

Community and Professional Education

A CATALOG OF PROFESSIONAL DEVELOPMENT AND PERSONAL GROWTH CLASSES



Winter/Spring 2014

REGISTRATION BEGINS JAN. 17
www.hvcc.edu/communityed



Be bold. Be a Viking.

Get healthy in 2014!



Be bold. Be a Viking.

Registration
begins Jan. 17

Classes offered through the **Health and Wellness Institute** at Hudson Valley Community College are designed to address the health concerns of the community and provide information and resources to address the whole person.

Join us for one of our many classes that will get you on the road to wellness. From fitness to nutrition, there's something for everyone!

NEW! this Winter/Spring

- How Fit Are You?
- Tour the Honest Weight Food Co-Op
- How to Discover Your Optimal Health
- Butts and Guts
- Tough Mudder Training
- Rolling Restoration
- Eating Healthy for Your Active Lifestyle
- Get Your Greens On!



Whether your goals are fitness, fun or personal, we have a class to meet your needs. So grab a friend and **GET HEALTHY** at Hudson Valley Community College!

Winter/Spring 2014

ONLINE REGISTRATION

You can now register and pay for your classes online!

Go to www.hvcc.edu/communityed/register and select the appropriate online registration link.

We also have step-by-step directions on this web page to help you through the process. Select "Getting Started with Flexible Registration" to view the directions and get up and running.

You can view the complete course schedule, and online registration will begin Jan. 17.

New students can create an account and register on the first day of registration. Returning students will use their HVCC user name and password.

How do I know if I am a returning student?

If you have ever applied for admission, employment, taken a credit course, credit-free course, summer camp or College in the High School course, you may be considered a returning user.

You can contact our office at (518) 629-7339 or communityed@hvcc.edu and we can check for you and, if need be, re-send your log in credentials to your permanent mailing address. Contact us now to check on your status to ensure you have your log in credentials in time.

Don't worry! You can still register via phone, mail or in person, as well. For more information about other ways to register for courses, see page 47.

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SilverSilk Capture Wrap Bracelet



Learn to Play Mah Jongg

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

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

REGISTER TODAY!

Basic Watercolor

Explore the fun of pure color on wet paper. Discover your own approach to painting with transparent watercolors. Learn ways of using the materials, practice different techniques and apply color theory. Everyone's welcome; no experience necessary. Please bring any supplies you may already have or purchase a pan set of transparent watercolor paints, a pointed round watercolor brush (if not included) approximately size 6, a 9 x 12" pad of 140# watercolor paper, pencil, masking tape, two water containers, two pieces of cardboard (slightly larger than paper). Please see the materials list for this class posted at www.hvcc.edu/communityed.

60063

\$55

4 Sessions, DCC B05

Thurs., 5/8 - 5/29, 1 - 4 p.m.

Carol Bollinger-Green, Instructor

Creative Drawing -

Drawing Human Facial Features

Work with graphite and learn some creative techniques to help you draw those dreaded facial features – eyes, noses and mouths. These techniques will provide the tools to draw a simple portrait focusing on the expressive qualities of our wonderful faces. Some drawing experience is helpful but not necessary. Please see the materials list for this class posted at www.hvcc.edu/communityed.

60130

\$33

1 Session, DCC B05

Sat., 4/5, 10 a.m. - 4 p.m. (1/2 hour break for lunch)

Colleen Connolly, Instructor

Class is full. Call us to be added to the waitlist.



Advanced Impressionist

Landscape Painting in Acrylics

This course will review the techniques learned in the beginning Impressionist landscape class. In addition, we will focus on the development of original composition, color mixing, perspective and texture. Students will create their own palette, learning to work only with the primary colors plus black and white. We will be working on stretched canvas, or gallery-wrapped canvas, if you prefer. Students must have taken a previous Impressionist landscape course or have knowledge of this style and technique. Please see the materials list for this class posted at www.hvcc.edu/communityed.

60131

\$98

8 Sessions, DCC B05

Thurs., 3/6 - 4/24, 6 - 8 p.m.

Colleen Connolly, Instructor

Batik for Beginners

This course will introduce students to the beautiful, ancient art of batik. Batik involves painting melted wax images and patterns onto fabric such as muslin. The wax creates the designs on the fabric and the piece is then dyed. The result is a work of art on fabric that can be framed the same as any painting! Students should have some basic drawing skills. Please see the materials list for this class posted at www.hvcc.edu/communityed.

60128

\$98

8 Sessions, DCC B05

Tues., 2/11 - 4/1, 1 - 3 p.m.

Colleen Connolly, Instructor

Cancelled due to low enrollment.

Paint a Portrait in Oils

In this portrait painting workshop, students will paint a portrait using photos for reference. They will learn to form shapes through beginning paint sketching, underpainting, then refining details to create a realistic likeness. More importantly, students will understand the relationship of form, color, light and shadow. Students will explore what questions they can consider as they translate what they see to canvas. The workshop will include a demonstration and a lot of individual attention throughout the workshop. Students will be supplied with a canvas, oil paints, brushes and supplies necessary to complete their oil portrait! Course fee includes \$45 materials fee.

60148

\$125

1 Session, DCC B05

Sat., 5/24, 10 a.m. - 4 p.m. (1/2 hour break for lunch)

Cynthia Mulvaney of CK Mulvaney Artworks, Instructor

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

Knitting for Beginners

With the two basic stitches of knitting, this class will create a sampler scarf and hat. Learn these two stitches - knit and purl - and the possibilities are endless! You will learn to "cast on" the beginning stitches, do the garter pattern (knit every row), do the stockinette stitch (knit one row, purl one row), and ribbing (knit three stitches, purl three stitches, knit three stitches, etc.), then how to "bind off" the end row of stitches. You will then have the ability to design your own scarves, hats, pillow covers and much, much more! Knitting needles and yarn will be provided at the first class. Class fee includes \$6 materials fee.

60098

\$55

4 Sessions, CTR 294

Mon., 2/10 - 3/3, 6:30 - 8:30 p.m.

Class is full. Call us to be added to the waitlist.

Knitting for Beginners - Level 2

Make a lace pattern and cable stitch hat.

This hat is knit on a circular needle and double-pointed needles. Join us if you already know the basics of casting on and the knit and purl stitches or have taken a beginning knitting class. You will build on the skills you have and learn to follow a pattern. You will need to bring one skein - 3.5 or 4 ounce of knitting worsted, 4-ply yarn. Choose any beautiful color or variegated yarn you like. As a tip, try not to choose a black or very dark colored yarn because they are very difficult to work on at night. Course fee includes a \$9 materials fee for needles. The class will use size 6 needles, which will be supplied by the instructor. If you already have a size 6 pair you like, you may request a different size before the first class.

60099

\$58

4 Sessions, CTR 294

Mon., 3/24 - 4/14, 6:30 - 8:30 p.m.

Crochet for Beginners

Learn the basic crochet stitches - chain, single, double - while creating a scarf. With only one needle and these stitches, you can create a variety of patterns and designs. After this introductory class, you will then have the ability to design your own scarves, hats, blankets and more! Crochet is an easy, relaxing craft that can be done quickly, anywhere, anytime. Supplies will be provided at the first class. Course fee includes \$6 materials fee.

60100

\$55

4 Sessions, CTR 294

Wed., 3/5 - 3/26, 6:30 - 8:30 p.m.



Crochet for Beginners - Level 2

This class builds on skills to make creative crochet items. Learn new designs by making different squares to join together as you like - perhaps a scarf, purse or hat! Your project will be finished with an edging and flowers or tassels. Students should know the basic single and double crochet stitches or have taken a beginning crochet class. Please bring a crochet hook size G or H and three colors of 4-ply yarn with you to class.

60101

\$49

4 Sessions, CTR 294

Wed., 5/7 - 5/28, 6:30 - 8:30 p.m.

Sewing for Beginners - Sleepover Set

For adults and children (Age 7-10 with adult)

You will learn basic sewing techniques and create your own pillowcase, tote, toiletry bag and stuffed pillow. Both hand and machine stitching will be used. Useful information to be covered in the class will include: how to use a sewing machine; how to utilize the pattern; how to choose the right fabric; how to pin and cut; how to hand stitch a blind hem... and much more! Materials needed (including three yards of fabric) will be discussed at the first class. Your finished project will inspire you to learn more! Students should bring their own sewing machine.

60102

\$60

5 Sessions, WIL 113

Sat., 3/1 - 3/29, 9:30 - 11:30 a.m.

Class is full. Call us to be added to the waitlist.

Fiber Arts classes are all taught by Aleta Scheigert.

Basket Weaving Workshops



Seasons Wall Pouch



Voyage Tote



Large Salad Bowl

At the End of Your Rope Basket!



All basket weaving classes are taught by Joyce Flower.

Hearth Basket

Learn to weave this large rectangular basket and add a handmade treasure to your hearth. It measures 12" high by 18" long and 14" wide. This classic basket is woven on a wooden "D" handle with all natural reed. Course fee includes \$30 materials fee.

60088 \$60

2 Sessions, DCC B05

Wed., 2/12 & 2/19, 6 - 9 p.m.

Large Salad Bowl

Weave this companion piece to the small salad bowl for entertaining. This basket is woven over a large heavy acrylic bowl starting on a wooden base. It measures 6" tall and 12" across and is woven with natural and space dyed reed. Course fee includes \$32 materials fee.

60089 \$62

2 Sessions, DCC B05 Wed.,

5/28 & 6/4, 6 - 9 p.m.

At the End of Your Rope Basket!

Start off with a 5" square base and end up with a beautiful round basket! Woven with natural reed, dyed reed and seagrass in a stacked and twill pattern, you'll be amazed at what you can create in this one-day workshop. The basket measures approximately 7" tall when finished. Course fee includes a \$25 materials fee.

60090 \$55

1 Session, DCC B05

Sat., 4/12, 10 a.m. - 2:30 p.m.

(1/2 hour break for lunch)

Seasons Wall Pouch

Learn to weave this rectangular wall pouch. It measures 4 1/2" wide by 7" tall and 3" deep. Woven with dyed and natural reed and completed with a Shaker tape bushel basket handle. Interchangeable hand-painted maple panels for the four seasons are inserted after the basket is woven. Woven up your home décor in any season with this lovely basket! Course fee includes \$32 materials fee.

60091 \$62

1 Session, DCC B05

Sat., 5/3, 10 a.m. - 2:30 p.m.

(1/2 hour break for lunch)

Voyage Tote

Learn to weave this versatile tote basket using dyed, natural reed and cane. Basket is 11" long by 6 1/2" wide and 12" tall. It is finished off with leather straps making a handsome and sturdy carry-all basket for all your toting needs! Course fee includes \$32 materials fee.

60092 \$62

2 Sessions, DCC B05

Wed., 5/14 & 5/21, 6 - 9 p.m.

Hearth Basket



Floral Design Certificate Program



This program is designed for those interested in learning floral design from A to Z. Are you thinking of starting your own floral business or trying to get into the trade? The program includes two core components: Introduction to Floral Design and Advanced Floral Design Techniques. Both core courses and two electives (see list below) are required to receive the certificate of completion. Please note: not all courses are offered each semester.

Core - two required

Introduction to Floral Design	ZARC039
Advanced Floral Design Techniques	ZARC040

Electives - two required

Designing Dish Gardens	ZARC042
Silk and Dried Floral Design	ZARC043
Getting Your Floral Business Started	ZARC038
Holiday Boxwood Tree Design	ZARC032
Funeral Arranging and Grieving	ZARC041
Wedding Design	ZARC045

Advanced Floral Design Techniques

This core course includes all aspects of wedding design, hand tied bouquets, topiary design and contemporary arranging. Course fee includes a \$275 materials fee. Prerequisite: Introduction to Floral Design.

60095 \$425

7 Sessions, DCC B05

Tues., 3/25 - 5/13, 6:30 - 9 p.m.

No class 4/22

Wedding Design

Whether it is a corsage for an intimate affair or bridal party bouquets for a full service wedding, you will learn all aspects of wedding design, from the consultation to the delivery. Your experience from this course will allow you to design prom bouquets, corsages and boutonnieres, church and reception flowers. Course fee includes a \$175 materials fee. Prerequisite: Introduction to Floral Design or program completion.

60096 \$225

2 Sessions, DCC B05

Tues., 5/20 and 5/27, 6:30 - 9 p.m.

Designing Dish Gardens and Potted Plants

Open to anyone who would like to learn more about how to create a thriving dish garden with living material. The class is also ideal for those who wish to have a better understanding of potting and re-potting plants as well as caring for a variety of house plants. Course fee includes a \$40 materials fee.

70598

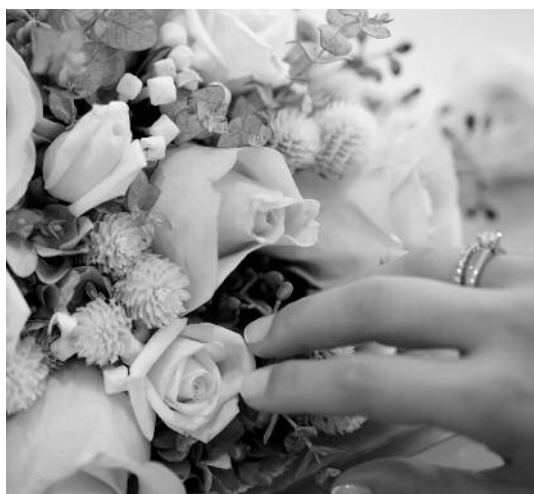
\$80

1 Session, DCC B05

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

All floral courses are taught by Judy Pochobradsky of Celestial Designs. Please note the materials fee for all floral courses is non-refundable seven business days prior to the start of the course.

Please note: We must have at least six students registered to run a floral class. Thinking about signing up? Be sure to register early and don't get closed out or run the risk of a class being cancelled!



■ Arts & Crafts

Drawing What You See - Drawing from Observation

Have you ever looked at an object and said "I wish I could draw that?" Well, this class will teach you just how to accomplish that! Learning to reduce an object to its simplest form is just the beginning. We will work with graphite pencils but will also add colored pencil and pen. Ideas for drawings will stem from everyday objects to the beauty found in nature. Please see the materials list for this class posted at www.hvcc.edu/communityed.

60129 \$98

8 Sessions, WIL 113

Mon., 3/24 - 5/26, 6-8 p.m.

No class 4/21, 5/12

Colleen Connolly, Instructor

Paint a Decorative Floral Box

Students will paint a wooden box using basic techniques of tole and decorative painting. Anyone can do this easy-to-learn art form – no painting experience is necessary! At the end of the class, you'll have a beautiful summer floral keepsake box and new painting skills. The instructor will provide students with a supply kit including paints and brushes you will be able to use for many more projects! Course fee includes \$45 materials fee. Please see the materials list for this class posted at www.hvcc.edu/communityed. Students must register by April 14 and any cancellations after this date will not be refunded the materials fee.

60170 \$94

4 Sessions, DCC 135

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

Nancy Scott, Instructor

Mural Painting

Join us for a one-day intensive in mural painting! Trompe L'Oeil is French for "fool the eye," and it is the process of using light and shadow to create a seemingly three-dimensional object on a flat surface.

Used in combination with mural painting, an artist can create Trompe L'Oeil elements such as stone block, window arches, columns, shutters, urns and tile. These can be complemented with realistic natural elements such as landscape, sky, plants, water and sunsets. The focus is on learning and practicing painting techniques. Some experience in basic drawing or head painting is helpful. Students will leave this workshop with lots of new painting skills and have a realistic 3' x 4' mural painting on canvas suitable for home display. Course fee includes a \$25 materials fee.

60141 \$105

1 Session, DCC B05

Sat., 3/15, 10 a.m. - 5 p.m. (1/2 hour break for lunch)

Cynthia Mulvaney of CK Mulvaney Artworks, Instructor



Amigurumi

If you can single crochet, you can do Amigurumi! Amigurumi is the Japanese art of crocheting small (and not so small), stuffable toys, including animals, dolls, fruits, vegetables, and even whimsical hats for kids or adults. Using only the single crochet stitch, yarn is crocheted "in the round," which results in a very unique tight stitch, unlike regular crocheting. After learning Amigurumi basics in the first class, we will begin working on a small project and, when completed, will move on to more advanced project(s) in later classes. Students need to know how to crochet at the beginner level or better. The course will not include the teaching of crocheting. Students should bring a crochet hook and worsted weight yarn (any color other than black) to the first class. Students may need to bring other size needles and yarn for projects worked on in later classes. Instructor will provide other materials needed. Course fee includes \$6 materials fee.

60138 \$55

Mon., 4/7 - 5/5, 6:30 - 8:30 p.m.

4 Sessions, CTR 293

No class 4/21

Christine Pearce, Instructor

Fun with Color -

The Basics of Color Mixing

One of the most difficult parts of learning how to paint is understanding color and how colors combine to create the exact shade you want. Learn the basics of color and how to mix. You will work from a chosen image and duplicate the colors used. The color wheel will be explained as well as the meaning of shades, tints, warm and cool colors. Please see the materials list for this class posted at www.hvcc.edu/communityed.

60132 \$33

1 Session, DCC B05

Sat., 4/26, 10 a.m. - 4 p.m. (1/2 hour break for lunch)

Colleen Connolly, Instructor

The Envelope, Please

Why go with boring, white, normal-sized envelopes when you can use colorful paper to create everything from itty bitty to long and skinny? The creativity-boosting Envelope Punch Board makes it easy to customize envelopes in up to 66 different sizes! Learn how to use it and then take it home to continue with the envelope craze! Bring sharp scissors and strong double-sided adhesive. Course fee includes \$25 materials fee for Envelope Maker. *Students must register by Feb 17. Any withdrawals after this date will not be refunded the materials.*

60149 \$35

1 session, DCC 135

Tues., 2/25, 6 - 7:30 p.m.

Faux Watercolor Wonder Cards

Love the look of watercolor but don't want to do it yourself? Create five different card designs that combine colors, stamped images and accessories for an easy faux watercolor look with no water necessary. Bring sharp scissors and double-sided adhesive. Course fee includes a \$10 materials fee.

60150 \$20

1 session, BTC Mtg Rm 1

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

Watercolor Wonder Cards

Watercolor it yourself the easy way with no experience needed. You will be going home with your own Blender Pen and Aqua Painter so you can continue creating your own gorgeous watercolor projects. Bring sharp scissors and double-sided adhesive. Course fee includes \$18 materials fee.

60151 \$28

1 session, DCC 135

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

Mini Memory Album

In this class, we'll have everything you need to create a 7" x 5" personalized memory album. Bring photos for your album along with your favorite double-sided adhesive and sharp scissors. Course fee includes \$18 materials fee. *Students must register by April 25. Any withdrawals after this date will not be refunded the materials.*

60159 \$28

1 Session, DCC 135

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

Burlap & Blooms Wreath

This cheerful wreath will liven up your home. Welcome Spring with a handmade wreath decorated with paper flowers and burlap ribbon. Bring along a glue gun and sharp scissors. Course fee includes \$22 materials fee. *Students must register by April 4. Any withdrawals after this date will not be refunded the materials.*

60158 \$32

1 Session, DCC 135

Sat., 4/12, 9 - 11 a.m.

Cards, Cards, Cards

Surprise and amaze friends and family with your own handmade cards. They'll hardly believe you made them yourself! Each session will have a different theme and use a variety techniques – rubber stamps, ink, punches, decorative papers and so much more! Please bring sharp scissors or a paper trimmer and your choice of double-sided adhesive. Course fee includes a \$10 materials fee per class.

If you sign up for all five, the materials fee is only \$40.

Birthday Flowers

What a great combination – birthdays full of flowers for your favorite gal!

60152 \$20

1 Session, DCC 135

Tues., 3/18, 6 - 7:30 p.m.

Thinking of You

There is always someone's day we can brighten with this card.

60153 \$20

1 Session, DCC 135

Tues., 3/25, 6 - 7:30 p.m.

Masculine Birthday

A special birthday card for the special guys in your life on their special day.

60154 \$20

1 Session, DCC 135

Tues., 4/1, 6 - 7:30 p.m.

Thank You

Thank you means even more with a handmade card!

60155 \$20

1 Session, DCC 135

Tues., 4/8, 6 - 7:30 p.m.

Miscellaneous Cards

This will be a mix of most-requested cards.

60156 \$20

1 Session, DCC 135

Tues., 4/15, 6 - 7:30 p.m.

All Five Classes

60157 \$90

5 Sessions, DCC 135

Tues., 3/18-4/15, 6 - 7:30 p.m.

All of the papercrafting classes above are taught by Sharyn Bouck - independent Stampin' Up! demonstrator. She's on the web at sharyn.stampinup.net. Any questions about these classes, feel free to contact her at sharynbouck@hotmail.com.

Arts & Crafts

Paper Filigree Flowers

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

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

60175 \$19

1 Session, DCC 135
Thurs., 3/20, 6 - 8 p.m.

60176 \$19

1 Session, DCC 135
Mon., 4/14, 6 - 8 p.m.
Laurie Hepler, Instructor

Scratch Foam

Printmaking Workshop

Join us for a short and fun, basic printmaking workshop. In just one morning, you can learn this easy technique using foam. Then, use it again and again for lots more creative experiences in your studio or at home with your family. Course fee includes \$15 material fee.

60182 \$35

1 Session, DCC B05
Sat., 2/22, 9 a.m. - Noon
Tamara DeMartino, Instructor

Hand Painted Silk Scarf Workshop

In this one-day workshop, you will make two hand painted scarves using fiber reactive dyes. Keep them for yourself or give as a gift! Bring a friend or family member – this is lots of fun to do together. Channel your creativity into beautiful wearable art. Course fee includes \$15 materials fee.

60183 \$35

1 Session, DCC 135
Sat., 4/5, 9 a.m. - Noon
Tamara DeMartino, Instructor

SilverSilk Capture Wrap Bracelet

In this class, students will be creating a gorgeous bracelet with colorful beads woven and channeled in between two SilverSilk chains. Beads may vary in color or shape, but will be either Swarovski crystals or Swarovski pearls. Please bring in your own clipboard, approximately 15 x 9 inches. Course fee includes \$25 materials fee.

60171 \$45

1 Session, DCC 135
Wed., 5/14, 6 - 8 p.m.
Joanne Farash of Silver Lining, Instructor



Crystal Clay

Crystal clay is a new and fun creation! It's a clay that doesn't need heat to set. This jewelers' clay can be molded onto an embellishment and adorned with crystals. Join us for this fun class and make your own creation with crystal clay. Two projects will be completed. Beginners are welcome and no experience is necessary. Course fee includes \$30 materials fee.

60172 \$50

1 Session, DCC 135
Wed., 4/9, 6 - 8 p.m.
Joanne Farash of Silver Lining, Instructor

Basic Jewelry for Beginners

This beginning class will cover the basics of making jewelry, including tools. In just one session, we will complete a jewelry project consisting of a silver bracelet with matching earrings. Join us and be introduced to this fun and creative art form and walk away with some new jewelry! Course fee includes \$15 materials fee.

60173 \$40

1 Session, DCC 135
Mon., 3/24, 6 - 8 p.m.

60174 \$40

1 Session, DCC 135
Wed., 4/30, 6 - 8 p.m.
Joanne Farash of Silver Lining, Instructor

■ Arts & Crafts

Zentangle® 101: The Basics

The Zentangle ® method is a fun and relaxing way to create beautiful images from repetitive patterns. Zentangle was designed with the non-artist in mind and has been shown to relieve stress and anxiety by boosting focus and creativity. It provides artistic satisfaction and an overall sense of personal well-being. Each participant will learn approximately three to four 'tangles' per session. The Zentangle method is enjoyed the world over, across a wide range of skills, interests and ages. "Anything is possible, one stroke at a time." This course is taught by Cindy Bishop, a Certified Zentangle Teacher. For more information, please visit: www.zentangle.com. Course fee includes \$13 materials fee.

60093 \$43

4 Sessions, CTR 150

Thurs., 3/20 - 4/10, 6 - 8 p.m.

60094 \$43

4 Sessions, DCC 135

Tues., 4/29 - 5/20, 6 - 8 p.m.

Cindy Bishop, Instructor

Paint an Impressionist Still Life

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.

60133

\$33

1 Session, DCC B05

Sat., 3/8, 10 a.m. - 4 p.m. (1/2 hour break for lunch)

Colleen Connolly, Instructor

■ Business/Financial Planning

Your Passport to Retirement: The Complete Financial Management Workshop

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

60077 \$65

3 Sessions, ADM 102

Wed., 4/2 - 4/16, 6:30 - 9 p.m.

Stephen F. Miner, CLU, ChFC, Instructor



Earn Money with Mystery Shopping

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

Participants will learn to:

- Create a Mystery Shopping Profile
- Avoid the industry scams
- Create a company list
- Sign up with many mystery shopping companies
- Become a merchandiser for extra income

With a few simple steps, you can start Mystery Shopping today! Course fee includes \$10 materials fee.

60060

\$30

1 Session, WIL 113

Mon., 5/12, 5 - 6 p.m.

LeeAnne Krusemark, Instructor

■ Business/Financial Planning

Cash in with a Successful Home-Based Business

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

- More than 100 home business ideas
- Mandatory legal documentation
- Many ways to market your product/service
- How to take tax deductions (this workshop included!)
- Free future Q&A opportunities

If you really want to succeed in a home business, this step-by-step workshop is a must! Course fee includes \$20 materials fee for information designed to help you long after the workshop is over.

60061 \$60

1 Session, WIL 113

Mon., 5/12, 6 - 8 p.m.

LeeAnne Krusemark, Instructor

Make Money with a Typing/Word Processing Business

If you can type, then you can make money at home using your word processor or computer. Having already learned all about home-based business success (participants must have attended "Cash in with a Successful Home-Based Business"), you will then discover the secrets to profits in the typing/word processing business, including:

- How and where to find clients
- 50 ways to advertise/market your services
- Effective home office equipment choices
- 100 ways to make money with a computer
- FREE national networking information

There really is a need for your services, so why not have the freedom to be your own boss, set your own hours, and have the opportunity to make more money than you ever did before by attending this workshop. Course fee includes a \$10 materials fee for information designed to help you long after the workshop is over.

60062 \$30

1 Session, WIL 113

Mon., 5/12, 8 - 9 p.m.

LeeAnne Krusemark, Instructor



20 Ways to Earn Residual Income!

Concerned about the economy? Got increasing expenses? Ever run out of money before you run out of month? Residual income could be your answer. Residual income means getting paid over and over again, based on a one-time effort. Uncover more than 20 specific ways to earn ongoing, residual income from:

- Stocks, bonds, mutual funds and insurance
- Taxes, retirement income and what financial planners won't tell you
- How to become cash rich and house poor
- The ten common sense laws of cash flow
- Your mortgage and OPM (other people's mortgages)
- On demand publishing, internet funnels, autoresponders, opt-in marketing
- Beach money: What is it and how you can get it
- How to evaluate the merits of a home-based business, and so much more!

This course is packed with solid, practical information! This is not a financial planning course, not a "get out of debt" program and no investments or financial products are sold. It is for you if you want to make some or all of your income more residual. Jim Farnham, MBA, MS, has toured the U.S. and Canada as a professional speaker and author, and he has more than 20 years experience in insurance and financial services.

60082 \$20

1 Session, ADM 101

Sat., 3/1, 8 - 11 a.m.

60083 \$20

1 Session, BTC 217

Sat., 5/3, 8 - 11 a.m.

James Farnham, MBA, MS, Instructor

Getting the Most from Social Security

Are you aware that a few key decisions can make a big difference in the amount of your social security retirement benefits? This one-night workshop will cover many frequently asked questions about social security retirement benefits. Learn strategies and simple steps you can take to maximize your benefit. The decision to attend this workshop can be the first of many you make to assure your benefits work for you. Class will include about one hour of presentation and leave time for questions and discussion at the end. Course fee includes \$10 materials fee.

60016

\$20

1 Session, DCC 138

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

Glenn Clermont of Halliday Financial Group, Instructor

Seven Simple Secrets to Financial Freedom

Does your money work for you or do you work for your money? This class is not taught by a financial guru using technical language you can't possibly understand. You will learn from LeeAnne Krusemark, a single mom turned home business entrepreneur, home owner, publisher and real estate investor.

This is not a "get rich quick" scheme. This is a plan of action to help others learn the path to financial freedom. In this fast-paced workshop, you will learn how to:

- Get out of credit card debt and reduce bad credit
- Raise your credit limit and lower your interest rate
- Use more credit to raise your credit score
- Buy a home even if you have bad credit or are self employed
- Pay off your mortgage in half the time with less money
- Keep your home protected against lawsuits
- Become an active investor for financial freedom!

Each one of these secrets is worth more than ten times the cost of this class. LeeAnne is a guest lecturer nationwide and teaches online at more than 1,000 facilities worldwide. This workshop is not for those already advanced in financial matters nor does it provide any legal advice. Course fee includes \$20 materials fee.

60056

\$60

1 Session, WIL 113

Mon., 5/12, 11 a.m. - 1 p.m.

LeeAnne Krusemark, Instructor



Long Term Care:

How to Plan and Pay for It

In this program, you'll define exactly what long-term care is, what the different kinds of long-term care are and where each of those types of care is provided. If you're 40 or older, you need to attend this class! Uncover who is likely to need long-term care, discover who is most at risk and detail the special needs and triggers for benefits. Explore how long-term care gets paid for and how to protect your assets. Learn why planning for this type of care is critical, and explore both traditional and non-traditional avenues for treatment.

60085

\$15

1 Session, ADM 101

Sat., 3/1, 3 - 5 p.m.

60086

\$15

1 Session, BTC 217

Sat., 5/3, 3 - 5 p.m.

James W. Farnham, M.B.A., M.S., Instructor

Charting X's & O's to Better Understand the Stock Market

Point and Figure charting, X's & O's, will provide you a simple easy solution to understanding the markets. This technical analysis process works in markets that move up or down cutting through the Wall Street noise.

- Learn a simple process to help determine market trends.
- Learn whether to consider owning a stock based on certain patterns.
- Learn what sectors and asset classes may be overweight or underweight
- Learn how to compare types of investments using relative strength

Discover how applying these simple principals to the stock market can help you understand when adjustments to your own portfolio need to be made.

60260

\$15

2 Sessions, DCC B06

Thurs., 3/20 & 3/27, 6:30 - 8:30 p.m.

John Gattulli, Instructor

Understanding Stocks, Bonds and Mutual Funds

Learn the basics of stocks, bonds and mutual funds – the true backbone of most portfolios. Discover how to use the Internet and daily newspapers to track your investments. We will help you understand the different types of investments and show you how proper asset allocation will help lower your overall risk. Build a balanced portfolio and help plan for a successful retirement.

60184

\$10

1 Session, DCC B06

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

Frank Guiffre of Halliday Financial, Instructor

NEW!

Business/Financial Planning

Building a Buzz for Your Business

Think you need to spend big bucks for great marketing results? Think again. You can create a buzz about your business using an array of low-cost yet powerful word-of-mouth marketing strategies. Learn how to create an unforgettable business impression, harness the power of publicity, use social media networking sites such as Facebook, LinkedIn and more. Discover how an investment of time and creativity can increase your company's visibility, enhance your business and boost your bottom line – even in tough economic times. Course fee includes \$15 materials fee.

60051

\$45

1 Session, BTC 217

Sat., 3/8, 9:30 a.m. - 1:30 p.m.

Pauline Bartel, Instructor

Medicare 101

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

60185

\$10

1 Session, ADM 101

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

Janet Kiffney, Instructor

***Please note the updated location of this class.**



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. This 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, making your business unique in the industry, writing a press release, tips to increase revenue, marketing and designs that sell, and where to go for free assistance.

The course instructor, Mary Lynn Gagnon, is the owner of Pet Estates Inc. and Merry Lynn Kennels. She has been a successful pet business owner and leader in the pet business field locally and regionally for more than 20 years.

60247

\$50

1 Session, DCC 136

Wed., 4/23, 5:30 - 8:30 p.m.

Mary Lynn Gagnon of Pet Estates Inc., Instructor

Social Media Marketing Made Simple

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.

60244

\$10

1 Session, DCC 136

Wed., 3/19, 6 - 7:30 p.m.

Eric Bunaes, Constant Contact Authorized Local Expert, Instructor

Explore the Past

Mrs. JJ Brown: Survivor of the Titanic

Margaret Brown, or "Mrs. JJ Brown" as she preferred to be addressed, is erroneously called "Molly" Brown, and is primarily known as a feisty westerner who survived the Titanic disaster. The magnitude of that event has unfortunately eclipsed so many of the other fascinating details of her remarkable life. Born of Irish parents in Hannibal, Missouri, she moved west as a young woman, married for love, and found incredible riches, as well. Follow her adventures and exploits with Phyllis Chapman as Margaret, as she invests her time and money in many worthy causes – juvenile delinquency programs, collecting art for public museums and the women's suffrage movement. Her early life proved significant during the sinking of "the ship of dreams." Mrs. Brown persuaded people to board lifeboats, encouraged survivors through the long night, and she followed up with those made destitute by the sinking, providing financial and emotional support to help them rebuild their lives. You'll also see how the "other half" lived (or the "one percenters") during the Gilded Age of money and social standing.

60035 \$15

1 Session, WIL 113

Tues., 4/15, 9:30 - 11:30 a.m.

Phyllis Chapman, Instructor

Lucy Larcom, New England Mill Girl

Not just another 19th-century "mill girl," who worked in the mills until she married. Through her writings and poetry, Lucy Larcom left us an inside look at the life in the early textile mills of New England. Born into a large family, Lucy began working in the mills as a young girl when her father died. After 10 years in the mills, she moved to the Midwest with her sister and brother-in-law, where she was able to further her education. Back in New England by 1852, she became a part of Boston's literary circle and re-established her friendship with John Greenleaf Whittier, who enlisted his contacts to help her publish her works. She took a position at Wheaton College in Norton, Massachusetts, teaching English Literature, where she became known for her innovative teaching methods. Her best-known book, "A New England Girlhood," recounted her early days in the mills and gave her readers a first-hand account of the early days of industrial New England.

60074 \$15

1 Session, WIL 113

Mon., 3/24, 9:30 - 11:30 a.m.

Phyllis Chapman, Instructor

Beginning Internet Genealogy

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

60041 \$13

1 Session, WIL 113

Tues., 3/25, 9:30 - 11:30 a.m.

Lisa Dougherty, Instructor

Search for Your Irish Ancestors

Researching Irish-American ancestors can be quite a challenge for family historians. Even experienced genealogists can become frustrated at the lack of information and all those records that just say "Ireland" as a place of origin. Join professional and "genealogist-in-residence" for the Irish American Heritage Museum, Lisa Dougherty, for some suggestions on how to find that elusive Irish hometown, and what records are available for researching once you get there.

60040 \$13

1 Session, WIL 113

Tues., 4/29, 9:30 - 11:30 a.m.

Lisa Dougherty, Instructor

Maps, Maps, Maps: A Rare Collection of Historic Civil War Maps and Pictures

A love of history inspired Randy Patten to start collecting rare, Civil War maps and pictures. Now, three decades later, he's sharing his treasures for the first time. Many of these high-resolution photographs of the American Civil War are from the renowned photographers Alexander Gardner and Matthew Brady. The photos will tell the stories and the maps will put the photos into context, letting you know where it all happened. This presentation is not to be missed by history and photography lovers alike.

60073 \$13

1 Session, WIL 113

Thurs., 4/10, 9:30 - 11:30 a.m.

Randy Patten, Instructor

Center for Creative Retirement

Lincoln's Secret: Chat with the Author

Local author Edward Peck will talk about his recently-released Civil War novel, "Lincoln's Secret." Edward will elaborate on some of the characters in his book and discuss their influence on Civil War history. He also will discuss the inspiration for the book, his goals in writing it and the process he used in its research. Edward will discuss the genre of historical fiction in general and also offer a brief reading from his novel.

60081

\$13

1 Session, WIL 113

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

Edward Peck, Instructor

NEW!

Trolley Postcards of Upstate New York

The Capital District and Upstate New York had a vast network of trolley lines that ran from Hudson to Warrensburg, and from Troy to the Mohawk Valley. Dime store postcards were a great way for people to remember the trips they took and what they did on vacation. Gino DiCarlo, local historian and author of "Trolleys of the Capital District," takes us on a colorful visual trip to the resorts of the Adirondacks, the spas of Saratoga Springs as well as local amusement parks. Showing the history of what people did 100 years ago, before the automobile took the romance out of a Sunday afternoon. Gino will also talk about the process of developing of his book.

60029

\$13

1 Session, WIL 113

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

Gino DiCarlo, Instructor

NEW!

Railroad Postcards of the Hudson and Mohawk Valleys

The Capital District is the birthplace of passenger railroads and all the lines that followed the Mohawk and Hudson rivers went on to become famous lines of transportation. Every facet of local railroads was captured, printed on postcards and collected by fans and everyday people who loved a keepsake of their trip on the lines. The New York Central, Delaware and Hudson and others will be showcased from the 1900's to 1950's in beautiful hand-colored postcards from Albany and beyond. Join local author and historian Gino DiCarlo for a trip down memory lane, or railroad, to be more exact!

60030

\$13

1 Session, WIL 113

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

Gino DiCarlo, Instructor

NEW!

The American Hearth

In colonial America, the room where meals were prepared was considered the heart of the home. It was called the "keeping room" because the fire in this room was never allowed to go out. Matches were not invented until well into the 19th century, so starting a fire took a great deal of effort.

This class will begin with an overview of keeping rooms from 18th and early 19th century America, and discuss early cooking methods using the fireplace, hearth and the different styles of bake ovens that were developed. We will cover the evolution of fireplace design. Students will see examples of red ware, iron, brass, copper and tin cooking tools and see how the same foods prepared in the modern kitchens of today could also be done in the 18th century. Of special interest is the beehive oven which protruded out of the back wall of the keeping room. This feature kept the built up heat of the oven out of the house during warm weather. See how an entire Thanksgiving dinner was successfully prepared with a recently restored beehive oven!

60027

\$15

1 Session, WIL 113

Thurs., 5/8, 10 a.m. - Noon

Marilyn Sassi, Instructor

Class is full. Call us to be added to the waitlist.

Variations on 18th Century Dutch Architecture

When the Dutch first began to build their homes in early New York, they copied the homes they knew from both the cities and farmlands of the Netherlands. But, because New York's climate is milder in the southeastern part of the state, the building styles reflected in early Dutch homes near present day New York City and New Jersey are different than those closer to the Capital District. Also, because the Netherlands was both a very wealthy country and tolerant of all races and religions, many of which sheltered in the Netherlands before arriving in New York, her influence can also be seen in several other groups who settled locally. Because of these interactions, Dutch architecture forms the basis of the French Huguenot homes in New Paltz and Hurley and in the German buildings of Schoharie, Palatine Bridge, Nelliston and Stone Arabia. All of these homes are considered to be part of the Dutch Architectural history of New York, but their interesting variations are based in their native roots. The buildings and their interiors will be discussed and illustrated along with distinctive examples of their decorative arts and furnishings.

60026

\$15

1 Session, WIL 113

Thurs., 5/1, 10 a.m. - Noon

Marilyn Sassi, Instructor

Class is full. Call us to be added to the waitlist.

NEW!

NEW!



Tins and Country Store Collectibles

This class will illustrate how the common tin can should not be taken for granted and explore the rich history of food preservation and containers. In addition, a large assortment of tins will be shown to demonstrate the development of advertising through colorful and informative labeling.

The colorful general stores of 19th century America were home to both product and shipping containers that lined their walls and shelves. Non-perishables like coffee, tea and spices were dispensed out of delightfully designed tin storage containers, but meat, fish and other necessities that spoiled easily, were a much more difficult challenge for packaging.

60025

\$15

1 Session, WIL 113

Thurs., 4/24, 10 a.m. - Noon

Marilyn Sassi, Instructor

James Longstreet & "Sam" Grant

James Longstreet was one of the Confederacy's greatest generals. What's not well known is that Longstreet and Ulysses S. Grant were cadets together at West Point. They served as young officers in the Mexican War and Longstreet was best man at Grant's wedding. Friends before the Civil War, they resumed their friendship one day after Lee surrendered to Grant at Appomattox.

Join Steve Trimm, Grant Cottage State Historic Site tour guide, as he portrays James Longstreet. General Longstreet will reminisce about the events of his own life and give special attention to his unlikely friendship with Ulysses "Sam" Grant.

60031

\$13

1 Session, WIL 113

Tues., 5/6, 9:30 - 11:30 a.m.

Steve Trimm, Instructor

Class is full. Call us to be added to the waitlist.

History of Baseball in the Capital Region, Part II

Back by popular demand!! Join Frank as he continues his talk about baseball in the Capital District! Author of five books/booklets and monographs, in this session he will discuss the Mohawk Giants of Schenectady and African American players in Schenectady. Frank also will present more great stories of historic baseball in Albany and Schenectady and display some of his personal collection. Keetz began collecting baseball memorabilia as a child, and as an adult, his passion for baseball drove him to become a local authority on Schenectady baseball. Join us if you, too, love the game!

60044

\$13

1 Session, WIL 113

Fri., 5/2, 9:30 - 11:30 a.m.

Frank Keetz, Instructor

The Coal Torpedo - A Confederate IED in the American Civil War

This is the story of a little known Confederate sabotage weapon, and the man who invented it.

Thomas Edgeworth Courtenay, son of a former Royal Navy officer and harbor master of Belfast, came to America in 1842 after finding that his prospects in England and Ireland were severely limited. Settling in St. Louis, Missouri by 1845, Courtenay soon had a thriving business, a wife and two children by the time civil unrest in the country led to the outbreak of war, whereupon Courtenay joined the Confederacy.

You will hear about his motivation to invent the coal torpedo, an explosive device camouflaged as pieces of coal. Courtenay's efforts to exploit the torpedo after the war bring the story into the 20th century. One of only four known examples of the torpedo as well as collection of Courtenay documents and letters will be available for inspection.

60043

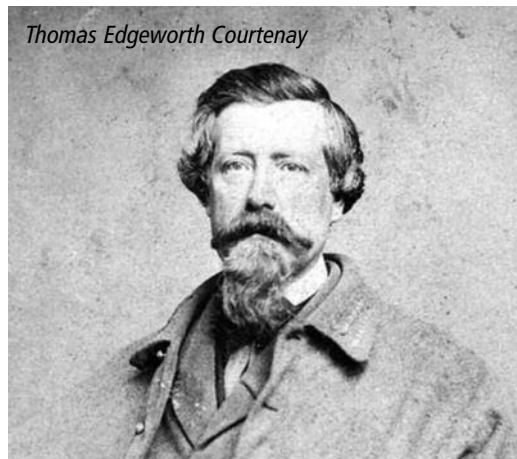
\$10

1 Session, WIL 113

Tues., 3/18, 9:30 - 11:30 a.m.

Joseph M. Thatcher, Retired Curator
for the NYS OPRHP, Instructor

Thomas Edgeworth Courtenay



Center for Creative Retirement

Archaeology in Schenectady

CAP (the Community Archaeology Program) of Schenectady County Community College offers a unique opportunity for people to get involved in hands-on, community-based archaeology. Using slides, displays, artifacts and hands-on activities, CAP staff will present highlights from its excavations and research into the history of Schenectady. Among other projects, the presentation will include:

- Exploring the layers of history in the Stockade Historic District, which was founded in 1661
- Finding and conserving artifacts from the French and Indian War military presence (1755-1763)
- Exploring "sink holes" caused by railroad construction (1831)

The non-credit curriculum and history of CAP will be discussed with a focus on participation in Community Archaeology.

60079

\$13

1 Session, WIL 113

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

Louise Basa and Daniel Bradt, Instructors

Learn Something New

What Makes Tea Time?

Around the world, a cup of tea has become a social staging point. Varieties of black, green, white tea may serve a pivotal social and often medical function, as well as providing a lift in spirits and warmth. Come sample teas of many colors, learn the art of steeping and how to balance your day or mood through the selection of tea leaves or other mixtures. Learn a little history of tea traditions and how they evolved in a range of cultures. Open yourself to a wide world of sensory experience from your own cup. Please bring your favorite tea cup to class.

60070

\$10

1 Session, WIL 113

Mon., 3/17, 9:30 - 11:30 a.m.

Elizabeth Kinney, Instructor

Class is full. Call us to be added to the waitlist.



NEW!

A Very Special Coffee Morning

Do you love coffee? Spend the morning cupping with Fred Cashmere, founder and owner of Liquid Assets Coffee. You will hear all about the history of coffee, the roasting process, the varieties of coffee and how to evaluate the various flavors. What a great opportunity to sharpen your palate and learn to classify the flavor of your favorite cup. As an added treat, Blueberry Hill Café will provide an in-between snack to cleanse the palate. Please bring some of the beans or ground coffee that you normally drink for comparison.

60033

\$10

1 Session, WIL 113

Tues., 4/1, 10 a.m. - Noon

Cathy Sullivan, Coordinator

Fred Cashmere, Instructor

Class is full. Call us to be added to the waitlist.

Antiques and More

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

60078

\$10

1 Session, WIL 113

Wed., 4/2, 9:30 - 11:30 a.m.

Andrew Geller and David Ornstein, Instructors

Metal Detecting

Metal detecting is a growing hobby.

During this presentation on the metal detecting hobby, Tim Myers, president of the Empire State Metal Detector Association and freelance writer for the *Western Eastern Treasure Magazine*, will briefly review a variety of metal detector brands and other detecting equipment available on the market today. He also will describe different types of detecting and will discuss the Metal Detector's Code of Ethics. There will be discussion about the types of artifacts that can be found during each type of detecting. Antique artifacts found by detecting will be displayed.

60071

\$15

1 Session, WIL 113

Mon., 4/7, 1 - 3 p.m.

Timothy Myers, Instructor

NEW!

Digital Camera

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

60187 \$10

2 Sessions, WIL 113

Tues., 5/6 & 5/13, 1-4 p.m.

Kevin Sarsfield, Instructor

Medicare 101

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

60186 \$10

1 Session, WIL 113

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

Janet Kiffney, Instructor

Experience Incredible Cheeses and Specialty Foods with Honest Weight Food Co-op

Honest Weight Food Co-op is renowned for its selection of cheeses and unique specialty foods. But the best part is the people who work in that section of the store... their knowledge, their friendliness, their interesting combinations, their presentation and wonderful preparation tips! This is an invite you can't pass up! Come sample their offerings. Those who have joined us before know about the unique flair co-op staff have for combining cheeses with other treats. Course fee includes a \$9 materials fee.

60067 \$19

1 Session, WIL 113

Mon., 5/5, Noon - 2 p.m.

Tom MacGregor & Drue Spallholz, Instructors

Class is full. Call us to be added to the waitlist.

Beginning Bridge

You will play bridge at your very first class. You do not need a partner to join. Just bring a good attitude and a desire to learn bridge. The game of bridge is mentally challenging, provides ongoing learning, social interaction and it's fun! It is an inexpensive hobby that also offers travel opportunities. It is a game that evolves, so one could never get tired of it. Come join the fun and see what the game of bridge is all about.

60019 \$51

5 Sessions, WIL 113

Wed., 4/9 - 5/7, 9:30 - 11:30 a.m.

Marilyn Hart, Instructor

Rejuvenating Your Garden

Is your garden overgrown or neglected? Just like we need an occasional makeover to look our best let's make a plan to give your garden a makeover. Get the most from your garden spaces and plants by evaluating the present and planning for a new and exciting future.

60022 \$10

1 Session, WIL 113

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

Barbara Nuffer, Instructor

Volkswalking in the Capital District

NEW!

We all know that walking is good for us, both physically and mentally. But do you wish you had someone to walk with? Would you explore some other places to walk if you had someone to go with you? Come learn about volkswalking! The Empire State Capital Volkssporters is a club of over 300 members who hold walks every week from April through November and even some in the winter. If there's snow, they snowshoe as well.

Volkssporting, which includes biking, swimming and cross country skiing in addition to walking, originated in Germany. There are now clubs in most states and Canada and anyone can join in their walks. All clubs subscribe to the motto "We walk for fun, fitness and friendship." The first 30 to 45 minutes of the class will be a presentation on volkssporting with question and answer time. We will then hand out directions to the second part of the class, where you'll need sneakers for a one hour guided walk- 5K (3.1 miles). You will encounter some uneven surfaces throughout our Troy walk, so be prepared. Put on your sneakers and start walking for fun, fitness and friendship!

60021 \$12

1 Session, WIL 113 and then Troy walk location

Mon., 4/14, 10 a.m. - Noon

Lea Darling and Barb Kolapakka, Coordinators

Class is full. Call us to be added to the waitlist.

*Be sure to check out the afternoon
Mah Jongg class on page 35.*

Center for Creative Retirement

Trips and Tours

Please Note: Several of these trips and tours include a materials fee for admission and/or meals. This fee is non-refundable five business days prior to the start of the course. Directions and additional information about off-campus trips and tours are posted at hvcc.edu/communityed.

Jack McEneny's Irish in Albany

Former Assemblymember Jack McEneny is back by popular demand with a trolley tour of Albany. Join us for an Irish Trolley Tour with John J. McEneny. Jack is an author and former state Assembly member who narrated and wrote WMHT Public Television's Tricentennial documentary on Albany and authored "Albany: Capital City on the Hudson."

The history of Irish Immigrants coming to Albany and to America will be chronicled. Irish immigrants who chose to come to America did so with little joy although their future in Ireland would only be more poverty, disease and English oppression. Their brogue and dress provoked ridicule; their poverty and illiteracy provoked scorn. Yet, instead of apologizing for themselves they united and took offense. Their strength was solidarity and they helped each other survive city life. Learn the intriguing story of Irish Albany – from an Irishman who knows!

If you have a copy of "Albany: Capital City on the Hudson," feel free to bring it along for him to sign. Course fee includes \$25 materials fee.

60028 \$35

1 Session, Pick up at Dutch Apple Cruises, Albany

Wed., 3/19, 10 a.m. - 12:30 p.m.

Jean Chenette, Coordinator

Class is full. Call us to be added to the waitlist.



A Visit to the Albany Hall of Records

NEW!

Was your family from Albany County or the city of Albany? The Albany County Hall of Records is unique among county agencies in that it has a joint city and county collection. Because the archival records of both Albany County and the City of Albany are housed in one location, the public is better able to research local and family history. Join us for a tour given by Craig Carlson, archivist/deputy director of the Hall of Records.

A few of the documents you will discover are: naturalization papers from Albany County, 1827-1991; declarations of intention, 1827-1991; tax rolls, land records, and Albany City Directories, 1830-2013 (some include the city Rensselaer and Hampton Manor). They also house state and Albany County census records, from 1855-1930 and criminal records from the city and county of Albany.

60039

\$10

1 Session, Albany Hall of Records

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

Jean Chenette, Coordinator

Tour "The Joe"

The Joseph L. Bruno Stadium, located on the campus of Hudson Valley Community College is the home field of the Tri-City ValleyCats. The Cats are a New York-Penn League Class-A affiliate 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 about 38 home games at "The Joe," a 4,500 seat stadium, from June through September. In 2013 the Tri-City ValleyCats won the New York-Penn League Championship and now prepare to take on this year's challenges!

Get ready to kick off the 2014 season by touring the Joe. Our group will get an insider look at these great facilities and have an opportunity to see the locker room.

60045

\$10

1 Session, Meet at the Valley Cats office

at the Joseph L. Bruno Stadium

Tues., 5/20, 10 - 11:30 a.m.

Jean Chenette, Coordinator

MASS MoCA Visit

Join us as we venture to MASS MoCA, nestled in North Adams, MA in the beautiful Berkshire Mountains. This museum and creation space is unique in both its setting, a historic factory, and mission, in that art is simultaneously being created and displayed on its campus. Its galleries and theaters display new, original and innovative visual and performing arts. Our group will be treated to a guided tour and will see exciting new art in all phases of production at this one of a kind venue for contemporary art. You can then explore the museum and all it has to offer. Course fee includes a \$22 materials fee.

60315

\$32

1 Session, Meet at MASS MoCA in North Adams, MA

Mon., 4/7, 11:30 a.m. – 12:30 p.m. for guided tour

Joyce Feiring, Coordinator

This trip did not appear in the print version of the brochure.

Trips and Tours



The Mystery of the Albany Mummies at Albany Institute of History and Art

The exhibition, *GE Presents: The Mystery of the Albany Mummies*, reunites all the components of Ankhefenmut's coffin and interprets the world in which he lived and worked. The exhibition addresses specific themes associated with the mummies. The first explores the 1909 acquisition of the museum's two mummies and coffins from the Cairo Museum. The second section provides insights into mummification and the ancient Egyptian concept of the afterlife. Participants will discover the world of Ankhefenmut and his roles as both sculptor and priest, as well as our own fascination with ancient Egypt today. Course fee includes \$8 materials fee.

60036 \$18
1 Session, Meeting at Albany Institute of History & Art
Wed., 4/2, 10 a.m. - Noon
Jean Chenette, Coordinator

New York City Bus Trip

A bus will leave at 7 a.m. from Crossgates Commons (behind Wal-Mart) for New York City. The bus will drop you off and pick you up from the Bryant Park area in Manhattan, leaving New York City at 7 p.m. The outing is for the bus trip only. Arrangements for the day will be left open for you to do whatever you please. A small donation will be collected on the bus for driver gratuity. Course fee includes a \$29 materials fee.

60037 \$39
1 Session, Leaving from parking lot
behind Crossgates Commons
Wed., 4/9, 7 a.m. departure
Joyce Feiring, Coordinator

Schenectady Culinary Luncheon

Join for us a delectable luncheon at the Hotel, Culinary Arts and Tourism Department at Schenectady County Community College. The menu will be designed by the Quantitative Foods lab instructor and class. If you prefer a vegetarian entree, please notify us at the time of registration. Lunch will be served in the Van Curler Room on the SCCC campus. We will be treated to a tour of the facilities at 11:30 and lunch will be served at approximately 12:15. Course fee includes an \$18 materials fee.

60038 \$28
1 Session, Schenectady County Community College
Wed., 3/26, 11:30 a.m. - 1:30 p.m.
Joyce Feiring, Coordinator

Enjoy a Taste of History with a Peebles Island Tour

Peebles Island is the headquarters of the New York State Bureau of Historic Sites and Bureau of Historic Preservation Field Services. During the tour you will discover how the expert staff cares for the various collections at New York's 35 state historic sites. We will tour some of the conservation labs where the preservation of paper, textiles, paintings and furniture takes place.

60049 \$10
1 Session, Peebles Island State Park in Waterford, NY
Mon., 3/31, 10 a.m. - Noon
Cathy Sullivan, Coordinator

Class is full. Call us to be added to the waitlist.

Follow the History Trail of September 1755

Join us for a day to find out what happened in September of 1755, during the French and Indian War. Visit Blind Rock, the ancient boulder which was known to both Native Americans and early colonists as the bounds between lands held by the English and French prior to the French and Indian War (1754-63). We will also visit the Bloody Morning Scout Battlefield – site of the first phase of the Battle of Lake George. The Battle of Lake George was part of a campaign by the British to expel the French from North America.

We will meet at the Log Jam Restaurant in Lake George at 10 a.m. The group will travel to the above historic sites in Warren County with Randy Patten as your guide. Randy also will provide historical background sheets on the locations to the attendees. Bring a bag lunch, your walking shoes and a love of things historical.

60188 \$35
1 Session, Meet at the Log Jam Restaurant
in Lake George, NY
Wed., 5/7, 10 a.m. - 4 p.m.
Randy Patten, Instructor

Class is full. Call us to be added to the waitlist.

Trips and Tours

Tour of the New Honest Weight Food Co-op

The Honest Weight Food Co-op has built a brand new environmentally sustainable grocery store at 100 Watervliet Ave. in Albany. It offers an improved shopping experience for member-owners and customers by providing a larger store with greatly increased parking and expanded services. Its size also increases the co-op's ability to support local farmers. Come explore and shop the various departments including a full service deli, expanded meat, seafood, cheese and specialty foods section and the famous bulk department. During our behind-the-scenes visit we'll see the community room, the teaching kitchen and so much more!

60064 \$10

1 Session, Demonstration Kitchen
at Honest Weight Food Co-op
Mon., 3/24, 9 - 10 a.m.

60065 \$10

1 Session, Demonstration Kitchen
at Honest Weight Food Co-op
Mon., 3/24, 10 - 11 a.m.

60066 \$10

1 Session, Demonstration Kitchen
at Honest Weight Food Co-op
Mon., 3/24, 11 a.m. - Noon
Jean Chenette, Coordinator

11 a.m. tour is full.

Spring Sensations -

Exploring Nearby Nature Preserves

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

60023 \$10

5 Sessions

Fri., 4/11, 10 a.m. - Noon, WIL 113

Fri., 4/25 - 5/16, 10 a.m. - Noon, Selected Preserves
Betty and John Nickles, Instructors

NEW!

Tour and Lunch at The Skene Manor

Enjoy a visit to The Skene Manor, Whitehall's Castle on the Mountain, which is one of the few remaining castles in northeast New York. The castle was constructed of stone blocks cut right out of the mountain that frames the manor. This magnificent structure shows turn-of-the-century craftsmanship rarely duplicated today. Our morning will begin with a tour of The Skene Manor where we will experience the grandeur that exemplified turn-of-the-century wealth. Then, lunch of homemade soup, sandwiches, beverages and dessert will be served in the tea room. Choose from chicken salad, tuna salad, reuben or roast beef on either white, whole wheat or rye bread. Everyone raves about the lunch and the dedication of the volunteer staff who run the Manor. Experience it for yourself! Course fee includes a \$20 materials fee.

60032 \$30

1 Session, The Skene Manor in Whitehall, NY
Wed., 5/14, 11:15 a.m. - 1:30 p.m.

Jean Chenette, Coordinator



Knickerbocker Family Mansion - Ghosts, Tour and Lunch

The Knickerbocker Historical Society will be our guests as they tell us about the history of the Knickerbocker Mansion, which dates from about 1770. They will arrange for a couple of historic "ghosts" to give moving firsthand accounts of their lives and experiences and will explain the ongoing renovations to the mansion the not-for-profit society rescued the mansion from certain demolition and has continued to restore it. Our visit concludes with a chance to tour the mansion and sit down to a colonial lunch cooked with authentic recipes, a delicious finale to the day. Course fee includes a \$25 materials fee.

60018 \$35

1 Session, Knickerbocker Family Mansion

Wed., 5/7, 10:30 a.m. - 1:30 p.m.

Jean Chenette, Coordinator

Discover Troy - Washington Park and its Victorian Homes

Have you ever walked through the Washington Park area and marveled at the many beautiful renovated homes and their exclusive park? Well, now you can enter some of these unique homes built in the 1840's by some of Troy's prominent citizens. We will visit four or five homes and you will see restoration as well as new construction behind old walls. Begun as a residential square by old Troy families, rising Irish families and later other immigrants, Washington Park reflects the social and economic history of the city. Your tour will also include their private ornamental park enjoyed as a quiet, scenic front yard of the neighborhood. We will end our afternoon with a small reception in one of the mansions.

Please note that there is a great deal of walking on uneven surfaces during the tour including: sidewalks, grass, roads and some home interiors with multiple flights of stairs and the group keeps to a tight schedule during the two-hour walking tour. So put on your walking shoes, and join us for a glimpse into an era of long ago.

60020 \$30

1 Session, Meet at 195 2nd St. in Troy, NY

Tues., 5/13, 10 a.m. - 12:30 p.m.

Lea Darling, Coordinator

Class is full. Call us to be added to the waitlist.

Tour Steepletop -

Home of Edna St. Vincent Millay

Don't miss this opportunity to visit Steepletop, the farmhouse home of Pulitzer Prize-winning poet Edna St. Vincent Millay in Columbia County. To hear her poetry read in the midst of her surroundings is an incredible experience. This National Historical Landmark was Edna St. Vincent Millay's estate and our visit will include a guided tour of the house, writing cabin and gardens. Walking shoes for the tour are recommended. The site is wonderfully restored and the docents are very knowledgeable. The house remains much as Millay left it and gives visitors a real sense of her life in this bucolic setting.

60024 \$30

1 Session, Steepletop in Austerlitz, NY

Thurs., 5/15, 10:00 a.m. - Noon

Jean Chenette, Coordinator

Watervliet Historical Society

NEW!

The building that houses the Watervliet Historical Society was formerly The North Dutch Reformed Church. Built in 1839, it was one of 17 churches built in the small city. This museum deals with the history of the current city of Watervliet (formerly West Troy) and the historical significance this area had on all of New York State. You will hear how the Erie Canal was a major factor in the development of Watervliet and how the Meneely Bell Foundry became the master bell castor of their time. The Watervliet Arsenal also brought many people to this area. You will also hear about the history of West Troy Stoneware and how this area evolved into one of the major centers of American stoneware production. Join us for a very informative visit and learn about some fascinating local history! Course fee includes \$5 materials fee.

60047

\$15

1 Session, Watervliet Historical Society

Thurs., 3/27, 11 a.m. - 12:30 p.m.

Jean Chenette, Coordinator

Lunch and a History Lesson at the Watervliet Arsenal

We invite you to join us for lunch followed by a presentation by Robert Pfeil, director/curator of the Watervliet Arsenal Museum. We will begin with a delicious lunch, served in the Cannon Community Club, consisting of sliced sirloin, chicken cacciatore, baked ziti, roasted rosemary potatoes, Prince Edward vegetables, dessert, bread, salad and coffee. Following lunch, Bob will tell the story of the Watervliet Arsenal from its early days when they produced the tools that protected our country to a manufacturer of items for the non-defense industry. We may even be lucky enough to see the machine shop. It is America's oldest arsenal and was established by Congress in 1813 with the purchase of twelve acres. Today it is a 47-acre area with 200 years of stories to tell. Bob will offer a historical view of the site spanning decades. For entry to the Arsenal, visitors are required to present a photo ID (driver's license or passport) to the guards at the gate. Course fee includes \$22 materials fee.

60048

\$32

1 Session, Meet inside the Arsenal at the Cannon Community Club

Tues., 4/8, 11:30 a.m. - 2 p.m.

Jean Chenette, Coordinator

Class is full. Call us to be added to the waitlist.

Center for Creative Retirement

Out and About

We invite you to join us as we head out to explore a real mix of unusual destinations. This spring we will visit Vermont, Massachusetts, the Schoharie Valley and Greene County. Many of these visits will be firsts for our program, while the others are proven winners.

Out and About begins with a brief orientation at the college prior to the first outing where the group will receive directions to all of the sites and arrange for carpools. The course fee includes a \$75 materials fee for entrance/tour fees and/or meals.

Thursday, May 15 - Orientation at HVCC then Shakespeare & Company, and Ventfort Hall (Lenox)

After our brief 9 a.m. meeting at Hudson Valley Community College to distribute information and arrange for car-pooling, for those who wish to do so, we will travel to Shakespeare & Co in Lenox. Shakespeare & Company, a theater company that performs as the Elizabethans did, has more than 150 artists and provides in-depth classical training. The company also produces new plays of political and social significance. This is an opportunity for lovers of Shakespeare to reacquire themselves with his world. We shall have a backstage tour and lunch is included. Ventfort Hall, which we will tour, is an imposing mansion built in 1893 for J.P. Morgan's sister, Sarah. It is listed on the National Register of Historic Places and is an official project of "Save America's Treasures," a Millennium program of Hillary Rodham Clinton and the National Trust for Historic Preservation. It is the home of The Museum of the Gilded Age.

Thursday, May 29 - The Saugerties Lighthouse (Saugerties), and the Bronck Museum (Coxsackie)

The Saugerties Lighthouse Conservancy administers the lighthouse, which has been reconstructed and open to visitors. In keeping with its mission of preserving the lighthouse and educating the public, the conservancy rents four apartments in the lighthouse where it also maintains a museum and provides tours. We shall have a tour that includes the museum and a view from the tower. Our docent will provide a history of the lighthouse, and we can view a 20-minute documentary to learn of its dramatic reconstruction. Because of its location on the river, tours must be scheduled with tide schedules in mind. Tides permitting, the lighthouse is reached via a half-mile nature trail of dirt and rock paths with wooden bridges and boardwalks and sandy trails. Suitable, comfortable shoes are recommended. In the afternoon we'll visit the Bronck Museum. This site has several buildings of historical interest including residences, barns and other farm buildings. Rather than a single docent for our tour, we can proceed from building to building at our own speed as each site has docents to guide visitors.

Thursday, June 5 - The Cherry Valley Museum (Cherry Valley), and Palatine House (Schoharie)

Located in the Schoharie Valley in the village of Cherry Valley, this museum is home to some of the finest examples of Early Americana in the state. We'll tour their collection of Victorian furniture, housewares, toys and clothing. The museum contains artifacts from the Cherry Hill Massacre of November 11, 1778 which has been described as one of the worst massacres of the Revolutionary War. In the afternoon, we'll tour the 1743 Palatine House, a medieval, German-style building built by the Palatine colonists for their minister, Peter Nicholas Sommers, who came to Schoharie from Hamburg, Germany. The house was restored in 1971 and a "living museum" was created. Visitors can learn about and experience colonial life and times when they visit the house, grounds and adjacent cemetery, where Sommers and his wife are buried. As this site is not-for-profit, donations are welcome.

Thursday, June 12 - Hildene, the Lincoln Family Home (Manchester)

We will spend the day visiting this little-known site where there are numerous exhibits. Robert Todd Lincoln, (the only child of the Lincolns to survive into adulthood) became president of the Pullman Company – once the largest manufacturing corporation in America. He purchased a 500-acre property and this became the Lincoln family home for 70 years. The Friends of Hildene purchased and began to restore it in 1978 upon the death of the last Lincoln descendant to live there. At present there is the mansion; a peony garden with thousands of blooms, some of which date back to 1907; a solar farm, Sunbeam; a luxury Pullman car; and a civil rights historical exhibit. We will tour the property and have access to its walking trails and spectacular mountain views. We will be able to break for lunch in Manchester and then return to Hildene for the afternoon.

60080

\$85

Thurs., 5/15, 9 - 9:30 a.m., Orientation, WIL 113

Thurs. 5/15 - 6/12, 10 a.m. start, Out and About Sites
Judy Beiss and Fran Krause, Coordinators

Class is full. Call us to be added to the waitlist.

Get Creative

In Blooming Color

Spend the morning with Michelle Peters, a versatile floral artist with more than 28 years of experience and the ability to design classic arrangements that appeal to modern trends. Known for thinking outside the vase, she will show you how to put creativity and energy into your designs. She also will share the latest international ideas and demo what is hot in the flower world. Michelle brings a true passion for what she does and she'll share it with you as you admire, learn, and maybe even make something to take with you. Perhaps you'll be one of the lucky students to bring one of her creations home! Course fee includes a \$12 materials fee.

60069

\$22

1 Session, WIL 113

Wed., 5/14, 9:30 a.m. - Noon

Michelle Peters, Instructor

Paint Your Own Greeting Cards

Professional artist and instructor Noreen Powell will guide you in creating six unique cards. You do not have to be an artist to create cards that will delight the special people in your life for whatever occasion you choose. All supplies and inspiration will be provided for an afternoon of fun and creativity! Course fee includes \$15 materials fee.

60050

\$25

1 Session, WIL 113

Mon., 3/31, 1 - 3 p.m.

Noreen Powell, Instructor

Class is full. Call us to be added to the waitlist.

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

Come whet your musical appetite while hearing the history and sounds of roots music. Listen to music from Scotland, Ireland, Canada, New England and Appalachia. Combine this with the "why" and "how" of the way these sounds developed and you have one rousing presentation. George Wilson, accomplished fiddler, folk music educator and performer, has planned a great morning for the music lover in you! Join the fun!

60042

\$13

1 Session, WIL 113

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

George Wilson, Instructor



Ukrainian Eggs, Pysanky Eggs

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

60046

\$25

1 Session, The Albany Art Room

Thurs., 4/3, 11 a.m. - 1 p.m.

Karen Schupack, Instructor

Class is full. Call us to be added to the waitlist.

The Journey Through Musicals Continues

To Life, Part V

Following the themes of Parts I through IV of this series, making the most of every moment of every day, Part V illustrates optimism, living and loving in the moment, enjoying the unexpected and sometimes just singing to chase the blues away. Celebrate the best of times with Broadway songs performed by Barbara Cook, Ethel Merman, Jerry Orbach, Julie Andrews, Mickey Rooney, John Raitt and others. Highlights include "We're in the Money," "The Trolley Song," "Put on a Happy Face" and a rare clip of Desi Arnaz singing "She Could Shake Her Maracas."

To Life, Part VI

Part VI adds the themes of success, following your dreams, believing in yourself and dancing your troubles away. We'll hear compositions by Charles Strouse, Rodgers and Hammerstein, George Gershwin, Lerner and Loewe and Kander and Ebb performed by Liza Minnelli, Julie Andrews, Dolores Gray, Jack Cassidy, Tommy Tune and others. Highlights are "Kickin' the Clouds Away," "The Varsity Drag," "Wouldn't It Be Lovely" and "Applause."

Be with us to relive those magical moments. See the film clips, hear their great music and learn from the master!

60034

\$13

1 Session, WIL 113

Wed., 3/26, 9:30 - 11:30 a.m.

Richard Feldman, Instructor

NEW!

NEW!

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.

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 will 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.

60177 \$1189

Online course, 1/13 - 2/28 & 3/10 - 4/25

60178 \$1189

Online course, 3/10 - 4/25 & 5/5 - 6/20

Center for Legal Studies, Instructors

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

Pet Education Certificate

Begin a Career Working With Pets!

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. In addition, you will have access to the P.E.T.S. Web site, an online resource connecting pet professionals with clients. 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.

Marlene Wagner, BS, CPDT (certified professional dog trainer) will be a guest instructor teaching animal behavior, training and safety. She is a veterinary assistant with more than 20 years of experience and has assisted in veterinary behavior consultations (providing written behavior modification plans) for eight years. In addition, she has been teaching people to train dogs for 30 years. Marlene is passionate about teaching people skills and information that are based on sound science, humane and relationship enhancing. The course instructor, Mary Lynn Gagnon, is the owner of Pet Estates Inc. and Merry Lynn Kennels and has been a successful pet business owner and leader in the pet business field locally and regionally for more than 20 years.

In order to successfully complete this program, students must complete a pet First Aid/CPR class, students may not have more than one unexcused absence from class and must complete at least 54 hours of internships at approved animal care facilities within six months of the final class meeting.

60246 \$400

6 Sessions, WIL 100

Thurs., 3/13 - 4/17, 5:30 - 8:30 p.m.

Mary Lynn Gagnon of Pet Estates Inc., Instructor

Class is full. Call us to be added to the waitlist.

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

The P.E.T.S grooming school is an introductory course that prepares you for a career in the grooming business. Through both in-class and hands-on training, P.E.T.S. grooming school is for students who have an interest and desire to earn an income working with animals as a pet groomer assistant and caregiver. This course also is beneficial to pet owners who wish to advance their knowledge in pet hygiene. Professionals in the animal industry can earn a comfortable salary working as a grooming assistant while pursuing their creativity and love of animals. This course will walk you through the basic steps in the pet grooming process including nails, ear cleaning, anal glands, dental and eye care. It teaches you how to bathe, brush and dry dogs based on their coat type and individual needs. Fundamentals of cat grooming including handling, restraining, bathing, brushing and drying will be covered. You will learn about available pet products to properly care for and treat some health issues impacting appearance. In addition, the course will include a history of dog and cat grooming, an overview of basic anatomy, health and disease in pets. Health and safety for both students and the pets will be covered. You'll have the opportunity to learn about career opportunities in the field, prepare a resume, and prepare to interview for grooming assistant positions. Information will be available for those who wish to further their career in the grooming field. All students must complete a pet CPR/First Aid course to complete this program. Students will be expected to purchase a basic tool kit of grooming supplies. A list will be provided.

After the in-class portion of course, students will intern for 20 hours at Pet Spas of America in Latham. Instructor Tracy Muscatello, successful business owner and a NY school of grooming graduate, will work with students to develop the hands-on training. Marlene Wagner, BS, CPDT (certified professional dog trainer) will work with students to learn how to best observe and handle pets. Instructor Mary Lynn Gagnon is the owner of Pet Estates Inc. and Merry Lynn Kennels and has been a successful pet business owner and leader in the pet business field locally and regionally for more than 20 years.

60245

\$700

9 Sessions, WIL 110

Sat., 3/1 - 5/10, 10 a.m. - 1 p.m.

No class 4/19, 5/3

Mary Lynn Gagnon of Pet Estates Inc., Instructor

Know you want to work with animals but aren't sure which pet program to choose? Join us for a free informational session on Feb. 12 from 6 - 7 p.m. in WIL 101 to hear more about the programs offered.

Click here to learn more!

NEW!

PTIA Personal Trainer Certification

Here's your chance to become a nationally certified personal trainer in one intensive weekend. Personal training certification from the Personal Training Institute of America will prepare you for a successful career as a certified personal trainer!

With Americans becoming more aware of the impact that physical fitness has on their long-term health, the need for individuals with an in-depth knowledge of personal fitness and who have the ability to provide personal training and fitness instruction is rapidly rising. PTIA is a premiere personal training school that will give you the education, skills and insight to become a valued professional as a certified personal trainer, ready to enter the workforce! Jump-start your career with personal training certification from PTIA, a leading personal trainer school. The two-day intensive program includes 16 hours of lecture, demonstrations and practical hands-on application.

Day 1: Classroom training and hands-on learning in the gym

Day 2: Hands-on learning in the gym

Some of what you'll learn includes:

- Client consultation and assessments
- Basic anatomy and physiology
- Basic program design and implementation
- Basic injury prevention and medical considerations
- Nutrition fundamentals
- Weight loss information
- Goal setting and motivation
- Case study practice and client role playing
- Practical training in the gym

PTIA-certified personal trainers are better prepared for the real world by being exposed to hands-on training by experienced trainers and instructors... not just a textbook and an online exam. You'll learn everything you need to know before you hit the gym floor.

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

All PTIA instructors have many years of real world experience and multiple fitness certifications including: Certified Personal Trainers, Yoga Instructors, Nutritional Consultants, Mat and Equipment Pilates, Group Fitness Instructors, Senior Fitness Instructors, Spin Instructors, Arthritis Foundation Instructors, CPR/AED Instructors and more.

60017

\$510

2 Sessions, MCD 202

Sat. & Sun., 4/5 & 4/6, 9 a.m. - 5 p.m.

Personal Training Institute of America (www.ptia.info), Instructors

ed2go Online Career Training Programs

ed2go online career training programs offered 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. Any certification or exam fees are not included in the course fees.

Administrative Medical Specialist with Medical Billing and Coding

The Administrative Medical Specialist with Medical Billing and Coding course 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 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, you 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.

60179 \$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!

60180 \$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.

60181 \$1995

Online course, 170 hours

For more information including complete course descriptions, prerequisites and course outlines, please visit hvcc.edu/communityed and click on these ed2go classes in our spring course listings.

Communication

How to Conduct a Webinar

Webinars make it possible for you to communicate with your clients and prospects anywhere in the world! What that means for you is cutting costs, boosting productivity, increased profitability, greater leverage and expanded geographic reach. Learn the nuts and bolts of how the do-it-yourselfer can carry out a webinar. Examine hardware/software combinations, webinar platforms, how to personalize your content, attendee considerations and how to promote your program.

60084 \$15

1 Session, BTC 217

Sat., 5/3, Noon - 2 p.m.

James Farnham, MBA, MS, Instructor

Writing Your Family History

Your family and personal stories are too good, too important, to lose. This course introduces you to the step-by-step process that transforms memories into memoirs. Learn techniques for stimulating memories, conducting family history research and writing the story of your life or your family. Class time will be devoted to reading and critiquing in a supportive workshop environment. Course fee includes \$15 materials fee.

60052 \$45

1 Session, ADM 101

Sat., 3/22, 9:30 a.m. - 1:30 p.m.

Pauline Bartel, Instructor



Self Publishing vs. Traditional Publishing: Which is Best for You?



Self publishing is all the rage, but is it the best option for you? Once you self publish, then what? You will learn about the pros and cons of traditional publishing and all of the self publishing options, including vanity publishing, print on demand publishing, e-book publishing, and the Amazon options of Kindle Publishing and Create Space. You will also learn, from a published author and editor how to find the best traditional publisher or the best self publishing company for your manuscript. Course fee includes \$10 materials fee.

60058 \$30
 1 Session, WIL 113
 Mon., 5/12, 1 - 2 p.m.
 LeeAnne Krusemark, Instructor

English as a Second Language - Beginners

This course is specifically designed for beginning level English language students. No prior knowledge of English is required. This course covers the skills of listening, speaking, reading and writing. Emphasis will be placed on reading strategies, simple vocabulary development, understanding American idioms, basic English syntax and simple conversation. Forms of academic and business writing are also discussed. The required textbook, "What a World 1, 2nd Edition" by Milada Broukal, is available for purchase at the college bookstore, (518) 629-7157.

60190 \$145
 10 Sessions, AMZ 202
 Tues., 2/25 - 5/6, 4 - 6 p.m.
 No class 4/22
 Noah Kucij, Instructor

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

Writing From Your Heart: The Art of Personal Essays

Transform the ordinary events of your life into extraordinary personal essays. Explore the step-by-step process of using writing games to unlock your experiences; choosing the most-effective essay style; shaping your experiences into a first draft; and allowing reader reaction to refine your draft into a polished essay. Course fee includes a \$15 materials fee.

60053 \$55
 3 Sessions, DCC 136
 Wed., 3/26 - 4/16, 7 - 9 p.m.
 Pauline Bartel, Instructor

Beginner's Guide to Getting Published

Did you know Stephen King was rejected 75 times before he sold his first novel? If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past, the editor's desk. You will discover how to:

- Become a "published" writer overnight
- Submit manuscripts the correct way
- Find the right publisher for your work
- Write irresistible query letters
- 100 ways to make money as a freelance writer
- Obtain FREE future Q&A opportunities

If you really want to succeed, this step-by-step workshop, taught by a successful, published author and editor is a must! Course fee includes a \$20 materials fee for the course workbook.

60057 \$60
 1 Session, WIL 113
 Mon., 5/12, 2 - 4 p.m.
 LeeAnne Krusemark, Instructor

Meet the Publisher - Get Your Manuscript Critiqued

Have you ever wanted to talk to a real publisher? Are you tired of having your manuscripts critiqued by non-professionals? Bring your in-progress manuscript for an in-class critique of your poetry, article, short story, novel, non-fiction book, children's book, etc. You will then learn about the pros and cons of traditional publishing and self-publishing options. If you choose, you can leave a copy of your manuscript with LeeAnne, now the owner of an author-friendly publishing house, for a professional critique and a list of publishers and/or agents who are interested in your type of work (please note there is an additional fee for this service). Course fee includes a \$10 materials fee for a detailed workbook comparing the different publishing options for your work and a writer's resource book.

60059 \$30
 1 Session, WIL 113
 Mon., 5/12, 4 - 5 p.m.
 LeeAnne Krusemark, 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.

60191 \$15

1 Session, AMZ 203

Wed., 3/19, 6:30 - 9 p.m.

Creative Voice Development, Instructors

The Art of Writing Proposals for Grants, Programs and Research

This course will teach you 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 you in constructing a proposal by the completion of the course. Course fee included \$7 computer fee. Bring your HVCC user ID and password with you to class.

60211 \$117

8 Sessions, DCC 134

Tues., 3/11 - 5/6, 5:30 - 7:30 p.m.

No class 4/22

Nicole Arduini-Van Hoose & Wendy Chirieleison,
Instructors

Introduction to Japanese Language

Learn commonly used words, daily expressions, numbers, time related expressions and various counters. Some simple sentence patterns, verb conjugation (-masu, -masen), and Hiragana (writing) are introduced. Speaking and listening skills are emphasized. Taught by a native Japanese speaker, this course will get you started on that cross-Pacific trip you've been dreaming of! Course fee includes \$43 materials fee for the required textbook.

60192 \$133

9 Sessions, AMZ 203

Tues., 3/11 - 5/13, 6:30 - 8:30 p.m.

No class 4/22

Yoko Lacasse, Instructor

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.

60201 \$20

1 Session, DCC B06

Mon., 2/17, 6 - 9 p.m.

David Ewen, M.Ed., Instructor

Introduction to Mandarin Chinese

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. The course fee includes a \$7 materials fee.

60204 \$72

9 Sessions, BTC 305

Tues., 3/4 - 5/6, 6:30 - 8 p.m.

No class 4/22

Jung Tzu Lin, Instructor



TechKnow Prof

Computer Basics for Absolute Beginners

Do you feel like a deer in the headlights when you try to use a computer? Do you need computer skills for the job hunt? This hands-on course will walk you through the basics so you can take charge of your computer. Learn how to turn the computer on and off, use a mouse and computer keyboard, work with the Windows 7 desktop, menus, and windows, and open and close programs. Learn how to "surf the Web" with Google and Yahoo to find information and evaluate the results. Discover how to use email and how to keep your computer safe from Internet malware, identity theft and Internet fraud. Learn how to create and save files to folders (and find them again!), and do basic word processing with Microsoft Word. Learn how to shop for computers and what to say to the techies when you need help. A step-by-step textbook is included. Course fee includes \$7 computer fee and \$26 materials fee for the required textbook. This is a hands-on class, and you will need your HVCC username and password.

60209 \$127

6 Sessions, BTC 205

Mon., Wed. & Thurs., 3/3 - 3/13, 6 - 8 p.m.

60210 \$127

6 Sessions, BTC 205

Mon., Wed. & Fri., 3/17 - 3/28, 9 - 11 a.m.



Quickbooks Basics

Learn the essentials of QuickBooks so that you can easily enter transactions, manage accounts and generate reports. The content is presented in an easy to understand format and offers hands-on experience. Class content will include: navigating QuickBooks, entering information and transactions, managing lists and accounts and working with and generating reports. Students should have basic computer skills. You will need your HVCC user ID and password for this course. Course fee includes a \$3 computer fee.

60202 \$26

1 Session, BTC 205

Sat., 2/22, 9 a.m. - Noon

David Ewen, Instructor

Microsoft Office 2010 Basics for the Administrative Professional

For the recent graduate or someone who wants to get back into the workforce and needs a refresher on the word processing and productivity suite, Microsoft Office, this class will help you get the skills to land that job you have been looking for. The course covers MS Office 2010. You will learn how to create a word processing document and merge it with a mailing list that you create in Excel and Access. Create a spreadsheet to keep track of data and use simple functions. While this class does not cover Outlook, you will receive tips on how to keep your e-mails professional looking and effective. This is a hands-on class, and you will need your HVCC username and password.

Prerequisite: Students must possess basic computing skills, such as copy and paste, be familiar with computer functionality and operation and/or have completed a basic computer class. Course fee includes a \$5 computer fee.

60189

\$85

5 Sessions, BTC 205

Tues., 3/4 - 4/1, 6 - 8 p.m.

Sherry Flansburg, Instructor

Course is full. Call us to be added to the wait list.

Introduction to PowerPoint 2010

What can you do with PowerPoint? Create a project or presentation for a class or professional meeting; compile your photos for a fun birthday or anniversary slideshow. Learn how to use PowerPoint to customize your presentations and slideshows with graphics, charts and animations, too. Course fee includes a \$3 computer fee.

60199

\$49

3 Sessions, BTC 205

Wed., 4/23 - 5/7, 6 - 8 p.m.

Umrn Yaqqob, Instructor

Creating Web Sites and Mobile Apps

You can make money by creating Web sites, Facebook pages and mobile apps. Discover best methods for search engine optimization, choosing Meta-tags, visual design fundamentals, effective content design, using script modules, and e-commerce tools to make compelling Web sites. Create interactive Web sites and mobile apps and save money by using the many free tools available. This course will help individuals and business owners maximize their potential. Students should have basic computer skills. You will need your HVCC user ID and password for this course. Course fee includes a \$3 computer fee.

60203

\$26

1 Session, BTC 205

Sat., 2/22, 1 - 4 p.m.

David Ewen, Instructor

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. 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 and Professional Education (during business hours) in the Guenther Enrollment Services Center, Room 252 and with photo ID, we can reset your password. Students also can 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.

Health & Wellness Institute

Hudson Valley Community College is proud to offer the Health and Wellness Institute. The mission of the Institute is to help meet the community's growing health concerns by promoting primary prevention health education. Participants will gain knowledge, engage in physical fitness and experience ongoing physical assessment within a supportive and motivating professional environment.

How Fit Are You?

Don't just claim a New Year's Resolution, live it! Participate in a motivating assessment of your current level of overall health and physical fitness. This two-session event will educate you on the fundamental principles of health, wellness and stress management. You will complete a comprehensive physiological assessment of your current level of physical fitness. Guided by faculty from the college's Physical Education Department, you will be led through a series of physical fitness assessments in the college's state-of-the art exercise physiology laboratory. With results in hand, areas for improvement and behavioral change will be discussed. The positive and profound influence exercise has on stress also will be covered. So, what are you waiting for? Remember, you cannot change what you do not acknowledge. Take the first step toward action and participate in this self-exploratory and inspirational experience to look better, feel better and live longer. Move to improve!

60266

\$45

2 Sessions, SCB 107

Tues. & Thurs., 2/11 & 2/13, 5:30 - 7:30 p.m.

Jacob Silvestri, Colleen Ferris & Mary Musso,
Instructors

NEW!



How to Discover Your Optimal Health

This four-week course will teach and empower you to discover your optimal health, so you can be the best that you can be. While the theme will be achieving and maintaining a healthy weight, we will review key components of optimal health, including healthy nutrition, healthy movement, healthy sleep and how to deal with stress. This course aims to give you strategies to reach your goals of a healthy body and healthy mind.

This course will be didactic, interactive and participatory. The course fee includes a materials fee of \$48 to cover the cost of two books which give you the blueprint of optimal health for life. Course attendees will be given another book free.

Learn how to become the dominant force in your life and create long term, sustainable optimal health for yourself.

60169

\$58

4 Sessions, DCC B06

Mon., 3/24 - 4/14, 6 - 8 p.m.

Dr. Mark Nelson, Instructor

■ High School Equivalency (formerly GED Preparation)

High School Equivalency

Diploma / TASC™ Preparation

Test Assessing Secondary Completion™, or 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 will replace the current GED® beginning in January 2014. The TASC™ Preparation program will help the adult student earn a High School Equivalency Diploma. Our instructors provide individualized instruction in the following areas: math, science, social studies, reading and writing. Using a Predictor Test, we will work together with you to assess your test readiness. Students who register for this class must also register for one of the TABE pre-test dates below. Please note: in order to enroll in this class you must achieve a 8.0 on both the TABE Math and Language Assessments. A certificate of residency is required for this course.

Day Session

60267 \$205

53 Sessions, BTC 322

Mon.-Thurs., 2/3 - 5/8, 9:30 a.m.-3 p.m.

No class 2/26, 4/21, 4/22

Susan Dvorsky, Instructor

Evening Sessions

60268 \$80

26 Sessions, BTC 322

Mon. & Wed., 2/3 - 5/7, 6 - 9 p.m.

No class 2/26, 4/21

60269 \$80

27 Sessions, BTC 322

Tue., & Thurs., 2/4 - 5/8, 6 - 9 p.m.

No class 4/22

Joal Bova, Instructor

TABE Pre-Tests

60256 Thurs., 1/16, 6 - 9 p.m.

60257 Wed., 1/22, 6 - 9 p.m.

60258 Sat., 1/25, 9 a.m. - Noon

60259 Mon., 1/27, 9:30 a.m. - 12:30 p.m.



Certificate of Residence Information

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

WHY DO YOU NEED IT?

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

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

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

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, fax or online 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

S.A.T. Preparation Course

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

The classes will use actual SAT questions for practice to familiarize students with the test format and style. Students will develop a more realistic set of expectations for test questions and the skills to master them. The book that will be used in the course is "McGraw Hill's SAT, 2014 Edition." and is required for the first class session.

60262 \$150

9 Sessions, BTC 217

Wed., 2/26 - 4/30, 6 - 8 p.m.

No class 4/16

Shayne Bishop & Jill Casey, Instructors

Kids On Campus

Mice on Ice

Ages 3-5

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

60264 \$55

6 Sessions, MCD Ice Rink

Tues., 1/28 - 3/4, 10 - 10:30 a.m.

60265 \$55

6 Sessions, MCD Ice Rink

Tues., 1/28 - 3/4, 10:30 - 11 a.m.

Maria Dollard and Dana Zakrzewski, Instructors

Kids Karate

Ages 5-11

Parents, would you like to get your children involved in the martial arts? Would you like them to exercise and have fun? Sign them up for Mr. Canavan's Kids Karate! Kids Karate is great exercise and a fun learning experience for your child. Students will learn the basic fundamentals of karate that will help build their confidence for a future in the martial arts! Most importantly, Kids Karate emphasizes teaching your children about "stranger awareness."

60168 \$77

5 Sessions, MCD 192

Sat., 3/1 - 4/12, 10:15 - 11:15 a.m.

No class 3/22 Terrance Canavan, Instructor

Circus Theatricks Weekend Enrichment Program

NEW!

No need to wait til' summer... Seano's back with a circus enrichment program that's "OUT OF THIS WORLD!" Join Seano and friends for The Cosmic Circus... and discover something new about outer space, your social space, and the space of circus! Students can learn juggling, tumbling, stilt-walking, clowning, magic, acrobatics and more! All ages are welcome to discover something new about this unique art form and themselves! There will be a short demonstration of skills and talents after the final class on 3/15.

60243 \$150

6 Sessions, MCD 192

Sat., 2/8 - 3/15, Noon - 2 p.m.

Seano Fagan, Instructor



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.

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.

60108 \$415

48 Sessions, DCC 137

Wed., 2/5, 5 - 6 p.m. Orientation, BRN 001

Wed., 2/12 - 6/11, 5 - 6:30 p.m. Classroom, DCC 137

Drive Times Available

60112 Saturday, 7:30 - 9 a.m.

60113 Saturday, 10:30 a.m. - Noon

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

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

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

60115 Sunday, 10:30 a.m. - Noon

60109 \$415 48

Sessions, DCC 137

Wed., 2/5, 5 - 6 p.m. Orientation, BRN 001

Wed., 2/12 - 6/11, 6:30 - 8 p.m. Classroom, DCC 137

Drive Times Available

60118 Saturday, 9 - 10:30 a.m.

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

60122 Tuesday, 4 - 5:30 p.m.

60123 Friday, 4 - 5:30 p.m.

60120 Sunday, 9 - 10:30 a.m.

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

60110 \$415

48 Sessions, TECSMT 123 at TEC-SMART in Malta, NY

Tues., 2/4, 4:30 - 5:30 p.m. Orientation, TECSMT 123

Tues., 2/11 - 6/10, 4:30 - 6 p.m. Classroom, TECSMT 123

Drive Times Available

60124 Saturday, 7:30 - 9 a.m.

60125 Saturday, 9 - 10:30 a.m.

60126 Saturday, 10:30 a.m. - Noon

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

TEC-SMART session cancelled due to low enrollment.

Updated Course Info

Updated Classroom Info

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. 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 the EMT recertification course, you must produce a copy of your current certification card or a letter from the NYS Bureau of EMS permitting entry at the first class meeting. This course begins on Jan. 21. For a complete course schedule, call our office at (518) 629-7339.

60212

\$275

Bob Elling, MPA, EMT-P, Instructor

Infection Control

Hudson Valley Community College is certified by the New York State Education Department to provide training in infection control and barrier precautions. Infection control is an essential component of any health care delivery. Infection control measures can be as simple as hand washing and as sophisticated as high-level disinfection of surgical instruments.

Implementing these measures can prevent transmission of disease in health care settings and the community. Infection control is a key concept in achieving the New York State Department of Health mission to protect and promote the health of New Yorkers through prevention, science and the assurance of quality health care delivery. The groups who are required to receive this training include: dentists, registered professional nurses, podiatrists, optometrists, licensed practical nurses, dental hygienists, physicians and physician assistants.

60213

\$31

1 Session, 400 Jordan Road, Room 215 in the Rensselaer Technology Park
Tues., 4/8, 6 - 9 p.m.

Deborah Kufs, Instructor

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/. 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 to the instructor. 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.

60105

\$30

1 Session, 400 Jordan Road, Room 215 in the Rensselaer Technology Park
Mon., 3/17, 6 - 7:30 p.m.

60106

\$30

1 Session, 400 Jordan Road, Room 215 in the Rensselaer Technology Park
Sat., 4/5, 9 - 10:30 a.m.

60107

\$30

1 Session, 400 Jordan Road, Room 215 in the Rensselaer Technology Park
Mon., 5/19, 4 - 5:30 p.m.

■ Programs for Professionals

Identification and Reporting of Child Abuse and Maltreatment

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

60166 \$25

1 Session, HGB 201

Tues., 3/25, 5:30 - 7:30 p.m.

Nancy Cupolo, Instructor

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

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

60072 \$25

1 Session, HGB 206

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

Diane Teutschman, Instructor



Local Infiltration Anesthesia and Nitrous Oxide Analgesia *Web-enhanced Course*

This course is offered in response to recent changes in New York State's Dental Hygiene Law and Regulations. The Board of Regents established requirements for licensed dental hygienists to obtain a restricted certificate to administer and monitor local infiltration anesthesia and nitrous oxide analgesia in the practice of dental hygiene under the personal supervision of a licensed dentist. Upon the successful completion of this course, the dental hygienist will be able to apply for certification through the New York State Education Department. Thirty-five CEUs will be awarded for this course.

Prerequisites: In order to attend this course, participants are required to show proof of current CPR/BLS certification for health care professionals and proof of current dental hygiene licensure and registration at the initial class meeting.

Two textbooks are required for the course and are not included in the course fee. The list of required books will be mailed out with the registration confirmation. **Additional books and materials will be provided. Registrations must be received by Feb. 15.**

60013 \$925 + Books

4 Sessions, FTZ 151

Sat., 3/1 and 3/8, 8:30 a.m. - 4:30 p.m.

Sun., 3/2 and 3/9, 8:30 a.m. - 12:30 p.m.

Marianne Belles, Instructor

Hobbies

Instant Piano for Hopelessly Busy People

You do not need years of weekly lessons to learn piano. You can learn enough in this one workshop to play almost any song on the piano with two hands. Students may then go on to perfect their technique at home using the home-study CD. This is the system the pros use – chords, not tedious note reading. Prior note reading experience on the treble clef is helpful, as this is not an absolute beginners course. For the brave ones without experience who want to try anyway, you can send away for the complementary pamphlet entitled “How to Read Music Notation in Just 30 Minutes” and study it before attending the class (send a SASE to Florence Shaw, 1667 Central Ave., Albany, NY 12205). In just three hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Florence Shaw holds a BA and MS in teaching. She is a certified workshop graduate and has been a student of Robert Laughlin, the inventor of the one day chord piano workshop. This course has been taken successfully by over 150,000 students! The course fee includes a \$30 materials fee.

60261 \$49
1 Session, DCC 135
Wed., 3/26, 6 - 9 p.m.
Florence Shaw, Instructor

Contemporary Guitar Skills I

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

60214 \$90
10 Sessions, WIL 113
Tues., 3/18 - 5/27, 6 - 8 p.m.
No class 4/22
Gary Cellucci, Instructor

Contemporary Guitar Skills III

This class is for advanced students who have completed Contemporary Guitar Skills II or for those with four or more years of playing experience. Topics include; scales, arpeggios, modes, alternate tunings, scale applications, virtuoso techniques, phrasing, improvising and more.

60215 \$110
12 Sessions, WIL 113
Thurs., 3/13 - 5/29, 6 - 8 p.m.
Gary Cellucci, Instructor

Learn to Play Mah Jongg

Have you heard the click-clack of tiles? Seen the unusual characters of the Mah Jongg tiles? Learn to play the game of the four winds. You can learn any or all versions of this fascinating game, including: Hong Kong, Chinese Official Tournament, Japanese, Wright-Patterson Air Force Base, American, or the National (US) Mah Jongg League rules.

After we spend the first class learning the tiles, the form, and the method of play for all versions using the Hong Kong scoring rules, the next classes will cover the specific types of scoring rules, as determined by the class interest. Decipher the fun and pleasure of bams, dot, and cracks by learning Mah Jongg! All supplies will be provided by the instructor. Course fee includes \$7 materials fee.

60216 \$46
~~4 Sessions, WIL 113~~
Thurs., 3/20 - 4/10, 1 - 3 p.m.

60217 \$46
4 Sessions, DCC B05
Wed., 4/16 - 5/7, 6 - 8 p.m.
Sandra Johnson, Instructor



■ Recreation and Hobbies

Fly-Fishing: The Art and Science

Writer Izaak Walton called fly-fishing, "the contemplative man's recreation." You'll learn basic entomology, the identification of aquatic and terrestrial insects and their life cycles. You will participate in field trips to local streams for collection and identification; learn fly-tying techniques using natural and synthetic materials; learn fly-casting and presentation techniques with on-stream instruction (NYS fishing license required); learn basic stream ecology and bio-assessment techniques and participate in a Trout Unlimited stream ecology project. Interactive "how-to videos" and guest speakers will intersperse all lecture sessions. A free one-year membership to the Trout Unlimited organization is included upon course completion. All course materials are provided. Free use of fly rods and reels as well as fly-tying equipment and materials are provided. The student is responsible for his or her personal wading boots, either hip waders or chest waders and a valid 2014 NYS fishing license. This course is open to individuals 14 and up.

60104

\$125

13 Sessions, SCB 103

Tue., 2/18 - 5/20, 6 - 9 p.m.

No class 4/22

Two Saturday, 1 - 5 p.m., outings will be announced in class.

Frank Cuttone, Instructor

Fitness

Belly Dance is for Every-body

Middle Eastern belly dance is dedicated to women celebrating the joy and beauty of a centuries old dance form. Instructor 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 to 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.

60270

\$50

6 Sessions, MCD 192

Tues., 3/18 - 5/6, 7:35 - 8:35 p.m.

No class 4/22

Tammy Stanzione of Ayperi Bellydance, Instructor



Sole Synthesis

Come and 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.

60218

\$55

10 Sessions, MCD 192

Tues., 2/25 - 5/13, 6:45 - 7:30 p.m.

No class 4/15, 4/22

Sarah Hoffman of Total Body Trifecta, Instructor

Basic Self Defense Ages 12 - Adult

Knowing some self defense techniques has become an essential part of life in today's society. We must always remember to be aware of our surroundings, know how to prevent a violent situation from happening before it's too late. And, if needed, understand how to physically protect ourselves from becoming victimized by an attacker.

This Basic Self Defense program will teach you skills that are needed in order to quickly react and protect yourself effectively. Learn how to improve balance, speed and reaction time. Become more aware of your surroundings and potential dangerous situations. Remember, don't allow yourself to be a victim of violence. Fight back!

Terrance Canavan has been studying martial arts for over 16 years. He is a 4th degree black belt, and has over 15 years teaching experience. Through self defense programs, he has dedicated his free time educating adults and children on how to protect themselves from attackers.

60167

\$77

8 Sessions, MCD 192

Thurs., 2/27 - 4/17, 7:15 - 8:15 p.m.

Terrance Canavan, Instructor

Updated Course Info

Updated Course Info

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 a great for beginners to pros, as you will exercise against your own base line, at your own pace and see gains over the 10-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 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 10 or 15-pound (6.8 kg) kettlebell and men start with 20-pound kettlebell (9 kg), but be sure to choose one that still challenges you but isn't too heavy.

60241 \$85

10 Sessions, MCD 192

Sat., 2/22 - 5/10, 8 - 8:50 a.m.

No class 3/22, 4/19

Blythe Thompson-Hurlburt of

Fitness Professionals On Demand, Instructor

Butts and Guts

Butts and Guts...need it say any 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, sometimes uses light weights, and will give you results in inches lost, sculpted spots, and just plain confidence in how you fit in your clothes and carry yourself. Say goodbye to boring crunches and traditional butt lifts this is a program that changes the way you see your core and backside forever!

60224 \$85

10 Sessions, CTR 204

Tues., 2/18 - 4/29, 5:30 - 6:15 p.m.

No class 4/22

Blythe Thompson-Hurlburt of Fitness Core You, Instructor

Class is full.

60386 \$85

10 Sessions, MCD 192

Sat., 2/22 - 5/10, 7 - 7:45 a.m.

No class 3/22, 4/19

New course section added!



Metabolic Blast Boot Camp

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. For more information, contact Hollan Bonjukian at (518) 496-0337 or trufitnessanswers@gmail.com

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

What you give:

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

60242 \$200

36 Sessions, MCD 192

Mon., Wed., & Fri., 2/10 - 5/9, 6 - 7 a.m.

No class 2/26, 4/18, 4/21

Hollan Bonjukian of Tru Fitness, Instructor

Nia

Nia is the crosstraining cardio dance class that blends yoga, stretching and flexibility with the fun of dance and power of martial arts. Nia will have you kicking and punching, moving, energizing and feeling stimulated from top to bottom. Walk away centered and feeling great! Nia combines total body conditioning with calming stress relief needed with our busy lifestyles. Nia delivers a great workout that tones muscle and burns calories. It's healthy cardio movement that will increase your endurance and strength as well as provide fun, safe, dance movement for your body! Nia has it all! Dress in comfortable workout clothes and bring a mat and water to class.

60240 \$75

12 Sessions, MCD 192

Tues., 2/18 - 5/13, 5:30 - 6:30

p.m. No class 4/22

Richele Corbo, Instructor

NOTE: Hudson Valley Community College requests that before you participate in any activity requiring physical exertion, you consult a physician.

Updated Course Info

■ Recreation and Hobbies

Tabata: 20-Second Fitness

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!

60239

\$85

10 Sessions, MCD 192

Sat., 2/22 - 5/10, 9 - 10 a.m.

No class 3/22, 4/19

Blythe Thompson-Hurlburt of

Fitness Professionals On Demand, Instructor

Core Camp

Jump start your new year with a new six pack! Lose that winter 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 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.

Don't let Thanksgiving, Christmas and long dark nights leave their mark on your waistline. 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

60238

\$75

12 Sessions, MCD 192

Sun., 2/16 - 5/18, 6:30 - 7:30 a.m.

No class 3/23, 4/20

Hollan Bonjukian of Tru Fitness, Instructor



Pilates for Runners

Want to run effortlessly? Want to bullet-proof 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, ward off winter weight gain and experience your fittest winter 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 will be transformational for you. For more information, contact Hollan Bonjukian at (518) 496-0337 or trufitnessanswers@gmail.com.

60237

\$75

12 Sessions, MCD 192

Sun., 2/16 - 5/18, 7:45 - 8:45 a.m.

No class 3/23, 4/20

Hollan Bonjukian of Tru Fitness, Instructor

Rolling Restoration

This class is a step beyond yoga and more impactful than the typical massage. Learn how the elite athletes are able to maximize their muscle recovery with these foam rolling techniques that will optimize your muscles, diminish injuries, recover range of motion and restore your body. Students will need to bring a foam roller to class. Rollers can be purchased at the instructor's Web site (www.trufitness.org) or at other sporting good retailers. Questions? Contact Hollan at (518) 496-0337 or trufitnessanswers@gmail.com.

60225

\$75

12 Sessions, MCD 192

Mon., 2/10 - 5/5, 4:45 - 5:30 p.m.

No class 4/21

Hollan Bonjukian of Tru Fitness, Instructor

NEW!

Tough Mudder Training

Dominate your Tough Mudder race - a race that demands a true hybrid athlete. The Tough Mudder half-marathon obstacle course is set to be held on July 12 and 13 in western NY. You will rise beyond your physical expectations with this five-month, proven, progressive training protocol that will gradually and safely make you race-day ready, race-day confident... and race-day TOUGH! At the end of the program, you will: be able to safely run a half marathon; successfully push up, pull up and lift up your body weight, as required in the obstacle course; understand how to eat for performance; be able to rely on your trusted team members for support, encouragement and camaraderie. Enter your first Tough Mudder race as part of the TOUGH Team (Trained to Overcome U'r Greatest Hurdles)!

60226 \$215
34 Sessions, Meet at the East Greenbush Town Park
Wed. & Fri, 3/12 - 7/11, 5:30 - 6:30 p.m.
No class 4/18, 7/4
Hollan Bonjukian of Tru Fitness, Instructor

Thinking about training for the Tough Mudder with us? Join us for an info session on Wed., 3/5 from 5:30 - 6:30 in DCC B06 to learn more about the race and this class.

Moderate Hi-Lo Impact Aerobics

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

60236 \$65
12 Sessions, MCD 192
Mon., 2/10 - 5/5, 7 - 8 p.m.
No class 4/21
Chrissy Sarratori of Abs In, Inc., Instructor

Cardio Kickboxing

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

60223 \$110
20 Sessions, CTR 204
Mon. & Wed., 2/24 - 5/7, 7 - 8 p.m.
No class 2/26 & 4/21
Caroline Wunsch of Total Body Trifecta, Instructor

NEW!

Zumba

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

60232 \$65
12 Sessions, MCD 192
Mon., 2/10 - 5/5, 5:45 - 6:45 p.m.
No class 4/21
Chrissy Sarratori of Abs In, Inc., Instructor

60233 \$65
12 Sessions, MCD 192
Tues. 2/11 - 5/6, 4:15 - 5:15 p.m.
No class 4/22
Lia Magidson of Abs In, Inc., Instructor

60234 \$65
12 Sessions, MCD 192
Wed., 2/12 - 5/7, 5:45 - 6:45 p.m.
No class 2/26
Chrissy Sarratori of Abs In, Inc., Instructor

60235 \$65
12 Sessions, MCD 192
Thurs., 2/13 - 5/1, 4:45 - 5:45 p.m.
Lori Hallenbeck 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. Each student will receive their own pair of Toning Sticks. Wear sneakers and light clothes and don't forget your water bottle.

60230 \$65
60231 \$85*
12 Sessions, MCD 192
Wed., 2/12 - 5/7, 7 - 8 p.m.
No class 2/26
Chrissy Sarratori of Abs In, Inc., Instructor

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

■ Recreation and Hobbies

Pilates Mat - Beginning

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.

60219 \$55

10 Sessions, CTR 204

Mon., 2/24 - 5/5, 5:15 - 6 p.m.

No class 4/21

Sara Hoffman of Total Body Trifecta, Instructor

60220 \$55

10 Sessions, CTR 204

Wed., 3/5 - 5/7, 5:15 - 6 p.m.

No class 2/26

Ellen Ehrlich of Total Body Trifecta, Instructor

Wednesday Beginning class is full.

Pilates Mat - Intermediate

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

60221 \$55

10 Sessions, CTR 204

Mon., 2/24 - 5/5, 6:05 - 6:50 p.m.

No class 4/21

60222 \$55

10 Sessions, CTR 204

Wed., 3/5 - 5/7, 6:05 - 6:50 p.m.

Ellen Ehrlich of Total Body Trifecta, 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.

60229 \$85

10 Sessions, MCD 192

Thurs., 2/20 - 5/1, 6 - 7 p.m.

Connie Fagan of Fitness Professionals On Demand, Instructor

Yoga I: Foundations of Practice

This course is of value to students of any age, with or without previous experience in yoga. We will focus patiently on classic postures and breathing 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 lifelong practice of yoga.

60227 \$80

12 Sessions, MCD 192

Mon., 2/10 - 5/5, 3:30 - 4:30 p.m.

No class 4/21

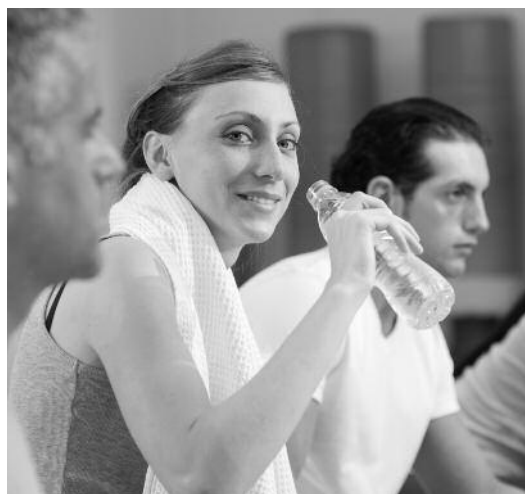
60228 \$80

12 Sessions, MCD 192

Wed., 2/12 - 5/7, 4 - 5 p.m.

No class 2/26

Jeanne Wein, Instructor



Both yoga classes are full. Call us to be added to the waitlist.

Special Interest

Eating Healthy For Your Active Lifestyle

Simple changes and small steps can bring some quick and satisfying results to meals suited for an active lifestyle. Join us to learn easy, fun and delicious ways to prepare food. Eat-on-the-run options, pre-work out ideas and much more! Come ready to taste, prepare and share! Course fee includes \$15 materials fee.

60271

\$50

1 Session, Meet at United Methodist Church kitchen at 520 Pawling Ave. Enter at Woodlawn Ct. Entrance. Tues., 3/4, 6 - 8:30 p.m.

Anita DeCelle of Carol's Place, Instructor

NEW!

Get Your Greens On! - 30 Ways to Serve Up Tasty Greens

Grill, sauté, steam, broil or enjoy chilled...Get Your Greens on is a fun and interactive cooking class to help you serve up some healthy and satisfying green treats! Come ready to taste and prepare lots of fun green dishes! Course fee includes \$15 materials fee.

60272

\$50

1 Session, Meet at United Methodist Church kitchen at 520 Pawling Ave. Enter at Woodlawn Ct. Entrance. Tues., 4/1, 6 - 8:30 p.m.

Anita DeCelle of Carol's Place, Instructor

NEW!

Frankly, My Dear: The Reel Story Behind Gone With the Wind

Gone With the Wind has been called "the most magnificent motion picture of all time." And millions of fans agree. But what most fans don't know is that endless trouble and months of behind-the-scenes turmoil almost doomed Gone With the Wind to not being made at all. Explore Gone With the Wind's intriguing history, including the writing and publishing of Margaret Mitchell's novel; the financing provided by John Hay "Jock" Whitney and his cousin Cornelius Vanderbilt Whitney to bring the novel to the screen; the Hollywood frenzy of transforming the book into the film; the Atlanta premiere; the Academy Awards; and more. In advance of the film's 75th anniversary, this is one course no Gone With the Wind fan should miss.

60054

\$29

1 Session, ADM 102

Sat., 4/26, 1 - 5 p.m.

Pauline Bartel, Instructor

Myths and Legends of Ireland

The literary heritage of pre-Christian and early Christian Ireland was as rich and enthralling as that of ancient Greece. Explore the culture and tradition of the early Celts as presented in the Mythological, Ulster and Fenian sagas. Discover Cuchulain, the "Hercules" of Ireland as he does battle with the fiery Queen Maeve in the epic "Cattle Raid of Cooley." There is poignancy in the beloved tale of "The Children of Lir," four young children transformed into white swans by a wicked stepmother, and heart-break in the fate of the doomed beauty known as "Deirdre of the Sorrows." Learn about "Tir na n-og," the paradise of eternal youth, Ossian the great Irish poet – the only person to visit there and return, and the runaway young lovers, Diarmuid and Grania. These are just a few of the characters and stories we will explore as we visit a bygone, beguiling era that is uniquely Irish.

60075

\$25

2 Sessions, DCC B06

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

Dan O'Callaghan, Instructor

NEW!

Search for Your Irish Ancestors

Researching Irish-American ancestors can be quite a challenge for family historians. Even experienced genealogists can become frustrated at the lack of information and all those records that just say "Ireland" as a place of origin. Join professional and "genealogist-in-residence" for the Irish American Heritage Museum, Lisa Dougherty, for some suggestions on how to find that elusive Irish hometown, and what records are available for researching once you get there.

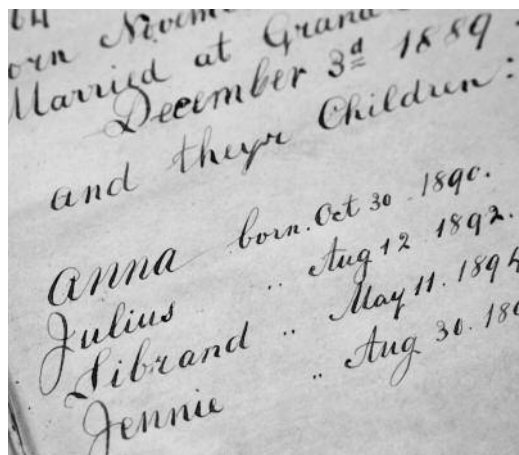
60076

\$13

1 Session, DCC 138

Thurs., 3/20, 6 - 8 p.m.

Lisa Dougherty, Instructor



■ Special Interest

Victoria Regina

Her reign of 63 years and seven months is longer than that of any other British monarch and also is the longest of any female monarch in history. She was Victoria, Queen of the United Kingdom of Great Britain and Ireland and Empress of India. Queen Victoria is associated with Britain at its zenith, with the Industrial Revolution booming, and particularly with empire. Although petite, plump, and sometimes dowdy in later years, nonetheless she succeeded in projecting a majestic, imperious presence. However, she was more complex and contrary than her staid, austere image. She bore nine children, yet hated being pregnant, and thought newborns ugly. The title "Grandmother of Europe" was applied to her since so many of her children had married into the royal houses, but she also passed along a dangerous genetic defect to some of her descendants. Her marriage with Prince Albert of Saxe-Cobourg was for love, and his untimely death in 1861 threw her into a black depression. Still, afterwards, Victoria relied increasingly on a Scottish manservant, John Brown, to the extent that salacious gossip of a romance and even a secret marriage appeared in print, and the Queen was sarcastically referred to as "Mrs. Brown." Discover the life of this remarkable sovereign and woman who gave her name to the exciting age in which she ruled, "the Victorian Era."

60103

\$45

4 Sessions, ADM 102

Thurs., 4/3 - 4/24, 6:30 - 8:30 p.m.

Dan O'Callaghan, Instructor

Save Money with Extreme Couponing

Learn how to save \$\$\$ every day with extreme couponing. Coupons are not just for groceries. The savings can add up to hundreds or even thousands of dollars every year. This comprehensive workshop will teach you:

- Where to find all different types of coupons
- How to find the best coupon Web sites
- How to decipher coupon policies
- The best way to sort and store coupons
- How to find other people to trade coupons with

Feel free to bring your coupons to class for a trading session. This workshop is taught by someone who has used coupons to save thousands and has learned many couponing secrets. Course fee includes \$10 materials fee.

60055

\$30

1 Session, WIL 113

Mon., 5/12, 10 - 11 a.m.

LeeAnne Krusemark, Instructor



Japanese History

This course covers Japanese history focused on its major time periods. Topics to be discussed include the rise of samurai, Tokugawa shogunate, the Meiji Restoration, World War II, post-war recovery, and modern day Japan. Emphasis is placed not only on the history of Japan but also on Japanese culture and how it has interacted with the outside world over the years.

60193

\$40

4 Sessions, DCC B06

Sat., 2/15 - 3/8, 9:30 - 11:30 a.m.

Yoko Lacasse, Instructor

Pet CPR and First Aid

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

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. Course fee includes an \$16 materials fee for the required textbook.

60248

\$78

1 Session, DCC 136

Sat., 5/3, 9 a.m. - 1 p.m.

Mary Lynn Gagnon, Instructor

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! While there is no computer use in class, to be successful on eBay, students should have basic computer and Internet skills. Bring something to take notes.

60194 \$30

2 Sessions, DCC 136
Sat., 2/22 & 3/1, 9 a.m. - Noon

60195 \$30

2 Sessions, DCC B06
Sat., 5/3 & 5/10, 9 a.m. - Noon
Amy Grazda, Instructor

Beyond the Basics of Selling on eBay

Take your knowledge of eBay to the next level. In this class, you will learn to:

- Start a business on eBay
- Increase sales with proven marketing techniques
- Find new sources of merchandise
- Open an eBay Store
- Use listing tools to improve productivity
- Track your sales with reports and research

To sign up for this course, you must be a registered eBay seller who has sold at least one item.

60196 \$25

1 Session, DCC 136
Sat., 3/29, 9 a.m. - 1 p.m.
Amy Grazda, Instructor

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.

60197 \$45

1 Session, ADM 103
Sat., 3/22, 8 a.m. - 4:30 p.m.

60198 \$45

1 Session, ADM 101
Sat., 4/26, 8 a.m. - 4:30 p.m.

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.

60252 \$40

1 Session, DCC 137
Sat., 2/22, 8:30 a.m. - 3 p.m.

60253 \$40

2 Sessions, LNG 203
Tues. & Thurs., 6:30 - 9:30 p.m.

60254 \$40

1 Session, DCC 138
Sat., 5/3, 8:30 a.m. - 3 p.m.

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.

60255 \$45

1 Session, BTC 206
Sat., 4/26, 9 a.m. - 2 p.m.



Motorcycle Courses

Please visit www.hvcc.edu/rider for additional information and links to course schedules (available in February). 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.

CAMS Introductory Seminar

Join the Capital Area Motorcycling School (CAMS) for a FREE, informal session about the motorcycle classes offered at Hudson Valley Community College. During these sessions, you'll have an opportunity to ask questions about the motorcycle classes, meet the rider coaches and learn some valuable information. These sessions will vary and offer timely tips and tricks and may include guest speakers or hands-on participation. Whether you are new to motorcycle classes or have attended any of the classes before, these FREE sessions offer everyone an opportunity to explore all the possibilities in motorcycle training.

60263

FREE class

1 Session, ADM 102

Wed., 2/19, 6:30 - 8 p.m.

MOTORCYCLE SAFETY FOUNDATION (MSF) COURSES

MSF - Introductory Motorcycle Experience (IME)

- 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

- 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
- 16 ½ 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 Rider Courses (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 Rider Course (BBBRC)

- 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)

- For licensed riders on their personal motorcycles
- For riders looking to dial in their low speed control and confidence on your 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)

- 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

- 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

- 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
Sign up for both and save \$\$!

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

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.



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 _____
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CRN # _____	Course Name _____	Fee _____
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CRN # _____	Course Name _____	Fee _____
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CRN # _____	Course Name _____	Fee _____
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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.

Regular Office Hours

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

Extended Hours: Jan. 18 and Jan. 21 - 23

- Saturday, 9 a.m. - Noon
- Tues. - Thurs., 8 a.m. - 6 p.m.

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.

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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CHECK OUT OUR KIDS ON CAMPUS

Summer Programs 2014

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



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



Join us at the
McDonough Field House on
Saturday, March 29, 2014
from 10 a.m. - 2 p.m. for a



Camp Fair



DOZENS OF LOCAL CAMP PROGRAMS • RAFFLES
FACE PAINTING • LIVE MUSIC • BOUNCY HOUSES
CRAFTS • FUN FOR THE WHOLE FAMILY!
REGISTER FOR OUR KIDS ON CAMPUS SUMMER PROGRAMS

Hudson Valley Community College has been sponsoring children's programs for 20 years. We help connect great kids with great camps.



Be bold. Be a Viking.

Contact our office at
(518) 629-7339

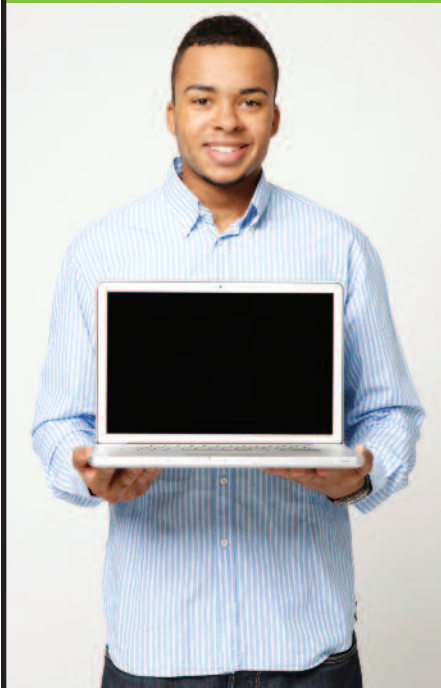
communityed@hvcc.edu



Be bold. Be a Viking.

80 Vandenburg Avenue
Troy, New York 12180-6096

Register Online



- Registration begins Jan. 17
- 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 1 for more details!