



MOHAWK VALLEY COMMUNITY COLLEGE
CENTER FOR CORPORATE AND COMMUNITY EDUCATION
FALL 2015

MakerBot

Create

YOUR

Future

3D Printing and Design... page 14
Engineering Triumphs...page 11
More Than an Hour of Code for Kids...page 24

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

Welcome!

The future is now at MVCC – it's time to jump in! With so many big things happening in our community, MVCC is here to help you to not only prepare, but to get ahead. It is easy to feel overwhelmed by change, but a little information can go a long way. Why not start today?

Check out these exciting non-credit offerings:

- **3D Printing & Design**
- **Intro to Small Unmanned Aerial Systems (Drones)**
- **Craft Beer 101**
- **Rise and Shine Boot Camp**
- **Dog Training and Safety**
- **More Than an Hour of Code – for kids!**

The future is yours and MVCC will give you the tools to create it. Whether you want to enrich your career, exercise your mind and body, or enlighten your kids, we know you'll find something here at MVCC.

MVCC is committed to a discrimination and violence free environment. For more information, visit: mvcc.edu/title-ix



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

Notice of non-discrimination policy

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

MVCC Civility Statement

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



The Center for Corporate and Community Education at MVCC is the winner of the following 2014 CEANY Awards: the James C. Hall Exemplary Program Award for Exemplary Credit Program: College in Prison Program. The following MVCC employees also received CEANY Awards for Exemplary Service in 2014: Sarah Lam, Franca Armstrong, and Russ Davis. Congratulations!

Register online at www.mvcc.edu/cced

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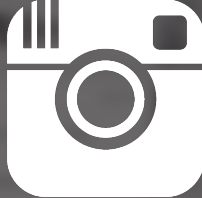
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SCAN HERE!



Professional Development



NEW Dynamic Leadership

MVCC and Dynamic Training and Coaching have partnered to create an innovative and unique program for current and future business leaders. Now, more than ever, leaders need to communicate with candor and authenticity. Effective communication is no longer an optional skill set. Regardless of size or level in your organization, if you get results through and with other people, this class is for you.

Our three, one-day workshops combine short lectures, activities, live demonstrations, discussions, and skills coaching, so you leave with tangible skills you can start using right away. Work sessions focus on three main topics: Leadership Styles, Communication Skills, and Accountability and Engagement. This program also includes three, 45-minute individual coaching calls for private, one-on-one guidance. Your leadership coach, Molly Sherman Gabor, has 25 years as a Management and Leadership Coach. Her clients include PAR Technologies, Utica College, Utica National, Wegmans, Citibank, and Cushman & Wakefield.

Instructor: Molly Sherman Gabor

10/5, 11/2, 12/7, Mon,

8:30-5 p.m.,

Utica, ACC 116

CRN 18871

\$1,795

Financial Fitness for Accountants

In our society, so many people have not seen the principles of financial fitness modeled. This makes it difficult to understand or apply them. People tend to do what they know based on their experience. In this course, you will learn a new view of the principles of financial success that will bring true financial fitness. This course combines three approaches: 1) offense – making money, 2) defense – budgeting and discipline, and 3) the playing field – rules and philosophy of money.

This is done by outlining the key principles of financial success that are necessary for a person or family to become financially fit. This class will satisfy 10 CPE units for NYS Certified Public Accountants.

Instructor: Tony Tefel

11/3-11/10, Tues

9-3 p.m.

Utica, IT 219

CRN 18891

\$229

75-Hour Real Estate Pre-Licensing Course

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

In the classroom:

Instructor: Ron Cerminaro

9/28-11/23, Mon, Wed, Thurs

6-9 p.m.

Utica

CRN 16944

\$549

Online Version: *Ultimate Success Package*

Self-Paced

\$279

To enroll, visit <https://store.360training.com/mvcc>.

NYS Real Estate Salesperson's Exam Review

This one-day workshop has been designed to help you overcome any fears or anxiety you may have about taking the NYS Real Estate Salesperson Licensing Exam. You will review key subjects, take practice tests, and get all your questions answered. Review book included in course fee.

Instructor: Ron Cerminaro

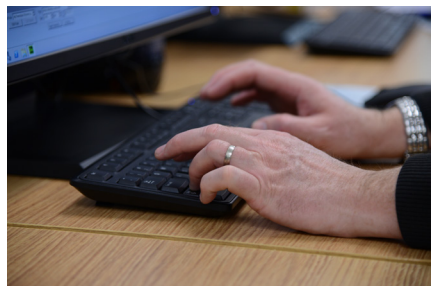
12/5, Sat

9-5 p.m.

Utica, AB 251

CRN 18869

\$99



Real Estate Continuing Education Online

Many different options, all self-paced. Topics include: Real Estate Finance, Appraisal, Environmental Hazards, Home Inspection, Energy Resources, and much more! Complete 22-Hour CE Renewal Package is also available. *Self-Paced, Prices range from \$25-110.*
To enroll, visit <https://store.360training.com/mvcc>.

Presentation Pro: Tools for Success

Create powerful presentations using the most up to date tools out there! In this introductory class, you'll learn the tips you need to use resources such as Microsoft PowerPoint, Google Slides, Haiku Deck, Keynote, Prezi, and GoAnimate. This class is hands-on and will take your presentation skills to the next level.

Instructor: Karen Pauley

10/26-10/28, Mon-Wed

5-8 p.m.

Utica, IT 219

CRN 18881 \$99

3D Printing and Design

This course will introduce students to the world of 3D printing and basic 3D CAD design. Students will use 123D Design, Meshmixer, and Sketchup software to create original designs that will be printed on one of our Makerbot Fifth Generation or UPrintSE Plus printers. For experienced 3D modelers, Solidworks and Inventor software are also available for use during the course. Other topics will include online model sharing websites and good design practices for 3D printing. Students must provide their own USB drives (2MB minimum size).

Instructor: David Smith

9/14-10/12, Mon

5:30-8:30 p.m.

Utica, ST 115

CRN 18852 \$135

10/26-11/23, Mon

5:30-8:30 p.m.

Utica, ST 115

CRN 18853 \$135

8-Hour Pre-Assignment Training Course for Security Guards

This is an eight-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. Student must submit additional fees and paperwork to NYS Department of Licensing to complete their application.

Instructor: Rick D'Alessandro

9/15-9/17, Tues, Thurs

6-10 p.m.

Utica, AB 141

CRN 14058 \$60

Instructor: John Bielby

11/2-11/4, Mon, Wed

6-10 p.m.

Rome, RA 225

CRN 16723 \$60



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

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

Instructor: Rich Dodge

11/30-12/9, Mon, Wed

6-10 p.m.

Utica, AB 253

CRN 18870 \$99

8-Hour Annual In-Service Training Course for Security Guards

This is an eight-hour course that must be completed in every calendar year after completing the 8-Hour Pre-Assignment Training Course for Security Guards. The course is structured to provide the student with updated and enhanced

information on the duties and responsibilities of a security guard. Topics include the role of the security guard, legal powers and limitations, emergency situations, communications and public relations, access control, and ethics and conduct.

Instructor: Rick D'Alessandro

10/19-10/21, Mon, Wed

6-10 p.m.

Utica, IT 219

CRN 18679 \$60

Instructor: John Bielby

11/16-11/18, Mon, Wed

6-10 p.m.

Rome, RA 225

CRN 18096 \$60

NEW Cultural Competency Training

To know where you're going, you have to know where you've been. Our activities will encourage participants to think about their own cultural filters first in order to gain awareness of others. Our cultural competency trainings are not your average diversity training. We provide a fun, interactive, participant experience. This training is perfect for community members, and those who work in social and human services, education, customer service, government, and more. This training is provided in close partnership with the Mohawk Valley Resource Center for Refugees. Customized options are available on demand for groups and businesses.

10/8, Thurs

5-8 p.m.

Utica, AB 141

CRN 18865 \$30

11/6, Fri

9-12 p.m.

Utica, ACC 220

CRN 18866 \$30

12/4, Fri

9-12 p.m.

Rome, PC 207

CRN 18867 \$30

Dignity for All Students

Successful completion of this six-hour course will meet the certificate requirements in 14(5) of Chapter 102 of the Laws of 2012. This course will address the social patterns of harassment, bullying and discrimination, including but not limited to, those acts based on a person's actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender or sex. It will also cover the identification and mitigation of harassment; bullying and discrimination; and strategies for effectively addressing problems of exclusion, bias,

and aggression in educational settings.

Instructor: Richard D. Hunt

10/6-10/8, Tues, Thurs

4:30-7:30 p.m.

Utica, IT 224

CRN 18729 \$75

11/3-11/5, Tues, Thurs

4:30-7:30 p.m.

Rome, PC 205

CRN 18660 \$75

9/12, Sat

9-3 p.m.

Utica, AB 251

CRN 18659 \$75

SAVE School Violence Prevention

This workshop satisfies the New York State Education Department's requirement for two-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

10/7, Wed

4-6 p.m.

Utica, IT 119

CRN 15436 \$25

Instructor: John Bielby

11/9, Mon

4-6 p.m.

Rome, RA 307

CRN 15435 \$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

10/7, Wed

6-9 p.m.

Utica, IT 119

CRN 13890

\$35

Instructor: John Bielby

11/9, Mon

6-9 p.m.

Rome, RA 307

CRN 13891

\$35



Personal Trainer Certification

Here's your chance to become a certified Personal Trainer in one intensive weekend. This course 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. 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. Ten-Hour Internship/Shadowing period also required for final certification. Please dress in gym clothes and bring a lunch and a mat.

Instructor: Nadia Ellis, Personal Training Institute of America

10/24-10/25, Sat, Sun

9:00-5:00 p.m.

Utica Gym 108

CRN 17282

\$449

Notary Public

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

Instructor: Gloria Karol

9/19, Sat

9:30-1 p.m.

Rome, PC 205

CRN 16143

\$50

10/24, Sat

9:30-1 p.m.

Utica, AB 251

CRN 17670

\$50

Paralegal Studies Certificate

This nationally acclaimed program is designed for beginning as well as advanced legal workers. You will be trained to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. This program will help students increase their office's efficiency, productivity, and billable hours as well as learn new marketable job skills. Successful graduates will be awarded a Certificate of Completion from MVCC. To enroll, contact the Center for Legal Studies 1.800.522.7737.

In the Classroom:

9/29-11/7, Tues, Thurs, Sat

Tues, Thurs 6-9:30 p.m.

Sat 9-5 p.m.

Utica, AB 126

\$1,289

Online Version:

10/19-12/4

\$1,289

Personal Injury for Paralegals Online Certificate **Online**

This 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. Successful graduates of this non-credit course will be awarded a Certificate of Completion from MVCC. To enroll, call the Center for Legal Studies at 1.800.522.7737.

10/19-12/4, **Online**

\$729

Legal Secretary Certificate Course **Online**

This intensive program is designed for both beginning and experienced secretaries who are interested in improving their skills and working more efficiently within the law office. Students will study such topics as: legal terminology; legal process; jurisdiction and venue; ethics; written communications including letters, pleadings, discovery, notices, and motions; filing procedures, billing and accounting; time management; records management; an overview of commonly used word and data processing programs; legal research; memoranda preparation, and citation format. To enroll, contact the Center for Legal Studies at 1.800.522.7737.

10/19-12/4, **Online**

\$645

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

This dynamic course is designed for legal professionals interested in improving their skills and knowledge of commonly used computer technology and programs within the law office. Course topics include: computer operating systems and peripheral devices; time tracking and billing software; database, case management and docket control software; litigation support software; electronic discovery, and trial presentation and graphics software. Successful graduates of this non-credit course will be awarded a Certificate of Completion from MVCC. To enroll, call the Center for Legal Studies at 1.800.522.7737.

10/19-12/4, **Online**

\$729

Healthcare Training



Barrier Precautions/Infection Control

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

Instructor: Tammy Burdick

11/4, **Wed**

5:30-8:30 *p.m.*

Utica, AB 245

CRN 18446

\$40



CNA-Certified Nurse's Assistant

This 120-hour course includes 90 classroom hours and 30 supervised clinical hours of training. Upon successful completion of the program, students are eligible to take the New York 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 resident's 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 New York State testing fee. Uniforms and shoes are to be purchased by the student.



CORPORATE TRAINING

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- Credit Bearing or Non-Credit Classes



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- CPR-AED-First Aid
- Leadership and Staff Development
- Management and Supervisory Skills
- Manufacturing
- OSHA and Safety
- Continuing Education Credit

HIRE. TRAIN. RETAIN.

Center for Corporate and Community Education,
Phone: 315-792-5681, Email: training@mvcc.edu

Instructors: Nelson Wood & Tammy Burdick
9/14-10/23, Mon, Tues, Thurs, Fri
 3:30-8:30 p.m.
Sitrin Healthcare
 CRN 18112 \$1,250
11/5-12/18, Mon, Tues, Thurs, Fri
 3:30-8:30 p.m.
Sitrin Healthcare
 CRN 18211 \$1,250
 No class Nov 26, 27



CPR/First Aid for Healthcare Students

Healthcare professionals and students entering the field of healthcare and public safety (Fire, EMS, and Law Enforcement) are required to have an American Heart Association or American Red Cross HCP CPR/AED Card. Spend just a few hours of your time and get your complete training. 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

9/10, Thurs
 9-3 p.m.
Utica, Gym 202
 CRN 18460 \$30
10/8, Thurs
 9-3 p.m.
Utica, Gym 202
 CRN 18651 \$30
11/19, Thurs
 9-3 p.m.
Utica
 CRN 18459 \$30
12/10, Thurs
 9-3 p.m.
Utica
 CRN 18461 \$30

EKG/Cardiographic Technician

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

Instructor: Maryanne Taverne
9/29-12/17, Tues, Thurs
 5-9:30 p.m.
Utica Nursing Lab, AB 159
 CRN 18385 \$999
 No class Nov. 26

ICD-10 CM and PCS Coding

This course is designed to get the ICD-9 certified coder prepared for the transition to ICD-10. 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). You will receive a certificate of completion from MVCC and 16 CEUs from NCCT. Textbook and ICD-10 book are required and can be purchased at MVCC's Bookstore.

Instructor: Kathleen Fusco
10/6-10/27, Tues, Thurs
 5:30-9:30 p.m.
Utica, IT 219
 CRN 18650 \$399

Medical Assistant/Assisting Certificate Review Class

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

Instructor: Maryanne Taverne
10/10, Sat
 9-12 p.m.
Utica, AB 251
 CRN 18647 \$50

Medical Billing and Coding Review Class

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

Instructor: Michelle Sowich-Shanley

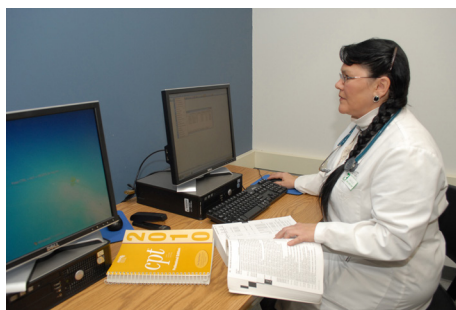
10/3, Sat

10-1 p.m.

Utica, AB 251

CRN 18599

\$50



Medical Transcription and Editing Online

Approved by the Association for Healthcare Documentation Integrity (AHDI), the Medical Transcription Editor program prepares students for medical transcription and editing careers. Topics studied include documentation, biomedical sciences, and editing theory. Enrollment includes 10 textbooks, a transcription foot pedal, an AHDI membership, and a voucher to take the RHDS exam.

Online

CRN 18484

\$2,995

Pharmacy Technician Program

This comprehensive 50-hour course will prepare students to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCB exam. Technicians work in hospitals, home infusion pharmacies, community pharmacies and other health care settings – working under the supervision of a registered pharmacist. Course content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions and defining drugs by generic and brand names. Students will learn dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing

of prescriptions, inventory control, and billing and reimbursement. The optional National Certification Exam fee of \$129 is not included in the tuition.

Instructor: Vincent Visingardi

9/28-11/23, Mon, Wed

6-9 p.m.

Utica, AB 204

CRN 17673

\$799

Phlebotomy

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

Instructor: Rachel Canarelli

10/13-12/8, Tues, Thurs

6-9 p.m.

Rome, PC 240

CRN 16170

\$499

10/14-12/7, Mon, Wed

6-9 p.m.

Utica, AB 245

CRN 11537

\$499



NEW Preventing or Delaying Skin Injuries

Do you or a family member have diabetes and are concerned about developing diabetic foot ulcers? Do you have circulation problems and are concerned about developing leg ulcers? Or, perhaps you or a family member is just getting older, less mobile, and more dependent, which will put you at risk for skin tears and pressure ulcers. If this is a concern, you may benefit from this three-hour course which will focus on protecting the skin from these insults.

Instructor: Judy Lagasse

11/3, Tues

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Opportunity Center
524 Elizabeth Street
Utica, NY 13501
(315) 731-5870

mvcc.edu/eoc



6-9 p.m.

Utica, AB 229

CRN 18887

\$59

11/10, Tues

6-9 p.m.

Utica, AB 229

CRN 18888

\$59

Surgical Technician Review Class

This three-hour course is designed to prepare students to take the Surgical Technician Certificate Exam required by the National Center for Competency Testing. Topics for review include: Perioperative/Surgical Environment (instrumentation, draping, delivery of care, skin prep, positioning, dressing materials, and specimen care), Medical Terms, Anatomy and Physiology, Infection Control, Pharmacology, Safety and Sterilization. Other topics include What to Expect on the Test, Time Allowed, and Study Techniques.

Instructor: Mark Williams

10/7, Wed

6-9 p.m.

Utica, AB 204

CRN 18407

\$50

Engineers, Contractors, and Construction

Engineering Triumphs Part 1: Living Large

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

Instructor: Ray Burynski

10/7, Wed

9-1 p.m.

Utica, IT 219

CRN 18636

\$129

Engineering Triumphs Part 2: Material World

This presentation examines how designers solve problems through material selection. Material World explores the innovative use of materials in diverse applications, such as armor,

space exploration, and industrial equipment.

Participants of this class are eligible for four PDH units for Professional Engineers.

Instructor: Ray Burynski

10/7, Wed

1-5 p.m.

Utica, IT 219

CRN 18639

\$129

Engineering Triumphs Parts 1 and 2

Participants of this class are eligible for eight PDH units for Professional Engineers. Take both and save!

Instructor: Ray Burynski

10/7, Wed

9-5 p.m.

Utica, IT 219

CRN 18875

\$199



NEW How Things Break: Fatigue Part 1

Fatigue failures can occur due to repeated cycles of a deceptively low stress. The effect of material “becoming tired” has been studied for almost 200 years. Yet, to this day, fatigue remains a leading cause of in-service component failure. Since failures happen with little warning, understanding of the phenomenon is critical. This introductory seminar presents an overview of the fatigue process and how to design against failures. Attendees will learn how to identify fatigue failures, as well as both quantitative and qualitative methods of assessing designs. Several case studies from various industries will be used to illustrate the concepts. Participants of this class are eligible for four PDH units for Professional Engineers.

Instructor: Ray Burynski

10/21, Wed

9-1 p.m.

Utica, IT 219

CRN 18873

\$129

NEW How Things Break:

Thermal Effects Part 2

Temperature impacts designs in sometimes unforeseen ways. Ambient conditions can modify material properties, induce stresses, and change how a system functions. Some well-known failures, such as the Space Shuttle Challenger and the early Liberty ships, can be directly linked to thermal effects. This seminar will introduce and explore the various ways temperature influences materials and designs. Phenomena such as embrittlement, creep, and thermal shock will be discussed. Case studies will give real-world context to the underlying theory. Design techniques for accommodating these thermal effects will also be included. Participants of this class are eligible for four PDH units for Professional Engineers.

Instructor: Ray Buryński

10/21, Wed

1-5 p.m.

Utica, IT 219

CRN 18874

\$129

How Things Break: Parts 1 and 2

Take both and save! Participants of this class are eligible for eight PDH units for Professional Engineers.

Instructor: Ray Buryński

10/21, Wed

9-5 p.m.

Utica, IT 219

CRN 18876

\$199



10-Hour OSHA Training

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

Instructor: Dominick Timpano

9/28-9/30, Mon-Wed

6-9:30 p.m.

MVCC Educ Ctr, ES 108

CRN 17031

\$75

10/26-10/28, Mon-Wed

6-9:30 p.m.

Rome, RA 225

CRN 16991

\$75

FREE WORKPLACE VIOLENCE PREVENTION, SAFETY & HEALTH, UNIVERSAL PRECAUTIONS and REPORTING **Training**

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- Entry-Level Workers
- Hard to Reach Workers



Takeaways include: Training Reference Booklet and Certificate of Completion

To register call: 315-792-5300

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Register online @ www.mvcc.edu/cced

40-Hour HAZWOPER (Hazardous Waste Operations) Plus GHS Hazardous Communication

Online

This course covers 40 hours of instruction required by 29 CFR 1910.120(e)(3), OSHA's Hazardous Waste and Emergency Response training standard. This course is designed for General site workers engaged in hazardous substance removal or other activities which expose or potentially expose workers to hazardous substances and health hazards. This course is comprised of 24 sections, covering topics pertaining to workplace hazards associated with Hazardous Waste Operations and Emergency Response (HAZWOPER). Upon successful completion of the course, you will receive a certificate of completion which is accepted by OSHA as documentation of training. To register, visit <https://store.360training.com/mvcc>.

Self-paced, Online \$295

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 accredited training provider.

Lead Renovator Certification

This eight-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 8:15 a.m.-5:15 p.m.

9/24, Thurs, MVCC Educ Ctr, ES 108, CRN 17222

10/2, Fri, CNY Veterans Center, CRN 17214

10/22, Thurs, MVCC Educ Ctr, ES 108, CRN 17228

11/19, Thurs, MVCC Educ Ctr, ES 108, CRN 17223

Lead Renovator Refresher

This four-hour refresher course is required for any renovators that completed the Initial Lead Renovator Training five or less years ago. Bring a pen, pencil, paper, and proof of prior certification; all other materials provided. The course concludes with a 25-question exam. Class will take place from 8:15 a.m.-12:15 p.m.

9/25, Fri, MVCC Educ Ctr, ES 108, CRN 18652

10/23, Fri, MVCC Educ Ctr, ES108, CRN 17336

11/20, Fri, MVCC Educ Ctr, ES 108, CRN 18872

Leisure Learning

NEW Basic Dog Obedience Training

This class will give you the results you need when learning to train your family dog. You will learn the proper techniques in handling your dog and bringing out the best in him or her. This course includes proper tones of voice, leash handling, basic obedience, and basic commands. Class sessions will be split between on-campus locations and Piazza's Professional Dog Training School at 1287 Higby Road, Frankfort. Proof of vaccinations required at first class: DHLPP, Rabies, and Kennel Cough. Space is limited.

Instructor: Salvatore Piazza

9/29-10/27, Tues

6-8 p.m.

Utica, AB 143

CRN 18862

\$199 per dog

NEW Craft Beer 101

This course is ideal for anyone beginning to take craft beer appreciation more seriously. If you work in retail sales, the restaurant industry, or are simply a burgeoning craft beer enthusiast, Beer 101 provides a solid introduction to the beer universe. In this course, we'll cover terminology, recognizing styles, ingredients, making recommendations, and more. Course cost includes all materials and tasting fees. Attendees must be a minimum of 21 years of age and must bring proof to all classes. This course will also serve as a prep course for the Cicerone Certified Beer Server Exam. Space is limited.

Instructor: Brett Levitt, Beer Here

10/6-11/10, Tues

5:30-7 p.m.

Beer Here, New Hartford

CRN 18890

\$89

Basic Self-Defense for Women

Learn hands on basic self-defense. Acquire realistic self-defense tactics and techniques along with prevention, awareness, risk reduction, and risk avoidance. Even if you have never punched or kicked before, you will be taught how to defend yourself in a safe and fun environment. For ages 13 years and older. All fitness levels welcome. Step out of your comfort zone – you can do this! Please bring water.

Instructors: Kathleen Willard and Anne Tavares

10/19–11/2, Mon

5:30–9:30 p.m.

Utica, Gym 108

CRN 18653 \$75

NEW Chronic Disease, On My Terms

Are you faced with managing a chronic disease where diet, exercise, and supplementation are the keys? This class offers a combination of physical exercise guided by a Certified Personal Trainer along with diet and supplement education all while being supported by a Certified Holistic Health Coach. Class size is limited to four to provide individualized attention.

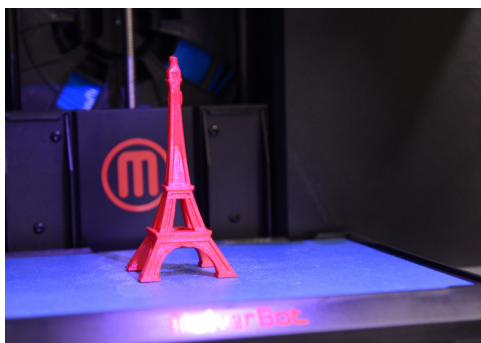
Instructors: Susan and Andrew Castilla

9/28–12/2, Mon, Wed

9–10 a.m.

Integrative Experience, New York Mills

CRN 18857 \$139



3D Printing and Design

This course will introduce students to the world of 3D printing and basic 3D CAD design. Students will use 123D Design, Meshmixer, and Sketchup software to create original designs that will be printed on one of our Makerbot Fifth Generation or UPrintSE Plus printers. For experienced 3D modelers, Solidworks and Inventor software is also available for use during the course. Other topics will include online model sharing websites and good design practices for 3D printing. Students must provide their own USB drives (2MB minimum size).

Instructor: David Smith

9/14–10/12, Mon

5:30–8:30 p.m.

Utica, ST 115

CRN 18852 \$135

10/26–11/23, Mon

5:30–8:30 p.m.

Utica, ST 115

CRN 18853 \$135

Introduction to Basic Drawing

Learn basic drawing skills by completing a number of exercises from “Drawing on the Right Side of the Brain.” These exercises are designed to give you the keys to unlock the right side of your brain and help improve drawing skills very quickly. You will learn to use charcoal to create three-dimensional compositions by the end of the session. Bring \$30 to class for supplies.

Instructor: Christina Korba

10/8–11/12, Thurs

6:00–8:00 pm

Utica TBA

CRN xxxxxx \$79

Digital Photography 101 – for Adults!

Create perfect photos as you learn basic camera function and software usage. You will get a chance to work with Adobe Photoshop and understand photograph design and composition. Take advantage of the glorious fall colors and great lighting of autumn. Bring a digital camera.

Instructor: Ronald Jones

10/6–11/10, Tues

6–8 p.m.

Utica, AB 135

CRN 18643 \$109



Modern Calligraphy for Beginners

Learn the beautiful art of modern calligraphy! Based upon the calligraphic art of Copperplate, students will gain the preliminary knowledge of modern, pointed-pen calligraphy. This class will focus on understanding the calligraphy tools, learning letter structure, creating an alphabet, and

finally composing letters into words. Please bring \$30 to class for supplies.

Instructor: Sarah Dustin

9/22, Tues

6-9 p.m.

Utica, AB 268

CRN 18882

\$39

9/29, Tues

6-9 p.m.

Rome, PC 205

CRN 18883

\$39

Instructor was patient, skilled, very helpful, encouraging, and friendly.

NEW Modern Calligraphy

Level 2

Are you ready to take your calligraphy to the next level? This class will go beyond the letters, and focus on flourishes, composition, and other design elements to master a variety of projects. Students will continue to strengthen their eye for typographic details that will make their personal style more distinctive and advanced. Please bring pen holder, nib (of choice), ink, and paper to class. Pre-requisite course strongly recommended:

Modern Calligraphy for Beginners

Instructor: Sarah Dustin

10/27, Tues

6-9 p.m.

Utica, AB 268

CRN 18884

\$39

11/3, Tues

6-9 p.m.

Rome, PC L43

CRN 18896

\$39

Get Paid To Talk

This workshop is an upbeat and realistic introduction to voiceovers, also known as voice acting. During the class, your instructor will discuss the different types of voiceovers, what it's like to work in a studio, in-demand voice types, where to find opportunities close to you, and industry pros and cons. Everyone in the class will have an opportunity to record a short voiceover for playback at the end of class.

Instructor: Warren Garling

12/3, Thurs

6:30-9 p.m.

Utica, AB 232

CRN 18644

\$39



NEW Local History Ensemble

Do you want to know about our local history?

There are countless people and events with a connection to the development of American history right here in Oneida County. A variety of sources and guest speakers will be enjoyed in this fun and interactive class. The initial session will be held at MVCC Utica. Some sessions will be held in the Conkling Mansion at Rutgers Park. We will meet where President Grant sipped sherry and smoked a stinky cigar! We will begin one session with a "Landmarks Society"-guided tour of the mansion. Succeeding session locations will be announced each week.

Instructor: Joseph P. Bottini

9/17-10/29, Thurs

7-8:30 p.m.

Utica, AB 235

CRN 18868

\$79

Concert Band

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

Instructor: Barb Seaton

9/9-12/16, Wed

7:30-9:30 p.m.

Utica, ACC Commons

CRN 18732

\$25

No class Nov. 25

NEW Medical Marijuana and NYS

Our community is on the cusp of some big changes, one of which is the legalization of medical marijuana. But what are the pros and cons? What are the regulations we should be aware of? And what does it mean for our community specifically? In this informative seminar, Anthony Quintal of Brightwater Farms will discuss the main points that we need to be aware of regarding this upcoming multi-billion

dollar industry. Refreshments will be served.
Instructor: Anthony Quintal, Brightwater Farms
9/21, Mon
6-8 p.m.
Utica, ACC 116
CRN18889

\$10



Intro to sUAS (Small Unmanned Aerial Systems)/ Drones

This innovative training is essential whether flying for personal pleasure or if a person wants to understand what's going to be required of a commercial operator or leading to a job. Our training not only covers learning to fly, but multiple types of flight systems from multi-rotors, fixed-wing, and includes autonomous flight. You'll get the information required to make educated decisions on what flight systems will meet your needs combined with all the knowledge necessary for safe flight and potentially a career.

Individuals will learn about emerging job opportunities, and entrepreneurs will be exposed to the application and use of this transformative technology in their businesses. Our complete overview will help you gain a thorough understanding of sUAS as we cover the following: Indoor hands-on flight practice using a small model quadcopter; Computer simulator training; Different types of sUAS including both multi-rotor and fixed-wing; Flight systems; Flight vehicles, radio controllers, components and characteristics; Autonomous flight; Routine maintenance; Uses and applications; Safety; FAA Policies and sUAS; Privacy concerns; and Insurance.

Each student receives a small quadcopter and flight simulator software that they can use for practice in between classes and after the course is completed. Tuition includes all course materials, software, radio controller, and a quadcopter.

Instructor: SkyOp
10/10-10/24, Sat
9-4 p.m.
Utica, GYM 108
CRN18879

\$1499

Amazing, interesting, and educational class. I was impressed with the representatives' detailed knowledge in the subject. Chris is a UAS guru! -(Drone Class Participant)

Tax Prep for VITA Volunteers

Are you looking for a rewarding volunteer opportunity? Are you comfortable working with a computer and with members of your community? Then this free class is for you! Through our United Way sponsored, IRS approved Volunteer Tax Assistance (VITA) Program, volunteers work with taxpayers free of charge to ensure that they receive all refunds they are entitled to, and avoid the cost typically associated with using a paid preparer. Students in this course will be given instruction on the software (TaxWise) used at our free VITA sites and will receive assistance in becoming certified as volunteer VITA tax preparers. Participants must have some experience with computers. Pre-registration is required. Class will also meet once on Jan. 27 at the VITA Super Site in Utica from 12-4 p.m. Students must commit to a minimum of 10 hours of volunteer time for this program.

Instructor: Danny McLain
12/9/2015-1/20/2016, Wed, 1-3 p.m.
1/27/2016, Wed, 12-4 p.m.
Utica, IT 219
CRN18388

FREE!

No class Dec. 23, 30

Languages

Conversational Burmese for Beginners

Mingalarpar! If you live in the Mohawk Valley region, you are likely to encounter people from Burma, in school, in the community, or at work. This class will provide you with a great opportunity to learn conversational Burmese. You will learn to have basic conversations with native speakers using basic vocabulary and will become more aware of Burma and Myanmar's diverse cultures. For those who work in the fields of healthcare, social services, or education and serve refugees from this region, you will learn skills useful to your work. This course is being offered in collaboration with Cornell University's Southeast Asia Program and partial funding from the US Department of Education, Title VI. K-12 Teachers may be qualified for full scholarships – call 607.255.2378 for information.

Instructor: Kyi Kyi Min
10/6-11/10, Tues

6-8 p.m.

Utica, AB 243

CRN 18861

\$89

Conversational Italian

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

Instructor: Andre Berardi

9/29-11/17, Tues

7-8:30 p.m.

Rome, PC 207

CRN 17687

\$79

Conversational Spanish for Beginners

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

Instructor: Roman Santos

9/29-11/3, Tues

6:30-8 p.m.

Utica, AB 235

CRN 18863

\$69

Conversational Spanish Language II

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

Instructor: Roman Santos

11/10-12/15, Tues

6:30-8 p.m.

Utica, AB 235

CRN 18864

\$69

Irish Language for Beginners

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

folklore of Ireland to help students to learn the roots of this rich and interesting language.

Instructor: Tom Malley

9/30-12/9, Wed

7-8:30 p.m.

Utica, AB 235

CRN 17750

\$99

No class Nov. 25

Sign Language for Beginners

Learn to communicate using basic Sign Language techniques. This course presents an overview of deaf culture and will provide basic sign vocabulary, including colors, numbers, letters, family members, and animals. It also will target occupations and conversational protocol. Class includes a textbook and exercise book.

Instructor: Deborah Pardi

9/28-11/4, Mon, Wed

7-8:30 p.m.

Utica, AB 242

CRN 17774

\$89

Sign Language Level 2

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

Instructor: Deborah Pardi

11/9-12/21, Mon, Wed

7-8:30 p.m.

Utica, AB 242

CRN 18880

\$89

No class Nov. 25

Safety



Defensive Driving

This program offers the dual benefits of a 10% insurance discount as well as up to four points off your driving record. Students learn how important attitude is in everyday driving. Classes are lively, interactive, and engaging. The program emphasizes safe and defensive driving techniques

for drivers of all ages and skill levels, including those with a driver's permit. Bring a license or permit to class, and a lunch to Saturday classes. Students are required to be on time and stay until the completion of class. This course is offered in partnership with the Oneida County Traffic Safety Department.

9/15-9/17, Tues, Thurs

6-9 p.m.

Rome, PC 205

CRN 17647 \$40

10/17, Sat

9-4 p.m.

Utica, AB 251

CRN 16435 \$40

11/17-11/19, Tues, Thurs

6-9 p.m.

Rome, PC 205

CRN 18688 \$40

12/12, Sat

9-4 p.m.

Utica, AB 251

CRN 17645 \$40

Dancing

Ballroom Dance for Beginners

Don't sit through another dance at your next party or wedding! Enhance your social life and gain poise while reaping the healthy benefits of dance participation. Learn classic ballroom styles - Fox Trot, Swing, Club Slow Dancing, Rhumba, Waltz, and Polka. Learn with others in a relaxed environment. Singles are welcome, but partners are not guaranteed.

Instructors: Gina and Luca Esposito

9/14-11/2, Mon

6:30-8:30 p.m.

Utica, Gym 202

CRN 18612 \$75

Intermediate Ballroom with 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 and Luca Esposito

9/15-11/3, Tues

6:30-8:30 p.m.

Utica, Gym 202

CRN 18617 \$75

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 and Luca Esposito

9/17-11/5, Thurs

6:30-8:30 p.m.

Utica, Gym 202

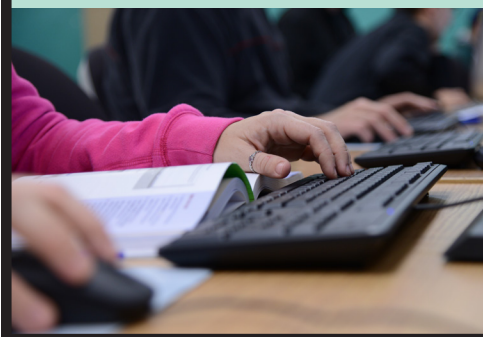
CRN 18622 \$75

NEW Dance Africa

This workshop will introduce the basics of several African dance forms that demonstrate the parallels between the different nationalities and their kinship. The instructors will be aided by drummers, drumming rhythms of the various countries. You will also learn the origin of dances, their historical and cultural context, the meaning of the dance-gestures, movements, and the type of venue in which it is performed. This class will

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.



be high energy and a lot of fun!
Instructors: Atito Gohi and Lisa James
11/6, Fri
5-8 p.m.
Utica, Gym 202
CRN 18849 \$65

Holistic Wellness

NEW Tap Into It: Techniques for Mind & Body

Learn a simple, life-changing process using just your fingertips to touch and tap into your body's own power points to heal and relieve physical issues and conditions, chronic pain, stress and emotional issues quickly, easily and effectively. Tapping works where nothing else does. Come learn this powerful mind-body miracle-making therapy.

Instructor: Erick Price
9/23-10/14, Wed
7-8:30 p.m.
Utica, AB 121
CRN 18894 \$65

Old Wisdom Principles & Practices

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

Instructor: Al Christensen
9/29-10/29, Tues, Thurs
5:30-6:30 p.m.
Utica, Gym 108
CRN 18624 \$69

It was life changing. The instructor's passion is so motivating and inspiring. He made me feel like I can achieve.

Body Sculpt Hypnosis

In this class you will learn how to change, mold, and sculpt your physical body using the power of your mind. In this amazing step-by-step process you can literally create your perfect self through a series of incredible hypnosis and self-hypnosis exercises. Lose inches here, add inches there. You

CAN and this class will show you how.
Instructor: Erick Price
11/3-11/24, Tues
7-8:30 p.m.
Utica, AB 143
CRN 18893 \$65

NEW Gastric Bypass: Better Health Through Hypnosis

Lose weight and alter your lifestyle utilizing the powerful, non-invasive, yet overwhelmingly effective method of virtual Gastric Lap Band procedure. Attain the feeling of feeling full faster, making healthier food choices, and achieving your weight loss goals with no actual surgery and no risks, but all of the benefits.

Instructor: Erick Price
10/21, Wed
6-8 p.m.
Utica, AB 158
CRN 18892 \$19

Smoking Cessation: Better Health Through Hypnosis

Nov. 20 is National Great American Smoke Out Day! What better time to conquer your addiction? Quit smoking with a program that has had outstanding success. All that is needed is that you have a sincere desire to end your smoking habit for good. Experience a light trance state of focused concentration and relaxation and stop watching your life go up in smoke.

Instructor: Erick Price
11/19, Thurs
6-8 p.m.
Utica, AB 141
CRN 18667 \$19



NEW Laws of Attraction: Become a Miracle Magnet

Learn the "Secret" to the Law of Attraction and how to apply it. Transform your life with the power of your thoughts. Attract health, prosperity, better relationships, and manifest the life of your dreams. Discover how to implement daily difference-making habits into your life.

Instructor: Erick Price

10/8-10/29, Thurs

7-8:30 p.m.

Utica, AB 121

CRN 18898

\$65

Health and Wellness



NEW Rise & Shine Boot Camp

Need a kick start to your morning? This is the class for you! Join us for Rise & Shine Boot Camp and experience a fun mix of cardio and bodyweight exercises outside in the fresh air. No experience needed.

Instructor: Andrew Castilla

9/29-10/29, Tues, Thurs

6:30-7:15 a.m.

Utica, MVCC Outdoor Track and Field

CRN 18855

\$39

NEW Pilates

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

Instructor: Kathy Marvin

9/29-12/1, Tues

6:30-7:30 p.m.

Utica, Gym 115

CRN 18847

\$59

POUND Rockout Workout

Pound is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses. Burn between 600 and

900 calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Through continual upper body motion using our lightly weighted drumsticks, called Ripstix™, you'll turn into a calorie-torching drummer. Please bring a mat to class.

Instructor: Michelle Reesh

9/21-12/7, Mon

6-7 p.m.

Utica Gym 115

CRN 18899

\$59

No class Oct. 26 & Nov. 2

10/1-12/10, Thurs

5:30-6:30 p.m.

Utica Gym 202

CRN 18618

\$59

No class Nov. 26

Burn & Sculpt

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

Instructor: Lori Pavia

9/30-12/9, Wed

5:30-6:30 p.m.

Jewish Comm Ctr

CRN 18022

\$59

No class Nov. 25



Silver Fitness

A total body workout for older adults, regardless of fitness level. The exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance, all while helping to prevent osteoporosis. The workout is a combination of aerobic (very low or no impact), flexibility, and resistance (strength) training, all done in a fun-filled environment! Please bring

Register online @ www.mvcc.edu/cced

small hand weights, a yoga mat, and water.

Instructor: Scott Sbaraglia

9/29-12/8, Tues, Thurs

2-2:45 p.m.

Jewish Comm Ctr

CRN 18605

\$75

No class Nov. 26



Strengthen Sculpt and Tone

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

Instructor: Linda Budlong CPT, RYT 200

9/29-12/8, Tues, Thurs

7:15-8:15 p.m.

Jewish Comm Ctr

CRN 18024

\$89

No class Nov. 26

Yoga Flex and 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, an old necktie, and wear loose, comfortable clothing.

Instructor: Linda Budlong CPT, RYT 200

9/29-12/1, Tues

5:30-7 p.m.

Jewish Comm Ctr

CRN 18026

\$75

Yoga Sculpt & Tone

This class combines hatha yoga, vinyasa flow, and strength training. Class will consist of a yoga mat warm up, a work phase that includes yoga and strength training, and a cool down focusing on flexibility and relaxation. All levels are welcome

and 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

9/28-12/7, Mon

5:30-7 p.m.

Jewish Comm Ctr

CRN 18359

\$75

No class Nov. 2

HOOPdance

HOOPdance is a fun, artistic expression. It allows us to feel creative, healthy, and beautiful. In this class we will learn how to move in and with the hoop to create flowing routines. Hooping is also a great workout for your core, arms, and legs. Join me for some hooping fun! No experience necessary. Hoops are provided. Please wear comfortable clothes, bring water, and get ready to dance!

Instructor: Carolyn LaSalle

9/29-12/1, Tues

7:30-8:30 p.m.

Utica, Gym 115

CRN 18848

\$59

Qi Gong

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

10/1-12/10, Thurs

5:30-6:30 p.m.

Utica, Gym 115

CRN 18354

\$59

No class Nov. 26

Tai Chi

Taiji or T'ai Chi is a study of body mechanics derived from ancient Chinese martial arts practice and is renowned as a rejuvenator of health and vitality. The practice can be done by anyone who can walk and is ideal for all ages. 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 Al Christensen and John Bulson are both at Master Level in Grand Master William C C Chen's School of T'ai Chi Chuan.

Instructor: Al Christensen

9/28-11/30, Mon

5:30-6:30 p.m.
Utica, Gym 115
CRN 13279

\$59

Yoga for Health & Wellness

Classes consist of breathing, meditation, asanas (yoga postures) and relaxation techniques that are geared toward all ages and levels of experience. Every body can do yoga at every phase of life, age, and ability. Each class we will focus on poses and postures that will improve your flexibility, build strength in muscles and bones, increase your blood flow, and boost your immunity. Beginners to the practice of yoga are welcome and ENCOURAGED!

Instructor: Carolyn LaSalle

10/1-12/10, Thurs

6:45-7:45 p.m.

Utica, Gym 115

CRN 18620

\$59

No class Nov. 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. Beginners are welcome. Bring water.

Instructor: Danielle Fargas

9/29-12/1, Tues

5:30-6:30 p.m.

Utica, Gym 115

CRN 18033

\$59

Insanity®

The hottest home workout finally comes to group fitness. The workout follows MAX Interval Training – long bursts of maximum intensity exercise with short periods of rest – for maximum results. If you're looking for a challenging, calorie-burning, body-transforming workout, then this is for you.

Instructor: Jenni Spinelli

10/1-12/10, Thurs

5:30-6:30 p.m.

First Presbyterian Church, Rome

CRN 18854

\$59

No class Oct. 15, 22, Nov. 26

Adult Aquatics



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

9/21-11/30

9-10 a.m.

Instructor: Tina Jones

CRN 17753

No class Oct. 12

9/21-11/30

11-12 p.m.

Instructor: Katelyn McAllister

CRN 14261

No class Oct. 12

9/21-11/30

7-8 p.m.

Instructor: Katelyn McAllister

CRN 18009

No class Oct. 12

Wednesday

9/23-12/2

9-10 a.m.

Instructor: Tina Jones

CRN 17248

No class Nov. 25

9/23-12/2

11-12 p.m.

Instructor: Katelyn McAllister

CRN 18005

No class Nov. 25

Register online @ www.mvcc.edu/cced

12/9-1/13

Winter Intersession

6-7 p.m.

Cost \$25

Instructor: Mary Farda

CRN 18771

No class Dec. 23, 30

Friday

9/25-12/4

9-10 a.m.

Instructor: Anna Case

CRN 17754

No class Nov. 27

9/25-12/4

11 a.m.-12 p.m.

Instructor: Katelyn McAllister

CRN 18627

No class Nov. 27

Water Aerobics Take all 3 Days:

\$129

9/21-12/4, Mon, Wed, Fri

9-10 a.m.

CRN 17755

No class Oct. 12, Nov. 25, 27

9/21-12/4, Mon, Wed, Fri

11 a.m.-12 p.m.

CRN 18007

No class Oct. 12, Nov. 25, 27

Take all 3 Winter Intersession:

\$59

12/7-1/15, Mon, Wed, Fri

9-10 a.m.

CRN 18770

No class Dec. 21, 23, 25, 28, 30, Jan. 1

Water Running

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

Monday

9/21-11/30

10-11 a.m.

Instructor: Anna Case

CRN 17707

No class Oct. 12

Wednesday

9/23-12/2

10-11 a.m.

Instructor: Anna Case

CRN 17708

No class Nov. 25

9/23-12/2

5-6 p.m.

Instructor: Mary Farda

CRN 18905

No class Nov. 25

12/9-1/13

Winter Intersession

5-6 p.m.

Cost \$25

Instructor: Anna Case

CRN 18773

No class Dec. 23, 30

Friday

9/25-12/4

10-11 a.m.

Instructor: Anna Case

CRN 17709

No class Nov. 27

Water Running Take all 3 Days:

\$129

9/21-12/4, Mon, Wed, Fri

10-11 a.m.

CRN 17711

No class Oct. 12, Nov. 25, 27

Take all 3 Winter Intersession:

\$59

12/7-1/15, Mon, Wed, Fri

10-11 a.m.

CRN 18772

No class Dec. 21, 23, 25, 28, 30, Jan. 1

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.

9/21-12/4, Mon, Wed, Fri

8:15-9 a.m.

Cost \$65

CRN 17688

No class Oct. 12, Nov. 25, 27

9/23-12/2, Wed

6-7 p.m.

Cost \$39

CRN 18851

No class Nov. 25

12/7-1/15, Mon, Wed, Fri

Winter Intersession

8:15-9 a.m.

Cost \$29

CRN 18769

No class Dec. 21, 23, 25, 28, 30, Jan. 1



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. Cost \$70

Instructor: Shelly Hatch

9/24-12/3, Thurs

7-8 p.m.

Utica Pool

CRN 14375

No class Nov. 26

Competitive Lap & Fitness Swim

Get ready for a swim workout! Participants who want to stay in shape for the off-season will receive instruction in competitive swim strokes, turns, starts, and then swim laps on their own. Open to all ages, children must have level 5/6 swim skills. Information on local competitive opportunities, masters swimming, and USA age group swimming will be available. Goggles are recommended. Cost \$70

9/22-12/1, Tues

7-8 p.m.

Utica Pool

CRN 18626

No class Nov. 24

College for Kids and Teens



NEW Beyond an Hour of Code

Discover the language of computing! Learn about algorithms and conditional statements, and then use these new skills to create games and stories in the MIT web portal of Scratch. You will leave with a good foundation of the visual block code languages in CODE.org and in Scratch.

Instructors: Kathy Donovan & Mike Amante

For Ages 8-10:

9/26-10/17, Sat

9 a.m.-12 p.m.

Utica, IT 149

CRN 18877

\$99

For Ages 11-14:

11/14-12/12, Sat

9 a.m.-12 p.m.

Utica, IT 149

CRN 18878

\$99

No class Nov. 28

NEW Kids and Dogs: A Safety Workshop

In this informative and hands-on class, kids will learn the important rules of safety when playing with the family dog. Even the most predictable and calm dog may bite or threaten to bite when stressed, scared, or handled improperly. Chaperone optional and welcome at no cost. For ages 8-14.

In this course, your child will learn

- Why dogs bite
- How dogs warn us before they bite
- Tips on preventing dog bites
- Guidelines and rules for children to follow around dogs

Instructor: Salvatore Piazza

9/26, Sat

10 a.m.-1 p.m.

Utica, ACC 116

CRN 18859

\$39

10/17, Sat

10 a.m.-1 p.m.

Rome, PC Atrium

CRN 18860

\$39

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The Young Entrepreneurs Academy is an exciting year-long program that transforms students into real entrepreneurial success stories.



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Test Prep

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.

Instructor: Jarrod Williams and Susan Murray

For October Test:

9/15-9/22, Tues

6-8:30 p.m.

Rome, PC 207

CRN 18324

\$49

For October Test:

9/19-9/26, Sat

9-11:30 a.m.

Utica, AB 251

CRN 18323

\$49

For November Test:

11/3-11/5, Tues, Thurs

6-8:30 p.m.

Utica, AB 141

CRN 18326

\$49

SAT Review Class

Develop the skills you need to do your best on the SAT. This course addresses all sections of the test including reading comprehension, vocabulary, math, and essay writing. Bring pens and a scientific or graphing calculator. Included is the book, “10 Real SATs.”

Instructors: Jarrod Williams and Susan Murray

9/14-9/23, Mon, Wed

6-8:30 p.m.

Utica, AB 204

CRN 18325

\$79



SAT Reading & Writing Workshop

Sharpen your reading and writing skills for the SAT. Using sample tests, you will get intensive practice in reading comprehension, vocabulary, essay writing, and written expression. There will

be an in-depth emphasis on successful test-taking strategies. Bring pens and pencils.

Instructor: Jarrod Williams

9/28, Mon

6-8:30 p.m.

Utica, AB 141

CRN 16713

\$29

SAT Intensive Math Workshop

Get extensive math explanations and problem-solving skills to help prepare for the math portion of the SAT. There will be an in-depth emphasis on successful test-taking strategies, as well as use of sample tests. Bring pencils and a scientific or graphing calculator.

Instructor: Susan Murray

9/29, Tues

6-8:30 p.m.

Utica, AB 141

CRN 18327

\$29

SAT Vocabulary Workshop

Join us for a relaxed and stimulating session that reviews college level vocabulary found in the SAT. You will use language exercises, word associations, word games, and practice SAT test questions to help you succeed. Bring pens and pencils.

Instructor: Jarrod Williams

9/30, Wed

6-8:30 p.m.

Utica, IT 119

CRN 18858

\$29

Prepping for the SAT Online

Brought to you by the authors of numerous SAT For Dummies (Wiley) titles, this comprehensive overview covers the various question types you'll come across on the SAT. Topics of study and review include mathematical concepts, including algebra and geometry, grammar and punctuation, reading comprehension, sentence completion, essay writing, analogies, general standardized test taking tips, and much, much more. Required Text: The Official SAT Study Guide, 2nd Edition (by CollegeBoard).

10/12-11/8, Online

CRN 18376

\$250

ACT Review

Prepare for the ACT with activities that include test-taking practice, review, and solution strategies. Three sections of the exam will be addressed: reading, mathematics, and English, including instruction in the optional essay writing section. Bring pencils and a scientific or graphing calculator.

Instructors: Jarrod Williams and Susan Murray

10/20-10/22, Tues, Thurs

Register online @ www.mvcc.edu/cced

6-8:30 p.m.
Utica, AB141
CRN 18328

\$49

Prepping for the ACT [Online](#)

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

10/12-11/8, [Online](#)

CRN 18372

\$250

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).

10/12-11/8, [Online](#)

CRN 18373

\$250

Prepping for the GRE [Online](#)

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

10/12-11/8, [Online](#)

CRN 18374

\$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: LSAT For Dummies, second edition.

10/12-11/8, [Online](#)

CRN 18375

\$250

Swimming Lessons



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

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

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

Parent and Child Aquatics

\$60

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

Preschool with Parent Aquatics

\$60

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

Level 1: Introduction to Water Skills

\$60

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

Level 2: Fundamental Aquatic Skills

\$60

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

\$75

Students will build on aquatic locomotion, safety, and rescue skills from Level 2 with more practice. Introduction to elementary backstroke and breaststroke and coordinating front crawl 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

\$75

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

Level 5: Stroke Refinement

\$75

This level refines the strokes already learned and introduces the flip turn, pike and tuck surface dives, and diving. Prerequisite: Level 4 certificate or comparable skills.

Level 6: Fitness Swimmer

\$75

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.

“Awesome, helpful, enthusiastic, safe, positive interactions with every ability swimmer. You are wonderful!”



Saturday Morning Classes

9/19-12/5

No classes Oct. 10 and Nov. 28

Parent and Child Aquatics (ages 1-2)

CRN 18013

9-9:30 a.m.

Preschool with Parent Aquatics (ages 3-5)

CRN 17713

10-10:30 a.m.

Level 1

CRN 18351

10:30-11 a.m.

CRN 16938

11-11:30 a.m.

CRN 16942

12-12:30 p.m.

Level 2

CRN 16931

9:30-10 a.m.

CRN 16940

11:30-12 p.m.

CRN 16936

12:30-1 p.m.

Level 3

CRN 13874

9-10 a.m.

CRN 18140

12-1 p.m.

Level 4

CRN 16666

10-11 a.m.

Level 5/6

CRN 16934

11 a.m.-12 p.m.

Monday Evening Classes

9/21-11/30

No class Oct. 12

Preschool with Parent Aquatics (ages 3-5)

CRN 17714 5:30-6 p.m.

Level 1

CRN 16951 6-6:30 p.m.

Level 2

CRN 16960 5-5:30 p.m.

CRN 16954 6:30-7 p.m.

Level 3

CRN 16086 6-7 p.m.

Level 4

CRN 16952 5-6 p.m.

Tuesday Evening Classes

9/22-12/1

No class Nov. 24

Parent and Child Aquatics (ages 1-2)

CRN 18625 6-6:30 p.m.

Level 1

CRN 17240 5-5:30 p.m.

CRN 16958 6:30-7 p.m.

Level 2

CRN 17241 5:30-6 p.m.

Level 3

CRN 16212 6-7 p.m.

Level 5/6

CRN 18850 5-6 p.m.

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When you pass on, the remaining funds from your charitable gift annuity will help ensure that an MVCC education remains within reach for residents of the Mohawk Valley.

Visit us online: <http://mvcc.plannedgiving.org/mvcc>



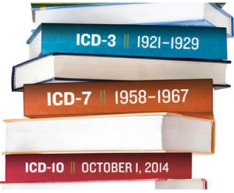
Did you know...

That Sallie Mae has student loans for non-credit training programs valuing \$1000 or more?

Visit the Sallie Mae MVCC non-credit site:
salliemae.com/00287199

Click on “get started” under the “Undergraduate Student Loans” section. Contact 792-5300 once your loan is approved, to get enrolled!

Register online @ www.mvcc.edu/cced



Advance your knowledge in ICD10 CM and PCS coding.

This course is designed to get ICD-9 certified coders prepared for the transition to ICD-10

This course provides:

- 16 CEUs from NCCT
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- Assessment and exams for every module
- Three end-of-course examinations
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Instructor: Dr. Kathleen Fusco, CPC

Course Cost \$399.00 Required Text book and ICD 10 Book can be purchased at MVCC Bookstore

Call 315-792-5300 to register



MSSC Certified Production Technician Certification (CPT) Coming in Fall 2015!

The purpose of the Certified Production Technician (CPT) program is to recognize individuals who demonstrate mastery of the core competencies of manufacturing production at the front-line (entry-level through front-line supervisor) through successful completion of the certification assessments. The CPT program consists of four individual certificate modules: Safety; Quality Practices & Measurement; Manufacturing Processes & Production; Maintenance Awareness.

For more information, contact Nicole Benton, 315.731.5732.

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

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

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.

Popular Courses:

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.

Medical Terminology: A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Speed Spanish

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

Introduction to Microsoft Excel

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

Photoshop Elements for the Digital Photographer

Learn how to use Adobe Photoshop Elements 11 to successfully edit and fix your photos and images.

Grammar Refresher

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

www.ed2go.com/mvcc

Online Career Training Programs

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

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

Features:

- Receive a certificate upon successful completion.
- Courses start anytime – begin when you wish.
- A typical program takes 3-6 months to complete. Extensions are available upon request.

Popular Programs:

Event Management and Design – 300 hours

From planning to pyrotechnics, this Online Training Program will teach you everything you need to know to create events that are truly special.

CompTIA™ A+ Certification Training – 150 hours

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

Six Sigma Black Belt -200 hours

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

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

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

Web Applications Developer – 360 hours

Master the skills you need to create dynamic database-driven websites using the latest technologies.

Travel Agent Training – 200 hours

Learn the basic skills needed to operate a computer reservation system for airlines, travel agencies, cruise lines, hotel, or as a home-based agent, and get started in a career in the travel industry.

www.gatlineducation.com/mvcc

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Do you have an idea for a new course?

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

Register online @ www.mvcc.edu/cced

MECHATRONICS

Certificate Program now at MVCC Prepares Students in

JUST ONE YEAR!

What is it?

Mechatronics is an interdisciplinary program focused on mechanics, electronics, motor control systems, and automation, which drive the design, operation and maintenance of all modern complex machinery. The certificate program is designed to help students develop the technical skills needed to support the installation, maintenance, repair, calibration, and troubleshooting of control circuitry and machine networks.



Housed in MVCC's STEM Center,



this hands-on program is one of only a few in the region offering this training, which prepares graduates for entry-level positions that involve the operation and maintenance of **electro-mechanical systems** commonly found in **advanced manufacturing environments**.

Your Future Starts *Here*

ALL CREDITS EARNED will also **TRANSFER** to the **Electrical Service Technician - Electrical Maintenance Associate in Occupational Studies (AOS)** degree if students decide to pursue that path.

Learn more today!

www.mvcc.edu/stem

315.792.5366

stem@mvcc.edu



This program was made possible by the U.S. Department of Labor through a Trade Adjustment Assistance Community College and Career Training (TAACCCT) grant awarded to SUNY, which provided funding to equip the labs.



TRAINING
AND EDUCATION
IN ADVANCED
MANUFACTURING

315-792-5300

Learn to Ride at MVCC!

MVCC continues its relationship with Go Motorcycling, Inc. as Central New York's headquarters for award-winning motorcycle rider training. The ride starts here!



New for 2015! Now there are TWO Motorcycle Safety Foundation RiderCourses that qualify for the NYS Motorcycle Road Test Waiver! Whether you are brand-new to motorcycling or have been riding for a while, there's a licensing course for you! See all our course offerings below...

Basic RiderCourse (BRC):

The BRC consists of 5 hours of interactive classroom learning and at least 10 hours of hands-on riding instruction. This course provides the beginning motorcyclist with the basic mental and physical riding skills necessary to minimize risk on the street. Learning is a fun, step-by-step process in a secured lot on our user-friendly training motorcycles. Motorcycles and helmets are provided. Successful participants will receive a motorcycle road test waiver.

Basic RiderCourse 2 for License Waiver (BRC2-LW)

The BRC2-LW is designed for individuals 18 years or older that already have some street riding experience and have held a valid New York State Motorcycle Permit for at least one riding season. The course consists of a three-hour on-line eCourse and approximately five hours of practice riding exercises on your own street-legal motorcycle or scooter. The riding exercises conclude with a skills evaluation. Successful participants will receive a motorcycle road test waiver.

Introductory Motorcycle Experience (IME):

The Introductory Motorcycle Experience (IME) is just 2 hours long, and the class size is small – just 3 participants! The IME is a program to get familiar with the primary controls of a motorcycle. You'll be given the opportunity to operate the controls while astride the motorcycle as you "power-walk" on our practice range. The IME is a taste of riding without a big investment of time or money. It's a great way to "jump start" your BRC learning experience! The IME is also a great way for potential riders to determine if motorcycling is a good personal choice and if they have the basic skills needed to be prepared for the Basic RiderCourse.

Basic RiderCourse 2 for Skills Practice (BRC)

The BRC2 is a half-day class for experienced riders that already have their motorcycle endorsement. The class is "range-only" - no classroom. Using your own motorcycle, you'll practice techniques for managing traction: stopping quickly, cornering, swerving...and the use of counterbalancing skills for slow, tight turns. Improve your ride!

MSF RiderCoach Preparation Course (RCPC)

Are you a "people person"? Do you love motorcycling? Are you committed to riding safely? Maybe you'd like to join the Go Motorcycling family of MSF certified RiderCoaches. Each RCP lasts 8 days. In addition, there are both pre-course activities (class observations/homework) and post-course mentoring (supervised teaching) before full certification is achieved.

**For more info or to enroll, visit
www.gomotorcycling.net or call
Go Motorcycling, Inc. at 315-858-3321.**

Meet Our Staff!

Main Office Staff:

- Joann Dickson
- Angela Elias
- Liz Hlavaty
- Therese Kamilow

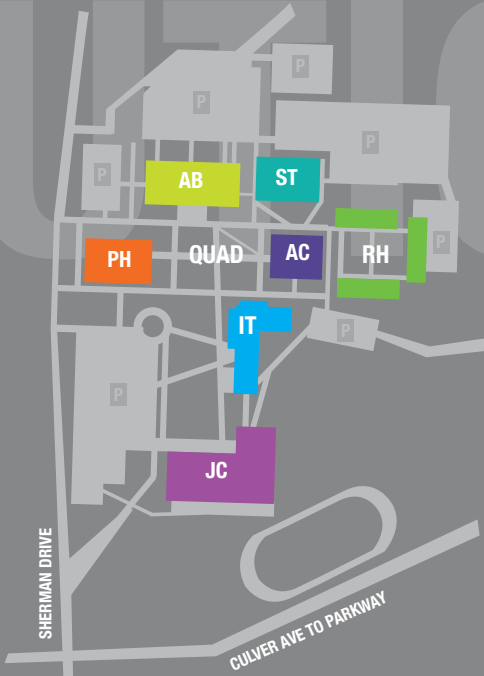


Coordinators:

- Carolyn DeJohn, Community Education
- Molly Haberbusch, Aquatics/Health & Wellness
- Nicole Benton, TAACCCT Coordinator
- Gail Warchol, Healthcare Careers
- Jack Altdoerffer, Corporate Training
- Kristen Skobla, Workforce Development

William H. McDonald, Director for Community & Workforce Development
 Franca Armstrong, Associate VP of Workforce Development and Dean of Rome Campus

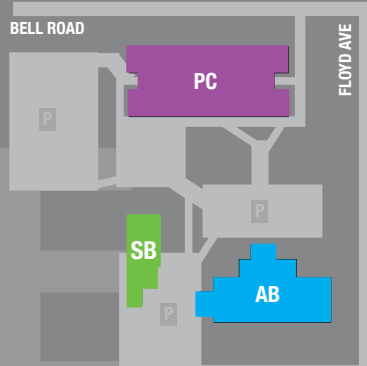
UTICA



JC	JORGENSEN ATHLETIC/ EVENTS CENTER
IT	INFORMATION TECHNOLOGY BUILDING/ THEATER
AC	ALUMNI COLLEGE CENTER
RH	RESIDENCE HALLS
ST	SCIENCE AND TECHNOLOGY BUILDING
AB	ACADEMIC BUILDING
PH	PAYNE HALL

ROME

AB	ACADEMIC BUILDING
SB	SHOP BUILDING
PC	PLUMLEY COMPLEX



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

5 Ways To Register:



Register Online using Visa, MasterCard or Discover!
Go to www.mvcc.edu/cced and click the registration link.



Fax to: 315-792-5682
Use registration form in the back of the brochure. Payment by credit card or check card only.



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



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



Call: 315-792-5300

Register using a credit card or debit card.



VISA



Class Location Key

MVCC Utica:

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

MVCC Rome:

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

MVCC Education Center:

524 Elizabeth St., Utica

Beer Here Beverage Center:

Crossroads Plaza, 8411 Seneca Turnpike,
New Hartford

Piazza's Professional Dog Training School:

1287 Higby Road, Frankfort

CNY Veteran's Outreach Center:

726 Washington St., Utica

First Presbyterian Church:

108 West Court St., Rome

Integrative Experience:

4947 Commercial Dr, Suite 7, New York Mills

Jewish Community Center:

2310 Oneida St., Utica

Sitirin Health Care Center:

2050 Tilden Ave, New Hartford

Cancellation/Refund Policy

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

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

Please call 792-5300 with questions and concerns.

Inclement Weather/Class Cancellations:

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

Please monitor local media outlets and when in doubt, call our office at 792-5300, or visit www.mvcc.edu

Fax or Mail-In Registration

Fax registration to: 315-792-5682

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

Mail or drop off registration to:

*Mohawk Valley Community College
Center for Corporate and Community
Education
1101 Sherman Dr. Academic Bldg Room 154
Utica, NY 13501
315 792-5300*

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

*Registrant Information

* Male Female (for statistical purposes only)

*Ethnic Identity: White Non-Hispanic Black Non-Hispanic 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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Check

<input type="checkbox"/> Money Order	Name on Card (print)
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Expiration Date (month/year)	VRN(3-digit code on back)
<input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Signature	Date
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Mohawk Valley Community College
 1101 Sherman Drive
 Utica, NY 13501-5394



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 Keep an eye out for our 2016
 brochure with a new look!