



SUNY ADIRONDACK

Continuing Education

WINTER & SPRING 2016

THE POSSIBILITIES ARE ENDLESS

HOME & GARDEN

COURSES FOR THE HOME GARDENER
also LEARN TO BREW YOUR OWN BEER
AND **KEEP BEES IN YOUR BACKYARD!**

TRAVEL WITH US TO EASTERN EUROPE!

WARSAW, PRAGUE AND BERLIN

START YOUR OWN BUSINESS
WITH OUR INNOVATIVE M.A.P
COURSE: MICROENTERPRISE
ASSISTANCE PROGRAM

START A NEW CAREER IN 2016

BARTENDING
PET EDUCATION
or NOTARY PUBLIC

OVER 15 CORPORATE TRAINING & WORKFORCE DEVELOPMENT OFFERINGS

PLUS

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



COVER STORIES

5 M.A.P. COURSE FOR ENTREPRENEURS
For more than 20 years, our M.A.P. course has been giving people tools and information to be successful small business owners.

13 INTERNATIONAL EDUCATION
Travel alongside SUNY Adirondack professors and students for an in depth look at Eastern Europe.

14 PERSONAL ENRICHMENT
Get your motorcycle license, plan for retirement, learn to sew, practice Yoga. The possibilities are endless.

22 HOME AND GARDEN
Learn the ins and outs of keeping bees, brewing beer, composting, country wine and growing local food.

Cover image: Clint McCarthy, Assistant Professor of Adventure Sports: Leadership and Management, oversees the Apiary Club on our campus and is teaching Intro to Beekeeping, see page 28 for details!





With a new year, new possibilities abound and we are excited to offer more than 30 new classes, lectures and tours for 2016.

- Pet Safety for the Professional
 - Wilderness First Responder
 - Advanced Electronics
 - Roots of American Music
 - Silversmithing
 - Tote Basket Workshop
 - Shopping for Health Insurance
 - Writing Fiction for Kids
 - Grow Your Own Shiitake Mushrooms
 - Adirondack Folk School Courses
 - Apple Orchard Pruning
 - No Till Garden
 - Intro to Beekeeping
 - Ballroom Dancing
 - Genealogy
 - Ayurveda for Healthy Living
 - Couch to 5K
 - Farm Brewery Tour
 - Boating Safety
- ...and so much more!

Join us on a trip around the region exploring our resident farm breweries, learning about local history, or taking a class at the Adirondack Folk School or Simple Life Farm. Update your skills and train to become a notary public or a pet professional. The Office of Continuing Education is proud to offer you opportunities to learn wherever you are—on our Queensbury campus, at the Wilton Center, online, and in the community. We'll see you in 2016!

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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 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.*

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

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.



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.



FULLY ONLINE

These classes are taught online using the Angel course management system and are either self-paced, offering the student flexibility to move through the course material at their convenience or instructor-led, with a course schedule and regular instructor feedback. The course description will specify whether a course is self-paced or instructor-led.



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



**BUSINESS
&
CAREER
TRAINING**

Build your resume,
build your future.

MAKE US PART OF
YOUR STRATEGIC PLAN

#sunyadk
#bestkeptsecret



COMPUTER COURSE INTRO TO GRAPHIC DESIGN WITH PHOTOSHOP

February 1 to April 30

Online course at your own pace 

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.

Work at your own pace - you can register for this class any time during the semester and have until April 30th to complete it.

Instructor:
Kristen Girard

Price: \$85

CRN: 20084

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.

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.



TRADITIONAL CLASSROOM ENVIRONMENT

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

SMALL BUSINESS SUCCESS MICROENTERPRISE ASSISTANCE SMALL BUSINESS PROGRAM (MAP)

March 7 to May 16 No class April 25  **Web-Enhanced**
Monday | 6 to 8pm

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

There are ten sessions within this course. Each section covers a different aspect of business planning. However, woven together, these classes tell a story that will help you understand why planning is important and, most importantly, how to prepare a winning business plan that delivers successful results in starting or expanding your business. Building a successful business plan throughout this course will require you to ask detailed questions and take notes during each session.

If you apply through your county's Local Development Corp. (LDC) and successfully complete the program, you may be eligible to apply for a small business loan through your county. Contact Jennifer Switzer from Warren County or Deanna Derway from Washington County for more information or an application.

This course is sponsored by Warren and Washington County Local Development Corporations and SUNY Adirondack Continuing Education.

Instructor:
Various guest instructors

Price: \$150

CRN: 20100

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



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



Jennifer Switzer and Deanna Derway with SUNY Adirondack President, Kristine D. Duffy, Ed.D.



CAREER TRAINING & PROFESSIONAL DEVELOPMENT

ONLINE NOTARY PUBLIC LICENSE EXAM PREPARATION COURSE

February 1 to May 15

Online course at your own pace 

This online, self-paced, notary course is offered through Angel, and 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.

Topics will include:

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

Instructor:
Kelli Hatin

Price: \$59

CRN: 20085

PLEASE NOTE:

The Notary Public exam will not be given during this workshop. Information on the exam schedule will be available in the class.

Please read the information about online courses on p. 2 before enrolling in this course.

NOTARY PUBLIC LICENSE EXAM PREPARATION- FACE-TO-FACE

Day and Evening sessions available!

April 25 | Monday | 6 to 9pm

or

May 18 | Wednesday | 1 to 4pm

This workshop prepares you for the New York State Notary Public exam and will provide you with a comprehensive view of the Notary Public Office. Examples will be provided to illuminate situations that a Notary is likely to encounter. Topics include: Avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations and when to defer to an attorney. All materials will be provided and information about how to link to NYS Department of State licensing information, booklets and forms will be distributed. Also featured is an 80-question practice exam.

Instructor:
Victor Bujanow, CIC

Price: \$49

APRIL 25
CRN: 20086

MAY 18
CRN: 70008

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.

PET EDUCATION CERTIFICATE

February 29 to April 25

Fully Online Course 

Interested in starting a career working with animals but don't know where to get started? This instructor-led, online course will help you explore the field of animal-related careers through education and internships. The Pet Education Certificate course offers a variety of resources to help begin or enhance your career working with animals including but not limited to pet-sitting, kennel work, daycare, training, working for a veterinarian and other animal-related fields. The course content includes: pet health and illness, communication, behavior management, safety, basic hygiene care for pets, and even writing a resume and preparing for an interview. Internships can be a good source for students to network for experience and employment. The instructor will assist you in securing the necessary internships to complete the certificate.

In order to successfully complete this program, students must complete a pet First Aid/CPR class and must complete at least 54 hours of internships at approved animal care facilities within six months of the course completion.

Instructor:

Mary Lynn Gagnon

Price: \$400

CRN: 20088

Those who successfully complete this unique program will have specialized education and experience that gives them an advantage in the field. This course will further your knowledge and skills through engaging and informative course materials and hands-on internship experiences.

Students will need to purchase three textbooks. Cost is estimated at \$65 for all three.

7.2 CEUs

PET FIRST AID & SAFETY

March 12 to April 12

Fully Online Course 

This course is for students who wish to work in the pet industry or pet lovers/owners who wish to acquire knowledge on how to respond in an emergency situation for pets. In this instructor-led, online class, you will learn what you can do in the first 15–25 seconds on the scene to make a big difference for a pet in crisis. Learning to respond quickly and properly is critical and can save a pet's life. Some of the material covered in this class includes:

- Equipment and supplies for putting together your own Pet First Aid Kit
- Understanding basic pet owner responsibilities
- Rescue breathing
- Restraint, muzzle, elevation, direct pressure points
- Administering medicine & treating wounds
- Bleeding, immobilization, shock management & transporting wounded animals
- Assessing vital signs

Instructor:

Mary Lynn Gagnon

Price: \$86

CRN: 20089

Whether you are a pet owner or a pet lover, this class will provide critical knowledge that could help save a pet's life.

Students will need to purchase at least one textbook (cats, dogs or both) depending on their interest & needs. Cost is estimated to be \$20 per book.

0.6 CEUs

PET SAFETY FOR THE PROFESSIONAL NEW!

March 14 to 28

Fully Online Course 

Entering a property with an unknown animal can be dangerous for professionals. This course will provide the training and tools needed to help keep professionals of all kinds (emergency responders, home health aides, real estate agents, etc.) safe when entering a home or business with pets. Topics covered will include:

- Canine aggression and reading body language
- Assessing dogs and cats
- How to diffuse dangerous or potentially dangerous situations involving dogs

This course will help professionals recognize aggression in animals and remain safe when entering their territory.

Instructor:

Mary Lynn Gagnon

Price: \$205

CRN: 20090

This course will train students to recognize a pet's body language by evaluating tail position, eye behavior, ear posture and mouth behavior and vocal communication and discuss how to communicate with the pet accordingly. This course is a must for individuals whose careers require them to work in the home environment.

SERVSAFE FOOD SAFETY CERTIFICATION WORKSHOP

March 14

Monday | 8am to 6pm *Bring a bag lunch for a working lunch*

New York State legislation (SO2328) mandates that all food service establishments which handle, cook, store, serve, deliver, remove, and dispose of food are required to have one ServSafe certified individual on staff. This comprehensive workshop is offered to the area's hospitality and food service industries comply with this law. Individuals who successfully complete the 9-hour program will earn their ServSafe certification.

Instructor:
Frank Burns

Price: \$207

CRN: 20101

**ONCE ISSUED,
CERTIFICATION
IS VALID FOR
5 YEARS.**

Course price includes \$78 fee for the required workbook.

1 CEU

BARTENDING & MIXOLOGY CERTIFICATION PROGRAM

March 16 to April 13

Wednesday | 6 to 9pm

Queensbury Campus & 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 course 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: 20096

Course price includes a \$30 fee.

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.

BARTENDING II

April 20 to May 11

Wednesday | 6 to 9pm

Looking to take your bartending skills to the next level? After a refresher of NYS rules and regulations applicable to alcohol service, this class will cover alcohol and food pairings, menu development and mixology of lesser-known and trending cocktails. This hands-on course will include a wine seminar and beer tasting, in addition to martinis, sours and collins. *Bartending II* will offer a valuable review of information for seasoned bartenders and inspire new bartenders to expand their horizons.

In order to register and be successful in this class, students must have completed *Bartending I*, be TIPS-certified, or through experience are proficient in the following areas: Terminology; Health & Hygiene Regulations; Customer Service standards; Wine, Beer & Liquor Varieties; How to mix drinks and Bartending Industry Standards.

Instructor:
Frank Burns

Price: \$225

CRN: 20097

Course price includes a \$30 materials fee.

It is the responsibility of the student to ensure they meet the prerequisites of the course and no refunds will be granted for students who register without meeting the stated criteria.

ESSENTIALS OF HR MANAGEMENT

March 4 & 11

Friday | 8:30am to 4:30pm

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! This program is also an excellent refresher for seasoned HR professionals or for those who are PHR/SPHR certified and looking for HRCI continuing professional education credits.

Instructor:

Gretchen Steffan,
SPHR-SHRM-SCP

Price: \$495

CRN: 20098



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

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

WASTEWATER TREATMENT: ACTIVATED SLUDGE PROCESSES

February 2 to March 3

Tuesday & Thursday | 6 to 9pm

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

CRN: 20102

*Course price includes
a \$28 fee for the
required textbook.*

3 CEUs

WASTEWATER TREATMENT: BASIC LABORATORY COURSE

March 15 to April 17

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: 20103

Prerequisite:

Basic Operations
for Wastewater
Treatment Plants
which will be offered
in the Fall 2015
semester.

3 CEUs

WILDERNESS FIRST RESPONDER RECERTIFICATION COURSE **NEW!**

April 16 & April 17

Saturday & Sunday | Newcomb, NY

Class will convene by 9am on the 16th and wrap up around 4pm on the 17th.

This two-day course is designed for students needing recertification. The training consists of scenarios and case studies designed to reinforce evacuation decision-making. It also provides you with updates in wilderness medicine and includes Adult and Child CPR.

You will be required to pass a written and practical exam. You must possess a current (unexpired) WFR certification of at least 70 hours to recertify through this course. It is your responsibility to make sure that your certification meets this standard. Bring your certification card to the course so that the instructor can verify the expiration date. Recertification is offered through SOLO.

Students with questions should contact Clinton McCarthy at mccarthy@sunyacc.edu, in advance of registration.

Instructor:

Clinton McCarthy

PRICE: \$250

CRN: 20104

An overnight stay is required. The instructor will be in touch with additional information after registration.

Course fee includes \$80 materials fee to cover meals, camp site rental, and certification costs.



ADVANCED ELECTRONICS NEW!

May 24 to June 23

Tuesday & Thursday | 8:30 to 10:30am

This course covers the theory and application of solid-state devices that are commonly used in the industrial and commercial workspace. Topics include, but are not limited to, Junction Field Effect Transistors (JFETs), Differential and Operational Amplifiers, and Oscillators.

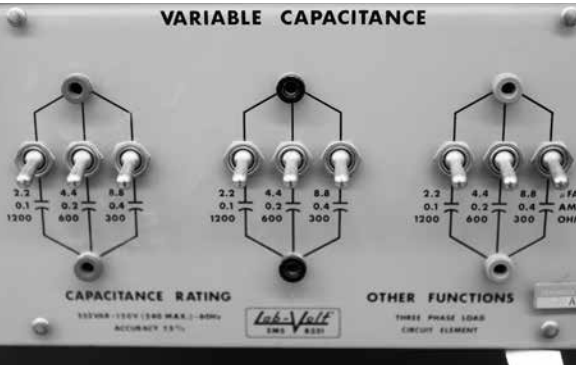
Laboratory experiments will be included in the curriculum and all topics are very applicable to industrial control and plc systems. *Two text books are required for the course, totalling approximately \$320.*

Instructor:
Professor
John Veitch

PRICE: \$280

CRN: 70009

PREREQUISITES:
Students must have a background in circuit analysis, or an AAS in Electrical Tech, or experience and understanding in basic solid-state devices (diodes and bipolar transistors), as well as proficiency in DMM's, Oscilloscopes, and DC supplies.



COMMUNITY ENROLLMENT

SUNY ADIRONDACK SYMPHONIC BAND

January 27 to May 12
Wednesday | 4:30 to 6:30pm

Comprised of an intergenerational mix of community members and SUNY Adirondack music majors and non-music 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. Public concert(s) will be included in the program.

Instructor:
Diane Bargiel

Price: Free

CRN: 20010

The first rehearsal is a sight-reading session, so do bring your instrument.

PERSONAL ENRICHMENT

Community members are welcome to participate in other SUNY Adirondack ensembles. Please contact the Music Department Director, Diane Bargiel, at bargield@sunyacc.edu for more information about playing in any of the ensembles.

- Brass Ensemble
- Percussion Ensemble
- Woodwind Ensemble
- Vocal Ensemble (audition required)
- Jazz Ensemble
- Piano Ensemble
- Guitar Ensemble
- Rock Music Ensemble

SUNY ADIRONDACK CHORALE

January 25 to May 12
Monday | 7 to 9pm

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: 20007



INTERNATIONAL EDUCATION

SUNY Adirondack offers international education courses that include trips to numerous countries around the world. These three or four credit INT 204 courses begin in either the fall or spring semesters with travel occurring over winter, summer and spring breaks. The one week or two week travel experience portion of the course allows students to actively engage in the culture of other nations. Community members may participate in international education offerings on a space available basis through the Office of Continuing Education.

WARSAW, BERLIN & PRAGUE

March 11 to March 19

This International Studies course featuring Warsaw, Berlin, and Prague will provide students a life changing experience, traveling to a part of the world steeped in rich history and culture. We will study and experience how this part of the world survived against great odds. Students will be immersed in museums, royal palaces, monuments, squares, castles, and stadiums. This trip will include exposure to the world famous musicians of this area including a Chopin piano recital, visits to opera halls and theaters, and an evening of folk music of the Czech Republic.

For more information, contact the professors:

Professor Nick Buttino at buttino@sunyacc.edu

Professor Carol Hopper at hopperc@sunyacc.edu

SAGA CITY, JAPAN

May 13 to May 30

The College enjoys a Sister College relationship with Japan's Saga City Junior College and Saga Women's Junior College. Students can study Japanese culture and visit Saga City through enrollment in INT 206.

For more information, contact the professors:

Professor Ruth Liberman at libermar@sunyacc.edu

Professor Scott Royael at royaels@sunyacc.edu

Price: Travel fees plus Tuition and Health Insurance fees.

Travel fees are TBD.

Tuition: \$300

Health Insurance Fee: \$43.30

Warsaw, Berlin & Prague

CRN: 20002

Japan

CRN: 20003





ARTS & CRAFTS

Drawing, silversmithing,
calligraphy, knitting,
basketweaving, and more.

GET CREATIVE
#sunyadk
#bestkeptsecret



ARTS & CRAFTS

All materials costs for courses are included in price unless otherwise specified.

FASHION SEWING: LOUNGE PANTS **NEW!**

March 5

Saturday | 9am to 12pm | Sketch Design Lounge

Learn to sew lounge pants in this one day sewing class. Perfect for beginners; this class will include setting up a basic sewing lesson, machine and finishing seams and casual hems. This class is for adults who have not sewn for some time and need a refresher, or those who have always wanted to know how to sew.

Instructor:

Rhianna Hogan-Cerro
Sketch Design Lounge,
Glens Falls

Price: \$45

*Course price includes
a \$25 materials fee.*

CRN: 20042

CALLIGRAPHY BASICS

March 22 to April 5

Tuesday | 6:30 to 8:30pm

Would you like to learn how to personalize your own cards and invitations? The simple beauty, grace, and legibility of the italic hand make it one of the most recognizable, popular, and diverse lettering styles. Our final project will be your favorite quotation in calligraphy in a format that you can frame.

Instructor:

Kimberly Harvish

Price: \$35

CRN: 20004

*Course price
includes a \$5
materials fee.*

BEGINNING KNITTING

March 23 & March 30

Wednesday | 6:30 to 8:30pm

Learn the basics of knitting and have fun doing it. Students will learn how to begin a knitting project, how to form the two basic knitting stitches, and how to end a project. There will also be discussion about the many different things one can knit, as well as various types of yarn and materials. Students will leave the class with enough knowledge to be able to begin and complete a simple project.

Instructor:

Jill Ramos

Price: \$19

CRN: 20051

Students should bring a skein of light colored wool or wool blend worsted weight yarn and a short pair of size 8 knitting needles, pair of scissors, size H crochet hook, and a tapestry needle.

KNITTING BEYOND THE BASICS **NEW!**

April 13 to 27

Wednesday | 6:30 to 8:30pm

Students will learn a variety of new techniques such as increasing, decreasing and knitting in the round. Stitch patterns and an introduction to color work will also be discussed and explored.

Instructor:

Jill Ramos

Price: \$29

CRN: 20066

Students should bring two skeins of light colored wool or wool blend worsted weight yarn, short pair of size 8 knitting needles, one 16" size 8 circular knitting needle, pair of scissors, size H crochet hook and a tapestry needle.

SILVERSMITHING: DESIGN AND FABRICATION **NEW!**

April 14 to May 12

Thursday | 6:30 to 9pm

Would you like to learn the basic skills necessary to design and fabricate original, functional jewelry or sculpture in metal? This class will provide you with the skills and techniques including piercing, laminating and soldering, texture and embossing, bezel making and stone setting. Students will have the opportunity to create either earrings, a ring, pendant, bracelet or a sculptural piece. All level students are welcome, and all the necessary tools will be provided.

Instructor:
Matthew Balint,
Silver Parrot

Price: \$99

CRN: 20025

Course price includes a \$35 materials fee.

BASIC DRAWING

April 28 to May 26

Thursday | 1 to 3pm | Wilton Center

Have you always wanted to learn to draw but never thought you could, or maybe you want to improve the skills you already have? If so, this course is for you. This course teaches the mechanics of drawing stressing simple math; measurement, shape (geometry) and comparative sizes of shapes. Add contrasting values (tones; light & dark) to that and you will be amazed how easy it is!

Instructor:
Tom O'Brien

Price: \$45

CRN: 20036

The cost of materials is estimated at \$25.

Watch your skill grow and move to more complex subjects throughout the class. All levels are welcome.

TOTE BASKET **NEW!**

April 2

Saturday | 10am to 4:30pm 1/2 hour for lunch

Learn to weave a versatile, carry-all basket which measures 12" long, 5 1/2" wide and 9" tall. Woven with natural and dyed reed, this basket is finished with shaker tape straps for easy carrying. Join us and have your very own tote basket ready for farmer's market season.

Instructor:
Joyce Flower

Price: \$59

CRN: 20014

Course price includes a \$27 materials fee.

Please bring a pencil, scissors, tape measure, spring-type clothes pins and lunch to class.



ADK FOLK SCHOOL CLASSES

Adirondack Folk School (AFS), located in Lake Luzerne, NY, is a non-profit, charitable organization, unique for its dedication to teaching the arts, crafts, and cultural heritage of the Adirondack region.

BUILD A RUSTIC BIRDHOUSE NEW!

April 9

Saturday | 9am to 12pm | Adk Folk School, Lake Luzerne

Anyone can learn to make a rustic birdhouse in just a few hours. A birdhouse is a simple structure and power tools are not necessary to cut the wood—just a handsaw. Using rough-cut lumber, you will construct a rustic birdhouse that can be functional and/or decorative. Choose from several birdhouse designs. There will be a short discussion about nesting birds, feeding birds and suitable houses for area birds. Participants are encouraged to bring objects from home to incorporate into their birdhouse such as old drawer pulls, doorknobs, hardware, etc.

Instructor:
Don Polunci

Price: \$60

CRN: 20094

Adults and teens are welcome. Children ages 10 - 14 must be accompanied by an adult.

CREATE YOUR OWN MARSHMALLOW ROASTER NEW!

May 7

Saturday | 9am to 4pm | Adk Folk School, Lake Luzerne

Great for roasting marshmallows or even flipping your steak on the grill, the process of making these roasters is a great way to learn the basics of blacksmithing. In this class you will learn how to build a fire in the forge, heat metal, twist, cut, and bend while using the tools of the blacksmith. This class is open to all who want to try their hands at blacksmithing and have some fun. Parents must accompany children.

Instructor:
Steve Gurzler

Price: \$140

CRN: 20095





**FINANCIAL
PLANNING &
COMMUNICATION**

Learn Spanish, write a book
or plan your retirement.

WRITE YOUR FUTURE
#sunyadk #bestkeptsecret



FINANCIAL RETIREMENT PLANNING TODAY

February 23 to March 1

Tuesday | 6:30 to 9:30pm

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

Instructor:
Steve Hipsley, CFP

INDIVIDUALS

Price: \$40
CRN: 20029

COUPLES

Price: \$75
CRN: 20018

SHOPPING FOR HEALTH INSURANCE **NEW!**

March 2

Wednesday | 6:30 to 9pm

With the changes of the Affordable Care Act, more people than ever are required to find their own health insurance coverage for themselves and their families. Importantly, health insurance plan costs and coverage can and do change from year to year, so even if you are satisfied with your plan currently, you should re-evaluate your options each year to make sure the plan is the best choice for you and your family. The number of options in the health insurance marketplace has increased, and while plans may look similar on the surface, the plan you choose may not provide the coverage you expect, and the costs may be different than you anticipate. Just like selecting a cable provider or buying a new television, consumers need to be armed with specifics to make an informed decision when selecting a health insurance plan. There is a wealth of information available on the different options, but it's useful only if you know what questions to ask.

Instructor:
Robert Carrothers

Price: \$12
CRN: 20040

This course will give you the tools to help sort through the options, including how to evaluate premiums, deductibles, networks, co-pays, coverage limitations, service territories and drug formularies just to name a few.

MAXIMIZING YOUR SOCIAL SECURITY BENEFIT **NEW!**

April 27

Wednesday | 6:15 to 8pm

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

Instructor:
Frank Finch,
Life Stages
Financial Group

Price: \$15
CRN: 20047

COMMUNICATION

VOLUNTEER LITERACY TUTOR TRAINING

March 22 to April 19

Tuesday | 6 to 9pm

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? 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?

Instructor:

Literacy New York
Greater Capital Region

Price: \$45

CRN: 20005

Course price includes a \$35 materials fee.

The need for literacy tutors in the region is great.

NO EXCUSES! WRITING AND SELLING YOUR BOOK

April 20 to May 4

Wednesday | 6:30 to 8:30pm | Wilton Center

Is there a 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! 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

Instructor:

Pauline Bartel

Price: \$65

CRN: 20037

Course price includes a \$15 materials fee.

WRITING FICTION FOR KIDS **NEW!**

April 16

Saturday | 1 to 5pm

If you're a budding Beatrix Potter or a struggling Dr. Seuss, discover the secrets of writing short stories, picture books and novels for kids. You will learn techniques such as characterization, viewpoint and dialogue and a system of plotting to make your story successful.

Instructor:

Pauline Bartel

Price: \$49

CRN: 20082

Course price includes a \$15 materials fee.

HOW TO WRITE A GRANT PROPOSAL

April 13

Wednesday | 6:30 to 8:30pm

Learn how to research new grant opportunities and sharpen your grant writing skills. This two-hour session will highlight best practices in creating successful proposals.

Instructor:

Jane Gabriels

Price: \$15

CRN: 20015

Artists and organizations are encouraged to attend.

Course information is subject to change without notice. The most up-to-date information can be found on our website at: sunyacc.edu/academics/continuinged

SPANISH-BASIC CONVERSATION FOR LEISURE OR TRAVEL

March 1 to April 12 *No class on March 15*

Tuesday | 6:30pm to 8:30pm

¡Saludos! Are you planning a trip to one of the many Spanish speaking countries in the world? Maybe you've always been interested in learning Spanish? Perhaps you wished you had continued after high school? Come and join us to 'start a conversation together'! This course of basic, beginning Spanish conversation will provide you with the confidence you need to travel abroad! You will learn greetings, niceties, asking for directions, ordering in a restaurant, shopping terms, and more!

Instructor:
Mary Goetz

Price: \$65

CRN: 20031

Your input will help
pace the class and
focus our lessons.
Put it off no longer!
Begin speaking
Spanish today!

No prior experience
necessary.

PERSONAL ENRICHMENT





HOME & GARDEN

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All-Grain Beer Brewing class at the Saratoga Zymurgist.

ALL-GRAIN BEER BREWING

April 7

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

April 9

Saturday | 9am to 3pm | Saratoga Zymurgist

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, so you should have some experience in home brewing. 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 2-4 weeks, you will be invited back for bottling and take home a sample of the brew. Please plan on bringing a lunch for Saturday's class.

Instructor:

Reed Antis,
Saratoga
Zymurgist

Price: \$45

CRN: 20059

Price includes a \$5 material fee.

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.

COUNTRY WINE

May 12

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,
Saratoga Zymurgist

Price: \$25

CRN: 20070

Price includes a \$5 material fee.

GOAT MILK SOAP MAKING NEW!**May 7**

Saturday | 10am to 2pm

Our Simple Life Farm, Warrensburg

Learn the basics of making goat milk soap from fresh goat milk. We will cover the proper handling of lye, how to use scented oils, and cover equipment and materials needed. The process will be from scratch—no pre-mixes will be used. You will take home a 4 oz bar of homemade goat milk soap that you have made, scented with oils of your choosing.

Instructor:

Florence Olden, Our Simple Life Farm

Price: \$59**CRN:** 20074

Bring a bag lunch, coffee and tea will be provided.

NO TILL GARDEN NEW!**April 2**

Saturday | 9am to 12pm

You don't need a rototiller or back breaking shovel work to have a deep rich garden bed. Tilling a garden is hard work and not very good for your soil. This course is designed for the home gardener or small scale market farmer to learn how to establish and maintain garden beds without tilling. During class we will build sheet mulched garden beds and investigate some of the no till garden systems that we have been using on campus for the last three years. Please come ready to be outside.

Instructor:

Jared Woodcock

Price: \$12**CRN:** 20075

Price includes a \$2 material fee.

STRATEGIES FOR GROWING LOCAL FOOD**March 22**

Tuesday | 6:30pm to 8:30pm

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", gleanings, city garden systems, traditional community gardens, rooftop and vertical gardens, community forest gardens, and edible neighborhoods.

Instructor:

Christopher-Robin Healy, Cloudburst Cultivated Ecology

Price: \$15**CRN:** 20048

Jared Woodcock in the college garden.

BIOCHAR FOR YOUR GARDEN & FARM

NEW!

April 16 & April 17

Saturday & Sunday | 9am to 4pm

Biochar is yet another tool in the toolbox of regenerative agriculture! In the last two decades, Biochar has and is receiving more attention of its benefits to agriculture and of its other uses. This Biochar workshop will have both a lecture component and a hands-on component, where attendees will learn how to make an efficient and easy to build Biochar burner, produce biochar during the workshop, and learn of a variety of uses of biochar, from producing fuel, to running engines and heating greenhouses, to producing wood vinegar, and more! Whether you are a novice or have some experience, this biochar two-day workshop is for everyone! Learning to make biochar on site, for your farms, fields, and gardens, is a wonderfully inexpensive soil amendment, with so much potential benefit to receive!

Instructor:
David Yarrow,
Terra Char

Price: \$40

CRN: 20071

We will break for an hour each day for lunch (on your own).

GROWING YOUR OWN SHIITAKE MUSHROOMS **NEW!**

May 14

Saturday | 10am to 1pm

Our Simple Life Farm, Warrensburg

Learn how to grow your own shiitake mushrooms. This is a hands-on class that will involve drilling, stacking, placing spores and sealing spores on logs. Students will take home a starter log along with instructions for growing at home.

Instructor:
Florence Olden, Our
Simple Life Farm

Price: \$45

CRN: 20068

This is an outdoor class, so please dress appropriately. Bring a bag lunch and coffee and tea will be provided.

GUERRILLA GARDENING & SEED BALLS **NEW!**

April 19

Tuesday | 6:30pm to 8:30pm

Come and learn all the ins and outs of the Guerilla Gardening movement that is sweeping the world from its beginnings in Australia to the present. Help to transform abandoned and vacant lots and other wastelands into beautiful flowering meadows, and then some. We will make our own seed balls to take home.

Instructor:
Christopher-Robin
Healy, Cloudburst
Cultivated Ecology

Price: \$20

CRN: 20073

Course price includes a \$5 materials fee.

AQUAPONICS AND WATER IN EDIBLE LANDSCAPES **NEW!**

May 10

Tuesday | 6:30 to 8:30pm

Aquaponics is the science of growing plants and raising animals in a Bio shelter or Greenhouse in such a way that each benefits from the other. We will cover Aquaponics, as well as productive and beautiful multifunctional backyard pond ecosystems from very small quite large, with small-island nesting areas and peninsulas. Inca Chinampa systems will also be included.

Instructor:
Christopher-Robin
Healy, Cloudburst
Cultivated Ecology

Price: \$15

CRN: 20072

These productive and profitable systems are popping up all over the country.

Apple Tree Grafting with
Dr. Timothy Scherbatskoy.



HOME COMPOSTING

May 26

Thursday | 6:30 to 8:30pm

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.

Instructor:

Dr. Timothy Scherbatskoy

Price: \$15

CRN: 70003

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

APPLE TREE GRAFTING

April 9

Saturday | 9am to Noon

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.

Instructor:

Dr. Timothy Scherbatskoy

Price: \$25

CRN: 20062

Course price includes a \$5 materials fee.

JUMPSTART YOUR GARDEN

March 1 & March 8

Tuesday | 6:30 to 8:30pm

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: 20035

*Course price includes
a \$5 material fee.*



**This class is
sponsored by
Bentley Seeds:
bentleyseeds.com.**

APPLE ORCHARD PRUNING & MAINTENANCE **NEW!**

April 23

Saturday | 10am to 1pm | Saratoga Apple, Schuylerville

Learn how to stay one step ahead of rapidly growing apple trees in a homestead or commercial orchard. We will discuss apple tree maintenance with a focus on annual pruning of trees for shape, health, and optimum productivity. Observation of several varieties on different rootstocks will show how apple trees grow and are maintained in a commercial orchard. Common pests, diseases and other orchard issues will also be discussed. We will demonstrate pruning techniques and also provide time for students to practice their pruning prowess. Nate Darrow is owner and operator of Saratoga Apple in Schuylerville NY with experience managing commercial orchards in Vermont, New York, North Carolina and Jamaica.

Instructor:
Nate Darrow,
Saratoga Apple

Price: \$49

CRN: 20081

*Dress for the
weather and bring
pruning clippers and
gloves if you have
them (although not
required).*

GO NATIVE: AN INTRODUCTION TO GARDENING WITH NATIVE PLANTS **NEW!**

April 12

Tuesday | 6:30 to 8:30pm

Join Emily to learn about native plants in this evening class. Emily will introduce you to the concepts of native and invasive, as well as share with you the many great native plants we have available for gardening. Emily will share a selection of natives for different purposes and needs, such as natives for birds, butterflies and other wildlife as well as natives that can tolerate clay soils, are deer resistant, and more. Emily will touch on design, planting, care, and maintenance as well as sharing a few of her favorite plants for the garden.

Instructor:
Emily DeBolt,
Fiddlehead Creek
Native Plant Nursery

Price: \$15

CRN: 20065

WILD EDIBLES OF SPRING *NEW!*

April 26

Tuesday | 6 to 8pm

The snow has melted and the ground has thawed, but garden produce is still far off. Not to worry, wild edibles are the first delicious greens of spring. Learn how dandelions, nettles and ramps can grace your early spring cooking. Students will learn a variety of methods to turn these common weeds into nourishing food.

Instructor:
Chef Mike West

Price: \$15

CRN: 20093

There will be samples to taste and recipes provided to try at home.

INTRODUCTION TO BEEKEEPING *NEW!*

May 21

Saturday | 9am to 3pm with a half-hour break for lunch

This beginner's class will cover the basics for anyone interested in learning how to keep bees. At the end of this class, students will be able to understand and recognize the basic parts of a hive; understand the life cycle of a honey bee; understand what is involved in keeping bees, what equipment is used and how to make your property hospitable to them. Make an informed decision as to whether or not beekeeping is for you. In addition to lecture and Q&A, you will have an opportunity to get hands-on with the College's hives and try a bee-suit for yourself.

Instructor:
Clinton McCarthy

Price: \$31

CRN: 70010

Course fee includes a \$2 materials fee to offset the use of the Apiary Club's equipment.

PERSONAL ENRICHMENT

Beekeeping with Clint McCarthy.





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FITNESS**
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BEGINNER BALLROOM DANCE: FOXTROT & WALTZ **NEW!**

April 1 to April 29

Friday | 6:15 to 7:15pm

Enjoy the elegance of dancing with style at special social occasions. This beginner's class will teach you the basics of the Foxtrot and Waltz. Singles are welcome in this class suitable for first time dancers as well as those with previous experience. Participants should wear comfortable clothes and leather bottom shoes. Sneakers or rubber bottom shoes are not recommended.

Instructor:

Tango Fusion Dance

Price: \$35

CRN: 20076

For a well-rounded dance experience, why not also enroll in the Beginner Latin Dance: Merengue & Salsa class?

BEGINNER LATIN DANCE: MERENGUE & SALSA **NEW!**

April 1 to April 29

Friday | 7:30 to 8:30pm

Take pleasure in dancing as you step out on the dance floor on your cruise, at a wedding or other gathering. This beginner's class will teach you the basics of the very popular Latin dances, Merengue and Salsa. Emphasis will be placed on leading and following as well as fun patterns so you can hit the dance floor right away. Singles are welcome in this class suitable for first time dancers as well as those with previous experience. Participants should wear comfortable clothes and leather bottom shoes. Sneakers or rubber bottom shoes are not recommended.

Instructor:

Tango Fusion Dance

Price: \$35

CRN: 20077

For a well-rounded dance experience, why not also enroll in the Beginner Ballroom Dance: Foxtrot & Waltz class?

WHO IS UP YOUR FAMILY TREE? A GENEALOGY COURSE **NEW!**

March 2 to April 13 *No class March 16*

Wednesday | 6:30 to 8:30pm

Are you interested in researching your family history? Whether this is your first attempt or you have already started on your own, you will be introduced to Ancestry.com and FamilySearch.com and learn how to access census and other records necessary to research, record, and keep track of your family history.

Instructor:

Ella Harppinger

Price: \$65

CRN: 20038



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

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

COOKING CLASS BOOK CLUB

February 27, March 26 & April 23

Saturday | 4 to 7pm

SUNY Adirondack Culinary Building, Queensbury

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: *MY KITCHEN WARS: A MEMOIR*

By Betty Fussell. Although *My Kitchen Wars* is a war story, this time the warrior is a woman and the battleground the kitchen. Her weapons—the batterie de cuisine of grills and squeezers and knives—evoke a lifetime's need to make dinner, love, and war. By prying open the past with these implements, Betty Fussell gives voice to a generation of women whose stories were shaped and yet simultaneously silenced by an era of domestic strife and global conflict, from World War II to Vietnam.

MARCH'S BOOK: *THE LAST CHINESE CHEF*

By Nicole Mones. This alluring novel of friendship, love, and cuisine brings the best-selling author of *Lost in Translation* and *A Cup of Light* to one of the great Chinese subjects: food. As in her previous novels, Mones's captivating story also brings into focus a changing China — this time the hidden world of high culinary culture.

APRIL'S BOOK: *THE SCHOOL OF ESSENTIAL INGREDIENTS*

By Erica Bauermeister. Once a month, eight students gather in Lillian's restaurant for a cooking class. Among them is Claire, a young woman coming to terms with her new identity as a mother; Tom, a lawyer whose life has been overturned by loss; Antonia, an Italian kitchen designer adapting to life in America; and Carl and Helen, a long-married couple whose union contains surprises the rest of the class would never suspect.

Instructor:
Chef Megan Diehl

Price: \$95

CRN: 20027

Course price includes a \$35 materials fee.

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



Before starting any exercise program, consult your physician.

FITNESS

CARDIO AND STRENGTH CIRCUIT

February 9 to May 5 *No classes on March 15 & 17*

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

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: \$119

CRN: 20013

Be sure to wear good sneakers and comfortable clothes.

CORE YOGA WITH STABILITY BALL TRAINING

February 9 to May 3 *No class on March 15*

Tuesday | 6 to 7:15pm

Join us for this Vinyasa style class similar to Power Yoga, with added emphasis on abdominal and back exercises using stability balls and other floor based movements. Our intention will be to strengthen and support the core and spine. A healthy core provides lightness, stability and aids in ease of movement as well as helping to prevent injury. This class will end with meditation and relaxation.

Instructor:
Tobey Gifford

Price: \$95

CRN: 20017

Students should bring their own stability ball to class.

YOGA FOR EVERYONE

February 9 to May 3 *No class on March 15*

Tuesday | 7:30 to 8:45pm

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: \$95

CRN: 20021

COUCH TO 5K NEW!

March 5 to May 14 *No class on March 19*

Saturday | 11am to 12pm

Get off the couch and get on the road with our *Couch to 5K* program for beginners. Your coach will ease you into the adrenaline pumping sport of running by starting you out with an interval walking and jogging routine. Over the 10-week program you will be amazed at what you are capable of. A ¼ mile time will be taken at the first and last class so that you can see your progress. Your training will prepare you to successfully complete a local 5K race. Participants are responsible for their race registration fees (5k participation is optional, but encouraged because it is so much fun!).

Instructor:
Leigh-Anne Scarincio, Fitness Professionals on Demand

Price: \$80

CRN: 20045

Are you a member of Blue Shield of NENY? This class might be free for you—call our office for details.

BARRE CLASS NEW!

March 3 to May 12 *No class on March 17*

Thursday | 6 to 7pm

What is Balancé Barre? A trendy, new, and effective group fitness class like no other! Barre-based classes use a combination of postures inspired by ballet and other disciplines like Yoga and Pilates. The ballet barre, or chairs are used as props to balance while doing exercises that focus on isometric strength training. Isometric training is holding your body still while you contract a specific set of muscles combined with high reps of small range-of-motion movements. You will feel the burn! The major benefits of barre are improved posture, muscle definition, weight loss, increased flexibility and reduced stress. You will notice improved balance and stability as well. Everyone will leave class feeling challenged and invigorated! You'll start with a warm up and sequence of upper-body exercises, which include free weights, push-ups, planks and other moves to target the biceps, triceps, chest, and back muscles. Next, you'll use the ballet barre (or chair) and your own body weight for resistance to focus on the legs, thighs, and seat muscles. Your core will be engaged the entire class and then targeted at the end with a series of mat based abdominal exercises. For the cool down, you'll go through a series of stretches to increase flexibility and allow your muscles to recover.

Plié, relevé, and tendu your way to better health! Look and feel your best with Balancé Barre! Bring a light set of hand weights, a mat, and a water bottle. Class is typically done barefoot, but you may wish to bring socks with sticky tread on the bottom for traction.

Instructor:

Leigh-Anne Scarincio, Fitness Professionals on Demand

Price: \$80

CRN: 20039

Are you a member of Blue Shield of NENY? This class might be free for you—call our office for details.

Before starting any exercise program, consult your physician.

This class is perfect for all fitness levels from beginners to those who already exercise regularly.

SPECIAL INTEREST

AN AYURVEDIC GUIDE TO HEALTHY LIVING NEW!

April 6

Wednesday | 6:30 to 8:30pm

Discover your unique constitution, how to develop inner energy and find balance in your life. In this workshop you will learn about the doshas which are principles in nature and primary life energies in the body. You will be introduced to this vast science of Ayurveda, a system of health that allows you to learn more about who you truly are and what you personally need.

Instructor:

Linda Tipke

Price: \$10

CRN: 20020

Ayurveda offers a natural way to achieve wellness and joy.

INTRODUCTION TO MEDITATION

February 11 to May 5 *No class on March 17*

Thursday | 7 to 7:45am

Learn the basics of meditation and mindfulness and bring them into your daily life. This course offers the opportunity to learn through clear instruction, practical experience and reflection in class. There will be optional background reading offered to support practice and learning. We will explore a variety of meditation methods including three main practices in depth - Mindfulness of Breathing, walking and Metta (Cultivation of Loving Kindness).

Practiced consistently, meditation helps us reduce stress and become more relaxed, less distracted, and be more creative. A regular practice can help us see more clearly and live more happily.

Instructor:

Tobey Gifford

Price: \$55

CRN: 20024

The practices are straightforward and the benefits are noticeable right away. No experience necessary.



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NEVER STOP LEARNING

LECTURE AND LUNCH SERIES

FORMERLY KNOWN AS THE SENIOR LECTURE SERIES

April 19 to May 10 | 9:30am to 3pm

SUNY Adirondack Continuing Education is pleased to present the *Lecture and Lunch Series*, formerly known as 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 19

10am Future Farmers

Jared Woodcock, Agriculture Coordinator,
SUNY Adirondack

11:30am Evolution of the Guitar

Micah Scoville, Special Adjunct, Music,
SUNY Adirondack

1:45pm Charles R. Wood: Entrepreneur and Philanthropist

Dr. Marilyn VanDyke and Dr. Stan Cianfarano,
Warren County Historical Society

TUESDAY, APRIL 26

10am Art & War: Napoleon to Hitler

Rebecca Pelchar, Assistant Professor of Art History
& Division Chair, Humanities, SUNY Adirondack

11:30am America's Three Greatest Presidents

Warts and All: Washington, Lincoln & FDR

Norman Enhorning, Ph.D., Professor Emeritus
History, SUNY Adirondack

1:45pm Radium Girls

Ruth Liberman, Associate Professor of Theater &
Speech, & Johnna Maiorella, Special Adjunct,
Theater, SUNY Adirondack

TUESDAY, MAY 3

10am Benjamin Franklin: Money & Taxes

Colin McCoy, Ph.D., Adjunct Professor,
Social Sciences, SUNY Adirondack

11:30am Healthcare in our Community

Dianne Shugrue, President & CEO, Glens Falls Hospital

1:45pm Wilderness Cure

Christine Campeau, School Programs Manager
& Educator, Adirondack Museum

TUESDAY, MAY 10

10am Prison Poetics and a Poem-a-Day on Rikers Island

David Iasevoli, Ed.D., Associate Professor & Program
Leader of the M.S.Ed. in Teaching and Learning, SUNY
Plattsburgh, Queensbury Branch Campus

11:30am The Wings of Washington and Warren County

R. Paul McCarty, Hill Collection Historian, SUNY
Adirondack & Executive Director, Old Fort House Museum

1:45pm The Sculpture of Benny Bufano

Anthony Cavaluzzi, Associate Professor of English,
SUNY Adirondack

Price: \$127

CRN: 20055

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

A hot 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.

UPDATE YOUR CONTRACT BRIDGE SKILLS

March 31 to April 28

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 these methods.

Instructor:
David Buchyn

Price: \$55

CRN: 20054

FIGHTING ON THE FRONTIER IN AMERICA'S COLONIAL WARS **NEW!**

May 13

Friday | 9:30 to 11:30am

This is an overview of discoveries made by SUNY Adirondack's summer field schools in archaeology from 1991 up to the present. These projects have focused on several French & Indian War sites in Lake George and Fort Edward; including British forts, encampments and battlefields.

Instructor:
Dr. David Starbuck

Price: \$15

CRN: 20060

SOLVING THE UNSOLVABLE: A DETAILED EXPLORATION OF THE 1888 WHITECHAPEL MURDERS **NEW!**

March 4 & March 11

Friday | 9 to 11am

We will examine, in depth, the case which has baffled the official sources since 1888. We will study the suspects, the investigators, the witnesses and the crime scenes, and consider a number of recent theories as to the identity of the world's first documented serial killer. These crimes terrorized London in the summer and fall of 1888, and have remained a topic of interest among crime historians as well as professional and amateur detectives ever since.

Instructor:
Paul R. Phillips

Price: \$25

CRN: 20008

ROOTS OF AMERICAN MUSIC **NEW!**

March 29 to April 12

Tuesday | 10am to 12pm

Over this three-session course, students will learn about a variety of American music genres and dig into the roots of American music history including topics such as: African-American spirituals, the history of Bluegrass and American Hymns and Songs of the 1800's. Join Miriam Enman, adjunct music instructor at SUNY Adirondack, for an interactive lecture and presentation series to learn more about our rich and uniquely American music heritage!

Instructor:
Miriam Enman

Price: \$40

CRN: 20105

HISTORICAL DOCUMENTARY FILMS & DISCUSSION

April 8 to 29

Friday | 9am to 12pm | The Glen at Hiland Meadows

We will view four documentary historical films which depict major individuals in history and their impact on the world. Following the viewing, there will be discussion and analysis of the documentaries. The film documentaries we will view are: Thomas Jefferson, Wilson, Victoria the Great, and Wagner.

Instructor:
Dr. Norman
Enhorning

Price: \$15

CRN: 20049

LIFE STORIES: SHARING MEMORIES

March 28 to April 25

Monday | 2:30 to 4:30pm | The Glen at Hiland Meadows

Do you need help getting started on your life stories? Are you ready to write but not sure what to include? Do you want to join other people who have interesting tales to share? This 5-week class will be an informal workshop designed to help you discover your stories and inspire you to continue writing. New and returning students are welcome.

Instructor:
Elizabeth Cassidy

Price: \$55

CRN: 20030

THE MANY LAYERED VICTORIAN LADY **NEW!**

March 9

Wednesday | 1 to 3pm

A Victorian lady had to follow a strict social code, had limited rights, and had to wear many layers of clothes – no matter what the weather! But despite her limitations, she enjoyed a lot of activities and socializing was high on her list. Join Kim Harvish, educator at the Chapman Historical Museum, as we take a look at what's underneath those beautiful, romantic Victorian dresses, learn about what the ladies did for fun, and participate in a typical afternoon Victorian tea party.

Instructor:
Kimberly Harvish,
Chapman Historical
Museum

Price: \$15

CRN: 20083

*Course price includes
a \$4 materials fee.*

THE CIVIL WAR IN WARREN COUNTY

March 30

Wednesday | 10am to 12pm

This course will center on Warren and Washington County regiments. We will look at the local communities' war efforts and the common soldier. You will have the opportunity to view private letters and journals, newspapers and period music. We will also cover how to research a civil war regiment or soldier. Handouts and a bibliography of resources will be provided.

Your instructor, Joan Aldous has attended and participated in some reenactment functions, and was a founding member and officer of the Adirondack Civil War Roundtable and a member of the New York State 150th Civil War Celebration Committee.

Instructor:
Joan Aldous,
Warren County
Historical Society

Price: \$15

CRN: 20041

*Joan Aldous has
been interested in
the Civil War since
her son received
letters and diaries
from an ancestor.*



FARM BREWERY TOUR *NEW!*

March 23

Wednesday | 11am to 4:30pm

or

April 22

Friday | 11am to 4:30pm

Enjoy a carefree day while tasting and touring at some of the area's local breweries and winery. Your tour guide will even throw in a little history about the area along the way. We will visit the following two breweries and one winery.

R.S. TAYLOR AND SONS BREWERY

A beautiful new brewery with outstanding beer and locally sourced food. Lunch is offered at an additional expense.

VICTORY VIEW VINEYARD

Great family run vineyard, excellent variety of wine and overlooks the old Saratoga Battlefield.

ARGYLE BREWING COMPANY

Always a great stop and the beer is fantastic. Great people who love the craft of brewing with the best locally sourced ingredients.

Instructor:

Hoppy Trails
Brew Bus

Price: \$65

March 23

CRN: 20009

April 22

CRN: 20043

Tours, transportation and tasting are included in price. The brew bus will leave from and return to SUNY Adirondack. Let us do the driving so you can sit back, relax and take in the scenery and, of course, enjoy sampling with no worries!

WALKING TOUR OF FORT EDWARD

May 4

Wednesday | 1 to 3pm

Old Fort House Museum, Fort Edward

Join R. Paul McCarty, Executive Director of the Old Fort House Museum, for a walking tour and explore the lower Fort Edward Broadway historic district. Two remnants of the Champlain Canal, early businesses and small industrial sites will be covered as well as the outline and location of Fort Edward itself. Recent archaeological sites will also be discussed along the route. This course is newly revised and updated with new material and more time allotted for questions, comments and lots of discussion.

Instructor:

R. Paul McCarty,
Old Fort House
Museum

Price: \$15

CRN: 20050

Course price includes a \$2 materials fee.

OLD FORT HOUSE TOUR

May 18

Wednesday | 1 to 3pm

Old Fort House Museum, Fort Edward

The Old Fort House, as a museum, has been around for sixty years. Join R. Paul McCarty, Executive Director of the Old Fort House Museum, and explore the campus, tour the buildings, grounds and see some of the special collections not normally on public view. Some of the archives and storage areas will also be explored.

Instructor:

R. Paul McCarty,
Old Fort House
Museum

Price: \$15

CRN: 70002

Course price includes a \$2 materials fee.

WALKING TOUR OF GLENS FALLS

May 12

Thursday | 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,
Chapman Historical
Museum

Price: \$15

CRN: 20061

Course price includes a \$2 materials fee.

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

TOUR AND LUNCH AT THE SKENE MANOR

May 6

Friday | 11:15am to 1:30pm | *The Skene Manor, Whitehall*

Enjoy a visit to The Skene Manor, Whitehall's Castle on the Mountain, which is one of the few remaining castles in North-east New York. The castle was constructed of stone blocks cut right out of the mountain that frames the manor. This magnificent structure shows turn-of-the-century craftsmanship rarely duplicated today. Your day will include a lunch of homemade soup, sandwiches, beverages and dessert that will be served in the tea room. You will also have the opportunity to tour the Skene Manor where you will experience the grandeur that exemplified turn-of-the-century wealth. All who visit rave about the lunch and the dedication of the volunteer staff who run the manor.

Price: \$29

CRN: 20056

Course price includes a \$20 material fee.

You will be contacted prior to the trip for your sandwich order. Lunch will be served at 11:30am.

SUNY ADIRONDACK CULINARY ARTS LUNCHEON

April 13

Wednesday | 11:30am to 1:30pm

SUNY Adirondack Culinary Building, Queensbury

Join us for a very special luncheon prepared by SUNY Adirondack's Culinary Arts students. You will be treated to a three-course meal created start to finish by the class. Enjoy delicious and nutritious foods sure to inspire and delight in the lovely culinary facility. Arrive at 11:30am to have a chance to view "behind the line" to see the students at work in the kitchen and learn a bit about the college's popular culinary arts program. Don't miss this opportunity to have a fabulous lunch prepared by our region's next great chefs! Please notify the Office of Continuing Education at the time of registration if you have special dietary restrictions and we will do our best to accommodate you.

Instructor:

Chef Matthew
Bolton

Price: \$25

CRN: 20032

Lunch will be served at noon.

Course price includes a \$14 materials fee.

DRIVING

5 HOUR PRE-LICENSING COURSE

Monday | 5 to 10pm Feb. 15 class is from 9am-2pm

February 15 (9am-2pm)	CRN 20106
March 21	CRN 20107
April 18	CRN 20108
May 16	CRN 70011
June 20	CRN 70012
July 18	CRN 70013
August 22	CRN 70014

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.

ABOUT BOATING SAFETY (ABS)

April 16 OR June 4

Saturday | 8:30am to 5pm

This basic power boat and personal watercraft (PWC) class will give the knowledge needed to obtain a U.S. Coast Guard Auxiliary boating safety certificate for motorboat and personal watercraft operation. This course meets the boating safety education requirements for the state of New York. Many insurance companies recognize the certificate for discounts on boat insurance.

Participants must attend all 8 hours in order to qualify for the certificate which is issued at the end of class after passing the final exam.

This course is open to individuals at least 10 years of age. Participants under 14 years old should be accompanied by an adult for the duration of the class.

Instructor:
US Coast Guard Lake George Flotilla 15-10

Price: \$35

April 16
CRN: 20069

June 4
CRN: 70004

Course price includes a \$20 materials fee.

Operators may not operate a Personal Watercraft (Jet Ski, Sea-Doo, etc.) unless they are at least 14 years of age and hold a boater safety certificate issued by the USCG Auxiliary for having completed an 8-hour classroom based course of instruction.



MOTORCYCLE CLASSES

Back for its 13th 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. For registration and additional information, visit: www.adkmc.com, or call Margie at 668-5589.

BASIC RIDERCOURSE (BRC I FOR LICENSE WAIVER)

This is the 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 an online eCourse component, plus classroom and riding components. Successful completion of this class earns the student a NYS Motorcycle Road test waiver (No DMV riding test.)

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

Price: \$275

For the waiver, students must have a NYS Driver's License and a NYS Motorcycle Learner's Permit.

BASIC RIDERCOURSE II (BRC II)

For graduates of the BRC I for license waiver class, this is the next step in your riding education. This is a one-day class taken on your motorcycle. Skill drills cover braking, swerving, and cornering. 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.

Price: \$150

A motorcycle license is required for this course. Call 668-5589 to enroll.

BASIC RIDERCOURSE II (BRC II FOR LICENSE WAIVER)

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 eCourse and the riding skills test earns a Course Completion Card which acts as a road test waiver at the DMV.

Price: \$225

Students will use their own street-legal motorcycles. A great way to finally get licensed!

INTRODUCTION TO MOTORCYCLE EXPERIENCE (IME)

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 that the BRC I for License is too much all at once? Take the IME; then the BRC I.

Price: \$75

Motorcycles and helmets provided.

No permit is required.

ADVANCED RIDERCOURSE (ARC)

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.

Price: \$150

This class exposes the experienced rider to upper level skill sets not available in previous classes. Classes are scheduled according to demand.





**YOUTH
ENRICHMENT**

ONLINE COURSES &
HANDS-ON LEARNING
ALL YEAR LONG!

Summer@sunyadk
#wehaveazipline
#bestkeptsecret

A cartoon illustration of a robot character with a large antenna, a camera lens for an eye, and a speech bubble. It is positioned in the center of the green text block.




ONLINE CLASSES

You can register for these 6-week classes any time during the semester. Students have until May 15 to complete, but must sign up before April 4. Please read the information about online courses on p. 2 before enrolling in the following courses.

FORENSIC SCIENCE: BUGS TO BALLISTICS

February 29 to May 15

Online course at your own pace 

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.

Instructor:
Joseph Biss III


Price: \$42

**Students currently
in grades 6-9
CRN:** 20079

**Students currently
in grades 10-12
CRN:** 20080

CRYPTOZOLOGY

February 29 to May 15

Online course at your own pace 

You will investigate extreme and mysterious creatures of rumor and legend such as Bigfoot and the Loch Ness Monster. Learn how to use science to verify the existence of these creatures, determine whether evidence is authentic, and put your knowledge to use about cases that are still open as we embark on a cryptozoology quest. The first week will start with a section showing you how to use the online Angel system, how to check your messages, how to respond back to us, and what is expected from you each lesson. Then, we'll get to the good stuff—learning about cryptozoology!

Instructor:
Joseph Biss III

Price: \$42

**Students currently
in grades 3-5
CRN:** 20052

**Students currently
in grades 6-9
CRN:** 20057

ANIMAL KINGDOM: VERTEBRATES

February 29 to May 15

Online course at your own pace 

Are you interested in animals? This course will investigate the main groups of creatures with bones, the higher animals or vertebrates. These are the fish, amphibians, reptiles, birds and mammals. Learn what is so special about the different animals and how they differ from each other. Find out how they interact with each other and with us!

You will use the web and the many photos and videos (several from the instructor's private collection of vertebrate animals) that will be incorporated into the lessons to help you better understand these groups and find the answers you need.

Instructor:
Joseph Biss III


Price: \$42

**Students currently
in grades 3-5
CRN:** 20033

**Students currently
in grades 6-9
CRN:** 20044

EXPLORING THE HUDSON RIVER VALLEY

February 29 to May 15

Online course at your own pace 

Join us as we explore the beautiful and historical Hudson River Valley. Discover the Hudson River from its start in the Adirondack Mountain's Lake Tear of the Clouds to the New York State Capital in Albany.

Along the way, you will learn about:

- Geology, geography and tributaries
- Creatures who live on the Hudson
- First People, Iroquois
- Europeans, Hudson, Dutch, British
- History of its use, paper & fishing
- Navigation, canals, locks NYC to Canada
- Culture & Arts
- Damages, logging & paper mills, hydroelectric dams, metals & PCB's

Instructor:
Joseph Biss III

Price: \$42

Students currently in grades 3-5
CRN: 20011

Students currently in grades 6-9
CRN: 20022

Please read the information about online courses on p. 2 before enrolling in this course.



SHAKESPEARE FUN

February 29 to April 10

Online course at your own pace 

Shakespeare Fun! is a program designed to introduce students to the fundamentals of theater production and explores the text and world of Shakespeare. Through reading and interpretation of scenes and plays from Shakespeare along with the use of the Folger Lessons this course includes: Basics of production elements (lights, sounds, set, costumes, etc.); How to read a play, Understanding Shakespeare's language and text; An exploration of Shakespeare's time period; Interpretation and analysis of age-appropriate plays; Shakespeare fun with language and exploring sonnets that students will write on their own.

Students should have the ability to view videos and download Digital Theater's viewer. For a minimal fee, parents will need to purchase Digital Theater for this class.

Instructor:
Johnna Maiorella

Price: \$42

Students currently in grades 3-5
CRN: 20078

Please read the information about online courses on p. 2 before enrolling in this course.

WINTER ENRICHMENT

February 15 - 18, 2016

SUNY Adirondack is offering a four day program for children in grades 4-6 during the public school February mid-winter recess on our Queensbury Campus. The program is modeled after SUNY Adirondack's popular Summer Enrichment Program and offers a variety of courses that are designed to give students a fun and educational enrichment experience.

Register for one class or a full day! Students who will be on campus during the half hour lunch break, should bring a lunch from home. Winter Enrichment classes require special registration forms (not included in this brochure). Please visit our website to download the forms or contact us and we will mail or email them. Course details are on the following page.

SUMMER ENRICHMENT

July 11 - 28, 2016

SUNY Adirondack offers a Summer Enrichment program for area youths who are entering grades 4-10. These courses are designed to introduce students to new, innovative and stimulating academic areas, enhance their traditional classroom education and provide a fun-filled experience.



Science | Technology | Engineering | Art | Math

STEAM CAMP IS RETURNING FOR SUMMER 2016 FOR STUDENTS ENTERING 9TH AND 10TH GRADES AT WILTON CENTER! This two-week program uses hands-on learning modules in three areas of Science, Technology, Engineering, Arts and Math and introduces students to local high-tech businesses.

Summer Enrichment information will be available by March 14, 2016. Contact SUNY Adirondack Continuing Education for more information or to be added to the mailing list.



WHAT PEOPLE ARE SAYING ABOUT WINTER ENRICHMENT CLASSES AT SUNY ADIRONDACK

FROM OUR PARENTS:

...excellent courses with creative content.

I think the classes were fantastic and I am very grateful for this opportunity on an otherwise snowy, dull week! Miss O'Donnell is a fantastic teacher—a real gem!

My son was sad it was only four days long and said Mr. Biss is a 'really good guy.' A pleasurable way to spend vacation time. He absorbed a lot.

FROM OUR STUDENTS:

I got to see a monitor lizard, a gecko and a skink. I learned how to care for a snake and a lizard too. It was fun.

WINTER ENRICHMENT

All classes will be held on our Queensbury campus

FEBRUARY 15 to 18, 2016

8:15am to 5pm

Grades 4 to 6

8:15AM - 10:15AM

ASK THE EXPERT: MARINE BIOLOGIST

ELLA HARPPINGER | \$60 | CRN: 20012

First, you will research any topic related to marine biology using databases and the internet, then you will compose questions to ask the expert from a major aquarium. On the last day we will have a live connection via "google hangouts" to an expert at a major aquarium giving you the opportunity to see and speak to "the expert".

FORENSICS - THE BIG FOUR

JOSEPH BISS III | \$60 | CRN: 20023

Would you like to learn about Forensic Science? Each day we will explore a new area of forensic science and learn the answer to these questions:

FINGERPRINTING

What are fingerprints and why do we have them?

BLOOD ANALYSIS

Is it human? How did it land this way and does it match the victim or suspect or both?

FORENSIC ANTHROPOLOGY

How do you identify skeletal remains?

DNA FINGERPRINTING

How can you prove a criminal was at the crime scene?

10:30AM - 12:30PM

SCIENCE WEB QUEST

JOSEPH BISS III | \$60 | CRN: 20034

Do you like science and scavenger hunts? If so, join us for a Science Web Quest. Each day you will learn about a new topic, then go on a quest online to find answers to Mr. Biss's questions. He will give you clues along the way as you research topics online and visit some fun websites that will reinforce what you learned. We will explore the Human Anatomy, Endangered Species, Alternate Energy, and Genetically Modified Organisms (GMO's).

DIY DESIGN

KATHERINE O'DONNELL | \$75 | CRN: 20046

Come and get your feet wet in the world of DIY (do-it-yourself) Design! If you are interested in creating trendy home decor, gifts and accessories then this is the class for you. Inspired by sites like Pinterest, DIY Blogs and Home decorating magazines, this class will really put you in touch with your creativity. Each day we will create exciting and unique projects using all types of different materials. You will be excited to display your creations at home, give as gifts, or keep for yourself. Course price includes a \$15 materials fee.

1PM - 3PM

CODING FOR KIDS

KATHERINE O'DONNELL | \$60 | CRN: 20058

Most of us have played games, watched videos, listened to music and looked at images on the internet. Have you ever dreamed of going a step beyond and creating content for the web? Well, here is your chance! We will learn the basics of coding using Code.org. Then we will use the Programming language SCRATCH to create and publish interactive web-based applications. Not only will you learn many new and exciting technology skills, but you will have a blast while you are at it.

GAMES FOR THE BODY AND MIND

KARIE PROVANCHIE | \$60 | CRN: 20053

Explore your mind and exercise your body as we embark on a crazy adventure. We will cross a Marshmallow River, stage a Sneak Attack, do a little Toll Booth Boogie, and discover What Time Is It? We will play People to People and become Sticky Buddies. After that, we will lay a Pipeline to the highest mountain and stage a game of Moonball. Be ready to space out with Asteroids and relax with Burt the Bass. Join us as we engage you in games and activities to increase your self-awareness and focus on body mechanics and mindfulness.

3PM TO 5PM

WINTER ENRICHMENT AFTERCARE

\$40 | CRN: 20064

We are pleased to announce the addition of extended Aftercare hours for our Winter Enrichment students. Students will have the opportunity to remain on campus in a safe environment and participate in unstructured, supervised activities for the four day period. Students must be enrolled in a 1 to 3pm Winter Enrichment class in order to enroll for Winter Enrichment Aftercare.

This four day program is offered for children in grades 4-6 during the public school February mid-winter recess on our Queensbury Campus. Students who will be on campus during the half hour lunch break should bring a lunch from home. Winter Enrichment classes require special registration forms (not included in this brochure). Please visit our website to download the forms or contact us and we will mail or email them.

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, with 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 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.

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.

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.

COURSE ATTENDANCE

Attendance is taken at the start of all Continuing Education courses. You are still responsible for paying for a course if you do not attend and have not withdrawn by contacting the Office of Continuing Education within the refund period.

REGISTRATION FORM

SUNY ADIRONDACK CONTINUING EDUCATION

Washington Hall | 640 Bay Road | Queensbury, NY 12804

Phone: (518) 743.2238 | Fax: (518) 743.2318

Email: conted@sunyacc.edu | Web: 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:

Student 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.



BUSINESS STRATEGIES TO SUIT YOU

FROM TEAMBUILDING ON OUR CHALLENGE COURSE TO COMPUTER TRAINING IN OUR LABS OR ON SITE. THE POSSIBILITIES ARE ENDLESS.



SUNY Adirondack's Continuing Education programs can help you grow your business and provide your staff with the skills to succeed in today's global marketplace.

- Leadership Development
- New Media & Communications
- Small Business Management
- Team-Building & Hiring
- Industrial Technology/PLC's
- Project Management
- Workplace Safety
- Software Essentials—Intro to Advanced

We offer customize training scenarios and tools to meet your needs and deliver results.

- State-of-the-art classroom and meeting facilities
- Queensbury and Wilton, NY, locations
- On-site training
- Adventure Sports Challenge Course
- Mobile learning lab for software and industrial technology training
- PC, Mac and iPad labs
- Expert Instructors

SUMMER ENRICHMENT:



We've done away with the school sign off requirement. Now it's even easier to sign up for summer fun!



We've added an Aftercare option so students can stay on campus until 5pm.



Join us for STEAM Camp for students entering grades 9 & 10. This two-week tech adventure in Wilton is offered in collaboration with BOCES.



DID YOU KNOW, WE HAVE A

ZIPLINE

& PERFORMING ARTS, FORENSIC SCIENCE
MUSIC, CREATIVE ARTS AND SO MUCH MORE!



SUNYADIRONDACK
Continuing Education

640 Bay Road | Queensbury, NY 12804

