The Center for Leadership Excellence (CLE) is a partnership between Mohawk Valley Community College and Leadership Mohawk Valley – creating an innovative and high impact center to address the region’s need for effective, equipped, and engaged leaders and supervisors.

CLE currently offers a wide variety of programs including:

- **Leadership Mohawk Valley**: a 10-month community leadership program for established leaders.
- **Leadership Academy**: a 10-month personal leadership development program for emerging leaders.
- **Supervisors Institute**: a 10-month supervisory leadership development program for those currently in or seeking supervisory roles.
- **Customized Supervisors Institute**: offering supervisory leadership development programs custom designed to meet the unique needs of a particular organization or business.

For more information or to apply, visit mvcc.edu/cle or send an email to CLE@mvcc.edu.
Non-Credit Courses

- College for Kids & Teens
- Test Prep
- Swim Lessons
- Adult Swim
- Aquatic Training
- Health & Wellness
- Holistic Wellness
- Leisure Learning
- Preswick Glen
- Root Farm Learning
- Drone Training
- Personal Safety
- Professional Development
- Health Care Training
- Insurance Courses
- Construction & Engineering
- Non-Credit Registration

Corporate Training

TRAIN YOUR EMPLOYEES
Your location or an MVCC campus

- Low Cost
- Grant Opportunities
- Customized Classes
- Credit-Bearing or Non-Credit Classes
- Accounting
- Communications
- Computer Training, Cybersecurity
- CPR/AED/First Aid
- Leadership and Staff Development
- Management and Supervisory Skills
- Manufacturing
- OSHA and Safety
- Continuing Education Credit

HIRE. TRAIN. RETAIN.
Center for Corporate and Community Education

315-792-5300
training@mvcc.edu

Check us out on
facebook.com/cced
#cced_at_mvcc
Instagram cced-mvcc
Welcome to MVCConnect, your brochure featuring a listing of community education programs for Summer 2019.

Some new and exciting offerings:

- Many new kids camps including: Python Programmers, Hip Hop Dance Camp, Cultures Around the World!
- Why should kids have all the fun? Check out our new Treat Yourself Mini Retreat for adults!
- Fermentation Series – learn more about yogurt, kombucha, and pickled veggies!
- New offerings in the community at The Root Farm and Preswick Glen.
- Infinite online offerings through partnerships with Ed2Go, UGotClass, and the Center for Legal Studies.

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 are always looking for new classes and new instructors. If you have an idea for a course that is not in our catalog, contact Carolyn DeJohn, Assistant Director of Community Education, 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 (CEANY) Awards in 2018.

- The James C. Hall Exemplary Marketing Program Award
- Outstanding Continuing Educator
- Outstanding Continuing Education Instructor
- The Charles A. Burns Region East Outstanding Adult Award
- LERN International Award for Best Marketing

Did you know that we can train employees at YOUR location? Call 315-792-5300 for more information!
Civility

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/annual-notices.

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.

It's easy to join our mailing list! Just send your email address by text message.

Text: CCED to 22828 to get started. Message and data rates may apply.
Summer Camp Schedule

Remember to check camp locations and be sure to place your child in an age-appropriate camp. Please note that all students enrolling in BOTH morning and afternoon camps on the same campus will be picked up from their morning camps by MVCC staff, supervised during lunch, and dropped off at their afternoon camps.

MORNING CAMPS • 8:30 a.m. – Noon

**WEEK 1**
- **July 8-11**
  - Artistic Buffet (Ages 7-12)
  - Drones on the Fly (Ages 9-13, Rome)
  - Make Your First 3D Video Game (Ages 8-11)
  - Week of Code: Beginners (Ages 8-10)
  - NEW Girls Circle: Friendship (Ages 8-14)

**WEEK 2**
- **July 15-18**
  - Harry Potter and Potions! (Ages 7-12)
  - NEW Kids in the Kitchen (Ages 8-12, New York Mills)
  - NEW Making Magic (Ages 8-13)
  - Virtual Reality (Ages 8-11)
  - Medical Mania (Ages 12+)
  - Pretzel Kids: Express Yourself (Ages 7-12, New York Mills)
  - Project Runway (Ages 8-14)
  - Science: It's a Girls Thing (Ages 6-9)

**WEEK 3**
- **July 22-25**
  - NEW Girls Circle: Expressing Individuality (Ages 11-15)
  - Kids in the Kitchen: Delicious Bites (Ages 8-12, Rome)
  - Makey Makey (Ages 7-12)
  - Pretzel Kids: Express Yourself (Ages 7-12)
  - Viva l’Italia (Ages 10-15)
  - World of Star Wars (Ages 9-14)
  - NEW ROBLOX® Makers (Ages 8-11, Rome)
  - 3D Designs (Ages 12-16)

**WEEK 4**
- **July 29-Aug. 1**
  - NEW Around The World (Ages 7-15)
  - Harry Potter and Potions! (Ages 7-12)
  - NEW Battle Royale: Make your First Fortnite-Style Video Game (Ages 8-11, Rome)
  - Week of Code: Advanced (Ages 11+)
  - NEW Hip Hop Dance Camp (Ages 7-12)

**WEEK 5**
- **Aug. 5-8**
  - Digital Animation & Game Art: Level 1 (Ages 12+)
  - Fossil Fun (Ages 7-12)
  - Kids in the Kitchen: And the Secret Ingredient Is... (Ages 8-12, Rome)
  - NEW Python Programmers (Ages 8-11)
  - Science: It's a Girls Thing (Ages 10-14)
  - NEW Show Choir (Ages 7-14)

**WEEK 6**
- **Aug. 12-15**
  - Be a Star Theater Camp (Ages 8-11)
  - NEW Bully Busting (Ages 7-12, New York Mills)
  - Digital Animation & Game Art: Level 2 (Ages 12+)
  - NEW Kids in the Kitchen (Ages 8-12, New York Mills)
  - Minecraft Mods (Ages 8-11)
  - Picture Perfect (Ages 10-14)

AFTERNOON CAMPS • 1 – 4:30 p.m.

**WEEK 1**
- **July 8-11**
  - NEW Adventures in STEM (Ages 9-14, Rome)
  - NEW Bully Busting (Ages 7-12)
  - Make Your First 3D Video Game (Ages 8-11)
  - Playful Art (Ages 8-14)
  - Swim & Sport Camp (Ages 8-14)

**WEEK 2**
- **July 15-18**
  - NEW Girls Circle: Friendship (Ages 8-14)
  - Virtual Reality (Ages 11-14)
  - Pretzel Kids: Express Yourself (Ages 7-12, New York Mills)
  - Harry Potter and Potions! (Ages 7-12)
  - NEW Kids in the Kitchen (Ages 8-12, New York Mills)
  - NEW Making Magic (Ages 8-13)
  - Summer Crafts (Ages 6-10)
  - Swim & Sport Camp (Ages 8-14)

**WEEK 3**
- **July 22-25**
  - NEW Apple Coding 1: How to Think Like a Programmer (Ages 6-11)
  - Viva l’Italia (Ages 6-9)
  - Babysitter’s Training (Ages 11+)
  - Kids in the Kitchen: Delicious Bites (Ages 8-12, Rome)
  - NEW ROBLOX® Makers (Ages 11-14, Rome)
  - NEW Show Choir (Ages 7-14)
  - Swim & Sport Camp (Ages 8-14)

**WEEK 4**
- **July 29-Aug. 1**
  - Babysitter’s Training (Ages 11+)
  - Drones on the Fly (Ages 9-13)
  - NEW Battle Royale: Make your First Fortnite-Style Video Game (Ages 11-14, Rome)
  - Harry Potter and Potions! (Ages 7-12)
  - NEW Hip Hop Dance Camp (Ages 13+)
  - Swim & Sport Camp (Ages 8-14)

**WEEK 5**
- **Aug. 5-8**
  - NEW Apple Coding 2: Learn to Code (Ages11-14)
  - Babysitter’s Training (Ages 11+, Rome)
  - Kids in the Kitchen: And the Secret Ingredient Is... (Ages 8-12, Rome)
  - Picture Perfect (Ages 10-14)
  - NEW Show Choir (Ages 7-14)
  - NEW Python Programmers (Ages 11-14)
  - Swim & Sport Camp (Ages 8-14)

**WEEK 6**
- **Aug. 12-15**
  - Be a Star Theater Camp (Ages 12-15)
  - NEW Apple Coding 3 (Ages 7-15, Rome)
  - Drones on the Fly (Ages 9-13)
  - NEW Kids in the Kitchen (Ages 8-12, New York Mills)
  - Minecraft Modders (Ages 11-14)
  - NEW Show Choir (Ages 7-14, New York Mills)
  - Swim & Sport Camp (Ages 8-14)
  - Jr. Lifeguarding (Ages 11-14)
Drone Camp

We will focus on UAS concepts that combine classroom learning with hands-on experience. The classroom instruction will focus on the safety of use (FAA’s Know Before You Fly Initiative) and scientific principles of flight. Students will assemble a quadcopter and learn the science of aerodynamics and radio-controlled vehicles.

The camp will close on Friday with a capstone event at Griffiss International Airport where the students will fly their drone through an obstacle course. The camp has been designed to excite students’ interest in STEM, focusing on aviation and the high-growth field of unmanned aerial systems, and will introduce students to the local employment opportunities in UAS and aviation fields. The activities in this program are designed to give students a competitive advantage to entering aviation fields by giving them a solid foundation of science, mathematics, and communication skills, and introducing them to cutting-edge aircraft technologies.

Camp Dates, Two Choices:
- July 15-19: 9 a.m. to 4 p.m. Monday through Thursday, and 9 a.m. to Noon on Friday
- Aug. 5-9: 9 a.m. to 4 p.m. Monday through Thursday, and 9 a.m. to Noon on Friday
- Camp location varies each day. See website for more information.

Cost: $100 Tuition includes the course material and a small quadcopter that the student can use for practice at camp and after the course is completed.
To register, go to griffissinstitute.org, and look for the STEM Summer Camp Banner on the main page.

GenCyber Summer Camp

Beginner Camp: July 15-19
Advanced Camp: July 22-26
Monday through Friday
8:30 a.m.-4:30 p.m.

Cybersecurity camp is funded by the National Security Agency and is free of charge to all participants.

What students should attend?
Beginner Camp (July 15-19): 9th through 12 graders who like to explore the field of cybersecurity.
Advanced Camp (July 22-26): 9th through 12 graders who attended last year’s GenCyber Summer Camp as well as students who are already familiar with Cybersecurity. Seats are limited.

For more information, contact scook@mvcc.edu
Register at: mvcc.edu/gencyber
3D Designs
8:30 a.m.-Noon • Utica • FabLab • $129
The MVCC FabLab is an advanced fabrication workshop where you can dream up, design, and make items from practical to whimsical using cutting-edge software and equipment. Explore the latest printing technology and take home a custom 3D object! Ages 12-16.
Instructor: David Smith
July 29-Aug. 1, Mon.-Thurs., CRN 34761

NEW Adventures in STEM
1-4:30 p.m. • Rome • PC244 • $129
Come explore the world of STEM through hands-on mini challenges and activities. Apply the engineering design process while learning about coding, engineering, simple machines, forces, nanotech, and more through a variety of individual and team-based activities. Please bring a pair of earbuds. Ages 9-14.
Instructor: Tiffany Piatowski
July 8-11, Mon.-Thurs., CRN 35170

NEW Apple Coding 1: How to Think
Like a Programmer
1-4:30 p.m. • Utica • AB223 • $129
Programming can solve all sorts of problems and answer many questions, but how do you approach a situation in a way that the answer can be programmed? Using fun and intuitive Apple applications, this camp will introduce the ways programmers break a problem down as well as some common coding concepts. Ideas include sequencing, looping, and if-then actions. Ages 6-11.
Instructor: Derrick Stevens
July 22-25, Mon.-Thurs., CRN 35196

NEW Apple Coding 2: Learn to Code
1-4:30 p.m. • Utica • AB223 • $129
Using Swift Playgrounds, you will use the same language used to make applications for devices like iPads and iPhones and learn how to program. No experience is needed, and in a short time, you will be using loops, taking user input, and creating apps. Ages 11-14.
Instructor: Shahida Dar
Aug. 5-8, Mon.-Thurs., CRN 35248

NEW Apple Coding 3: Intro to App Development
1-4:30 p.m. • Utica • AB223 • $129
Anyone can make an app and this camp will show you how. Learn the Swift programming language, write code, and develop real apps for iPhones and iPads. No prior knowledge is needed. This camp will start at the beginning, introduce core programming concepts, and guide the student all the way to developing a full application. Ages 14-18.
Instructor: Derrick Stevens
Aug. 12-15, Mon.-Thurs., CRN 35221

NEW Around The World: A Cultural Experience!
8:30 a.m.-Noon • Utica • AB158 • $119
Learn about several different cultures around the world! Each day you’ll get to experience new and exciting traditions, foods, music, language, and art from places like Italy, Burma, Russia, and Poland. Ages 7-15.
Instructors: Lisa Ricci, Alla Kudelich, Kyi Kyi Min
July 29-Aug. 1, Mon.-Thurs., CRN 35186
Artistic Buffet  
8:30 a.m.-Noon • Utica • AB268 • $109  
Try your hand at different art media. Experiment with a variety of artistic materials and processes including printmaking, sculpture, painting, and collage! Ages 7-12.  
Instructor: Nancie Cooney  
July 8-11, Mon.-Thurs., CRN 34994

Babysitter’s Training and Pediatric First Aid/CPR  
1-4:30 p.m. • $109  
All the basic information and skills training you will need to care for children of all ages in a safe, reliable manner. With successful completion, you will receive certification in basic first aid, American Red Cross babysitting training, and infant and child CPR. Ages 11+.  
Instructor: TBA  
July 22-25, Mon.-Thurs., Utica, JC109, CRN 35188  
Instructor: Gwen Murphy  
July 29-Aug. 1, Mon.-Thurs., Utica, JC109, CRN 35189  
Aug. 5-8, Mon.-Thurs., Rome, PC215, CRN 35190

NEW Battle Royale: Make your First Fortnite-Style Video Game  
Rome • PC243 • $149  
Fans of Fortnite instead of playing the game, design your own! Using a professional 3D game development software, build levels and assets inspired by popular battle royale games like Fortnite. This course includes cartoonish action and battle sequences. 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.  
Instructor: Emilie Bell  
Ages 8-11: July 29-Aug. 1, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35229  
Ages 11-14: July 29-Aug. 1, Mon.-Thurs., 1-4:30 p.m., CRN 35230

Be a Star Theater Camp  
Utica • Theater • $109  
Explore different styles of acting techniques through a variety of activities and games, and learn how to “get into character” as you prepare various scenes and monologues and then perform them in class. Genres include dramatic, comedic, improvisation, and musical theater.  
Instructor: Susan Lincoln  
Ages: 8-11: Aug. 12-15, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35017  
Ages 12-15: Aug. 12-15, Mon.-Thurs., 1-4:30 p.m., CRN 35004

NEW Bully Busting  
$119  
This course arms adolescents with knowledge about bullying, how to spot bullies, and how to resolve conflict peacefully so that they are equipped to stand up for themselves and others. Campers graduate with a Good Citizen Award to build their confidence in helping to stomp out bullies and bullying. Ages 7-12.  
Instructor: Francesca Dunlevy  
July 8-11, Mon.-Thurs., 1-4:30 p.m., Utica, AB141, CRN 35169  
Aug. 12-15, Mon.-Thurs., 8:30 a.m.-Noon, New York Mills School, CRN 35185

Digital Animation and Game Art: Level 1  
8:30 a.m.-Noon • Utica • AB265 • $109  
Discover how 3D animated films and video games are made. Learn the basic elements of 3D graphics such as modeling objects, giving models color and texture, lighting scenes, and animation. Bring a flashdrive to save your work. Ages 12+.  
Instructor: Scot Connor  
Aug. 5-8, Mon.-Thurs., CRN 34825

Digital Animation and Game Art: Level 2  
8:30 a.m.-Noon • Utica • AB265 • $109  
Learn more techniques in 3D modeling and texturing, lighting, and animation. In this second level class, you will get an introduction to the subject of character animation. Bring a flashdrive to save your work. Ages 12+.  
Instructor: Scot Connor  
Aug. 12-15, Mon.-Thurs., CRN 34462
Drones on the Fly Summer Edition
$139
Learn the scientific principles and applications of drones in flight while maneuvering your way through activities. Offered as part of the Greater Mohawk Valley STEM Hub. Ages 9-13.
Instructor: Tiffany Piatowski  • July 8-11, Mon.-Thurs., 8:30 a.m.-Noon, Rome, PC212, CRN 35011
Instructor: Anne Born  • July 29-Aug. 1, Mon.-Thurs., 1-4:30 p.m., Utica, IT219, CRN 35012
Instructor: Dan Michaels  • Aug. 12-15, Mon.-Thurs., 1-4:30 p.m., Utica, IT219, CRN 35179

Fossil Fun
8:30 a.m.-Noon • Utica • AB217 • $119
Biology and geology come alive as you learn about dinosaurs and other ancient organisms and how they lived. You will make your own fossils, crack open geodes, and learn about New York State fossils and gemstones as you explore the evolutionary history of Earth. Ages 7-12.
Instructor: Nick Gioppo
Aug. 5-8, Mon.-Thurs., CRN 35039

NEW Girls Circle: Friendship
Utica • AB121 • $119
Girls will learn strong interpersonal skills, including how to knock down barriers to pride, gain confidence, and empathy. Themes include topics such as “Being Included, Being Left Out,” and “Feuds, Followers, and Fairness,” promoting caring and relational competence. Ages 8-14.
Instructor: Francesca Dunlevy
July 8-11, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35167
July 15-18, Mon.-Thurs., 1-4:30 p.m., CRN 35172

Harry Potter and Potions!
Utica • AB267 • $119
Explore a potions class from Ilvermorny, the Wizarding school in North America. Learn the history and importance of these spells in the wizarding world along with how to make them. Some potions you can drink, some make smoke, some make light, some fizz and pop, some smell really good, and some smell awful. Ages 7-12.
Instructor: Katrina Finlayson
July 15-18, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35171
July 15-18, Mon.-Thurs., 1-4:30 p.m., CRN 35173
July 29-Aug. 1, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35183
July 29-Aug. 1, Mon.-Thurs., 1-4:30 p.m., CRN 35184

Junior Lifeguarding
1-4:30 p.m. • Utica • JC108 • $149
This course is designed to give 11- to 14-year-olds a sneak peek into what it takes to become a great lifeguard. Participants will learn the basic responsibilities of a lifeguard, techniques, build stamina, and practice communication and decision-making skills. This is not a certification course. Participants must have Level 4 swim skills. Ages 11-14.
Aug. 12-15, Mon.-Thurs., CRN 34875
Kids in the Kitchen: Delicious Bites
Rome • PC134 • $109
Learn the skills every master chef needs to know. Read recipes, and use measurements, kitchen tools, and a variety of ingredients. Put your cooking and baking skills to the test when creating fun food art, food dips, cookies, panini, mac and cheese, chicken riggies, healthy dishes, and more! Ages 8-12.
Instructor: Erica Haver
July 22-25, Mon.-Thurs., 8:30 a.m.-Noon, CRN 34791
July 22-25, Mon.-Thurs., 1-4:30 p.m., CRN 34792

Kids in the Kitchen: The Secret Ingredient Is…
Rome • PC135 • $119
Do you ever wonder what gives a dish that extra-special flavor or texture? It’s the “secret ingredient,” of course - something that comes as a surprise, that you NEVER would have expected. Junior chefs that join this class will create delicious dishes and learn all about their secret ingredients! Ages 8-12.
Instructor: Matt Klausner
Aug. 5-8, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35046
Aug. 5-8, Mon.-Thurs., 1-4:30 p.m., CRN 35047

NEW Kids in the Kitchen: Dynamic Duos - Part I
New York Mills School • $119
Some foods just taste better together, like spaghetti and meatballs or ice cream and cake. Chefs in this camp will prepare and enjoy some classic dynamic duos and maybe even come up with a few original taste sensations. Ages 8-12.
Instructor: Carol Klausner
July 15-18, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35174
July 15-18, Mon.-Thurs., 1-4:30 p.m., CRN 35222

NEW Kids in the Kitchen: Dynamic Duos - Part II
New York Mills School • $119
Chefs in this camp will prepare and enjoy some classic dynamic duos, and maybe even come up with a few original taste sensations. Ages 8-12.
Instructor: Carol Klausner
Aug. 12-15, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35192
Aug. 12-15, Mon.-Thurs., 1-4:30 p.m., CRN 35193

Make Your First 3D Video Game!
Utica • IT147 • $149
In this Black Rocket classic, you will 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.
Instructor: Katrina Finlayson
July 8-11, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35223
July 8-11, Mon.-Thurs., 1-4:30 p.m., CRN 35224

Makey Makey
8:30-Noon • Utica • IT219 • $129
Students will invent projects that combine the tactile materials of the classroom with the coding projects they’re creating on the computer to bring their creations to life. With the Makey Makey, students can make any conductive material act as the input device for a computer. Students with no coding experience can use it and learn to experiment with it as they start to learn coding. Ages 7-12.
Instructor: Kathy Donovan
July 22-25, Mon.-Thurs., CRN 35053
NEW Making Magic
Utica • $109
Discover the art of magic through this hands-on class. Learn beginning sleight of hand using coins, cards, and more! Magic kits are included for all students. Ages 8-13.
Instructor: Kevin Parker
July 15-18, Mon.-Thurs., 8:30 a.m.-Noon, AB121, CRN 35244
July 15-18, Mon.-Thurs., 1-4:30 p.m., AB141, CRN 35245

NEW Minecraft Modders
Utica • IT147 • $149
Use your favorite game to learn the basics of modding and foundations of programming. Learn scripting and logic statements as you create your first mods! Introductory coding also will be taught through a simulated environment inspired by Minecraft. Student 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. Returning students can create more advanced projects that build on previous years.
Instructor: Katrina Finalyson
Ages 8-11: Aug. 12-15, Mon.-Thurs., 8:30 a.m.-Noon, CRN 34645
Ages 11-14: Aug. 12-15, Mon.-Thurs., 1-4:30 p.m., CRN 34646

NEW Hip Hop Dance Camp: Movin’ it with Meghan
Utica • Theater • $119
Join Meghan for a week full of hip hop dance! You will work all week on learning new moves and get to dance on stage at the end of camp! Learn about team bonding and how to work with others in a creative setting. Dancing also promotes a healthy relationship with your body and builds confidence through movement.
Dancers will leave with knowledge of audience and stage etiquette, dance history, learning and remembering choreography, dance technique, and performance experience.
Instructor: Meghan Mariotti
Ages 7-12: July 29-Aug. 1, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35194
Ages 13+: July 29-Aug. 1, Mon.-Thurs., 1-4:30 p.m., CRN 35195

NEW Medical Mania
Utica and St. Elizabeth Medical Center • $149
Learn about the health care field as you explore careers in nursing, radiology, medical laboratory technology, respiratory therapy, surgical technology, cardiology, and more. All activities are held in the MVCC clinical labs, with an all-day field trip to St. Elizabeth Medical Center. Ages 12+.
Instructor: Maryanne Taverne
July 15-18, Mon.-Thurs., CRN 34458
Mon.-Wed., 8:30 a.m.-2 p.m., Utica, AB159
Thurs., 8:30 a.m.-3:30 p.m., St. Elizabeth Medical Center

NEW Picture Perfect
Utica • AB207 • $119
Create perfect photos as you learn basic camera function and software usage. You will get a chance to work with Adobe Photoshop and understand photograph design and composition. Bring a digital camera. Ages 10-14.
Instructor: Sharon Zohne
Aug. 5-8, Mon.-Thurs., 1-4:30 p.m., CRN 35180
Aug. 12-15, Mon.-Thurs., 8:30 a.m.-Noon, CRN 34992

NEW Playful Art
1-4:30 p.m. • Utica • AB268 • $109
Create kaleidoscopes, kites, dream catchers, flipbooks, launching rockets, and suncatchers. Recycled materials will be used for most projects. All lessons will include corresponding information that is based on cultures, traditions, science, math, and art. Ages 8-14.
Instructor: Nancie Cooney
July 8-11, Mon.-Thurs., CRN 34769
Pretzel Kids: Express Yourself Through Yoga, Fitness, and FUN!
$109
Join us for a special Pretzel Kids® Camp that will incorporate a full Pretzel Kids® class, expressive games, and creative crafts! Kids will be encouraged to share, learn, and have fun while feeling empowered individually and as part of a team. 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 the pressures of school and peers. Our curriculum and yoga program incorporates traditional hatha yoga postures with imaginative yoga games and relaxation techniques. All told: children laugh, learn, exercise, breathe, and relax. Ages 7-12.
Instructors: Gina Buono
July 15-18, Mon.-Thurs., 8:30 a.m.-Noon, New York Mills School, CRN 35175
July 15-18, Mon.-Thurs., 1-4:30 p.m., New York Mills School, CRN 35176
July 22-25, Mon.-Thurs., 8:30 a.m.-Noon, Utica, JC202, CRN 35182

Project Runway
8:30 a.m.-Noon • Utica • AB268 • $109
Learn different ways to make fashionable items from basic T-shirts, jeans, and leggings using tie dye, fabric paints, fabric markers, decals, and cutting techniques. Create something to wear that fits your unique style and personality. Ages 8-14.
Instructor: Erica Haver
July 15-18, Mon.-Thurs., CRN 34658

NEW Python Programmers
Utica • IT147 • $159
Learn how to code with Python to create engaging apps and games. Each lesson takes you step-by-step on a programming path that will let you challenge friends with content you create from start to finish! Students will work in pairs or teams for most of the program. Returning students can create more advanced projects that build on previous years.
Instructor: Frank DuRoss, Jr.
Ages 8-11: Aug. 5-8, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35231
Ages 11-14: Aug. 5-8, Mon.-Thurs., 1-4:30 p.m., CRN 35232

NEW ROBLOX® Makers
Rome • PC244 • $149
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.
Instructor: Emilie Bell
Ages 8-11: July 22-25, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35227
Ages 11-14: July 22-25, Mon.-Thurs., 1-4:30 p.m., CRN 35228

Science: It’s a Girls Thing
8:30 a.m.-Noon • Utica • AB207 • $129
Get involved in science as you learn what makes magnets work and create your own working motor. Use chemistry to make ice cream and examine DNA that you extract right out of a strawberry! At the end of the week, you will participate in a Science Olympics. Race to build the strongest bridge or design a new creature.
Instructors: MVCC WISE (Women in Science and Engineering) Faculty
Ages 6-9: July 15-18, Mon.-Thurs., CRN 34474
Ages 10-14: Aug. 5-8, Mon.-Thurs., CRN 34874

NEW Show Choir
$109
Are you an aspiring vocal performer? Do you enjoy singing, dancing and entertaining? Learn how to improve your vocals, move to a beat, and wow your audience while performing your favorite pop hits! Ages 7-14.
Instructor: Alla Kudelich
July 22-25, Mon.-Thurs., 1-4:30 p.m., Utica, Theater, CRN 35198
Aug. 5-8, Mon.-Thurs., 8:30 a.m.-Noon, Utica, Theater, CRN 35199
Aug. 5-8, Mon.-Thurs., 1-4:30 p.m., Utica, Theater, CRN 35200
Aug. 12-15, Mon.-Thurs., 1-4:30 p.m., New York Mills School, CRN 35201
Summer Crafts
1-4:30 p.m. • Utica • AB268 • $109
Summer lasts all year long when you create and display beachy wood room signs, colorful jars made with glass pieces, a picture frame with sand and shells, and more! Ages 6-10.
Instructor: Erica Haver
July 15-18, Mon.-Thurs., CRN 35066

Swim and Sport Camp
1-4:30 p.m. • Utica • JC202 • $99
Bring your sneakers and goggles as you enjoy an afternoon of outdoor athletics and indoor pool games. You will learn basic skills, rules, and game play for individual and team sports. All activities will focus on good sportsmanship and good health. Bring a bathing suit, towel, and snack. Ages 8-14.
Instructors: James Caswell, Tennel Patterson
July 8-11, Mon.-Thurs., CRN 34236
July 15-18, Mon.-Thurs., CRN 34453
July 22-25, Mon.-Thurs., CRN 34461
July 29-Aug. 1, Mon.-Thurs., CRN 34470

Virtual Reality: The Future is Now
Utica • AB130 • $159
Learn the foundations of virtual reality (VR) design by creating your own virtual worlds, exploring simulated environments, and crafting memorable 3D experiences. At the end of the week, take home your first cardboard VR headset to show friends and family the new worlds you created. Students will work in pairs or teams and VR projects will be available on a password-protected Black Rocket website.
Instructor: Emilie Bell
Ages 8-11: July 15-18, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35225
Ages 11-14: July 15-18, Mon.-Thurs., 1-4:30 p.m., CRN 35226

Viva l’Italia!
Utica • AB158 • $99
Learn and grow in the Italian language and culture this summer. Build your vocabulary, grammar, speaking, writing, and reading skills. Have fun learning through games, songs, and hands-on activities!
Instructor: Lisa Ricci
Ages 6-9: July 22-25, Mon.-Thurs., 1-4:30 p.m., CRN 34687
Ages 10-15: July 22-25, Mon.-Thurs., 8:30 a.m.-Noon, CRN 35181

Week of Code: Beginners
8:30 a.m.-Noon • Utica • IT219 • $109
Learn about algorithms and conditional statements and use these new skills to create games and stories in the MIT web portal, Scratch. You will leave with a good foundation of the visual block code languages in CODE.org and in Scratch. Ages 8-10.
Instructor: Melissa Barlett
July 29-Aug. 1, Mon.-Thurs., CRN 35002

Week of Code: Advanced
8:30 a.m.-Noon • Utica • IT219 • $109
Expand your understanding of algorithms and conditional statements and then use these new skills to create games and stories in the MIT web portal, Scratch. You will leave with a strong addition to your coding foundation. Ages 11+.
Instructor: Melissa Barlett
July 8-11, Mon.-Thurs., CRN 34902

World of Star Wars
8:30 a.m.-Noon • Utica • AB217 • $119
Learn the skills of a Jedi during this week of crafts, science, and teamwork. Through the tales from a galaxy far, far away, you will learn basic robots, the biology of organisms on ice and desert planets, how to use the force to solve problems as a team of Rebels, and other things you need to fight the Sith. There might even be a visit by a real life R2D2 or Stormtrooper! Ages 9-14.
Instructor: Melissa Barlett
July 22-25, Mon.-Thurs., CRN 34793
Regents Review Algebra 1
6-8:30 p.m. • Utica • AB127 • $29
Get extra practice with questions, content, and concepts for the Algebra 1 exam in a friendly and focused session. Individual needs will be addressed. Bring pencils and a scientific or graphing calculator.
Instructor: Susan Murray • May 30, Thurs., CRN 33884

Regents Review Algebra 2/Trigonometry
6-8:30 p.m. • Utica • AB127 • $29
This session provides extra practice with the questions, content, and concepts in Algebra 2 and Trigonometry in an easy-to-understand manner. Individual needs will be addressed. Bring pencils and a scientific or graphing calculator.
Instructor: Susan Murray
June 3, Mon., CRN 33886

Regents Review Geometry
6-8:30 p.m. • Utica • AB158 • $29
Join us for a close look at specific topics in geometry, with attention to questions, content, and concepts. Individual needs will be addressed. Bring pencils and a scientific or graphing calculator.
Instructor: Susan Murray
June 4, Tues., CRN 33885

SAT Intensive Math Workshop
6-8:30 p.m. • $29
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, as well as use of sample tests. Bring pencils and a scientific or graphing calculator.
Instructor: Susan Murray
May 21, Tues., Utica, AB127, CRN 35063
May 23, Thurs., Rome, PC241, CRN 35061

Prepping for the SAT
ONLINE • $250
Topics of study and review include mathematical concepts, including arithmetic, algebra, and trigonometry; grammar and punctuation; reading comprehension; essay writing; and special standardized test-taking tips. You will get the opportunity to put your new skills into practice using an official SAT. Required text: The Official SAT Study Guide, 2018 edition (not included).
June 24–July 19, CRN 34294
Aug. 19–Sept. 13, CRN 35000

Prepping for the ACT
ONLINE • $250
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.
June 24–July 19, CRN 34285
Aug. 19–Sept. 13, CRN 34999
Prepping for the GMAT

$250

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).

June 24-July 19, CRN 34280
Aug. 19-Sept. 13, CRN 34996

Prepping for the GRE

$250

This course offers a comprehensive study of the quantitative reasoning, verbal reasoning, and analytical writing sections of the GRE using numerous examples of test questions from recent years. Gain access to answers, explanations, and general time-saving techniques. Required Text: Official Guide to the GRE Revised General Test (by Educational Testing Service).

June 24-July 19, CRN 34282
Aug. 19-Sept. 13, CRN 34997

Prepping for the LSAT

$250

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 uses 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.

June 24-July 19, CRN 34284
Aug. 19-Sept. 13, CRN 34998
All classes – MVCC Utica Campus, 1101 Sherman Drive, Utica

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

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

Parent and Child Aquatics
Ages 1-2 • $65
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.

Preschool with Parent Aquatics
Ages 3-5 • $65
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.

Level 1: Introduction to Water Skills
Kindergarten and up • $65
Students are oriented to the water while they learn elementary skills.

Level 2: Fundamental Aquatic Skills
Ages 5+ • $65
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.

Level 3: Stroke Development
Ages 6+ • $80
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.

Level 4: Stroke Improvement • $80
This level will include deep-water bobbing, rotary breathing, and endurance of strokes already learned, as well as introduction of breast stroke, side stroke, and turning at the wall. Prerequisite: Level 3 certificate or comparable skills.

Level 5: Stroke Refinement • $80
This level refines the strokes already learned and introduces the open turns, feet-first surface dives, and diving. Prerequisite: Level 4 certificate or comparable skills.

Level 6: Fitness Swimmer • $80
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.
**Swimming Schedule**

**Monday-Thursday Mornings Session 1**

**JULY 8- JULY 25**

- **Parent and Child Aquatics (Ages 1-2)**
  - CRN 35018 • 9-9:30 a.m.
- **Preschool with Parent Aquatics (Ages 3-5)**
  - CRN 34623 • 10-10:30 a.m.  
  - CRN 34606 • 9:30-10 a.m.  
  - CRN 34609 • 11-11:30 a.m.  
  - CRN 34607 • 11:30 a.m.-Noon

**Monday-Thursday Mornings Session 2**

**JULY 29- AUG. 15**

- **Parent and Child Aquatics (Ages 1-2)**
  - CRN 35151 • 9-9:30 a.m.
- **Preschool with Parent Aquatics (Ages 3-5)**
  - CRN 35127 • 10-10:30 a.m.
  - CRN 34756 • 9:30-10 a.m.
  - CRN 34610 • 11-11:30 a.m.

**Tuesday & Thursday Evenings Session 1**

**MAY 21- JUNE 20**

- **Preschool with Parent Aquatics (Ages 3-5)**
  - CRN 60059 • 5:30-6 p.m.
  - CRN 60058 • 5-5:30 p.m.  
  - CRN 60057 • 6-6:30 p.m.
  - CRN 60056 • 6:30-7 p.m.

**Tuesday & Thursday Evenings Session 2**

**JULY 9- AUG. 8**

- **Parent and Child Aquatics (Ages 1-2)**
  - CRN 33938 • 5-5:30 p.m.
- **Preschool with Parent Aquatics (Ages 3-5)**
  - CRN 35041 • 6-6:30 p.m.  
  - CRN 33935 • 5:30-6 p.m.  
  - CRN 34717 • 6:30-7 p.m.

**Registration opens May 13**

- **LEVEL 2**
  - CRN 34611 • 10:30-11 a.m.
  - CRN 34614 • 10:30-11 a.m.
  - CRN 34617 • 10-11 a.m.
  - CRN 34620 • 9-10 a.m.
  - CRN 34621 • 11 a.m.-Noon

- **LEVEL 3**
  - CRN 34615 • 11:30-Noon
  - CRN 26709 • 5-6 p.m.
  - CRN 28612 • 6-7 p.m.

- **LEVEL 4**
  - CRN 34619 • 10-11 a.m.
  - CRN 34620 • 9-10 a.m.

- **LEVEL 5/6**
  - CRN 34621 • 11 a.m.-Noon

**Registration opens April 22**

- **LEVEL 1**
  - CRN 34616 • 11:30-Noon
  - CRN 60057 • 6-6:30 p.m.

- **LEVEL 2**
  - CRN 34610 • 11-11:30 a.m.
  - CRN 60056 • 6:30-7 p.m.

- **LEVEL 3**
  - CRN 34617 • 10 a.m.-Noon

- **LEVEL 4**
  - CRN 34621 • 11 a.m.-Noon
Water Aerobics
Utica Pool • $60
Water aerobics is a great way to get in shape as water is a natural aid in resistance training. This shallow water exercise, set to music, can help you lose inches while toning and strengthening all of the body's major muscle groups. You do not have to be deep-water proficient.

Morning Options • 8-9 a.m.
Monday • Instructor: Anna Case
July 8-Sept. 16, CRN 34436
No class Sept. 2.
Tuesday • Instructor: Mary Farda
July 9-Sept. 10, CRN 34437
Thursday • Instructor: Mary Farda
July 11-Sept. 12, CRN 34439

Water Aerobics: Take All 3 Days: $139
Mon., Tues., Thurs., 8-9 a.m.
July 8-Sept. 16, CRN 35006
No class Sept. 2

Aerobics/Run Combo: Take all 4 Days: $144
Mon.-Thurs., 8-9 a.m.
July 8-Sept. 16, CRN 35005
No class Sept. 2

Evening Option • 6-7 p.m.
Wednesday • Instructor: Anna Case
July 10-Sept. 11, CRN 34435

Water Running
Utica Pool • $60
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.

Morning Option • 8-9 a.m.
Wednesday • Instructor: Anna Case
July 10-Sept. 11, CRN 35038

Evening Option • 5-6 p.m.
Wednesday • Instructor: Mary Farda
July 10-Sept. 11, CRN 34628

Adult Beginner Swim
5-6 p.m. • Utica Pool • $80
This class is for adults and teens who would like to learn the basic fundamentals of swimming and/or conquer a fear of the water. You will learn basic water safety skills and knowledge in order to make you reasonably safe while in, on, or around the water. Goggles are recommended.
July 8-Sept. 16, Mon., CRN 34859
No class Sept. 2.

Adult Intermediate Swim
6-7 p.m. • Utica Pool • $80
Increase your aquatic abilities by enhancing skills learned in the beginning 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. Prerequisite: Need to swim comfortably the width of the pool using a recognized stroke.
July 8-Sept. 16, Mon., CRN 35162
No class Sept. 2.

Aqua Zumba®
5:30-6:30 p.m. • Utica Pool • $55
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, most of all, exhilarating beyond belief. Water shoes are recommended.
Instructor: Krista Worlock
July 12-Sept. 6, Fri., CRN 34758
No class July 26.
Junior Lifeguarding

1-4:30 p.m. • Utica • JC108 • $149
This course is designed to give 11- to 14-year-olds a sneak peek into what it takes to become a great lifeguard. Participants will learn the basic responsibilities of a lifeguard, techniques, build stamina, and practice communication and decision-making skills. This is not a certification course. Participants must have Level 4 swim skills. Ages 11-14. 
Aug. 12-15, Mon.-Thurs., CRN 34875

Lifeguard Training

Utica • Pool • $299
Want to become a lifeguard? Learn to recognize and respond quickly and effectively 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: Students must be able to swim 550 yards continuously with predetermined strokes before the first class session and be at least 15 years old by the last class session.
Instructor: Caroline Pollard
May 31-June 9, Fri.-Sun., Fri. 5-8 p.m., Sat.-Sun. 9 a.m.-6 p.m. CRN 34068
Pre-test on May 16 at 6 p.m.

Lifeguard Training Review
(Recertification)

Utica • Pool and JC109 • $149
Renew your Lifeguard Certification, CPR/AED for the Lifeguard, and First Aid by successfully completing this course. Waterfront lifeguard skills will be reviewed for those who require it. Participants must be able to complete the pre-course swim test. Prerequisites: you must hold current certification in American Red Cross Lifeguard Training. Attendance at all sessions is required. Please bring CPR mask.
Instructor: Caroline Pollard
May 3-5, Fri.-Sun.: Fri. 5-8 p.m., Sat.-Sun. 9 a.m.-6 p.m., CRN 60064

CPR/AED for Lifeguard/Professional Rescuer

10 a.m.-2 p.m. • Utica • AB141 • $50
This course helps participants recognize and respond appropriately to cardiac and breathing emergencies. With successful completion, you will receive certification in CPR/AED needed for lifeguards and professionals. Bring your CPR mask to class.
Instructor: Caroline Pollard • May 18, Sat., CRN 60065

Treat Yourself Mini Retreat

9 a.m.-Noon • Utica • JC115 • $149
This retreat will help you connect with yourself through yoga and meditation followed by nutrition discussions and nourishing snacks. Finish it all off with goal-setting through movement and visualization.
Instructors: Linda Budlong, Joan Kane, Jodi Kapes • Aug. 5-8, Mon.-Thurs., CRN 35158

Aquatic Training
**Aqua Zumba®**  
5:30-6:30 p.m. • Utica • Pool • $55  
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, most of all, exhilarating beyond belief. Water shoes are recommended.  
**Instructor:** Krista Worlock  
**July 12-Sept. 6, Fri., CRN 34758**  
No class July 26.

**NEW Broga®**  
5:30-6:30 p.m. • Utica • JC115 • $45  
Broga® Yoga is designed to bring the benefits of yoga to men, but is always open to both men and women. Broga® combines strong, energetic, and challenging movements to bring the best core-strengthening, muscle-toning, cardio-working, stress-reducing, clarity-enhancing yoga postures with functional fitness exercises for an amazing workout.  
**Instructor:** Michael Calogero  
**July 9-Aug. 27, Tues., CRN 35161**

**Pilates**  
5:30-6:30 p.m. • Utica • JC115 • $45  
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.  
**Instructor:** Kathy Bateman • **July 8-Aug. 26, Mon., CRN 35166**

**NEW Slow Flow Yoga**  
10-10:45 a.m. • Utica • JC115 • $35  
Slow Flow Yoga connects postures with breath and fluid movement. We will work at a slower pace allowing time to explore postures so new students can build familiarity and experienced students can refine their alignment and explore more sensation. Bring a yoga mat, water, and blocks, if desired.  
**Instructor:** Linda Budlong, CPT, RYT 200  
**July 17-Aug. 14, Wed., CRN 35155**

**Strengthen, Sculpt, and Tone**  
9-10 a.m. • Utica • JC115 • $40  
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.  
**Instructor:** Linda Budlong, CPT, RYT 200  
**July 16-Aug. 13, Tues., CRN 35163**  
**July 18-Aug. 15, Thurs., CRN 35164**

**HIIT Yoga**  
5:30-6:30 p.m. • Utica • JC202 • $45  
Get your heart rate up, trigger true cardiovascular optimization, burn calories and fat, and raise your metabolic rate. This class combines yoga and High Intensity Interval Training (HIIT) 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 bottle.  
**Instructor:** Kathy Bateman  
**July 9-Aug. 27, Tues., CRN 35156**

**LifeFit Yoga**  
5:30-6:30 p.m. • Utica • JC115 • $45  
This yoga 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 and truly begin their yoga journey to become LifeFit. Wear comfortable clothing and feel free to bring your own yoga mat.  
**Instructor:** Kathy Bateman  
**July 10-Aug. 28, Wed., CRN 35150**
Yin Yoga
10-10:45 a.m. • Utica • JC115 • $35
This class combines restorative poses with the yin practice. It’s a soothing, self-healing practice done mostly seated or lying down and is deeply relaxing. Bring a small pillow, blanket, yoga mat, and two yoga blocks.
Instructor: Linda Budlong, CPT, RYT 200 • July 15-Aug. 12, Mon., CRN 34605

Yoga Abs
9-9:45 a.m. • Utica • JC115 • $35
This class combines yoga and core-strengthening moves. 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.
Instructor: Linda Budlong, CPT, RYT 200 • July 17-Aug. 14, Wed., CRN 35149

Yoga Butt
9-9:45 a.m. • Utica • JC115 • $35
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 your core, glutes, quads, and hamstrings. You will find you stand taller and feel stronger. Bring a yoga mat, water, and a yoga block.
Instructor: Linda Budlong, CPT, RYT 200 • July 15-Aug. 12, Mon., CRN 35019

Zumba®
5:30-6:30 p.m. • Utica • JC202 • $45
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 are resistance training are combine to tone and sculpt the body while burning fat. Beginners are welcome. Bring water.
Instructor: Krista Worlock • July 11-Sept. 5, Thurs., CRN 35165
No class July 25.

Activate Your Third Eye: Guided Meditations
6-7:30 p.m. • Utica • AB121 • $65
Learn to increase intuitive abilities and unlock your dormant psychic awareness that we all possess. Connect with your higher self, gain clarity, and attain deeper wisdom. Through a series of guided meditations we will do that and more as you re-energize your body and your mind.
Instructor: Erick Price • Aug. 7-28, Wed., CRN 35147

Create and Cultivate Inner Peace
6-7:30 p.m. • Utica • AB121 • $65
Learn the core foundation of mindfulness, how to incorporate it into daily life, and how to focus on an anchor to stay grounded. Learn to be peaceful, relieve stress, relieve anxiety and depression, and love your life again.
Instructor: Erick Price • July 18-Aug. 8, Thurs., CRN 35148

Miracle Making Made Easy
6-7 p.m. • Utica • AB127 • $65
This class will be a step-by-step personal transformation. Discover how to make the shift within that starts it all. Then learn to let go of the layers of “stuff” that has held you back as you expand into your new truth. Align with a life you’ll love to live everyday! Together we’ll tap that infinite wellspring to claim your vision of success, love, happiness, prosperity, and life!
Instructor: Erick Price • June 4-July 16, Tues., CRN 35145
No class July 9.
Quantum Mind, Your New Super Mind
6-7 p.m. • Utica • AB121 • $65
This class will take you places you’ve never been as we journey into ancient and newly revolutionized techniques to access more of what’s inside you waiting to be realized. Learn the power principles to experience something better than what you’re living now! A new world of possibilities awaits as you open up your Quantum Mind. Understand your personal vibrations, your daily rhythms, and the root cause of any difficulties in your life. Together we’ll quickly unravel these patterns and create your new reality!
Instructor: Erick Price
June 17–July 22, Mon., CRN 35146

Weight Loss: Better Health Through Hypnosis
6-8 p.m. • Utica • AB121 • $19
Obesity is at an all-time high in America and people are searching for solutions. 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.
Instructor: Erick Price
June 20, Thurs., CRN 35064

Smoking Cessation: Better Health Through Hypnosis
6-8 p.m. • Utica • AB121 • $19
Now is the time to quit smoking with a program that has had outstanding success. All that is needed is to have a sincere desire to end your smoking habit for good. Experience a light trance state of focused concentration and relaxation and stop watching your life go up in smoke.
Instructor: Erick Price
Aug. 6, Tues., CRN 35065

NEW Beginner Cookie Decorating: Fun in the Sun
5:30-8 p.m. • Rome • PC135 • $65
We will briefly talk about the basics of baking cookies and offer tips and tricks of the trade, but then we’ll move right into the world of decorating. We will learn, hands-on, the various decorating techniques used with two different types of royal icing: piping consistency and flood consistency. There are five cookie designs planned. Ages 12+.
Instructor: Cindy Burek, Buttercup Bakery
July 15, Mon., CRN 35143

NEW Basics of Braille (Unified English Braille)
5-6:30 p.m. • Utica • IT219 • $149
Learn the braille alphabet and various short-form contractions. Upon completing this course, you’ll have an idea of what it’s like for a visually impaired braille-user to read and write.
Instructors: Valerie Warmuth, Ahmat Djouma
June 24–July 31, Mon., Wed., CRN 35157
Explore the World:

How to Plan the Perfect Trip
5:30-6:30 p.m. • Utica • IT219 • $29
Want to go on an adventure but don’t know where to start? Come learn techniques for deciding what to do, where to stay, and the best place to eat. You’ll learn tips to save money and strategies for packing your luggage for a stress-free journey.
Instructor: Emily Gifford
June 18-25, Tues., Thurs., CRN 35144

Get Paid To Talk
6:30-9 p.m. • Utica • AB141 • $39
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.
Instructor: Emily Gifford
June 17, Mon., CRN 34599

Wild Edibles and Mushroom Identification
5:30-8:30 p.m. • Utica • AB127 • $49
Learn to supplement your summer diet with delicious wild vegetables and beverages. This class will include handouts and some walking (and gathering) through local natural areas, so dress appropriately!
Instructor: Kim Morrissey
June 20-July 18, Thurs., CRN 34761 • No class July 4.

Golf: Basics for Beginners
3:30-5 p.m. • Mohawk Glen • $99
Learn from a pro as you build the proper golf swing, practice putting, chipping, driving, and more. One session is dedicated to fitting and purchasing equipment, course etiquette, ball flight law, and game theory. Golf or tennis shoes recommended; bring clubs if available. Classes are held at Mohawk Glen Golf Course. All range and ball rental fees are included. First class is introductory and meets at King Pin Lanes in Rome.
Instructor: Paul Panek
May 26-June 23, Sun., CRN 34001

Golf: Advanced Program
5-6:30 p.m. • Mohawk Glen • $99
Refine your game by focusing on putting and chipping, basic iron play with shot selection, and wood and tee shots with consideration of distance and accuracy. Bring golf shoes and clubs. All range and ball rental fees are included.
Instructor: Paul Panek
May 26-June 23, Sun., CRN 34000

The History of Union Station
7-8 p.m. • Preswick Glen • $19
Discover the exciting history of beautiful Union Station. We’ll discuss its inception, name origin, architecture, near demise and resurrection, and its present day use. Learn about two odd discoveries that happened there as well as the interesting tale of a disagreement between two local historians concerning Union Station. You’ll be surprised to learn about the dynamic history of this well-known Utica landmark.
Instructor: Joseph P. Bottini • July 18, Thurs., CRN 35234

NEW Cyber InSecurity: Part 1
6-8 p.m. • Preswick Glen • $25
This class aims to take the mystery away from what cybersecurity is and show some of the common attacks and cons that are used to steal personal and financial information.
Instructor: Paul LaPorte
June 17, Mon., CRN 35153

NEW Cyber InSecurity: Part 2
6-8 p.m. • Preswick Glen • $25
Part 2 of this course will show people techniques, warning signs, and best practices that can be used to keep their information safe when shopping, banking, using social media, and more.
Instructor: Paul LaPorte
June 19, Wed., CRN 35154
Aerial Adventures
The Root Farm • $55
This program is designed to test your boundaries, help you experience the beauty of outdoors, and grow personally. The high ropes course has six challenges for all abilities, including an exclusive design that allows both able-bodied individuals and those with limited use of lower extremities to fully participate. You will have an opportunity to climb the 40-foot rock tower designed for all levels of experience and levels of participation and to cap off the experience with a 1,000-foot zip line that connects the ropes and challenge courses with the rock tower. Minimum weight: 75 lbs.; maximum weight: 250 lbs. Participants must be able to reach up to a minimum height of 70 inches. If adaptive needs are required, please request them during the registration process.
Age: 12+
May 10, Fri., 4-8 p.m., CRN 60199
May 18, Sat., 10 a.m.-2 p.m., CRN 60200

Learn to Rock Climb
4-5:30 p.m. • The Root Farm • $249
This six-week rock climbing program is a hands-on learning experience designed to teach you rope and safety techniques in a fun, experimental learning environment. You will develop climbing skills that will progress each week, ending with the ability to climb on your own. All necessary equipment is provided. Age 14+
May 8-June 12, Wed., CRN 60198
Defensive Driving  
9 a.m.-4 p.m. • Utica • AB141 • $40  
This program offers the benefits of a 10 percent insurance discount and up to four points off your driving record. The program emphasizes safe and defensive driving techniques for drivers of all ages and skill levels, including those with a driver’s permit. Bring a license or permit to class, as well as a lunch. Students are required to be on-time and stay until the completion of class. This course is offered in partnership with the Oneida County Traffic Safety Department.  
June 15, Sat., Utica, AB141, CRN 33972  
Aug. 17, Sat., Rome, PC241, CRN 33973  
Sept. 14, Sat., Utica

Self-Defense: College Bound with Simulation  
6-8 p.m. • Utica • JC202 • $30  
Use everything you learned in the College Bound class to get away from our aggressors. You will fight off an attacker by putting hands-on self-defense techniques to use. You must have taken College Bound to attend the simulation class.  
Instructor: Kathleen and Rachel Willard  
May 8, Wed., CRN 60041

Personal Safety

Spray Away!  
6:30-8:30 p.m. • Utica • JC115 • $49  
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+.  
Instructor: Kathleen Willard  
July 19, Fri., CRN 35159

Remote Pilot Test Prep  
6-9 p.m. • Utica • AB141 • $99  
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 are not included in this preparatory class.  
Instructor: Bill Judycki  
June 18-25, Tues., Thurs., CRN 34924

Sample Remote Pilot Test Prep Outcomes  
1. Understanding the operation of unmanned aircraft systems  
2. Familiarity with the Federal Aviation Administration regulations governing UAS  
3. Knowledge of basic aviation terminology  
4. Understanding of the rules of the sky  
5. Ability to safely operate a UAS  

Drones on the Fly  
6-9 p.m. • Utica • AB121 • $29  
Learn the basics of drone flight and rules. Students may bring their own drone or practice on one available at MVCC. Bring your questions and curiosity, and learn more about the interesting and transformative technology of drones!  
Instructor: Bill Judycki  
July 16, Tues., CRN 35049

Personal Safety

Senior Self-Defense  
9-11 a.m. • Utica • ACC116 • $29  
Learn ways to become more aware of your surroundings and hands-on techniques to keep yourself safe. Think you can’t defend yourself because you use a wheelchair, walker, or cane? We will show you some ways.  
Instructor: Kathleen Willard  
July 13, Sat., CRN 35152

Remote Pilot Test Prep  
6-9 p.m. • Utica • AB141 • $99  
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Defensive Driving  
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Aug. 17, Sat., Rome, PC241, CRN 33973  
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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+.  
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Instructor: Bill Judycki  
July 16, Tues., CRN 35049
Eight-hour Pre-Assignment Training Course for Security Guards
6-10 p.m. • $60
This is an eight-hour course required by New York State as the first step in obtaining a security guard registration card from the New York State Department of State. The course provides the student with a general overview of the duties and responsibilities of a security guard. Topics covered in this course include the role of the security guard, legal powers and limitations, emergency situations, communications and public relations, access control, and ethics and conduct. The passing of an examination is required for successful completion of this course.
Instructor: Rick D'Alessandro • June 4-6, Tues., Thurs., Utica, AB141, CRN 33963
Instructor: John Bielby • July 9-11, Tues., Thurs., Rome, PC241, CRN 34799

16-hour On-the-Job Training Course for Security Guards
6-10 p.m. • Utica • AB158 • $99
This is a 16-hour course that must be completed within 90 days of employment as a security guard. The course provides the student with detailed information on the duties and responsibilities of a security guard. Topics covered in this course include the role of the security guard, legal powers and limitations, emergency situations, communications and public relations, access control, ethics and conduct, incident command systems, and terrorism. The passing of an examination is required for successful completion of this course.
Instructor: Rich Dodge
Aug. 5-15, Mon., Thurs., CRN 34083

Eight-hour Annual In-Service Training Course for Security Guards
6-10 p.m. • $60
This is an eight-hour course that must be completed within 12 months from completion of the Eight-hour Pre-Assignment 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. Topics include the role of the security guard, legal powers and limitations, emergency situations, communications and public relations, access control, and ethics and conduct.
Instructor: Rick D'Alessandro
June 11-13, Tues., Thurs., Utica, AB145, CRN 34154
Instructor: John Bielby
July 23-25, Tues., Thurs., Rome, PC241, CRN 34976

SAVE
4-6 p.m. • $29
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. Topics include abuse and neglect, abduction, substance abuse, traffic and fire safety, and violence. Teachers' legal responsibilities, dangerous behavior identification, intervention techniques, effective classroom management, and promoting positive attitudes and behaviors also will be discussed.
Instructor: Rich Dodge
June 11, Tues., Utica, AB141, CRN 35125
Instructor: John Bielby
July 17, Wed., Rome, PC241, CRN 35126

Dignity for All Students
9 a.m.-3 p.m. • $75
This course will address the social patterns of harassment, bullying, and discrimination including, but not limited to, those acts based on a person's actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender, or sex. It also will cover the identification and mitigation of harassment, bullying, and discrimination and strategies for effectively addressing problems of exclusion and 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.
Instructor: John Wells
June 8, Sat., Utica, AB141, CRN 35107
July 20, Sat., Rome, PC241, CRN 35106
Aug. 10, Sat., Utica, AB141, CRN 35142
Child Abuse Recognition
6-9 p.m. • $39
The New York State Education Department requires health care, educational, and other licensed professionals to be trained to identify and report child abuse. Matriculated students at MVCC should consult with academic advisors before enrolling in this course.
Instructor: Rich Dodge • June 11, Tues., Utica, AB141, CRN 35123
Instructor: John Bielby • July 17, Wed., Rome, PC241, CRN 35124

Notary Public
9:30 a.m.-1:30 p.m. • Utica • AB158 • $50
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 the license to become a more valuable asset in your workplace.
Instructor: Gloria Karol
July 27, Sat., CRN 34005

Coding Certificate
ONLINE • $595
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 program includes the courses Introduction to Coding, HTML Fundamentals, and CSS Fundamentals.
June 3-Aug. 30, CRN 35217

Introduction to Coding
ONLINE • $195
Get introduced to the basics of computer programming and various programming languages. New technologies allow people outside of the computer science field to be able to create their own webpages using code. You will learn the basics of HTML, CSS, and JavaScript in this course, as well as the practical uses for each.
Instructor: Jeff Kritzer
June 3-28, CRN 35218

HTML Fundamentals
ONLINE • $245
This course covers all the basics of HTML coding language. You will learn to build simple webpages by hand coding, using HTML tags to create paragraphs, headings, lists, links, insert images and tables, and more. We also cover creating a simple multi-page website with images, text, and a navigation bar.
Instructor: Andy Helmi
July 1-26, CRN 35219

CSS Fundamentals
ONLINE • $245
In this introductory course, you will learn how to style webpages using Cascading Style Sheets (CSS) coding language. Topics include using inline, internal, and external CSS; web typography; formatting text; working with web colors; using Google fonts; working with id and class selectors; working with <div> elements; creating page layouts using <div> elements; and CSS box model.
Instructor: Andy Helmi
Aug. 5-30, CRN 35220

Certificate in Data Analysis
ONLINE • $495
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 skill 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 program includes the courses Introduction to Data Analysis, Intermediate Data Analysis, and Advanced Data Analysis.
June 3-Aug. 30, CRN 35070
Introduction to Data Analysis

**ONLINE ● $195**
This course will give you a basic understanding of how to analyze data in a business setting. Businesses look for candidates with an understanding of how to analyze the data they have been collecting.
*Instructor: John Rutledge*
*June 3-28, CRN 35072*

Intermediate Data Analysis

**ONLINE ● $195**
This course will introduce you to the statistics behind group differences and relationships. In addition, you’ll learn how to work with ratings, graphs, and user-friendly reports of statistical results.
*Instructor: Mary Dereshiwsky*
*July 1-26, CRN 35071*

Advanced Data Analysis

**ONLINE ● $195**
After taking this advanced course, you will be able to perform inquiries that will be useful to your business or organization and have the skill necessary to communicate these results through graphs and text that your fellow employees will understand.
*Instructor: Jeff Kritzer*
*Aug. 5-30, CRN 35069*

Social Media for Business Certificate

**ONLINE ● $495**
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 program includes the courses Introduction to Social Media, Marketing Using Social Media, and Integrating Social Media in Your Organization.
*June 3-Aug. 30, CRN 35080*

Introduction to Social Media

**ONLINE ● $195**
Learn what social networks are and their role in your business and personal life. Find out the top sites and how businesses are using the sites for communication, customer retention, branding, marketing, market research, needs assessment, and serving customers and clients. Explore the options for your organization. Look at case studies of what other organizations are doing. Let your instructor guide your exploration of Facebook and YouTube. This class is for anyone interested in social networks.
*Instructor: Nicole Siscaretti Doyle*
*June 3-28, CRN 35081*

Marketing Using Social Media

**ONLINE ● $195**
Let your instructor guide you in exploring major social networks, including Twitter, LinkedIn, and blogging. Learn quick, easy ways to use Twitter, blogs, and LinkedIn to engage your customers or clients and keep them interested in your organization or business. You’ll find out the advantages and disadvantages of each, and learn what’s right for your work and kind of organization.
*Instructor: Kathryn Lynch-Morin*
*July 1-26, CRN 35082*

Integrating Social Media In Your Organization

**ONLINE ● $195**
Take away a practical strategy and techniques for implementing social networks for your organization or business. Learn how to create your own private social network using Ning, work socially using Google Docs and calendars, and move your website to an interactive Web 2.0 site. Your instructor will help you choose which social network tools are right for your situation, and then integrate them into your website to develop a social networking strategy for your organization. Find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing.
*Instructor: Jennifer Selke*
*Aug. 5-30, CRN 35083*
Certificate in Basic Game Design

ONLINE • $395
Games are increasingly recognized as a tool that can serve many business purposes beyond entertainment. This certificate provides you with a general introduction to what goes into the design and development of both video and analog games, with a particular focus on the use of games outside of consumer entertainment. By successfully completing this program, you will have taken the first steps into understanding game design and being able to create your own games. This program includes the courses Introduction to Game Design and Intermediate Video Game Design.
June 3–July 26, CRN 35073

Introduction to Game Design

ONLINE • $245
This course provides a general introduction to what goes into the design and development of both video and analog games, with a particular focus on the use of games outside of consumer entertainment. By completing this course, you can take the first steps into understanding game design and how it can be applied in your field.
Instructor: Moses Wolfenstein
June 3–28, CRN 35074

Intermediate Video Game Design

ONLINE • $245
Learn the basics of video game design process, the main video game genres, and use a game development application to begin your journey of making games.
Instructor: Jean Haefner
July 1–26, CRN 35075

Legal Secretary Certificate Course

Online

ONLINE • $729
This course is designed for both beginning and experienced secretaries who are interested in improving their skills and working more efficiently within the law office. Students will study such topics as legal terminology; legal process; jurisdiction and venue; ethics; written communications; filing procedures, billing, and accounting; time management; records management; an overview of commonly used word and data processing programs; legal research; memoranda preparation; and citation format. Book and materials must be purchased separately. To enroll, contact the Center for Legal Studies at 1-800-522-7737.
July 1–Aug. 16

Paralegal Certificate Course

ONLINE • $1395
This course 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. Book and materials must be purchased separately. To enroll, contact the Center for Legal Studies at 1-800-522-7737.
July 1–Oct. 11

NEW NYS Sexual Harassment Awareness Training

ONLINE • Self-paced • $35
This two-hour interactive online webinar for employees goes beyond the mandated training to include healthy workplace. Take a training that meets requirements and is more than a “click click” quiz! Call for customized pricing for your entire organization.
Instructor: Francesca Dunlery

Sexual Harassment 101

UTICA • IT225 • $50
This two-hour interactive course for employees goes beyond the mandated training to include bystander intervention and healthy workplace. Call for customized pricing for your entire organization.
Instructor: Brandi Bolton, YWCA
June 3, Mon., 9–11 a.m.
July 8, Mon., 9–11 a.m.
Aug. 5, Mon., 2–4 p.m.
Aug. 19, Mon., 8–10 a.m.

Sexual Harassment 102: Policy and Reporting

UTICA • IT225 • $75
This course is an additional hour covering policy development, reporting, and investigation under the new New York State Sexual Harassment Law. Make sure your managers and supervisors are in compliance. The first two hours is the training “Sexual Harassment 101.” Call for customized pricing for your entire organization.
Instructor: Brandi Bolton, YWCA
June 3, Mon., 9–Noon
July 8, Mon., 9–Noon
Aug. 5, Mon., 2–5 p.m.
Aug. 19, Mon., 8–11 a.m.
Medical Billing and Coding Program
6-9:30 p.m. • Utica • AB157 • $1899
Join the growing health care industry with the combined 80-hour medical billing and coding course offering the skills needed to solve insurance billing problems, how to manually file claims (using the CPT and ICD-10 manual), complete common insurance forms, trace delinquent claims, appeal denied claims, and use generic forms to streamline billing procedures. This course covers the following areas: CPT (Introduction, Guidelines, Evaluation and Management), specialty fields (such as surgery, radiology, and laboratory), ICD-10 (Introduction and Guidelines), and basic claims processes for medical insurance and third party reimbursements. Students will learn how to find the service and codes using manuals (CPT, ICD-10, and HCPCS). After obtaining the practical work experience (six months to two years), students who complete this course could be qualified to sit for the American Academy of Professional Coders (AAPC) - Certified Professional Coder Exam (CPC or CPC-H Apprentice); the American Health Information Association (AHIMA) Certified Coding Associate (CCA) exam; and/or other National Certification Exams.
June 4-Aug. 27, Tues., Thurs., CRN 35233 • No class July 4.

Personal Care Assistant (PCA)
3:30-9 p.m. • Sitrin Healthcare Center • $400
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. Upon successful completion of the PCA program, students will be state certified and eligible to continue their training, if desired, in a certified Home Health Aide training program. Current comprehensive physical, vaccinations, and TB test results due at orientation.
Instructors: Nelson Wood, Tammy Burdick
July 8-19, Mon., Tues., Thurs., Fri., CRN 34243

Home Health Aide (HHA)
3:30-9 p.m. • Sitrin Healthcare Center • $600
This course is for certified Personal Care Assistants to build on their knowledge and experience for employment in a home environment caring for patients ranging from infants to seniors. The program provides 35 hours of instruction, lab, and clinical practice necessary for New York State HHA certification. A current comprehensive physical, vaccinations, and TB test results are due at orientation.
Instructors: Nelson Wood, Tammy Burdick
July 22-Aug. 2, Mon., Tues., Thurs., Fri., CRN 35203

Grant Funding available for PCA and HHA. Contact Janelle at 315-792-5305 for more information.
Phlebotomy
6-9 p.m. • Utica • AB134 • $499
This course 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 Mumps Measles and Rubella (MMR) vaccines, and proof of two Varicella vaccines. Also required are a Tdap or Tetanus toxoid within 10 years, seasonal flu shot, and a Hepatitis B vaccine with complete series dates. Tuition includes insurance fee. Purchasing the textbook is optional, but highly recommended.
Instructor: Rachel Canarelli
June 17-Aug. 7, Mon., Wed., CRN 33893

Certified Nurses Assistant (CNA)
3:30-8:30 p.m. • Sitrin Healthcare Center • 
$1,250
This 120-hour course includes 90 classroom hours and 30 supervised clinical hours of training. Upon successful completion of the program, students to take the New York State certification exam. A current comprehensive physical, vaccinations, and TB test results are due at orientation.
Instructors: Nelson Wood, Tammy Burdick
May 2-June 18, Mon., Tues., Thurs., Fri., CRN 34113
No class May 24 and 27.
Aug. 19-Oct. 8, Mon., Tues., Thurs., Fri., CRN 35205
No class Aug. 30 and Sept. 2.

Barrier Precautions/Infection Control
ONLINE • Self-Paced • $40
The New York State Education Department requires this class for licensed professionals, including physicians, physicians’ assistants, specialist assistants, dentists, dental hygienists, registered nurses, licensed practical nurses, optometrists, and podiatrists. This course is self-paced (0.3 CEUs).
Instructor: Tammy Burdick
CRN 33892

CPR, AED, and Blocked Airways
10 a.m.-2 p.m. • Utica • $40
Topics covered will include: BLS CPR (1 & 2 rescuer), BVM Ventilations, choking, and AED use for adults, children, and infants. Bring paper and pen to class. Call for additional dates. Required for all MVCC Health Program Students.
Instructor: Tammy Yager
May 8, Tues., JC108, CRN 28961
June 12, Wed., AB121, CRN 34591
July 10, Wed., AB127, CRN 35238
Aug. 5, Mon., AB121, CRN 35243

NCLEX Review
8:30 a.m.-3:30 p.m. • Utica • IT225 • $275
Pass the NCLEX the first time and become a Registered Nurse. Thanks to a systems review, extensive test-taking strategies, and a focus on delgation, prioritization, and reading questions for comprehension, you will successfully pass the NCLEX examination. This review also will include NCLEX-style questions to enhance content and guide you through the process of test taking. Please arrive at 8 a.m. on the first day to complete registration.
Instructor: Civita Allard
June 6-9, Thurs.-Sun., CRN 35207

TEAS Review Class
4-8 p.m. • Utica • AB127 • $75
The Test of Essential Academic Skills (TEAS) Exam is required to apply to a MVCC Health program. You must score a 58.7 or higher. This review class prepares you to take the TEAS Exam in areas of math, sciences, reading, and English.
Instructors: Jim Roberts, Breanne Rathbun, Melissa Barlett
Aug. 28-29, Wed., Thurs., CRN 35206
Insurance Pre-Licensing Part 1
(Personal Lines)
8:30 a.m.-4 p.m. • Rome • PC120 • $450
To become a licensed insurance agent in New York State, you must complete the 90-hour pre-licensing training requirement for Property & Casualty under New York State Insurance Law. This Part 1 segment covers Personal Lines Licensing and is 45 hours in length. This course will fulfill the requirement to sit for the Personal Lines licensing exam only. Textbook is included in tuition.
Instructors: Don Reese, Ed Whitehead
June 10-19, Mon.-Fri., CRN 35208
Instructor: Don Reese
July 8-17, Mon.-Fri., CRN 35209

Insurance Pre-Licensing Parts 1 and 2
(Property & Casualty)
8:30 a.m.-4 p.m. • Rome • PC120 • $849
This 90-hour course will fulfill the requirement to sit for the NYS Property & Casualty Exam (Personal & Commercial).
Instructors: Don Reese, Ed Whitehead
June 10-28, Mon.-Fri., CRN 35210
Instructor: Don Reese
July 8-26, Mon.-Fri., CRN 35211

Insurance: The ISO Homeowners Program
8:30 a.m.-4:30 p.m. • Rome • PC120 • $75
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 course is approved for New York State P and C Agents, P and C Brokers, Professional P and C Consultants and Public Adjusters. This is a fast-paced, detailed course featuring updated court rulings and decisions. BR, C3, PA, PC
Instructor: Don Reese
Aug. 6, Tues., CRN 34936

Insurance: The New York Auto Policy
8:30 a.m.-4:30 p.m. • Rome • PC120 • $75
Does any member of the public really have a clue about coverage on this policy? What is “No-Fault” anyway? 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 new eight-hour CE course will cover these issues and a host of others. The course is approved for the following licensees: P and C Agents, P and C Brokers, P and C Consultants, and Public Adjusters. BR, C3, PA, PC
Instructor: Don Reese
Aug. 2, Fri., CRN 34937

Insurance Regulations and New York State Licensees
8:30 a.m.-4:30 p.m. • Rome • PC120 • $75
This class covers the range of statutory and common law provisions which affect agents and insurers in 2017. 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, among others. This eight-hour CE course is approved for all New York State insurance licensees. BR, C3, LAH, LB, LSB, LC, PA, PC
Instructor: Don Reese
June 15, Sat., CRN 35134 • July 20, Sat., CRN 34943
10-hour OSHA Training
6-9:30 p.m. • MVCC Education Center • $80
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.
Instructor: Dominick Timpano
June 24-26, Mon.-Wed., CRN 34507

Lead Renovator Refresher
8:15 a.m.-12:15 p.m. • MVCC Carpentry and Masonry • $135
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, paper, and proof of prior certification; all other materials will be provided. The course concludes with a 25-question exam.
Aug. 2, Fri., CRN 35008

LEED v4 Green Associate Exam Prep
ONLINE • $695
This course covers the fundamental concepts of green building and is intended for design, construction, and real estate professionals; building owners; or anyone who wants to develop their knowledge in this area. The course will prepare students to earn the LEED Green Associate credential from the Green Building Certification Institute. Students examine case studies of LEED certified building projects, concepts of integrated design, third-party verification and the LEED administration process. In each of the first seven units, we cover all specification sections listed by the Green Building Certification Institute as exam content areas. The final unit focuses on exam preparation.
Instructor: Kelly Gearhart
June 3-July 26, CRN 35084
After the domestication of cattle, milk became a permanent staple of the human diet. Some of the most delicious dairy available for consumption is fermented, and yogurt is the most popular fermented milk in the world. Learn the interesting history of yogurt along with the process and microbes responsible for this healthy treat.

Tuesday, July 9, 6-9 p.m.

New Fermentation Series!

Take one or all of our new, hands-on series covering the basics of fermentation! All classes take place in the kitchens at our Rome Campus. Cost: $49 each or $139 for all three!

Instructor: Joe Kinney

Make Your Own Yogurt

After the domestication of cattle, milk became a permanent staple of the human diet. Some of the most delicious dairy available for consumption is fermented, and yogurt is the most popular fermented milk in the world. Learn the interesting history of yogurt along with the process and microbes responsible for this healthy treat. Tuesday, July 9, 6-9 p.m.

This lightly sweetened, slightly acidic, and completely refreshing beverage continues to gain popularity worldwide. Often referred to as “fermented tea,” kombucha is the direct result of fermenting sweetened tea with an ancient symbiotic culture. With origins in Northeast China around 220 B.C.E., kombucha is prized for its health properties. Learn how this unique beverage is made. Tuesday, July 16, 6-9 p.m.

Preservation by fermentation has existed for millennia. In addition to increased shelf life, taste was also improved. Pickles, sauerkraut, and kimchi are all products best served after natural fermentation. In this class, we will explore the proper techniques for crisp, bright, preserved vegetables. Tuesday, July 23, 6-9 p.m.
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).
Special Promotional Rate, if using the provided motorcycle, $125 (Licensing).

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 that 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.

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**Celebrate Teen Entrepreneurial Success with MVCC!**

Now recruiting for 2019-2020!
Apply today: mvcc.edu/cced
Tractor Trailer Driver Training
MVCC and SAGE Technical Services

MVCC offer 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.

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.

To register or for more information, call 315-334-7793.
NON-CREDIT REGISTRATION INFORMATION

Class Location Key

MVCC Utica: 1101 Sherman Drive
AB: Academic Building
JC: Jorgensen Center/Gym
ACC: Alumni College Center
IT: Information Technology Building/Theater
ST: Science and 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

Mohawk Glen Golf Course: 800 Perimeter Rd., Rome

New York Mills School: 1 Marauder Blvd., New York Mills

Preswick Glen: 55 Preswick Drive, New Hartford

Root Farm: 2860 King Rd. Sauquoit

Sitrin Healthcare Center: 2050 Tilden Ave., New Hartford

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.

Fill in the form on the next page of the brochure and mail with check or credit card information. Make checks payable to MVCC.

Call us at: 315-792-5300.

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

Fax to: 315-792-5682.

Use registration form. Payment by credit card or check card only.

Cancellation/Refund Policy

As decisions to run non-credit classes are based on enrollment, reimbursements for canceled registrations will be made as follows:
• 100 percent refund: withdraw three or more business days before class begins
• 50 percent 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 percent refund at any time prior to the start of instruction. 16-hour OJT course: Student will be entitled to a 50 percent 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. To sign up for emergency alerts, contact cdejohn@mvcc.edu.
## NON-CREDIT REGISTRATION

Fax or Mail-In Registration

Fax registration to: 315-792-5682
- For VISA, MasterCard, and Discover use only.
- Please type or print.
- Only one student may register per form.
- Photocopy this form for additional students.

Mail or drop off registration to:
Mohawk Valley Community College
Center for Corporate and Community Education
1101 Sherman Dr. Academic Bldg Room 154
Utica, NY 13501  315-792-5300

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

### *Registrant Information*

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Mohawk Valley Community College
1101 Sherman Drive
Utica, NY 13501-5394
315-792-5300
mvcc.edu/cced

Non-Credit Classes:

Beginner and Advanced camps available!

Cybersecurity camp is funded by the National Security Agency and is free of charge to all participants. More information on pg. 5.