MVCC BY THE NUMBERS

6,500
STUDENTS

170+
TRANSFER AGREEMENTS
with 4-year colleges and universities

48,000+
ALUMNI WORLDWIDE

50%
FULL-TIME STUDENTS

93%
COMMUTER STUDENTS

73%
STUDENTS RECEIVE FINANCIAL AID

AVERAGE TUITION COSTS

MVCC
$4,594

COMMUNITY COLLEGE .... $4,700

SUNY ............ $6,870
4-year college

PRIVATE ... $50,200
4-year college

18 INTERCOLLEGIATE SPORTS

425+ SCHOLARSHIPS OFFERED

1946 FOUNDED IN

180+ DEGREE OPTIONS

50 CLUBS AND STUDENT ORGANIZATIONS

5 RESIDENCE HALLS in Utica with built-in academic support.

30 COUNTRIES REPRESENTED

90+ CERTIFICATE OPTIONS

1,222 FULL-TIME FACULTY

18:1 STUDENT/FACULTY RATIO
Welcome to MVCCConnect, your brochure featuring a listing of community education programs for Spring 2020. Spring is a time of renewal. It’s the perfect time to focus on wellness, self-care, and personal and professional development. We hope you join us for one or more classes this spring!

Some new and exciting offerings include:

- Classes in gardening, birding, and golfing. Get outside!
- Many new holistic wellness classes, including Yoga for Your Face. Be well!
- Brewing, barista, healthcare, insurance, and more. Get certified!
- New classes for little ones – Mini Music Makers and Preschool STEAM!
- New classes to prepare teens for careers and college: STEM, health sciences, and more!

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Box Office 315-731-5721  mvcc.edu/culture
Aqua Zumba®
Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout by offering a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and exhilarating beyond belief. Water shoes are recommended.
$65 • Utica, Pool • Instructor: Krista Worlock
Jan. 21–March 24, Tues., 9–10 a.m., CRN 60388
Jan. 23–March 26, Thurs., 9–10 a.m., CRN 60053
Jan. 23–April 2, Thurs., 7–8 p.m., CRN 60391
No class Feb. 20.
April 14–June 16, Tues., 9–10 a.m., CRN 60390
April 16–June 18, Thurs., 9–10 a.m., CRN 60390

Aqua Zumba® – Double Time
$110 • Utica, Pool • Instructor: Krista Worlock
Jan. 21–March 26, Tues., Thurs., 9–10 a.m., CRN 60371
April 14–June 18, Tues., Thurs., 9–10 a.m., CRN 60372

Aqua Zumba® – Mini Session
$35 • Utica, Pool • Instructor: Krista Worlock
April 16–May 14, Thurs., 7–8 p.m., Utica, Pool, CRN 60016

Zumba®
Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt the body while burning fat. Beginners are welcome. Bring water.
$60 • Utica, JC202 • Instructor: Krista Worlock
Jan. 23–April 2, Thurs., 5:30–6:30 p.m., CRN 28184
No class Feb. 20.
April 16–June 18, Thurs., 5:30–6:30 p.m., CRN 28577

Burn & Sculpt
A full-body workout for all levels and intensities. A blend of cardio, toning and sculpting, and floor work to hit those “trouble areas.” Exercises include upper and lower body and everything in between. Bring hand weights, an exercise mat, and water.
$69 • Jewish Comm. Ctr. • Instructor: Lori Pavia
Jan. 21–March 31, Tues., 5:30–6:30 p.m., CRN 60066
No class Feb. 18.
$59
April 21–June 30, Tues., 5:30–6:30 p.m., CRN 29675
No class April 28, June 16, 23.

CardioHoop
CardioHoop is a cardiovascular exercise that uses an adult-sized hula hoop to build balance, strengthen core muscles, and tone the entire body. Unlike traditional “hula hooping,” CardioHoop uses the hoop on all parts of the body. In addition to physical benefits, CardioHoop reduces stress, increases self-confidence, and puts a smile on our face. Wear comfortable clothing and bring water. Beginners are welcome.
$60 • Utica, JC202 • Instructor: Carolyn LaSalle
Jan. 22–April 1, Wed., 5:30–6:30 p.m., CRN 60377
No class Feb. 19.

CardioHoop 2
In this class, we continue to build balance, strengthen core muscles, and tone the entire body using the hoop on all parts of the body. You’ll learn more advanced tricks and routines. Wear comfortable clothing (cotton is best) and bring water. The CardioHoop beginning class is recommended but not required.
$60 • Utica, JC202 • Instructor: Carolyn LaSalle
Jan. 22–April 1, Wed., 6:45–7:45 p.m., CRN 60468
No class Feb. 19.
Strengthen Sculpt & Tone
Strengthen and tone muscles using resistance bands, hand weights, paper plates, body weight, and a playground ball. This course is designed to increase physical strength, improve core strength and balance, and decrease body fat, giving your metabolism a boost! Bring hand weights, an exercise mat, and water to class.
$65 • Jewish Comm. Ctr.
Instructor: Linda Budlong, CPT, ERYT 200
Jan. 21–March 31, Tues., 5:30–6:30 p.m.
CRN 60067
No class Feb. 18.
Jan. 23–April 2, Thurs., 5:30–6:30 p.m.
CRN 60392
No class Feb. 20.
$55
April 16–June 25, Thurs., 5:30–6:30 p.m.
CRN 60384
No class May 14, 28, June 18.
April 28–June 23, Tues., 5:30–6:30 p.m.
CRN 60385
No class June 16.

Chair Yoga – Double Time
$100 • Jewish Comm. Ctr.
Instructor: Tracey Lazore
Feb. 6–April 2, Tues., Thurs., 9:15–10 a.m.
CRN 60373
No class Feb. 20.
April 14–June 11, Tues., Thurs., 9:15–10 a.m.
CRN 60374
No class April 21, May 28.

Detox Yoga
Detox Yoga is a vinyasa flow class that restores and helps to purify our bodies. Twists and mild inversions stimulate the digestive, immune, and lymph systems. This class will help you increase circulation and release toxins in both mind and body. All levels are welcome. Please bring a mat, water, blocks, and a strap, if desired.
$69 • Jewish Comm. Ctr.
Instructor: Linda Budlong CPT, ERYT 200
Jan. 20–March 30, Mon., 6:30–7:15 p.m.
CRN 60382
No class Feb. 17.
$59
April 14–June 25, Tues., Thurs., 6:30–7:15 p.m.
CRN 60387
No class May 25, June 15.

Chair Yoga
Interested in trying yoga, but not sure about getting down on the floor or doing standing poses? This class adapts yoga positions and poses through use of a chair which allows for safety, stability, and support. This is an excellent way to increase flexibility, build strength, and develop balance and a sense of well-being.
$59 • Jewish Comm. Ctr.
Instructor: Tracey Lazore
Feb. 11–March 31, Tues., 6:30–7:15 p.m.
CRN 60360
Feb. 6–April 2, Thurs., 9:15–10 a.m., CRN 60015
No class Feb. 20.
April 14–June 9, Tues., 9:15–10 a.m., CRN 60361
No class April 21.
April 16–June 11, Thurs., 9:15–10 a.m.
CRN 60362
No class May 28.

Detox Yoga
Detox Yoga is a vinyasa flow class that restores and helps to purify our bodies. Twists and mild inversions stimulate the digestive, immune, and lymph systems. This class will help you increase circulation and release toxins in both mind and body. All levels are welcome. Please bring a mat, water, blocks, and a strap, if desired.
$69 • Jewish Comm. Ctr.
Instructor: Linda Budlong CPT, ERYT 200
Jan. 20–March 30, Mon., 6:30–7:15 p.m.
CRN 60382
No class Feb. 17.
$59
April 14–June 25, Tues., Thurs., 6:30–7:15 p.m.
CRN 60387
No class May 25, June 15.

Floating Yoga
Floating Yoga is similar to a regular vinyasa yoga class but is performed on an inflatable board/mat in the pool. It's a fun and challenging experience and all about balance, literally and figuratively. A slower pace and increased focus will be required as your muscles work to obtain balance on the mat. All levels are welcome. Swimming ability is required.
$80 • Utica, Pool • Instructor: Michael Calogero
Jan. 24–Feb. 28, Fri., 6-7 p.m., CRN 60026
No class Feb. 21.
March 13–April 24, Fri., 6-7 p.m., CRN 60027
No class April 3, 10.
May 8–June 5, Fri., 6-7 p.m., CRN 60314
HIIT Yoga
Get your heart rate up, trigger true cardiovascular optimization, burn calories and fat, and raise your metabolic rate. This class combines yoga and HIIT (High Intensity Interval Training) and provides you with signature moves designed for all levels. Work at your own pace and create an afterburn effect that lasts from 12-48 hours after the workout. Bring a mat and water.
$60 • Utica, JC202 • Instructor: Kathy Marvin
Jan. 21–March 31, Tues., 5:30–6:30 p.m.
CRN 60376
No class Feb. 18.
$50
April 21–June 9, Tues., 5:30–6:30 p.m.
CRN 60366

Lifefit Yoga
This class focuses on connecting poses with one’s breath, flowing from one to the next to build strength and flexibility, mental focus, balance, and peace in one’s mind, body, and spirit. Modifications are offered so that many levels of students can participate. Wear comfortable clothing and feel free to bring your own yoga mat.
$60 • Utica, JC115 • Instructor: Kathy Marvin
Jan. 22–April 1, Wed., 5:30–6:30 p.m.
CRN 60019
No class Feb. 19.
$50
April 22–June 10, Wed., 5:30–6:30 p.m.
CRN 60045

Yoga Abs
This class combines yoga and core strengthening moves. Our core is our center physically and emotionally. We will work on creating strong abs and a strong spine, which is essential for a healthy life. We will begin with a warm-up yoga flow to prepare and strengthen our bodies. Then, get ready to work your core! All levels are welcome. Bring water, a yoga mat, and a yoga block.
$69 • Jewish Comm. Ctr.
Instructor: Linda Budlong CPT, ERYT 200
Jan. 21–March 31, Tues., 6:45–7:30 p.m., CRN 60017
No class Feb. 18.
$59
April 28–June 23, Tues., 6:45–7:30 p.m., CRN 60029
No class June 16.

Yoga Butt
This practice focuses on the lower body and creates longer, leaner muscles, and a body with more mobility to improve strength, balance, and flexibility. We will practice hatha vinyasa sequences that target our core, glutes, quads, and hamstrings. You will find you stand taller and feel stronger. Please bring a yoga mat, water, and a yoga block.
$69 • Jewish Comm. Ctr.
Instructor: Linda Budlong CPT, ERYT 200
Jan. 20–March 30, Mon., 5:30–6:15 p.m., CRN 60020
No class Feb. 17.
$59
April 20–June 22, Mon., 5:30–6:15 p.m., CRN 60030
No class May 25, June 15.

Yoga for Health & Wellness
Classes consist of breathing, meditation, poses, and relaxation techniques that are geared toward all ages and levels of experience. Every body can do yoga at every phase of life, age, and ability. Focus on poses and postures that will improve your flexibility, build strength in muscles and bones, increase your blood flow, and boost your immunity. Beginners are welcome.
$60 • Utica, JC115 • Instructor: Carolyn LaSalle
Jan. 21–March 31, Tues., 6:45–7:45 p.m., CRN 60069
No class Feb. 18.
Yoga For Your Face
Do you want to learn an incredible, easy method to remove wrinkles, tighten and tone your skin, and look years younger? This amazing, non-surgical facelift system uses a combination of acupressure and facial aerobics that is fun to do, easy to perform, and has absolutely no scalpel required! Come look a decade younger in just a few short weeks.
$65 • Utica, AB173 • Instructor: Erick Price
March 18-April 22, Wed., 6-7 p.m., CRN 60463

Pilates
Learn the basic Pilates movements in a fun, non-judgmental, hands-on environment! Uniformly develop your body and mind through a specific approach that requires mental concentration, enhancing the mind-body connection. All Pilates exercises are taught adhering to the Six Traditional Principles: Concentration, Control, Physical Centering, Flowing Movement, Precision, and Breathing.
$60 • Utica, JC115 • Instructor: Kathy Marvin
Jan. 20-March 30, Mon., 5:30-6:30 p.m. CRN 60070
No class Feb. 17.
$50
April 20-June 15, Mon., 5:30-6:30 p.m. CRN 60043
No class May 25.

Qi Gong
Qi Gong (pronounced “Chee Gong”) is an energy-building exercise designed to bring the body, mind, and spirit together as one. It is a system that loosens the joints and spine plus relaxes the points of tension in the body. We will combine physical exercises, stretching, breathing, and self-massage to strengthen the immune system, accelerate the body’s healing process, improve sleep patterns, and the overall function of the body. This is a gentle practice, suitable for all levels of fitness.
$60 • Utica, JC115 • Instructor: Carolyn LaSalle
Jan. 21-March 31, Tues., 5:30-6:30 p.m. CRN 60063
No class Feb. 18.

Tai Chi
Tai Chi is a study of body mechanics derived from an ancient Chinese martial arts practice. Renowned as a rejuvenator of health and vitality, it can be done by anyone who can walk. It is meditative in nature and teaches body/mind control that is useful for all of life’s activities.
$60 • Utica, JC202 • Instructor: Al Christensen
Jan. 20-March 30, Mon., 5:30-6:30 p.m. CRN 60054
No class Feb. 17.
$50
April 20-June 15, Mon., 5:30-6:30 p.m. CRN 60043
No class May 25.

Time to Stretch
A full-body stretch that will decrease muscle tension and increase flexibility. Stretching can decrease the risk of injury, relieve muscle soreness, improve posture and muscle balance. We will work on all major muscle groups. Wear comfortable clothing and bring a mat, strap, and water.
$69 • Jewish Comm. Ctr. • Instructor: Linda Budlong CPT, ERYT 200
Jan. 23-April 2, Thurs., 6:45-7:15 p.m. CRN 60375
No class Feb. 20.
$59
April 16-June 25, Thurs., 6:45-7:15 p.m. CRN 60386
No class May 14, 28, June 18.
Miracle Minded
Learn how nothing more than a thought can help you create and live a miraculous, limitless life every day – one of inspiration, inner strength, and purpose to create the life you yearn for and deserve. Learn how a simple five-minute daily practice can literally rewrite your life script!
$69 • Utica, AB255 • Instructor: Erick Price
Jan. 28-March 3, Tues., 6-7 p.m., CRN 60454

Weight Loss: Better Health Through Hypnosis
Learn the principles of being able to respond to your appetite properly and put an end to overeating. Experience a light trance state and the power of focused concentration and relaxation to fast-track these changes in your lifestyle.
$19 • Utica, AB173 • Instructor: Erick Price
Jan. 29, Wed., 6-8 p.m., CRN 60467

From Fear to Fearless
Learn how to discover and cultivate the antidotes of fear that have been holding you back in life: loving-kindness, compassion, joy, and inner peace regardless of conditions. Learn to find your inner strength, your personal power in every situation. Learn to be truly powerful, peaceful, loving, and kind to yourself and all others.
$69 • Utica, AB255 • Instructor: Erick Price
Feb. 5-March 11, Wed., 6-7 p.m., CRN 60455

Tap Out of It
Discover an easy way to release your emotional baggage, clear limiting beliefs, let go of negative attitudes and accumulated stress and become a better you! Together we’ll learn to clear it all – the stress, the emotional energies, and the limitations so you can rebuild, rebalance, and rebound to a healthier, happier more capable you through EFT, CER, temporal and chakra tapping, and more on this amazing healing journey.
$69 • Utica, AB255
Instructor: Erick Price
Feb. 13-March 19, Thurs., 6-7 p.m., CRN 60460

Unlock Your Intuition, Unleash Your ESP
Learn dynamic meditation to unleash the hidden power of your mind. Learn to overcome limitations and challenges, and rid yourself of negative thought patterns. Intuition and ESP are skills anyone can easily and quickly develop and we will through a series of fun and exciting exercises. With your new skills you can improve your health, relationships, business, and personal development.
$69 • Utica, AB255 • Instructor: Erick Price
March 10-April 14, Tues., 6-7 p.m., CRN 60462

Walk Your Way Fit and Healthy
This class is low-impact, aerobic fitness walking that is easy to do but big on results! It is a multi-muscle, calorie-burning, fat-melting, blood pressure-lowering class for beginners to fitness experts. Walk your way to wellness with some upbeat incredible music. Bring your sneakers and a towel. Class takes place indoors.
$69 • Utica, AB255 • Instructor: Erick Price
April 2-May 7, Thurs., 6-7 p.m., CRN 60445

The Magic of Mudras: Health and Wellness at Your Fingertips
Mudras are finger power points, like yoga for your hands and fingers. The portion of your brain devoted to your hands and fingers is 14 times larger than the rest of your body which allows you to bring balance, health, and healing just using your fingers. Discover Mudras for memory, stress, anxiety, weight loss, and healing.
$69 • Rome, PC120 • Instructor: Erick Price
April 13-May 18, Mon., 6-7 p.m., CRN 60450
Designing a Life You Love: Exploring your First Circle NEW
This four-hour course will deepen the exploration and understanding of your inner landscape. Participants will practice hearing their authentic voice, learning how to be gentle with others and ourselves. We will further explore letting go of what we can’t control. Are we reacting based on scarcity and fear? How do we shift to acting with abundance and empathy? How do we create pathways to thriving?
$35 • Utica, AB148
Instructor: Cimbria Badenhausen
March 7, Sat., 10 a.m.-2 p.m., CRN 60351

Designing a Life You Love: Cultivating your First Circle NEW
This series of four two-hour gatherings will give practitioners the solid foundation to continue the nurturing of their First Circle, and create pathways to thriving in our social, natural, and economic ecosystems. As spring draws near, we will share experiences in our lives which are proving challenging. We will ask the questions which help us develop the personal tools to let go of triggers in our daily lives. We will celebrate the positive results of our deeper understanding. As we form a community of friendship and understanding, we will design for ourselves an inner landscape which allows us to share our unique genius.
$69 • Utica, AB148
Instructor: Cimbria Badenhausen
March 10-31, Tues., 6-8 p.m., CRN 60352

Introduction to Designing a Life You Love: Connecting with Your First Circle NEW
This is the first of three classes in our new Design a Life You Love series. This two-hour course will introduce the ideas of “First Circle,” and “Unique Genius,” two concepts used by Cimbria with her coaching clients. We will discuss three practices that help each of us become more comfortable with our inner landscape: social permaculture, dynamic governance, and mindfulness which will help us create pathways to thriving. How do we recognize what we can control in our relationships, and what is “not about me?” How do we learn to let go?
$20 • Utica, AB148
Instructor: Cimbria Badenhausen
Feb. 15, Sat., 10 a.m.-noon, CRN 60350

Classes at Preswick Glen

Weight Loss: A Mindful Method of Eating, Losing, and Living NEW
End your struggle with weight with this holistic, mindful approach that will shift your mind, your body, and your emotions to allow you to easily drop excess weight and the thought forms that created it.
$69 • Preswick Glen, Aberdeen Room
Instructor: Erick Price
March 2-April 6, Mon., 6-7 p.m., CRN 60449

Old Wisdom Practices and Principles
Investigate the principles of life that come out of the philosophical/spiritual work of past and present. This enduring wisdom might come from Greece, Egypt, China, or other sources on our globe. Agreements between science and metaphysical principles will be explored. We will search for examples of these principles working out in individual, social, national, and world living.
$75 • Preswick Glen, Aberdeen Room
Instructor: Al Christensen
March 27-May 29, Fri., 5-6 p.m., CRN 60393
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. You don’t have to be deep-water proficient. All classes take place at the Utica Campus Pool. $65.

Monday
Instructor: Tina Jones
Jan. 20-March 23, 9-10 a.m.
CRN 24830
April 13-June 22, 9-10 a.m.
No class May 25.
CRN 28268

Wednesday
Instructor: Tina Jones
Jan. 22-March 25, 9-10 a.m.
CRN 27710
April 15-June 17, 9-10 a.m.
CRN 28269
Instructor: Mary Farda
Jan. 22-April 1, 6-7 p.m.
No class Feb. 19.
CRN 27770
April 15-June 17, 6-7 p.m.
CRN 28272

Friday
Instructor: Tina Jones
Jan. 24-March 27, 9-10 a.m.
CRN 27711
April 17-June 19, 9-10 a.m.
CRN 28270

Water Aerobics: Take All 3 Days: $145
Instructor: Tina Jones
Mon., Wed., Fri. • Jan. 20-March 27 • 9-10 a.m.
CRN 27712
Mon., Wed., Fri. • April 13-June 22 • 9-10 a.m.
CRN 28275
No class May 25.

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 intermixed with a variety of exercises to achieve a great overall workout. All classes take place at the Utica Campus Pool. $65.

Monday
Instructor: Anna Case
Jan. 20-March 23, 10-11 a.m.
CRN 27713
April 13-June 22, 10-11 a.m.
No class May 25.
CRN 28277

Wednesday
Instructor: Anna Case
Jan. 22-March 25, 10-11 a.m.
CRN 27714
April 15-June 17, 10-11 a.m.
CRN 28278
Instructor: Mary Farda
Jan. 22-April 1, 5-6 p.m.
No class Feb. 19.
CRN 27717
April 15-June 17, 5-6 p.m.
CRN 28280

Friday
Instructor: Anna Case
Jan. 24-March 27, 10-11 a.m.
CRN 27715
April 17-June 19, 10-11 a.m.
CRN 28279

Water Running Take All 3 Days: $145
Instructor: Anna Case
Mon., Wed., Fri., Jan. 20-March 27, 10-11 a.m., CRN 27716
Mon., Wed., Fri., April 13-June 22, 10-11 a.m., CRN 28281
No class May 25.
**Lane & Lap Lovers**
An ideal class for those who love swimming laps. 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.
*Utica, Pool • $75*

- **Jan. 20-March 27, Mon., Wed., Fri., 8-9 a.m.** CRN 27725
- **April 13-June 22, Mon., Wed., Fri., 8-9 a.m.** No class May 25.
- **Jan. 20-March 27, Mon., Wed., Fri., 11 a.m.-noon** CRN 28166
- **April 13-June 22, Mon., Wed., Fri., 11 a.m.-noon** CRN 29454 No class May 25.

**Aqua Zumba**
Known as the Zumba ® “pool party,” Aqua Zumba ® gives new meaning to the idea of an invigorating workout by offering a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and exhilarating beyond belief. Water shoes are recommended.
*$65 • Utica, Pool • Instructor: Krista Worlock*

- **Jan. 21-March 24, Tues., 9-10 a.m.,** CRN 60388
- **Jan. 23-March 26, Thurs., 9-10 a.m.,** CRN 60053
- **Jan. 23-April 2, Thurs., 7-8 p.m.,** CRN 60391 No class Feb. 20.
- **April 14-June 16, Tues., 9-10 a.m.,** CRN 60389
- **April 16-June 18, Thurs., 9-10 a.m.,** CRN 60390

**Aqua Zumba® – Double Time**
*$110 • Utica, Pool • Instructor: Krista Worlock*

- **Jan. 21-March 26, Thurs., Tues., 9-10 a.m.** CRN 60371
- **April 14-June 18, Tues., Thurs., 9-10 a.m.** CRN 60372

**Aqua Zumba® – Mini Session**
*$35 • Utica, Pool • Instructor: Krista Worlock*

- **April 16-May 14, Thurs., 7-8 p.m., Utica, Pool, CRN 60016**

**Intermediate Swim for Adults**
Increase your aquatic abilities by enhancing skills learned in the learn to swim course. You will learn a series of skills designed to improve your stamina and basic coordination. Students will develop an elementary understanding of the front crawl and backstroke. Goggles are recommended.
*$115 • Utica, Pool*

- **Jan. 14-May 5, 7-8 p.m., Tues., CRN 60052 No class Feb. 18, April 7.**

**Floating Yoga**
Floating Yoga is similar to a regular vinyasa yoga class but is performed on an inflatable board/mat in the pool. It’s a fun and challenging experience and all about balance, literally and figuratively. A slower pace and increased focus will be required as your muscles work to obtain balance on the mat. All levels are welcome. Swimming ability is required.
*$80 • Utica, Pool • Instructor: Michael Calogero*

- **Jan. 24-Feb. 28, 6-7 p.m., Fri., CRN 60026 No class Feb. 21.**
- **March 13-April 24, Fri., 6-7 p.m., CRN 60027 No class April 3, 10.**
- **May 8-June 5, Fri., 6-7 p.m., CRN 60314**
**Swimming Lessons**

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 the 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.

All classes – MVCC Utica Campus, 1101 Sherman Drive

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

**Parent and Child Aquatics**
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. $70

**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. $70

**Level 1: Introduction to Water Skills**
Students are oriented to the water while they learn elementary skills. Kindergarten+. $70

**Level 2: Fundamental Aquatic Skills**
Students build on the fundamental locomotion 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+. $70

**Level 3: Stroke Development**
Students will build on locomotion and safety skills from Level 2. Coordinating front and back crawl, introduction to elementary backstroke, and treading water are skills learned in this level. Prerequisite: Level 2 certificate or comparable skills. $85

**Level 4: Stroke Improvement**
This level will include deep-water bobbing, rotary breathing, and endurance of strokes already learned, as well as introduction of breast stroke, side stroke, and turning at the wall. Prerequisite: Level 3 certificate or comparable skills. $85

**Level 5: Stroke Refinement**
This level refines the strokes already learned and introduces the open turns, feet-first surface dives, and diving. Prerequisite: Level 4 certificate or comparable skills. $85

**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 and basic and advanced rescue techniques. $85

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**Aquatic Training**

**Lifeguard Training**
Learn to recognize and respond to aquatic emergencies to prevent drowning and injuries. With successful completion, you will be American Red Cross-certified in Lifeguard Training, First Aid, and CPR for the Lifeguard. Prerequisites: Swim 550 yards continuously with specific strokes during pre-test and be 15 years old by the last class session. $349 • Utica, Pool • Instructor: Tenell Patterson
April 6-10, Mon.-Fri., 9 a.m.-6 p.m., CRN 25859
Pretest: April 2, 7 p.m.

Instructor: Caroline Pollard
May 29-June 7, Fri., 5-8 p.m., 9 a.m.-6 p.m., Sat., Sun., CRN 60315
Pretest: May, 21 at 7 p.m.

**Lifeguard Training Review**
Renew your Lifeguard Certification, CPR/AED, and First Aid by successful completion of this course. Waterfront lifeguard skills will be reviewed for those who require it. Participants must complete the pre-course swim test and hold current certification in American Red Cross Lifeguard Training. Bring a CPR mask. $199 • Utica, Pool • Instructor: Caroline Pollard
June 5-7, Fri., 5-8 p.m. Sat., Sun. 9 a.m.-6 p.m.

**Water Safety Instructor**
Gain the skills and knowledge needed to teach swim lessons. Students will learn how to teach basic water safety, six levels of Learn-to-Swim, Preschool Aquatics, Parent and Child Aquatics, and the six basic swimming strokes. Students do not need to be a lifeguard but must be 16 years old prior to taking this Water Safety Instructor course. $299 • Utica, Pool • Instructor: Kristi Peterson
March 20-29, Fri., 5-8 p.m.
Sat., Sun., 9 a.m.-3 p.m., CRN 27787

**CPR/AED for Lifeguard/Professional Rescuer**
Recognize and respond appropriately to cardiac and breathing emergencies. With successful completion, you’ll be certified in CPR/AED for lifeguards and professionals. Bring a CPR mask. $55 • Instructor: Caroline Pollard
March 21, Sat., 11 a.m.-3 p.m., Utica, JC109, CRN 60065
May 23, Sat., 10 a.m.-2 p.m., Utica, AB173, CRN 29693
June 13, Sat., 10 a.m.-2 p.m., Utica

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**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 the 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. All classes – MVCC Utica Campus, 1101 Sherman Drive ENROLLMENT IS LIMITED IN ALL LEVELS AND WILL BE TAKEN ON A FIRST-COME BASIS. ALL SWIM LESSON REGISTRATIONS ARE NON-REFUNDABLE.**

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**Swimming Lessons**

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

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

**Parent and Child Aquatics**
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. $70

**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. $70

**Level 1: Introduction to Water Skills**
Students are oriented to the water while they learn elementary skills. Kindergarten+. $70

**Level 2: Fundamental Aquatic Skills**
Students build on the fundamental locomotion 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+. $70

**Level 3: Stroke Development**
Students will build on locomotion and safety skills from Level 2. Coordinating front and back crawl, introduction to elementary backstroke, and treading water are skills learned in this level. Prerequisite: Level 2 certificate or comparable skills. $85

**Level 4: Stroke Improvement**
This level will include deep-water bobbing, rotary breathing, and endurance of strokes already learned, as well as introduction of breast stroke, side stroke, and turning at the wall. Prerequisite: Level 3 certificate or comparable skills. $85

**Level 5: Stroke Refinement**
This level refines the strokes already learned and introduces the open turns, feet-first surface dives, and diving. Prerequisite: Level 4 certificate or comparable skills. $85

**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 and basic and advanced rescue techniques. $85
SWIMMING SCHEDULE

SATURDAY MORNINGS

JAN. 11-MARCH 28

Parent and Child Aquatics
Ages 1-2 • CRN 24098 • 9-9:30 a.m.
Preschool with Parent Aquatics
Ages 3-5 • CRN 27720 • 10-10:30 a.m.
Level 1
CRN 26397 • 10:30-11 a.m.
CRN 26399 • 11-11:30 a.m.
CRN 26401 noon-12:30 p.m.
Level 2
CRN 26405 • 9:30-10 a.m.
CRN 26404 • 11:30 a.m.-noon
CRN 26403 • 12:30-1 p.m.

MONDAY EVENINGS

Session 1

JAN. 13-MARCH 23

Preschool with Parent Aquatics
Ages 3-5 • CRN 27722 • 5-5:30 p.m.
Level 1
CRN 26407 • 6-6:30 p.m.
Level 2
CRN 27320 • 5:30-6 p.m.
CRN 28611 • 6:30-7 p.m.

Session 2

APRIL 13-JUNE 22

Preschool with Parent Aquatics
Ages 3-5 • CRN 27724 • 5-5:30 p.m.
Level 1
CRN 28610 6-6:30 p.m.
Level 2
CRN 28982 • 5:30-6 p.m.
CRN 28983 • 6:30-7 p.m.

TUESDAY EVENINGS

Session 1

JAN. 14-MARCH 24

Parent and Child Aquatics
Ages 1-2 • CRN 29399 • 5-5:30 p.m.
Level 1
CRN 26416 • 5:30-6 p.m.
CRN 28984 • 6:30-7 p.m.
Level 2
CRN 28336 • 6-6:30 p.m.

Session 2

MAY 19-JUNE 18

Preschool with Parent Aquatics
Ages 3-5 • CRN 60059 • 5:30-6 p.m.
Level 1
CRN 60058 • 5-5:30 p.m.
CRN 60057 • 6-6:30 p.m.
Level 2
CRN 60056 • 6:30-7 p.m.

Level 3
CRN 27866 • 10-11 a.m.
CRN 23690 • noon-1 p.m.

Level 4
CRN 26695 • 9-10 a.m.
CRN 26697 • 11 a.m.-noon

NO CLASS

Level 5/6
CRN 26695 • 9-10 a.m.
CRN 26697 • 11 a.m.-noon

Level 3
CRN 28135 • 5-6 p.m.

Level 4
CRN 28612 • 6-7 p.m.

NO CLASS
Feb. 17.

Level 5/6
CRN 28606 • 5-6 p.m.

NO CLASS
May 25.

Level 3
CRN 23694 • 6-7 p.m.

Level 4
CRN 28616 • 5-6 p.m.

NO CLASS
Feb. 18.

Level 3
CRN 60292 • 5-6 p.m.

Level 4
CRN 26709 • 6-7 p.m.

Save the date!
Registration opens April 14.
SCHOOL BREAK CAMPS – FEBRUARY AND APRIL BREAK
Call 315-792-5300 to learn about supervised lunch options!

Art Around the World: A Multicultural Experience
Take a trip with us to explore the culture, art, and beliefs of the Aboriginal, Greek, Egyptian, and Oriental people. Learn what art means to people in other parts of the world and work on art projects based on these cultures! Ages 7-12.
$119 • Whitesboro Middle School
Instructor: Nancie Cooney
Feb. 17-20, Mon.-Thurs., 1-4:30 p.m., CRN 60407
April 6-9, Mon.-Thurs., 1-4:30 p.m., CRN 60408

Kids in the Kitchen: Cooking Challenge
Welcome to our new cooking competition! Each day we will learn how to make one basic element that will be the base for a daily challenge. Daily themes include pizza, pasta, desserts, and a “secret ingredient.” Ages 7-12.
$129 • Whitesboro Middle School
Instructor: Carol Klausner
Challenge 1:
Feb. 17-20, Mon.-Thurs., 1-4:30 p.m., CRN 60410
Challenge 2:
April 6-9, Mon.-Thurs., 1-4:30 p.m., CRN 60412

Kids in the Kitchen: Pies, Pies, and MORE Pies!
Get ready to celebrate PI Day (March 14) by learning to make all kinds of pies - fruit, cream, even chicken pot pie and pizza pie! Chefs will learn to make from scratch a traditional rolled pie crust, a graham cracker crust, biscuit crust for pot pie, and pizza dough. There also will be a variety of fillings and toppings from which to choose. Ages 7-12.
$119 • Whitesboro Middle School
Instructor: Carol Klausner
Feb. 17-20, Mon.-Thurs., 8:30 a.m.-noon, CRN 60409

Kids in the Kitchen: Mexican Cooking - More Than Just Tacos!
Mexico offers many delicious dishes that are so much better than just your everyday tacos. Try your hand at homemade tortillas, taquitos, empanadas, and more! Ages 7-12.
$119 • Whitesboro Middle School
Instructor: Carol Klausner
April 6-9, Mon.-Thurs., 8:30 a.m.-noon, CRN 60411

Make Your First 3D Video Game
In this Black Rocket classic, go well beyond the limitations of the traditional 2D game design classes and create an immersive 3D world. Students will learn the physics behind 3D games, explore beginner event scripting, level design, controlling the flow of gameplay, and storytelling. Student-created games will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. Ages 8-11.
$149 • Whitesboro Middle School
Instructor: Katrina Finlayson
Feb. 17-20, Mon.-Thurs., 1-4:30 p.m., CRN 60394
April 6-9, Mon.-Thurs., 1-4:30 p.m., CRN 60395

FREE! GIRLS IN STEM EXPO!
Middle School Students! Spend the day making new friends and exploring science in an interactive way.

March 21, 2020
9 a.m.-12:30 p.m.
Utica Campus
Register by Feb. 16.
Amander Miller: amiller@mvcc.edu
Melissa Barlett: mbarlett@mvcc.edu
315-792-5462
Facebook: MVCC.WISE
Hip and Hoop Dance with Jessy
If you enjoyed Hip Hop Dance class this past summer, you'll love Hip and Hoop. Learn Hip Hop dance steps and incorporate some super sweet hula hoop moves into the mix! Wear comfortable clothing and sneakers, and bring a hula hoop! Ages 7-12.

$119 • Whitesboro Middle School
Instructor: Jessica Greig
Feb. 17-20, Mon.-Thurs., 8:30 a.m.-noon, CRN 60413
April 6-9, Mon.-Thurs., 8:30 a.m.-noon, CRN 60414

ROBLOX Makers
Unlock the power of ROBLOX® Studio, the world creation tool used by real-world ROBLOX® developers! Learn how to build 3D models and create an adventure in your ROBLOX® world. Bring characters to life with unique animations you design. Student-created projects will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. Ages 8-11.

$149 • Whitesboro Middle School
Instructor: Katrina Finlayson
Feb. 17-20, Mon.-Thurs., 8:30 a.m.-noon, CRN 60396
April 6-9, Mon.-Thurs., 8:30 a.m.-noon, CRN 60397

Meet and Make, Like the Masters!
Meet master artists like Monet, Van Gogh, Picasso, and more through inspiring stories written about their lives and famous works of art. Learn the subject matter and style unique to each of the masters, and try your hand at creating your own masterpieces. Ages 7-12.

$119 • Whitesboro Middle School
Instructor: Nancie Cooney
Feb. 17-20, Mon.-Thurs., 8:30 a.m.-noon, CRN 60405
April 6-9, Mon.-Thurs., 8:30 a.m.-noon, CRN 60406

Babysitter’s Training
Learn all the basic information and skills training you will need to care for children of all ages in a safe and reliable manner. Upon completion, you will be prepared and confident in your skills. Bonus: If you would like to take your babysitting skills to the next level you can also take our Infant and Child First Aid/CPR course at a discounted rate. Ages 11+.

$109 • Whitesboro Middle School
Instructor: Jessica Greig
Feb. 17-20, Mon.-Thurs., 1-4:30pm, CRN 60471
Instructor: Cristen Gallop
April 6-9, Mon.-Thurs., 1-4:30pm, CRN 60472

CPR and First Aid for Babysitters
Learn to recognize and care for first aid emergencies and how to respond to breathing and cardiac emergencies in infants and children up to 12 years of age. You will be certified in Pediatric First Aid/CPR/AED for two years with successful completion of this course.

$45 • Utica
Feb 21, Fri., 10 a.m.-4 p.m., CRN 60477
April 10, Fri., 10 a.m.-4 p.m., CRN 60478

Spring & Sport Camp
If you enjoyed Swim and Sport camp this summer, you’ll love Spring & Sport! Practice your skills through playing different sports and games. Wear comfortable clothing and sneakers, and bring a water bottle. Ages 7-12.

$119 • Whitesboro Middle School
Instructor: Alex Dankwa
Feb. 17-20, Mon.-Thurs., 1-4:30 p.m., CRN 60473
April 6-9, Mon.-Thurs., 1-4:30 p.m., CRN 60474
Whether you have a newborn or a tween, spending quality time together is important for your child’s development. Join us for these exciting classes that promote parent/child bonding, socialization, and learning new skills! Cost listed includes participation for one adult and one child. Adults must stay for the duration of the class.

**LIL’ HAWKS – NEW PROGRAMS FOR AGES NEWBORN TO 5!**

**Parent and Child - Preschool STEAM is Cool!**
Open up your preschool scientist’s mind to understanding the amazing physical world around them using art, music, and exploration to teach foundational principles of science, technology, engineering, and math. Ages 3-5.

*NEW*

- **$40 • Utica, JC202 • Instructor: Matt Klausner**
  - Feb. 4-25, Tues., 10:15-11 a.m., CRN 60324
  - March 10-31, Tues., 10:15-11 a.m., CRN 60325
  - April 7-28, Tues., 10:15-11 a.m., CRN 60326
  - May 5-26, Tues., 10:15-11 a.m., CRN 60327

**Health Sciences:**
**Senior Medical Mania**
This spin off of our popular Medical Mania summer camp takes high school students on an even more in-depth exploration of the healthcare field. Learn more about nursing, radiology, medical laboratory technology, respiration therapy, surgical technology, and gain valuable knowledge about educational and career paths to help you make a plan for your future!

*NEW*

- **$65 • Utica • Instructor: Maryanne Taverne**
  - April 7-9, Tues., Thurs., 11 a.m.-2 p.m., CRN 60466

**Parent and Child - Mini Music Makers**
This class uses a mix of familiar and obscure children’s songs to encourage a lifelong love of music. Ages 0-3.

*NEW*

- **$40 • Utica, JC202 • Instructor: Matt Klausner**
  - Feb. 4-25, Tues., 9-9:45 a.m., CRN 60320
  - March 10-31, Tues., 9-9:45 a.m., CRN 60321
  - April 7-28, Tues., 9-9:45 a.m., CRN 60322
  - May 5-26, Tues., 9-9:45 a.m., CRN 60323

**Parent and Child - Preschool Pretzel Kids Yoga**
So, what exactly is Pretzel Kids®? To kids, we’re fun, fun, fun! To parents, we are the answer to helping your children stay physically fit and deal more effectively with life stressors. Our proven curriculum and yoga program incorporates traditional hatha yoga poses with imaginative yoga games and relaxation techniques. Please bring a yoga mat and water. Ages 3-5.

*NEW*

- **$40 • Utica, JC202 • Instructor: Becky Ebling**
  - Feb. 7-28, Fri., 1-1:45 p.m., CRN 60328
  - March 6-April 3, Fri., 1-1:45 p.m., CRN 60339
  - No class March 22.
  - May 1-22, Fri., 1-1:45 p.m., CRN 60329
  - June 5-26, Fri., 1-1:45 p.m.
JUNIOR HAWKS- NEW PROGRAMS FOR AGES 7-12!

**Parent and Child - Kids in the Kitchen: Cookie Decorating with So Sweet Candy Café!**
Learn the basics of cookie decorating such as supplies and tools used, flooding, piping, color, and design techniques, and learn tips and tricks of the trade. Ages 7-12.

$39 • Instructor: Margaret Rienzo

**Valentine Theme:**
Feb. 1, Sat., 1-2:30 p.m., Rome, PC135, CRN 60380

**Spring Theme:**
May 2, Sat., 11 a.m.-12:30 p.m., Utica, ACC116, CRN 60381

**Summer Theme:**
June 13, Sat., 10-11:30 a.m., Rome

**Parent and Child - Kids in the Kitchen: Not Just for Leprechauns!**
Everything we make in this class will help you get ready to celebrate St. Patrick's Day. Together with their favorite adult, each child will make a Rainbow Cake and a delicious (and healthy) green smoothie. Be sure to wear green to this class! Ages 7-12.

$39 • Rome, PC134 • Instructor: Carol Klausner
March 14, Sat., 2-4 p.m., CRN 60378

**Parent and Child - Kids in the Kitchen: Mother's Day Tea**
Sample some “kid-friendly” teas and make several delicious and dainty finger foods, including traditional Petit Fours. We'll have a little fun because what’s a Tea Party without a game or two! Hats, gloves, and even teddy bears are welcome. Ages 7-12.

$39 • Rome, PC134
Instructor: Carol Klausner
May 9, Sat., 1-3 p.m., CRN 60379

**Parent and Child Paint Party**
Adult “paint-n-sips” are all the rage, wouldn’t you love to share a kid-friendly version with your child? You and your child will each paint your own canvas using a variety of colors. Everyone will go home with piece they are proud of! Classes taught by guest artists Vicki Ferrusi of Cocktails n Canvas and Jill Rae of Easels on the Gogh. Theme changes for each session – sign up for one or all three! Ages 6-12.

$39 • Utica, ACC116
Instructors: Vicki Ferrusi, Jill Rae

**Option 1: Valentine’s Day**
Feb. 8, Sat., 10 a.m.-noon, CRN 60480

**Option 2: St. Patrick’s Day**
March 7, Sat., 1-3 p.m., CRN 60481

**Option 3: Under the Sea**
May 16, Sat., 10 a.m.-noon, CRN 60482
Test Prep

SAT Quick Prep
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.

$49 • Instructors: Jarrod Williams, Emily Morse
Feb. 25-27, Tues., Thurs., 6-8:30 p.m.
Utica, AB259 CRN 29816
April 14-16, Tues., Thurs., 6-8:30 p.m.
Rome, PC209, CRN 29779
April 27-29, Mon., Wed., 6-8:30 p.m.
Utica, AB259, CRN 29817
May 26-28, Tues., Thurs., 6-8:30 p.m.
Rome, PC209, CRN 28168

SAT Review
Develop the skills you need to do your best on the SAT, in this in-depth four-session course. Learn how to approach each section of the test, how to understand what is being asked, and how to answer correctly with confidence. This course addresses all sections of the test. Bring pens and a scientific or graphing calculator.

$89 • Instructors: Emily Morse, Jarrod Williams
Feb. 3-12, Mon., Wed., 6-8:30 p.m., Utica, AB259, CRN 29825
March 23-April 1, Mon., Wed., 6-8:30 p.m., Utica, AB259, CRN 29826
April 21-30, Tues., Thurs., 6-8:30 p.m., Rome, PC209, CRN 29824
May 12-21, Tues., Thurs., 6-8:30 p.m., Utica, AB259, CRN 29823

Regents Review: 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.

$29 • Utica • Instructor: Emily Morse
June 1, Mon., 6-8:30 p.m.

Regents Review: Algebra 2
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.

$29 • Utica • Instructor: Emily Morse
June 8, Mon., 6-8:30 p.m.

Regents Review: Geometry
Join us for a close look at specific topics in geometry, with attention to questions, content, and concepts based on the Common Core State Standards. Individual needs will be addressed. Bring pencils and a scientific or graphing calculator.

$29 • Utica • Instructor: Emily Morse
June 9, Tues., 6-8:30 p.m.

Prepping for the SAT
Topics of study and review include mathematical concepts such as arithmetic, algebra and trigonometry, grammar and punctuation, reading comprehension, essay writing, and special standardized test-taking tips. Course participants are given the opportunity to put their new skills into practice using an official SAT.

$250 • ONLINE
March 2-27, CRN 29868
April 27-May 22, CRN 60012

SAT Grammar and Language Workshop
This class will focus on the finer points of grammar and the conventions of standard written English. Students will have explicit instruction in the parts of speech and functions of punctuation, and will hone their skills with specific exercises and activities meant to better prepare them for the “Writing and Language” portion of the new SAT.

$29 • Instructor: Jarrod Williams
March 3, Tues., 6-8:30 p.m.
Utica, AB259, CRN 26761
April 25, Sat., 9:30 a.m.-noon
Rome, PC209, CRN 29789
May 30, Sat., 9:30 a.m.-noon
Utica, AB259, CRN 60312
SAT Intensive Math Workshop
Get extensive math explanations and problem-solving skills to help prepare for the math portion of the SAT. There will be an in-depth emphasis on successful test-taking strategies and we will use sample tests. Bring pencils and a scientific or graphing calculator.
$29 • Instructor: Emily Morse
March 2, Mon., 6–8:30 p.m.
Utica, AB259, CRN 25848
April 20, Mon., 6–8:30 p.m.
Utica, AB259, CRN 29820
May 11, Mon., 6–8:30 p.m.
Rome, PC209, CRN 29788

SAT Reading and Writing Workshop
Using sample tests, you will get intensive practice in reading comprehension, vocabulary, essay writing, and written expression. There will be an in-depth emphasis on successful test-taking strategies. Bring pens and pencils.
$29 • Instructor: Jarrod Williams
April 18, Sat., 9:30 a.m.–noon
Utica, AB262, CRN 26068
May 23, Sat., 9:30 a.m.–noon
Rome, PC209, CRN 29818

ACT Review Class
Prepare for the ACT. Get 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.
$49 • Instructors: Emily Morse, Jarrod Williams
March 9–11, Mon., Wed., 6–8:30 p.m.
Utica, AB259, CRN 27709
May 18–20, Mon., Wed., 6–8:30 p.m.
Rome, PC209, CRN 29782

Prepping for the GMAT Online
This course 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).
$250 • ONLINE
March 2–27, CRN 29865
April 27–May 22, CRN 60009

Prepping for the GRE
This course offers a comprehensive study of the quantitative reasoning, verbal reasoning, and analytical writing sections of the GRE. Use numerous examples of test questions from recent years, in addition to gaining access to answers, explanations, and general time-saving techniques. Required Text: Official Guide to the GRE Revised General Test (by Educational Testing Service).
$250 • ONLINE
March 2–27, CRN 29866
April 27–May 22, CRN 60010

Prepping for the LSAT
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: LSAT For Dummies, 2nd edition.
$250 • ONLINE
March 2–27, CRN 29867
April 27–May 22, CRN 60011

Prepping for the ACT
Topics of study and review include mathematical concepts such as algebra, geometry and trigonometry, grammar and punctuation, reading comprehension, essay writing, data analysis for the science test, and general standardized test-taking tips. Required Text: ACT for Dummies, 6th Edition, (by Lisa Zimmer Hatch and Scott Hatch) and The Real ACT Prep Guide, 3rd Edition.
$250 • ONLINE
March 2–27, CRN 29864
April 27–May 22, CRN 60008
Professional Development

75-hour NYS Real Estate Salesperson’s Pre-Licensing Course
This course will prepare you to sit for the NYS Real Estate Salesperson’s examination. It satisfies the mandated 75-hour pre-licensing education requirements of the Department of State. Fee includes textbook, course materials, and test prep.
$549 • Utica, ACC220 • Instructor: Ronald Cerminaro
Jan. 27–March 23, Mon.-Wed., 6-9 p.m., CRN 26448
April 6–June 2, Mon.-Wed., 6-9 p.m., CRN 27939
No class May 25.

NYS Real Estate Salesperson’s Pre-Licensing Exam Review Class
This eight-hour review session will prepare those who have completed the 75-hour Real Estate Salesperson’s training for the NYS exam.
$69 • Mohawk Valley Assoc. of Realtors
Instructor: Ronald Cerminaro
Feb. 22–29, Sat., 8 a.m.–noon, CRN 60313

Eight-hour Pre-Assignment Training Course for Security Guards
This is an eight-hour course required by New York State as the first step in obtaining a security guard registration card from the NYS Department of State. The course provides the student with a general overview of the duties and responsibilities of a security guard. The passing of an examination is required for successful completion of this course.
$69 • Instructor: Rick D’Alessandro
Feb. 4-6, Tues., Thurs., 6-10 p.m., Utica, AB262, CRN 28838
Instructor: John Bielby
March 24-26, Tues., Thurs., 6-10 p.m., Rome, PC209, CRN 22141

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. The passing of an examination is required for successful completion of this course.
$99 • Utica, AB259
Instructor: Rick D’Alessandro
April 21–30, Tues., Thurs., 6-10 p.m., CRN 27232

Eight-hour Annual In-Service Training Course for Security Guards
This is an eight-hour course that must be completed within 12 calendar months from completion of the 16-hour On-the-Job Training Course for Security Guards, and annually thereafter. The course is structured to provide the student with updated and enhanced information on the duties and responsibilities of a security guard.
$69 • Instructor: Rich Dodge
Feb. 25–27, Tues., Thurs., 6-10 p.m., Utica, AB262, CRN 29042
Instructor: John Bielby
April 14–16, Tues., Thurs., 6-10 p.m., Rome, PC219, CRN 29023

SAVE School Violence Prevention
This workshop satisfies the New York State Education Department’s requirement for two-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.
$29 • Instructor: John Bielby
March 4, Wed., 4-6 p.m., Rome, PC209, CRN 29750
Instructor: Rich Dodge
April 23, Thurs., 4-6 p.m., Utica, AB252, CRN 29751

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.
$39 • Instructor: John Bielby
March 4, Wed., 6–9 p.m., Rome, PC209, CRN 29745
Instructor: Rich Dodge
April 23, Thurs., 6–9 p.m., Utica, AB252, CRN 29746
Dignity for All Students
This course will address the social patterns of harassment, bullying, and discrimination. It also will cover the identification and mitigation of harassment, bullying and discrimination; and strategies for effectively addressing problems of exclusion, bias, and aggression in educational settings. Successful completion of this course will meet the certificate requirements in 14(5) of Chapter 102 of the Laws of 2012.
$99 • Instructor: John Wells
Feb. 8, Sat., 9 a.m.-3 p.m., Utica, AB262, CRN 29747
March 7, Sat., 9 a.m.-3 p.m., Rome, PC209, CRN 29748
April 25, Sat., 9 a.m.-3 p.m., Utica, AB262, CRN 29749

First Aid and CPR for Childcare Providers
This course teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, and back injuries, heat and cold emergencies, and how to respond to breathing and cardiac emergencies to help infants and children up to 12 years of age. Students who successfully complete this course will receive a certificate for Pediatric First Aid/CPR/AED valid for two years.
$50 • Utica, JC109
Instructor: Caroline Pollard
Feb. 8, Sat., 10 a.m.-4 p.m., CRN 29694
March 28, Sat., 10 a.m.-4 p.m., CRN 29695

Sexual Harassment Awareness 101 - NYS-Mandated Training
Perfect for new hires, volunteers, interns and part-time employees. This training satisfies the NYS-Mandated Sexual Harassment. An interactive course including video, case studies, and strategies to recognize and prevent sexual harassment through bystander intervention and creating a healthy workplace environment. Call for custom pricing on-site or on-campus.
$40 • Instructor: Francesca Dunlevy
Feb. 11, Tues., 9:30-11:30 a.m., Utica, ACC116, CRN 60209
April 28, Tues., 9:30-11:30 a.m., Utica, WH225, CRN 60210

Sexual Harassment Awareness 201 - Annual Refresher
Anyone who completed MVCC Sexual Harassment Awareness 101 is eligible for this one-hour refresher. We will utilize case studies, current events, and legal cases in this mandated training to reinforce sexual harassment awareness as well as recertify participants.
$25 • Utica, WH225
Instructor: Francesca Dunlevy
May 28, Thurs., 7-8 a.m., CRN 60415
June 25, Thurs., noon-1 p.m.

Sexual Harassment Awareness 301 - Train the Trainer
This class will provide participants with Powerpoint slides, case studies, and handouts that are in compliance with NYS-mandated annual anti-harassment training. Designed for human resources personnel, insurance agencies, and lawyers.
$299 • Utica, WH225
Instructor: Francesca Dunlevy
May 15, Fri., 12:30-4:30 p.m., CRN 60416
June 15, Mon., 12:30-4:30 p.m.
Brewing Fundamentals Certificate
Learn the process of brewing to enhance your small business or take your home-brewing to the next level. Go from bucket to barrel in this six-week course where we cover malt, water chemistry, hops, yeast, brew-house workflow, and quality testing. Learn how the science of water, hops, barley, and yeast meet the art of brewing to create quality beer and how some principles apply to wine, cider, and distilled spirits. Participants who successfully complete all seven sessions will receive a certificate.
$349 • Utica, Various Rooms
March 19-April 30, Thurs., 6-9 p.m.
CRN 60173

Brewing Fundamentals: Brewing Overview
This will be a survey class giving the overview of the brewing process. The instructor will compare and contrast German Style and English Style brew houses, cover a brief history of brewing, and give industry insight. Brew-house operations as well as the basics of brewing and best practices will be covered.
$59 • Utica, AB213
Instructor: Richard Michaels
March 19, Thurs., 6-9 p.m., CRN 60177

Brewing Fundamentals: Barley 101
Students will learn the basics of malt and the malting process. They will be able to read a malt report and choose malt based on quality characteristics. They will understand protein content, moisture content, germination energy, and favorable appearance characteristics. Different varieties of barley will be available for evaluation and tasting.
$59 • Utica, AB213
Instructor: Joe Kinney
March 26, Thurs., 6-9 p.m., CRN 60172

Brewing Fundamentals: Water Chemistry
Water makes up 95% of beer and is often overlooked as an ingredient. Students will understand water hardness, where to find it on a water report, and best practices for adjusting water to make it suitable for brewing. Students will work hands on with local water reports and information to create ideal brewing water for a variety of styles.
$59 • Utica, AB213
Instructor: Scott Greiner
April 2, Thurs., 6-9 p.m., CRN 60174

Brewing Fundamentals: Hops 101
Often the most talked about topic when it comes to beer. Here we will see how the different varieties of hops affect the flavor and aroma of beer. Students will learn the basics of hops, kettle hopping, and methods for dry hopping.
$59 • Utica, AB213 • Instructor: Scott Greiner
April 9, Thurs., 6-9 p.m., CRN 60175

Brewing Fundamentals: Intro to Yeast
Students will learn the nutritional requirements of yeast in wort and the challenges of fermenting wine and cider. Methods for harvesting yeast and storing it for re-use will be examined, as well as optimal growth, fermentation, and storage conditions. Students will work hands-on with brewer’s yeast to perform cell counts and determine cellular viability.
$59 • Utica, AB213 • Instructor: Joe Kinney
April 16, Thurs., 6-9 p.m., CRN 60176

Brewing Fundamentals: Quality
This class will dive into basic quality checks a small brewery can perform. From basic microbiological plating to gravity, pH, oxygen and what they mean to beer and brewing. We will show students some basic quality checks they can perform to ensure a consistent and delicious beer.
$59 • Utica, AB217
Instructor: Richard Michaels
April 23, Thurs., 6-9 p.m., CRN 60178

Brewing Fundamentals: Off-Flavors and Characteristics
Experience common off-flavors found in beer. hone your skills in identifying the most prevalent defects in beer. This hands-on workshop will allow students to familiarize themselves with 10 known beer defects. Participants must be 21 or over to attend this session.
$59 • Utica, AB218
Instructor: Richard Michaels
April 30, Thurs., 6-9 p.m., CRN 60197
Barista Series

Barista Certificate
This new certificate program is geared toward those who want to take their barista skills to the next level. This is an expansive exploration and exposure to primary elements that play into proper espresso extraction, shop dynamics, consistency, flow, focus, and drink development. All classes are saturated with third wave coffee culture theories and the statements of “this is great…” aligned with the question of “but how can I make this better?” All sessions are crafted for all levels, from novice to professional. Participants must take all three, four-hour sessions listed below, plus complete a one-hour, hands-on practical exam, by appointment, to successfully receive this certificate. This program is offered in partnership with Utica Coffee Roasting Company. $289 • Utica Coffee Roasting Company • Instructor: Jay Furgal
Feb. 8-March 28, Sat., 10 a.m.-2 p.m., CRN 60469

Barista Certificate 1:
Espresso Manifesto
Learn the basics of what it means to be a lover of the coffee culture, espresso, and how it has developed over time. This is key for setting a foundation for the format of your craft. Learning machines, tools, and terminology that is used in third-wave coffee shops will be covered as well as hands-on extraction of espresso, tasting, development of the palate, and procedures used for drink development.
$99 • Utica Coffee Roasting Company
Instructor: Jay Furgal
Feb. 8, Sat., 10 a.m.-2 p.m., CRN 60451

Barista Certificate 2:
Matrix of the Milk
This class will provide an introduction to the science behind why certain milks steam differently, the craft behind creating the perfect texture of foam, utilizing knowledge from Espresso Manifesto to slowly build drinks and create a unified art piece to please both yourself and/or the consumer.
$99 • Utica Coffee Roasting Company
Instructor: Jay Furgal
March 7, Sat., 10 a.m.-2 p.m., CRN 60452

Barista Certificate 3:
Layer Down a Latte
This is a strictly hands-on course with all pre-requisite course knowledge and dynamics applied - four full hours of unified pouring, practice, and techniques that can encourage the proper development of latte art, hearts, rosettas, tulips, and swans. Students will hone in on texture, temperature, and timing, and each will get a chance to work, learn, and watch independently with the instructor.
Cost: $99 • Utica Coffee Roasting Company
Instructor: Jay Furgal
March 28, Sat., 10 a.m.-2 p.m., CRN 60453
Notary Public
If you have wanted to become a notary public, but have been worried about the exam, this class will help. 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 a license to become a more valuable asset in your workplace.

$59 • Instructor: Gloria Karol
Feb. 29, Sat., 9:30 a.m.-1:30 p.m., Utica, AB173, CRN 24496
March 28, Sat., 9:30 a.m.-1:30 p.m., Rome, PC209, CRN 26031

Google IT Support Professional Certificate
This new program includes innovative curriculum developed by Google, designed to prepare you for an entry-level role in information technology. Topics to be covered include: Technical Support Fundamentals; The Bits and Bytes of Computer Networking; Operating Systems and You: Becoming a Power User; System Administration and IT Infrastructure Services; and IT Security.

$799 • Utica, WH219
Instructor: Frank DuRoss Jr.
Feb. 18-May 28, Tues., Thurs., 5-7 p.m.
CRN 60124
No class Feb. 20.

Personal Trainer Certification
This course will give you the education, skills, and insight to become a valued professional as a certified personal trainer, ready to enter the workforce. Our two-day intensive program includes 16 hours of lecture, demonstrations, and practical hands-on application. An online final exam will be taken after the class is complete. There are no prerequisites to participate in this program. Text and materials are purchased separately for $65 on the first day of class. Please bring a check or cash to receive materials. Note: CPR certification needs to be obtained before final certification. A 10-hour Internship/Shadowing period is also required for final certification. Please dress in gym clothes and bring a lunch and a mat.

$449 • Utica, JC108
Instructor: Nadia Ellis
April 25-26, Sat., Sun., 9 a.m.-4 p.m., CRN 29844

Airframe and Powerplant Test Prep
This course is student-focused to review and teach subjects on the FAA's oral and practical exam. This also helps prepare participants for the three written FAA exams. Lecture, projects, and other test prep activities for Airframe, Powerplant, and General subjects. FAA testing can be done on-site after completion. Testing fees total $1,330. FAA form 8610-2 with Memo of Experience required the first day of class. Call 315-792-5305 for more information.

$1,400 • Rome, PCL01
Jan. 6-17, Mon.-Fri., 8 a.m.-4:30 p.m., CRN 28783
March 2-13, Mon.-Fri., 8 a.m.-4:30 p.m., CRN 29953
March 30-April 10, Mon.-Fri., 8 a.m.-4:30 p.m., CRN 28832
May 4-15, Mon.-Fri., 8 a.m.-4:30 p.m., CRN 28840

FREE Safety Training
Available to small businesses in the high-hazard fields of warehousing, storage, and manufacturing
This four-hour training targets workers at small businesses in Oneida, Madison, Herkimer, Onondaga, and Lewis counties, and will include contact and exposure hazards, materials moving, fall prevention, and similar points. All trainings may take place at employer workplaces when possible, to reduce distance and transportation barriers. Where employers are unable to host a training, classes will take place at the MVCC Utica Campus. Training will primarily be in English; materials will be translated into Karen to better support the local refugee population, and in-class interpreters will be contracted on an as-needed basis.

Contact Terésa Fava-Schram for more information at 315-792-5681.
Online Professional Development

Coming soon! Online training for Real Estate Professionals! Classes will include:

- 45-Hour Broker Qualifying Course: Local Concerns for Upstate New York
- New York 75-hour Real Estate Salesperson Professional Track
- Real Estate CE: 22.5 hours with Fair Housing
- Real Estate CE: Code of Ethics
- Real Estate CE: Fair Housing in New York
- Real Estate CE: Millennials - Challenging the Norm
- Real Estate CE: New York Agency
- Real Estate CE: Understanding and Improving Credit Scores

Contact Carolyn DeJohn at cdejohn@mvcc.edu for more information!

Certificate in Learning Styles
In this certificate program, you’ll get the most advanced information about the three most important and most prevalent characteristics you experience with your participants: generation, gender, and the autism spectrum. Your instructors are some of the foremost authorities in the world on these subjects. This certificate program includes the following classes: Students with ASD, Gender in the Classroom, and Generational Learning Styles.

$395 • ONLINE
March 2-May 1, CRN 60316

Students with ASD (Autism Spectrum Disorder)
$145 • ONLINE • Instructor: Julie Coates
March 2-27, CRN 60318

Gender in the Classroom
$145 • ONLINE • Instructors: Julie Coates, William Draves
March 2-27, CRN 60317

Generational Learning Styles
$145 • ONLINE
Instructor: Kassia Dellabough
April 6-May 1, CRN 60319

Certificate in Online Teaching
From building an online course to improving an online course, from fostering online discussion to encouraging student interaction, from traditional assessment to online tests, the program will give you both the fundamentals of teaching online, as well as the most advanced tips and techniques in the business. Your instructors are authors, speakers, and consultants in online learning and teaching. This certificate program includes the entire series listed below: Advanced Teaching Online, Designing Online Instruction, and Fostering Online Instruction.

$495 • ONLINE
Feb. 3-May 1, CRN 60330

Advanced Teaching Online
$195 • ONLINE • Instructor: William Draves
Feb. 3-28, CRN 60331

Designing Online Instruction
$195 • ONLINE • Instructor: Dionne Felix
March 2-27, CRN 60332

Fostering Online Discussion
$195 • ONLINE
Instructor: Mary Dereshiwpky
April 6-May 1, CRN 60333

Did you know that MVCC is now an approved and accredited sponsor of Continuing Teacher and Leader Education CTLE hours? Offerings include Gender in the Classroom, Generational Learning Styles, Social Media and Online Tools for K12 Teachers, Students with ASD, and more. Contact Carolyn DeJohn at 315-792-5410 or cdejohn@mvcc.edu for more information.
Certificate in Data Analysis
Begin with getting a basic understanding of how to analyze data in a business setting. Then learn how many of your business decisions involve comparing groups for differences. You will know the statistics behind these group differences and relationships. Finally, you will find out how to perform inquiries that will be useful to your business or organization, and have the skills necessary to communicate these results through graphs and text that your fellow employees will understand. Whether your business is home-based or a large company, this certificate will take you to the next level where important decision-making is concerned. This class includes the following courses: Introduction to Data Analysis, Intermediate Data Analysis, and Advanced Data Analysis.

$495 • Online
Feb. 3-May 1, Online, CRN 29980

Introduction to Data Analysis
$195 • Online • Instructor: John Rutledge
Feb. 3-28, CRN 60003

Intermediate Data Analysis
$195 • Online
Instructor: Mary Dereshiwsky
March 2-27, CRN 60002

Advanced Data Analysis
$195 • Online • Instructor: Jeff Kritzer
April 6-May 1, CRN 29979

Digital Marketing Certificate
Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your website traffic, doing search engine optimization, and how to successfully employ online advertising. This course is relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions. This certificate program includes the entire series listed below: Improving Email Promotions, Boosting Your Website Traffic, and Online Advertising.

$495 • Online
Feb. 3-May 1, CRN 60334

Improving Email Promotions
$195 • Online
Instructors: Dan Belhassen, Susan Hurrell
Feb. 3-28, CRN 60336

Boosting Your Website Traffic
$195 • Online
Instructors: Dan Belhassen, Susan Hurrell
March 2-27, CRN 60335

Online Advertising
$195 • Online
Instructors: Dan Belhassen, Susan Hurrell
April 6-May 1, CRN 60337

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. To enroll, contact the Center for Legal Studies at 1-800-522-7737. Book and materials must be purchased separately.

$995 • Online • March 9-April 24
Coding Certificate
Begin by getting introduced to the basics of computer programming and various programming languages. Then go to the next level and acquire all the basics of HTML and CSS. You will learn the relationship between these two industry-standard webpage coding languages and the step-by-step process of hand coding and building webpages. Finally, discover the advanced features of CSS and learn how to use this very powerful language. This certificate program includes the following courses: Introduction to Coding, HTML and CSS Fundamentals, Advanced CSS.
$595 • ONLINE • Feb. 3-May 1, CRN 60164

Social Media for Business Certificate
From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization. Whether you are new to social networks or already involved, you will come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. This certificate program includes the three classes listed below: Introduction to Social Media, Marketing Using Social Media, and Integrating Social Media in Your Organization.
$495 • ONLINE
Feb. 3-May 1, CRN 60014

Introduction to Social Media
$195 • ONLINE • Instructor: Nicole Siscaretti
Feb. 3-28, CRN 60004

Marketing Using Social Media
$195 • ONLINE • Instructor: Nicole Siscaretti
March 2-27, CRN 60007

Integrating Social Media in Your Organization
$195 • ONLINE • Instructor: Jennifer Selke
April 6-May 1, CRN 60001

Paralegal Certificate Online
This program is designed for beginning or advanced legal workers. Students 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. To receive a certificate, students must pass numerous quizzes and successfully complete several writing assignments. To enroll, contact the Center for Legal Studies at 1-800-522-7737.
$1,595 • ONLINE • March 9-June 19

Introduction to Social Media
$195 • ONLINE • Instructor: Jeff Kritzer
Feb. 3-28, CRN 60165

HTML and CSS Fundamentals
$245 • ONLINE • Instructor: Andy Helmi
March 2-27, CRN 60166

Advanced CSS
$245 • ONLINE • Instructor: Andy Helmi
April 6-May 1, CRN 29978
Healthcare Training

Barrier Precautions/Infection Control
The New York State Department of Health requires this class for licensed professionals, including physicians, physicians’ assistants, specialist assistants, dentists, dental hygienists, registered nurses, licensed practical nurses, optometrists, and podiatrists. Certification earns 0.3 CEUs and is valid for four years. $40 • ONLINE • Instructor: Tammy Johnston • Self-paced • CRN 22038

Certified Nursing Assistant
Nurse aides are the vital link between patients, RNs, and doctors. Get New York State-certified with this accelerated 120-hour course that combines 90 hours of classroom and lab with 30 supervised clinical hours of training. Upon successful completion of the program, students are registered for and take the NYS certification exam on-site. Bring current comprehensive physical, vaccinations, and TB test results to orientation at MVCC (Utica Campus, AB166) on Feb. 4 at 3 p.m.

$1,250 • Sitrin Healthcare Center
Instructors: Nelson Wood, Tammy Johnston
Feb. 10–March 31, Mon., Tues., Thurs., Fri., 3:30-8:30 p.m., CRN 60223
No Class on Feb. 14.
May 18–July 9, Mon., Tues., Thurs. Fri., 3:30-8:30 p.m.
No class on May 25, July 3, 6.

Personal Care Aide (PCA)
This entry-level program will provide you with 40 hours of combined classroom and laboratory training needed to become a certified Personal Care Assistant. Classroom and lab instruction will enable the student to learn the skills necessary to work in an assisted living facility. Orientation takes place at 3 p.m. Jan. 6, on the Utica Campus, AB166. Bring recent physical, TB test, and immunization record. Upon successful completion of the PCA program, students will be eligible to continue their training, if desired, by enrolling in a certified Home Health Aide training program which starts on April 20.

$400 • Sitrin Healthcare Center
Instructors: Nelson Wood, Tammy Johnston
Jan. 13–24, Mon., Tues., Thurs., Fri., 3:30-9 p.m., CRN 60168

Home Health Aide (HHA)
Get certified on the Home Care Registry with the Home Health Aide two-week program! For those who are active on the home care registry as a PCA, become even more marketable in the growing healthcare field. This 35-hour Home Health Aide program provides the skills training necessary to care for patients ranging from infants to seniors in a home setting. Sixteen hours of clinical experience is included. Bring records of a recent physical, TB test results, and immunizations to Orientation at 3 p.m., April 8, on the Utica Campus, AB166.

$600 • Sitrin Healthcare Center
Instructors: Nelson Wood, Tammy Johnston
April 20–May 1, Mon., Tues., Thurs., Fri., 3:30-9 p.m., CRN 60167

Medical Coding and Terminology
Join the growing healthcare industry with the combined 80-hour comprehensive coding course offering the fundamental medical coding skills for professional services (physicians and mid-level providers, etc.). Students who complete this comprehensive course could be qualified to further their credentials and prepare to take the American Academy of Professional Coders Exam and gain the title of Certified Professional Coder.

$1,899 • Utica, AB126
Instructor: Paula Courto
March 24–June 18, Tues., Thurs., 6-9:30 p.m.
CRN 60398
No class on April 9 and May 26.
Phlebotomy
This program 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. Medical requirements: physical within one year, TB test results read within one month of class start date, positive titers or proof of two MMR vaccines and two Varicella vaccines. Other required vaccinations (with proof) include Tdap or Tetanus toxoid (within 10 years), seasonal flu shot, and a complete series of Hepatitis B. Tuition includes insurance fee. Purchasing the textbook is optional but highly recommended. $499 • Instructor: Rachel Canarelli
April 20-June 15, Mon., Wed., 6-9 p.m. Utica, AB126, CRN 21496
No class May 25.
April 21-June 11, Tues., Thurs., 6-9 p.m. Utica, AB153, CRN 25917

CPR, AED, and Blocked Airways, Basic Life Support Certification (AHA)
CPR and Basic Life Support for healthcare professionals. BLS CPR (1 and 2 rescuer) BVM Ventilations, choking, and AED use for adults, children, and infants. Students that pass written and skills tests receive an AHA BLS ecard that is valid for two years. $40
Jan. 9, Thurs., 9:30 a.m.-2 p.m. Utica, JC108, CRN 28689
Feb. 13, Thurs., 9:30 a.m.-2 p.m. Utica, JC108, CRN 28960
March 12, Thurs., 9:30 a.m.-2 p.m. Utica, JC109, CRN 28688
April 16, Thurs., 9:30 a.m.-2 p.m. Utica, JC108, CRN 28690
May 7, Thurs., 9:30 a.m.-2 p.m. Utica, JC109, CRN 28961

Basic Life Support Certification Refresher (AHA)
Basic Life Support Recertification for healthcare professionals. Practice, refresh skills, and test! Bring current or expired American Heart Association BLS Certification card to class. Class includes ecard that is valid for two years. $30
Jan. 23, Thurs., 10 a.m.-noon, Utica, JC108, CRN 60399
Feb. 27, Thurs., 10 a.m.-noon, Utica, JC108, CRN 60400
March 26, Thurs., 10 a.m.-noon, Utica, JC108, CRN 60401
April 30, Thurs., 10 a.m.-noon, Utica, JC108, CRN 60402
May 14, Thurs., 10 a.m.-noon, Utica, JC109, CRN 60403

Heart Saver and First Aid (AHA)
First Aid and CPR is geared towards anyone with limited or no medical training. This American Heart Association course satisfies employment, volunteer, regulatory, and other requirements. Topics include first aid basics, medical emergencies, injury emergencies, environmental emergencies, and CPR/AED for adults, children, and infants. Upon successful completion, students receive a course completion card that’s valid for two years. $85
Feb. 22, Sat, 8 a.m.-5 p.m., Utica, AB126, CRN 60442
March 14, Sat, 8 a.m.-5 p.m., Utica, AB126, CRN 60443
Insurance Courses

Insurance Pre-Licensing Part I (Personal Lines)
To become a licensed insurance agent in New York State, you must complete the 97-hour pre-licensing training requirement for Property and Casualty under New York State Insurance Law. This Part 1 segment covers Personal Lines Licensing and is 60 hours in length. This course will fulfill the requirement to sit for the Personal Lines licensing exam only. Textbook is included in tuition. $400

Instructor: Ed Whitehead
Jan. 13-Feb. 20, Mon., Thurs. 5:30-9:30 p.m., Utica, AB173, CRN 29557
Instructor: Don Reese
Jan. 27-Feb. 5, Mon.-Fri. 8:30 a.m.-4 p.m., Rome, PC120, CRN 60153
Instructors: Don Reese, Ed Whitehead
May 4-13, Mon.-Fri. 8:30 a.m.-4 p.m., Rome, PC120, CRN 60441

Insurance Pre-Licensing Parts 1 & 2 (Property and Casualty)
This 97-hour course will fulfill the requirement to sit for the NYS Property & Casualty Exam (Personal & Commercial). $700

Instructor: Don Reese
Jan. 13-April 2, Mon., Thurs. 5:30-9:30 p.m., Utica, AB173, CRN 29558
Instructor: Ed Whitehead
Jan. 27-Feb. 14, Mon.-Fri. 8:30 a.m.-4 p.m., Rome, PC120, CRN 60155
Instructors: Don Reese, Ed Whitehead
April 6-24, Mon.-Fri. 8:30 a.m.-4 p.m., Rome, PC120, CRN 60154
May 4-22, Mon.-Fri. 8:30 a.m.-4 p.m., Rome, PC120, CRN 60446

NEW CE classes coming in January!
Call Don Reese for more information at 315-334-7719.

Insurance Fraud: A 21st Century Analysis
This fast-paced, eight-hour CE course covers a wide range of laws and examples of fraudulent activities, claims, and incidents and is approved for all New York State insurance licensees. From avoidance through investigations, this course presents a number of examples of modern day fraud, often committed right here in the Mohawk Valley! BR, C3, LAH, LB, LSB, LC, PA, PC $75 • Instructor: Don Reese
Jan. 28, Tues., 8:30 a.m.-4:30 p.m. Rome, PC120, CRN 60232
Feb. 22, Sat., 8:30 a.m.-4:30 p.m. Rome, PC120, CRN 29735
March 21, Sat., 8:30 a.m.-4:30 p.m. Rome, PC120, CRN 29736
May 12, Tues., 8:30 a.m.-4:30 p.m. Rome, PC209, CRN 60439

Insurance Continuing Education Courses
Insurance Regulations and New York State Licensees
This course covers the range of statutory and common law provisions which affect agents and insurers in 2019. From Producer Transparency laws to Fiduciary Responsibilities, the course covers a wide number of laws which impact the daily operation of agents, brokers, and insurers. This eight-hour CE course is approved for all New York State insurance licensees: BR, C3, LAH, LB, LSB, LC, PA, PC
$75 • Rome, PC120
Instructor: Don Reese
Feb. 15, Sat., 8:30 a.m.-4:30 p.m.
CRN 29731
April 11, Sat., 8:30 a.m.-4:30 p.m.
CRN 29732

Insurance: Creating and Executing a Culture of Customer Service
This eight-hour CE course, approved for all NYS licensees, will provide a variety of tips and hints for developing superior customer service skills. These skills can then be taught throughout an organization to develop a culture based on customer service. BR, C3, LAH, LB, LSB, LC, PA, PC
$75 • Rome, PC120 • Instructor: Sharon Jachim
March 4, Wed., 8:30 a.m.-4:30 p.m.
CRN 29856

Insurance: ISO Homeowners Program
This eight-hour CE course covers the entire spectrum of the ISO Homeowner series, focusing on the ISO 2011 form. Through policy analysis, we examine property and liability coverage, medical payments, additional living expenses and a variety of loss settlement clauses. This is a fast-paced, detailed course featuring updated court rulings and decisions. BR, C3, PA, PC
$75 • Rome, PC120 • Instructor: Don Reese
March 7, Sat., 8:30 a.m.-4:30 p.m.
CRN 29740
April 18, Sat., 8:30 a.m.-4:30 p.m.
CRN 29739

Insurance: New York Auto Policy
What is “No-Fault?” Why are some accidents covered and not others? If I drive for someone like Uber or Lyft, does my auto policy protect me? What’s this “uninsured” stuff? This eight-hour CE course will cover these issues and a host of others, and is approved for the following licensees: BR, C3, PA, PC
$75 • Instructor: Don Reese
Jan. 25, Sat., 8:30 a.m.-4:30 p.m.
Rome, PC120, CRN 29741
March 10, Tues., 8:30 a.m.-4:30 p.m.
Rome, PC120, CRN 29742

Insurance: New York State of Health Insurance Exchange Analysis
A major part of the Patient Protection and Affordability Act, this course covers every aspect of the operation of the health insurance exchange in New York. From “metal levels” to subsidies, this eight-hour course will impact the following NYS licensees: BR, LAH, LB, LSB, LC, PC
$75 • Rome, PC120
Instructor: Peter Carchedi
Feb. 1, Sat., 8:30 a.m.-4:30 p.m.
CRN 29738
March 14, Sat., 8:30 a.m.-4:30 p.m.
CRN 27737

Insurance: Patient Protection and Affordable Care Act: 2019 - What Happens Next
Easily the most controversial law passed by Congress in the last 10 years, it is still one of the most confusing. With changes in Washington D.C. politics, where do we go from here? Will NYS keep all of the provisions of the law? Who is going to pay for all of this? This eight-hour CE course is approved for the following licensees: BR, LAH, LB, LSB, LC, PC
$75 • Rome, PC120
Instructor: Peter Carchedi
March 28, Sat., 8:30 a.m.-4:30 p.m.
CRN 29733
April 25, Sat., 8:30 a.m.-4:30 p.m.
CRN 29734

Insurance: Preparing for the Worst: Disaster Insurance
We all know that disasters occur. It’s not “if” but “when.” Will your clients be ready? Will you be ready? Over eight hours, this course will cover risk management and disaster preparation from the view of a business as well as a family. This course will help to prepare you for times of emergency and you will be better able to service your clients and customers. This course provides eight CE hours of instruction for the following licensees: BR, C3, PA, PC
$75 • Rome, PC120
Instructor: Don Reese
Feb. 8, Sat., 8:30 a.m.-4:30 p.m.
CRN 60156
April 4, Sat., 8:30 a.m.-4:30 p.m.
CRN 60157
Construction & Engineering

Lead Renovator Certification
These classes are required for home improvement contractors, property management firms, handymen, landlords, or others compensated for renovations that disturb more than 6 sq. ft. (interior) and/or 20 sq. ft. (exterior) of paint or surface coating in pre-1978 housing where a child resides or is expected to reside. All home improvement contractors, property management firms, handymen, 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. It also provides the knowledge and voluntary skills necessary for do-it-yourselfers who want to learn to do it safely. 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 the Oneida County Health Department, and 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 eight-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 will be provided. The course concludes with a 25-question exam. Students also should bring a lunch. $175
Jan. 30, Thurs., 8:15 a.m.-5:15 p.m., MVCC Carpentry and Masonry, CRN 27242
March 11, Wed., 8:15 a.m.-5:15 p.m., MVCC Carpentry and Masonry, CRN 27244
April 8, Wed., 8:15 a.m.-5:15 p.m., MVCC Carpentry and Masonry, CRN 27246
May 7, Thurs., 8:15 a.m.-5:15 p.m., Rome, PC209, CRN 27243

Lead Renovator Refresher
This four-hour refresher course is required for any renovators that completed the Initial Lead Renovator Training five or fewer years ago. Bring a pen, pencil and paper, and proof of prior certification; all other materials will be provided. The course concludes with a 25-question exam. $135 • MVCC Carpentry and Masonry
March 13, Fri., 8:15 a.m.-12:15 p.m., CRN 28629

10-hour OSHA Training
This course will provide a variety of awareness training on construction safety and health topics with 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 $10 to class for your card. $80 • Instructor: Dominick Timpano
Feb. 17-19, Mon.-Wed., 6-9:30 p.m., MVCC Education Outreach Center, CRN 26707
April 13-15, Mon.-Wed., 6-9:30 p.m., Rome, PC217, CRN 28387
**Drone Training**

**Drones on the Fly**
Learn the basics of drone flight and rules. Students will participate in a demonstration of several drone varieties. Bring your questions and curiosity and learn more about the interesting and transformative technology that everyone is talking about!

$29 • Utica, AB140 • Instructor: Bill Judycki
April 22, Wed., 6-9 p.m., CRN 60171

**Remote Pilot Test Prep**
The FAA requires all UAS/drone operators who are flying for commercial purposes to take a Remote Pilot License Exam. This class will help you to prepare for this challenging test. Exam and exam cost is not included in this preparatory class.

$99 • Utica, AB140 • Instructor: Bill Judycki
April 29-May 6, Wed., Thurs., 6-9 p.m., CRN 29730

**Leisure Learning**

**All About Birds** **NEW**
This course will explore all aspects of bird life and will broaden your bird knowledge by giving you a strong foundation in all things feathered. Classroom content includes identification of over 50 bird species, field techniques, anatomy, behavior, evolution, feeding habits, breeding, migration, and habitat ecology. The class will conclude with a Saturday (April 18, 7-9 a.m.) birding trip to the Utica Marsh to put your classroom work into practice!

$69 • Utica, AB264 • Instructor: Brad Gibson
March 18-April 15, Wed., 6-7 p.m., CRN 60338

**Spongetta’s Garden: Plan a Summer Cutting Garden!** **NEW**
This workshop will teach you how to plan a seasonal cut flower garden. Learn the best varieties to plant that thrive in our climate and for long stems that last a week when cut. Discover the top 10 cutting flowers plus a list of those you may never have heard of that will flourish in upstate New York. Each participant will create a small cutting garden plan to take home.

$45 • Utica, AB173 • Instructor: Betsy Busche
March 7, Sat., 1-3 p.m., CRN 60438

**Coffee 101**
Join the Head Roaster at Utica Coffee Roasting to learn all about your favorite morning beverage—COFFEE!—From seed to cup. In this fun and interactive class, you’ll tour the Utica Coffee Roasting Café and Warehouse, learn about Cup Coffee and the importance of water chemistry, and finally practice and sample the best brew method. Participants will each receive a bag of Utica Coffee.

$29 • Utica Coffee Roasting Company • Instructor: John DeTraglia
April 23, Thurs., 4-7 p.m., CRN 60130
Introduction to Adobe Lightroom
Adobe Lightroom has become the photo editing software of choice for many photographers, professional and amateur alike. It is much more intuitive and easier to learn than Photoshop, yet has enough editing capabilities to suit most photographer’s needs. In this introductory course, you will learn how to use the basic essential tools for editing and enhancing your photographs. Learn about Camera RAW, removing blemishes, cropping, and making overall and local adjustments to your images. Learn the instructor’s proven workflow for processing images and getting them ready for sale and publication. You will then have the opportunity to work on your own images.

$75 • Utica, AB273 • Instructor: Chris Murray
March 21, Sat., 9 a.m.-2 p.m., CRN 60404

Fundamentals of Photography
Are you tired of being disappointed with your photographs? Learn how to make better photos with an emphasis on landscape photography. We’ll cover the various camera functions found on digital cameras, including exposure theory, shutter speed, aperture, and ISO. We will also spend time learning about composition and equipment. There will be time to practice newly learned principles and techniques. This course is intended for those who own a digital or film SLR camera. Please bring your camera and manual to class.

$80 • Utica, AB273 • Instructor: Chris Murray
Feb. 29, Sat., 9 a.m.-3 p.m., CRN 60417

Creative Writing Workshop
If you like to write, this class is for you. Each class focuses on ways to improve and enhance your writing skills by using different prompts and activities to promote creative thinking. Share written work (old or new). Receive helpful feedback from others. Overcome writer’s block and find motivation. No writing background is required. Willingness to write in new ways and keeping an open mind is encouraged.

$79 • Utica, AB143 • Instructor: Kimberly Pflanz
Feb. 12-March 18, Wed., 6-8 p.m., CRN 28964

Get Paid To Talk
This workshop is an upbeat and realistic introduction to voice acting. You will learn the 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. You will have an opportunity to record a voiceover for playback at the end of class.

$39 • Rome, PC209
March 23, Mon., 6:30-9 p.m., CRN 28990

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 are recommended; bring clubs if available. All range and ball rental fees are included.

$99 • Mohawk Glen Golf Course
Instructor: Paul Panek
April 19-May 17, Sun., 3-4:30 p.m., CRN 28148
No class May 10.
June 7-July 5, Sun., 3-4:30 p.m.
No class June 21.

Golf: Advanced Program
Refine your game by focusing on putting and chipping, basic iron play with shot selection, wood and tee shots with consideration of distance, and accuracy. Bring golf shoes and clubs. All range and ball rental fees are included.

$99 • Mohawk Glen Golf Course
Instructor: Paul Panek
April 19-May 17, Sun., 5-6:30 p.m., CRN 28141
No class May 10.
June 7-July 5, Sun., 5-6:30 p.m.
No class June 21.
Sign Language for Beginners
This course will provide basic sign vocabulary and conversation protocol, including colors, numbers, letters, family members, and animals. Students will use games, videos, and conversation to learn these important skills. Textbooks included.
$99 • Utica, AB262 • Instructor: Deborah Pardi
March 24–April 30, Tues., Thurs., 6–7:30 p.m., CRN 27221

Introduction to Armenian Language
Learn the Armenian alphabet and how to communicate basic information about yourself. Topics will include basic greetings, family, weather, time, and food. Armenian culture and history also will be included in each session.
$99 • Utica, AB262 • Instructor: Wayne Seifried
March 18–May 13, Wed., 6–8 p.m., CRN 60444
No class April 8.

Arabic Language I
Learn basic vocabulary and reading and writing skills. Topics covered will be work, cooking, home life, pets, travel, family, weather, and friends.
$79 • Utica, AB143 • Instructor: Samah Salem
Feb. 3–March 9, Mon., 5:30–7 p.m., CRN 60353

Arabic Language II
Learn more vocabulary, and perfect your reading and writing skills through hands-on activities. Practice your conversational skills and build your confidence communicating in the Arabic language.
$79 • Utica, AB148 • Instructor: Samah Salem
May 14–June 18, Thurs., 5:30–7 p.m., CRN 60129

Basics of Braille
Learn the braille alphabet, various short-form contractions, and how to read and write in braille. Upon completing this course, you will have an idea of what it is like for a visually impaired braille-user to read and write through hands-on and interactive learning.
$75 • Utica, WH219
Instructor: Valarie Warmuth
March 3–April 21, Tues., 6–7:30 p.m., CRN 60367
No class April 7.

Math, but in Braille! NEW
Have you ever wondered what math operations look like in braille? Students will learn basic Nemeth Code as it is used to transcribe math into braille.
$20 • Utica, WH219
Instructor: Valarie Warmuth
April 16, Thurs., 6–8 p.m., CRN 60383

French Language 2 NEW
This class will take your basic French language skills to the next level. We will expand our knowledge of French verb conjugations and tenses and vocabulary.
$99 • Utica, AB255
Instructor: Wayne Seifried
Feb. 10–April 13, Mon., 6–8 p.m., CRN 60456
No class Feb. 17, April 6.

Italian Language 2 NEW
Continuing from Italian 1, you’ll have the opportunity to build your Italian language foundation with lessons on grammar and practice. Through listening, speaking, reading and writing, you’ll learn to handle situations from ordering a meal to telling others about yourself and having simple conversations.
$99 • Utica, AB255
Instructor: Anthony Stronach
March 23–April 27, Mon., 5–7 p.m., CRN 60072

Russian Language 2
In this class, we will build on the language skills acquired in Level 1. Topics will include greetings, family, weather, time, and food. We will delve deeper into Russian grammar and cover the case system, verb conjugations, and verbal aspect.
$99 • Utica, AB263
Instructor: Wayne Seifried
Feb. 25–April 21, Tues., 6–8 p.m., CRN 60461
No class April 7.

Spanish Language 2
Continuing from Spanish 1, you’ll have the opportunity to build your Spanish language foundation with lessons on grammar and practice. Through listening, speaking, reading and writing, you’ll learn to handle several situations from ordering a meal to telling others about yourself and having simple conversations.
$99 • Utica, AB257
Instructor: Anthony Stronach
Feb. 3–March 16, Mon., 5–7 p.m., CRN 27741
No class Feb. 17.
**Prepare Your Own Taxes** NEW
Come to our open computer lab session to receive professional assistance in processing your federal and state taxes online. Offered in collaboration with the United Way of the Valley and Greater Utica Area, Inc., the VITA Tax Program, and the Mohawk Valley Asset Building Coalition.

**Free • Instructor: VITA Tax Professional**

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**Basic Home Repair**
Learn how to confidently tackle minor home repairs that have always seemed impossible, including what tools you need.

$79 • MVCC Education Outreach Center
Instructor: Michael Grider

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<td>April 7-28, Tues., 6-8 p.m.</td>
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**Medicare: The A, B, C, and D's** NEW
Learn about Medicare; what they cover, how enrollment periods work, and what you need to do to avoid penalties. This class is offered in partnership with Excellus.

**Free • Instructor: Debbie Conley**

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**Homebuyer Orientation**
This course covers the basics of how to best to manage your money, maintain your credit, and prepare yourself for a home purchase. Learn some basic tips on how to avoid lead exposure and clean your home if lead is present. Offered in partnership with the Homeownership Center.

**Free • Utica, AB255 • Instructor: Elizabeth Preuss**

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**Financial Management**
Learn to budget effectively, and how to choose and manage savings accounts, borrow sensibly and manage debts effectively. Offered in partnership with the Homeownership Center.

**Free • Utica, AB255 • Instructor: Elizabeth Preuss**

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**Spray Away**
Learn the appropriate way to pepper spray with a Sabre-certified instructor. You will learn hands-on training with mock pepper spray and take a can of Sabre Pepper Spray home with you. Ages 18+ and older.

$50 • Utica, JC115
Instructor: Kathleen Willard

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**Women’s Basic Self-Defense**
Learn how to be more aware of your surroundings and hands-on, realistic techniques that could improve your chances of getting away. All fitness levels are welcome. Women ages 12+.

$30 • Utica, JC115
Instructor: Kathleen Willard

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**Defensive Driving**
This program offers the benefits of a 10% insurance discount and up to four points off your driving record, and emphasizes safe and defensive driving techniques for drivers of all ages and skill levels, including those with a learner’s permit. Bring a license or permit to class, as well as lunch. Students are required to be on time and stay until the completion of class. Offered in partnership with the Oneida County Traffic Safety Department. $40

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**Personal Safety**

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**34 | Spring 20 | MVCCONNECT**
Beginner Ballroom Dance:
Social Dance
Learn social dance styles like Waltz, Rumba, East Coast Swing, and more! No partner necessary; we rotate our partners so everyone can dance!
$75 • Utica, JC202
Jan. 20-March 16, Mon., 6:30-8:30 p.m.
CRN 60042
No class Feb. 17.
April 20-June 15, Mon., 6:30-8:30 p.m.
CRN 60365
No class May 25.

Advanced Ballroom Dance
Advanced classes build on movements learned in previous classes such as advanced turns, proper footwork, and arm styling using basic routines. No partner necessary; we rotate our partners so everyone can dance!
$75 • Utica, JC202
Jan. 21-March 17, Tues., 6:30-8:30 p.m.
CRN 60062
No class Feb. 18.
April 20-June 9, Tues., 6:30-8:30 p.m.
CRN 29717

Concert Band
A long-standing performance group devoted to fostering enjoyment and skills in concert-band ensemble work. You will gain experience in a variety of genres and perform at venues throughout the community. Prior ensemble experience preferred. New members welcome.
$25 • Utica, ACC Commons
Instructor: Barb Seaton
Feb. 5-May 13, Wed., 7-9 p.m., CRN 26516
No class March 11.

Intro to Djembe Hand Drumming
NEW
Come have fun playing drums, learning rhythms, all while enjoying a great musical experience! You will leave this class with the confidence to join any drum circle. No experience is needed. Bring your own drum or call to reserve one of ours!
$45 • Utica, ACC116 • Instructor: Jeremy Schor
March 3-24, Tues., 5:30-6:30 p.m., CRN 60348
May 4-June 1, Mon., 5:30-6:30 p.m., CRN 60349
No class May 25.

Lebanese Cooking with Zeina’s
Taste the flavors of Lebanon and the Mediterranean, and learn the tips and tricks that you’ve come to enjoy at Zeina’s Lebanese restaurant! Learn many healthy and delicious Lebanese dishes. Take one or all three!
$59 • Rome, PC134
Instructors: Melissa and Layla Zeina
Option 1: Stuffed Grape Leaves, Tatziki Sauce, Tabbouleh Salad
March 2, Mon., 5:30-8:30 p.m.
CRN 29841
Option 2: Kibbeh, Falafel, Tahini Sauce
March 16, Mon., 5:30-8:30 p.m.
CRN 29842
Option 3: Baklava, Lebanese Pastry, and Turkish Coffee
March 30, Mon., 5:30-8:30 p.m.
CRN 29843

Beginner Cookie Decorating
If you’ve never worked with royal icing or have dabbled just a little, this class will help you get the ball rolling. Briefly learn about the basics of baking cookies and tips and tricks of the trade, and then we’ll move right into the world of decorating. There will be hands-on lessons on the various decorating techniques using royal icing. There are five cookie designs planned and we will get them all completed by the end of class. Ages 12+.
$65 • Utica, WH225 • Instructor: Cindy Burek, Buttercup Bakery
Easter Theme
March 28, Sat., 12:30-3 p.m., CRN 60179
Spring Has Sprung
April 19, Sun., 12:30-3 p.m., CRN 60180
5 ways to register for non-credit courses

- Register online using Visa, MasterCard, or Discover! Go to mvcc.edu/cced and click the registration link.
- Call us at: 315-792-5300.
- Fax to: 315-792-5682. Use registration form. 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 Building room 166, Utica Campus.

Class Location Key

See campus map, page 44.

- MVCC Utica: 1101 Sherman Drive
  - AB: Academic Building
  - JC: Jorgensen Center/Gym
  - ACC: Alumni College Center
  - WH: Wilcox Hall (Formerly IT)
  - ST: Science & Technology Building

- MVCC Rome: 1101 Floyd Ave.
  - PC: Plumley Complex

- MVCC Education Outreach Center: 524 Elizabeth St., Utica
- MVCC Carpentry and Masonry: 335 Catherine St., Utica
- Jewish Community Center: 2310 Oneida St., Utica
- Sitrin Healthcare Center: 2050 Tilden Ave., New Hartford
- Preswick Glen: 55 Preswick Drive, New Hartford
- Utica Coffee Roasting Company: 92 Genesee St., Utica
- Whitesboro Middle School: 75 Oriskany Blvd., Whitesboro
- Mohawk Glen Golf Course: 800 Perimeter Rd., Rome
- Mohawk Valley Association of Realtors: 41 Notre Dame Lane, Utica
- Utica Coffee Roasting Company: 92 Genesee St., Utica
- Whitesboro Middle School: 75 Oriskany Blvd., Whitesboro
- Mohawk Glen Golf Course: 800 Perimeter Rd., Rome
- Mohawk Valley Association of Realtors: 41 Notre Dame Lane, Utica

Cancellation/Refund Policy

As decisions to run non-credit classes are based on enrollment, reimbursements for canceled registrations will be made as follows:

- **100% refund:** withdraw three or more business days before class begins
- **50% refund:** withdraw two 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 315-792-5300 with questions and concerns.

Security Guard Course Cancellation Policy: Students will be entitled to a 100% refund at any time prior to the start of instruction. 16-hour OJT course: Student will be entitled to a 50% refund if the student cancels after the start of instruction, but before the start of the second eight-hour block of instruction. A DCJS-approved security guard training school cannot assess any non-refundable registration fees, deposits, or cancellation fees.

Inclement Weather/Class Cancellations: If MVCC campuses close, all non-credit CCED classes are canceled as well. Please monitor local media outlets and when in doubt, call our office at 315-792-5300 or visit 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 166
Utica, NY 13501 315-792-5300

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

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*Address*

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

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**Course Information**

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SPRING 2020 LINEUP

FEB. 12
JOKER

FEB. 17
SAND MANDALA

MARCH 20
POWER PUNK BAND “LIT”

MARCH 28
STEM FEST

APRIL 24

SAL VULCANO

Star of truTV’s “Impractical Jokers” this Staten Island native has been doing comedy for years. In addition to performing as part of The Tenderloins Comedy Troupe, he’s been featured on Comedy Central’s “This Is Not Happening,” TBS’ “The Misery Index.” Visit salvulcanocomedy.com.

Tickets for all events go on sale at 10 a.m., Mon., Jan. 20.

TICKETS
315-731-5721 • mvcc.edu/tickets

MOST CULTURAL SERIES EVENTS ARE FREE for MVCC STUDENTS!

Tickets are REQUIRED for all events marked with $ and are available at the College Stores (Rome and Utica) and the MVCC Box Office (WH106).

EVENT KEY

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Concession stand is now open for select events in Schafer Theater.

This series is brought to you by MVCC’s Cultural Events Council and Program Board, in collaboration with MVCC’s Student Government, with significant support from the student activity fee.
JANUARY

Wed., Jan. 29 • ROME ★ PERFORMANCE: Magician Zak Mirzadeh
7 p.m., Room 150, Plumley Complex
Zak Mirzadeh is an illusionist and keynote speaker. Visit mirzshow.com.

Thurs., Jan. 30 • UTICA ★ CONCERT: Singer Aidan Doran
12:45 p.m., Snack Bar, Alumni College Center
Aidan is currently a finalist in The Apollo Theater Amateur Night competition, Stars of Tomorrow, and was invited to be the opening act for The Apollo Theater Spring Gala in which he opened for Brandy, Salt-N-Pepa, and Bell Biv DeVoe. Visit aidandoran.com.

Thurs., Feb. 6 • UTICA ★★ PERFORMANCE: “Of Ebony and Embers: Vignettes of the Harlem Renaissance,” w/ The Core Ensemble
7 p.m., Schafer Theater, Wilcox Hall
$5 general, $2 MVCC employees
A chamber music theater work for actor and trio (cello, piano, and percussion) celebrating the lives of the great African-American poets-Langston Hughes, Countee Cullen, and Claude McKay, as well as concert music by Jeffrey Mumford, Thelonius Monk, and Charles Mingus, among others.

FEBRUARY

Wed., Feb. 5 • UTICA ★ LECTURE: “Dopes on the Road: Traveling While LGBTQ,” w/ Blogger Meg Gale
4:30 p.m., Room 116, Alumni College Center
Meg and Lindsay created “Dopes on the Road,” a website dedicated to inspiring and equipping LGBTQ travelers to live a life of adventures. They will share some of their adventures in LGBT travel at home and abroad. Visit dopesontheroad.com.

Thurs., Feb. 6 • UTICA ★★ CONCERT: Singer Matt Bellis
7:45 p.m., Room 150, Plumley Complex
Matt Bellis was born with his distinct voice. Some would say it’s unconventional, which would fit the personality of this singer/songwriter/pianist. Visit mattbellis.com.

Sat., Feb. 1 • UTICA ★ 6th ANNIVERSARY PERFORMANCE: “Magic Rocks!®” Starring illusionist Leon Etienne from NBC’s “America’s Got Talent,” the CW’s “Penn and Teller: Fool Us,” and Jimmy Fallon
3 p.m. and 7 p.m., Schafer Theater, Wilcox Hall
$10 general, $5 MVCC employee
On Feb. 1, 2014, after being a finalist on NBC’s “America’s Got Talent,” illusionist Leon Etienne returned to his hometown of Utica and sold out The Stanley Center for the Arts. On Feb. 1, he returns to the venue where it all started, MVCC. Hailed by critics as “America’s Rock Illusionist,” Etienne is recognized for his on-stage charisma, a fast-paced, high-energy, rock ‘n roll performance style, his no-nonsense approach to magic and a passion for slight-of-hand magic, and the best jaw-dropping grand illusions in the world. Visit magicrocks.com.

Thurs., Feb. 12 • UTICA ★ INTERNATIONAL CAFÉ AND CONVERSATION: “Women Farmers and Agricultural Biodiversity in India’s Himalayan Foothills,” w/ Priya Chandrasekaran
2:30 p.m., Room 116, Alumni College Center
Priya Chandrasekaran is an environmental humanist, advocating for agricultural biodiversity. She will share her experiences related to environmental and agrarian justice in rural Northern India and her work with women farmers in the Himalayas.

Tues., Feb. 4 • UTICA ★ ART EXHIBIT: 2020 Art Faculty Select Student Show
1 p.m., Juergensen Gallery, Wilcox Hall
A showcase of the best artwork from students of MVCC’s School of Art.

Tues., Feb. 4 • UTICA ★★ PERFORMANCE: “African Soul International” 8:30 p.m., Snack Bar, Alumni College Center
This performance will trace the roots of music and song in Africa and the impact of it through various dances in the U.S. and Caribbean islands. The fun voyage ends in today’s hip-hop, with the entire audience participating in a call and response of Nas’ motivational song, “I Know I Can,” in three African native tongues. Visit africansoulinternational.org.

Thurs., Feb. 6 • ROME ★★ GAME SHOW: Black History Super Bowl
7 p.m., Room 150, Plumley Complex
Do you know your Black history? Well, here’s your chance to prove it—with more than $300 in prizes!

Tues., Feb. 11 • UTICA ★ COMEDY: Comedian Azeem
8:30 p.m., Room 150, Plumley Complex
$5 general, $2 MVCC employees
Azeem is a holistic healer through humor, prescribing the right dose to each audience, leaving you laughing long after he’s gone. Visit facebook.com/azeemcomedy.

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Wed., Feb. 12 • UTICA ★ MOVIE: “Joker” 7 p.m., Schafer Theater, Wilcox Hall
$5 general, $2 MVCC employees
Rated R, 122 minutes, 2019, crime, drama, thriller
In Gotham City, mentally troubled comedian Arthur Fleck is disregarded and mistreated by society. He then embarks on a downward spiral of revolution and bloody crime. This path brings him face-to-face with his alter-ego: “The Joker.”

Fri., Jan. 24 • ROME ★ GAME SHOW: The “Price Is Right” Comedy Game Show 7 p.m., Room 150, Plumley Complex
$5 general, $2 MVCC employees
The game show that you know and love where contestants compete for a chance to win over $300 in prizes.

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315-731-5721 | Cultural Series
FEBRUARY

Mon., Feb. 17 – Thurs., Feb. 20 • UTICA
PRESENTATION: “Sand Mandala of Compassion,” w/ Venerable Tenzin Yignyen, Ordained Monk and Visiting Professor at Hobart and William Smith Colleges
9-11:30 a.m., 1-4 p.m., Library, Payne Hall (Mon. and Wed. evenings from 6-7:30 p.m.)
Venerable Tenzin Yignyen was born in Tibet and ordained as a monk by His Holiness, the 14th Dalai Lama. He teaches Buddhism and Asian Studies and has created sand mandalas around the globe. The dismantling ceremony will take place on Fri., Feb. 21, at 10 a.m.

Mon., Feb. 17 • UTICA • CONCERT: Matthew Schuler from NBC’s “The Voice”
12:45 p.m., Snack Bar, Alumni College Center
Visit officialmatthewschuler.com.

Mon., Feb. 17 • UTICA • LECTURE: The Boilermaker Presents “American Ninja Warriors in Utica,” featuring Daniel Gil and Jonathan Horton
7 p.m., Schafer Theater, Wilcox Hall
$10 general, $5 MVCC employees/children under 12
After being a “rookie walk-on” and competing on season seven of hit TV show “American Ninja Warrior,” Daniel Gil is now a five-time national finalist. Jonathan Horton is now a regular finalist on the popular show.

Mon., Feb. 17 • UTICA • LECTURE: “Making Sense Out of the United States Census Records,” w/ Barbara Leiger Granato, Genealogy Researcher
2 p.m., Room 119, Alumni College Center
Learn the history of the U.S. Census records and the stories they can reveal about our families.

Tues., Feb. 18 • UTICA • LECTURE: “Making Sense Out of the United States Census Records,” w/ Barbara Leiger Granato, Genealogy Researcher
2 p.m., Room 119, Plumley Complex
See description from Tues., Feb. 18, in Utica.

Wed., Feb. 19 • UTICA • MOVIE: “The Great Gatsby”
7 p.m., Schafer Theater, Wilcox Hall
$5 general, $2 MVCC employees
Rated PG-13, 143 minutes, drama, romance
Celebrate 2020 with a flashback to the 1920s! In this award-winning film, a writer and Wall Street trader, Nick, finds himself drawn to the past and lifestyle of his millionaire neighbor, Jay Gatsby.

Thurs., Feb. 20 • UTICA • BLACK HISTORY MONTH LUNCHEON
noon, Room 116, Alumni College Center
Guest speakers will discuss black history.

FEBRUARY

Fri., Feb. 21 • UTICA • SAND MANDALA OF COMPASSION: “Dismantling Ceremony,” w/ Venerable Tenzin Yignyen, Ordained Monk and Visiting Professor at Hobart and William Smith Colleges
10 a.m., Library, Payne Hall
This ceremony begins in the Utica Campus library and continues with a short walk to a nearby body of water. Wear walking shoes or boots, and dress warmly.

Tues., Feb. 25 • UTICA • OPEN MIC NIGHT
8:30 p.m., Snack Bar, Alumni College Center
MATURE AUDIENCES ONLY

Sat., Feb. 29 • ROME • FAMILY FUN SERIES: “Playmobil: The Movie”
Noon, Room 150, Plumley Complex
Rated G, 99 minutes, 2019, animation, adventure
Animated feature film inspired by the Playmobil brand toys.

Sat., Feb. 29 • UTICA • FAMILY FUN SERIES: “Playmobil: The Movie”
Noon, Schafer Theater, Wilcox Hall
Rated G, 99 minutes, 2019, animation, adventure, comedy
See description from Sat., Feb. 29, in Rome.

Tues., March 3 • UTICA • INTERNATIONAL CAFÉ AND CONVERSATION: “Experiences in Iraq,” w/ Erich Luther, MVCC Alumnus and Engineer
2:30 p.m., Room 116, Alumni College Center
In over 22 months as a combat medic in Iraq, Luther experienced some of the very worst of what people are capable of along with some of the very best. He will share his experiences working with people around the world.

Tues., Feb. 18 • UTICA • LECTURE: “Making Sense Out of the United States Census Records,” w/ Barbara Leiger Granato, Genealogy Researcher
8:30 p.m., Snack Bar, Alumni College Center
See description from Tues., Feb. 18, in Utica.
MARCH

Tues., March 3 • ROME
INTERNATIONAL CAFE AND CONVERSATION: “Experiences in Iraq,” w/ Erich Luther, MVCC Alumnus and Engineer
6 p.m., Room 119, Plumley Complex
See description from Tues., March 3, in Utica.

Wed., March 4 • UTICA
PERFORMANCE: “Great Speeches by Great Women,” w/ Briele Shulman, Associate Professor of English at MVCC, and Stacey McCall, Assistant Professor of History at MVCC
5 p.m., Room 116, Alumni College Center
In celebration of Women’s History Month, this event will focus on American Suffrage Movement. The presenters will deliver speeches, in costume, and allow the audience to participate in a Q&A after the event.

Wed., March 4 • UTICA
LECTURE: “Way Out There: Adventures of a Wilderness Trekker,” with Author and Wilderness Trekker J.R. Harris
7 p.m., Schafer Theater, Wilcox Hall
$5 general, $2 MVCC employees.
J.R. Harris has roamed from arctic Alaska to the Australian Outback, from Patagonia to the Pyrenees and across Greenland, Lapland, Iceland, New Foundland, Finland, and New Zealand for more than 50 years. He is still an active and enthusiastic trekker and is committed to encouraging everyone, especially young people and people of color to experience the benefits that come from being in the great outdoors and to support our natural environments. Visit jrinthewilderness.com.

Thurs., March 5 • UTICA
CONCERT: Michaela Paige from NBC’s “The Voice”
12:45 p.m., Snack Bar, Alumni College Center
Michaela not only earned a spot in the top 12 of “The Voice” with Team Blake, but also graced the likes of USA Today, Rolling Stone, Access Hollywood, and the iTunes Top 100. Visit michaelapaige.com.

Thurs., March 5 • UTICA
LECTURE: “Lizards, Lumberjill Sports, and Landscape Scale Conservation: Exploring a Career and Life Adventures that all Started with a Degree from MVCC,” w/ Collin Shephard, Forest Ecologist with the NY Forest Service
3 p.m., Room 116, Alumni College Center
MVCC alumnus Collin Shephard will share how the STEM-based education she earned at MVCC has developed into the forest ecologist position she now holds with the USDA Forest Service. She’ll also share the personal and professional adventures she has had along the way, as well as career opportunities available with the USDA Forest Service.

Sat., March 14 • ROME
FAMILY FUN SERIES: “Frozen II”
Noon, Schafer Theater, Wilcox Hall
$5 general, $2 MVCC employees/children under 12
Rated PG, 103 minutes, 2019, animation, adventure
See description from Sat., March 14, in Rome.

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Noon, Schafer Theater, Wilcox Hall
$5 general, $2 MVCC employees/children under 12
Rated PG, 103 minutes, 2019, animation, adventure
See description from Sat., March 14, in Rome.

Fri., March 20 • UTICA
CONCERT: SoCal ’90s Power Punk Band “Lit”
7 p.m., Schafer Theater, Wilcox Hall
$15 general, $10 MVCC employees
Lit is considered one of the preeminent bands to have come out of the post-grunge era of the late ’90s and helped define an entire generation of SoCal power punk with hard-charging hits like “My Own Worst Enemy,” “Miserable,” “Zip-Lock,” and “Lipstick & Bruises.” The band has released six studio albums worldwide, including their RIAA certified platinum “A Place in the Sun,” and they are currently writing and recording new material. Visit litband.com.

Sat., March 21 • ROME
GAME SHOW: “Minute to Win It”
7 p.m., Room 150, Plumley Complex
Fully interactive live game show, with both trivia and physical challenges, where contestants will have the opportunity to win up to $300 in prizes.
MARCH

Mon., March 23 • UTICA MOVIE: “Babette’s Feast,” w/ Dr. Todd Marshall, Assistant Professor of English Language Arts
5 p.m., Schafer Theater, Wilcox Hall
$5 general, $2 MVCC employees
Rated G, 103 minutes, drama
During the late 19th century, a strict religious community in a Danish village takes in a French refugee from the Franco-Prussian War as a servant to the late pastor’s daughters. This event will be followed by a short Q&A panel.

Tues., March 24 • UTICA ART EXHIBIT: “Spread out the Skies,” w/ Artist Arron Levi Foster
1 p.m., Excelsior Room 225, Wilcox Hall
A collection of works that highlight the connection of nature and memory to create a dialog with identity through the post-digital printmaking process.

Tues., March 24 • UTICA MOVIE: Poetry Slam Champion Dave G
8:30 p.m., Snack Bar, Alumni College Center
As a product of a traditional Baptist household and a child of hip-hop culture, Dave G uses his poetry to analyze and unpack how the performance of religion and gender intersect within his personal life and the greater Black community. Visit davegpoetry.com.

Sat., March 28 • UTICA STEM FEST: “Celebration of Science, Technology, Engineering, and Math at MVCC”
9:30 a.m., Excelsior Room 225, Wilcox Hall
On this day, Wilcox Hall will be transformed into a showcase of activities and demos related to STEM. Participants will explore capillary action, non-Newtonian fluids, robots, mini drones, human circuits, a bed of nails, DNA modeling, and more. This event is suitable for all ages.

Sat., March 28 • UTICA PERFORMANCE: “That Physics Show,” w/ David Maiullo, Physics Educator and Professional Demonstrator
11:30 a.m., Schafer Theater, Wilcox Hall
$5 general, $2 MVCC employees
What damage can a ping pong ball do as it hurtles at 700 miles an hour through a vacuum tube? Can you see the shape of sound in a dancing flame? Lifetime professional physics demonstrator David Maiullo brings his scientific “magic” from the world of physics to the off-Broadway stage in “That Physics Show!” The show has multi-generational appeal. Visit thatphysicsshow.com.

Wed., April 1 • ROME MOVIE: “Jumanji: The Next Level”
7 p.m., Room 150, Plumley Complex
$5 general, $2 MVCC employees
Rated PG-13, 155 minutes, 2019, action, adventure
In “Jumanji: The Next Level,” the gang is back but the game has changed. As they return to rescue one of their own, the players will have to brave parts unknown, from arid deserts to snowy mountains, to escape the world’s most dangerous game.

Fri., April 3 • ROME MOVIE: “Star Wars: The Rise of Skywalker”
7 p.m., Room 150, Plumley Complex
$5 general, $2 MVCC employees
Rated PG-13, 155 minutes, 2019, action, adventure
The surviving Resistance faces the First Order once more in the final chapter of the Skywalker saga.

Sat., April 4 • UTICA CONVENTION: “Taka-Con: What’s Your Passion?”
10 a.m.–9 p.m., Alumni College Center and Wilcox Hall
$5 general, $2 MVCC employees/children under 12
Presented by the Anime Club, this convention will include vendors, artists, lectures, games, and contests on various aspects of pop culture including anime, gaming, comics, and cosplay. Come to geek out about your passions with other like-minded folks.

Mon., April 6 • UTICA MOVIE: “Babette’s Feast,” w/ Lisa K. Stephenson, Author and Motivational Speaker
6 p.m., Room 116, Alumni College Center
The fact is, “The Independent Millennial Woman” is not a woman who takes pride in being alone; in fact, she possesses a set of invaluable skills—high emotional intelligence, good judgment, and a vast network of connections. Visit lisakstephenson.com.

Wed., April 8 • UTICA MOVIE: “Wicca & Witchcraft in Central New York,” w/ Woman Awen and Lord Teiwaz
7 p.m., Room 150, Plumley Complex
Lady Awen and Lord Teiwaz believe that magic is inherent in all humans in all cultures and that there is a little bit of Pagan remaining in all of us, as seen in concepts such as intuition, wives tales, superstitions, dowsering for water, and other long-held practices, celebrations, and beliefs. This topic of discussion will be explored as they look back through the centuries and consider the tales and traditions handed down through the ages around the world, and even here in our own community.

Mon., April 16 • UTICA MOVIE: “Jumanji: The Next Level”
7 p.m., Room 150, Plumley Complex
$5 general, $2 MVCC employees
Rated PG-13, 114 minutes, action, adventure, comedy
In “Jumanji: The Next Level,” the gang is back but the game has changed. As they return to rescue one of their own, the players will have to brave parts unknown, from and deserts to snowy mountains, to escape the world’s most dangerous game.
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Fri., April 24 • UTICA • COMEDY: Comedian Sal Vulcano, Star of truTV’s **“Impractical Jokers”**  
7 p.m., Field House, Jorgensen Athletic/Event Center  
$30 general, $25 MVCC employees (in advance)  
$25 general, $20 MVCC employees (day-of-show)  
Staten Island-native Sal Vulcano has been doing comedy for years, best known for starring in truTV’s “Impractical Jokers.” In addition to performing as part of The Tenderloins Comedy Troupe to sold-out crowds, he’s been featured on Comedy Central’s “This Is Not Happening,” TBS’ “The Misery Index,” and hosts a podcast with Brian Quinn titled “What Say You?” Visit salvulcancomedy.com.

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See description from Thurs., April 16, in Rome.

Mon., April 27 • UTICA • CONCERT: Pianist Kevin Moore, Professor of Music at Onondaga Community College  
3 p.m., Schafer Theater, Wilcox Hall  
$5 general, $2 MVCC employees  
LaMotte’s mix of stand-up and storytelling has transformed into a casino, complete with gaming tables staffed by professional dealers. Mocktails and hors d’oeuvres will be served throughout the evening.

Thurs., May 1 • ROME • ROME CAMPUS CASINO NIGHT  
7 p.m., Room 150, Plumley Complex  
Casino Night is a new signature event hosted on our Rome Campus. Join us as the Room 150 is transformed into a casino, complete with gaming tables staffed by professional dealers. Mocktails and hors d’oeuvres will be served throughout the evening.

Wed., May 6 • UTICA • LECTURE: **“Coping with Social Anxiety: It’s Not Just You,”** w/ Author and Former Child Actress Lisa Jakub  
6 p.m., Schafer Theater, Wilcox Hall  
$10 general, $5 MVCC employees  
Lisa Jakub starred in such box office hits as “Mrs. Doubtfire,” and “Independence Day,” before her own anxiety made it difficult to cope in the public eye. Since leaving Hollywood, Jakub has devoted her life to researching and writing about social anxiety, and giving people the tools to cope. Visit realisasjJakub.com.

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Thurs., May 1 • ROME • ROME CAMPUS CASINO NIGHT  
7 p.m., Room 150, Plumley Complex  
Casino Night is a new signature event hosted on our Rome Campus. Join us as the Room 150 is transformed into a casino, complete with gaming tables staffed by professional dealers. Mocktails and hors d’oeuvres will be served throughout the evening.

Wed., May 6 • UTICA • LECTURE: **“Coping with Social Anxiety: It’s Not Just You,”** w/ Author and Former Child Actress Lisa Jakub  
6 p.m., Schafer Theater, Wilcox Hall  
$10 general, $5 MVCC employees  
Lisa Jakub starred in such box office hits as “Mrs. Doubtfire,” and “Independence Day,” before her own anxiety made it difficult to cope in the public eye. Since leaving Hollywood, Jakub has devoted her life to researching and writing about social anxiety, and giving people the tools to cope. Visit realisasjJakub.com.
FROM RECIPE TO MARKET

Have a specific food product or recipe you are interested in exploring?

Early Spring, CCE of Oneida County in partnership with MVCC at the Rome Campus will kick-off a five-part workshop series: From Recipe to Market. Farmers and local aspiring food entrepreneurs will be able to test out their food-based business concept in professional kitchens led by experts from across the field.


To learn more about this event and how you can participate, visit https://reg.cce.cornell.edu/R2M_230 OR call Alicia Luhrssen-Zombek at 315-736-3394, x131.

Workshop series: $75 per person
Team of two: $125
MVCC Student Discount: $50 / $100
Policies

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.

Notice of Anti-discrimination Policy
MVCC is committed to fostering a diverse community of faculty, staff, and students, as well as ensuring equal educational opportunity, employment, and access to services, programs, and activities. MVCC does not discriminate on the basis of race, color, national origin, religion, creed, sex, age, disability, gender identity, sexual orientation, pregnancy, predisposing genetic characteristics, domestic violence victim status, marital status, military status, criminal conviction, or retaliation for opposing unlawful discrimination practices. MVCC is committed in policy, principle, and practice to maintain an environment which is free of intolerance, illegal, or discriminatory behavior towards any person. This commitment is consistent with federal and state laws and College policy. The College's Affirmative Action Officer and Title IX Coordinator is the Executive Director of Human Resources, Academic Building room 113, Utica Campus, 315-792-5637.

MVCC is committed to ensuring an anti-discrimination and anti-harassment environment. For more information, visit mvcc.edu/about/annual-notices.

MVCC is committed to an environment free of discrimination and violence. For more information, mvcc.edu/title-ix.

If you have any type of disability that may require special accommodations at MVCC, please call Accessibility Resources at 315-792-5644.

For more information about MVCC student outcomes, financial aid, debt, employment, and more, visit mvcc.edu/consumer.

Did you know?

Sign up early to avoid having classes canceled! 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.

Do you have an idea for a new course?
We’re always looking for new classes and new instructors. If you have an idea for a course that’s not in our catalog, contact Assistant Director of Community Education. Carolyn DeJohn at cdejohn@mvcc.edu.

The Center for Corporate and Community Education at MVCC is honored to be the recipient of four Continuing Education Association of NY Awards and one LERN award in 2018 and 2019:

- The James C. Hall Exemplary Marketing Program Award, 2018
- Outstanding Continuing Educator, 2018 and 2019
- Outstanding Continuing Education Instructor, 2019 - Rachel Canarelli
- The Charles A. Burns Region East Outstanding Adult Student Award, 2019
- LERN International Award for Best Marketing, 2018
MVCC continues its relationship with Go Motorcycling, Inc. as Central New York’s headquarters for award-winning motorcycle rider training. The ride starts here! Whether you are brand new to motorcycling or have been riding for a while, there’s a licensing course for you!

NEW 3-Wheeled Basic RiderCourse!
The 3WBRC is an entry-level course comprised of eight hours of interactive classroom learning and about eight hours of hands-on riding instruction on automatic transmission 3-wheeled motorcycles (two wheels in front and one in back).

Students may provide their own trike-style (one wheel in front; two in back) motorcycle for training, but the non-subsidized full tuition of $275 will apply. You will need to call our office to enroll if using your own motorcycle.

Your successful completion qualifies you for a three-wheeled Motorcycle License Road Test Waiver of the NYS DMV Road Test. Your licensing document will restrict you to three-wheeled motorcycle operation.

Basic RiderCourse (BRC)
The BRC consists of five 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. 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 online 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 two hours long and the class size is small – just three participants! The IME is a program to get familiar with the primary controls of a motorcycle. The IME is a taste of riding without a big investment of time or money.

Basic RiderCourse 2 for Skills Practice (BRC)
The BRC2 is a half-day class for experienced riders who already have their motorcycle endorsement. Using your own motorcycle, you’ll practice techniques for managing traction.

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 eight days.

The Young Entrepreneurs Academy is an exciting year-long program that transforms students into real entrepreneurial success stories.

Celebrate teen entrepreneurial success with MVCC! All are invited!

Investor Panel: April 1
Trade Show/Graduation: May 13
These high-quality courses are taught by industry experts and designed to quickly deliver specific skills and knowledge that help to advance personal or professional development. Our online classroom is informative, convenient, and highly interactive.

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

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

Microsoft Excel 2016 Series
Learn to use basic, intermediate, and advanced features of Microsoft Excel 2016.

Accounting Fundamentals Series
If you’re interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

Introduction to Microsoft Excel 2016
Become proficient in using Microsoft Excel 2016 (now available through Office 365) and discover how to create worksheets, workbooks, charts, and graphs quickly and efficiently.

Introduction to Microsoft Excel 2013
Become proficient in using Microsoft Excel 2013 and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

ONLINE CLASSES

24/7 Access • All classes start new every month • Certificate of completion • 6-week format • Average 24 work hours • Discussion boards • Mobile accessible

Enroll or view all our online courses at: www.ed2go.com/mvcc

Quality training, a good income, travel, and job security 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 34 locations across the country.

The program’s curriculum was developed by the US Department of Transportation and meets the standards of the Professional Truck Driver Institute (PTDI) – the trucking industry’s highest achievable standards. When training is complete, SAGE’s placement staff help students secure employment through a nationwide network. Training can be completed in typically four to six weeks at MVCC’s Rome Campus. Or upgrade a CDL License from a B to an A using course time or simply take the test after a successful one-hour evaluation. Basic, advanced, and refresher courses are offered with new classes beginning every two to three weeks throughout the year.

Tractor Trailer Driver Training
MVCC & SAGE Technical Services
MVCC offers students the chance to drive the BIG rigs and earn BIG bucks! Successful graduates earn first-year incomes of more than $45,000-$55,000.

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

Follow the Leader celebrates the remarkable contributions of community leaders to the Mohawk Valley. The awards honor exceptional youth leaders, as well as, emerging and established leaders from around the region.

We are looking for nominees of all ages who positively impact the quality of life in the Mohawk Valley.

now accepting nominations for the community leadership awards

for criteria & nomination materials please visit clemv.org

nomination materials are due February 20, 2020

315-792-5300 | Center for Corporate and Community Education
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Exciting new offerings through the College for Kids & Teens!

• Spring Break Camps – pg. 12
• New! Classes for preschoolers and teens – pg. 14
• Parent and Child classes – pg. 14

Scan this QR code to register now!

Non-Credit Classes:
315-792-5300
mvcc.edu/cced