connected with yourself and your soul's purpose and life in general. You'll also have documented the process through the portal of podcasting, and have a whole lot of fun!

COMPTIA NETWORK+ CERTIFICATION PREP*

ONLINE | ROLLING ADMISSION

Ed2Go-ncp-SP23 | \$125

This course will teach you everything you need to take and pass the CompTIA Network+ certification exam (N10-007). You will learn about the OSI seven-layer model, protocol suites, modern network operating systems, network hardware, cabling standards, remote connectivity, Internet connections, cloud computing, network security, network troubleshooting, and more. 24 hours.

MICROSOFT EXCEL I*

ONLINE | MON | 3.20.23-4.24.23

7:15-8:45PM | COM104-SP23 | \$160

Excel is a powerful spreadsheet application. The focus of this course is basic Excel skills. We will begin by reviewing the MS Office Ribbon Interface and learning to navigate spreadsheets. We'll enter and edit data; use cut, copy, paste, and flash fill; select cells and ranges; print worksheets; and change styles. We'll learn basic formulas and cell formatting for quick analyses; freezing rows/columns; formatting data as a table; and displaying subtotals. This class applies to Excel 2016 and 2019 specifically. Prerequisite: Fundamental knowledge of computers.

Access to a computer with Excel (2010, 2013, 2016, 2019 or 365) outside of the classroom is required. Materials will be provided. USB/Flash drive recommended but not required. Course taught in Windows.

MICROSOFT EXCEL II*

ONLINE | MON | 5.8.23-6.12.23

7:15-8:45PM | COM106-SP23 | \$160

We will build upon the lessons from Excel Level 1 and enhance your skills by using more advanced features. We will work with larger data sets and explore creating and customizing charts; PivotTables and PivotCharts; linking cells and formulas; using multiple spreadsheets; printing multiple worksheets; and looking at real-world examples of data visualizations. Applicable to Excel 2016 and 2019. Prerequisite: Fundamental knowledge of computers and Excel Level 1 equivalent competence.

Access to a computer with Excel (2016, 2019 or 365) outside of the classroom is required (older versions may not have all functions). Materials will be provided. USB/Flash drive recommended but not required.

*Any student who has taken "Microsoft Excel Level 1", will be eligible for a discount for this course. Please contact our office for more details.

PROFESSIONAL BOOKKEEPING WITH QUICKBOOKS*

ONLINE | ROLLING ADMISSION

Ed2Go-GES2046-SP23 | \$2400

Acquire the skills you need to make the most of QuickBooks Online. This course will help you understand how to get your business finances in order and save time with this powerful and useful tool. This course also serves as preparation for the QuickBooks Certified User exam. Exam voucher included. 100 hours.

CONSTRUCTION

ELECTRICAL JOURNEYMAN'S PROGRAM



Fall Only, Registration Goes live after
July 1, 2023

ELECTRICAL ADVANCED MASTERS PROGRAM



Fall Only, Registration Goes live after
July 1, 2023

PLUMBING APPRENTICE TRAINING



Fall Only, Registration Goes live after
July 1, 2023

EPA 608 TECHNICIAN CERTIFICATION

TUES | 4.25.23-6.13.23

5:30-7:30PM | HVACEPA-SP23 | \$215

Section 608 of the Federal Clean Air Act requires that all persons who maintain, service, repair or dispose of appliances that contain ozone-depleting refrigerants be certified in proper refrigerant handling techniques. These regulations were revised in the fall of 2016 to address HFCs, HFOs, revised allowable leak rates and expanded recordkeeping guidelines. The ESCO Institute's EPA Section 608 Certification Program has been revised to incorporate these new regulations. EPA 608 Certification Exam is included in the course fee.



WELDING LEVEL I

THU | 3.2.23 - 5.4.23

5:30 - 9:30PM | WELD103-SP23 | \$600

This 10-week introductory course is intended for anyone who wants to get a basic understanding of a variety of welding skills, knowledge, and safety procedures. The following processes will be rotated in on multiple weeks: Oxygen and Acetylene welding, brazing and cutting processes, Flux Cored Arc, Gas Metal Arc Welding (MIG), Gas Tungsten Arc (TIG), Shielded metal arc (Stick). Each class will consist of welding related lectures proceeding with performance welding tasks. This course has required materials.

WELDING LEVEL II

MON | 2.27.23 - 5.8.23

5:30-8:30PM | WELD100b-SP23 | \$600

Do you want to learn advanced welding knowledge and skills? This course will develop an individual's understanding of welding and its practice. In the first half of the course, the instructor demonstrates and supervises the fundamentals of gas metal arc welding (MIG), including flux core arc welding in various positions and joint connections. In the second half of the course, the instructor introduces students to the shielded metal arc (stick) welding process. Emphasis is placed on padding, fillet, in various positions with SMAW electrodes. The instructor will adhere to safety procedures. Students should be prepared to listen, observe and participate in activities safely. This course has required materials.

WELDING LEVEL III

MON/THU | 5.11.23 - 6.8.23

5:30 - 9:30PM | WELD104-SP23 | \$600

This course introduces the gas tungsten arc (TIG) welding process of carbon steel, stainless steel and aluminum on plate stock as well as tubing. Topics include correct selection of tungsten, polarity, gas and proper filler rod with emphasis placed on safety, equipment setup, and welding techniques. Upon completion, students should be able to perform GTAW fillet welds with various electrodes and filler materials. This course has required materials.

BEGINNER/INTERMEDIATE WOODWORKING: HALL TABLE

THU | 3.16.23-5.18.23

5:30-8:30PM | WOO110-SP23 | \$350

In this 24 hour beginner woodworking course you will have the opportunity to create a hall table from rough lumber to a finished product. We will go over safe techniques for using basic woodworking tools and machinery as you learn to mill stock and fabricate joinery. Participants will have the opportunity to use table saws, chop saws, and routers during each session. This course is suitable for beginners and intermediates. Prerequisite: Ability to read a standard rule. Students should have a pencil, tape measure, and safety glasses

OIL BURNER TECHNICIAN CERTIFICATION PREP COURSE

TUE/WED/THU | 2.28.23-5.4.23

5:30PM | OBT01-SP23 | \$1500

This course will provide students with hands-on and classroom time needed to successfully prepare for the State License Exam. Your instructor will cover the basics of installation, troubleshooting, and repair of oil fired heating systems. Our technical program has all new equipment to be trained on. Our knowledgeable and certified instructor will take you through scenarios you would encounter in the field. This course has required materials.

Medical Warning for Welding Courses: *There are strong magnetic fields and high frequency fields used in several of the welding processes. These may interfere with certain medical devices. Please consult with your physician prior to signing up if you have any heart or medical issues.*

STOVETOP NOODLE BOARD

WED | 3.22.23-4.12.23

5:30-8:30PM | WOO105-SP23 | \$225

This class is a Pinterest Board's dream! In this 4-night course you will learn how to make your very own Stove Top Noodle Board! This noodle board doubles as a cover for your electric stove top as well as a tray for parties and celebrations! In this course you will design, create, and show off your one-of-a-kind project. Students will have the option to stain, burn and/or pour epoxy resin into their Noodle Board designs. Each student is responsible for providing two cabinet handles with hardware of their choice to complete the project finishing touches. At the end of this 4-week course you will have the kitchen decor of your dream! Each student will need: safety glasses, closed toed shoes, long pants, a tape measure, and a pencil.

CONSTRUCTION SUPERVISOR LICENSE UNRESTRICTED LICENSE EXAM PREP

TUE | 3.14.23-4.18.23

5-7PM | CON100-SP23 | \$800

This course will prepare you for the Massachusetts Construction Supervisor unrestricted license exam. Books and materials are included in the course fee. A significant amount of time must be devoted to comprehending the method of preparedness to familiarize yourself with the building code materials. You will be able to retain the process of the system in find the answers to the test question that will be presented. A score of 70% is required to successfully pass the State exam. It is recommended that you are pre-approved by the State testing agency prior to the class (however, this is not a requirement). In addition to class time, students average 1 to 2 hours of homework per class.

NEW UNRESTRICTED CONSTRUCTION SUPERVISOR CONTINUING EDUCATION - 12 HOURS

TUE/THU | 4.11.23 AND 4.13.23

5:30-8:30PM | CON105-SP23 | \$260

This course will satisfy the MA requirement for 6 out of the 12 required Hours for the Continuing Education requirement to hold a valid MA Construction Supervisors License. There will also be an opportunity to register to complete the additional 6 hours online. This course will satisfy and cover all information needed to be approved for the renewal of a MA Construction Supervisors License. Information in regards to the 6-hour online portion will be shared on the first night of class.

NEW HOISTING LICENSE EXAM PREP 2A & 1C - CONTINUING EDUCATION

TUE | 3.21.23-3.28.23

5-8PM | CON110-SP23 | \$250

This two night course will prepare you for the Massachusetts Hoisting 2A & 1C License exam. Books and materials are included in the course fee. This dual course will help you prepare for both Hoisting Licenses. Division of Occupational Licensure states that holders of a 2A License will be able to operate: Crawler and rubber-tired excavators, backhoes and loaders. 1C license holders will be able to operate: Equipment hydraulic telescoping booms without wire ropes and forklifts. At the end of this course, students will be eligible to sit for the 2A & 1C Exam.

OSHA 10-HOUR CONSTRUCTION SAFETY*

ONLINE | ROLLING ADMISSION

CON103-SP23 | \$50

The OSHA General Industry Safety Training Program is a 10-hour class intended to provide workers with awareness of common job-related safety and health hazards. Through this training, OSHA helps to ensure that workers are more knowledgeable about workplace hazards and their rights and contribute to our nation's productivity.

Once registered for the class, you will be sent a voucher code and instructions on how to register for your class. Once completed the school will contact you to schedule a time to pick up your OSHA card.

HOME INSPECTION CERTIFICATE*

ONLINE | ROLLING ADMISSION

Ed2Go-GES704-SP23 | \$2495

This course will help you prepare for a career as a home inspector. You will learn best practices for inspecting residential construction, including inspection guidelines, identifying common defects, reporting methodologies, and risk management. 200 hours.

HOT WORK TRAINING CERTIFICATION

WED | 4.5.23

5:30-8:30PM | GEN100a-SP23 | \$75

Hot Work is any work that involves working with or around open flames or sparks, or anything that could potentially start a fire. This Hot Work training course is designed to make you aware of the Occupational Safety and Health Administration (OSHA) General Industry standard Subpart Q for Hot Work.

This course will show you how to comply with the OSHA regulation and keep you and your co-workers safer at work. The Commonwealth of Massachusetts made hot work certification mandatory.

This course is taught by a PHCC certified instructor and consists of two hours of lecture and one hour for testing. After successful completion of the testing, your name will be added to the national database maintained by the NFPA certifying you for hot work operations.

CULINARY

ADULT/CHILD (6-12) HOMEMADE TOASTER PASTRIES

MON | 3.27.23

6-8PM | CUL320-SP23 | \$65

Once you learn how to make these homemade toaster pastries you will never want store bought again! We will be making our own maple brown sugar and strawberry jam toaster pastries with homemade dough and icings. To enroll, one adult should accompany one child. Please bring a \$5, cash only, supply fee payable to the instructor and containers to take samples home. One registration is needed for each Adult/Child Pair.

NEW ADULT/CHILD (6-12) WHOOPIE PIES

MON | 4.24.23

6-8PM | CUL120-SP23 | \$65

Whip up some fun treats with our one night, make-it and take-it whoopie pie class. Our junior chefs will be making homemade chocolate whoopie pie cakes with a sweet and sugary icing. The creations will be dressed up in fun colors, sprinkles, and silly faces. To enroll, one adult should accompany one child between the ages of 6-14. Please bring a \$5 cash supply fee per child payable to the instructor. One registration is needed for each Adult/Child Pair.

NEW ADULT/TEEN (13-17) BOBA TEA

MON | 5.15.23

6-9PM | CUL150-SP23 | \$65

Want to have some of that delicious Boba Tea, but nowhere to get it? Your search is no further! Learn how to make at home Boba Tea, bubbles included! Be the talk of the town with your homemade Boba Tea. To enroll, one adult must accompany one teen between the ages of 13-17. Please bring a \$10 cash supply fee per teen payable to the instructor. Each Teen and Adult must register separately.

NEW MOCKTAILS AND MIXERS

TUE | 5.2.23

7-9PM | CUL142-SP23-SP23 | \$65

Just in time for summer! Looking for a great alternative to celebrate all summer long but not ruin your health goals or deal with feeling crappy after a cookout? Come to this class to make super fun non-alcoholic drinks as well as healthier mixer options. Leave with a beautiful recipe e-book!



THE BARN

PRINCETON, MA

NEW CHEESE AND WINE PAIRING - OFF-SITE

MON | 3.20.23

6-9PM | CUL152-SP23 | \$65

Wine and Cheese? Yes please! No more looking up how to pair your cheeses and wines together. Learn the science behind pairing, and how you can bring that home to share with family and friends. Students should bring a \$20 cash-only supply fee payable to the instructor. This class is for 21+ years of age. All participants must show a MA state ID at the start of class. Class is held off-site at The Barn located at 174 Worcester Rd, Princeton, MA 01541.

NEW AT HOME MIXOLOGY - OFF-SITE

MON | 4.24.23

6-9PM | CUL155-SP23 | \$65

Maitais, Cosmos, Mojitos OH MY! Ever wanted to make delicious cocktails at home? At this one night course learn common drinks to make at home, as well as the basics for creating your own custom creations! Spice up your next dinner party with your mixologist skills! Students should bring a \$20 cash-only supply fee payable to the instructor. This class is for 21+ years of age. All participants must show a MA state ID at the start of class. Class is held off-site at The Barn located at 174 Worcester Rd, Princeton, MA 01541.

NEW BREAKFAST CLASSICS

MON | 4.3.23

6-9PM | CUL151-SP23 | \$65

As the most important meal of the day, it should taste great too! Learn how to make breakfast classics like eggs benedict, omelets, home fries and more. Step up your breakfast game with this one night course. Students should bring an apron and containers to take samples home, as well as a \$10 cash-only supply fee payable to the instructor.

NEW COOKING UP SPRING: GENTLE DETOX

TUE | 3.14.23

7-9PM | CUL140-SP23 | \$65

Come learn about the amazing cleansing vegetables and plants nature offers in spring for gentle diet detox, make the best green smoothie, and how to make a spring cleansing vegetable broth and an easy radish fermentation.

NEW COUPLES DATE NIGHT COOKING

MON | 5.1.23

6-9PM | CUL153-SP23 | \$130

Ever wanted to know a great meal to make together at home with your special someone? In this one night Culinary class, learn the perfect romantic dinner to make for that special date night in. Students will learn all the steps from creating a starter, to finishing up that delicious main course as a team! Students should bring an apron and containers to take samples home, as well as a \$35 cash-only supply fee per couple payable to the instructor. Couples must register together under one name.

NEW GLORIOUSLY GLUTEN FREE

TUE | 4.4.23

7-9PM | CUL141-SP23 | \$65

Thinking about going gluten free? Wondering if this idea is good for you? Come to learn the basics and get started cooking and baking gluten free. Learn how to navigate restaurant eating as well as helpful tips to soothe a gluten reaction. This class is not geared towards Celiac but rather for the generalist considering eliminating gluten. That said, I have some great Gluten Free recipes!

HORS D'OEUVRES WORKSHOP

MON | 5.8.23

6-9PM | CUL109-SP23 | \$65

Get ready for your summer parties with this one night Hors d'oeuvres workshop. Students will prepare a fresh tomato bruschetta with a balsamic glaze, spanakopita, and chicken salad puffs made with fresh pate a choux. Students should bring an apron, container to take samples home and \$15 cash supply fee payable to the instructor.

ASIAN APPETIZERS

MON | 5.22.23

6-9PM | CUL204-SP23 | \$65

This one-night class will teach you how to make your favorite Asian appetizers at home. We will be making pan-seared pork dumplings, Cambodian egg rolls, and crab rangoons. Students should bring an apron and containers to take samples home, as well as a \$20 cash-only supply fee payable to the instructor.

BREADS TO-GO WORKSHOP

MON | 4.10.23

6-9PM | CUL106-SP23 | \$65

A one night make-it and take-it class introduces students to breads designed to eat on the go. Students will hand-craft fresh bagels, English muffins and pita breads. Fresh breads are easy to make and help save some dough! Students should bring an apron, container to take samples home, and \$10 cash supply fee payable to the instructor.

SERVSAFE CERTIFICATION & RECERTIFICATION

THU | 3.23.23 | CUL300a-SP23 OR

THU | 5.11.23 | CUL300b-SP23

4-10PM | \$180

Tuition includes the textbook. To enroll and receive certification, individuals must be at least 18 years of age. The course adheres to the ServSafe Manager Book, 7th Edition (formerly ServSafe Essentials), and provides a thorough review of food safety and hygiene responsibilities in the foodservice industry. In preparation to earn the nationally accredited food safety certification from the National Restaurant Association. To receive a ServSafe Food Protection Manager Certification (which is valid for five years), individuals must score at least 75% on the exam at the conclusion of the course. American National Standards Institute (ANSI) and Conference for Food Protection (CFP) accredited the exam.

*Students will take the certification exam in class; *Tuition includes the textbook, which will be distributed during class*

SOUPS AND CHOWDERS

MON | 3.13.23

6-9PM | CUL200-SP23 | \$65

In this class, students will learn how to create three different scratch recipes. We will be making the classic New England clam chowder, French onion soup and cream of broccoli. Students should bring an apron and containers to take samples home, as well as a \$15 cash-only supply fee payable to the instructor.

MEDICAL & HUMAN SERVICES

NEW BRAIDS, BRAIDS, BRAIDS

TUE | 4.4.23

5-8PM | COS120-SP23-SP23 | \$25

Never worry again if you need to braid your hair. Join us for this one night class all about braiding! In this course you will learn how to do French, Dutch, and Mermaid braids! Students will also learn haircare, and how to style different braids. Students are encouraged to bring a model to practice on. Students will also receive a braiding essentials kit. Walk out of this class confidently knowing that your braids will be the talk of the town!

NEW CUPID'S CLASSIC: A VALENTINE'S DAY LOOK

FRI | 2.10.23

5-8PM | COS103-SP23 | \$80

Get ready for Valentines Day in this one night, Cupid inspired makeup class! This class will feature a fun Valentine's Day inspired look that will be demonstrated in easy to follow steps. Participants have the option to do the makeup on themselves, or can bring a model. Participants will also receive a portable makeup kit with the products we use for our look, valued at \$45.

* Makeup Kits do not include foundation or concealer so please bring ones that you know work for you.

COSMETOLOGY

Will open for Registration again July 2023 for the Fall 2023 Class. Call the office at 978-345-9200 x5220 to be added to the waitlist.

EVENING SALON AT MONTY TECH

Monday - Thursday

4:30 PM - 9:30 PM

September - June

By Appointment only

Call 978-345-9200 ext. 5220 to make an appointment

Visit the website for a complete list of offered services and prices.



DAY TO NIGHT GLAM

FRI | 5.12.23

5-8PM | COS102a-SP23 | \$80

Last minute party with your friends or maybe dinner plans after work? This class will show you how to turn your office look into your party look. Those days when you just don't have the time to run home and get ready this class will help! Participants have the option to do the makeup on themselves, or can bring a model. You will also receive a portable makeup kit with the products we use for our look, valued at \$40.00.

* Makeup Kits do not include foundation or concealer so please bring ones that you know work for you.

NEW FOUNDATIONS OF FOUNDATION

FRI | 4.14.23

5-8PM | COS104-SP23 | \$60

If you are looking to gain the knowledge and skills to perfect your flawless skin makeup application this class is for you! We will take a deep dive into the world of corrective base makeup and hone your application skills. From choosing the right color, to how to apply, those foundation lines will be gone for good! Participants will also receive a makeup kit to take home and practice the skills learned in class!

NEW PRIDE MAKEUP

MON | 6.2.23

5-8 | COS105-SP23 | \$80

In celebration of pride month we will be demonstrating some fierce makeup looks and techniques that will be perfect for any occasion! Participants have the option to do the makeup on themselves, or can bring a model. You will also receive a portable makeup kit with the products we use for our look, valued at \$40.00.

*Makeup Kits do not include foundation or concealer so please bring ones that you know work for you.



BASIC LIFE SUPPORT (BLS) CPR

WED | 4.5.23 | MED109-SP23 OR

WED | 5.3.23 | MED109b-SP23

5-9PM | \$115

This course is intended for people specifically in a healthcare setting. The AHA's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED. This course reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC).

AMERICAN SIGN LANGUAGE FOR FIRST RESPONDERS

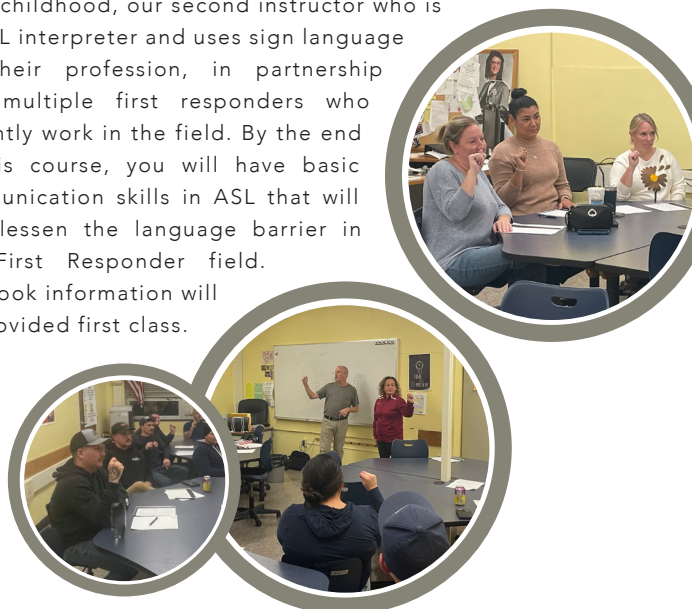
MON | 3.6.23-3.27.23

6-8PM | MEDLAN-SP23 | \$100

ELIGIBLE FOR UP TO 8 OEMS CREDIT HOURS. This is an introductory course in American Sign Language (ASL) that is specifically taught for First Responders. In this course you will learn basic communication skills like fingerspelling and vocabulary in order to communicate with people who use ASL. Students will learn about significant considerations in the deaf community, deaf culture, and deaf history.

This course has been created with the collaboration of our first instructor, who is deaf and has used sign language since childhood, our second instructor who is an ASL interpreter and uses sign language for their profession, in partnership with multiple first responders who currently work in the field. By the end of this course, you will have basic communication skills in ASL that will help lessen the language barrier in the First Responder field.

Textbook information will be provided first class.



NEW VINTAGE MAKEUP

FRI | 5.26.23

5-8PM | COS106-SP23 | \$80

Join us as we take a look back and learn the techniques that made those old Hollywood looks so glamorous. Participants have the option to do the makeup on themselves, or can bring a model. You will also receive a portable makeup kit with the products we use for our look, valued at \$40.00.

* Makeup Kits do not include foundation or concealer so please bring ones that you know work for you.

VETERINARY ASSISTANT*

ONLINE | ROLLING ADMISSION

Ed2Go-GES118-SP23 | \$2150

Do you love animals? Have you ever thought about a career as a veterinary assistant? This intensive course will provide the information you need to become a productive member of a veterinary team. Upon completion of the course, you will also have the opportunity to gain access to an Externship Starter Kit. 225 hours.

CERTIFIED CLINICAL MEDICAL ASSISTANT*

ONLINE | ROLLING ADMISSION

Ed2Go-GES180-SP23 | \$2800

You will learn the necessary skills to function as a vital member of the healthcare team in a hospital setting, clinic, or physician's office as you prepare for the national certification exam and a career as a Certified Clinical Medical Assistant (CCMA). Exam voucher included. 540 hours.

INTRODUCTION TO MEDICAL TERMINOLOGY

TUES | 3.7.23-4.11.23

6-9PM | MED108-SP23 | \$200

Common medical terminology is a critical part of the language used by healthcare workers. This course is ideal for someone who is new or interested in working in healthcare. You will learn to identify medical terms and words from their component parts. In this course, you will explore medial symbols, abbreviations, and their application in the healthcare field.

TEAS PREP SERIES*

ONLINE | ROLLING ADMISSION

Ed2Go-B9584-SP23 | \$250

Practical Infection Control Online Course. In order to gain admission to nursing school, you will need to perform well on the Test of Essential Academic Skills (TEAS) exam. This TEAS Prep Series will prepare you to succeed on all portions of the standardized test, including Reading and English Language Usage, Mathematics, and Science. You'll also learn good study skills, practice sample questions, and now create a strategy for test day. 48 hours.

HUMAN RESOURCE SPECIALIST*

ONLINE | ROLLING ADMISSION

Ed2Go-GES419-SP23 | \$1985

Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR (Professional in Human Resources) certification exam. 120 hours.

MANICURING

MON/WED | 3.6.23-6.12.23 | MANCOS100-SP23

4:30-8:30PM | \$2000 | DEPOSIT: \$400



Are you ready for a career as a Nail Technician? Our program provides professional training and practical experience to prepare students for the Massachusetts Manicuring License Exam. In our comprehensive program, you will learn the latest procedures and the necessary hands-on experience to develop your new skills!

The manicuring program is 100 hours, and the curriculum covers: Safety/Sanitation; Artificial Nail Techniques; First Aid; Basic Manicuring with Hand and Arm Massage; Professional Ethics; Salon Management; State Laws; Hygiene; and Anatomy. Our program is approved by the Massachusetts Board of Registration of Cosmetology and Barbering.

Access to a computer outside of the classroom is required.

To assist you with tuition we can set up several payment plans: Monthly, Bi-Monthly, or Weekly payments.

10% OFF if paid in full 10+ days prior to the start of the course.

Tuition Includes: Course Fee, Kit valued at \$350, and Textbook.



PRACTICAL NURSING PROGRAM

BE PART OF A FAST-PACED, CHALLENGING LEARNING EXPERIENCE!

No Waitlist, Financial Aid Available, Fully Approved by MA Board of Registration in Nursing. Pass Rate Above the National PN-NCLEX Pass Rate.

Adults who have a high school diploma or equivalency can become prepared to apply and take the National Council Licensing Examination for Practical Nursing (NCLEX-PN).

APPLICATION DEADLINE

Monday, May 1, 2023 at 3PM for consideration for the class of 2024. Class of 2024 begins August 2023.

LENGTH OF PROGRAM

Ten months/41 consecutive weeks, divided into three 10-week terms and one 11-week term from the end of August through June.

PROGRAM HOURS

The Monty Tech Practical Nursing Program provides 1,210 Instructional clock hours during its 41-week sequential academic year. Monday through Friday (evenings) 3:30-10:00pm until clinical practice begins in Term 1, then Monday through Thursday, and every other weekend, first shift.

TUITION REFUNDS

Students are encouraged to visit the "Net Price Calculator" via the U.S. Department of Education. If the student is not receiving federal or state funding and withdraws from the Program, the following plan for refund of tuition will be followed: **Before the first official class - 100%; After the first class, but before the 10th class meeting - 75% After the 10th class meeting, but before the 30th class meeting - 50%; After the 30th class meeting - NO REFUNDS**

ADMISSION EXAM

Arrangements to schedule the Entrance Exam at Monty Tech are made by registering online at www.atitesting.com and selecting the link "Register for TEAS" or by calling 1-800-667-7531. The TEAS test was developed in 1999 to measure basic essential skills in the academic content areas of reading, math, science, English and language usage. When creating an account on the ATI website, you will assign yourself a username and password. You will need to bring this information with you to the exam. The exam must be taken between 9/1/22 and 6/1/23. It can only be taken twice to achieve a passing score in each content area. Monty Tech Prep Courses are also available www.ed2go.com/montytech/online-courses/teas-prep-series/

There is a \$102 non-refundable exam fee to be paid at the time of registration. No personal checks accepted. Taxes apply.

JANUARY 2023 • FEBRUARY 2023 • MARCH 2023 • APRIL 2023

GAINFUL EMPLOYMENT DISCLOSURE

Please go to www.montytech.net and select the link to the Practical Nursing Program. Click on the Gainful Employment link for up-to-date information.

BRIDGE PROGRAM

Monty Tech has partnered with Fitchburg State University to develop a seamless bridge program for Licensed Practical Nurses (LPN) to earn their baccalaureate degree in nursing. The end result of this partnership is an accelerated standalone LPN-to-BS in Nursing program at Fitchburg State University.

(978) 345-9200 ext. 5108 | www.montytech.net/LPN

Like us on Facebook for more information: Monty Tech Practical Nursing



CERTIFIED EKG TECHNICIAN (CET)

TUE | 3.7.23-5.16.23

6-9PM | MED105-SP23 | \$800 | DEPOSIT: \$200

The need for qualified EKG technicians continues to rise as the aging population in America grows (and with it, the prevalence of heart-related conditions). Earning your CET will help you launch a successful and meaningful career that can help make a difference in countless lives. Whether you seek full-time or part-time employment, the opportunities in this profession are flexible and in high demand. Plus, the added skills of Holter monitoring and stress tests required for the Certified EKG Technician (CET)

will help you to be even more competitive as you launch your healthcare career. Required online study materials.

All students should have access to the internet and a computer, as well as a valid email address. Exam fee, \$125, not included. Certification from NHA. Textbooks are not included, visit our website for textbook requirements.



CERTIFIED MEDICAL AND BILLING CODING SPECIALIST (CBCS)*

ONLINE | TUE/THUR | 2.28.23-6.22.23

6-8:30PM | MED107-SP23 | \$1500 | DEPOSIT: \$200

The first night of this class will be in person.

Individuals with a CBCS certification from NHA gain access to the knowledge and training they need to prepare for a rewarding and meaningful career as a Billing & Coding Specialist.

Billing & Coding Specialists have an expansive range of opportunities for employment. The skills learned through the NHA CBCS certification are essential to hospitals, physician offices, surgery centers, nursing homes, dental offices, home healthcare agencies, mental health facilities, and even insurance companies and consulting firms. Open the door to a rewarding career path by becoming a CBCS. All students should have access to the internet and a computer with a camera, as well as a valid email address. Textbooks are not included, visit our website for textbook requirements.

CERTIFIED PHLEBOTOMY TECHNICIAN (CPT)

MON/WED | 3.6.23-5.17.23

5:30-8:30PM | MED102a-SP23 | \$1600 | DEPOSIT: \$200

Are you interested in becoming a certified Phlebotomy Technician? 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 pass the phlebotomy technician certification exam accredited by the National Healthcareer Association (NHA). *Students must be at least 18 years of age to enroll for the course. Textbooks are not included, visit our website for textbook requirements.

CERTIFIED NURSE AIDE & CERTIFIED HOME HEALTH AIDE

MON/WED | 3.6.23-6.12.23

6-9PM | MED100-SP23 | \$1400 | DEPOSIT: \$200

This course provides individuals with an opportunity to earn multiple professional certifications in healthcare. In nurse aide training, students will receive instruction on a humanistic approach to provide clients with basic care in diverse healthcare settings. For the home health aide certificate, students will learn the theory and clinical skills necessary to work with clients in homecare settings.

In addition to tuition, students are responsible for the CNA Exam administered by Prometrics: Written: \$40; Written (oral): \$50; Clinical: \$70.

Note: 25 clinical hours to follow classroom instruction; subject to availability of facility; All students are subject to a CORI. Textbooks are not included, visit our website for textbook requirements.

CERTIFIED PHARMACY TECHNICIAN (CPHT)

TUE/THUR | 3.14.23-5.16.23

5:30-8:30PM | MED106-SP23 | \$1450 | DEPOSIT: \$200

All students should have access to the internet and a computer, as well as a valid email address. Pharmacy Technicians are sought-after professionals in pharmacies located in hospitals, drug stores, doctors' offices, and grocery stores. With a CPhT certification from National Healthcareer Associations (NHA), you'll have the credentials you need to invest in your future and prepare for a rewarding career as a Pharmacy Technician.

This is a comprehensive 50-hour test preparation program that will prepare you to take the Pharmacy Technician Certification Board's PTCB exam, earning you an additional Certification as a Pharmacy Technician.

NEW HUMAN ANATOMY AND PHYSIOLOGY*

ONLINE | ROLLING ADMISSION

Ed2Go-T8497-SP23 | \$125

Human Anatomy and Physiology focuses on the structure and function of the human body. In this course, we will examine how your body is organized, its basic chemistry, the human cell, cancer, heredity, and the anatomy and physiology of your body's organ systems. We'll also explain how your organ systems work together to allow you to process sensations, think, communicate, grow, move, reproduce, and stay alive. In addition, we will discuss different diseases and disorders, recent advances in medicine, and ways to take care of your body.

PERSONAL ENRICHMENT

BUYING AND SELLING A HOUSE FOR BEGINNERS

WED | 4.5.23

6-8PM | WOR102-SP23 | \$35

Learn the ins and outs of buying or selling a home. Whether you are looking to just buy, just sell, or both, this class is meant for you. Class is structured to explain the process of getting a home ready to sell and the process a buyer goes through to get qualified to purchase. Understanding both sides of the sale can be helpful in getting an offer accepted.

GET DEBT FREE

TUES | 4.25.23

5:30-8:30PM | FIN104-SP23 | \$25

Do you have any debts? This seminar will help individuals relieve stress and gain financial freedom. Participants will learn how to eliminate their credit card debts in 1 - 4 years, and mortgages in another 3 - 6 years. Individuals will investigate a simple, yet guaranteed system to eliminate debt with their current income. The instructor encourages individuals to bring a list of each debt with its required minimum monthly payments and a calculator. During the seminar, participants will develop debt elimination plans that they can implement immediately. The instructor will provide a workbook (included in tuition). In addition, the instructor will recommend an optional text (available from the instructor for \$39).

INTRODUCTION TO STOCK OPTIONS*

ONLINE | ROLLING ADMISSION

Ed2Go-iso-SP23 | \$115

If you've ever wanted to learn how to evaluate, buy, sell, and profit from stocks, this course is for you. By the end of it, you will be armed with investment tools that were once thought to be only for the pros! 24 hours.

STOCKS, BONDS AND INVESTMENTS: OH MY!*

ONLINE | ROLLING ADMISSION

Ed2Go-sbi-SP23 | \$100

Looking for a good solid class in the basics of stocks, bonds, finance, and investing? Learn how to make wise investment decisions so that you have enough money to live comfortably through your retirement. 24 hours.

MEDICARE AND YOU, KNOWING YOUR OPTIONS

ONLINE | WED | 3.15.23

6-8PM | FIN102c-SP23 | \$10

Are you or a loved one approaching Medicare eligibility, already have Medicare, or curious about how Medicare will work for you? This class will help you understand the different parts of Medicare, and the different health insurance options within Medicare. Discussion will include Medicare enrollment periods, parts A, B, C and D and what these mean to you, Medigap and how these plans function, the pros and cons of Medicare Advantage Plans, and other Massachusetts public benefit insurance/health-costs related information. A State Certified SHINE counselor, an unbiased source of Medicare health insurance information, will address this and answer Medicare related questions. All course proceeds will be donated to SHINE. Registration will close on 3.14.2022 at Midnight. Anyone who registers after that point must register over the phone.

PERSONAL FINANCE

TUE/WED/THU | 4.11.23-4.13.23 | FIN101a-SP23

OR TUE/THU | 5.11.23-5.18.23 | FIN101b-SP23

6-8PM | \$65

Are you stressing out over money? Join us to start your journey towards lowering your stress by improving your financial wellbeing. In this course we will discuss budgeting, debt management, and investment strategies. Participating in this course will get you better prepared for a life of long-term financial wellness.

Students are encouraged to bring their own devices (Laptop, tablet etc.) with access to either Google Sheets or Microsoft Excel. All other students will be provided a device to use in class. Students are encouraged to bring a USB drive as well.

NEW INTRODUCTION TO REIKI (LEVEL I)

THU | 5.4.23-5.18.23

5:30-7:30PM | FIT120-SP23 | \$125

Take the journey towards learning this energy-healing technique. With this hands-on course, students will learn the history and philosophy of Reiki, practice giving and receive a complete Reiki treatment. Students will also walk away with information on Reiki 2 and 3, as well as become a Certified Reiki 1 Practitioner.

BASIC AMERICAN SIGN LANGUAGE

TUE | 2.28.23-5.9.23

6-8PM | LAN100-SP23 | \$250

This course introduces American Sign Language (ASL). Through conversation analysis, body language, and role play, students will prepare to communicate with ASL. In addition, students will learn about significant considerations in the deaf community, deaf culture, and deaf history. With any additional time, individuals will practice some more complex grammar that ASL incorporates. Participants will come to appreciate the different aspects of this fascinating language. Moreover, the course has two instructors. The first instructor is deaf and has used sign language since childhood. The second instructor is an ASL interpreter and uses sign language for their profession. Together, they provide a unique perspective and experience. Textbook information will be provided first class.

CERTIFICATE IN MUSIC THERAPY AND SOUND HEALING*

ONLINE | ROLLING ADMISSION

Ed2Go-0mt-SP23 | \$50

At a time when people are increasingly turning to holistic methods of healing, music therapy has developed into a powerful and nonthreatening method that can be used successfully with individuals of all ages and disabilities. Sound healing uses vibrational and sound frequencies to promote healing and bring the individual into a state of harmony and health. 8 hours.

NEW BOOSTING THE IMMUNE SYSTEM WITH HYPNOSIS

WED | 3.8.23-3.22.23

6-8:30PM | WEL135-SP23 | \$115

Improve your body's natural response towards common viruses through hypnosis. During hypnosis, you undergo a process that helps you relax and focus your mind. This state is similar to sleep, but your mind will be very focused and more able to respond to positive change. During this time, students will be taught different ways to help the body fight off day to day viruses, without the need or use of medications. Taking your body's already existing immune system and boosting it to be your greatest asset in protecting oneself.

NEW HAPPY HORMONES: NATURAL SYMPTOM SOOTHING

TUE | 4.11.23

7-9PM | WEL124-SP23 | \$50

Learn how to naturally soothe all the uncomfortable symptoms of having hormones- cramps, pms, pre-menopause, hot flashes, plus breast health and lymph detox. Make and take home an essential oil massage roller and Goddess bath salts.

BEGINNING GUITAR FOR ADULTS

TUE | 2.28.23-5.9.23

5:30-6:30PM | MUS100a-SP23 | \$180

Have you ever imagined yourself learning to play the guitar? Don't let fear & self-doubt prevent you from achieving this goal. The course will give aspiring musicians a foundation with a structured, step-by-step approach, led by an experienced and patient teacher. Students will better understand and learn the introductory scales, tabs, open cords, bar chords, and how to read music. The instructor will provide the course materials for each session, and only expects that students possess a commitment to practice at least a half hour per day. Students must bring a six-string acoustic or electric guitar, soft picks, a tuner, and a metronome.

INTERMEDIATE GUITAR

TUE | 5.16.23-6.27.23

5:30-6:30PM | MUS101-SP23 | \$160

This intermediate level of guitar class will (literally) rock your world! Dive into new skills like Barre Chords, Power Chords, and Chord Progressions. Students will learn how to use a capo, Travis Picking and fingerstyle guitar techniques, as well as basic music theory.

Prerequisites:

Students must be familiar with the basic understanding of: Basic Open Chords (Major, Minor and 7th)

Major Scale

Pentatonic Scale

Basic Strum Patterns

TAB

*Any student who has taken Beginner Guitar and takes Intermediate Guitar is eligible to receive a discount. Contact our office for more details.



INTRODUCTION TO YOGA

MON | 3.6.23 -5.15.23

6-7:30PM | FIT100b-SP23 | \$160

Do you want to reduce stress, increase flexibility, build muscle, and be more mindful, but are afraid you need to be a pretzel with self-awareness to do yoga? This course introduces yoga to the layperson. The instructor has designed each session for novices and will modify postures (asana) to suit each participant's needs, body types and experiences. Sessions will include the form (Hatha yoga), breathing (pranayama), meditation, and deep relaxation (savasana). Students are encouraged to wear comfortable clothing and should bring a mat, a blanket/large towel, a water bottle, and a sense of humor.

GENTLE YOGA FOR SELF-CARE

TUE | 3.7.23 -5.16.23

6-7:30PM | FIT100a-SP23 | \$160

This class offers continuity for those who have participated in Introduction to Yoga, however, it is also open to practitioners of all levels and body types since it is slower in pace and gentler with postures. It will bring mindfulness to movement and time to modify various yoga poses to fit one's own body. We will gradually build strength, improve cardiovascular condition, and increase flexibility all in a gentler way. Sessions will include breath work, meditation, and deep relaxation for stress relief. Wear comfortable clothing and bring a mat, a blanket/large towel, a water bottle and, of course, your sense of humor.

NEW SPRING CLEANING WITH NATURAL WELLNESS

TUE | 3.21.23

7-9PM | WEL125-SP23 | \$50

Dust off the winter and design your best spring cleaning ever! Learn all the safest ingredients for DIY cleaners as well as the best essential oils for the job! Discussion on many spring cleaning rituals. Craft your own Spring Witches Besom. Let's put the fun back in spring cleaning!

NEW INTRODUCTION TO BEEKEEPING

FRI | 3.24.23

4-6PM | WOR130-SP23 | \$25

Join us for our first beekeeping class! We will be going over the basics of getting into the world of beekeeping and you will gain the knowledge and resources to start you off in the right direction. Students will be given resources on where to purchase beekeeping items, and a demonstration of all the tools needed!

ANXIETY AND DEPRESSION RELIEF WITH HYPNOTHERAPY

WED | 6.7.23-6.28.23

6-8:30PM | WEL117-SP23 | \$160

Even though hypnotherapy isn't as widely known as psychotherapy and medication for treating anxiety/depression, researchers and scientists have been studying the effects it can have on mental health conditions such as anxiety/depression, focused attention, greater physical and emotional control.

Anxiety/depression can be greatly helped by hypnotherapy in helping people reduce and handle personal stress by changing how they perceive internal and external stimuli. This class will be teaching participants positive self-talk, how to change their false beliefs and how to create internal balance as well as increasing self confidence in all areas of life.

GOLF IMPROVEMENT WITH HYPNOSIS

WED | 5.3.23-5.17.23

6-8:30PM | WEL119-SP23 | \$115

Many try but very few truly succeed at mastering the game of golf. Many times, the problem is "performance under pressure". Physical effort and practice will not deliver this. Have you experienced this again and again on the golf course? Research shows that hypnosis is a very successful way to enhance performance. With the tools of hypnosis, positive changes are spoken directly to the subconscious in a way that you cannot do on your own. Oftentimes self-doubt and negative feedback from failed golf swings and missed putts influences how one's game is impacted. How can you believe you will make your next putt when you've missed so many?

By attending this class, you can program your subconscious mind to work on autopilot in a variety of situations and most importantly ON the Golf Course! The Pro's all use some form of golf hypnotherapy approach to their game. They could not do as well as they do without a strong mental attitude toward the game. Let Golf Hypnotherapy work for you!

NEW HOW TO READ THE BIBLE

THU | 3.23.2023-5.11.2023

6-8PM | WOR150-SP23 | \$125

The Bible is called the Book of Books but how do you approach reading it? In this book group style course, learn the principles and history which are key to knowing how to unlock its meaning. Unlock the different meanings behind each story, and the different perspectives that come with it. This is an open discussion style, where all ideas and thoughts are welcome.

NEW INTRODUCTION TO DUNGEONS AND DRAGONS 5TH EDITION

MON | 3.6.23-4.10.23

6-9PM | WOR160-SP23 | \$125

In this course, students will be learning the basics of how to play 5th Edition Dungeons and Dragons through building their own characters to participate in and play through a brief campaign in a fantasy setting. Students should bring a pencil(s) and notebook. Calculators are also recommended.

NEW DUNGEON MASTER BASICS 5TH EDITION

THU | 4.27.23

6-9PM | WOR161-SP23 | \$35

In this course, students will learn the basics of how to be a Dungeon Master for Dungeons and Dragons 5th Edition in a classroom setting. Topics will cover starting and running a new campaign, where to find resources for Dungeon Masters, and tips and tricks for keeping ahead of your players.

NEW LAW FOR EVERYDAY LIFE

TUE | 4.25.2023

5:30-8:30PM | WOR135-SP23 | \$30

In this one night course, learn an overview of applicable law that may confront a person in everyday life. This can include when to hire a lawyer, how to choose one and how to use one. Taught by an experienced local lawyer, walk away from this course with the knowledge of knowing how to protect yourself in the legal system.

NEW UNDER THE MOON: GUIDED MEDITATION

TUE | 4.25.23

7-9PM | WEL126-SP23 | \$50

Come for a guided meditation and to learn ways to bring the power of the moon (New and Full) into your life, set and release intentions also includes how to use a crystal grid and a little history on BonFires. Make an essential project with crystals to use under the moon!

WEIGHT LOSS WITH HYPNOSIS AND MIND-BODY THERAPY

MON | 4.3.23-5.8.23

6-8:30PM | WEL117a-SP23 | \$225

Are you struggling to control your eating, carrying excess weight, and or have no desire to exercise? Have you tried everything, and nothing seems to work? If you are tired of fighting with yourself and failing, you are not alone. Try using the power of your mind, the process of hypnosis, and life coaching skills towards your goals. You'll be well on your way to feeling better, thinking better, and taking actions that support you in a healthy, self-compassionate way.



WWW.NORCO.CLUB

Norco Sportsman's Club is a members-only organization for like-minded sportsmen to advance the protection, propagation and restoration of forest, fish and game for the benefit of hunting and fishing; as well as promote safety and proficiency in archery and the use of sporting firearms.

MA LICENSE TO CARRY/FIREARM ID - OFF-SITE

Class 1: 5.12.23 | 6-10PM

5.14.23 | 10AM - 3PM | WOR200-SP23

OR Class 2: 5.19.23 | 6-10PM

5.21.23 | 10AM - 3PM | WOR200a-SP23

\$150

The instructor Terry Bass is certified by the Massachusetts State Police to conduct Massachusetts Firearms Safety Courses. Completing this course fulfills the requirements for the Massachusetts License to Carry as well as the requirements for the Massachusetts FID card.

This course teaches the basic knowledge, skills, attitude, and responsibility necessary for owning and using a firearm properly. Priority will be given to safety, mental health, fundamentals and adheres to the MA Gun Laws. Students will be given instruction on how to safely handle and own a firearm. Upon completion of this course students will be able to take either the License to Carry (LTC) or Firearms Identification (FID) in class exam.

Course eligibility: 18+ years of age. Students over the age of 18, but under 21 will be eligible to get their FID. Students over the age of 21 are eligible to get either their FID or LTC. All participants must bring a valid government issued Photo ID.

NOTE: UNDER NO CIRCUMSTANCES SHOULD ANY TYPE OF FIREARM OR AMMUNITION BE BROUGHT TO CLASS. Classes to be held at Norco Sportsman's Club 91 Houghton Rd, Princeton, MA 01541

AT HOME FIRST AID AND FIRE SAFETY

MON | 3.15.23 | WOR300a-SP23

WED | 5.10.23 | WOR300b-SP23

6-8PM | WOR300-SP23 | FREE

Learn the basics of First Aid and Fire Safety! In Partnership with the Fitchburg Fire Department, learn the basics of how to be safe in the home, and what to do in an emergency. In this presentation this will talk about the history and science of fire, as well as best practices to keep your home safe. There will be demonstrations of fire equipment, as well as resources to make your home safer. First aid basics will be taught on how to deal with small injuries at home, and how to determine when it is time to call 911.

INTERVIEW BASICS

WED | 5.3.23

5:30-7:30PM | WOR301-SP23 | FREE

Have an interview coming up? Want to make sure you make a good first impression? This is the place for you! Learn the best way to answer those hard-hitting questions, and the ins and outs on how to make a great first impression! In this one night seminar, topics will include, how to dress to impress, what to bring, common questions you will be asked, and what to do after your interview! In partnership with MassHire North Central Career Center, you will also learn about local resources on how to get assistance in your job search.

REAL-WORLD FINANCIALS AND YOUR CREDIT SCORE

WED | 3.15.23-3.22.23

6-8PM | FIN115-SP23 | FREE

Do you look at your credit scores and wish they could be higher? Do you feel like you're doing everything right, but they're just not going up? Do you find all the information about Credit Scores confusing?

This class will go over the ways that you can establish, improve, and manage your credit scores. Learn the FICO score evaluation methods and gain insight on how the Credit Bureaus use this information to raise and lower your scores. Learn how that can affect real life events: such as getting a credit card and purchasing a car or home. This is the class you wish they taught in school, to help you prepare for real world Financial and Credit situations.

RESUME WORKSHOP

WED | 4.5.23

5:30-7:30PM | WOR302-SP23 | FREE

This is a one night Resume workshop to help prepare you to apply for your next dream job! In partnership with MassHire North Central Career Center, you will walk out of this class prepared to apply for your next job! Not only will you learn to make your resume shine, but you will also learn about local resources, like the Career Center, who can help you in your job search.

CONGRATULATIONS TO THE CTI GRADUATES OF 2023!

THESE STUDENTS ARE LEAVING US WITH CULINARY, HVAC & WELDING CERTIFICATES. GOOD LUCK!





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How many classes and the dates
How long classes will run (ex: 5PM - 7PM)
Required materials/books
Prerequisites - if applicable

