



SHEET METAL **APPRENTICESHIP TRAINING PROGRAM**

Central Virginia

2025-2026

ABC Virginia (ABC-VA) is an industry leader in apprenticeship and craft training programs. Companies that invest in employee development through apprenticeship programs attract a quality workforce of loyal and highly skilled employees, while closing the skilled workforce gap.

ABC-VA CRAFT TRAINING

ABC-Virginia has a long history of providing high quality, student-centered learning with an emphasis on hands-on training. Our goal is to give individuals the opportunity to learn a trade, become skilled crafts professionals, earn a good living, and build Virginia.

Through our educational affiliate, National Center for Construction Education and Research (NCCER), we use Contren, a competency-based, task-driven, and nationally recognized curriculum. ABC-VA instructors are required to complete a formal certification in order to ensure consistent delivery of the curriculum.

ELIGIBILITY

- 18 years of age or older
- Employed in the sheet metal field
- Physically able to perform work in the sheet metal trade
- Must be able to read and write in English
- High school diploma or GED equivalent



COURSE CONTENT

LEVEL ONE

- Core Curriculum
- Intro to the Sheet Metal Trade
- Tools of the Trade
- Trade Math One
- Installation of Ductwork
- Installation of Air Distribution Accessories
- Insulation
- Trade Math
- Plans and Specifications
- Sheet Metal Duct Fabrication Standards
- CPR, First Aid & AED Certification
- Rigger and Scissor Lift Certification

LEVEL TWO

- Air Distribution Systems
- Bend Allowances
- Construction Drawings
- Construction Sheet Metal Drawings
- Field Measurements
- Radial Line Development
- Sheet Metal Duct Fabrication Standards
- Soldering
- Triangulation

LEVEL THREE

- Insulation for Duct
- Principals of Airflow
- Welding and Brazing
- Architectural Sheet Metal
- Shop Production and Organization
- Sheet Metal Business and Technology
- Fundamental of Crew Leadership

2025-2026 APPRENTICESHIP SCHEDULE

The term of the Sheet Metal Apprenticeship Program consists of four years or 8,000 hours (approx. 2,000 hours per year) of on-the-job training (OJT), and three years or 600 hours (approx. 200 hours per year) of related classroom instruction. OJT is administered by the student's employer. Related classroom instruction is administered by ABC-VA.

DAYTIME CLASSES

7:00AM - 4:00PM

ABC-VA Central Virginia Training Facility
1600 East Parham Road, Richmond, VA 23228

Level I will meet every other Friday starting August 15, 2025.

Level II will meet every other Tuesday starting August 19, 2025.

Level III will meet every other Friday starting August 22, 2025.

CALENDAR

A comprehensive calendar will be provided to all employers and students.

2025-2026 TUITION

Tuition is due at time of enrollment. Apprentices employed by ABC-VA members receive a discount. Tuition includes lab, materials and administrative fees. Tuition must be paid in full for apprentices to be considered enrolled.

ABC-VA MEMBER \$2100

NON-MEMBER \$2500

DEADLINES

Enrollments received after August 1, 2025, will incur a late fee of \$50. Classes are closed to new enrollment after August 22, 2025. There are absolutely no refunds after September 1, 2025.

2025-2026 SHEET METAL APPLICATION

Last Name: _____ First Name: _____ Middle Initial: _____

SSN#: _____ Date of Birth: _____

Address: _____ City: _____

State: _____ Zip: _____ Cell Phone #: _____ Mobile Provider: _____

Email Address: _____

SPONSORING EMPLOYER: ☐ ABC-VA Member Firm ☐ Non-Member Firm

Employer Company Name: _____ Employer Contact Name: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone #: _____ Email Address: _____

CLASS LEVEL: ☐ Level I ☐ Level II ☐ Level III

LOCATION & TIME

ABC-VA Central Virginia Training Facility, 1600 East Parham Road, Richmond, VA 23228

7:00AM - 4:00PM

TUITION

ABC-VA Member: \$2100

Non-Member: \$2500

REGISTRATION

An application must be completed for each individual apprentice. Tuition must be paid in full by August 1, 2025. Applications are processed on a first-come, first-served basis.

Signature of Applicant or Applicant's Employer

Date

ENROLLMENT OPTIONS

IN-PERSON: Visit us during office hours, Monday through Friday 8:00AM-5:00PM

EMAIL: Sherrie Dickerson / sherrie@abcva.org

MAIL: ABC-VA Central Virginia Training Facility, 1600 East Parham Road, Richmond, VA 23228

DEADLINES

Enrollments received after August 1, 2025, will incur a late fee of \$50. Classes are closed to new enrollment after August 22, 2025. There are absolutely no refunds after September 1, 2025.

PAYMENT

Name: _____ Date: _____

Tuition \$ _____

Signature: _____

3% CC Fee \$ _____

Credit Card #: _____

Late Fee \$ _____

Expiration Date: ____/____/____ CVC #: _____ Billing Zip Code: _____

Total Enclosed \$ _____