

COMMUNITY AND PROFESSIONAL EDUCATION

A Catalog of Professional Development and Personal Growth Classes

Fitness that Fits Your Schedule!

Instructor Ellen Ehrlich
teaches Ballet Barre and Pilates
Mat courses at Hudson Valley.

REGISTRATION BEGINS MAY 3

SUMMER 2017

www.hvcc.edu/communityed



Be bold. Be a Viking.



2017 KIDSON CAMPUS

.....
S U M M E R P R O G R A M S

**OFFICE OF
COMMUNITY AND
PROFESSIONAL
EDUCATION**

(518) 629-7339
communityed@hvcc.edu
www.hvcc.edu/kidscamps

SUMMER ACADEMY

July 10 - August 18
morning and afternoon programs

ATHLETICS

June 26 - August 4

CIRCUS THEATRICKS

July 24 - August 18
four sessions

THEATER WORKSHOP

July 10 - 21

TECHNOLOGY ENRICHMENT PROGRAM

July 10 - 14 for middle school students
 at Bethlehem Middle School

July 10 - 14 for high school students
 at TEC-SMART (Malta)

July 17 - 21 for middle school students
 at TEC-SMART (Malta)

**REGISTER
TODAY!**





Whether it's finding a new hobby, a new fitness routine or a pathway to a new career, now is the time to start reaching your goals! Dive inside to discover a course or workshop that can enrich your life personally or professionally.

Our dedicated staff is ready to help you with the registration process or you can access the online registration 24 hours a day at www.hvcc.edu/communityed/register.

REGISTRATION BEGINS MAY 3

THE OFFICE OF COMMUNITY and PROFESSIONAL EDUCATION

Hudson Valley Community College

| | |
|--------------------------------------|-------------|
| Arts & Crafts | pg. 2 |
| Business & Financial Planning | pg. 3 |
| Center for Creative Retirement | pg. 4 - 5 |
| Certificate Programs | pg. 6 - 8 |
| Communication | pg. 9 |
| Computer Account Information | pg. 10 |
| Computers | pg. 10 |
| Cooking | pg. 11 - 12 |
| Driver Training | pg. 13 |
| Motorcycle Courses | pg. 14 |
| Health & Fitness | pg. 15 - 18 |
| High School Equivalency | pg. 19 |
| Certificate of Residence Information | pg. 19 |
| Kids On Campus | pg. 20 |
| Programs for Professionals | pg. 21 |
| College Preparation | pg. 21 |
| Registration Form | pg. 22 |
| Registration Information | pg. 23 |
| Course Index | pg. 24 |

Hudson Valley Community College does not discriminate on the basis of age, gender, race or ethnicity, national origin, religion, disabling condition, marital status or sexual orientation. If you have a disability and require any reasonable accommodations, or an interpreter, please contact the Center for Access and Assistive Technology at (518) 629-7154 or TDD (518) 629-7596.



The State University
of New York

A State University of New York college
Sponsored by Rensselaer County



Tobacco-free college



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**For information, call us
at (518) 629-7339**

Fax: (518) 629-8103

email: communityed@hvcc.edu // Web: www.hvcc.edu/communityed

Registration form and information about: • Professional CEUs • Parking
• Refunds/Cancellations are available at the back of this course catalog.

Guenther Enrollment
Services Center,
Room 252



SoulCollage®: A Three-Week Introductory Course

SoulCollage® is a flexible and creative process of selecting images and making collages on matte boards to develop an ongoing, pictorial journey of one's life. In this three-week course, you will be introduced to the SoulCollage® process, and receive step-by-step instructions on how to create 5x8 cards that tell the story of your life. Reflective and meditative, the process promotes a sense of well-being.

Classes will cover important influences including family, ancestors, pets and friends. In the last class, we'll discuss how to use a journal to record thoughts and feelings about the collages that you create.

71025 \$65

3 Sessions, DCC 138

Thurs., 6/1 - 6/15, 6 - 8 p.m.

Nancy Lyons and Faith Green,
Instructors

SoulCollage®: Discover Your Wisdom

SoulCollage® is a creative collage process. You will select images and make collages on 5x8 matte boards, developing a pictorial journey of your life. In this two-hour beginner's class, you'll be introduced to the SoulCollage® process, and receive instructions on how to create your own, personal collages. Use the cards you create for self-discovery, and a deeper understanding of your relationships with family, friends and the world around us. Reflective and meditative, the process promotes a sense of well-being.

71033 \$29

1 Session, DCC 138

Sat., 7/29, 10 a.m. - Noon

Nancy Lyons and Faith Green,
Instructors

Caleb's Basket

You will find lots of uses for this very sturdy, extra-large, round storage basket, great for hats and mittens or toys and even suitable as a small hamper. It measures 13" tall by 12" wide. Woven with varying sizes of natural reed and dyed reed for the "cross stitch" embellishment, it is finished off with hand-carved oak handles. Please bring to class: scissors, spring-type clothespins, tape measure and pencil. Course fee includes \$34 materials fee.

71020 \$69

2 Sessions, DCC B05

Wed., 6/14 - 6/21, 6 - 9 p.m.

Joyce Flower, Instructor

Sewing 101

In this class, you will learn the basics of sewing, including the differences between threads and fabrics and more. The instructor will also teach you anything you want to know about your sewing machine. Even if you have sewn before, you will still learn something from this class. You will also make a super simple tote bag in the class. You must bring your own machine and supplies. Please see materials list for this class listed at www.hvcc.edu/communityed/courseinfo.

71018 \$49

4 Sessions, DCC B05

Mon., 6/5 - 6/26, 6 - 8 p.m.

Fatima Bey, Instructor

Drawing for the Absolute Beginner

Have you always been interested in drawing, but never really knew how to get started? If so, then this is definitely the course for you! Gain a solid foundation and understanding of the basics of drawing and become the artist you've always dreamed you could be!

You'll gain a solid understanding of the many tools of the trade. You'll become intimately familiar with paper types, drawing styles, rendering techniques, and the basic principal of perspective, layout, design, lighting, volume, and space. You'll even discover how best to get in touch with your right brain.

If you have an interest in learning what it's like to draw or would love to increase your current knowledge in the field of art and illustrating, then this course aims to fulfill all of your needs. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

71043 \$99

Online Course Dates: 6/14 - 8/4/17



Introduction to Interior Design

ONLINE

Are you a creative person with an eye for design? If so, this course will show you how to transform plain living spaces into beautiful and functional rooms.

Interior design takes training as well as talent, and these lessons will give you the know-how you need to design a room from floor to ceiling. You'll delve into color theory, industry trends, spatial arrangements, floor plans, traditional and modern interior design ideas, and other basics. In addition, you'll explore a range of careers in interior design and get insider tips for entering this exciting field.

Because interior design is constantly evolving, you'll also learn about some of the latest trends affecting the industry. You'll investigate "green" sustainable design, and you'll find out how to modify your designs for people with special needs.

As you master design skills step-by-step, you'll complete your first project: a fully developed room design complete with spatial layout, lighting, and finish selections. Your new knowledge and hands-on practice will give you the confidence you need to start creating beautiful residential interiors for yourself and others.

This course is taught online through Ed2go. You will receive your username and password via email within one week of registration.

More detailed information on this course can be found at www.ed2go.com/hvcc

71054 \$99

Online Course Dates: 6/14 - 8/4/2017

**Off-campus art classes can be
found on page 4 & 5.**



Notary Public Review Workshop - Prepare for the NYS Exam

This workshop prepares you for the New York State Notary Public test and will provide you with a comprehensive view of the Notary Public Office. Confusing laws, concepts and procedures will be clearly explained and clarified. Examples will be provided to illuminate situations that a notary public office is likely to encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer to an attorney and minimizing legal liability. This workshop is a must for notary public candidates who want to become fully aware of the authority, duties and responsibilities involved in this office. All materials will be provided, including website links to NYS Department of State licensing information, booklets and forms. Also featured is an 80-question practice exam that attempts to emulate the actual New York State mandatory exam. Course fee includes a \$5 materials fee.

60616 \$36

1 Session, DCC 138

Thurs., 5/11, 8:30 a.m. - 12:30 p.m.

71019 \$36

1 Session, ADM 102

Wed., 7/26, 12 - 4 p.m.

Victor Bujanow, Instructor

Course descriptions are subject to change without notice.

Stocks, Bonds, and Investing: Oh, My!

ONLINE

Looking for a good solid class in the basics of stocks, bonds, finance and investing? Haven't the slightest clue how to prepare for retirement, pay for college, or even manage your personal finances? Wish you had some guidance to put your finances into clear and understandable perspective? And do you wish you could do it all without having to pay a broker or a financial advisor? Well, look no further. The class you need is right here!

This enjoyable class gets you through the fundamentals of investing and not only teaches you about the stock markets, 401k plans, and retirement, but will address personal financial issues that are often ignored. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

71045 \$99

Online Course Dates: 6/14 - 8/4/17

Start Your Own Small Business

ONLINE

Learn how to take your dream of starting a business and put it into action. In this class, you'll learn everything you need to know about starting a business. You'll begin by discovering the tricks to picking the right opportunity for you. Next, you'll learn how to develop proven marketing techniques to easily build sales. Since every business needs money, we'll discuss traditional and nontraditional financing options. Finally, you'll learn easy-to-implement employee-management procedures and how to write business policies that help you build your business.

You, as a business owner, need to manage all your limited resources. One resource that often gets overlooked is your time. In the final lesson, you'll learn time-management techniques especially for entrepreneurs. While taking this course, you'll discover the secrets that separate the successful entrepreneurs from the struggling ones. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

71044 \$99

Online Course Dates: 6/14 - 8/4/17

Where Does All My Money Go?

ONLINE

Ever get frustrated that you never seem to get ahead? Are you and your family constantly arguing about money? Do you ever wonder where your money went last month? Do you have trouble saving money? Do you wish you had financial security? Want to work on paying down your debt but don't know where to find the money?

This course will teach you the very basics of how to get control of your finances rather than letting them control you. It is the help you need before learning about investing, debt elimination, retirement or college planning. There aren't many places that you can go to learn these principles, so take advantage of this opportunity to learn online.

Start to make conscious decisions about spending and saving. Find out where your money goes. Make your own informed choices about where you want it to go. Learn how to fund your dreams and how to save money for everything from emergencies to vacations. If you have ever felt lost about where to start working on your finances, this course is for you. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

71046 \$99

Online Course Dates: 6/14 - 8/4/17



Center for Creative Retirement

Please note: several of these trips and tours includes a materials fee for admission and/or meals. This fee is non-refundable five business days prior to the start of the course. Directions and additional information about off-campus tours and trips are posted at www.hvcc.edu/community/courseinfo

NYC Bus Trip

A bus will leave at 7 a.m. from Crossgates Commons (behind Wal-Mart) for New York City. The bus will drop you off and pick you up from the Bryant Park area in Manhattan, leaving New York City at 7 p.m. The outing is for the bus trip only. Arrangements for the day will be left open for you to do whatever you please. A small donation will be collected on the bus for driver gratuity. Course fee includes a \$29 materials fee.

70947

\$40

1 Session, Meeting at Crossgates Commons
Wed., 6/21, 7 a.m. Departure
Joyce Feiring, Coordinator

Culinary Adventure: Central Troy Historic District Food Tour

The Central Troy Historic District Food Tour is a leisurely three-hour, 1.5 mile walk with plenty of refreshing stops (five different food/beverage tastings), so it's suited for most ages and fitness levels. Experience the vibrant culinary scene that surrounds Troy's amazing farmer's market. This tour ends in time for you to shop the market and meet the local farmers and vendors. Put on your walking shoes for an entertaining and delicious way to learn about Troy and the role food is playing in bringing the city back to life. We will sprinkle in history, architecture and culture to round out your perfect Saturday in the Collar City. Food tours help tell the story a city in a delicious way: they're about tasting local foods and getting exposure to the entrepreneurs who are bringing creativity to their city. Wear comfortable walking shoes, come hungry - by the end you will have eaten a complete brunch/lunch. Course fee includes \$40 materials fee.

71016

\$55

1 Session, 275 River Street, Troy
Sat., 6/17, 9:45 a.m. - 1 p.m.

71017

\$55

1 Session, 275 River Street, Troy
Sat., 7/8, 9:45 a.m. - 1 p.m.

Amy Koren-Roth of Taste of Troy Food Tours,
Instructor



Gravestone Restoration Workshop

Old burying grounds need your help. This hands-on workshop will teach you how to safely clean, epoxy and mortar marble gravestones dating from the mid-19th century. Participants will learn how to handle proper cleaning agents and materials to reset and secure stones that memorialize people who have long been forgotten. The goal of this workshop is to educate cemetery enthusiasts in the art of gravestone restoration and preservation using best practices defined by the Association of Gravestone Studies.

Joe Ferrannini of Grave Stone Matters has made simple to complex repairs to thousands of old monuments in his decades-long career as a professional cemetery preservationist. Learn from the master in a beautiful, Victorian era cemetery. This workshop is completely hands-on. Dress appropriately to work outside. Bring gloves (and a garden kneeler if needed) as we will be working with special epoxy and mortars to make repairs. All tools and materials are included. (Tents will be provided if necessary.) Please bring your own lunch or we will order from a local deli (not included in course fee.) This fun, informative and relaxing workshop is suitable for all skill levels. Course fee includes \$45 materials fee.

70965

\$55

1 Session, St. Agnes Cemetery
Sat., 6/3, 10 a.m. - 3 p.m.

Kelly Grimaldi, Coordinator
Joe Ferrannini, Instructor

Sketch Club: Keeping A Nature Journal

At every moment, wherever you are, you can use a simple sketchbook as a place to record your observations of the natural world. It might include sketches or drawings, written descriptions or notes, photographs, poems, natural objects such as leaves or flowers, or scientific data such as lists or wildlife tallies. Join instructor Carol Coogan as she lends support, advice and inspiration to your own nature journal practice. Bring a favorite drawing/writing implement and a sketchbook if you have one, or a sketchbook will be available for purchase: a slim paperback "starter" book for \$5, or a 5.5" X 8" hardcover for \$10. Carol Coogan is an artist, illustrator, designer, writer, instructor and trained SoulCollage® facilitator. She uses sketchbooks and visual journals as part of the process of development of ideas and designs for her professional work, and also for her own personal enjoyment. Carol created the "Backyard Naturalist," a newspaper feature she wrote and illustrated for the *Times Union* for 10 years. She also is the weekly op-ed artist for the *Altamont Enterprise* and illustrates and designs stationery for Crane & Co. on a freelance basis. Course fee includes \$40 materials fee.

71015

\$50

5 Sessions, St. Agnes Cemetery
Thurs., May 25, June 29, July 27, August 31,
September 28

10:30 a.m. - 12:30 p.m.

Kelly Grimaldi, Coordinator
Carol Coogan, Instructor



PLEASE NOTE:

Fees for materials are non-refundable less than five business days prior to the start of the course.

By the Pond Plein Air Painting Workshop

Come experience a relaxing weekend in the lovely Most Holy Redeemer Cemetery located at 2501 Troy Road (Route 7) in Niskayuna. We'll sit at an easel by a beautiful pond and learn to paint using acrylics and oils on canvas. Trees surrounding the pond will provide shade and dappled light on the sparkling water. This class is perfect for painters of all skill levels. Paints, brushes and canvas will be provided. Cold beverages and refreshments are included. You will receive a total of six hours of professional instruction by a highly accomplished artist/teacher in our area. Course fee includes \$80 materials fee.

71014 \$90

2 Sessions, Most Holy Redeemer Cemetery
Thurs. and Fri., 7/27 - 7/28, 10 a.m. - 1 p.m.
Kelly Grimaldi, Coordinator
Karen Woodin, Instructor

Explore The Governor's Mansion

Join us as we explore The Executive Mansion where 32 of New York's 56 governors have resided. The Mansion was built in 1856 as a simple two-story home and has evolved into the elaborate Queen Anne style it is today. The tour will focus on past and present New York State governors, architectural history, furnishing and artwork. **You must register by 6/14**

for this tour.

71061 \$10

1 Session, Meet at 138 Eagle Street in Albany
Thurs., 6/29, 11 a.m. - Noon
Joyce Feiring, Coordinator



Root for the Home Team: Tour "The Joe"

The Tri-City ValleyCats are a Minor League Baseball affiliate team of the Houston Astros. As member of the New York-Penn League, their rivals include affiliates of the Mets, Yankees and Red Sox organizations. They play home games at the Joseph L. Bruno Stadium, or "The Joe" as some fans call it. This year the ValleyCats will host the All-Star game. It will be a wonderful opportunity to watch the best players of the New York Penn league.

Get ready to kick off the 2017 season by touring the stadium...take a look at their great facilities, hear what's new for the coming year and get a look at the batting cage and locker room.

70816 \$10

1 Session, ValleyCats office at
Hudson Valley Community College
Thurs., 6/8, 10 - 11:30 a.m.
Jean Chenette, Coordinator

Dutch Apple Cruise

All aboard the Dutch Apple for a 2 1/2 hour lock cruise, complete with sandwiches, salad, coffee, tea and dessert! Take in the scenic and historic Hudson River. Bring your binoculars to best see the birds and wildlife that live along the river's edge. The Dutch Apple sails rain or shine, but offers the best of both worlds with sunshine and breezes on the exterior deck or the protection of a fully enclosed and climate-controlled interior. Join us for a fun and relaxing afternoon cruising the Hudson! Please wear comfortable low heeled or soled shoes for your safety. Course fee includes a \$36 materials fee.

71062 \$46

1 Session, 141 Broadway in Albany

Mon., 7/24

12:30 p.m. boarding, 1 - 3:30 p.m. cruise

Joyce Feiring, Coordinator

DON'T WAIT TOO LONG!

Each class has a minimum required enrollment. If you find a course that you would like to take, encourage a friend to join you. Sometimes one or two people make the difference between "go" or "cancel." Many of our courses fill early. Don't be disappointed because you waited until the last minute.

REGISTER TODAY!



DO YOU HAVE A GREAT IDEA FOR A COURSE?

Contact our
office at
(518) 629-7339



www.hvcc.edu/communityed/apply

Certificate Programs



Paralegal Certificate Course

This intensive, nationally acclaimed program is designed for beginning and advanced legal workers. You will be trained to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law and assist in preparing cases for courtroom litigation. The instruction is practice-oriented and relates to those areas of the law in which legal assistants are in most demand.

The online paralegal course is split into two parts: Introduction to Paralegal Studies and Advanced Paralegal Concepts. All registered students will be enrolled in both sections, which will be completed consecutively. Introduction to Paralegal Studies provides the foundation for the study of paralegalism. During the seven-week course, you will gain an understanding of the American legal system and learn how you can be of assistance in the exciting field of law. Coursework is equivalent to 45 class hours of study. Advanced Paralegal Concepts takes over where the introduction leaves off. In this seven-week course, you will learn the advanced skills of legal research and writing, formal and informal advocacy, and appellate procedure. Coursework in the advanced course is equivalent to an additional 45 class hours of study.

This is an accelerated course. While there are no prerequisites, you will be expected to complete a significant amount of homework and you can anticipate spending an average of 12 hours per week reading and completing writing assignments.

Successful graduates of this program will be awarded a certificate of completion. To receive the certificate, you must pass six quizzes and successfully complete five legal document writing assignments.

Please note: paid access to the Westlaw on-line legal library is offered through the Center for Legal Studies and is strongly recommended to complete the second part of the course. Students have access to Westlaw at Hudson Valley Community College. However, at this time, the Westlaw database can only be accessed from the Marvin Library on campus. Textbooks that accompany the instruction of this course are available for purchase in the college's bookstore or through the Center for Legal Studies at 1 (800) 522-7737. Additional information for the Paralegal Certificate Course can be obtained at www.legalstudies.com.

70201

\$1289

Online Course, 6/26 - 8/11 & 8/21 - 10/6

PET EDUCATIONAL TRAINING SERVICES

Know you want to work with animals but aren't sure which pet program to choose? Please contact the course instructor Mary Lynn Gagnon (m.gagnon@hvcc.edu).

Mary Lynn, the owner of Pet Estates Inc. and Merry Lynn Kennels, and has been a successful pet business owner and leader in the pet business field for more than 24 years.

Pet Education Certificate Program

The Pet Education Certificate course offers a variety of resources to help you begin or enhance your career working with animals. Career paths may include pet-sitting, kennel work, daycare, training, working for a veterinarian and other animal-related fields. Topics will include pet health and illness, communication, basic hygiene care for pets and even writing a resume and preparing for an interview. In order to successfully complete this program and be eligible for a certificate, you must successfully complete the online course, complete a pet First Aid/CPR class and complete at least 54 hours of internships at an approved animal care facility within six months of the end of the course.

70828

\$400

Online Course Dates: 6/6 - 8/8

Pet CPR and First Aid

Whether you are a pet owner or just a pet lover, this class will provide critical knowledge that could help save a pet's life. Students will need to purchase at least one textbook as part of the online portion of this course. Approximate cost is \$20.

70710

\$86

Online Course Dates: 6/6 - 6/27

Starting a Pet Business

In order to stand out in the pet industry today you need to think outside the box and do your research. This course will save you time and money by giving you the tools to do it right the first time. You will be guided to free resources to start your business. Course includes a 30-minute personal phone consultation with Pet Estates Inc. owners Don or Mary Lynn Gagnon.

70829

\$85

Online Course Dates: 7/6 - 7/20



Jump Start Your Career or Find a New One!

<http://careertraining.ed2go.com/hvcc>

ONLINE

ONLINE CAREER TRAINING PROGRAMS

Certified Medical Administrative Assistant with Medical Billing and Coding

\$3,195

CRN: 70202, 500 Hours

CPC Administrative Medical Specialist with Medical Billing and Coding is geared towards students who are interested in obtaining a career in the healthcare industry, but have little to no experience within the sector.

Upon completion of this program, you will be prepared to sit for the Certified Professional Coder (CPC) exam, offered by the American Academy of Professional Coders (AAPC) and the Certified Medical Administrative Assistant (CMAA) exam offered by National Healthcareer Association (NHA). Vouchers for both exams are included with this program.

Medical Transcription and Medical Terminology

\$1,995

CRN: 70203, 300 Hours

This program will give you the knowledge and skills to start a new career as a medical transcriptionist. To work in this field, you need to understand and correctly spell medical terms. This program includes complete medical terminology training to set you up for success.

Your transcription equipment and materials are included.

Veterinary Assistant

\$1,995

CRN: 70204, 170 Hours

This online program will prepare you to become a productive member of a veterinary team. You'll learn about every aspect of veterinary assisting, including anatomy and physiology, animal restraint, laboratory sample collection, assisting in surgery and dentistry, prescription preparation, and taking radiographs.

*All course prices are subject to change without notice.

Over 100 other great career training programs available online!

<http://careertraining.ed2go.com/hvcc>

Program Features:

- One-On-One Instructor Assistance
- 24-Hour Access
- All Materials and Books are Included!
- Certificate Upon Successful Completion
- Courses Start Anytime
- 3-6 Months of Instruction

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online career training program.

Complete any of these programs entirely from your home or office and at any time of the day or night.

For detailed objectives, outlines, demos, frequently asked questions, pricing and program ratings call us or visit our website.

(518) 629-7339

<http://careertraining.ed2go.com/hvcc>

HUDSON VALLEY COMMUNITY COLLEGE

HUDSON VALLEY COMMUNITY COLLEGE

ONLINE



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the comfort
of home!**

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Complete any of these courses entirely from your home or office and at any time of the day or night.

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Enroll Now!

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INSTRUCTOR LED ONLINE COURSES

A to Z Grant Writing

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

Accounting Fundamentals

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

Conversational Japanese

Whether you want to learn for business travel or just for fun, you'll find this course makes it easy and enjoyable for beginners.

Creating WordPress Websites

Discover how to easily create blogs and websites with WordPress, the world's most popular Web publisher.

Discover Sign Language

Discover the fun of learning sign language and using your hands to communicate with Deaf people.

GMAT Preparation

Taking this course will provide you with test taking techniques and methods for improving your score on the GMAT exam.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Homeschool with Success

In this course you will delve into the history of homeschooling and examine its status today in all 50 states.

Human Anatomy and Physiology

Gain a greater appreciation and understanding of the marvelous complexity of the human body.

Intermediate Microsoft Excel

Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines and other advanced Excel features.

Introduction to Google Analytics

Learn how to track and generate traffic to your website, create reports and analyze data with Google's free, state-of-the-art Web analytics tools.

Introduction to Lightroom 5

Learn how to use the tools in Adobe Photoshop Lightroom 5 to organize and edit your images, fine-tune lighting and color, and develop an efficient image processing workflow.

Introduction to Microsoft Access

Take control over your data! Whether you're a novice or an experienced database user, this course will show you how to harness the full power of Microsoft Access.

Introduction to Microsoft Excel

Become proficient in Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

Mastering Public Speaking

In this fun and hands-on course, you will find out how to talk confidently and persuasively to both large audiences and small groups.

Nonprofit Fundraising Essentials

Take your first step toward a rewarding career in fundraising for nonprofit organizations!

Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online and take your creative literary talents to a new level.

...and many more!

Over 250 Online Courses Available!





Getting Paid to Talk: Voice-Overs as a Profession

Have you ever been told you have a great voice? From audio books and cartoons to documentaries, commercials and more, this class will introduce you to the growing field of voice-overs. Learn what the pros look for, how to prepare and where to find work in your area! We'll discuss industry pros and cons and play samples from working voice professionals. In addition, you'll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic and a great first step for anyone interested in the voice-over field. For more info please visit:

www.voicecoaches.com.

71097 \$15

1 Session, ADM 106

Thurs., 6/29, 6:30 - 9 p.m.

Creative Voice Development, Instructor

English as a Second Language

This course is designed to help beginning-level English language students develop and practice their listening, speaking, reading and writing skills. It is supplemented by instruction in American customs and practices to help students understand the appropriate vocabulary and conversation style to use in different situations. Emphasis is placed on speaking in different situations and with different audiences, developing the reading skills necessary to understand basic sources of information, and avoiding common grammar errors in writing emails and short communications.

71021 \$119

5 Sessions, WIL 112

Mon., - Fri., 7/10 - 7/14, 9 a.m. - Noon

71022 \$119

5 Sessions, WIL 112

Mon., - Fri., 7/17 - 7/21, 9 a.m. - Noon

Elaine Friedman, Instructor

Grammar Refresher

ONLINE

Whatever your goals, a grasp of English grammar will help you refine your communication skills. You'll explore the basics of English grammar, like sentence structure and punctuation, and more advanced concepts, like logic and clarity. Along the way, a patient hands-on instructor will always support you. Have some fun with grammar lessons that include a touch of humor, straightforward, accessible examples, and lots of interactive exercises. Reacquaint yourself with old rules, meet some new ones, and discover your own grammatical strengths.

This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

71039 \$99

Online Course Dates: 6/14 - 8/4/17

Instant Italian

ONLINE

This dynamic course will teach you how to express yourself comfortably in Italian. You'll learn practical, everyday words and phrases that will make your stay in Italy more enjoyable. You'll read, hear, and practice dialogues based on typical situations that you're likely to encounter while staying in Italy. The dialogues and follow-up exercises of each lesson will teach you to communicate in Italian in a wide variety of settings. You'll be surprised by how quickly and easily you can learn many useful expressions in Italian!

This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

71040 \$99

Online Course Dates: 6/14 - 8/4/17

**English as a Second
Language Summer Camp
for Kids is available at
the same time.**

Please visit
www.hvcc.edu/kidscamps
for more information

Get Assertive!

ONLINE

Are you tired of being intimidated and treated badly by others? Learn specific techniques to become more assertive in all parts of your life. Discover how people manipulate you and how you submit to being a victim. Understand the difference between passive, aggressive, and assertive behaviors, and see how inner dialogues keep people acting in passive ways. Explore ways to change your inner dialogue, such as using affirmations and visualization, creating new labels for yourself and others, and keeping a journal.

This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

71047 \$99

Online Course Dates: 6/14 - 8/4/17

A to Z Grant Writing

ONLINE

A to Z Grant Writing is an invigorating and informative course that will equip you with the skills and tools you need to enter the exciting field of grant writing! You'll learn how to raise needed funds by discovering how and where to look for potential funders who are a good match for your organization. You'll also learn how to network and develop true partnerships with a variety of funders, how to organize a successful grant writing campaign, and how to put together a complete proposal package.

This course speaks mainly to nonprofit organizations, schools, religious institutions, and municipalities seeking grants from foundation, corporate, government, and individual donors. It's also an excellent primer for individuals who wish to become grant writing consultants or community grant writing volunteers.

Many of this course's elements also easily translate to the for-profit field and to individual artists, and material specifically designed for businesses and individuals is included. No matter who you are or what level of experience you have, you'll find the A to Z of writing and submitting successful proposals here. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

71048 \$99

Online Course Dates: 6/14 - 8/4/17

Introduction to Excel

Interested in learning Excel or just brushing up your skills? Regardless of your profession, this class offers valuable skills that you shouldn't miss out on. You'll learn how to navigate Microsoft Excel and enter, edit and format data. We will cover converting to PDFs, controlling data input, choosing the right layout for your needs and protecting your work. We also will use built in-functions such as Sum, Average, Min and Max, and apply conditional formatting to highlight data in your worksheet that meet specific conditions and rules. Basic computer knowledge is required to take this class. This is a hands-on class, and you will need your HVCC username and password. Course fee includes a \$5 computer fee.

71023 \$69

4 Sessions, BTC 204

Sat., 6/3 - 6/24, 9 - 11 a.m.

Mizanur Rahman, Instructor

Yes, You Can Take It With You! Getting Started With Google Drive

In our connected world, storing documents and files "in the cloud" has many advantages. Among these advantages is real-time collaboration across town and around the world and having access to your files wherever you are on whatever connected device (laptop, desktop, tablet, phone, etc.) you have. This two-hour workshop will provide an introduction to the free storage options offered through Google Drive, tips on how to organize your files in the cloud and an introduction to Google's cloud-based word processor, Google Docs. This is a hands-on class, and you will need your HVCC username and password. Course fee includes a \$5 computer fee.

71024 \$19

1 Session, BTC 204

Mon., 6/12, 6 - 8 p.m.

David Hansen, Instructor

Introduction to Microsoft Word 2013

Knowing how to write reports and letters using Microsoft Word is a basic skill needed in nearly any job. This powerful word-processing program lets you professionally type, edit, format, spell check, and print documents.

In this course, you'll master all the basics of Microsoft Word. You'll learn how to add, move through, and edit text; move words from one part of your document to another; work on two or more documents simultaneously;

change the size or appearance of text; change margins and tab settings; automatically center, right align, justify, and indent text; use tools such as the grammar checker, spell checker, and thesaurus; and save, retrieve, copy, organize, and print your documents. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

71051 \$99

Online Course Dates: 6/14 - 8/4/17

Introduction to Microsoft Access

Take control over your data!

Whether you're a novice or an experienced database user, this course will show you how to harness the full power of Microsoft Access 2013.

In these practical and project-oriented lessons, you'll learn how to use this award-winning MS Office software to create and customize tables. You'll build relationships between your tables to eliminate redundancies and slash data entry time. And you'll discover how to achieve huge reductions in data entry errors by setting default values, creating validation rules, and building input masks. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

71049 \$99

Online Course Dates: 6/14 - 8/4/17

Introduction to Photoshop CC

Photoshop is the world's most popular photo-editing program. Artists, photographers, designers and hobbyists all rely on Adobe Photoshop for image creation and editing.

Discover the fastest and most effective ways to use Photoshop from an expert and former columnist for Photoshop User magazine (who has twice been nominated for the Photoshop Hall of Fame). You will need to have Adobe Photoshop CC installed on your computer. This course is taught online through Ed2go. You will receive your online Ed2go username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

71050 \$99

Online Course Dates: 6/14 - 8/4/17

COMPUTER ACCOUNTS

If your course requires a computer account, and you are a new student, you will receive two envelopes, one containing your username and the other your password, in the mail.

If you are a returning student and you no longer have your username and/or password you can contact the Office of Community and Professional Education at (518) 629-7339, and we can reset your password and send both your username and new password to you in the mail. Please make this request at least one week before your course begins.

If you do not have your username and password on the day your class begins, you can come to the Office of Community and Professional Education (during business hours) in the Guenther Enrollment Services Center, Room 252 and with photo ID we can reset your password. Students can also go to the Computer Learning Center in the basement of the Marvin Library to have their password reset.

Your username is defined as the first initial of your first name, followed by a hyphen(-), followed by up to 13 characters of your last name (all lowercase, no spaces or other special characters). The password is randomly generated. Please go to <http://my.hvcc.edu> and use the MyHudsonValley Portal to change your password to something that will be easier to remember. You will find more detailed information regarding computer access at www.hvcc.edu/login-help.html.

Bring both your username and password to your course, as you will need it to access the computer during class. Course instructors do not have the ability to reset or view student passwords. It is the student's responsibility to ensure they have this information when they begin a class.





New cooking classes, new cooking classroom...

We're excited to announce that the college has created a dedicated new space (Day Care Center, room 135) for our cooking classes! We'll offer classes to help you discover food that's healthy, nutritious and delicious! Learn from local chefs, cooks and bakers, and discover healthy food ideas for your busy lifestyle!

Master Food Preserver

Become a Master Food Preserver! This three-day training program includes the scientific basis of home food preservation. You will get hands-on experience in boiling water and pressure canning, making jams and jellies, pickling and fermentation. There will be demonstrations in freezing and drying and discussion of other methods of preservation. This course is the first step toward becoming a Cornell Cooperative Extension Master Food Preserver. All class materials will be provided. Lunch each day is also included. Space is limited!

50801 \$375

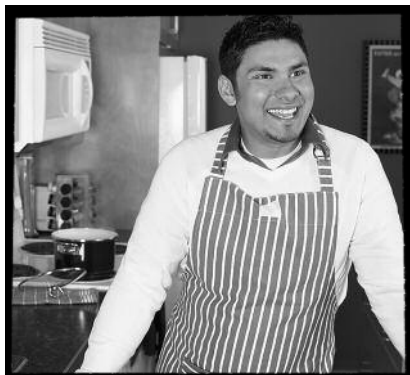
(no refund after 9/1/17)

3 Sessions, DCC 135

Tues., - Thurs., 9/12 - 9/14

8:30 a.m. - 4:30 p.m.

Katherine Humphrey, Judy Price and Diane Whitten, Instructors



WHAT TO EXPECT

Most cooking classes are hands-on and interactive and all are led by qualified instructors. Please wear comfortable clothes/shoes with hair pulled back. Unless indicated, you will have an opportunity to taste the dishes prepared in class.

Southern Summer Cuisine

Learn how to make traditional and authentic summer Southern cuisine with instructor Nevillene White, owner of Soul Kitchen in Albany. This four-session class will teach students how to make homemade barbeque sauce, barbeque chicken, and southern potato salad. Each week, students will learn a different component and for the last class they will recreate the entire meal and eat!

Both of Ms. White's parents are West Indian so she grew up eating and making Caribbean food. She got bit with the southern food bug after meeting her husband's family over 25 years ago. Many of the recipes from her store have been handed down by his mom and grandma. Course fee includes a \$25 materials fee.

71027 \$125

4 Sessions, DCC 135

Wed., 5/31 - 6/21, 6:15 - 8:15 p.m.

Nevillene White, Instructor

Make Grilling Fun Again

Are you tired of the same old staples of hamburgers and hot dogs for your summer grilling? Step away from your kitchen (and into to ours) to learn how to make delicious marinated chicken and beef kabobs. No more boring side salads either...we will be making bacon and avocado macaroni salad and feta and tomato orzo salad. Finally, we will be grilling corn and seasoning with both a lime and garlic parmesan butter. Course fee includes a \$26 materials fee.

71028 \$45

1 Session, DCC 135

Mon., 6/19, 6 - 8 p.m.

Sarah Diamond, Instructor

COOKING CLASSES

Learn to Bake Sweets with Your Lil' Sweetie

In this class, you will work with your child (ages 5 - 10) to create delicious fruit and chocolate turnovers. Spend quality time with your lil' sweetie, learning a new recipe that you both will want to create over and over again. Course fee includes a \$24 materials fee, and is for one parent and one child. Both must be registered.

71055 \$39

71056 - child's registration

1 Session, DCC 135

Mon., 6/26, 5:30 - 7:30 p.m.

Sarah Diamond, Instructor



Living the Plant-Based Life

This four-week workshop has everything you need to break free from diet fads and achieve vibrant health! Each session covers a group of whole plant foods, revealing their unique benefits and surprising "super powers"

- Fruits and Veggies
- Whole Grains
- Beans and Legumes
- Nuts, Seeds and Healthy Fats

You will leave with all the knowledge you need to live a happy, plant-based life! Students should have a basic food preparation knowledge and awareness of plant-based diets. Recipes for each session will be provided. Course fee includes \$5 materials fee.

71031 \$139

4 Sessions, DCC 135

Tues., 7/18 - 8/8, 6:30 - 8:30 p.m.

Theresa "Sam" Houghton, Instructor

How to be In-Spiralized

Instructor Mirissa Casey was first introduced to spiralizing noodles while doing the Paleo diet due to gluten intolerance. She quickly learned that while the texture is slightly different, the taste of fresh seasonal zucchini noodles is much tastier and healthier.

Come join us to learn a few simple recipes that are not only quick and easy, but healthful, too. Course fee includes \$8 materials fee.

71032 \$35

1 Session, DCC 135

Tues., 6/20, 6 - 8:30 p.m.

Mirissa Casey, The Chic Chef, Instructor

Japanese Steakhouse

Looking for a tasty and hearty meal for your next dinner party? Try making this delicious Japanese steakhouse menu full of zesty, fresh and savory dishes such as vegetable fried rice, a simple and flavorful Japanese steakhouse appetizer and street dishes. You'll learn how to make your own sushi! Course fee includes \$16 materials fee.

71030 \$55

2 Sessions, DCC 135

Wed., 7/5 - 7/12, 6 - 8:30 p.m.

Mirissa Casey, The Chic Chef, Instructor

Cooking on the Mediterranean!

Want a family vacation, but don't have the time? No worries! Grab the kids and explore the Mediterranean in our kitchen. Experience cuisine from Spain, Italy, France, Turkey and Greece by cooking your way through these wonderful countries with native recipes.

This journey will provide you with new, fun dishes that you and your children can prepare for the rest of the family. Grab your passports and appetites and prepare for some cooking fun. Course fee includes a \$20 materials fee, and is for one parent and one child. Both must be registered.

71057 \$79

71058 - child's registration

2 Sessions, DCC 135

Sat., 6/10 - 6/17, 9 a.m. - Noon

Brianna Marchese and Jesse McGuire, Instructors



WOULD YOU LIKE TO TEACH A COOKING CLASS?

We would like to hear from you.



Please contact us at
communityed@hvcc.edu
with your ideas.

HUDSON VALLEY COMMUNITY COLLEGE

Driver Education Course

Driver Education

This course is intended to educate students (age 16 or older) on appropriate driving skills and habits. This course includes 24 hours of classroom instruction and 24 hours of behind the wheel training and observation. Students must complete all scheduled classes in order to be eligible for the Motor Vehicle Certificate MV-285. If you know you have to miss a class for any reason, please wait and take this course at another time. One make up-session for an excused classroom absence with college approval is allowed for an additional \$25 fee, and is scheduled for a date to be determined.

The MV-285 Student Certificate of Completion allows:

1. NYS Junior Permit holder to schedule a road test
2. Young drivers a possible reduction in automobile insurance cost (participation is dependent upon insurance provider participation)
3. A 17 year old to receive a senior license (MV-285 form must be submitted to local DMV to attain this benefit)

Summer Driver Education is taught on a Day 1/Day 2 schedule. Classroom time will always be Day 1. If a student chooses a driving time on Day 1, they can expect to be in class and on the road for three hours every other day. If they choose a Day 2 driving time, they will alternate class and drive time for 1 ½ hours every day.

When registering via mail or fax, please indicate a first and second choice for driving times using the course codes adjacent to the selected driving time.

If you are registering online or on the phone, you will be asked to select your drive time when you select your class time. Driving times are available first-come, first-served.

The course fee for Driver Education is \$425.

70314

Mon., 6/26, 9 - 10 a.m., BTC Auditorium
Orientation

Classroom Sessions, Mon. - Fri., 6/27 - 8/11
9 - 10:30 a.m., Day 1, BTC 219
No class or driving on 7/3 or 7/4.

Drive Times Available

Day 1

70348 7:30 - 9 a.m.
70349 10:30 a.m. - Noon
70351 Noon - 1:30 p.m.
70352 1:30 - 3 p.m.

Day 2

70357 7:30 - 9 a.m.
70514 9 - 10:30 a.m.
70515 10:30 - Noon



Be bold. Be a Viking.



FOR MORE INFORMATION:
**Office of Community
and Professional Education**
Guenther Enrollment Services Center,
Room 252

80 Vandenburg Avenue
Troy, NY 12180

(518) 629-7339
communityed@hvcc.edu

Learn to RIDE!



MOTORCYCLE SAFETY CLASSES

Hudson Valley Community College is proud to partner with the Capital Area Motorcycling School, Inc. (CAMS) to offer a wide array of motorcycle courses. Whether you are a beginner or advanced rider, we have a course for you!

Basic Rider Course

\$275

- The fast track for receiving your motorcycle license!
- 18-hour course - three-hour online course plus 15 hours of classroom and riding exercises
- Motorcycle/scooter and helmet provided
- Prerequisites: must be able to ride a bicycle and possess a valid NYS driver's license.
- Offered weekends in April, May, September and October. Offered seven days a week in June, July and August.

Basic Rider Course 2 for License Waiver

\$225

- Eight-hour course: three-hour online course plus five hours of riding exercises
- Designed for riders with some street riding skills
- Taken on your own street legal, registered and insured motorcycle/scooter
- Prerequisites: must possess a valid NYS driver's license AND a valid NYS motorcycle permit that you have had for one riding season. Basic street skills required.

OTHER MOTORCYCLE COURSES OFFERED

Basic Rider Course 2

\$155

- Five-hour course taken on your own street legal registered and insured motorcycle.
- For the rider who wants to improve their skills
- Prerequisites: must possess a valid NYS driver's license AND a valid NYS motorcycle license

Introductory Motorcycle Experience

\$70

- Two-hour experience to introduce you to motorcycling. You will not learn to ride but this hands-on experience will allow you to consider the possibility.

Basic Rider Course Practice

\$155

- For Basic Riding Course graduates who would like four more hours on our training bikes.

Ultimate Bike Bonding Rider Course

\$155

- For licensed riders who want to dial up their low speed control on their motorcycle.



Which course is for you?

For help with choosing the right course for you, please email camstraining@nycap.rr.com or call Barbara at (518) 813-1717.

Visit www.hvcc.edu/rider for current schedule, full course descriptions and other important information.

For registration or course availability questions contact:

Hudson Valley Community College

Office of Community & Professional Education - (518) 629-7339 or communityed@hvcc.edu

Zumba

This hour-long dance-based fitness class is set to international rhythms. No experience in dance or aerobic classes is required and Zumba is open to all fitness levels. This class will help you sculpt a tight mid-section without getting on the floor. Wear sneakers and light clothes. Bring a water bottle!

70255 \$70

10 Sessions, MCD 192

Mon., 6/5 - 8/14, 5:45 - 6:45 p.m.

No class 7/3

Chrissy Sarratori of Abs In, Inc., Instructor

70257 \$70

10 Sessions, MCD 192

Wed., 6/7 - 8/9, 5:45 - 6:45 p.m.

Chrissy Sarratori of Abs In, Inc., Instructor

Hi-Lo Aerobics

This combination Hi-Lo impact class is designed with both men and women in mind. Each class adheres to the exercise guidelines set forth by the American College of Sports Medicine. The one-hour class includes a complete cardiovascular workout and a stretching and strength training component that will tone muscles and burn fat. Routines are set to contemporary music by the original artists. Energize and have fun. This class is designed for all levels - everyone will be successful!

70261 \$70

10 Sessions, MCD 192

Mon., 6/5 - 8/14, 7 - 8 p.m.

No class 7/3

Chrissy Sarratori of Abs In, Inc., Instructor

Bokwa

Looking for a different workout set to today's popular music? Bokwa is a new approach to group exercise that is rapidly spreading across the globe. Bokwa instructors teach participants to draw letters and number patterns with their feet. Everyone can do it! You can have two left feet and can dance alongside world champion Latin and ballroom dancers, and all have a terrific experience in the same class! All you need is a bottle of water! Please wear comfortable clothing and sneakers.

70821 \$70

10 Sessions, MCD 192

Wed., 6/7 - 8/9, 7 - 8 p.m.

Chrissy Sarratori of Abs In, Inc., Instructor



Metabolic Blast Bootcamp

Shred fat, sculpt lean muscles, lose inches and gain metabolic power before your day begins! Those who get their workout done before the day kicks off experience increased metabolic burn through the rest of the day! This inspiring fitness journey will empower you with an atmosphere of camaraderie and support to achieve noticeable changes using the proven techniques of interval training! Course fee includes \$25 materials fee.

What you receive:

- 36 classes of high-intensity interval training
- Expert coaching from a nationally-certified personal trainer
- Nutritional support
- Weekly food journal
- Fitness assessment
- 24-7 online support and individual attention
- Injury prevention techniques
- Supercharged motivation
- Accountability
- Powerful encouragement
- An adrenaline kick to start your day that will fire up your metabolism
- A Metabolic Class Achievement T-Shirt

What you give:

- Three hours of your time a week
- 100 percent effort
- \$225 course fee

70326 \$225

29 Sessions, MCD 192

Mon., Wed., & Fri., 6/5 - 8/11, 6 - 7 a.m.

No class 7/3

Hollan Bonjukian of Tru Fitness, Instructor

Core Camp

Lose that weight around the midsection with this fast track fitness class strategically designed to deliver results! Think Bootcamp meets Pilates. You will be inspired through high-intensity intervals of metabolically-altering cardio drills that are geared to fire up your metabolism. You will learn the best middle-whittling core moves out there. Melt the external fat and reveal the lean chiseled muscle that you will be developing. This program will begin and end with a thorough fitness and nutrition assessment so you will see the incredible results from investing in yourself. Join us in Core Camp and whittle your middle this year!

70510 \$75

10 Sessions, MCD 192

Sun., 6/4 - 8/13, 6:45 - 7:30 a.m.

No class 7/2

Hollan Bonjukian of Tru Fitness, Instructor

Pilates for Runners

Want to run effortlessly? Want to bulletproof your hips and knees against injury? Ready to become a force to be reckoned with? If you answered "yes" to any of these questions, then this class is for you! If you just want to become a better runner, join us for Pilates for Runners. This training will help you overcome common problems including: plantar fasciitis, runner's knee and shin splints. Although there will be no running in class, this program is no walk in the park. You will learn the 'golden' exercises that will unlock your inner runner, by targeting the common weak spots - gluteus medius, lower back, abdominals and spine - while lengthening the hamstrings, tightening the quads and conditioning the feet. If you are not a runner, you'll be "runner ready" when you are through! If you are a runner, this class will be transformational for you. Please bring a foam fitness roller with you. For more information, contact Hollan Bonjukian at (518) 496-0337 or trufitnessanswers@gmail.com.

70511 \$75

10 Sessions, MCD 192

Sun., 6/4 - 8/13, 7:45 - 8:45 a.m.

No class 7/2

Hollan Bonjukian of Tru Fitness, Instructor

NOTE: McDonough 192, where many of our fitness classes are held, is not air conditioned.



Barbarian Sandbag Blast

Break out of your fitness plateau and take it to the next level with the Barbarian Sandbag workout. Beginners and pros will achieve amazing feats with simple non-stop, multi-muscle moves that ramp up your cardio, build strength and blast your body into a fat burning machine.

Using an individualized sandbag "weight" to swing, push, pull and balance, you'll discover the missing secret of most strength training programs, "variable angular resistance," which comes from the flexible structure of the weight unlike the fixed grip of dumbbells. A special Barbarian sandbag will be provided for each student with an appropriate weight for the semester.

70826 \$75

10 Sessions, MCD 192

Sun., 6/4 - 8/13, 9 - 9:45 a.m.

No class 7/2

Hollan Bonjukian of Tru Fitness, Instructor

Senior S.T.R.O.N.G.

With the inspiration and guidance from a certified personal trainer you will partake in a fun, encouraging and effective fitness class. Resistance bands, chairs, weights, nutritional guidance and an attitude of joy will help you achieve greater strength, tone and resilience. Please bring comfortable clothes, sneakers, a towel and a water bottle.

70919 \$75

10 Sessions, AMZ 306

Mon., 6/5 - 8/14, 10 - 11 a.m.

No class 7/3

Hollan Bonjukian of Tru Fitness, Instructor

Pilates Mat - Beginner

Pilates is a precise method of exercise that focuses on movements designed to lengthen and strengthen the body. This class will focus on the "core" and you will practice the controlled movements designed to stretch and strengthen muscles without adding bulk. Just bring a mat (yoga style "sticky" mat works best) and experience what Pilates can do for your body and mind. This class is designed for the beginner Pilates student with little or no experience.

70318 \$64

10 Sessions, AMZ 306

Mon., 6/5 - 8/7, 5:15 - 6 p.m.

Sarah Hoffman of Total Body Trifecta, Instructor

70319 \$64

10 Sessions, AMZ 306

Wed., 6/7 - 8/9, 5:15 - 6 p.m.

Ellen Ehrlich of Total Body Trifecta, Instructor

Pilates Mat - Intermediate

This course is a continuation of the Pilates method. It will incorporate the basic and intermediate level exercises into a more intense style of class. This class level is appropriate for students who have had at least two semesters (one year) practicing Pilates. Just bring a sticky mat and a 14-inch Pilates Magic Circle (ring).

70320 \$64

10 Sessions, AMZ 306

Mon., 6/5 - 8/7, 6:05 - 6:50 p.m.

Ellen Ehrlich of Total Body Trifecta, Instructor

70321 \$64

10 Sessions, AMZ 306

Wed., 6/7 - 8/9, 6:05 - 6:50 p.m.

Ellen Ehrlich of Total Body Trifecta, Instructor

Cardio Caliente

Summer just got hotter with this Latin-inspired cardio class. Easy-to-follow choreography will get your heart pumping as you improve cardiovascular endurance, get fit, and have fun. Bring a towel, water bottle and wear sneakers.

71029 \$25

4 Sessions, AMZ 306

Thurs., 7/20 - 8/10, 6 - 6:45 p.m.

AJ Ferris of Total Body Trifecta, Instructor

Ballet Barre

Ballet Barre is a series of movements that strengthen the entire body. It combines the core conditioning associated with Pilates, flexibility improvements that occur with yoga, plus stability and strength exercises associated with ballet and fitness. This workout incorporates floor work, barre work and standing body weight exercises with the use of light weights, resistance bands and the barre. No previous experience is needed, just bring 2-5 lb. hand weights, a yoga mat, a towel and wear comfortable fitness clothes. This workout is traditionally done barefoot but split sole sneakers or ballet shoes can be worn. Come and try this fun and popular workout!

70822 \$64

10 Sessions, AMZ 306

Mon., 6/5 - 8/7, 7 - 7:45 p.m.

Ellen Ehrlich of Total Body Trifecta, Instructor

70915 \$64

10 Sessions, AMZ 306

Thurs., 6/8 - 8/10, 7 - 7:45 p.m.

Emma Farison of Total Body Trifecta, Instructor

Cardio Kickboxing

Cardio Kickboxing is an hour-long, total body workout designed to improve your cardiovascular endurance with a core of continuous kickboxing combos to work your upper and lower body and your heart. The class begins with a warm up, followed by basic kickboxing moves that become more intense as the class progresses. Modifications will be offered to accommodate all ages and fitness levels. The class ends with a cool down, core strengthening and stretching. Please bring 3-5 lb. hand weights, a mat, towel and water. Get ready to have fun and sweat!

70264 \$64

10 Sessions, AMZ 306

Wed., 6/7 - 8/9, 7 - 8 p.m.

Christine Sultan of Total Body Trifecta, Instructor

70399 \$50

8 Sessions, MCD 192

Tues., 6/13 - 8/8, 6:45 - 7:45 p.m.

No class 7/4

Caroline Wunsch of Total Body Trifecta, Instructor

NOTE: McDonough 192, where many of our fitness classes are held, is not air conditioned.



Kick I.T.

Back by popular demand! The Kick is for kickboxing. The I.T. is for interval training. This class is open to all participants who want to mix cardio combinations of punches and kicks with muscular endurance in alternating bouts that are fun and varied. Bring a set of 3-5 lb. hand-weights, a towel and a mat. Fitness attire and supportive sneakers are recommended.

71052 \$25

4 Sessions, AMZ 306

Thurs., 6/8 - 6/29, 6 - 6:45 p.m.

Christine Sultan of Total Body Trifecta,
Instructor

Yoga I:

Foundations of Practice

This course is of value to students of any age, with or without previous experience in yoga. We will focus patiently on classic postures and breathing exercise to bring balance and well-being to the body, mind and spirit. With the development of physical flexibility and calmness of mind, we also lay the foundations for a rewarding lifelong practice of yoga. Please bring a mat designed for yoga and wear loose, comfortable clothes.

70189 \$80

8 Sessions, AMZ 306

Mon., 6/5 - 7/24, 3:30 - 4:30 p.m.

70190 \$80

8 Sessions, AMZ 306

Wed., 6/7 - 7/26, 4 - 5 p.m.

NOTE: McDonough 192, where many of our fitness classes are held, is not air conditioned.

Kettlebells

Ready to kick all your fitness goals into high gear? Kettlebells are a Russian strength and conditioning tool that are rapidly taking over the health and fitness world. Of all the different pieces of fitness equipment out there, nothing does the job more effectively and efficiently than kettlebells. The single biggest benefit of kettlebell training is how quickly you can get an effective workout. You can quite easily train every single muscle in your body in short periods of time, while simultaneously improving your strength, endurance and flexibility. Get your metabolism fired up and feel invincible! What you need: an exercise mat, a towel, water bottle and a 5 lb. kettlebell for beginners.

70808 \$70

8 Sessions, MCD 192

Thurs., 6/8 - 7/27, 6 - 7 p.m.

Lisa Morin of Fitness Professionals
On Demand, Instructor

Belly Dance is for Every-body

Explore the rich tapestries of the world through belly dancing, a centuries old dance that teaches women how to move their muscles in a more holistic way to the sound of music. Belly dance can help you achieve a softly sculpted physique. This fun alternative to other exercise programs leaves you feeling creative, confident, healthy and stress free. The instructor will guide you through the fundamental dance moves, and will incorporate the use of silky veils, finger cymbals, and hip scarves adorned with swishing beads, sequins and jingling coins.

You are never too old or too young, to learn to belly dance. This course welcomes all students, from beginner to advanced. It's the hippest way to stay fit!

70918 \$65

8 Sessions, AMZ 306

Tues., 6/6 - 8/1, 6:30 - 7:30 p.m.

No class 7/4

Tammy Stanzone of Ayperi-Alizarin
Bellydance, Instructor

Body Conditioning and Toning

Join us for a beginner to intermediate level conditioning class with certified personal trainer Liz Gross. Liz will lead a total body workout that incorporates light cardio, strength and core exercises with a focus on proper form. You'll also get a personal exercise plan to complete on other days of the week at your home or gym environment!

Remember, it is never too late to start an exercise program or to bring your current program to another level. Committing to an exercise program is a great way to make time for yourself. You can also bring your significant other or a friend to create your own support system and get back in shape together!

Body conditioning will increase your cardiovascular endurance, tone your entire body, strengthen your core and improve flexibility. Each class begins with a warm up and ends with a stretching sequence leaving you feeling relaxed, refreshed and refocused for the week ahead.

We realize that some participants will start at a very beginning level and others will be more advanced, but we all will work towards the joy, health enhancements and sense of accomplishment associated with improving their own performance levels!

Modifications will be given to participants who have physical challenges that prohibit them from performing certain exercises. Liz welcomes discussing any challenges you face so she can incorporate exercises for your specific needs!

What you need: an exercise mat, set of light dumbbells, towel and water bottle.

70810 \$54

6 Sessions, MCD 192

Mon., 6/5 - 7/17, 4:30 - 5:30 p.m.

No class 7/3

Liz Gross of Fitness Professionals on Demand,
Instructor



TAKE A CLASS WITH A FRIEND!

It's a fun way to spend time together and learn something new.

Butts and Guts

Butts and Guts...need it say more? This 45-minute class is all about tightening and toning those troublesome tushies and tummies. The class will focus on ab and glute work, but we'll also break a sweat and give you results in inches lost, sculpted spots, and just plain confidence in how you fit in your clothes and carry yourself. Say goodbye to boring crunches and traditional butt lifts. This is a program that changes the way you see your core and backside forever!

70668 \$85

10 Sessions, AMZ 306

Tues., 6/6 - 8/15, 5:30 - 6:15 p.m.

No class 7/4

Blythe Hurlburt, Instructor



Eileen Kopsaftis, BS, PT, CAFS, MI, CHE, NE has been practicing physical therapy since 1994. She speaks nationally at conferences and corporations and her classes and private consultations are designed to teach people of all ages and conditions how to achieve pain-free movement and ideal health.

Her specialties are manual techniques to correct biomechanical dysfunction, teaching the MELT Method to reestablish neurofascial efficiency, implementing Applied Functional Science in the Move Without Pain classes to restore functional strength in 3 planar movement, empowering with the Total Motion Release concept to rebalance the body for immediate changes in pain and function, and providing Nutrition Education in the Nourish Your Body for Life classes to resolve chronic conditions, inflammatory pain, and digestive issues. She is certified in Applied Functional Science and Diet & Lifestyle Intervention.

MELT Away Pain, Improve Your Balance, Your Golf Swing, and How You Walk!

Did you know that MELT can improve your golf swing or any swinging sport like tennis, or baseball? It can also improve your balance, how you walk, and even help with neuropathy! If you have pain or decreased sensation it is most likely that your connective tissue is in need of repair. Did you know that you have a neurofascial system that requires efficient communication between your nervous system and your connective tissue? If your system is inefficient, chronic pain and dysfunction can be the result. Diet and exercise are important but they don't address your fascial system.

The MELT Method™ rehydrates and lengthens your fascial system! It is a unique approach that directly addresses your neuro- fascial system bringing your body back to a more ideal state of balance. You will use specialized small, non-toxic balls designed to create global, lasting changes in your body. You will learn how to decompress the joints in your feet and hands which can change how your knees, low back, and neck feel as well as improve your grip and your gait. You will also learn how to perform a MELT 50-second facelift! Taught in a two class format to ensure your success. Learn this powerful self-treatment method from a qualified MELT instructor who has seen success with her patients regarding many issues (neuropathy, balance impairment, chronic pain, etc.). You will benefit for lifelong wellbeing. Please wear comfortable clothing and be prepared to remove shoes. Also bring a water bottle. Course fee includes \$30 materials fee.

70818 \$90

• Choose 70925 if you have MELT Kit \$60

2 Sessions, ADM 106

Tues., 6/6 - 6/13, 7 - 8 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

Course descriptions are subject to change without notice.

Got Back Pain? Learn the Facts Behind Treatments That Work Without Pills or Surgery

Are you aware there are many tests performed to diagnose back pain and many of them are inaccurate or just plain wrong? Did you know that analgesics are the #1 recommendation from the medical profession and the data shows this as useless? Are you aware that there are many things you can do to resolve your back pain and get your life back? Learn the facts from Eileen Kopsaftis, a physical therapist who has trained in multiple techniques for over 20 years that effectively resolve back pain. You will be surprised to discover one of the most common causes of back pain that is never tested in a doctor's office. Course fee includes \$5 materials fee.

71053 \$34

1 Session, DCC B06

Thurs., 6/1, 7 - 8:30 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

Nourish Your Body for Life: How to Get Started!

Learn how to improve your health by changing how you nourish your body. Enjoy a delicious four course meal (recipes provided) and discover how to begin your journey to better health. Learn the relationship between disease and food, science-based facts about nutrition (not fads), food basics, what promotes disease/what fights disease, what really creates body fat, and much more. You will take practical steps, learning which foods to eat that nourish your body and bring you to an ideal weight while greatly reducing your risk of (or may reverse if present) degenerative disease. This single class is a condensed version of the 9 hour Have LifeLong WellBeing Nourish Your Body for Life Class Series (taught in a three week format). The goal is to introduce you to the concepts of how food really works in your body and enable you to get started simply and easily. The series is recommended by medical doctors and professionals in multiple specialties. You will be empowered for lifelong wellbeing! Course fee includes \$10 materials fee.

70820 \$54

1 Session, DCC B06

Wed., 6/21, 6 - 9 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

HUDSON VALLEY COMMUNITY COLLEGE

High School Equivalency Course

High School Equivalency

This course prepares students to take the Test Assessing Secondary Completion™, or TASC™. The TASC is a national high school equivalency assessment to help individuals address their need for advancement, resulting in a high school equivalency diploma. The TASC has replaced the GED® exam.

Our instructors provide individualized and group instruction in the following areas: math, science, social studies, reading and writing. Using a Predictor Test, we will work with you to assess your test readiness. Students who register for this class must also register for one of the TABE pre-test dates. Please note: in order to enroll in this class you must achieve an 8th grade level on the reading and math assessments. This course requires significant work outside of classroom instruction. Many students will find they need to take this class for more than one semester before they are ready to sit for the exam. A Certificate of Residence is required for this course.

Full payment and a valid Certificate of Residence are required prior to the start of the first class. Limited scholarships are available.

70309 \$80

20 Sessions, BTC 322

Mon. & Wed., 6/5 - 8/9, 6 - 9 p.m.

Joal Bova, Instructor

TABE Pre-Tests

70669 Sat., 5/20, 9:30 a.m. - 12:30 p.m.

70712 Thurs., 5/25, 9:30 a.m. - 12:30 p.m.

70825 Wed., 5/31, 6 - 9 p.m.



CERTIFICATE OF RESIDENCE INFORMATION

Some credit-free courses require a Certificate of Residence. If one is required it will be noted.

Why do you need it?

A Certificate of Residence enables Hudson Valley Community College to charge your county for part of your tuition costs. Without a Certificate of Residence, you will be considered a non-resident of New York State and will have to pay the non-resident tuition.

Please note that students who register online will be required to pay the non-resident tuition charges if they do not have a valid Certificate of Residence on file. Once the Certificate of Residence has been posted to the student's account, a refund of the non-resident tuition charges will be issued.

When do you give it to Hudson Valley Community College when taking a credit-free course?

If you register by phone or fax we ask that you send your Certificate of Residence to our office within five business days. Students who register by mail or in person should submit their certificate at the time of registration.

For information on where to obtain a Certificate of Residence, please visit www.hvcc.edu/cashier/cor.

FREQUENTLY ASKED QUESTIONS

Q: Where can I go to take the TASC exam?

A: The Capital District Educational Opportunity Center (EOC) in Troy is one of many locations in New York State where you can take the exam. Additional testing locations can be found at: www.acces.nysed.gov/hse/hse-testing-maps

Q: Are there any requirements to take the exam?

A: You must be at least 16 years old and meet certain guidelines. For more information on eligibility, please visit: www.acces.nysed.gov/what-hsetasc-test

Q: Is there a cost for the exam?

A: The test is free for a New York State resident.

Q: Can I take the test more than once?

A: Yes, you can take the test up to three times in a calendar year.

If you have any questions or would like to register please contact:

Office of Community and Professional Education
at (518) 629-7339 or communityed@hvcc.edu.

LAUNCH YOUR CREATIVITY

Kids On Campus Summer Programs

FULL COURSE DESCRIPTIONS AVAILABLE AT
www.hvcc.edu/kidscamps

Starting July 10
Monday - Friday
Half day programs
\$129 per student

TO REGISTER

ONLINE

Our online registration system is available 24 hours a day, 7 days a week.

Go to

www.hvcc.edu/communityed/register

NOTE: You can register online until midnight the day (1 day) before a course begins. Please register by phone, fax or in-person if you are registering on the day the course is scheduled to begin. Online registration is not available for students using purchase orders, tuition waivers or learning certificates.

BY PHONE

Please call (518) 629-7339 for easy enrollment with your credit card.

BY FAX

Complete the registration form and fax to (518) 629-8103. Be sure to include credit card information.

BY MAIL

Print and complete the registration form. Be sure to include credit card information or include a check or money order and mail to:

HVCC Community and Professional Education
80 Vandenberg Avenue
Troy, NY 12180

IN-PERSON

Come to the Office of Community and Professional Education, located in the Guenther Enrollment Services Center, Room 252.

July 10 - 14,
9 a.m. - Noon
Entering grades 6 - 8



July 17 - 21,
9 a.m. - Noon
Entering grades 6 - 8



July 24 - 28,
9 a.m. - Noon
Entering grades 6 - 8



July 31 - August 4,
9 a.m. - Noon,
Entering grades 6 - 8



1 - 4 p.m.
Entering grades 3 - 5

- Taught by HVCC Kids On Campus certified teachers
- Student-created projects will be available to download from a password protected Black Rocket website to share with friends and family.
- Games from "Make Your First 3D Video Game" can be converted to Mac for \$15
- Must have a PC or Mac version of Minecraft to play "Minecraft Designers" projects at home (game not needed to take the course.)



Programs for Professionals

HeartCode BLS (formerly BLS for Healthcare Providers)

This course is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and pre-hospital settings. In order to receive course completion card there are two required steps.

Step 1 - Completion of Online Course (HeartCode BLS)

Go to www.onlineaha.org, select - HeartCode BLS, and add to your cart. The cost is \$28.50 and is paid online to the American Heart Association. This self-paced course is accessible anytime from any computer with Internet access. Students can access all material included in the HeartCode BLS course for 24 months. This course may be used for initial or renewal completion.

Step 2 - Register for a Hands-on Skills Session - Cost \$30

Once you complete the online course you will be able to print a certificate of completion. After you complete the online course, contact Community and Professional Education to register and pay for a skills session (must take place no more than 60 days following successful completion the online course).

Skills sessions are held at 400 Jordan Road in the Rensselaer Tech Park, North Greenbush. Students must present their American Heart Association HeartCode certificate of completion to be admitted. NO EXCEPTIONS. Beware of copy-cat websites. Students who arrive without the certificate of completion will not be allowed to stay and will need to re-register and pay for another session. Come prepared! Please review the online course materials before attending. Under-prepared students who do not complete the skills session in the one hour of allotted time will need to re-register and pay.

Choose one Skills Session \$30
1 Session, 400 Jordan Road
Room 224

| | | | |
|-------|--------|------|----------------------|
| 70220 | Tues. | 5/16 | 2 - 3:30 p.m. |
| 70221 | Wed. | 6/7 | 2 - 3:30 p.m. |
| 70222 | Tues. | 6/20 | 2 - 3:30 p.m. |
| 70223 | Mon. | 7/10 | 2 - 3:30 p.m. |
| 70224 | Tues. | 7/18 | 3:30 - 5 p.m. |
| 70225 | Thurs. | 7/27 | 3:30 - 5 p.m. |
| 70226 | Mon. | 8/21 | 9 - 10:30 a.m. |
| 70227 | Mon. | 8/21 | 3:30 - 5 p.m. |
| 70265 | Tues. | 8/22 | 2:30 - 4 p.m. |
| 70266 | Tues. | 8/22 | 4 - 5:30 p.m. |
| 70267 | Wed. | 8/23 | 2 - 3:30 p.m. |
| 70268 | Thurs. | 8/24 | 3:30 - 5 p.m. |
| 70269 | Thurs. | 8/24 | 5 - 6:30 p.m. |
| 70270 | Sat. | 8/26 | 9 - 10:30 a.m. |
| 70271 | Sat. | 8/26 | 10:30 a.m. - 12 p.m. |



Setting the Stage for Safer Schools: A Two-Hour Prevent Violence Training for Persons Seeking Certification in New York State

This training responds to the requirement for a two-hour certification course for teaching assistants, teachers, pupil personnel service professionals and administrators in New York State as part of the Safe Schools Against Violence in Education Act (SAVE).

All participants will receive an approved NYS Education Department certificate upon completion of this training. It also can be used to fulfill the professional development plan requirement to provide a two-hour course for all currently certified educators and staff.

The seminar will highlight information regarding statutes, regulations and policies relative to a safe and non-violent school climate; the warning signs for violent behavior exhibited by a student within a developmental and social context that relate to violence and the troubling behaviors in children; how to participate in an effective school community referral process for students exhibiting violent behavior, and classroom management techniques when responding to potentially violent situations or behavior.

70244 \$25

1 Session, ADM 103

Wed., 7/12, 6 - 8 p.m.

Diane Teutschman, Instructor

College Preparation

Self-Paced Math Review

This course is the perfect solution for the student who needs to prepare for a High School Equivalency (HSE) or college placement test or who plans to enroll in a college algebra or trigonometry course but feels a little rusty or unprepared.

This non-credit, interactive computer video course allows you to review arithmetic and al-

gebra skills needed for success in basic college math courses.

You will meet with a college Learning Assistance Center education specialist to establish a study plan. You will then work independently and at your own pace, progressing through multi-media lessons, taking practice tests, and generating a record of your progress.

70252 \$25



Registration Form

Community & Professional Education



PLEASE - ONLY ONE STUDENT PER FORM. Thank You!

Name: _____
First Middle Last

Have you previously attended Hudson Valley Community College? If yes, please list any other names your academic record may be listed under. _____

SS# _____ D.O.B. _____ Sex Code _____ M=Male/F=Female

Address: _____

City, State, Zip _____

Email address: _____

May we contact you via email? ☐ Yes ☐ No

Telephone (Home): _____ (Work): _____ (Cell): _____

PAYMENT INFORMATION

☐ Check ☐ Voucher/PO (attached) ☐ Tuition Waiver ☐ MasterCard ☐ VISA ☐ Discover

Card #: _____ Exp. Date: _____

3# security code: _____ Cardholder's name: _____

COURSE INFORMATION

CRN # _____ Course Name _____ Fee _____

CRN # _____ Course Name _____ Fee _____

CRN # _____ Course Name _____ Fee _____

CRN # _____ Course Name _____ Fee _____

TOTAL: \$ _____

HOW DID YOU RECEIVE OUR BROCHURE?

☐ From Community & Professional Education

☐ Mail

☐ From a friend

☐ The college website

☐ Community location (store, library, etc.)

☐ Other: _____

MAIL COMPLETED REGISTRATION AND PAYMENT TO:

Hudson Valley Community Office of Community and Professional Education

80 Vandenburg Avenue, Troy, New York 12180

NEED ANOTHER FORM? Visit our Website at www.hvcc.edu/communityed/comedreg.pdf.

Registration Information

The Office of Community and Professional Education is located in the Guenther Enrollment Services Center on the second floor in room 252.

Regular Office Hours: Mon. - Fri., 8 a.m. - 5 p.m.

Summer Hours: 6/5 - 8/11

Mon. - Fri., 8 a.m. - 4 p.m.

College closed 5/29 and 7/4

How to Register



ONLINE

Our online registration system is available 24 hours a day, 7 days a week.

Go to www.hvcc.edu/communityed/register

NOTE: You can register online until midnight the day (1 day) before a course begins. Please register by phone, fax or in-person if you are registering on the day the course is scheduled to begin. Online registration is not available for students using purchase orders, tuition waivers or learning certificates.



BY PHONE

Please call (518) 629-7339 for easy enrollment with your credit card.



BY FAX

Complete the registration form and fax to (518) 629-8103. Be sure to include credit card information.



BY MAIL

Print and complete the registration form. Be sure to include credit card information or include a check or money order and mail to:

HVCC

**Community and
Professional Education**
80 Vandenburg Avenue
Troy, NY 12180



IN-PERSON

Come to the Office of Community and Professional Education, located in the Guenther Enrollment Services Center, Room 252.

The information listed below pertains to all Community and Professional Education unless otherwise noted. Complete cancellation and refund policy information is available at www.hvcc.edu/communityed/cancel.

REFUNDS/CANCELLATIONS

Courses nine weeks or longer

| | |
|-------------------------------|-------------|
| Prior to first class | 100% refund |
| During first week of classes | 75% refund |
| During second week of classes | 50% refund |
| During third week of classes | 25% refund |
| After third week of classes | No refund |

Courses eight weeks or shorter

| | |
|------------------------------|-------------|
| Prior to first class | 100% refund |
| During first week of classes | 25% refund |
| After first week of classes | No refund |

Please Note:

- If the course fee includes a materials fee, the materials will not be refunded if refund request is submitted less than five business days prior to the first class.
- Requests for refunds must be submitted in writing. All refunds will take place in the form of a check and typically take 14 - 21 days to be processed.
- Course registrations may not be transferred to another person. If you are unable to attend a class, you may not send someone else in your place.
- All motorcycle courses, creative retirement trips, floral classes and certificate courses have a separate cancellation and refund policy. These are available at www.hvcc.edu/communityed/cancel.
- Courses may be cancelled due to insufficient enrollment. Early enrollment helps reduce this possibility. In the case that a course is cancelled, every effort will be made to notify students and refunds will be issued.

CONTINUING EDUCATION UNITS (CEUs)

Hudson Valley Community College awards Continuing Education Units (CEUs) to those who complete designated courses, workshops and seminars. The Continuing Education Unit (CEU) is a uniform measurement of individual participation in non-credit programs. One Continuing Education Unit represents 10 contact hours (for example, for a designated course 30 contact hours = 3 CEUs). In order to receive CEUs, students must successfully complete courses according to the instructor's standards. Typically, this involves 75 percent attendance; however, there may be additional requirements. Please be sure to check with your instructor at the beginning of the course. Records kept for those students who accumulate CEUs will be available upon written request from the Registrar's Office.

PARKING

Parking permits are issued to all students who register for credit-free courses at the time of registration. A parking permit will be mailed to you with your registration confirmation or if you register online, emailed to your HVCC email account and should be displayed accordingly in your vehicle. All drivers are urged to obey traffic laws, and regulations for parking at the college.

Course Index

| | | | | | |
|--|----|--|----|--------------------------------------|----|
| A to Z Grant Writing | 9 | Got Back Pain? | 18 | Nourish Your Body | 18 |
| Ballet Barre | 16 | Grammar Refresher | 9 | Paralegal Certificate Course | 6 |
| Barbarian Sandbag Blast | 16 | Gravestone Restoration | 4 | Pet CPR & First Aid | 6 |
| Belly Dance for Everybody | 17 | Heartcode BLS | 21 | Pet Education Certificate | 6 |
| Body Conditioning for Beginners | 17 | High School Eqv/TASC Preparation | 19 | Pilates for Runners | 15 |
| Bokwa | 15 | How to be In-Spiralized | 12 | Pilates Mat - Beginning | 16 |
| Butts and Guts | 18 | Instant Italian | 9 | Pilates Mat - Intermediate | 16 |
| By the Pond Plein Air | 5 | Intro to Interior Design | 2 | Root for the Home Team | 5 |
| Caleb's Basket | 2 | Intro to Microsoft Word | 10 | School Violence Prevention | 21 |
| Cardio Caliente | 16 | Intro to MS Access | 10 | Self Paced College Algebra Review | 21 |
| Cardio Kickboxing | 16 | Intro to Photoshop CC | 10 | Senior S.T.R.O.N.G. | 16 |
| Cooking on the Mediterranean! | 12 | Intro to SoulCollage | 2 | Sewing 101 | 2 |
| Core Camp | 15 | Introduction to Excel | 10 | Sketch Club: Keeping a Journal | 4 |
| CPC Adm Asst. with Bill & Coding | 7 | Japanese Steakhouse | 12 | SoulCollage: Discover Wisdom | 2 |
| Drawing for the Absolute Beginner | 2 | Kettlebell Fitness | 17 | Southern Summer Cuisine | 11 |
| Driver Education | 13 | Kick I.T. | 17 | Start Your Own Small Business | 3 |
| Dutch Apple Cruise | 5 | Learn to Bake Sweets | 12 | Starting a Pet Business | 6 |
| English as a Second Language - Beginner | 9 | Living the Plant Based Life | 12 | Stocks, Bonds: Oh My! | 3 |
| Explore the Governor's Mansion | 5 | Make Grilling Fun Again | 11 | TABE Pre-Test | 19 |
| Get Assertive! | 9 | Master Food Preserver | 11 | Taste of Troy Food Tour | 4 |
| Getting Paid to Talk | 9 | Med Transcription + Medical Terminology | 7 | Veterinary Assistant | 7 |
| Getting Started with Google Drive | 10 | MELT Away Your Pain | 18 | Where Does All My Money Go? | 3 |
| | | Metabolic Blast Bootcamp | 15 | Yoga I | 17 |
| | | Moderate Hi-Lo Aerobics | 15 | Zumba | 15 |
| | | New York City Bus Trip | 4 | | |
| | | Notary Public Workshop | 3 | | |

CAMPUS MAP



Map design by Michael Karpowicz of MapInformation.com, updated August 2016

1. BTC - Bulmer Telecommunications Center
2. ADM - Administration Building
3. - Teaching Gallery
4. GUN - Guenther Enrollment Services Center
5. MRV - Marvin Library/Learning Resource Center
6. SCI - Science Center
7. BRN - Brahan Hall
8. AMZ - Amstutz Science Hall
9. FTZ - Fitzgibbons Health Technologies Center
10. LCH - Baker Lecture Hall

11. LNG - Lang Technical Building
12. HGB - Higbee Hall
13. CTR - Siek Campus Center
14. - Maureen Stapleton Theatre
15. HUD - Hudson Hall
16. MCD - McDonough Sports Complex
17. - Conway Ice Arena
18. - McDonough Field House
19. EGP - Electric Generating Plant
20. LSB - LaPan Services Building

21. SCB - Stadium Classroom Building
22. - Joseph L. Bruno Stadium
23. - Softball Field
24. - Tennis Courts
25. - Outdoor Athletic Complex
26. - Practice Field
27. WIL - Williams Hall
28. CGN - Cogan Hall
29. DCC - Day Care Center
30. - Student Pavilion

31. JRD - 400 Jordan Road
32. ALB175 - 175 Central Ave., Albany
33. TECSMT - TECSMART, Malta

Emergency Call Box
Handicapped Parking



80 Vandenberg Ave., Troy, NY 12180
877-325-HVCC, www.hvcc.edu



80 Vandenburg Avenue
Troy, New York 12180-6096

Good intro to sewing.
Good instructions and
a lot of sewing tips!
Sewing 101
with Fatima Bey

I learn something new every time
I take this class! Love it!
Belly Dance is for Every-body
with Tammy Stanzione of
Ayperli-Alizarin Bellydance

This course is perfect! I loved the personalized feedback
and individual guidance in this course. Josh and Brad were
very encouraging and constructive all at the same time.
Basic RiderCourse

Jeanne Wein is an outstanding instructor.
She is also a very lovely person.
Yoga I: Foundations of Practice
with Jeanne Wein

I really enjoyed this class. Joal was
excellent and took time with those
of us that needed a little extra help.
I am very confident that I will pass
the NYS exam!
High School Equivalency
with Joal Bova

Sarah taught me how to make
cookie dough from scratch and
how to handle knives safely.
Cooking Basics for Kids
with Sarah Diamond

I always learn something new
with Joyce's classes. Love them!
Basket Weaving
with Joyce Flower

I have been taking this class for
14 years, love it! Ellen is amazing!
Pilates for Beginners
with Ellen Ehrlich

Victor makes the information retainable
and easy to understand.
Notary Public Workshop
with Victor Bujanow

Hollan is an amazing instructor!
I plan to sign up again. This class
helped me enormously with
posture and balance.
Senior STRONG
with Hollan Bonjukian