

# TST BOCES

TOMPKINS • SENECA • TIOGA

## Adult Basic Education & High School Equivalency Program

### 2016 TST BOCES CLASS SCHEDULE

<p><b>NEW CLASS!!!</b> <b>Southside Community Center</b> 305 S. Plain St., Ithaca 2<sup>nd</sup> floor/Computer Lab</p>	<p><b>Tuesdays &amp; Thursdays</b> 10:00am – 1:00pm</p>
<p><b>TC3 Campus</b> Rt. 13 Dryden Room 269A</p>	<p><b>Mondays &amp; Wednesdays</b> 9:30am – 12:30pm</p>
<p><b>Tompkins Workforce NY</b> 171 East State St., Ithaca Second Floor, Conference Room C, Room 225</p>	<p><b>Mondays &amp; Wednesdays</b> <b><u>NIGHTS</u></b> 5:00pm - 8:00pm</p> <p><b>Mondays &amp; Wednesdays</b> <b><u>DAYTIME</u></b> 9:30am - 12:30pm</p>
<p><b>Candor High School</b> 80 Main St Computer Lab – Room 112 Candor, NY</p>	<p><b>Tuesdays &amp; Wednesdays</b> <b><u>NIGHTS</u></b> 5:00pm - 8:00pm</p>
<p><b>GRASP/Online</b> <b>Homestudy</b> <b>&amp;</b> <b>NEDP</b> <b>National External Diploma Program</b></p>	<p>Home study and Computer based programs</p>

**CALL 257-1561**

**For more information or to register!**

# TST BOCES

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## English as a Second Language Program



### English for life, work, and study

#### ESL Class Schedule

2016-17 School Year

Fall: September 7 – December 16

Spring: January 9 – June 16

<b>MORNINGS</b> Monday – Friday 9:00 a.m. – 12:00 p.m.	Beginning, Intermediate and Advanced
<b>AFTERNOONS</b> Monday – Thursday 12:30 p.m. – 3:00 p.m.	Beginning, Intermediate and Advanced
<b>EVENINGS</b> Monday, Tuesday and Thursday 6:00 p.m. – 9:00 p.m.	High Intermediate/ Advanced

**T-S-T BOCES ESL Program**

**315 N Cayuga St. 3<sup>rd</sup> Floor**

**Ithaca, NY 14850**

**607-273-4095**

**E-mail: [tst-esl@tstboces.org](mailto:tst-esl@tstboces.org)**

**Website: [www.ithacaesl.com](http://www.ithacaesl.com)**



# Looking for a different way to earn your High School Diploma?



## The NEDP...

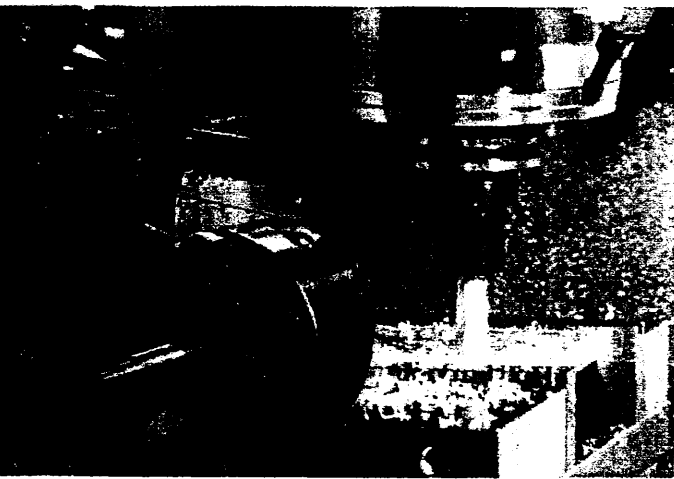
- is a web-based program
- is flexible and confidential
- lets you work from anywhere there is a computer
- rewards your life experience

Use the skills you've gained from life and work experience to demonstrate your high school level skills.

This web-based program for adults age 18+ offers flexibility to earn your diploma even if you're employed full time or have other commitments.

You will work through online activities on your own and meet with an advisor from TST BOCES once a week. We can meet wherever is convenient for you!

# Precision Machining Adult Education



## Overview

*Do you like hands-on projects that allow you to see your design ideas come to life?*

## Precision Machining Course

The Precision Machining Program is a "Design and Build" opportunity that introduces adults to the field of computer controlled machining from beginning to end. Students utilize 2D and 3D CADD software to design virtual models of their solutions to technical challenges. The design is then translated into machine language using Computer Aided Machining (CAM) software.

Students utilize state of the art 3D printers, CNC (computer controlled) milling machines, CNC routers, and laser engraving equipment to produce the items they have designed. Students will develop career skills in Technical Communication including 2 & 3D CADD and CAM Programming, Machine Shop Print Reading, CNC Machine Operation, Machine shop safety, Machine setup, tooling, & operation, Quality inspection and control, the manufacturing processes and automation.

Precision Machining is at the core of the product design, manufacturing and robotics/automation industries. This program prepares ADULTS to pursue careers in a variety of technical fields including CNC Machining, Machine Tooling, Machine Shop Technician, Manufacturing, Automation, Robotics, and Quality Control Inspection.

- 3D Printing
- Laser Engraving
- Computer Controlled Machining
- Develop Career Skills

Instructor Stephen Lindridge was named *NYS Technology & Education Association Teacher of the Year, International Technology Engineering, Educators Association Teacher of Excellence Awardee* and presently teaches at Candor High School.

**Register Today!**

### CLASS SCHEDULE:

Wed. Sept. 21- 5:00 p.m. - 8:00 p.m.  
(first class held at TST BOCES)  
Wed. Sept. 28- 5:00 p.m. - 8:00 p.m.  
Sat. Oct. 1- 8:00 a.m. - 4:30 p.m.  
Wed. Oct 5- 5:00 p.m. - 8:00 p.m.  
Wed. Oct 12- 5:00 p.m. - 8:00 p.m.  
Sat. Oct. 15- 8:00 a.m. - 4:30 p.m.  
Wed. Oct 19- 5:00 p.m. - 8:00 p.m.  
Wed. Oct 26- 5:00 p.m. - 8:00 p.m.  
Sat. Oct. 29- 8:00 a.m. - 4:30 p.m.

### LOCATION:

TST BOCES  
Building J (Deckhouse Training Room)  
Candor High School

### INSTRUCTOR:

Stephen Lindridge

### COST:

\$800.00

### REGISTRATION:

Contact Susan Murphy

607-257-1561

email [smurphy@tstboces.org](mailto:smurphy@tstboces.org)

(Scholarship opportunities

available through Workforce NY)

# Theory and Techniques of Coaching

*TST BOCES Adult Education is offering an in-service program for coaches in K-12 sports programs. Three courses are required by the NYS Education Department for non-certified physical education teachers and coaches: 1.) Health Sciences Applied to Coaching, 2.) Philosophy, Principles, and Organization of Athletics in Education and 3.) Theory and Techniques of Coaching. TST BOCES will be offering these classes over a two year cycle.*

## Theory and Techniques of Coaching Class

This class covers the commonalities of all sports: history, objectives, rules, regulations, management and methods of developing, training and conditioning athletes for any sport. Following the ten-session classroom program, you will spend 12 hours (part II) with two local coaches learning about coaching a specific sport. Dates and times for (Part II) will be arranged at a mutual convenience.

**Instructor John McNally** is the Physical Education Teacher at Boynton Middle School and an Assistant Baseball Coach at Ithaca College.

## Pre-Registration Required

**CLASS SCHEDULE:**  
Mondays and Wednesdays  
6:00 p.m. to 9:30 p.m.

**START DATE:**  
January 4th, 2017  
**END DATE:**  
February 6th, 2017

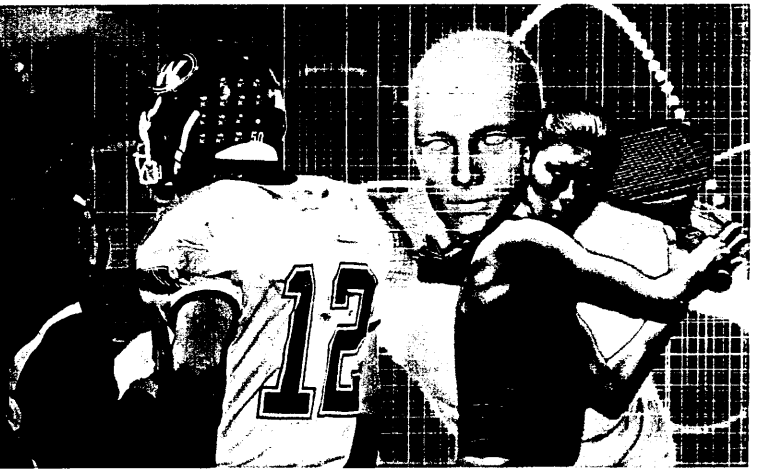
**SESSIONS:**  
10 weeks

**LOCATION:**  
Boynton Middle School  
Room A-101

**INSTRUCTOR:**  
John McNally  
**COST:**  
\$300.00

**REGISTER online or call:**  
607-257-1561  
smurphy@tstboces.org

# Health Sciences Applied to Coaching



## Overview

*TST BOCES Adult Education is offering an in-service program for coaches in K-12 sports programs. Three courses are required by the NYS Education Department for non-certified physical education teachers and coaches: 1.) Health Sciences Applied to Coaching, 2.) Philosophy, Principles, and Organization of Athletics in Education and 3.) Theory and Techniques of Coaching. TST BOCES will be offering these classes over a two year cycle.*

## Health Sciences Applied to Coaching Class

Coaching encompasses various aspects of developing student athletes outside of preparing for practices and competition. This course will help to enhance coaches understanding of anatomy and physiology, injury prevention and the physical effects of injuries. It will also provide insight into sport-specific strength and conditioning of athletes when they are both in and out of season.

**Instructor John McNally** is the Physical Education teacher at Boynton Middle School and an Assistant Baseball Coach at Ithaca College.

**\$300 Pre-Registration Required**

### Class Schedule:

**Wednesdays**

**6:00 pm to 9:30 pm**

### CLASS DATES:

**September 14, 21, 28**

**Oct. 5, 12, 19, 26**

**Nov. 2, 9, 16, 23, 30th, 2016**

### SESSIONS:

**12 classes**

### Location:

**Boynton Middle School**

**Room A-106**

### INSTRUCTOR:

**John McNally**

### COST:

**\$300 / pre-registration is required**

### Registration:

**Contact Susan Murphy**

**607.257.1561**

**smurphy@tstboces.org**

**TST BOCES** ADULT EDUCATION  
TOMPKINS • SENECA • TIOGA

# Food Safety, Sanitation & Cash Handling

## Overview:

**TST BOCES Adult Education** offers Food Safety, Sanitation and Cash Handling as an entry-level training to Cornell Dining Services. The food service industry has many diverse job opportunities ranging from meal preparation to cash handling. To ensure the safety of consumers, anyone who handles food for public consumption or anyone who handles cash in their role as a food service employee should attend this training course. A certificate is provided at the conclusion of the program after passing the three assessments.

**Pre-registration is required.**



## CLASS SCHEDULE:

**Third Monday of each month**  
**3:45 pm to 6:15 pm**  
**September 19, 2016**  
**October 17, 2016**  
**November 21, 2016**  
**December 19, 2016**

## LOCATION:

**TST BOCES**  
**Culinary Arts Room- B039**  
**Building B**

## INSTRUCTOR:

**Vicky Fitzgerald**

## COST

**\$35 for the course**

## REGISTRATION:

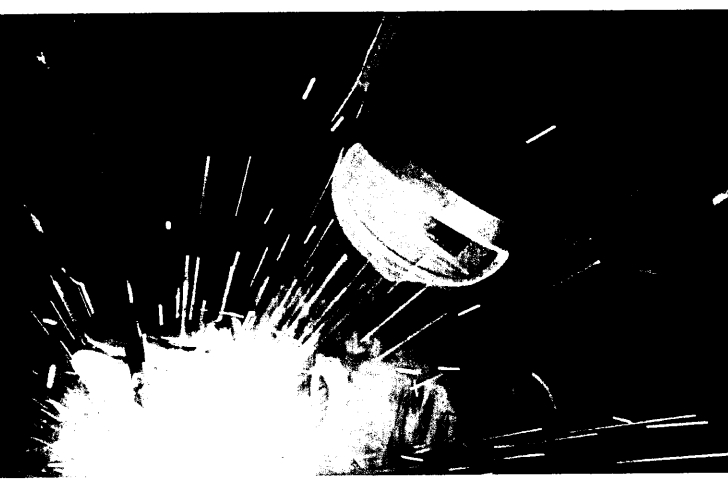
**Contact Susan Murphy**  
**607-257-1561**  
**email: [smurphy@tstboces.org](mailto:smurphy@tstboces.org)**

**TST BOCES**  
TOMPKINS • SENECA • TIOGA

TST BOCES Adult Education Services // 555 Warren Road // Ithaca, NY 14850

For more information: <http://tstboces.org/adult-education/>

# Basic & Intermediate Welding Classes



**TST BOCES Adult Education is offering a** 20-hour basic and intermediate welding class, both designed with the hobbyist in mind. All personal protective equipment and materials are provided. Upon successful completion of either program, a TST BOCES certificate will be issued.

## Basic Welding Class

Learn basic welding skills and gain hands-on experience using the tools, equipment and consumables of the welding trade. Areas of instruction include: an introduction and practice of all aspects of welding, including stick, mig and tig, brazing, plasma and gas techniques.

## Intermediate Welding Class

Using knowledge from the basic course, the intermediate class will help you develop in-depth skills with a focus on techniques and proficiency in the welding field. Practice out of position welding (vertical up and overhead), oxy-fuel cutting, plasma arc cutting, and welding on materials such as stainless steel and aluminum. Enhance your skill level and overall welding abilities.

**Instructor Randy Jackson teaches the welding youth program at TST BOCES.**

**Register Today!**

### Basic Welding

#### Class Schedule:

**Wednesdays: 5:00pm-8:00pm**

**February 15, March 1, 8, 15, 22, 29,  
April 5, 2017**

### Intermediate Welding

#### Class Schedule:

**Thursdays: 5:00pm-8:00pm**

**February 16, March 2, 9, 16, 23, 30,  
April 6, 2017**

#### Location: TST BOCES

**South Dr. Entrance  
Room C-02 (Welding)**

#### Cost:

**\$250 (all materials included)**

#### Registration:

**Register through our website or  
Call 607-257-1561  
email [smurphy@tstboces.org](mailto:smurphy@tstboces.org)**

**(Scholarship opportunities  
available through Workforce NY)**



# Defensive Driving

## Overview:

TST BOCES and the National Safety Council have partnered to offer a six-hour defensive driving course. The course is approved by the New York State Department of Motor Vehicles and provides students with valuable learning and cost-saving opportunities. Upon successful completion of the course, you will:

- Be eligible for a 10% auto insurance reduction for three years
- Be eligible for a point reduction from your driving record (up to four points)
- Have knowledge that will help make you a better defensive driver
- Learn tips on how to drive in bad weather, how to avoid accidents and how to handle road rage

## Defensive Driving Is Also Now Available Online!

The National Safety Council is an approved New York State Department of Motor Vehicles IPIRP (Internet Point & Insurance Reduction Program) course sponsor.

Visit the following web address to register, and use referral code – 351: <http://www.safecourse.com/newyork>

## CLASS SCHEDULE:

**Saturdays: 9 a.m. - 3:30 p.m.**

**November 12, 2017**

**December 10, 2017**

**January 21, 2017**

**February 18, 2017**

**March 18, 2017**

**April 29, 2017**

**May 27, 2017**

**June 24, 2017**

## LOCATION: TST BOCES

**Deckhouse Training Room-Bldg J**

**South Dr. entrance**

## COST:

**\$42 and you must pre-register.**

**INSTRUCTOR: Larry Lipfert**

## REGISTRATION:

**Register on our website or call**

**607-257-1561**

**email: [smurphy@tstboces.org](mailto:smurphy@tstboces.org)**