



MOHAWK VALLEY COMMUNITY COLLEGE
CENTER FOR CORPORATE AND COMMUNITY EDUCATION
SUMMER 2014



FULL S.T.E.A.M. AHEAD

SCIENCE, TECHNOLOGY, ENGINEERING, ARTS, AND MATH

College for Kids and Teens

UTICA • ROME • ONLINE AT WWW.MVCC.EDU/CCED

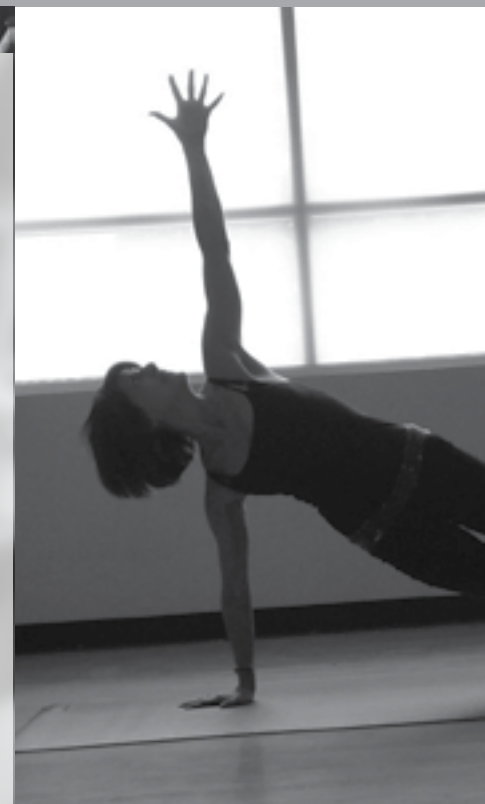
Welcome!

After a winter that seemed to never end, we are so happy that summer is **FINALLY** here. As you are planting your garden and planning your outdoor barbecues, don't forget to pencil in a non-credit class at MVCC. Choose from a variety of personal enrichment courses, health and wellness classes, and professional development workshops.

And don't forget the kids. Keep them busy with one or more of our numerous Career Camps offered in July and August. This year's theme – **FULL S.T.E.A.M. AHEAD** – focuses on Science, Technology, Engineering, Arts, and Math. We have 44 different camps with 54 options – there's something for every age and interest. Your kids will be able to enjoy academics, athletics, and enrichment **ALL DAY**.

Check out these new camps and classes:

- Career Camps: iFilms for iKids; Digital Photography 101; Cartoon Madness; Fun with Flight; It's a Small World and much more.
- Professional Development programs in Project Management, Problem Solving, and Continuing Education for Insurance Agents.
- Many options in language, culture, and cooking: Chinese language, Conversational Italian, African Safari, and more!



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Whether you want to enrich your life, exercise your mind and body, or enlighten your kids, we think you'll find something here at MVCC. Happy Summer!



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

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.



The Center for Corporate & Community Education at MVCC is the winner of the following 2013 CEANY Awards • James C. Hall Program Award for Exemplary Business / Industry Linkage, The Young Entrepreneurs Academy (YEA!) • Recognition Award: Outstanding Business/Organization, Department of Transportation; nominated for the annual DOT Bridge Conference Partnership with MVCC



Find us on Facebook **Become a fan!** Follow us on Twitter: **CCED_at_MVCC**

SCAN HERE!



COLLEGE FOR KIDS AND TEENS

CAREER CAMPS

WEEK 1 – JULY 7 – JULY 10

NEW iFilms for iKids

Create movies using your own iPod or iPad!! You will learn how to develop storyboards and utilize free apps to create and edit your movie. Picture books will be used to help provide a springboard for ideas and to discuss story development. Bring an iPod 4th generation (or higher) or an iPad. Ages 9-13.

Instructor: Karen Pauley
7/7-7/10, Mon-Thurs
8:30-12:00 pm
Utica AB 141
CRN 34515 \$99

NEW Cartoon Madness

In this introduction to cartooning you will explore the basic elements of cartooning including creating characters, cartoon drawing methods, cartoon humor, cartoon lettering, cartoon strips, and more. No previous experience required. Ages 8-14.

Instructor: Larry Migliori
7/7-7/10, Mon-Thurs
8:30-12:00 pm
Utica AB 110
CRN 34448 \$99

NEW The World of Wear of able Art

Wear your work by creating a variety of necklaces, bracelets, earrings, rings, and key chains using many different materials and techniques. Projects include duct-tape bracelets, loom designs, wire wrapping, beading, boondoggles, and more! Ages 8-14.

Instructor: Heather McCutcheon
7/7-7/10, Mon-Thurs
8:30-12:00 pm
Utica AB 267
CRN 34451 \$109

NEW Dance, Dance, Dance

Here's your chance to get moving! Learn the basic skills of contemporary dance, jazz, and hip hop, as well as technical terms, different styles of dance, and choreography. You will have a chance to create your own combinations and perform for each other. Wear comfortable clothes. Ages 8-14.

Instructor: Kimberly Pflanz
7/7-7/10, Mon-Thurs
1:00-4:30 pm
Utica Gym 115
CRN 34449 \$89

Digital Animation & Game Art -- Level 1

Discover how 3D animated films and video games, such as *Toy Story* and *Guitar Hero* are created. Learn the basic elements of 3D graphics such as modeling objects, giving models color and texture, lighting scenes, and animation. Bring a flash drive to save your work. Ages 12 and up.

Instructor: Scot Connor
7/7-7/10, Mon-Thurs
8:30-12:00 pm



Utica AB 148
CRN 34447 \$109

Computer Art and Design

Have you ever thought about becoming a graphic designer? Then this is the class for you. You will learn tricks, tools, and designs while making projects on a free internet-based computer graphics program. You can even use what you learned in this class to create more designs at home! Ages 9-14.

Instructor: Heather McCutcheon
7/7-7/10, Mon-Thurs
1:00-4:30 pm
Utica IT 149
CRN 34450 \$89

Creative Writing Workshop

Make your words come alive as you learn how to put your ideas on paper, create believable characters, and use language in an effective way. Explore the MVCC campus with a notebook and pen as you express yourself through poetry and prose. Ages 11-14.

Instructor: Kimberly Pflanz
7/7-7/10, Mon-Thurs
8:30-12:00 pm

Introduction to B&W Darkroom Photography

Take pictures like a pro by learning how to operate a 35mm camera, shoot film, and develop your own black and white prints and enlargements. Improve your pictures by applying good composition and creative ideas. Bring a 35mm SLR camera or use one from MVCC on loan. Ages 12 and up.

Instructor: Larry Migliori
7/7-7/10, Mon-Thurs
1:00-4:30 pm
Rome PC 254
CRN 34076 \$99

Swim and Sport Camp

Bring your sneakers and goggles as you enjoy an afternoon of outdoor athletics and indoor pool games. You will learn basic skills, rules, and game play for individual and team sports. All activities will focus on good sportsmanship and good health. Bring a bathing suit, towel, lunch and snack. Ages 6-14.

Instructor: Kristi Peterson
7/7-7/10, Mon-Thurs
12:00-4:30 pm
Utica Gym 202
CRN 34236 \$89

WEEK 2 – JULY 14 – JULY 17

NEW It's a Small World

Use scientific methods to conduct interactive projects and experiments. Build a safety capsule from everyday objects to protect an egg from a five-foot fall. Design, build, and test your own wind turbine blades. Discover the world of nanotechnology. Ages 12-14.

Instructor: Mark Kamilow
7/14-7/17, Mon-Thurs
8:30-12:00 pm
Utica AB 141
CRN 34456 \$99
7/14-7/17, Mon-Thurs
1:00-4:30 pm
Rome PC 215
CRN 34457 \$99

NEW Games, Games, Games

Come spend some time learning new and different games in a variety of styles including card games, board games, cooperative games, role-playing games, and electronic games. You will go beyond *Candyland* and *Monopoly* as you create your own games to take home and play. Ages 12 and up.



Instructor: Melissa Barlett
7/14-7/17, Mon-Thurs
8:30-12:00 pm
Utica AB110
CRN 34526 \$99

Digital Animation & Game Art -- Level 1

Discover how 3D animated films and video games, such as *Toy Story* and *Guitar Hero* are created. Learn the basic elements of 3D graphics such as modeling objects, giving models color and texture, lighting scenes, and animation. Bring a flash drive to save your work. Ages 12 and up.

Instructor: Scot Connor
7/14-7/17, Mon-Thurs
1:00-4:30 pm
Utica AB 148
CRN 34455 \$109

It's Sculptacular!

Create an assortment of sculpture projects using a variety of different materials. Discover new techniques by examining the work of famous artists and learning about art history. Have fun making figure sculptures, pop art, and sculptures from recycled materials. Ages 8-14.

Instructor: Heather McCutcheon
7/14-7/17, Mon-Thurs
1:00-4:30 pm
Utica AB 267
CRN 34454 \$109

Magic Rocks!

Do you want to be another Leon Etienne? Discover the art of magic through this hands-on class as you learn beginning sleight of hand using coins, cards, and other household items. Amaze your family and friends with the tricks you will learn! Magic kits are included for all students. Ages 8 and up.

Instructor: Ryan Bliss
7/14-7/17, Mon-Thurs
8:30-12:00 pm
Utica ACC 116
CRN 34525 \$109



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 315-792-5410
Application deadline is October 2014



Computer Art and Design

Have you ever thought about becoming a graphic designer? Then this is the class for you. You will learn tricks, tools, and designs while making projects on a free internet-based computer graphics program. You can even use what you learned in this class to create more designs at home! Ages 9-14.

Instructor: Heather McCutcheon
7/14-7/17, Mon-Thurs
8:30-12:00 pm
Utica IT 149
CRN 34452 \$89

Medical Mania

Learn about the health care field as you explore careers in nursing, radiology, medical laboratory technology, respiratory therapy, surgical technology, cardiology, and much more. All activities are held in the MVCC clinical labs, with an all-day field trip to St. Elizabeth's Medical Center. Ages 12 and up.

Instructor: Maryanne Taverne
7/14-7/17, Mon-Thurs
M-W 8:30-2:00 pm Thurs 8:30-4:30 pm
Utica Mon-Wed AB 159
Thurs - Sat. Elizabeth Hosp.
CRN 34458 \$149

Swim and Sport Camp

Bring your sneakers and goggles as you enjoy an afternoon of outdoor athletics and indoor pool games. You will learn basic skills, rules, and game play for individual and team sports. All activities will focus on good sportsmanship and good health. Bring a bathing suit, towel, lunch and snack. Ages 6-14.

Instructor: Kristi Peterson
7/14-7/17, Mon-Thurs
12:00-4:30 pm
Utica Gym 202
CRN 34453 \$89

WEEK 3 - JULY 21 - JULY 24

NEW Fossil Fun

Go back to prehistoric times as you discover paleontology - the science of fossils. Biology and geology come alive as you learn about dinosaurs, prehistoric organisms, and mineral specimens. You will make your own fossils as you explore the evolutionary history of Planet Earth. Ages 9-13.

Instructor: Nick Gioppo
7/21-7/24, Mon-Thurs
8:30-12:00 pm
Utica AB 217
CRN 34517 \$109

NEW Wonderful Watercolors

Get messy as you experiment with watercolor paint and learn about various watercolor techniques using salt, tissue paper, saran wrap, and more. Learn about art as you create wonderful watercolor masterpieces to take home and display. Ages 8-14.

Instructor: Kelly McGrogan
7/21-7/24, Mon-Thurs
8:30-12:00 pm
Utica AB 267
CRN 34463 \$109

NEW Discovering Nature's STEM

Explore nature's STEM -- Streams, Trees, Energy, and Motion - each day at Black River Outdoor Education Program. Learn how scientists observe information, collect data, and document findings by creating your own experimental site. Bring a camera, drawing pad, and journal to record your outdoor adventure. Bring a lunch daily. Students will be transported by bus from MVCC to and from Black River Outdoor Education Program in Boonville each day. Ages 8-13.

Instructor: Ellen Gigliotti
7/21-7/24, Mon-Thurs
8:30-4:30 pm
Utica AB 251 Drop off/Pick up
CRN 34530 \$169

NEW Eco-Adventurers

Explore the world around you as you learn how to use field guides and identification keys to recognize some of our most common plant and animal species. You will keep a journal and make your own identification keys. From jelly fungi to caterpillars to rabbit tracks, you will be able to find and identify wildlife and plants every time you walk out your door. Bring a lunch daily. Students will be transported by bus from MVCC to and from Black River Outdoor Education Program in Boonville each day. Ages 10-14.

Instructor: Krista Harwick
7/21-7/24, Mon-Thurs
8:30-4:30 pm
Utica AB 251 Drop off/Pick up
CRN 34533 \$169

Black River Outdoor Education Program's mission is to connect Central New York school age students to the outdoors by providing educational, lifetime, aerobic fitness activities to include hiking, biking, snowshoeing, and cross-country skiing.

Follow Me Robot

Have fun building a robot that has built-in microphones, can detect sound, and can move and turn. Learn about different gears and sensors as you compete in a Sumo wrestling and obstacle course activity. Take your robot home for future fun! Ages 8-12.

7/21-7/24, Mon-Thurs
8:30-12:00 pm
Utica AB 268
CRN 34508 \$149

Digital Animation & Game Art -- Level 2

Take your skills to the next level in creating 3D graphics. Learn more techniques in 3D modeling and texturing, lighting, and animation. In this second level class you will get an introduction to the exciting subject of character animation. Bring a flash drive to save your work. Ages 12 and up.

Instructor: Scot Connor
7/21-7/24, Mon-Thurs
1:00-4:30 pm
Utica AB 148
CRN 34462 \$109

American Red Cross Babysitting

Here's all the basic information and skills training you will need to care for children of all ages in a safe, reliable manner. With successful completion, you will receive certification in basic First Aid, American Red Cross babysitting training, and infant and child CPR. Ages 11 and up.

Instructor: Shelley Hatch

7/21-7/24, Mon-Thurs

8:30-12:00 pm

Utica Gym 108

CRN 34459

\$109

7/21-7/24, Mon-Thurs

1:00-4:30 pm

Utica Gym 108

CRN 34460

\$109

Swim and Sport Camp

Bring your sneakers and goggles as you enjoy an afternoon of outdoor athletics and indoor pool games. You will learn basic skills, rules, and game play for individual and team sports. All activities will focus on good sportsmanship and good health. Bring a bathing suit, towel, lunch and snack. Ages 6-14.

Instructor: Kristi Peterson

7/21-7/24, Mon-Thurs

12:00-4:30 pm

Utica Gym 202

CRN 34461

\$89

WEEK 4 – JULY 28 – JULY 31

NEW Magnificent Motorized Magnets

Build your own futuristic "maglev" car and track as you learn the relationship between magnetism and electricity. Discover how motors and generators work as you construct the world's simplest motor. You will make your own compass, electromagnet, and other magnificent magnetic objects. Ages 8-12.

7/28-7/31, Mon-Thurs

8:30-12:00 pm

Utica AB 268

CRN 34509

\$149



NEW Digital Photography 101

Create perfect photos as you learn basic camera function and software usage. You will get a chance to work with Adobe Photoshop and understand photograph design and composition. Take advantage of the excellent summer lighting and weather. Bring a digital camera. Ages 10-13.

Instructor: Todd Behrendt

7/28-7/31, Mon-Thurs

8:30-12:00 pm

Utica AB135

CRN 34514

\$99

NEW Cyber Sleuth

Love to use electronic devices to search the internet, play online games, and stay in touch with your friends? Explore the risks of technology and learn how to protect yourself using interactive games, group activities, and online resources. Have fun with technology and stay safe while using it! Ages 9-13.

Instructor: Michelle Tuttle

7/28-7/31, Mon-Thurs

8:30-12:00 pm

Utica IT 149

CRN 34465

\$89

NEW Figure It Out

Make math fun as you improve your skills while seeing how math is used every day. Themes include Sports-a-matician, Mathanimals, Mall Math, Math Around the USA, and People Math. Each session is targeted at different grade levels and will incorporate the new Common Core math standards. For students entering grades 1 and 2.

Instructor: Katherine Cooke

7/28-7/31, Mon-Thurs

8:30-12:00 pm

Utica AB 251

CRN 34466

\$89

Eco-Explorers

Become a "nature expert." This outdoor ecology camp will be a hands-on exploration of nature. Hike and explore different ecosystems, conduct scientific experiments, keep an observation log, and create art out of nature. Ages 8-11.

Instructor: Heidi Malloy

7/28-7/31, Mon-Thurs

12:30-4:00 pm

Sherrill Brook Town Park, New Hartford

CRN 34532

\$99

A Taste of Chinese

Get a taste of Mandarin Chinese as you learn the basics of vocabulary, grammar, literacy, and conversation as well as the cultural background of this ancient society. End the week by learning how to make a simple Chinese dish. Ages 9-14.

Instructor: Vicky Che

7/28-7/31, Mon-Thurs

1:00-4:30 pm

Utica AB 141

CRN 34518

\$89

Be A Star! Theater Camp

Jumpstart your acting career as you learn basic methods on how to act alone and with others on stage through activities and acting games. We will cover technique and theatrical aspects of shows and incorporate watching and describing recorded theater shows. Wear comfortable clothing and footwear.

Instructor: Rusty Ritzel

Ages 8-11:

7/28-7/31, Mon-Thurs

8:30-12:00 pm

Utica IT Theater

CRN 34030

\$89

Ages 12-17:

7/28-7/31, Mon-Thurs

1:00-4:30 pm

Utica IT Theater

CRN 34531

\$89

Swim and Sport Camp

Bring your sneakers and goggles as you enjoy an afternoon of outdoor athletics and indoor pool games. You will learn basic skills, rules, and game play for individual and team sports. All activities will focus on good sportsmanship and good health. Bring a bathing suit, towel, lunch and snack. Ages 6-14.

Instructor: Kristi Peterson

7/28-7/31, Mon-Thurs

12:00-4:30 pm

Utica Gym 202

CRN 34464

\$89

WEEK 5 – AUGUST 4 – AUGUST 7

NEW Fun with Flight

Explore the many facets of flight through hands-on activities including balsa gliders, model airplanes, and air propelled rockets. Topics include forces, aerodynamics, and flight principles. Offered as part of the Greater Mohawk Valley STEM Hub. Ages 12 and up.

Instructor: Tiffany Piatkowski

8/4-8/7, Mon-Thurs

8:30-12:00 pm

OHM Boces, New Hartford

CRN 34529

\$129

NEW Crazy Chemistry

Be a chemical detective as you discover the magic of science. Make batteries from fruits and potatoes, write with invisible ink, and create a fantastic crystal tree. Learn about different rocks and minerals as you make dirty pennies turn clean and clean pennies turn green. It's sciensational!

Ages 6-11.

8/4-8/7, Mon-Thurs

8:30-12:00 pm

Utica AB 268

CRN 34512

\$149



NEW Figure It Out

Make math fun as you improve your skills while seeing how math is used every day. Themes include Sports-a-matician, Mathanimals, Mall Math, Math Around the USA, and People Math. Each session is targeted at different grade levels and will incorporate the new Common Core math standards. For students entering grades 3 and 4.

Instructor: Katherine Cooke

8/4-8/7, Mon-Thurs

8:30-12:00 pm

Utica AB 251

CRN 34467

\$89

Video Game Design

Learn the basic skills of game design from concept to completion. You will use algebra, logic, and geometry, as well as planning, teamwork, and computer literacy as you exercise your mind to create your very own video game. Please bring your own thumb drive. Ages 10-12.

Instructor: Joe Granato
8/4-8/7, *Mon-Thurs*
8:30-12:00 pm
Utica IT 219
CRN34468 \$109

Video Game Development

Take your skills to the next level as you learn a variety of new game making techniques. In this advanced class, you will build on the basics of video game development, discovering new programs to help you become an advanced game maker. Please bring your own thumb drive. Ages 13 and up.

Instructor: Joe Granato
8/4-8/7, *Mon-Thurs*
1:00-4:30 pm
Utica IT 219
CRN34469 \$109

Behind the Scenes Theater Camp

Explore the art of theatrical scenery in a hands-on setting. Learn about set design, scenic painting, and scale models as you design your own scenery for a play. See how some of the big shows on Broadway pull off their most exciting scenery effects. Wear paint clothes and paint shoes. Ages 10-17.

Instructor: Laura Salvaggio
8/4-8/7, *Mon-Thurs*
1:00-4:30 pm
Utica AB 267
CRN34510 \$109

Kids in the Kitchen

Bring your apron and taste buds to create your very own recipe book with fun new ideas you can share with your family and friends. Throughout the week we'll cook up recipes for breakfast, lunch, dinner, dessert, and even take a "trip" to Italy to explore some Italian food! Come join us for a tasty adventure. Ages 8-12.

Instructor: Catherine Bowman
8/4-8/7, *Mon-Thurs*
8:30-12:00 pm
Perry Jr. High
CRN34471 \$109

Instructor: Karen Hopsicker
8/4-8/7, *Mon-Thurs*
1:00-4:30 pm
Perry Jr. High
CRN34472 \$109

Swim and Sport Camp

Bring your sneakers and goggles as you enjoy an afternoon of outdoor athletics and indoor pool games. You will learn basic skills, rules, and game play for individual and team sports. All activities will focus on good sportsmanship and good health. Bring a bathing suit, towel, lunch and snack. Ages 6-14.

Instructor: Kristi Peterson
8/4-8/7, *Mon-Thurs*
12:00-4:30 pm
Utica Gym 202
CRN34470 \$89



WEEK 6 – AUGUST 11 – AUGUST 14

NEW Create Your Own Invention

Learn how to research, design, and build something new to help people and make our lives better. You will bring in supplies to make a 3D model of your invention and then present your idea to the class – just like Shark Tank! Offered as part of the Greater Mohawk Valley STEM Hub. Ages 9-14.

Instructor: Justin Eberley
8/11-8/14, *Mon-Thurs*
1:00-4:30 pm
Utica IT 219
CRN34527 \$99

NEW STEM Challenges

Challenge yourself every day with a new STEM activity. Projects include designing, building, and testing an egg drop, the tallest paper tower, and a paper airplane or helicopter. Daily competitions will help you solve real world problems with simple objects. Offered as part of the Greater Mohawk Valley STEM Hub. Ages 9-14.

Instructor: Justin Eberley
8/11-8/14, *Mon-Thurs*
8:30-12:00 pm
Utica AB 141
CRN34528 \$99

NEW Sculpt-Cycling

Learn the art of "upcycling" as you turn found objects and materials into creative and imaginative bird and creature sculptures. Create never before seen "species" first as sketches and plan drawings, and then as a 3D free-standing sculpture with color and textural embellishments. Ages 11-14.

Instructor: Pam Lynch
8/11-8/14, *Mon-Thurs*
1:00-4:30 pm
Rome PC 254
CRN34516 \$109

NEW Dance Around the World

Pack your bags and get ready for a trip around the globe as you discover amazing cultures and their unique dance styles. Explore dances from South America, Europe, Hawaii, Africa, Asia, and more. Build confidence, improve your skills, learn something new on your "dance journey." Ages 7-12.

Instructor: Laura Hotaling
8/11-8/14, *Mon-Thurs*
1:00-4:30 pm
Utica Gym 115
CRN34511 \$89

NEW Figure It Out

Make math fun as you improve your skills while seeing how math is used every day. Themes include Sports-a-matician, Mathanimals, Mall Math, Math Around the USA, and People Math. Each session is targeted at different grade levels and will incorporate the new Common Core math standards. For students entering grades 5 and 6.

Instructor: Katherine Cooke
8/11-8/14, *Mon-Thurs*
8:30-12:00 pm
Utica AB 252
CRN34473 \$89

Science: It's a Girl Thing

Get involved in science as you learn what makes magnets work and then create your own working motor. Use chemistry to make ice cream and examine DNA that you extracted right out of a strawberry! Discover the world of nanotechnology. And participate in a Science Olympics where you can race to build the strongest bridge or design a new creature. Ages 9-13.

Instructors: MVCC Science Faculty
8/11-8/14, *Mon-Thurs*
8:30-12:00 pm
Utica AB207
CRN34474 \$129



Weather Wizards

Explore the world's unusual, fascinating weather events with WKTV Meteorologist Bill Kardas. From thunderstorms to epic snowstorms, this is the camp to satisfy those who love weather. Learn how to predict and measure the weather from home with today's latest technology. Ages 10-14.

Instructor: Bill Kardas
8/11-8/14, *Mon-Thurs*
1:30-4:30 pm
Utica AB 251
CRN34475 \$79

Harry Potter Magical Mystery Tour

Join in the escapades of Harry and his friends as you play quidditch, make an edible wand, experiment with colored magic sand, and brew some magical potions to drink. Come join us where magic, science, art, and literature meet. Harry, Ron, and Hermione are waiting for your arrival! Ages 6-11.

8/11-8/14, *Mon-Thurs*
8:30-12:00 pm
Utica AB 268
CRN34513 \$149

Swim and Sport Camp

Bring your sneakers and goggles as you enjoy an afternoon of outdoor athletics and indoor pool games. You will learn basic skills, rules, and game play for individual and team sports. All activities will focus on good sportsmanship and good health. Bring a bathing suit, towel, lunch and snack. Ages 6-14.

Instructor: Kristi Peterson
8/11-8/14, *Mon-Thurs*
12:00-4:30 pm
Utica Gym 202
CRN34476 \$89

Please note that all students enrolling in BOTH morning and afternoon camps on the MVCC Utica campus will be picked up from their morning camps, supervised during lunch, and dropped off at their afternoon camps. Send in a bag lunch or money to purchase lunch in the cafeteria.

Summer Academy for High School Students

Earn 3 College Credits in just 5 weeks!
For high school juniors and seniors.

Digital Animation 1

This course covers the developmental elements of computer animation. Topics include user interface, various 3D modeling techniques, texture mapping, and timing. The course builds on the basic principles of traditional animation with the techniques of computer animation and production processes.

Instructor: Scot Connor

7/14-8/14, Mon-Thurs

9:00-12:00 pm

Utica AB 148

CRN 34330 & 34329 \$450 plus fees

Call Karen Scott at 315.792.5300 for more information on registration and scholarships!

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 the 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. Parent 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. Parent 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.

TUESDAY & THURSDAY EVENING

CLASSES

Session 1

5/27-6/26

Level 1

CRN 33935

5:00-5:30 pm

CRN 34198

6:00-6:30 pm

Level 2

CRN 33936

5:30-6:00 pm

CRN 33937

6:30-7:00 pm

Level 3

CRN 33941

5:00-6:00 pm

Level 4

CRN 33940

6:00-7:00 pm

Session 2

New!

7/8-7/31

Parent and Child Aquatics (ages 1-2)

CRN 34428

5:00-5:30 pm

Preschool with Parent Aquatics (ages 3-5)

CRN 34431

6:00-6:30 pm

Level 1

CRN 34413

5:30-6:00 pm

Level 2

CRN 34418

6:30-7:00 pm

Level 3

CRN 34422

5:00-6:00 pm

Level 5/6

CRN 34426

6:00-7:00 pm

MORNING CLASSES

Session 1

Mon-Thurs, 7/7-7/17

Preschool with Parent Aquatics (ages 3-5)

CRN 34429

9:30-10:00 am

Level 1

CRN 34408

9:00-9:30 am

CRN 34409

10:00-10:30 am

CRN 34410

11:00-11:30 am

Level 2

CRN 34415

10:30-11:00 am

CRN 34414

11:30 am -12:00 pm

Level 3

CRN 34420

9:00-10:00 am

CRN 34419

11:00 am -12:00 pm

Level 4

CRN 34423

10:00-11:00 am

Session 2

Mon-Thurs, 7/21-7/31

Parent and Child Aquatics (ages 1-2)

CRN 34427

10:00-10:30 am

Preschool with Parent Aquatics (ages 3-5)

CRN 34430

10:30-11:00 am

Level 1

CRN 34411

9:00-9:30 am

CRN 34412

11:00-11:30 am

Level 2

CRN 34416

9:30-10:00 am

CRN 34417

11:30 am-12:00 pm

Level 3

CRN 34421

10:00-11:00 am

Level 4

CRN 34424

9:00-10:00 am

Level 5/6

CRN 34425

11:00 am-12:00 pm

EXAM PREP AND MATH SKILLS

STEM Jumpstart – Math Focus

This course is designed to refresh math skills and provide students with an introduction to functional aspects of mathematics. Topics include, but are not limited to: Decimals, Algebra, Geometry and Trigonometry. A focus will be placed on application of topics in regard to Science, Technology, Engineering and Math. A math placement exam will be offered at the end of the course.

Prerequisite: Incoming MVCC students and some High School math

Instructor: Thomas Davis

7/22-7/31, Tues-Thurs

9:00-12:00 pm

Utica AB 157

CRN 34522

\$65

7/29-8/7, *Tues-Thurs*
6:00-9:00 *pm*
Utica AB 252
CRN 34523 \$65

7/8-7/17, *Tues-Thurs*
9:00-12:00 *pm*
Utica AB 157
CRN 34521 \$65

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

5/19-5/21, *Mon, Wed*
6:00-8:30 *pm*
Rome PC 219
CRN 34200 \$49
5/27-5/29, *Tues, Thurs*
6:00-8:30 *pm*
Utica AB 253
CRN 34202 \$49



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. 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. Required Text: The Official SAT Study Guide, 2nd Edition (by

CollegeBoard).
5/26-6/22, **Online**
CRN 34294 \$250

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. 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. Required Text: ACT For Dummies, 5th Edition, (by Lisa Zimmer Hatch and Scott Hatch) and The Real ACT Prep Guide, 3rd Edition.

5/26-6/22, **Online**
CRN 34285 \$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. Grades 10 and up.

Instructors: Wendy Davidson & Susan Murray
6/3-6/5, *Tues, Thurs*
6:00-8:00 *pm*
Utica AB 253
CRN 33883 \$39

Regents Review for Integrated Algebra

Here's a chance to get extra practice with questions, content, and concepts for the exam in a friendly and focused session. Individual needs will be addressed. Please bring a graphing calculator.

Instructor: Susan Murray
5/28, *Wed*
6:00-8:30 *pm*
Utica AB 253
CRN 33884 \$29

Regents Review for Geometry

If you're interested in a close look at specific topics in geometry, join us for this exam prep session with attention to questions, content, concepts, and individual needs. Please bring a graphing calculator.

Instructor: Susan Murray
6/10, *Tues*

6:00-8:30 *pm*
Utica AB 253
CRN 33885 \$29

Regents Review for Algebra 2/ Trigonometry

This session provides extra practice with the exam questions, content, and concepts and will address individual questions. Please bring a graphing calculator.

Instructor: Susan Murray
6/4, *Wed*
6:00-8:30 *pm*
Utica AB 253
CRN 33886 \$29

Prepping for the GMAT Online

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).

5/26-6/22, **Online**
CRN 34280 \$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).

5/26-6/22, **Online**
CRN 34282 \$250

Prepping for the LSAT Online

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

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.



perspective on law school admissions and the legal profession as a whole. Required Text: 10 New Actual, Official LSAT PrepTests (by Wendy Margolis).

5/26-6/22, **Online**
CRN 34284 \$250

HEALTH & WELLNESS

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
7/9-9/10, *Wed*
6:00-7:00 *pm*
Utica Pool
CRN 34205 \$59

Fundamentals of Yoga for Beginners I

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

6/16-7/21, Mon

6:00-7:15 pm

Rome Presb Church

CRN 34483 \$39



Gentle Flow Yoga

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

6/16-7/21, Mon

10:00-11:15 am

Rome Presb Church

CRN 34484 \$39

Insanity®

The hottest home workout finally comes to group fitness. 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

7/14-8/18, Mon

5:30-6:30 pm

Utica Gym 115

CRN 34477 \$39

7/16-8/20, Wed

5:30-6:30 pm

Utica Gym 115

CRN 34478 \$39

Insanity® Double Session

7/14-8/20, Mon, Wed

5:30-6:30 pm

Utica Gym 115

CRN 34479 \$65

NEW LaBlast Fitness™

Created by world renowned dancer and ABC's "Dancing with the Stars" professional, Louis Van Amstel, LaBlast uniquely combines a wide variety of ballroom dance styles and music genres. Do the Cha Cha Cha, Disco, Jive, Merengue, Salsa, and Samba set to everything from pop and rock to hip-hop and country – and burn fat and blast calories! No experience and no partner necessary.

Instructor: Kim Maxwell

7/16-8/20, Wed

6:45-7:45 pm

Utica Gym 115

CRN 34481 \$39

Pilates

The purpose of Pilates training is to uniformly develop your body and mind through a specific approach to exercise that requires mental concentration which enhances the mind-body connection. All Pilates exercises are taught adhering to the Six Traditional Principles: Concentration, Control, Physical Centering, Flowing movement, Precision and Breathing. Come to class and learn the Basic Pilates movements in a fun, non-judgmental, hands-on environment! Please bring a mat and wear comfortable clothes.

Instructor: Kathy Marvin

6/18-7/23, Wed

6:00-7:15 pm

Rome Presb Church

CRN 34485 \$39

NEW PiYo Strength®

PiYo Strength focuses on agility, dance conditioning, athletic training, core conditioning, balance, flexibility and so much more. Many athletes benefit from this format because of its flexibility. Using the body as full body resistance, this is a fusion format that moves quickly, powerfully, and creates strength from the transverse abs out.

Instructor: Cassandra Baber

7/15-8/19, Tues

5:30-6:30 pm

Utica Gym 202

CRN 34482 \$39

NEW POUND-Rockout Workout.™

Pound is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses. Burn between 600 and 900 calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Through continual upper body motion using our lightly weighted drumsticks, called Ripstix™, you'll turn into a calorie-torching drummer. Please bring a mat to class.

Instructor: Kim Maxwell

7/15-8/26, Tues

6:45-7:45 pm

Utica ACC 116

CRN 34480 \$39

No class 8/19

Strengthen Sculpt & Tone

Strengthen and tone all of your major muscles with the use of resistance bands, hand weights, and a playground ball. This course is designed to help increase physical strength, prevent osteoporosis, and improve core strength and balance all while increasing muscle mass, decreasing body fat, and giving your metabolism a boost! Bring hand weights, an exercise mat, and water to every class.

Instructor: Linda Budlong CPT, RYT 200

7/15-8/21, Tues, Thurs

7:00-8:00 pm

Utica Gym 115

CRN 34216 \$59

Turbo Kick Boxing

Turbo Kick is a fun-filled workout that combines shadow boxing, kickboxing, sports drills, dancing, yoga, and simple dance moves in a party atmosphere. While the feel and spirit of the workout remains consistent, each new workout is more fun, exciting, powerful, and effective than the last. Turbo Kick is an interval-based class that allows students of any fitness level to participate. Bring water.

Instructor: Kristen Lutz Ball

7/15-8/5, Tues

9:00-10:00 am

Utica Gym 115

CRN 34275 \$25

7/17-8/7, Thurs

9:00-10:00 am

Utica Gym 115

CRN 34276 \$25

Turbo Kick Boxing Double Session

7/15-8/7, Tues, Thurs

9:00-10:00 am

Utica Gym 115

CRN 34277 \$45

Yoga Flex & Flow

Energize your mind and body in this hatha yoga vinyassa 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, an old necktie, and wear loose, comfortable clothing.

Instructor: Linda Budlong CPT, RYT 200

7/15-8/19, Tues

5:30-6:45 pm

Utica Gym 115

CRN 34218 \$45

Yoga Sculpt & Tone

This class combines hatha yoga, vinyassa flow, and strength training. You will be challenged with strength equipment such as weights, bands, yoga blocks, and more. Class will consist of a yoga mat warm up, a work phase that includes yoga and strength training, and a cool down focusing on flexibility and 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 CPT, RYT 200

7/14-8/18, Mon

5:30-7:00 pm

Utica Gym 202

CRN 34219 \$50

Zumba®

Dance your way to a fitter you! Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt the body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba! Beginners are welcome. Bring water.

Instructor: Cherish Eastman

7/14-8/18, Mon

6:45-7:45 pm
Utica Gym 115
CRN 34486 \$39

Instructor: Danielle Fargas
7/17-8/21, Thurs
5:00-6:00 pm
Utica Gym 202
CRN 34535 \$39

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. All classes are at the Utica Campus Pool. Cost \$55

Monday
7/7-9/15 (no class 9/1)
8:00-9:00 am
Instructor: Mary Farda
CRN 34436

7/7-9/15 (no class 9/1)
6:00-7:00 pm
Instructor: Anna Case
CRN 34435

Tuesday
7/8-9/9
8:00-9:00 am
Instructor: Tina Jones
CRN 34437

Wednesday
7/9-9/10
8:00-9:00 am
Instructor: Anna Case
CRN 34438

Thursday
7/10-9/11
8:00-9:00 am
Instructor: Mary Farda
CRN 34439

Water Aerobics Take all 4 Days: \$129
7/7-9/15, Mon, Tues, Wed, Thu
8:00-9:00 am
CRN 34407 No class 9/1

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. All classes take place at the Utica Campus Pool. Cost \$55

Instructor: Mary Farda
7/7-9/15, Mon
5:00-6:00 pm
CRN 34433

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. Cost \$59

Instructor: Lauren Valente
7/9-9/10, Wed
6:00-7:00 pm
CRN 34205



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. Cost \$70

Instructor: Sara Cutright

7/9-9/10, Wed
5:00-6:00 pm
Utica Pool
CRN 34434

Aquatic Training

CPR/AED for the Lifeguard/ Professional Rescuer

This course helps participants recognize and respond appropriately to cardiac and breathing emergencies. With successful completion, you will receive certification in CPR/AED needed for lifeguards and professionals.

Instructor: Sara Cutright
6/9, Mon
5:00-9:00 pm
Utica Gym 109
CRN 34070 \$49

Lifeguard Management

This course teaches aquatic managers and lifeguard supervisors how to manage lifeguards, and how to keep patrons, lifeguards, and aquatic facilities safe. The course covers lifeguard supervisor responsibilities, the selection and training of lifeguards, team building, injury prevention, risk management, and emergency response planning. This course meets the NYS Health Department requirement for aquatic camp supervisors.

Instructor: Kristi Peterson
6/4-6/11, Wed
5:30-9:00 pm
Utica Gym 109
CRN 34102 \$59

Lifeguard Training

Get the skills and knowledge you need to become a lifeguard. You will learn to recognize and respond quickly and effectively to aquatic emergencies and prevent drowning and injuries. Prerequisites: Must be able to swim 550 yards continuously with predetermined strokes before the first class session and at least 15 years of age by the last class session. With successful completion, you will receive certification in American Red Cross Lifeguard Training, First Aid, and CPR for the lifeguard. Bring a lunch/dinner daily.

6/6-6/15, Fri-Sun
F 5:00-9:00 pm S&N 9:00-6:00 pm
Utica Pool/Gym 109
CRN 34068 \$299
Pre-test May 30th at 5pm.

Lifeguard Training Review (Recertification)

Renew your Lifeguard Certification, CPR/AED for the Lifeguard and First Aid by successful completion of this course. Waterfront lifeguard skills will be reviewed for those who require it. Participants must be able to complete the pre-course swim test. Please note that this is a newly released Lifeguard Course which includes new skills. Prerequisites: you must hold current certification in American Red Cross Lifeguard Training. Attendance at all sessions is required. Bring a lunch daily.

5/31-6/1, Sat, Sun
9:00 am -6:00 pm
Utica Pool
CRN 34065 \$149

Dancing

NEW LaBlast Fitness™

Created by world renowned dancer and ABC's "Dancing with the Stars" professional, Louis Van Amstel, LaBlast uniquely combines a wide variety of ballroom dance styles and music genres. Do the Cha Cha Cha, Disco, Jive, Merengue, Salsa, and Samba set to everything from pop and rock to hip-hop and country – and burn fat and blast calories! No experience and no partner necessary.

Instructor: Kim Maxwell
7/16-8/20, Wed
6:45-7:45 pm
Utica Gym 115
CRN 34481 \$39



Belly Dance

Learn the art of Belly Dance, tone up, and have fun! Rooted in the Middle Eastern tradition, its expression is both freeing and a great workout for women of all ages! For beginners learning the basics, or for those wishing to refine skill and technique. Wear comfortable clothing. No experience necessary.

Instructor: Cristel Byrne

7/17-8/21, Thurs

5:30-6:30 pm

Utica Gym 115

CRN 34492

\$39

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, Meringue, 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

7/16-8/20, Wed

6:00-8:00 pm

Utica Gym 202

CRN 34016

\$55

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. 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

7/14-8/18, Mon

6:00-8:00 pm

Utica ACC 116

CRN 34022

\$55

Ballroom Dance for Advanced Dancers

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

7/17-8/21, Thurs

6:00-8:00 pm

Utica Gym 202

CRN 34019

\$55

Leisure Learning

NEW What is Nano?

You've heard all the buzz, now come and see what all the fuss is about! This lecture and hands-on class will answer all of your questions. Refreshments provided. Please preregister for this session.

Instructors: Melissa Barlett & Bob Decker

7/16, Wed

6:00-8:00 pm

Utica IT 225

CRN 34524

\$FREE

NEW The American Civil War in Literature

If you're a history buff, this class is for you! We'll dig deeper into The American Civil War by exploring fictional and non-fictional writings and film. We will focus on the Battle of Gettysburg and identify the basis of why the Confederacy and Union fought there. We will also take a look into the world of reenacting. Required books: The Killer Angels (Michael Shaara, 1974) and Stars in Their Courses: The Gettysburg Campaign (Shelby Foote, 1994)

Instructor: David Yahnke

6/4-7/16, Wed

6:00-8:00 pm

Utica AB 244

CRN 34542

\$79

No class 7/2

NEW Beginning Genealogy and Research

Learn how to trace your family tree, and find out more information about your ancestors. This class will cover a variety of topics to guide you in your research. Tuesdays will be lecture and lab time at MVCC, and Wednesday lessons will be held at various off-campus local research sites. The instructor for this class is a DAR Genealogy Consultant, and will help each student to develop a strategy for research.

Instructor: Barbara Granato

5/27-6/18, Tues, Wed

Tues 1:00-4:00 pm, Utica IT 219

Wed 1:00-3:00 pm, Off Campus

CRN 34487

\$99



NEW Haunted History of CNY

Come explore our newest addition to this popular series! Can the history of a site be responsible for paranormal activity? Learn the haunted histories of sites located at Rutgers Park, Starr Hill, and more! This class will be a combination of lecture and on-site visits. Join us if you dare! Local ghost hunters (and teachers!) will lead you through a thrilling and historical walk through our local paranormal hotspots!

Instructors: Becky Converse & Denise Morganti

6/3-6/21, Tues, Sat

Tues 7:00-8:30 pm, Rome RA 306

Sat 10:00-12:00 pm, Off Campus

CRN 34255

\$69

Smoking Cessation: Better Health Through Hypnosis

Are you ready to be a permanent non-smoker who no longer has any interest in smoking? You will do so with less withdrawal and cravings than you ever imagined. In addition, you will have less negativity and stress, and more self-esteem and self-confidence. Learn with a program that has had outstanding success and all that is needed is that you have a sincere desire to end your smoking habit for good. Experience a light trance state of focused concentration and relaxation and stop watching your life go up in smoke.

Instructor: Erick Price

6/4, Wed

6:00 - 8:00 pm

Utica AB 145

CRN 34498

\$29

6/25, Wed

6:00 - 8:00 pm

Rome PC 205

CRN 34499

\$29

Weight Loss: Better Health Through Hypnosis

Obesity is at an all-time high in America and people are searching for solutions. Real weight loss begins and ends with eating properly now... and forever. Learn the principles of being able

to respond to your appetite properly and to put an end to overeating forever. Experience a light trance state and the power of focused concentration and relaxation to fast-track these changes in your lifestyle. With this tried and true program you can be confident that you will leave with the knowledge you need to begin losing weight immediately!

Instructor: Erick Price

6/3, Tues

6:00 - 8:00 pm

Utica AB 145

CRN 34500

\$29

6/24, Tues

6:00 - 8:00 pm

Rome PC 215

CRN 34501

\$29

NEW Fantasy Football

If you've ever been interested in joining a Fantasy Football League, but didn't know where to start, this is the class for you. In this fun, interactive class, you'll learn what you need to know about scoring systems, statistics, and strategies to make the most exciting fantasy game in the world. This class takes place in a computer lab and we'll end the class with a mock draft to make sure you're ready for the season.

Instructor: Bill Vinci

6/4-7/16, Wed

6:00-7:30 pm

Utica AB 141

CRN 34491

\$59

No class 7/2



Golf: Basics for Beginners

Now is the time to take those golf lessons you've promised yourself for years! This five-week course concentrates on building the proper golf swing and teaches putting, chipping, driving and more. One session is dedicated to fitting and purchasing equipment, course etiquette, ball flight law, and game theory. Golf or tennis shoes recommended; bring clubs if available. First class is introductory and meets at King Pin Lanes in Rome.

Instructor: Paul Panek

6/1-6/29, Sun

3:00-4:15 pm

Mohawk Glen Golf Course
CRN 34001 \$119
6/1-6/29, Sun
4:30-5:45 pm
Mohawk Glen Golf Course
CRN 34002 \$119

Golf: Advanced Program

Now that you play often, treat yourself to lessons with a professional with over 25 years of experience nationally. This four-week course concentrates on putting and chipping, basic iron play with shot selection, "hit it high or keep it low," and wood and tee shots with consideration of distance and accuracy. Bring golf shoes and clubs. Participants must have a minimum of 3 years golfing experience.

Instructor: Paul Panek
6/8-6/29, Sun
6:00-7:15 pm
Mohawk Glen Golf Course
CRN 34000 \$99

Wild Edibles and Mushroom Identification

Curious about such unusual wild delicacies as cattail-on-the-cob or chanterelle mushrooms? Want to pick a peck of plentiful poke? Through this class you will learn to supplement your summer diet with delicious wild vegetables and beverages. This class will include handouts and some walking (and gathering) through local natural areas so dress appropriately!

Instructor: Bill Chapman
7/9-7/30, Wed
5:30-8:30 pm
Utica AB 157
CRN 33999 \$49

NEW Open an Etsy Shop

Learn how to establish and maintain a shop on the world's largest handmade marketplace - www.Etsy.com. During this three-week course, you will be guided through the process of opening a shop, creating listings, advertising, selling products, shipping and customer service. Whether you are just starting a new business or growing an already-established one, this course will help you grow your customer base, increase sales and make more money!

Instructor: Sarah Walker
5/31-6/14, Sat
10:00-12:00pm
Rome PC 252
CRN 34506 \$39
8/6-8/20, Wed
6:00-8:00 pm

Utica IT 219
CRN 34505 \$39

NEW EmMi Beads Tied Silk Necklace

Using silk cord and beads, create this pretty necklace by learning to tie knots in the silk and spacing your beads throughout the silk. Bead clusters will be spaced and silk will be visible. Beginner level. Please bring \$15 to class to purchase supply kit.

Instructor: Kim Schweitzer
6/25, Wed
6:00-8:00 pm
Utica AB 145
CRN 34543 \$19



NEW EmMi Beads Vintage Brass Ring

Using a flat brass filigree piece of metal, form an adjustable ring made to fit you. Embellish ring with a cluster of beads using the wrapped loop bead technique. Prior beading experience helpful. Please bring \$18 to class to purchase supply kit.

Instructor: Kim Schweitzer
7/9, Wed
6:00-8:00 pm
Utica AB 143
CRN 34544 \$19



NEW EmMi Beads Double Elastic Bracelet

In this class you will work with a single piece of elastic to create a double strand bracelet. You will also be creating your own clasp with an elastic

loop and larger bead. Beginner level. Please bring \$15 to class to purchase supply kit.

Instructor: Kim Schweitzer
7/23, Wed
6:00-8:00 pm
Utica AB 143
CRN 34545 \$19

NEW EmMi Beads Chain Earrings

Make a pair of pierced earrings with sterling silver chain and an assortment of beads. These dangled earrings are fun to make and have a lot of movement when worn. Prior wrapped looped experience helpful. Please bring \$20 to class to purchase supply kit.

Instructor: Kim Schweitzer
8/6, Wed
6:00-8:00 pm
Utica AB 143
CRN 34546 \$19

Keys 2 Free Life

Are you looking for financial freedom and/or a reliable retirement? Real estate investing may be a KEY that you can use. This class will uncover a multitude of strategies that are available to anyone, can be tailored to your life, and will put you more personally in charge of your financial present and future. This information will allow you to increase the likelihood of becoming more financially free now and having a reliable retirement to look forward to.

Instructor: Rene Armstrong
7/10-7/31, Thurs
6:00-8:00 pm
Rome PC 252
CRN 34520 \$99

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. Please preregister for this session.

Instructor: D. Victor Pellegrino
5/27-6/17, Tues
6:00-7:30 pm
Rome PC 203
CRN 34494 \$FREE

7/8-7/29, Tues
6:00-7:30 pm
Utica AB 143
CRN 34493 \$FREE

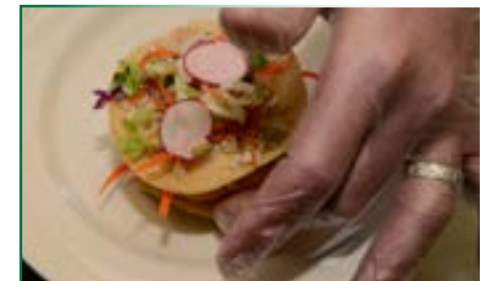
NEW Protecting Your Child's SSI & Medicaid Benefits

The purpose of this course is to show parents and grandparents how they can include a child or grandchild with special needs as a beneficiary of their estate without jeopardizing that child's SSI or Medicaid benefits. The benefits of a special needs trust, the use of a power of attorney, health care proxy and living will for the child with special needs will also be covered. Please preregister for this session.

Instructor: D. Victor Pellegrino
8/12-8/26, Tues
6:00-7:30 pm
Utica AB 265
CRN 34495 \$FREE

Cooking

New this year, MVCC has joined with Lite & Gourmet Culinary School in New Hartford to offer a great new assortment of cooking classes! All classes have a vegetarian option. Visit www.liteandgourmet.com for more information.



Southeast Asian Cuisine: The Lotus Garden

Come join us for exotic and fresh dishes from Southeast Asia. This hands-on class will include an introduction to sushi making. We'll also be making Amok, a Cambodian chicken curry, and Cha Ktih, a lemongrass and herb dish.

Instructors: Sam & Chenda Phou, The Lotus Garden
6/17, Tues
5:30-9:00 pm
Lite & Gourmet, New Hartford
CRN 34547 \$39

Summer in Italy: Bella Cucina

Summer is the perfect time for fresh, romantic, Italian cooking! Cook side by side with the chef at Bella Cucina. We'll create a refreshing endive

salad, goat cheese and vegetable bruschetta, a grilled gulf shrimp dish, and finish it off with poached pears. Mangia!

Instructors: Bella Cucina

7/23, Wed

5:30-9:00 pm

Lite & Gourmet, New Hartford

CRN 34548

\$39

Language and Culture

NEW Britain: A Great Place To Visit

With so many possibilities, how do you choose just what to see and do on that UK trip you're thinking of? This review of what the old country has to offer will help you make informed choices for your vacation.

Instructor: Rainer Morgan

6/17, Tues

6:00-8:00 pm

Utica AB 252

CRN 34550

\$19

NEW Planning an African Safari

Maybe you've decided to go on safari or maybe you're still at the dreaming stage – but if the thought has crossed your mind, come check out what it actually takes to go on a wildlife safari. It might move the idea a bit closer to reality!

Instructor: Rainer Morgan

6/24, Tues

6:00-8:00 pm

Utica AB 252

CRN 34551

\$19

NEW Mandarin Chinese for Beginners

If you're interested in the language and culture of China, this class is for you. In this class, you will learn the basic conversation, vocabulary, and writing skills of Mandarin Chinese. No prior knowledge is required.

Instructor: Vicky Che

6/17-7/29, Tues

6:00-8:00 pm

Utica AB 253

CRN 34497

No class 7/1

\$79



Don't get left behind this summer... Look into the future and get ahead with The MVCC Rome Futures Academy!

The MVCC Rome Futures Academy is a four-week summer program at MVCC Rome serving incoming 9th grade students from the Rome City School District whose skills may have been sufficient to pass middle school but will not meet the requirements of high school.

This FREE summer program will get you on track with the information you need to succeed in high school and look to the future with exciting careers in Health Care and Information Technology. Fine tune your writing and reading skills while participating in fun projects, activities, and field trips to explore these exciting careers in your own backyard.

Program Dates: July 7 – 31, Mondays to Thursdays, Mornings

Transportation is provided. Participants may be eligible for a \$200 stipend for participating in this program!

This program is geared toward 8th graders preparing to transition into high school and/or students struggling with the upcoming high school requirements. This program will coincide with the dates of summer school in the Rome City School District. Check with your teachers or guidance counselor to see if you're eligible!

**For more information or to register contact MVCC at 315.792.5300 or
visit www.mvcc.edu/cced**

This project's goal is to increase the educational attainment of Rome students by addressing learning deficits and promoting goal setting. This program will focus on careers in Healthcare and Information Technology, and will have a special focus on career development and literacy. This program was created by the Mohawk Valley Community College Foundation in conjunction with the Rome City School District and is funded in part by Berkshire Bank.

**Don't waste your brain power and your potential this summer...
Get ahead with MVCC Rome Futures Academy!**



Conversational Italian

Viva Italia! This course will help you to understand and use simple Italian language. You'll learn to handle travel situations such as shopping, getting directions, making travel arrangements, and ordering a meal. You'll also become competent in telling people about yourself and having simple conversations in Italian. Plan the trip to Italy you've always dreamt of and feel confident in conversing with the locals!

Instructor: Andre Berardi

6/11-8/6, Wed

7:00-8:30 pm

Utica AB 243

CRN 34011

\$69

No class 7/2

6/12-8/7, Thurs

7:00-8:30 pm

Rome PC 207

CRN 34496

\$69

No class 7/3

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. Class includes a text book and exercise book.

Instructor: Deborah Pardi

6/9-7/16, Mon, Wed

11:00-12:30 pm

Utica AB 252

CRN 34088

\$89

Holistic Workshops

NEW Exploring Altered States of Consciousness

Have you ever wondered what it's like to visit another dimension? How about experiencing the profound love and wisdom of your Higher Self? Have you ever been in such a deep state of relaxation that you lost all sense of time? These are some of the things you can experience in this class, all in a safe and supportive environment.

Instructor: Pat Jones

7/7-7/21, Mon

7:00-9:00 pm

Utica AB 157

CRN 34537

\$49

NEW Health, Healing and Happiness at Your Fingertips

Did you know that the portion of the brain devoted to one's hands is 14 times larger than that assigned to anywhere else in the body, with more neuro-connections between hands and brain than anywhere else? By positioning the fingers in various postures known as mudras, we can regulate the flow of the vital elements, and energy in the body, promoting health, healing and mind-body balance. Hand yoga is incredibly simple, can be done virtually anywhere, and there are hundreds of different mudras used for specific healing purposes.

Instructor: Erick Price

7/8-7/29, Tues

7:00-8:30 pm

Utica AB 145

CRN 34504

\$49

NEW Introduction to your Personal Energy Field

Ever wonder why you do the things you do? Why you respond to things in a certain way? You have programmed energy centers throughout your body that actually dictate your perceptions and responses. Coming to understand what these energy centers are all about, and what your personal programming is can help you create the kinds of responses you'd like to have to people, and to life.

Instructor: Pat Jones

8/4-8/18, Mon

7:00-9:00 pm

Utica AB 251

CRN 34538

\$49

NEW Spiritual Boot Camp

If you have trouble following through with things, or feeling powerless and overwhelmed in your life, you'll want to be here this summer! This class can give you the jumpstart that you need to feel a healthier sense of "control" in your life, and to follow through with the things you are passionate about, but always seem to put on the back burner.

Instructor: Pat Jones

6/2-6/16, Mon

7:00-8:30 pm

Utica AB 251

CRN 34536 \$39

Your Best You Now: Using Self Hypnosis For a Better Life

Change your health, your habits, and your life with self hypnosis. You'll learn how to make changes in any area of your life that you desire by learning self hypnosis, unlocking the power that you have within yourself in your subconscious mind. We'll dispel the myths and misconceptions of hypnosis.

Instructor: Erick Price

6/5-7/17, Thurs

7:00-8:30 pm

Rome PC 215

CRN 34503 \$89

No class 7/3

7/16-8/20, Wed

7:00-8:30 pm

Utica AB 145

CRN 34502 \$89

Safety

Boating Safety

All individuals operating a personal watercraft (jet ski), regardless of age, are required to successfully complete a New York State approved Boater Safety Course and will receive a certificate. You must hold a certificate if: 1) you operate a personal watercraft and are at least 14 years old, or 2) you wish to operate a motorboat (other than a personal watercraft) and you are at least 10 years old and less than 18 years old. This course meets the state requirements for operation of personal watercraft for all ages. It also covers boater safety topics such as navigation, boating terminology, regulations, water safety, boater's etiquette, and rules of the water. The minimum age for this course is 10 years, and those 12 years and under must be accompanied by an adult or sibling 16+. Students receive a NYS certificate upon course completion (NYS will charge adults a \$10 fee; no fee for students 17 and under). Please bring a

lunch for Saturday classes.

Instructor: Ed Potrzeba

5/31, Sat

9:00-5:00 pm

Rome PC203

CRN 27214 \$20

6/7, Sat

9:00-5:00 pm

Utica AB 251

CRN 33965 \$20

6/16-6/18, Mon, Wed

5:00-9:00 pm

Rome PC 207

CRN 33882 \$20

7/12, Sat

9:00-5:00 pm

Utica AB 251

CRN 34297 \$20



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. Classes are lively, interactive, and engaging. 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.

6/21, Sat

9:00-4:00 pm

Utica AB 253

CRN 33972 \$40

7/8-7/10, Tues, Thurs

6:00-9:00 pm

Rome PC 203

CRN 33973 \$40

8/16, Sat

9:00-4:00 pm

Utica AB 253

CRN 33974 \$40

Professional Development

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 State. 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

5/19-5/21, Mon, Wed

6:00-10:00 pm

Utica AB 251

CRN 33962 \$60

Instructor: John Bielly

7/21-7/23, Mon, Wed

6:00-10:00 pm

Rome PC 203

CRN 33963 \$60

8 Hour Annual In-Service Training Course for Security Guards

This is an 8 hour course that must be completed in every calendar year after completing the 8 Hour Pre-Assignment Training Course for Security Guards. 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: Rich Dodge

7/14-7/15, Mon, Tues

6:00-10:00 pm

Utica AB 252

CRN 34154 \$60

8/4-8/6, Mon, Wed

6:00-10:00 pm

Rome PC 203

CRN 34153 \$60

Online Certificate in Nonprofit Management \$699



Courses:

- Budgeting in a Nonprofit Organization, \$79
- Capital Campaigns, \$79
- Fundraising in a Nonprofit Organization, \$150
- How to Read a Nonprofit Financial Statement, \$79
- Leadership in a Nonprofit Organization, \$99
- Nonprofit Board and Volunteer Development, \$150
- Principles of Marketing for Nonprofit Organizations, \$79
- Strategy for Nonprofit Organizations, \$79
- Introduction to Grant Writing, \$150
- Social Media for Nonprofits, \$79

For course descriptions and to register, visit:

www.mvcc.edu/cced

Online Project Management 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!

Advance your career – Build your courage and pass the PMP® certification exam. Maintain your skills – Earn PDUs and test your comprehension of PMBOK®

Guide concepts with quizzes and practice exams.

Get expert advice – Ask questions openly to ensure you get what you need from each lesson and PMBOK®

Guide concept.

Avoid stress – No need to fight traffic or rush to be on time. Sign into courses from the comfort of your own home or office.

Set your own pace – Take the time you need to process complex concepts, or power through more quickly—you set the pace.

Save money – Our online courses are an affordable alternative to classroom-based courses.



PMP Exam Prep Course

(5th edition, for PMI exam dates after July 31st, 2013)

Cost: \$699.00

PDU: 35 CEU: 3.5

A MindEdge course

Access Time: 180 days

For more information, visit

www.mvcc.edu/cced

315.792.5300



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: John Bielby

6/16-6/25, Mon, Wed

6:00-10:00 pm

Rome PC 217

CRN 34539 \$99

Instructor: Rick D'Alessandro

7/21-7/30, Mon, Wed

6:00-10:00 pm

Utica AB 251

CRN 34083 \$99

SAVE

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: Rich Dodge

6/3, Tues

4:00-6:00 pm

Utica AB 251

CRN 34085 \$25

Instructor: John Bielby

8/13, Wed

4:00-6:00 pm

Rome PC 203

CRN 33996 \$25

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: Rich Dodge

6/3, Tues

6:00-9:00 pm

Utica AB 251

CRN 33966 \$35

Instructor: John Bielby

8/13, Wed

6:00-9:00 pm

Rome PC 203

CRN 34279 \$35

Notary Public

If you have wanted to become a notary public, but have been worried about the exam, this class is for you. 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 and earn the license to become a more valuable asset in your workplace.

Instructor: Gloria Karol

6/21, Sat

9:30-1:00 pm

Rome PC 203

CRN 34006 \$50

7/19, Sat

9:30-1:00 pm

Utica AB 253

CRN 34005 \$50

Paralegal Certificate

This nationally acclaimed program is designed for beginning as well as advanced legal workers. You 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. 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 MVCC.

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

LIVE LECTURE FORMAT

6/17-8/2, Tues, Thurs, Sat

Tues & Thurs 6:00-9:30 pm, Utica AB 251

Sat 9:00-5:00 pm, Utica IT 219 \$1189

No class July 1, 3, 5

ONLINE FORMAT

6/30-10/10, Online \$1189

Personal Injury for Paralegals Online Certificate

This course is designed to more thoroughly examine the duties and scope of responsibility

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Info Night

JUNE 2
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MVCC Utica Campus

IT Building Room 225

1101 Sherman Dr, Utica, NY

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. Class discussions and lesson material will include the different kinds of personal injury claims including (but not limited to): car accidents, slips and falls, medical negligence/malpractice, manufacturer product defects, and class-action lawsuits. 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.

6/30-8/15, Online

\$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. 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.

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.

6/30-8/15, **Online**
\$729

Creative Problem Solving: Why didn't I think of that?

Generating creative solutions is not a mystical talent, but a skill that can be learned, developed, and improved. This course provides attendees with creativity strategies applicable to a wide variety of real life scenarios. You will learn how to recognize different classes of problems, select the appropriate idea generation tools, and ultimately, develop more creative ideas. Anyone who needs solutions beyond the ordinary, from entrepreneurs seeking business concepts, to educators developing teaching aids, or even aspiring inventors working on the next big thing, will benefit from this seminar.

Instructor: Raymond Burynski

6/4, **Wed**
9:00-12:00 pm
Utica AB 253
CRN 34490

\$79

Project Management (PMP) Exam Prep (Online)

This completely online and self-paced project management program builds successful project managers at all levels of the organization. It provides a comprehensive preparation for the PMP® certification exam including exam-taking tips, 12 comprehensive module quizzes, five process group tests, and two full-length, 200-question practice exams covering the PMBOK® Guide areas of knowledge, which will provide a report to help you determine your areas of weakness.

To enroll, visit www.mvcc.edu/cced or call 315.792.5300

Online and Self-Paced, \$699

Health Care Training

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: Tammy Burdick

7/16, **Wed**
5:30-8:30 pm
Utica AB 251
CRN 33891 \$40
8/20, **Wed**
5:30-8:30 pm
Rome PC 205
CRN 33892 \$40



Certified Nurse's Assistant (CNA)

Training includes: basic nursing and personal care skills, mental health, social service needs, basic restorative services, infection control, safety, and residents rights. After obtaining certification, students are prepared to enter the workforce as an entry-level CNA. Criminal background checks as well as current comprehensive physical, MMR vaccinations, Flu Shot and TB tests results are required for clinical hours. Tuition includes texts and NY State testing fee. Uniforms and shoes are to be purchased by the student.

Instructors: Nelson Wood & Tammy Burdick

5/27-7/15, **Mon, Tues, Thurs, Fri**
3:30-8:30 pm
Sitrin Health Care Center
CRN 34113 \$1250
9/8-10/24, **Mon, Tues, Thurs, Fri**
3:30-8:30 pm
Sitrin Health Care Center \$1250

CPR/First Aid for Health Care Providers & Students

Healthcare professionals and students entering the field of healthcare and public safety (Fire, EMS, and Law Enforcement) are required to have an AHA or American Red Cross HCP CPR/AED Card. Spend just a few hours of your time and get your complete training this summer. Topics covered will include: BLS CPR (1 & 2 rescuer) BVM Ventilations, choking, and AED use for adults, children and infants. Please bring \$5 cash to class for CPR certification card. Bring paper and pen to class.

Instructor: Linda Plunkett
6/4, **Wed**

9:00-3:00 pm
Utica Gym 202
CRN 34399 \$30

Dialysis Aide

This course 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

6/16-8/4, **Mon, Wed**
6:00-9:30 pm
Utica AB 253
CRN 34401 \$999

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 an assisted living facility. 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.

Instructor: Nelson Wood and Tammy Burdick
7/28-8/8, **Mon, Tues, Thurs, Fri**
3:30-9:00 pm
Sitrin Health Care Center
CRN 34404 \$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
8/11-8/22, **Mon, Tues, Thurs, Fri**
3:30-9:00 pm
Sitrin Health Care Center
CRN 34402 \$600

PCA/HHA Combo – TAKE BOTH AND SAVE!

Instructors: Nelson Wood & Tammy Burdick
7/28-8/22, **Mon, Tues, Thurs, Fri**
3:30-9:00 pm
Sitrin Health Care Center
CRN 34432 \$900

ICD10 CM and PCS Coding

This course is designed to get the ICD-9 certified coder prepared for the transition to ICD-10 in 2014. Learning activities with immediate feedback provided throughout; as well as assessment and exams for every module, and

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three end-of-course examinations (including a 75-question mock ICD-10 exam). You will receive a certificate of completion from MVCC and 16 CEUs from NCCT. Text book and ICD 10 book are required and can be purchased at MVCC's Book Store.

Instructor: Dr. Kathleen Fusco
6/3-6/24, Tues
 5:00-9:00 pm
 Utica IT 150
 CRN 34403 \$399

Medical Assistant Degree Review Class

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

Instructor: Maryanne Taverne
6/4, Wed
 6:00-9:00 pm



Utica AB252
 CRN 34406 \$50

Medical Coding & Billing Review Class

The class offers a comprehensive review to prepare you for the National Certified Insurance & Coding (NCICS) certification test. It will feature a brief outline of test content including categories to expect and an approximate percentage of each category on the exam. Five different categories will be reviewed: Medical Insurance and Billing Procedures, Terminology, The Claims Process, CPT Coding, ICD-9-CDM and HCPCS Level II Coding Case applications. Simulated cases or scenarios will be used to exercise critical thinking skills.

Instructor: Michelle Sowich-Shanley
6/7, Sat
 9:00-12:00 pm
 Utica AB 253
 CRN 34248 \$50

10/11, Sat
 9:00-12:00 pm
 Utica TBD \$50

Instructor: Mary Clare Lewis

9/4, Thurs
 6:00-9:00 pm
 Utica TBD \$50

Medical Transcription and Editing Online

This training 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, iPad, Kindle, or a \$300 discount!

Online and Self Paced
 CRN 34346 \$2795

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
6/16-8/6, Mon, Wed
 6:00-9:00 pm
 Utica AB 159
 CRN 33893 \$499
6/17-8/7, Tues, Thurs
 6:00-9:00 pm
 Rome PC 210
 CRN 33894 \$499

Surgical Technician Review Class

This three hour course is designed to prepare students to take the Surgical Technician Certificate Exam required by the National Center for Competency Testing, ctinc.com/Certifications/. 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 include: What to expect on the test, Time allowed and Study Techniques.

Instructor: Mark Williams
6/4, Wed
 6:00-9:00 pm
 Utica AB 251
 CRN 34405 \$50
9/3, Wed
 6:00-9:00 pm
 Utica TBD \$50



Continuing Education for Insurance Agents

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
5/13, Tues
 8:00-5:00 pm
 Utica AB 243
 CRN 34272 \$79

Life and Health Insurance: Basic Principles of Underwriting

Intended for both the Life/ A&H and Property Casualty 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
6/17, Tues
 8:00-5:00 pm
 Utica AB 253
 CRN 34273 \$79

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
6/25, Wed
 8:00-5:00 pm
 Utica AB 253
 CRN 34270 \$79

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. -237536

Instructor: Jim Lombardo
7/15, Tues
 8:00-5:00 pm
 Utica AB 251
 CRN 34274 \$79

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
8/13, Wed
 8:00-12:00 pm
 Utica AB 251
 CRN 34269 \$39

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 thru information to get to the root issue and respond proactively. This course will provide 4 CEU's.-NYCR-237533

Instructor: Sharon Jachim

8/13, Wed

1:00-5:00 pm

Utica AB 252

CRN 34271

\$39

Construction & Engineering

NEW Engineering Triumphs Pt 1: Living Large

Large machines and structures inspire us like no other engineering achievement. While their size alone might be impressive enough, the underlying technologies are often quite innovative in their own right. This workshop includes discussion of cement preheaters, the Akashi Kaikyo Bridge, the Airbus 380, and mining industry grinding mills. Participants of this class are eligible for 4 PDH units for Professional Engineers.

Instructor: Ray Burynski

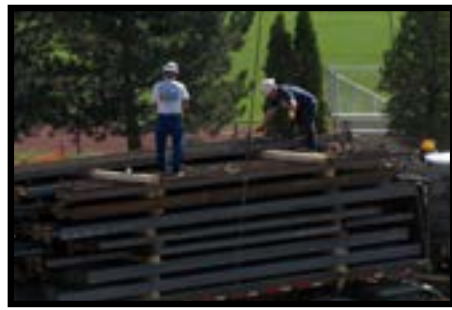
6/5, Thurs

8:00-12:00 pm

Utica AB 253

CRN 34488

\$129



NEW Engineering Triumphs Pt 2: Material World

This presentation examines how designers solve problems through material selection. Material World explores the innovative use of materials in diverse applications, such as armor, space exploration, and industrial equipment. Participants of this class are eligible for 4 PDH units for Professional Engineers.

Instructor: Ray Burynski

6/19, Thurs

8:00-12:00 pm

Utica AB 253

CRN 34489

\$129

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

6/16-6/18, Mon-Wed

6:00-9:30 pm

MVCC Education Ctr, Rm108

CRN 33961

\$75

7/14-7/16, Mon-Wed

6:00-9:30 pm

Rome PC 203

CRN 34507

\$75

NEW Hazwoper Refresher

The basic components of the course include a review of key 40-Hour Training and a critique of site field operations. It includes classroom style lectures coupled with table-top exercises. Updates on new safety technologies, policies and procedures are also provided. This course is intended specifically for personnel that have attended previous H&S training. This one day course satisfies EPA and OSHA requirements.

6/18, Wed

8:15-4:15 pm

MVCC Education Ctr, Rm 108

CRN 34519

\$155

Lead Renovator Certification

As of April 22, 2010, all home improvement contractors, property management firms, landlords, or others compensated for renovations that disturb more than 6 sq ft (interior) and 20 sq ft (exterior) of paint or surface coating in pre-1978 housing, schools, or child-occupied facilities are required to obtain an EPA firm license and have their workers trained in lead-safe work practices. Renovations firms must have at least one certified renovator who has completed training and obtain a firm certification from the EPA at a cost of \$300. 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 certification course is required for any renovators without previous training to become a certified lead-safe contractor. 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

6/12, Thurs, CRN 33993, MVCC Education Ctr Rm108

7/10, Thurs, CRN 34259, Rome PC 203

7/23, Wed, CRN 33990, OHM Boces OHM Boces

8/7, Thurs, CRN 34260, MVCC Education Ctr Rm108

MVCC Educational Opportunity Center

Free Academic Counseling



High School Equivalency Diploma

Free tutoring

Find a testing site

Find the right class for you

Enroll in college

One-on-one advising

Assist with choosing a college, financial aid and college applications

Training

Looking at a new career? We work with local colleges and area funding sources to enroll individuals into cutting edge programs.

Plus 50 Program

The Plus 50 program prepares adults aged 50 and older for fulfilling careers that give back to the community. The Plus 50 program offers accelerated prep classes to help our plus 50 learners reach the level of study to successfully complete their degrees or certificates.

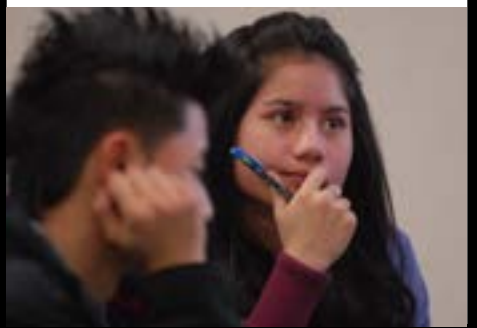
Call to make an appointment or stop in to our center

MVCC Education Center

524 Elizabeth St

Utica NY 13501

Telephone: (315) 731-5870



Tractor Trailer Driver Training MVCC & Sage Technical Services

Thanks to its partnership with SAGE Technical Services, MVCC offers students the chance 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.**



Register online @ www.mvcc.edu/cced

COME JOIN US!

**PROFESSIONAL DEVELOPMENT OPPORTUNITY
FOR PRE-AND INSERVICE K-12 TEACHERS**

**MVCC is pleased to offer a NASA sponsored
summer institute for K-12 teachers**

Monday – Friday, August 18 – 22, 2014

The GLOBE Program

NASA
NATIONAL AERONAUTICS
AND SPACE ADMINISTRATION

WE WILL:

- Discover some ins and outs of clouds
- Explore weather and climate science
- Become familiar with NASA educator resources
- AND become GLOBE & CloudSat Certified Teachers

Light breakfast and lunch will be provided, as well as hotel costs for those from out of town. Teachers will receive classroom ready material and resources appropriate for their grade-level. Participants will have the opportunity to apply for equipment grants and to receive a stipend for their participation.

**Participation is free and limited to 20 participants.
APPLY TODAY!**

To request an application or for further information please contact:
Carolyn DeJohn
cdejohn@mvcc.edu or 315.793.5410

CLOUDSAT



**Do you have an
idea for a new
course?**

**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.**

315-792-5300

 SallieMae Smart Option Student Loan®



IT'S TIME TO TALK ABOUT HOW YOU'RE GOING TO PAY FOR COLLEGE

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Apply today! About 15 minutes is all you need.

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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.

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 MVCC
Center for Corporate and Community Education

ONLINE
LEARNING

Discover why millions of students are making the switch to online learning. With online courses, you can study at your convenience in your preferred learning environment. Choose from our growing catalog of Instructor-Led Courses designed to teach you a new skill or refresh a current one or our Career Training Programs geared to place you into a new career in an in-demand field.

Online Instructor-Led Courses

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Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. You can complete any course entirely from your home or office. Any time of the day or night.

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Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

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Learn the basics of HTML so you can design, create, and post your very own site on the Web.

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Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

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Work with numbers? You need to know Excel. Learn the secrets of this powerful application.

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Revive your lost or forgotten knowledge of English grammar and gain confidence in your ability to produce grammatically correct writing.

Medical Terminology: A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology.

Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management.

ed2go.com/mvcc

Online Career Training Programs

- **One-On-One Instructor Assistance**
- **24-Hour Access**
- **All Materials and Books are Included!**

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace and receive a certificate upon successful completion of your program.

Popular Programs:

Medical Billing and Coding – 240 hours

Prepare for a career as a medical billing and coding professional.

CompTIA™ A+ Certification Training – 150 hours

CompTIA A+ certification is the industry standard for validating the skills of entry-level computer technicians. It opens the door to an exciting career in computer technology, and ed2go's online program makes training convenient and interactive.

Six Sigma Black Belt – 200 hours

The Six Sigma Black Belt Online Career Training Program provides you with an in-depth look at the Six Sigma Black Belt problem-solving methodology, deployment, and project development approaches.

Building Analyst Quick Start Program (BPI BA Certification) – 60 hours

This program will teach you about the principles of green buildings—from insulation to indoor air quality—as well as how to perform comprehensive building assessments.

Medical Transcription – 240 hours

Learn to transcribe medical reports in hospitals, offices, or from home with the most popular transcription program in the country for entry-level training.

careertraining.ed2go.com/mvcc

MORE COURSES & PROGRAMS AVAILABLE AT EACH OF OUR WEBSITES

or call us to learn more **(315) 792-5300**

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 and Go Motorcycling, Inc. are pleased to offer the Motorcycle Safety Foundation's Basic RiderCourse (BRC), Introductory Motorcycle Experience (IME) and Basic RiderCourse 2 (BRC2). Visit www.gomotorcycling.net for detailed schedule and on-line enrollment.

Basic RiderCourse (BRC): \$275

The BRC is a comprehensive riding program for the beginner rider, developed and endorsed by the national Motorcycle Safety Foundation (MSF). Taught by MSF and New York State DMV certified RiderCoaches, this 15 hour course combines classroom and hands-on riding instruction on the MVCC Utica and Rome campuses. Participants will gain the basic mental and physical skills necessary to minimize risk on the road and help promote driving confidence. Road test waiver available.

Participants must be at least 16 years of age and have both a NYS car driver's license and motorcycle learner's permit. Motorcycles and helmets provided.

Visit www.gomotorcycling.net for full details.

Introductory Motorcycle Experience (IME): \$59

This two hour "hands-on" familiarization program introduces primary controls and procedures and gives the pure novice the opportunity to manipulate the controls while astride the motorcycle. Get a taste of riding and see if it's for you!

Basic RiderCourse 2 (BRC2): \$100

This single-session riding workshop is for licensed riders and is conducted on the student's own motorcycle. Explore risk awareness and reduction, traction management and motorcycle dynamics. Learn techniques for proper braking, cornering and swerving. This course is honored by many insurance carriers for a discount on collision/liability premiums.

For detailed scheduling information and on-line enrollment, visit www.gomotorcycling.net or call Go Motorcycling, Inc. at 315-858-3321



Register online @ www.mvcc.edu/cced

315-792-5300



Center for Social Sciences & Business
Information Science

Cyber Accelerator Bridge Program

The Cyber Accelerator program is a tremendous opportunity for high school students to accelerate their entry into the rapidly expanding fields of Cybersecurity and Information Technology.

Students receive:

- FREE tuition for the course
- Three credits
- The opportunity to achieve the CompTIA Strata IT Fundamentals professional certification
- Preparation for cybersecurity program classes in network, computer security, and operating systems

This course introduces basic networking, assessing and handling of security risks, hardware components, and basic computer troubleshooting. Students are challenged to construct functional computers from individual components and secure and configure the machine for use. The course is designed for high school students who have basic computing skills and are seeking broader knowledge in the field. The course prepares students for cybersecurity program classes in network, computer security, and operating systems.

Upon completion of the course, students may take the CompTIA Strata IT Fundamentals professional certification exam. The Strata exam is a stepping-stone to the CompTIA Network+ and Security+ professional certification exams that validate the necessary skills for employment in the cybersecurity field.

This 5 week summer course meets Tuesday, Wednesday, and Thursday mornings from 9AM to Noon, July 8 through August 7.

Courses available at MVCC Utica and Rome
CI 104 Introduction to Cybersecurity 3 Credits

Learn more today!

Contact Jake Mihevc, Director of Cybersecurity at (315) 792-5653 or jmihevc@mvcc.edu
equal educational opportunity institution

Register online @ www.mvcc.edu/cced

315-792-5300

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 debit 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

Lite & Gourmet Culinary School:

7 Oxford Rd., New Hartford

Mohawk Glen Golf Course:

880 Perimeter Rd., Rome

OHM Boces:

4747 Middle Settlement Rd., New Hartford

Perry Jr. High School:

9499 Weston Rd., New Hartford

Sherrill Brook Town Park:

Route 12, New Hartford

Sitrin Health Care Center:

2050 Tilden Ave, New Hartford

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
315 792-5300*

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 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 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



Health Care Training

ICD-10: Are you ready?

The upgrade from ICD-9 to ICD-10 medical coding is required by 2015. MVCC has the tools to get you ready.

See Page 28 For Details!



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