

# Community and Professional Education

A CATALOG OF PROFESSIONAL DEVELOPMENT AND PERSONAL GROWTH CLASSES



SUMMER 2016

ARTS & CRAFTS

CREATIVE RETIREMENT

CERTIFICATE PROGRAMS

HIGH SCHOOL EQUIVALENCY

FITNESS

PERSONAL ENRICHMENT

REGISTRATION BEGINS

**MAY 4**

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



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KIDS ON CAMPUS 2016

# SUMMER PROGRAMS

**ATHLETIC CAMPS**

**THEATER WORKSHOPS**

**SUMMER ACADEMY**

**CIRCUS THEATRICKS**

**TECHNOLOGY**

**REGISTER  
NOW!**

Children love the smart summer fun at Hudson Valley Community College. Half- and full-day athletic and enrichment programs running throughout the summer.

**Athletics** July 11 - Aug. 5

**Summer Academy** July 11 - Aug. 19  
morning and afternoon programs

**Circus Theatricks** June 27 - Aug. 19  
four sessions

**Theater Workshop** July 11 - 22

**Technology Enrichment Program**

July 11 - 15 Middle School Program  
at Bethlehem Middle School

Aug. 1 - 5 High School Program  
at TEC-SMART (Malta)

Aug. 8 - 12 Middle School Program  
at TEC-SMART (Malta)



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



Summer's here (well, almost...), and it's time to get ready for vacations, long sunny days and great classes from Hudson Valley's Office of Community and Professional Education!

Our dedicated staff (see above) is ready to help you discover your next great hobby, pastime or maybe even a new fitness class. The Center for Creative Retirement has lined up some new classes and outings, and our online professional development courses (pages 6-7) can help you gain the skills you need to get a job or get ahead. The table of contents is right here. What are you waiting for?

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and PROFESSIONAL EDUCATION**  
Hudson Valley Community College

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



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Fax: (518) 629-8103

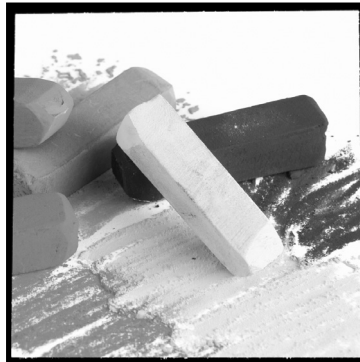
Guenther Enrollment  
Services Center,  
Room 252

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

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



## Arts & Crafts



### Drawing with Charcoal

*Thurs., 6/2 - 6/30, Noon - 2:30 p.m.*

*5 Sessions, DCC B05*

Learn to love drawing with charcoal, appreciating the lights and shadows we see in the objects that surround us. Students will learn the basic techniques of working with this medium and how to apply those techniques to studies and observational drawing. Some basic drawing experience is necessary. Please see materials list for this class posted at [www.hvcc.edu/communityed/courseinfo](http://www.hvcc.edu/communityed/courseinfo)

**Instructor:**

Colleen Connolly

**Price:** \$64

**CRN:** 70906

### Studio in Pastel

*Wed., 6/1 - 6/29, Noon - 2:30 p.m.*

*5 Sessions, DCC B05*

This course will focus on furthering your intermediate and advanced skills using soft pastel. We will experiment with some mixed media and pastels and advance your observational drawing skills. There will be opportunities for more advanced students to work on individual goals. This course is not for beginners. Some experience drawing with soft pastels is necessary. Please see materials list for this class posted at [www.hvcc.edu/communityed/courseinfo](http://www.hvcc.edu/communityed/courseinfo)

**Instructor:**

Colleen Connolly

**Price:** \$64

**CRN:** 70907

### Sewing Basics and Alterations

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

*4 Sessions, DCC 135*

Are you tired of things not fitting properly? Alterations can be so costly. Why not learn to do them yourself? In this class, you will learn methods of altering clothing or some household items. This is a class for all levels, and you will be working at your own pace. No sewing knowledge is required. You may bring in whatever item you wish to be altered. Students should bring their own sewing machine. Please see materials list for this class posted at [www.hvcc.edu/communityed/courseinfo](http://www.hvcc.edu/communityed/courseinfo)

**Instructor:**

Fatima Bey

**Price:** \$45

**CRN:** 70807

### Open Sew

*Sat., 6/4 - 6/25, 10 a.m. - Noon*

*4 Sessions, DCC 135*

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

**Instructor:**

Fatima Bey

**Price:** \$45

**CRN:** 70909

## Basket Weaving Workshop

### Please Pass the Rolls

*Wed., 5/25 - 6/1, 6 - 9 p.m.*  
**2 Sessions, DCC B05**

Learn some new techniques with this useful square basket that uses an oval hoop for the handles. Woven with dyed reed in a twill weave and natural reed in a plain weave for accent, this basket also has a unique base set-up that will provide a bit of a challenge. The basket measures 10" square, the oval hoop/handle is 15" long, and the basket is 5" tall. Please bring a pencil, tape measure and spring-type clothes pins to class. Class fee includes a \$29 materials fee.



**Instructor:**  
 Joyce Flower

**Price:** \$65

**CRN:** 70910

## Center for Creative Retirement

### Historic Cherry Hill Tour and Garden Tea Party

*Thurs., 5/19, 1 - 3 p.m.*

**1 Session, Cherry Hill**

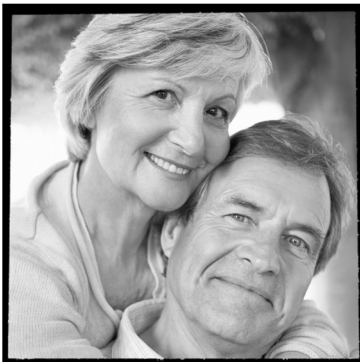
Historic Cherry Hill tells the story of America through the lives and experiences of five generations of an Albany family. One of the capital city's most recognizable landmarks, Cherry Hill was built in 1787 for Philip and Maria Van Rensselaer. Rare among this country's house museums, Cherry Hill's extensive and intact collection includes more than 70,000 items - decorative arts and furnishings, books, diaries, documents, clothing, bedding, photographs and other objects reflecting daily life - all related to the family that lived here between 1787 and 1963.

Join us for a tour of the house and its Frisbee Collection Center. Tea will be served in the garden with cookies from old family recipes. Course fee includes a \$25 materials fee.

**Coordinator:**  
 Jean Chenette

**Price:** \$35

**CRN:** 70911



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

## CENTER FOR CREATIVE RETIREMENT

**Coordinator:**  
Jean Chenette

**Price:** \$10

**CRN:** 70816

### **Root for the Home Team: Tour "The Joe"**

***Fri., 6/3, 10 - 11:30 a.m.***

***1 Session, Valley Cats office at HVCC***

The ValleyCats are a Minor League Baseball affiliate team of the Houston Astros. As members of the 14-team New York-Penn League, their rivals include affiliates of the Mets, Yankees and Red Sox organizations. They play home games at the Joseph L. Bruno Stadium, or "The Joe" as some fans call it.

About 38 home games are played at "The Joe" from June through September. Last year, the Valley Cats clinched their fourth straight New York-Penn League Stedler Division title. Get ready to kick off the 2016 season by touring the "Joe"... take a look at their great facilities, hear what's new for the coming year and get a look at the batting cage and locker room.

**Coordinator:**  
Linda Muller

**Price:** \$25

**CRN:** 70912

### **House and Garden Tour of Samuel Morse's Historic Locust Grove Estate**

***Thurs., 6/2, 10 a.m. - 12:30 p.m.*** ***1 Session, Locust Grove in Poughkeepsie***

While no furnishings survive from the Morse family's years at Locust Grove, the Museum Pavilion is the home of a permanent exhibit that explores Samuel Morse's two careers, first as an artist and later as the inventor of the telegraph and Morse Code. Original works of art, including portraits, landscapes, drawings and sculpture from all phases of his career illustrate the range of his talent. In the Telegraph Gallery, reproductions of Morse's early telegraph models introduce visitors to the electromagnetic telegraph. The exhibition continues to chronicle the development of telegraph equipment through the early 20th century and is an important part of Locust Grove's programs. Our tour will include the Italianate Villa and its 25 rooms along with the gardens.

William and Martha Young brought a new vision to Locust Grove after acquiring the estate from Morse's heirs in 1895. They began to purchase adjoining land and built scenic carriage drives along the Hudson River. Near the house, Martha Young expanded the formal gardens and today the perennial garden preserves her unique style and plant collection. We picked this week to visit so we could take advantage of the peony collection, which hopefully will be in bloom. Course fee includes a \$15 materials fee.

**Coordinator:**  
Paula Johannessen

**Price:** \$20

**CRN:** 70913

### **The Tanglewood Experience**

***Tues., 7/12, 10:30 a.m. - Noon***

***1 Session, Main Entrance Tanglewood***

Tanglewood is "the" music venue in the Berkshire of western Massachusetts. It has been the summer home of the Boston Symphony Orchestra since 1937. Tanglewood is also home to three music schools: the Tanglewood Music Center, Days in the Arts and the Boston University Tanglewood Institute. Besides classical music, Tanglewood hosts the Festival of Contemporary Music, jazz, popular artists, concerts and frequent appearances by James Taylor, John Williams and the Boston Pops. In 1937, Eliel Saarinen, designed, the fan-shaped amphitheater, now known as the Koussevitzky Music Shed, or simply "the Shed."

Our tour includes the Koussevitzky Music Shed, Seiji Ozawa Hall, other musical facilities and the Visitor Center History Room. Course fee includes a \$10 materials fee.

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

**A New Generation of Ceramics at Historic St. Agnes Cemetery**

*With artist Suzanna Van Schoonhoven Hunter*

**Wed., 6/1 - 6/29, 1 - 2:30 p.m.**

**5 Sessions, St. Agnes Cemetery**

The history of clay art is as old as civilization itself. Archeological digs all over the world have found evidence of ancient civilizations in fragments, practical containers and decorative pieces made of clay. The five-part workshop will focus on the creation of a few pieces of hand painted, kiln fired clay art. No experience in ceramics is necessary. Learn to work in the ancient medium of clay and create your own, unique and beautiful fine art pieces without having to make an expensive investment in materials. Classes are held in The Living Room Art Gallery located in Historic St. Agnes Cemetery's Visitor Center. Course fee includes a \$115 materials fee.



**Coordinator:**  
Kelly Grimaldi

**Instructor:**  
Suzanna Van Schoonhoven Hunter

**Price:** \$125

**CRN:** 70897

**Painting Panoramic Vistas: Plein Air Paint Class Series**

**Thurs., 6/9 - 6/30, 10 a.m. - 1 p.m.**

**4 Sessions, St. Mary's Cemetery**

Historic St. Mary's Cemetery located off of Rt. 2 in Troy was founded in 1844. You can see for miles atop one of the many rolling hills in this beautiful Victorian-era cemetery. We will set up our easels facing the loveliest vistas around and capture them in oil paint on canvas. This workshop series is perfect for beginner and intermediate artists. Advanced artists are welcome, too. Class size is limited to allow a lot of one-on-one instruction. It is expected that each participant will be able to complete a 16 inch by 20 inch canvas during the four-part series. All materials including easels, chairs, palettes, canvas, water soluble oil-based paints, brushes and refreshments are provided. No need to invest in expensive art supplies! This is an outdoor painting class. (Restroom facilities are on site.) In the event of inclement weather, rain dates will be offered. Course fee includes a \$95 materials fee.

**Coordinator:**  
Kelly Grimaldi

**Instructor:**  
Karen Woodin

**Price:** \$105

**CRN:** 70900

**A Waterfall in Summer: A Lesson in Translucent Light**

**Wed., 7/20, 10 a.m. - 3 p.m.**

**1 Session, St. Agnes Cemetery**

Capturing translucent light playing on the water's surface can be a challenge to even the most accomplished artist. Capturing the light in water as it moves at lightning speed over smooth rocks is a little easier because it is "messy" – not orderly or predictable. This workshop will teach beginners and intermediate painters the various techniques artists use to give the illusion of translucent light as it bounces off droplets and sprays of water. We will use a combination of water soluble oil-based paints and acrylics on canvas to create a waterfall scene of peaceful beauty. This workshop includes all art materials, coffee and baked goods in the morning and a delicious catered lunch served at noon. Join us in beautiful, historic St. Agnes Cemetery's Living Room Art Gallery for a unique and completely stress free painting experience. Course fee includes a \$60 materials fee.

**Coordinator:**  
Kelly Grimaldi

**Instructor:**  
Noreen Powell

**Price:** \$70

**CRN:** 70899

**The Reverential Landscape**

**Wed., 8/3 - 8/17, 10 a.m. - 1 p.m.**

**3 Sessions, St. Agnes Cemetery**

There is something romantic and intriguing about setting up a big wooden easel outside in the natural light for the purpose of painting a picture. Imagine yourself a French Impressionist capturing the light as it moves and changes. In this three part series, you will be able to take your time to complete a landscape painting on a 16 by 20 inch canvas using water soluble oil paints. Painters will learn how to capture natural light and the curves and shapes of nature using various brush stroke techniques and color values. This class is geared towards new and intermediate painters who wish to step outside the studio and bring a new creativity to their work. All materials and refreshments are included. We will work in an area close to comfort facilities in the Cemetery's Visitors Center. In the event of rain we will work in The Living Room Art Gallery. Course fee includes a \$55 materials fee.

**Coordinator:**  
Kelly Grimaldi

**Instructor:**  
Noreen Powell

**Price:** \$65

**CRN:** 70924

## Certificate Programs



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Your Career or  
Find a New One!***

[careertraining.ed2go.com/hvcc](http://careertraining.ed2go.com/hvcc)

## ONLINE CAREER TRAINING PROGRAMS

### **CPC Administrative Medical Specialist with Medical Billing and Coding**

**\$2,895**

*CRN: 70202, 400 Hours*

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

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

### **Medical Transcription and Medical Terminology**

**\$1,995**

*CRN: 70203, 300 Hours*

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

Your transcription equipment and materials are included.

### **Veterinary Assistant**

**\$1,995**

*CRN: 70204, 170 Hours*

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

\*All course prices are subject to change without notice.

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#### **Program Features:**

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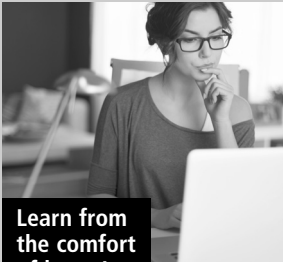
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# HUDSON VALLEY COMMUNITY COLLEGE



# HUDSON VALLEY COMMUNITY COLLEGE



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

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## INSTRUCTOR LED ONLINE COURSES

### Introduction to Google Analytics

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

### Conversational Japanese

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

### Accounting Fundamentals

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

### A to Z Grant Writing

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

### Grammar Refresher

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

### GMAT Preparation

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

### Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

### Homeschool with Success

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

### Spanish for Medical Professionals

Whether you are new to the Spanish language or just want a refresher, this fun and simple course will give you the basic tools you need to bridge the communication gap.

### Introduction to Final Cut Pro X

Make the leap from home video enthusiast to professional video editor using Apple's revolutionary Final Cut Pro X editing software.

### Introduction to Microsoft Excel

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

### Intermediate Microsoft Excel

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

### Introduction to CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

### Nonprofit Fundraising Essentials

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

### Writing Essentials

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

### Mastering Public Speaking

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

### Introduction to Microsoft Access

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

**Enroll Now!**

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*Over 250 Online Courses Available!*



## CERTIFICATE PROGRAMS

CRN: 70502

Price: \$1298

**Online Course Dates:**  
6/27 - 8/12 and 8/22 - 10/7

Additional information for the Paralegal Certificate Course can be obtained at [www.legalstudies.com](http://www.legalstudies.com).

### Paralegal Certificate Course

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

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

**Introduction to Paralegal Studies** provides the foundation for the study of para-legalism. During the seven-week course, you will gain an understanding of the American legal system and learn how you can be of assistance in the exciting field of law. Coursework is equivalent to 45 class hours of study.

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

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

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

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

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## *Pet Education Training Services*

### Pet Certificate Program

Interested in starting a career working with animals but don't know where to get started? This 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. This course will further your knowledge and skills through course lectures, guest speakers and hands-on internship experiences. Those who successfully complete this unique program will have specialized education and experience that gives them an advantage in the field.

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 and be eligible for a certificate, you must successfully complete the online course, complete a pet First Aid/CPR class and complete at least 54 hours of internships at approved animal care facilities within six months of the final class meeting.

**Instructor:**  
Mary Lynn Gagnon

**Price:** \$400

**CRN:** 70828

**Online Course Dates:**  
6/8 - 8/10

## CERTIFICATE PROGRAMS

### Pet CPR and First Aid

This is a hybrid class. Students will complete the online learning portion followed by a hands-on skills session. This course is for students who wish to work in the pet industry or wish to acquire knowledge on how to respond in an emergency situation for pets. The course will provide hands-on experience in pet CPR using our dog mannequin as well as basic first aid.

In this 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. Learning to respond quickly and properly in the first few minutes in a pet emergency is critical and can save a pet's life. Just a sample of some of the material covered in this class includes:

- Equipment and supplies for putting together your own pet First Aid kit
- Assessing vital signs
- Understanding basic pet owner responsibilities
- Bleeding and shock management
- Restraint, muzzle, elevation, direct pressure, pressure points
- Immobilization, shock management and transportation
- Rescue breathing
- Administering medicine and treating wounds

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

**Instructor:**  
Mary Lynn Gagnon

**Price:** \$86

**CRN:** 70710

**Online Course Open:**  
6/6 - 6/27

**Skills Session:**  
Wed., 6/29  
6:30 - 8 p.m.  
ADM 104

### Starting a Pet Business

This course is designed for students who desire to start their own pet business. In order to stand out in the pet industry today you need to think outside the box and do your research. The course will save you time and money by giving you the tools to do it right the first time. It will help aspiring entrepreneurs avoid pitfalls in the beginning stages of business planning. Topics will include business planning, acquiring permits, how to make your business unique in the industry, writing a press release, tips to increase revenue, marketing and designs that sell, where to go for free assistance and much more. Course includes a 30-minute personal phone consultation with Pet Estates Inc. owners Don or Mary Lynn Gagnon.

**Price:** \$85

**CRN:** 70829

**Online Course Open:**  
7/6 - 7/20

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



## Communication



**Instructor:**  
Creative Voice  
Development

**Price:** \$15

**CRN:** 70197

### **Getting Paid to Talk: Voice-Overs as a Profession**

**Mon., 7/11, 6:30 - 9 p.m.**

**1 Session, ADM 103**

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

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



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**Contact our office  
at 629-7339**

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

## QuickBooks Training

*Wed., 6/1 - 6/22, 6 - 8 p.m.*

*4 Sessions, BTC 204*

You will learn how to set up a chart of accounts, add customers and vendors, enter bills, invoices, payments, credits and discounts, and other record keeping activities. Learn how to do reconciliations, set up sales tax, use QuickBooks for payroll, and how to run and use the different reports available. Traditional desktop QuickBooks and QuickBooks online will be covered. Students should have a basic understanding of business and basic accounting principles can be reviewed in the course. Course fee includes a \$5 computer fee. This is a hands-on class and you will need your Hudson Valley username and password.

**Instructor:**  
Alicia Barr

**Price:** \$69

**CRN:** 70908

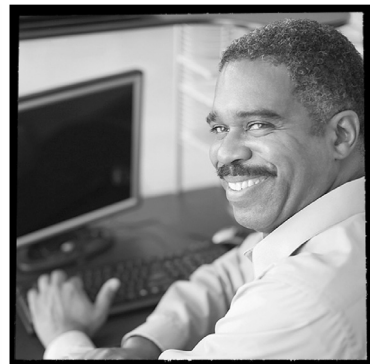
### COMPUTER ACCOUNTS

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

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

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

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





# Health and Wellness

**Instructor:**  
Eileen Kopsaftis of  
Have Lifelong Wellbeing

**Price:** \$39

**CRN:** 70922

## Nourish Your Body: Got Fiber?

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

**1 Session, DCC B06**

Enjoy a delicious meal (recipes provided) and begin your journey to better health. In this class you will learn the basic facts regarding fiber; how it benefits your health and decreases your risk for colon and breast cancer. Fiber can impact digestive issues like diverticulitis, lower your cholesterol level, help you lose weight and so much more. You will also learn how to ensure you are getting enough fiber with a Quick Fiber Check chart. If you or someone you know is struggling with miserable constipation or diarrhea, this information may help you to resolve your suffering and enjoy life again. Course fee includes a \$10 materials fee.

**Instructor:**  
Eileen Kopsaftis of  
Have Lifelong Wellbeing

**Price:** \$34

**CRN:** 70923

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

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

**1 Session, DCC B05**

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

**Instructor:**  
Eileen Kopsaftis of  
Have Lifelong Wellbeing

**Price:** \$90

**CRN:** 70818

**Price:** \$60

**CRN:** 70925  
(Choose if you  
have MELT kit)

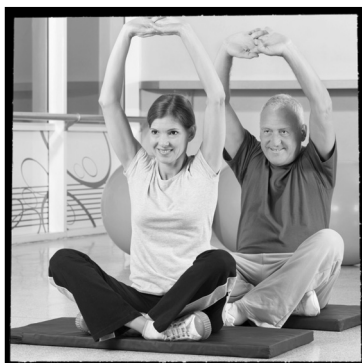
## MELT Away Pain, Improve Your Gait and Your Golf Swing!

**Thurs., 6/2 - 6/9, 7 - 8 p.m.**

**1 Session, CTR 204**

Did you know that MELT can improve your golf swing or any swinging sport like tennis or baseball? It can also improve your gait and even help with neuropathy! If you have pain or decreased sensation it is most likely that your connective tissue is in need of repair. Your neurofascial system requires efficient communication between your nervous system and your connective tissue? If your system is inefficient, chronic pain and dysfunction can be the result. The MELT Method™ rehydrates and lengthens your fascial system! It is a unique approach that directly addresses your neurofascial system, bringing your body back to a more ideal state of balance. Learn this powerful self-treatment method from a qualified MELT instructor who has seen success with her patients regarding many issues (neuropathy, balance impairment, chronic pain, etc.). Course fee includes a \$30 materials fee.

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



### 10 Weeks to a Metabolic Make Over

*Sun., 6/5 - 8/14, 4 - 5 p.m.*

*10 Sessions, ADM 102*

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

#### You will gain:

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

#### You will invest:

- \$200
- one hour a week plus home work time
- in you and your body

#### Instructor:

Hollan Bonjukian of  
Tru Fitness, Instructor

**Price:** \$200

**CRN:** 70920

*No class 7/3*



# High School Equivalency (formerly GED Prep)

**Instructor:**

Joal Bova

**Price:** \$80**CRN:** 70309*No class 7/4 & 7/6*

## High School Equivalency Preparation

**Mon. & Wed., 6/6 - 8/17, 6 - 9 p.m.****20 Sessions, BTC 322**

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

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

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

**Please note: in order to enroll in this class you must achieve an 8th grade level on the reading and math assessments.**

**TABE Pre-Tests**70669 Sat., 5/21,  
9:30 a.m. - 12:30 p.m.70712 Tues., 5/24  
9:30 a.m. - 12:30 p.m.70825 Wed., 6/1  
6 - 9 p.m.

### CERTIFICATE OF RESIDENCE INFORMATION

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

**Why do you need it?**

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

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

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

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

**For information on where to obtain a Certificate of Residence, please visit [www.hvcc.edu/cashier.cor.html](http://www.hvcc.edu/cashier.cor.html).**



# Programs for Teens



## Driver Education

This course is intended to educate students (age 16 or older) on appropriate driving skills and habits as well as playing a responsible role in the highway transportation/safety system. The course includes 24 hours of classroom instruction and 24 hours of behind the wheel training and observation. Students must complete all scheduled classes in order to be eligible for the Motor Vehicle Certificate MV-285. If you know you have to miss a class for any reason, please wait and take this course at another time.

The MV-285 Student Certificate of Completion allows:

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

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

If they choose a Day 2 driving time, they will alternate class and drive time for 1 ½ hours every day. When registering via mail or fax, please indicate a first and second choice for driving times using the course codes adjacent to the selected driving time.

If 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.

*Mon., 6/27, 9 - 10 a.m., Orientation*  
*Classroom Sessions, Mon. - Fri., 6/27 - 8/11,*  
*9 - 10:30 a.m., DAY 1, BTC 219*

### Drive Times Available

<u>Day 1</u>		<u>Day 2</u>	
70348	7:30 - 9 a.m.	70357	7:30 - 9 a.m.
70349	10:30 a.m. - Noon	70514	9 - 10:30 a.m.
70351	Noon - 1:30 p.m.	70515	10:30 - Noon
70352	1:30 - 3 p.m.		

**Instructor:**  
John Ferrucci

In-car sessions are taught by certified instructors from Bell's Driving School.

**Price:** \$425

**CRN:** 70314

No class or driving on 7/4.

# Programs for Professionals

Price: \$30

## Choose one Skills Session:

1 Session, 400 Jordan Rd,  
Room 224

- 70220 Tues., 5/17,  
2 - 3:30 p.m.
- 70221 Wed., 6/8,  
2 - 3:30 p.m.
- 70222 Tues., 6/21,  
2 - 3:30 p.m.
- 70223 Mon., 7/11,  
2 - 3:30 p.m.
- 70224 Tues., 7/19,  
3:30 - 5 p.m.
- 70225 Thurs., 7/28,  
3:30 - 5 p.m.
- 70226 Mon., 8/22,  
9 - 10:30 a.m.
- 70227 Mon., 8/22,  
3:30 - 5 p.m.
- 70265 Tues., 8/23,  
2:30 - 4 p.m.
- 70266 Tues., 8/23,  
4 - 5:30 p.m.
- 70267 Wed., 8/24,  
2 - 3:30 p.m.
- 70268 Thurs., 8/25,  
3:30 - 5 p.m.
- 70269 Thurs., 8/25,  
5 - 6:30 p.m.
- 70270 Sat., 8/27,  
9 - 10:30 a.m.
- 70271 Sat., 8/27,  
10:30 a.m. - Noon

## Basic Life Support for Healthcare Providers, Part 1 - Course

This BLS Part 1 course is to be paid for and completed online at [www.onlineaha.org/](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 any 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 & 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 Community and Professional Education to enroll in a skills session that must take place no more than 60 days following successful completion of Part 1 of the course.

### ***\*Be sure you have completed the BLS for Healthcare Providers Online Part 1!***

The skills session is the hands-on portion of the American Heart Association eLearning course and includes Parts 2 and 3 - skills practice and testing.

It is conducted in-person after a student completes Part 1 online. Skills sessions are not included with the purchase of an online (Part 1) course key. For admission into a skills session, students must present their Part 1 Certificate of Completion at the skills session. 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 one hour of allotted time will need to re-register and pay for another skills session.

**Instructor:**  
Bob Elling, MPA, EMT-P

**Price:** \$275

**CRN:** 70140 Evenings  
**CRN:** 70926 Days

## 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 2015 Guidelines. You 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. In order to participate in this course, you must produce a copy of your certification card or a letter from the NYS EMS Bureau permitting entry at the first class meeting. This course begins on 5/24. For a complete course schedule, call our office at (518) 629-7339.

Starting Fall 2016, the EMT Refresher course is now a 2 credit course. Course EMSP 103 will be available during the fall, spring and summer semesters. To register for fall, call (518) 629-4560.



## PROGRAMS FOR PROFESSIONALS

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

*Wed., 7/20, 6 - 8 p.m.*

*1 Session, ADM 103*

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

**Instructor:**  
Diane  
Teutschman

**Price:** \$25

**CRN:** 70244

## Recreation and Hobbies



### 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!

**CRN:** 70255

*Mon., 6/6 - 8/15, 5:45 - 6:45 p.m.*

*10 Sessions, MCD 192*

*No class 7/4*

**CRN:** 70257

*Wed., 6/8 - 8/10, 5:45 - 6:45 p.m.*

*10 Sessions, MCD 192*

**Instructor:**  
Chrissy Sarratori  
of Abs In, Inc.

**Price:** \$65

### Hi-Lo Impact Aerobics

*Mon., 6/6 - 8/15, 7 - 8 p.m.*

*10 Sessions, MCD 192*

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

**Instructor:**  
Chrissy Sarratori  
of Abs In, Inc.

**Price:** \$65

**CRN:** 70261

*No class 7/4*

## RECREATION AND HOBBIES

**Instructor:**  
Chrissy Sarratori  
of Abs In. Inc.

**Price:** \$65

**CRN:** 70821

### Bokwa

**Wed., 6/8 - 8/10, 7 - 8 p.m.**

**10 Sessions, MCD 192**

Looking for a different workout while listening to today's popular music? Bokwa is a new and completely different approach to group exercise that is rapidly spreading across the globe.

Bokwa instructors teach participants to draw letters and number patterns with their feet. Everyone can do it! You can have two left feet and dance alongside world champion Latin and ballroom dancers and all have a terrific experience in the same class! All you need is a bottle of water, comfortable clothing and sneakers!

**Instructor:**  
Hollan Bonjukian  
of Tru Fitness

**Price:** \$225

**CRN:** 70326

*No class 7/4*

### Metabolic Blast Bootcamp

**Mon., Wed., & Fri., 6/6 - 8/12, 6 - 7 a.m.**

**29 Sessions, MCD 192**

Shred fat, sculpt lean muscles, lose inches and gain metabolic power before your day begins! Those who get their workout done before the day kicks off experience increased metabolic burn through the rest of the day... resulting in a whole day's worth of success! This inspiring fitness journey will empower you with an atmosphere of camaraderie and ample support to achieve noticeable changes using the proven techniques of interval training, battling ropes, resistance bands, medicine balls, cardiovascular bursts and great encouragement! Course may be held indoors and outdoors.

#### What you receive:

- 36 classes of high-intensity interval training
- expert coaching from a nationally-certified personal trainer
- nutritional support
- weekly food journal
- fitness assessment
- 24-7 online support and individual attention
- injury prevention techniques
- supercharged motivation
- accountability
- powerful encouragement
- an adrenalin kick to start your day that will fire up your metabolism
- a Metabolic Class Achievement T-Shirt

#### What you give:

- three hours of your time a week
- 100% effort
- \$225 course fee

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

**Instructor:**  
Hollan Bonjukian  
of Tru Fitness

**Price:** \$75

**CRN:** 70510

*No class 7/3*

### Core Camp

**Sun., 6/5 - 8/14, 6:30 - 7:30 a.m.**

**10 Sessions, MCD 192**

Lose that weight around the midsection with this fast track fitness class strategically designed to deliver results! Think Bootcamp meets Pilates. You will be inspired through high-intensity intervals of metabolically-altering cardio drills that are geared to fire up your metabolism. You will learn the best middle-whittling core moves out there. Melt the external fat and reveal the lean chiseled muscle that you will be developing.

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

## RECREATION AND HOBBIES

### Pilates for Runners

*Sun., 6/5 - 8/14, 7:45 - 8:45 a.m.*

*10 Sessions, MCD 192*

Want to run effortlessly? Want to bulletproof your hips and knees against injury? Ready to become a force to be reckoned with? If you answered "yes" to any of these questions, then this class is for you!

If you just want to become a better runner, join us for Pilates for Runners. This training will help you overcome common problems to runners including: 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, contact Hollan Bonjukian at (518) 496-0337 or [trufitnessanswers@gmail.com](mailto:trufitnessanswers@gmail.com).

**Instructor:**  
Hollan Bonjukian  
of Tru Fitness

**Price:** \$75

**CRN:** 70511

*No class 7/3*

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

*Mon., 6/6 - 8/15, 12:15 - 1:15 p.m.*

*10 Sessions, MCD 192*

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

**Instructor:**  
Hollan Bonjukian  
of Tru Fitness

**Price:** \$75

**CRN:** 70919

*No class 7/4*

### Barbarian Sandbag Blast

*Sun., 6/5 - 8/14, 9 - 9:45 a.m.*

*10 Sessions, MCD 192*

Break out of your fitness plateau and take it to the next level with the Barbarian Sandbag workout. Beginners and pros will achieve amazing feats with simple non-stop, multi-muscle moves that ramp up your cardio, build strength and blast your body into a fat burning machine that is likely to experience an increase in metabolic activity 18-24 hours after a single session. Using an individualized sandbag "weight" to swing, push, pull and balance, you'll discover the missing secret of most strength training programs, "variable angular resistance," which comes from the flexible structure of the weight unlike the fixed grip of dumbbells. A special Barbarian sandbag (with an appropriate weight) will be provided for each student.

**Instructor:**  
Hollan Bonjukian  
of Tru Fitness

**Price:** \$75

**CRN:** 70826

*No class 7/3*

### Pilates Mat - Beginner

Pilates is a precise method of exercise which focuses on movements designed to lengthen and strengthen the body. This class will focus on the "core" and 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.

**CRN:** 70318

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

*10 Sessions, CTR 204*

*No class 7/4*

*Sarah Hoffman of*

*Total Body Trifecta, Instructor*

**CRN:** 70319

*Wed., 6/8 - 8/10, 5:15 - 6 p.m.*

*10 Sessions, CTR 204*

*Ellen Ehrlich of*

*Total Body Trifecta, Instructor*

**Instructor:**  
Total Body Trifecta

**Price:** \$60

## RECREATION AND HOBBIES

**Instructor:**  
Ellen Ehrlich of  
Total Body Trifecta

**Price:** \$60

### 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).

**CRN:** 70320

*Mon., 6/6 - 8/15, 6:05 - 6:50 p.m.*

*10 Sessions, CTR 204*

*No class 7/4*

**CRN:** 70321

*Wed., 6/8 - 8/10, 6:05 - 6:50 p.m.*

*10 Sessions, CTR 204*

**Price:** \$60  
for 10 sessions  
**CRN:** 70915

**Price:** \$25  
for 4 sessions  
**CRN:** 70916

### Ballet Barre

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

*Mon., 6/6 - 8/15, 7 - 7:45 p.m.*

*10 Sessions, CTR 204*

*No class 7/4*

*Ellen Ehrlich of Total Body Trifecta,*

*Instructor*

*Tues., 6/7 - 6/28, 6:30 - 7:20 p.m.*

*4 Sessions, MCD 192*

*Mary Anne Fantauzzi of Total Body Trifecta,*

*Instructor*

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

**Price:** \$30  
for 5 sessions  
**CRN:** 70264

**Price:** \$60  
for 10 sessions  
**CRN:** 70399

### Cardio Kickboxing

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

*Tues., 7/12 - 8/9, 5:30 - 6:20 p.m.*

*5 Sessions, MCD 192*

*Caroline Wunsch of Total Body Trifecta,*

*Instructor*

*Wed., 6/8 - 8/10, 7 - 8 p.m.*

*10 Sessions, CTR 204*

*Christine Sultan of Total Body Trifecta,*

*Instructor*

**Instructor:**  
Mary Anne Fantauzzi  
of Total Body Trifecta

**Price:** \$25

**CRN:** 70322

### Sole Synthesis

*Tues., 6/7 - 6/28, 5:30 - 6:20 p.m.*

*4 Sessions, MCD 192*

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, yoga mat, your bare feet (sole) and dress in comfortable fitness clothing.

## RECREATION AND HOBBIES

### Kick I.T.

**Tues., 7/12 - 8/9, 6:30 - 7:20 p.m.**

**5 Sessions, MCD 192**

The Kick is for Kickboxing. The I.T. Is for Interval Training. This class is open to all level participants who want to mix cardio combinations of punches and kicks with muscular endurance in alternating bouts that are fun and varied. Bring a set of 3-5 lb. hand weights, a towel and a mat. Fitness attire and supportive sneakers are recommended.

**Instructor:**

Christine Sultan  
of Total Body Trifecta

**Price:** \$30

**CRN:** 70917

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### Yoga I: Foundations of Practice

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

**CRN:** 70189

**Mon., 6/6 - 8/1, 3:30 - 4:30 p.m.**

**8 Sessions, CTR 204**

**No class 7/4**

**CRN:** 70190

**Wed., 6/8 - 7/27, 4 - 5 p.m.**

**8 Sessions, CTR 204**

**Instructor:**

Jeanne Wein

**Price:** \$80

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### Kettlebells

**Thurs., 6/9 - 7/21, 6 - 7 p.m.**

**8 Sessions, MCD 192**

Ready to kick your fitness goals into high gear? Of all the different pieces of fitness equipment out there, nothing does the job more effectively and efficiently than kettlebells. You can gain functional strength and muscle definition! The single biggest benefit of kettlebell training is how quickly you can get an effective workout. You can quite easily train every single muscle in your body in short periods of time, while simultaneously improving your strength, endurance and flexibility.

Get your metabolism fired up and feel invincible! What you need: an exercise mat, a towel, water bottle and a 5 lb. kettlebell for beginners.

**Instructor:**

Lisa Morin of  
Fitness Professionals  
on Demand

**Price:** \$72

**CRN:** 70808





## RECREATION AND HOBBIES

**Instructor:**  
John Bruno of  
Fitness Professionals  
on Demand

**Price:** \$54

**CRN:** 70810

*No class 7/4*

### **Body Conditioning and Toning - Beginner to Moderate - Arms, Legs, Core and Cardio**

**Mon., 6/13 - 7/25, 4:45 - 5:30 p.m.**

**6 Sessions, MCD 192**

Join us for a beginner-to-moderate level conditioning class with instructor John Bruno. John is a skilled athletic coach and health teacher who will guide you to feeling and looking your best!

Body conditioning is aimed at those just getting back into exercise or new to exercise. All muscle groups will be exercised at a healthy pace and with appropriate tools. Participants will be given an exercise routine to follow at home.

Body conditioning will increase your flexibility by improving your range of motion followed by a full body workout to strengthen your arms and legs, tighten your core and improve cardiovascular endurance. Each class ends with a relaxation sequence that will leave you feeling relaxed, refreshed and refocused. You will see the difference! Modifications will be given to participants who have physical challenges that prohibit them from performing certain exercise. What you need: an exercise mat, light weights, towel and water bottle.

**Instructor:**  
John Bruno of  
Fitness Professionals  
on Demand

**Price:** \$40

**CRN:** 70914

### **Preparing for the Game, Race or Other Fitness Challenge**

**Tues., 6/21 - 6/28, 6 - 7 p.m.**

**2 Sessions, ADM 106**

This is two-session program for the athlete who wants to use nutrition to support his or her performance goals. The class will focus on a general overview of essential nutrition for the athlete and food and beverage intake before and after your activity.

This class is recommended for parents of athletes, coaches and, of course, for the athletes themselves. Nutrition can make the difference between winning and losing a game and in the athlete's ability to reach his or her highest performance.

**Instructor:**  
Tammy Stanzione  
of Ayperi Bellydance

**Price:** \$65

**CRN:** 70918

### **Belly Dance is for Every-body**

**Tues., 6/7 - 7/26, 6:30 - 7:30 p.m.**

**8 Sessions, CTR 204**

Middle Eastern belly dance is dedicated to women celebrating the joy and beauty of a centuries old dance form. Ayperi is a passionate and caring professional Middle Eastern belly dance instructor. She is a performing artist and choreographer, who seeks to inspire and impassion others through this expressive dance. Ayperi has the keen ability to recognize and meet the unique needs of each individual student and welcomes women of all ages, sizes and abilities to unleash their inner creativity in this safe, fun and supportive environment. You are never too old or young to start belly dancing!

Middle Eastern belly dancing is primarily taught as a low-impact fitness activity and is an exciting alternative to other exercise or dance programs. This course covers the basic fundamental moves of belly dance and incorporates the use of veils and finger cymbals. The instructor will advise students in locating these props in addition to coin hip scarves for use in their own belly dancing. Recommended class attire is tank tops or t-shirts with yoga, sweat or exercise pants. No shoes are required.

**Instructor:**  
Blythe Hurlburt

**Price:** \$85

**CRN:** 70668

### **Butts and Guts**

**Tues., 6/7 - 8/9, 5:30 - 6:15 p.m.**

**10 Sessions, CTR 204**

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

## Special Interest



### Driver Training

#### Defensive Driving

*Tues., 7/19 & Thurs., 7/21, 6:30 - 9:30 p.m. 2 Sessions, ADM 101*

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.

**Instructor:**  
Bell's Driving School

**Price:** \$40

**CRN:** 70008

#### 5-Hour Pre-licensing Course

*Sat., 8/6, 9 a.m. - 2 p.m. 1 Session, ADM 101*

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 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.

**Instructor:**  
Bell's Driving School

**Price:** \$45

**CRN:** 70519

***Driver Education program for  
teens located on page 15.***

***DON'T WAIT TOO LONG!***

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

***Register today!***



**Be bold. Be a Viking.**

***REGISTER EARLY!***

# Learn to RIDE!



## Motorcycle Safety Courses

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

### Basic Rider Course

\$275

- The fast track for receiving your motorcycle license!
- 18-hour course - 3-hour online course plus 15 hours of classroom and riding exercises.
- Motorcycle/scooter and helmet provided
- Prerequisites: Must be able to ride a bicycle and possess a valid NYS driver's license.
- Offered 7 days per week through August 25 and weekends through October 31



### Basic Rider Course 2 for License Waiver

\$225

- 8-hour course - 3-hour online course plus 5 hours riding exercises
- Designed for riders with some street riding skills
- Taken on your own street legal, registered and insured motorcycle/scooter
- Prerequisites: Must possess a valid NYS driver's license AND a valid NYS motorcycle permit that you have had for over one year.



### Basic Rider Course 2

\$155

- 6.5 hour course
- For the rider who wants to improve their skills
- Taken on your own street legal, registered and insured motorcycle/scooter
- Prerequisites: Must possess a valid NYS driver's license AND a valid NYS motorcycle license.

### Other Motorcycle Courses Offered:

- Introductory Motorcycle Experience
- Basic Rider Course Practice
- Ultimate Bike Bonding Rider Course

*"The instructors were fantastic! Having no experience riding a motorcycle, at the end of the class I was very well prepared and confident!"*

*"Could not have had better instructors. They taught us everything from start to finish."*



### Which Course is for You?

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

Full course descriptions and other important information available at [www.hvcc.edu/rider](http://www.hvcc.edu/rider).

For registration or course availability questions contact:  
Hudson Valley Community College  
Office of Community & Professional Education  
(518) 629-7339 or [communityed@hvcc.edu](mailto:communityed@hvcc.edu)

*Register today!*

## Self-Paced Math Review

### *Learning Assistance Center, MRV 001*

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

This non-credit, interactive computer video course allows students to review arithmetic and algebra skills needed for success in basic college math courses.

Students will meet with a Learning Assistance Center Education Specialist to establish a study plan. Students will then work independently and at their own pace, progressing through multi-media lessons, taking practice tests, and generating a record of their progress.

Price: \$25

CRN: 70252

## Smart Start

Smart Start is a one-week summer academic program to help students strengthen their basic math and writing skills before the Fall term begins. Each day will include one hour of math instruction, one hour of writing instruction, and one 30-minute workshop on either study skills or computer skills. The Smart Start program is designed for students who want to gain confidence, learn more about the campus and prepare for college studies. Learning Center faculty will review college writing and basic math skills, help equip students with skills for success in their first semester of college, and introduce them to campus support staff.

Participants will become familiar with the campus and make some friends before classes begin. This program is for incoming Hudson Valley freshman.

### **Session 1**

*Mon. - Fri., 6/27 - 7/1, 8:30 a.m. - 11:30 a.m.*

*Learning Assistance Center*

### **Session 2**

*Mon. - Fri., 8/8 - 8/12, 8:30 a.m. - 11:30 a.m.*

*Learning Assistance Center*

Price: \$10



PLEASE - ONLY ONE STUDENT PER FORM. Thank You!



# 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  Discover

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

3# security code: \_\_\_\_\_ Cardholder's name: \_\_\_\_\_

### COURSE INFORMATION

CRN # \_\_\_\_\_ Course Name \_\_\_\_\_ Fee \_\_\_\_\_

CRN # \_\_\_\_\_ Course Name \_\_\_\_\_ Fee \_\_\_\_\_

CRN # \_\_\_\_\_ Course Name \_\_\_\_\_ Fee \_\_\_\_\_

CRN # \_\_\_\_\_ Course Name \_\_\_\_\_ Fee \_\_\_\_\_

TOTAL: \$ \_\_\_\_\_

### HOW DID YOU RECEIVE OUR BROCHURE?

From Community & Professional Education  Mail  
 From a friend  The college 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](http://www.hvcc.edu/communityed/comedreg.pdf)**

# Registration Information

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

## Regular Office Hours:

Monday-Friday,  
8 a.m. - 5 p.m.

## Summer Hours:

June 6 - August 12  
Monday-Friday,  
8 a.m. - 4 p.m.  
*College closed on 7/4*

## How to Register



### ONLINE

Our 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](http://www.hvcc.edu/communityed/cancel).

### REFUNDS/CANCELLATIONS

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

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

### Please Note:

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

### CONTINUING EDUCATION UNITS (CEUS)

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

### PARKING

Parking permits are issued to all students who register for credit-free courses at the time of registration. A parking permit will be mailed to you with your registration confirmation or if you register online, 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.

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**Our next  
great class...**

**Could be your bright idea.**



**Be bold. Be a Viking.**

 A State University of New York college

The Office of Community and Professional Education is always looking for new courses, workshops and classes to present. Maybe you have an idea, expertise or passion that you think would be popular with our more than 5,000 students.

**Contact us at 629-7339 to discuss how  
your idea could become our next class.**





80 Vandenberg Avenue  
Troy, New York 12180-6096



## REGISTER ONLINE

- Registration begins May 4
- Go to [www.hvcc.edu/communityed/register](http://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 27 FOR MORE DETAILS!***



**Be bold. Be a Viking.**

