

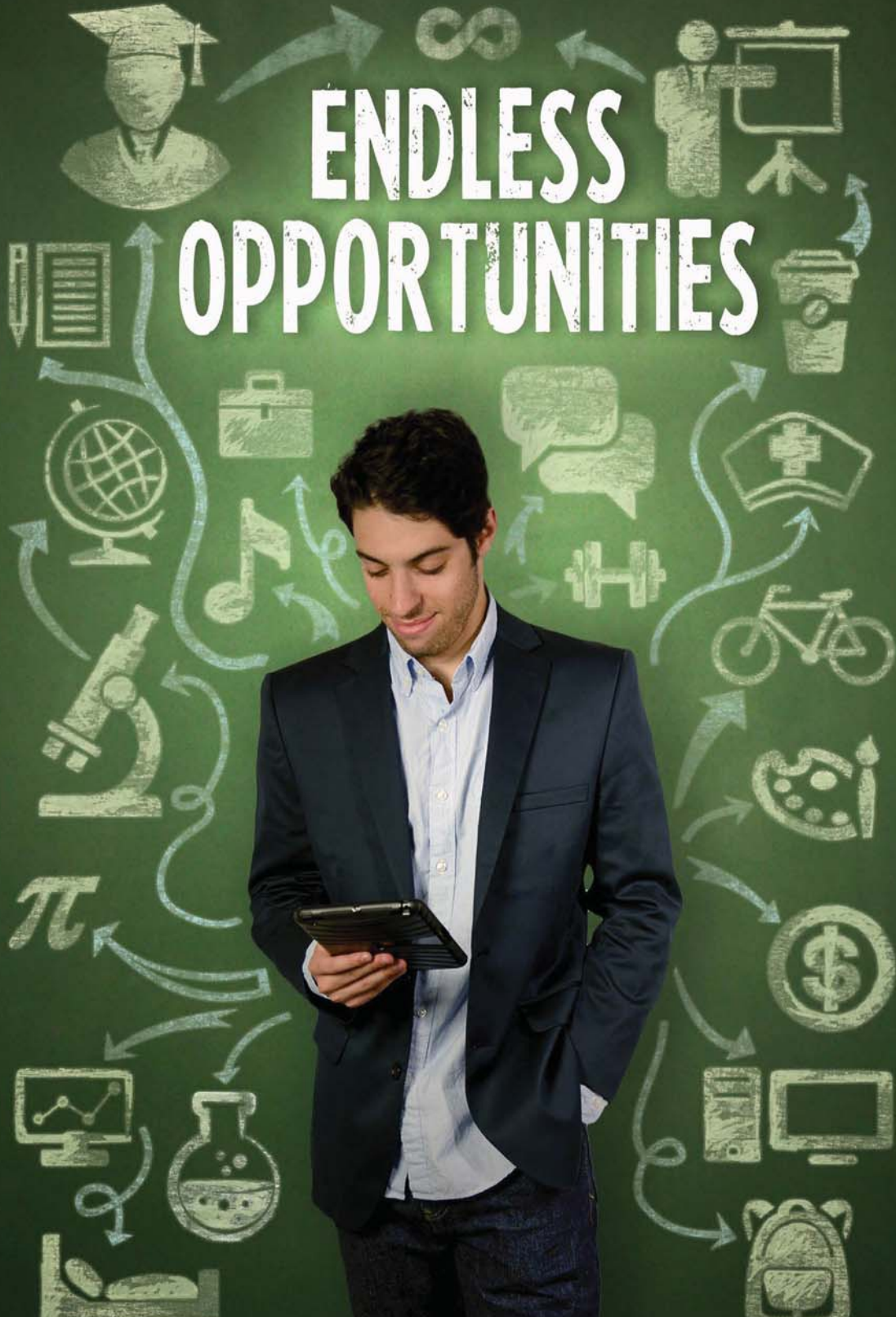


MOHAWK VALLEY COMMUNITY COLLEGE

CENTER FOR CORPORATE AND COMMUNITY EDUCATION

FALL 2014

ENDLESS OPPORTUNITIES



UTICA • ROME • ONLINE AT WWW.MVCC.EDU/CCED

Welcome!

It's an exciting time to live in Oneida County. You can feel the buzz in the air; innovation, progress, and endless opportunities are on their way. Community Education at MVCC is poised to provide the knowledge you'll need to embrace those opportunities, whatever they may be!

Check out these new camps and classes:-

- Professional Development: Continuing Education for Insurance Agents, Engineers, Teachers, Real Estate Agents, and Accountants. Online and In the Classroom! Get your PDH's and CEU's right in your own backyard.
- New classes for Women! Topics include self-defense, women's leadership, and nutrition.
- Amazing new classes in health and wellness! Offerings include Masala Bhangra, Power Boot Camp, FIT Club, and Yoga for EveryBody.

Now is the time to embrace change and opportunity, and MVCC is the place to do it. Whether you want to enrich your life, exercise your mind and body, or entertain your kids, we think you'll find something here at MVCC.



If you have any type of disability that may require special accommodations at MVCC, please call Disability Services at (315) 792-5644.

Notice of non-discrimination policy

MVCC is committed to equal opportunity in educational programs, admissions and employment. It is the policy of Mohawk Valley Community College to provide equal opportunity for all qualified applicants, students and employees; and to prohibit discrimination on the basis of race, color, sex, religion, national origin, ancestry, age, disability, marital status, sexual orientation, arrest/conviction record or veteran status. The College's Affirmative Action Officer and Title IX Coordinator is the Director of Human Resources, Room 113, Academic Building, Utica Campus, 315-792-5637.

MVCC Civility Statement

Mohawk Valley Community College is committed to civility in and out of the classroom. MVCC believes everyone has the right to an environment that creates the safe opportunity for educational, professional, and social development. MVCC recognizes its responsibility to model and encourage a culture of civil behavior.



The Center for Corporate & Community Education at MVCC is the winner of the following 2013 CEANY Awards • James C. Hall Program Award for Exemplary Business / Industry Linkage, The Young Entrepreneurs Academy (YEA)! • Recognition Award: Outstanding Business/Organization, Department of Transportation; nominated for the annual DOT Bridge Conference Partnership with MVCC

Register online at www.mvcc.edu/cced

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SCAN HERE!



Professional Development

75 Hour Real Estate Pre-Licensing Course

This course will prepare you to sit for the New York State real estate salesperson's examination. It satisfies the mandated 75 hour pre-licensing education requirements of the Department of State. Topics to be covered include license law and regulations; law of agency; deeds, leases, contracts, liens, and easements; estates and interests; real estate closings, financing, valuation and math; land use regulations and construction; and fair housing, human rights and environmental laws/issues.

In the classroom:

Instructor: Ronald Cerminaro

9/22-11/17, Mon, Wed, Thurs

6:00-9:00 pm

Utica AB 129

CRN 16944 \$549

New! Online Version:

Self-Paced \$279

To enroll, visit <https://store.360training.com/mvcc>

NEW NYS Real Estate Salesperson or Broker Exam Prep – Online

This training program has been specially designed to help you overcome any fears or anxiety you may have about taking the Real Estate Salesperson/Broker licensing Exams. Includes practice tests that you can take anytime and anywhere! Written by real estate education professionals and consisting of up-to-date, need-to-know condensed information. Great to use in conjunction with your course material to review problem areas!

Self-Paced \$79

To enroll, visit <https://store.360training.com/mvcc>



NEW Real Estate Continuing Education – Online

Many different options, all self-paced. Topics include: Real Estate Finance, Appraisal, Environmental Hazards, Home Inspection, Energy Resources, and much more!

Self-Paced, Prices start at \$25.

To enroll, visit <https://store.360training.com/mvcc>

NEW Accounting CE: 2014-15 NYS Budget Bill Tax Provisions

This course, designed for NYS certified accountants, will provide you with everything you need to know to be up to date on the newest tax provisions in NYS. Topics to be covered include real property taxes, business taxes, estate tax, personal income taxes, tax credits, and sales and excise taxes. Participants will receive 8 CPE Credits and a certificate of completion from Mohawk Valley Community College. (pending NYS approval)

Instructor: Dann O'Shea

11/14, Fri

8:30-4:30 pm

Utica AB 127

CRN 18634 \$99

12/5, Fri

8:30-4:30 pm

Rome RA 306

CRN 18635 \$99

NEW The Dignity Act New York State Certification Class (DASA)

Successful completion of this 6 hour course will meet the certificate requirements in 14(5) of Chapter 102 of the Laws of 2012. This course will address the social patterns of harassment, bullying and discrimination, including but not limited to those acts based on a person's actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender or sex. It will also cover the identification and mitigation of harassment, bullying and discrimination; and strategies for effectively addressing problems of exclusion, bias and aggression in educational settings.

Instructor: Richard D. Hunt

10/6-10/8, Mon, Wed

4:30-7:30 pm

Utica IT 219

CRN 18659 \$75

11/3-11/5, Mon, Wed

4:30-7:30 pm

Rome RA 223

CRN 18660 \$75

Register online @ www.mvcc.edu/cced

SAVE School Violence Prevention

This workshop satisfies the New York State Education Department's requirement for 2-hour school violence prevention training (SAVE).

The course focuses on issues relating to violence and safety for school-age children from both the identification and prevention perspectives. Topics include abuse and neglect; abduction; substance abuse; traffic and fire safety; and violence. Teachers' legal responsibilities, dangerous behavior identification, intervention techniques, effective classroom management, and promoting positive attitudes and behaviors will also be discussed.

Instructor: Rich Dodge

10/1, Wed

4:00-6:00 pm

Utica AB 233

CRN 15436

\$25

11/12, Wed

4:00-6:00 pm

Rome RA 225

CRN 15435

\$25



Child Abuse Recognition

The New York State Education Department requires healthcare, educational, and other licensed professionals be trained to identify and report child abuse. Matriculated students at MVCC should consult with academic advisors before enrolling in this course.

Instructor: Rich Dodge

10/1, Wed

6:00-9:00 pm

Utica AB 233

CRN 13890

\$35

11/12, Wed

6:00-9:00 pm

Rome RA 225

CRN 13891

\$35

8 Hour Pre-Assignment Training Course for Security Guards

This is an 8 hour course required by New York State as the first step in obtaining a security guard registration card from the New York State Department of State. The course provides the student with a general overview of the duties

and responsibilities of a security guard. Topics covered in this course include the role of the security guard, legal powers and limitations, emergency situations, communications and public relations, access control, and ethics and conduct. The passing of an examination is required for successful completion of this course.

Instructor: Rich Dodge

9/22-9/23, Mon, Tues

6:00-10:00 pm

Utica AB 265

CRN 14058

\$60

Instructor: John Bielby

11/3-11/5, Mon, Wed

6:00-10:00 pm

Rome RA 225

CRN 16723

\$60

16 Hour On-the-Job Training Course for Security Guards

This is a 16 hour course that must be completed within 90 days of employment as a security guard. The course provides the student with detailed information on the duties and responsibilities a security guard. Topics covered in this course include the role of the security guard, legal powers and limitations, emergency situations, communications and public relations, access control, ethics and conduct, incident command system, and terrorism. The passing of an examination is required for successful completion of this course.

Instructor: Rick D'Alessandro

12/1-12/10, Mon, Wed

6:00-10:00 pm

Utica AB 249

CRN 17283

\$99

8 Hour Annual In-Service Training Course for Security Guards

This is an 8 hour course that must be completed in every calendar year after completing the 8 Hour Pre-Assignment Training Course for Security Guards. The course is structured to provide the student with updated and enhanced information on the duties and responsibilities of a security guard. Topics include the role of the security guard, legal powers and limitations, emergency situations, communications and public relations, access control, and ethics and conduct.

Instructor: Rick D'Alessandro

10/20-10/22, Mon, Wed

6:00-10:00 pm

Utica AB 249

CRN 18679

\$60

Instructor: John Bielby

11/17-11/19, Mon, Wed

6:00-10:00 pm

Rome RA 225

CRN 18096

\$60

NEW Business Plan Basics

This seminar will provide the process and tools needed to prepare a complete business plan. It begins with probing questions; explains each segment of the business plan; provides direction and resources for research; and explains both cash flow and pro forma statements. You will learn from an instructor who has prepared business plans for more than eleven years as a Business Advisor with the Mohawk Valley Small Business Development Center, and is now a mentor for SCORE.

Instructor: Sam Russo

10/21, Tues

6:00 - 8:00 pm

Utica AB 220

CRN 18656

\$39

Creative Problem Solving

Generating creative solutions is not a mystical talent, but a skill that can be learned, developed, and improved. This course provides attendees with creativity strategies applicable to a wide variety of real life scenarios. You will learn how to recognize different classes of problems, select the appropriate idea generation tools, and ultimately, develop more creative ideas. Anyone who needs solutions beyond the ordinary, from entrepreneurs seeking business concepts, to educators developing teaching aids, or even aspiring inventors working on the next big thing will benefit from this seminar.

Instructor: Ray Burynski

11/5, Wed

5:30-8:30 pm

Utica AB 233

CRN 18637

\$79



NEW Internet Marketing 101

This class will introduce you to the basics of internet marketing. Through lecture and hands-on strategy development, you will begin to create a plan for marketing your business using different marketing components. Topics will

include website development, search engine optimization, and pay per click advertising, content development, and research and analysis.

Instructor: Jay Sumner

9/29-10/8, Mon, Wed

6:00 - 8:00 pm

Utica IT 150

CRN 18662

\$399

NEW Intro to Search Engine Optimization (SEO)

This hands-on workshop will help you to understand what is SEO is and how to use it to get more exposure for your business. You will research keywords and implement a keyword optimization strategy into your website. You'll learn about tools that can help with SEO campaigns and how to track success and traffic to your site. Participants should have a background in marketing or have completed Internet Marketing 101 prior to taking this class.

Instructor: Jay Sumner

10/20-10/29, Mon, Wed

6:00 - 8:00 pm

Utica IT 150

CRN 18663

\$399

NEW Pay Per Click Advertising (PPC)

You'll learn about the importance of PPC advertising and how to successfully build and maintain campaigns to meet your internet marketing objectives for your business. In addition, you'll learn how to use analytics to track success and report on PPC activity. Bring your business to the next level by having a strategy for success! Participants should have a background in marketing or have completed Internet Marketing 101 prior to taking this class.

Instructor: Jay Sumner

11/10-11/19, Mon, Wed

6:00 - 8:00 pm

Utica IT 150

CRN 18664

\$399

Grant Writing

In this course you will learn how to write a grant and where to look for potential funders who are a good match for your organization and how to ramp up your grant efforts through partnerships. Learn how to develop successful, fundable grants from a local expert whose proposals have brought in millions in funded projects to the local area. This workshop is ideal for nonprofit organizations, schools, religious institutions, and municipalities seeking grants from foundation, corporate, government, and individual donors. Whether it is only one small piece of your job or your entire job description, you will gain

information on how to create a compelling case for your idea and turn it into a successful proposal.

Instructor: Russ Davis

10/1-10/22, Wed

9:00-11:00 am

MVCC Educ Ctr Elizabeth Street Computer Lab

CRN 17359

\$150

Notary Public

If you have wanted to become a notary public, but have been worried about the exam, this class is for you. Don't let the terminology scare you—you can become familiar with the terms and laws and learn the skills necessary to sit for the notary exam and earn the license to become a more valuable asset in your workplace.

Instructor: Gloria Karol

9/20, Sat

9:30-1:00 pm

Rome PC 205

CRN 16143

\$50

10/25, Sat

9:30-1:00 pm

Utica AB 251

CRN 17670

\$50

Paralegal Studies Certificate

This nationally acclaimed program is designed for beginning as well as advanced legal workers. You will be trained to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. This program will help students increase their office's efficiency, productivity, and billable hours as well as learn new marketable job skills. Successful graduates will be awarded a Certificate of Completion from Mohawk Valley Community College.

To Enroll, contact the Center for Legal Studies
1-800-522-7737.

LIVE LECTURE FORMAT

9/30-11/8, Tues, Thurs, Sat

Tues, Thurs, 6-9:30 pm; TBD

Sat 9:00-5:00 pm, IT 219

Utica \$1189

ONLINE FORMAT

10/20/14-1/27/15; \$1189

Personal Injury for Paralegals Online Certificate

This course is designed to more thoroughly examine the duties and scope of responsibility for personal injury paralegals. With this exciting, fast-paced class you will learn many of the legal terms, causes of action, and remedies available to victims of personal injury accidents. Class

Online Project Management Programs

With MVCC's online project management programs, you set your own pace and access your courses anytime from any computer with an Internet connection. All programs are aligned with the PMBOK® Guide and include interactive exercises, real-world examples, and case studies to help you apply newly learned concepts. Submit content questions via an "Ask an Expert" feature for quick and thorough feedback. And, you'll save money over classroom-based courses!

Advance your career – Build your courage and pass the PMP® certification exam.

Maintain your skills – Earn PDUs and test your comprehension of PMBOK® Guide concepts with quizzes and practice exams.

Get expert advice – Ask questions openly to ensure you get what you need from each lesson and PMBOK® Guide concept.

Avoid stress – No need to fight traffic or rush to be on time. Sign into courses from the comfort of your own home or office.

Set your own pace – Take the time you need to process complex concepts, or power through more quickly—you set the pace.

Save money – Our online courses are an affordable alternative to classroom-based courses.



PMP Exam Prep Course

(5th edition, for PMI exam dates after July 31st, 2013)

Cost: \$699.00

PDU: 35 CEU: 3.5

A MindEdge course

Access Time: 180 days

For more information, visit

www.mvcc.edu/cced

315.792.5300





MVCC PREPARING FOR NANO

START LEARNING ABOUT NANOTECHNOLOGY!

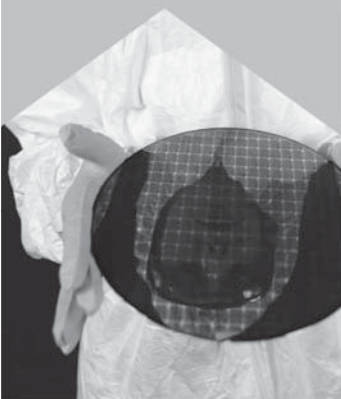
Nanotechnology is the science of “really small stuff.” It is also the next big thing coming into the Mohawk Valley and preparing for a career in nano is the next step to being a part of this exciting high tech industry. Nanotechnology is used in many industries including food science, materials science including textiles and polymers, sporting goods, biotechnology, pharmaceuticals, and environmental sciences just to name a few.

At Quad-C on the SUNY IT campus, nanotechnology will focus on electronics, semiconductor technology, and the material science of packaging, which includes high speed fabrication and engineering principles. Working in nano doesn't mean that you need a PhD! This is an interdisciplinary field where science and engineering meet to provide a wide variety of potential careers. According to the National Nanotechnology Infrastructure Network (NNIN), education and salaries for the nano industry range from:

Education Level	Time in College	Expected Salary Range
Associates Degree	2 years	\$35,000 - \$50,000
Bachelor's Degree	4 years (total)	\$40,000 - \$65,000
Master's Degree	6 years (total)	\$50,000 - \$80,000
Doctorate Degree	8-9 years (total)	\$75,000 - \$100,000

Getting started with your career in nanotechnology can begin right here in the Mohawk Valley with MVCC's Semiconductor Manufacturing Technology (SMT) Associates Degree. The SMT degree program will prepare students for careers in the manufacturing industry through both theory and hands on training, state of the art computer labs, and modern laboratory equipment. Students will study circuits, electronics, high-vacuum technology, computer programming, chemistry, modern production methods, and statistical quality control along with core English, math, social science and physical education courses.

Contact the MVCC Admissions Office
(315) 792- 5354 or by email at
admissions@mvcc.edu.



Register online @ www.mvcc.edu/cced

discussions and lesson material will include the different kinds of personal injury claims including (but not limited to): car accidents, slip and falls, medical negligence/malpractice, manufacturer product defects, and class-action lawsuits. Successful graduates of this non-credit course will be awarded a Certificate of Completion from MVCC.

To enroll, call the Center for Legal Studies at 1-800-522-7737.

10/20-12/5, **Online**

\$729

Software Essentials for the Law Office Online Certificate

This dynamic course is designed for legal professionals interested in improving their skills and knowledge of commonly used computer technology and programs within the law office. Course topics include: computer operating systems and peripheral devices; time tracking and billing software; database, case management and docket control software; litigation support software; electronic discovery, and trial presentation and graphics software. In addition, students will be presented with real-life scenarios and asked to identify and examine ethical issues raised by the use of technology in a legal practice. Successful graduates of this non-credit course will be awarded a Certificate of Completion from MVCC.

To enroll, call the Center for Legal Studies at 1-800-522-7737.

10/20-12/5, **Online**

\$729

Personal Trainer Certification

Here's your chance to become a certified personal trainer in one intensive weekend. 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! Our two-day intensive program includes 16 hours of lecture, demonstrations and practical hands-on application. Online final exam will be taken after the class is complete. Day 1: Classroom training & hands on in the gym; Day 2: Hands-on in the gym. There are no prerequisites to participate in this program. Text and materials are purchased separately for \$65 on the first day of class. Please bring check or cash to receive materials. Note: CPR certification needs to be obtained before final certification. 10 Hour Internship/Shadowing

period also required for final certification. Please dress in gym clothes and bring a lunch and a mat. Instructor: Nadia Ellis, PTIA

11/15-11/16, **Sat, Sun**

9:00-5:00 pm

Utica Gym 109

CRN 17282

\$449



NEW Understanding Customer Behavior and Literacy for Financial Institutions

This course is intended for financial institution professionals and interested community members. During our time together, participants will hear about real life experiences from individuals living with low literacy and mental health concerns. Learn about how financial illiteracy affects our community; have the opportunity to engage individuals; enhance customer support; and build our community. Learn about an exciting opportunity for your financial institution, and gain new skills and perspective on this important issue.

Instructor: Literacy Coalition & Center for Family Life and Recovery, Inc.

10/28, **Tues**

8:00-11:00am

Utica IT 225

CRN 18645

\$29

Healthcare Training



ICD10 CM and PCS coding

This course is designed to get the ICD-9 certified coder prepared for the transition to ICD-10 in 2014.

Together with the course text and online modules this course provides:

- * CEUs from NCCT
 - * Learning activities with immediate feedback provided throughout
 - * Assessment and exams for every module
 - * Three end-of-course examinations (including a 75-question mock ICD-10 exam)
 - * Certificate of completion to prove to employers and colleagues that you are ICD-10-CM ready!
- Text book and ICD 10 Book is Required and can be purchased at MVCC's Book Store

Instructor: Kathleen Fuscio

10/7-10/28, Tues

5:00-9:00 pm

Utica IT 219

CRN 18650 \$399

Intro to Electronic Health Records

This course will discuss this rapidly changing technology in the health care environment. We will introduce the basic functions of the Electronic Health Record (EHR), its benefit to us as healthcare workers and the benefit to physicians and patients. We will explore the technological requirement for an EHR system and discuss some of the available options. The course will also introduce the best practices for transition from a paper based record to an EHR. It also discusses the current Health Information Technology Standards as well as the rules and regulations that govern EHR.

8/27-12/15, **Online**

CRN 18380 \$199

Working with Electronic Health Records

This course will provide students with the knowledge and skills required to work with

Electronic Health Records (EHR) in today's rapidly changing health care environment. You will receive in-depth and practical training on a widely used EHR software program. Students will be able to apply theoretical knowledge to equip them to successfully enter the medical community with a comprehensive working experience and understanding of an EHR as well as other components.

8/27-12/15, **Online**

CRN 18381 \$199

Intro and Working with Electronic Health Records – Take Both and SAVE!

8/27-12/15, **Online**

CRN 18382 \$375

Barrier Precautions/Infection Control

The New York State Education Department requires this class for licensed professionals, including physicians, physicians' assistants, specialist assistants, dentists, dental hygienists, registered nurses, licensed practical nurses, optometrists, and podiatrists. (0.3 CEUs).

Instructor: Tammy Burdick

10/22, Wed

5:30-8:30 pm

Utica AB 245

CRN 18447 \$40

11/19, Wed

5:30-8:30 pm

Rome RA 223

CRN 18446 \$40

Certified Nurses Assistant (CNA)

This 120 hour course includes 90 classroom hours and 30 supervised clinical hours of training. Upon successful completion of the program, students are eligible to take the NY State certification exam. Topics include: communication and interpersonal skills, universal precautions, infection control, safety, basic nursing skills, personal care skills, mental health, social service needs, care of cognitively impaired residents, basic restorative services, and residents' rights. After obtaining certification, students are prepared to enter the workforce as an entry-level certified nurse assistant. Criminal background checks as well as Department of Health documents (current comprehensive physical, vaccinations, TB tests results, etc.) are required for clinical hours. Tuition includes texts and NY State testing fee. Uniforms and shoes are to be purchased by the student.

Instructors: Nelson Wood & Tammy Burdick

9/8-10/24, Mon, Tues, Thurs, Fri

3:30-8:30 pm

Sitirin Healthcare Center
CRN 18211 \$1250
11/3-12/19, Mon, Tues, Thurs, Fri
3:30-8:30 pm
Sitirin Healthcare Center
CRN 18112 \$1250
No class 11/27 and 11/28

CPR/First Aide for Healthcare Providers & Students

Healthcare professionals and students entering the field of healthcare and public safety (Fire, EMS, and Law Enforcement) are required to have an AHA or American Red Cross HCP CPR/AED Card. Topics covered will include: BLS CPR (1 & 2 rescuer) BVM Ventilations, choking, and AED use for adults, children and infants. Please bring \$5 cash to class for CPR certification card. Bring paper and pen to class. Instructor: Linda Plunkett

9/11, Thurs
9:00-3:00 pm
Utica Gym 202
CRN 18459 \$30

Instructor: Linda Plunkett
10/9, Thurs
9:00-3:00 pm
Utica Gym 202
CRN 18461 \$30
Instructor: Linda Plunkett
11/13, Thurs
9:00-3:00 pm
Utica Gym 202
CRN 18651 \$30

EKG/Cardiographic Technician

This comprehensive 100 hour EKG Technician Certification Program prepares students to function as EKG Technicians and to take the ASPT – Electrocardiograph (EKG) Technician exam and other National Certification Exams. This course will include important practice and background information on anatomy and physiology of the heart, medical disease processes, medical terminology, medical ethics, legal aspects of patient contact, electrocardiography and stress testing. Additionally, students will practice with EKG equipment and perform hands-on labs

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including introduction to the function and proper use of the EKG machine, the normal anatomy of the chest wall for proper lead placement, 12-lead placement and other clinical practices. Handouts included.

Instructor: Maryanne Taverne

9/30-12/18, Tues, Thurs

5:00-9:30 pm

Utica AB 159

CRN 18385

\$999

Healthcare Leadership Institute

This institute is designed to help healthcare facilities enhance leadership on all levels starting with employee orientation through discharge planning. Administrators and managers may want to come themselves or send staff that can benefit from the topics discussed. The goal is to have our community offer the best healthcare it can and improve customer satisfaction. More and more reimbursement depends on customer satisfaction, and providing an enriched safe environment that is both effective and efficient is crucial. This is a great way to network and learn what other facilities are doing to increase leadership skills on all levels. Facilities can send different employees each month (up to 2 people each session). A certificate of completion will be given after each session. Call for monthly topics. Call 792-5300 for more information.

Medical Assistant/Assisting Review Class

This three hour course is designed to prepare students to take the Medical Assistant Certificate Exam required by the National Center for Competency Testing, <http://www.nccinc.com/Certifications/>.

Instructor: Maryanne Taverne

9/6, Sat

9:00-12:00 pm

Utica AB 233

CRN 18647

\$50

Instructor: Debbie Schreppel

10/11, Sat

9:00-12:00 pm

Utica AB 251

CRN 18648

\$50

Medical Coding & Billing Review Class

The class offers a comprehensive review to prepare you for the National Certified Insurance & Coding (NCICS) certification test. It will feature a brief outline of test content including categories to expect and an approximate percentage of each category on the exam. Five different categories will be reviewed: Medical Insurance and Billing Procedures, Terminology, The Claims Process,

CPT Coding, ICD-9-CDM and HCPCS Level II Coding Case applications, simulated cases or scenarios will be used to exercise critical thinking skills.

Instructor: Mary Clare Lewis

9/4, Thurs

6:00-9:00 pm

Utica AB 234

CRN 18599

\$50

Instructor: Michelle Sowich-Shanley

10/11, Sat

9:00-12:00 pm

Utica AB 242

CRN 18600

\$50



Medical Transcription and Editing Online

Approved by the Association for Healthcare Documentation Integrity (AHDI), the Medical Transcription Editor program prepares students for medical transcription and editing careers. Topics studied include documentation, biomedical sciences, and editing theory. Enrollment includes ten textbooks, a transcription foot pedal, an AHDI membership, and a voucher to take the RHDS exam.

Self Paced, **Online**

CRN 18484

\$2995

Pharmacy Technician Program

This comprehensive 50 hour course will prepare students to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCB exam. Technicians work in hospitals, home infusion pharmacies, community pharmacies and other health care settings – working under the supervision of a registered pharmacist. Course content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions and defining drugs by generic and brand names. Students will learn dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control and billing and reimbursement. The optional National Certification Exam fee of \$129 is not included in

the tuition.

Instructor: Vincent Visingardi

9/22-11/19, Mon, Wed

6:00-9:00 pm

Utica AB 204

CRN 17673 \$999

Phlebotomy

This program will enable you to familiarize yourself with various aspects of the medical laboratory. It provides a certificate and skills required to work as a phlebotomist in a hospital, laboratory, or medical office environment.

Intense classroom instruction is combined with individualized clinical practice. Upon successful completion, you will be able to seek employment as a phlebotomist. Tuition includes insurance fee. Purchasing the textbook is optional but highly recommended.

Instructor: Rachel Canarelli

10/14-12/9, Tues, Thurs

6:00-9:00 pm

Rome TBA

CRN 16170 \$499

10/15-12/8, Mon, Wed

6:00-9:00 pm

Utica AB 267

CRN 11537 \$499



Surgical Technician Certificate Review

This three hour course is designed to prepare students to take the Surgical Technician Certificate Exam required by the National Center for Competency Testing. Topics for review include, Perioperative/Surgical Environment (instrumentation, draping, delivery of care, skin prep, positioning, dressing materials and specimen care), Medical Terms, Anatomy and Physiology, Infection Control, Pharmacology, Safety and Sterilization. Other topics included: What to expect on the test, Time Allowed and Study Techniques.

Instructor: Mark Williams

10/8, Wed

6:00-9:00 pm

Utica AB 233

CRN 18649 \$50

9/3, Wed

6:00-9:00 pm

Utica IT 227

CRN 18407 \$50

Continuing Education for Insurance Agents

NYPO-100136

Ethics and Customer Service

Intended for both the Life/A&H Agent and the Property and Casualty Agent, the purpose of the course is to give the Insurance Professional a more thorough understanding and appreciation of the requirements, expectations and responsibilities involved in giving high quality customer service as well as continuously adhering to the highest of ethical standards at the workplace. We all know what we SHOULD do, but do we always do it? This course will provide 8 CEU's.-NYCR-237534

Instructor: Jim Lombardo

9/16, Tues

8:00-5:00 pm

Utica TBD

CRN 18402 \$79

Life and Health Insurance: Basic Principles of Underwriting

Intended for both the Life/ A&H and Property Casualty Agent, the purpose of the course is to give the Insurance professional a more thorough understanding and appreciation of life and health insurance underwriting from the standpoint of the home office underwriting staff. As part of the course, we will "trace" an application from the time it leaves the agent's office through the underwriting department until issuance of the policy. This course will provide 8 CEU's.-NYCR 237535

Instructor: Jim Lombardo

10/21, Tues

8:00-5:00 pm

Utica TBD

CRN 18403 \$79

Preparing for the Worst-Disaster Insurance

Intended for the Property Casualty Agent, the purpose of the course is to give the Insurance Professional a more thorough understanding and appreciation of the requirements, expectations and responsibilities involved in identifying, analyzing and planning for disasters. This course

will provide 8 CEU's. -237536

Instructor: Jim Lombardo

11/18, Tues

8:00-5:00 pm

Utica TBD

CRN 18404

\$79

Creating and Executing a Culture of Customer Service

Intended for both the Life/A&H Agent and the Property and Casualty Agent, students will receive current information on fundamental skills, techniques and infrastructure needed for delivering extraordinary customer service. The information covered will clearly show the strategic importance of quality customer service, used as a competitive advantage in today's insurance marketplace. This course will provide 8 CEU's.-NYCR-237532

Instructor: Sharon Jachim

9/24, Wed

8:00-5:00 pm

Utica TBD

CRN 18399

\$79

A Triangular Relationship-Agent Carrier & Insured

Intended for both the Life/A&H Agent and the Property Casualty Agent, students will receive information for developing an in-depth assessment of the relationship fundamental to the independent agency system today - the agent, the insured and the insurance carriers. This course will provide 4 CEU's.-NYCR 237531

Instructor: Sharon Jachim

10/16, Thurs

8:00-12:00 pm

Utica TBD

CRN 18400

\$39

Do you Really Know Your Customer?

Intended for both the Life/A&H Agent and the Property Casualty Agent, information will be provided on the importance of data gathering and how applying the data results can improve an organization's ability to respond to market changes and capitalize on market opportunities. Students will develop an understanding of filtering through information to get to the root issue and respond proactively. This course will provide 4 CEU's.-NYCR-237533

Instructor: Sharon Jachim

10/16, Thurs

1:00-5:00 pm

Utica TBD

CRN 18401

\$39

Construction & Engineering



Engineering Triumphs

Part 1: Living Large

Large machines and structures inspire us like no other engineering achievement. While their size alone might be impressive enough, the underlying technologies are often quite innovative in their own right. This workshop includes discussion of cement preheaters, the Akashi Kaikyo Bridge, the Airbus 380, and mining industry grinding mills. Participants of this class are eligible for 4 PDH units for Professional Engineers.

Instructor: Ray Burynski

10/6, Mon

9:00-1:00 pm

Utica IT 220

CRN 18636

\$129

Engineering Triumphs

Part 2: Material World

This presentation examines how designers solve problems through material selection. Material World explores the innovative use of materials in diverse applications, such as armor, space exploration, and industrial equipment. Participants of this class are eligible for 4 PDH units for Professional Engineers.

Instructor: Ray Burynski

10/20, Mon

9:00-1:00 pm

Utica IT 225

CRN 18639

\$129

Hydronic Heating Supplied by Renewable Energy

Hydronic heating is extremely versatile. For decades it has been used to deliver unsurpassed comfort using conventional energy sources such as gas and oil-fired boilers. Hydronics can also serve as an ideal "conveyor belt" for heat supplied from renewable energy sources such as solar thermal collectors, heat pumps, and solid fuel (wood and pellet) boilers. This full day seminar will show how to use each of these renewable

heat sources as the primary energy source for space heating and domestic hot water production. You will come away with many concepts, and the design details needed to put them into practice. Participants will receive 7 PDH units for professional engineers. Lunch is provided.
Instructor: John Siegenthaler

11/17, Mon

8:00-4:30 pm

Utica IT225

CRN 18629

\$249

10 Hour OSHA Training

This course is intended to provide a variety of awareness training on construction safety and health topics. The course is presented to employees and therefore places an emphasis on identifying common hazards in the construction industry as well as avoidance, control and prevention. Upon successful completion of this course, participants will receive an OSHA Construction Safety and Health 10-Hour card. Please bring \$5 to class for your card.

Instructor: Dominick Timpano

9/29-10/1, Mon-Wed

6:00-9:30 pm

MVCC Educ Ctr ES 108

CRN 16991

\$75

Instructor: Dominick Timpano

11/10-11/12, Mon-Wed

6:00-9:30 pm

Rome RA 223

CRN 17031

\$75

NEW 40 Hour HAZWOPER (Hazardous Waste Operations) Online

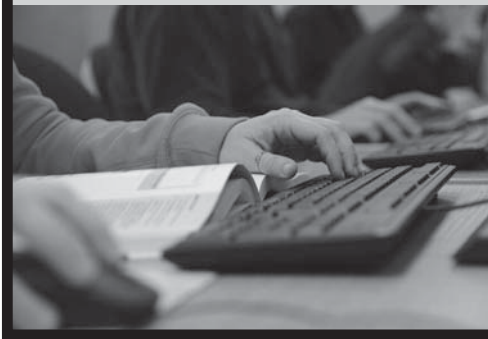
This course covers 40 hours of instruction required by 29 CFR 1910.120(e)(3), OSHA's Hazardous Waste and Emergency Response training standard. This course is designed for general site workers engaged in hazardous substance removal or other activities which expose or potentially expose workers to hazardous substances and health hazards. This course is comprised of 24 sections, covering topics pertaining to workplace hazards associated with Hazardous Waste Operations and Emergency Response (HAZWOPER). Upon successful completion of the course, you will receive a certificate of completion which is accepted by OSHA as documentation of training.

To register, visit <https://store.360training.com/mvcc>
Self paced, **Online**, \$295

NEW 8 Hour Hazwoper Refresher Online

This course meets the requirements outlined in OSHA 29 CFR 1910.120 for 8 (eight) hours of

**Sign up early
to avoid
having classes
cancelled!**
**To avoid any
inconvenience to students
and instructors, if we
do not have a minimum
number of students
enrolled ONE WEEK
before the class is
scheduled to start, we
cancel the class.**



annual refresher training for workers at hazardous waste sites. This course is designed for general site workers who remove hazardous waste or who are exposed or potentially exposed to hazardous substances or health hazards. The course is comprised of nine sections covering topics pertaining to workplace hazards associated with Hazardous Waste Operations and Emergency Response (HAZWOPER). Topics include HAZWOPER regulations, Site Characterization, Toxicology, Hazard Recognition, Personal Protective Equipment, Decontamination, Medical Surveillance, Confined Space Entry and Emergency Procedures. Upon successful completion of the course you will receive a certificate of completion which is accepted by OSHA as documentation of training.

To register, visit <https://store.360training.com/mvcc>
Self paced, **Online**, \$79

Lead Renovator Certification

As of April 22, 2010, all home improvement contractors, property management firms, landlords, or others compensated for renovations

that disturb more than 6 sq ft (interior) and 20 sq ft (exterior) of paint or surface coating in pre-1978 housing, schools, or child-occupied facilities are required to obtain an EPA firm license and have their workers trained in lead-safe work practices. Renovations firms must have at least one certified renovator who has completed training and obtain a firm certification from the EPA at a cost of \$300. MVCC is offering these courses in partnership with Environmental Education Associates (EEA) and these courses are accredited by the EPA and fulfill the requirements for lead safe training. EEA is a USEPA TSCA 402 accredited training provider.

Initial Lead Renovator Certification

This 8-hour initial certification course is required for any renovators without previous training to become a certified lead-safe contractor. Bring a pen, pencil and paper; all other materials provided. The course concludes with a 25-question exam. Students should also bring a lunch. All classes take place from 8:15am – 5:15pm. Cost: \$195
9/18, Thurs, Rome RA 207, CRN 17222
10/3, Fri, Veterans Outreach Center, CRN 17214
11/14, Fri, MVCC Educ Ctr ES 108, CRN 17228

Lead Renovator Refresher

This 4-hour refresher course is required for any renovators who completed the Initial Lead Renovator Training 5 or less years ago. Bring a pen, pencil and paper; all other materials provided. The course concludes with a 25-question exam. Class will take place from 8:15am – 12:15pm. Cost: \$135
10/2, Thurs, MVCC Educ Ctr ES 108, CRN 18652
12/5, Fri, MVCC Educ Ctr ES 108, CRN 17336

MSSC Certified Production Technician Certification Prep

Boost your skills by preparing for the MSSC CPT Certification Exam. The MSSC CPT Certificate is an industry recognized certificate that shows mastery of core competencies of manufacturing production from front-line entry level through front-line supervisor. Topics covered will include: Quality Practices and Measurement, Safety, Manufacturing Processes and Production, Maintenance Awareness, and Green Production.

Dates: TBD

Call the CCED Office at 315.792.5300 for more information.

Computer Skills



Microsoft Word

This course will provide you with the basic concepts required to produce common business documents, text-related materials and professional letters. Microsoft Office 2013 will be used.

Instructor: James Rice
9/30-10/2, Tues, Thurs
 5:00-9:00 pm
 Utica IT 219
 CRN 18658

\$79

Microsoft Excel

This course will help you master spreadsheets using Microsoft Excel. Spreadsheets enable you to organize data, develop professional-looking reports, and maintain and forecast budgets. You will learn how to create, name and save a file; adjust rows and columns to fit data; and do routine calculations using AutoSum. You will learn the basics of working with formulas. Microsoft Office 2013 will be used.

Instructor: James Rice
11/11-11/13, Tues, Thurs
 5:00-9:00 pm
 Utica IT 219
 CRN 18657

\$79

Linux+ Exam Prep

This class prepares students for both of the CompTIA Linux+ certification exams. Topics include system architecture, package management, GNU core utilities, hardware device interfaces, filesystems and filesystem hierarchy, file permissions, shells, data management, graphical user and command line interfaces, administrative tasks, essential system services, as well as fundamentals in scripting, security, networking, and virtualization. Course cost includes the exams and textbook. Required: bring a flash drive to class, at least 16GB in size (32GB preferred).

Instructor: Alex Stuart
10/6-12/8, Mon

5:00-9:00 pm
Rome PC 209
CRN 18348

\$999

Security+ Online

This online class prepares students for the CompTIA Security+ certification exam. Students learn about a wide range of cybersecurity topics. Successful students are prepared to identify risk and participate in risk mitigation activities, provide infrastructure, application, operational and information security, and apply security controls. This course is offered as a seven week online boot camp that takes 10-12 hours per week. Cost includes materials and exam fee.

Instructor: Mike Vandusen

10/6-11/21, **Online**

CRN 18410

\$999

Health & Wellness

NEW Masala Bhangra

The Masala Bhangra Workout® is an Indian-dance based fitness program, designed for people of all ages and fitness levels who love to stay physically active. The class introduces high energy Bhangra dance steps and Bollywood dance movements in an easy-to-follow fitness format, that provides overall toning, body conditioning and can build endurance, stamina and balance, while burning up to 500 calories per class.

Instructor: Kim Maxwell

9/29-12/1, **Mon**

6:45-7:45 pm

Utica Gym 115

CRN 18608

\$59

PiYo Strength

PiYo Strength is a unique fitness format that combines the core strengthening foundations of Pilates and Yoga. It is designed to build strength and gain flexibility by incorporating dynamic balance, dance and athletic conditioning in a rhythmic, up tempo approach to fitness. You will develop strength, balance, and grace while challenging your brain and pushing your limits. It is an ideal format for any level of fitness.

Instructor: Cassandra Baber

9/30-12/2, **Tues**

5:30-6:30 pm

Utica Gym 115

CRN 18616

\$59

POUND Rockout Workout

Pound is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics

and Isometric poses. Burn between 600 and 900 calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Through continual upper body motion using our lightly weighted drumsticks, called Ripstix™, you'll turn into a calorie-torching drummer. Please bring a mat to class

Instructor: Kim Maxwell

10/1-12/10, **Wed**

5:00-5:45 pm

Utica Gym 115

CRN 18618

\$59

No class 11/26

NEW Power Boot Camp

Experience total body conditioning using high intensity interval training that will zap calories and build lean muscle through a combination of cardio bursts, weight training and full body movements. Your instructor will utilize a variety of moves, tools and equipment to not only give you the ultimate workout in 45 minutes but to keep your body guessing every session.

Instructor: Cassandra Baber

9/29-12/1, **Mon**

5:30-6:15 pm

Utica Gym 202

CRN 18609

\$59

10/1-12/10, **Wed**

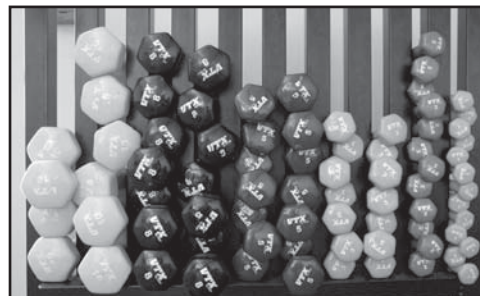
5:30-6:15 pm

Utica Gym 202

CRN 18610

\$59

Class on 10/1, 6:00-6:45 pm; No class 11/26



Power Boot Camp, Double Session

9/29-12/10, **Mon, Wed**

5:30-6:15 pm

Utica Gym 202

CRN 18611

\$89

No class 11/26

NEW **FIT Club**

Fit mind, fit body, and fit spirit! Enter Fit Club and let your spirit soar, your body become alive and your mind expand. Feel energized, feel the sweat...stretch. After the warm up alternate between cardio and strength training. Finish with a refreshing stretch. Please bring small hand weights, a yoga mat, and water.

Instructor: Scott Sbaraglia

9/29-12/8, Mon, Wed

4:30-5:15 pm

Jewish Comm Ctr

CRN 18606 \$75

No class 11/3

NEW **Silver Sneakers**

A total body workout for older adults, regardless of fitness level. The exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance all while helping to prevent osteoporosis. The workout is a combination of aerobic (very low or no impact), flexibility and resistance (strength) training, all done in a fun-filled environment! Please bring small hand weights, a yoga mat, and water.

Instructor: Scott Sbaraglia

9/29-12/8, Mon, Wed

3:30-4:15 pm

Jewish Comm Ctr

CRN 18605 \$75

No class 11/3

Strengthen Sculpt and Tone

Strengthen and tone all of your major muscles with the use of resistance bands, hand weights, and a playground ball. This course is designed to help increase physical strength, prevent osteoporosis, and improve core strength and balance all while increasing muscle mass, decreasing body fat, and giving your metabolism a boost! Bring hand weights, an exercise mat, and water to every class.

Instructor: Linda Budlong

9/30-12/11, Tues, Thurs

7:15-8:15 pm

Jewish Comm Ctr

CRN 18024 \$89

No class 11/4, 11/27

Beginner Qi Gong

Qi Gong (pronounced "Chee Gong") is an energy building exercise designed to bring the body, mind and spirit together as one. It is a system that loosens the joints and spine plus relaxes the points of tension in the body (stress). We will combine physical exercises, stretching, breathing, and self-massage, to strengthen the immune system, accelerate the body's healing

process, improve sleep patterns, and the overall function of the body. This is a gentle practice, suitable for all levels of fitness.

Instructor: Carolyn LaSalle

10/2-12/11, Thurs

5:00-6:00 pm

Utica Gym 115

CRN 18354 \$59

No class 11/27

Cardio Burn & Sculpt

Full body workout for all levels! You pick the intensity. A blend of cardio, toning and sculpting also lots of floor work to hit those "trouble areas". Exercises to include upper and lower body and everything in between. Bring hand weights, exercise mat and water.

9/30-12/9, Tues

5:30-6:30 pm

Jewish Comm Ctr

CRN 18022 \$59

No class 11/4

NEW **Exercise 101**

Whether you've developed a love for group training or are considering trying a group training class, you'll fit right in! This class consists of a great combination of weights, cardio, kick boxing, and boot camp all rolled into one. You will be challenged physically and mentally every week while being introduced to a variety of workouts.

Instructor: Andrew Castilla

9/30-12/2, Tues

8:15-9:15 am

Utica Gym 115

CRN 18613 \$59

10/2-12/11, Thurs

8:15-9:15 am

Utica Gym 115

CRN 18614 \$59

No class 11/27



Exercise 101, Double Session

9/30-12/11, Tues, Thurs

8:15-9:15 am

Utica Gym 115

CRN 18615 \$89

No class 11/27

Fundamentals of Yoga 1

Learn the basic principles and practices of Hatha Yoga; develop a clear foundation for practice, with an emphasis on proper alignment and body awareness, general body toning, basic breath training and yoga meditation & relaxation. An introduction to yoga philosophy is discussed, which provides the basis for the practice of these techniques. Loose clothing and yoga mat are needed. No experience necessary. All activities can be modified to suit individual needs.

Instructor: Nicole Hayman-Sherman

9/22-12/1, Mon

6:00-7:15 pm

Rome First Presbyterian Church

CRN 18655 \$59

No Class 10/13, 10/20, 11/24

Fundamentals of Yoga 2

This class continues to explore the fundamentals of a variety of yoga postures and breathing techniques, introducing more challenging poses. Content focus is on techniques of relaxation and breathing in order to increase flexibility, strength, range of motion and improve balance. Please bring a yoga mat and dress in comfortable clothing that allows you to move.

Instructor: Nicole Hayman-Sherman

9/24-12/3, Wed

6:00-7:15 pm

Rome First Presbyterian Church

CRN 18654 \$59

No class 10/15, 10/22, 11/26

Gentle Flow Yoga

This class is designed to awaken the body with gentle asana (poses) coordinated with one's breath that will build strength, increase flexibility, focus and overall balance. Enjoy a gentle yet awakening yoga practice that will leave you relaxed and energized in both mind and body. Bring a yoga mat and wear comfortable clothing that allows for easy movement. This class will have special accommodations for the deaf community.

Instructor: Kathy Marvin

9/22-12/1, Mon

10:00-11:15 am

Rome First Presbyterian Church

CRN 18445 \$59

No class 10/13, 10/20, 11/24

Tai Chi

Taiji or T'ai Chi is an ancient, Chinese martial arts practice that is renowned as a rejuvenator of health and vitality and can be done by anyone who can walk. It is meditative in nature and teaches body/mind control that is useful for all of life's activities. You need only comfortable shoes and clothing for practice. The instructors are

both Master Level Instructors of Grand Master William C C Chen's School of T'ai Chi Chuan. Students of varying abilities are encouraged to attend. This class is ideal for all ages.

Instructor: Al Christensen

9/29-12/1, Mon

5:30-6:30 pm

Utica Gym 115

CRN 13279 \$59

Turbo Kick Boxing

Turbo Kick is a fun-filled workout that combines shadow boxing, kickboxing, sports drills, dancing, yoga, and simple dance moves in a party atmosphere. While the feel and spirit of the workout remains consistent, each new workout is more fun, exciting, powerful, and effective than the last. Turbo Kick is an interval-based class that allows students of any fitness level to participate. Bring water.

Instructor: Kristen Ball

9/29-12/8, Mon

4:30-5:30 pm

Jewish Comm Ctr

CRN 18607 \$59

No class 11/3



Yoga Flex and Flow

Energize your mind and body in this hatha yoga vinyassa flow class. Zero in on your abdominals, strengthen your back, rebalance your body alignment, dissolve unwanted tension, and build strength. Breathe, feel, and listen to your body with no expectations or judgments. This course is appropriate for all levels, and you are encouraged to work at your own level. Bring water, a yoga mat, an old necktie, and wear loose, comfortable clothing.

Instructor: Linda Budlong

9/30-12/9, Tues

5:30-7:00 pm

Jewish Comm Ctr

CRN 18026 \$75

No class 11/4

NEW **Yoga for EveryBody**

Classes consist of breathing, meditation, asanas (yoga postures) and relaxation techniques that are geared toward all ages and levels of experience. Everybody can do Yoga at every phase of life, age, and ability. Beginners to the practice of Yoga are welcome and ENCOURAGED.

Instructor: Carolyn LaSalle

10/2-12/11, Thurs

6:15-7:15 pm

Utica Gym 115

CRN 18620

\$59

No class 11/27

Yoga Sculpt & Tone

This class combines hatha yoga, vinyassa flow, and strength training. Class will consist of a yoga mat warm up, a work phase that includes yoga and strength training, and a cool down focusing on flexibility and relaxation. All levels are welcome and are encouraged to work at their own pace and fitness abilities. Please bring water, a yoga mat, light weights, and two yoga blocks.

Instructor: Linda Budlong

9/29-12/8, Mon

5:30-7:00 pm

Jewish Comm Ctr

CRN 18359

\$75

No class 11/3

Yogalates

If you're looking to "boost" your basic yoga practice then this is the class for you. A combination of yoga asanas (postures) and breathing with the core strengthening and agility of pilates! Sculpt your body while gaining flexibility and an awareness of your inner mind-body connection. Please bring an exercise mat, hand towel and wear comfortable loose clothing.

Instructor: Kathy Marvin

9/23-12/2, Tues

6:00-7:15 pm

Rome First Presbyterian Church

CRN 18444

\$59

No class 10/14, 10/21, 11/26

Zumba®

Dance your way to a fitter you! Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt the body while burning fat. Beginners are welcome. Bring water.

Instructor: Danielle Fargas

10/3-12/12, Fri

6:00-7:00 pm

Utica Gym 115

CRN 18361

\$59

No class 11/28

Instructor: Cherish Eastman

9/29-12/8, Mon

7:15-8:15 pm

Jewish Comm Ctr

CRN 18033

\$59

No class 11/3



Zumba® Gold

The easy to follow program that lets you move to the beat at your own speed. It's an invigorating community oriented dance fitness class that feels fresh and most of all exhilarating. Zumba gold classes provide modified low impact moves for active older adults.

Instructor: Jodi Kapes

10/6-12/15, Mon

9:30-10:30 am

Jewish Comm Ctr

CRN 18362

\$59

No class 11/3

NEW **Zumba® Step**

Take lower body workouts and calorie burning to a new height with Zumba® Step, the newest Zumba® program. Tone and strengthen glutes and legs with a gravity-defying blend of Zumba routines and step aerobics. Get maximum results without losing the easy-to-follow fitness-party. Please wear sneakers and comfortable clothing and bring a water bottle to class.

Instructor: Jodi Kapes

10/1-12/10, Wed

7:30-8:30 pm

Utica Gym 115

CRN 18619

\$59

No class 11/26

Aqua Zumba®

Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most

of all, exhilarating beyond belief. Water shoes are recommended.

Instructor: Lauren Valente

9/24-12/3, Wed

6:00-7:00 pm

Utica Pool

CRN 18349

\$59

No class 11/26

Adult Swimming

Water Aerobics

Water aerobics is a great way to get in shape, as water is a natural aid in resistance training. This shallow water exercise, set to music, can help you lose inches while toning and strengthening all of the body's major muscle groups. You do not have to be deep-water proficient. Bring a bottle of water to class. All classes are at the Utica Campus Pool. Cost \$55

Monday

9/22-12/1

9:00-10:00 am

Instructor: Tina Jones

CRN 17753

No class 10/13

9/22-12/1

11:00-12:00 pm

Instructor: Katelyn McAllister

CRN 14261

No class 10/13

9/22-12/1

7:00-8:00 pm

Instructor: Shelley Hatch

CRN 18009

No class 10/13

Wednesday

9/24-12/3

9:00-10:00 am

Instructor: Tina Jones

CRN 17248

No class 11/26

9/24-12/3

11:00-12:00 pm

Instructor: Katelyn McAllister

CRN 18005

No class 11/26

Friday

9/26-12/5

9:00-10:00 am

Instructor: Anna Case

CRN 17754

No class 11/28

9/26-12/5

11:00-12:00 pm

Instructor: Katelyn McAllister

CRN 18006

No class 11/28



Water Aerobics Take all 3 Days

9/22-12/5, Mon, Wed, Fri

9:00-10:00 am

CRN 17755

\$129

No class 10/13, 11/26, 11/28

9/22-12/5, Mon, Wed, Fri

11:00-12:00 pm

CRN 18007

\$129

No class 10/13, 11/26, 11/28

Water Running

Strengthen and tone your muscles without the harsh impact of running on land. Participants of all abilities wear a flotation belt to enhance the effect of running combined with a variety of exercises to achieve a great overall workout. Bring a bottle of water to class; water shoes are recommended. All classes take place at the Utica Campus Pool. Cost \$55

Monday

9/22-12/1

10:00-11:00 am

Instructor: Anna Case

CRN 17707

No class 10/13

Wednesday

9/24-12/3

10:00-11:00 am

Instructor: Anna Case

CRN 17708

No class 11/26

9/24-12/3

5:00-6:00 pm

Instructor: Mary Farda

CRN 17710

No class 11/26

Friday**9/26-12/5**

10:00-11:00 am

Instructor: Anna Case

CRN 17709

No class 11/28

Water Running Take all 3 Days**9/22-12/5, Mon, Wed, Fri**

10:00-11:00 am

CRN 17711

\$129

No class 10/13, 11/26, 11/28

Aqua Zumba®

Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Water shoes are recommended. All classes take place at the Utica Campus Pool.

Instructor: Lauren Valente

9/24-12/3, Wed

6:00-7:00 pm

Utica Pool

CRN 18349

\$59

No class 11/26

Lane and Lap Lovers Swim

For those who love swimming laps, here is an ideal class. Swimming offers a fantastic aerobic workout and is perfect for cross-training. It strengthens muscles and offers non-weight-bearing exercise. You can swim at your own pace and in your own space. Goggles are recommended.

9/22-12/5, Mon, Wed, Fri

8:15-9:00 am

Utica Pool

CRN 17688

\$65

No class 10/13, 11/26, 11/28

Beginning Swim for Adults

Learn to swim at your own pace. This program is for adults and teens who would like to learn the basic fundamentals of swimming and/or conquer a fear of the water. You will learn basic water safety skills and knowledge in order to make you reasonably safe while in, on, or around the water. Goggles are recommended.

9/25-12/4, Thur

7:00-8:00 pm

Utica Pool

CRN 14375

\$70

No class 11/27

Competitive Lap & Fitness Swim

Get ready for a swim workout! Participants who want to stay in shape for the off season will receive instruction in competitive swim strokes, turns, starts and then swim laps on their own. Open to all ages, children must have level 5/6 swim skills. Information on local competitive opportunities, masters swimming, and USA age group swimming will be available. Goggles are recommended.

9/23-12/2, Tues

7:00-8:00 pm

Utica Pool

CRN 18626

\$70

No class 11/25

Holistic Wellness

NEW Stress Be Gone!

Stress accounts for nearly 90% of illness and disease in America, along with over-eating, smoking, and other destructive addictions. Utilizing hypnosis, active meditation, and other techniques you can learn to control, reduce, and eliminate stress to live a better life.

Instructor: Erick Price

9/24-10/15, Wed

6:00-7:30 pm

Utica AB 121

CRN 18670

\$69

NEW Pain Management with Hypnosis

In this incredible class, learn to take control of, limit and even eliminate aches, pains, chronic pain, headaches, and pain caused by various conditions.

Instructor: Erick Price

9/29-10/20, Mon

6:00-7:30 pm

Utica GYM 108

CRN 18671

\$69

NEW Mind and Body Healing with Hypnosis

Learn to take control of your body's innate healing abilities through the power of your mind. You'll follow a step by step process to breaking down health barriers and starting your body on the path to health and healing.

Instructor: Erick Price

10/22-11/12, Wed

6:00-7:30 pm

Utica AB 158

CRN 18669

\$69

Smoking Cessation: Better Health Through Hypnosis

November 20 is National Great American Smoke Out Day! What better time to conquer your addiction? Quit smoking with a program that has had outstanding success. All that is needed is that you have a sincere desire to end your smoking habit for good. Experience a light trance state of focused concentration and relaxation and stop watching your life go up in smoke.

Instructor: Erick Price

11/20, Thurs

6:00-8:00 pm

Utica AB 141

CRN 18667 \$19

SPECIAL REDUCED PRICE!



Weight Loss: Better Health Through Hypnosis

Obesity is at an all-time high in America and people are searching for solutions. Real weight loss begins and ends with eating properly now... and forever. Learn the principles of being able to respond to your appetite properly and to put an end to overeating forever. Experience a light trance state and the power of focused concentration and relaxation to fast-track these changes in your lifestyle. With this tried and true program you can be confident that you will leave with the knowledge you need to begin losing weight immediately!

Instructor: Erick Price

12/2, Tues

6:00-8:00 pm

Utica AB 220

CRN 18668 \$29

Old Wisdom Principles & Practices

The course goal is the gathering, investigating, and connecting principles of old wisdom words and practices. This will be an investigation in seminar fashion of some of the common principles, aphorism and thought-forms in major religions, and esoteric schools. Agreements between science and metaphysical principles will be explored. We will search for examples of these principles working out in individual, social, national, and world living.

Instructor: Al Christensen

9/30-11/6, Tues, Thurs

5:30-6:30 pm

Utica Gym 108

CRN 18624 \$69

The Art of Being

This is a class for Fellow Soul Searchers. Living in the Present, Letting go of Judgment, Love towards Oneself, The Energetic System, and Connection to the Divine are the topics covered in this class. Group discussion, practices to use in everyday life and meditation basics will be offered. Deb Evans is passionate about personal growth, the human experience and spirituality, and has received certification from The Stillpoint School of Integrative Life Healing in 2006.

Instructor: Debbie Evans

9/30-11/4, Tues

6:00-7:15 pm

Utica IT 220

CRN 18352 \$45

Dance

Beginner Belly Dance

Learn the art of Belly Dance, tone up, and have fun! Rooted in the Middle Eastern tradition, its expression is both freeing and a great workout for women of all ages! For beginners learning the basics, or for those wishing to refine skill and technique. Wear comfortable clothing. No experience necessary.

Instructor: Cristel Byrne

10/9-12/18, Thurs

5:30-6:30 pm

Utica Gym 202

CRN 18621 \$59

No class 11/27

Latin Dance

Give in to the sultry and romantic moves of Latin dance. You will learn the steps and patterns for dances such as the Salsa, Mambo, Meringue, Samba, Rhumba, Bolero, Tango, and the Cha-Cha! Many of these Latin rhythms are found in today's popular music, so you can take these steps with you for a night on the town or to a party or wedding. Singles are welcome, but partners are not guaranteed.

Instructors: Gina & Luca Esposito

9/12-11/7, Fri

6:00-8:00 pm

Utica Gym 202

CRN 18623 \$75

No class 10/31

Ballroom Dance for Beginners

Don't sit through another dance at your next party or wedding! Enhance your social life and gain poise while reaping the healthy benefits of dance participation. Learn classic ballroom styles - Fox Trot, Swing, Club Slow Dancing, Rhumba, Waltz and Polka. Learn with others in a relaxed environment. Singles are welcome, but partners are not guaranteed.

Instructors: Gina & Luca Esposito

9/15-11/3, Mon

6:30-8:30 pm

Utica Gym 202

CRN 18612

\$75

Ballroom Dance for Intermediate

For students who have the basics and are ready for some new steps and techniques, this class will help advance skills while developing confidence and elegance on the dance floor. You will refresh and build on beginner skills and you will be introduced to steps and patterns for Latin dances like the Cha-Cha, Mambo/Salsa, Samba, Merengue, and Tango. Singles are welcome, but partners are not guaranteed.

Instructors: Gina & Luca Esposito

9/16-11/4, Tues

6:00-8:00 pm

Utica Gym 202

CRN 18617

\$75



Ballroom Dance for Advanced

Want to get ready for "Dancing with the Stars?" Advanced classes build on steps learned in the Intermediate class. Advanced steps and patterns in the Smooth and Latin dances are covered, with an emphasis on style and technique. Singles are welcome, but partners are not guaranteed.

Instructors: Gina & Luca Esposito

9/18-11/6, Thurs

6:30-8:30 pm

Utica Gym 202

CRN 18622

\$75

Music



NEW Fundamentals of Music

This course in basic musicianship will give you the foundation you need to succeed when playing any musical instrument. You'll be introduced to basic music theory, chords, scales, rhythmic dictation, and key and time signatures. This knowledge will assist all musicians, regardless of instrumentation, in their journey to understanding the true nature of music and the writing thereof.

Instructor: Adam Ludemann

9/30-10/21, Tues

7:00-9:00pm

Utica AB 231

CRN 18661

\$59

Banjology (Banjo for Beginners)

This is an introductory course to all things banjo. We will delve into the history, the assembly, and the basics of playing your first tunes on the banjo. This course is designed for the beginning to intermediate banjo player, with the hopes of developing a wider baseline knowledge of the instrument. Optional: If available, please bring your own banjo.

Instructor: Adam Ludemann

10/28-12/2, Tues

7:00-9:00pm

Utica AB 251

CRN 18377

\$79

Guitar for Adult and Teen Beginners

This course is geared toward the absolute beginner who wants to learn the basics of guitar playing. The instructor will begin the course with a history of the guitar in popular music, citing the most influential players of the past & present. Using material drawn from popular music, including classic rock, you will learn to play simple songs, chords, and strumming patterns. Students will practice individually and together as a group. Please bring your own guitar. For ages 13 and up.

Instructor: Mark Chirico

10/4-10/25, Sat

10:00-12:00 pm

Utica ACC 218

CRN 16427

\$59

Managing Your Health Through Nutrition Series

Kim Ross is the owner of Healthy Transformations; her approach to improving health revolves around the concepts that Functional Medicine has instilled in her -- "treat the person, not the disease." By uncovering each person's individual lifestyle needs (diet, exercise and stress management), Kim has watched many people regain their health and well-being. She has a Master's Degree in Applied Clinical Nutrition from New York Chiropractic College and is a Certified Nutrition Specialist (CNS).

Stop the Thyroid Madness

Today we are facing a major problem in health: too many people are either walking around undiagnosed or misdiagnosed with thyroid disease. You may be experiencing symptoms such as hair loss, weight gain, fatigue and cold intolerance, even while on conventional treatment for hypothyroidism. Kim may shock you with the facts you should know about thyroid dysfunction! You will learn the proper tests that should be completed, foods that will help provide balance, and how stress ultimately affects the function of the thyroid gland. This class will change the way you view hypothyroidism.

9/27, Sat

9:00-12:00 pm

Utica AB 251

CRN 18397

\$29

Health Begins in the Gut

The delicate balance in your GI tract is largely dependent on proper nutrients, beneficial bacteria, and foods. The Standard American Diet has led to many disturbances in the digestive tract including but not limited to IBS, constipation, diarrhea, Crohn's, colitis and other digestive diseases. Join Kim as she explains the basic biology of the GI tract and what foods and nutrients can help you restore your gut health in as little as eight weeks! She will spend time explaining the harmful effects of gluten on the GI tract and how to adopt a GF lifestyle without feeling like you have given up eating everything you love! A comprehensive review of a beneficial food plan will be provided.

10/18, Sat

9:00-12:00 pm

Utica AB 251

CRN 18043

\$29

Managing PMS and Menopause Naturally

Hormones play a vital role in our health but can cause tremendous turmoil when they are out of balance. As a result, we experience many signs and symptoms that are unbearable at times and are ALWAYS unnecessary. In this class you will learn a little on how our hormones are produced and metabolized as well as what foods favorably influence this process so you can say goodbye to PMS and menopausal symptoms for good! A comprehensive review of a beneficial food plan will be provided.

11/15, Sat

9:00-12:00 pm

Utica AB 251

CRN 18047

\$29

Cooking Classes with Lite & Gourmet Cooking School

New this year, MVCC has joined with Lite & Gourmet Culinary School in New Hartford to offer a great new assortment of cooking classes! All classes have a vegetarian option. Visit www.liteandgourmet.com for more information.



Fall Cooking For Kids

Does your child love to help out in the kitchen? Then this class is for him or her! Kids will create a roasted pumpkin soup and learn about boiling and roasting. We'll roast pumpkin seeds, prepare a meal in banana leaf cups, and make 1-2-3-4 fun cookies! For ages 10 and over.

Instructors: Carol Klausner & Monica A. Raj

9/27, Sat

10:00 - 1:00 pm

Lite & Gourmet New Hartford

CRN 18684

\$39

Halloween Cooking for Kids

In this fun and hands-on class, kids will create spooky goodies perfect for Halloween. Menu includes a veggie skeleton, a scary mummy appetizer, scary deviled eggs, and spooky cookies! For ages 10 and over.

Instructor: Carol Klausner

10/25, Sat

10:00 - 1:00 pm

Lite & Gourmet New Hartford

CRN 18683 \$39

Holiday Cocktail Party with A Moveable Feast

Cook side by side with Patrick O'Connor, well-known local chef and caterer. Together you'll create a variety of appetizers and punch – you'll be the toast of the town for your holiday cocktail party!

Instructor: A Moveable Feast by O'Connor's

10/21, Tues

5:30 - 9:00 pm

Lite & Gourmet New Hartford

CRN 18685 \$39

Indian Fish Molee Dinner

Create a delicious coconut based fish curry in this fun, hands-on class! You'll also prepare baked spinach balls, rice, an Indian veggie side, and mango salsa. You'll be amazed at the delicious and fresh flavors of India!

Instructor: Monica Raj

11/12, Wed

5:30 - 9:00 pm

Lite & Gourmet New Hartford

CRN 18687 \$39

Indian Holiday Dinner

Celebrate the holidays with the exotic flavors of India! We'll prepare flavorful lamb or vegetable biriyani cooked in a flaky golden dome and served in a colorful platter of arugula and cherry tomatoes. You'll also learn how to make crispy papdams, raita, and a refreshing dessert of pineapple cashew halwa!

Instructor: Monica Raj

12/2, Tues

5:30 - 9:00 pm

Lite & Gourmet New Hartford

CRN 18686 \$39

Languages & Culture



Mandarin Chinese for Beginners

If you're interested in the language and culture of China, this class is for you. In this class, you will learn the basic conversation, vocabulary, and writing skills of Mandarin Chinese. No prior knowledge is required.

Instructor: Vicky Che

10/7-11/11, Tues

6:00-8:00 pm

Utica IT 227

CRN 18665 \$79

Conversational Arabic

Marhaban! Join us for a fun and interactive hands-on learning environment where you continue to write and understand the Arabic alphabet and say the guttural sounds of this Middle Eastern language. This 10-week class will include vocabulary and sentence formation, basic conversation, and a taste of Arabic culture.

Instructor: Jackie Hobaica

10/1-12/10, Wed

6:00-8:00 pm

Utica AB 232

CRN 18601 \$99

NEW Conversational Italian 2

Viva Italia! If you have learned the basics in Italian language, this class will help you get to the next level. Plan the trip to Italy you've always dreamt of and feel confident in conversing with the locals!

Instructor: Andre Berardi

10/1-11/19, Wed

7:00-8:30 pm

Rome PC 254

CRN 18465 \$59

Sign Language for Beginners

Learn to communicate using basic Sign Language techniques. This course presents an overview of deaf culture and will provide basic sign vocabulary, including colors, numbers, letters, family members

and animals. It also will target occupations and conversational protocol. Class includes a text book and exercise book.

Instructor: Deborah Pardi

10/20-12/3, Mon, Wed

7:00-8:30 pm

Utica AB 242

CRN 17774

\$89

No class 11/24 and 11/26



Irish Language for Beginners

Have you always dreamt of traveling to the Emerald Isle? If so, this course will help you to build conversational skills you can use during your travels! In this course, you will be introduced to the basics of conversational Irish (Gaelic) language. Lessons will include history and folklore of Ireland to help students to learn the roots of this rich and interesting language.

Instructor: Tom Malley

9/24-12/3, Wed

7:00-8:30 pm

Utica IT 116

CRN 17750

\$99

No class 11/26

Irish Songs: Their History & Meanings

Who was Kevin Barry and why do the Irish sing about him? Where are the Fields of Athenry, and what was Trevelyan's corn? And what exactly do you do with a Drunken Sailor? If you've always wondered about the stories behind these and other favorite Irish tunes, this is the course for you. You will learn about the places, names and history that make up all the songs you always knew but never understood.

Instructor: Mark Sisti

9/29 - 11/17, Mon

7:15-8:15 pm

Utica IT 116

CRN 17662

\$59

Wales: Land of My Fathers

Do you have Welsh heritage? Are you interested in Celtic history? Join us for an overview of the fascinating country that is Wales, whose character, forged in prehistoric times persists into the modern age; a land of long history and uncommon natural beauty. This class will delve deeper into touring the Wales countryside, from medieval castles to hiking the coastal trail. We'll also explore the rich world of Celtic customs, songs, and stories.

Instructor: Rainer Morgan

11/6-11/20, Thurs

6:00 - 8:00 pm

Utica GYM 109

CRN 18371

\$39

Britain: A Great Place to Visit

With so many possibilities, how do you choose just what to see and do on that UK trip you're thinking of? This review of what the old country has to offer will help you make informed choices for your vacation.

Instructor: Rainer Morgan



Do you have an idea for a new course?

We are always looking for new classes and new instructors. If you have an idea for a course that is not in our catalog, contact Carolyn DeJohn, Coordinator, Community Education, at cdejohn@mvcc.edu.

11/5, *Wed*

6:00-8:00 pm

Utica AB 245

CRN 18682

\$19

Planning an African Safari

Maybe you've decided to go on safari or maybe you're still at the dreaming stage – but if the thought has crossed your mind, come check out what it actually takes to go on a wildlife safari. It might move the idea a bit closer to reality!

Instructor: Rainer Morgan

11/12, *Wed*

6:00-8:00 pm

Utica AB 233

CRN 18681

\$19

Leisure Learning

NEW Digital Photography 101 -- for Adults!

Create perfect photos as you learn basic camera function and software usage. You will get a chance to work with Adobe Photoshop and understand photograph design and composition. Take advantage of the glorious fall colors and great lighting of Autumn. Bring a digital camera.

Instructor: Todd Behrendt

10/15-10/29, *Wed*

5:00-7:00 pm

Utica AB 233

CRN 18643

\$59

NEW Get Paid To Talk!

This workshop is an upbeat and realistic introduction to voiceovers, also known as voice acting. During the class, your instructor will discuss the different types of voiceovers, what it's like to work in a studio, in-demand voice types, where to find opportunities close to you, and industry pros and cons. Everyone in the class will have an opportunity to record a short voice-over for playback at the end of class.

11/20, *Thurs*

6:30-9:00 pm

Utica AB 251

CRN 18644

\$39

NEW Creative Writing Workshop

Make your words come alive as you learn how to put your ideas on paper, create believable characters, and use language in an effective way. Collaborate with others and use writing prompts to overcome writer's block. Explore the MVCC campus with a notebook and pen as you express yourself through poetry, prose, and short stories.

Instructor: Kim Pflantz

10/2-11/20, *Thurs*

6:00-8:00 pm

Utica AB 234

CRN 18604

\$89



NEW Golden Age of TV

Explore the history of TV from its humble beginnings until today. Topics include the dawn of dramatic formats, sit-coms then and now, and cable versus network television. Watch clips of your favorite old and new shows as you learn to appreciate television as an art form, rather than just a "boob tube."

Instructor: Nick Priore

10/6-10/27, *Mon*

6:00-8:00 pm

Utica IT 224

CRN 18642

\$59

NEW Open an Etsy Shop

Learn how to establish and maintain a shop on the world's largest handmade marketplace – www.Etsy.com. During this three-week course, you will be guided through the process of opening a shop, creating listings, advertising, selling products, shipping and customer service. Whether you are just starting a new business or growing an already-established one, this course will help you grow your customer base, increase sales and make more money!

Instructor: Sarah Walker

10/2-10/16, *Thurs*

6:00-8:00 pm

Utica IT 150

CRN 18680

\$39

NEW Common Core 101

Learn the basics of the Common Core State Standards. Topics include when and why standards were created; the six shifts in instruction; close reading examples; key mathematical practices; and how common core differs from previous instruction. The session includes sample grade-level instruction and assessment questions as well as tips on how your child can best succeed under the new standards.

Instructor: Vincent Condro

For ELA:

10/1, Wed

6:00-8:00 pm

Utica AB 233

CRN 18603

\$19

For Math:

10/8, Wed

6:00-8:00 pm

Utica IT 227

CRN 18672

\$19

Beginning Genealogy and Research

How much do you know about your ancestors? This class will teach you how to trace your family tree and find out more about your ancestors. Emphasis will be placed on research in the United States, and computers will be used to help you discover new things about your family that you may have never known! The instructor is a member of the Association of Professional Genealogists, and is a DAR genealogy consultant. Instructor: Barbara Granato

9/24-10/22, Wed

6:00-9:00 pm

Rome PC 209

CRN 18631

\$99

NEW Basic Self Defense for Women

Learn hands on basic self-defense. Acquire realistic self-defense tactics and techniques along with prevention, awareness, risk reduction and risk avoidance. Even if you have never punched or kicked before, you will be taught how to defend yourself in a safe and fun environment. For ages 13 years and older. All fitness levels welcome. Step out of your comfort zone – you can do this! Please bring water.

Instructor: Kathleen Willard & Anne Tavares

10/18-11/1, Sat

10:00-2:00 pm

Utica Gym 109

CRN 18653

\$129

NEW Women's Leadership Works

This seminar, brought to us by Lake Effect Connections, helps women to harness the storms of life and strategically move forward, creating powerful success strategies for the future. Major topics include personal leadership, creating a life that works, and taking action for life. The course incorporates strategic tools and money strategies throughout. The course is action oriented, helping you choose your next steps as leader of your life.

Instructor: Lisanne Divine

9/23-10/7, Tues

5:30-8:00 pm

Utica AB 245

CRN 18630

\$149

NEW Age Gracefully: Facial Fitness

Join this class for a fun, informative facial work out! Learn how to work which facial muscles that will strengthen and tone your face so you can age gracefully! When you put on your scary face your beauty shines through - naturally!

Instructor: Christine Shahin

10/8, Wed

6:00-8:00 pm

Utica AB 268

CRN 18632

\$29

NEW Thanksgiving Facials

Thanksgiving for your face! You're making cranberry sauce and pumpkin pie anyway, so why not put some on your face? Cranberries have antioxidant properties and they can regenerate, moisturize and brighten the skin. Pumpkin has enzymes and antioxidants that offer results similar to gentle alpha-hydroxy action. It removes dead dull cells, while its beta-carotene-rich antioxidants nourish your skin leaving it smooth and glowing. Make cranberry facial toner and pumpkin face mask in this hands-on class!

Instructor: Christine Shahin

11/5, Wed

6:00-8:00 pm

Utica AB 268

CRN 18633

\$29

Acting for Non-Actors

Through energetic exercises incorporating improvisation, scripted scenes and monologues, you will find yourself immersed in an innovative and dynamic style of communication and public speaking that will increase your skill, focus, and confidence, while eliminating any second-guessing. Led by a theatre education specialist in a fun and supportive setting, this highly interactive class will explore specific ways you can learn to communicate more clearly and effectively in any given situation.

Instructor: Kristy Lenuzza

10/2-11/20, Thurs

6:00-8:00 pm

Utica AB 232

CRN 18602

\$89

Tax Prep for VITA Volunteers

Are you looking for a rewarding volunteer opportunity? Are you comfortable working with a computer and with members of your community?

Then this free class is for you! Through our United Way sponsored, IRS approved Volunteer Tax Assistance (VITA) Program, volunteers work with taxpayers free of charge to ensure that they receive all refunds they are entitled to, and avoid the cost typically associated with using a paid preparer. Students in this course will be given instruction on the software (TaxWise) used at our free VITA sites and will receive assistance in becoming certified as volunteer VITA tax preparers. Participants must have some experience with computers. Pre-registration is required. Class will also meet once on Jan 26 at the VITA Super site in Utica from 12-4:30pm. Instructors: Danell Libby, Danny McClain

12/8-12/17, Mon, Wed

1:30-3:30pm

Utica IT219

CRN 18388 \$FREE

1/12/2015-1/20/2015, Mon, Tues

1:30-3:30pm

Utica IT 219 \$FREE

Defensive Driving

This program offers the dual benefits of a 10% insurance discount as well as up to four points off your driving record. Students learn how important attitude is in everyday driving. Classes are lively, interactive, and engaging. The program emphasizes safe and defensive driving techniques for drivers of all ages and skill levels, including those with a driver's permit. Bring a license or permit to class, and a lunch to Saturday classes. Students are required to be on time and stay until the completion of class. This course is offered in partnership with the Oneida County Traffic Safety Department.

9/16-9/18, Tues, Thurs

6:00-9:00 pm

Rome RA 306

CRN 16439 \$40

10/18, Sat

9:00-4:00 pm

Utica AB 233

CRN 16435 \$40

11/18-11/20, Tues, Thurs

6:00-9:00 pm

Rome RA 306

CRN 17647 \$40

12/13, Sat

9:00-4:00 pm

Utica AB 233

CRN 17645 \$40

Swimming Lessons

All classes –MVCC Utica Campus, 1101 Sherman Drive, Utica

Parents are expected to place their child into the correct class. Students must have the prerequisite levels or be able to master all previous level expectations before going to next level. Because classes become full, instructors may not be able to move your child into their proper level. Please evaluate your child based on the American Red Cross levels listed below. Goggles (not face masks) are recommended for all levels beginning with Level 1.

ENROLLMENT IS LIMITED IN ALL LEVELS AND WILL BE TAKEN ON A FIRST COME BASIS. ALL SWIM LESSON REGISTRATIONS ARE NON-REFUNDABLE.

Parent and Child Aquatics \$55

This class builds basic water safety skills for both parents and children and helps children adjust to the water environment. Parents must accompany child in water. Ages 1-2 years old.

Preschool with Parent Aquatics \$55

This class will help children feel comfortable in the water, enjoy the water safely, and learn fundamental skills including breath control, floating, and basic locomotion. Parents must accompany child in water. Ages 3-5 years old.

Level 1: Introduction to Water Skills \$55

Students are oriented to the water while they learn elementary skills. Ages 4 and up.

Level 2: Fundamental Aquatic Skills \$55

Students will build on the fundamental aquatic locomotion rescue and safety skills learned in Level 1. Unsupported front and back floats, rhythmic breathing, and flutter kicking are skills learned at this level. Prerequisite: Level 1 certification or comparable skills. Ages 5 and up.

Level 3: Stroke Development

\$70

Students will build on aquatic locomotion, safety and rescue skills from Level 2 with more practice. Coordinating front and back crawl, introduction to elementary backstroke, and treading water are among the skills learned in this level. Students must be independent in the water. Prerequisite: Level 2 certificate or comparable skills. Ages 6 and up.

Level 4: Stroke Improvement \$70

This level will include deep-water bobbing, rotary breathing, and endurance of strokes already

learned, as well as introduction of breast stroke, side stroke, and turning at the wall. Prerequisite: Level 3 certificate or comparable skills.

Level 5: Stroke Refinement \$70

This level refines the strokes already learned and introduces the open turns, feet-first surface dives, and diving. Prerequisite: Level 4 certificate or comparable skills.

Level 6: Fitness Swimmer \$70

This course will allow for reviewing and perfecting all strokes and skills in the American Red Cross Learn-to-Swim Program. Students will learn good lifetime fitness habits and basic and advanced rescue techniques.

Saturday Morning Classes

9/20-12/6

No classes 10/11 & 11/29

Parent and Child Aquatics

(ages 1-2)

CRN 18013 9:00-9:30 am

Preschool with Parent Aquatics

(ages 3-5)

CRN 17713 10:00-10:30 am

Level 1

CRN 18351 10:30-11:00 am

CRN 16938 11:00-11:30 am

CRN 16942 12:00-12:30 pm

Level 2

CRN 16931 9:30-10:00 am

CRN 16940 11:30-12:00 pm

CRN 16936 12:30-1:00 pm

Level 3

CRN 13874 9:00-10:00 am

CRN 18140 12:00-1:00 pm

Level 4

CRN 16666 10:00-11:00 am

Level 5/6

CRN 16934 11:00-12:00 pm

Monday Evening Classes

9/22-12/1

No class 10/13

Preschool with Parent Aquatics

(ages 3-5)

CRN 17714 5:30-6:00 pm

Level 1

CRN 16951 6:00-6:30 pm

Level 2

CRN 16960 5:00-5:30 pm

CRN 16954 6:30-7:00 pm

Level 3

CRN 16086 6:00-7:00 pm

Level 4

CRN 16952 5:00-6:00 pm



Tuesday Evening Classes

9/23-12/2

No class 11/25

Parent and Child Aquatics

(ages 1-2)

CRN 18625 6:00-6:30 pm

Level 1

CRN 17240 5:00-5:30 pm

CRN 16958 6:30-7:00 pm

Level 2

CRN 17241 5:30-6:00 pm

Level 3

CRN 16212 5:00-6:00 pm

Level 4

CRN 17696 6:00-7:00 pm

Exam Prep

SAT Review

Develop the skills you need to do your best on the SAT without fear of test-taking! Join us for a relaxed look at how to approach each section of the test; how to understand what is being asked; and how to answer correctly with confidence. This course addresses all sections of the test including reading comprehension, vocabulary, math, and

essay writing. Bring pens and a scientific or graphing calculator. Included is the book, "10 Real SATs."

Instructors: Jarrod Williams & Susan Murray
9/22-10/1, Mon, Wed

6:00-8:30 pm

Utica AB 249

CRN 18325 \$79

SAT Quick Prep

Do you prefer a quicker way to get ready for the SAT that could improve your scores? Sharpen your skills and test-readiness in just two sessions and get real SAT practice, question analysis, answering tactics, and study plans for math, reading, vocabulary, written expression, and essay writing – in less time. Bring pens and a scientific or graphing calculator.

Instructors: Jarrod Williams & Susan Murray

For October Test:

9/20-9/27, Sat

9:00-11:30 am

Utica AB 249

CRN 18323 \$49

9/23-9/30, Tues

6:00-8:30 pm

Rome RA 306

CRN 18324 \$49

For November Test:

11/3-11/5, Mon, Wed

6:00-8:30 pm

Utica AB 249

CRN 18326 \$49

SAT Reading & Writing Workshop

If you need to work on reading and writing, this class provides intensive practice. Using actual sample tests, students focus on reading comprehension, vocabulary, essay writing, and written expression skills for the revised SAT test. In-depth emphasis on successful test-taking strategies will be available. Bring pens and pencils.

Instructor: Jarrod Williams

10/6, Mon

6:00-8:30 pm

Utica AB 249

CRN 16713 \$29

SAT Intensive Math Workshop

Do you need to focus on math? This class provides extensive math explanation and problem-solving to help prepare for the SAT test. Sample tests will be used. In-depth emphasis on successful test-taking strategies will be available. Bring pens and a scientific or graphing calculator.

Instructor: Susan Murray

10/7, Tues

6:00-8:30 pm

Utica AB 251

CRN 18327 \$29

SAT Vocabulary Workshop

The knowledge of college level vocabulary is an important factor in many SAT questions. Join this class for a relaxed and stimulating session that surveys higher level vocabulary with exercises, word associations, word games, and practice test questions from the real SAT.

Instructor: Jarrod Williams

10/8, Wed

6:00-8:30 pm

Utica AB 249

CRN 17003 \$29

Prepping for the SAT Online

This comprehensive overview covers the various question types you'll come across on the SAT. Topics of study and review include mathematical concepts, reading comprehension, sentence completion, essay writing, analogies, general standardized test taking tips, and more. Required Text: The Official SAT Study Guide, 2nd Edition (by CollegeBoard).

10/13-11/9, Online

CRN 18376 \$250

ACT Review Class

Prepare for the ACTs! This class will provide a close look at the ACT exam, with activities that include test-taking practice, review, forming solution strategies, and preparation. Three sections of the exam will be addressed: reading, mathematics, and English, including instruction in the optional essay writing section.

Instructors: Jarrod Williams & Susan Murray

10/21-10/23, Tues, Thurs

6:00-8:30 pm

Utica AB 251

CRN 18328 \$49

Prepping for the ACT Online

This accelerated course offers a comprehensive overview of the various question types that appear on the ACT. Topics of study and review include mathematical concepts, grammar and punctuation, reading comprehension, essay writing, data analysis for the science test, general standardized test taking tips, and more. Required Text: ACT For Dummies, 5th Edition, (by Lisa Zimmer Hatch and Scott Hatch) and The Real ACT Prep Guide, 3rd Edition.

10/13-11/9, Online

CRN 18372 \$250

Prepping for the GMAT Online

This course provides comprehensive instruction on how to complete both the verbal and quantitative sections of the GMAT. This course also includes a discussion of MBA programs, application procedures, and graduate school survival techniques. Required Text: GMAT For Dummies, 6th Edition (by Lisa Zimmer Hatch and Scott Hatch).

10/13-11/9, **Online**

CRN 18373

\$250

Prepping for the GRE Online

This course offers a comprehensive study of the quantitative reasoning, verbal reasoning, and analytical writing sections of the GRE. As a student in this course, you will be able to utilize numerous examples of test questions from recent

years. Required Text: Official Guide to the GRE Revised General Test (by Educational Testing Service).

10/13-11/9, **Online**

CRN 18374

\$250

Prepping for the LSAT Online

This course offers a thorough overview of the three main question types found on the LSAT: analytical reasoning, logical reasoning, and reading comprehension. Required Text: LSAT For Dummies, second edition.

10/13-11/9, **Online**

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Basic RiderCourse (BRC): \$275

The BRC is a comprehensive riding program for the beginner rider, developed and endorsed by the national Motorcycle Safety Foundation (MSF). Taught by OMSF and New York State DMV certified RiderCoaches, this 15 hour course combines classroom and hands-on riding instruction on the MVCC Utica and Rome campuses. Participants will gain the basic mental and physical skills necessary to minimize risk on the road and help promote driving confidence. Road test waiver available.

Participants must be at least 16 years of age and have both a NYS car driver's license and motorcycle learner's permit. Motorcycles and helmets provided.

Visit www.gomotorcycling.net for full details.

Introductory Motorcycle Experience (IME): \$59

This two hour "hands-on" familiarization program introduces primary controls and procedures and gives the pure novice the opportunity to manipulate the controls while astride the motorcycle. Get a taste of riding and see if it's for you!

Basic RiderCourse 2 (BRC2): \$100

This single-session riding workshop is for licensed riders and is conducted on the student's own motorcycle. Explore risk awareness and reduction, traction management and motorcycle dynamics. Learn techniques for proper braking, cornering and swerving. This course is honored by many insurance carriers for a discount on collision/liability premiums.

For detailed scheduling information and on-line enrollment, visit www.gomotorcycling.net or call Go Motorcycling, Inc. at 315-858-3321

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The program's curriculum was developed by the U.S. Department of Transportation and meets the standards of the Professional Truck Driver Institute (PTDI) – the trucking industry highest achievable standards. When training is complete, SAGE's placement staff helps students secure employment through a nationwide network. SAGE also specializes in securing funding for students who qualify for various grants and private student loans.

Training can be completed in typically 4-6 weeks, at MVCC's Rome campus – 1101 Floyd Avenue. Students use state-of-the-art equipment just like what's in the field today. Basic, advanced, and refresher courses are offered with new classes beginning every 2 to 3 weeks throughout the year.

To register or for more information call (315) 334-7793.

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information. Make checks payable to MVCC.



Register in person at the Center for Corporate
and Community Education, Academic Bldg.,
Room 154, Utica Campus.



Call: 315-792-5300

Register using a credit card or debit card.



**Class
Location Key**

MVCC Utica:

1101 Sherman Drive
AB: Academic Building
GYM: Jorgensen Center/GYM
ACC: Alumni College Center
IT: Information Technology Building

MVCC Rome:

1101 Floyd Avenue
RA: Rome Academic Building
PC: Plumley Complex

MVCC Education Center:

524 Elizabeth St., Utica

**CNY Veteran's Outreach
Center:**

726 Washington St., Utica

First Presbyterian Church:

108 West Court St., Rome

Jewish Community Center:

2310 Oneida St., Utica

Lite & Gourmet Culinary School:

7 Oxford Rd., New Hartford

Sitirin Health Care Center:

2050 Tilden Ave, New Hartford

Cancellation/Refund Policy

As decisions to run classes are based on enrollment, reimbursements for cancelled registrations will be made as follows.

- 100% refund: withdraw 3 or more business days before class begins
- 50% refund: withdraw 2 days or less before class begins (for classes costing less than \$20, your refund is tuition minus a \$10 fee)
- Consideration for withdrawal requests after the first class session must be made in writing to the Center for Corporate and Community Education. CCED is dedicated to customer satisfaction.

Please call 792-5300 with questions and concerns.

Inclement Weather/Class Cancellations:

If MVCC Campus closes, all non-credit CCED classes are canceled as well.

**Please monitor local media outlets and when in doubt,
call our office at 792-5300,
or visit www.mvcc.edu**

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Fax registration to: 315-792-5682

- For VISA, MasterCard, and Discover use only.
- Please type or print.
- Only one student may register per form.
- Photocopy this form for additional students.

Mail or drop off registration to:

*Mohawk Valley Community College
Center for Corporate and Community
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1101 Sherman Dr. Academic Bldg Room 154
Utica, NY 13501
315 792-5300*

All fields containing an (*) asterisk **must** be completed in order to be processed.

*Registrant Information

* Male Female (for statistical purposes only)

*Ethnic Identity: White Non-Hispanic Black Non-Hispanic Asian/Pacific Islander American Indian or Alaskan Native Non-Resident Alien

*Last Name *First Name MI

*Date of Birth

*Address

*City *State *Zip Code

*(If a minor)Parent Last Name *First Name MI

*Home Phone Cell Phone Business Phone

Email Address

*Course Information

CRN	Course Name	Start Date	Fee

Credit Card Credit Card Information Visa Discover MasterCard

Check

Money Order Name on Card (print)

Credit card number

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VRN(3-digit code on back)

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See Page 6 For Details!



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