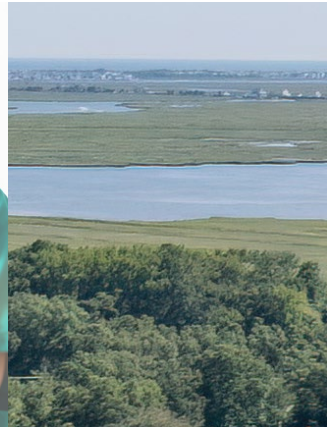




ADULT & COMMUNITY EDUCATION

AT CAPE TECH



Career, Vocational & Technical Courses
Evening Personal Enrichment Classes

WINTER/SPRING 2026

COURSE GUIDE



188 CREST HAVEN ROAD
CAPE MAY COURT HOUSE, NJ

609.380.0241

capemaytech.com

TABLE OF

Youth Courses

CERTIFICATION PROGRAMS

	DAY	PAGE
American Red Cross Babysitter Training	W	6
American Red Cross Lifeguarding Training	Th	6

TECHNICAL SKILLS

	DAY	PAGE
Auto Fundamentals	W	6

Career, Vocational, & Technical Courses

CERTIFICATION PROGRAMS

	DAY	PAGE
Adult & Pediatric First Aid/CPR/AED Initial Certification	W, Th	7
BLS for the Health Care Professional Initial Certification	Th	7
Forklift Certification	M & T, W & Th	7
Serv Safe Manager Certification Course	T, W	8

TECHNICAL SKILLS

	DAY	PAGE
Auto Repair Lab - Beginner to Intermediate	W	8
Electrical House Wiring	M	8
Outboard Motor Maintenance & Repair	Th	8

Community Education Classes

ARTS & CRAFTS

	DAY	PAGE
Oil Painting - Beginner	T	9
No Sew Folded Fabric Ornaments	Th	9

DANCE/MUSIC

	DAY	PAGE
Guitar - Beginner	M	10
Guitar - Intermediate	W	10
Line Dancing - Beginner	M	10
Line Dancing - Advanced Beginner	M	10
Tap Dancing - Adult Tap Technique	Th	10

QUILTING/SEWING

	DAY	PAGE
Knitting: Sweater/Project Help	M	11
Knitting: Bavarian Twisted Stitch	W	11
Sewing - Beginner	T	11
Sewing - Advanced Beginner	W	11
Quilting By Machine	M	11

CULINARY ARTS

	DAY	PAGE
Culinary Skills - Beginner	T	12
Pizza Night	T	12
Red Velvet	T	12
Cupcakes: Hot Cocoa Cupcakes & Black Bottom Cupcakes	T	12
Key Lime Pie	T	12

CONTENTS

HEALTH/FITNESS

	DAY	PAGE
Break Free from Procrastination & Anxiety: Reclaim Focus & Motivation	Th	13
Confidence Code: Rewire Your Brain with NLP & Hypnosis	W	13
Fit Fusion	T	13
Functional Fitness for Adults	W	14
Gentle Chair Yoga	W	14
Intro to Self-Hypnosis: Unlock Your Mind's Potential	W, Th	14
Self-Defense for Everyone	T	15
Weight Training: Open Format	M	15
Yin Yoga	Th	15
Yoga for Health	M, Th	15
Zumba	T	15

HISTORY OF CAPE MAY COUNTY

	DAY	PAGE
Henry Washington Sawyer: Cape May's Civil War Hero	Th	16
Black History in Cape May County: Jarena Lee & Lovinia Armour	Th	16
Women's History Month: Mehitabel Simpson & The Cape May Mitten Trade	Th	16

SPECIAL INTEREST

	DAY	PAGE
American Mahjong - Beginner	T, W	17
Digital Photography - Beginner	W	17
Football Fundamentals Made Easy!	Th	17
Intro to Interior Design: Your Home	T	17
Learning About All Learners	Th	17
Russian Made Easy	Th	18
Selling on eBay	W	18
American Sign Language - Beginner	W	18
Spanish - Advanced Beginner, Conversational	M	18
Travel in Retirement	W	18

DOG OBEDIENCE

	DAY	PAGE
Dog Obedience	Th	19
Dog Rally - Beginners	T	19
American Kennel Club Canine Good Citizen Program	T, Th	19
Hunting Dogs Training	W	19

GENERAL INFORMATION

	PAGE
List of Classes by Days Offered	4
Semester Calendar & District Information	5
Testing Center & Free Classes	20-21
Summertime Adventures (For Kids 9-14)	22
Post Secondary Programs	23-27
Apprenticeship Programs	28-29
Registration Procedures, County Information	30-31
Cape May County Technical High School Information	26-27, 32

**CHECK OUT OUR SCUBA CLASS (15+)
AND BOATER SAFETY COURSE ON PAGES 6 & 7**

CLASSES BY DAY OFFERED

MONDAY

PAGE

Forklift Certification	7
Electrical House Wiring	8
Guitar - Beginner	10
Line Dancing - Beginner	10
Line Dancing - Advanced Beginner	10
Knitting: Sweater/Project Help	11
Quilting By Machine	11
Weight Training: Open Format	15
Yoga for Health	15
Spanish - Advanced Beginner, Conversational	18

TUESDAY

PAGE

Forklift Certification	7
Serv Safe Manager Certification Course	8
Oil Painting - Beginner	9
Sewing - Beginner	11
Culinary Skills - Beginner	12
Pizza Night	12
Red Velvet	12
Cupcakes: Hot Cocoa & Black Bottom	12
Key Lime Pie	12
Fit Fusion	13
Pilates	14
Self-Defense for Everyone	15
Zumba	15
American Mahjong - Beginner	17
Intro to Interior Design: Your Home	17
Dog Rally - Beginners	19
American Kennel Club Canine Good Citizen	19

WEDNESDAY

PAGE

Youth - Babysitter Training	6
Youth - Auto Fundamentals	6
Adult & Pediatric First Aid Cert.	7
Forklift Certification	7
Serv Safe Manager Certification Course	8
Auto Repair Lab - Beginner to Intermediate	8
Guitar - Intermediate	10
Knitting: Bavarian Twisted Stitch	11
Sewing - Advanced Beginner	11
Confidence Code: NLP & Hypnosis	13
Functional Fitness for Adults	14
Gentle Chair Yoga	14
Intro to Self-Hypnosis	14
American Mahjong - Beginner	17
Digital Photography - Beginner	17
Selling on eBay	18
American Sign Language	18
Travel in Retirement	18
Hunting Dogs Training	19

THURSDAY

PAGE

Youth - Lifeguarding Training	6
Adult & Pediatric First Aid Cert.	7
BLS for the Health Care Professional Cert.	7
Forklift Certification	7
Outboard Motor Maintenance & Repair	8
No Sew Folded Fabric Ornaments	9
Tap Dancing - Adult Tap Technique	10
Break Free: Reclaim Focus & Motivation	13
Intro to Self-Hypnosis	14
Yin Yoga	15
Yoga for Health	15
Cape May's Civil War Hero	16
Black History in Cape May County	16
Women's History: Cape May Mitten Trade	16
Football Fundamentals Made Easy!	17
Learning About All Learners	17
Russian Made Easy	18
Dog Obedience	19
American Kennel Club Canine Good Citizen	19



COURSE CALENDAR + INFO

Semester Calendar

January

M	T	W	TH
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

February

M	T	W	TH
2	3	4	5
9	10	11	12
X	17	18	19
23	24	25	26

March

M	T	W	TH
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

Community Education not in session on February 16

DID YOU KNOW?

The Cape May County Technical School District serves all ages & stages!

Post Secondary Certification Pg. 23-27

For adults age 18 and older with a high school diploma seeking career technical credentials.

Testing Center Pg. 20-21

Cape Tech serves as a testing center for GED, CASAS, TEAS tests! We also offer free Adult Basic Education classes to prepare students to take the GED and/or to raise test scores for post secondary program admission, and free ESL preparation classes that focus on speaking, listening, reading and writing, as well as earning an industry credential.

Youth Classes Pg. 6

Certification & Technical Skills Classes Pg. 7-8

Community Education Classes Pg. 9-19

Summertime Adventures Pg. 22

Unique, week-long summer classes designed for children ages 9-14.

Apprenticeship Programs Pg. 28-29

Career Technical High School Pg. 26-27, & 32

A full-time, career-focused public school of choice.

DO YOU HAVE EXCEPTIONAL KNOWLEDGE OF A SUBJECT TO SHARE WITH OTHERS?

Cape May Tech is looking for individuals to join our team of outstanding instructors in the evening community education program! Call the office at 609-380-0241 for more information.

YOUTH COURSES

WSB2601 BABYSITTING (13-17 YEARS OLD)

This American Red Cross Babysitter's Training program provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants, including Pediatric First Aid & CPR. Certifications are valid for 2 years. Students must attend all four sessions for certification.

Dates: Wednesdays – March 11, 18, 25 and April 1st (4 sessions)
Time: 5:00pm-7:00pm
Instructor: Daniel Loesch
Fee: \$80.00 + \$42.00 (certification fee)

WLSF2601 LIFEGUARDING (MUST BE 15 YEARS OLD OR BEFORE THE FINAL CLASS WITH PROOF OF AGE)

This American Red Cross Lifeguarding class is designed to teach you not only the basics in water safety but also the proper protocol when dealing with any emergencies around water. The Red Cross blends both traditional lecture style along with crucial hands-on training in order to teach you effective techniques to deliver prompt care to those in need. Learn how to respond safely and efficiently to water emergencies with lifeguard classes from the American Red Cross.

Classes will be at the Cape May County Special Services school and pool. Students must attend all eight sessions for certification.

Before beginning class, student must be able to:

1. Complete a swim-tread-swim sequence without stopping to rest: Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed.) Maintain position at the surface of the water for 2 minutes by treading water using only the legs. Swim 50 yards using the front crawl, breaststroke or a combination of both.
2. Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed.) Submerge to a depth of 7 - 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface. Exit the water without using a ladder or steps.

Dates: Thursdays – February 26 through April 30
(8 sessions; no class on April 2 or April 9)
Time: 4:00-7:00pm
Instructor: Ione Laffey
Fee: \$260.00 + \$48.00 (certification fee)



WSMA2601 AUTO FUNDAMENTALS (15-18 YEARS OLD)

Join our Auto Fundamentals Class, designed for eager teens who would like to learn about the auto industry. Learn the basic fundamentals taught by an ASE (Automotive Service Excellence) certified technician in a modern, well-equipped shop setting. Gain hands-on experience and discover the world of automotive repair.

On the first night of class, a review of auto shop equipment and safety guidelines will occur.

Dates: Wednesdays – February 18 through March 11
(3 sessions, no class on March 4)
Times: 5:30pm-8:30pm
Instructor: Dan Corcoran
Fee: \$63.00++(S)

SCUBA CLASSES (15+ BUT NOT YOUTH-ONLY) (REGISTER ONLINE AT [ATLANTICDIVERS.COM/COURSES/NAUI-SCUBA-DIVER](https://atlanticdivers.com/courses/naui-scuba-diver) OR (609) 884-0330)

Take the first step toward becoming a certified NAUI Open Water scuba diver to safely explore the underwater world. An orientation will get you ready for the course with a discussion of the course schedule, equipment fitting, and physical requirements for your pool training. Each student will receive an eLearning program included in the course tuition.



Students must provide a scuba-quality mask, fins, snorkel, boots and mesh carry bag to be discussed and properly fitted with your instructor. Student discounts and packages are available prior to the first pool session through the shop. Open water dives for certification are an additional fee and will be arranged after completion of the confined water requirements with the shop.

Students must: Be at least 15 years old to register; be able to swim and pass the swim test.

Dates: Begins on February 24 (7 sessions)
Times: 4:00-6:00pm OR 6:00-8:00pm
Instructor: Atlantic Divers (see registration info above)
Fee: \$750.00++(S)

CERTIFICATION/SKILLS



WSBS2601 BOATER SAFETY

Earn your New Jersey's Boater's Safety Certificate through this State approved eight hour course. Students will learn the parts of the vessel, what to do before going out in your boat, safety procedures of operating a boat, legal requirements, how to handle boating emergencies and how to enjoy water sports with your boat. Students must meet the required 8 hours of instruction, and must achieve a passing score on the test to earn their New Jersey's Boater's Safety Certification.

Registration information will be available in January 2026.
Call 609-380-0241

WSC2601 ADULT & PEDIATRIC FIRST AID/ CPR/AED INITIAL CERTIFICATION

This American Red Cross course trains individuals to act in emergency situations and to recognize and care for life threatening adult and pediatric emergencies such as respiratory or cardiac problems and sudden illness. First Aid is included.

Students will have the opportunity to practice on the training manikin and the test for certification will be administered the same night. Certifications are valid for two years.

Dates: March 4 and 19 (1 session needed for certification)
Time: 4:00pm-7:00pm
Instructor: Daniel Loesch
Fee: \$40.00 + \$42.00 (certification fee)

WSC2602 BLS FOR THE HEALTH CARE PROFESSIONAL INITIAL CERTIFICATION

The American Red Cross Basic Life Support (BLS) course is designed to train healthcare professionals including nurses, physicians, EMS professionals, and other healthcare and public safety personnel to respond to breathing and cardiac emergencies in adults, children and infants.

Students will have the opportunity to practice on the training manikin and the test for certification will be administered the same night. Certifications are valid for two years.

Date: March 12
Instructor: Daniel Loesch
Time: 4:00pm-7:00pm
Fee: \$40.00 + \$29.00 (certification fee)

WSFL2601 FORKLIFT CERTIFICATION (SESSION 1)

Students will learn fundamental knowledge of lift trucks and their operation, including the importance of OSHA regulations as they relate to safe lift operation and number of accidents involving lift trucks. They will also be instructed on the principles of balance, stability, and capacity.

They will learn the importance of preoperational inspection of a lift truck, safety guidelines for operating a lift truck, safe load techniques, as well as safe handling of fuels and batteries used in lift trucks.

Dates: Monday & Tuesday – April 20-21
(2 sessions must be attended for certification)
Instructor: Adam Dunning
Time: 4:00-7:00pm
Fee: \$100.00

WSFL2602 FORKLIFT CERTIFICATION (SESSION 2)

Course description is the same as Session 1, only the days and dates are different.

Dates: Wednesday & Thursday – April 29-30
(2 evenings must be attended for certification)
Instructor: Adam Dunning
Time: 4:30-7:30pm
Fee: \$100.00

CERTIFICATIONS/SKILLS

WSS2601 SERVSAFE MANAGER CERTIFICATION COURSE

This two-day, in-person certification course is designed for managers, supervisors, and food service personnel who are responsible for ensuring safe food handling practices. Participants will learn how to prevent foodborne illness, maintain compliance with health regulations, and create a culture of food safety in their workplace. The course culminates with the official ServSafe Manager Exam on the final day.

Participants who earn a passing score will receive the nationally recognized ServSafe Manager Certification.

Date: Tuesday – March 31 from 8:00am-2:30pm
Date: Wednesday – April 1 from 8:00am-12:30pm
(Both days must be attended for certification)
Instructor: Stephen Serano
Fee: \$125.00 + \$75.00 (supply fee)

WST2604 OUTBOARD MOTOR MAINTENANCE & REPAIR

This class is designed for the boater, who would like to know more about their engine and save money by performing their own maintenance.

We cover theory of operation of two- and four-stroke engines, look into diagnostics and troubleshooting, cover lower unit and gearcase service and propeller technology. We will learn about fuel systems, battery selector switches and marine wiring systems and how to troubleshoot them.

In our shop class, we will remove and reinstall a lower unit to service the water pump.

Dates: Thursdays – January 29 through March 19 (8 sessions)
Instructor: Steve Schall
Time: 5:30pm-8:30pm
Fee: \$168.00++(S)

WST2601 AUTO REPAIR LAB - BEGINNER TO INTERMEDIATE

Would you like to save money on gas and basic car maintenance? Learn the basic fundamentals taught by an ASE (Automotive Service Excellence) certified technician to service and maintain your vehicles to keep them running well. Students will receive hands-on practice changing tires, oil, wiper blades, replacing bulbs, reset light procedures, and checking fluids. Also, discover what to look for when buying a used car. On the first night of class, a review of auto shop equipment and safety guidelines will occur.

All automotive parts are supplied by the student and vehicles must be removed from the premises after each night of class, no exceptions.

Dates: Wednesdays – January 28, February 4, February 11 (3 sessions)
Instructor: Dan Corcoran
Time: 5:30pm-8:30pm
Fee: \$63.00++(S)

WST2603 ELECTRICAL HOUSE WIRING

Students will be introduced to the theory of electrical house wiring by applying the technical knowledge presented in the classroom and having the opportunity for hands-on experience. Learning about electrical theory codes, standards, outlet connections, circuits and metallic and non-metallic cables will be included.

This course covers the basics of electrical house wiring for the homeowner.

Dates: Mondays – January 26 through March 23 (8 sessions)
Instructor: Mike Mills
Time: 5:30pm-8:30pm
Fee: \$168.00 (S)



ARTS & CRAFTS

WSA2601 OIL PAINTING – BEGINNER

This course will provide absolute beginners with a foundational knowledge of oil painting. We will explore the materials and tools of the oil painter's studio, techniques such as fat over lean, alla prima, and color mixing. Have you ever wondered how Caravaggio was able to capture light and shadow in his paintings? Or how Van Gogh was able to bring his sunflowers to life on the canvas? This class will provide students with an understanding of composition, value, light, and color.

Over the course of eight weeks, the course will cover three different subject matters: still life, portraiture, and landscape. At the end of the course students will leave with three paintings from each project and confidence in the great medium of oil paint.

Dates: Tuesdays – January 27 through March 17 (8 sessions)
Instructor: Carly Miner
Time: 5:00pm-7:30pm
Fee: \$112.00++

WSA2602 NO SEW FOLDED FABRIC ORNAMENTS

This multi-design course will introduce you to the basic designs that are made by pinning fabric onto various polystyrene shapes. Starting with a basic round ornament, you will be taught how to mark your ball, measure and cut your fabrics, and apply them to the foam.

With creative folds to hide the pins and carefully placed additional fabric, you will completely cover your shape to make a beautiful ornament. This technique varies depending on the design and foam shape that you are working with. You will also learn how to craft a decorative bow and hanger.

A supply list for materials will be provided.

Dates: Thursdays – January 22 through March 19 (9 sessions)
Instructor: Joanne Infante
Time: 6:00pm-8:30pm
Fee: \$157.50++



DANCE/MUSIC

WSG2601 GUITAR – BEGINNER

Learn the fundamentals of playing the guitar including notes on the finger-board, open chords and playing songs. Music theory and various music styles and guitar techniques will be presented in a group instruction format. Designed for the novice learner.

Bring your acoustic guitar and tuner to each night of class. Recommended textbook, purchased independently by the student: Hal Leonard Guitar Method Book I, ISBN 978-0793533923.

Dates: Mondays – January 26 through March 24
(8 sessions, no class February 16)
Instructor: Joe Scheid
Time: 6:30pm-8:00pm
Fee: \$84.00++

WSLD2601 LINE DANCING – BEGINNER

Ready to have fun, get moving, and learn something new? This beginner line dance class is perfect for all fitness levels—no experience needed! I'll break down easy-to-follow steps so you can build confidence, improve coordination, and dance in a relaxed, welcoming atmosphere. We'll be dancing to a variety of music. Come solo or get a friend to sign up—just wear comfy shoes and get ready to move! Line dancing is a fantastic way to add activity and fun to your routine—and it's great for brain health, too! Let's dance!

Dates: Mondays – January 26 through March 9
(6 sessions, no class February 16)
Instructor: Cathy Cashmere
Time: 5:30pm-6:30pm
Fee: \$56.00

WSG2602 GUITAR – INTERMEDIATE

Continue your study of the guitar by developing different playing styles, learn music theory and more fingering/strumming techniques. Interpret what a piece of music is telling you such as beat, tempo, and scale. Learn movable barre chords and chord structure. Explore the elements of rhythm, melody, harmony and form the expressive controls of texture, timbre, dynamics, tempo and articulation.

Conducted in a group instruction format. Please bring your acoustic guitar and tuner to each class along with a notebook and pen.

Dates: Wednesdays – January 28 through March 18 (8 sessions)
Instructor: Joe Scheid
Time: 6:30pm-8:00pm
Fee: \$84.00++

WSLD2602 LINE DANCING – ADVANCED BEGINNER

Take your line dancing to the next level! This class is perfect for dancers who know the basic steps and are ready for a bit more of a challenge. I'll introduce slightly faster tempos, more complex step patterns, and fun routines to a variety of music. It's a great way to boost your skills, stay active, and enjoy a supportive, upbeat group atmosphere. Lace up your dancing shoes and let's level up together! Bring some friends to double the fun—comfortable shoes essential. Let's dance!

Dates: Mondays – January 26 through March 9
(6 sessions, no class February 16)
Instructor: Cathy Cashmere
Time: 6:45pm-7:45pm
Fee: \$56.00



WSTD2601 TAP DANCING – ADULT TAP TECHNIQUE

Have you always wanted to learn how to tap dance? The exact origin of tap dancing is unknown, but most likely it developed from a combination of cultural dance influences. Through the years, tap dancing has gained prominence as both entertainment and an art form. In this course, you will learn basic tap technique, combinations and a routine. Swing your arms, tap your feet and dance to the music while having fun!

No experience is necessary and tap shoes are optional. The instructor has over 25 years of experience teaching tap dancing to all ages.

Dates: Thursdays – January 29 through March 5 (6 sessions)
Instructor: Mary-Anne Dieckhaus
Time: 6:30pm-7:30pm
Fee: \$56.00

QUILTING/SEWING

WSK2601 KNITTING: SWEATER/PROJECT HELP

This course is designed for the knitter who knows how to knit and purl. You will learn the important steps required to knit a well-fitting sweater and then knit a sweater pattern you have been wanting to knit, or bring a sweater you have started to knit but find you need some help. Additional techniques included in this course are increasing/decreasing stitches, picking up stitches, and proper seaming techniques.

If you are uncertain about the yarn or other supplies for your chosen pattern, please email the instructor prior to the first class at kathechristensen@comcast.net.

Dates: Mondays – January 26 through March 23
(8 sessions, no class February 16)
Instructor: Kathe Christensen
Time: 5:00pm-7:00pm
Fee: \$112.00++



WSK2602 KNITTING: BAVARIAN TWISTED STITCH

Twisted stitch knitting can be used to create a wide variety of beautiful patterns in your knitting projects. Stitches can be twisted to the right or left and manipulated to create decorative ridges throughout the knitted fabric. Twisting a stitch makes it more defined, creating highly textured patterns on the fabric. They are especially useful for creating faux cable knits without the use of a cable needle. Class projects to choose from include hats, mitts, scarves, socks, cowls, headbands, and sweaters.

Email the instructor with any questions at kathechristensen@comcast.net.

Dates: Wednesdays – January 28 through March 18 (8 sessions)
Instructor: Kathe Christensen
Time: 5:00pm-7:00pm
Fee: \$112.00++

WSS2602 SEWING - ADVANCED BEGINNER

This course is for individuals who have basic knowledge of how to use a sewing machine. The course will go over the basic and decorative stitches on your machine, how to alter garments, as well as learning how to read and sew with a pattern.

Participants need to bring their own sewing machine and supplies to class. Upon registration, a supply list will be emailed to the student.

Dates: Wednesdays – January 28 through March 18 (8 sessions)
Instructor: Karen Bohme
Time: 5:00pm-8:00pm
Fee: \$168.00++

WSS2601 SEWING - BEGINNER

This course is for individuals who wish to learn how to use a sewing machine. Starting from the basics, the instructor will review parts of the machine, functions and how to get started sewing. How to hem clothes by machine with finishing touches by hand will be included along with one or two small sewing projects designed for the novice. Please bring your sewing machine and machine instruction book to each night of class.

This course requires the independent purchase of supplies by the student. Upon registration, a supply list will be emailed to the student.

Dates: Tuesdays – January 27 through March 17 (8 sessions)
Instructor: Karen Bohme
Time: 5:00pm-8:00pm
Fee: \$168.00++

WSQ2601 QUILTING BY MACHINE

This course is for the confident beginner to intermediate level machine quilter. You will learn cutting and block placement, borders, binding and assembling a quilt. The quilt will be "Hello Spring", size 45" x 56", with ladybugs and flowers. Basic knowledge of both sewing and sewing machines is necessary.

This course requires the independent purchase of supplies by the student. Upon registration, a supply list will be emailed to the student.

Dates: Mondays – January 26 through March 30
(8 sessions, no classes February 16 and February 23)
Instructor: Doreen Dever
Time: 5:30pm-8:30pm
Fee: \$168.00++

CULINARY ARTS

WSF2601 CULINARY SKILLS – BEGINNER

This four-week course introduces adult students to the essential techniques of cooking through the lens of South Jersey Shore cuisine. Tailored for beginners, each class will focus on foundational culinary skills, from knife handling to sauce making, while highlighting the seasonal and regional ingredients of the shore. Students will leave empowered to create original dishes using local cuisine.

Dates: Tuesdays – January 27 through February 17 (4 sessions)
Instructor: Jeff Miner
Time: 5:00pm-8:00pm
Fee: \$100.00 + \$60.00 (supply fee)

WSF2605 KEY LIME PIE

Get ready to transform simple ingredients into a refreshing key lime pie that is featured in the American South and seasonal resorts. Learn how to make a perfect graham cracker crust filled with yummy key lime filling garnished with a lime glaze and whipped cream. Make sure you bring an apron and containers to bring home your tasty treat as spring and summer are getting closer.

Date: Tuesday, March 10
Instructor: Gwen Raring
Time: 4:30pm-7:30pm
Fee: \$30.00 + \$45.00 supply fee

WSF2602 PIZZA NIGHT

What is better than homemade pizza dough? Learn to make your own pizza dough and layer it with Chef Serano's homemade marinara and a variety of toppings. Perfect for game day or the weekend!

Make sure you bring an apron and containers to bring home your tasty pizzas.

Date: Tuesday, January 27
Instructor: Gwen Raring
Time: 4:30pm-6:30pm
Fee: \$30.00 + \$45.00 supply fee

WSF2603 RED VELVET

Let's make this distinctive American classic dessert known for its deep red color and subtle cocoa flavor. You will learn to modernize it by filling the cake with white chocolate whip cream and a white chocolate ganache.

Make sure you bring an apron and containers to bring home your Valentine's Day tasty treat.

Date: Tuesday, February 10
Instructor: Gwen Raring
Time: 4:30pm-6:30pm
Fee: \$30.00 + \$45.00 supply fee

WSF2604 CUPCAKES: HOT COCOA CUPCAKES AND BLACK BOTTOM CUPCAKES

It's a two-for-one night of a delicious chocolaty adventure! You are going to make two chocolate twists: black bottom cupcakes with a brownie bottom and a cheesecake topping; and a hot cocoa cupcake topped with a marshmallow fluff topping. Both are fancy treats that will impress your friends.

Bring an apron and containers to bring your treats home.

Date: Tuesday, February 17
Instructor: Gwen Raring
Time: 4:30pm-6:30pm
Fee: \$30.00 + \$45.00 supply fee



HEALTH / FITNESS

WSH2602 CONFIDENCE CODE: REWIRE YOUR BRAIN WITH NLP & HYPNOSIS

Are self-doubt and hesitation holding you back from reaching your goals? In this four-week course, you'll learn practical techniques from NLP (Neuro-Linguistic Programming) and hypnosis to help you rewire your thinking, strengthen your self-belief, and project genuine confidence in any situation. Through guided exercises, group interaction, and relaxing hypnosis sessions, you'll discover how to quiet negative self-talk, release limiting beliefs, and replace them with empowering thoughts that support success.

Whether you're preparing for a career change, returning to the workforce, building a business, or simply ready to feel more confident in everyday life, this course offers the tools to make lasting change. You'll walk away with a personal confidence plan, simple daily techniques to stay motivated, and the ability to activate a calm, confident mindset whenever you need it.

No prior experience with hypnosis or NLP is required—just an open mind and a willingness to grow.

Dates: Wednesdays – February 25 through March 18 (4 sessions)
Instructor: Edith Hignutt
Time: 6:30pm-8:30pm
Fee: \$56.00

WSH2603 FIT FUSION

Fit Fusion is a 50- to 60-minute fitness program that combines different types of workouts into one format. It is set to fun music that will make you forget you're exercising. The class is designed to increase flexibility, balance, coordination, muscular strength, and cardiovascular endurance. It includes a variety of modalities, such as drumming, light weight lifting, Pilates, barre, yoga, and more. This program can be done in a chair or standing. It is a fabulous class for everyone, no matter your fitness level or age.

Need: This program involves upper body and lower body movements, therefore, clothes should be worn that allow for ample movement and comfortability and wear sneakers. Bring light hand weights, 2 to 3 pounds, no more than 5 pounds, water and your beautiful smile.

Dates: Tuesdays – January 27 through March 3 (6 sessions)
Instructor: Lynne Catarro
Time: 4:00pm-5:00pm
Fee: \$42.00

**Learn more about our new
Dental Radiology Course
and other Post Secondary
Programs on Pages 23-27.**



WSH2601 BREAK FREE FROM PROCRASTINATION & ANXIETY: RECLAIM FOCUS & MOTIVATION

Do you find yourself stuck in cycles of delay, overthinking, or stress that keep you from moving forward? This four-week course offers practical, science-based tools to help you overcome procrastination and calm anxious thinking so you can take clear, confident action. Using a blend of NLP (Neuro-Linguistic Programming), hypnosis, and proven mindset strategies, you'll learn how to retrain your brain to stay focused, motivated, and resilient under pressure.

Each session combines hands-on exercises, guided relaxation, and supportive discussion to help you break free from old mental habits and replace them with patterns of calm productivity. Whether your procrastination stems from fear, perfectionism, or overwhelm, you'll leave with a personalized plan and daily techniques to maintain focus, reduce stress, and create steady progress toward your goals.

Dates: Thursdays – January 29 through February 19 (4 sessions)
Instructor: Edith Hignutt
Time: 6:30pm-8:30pm
Fee: \$56.00

HEALTH/FITNESS

WSH2604 FUNCTIONAL FITNESS FOR ADULTS

Functional Fitness training is a type of exercise that prepares your body for the demands of everyday life by mimicking functional movement patterns. It focuses on strength, flexibility and coordination to improve your ability to perform daily tasks efficiently and safely.

Key principles of functional fitness are to replicate daily activities like bending, twisting, squatting, lifting and reaching, improving core stability, dynamic balance, functional strength, and the body's ability to absorb impact and maintain balance during everyday activities.

Functional fitness is beneficial for people of all ages and fitness levels. Please bring a blanket and yoga mat.

Dates: Wednesdays – January 28 through March 18
(8 sessions)
Instructor: John Teofilak
Time: 5:00pm-6:00pm
Fee: \$42.00

WSH2605 GENTLE CHAIR YOGA

Gentle chair yoga is practiced in a chair and/or with the aid of the chair for support during balance postures. It is a safe, accessible, sustainable, adaptable yoga practice that is ideal for individuals of all ages, abilities and fitness levels.

Provided in a supportive and interactive environment, this class incorporates breathing exercises, gentle stretches, yoga postures, mild yoga flows, standing balance and a final relaxation. This practice may help increase one's flexibility, lung capacity, strength, endurance and improve balance while maintaining mental well-being, self-confidence and overall healthy lifestyle.

For greater comfort and ease of movement, avoid tight, restrictive clothing. Highly recommended: Slip-proof socks, a long scarf or yoga strap, and tennis ball.

Dates: Wednesdays – January 28 through March 4
(6 sessions)
Instructor: Lynne Catarro
Time: 4:00pm-5:00pm
Fee: \$42.00



WSH2606 INTRO TO SELF-HYPNOSIS: UNLOCK YOUR MIND'S POTENTIAL (SESSION 1)

Discover the power of your own mind in this engaging, hands-on introduction to self-hypnosis. Over four weeks, you'll learn how to safely and effectively guide yourself into deep relaxation, create personalized affirmations, and use the power of focused attention to support your goals.

Whether you're seeking better sleep, stress relief, pain management, or greater self-confidence, this course provides simple, practical tools to help you make lasting positive changes from within.

Each session combines clear instruction with guided practice, allowing you to experience self-hypnosis techniques such as breathwork, progressive relaxation, and various self-inductions. You'll also learn how to overcome common challenges like distractions or self-doubt, building the confidence to use hypnosis on your own.

By the end of the course, you'll have a personalized toolkit to promote calm, clarity, and well-being—anytime you need it.

Dates: Wednesdays – January 28 through February 18
(4 sessions)
Instructor: Edith Hignutt
Time: 6:30pm-8:30pm
Fee: \$56.00

WSH2607 INTRO TO SELF-HYPNOSIS: UNLOCK YOUR MIND'S POTENTIAL (SESSION 2)

Course description is the same as Session 1, only the days and dates are different.

Dates: Thursdays – February 26 through March 19 (4 sessions)
Instructor: Edith Hignutt
Time: 6:30pm-8:30pm
Fee: \$56.00

WSH2608 PILATES: MAT PILATES SCULPT

Mat Pilates Sculpt is a 45-minute low impact total body workout using small weights. Join in a dynamic fusion of traditional mat pilates and strength-based sculpting exercises.

This workout focuses on core strength, muscular endurance, and alignment while incorporating light resistance. The class can be modified to any age, fitness level and body type!

Dates: Tuesdays – January 27 through March 17 (8 sessions)
Instructor: Juliana Miranda
Time: 5:15pm-6:00pm
Fee: \$42.00

HEALTH/FITNESS

WSH2609 SELF-DEFENSE FOR EVERYONE

This course consists of balance, technique, and defensive movement to repel aggressive behavior and physical attack on an individual. Several methods of defending oneself will be taught. Martial arts and military-style techniques will enhance the confidence and awareness of the student.

No formal training is required. Wear comfortable gym-type attire.

Dates: Tuesdays – January 27 through March 3 (6 sessions)

Instructor: Marc Breslow

Time: 6:30pm-8:00pm

Fee: \$63.00

WSH2610 WEIGHT TRAINING: OPEN FORMAT

This course is conducted in an open-style format just like going to a gym or fitness center. Whether you are familiar with exercise equipment or need an introduction to standard weight room machines and accessories, the instructor can assist you with your specific needs.

In the first class, a review of the proper use of equipment along with safety and sanitization procedures will be reviewed. Students should be in adequate physical condition to participate.

Dates: Mondays – January 26 through March 23

(8 sessions, no class February 16)

Instructor: Brian Halsey

Time: 5:30pm-6:30pm

Fee: \$56.00

WSH2611 YIN YOGA

Yin yoga is a relaxing modern approach to yoga that is suitable for all ages and skill levels. Classes are directed through a series of yoga poses that are held for several minutes each that focus on the connective tissues of the tendons, ligaments and fascia. Yin yoga is focused on your joints and flexibility. The body often holds stress in the hips, low back and shoulders, and a Yin practice targets these areas.

As a compliment to a power yoga practice or any form of athletic training, Yin yoga helps the body maintain its youthful range of motion. All you need is comfortable clothing, a yoga mat and an open mind.

Dates: Thursdays – January 29 through March 5 (6 sessions)

Instructor: Roger Chewning

Time: 5:15pm-6:00pm

Fee: \$31.50

WSH2612 YOGA FOR HEALTH (SESSION 1)

This powerful yoga practice will give back what you put into it. Are you looking to lose weight, gain muscle strength and tone, increase your stamina? Or are you looking to relax and end your day in a positive way? A yoga practice can provide all of that. Yoga brings about the union of body, mind and spirit. Through a series of Yoga poses performed in a Vinyasa flow, this class is designed to build strength while burning calories.

As traditional yoga poses are linked to breathwork, you will increase your endurance while you enhance your flexibility. Along with comfortable clothing and a yoga mat, all you need to bring to class is your willingness to be open to try something new. On your mat, you have the ability through your practice to gain a new perspective on your life.

Dates: Mondays – January 26 through March 9
(6 sessions, no class on February 16)

Instructor: Roger Chewning

Time: 4:00pm-5:00pm

Fee: \$42.00

WSH2613 YOGA FOR HEALTH (SESSION 2)

Course description is the same as Session 1, only the days and dates are different.

Dates: Thursdays – January 29 through March 5 (6 sessions)

Instructor: Roger Chewning

Time: 4:00pm-5:00pm

Fee: \$42.00

WSH2614 ZUMBA

Popular for over 20 years, Zumba combines high energy and motivating music with easy-to-follow choreographed dance moves. Routines feature aerobic and fitness interval training (alternating fast and slow dance rhythms). Zumba provides a total workout by combining all elements of fitness including cardio, muscle conditioning, balance and flexibility.

The class is taught by a certified Zumba instructor. All levels welcome! Please wear loose, comfortable clothing. Students should be in adequate physical condition to participate.

Dates: Tuesdays – January 27 through March 17 (8 sessions)

Instructor: Jenny Gomez-Vargas

Time: 4:30pm-5:15pm

Fee: \$42.00

Check out our Summertime Adventures for kids ages 9-14 on page 22!

HISTORY OF CAPE MAY COUNTY

WSCM2601 HENRY WASHINGTON SAWYER: CAPE MAY'S CIVIL WAR HERO

Learn about the beginnings of Cape May, along with one of the most remarkable characters in our county's history, Henry Washington Sawyer. Born to a Pennsylvania German family in the Lehigh Valley, he came to Cape May as a young carpenter in 1848. His life as a builder, hotel proprietor, farmer and politician is an amazing story. His exploits as a cavalry officer in the U.S. Army during the Civil War are legendary.

The class will watch the documentary, *Sawyer: Hero of Cape May* and discuss his life and the impact he and his hotel, The Chalfonte, have had on America's first seaside resort.

Date: Thursday – January 29 (1 session)

Instructor: Gwen Brownell Raring

Time: 6:00pm-7:00pm

Fee: \$20.00

WSCM2602 BLACK HISTORY IN CAPE MAY COUNTY: JARENA LEE & LOVINIA ARMOUR

This course will examine the stories of two notable African American residents of Cape May County: Jarena Lee (1783-1864), who born in Goshen to free black parents. She became the first female preacher of the African Methodist Episcopal Church. And Lovinia Armour Coachman (1776-1874), who was born in bondage and freed by her enslaver and went on to become a beloved businesswoman in our county.

Date: Thursday – February 19 (1 session)

Instructor: Gwen Brownell Raring

Time: 6:00pm-7:00pm

Fee: \$20.00

WSCM2603 WOMEN'S HISTORY MONTH: MEHITABLE SIMPSON & THE CAPE MAY MITTEN TRADE

The women and girls of colonial Cape May County had been knitting worsted mittens for their families for generations, as had their ancestors back in England. Thanks to an incident involving Benjamin Franklin's common-law wife Deborah Read, the Cape May mitten trade would become the fourth largest industry in our county prior to the American Revolution.

Attendees of the class will view the documentary, *Ben Franklin and the Cape May Mitten Trade*, highlighting the last practitioner of this cottage industry, Mehitable Vanaman Simpson.

Date: Thursday – March 19 (1 session)

Instructor: Gwen Brownell Raring

Time: 6:00pm-7:00pm

Fee: \$20.00



SPECIAL INTEREST

WSAM2601 AMERICAN MAHJONG – BEGINNER (SESSION 1)

Discover the fun and challenge of American Mahjong in this beginner friendly course designed for player with little or no experience. Over a series of interactive sessions, you'll learn: how to read and use the National Mah Jongg League (NMJL) card; the roles of the suits, jokers, winds, and other tiles; game structure, including how to build hands and call tiles; rules of play, table etiquette, and scoring basics; and play practice rounds with guidance and support.

This is great for mental stimulation while meeting new friends and learning to play with confidence.

Dates: Tuesdays – January 27 through March 3 (6 sessions)
Times: 5:15pm-7:30pm
Instructor: Lynne Catarro
Fee: \$94.50

WSAM2602 AMERICAN MAHJONG – BEGINNER (SESSION 2)

Course description is the same as Session 1, only the days are different.

Dates: Wednesdays – January 28 through March 4 (6 sessions)
Times: 5:15pm-7:30pm
Instructor: Lynne Catarro
Fee: \$94.50

WP2601 DIGITAL PHOTOGRAPHY – BEGINNER

Do you have a DSLR (Digital Single Lens Reflex) or mirrorless camera that you want to use? Digital photography is great for family photos, nature, hobbyists, and more! In this hands-on course you will learn to operate your digital camera to include terminology, parts, features, how to take photos, and composition techniques to produce professional pictures.

Photos will be taken during class, so please bring your DSLR or mirrorless camera, memory card, charged battery, and the camera's user manual to each night of class. Later in the course, a possible field trip to a nearby location to take photos may be included, weather permitting.

Dates: Wednesdays – February 11 through March 18 (6 sessions)
Times: 4:00pm-6:00pm
Instructor: Kathy Libby
Fee: \$84.00++

Did you know we offer free Adult General Education and ESL Classes? Learn more on Pages 20-21.

WSFB2601 FOOTBALL FUNDAMENTALS MADE EASY!

Always wanted to understand football but don't know your Xs and Os? This fun, easy-to-follow course will help you enjoy the game with family and friends.

Taught by a former high school and college coach with 38 years of experience, you'll gain insight into game strategy, coaching preparation, and the world of recruiting—what coaches look for and how athletes advance to the next level.

Dates: Thursdays – January 29 through February 19 (4 sessions)
Times: 6:00-7:00pm
Instructor: John Rotello
Fee: \$28.00

WSID2601 INTRO TO INTERIOR DESIGN: YOUR HOME

Do you want to feel more comfortable in your home and inevitably happier? Then enroll in this introductory and affordable guide to interior design with an interactive and hands-on approach, which will enable you to arrange and accessorize your home on your own, spend less and save more by not making costly errors. Teacher, Jane Reynolds, has been practicing interior design for over 35 years.

Dates: Tuesdays – January 27 through March 10 (7 sessions)
Time: 5:30pm -7:00pm
Instructor: Jane Reynolds
Fee: \$73.50

WSLL2601 LEARNING ABOUT ALL LEARNERS

Do you know someone with a disability? Have you ever wanted to learn more about how to handle your child's behavior? Do you work with someone with autism or other disabilities? Have you ever had questions or needed help understanding someone with a learning disability? This seminar will assist in understanding and working with a multitude of disabilities and behaviors as well as provide clarity on best practices.

Open to parents and community members; no question is silly or off limits. Let's learn and grow together while becoming advocates for others!

Dates: Thursdays – February 19 and 26 (2 night seminar)
Instructor: Valerie Bowers
Time: 4:30pm-6:30pm
Fee: \$40.00

SPECIAL INTEREST

WSL2601 RUSSIAN MADE EASY

In this course, the Russian language will be presented in a style to explain grammar and vocabulary clearly. Grammar will be dissected to include verb conjugation, adjectives, cases and dialogue.

A conversational approach will be included to learn everyday vocabulary and expressions that you can use. Cultural information will be incorporated as necessary to assist the student with learning and understanding the language.

Dates: Thursdays – January 29 through March 19 (8 sessions)
Instructor: Ekaterina Hamann
Time: 6:00pm-7:30pm
Fee: \$84.00

WSEB2601 SELLING ON EBAY (SESSION 1)

Whether downsizing, decluttering or having items you suspect may be valuable, eBay offers a unique opportunity to sell your items via the online world. In this course you will learn the basics of selling on eBay including how to research, list, sell and ship your items including a review of eBay's rules, policies, financial transactions and customer service.

Students should have an email account and basic knowledge of online shopping. Special note: eBay requires users to utilize a checking account for processing transactions.

Wednesdays – January 28 through February 18 (4 sessions)
Instructor: Susan Cline
Time: 6:00pm-8:00pm
Fee: \$56.00

WSEB2602 SELLING ON EBAY (SESSION 2)

Course description is the same as Session 1, only the dates are different.

Wednesdays – February 25 through March 18 (4 sessions)
Instructor: Susan Cline
Time: 6:00pm-8:00pm
Fee: \$56.00

WSASL2601 AMERICAN SIGN LANGUAGE – BEGINNER

Perfect for first-time learners! This class introduces the ASL alphabet, everyday vocabulary, and simple conversational phrases. Students will practice through guided activities, learn basic etiquette when communicating with Deaf and Hard of Hearing individuals, and build confidence using ASL in real-world situations.

Dates: Wednesdays – January 28 through March 4 (6 sessions)
Times: 4:30pm-5:30pm
Instructor: Michele Bohannon
Fee: \$42.00

WSL2602 SPANISH – ADVANCED BEGINNER, CONVERSATIONAL

This class will build upon Spanish skills learned in Spanish Introduction to Conversational or students who have a basic Spanish language knowledge, including more complex vocabulary, grammar structures like past and future tenses, deeper conversation practice, and further exploration of Spanish-speaking cultures.

There will be a focus on learning new words related to topics like hobbies, jobs, food, travel, and daily routines. Students will engage in extended dialogues covering everyday situations.

Dates: Mondays – January 26 through March 23 (8 sessions, no class February 16)
Instructor: Jennifer Bolling
Time: 5:30pm-7:00pm
Fee: \$84.00

WSR2601 TRAVEL IN RETIREMENT (SESSION 1)

Discover how to make your retirement dreams a reality! This class will guide you through exploring ways to travel affordably and comfortably in retirement. Whether you're planning once-in-a-lifetime adventures or relaxing getaways, you'll gain tips on budgeting, maximizing benefits, and finding travel experiences that fit your lifestyle.

We will explore destinations that you may not have even considered! Perfect for those nearing retirement or already enjoying it-let's make your next chapter the most exciting one yet!

Wednesdays – January 28 through February 18 (4 sessions)
Instructor: Terri O'Connell
Time: 4:30pm-6:30pm
Fee: \$56.00

WSR2602 TRAVEL IN RETIREMENT (SESSION 2)

Course description is the same as Session 1, only the dates are different.

Wednesdays – February 25 through March 18 (4 sessions)
Instructor: Terri O'Connell
Time: 4:30pm-6:30pm
Fee: \$56.00



DOG OBEDIENCE

WSD2601 DOG OBEDIENCE (SESSION 1)

This course presents a gentle, traditional method with positive reinforcement for solving undesirable canine obedience problems for dogs at least six months of age. The same human trainer must accompany the same dog on each night of class, no exceptions.

Exercises include heeling, sit/stay, down/stay, come when called, etc. Problems such as jumping and barking will be addressed. A suitable leash is required. Please, no flex lead or harness (flat or martingale). Leashes, collars, and training supplies will be available for purchase.

NOTE: NO DOGS ON THE FIRST NIGHT, HOWEVER, PLEASE BRING YOUR DOG'S IMMUNIZATION RECORD (BORDETELLA VACCINE REQUIRED). ON THE FIRST NIGHT, AN ORIENTATION AND RECORD REVIEW WILL OCCUR.

Dates: Thursdays – January 29 through March 19
(8 sessions)
Instructor: Sandy Fedoroff
Time: 6:00pm-6:45pm
Fee: \$65.00

WSD2602 DOG OBEDIENCE (SESSION 2)

Course description is the same as Session 1, only the time & instructor are different.

Dates: Thursdays – January 29 through March 19
(8 sessions)
Instructor: Gail Fumo
Time: 7:00pm-7:45pm
Fee: \$65.00

WSD2603 RALLY FOR BEGINNERS (SESSION 1)

Rally obedience is a dog sport based on obedience. It is a team sport, you and your canine companion. You and your dog navigate through a course of 10 to 20 different signs. Each sign displays instructions for the skill to be performed at that station. Your dog will need to respond to basic commands such as sit, down, stay, heel, etc. Rally is a great way for you and your dog to bond while working as a team and having fun! Your dog must be at least six months of age to participate.

Pre-requisite: Previous basic dog obedience class here at Cape May Tech or elsewhere. Class size is limited so each team will have adequate time on the course each week.

NOTE: DOGS WILL COME ON THE FIRST NIGHT. HOWEVER, YOU WILL NEED TO SEND A PICTURE OF YOUR DOG'S IMMUNIZATION RECORD (BORDETELLA VACCINE REQUIRED) TO THE INSTRUCTOR. HER EMAIL ADDRESS WILL BE PROVIDED AFTER REGISTRATION.

Dates: Tuesdays – January 27 through March 17
(8 sessions)
Instructor: Sandy Fedoroff
Time: 6:00pm-7:00pm
Fee: \$70.00

WSD2604 RALLY FOR BEGINNERS (SESSION 2)

Course description is the same as Session 1, only the time is different.

Dates: Tuesdays – January 27 through March 17
(8 sessions)
Instructor: Sandy Fedoroff
Time: 7:00pm-8:00pm
Fee: \$70.00

WSFD2605 AMERICAN KENNEL CLUB CANINE GOOD CITIZEN PROGRAM

This program is designed to recognize dogs who have good manners at home and in the community. It stresses responsible dog ownership for owners and basic training and good manners for dogs. Dogs must pass the 10 step Canine Good Citizen test to receive a certificate from the American Kennel Club.

Owners and dogs must attend all classes. The first two nights of the program will be practice for the test. The test will then be split across the next two nights of the program. The last night may be used for those who may need to a do-over with certain test skills. Please note the test must be done with a flat collar.

Dates: Tuesday & Thursday- April 14, 16, 21, 23, 28
(5 sessions must be attended by students for certification)
Instructor: Sandy Fedoroff
Time: 6:00pm-7:30pm
Fee: \$55.00

WSD2606 HUNTING DOGS TRAINING

This course is designed to help you prepare your hunting dog for the field. You and your canine partner will work together on different drills.

All classes, with the exception of the first night, involve you and your canine hunting partner. There will be a training and discussion section each night. Please bring a dog crate for the discussion part of class. The final session is a trip to the field with your canine partner.

NOTE: NO DOGS ON THE FIRST NIGHT, HOWEVER, PLEASE BRING YOUR DOG'S IMMUNIZATION RECORD (BORDETELLA VACCINE REQUIRED). ON THE FIRST NIGHT, AN ORIENTATION AND RECORD REVIEW WILL OCCUR.

Dates: Wednesdays – February 25 through April 1st
(6 sessions)
Instructor: Howard Wright
Time: 5:00pm-8:00pm
Fee: \$126.00

TESTING CENTER

Cape May County Technical School serves as a testing center for the following tests:

GED

The GED exam is taken on a computer and covers four subjects: mathematical reasoning, reasoning through language arts, social studies, and science.

Each subject requires a separate test. You do not have to take them all at once.

Testing Dates

1/8/26	4/15/26
1/22/26	4/30/26
2/5/26	5/7/26
2/19/26	5/14/26
3/5/26	5/21/26
3/19/26	6/11/26

**See testing
times and
register at
GED.com**

CASAS

The CASAS test is a free reading and math test, which can be used for a One Stop Training grant, entrance to Cape May County Technical School's Post Secondary Programs, or as a free practice test for your GED.

Please check our website for dates and times.

**Register at
capemaytech.com**

TEAS

The ATI TEAS, or Test of Essential Academic Skills, is a standardized exam that nursing programs use to assess applicants. The idea behind the exam is to test an applicant's readiness for nursing school.

The TEAS exam covers four main content areas: reading, math, science, and English/ language usage.

Please check our website for dates and times.

**Register at
capemaytech.com**

FREE CLASSES

GED and Adult Basic Education Classes

Adult Basic Education classes prepare students to take their GED to earn a high school diploma or to raise pre-admission test scores for entrance into Post-Secondary programs, including CASAS and TEAS tests.

Daytime Classes

Monday through Thursday
9:00 AM - 12:00 PM

Evening Classes

Monday, Tuesday, Wednesday
5:30 PM - 8:30 PM

ESL Classes

ESL Classes help to learn listening, speaking, reading & writing in English.

In Person Evening Classes

Monday, Tuesday, Wednesday,
5:30 PM - 8:30 PM

Virtual (Computer) Classes

Call for more information

OPEN ENROLLMENT for both classes - join anytime!

*Please contact Elizabeth Satterfield for more information:
(609)380-0200 ext.345 or esatterfield@capemaytech.com*

SUMMERTIME ADVENTURES

35TH ANNUAL

SUMMERTIME ADVENTURES

FOR KIDS AGES 9-14

Choose a hands-on adventure from unique offerings at Cape Tech!

Courses are tailored to specific age levels and are designed to share exciting, creative and educational experiences.

Classes are taught on campus by certified Cape Tech staff members.

CHOICE OF ADVENTURE:

Camp Carpentry	Media Productions
Camp Cosmo	Mini Makers Art Camp
Crime Scene Investigation	Power Sports and Mechanics
Fun with Foods	Under the Sea
Future Engineers	Vet Science
Mad Scientist	

REGISTRATION BEGINS APRIL 15!

Week 1:
July 27-30

Week 2:
August 3-6

Adventures are held
Monday through Thursday
8:45am-12:30pm

POST SECONDARY

NEED CAREER TRAINING?

Join one of our Post Secondary Courses!

Entrance tests are happening now! Call (609) 380-0243 for more information.

Applications open in March

**Cosmetology • Dental
Assisting • Dental Radiology
Practical Nursing • Welding**

Applications open in June

**Electrical, HVAC-R
and Plumbing RTI
Apprenticeships**

All programs lead to industry certification. Post Secondary applicants are required to take the CASAS pre-entrance exam to earn a seat in any of the programs (except Practical Nursing). Practical Nursing applicants are required to take TEAS test.

Learn more about our Post Secondary and Apprenticeship Courses on the next 6 pages.



POST SECONDARY

Cosmetology

Post Secondary Program Information

The Cosmetology and Hairstyling program at Cape May County Technical School is specifically designed to prepare graduates for licensing requirements established by the New Jersey State Board of Cosmetology/Hairstyling. Students are required to complete 1000 productive hours of training as part of the course requirements. The district will strictly enforce this requirement. Students of this program will be instructed in all of the state required areas of Cosmetology and Barbering, along with other related areas of study, including workplace readiness and communication skills. Students will practice their skills on mannequins and fellow students. During the second half of the year and upon receipt of their student permit, an "in-house" clinical experience will be added, and students will work with patrons from the community as part of their training. The Cosmetology program is fully accredited through the New Jersey State Board of Cosmetology.

The Cosmetology program is a full time 10-month program that runs September through June, Monday through Thursday, 1:00 to 9:00 pm.

COURSE CONTENT: Safety Issues and Practices • Professional Image • Sanitation • Hair and Scalp Care • Hair Shaping • Barbering Skills • Wet Hairstyling • Thermal Styling • Chemical Applications • Manicuring • Pedicuring • Nail Tech Services • Skin Care • Facials • Make-up Applications • Salon Business • Related Sciences



POST SECONDARY

Dental Assisting

Post Secondary Program Information

The Dental Assisting program at Cape May County Technical School prepares the student to meet requirements to become a Certified Dental Assistant (CDA). Successful graduates also qualify to apply to the State of NJ for the Expanded Function Registered Dental Assistant (RDA) and Limited Radiologic Technologist licensures.

The Dental Assisting program is fully accredited by the American Dental Association Commission on Dental Accreditation (ADA-CODA), approved by the Department of Environmental Protection (DEP) Bureau of X-ray Compliance and approved by the New Jersey State Board of Dentistry.

RDAs upon licensure can enter the workforce starting at \$20-\$33 an hour. ***The Dental Assisting program is a full time 10 month program that runs September through June, Monday through Friday, 8:00 am to 2:30 pm.***

COURSE CONTENT: Chairside Assisting & Expanded Functions • Dental & Medical Emergencies • Dental Health Education • Dental Materials • Dental Patient & Practice Management • Dental Radiology • Dental Science I • Dental Science II • Infection Control & Bio Medical Science • Externship

Dental Radiology **Registration Information: call (609) 380-0243**

This course is approved by the New Jersey Radiologic Technology Board of Examiners. Upon conclusion of classroom instruction, students will be eligible to expose radiographs under clinical affiliation policy.

The Dental Radiology course is a 16-week class that runs on Tuesdays, February through May.

Requirements: 18+ years of age • High School Diploma/Equivalent or College Degree (all foreign credentials must have been translated and evaluated prior to the registration and at student's expense) • Pass pre-admission testing • Three months current work experience in a dental office • Criminal background clearance

In-Person Registration: Monday through Thursday at Cape May County Technical School, Adult Education Office, Main Entrance, Parking Lot A.

Registration: \$750 registration fee includes course registration, school supply fees. The registration fee is due at the time of registration via check or debit/credit card only - no cash. Mandatory text books, Board Examination, and State License fees are the responsibility of the student.

As per NJDEP guidelines, the following documents are required to be presented at time of registration: Valid Government-issued Photo ID • High School Diploma/Equivalent or College Degree.

POST SECONDARY

Practical Nursing Post Secondary Program Information

The Practical Nursing program at Cape May County Technical School will provide a curriculum based on the holistic concept of patient care and will provide the students with the necessary knowledge to meet the requirements for licensing in the field of nursing. It will prepare the students to function as members of the health care team and to recognize and meet the needs of people in their care.

This course is approved by the New Jersey Board of Nursing and the New Jersey Department of Education, and consists of both classroom and clinical experiences. ***The Practical Nursing program is a full time program that runs September through July, Monday through Friday, 8:00 am to 2:30 pm.*** Clinical hours will vary depending on the affiliation site. Additional online instructional time is required.

COURSE CONTENT: Anatomy & Physiology • Chemistry • Community Health • Fundamentals of Nursing • Geriatric Nursing • Growth & Development • Maternity Nursing • Mathematics for Nursing • Medical-Surgical Nursing • Microbiology • Nursing Orientation • Nutrition • Pediatric Nursing • Personal & Professional Relations • Pharmacology • Psychiatric Nursing

**CAPE TECH IS A FULL-TIME,
CAREER-FOCUSED PUBLIC HIGH
SCHOOL OF CHOICE.**

POST SECONDARY

Welding

Post Secondary Program Information

The program begins with a comprehensive review of safety protocols and materials commonly used in the welding industry. Classroom instruction is reinforced through hands-on practice and skill development in key welding techniques. Students will gain experience in Oxy-Acetylene cutting, Brazing, and Arc Welding in all positions using 6010 and 7018 electrodes. In addition, the curriculum provides an introductory overview of TIG (Tungsten Inert Gas) welding, allowing students to explore this precision welding process.

Students who successfully meet all program requirements will have the opportunity to take the American Welding Society (AWS) Basic Welder (1-G) certification test, which will be administered on-site. This certification serves as an industry-recognized credential demonstrating foundational welding competency.

The Welding Program is a part-time 28 week program that runs October through April, Monday, Tuesday and Wednesday evenings from 5:00 to 8:00 pm.



It's a specialized high school for any student with ambition to succeed in college, a career, or both.

Students get a jump start on their futures by focusing on the skills needed to succeed in today's workforce. They begin with an exploratory year to sample career programs and get a better idea of what they may want to pursue over their next three years of high school and beyond. It's their future, their choice! **Learn more at capemaytech.com**

RTI APPRENTICESHIPS

HOW CAN I QUALIFY FOR AN RTI APPRENTICESHIP PROGRAM?

Candidates are required to have a high school diploma or equivalent. They must also take the CASAS exam and achieve a qualifying score. Prospective students should be employed full-time in the field under the supervision of a licensed professional, with their employer or union agreeing to serve as their sponsor.

**Registration
begins in
June 2026**

**RTI Apprenticeship tuition:
\$3,500 per year**

**All Apprenticeship classes held
October through March**

Plumbing Apprenticeship

Cape May Tech offers related technical instruction that can help earn the status of NJ Journeyman Plumber or Master Plumber. Students in this program must take a minimum of 144 hours of classroom instruction per year for four years, totaling 576 hours of classroom instruction.

In addition, students must complete 8,000 hours of on-the-job training under the supervision of a licensed master plumber.

Level 1, Level 2



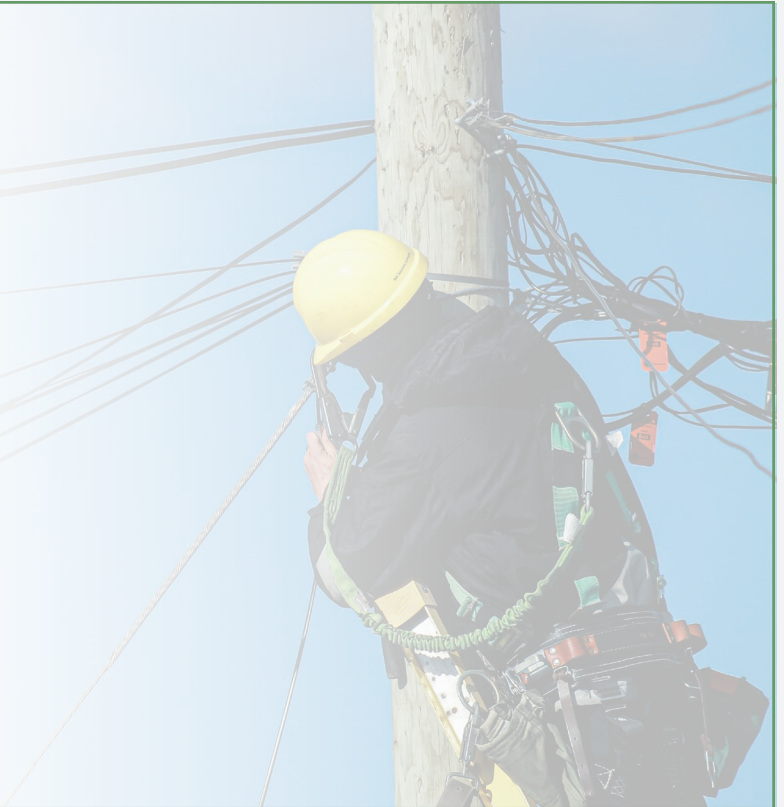
RTI APPRENTICESHIPS

Electrical Apprenticeship

Cape May Tech offers related technical instruction that can help earn the status of Journeyman Electrician. Students in this program must take a minimum of 144 hours of classroom instruction per year for four years, totaling 576 hours of classroom instruction.

In addition, students must complete 8,000 hours of on-the-job training under the supervision of a licensed electrician.

Level 1, Level 2, Level 3

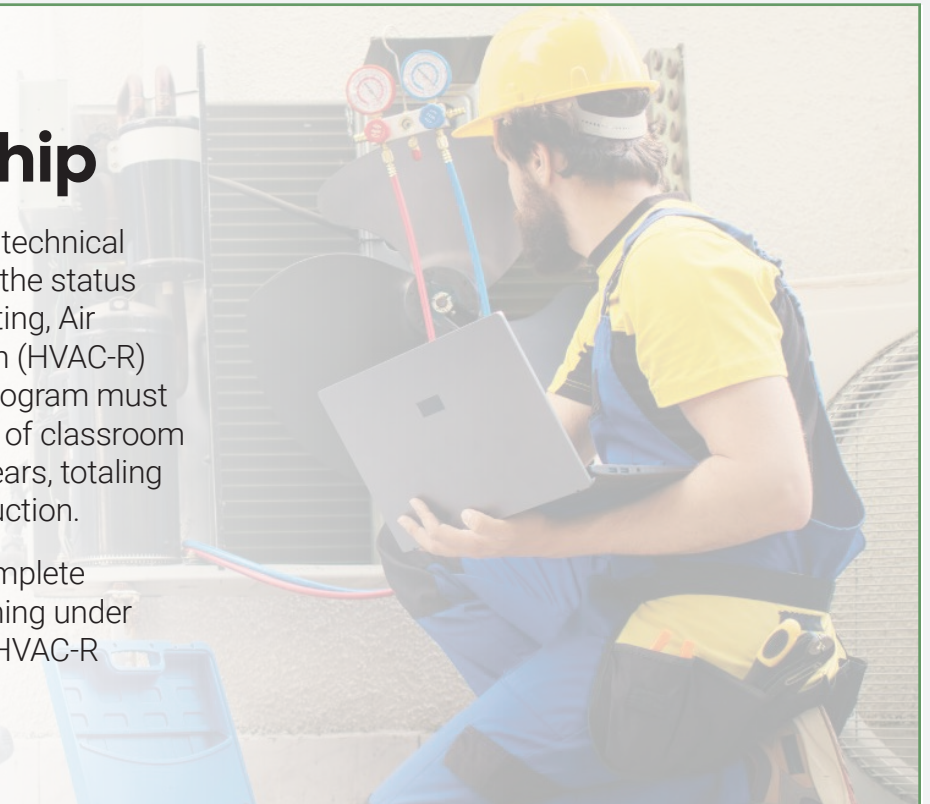


HVAC-R Apprenticeship

Cape May Tech offers related technical instruction that can help earn the status of NJ Master Heating, Ventilating, Air Conditioning and Refrigeration (HVAC-R) Contractor. Students in this program must take a minimum of 144 hours of classroom instruction per year for four years, totaling 576 hours of classroom instruction.

In addition, students must complete 8,000 hours of on-the-job training under the supervision of a licensed HVAC-R contractor.

Level 1, Level 2, Level 3



COUNTY INFORMATION

Cape May County Technical School District Board of Education

Board President

Alan I. Gould

Board Vice-President

Christopher Kobik

Board Members

Lauren Reed Casey Halverson Kenneth Merson Nancy Ramundo

*Executive County
Superintendent*

Dr. Judith DeStefano-Anen

*Board Secretary/ Business
Administrator*

Lauren Flynn

Cape May County Technical School District Administration

Superintendent

Jamie P. Moscony

*Director of
Curriculum & Instruction*

Kristen Schaffer

Principal of High School

Steven Vitiello

*Supervisor of Adult &
Community Education*

Susan Jurusz

*Coordinator of Adult &
Community Education*

Sally Rutherford

Test Support Specialist

Elizabeth Satterfield

*Administrative Secretary
for Post Secondary*

Kathy Rickards

Cape May County Commissioners

Director

Leonard C. Desiderio

Vice Director

Andrew Bulakowski

Commissioner

Bobby Barr

Commissioner

Melanie Collette

Commissioner

Will Morey

REGISTRATION PROCEDURES

Online Registration

- www.CapeMayTech.com
- Online registration opens December 10, 2025
- Each course is registered for separately
- Payment is due online by credit/debit at time of registration (VISA, Mastercard or Discover)
- Senior Citizen discount code for online registration is provided
- Registration confirmation is sent via e-mail

In-Person Registration

- Registrations will be accepted Monday through Thursday, excluding holidays, in the Adult Education Office according to the following schedule:

December 10 to December 22, 2025

11:30 a.m. to 7:00 p.m.

January 5, 2026 to the first night of class

11:30 a.m. to 7:00 p.m.

Semester begins Monday, January 26, 2026.

Registration accepted if seating is available.

- Address for entrance is 188 Crest Haven Road, Cape May Court House, NJ 08210
- Park in Lot A or Lot B
- Picture ID is required to enter the building via the security screening process
- *Debit or credit cards are highly recommended for in-person registration. While we can accept exact cash or check payments in person, please note that refunds for these payment methods may take up to 8 weeks to process, whereas refunds to debit or credit cards are typically processed within a few days. If paying with cash, exact change is required, as we are unable to provide change.*

Symbol Key

(+) Course Supply Fee

A general course supply fee may be charged in courses in which consumable school supplies are used in the instructional/ learning process. All listed general course supply fees must be paid along with the course fee at the time of registration. These courses will be identified in the brochure with a plus sign (+) next to the course fee and the identified supply fee listed.

(++) Course Supplies need to be purchased

Some courses require supplies to be used in class which cannot be effectively included in a general supply fee due to the nature of individual appeal for projects. These courses will be identified in the brochure with a double plus sign (++) next to the course fee. Instructors will provide students with the names of suggested vendors who may stock the necessary supplies.

(S) Safety

Persons taking a class where tools, power machines, toxic fumes or flammable liquids are being used must wear proper safety clothing, breathing devices and approved eye protection as directed by the instructor, at all times in the shop area. Classes that require safety agreements will be identified in the brochure with an (S) and students are required to sign a safety agreement prior to participation.





High School Education

from HVAC & Sustainable Energies, Carpentry to Culinary Arts, Environmental Science *and so much more!*

Cape May County Technical School is a career focused public school of choice offering college and career readiness in high school.



Why Choose Cape Tech?

Career Technical Training • Industry Credentials • Rigorous Academics and Electives • College Credits in High School • State of the Art Technical and Science Facilities • Student Life with Sports, Clubs, Activities, and More!

Want to schedule a tour? Want more information?

Call our admissions office at 609-380-0200 ext. 2031
or visit our website: www.capemaytech.com