

Kids On Campus
SUMMER

PROGRAMS 2013



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

Summer Academy

July 8 - Aug. 16

morning and afternoon programs

Athletics

July 1 - Aug. 9

Circus Theatricks

July 8 - Aug. 16

three sessions

Theater Workshop

June 24 - July 26

two sessions

Teen Voices

July 22 - 26

**Technology
Enrichment Program**

July 8-12

at Bethlehem Middle School



Be bold. Be a Viking.

**Discover Something New
this Summer!**

Contact our office at
(518) 629-7339
www.hvcc.edu/kidscamps

Summer 2013



NEW THIS SUMMER!

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Hudson Valley Community College does not discriminate on the basis of age, gender, race or color, national origin, religion, disabling condition, marital status, or sexual orientation.

Contact us

THE OFFICE OF COMMUNITY and PROFESSIONAL EDUCATION

Guenther Enrollment Services Center, Room 252

Phone: (518) 629-7339
Fax: (518) 629-8103



Be bold. Be a Viking.

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

E-mail: communityed@hvcc.edu
Web: www.hvcc.edu/communityed

Hudson Valley Community College, sponsored by Rensselaer County, is part of the State University of New York system.

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

REGISTER TODAY!

Arts & Crafts

Painting a Landscape in a Day

In just six hours, you can learn basic painting techniques and put them to use in this oil painting workshop. With Instructor Cindy Mulvaney's guidance, you can complete an entire landscape oil painting and bring home your masterpiece at the end of the course! Bring an image to paint or the instructor can provide one for you. Course fee includes \$45 materials fee.

70328 \$125

1 Session, DCC B05

Sat., 6/22, 10 a.m. - 4 p.m.

(1/2 hour break for lunch)

Cynthia Mulvaney of CK Mulvaney Artworks,
Instructor

Class cancelled due to low enrollment.

Williamsburg Basket

Learn to weave this popular classic basket with a reed-wrapped handle.

The unique shape starts square at the base and becomes much larger and round at the top. We will use natural and dyed reed for this versatile basket that is 14" tall and 7" wide at the base. The reed wrapped handle completes the design. Please bring scissors, pencil, tape measure and spring-type clothes pins to class. Course fee includes \$28 materials fee.

70500 \$59

2 Sessions, DCC B05

Wed., 6/19 & 6/26, 6 - 9 p.m.

Joyce Flower, Instructor

[Click here for a materials list for basket workshops.](#)



Floral Design for Fun

This class is for anyone who wants to express their creativity using fresh flowers or anyone who would like to explore the idea of floral design and expand their knowledge of the craft. In this class, we will design a wild flower basket, a vased arrangement and a novelty arrangement. Please bring a 3-4 inch sharp folding pocket knife to class. *Course fee includes \$125 materials fee.

70501 \$175

3 Sessions, DCC B05

Tues., 7/16 - 7/30, 6:30 - 8 p.m.

Judy Pochobradsky of Celestial Designs, Instructor

*Please note that the materials fee for floral classes is nonrefundable seven business days prior to the start of a course.

Landscape Painting Through the Eyes of Monet

One of the most beloved styles of painting is Impressionism. Claude Monet was the leader of this movement. He and his fellow painters developed a style combining movement, short, quick brush strokes and layers of thick, illuminated color. Students will learn to paint a landscape in acrylics on canvas utilizing the Impressionist techniques. This is a beginning painting class, though a basic knowledge of painting is helpful. Depending on your needs and preferences, you can expect to spend about \$65 on materials for this course. Please see the materials list for this class posted at hvcc.edu/communityed/courseinfo.

70506 \$79

8 Sessions, DCC B05

Mon., 6/17 - 8/5, 6 - 8 p.m.

Colleen Connolly, Instructor

NOTE: Course descriptions are subject to change without notice.

Painting Still-Life in the Impressionist Style

Impressionism is one of the most beloved styles of painting. Artists such as Monet, Renoir and Degas featured light and the ever-changing effects it can create in their work. In just a day, you will learn how to paint a simple still-life featuring the color and textures of flowers, using the quick, loose style of these amazing artists. This is a beginning painting class, though a basic knowledge of drawing and painting is helpful. Please see the materials list for this class posted at hvcc.edu/communityed/courseinfo.

70507 \$27

1 Session, DCC B05

Sat., 7/13, 10 a.m. - 4 p.m.

(1/2 hour break for lunch)

Colleen Connolly, Instructor

The "Starry, Starry" World of Vincent Van Gogh

Vincent Van Gogh was one of the most interesting and controversial artists of the post-impressionist movement. He painted with bold swirls of vibrant colors, creating a sense of movement and emotion. In this class, we will work with acrylic paint on canvas to create a Van Gogh-style triptych – a set of three paintings utilizing the bold, swirling style of this innovative painter. This is a beginning painting class, though a basic knowledge of drawing and painting is helpful. Please see the materials list for this class posted at hvcc.edu/communityed/courseinfo.

70508 \$79

8 Sessions, WIL 113

Wed., 6/19 - 8/7, 6 - 8 p.m.

Colleen Connolly, Instructor

Sewing Courses

Basics of Sewing Apparel

You will learn how to read a pattern envelope, take measurements, learn basics of fabric for correct fabric choice, pin, cut out and sew a basic garment. In addition, this course will cover the basics of fabric selection, so you make the correct fabric choice for your piece. Please bring your own sewing machine. There will be a half hour break for lunch. Course fee includes \$10 materials fee.

70211 \$135

2 Sessions, DCC 135

Sat., 6/15 & 6/22, 9 a.m. - 3:30 a.m.

Vivian Burns, Instructor

Intermediate Sewing

Take this opportunity to work on a new project that may be a challenge or simply one you have always wanted to complete! This class will take you through the techniques YOU need to learn for successful completion of your project. Some sewing experience is required, and this is a great next step for those who have already taken Vivian's "Basics of Sewing Apparel" class. Each student will be contacted before the first day of class in order to review appropriate materials and pattern selection. Students are responsible for laying out their complete pattern prior to the first day of class. There will be a half hour break for lunch.

70212 \$160

3 Sessions, DCC 135

Sat., 6/29 - 7/13, 9 a.m. - 3 p.m.

Vivian Burns, Instructor

Class cancelled due to low enrollment.

Serger Essentials

Get started with your serger! This class will show you how to thread and use your serger. The course will cover all basics in addition to coverstitch conversion. Learn what your serger can add to your sewing projects! Please bring your own serger to class. There will be a half hour break for lunch.

70213 \$125

2 Sessions, DCC 135

Sat., 7/20 & 7/27, 9 a.m. - 3:30 p.m.

Vivian Burns, Instructor

Techniques of Garment Construction

This class assumes a basic understanding of sewing. It is great for new learners or those who need a refresher. By the end of the course students will have a binder full of techniques for reference. You will learn a variety of sewing techniques from seam finishes to collars and cuffs. Please bring your own sewing machine. There will be a half hour break for lunch.

70214 \$160

3 Sessions, DCC 135

Sat., 8/3 - 8/17,

9 a.m. - 3 p.m.

Vivian Burns,

Instructor



■ Business/Financial Planning

Social Media Marketing Made Simple

NEW!

Most people are using social media, yet many businesses are not clear on the value social media can bring to their bottom line. Companies are struggling to figure out where to start, which platforms to use, and what to say to make it worth their time and effort. In this introductory session, we will cover strategies and best practices to get the most out of your social media activities, including:

- What social media marketing really is and why to use it in business
- Introduction to social media channels and how to evaluate what's right for your business or organization
- How small businesses are using these low-cost tools to gain visibility, develop relationships and drive sales response
- How to create good content for your social media marketing campaigns
- How to balance social media marketing with email marketing and the rest of your marketing initiatives.

70523 \$10

1 Session, BTC Meeting Room 2

Tues., 7/23, 6:30 - 8 p.m.

Erik Bunaes, Constant Contact Authorized

Local Expert, Instructor

NOTE: All information in this brochure is subject to change without notice.

Business Success and Economic Recovery Techniques

NEW!

Since the Great Recession, business owners have been challenged to adapt to newer growth strategies, utilize free technologies, improve accounting skills and engage in modern marketing techniques. Maximize your potential for a successful business in this one-session class.

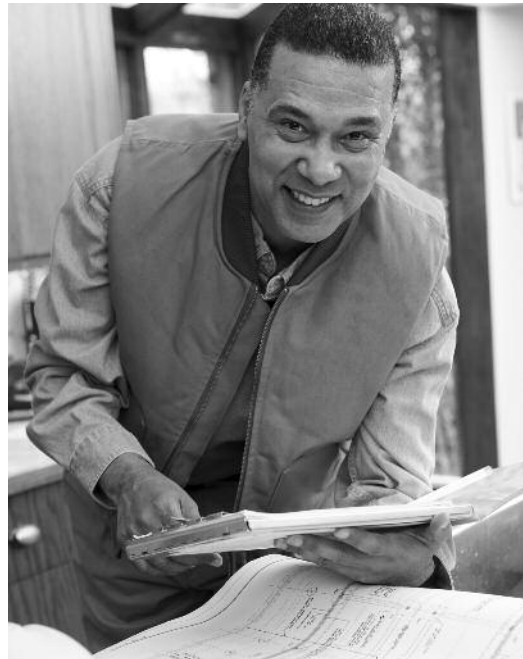
70524

\$20

1 Session, ADM 102

Wed., 8/14, 6 - 9 p.m.

David Ewen, M.Ed., Instructor



DO YOU HAVE A GREAT IDEA FOR A COURSE?



Contact our office at 629-7339 or www.hvcc.edu/communityed/apply.html

Center for Creative Retirement



Celebrating Angels - Drawing from Inspirational Statuary at St. Agnes

Join artist Karen Hummel for a figure drawing class inspired by the angel sculptures at St. Agnes Cemetery. These are beautiful and at times overlooked as worthy sources of inspiration. They will provide the artist with many options for observing light and shadow, proportions and interpretation. Studio exercises and field studies will be covered, which can be translated into finished paintings and drawings after this workshop. Examples will be provided. We will finish the session at 4 p.m. and close with a wine and cheese reception to discuss and reflect on the day's work. Some experience drawing will be helpful, however beginners are welcome. Please see the materials list for this class at www.hvcc.edu/communityed/courseinfo.

70497 \$60
1 Session, St. Agnes Cemetery in Menands, NY
Sat., 6/1, 2 - 5 p.m.
Karen Hummel, Instructor

Class cancelled due to low enrollment.

Italian Cooking Class

Adele Bucci came to the United States 15 years ago. She offers Italian cooking classes via her business, La cucina di Adele, for beginners and people who want to improve their cooking. In this small, relaxed class, you'll make your own pasta and prepare an Italian feast while having a great time. Let cooking take you on a journey of the senses. It's the sights, smells and textures that lead to the ultimate destination: luscious tastes. Come join Adele as she shares the experience of wonderful authentic Italian food. Our lunch menu will include: homemade orecchiette with broccoli pesto, Pollo al mattone (chicken under a brick) with melanzane in agrodolce (sweet and sour eggplants), roasted potatoes and Ricotta cheesecake for dessert.

70504 \$60
1 Session, La Cucina di Adele in Albany, NY
Tues., 6/4, 10 a.m. - 1 p.m.

Adele Bucci, Instructor
Jean Chenette, Coordinator

Class cancelled due to low enrollment.

Legacy Art: The Joy of Sculpting Using Found Objects

People traditionally commemorate the lives of the deceased in visual form. In this class, you will learn how to use and combine a variety of materials to make two objects. One object will be a legacy piece of your own design and the other will be a class legacy project. This two-day workshop will be dedicated to the introspection of our own individual legacies, and the legacy each generation weaves together. Students are encouraged to bring their own materials to help build a legacy piece and are also encouraged to bring their own skills and knowledge of materials to share with the class. If you know how to sew or solder, paint, cook, or sculpt - bring that creative energy! Materials can include anything from dirt from their home, bark, to sewing needles, stickers, jewelry, screws or ceramic figures. At the end of the workshop we will hold a critique, sharing our ideas and stories. Space to work will be available indoors or outdoors. We will have a wonderful lunch provided at a lovely spot overlooking a Victorian-Era cemetery. Please see the materials list for this class at www.hvcc.edu/communityed/courseinfo.

70509 \$75
2 Sessions, St. Agnes Cemetery in Menands, NY
Thurs. & Fri., 6/20 & 6/21. 10 a.m. - 4:30 p.m.

Jaymee Harvey, Instructor
Kelly Ann Grimaldi, Coordinator

Class cancelled due to low enrollment.

■ Certificate Programs

Paralegal Certificate Course

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

The online paralegal course is split into two parts: Introduction to Paralegal Studies and Advanced Paralegal Concepts. All registered students will be enrolled in both sections, which will be completed consecutively.

Introduction to Paralegal Studies provides the foundation for the study of paralegalism. During the seven-week course, you will gain an understanding of the American legal system and learn how you can be of assistance in the exciting field of law.

Coursework is equivalent to 45 class hours of study. This is an accelerated course. You will be expected to spend an average of 12 hours per week reading and completing writing assignments.

Advanced Paralegal Concepts takes over where the introduction leaves off. In this seven-week course, you will learn the advanced skills of legal research and writing, formal and informal advocacy, and appellate procedure. Coursework in the advanced course is equivalent to an additional 45 class hours of study.

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

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



*Paid access to the Westlaw online legal library is offered through the Center for Legal Studies and is strongly recommended to complete the second part of the course. Please note that students also have access to Westlaw at Hudson Valley Community College. However, at this time, the Westlaw database can only be accessed from the Marvin Library on campus. Textbooks that accompany the instruction of this course are available for purchase in the college's bookstore or through the Center for Legal Studies at 1-800-522-7737.

70201 \$1189
Online course, 5/6 - 6/21 and 7/1 - 8/16

70502 \$1189
Online course, 7/1 - 8/16 and 8/26 - 10/11

**Additional information for the Paralegal Certificate Course
can be obtained at www.legalstudies.com.**

[Click here for additional information about registering for the online Paralegal Certificate Course.](#)

ed2go Online Career Training Programs

ed2go Online Career Training Programs offered online at Hudson Valley Community College are self-paced and provide short-term certificate programs. You may register for and start the courses listed below at any time. However, to receive a certificate of completion from Hudson Valley Community College, you must complete the course with a 70 percent or higher within 180 days. Each course includes a set of lessons and tests, and has an instructor who responds to you. Please note that any certification or exam fees are not included in the course fees.

Administrative Medical Specialist with Medical Billing and Coding

Administrative Medical Specialist with Medical Billing and Coding will give you the skills you need to find a job as an administrative medical specialist (AMS), medical billing specialist, medical coder, and/or medical office manager. In addition to the extensive medical billing information, you will be taught every aspect of the medical receptionist/front desk position. Upon successful completion of the Administrative Medical Specialist with Medical Billing and Coding course, students will be prepared for an entry-level position doing medical billing or coding in a medical office setting and will be prepared to sit for the Certified Billing and Coding Specialist (CBCS) exam and the Certified Medical Administrative Assistant (CMAA) exam.

70202 \$1995
Online course, 300 hours

Medical Transcription + Medical Terminology

A medical transcriptionist listens to dictated recordings made by physicians and other health care professionals and transcribes the recordings, creating medical reports that eventually become part of patients' permanent files.

In the Medical Transcription + Medical Terminology online training program, you'll gain the ability to transcribe medical reports and learn the skills you need to obtain an entry-level position as a medical transcriptionist. You'll also get a 60-hour Medical Terminology online training program.

70203 \$1995
Online course, 300 hours

Veterinary Assistant

Prepare for a new career working with animals with the help of the Veterinary Assistant online training program. You'll learn about animal care and how to recognize signs of illness and disease. This online program also covers interpersonal communication, interaction with clients and their animals, and how to assist the veterinarian during examinations.

Administrative duties, such as fee collection, banking and accounts payable are also emphasized, and the program contains basic information about pet insurance.

70204 \$1995
Online course, 240 hours



For more information, including complete course descriptions, prerequisites and course outlines, click on the course titles above.

■ Communication

Mandarin Chinese I

This course is an introduction to the Mandarin Chinese language and Chinese culture. It is designed for people planning business or pleasure trips or individuals interested in Chinese language and culture. You will learn basic conversational skills and Chinese culture through learning Pinyin (Mandarin pronunciation), in addition to folk songs and Chinese calligraphy. No previous experience with Mandarin Chinese is required. Course fee includes a \$7 materials fee.

70505 \$72

9 Sessions, DCC 137

Tues., 6/11 - 8/6, 6:30 - 8 p.m.

Jung Tzu Lin, Instructor

Getting Paid to Talk: Voice-Overs as a Profession

Have you ever been told you have a great voice? This exciting class will explore numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet! We will cover all the basics, including how to prepare the all-important demo and how to be successful and earn great income in this exciting field. You will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. You will even have a chance to record a commercial script under the direction of our producer! This class is informative, lots of fun, and a great first step for anyone interested in voice-acting professionally.

70197 \$15

1 Session, DCC B06

Wed., 7/10, 6:30 - 9 p.m.

John Gallogly of Creative Voice Development,
Instructor

German for Everyone

This conversational course provides basic pronunciation, grammar and useful phrases in German. The focus is on having fun while participating in many interactive activities such as roleplaying, games and puzzles. Course fee includes a \$5 materials fee.

70253 \$98

8 Sessions, DCC 136

Thurs., 6/6 - 7/25, 6 - 8 p.m.

Lisa Jiardini, Instructor



The Art of Writing Proposals for Grants, Programs and Research

Learn the art of writing proposals for grants, programs and research. Topics will include developing need and impact statements, searching for fundraising/support, collaboration and partnerships, reviewing RFPs, types and parts of the proposal, addressing goals and objectives for evidence-based outcomes, creating budgets, writing techniques and tips for submitting a successful proposal. Other topics will be addressed based on need and interest. Instructors will use guided practice to assist participants with constructing a proposal by the completion of the course.

70308 \$150

8 Sessions, DCC 136

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

No class 7/16

Nicole Arduini-Van Hoose and Wendy Chirieleison,
Instructors

Class cancelled due to low enrollment.

Music Recording, Publishing, Marketing and Publicity

Discover the free tools to make your music heard on CD and online on Amazon, iTunes, Google, Facebook, MySpace, Spotify, eMusic, iHeartRadio and many more. This class will help you create your album cover, record sound with quality and reach your audience with marketing and publicity.

70525 \$20

1 Session, BTC 203

Mon., 8/12, 6 - 9 p.m.

David Ewen, M.Ed., Instructor

Promote Your Interests with Blogging

Create a blog to enhance your career, build marketing talent, raise funds or become a journalist. Blogs can be used for marketing, fundraising, career-building, grant writing, journalism, or just for fun! This class will help you find the free tools to develop beautifully written content and show you how to enhance your blog with companion videos and online talk radio programs. Join us for this one-session class to become a marketing expert that promotes you and your blog.

70526 \$20

1 Session, DCC 138

*Wed., 7/31, 6 - 9 p.m. David

Ewen, M.Ed., Instructor

Note that this corrected date is different than in the print brochure.

Computers

Personal Computer Maintenance

Have you ever had problems with your home PC and wished you could fix them yourself? Well, you can after you finish this class. Has your PC been slow, and you don't know what to do? Why pay hundreds of dollars when you can do it yourself. We will introduce you to software and hardware maintenance to keep your PC running its best. Topics covered in this class include backing up data, as well as troubleshooting applications, printers and Internet connections.

We also will show you how to install and run anti-virus and anti-spyware software and go over common PC problems. Have you ever seen the inside of a PC? We'll show you how to easily swap out a bad power supply, upgrade your memory and your hard drive. Come join us and bring out the "geek" in you.

Prerequisite: This is not a beginning computer course. Students must possess basic computing skills and be familiar with computer functionality and operation and/or have completed a basic computer class.

70241 \$109
4 Sessions, BTC 1053
Mon. - Thurs., 6/10 - 6/13, 6 - 8 p.m.
Carlene Sheehan and Umran Yaqoob, Instructors

Intro to Web Design with Adobe Dreamweaver CS5

Are you interested in building a Web site but not sure how? This workshop will take you through all the necessary steps to organize, design and build your site. You'll learn how to use Dreamweaver to organize and build simple Web pages with user interactivity. After a comprehensive knowledge of Web site fundamentals is achieved, the course will move on to incorporating CSS to further enhance the design and layout of your Web pages. Throughout the course, students will also learn the basics of writing their own CSS and HTML code.

This course is ideal for artists, photographers and other creative individuals looking to create their own Web sites. Basic PC computer knowledge is required. Class fee includes a \$7 computer fee.

70499 \$111
6 Sessions, BTC 204
Tues. & Thurs., 7/16 - 8/1, 6 - 8 p.m.
Kyra Garrigue, Instructor

You will need your HVCC user ID and password for on-campus computer access for all classes on this page.



Introduction to Microsoft Excel 2010

Whether you're a teacher, financial planner or just in charge of the finances at home, this is a class you shouldn't miss. You'll learn how to use Microsoft Excel to manipulate numbers, manage your budget at home or figure out how much you can afford on a loan and how much you need to sock away for your retirement. Excel is a do-everything spreadsheet program that will help you organize your life. Basic computer knowledge is required to take this class. Course fee includes \$3 computer fee.

70242 \$50
3 Sessions, BTC 216
Mon. & Wed., 6/17, 6/19 & 6/24, 6 - 8 p.m.
Carlene Sheehan, Instructor

Social Media for Beginners

Twitter, Facebook, Instagram, LinkedIn... what are they all about? How can you effectively use them? If you are a business owner, educator or just interested in learning more about these technology tools, this course is for you. It will help you determine which platform is best for your needs as well as walk you through setting up an account. Course fee includes a \$3 computer fee.

70528 \$18
1 Session, BTC 205
Mon., 7/15, 6 - 8 p.m.
Cathy Germano, Instructor

Intro to Photoshop for Photographers

This class will focus on the very basics of your digital camera and will focus on how you can use Adobe Photoshop software to enhance your pictures. The class will cover the basic principles of photography to help you better understand your camera and how you can use your camera in any situation. We will cover some features and tools in Adobe Photoshop and how it can assist you in your photographic pursuit. In addition we will explore the possibilities of using Adobe Photoshop to collage your photographs and create otherwise impossible photographs. Course fee includes a \$12 computer fee.

70536 \$115
6 Sessions, BTC 216
Mon. & Wed., 7/15 - 7/31, 6 - 8 p.m.
Justin Baker, Instructor

NEW!

COMPUTER ACCOUNTS

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

If you are a returning student and you no longer have your username and/or password you can contact the Office of Community and Professional Education at 518-629-7339 and we can reset your password and send both your username and new password to you in the mail. Please make this request at least a week before your course begins. If you do not have your username and password on the day your class begins, you can come to the Office of Community & Professional Education (during business hours) in the Guenther Enrollment Services Center, Room 252 and with photo ID we can reset your password. Students can also go to the Computer Learning Center in the basement of the Marvin Library to have their password reset.

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

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

GED Preparation

GED Preparation Course

This course covers the same subjects included on the GED examination. You will review reading, writing, grammar, essay writing, science, social studies and mathematics. This course is designed for those who need to study the fundamentals of mathematics, reading and writing in preparation for the GED examination. Course fee includes the required textbook. A Certificate of Residence is required.

Day Session

70310 \$205

39 Sessions, BTC 322

Mon. - Thurs., 6/10 - 8/15, 9:30 a.m. - 3 p.m.

No class 7/4

Elaine Collins, Instructor

Evening Session

70309 \$80

23 Sessions, BTC 322

Tues. and Thurs., 5/28 - 8/15, 6 - 9 p.m.

Joal Bova, Instructor

DO YOU HAVE A GREAT IDEA FOR A COURSE?

Contact our office at 629-7339 or
www.hvcc.edu/communityed/apply.html

Certificate of Residence Information

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

Why do you need it?

A Certificate of Residence enables Hudson Valley Community College to charge your county for part of your tuition costs.

Without a Certificate of Residence, you will be considered a non-resident of New York State and will have to pay the non-resident tuition.

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

Where do you get it?

You obtain a Certificate of Residence from the county of your permanent address by providing proof of residency. You must be a New York State resident for one year and provide proof of residency for the past six months.

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

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

Kids on Campus

An Introduction to Kindermusik

Ages Infant - 5

Children love to move, groove, play and sing! Kindermusik is a research-based, children's music and movement program that teaches beginning music concepts, early literacy, social interaction and coordination, all led by the gentle guidance of a licensed instructor. Best of all, Kindermusik provides focused, quality bonding time for children and their parents or caregivers. In this introductory session, you will get a taste of the Kindermusik program, spend some quality time with your little one and go home with an instrument friendly for little hands and few new songs to share.

70531 \$15

1 Session, CTR 204

Sat., 6/29, 2 - 3 p.m.

Class cancelled due to low enrollment.

70532 \$15

1 Session, CTR 204

Sat., 8/10, 2 - 3 p.m.

Casey Jean Chapman of Troy Music Academy,
Instructor

Kindermusik Adventures - Creatures in My Backyard

NEW!

Dedicated to the great outdoors, the environment, and our many neighborhood animal friends, this class is full of songs, fingerplays, nursery rhymes, musical stories and dances. We want to inspire infants, toddlers, preschoolers and parents to explore, imagine and discover the wonders of the natural world. In just five classes, we'll give you a summer's worth of music, stories and activities created to inspire a lifetime of learning. Course fee includes \$20 materials fee for thematic book, music CD and age appropriate instrument.

70533 \$75

5 Sessions, TECSMT 202 at TEC-SMART in Malta, NY
Wed., 7/10 - 8/7, 6 - 7 p.m.

Casey Jean Chapman of Troy Music Academy,
Instructor

Be sure to explore all our 2013
summer programming for kids and teens
at www.hvcc.edu/kidscamps.

Programs for Teens

Driver Education

This non-credit course will include 24 hours of classroom instruction and 24 hours of on-the-road instruction. You must have a valid New York State learners permit or license prior to taking the program. Students must be 16 years of age before the course begins.

Upon successful completion of the program, students will be issued a MV-285 Student Certificate of Completion (formerly called a blue card). This will allow the holder, at age 17, to drive after 9 p.m. and also will allow for an insurance reduction where applicable. This course is taught by certified instructors from Bell's Driving School.

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

When registering via mail or fax, please indicate a first and second choice for driving times using the adjacent course codes. If registering online or on the phone, you will be asked to select your drive time when you select your class time. Driving times are available first-come, first-served.

70314 \$425

48 Sessions

Tues., 6/25, 9 - 10 a.m., Orientation,
BTC Auditorium

Mon. - Fri., 7/1 - 8/15, 9 - 10:30 a.m.,
Day 1 Classroom, WIL 160

Drive Times Available

DAY 1

70348 7:30 - 9 a.m.

70349 10:30 a.m. - Noon

70350 Noon - 1:30 p.m.

70351 1:30 - 3 p.m.

DAY 2

70352 7:30 - 9 a.m.

70357 9 - 10:30 a.m.

70514 10:30 a.m. - Noon

70515 Noon - 1:30 p.m.

70516 1:30 - 3 p.m.

70315

48 Sessions

Tues., 6/25, 9 - 10 a.m., Orientation,
TECSMT 122 at TEC-SMART in Malta, NY

Class cancelled due to low enrollment.

Mon. - Fri., 7/1 - 8/16, 10:30 a.m. - Noon,
Day 1 Classroom, TECSMT 122 at TEC-SMART
in Malta, NY

Drive Times Available

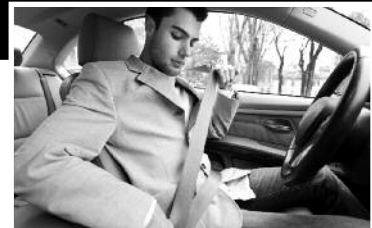
DAY 1

70353 7:30 - 9 a.m.

70354 9 - 10:30 a.m.

70355 Noon - 1:30 p.m.

70356 1:30 - 3 p.m.



■ Programs for Professionals

EMT Refresher

This course is designed to cover the updates to the EMT curriculum as well as the most recent EMS Educational Standards and the American Heart Association 2010 Guidelines. The student will be required to show proof of completion of the ICS-100 and FEMA-IS-700 course to be eligible to sit for the NYS certifying exam. This course runs in conjunction with an original EMT course and students are allowed to take additional sessions as needed. This course begins on May 20. For a complete course schedule, call our office at 518-629-7339.

70140 \$275

Bob Elling, MPA, EMT-P, Instructor

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

This training fulfills to the requirement for a two-hour certification course for teaching assistants, teachers, pupil personnel service professionals and administrators in New York State as part of the Safe Schools Against Violence in Education Act (SAVE). All participants will receive an approved New York State Education Department certificate upon completion of this training.

It also can be used to fulfill the professional development plan requirement to provide a two-hour course for all currently certified educators and staff. The seminar will highlight information regarding statutes, regulations and policies relative to a safe and non-violent school climate; the warning signs for violent behavior exhibited by a student within a developmental and social context that relate to violence and the troubling behaviors in children; how to participate in an effective school community referral process for students exhibiting violent behavior; and classroom management techniques when responding to potentially violent situations or behavior.

70244 \$25

1 Session, ADM 102

Thurs., 7/18, 6 - 8 p.m.

Diane Teutschman, Instructor

Basic Life Support for Healthcare Providers

Part 1 - Course - Part 1 is to be paid for and completed online by the student at <http://www.onlineaha.org/>. You will learn single-rescuer and team basic life support for adults, children and infants through five interactive exercises, scenarios and a written test. Navigation controls allow you to move easily through content as you learn how to recognize life-threatening emergencies, provide high-quality chest compressions,

deliver appropriate ventilation and provide early use of an AED. The course also teaches relief of choking.

This self-paced course is accessible anytime from a computer with Internet access. Students can access the BLS for Healthcare Providers Student Manual, BLS Pocket Reference Card and more for 24 months. This course may be used for initial or renewal BLS for Healthcare Providers Course completion.

Parts 2 and 3 - Skills Sessions

Once you complete the online course you will be able to print a certificate of completion. After you complete Part 1, contact the Office of Community and Professional Education (518) 629-7339 to enroll in a skills session that will take place no more than 60 days following successful completion of the Part 1 course.

The skills session is the hands-on portion of an AHA eLearning course and includes Parts 2 and 3 - skills practice and testing. It is conducted in-person after you complete Part 1 online. For admission into a skills session, students must present their Part 1 certificate of completion to the AHA Instructor or Heartsaver® Skills Evaluator™. Students who arrive at the skills session without the certificate of completion will not be allowed to stay and will need to re-register and pay for another session. Students must come prepared to the skills session. Please review the online course materials before attending.

Underprepared students who do not complete the skills session in the allotted time will need to re-register and pay for another skills session.

Choose one \$30

1 session, 400 Jordan Road, Room 215

~~70220~~ ~~Tues., 5/21, 2-3:30 p.m.~~

~~70221~~ ~~Wed., 6/12, 2-3:30 p.m.~~

~~70222~~ ~~Mon., 6/17, 2-3:30 p.m.~~

~~70223~~ ~~Tues., 6/25, 2-3:30 p.m.~~

~~70224~~ ~~Thurs., 6/27, 2-3:30 p.m.~~

~~70225~~ ~~Mon., 7/8, 2-3:30 p.m.~~

~~70226~~ ~~Tues., 7/16, 5-6:30 p.m.~~

~~70227~~ ~~Thurs., 7/25, 5-6:30 p.m.~~

70265 Mon., 8/19, 10 - 11:30 a.m.

70266 Mon., 8/19, 2 - 3:30 p.m.

70267 Tues., 8/20, 1 - 2:30 p.m.

70268 Tues., 8/20, 2:30 - 4 p.m.

70269 Tues., 8/20, 4 - 5:30 p.m.

70270 Wed., 8/21, 5 - 6:30 p.m.

70271 Thurs., 8/22, 2 - 3:30 p.m.

70272 Thurs., 8/22, 3:30 - 5 p.m.

70273 Thurs., 8/22, 5 - 6:30 p.m.

70274 Sat., 8/24, 9 - 10:30 a.m.

70275 Sat., 8/24, 10:30 a.m. - Noon

Recreation and Hobbies

Introduction to Outdoor Skills

Age 14+



This course is for youth and adults who want to safely enjoy everything from short hikes to extended outings, but may be intimidated by their lack of knowledge. You will learn basic outdoor skills like: navigation, safety tips, first aid and preparedness and explore both the flora and fauna of the Northeast. We will have several guest speakers along with lectures and selected topics for discussion. Two three-mile hikes are included for you to apply newly acquired skills. Course fee includes \$15 materials fee for the provided textbook.

70537 \$165

10 Sessions, DCC B06

2 Saturday Hikes TBD

Tues., 6/11 - 8/13, 6 - 8:30 p.m.

Frank Cuttone, Instructor

Class cancelled due to low enrollment.

FITNESS

Students, please note that there will be construction going on throughout the summer on the roads near the McDonough Sports Complex. This will impact the flow of traffic around the space. Please check the college's Web site this summer for updates on these projects and information on campus road closures.

Yoga I: Foundations of Practice

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

70189 \$80

9 Sessions, MCD 192

Mon., 6/3 - 7/29, 3:30 - 4:30 p.m.

70190 \$80

9 Sessions, MCD 192

Wed., 6/5 - 7/31, 4 - 5 p.m.

Jeanne Wein, Instructor

Zumba

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

70255 \$65

10 Sessions, MCD 192

Mon., 6/10 - 8/12, 5:45 - 6:45 p.m.

70257 \$65

10 Sessions, MCD 192

Wed., 6/12 - 8/14, 5:45 - 6:45 p.m.

Chrissy Sarratori of Abs In, Inc., Instructor

Zumba Toning

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick)! It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast! Take your Zumba workout to a new level and join us for Zumba Toning. Wear sneakers and light clothes and don't forget your water bottle.

70262 \$65

*70263 \$85

10 sessions, MCD 192

Wed., 6/12 - 8/14, 7 - 8 p.m.

Chrissy Sarratori of Abs In, Inc., Instructor

*This course includes a \$20 materials fee for Toning Sticks. If you don't already have a pair of Toning Sticks, choose this course number and the instructor will provide a pair for you at the first class meeting.



■ Recreation and Hobbies

Moderate Hi-Lo Impact Aerobics

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

70261 \$65

10 Sessions, MCD 192

Mon., 6/10 - 8/12, 7 - 8 p.m.

Chrissy Sarratori of Abs In, Inc., Instructor

PIYO Fusion

What do elite athletes, ballerinas and top models have in common? A strong core and flexibility! This mind-body fusion class is for people who want to increase their core strength (abdominals, back, hips and thighs), increase their flexibility and help maintain that long lean look that we all love! This class blends essential Yoga poses for strength and balance and Pilates to build and maintain your core, all the while focusing on spinal alignment. At the end of this class you will feel rejuvenated. Expect to listen to quiet motivational music as a nationally certified personal trainer and fitness instructor leads you through a series of mat exercises while emphasizing correct form and crucial breathing technique. You will FEEL and SEE results – not only in class, but in your day-to-day activities. You will likely walk a bit taller, move with greater grace, feel increased energy, and notice a transformation in your abdominal region. What you need: an exercise mat, a towel and a water bottle.

70316 \$85

10 Sessions, MCD 192

Thurs., 6/13 - 8/22, 6 - 7 p.m.

No class 7/4

Blythe Hurlburt of Fitness Professionals On Demand, Instructor

Class cancelled due to low enrollment.



Kettlebell Fitness

Need a challenging workout? Try kettlebells for a dynamic workout that works all major muscles, burns body fat, and builds power! This class is great for beginners to pros, as you will exercise against your own baseline, at your own pace and see gains over the ten-week period. Regular training with kettlebells will bring you the body you always wanted. Your instructor is an experienced trainer who works well with people at different levels of fitness ensuring they both learn the proper technique and are appropriately challenged. Students are able to transform their physiques, lose weight and break through training plateaus in record time. It is required that students purchase a kettlebell prior to the first class. Often, women may typically start with a 10- or 15-pound (6.8-kg) kettlebell and men start with a 20-pound kettlebell (9 kg), but be sure to choose one that still challenges you but isn't too heavy.

70333 \$85

10 Sessions, MCD 192

Sat., 6/15 - 8/17, 8 - 8:50 a.m.

Blythe Hurlburt of Fitness Professionals On Demand, Instructor

Class cancelled due to low enrollment.

Tabata

How can 20 seconds work for you? How can 8-12 minutes a day get you into the best shape of your life and give you the body you want? 20-second fitness is all about intervals!

The science behind 20-second fitness is based on the work of Dr. Izumi Tabata and his work with Olympic speed skaters. He learned that the 20/10 system (20 seconds on/10 seconds off) not only built endurance and muscle strength, but also produced better results when compared to athletes training with traditional workouts.

Tabata interval training is the single most effective type of high-intensity training and surprisingly the shortest in duration! This versatile program will help you lose weight and can help improve performance in sports! Lose fat, get fit and get a great workout!

70317 \$85

10 Sessions, MCD 192

Sat., 6/15 - 8/17, 9 - 9:50 a.m.

Blythe Hurlburt of Fitness Professionals On Demand, Instructor

Class cancelled due to low enrollment.

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

Put Some Pep in Your Step

Are you giving yourself at least 30 minutes of moderate exercise a day? Would you like exercise to be part of your life? Do you want to make a difference in your life? If so, it's time for a change!

This class is intended for those who are not currently exercising on a regular basis. The goal is to acclimate your body to regular exercise of 30 minutes per day, five days a week. During class, participants will receive flexibility/stretching exercises, participate in a walking program for up to three, ten-minute periods, use light hand weights, receive group support, and follow a personalized exercise plan. Class members will also agree to exercise outside of class at least three times a week. The class will be fun and all participants will be assigned a supportive partner while utilizing an exercise tracking schedule/log.

It takes 30 days to form a habit. Over ten weeks, this class will help you build a strong foundation to make exercise part of your lifestyle! Please bring 1-3 lb. hand weights and water.

70312 \$85

10 Sessions, MCD 192

Sat., 6/15 - 8/17, 7 - 7:50 a.m.

Blythe Hurlburt of Fitness Professionals On Demand, Instructor

Class cancelled due to low enrollment.

Cardio Kickboxing

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

70264 \$110

20 Sessions, CTR 204

Mon. & Wed., 6/10 - 8/14, 7 - 8 p.m.

Pauline Morris of Total Body Trifecta, Instructor

Sole Synthesis

Be one of the first in the area to experience this new low-impact workout currently sweeping the nation. Sole Synthesis is a fusion of strength, flexibility, core and cardiovascular work. It is a standing flow workout done barefoot without extra equipment to upbeat music. This full body workout combines movements inspired by fitness, ballet and yoga. The low impact moves will work you from head to toe.

No previous experience is needed to participate in Sole Synthesis. Just bring a water bottle, your bare feet (sole) and dress in comfortable fitness clothing.

70322 \$40

6 Sessions, MCD 192

Tues., 6/11 - 7/23, 5:45 - 6:30 p.m.

No class 7/9

Sarah Hoffman of Total Body Trifecta, Instructor



Pilates Mat - Beginner

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

70318 \$55

10 Sessions, CTR 204

Mon., 6/10 - 8/12, 5:15 - 6 p.m.

Sarah Hoffman of Total Body Trifecta, Instructor

70319 \$55

10 Sessions, CTR 204

Wed., 6/12 - 8/14, 5:15 - 6 p.m.

Ellen Ehrlich of Total Body Trifecta, Instructor

Pilates Mat - Intermediate

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

70320 \$55

10 Sessions, CTR 204

Mon., 6/10 - 8/12, 6:05 - 6:50 p.m.

70321 \$55

10 Sessions, CTR 204

Wed., 6/12 - 8/14, 6:05 - 6:50 p.m.

Ellen Ehrlich of Total Body Trifecta, Instructor

Recreation and Hobbies

Metabolic Blast Bootcamp

You can change your metabolism – increasing your lean muscle, lowering your resting heart rate and decreasing your overall fat will make it happen for you. That is what this program is professionally designed to do. Intense bursts of cardio exercises such as sprints, lunges, and squats along with strength training sets of dips, pushups and planks are what you will encounter in an atmosphere of camaraderie and great encouragement.

What you receive:

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

What you give:

- Three hours of your time a week
- 100% effort
- \$200 course fee

70326

\$200

30 Sessions, MCD 192

Mon., Wed., & Fri., 6/10 - 8/16, 6 - 7 a.m.

Hollan Bonjukian of Tru Fitness, Instructor



Core Camp

Lose weight around the midsection with this fast track fitness class designed to deliver results! Think Bootcamp meets Pilates.

You will be inspired through high-intensity intervals of metabolically altering cardio drills that are geared to fire up your metabolism while you learn the best middle-whittling core moves out there. Melt the external fat and reveal the lean chiseled muscle that you will be developing.

This program will begin and end with a thorough fitness and nutrition assessment so you will see the incredible results from investing in yourself. Join us in Core Camp and whittle your middle this year! For more information please contact Hollan Bonjukian at (518) 496-0337 or trufitnessanswers@gmail.com

70510 \$75

10 Sessions, MCD 192

Sun., 6/16 - 8/18, 6:30 - 7:30 a.m.

Hollan Bonjukian of Tru Fitness, Instructor

Pilates for Runners

Want to run effortlessly? Want to bulletproof your hips and knees against injury? Ready to become a force to be reckoned with? If you answered "yes" to any of these questions, then this class is for you! If you just want to become a better runner and experience your fittest summer ever, join us for Pilates for Runners. This training will help you overcome common problems to runners including: plantar fasciitis, runner's knee and shin splints.

Although there will be NO running in class, this program is no walk in the park. You will learn the 'golden' exercises that will unlock your inner runner, by targeting the common weak spots; gluteus medius, lower back, abdominals and spine while lengthening the hamstrings, tightening the quads and conditioning the feet. If you are not a runner, you'll be runner-ready when you are through! If you are a runner, this class will be transformational for you. For more information please contact Hollan Bonjukian at (518) 496-0337 or trufitnessanswers@gmail.com.

70511

\$75

10 Sessions, MCD 192

Sun., 6/16 - 8/18, 7:45 - 8:45 a.m.

Hollan Bonjukian of Tru Fitness, Instructor

Class cancelled due to low enrollment.

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

Kettlebell Fitness Sprint Class at Malta

NEW!

Need a challenging workout and an effective exercise for strengthening muscles and sculpting your body? Try kettlebells for a dynamic workout that works all major muscles, burns body fat and builds power! This class is great for beginners to pros, as you will exercise against your own baseline, at your own pace and see gains over the five-week period. You will also receive an exercise plan and workout log to follow during this program which can be utilized when the session is over. Regular training with kettlebells will bring you the body you always wanted. Your instructor is an experienced trainer who works well with people at different levels of fitness ensuring they both learn the proper technique and are appropriately challenged. Students are able to transform their physiques, lose weight and break through training plateaus in record time. It is required that students purchase a kettlebell prior to the first class. Often, women may typically start with a 10- or 15-pound (6.8-kg) kettlebell and men start with a 20-pound kettlebell (9 kg), but be sure to choose one that still challenges you but isn't too heavy. The instructor



will contact class members one week before class starts to help determine what weight kettlebells people should purchase.

70512 \$85

10 Sessions, Tec-Smart Lobby at Tec-Smart
in Malta, NY

Tues. & Thurs., 7/9 - 8/8, 7:10 - 7:50 a.m.

Yonka Beckemof, Fitness Professionals On Demand,
Instructor

Class cancelled due to low enrollment.

■ Special Interest

The Basics of Selling on eBay

You can be successful on eBay! Learn how to register, create listings, utilize eBay's vast resources, research items, open and use a PayPal account, complete transactions, and most importantly, MAKE MONEY! Course fee includes \$19 materials fee.

70313 \$49

2 Sessions, ADM 102

Sat., 6/15 & 6/22, 9 a.m. - Noon

Amy Grazda, Instructor

Class cancelled due to low enrollment.



Acting Skills for Real Life

NEW!

Learn basic acting skills and see how they can help you in everyday situations, as well as performance and public speaking. Course content will include:

- Vocal movement and imagination warmup activities
- Improvisations around different circumstances including examples of "real life" situations and role reversals
- Rehearsals and class performance of brief scenes or monologues.

70527 \$90

6 Sessions, BTC Meeting Room 1

Tues., 6/25 - 7/30, 6 - 9 p.m.

Nadia Creamer, Instructor

Class cancelled due to low enrollment.

Special Interest

Motorcycle Courses

Please visit www.hvcc.edu/rider for additional information and links to course schedules. On-bike training is offered April - October.

WHICH COURSE IS FOR YOU?

For help with choosing the right course for you, please email info@camstraining.net with a brief description of your needs or experience and we will help match you to the course that best fits your situation.

MOTORCYCLE SAFETY FOUNDATION (MSF) COURSES

MSF - Introductory Motorcycle Experience (IME) \$70

- Sponsored by the Motorcycle Safety Foundation (MSF)
- It is designed for the student who has no riding experience and isn't sure whether or not they should take formal motorcycle training. (This course does not guarantee success in the BRC.)
- Two hours of hands-on experience
- Intro to the motorcycle and its controls
- Motorcycle and helmet provided
- Prerequisite: None



MSF - Basic Rider Course \$275

- For motorcycle or scooter (motorcycle or scooter provided)
- Reserve a scooter at time of registration so we have one available (scooter registrations cannot be accepted online)
- Designed for beginner and re-entry riders
- Learn or review basic riding skills
- Smartest way to get your motorcycle license
- MUST have STRONG sense of balance
- MUST be able to ride a bicycle
- 16½ hour course
- Successful completion of BRC qualifies for New York State Motorcycle Road Test Waiver.
- Prerequisite: MUST have recent bicycle riding experience. Valid New York State driver's license and motorcycle permit. Out of state and military please email info@camstraining.net for information. New York State Jr. or graduated license holders email info@camstraining.net for information.

MSF - Bike Bonding RiderCourses (Two Levels)

Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating).

MSF - Basic Bike Bonding RiderCourse (BBBRC) \$150

- For licensed or permitted riders on our training bikes (This is not a licensing course.)
- Next logical step after the BRC. Gain more low speed control and confidence on our training bikes.
- Focuses on motorcycle manipulation skills to maximize low-speed operation and control
- Learn to "put the bike where you want it" at low speed
- Half-day riding course, no classroom
- Instruction includes: bike bonding awareness; basic control skills; speed control and turns from a stop; tight turns; accelerating; braking and turning; engine braking; curves and swerves; low-speed decreasing radius curves; control in tighter spaces; lollipops and sharing the road
- Prerequisite: Must have Motorcycle License, Sufficient riding skills and experience to operate a motorcycle with basic proficiency

MSF - Ultimate Bike Bonding

RiderCourse (UBBRC) \$150

- For licensed riders on their personal motorcycles
- For riders looking to dial-in low speed control and confidence on their own motorcycle
- Half-day riding course, no classroom
- Great way to hone your skills in the spring!
- Maximize low-speed operation and control
- Instruction includes: bike-bonding awareness; big box; zigzag; circle weaves; switchbacks; lollipops; circuit training and sharing the road
- Attn: Clubs and Dealerships - e-mail Info@CAMSTraining.net for group rate info
- Prerequisite: Rider must have valid motorcycle license and possess SOLID basic skills with recent riding experience. It is recommended that the motorcycle be appropriate for the size and strength of its rider.

LEE PARK'S TOTAL CONTROL RIDING CLINICS

Total Control - Intermediate Riding Clinic (IRC) \$150

- Perfect next step for newly licensed riders or licensed riders returning to the sport who do not want an entry-level course
- Ride your personal street legal motorcycle or scooter
- 5-hour clinic
- Throttle control
- Brake control
- Vision
- Line selection
- Low-speed turning
- Evasive maneuvers
- Road-speed turning
- Prerequisite: 500 miles recent experience
- Attn: Clubs and dealerships - e-mail Info@CAMSTraining.net for group rate info

Total Control - Advanced Riding Clinic (Two Levels)

Based on bestselling book, *Total Control* by Lee Parks

Level 1 - Full Day \$325

- Corner with confidence
- Learn on your motorcycle (any style)
- Enhance your mental strategies
- High performance skills learned at parking lot speeds
- Add safety to your street riding
- Get more out of your track days
- Full-day clinic
- Prerequisite: 3,000 mile recent experience
- Passengers allowed (additional fee applies)

Level 2 - Full day \$325

- Build on the skills you learned in Level 1
- Advanced cornering techniques
- More challenging exercises from the book *Total Control*
- Trail braking into corners
- Hard braking into corners
- Speed shifting
- Decreasing radius corners
- Multiple apex corners
- Full-day clinic
- Prerequisite: Total Control ARC level 1
- Passengers allowed (additional fee applies)

Total Control Level 1 and 2 \$599

Sign up for both and save \$\$!

Please note: Motorcycle courses are physically demanding and require you to be mentally alert and able to multitask. Proper riding gear is required for all courses.

All motorcycle courses have a separate cancellation and refund policy. This is available at www.hvcc.edu/rider. You are required to sign off on the Motorcycle Cancellation and Refund Policy Acknowledgement prior to completing the registration process.

If a student is unable to gain the appropriate skills at the group learning level or poses a safety risk to themselves or others, they will be counseled out at the coaches' decision and no refund will be granted.

For registration or scheduling questions, please call (518) 629-7339.

For specific questions about classes or policies related to motorcycle courses, e-mail info@CAMSTraining.net

**Total
Control**
Advanced Riding Clinic

Driver Training

Defensive Driving

This course will award all New York State motorists with a 10 percent reduction in motor vehicle liability and collision insurance premiums for a three-year period. Also, drivers who have incurred violation points on their record will receive a four-point reduction. The course is certified with the Department of Motor Vehicles and the National Safety Council. The program consists of six hours of classroom instruction including films, lecture and discussion. You will be taught accident prevention techniques along with useful refresher material. Course materials include a student workbook and a certificate upon completion. The courses are taught by certified instructors from Bell's Driving School.

Students should bring a blue or black pen to class. Late arrivals will not be admitted and no refund will be issued.

70008 \$40

1 Sessions, ADM 107

Sat., 6/15, 8:30 a.m. - 3 p.m.

70250 \$40

1 Sessions, DCC 137

Mon. & Wed., 7/15 & 7/17, 6:30 - 9:30 p.m.

70517 \$40

2 Sessions, TECSMT 125 at TEC-SMART in Malta, NY

Mon. & Wed., 8/5 & 8/7, 6:30 - 9:30 p.m.

Bell's Driving School, Instructors

5-Hour Pre-licensing Course

This mandatory course is required by New York State Department of Motor Vehicles for any individual seeking to take a New York State Road Test. The course covers the state required curriculum and is taught by certified instructors from Bell's Driving School. Students must possess a NYS Learners Permit in order to take the course.

70518 \$45

1 Session, TECSMT 125 at TEC-SMART in Malta, NY

Tues., 6/18, 5 - 10 p.m.

Class cancelled due to low enrollment.

70519 \$45

1 Session, BTC 206

Sat., 7/13, 9 a.m. - 2 p.m.

70520 \$45

1 Session, TECSMT 125 at TEC-SMART in Malta, NY

Tues., 8/20, 5 - 10 p.m.

Bell's Driving School, Instructors



Boating Safety Course

This course acquaints boaters of all ages with safe and legal boating practices. Students completing this course and passing the instructor-administered exams will earn the New York State Boater Safety Certificate.

Everyone 14 years and older wishing to operate personal watercraft must complete this 8-hour, instructor-led, NASBLA and New York State approved boater safety course to legally operate a personal watercraft.

Operators of boats aged 14 through 17 will also be permitted to operate a boat by themselves after they complete this 8-hour, instructor-led, NASBLA and New York State approved boater safety course to legally operate without a person 18 years old or older on board.

NOTE: This course is open to students ages 14 and up. Students 18 years of age and older should bring a picture I.D. to class. Course fee includes a \$3.50 materials fee.

70245 \$45

1 Session, ADM 101

Sat., 7/20, 8 a.m. - 4:30 p.m.

DO YOU HAVE A GREAT IDEA FOR A COURSE?

Contact our office at 629-7339 or
www.hvcc.edu/community/apply.html

College Preparation

Great preparation for any incoming college freshman!



Smart Start

Here is a two-week summer program to help you strengthen your math and writing skills before the Fall 2013 term begins at Hudson Valley Community College. The Smart Start program is for those who want to gain confidence, learn more about the campus and prepare for college studies. Learning Assistance Center and Computer Learning Center faculty members will review college writing, math and study skills as well as introduce you to campus support staff. Become familiar with the campus and make some friends before classes begin.

A Certificate of Residence is required. Information about Certificates of Residence can be found on page 10.

50033 \$25 for both Writing and Math
10 Sessions, Learning Assistance Center, MRV 001
Mon. - Thurs., 7/29 - 8/8, 8:30 a.m. - Noon

50034 \$15 for Math only
10 Sessions, Learning Assistance Center, MRV 001
Mon. - Thurs., 7/29 - 8/8, 8:30 - 10:10 a.m.

50035 \$15 for Math only
10 Sessions, Learning Assistance Center, MRV 001
Mon. - Thurs., 7/29 - 8/8, 10:20 a.m. - Noon

50036 \$15 for Writing only
10 Sessions, Learning Assistance Center, MRV 001
Mon. - Thurs., 7/29 - 8/8, 8:30 - 10:10 a.m.

50037 \$15 for Writing only
10 Sessions, Learning Assistance Center, MRV 001
Mon. - Thurs., 7/29 - 8/8, 10:20 a.m. - Noon

Jump Start

Hudson Valley Community College offers a workshop series designed to help students lay the foundation for college success. Each of the 50-minute workshops focuses on a different area including writing, math, learning strategies and computers. Learning Assistance Center, Computer Learning Center and Writing Center faculty members will provide instruction in college writing, math, computers and study skills. The program has a day and evening option to meet the needs of students' busy schedules.

50038 \$30 Day Section
5 Sessions, Learning Assistance Center, MRV 001
Mon., Wed., & Fri., 7/29 - 8/2, 1 - 4 p.m.
Wed. & Thurs., 8/7 & 8/8, 1 - 4 p.m.

50039 \$15 Evening Section
2 Sessions, Learning Assistance Center, MRV 00
Wed. & Thurs., 8/7 & 8/8, 6 - 9 p.m.

Self-Paced College Basic Math Review

This course is the perfect solution for those who need to prepare for a GED or college placement test. This non-credit, interactive computer video course allows you to review arithmetic and pre-algebra skills needed for success in basic college math courses. The ModuMath program consists of 51 lessons averaging 23 minutes each, with video and audio content. At your own pace, you can review basic operations with whole numbers, fractions, decimals and signed numbers, as well as learn to solve word problems and equations and determine square roots and percentages.

You will meet with a Learning Assistance Center education specialist to select video lessons, establish a study plan and set up a personal class schedule. You will then work independently and at your own pace (during the day or evening) in the college Learning Assistance Center, progressing through multi-media lessons, taking practice tests and generating a record of your progress.

70251 \$25
Learning Assistance Center, MRV 001

Self-Paced College Algebra Review

This course is the perfect solution if you plan to enroll in a college algebra or trigonometry course but feel a little rusty or unprepared.

This non-credit, interactive computer video course allows you to review algebra skills needed for success in college algebra and trigonometry courses. The ModuMath Algebra program consists of 32 lessons averaging 27 minutes each, with video and audio content. At your own pace, you can review order of operations; algebraic expressions; solving linear and quadratic equations; solving inequalities and systems of equations; word problems; factoring; exponents; roots and radicals; rational expressions; and the Pythagorean Theorem. You will meet with a Learning Assistance Center education specialist to select video lessons, establish a study plan and set up a personal class schedule. Students will then work independently and at their own pace (during the day or evening) in the college Learning Assistance Center, progressing through multi-media lessons, taking practice tests, and generating a record of your progress. The Learning Assistance Center has both day and evening hours.

70252 \$25
Learning Assistance Center, MRV 001



Registration Form Community & Professional Education

Be bold. Be a Viking.

Name: _____
First Middle Last

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

Address: _____

City, State, Zip _____

E-mail address: _____

May we contact you via e-mail? Yes No

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

PAYMENT INFORMATION

Check Voucher/PO (attached) Tuition Waiver MasterCard VISA

Card #: _____ Exp. Date: _____

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

COURSE INFORMATION

_____ CRN # _____ Course Name _____ Fee _____

_____ CRN # _____ Course Name _____ Fee _____

_____ CRN # _____ Course Name _____ Fee _____

_____ CRN # _____ Course Name _____ Fee _____

TOTAL: \$ _____

HOW DID YOU RECEIVE OUR BROCHURE?

From Community & Professional Education

Mail

From a friend

The college Web site

Community location (store, library, etc.) _____

Other: _____

MAIL COMPLETED REGISTRATION AND PAYMENT TO:

Hudson Valley Community Office of Community and Professional Education

80 Vandenburg Avenue, Troy, New York 12180

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

Registration Information

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



Be bold. Be a Viking.

Office Hours

Until May 31: Monday-Friday, 8 a.m. - 5 p.m.
June 3 - August 9: Monday-Friday, 8 a.m. - 4 p.m.
Beginning August 12: Monday-Friday, 8 a.m. - 5 p.m.
The college is closed Monday, May 27 and Thursday, July 4.

How to Register



ONLINE

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

Go to <https://www.hvcc.edu/communityed/register>

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



BY PHONE

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



BY FAX

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



BY MAIL

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

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



IN-PERSON

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

General Information

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

REFUNDS/CANCELLATIONS

Courses nine weeks or longer	
Prior to first class	100% refund
During first week of classes	75% refund
During second week of classes	50% refund
During third week of classes	25% refund
After third week of classes	No refund

Courses eight weeks or shorter	
Prior to first class	100% refund
During first week of classes	25% refund
After first week of classes	No refund

Please Note:

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

CONTINUING EDUCATION UNITS (CEUS)

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

PARKING

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

ESCORT SERVICE

In the interest of personal safety of students, faculty and staff, the college's Public Safety Office provides an escort service during late evening hours. Anyone desiring an escort on college property should call (518) 629-7210 or stop by the Public Safety Office.

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BE AHEAD.

Summer classes at Hudson Valley make it easy.

Be bold. Be a Viking.

570+ AFFORDABLE COURSES

185+

AVAILABLE ONLINE

**SUMMER CLASSES
BEGIN MAY 20,
MAY 28 OR JULY 1**



3-, 5-, 6- AND 12-WEEK SESSIONS

Register today // (518) 629-7338 // www.hvcc.edu/summer



80 Vandenberg Avenue
Troy, New York 12180-6096

Register Online



- Registration begins MAY 8
- Go to www.hvcc.edu/communityed/register
- New students can create an account and returning students can sign-in using their user name and password.
- Print copies of your registration; search upcoming courses; save a plan and so much more!

SEE PAGE 23 FOR MORE DETAILS!