



MOHAWK VALLEY COMMUNITY COLLEGE

CENTER FOR CORPORATE AND COMMUNITY EDUCATION

SUMMER 2015

MVCC COLLEGE FOR  
**KIDS & TEENS**

# TAP INTO SUMMER

Summer Career Camps...page 2  
POUND-Rockout. Workout.™...page 13  
Intro to Photovoltaic Systems...page 30

UTICA • ROME • ONLINE AT [WWW.MVCC.EDU/CCED](http://WWW.MVCC.EDU/CCED)

# Welcome!

After one of the coldest winters on record, we are so happy that warmer temperatures are FINALLY here! As you enjoy the multitude of summer activities that abound in the Mohawk Valley, be sure to check out a non-credit class at MVCC. Choose from a variety of personal enrichment courses, health and wellness classes, and professional development workshops.

And don't forget the kids. Keep them busy with one or more of our numerous Career Camps offered in July and August. This year's theme – TAP INTO SUMMER – focuses on everything from fossils to fashion, minecraft to magic, and astronomy to nanotechnology. We have 35 different camps with 50 options – including 15 new camps – so there's something for every age and interest. Your kids will be able to enjoy academics, athletics, and enrichment ALL DAY.

Check out these new camps and classes:

- **Career Camps: Starry Night, App Attack, Minecraft Designers, Project Runway, Week of Code, Wet Your Palette, and much more.**
- **Professional Development programs in Presentation Pro, Financial Fitness, and 3D Printing & Design. Get the CEU credits you need for your professional certification!**
- **Leisure Learning and Wellness programs such as Yin Yoga, KEI Reiki, and Modern Calligraphy**

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. Happy Summer!



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 and Community Education at MVCC is the winner of the following 2014 CEANY Awards: the James C. Hall Exemplary Program Award for Exemplary Credit Program: College in Prison Program. The following MVCC employees also received CEANY Awards for Exemplary Service in 2014: Sarah Lam, Franca Armstrong, and Russ Davis. Congratulations!

Register online at [www.mvcc.edu/cced](http://www.mvcc.edu/cced)



# Contents



College for Kids and Teens	2
Swimming Lessons	9
Exam Prep	11
Health & Wellness	13
Adult Water Exercise	14
Aquatic Training	15
Dance	16
Holistic Wellness	18
Leisure Learning	18
Personal Safety Training	21
Professional Development	23
Healthcare Training	28
Construction & Engineering	30
Tractor Trailer Driving	31
Educational Opportunity Center	33
Go Motorcycling	34
Staff & Maps	37
Registration	39



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SCAN HERE!



## WEEK 1 | JULY 6-9

### MORNING CAMPS

8:30 am – 12:00 pm

Nano, Nano **-NEW!**

Bring Your Bling **-NEW!**

iFilms for iKids

Digital Animation and Game Art – Level 1

### AFTERNOON CAMPS

1:00 pm – 4:30 pm

Starry Night **-NEW!**

Project Runway **-NEW!**

Swim and Sport Camp

## WEEK 2 | JULY 13-16

### MORNING CAMPS

8:30 am – 12:00 pm

Minecraft Designers – **NEW!**

Come Fly With Me – **NEW!**

Kids in the Kitchen: Vive La France

Dance, Dance, Dance

### AFTERNOON CAMPS

1:00 pm – 4:30 pm

Minecraft Designers **-NEW!**

Zoom Into Nano **-NEW!**

Kids in the Kitchen: Vive la France

Swim and Sport Camp

## WEEK 3 | JULY 20-23

### MORNING CAMPS

8:30 am – 12:00 pm

All Wired Up **-NEW!**

App Attack **-NEW!**

Magic Rocks!

Be A Star Theater Camp

Medical Mania

### AFTERNOON CAMPS

1:00 pm – 4:30 pm

The Play's the Thing **-NEW!**

App Attack **-NEW!**

Create Your Own Invention

The World of Wearable Art

Swim and Sport Camp

**WEEK 4 | JULY 27-30**

**MORNING CAMPS**

8:30 am – 12:00 pm

Week of Code **-NEW!**

Come Fly With Me **-NEW!**

A Taste of Spanish **-NEW!**

Picture Perfect

**AFTERNOON CAMPS**

1:00 pm – 4:30 pm

Week of Code **-NEW!**

Zoom Into Nano **-NEW!**

Weather Wizards

American Red Cross  
Babysitting

Swim and Sport Camp

**WEEK 5 | AUGUST 3-6**

**MORNING CAMPS**

8:30 am – 12:00 pm

Minecraft Modders **-NEW!**

Woven Wonders **-NEW!**

Mad Scientist

Fossil Fun

**AFTERNOON CAMPS**

1:00 pm – 4:30 pm

Minecraft Modders **-NEW!**

Wet Your Palette **-NEW!**

Digital Animation and Game  
Art – Level 2

Swim and Sport Camp

**WEEK 6 | AUGUST 10-13**

**MORNING CAMPS**

8:30 am – 12:00 pm

App Adventures **-NEW!**

Be A Star Theater Camp

CSI: Utica

Science: It's a Girl Thing

**AFTERNOON CAMPS**

1:00 pm – 4:30 pm

App Adventures **-NEW!**

The Play's the Thing **-NEW!**

STEM Challenges

Swim and Sport Camp

## College for Kids & Teens

### Summer Career Camps

#### A Taste of Spanish

¿Habras español? Join us for a fun and interactive, hands-on learning environment where you learn to speak Spanish through games, songs, stories, and arts and crafts. You will be introduced to basic vocabulary, as well as to the culture and traditions of Spanish-speaking countries.

Ages 6-10.

Instructor: Meredith Doyle

7/27-7/30, 8:30-12:00 pm, Utica

CRN 34644

\$89

#### NEW All Wired Up

Discover the amazing art of wire. Have fun creating 3D sculptures, drawings, and jewelry using a variety of different wires. Learn about artists who used wire as their main material and practice making your own unique wire art project.

Ages 6-10.

Instructor: Heather McCutcheon

7/20-7/23, 8:30-12:00 pm, Utica

CRN 34637

\$109

#### American Red Cross Babysitting

Here's all the basic information and skills training you will need to care for children of all ages in a safe, reliable manner. With successful completion, you will receive certification in Basic First Aid, American Red Cross babysitting training, and infant and child CPR.

Ages 11 and up.

Instructor: Shelley Hatch

7/27-7/30, 1:00-4:30 pm, Utica

CRN 34460

\$109

#### NEW App Adventures

Begin your quest to make the next viral app! Choose from a selection of different mobile app types and learn in-depth programming concepts. Explore the world of web-based apps as you bring your ideas and imagination to life in a fun, hands-on learning environment. No prior experience necessary. Brought to you by Black Rocket Productions.

Ages 8-10 (am) and 11-14 (pm).

Instructor: Meredith Doyle

8/10-8/13, 8:30-12:00 pm, Utica

CRN 34638

\$149

8/10-8/13, 1:00-4:30 pm, Utica

CRN 34639

\$149



#### NEW App Attack

Take the first steps into the world of mobile app design and customize your own game app! Using a specialized app and game development tool, you will learn the basics of mobile app design and game development and see firsthand how the world of app publishing functions. No prior experience necessary. Brought to you by Black Rocket Productions.

Ages 8-10 (am) and 11-14 (pm).

Instructor: Meredith Doyle

7/20-7/23, 8:30-12:00 pm, Utica

CRN 34649

\$149

7/20-7/23, 1:00-4:30 pm, Utica

CRN 34650

\$149

#### Be A Star Theater Camp

Jumpstart your acting career as you explore different types of acting techniques through a variety of activities and games. Learn how to "get into character" as you prepare various scenes and monologues and then perform them for the class. Genres include dramatic, comedic, improvisation, musical theater, and more.

Ages 8-14.

Instructor: Sarah Smith

7/20-7/23, 8:30-12:00 pm, Rome

CRN 34531

\$89

8/10-8/13, 8:30-12:00 pm, Utica

CRN 34030

\$89

#### NEW Bring Your Bling

Learn how to make your own jewelry! Have fun using cording, metal, beads, wire, pendants, and charms to design your own bling. You will learn about different materials, how they are used, and their origination as you create a piece that reflects your unique personality and style. Ages 10-14.

Instructor: Erica Haver

7/6-7/9, 8:30-12:00 pm, Utica

CRN 34659

\$109



**NEW** **Come Fly With Me**

Welcome to the exciting world of unmanned aerial systems. Learn the scientific principles of flight as you experiment with remotely controlled quadricopters. Navigate your UAS through an obstacle course using an iPad as a controller as you explore this new cutting-edge technology. Offered as part of the Greater Mohawk Valley STEM Hub.

Ages 11-14.

Instructor: Tiffany Piatkowski

7/13-7/16, 8:30-12:00 pm, Utica

CRN 34633 \$99

7/27-7/30, 8:30-12:00 pm, Rome

CRN 34640 \$99

**Create Your Own Invention**

Learn how to research, design, and build something new to help people and make our lives better. You will bring in supplies to make a 3D model of your invention and then present your idea to the class – just like Shark Tank! Offered as part of the Greater Mohawk Valley STEM Hub. Ages 10-14.

Instructor: Justin Eberley

7/20-7/23, 1:00-4:30 pm, Utica

CRN 34527 \$109

**CSI: Utica**

Become a super science sleuth! Have fun learning about forensics, crime scene investigations, and crime lab chemistry as you search for evidence and gather clues to solve tricky cases. You will dust for fingerprints, analyze handwriting, test for blood type, examine hair and clothing fibers, and identify mystery substances as you discover how science can help solve a mystery. Ages 8-12.

8/10-8/13, 8:30-12:00 pm, Utica

CRN 34653 \$149

**Dance, Dance, Dance**

Come learn how to dance to any style of music! Learn a variety of simple 8-count movements and combine them in fun and creative ways. By the end of the week you will know simple dance moves and be able to choreograph your own dances. Wear comfortable clothes. Ages 8-14.

Instructor: Kimberly Pflanz

7/13-7/16, 8:30-12:00 pm, Utica

CRN 34449 \$89

**Digital Animation & Game Art -- Level 1**

Discover how 3D animated films and video games, such as *Toy Story* and *Super Smash Bros.* are made. Learn the basic elements of 3D graphics such as modeling objects, giving models color and texture, lighting scenes, and animation. Bring a flash drive to save your work.

Ages 12 and up.

Instructor: Scot Connor

7/6-7/9, 8:30 -12:00 pm, Utica

CRN 34447 \$109

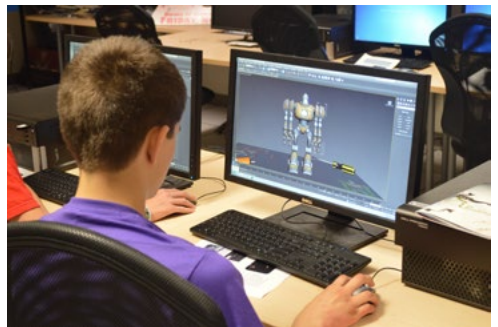
**Digital Animation & Game Art -- Level 2**

Take your skills to the next level in creating 3D graphics. Learn more techniques in 3D modeling and texturing, lighting, and animation. In this second level class you will get an introduction to the exciting subject of character animation. Bring a flash drive to save your work. Ages 12 and up.

Instructor: Scot Connor

8/3-8/6, 1:00-4:30 pm, Utica

CRN 34462 \$109



**Fossil Fun**

Go back to prehistoric times as you discover paleontology – the science of fossils. Biology and geology come alive as you learn about dinosaurs and other ancient organisms and how they lived. You will make your own fossils, crack open geodes, and learn about the New York state fossils and gemstones as you explore the evolutionary history of Planet Earth. Ages 7-12.

Instructor: Nick Gioppo

8/3-8/6, 8:30-12:00 pm, Utica

CRN 34517 \$109



## iFilms for iKids

Create movies using your own iPod or iPad!! You will learn how to develop and edit your own videos using free apps. Bring an iPod 4th generation (or higher) or an iPad. Ages 9-13. Instructor: Karen Pauley  
7/6-7/9, 8:30-12:00 pm, Utica  
CRN 34515 \$99



## Kids in the Kitchen: Vive la France

Create your very own recipe book with fun, healthy meals you can share with your family and friends. Throughout the week we'll cook up recipes for breakfast, lunch, dinner, and dessert. Don't forget to pack your suitcase – this year's cooking adventure will take us across the Atlantic to France! Ages 8-12.

Instructors: Karen Hopsicker (am) and Catherine Bowman (pm).

7/13-7/16, 8:30-12:00 pm, Perry Jr. High  
CRN 34471 \$109

7/13-7/16, 1:00-4:30 pm, Perry Jr. High  
CRN 34472 \$109

## Mad Scientist

Discover how amazing science is! In this fun, hands-on program you will make and take home a wide assortment of "sciensational" toys. Grow and take home a crystal tree. Make an energy bead bracelet. Build a working electric motor. Make bubbling blobs, silly putty, ice cream and more. All materials included. Ages 6-11.

8/3-8/6, 8:30-12:00 pm, Utica  
CRN 34651 \$149

## Magic Rocks!

Do you want to be another Leon Etienne? Discover the art of magic through this hands-on class as you learn beginning sleight of hand using

coins, cards, and other household items. Amaze your family and friends with the tricks you will learn! Magic kits are included for all students. Ages 8 and up.

Instructor: Ryan Bliss  
7/20-7/23, 8:30-12:00 pm, Utica  
CRN 34525 \$109

## Medical Mania

Learn about the health care field as you explore careers in nursing, radiology, medical laboratory technology, respiratory therapy, surgical technology, cardiology, and much more. All activities are held in the MVCC clinical labs, with an all-day field trip to St. Elizabeth's Medical Center. Ages 12 and up.

Instructor: Maryanne Taverner  
7/20-7/23, Mon-Wed, 8:30-2:00 pm  
Thurs, 8:30-4:30 pm, Utica  
CRN 34458 \$149

## NEW Minecraft Designers

Learn the basics of creating 3D models using new software to design your very own objects, create skins for characters, and import them into your favorite Minecraft games. To access your project at home, you must own a PC/MAC version of Minecraft. Brought to you by Black Rocket Productions.

Ages 8-10 (am) and 11-14 (pm).  
Instructor: Meredith Doyle  
7/13-7/16, 8:30-12:00 pm, Utica  
CRN 34635 \$149

7/13-7/16, 1:00-4:30 pm, Utica  
CRN 34636 \$149

## NEW Minecraft Modders

Use your favorite game to learn the basics of modding, foundations of programming, and introductory coding. Learn scripting and logic statements as you create your first mod! To access your project at home, you must own a PC/MAC version of Minecraft. Brought to you by Black Rocket Productions.

Ages 8-10 (am) and 11-14 (pm).  
Instructor: Meredith Doyle  
8/3-8/6, 8:30-12:00 pm, Utica  
CRN 34645 \$149

8/3-8/6, 1:00-4:30 pm, Utica  
CRN 34646 \$149

## NEW Nano Nano

What is an atom? A molecule? What makes nanotechnology work? Come and explore the science of small things through hands-on activities that demonstrate nanotechnology in a fun, engaging way. Will you design and build the "winning" safety capsule? Will the "force" be with you? Ages 7-10.



Instructor: Mark Kamilow  
7/6-7/9, 8:30-12:00 pm, Utica  
CRN 34573 \$109

### Picture Perfect

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 excellent summer lighting and weather. Bring a digital camera.  
Ages 10-14.

Instructor: Todd Behrendt  
7/27-7/30, 8:30-12:00 pm, Utica  
CRN 34514 \$109

### **NEW** Project Runway

Turn your everyday clothes into something for the runway. Learn different ways to make fashionable items from basic t-shirts, jeans, and leggings using tie dye, fabric paints, fabric markers, decals, and cutting techniques. Create something to wear that fits your unique style and personality. Ages 10-14.

Instructor: Erica Haver  
7/6-7/9, 1:00-4:30 pm, Utica  
CRN 34658 \$109

### Science: It's a Girl Thing

Get involved in science as you learn what makes magnets work and then create your own working motor. Use chemistry to make ice cream and examine DNA that you extracted right out of a strawberry! At the end of the week, you'll participate in a Science Olympics where you can race to build the strongest bridge or design a new creature. Ages 9-13.

Instructors: MVCC Women in Science and Engineering Group (WISE)  
8/10-8/13, 8:30-12:00 pm, Utica  
CRN 34474 \$129

### **NEW** Starry Night

Here's your chance to explore the universe! Enter our portable planetarium and gaze skyward to discover stars, constellations, planets, and the moon. Become a "rocket scientist" as you "take flight" and learn about the world of astronomy. This camp is offered in partnership with OHM BOCES and subsidized through a grant from BAE Systems. Ages 8-12.

Instructor: Loren Dachary  
7/6-7/9, 1:00-4:30 pm, Utica  
CRN 34630 \$69

### STEM Challenges

Challenge yourself every day with a new STEM activity. Projects include designing, building, and testing an egg drop, the tallest paper tower, and a paper airplane or helicopter. Daily competitions will help you solve real world problems with simple objects. Offered as part of the Greater Mohawk Valley STEM Hub. Ages 10-14.

Instructor: Justin Eberley  
8/10-8/13, 1:00-4:30 pm, Utica  
CRN 34528 \$109

### Swim & Sport Camp

Bring your sneakers and goggles as you enjoy an afternoon of outdoor athletics and indoor pool games. You will learn basic skills, rules, and game play for individual and team sports. All activities will focus on good sportsmanship and good health. Bring a bathing suit, towel, lunch and snack. Ages 6-14.

Instructor: Kristi Peterson  
7/6-7/9, 12:00-4:30 pm, Utica  
CRN 34236 \$99

7/13-7/16, 12:00-4:30 pm, Utica  
CRN 34453 \$99

7/20-7/23, 12:00-4:30 pm, Utica  
CRN 34461 \$99

7/27-7/30, 12:00-4:30 pm, Utica  
CRN 34464 \$99

8/3-8/6, 12:00-4:30 pm, Utica  
CRN 34470 \$99

8/10-8/13, 12:00-4:30 pm, Utica  
CRN 34476 \$99

### **NEW** The Play's the Thing

Get into literary character as you create your own characters and write your own play. Then make your play a reality by blocking it and performing it as a reader's theater. Use your creativity, practice your writing and acting skills, and become a better reader – all while having fun! Ages 8-14.

Instructor: Sarah Smith  
7/20-7/23, 1:00-4:30 pm, Rome  
CRN 34632 \$89

8/10-8/13, 1:00-4:30 pm, Utica  
CRN 34631 \$89

### The World of Wearable Art

Wear your work by creating a variety necklaces, bracelets, earrings, rings, and key chains using many different materials and techniques. Projects include duct-tape bracelets, loom designs, wire wrapping, beading, boondoggles, and more! Ages 10-14.

Instructor: Heather McCutcheon  
7/20-7/23, 1:00-4:30 pm, Utica  
CRN 34451 \$109

## Weather Wizards

Explore the world's unusual, fascinating weather events with WKTV Meteorologist Bill Kardas. From thunderstorms to epic snowstorms, this is the camp to satisfy those who love weather. Learn how to predict and measure the weather from home with today's latest technology.

Ages 10-14.

Instructor: Bill Kardas

7/27-7/30, 1:30-4:30 pm, Utica

CRN 34475 \$79

## NEW Week of Code

Discover the language of computing! Through un-plugged and plugged-in lessons, you will learn about algorithms and conditional statements, and then use these new skills to create games and stories in the MIT web portal of Scratch. You will leave with a good foundation of the visual block code languages in CODE.org and in Scratch.

Ages 8-10 (am) and 11-14 (pm)

Instructor: Kathy Donovan

7/27-7/30, 8:30-12:00 pm, Utica

CRN 34641 \$99

7/27-7/30, 1:00-4:30 pm, Utica

CRN 34642 \$99



## NEW Wet Your Palette

Experience the world of color using tempera and watercolor paint. You will learn different painting styles and techniques and look at photographs to get ideas. Use salt, dry brush, wet-on-wet, Impressionistic style, and resist painting to create your own original masterpieces. Ages 7-11.

Instructor: Nancie Cooney

8/3-8/6, 1:00-4:30 pm, Utica

CRN 34647 \$109

## MVCC College for Kids and Teens and the MVCC Hospitality Program Bring you "Junior Chef for a Day"

### From Farm to Table

August 4, 8:30 am - 12:00 pm

CRN 34693 \$29

Learn how to make delicious recipes for your family and friends using farm fresh veggies and produce. Create healthy snacks, lite entrees, and fun desserts. You will use anything from watermelon to kohlrabi. Ages 8-12.

### It's a Wrap

August 5, 8:30 am - 12:00 pm

CRN 34694 \$29

Travel to the Far East as you see the world through cooking. Learn how to roll dessert sushi, make a vegetarian spring roll, and create party pinwheels with a twist. Take home fun, healthy recipes you can share with family and friends. Ages 8-12.

**Take both and SAVE! \$49 for both classes.**  
CRN 34695

Both classes are located in the Rome campus kitchen classroom, Rome Academic Building. All food products are included. Chef hats and aprons are provided. No open toe shoes; slip resistant sneakers or shoes must be worn. All junior chefs will take home their creations along with recipes to share.

## NEW Woven Wonders

Here's your chance to learn how to weave! Travel back in time as you explore the origins, history, and past uses of woven baskets and blankets and then create your own 2D weaving project and 3D woven basket. All activities tailored to the students' age and ability. Ages 8-12.

Instructor: Nancie Cooney

8/3-8/6, 8:30-12:00 pm, Utica

CRN 34648 \$109



**MVCC College for Kids and Teens and the Young Entrepreneurs Academy bring you: Camp Clef**

Be a part of our chorus ensemble -- the Treble Clefs -- as they gather to sing modern music ranging from pop to ballads to rock. Join us and learn new techniques and exercises that will improve your singing. You will also have a chance to perform these awesome songs and new techniques on the fourth day of camp for your family and friends!

Ages 10-14.

6/29-7/2, 9:00-12:00 pm, Utica

CRN 34697      \$74



**NEW Zoom Into Nano**

What do geckos, lotus leaves, stained glass, smartphones, sunscreen, and stain resistant clothes have in common? Nanotechnology! Explore the science of small things through hands-on activities that demonstrate nanotechnology in a fun, engaging way. Come learn about nanotechnology and its possibilities for the future! Offered as part of the Greater Mohawk Valley STEM Hub. Ages 11-14.

Instructor: Tiffany Piatkowski

7/13-7/16, 1:00-4:30 pm, Utica

CRN 34634      \$109

7/27-7/30, 1:00-4:30 pm, Rome

CRN 34643      \$109

**Remember to check camp locations and be sure to place your child in an age-appropriate camp.**

Please note that all students enrolling in BOTH morning and afternoon camps on the same campus will be picked up from their morning camps, supervised during lunch, and dropped off at their afternoon camps. Send in a bag lunch or money to purchase lunch in the cafeteria.

**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.**

*“I had a lot of fun watching my son and I know he is going to be an excellent swimmer. Thank you to MVCC.”*

**Parent and Child Aquatics**

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

### Preschool with Parent Aquatics

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. Parent must accompany child in water. Ages 3-5 years old.

#### Level 1: Introduction to Water Skills

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

#### Level 2: Fundamental Aquatic Skills

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

Students will build on aquatic locomotion, safety and rescue skills from Level 2 with more practice. Introduction to elementary backstroke and breaststroke, and coordinating front crawl 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

This level will include deep-water bobbing, rotary breathing, and endurance of strokes already learned, as well as an introduction of sidestroke and butterfly, turning at the wall, and feet first surface dives. Prerequisite: Level 3 certificate or comparable skills.

#### Level 5: Stroke Refinement

This level refines the strokes already learned and introduces the flip turn, pike and tuck surface dives, and diving. Prerequisite: Level 4 certificate or comparable skills.

#### Level 6: Fitness Swimmer

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.

## Tuesday & Thursday Evening Classes

### Session 1

5/26-6/25

#### Level 1

CRN 33935 5:00-5:30 pm \$55

CRN 34198 6:00-6:30 pm \$55

#### Level 2

CRN 33936 5:30-6:00 pm \$55

CRN 33937 6:30-7:00 pm \$55

#### Level 3

CRN 33941 5:00-6:00 pm \$70

#### Level 4

CRN 33940 6:00-7:00 pm \$70

### Session 2

7/7-8/6

#### Parent and Child Aquatics (ages 1-2)

CRN 33938 5:00-5:30 pm \$55

#### Preschool with Parent Aquatics (ages 3-5)

CRN 34654 6:00-6:30 pm \$55

#### Level 1

CRN 34624 5:30-6:00 pm \$55

#### Level 2

CRN 34626 6:30-7:00 pm \$55

#### Level 3

CRN 34625 5:00-6:00 pm \$70

#### Level 4

CRN 34627 6:00-7:00 pm \$70

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*"They took the fear of swimming away from my 8 and 5 year old. Thank you!"*

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## Morning Classes

### Session 1

#### New longer session!

Mon-Thurs, 7/6-7/23

#### Preschool with Parent Aquatics (ages 3-5)

CRN 34623 9:30-10:00 am \$60

#### Level 1

CRN 34606 9:00-9:30 am \$60

CRN 34607 10:00-10:30 am \$60

CRN 34610 11:00-1:30 am \$60

#### Level 2

CRN 34611 10:30-11:00 am \$60

CRN 34612 11:30-12:00 pm \$60

#### Level 3

CRN 34616 9:00-10:00 am \$75

CRN 34617 11:00-12:00 pm \$75

#### Level 4

CRN 34619 10:00-11:00 am \$75



*“Fun interactive instructors who are great with kids. He loved coming to lessons every week.”*

## Session 2 New longer session!

*Mon–Thu, 7/27–8/13*

### Parent and Child Aquatics (ages 1-2)

CRN 34622 10:00–10:30 am \$60

#### Level 1

CRN 34608 9:00–9:30 am \$60

CRN 34609 11:00–11:30 am \$60

#### Level 2

CRN 34613 9:30–10:00 am \$60

CRN 34614 10:30–11:00 am \$60

CRN 34615 11:30–12:00 pm \$60

#### Level 3

CRN 34618 10:00–11:00 am \$75

#### Level 4

CRN 34620 9:00–10:00 am \$75

#### Level 5/6

CRN 34621 11:00–12:00 pm \$75

## Exam Prep

### Regents Review for Algebra 1

Here’s a chance to get extra practice with questions, content, and concepts for the new Algebra 1 Common Core exam in a friendly and focused session. Individual needs will be addressed. Bring pencils and a scientific or graphing calculator.

Instructor: Susan Murray

*6/11, Thurs*

*6:00–8:30 pm*

*Utica AB 251*

CRN 33884 \$29

### Regents Review for Algebra 2/ Trigonometry

This session provides extra practice with the questions, content, and concepts in Algebra 2 and Trigonometry in an easy to understand manner. Individual needs will be addressed. Bring pencils and a scientific or graphing calculator.

Instructor: Susan Murray

*6/10, Wed*

*6:00–8:30 pm*

*Utica AB 251*

CRN 33886 \$29



### Regents Review for Geometry

Join us for a close look at specific topics in geometry, with attention to questions, content, and concepts. Individual needs will be addressed. Bring pencils and a scientific or graphing calculator.

Instructor: Susan Murray

*Common Core State Standards:*

*5/27, Wed*

*6:00–8:30 pm*

*Utica AB 253*

CRN 34587 \$29

*2005 State Standards:*

*6/15, Mon*

*6:00–8:30 pm*

*Utica AB 251*

CRN 33885 \$29

### SAT Quick Prep

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

*5/26–5/28, Tues, Thurs*

*6:00–8:30 pm*

*Utica AB 251*

CRN 34200 \$49

### Prepping for the SAT Online

Brought to you by the authors of and numerous SAT For Dummies (Wiley) titles, this comprehensive overview covers the various question types you’ll come across on the SAT. Topics of study and review include mathematical concepts, including algebra and geometry, grammar and punctuation, reading comprehension, sentence completion, essay writing, analogies, general standardized test taking tips, and much, much more. Required Text:

The Official SAT Study Guide, 2nd Edition (by CollegeBoard).

5/25-6/22, **Online**

CRN 34294

\$250

**ACT Review Class**

Prepare for the ACT by getting a close look at the 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. Bring pencils and a scientific or graphing calculator.

Instructors: Jarrod Williams & Susan Murray

6/1-6/3, *Mon, Wed*

6:00-8:30 *pm*

Utica AB 251

CRN 33883

\$49

**Prepping for the ACT **Online****

Brought to you by the authors of ACT For Dummies, 5th Edition (Wiley), 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, including algebra, geometry and trigonometry, grammar and punctuation, reading comprehension, essay writing, data analysis for the science test, general standardized test taking tips, and much, much more. Required Text: ACT For Dummies, 5th Edition, (by Lisa Zimmer Hatch and Scott Hatch) and The Real ACT Prep Guide, 3rd Edition.

5/25-6/22, **Online**

CRN 34285

\$250

**Prepping for the GMAT **Online****

This course, brought to you by the authors of GMAT For Dummies, 6th Edition (Wiley), provides comprehensive instruction on how to complete both the verbal and quantitative sections of the GMAT, offering a thorough review of test taking techniques and methods for improving scores on each of the four sections of the test. 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).

5/25-6/22, **Online**

CRN 34280

\$250

**Prepping for the GRE **Online****

Brought to you by the authors of the GRE Prep Manual and Study by App's© recently released "GRE Prep" application, 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, in addition to gaining access to answers, explanations, and general time-saving techniques sure to maximize your chances of landing a score indicative of future success in graduate level coursework. Required Text: Official Guide to the GRE Revised General Test (by Educational Testing Service).

5/25-6/22, **Online**

CRN 34282

\$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. Taught by practicing attorneys, this course also utilizes actual LSAT exams from recent years and provides an insider's perspective on law school admissions and the legal profession as a whole. Required Text: 10 New Actual, Official LSAT PrepTests (by Wendy Margolis).

5/25-6/22, **Online**

CRN 34284

\$250

**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.**



Register online @ [www.mvcc.edu/cced](http://www.mvcc.edu/cced)

## Summer Academy for High School Students Earn 3 College Credits in just 5 weeks!

For high school juniors and seniors.

### Digital Animation 1

This course covers the developmental elements of computer animation. Topics include user interface, various 3D modeling techniques, texture mapping, and timing. The course builds on the basic principles of traditional animation with the techniques of computer animation and production processes.

Instructor: Scot Connor

7/13-8/13, Mon-Thurs, 9:00-12:00 pm

Utica AB 148

CRN 34329 & 34330 \$465

### Digital Photography 101

This course provides an understanding of principles as applied to all phases of photography. It covers instruction in photo optics, camera equipment, film and paper emulsion, photographic chemicals, filters and lens attachments, lighting, composition, and exposure control. Student may use their own camera or borrow an MVCC camera. Additional purchase of supplies required.

7/13-8/13, Mon-Thurs, 9:00-12:00 pm

Utica AB 133

CRN 32417 & 30013 \$465

Call Karen Scott at 315.792.5300 for more information on registration and scholarships!

## Health & Wellness

### 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

7/15-8/19, Wed

6:00-7:00 pm

Utica Gym 202

CRN 34603 \$45

## NEW Yin Yoga

Learn to be still. Learn to relax in poses to release tensions that are deep within. This practice will dissolve the negative tensions that accumulate in our muscles our mind and our connective tissues. Please wear comfortable clothing, bring water, a yoga mat and block. All levels are welcome.

Instructor: Linda Budlong CPT, RYT 200

7/23-8/27, Thurs

9:00-10:00 am

Utica Gym 115

CRN 34605 \$45

### Yoga Flex & 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 CPT, RYT 200

7/20-8/26, Mon, Wed

9:00-10:15 am

Utica Gym 115

CRN 34604 \$79



### Yoga Sculpt & Tone

This class combines hatha yoga, vinyassa flow, and strength training. You will be challenged with strength equipment such as weights, bands, yoga blocks, and more. 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; participants 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 CPT, RYT 200

7/21-8/25, Tues

9:00-10:00 am

Utica Gym 115

CRN34656

\$45

### 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.

Instructor: Kathy Marvin

7/13-8/24, Mon

10:00-11:15 am

First Presbyterian Church, Rome

CRN34484

\$39

No Class 7/27

### Insanity

The hottest home workout finally comes to group fitness. The workout follows MAX Interval Training – long bursts of maximum intensity exercise with short periods of rest – for maximum results. If you're looking for a challenging, calorie-burning, body-transforming workout, then this is for you.

Instructor: Jenny Spinelli

7/6-8/17, Mon

5:30-6:30 pm

First Presbyterian Church, Rome

CRN34661

\$45

No Class 7/27

### 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

7/15-8/26, Wed

6:00-7:15 am

First Presbyterian Church, Rome

CRN34660

\$39

No Class 7/29

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*"Taking this course was the best thing I have done for myself in many years."*

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### 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. Add some Latin flavor and international zest into the mix and you've got Zumba! Beginners are welcome. Bring water.

Instructor: Danielle Fargas

7/7-8/18, Tues

5:00-6:00 pm

First Presbyterian Church, Rome

CRN34535

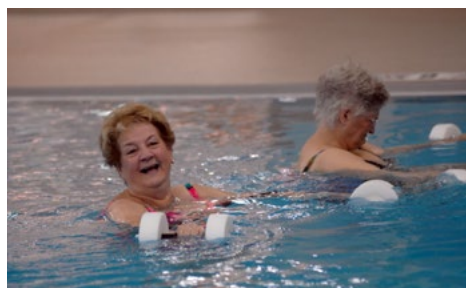
\$39

No Class 7/28

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## Adult Water Exercise

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### 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

7/6-9/14 (no class 9/7)

8:00-9:00 am

Instructor: Anna Case

CRN34436

7/6-9/14 (no class 9/7)

6:00-7:00 pm

Instructor: Anna Case

CRN34435

#### Tuesday

7/7-9/8

8:00-9:00 am

Instructor: Mary Farda

CRN34437



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### **Wednesday**

7/8-9/9

8:00-9:00 am

Instructor: Anna Case

CRN 34438

### **Thursday**

7/9-9/10

8:00-9:00 am

Instructor: Mary Farda

CRN 34439

## **Water Aerobics Take all 4 Days: \$129**

7/6-9/14, Mon, Tues, Wed, Thu

8:00-9:00 am

CRN 34407

No class 9/7

## **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. All classes take place at the Utica Campus Pool. Cost \$55

Instructor: Mary Farda

7/6-9/14, Mon

5:00-6:00 pm

CRN 34433

No class 9/7

Instructor: Katelyn McAllister

7/8-9/9, Wed

5:00-6:00pm

CRN 34628

## **Lane and Lap Lovers**

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. Cost \$39

7/8-9/9, Wed

6:00-7:00 pm

Utica Pool

CRN 34629



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## **Aquatic Training**

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### **CPR/AED for Lifeguard/ Professional Rescuer**

This course helps participants recognize and respond appropriately to cardiac and breathing emergencies. With successful completion, you will receive certification in CPR/AED needed for lifeguards and professionals. Please bring your CPR mask.

Instructor: Sara Cutright

5/19-5/21, Tues, Thurs

5:00-7:00 pm

Utica Gym 109

CRN 34070

\$49

### **Lifeguard Training Review (Recertification)**

Renew your Lifeguard Certification, CPR/AED for the Lifeguard and First Aid by successful completion of this course. Waterfront lifeguard skills will be reviewed for those who require it. Participants must be able to complete the pre-course swim test. Please note that this is a newly released Lifeguard Course which includes new skills. Prerequisites: You must hold current certification in American Red Cross Lifeguard Training. Attendance at all sessions is required. Bring a lunch daily and your CPR mask.

Instructors: Rob & Sara Cutright

5/29-5/31, Fri-Sun

Fri: 5:00-9:00 pm

Sat, Sun: 9:00-6:00pm

Utica Pool/Gym 109

CRN 34065

\$149

### **Lifeguard Training**

Get the skills and knowledge you need to become a lifeguard. You will learn to recognize and respond quickly and effectively to aquatic emergencies and prevent drowning and injuries. Prerequisites: Must be able to swim 550 yards continuously with predetermined strokes before the first class session and at least 15 years of age by the last class session. With successful

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completion, you will receive certification in American Red Cross Lifeguard Training, First Aid, and CPR for the lifeguard. Bring a lunch/dinner daily. Pre-test scheduled for May 22nd at 5:00 pm.

Instructor: Rob Cutright

**6/5-6/14, Fri-Sun**

*Fri: 5:00-9:00 pm*

*Sat, Sun: 9:00-6:00pm*

*Utica Pool/Gym 109*

*CRN 34068*

*\$299*

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## Dance

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### 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

**5/18-6/29, Mon**

*6:30-8:30 pm*

*Utica Gym 202*

*CRN 34022*

*\$55*

*First Class 6:00-8:00 pm*

*No Class 5/25*

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***"Instructors are very enthusiastic & passionate about subject; provided specific help when needed; gave content for application"***

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### Intermediate Ballroom with Latin Dance

Give in to the sultry and romantic moves of Latin dance! This exotic style of dance will get your heart racing and your feet moving. 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

**5/26-6/30, Tues**

*6:30-8:30 pm*

*Utica Gym 202*

*CRN 34016*

*\$55*

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### Ballroom Dance for Advanced Dancers

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

**5/28-7/2, Thurs**

*6:45-8:45 pm*

*Utica Gym 202*

*CRN 34019*

*\$55*

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***"Loved it. Best partner ever. Falling in love over and over again."***

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### 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

**7/16-8/20, Thurs**

*5:30-6:30 pm*

*Utica Gym 115*

*CRN 34602*

*\$45*

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***"The instructor was excellent. Loved her teaching style. Can't wait for the next course to start."***

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## Cyber Accelerator Bridge Program

The Cyber Accelerator program is a tremendous opportunity for high school students to accelerate their entry into the rapidly expanding fields of Cybersecurity and Information Technology.

Students receive:

- FREE tuition for the course
- Three credits
- The opportunity to achieve the CompTIA Strata IT Fundamentals professional certification
- Preparation for cybersecurity program classes in network, computer security, and operating systems

This course introduces basic networking, assessing and handling of security risks, hardware components, and basic computer troubleshooting. Students are challenged to construct functional computers from individual components and secure and configure the machine for use. The course is designed for high school students who have basic computing skills and are seeking broader knowledge in the field. The course prepares students for cybersecurity program classes in network, computer security, and operating systems.

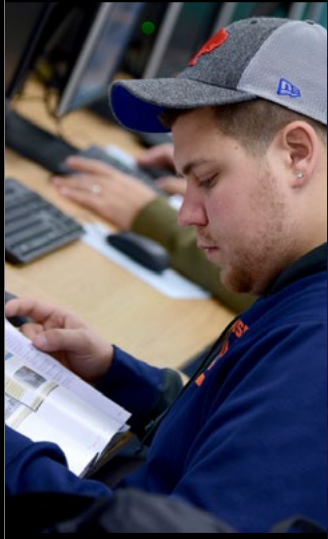
Upon completion of the course, students may take the CompTIA Strata IT Fundamentals professional certification exam. The Strata exam is a stepping-stone to the CompTIA Network+ and Security+ professional certification exams that validate the necessary skills for employment in the cybersecurity field.

This 5 week summer course meets Tuesday, Wednesday, and Thursday mornings from 9AM to Noon, July 8 through August 7.

**Courses available at MVCC Utica and Rome**  
**CI 104 Introduction to Cybersecurity 3 Credits**

### Learn more today!

Contact Jake Mihevc, Director of Cybersecurity at (315) 792-5653 or [jmihevc@mvcc.edu](mailto:jmihevc@mvcc.edu)  
equal educational opportunity institution



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## Holistic Wellness

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### **NEW** KIA Reiki for Personal

#### Use

KIA Reiki is a contemporary form of energy healing that is easy to learn and incorporate into your daily life. If you have a desire to heal yourself, family members or friends; want to have a greater understanding of how energy works; have symptoms of being a healer (warm or tingling sensation in your hands, receive visions, hear your Inner Guidance); or are trained in any level of traditional Reiki and want to deepen your skills, then you will benefit from this course! Unique, instructor made materials will be provided, along with plenty of opportunity for hands-on practice!

Instructor: Pat Jones

5/30-6/13, Sat

10:30-12:30 pm

Utica AB 143

CRN 34679

\$99

### **NEW** Body Sculpt Hypnosis

In this class you will learn how to change, mold, and sculpt your physical body using the power of your mind. In this amazing step by step process you can literally create your perfect self through a series of incredible hypnosis and self-hypnosis exercises. Lose inches here, add inches there, you CAN and this class will show you how.

Instructor: Erick Price

6/3-6/24, Wed

7:00-8:30 pm

Utica AB 143

CRN 34668

\$59

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*"The atmosphere of the classroom was very open and supportive."*

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### **NEW** Past Life Regressions

Have YOU been here before? Has your child ever described a different lifetime? In this class we will explore the concept of past lives and you can discover for yourself if you have lived before. Past Life Regressions have come out of the darkness and are now being used and utilized in health, healing and therapy in main stream healthcare. Enjoy this probing and provocative class journey.

Instructor: Erick Price

7/16-8/6, Thurs

7:00-8:30 pm

Utica AB 251

CRN 34669

\$59

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*"The entire class was tuned in!"*

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### 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

5/26, Tues

6:00-8:00 pm

Utica AB 143

CRN 34500

\$29

### Smoking Cessation: Better Health Through Hypnosis

Are you ready to be a permanent non-smoker who no longer has any interest in smoking? You will do so with less withdrawal and cravings than you ever imagined. In addition, you will have less negativity and stress, and more self-esteem and self-confidence. Learn with a program that has had outstanding success and 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

6/16, Tues

6:00 - 8:00 pm

Utica AB 143

CRN 34498

\$29

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## Leisure Learning

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### Intro to sUAS (Small Unmanned Aerial Systems)/ Drones

This training is essential whether flying for personal pleasure or if a person wants to understand what's going to be required of a commercial operator or leading to a job. Our training not only covers learning to fly, but multiple types of flight systems from multi-rotors, fixed-wing, and includes autonomous flight. You'll get the information required to make educated decisions on what flight systems will meet your needs combined with



all the knowledge necessary for safe flight and potentially a career. Individuals will learn about emerging job opportunities, and companies are exposed to the application and use of this transformative technology in their businesses.

Our complete overview will help you gain a thorough understanding of sUAS as we cover the following: Indoor hands-on flight practice using a small model quadcopter; Computer simulator training; Different types of sUAS including both multi-rotor and fixed-wing; Flight systems; Flight vehicles, radio controllers, components and characteristics; Autonomous flight; Routine maintenance; Uses and applications; Safety; FAA Policies and sUAS; Privacy concerns; and Insurance.

Each student receives a small quadcopter and flight simulator software that they can use for practice in between classes and after the course is completed. Tuition includes all course materials, software, radio controller, and a quadcopter.

Instructor: SkyOp

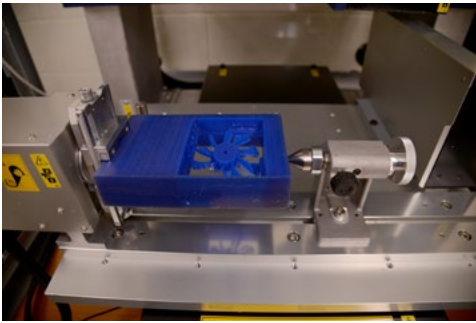
**6/13-6/27, Sat**

9:00-4:00 pm

Utica Gym 108

CRN 34662

\$1499



### **NEW 3D Printing and Design**

This course will introduce students to the world of 3D printing and basic 3D CAD design. Students will use 123D Design, Meshmixer and Sketchup software to create original designs that will be printed on one of our Makerbot Fifth Generation or UPrintSE Plus printers. For experienced 3D modelers, Solidworks and Inventor software is also available for use during the course. Other topics will include online model sharing websites and good design practices for 3D printing. Students must provide their own USB drives (2MB minimum size).

Instructor: David Smith

**6/2-6/30, Tues**

5:30-8:30 pm

Utica ST115 FABLab

CRN 34686

\$125



### **NEW Television & Film**

#### **Puppetry Intensive Workshop**

Conducted by Jim Henson trained puppeteer and Emmy award winning Director Jim Martin (Sesame Street, the Puzzle Place, Johnny and the Sprites), this puppetry workshop is ideal for puppeteers, performers, film-makers, professionals, educators, and others interested in learning about puppetry. We will cover:

- Learning general puppeteering skills such as body control, eye focus, and lip synch
- Developing a puppet's personality and voice
- Interacting with other puppets as well as interacting with live performers in improvisational exercises
- Working with a monitor in front of a camera to appreciate the challenges of film and television puppetry.

This intensive course begins Friday evening with a 2 hour meet-and-greet and introduction on the use of puppetry in television and film. We will review and discuss various clips, from Jim Henson's appearance on the Ed Sullivan show to the use of animatronics in the Teenage Mutant Ninja Turtles films.

On Saturday, television style puppets will be provided to the students to practice basic puppetry skills and character development. On Sunday, the class will progress to working with a monitor and camera and further developing their puppetry skills and character but this time with the benefits and challenges of performing on screen.

Instructor: Jim Martin (aka Gary Gnu)

**7/24-7/26, Fri-Sun**

Fri: 6:00-8:00 pm, IT 225

Sat & Sun: 10:00-4:00 pm, Gym 115

Utica Campus

CRN 34691

\$499

**NEW** **Presentation Pro: Tools for Success**

Create powerful presentations using the most up to date tools out there! In this introductory class, you'll learn the tips you need to use resources such as Microsoft PowerPoint, Google Slides, Haiku Deck, Keynote, Prezi and GoAnimate. This class is hands on and will take your presentation skills to the next level.

Instructor: Karen Pauley

7/6-7/8, *Mon-Wed*

5:00-8:00 pm

Utica IT 219

CRN 34680

\$99



**NEW** **Modern Calligraphy for**

**Beginners** Learn the beautiful art of modern calligraphy! Based upon the calligraphic art of Copperplate, students will gain the preliminary knowledge of modern, pointed-pen calligraphy. This class will focus on understanding the calligraphy tools, learning letter structure, creating an alphabet, and finally composing letters into words. Please bring \$30 to class for supplies.

Instructor: Sarah Dustin

6/23, *Tues*

6:00-9:00 pm

Utica AB 267

CRN 34688

\$39

7/14, *Tues*

6:00-9:00 pm

Rome PC 254

CRN 34689

\$39

8/4, *Tues*

6:00-9:00 pm

Utica AB 267

CRN 34690

\$39

**Conversational Burmese for Beginners**

Mingalarpar! If you live in the Mohawk Valley region, you are likely to encounter people from Burma, in school, in the community, or at work. Or maybe you are from Burma, but speak Karen and would like to learn Burmese. This class will

provide you with a great opportunity to learn conversational Burmese. You will learn to have basic conversations with native speakers using basic vocabulary and will become more aware of Burma and Myanmar's diverse cultures. For those who work in the fields of healthcare, social services, or education and serve refugees from this region, you will learn skills useful to your work. This course is being offered in collaboration with Cornell University's Southeast Asia Program and partial funding from the US Department of Education, Title VI.

Instructor: Kyi Kyi Min

**Dates TBA: Call for more information**

**Conversational Italian**

Viva Italia! This course will help you to understand and use simple Italian language. You'll learn to handle travel situations such as shopping, getting directions, making travel arrangements, and ordering a meal. You'll also become competent in telling people about yourself and having simple conversations in Italian. Plan the trip to Italy you've always dreamt of and feel confident in conversing with the locals!

Instructor: Andre Berardi

6/10-7/29, *Wed*

7:00-8:30 pm

Utica AB 252

CRN 34011

\$69

**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.

Instructor: Warren Gearling

6/15, *Mon*

6:30-9:00 pm

Utica ACC 249

CRN 34599

\$39

7/13, *Mon*

6:30-9:00 pm

Rome PC 215

CRN 34600

\$39

**Guitar for Adult and Teen Beginners**

This course is geared toward the absolute beginner who wants to learn the basics of guitar playing. Using material drawn from popular music and classic rock, the student will learn to play simple songs, chords and strumming patterns

individually and working together as a group. The instructor will also present a four part history of the guitar in popular music, citing important players and the music they made famous. Please bring your own guitar. Ages 13+

Instructor: Mark Chirico

**6/6-6/27, Sat**

11:00-1:00 pm

Utica ACC 222

CRN 34663

\$59

### **Golf: Basics for Beginners**

Learn from a pro as you build the proper golf swing and practice putting, chipping, driving and more. One session is dedicated to fitting and purchasing equipment, course etiquette, ball flight law, and game theory. Golf or tennis shoes recommended; bring clubs if available. Classes are held at Mohawk Glen Golf Course. All range and ball rental fees are included. First class is introductory and meets at King Pin Lanes in Rome.

Instructor: Paul Panek

**6/7-7/5, Sun**

3:00-4:15 pm

Rome Mohawk Glen Golf Course

CRN 34001

\$119

### **Golf: Advanced Program**

Refine your game by focusing on putting and chipping, basic iron play with shot selection, "hit it high or keep it low," and wood and tee shots with consideration of distance and accuracy. Bring golf shoes and clubs. Classes are held at Mohawk Glen Golf Course. All range and ball rental fees are included. Participants must have a minimum of three years golfing experience.

Instructor: Paul Panek

**6/14-7/5, Sun**

4:30-5:45 pm

Rome Mohawk Glen Golf Course

CRN 34000

\$99

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## **Personal Safety Training**

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### **Boating Safety**

All individuals operating a personal watercraft (jet ski), regardless of age, are required to successfully complete a New York State approved Boater Safety Course and will receive a certificate. You must hold a certificate if: 1) you operate a personal watercraft and are at least 14 years old, or 2) you wish to operate a motorboat (other than a personal watercraft) and you are at least 10 years old and less than 18 years old. This course meets the state requirements for operation of personal

watercraft for all ages. It also covers boater safety topics such as navigation, boating terminology, regulations, water safety, boater's etiquette, and rules of the water. The minimum age for this course is 10 years, and those 12 years and under must be accompanied by an adult or sibling 16+. Students receive a NYS certificate upon course completion (NYS will charge adults a \$10 fee; no fee for students 17 and under). Please bring cash to class for this fee, and a lunch for Saturday classes.

**5/19-5/21, Tues, Thurs**

5:00-9:00 pm

Utica AB 251

CRN 33882

\$20

**5/23, Sat**

9:00-5:00 pm

Rome PC 211

CRN 33965

\$20

**6/6, Sat**

9:00-5:00 pm

Utica AB 251

CRN 34682

\$20

**6/15-6/17, Mon, Wed**

5:00-9:00 pm

Rome PC 211

CRN 34297

\$20

### **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.

**6/13, Sat**

9:00-4:00 pm

Utica AB 251

CRN 33972

\$40

**7/14-7/16, Tues, Thurs**

6:00-9:00 pm

Rome PC 215

CRN 33973

\$40

**8/8, Sat**

9:00-4:00 pm

Utica AB 251

CRN 33974

\$40



# CORPORATE TRAINING

## TRAIN YOUR EMPLOYEES!

Your location or an MVCC campus

- Low Cost
- Grant Opportunities
- Customized Classes
- Credit Bearing or Non-Credit Classes



# TELL US WHAT YOU WANT

- Accounting
- Communications
- Computer Training, Cybersecurity
- CPR-AED-First Aid
- Leadership and Staff Development
- Management and Supervisory Skills
- Manufacturing
- OSHA and Safety
- Continuing Education credit

## HIRE. TRAIN. RETAIN.

Center for Corporate and Community Education,  
Phone: 315-792-5681, Email: [training@mvcc.edu](mailto:training@mvcc.edu)

Register online @ [www.mvcc.edu/cced](http://www.mvcc.edu/cced)



## Professional Development

### **NEW** NYS Real Estate

#### **Salesperson's Exam Review**

This one-day workshop has been designed to help you overcome any fears or anxiety you may have about taking the NYS Real Estate Salesperson licensing Exam. You will review key subjects, take practice tests, and get all your questions answered. Review book included in course fee.

Instructor: Ron Cerminaro

6/27, Sat

9:00-5:00 pm

Utica AB 251

CRN 34681

\$99

#### **75 Hour NYS Real Estate Salesperson's Pre-Licensing Course Online**

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.

**Online** Version: Ultimate Success Package  
Self-Paced \$279

To enroll, visit

<https://store.360training.com/mvcc>

#### **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! Complete 22 Hour CE Renewal Package is also available. Self-Paced, Prices range from \$25-\$110.

To enroll, visit

<https://store.360training.com/mvcc>



### **NEW** Financial Fitness for Accountants

In our society, so many people have not seen the principles of financial fitness modeled. This makes it difficult to understand or apply them. People tend to do what they know based on their experience. In this course, you will learn a new view of the principles of financial success that will bring true financial fitness. This course combines three approaches: 1) offense – making money, 2) defense – budgeting and discipline, and 3) the playing field – rules and philosophy of money. This is done by outlining the key principles of financial success that are necessary for a person or family to become financially fit. This class will satisfy 10 CPE units for NYS Certified Professional Accountants.

Instructor: Tony Tefel

7/28-7/30, Tues, Thurs

9:00-3:00 pm

Utica AB 253

CRN 34674

\$229

#### **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: Rick D'Alessandro

5/18-5/20, Mon, Wed

6:00-10:00 pm

Utica AB 252

CRN 33962

\$60

Instructor: John Bielby  
7/20-7/22, *Mon, Wed*  
6:00-10:00 pm  
Rome PC 211  
CRN 33963

\$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 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, 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  
7/20-7/29, *Mon, Wed*  
6:00-10:00 pm  
Utica AB 251  
CRN 34083

\$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: John Bielby  
8/3-8/5, *Mon, Wed*

6:00-10:00 pm  
Rome PC 211

CRN 34153

\$60

Instructor: Rich Dodge  
7/13-7/15, *Mon, Tues,*

6:00-10:00 pm  
Utica AB 251

CRN 34154

\$60

### Dignity for All Students

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  
6/6, *Sat*  
9:00-3:00 pm  
Utica AB 253  
CRN 34667  
8/15, *Sat*

\$75

## FREE WORKPLACE VIOLENCE PREVENTION, SAFETY & HEALTH, UNIVERSAL PRECAUTIONS and REPORTING **Training**

### Workforce Development training for:

- Low-Income Workers
- Minority workers
- Refugees
- Young Workers
- Limited English Proficiency
- Entry-Level Workers
- Hard to Reach Workers



**Takeaways include: Training Reference Booklet and Certificate of Completion**

**To register call: 315-792-5300**

This material was produced under grant number SH-26303-SH4 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

Register online @ [www.mvcc.edu/cced](http://www.mvcc.edu/cced)

9:00-3:00 pm  
Utica AB 251  
CRN 34687

\$75

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***“Material was presented in an interesting manner. Professor was engaging and presented material in a relevant context.”***

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### **SAVE**

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

**6/1, Mon**

4:00-6:00 pm

Utica AB 251

CRN 34085

\$25

**8/11, Tues**

4:00-6:00 pm

Rome PC 205

CRN 33996

\$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

**6/1, Mon**

6:00-9:00 pm

Utica AB 251

CRN 33966

\$35

**8/11, Tues**

6:00-9:00 pm

Rome PC 205

CRN 34279

\$35

### **NEW Presentation Pro: Tools for Success**

Create powerful presentations using the most up to date tools out there! In this introductory class, you’ll learn the tips you need to use resources such as Microsoft PowerPoint, Google Slides, Haiku Deck, Keynote, Prezi and GoAnimate. This class is hands on and will take your presentation skills to the next level.

Instructor: Karen Pauley

**7/6-7/8, Mon-Wed**

5:00-8:00 pm

Utica IT 219

CRN 34680

\$99



### **NEW 3D Printing and Design**

This course will introduce students to the world of 3D printing and basic 3D CAD design. Students will use 123D Design, Meshmixer and Sketchup software to create original designs that will be printed on one of our Makerbot Fifth Generation or UPrintSE Plus printers. For experienced 3D modelers, Solidworks and Inventor software is also available for use during the course. Other topics will include online model sharing websites and good design practices for 3D printing. Students must provide their own USB drives (2MB minimum size).

Instructor: David Smith

**6/2-6/30, Tues**

5:30-8:30 pm

Utica ST 115FABLab

CRN 34686

\$125

## Internet Marketing Series

### 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

6/2-6/9, Tues

1:00-5:00 pm

Utica IT 219

CRN 34676

\$199

### Intro to Search Engine Optimization

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

6/23-6/30, Tues

1:00-5:00 pm

Utica IT 219

CRN 34677

\$199

### Pay Per Click Advertising

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

7/7-7/14, Tues

1:00-5:00 pm

Utica IT 219

CRN 34678

\$199

### Court Interpreting Prep Class

This course is designed to prepare all eligible students for the written court interpreting examination required by New York State. The class will focus on several areas regarding court interpretation including review of standard English grammar and language usage, vocabulary, idiomatic expressions, American history and government, legal terminology, court decorum, simultaneous and consecutive interpreting. Students enrolling in the course should be proficient in English and a second language.

Instructor: Rialda Shulman

8/10-8/14, Mon-Fri

8:30-5:00 pm

Utica AB 251

CRN 34692

\$299

### Grant Writing Online

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

6/8-6/26, Online

CRN 34601

\$149

### 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

6/20, Sat

9:30-1:00 pm

Rome PC 215

CRN 34006

\$50

7/18, Sat

9:30-1:00 pm

Utica AB 251

CRN 34005

\$50



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*“Very informative instructor made dry material as interesting as possible. She was very lively and upbeat all class. Very willing to be of assistance even after completion of course. Excellent instructor.” – Michael*

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### **Paralegal Certificate Course**

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.

#### **In the Classroom:**

*6/9-7/25, Tues, Thurs, Sat*

*Tues, Thurs: 6:00-9:30 pm*

*Sat: 9:00-5:00 pm*

*Utica AB 252*

*\$1289*

#### **Online Version:**

*6/29-10/9, Online, \$1289*

### **Legal Secretary Certificate Course Online**

This intensive program is designed for both beginning and experienced secretaries who are interested in improving their skills and working more efficiently within the law office. Students will study such topics as: legal terminology; legal process; jurisdiction and venue; ethics; written communications including letters, pleadings, discovery, notices and motions; filing procedures, billing and accounting; time management; records management; an overview of commonly used word and data processing programs; legal research; memoranda preparation, and citation format. To Enroll, contact the Center for Legal Studies 1-800-522-7737.

*6/29-8/14, Online*

*\$645*



### **Victim Advocacy Certificate Course Online**

Participants will be prepared to work in victim advocacy arenas, such as domestic violence shelters, crisis centers, crisis hotlines, and with state and county governments to assist crime victims in progressing through the criminal justice system and toward successful recovery. Course topics include legal terminology, legal process, legislation regarding victims’ rights, jurisdiction and venue, ethics, effects of victimization on the victim, victim advocate skills, guardianships and crisis intervention. It also covers counseling skills for victims of assault, battery, robbery, domestic violence, sexual assault, child abuse, murder and homicide. To enroll, call the Center for Legal Studies at 1-800-522-7737.

*6/29-8/14, Online*

*\$645*

### **NEW Blueprint Reading & Math for Manufacturing**

This course is designed to assist students with increasing essential skills for the manufacturing workplace. Students will learn how to read industrial drawings for parts and assemblies relating to manufacturing and machining technology and math skills to aid with the operation of machine tools. Topics will include, but are not limited to: mathematical operations including fractions, exponents, and topics pertaining to the set-up and operation of machine tools. Course fee includes textbook and calculator.

Instructor: Bryan Alguire

*6/2-6/25, Tues, Thurs*

*9:00-1:00 pm*

*Utica AB 245*

*CRN 34696*

*\$375*

## Health Care Training

### Certified Nurses Assistant (CNA)

Training includes: basic nursing and personal care skills, mental health, social service needs, basic restorative services, infection control, safety, and residents rights. After obtaining certification, students are prepared to enter the workforce as an entry-level CNA. Criminal background checks as well as current comprehensive physical, MMR vaccinations, flu shot and TB tests results 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

7/13-8/21, **Mon, Tues, Thurs, Fri**

3:30-8:30 pm

Sitrin Healthcare

CRN 34113

\$1250



### CPR/First Aid For Healthcare 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. Spend just a few hours of your time and get your complete training this summer. 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

6/11, **Thurs**

9:00-3:00 pm

Utica Gym 202

CRN 34399

\$30

7/9, **Thurs**

9:00-3:00 pm

Utica Gym 202

CRN 34591

\$30

8/13, **Thurs**

9:00-3:00 pm

Utica Gym 202

CRN 34592

\$30

### ICD10 CM and PCS Coding

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

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), you will receive a certificate of completion from MVCC and 16 CEUs from NCCT. Text book and ICD 10 book is required and can be purchased at MVCC's Book Store.

Instructor: Dr. Kathleen Fusco

6/16-6/25, **Tues, Thurs**

4:30-8:30 pm

Utica AB 251

CRN 34403

\$399

### Medical Assistant/ Assisting Degree 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.

Instructor: Maryanne Taverne

5/30, **Sat**

9:00-12:00 pm

Utica AB 252

CRN 34406

\$50

8/8, **Sat**

9:00-12:00 pm

Utica AB 252

CRN 34671

\$50

10/10, **Sat**

9:00-12:00 pm

Utica TBD

\$50

### Medical Billing & Coding 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: Michele Sowich-Shanley

5/27, **Wed**

6:00-9:00 pm

Utica AB 251

CRN 34248

\$50

8/8, **Sat**

10:00-1:00 pm

Utica AB 253

CRN 34672

\$50

Register online @ [www.mvcc.edu/cced](http://www.mvcc.edu/cced)

10/3, Sat  
10:00-2:00 pm  
Utica TBD

\$50

### Medical Transcription and Editing Online

This training program helps students develop the knowledge and skills of quality medical transcriptionists in addition to the specialized skill set of medical transcription editors. Students focus on keyboarding, medical terminology, language and grammar, and the editing skills required to work with speech recognition technology. Textbooks are included. Sign up today and receive a free laptop, iPad, Kindle, or a \$300 discount!

#### Online

CRN 34346

\$2995

### 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

6/16-8/6, Tues, Thurs

6:00-9:00 pm

Rome PC 210

CRN 33894

\$499

6/15-8/5, Mon, Wed

6:00-9:00 pm

Utica AB 268

CRN 33893

\$499



### Skin Care Program for Healthcare Workers and Caregivers

This three hour course is designed for LPN's, nursing students, nurses aides, and all caregivers in the community, providing basic skin care for the prevention and treatment of a variety of wounds, including pressure ulcers and diabetic foot ulcers. Infection control practices will be incorporated.

The information gained from this course will assist the family member caring for a loved one at home as well as the employed healthcare provider. Basic Skin Care-Preventative measures for: skin tears, pressure ulcers, diabetic foot ulcers, amputations, products available in the community, maintaining and healing skin with nutrition, care of the surgical wound, and infection control practices.

Instructor: Judy Lagasse

5/18-5/25, Mon

6:00-9:00 pm

Rome PC 215

CRN 34594

\$59

6/8-6/15, Mon

6:00-9:00 pm

Utica AB 252

CRN 34595

\$59

### Surgical Technician Review Class

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 include What to expect on the test, Time Allowed and Study Techniques.

Instructor: Mark Williams

5/27, Wed

6:00-9:00 pm

Utica AB 252

CRN 34405

\$50

8/5, Wed

6:00-9:00 pm

Utica AB 251

CRN 34673

\$50

10/7, Wed

6:00-9:00 pm

Utica TBD

\$50

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## Construction & Engineering

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### Intro to Photovoltaic (PV) Systems

In this 40 hour theory and hands-on installation course, solar site analysis, design, layout and installation of photovoltaic (PV) systems are presented. The course is designed to develop student understanding of PV components and systems and their integration into the electrical systems in the home. Grid-tie and off-grid systems will be presented. This course will present basic system sizing and equipment operation information to individuals who desire to ultimately achieve NABCEP certified PV installer status. Upon completion, students may elect to take the NABCEP entry-level exam for an additional cost. Pre-requisites: Students should have a basic understanding of applied electricity and be able to perform basic arithmetic computation. A basic scientific calculator is required.

Instructor: Robert Decker

7/13-7/17, Mon-Fri

8:00-5:00 pm

Utica AB 253

CRN 34675

\$575

### Intro to Photovoltaic (PV) Systems with Exam

Upon completion of the Intro to PV 40 hour class, students may take the NABCEP entry-level exam. Having a valid OSHA 10 Hour Construction Card is a mandatory requirement for taking the NABCEP Exam. See <http://www.nabcep.org/certification/how-to-apply> for more information. Pre-requisites: Students should have a basic understanding of applied electricity and be able to perform basic arithmetic computation. A basic scientific calculator is required. Exam to be scheduled during the week following class.

7/13-7/17, Mon-Fri

8:00-5:00 pm

Utica AB253

CRN 34673

\$695

### 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.

### 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

6/18, Thurs, MVCC Educ Ctr Room 108, CRN 33993

7/10, Fri, Rome PC 215, CRN 34259

7/23, Thurs, MVCC Educ Ctr Room 108, CRN 34260

8/7, Fri, MVCC Educ Ctr Room 108, CRN 33990

### Lead Renovator Refresher

This 4-hour refresher course is required for any renovators that completed the Initial Lead Renovator Training 5 or less years ago. Bring a pen, pencil and paper; all other materials provided. Student must bring proof of past certification to class. The course concludes with a 25-question exam. Class will take place from 8:15am – 12:15pm. Cost is \$135.

6/19, Fri, MVCC Educ Ctr Room 108, CRN 34596

7/17, Fri, MVCC Educ Ctr Room 108, CRN 34598

8/6, Thurs, MVCC Educ Ctr Room 108, CRN 34597

### 40 Hour HAZWOPER (Hazardous Waste Operations) Plus GHS Hazardous Communication

#### 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*



### 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

**5/18-5/20, Mon-Wed**

6:00-9:30 pm

Rome PC 207

CRN 34507

\$75

**6/15-6/17, Mon-Wed**

6:00-9:30 pm

MVCC Educ Ctr Room101

CRN 33961

\$75

**7/13-7/15, Mon-Wed**

6:00-9:30 pm

Rome PC 205

CRN 34664

\$75

## Tractor Trailer Driver Training MVCC & Sage Technical Services

Thanks to its partnership with SAGE Technical Services, MVCC offers students the chance to drive the BIG rigs and earn BIG bucks! Successful graduates earn first year incomes of \$38000 plus.

Quality training, a good income, travel, and job security, these are just some of the benefits enjoyed by students who complete MVCC's professional tractor trailer driver training program. Partner SAGE Technical Services is the national leader in providing comprehensive professional tractor trailer driving programs in thirty-four locations across the United States.

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.**



Discover why millions of students are making the switch to online learning. With online courses, you can study at your convenience in your preferred learning environment. Our courses and programs are highly engaging and relevant and our instructors are interactive and support you through the curriculum. Choose from our growing catalog of Instructor-Led Courses designed to teach you a new skill or refresh a current one or our Career Training Programs geared to place you into a new career in an in-demand field.

## Online Courses

- **Instructor-Facilitated**
- **24-Hour Access**
- **Online Discussion Areas**
- **6 Weeks of Instruction**

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. You can complete any course entirely from your home or office. Any time of the day or night.

### Features:

- Courses run for six weeks (with a 10-day grace period at the end).
- Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

### Popular Courses:

#### Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

#### Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

#### Medical Terminology: A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

#### Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

#### Introduction to Microsoft Excel

Work with numbers? You need to know Excel. Learn the secrets of this powerful application.

#### Photoshop Elements for the Digital Photographer

Learn how to use Adobe Photoshop Elements 11 to successfully edit and fix your photos and images.

#### Grammar Refresher

Revive your lost or forgotten knowledge of English grammar and gain confidence in your ability to produce grammatically correct writing.

[www.ed2go.com/mvcc](http://www.ed2go.com/mvcc)

## Online Career Training Programs

- **One-On-One Instructor Assistance**
- **24-Hour Access**
- **All Materials and Books are Included!**

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace.

### Features:

- Receive a certificate upon successful completion.
- Courses start anytime – begin when you wish.
- A typical program takes 3-6 months to complete. Extensions are available upon request.

### Popular Programs:

#### Event Management and Design – 300 hours

From planning to pyrotechnics, this Online Training Program will teach you everything you need to know to create events that are truly special.

#### CompTIA™ A+ Certification Training – 150 hours

CompTIA A+ certification is the industry standard for validating the skills of entry-level computer technicians. It opens the door to careers in computer technology, and our online program makes training convenient and interactive.

#### Six Sigma Black Belt -200 hours

The Six Sigma Black Belt Online Career Training Program provides you with an in-depth look at the Six Sigma Black Belt problem-solving methodology, deployment, and project development approaches.

#### Building Analyst Quick Start Program (BPI BA Certification) – 60 hours

This program will teach you about the principles of green buildings—from insulation to indoor air quality—as well as how to perform comprehensive building assessments.

#### Web Applications Developer – 360 hours

Master the skills you need to create dynamic database-driven websites using the latest technologies.

#### Travel Agent Training – 200 hours

Learn the basic skills needed to operate a computer reservation system for airlines, travel agencies, cruise lines, hotel, or as a home-based agent, and get started in a career in the travel industry.

[www.gatlineducation.com/mvcc](http://www.gatlineducation.com/mvcc)

MORE COURSES AVAILABLE AT EACH OF OUR WEBSITES



## 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](mailto:cdejohn@mvcc.edu).

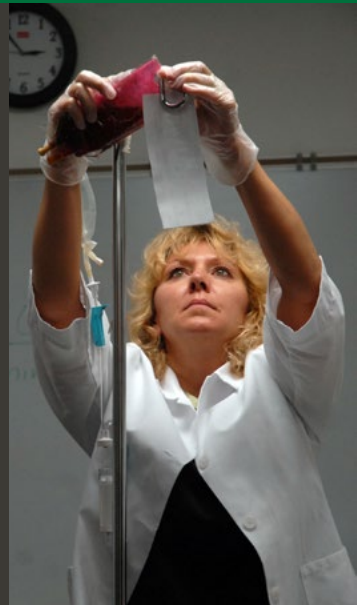
Register online @ [www.mvcc.edu/cced](http://www.mvcc.edu/cced)

# EDUCATIONAL OPPORTUNITY CENTER



## WHAT WE OFFER .....

- Tutoring
- Mentoring
- Career Planning
- Career Assessment
- Preparatory Seminars
- Academic and Career Exploration
- Academic Application Assistance
- Financial Aid Application Assistance/Scholarship Search
- Admissions and Placement Testing Assistance
- GED/HSE Referral



**Not sure where to start?**



**Thinking about a school or training program?**



**START at EOC today!  
WE can HELP!**

### CONTACT US

MVCC Educational  
Opportunity Center  
524 Elizabeth Street  
Utica, NY 13501  
(315) 731-5870

[mvcc.edu/eoc](http://mvcc.edu/eoc)

# TRiO

STUDENT SUPPORT SERVICES



# Learn to Ride at MVCC!



MVCC continues its relationship with Go Motorcycling, Inc. as Central New York's headquarters for award-winning motorcycle rider training. The ride starts here!

**New for 2015! Now there are TWO Motorcycle Safety Foundation RiderCourses that qualify for the NYS Motorcycle Road Test Waiver! Whether you are brand-new to motorcycling or have been riding for a while, there's a licensing course for you! See all our course offerings below...**

## **Basic RiderCourse (BRC):**

The BRC consists of 5 hours of interactive classroom learning and at least 10 hours of hands-on riding instruction. This course provides the beginning motorcyclist with the basic mental and physical riding skills necessary to minimize risk on the street. Learning is a fun, step-by-step process in a secured lot on our user-friendly training motorcycles. Motorcycles and helmets are provided. Successful participants will receive a motorcycle road test waiver.

## **Basic RiderCourse 2 for License Waiver (BRC2-LW)**

The BRC2-LW is designed for individuals 18 years or older that already have some street riding experience and have held a valid New York State Motorcycle Permit for at least one riding season. The course consists of a three-hour on-line eCourse and approximately five hours of practice riding exercises on your own street-legal motorcycle or scooter. The riding exercises conclude with a skills evaluation. Successful participants will receive a motorcycle road test waiver.

## **Introductory Motorcycle Experience (IME):**

The Introductory Motorcycle Experience (IME) is just 2 hours long, and the class size is small – just 3 participants! The IME is a program to get familiar with the primary controls of a motorcycle. You'll be given the opportunity to operate the controls while astride the motorcycle as you "power-walk" on our practice range. The IME is a taste of riding without a big investment of time or money. It's a great way to "jump start" your BRC learning experience! The IME is also a great way for potential riders to determine if motorcycling is a good personal choice and if they have the basic skills needed to be prepared for the Basic RiderCourse.

## **Basic RiderCourse 2 for Skills Practice (BRC)**

The BRC2 is a half-day class for experienced riders that already have their motorcycle endorsement. The class is "range-only" - no classroom. Using your own motorcycle, you'll practice techniques for managing traction: stopping quickly, cornering, swerving...and the use of counterbalancing skills for slow, tight turns. Improve your ride!

## **MSF RiderCoach Preparation Course (RCPC)**

Are you a "people person"? Do you love motorcycling? Are you committed to riding safely? Maybe you'd like to join the Go Motorcycling family of MSF certified RiderCoaches. Each RCP lasts 8 days. In addition, there are both pre-course activities (class observations/homework) and post-course mentoring (supervised teaching) before full certification is achieved.

**For more info or to enroll, visit  
[www.gomotorcycling.net](http://www.gomotorcycling.net) or call  
Go Motorcycling, Inc. at 315-858-3321.**



# Are you looking for secure, fixed retirement income?

You can support future generations of MVCC students and increase your income in retirement. By making a gift to fund a charitable gift annuity, you benefit from:

- Guaranteed income in retirement, from 5.3% to 9.5% for life (depending on your age)
- Income-tax savings and
- Possible capital-gain tax avoidance



When you pass on, the remaining funds from your charitable gift annuity will help ensure that an MVCC education remains within reach for residents of the Mohawk Valley.

Interested? Frank B. DuRoss, Executive Director of the MVCC Foundation, Inc. would welcome the chance to help you meet your need for increased retirement income while crafting your own MVCC Legacy.  
(315) 792-5526 or [fduross@mvcc.edu](mailto:fduross@mvcc.edu)

Visit us online: <http://mvcc.plannedgiving.org/mvcc>



## CENTER FOR CORPORATE AND COMMUNITY EDUCATION



Turn your work  
experience into  
**Certification  
and a  
Profession!**

### AIRFRAME & POWERPLANT TEST PREPARATION

The A&P test preparation course is tailored to individual students needs and certification focus. This 80-hour course along with recommended self-study hours, will prepare you for the FAA's written, practical and oral exams. All required knowledge-competencies will be covered in the categories of General, Airframe & Powerplant. Books and study guides are included in course tuition. Students are responsible for all FAA exam fees. All FAA testing available on site.

**TUITION is \$1400. TESTING FEES \$1245.**

**\*FAA form 8610-2 approval required for enrollment**

**\*VA approval for qualified individuals, call for details**

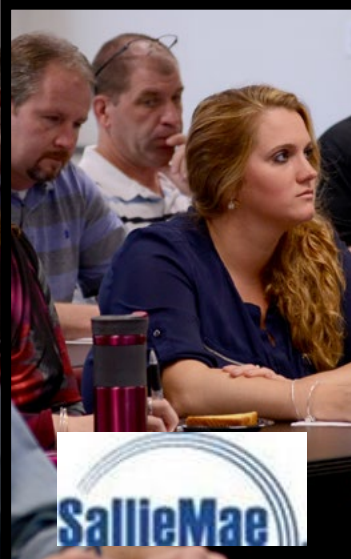
[www.mvcc.edu/cced-community/a-p-test-prep-course](http://www.mvcc.edu/cced-community/a-p-test-prep-course)

FOR INFORMATION CONTACT

**(315)338-7826**

AVIATION TRAINING CENTER

116 Langley Road | Rome NY, 13441



## Did you know...

That Sallie Mae has student loans for non-credit training programs valuing \$1000 or more?

Visit the Sallie Mae MVCC non-credit site:  
[salliemae.com/00287199](http://salliemae.com/00287199)

Click on "get started" under the  
"Undergraduate Student Loans" section.  
Contact **792-5300** once your loan is  
approved, to get enrolled!

Register online @ [www.mvcc.edu/cced](http://www.mvcc.edu/cced)

# Meet Our Staff!

## Main Office Staff:

- Joann Dickson
- Angela Elias
- Liz Hlavaty
- Therese Kamilow

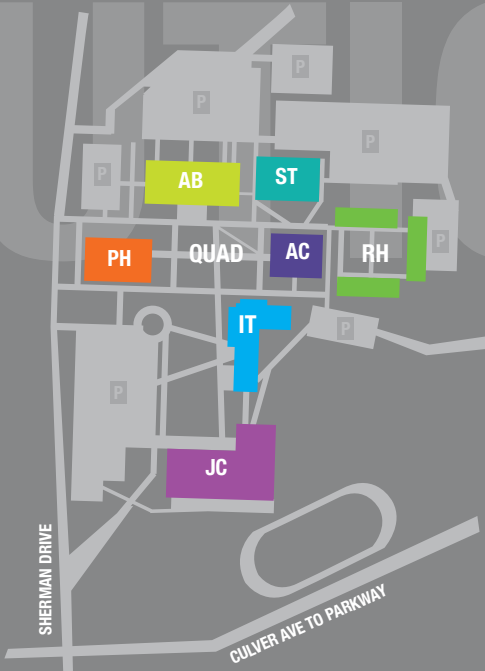


## Coordinators:

- Carolyn DeJohn, Community Education
- Molly Haberbusch, Aquatics/Health & Wellness
- Lisa Philipson, College for Kids & Teens
- Karen Scott, Insurance CE, Credit Programs
- Gail Warchol, Healthcare Careers
- Jack Altdoerffer, Corporate Training
- Kristen Skobla, Workforce Development

William H. McDonald, Director for Community & Workforce Development  
 Franca Armstrong, Associate VP of Workforce Development and Dean of Rome Campus

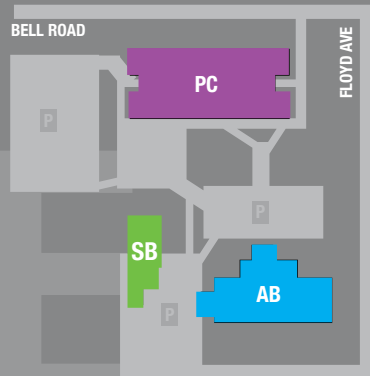
# UTICA



JC	JORGENSEN ATHLETIC/ EVENTS CENTER
IT	INFORMATION TECHNOLOGY BUILDING/ THEATER
AC	ALUMNI COLLEGE CENTER
RH	RESIDENCE HALLS
ST	SCIENCE AND TECHNOLOGY BUILDING
AB	ACADEMIC BUILDING
PH	PAYNE HALL

# ROME

AB	ACADEMIC BUILDING
SB	SHOP BUILDING
PC	PLUMLEY COMPLEX



## The Center for Corporate and Community Education at Mohawk Valley Community College

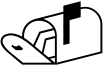
### 5 Ways To Register:



Register Online using Visa, MasterCard or Discover!  
Go to [www.mvcc.edu/cced](http://www.mvcc.edu/cced) and click the registration link.



Fax to: 315-792-5682  
Use registration form in the back of the brochure. Payment by credit card or check card only.



Fill in the form on the next page of the brochure and mail with check or credit card 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.



**VISA**



## Class Location Key

### MVCC Utica:

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

### MVCC Rome:

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

### MVCC Education Center:

524 Elizabeth St., Utica

### First Presbyterian Church:

108 West Court St., Rome

### Mohawk Glen Golf Course:

880 Perimeter Rd., Rome

### Perry Jr. High School:

9499 Weston Rd., New Hartford

### Sitrin 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](http://www.mvcc.edu)**



# Fax or Mail-In Registration

**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  
Education  
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
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\*Date of Birth

\*Address

*City	*State	*Zip Code
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*(If a minor)Parent Last Name	*First Name	MI
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*Home Phone	Cell Phone	Business Phone
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Email Address

## \*Course Information

CRN	Course Name	Start Date	Fee

<input type="checkbox"/> Credit Card	Credit Card Information	<input type="checkbox"/> Visa	<input type="checkbox"/> Discover	<input type="checkbox"/> MasterCard
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Check

<input type="checkbox"/> Money Order	Name on Card (print)
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	Credit card number
	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

Expiration Date (month/year)	VRN(3-digit code on back)
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Signature	Date
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Mohawk Valley Community College  
1101 Sherman Drive  
Utica, NY 13501-5394

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Utica, NY



## Intro to Small Unmanned Aerial Systems (sUAS),

Back by popular demand: **Saturdays, June 13 - 27**

Learn the basics of sUAS/Drone technology for hobby  
or business! **See page 18!**