



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



**BE A
CHAMPION
AT MVCC**

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Welcome!

It's time to chase away your winter blues, take on something new, and unleash your inner champion. This spring MVCC is offering a multitude of classes to help you take that first step in trying something new and to assist in making your dreams become a reality. Be a champion at MVCC by trying a new exercise class, learn to properly train for a road race, embrace the Olympic spirit by taking curling, or be a victor in the classroom by learning a new skill.

New classes to explore:

- **Couch to Boilermaker, Olympic Curling School, House Party Fitness, PiYo Strength**
- **School Break Camps: Robot Camp, DIY Vehicles**
- **Adobe Crash Course, After Effects, Premiere Pro**
- **Calligraphy, Keyboarding, and Identity Theft Seminar**
- **Ethnic Cooking Classes: Thai, Indian, and Lebanese**

And don't forget to set the kids up for success. Take a look at our swim lessons, and our College for Kids and Teens which offers test prep, wilderness classes, and exciting and educational February and April school break camps.

No matter what your interests, we have something for you. Take some time to peruse our Spring 2014 catalog and find what speaks to you. We can't wait for you to be a champion at MVCC!



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CCED_at_MVCC**



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Register online at www.mvcc.edu/cced




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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




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

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

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

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

Health & Wellness



NEW!

Couch to Boilermaker

Are you thinking of running your first 5k in 2014? Did you make a New Year's Resolution to start running or to run more? Do you want to learn how to improve your fitness through expert coaching and training? Then join the Couch to Boilermaker training program and learn how to train and prepare properly for your first or next running event! Class meets twice per month guided by your own personal coaches. Classes alternate between classroom instruction and hands-on training. Your coaches are USAT Level 1 Certified Coach Matt Migonis and veteran running coach Amanda Hatfield. Matt and Amanda have over 10 years of coaching experience combined. Whether you are trying to finish your first 5k or trying to improve on your Boilermaker time, Matt and Amanda are ready to help runners of every level achieve their running goals for 2014.

Utica Gym 108

CRN 28714

\$149

January – Discuss how to get started, find motivation, and create balance with a busy work and family life. Learn key tactics on injury prevention, functional strength training, and core exercises for running, and cross training.

Classroom: January 27, 6:00-7:30 pm, GYM 108

Training session: January 30, 6:00-7:30 pm, Planet Fitness (7 New Hartford Shopping Center, New Hartford)

February – Equipment 101: Learn about running shoes and what type will suit your foot anatomically. Discover training aids, GPS, heart rate monitors, socks, insoles, and other items that will help in your training.

Classroom: February 3, 6:00-7:30 pm, GYM 108

Training session: February 6, 6:00-7:30 pm, The Sneaker Store (4490 Commercial Dr, New Hartford)

March – Have your running form analyzed and feedback given on your gait. Review video from your training session with discussion on running form and mechanics. Explore training apps that can be downloaded to your smartphone.

Training session: March 3, 6:00-7:30 pm, MVCC Fieldhouse

Classroom: March 6, 6:00-7:30 pm, GYM 108

April – The weather is getting nice, you have new running shoes, and your running form has been analyzed. It's time to get a training plan down on paper. Discussion of goals, desired outcomes, and getting your plan laid out in detail will occur this month.

Classroom: April 7, 6:00-7:30 pm, GYM 108

Training session: April 10, 6:00-7:30pm, TBD

May – Nutrition: Learn the basics of nutrition for daily life. Explore what foods are best to consume during your training load, pre-race and post-race. Discussion on the importance of hydration and supplements will be included.

Classroom: May 5, 6:00-7:30 pm, GYM 108

Training session: May 8, 6:00-7:30 pm, TBD

June – Step up your training by learning how to incorporate some hill and interval training.

Classroom: June 2, 6:00-7:30 pm, GYM 108

Training session: June 5, 6:00-7:30 pm, TBD

July – The Boilermaker is right around the corner. Meet with your coaches one last time to discuss taper, rest, and race day preparation.

Classroom: June 30, 6:00-7:30 pm, GYM 108

Training session: July 2, 6:00-7:30 pm, TBD

NEW!**House Party Fitness®**

House Party Fitness® is a new dance fitness and branded cardio hip-hop program that uses the hottest music and moves that can translate to the dance floor. The bass bumpn' music will make you feel like you are at a house party that you do not want to end! House Party Fitness® is designed to be fun, easy, and adds a fitness flair to each workout that is not in other dance fitness programs.

Instructor: Kim Maxwell

1/27-3/31, Mon

6:45-7:45 pm

Utica GYM 115

CRN 28594

\$59

4/21-6/30, Mon

6:45-7:45 pm

Utica GYM 115

CRN 28595

\$59

No class 5/26

Insanity®

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

Instructor: Cassaundra Baber

1/27-4/7, Mon

5:30-6:30 pm

Utica GYM 115

CRN 28586

\$59

No class 3/31

1/29-4/9, Wed

5:30-6:30 pm

Utica Gym 115

CRN 28588

\$59

No class 3/26

4/21-6/30, Mon

5:30-6:30 pm

Utica GYM 115

CRN 28587

\$59

No class 5/26

4/23-6/25, Wed

5:30-6:30 pm

Utica GYM 115

CRN 28589

\$59

Insanity® Double Session

1/27-4/9, Mon, Wed

5:30-6:30 pm

Utica GYM 115

CRN 28590

\$89

No class 3/26, 3/31

4/21-6/30, Mon, Wed

5:30-6:30 pm

Utica GYM 115

CRN 28591

\$89

No class 5/26

Get Juiced Up in January!

Join us January 13-16 for a week of **free** fitness classes. Get a taste of Yoga Sculpt and Tone, House Party Fitness, Insanity, PiYo Strength, and more. For a complete listing of dates and times, visit mvcc.edu/cced or call 792-5300.

No registration required. All classes at MVCC Utica Campus.

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 your body weights as resistance, this is a fusion format that moves quickly, powerfully, and creates strength from the transverse abs out.

Instructor: Cassaundra Baber

4/24-6/26, Thurs

6:00-7:00 pm

Utica GYM 115

CRN 28585

\$59

Beginner Qi Gong

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

Instructor: Carolyn LaSalle

1/23-4/3, Thurs

6:00-7:00 pm

Utica GYM 115

CRN 28584

\$59

No class 3/20

Yogalates

If you're looking to "boost" your basic yoga practice then this is the class for you. We will cover a combination of yoga asanas (poses) and breathing with the core strengthening and agility of pilates! Sculpt your body while gaining flexibility and an awareness of your inner mind-body connection. Please bring an exercise mat, hand towel and wear comfortable loose clothing. Instructor: Kathy Marvin

1/29-4/9, Wed

6:00-7:15 pm

Rome Presb Church

CRN 28720 \$59

No class 2/26

4/23-6/4, Wed

6:00-7:15 pm

Rome Presb Church

CRN 28716 \$35

No class 5/28

Fundamentals of Yoga for Beginners

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

1/27-4/7, Mon

6:00-7:15 pm

Rome Presb Church

CRN 28722 \$59

No class 2/24

4/21-6/2, Mon

6:00-7:15 pm

Rome Presb Church

CRN 28718 \$35

No class 5/26



NEW

Fundamentals of Yoga for Beginners II

This class continues to explore the fundamentals of a variety of yoga postures and breathing techniques, introducing more challenging poses. Content focus is on techniques of relaxation and breathing in order to increase flexibility, strength, range of motion and improve balance. Please bring a yoga mat and dress in comfortable clothing that allows you to move.

Instructor: Nicole Hayman-Sherman

1/28-4/8, Tues

6:00-7:15 pm

Rome Presb Church

CRN 28723 \$59

No class 2/25

4/22-6/3, Tues

6:00-7:15 pm

Rome Presb Church

CRN 28719 \$35

No class 5/27

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

1/27-4/7, Mon

10:00-11:15 am

Rome Presb Church

CRN 28721 \$59

No class 2/24

4/21-6/2, Mon

10:00-11:15 am

Rome Presb Church

CRN 28717 \$35

No class 5/26

Healing Hatha Yoga

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

Instructor: Kristy Caruso

1/24-4/4, Fri

9:00-10:30 am

Utica GYM 115

CRN 28592

\$69

No class 3/28

4/25-6/27, Fri

9:00-10:30 am

Utica GYM 115

CRN 28593

\$69

Hoopdance

Hoop yourself healthy! Hoopdance is a cardiovascular exercise that uses an adult sized hula hoop (about 1.5 lbs.) to build balance, strengthen core muscles, and tone the entire body. Unlike traditional "hula hooping," Hoopdance uses the hoop on all parts of the body – waist, hips, thighs, chest, neck, and arms. In addition to physical benefits, Hoopdance reduces stress, increases self-confidence, and generates joy and laughter. You'll learn tricks and routines and how to "dance" with the hoop! Wear comfortable clothing and bring water. No experience necessary, beginners welcome

Instructor: Carolyn LaSalle

1/23-4/3, Thurs

7:15-8:15 pm

Utica GYM115

CRN 28157

\$59

No class 3/20

Strengthen Sculpt & Tone

Strengthen and tone all of your major muscles! This course will incorporate the use of resistance bands, hand weights, and the stability ball to increase physical strength, prevent osteoporosis, and help change your body to a more desirable form. This unique exercise program is designed to help increase muscle mass, decrease body fat, boost metabolism, and burn calories at a faster rate - even while you're asleep! Improve core strength and balance as well. Bring hand weights, an exercise mat, and a water bottle for every class. Instructor: Linda Budlong, CPT, RYT 200

1/28-4/3, Tues, Thurs

7:15-8:15 pm

Jewish Comm Ctr

CRN 28171

\$89

4/22-6/26, Tues, Thurs

7:15-8:15 pm

Jewish Comm Ctr

CRN 28172

\$89

Tai Chi

Taiji or T'ai Chi is an ancient, Chinese martial arts practice that is renowned as a rejuvenator of health and vitality and can be done by anyone who can walk. It is meditative in nature and

teaches body/mind control that is useful for all of life's activities. You need only comfortable shoes and clothing for practice. The instructors, Sifu Al Christensen and Sifu John Bulson, are both certified Taiji Instructors of Grand Master William C C Chen's School of T'ai Chi Chuan. Students of varying abilities are encouraged to attend. This class is ideal for all ages, especially older adults.

Instructor: John Bulson

1/27-3/31, Mon

5:30-6:30 pm

Utica GYM 202

CRN 24832

\$59

1/30-4/3, Thurs

6:30-7:30 pm

Preswick Glen

CRN 27695

\$59

4/24-6/26, Thurs

6:30-7:30 pm

Preswick Glen

CRN 27696

\$59

Instructor: Al Christensen

4/21-6/30, Mon

5:45-6:45 pm

Utica GYM 202

CRN 26060

\$59

No class 5/27

Yoga Flex & Flow

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

Instructor: Linda Budlong, CPT, RYT 200

1/28-4/1, Tues

5:30-7:00 pm

Jewish Comm Ctr

CRN 28179

\$75

4/22-6/24, Tues

5:30-7:00 pm

Jewish Comm Ctr

CRN 28180

\$75

Yoga Sculpt and Tone

This class combines hatha yoga vinyasa flow and strength training. We will use a variety of strength equipment such as weights and bands along with yoga blocks and more to challenge you. We will begin with a yoga warm up and combine yoga and strength training in our work phase; our cool down will increase flexibility and

finish with a well-deserved final relaxation. All levels are welcome; participants are encouraged to work at their own pace and fitness abilities. Please bring water, a yoga mat, light weights, and two yoga blocks.

Instructor: Linda Budlong, CPT, RYT 200

1/27-3/31, Mon

5:30-7:00 pm

Jewish Comm Ctr

CRN 28181 \$75

4/21-7/7, Mon

5:30-7:00 pm

Jewish Comm Ctr

CRN 28182 \$75

No class 4/28 and 5/26

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, sneakers, and a mat for stretching.

Instructor: Jodi Kapes

1/27-3/31, Mon

9:15-10:15 am

Jewish Comm Ctr

CRN 28184 \$59

4/7-6/30, Mon

9:15-10:15 am

Jewish Comm Ctr

CRN 28577 \$59

No class 4/14, 4/28, 5/26

Instructor: Cherish Eastman

1/27-3/31, Mon

7:15-8:15 pm

Jewish Comm Ctr

CRN 28580 \$59

4/21-6/30, Mon

7:15-8:15 pm

Jewish Comm Ctr

CRN 28581 \$59

No class 4/28(makeup 4/30), 5/26

Instructors: Danielle Fargas & Maria Arcuri

1/28-4/1, Tues

5:30-6:30 pm

Utica Gym 202

CRN 28582 \$59

4/22-6/24, Tues

5:30-6:30 pm

Utica GYM 202

CRN 28583 \$59

Zumba Gold®

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

Instructor: Jodi Kapes

1/27-3/31, Mon

10:30-11:30 am

Jewish Comm Ctr

CRN 28578 \$59

4/7-6/30, Mon

10:30-11:30 am

Jewish Comm Ctr

CRN 28579 \$59

No class 4/14, 4/28, 5/26

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

9:00-10:00 am

Instructor: Tina Jones

1/27-3/31 CRN 24830

4/21-6/30 No class 5/26 CRN 28268

11:00-12:00 pm

Instructor: Katelyn McAllister

1/27-3/31 CRN 27770

4/21-6/30 No class 5/26 CRN 27718

7:00-8:00 pm

Instructor: Shelley Hatch

1/27-3/31 CRN 27719

4/21-5/19 (5 weeks -\$29) CRN 28062

Wednesday

9:00-10:00 am

Instructor: Tina Jones

1/29-4/2 CRN 27710

4/23-6/25 CRN 28269

11:00-12:00pm

Instructor: Katelyn McAllister

1/29-4/2 CRN 27771

4/23-6/25 CRN 28272

Friday

9:00-10:00 am

Instructor: Tina Jones

1/31-4/4 CRN 27711

4/25-6/27 CRN 28270

11:00-12:00pm

Instructor: Katelyn McAllister

1/31-4/4 CRN 28138

4/25-6/27 CRN 28273

Water Aerobics Take all 3 Days:

\$129

9:00-10:00 am

1/27-4/4, Mon, Wed, Fri CRN 27712

4/21-6/30, Mon, Wed, Fri CRN 28275

No class 5/26

11:00-12:00 pm

1/27-4/4, Mon, Wed, Fri CRN 28139

4/21-6/30, Mon, Wed, Fri CRN 28276

No class 5/26

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

Monday

10:00-11:00 am

Instructor: Anna Case

1/27-3/31 CRN 27713

4/21-6/30 No class 5/26 CRN 28277

Wednesday

10:00-11:00 am

Instructor: Anna Case

1/29-4/2 CRN 27714

4/23-6/25 CRN 28278

5:00-6:00 pm

Instructor: Mary Farda

1/29-4/2 CRN 27717

4/23-6/25 CRN 28280

Friday

10:00-11:00 am

Instructor: Anna Case

1/31-4/4 CRN 27715

4/25-6/27 CRN 28279

Water Running Take all 3 Days:

\$129

10:00-11:00 am

1/27-4/4, Mon, Wed, Fri CRN 27716

4/21-6/30, Mon, Wed, Fri CRN 28281

No class 5/26

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

6:00-7:00 pm, Wed

1/29-4/2 CRN 28603

4/23-6/25 CRN 28604

Lane and Lap Lovers Swim

For those who love swimming laps, here is an ideal class. Swimming offers a fantastic aerobic workout and is perfect for cross-training. It strengthens muscles and offers non-weight-bearing exercise. You can swim at your own pace and in your own space. Goggles are recommended. All classes take place at the Utica Campus Pool. Cost \$65

8:15-9:00 am, Mon, Wed, Fri

1/27-4/4 CRN 27725

4/21-6/30 CRN 28267

No class 5/26

Beginning Swim for Adults

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

Instructor: Shelley Hatch

1/30-4/3, Thurs

6:00-7:00 pm

CRN 24829 \$70

4/24-5/22, Thurs

6:00-7:00 pm

CRN 28606 \$35

Register online @ www.mvcc.edu/cced

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. All classes take place at the Utica Campus Pool.

Instructor: Katelyn McAllister

1/28-4/1, Tues

7:00-8:00 pm

CRN 27726 \$70

4/22-5/20, Tues

7:00-8:00 pm

CRN 28605 \$35

Competitive Lap & Fitness Swim

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

Instructor: Shelley Hatch

1/30-4/3, Thurs

7:00-8:00 pm

CRN 26393 \$70

4/24-5/22, Thurs

7:00-8:00 pm

CRN 28607 \$35



Holistic Wellness

Life Prints Palmistry

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

Instructor: Erick Price

3/6-3/27, Thurs

7:00-8:30 pm

Utica AB234

CRN 28706 \$49

4/3-4/24, Thurs

7:00-8:30 pm

Rome PC215

CRN 28707 \$49

Living Intuitively

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

Instructor: Pat Jones

2/17-2/24, Mon

7:00-9:00 pm

Utica AB245

CRN 28695 \$29

NEW!

Revealing Your Divine

Nature

You will explore a variety of simple, yet powerful practices that nurture your connection to Spirit, and help reveal your divine nature. These heart nourishing practices are meant to be easily incorporated into your daily life, to help you feel supported and guided through all of the chaos that is encompassing life at this time. Unique, instructor-made materials will be provided.

Instructor: Pat Jones

3/10-3/24, Mon

7:00-8:30 pm

Utica AB242

CRN 28696 \$39

NEW!

Understanding Your Spiritual Body Type

This is an eye opening class that uses esoteric knowledge and lightheartedness to help you understand your most challenging relationships! Whether it's your spouse, co-worker, or mother, not only will you come to understand the Spiritual Body Types, but you will receive balancing actions and exercises to help alleviate any tension, anger or hurt you feel when interacting with others. Unique, instructor-made materials provided.

Instructor: Pat Jones

4/14-4/28, Mon

7:00-9:00 pm

Utica AB245

CRN 28697

\$49

NEW!

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

Change your health, your habits, and your life with self hypnosis. This program covers the whats, the hows and whys of 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. You'll learn about your two minds, conscious and unconscious, how to induce self hypnosis easily, quickly and obtain results. We'll dispel the myths and misconceptions of hypnosis.

Instructor: Erick Price

2/11-3/18, Tues

7:00-8:30 pm

Utica AB245

CRN 28708

\$89

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 Campus

\$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 Campus

\$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.

Instructor: Shelley Hatch

4/14-4/18, Mon-Fri

9:00-6:00 pm

Utica Pool/GYM 202

CRN 25859

\$299

Pre-test scheduled for April 11 at 5pm.

6/6-6/15, Fri-Sun

Fri: 5:00-9:00pm, Sat & Sun: 9:00-6:00pm

Utica Pool/GYM 202

\$299

Pre-test scheduled for May 30 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

9:00am - 6:00pm

Utica Pool/GYM 202

\$149

Water Safety Instructor Training

Get the skills and knowledge you need to become a Water Safety Instructor. Candidates will learn how to teach water safety, including the Basic Water Rescue and Personal Water Safety courses, six levels of Learn-to-Swim, three levels of Preschool Aquatics, and two levels of Parent and Child Aquatics, as well as the six basic swimming strokes. Students must be 16 years old and do not need to be a lifeguard prior to taking WSI. This course includes the prerequisite course. Bring a lunch/dinner daily.
Instructor: Kristi Peterson

3/28-4/6, Fri-Sun

Fri: 5:00-9:00 pm, Sat & Sun: 9:00-6:00 pm

Pool/GYM109

CRN 27787

\$299

Professional Development

Direct Selling: Make the most of your business

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

Instructor: Tina Jones

3/19-5/7, Wed

4:00-8:00 pm

Utica AB227

CRN 28244

\$149

Event Planning Certificate

A comprehensive program that prepares candidates for career opportunities in Event Planning. This program is designed to deliver a practical understanding of the fundamental concepts of Event Planning. At the conclusion of this course, students will be given hands-on assignments where they will put their learning to work. Candidates will develop and execute a fundraiser/event, within Festine Auditorium

on the Rome campus of MVCC, for a local not-for-profit organization. Upon the successful completion of the course work, and upon approval of the instructors, candidates will be granted a Certificate in Event Planning from Mohawk Valley Community College's Corporate and Community Education Department.
Instructors: Sarah Tierney, Bill Dustin

2/8-2/22, Sat

8:30-2:30 pm

Utica AB243

CRN 28638

\$349

Court Interpreter Program

This course is designed to prepare all eligible students for the written court interpreting examination required by New York State. The class will focus on several areas regarding court interpretation including review of standard English grammar and language usage, vocabulary, idiomatic expressions, American history and government, legal terminology, court decorum, simultaneous and consecutive interpreting. Students enrolling in the course should be proficient in English and a second language.

3/31-5/14, Mon & Wed

6:00-9:00 pm

Utica TBA

\$299

Becoming a Social Media Strategist

Social media has changed the way organizations and people interact with the world. Learn how to craft and execute an effective social media strategy for your organization.

This unique training opportunity in social media strategy management will help to prepare you with a skill set that includes:

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

For participants who wish to become certified as a Social Media Strategist (SMS), this course is approved by the National Institute for Social Media (NISM) and allows you to prepare for the NISM Social Media Strategist certification exam. Examination eligibility requirements are 64 academic units OR a minimum of 2 years business experience related to social media. To

learn more about, or to register for, the NISM Social Media Strategist certification exam, please visit <https://nisonline.org/certification/>

Instructor: Jay Sumner

3/11-4/10, Tues, Thurs

5:30 - 8:30 pm

Utica IT129

CRN 28632

\$795

Personal Trainer Certification

Here's your chance to become a certified Personal Trainer in one intensive weekend.

With Americans becoming more aware of the impact that physical fitness has on their long-term health, the need for individuals with an in-depth knowledge of personal fitness and who have the ability to provide personal training and fitness instruction is rapidly rising. PTIA is a premiere personal training school that will give you the education, skills and insight to become a valued professional as a certified personal trainer, ready to enter the workforce! Our two-day intensive program includes 16 hours of lecture, demonstrations and practical hands-on application. Online final exam will be taken after the class is complete. Day 1: Classroom training & hands on in the gym; Day 2: Hands-on in the gym. There are no prerequisites to participate in this program. Text and materials are purchased separately for \$65 on the first day of class. Please bring check or cash to receive materials. Note: CPR certification needs to be obtained before final certification. 10 Hour Internship/Shadowing period also required for final certification. Please dress in gym clothes and bring a lunch and a mat. Instructor: Nadia Ellis, PTIA

5/3-5/4, Sat, Sun

9:00-5:00 pm

Utica GYM 108

CRN 27740

\$449



75 Hour NYS Real Estate Salesperson's Pre-Licensing Course

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

Instructor: Ronald Cerminaro

1/27-3/24, Mon, Wed, Thurs

6:00-9:00 pm

Utica ACC220

CRN 26448

\$549

4/7-6/2, Mon, Wed, Thurs

6:00-9:00 pm

Utica ACC220

CRN 27939

\$549

NYS Home Inspector

Home Inspection is defined as the process by which a home inspector observes and provides a written report of the systems and components of a residential building including but not limited to: Heating System, Cooling System, Plumbing System, Electrical System, Structural Components - foundation, roof, masonry, structure, exterior and interior components or any other related residential building component recommended by the Home Inspection Council and implemented by the Department of State through the regulatory process. This course consists of 140 hours of training. The first 100 are in the classroom, followed by 40 hours of hands-on work in the field to do mock home inspections with a qualified instructor. Tuition includes all necessary books and materials. Home inspectors are required to complete 24 hours of approved continuing education within their two-year license renewal period prior to the expiration date in order to renew their license.

Instructor: David Jones

2/17-3/5, Mon-Fri

varied hours, call for details

MVCC Educ Center Room 101

CRN 27819

\$2999

NEW!

Introduction to Incident Command Systems

The Incident Command System (ICS) is a standardized, on-scene, all-hazards incident management approach that:

- Allows for the integration of facilities, equipment, personnel, procedures and communications operating within a common organizational structure.
- Enables a coordinated response among various jurisdictions and functional agencies, both public and private.
- Establishes common processes for planning and managing resources.

This course describes the history, features and principles, and organizational structure of the Incident Command System. It also explains the relationship between ICS and the National Incident Management System (NIMS). This course is listed by FEMA as IS-100.B.

Instructor: John Bielby

3/6, Thurs

6:00-10:00 pm

Rome PC215

CRN 28739

\$40

5/1, Thurs

6:00-10:00 pm

Utica AB234

CRN 28740

\$40

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

3/3-3/5, Mon, Wed

6:00-10:00 pm

Utica, Mon: AB233, Wed: AB229

CRN 22141

\$60

Instructor: John Bielby

4/21-4/23, Mon, Wed

6:00-10:00 pm

Rome PC203

CRN 28385

\$60

8 Hour Annual In-Service Training Course for Security Guards

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

Instructor: John Bielby

2/17-2/19, Mon, Wed

6:00-10:00 pm

Rome PC203

CRN 28216

\$60

Instructor: Rich Dodge

3/24-3/26, Mon, Wed

6:00-10:00 pm

Utica AB245 CRN 28217

\$60



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

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

Instructor: Rick D'Alessandro

4/14-4/23, Mon, Wed

6:00-10:00 pm

Utica IT119

CRN 27232

\$99

SAVE School Violence Prevention

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

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

Instructor: Rich Dodge

3/25, Tues

4:00-6:00 pm

Rome RA312 CRN 25205 \$25

4/8, Tues

4:00-6:00 pm

Utica AB134 CRN 25204 \$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

3/25, Tues

6:00-9:00 pm

Rome RA312
CRN 25874 \$35

4/8, Tues

6:00-9:00 pm

Utica AB134
CRN 21476 \$35

Grant Writing

In this course you will learn how to write a grant and where to look for potential funders who are a good match for your organization and how to ramp up your grant efforts through partnerships. Learn how to develop successful, fundable grants from a local expert whose proposals have brought in millions in funded projects to the local area. This workshop is ideal for nonprofit organizations, schools, religious institutions, and municipalities seeking grants from foundation, corporate, government, and individual donors.

Instructor: Russ Davis

3/5-3/26, Wed

8:30-10:30 am

MVCC Educ Center Rm 101
CRN 27134 \$150

Notary Public

If you have wanted to become a notary public, but have been worried about the exam, this class will help. Don't let the terminology scare you—you can become familiar with the terms and laws and learn the skills necessary to sit for the notary exam and earn the license to become a more valuable asset in your workplace.

Instructor: Gloria Karol

2/22, Sat

9:30-1:00 pm

Utica AB245
CRN 24496 \$50

4/5, Sat

9:30-1:00 pm

Rome PC205
CRN 26031 \$50

Paralegal Certificate

This nationally acclaimed program is designed for beginning as well as advanced legal workers. Students will be trained to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. The Paralegal Certificate Course[®] will also teach you how to work as a full-time or part-time paralegal, or how to open your own freelance business. There are no prerequisites, but students will be expected to complete a significant amount of homework for each weekly session. This program will help students increase their office's efficiency, productivity, and billable hours as well as learn new marketable job skills. Successful graduates will be awarded a Certificate of Completion from Mohawk Valley Community College. To receive a Certificate, students must pass numerous quizzes and successfully complete several legal document writing assignments. To Enroll, contact the Center for Legal Studies at 1-800-522-7737.

2/4-3/15, Tues, Thurs, Sat

Tues, Thurs 6-9:30 pm, AB141

Sat 9:00-5:00 pm, IT219

\$1189



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

Personal Injury for Paralegals- Certificate ONLINE

This online course is designed to more thoroughly examine the duties and scope of responsibility for personal injury paralegals. With this exciting, fast-paced class you will learn many of the legal terms, causes of action, and remedies available to victims of personal injury accidents. Students will discuss interviewing, investigating and other case building techniques vital to a personal injury paralegal's success in the law office. Class discussions and lesson material will include the different kinds of personal injury claims including 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.

*3/10-4/25,
\$729*

Software Essentials for the Law Office - Certificate Online

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. Common billing procedures and payment agreements, accurate time tracking, proper calendar and docketing procedures as well as the processes involved in electronic discovery will be addressed through a variety of exercises. In addition, students will be presented with real-life scenarios and asked to identify and examine ethical issues raised by the use of technology in a legal practice. 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.

*3/10-4/25,
\$729*

**Do you need
CPR/AED training?
Call 792.5300
for monthly
offerings and more
information.**

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



Healthcare

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. Together with the course text and online modules this course provides:

- CEUs from AAPC and AHIMA
 - Learning activities with immediate feedback provided throughout
 - Assessment and exams for every module
 - Three end-of-course examinations (including a 75-question mock ICD-10 exam)
 - Certificate of completion to prove to employers and colleagues that you are ICD-10-CM ready!
- Text book and ICD 10 book is required and can be purchased at MVCC's Book Store.

Instructor: Kathleen Fuscio

2/4-2/25, Tues

5:00-9:00 pm

Utica IT150

CRN 28683

\$399

3/8-3/29, Sat

9:00-1:00 pm

Utica IT150

CRN 28684

\$399

4/8-4/29, Tues

5:00-9:00 pm

Utica IT150

CRN 28685

\$399

Pharmacy Technician Program

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

Instructor: Vincent Visingardi

2/3-4/7, Mon, Wed

6:00-9:00 pm

Utica IT227

CRN 25924

\$999



Phlebotomy

This program will enable you to familiarize yourself with various aspects of the medical laboratory. It provides a certificate and skills required to work as a phlebotomist in a hospital, laboratory, or medical office environment. Intense classroom instruction is combined with individualized clinical practice. Upon successful completion, you will be able to seek employment as a phlebotomist. Tuition includes insurance fee. Purchasing the textbook is optional but highly recommended.

Instructor: Rachel Canarelli

4/21-6/16, Mon, Wed

6:00-9:00 pm

Utica TBD

CRN 21496 \$499

4/22-6/12, Tues, Thurs

6:30-9:30 pm

Rome PC 210

CRN 25917 \$499

Veterinary Assistant

This 100 hour program introduces students to the exciting and growing field of veterinary medicine. Students will learn about the care of animals as well as how to recognize signs of illness and disease. This program also covers interpersonal communication, interaction with clients and their animals, as well as how to assist the veterinarian during examinations. Administrative duties, such as fee collection, banking, and accounts payable are also emphasized to provide the student with the skills necessary to maintain an efficient front office. Students will enjoy learning through classroom lecture as well as hands-on labs. Note: this program does not include a national or state certification or a clinical rotation as part of its overall objectives. Textbook included.

3/4-5/22, Tues, Thurs, Sat

Tues, Thurs: 6:00-9:30 pm Sat: 9:00-3:00 pm

Utica AB265

CRN 28692 \$1899

No class March 18, 20

Certified Nursing Assistant (CNA)

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

Instructors: Jill Kelley & Bonnie Seigers

1/28-3/11, Mon-Thurs

3:00-8:30 pm

Rome TBD

CRN 28326 \$1200

Instructors: Nelson Wood & Tammy Burdick

1/27-3/7, Mon, Tues, Thurs, Fri

3:30-8:30 pm

Sitirin Healthcare Center

CRN 28334 \$1200

3/17-4/25, Mon, Tues, Thurs, Fri

3:30-8:30 pm

Sitirin Healthcare Center

CRN 28681 \$1200

EKG/Cardiographic Technician

This comprehensive 100 hour program prepares students to function as EKG Technicians and to take the ASPT – Electrocardiograph (EKG) Technician exam and other National Certification Exams. This course will include important practice and background information on anatomy and physiology of the heart, medical disease processes, medical terminology, medical ethics, legal aspects of patient contact, electrocardiography and stress testing. Additionally, students will practice with EKG equipment and perform hands-on labs including introduction to the function and proper use of the EKG machine, the normal anatomy of the chest wall for proper lead placement, 12-lead placement and other clinical practices.

Instructor: Maryanne Taverne

2/25-5/8, Tues, Thurs

5:00-9:30 pm

Utica TBD

CRN 28682 \$999

Barrier Precautions/Infection Control

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

Instructor: Carolyn Neverusky

3/6, Thurs

6:00-9:00 pm

Rome PC205

CRN 27226 \$35

3/20, Thurs

6:00-9:00 pm

Utica AB245

CRN 22038 \$35

ONLINE

Instructor: Tammy Burdick

CRN 28680 \$40

Healthcare Leadership Institute

This institute is designed to help healthcare facilities enhance leadership on all levels starting with employee orientation through discharge planning. Administrators and managers may want to come themselves or send staff that can benefit from the topics discussed. The goal is to have our community offer the best healthcare it can and improve customer satisfaction.

More and more, reimbursement depends on customer satisfaction. Providing an enriched safe environment that is both effective and efficient is crucial. Facilities can send different employees each month (up to 2 people each session). A certificate of completion will be given after each session. Call for monthly topics.

1/15-7/16, Wed

3rd Wednesday of Each Month

1:00-3:00 pm

Utica AB 244

\$249

CPR/First Aid for Healthcare 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

1/8, Wed

9:00-3:00 pm

Utica GYM202

Register online @ www.mvcc.edu/cced

CRN 28688 \$30

2/5, Wed

9:00-3:00 pm

Utica GYM115

CRN 28689 \$30

3/5, Wed

9:00-3:00 pm

Utica GYM115

CRN 28690 \$30

6/4, Wed

9:00-3:00 pm

Utica Gym 202 \$30

Intro to Electronic Health Records ONLINE

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

CRN 28255 \$199

Working with Electronic Health Records ONLINE

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

CRN 28256 \$199

Intro and Working with Electronic Health Records COMBO ONLINE

CRN 28257 \$375

315-792-5300

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! Offer expires on April 30, 2014.

CRN 27737

\$2795



Medical Spanish **ONLINE**

This course will focus on the fundamentals of Spanish language: listening, reading, and speaking. The basics of grammar will be taught, and special focus will be given to medical terminology and phrases that are necessary to function in a medical environment at the beginning level. This course is self paced and you can start at any time.

Instructor: Roman Santos

CRN 28686

\$89



Insurance Training

Insurance Pre-licensing Class Part 1

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

Instructor: Sandie Seth

3/10-4/7, Mon, Wed, Fri

6:00-9:30 pm

Utica IT218

CRN 28731

\$475

Insurance Pre-licensing Class Parts 1 & 2

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

Instructor: Sandie Seth

3/10-6/2, Mon, Wed, Fri

6:00-9:30 pm

Utica IT218

CRN 28732

\$950

No class week of 4/14, 4/21 and 4/28

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

2/12, *Wed*
8:00-5:00 *pm*
Utica IT218
CRN28264

\$79

Life and Health Insurance: Basic Principles of Underwriting

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

Instructor: Jim Lombardo

2/26, *Wed*
8:00-5:00 *pm*
Utica IT218
CRN28677

\$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

3/6, *Thurs*
8:00-5:00 *pm*
Utica IT218
CRN28262

\$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. NYCR-237536

Instructor: Jim Lombardo

3/26, *Wed*
8:00-5:00 *pm*
Utica IT218
CRN28678

\$79

NEW!

Insurance Marketing in the New World

This class provides up to date information on marketing and advertising your insurance business. Topics will include using social media, webpages, twitter, and more. Pros and cons of all methods, costs, challenges and what is best for you will be discussed. This course will provide 4 CEUS.

Instructor: Jim Lombardo

4/2, *Wed*
8:00-12:00 *pm*
Utica IT218
CRN28679

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

Instructor: Sharon Jachim

4/10, *Thurs*
8:00-12:00 *pm*
Utica IT218
CRN28676

\$39

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

4/10, *Thurs*
1:00-5:00 *pm*
Utica IT218
CRN28675

\$39

Customized Cost effective Convenient



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

Computer Instruction

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

Management/Supervisory/General Business

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

Customer Service

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

Manufacturing/Construction

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

Engineering/Manufacturing

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

Call us to upgrade your employees' skills.

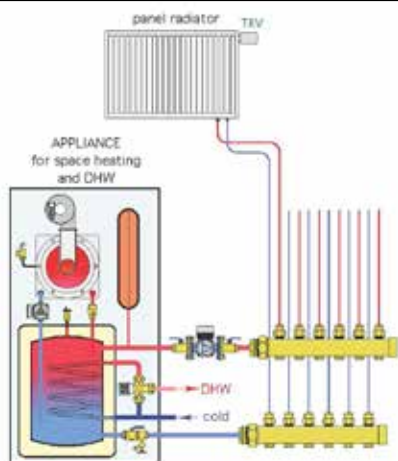
(Your location or on the Utica or Rome campus)

For Corporate Customized Training
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Register online @ www.mvcc.edu/cced

Construction & Engineering Skills



Hydronic Heating Supplied by Renewable Energy

Hydronic heating is extremely versatile. For decades it has been used to deliver unsurpassed comfort using conventional energy sources such as gas and oil-fired boilers. Hydronics can also serve as an ideal “conveyor belt” for heat supplied from renewable energy sources such as solar thermal collectors, heat pumps, and solid fuel (wood and pellet) boilers. This full day seminar will show how to use each of these renewable heat sources as the primary energy source for space heating and domestic hot water production. It will show how to implement state of the art concepts and hardware to maximize the potential of the renewable energy source. It will also show how to integrate auxiliary heat sources in ways that ensure consistent comfort, but also minimize the use of conventional energy. You will come away with dozens of system concepts, and the design information needed to put them into practice.

Instructor: John Siegenthaler

4/2, Wed

8:00-4:30 pm

Utica IT225

CRN 28620

\$249

NEW!

Environmental Integration for Construction Projects

Designed to provide construction managers, architects, engineers, general contractors and building managers an enhanced ability to integrate environmental issues into building renovation and maintenance projects. This course provides a detailed understanding of key issues in asbestos, lead-based paint, mold, universal waste, and related environmental issues.

Course objectives are to provide information as

well as strategies for meeting regulations while minimizing construction schedule and cost impacts. Instructors will discuss advance planning to avoid work stoppage, environmental design, work methods available to professionals and reducing environmental scope creep. Students will gain an understanding of regulations that drive the work, how to integrate environmental trades and professions, addressing public and building user concerns and coordination of remediation with the work of other contractors.

There are no prerequisites, the course is intended for experienced professionals and presumes students have knowledge of multi-trade building renovations. Students completing the course will receive a Certificate of Completion and may qualify for 20 PDH's. Instructors have more than 25 years of experience integrating environmental issues into building construction projects.

Instructor: Jim Evans

3/5-4/9, Wed

5:00-9:00 pm

Rome PC 215

CRN 28738

\$499



10-Hour OSHA Certification

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

2/3-2/5, Mon-Wed

6:00-9:30 pm

MVCC Educ Center Room 108

CRN 28387

\$75

5/19-5/21, Mon-Wed

6:00-9:30 pm

Rome PC207

CRN 26735

\$75

NEWS

30-Hour OSHA Training

OSHA 30-hour training is the primary method used to train workers and supervisors on hazard recognition and OSHA safety standards. This training is appropriate for construction supervisors or workers with some safety responsibility. Through this training, workers become more knowledgeable about workplace hazards and their rights, and contribute more effectively to the project's productivity. When the training is completed, you will receive your official OSHA 30-hour training card. Please bring \$5 to class for your certificate.

Instructor: Dominick Timpano

2/3-2/19, Mon-Wed

6:00-9:30 pm

MVCC Educ Center Rm 108

CRN 28701

\$249

5/19-6/4, Mon-Wed

6:00-9:30 pm

Rome PC205

CRN 28702

\$249

HAZWOPER (Hazardous Waste Operations)

This five day course provides occupational health and safety training to technical/field personnel involved in site activities including; initial site characterization, field investigation, and remediation operations. The basic components of the program are designed to provide workers with training specific to the types of health and safety hazards present at typical job sites. Meets OSHA & EPA requirements. Those working in hazardous waste cleanups, including removal of PCBs, should attend.

3/24-3/28, Mon-Fri

8:15-4:15 pm

MVCC Educ Center Room 108

CRN 28193

\$610



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

1/17, Fri

MVCC Educ Center Rm 108 CRN 27244

2/14, Fri

8:15-5:15 pm

MVCC Educ Center Rm 108 CRN 27245

3/14, Fri

Veteran's Outreach Ctr. CRN 27246

4/11, Fri

MVCC Educ Center Rm 108 CRN 27248

5/9, Fri

MVCC Educ Center Rm 108 CRN 27250

Lead Renovator Refresher

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

4/10, Thurs

MVCC Educ Center Rm 108 CRN 28629

Computer Skills



NEW!

Adobe Premiere Pro

Adobe Premiere Pro is comprehensive, nonlinear video editing program. In this course you will learn how easy it can be to get started cutting with the professional tools. You will learn about the interface and work environment, gain an understanding of the workflow, and be introduced to core editing techniques, and many other editing tips. You'll also learn how to edit and mix audio and add transitions, effects, titles, and keyframes. Requires a basic understanding of Adobe Photoshop and Illustrator. Software Version: CS6

Instructor: Chrono Ho

3/4-3/25, Tues

5:00-8:00 pm

Utica AB148

CRN 28704

\$119

NEW!

Adobe Crash Course

Jumpstart your design skills! Adobe Photoshop and Illustrator are two of the leading software programs in the graphic design industry. We will cover both of them in one course! You will learn about image resolution, cropping, and resizing through advanced color correction, layers, selection tools, and compositing in Photoshop, as well as creating vector graphics, working color and gradients, text, filter, pattern and effects in Illustrator. Basic knowledge and experience with computers is required. Students must bring a flash drive. Software Version: CS6

Instructor: Chrono Ho

2/4-2/25, Tues

5:00-8:00 pm

Utica IT129

CRN 28705

\$119

NEW!

Adobe After Effects

This exciting desktop program is often used in feature film opening title sequences and in TV commercials to create stunning motion graphics. From key framing simple positional moves to adding lens flare, 2D Animation and 3D motion, this workshop will show you how to create motion graphics and export them for use in editing programs or other video formats. Requires a basic understanding of Adobe Photoshop layers and Illustrator vector graphics, as we will be working with layered .psd, and ai files. Software Version: CS6

Instructor: Chrono Ho

4/8-4/29, Tues

5:00-8:00 pm

Utica AB148

CRN 27803

\$119

Security+ Test Prep **ONLINE**

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

Instructor: Mike Vandusen

3/24-5/9

CRN 28733

\$999

Network+ Test Prep

This class prepares students for the CompTIA Network+ certification exam. Students learn to install, configure, and troubleshoot a computer network. Topics include fundamentals such as protocols, topologies, hardware, and network operating systems. This course is taught in the MVCC Cybersecurity Training Lab in Rome. Cost includes materials and exam fee.

Instructor: David DeProspero

3/4-4/24, Tues, Thurs

6:00-9:00 pm

Rome PC 209

CRN 28743

\$1200

Apple Gadgets

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

Instructor: Chrono Ho

3/22, Sat

10:00-1:00 pm

Utica AB204

CRN 28196

\$29

5/3, Sat

10:00-1:00 pm

Rome PC205

CRN 28197

\$29

NEW!

Keyboarding A to Z

This course for students who want to learn how to touch-type to increase their speed and efficiency on the keyboard. The ability to touch-type using ten fingers is one of the most important skills required in today's computer literate society. There is a significant difference in performance between people that touch-type and look at their screen and people that look down and hunt and peck the keys with two fingers. Touch-typists focus on the content of their work on-screen without having to think about the keyboard. By using KAZ, you can significantly reduce the learning time required to acquire this valuable skill.

Instructor: Ed Sajdzikowski

2/17-2/20, Mon, Wed, Thurs

5:00-8:00 pm

Utica IT219

CRN 28699

\$65

4/14-4/16, Mon-Wed

5:00-8:00 pm

Rome PC 252

CRN 28700

\$65



Computing for Baby Boomers

Join the computer age without fear. Learn basic skills and experience what can be done on the computer in a relaxed, no-pressure environment. Explore how computer applications can help you stay in touch and on top of things. You will learn how to open and send an email; how to search for items using the Internet; and how to create a professional-looking letter or document using Microsoft Word. The slower pace of this course, along with its guaranteed limited class size, assures that you will receive personal, hands-on instruction. Students have option to purchase textbook for \$20.

Instructor: Ed Sajdzikowski

3/24-3/27, Mon, Wed, Thurs

5:00-8:00 pm

Utica IT219

CRN 26485

\$65

4/28-4/30, Mon-Wed

5:00-8:00 pm

Rome PC209

CRN 27165

\$65

College for Kids & Teens

NEW!

Creative Dance for Kids & Teens

Come have fun exploring the elements of dance, with a focus on creativity and self expression. Through a series of structured exercises and improvisational experiences students will have the opportunity to master new skills and create their own masterpieces. Appropriate for beginners as well as those with dance experience, this class follows the structure of a traditional dance class with a warm-up, across the floor, center work, and a cool-down. Each session ends with an informal showcase open to family and friends. Developed for dancers with mixed-abilities, this class is open to children with special needs as well as their typical peers. Parents must be present throughout class session. Ages 6 and up.

Instructor: Cara Bulson Arcuri

1/23-4/3, Thurs

5:30-6:15 pm

Utica GYM202

CRN 28145

\$49

No class 2/20

4/24-6/26, Thurs

5:30-6:15 pm

Utica GYM202

CRN 28146

\$49

School Break Camps

February Break:

NEW!

Follow Me Robot

Would you like to build a robot that has built in microphones, can detect sound, and move and turn? In this camp you will build a robot to take home while learning about the different gears and sensors as you build it. You will also build other robots in a group then join in a Sumo wrestling and obstacle course event with what you have built. All materials included. Ages 7 to 12.

2/18-2/19, Tues, Wed

8:30-4:00 pm

Perry Jr High

CRN 28597

\$149

NEW!

Airplanes, Bridges, and Gadgets

Do you like to build things and tinker with electronics? Come join us and build a rubber-powered model airplane, and design and build model bridges while learning simple engineering skills. Build electronic projects such as a patrol car siren, burglar alarm and Morse code transmitter. All materials included. Ages 7-12.

2/20-2/21, Thurs, Fri

8:30-4:00 pm

Perry Jr High

CRN 28598

\$149



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. You will learn the difference between a mother's helper and a babysitter; how to feed infants and children; and emergency identification. With successful completion, you will receive certification in basic first aid, American Red Cross babysitting training, and infant and child CPR. After you complete this course, you will be able to assure parents that you are a capable and competent babysitter. Ages 11 and up.

Instructor: Shelley Hatch

2/17-2/21, Mon-Fri

9:00-12:00 pm

Utica GYM 202 and 108

CRN 27775

\$89

2/17-2/21, Mon-Fri

1:00-4:00 pm

Utica GYM 108

CRN 25844

\$89

April Break:

NEW!

DIY Vehicles

Do you like to use your creativity to design and build things? Then test drive this unique class! You will get to build an air powered Hover Craft, an Egg Drop Car and a car of your own to take home. Explore the laws of motion, energy, air pressure, friction, lift, speed, and acceleration all while using your creativity. Ages 6-11. All materials included.

4/14-4/15, Mon, Tues

8:30-4:00 pm

Perry Jr High

CRN 28599

\$149

NEW!

Mystery Rock Workshop

What hidden treasures will you find? In this camp you will excavate valuable gems, fascinating rocks, and ancient fossils and all are yours to keep! You will experience the thrill of discovery, much as prospectors did while unearthing the treasures in your Mystery Rock. Ages 6-11. All materials included.

4/16-4/17, Wed, Thurs

8:30-4:00 pm

Perry Jr High

CRN 28600

\$149

Lifeguard Training Course

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.

Instructor: Shelley Hatch

4/14-4/18, Mon-Fri

9:00-6:00 pm

Utica Pool/GYM 202

CRN 25859

\$299

Pre-test scheduled for April 11 at 5 pm

Swimming Lessons

All classes –MVCC Utica Campus, 1101 Sherman Drive, Utica

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

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

Parent and Child Aquatics \$55

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

Preschool with Parent Aquatics \$55

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

Level 1: Introduction to Water Skills \$55

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

Level 2: Fundamental Aquatic Skills \$55

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

Level 3: Stroke Development \$70

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

Level 4: Stroke Improvement \$70

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

Level 5: Stroke Refinement \$70

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

Level 6: Fitness Swimmer \$70

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

ALL CLASSES AT MVCC UTICA



Saturday Morning Classes

1/25-4/5

No Class 3/22

Parent and Child Aquatics (ages 1-2)

CRN 24098 10:30-11:00 am

Preschool with Parent Aquatics

(ages 3-5)

CRN 27720 10:00-10:30 am

Level 1

CRN 26397 9:00-9:30 am

CRN 26399 11:00-11:30 am

CRN 26401 12:00-12:30 pm

Level 2

CRN 26405 9:30-10:00 am

CRN 26404 11:30-12:00 pm

CRN 26403 12:30-1:00 pm

Level 3

CRN 27866 9:00-10:00 am

CRN 23690 12:00-1:00 pm

Level 4

CRN 26695 10:00-11:00 am

Level 5/6

CRN 26697 11:00-12:00 pm

Monday Evening Classes

Two Sessions this Spring

Session 1: 1/27-3/31

Session 2: 4/21-6/30

No class 5/26

Preschool with Parent Aquatics (ages 3-5)

Session 1: CRN 27722 5:30-6:00 pm

Session 2: CRN 27724 5:30-6:00 pm

Level 1

Session 1: CRN 28337 5:00-5:30 pm

Session 2: CRN 28608 5:00-5:30 pm

Session 1: CRN 26407 6:00-6:30 pm

Session 2: CRN 28610 6:00-6:30 pm

Level 2

Session 1: CRN 27320 6:30-7:00 pm

Session 2: CRN 28611 6:30-7:00 pm

Level 3

Session 1: CRN 28135 5:00-6:00 pm

Session 2: CRN 28609 5:00-6:00 pm

Level 4

Session 1: CRN 28612 6:00-7:00 pm

Session 2: CRN 26709 6:00-7:00 pm

Tuesday Evening Classes

1/28-4/1

Parent and Child Aquatics (ages 1-2)

CRN 28615 6:00-6:30 pm

Level 1

CRN 26416 5:00-5:30 pm

Level 2

CRN 28336 5:30-6:00 pm

CRN 26418 6:30-7:00 pm

Level 3

CRN 23694 5:00-6:00 pm

Level 4

CRN 28616 6:00-7:00 pm

Tuesday & Thursday Evening Classes

5 week session

5/27-6/26 Save the date! Register in mid-April.

Level 1

5:00-5:30 pm

6:00-6:30 pm

Level 2

5:30-6:00 pm

6:30-7:00 pm

Level 3

5:00-6:00 pm

Level 4

6:00-7:00 pm

Test Prep

SAT Review Class

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

Instructors: Wendy Davidson & Susan Murray

For May Test:

4/1-4/10, Tues, Thurs

6:00-8:15 pm

Utica AB249

CRN 27705

\$79



SAT Quick Prep

Sharpen your skills and test-readiness in just two sessions and get real SAT practice, question analysis, answering tactics, and study plans for math, reading, vocabulary, written expression, and essay writing – in less time. Bring pens and a scientific or graphing calculator.

Instructors: Wendy Davidson & Susan Murray

For March Test:

3/3-3/5, Mon, Wed

6:00-8:30 pm

Utica IT119

CRN 28167 \$49

For May Test:

3/29-4/5, Sat

9:00-11:30 am

Utica AB249

CRN 28169 \$49

3/31-4/7, Mon

6:00-8:30 pm

Rome RA223

CRN 28168 \$49

For June Test:

5/19-5/21, Mon, Wed

6:00-8:30 pm

Rome TBD \$49

5/27-5/29, Tues, Thurs

6:00-8:30 pm

Utica TBD \$49

Prepping for the SAT Online

Brought to you by the authors of and 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. Course participants will be given the opportunity to put their new skills into practice using real SAT tests from recent years. Required Text: The Official SAT Study Guide, 2nd Edition (by CollegeBoard).

3/17-4/13

CRN 28730 \$250

Wanted: Summer Career Camp Ideas and Instructors

Are you interested in developing and teaching one of our "Career Camps" during the months of July and August? These week-long half-day programs are targeted at students primarily in grades 3-9 and focus on both high-tech and non-technical topics.

For more information, contact Lisa Philipson, Coordinator, College for Kids and Teens, at lphilipson@mvcc.edu.

SAT Intensive Math Workshop

This class provides extensive math explanation and problem-solving to help prepare for the SAT test. Sample tests will be used. In-depth emphasis on successful test-taking strategies will be available. Bring pens and a scientific or graphing calculator.

Instructor: Susan Murray

4/23, Wed

6:00-8:30 pm

Rome RA225

CRN 25845 \$29

4/29, Tues

6:00-8:30 pm

Utica AB249

CRN 25848 \$29

SAT Reading & Writing Workshop

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

Instructor: Wendy Davidson

4/9, Wed

6:00-8:30 pm

Rome RA306

CRN 28596 \$29

5/1, Thurs

6:00-8:30 pm

Utica AB249

CRN 26068 \$29

SAT Vocabulary Workshop

The knowledge of college level vocabulary is an important factor in many SAT questions. Join this class for a relaxed and stimulating session that surveys higher level vocabulary with exercises, word associations, word games, and practice test questions from the real SAT.

Instructor: Wendy Davidson

4/28, Mon

6:00-8:30 pm

Rome RA 307

CRN 26749 \$29

4/30, Wed

6:00-8:30 pm

Utica AB229

CRN 26761 \$29

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

\$39

Prepping for the ACT Online

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

3/17-4/13, Online

CRN 28726

\$250

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

\$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

\$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

\$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).

3/17-4/13

CRN 28727

\$250

Prepping for the GRE Online

Brought to you by the authors of the GRE Prep Manual and Study by Apps© recently released GRE Preapplication, 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).

3/17-4/13

CRN 28728

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

3/17-4/13

CRN 28729

\$250

Leisure Learning



NEW!

Olympic Curling School

This fun, hands on course is an introduction to the sport of curling designed for anyone who wants to learn how to curl. In this 3-week course, participants will learn the basics of the curling delivery and effective sweeping, rules, and basic strategy of the game. Each week, you will receive personal instruction in the classroom on-ice from experienced instructors, and have a chance to compete against other curlers of similar experience in supervised games. Get a jump on the next season and hone your curling skills now! Wear warm, loose-fitting clothes. Bring a pair of athletic shoes (sneakers or tennis shoes) with clean soles. Brushes, grippers, and sliders will be provided. For ages 16 and up.

Instructor: Roger Rowlett & Mary Jane Walsh,
USCA Certified Level II

3/9-3/23, Sun

6:30-8:30 pm

Utica Curling Club

CRN 28734

\$75

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.

Golfing: Basics for Beginners

Learn from a teaching professional with over 25 years of experience nationally. 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. For anyone who has ever considered taking up the game, this course promises to be worth the investment. Golf or tennis shoes recommended; bring clubs if available. Classes are held at Mohawk Glen Golf Course. All range and ball rental fees are included. Please register early; course fills quickly! First class is introductory and meets at King Pin Lanes in Rome.

Instructor: Paul Panek

4/20-5/18, Sun

3:00-4:15 pm

Mohawk Glen Golf Course

CRN 28147

\$119

4/20-5/18, Sun

4:30-5:45 pm

Mohawk Glen Golf Course

CRN 28148

\$119

Golfing: 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. Classes are held at Mohawk Glen Golf Course. All range and ball rental fees are included. Participants must have a minimum of 3 years golfing experience.

Instructor: Paul Panek

4/27-5/18, Sun

6:00-7:15 pm

Mohawk Glen Golf Course

CRN 28141

\$99

Think Spring! Feasting Free on Wild Edibles

Have fun learning the art of feasting free on wild edibles! Through a series of slide shows, presentations and local nature walks you can learn to locate and prepare delicious and nutritious wild foods gathered free from Mother Nature's gardens! In this class, you will learn more about what nature has to offer during the springtime! This class involves some traveling and walking through local natural areas.

Instructor: Bill Chapman

4/26-5/17, Sat

9:00-12:00 pm

Utica AB 245

CRN 27164

\$49

Register online @ www.mvcc.edu/cced

Travel Free, Plus Make Money!

This class is offered one time only this year! National speaker, Gina Henry, will show you how she lives this travel life taking 10 FREE vacations a year. With this challenging economy it is even more important to know the insider secrets to free travel. Gina is the author of the book "Free Vacations." Her 25 years of travel experience will show you hundreds of ways to get FREE airline tickets, hotels, cruises, tours, car rentals, meals, & more. Learn the best travel web sites, tips on packing light, solo travel, safety, health, culture, the 7 effective ways to negotiate, and the 50 most important words in any language that will empower you to travel anywhere. Please bring \$15 to class for class materials (a \$39.95 value). This class is being offered in collaboration with Herkimer County Community College. Instructor: Gina Henry

5/7, *Wed*

6:00 - 9:30 pm

Utica IT225

CRN 28619

\$29



Outdoor Skills Workshop

Are you looking to hone your outdoor skills or learn more about what it takes to plan a back country hike or camping trip? We'll cover everything from planning a trip to reading a map to back country cooking. Topics will include how to plan and prepare for a trip, fire craft, managing risk, equipment needs, Leave No Trace principles, camp site selection and shelters, and survival and wilderness first aid.

Instructor: Michael Quinn

3/3-3/5, *Mon, Wed*

6:00-9:00 pm

Utica AB245

CRN 28165

\$39

Wilderness First Aid

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

Instructor: Michael Quinn

3/10-3/12, *Mon, Wed*

6:00-9:00 pm

Utica AB245

CRN 28601

\$39

Wilderness Navigation with Map and Compass

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

Instructor: Michael Quinn

3/17-3/22, *Mon, Wed, Sat*

Mon, Wed: 6:00-9:00 pm, AB245, Utica Campus

Sat: 9:00-12:00pm, Proctor Park

CRN 28177

\$39

Wilderness Survival: The Art of Self-Reliance

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

Instructor: Michael Quinn

3/31-4/5, *Mon, Wed, Sat*

Mon, Wed: 6:00-9:00 pm, AB245, Utica Campus

Sat: 9:00-12:00pm, Proctor Park

CRN 28178

\$39

NEW!**Identity Theft Seminar**

This seminar will explain how to protect your personal identity and how to lower the odds of becoming an identity theft victim. You will learn what identity theft is and how identity thieves obtain personal information. Topics will include health insurance identity theft, current scams and tactics, protecting your identity on the internet and social media and protecting your child's or grandchildren's identities and protecting kids online. You will receive the tips you need to minimize your risk and take steps to keep yourself and your money safe online and offline. You can't afford to miss this important seminar!

Instructor: Michelle Tuttle

3/22, Sat

10:00-2:00 pm

Utica AB 246

CRN 28742

\$39

Estate Planning: Protecting Your Assets

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

Instructor: Attorney D. Victor Pellegrino

3/3-4/7, Mon

6:00-7:30 pm

Rome Festive Auditorium (PC A10)

CRN 28698

\$FREE!

NEW!**What is Probate? How & Why to Avoid It**

This course will explain the probate process, the needless costs and time delays of probate and planning a client's legal and financial affairs to avoid probate. Topics discussed will include: Why having a will does not protect your assets from probate, the duties of an executor/executrix, what assets must go through probate, how to avoid your assets, including IRA's, annuities, and life insurance from going through probate and the negative asset protection consequences and loss of income tax benefits of those assets going through probate, how to avoid probate through the use of forms of asset ownership, powers of

attorney, revocable trusts, irrevocable trusts, and supplemental needs trusts for children with special needs.

Instructor: Attorney D. Victor Pellegrino

4/1-5/6, Tues

6:00 - 7:30 pm

Utica IT225

CRN 28633

\$FREE!

NEW!**"Keys" 2 Free Life: Real Estate Investing for Beginners**

Are you looking for financial freedom and/or a reliable retirement? Real estate investing may be a KEY that you can use! If you are like many middle-income Americans trying to "live the dream," you may be finding it a nightmare of debt. Or you could be looking for a reliable retirement that you have maximum control over, is lower-risk, and doesn't require a lot of money needed for the present. 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 when you are ready to retire.

Instructor: Rene Armstrong

2/6-2/27, Thurs

6:00-8:00 pm

Rome PC 221

CRN 28627

\$99

4/3-4/24, Thurs

6:00-8:00 pm

Utica IT149

CRN 28628

\$99

Acting for Non-Actors

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

Instructor: Kristy Lenuzza

2/27-4/10, Thurs

6:00-8:00 pm

Utica AB229

CRN 28170

\$75

No class 3/13

NEW!

Modern Calligraphy for Beginners

Learn the beautiful art of calligraphy! This class is focused on renewing the artisan craft of hand calligraphy. Using the particular hand style Copperplate, students will learn the basic flourishes, alphabet, and how to form words. Students must bring \$30 to class for a supply kit. Instructor: Christie Jones

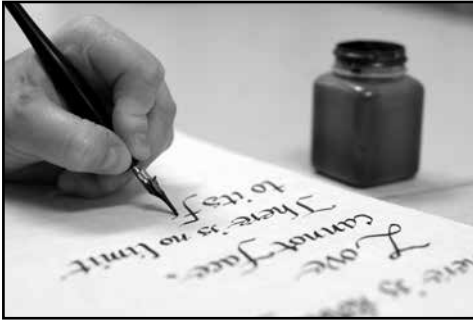
4/3-4/24, Thurs

6:00-8:00 pm

Utica AB231

CRN 28631

\$79

**NEW!**

Facing Toxins in Personal Care Products

Did you know that the FDA does not review or approve the vast majority of products or ingredients before they go on the market and most cosmetic marketing claims are unregulated, and companies are rarely, if ever, required to back their claims? Join Christine Shahin, holistic beauty practitioner, for this informative enlightening session about what is really in our cosmetics and how you can reduce your exposure to toxins. Bring your favorite product to learn more about it.

Instructor: Christine Shahin

3/5, Wed

6:00-8:00 pm

Utica AB268

CRN 28618

\$29

NEW!

Coloring Hair with Natural Pigments

Traditional hair color solution is filled with harsh chemicals. Enough is enough! Get luxurious, healthy hair by using natural pigments. Join Christine Shahin, holistic beauty practitioner for a brief historic overview on traditional uses of plant pigments and contemporary use. Learn how to tell if henna is pure henna, how to mix & apply for hair coloring use, and recipes for various

colors. Inquire if you are interested in being a volunteer model for live hair coloring demo for this session. Participants receive plant pigments for take home use.

Instructor: Christine Shahin

4/23, Wed

6:00-8:00 pm

Utica AB268

CRN 28617

\$29

NEW!

Make Your Own Beauty Products

Looking to save money while ensuring products you use are the highest quality? Join Christine Shahin, holistic beauty practitioner for this informative fun evening of making hair and skin care products for your personal hair and skin type using ingredients already in your kitchen. Participants will receive recipes and will take home a body or hair product.

Instructor: Christine Shahin

5/7, Wed

6:00-8:00 pm

Utica AB268

CRN 28630

\$29

NEW!

Weight Loss: Better Health Through Hypnosis

Obesity is at an all-time high in America and people are searching for solutions and here it is. 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. Simply by applying simple behavior-changing techniques that anyone can learn and everyone can enjoy, you'll learn how to lose weight in a unique, fun way! Experience a light trance state and the power of focused concentration and relaxation to fast-track these changes in your lifestyle, and reinforce the new healthier you! 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

1/21, Tues

6:00 - 8:00 pm

Utica AB245

CRN 28709

\$29

NEW!**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. No medications or nicotine supplements are necessary. Experience a light trance state of focused concentration and relaxation and stop watching your life go up in smoke.

Instructor: Erick Price

1/23, Thurs

6:00 - 8:00 pm

Rome PC215

CRN 28710

\$29

NEW!**Allergic Reactions: Prevention and Understanding**

If you have a loved one with a food allergy, the world can seem like a scary place. This class will help to put you at ease. You'll gain the knowledge you need and the confidence to respond if an emergency occurs. Topics include best practices to avoid allergens, label regulations and label reading, and how to recognize and treat a reaction.

Instructor: Tammy Burdick

3/12, Wed

6:00-8:00 pm

Utica AB220

CRN 28693

\$40

4/2, Wed

6:00-8:00 pm

Rome RA223

CRN 28694

\$40

**Cooking**

New this semester, 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.

NEW!**Gourmet Dinner with the Nole Brothers**

The Nole brothers have put Utica on the map with their assortment of delectable restaurants! Now you can cook side by side with them. In this class we'll prepare a flatbread appetizer, shrimp or veggie fagioli, and we'll finish the meal with a refreshing fruit tartelette.

Instructors: Dean & Jason Nole

2/24, Mon

5:30 - 9:00 pm

Lite & Gourmet, New Hartford

CRN 28641

\$39

NEW!**Authentic Lebanese Dinner**

Join us as we prepare a Lebanese feast of stuffed grape leaves, tabbali, hummus, shawarma kabobs, and Lumi with the owner of the locally well-known Phoenician Restaurant! We'll finish with something sweet: baklava cigars.

Instructor: George Karam

3/3, Mon

5:30-9:00 pm

Lite & Gourmet, New Hartford

CRN 28642

\$39

NEW!

Signature Lamb Curry

Dinner

You don't have to go to a restaurant to enjoy authentic, delicious Indian food! In this class, we'll prepare a lamb or veggie curry made with freshly roasted spices and coconut milk. Sides include basmati rice and peas pilaf, a refreshing cucumber yogurt sauce, and Double Ka Meetha dessert to top it all off!

Instructor: Raji Ramineni

4/26, Sat

10:00-1:30pm

Lite & Gourmet, New Hartford

CRN 28643

\$35

NEW!

Theme Thai

Make fresh and tasty Thai food right in the comfort of your own home! We'll start with pork or veggie dumplings, with a main entrée of Thai Massaman curry with chicken in coconut sauce. For the vegetarians out there, we'll also prepare a tofu chili jam. To finish it off, we'll prepare a dessert of macerated fruit in Grand Marnier with frozen yogurt.

Instructor: Raji Ramineni

5/10, Sat

10:00-1:30pm

Lite & Gourmet, New Hartford

CRN 28644

\$35

Languages & Culture

Conversational Spanish for Beginners

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

Instructor: Roman Santos

1/28-3/4, Tues

6:30-8:00 pm

Utica AB 246

CRN 27747

\$69

Conversational Spanish Language II

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

Instructor: Roman Santos

3/25-4/29, Tues

6:30-8:00 pm

Utica AB 246

CRN 27741

\$69

Introduction to Arabic

Marhaban! Join us for a fun and interactive, hands-on learning environment where you learn to write and understand the Arabic alphabet and say the guttural sounds of this Middle Eastern language. This twelve-week class will include introduction to basic vocabulary and sentence formation, and learning to speak, as well as a taste of Arabic culture. No prior knowledge in Arabic necessary.

Instructor: Jackie Hobaica

2/27-5/22, Thurs

6:00-8:00 pm

Utica AB126

CRN 28259

\$119

No class 4/17

Sign Language for Beginners

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

Instructor: Deborah Pardi

3/3-4/9, Mon, Wed

7:00-8:30 pm

Utica AB231

CRN 27221

\$89



Sign Language 2

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

Instructor: Deborah Pardi

4/14-5/21, **Mon, Wed**

7:00-8:30 pm

Utica AB231

CRN 27742 \$89

NEW!

Welcome to Vietnam

This course will introduce students to the various aspects of the culture of Vietnam, a country poised to be the next economic Asian Tiger. Subjects covered will include traditions, holidays, music, clothes; social and family structures and language basics; the country's past and future; and Vietnamese food.

Instructor: Ms. Hoa, visiting professor, Kien Giang Community College

4/1-4/22, **Tues**

6:00-7:30 pm

Utica AB243

CRN 28637 \$39



Music & Dance

NEW!

Beginner 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. No experience necessary. Please wear any comfortable clothing.

Instructor: Jessica Novillo

1/24-4/4, **Fri**

5:30-6:30 pm

Utica GYM 115

CRN 28712 \$59

No class 3/28

4/25-6/27, **Fri**

5:30-6:30 pm

Utica GYM 115

CRN 28713 \$59

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

1/24-2/28, **Fri**

6:30-8:30 pm

Utica GYM 202

CRN 27735 \$55

3/28-5/2, **Fri**

6:30-8:30 pm

Utica GYM 202

CRN 27156 \$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. Just show up and the instructors will share their enthusiasm for dance with you. It's contagious! You will want to sign up again and again as so many dancers before you have done. Learn classic ballroom styles - Fox Trot, Swing, Club Slow Dancing, Rhumba, Waltz and Polka. Learn with others in a relaxed environment. Singles are welcome, but partners are not guaranteed.

Instructors: Gina & Luca Esposito

1/20-2/24, **Mon**

6:30-8:30 pm

Utica GYM 202

CRN 25949 \$55

3/24-4/28, **Mon**

6:45-8:45 pm

Utica GYM 202

CRN 25974 \$55

Ballroom Dance for Intermediate

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

Instructors: Gina & Luca Esposito

1/21-2/25, Tues

6:30-8:30 pm

Utica GYM 202

CRN 27105 \$55

3/25-4/29, Tues

6:30-8:30 pm

Utica GYM 202

CRN 27108 \$55

Ballroom Dance for Advanced

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

Instructors: Gina & Luca Esposito

1/23-2/27, Thurs

6:30-8:30 pm

Utica GYM 202

CRN 27104 \$55

3/27-5/1, Thurs

6:30-8:30 pm

Utica GYM 202

CRN 27107 \$55

No Partner? No Problem!

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

Instructors: Gina & Luca Esposito

1/22-2/26, Wed

6:30-7:30 pm

Utica GYM 202

CRN 27745 \$45

3/26-4/30, Wed

6:30-7:30 pm

Utica GYM 202

CRN 27746 \$45

NEW!

Banjology

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

Instructor: Adam Ludemann, The Birdseed Bandits

3/4-4/8, Tues

7:00-9:00 pm

Utica AB243

CRN 28711 \$79

Opera for All

Do you think going to the opera is only for the upper crust of society? That it is stuffy, boring, outdated? Well think again! This class will open your eyes (and all of your senses!) to the sensational, dramatic, glamorous world of opera! Most operas tell tales full of sex, violence, and comedy, full of surprising plot twists and scandal! This class is designed to enhance the joy of learning about opera, and not to intimidate. Opera novices as well as opera buffs will enjoy the relaxed atmosphere of the course. Operas to be covered include La Boheme, Tosca, Rigoletto, and Siegfried. The class will also watch a live HD Met performance of La Boheme on April 5 (optional field trip).

Instructor: Jon West

4/3-5/1, Thurs

7:00-9:00 pm

Utica IT 116

CRN 28741 \$69



Concert Band

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

Instructor: Barb Seaton

2/5-5/21, Wed

7:30-9:30 pm

Utica ACC116

CRN 26516 \$25

No class March 19

Guitar for Adult and Teen Beginners

This course is geared toward the absolute beginner who wants to learn the basics of guitar playing. The instructor will begin the course with a history of the guitar in popular music, citing the most influential players of the past & present. Using material drawn from popular music, including classic rock, you will learn to play simple songs, chords, and strumming patterns. Students will practice individually and together as a group. Please bring your own guitar. For ages 13 and up.

Instructor: Mark Chirico

2/1-2/22, Sat

10:00-12:00 pm

Utica ACC222

CRN 28207 \$59

Just Once Guitar

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. For ages 13+.

Instructor: Anthony Morano

4/7, Mon

6:00-9:30 pm

Rome PC205

CRN 28621 \$59

4/21, Mon

6:00-9:30 pm

Utica ACC116

CRN 28622 \$59

Just Once Piano

Believe it or not, you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it?

While regular piano teachers teach note reading, piano professionals use chords. You can learn all the chords you'll need to play any song in this one session. We will cover how chords work in a song, how to get more out of sheet music, how to form the three main types of chords, how to handle different keys and time signatures, and how to simplify over 12,000 complex chords. Fee includes a workbook and practice CD.

Instructor: Anthony Morano

4/12, Sat

9:00-12:00 pm

Rome PC219

CRN 28192 \$59

4/26, Sat

9:00-12:00 pm

Utica ACC222

CRN 28191 \$59

Just Once: How to Play Piano By Ear

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes a workbook and practice CD.

Instructor: Anthony Morano

4/12, Sat

1:00-3:30 pm

Rome PC219

CRN 28623 \$59

4/26, Sat

1:00-3:30 pm

Utica ACC222

CRN 28624 \$59

Just Once Piano & Playing By Ear - Take both classes and SAVE

4/12, Sat

9:00-3:30 pm

Rome PC219

CRN 28625 \$108

4/26, Sat

9:00-3:30 pm

Utica ACC222

CRN 28626 \$108

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). All students must purchase a text from the instructor for \$5 per person at the first class (please bring correct change (cash only) and a lunch for Saturday classes). Cost: \$20

Instructor: Noel Ames

4/12, Sat	9:00-5:00 pm	Utica AB243	CRN 28206
5/10, Sat	9:00-5:00 pm	Utica AB243	CRN 26739

Instructor: Ed Potrzeba

4/26, Sat	9:00-5:00 pm	Rome PC 203	CRN 26753
4/28-4/30, Mon, Wed	5:00-9:00 pm	Utica IT 119	CRN 28724
5/19-5/21, Mon, Wed	5:00-9:00 pm	Utica AB 245	CRN 28725
5/31, Sat	9:00-5:00 pm	Rome PC 203	CRN 27214



Defensive Driving

This program offers the dual benefits of a 10% insurance discount as well as up to four points off your driving record. Students learn how important attitude is in everyday driving. Student involvement is encouraged throughout. Classes are lively, interactive, and engaging. The required time goes by very quickly. The program emphasizes safe and defensive driving techniques for drivers of all ages and skill levels, including those with a driver's permit. Bring a license or permit to class, and a lunch to Saturday classes. Students are required to be on time and stay until the completion of class. This course is offered in partnership with the Oneida County Traffic Safety Department. Cost: \$40

1/14-1/16, Tues, Thurs	6:00-9:00 pm	Rome RA 225	CRN 25875
2/15, Sat	9:00-4:00 pm	Utica AB227	CRN 25879
3/11-3/13, Tues, Thurs	6:00-9:00 pm	Rome RA225	CRN 25877
4/19, Sat	9:00-4:00 pm	Utica AB227	CRN 25878
5/6-5/8, Tues, Thurs	6:00-9:00 pm	Rome TBA	CRN 28639

ONLINE LEARNING



Mohawk Valley Community College

Career Training Programs

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

Features:

- Facilitators and mentors are available to answer questions and help you through your studies
- Career Counselors will help you prepare for the transition from the classroom to the workplace

Programs are available in the following areas:

- Business and Professional
- Healthcare and Fitness
- Management and Corporate
- Media and Design
- Hospitality and Gaming
- Skilled Trades and Industrial
- IT and Software Development
- Courses are all open-enrollment and self-paced
- All materials, workbooks, and software are included
- Payment plans available

Wind Energy Apprentice

Wind energy companies are growing exponentially to meet America's demand for clean, renewable, domestic energy. This entry-level Wind Energy Apprentice Online Training Program prepares you for a career in the wind energy industry.

Certified Mediator

This online Certified Mediator program will give you just the start you're looking for in mediation. Offered in partnership with Mediators without Borders®, this online program offers a highly comprehensive mediation education that can help you advance in your present job, add a sought after skill to your resume, or set up a private practice as a Certified Mediator.

Webmaster

This Webmaster Online Training Program will prepare you for a career designing, developing, and maintaining Web sites.

MCAS Office 2007 & Windows Vista

The Microsoft Certified Application Specialist (MCAS) Online Training Program is a performance-based certification program approved by Microsoft to assess and validate computer skills using the Microsoft Office 2007 suite of programs: Excel, Word, PowerPoint, Access, and Outlook, as well as Windows Vista.

Online Courses

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.

Features:

- Courses run for six weeks (with a 10-day grace period at the end).
- Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

How to Get Started:

1. Visit our Online Instruction Center: www.ed2go.com/mvcc
2. Click the Courses link, choose the department and course title you are interested in and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

Accounting Fundamentals

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

Creating Web Pages

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

A to Z Grantwriting

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

Discover Digital Photography

An informative introduction to the fascinating world of digital photography equipment.

MORE COURSES AVAILABLE AT OUR WEBSITES

www.gatlineducation.com/mvcc

www.ed2go.com/mvcc

 **MVCC**
MOHAWK VALLEY COMMUNITY COLLEGE



INTRODUCING THE AMERICORPS VISTA PROGRAM!

Mohawk Valley Community College is pleased to announce our AmeriCorps VISTA program in collaboration with Hamilton College, SUNYIT and Colgate University. The project will assess the needs of entrepreneurs in our community and determine the necessary resources to build an existing business or start a new and successful business. The four college consortium is working with local organizations to develop a resource network as well.

If you are interested in starting a business or have already done so, they need your input! All insight is valuable! Also if you are interested in participating in a potential series of Entrepreneurship Network Building events, please contact them.



**The office is located in the MVCC Education Opportunity Center at
524 Elizabeth St., Utica, NY.**

**For more information please contact Jennifer Cieslewitz
(jcieslewitz@mvcc.edu), Kevin Alexander (kalexander@mvcc.edu), or
call at 315-731-5876.**

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

Education Center Open House

Wednesday, January 29th

3:00pm-5:00pm

Learn about all the programs the Education Center offers

Take a tour of the facility

Meet the Education Center staff

Discover opportunities and take advantage of our free services





E-FILE YOUR TAXES FOR FREE!

If you live in Oneida or Herkimer County and your total household income is \$51,000 or less, the Mohawk Valley Asset Building Coalition has a trained group of volunteers that will electronically **file your taxes for FREE** and receive your refund fast!

2013 Earned Income Tax Credit (EITC)

Customers who earn less than \$51,567 per year may be eligible for the Earned Income Tax Credit (EITC).

Families can earn up to **\$6,044** in Earned Income Tax Credit, and save tax preparation and filing costs.

Seeking Volunteers

Tax Preparers needed for Volunteer Tax Assistance Program (VITA) Free training! Call Today! 315.272.1888



Resource Center for Independent Living
1607 Genesee Street, Utica NY

With special thanks to our **volunteers** and the following **Mohawk Valley Asset Building Coalition** members providing assistance to free tax preparation services and/or financial literacy ~



United Way of the Valley and Greater Utica Area





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.**



Learn to Ride at MVCC!

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

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

Basic RiderCourse:

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

2013 Basic RiderCourse Fee/Requirements

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

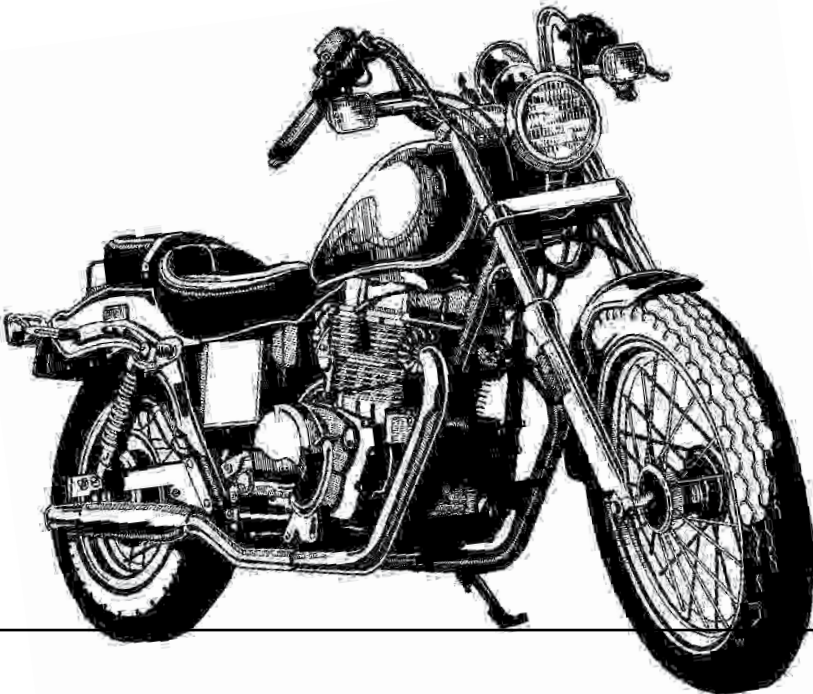
Visit www.gomotorcycling.net for details

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

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

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

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



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

5 Ways To Register:



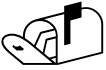
Register Online using Visa, MasterCard or Discover!

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



Fax to: 315-792-5682

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



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



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



Call: 315-792-5300

Register using a credit card or check card.



Class Location Key

MVCC Utica:

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

MVCC Rome:

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

MVCC Education Center:

524 Elizabeth St., Utica

First Presbyterian Church:

108 West Court St., Rome

Jewish Community Center:

2310 Oneida St., Utica

Lite & Gourmet Culinary School:

7 Oxford Rd., New Hartford

Perry Jr. High School:

9499 Weston Rd., New Hartford

Preswick Glen:

210 Clinton Rd., New Hartford

Sitrin Health Care Center:

2050 Tilden Ave, New Hartford

Utica Curling Club:

8300 Clark Mills Road, Whitestown

CNY Veteran's Outreach Center:

726 Washington St., Utica

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 Asian/Pacific Islander American Indian or Alaskan Native Non-Resident Alien

*Last Name	*First Name	MI
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*Date of Birth

*Address

*City	*State	*Zip Code
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*(If a minor)Parent Last Name	*First Name	MI
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*Home Phone	Cell Phone	Business Phone
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Email Address

***Course Information**

CRN	Course Name	Start Date	Fee

<input type="checkbox"/> Credit Card	Credit Card Information	<input type="checkbox"/> Visa	<input type="checkbox"/> Discover	<input type="checkbox"/> MasterCard
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<input type="checkbox"/> Check	Name on Card (print)
<input type="checkbox"/> Money Order	

Credit card number
 - -

Expiration Date (month/year) <input style="width: 10%;" type="text"/> <input style="width: 10%;" type="text"/> / <input style="width: 10%;" type="text"/> <input style="width: 10%;" type="text"/>	VRN(3-digit code on back) <input style="width: 10%;" type="text"/> <input style="width: 10%;" type="text"/> <input style="width: 10%;" type="text"/>
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Signature	Date
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Mohawk Valley Community College
1101 Sherman Drive
Utica, NY 13501-5394

Non-Profit Organization
US Postage Paid
Utica, NY 13501
Permit No. 599



Insurance

Your One Stop for Insurance Continuing Education!

- We offer both full and half day classes.
- Easy on campus parking
- Continental breakfast provided
- Local Instructors
- Wide Variety of Course Topics

See Page 18 For Details!