

# COMMUNITY AND PROFESSIONAL EDUCATION

A Catalog of Professional Development and Personal Growth Classes

## SEE WHAT'S COOKING AT HUDSON VALLEY

New cooking classes,  
new cooking classroom...

*See page 21 for details.*

Mirissa Casey  
The Chic Chef

REGISTRATION  
BEGINS JANUARY 13

**SPRING 2017**

[www.hvcc.edu/communityed](http://www.hvcc.edu/communityed)



Be bold. Be a Viking.



# INSTRUCTOR SPOTLIGHT

**Jean Chennette**

Center for Creative Retirement Coordinator



*Jean Chennette discusses new course ideas with Community and Professional Education Director Deborah Shoemaker and Assistant Director Tara Bocketti.*

## How did you get involved with the college's Office of Community and Professional Education?

When I retired from teaching in 2000 I began to go to Saratoga to take classes with fellow retired teachers.

I began to wonder... why do I have to travel to Saratoga when I live in Rensselaer County and we have a local college whose mission is to be responsive to their community.

My dentist was Dr. Hill, who was on the college's board of trustees, I had taught Bill O'Connor's children - Bill was also on the board - and I had gone to grade school and high school with John Buono, who was the president of the college.

So I approached all three and offered to volunteer my time to start a program at Hudson Valley. It was important to me that the cost was reasonable enough; we didn't want to prohibit people from learning.

We started with three courses, which I was begging my friends to attend, and my begging days are over since I now coordinate close to 50 courses every semester and we have well over 1,000 people attending. I attend about 40 of the courses and am always meeting fascinating people, learning from them and loving every minute.

## How has the Center for Creative Retirement changed in the last decade?

We are bigger and we are better! We have learned to scour the Capital District and find all the hidden diamonds that make this area so great and so interesting.

## Where do new ideas for courses, workshops, trips, etc. come from?

The title of our program should really be, *Everything Jean Always Wanted to Do When She Was Teaching and Never Had the Time.*

I am on the lookout all the time for things that sound interesting or that we can develop into something that would be fascinating to learn about. In addition, I constantly remind our students that they are my eyes and ears. I totally trust their judgment.

I have so many people who tell me about their interesting adventures and we turn around and offer all these ideas to our family of learners at Hudson Valley.

I get the most excited when I have booked a ton of new offerings for our program and I am able to meet the people who will be the presenters.

## Anything you've not offered yet that you would like to?

It's more about what I haven't uncovered yet, and what is out there to be discovered so we can offer it to our people. That's what makes this job so exciting!

## What's the most unusual course you've ever come up with for the Center for Creative Retirement?

I have to think about that for a few days. However, if you asked me what was the most fascinating course we ever offered, my mind fills with so many incredible hours that have unfolded as pure magic. It is this delight of learning and the desire to continue to learn that keeps us young.



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](http://www.hvcc.edu/communityed/register).

## **REGISTRATION BEGINS JAN. 13**

**THE OFFICE OF COMMUNITY  
and PROFESSIONAL EDUCATION**  
Hudson Valley Community College

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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](mailto:communityed@hvcc.edu) // Web: [www.hvcc.edu/communityed](http://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

## DRAWING AND PAINTING

### Basic Watercolor

Join us to discover different ways of using transparent watercolor paint, from free experimentation to a more controlled approach. You will learn about color theory, sketching and composition while observing flowers, still life and landscape. Everyone is welcome; no experience is necessary. Please bring whatever materials you may already have OR purchase the following supplies: a pan set of transparent watercolor paints, a pointed-round watercolor brush (approximately size 6), a 9" x 12" pad of 140# watercolor paper, pencil, masking tape, two water containers, and two pieces of cardboard (slightly larger than size of paper).

60063 \$59

4 Sessions, DCC B05

Thurs., 4/27 - 5/18, 1 - 4 p.m.

Carol Bollinger Green, Instructor

### Beginning Pastels

This class is designed for beginners who are interested in learning how to work with the beautiful drawing medium of soft pastel. We will focus on techniques, color blending, composition, and effects that can be achieved with this medium. Some drawing experience is required. Please see materials list for this class posted at

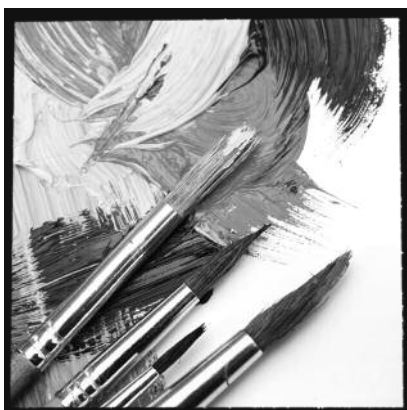
[www.hvcc.edu/communityed/courseinfo](http://www.hvcc.edu/communityed/courseinfo).

60786 \$125

8 Sessions, DCC B05

Wed., 4/26 - 6/14, 12 - 2:30 p.m.

Colleen Connolly, Instructor



### Glass and Ceramic Painting

Just in time for spring! Have fun on a Saturday learning to paint on glass and ceramic pieces. Create beautiful designs on plates, wine glasses, bowls – the possibilities are endless! Our focus will be on painting and brush techniques as well as interesting composition and designs. Some experience with drawing and painting is helpful but not required. Please see the materials list for this class at:

[www.hvcc.edu/communityed/courseinfo](http://www.hvcc.edu/communityed/courseinfo).

60788 \$30

1 Session, DCC B05

Sat., 4/1, 10 a.m. - 3:30 p.m.

with a ½ hour break for lunch

Colleen Connolly, Instructor

### Intermediate Acrylics

This class will focus on building and exploring techniques with acrylics. The focus will be on the properties of this medium, brush types and use, color mixing, texture and composition. We will address the elements involved in landscape, seascape and still life. Some experience drawing and painting with acrylics is required. Please see materials list for this class posted at:

[www.hvcc.edu/communityed/courseinfo](http://www.hvcc.edu/communityed/courseinfo).

60787 \$125

8 Sessions, DCC B06

Thurs., 4/27 - 6/15, 12 - 2:30 p.m.

Colleen Connolly, Instructor

## CREATIVITY

### Creative Completion

This workshop will teach you to see things from a different perspective, to think creatively to apply problem solving in your daily life, and to see creative endeavors to completion. Everyone has a creative side, and this workshop can help bring creativity to the surface so it can be used in your daily life.

Please see materials list for this class posted at: [www.hvcc.edu/communityed/courseinfo](http://www.hvcc.edu/communityed/courseinfo).

60780 \$75

4 Sessions, DCC 138

Thurs., 4/6 - 4/27, 6 - 8 p.m.

Robin Hutchinson, Instructor



### Monotangle

We will create one large tangle pattern each week. Prior knowledge of Zentangle and Zen Gems encouraged, but not required. Course fee includes \$25 materials fee.

60796 \$105

4 Sessions, DCC B05

Thurs., 4/27 - 5/18, 6 - 8 p.m.

Cynthia Bishop, Instructor



**Course descriptions  
are subject to change  
without notice.**

**BASKET WEAVING WORKSHOPS**

Marbled Mania

**Marbled Mania**

Weave up this large rectangular basket woven on a wooden "D" handle, using a hand-marbled maple strip and accent dyed reed to match it. Finish by wrapping the handle. This very bright and festive basket is approximately 12" long by 8" wide and 7" tall without the handle. Course fee includes \$33 materials fee.

60789 \$69

2 Sessions, DCC B05

Wed., 3/1 - 3/8, 6 - 9 p.m.

**Springtime Plaid**

Start out with dyed and natural stakes and you take it from there, creating your own spring plaid basket with various colors of dyed and natural reed. Finished off with a wooden "U" handle, this basket is 6" long by 4" wide and 5" tall, without the handle. Course fee includes \$24 materials fee.

60790 \$49

1 Session, DCC B05

Sat., 3/18, 10 a.m. - 2:30 p.m.

with a 1/2 hour break for lunch



Springtime Plaid

**Pie Basket**

Using a round wooden base and attaching a wooden handle to it, you will learn to weave this pie carrier basket, suitable for a large pie. We will use natural and dyed reed to give it a pleasing design and finish with a wrapped rim for a distinctive look. This basket is 12" round and 5" tall without the handle. Course fee includes \$33 materials fee.

60791 \$69

2 Sessions, DCC B06

Wed., 3/29 - 4/5, 6 - 9 p.m.



Pie Basket

**Lunch Box Tote**

This handy carrier, which measures 8" long by 5" wide and 8 1/2" tall, is perfect for packing your lunch and those extra water or soda bottles. Made using natural and dyed reed, it is finished off with short Shaker tape straps for easy carrying. Course fee includes \$26 materials fee.

60792 \$51

1 Session, DCC B05

Sat., 4/29, 10 a.m. - 2:30 p.m.

with a 1/2 hour break for lunch



Beginner Twill on Wooden Base

**Beginner Twill on Wooden Base**

Previous weaving experience may be helpful for this twill pattern basket. Starting with a square wooden base, we will weave a "V" shaped twill pattern using dyed and natural reed. Finished basket will be round and approximately 8" tall by 8" wide at the top. Course fee includes \$29 materials fee.

60793 \$65

2 Sessions, DCC B05

Wed., 5/3 - 5/10, 6 - 9 p.m.



Lunch Box Tote

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

All basket weaving workshops are taught by Joyce Flower. Students should bring a measuring tape, a pencil, spring-type clothes pins, scissors and an old towel to class.

**CROCHET/KNITTING AND SEWING****Crochet for Beginners**

Creating a sampler scarf using various popular pattern designs, you will learn the basic crochet stitches: single, double, half double. While learning to follow the directions of a pattern, you will do the popcorn stitch, cluster and others. Crochet uses one hook so is easier to do for some of us (even if you are left handed!) After completing this class you will be able to make blankets, hats, purses... Hook and yarn will be provided at the first class. Class fee includes \$7 materials fee.

60783 \$56

4 Sessions, DCC B06

Thurs., 2/23 - 3/16, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor

**Crochet for Beginners - Level Two**

Not your Grandma's Granny Square! This class will explore some of the many variations of the basic square. Using stitches like the popcorn, and cluster and flowers you will create squares to put together for a scarf, hat, purse or afghan. Following pattern directions is the focus of this class. You will need to supply your own hook (size F, G, or H) and your own four-ply worsted weight yarn in two or three colors for contrast.

60784 \$49

4 Sessions, DCC B06

Thurs., 3/30 - 4/20, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor

**Knitting for Beginners**

Learning to knit and purl – only two stitches – can create endless designs. This class will make a sampler neck scarf and ribbed hat using the garter stitch (knit every row), the stockinette stitch (knit a row, purl a row) and ribbing. Learn to cast stitches onto the needles and bind off the end row of stitches. You will find this relaxing, creative class fun whether you knitting for yourself or for someone else. Knitting needles and yarn will be provided at the first class. Class fee includes \$7 materials fee.

60098 \$56

4 Sessions, DCC B06

Tues., 2/21 - 3/14, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor

**Knitting for Beginners - Level Two**

Make a lace pattern and cable stitch hat using a circular needle and double pointed needles. Join us if you already know the basics of casting on and the knit and purl stitches. This class will build on your skills while learning to follow directions/patterns. You will need to bring to class one skein of 3.5 or 4 ounce knitting worsted, four-ply yarn. Choose any beautiful color or variegated color yarn you like. As a tip, do not choose a black or dark color because they are very difficult to work on at night. Course fee includes a \$12 materials fee for the circular needle and double pointed needles which will be supplied at the first class.

60785 \$61

4 Sessions, DCC B06

Tues., 3/28 - 4/25, 6:30 - 8:30 p.m.

No class 4/18

Aleta Schweigert, 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.

60809 \$49

4 Sessions, DCC B05

Mon., 3/13 - 4/10, 6 - 8 p.m.

No class 3/20

Fatima Bey, Instructor

**Learn How to Do Your Own Alterations**

Are you tired of things not fitting you? Alterations can be so costly, so why not do it yourself? In this class, you will learn different methods of altering clothing or household items. This class is appropriate for all ability levels, and you will be working at your own pace. No sewing knowledge is required. Just bring in the item you wish to alter and the items from the supply list.

60513 \$49

4 Sessions, DCC B05

Mon., 2/13 - 3/6, 6 - 8 p.m.

Fatima Bey, Instructor

**Open Sew**

An Open Sew classroom just for you. It is open to anything that has to do with sewing. In this class, you can finish projects, get help with a sewing technique, quilting, or get direction on what you need to start or finish a sewing project. Bring your project, pattern (if applicable), your own sewing machine, and basic sewing supplies. This class is open to all levels and any sewing projects. Available spots in this class are limited.

60625 \$49

4 Sessions, DCC B05

Mon., 4/24 - 5/15, 6 - 8 p.m.

No class 5/8 & 5/22

Fatima Bey, Instructor



**Additional off campus art classes can be found on page 14.**



**CARDS/STAMPING****Oh Happy Day Card Kit**

If you're new to crafting or just want simple cards you can quickly put together, than this is the class for you. It includes everything you need to make 20 different cards including card bases, envelopes, die-cut glittered shapes, chipboard shapes, images, gold foil and white shapes to embellish with; Basic Black Archival stampin' spot, 13 photopolymer stamps and more! At the end of the class, everything goes home with you. Bring sharp scissors and your choice of adhesive. Course fee includes \$35 materials fee.

60801 \$43

1 Session, DCC 138

Tues., 2/21, 6 - 7:30 p.m.

**Card Making Basics**

Learn the basics to successful card making, starting with how to measure and score for a perfectly folded card. Next we will learn the secret to perfect layers. And when the class is done, you will be taking home the scorer/trimmer you used in class so you can continue using the skills you learned. Bring your choice of adhesive. All students must be signed up by Feb. 17. Course fee includes \$30 materials fee.

60800 \$36

1 Session, DCC 138

Tues., 2/28, 6 - 7 p.m.

**PLEASE NOTE:**

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

**Cards, Cards, Cards**

Each week you will be using a different item to embellish your cards, and the leftovers will go home with you. Each course includes \$10 materials fee. Please bring sharp scissors and your choice of adhesive. Register for all 5 and save \$10 in materials fees.

**Wink of Stella** - glitter pen for accenting stamped images

60153 \$18

Tues., 3/7, 6 - 7:30 p.m.

**Heart and Stars Decorative Masks and Sponge Brayer** - create fun backgrounds for scrapbook pages, cards and more

60155 \$18

Tues., 3/14, 6 - 7:30 p.m.

**Designer Washi Tape** - a simple way to add stripes of color and patterns

60798 \$18

Tues., 3/28, 6 - 7:30 p.m.

**Rhinestone Basics** - add sparkle to your cards with these small self-adhesive rhinestones.

60799 \$18

Tues., 4/4, 6 - 7:30 p.m.

**Dazzling Details** - dazzle and sparkle with less mess using this glitter adhesive

60156 \$18

Tues., 4/11, 6 - 7:30 p.m.

**All 5 Cards, Cards, Cards Classes**

60152 \$80

Tues., 3/7 - 4/11, 6 - 7:30 p.m.

No class 3/21

*All classes held in DCC 138*

Registration deadline for these courses is one week prior to the start date of the class unless otherwise indicated. Fees for materials are non-refundable less than five business days prior to the start of the course. Materials fees for Card Making Basics are non-refundable after 2/17. Classes are taught by Sharyn Bouck - independent Stampin' Up! Demonstrator.

Contact her with any questions at sharynbouck@hotmail.com

**FLORAL DESIGN & FILAGREE****Floral Design for Fun**

This course is just in time for Mother's Day! Moms always enjoy handmade gifts because you put thought and energy into creating them. Why not join us for an evening of creativity as you design your own vase arrangement using a variety of colorful fresh flowers suitable for gift giving. You will learn how to create a beautiful, tasteful arrangement as well as proper care and handling of fresh flowers. You will need a sharp folding pocket knife and a bucket, box or crate suitable to carry your arrangement home in. Students should also bring a pen and paper to take notes. Course fee includes \$35 materials fee.

60636 \$50

1 Session, DCC B06

Tues., 5/9, 6:30 - 8 p.m.

Judy Pochobradsky of Celestial Designs, Instructor

**Paper Filigree Flowers**

Welcome spring with fun and beautiful crafts! Quilling, or paper filigree, is the art of creating designs with narrow strips of paper. It is believed to have originated during the Renaissance, when French and Italian nuns used quilling to decorate religious items to simulate the iron filigree work of the time. The name quilling comes from the belief that bird quills were used to roll the paper coils. The shaped coils can be arranged to form flowers and seasonal decorations (bunnies, ducks and more)!

You can then use the shapes to create cards and gifts tags, or to adorn picture frames, boxes, scrapbook pages and more. This class will focus on creating beautiful spring flowers and seasonal decorations to adorn your crafts. Please bring scissors, tweezers and a ruler with you to class. Course fee includes \$7 materials fee.

60795 \$19

1 Session, DCC B06

Wed., 4/12, 6 - 8 p.m.

Laurie Hepler, Instructor



## Your Passport to Retirement: The Complete Financial Management Workshop

Thinking about retirement or creating an investment plan? Do you need to do some estate planning? This course will inform you of the potential benefits of effective financial management and to show you techniques that will assist you in meeting your goals. Topics include: the seven roadblocks to financial success; the six keys to financial success; risk management; cash management - create liquidity, pay down debt, increase savings; investment planning - what the pros do, strategies for successful investing, stocks, bonds, annuities, mutual funds; tax management and tax planning; retirement planning - calculating the cost of retirement, sources of retirement income, IRA(s), 401-K's, 403-b(s), 457 plans; estate planning - probate, estate taxes, intestacy, wills, trusts. The course concludes with how to prepare your own plan. Call Steve Miner at 272-6747 for more details. Course fee includes \$26 materials fee for the workbook.

\*Your spouse, partner or significant other is encouraged to attend at no charge, but will need to register for the course as well. Please note that you will only receive one workbook per couple.

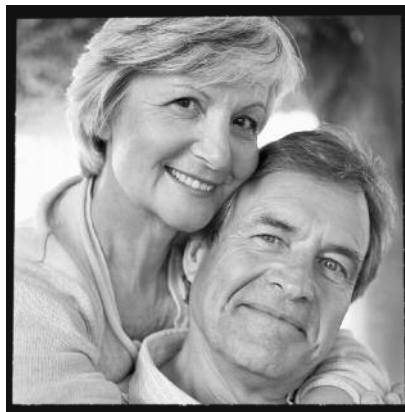
60077 \$65

3 Sessions, DCC 137

Tues., 3/28 - 4/11, 6:30 - 9 p.m.

\*60423 - Please use this course number to register a partner.

Stephen F. Miner, CLU, ChFC, Instructor



## 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.

60615 \$36

1 Session, DCC 138

Wed., 2/15, 5 - 9 p.m.

60616 \$36

1 Session, DCC 138

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

Victor Bujanow, CIC, Instructor

## Maximizing Social Security Benefit

A few key decisions can make a big difference in the amount of your Social Security benefit. Attend this hands-on workshop and learn strategies to get the most money from Social Security. Learn how to plan for taxes, health care and other costs during retirement, as well as how to wisely grow and protect your retirement income. This session will cover key Social Security benefit choices, such as individual and spousal options, and help you understand simple steps to maximize your benefit. Join us before you make financial decisions that may not be able to be reversed. Course fee includes \$5 materials fee.

60016 \$20

1 Session, DCC B06

Wed., 2/15, 6 - 8 p.m.

Frank Finch, Principal of Life Stages Financial Group and adviser with Halliday Financial Group, Instructor

## Search Engine Optimization for Small Businesses

This course provides a brief overview of what a search engine is, how it works and how to develop a web presence that can be found by search engines. Topics will include social media, online advertising and website optimization. While this is not a hands-on class, a basic understanding of web design would be helpful but necessary.

60794 \$19

1 Session, ADM 101

Tues., 2/21, 6 - 9 p.m.

Sandra Thomas, Instructor

## First Time Home Buyer

Does the thought of buying a home scare you? This course will provide education regarding the home buying process to consumers. The course will include: advantages and disadvantages of owning a home; shopping for a home; types of homes (single family and two family); searching for the right home (dream versus reality); ways to search for a home (Realtors, internet); house inspections and when to call an expert; negotiating an offer and what to obtain at closing; when to contact a mortgage broker or attorney; what to expect from the loan process; and how to obtain a mortgage pre-approval.

60813 \$15

1 Session, DCC 136

Wed., 3/29, 6 - 8 p.m.

Sandra Hassfurter and Mark Pawlows, Instructors



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



## Making Green(er) Money

How do you feel about investing in tobacco? How about alcohol or the defense industry? Do fair labor practices or environmental policies concern you? This class will explore concepts of socially responsible investing (SRI) and, to a smaller degree, ideas regarding sustainable lifestyle practices that may profit both the individual and larger communities. Key questions we'll discuss are: how profitable are so-called "socially responsible" investments? How have SRI investment results compared with other investments? How does one find such investments? And, how might one integrate these SRI's into an existing portfolio to meet clearer, larger-purposed goals? This class will not try to change values or even suggest that socially responsible investing is a good thing; we will look at today's investment options from both an economic and ethical standpoint. Course fee includes a \$5 materials fee.

60810 \$20

1 Session, DCC B06

Wed., 3/1, 6:30 - 8 p.m.

Frank Finch, Principal of Life Stages Financial Group and adviser with Halliday Financial Group, Instructor

## Raising Money-Savvy Kids with your Family Values

Kids can easily make foolish spending decisions and become unwitting victims of impulse-buying, peer pressure, advertising and even fraud. As parents, we want to shield our children from these pitfalls by instilling habits that will ensure that they become money-savvy, financially independent adults. But beyond this, we also want to imbue our kids with certain family values that are often associated with money – values like patience, hard work, charity and reliability. This workshop can support your efforts to guide your kids in making money-smart decisions that reinforce your family values. Although it's difficult to keep up with all the changes in our modern financial world, if your kids learn to apply your money-smart family values to different situations, they will have a good chance of living happy, productive and financially successful lives.

60814 \$15

1 Session, ADM 102

Tues., 5/2, 6 - 8 p.m.

Don Bell and Phyllis Allen, Instructors

## How to Earn Extra Money with a Mystery Shopping Business

Have you ever wanted to become a secret mystery shopper? Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. You will learn how to start your business endeavor (participants must also attend "Cash in with a Successful Home-Based Business") and you will also learn how to:

- sign up with many legitimate mystery shopping companies without fees!
- avoid the pitfalls and scams
- create a required mystery shopping resume and profile
- take care of legalities and taxes regarding this income
- become a merchandiser too for extra money

With a few simple steps, you can start mystery shopping today! Course fee includes \$10 materials fee. Students will receive a list of 25 legitimate companies you can apply to.

60060 \$30

1 Session, DCC B05

Tues., 4/11, 1 - 2 p.m.

LeeAnne Krusemark, Instructor

## Cash in with a Successful Home-Based Business

Are you tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits at home by learning how to start a home-based business. During this informative workshop, you will discover:

- mandatory legal documentation
- many ways to market your product/service
- how to take tax deductions (this workshop included!)
- more than 100 home business ideas
- free future Q&A opportunities

This is probably the most comprehensive business startup workshop you will ever find, so if you really want to succeed in a home business, this step-by-step session is a must! Course fee includes \$20 materials fee.

60061 \$60

1 Session, DCC B05

Tues., 4/11, 2 - 4 p.m.

LeeAnne Krusemark, Instructor



## Seven Simple Secrets to Financial Freedom

Does your money work for you or do you work for your money? This class is not taught by a financial guru using technical language you can't possibly understand. You will learn from a single mom turned home business entrepreneur, turned homeowner, turned real estate investor. This is not a get rich quick scheme, this is a plan of action to:

- get out of credit card debt and reduce bad credit
- raise your credit limit and lower your interest rate
- use more credit to raise your credit score
- buy a home even if you have bad credit or are self employed
- pay off your mortgage in half the time with less money
- keep your home protected against lawsuits
- become an active investor for financial freedom

This workshop is not for those already advanced in financial matters nor does it provide any legal advice. Course fee includes \$20 materials fee.

60056 \$60

1 Session, DCC B05

Tues., 4/11, 4 - 6 p.m.

LeeAnne Krusemark, Instructor

**Course descriptions are subject to change without notice.**

## Medicare 101

Medicare can be very confusing. There are many options and factors to consider. It is important to understand how Medicare works and what you need to know to make the most informed decisions possible. Medicare Parts A and B will be explained, including what is and is not covered. This session will also cover what a person's fiscal responsibility is and the ways to mitigate the potential copays of Medicare. Learn how Medigap plans work and what Medicare Part D (prescription drug insurance) is. In addition, learn about federal and state assistance programs for those who are income qualified.

60185 \$10

2 Sessions, DCC B06

Thurs., 4/27 & 5/4, 6 - 7:30 p.m.

60186 \$10

2 Sessions, DCC B05

Mon., 5/1 & 5/8, 10 - 11:30 a.m.

Janet Kiffney, Instructor

## A Trilogy of Childhood

This three-part series will open a window into the past and shed light on a child's world over a 400 year period. We will begin in the 16th century and continue up through the beginning of the 20th, at first focusing on how children were dressed and their overall treatment. We will also stress the differences in our two early local cultures - English and Dutch - to learn their conflicting attitudes in child care. The second class will be a history of children's toys. The earliest toys were created as teaching tools to prepare children for the roles they would assume as adults. Little boys were instructed on the proper way to ride a horse, using rocking horses even before they learned to walk, and little girls were given dolls to nurture their maternal instincts. The final class will emphasize the girl's eventual role as housekeeper by giving her elaborate doll's houses complete with furnishings and accessories. Also included in this final class will be a look at the restoration of the Yate's Doll House built in Schenectady in 1834 for the granddaughter of Schenectady's first mayor and 7th governor of New York State.

60761 \$39

3 Sessions, WIL 113

Thurs., 4/27 - 5/11, 10 a.m. - Noon

Marilyn Sassi, Instructor

## First Church: 375 Years and Still Counting

The Dutch Reformed Church on North Pearl Street is the oldest building in Albany still used as originally intended. It is Albany's oldest institution: the first church, first school and first bank. Its history is woven into the fabric of this city and the lives of its residents. A hoard of documents and artifacts discovered walled up in a basement room in 1931 made big news and The History Room was born. Tom Allison returns again with a privileged opportunity to see the church's artifacts and to hear some of its customs and lore. Phillip Hooker, First Church architect, will be featured after our morning break.

60746 \$13

1 Session, WIL 113

Mon., 4/3, 9:30 - 11:30 a.m.

J. Thomas Allison, Instructor

## Learning the "Ins and Outs" of your Digital Camera

This two-session offering will concentrate on learning how to effectively use your new (or not-so-new) digital camera. You will learn about exposure, white balance, macro-mode, portrait settings, landscapes, bracketing - all complex techniques that can be easily explained and mastered. Gather your favorite photos, organize your questions and bring along your camera and owner's manual to these classes designed to inform in a relaxed, comfortable format. Remember to have the camera's battery fully charged and have an empty memory card.

60187 \$10

2 Sessions, WIL 113

Tues., 5/2 - 5/9, 1 - 4 p.m.

Kevin Sarsfield, Instructor

## Antiques and More

Come and spend an engaging morning that will touch on history, geography, the arts and society. Owners Andrew Geller and David Ornstein of New Scotland Antiques will appraise a treasure that you bring to class. Bring in two items that you are curious about, set it on the table and when class begins, Andy and David will discuss each and every object! They'll cover the history of the items, its popularity and what it's worth in today's market. To be fair to everyone, please remember to limit your items to two.

60078 \$10

1 Session, WIL 113

Thurs., 3/16, 9:30 - 11:30 a.m.

Andrew Geller and David Ornstein, Instructors

## "Troy Is My Hometown" The Life and Times of Maureen Stapleton

"There's a place called Troy on the east bank of the Hudson River. If you want to know me, you have to know where I come from, and Troy is my home town."

For Troy native Maureen Stapleton (1925-2006), there was no question that Troy was her home town. Even though she had to leave at an early age in order to become an actress, she returned to Troy often to touch base with family and friends throughout her career and long life. Kathryn Sheehan, Rensselaer County and Troy City Historian, will present an illustrated lecture on the Oscar, Emmy and Tony-award winning actress's connection to Troy, celebrating her gift of acting in theater, film and television for almost 50 years.

60768 \$15

1 Session, WIL 113

Wed., 4/19, 9:30 - 11:30 a.m.

Kathryn Sheehan, Instructor

## Ireland - Land of Song, Land of Love

Join Irish folk singer Don Kelly on a two-hour journey through Irish love songs. Just in time for St. Patrick's Day, Don will provide song background and maybe tell a joke or two. Opportunity for audience participation (sing-along) will abound. Stories of love gained and lost will fill this class. If you missed his class in the fall, you won't want to miss this new performance.

60769 \$10

1 Session, WIL 113

Tues., 3/14, 9:30 - 11:30 a.m.

Don Kelly, Instructor

## Richard Rogers and his Contributions to the American Musical Theatre

Richard Rodgers, with Oscar Hammerstein, is responsible for creating the American musical as a literary art form. From his first song, "Manhattan," written with Lorenz Hart to his final score for "I Remember Mama," Rodgers was responsible for many classic American musicals. The course will feature Rodgers before Hammerstein and Hammerstein before Rodgers and Rodgers after Hammerstein. Background information and interviews will enhance the songs from the famous musicals.

60770 \$13

1 Session, WIL 113

Wed., 4/26, 9:30 - 11:30 a.m.

Richard Feldman, Instructor

## An Introduction to Music Reading

If you've always wanted to learn to read music, this is the perfect opportunity for you! If you are in a group where everyone has a songbook, the words are written underneath the treble clef staff. If you want to know the melody you need to know how to read the notes on the staff. I will teach you an easy way to be able to do that. Instructor Janine Budesheim has been an elementary music teacher and director of the Averill Park Community Orchestra for many years.

60771 \$10

1 Session, WIL 113

Fri., 5/5, 9:30 - 11:30 a.m.

Janine Budesheim, Instructor

## Ancestry.com vs. Familysearch.org: Utilizing the Genealogy Giants

Ancestry.com and Familysearch.org are two giants of internet genealogy. These online destinations offer vast resources for researching your family's history, but how do you sift through all that information and find what you are looking for? Lisa Dougherty, a professional genealogist with over 20 years' experience in online research, will explain the content of these websites, their similarities and differences, and how to search them effectively to get to the "roots" of your family's story.

60764 \$13

1 Session, WIL 113

Tues., 3/28, 9:30 - 11:30 a.m.

Lisa Dougherty, Instructor

## Sources for Researching your New York State Family History

Having ancestors from New York state poses unique challenges for the family historian. Learn how to effectively utilize two of the state's most valuable resources - New York State Vital Records and the New York State Census. Professional genealogist and longtime New York State researcher Lisa Dougherty will show you strategies for effectively locating, accessing and interpreting these records to document your Empire State ancestor!

60765 \$13

1 Session, WIL 113

Tues., 4/25, 9:30 - 11:30 a.m.

Lisa Dougherty, Instructor

## The Irish Bridget

Who was the Irish Bridget? What relevance does her story have to the history of Irish immigration to America? Learn the answers to these questions in Dr. Margaret Lynch-Brennan's presentation "The Irish Bridget: Irish Immigrant Women in Domestic Service in America, 1840-1930" which is based on her book of the same name. Dr. Lynch-Brennan will use photographs and personal letters the Irish Bridgets wrote to one another to give insight into the lives of these young immigrant girls. She will discuss their work life, their social life, the impact they had on Irish-American life, and their contribution to American ethnic history, labor history and women's history. Dr. Lynch-Brennan will also explore the relevance of the Irish Bridget's story to contemporary American life, in which domestic service is again populated by female immigrants, and immigration is once more controversial.

60772 \$10

1 Session, WIL 113

Wed., 5/3, 9:30 - 11:30 a.m.

Margaret Lynch-Brennan, Ph.D., Instructor

## A Fascinating Morning with Two Local Town Historians

First, town historian Jim Greenfield will give a lecture on Defreestville and Wynantskill, two hamlets in North Greenbush. Jim will discuss the hamlets' naming and growth from the 1600's to the 21st century.

### You'll meet some interesting characters:

- A congressman and friend of George Washington
- An unconventional Justice of the Peace
- A West Point Army man with a deep secret
- The "Sam Walton" of Wynantskill

### You'll re-live some intriguing events:

- The night Wynantskill was "bombed" in World War II
- A murder most foul
- A national athletic event
- ...and much, much more.

Next, the East Greenbush Town Historian Bobbie Reno will relate her fascinating research about a local execution of Pvt. Samuel Helms, a young man in his early twenties serving as a soldier in the War of 1812.

60774 \$10

1 Session, WIL 113

Mon., 5/1, 9:30 - 11:30 a.m.

Jim Greenfield and Bobbie Reno, Instructors



## Lucy Larcom: A New England Mill Worker in the 19th Century

Lucy Larcom, later to become a noted poet and educator, began her working life in a New England textile factory in the 1830s. As a young mill worker, Lucy will relate the working and living conditions many young farm girls experienced in the early days of America's Industrial Revolution. With props and hands-on activities for the audience, she will demonstrate the tasks involved in textile production, the development of mechanization, and the structure of a mill. The industrialization of America changed ordinary life for everyone, creating the modern consumer society in which we live today.

60763 \$20

1 Session, WIL 113

Wed., 4/12, 9:30 - 11:30 a.m.

Phyllis Chapman, Instructor

## Women of the Revolution - Backstage Heroines

The American Revolution was a civil war in many ways, in which the female half of the American populace participated willingly and unwillingly. Conventional history has been remiss in not adequately noting the exploits of women as battles raged in their towns, and foreign invaders threatened their homes and way of life. The ride of Paul Revere is well known and embellished but what about that of young Sybil Ludington? Who was the woman whose writings gave voice to the revolutionary spirit, and whose concerns about the new Constitution later took form as the Bill of Rights? Known and unknown, patriot and Tory, find how women were key players in the Revolution.

60762 \$20

1 Session, WIL 113

Wed., 3/29, 9:30 - 11:30 a.m.

Phyllis Chapman, Instructor

## CENTER FOR CREATIVE RETIREMENT

### **The Fabulous Cushing Boys**

This course examines the lives of four brothers and their exploits before, during and after the Civil War. One was comparatively nondescript; one was much more brave and daring; one earned the Medal of Honor at Gettysburg; and one led a virtual suicide mission (involving two men from Rensselaer and Albany) and became the "American Idol" of his day. Two of the men are buried in Beverwyck Cemetery in Rensselaer and one is buried in Albany Rural Cemetery. Our presenter, Jim Cochran, is a retired literature teacher and a part-time amateur American historian.

60766 \$10

1 Session, WIL 113

Thurs., 3/30, 9:30 - 11:30 a.m.

Jim Cochran, Instructor

### **Liberty vs. Authority: The Supreme Court and the Bill of Rights**

The Supreme Court is the least understood branch of the federal government. What is its jurisdiction? How does it operate? The class will examine those questions and trace how cases get to the Court. Some of its most controversial cases have involved interpretation of the Bill of Rights. We will review the historical origins of the first ten amendments to the Constitution and then focus on the history of First Amendment cases to see how the Court has dealt with the controversy between liberty and authority. Ken is a former instructor from Highland Community College in Illinois.

60767 \$10

1 Session, WIL 113

Wed., 3/15, 9:30 - 11:30 a.m.

Ken Kiser, Instructor

### **Introduction to Folk Music Using Fiddle, Banjo, Guitar and Song**

Come whet your musical appetite while hearing the history and sounds of various foot-tapping traditional and folk styles. Listen to music from Scotland, Ireland, Canada, New England and Appalachia. Instructor George Wilson will also "visit" the music of some historical folk music personalities like Uncle Dave Macon and Huddie Ledbetter. Combine this with a discussion of how these sounds developed and George's off-the-cuff commentary and you have one rousing presentation. George is a talented multi-instrumentalist and singer, folk music educator and performer.

60042 \$13

1 Session, WIL 113

Tues., 4/4, 9:30 - 11:30 a.m.

George Wilson, Instructor

### **The Flowers of Spring: Their Design, Color and Texture**

Spoil yourself by spending a morning with a versatile floral artist, who can design a classical look but make it follow the latest design trend? Take advantage of Michele Peter's 30 years of experience and let her show you how to put creativity and energy into your own designs and events. If you've been with us before, you know Michele brings a passion for what she does. Many return because they know she always brings fresh ideas and demonstrates what is "hot" in the flower world. Come join us as we "ohh and ahh." You may be one of the lucky students who carries one of her creations home!

Course fee includes \$13 materials fee.

60552 \$23

1 Session, WIL 113

Wed., 3/8, 9:30 a.m. - Noon

Michele Peters, Instructor

### **Saint John Honeywood, Post-Revolutionary Jokester**

His name was odd and so was the way his mind worked. In the 1790s, Yale graduate Saint John Honeywood appeared in the little Washington County village of Salem.

Salemmites, most of whom were uneducated farmers, didn't know what to make of him. Mr. Honeywood painted, wrote poetry and sometimes spoke in Greek. He published a newspaper and held curious views about the social roles of men and women. An amateur historian, he got to know many of the locals who had fought at the Battle of Bennington and never tired of re-telling their stories.

A satirist, he took great pleasure in skewering pompous politicians, Congressmen in particular. Steve Trimm who will be portraying Mr. Honeywood, is a tour guide at Grant Cottage State Historic Site.

60775 \$13

1 Session, WIL 113

Wed., 5/10, 9:30 - 11:30 a.m.

Steve Trimm, Coordinator

### **Cradle of America: the Hudson and Mohawk Valleys**

Author Jack Casey, who has set his four historical novels in the Hudson-Mohawk region, will discuss how its residents built America from a wilderness into an international power. From Deganawida, who formed the Iroquois confederacy after a vision at the Cohoes Falls, to Thomas Edison who brought his General Electric Company to the banks of the Mohawk, Jack will discuss this area's rightful place in the history of the United States.

Jack will touch upon the War of 1812 and the Civil War, the digging of the Erie Canal, the building of the New York Central Railroad, as well as inventors George Burden and Joseph Henry, authors Henry James and Herman Melville, educational pioneers Amos Eaton and Emma Willard, and assorted abolitionists and political leaders whose performed far-reaching work on the national stage.

60831 \$20

1 Session, WIL 113

Fri., 4/28, 9:30 - 11:30 a.m.

Jack Casey, Instructor

### **The Tragedy of Alexander Hamilton**

Alexander Hamilton led the Federalist Party for over a decade, and served as Secretary of the Treasury, inventing fiscal policy that laid the foundation for a prosperous modern commercial nation. Yet shame over his humble origins dogged him and made him hypersensitive to criticism.

Jack Casey, an author, attorney and former political leader, who just completed his historical novel, *Hamilton's Last Clash*, will explore this uniquely American tragedy. While showing why Hamilton is the most influential of the Founding Fathers upon our way of life, Jack will share his views on the darker side of American adversarial politics, and will also acquaint attendees with Revolutionary-era songs he will play and sing.

60832 \$20

1 Session, WIL 113

Fri., 4/28, 1 - 3 p.m.

Jack Casey, Instructor



## Russell Sage, the Money King

Born into poverty, Russell Sage was a self-made man, although the man he made himself into was the quintessential Robber Baron of the Gilded Age. After leaving his home in Troy for the richer pickings of New York City, his financial manipulations of the Wall Street stock market, the banking industry, railroads and other major corporations became the stuff of financial legend. Along with his primary partner, Jay Gould, Sage pillaged and plundered the American economic marketplace for almost 40 years. He was probably the wealthiest American at the time of his death in 1906, and his wife's reaction to his passing is one of the greatest stories of philanthropic retaliation in American history.

60696 \$18

1 Session, WIL 113

Fri., 4/7, 9:30 - 11:30 a.m.

Michael Barrett, Instructor

## Two Popular Programs from the Rensselaer County Health Department

### Tick Safety

We will hear the latest data available about ticks and Lyme disease. A health department educator will cover topics such as, who gets Lyme, how it is transmitted, symptoms, and prevention. Tick life cycle, how to remove a tick, creating a tick free zone around your home, tips on insect repellent, and the effect of ticks on pets also will be discussed.

### Nutrition for Seniors

We all know that nutrition is a cornerstone in establishing and maintaining health. This program will be an opportunity to discover why variety, balance and moderation are the keys to healthy eating.

60854 \$10

1 Session, WIL 113

Fri., 3/31, 9:30 - 11:30 a.m.

Rensselaer County Health Department,  
Instructor

## America's Constitution

This is a historical review of the United States Constitution that will cover how and why it was created; the principles and political realities motivating it, and the concerns and objective of the players who wrote it. We will highlight how the founders viewed the crucial issue of power, its necessity and dangers, along with how the document has evolved over 228 years.

60820 \$20

2 Sessions, WIL 113

Mon., 3/6 - 3/13, 10 a.m. - 12:30 p.m.

Henry Bankhead, Instructor

## TRIPS AND TOURS

Please note: several of these trips and tours include 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](http://www.hvcc.edu/community/courseinfo).

### The Best of Oakwood

Did you know the Gardner Earl Memorial Chapel and Crematorium at Oakwood Cemetery is a National Historic Landmark? We will hear the story behind the creation of this opulent 125-year old building, resplendent with Tiffany windows, marble mosaics and carved oak features. Oakwood was one of the first "rural cemeteries" in the country, with serpentine roads and lovely landscaping, and on our tour we'll be surrounded by daffodils, if we're lucky. We'll enjoy fascinating stories as we visit beautiful monuments for some of the influential citizens of 19th century Troy.

Dress appropriately for the weather and wear good walking shoes. You might want to bring a bottle of water as well. This slow-paced walk is approximately 1 and 1/2 miles round trip and is on mainly level paved roads with one or two dirt paths. Course fee includes a \$15 materials fee.

60818 \$25

1 Session, Oakwood Cemetery

Tues., 4/25, 1 - 3 p.m.

Heidi Klinowski, Guide

Marie D'Entrone, Coordinator

### Tour and Lunch at The Skene Manor

Enjoy a visit to The Skene Manor, Whitehall's Castle on the Mountain, which is one of the few remaining castles in northeast New York. The castle was constructed of stone blocks cut right out of the mountain that frames the manor. This magnificent structure shows turn-of-the-century craftsmanship rarely duplicated today. We will enjoy a tour of the Skene Manor where we will experience the grandeur that exemplified turn-of-the-century wealth. In addition, a lunch of homemade soup, sandwiches, beverages and dessert will be served in the tea room. You will be contacted prior to the trip for your sandwich order. All who visit rave about the lunch and the dedication of the volunteer staff who run the manor. Now, experience it for yourself! Course fee includes \$20 materials fee.

60032 \$30

1 Session, The Skene Manor

Thurs., 5/4, 11:15 a.m. - 1:30 p.m.

Linda Muller, Coordinator

### The Doane Stuart "Green Roof"

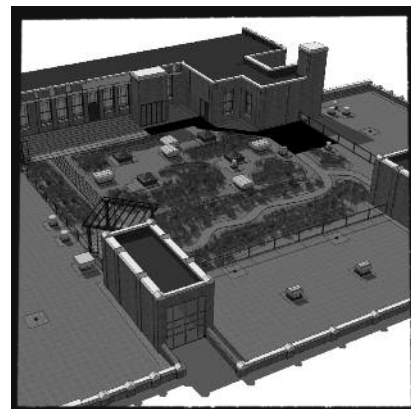
Come and see the Rensselaer school's 22,000 square foot green roof – a living science lab. This "green roof" is the only one of its size in the Capital Region and it serves each division of the school. We will learn about the different species that were planted and how the green roof was installed. This living science lab not only educates the students of the school but also serves to educate the Capital Region.

60777 \$10

1 Session, Doane Stuart

Mon., 5/15, 1 - 2:30 p.m.

Jean Chenette, Coordinator



## TRIPS AND TOURS

### A Morning at the MiSci Museum

During our morning together, we will spend 45 minutes viewing the digital planetarium show, "Earth's Wild Ride." Here you will explore the Earth as you've never done before – as observed by a fictional family relocated on the moon! Discover crashing asteroids, erupting volcanoes, roaring dinosaurs, electrifying lightning and booming thunder. The show includes a live segment about the current seasonal sky. We also will view one of MiSci's most popular interactive science demos, "Dry Ice," which explores the states of matter and sublimation using the fun and excitement of dry ice. Later, you will also be free to explore the museum on your own. Course fee includes \$9 materials fee.

60773 \$19

1 Session, *The Museum of Innovation and Science*

Wed., 3/22, 10 a.m. - Noon

Jean Chenette, Coordinator

### The Saugerties Lighthouse

Join us at the Saugerties Lighthouse, an 1869 landmark on the Hudson River that now stands proudly as a living museum and a renowned bed and breakfast. Step back in time over a hundred years to experience the charm and rustic simplicity of life in the middle of the river. Furnished as it may have looked in the early 20th century, the lighthouse contains a small museum, gift shop, parlor, kitchen, keepers' quarters, and two guest bedrooms. The operational light-tower offers a panoramic view of the Hudson River Valley and Catskill Mountains. Because of its location on the river, tours must be scheduled with tide schedules in mind. The lighthouse can be reached via a half-mile nature trail of dirt and rock paths with wooden bridges and boardwalks and sandy trails. It is at the end of Lighthouse Drive in the village of Saugerties. Suitable, comfortable shoes are recommended. Course fee includes \$8 materials fee.

60470 \$18

1 Session, *Saugerties Lighthouse*

Thurs., 4/20, Noon - 1:30 p.m.

Mel Witkowski, Coordinator



### Cooking for One or Two - Part III

If you thought Part I & 2 were fun and informative, then join us for Part III and all new tastes. Get fun fast ideas for one-pot cooking, tips and tricks for getting small meals on the table fast and with minimum ingredients! We will even throw in a few healthy hors d'oeuvres! No fuss meals at home can save you time and money, and these meals will be so great, you will want to share them with a friend! Bring your time saving ideas to our table and share while we nibble on our creations! Course fee includes \$40 materials fee.

60614 \$50

1 Session, *The Eatery at Carol's Place*

Tues., 3/21, 11 a.m. - 1:30 p.m.

Anita DeCelle, Instructor

Jean Chenette, Coordinator

### Spring Sensations - Exploring Nearby Nature Preserves

As the snow melts and the ground thaws, nature springs to life and puts on a glorious display. The spring palate includes a bounty of wildflowers like trillium, dog toothed violets, and lady slippers. An upward glance reveals the flowering shadblow and cherry. The first class at the college is really important and will include preparation, along with a presentation illustrating what we might see. In the following weeks, we will explore four of our favorite local preserves taking time to observe, learn about and enjoy the plants, wildlife and natural beauty around us.

60023 \$10

5 Sessions

Fri., 4/21, 10 a.m. - Noon, WIL 113

Fri., 4/28 - 5/19, 10 a.m. - Noon,

Selected Preserves

Betty and John Nickles, Instructors

### Historical Hike:

#### Discovering Past Land Use

Journey back in time on a two-mile hike to read the history written in the landscape. By looking for clues that explain changes in forest composition, we'll discover how people used the land over the last 300 years and evidence of past climatic changes. We'll find evidence of old farms, roads, pastures, logging and how these activities have changed the forest we see today. The forest holds many clues to past use, and this class will have you acting as a detective to unearth the history of the land. Wear sturdy walking shoes and dress for the outdoors. Course fee includes \$5 materials fee.

60833 \$15

1 Session, *Dyken Pond Environmental Education Center*

Mon, 5/8, 1 - 3 p.m.

Lisa Hoyt, Instructor

Paula Johanssen, Coordinator

### Tour and Book at the Batcheller Mansion

Participants are treated to a first person tour of the Batcheller Mansion by Mr. George S. Batcheller (portrayed by local author and Victorian historian Hollis Palmer). The Batcheller Mansion is an icon of Saratoga. Built in 1873-74, the house had to be finished in time to host a reception for President Grant. Anyone who has ever been by the house considers the outside to be imposing and those who have been fortunate enough to be inside have experienced the house's true magnificence and warmth. The entire experience takes about 90 minutes and allows guests to appreciate what it was like to live in the Victorian house the New York Times called "Saratoga's Crowning Glory." Course fee includes \$20 materials fee.

60750 \$30

1 Session, *the Batcheller Mansion in Saratoga*

Tues., 4/25, 1 - 3 p.m.

Vera Weiss, Coordinator

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

## Knickerbocker Family Mansion - Ghosts, Tour and Lunch

The Knickerbocker Historical Society will be our hosts as they tell us about the history of the Knickerbocker Mansion, which dates from about 1770. They will arrange for historical 'ghosts' to give moving first-hand accounts of their lives and experiences, and they will explain the renovations – the not-for-profit historical society rescued the mansion from certain demolition and has continued to restore it. Our visit concludes with a chance to tour the mansion and to a colonial lunch cooked with authentic recipes, a delicious side to the history of the mansion! Course fee includes a \$25 materials fee.

60018 \$35

1 Session, Knickerbocker Family Mansion

Wed., 5/17, 10:30 a.m. - 1:30 p.m.

Jean Chenette, Coordinator

## Saratoga's Great Ladies Walking Tours

Join local author and Victorian historian Hollis Palmer as he relates infamous incidents from his books. He tells stories much the same way your grandfathers did; oh that's right, he is a grandfather. See and hear about the Great Ladies (the original name for Victorian houses) of Saratoga through a series of walking tours. The tours will tell about the families who built the houses and made them homes. The presentations include stories about the man who was so mad at the city he turned his back on it; the son who took his mother's jewels from her safety deposit box and what he did with them; the man whose father saved the Union in the Civil War with a simple invention - all while gazing upon the beautiful mansions they each called home. All tours offered are a loop, ending close to where they started. Each course fee includes \$10 materials fee.

60751 \$20

1 Session, Meet at Crafter's Gallery

Tour of North Broadway

Tues., 4/18, 1 - 3 p.m.

Lea Darling, Coordinator

60752 \$20

1 Session, Meet at Crafter's Gallery

Tour of Saratoga's Oldest Neighborhood -

Franklin Square

Tues., 5/2, 1 - 3 p.m.

Mel Witkowski, Coordinator

60753 \$20

1 Session, Meet at Congress Spring

inside Congress Park

Tour of Union Ave. & Congress Park

Tues., 5/9, 1 - 3 p.m.

Cynthia Serbent, Coordinator

## Ukrainian Eggs, Pysanky Eggs

This is a fun new craft to try! Well, it may be new to you but is a long tradition to many others. Create one neat hole in the egg. No more blowing! Then you will learn how to use a traditional wax tool called a kistka to "draw" with wax on your egg. Using layers of wax and brightly-colored dyes, you will create intricate designs on your egg. The final step is so exciting! You melt off the wax and reveal the many beautiful colors hiding below. This may sound difficult but it is not. Even children who scratch squiggly lines on their eggs end up with bright and beautiful results. Course fee includes \$15 materials fee.

60046 \$25

1 Session, The Albany Art Room

Thurs., 3/23, 11 a.m. - 1 p.m.

60749 \$25

1 Session, The Albany Art Room

Tues., 3/28, 11 a.m. - 1 p.m.

Karen Schupack, Instructor

## Cruise on the Hudson and Champlain Canal with Mohawk Maiden Cruises

Climb aboard the rustic M/V Caldwell Belle, the only authentic chain-driven stern wheel paddle boat on the Champlain Canal, for a tour filled with the rich history of the Champlain Canal. Our trip will be accompanied by historic narration and beautiful spring scenery throughout. Experience an afternoon of nature watching, education and plain relaxation! Be sure to bring your binoculars and a thirst for nature and history. Mohawk Maiden Cruises is a small family-owned and operated company. Wear sneakers or appropriate footwear for walking safely on the boat and climbing stairs. The Caldwell Belle has a small enclosed cabin on the bottom deck with tables and chairs for those who wish to enjoy the sights away from the elements. Water, soda and pre-packaged snacks are available for purchase for a small fee. The Mohawk Maiden Cruises dock is located next to Lock C5 on the Champlain Canal near the Village of Schuylerville. Course fee includes \$23 materials fee.

60675 \$33

1 Session, Mohawk Maiden Cruises

Tues., 5/30, 1 - 3:30 p.m.

Lea Darling, Coordinator

## Walking Tour of Troy's Historic Washington Park, Surrounding Homes and Artists Studio with Tea

Enjoy taking a step back in time to see and experience the genteel living of the nouveau rich of Troy's Washington Park. You will be able to see firsthand, the loving care taken to rehabilitate and update many of these one of a kind homes of the emerging upper middle class of the 19th century and visit their own private park. A tea reception will be held in our last home visit on the tour.

There will be lots of walking on mostly uneven surfaces: sidewalks, grass, roads, and some home interiors with multiple flights of stairs, climbing up and down. Wear comfortable walking shoes as you will be on your feet for all of the tour. Meet in Washington Park across from the front of 195 2nd Street. Parking is along the bordering streets of Washington Park – Washington Place, Second Street, Third Street and Washington Street. Course fee includes \$10 materials fee.

60460 \$20

1 Session, Meet in Washington Park across

from front of 195 2nd Street

Tues., 5/16, 10 a.m. - Noon

Lea Darling, Coordinator

## Visit Historic Grant's Cottage

Guide Steven Trimm will provide a tour of the historic cottage and share little known stories about U.S. Grant. A walk out to Promontory Point on a clear day will provide views of the Berkshires, Green and Adirondack Mountains. We may even have a secret family member of Grant's with us to share more stories. This is a two and a half hour program with a lot of standing and walking. Please wear comfortable shoes, as you will be walking on paved and uneven surfaces and dress for the weather. We will meet at the Grant Cottage Visitor's Center to begin our tour. Food will be provided. Course fee includes \$15 materials fee.

60457 \$25

1 Session, Grant's Cottage Visitor's Center

Tues., 5/9, 10 a.m. - Noon

Lea Darling, Coordinator

## TRIPS AND TOURS



### Volkssporting! The Best Kept Secret to Fun, Fitness and Friendship in the Capital District

Come and learn about Volkssporting, a German word for "the sport of the people." What is this welcoming physical activity that has over 300 members right here in our area? Throughout the US there are over 300 clubs. Some folks start as a better road to physical fitness, but then continue because of new found friendships and fun club activities.

Our first hour will be a presentation on what is volkssporting, with question and answer time. The next part of the course you will be given directions to the Best Western Franklin Inn in Troy. We will drive to the inn and begin a 5 kilometer (3.1 mile) walk. Bring two return address labels for walk registration, a bottle of water to keep hydrated, and dress appropriately for the outside weather while exercising. You will be encountering some uneven surfaces throughout our Troy walk, so be prepared. Some folks like to bring a walking stick or ski pole. Following the walk, an optional restaurant visit for lunch, pay your own way, will be arranged for wrap up and conversation. Course fee includes a \$7 materials fee.

60021 \$17

1 Session, WIL 113

Mon., 4/24, 9 a.m. - Noon

Lea Darling & Eileen Skinner, Coordinators

### Behind the Scenes Tour of WMHT

Tour the WMHT studios! You will get a chance to see the different stages of WMHT TV production, editing and broadcast and also tour the radio studios for WMHT 89.1, WEXT 97.7 and RISE. Finally, you'll learn about the educational and community programs and the online materials which further the public broadcasting's mission of lifelong learning and enjoyment of the arts.

60776 \$10

1 Session, WMHT in Rensselaer Technology Park

Thurs., 3/23, 10 a.m. - Noon

Jean Chenette, Coordinator

### Cottage in the Snowy Woods: Painting in the Style of Impressionist Artist Camille Pissaro

There is something so cozy and romantic about a little cottage tucked among snow covered trees. Join Noreen Powell for a mixed media painting class using acrylics and water soluble oil-based paints on canvas. You will receive step-by-step instruction on how to create your own version of a cozy cottage. This class is perfect for beginner or intermediate artists. Learn to paint in a beautiful relaxed atmosphere - The Living Room Art Gallery located in the visitors center of historic St. Agnes Cemetery in Menands. All materials including paints, brushes, canvas and table top easels will be provided. Gourmet coffees and Schuyler Bakery baked goods also will be included. Course fee includes \$35 materials fee.

60741 \$45

1 Session, St. Agnes Cemetery

Fri., 2/3, 10 a.m. - 1 p.m.

Noreen Powell, Instructor

Kelly Grimaldi, Coordinator



### Van Gogh's Crazy Trees: A Lesson in Post-Impressionist Art

Van Gogh's trees are easily recognizable. He had a very distinct brush stroke and used color like no other artist of his era. Well known for his delusional behavior, Van Gogh's supposed craziness only enhanced his artistic expression. He was pure genius without ever having had the peace of knowing how beloved his paintings would be to the modern world. Noreen Powell captures his style perfectly and she will teach you step-by-step how to give your own "crazy" to Van Gogh-style trees! We will use acrylics on a large canvas to create deep and vibrantly colored trees that seem to sway with the wind.

Learn to paint in a beautiful relaxed atmosphere - The Living Room Art Gallery located in the visitors center of historic St. Agnes Cemetery in Menands. All materials including paints, brushes, canvas and table top easels will be provided. Gourmet coffees and Schuyler Bakery baked goods will be included, too. No experience necessary. Course fee includes \$35 materials fee.

60742 \$45

1 Session, St. Agnes Cemetery

Sat., 2/25, 10 a.m. - 1 p.m.

Noreen Powell, Instructor

Kelly Grimaldi, Coordinator

### Introduction to Snowshoeing

Snowshoeing is a wonderful way to stay active through the winter season, and is easy to do! We will cover types of snowshoes, how to dress in layers, equipment needed and all you need to know to get started on enjoying the outdoors in winter. After an introduction, we will take a leisurely snowshoe on the beautiful trails found at the Dyken Pond Environmental Education Center in Grafton. Along the way, we'll look for animal tracks and other clues to what animals have been in the area. Equipment rental is for shoes only. If you have a pair of ski or hiking poles, bring them. Dress in layers and wear winter boots with a flat heel. Course fee includes \$10 materials fee, which includes rental fee for snowshoes.

60698 \$20

1 Session, Dyken Pond Environmental Education Center

Mon., 2/27, 1 - 3 p.m.

Lisa Hoyt, Instructor

Marie D'Entrone, Coordinator



## COME, BEHOLD NEW LEBANON

Small rural communities are perpetually redefining and marketing themselves, but it is probably fair to say that no place has come up with a concept quite like "Behold! New Lebanon," in Columbia County. This town in the shadow of the Berkshires is being reimagined as what it hopes will be a "living museum of contemporary rural American life." "Behold!" is the brainchild of Ruth J. Abram, the historian who founded the Lower East Side Tenement Museum in New York in 1968 and is credited with forging new conceptual museum ground by telling the stories of immigrant families within an original setting.

### Elm Tree Mill Tour

When President Theodore Roosevelt lived in the White House, he insisted that his pancakes be prepared only from Elm Tree Mill buckwheat. A tour conducted by the family who now lives in the mill offers an unprecedented opportunity to look inside and back to the 18th century. Course fee includes \$12 materials fee.

60834 \$22

1 Session, Elm Tree Mill

Thurs., 4/20, 1 - 3 p.m.

Jean Chenette, Coordinator

### What the Woof?

With her dogs at her side, Peg Munves explains how modern breeds were developed for work. She'll offer tips on how to live with and train these same dogs in our urban, suburban and rural homes. Course fee includes \$12 materials fee.

60836 \$22

1 Session, Peg Munves in New Lebanon Thurs.,

4/27, 1 - 3 p.m.

Mel Witkowski, Coordinator

### Hops Farming: 101

Tour artist/writer Alex Olchowski's Spring Hill Hops, the only commercial scale hops farm in Columbia County. Learn how the hops are grown and how they're used. Encounter wildlife as you walk through the hops yard and learn how the ecosystem of the field has been transformed. Course fee includes \$12 materials fee.

60835 \$22

1 Session, Spring Hill Hops

Thurs., 5/11, 1 - 3 p.m.

Paula Johannesen, Coordinator

## 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 para-legalism. 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.

ONLINE

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 online 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](http://www.legalstudies.com).

60177 \$1289

Online Course, 3/6 - 4/21 & 5/1 - 6/16

60178 \$1289

Online Course, 5/1 - 6/16 & 6/26 - 8/11

### PTIA Personal Trainer Certification

Here's your chance to become a nationally-certified personal trainer in one intensive weekend. This two-day intensive program includes 16 hours of lecture, demonstrations and practical hands-on applications. Some of what you will learn includes: Basic Anatomy & Physiology, Injury Prevention & Medical Considerations, Nutrition Fundamentals, and much more.

Please note: Students must complete a 10-hour internship at a local gym/health club and pass an online exam before final certification. In addition, CPR/AED certification needs to be obtained before final PTIA certification. If you already hold CPR/AED certification, bring your card to class. An email address is required upon registration. Students should come to class both days dressed in comfortable, gym-appropriate clothing. Course fee includes a \$65 materials fee for the required textbook.

60017 \$515

2 Sessions, MCD 202

Sat. & Sun., 4/29 & 4/30, 9 a.m. - 5 p.m.

Nadia Ellis of Personal Training Institute of America, Instructor

# Pet Educational Training Services

## Pet Education Certificate Program

The Pet Education Certificate course offers a variety of resources to help begin or enhance your career working with animals, including but not limited to pet-sitting, kennel work, daycare, training, working for a veterinarian and other animal-related fields. Topics 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 month of the end of the course.

60246 \$400

Online Course Dates: 2/8 - 4/5

60564 \$400

Online Course Dates: 3/16 - 5/11



## P.E.T.S. Basics of Grooming School

This is an introductory course to prepare you for a career in the grooming business and it also may be beneficial to pet owners who wish to advance their knowledge in pet hygiene. Prerequisite: Pet Education Certificate course. In order to successfully complete this program and be eligible for a certificate, you must successfully complete the online course, complete a pet CPR/First Aid class and complete at least 20 hours of internships at an approved animal care facilities within six months of the end of this course.

60245 \$400

Online Course Dates: 4/5 - 5/10

## 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.

Online and practical skills session

60248 \$86

Online course open 2/21 - 3/14

Skills Session

Thurs., 3/16, 6:30 - 8 p.m., ADM 102

60409 \$86

Online course open 4/4 - 4/25

Skills Session

Thurs., 4/27, 6:30 - 8 p.m., ADM 102

## 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.

60247 \$85

Online Course Dates: 2/10 - 3/3

60566 \$85

Online Course Dates: 4/6 - 4/27

## Tools and Techniques for the Professional - Entering a Client's Home Safely with a Pet in the Household

Professionals (police, fireman, nurses, etc.) will get the training and tools needed to help keep them safe when entering a home with pets. Topics covered include: canine aggression and reading body language, how to diffuse a potentially dangerous situation involving dogs and more.

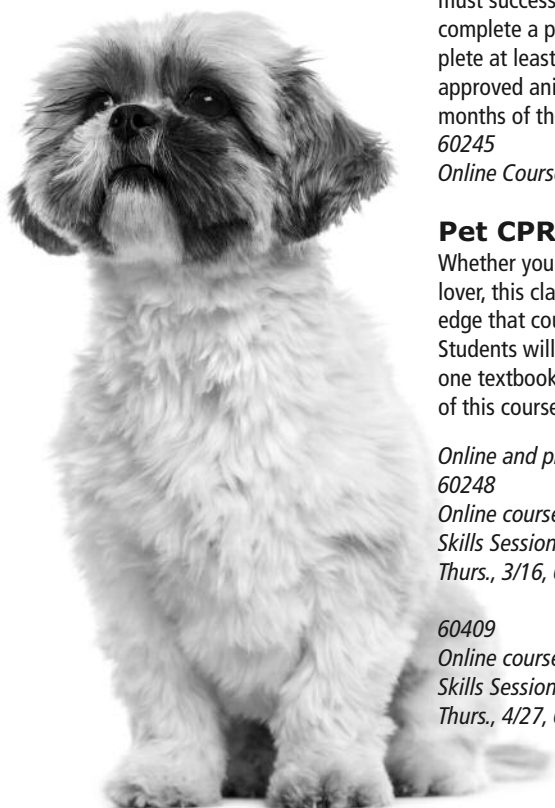
60561 \$205

Online Course Dates: 4/21 - 5/12

## 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, is 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 locally and regionally for more than 24 years.



# 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: 60732, 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 Health-career Association (NHA). Vouchers for both exams are included with this program.

### Medical Transcription and Medical Terminology

\$1,995

CRN: 60180, 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: 60181, 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.

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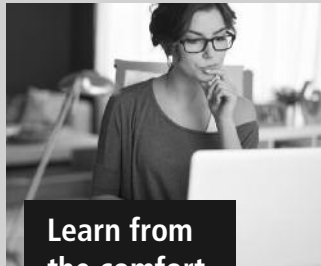
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# HUDSON VALLEY COMMUNITY COLLEGE

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ONLINE



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### **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!*





## Elements of Fiction Writing: Discussion and Workshop

So you want to write a story but you don't know where to begin? In this class, we will discuss the elements of fiction writing – theme, style, point of view, plot, description, characterization, and setting – then give you an opportunity to practice them through workshop and critique. Together we'll create a writing community where we are free to share, learn, and grow our writing.

60819 \$75

6 Sessions, ADM 104

Mon., 2/27 - 4/10, 7 - 9 p.m.

No class 3/20

Kristina Boudreault, Instructor

## 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 over. 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](http://www.voicecoaches.com).

60191 \$15

1 Session, ADM 101

Mon., 3/27, 6:30 - 9 p.m.

Creative Voice Development, Instructor

## English as a Second Language

This course is specifically designed for beginning-level English language students and will use simple reading passages as a basis for discussion. Emphasis will be placed on vocabulary development, conversation, understanding American idioms and customs, finding the main idea, improving reading, and understanding basic elements of American English grammar. Students should increase their overall language proficiency through conversation, group activities and the use of language learning websites and software. There is no required textbook. Materials will be provided by the instructor and will include access to websites and software for developing language skills.

60190 \$129

8 Sessions, BTC 217

Wed., 2/8 - 4/12, 6 - 8 p.m.

No class 2/22 or 3/22

Susan Gallagher, Instructor

## Writing From Your Heart: The Art of Personal Essays

The happy, memorable and hilarious happenings of your life can be transformed into extraordinary personal essays. Learn the step-by-step process for jumpstarting your creativity to unlock and capture the details of your experiences, structuring your essay, pounding out a first draft and revising your manuscript into a polished essay. One-on-one consulting with the instructor will help you move with confidence toward your writing goal. Course fee includes \$15 materials fee for coursebook.

60053 \$65

3 Sessions, WIL 112

Thurs., 3/2 - 3/16, 6:30 - 8:30 p.m.

Pauline Bartel, Instructor

## Break Into Print with Nonfiction Articles

Today's non-fiction market is wide open to freelancers, and the rewards are bylines, prestige and money. Have you wondered how to break in? Wonder no longer. Learn the step-by-step process of researching, writing and selling nonfiction to consumer, trade and technical magazines and websites. Discover how to explode one idea into dozens of articles (and collect multiple paychecks), guarantee that editors call you when they need a feature and experience the thrill of opening a magazine and seeing your article with your byline. One-on-one consulting with the instructor helps you move with confidence on the path to publication. Course fee includes \$15 materials fee.

60522 \$65

3 Sessions, WIL 112

Thurs., 4/27 - 5/11, 6:30 - 8:30 p.m.

Pauline Bartel, Instructor

## Instant Italian

This 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 will teach you to communicate in Italian in a wide variety of settings. The 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](http://www.ed2go.com/hvcc).

60828 \$99

Online Course Dates: 3/15 - 5/5

## Beginner's Guide to Getting Published

Did you know Stephen King was rejected 75 times before he sold his first novel? If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. You will discover how to become a "published" writer overnight, submit manuscripts the correct way, write irresistible query letters and more. Course fee includes a \$20 materials fee.

60057 \$60

1 Session, DCC B05

Tues., 4/11, 7 - 9 p.m.

LeeAnne Krusemark, Instructor

## Speed Spanish

Imagine yourself speaking, reading and writing Spanish. Now you can, with Speed Spanish!

ONLINE

This course is designed for anyone who wants to learn Spanish, pronto. You'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno! The 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](http://www.ed2go.com/hvcc).

60830 \$99

Online Course Dates: 3/15 - 5/5

## Meet the Agent/Publisher Q&A - Get Your Manuscript Critiqued

Have you ever wanted to talk to a real agent or publisher? Are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Bring your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book, or children's book. You can then leave a copy of your manuscript for a professional critique of your entire manuscript (Please note there is an additional fee for this service.) Course fee includes \$10 materials fee.

60851 \$30

1 Session, DCC B05

Tues., 4/11, 6 - 7 p.m.

LeeAnne Krusemark, Instructor

ONLINE

## Microsoft Office Basics for the Administrative Professional

Learning and establishing skills in the Microsoft Office suite is a great resume builder. Whether you need to learn the skills from scratch or just need a refresher, this class will help you get the skills to land that job. Learn to create a word processing document and merge it with a mailing list that you've created in Excel and Access. We'll also go over making spreadsheets and keeping track of data and simple functions. Although this class doesn't cover Microsoft Outlook, you will receive tips on how to keep your email professional and effective. Basic computer knowledge is required to take this class. Course fee includes \$5 computer fee. This is a hand-on class and you will need your HVCC username and password.

60189 \$85

5 Sessions, BTC 218

Wed., 2/8 - 3/15, 6 - 8 p.m.

No class 2/22

Sue Clarke, Instructor

## 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.

60472 \$69

4 Sessions, BTC 204

Sat., 2/25 - 3/18, 9 - 11 a.m.

Mizanur Rahman, Instructor

## 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](http://www.ed2go.com/hvcc).

60827 \$99

Online Course Dates: 3/15 - 5/5

## Introduction to Computers

Do you have a computer but find that you don't have the comfort level with it that you would like? Join us in a safe environment (all questions welcome!) to learn how to make that PC do what you want! Learn about hardware, software and file handling. Learn how to navigate the Internet, send and receive email, and how to create documents. No previous computer knowledge is required. This is a hands-on class, and you will need your HVCC username and password. Course fee includes a \$5 computer fee.

60853 \$85

5 Sessions, BTC 309

Wed., 3/29 - 4/26, 6 - 8 p.m.

Mary Beth Farr, Instructor

## Introduction to Microsoft Access 2013

Take control of your data! In this course, you'll learn how to harness the power of Microsoft Access 2013 to organize, store, edit, manage, and report on hundreds of thousands of records. You'll start with the basics of database concepts and structure, and learn to build and customize tables to store data. With that foundation in place, you'll then learn about relational databases, and see how you can use them to build forms, generate reports, and search for data with queries across thousands of records in hundreds of tables – often with just a few clicks of your mouse! You'll also discover how to use macros to automate repetitive tasks and increase your efficiency. 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](http://www.ed2go.com/hvcc).

60824 \$99

Online Course Dates: 3/15 - 5/5

ONLINE

ONLINE

## 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 lower case 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](http://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! This spring, we'll offer several 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!

## Simple and Healthy Cooking

Winter is here, and what better way to warm up your skills and recipe collection than to take a fun, interactive hands-on cooking class or series with The Chic Chef. Whether you're a beginner cook or looking to expand your culinary repertoire, The Chic Chef makes her classes warm, inviting and fun for all levels. Join us for our first three-part series of Simple and Healthy Cooking. This class will focus on a healthy twist on some favorite winter staples. It will showcase one of the instructor's new favorite inexpensive kitchen tools, a spiralizer. Three mini hands-on cooking classes will entice you into simple healthy options to that will warm up your palate this season. (Menus may vary)

**Session 1:** Review your knife skills as we prep for creating a simple and healthy dish - pan roasting a dinner with winter root vegetables, protein and herbed red potatoes.

**Session 2:** You'll learn pan searing by spiralizing vegetables along with a fish protein and a sweet caramelized dessert.

**Session 3:** The last class of the series we will use your skills and prepare prosciutto wrapped stuffed chicken breast with artichoke heart and roasted red peppers alongside creamy polenta / or risotto and garlic sautéed spinach.

Course fee includes a \$60 materials fee.

60839

\$115

3 Sessions, DCC 135

Wed., 2/8 - 2/22, 6 - 8:30 p.m.

Mirissa Casey, *The Chic Chef*, Instructor

## Crazy for Cupcakes

Come and learn how easy it is to decorate cupcakes for all occasions. During this course you will learn basic decorating techniques and how to make four different frostings. You will leave with one dozen decorated cupcakes. Each class will have a theme to correspond with upcoming holiday. Valentine's Day for February, St. Patrick's Day for March and Easter for April. Course is open to anyone 8 years old to adult. Course fee includes a \$14 materials fee.

60823

\$25

1 Session, DCC 135

Sat., 2/11, 9 - 11 a.m.

60825

\$25

1 Session, DCC 135

Tues., 3/14, 6 - 8 p.m.

60826

\$25

1 Session, DCC 135

Tues., 4/11, 6 - 8 p.m.

Kathleen Brennan-Claydon, Instructor

## Easter Brunch Made Easy

Unsure how to plan for a delicious brunch menu? We've got you covered with crowd-pleasing recipes, from eggs to scalloped potatoes. Trust us: your next hosted brunch will be a game-changer. Learn to make eggs benedict casserole, savory brussels sprouts, cinnamon roll casserole and creamy scalloped potatoes. Course fee includes a \$26 materials fee.

60846

\$45

1 Session, DCC 135

Sun., 4/2, 9:30 a.m. - 12:30 p.m.

Sarah Diamond, Instructor

## Cooking Basics for Busy Parents

Putting a nutritious meal on the table every night can be stressful, especially for busy parents. Learn how to prepare some basic meals along with menu planning and transforming leftovers into multiple meals to carry you through the week. Course fee includes a \$28 materials fee. All students should bring an apron and small notebook to class.

60802

\$55

2 Sessions, DCC 135

Mon., 3/27 & 4/3, 6:30 - 9 p.m.

Sarah Diamond, Instructor

## 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.

## COOKING CLASSES

### Gluten Free 101

After discovering she had a gluten intolerance, The Chic Chef, Mirissa Casey, added one more category of cooking to her diet and lifestyle. Whether you're doing it for dietary restriction, allergy or intolerance, or just to try something new and healthy, cooking gluten-free can be easier than you think. In this course, you'll learn what gluten-free means and how to get started on a gluten-free cooking and eating plan.

The course may include menus similar to the following: mushroom spaghetti (GF) carbonara, polenta pizza with tomatoes and fresh herbs, grilled chicken breasts with salsa verde and white beans, steak frites, bistro salad with spicy mango vinaigrette, poached pears with heavy whip, roasted root vegetables, wild rice with cranberries and feta, paleo Dijon steak with sage-Dijon walnut sauce, roasted parmesan broccoli and smashed sweet potatoes. And for something sweet - rice pudding with raisins, coconut macaroons and ginger cherry oatmeal cookies. Course fee includes a \$60 materials fee.

60852 \$115

3 Sessions, DCC 135

Wed., 3/29 - 4/12, 6 - 8:30 p.m.

Mirissa Casey, The Chic Chef, Instructor

### More Maple, Please!

Here in the Northeast, maple season will be hopefully making another successful debut. There are many tasty ways to use this amber sweet treat other than just on your pancakes. With possible guests who produce maple syrup, there will be tastings, talks, and tips for the delicious syrupy seasonal ingredient. You can use maple syrup as a healthy and seasonal alternative to sweetening your late winter dishes. Three mini hands-on cooking classes will entice you into making maple syrup one of your new sweet ingredients. (menus may vary)

**Session 1:** Maple glazed chicken apple sausage bites with seasonal greens with maple vinaigrette

**Session 2:** Maple glazed pork tenderloin with roasted brussels sprouts with candied maple bacon and bourbon maple whipped potatoes

**Session 3:** Maple mustard baked chicken with maple roasted sweet potatoes

Course fee includes a \$60 materials fee.

60840 \$115

3 Sessions, DCC 135

Wed., 3/1 - 3/15, 6 - 8:30 p.m.

Mirissa Casey, The Chic Chef Instructor

## KIDS IN THE KITCHEN

### Cooking Basics for Kids

**Ages 5 - 10**

Does your son or daughter like to help in the kitchen? In this class, we will learn how to use the tools in the kitchen including basic knife skills, measuring ingredients to meet recipe standards, as well as kitchen safety. This hands-on class will include making a basic sauce and baking. Course fee includes a \$40 materials fee.

60803 \$89

4 Sessions, DCC 135

Sat., 3/4 - 4/1, 9 - 11 a.m.

No class 3/18

Sarah Diamond, Instructor



**Disclaimer:** The kitchen and recipes used in our cooking classes may contain ingredients or other substances which could cause allergic reactions in some individuals. The college cannot be and is not responsible for any allergic reaction(s) that may incur as a result of participating in any of our cooking classes. Hudson Valley Community College does not assume any liability or responsibility for any allergic and/or adverse reactions to food touched or consumed or substances or items one may come into contact with while participating in culinary classes.

## FAT BURNING FOODS

### Fat Burning Salad Dressings

Everyone knows it's the dressing that makes the salad. But not everyone realizes it's the dressing that can either help you burn more fat or store more fat. In this workshop, we will learn the secret to making delicious fat burning recipes that are simple and quick. It's the type of fat you use that can really maximize your metabolism! Once you know how to put the ingredients together, you will have an opportunity to experiment with your own creative inventions. After taking this class, you may never see leftover vegetables in the fridge again! Course fee includes a \$5 materials fee.

60804 \$25

1 Session, DCC 135

Wed., 5/3, 6:30 - 8:30 p.m.

Hollan Bonjukian of Tru Fitness, Instructor

### Fat Burning Sweets

You can have your sweets and lose fat at the same time! In this practical workshop, we will make chocolate brittle, a fat loss pudding and coconut cream custard along with some other goodies that will knock your socks off...and maybe even a couple pounds! Course fee includes a \$5 materials fee.

60805 \$25

1 Session, DCC 135

Wed., 5/10, 6:30 - 8:30 p.m.

Hollan Bonjukian of Tru Fitness, Instructor

### Fat Loss Fritters

Sound like an oxymoron: fat loss fritters?

We will discover how to choose the right balance of ingredients with simple preparation that even your kids may enjoy. Although these scrumptious whole food delights may have your kids begging for more, they will nourish your metabolism in a way that will ward off cravings for sugar and processed food! Get excited to offer your family a whole new way to hide more veggies in their food! Course fee includes a \$5 materials fee.

60806 \$25

1 Session, DCC 135

Wed., 5/17, 6:30 - 8:30 p.m.

Hollan Bonjukian of Tru Fitness, Instructor

**Sign up for all three Fat Loss classes (CRN 60807) for \$65 and save \$10**



## DRIVER EDUCATION



### 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 Thursday, June 8, from 6 - 7:30 p.m.

#### 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)

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.

60108

Wed., 2/1, 6 - 7 p.m. Orientation,  
BTC Auditorium

Wed., 2/8 - 6/7, 5 - 6:30 p.m.,

No class 2/22 & 4/19

Classroom, BTC 219

#### Drive Times Available

60112 Mon., 4 - 5:30 p.m.

60113 Tues., 4 - 5:30 p.m.

60116 Thurs., 4 - 5:30 p.m.

60117 Fri., 4 - 5:30 p.m.

60114 Sat., 7:30 - 9 a.m.

60115 Sat., 9 - 10:30 a.m.

60109

Wed., 2/1, 6 - 7 p.m. Orientation,  
BTC Auditorium

Wed., 2/8 - 6/7, 6:30 - 8 p.m.,

No class 2/22 & 4/19

Classroom, BTC 219

#### Drive Times Available

60118 Sat., 10:30 a.m. - Noon

60119 Sat., Noon - 1:30 p.m.

60122 Sun., 7:30 - 9 a.m.

60123 Sun., 9 - 10:30 a.m.

60120 Sun., 10:30 a.m. - Noon

60121 Sun., Noon - 1:30 p.m.

60110

At TEC-SMART in Malta

Wed., 2/1, 5 - 6 p.m. Orientation,  
TEC-SMART 125

Sun., 2/5 - 6/11, 10:30 a.m. - Noon

No class 2/19, 4/16 & 5/28

Classroom, TEC-SMART 125

#### Drive Times Available

60125 Sun., 7:30 - 9 a.m.

60126 Sun., 9 - 10:30 a.m.

60127 Sun., Noon - 1:30 p.m.

60124 Sun., 1:30 - 3 p.m.



### Defensive Driving

This course will award all New York State motorists with a 10 percent reduction in motor vehicle liability and collision insurance premiums for a three-year period. Also, drivers who have incurred violation points on their record will receive a four-point reduction.

The course is certified with the Department of Motor Vehicles and the National Safety Council. The program consists of six hours of classroom instruction including films, lecture and discussion. You will be taught accident prevention techniques along with useful refresher material. Course materials include a student workbook and a certificate upon completion. Late arrivals will not be permitted to stay and all fees will be forfeited. The courses are taught by certified instructors from Bell's Driving School.

60252 \$40

1 Session, ADM 101

Sat., 4/8, 9 a.m. - 3:30 p.m.



# Learn to RIDE!



## MOTORCYCLE SAFETY CLASSES

Registration begins Wednesday, March 1st.

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!

**Open House: Saturday, March 4, 9 - 11 a.m. in BTC Meeting Room 1**

Meet the coaches, ask questions about training and register for classes.

### 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 April, May, September and October. Offered 7 days a week 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](mailto:camstraining@nycap.rr.com) or call Barbara at (518) 813-1717.

Visit [www.hvcc.edu/rider](http://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](mailto:communityed@hvcc.edu)



## Hi-Lo Aerobics

This is a combination Hi-Lo impact class 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!

60236 \$70

12 Sessions, MCD 192

Mon., 2/13 - 5/15, 7 - 8 p.m.

No class 3/20 & 4/17

Chrissy Sarratori of Abs In, Inc., Instructor

## Zumba

Zumba is the hottest class to hit the fitness world! 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!

60232 \$70

12 Sessions, MCD 192

Mon., 2/13 - 5/15, 5:45 - 6:45 p.m.

No class 3/20 & 4/17

Chrissy Sarratori of Abs In, Inc., Instructor

60233 \$70

12 Sessions, MCD 192

Wed., 2/15 - 5/17, 5:45 - 6:45 p.m.

No class 2/22 & 3/22

Chrissy Sarratori of Abs In, Inc., Instructor

60234 \$70

12 Sessions, MCD 192

Thurs., 2/16 - 5/11, 4:45 - 5:45 p.m.

No class 3/23

Lori Hallenbeck of Abs In, Inc., Instructor

## Bokwa

Looking for a different workout while listening to today's popular music? Bokwa is a new and completely different 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 dances, and all have a terrific experience in the same class! All you need is a bottle of water! Please wear comfortable clothing and sneakers.

60493 \$70

12 Sessions, MCD 192

Wed., 2/15 - 5/17, 7 - 8 p.m.

No class 2/22 & 3/22

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... resulting in a whole day's worth of success! 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

60242 \$225

36 Sessions, MCD 192

Mon., Wed., & Fri., 2/13 - 5/19, 6 - 7 a.m.

No class 2/22, 3/20 - 3/24 and 4/14 - 4/18

## 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 intensely on ab and glute work that also breaks a sweat and will 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!

60224 \$85

10 Sessions, AMZ 306

Tues., 2/14 - 5/2, 5:30 - 6:15 p.m.

No class 3/21 & 4/18

Blythe Hurlburt, Instructor

## Rise and Grind

Does that morning cup of coffee no longer cut it? Come "rise and grind" in an express fitness class/experience that will provide all the jolt of that morning latte or espresso and still get you to work on time. This is no "regular joe" class! You will maximize your time and fitness through a combination of bodyweight, interval training, strengthening, and explosive conditioning exercises. This course is open to all fitness levels.

60843 \$100

12 Sessions, AMZ 306

Tues., & Thurs. 3/28 - 5/9, 5:45 - 6:30 a.m.

No class 4/18

Blythe Hurlburt, Instructor

## Butts and Guts 2 "Maximus"

This is the class that takes your butt and gut training to the "maximus" level; nothing traditional here! This class will combine high-intensity cardio intervals, focused specifically to your glutes and core, that will produce fat burning results. We'll incorporate advanced combination strength moves to sculpt and tone those challenging areas with "maximus" results.

60844 \$85

10 Sessions, AMZ 306

Sat., 2/18 - 5/6, 8 - 8:45 a.m.

No class 3/25 & 4/15

Blythe Hurlburt, Instructor

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

## HEALTH & FITNESS

### Running for Beginners

This class has everything you need to start a running program on your own. It utilizes classic progressive running techniques, while incorporating cross training exercises that enhance your running performance without taxing your body. Progressing at your own pace, you will learn how to fuel your body for running, breathing techniques for success, and many more aspects of becoming a runner. If you are ready to finally mark off "becoming a runner" from your bucket list, this class is for you! Upon completion you will confidently be able to complete a 5k.

60845 \$50

12 Sessions, AMZ 306

Sat., 3/18 - 5/6, 9 - 9:45 a.m.

No class 3/25 & 4/15

Blythe Hurlburt, 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!

60238 \$75

12 Sessions, MCD 192

Sun., 2/12 - 5/14, 6:45 - 7:30 a.m.

No class 3/26 & 4/16

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 to runners including: planar 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](mailto:trufitnessanswers@gmail.com).

60237 \$75

12 Sessions, MCD 192

Sun., 2/12 - 5/14, 7:45 - 8:45 a.m.

No class 3/26 & 4/16

Hollan Bonjukian of Tru Fitness, Instructor

### 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 that may experience an increase in metabolic activity 18-24 hours after a single session.

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.

60703 \$75

12 Sessions, MCD 192

Sun., 2/12 - 5/14, 9 - 9:45 a.m.

No class 3/26 & 4/16

Hollan Bonjukian of Tru Fitness, Instructor



### Eight Weeks to a Metabolic Makeover

If body fat has been a continual battle, you are probably part of the 80 percent who have metabolic inefficiency. It's not about having a slow metabolism (that's a myth and you will learn why). Instead of a "FAST" metabolism, this program will equip you to join the ranks of the 20 percent who have a "FAT" metabolism - one that is fine tuned to burn your own body's fat!

#### You will gain:

- a noticeably leaner body
- clarity on how the metabolism actually works
- a Paleo-friendly meal plan
- the discovery of the "Fabulous Five Fats" that every efficient metabolism needs and how to use them
- empowerment to identify S.M.A.R.T carbs (specific metabolic and restorative treats)
- practical tools and support to quit sugar forever
- progressive weekly plan with homework that works
- an online support group
- your own copy of the class Metabolic Makeover Cookbook that we will make together
- a food co-op shopping field trip

#### You will invest:

- \$200
  - one hour a week plus homework time
- 60838 \$200
- 10 Sessions, ADM 107
- Wed., 3/1 - 4/26, 5:30 - 6:30 p.m.
- No class 3/22
- Hollan Bonjukian of Tru Fitness, Instructor

**Course descriptions  
are subject to change  
without notice.**

## Wilderness Navigation

Learn how to become the ultimate adventurer by mastering the techniques to navigate through the wilderness using a map and compass. This five-week session will introduce you to local hikes, give you the tools to read and interpret maps, use a compass (the way the pros do), plan a real backpacking adventure and discover how to demystify the wilderness. GPS devices are great, but batteries drain and electronics malfunction. You will begin in the classroom and carry on with local trails to give you a perfect mix of academic and experiential education. Some sessions will be held off campus. The sky is the limit for the diverse ways you will be equipped to practice these wilderness navigation techniques for the rest of your life! Some sessions will be held off-campus.

60702

\$125

5 Sessions, ADM 101

Sat., 4/22 - 5/20, 1 - 4 p.m.

Hollan Bonjukian of Tru Fitness, Instructor

## Tough Mudder Training

Dominate your Tough Mudder race - a race that demands a true hybrid athlete. The Tough Mudder half-marathon obstacle course is set to be held on June 25 in Vermont. You will rise beyond your physical expectations with this five-month, proven, progressive training protocol that will gradually and safely make you race-day ready, race-day confident... and race-day tough! At the end of the program, you will: be able to safely run a half marathon; successfully push up, pull up and lift up your body weight, as required in the obstacle course; understand how to eat for performance; be able to rely on your trusted team members for support, encouragement and camaraderie. Enter your first Tough Mudder race as part of the TOUGH Team (Trained to Overcome U'r Greatest Hurdles)!

Course fee includes \$25 materials fee. Please contact Hollan at (518) 496-0337 or [trufitnessanswers@gmail.com](mailto:trufitnessanswers@gmail.com).

60226

\$295

32 Sessions, off campus

Tues. &amp; Thurs., 3/7 - 6/22, 5:30 - 6:30 p.m.

No class 4/18

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.

60704

\$75

12 Sessions, AMZ 306

Mon., 2/13 - 5/15, 10 - 11 a.m.

No class 3/20 &amp; 4/17

Hollan Bonjukian of Tru Fitness, Instructor

## Pilates Mat - Beginner

Pilates is a precise method of exercise which 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.

60219

\$64

11 Sessions, AMZ 306

Mon., 2/13 - 5/8, 5:15 - 6 p.m.

No class 3/20 &amp; 4/17

Sarah Hoffman of Total Body Trifecta, Instructor

60220

\$64

11 Sessions, AMZ 306

Wed., 2/15 - 5/10, 5:15 - 6 p.m.

No class 2/22 &amp; 3/22

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) of experience practicing Pilates. Just bring a sticky mat and a 14-inch Pilates Magic Circle (ring).

60221

\$64

11 Sessions, AMZ 306

Mon., 2/13 - 5/8, 6:05 - 6:50 p.m.

No class 3/20 &amp; 4/17

Ellen Ehrlich of Total Body Trifecta, Instructor

60222

\$64

11 Sessions, AMZ 306

Wed., 2/15 - 5/10, 6:05 - 6:50 p.m.

No class 2/22 &amp; 3/22

Ellen Ehrlich 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!

60651

\$64

11 Sessions, AMZ 306

Mon., 2/13 - 5/8, 7 - 7:45 p.m.

No class 3/20 &amp; 4/17

Ellen Ehrlich of Total Body Trifecta, Instructor

60808

\$30

5 Sessions, MCD 192

Thurs., 4/6 - 5/4, 7:15 - 8 p.m.

Emma Farison of Total Body Trifecta, Instructor

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

## HEALTH & FITNESS

### Nia

Nia is a cardiovascular wellness class that blends the power of kicks, punches and strikes with the fun of dance and the calming influence of yoga. Nia invigorates your body/mind/spirit while providing a workout that burns calories, tones muscle and makes you feel great all over! Challenge and indulge yourself in a Nia workout and empower your body/mind/spirit. No previous dance experience is needed. This class will be barefoot or you may bring ballet shoes to wear. Wear comfortable clothes and bring a mat and water to class.

60240 \$94

15 Sessions, MCD 192

Tues., 2/7 - 5/30, 5:30 - 6:30 p.m.

No class 3/21 & 4/18

Richele Corbo, 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!

60223 \$64

11 Sessions, AMZ 306

Wed., 2/15 - 5/10, 7 - 8 p.m.

No class 2/22 & 3/22

Christine Sultan of Total Body Trifecta, Instructor

60744 \$64

11 Sessions, MCD 192

Tues., 2/14 - 5/9, 6:45 - 7:45 p.m.

No class 3/21 & 4/18

Caroline Wunsch 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 life-long practice of yoga. Please bring a mat designed for yoga and wear loose, comfortable clothes.

60227 \$80

12 Sessions, AMZ 306

Mon., 2/13 - 5/15, 3:30 - 4:30 p.m.

No class 3/20 & 4/17

60228 \$80

12 Sessions, AMZ 306

Wed., 2/15 - 5/17, 4 - 5 p.m.

No class 2/22 & 3/22

60492 \$80

12 Sessions, AMZ 306

Thurs., 2/16 - 5/11, 5:45 - 6:45 p.m.

No class 3/23

Jeanne Wein, Instructor

### Belly Dance is for Every-body

Now offering a 12-session class! 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, and helps them 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 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, beginner to advanced. The hippest way to stay fit!

60270 \$85

12 Sessions, AMZ 306

Tues., 2/14 - 5/16, 6:30 - 7:30 p.m.

No class 3/21 & 4/18

Tammy Stanzione of Ayperi-Alizarin Bellydance, Instructor

### Tabata: Burn Fat and Get Fit

Tabata is high intensity interval training where you perform an exercise for 20 seconds and then rest for 10 and repeat for a total of eight cycles. This total body, heart pumping, aerobic and strength-conditioning workout combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Modifications for all fitness levels are provided.

Join us if you want to lose weight and shape and tone your entire body. It's also great for athletes who want to build cardiovascular capacity and increase athletic performance. Bring a light set of hand weights, a mat, and a water bottle.

60239 \$85

10 Sessions, MCD 192

Sat., 2/18 - 5/6, 8:30 - 9:30 a.m.

No class 3/25 and 4/15

Deb Nuttal of Fitness Professionals On Demand, Instructor

### 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.

60241 \$85

10 Sessions, MCD 192

Thurs., 2/16 - 4/27, 6 - 7 p.m.

No class 3/23

Lisa Morin of Fitness Professionals On Demand, Instructor



## Body Conditioning and Toning

This course is aimed at those just getting back into exercise or new to exercise. At a healthy pace, you will strengthen your body, increase endurance, enhance your breathing and de-stress. Body conditioning will increase your flexibility by improving your range of motion and provide a full body workout to strengthen your arms and legs, tighten your core and improve cardiovascular endurance. Each class ends with a relaxation sequence that will leave you feeling relaxed, refreshed and refocused.

Modifications will be given to participants who have physical challenges that prohibit them from performing certain exercise. It is never too late to start an exercise program. What you need: an exercise mat, light weights, towel and water bottle.

60484 \$85

10 Sessions, MCD 192

Mon., 2/13 - 5/1, 4:45 - 5:30 p.m.

No class 3/20 & 4/17

Deb Nuttal of Fitness Professionals  
On Demand, Instructor

## Chain Reaction to "Turn off" Pain

This class will teach you how to restore functional stability in all three planes of motion using simple movements that "turn off" your pain. Chain Reaction is what happens in your body every time you move and it is based on something called Applied Functional Science. If you have knee pain it is most likely due to your hip or ankle not functioning correctly. Your knee is a simple hinge joint and only bends one way. Your hip and ankle needs to be firing correctly in all three planes of motion to keep from stressing your knee. Your back pain could be happening because of your hip. Your shoulder or neck may be experiencing pain because of your back. Wear comfortable, loose clothing for ease of movement. No prerequisites, but participants must have the physical ability to stand and walk. Course fee includes \$10 materials fee.

60812 \$75

3 Sessions, AMZ 306

Thurs., 2/16 - 3/2, 7 - 8 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing,  
Instructor

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

The MELT Method™ is a unique approach that directly addresses your neurofascial 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! 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.). Please wear comfortable clothing and be prepared to remove your shoes. Also, bring a water bottle. Course fee includes \$30 materials fee.

60514 \$90

\*Choose 60658 if you have

MELT™ kit \$60

2 Sessions, ADM 102

Tues., 2/21 - 2/28, 7 - 8 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing,  
Instructor



## MELT Away Your Back, Hip, Neck, or Shoulder Pain Without Drugs

The MELT Method will empower you to independently address pain, regain a more ideal posture, and restore pain-free mobility for a lifetime of wellbeing. This three-class series will teach you how to decompress your neck and back, rehydrate your fascial lines, and restore postural balance and symmetry. Participants must have the physical ability to get on and off the floor. Please wear comfortable clothing, bring an exercise/yoga mat and a water bottle. Students are required to bring their own yoga or exercise mat and wear comfortable clothing. Course fee includes \$70 materials fee for the official MELT™ Soft Foam Roller.

60629 \$135

\*Choose 60659 if you have MELT™

Soft Foam Roller. \$65

3 Sessions, AMZ 306

Thurs., 3/30 - 4/13, 7 - 8:30 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing,  
Instructor

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

## HEALTH & FITNESS

### Eliminate Pain with Total Motion Release!

The Total Motion Release Technique takes a non-traditional but effective approach to address pain. It allows your body to naturally re-align and heal, which proves to be very successful. Total Motion uses a little known secret of treating pain free motions in the left shoulder (or even right or left hip!). This causes a re-aligning of both shoulders (or entire right or left side) and alleviates your pain. This is NOT an exercise class and no equipment is necessary. Taught by a licensed physical therapist who has seen powerful results with her patients. Wear comfortable, loose clothing and bring a water bottle. Course fee includes \$10 materials fee.

60822 \$85

3 Sessions, AMZ 306

Thurs., 4/20 - 5/4, 7 - 8 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing,  
Instructor

### R&B Soul Line Dancing

Choreographed dancing to Motown, R&B or contemporary pop music. We have "no rules" in our dancing! We teach easy to learn routines but we encourage individuality and creating your own interpretation. This class is "exercise in disguise" and a great stress reducer. It can be done by men and women of all ages and no partner is needed.

You don't necessarily need any dance experience, but it is helpful to be able follow some basic dance steps without detailed instruction. You may be familiar with dances such as the Electric Slide, Cupid Shuffle or the Wobble. We'll learn those dances and expand with other easy to learn funky routines that you'll see at clubs and parties. Join us for this no pressure fun class and you'll be hooked!

60821 \$59

6 Sessions, MCD 192

Sun., 2/26 - 4/9, 6 - 7:30 p.m.

No class 3/26

Mary Colby, Instructor

### Nourish Your Body for Life Long Well-Being!

Discover 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 how to shop, prepare, order, and enjoy foods that nourish your body and bring you to an ideal weight while greatly reducing your risk of (or may reverse if present) degenerative disease. You can even eliminate the need for many medications with the right nourishment! You will receive nine hours of detailed information, a written manual with references, and three delicious four course meals. This class is recommended by multiple medical specialties. Course fee includes \$35 materials fee.

60515 \$135

3 Sessions, DCC B05

Wed., 4/5 - 4/19, 6 - 9 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing,  
Instructor



### Wing Chun Kung Fu: Realistic Self-Defense

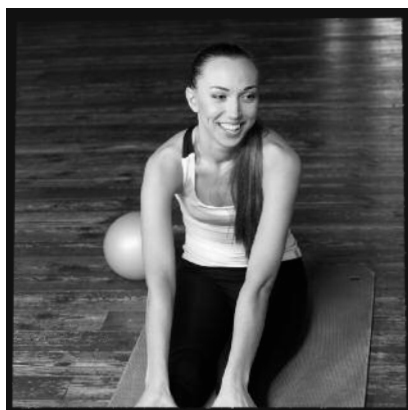
In a lot of martial arts classes, you see students practicing against attacks that are not what you would deal with in real fights. With this course, you will be taught techniques that have real-world usefulness. You will also be shown other skills like situational awareness, how to train your reflexes, supplemental fitness, and more. This is an introductory course, and exposure to forms will be minimal.

60817 \$15

1 Session, MCD 192

Thurs., 2/23, 7:15 - 9:15 p.m.

Steven Grogan, Instructor



### The Fundamentals of CrossFit

CrossFit is a strength and conditioning program that is, by design, broad, general and inclusive. CrossFit utilizes movements that are functional, natural and safe. In this course, you will learn the fundamental movements with proper technique. CrossFit combines three elements: strength training, cardiovascular conditioning and gymnastics (as defined as moving your body through space and time). This course is taught at Albany CrossFit on Sand Creek Road in Albany.

60842 \$99

6 Sessions, Albany CrossFit

Wed., 3/1 - 4/5, 5 - 6 p.m.

Albany CrossFit, Instructor



### TAKE A CLASS WITH A FRIEND!

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

## 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.



### Day Session

60267 \$205  
53 Sessions, BTC 322  
Mon. - Thurs., 2/6 - 5/18, 9:30 a.m. - 3 p.m.  
No class 2/22, 3/20 - 3/24 & 4/17 - 4/18  
Erin Coy, Instructor

### Evening Session

60269 \$80  
26 Sessions, BTC 322  
Mon. & Wed., 2/6 - 5/17, 6 - 9 p.m.  
No class 2/22, 3/20 - 3/22 & 4/17  
Joal Bova, Instructor

### TABE Pre-Tests

60256 Wed., 1/25, 6 - 9 p.m.  
60257 Sat., 1/28, 9:30 a.m. - 12:30 p.m.  
60258 Wed., 2/1, 6 - 9 p.m.  
60259 Thurs., 2/2, 9:30 a.m. - 12:30 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](http://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](http://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](http://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.

## 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!

# Kids On Campus

## Mice on Ice (Ages 3-5)

In this 30-minute session of fun and games, preschoolers will learn the basics of ice skating. The child-to-teacher ratio will be 4:1. All skaters should wear snow pants and dress warmly. Helmets are required. Students are encouraged to bring their own skates, however skates may be rented from the skate shop for an additional charge.

60264 \$55

6 Sessions, MCD Ice Rink

Tues., 1/24 - 2/28, 10 - 10:30 a.m.

60265 \$55

6 Sessions, MCD Ice Rink

Tues., 1/24 - 2/28, 10:30 - 11 a.m.

Maria Dollard, Instructor

## Cooking Basics for Kids

Ages 5 - 10

Does your son or daughter like to help in the kitchen? In this class, we will learn how to use the tools in the kitchen including basic knife skills, measuring ingredients to meet recipe standards, as well as kitchen safety. This hands-on class will include making a basic sauce and baking. Course fee includes a \$40 materials fee.

60803 \$89

4 Sessions, DCC 135

Sat., 3/4 - 4/1, 9 - 11 a.m.

No class 3/18

Sarah Diamond, Instructor



## S.A.T. Preparation Course

This course is designed to prepare you for the Scholastic Aptitude Test (math, verbal and writing sections). The schedule of topics will be determined during the first session. The course will teach strategies for problem solving, vocabulary development, reading comprehension, sentence completion, grammar and essay writing skills.

Classes will use actual SAT questions to familiarize you with the test format and style. Students will develop a more realistic set of expectations for test questions and the skills to master them. The book that will be used in the course is "McGraw Hill's SAT, 2017 Edition," and it is required for the first class session.

60262 \$150

9 Sessions, ADM 107

Wed., 3/1 - 5/3, 7 - 9 p.m.

No class 4/19

Shayne Bishop and Jill Casey, Instructors

**Looking for Driver Education? See page 23.**

## FEBRUARY BREAK WEEK SUMMER ACADEMY SAMPLER

Open to students aged 7 - 12

Has your child wanted to try one of our popular Summer Academy classes but couldn't fit them into their summer schedule? Here's your chance ... during the February vacation week!

We will investigate, create and experience cooking, the creative arts, science and computers. Students will have a chance to use our newly renovated kitchen classroom. Open to students aged 7-12, space is limited!

60848 \$225

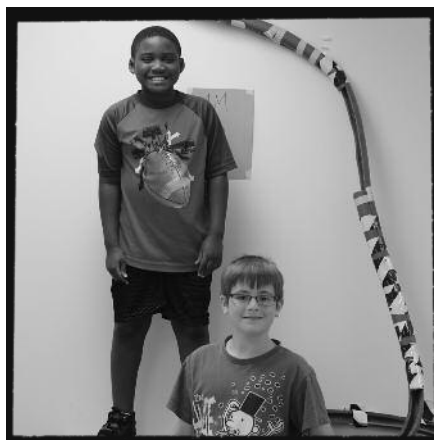
Mon. - Fri., 2/20 - 2/24, 8:30 a.m. - 4 p.m.

DCC B06

60849

Extended care available from 7:30 - 8:30 a.m. and 4 - 5 p.m. Cost is \$20

Tracy Henry and Brianna Marchese, Instructors



All students will need a medical history and consent form and immunization records (if not on file) before attending. The consent form can be found at [www.hvcc.edu/community/register](http://www.hvcc.edu/community/register). Limited scholarships are available. Please contact our office at 518-629-7339 for more information.

## Behind the Scenes at Hudson Valley Community College

This four-week tour will take you behind the scenes at the Capital Region's largest undergraduate higher education institution, Hudson Valley Community College. Each Friday, we'll explore classrooms, labs and offices that make Hudson Valley one of the most diverse and comprehensive community colleges in the nation. Whether you're an alumnus or just a curious community member, you'll enjoy checking out the college's Wellness Center, Cogeneration Plant, Automotive Lab, Digital Media Studio, President's Office and Teaching Gallery, just to name a few of our stops. The tour will be led by HVCC alumni and college faculty member Beth Kane.

60781 \$25

4 Sessions, BTC Auditorium

Fri., 4/7 - 5/5, Noon - 2 p.m.

No class 4/14

Beth Kane, Coordinator

## Fly-Fishing: The Art and Science

Writer Izaak Walton called fly-fishing, "the contemplative man's recreation." You'll learn basic entomology, the identification of aquatic and terrestrial insects and their life cycles.

You will participate in field trips to local streams for collection and identification; learn fly-tying techniques using natural and synthetic materials; learn fly-casting and presentation techniques with on-stream instruction (NYS fishing license required); learn basic stream ecology and bio-assessments techniques and participate in a Trout Unlimited stream ecology project.

Interactive "how-to videos" and guest speakers will intersperse all lecture sessions. A free one-year membership to the Trout Unlimited organization is included upon course completion. All course materials are provided. Free use of fly rods and reels as well as fly-tying equipment and materials are provided.

The student is responsible for his or her personal wading boots, either hip waders or chest waders, eye protection and a valid 2017 NY fishing license. This course is open to individuals 14 and up.

60104 \$135

12 Sessions, ADM 106

Tues., 2/21 - 5/30, 6 - 9 p.m.

No class 3/21, 4/18 & 5/23

Two Saturday outings from 1 - 5 p.m.

will be announced in class.

Frank Cuttone, Instructor



## Contemporary Guitar Skills I

This course is designed for beginners and those who have been playing guitar for one year or less. You will be guided through the basics of guitar, including how to tune, play chords and solo. Also covered are major, minor and pentatonic scales, basic soloing skills, theory, technique and ensemble skills. Many musical examples will be illustrated from popular songs, including songs that are of special interest to students. You must provide your own acoustic or electric guitar (a small amplifier should be used with electric guitars). Additional materials will be discussed at the first class; anticipated cost is \$20.

60214 \$119

12 Sessions, WIL 113

Mon., 2/13 - 5/15, 6 - 8 p.m.

No class 3/20 & 4/17

Gary Cellucci, Instructor

## Contemporary Guitar Skills II

This class is a continuation of "Contemporary Guitar Skills I" or for the intermediate guitar player with one to four years playing experience. Topics will include major and minor pentatonic scales, soloing techniques, modes, phrasing, theory, playing with other musicians, chord progressions, warm-up exercises and developing good practice habits.

60462 \$119

12 Sessions, WIL 113

Tues., 2/14 - 5/16, 6 - 8 p.m.

No class 3/21 & 4/18

Gary Cellucci, Instructor

## Beginning Obedience, Manners for Canines - Canine Good Citizen

You will receive instruction that will help you train your dogs to become good family members and welcomed beyond your immediate home. This class also will go over manners for canines when meeting the public. All participants must have a secure collar and a six-foot leash for their dog. You will be required to give the instructor copies of current inoculations, rabies and distemper. Dogs must be able to work with other dogs and people (no aggressive dogs).

60778 \$100

8 Sessions, TEC-SMART 125

Mon., 2/13 - 4/10, 7 - 8 p.m.

No class 3/20

Lori Eldrige, Instructor

## Introduction to Animal Communication

This class will help you communicate with your pets and other animals, and also give you an opportunity to practice these techniques. The course will rely heavily on actual practice opportunities, rather than theory or lecture. Students will be required to bring photographs of their pets to class for practice exercises.

60743 \$19

1 Session, ADM 101

Sat., 4/29, 9 a.m. - Noon

David Louis, Instructor



## Intermediate Mah Jongg

Designed for those who have taken Beginner Mah Jongg or those who already have a basic knowledge of the game and want to learn to play at the next level. You will be provided with guidance while playing and perfecting their skills. You will need to purchase the 2017 Mah Jongg card, available at [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org) and bring it with you to class.

60632 \$39

4 Sessions, DCC B06

Tues., 4/25 - 5/16, 1 - 3 p.m.

Nancy Siegel, Instructor

## LEISURE & SPECIAL INTEREST

### Seed Starting

Starting your own seeds is a good way to develop your knowledge about gardening, spend less, and grow new and interesting varieties of your old favorites. A Capital Roots' educator will demonstrate basic techniques and tricks for starting seeds at home. This class will include information about timing, necessary materials and lighting, and it will prepare you for your own adventures in seed starting. Plus you'll get to pick out some seeds to get your own plants started. Course fee includes \$12 materials fee.

60715 \$19

1 Session, Capital Roots Urban Grow Center on River Street, Troy

Wed., 2/1, 5:30 - 6:30 p.m.

Katie Doyle of Capital Roots, Instructor

### Casino Table Games

For someone who has never been in a casino, or only plays the slots, this course will give you the knowledge and confidence to sit down at the gaming table to play. The course will cover table etiquette, rules of the games, and strategy to minimize the casino's advantage. Games covered will include: blackjack, roulette, let-it-ride and three-card poker. Course fee includes \$5 materials fee.

60815 \$19

1 Session, ADM 101

Mon., 3/6, 6 - 9 p.m.

Arthur Stuarts, Instructor



### Introduction to the Art of Clowning

This 36-hour course will introduce you to the ancient and honorable profession of clowning. Learn what a clown is, what a clown does, where a clown performs, basic make-up application techniques, wardrobe selection and introductory clown skills. The materials fee covers the costs for a textbook and one year membership to Clowns of America. Students should expect to purchase/create their own costumes and makeup kits. Course fee includes \$86 materials fee.

60811 \$265

12 Sessions, DCC 138

Wed., 3/1 - 5/31, 6 - 9 p.m.

No class 3/22

Graduation will be held on 5/31

Dress rehearsal on 5/30

Mischief the Clown, Instructor

### Understanding the Vietnam War: Hard Lessons From an American Reckoning

The war in Vietnam was more than the defining experience of a generation. It forever altered the way Americans see themselves. Not since the Civil War has our nation been so compelled to look inward, reflecting upon its identity and role in the world. Yet there remains a cultural tendency to hold the war at arm's length, as evidenced by how little Americans know of its true causes, major figures, military strategies, and most importantly, its lessons. This four-session course will examine how America slid into one of the most traumatic periods in its history, one that produced heroes and tragedy we still must come to understand.

60816 \$39

4 Sessions, ADM 104

Thurs., 4/6 - 4/27, 6 - 8 p.m.

Michael Rivest, Instructor

### The Duel

Although not the famous "shot heard around the world," the single shot fired on July 11, 1804 by Aaron Burr that mortally wounded Alexander Hamilton had far reaching repercussions. In this course, we will explore the lives of these two disparate men and the trajectory of differences that led to the most notorious duel in the history of the United States.

60782 \$19

2 Sessions, ADM 102

Thurs., 3/30 - 4/6, 7 - 9 p.m.

Daniel O'Callaghan, Instructor

## Literacy Volunteers of Rensselaer County

### Tutor Training Workshop Sessions

Our tutor training module workshop prepares volunteers to provide free tutoring to Basic Literacy Learners and/or English Language Learners. Participants will learn how to tutor adults using an interactive and learner-centered whole language approach. Upon completion, tutors will be paired with students to begin providing two hours of one-to-one or small group instruction per week. Become a partner in building a literate community!

**\$35 materials fee with scholarships available for eligible participants.**

A one hour volunteer opportunities information session is helpful to attend prior to enrolling in the tutor training workshop series.

For more information and to register, call Literacy Volunteers of Rensselaer County at 274-8526 or visit us online at [www.lvorc.org](http://www.lvorc.org).

### Spring 2017 Sessions

St. Mary's Church  
163 Columbia Turnpike  
Rensselaer, NY 12144

Wednesdays, 6 - 9 p.m.

March 8, 15, 22, 29, April 5, 12, 26, May 3  
(snow make up date, if needed) and June 7





## Insurance Personal Lines Agents/Brokers Licensing Course

This course is certified by the New York State Department of Financial Services and is designed for those who wish to become a licensed Personal Lines Agent or Broker. Upon successful completion of this course and the state exam you may apply for a Personal Lines license to act as an insurance agent or broker in the State of New York.

**Topics include:** introduction to personal property and casualty insurance; NYS and federal insurance laws and regulations, insurance basics and general insurance; policy structure and common policy provisions; dwelling, National Flood Insurance Program, personal watercraft, personal umbrella; NY Property Insurance Underwriting Association; homeowners, auto, excess lines; Terrorism Risk Insurance Act; and other personal lines policies and forms. The course will include glossary review and a practice test to prepare for the state exam. Course fee includes \$50 materials fee.

60841 \$394

9 Sessions, ADM 104

Thurs., 3/2 - 3/16, 5 - 9 p.m.

Fri., 3/3 - 3/17, 5 - 9 p.m.

Sat., 3/4 - 3/11, 9 a.m. - 5 p.m.

Sat., 3/18, 9 a.m. - 3 p.m.

Victor Bujanow, CIC, Instructor

## Identification and Reporting of Child Abuse and Maltreatment

In just two hours, you can fulfill your New York State license requirements. Hudson Valley Community College is certified by the New York State Education Department to provide child abuse recognition and reporting training for professionals: physicians, chiropractors, dentists, registered nurses, podiatrists, optometrists, psychologists, dental hygienists, classroom teachers, school service personnel, administrators and supervisors. You'll gain critical information about child abuse/maltreatment identification and reporting, behavioral indicators, as well as social service law and other mandates. All necessary forms which are evidence of completion are provided at the end of the class.

60166 \$25

1 Session, HGB 205

Mon., 3/27, 6 - 8 p.m.

Diane Teutschman, Instructor



## 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.

60072 \$25

1 Session, HGB 205

Mon., 3/13, 6 - 8 p.m.

Diane Teutschman, Instructor

## 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 prehospital 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](http://www.onlineaha.org) select - HeartCode BLS, add to your cart, 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. Students must present American Heart Association HeartCode certificate of completion to be admitted. NO EXCEPTIONS. Beware of copycat 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.

60105 \$30

1 Session, 400 Jordan Road, Room 224

Rensselaer Technology Park

Thurs., 2/23, 5 - 6:30 p.m.

60106 \$30

1 Session, 400 Jordan Road, Room 224

Rensselaer Technology Park

Sat., 4/22, 9 - 10:30 a.m.

## DENTAL COURSES

### Alternative Dental Assisting Program (ADAP)

ONLINE

This module-based online program, designed specifically for the experienced unlicensed dental assistant, will focus on all required course content areas prescribed by the New York State Education Department. This course will provide adequate preparation to take the New York Professional Dental Assisting, Radiation Health and Safety, and Infection Control exams. You may also choose to sit for the Certified Dental Assistant examination administered by the Dental Assisting National Board. Topic information will be presented in an online distance learning format. Additional self-study is highly recommended since this course is designed as an overview of acquired knowledge. Please note the cost for books, licensing exam and licensing application fees are not included. For more information, call our office at (518) 629-7339. 60357 \$1050

Online Class, 2/20 - 6/9

Judy DiLorenzo, Ann Gallerie and Gabriele Hamm, Instructors



### NYS Certification Course: Local Infiltration Anesthesia and Nitrous Oxide Analgesia (Web-Enhanced Course)

The New York State Board of Regents established requirements for licensed dental hygienists to obtain a restricted certificate to administer local infiltration anesthesia and nitrous oxide analgesia in the practice of dental hygiene under the personal supervision of a licensed dentist. Upon the successful completion of this course, the dental hygienist will be able to apply for certification through the New York State Education Department. Thirty-five CEUs will be awarded for at the completion of the course. Online coursework is also required.

**Prerequisites:** In order to attend this course, participants are required to show proof of current BPR/BLS certification for health care professionals and proof of current New York Dental Hygiene licensure is required prior to the initial class meeting.

Textbooks are required for the course and are not included in the course fee. The list of required books will be mailed out with the registration confirmation. Registrations must be received by February 20.

60407 \$950

4 Sessions, FTZ 151

Sat., 3/4 and 3/11, 8:30 a.m. - 4:30 p.m.

Sun., 3/5 and 3/12, 8:30 a.m. - 12:30 p.m.

Marianne Belles, Course Coordinator



### Local Infiltration Anesthesia Review Course

This course will review and refresh the knowledge and skills required for safe and effective administration of local infiltration anesthesia. Topics reviewed include neuroanatomy, pharmacology of local anesthetics, anatomical landmarks for injection sites, armamentarium and injection technique. The required 10 hours are divided into three hours of web-enhanced review, and seven hours of classroom instruction. **Prerequisites:** CPR/BLS Certification for Health Care Professionals, Current NYS Dental Hygiene Licensure and Registration and Current NYS Dental Hygiene Restricted Certificate Local Infiltration Anesthesia and Nitrous Oxide Analgesia. Required textbook information will be provided with registration confirmation and is not included in the cost of the course.

60607 \$350

1 Session, FTZ 151

Sat., 3/4, 8:30 a.m. - 4:30 p.m.

Marianne Belles, Course Coordinator

*Do you have a great idea for a course?*



**Contact our office  
at 629-7339**

[www.hvcc.edu/communityed/apply](http://www.hvcc.edu/communityed/apply)

**EARLY CHILDHOOD PROFESSIONAL DEVELOPMENT INSTITUTE - SPRING 2017**

A series of two-hour workshops for early childhood teachers, family child care providers, foster families, and parents!

All workshops will earn .2 CEUs per two-hour workshop and will meet the child care training requirements for the New York State Office of Children and Family Services along with the New York State Early Learning Guidelines.

### **Building Bridges: Relationships that Work for Teachers, Parents and Children**

Ask any teacher what the most challenging part of their day is and most likely you will hear... "The work I do with my parents and families." Research clearly shows that children learn best and thrive in school when a strong relationship exists between the parent and the teacher. This workshop will focus on a variety of strategies teachers can use to help bridge a gap between home and school. Attention will be given to planning successful parent/family conferences as well as working effectively with parents even when the topic is stressful or sensitive.

60756 \$19

1 Session, HGB 206

Mon., 3/13, 6 - 8 p.m.

Presented by Antoinette Howard, M.S.,

Assistant Professor/Interim Department Chair,

Teacher Preparation Department

This workshop meets the OCFS Areas 1 & 3 and ELG Domain II

### **The Mindful Classroom**

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations. This workshop will discuss mindfulness and how it can be used in almost any classroom setting. Attention will be given to the creation of community building activities that allow students a chance to express themselves in a safe, non-judgmental environment.

60757 \$19

1 Session, HGB 206

Mon., 3/27, 6 - 8 p.m.

Presented by Olaiya Curtis-Morris, M.S.

This workshop meets the OCFS Area 1 and ELG Domains I, II and III

### **Working With Children of Divorce: How to Approach Education With Care and Compassion**

This workshop will contain information based on current research regarding the special issues that children of divorce might face in school. Many times, it is difficult for students to concentrate on academics when they are experiencing feelings of sadness, guilt or anxiety. It is imperative that we understand the particular battles that a child may face when their parents are going through a separation or divorce. This workshop will contain current research and techniques that can be used by all classroom teachers, school counselors and assistants to help develop strategies for improving educational performance for such students.

60758 \$19

1 Session, HGB 205

Mon., 4/3, 6 - 8 p.m.

Presented by Carla Gleason, M.S. Ed.

Teacher Preparation Department Faculty

This workshop meets OCFS Areas 1, 2 & 3 and ELG Domain II

### **An Interprofessional Approach to Promoting Oral Health for Early Childhood Educators**

Implementing oral health education at the earliest possible opportunity can be an important step in reducing dental caries (cavities) in young children. This course will address the prevalence, etiology and consequences of early childhood caries (ECC). The behavioral and dietary habits that put children at higher risk of ECC will be discussed. Strategies and resources for early childhood educators will be presented to support early recognition and referral.

60759 \$19

1 Session, HGB 101

Wed., 4/12, 6 - 8 p.m.

Presented by Marianne Belles, R.D.H., M.S.,

Professor Dental Hygiene

This workshop meets the OCFS Areas 1, 2 & 3 and ELG Domain I



### **Incorporating Foreign Language into the Early Childhood Curriculum**

Young children are uniquely suited to learning a second language. The developing brain is hard-wired to acquire language. Exposing your child to a second language while young allows him or her to optimize his or her learning potential, helping to shape the brain at its most flexible stage. Young children are uniquely suited to learning a second language. Learning a second language at a young age is cognitively as easy as learning a first language. Never again will it be this natural or this easy!

60760 \$19

1 Session, HGB 205

Mon., 5/1, 6 - 8 p.m.

Presented by Bridgette Mattison, M.S.

This workshop meets the OCFS Areas 1 & 3 and ELG Domains III and IV

### **Let's Cook!**

Cooking with children is a great way to create a holistic, integrated curricular experience. Workshop participants will try out some ideas for cooking with children and reflect on the learning opportunities within them. Participants will engage in a discussion about the obstacles to cooking in the classroom and ideas for working around them. Course fee includes \$5 materials fee.

60755 \$24

1 Session, HGB 108

Wed., 3/1, 6 - 8 p.m.

Presented by Diane Pane, Associate Professor, Teacher Preparation Department

This workshop meets the OCFS Areas 1, 2 & 3 and ELG Domains I, III and IV

# Registration Form

## Community & Professional Education



**PLEASE - ONLY ONE STUDENT PER FORM. Thank You!**

**Be bold. Be a Viking.**

Name: \_\_\_\_\_  
First Middle Last

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

☐ From a friend

☐ Community location (store, library, etc.)

☐ Mail

☐ The college website

☐ 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](http://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.

**Extended Hours:** Sat., 1/14, 9 a.m. - Noon

Tues. - Thurs., 1/17 - 1/19, 8 a.m. - 6 p.m.

The office will be closed on 2/22 from 9:30 a.m. - 1:30 p.m. for Staff Development Day.

## 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](http://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](http://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](http://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.

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Feb. School  
Break Classes –  
See page 32!

# SUMMER PROGRAMS

- Athletics
- Circus Theatrics
- Theater Workshop
- Summer Academy
- Technology Enrichment

Get your children into smart summer fun at Hudson Valley Community College. Half- and full-day athletic and enrichment programs running throughout the summer.

*Check back in mid-February for details  
on Kids On Campus programming at  
[www.hvcc.edu/kidscamps](http://www.hvcc.edu/kidscamps).*



# SUMMER CAMP FAIR

Hudson Valley Community College has been sponsoring children's programs for over 25 years. We help connect great kids with great camps.

Join us at the McDonough Field House

**Saturday, April 1, 2017**  
**from 10 a.m. - 2 p.m.**

**REGISTER FOR OUR KIDS ON CAMPUS  
SUMMER PROGRAMS**

**FREE ADMISSION & ACTIVITIES**

Dozens of local camp programs  
Raffles • Face painting • Live music  
Bouncy houses • Crafts  
Fun for the whole family!



[communityed@hvcc.edu](mailto:communityed@hvcc.edu)

Contact our office at (518) 629-7339



80 Vandenburg Avenue  
Troy, New York 12180-6096

Well organized class. Instructors were helpful and patient. Took time to explain/demonstrate.  
***Basic Rider Course***

Kevin is a great instructor. He was organized, well prepared and explained very well. Loved this class and would take it again!  
***Learning the "Ins and Outs" of your Digital Camera, with Kevin Sarfield***

Instructor was fantastic! Knowledgeable instructor with well-organized material.  
***Medicare 101, with Janet Kiffney***

Aleta was very positive and supportive. She provides 1:1 all around the room.  
***Knitting for Beginners, with Aleta Schweigert***

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 I will pass the NYS exam!  
***High School Equivalency, with Joal Bova***

Informative, humorous, dynamic, entertaining, amazing, knowledgeable speaker.  
***The Tragedy of Alexander Hamilton, with Jack Casey***

Carol taught me so much and it was fun! She is very knowledgeable and always so well prepared.  
***Basic Watercolor, with Carol Bollinger Green***

Wonderful instructor! This was by far the best floral arrangement class I have taken.  
***Floral Design for Fun, with Judy Pochobradsky***

The class was very informative, interactive and interesting. Excellent overview and explanation.  
***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***

Michael could speak for hours and it would not be enough! Love listening to his lectures.  
***Russell Sage, the Money King, with Michael Barrett***