

Associated Builders & Contractors - Virginia Chapter
Central Virginia

WINTER/SPRING 2010 COURSE SCHEDULE



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Virginia Chapter

Networking

Education

Political
Advocacy

Service

FIELD TRACT CURRICULUM

Curriculum designed for the journeyman, crew leader and superintendent.

JOURNEYMAN & CONTINUING EDUCATION COURSES

GREEN TRAINING FOR THE CRAFT WORKER

This seminar will educate the craft worker in Sustainability/Green Building concepts including global climate change, carbon footprints and best practices for construction of green buildings.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	3:00 PM-7:00 PM	4/1	McCarthy	Member: \$95 Nonmember: \$142

INTERNATIONAL FUEL GAS CODE UPDATE - STATE APPROVED

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	6:00 PM-9:00 PM	1/12	Cook	Member: \$50 Nonmember: \$75
ABC-VA	TH	6:00 PM-9:00 PM	2/25	Cook	Member: \$50 Nonmember: \$75
ABC-VA	W	6:00 PM-9:00 PM	3/17	Cook	Member: \$50 Nonmember: \$75
ABC-VA	TH	6:00 PM-9:00 PM	4/22	Cook	Member: \$50 Nonmember: \$75
ABC-VA	W	6:00 PM-9:00 PM	5/19	Cook	Member: \$50 Nonmember: \$75
ABC-VA	TH	6:00 PM-9:00 PM	6/17	Cook	Member: \$50 Nonmember: \$75

INTERNATIONAL MECHANICAL CODE UPDATE - STATE APPROVED

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	W	6:00 PM-9:00 PM	1/6	Cook	Member: \$50 Nonmember: \$75
ABC-VA	T	6:00 PM-9:00 PM	2/23	Cook	Member: \$50 Nonmember: \$75
ABC-VA	W	6:00 PM-9:00 PM	3/3	Cook	Member: \$50 Nonmember: \$75
ABC-VA	W	6:00 PM-9:00 PM	4/7	Cook	Member: \$50 Nonmember: \$75
ABC-VA	W	6:00 PM-9:00 PM	5/5	Cook	Member: \$50 Nonmember: \$75
ABC-VA	W	6:00 PM-9:00 PM	6/2	Cook	Member: \$50 Nonmember: \$75

INTERNATIONAL PLUMBING CODE UPDATE - STATE APPROVED

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	6:00 PM-9:00 PM	1/7	Cook	Member: \$50 Nonmember: \$75
ABC-VA	W	6:00 PM-9:00 PM	2/24	Cook	Member: \$50 Nonmember: \$75
ABC-VA	T	6:00 PM-9:00 PM	3/4	Cook	Member: \$50 Nonmember: \$75

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	W	6:00 PM-9:00 PM	4/21	Cook	Member: \$50 Nonmember: \$75
ABC-VA	W	6:00 PM-9:00 PM	5/12	Cook	Member: \$50 Nonmember: \$75
ABC-VA	W	6:00 PM-9:00 PM	6/9	Cook	Member: \$50 Nonmember: \$75

NATIONAL ELECTRIC CODE UPDATE - STATE APPROVED

The 2008 version of the National Electrical Code is scheduled to go into effect in mid-2010. In order to accommodate Continuing Education requirements, ABC-VA is now offering the 2008 NEC Update.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	5:00 PM-9:30 PM	1/14	Humphrey	Member: \$65 Nonmember: \$97
ABC-VA	W	5:00 PM-9:30 PM	2/17	Humphrey	Member: \$65 Nonmember: \$97
ABC-VA	TH	5:00 PM-9:30 PM	3/18	Humphrey	Member: \$65 Nonmember: \$97
ABC-VA	W	5:00 PM-9:30 PM	4/14	Humphrey	Member: \$65 Nonmember: \$97
ABC-VA	TH	5:00 PM-9:30 PM	5/20	Humphrey	Member: \$65 Nonmember: \$97
ABC-VA	W	5:00 PM-9:30 PM	6/16	Humphrey	Member: \$65 Nonmember: \$97

CREW LEADER COURSES

BLUEPRINT READING 101

The reading of construction blueprints is a foundational skill in construction. All construction professionals, regardless of whether they are working in the field or office, must know how to read blueprints.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	M	6:00 PM-9:00 PM	4/12 (6 sessions)	Benn	Member: \$195 Nonmember: \$292

OFFICE TRACT CURRICULUM

Curriculum designed for the project assistant, project manager, senior project manager and construction executive.

PROJECT ASSISTANT COURSES

BLUEPRINT READING 101

The reading of construction blueprints is a foundational skill in construction. All construction professionals, regardless of whether they are working in the field or office, must know how to read blueprints.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	M	6:00 PM-9:00 PM	4/12 (6 sessions)	Benn	Member: \$195 Nonmember: \$292

CONSTRUCTION 101

Attendees with job duties such as accounting, administrative, marketing, or human resources, will walk away with a clear understanding of what the commercial construction industry is all about.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	8:00 AM-12:00 PM	4/13	Norton	Member: \$60 Nonmember: \$90

TIME MANAGEMENT

Participants will explore how to tackle budgeting time head-on, learning how to prioritize tasks and address common daily interruptions including phone calls and emails.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	W	10:00 AM- 2:00 PM	3/10	Dobson	Member: \$60 Nonmember: \$90

PROJECT MANAGER COURSES

SUSTAINABILITY AWARENESS IN THE CONSTRUCTION INDUSTRY

Sustainability Awareness is how we Live, Work, and Build through intentional actions to preserve natural resources for future generations by applying the principles of rejecting, reducing, reusing, and recycling.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	3:00 PM- 7:00 PM	2/18	McCarthy	Member: \$95 Nonmember: \$142

ELECTIVES

Electives for the business, communication & leadership, construction management, green, human resources, legal, and Spanish language interests.

COMMUNICATION AND LEADERSHIP ELECTIVES

TIME MANAGEMENT

Participants will explore how to tackle budgeting time head-on, learning how to prioritize tasks and address common daily interruptions including phone calls and emails.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	W	10:00 AM- 2:00 PM	3/10	Dobson	Member: \$60 Nonmember: \$90

CONSTRUCTION MANAGEMENT ELECTIVES

CONSTRUCTION 101

Attendees with job duties such as accounting, administrative, marketing, or human resources, will walk away with a clear understanding of what the commercial construction industry is all about.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	8:00 AM- 12:00 PM	4/13	Norton	Member: \$60 Nonmember: \$90

CONSTRUCTION QUALITY MANAGEMENT

This course satisfies government requirements specified in most Corps of Engineers and NAVFAC construction contracts as well as satisfies the CQM training requirements. (Certification is valid for 5 years).

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	7:30 AM- 5:00 PM	1/19	Baldwin	Member: \$205 Nonmember: \$310

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	7:30 AM- 5:00 PM	3/9	Baldwin	Member: \$205 Nonmember: \$310

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T	7:30 AM- 5:00 PM	5/18	Baldwin	Member: \$205 Nonmember: \$310

GREEN ELECTIVES

GREEN TRAINING FOR THE CRAFT WORKER

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ABC-VA	TH	3:00 PM- 7:00 PM	4/1	McCarthy	Member: \$95 Nonmember: \$142

SUSTAINABILITY AWARENESS IN THE CONSTRUCTION INDUSTRY

Sustainability Awareness is how we Live, Work, and Build through intentional actions to preserve natural resources for future generations by applying the principles of rejecting, reducing, reusing, and recycling.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	TH	3:00 PM-7:00 PM	2/18	McCarthy	Member: \$95 Nonmember: \$142

Safety

Safety courses for safety certification, safety electives and safety in Spanish.

SAFETY CERTIFICATIONS

FIRST AID & CPR CERTIFICATION

ABC-VA's First Aid and CPR Certification program has a construction industry focus and an emphasis on life-support strategies. Certification is valid for 2 years.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	F	8:00 AM-1:00 PM	1/22	Hart	Member: \$55 Nonmember: \$70
ABC-VA	F	8:00 AM-1:00 PM	2/19	Hart	Member: \$55 Nonmember: \$70
ABC-VA	W	4:00 PM-9:00 PM	3/24	Hart	Member: \$55 Nonmember: \$70
ABC-VA	F	8:00 AM-1:00 PM	4/23	Hart	Member: \$55 Nonmember: \$70
ABC-VA	F	8:00 AM-1:00 PM	5/14	Hart	Member: \$55 Nonmember: \$70
ABC-VA	W	4:00 PM-9:00 PM	6/23	Hart	Member: \$55 Nonmember: \$70

OSHA 10-HOUR COURSE

This course emphasizes the most important aspects of Occupational Safety and Health Standards for the industry.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T/TH	4:00 PM-9:30 PM	1/26 (2 sessions)	Lambert	Member: \$225 Nonmember: \$337
ABC-VA	T/TH	4:00 PM-9:30 PM	3/23 (2 sessions)	TBD	Member: \$225 Nonmember: \$337
ABC-VA	T/TH	4:00 PM-9:30 PM	5/25 (2 sessions)	TBD	Member: \$225 Nonmember: \$337

OSHA 30-HOUR COURSE

This course emphasizes the most important aspects of the Occupational Safety and Health Standards for the industry.

<i>Location</i>	<i>Day(s)</i>	<i>Time</i>	<i>Begins</i>	<i>Instructor</i>	<i>Cost</i>
ABC-VA	T/TH	4:00 PM-9:30 PM	1/26 (6 sessions)	Lambert	Member: \$475 Nonmember: \$712

