



Adult Career Academies at iPark

2026 WINTER/SPRING COURSE OFFERINGS

Ulster BOCES
Adult Career Academies at iPark
300 Enterprise Drive
Kingston, NY 12401

REGISTER TODAY

ONLINE: Visit ulsterboces.org/register to browse or search for available courses by title, date, category (Continuing Education or Career Track), or keyword, or just click the Search button to see all courses. Have your course code handy for quick registration from the home page.

BY PHONE: Call (845) 331-5050 with your MasterCard or Visa card number.

IN PERSON: Please call for a registration appointment (845) 331-5050.

REGISTRATION HOURS: Adult Education staff are available for phone or in-person registration at the following times: Monday through Thursday 9 AM to 8 PM

and Friday from 9 AM to 3 PM. Please have your course code handy when registering. Visit ulsterboces.org/students-of-all-ages/adult-career-education-programs/refunds-cancellations for information on refunds and cancellations for all Adult Education classes.

BUILDING ENTRY: We follow all current New York State Department of Education and local protocols to ensure the health and safety of our students and staff.

Date ranges listed may include a make-up day. In case of unanticipated circumstances, classes may extend beyond the indicated end date.

OUR MISSION

Our mission is to provide high-quality shared educational, administrative, and technical services that enable component districts to develop the capacity in their students and adults to achieve higher standards of performance. With an emphasis on economic efficiencies, Ulster BOCES is committed to offering educational programs that enable all students to prepare for employment and/or post-secondary education.

MEET THE ADULT EDUCATION TEAM

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Peter Harris, Assistant Superintendent for Learning & Design - Career Pathways Program and Hudson Valley Pathways Academy
(845) 331-5050, ext. 1234
pharris@ulsterboces.org

Coleen Macaluso, Assistant Director of Adult Education
(845) 331-5050, ext. 2821
cmacalus@ulsterboces.org

Michelle Combs, Student Support Services Manager - Adult Health Occupations
(845) 331-5050, ext. 2262
mcombs@ulsterboces.org

Carolyn Detweiler, Adult Career Counselor
(845) 331-5050, ext. 3214
cdetweil@ulsterboces.org

Hannah Long, Adult Career Counselor
(845) 331-5050, ext. 2243
hlong@ulsterboces.org

Laurie Heckler, Senior Typist
(845) 331-5050, ext. 3200
lheckler@ulsterboces.org

ADMINISTRATIVE TEAM

Jonah Schenker, Ed.D., District Superintendent

BOARD OF EDUCATION

Susan Gilmore, President

Representing Highland Central School District

Krista Barringer, Vice President

Representing Saugerties Central School District

Barbara Carroll

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Steve Spicer

Representing Kingston City School District

Valerie Storey

Representing Onteora Central School District

David Thompson

Representing New Paltz Central School District

Lucy VanSickle

Representing Rondout Valley Central School District

New Manufacturing Offering in Our State-of-the-Art Lab!



CNC Machine Operator 1

This 90-hour course introduces core theory and practice for the operation of Computer Numerical Control (CNC) mill and lathe machines. Hands-on activities will provide opportunities for the application of knowledge gained from theory lectures, discussions, and homework. Topics covered include the safe operation of CNC machines, handwriting and loading a basic program into a CNC machine, running a CNC machine to cut a basic shape, and using precision measuring instruments and computer-aided manufacturing (CAM). Students will complete design courses on mill and lathe machines using Fusion 360 software.

MF201-011326

\$1,699

January 13, 2026 - May 7, 2026

Tuesdays and Thursdays

5:30-8:30 PM

30 sessions

M. Harris

Automotive Service Technician Basics Series

Are you looking to start your automotive career? These modules will teach you the fundamental skills needed to perform basic automotive repairs safely and with confidence. They will cover safety information, tools and equipment usage and care, and an introduction to other basic shop procedures. A Snap-on™ tire balancer/tire machine certificate can be earned. These modules are designed to build on each other but can also be taken individually. Contact Carolyn Detweiler at cdetweil@ulsterboces.org for more information. **All modules can be registered for separately and do not have to be taken sequentially.**

Module 1-Shop/Tool Safety, Basic Service, NYS Inspections, Oil Changing, Tire Rotations

TR110-Mod12326

\$578

February 3, 2026 - March 17, 2026 (36 hours)

Tuesdays and Thursdays

5:30-8:30 PM

12 sessions

E. Bailey

Module 2-Shop/Tool Safety, Brakes, Steering, Suspension

TR110-Mod232426

\$578

March 24, 2026 - May 5, 2026 (36 hours)

Tuesdays and Thursdays

5:30-8:30 PM

12 sessions

E. Bailey

Module 3-Shop/Tool Safety, Alignments, Tire Mounting, Tire Balancing

TR110-Mod351226

\$578

May 12, 2026 - June 23, 2026 (36 hours)

Tuesdays and Thursdays

5:30-8:30 PM

12 sessions

E. Bailey



Introduction to Welding

Ulster BOCES is proud to offer this entry-level welding program in our brand-new, state-of-the-art welding lab. Students will receive instruction in Welding Safety Essentials, Principles of Welding, Introduction to SMAW (Shielded Metal Arc Welding), FCAW (Flux Cored Arc Welding), GTAW (Gas Tungsten Arc Welding), and GMAW (Gas Metal Arc Welding).

The following items are to be purchased by the student: welding helmet, stick and mig/tig welding gloves, safety glasses, an appropriate welding jacket or shirt, and closed toe shoes or boots are recommended. If you have any questions, please contact Carolyn Detweiler at cdetweil@ulsterboces.org.

WW112-020926

\$1,695

February 10, 2026 - April 23, 2026

Tuesdays and Thursdays

5:30-8:30 PM

20 sessions

L. Litzman

BUILDING OCCUPATIONS

Electrical Apprentices Program

This is a 900-hour program to be completed over the duration of four school years. The program runs from the end of August to the following June. Students attend class two nights per week, accruing 225 hours of instruction each year. Topics covered in this program are taught in sequence, and a transcript detailing courses completed and hours tabulated will be provided at the end of each year. Instruction is primarily theory based, with limited hands-on training. Examples of courses taken in the first 450 hours include Trade Math, Trade Safety, Electrical Theory, Wiring, National Electric Code, and Bonding and Grounding. Examples of the remaining 450 hours of instruction include Motors and Controls, Transformer Theory, Generator Theory, OSHA, Electrical Estimating, and Contracting.

This program is open to individuals who are new to the electrical field or want to advance their skills and knowledge. The program meets the related instruction requirements for students employed with an electrical business or company that participates in the New York State Department of Labor's Apprentices Program.

First year space is limited; in order to attend a mandatory orientation, please email Carolyn Detweiler at cdetweil@ulsterboces.org or call (845) 331-5050, ext. 3214. Orientation dates are June 9, July 7, and August 4, at 5:30 PM (students only need to attend one orientation).

Orientation includes a Basic Adult Education assessment in math and reading skills. Registration is required for orientation.

EAP-2627iPark **\$3,925 (textbooks not included)**

August 2026 - June 2027

6-9 PM

Various Instructors



Electrical Board Licensing Exams

In order to protect the public, the Ulster County Legislature finds that the licensing of electricians is a fair and effective method to ensure that qualified persons practice the electrical trade in Ulster County.

UC Electrical Licensing Board

317 Shamrock Lane

Kingston, NY 12401

(845) 340-3537

ELB@co.ulster.ny.us

To learn more about electrical licensing in Ulster County, please visit the County website (ulstercountyny.gov/Boards/Electrical-Licensing-Board) or call (845) 340-3537 for more information.

PROFESSIONAL TRAINING

Please be advised that class start dates are based on sufficient enrollment. You will be notified in advance if we are unable to run the class. Must be 18 years of age or older to register for these classes, unless the class is specifically labeled as an Adult/Child class.

ServSafe Food Production Manager's Certification

New York State public health law mandates food safety training for food service workers and managers in supermarkets, restaurants, hotels, hospitals, nonprofits, and volunteer organizations. The ServSafe Program is America's most recognized food safety training program, and is designed to provide training and certification for anyone who handles food for public consumption. Students will learn basic food safety concepts and how to protect against food-borne illness outbreaks. Successful completion of this class will also help reduce liability risks and minimize insurance costs. Perfect attendance is required to sit for the certification examination, which will be offered on the final night of class.

Please be advised that class start dates are based on

sufficient enrollment. You will be notified in advance if we are unable to run the class. You must be 18 years of age or older to register for these classes, unless the class is specifically labeled as an Adult/Child class.

HS101-011226

\$290

Monday, January 12, 2026

Tuesday, January 20, 2026

Monday, January 26, 2026

Exam Monday, February 2, 2026

3 sessions + 1 exam session

4:30-8:30 PM

ServSafe Food Production Manager's Recertification Exam Only

HS103-020426

\$75

Monday, February 2, 2026

4:30-8:30 PM

PROFESSIONAL TRAINING

New, In Person! OSHA 30 Construction Course



This 30-hour training program provides workers and supervisors with comprehensive knowledge of safety and health hazards specific to the construction industry. It focuses on hazard recognition, prevention, and correction, covering topics like fall protection, electrical safety, excavation, and scaffolding, in addition to employee rights and employer responsibilities. Upon successful completion of the course, students receive an OSHA 30-hour construction card.

WW127-012226

\$300

January 22, 2026 - February 26, 2026

Tuesdays and Thursdays

10 sessions

5:30-8:30 PM

BEAUTY ENHANCEMENT



Cosmetology for New York State Licensing

A cosmetologist is more than just a hairstylist. Cosmetology is the broadest and most encompassing of the beauty disciplines, covering hair, nails, makeup, skincare, and waxing — all in one program.

Our Cosmetology program provides instruction in a professional salon setting, where you'll learn and practice the techniques expected of a professional cosmetologist. Under the guidance of our experienced instructors, you'll enjoy hands-on practice on mannequins and fellow classmates, and you'll participate in weekly public clinical sessions.

Our 1,000-hour program prepares you to take the NYS written and practical licensing exam in Cosmetology.

Schedule: Class begins on Monday, January 5, 2026
Mondays, Tuesdays, Wednesdays, and Thursdays,
3:30-8:30 PM

To schedule a pre-admission appointment, please contact Michelle Combs at mcombs@ulsterboces.org or call 845-331-5050.

Natural/Textured Hair for NYS Licensing

Would you like to learn to braid, lock, weave, and more? This 300-hour class is designed for individuals who are ready to develop the skills needed for a career in natural hair styling — in as little as eight months — with no previous cosmetology background required.

Students will gain specialized knowledge in natural hair styling, salon safety and health standards, hair analysis and treatments, customer service, and business skills. Upon successful completion of the course, students can apply to take the New York State Natural Hairstyling written and practical Licensing Exam.

Schedule: Class to begin in January/February, depending on enrollment

Tuesdays and Thursdays
3:30-8:30 PM

J. Incardona

To schedule a pre-admission appointment, please contact Michelle Combs at mcombs@ulsterboces.org or call 845-331-5050.

BEAUTY ENHANCEMENT

Spring Appearance Academy Featuring Lashes & Brows

Join us for an in-depth exploration of lash and brow enhancement techniques in our comprehensive workshops. These classes are exclusively designed for licensed cosmetologists, aestheticians, and cosmetology/aesthetics students who want to master the art of enhancing eyelashes and eyebrows to perfection. Students will receive a certificate of completion at the end of the class.

Classic + Volume Lashes

BE116-CLV031626 **\$475 (\$400 for BOCES alums) + \$340 lash kit fee**

March 16, 18, and 23, 2026 (15 hours)
Mondays and Wednesday 3 sessions
3:30-8:30 PM A. Tommasi

Lash Lift + Brow Lamination

BE116-LLBL042726

\$300 (\$250 for BOCES alums)

April 27 and 29, 2026 (10 hours)
Monday and Wednesday 2 sessions
3:30-8:30 PM A. Tommasi

Cosmetology State Board Prep & Refresher classes available. Email mcombs@ulsterboces.org with your transcript for more information. Please note: hours needed will be determined by Cosmetology staff, and there is a \$10-\$15 per hour cost (plus mannequin head if needed).

HEALTHCARE OCCUPATIONS



NEW! Clinical Medical Assistant

The Clinical Medical Assisting program is designed to prepare students to function as professionals in multiple healthcare settings. Medical assistants with a clinical background perform various clinical tasks, including assisting with the administration of medications and with minor procedures, performing an EKG 12-lead electrocardiogram, obtaining laboratory specimens (including blood draws) for testing, educating patients, and other related tasks. Job opportunities are prevalent in physician's offices, clinics, chiropractor's offices, hospitals, and outpatient facilities. **All students will be required to practice blood drawing.**

The Clinical Medical Assistant program is designed to provide students with the hands-on practical skills to prepare for the National Healthcareer Association Certification (NHA) exam after successful completion of the program. Visit nhanow.com for more information on testing.

The NHA testing fee is not included in tuition and must be paid directly by the student.

Requirements: High School diploma or GED/high school equivalency required to sit for the NHA Exam.

Financial aid is not available for this course. Full tuition is due prior to the start date.

New York State does not license Clinical Medical Assistants. Those interested in this field are encouraged to research the position and check with their employer or potential employers to see if this program will align with their criteria for employment.

CMA-12626iPark

\$2,999 (includes textbook and supplies)

January 26, 2026 - June 3, 2026 (140 hours)
Mondays and Wednesdays 35 sessions
4:30-8:30 PM

HEALTHCARE OCCUPATIONS



NEW! Phlebotomy Technician at the Ellenville Learning Center

Begin a new career! Consider an entry-level position in a hospital, clinic, or nursing home. This program prepares you to collect blood specimens from clients for the purpose of laboratory analysis. Learners will gain an understanding of all aspects of blood collection and review the skills needed to perform venipunctures safely. Topics in this course include medical terminology, related anatomy and physiology, blood-collection procedures, and procedures for the collection of other types of specimens within the scope of practice of the phlebotomist. All students will be required to practice blood drawing.

The phlebotomy program is designed to provide students with the hands-on practical skills to prepare for the National Healthcareer Association Certification (NHA) exam after successful completion of the program. Visit nhanow.com for more information on testing. The NHA testing fee is not included in tuition and must be paid directly by the student.

Requirements: High School diploma or GED/high school equivalency required to sit for the NHA Exam.

Please note: Financial aid is not available for this course. Full tuition is due prior to the start date. New York State does not license EKG or Phlebotomy technicians. Those interested in these fields are encouraged to check with their employer or potential employers to see if this program will align with their criteria for employment.

HM101-031926ELL

\$1,999 (includes textbook)

March 19, 2026 - June 30, 2026 (90 hours)

Tuesdays and Thursdays

30 sessions

1:00-4:00 PM

Basic Life Support/AED (American Heart Association)

The American Heart Association's Basic Life Support (BLS) course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate breaths and ventilations, and provide early use of an automated external defibrillator (AED). The course reflects science and education from the 2025 American Heart Association Guidelines for CPR (cardiopulmonary resuscitation) and ECC (emergency cardiovascular care).

This class is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-hospital and out-of-hospital settings. Maximum of eight students.

HM100-04142026

\$65 fee +\$15 card fee brought night of the class

April 14 and 15, 2026 (6 hours)

Tuesday and Wednesday

5:00-8:00 PM

2 sessions

L. Devan-Trolian





CHEF DU JOUR CLASSES

All participants are required to wear a hair covering and bring an apron. Please be advised that class start dates are based on sufficient enrollment, and the menu for classes is subject to change due to ordering and availability issues. You will be notified in advance if we are unable to run a class. Due to food-planning requirements, there will be NO REFUNDS or CREDITS within five business days of a Chef Du Jour class. For multi-session classes, no portion of the tuition can be refunded if a person cannot attend a class. Must be 18 years of age or older to register for these classes, unless the class is specifically labeled as an Adult/Child class.

Comfort in a Bowl – Cozy up with Soups

Shake off winter and cozy up with us in this hands-on winter soup-making class designed to warm both your kitchen and your spirits. In this seasonal culinary experience, you'll learn to craft rich, comforting soups using hearty winter vegetables, aromatic herbs, and classic flavor-building techniques.

CU203-020326 **\$45 + \$25 food supply fee**
 Tuesday, February 3, 2026 5:30-8:30 PM
 A. Monteverde

Winter in a Monastery Kitchen

Learn a naturalistic and spiritual perspective on food and discover hearty and healthy foods with a side of inspiration, simplicity, and soulfulness. In this hands-on class, you will enjoy preparing a variety of dishes – from soup to bread to dessert.

CU273-021726 **\$45 + \$25 food supply fee**
 Tuesday, February 17, 2026 5:30-8:30 PM
 A. Monteverde

Mangia! Italian Trattoria Night

Bring your loved one, or just yourself, and join us to make a delicious valentine-ready dinner. Try your hand at whipping up homemade ricotta gnocchi with spring pea pesto, a shaved asparagus and arugula salad with lemon-parmesan vinaigrette, and a delicious dessert of

lemon olive oil cake bites! Plus, you'll learn how to make affogato, a classic Italian treat made from hot espresso and vanilla gelato or ice cream.

CU451-021926 **\$45 fee + \$25 food supply fee**
 Thursday, February 19, 2026 5:30-8:30 PM
 C. Madden

Tour of European Desserts: A Sweet Trip Across the Continent

Embark on a delicious adventure through Europe's most beloved dessert traditions in this hands-on baking class. You'll be transported from the elegant patisseries of Paris to the cozy cafés of Vienna, as you learn to craft a selection of iconic sweets that showcase the flavors, textures, and techniques of classic European pastry-making.

CU119-031126 **\$45 fee + \$25 food supply fee**
 Wednesday, March 11, 2026 5:30-8:30 PM
 E. Macur

Katsu & Company: A Journey Through Japanese Comforts

Savor the flavors of Japan while exploring how to create chicken or tofu katsu with homemade tonkatsu sauce, cabbage slaw, and steamed rice and enjoy a mochi tasting.

CU452-031226 **\$45 fee + \$25 food supply fee**
 Thursday, March 12, 2026 5:30-8:30 PM
 C. Madden

Mastering the Art of Risotto

Get ready to stir, sample, and savor! In this cheerful class, we'll cook up a creamy spring risotto that celebrates the season's freshest flavors. You'll discover how patience, timing, and a steady hand with the ladle can turn simple ingredients into something spectacular.

CU450-031726 **\$45 + \$25 food supply fee**
 Tuesday, March 17, 2026 5:30-8:30 PM
 A. Monteverde

Nonna's Kitchen

Step into Nonna's Kitchen, where the aromas of simmering sauces and enticing flavors fill the air. This hands-on Italian cooking class celebrates the comfort, warmth, and timeless flavors of home-style cooking — just like Nonna used to make.

CU453-040726 **\$45 fee + \$25 food supply fee**
 Tuesday, April 7, 2026 5:30-8:30 PM
 A. Monteverde

“Baking Bad” with Sourdough Series — Back by Popular Demand!

Take the mystery out of baking sourdough bread at home. Yes, you can do this in your own kitchen and match the quality of most any bakery by attending just these three classes!

Session 1:

The first class focuses on the basics of sustaining a sourdough starter, and baking bread using the starter. Each student will receive a live sourdough starter to take home. In addition, students will observe a demonstration of the production and baking of a simple focaccia and enjoy a taste-testing!

Session 2:

The second class focuses on making a classic levain (sourdough bread) boule using different baking and dough-handling techniques. As a bonus, you will learn how to make a whole-wheat levain boule, and will be treated to a taste-testing!

Session 3:

The third class explores specialty sourdough baked items, from a sourdough pizza to a golden raisin fennel semolina loaf.

CU332-040826 **\$89 fee+ \$20 food/supply fee**
 April 8, 15, and 22, 2026
 Wednesdays 5:30-8:30 PM
 R. Vergili

Fiesta in the Kitchen — Mexican Favorites

Turn up the flavor and join us for a lively Mexican cooking class where bold spices, fresh ingredients, and festive energy come together! In this hands-on culinary experience, you'll explore the authentic techniques and vibrant traditions that make Mexican cuisine so beloved.

CU454-050526 **\$45 fee + \$25 food supply fee**
 Tuesday, May 5, 2026 5:30-8:30 PM
 A. Monteverde

Mastering the Éclair: From Choux to Chic

Discover the art of creating classic French éclairs in this hands-on, three-hour baking workshop. Perfect for beginners and passionate bakers alike, this class will guide you step-by-step through the entire process — from mixing and piping the perfect pâte à choux to filling and glazing your éclairs with style.

CU555-051326 **\$45 fee + \$25 food supply fee**
 Wednesday, May 13, 2026 5:30-8:30 PM
 E. Macur

Mediterranean Mezze — A Taste of Greece

Come and experience cooking the authentic flavors of Greece — chicken souvlaki, tzatziki sauce, warm pita, and roasted red pepper dip. Opa!

CU556-052126 **\$45 fee+ \$25 food supply fee**
 Thursday, May 21, 2026 5:30-8:30 PM
 C. Madden



LIFESTYLE & LEISURE

Please be advised that class start dates are based on sufficient enrollment. You will be notified in advance if we are unable to run the class. Must be 18 years of age or older to register for these classes, unless the class is specifically labeled as an Adult/Child class.

Needle-Felt a Gnome

Brighten up your winter by making a simple needle-felted gnome. We'll do a couple types of needle felting for this project, both sculptural and flat, to make a mischievous little gnome! Students will take home their completed gnome.

AR100-020326 **\$25 fee + \$15 supply fee**

Tuesday, February 3, 2026
6:00-8:30 PM
J. Burke



Unlocking Your Heart's Potential

Our heart is the center for life, love, and joy. In "Unlocking Your Heart's Potential: The Key to Navigating Life's Challenges," we'll start by lovingly discussing signs of a blocked heart center, and explore a multitude of easy ways to help it open and flourish. Then, in this warm workshop, we'll put our heart center into action with creative exercises that will help us to see opportunities in problems. The goal is to help empower you to see your own circumstances with renewed love, light, and compassion – and start adding more fun and sparkle to your life.

PG230-020526 **\$45 fee**
Thursday, February 5, 2026 6:00-8:00 PM
R. Gologowski

Make & Take – Tree of Life Necklace

Join us for a creative and meaningful workshop where you'll craft your own Tree of Life necklace. The Tree of Life is a symbol found in many cultures, representing growth, connection, and the interconnection of all life. In this hands-on session, participants will learn basic wire-wrapping techniques to create a stunning necklace to take home for yourself or as a gift for a loved one.

AR188-020726 **\$15 fee + \$20 Supply Fee**
Saturday, February 7, 2026 10 AM-1 PM
D. Farrugia

A Taste of Improv

Inspired by the *Whose Line Is it Anyway?* game show, this fast-paced and fun class will help you sharpen your improv instincts. We will focus on the fundamentals of "yes, and" active listening, and spontaneous creativity through a variety of high-energy theater games. This is the perfect class for beginners, seasoned performers looking for a refresher, or anyone who wants to boost their communication skills and confidence in a supportive, low-pressure environment.

PG136-020726 **\$45 fee**
Saturday, February 7, 2026 10 AM-1 PM
L.G. Darkholm

Calm Your Inflammation: What Your Body is Telling You

In this eye-opening class, you'll learn what inflammation really is, why it happens, and how it shows up in your daily life. From common symptoms like fatigue, brain fog, joint stiffness, sleep issues, and digestive discomfort, to inflammation's deeper connection with long-term health, we'll explore the whole picture. You'll discover how food can either fuel inflammation or calm it, and you'll walk away with simple, delicious anti-inflammatory foods and recipes to help your body thrive. Instructor Holly Shelowitz will do a live cooking demonstration, making an anti-inflammatory dish for everyone to taste.

PG240-022526 **\$45 + \$20 materials fee**
Wednesday, February 25, 2026 5:30-8:30 PM
H. Shelowitz





Smart Snacks for Busy People

When life gets busy, snacking can send the train right off the tracks. In this practical class, you'll learn how to choose and prepare snacks that will keep your energy levels steady, support blood sugar balance, and prevent afternoon crashes. Discover easy combinations that satisfy hunger and boost focus. Participants will leave with a list of nutritious grab-and-go ideas and simple recipes that can fit into any schedule. Instructor Holly Shelowitz will prepare some delicious snacks to nourish and support you as you go about your busy days.

PG241-040926 **\$45 + \$20 materials fee**
 Thursday, April 9, 2026 5:30-8:30 PM
 H. Shelowitz

Needle-Felt a Wool Ball Buddy

Students will use a wool dryer ball as a base to make an adorable round buddy of their choice (frog, owl, or shark). Students will take home their completed buddy.

PG303-041426 **\$25 fee + \$15 supply fee**
 Tuesday, April 14, 2026 6:00-8:30 PM
 J. Burke

Animal Spirit Guides & Their Helpful Messages

According to Dr. Steven Farmer, "when animals come to you in an unusual way or repeatedly, whether in physical or symbolic form, they are serving as spirit guides attempting to get a message to you." In this workshop, you'll learn more about these powerful messengers, including the answers to such questions as, "What are animal spirit guides?" and "How do they show up — and why?" We will explore a few of the most popular animal guides such as butterflies, cardinals, and rabbits and some of their symbolic meanings. You will also have the opportunity to relax through a guided meditation, and to meet one of your animal spirit guides. Together, we'll get to the bottom of what your spirit animal is encouraging you to embrace in the present moment — which may be expressing yourself, for example, or adding more color to your life, or perhaps just staying well-grounded.

AA120-042326 **\$45 fee**
 Thursday, April 23, 2026 6:00-8:00 PM
 R. Golgowski

Felted Flower Brooch

Explore the art of needle-felting! Using wet and dry felting techniques, we will make a beautiful flower brooch to keep or give away. Just in time for Mother's Day!

PG302-050526 **\$25 fee + \$15 supply fee**
 Tuesday, May 5, 2026 5:30-8:30 PM
 J. Burke

Make Your Own Facial Serum and Facial Cleanser

Using all-natural ingredients in this hands-on class, you will make a nourishing facial serum and a gentle cleanser to take home. Your skincare routine will be something you look forward to! Your creations will also make beautiful gifts for Mother's Day!

AR204-051326 **\$45 fee + \$20 materials fee**
 Thursday, May 13, 2026 5:30-8:30 PM
 H. Shelowitz

The Healing Power of Color

Colors are all around us, and they influence our daily lives. Let's dive deep and discover some of the many ways we can use color to boost our mood, calm our mind, and nourish our physical body.

HF160-052826 **\$45 fee**
 Thursday, May 28, 2026 5:30-8:30 PM
 R. Golgowski

Introduction to Canva

Canva makes it easy for anyone to design stunning and creative content — no experience required! Whether you're creating social media posts, videos, GIFs, posters, websites, booklets, or multimedia presentations, Canva is a powerful tool that can elevate your design game. In this beginner-friendly workshop, you'll explore Canva's features, watch a live demonstration, create a free account, and start your very first design. You'll be amazed at how quickly and effortlessly you can bring your ideas to life with this versatile platform!

IT610-060926 **\$25 fee**
 Tuesday, June 9, 2026 6:00-8:00 PM
 H. Long

HIGH SCHOOL EQUIVALENCY

Prepare to obtain a High School Equivalency Diploma through classroom instruction in social studies, math, science, literacy, language arts, and writing skills. People 18 years of age or older are eligible for these ongoing classes at no charge. Call the Adult Literacy Office at (845) 331-5050, ext. 2243, or email hlong@ulsterboces.org to ask questions, or to receive the most up-to-date class information.

LOCATIONS:

Ellenville

Ellenville Adult Learning Center
104 Center Street, Ellenville, NY 12428
Days: T/TH • 1-4 PM

Kingston

Career Academies at iPark87
300 Enterprise Drive, Kingston, NY 12401
Days: T/W/TH • 5:30 PM-8:30 PM

New Paltz

New Paltz Middle School (Coming Soon)
196 Main Street, New Paltz, NY 12561
Days/Time: T/TH • 5:30 PM-8:30 PM

Saugerties

Saugerties Senior High School
310 Washington Ave. Ext., Saugerties, NY 12477
Days/Time: M/W • 5:30 PM-8:30 PM

FastTrack Math Classes

Ulster BOCES is offering free, intensive instructional opportunities for students who would like to focus on specific topics of the GED® exam. These sessions will reinforce the math skills that are most needed to successfully pass the GED® exam. Pre-registration for FastTrack classes is required. Call (845) 331-5050, ext. 2243, or email hlong@ulsterboces.org to ask for more information or to reserve your seat in one of the following sessions:

LOCATIONS:

Kingston

Career Academies at iPark87
300 Enterprise Drive, Kingston, NY 12401
Call (845) 331-5050 ext. 2243 to inquire about dates.

Ellenville

Ellenville Adult Learning Center
104 Center Street, Ellenville, NY 12428
Call (845) 331-5050 ext. 2243 to inquire about dates.

Distance Education

Distance Education is available for eligible students 21 years of age or older. This program is an at-home, self-paced program suitable for a self-motivated individual. Please email hlong@ulsterboces.org, or call (845) 331-5050, ext. 2243, for more information. An in-person registration and orientation test is required to determine eligibility for enrollment to this program.

High School Equivalency Diploma Exam

Ulster BOCES is the Ulster County testing site for the GED® (General Educational Development) Exam. All people interested in testing are required to create a ged.com account and follow the directions on how to register for exams.

TEST SITE LOCATIONS:

Kingston

Career Academies at iPark87
300 Enterprise Drive, Kingston, NY 12401

Ellenville

Ellenville Adult Learning Center
104 Center Street, Ellenville, NY 12428

For more detailed information about the GED exam, or to ask any questions, please call (845) 331-5050, ext. 2243, or email hlong@ulsterboces.org.



ENGLISH AS A SECOND LANGUAGE

Learn to converse in and understand English through classroom instruction in speaking, reading, and writing English (also includes citizenship education). People 18 years of age or older are eligible for these classes at no charge. Call the Adult Literacy Office at (845) 331-5050, ext. 2243, to ask questions, or receive the most up-to-date class information.

Aprenda a conversar y comprender inglés a través de la instrucción en el aula para hablar, leer y escribir en inglés (también incluye educación cívica). Las personas mayores de 18 años son elegibles para estas clases sin costo alguno. Llame a la Oficina de Alfabetización de Adultos al (845) 331-5050, ext. 2243, para hacer preguntas o recibir la información más actualizada sobre las clases.

LOCATIONS:

Ellenville *coming soon!
Start date TBD
Ellenville Adult Learning Center
104 Center Street,
Ellenville, NY 12428
Days: T/TH • 1-4 PM

New Paltz
New Paltz Middle School
196 Main Street,
New Paltz, NY 12561
Days: T/TH • 5:30 PM-8:30 PM

Kingston
Career Academies at iPark87
300 Enterprise Drive,
Kingston, NY 12401
Days: M/T/W • 5:30-8:30 PM

Saugerties ESL classes coming soon!

DO YOU HAVE A SKILL AND WANT TO TEACH?

To put in a course proposal form, please follow the QR code below or visit ulsterboces.org/teachadults



Reach out to us today!
For more information or if you have questions, please contact the Adult Education Department at (845) 331-5050 or visit ulsterboces.org/teachadults

THE ADULT EDUCATION PROGRAM at our new location, iPark87, is seeking individuals who have a skill they would like to teach others. We are looking for people who want to share their passion and expertise with the community! Teach your community how to enjoy your favorite distraction. Share your expertise in your favorite game, sport, craft, book, art form, language, pastime, hobby or trade. Some examples include drawing or painting, business skills, fitness or dance, foreign language, etc.

Classes are generally taught, between 4:00pm and 9:00pm, weeknights, with the potential for Saturdays. All positions are hourly and flexibility is required.

Salaries range from \$28-\$30 an hour, and positions are Teachers' Retirement System (TRS) eligible. These are non-benefited positions.



Ulster BOCES Adult Ed

Online Learning

anytime, anywhere...
just a click away!

Learn
from the
comfort of
home!



ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

- 6-18 Month Format
- All materials included
- Prepare for certification
- Student advisors

Categories Include:

- **Arts and Design**
- **Business**
- **Computer Applications**
- **Computer Programming**
- **Construction and Trades**
- **Health and Fitness**
- **Hospitality**
- **Information Technology**

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OR FIND A NEW ONE!**

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careertraining.ed2go.com/ubadulted

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Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

- 6 Week Format
- Discussion Areas
- Monthly start sessions
- Expert Instructor

Categories Include:

- **Accounting and Finance**
- **Business**
- **College Readiness**
- **Computer Applications**
- **Design and Composition**
- **Healthcare and Medical**
- **Language and Arts**
- **Personal Development**
- **Teaching and Education**
- **Technology**

Visit our website to find a course!

ed2go.com/ubadulted

ONLINE Career Training

CERTIFICATION COURSES

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Advanced Career Training course. **Start any time, learn at your own pace.**

ACE Personal Trainer

This provides you with the knowledge and understanding necessary to prepare for the American Council on Exercise (ACE) Certified Personal Trainer (CPT) certification exam and become an effective personal trainer.

Certified Credit Counselor and Certified Financial Health Counselor

(Voucher Included)

Learn practical financial knowledge and effective counseling techniques to help your clients considerably improve their financial well-being.

Certified Residential Interior Designer

Prepare for a career as a residential interior designer by learning the basics of good design, getting familiar with design styles, and exploring the materials that interior designers use.

Certified Virtual Assistant

Master the skills of a virtual assistant, and start your own virtual assistant business.

Certified Master Wedding and Event Planner

Get the training to jumpstart your career in event planning, and earn the Certified Master Wedding and Event Planner certification.

Certified Supply Chain Professional (CSCP)

Train to become a Certified Supply Chain Professional (CSCP). This course covers all facets of supply chain management.

Certified Technical Writer

Learn how to write within any technical writing context, and develop your own portfolio. You will also prepare for the Certified Professional Technical Communicator exam.

Home Inspection Certificate

Learn about standards of practice, defects recognition, inspection guidelines, reporting methodologies, and liability management as you prepare to become a home inspector.

Human Resources Senior Manager

Prepare to take the Senior Professional Human Resources certification (SPHR) and the Senior Certified Professional (SHRM-SCP) to showcase your new skills.

Marketing Design Certificate

This course focuses on design for marketing and business: creating logos, advertisements, communications, and more. You'll learn Photoshop, Illustrator, and PowerPoint.

COURSE FEATURES:

- Facilitators and mentors to answer questions and for guidance
- Career Counselors assist through the transition from classroom to workplace
- Courses are all open-enrollment and self paced
- No additional charges - all materials are included
- Payment plans available

COURSES AVAILABLE IN:

- Business and Professional
- Healthcare and Fitness
- IT and Software Development
- Management and Corporate
- Media and Design
- Hospitality and Gaming
- Skilled Trades and Industrial

Ulster BOCES

To enroll or for more information, visit:

careertraining.ed2go.com/ubadulthood

GENERAL INFORMATION

Please visit the Adult Education website for policy and refund information.

Ulster BOCES does not discriminate. Please find our non-discrimination statement at ulsterboces.org/nondiscrimination or call the Ulster BOCES Compliance Officer, Amanda Stokes, Assistant Superintendent of Administration, at (845) 255-3020 for a written copy

Students are responsible for reviewing the following policies: acceptable use policy for student use of electronic communications and telecommunications agreement, alcohol, tobacco, drug and other substances, code of conduct on BOCES property, FERPA (Federal Education Rights & Privacy Act), non-discrimination and anti-harassment in Ulster BOCES, smoking/tobacco use, Title IX Policy & Formal Complaint Form, and weapons in school and the Gun-Free Schools Act. These policies can be viewed at: ulsterboces.org/about-us/policies/boepolicies



Ulster BOCES
Adult Career Academies at iPark
300 Enterprise Drive
Kingston, NY 12401
ulsterboces.org

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