



SUNY ADIRONDACK

Continuing Education

WINTER & SPRING 2015

THE POSSIBILITIES ARE ENDLESS

OVER 30 CORPORATE
TRAINING &
WORKFORCE
DEVELOPMENT
OFFERINGS

MEDICAL, FOOD SERVICE, SMALL
BUSINESS, MANUFACTURING
and more

TRAVEL WITH US TO
LONDON!

EXPERIENCE BRITISH THEATRE

HOME & GARDEN

COURSES FOR THE HOME GARDENER
also LEARN TO BREW YOUR OWN BEER

PLUS

COURSES IN ART, MUSIC,
CREATIVE WRITING,
FINANCIAL PLANNING,
FITNESS, *and much more*





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Through
uncertainty is
the potential
for
understanding.

Cover image: Jared Woodcock, SUNY Adirondack's Coordinator of Agriculture Initiatives, displays autumn vegetables grown on the Queensbury campus.



Join SUNY Adirondack in 2015 and jumpstart your year by getting ahead on those goals! We can help you reach them—whether they are to start a new career, read more books, grow a garden, get fit, or explore our region. Continuing Education has something for everyone and we pride ourselves on offering programming for every member of our community from children to adults. Courses are offered at our Queensbury campus and at the Wilton Center in many learning styles, from hands-on to in-person and even online. Keep reading for new, detailed information about the variety of online courses we offer in this brochure.

You will also see some new sections: Home and Garden and our Never Stop Learning courses to name a few. We can't wait to hear from you. So, take some time to browse through our beautiful brochure and see what strikes your interest. ***Remember, the possibilities truly are endless!***

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Please note that all course information in this brochure is subject to change. The most up to date course information can be found on our website at sunyacc.edu/academics/continuinged.

ONLINE COURSE INFORMATION*

Online and hybrid classes (face-to-face classes with an online component) offered through the Office of Continuing Education use the Angel course management system.

To be successful with these courses, students should have basic computer skills and a familiarity with using the Internet. Some courses require regular logins and work and others are self-paced. Either type allows students more flexibility to complete the course materials at times and places where it is convenient for them. The course description will indicate which type of online course it is.

When registering for a course with an online component, you will need to supply your email address and date of birth upon registration. These are key to ensuring you receive your login credentials to access your course.

For more information about the Angel online learning system go to: sunyacc.edu/academics/onlinelearning

Be sure to check out the video tutorial about accessing Angel.

**Please note that the online ed2go courses use a different online learning platform.*

ONLINE COURSE OPTIONS

Classes are offered in a variety of formats to accommodate students who prefer a flexible learning schedule. Look for these icons throughout the brochure to indicate the format of the class.



ed2go

We offer a variety of courses including computer instruction via: www.ed2go.com/Adirondack. These courses typically last six weeks and cost approximately \$129.



WEB ENHANCED

Hybrid classes (face-to-face classes with an online component) offered through the Office of Continuing Education use the Angel course management system.



ONLINE COURSE AT YOUR OWN PACE

These online classes use the Angel course management system and are designed so the student can progress through the course material at their own pace before the course end date.

You will need the correct equipment & software including:

A COMPUTER

newer than 4 years old recommended

INTERNET ACCESS

Broadband strongly recommended

MACINTOSH

USERS Firefox 2 or higher

WINDOWS USERS

Internet Explorer 8 and higher, or Firefox 3 and higher

For detailed information about the types of online courses available and how to identify them in this brochure, see page 3.



COMPUTER TRAINING COURSES

The Office of Continuing Education offers computer training for companies and individuals. Courses may be offered in a traditional classroom environment, as one-on-one training or group training customized to serve our local businesses. We strive to match our delivery methods to community needs.



TRADITIONAL CLASSROOM ENVIRONMENT

Pre-scheduled open enrollment computer courses are listed in the pages that follow.

Schedule-on-demand courses are available based on community interest, throughout the year. Once we have received sufficient interest to run a particular course, it will be offered based on the demand.



ONE-ON-ONE TRAINING

Customized one-on-one training is available for those individuals and professionals needing immediate, focused training. One or two people may be trained; instruction is typically 2-3 hours, at \$100/hour.



SMALL & LARGE GROUP TRAINING

Customized group training is available for employers or agencies seeking staff development. Employers can specify the instruction needed.

Small group training involves 3-5 staff members; length of instruction is variable, at \$150/hour. Large group training is six staff or more; rates are based on group size and length of instruction. Customized manuals are also available as a training aid.

Available topics include but are not limited to:

General Instruction

- Introduction to PC's
- Computers Don't Byte

Adobe Software

- Acrobat
- Photoshop

Prezi

Microsoft Office Suite

- Access
- Excel
- PowerPoint
- Project
- Publisher
- Word

Look for these icons to indicate the format of the computer class.



BUSINESS GAMIFICATION - THE FUN WAY TO GET NOTICED!

April 28, 2015 

Tuesday | 1 to 3pm

Queensbury Campus

Did you ever wonder how the marketing geniuses at Ben & Jerry's came up with the online BuzzFeed quiz "Which Ice Cream Flavor Are You?" Come to this class to learn! The same elements that are driving video game participation (and sales) can be used in marketing and customer engagement. It's called gamification.

Gamification is the use of fun to encourage behaviors that help you reach your customers and subsequently your business goals. For example, if you want people to frequent your business website then make the experience fun and "rewarding." By leveraging the aspects that make gaming so much fun you can drive success in your business.

This course will explore each of the key elements of gamification, what makes them work, and how they can be leveraged to help businesses compete on the web. There is no prior gamification knowledge or experience required.

Instructor:

Tim Montgomery
of TIMIT

Price: \$39

CRN: 20096

The course will include both presentation-based and activity-based learning.

SMALL BUSINESS NETWORK SECURITY 101

Online course at your own pace 

January 26 to May 15, 2015

Technology has changed the way we live, work, and communicate. We've become connected globally, giving us access to people, places, and business opportunities that never existed in our off-line realm. As small businesses, we've opened ourselves up to the security risks of the open Internet. More breaches are started by targeting an individual within a business, not an enterprise. In truth, small businesses are a growing target, because they've made it easier for outsiders not only to slip into their systems, but—even more lucrative for attackers—to remain undetected.

This course is offered online using the Angel course management system and includes eight sessions. Each session will have an online module to complete as well as a live Q&A each week to guide the students to launching a successful Internet security plan for their business.

You will learn:

- How to be PCI compliant to lower your merchant fees.
- How to implement a security protocol for employees even if you just have one and no IT department.
- How to create a password program that you can actually manage.

Work at your own pace - you can register for this class any time during the semester and have until May 15 to complete it.

Instructor:

Georgia Weidman

Price: \$199

CRN: 20071

This course is designed for you, if you accept credit cards as payment, are a service-based business with customer data, have a wireless network within your place of business or allow smartphones in your workplace.

No computer skills are required. If you are capable of downloading software, then you are more than qualified to learn the necessary steps to protect your vital data.

COMPUTER BASICS FOR THE ABSOLUTE BEGINNER

March 16 to March 27, 2015 

Monday, Wednesday and Friday | 9 to 11am

Wilton Center **Please note the location correction.**

Do you feel like a deer in the headlights when you try to use a computer? Do you need computer skills for a job hunt? This hands-on course will walk you through the basics so you can take charge of your computer.

Learn how to turn the computer on and off; use a mouse and computer keyboard; work with the Windows 7 desktop, menus, and windows; and open and close programs. Learn how to "surf the Web" with Google and Yahoo to find information and evaluate the results; how to use email; and how to keep your computer and Internet activities safe from malware attacks, identity theft and email fraud. Learn how to create and save files to folders (and find them again!), and do basic word processing with Microsoft Word.

Instructor:
Judith Gustafson
of TechKnow Prof

Price: \$164

CRN: 20074

Course price includes a \$25 fee for the step-by-step textbook provided.

CREATE PROFESSIONAL LOOKING WEBSITES

May 2, 2015 

Saturday | 9am to Noon

Queensbury Campus

Do you want to make stunning websites that run on any computer or mobile device? Learn how to imagine, design, build, and optimize a cross-platform mobile app using the very latest HTML5 standards. Discover the trick of Meta Tags and SEO. By the end of the course, you'll have built your first website! This is a hands-on computer course.

Instructor:
David Ewen

Price: \$39

CRN: 20080

CREATE MOBILE APPS FOR PROFIT

April 18, 2015 

Saturday | 9am to Noon

Queensbury Campus

Do you want to make mobile apps that run on any mobile device? Learn how to imagine, design, build, and optimize a cross-platform mobile app using the very latest HTML5 standards. By the end of the course, you'll have built your first mobile web app! This is a hands-on computer course.

Instructor:
David Ewen

Price: \$39

CRN: 20083



MAKING SOCIAL MEDIA WORK FOR YOUR SMALL BUSINESS

April 1, 2015 

Wednesday | 6 to 8pm

Wilton Center

Did you know that 74 percent of Internet users are on social media? That means that your small business needs to be there too! If you are thinking about promoting your small business on Facebook, LinkedIn or Twitter or if you already have a page set up, this class will help you maximize the marketing potential of social media.

These low and no-cost tools can help your business gain visibility, develop relationships and customer engagement and increase sales. Learn best practices and avoid common mistakes to successfully get started with social media marketing. Building your brand on social media can be fun and rewarding. Join us to gain practical knowledge that you can put to work for your business right away.

Instructor:
Lucas Meyers

Price: \$15

CRN: 20103

Your instructor, Lucas Meyers, serves as the Communications Director at SUNY Adirondack where he coordinates the college's public relations and online marketing presence.

INTRO TO GRAPHIC DESIGN WITH PHOTOSHOP

Online course at your own pace 

February 16 to May 1, 2015

Photoshop is powerful image editing software that allows users to use their creativity to alter photos. Learn the fundamentals needed to create high-quality digital images. These skills can be used to scan and clean up your old photos and enhance your digital photos. This class will introduce new Photoshop users to the program, how it works and what it can do for you, and give students a solid foundation in the theory and terminology of digital design.

The course is composed of PowerPoint presentations, video lectures, key skills handouts, quizzes to test your knowledge and discussion boards where questions about Photoshop and design can be addressed and discussed with fellow students and the instructor. Although these are self-paced lessons, the instructor is still available via discussion board and email to answer questions.

This course covers Photoshop CS6 but students using Photoshop Elements would still gain valuable information from this course.

You can register for this class any time during the semester and have until May 1 to complete it.

Instructor:
Kristen Girard

Price: \$85

CRN: 20068

This class will be taught online using the Angel course management system and is divided into ten self-paced lesson modules. Each lesson builds on the previous module, acquiring new skills and information as you progress.

If you do not have Photoshop currently installed, a free 30-day trial is available online.

HAVE A GREAT IDEA FOR A CLASS? LET US KNOW.

Go to: sunyacc.edu/academics/continuing/newcoursedevelopment to fill out a course proposal form.

QUICKBOOKS BASICS VERSION 2014

April 20 to April 29, 2015 

Monday & Wednesday | 6 to 9pm

Queensbury Campus

If you are in business, make bookkeeping simple and buy QuickBooks! This class starts with the initial company setup and works through the features every business will use. Learn how to record income and expenses, balance the checkbook, run reports, setup and track your sales tax. The instructor has her own bookkeeping business so she knows what features businesses use most. This course is for the business professional that needs to learn the essentials quickly. QuickBooks version 2014 will be used in class.

Instructor:

Tamarra Mitchell

Price: \$169

CRN: 20086

The concepts learned will apply to other versions of QuickBooks as well. Course price includes a \$39 fee for the provided textbook.

MICROSOFT OFFICE ESSENTIALS

February 4 to March 18, 2015 

Wednesday | 6 to 9pm No class March 11

Wilton Center **Please note the location correction.**

Or anyone who wants to get back into the workforce and needs a refresher on Microsoft Office, this class will help you get the skills you need to be successful. The course is project-based and covers MS Office 2013. Learn how to create a word processing document and merge it with a mailing list to send out letters. You will also learn how to create a spreadsheet to keep track of finances and create a database in Access to keep the names and addresses for your mailing list. While this class does not cover Outlook, you will receive tips on how to keep your e-mails professional looking and effective.

Instructor:

Mary Ann Powell

Price: \$149

CRN: 20077

This is a hands-on computer class.



Career Coach is designed to help you find a good career by providing the most current local data on wages, employment, job postings, and associated education and training.



sunyacc.emsicareercoach.com



ED2GO ONLINE COURSES

The Office of Continuing Education provides a wealth of online workforce development and personal enrichment courses via ed2go.com/Adirondack. Students may take individual courses or enroll in a career training certificate program.

Individual courses are instructor-led with monthly start dates in a convenient six-week format. In an interactive learning environment, students are awarded completion of the course upon earning a passing score.

Non-credit online certificate programs will help you prepare for industry certification, start a new career or develop new skills. These programs allow a student to start anytime and generally complete within six months.

With in-depth study, personal instructor assistance and all learning materials provided, students earn a certificate of completion upon earning a passing score.

Topic areas include, but are not limited to:

- Accounting
- Business and Finance
- Project Management
- College Readiness
- Computer Applications
- Design & Composition
- Healthcare & Medical
- Law & Legal
- Personal Development
- Teaching & Education/ Language & Arts
- Technology
- Writing & Publishing

CERTIFIED MEDIATOR AND ARBITRATOR 200 hours

Whether you are looking to improve your conflict resolution skills and abilities in the workplace, at home, or in private practice, the Certified Mediator and Arbitrator program is for you. In this program, you will learn how to effectively help others negotiate and collaborate through difficult disputes. As part of the arbitration training, you will learn how to facilitate a hearing, weigh evidence and testimony, and render an award.

Upon successful completion of the program, you may submit your application to be considered for employment in an InAccord® Justice Center. *Students must successfully complete the required course materials within six months to be awarded a certificate of completion.*

Price: \$3495

CRN: 20098

This program provides InAccord® training on the Conflict Analysis model for both mediation and arbitration practice, in addition to practice opportunities where you can apply your new skills in simulated role plays.

CERTIFIED RESIDENTIAL INTERIOR DESIGNER 120 hours

The online Residential Interior Design Education (R.I.D.E.) program is available to both aspiring designing individuals and interior designers who are wanting to increase their education, career opportunities, and professional status in the interior design industry. The R.I.D.E. certification trains new designers and increases the credentials for designers in current practice.

You will explore the cornerstones of professional design, discover how to plan both visually appealing and functional spaces, and study how interior design has evolved throughout history. This program will also provide you with an education on ethics that you can apply to your own practice. Upon completion of this program, you will take the Residential Interior Designer Exam (R.I.D.E.) as the final.

After you receive your R.I.D.E. certification, you can qualify for benefits such as a free one-year Designer Society of America, or DSA designer membership and possible participation in a 40-hour internship through DSA, if you meet certain eligibility requirements. *Students must successfully complete the required course materials within six months to be awarded a certificate of completion.*

Price: \$1995

CRN: 20099

This program will not only give you the basic skills and background you need to start working as an interior home designer, but the R.I.D.E. credential will also increase your status with potential clients.

The resourcefulness of ethical standards will increase your worth as a designer and make you a stronger candidate in the industry.

Additional online certificate program topic areas include: Healthcare & Fitness, Business & Professional, IT & Software Development, Management & Corporate, Media & Design, Hospitality & Service Industry, Skilled Trades & Industrial, Sustainable Energy & Going Green, Career Online High School

BUSINESS & CAREER PREPARATION MICROENTERPRISE ASSISTANCE PROGRAM (MAP) Web-Enhanced

February 23 to May 4, 2015 *No class April 6*
Monday | 6 to 8pm
Queensbury Campus

Whether you are looking to open a new small business or want to expand or improve your existing small business, this engaging and informative course is for you! Do not miss this opportunity to take advantage of all the resources offered in this comprehensive program – resources that will help you become more successful.

Over ten sessions, many aspects of business planning are covered, including:

- Business Plan Development
- Human Resources/Payroll
- Legal Issues & Insurance
- Marketing
- Bookkeeping and Taxes
- Customer Service & Attitude
- Financial Projections
- SCORE

This course is sponsored in partnership with Warren and Washington County Local Development Corporations. Participants who successfully complete the course and apply to their county's Local Development Corporation (LDC) may be eligible to apply for a small business loan through the county.

Instructor:
Leza Wood and
various guest
instructors

Price: \$150

CRN: 20072

**Warren
County contact:**
Jennifer Switzer
518.798.7542
switzerj@
warrencountyny.gov



**Washington
County contact:**
Deanna Derway
518.746.2290
dderway@
co.washington.ny.us



ONLINE NOTARY PUBLIC LICENSE EXAM PREPARATION WORKSHOP

February 1 to May 15, 2015

Online course at your own pace 

It takes about one week to complete this online class. You can register at any time, but must complete the course by May 15.

IN-CLASS NOTARY PUBLIC LICENSE EXAM PREPARATION WORKSHOP

February 16, 2015 | One Day Course

Monday | 12:30 to 4:30pm

Queensbury Campus

This notary course is designed to teach you the essential information you need to take and pass the New York State Notary Exam. In addition, this course will thoroughly prepare you to understand your duties and functions as a Notary Public Officer. You will gain a thorough insight of what a Notary Public's key responsibilities and limitations are as well as some best practices of a Notary Public Officer. **Please note: The Notary Public exam will not be given during this workshop. Information on the exam schedule will be distributed at class.**

CHAMBER MEMBERSHIPS 101

May 11, 2015

Monday | 6 to 8pm

Queensbury Campus

Whether you're new to the business world, or you've been in business for years, "Chamber Memberships 101" will help you decide if joining a Chamber of Commerce organization is right for your business. This class is designed to help businesses learn the benefits of Chamber memberships. Representatives of local Chambers of Commerce will be here to speak about the benefits of joining their organization. Learn about the networking opportunities, membership benefits, events, and opportunities to showcase your business!

SOCIETY FOR HUMAN RESOURCE MANAGEMENT ESSENTIALS

May 1 and May 8, 2015

Friday | 8:30am to 4:30pm

Queensbury Campus

SUNY Adirondack has partnered with the College of Saint Rose to offer this two-day Society for Human Resource Management (SHRM) program. The program provides participants with a complete overview of human resources roles and responsibilities.

If you are just starting out in the profession, or are looking for an effective way to boost your employee management skills, this is the program for you!

Instructor:

Timothy McGuigan

Price: \$59

CRN: 20076

See the information about online courses on page 1.

.4 CEUs

Instructor:

Timothy McGuigan

Price: \$59

CRN: 20082

.4 CEUs

Topics will include:

- Notary Concepts
- Definition Review
- Sample Forms
- Notary Law Subsection Review

Instructors:

Various Representatives from local chambers of commerce

Price: \$10

CRN: 20097

Save yourself the time and effort of seeking them out individually and get all the information you need in one place.

Instructor:

Gretchen Steffan, SPHR

Price: \$495

CRN: 20090

1.6 CEUs

An excellent refresher for seasoned HR professionals or for those who are PHR/SPHR certified and looking for HRCI continuing professional education credits.

BARTENDING & MIXOLOGY CERTIFICATION PROGRAM

February 25 to March 25, 2015

Wednesday | 6 to 9pm

Queensbury Campus and Local Restaurants

This course will introduce and prepare the student to become a bartender in the Hospitality Industry. You will be given all the basic training associated with bartending. The class will concentrate on the student that has limited experience with mixology. A certificate will be given at the conclusion of the class. Some classes are hands-on and will take place at area restaurants.

At the completion of the course, students will be familiar with:

- Industry Standards
- Common Terminology
- Types of Alcohol
- Health & Hygiene Regulations & Sanitation
- How to Mix Drinks
- Wine and Beer Varieties
- Customer Service & Attitude
- Selling Techniques & Showmanship

Students who successfully complete this class will be TIPS (Training for Intervention Procedures) certified and will receive a certificate from the New York State Liquor Authority that can be used as part of their Reasonable Effort Defense in the event they are convicted of serving someone under the age of 21.

Instructor:
Frank Burns

Price: \$225

CRN: 20075

All students must be at least **21 years old** to participate in this class and valid ID will be required on the first evening of the class.

Course price includes \$30 fee.

1.5 CEUs



SERVSAFE FOOD SAFETY CERTIFICATION WORKSHOP

April 11, 2015

Saturday | 8am to 6pm Students should bring a bag lunch

Queensbury Campus

New York State legislation (S02328) mandates that all food service establishments which handle, cook, store, serve, deliver, remove, and dispose of food will be required to have one ServSafe certified individual on staff. In order to assist the area's hospitality and food service industries comply with this law, SUNY Adirondack Continuing Education has scheduled ServSafe Food Safety workshops which will provide this mandatory certification to individuals who successfully complete the 10-hour program have certification valid for five years.

Instructor:
Frank Burns

Price: \$207

CRN: 20091

Students need to bring their lunch for a working lunch session.

Course price includes \$78 fee.

1 CEU

EMERGENCY MEDICAL TECHNICIAN (EMT) ORIGINAL & RECERTIFICATION COURSE Web-Enhanced

January 27 to June 18, 2015

Tuesday and Thursday | 6:30 to 9:30pm

Queensbury Campus

The EMT course fulfills the prescribed requirements to practice the art and science of out-of-hospital medicine in conjunction with medical direction. Through the performance of patient assessments and providing basic medical care, the goal is to prevent and reduce mortality and morbidity due to illness and injury in emergency situations for out-of-hospital patients. EMTs possess the knowledge, skills and attitudes consistent with the expectations of the public and the profession. EMTs recognize that they are an essential component of the continuum of care and serve as a link for emergency patients to acquire treatment and transport to definitive hospital care.

Upon successful completion of the course, students will be able to demonstrate competencies in the assessment of patients, handling emergencies using Basic Life Support equipment and techniques, perform CPR, control bleeding, provide non-invasive treatment of shock, stabilize or immobilize injured bones and the spine, manage environmental emergencies and emergency childbirth, and will be qualified to sit for the NYS written examination. EMTs seek to take part in lifelong professional development, peer evaluation and assume an active role in the professional and community organizations.

This course will require that students complete a field internship and/or clinical hospital time in which the instructor will assist in coordinating. Books and additional resources are the responsibility of the student.

Register and pay for this course online at:
mountainlakesems.org/training/courses/

Instructor:
Douglas
Wildermuth & the
Mountain Lakes
EMS Regional
Council Staff

PRICE:
Original
Registrants: \$700

Refresher
Registrants: \$335

PREREQUISITES:
Original: None

Recertification:
National Incident
Management
(NIMS) Incident
Command System
(ICS) 100, NIMS ICS
700 and Hazardous
Materials Aware-
ness Training.

Documentation is
required on first
day of class.

For a complete
course schedule,
contact the Office
of Continuing
Education at:
518.743.2238.

16 CEUs



EMERGENCY MEDICAL TECHNICIAN (EMT) CRITICAL CARE TECHNICIAN COURSE *Web-Enhanced*

January 21 to November 18, 2015

Monday and Wednesday | 6:30 to 9:30pm

& one Saturday a month | 9am to 12pm

Queensbury Campus

The EMT-Critical Care Technician course fulfills the prescribed requirements to practice the art and science of out-of-hospital medicine in conjunction with medical direction. Through performance assessments and providing medical care, their goal is to prevent and reduce mortality and morbidity due to illness and injury for emergency patients in the out-of-hospital setting. EMT-CCs are fully classified as Advanced Life Support (ALS) providers within New York and are trained in advanced airway management, including intubation, IV fluid administration, cardiac monitoring, cardiac pacing, and both synchronized and unsynchronized cardioversion, and medication usage/administration in adult and pediatric patients.

Ancillary roles of the EMT- Critical Care Technician may include public education and health promotion programs deemed appropriate by the community. EMT- Critical Care Technicians seek to take part in lifelong professional development, peer evaluation, and assume an active role in the professional and community organizations. While not required, at least one year of active experience at the EMT-Basic level is helpful. Upon successful completion of the course, students will be qualified to sit for the NYS written examination.

This course will require that students complete significant field internship as well clinical hospital time. The instructors will assist with coordinating these. Books and additional resources are the responsibility of the student.

Register and pay for this course online at:
mountainlakesems.org/training/courses/

Instructor:

Douglas
Wildermuth & the
Mountain Lakes
EMS Regional
Council Staff

PRICE:

Original

Registrants: \$1,499

Refresher

Registrants: \$799

PREREQUISITES:

Students must already be certified NYS Emergency Medical Technicians with valid credentials for the duration of the course

For a complete course schedule, contact the Office of Continuing Education at: 518.743.2238.

Books and additional resources are the responsibility of the student.

47 CEUs

CONTINUING EDUCATION UNITS: CEUs

The Office of Continuing Education at SUNY Adirondack offers CEUs to those who have completed designated courses. The CEU is a uniform measurement of individual participation in non-credit programs. One CEU represents 10 contact hours.

In order to receive CEUs, students must successfully complete course requirements according to the instructor's standards. Students must request formal recognition of CEUs from the Office of Continuing Education using the CEU Request Form and pay a \$15 processing fee per course.

MEDICAL CODING CERTIFICATION PROGRAM

ICD-10-CM Part One  *Web-Enhanced*

March 4 to May 6, 2015

Wednesday | 5 to 9pm

Additional lessons will be completed online

Queensbury Campus & Online

This is part one of a two-part series. The United States Department of Health and Human Services has mandated the replacement of the ICD-9-CM code sets that are used in hospitals and clinics today. The ICD-10 coding system is due to take effect on October 1, 2015. ICD-10-CM will bring the United States into line with the rest of the world for health statistics reporting. ICD-10 is radically different from ICD-9 and all current ICD-9 code users will need to learn ICD-10. This course will teach coders and people who want to become coders to use ICD-10-CM. This course will follow chapters in the ICD-10-CM Codebook.

Instructor:
Roger Weeden

Price: \$1,149

CRN: 20085

Course price includes \$400 fee.

Course prerequisite:
A solid understanding of Medical Terminology and Human Anatomy & Physiology I, though Human Anatomy & Physiology II is strongly recommended.

8 CEUs

ICD-10-CM Part Two  *Web-Enhanced*

May 13 to June 17, 2015

Wednesday | 5 to 9pm

Additional lessons will be completed online

Queensbury Campus & Online

Part II builds on the principles learned in Part I. Coders and students wanting to become coders need to be knowledgeable in the principles of PCS coding for hospital inpatient settings, CPT-4 coding for procedural coding in both inpatient and outpatient and finally, HCPCS coding.

Online:
Roger Weeden

Price: \$749

CRN: 20092

Course price includes \$300 fee.

Prerequisite:
Completion of ICD-10 Part One

4.4 CEUs

MEDICAL CODING PREREQUISITES

HUMAN ANATOMY & PHYSIOLOGY I

Online course through ed2go.com/Adirondack 

This six-week online course (at your own pace) begins with an explanation of the nature of matter and a review of the principles of chemistry that are important to human physiology. We'll place an emphasis on the organization of the human body and the differences between nonliving matter and living organisms. We'll also cover cell anatomy and physiology because all life processes are ultimately carried out at the cellular level. You'll also learn principles of genetics and gain an understanding of how traits are passed from one generation to the next.

Price: \$129

January 21, 2015

CRN: 20056

February 18, 2015

CRN: 20057

March 18, 2015

CRN: 20058

April 15, 2015

CRN: 20059

May 13, 2015

CRN: 70015

ICD-10-CM Part One & Two will use the Angel online learning system in addition to face-to-face meetings. Please review the information about online learning on page 1.

MEDICAL CODING PREREQUISITES**HUMAN ANATOMY & PHYSIOLOGY II***Online course through ed2go.com/Adirondack* 

In this course, we'll cover some more advanced topics that we didn't have time for in Human Anatomy and Physiology I. We'll start with basic histology—the study of the different tissues in the body. You'll learn about the structure and function of epithelial, connective, nervous, and muscular tissue. You'll come to understand the different sub-types of these tissues, where they're located, and the special jobs they perform.

Price: \$129

January 21, 2015

CRN: 20060

February 18, 2015

CRN: 20061

March 18, 2015

CRN: 20062

April 15, 2015

CRN: 20063

May 13, 2015

CRN: 70010**MEDICAL TERMINOLOGY:****A WORD ASSOCIATION APPROACH***Online course through ed2go.com/Adirondack* 

This course teaches medical terminology from an anatomical approach. Root terms are divided by each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term. Word Associations are provided as a learning tool. Unusual and interesting information is provided in regards to each term. Root terms are combined with prefixes and suffixes as your learning will culminate in the interpretation of several paragraphs of medical notes.

Price: \$129

January 21, 2015

CRN: 20064

February 18, 2015

CRN: 20065

March 18, 2015

CRN: 20066

April 15, 2015

CRN: 20067

May 13, 2015

CRN: 70019**WASTEWATER TREATMENT:
ACTIVATED SLUDGE PROCESSES****February 3 to March 5, 2015***Tuesday and Thursday | 6 to 9pm**Queensbury Campus*

This class is one in a series of three courses offered as part of the NYS DEC Wastewater Treatment Plant Operator Certificate series. The NYS Department of Environmental Conservation requires this course if you plan on pursuing an "A" certificate at any level. It is also an excellent refresher if you already hold certification and is good for operator renewal credit.

Topics to be covered include: a basic process overview, modifications, process control, testing and calculations, nitrification, problem-solving, record keeping, trending, and graphing.

Instructor:Lawrence Glasheen,
NYS 4A WWTP**Price:** \$327*Course price includes
a \$28 fee.***CRN:** 20079**Prerequisite:**Basic Operations
for Wastewater
Treatment Plants
which will be
offered in the Fall
2015 semester.**3 CEUs****WASTEWATER TREATMENT:
BASIC LABORATORY COURSE****March 17 to April 16, 2015***Tuesday and Thursday | 6 to 9pm**Glens Falls Wastewater Treatment Plant*

This class is one in a series of three courses offered as part of the NYS DEC Wastewater Treatment Plant Operator Certificate series. This particular course will teach you proper procedures for solids analysis, pH and alkalinity determination, chlorine determination, BOD, and Winkler Dissolved Oxygen. Hands-on application will follow discussion and demonstration of each procedure. You will be given a proficiency exam for each procedure. This course fulfills laboratory proficiency for DEC certification and is good for operator renewal credit.

Instructor:Lawrence Glasheen,
NYS 4A WWTP**Price:** \$299**CRN:** 20088**Prerequisite:**Basic Operations
for Wastewater
Treatment Plants
which will be
offered in the Fall
2015 semester.**3 CEUs**

MANUFACTURING MATTERS

All classes held at the Wilton Center  Web-Enhanced

This course, developed by the Saratoga Economic Development Commission in partnership with SUNY Adirondack and WSWHE BOCES is designed to support existing manufacturing-based companies. Business owners will gain valuable knowledge from regional experts on advancing their initial production to the global economy.

Companies or individuals making, assembling or distributing products and services from upstate New York who are seeking an informative course to help take their business to the next level by investing and/or expanding, increasing their target markets or perhaps are on the cusp of the next innovative product line to introduce to market will benefit from this course. Realities, opportunities & challenges will be addressed with streamlined presentations by regional experts, providing information for you to make decisions based on best practices.

INTRODUCTION TO RESOURCE PARTNER ORGANIZATIONS

March 19, 2015

Thursday | 9 to 11am or 1 to 3pm

This meet and greet with organizations will open doors for you with their connections, direction and network. You will gain great insight and advice on how to move forward with your project/interest and best practices regarding your specific endeavor. This session is free of charge. Pre-registration is still required.

Register for one session or register for the entire series. Save \$65 by registering for all eight sessions.

Price for all Sessions: \$250

CRN: 20104

Students who complete this course will have new knowledge in addition to new connections and a valuable network to call on.

Course prices include a small fee to cover refreshments for participants at each session.

Instructor:

SUNY Adirondack, WSWHE BOCES, SEDC, SCORE, US Commerce

Price: FREE

CRN: 20078

CONTRACTS AND PATENTS

March 24, 2015

Tuesday | 1 to 3pm

This panel presentation will cover both contract and patent information. The contract presentation will equip you with the knowledge of what to ask and what to look out for. The patent representative will give you advice and guidance on timing, process and related questions. There will be time for discussion and questions.

Instructor:

Len Singer of Couch White and John Pietrangelo

Price: \$45

CRN: 20081

EXPORTING: STATESIDE AND WORLDWIDE

March 26, 2015

Thursday | 9 to 11am

Whether you're new to shipping or already sending product across the states or around the world, this session presentation will cover all of the guidelines, networks and policies you need to know about to export efficiently and effectively.

Instructor:

Tom Valentine of Mainfreight, Kathryn Bamberger of NYS Dept. of Economic Development

Price: \$45

CRN: 20084

MANUFACTURING MATTERS

All classes held at the Wilton Center  Web-Enhanced

MARKETING

March 31, 2015

Tuesday | 9 to 11am

We will address marketing concepts and offer guidance specifically for manufacturers. Learn how to become nationally renowned and internationally recognized, and how a total rebrand or new product line can be successfully launched with the right messaging.

Instructor:

Steve Janack
of Behan
Communications

Price: \$45

CRN: 20087

REAL ESTATE DEVELOPMENT AND DISTRIBUTION

April 2, 2015

Thursday | 1 to 3pm

Need more space, new space or perhaps you're even ready to take on ownership of your own building? Learn from the experts who specialize in working with manufacturing operations. Learn best practices when contemplating your next move.

Instructor:

Gerard Wise of
Roohan Realty, John
Munter of Munter
Enterprises
and Jim Benham of
Logistics One

Price: \$45

CRN: 20089

CAPITAL AND FINANCING

April 14, 2015

Tuesday | 1 to 3pm

This panel presentation will include a regional banker, a venture capitalist representative and the Small Business Association. Presenters will inform participants about what is required before applying for financing and how to be best prepared before your ask. Learn how public/private deals can work and most importantly, what programs are out there for you, specifically.

Instructors:

Richard Ferguson of
Saratoga National
Bank & Trust Co,
Dick Frederick of
Eastern Angels
and Erica Choi of
Small Business
Association

Price: \$45

CRN: 20093

HUMAN RESOURCES AND WORKFORCE

April 16, 2015

Thursday | 9 to 11am

Presenters will offer solutions about where to find a qualified workforce, how to train them, motivate them and retain your best employees in a competitive market.

Instructors:

Peg Murphy of
Espey Manufactur-
ing, Jim Marco of
Saratoga HR and
Doug Leavens of
WSWHE BOCES

Price: \$45

CRN: 20094

ENERGY- POWERFUL PARTNERS

April 21, 2015

Tuesday | 1 to 3pm

Our powerful partners will give you advice, guidance and connections to utilize the programs and incentives available for manufacturers. In addition, they will answer your questions and offer expert recommendations as to costs, timelines and needs analysis.

Instructor:

Melany Putnam of
NYSEG, Joe Russo
of National Grid and
Wendy MacPherson
of NYSERDA

Price: \$45

CRN: 20095

CONTRACT TRAINING BUSINESS STRATEGIES TO SUIT YOU

The Office of Continuing Education is dedicated to meeting area business training needs. Our customized contract training approach allows us to deliver high-quality training to move your business forward. We will work with you throughout the process, managing all details, to tailor training to your needs and deliver results.

Your company will receive targeted training, using a competency-based and results-driven approach, designed to increase productivity and performance. Make us your first contact to discuss your training needs and join the dozens of companies in the area who already have.

Some of our contract training clients include:

Adirondack Studios

- Mandarin Chinese
- Electrical Theory
- CAD and Design Drawing
- Client Relationships

CWI

- Microsoft Excel & Outlook Smart Sheet Project
- Management

Delcath Systems, Inc.

- Team Building & Leadership

DK Machine

- OSHA Safety Training
- Industrial Technology - PLC's

Glens Falls Hospital

- ServSafe Food Safety
- Catheter & Wound Care

Glens Falls YMCA

- Photoshop

Irving Tissue

- Leadership
- Microsoft Project
- Applicant Test Preparation & Testing

Saratoga Hospital

- Microsoft Word, Excel, Access & PowerPoint

United Parcel Service (UPS)

- Notary Public - Online Delivery

Great Escape Six Flags

- Conflict Resolution
- Team-Building

We can provide training both online and in-person at your location or at one of the College's modern facilities in Queensbury or Wilton.

Local businesses may also be eligible to participate in our NYS Community College Workforce Development Training Grant Program. Letters of interest are due June 30 of each year. Please contact us for more information regarding eligibility requirements.



Irving Tissue employees attend a leadership training seminar.

Team-Building and leadership skills workshops can be held on our Adventure Sports Challenge Course.





SUNYADIRONDACK

Adventure Sports

LEADERSHIP & TEAM-BUILDING TRAINING FOR YOUR ORGANIZATION

SUNY Adirondack offers innovative team-building opportunities at our Queensbury campus Adventure Sports facility. Area organizations with participants of any age are invited to contact us to develop team-building exercises using the expertise of our Adventure Sports staff who will incorporate a variety of elements on our ropes course, zipline and other apparatus to meet your needs. Our challenge course is designed for a "challenge by choice" team-building experience. Not every team member will want to climb ropes, but every team member has an important part to play; on the ropes and on the ground!

In the past, we have designed challenge courses for local area organizations such as: Great Escape Six Flags, Girl Scouts, Boy Scouts, local sports teams and the SUNY Plattsburgh freshmen experience program.

For the workplace, we create innovative and customized team-building activities at your facility

R.A.I.S.E.: ACTIVE GROUP LESSONS FOR BULLYING PREVENTION & SOCIAL SKILLS

R.A.I.S.E. stands for Respect, Achievement, Inclusion, Service and Empathy. This program, which includes a series of team-building workshops, focuses on social and emotional skill development in middle school students. Participants learn techniques for taking action to prevent bullying.

The program is formatted to take place during gym classes using activity-based exercises for six to eight, 45-minute sessions. This program is portable and can be done anywhere: your location or here at SUNY Adirondack's Adventure Sports Complex. SUNY Adirondack is proud to be able to bring R.A.I.S.E. to your school or youth organization. R.A.I.S.E. is developed by Project Adventure in partnership with North Andover Public Schools (MA).



For more information about the Adventure Sports Center, training opportunities and programs available, scheduling a workshop or retreat, or to arrange a tour of the ropes course, please contact SUNY Adirondack Continuing Education at 518.743.2238.



Team-building lays the groundwork to enable your staff to work together more creatively and effectively.

Sample Elements Include:

High Elements: Catwalk, Vertical Playpen, Flying Squirrel, and Zipline

Low Elements: TP Shuffle, Moby's Deck, Mohawk Walk, and Giant's Finger

Sample Portables: The Muse, Islands, All Aboard, and A-Frame

See sunyacc.edu/academics/continuinged/adventuresports for more details!

COMMUNITY ENROLLMENT

SUNY Adirondack Continuing Education offers community members the opportunity to experience college courses alongside credit students in our adventure sports, music and international education programs. Be a part of these fun and educational experiences and join us for a course this spring semester!



Take a Whitewater Rafting Trip with SUNY Adirondack faculty and students.



Our Symphonic Band welcomes music lovers who have a background in playing a woodwind, brass, or percussion instrument.

PERSONAL ENRICHMENT



Travel with us to London and immerse yourself in British theatre and culture.



INTERNATIONAL EDUCATION

SUNY ADIRONDACK offers international education courses that include trips to numerous countries in Europe, Asia, South America and Africa. These three or four credit INT 204 courses begin either in the fall or spring semester, with travel occurring over winter, spring and summer breaks. The one week or two week travel experience portion of the course allows students to actively engage in the culture of other nations.

LONDON: THE THEATRE EXPERIENCE

May 30 to June 6, 2015

This theatre experience trip will begin in London, England with workshops and performances at the National Theatre and The Globe Theatre, tours of Drury Lane Theatre and exciting fringe theatre at a pub. There will be time to see a production or two of one's choosing. We then depart for Stratford-upon-Avon to tour Shakespeare's home, the Royal Shakespeare Theatre complex and see a production of Othello. We end the tour with a trip to Cardiff, Wales to see the BBC and Dr. Who sets, and stay overnight in Bath, England, home of great writers such as Jane Austin, Mary Shelley, and playwright Richard Sheridan. The group will view a production there and have time to visit some of the outstanding museums in Bath before heading home.

The cost of \$3,350 includes airfare, airport transfers, hotels and visits to most sites. A current US passport is required.

Instructors: Professor Ruth Liberman & Professor Johnna Maiorella

Price: \$3,793.30

Travel: \$3,350

Tuition: \$300

Health Insurance Fee: \$43.30

CRN: 70026

Community members may participate in international education offerings on a space available basis through the Office of Continuing Education.

SUNY ADIRONDACK SYMPHONIC BAND

January 21 to April 29, 2015

Wednesday | 4:30 to 6:30pm

Queensbury Campus

Comprised of an intergenerational mix of community members and SUNY Adirondack music majors and nonmusic majors, the Symphonic Band welcomes music lovers who have a background in playing a woodwind, brass, or percussion instrument. There are no auditions, but a positive attitude is required. The first rehearsal is a sight-reading session, so do bring your instrument. Public concert(s) will be included in the program.

Instructor:
Diane Bargiel

Price: FREE

CRN: 20007

The first rehearsal is a sight-reading session, so do bring your instrument. Public concert(s) will be included in the program.

SUNY ADIRONDACK CHORALE

January 26 to May 4, 2015

Monday | 7 to 9pm

Queensbury Campus

The chorale is intended for individuals who enjoy group singing and involves weekly group rehearsals. No previous experience is necessary, and no audition is required. Public concert(s) will be included in the program.

Instructor:
Miriam Enman

Price: FREE

CRN: 20011



CHALLENGE COURSE I

May 29 to 31, 2015

Friday, Saturday, Sunday | 9am to 5pm

Queensbury Campus

This course is an introduction to group initiatives and high and low elements on the SUNY Adirondack Challenge Course. This course is designed to introduce students to the foundations of Challenge Course leadership. Emphasis will be placed on fostering personal and group development, teamwork, leadership, communication and problem-solving skills by reaching beyond perceived limitations. Challenge yourself alongside SUNY Adirondack students during this three-day experience.

Instructor:
Nick Ameden

Price: \$95
Tuition: \$75
Fee: \$20

CRN: 70025

WHITEWATER RAFTING TRIP

May 26 to May 29, 2015

Tuesday to Friday | 8am to 4pm

Queensbury Campus

An introduction to the knowledge and skills needed for safe participation in Whitewater Sports, including rafting and kayaking. Students are introduced to Whitewater Paddle Sports through participation in whitewater rafting trips. The course is designed to emphasize river safety requirements, river environment characteristics, introduction to whitewater navigation and terminology, and necessary equipment.

Instructor:
Doug Azert

Price: \$125
Tuition: \$75
Fee: \$50

CRN: 70024



PERSONAL ENRICHMENT COURSES

ARTS & CRAFTS

ACRYLIC LANDSCAPES

February 25 to April 1, 2015

Wednesday | 6:30 to 8:30pm

Queensbury Campus

This beginner to intermediate class explores painting landscapes with acrylics. The class will focus on using the materials, observational skills and understanding of foreground, middle ground, and background in a composition. You will gain an understanding of how to create atmospheric perspective. You will also explore different techniques used in creating landscapes as well as developing a better understanding of color theory and composition. Students will complete two full landscape paintings by the end of the session.

Instructor:

Kirt Winslow

Price: \$55

CRN: 20036

A materials list is available on our web-site or by contacting the office. The cost of materials is estimated at \$60.

BASIC BEADING

April 11, 2015

Saturday | 1 to 3pm

Queensbury Campus

Do you wear jewelry? Are you looking for a new hobby? Join us and learn the basics of beading in this easy, fun and interactive class. You will learn basic beading technique such as stringing and finishing; create and take home a pearl necklace and matching earrings enhanced with colorful glass beads. What a wonderful gift for that special occasion, prom, wedding, or just for yourself!

Instructor:

Sharon Meuse

Price: \$35

CRN: 20018

Price includes a \$20 material fee and all materials will be provided.

BASIC DRAWING

April 23 to May 21, 2015

Thursday | 1 to 3pm

Wilton Center

Have you always wanted to learn to draw, but never thought you could? Then, this course is for you. You will start by observing a simple object and apply simple skills to transfer what you see to paper using a charcoal stick. Watch your skills grow and move to more complex subjects throughout the class. All levels are welcome.

Instructor:

Tom O'Brien

Price: \$45

CRN: 20033

The cost of materials is estimated at \$25.

A materials list is available on our web-site or by contacting the office.

MARKET BASKET WORKSHOP

March 28, 2015

Saturday | 10am to 4:30pm

Queensbury Campus

Learn to weave this large rectangular basket, woven on a wooden "D" handle, using various sizes of natural and dyed reed. The finished basket is a generous size, measuring approximately 15" by 10" and 8" tall without the handle. Perfect for trips to the farmers market, this basket is both lovely and functional. Students will need to bring to class scissors, pencil, tape measure, spring type clothespins and an old towel.

Instructor:

Joyce Flower

Price: \$55

CRN: 20029

Course price includes a \$25 material fee and all materials will be provided.

WATERCOLOR PAINTING FOR THE BEGINNER

April 16 to May 21, 2015

Thursday | 6:30 to 8:30pm

Queensbury Campus

Learn the art of watercolors! Create beauty with paper, color and brushes. This class will teach you that what you use is as important as how you use it. Students will learn to sketch out an idea and watercolor techniques such as dry brush, wet on wet, blocking areas and mixing colors. You will also learn how to use source materials and go with the flow or process of watercolor paint.

Instructor:
Sharon Lombardi

Price: \$55

CRN: 20024

A materials list is available on our website or by contacting the office. The cost of materials is estimated at \$25.

CLOTHING ALTERATION BASICS

April 1 to April 29, 2015

Wednesday | 6:30 to 8:30pm

Queensbury Campus

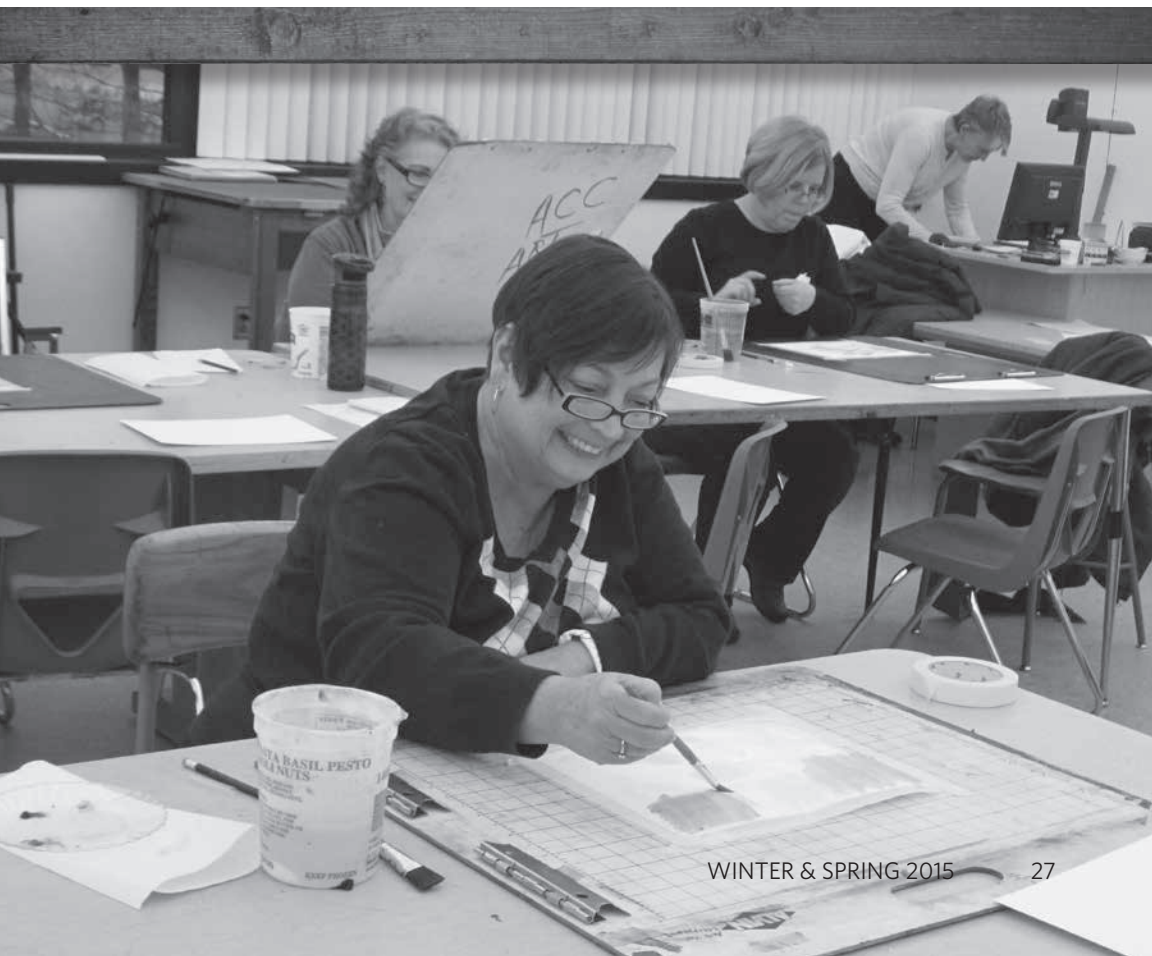
Save yourself money on costly alterations. Why not gain the skills and confidence to complete the most common clothing alterations yourself? Learn to pin garments correctly and cover the basics like how to take in and let out waistlines and hems, including proper finishing. Intermediate projects will teach how to successfully tailor darts on both men's and women's wear. Bring in those clothes that you don't wear because they need that one thing changed about it. **Students must be familiar with their sewing machine and bring it with them to class.**

Instructor:
Katherine Patterson

Price: \$55

CRN: 20005

You should know how your machine works and bring your own thread, needles, straight pins, safety pins, scissors and seam rippers.



COMMUNICATION

GETTING PAID TO TALK

April 9, 2015

Thursday | 6:30 to 9pm

Queensbury Campus

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. Today, the range of voices hired has grown dramatically from the days of announcers. 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.

Instructor:

Voice Coaches

Price: \$19

CRN: 20014

This class is lots of fun, realistic, and a great first step for anyone interested in the voice over field.

LITERACY VOLUNTEER TUTOR TRAINING

March 24 to April 21, 2015

Tuesday | 6 to 9pm

Queensbury Campus

Did you know that one out of five adults in our region cannot read a map, fill out a job application, or follow directions on a medicine bottle? The need for literacy tutors in the region is great. In this course, individuals will receive complete training by Literacy New York staff in order to begin tutoring an adult student in basic literacy, the English language or both. Why not give back by teaching reading and English to adults in the community who need help?

Instructors:

Debbie Seifert

& Connie Nealon

Price: \$45

CRN: 20020

Course price includes a \$35 material fee.

NO EXCUSES! WRITING AND SELLING YOUR BOOK

April 23 to May 7, 2015

Thursday | 6:30 to 8:30pm

Queensbury Campus

Is the book burning inside you? Do you dream of being a published author? Stop dreaming about writing and selling your book and start working on it. Discover how the book publishing industry works, how to pitch your idea to publishers and agents and how to establish a system that will get you writing your book now!

Instructor:

Pauline Bartel

Price: \$59

CRN: 20035

Course price includes a \$15 materials fee.

By the end of the course you will understand:

- The realities of the publishing industry today
- How to evaluate, focus, plan and execute your book idea
- The preferred method of approaching publishers and agents
- The path of success from pitch to publication

HAPPILY WRITING AFTER

March 18 to April 15, 2015

Wednesday | 2 to 4pm

Queensbury Campus

Did you know that in the 1812 Brothers' Grimm version of *Snow White*, it was Snow White's jealous biological mother, and not her stepmother, who sent her into the woods? Why the change and why do stepmothers get a bad rap? And did you know that Snow White's mother wanted the Huntsman to bring back Snow White's lungs and liver, which she planned to cook and eat? Did you know that there is a contemporary book by Helen Oyeyemi, *Boy, Snow, Bird*, which uses the "skin as white as snow" idea to delve into discussions of race? And did you know that Donald Barthelme wrote an absurdist play in 1967 about Snow White in which she is not an innocent young maiden, but a Skidmore College graduate who engages in some pretty risqué activities with her seven dwarf roommates? We focus on different fairy tales each time, so folks who have taken this class before are welcome and encouraged to join us again! It is not a repeat class.

Sound interesting? Join us for this five week writers' workshop as we study all kinds of fairy tales to better understand our own writing! Leave each class with inspiration and new ideas. This course will offer: motivating conversation, writing prompts, supportive feedback, and a chance to write in class and at home. Writers of any genre and any background are welcome! Why not write your own happy ending?

Instructor:
Megan Taylor

Price: \$29

CRN: 20053

Writers of any genre and any background are welcome!



FINANCIAL RETIREMENT PLANNING TODAY

February 3 to February 10, 2015
Tuesday | 6:30 to 9:30pm
 Queensbury Campus

Join us to learn about the important considerations you need to make before making the decision to retire. Avoid common pitfalls and have all your information ready to go to get the most out of your retirement. A \$15 materials fee is payable to instructor at first class for the required workbook. Couples may share workbook.

This course will cover:

- Life Planning for Retirement
- Retirement Needs & Expenses
- Retirement Roadblocks & Mistakes
- Retirement Income Sources
- Retirement Plan Distributions
- Investments
- Risk Management & Asset Protection
- Estate Planning

Instructor:
 Steve Hipsley, CFP

Individuals
Price: \$40
CRN: 20008

Couples
Price: \$75
CRN: 20003

FITNESS CARDIO AND STRENGTH CIRCUIT

February 10 to May 21, 2015
Tuesday & Thursday | 4:30 to 5:30pm
 Queensbury Campus

Are you looking for a total body workout that changes every week and targets all the muscle groups? Every week you will be challenged differently including elements of: Step, Zumba, Cardio, and Aerobics, tailored to your needs for a low, medium, or high impact workout. Stability balls and bands will also be used to enhance your workout.

Men and women of all age groups and all fitness levels are welcome, and you do not need prior experience. If you would like to see results, then this class is for you!

Instructor:
 Leesa Stiller

Price: \$149
CRN: 20012

Be sure to wear good sneakers and comfortable clothes. Before starting any exercise program, consult your physician.

ZUMBA

February 12 to April 23, 2015 *No class April 9*
Thursday | 5:45 to 6:45pm
 Queensbury Campus

Still 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 midsection without getting on the floor. Be prepared to laugh and have a great time! You will burn between 600 and 1000 calories in one session and make new friends! Bring your smile and a bottle of water.

Instructor:
 Leigh -Anne
 Scarincio of Fitness
 Professionals on
 Demand

Price: \$80
CRN: 20022

Dress in comfortable clothes and wear sneakers without thick treads.

GENTLE YOGA AND DEEP RELAXATION

February 10 to May 5, 2015 *No class March 10*

Tuesday | 7:30 to 8:45pm

Queensbury Campus

Gentle Yoga combines deep breathing with easy stretching and gentle yoga postures to release tension and improve relaxation, thereby reducing pain and stress. This class ends with meditation and a deep guided relaxation aimed to restore balance and inner peace.

Instructor:
Tobey Gifford

Price: \$99

CRN: 20019

CORE YOGA

February 10, to May 5, 2015

Tuesday | 6 to 7:15pm No class March 10

Queensbury Campus

Join us for this vinyasa style class similar to Power Yoga, with the added emphasis on abdominal and back muscle exercises that will stabilize, strengthen and support the core and spine. A healthy core can offer us lightness and stability both on and off the mat. This class will end with meditation and relaxation.

Instructor:
Tobey Gifford

Price: \$99

CRN: 20016

KETTLEBELL FITNESS

February 12 to April 23, 2015 *No class April 9*

Thursday | 7 to 8pm

Queensbury Campus

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. Kettlebells is time efficient - You train multiple fitness components in the same session including cardio, strength, balance, stability, power and endurance. Gain the functional strength and muscle definition you desire! Bring a water bottle, supportive sneakers, and a set of heavier hand weights and a mat.

It is required that students purchase a kettlebell prior to the first class. Often, women typically start with 10-15 pound (6.8kg) kettlebell and men start with a 20-pound kettlebell (9kg). Whatever you choose, be sure to choose one that still challenges you but isn't too heavy.

Instructor:
Leigh -Anne
Scarincio of Fitness
Professionals on
Demand

Price: \$80

CRN: 20025

Of all the different pieces of fitness equipment out there, nothing does the job more effectively and efficiently than kettlebells.



HOBBIES

ALL-GRAIN BEER BREWING

March 26, 2015

*Thursday | 6:30 to 8:30pm | Wilton Center
and*

March 28, 2015

Saturday | 9am to 3pm | Saratoga Zymurgist

Please plan on bringing a lunch for Saturday's class.

This hands-on class is designed for the home brewer who would like to learn the world of all-grain brewing. Find out how working with grains will improve your beer making abilities. You will learn the benefits of doing a yeast starter, as well as how to ferment with lager yeast. Recipe formulation and how to calculate your efficiency will also be taught.

This is an intermediate brewing class, and some experience in home brewing is very helpful. You'll learn the specifics on how to brew an All-Grain Brew at the first class, and then you'll take that knowledge and brew on Saturday. After a fermentation time of 3-4 weeks, you will be invited back for bottling and take home a sample of the brew.

Instructor:

Reed Antis

Price: \$45

CRN: 20026

Students must be 21 years of age to enroll in this class. Please bring your government-issued photo ID with you to the first class. Course price includes a \$5 material fee.

COUNTRY WINE CLASS

April 30, 2015

Thursday | 6:30 to 8:30pm

Wilton Center

The country wine class is designed for the new or beginning winemaker who would like to learn the correct steps in making wine from all types of fruits and vegetables. This includes the art of making hard cider and mead. Be prepared for summer's harvest! The only fruit not discussed will be the wine grapes. This class is taught by a veteran country winemaker with many years of experience.

Instructor:

Reed Antis

Price: \$25

CRN: 20039

Course price includes a \$5 material fee.

UPDATE YOUR CONTRACT BRIDGE SKILLS

March 19 to April 16, 2015

Thursday | 9:30 to 11:30am

Wilton Center

This course is for bridge players who are familiar with the fundamentals of contract bridge but would like to improve their game. Each class will spend one hour on instruction and one hour playing bridge with prepared hands specific to that day's lesson. You will find yourself getting to better contracts after learning the methods covered in this class!

Instructor:

David Buchyn

Price: \$55

CRN: 20013

COOKING CLASS BOOK CLUB

February 21, March 21, and April 18, 2015

Saturday | 4:30 to 7:30pm

Queensbury Campus

Love reading and food? This is the perfect book club for you! Throughout the course, students will read and discuss three different books, each with a food-related twist. We will discuss the chosen book at the start of the class, then go into the kitchen and prepare some of the meals mentioned in the book! Leave each class with recipes to take home and enjoy. Students will learn new techniques and skills to use in their own kitchens as well as read new and exciting books about food, love, and travel.

- **February's book: *The Hundred Foot Journey***, by Richard C. Morais is a tale about how a mere hundred-foot distance between a new Indian kitchen and a traditional French one can represent the gulf between different cultures and desires.
- **March's book: *Lunch in Paris: A Love Story with Recipes***, by Elizabeth Bard, is about falling in love, redefining success and discovering what it truly means to be at home.
- **April's book: *Trail of Crumbs***, by Kim Sunee, is a memoir with a love story at its heart and is about the search for identity. This book will appeal to anyone who is passionate about love, food, travel and the ultimate search for self.

Instructor:
Megan Diehl

Price: \$95

CRN: 20031

The assigned books can be easily purchased or located at the library.

Course price includes a \$35 materials fee.



HOME AND GARDEN

HOME COMPOSTING

May 28, 2015

Thursday | 6:30 to 8:30pm

Queensbury Campus

Turning kitchen scraps and yard trimmings into “brown gold” to fertilize your lawn, garden or houseplants is easy. This class will teach you everything you need to know to start making nutrient-rich compost at home. We will examine different types of composting systems, identify the proper ingredients to go into your compost, learn how to care for a compost pile to speed its progress and prevent odors, and discuss how to use your finished compost. Your instructor, Tim Scherbatskoy, Professor of Botany, runs the College Garden Program and teaches classes in plant science, organic gardening, and sustainable agriculture.

Instructor:

Dr. Timothy Scherbatskoy

Price: \$15

CRN: 70008

INTRODUCTION TO PERMACULTURE

May 12, 2015

Tuesday | 6:30 to 8:30pm

Queensbury Campus

A history of the Permaculture movement, which led to the Transition Town movement, has come to your community. We'll talk about how to apply Permaculture methods to your life and property. We'll also discuss the components of sustainable living systems, including zones of activities, home energy system designs, sustainable gardening, sectors on our property, stacking functions, forest garden landscaping, superinsulation, solar cooling your house, creative building styles or “house butchering”, small ponds, rain gardens, quail as pets, and much more.

Instructor:

Christopher-Robin Healy

Price: \$15

CRN: 20006



Dr. Timothy Scherbatskoy works in the College garden with SUNY Adirondack students.

ALTERNATIVE COMMON SENSE ORGANIC AND SUSTAINABLE GARDENING

March 17, 2015

Tuesday | 6:30 to 8:30pm

Queensbury Campus

Whether you are a beginning gardener, or a seasoned veteran of the soil, this class is for you. We will discuss gardening history and trends, how petro chemical and agribusiness came about and the present organic and sustainable movements. We will also cover composting, earthworms, bio-dynamics, permaculture methods, row beds, sheet mulching, lasagna gardening, big yields in small spaces, integrated pest management, companion planting, square foot gardening, poly-crops, mosaics, garden fungi, edible landscapes, and forest gardens.

Instructor:
Christopher-Robin Healy

Price: \$15

CRN: 20009

We will also do a walk about and visit the SUNY Adirondack gardens.

STRATEGIES FOR GROWING LOCAL FOOD

April 14, 2015

Tuesday | 6:30 to 8:30pm

Queensbury Campus

The biggest expense of food cost is transportation energy. Rising energy costs will not make tomatoes from Florida or grapes from Chile any cheaper. The prices will go up-whatever will we do? The easy solution is to produce the lion's share of our food locally. Come to this inspiring event where we will talk about the importance of local food security, nutrition, and great taste.

Learn about how to end "food deserts", gleaning, city garden systems, traditional community gardens, rooftop and vertical gardens, community forest gardens, and edible neighborhoods.

Instructor:
Christopher-Robin Healy

Price: \$15

CRN: 20021

APPLE TREE GRAFTING

March 28, 2015

Saturday | 9am to Noon

Queensbury Campus

Learn about the amazing apple tree and how you can start your own favorites or improve existing trees. Because known apple varieties do not grow from seed, we will learn how to graft shoots of desired varieties onto suitable rootstocks. Our focus will be on bench grafting to produce new trees and cleft grafting on existing trees, but we will also explain autumn bud grafting and bridge repair grafting. Benefits of various rootstocks and properties of certain apple varieties will also be explained. Participants will go home with their own grafted apple tree, as well as new knowledge about propagating apple trees.

Your instructor, Tim Scherbatskoy, Professor of Botany, runs the College Garden Program and teaches classes in plant science, organic gardening, and sustainable agriculture.

Instructor:
Dr. Timothy Scherbatskoy

Price: \$30

CRN: 20032

Course price includes a \$10 material fee.

JUMPSTART YOUR GARDEN

February 24 to March 3, 2015

Tuesday | 6:30 to 8:30pm

Queensbury Campus

As midwinter days get longer, it's time for planning and even starting our garden – that's right, in February and March! To have vigorous plants that can be transplanted into the garden in May, we need to start them indoors weeks ahead. This class will explain how to plan your garden calendar, sow seeds indoors in containers, care for seedlings as they grow, and plant them outside at the right time. Our focus will be on starting long-season vegetables like tomatoes and peppers, and on getting an extra early start on lettuces and greens.

Participants will go home with vegetable seedlings for your garden or window-box, as well as new knowledge about starting seeds and caring for seedlings. Your instructor, Tim Scherbatskoy, Professor of Botany, runs the College Garden Program and teaches classes in plant science, organic gardening, and sustainable agriculture

Instructor:
Dr. Timothy
Scherbatskoy

Price: \$25

CRN: 20034

Course price includes a \$5 materials fee.



This class is sponsored by Bentley Seeds

bentleyseeds.com

BACKYARD CHICKENS

June 6, 2015

Saturday | 9am to 1pm

Queensbury Campus

Join us for this family-friendly, hands-on class where you will learn all about raising chickens for eggs or meat. Whether you have a small backyard in the village or homestead farm in the country, raising chickens can be an easy and fun way to provide fresh eggs for your family. This class will cover a variety of topics starting with low-cost equipment and housing, selecting the right number and breed for your needs, raising baby chicks, food safety and quality—all need-to-know information. Getting started with your own little brood can be fun and rewarding. Join us to learn more!

Instructor:
Jared Woodcock

Price: \$20

CRN: 70023

Your instructor, Jared Woodcock, serves as the Coordinator of Agricultural Initiatives for SUNY Adirondack and is the owner/operator of Taproots Farm in Cambridge.

SPECIAL INTEREST

BASIC OBEDIENCE FOR DOGS

April 25 to May 23, 2015

Saturday | 10am to Noon

Queensbury Campus

As you teach good manners to your dog, you will also be teaching and building a better relationship with positive methods. Fun and play will be used and realistic, practical tips will be shared with owners as the basic commands of “sit” and “down” are recognized by the dog in a positive and rewarding way. The first class is for owners only. All subsequent sessions will be outside with dogs and owners.

Instructor:
Helen Bemis

Price: \$45

CRN: 20037

No aggressive dogs please! This is a good prerequisite class for the Canine Good Citizen Class offered in the summer. See the inside back cover for details.

REINCARNATION I: PAST LIVES-FACT OR FICTION

February 26 to March 19, 2015 *No class March 12*

Thursday | 6:30 to 8:30pm

Queensbury Campus

Have you ever experienced “d  ja vu” – that feeling that you “know” someone you have just met for the first time? Do you have unexplained pains, anxieties, or phobias that do not respond to conventional treatments? Could you have lived before...and could your past life (or lives) be influencing your present life? Learn how children ages 2-6 provide some of the most compelling evidence for reincarnation. Learn how psychiatrists and psychologists can often cure unexplained fears and phobias via past life regression therapy.

Learn how past life regression hypnosis often reveals that soul mates enjoyed a relationship in one or more of their past lives. Experience stories that may change your life!

Instructor:
Louis Mondor

Price: \$35

CRN: 20038

This course is newly revised and updated with new material and more time allotted for questions and comments; the multimedia presentation will include videos and handouts and a lively discussion!

REINCARNATION II: LIFE BETWEEN LIFE

April 2 to April 16, 2015

Thursday | 6:30 to 8:30pm

Queensbury Campus

This is the sequel to *Reincarnation I – Past Lives-Fact or Fiction*. Have you ever wondered how it feels to die? What do we see and feel right after death? What is the spirit world really like? Will we see our loved ones there? Are we judged, by whom? Is there a Hell? What do we do as souls in the “inter-life?” Will we learn the purpose of life? Will we “see” our Creator? Do we plan our next lives – the time, the place, and the reason for our return? Do we choose our parents, our life situation, and our bodies? What does it feel like to “reincarnate?” All of these questions and others will be explored in this intensive presentation based on actual case histories of past life regression subjects who have recalled their “life between life.”

Instructor:
Louis Mondor

Price: \$35

CRN: 20010

This multimedia presentation will include videos and handouts and a lively discussion! This course is newly revised and updated with new material and more time allotted for questions, comments and lots of discussion.

THE SOCRATIC METHOD AND CONTEMPORARY GLOBAL ISSUES

March 17 to April 21, 2015

Tuesday | 6:30 to 8:30pm

Queensbury Campus

The Socratic Method is a timeless tool for confronting challenging questions. The class will take a close look at some of Plato’s most iconic Dialogues to explore Socrates’ technique of teaching and learning by questioning assumptions. We will shift to the present and push to see if Socratic Method is applicable towards confronting contemporary global crises. Can we find Socratic solutions in such glaring concerns as war, climate change, and disease? We all have a role to play in creating a better future for our world.

Instructor:
Randy Girard

Price: \$55

CRN: 20004

Plato’s Dialogues is the required textbook and it is easily purchased for about \$10 or available at your local library.

DRIVING INSTRUCTION

5 HOUR PRE-LICENSING COURSE

Mondays | Queensbury Campus

January 26, 2015	5 to 10pm	CRN 20015
February 16, 2015	9am to 2pm	CRN 20028
March 23, 2015	5 to 10pm	CRN 20017
April 20, 2015	5 to 10pm	CRN 20030
May 18, 2015	5 to 10pm	CRN 70001
June 22, 2015	5 to 10pm	CRN 70009
July 20, 2015	5 to 10pm	CRN 70007
August 24, 2015	5 to 10pm	CRN 70004

This five-hour pre-licensing course is required by New York State Department of Motor Vehicles for all applicants who want to take a road test for a driver's license. A MV-278 completion certificate needed for road test appointments will be issued at the conclusion of this class. Students should arrive 10 minutes before class starts. Class starts promptly at the scheduled time.

Instructor:
Bell's Driving School

Price: \$45

A New York State Learner's Permit is required and must be brought to class.

Pre-registration is required through Continuing Education.

MOTORCYCLE CLASSES

Back for its 12th season, the motorcycle program at SUNY Adirondack is bigger and better than ever with weekend and mid-week classes that run from April through October. All registrations for motorcycle classes are done online. Log on to adkmc.com, or call Margie at 668-5589 for more information.

Motorcycle classes are taught by the knowledgeable rider coaches at **Adirondacks and Beyond Motorcycle Safety, LLC**.

BASIC RIDERCOURSE (BRC FOR LICENSE)

Price: \$275

This is a 15-hour course for entry level riders and returning riders whose skills are a bit rusty. Learn the basics of motorcycle operation with patient, professional RiderCoaches. Motorcycles are supplied. This class has both classroom and riding components. Successful completion of this class earns the student a NYS Motorcycle Road test waiver (No DMV riding test.) For the waiver, students must have a NYS Driver's License and a NYS Motorcycle Learner's Permit.

BASIC RIDERCOURSE II (BRCII)

Price: varies

For graduates of the BRC I for license class, this is the next step in your riding education. This is a one-day class taken on your motorcycle. Skill drills covering braking, swerving, and cornering will be covered. This course is also the perfect "first class" experience for experienced riders that have had no formal training. This is a great option for groups. There is no license component to this class. **A motorcycle license is required for this course.**

BASIC RIDERCOURSE II FOR LICENSE WAIVER

Price:\$225

A one-day course for those riders that have experience and/or have been riding on "learner's permits". This is NOT a course for beginners. Students are expected to be able to adequately control a motorcycle in a safe manner conducive to legal-street riding. Completion of an online component of the course is required prior to the riding component. Successful completion of the e-course and the riding skills test earns a Course Completion Card which acts as a road test waiver at the DMV. Students will use their own street-legal motorcycles. A great way to finally get licensed!

INTRODUCTION TO MOTORCYCLE EXPERIENCE (IME)

Price: \$75

This is the perfect three-hour class for those interested in seeing what motorcycling is all about without a large commitment of time or money. No license or permit is required. Students learn the very basics of motorcycle controls and will have the bike moving under its own power by the end of this class. Nervous--the BRC I for license is too much all at once? Take the IME; then the BRC I. This is a great combination. **Motorcycles and helmets provided. No permit is required.**

ADVANCED RIDERCOURSE (ARC)

Price: \$150

This is the class for experienced riders who want to move their riding skills to the "next level." This is a one day class with both classroom and range components, with an emphasis on riding. Students must be licensed and will ride their own street legal motorcycles. This class exposes the experienced rider to upper level skill sets not available in previous classes.



NEVER STOP LEARNING: LECTURES AND CLASSES FOR WELL-SEASONED STUDENTS

SENIOR LECTURE SERIES

April 21 to May 12, 2015

SUNY Adirondack Continuing Education is pleased to present the Senior Lecture Series. The lectures will be presented by a combination of SUNY Adirondack distinguished faculty members and local experts.

9:30 to 10am | Refreshments and check-in

12:45 to 1:30pm | Lunch

TUESDAY, APRIL 21, 2015

10am The Armenian Golgotha of World War

Dr. Charles Bailey, Distinguished Professor of History, SUNY Adirondack

11:30am Solomon Northrup

R. Paul McCarty, Executive Director, Old Fort House Museum

1:45pm The Adirondacks After the American Revolution: A Forgotten History

Glenn Pearsall, Author

TUESDAY, APRIL 28, 2015

10am Lyme disease: What You Should Know

Holly Ahern, Associate Professor of Microbiology, SUNY Adirondack

11:30am The Silent War

Ray Misiewicz, Retired Mechanical/Nuclear Engineer, Knolls Atomic Power Lab

1:45pm Brain Function and Age

Jeremy W. Grabbe, Ph.d., Associate Professor of Psychology, SUNY Plattsburgh

TUESDAY, MAY 5, 2015

10am Grandparents' Rights

John Arpey, Associate Professor of Business/ Business Law, SUNY Adirondack

11:30am Gone With the Wind's Rocky Road to Atlanta

Pauline Bartel, Author

1:45pm The Art of Interpretation

Maestro Charles Peltz, Music Director, Glens Falls Symphony

TUESDAY, MAY 12, 2015

10am Illicit Antiquities: What Cost?

Valerie Haskins, Professor of Anthropology and Archaeology, SUNY Adirondack

11:30am The Supreme Court Under Earl Warren, 1953-1969

Dr. Norman Enhorning, Professor Emeritus History, SUNY Adirondack

1:45pm Rise and Fall and Rise Again:

The Films of Frank Sinatra

Anthony Cavaluzzi, Associate Professor of English, SUNY Adirondack

Price: \$125

CRN: 20055

Each hour long lecture is followed by a 15-minute question and answer period.

Lunch and morning refreshments are included each day, giving attendees an opportunity to get to know each other and discuss the lectures and the subject matter presented.

Lunch will be served in the Student Housing Building. It is a short walk across campus from where the lectures are held. Questions? Call us at 518.743.2238.



COMMUNITY MEMBERS ARE WELCOME!

You don't need to be retired to take our classes at The Glen at Hiland Meadows.

HOLLYWOOD HISTORY: HOW THE MOVIES HAVE DEPICTED HISTORY

March 24 to April 14, 2015

Tuesday | 9am to Noon

The Glen at Hiland Meadows

We will view four films which depict major events in history. Following the viewing, there will be discussion of how close the history of those motion pictures present the past. The films we will view are: Elizabeth, Abe Lincoln in Illinois, Sahara, Dr. Strangelove.



Instructor:
Dr. Norman
Enhorning

Price: \$15

CRN: 20023

FINDING YOUR LIFE STORIES: A MEMOIR CLASS

April 20 to May 18, 2015

Monday | 2:30 to 4:30pm

The Glen at Hiland Meadows

Are you working on your family stories but having trouble getting started? Are you ready to write or tell your stories, but confused about what to include? Do you need to share your ideas with others? This five-week class will be a workshop designed to help you discover your stories and inspire you to continue! Both new and returning students are welcome.



Instructor:
Elizabeth Cassidy

Price: \$55

CRN: 20027

GLENS FALLS AND THE GILDED AGE

April 30 to May 21, 2015

Thursday | 1 to 3pm

Queensbury Campus

Take a look at the people, places and industries of Glens Falls during the late 19th Century. Specifically, we'll focus on four decades: 1860 - 1900, and cover one decade per week. Using artifacts, diaries, photos, maps, newspapers and performances, we'll bring Glens Falls and the Gilded Age to life!

Instructor:
Kimberly Harvish
of the Chapman
Historical Museum

Price: \$35

CRN: 20040



*Would you like to learn computer skills in a
hands-on class for absolute beginners?*

Be sure to check out our newest computer class on p. 4.

WALKING TOUR OF GLENS FALLS

May 27, 2015

Wednesday | 1 to 3pm

The Chapman Historical Museum

Join Kim Harvish, educator at the Chapman Historical Museum, on a walk around downtown Glens Falls. Learn about the history and many of the buildings you drive by every day, and the people who built them. You can compare then and now by viewing enlarged historical photographs from the vantage points where they were taken. Put on your walking shoes, and join us for an afternoon of history and fun!

Instructor:

Kimberly Harvish
of the Chapman
Historical Museum

Price: \$15

CRN: 70005

We will end our
tour with some light
refreshments at the
Chapman.

CHAMPLAIN CANAL AND OLD FORT HOUSE MUSEUM WALKING TOUR

May 6, 2015

Wednesday | 1 to 3pm

The Old Fort House Museum

Join R. Paul McCarty, Executive Director of the Old Fort House Museum, for a walking tour of the Champlain Canal and Old Fort House Museum. You will have the opportunity to see the house that Solomon Northup occupied in 1828, as well as the neighborhood he grew up in. We will explore the 19th and 20th century remains of the Champlain Canal where Solomon once worked. We will also examine several important historic buildings that are located on the museum campus including the one-room Riverside School, a century plus old Washington County Fairground building, and the 1853 Law Office of A.D. Waite. Light refreshments will be served at the conclusion of the tour.

Instructor:

R. Paul McCarty

Price: \$15

CRN: 20069

HISTORIC HUDSON FALLS/SANDY HILL WALKING TOUR

May 13, 2015

Wednesday | 1 to 3pm

The Old Fort House Museum

Join R. Paul McCarty, Executive Director of the Old Fort House Museum, for a walking tour of Historic Hudson Falls/Sandy Hill. Our major focus will be the central business district and Juckett Park. We will discuss the architecture and history of the various buildings and monuments in and around this old village green. Visitors will meet at the Old Fort House Museum in Fort Edward for a brief introductory program and then proceed to Juckett Park. Public parking can be found around the park and off Wall Street next to St. Mary's/St. Paul's Catholic Church. Light refreshments will be served at the conclusion of the tour.

Instructor:

R. Paul McCarty

Price: \$15

CRN: 20070

YOUTH PROGRAMMING

FORENSIC SCIENCE: BUGS TO BALLISTICS

Online course at your own pace 

January 26 to May 15, 2015

Would you like to learn all about Forensic Science and how crimes are solved? Join Mr. Biss to do just that. You will study everything from forensic entomology to forgery and foot prints and then on to ballistics. This online class will be full of photos, videos and history explaining the past and present Forensic Science. You will learn in detail about the different forensic techniques and will also have some laboratory experiments you can try at home.

This class will be taught online through the use of Angel, SUNY Adirondack's course management system, as well as through your own Internet research, over six different units to teach you all about forensic science. The first week will start with a section showing you how to use Angel, how to check your messages, respond back to the instructor, and what is expected from you each lesson. Then, we'll get to the good stuff—learning about forensics!

Students have until May 15 to complete this course, but must sign up before April 6.

Please read the information about online courses on p. 1 before enrolling in this course.

Instructor:
Joseph Biss III

Price: \$60

Students currently
in grades 3-5

CRN: 20002

Students currently
in grades 6 -9

CRN: 20049

Students currently
in grades 10-12

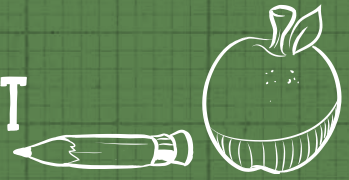
CRN: 20050

Work at your own
pace - you can
register for this
six-week class any
time during the
semester.



AFTER SCHOOL ENRICHMENT

William H. Barton Intermediate School (WHBIS)



SUNY Adirondack Continuing Education offers several after school enrichment courses for youth at the Queensbury School District. Courses are designed to supplement the school curriculum and give students the opportunity to work independently and engage in problem-solving activities. The enrichment courses are offered at the William H. Barton Intermediate School (WHBIS) from 2:45pm – 4:45pm allowing youth to stay right at the school for their enrichment class.

PROGRAMS THIS WINTER/SPRING INCLUDE:

- *Historic Queensbury Art Tower Project*
- *Lake Investigation*

WINTER ENRICHMENT FEBRUARY 16 TO FEBRUARY 19, 2015

SUNY Adirondack offers a four-day program for children in grades 4-6 during the public school February mid-winter recess at both our Queensbury Campus and Wilton Center. The program is modeled after SUNY Adirondack's popular Summer Enrichment Program and offers a variety of courses that are designed to give youth a fun and educational enrichment experience during the school break. Students who will be on-campus through the half-hour lunch break should bring a bagged lunch. Winter Enrichment classes require special registration forms which are not included in this brochure.

QUEENSBURY CAMPUS PROGRAMS:

- *Life Science Sampler* 8:15 to 10:15am
- *Creating a Book Trailer* 8:15 to 10:15am
- *Edible Science* 10:30am to 12:30pm
- *Who is up your Family Tree? Researching your Genealogy* 10:30am to 12:30pm
- *How Technology Works: A Dissection Class* 1 to 3pm
- *Digital Storytelling* 1 to 3pm

WILTON CENTER PROGRAMS:

- *You Can Do It: DIY Design* 8:15 to 10:15am
- *Weaving the Web 2.0* 10:30am to 12:30pm
- *miSci Museum Mixup* 1 to 3pm

Winter Enrichment course information will be available by January 15, 2015.

All of our youth enrichment program information is also available on our website: sunyacc.edu/academics/continuinged/youth

Call SUNY Adirondack Continuing Education at 518.743.2238 for more details or to be added to our mailing list.

SUMMER ENRICHMENT JULY 6 TO JULY 23, 2015

SUNY Adirondack provides a three-week Summer Enrichment program for area children who have completed grades 3 – 9. These courses are designed to introduce students to a new, innovative and stimulating academic areas, enhance their traditional classroom education and provide a fun-filled experience.

Summer Enrichment course information will be available by April 1, 2015.

COURSE REGISTRATION

Registration for a course may be done by filling out a registration form and submitting to the Office of Continuing Education, in the following ways:



IN PERSON: Washington Hall | 8am to 4pm | Monday through Friday



MAIL: Office of Continuing Education
SUNY Adirondack
640 Bay Road, Queensbury, NY 12804



PHONE: (518) 743-2238
8am to 4pm | Monday through Friday



FAX: (518) 743-2318



EMAIL: conted@sunyacc.edu

COURSE PAYMENT Payment is due upon registration, as follows:

BY CHECK: Made payable to SUNY Adirondack. Students may pay in person at the Continuing Education Office, Washington Hall, Monday through Friday, between the hours of 8am and 4pm. Students may also mail the payment stub, located at the bottom of the Student Schedule and Bill, w/check to the Office of Continuing Education.

BY CASH OR CREDIT CARD: **Cash payment** must be made at the Business Office in Warren Hall, with a copy of the Student Schedule and Bill. **Credit card payment** must be made at the Business Office in Warren Hall, with a copy of the Student Schedule and Bill or at: sunyacc.edu/paymentplans/continuinged, using e-cashier. A \$1.00 nonrefundable NELNET Enrollment Fee will be assessed for each e-cashier payment. Full payments are deducted immediately from the account provided on the NELNET agreement.

COURSE DROP/REFUND POLICY

100% tuition and fees will be refunded if drop notification (written, phone or in-person) has been received by the Office of Continuing Education during normal business hours (8am-4pm, M-F) more than two full business days (48 hrs.) before the start of class. No refunds will be processed once the 48-hour deadline has passed. Non-payment may result in balance being turned over to a collection agency. All collection fees, including reasonable attorney fees, will be the responsibility of the student.

COURSE ACCOMMODATIONS

SUNY Adirondack encourages persons with disabilities to participate in official college programs, events, and activities. Reasonable accommodations can be requested by contacting SUNY Adirondack Accessibility Services at 518-743-2282 or access@sunyacc.edu.

COURSE CANCELLATIONS

When it is necessary to cancel a class, we try to provide a minimum of two days' notice before the scheduled start of the class. Full tuition and fees will be refunded for any classes cancelled by SUNY Adirondack Continuing Education.

COURSE LOCATIONS

Unless otherwise indicated, all courses are taught on SUNY Adirondack's Queensbury campus, 640 Bay Road, Queensbury. A campus map is included with the course schedule/confirmation.

COURSE PREREQUISITES

Please review course brochure or our website www.sunyacc.edu/ContinuingEd to be sure you have met the stated prerequisites for all courses you wish to take. If you have any questions about the nature of a specific prerequisite, please contact us.

THIRD PARTY/EMPLOYER PAID TUITION

Please mail or fax a letter to the Office of Continuing Education on company letterhead authorizing SUNY Adirondack to bill the company. This letter must be included with the registration material.

CONTINUING EDUCATION UNITS: CEUS

The Office of Continuing Education at SUNY Adirondack offers CEUs to those who have completed designated courses. The CEU is a uniform measurement of individual participation in non-credit programs. One CEU represents 10 contact hours. In order to receive CEUs, students must successfully complete course requirements according to the instructor's standards. Students must request formal recognition of CEUs from the Office of Continuing Education using the CEU Request Form and pay a \$15 processing fee per course.

REGISTRATION FORM

SUNY ADIRONDACK CONTINUING EDUCATION

Washington Hall | 640 Bay Road | Queensbury, NY 12804

Phone: (518) 743-2238 | Fax: (518) 743-2318 | sunyacc.edu/ContinuingEd

NON-CREDIT COURSE REGISTRATION FORM *Please Print clearly*

Additional copies of this form can be found at sunyacc.edu/academics/continuinged/forms

Full Legal Name:

Date of Birth:

Home/Cell Phone:

Work Phone:

Banner ID or SS#:

Mailing Address:

Email Address:

Have you been convicted of a felony?

Yes No

if yes, additional paperwork must be completed through the Office of Continuing Education before registration is accepted.

Please register me for the following courses listed on this form. I understand that I will be automatically billed for the course(s) once my registration has occurred, regardless of chosen payment method.

CRN	Course Title	Price

Payment is due at the time of registration.



SUMMER COURSES

CARDIO AND STRENGTH CIRCUIT

June 2 to August 20, 2015

Tuesday & Thursday | 4:30 to 5:30pm

Queensbury Campus

Are you looking for a total body workout that changes every week and targets all the muscle groups? Every week you will be challenged differently including elements of: Step, Zumba, Cardio, and Aerobics, tailored to your needs for a low, medium, or high impact workout. Stability balls and bands will also be used to enhance your workout. Men and women of all age groups and all fitness levels are welcome, and you do not need prior experience. If you would like to see results, then this class is for you! Be sure to wear good sneakers and comfortable clothes. Please bring water with you to each class.

Instructor:
Leesa Stiller

Price: \$119

CRN: 70002

Before starting any exercise program, consult your physician.

YOGA FOR EVERYONE

July 7 to August 4, 2015

Tuesday | 6 to 7:15pm

Queensbury Campus

Whether you are a seasoned practitioner or new to practice, flexible or not, Yoga is for you! Join us as we offer an all levels class designed with many options to meet all levels of experience. Yoga will help you become more flexible, strong, balanced, relaxed and peaceful both on and off the mat.

Instructor:
Tobey Gifford

Price: \$45

CRN: 70003

CANINE GOOD CITIZEN

June 6 to June 13, 2015

Saturday | 10am to Noon

Queensbury Campus

Earn the American Kennel Club certificate for the "Canine Good Citizen" as you learn and review new training for your dog. You will also be teaching and building a better relationship with fun and play. As we work on earning the Canine Good Citizen title, you will also lay the foundation, if you choose, to enter the World of Search and Rescue, or Therapy Dog work.

Instructor:
Helen Bemis

Price: \$25

CRN: 70006

5 HOUR PRE-LICENSING COURSE

Mondays

Queensbury Campus

June 22, 2015 5 to 10pm CRN 70009

July 20, 2015 5 to 10pm CRN 70007

August 24, 2015 5 to 10pm CRN 70004

This five-hour pre-licensing course is required by New York State Department of Motor Vehicles for all applicants who want to take a road test for a driver's license. A MV-278 completion certificate needed for road test appointments will be issued at the conclusion of this class. Students should arrive 10 minutes before class starts. Class starts promptly at the scheduled time.

Instructor:
Bell's Driving School

Price: \$45

A New York State Learner's Permit is required and must be brought to class. Pre-registration is required through Continuing Education.

JOIN US FOR CLASSES AT OUR WILTON CENTER, CONVENIENTLY LOCATED FOR SARATOGA COUNTY STUDENTS.

- Manufacturing Matters
- Microsoft Office Essentials
- Social Media for Business
- Country Wine
- Contract Bridge
- All-Grain Beer Brewing
- Winter Enrichment for Youth



SUNY ADIRONDACK
Continuing Education

640 Bay Road | Queensbury, NY 12804

