



MVCC

MOHAWK VALLEY COMMUNITY COLLEGE

CENTER FOR CORPORATE AND COMMUNITY EDUCATION



BE THE NEXT BIG THING

Bootcamp for Entrepreneurs
Young Entrepreneurs Academy
Direct Selling for Entrepreneurs

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**FALL
2013**

Utica • Rome • Online • www.mvcc.edu/cced

Welcome!

Here at MVCC, we look at the fall as a time to get down to business. Professional development can take several forms and we're offering classes to fit most every need out there. This fall, we're focusing on the multitude of opportunities we have right here in our own backyard to become your own boss. The entrepreneurial spirit is alive and well at MVCC! New this semester we're offering classes on how to get started in owning your own business and also how to maximize your business once it is up and running. Be sure to check out these offerings and bring your career to the next level!

- Entrepreneur Boot Camp, Event Planning, Direct Selling, Blogging Basics, and more!
- Advanced Computer Skills in Security+, Linux+, Adobe InDesign, Illustrator, and PhotoShop
- Insurance and Real Estate Prelicensing and Continuing Education

That said, we still know how to have a good time! This fall we're excited to introduce a wide variety of new classes and old favorites, for all ages: from 2 to 102.

- Holistic Wellness programs in yoga, meditation, palm reading, using your intuition, and much more!
- Music classes covering banjo, piano, guitar, and opera appreciation
- Wilderness survival and navigation
- For Kids: Athletic performance, AMT Dance, and the Young Entrepreneurs Academy!

We look forward to you joining us this fall in one or more of our programs. We believe that with education, hard work, and passion you will have the tools to become the next big thing!



Find us on Facebook
Become a fan!



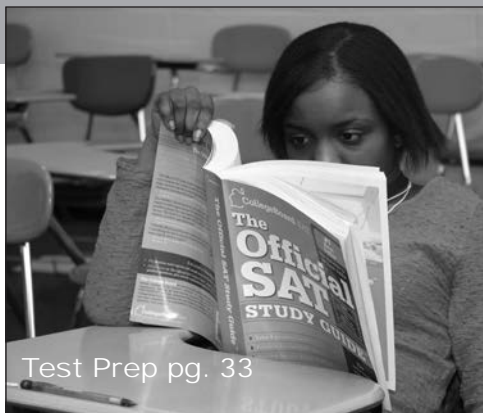
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Register online at www.mvcc.edu/cced

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The Center for Corporate and Community Education at MVCC is the winner of the 2012 CEANY Dr. James C. Hall, Jr. Exemplary Program Award for Non Credit Program Development for the Rome Futures Academy!



If you have any type of disability that may require special accommodations at MVCC, please call Disability Services at (315) 792-5644.

Do you have an idea for a new class? We are always looking for new classes and new instructors. If you have an idea for a course that is not in our catalog, contact Carolyn DeJohn, Coordinator, Community Education, at cdejohn@mvcc.edu.

Notice of non-discrimination policy

MVCC is committed to equal opportunity in educational programs, admissions and employment. It is the policy of Mohawk Valley Community College to provide equal opportunity for all qualified applicants, students and employees; and to prohibit discrimination on the basis of race, color, sex, religion, national origin, ancestry, age, disability, marital status, sexual orientation, arrest/conviction record or veteran status. The College's Affirmative Action Officer and Title IX Coordinator is the Director of Human Resources, Room 113, Academic Building, Utica Campus, 315-792-5637.

MVCC Civility Statement

Mohawk Valley Community College is committed to civility in and out of the classroom. MVCC believes everyone has the right to an environment that creates the safe opportunity for educational, professional, and social development. MVCC recognizes its responsibility to model and encourage a culture of civil behavior.

Professional Development



Bootcamp for Entrepreneurs

This course will take participants through a process that ensures they have a workable business model to make their new venture a reality or their existing venture more profitable. We will take a customer-oriented approach, exploring the nine parts of a business model, culminating in a pitch deck that defines the firms' execution strategy. Textbook is included. This program is made possible, in part, by the MVCC Foundation. Instructor: John Liddy, MVCC Entrepreneur in Residence

10/2 – 11/20, Wed

1:30–4:00 pm

Utica

\$499

Event Planning Certificate

A comprehensive program that prepares candidates for career opportunities in Event Planning. This program is designed to deliver a practical understanding of the fundamental concepts of Event Planning. At the conclusion of this course, students will be given hands-on assignments where they will put their learning to work. Candidates will develop and execute a fundraiser/event, within Festine Auditorium on the Rome campus of MVCC, for a local not-for-profit organization. Upon the successful completion of the course work, and upon approval of the instructors, candidates will be granted a Certificate in Event Planning from Mohawk Valley Community College's Corporate and Community Education Department. Instructors: Bill Dustin & Sarah Tierney

10/7 – 11/18 + 11/30 Event Date

6:00–8:00 pm

Utica

\$349

Becoming a Social Media Strategist

Social media has changed the way organizations and people interact with the world. Learn how to craft and execute an effective social media strategy for your organization. This unique training opportunity in social media strategy management will help to prepare you with a skill set that includes:

- **Elements needed to create a strategic social media plan**
- **Social media marketing mediums and techniques**
- **An understanding of compliance-related issues in social media**
- **Project and campaign management as it relates to social media**
- **Concepts and principles for managing a social media community**
- **How to engage customers/stakeholders and build stronger relationships**
- **Hands-on experience with a variety of popular social media tools**

For participants who wish to become certified as a Social Media Strategist (SMS), this course is approved by the National Institute for Social Media (NISM) and allows you to prepare for the NISM Social Media Strategist certification exam. Examination eligibility requirements are 64 academic units OR a minimum of 2 years business experience related to social media. Exam cost is not included in course tuition. To learn more about, or to register for, the NISM Social Media Strategist certification exam, please visit <https://nisonline.org/certification/>

Instructor: Jay Sumner

10/1 – 10/31, Tues, Thurs

6:00–9:00 pm

Utica IT150

CRN 18342

\$795

New!

Bloggging for Business & Life

Create your blog to enhance your career, build marketing talent, raise funds, or become a journalist. Find the free tools to develop beautifully written content. Discover how to give life to your blog with companion videos and online talk radio programs. Become a marketing expert that promotes you and your blog. Use your blog as a publicity and marketing engine.

Instructor: David Ewen

11/22, Fri

6:00–9:00 pm

Utica AB233

CRN 18411

\$39

New!

Building a Business in Today's Economy

Create a new or build your current business in today's economic climate. Reach new customers and clients. Discover the best practices to manage your financial condition. Market your services or products using the latest techniques and technologies. Today you must adapt to new growth strategies and engage in modern business techniques. Maximize your potential for a successful business.

Instructor: David Ewen

11/23, Sat

9:00-2:00 pm

Utica AB246

CRN 18055

\$69



New!

Direct Selling: Make the most of your business

The more than 12 million jobs eliminated from the U.S. economy since December 2007 have changed the mindset of American workers forever. People need to get back to work, and they are exploring new options like never before. Successful direct sellers have always known they are in charge of their own professional destiny. For decades, direct sellers have embraced a career path that can lead to a professional life marked by success and independence. Through this program, you will learn the skills required for success in direct selling. You'll gain the confidence to believe in your ability to succeed as a direct selling professional, as well as the ability to put what you learn into action every day of your professional life. No matter what your level of experience in direct selling, this program provides a new path forward for people seeking success as independent entrepreneurs selling the world's most recognizable brands.

Instructor: Tina Jones

10/2 - 11/20, Wed

4:00-8:00 pm

Utica AB121

CRN 18364

\$149



75 Hour Real Estate Pre-Licensing Course

This course will prepare you to sit for the New York State Real Estate Salesperson's Examination. It satisfies the mandated 75 hour pre-licensing education requirements of the Department of State. Topics to be covered include license law and regulations; law of agency; deeds, leases, contracts, liens, and easements; estates and interests; real estate closings, financing, valuation and math; land use regulations and construction; and fair housing, human rights and environmental laws/issues. Fee includes textbook.

Instructor: Ronald Cerminaro

9/23 - 11/20, Mon, Wed, Thurs

6:00-9:00 pm

Utica AB204

CRN 16944

\$549

No class 10/31

Paralegal Certificate

This nationally acclaimed program is designed for beginning as well as advanced legal workers. Students will be trained to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. The Paralegal Certificate Course© will also teach you how to work as a full-time or part-time paralegal, or how to open your own freelance business. There are no prerequisites, but students will be expected to complete a significant amount of homework for each weekly session. This program will help students increase their office's efficiency, productivity, and billable hours as well as learn new marketable job skills. Successful graduates

will be awarded a Certificate of Completion from Mohawk Valley Community College. To receive a Certificate, students must pass numerous quizzes and successfully complete several legal document writing assignments. Course books and materials are not included in tuition cost.

To Enroll, contact the Center for Legal Studies 1-800-522-7737.

Live Lecture Format:

10/1 - 11/9, Tues, Thurs, Sat

Tues, Thurs 6:00-9:30 pm, AB265

Sat 9:00-5:00 pm, IT219

Utica \$1189

Online Format:

10/21 - 2/28

\$1189

Personal Injury for Paralegals

Online Certificate

This online course is designed to more thoroughly examine the duties and scope of responsibility for personal injury paralegals. With this exciting, fast-paced class you will learn many of the legal terms, causes of action, and remedies available to victims of personal injury accidents. We will review the negligence theory of torts upon which many personal injury claims are based. Students will discuss interviewing, investigating and other case building techniques vital to a personal injury paralegal's success in the law office. Class discussions and lesson material will include the different kinds of personal injury claims including (but not limited to): car accidents, slip and falls, medical negligence/malpractice, manufacturer product defects, and class-action lawsuits.

Discover the basic categories of damages recovery, statutes of limitations, and schemes for liability.

Successful graduates of this non-credit course will be awarded a Certificate of Completion from MVCC. Course books and materials are not included in tuition cost.

To enroll, call the Center for Legal Studies at 1-800-522-7737.

10/21 - 12/6

\$729

Software Essentials for the Law Office **Online Certificate**

This dynamic course is designed for legal professionals interested in improving their skills and knowledge of commonly used computer technology and programs within the law office.

Course topics include: computer operating systems and peripheral devices; time tracking and billing software; database, case management and docket control software; litigation support software; electronic discovery, and trial presentation and graphics software. Hands on exercises will prepare students to work with a wide variety of common law office computer

programs. Common billing procedures and payment agreements, accurate time tracking, proper calendar and docketing procedures as well as the processes involved in electronic discovery will be addressed through a variety of exercises.

In addition, students will be presented with real-life scenarios and asked to identify and examine ethical issues raised by the use of technology in a legal practice. Course books and materials are not included in tuition cost. Successful graduates of this non-credit course will be awarded a Certificate of Completion from MVCC.

To enroll, call the Center for Legal Studies at 1-800-522-7737.

10/21 - 12/6

\$729

Personal Trainer Certification

Here's your chance to become a certified Personal Trainer in one intensive weekend. Personal Training Certification from the Personal Training Institute of America will prepare you for a successful career as a Certified Personal Trainer!

With Americans becoming more aware of the impact that physical fitness has on their long-term health, the need for individuals with an in-depth knowledge of personal fitness and who have the ability to provide personal training and fitness instruction is rapidly rising. PTIA is a premiere personal training school that will give you the education, skills and insight to become a valued professional as a certified personal trainer, ready to enter the workforce! Our two-day intensive program includes 16 hours of lecture, demonstrations and practical hands-on application. Online final exam will be taken after the class is complete.

Day 1: Classroom training & hands on in the gym

Day 2: Hands-on in the gym

There are no prerequisites to participate in this program. Text and materials are purchased separately for \$65 on the first day of class. Please bring check or cash to receive materials. Note: CPR certification needs to be obtained before final certification. 10 Hour Internship/Shadowing period also required for final certification. Please dress in gym clothes and bring a lunch and a mat. Instructor: Nadia Ellis, PTIA

11/9 - 11/10, Sat, Sun

9:00-5:00 pm

Utica GYM108

CRN 17282 \$399



8 Hour Pre-Assignment Training Course for Security Guards

This is an 8 hour course required by New York State as the first step in obtaining a security guard registration card from the New York State Department of Licensing. The course provides the student with a general overview of the duties and responsibilities of a security guard. Topics covered in this course include the role of the security guard, legal powers and limitations, emergency situations, communications and public relations, access control, and ethics and conduct. The passing of an examination is required for successful completion of this course.

Instructor: Rick D'Alessandro

9/23 - 9/25, Mon, Wed

6:00-10:00 pm

Utica ACC220

CRN 14058 \$60

Instructor: John Bielby

11/4 - 11/6, Mon, Wed

6:00-10:00 pm

Rome RA223

CRN 16723 \$60

16 Hour On-the-Job Training Course for Security Guards

This is a 16 hour course that must be completed within 90 days of employment as a security guard. The course provides the student with detailed information on the duties and responsibilities of a security guard. Topics covered in this course include the role of the security guard, legal powers and limitations, emergency situations, communications and public relations, access control, ethics and conduct, incident command system, and terrorism. The passing of an examination is required for successful completion of this course.

Instructor: Rich Dodge

11/12 - 11/21, Tues, Thurs

6:00-10:00 pm

Utica ACC216

CRN 17283 \$99

8 Hour Annual In-Service Training Course for Security Guards

This is an 8 hour course that must be completed within 12 calendar months from completion of the 16 Hour On-the-Job Training Course for Security Guards, and annually thereafter. The course is structured to provide the student with updated and enhanced information on the duties and responsibilities of a security guard. Topics include the role of the security guard, legal powers and limitations, emergency situations, communications and public relations, access control, and ethics and conduct.

Instructor: Rick D'Alessandro

11/12 - 11/14, Tues, Thurs

6:00-10:00 pm

Utica ACC216

CRN 18096 \$60

Child Abuse Recognition

The New York State Education Department requires healthcare, educational, and other licensed professionals be trained to identify and report child abuse. Matriculated students at MVCC should consult with academic advisors before enrolling in this course.

Instructor: John Bielby

10/7, Mon

6:00-9:00 pm

Rome RA223

CRN 13891 \$35

Instructor: Rich Dodge

11/18, Mon

6:00-9:00 pm

Utica AB243

CRN 13890 \$35

CNC

Basic CNC Machinist Program

In this 10 week program, you will learn about safety, blueprint reading, machining a work piece to drawing specification, setting up & running lathes, mills & grinders, programming CNC lathes & milling machines. Topics such as shop math, proper tooling, inspection gages, and micrometers included.

Call for dates & times!
315.792.5300
Cost: \$3,000

SAVE School Violence Prevention

This workshop satisfies the New York State Education Department's requirement for 2-hour school violence prevention training (SAVE).

The course focuses on issues relating to violence and safety for school-age children from both the identification and prevention perspectives. Topics include abuse and neglect; abduction; substance abuse; traffic and fire safety; and violence. Teachers' legal responsibilities, dangerous behavior identification, intervention techniques, effective classroom management, and promoting positive attitudes and behaviors will also be discussed.

Instructor: John Bielby

10/7, Mon

4:00-6:00 pm

Rome RA223

CRN 15435 \$25

Instructor: Rich Dodge

11/18, Mon

4:00-6:00 pm

Utica AB246

CRN 15436 \$25

Notary Public

If you have wanted to become a notary public, but have been worried about the exam, this class will help. Don't let the terminology scare you.

You can become familiar with the terms and laws and learn the skills necessary to sit for the notary exam. Earn the license to become a more valuable asset in your workplace.

Instructor: Gloria Karol

9/21, Sat

9:30-1:00 pm

Utica AB246

CRN 17670 \$50

10/26, Sat

9:30-1:00 pm

Rome PC205

CRN 16143 \$50



Health Care

Dental Assisting Program

The 60 hour Dental Assisting Program prepares students for entry level positions in one of the fastest growing health care positions – Dental Assisting. The purpose of this course is to familiarize the student with all areas of pre-clinical dental assisting and provide training in the professional skills required to function as an assistant in the dental practice. This course covers the following key areas and topics – Administrative Aspects include: the history of dentistry and dental assisting; introduction to the dental office; the legal aspects of dentistry; policies and guidelines. Clinical Aspects include: introduction to oral anatomy; dental operator; dental equipment; introduction to tooth structure; primary and permanent teeth; the oral cavity and related structures; proper patient positioning; dental hand-pieces; sterilization; and other areas. In addition to entry-level administrative jobs, this course is ideal for students interested in pursuing a future formal Dental Hygienist program.

10/15 - 12/12, Tues, Thurs

6:00-9:30 pm

Utica IT227

CRN 18076 \$1199

No class on 11/28

Dialysis Aide/CCI

This 50-hour program provides students with the knowledge and skills needed to perform the duties required of Dialysis Technicians. Under the supervision of physicians and registered nurses, Dialysis Technicians operate kidney dialysis machines, prepare dialyzer reprocessing and delivery systems as well as maintain and repair equipment. Furthermore, technicians work with patients during dialysis procedures and monitor and record vital signs as well as administer local anesthetics and drugs as needed. Additionally, they may also be involved in the training of patients for at-home dialysis treatment. Note: This program does not include a national or state certification as part of its overall objectives. Additionally there is no student internship or clinical rotation offered as part of this program

10/14 - 12/4, Mon, Wed

6:00-9:30 pm

Utica ACC216

CRN 18094 \$999

No class on 11/27

New!

EKG/Cardiographic

Technician

This comprehensive 50 hour EKG Technician Certification Program prepares students to function as EKG Technicians and to take the ASPT – Electrocardiograph (EKG) Technician exam and other National Certification Exams. This course will include important practice and background information on anatomy and physiology of the heart, medical disease processes, medical terminology, medical ethics, legal aspects of patient contact, electrocardiography and stress testing. Additionally, students will practice with EKG equipment and perform hands on labs including introduction to the function and proper use of the EKG machine, the normal anatomy of the chest wall for proper lead placement, 12-lead placement and other clinical practices. Textbook is included.

10/1 - 12/19, Tues, Thurs

5:00-9:30 pm

Utica Nursing Lab

CRN18385 \$999

No class 11/28

Healthcare Information Technology

This program is designed to provide healthcare employees, from administrators to front line staff, physicians to ancillary departments, IT professionals and project managers an explanation of what HIT is, how it is impacting the healthcare industry, how they can select the right system for their organization, how these systems are implemented, the considerations that need to be taken when selecting or implementing HIT, an overview of a project process from system selection to post go-live activities and much more. Healthcare IT projects are not your typical project. How these systems are implemented have a direct impact on patients and the care they receive. The health care industry is changing dramatically due to HIT. The technology being implemented directly impacts the industry from the registration process, through the provision of care to the reimbursement of services provided. Healthcare, information technology and project management professionals need to be prepared for the implementation, long term support and the vast changes this technology will have on the industry.

Who should attend this program?

This program is ideal for a wide variety of individuals including but not limited to: IT professionals, project managers, project directors, all healthcare professionals, healthcare facilities, nursing homes, independent physicians,

physician groups, coders, healthcare management, healthcare administration and more. The program will provide information that can prepare an individual or organization for the challenges with implementing/supporting HIT initiatives. It also provides the individual and organization with a skill that can be utilized to give them an advantage in a very competitive industry.

Instructor: Andrew Salvatore

10/8 - 10/30, Tues-Thurs

6:00-9:30 pm

Utica IT137

CRN18004 \$200

No class 10/17 & 10/24

New!

Healthcare Leadership Institute

This institute is designed to help healthcare facilities enhance leadership on all levels starting with employee orientation through discharge planning. Administrators and managers may want to come themselves or send staff that can benefit from the topics discussed. The goal is to have our community offer the best healthcare it can and improve customer satisfaction. More and more reimbursement depends on customer satisfaction, and providing an enriched safe environment that is both effective and efficient is crucial. This is a great way to network and learn what other facilities are doing to increase leadership skills on all levels. Facilities can send different employees each month (up to 2 people each session). A certificate of completion will be given after each session. Call for monthly topics.

10/16/2013 - 7/16/2014

3rd Wed of Each Month

1:00-3:00 pm

Utica AB232

CRN18336 \$349

New!

ICD10 CM and PCS Coding

This course will teach the basics of the new ICD-10-CM and ICD-10-PCS coding conventions. We will work on case studies to understand the levels of specificity for ICD-10-CM coding and the Root Operation concept for PCS coding. Manuals will be included but students must purchase Code Set Books.

Instructor: Lori Usyk

9/30 - 11/21, Mon, Thurs

6:00-8:30 pm

Utica IT219

CRN18387 \$399

Intro to Electronic Health Records **Online**

This course will discuss this rapidly changing technology in the health care environment. We will introduce the basic functions of the Electronic Health Record (EHR), its benefit to us as healthcare workers and the benefit to physicians and patients. We will explore the technological requirements for an EHR system and discuss some of the available options. The course will also introduce the best practices for transition from a paper based record to an EHR. It also discusses the current Health Information Technology Standards as well as the rules and regulations that govern EHR.

8/28 - 12/16

CRN18380 \$199

Working with Electronic Health Records **Online**

This course will provide students with the knowledge and skills required to work with electronic health records in today's rapidly changing health care environment. This course provides the student with an in-depth and practical training on a widely used Electronic Health Record software program. Students will be able to apply theoretical knowledge to equip them to successfully enter the medical community with a comprehensive working experience and understanding of an EHR as well as other components.

8/28 - 12/16

CRN18381 \$199

Intro and Working with Electronic Health Records COMBO **Online**

8/28 - 12/16

CRN18382 \$375

Medical Transcription and Editing **Online**

This program helps students develop the knowledge and skills of quality medical transcriptionists in addition to the specialized skill set of medical transcription editors. Students focus on keyboarding, medical terminology, language and grammar, and the editing skills required to work with speech recognition technology. Textbooks are included. Sign up today and receive a free laptop or a \$325 discount! Offer expires on Oct 31, 2013. This class is ongoing and self-paced. You can start any time!

CRN17769 \$2580

Medical Spanish **Online**

This course will focus on the fundamentals of Spanish Language: listening, reading, and speaking. The basics of grammar will be taught, special focus will be given to medical terminology and phrases that are necessary to function in a medical environment at the beginning level.

Instructor: Roman Santos

10/1 - 11/12

CRN18398 \$89

CNA - Certified Nurse's Assistant

This 120 hour course includes 90 classroom hours and 30 supervised clinical hours of training. Upon successful completion of the program, students are eligible to take the NY State certification exam. Topics include: communication and interpersonal skills, universal precautions, infection control, safety, basic nursing skills, personal care skills, mental health, social service needs, care of cognitively impaired residents, basic restorative services, and residents' rights. After obtaining certification, students are prepared to enter the workforce as an entry-level certified nurse assistant. Criminal background checks as well as Department of Health documents (current comprehensive physical, vaccinations, TB tests results, etc.) are required for clinical hours. Tuition includes texts and NY State testing fee. Uniforms and shoes are to be purchased by the student.

Instructor: Jill Kelley

10/1 - 12/5, Tues-Thurs

3:00-8:30 pm

Rome Nursing Lab

CRN18112 \$1200

No class 10/31, 11/26, 11/27, 11/28

Instructors: Nelson Wood, Tammy Burdick

9/23 - 11/7, Mon, Tues, Thurs, Fri

3:30-8:30 pm

Sitirin Healthcare Center

CRN18211 \$1200

Contact 792.5300 to register.

Personal Care Assistant (PCA)

This entry level program will provide you with 40 hours of combined classroom and laboratory training needed to become a certified Personal Care Assistant. Classroom and lab instruction will enable the student to learn the skills necessary to work in a home care setting. Upon successful completion of the PCA program, students will be eligible to continue their training, if desired, in a certified Home Health Aide training program.

Instructors: Nelson Wood, Tammy Burdick

11/21 - 12/6, Mon, Tues, Thurs, Fri

3:30-9:00 pm

Utica AB246

CRN18378 \$400

Home Health Aide (HHA)

Attend MVCC's Personal Care Aide program or provide PCA certification from another institution and attend 35 additional hours in the Home Health Aide program to attain Home Health Aide certification and become even more marketable in the growing health care field. This program provides the skills training necessary to care for patients ranging from infants to seniors in a home setting. Sixteen (16) hours of clinical experience is included.

Instructors: Nelson Wood, Tammy Burdick

12/9 - 12/20, Mon, Tues, Thurs, Fri

3:30-9:00 pm

Utica AB246

CRN 17836 \$600

PCA/HHA Combo -

Take both and save!

11/21 - 12/20, Mon, Tues, Thurs, Fri

3:30-9:00 pm

Utica AB 246

CRN 18379 \$900

Pharmacy Technician Program

This comprehensive 50 hour course will prepare students to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCB exam. Technicians work in hospitals, home infusion pharmacies, community pharmacies and other health care settings - working under the supervision of a registered pharmacist. Course content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions and defining drugs by generic and brand names. Students will learn dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control and billing and reimbursement. The optional National Certification Exam fee of \$129 is not included in the tuition.

Instructor: Vincent Visingardi

9/16 - 11/6, Mon, Wed

6:00-9:00 pm

Utica AB243

CRN 17673 \$999

Phlebotomy

This program will enable you to familiarize yourself with various aspects of the medical laboratory. It provides a certificate and skills required to work as a phlebotomist in a hospital, laboratory, or medical office environment.

Intense classroom instruction is combined with individualized clinical practice. Upon successful completion, you will be able to seek employment as a phlebotomist. Tuition includes insurance fee. Purchasing the textbook is optional but highly

recommended.

Instructor: Rachel Canarelli

10/15 - 12/10, Tues, Thurs

6:00-9:00 pm

Rome PC210

CRN 16170 \$499

10/16 - 12/9, Mon, Wed

6:00-9:00 pm

Utica AB268

CRN 11537 \$499

Surgical Technician Certificate

Exam Review

This three hour course is designed to prepare students to take the Surgical Technician Certificate Exam required by the National Center for Competency Testing. Topics for review include, Perioperative/Surgical Environment (instrumentation, draping, delivery of care, skin prep, positioning, dressing materials and specimen care), medical terms, anatomy and physiology, infection control, pharmacology, safety and sterilization. Other topics included: what to expect on the test, time allowed and study techniques.

Instructor: Mark Williams

8/28, Wed

6:00-9:00 pm

Utica AB127

CRN 18407 \$50



TEAS Test Review

The test for MVCC prospective nursing students is called the "Test of Essential Academic Skills (TEAS)" and is designed to assess your aptitude for success in the Nursing program. You will be tested on four areas: Reading; Mathematics; Science and English; & Language Usage. Higher scores correlate with a higher probability of success in the program. Prospective nursing students must score a 58.7 or higher to be considered for the program. This class prepares you to take the TEAS Exam.

Instructors: Doug Higgins, Jim Roberts, Terry Schwaner

9/23 - 9/26, Mon - Thurs

5:00-8:00 pm

Utica AB130

CRN 18164 \$75

10/14 - 10/17, Mon - Thurs

5:00-8:00 pm

Utica AB130

CRN 18209 \$75

11/11 - 11/14, Mon - Thurs

5:00-8:00 pm

Utica AB130

CRN 18383 \$75

12/9 - 12/12, Mon - Thurs

5:00-8:00 pm

Utica AB204

CRN 18384 \$75

Barrier Precautions / Infection Control

The New York State Education Department requires this class for licensed professionals, including physicians, physicians' assistants, specialist assistants, dentists, dental hygienists, registered nurses, licensed practical nurses, optometrists, and podiatrists. (0.3 CEUs).

Instructor: Carolyn Neverusky

9/26, Thursday

6:00 - 9:00 PM

Rome RA207

CRN 18446

10/17, Thursday

6:00 - 9:00 PM

Utica AB 126

CRN 18447

Medical Office Assistant Certificate Review Class

This three hour course is designed to prepare students to take the Medical Office Assistant Certificate Exam required by the National Center for Competency Testing. Materials are included.

Instructor: Maryanne Taverner

8/24, Sat

9:00-12:00 pm

Utica AB126

CRN 18156 \$50



Insurance Education

NYPO-100136

New!

Insurance Pre-licensing Class Part 1

Complete the 96-hour pre-licensing training requirement for Property & Casualty under New York State Insurance Law. **This part 1 segment covers Personal Lines Licensing.**

Instructor: Sandie Seth

12/2 - 12/17, Mon-Fri

MWF 8:30-5:30 TR 8:30-12:30

Utica TBD

CRN 18405 \$475

No class 12/9-12/13

New!

Insurance Pre-licensing Class Parts 1 & 2

Complete the 96-hour pre-licensing training requirement for Property & Casualty under New York State Insurance Law.

Instructor: Sandie Seth

12/2/2013 - 1/9/2014, Mon-Fri

Mon, Wed, Fri 8:30-5:30

Tues, Thurs 8:30-12:30

1/6-1/9 Mon-Thurs 8:30-5:30

Utica TBD

CRN 18406 \$950

No class 12/9-12/13, 12/23-1/3

Insurance Continuing Education

Creating and Executing a Culture of Customer Service

Intended for both the Life/A&H Agent and the Property and Casualty Agent, students will receive current information on fundamental skills, techniques and infrastructure needed for delivering extraordinary customer service. The information covered will clearly show the strategic importance of quality customer service, used as a competitive advantage in today's insurance marketplace. This course will provide 8 CEU's.-NYCR-237532

Instructor: Sharon Jachim

9/20, Fri

8:00-5:00 pm

Utica AB125

CRN18399 \$99

Ethics and Customer Service

Intended for both the Life/A&H Agent and the Property and Casualty Agent, the purpose of the course is to give the Insurance Professional a more thorough understanding and appreciation of the requirements, expectations and responsibilities involved in giving high quality customer service as well as continuously adhering to the highest of ethical standards at the workplace. We all know what we SHOULD do, but do we always do it? This course will provide 8 CEU's.-NYCR-237534

Instructor: Jim Lombardo

9/25, Wed

8:00-5:00 pm

Utica IT218

CRN18402 \$99

Life and Health Insurance: Basic Principles of Underwriting

Intended for the Life/A&H Agent the purpose of the course is to give the Insurance Professional a more thorough understanding and appreciation of life and health insurance underwriting from the standpoint of the home office underwriting staff. As part of the course, we will "trace" an application from the time it leaves the agent's office through the underwriting department until issuance of the policy. This course will provide 8 CEU's.-NYCR 237535

Instructor: Jim Lombardo

10/9, Wed

8:00-5:00 pm

Utica IT218

CRN18403 \$99

Preparing for the Worst-Disaster Insurance

Intended for the Property Casualty Agent, the purpose of the course is to give the Insurance Professional a more thorough understanding and appreciation of the requirements, expectations and responsibilities involved in identifying, analyzing and planning for disasters. This course will provide 8 CEU's. NYCR-237536

Instructor: Jim Lombardo

10/16, Wed

8:00-5:00 pm

Utica IT218

CRN18404 \$99

A Triangular Relationship-Agent Carrier & Insured

Intended for both the Life/A&H Agent and the Property Casualty Agent, students will receive information for developing an in depth assessment of the relationship fundamental to the independent agency system today - the agent, the insured and the insurance carriers. This course will provide 4 CEU's.-NYCR 237531

Instructor: Sharon Jachim

11/14, Thurs

1:00-5:00 pm

Utica AB127

CRN18400 \$49

Do you Really Know Your Customer?

Intended for both the Life/A&H Agent and the Property Casualty Agent, information will be provided on the importance of data gathering and how applying the data results can improve an organization's ability to respond to market changes and capitalize on market opportunities. Students will develop an understanding of filtering through information to get to the root issue and respond proactively. This course will provide 4 CEU's.-NYCR-237533

Instructor: Sharon Jachim

11/14, Thurs

8:00-12:00 pm

Utica IT218

CRN18401 \$49

Construction

10 Hour OSHA Training

This course is intended to provide a variety of awareness training on construction safety and health topics. The course is presented to employees and therefore places an emphasis on identifying common hazards in the construction industry as well as avoidance, control and prevention. Upon successful completion of this course, participants will receive an OSHA Construction Safety and Health 10-Hour card. Please bring \$5 to class for your card.

Instructor: Dominick Timpano

9/23 - 9/25, Mon-Wed

6:00-9:30 pm

MVCC Educ Center ES108

CRN 16991 \$75

11/11 - 11/13, Mon-Wed

6:00-9:30 pm

Rome RA223

CRN 17031 \$75



Lead Renovator Certification

As of April 22, 2010, all home improvement contractors, property management firms, handymen or others compensated for renovation that disturb more than 6 sq ft (interior) and 20 sq ft (exterior) of paint or surface coating in pre-1978 housing where a child resides or is expected to reside, complete training, use safe work practices and verify that the work area is clean after completion of renovations. Renovation firms must have at least one certified Renovator who has completed training and obtain a firm certification from the EPA (@\$300.00). MVCC is offering these courses in partnership with Environmental Education Associates (EEA) and these courses are accredited by the EPA and fulfill the requirements for lead safe training. EEA is a USEPA TSCA 402.

Initial Lead Renovator

Certification

This 8-hour initial course is required for any renovators without previous training to become a certified lead-safe contractor. This training is adequate for 5 years, before which, a half day refresher is required. Bring a pen, pencil and paper; all other materials provided. The course concludes with a 25-question exam. Students should also bring a lunch. All classes take place from 8:15am - 5:15pm. Cost: \$195

9/27, Fri

MVCC Educ Center ES108 CRN 17214

10/24, Thurs

OHM BOCES CRN 17222

11/22, Fri

MVCC Educ Center ES108 CRN 17785

12/19, Thurs

Rome PC211 CRN 17223

Lead Renovator Refresher

This 4-hour refresher course is required for any renovators who completed the Initial Lead Renovator Training 5 or less years ago. Bring a pen, pencil and paper; all other materials provided. The course concludes with a 25-question exam. Class will take place from 8:15am - 12:15pm. Cost is \$135.

10/4, Fri

MVCC Educ Center ES108 CRN 17216

12/6, Fri

MVCC Educ Center ES108 CRN 17336

Lead Supervisor/Contractor

Certification

This thirty-two hour course is designed for individuals who act in a supervisory capacity as a firm representative or as on-site authorized supervisor. This USEPA/USHUD Model Accreditation Program meets TSCA Section 402 training requirements for those individuals who oversee project based activities. Topics include health effects, medical monitoring, personal protective equipment, state of the art hazard control strategies, engineering controls, legal liability, insurance considerations, supervisory practices and hazardous waste disposal. Those who prepare occupant protection plans, abatement reports or supervise untrained personnel on HUD interim controls should take this course. The course includes eight (8) hours of practical exercises and concludes with a one hundred (100) question exam.

10/28 - 10/31, Mon - Thurs

8:15-5:15 pm

MVCC Educ Center ES108

CRN 18365 \$570

Customized Cost effective Convenient



For Corporate Customized Training
email us at Training@MVCC.edu
Below are samples of classes we teach every day

Computer Instruction
Apple and Mac
Google and Android
Keyboarding/Basic Computer Instruction
Microsoft Access
Microsoft Excel
Microsoft PowerPoint
Microsoft Word
MS Windows
Using Google Applications for Business
Computer Information Sciences
Cybersecurity

Management/Supervisory/General
Business
Business Writing
Coaching/Mentoring
Communication Skills for Leaders
Conflict Resolution
Customer Service Skills
Decision Making and Problem Solving
Group Dynamics and Meetings
Hiring Interviewing
Leadership Development
Leadership Training
Motivating Employees
Performance Management
Quality Customer Service Skills
Skills for Writing Effective Emails
Social Media for Business
Strategic Planning
Stress Management
Supervisory Skills Training
Teamwork
Time Management

Customer Service
Communicating with Your Customers
Effective Telephone Skills
Getting to Know Your Customer
Implementing Quality Customer Service
Managing Conflict & the Dissatisfied Customer
Superior Customer Service

Manufacturing/Construction
10 and 30 Hour OSHA
Asbestos Abatement
CPR/First Aid
Hazwoper

Engineering/Manufacturing
Basic Motors Training
Basic Pneumatics Training
Basic/Advanced Electrical Training
Basic/Advanced Electrical Troubleshooting
Blueprint Reading
Broaching
CAD
CAM
CNC Machinist Technology
Drafting and Mechanical Blueprints
EPA Refrigeration Training
Geometric Dimensioning and Tolerance
GD&T
High Speed Machining
HVAC
Injection Molding Principles
Introduction to Vibration Analysis
ISO
Lean Manufacturing
Manufacturing Processes
Measurement and Inspection
Mechanical Engineering
Metal Cutting Theory
Photonics Courses
PLC Training and Troubleshooting
Problem Solving Methods that Improve
Equipment Maintenance
Semiconductor Manufacturing Technology
Shop Math
Soldering
Statistical Process Control
Welding

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SOCIAL MEDIA STRATEGIST CERTIFICATION PREPARATION

October 1 through October 31 | Tuesdays and Thursdays from 6 - 9 p.m.

Location:

Mohawk Valley Community College
1101 Sherman Drive
Utica, NY 13501

Please register online at:

<https://cced-reg.mvcc.edu/>

Cost: \$795.00

NISM training now available in New York!

- A unique training opportunity in social media strategy management
- Top-notch preparation for eligible candidates of the National Institute for Social Media's Social Media Strategist Certification*



The NISM Social Media Strategist certification exam allows you to become qualified to lead organizations forward in social media through the implementation and maintenance of a social media strategy. You will gain the following skill sets:

Strategic Planning

Create a social media strategic plan that directly relates to the organization's goals.

Compliance, Governance, Research & Analysis

Create company policies that include: social media use, employee compliance, administrative procedures for governance, communication, and reporting.

Social Media Marketing

Generate a market map and social media marketing plan for valuable and innovative content that relates to company culture.

Project & Community Management

Develop a content management plan that includes monitoring, maintaining, and analyzing social media as well as develop a request for proposal.



763-200-NISM | nisonline.com | [facebook.com/socialinstitute](https://www.facebook.com/socialinstitute) | twitter.com/nismpulse

*The course is approved by the National Institute for Social Media. The NISM Certified Social Media Examination is available at testing centers across the country. Register at www.nisminstitute.org/apply-now/. Examination eligibility requirements are 64 academic units OR a minimum of 2 years business experience related to social media.

Computer Skills

Adobe Photoshop

Digital images are everywhere these days. In this hands-on class, students will learn how to edit digital images using Photoshop and to share images in the most appropriate format. Topics include resolution, cropping, and resizing through advanced color correction, layers, selection tools, and compositing. Basic knowledge and experience with computers is required. Students must bring a flash drive.

Instructor: Chrono Ho

9/27-10/25, Fri

5:00-8:00 pm

Utica IT129

CRN 18366 \$119



Adobe Illustrator

Do you want to learn how to create scalable drawings and illustrations, typography, web graphics, icons, logos, etc. using the industry standard tool? Learning Adobe Illustrator is the way to get started! This hands-on class will cover topics such as creating basic shapes, working with Bezier curves, color and gradients, text, filter effects and more. Basic knowledge and experience with computers is required. Students are required to bring a flash drive.

Instructor: Chrono Ho

10/3 - 10/31, Thurs

5:00-8:00 pm

Utica IT129

CRN 18390 \$119

Adobe InDesign

Do you need to create a wide variety of print materials, such as flyers, newsletters, brochures, and posters? In this hands-on class, you will learn to combine and lay out both text and graphics to create professional looking publications. Basic knowledge and experience with computers is required. Students must bring a flash drive.

Instructor: Chrono Ho

11/1-12/6, Fri

5:00-8:00 pm

Utica IT129

CRN 18367 \$119

No class 11/28

New!

Linux+ Exam Prep

This class prepares students for both of the CompTIA Linux+ certification exams. Topics include system architecture, Linux Installation and package management, GNU and Unix commands, devices, Linux filesystems and filesystem hierarchy standard, shells, scripting and data management, user interfaces and desktops,

administrative tasks, essential system services, networking fundamentals, and security. Course cost includes the exams and textbook.

10/2 - 12/11, Wed

5:00-9:00 pm

Rome PC209

CRN 18348 \$999

No class on 11/27

Security+ Exam Prep **Online**

This online class prepares students for the CompTIA Security+ certification exam. Students learn about a wide range of cybersecurity topics. Successful students are prepared to identify risk and participate in risk mitigation activities, provide infrastructure, application, operational and information security, and apply security controls. This course is offered as a seven week online boot camp that takes 10-12 hours per week. Cost includes materials and exam fee.

Instructor: Mike Vandusen

10/7-11/22

CRN 18410 \$999

Basic Computer Skills for Baby Boomers

Join the computer age without fear. Learn basic skills and experience what can be done on the computer in a relaxed, no-pressure environment. Explore how computer applications can help you stay in touch and on top of things. You will learn how to open and send an email; how to search for items using the Internet; and how to create a professional-looking letter or document using Microsoft Word. The slower pace of this course, along with its guaranteed limited class size, assures that you will receive personal, hands-on instruction.

Instructor: Ed Sajdzikowski

10/7 - 10/10, Mon, Tues, Thurs

5:00-8:00 pm

Utica IT219

CRN 18057 \$65



Health & Wellness

Insanity

New!

Insanity®

The hottest home workout finally comes to group fitness. Your instructor Cassandra Baber channels her inner Shaun T to bring you 60 minutes of high intensity cardio like you've never experienced before. The workout follows MAX Interval Training—long bursts of maximum-intensity exercise with short periods of rest - for maximum results. If you're looking for a challenging, calorie-burning, body-transforming workout, then this is for you.

Instructor: Cassandra Baber

9/30 - 12/2, Mon

5:30-6:30 pm

Utica GYM 115

CRN 18356 \$59

10/2 - 12/4, Wed

5:30-6:30 pm

Utica GYM 115

CRN 18357 \$59

Insanity® Double Session

9/30 - 12/4, Mon, Wed

5:30-6:30 pm

Utica GYM 115

CRN 18358 \$89



Aqua Zumba®

Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Water shoes are recommended.

Instructor: Lauren Valente

9/26 - 12/12, Thurs

6:00-7:00 pm

Utica Pool

CRN 18349 \$59

No class 10/31, 11/28

Zumba®

Join in the ultimate dance fitness party! Zumba fuses hypnotic Latin rhythms and international beats with easy to follow moves. The routines feature interval training sessions using fast and slow cardio workouts while you keep dancing your way to fitness! Beginners are welcome. Please bring water and a towel. Dance or low-tread sneakers are recommended.

Instructor: Jodi Kapes

9/30 - 12/9, Mon

9:30-10:30 am

Jewish Comm Ctr

CRN 18361 \$59

No class 11/4

Instructor: Cherish Eastman

9/30 - 12/9, Mon

7:15 - 8:15 pm

Jewish Comm Ctr

CRN 18033 \$59

No class 11/4

Zumba Gold®

The easy to follow program that lets you move to the beat at your own speed. It’s an invigorating community oriented dance fitness class that feels fresh and most of all exhilarating. Zumba Gold classes provide modified low impact moves for active older adults.

Instructor: Jodi Kapes

9/30 - 12/9, Mon

10:30-11:30 am

Jewish Comm Ctr

CRN 18362 \$59

No class 11/4

New!

Beginner Qi Gong

ENERGY, ENERGY, ENERGY! Qi Gong (pronounced “Chee Gong”) is an energy building exercise designed to bring the body, mind and spirit together as one. It is a system that loosens the joints and spine plus relaxes the points of tension in the body (stress). We will combine physical exercises, stretching, breathing, and self-massage, to strengthen the immune system, accelerate the body’s healing process, improve sleep patterns and the overall function of the body. This is a gentle practice, suitable for all levels of fitness.

Instructor: Carolyn LaSalle

9/26 - 12/5, Thurs

6:00-7:00 pm

Utica GYM 115

CRN 18354 \$59

No class 11/28

Fundamentals of Yoga For Beginners - **NEW LOCATION!**

Learn the basic principles and practices of Hatha Yoga; develop a clear foundation for practice, with an emphasis on proper alignment and body awareness, general body toning, basic breath training and yoga meditation & relaxation. An introduction to yoga philosophy is discussed, which provides the basis for the practice of these techniques. Loose clothing and yoga mat are needed. No experience necessary. All activities can be modified to suit individual needs.

Instructor: Nicole Hayman-Sherman

9/23 - 12/9, Mon

6:00-7:15 pm

Rome Presb Church

CRN 18396 \$59

No class 10/14, 10/21, 11/25, 12/2

Yogalates - **NEW LOCATION!**

If you’re looking to “boost” your basic yoga practice then this is the class for you. A combination of yoga asanas (postures) and breathing with the core strengthening and agility of pilates! Sculpt your body while gaining flexibility and an awareness of your inner mind-body connection. Please bring an exercise mat, hand towel and wear comfortable loose clothing.

Instructor: Kathy Marvin

9/25 - 12/11, Wed

6:00-7:15 pm

Rome Presb Church

CRN 18444 \$59

No class 10/16, 10/23, 11/27, 12/4

Gentle Flow Yoga-

NEW LOCATION!

This class is designed to awaken the body with gentle asana (poses) coordinated with one’s breath that will build strength, increase flexibility, focus and overall balance. Enjoy a gentle yet awakening yoga practice that will leave you relaxed and energized in both mind and body. Bring a yoga mat and wear comfortable clothing that allows for easy movement.

Instructor: Kathy Marvin

9/23 - 12/9, Mon

10:00-11:15 am

Rome Presb Church

CRN 18445 \$59

No class 10/14, 10/21, 11/25, 12/2

Healing Hatha Yoga

In a culture that encourages an unrelenting pace of activity, Yoga is a rare opportunity to slow down, allowing our bodies and minds the chance to refresh and recharge. The physical postures open, nourish and stabilize our bodies, while the guided breath work and mental focus help shift our nervous systems to a state of calm and clarity. Whether experienced or new to the practice of Yoga, this class will give you tools for managing life’s ups and downs while developing physical strength, poise and balance. Bring a Yoga mat and an old neck tie or Yoga strap. Wear loose comfortable clothes that aren’t constricting, and avoid eating large meals prior to class.

Instructor: Kristy Caruso

9/27 - 12/6, Fri

9:00-10:30 am

Utica GYM 115

CRN 18363 \$59

No class 11/29

Power Yoga

Power Yoga is a fluid, powerful style of yoga that links movement and breath together. Power Yoga heals, detoxifies and strengthens the body and mind with emphasis on movement, balance, and intention. This is an invigorating class that will expand your knowledge of yoga postures and how your body moves. This all-levels class has inventive and thoughtful sequences of sun salutations, standing and seated postures, back bending, and inversions guided by a steady breath to tone and calm the mind.

Instructor: Carolyn LaSalle

9/26 - 12/5, Thurs

7:15-8:15 pm

Utica GYM 115

CRN 18355 \$59

No class 11/28

Yoga Flex & Flow

Energize your mind and body in this hatha yoga vinyasa flow class. Zero in on your abdominals, strengthen your back, rebalance your body alignment, dissolve unwanted tension, and build strength. Breathe, feel, and listen to your body with no expectations or judgments. This course is appropriate for all levels, and you are encouraged to work at your own level. Bring water, a yoga mat, and an old necktie, and wear loose, comfortable clothing.

Instructor: Linda Budlong

10/1 - 12/10, Tues

5:30-7:00 pm

Jewish Comm Ctr

CRN 18026 \$75

No class 11/5

New!

Yoga for the Mind, Body, and Spirit

Practice Hatha yoga as a form of physical exercise that challenges and refines your flexibility, strength and balance. Learn that stillness, silence and steadiness create optimal mind-body fitness. End each class with a relaxing meditation.

Instructor: Scott Sbaraglia

9/28 - 12/7, Sat

10:00-11:00 am

Utica GYM 115

CRN 18360 \$59

No class 11/30

Yoga Sculpt & Tone

This class combines hatha yoga vinyasa flow and strength training. We will use a variety of strength equipment such as weights and bands along with yoga blocks and more to challenge you. We will begin with a yoga warm up and combine yoga and strength training in our work phase; our cool down will increase flexibility and finish with a well-deserved final relaxation. All levels are welcome; participants are encouraged to work at their own pace and fitness abilities. Please bring water, a yoga mat, light weights, and two yoga blocks.

Instructor: Linda Budlong

9/30 - 12/9, Mon

5:30-7:00 pm

Jewish Comm Ctr

CRN 18359 \$75

No class 11/4

Cardio Burn & Sculpt

Full body workout for all levels! You pick the intensity. A blend of cardio, toning and sculpting also lots of floor work to hit those "trouble areas". Exercises to include upper and lower body and everything in between. Bring hand weights, exercise mat and water.

Instructor: Lori Pavia

9/24 - 12/3, Tues

6:00-7:00 pm

Utica GYM 115

CRN 18022 \$59

No class 11/26

Strengthen Sculpt & Tone

Strengthen and tone all of your major muscles! This course will incorporate the use of resistance bands, hand weights, and the stability ball to increase physical strength, prevent osteoporosis, and help change your body to a more desirable form. This unique exercise program is designed to help increase muscle mass, decrease body fat, boost metabolism, and burn calories at a faster rate - even while you're asleep! Improve core strength and balance as well. Bring hand weights, an exercise mat, and a water bottle for every class.

Instructor: Linda Budlong

10/1 - 12/12, Tues, Thurs

7:15-8:15 pm

Jewish Comm Ctr

CRN 18024 \$89

No class 11/5, 11/28

Tai Chi

Taiji or T'ai Chi is an ancient, Chinese martial arts practice that is renowned as a rejuvenator of health and vitality and can be done by anyone who can walk. It is meditative in nature and teaches body/mind control that is useful for all of life's activities. You need only comfortable shoes and clothing for practice. The instructors, Sifu Al Christensen and Sifu John Bulson, are both certified Taiji Instructors of Grand Master William C C Chen's School of T'ai Chi Chuan. Students of varying abilities are encouraged to attend. This class is ideal for all ages, especially older adults.

Instructor: Al Christensen

9/24 - 10/28, Mon

5:30-6:30 pm

Utica GYM 202

CRN 17685 \$45

Instructor: John Bulson

11/4 - 12/9, Mon

5:30-6:30 pm

Utica GYM 202

CRN 13279 \$45

Instructor: John Bulson

9/12 - 10/17, Thurs

6:30-7:30 pm

Preswick Glen

CRN 16715 \$45

10/31 - 12/12, Thurs

6:30-7:30 pm

Preswick Glen

CRN 17684 \$45 (No class 11/28)

Register online @ www.mvcc.edu/cced

Adult Swimming



Water Aerobics

Water aerobics is a great way to get in shape, as water is a natural aid in resistance training. This shallow water exercise, set to music, can help you lose inches while toning and strengthening all of the body's major muscle groups. You do not have to be deep-water proficient. Bring a bottle of water to class; water shoes are recommended. All classes are at the Utica Campus Pool. Cost \$55

Monday

9/23-12/2

9:00-10:00 am

Instructor: Tina Jones

CRN 17753

No class 10/14

9/23-12/2

11:00-12:00 pm

Instructor: Katelyn McAllister

CRN 14261

No class 10/14

Wednesday

9/25-12/4

9:00-10:00 am

Instructor: Tina Jones

CRN 17248

No class 11/27

9/25-12/4

11:00-12:00 pm

Instructor: Katelyn McAllister

CRN 18005

No class 11/27

9/25-12/4

6:00-7:00 pm

Instructor: Katelyn McAllister

CRN 18009

No class 11/27

Friday

9/27-12/6

9:00-10:00 am

Instructor: Tina Jones

CRN 17754

No class 11/29

9/27-12/6

11:00-12:00 pm

Instructor: Katelyn McAllister

CRN 18006

No class 11/29

Water Aerobics Take all 3 Days:
\$129

9/23-12/6, Mon, Wed, Fri

9:00-10:00 am

CRN 17755

No class 10/14, 11/27, 11/29

9/23-12/6, Mon, Wed, Fri

11:00-12:00 pm

CRN 18007

No class 10/14, 11/27, 11/29

Water Running

Strengthen and tone your muscles without the harsh impact of running on land. Participants of all abilities wear a flotation belt to enhance the effect of running combined with a variety of exercises to achieve a great overall workout. Bring a bottle of water to class; water shoes are recommended. All classes take place at the Utica Campus Pool. Cost \$55

Monday

9/23-12/2

10:00-11:00 am

Instructor: Anna Case

CRN 17707

No class 10/14

Wednesday

9/25-12/4

10:00-11:00 am

Instructor: Anna Case

CRN 17708

No class 11/27

9/25-12/4

5:00-6:00 pm

Instructor: Mary Farda

CRN 17710

No class 11/27

Friday

9/27-12/6

10:00-11:00 am

Instructor: Anna Case

CRN 17709

No class 11/29

Water Running Take all 3 Days:

\$129

9/23-12/6, Mon, Wed, Fri

10:00-11:00 am

CRN17711

No class 10/14, 11/27, 11/29

Aqua Zumba®

Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Water shoes are recommended. All classes take place at the Utica Campus Pool.

Instructor: Lauren Valente

9/26-12/12, Thur

6:00-7:00 pm

Utica Pool

CRN 18349 \$59

No class 10/31, 11/28

Lane and Lap Lovers Swim

For those who love swimming laps, here is an ideal class. Swimming offers a fantastic aerobic workout and is perfect for cross-training. It strengthens muscles and offers non-weight-bearing exercise. You can swim at your own pace and in your own space. Goggles are recommended.

9/23 – 12/16, Mon, Wed, Fri

8:15-9:00 am

Utica Pool

CRN 17688 \$65

No class 10/14, 11/27, 11/29

Beginning Swim for Adults

Learn to swim at your own pace. This program is for adults and teens who would like to learn the basic fundamentals of swimming and/or conquer a fear of the water. You will learn basic water safety skills and knowledge in order to make you reasonably safe while in, on, or around the water. Goggles are recommended.

9/26 – 12/12, Thur

7:00-8:00 pm

Utica Pool

CRN 14375 \$70

No class 10/31, 11/28

Advanced Beginning Swim for Adults

Increase your aquatic abilities by adding to skills learned in the beginning course. You will learn a series of skills designed to improve your stamina and basic coordination. Students will develop an elementary understanding of the front crawl and backstroke. Goggles are recommended. Pre-Requisite: Need to swim comfortably on front the width of the pool.

9/24-12/3, Tues

7:00-8:00 pm

Utica Pool \$70

CRN 18012

No class 11/26

Intermediate Swim for Adults

Now it's time to learn the elements of good swimming. This course will provide you with the opportunity to refine your swimming strokes and learn other advanced water safety skills. Goggles are recommended. Pre-Requisite: Need to swim one length of the pool to include deep water (25 yards).

9/24 – 12/3, Tues

7:00-8:00 pm

Utica Pool

CRN 16969 \$65

No class 11/26

Competitive Lap & Fitness Swim

Get ready for a swim workout! Participants who want to stay in shape for the off season will receive instruction in competitive swim strokes, turns, starts and then swim laps on their own. Open to all ages, children must have level 5/6 swim skills. Information on local competitive opportunities, masters swimming, and USA age group swimming will be available. Goggles are recommended.

9/23-12/2, Mon

7:00-8:00 pm

Utica Pool

CRN 14928 \$65

No class 10/14



Holistic Wellness

The Art of Being

This is a class for Fellow Soul Searchers. Living in the Present, Letting go of Judgment, Love towards Oneself, The Energetic System, and Connection to the Divine are the topics covered in this class. Group discussion, practices to use in everyday life and meditation basics will be offered. Deb Evans is passionate about personal growth, the human experience and spirituality and received certification from The Stillpoint School of Integrative Life Healing in 2006.

Instructor: Debbie Evans

9/17 - 10/22, Tues

6:45-8:00 pm

Utica GYM 108

CRN 18352 \$45

New!

Spiritual Bootcamp for Entrepreneurs

Do you have a hard time staying focused, organized, and making clear decisions about your business? In this class you will learn how to engage your Inner Guidance System, to make the most beneficial decisions for your business, as well as explore a variety of exercises designed to help you in being focused and organized. This is a great class for new or established business owners.

Instructor: Pat Jones

9/30 - 10/21, Mon

7:00-8:30 pm

Utica IT225

CRN 18393 \$49

Life Prints Palmistry

In this class, you'll uncover a wealth of information about yourself, right in the palm of your hand! We will discuss history of Palm Reading, Palmistry vs. Palm Reading and chiromancy. We will not only cover the lines of the hands, but also learn about the stories told by the skin, fingers, and other intricacies of the human hand. This class is non-predictive, and focuses more on what you can learn about yourself, your health, and your past.

Instructor: Erick Price

10/3 - 10/24, Thurs

7:00-8:30 pm

Utica AB125

CRN 18391 \$49

New!

Living Intuitively

If you're curious about your intuition, are aware of your intuition but are afraid of it, or would like to simply be more intuitive, this class is for you! You will be guided and supported through a variety of hands-on exercises and unique, instructor made materials, to help you feel clearer, more connected, and more supported in your daily life.

Instructor: Pat Jones

10/28 - 11/4, Mon

7:00-9:00 pm

Utica IT225

CRN 18394 \$29

New!

Meditation for Stress Relief

Stress can impact your life in many ways, and this class will give you the tools you need to become calm and empowered. This interactive class will delve into the importance of meditation as a part of your overall wellness. We will discuss and practice many methods of meditation, including color imaging, using music, guided imagery, and audio symbols. Learn to use meditation to improve your health and well-being on a daily basis.

Instructor: Erick Price

10/8 - 10/29, Tues

7:00-8:30 pm

Utica AB231

CRN 18392 \$49

New!

Old Wisdom Principles & Practices

The course goal is the gathering, investigating, and connecting principles of old wisdom words and practices. This will be an investigation in seminar fashion of some of the common principles, aphorisms, and thought-forms in major religions, and esoteric schools. Agreements between science and metaphysical principles will be explored. We will search for examples of these principles working out in individual, social, national, and world living.

Instructor: Al Christensen

10/22 - 11/14, Tues, Thurs

5:30-6:30 pm

Utica GYM 108

CRN 18353 \$36

No class 10/31

New!

Relate with More Joy & Clarity

Are there people in your life that you have a difficult time with? Perhaps certain family members, friends, or even co-workers? Understanding your "Spiritual Body Type" can help alleviate tension and conflict in your relationships, and promote a sense of clarity, and even joy, as you encounter these people. This is a very dynamic and eye opening class that blends together both humor and wisdom in its approach.

Instructor: Pat Jones

11/18 - 12/2, Mon

7:00-9:00 pm

Utica IT225

CRN 18395 \$49

Managing Your Health Through Nutrition Series

Kim Thompson, owner of Healthy Transformations, earned her Master's Degree in Applied Clinical Nutrition. As a Certified Clinical Nutritionist (CCN), she works with clients one-on-one to help them achieve optimal health through lifestyle choices. She is also a Certified First Line Therapy Lifestyle Educator and a Certified Life Coach. She whole-heartedly believes that education is the key that will empower people to regain their health and well-being.

Health Begins in the Gut

The delicate balance in your GI tract is largely dependent on proper nutrients, beneficial bacteria, and foods. The Standard American Diet has led to many disturbances in the digestive tract including but not limited to IBS, constipation, diarrhea, Crohn's, colitis and other digestive diseases. Join Kim as she explains the basic biology of the GI tract and what foods and nutrients can help you restore your gut health in as little as eight weeks! She will spend time explaining the harmful effects of gluten on the GI tract and how to adopt a GF lifestyle without feeling like you have given up eating everything you love! A comprehensive review of a beneficial food plan will be provided.

9/24, Tues

6:00-8:30 pm

Utica ACC220

CRN 18043 \$25

Stop the Thyroid Madness

Today we are facing a major problem in health: too many people are either walking around undiagnosed or misdiagnosed with thyroid disease. You may be experiencing symptoms such as hair loss, weight gain, fatigue and cold intolerance, even while on conventional treatment for hypothyroidism. Kim may shock you with the facts you should know about thyroid dysfunction! You will learn the proper tests that should be completed, foods that will help provide balance, and how stress ultimately affects the function of the thyroid gland. This class will change the way you view hypothyroidism.

Instructor: Kim Thompson

10/8, Tues

6:00-8:30 pm

Utica ACC220

CRN 18397 \$25

Managing PMS and Menopause Naturally

Hormones play a vital role in our health but can cause tremendous turmoil when they are out of balance. As a result, we experience many signs and symptoms that are unbearable at times and are ALWAYS unnecessary. In this class you will learn a little on how our hormones are produced and metabolized as well as what foods favorably influence this process so you can say goodbye to PMS and menopausal symptoms for good! A comprehensive review of a beneficial food plan will be provided.

10/22, Tues

6:00-8:30 pm

Utica ACC220

CRN 18047 \$25

Cooking Classes

Autumn Harvest

Celebrate the bounty of the autumn harvest and array of fall flavors with these hearty but healthy recipes. In this hands-on class, everyone will work together to prepare a menu that will utilize the season's best ingredients. Recipes include a squash and apple soup and beet and goat cheese parfait! You will create a fall feast that will satisfy any appetite! Please bring a knife and food container.

Instructor: Pat Salzer

10/26, Sat

10:00-2:00 pm

Perry Jr. High

CRN 18053 \$49

New!

Quick & Easy Homemade Bread

Love the aroma and taste of homemade bread? Now you can enjoy it every day if you can spare just a few minutes. Join instructor Joe Silberlicht in this exploration of high hydration bread recipes which enables you to make wonderful bread, at home, in only five minutes a day! No kneading! Really!

Instructor: Joe Silberlicht

11/2, Sat

10:00-2:00 pm

Perry Jr. High

CRN18334 \$39

Lebanese Cooking

Lebanese food is delicious, but did you know it is healthy as well? The Mediterranean diet is great for your heart and your taste buds! We will learn the basics of Lebanese cooking by making hummus, tabouli, baba ghanosh, and other dishes using lentils and rice. Bring a knife and a food container.

Instructor: Pat Salzer

11/23, Sat

10:00-2:00 pm

Perry Jr. High

CRN18077 \$49

New!

Pizzas & Flatbreads from Scratch

Forget delivery, forget frozen pizzas, forget takeout. Learn the way to make pizzas, pitas, focaccia and more in your own kitchen in less time than it takes you to decide what toppings you like! You'll take home the recipe and techniques for wonderful flatbreads...and enjoy tasting everything made in the class too!

Instructor: Joe Silberlicht

12/7, Sat

10:00-2:00 pm

Perry Jr. High

CRN18335 \$39



Language & Culture



Irish Language for Beginners

Have you always dreamt of traveling to the Emerald Isle? If so, this course will help you to build conversational skills you can use during your travels! In this course, you will be introduced to the basics of conversational Irish (Gaelic) language. Lessons will include history and folklore of Ireland to help students to learn the roots of this rich and interesting language.

Instructor: Tom Malley

10/1 - 11/5, Tues

7:00-8:30 pm

Utica AB220

CRN17750 \$59

Irish Myths and Legends

In no culture is the line between history and mythology as blurred as in the culture of the Celtic nations. In this eight-week course, students will get an overview of the myths surrounding Celtic culture, with an emphasis on Irish myths and legends. Topics will include Irish Gods and Goddesses, oral storytelling traditions, the epic legends, and meanings behind Celtic symbols. The course will also touch on the incorporation of pagan rituals and symbolism into early Christianity, and the use of music to show the influence of myths on Irish culture.

Instructor: Mark Sisti

9/30 - 11/18, Mon

6:00 - 7:00 pm

Utica ACC222

CRN17243 \$59

Irish Songs: Their History & Meanings

Who was Kevin Barry and why do the Irish sing about him? Where are the Fields of Athenry, and what was Trevelyan's corn? What exactly is a Broad Black Brimmer? If you've always wondered about the stories behind these and other favorite Irish tunes, this is the course for you. You will learn about the places, names and history that make up all the songs you always knew but never understood.

Instructor: Mark Sisti

9/30 - 11/18, Mon

7:15-8:15 pm

Utica ACC222

CRN 17662 \$59

New!

Wales: Land of My

Fathers

If you have Welsh heritage, plan to visit Wales, or are just interested in things Celtic - this is the class for you! The first session will be an overview of the fascinating country that is Wales, whose character, forged in prehistoric times, persists into the modern age; a land of long history and uncommon natural beauty. The second session will explore what Wales has to offer the tourist, from medieval castles and other historic sites to the grandeur of its national parks and things to do, such as hiking the coastal trail. The third session will look at the rich world of Celtic customs, songs, and stories.

Instructor: Rainer Morgan

12/3-12/17, Tues

6:00 - 8:00 pm

Utica AB220

CRN 18371 \$39

Conversational Spanish for Beginners

This class will teach you the basics, en Español! If you're planning a trip to a Spanish speaking location, this class is for you. You will learn the fundamentals of Spanish vocabulary, pronunciation, and grammar, as well as some Spanish culture to tie it all together! No prior knowledge in Spanish is necessary. Tuition includes a course textbook.

Instructor: Roman Santos

9/25 - 10/30, Wed

6:30-8:00 pm

Utica AB220

CRN 17633 \$69

Conversational Spanish Language II

Take your Spanish language skills to the next level! This class will cover grammar topics such as possessives, irregular verbs, and idiomatic expressions. We'll also delve into speaking; expressing likes and dislikes, talking about the weather, giving dates, ordering food, and much more. Tuition includes a course textbook.

Instructor: Roman Santos

11/6 - 12/18, Wed

6:30-8:00 pm

Utica AB220

CRN 18347 \$69

No class 11/27

Sign Language for Beginners

Learn to communicate using basic Sign Language techniques. This course presents an overview of deaf culture and will provide basic sign vocabulary, including colors, numbers, letters, family members and animals. It also will target occupations and conversational protocol. Classes will be targeted to the interests and abilities of the participants. Students will use games, videos, and conversation to learn these important skills. Class includes a text book and exercise book.

Instructor: Deborah Pardi

9/23 - 10/30, Mon, Wed

7:00-8:30 pm

Utica AB235

CRN 17774 \$89

Sign Language 2

Now that you've mastered the basics, take your skills to the next level. Classes will be targeted to the interests and abilities of the participants. Students will use games, videos, and conversation to learn these important skills.

Instructor: Deborah Pardi

11/4 - 12/16, Mon, Wed

7:00-8:30 pm

Utica AB235

CRN 17775 \$89

No class 11/27



Leisure Learning

Apple Gadgets 1

Have an Apple gadget and don't know what to do with it? Want to learn more about your device and make more use of it? This workshop will give you a thorough walkthrough of the basic operations and settings of the apple device, and introduction on the features that come out of the new software, iOS 7, as well as some of the popular apps for your daily life. Please bring your own Apple device.

Instructor: Chrono Ho

10/5, Sat

10:00-1:00 pm

Utica AB265

CRN 18368

\$29



New!

Apple Gadgets 2

This workshop is for those who already know how to operate their device, and are ready for the next level! Students will learn how to create and edit office documents, photos, videos, and design visually appealing publications. Please bring your own Apple device. Students are responsible for the cost to purchase their own apps (optional).

Instructor: Chrono Ho

10/19, Sat

10:00-1:00 pm

Utica AB265

CRN 18369

\$29



Outdoor Skills Workshop

Are you looking to hone your outdoor skills or learn more about what it takes to plan a back country hike or camping trip? We'll cover everything from planning a trip to reading a map to back country cooking. Topics will include how to plan and prepare for a trip, fire craft, managing

risk, equipment needs, Leave No Trace principles, camp site selection and shelters, and survival and wilderness first aid.

Instructor: Michael Quinn

9/30 - 10/2, Mon, Wed

6:00-9:00 pm

Utica AB218

CRN 18329

\$39

Wilderness Navigation with Map and Compass

Learn basic wilderness navigation skills using a map and compass to find your way. In this class you'll learn the parts of a compass, how to read a topographic map, and how to use them in tandem. You'll learn how to pinpoint your location through triangulation and then navigate to new locations by following a bearing. Students will go home with much more confidence in their ability to use a map and compass when it really counts! Maps and compasses are provided, but bring your own if you prefer. Optional text: "Be Expert with Map & Compass" by Bjorn Kjellstrom. The class will culminate with a field session on Saturday at Proctor Park.

Instructor: Michael Quinn

10/14 - 10/19, Mon, Wed, Sat

Mon, Wed: 6:00-9:00 pm; Sat: 9:00-12:00 pm

Utica AB218

CRN 18042

\$59

Wilderness Survival: Staying Alive in the Outdoors

Wilderness survival is the process of using immediately available resources in an intelligent way to promote life in a wilderness environment. A true "survival" situation is unplanned, unexpected, and possibly life threatening. If a mishap occurs, a recreational weekend can turn into a life-threatening wilderness survival situation. This class will prepare you to handle such situations and train you in the skills necessary to overcome a wilderness emergency circumstance. The class will culminate with a field session on Saturday at Proctor Park.

Instructor: Michael Quinn

10/28 - 11/2, Mon, Wed, Sat

Mon, Wed: 6:00-9:00 pm; Sat: 9:00-12:00 pm

Utica AB218

CRN 18330

\$59



New!

Wilderness First Aid

Wilderness First Aid....begins when calling 911 is not an option. This course is designed to introduce you to the concepts of basic medical care in a wilderness setting. In the wilderness, a patient may be many hours or even days from help. Focusing on basic life support, trauma, environmental topics, allergic reactions, burns, joint injuries, cold exposure, wound care and other common back country medical emergencies, students will learn how to think about emergencies and become effective rescuers. Classes will consist of lectures and hands-on skills practice and simulations.

Instructor: Michael Quinn

11/11 - 11/13, Mon, Wed

6:00-9:00 pm

Utica AB218

CRN 18331 \$39

Sign up early to avoid having classes cancelled!

To avoid any inconvenience to students and instructors, if we do not have a minimum number of students enrolled ONE WEEK before the class is scheduled to start, we cancel the class.

New!

Landscape Design from Start to Finish

Get creative and customize your landscape vision. Gain knowledge of native trees and shrubs to enhance your home and property. Learn to blend annuals, perennials, trees, and shrubs to produce a design with color, form, and texture that you will enjoy for years to come. This class will lead you through each step to make this daunting task become one that is not only doable, but something you can be proud of!

Instructor: Michael Mahanna

10/2 - 10/30, Wed

6:00-8:00 pm

Utica AB134

CRN 18450 \$89

New!

Estate Planning: Protecting Your Assets

Planning for your future can seem daunting. This free class will help answer your questions! We will discuss legal, tax, and financial affairs. We'll discuss how to protect your assets through the use of legal transfer of assets, durable powers of attorney, health care proxies, living wills, revocable trusts, irrevocable trusts, supplemental needs trusts, and how to avoid the needless cost and delay of probate. Medicaid and handling nursing home costs will also be discussed.

Instructor: D. Victor Pellegrino

9/24 - 10/29, Tues

6:00-7:30 pm

Utica ACC216

CRN 18389 \$FREE!

Genealogy for Beginners

Did you ever want to learn more about your ancestors? This class is the perfect way for you to find out about strategies to use in starting your research. You will also learn more about how to organize your findings so that you can maximize your results for you and your family. This class will take place in a computer lab to give you a hands-on research experience!

Instructor: Barbara Granato

9/24 - 10/22, Tues

6:00-9:00 pm

Utica IT219

CRN 18341 \$59

New!

Tax Prep for VITA

Volunteers

Are you looking for a rewarding volunteer opportunity? Are you comfortable working with a computer and with members of your community? Then this free class is for you!

Through our United Way sponsored, IRS approved Volunteer Tax Assistance (VITA) Program, volunteers work with taxpayers free of charge to ensure that they receive all refunds they are entitled to, and avoid the cost typically associated with using a paid preparer. Students in this course will be given instruction on the software (TaxWise) used at our free VITA sites and will receive assistance in becoming certified as volunteer VITA tax preparers. Class will also meet once in January 2014 at a date to be determined. Participants must have some experience with computers. Pre-registration is required.

Instructor: Danell Libby, Danny McClain

11/6 - 12/4, Wed

2:00-4:00 pm

Utica IT138

CRN 18388

\$FREE!

No class 11/27

Creative Communication For Business Professionals

Through energetic exercises incorporating improvisation, scripted scenes and monologues, you will find yourself immersed in an innovative and dynamic style of communication and public speaking that will increase your skill, focus, and confidence, while eliminating any second-guessing. Led by a Theatre Education specialist, in a fun and supportive setting, this highly interactive class will explore specific ways you can learn to communicate more clearly and effectively in any given situation.

Instructor: Kristy Lenuzza

10/2 - 10/23, Wed

6:00-8:00 pm

Utica AB232

CRN 18332

\$49



Utica History & Landmark Tour

Created for the local history buff, developed for the serious history student. Did you ever think about the history of the city of Utica? Believe it or not, Utica has an extremely rich and significant history. Many major "firsts" have taken place right in our own backyard! Topics to be discussed include: the story behind local names, Utica's growth over the years, Utica's connection to national events, historical landmarks and their fate, and a variety of interesting facts and tidbits about Utica that will be sure to WOW you!

This class will include tours of local landmarks, including the Conkling Mansion (9/26) and Bagg's Square (10/26).

Instructor: Joseph P. Bottini

9/19 - 10/26, Thurs, 7:00-8:00 pm

10/26 Sat, 10:00 am

Utica AB121

CRN 18091

\$49

Dance

Ballroom Dance for Beginners

Don't sit through another dance at your next party or wedding! Enhance your social life and gain poise while reaping the healthy benefits of dance participation. Just show up and the instructors will share their enthusiasm for dance with you. It's contagious! You will want to sign up again and again as so many dancers before you have done. Learn classic ballroom styles – Fox Trot, Swing, Club Slow Dancing, Rhumba, Waltz, and Polka. Learn with others in a relaxed environment. Singles are welcome, but partners are not guaranteed.

Instructors: Gina & Luca Esposito

9/16 - 10/21, Mon

6:30-8:30 pm

Utica GYM 202

CRN 13905

\$55

9/21 - 10/26, Sat

10:00-12:00 pm

Rome PC Atrium

CRN 15777

\$55

Ballroom Dance for Intermediate

For students who have basics and are ready for some new steps and techniques, this class will help advance skills while developing confidence and elegance on the dance floor. You will refresh and build on beginner skills and you will be introduced to steps and patterns for Latin dances like the Cha-Cha, Mambo/Salsa, Samba, Merengue, and Tango. Singles are welcome, but partners are not guaranteed.

Instructors: Gina & Luca Esposito

9/17 - 10/22, Tues

7:00-9:00 pm

Utica GYM 115

CRN 17631 \$55

Ballroom Dance for Advanced

Want to get ready for "Dancing with the Stars?" Advanced classes build on steps learned in the Intermediate class. Advanced steps and patterns in the Smooth and Latin dances are covered, with an emphasis on style and technique. Singles are welcome, but partners are not guaranteed.

Instructors: Gina & Luca Esposito

9/19 - 10/24, Thurs

6:30-8:30 pm

Utica ACC116

CRN 17630 \$55

Latin Dance

Give in to the sultry and romantic moves of Latin dance! This exotic style of dance will get your heart racing and your feet moving. You will learn the steps and patterns for dances such as the Salsa, Mambo, Merengue, Samba, Rhumba, Bolero, Tango, and the Cha-Cha! Many of these Latin rhythms are found in today's popular music, so you can take these steps with you for a night on the town or to a party or wedding. Singles are welcome, but partners are not guaranteed.

Instructors: Gina & Luca Esposito

9/20 - 10/25, Fri

6:30-8:30 pm

Utica GYM 202

CRN 17663 \$55



No Partner? No Problem!

In this new class, you'll learn a totally new concept in dancing that combines the basics of Latin and ballroom dance, with the freedom of line dance. This new approach is called mirror line dancing and involves two lines facing one another. The health benefits of dancing are well documented through research, but the joy of good music and freedom from worry about having a partner is eliminated. In addition to the mirror line dancing, traditional line dances will also be taught. Singles and couples are welcome!

Instructors: Gina & Luca Esposito

9/18 - 10/23, Mon

6:45-7:45 pm

Utica GYM 202

CRN 18054 \$45

Music



New!

Banjology

This is an introductory course to all things banjo. We will delve into the history, the assembly, and the basics of playing your first tunes on the banjo. This course is designed for the beginning to intermediate banjo player, with the hopes of developing a wider baseline knowledge of the instrument. Optional: If available, please bring your own banjo.

Instructor: Adam Ludemann

10/1-11/5, Tues

7:00-9:00 pm

Utica IT224

CRN 18377 \$79

New!

Opera for All

Do you think going to the opera is only for the upper crust of society? That it is stuffy, boring, outdated? Well think again! This class will open your eyes (and all of your senses!) to the sensational, dramatic, glamorous world of opera! Most operas tell tales of sex, violence, and comedy, full of surprising plot twists and scandal! This class is designed to enhance the joy of learning about opera, and not to intimidate. Opera novices as well as opera buffs will enjoy the relaxed atmosphere of the course. Operas to be covered include La Boheme, Tosca, Rigoletto, and Siegfried. The class will also watch a live HD Met performance of Tosca on November 9.

Instructor Jon Frederic West has established himself as the world's foremost interpreter of the title role in Siegfried and Siegfried in Gotterdammerung. He recently sang the roles as part of the complete Ring Cycle at the Metropolitan Opera in New York under the baton of James Levine. He has also sung previous triumphant performances in both roles in the Ring Cycle at the Bavarian State Opera in Munich, Deutsche Oper, Theatre du Chalet, as well as at the Canary Islands Festival.

Instructor: Jon & Sharon West

10/24-11/21, Thurs

7:00-8:30 pm

Utica ACC220

CRN 18370 \$69

Guitar for Adult and Teen Beginners

This course is geared toward the absolute beginner who wants to learn the basics of guitar playing. The instructor will begin the course with a history of the guitar in popular music, citing the most influential players of the past & present. Using material drawn from popular music, including classic rock, you will learn to play simple songs, chords, and strumming patterns. Students will practice individually and together as a group. Please bring your own guitar.

Instructor: Mark Chirico

11/2 - 11/23, Sat

10:00-12:00 pm

Utica ACC222

CRN 16427 \$59

New!

Just Once Guitar

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do

it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. For ages 13+.

Instructor: Anthony Morano

10/26, Sat

9:30-12:00 pm

Utica ACC116

CRN 18345 \$59

11/16, Sat

9:30-12:00 pm

Rome PC219

CRN 18346 \$59

Just Once Piano

Believe it or not, you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. You can learn all the chords you'll need to play any song in this one session. We will cover how chords work in a song, how to get more out of sheet music, how to form the three main types of chords, how to handle different keys and time signatures, and how to simplify over 12,000 complex chords. This class is a lecture/demonstration, not a hands on class. Students learn the concepts in the class and take home a practice CD and workbook to continue their study and practice at home. Fee includes a workbook and practice CD.

Instructor: Anthony Morano

10/12, Sat

9:00-12:00 pm

Utica ACC222

CRN 18343 \$59

11/2, Sat

9:00-12:00 pm

Rome PC219

CRN 18344 \$59

Concert Band

A long-standing performance group devoted to providing enjoyment and developing skill in concert-band ensemble work. Students will gain experience in a variety of musical genres available for their instrument, and will perform at venues throughout the community. Prior ensemble experience preferred. New members are welcome to join.

Instructor: Barb Seaton

9/11 - 12/18, Wed

7:30-9:30 pm

Utica ACC 116

CRN 13942 \$25

No class 11/27

Declutter Your Photos & Family Memories

Attend this affordable, fun class and get years of memories organized...all in one night! Bring photos, slides, super 8s and more, get hands on and work with the experts to organize and preserve it all. You will do the work during class, then place your order with FotoBridge to receive your digitized memories on CD. Take the time, bring some friends and get done what you've been meaning to do for years!

Instructor: Deb Cabral

10/1, Tues

6:00 – 8:00 pm

Utica TBA

CRNxxxxx \$20

Safety

Defensive Driving

This program offers the dual benefits of a 10% insurance discount as well as up to four points off your driving record. Students learn how important attitude is in everyday driving. Student involvement is encouraged throughout. Classes are lively, interactive, and engaging. The required time goes by very quickly. The program emphasizes safe and defensive driving techniques for drivers of all ages and skill levels, including those with a driver's permit. Bring a license or permit to class, and a lunch to Saturday classes. Students are required to be on time and stay until the completion of class. This course is offered in partnership with the Oneida County Traffic Safety Department.

Cost: \$40

9/14, Sat

9:00-4:00 pm Rome PC205

CRN 17645

10/8 - 10/10, Tues, Thurs

6:00-9:00 pm Utica AB251

CRN 16439

11/16, Sat

9:00-4:00 pm Rome PC205

CRN 17647

12/14, Sat

9:00-4:00 pm Utica AB251

CRN 16435



College for Kids & Teens



Swimming Lessons

All classes –MVCC Utica Campus,

1101 Sherman Drive, Utica

Parents are expected to place their child into the correct class. Students must have the prerequisite levels or be able to master all previous level expectations before going to next level. Because classes become full, instructors may not be able to move your child into their proper level. Please evaluate your child based on the American Red Cross levels listed below. Goggles (not face masks) are recommended for all levels beginning with Level 1.

ENROLLMENT IS LIMITED IN ALL LEVELS AND WILL BE TAKEN ON A FIRST COME BASIS. ALL SWIM LESSON REGISTRATIONS ARE NON-REFUNDABLE.

Parent and Child Aquatics \$55

This class builds basic water safety skills for both parents and children and helps children adjust to the water environment. Parents must accompany child in water. Ages 1-2 years old.

Preschool with Parent Aquatics \$55

This class will help children feel comfortable in the water, enjoy the water safely, and learn fundamental skills including breath control, floating, and basic locomotion. Parents must accompany child in water. Ages 3-5 years old.

Level 1: Introduction to Water Skills \$55

Students are oriented to the water while they learn elementary skills. Ages 4 and up.

Level 2: Fundamental Aquatic Skills \$55
 Students will build on the fundamental aquatic locomotion rescue and safety skills learned in Level 1. Unsupported front and back floats, rhythmic breathing, and flutter kicking are skills learned at this level. Prerequisite: Level 1 certification or comparable skills. Ages 5 and up.

Level 3: Stroke Development \$70
 Students will build on aquatic locomotion, safety and rescue skills from Level 2 with more practice. Coordinating front and back crawl, introduction to elementary backstroke, and treading water are among the skills learned in this level. Students must be independent in the water. Prerequisite: Level 2 certificate or comparable skills. Ages 6 and up.

Level 4: Stroke Improvement \$70
 This level will include deep-water bobbing, rotary breathing, and endurance of strokes already learned, as well as introduction of breast stroke, side stroke, and turning at the wall. Prerequisite: Level 3 certificate or comparable skills.

Level 5: Stroke Refinement \$70
 This level refines the strokes already learned and introduces the open turns, feet-first surface dives, and diving. Prerequisite: Level 4 certificate or comparable skills.

Level 6: Fitness Swimmer \$70
 This course will allow for reviewing and perfecting all strokes and skills in the American Red Cross Learn-to-Swim Program. Students will learn good lifetime fitness habits and basic and advanced rescue techniques.

Saturday Morning Classes
 9/21-12/7

No classes 10/12 & 11/30

Preschool with Parent Aquatics
(ages 3-5)
 CRN 17713 10:00-10:30 am

Level 1
 CRN 16933 9:00-9:30 am
 CRN 18351 10:30-11:00 am
 CRN 16938 11:00-11:30 am
 CRN 16942 12:00-12:30 pm

Level 2
 CRN 16931 9:30-10:00 am
 CRN 16940 11:30-12:00 pm
 CRN 16936 12:30-1:00 pm

Level 3
 CRN 13874 9:00-10:00 am
 CRN 13873 12:00-1:00 pm

Level 4
 CRN 16666 10:00-11:00 am

 Level 5/6
 CRN 16934 11:00-12:00 pm

Monday Evening Classes
 9/23-12/2

No class 10/14

Preschool with Parent Aquatics
 (ages 3-5)
 CRN 17714 5:30-6:00 pm

Level 1
 CRN 16947 5:00-5:30 pm
 CRN 16951 6:00-6:30 pm

Level 2
 CRN 16954 6:30-7:00 pm

Level 3
 CRN 16086 6:00-7:00 pm

Level 4
 CRN 16952 5:00-6:00 pm

Tuesday Evening Classes
 9/24-12/3

No class 11/26

Parent and Child Aquatics
 (ages 1-2)
 CRN 18013 6:00-6:30 pm

Level 1
 CRN 17240 5:00-5:30 pm

Level 2
 CRN 17241 5:30-6:00 pm

CRN 16960 6:30-7:00 pm

Level 3
 CRN 16212 5:00-6:00 pm

Level 4
 CRN 17696 6:00-7:00 pm

Wednesday Afternoon Classes
 9/25-12/4

No class 11/27

Parent and Child Aquatics
 (ages 1-2)
 CRN 18015 1:30-2:00 pm

Preschool with Parent Aquatics
 (ages 3-5)
 CRN 18019 1:00-1:30 pm



They've kidded around with business. But now one place can help them take their ideas to a whole new level.



Introducing the Young Entrepreneurs Academy for middle and high school students at Mohawk Valley Community College!

This year-long program takes middle and high school students through the entire business creation process. Brainstorming ideas. Writing business plans. Pitching to potential investors. Opening bank accounts. All the way to actually launching and running their business! Great local entrepreneurs join as guest speakers, and visits to real businesses provide real world experiences!

**To learn more visit www.mvcc.edu/cced or call 315-792-5300
Application deadline is October 2013**



New!

AMT Dance: Creative Movement and Dance for Everyone!

AMT (Autism Movement Therapy®) Dance is a whole brain approach to creative movement and dance. Through a series of structured exercises and improvisational experiences, students will have the opportunity to master new skills and create their own masterpieces. Appropriate for beginners as well as those with dance experience, AMT follows the structure of a traditional dance class with a warm-up, across the floor and center work, and a cool-down. Though developed for children with autism, AMT is a fun and engaging way to learn to dance and can be enjoyed by anyone. Ages 6 and up.

Instructor: Cara Bulson Arcuri

9/26 - 11/21, Thurs

5:45-6:30 pm

Utica ACC116

CRN 18333 \$39

No class 10/31

Preschool Swim and Gym

This class includes swim instruction and gym time. Pool time is comprised of a water safety instructor helping your child feel comfortable in the water; while gym time will include circle time with stories, songs, music, and instruments. Preschoolers will also have the opportunity to run around a large gym, jump on exercise mats, and interact with other children. Parent must accompany child in pool and gym. Ages 3-5 years old.

Instructors: Danielle Marino, Sara Cutright

9/25 - 12/4, Wed

1:00-2:30 pm

Utica Pool/GYM 202

CRN 18016 \$79

No class 11/27

Toddler Gym and Swim

This class includes gym time and swim instruction. Gym time will include circle time with stories, songs, music, and instruments. Toddlers will have the opportunity to run around a large gym, jump on exercise mats, and interact with other children while the pool time is comprised of a water safety instructor helping your child feel comfortable in the water. Parent must accompany child in gym and pool. Ages 18 months (or walking) - 3 years old.

Instructors: Danielle Marino, Sara Cutright

9/25 - 12/4, Wed

12:30-2:00 pm

Utica Pool/GYM 202

CRN 18021 \$79

No class 11/27

Athletic Performance Workshops

Do you always seem to play better at practices than at games? Do you often have trouble “psyching yourself up” for big competitions? This workshop will provide young athletes with the tools they need to help train their minds as they do their bodies. The first week’s 4-hour session is designed to focus specifically on the relationship between emotion and performance, and to help young athletes establish mental habits for successful performance. The second week will provide a variety of hands-on classroom exercises that will allow athletes to gain a better understanding of their mental fitness, and gauge their overall sport attitude. Students will leave the workshop with the skills they need to continuously uncover, discover and challenge their performance assumptions, as well as a set of effective ways to manage the destructive negative self-talk that keeps athletes from performing to their potential. Grades 7-12.

Instructor: Nivia Cavic

For Boys:

9/8 - 9/15, Sun

1:00-5:00 pm

Utica ACC116

CRN 18408 \$59

For Girls:

9/22 - 9/29, Sun

1:00-5:00 pm

Utica ACC116

CRN 18409 \$59

Test Prep

SAT Quick Prep

Do you prefer a quicker way to get ready for the SAT that could improve your scores? Sharpen your skills and test-readiness in just two sessions and get real SAT practice, question analysis, answering tactics, and study plans for math, reading, vocabulary, written expression, and essay writing – in less time. Bring pens and a scientific or graphing calculator.

Instructors: Wendy Davidson & Susan Murray

For October Test:

9/23 - 9/25, Mon, Wed

6:00-8:30 pm

Rome RA309

CRN 18324 \$49

9/24 - 9/26, Tues, Thurs

6:00-8:30 pm

Utica AB251

CRN 18323 \$49

For November Test:

10/28 - 10/30, Mon, Wed

6:00-8:30 pm

Rome RA309

CRN 18326 \$49

SAT Review

Develop the skills you need to do your best on the SAT without fear of test-taking! Join us for a relaxed look at how to approach each section of the test; how to understand what is being asked; and how to answer correctly with confidence. This course addresses all sections of the test including reading comprehension, vocabulary, math, and essay writing. Bring pens and a scientific or graphing calculator. Included is the book, "10 Real SATs."

Instructors: Wendy Davidson & Susan Murray

10/14 - 10/23, Mon, Wed

6:00-8:15 pm

Utica AB265

CRN 18325 \$79

SAT Vocabulary Workshop

The knowledge of college level vocabulary is an important factor in many SAT questions.

Join this class for a relaxed and stimulating session that surveys higher level vocabulary with exercises, word associations, word games, and practice test questions from the real SAT.

Instructor: Wendy Davidson

10/3, Thurs

6:00-8:30 pm

Utica AB251

CRN 17003 \$29

SAT Reading & Writing Workshop

If you need to work on reading and writing, this class provides intensive practice. Using actual sample tests, students focus on reading comprehension, vocabulary, essay writing, and written expression skills for the revised SAT test. In-depth emphasis on successful test-taking strategies will be available. Bring pens and pencils.

Instructor: Wendy Davidson

10/1, Tues

6:00-8:30 pm

Utica AB251

CRN 16713 \$29

SAT Intensive Math Workshop

Do you need to focus on math? This class provides extensive math explanation and problem-solving to help prepare for the SAT test. Sample tests will be used. In-depth emphasis on successful test-taking strategies will be available.

Bring pens and a scientific or graphing calculator.

Instructor: Susan Murray

10/2, Wed

6:00-8:30 pm

Utica AB233

CRN 18327 \$29

Prepping for the SAT **Online**

Brought to you by the authors of numerous SAT For Dummies (Wiley) titles, this comprehensive overview covers the various question types you'll come across on the SAT. Nearly all undergraduate schools require that students submit scores for the SAT, ACT, or both, and this course covers the essential subjects, concepts and techniques necessary for SAT success. Topics of study and review include mathematical concepts, including algebra and geometry, grammar and punctuation, reading comprehension, sentence completion, essay writing, analogies, general standardized test taking tips, and much, much more. Course participants will be given the opportunity to put their new skills into practice using real SAT tests from recent years. Required Text: The Official SAT Study Guide, 2nd Edition (by CollegeBoard).

10/14-11/10

CRN 18376 \$250

ACT Review Class

Prepare for the ACTs! This class will provide a close look at the ACT exam, with activities that include test-taking practice, review, forming solution strategies, and preparation. The four sections of the exam will be addressed: reading, mathematics, science, and English, including instruction in the optional essay writing section.

Instructors: Wendy Davidson & Susan Murray

10/22 - 10/24, Tues, Thurs

6:00-8:00 pm

Utica AB235

CRN 18328 \$39

Prepping for the ACT **Online**

Brought to you by the authors of ACT For Dummies, 5th Edition (Wiley), this accelerated course offers a comprehensive overview of the various question types that appear on the ACT. Nearly all undergraduate schools require that students submit scores for the ACT, SAT, or both, and this course covers the essential subjects, concepts and techniques you'll need to know to achieve a high ACT score. Topics of study and review include mathematical concepts, including algebra, geometry and trigonometry, grammar and punctuation, reading comprehension, essay writing, data analysis for the science test, general standardized test taking tips, and much, much more. Course participants will put their newly acquired skills into practice using real ACT tests from recent years. Required Text: ACT For Dummies, 5th Edition, (by Lisa Zimmer Hatch and Scott Hatch) and The Real ACT Prep Guide, 3rd Edition.

10/14-11/10

CRN 18372 \$250

Prepping for the GMAT *Online*
Students looking to gain admission to an MBA or MS program in Business Administration must first successfully complete the Graduate Management Admissions Test, or GMAT. This course, brought to you by the authors of *GMAT For Dummies*, 6th Edition (Wiley), provides comprehensive instruction on how to complete both the verbal and quantitative sections of the GMAT, offering a thorough review of test-taking techniques and methods for improving scores on each of the four sections of the test. This course also includes a discussion of MBA programs, application procedures, and graduate school survival techniques. Required Text: *GMAT For Dummies*, 6th Edition (by Lisa Zimmer Hatch and Scott Hatch).

10/14-11/10

CRN 18373 \$250

Prepping for the GRE *Online*
Brought to you by the authors of the *GRE Prep Manual and Study by App's*© recently released "GRE Prep" application, this course offers a comprehensive study of the quantitative reasoning, verbal reasoning, and analytical writing sections of the GRE. As a student in this course, you will be able to utilize numerous examples of test questions from recent years, in addition to gaining access to answers, explanations, and general time-saving techniques sure to maximize your chances of landing a score indicative of future success in graduate level coursework. Required Text: *Official Guide to the GRE Revised General Test* (by Educational Testing Service).

10/14-11/10

CRN 18374 \$250

Prepping for the LSAT *Online*
Students looking to enter law school must first successfully complete the Law School Admissions Test, or LSAT. This course offers a thorough overview of the three main question types found on the LSAT: analytical reasoning, logical reasoning, and reading comprehension. Taught by practicing attorneys, this course also utilizes actual LSAT exams from recent years and provides an insider's perspective on law school admissions and the legal profession as a whole. Required Text: *10 New Actual, Official LSAT Prep Tests* (by Wendy Margolis).

10/14-11/10

CRN 18375 \$250



Prepping for the
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**Fall Session:
Oct. 14 — Nov. 10, 2013**

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<http://www.mvcc.edu/cced>**



www.HatchEducation.com

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 - Refer to GED
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Our offices are located at the
MVCC Education Center,
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¹ Interest is charged while you are in school and during the 6 month separation period. Any interest that remains unpaid when you enter full repayment will be added to your loan balance.

² Interest rates for the Fixed and Deferred Repayment Options are higher than for loans with the Interest Repayment Option. APRs are higher for borrowers attending non-degree-granting institutions and may include origination fees. Origination fees mean application or disbursement fees. Variable rates may increase after consummation.

Sallie Mae Smart Option Student Loans are made by Sallie Mae Bank® or a lender partner.

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Mohawk Valley Community College

Are you ready to take the next step in your career?

Prepare for today's hottest careers from the comfort of your home or office!

The GES Career Training Programs are comprehensive, affordable, self-paced and completely online! You can begin these programs at any time and learn when it fits your schedule. Once you have successfully completed all required coursework, you will receive a Certificate of Completion from a college or university of your choice.

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- Career Counselors to help you prepare for the transition from the classroom to the workplace
- Courses are all open-enrollment and self paced
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- Payment plans are available

Programs are available in the following areas:

- **Business and Professional**
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Enroll Today!

All materials are included in the Program fees. Each course has an instructor assigned to answer student questions and solve student problems. To learn more, visit

www.gatlineducation.com/mvcc

You can also reach us by calling

315-792-5300

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Online Project Management Programs

MVCC has partnered with MindEdge, Inc., a Global Registered Education Provider of the Project Management Institute, to offer online project management courses and simulations. **Prepare for the PMP® Certification Exam or earn PDUs with our comprehensive suite of online programs.**

With MVCC's online project management programs, you set your own pace and **access your courses anytime** from any computer with an Internet connection. All programs are aligned with the *PMBOK® Guide* and include interactive exercises, real-world examples, and case studies to help you apply newly learned concepts. Submit content questions via an "Ask an Expert" feature for quick and thorough feedback. And, you'll save money over classroom-based courses!



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For more information, course descriptions, and to register, visit:

www.mvcc.edu/cced

Courses

- PMP® Exam Prep
- Agile Certified Practitioner Exam Prep
- Project Risk Management: PMI-RMP® Exam Prep
- Emotional Intelligence for Project Managers
- Ethics for Project Managers
- Project Management for Information Technology
- Project Management Team Leadership
- Managing Real World Projects
- 4CShare Global Project Management Simulation
- HealthMax Software Project Management Simulation
- Allerton Connector Highway Project Management Simulation



Learn to Ride at MVCC!

New York State Road Test Waiver Program for Beginning and Experienced Motorcyclists

Riding instruction programs so complete, we even provide the motorcycles! MVCC, Go Motorcycling, Inc., and the Motorcycle Safety Foundation are pleased to offer the Motorcycle Safety Foundation's Basic RiderCourse (BRC) and Basic RiderCourse 2 (BRC2). For detailed schedules and applications, visit www.gomotorcycling.net or call Go Motorcycling, Inc. at (315) 858-3321.

Basic RiderCourse:

The BRC is a comprehensive riding program for the beginning rider, developed and endorsed by the national Motorcycle Safety Foundation (MSF). Taught by MSF and New York State Department of Motor Vehicles certified RiderCoaches, this 2-½ day course combines classroom and hands-on riding instruction on the MVCC Utica and Rome campuses. Beginning motorcyclists will gain the basic mental and physical riding skills necessary to minimize risk on the road and help promote driving confidence.

2013 Basic RiderCourse Fee/Requirements

- Fee: \$275
- Participants must be at least 16 Years of age
- NYS motorcycle permit required
- Road test waiver available
- Gear: We provide most gear, including motorcycles

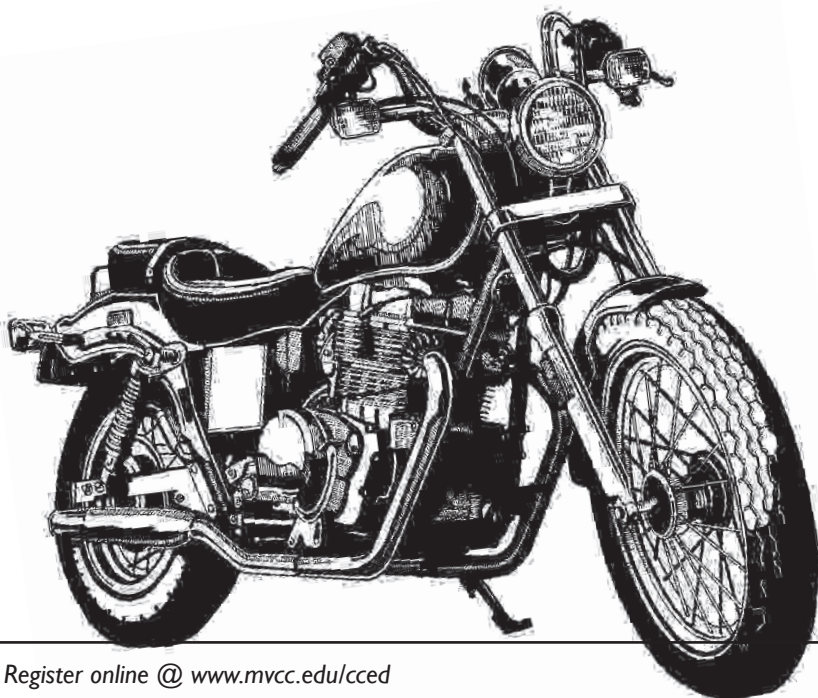
Visit www.gomotorcycling.net for details

Basic RiderCourse 2 (BR 2) Now for passengers, too!

For licensed motorcyclists and passengers MVCC offers a single-session skills and riding workshop conducted on students' own motorcycles. Explore risk awareness and reduction, traction management, and motorcycle dynamics. Learn techniques for proper braking, cornering, and swerving. Students may bring a passenger. This course is honored by many insurance providers for a discount on collision/liability premiums.

- BRC2 Skills Practice Fee: \$95
- Passenger Fee: \$25

For detailed scheduling, information and program application visit www.gomotorcycling.net or call Go Motorcycling, Inc. at (315) 858-3321



Register online @ www.mvcc.edu/lcced

315-792-5300

Introducing

thINCubator

the home for INNOVATIVE NEW COMPANIES

Attention entrepreneurs! Mohawk Valley Community College has helped open thINCubator, a business incubator in downtown Utica for anyone who is interested in starting a venture or furthering an existing venture. thINCubator provides an experiential learning environment where students create actual businesses in their own dedicated physical environment, supported by teams of community and alumni mentors.

The first teams are forming now for fall. Join now to get in on the ground floor!

To learn more **e-mail fduross@mvcc.edu**.



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Mohawk Valley Community College offers online training programs designed to prepare you to get a new job in a year or less. These courses give you the flexibility to study on your own schedule, and for a limited time you can get a **free laptop** or **\$325 off** your tuition when you enroll in a transcription program!

Available Online Training Programs:

- Medical Transcription Editor
- Medical Transcription

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Call to learn about the
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enroll by Oct. 31!



Call 315-792-5300
to get started today!
careerstep.com/mvcc



Tractor Trailer Driver Training

MVCC & Sage Technical Services

Thanks to its partnership with SAGE Technical Services, MVCC offers students the change to drive the BIG rigs and earn BIG bucks! Successful graduates earn first year incomes of \$38000 plus.

Quality training, a good income, travel, and job security these are just some of the benefits enjoyed by students who complete MVCC's professional tractor trailer driver training program. Partner SAGE Technical Services is the national leader in providing comprehensive professional tractor trailer driving programs in thirty-four locations across the United States.

The program's curriculum was developed by the U.S. Department of Transportation and meets the standards of the Professional Truck Driver Institute (PTDI) – the trucking industry highest achievable standards. When training is complete, SAGE's placement staff helps students secure employment through a nationwide network. SAGE also specializes in securing funding for students who qualify for various grants and private student loans.

Training can be completed in typically 4-6 weeks, at MVCC's Rome campus – 1101 Floyd Avenue. Students use state-of-the-art equipment just like what's in the field today. Basic, advanced, and refresher courses are offered with new classes beginning every 2 to 3 weeks throughout the year.

To register or for more information call (315) 334-7793.

The Center for Corporate and Community Education at Mohawk Valley Community College

5 Ways To Register:



Register Online using Visa, MasterCard or Discover!

Go to www.mvcc.edu/cced and click the registration link.



Fax to: 315-792-5682

Use registration form in the back of the brochure. Payment by credit card or check card only.



Fill in the form on the next page of the brochure and mail with check or credit card information. Make checks payable to MVCC.



Register in person at the Center for Corporate and Community Education, Academic Bldg., Room 154, Utica Campus.



Call: 315-792-5300

Register using a credit card or check card.

Class Location Key

MVCC Utica:

1101 Sherman Drive
AB: Academic Building
GYM: Jorgensen Center/GYM
ACC: Alumni College Center
IT: Information Technology Building

MVCC Rome:

1101 Floyd Avenue
RA: Rome Academic Building
PC: Plumley Complex

MVCC Education Center:

524 Elizabeth St., Utica

First Presbyterian Church:

108 West Court St., Rome

Jewish Community Center:

2310 Oneida St., Utica

OHM BOCES:

4747 Middle Settlement Rd., New Hartford

Perry Jr. High School:

9499 Weston Rd., New Hartford

Preswick Glen:

210 Clinton Rd., New Hartford

Sitirin Health Care Center:

2050 Tilden Ave, New Hartford



VISA



Cancellation/Refund Policy

As decisions to run classes are based on enrollment, reimbursements for cancelled registrations will be made as follows.

- 100% refund: withdraw 3 or more business days before class begins
- 50% refund: withdraw 2 days or less before class begins (for classes costing less than \$20, your refund is tuition minus a \$10 fee)
- Consideration for withdrawal requests after the first class session must be made in writing to the Center for Corporate and Community Education. CCED is dedicated to customer satisfaction.

Please call 792-5300 with questions and concerns.

Inclement Weather/Class Cancellations:

If MVCC Campus closes, all non-credit CCED classes are canceled as well.

Please monitor local media outlets and when in doubt,

call our office at 792-5300,

or visit www.mvcc.edu

Fax or Mail-In Registration

Fax registration to: 315-792-5682

- For VISA, MasterCard, and Discover use only.
- Please type or print.
- Only one student may register per form.
- Photocopy this form for additional students.

Mail or drop off registration to:

*Mohawk Valley Community College
Center for Corporate and Community
Education
1101 Sherman Dr. Academic Bldg Room 154
Utica, NY 13501*

All fields containing an () asterisk **must** be completed in order to be processed.*

***Registrant Information**

* Male Female (for statistical purposes only)

*Ethnic Identity: White Non-Hispanic Black Non-Hispanic Asian/Pacific Islander American Indian or Alaskan Native Non-Resident Alien

*Last Name *First Name MI

*Date of Birth

*Address

*City *State *Zip Code

*(If a minor)Parent Last Name *First Name MI

*Home Phone Cell Phone Business Phone

Email Address

***Course Information**

CRN	Course Name	Start Date	Fee

Credit Card Credit Card Information Visa Discover MasterCard

Check Money Order Name on Card (print)

Credit card number
 - - -

Expiration Date (month/year) VRN(3-digit code on back)
 /

Signature Date

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