

mvccconnect

KIDS CAMPS • ACADEMIC PROGRAMS • NON-CREDIT COURSES

SUMMER
2026



Utica Campus

Academic Building

- Center for Corporate and Community Education
- Public Safety

Alumni College Center

- Bookstore
- Career Development Center
- Health and Wellness Center
- Residence Life
- Resident Dining

Francis A. Wilcox Hall

- Accessibility Resources
- C3
- Learning Commons
- Theater

Payne Hall

- Administrative Offices
- Admissions
- Financial Aid
- Holistic Student Support
- Library

Jorgensen Athletic & Events Center

- Field House
- Fitness Center
- Pool

Residence Halls

- Bellamy
- Butterfield
- Daugherty
- Huntington
- Penfield

Science & Technology Building

- FABLab

Under Construction
Coming 2028

Rome Campus

Plumley Complex

Carpentry & Masonry:

335 Catherine St., Utica, NY 13501

Rome Campus:

1101 Floyd Ave., Rome, NY 13440

Utica Campus:

1101 Sherman Drive, Utica, NY 13501



Non-Credit

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Weekday Abbreviations:

M Monday | **T** Tuesday | **W** Wednesday | **Th.** Thursday | **F** Friday | **Sa.** Saturday | **Su.** Sunday

Check for the **FastTrack** icon to see our free career programs!

NON-CREDIT COURSES

Welcome to Summer Learning at MVCC!

Summer is the perfect time to explore new interests, build valuable skills, and connect with your community. At MVCC, we have something for everyone — from engaging youth programs to career-focused training and personal enrichment classes, our programs are designed to inspire learners of all ages. Kids in grades K-12 can explore creativity and hands-on learning through our College for Kids & Teens Career Camps, while adults can jumpstart their career goals with free FastTrack workforce programs. And our wide variety of personal enrichment courses are sure to inspire learners of all interests with offerings in creative arts, nature, wellness, and technology. Browse the catalog, register early, and join us for a summer of discovery, growth, and fun!



PG. 2



PG. 16



Retiring to Rewiring

PG. 13







Master Homeowner

PG. 13

CLASS FORMAT KEY

All classes are instructor-led.

-  **In-Person:** Scheduled on campus sessions
-  **Online Live:** Scheduled sessions; real-time instruction
-  **Online Asynchronous:** Scheduled dates; work anytime
-  **Online Self-Paced:** Start anytime; work anytime

Summer Career Camps

Please note that all students enrolling in both in-person morning and afternoon camps will be picked up from their morning camps by MVCC staff, supervised during lunch, and brought to their afternoon camps.





Week	Morning Session 8:30 a.m. — Noon	Afternoon Session 1 p.m. — 4:30 p.m.
July 6 1	Charms, Beasts, & Wizards: A Hogwarts Experience AGE 7-12	Creative Writing AGE 10-14
	Illustrated Tales AGE 8-11	Illustrated Tales AGE 12+
	Jurassic Journey AGE 11-14	Jurassic Journey AGE 6-10
	Minecraft® Modders AGE 11-14	Minecraft® Modders AGE 8-11
	Salty & Sweet: Kitchen Adventures Rome AGE 8-12	Salty & Sweet: Culinary Camp Rome AGE 13-16
July 9		Swim & Sport Camp AGE 7-14
July 13 2	FIRST ® LEGO® League EXPLORE Robotics AGE 6-8	Junior Rescuers Academy AGE 7-12
	Medical Mania AGE 13+	SeaPerch ROVs AGE 10-14
	Science: It's a Girl Thing! AGE 10-14	Swim & Sport Camp AGE 7-14
	Upcycling Crafts AGE 6-10	Young Nutritionists AGE 9-12
	YouTube® Content Creators AGE 8-11	YouTube® Content Creators AGE 12-15
July 16	Babysitter's Training 9 a.m. — 2 p.m. AGE 11+	
July 20 3	AI Designers & Developers AGE 11-14	AI Designers & Developers AGE 8-11
	Game Art & Animation: Level 1 AGE 12-14	FIRST ® LEGO® League CHALLENGE Robotics AGE 9-12
	FIRST ® LEGO® League EXPLORE Robotics AGE 6-8	Junior Rangers AGE 12-16
	Think Green AGE 10-14	Space Cadets AGE 6-10
July 23	Upcycling Crafts AGE 8-12	Swim & Sport Camp AGE 7-14
July 27 4	Be A Star! Theater Camp AGE 13+	Be A Star! Theater Camp AGE 8-12
	CEO in Training AGE 9-12	CEO in Training AGE 13-16
	Gotta Catch 'Em All AGE 7-11	Craft the Day Away AGE 6-10
	Sustainable Style Fashion Camp AGE 12+	Curiosity Lab AGE 13+
	Upcycling Crafts AGE 6-10	Swim & Sport Camp AGE 7-14
July 30	Babysitter's Training 9 a.m. — 2 p.m. AGE 11+	
Aug. 3 5	Make Your First 3D Video Game AGE 11-14	Manga Creators AGE 12-16
	PGA: Future Golfers AGE 8-14	Make Your First 3D Video Game AGE 8-11
	Tips & Tricks: Dance Edition AGE 12-16	Move & Groove: Dance Camp AGE 6-10
	Upcycling Crafts AGE 6-10	Swim & Sport Camp AGE 7-14
Aug. 6		
Aug. 10 6	Charms, Beasts, & Wizards: A Hogwarts Experience AGE 7-12	Drone Adventure Rome AGE 14-17
	Drone Adventures Rome AGE 9-13	FIRST ® LEGO® League CHALLENGE Robotics Rome AGE 9-12
	FIRST ® LEGO® League EXPLORE Robotics Rome AGE 6-8	Nature's Palette: Beginner Drawing AGE 8-11
	Nature's Palette: Beginner Drawing AGE 12+	Snorkeling AGE 11-14
	Sensory Fun AGE 6-10	Swim & Sport Camp AGE 7-14
	Young Explorers Expedition AGE 7-11	
Aug. 13	Babysitter's Training FLASH COURSE - NO CPR 8:30 a.m. — 4:30 p.m. AGE 11+	

College for Kids & Teens

AI Designers & Developers

AGES 8-14

This program readies the next generation of artificial intelligence engineers through hands-on exploration of customized machine learning models used in real-world scenarios. Students will develop block-based coding skills while building interactive projects and games. From simulating self-driving racecars to teaching robots how to play video games, participants will push the boundaries of what's possible with AI. Students will work in pairs or teams for most of the program.

 **Instructor:** Kayla Gerstner
 **Utica** July 20-23 • M-Th.
 **Ages 8-11:** 1-4:30 p.m.
 **Ages 11-14:** 8:30 a.m.-Noon



\$170



Babysitter's Training

AGES 11+

Be the babysitter all the kids want! This course provides all the basic information and safety skills needed to care for children of all ages in a safe and reliable manner with confidence. Infant and Child CPR training for certification provided on day three of class.



 **Instructor:** Cristen Gallup
 **Utica** M, T, W • 9 a.m.-2 p.m.
 ① **Option:** July 27-29
 ② **Option:** July 13-15

\$200

FLASH COURSE Babysitter's Training

AGES 11+





Learn basic safety skills and techniques for caring for children of all ages in a safe and reliable manner. Upon completion, you'll be prepared and confident in your skills (does not include CPR training).

 **Instructor:** Cristen Gallup
 **Utica** Aug. 10 • M • 8:30 a.m.-4:30 p.m. \$90

CEO In Training: Young Entrepreneurs

AGES 9-16

Calling all young entrepreneurs! Turn your big idea into a business with this interactive camp. It covers the basics of building a business — from brainstorming a plan and managing finances to finding investors, marketing, and networking — in a fun, creative way.



 **Instructor:** Kayla Gerstner
 **Utica** July 27-30 • M-Th.
 **Ages 9-12:** 8:30 a.m.-Noon
 **Ages 13-16:** 1-4:30 p.m.

\$140

Be A Star! Theater Camp

AGES 8-13+

Explore different styles of acting techniques through a variety of activities and games and learn how to "get in character" as you prepare various scenes and monologues to perform in class. Genres include drama, comedy, improv, and musical theater. For ages 8-12, the camp will be predominantly play-oriented and focus on stage direction, backstage etiquette, vocal projection, line memorization, and acting games.



 **Instructor:** Susan Lincoln
 **Utica** July 27-30 • M-Th.
Ages 8-12: 1-4:30 p.m.
Ages 13+: 8:30 a.m.-Noon

\$140

Creative Writing

AGES 10-14




Explore genres like poetry and short stories through fun writing games, collaboration with peers, writing prompts, and specified workshops — all while creating a personalized portfolio! Bring your ideas and be ready to write!

 **Instructor:** Gina St. Croix
 **Utica** July 6-9 • M-Th. • 1-4:30 p.m. \$140

Charms, Beasts & Wizards: A Hogwarts Experience

AGES 7-12

Spend the week exploring the world of fantastic beasts and dark arts while learning about what might really be possible through the science of potions, herbology, flight, and more.


 **Instructors:** Carlie Cattadoris, Adrianna Perretta
 **Utica** July 6-9 • M-Th. • 8:30 a.m.-Noon
 **Utica** Aug. 10-13 • M-Th. • 8:30 a.m.-Noon \$150


Drone Adventures

AGES 9-17

Learn the basics of drone flight and the rules. Start by using a flight simulator, then take to the skies with a real drone! Learn about the various components of a drone as well as the Federal Aviation Administration regulations and guidelines. The camp will culminate with a fun series of activities, including an obstacle course.

 **Instructor:** San Kyi

 **Rome** Aug. 10-13 • M-Th.

 **Ages 9-13:** 8:30 a.m.-Noon


 **Ages 14-17:** 1-4:30 p.m. \$140

Tips & Tricks: Dance Edition

AGES 12-16

Refine pirouettes, boost jazz leaps, and increase flexibility through focused technique and conditioning. Learn partner tricks, new choreography, and high-energy routines designed to build strength, confidence, and performance quality. Perfect for all experience levels.

 **Instructor:** Kayla Gerstner

 **Utica** Aug. 3-6 • M-Th. • 8:30 a.m.-Noon \$140

Move & Groove: Dance Camp

AGES 6-10

With themes like Safari Adventure and Pirates Ahoy! Each day of camp brings a new dance adventure. With creative routines and games, dancers will move and groove through a fun week full of imagination.

 **Instructor:** Kayla Gerstner


 **Utica** Aug. 3-6 • M-Th. • 1-4:30 p.m. \$140

NEW Junior Rescuers Academy

AGES 7-12

Calling all young heroes! Dive into the exciting world of rescue and first response with hands-on activities, interactive simulations, and team challenges. Learn essential safety skills and problem-solving techniques used by real-life rescuers. Practice basic first aid skills, learn about fire safety, and explore equipment used by first responders. Meet real-life heroes and hear their stories.

 **Instructor:** Ryan Ward

 **Utica** July 13-16 • M-Th. • 1-4:30 p.m. \$140

NEW Jurassic Journey


AGES 6-14

Young explorers — step back in time and embark on an unforgettable adventure! Dive into the world of dinosaurs, uncovering fossils, learning about prehistoric life, and conducting hands-on science experiments.

 **Instructor:** Deb Palaka

 **Utica** July 6-9 • M-Th.

 **Ages 6-10:** 1-4:30 p.m.


 **Ages 11-14:** 8:30 a.m.-Noon \$140

Game Art & Animation: Level 1

AGES 12-14

Ever wonder how 3D-animated films and video games like “Toy Story” and “Fortnite” are made? This introductory camp provides hands-on experience creating 3D projects as you learn how to model, texture, light, animate, and render 3D graphics. Bring a flash drive to save your work.

 **Instructor:** Scot Connor


 **Utica** July 20-23 • M-Th. • 8:30 a.m.-Noon \$140

PGA: Future Golfers

AGES 8-14

Get experience learning the basics to get started on the golf course in this outdoor class. The first three days will be spent on campus learning about golfing rules, equipment, and basic use. Bringing your own clubs is not required. Participants will be broken up into age groups.

 **Instructor:** Ruth Weydig

 **Utica** Aug. 3-6 • M-Th. • 8:30 a.m.-Noon \$150

NEW Think Green

AGES 10-14

This hands-on environmental camp is designed to inspire young minds to care for the planet. Through interactive activities, outdoor adventures, creative projects, and team challenges, campers have fun learning about sustainability, recycling, conservation, gardening, and protecting wildlife.

 **Instructor:** Julie Ball

 **Utica** July 20-23 • M-Th. • 8:30 a.m.-Noon \$140


Illustrated Tales

AGES 8-12+

This class is perfect for anyone interested in learning how to plan and illustrate stories in a visual format, whether you are a beginner or looking to refine your skills. At the end of the four-day camp, you'll have a portfolio of storyboards to showcase your storytelling ability — ready to bring your creative visions to life.

 **Instructor:** Terra Zook

 **Utica** July 6-9 • M-Th.

 **Ages 8-11:** 8:30 a.m.-Noon


 **Ages 12+:** 1-4:30 p.m. \$140

NEW Salty & Sweet: Kitchen Adventures

AGES 8-12

Learn to whip up tasty treats, experiment with flavors, and discover the magic behind both savory and sweet dishes. Leave with new skills — from mixing to measuring — as well as yummy creations and the confidence to create in the kitchen at home. May include use of wheat, gluten or dairy.


 **Instructor:** Alicia Zombek

 **Rome** July 6-9 • M-Th. • 8:30 a.m.-Noon \$160

NEW Salty & Sweet: Culinary Camp**AGES 13-16**

Take your culinary skills to the next level with advanced cooking techniques, flavor pairings, and creative recipes that go beyond the basics. Experiment with savory and sweet dishes while learning kitchen skills, food presentation, and culinary problem-solving. May include use of wheat, gluten or dairy.


 **Instructor:** Alicia Zombek


 **Rome** July 6-9 • M-Th. • 1-4:30 p.m. \$160

**Make Your First 3D Video Game****AGES 8-15**

Go well beyond the limitations of the traditional 2D game design classes and create an immersive 3D world. Learn the physics behind 3D games, explore beginner event scripting, level design, controlling the flow of gameplay, and storytelling. Projects will be available on a password-protected Black Rocket website to share with friends and family. Projects are only compatible with Windows devices.

 **Instructor:** Scot Connor

 **Utica** Aug. 3-6 • M-Th.

 **Ages 12-15:** 8:30 a.m.-Noon

 **Ages 8-11:** 1-4:30 p.m. \$170


Medical Mania!**AGES 13+**

Learn about the healthcare 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.


 **Utica** July 13-16 • M-Th. • 8:30 a.m.-Noon \$160

Minecraft® Modders**AGES 8-14**

Customize your own Minecraft® world and mod the classic game. Learn scripting and logic statements and create a wide variety of new elements, gameplay mechanics, and world-generating mods to change the way you play. Projects will be available on a password-protected Black Rocket website to share with friends and family.

 **Utica** July 6-9 • M-Th.

 **Ages 11-14:** 8:30 a.m.-Noon


 **Ages 8-11:** 1-4:30 p.m. \$170

Nature's Palette: Beginner Drawing**AGES 8-12+**

Explore the beauty of nature through art and various drawing techniques inspired by nature, from still-life arrangements to animal drawings. Connect with ancient traditions through cave drawings and start a nature journal to document your artistic journey.

 **Instructor:** Terra Zook


 **Utica** Aug. 10-13 • M-Th.


 **Ages 12+:** 8:30 a.m.-Noon

 **Ages 8-11:** 1-4:30 p.m. \$140

Craft the Day Away**AGES 6-10**

Designed for young makers and imaginative minds, this camp is packed with fun, age-appropriate craft projects that inspire creativity and build confidence. Explore a variety of materials and techniques — from painting and drawing to DIY crafts, mixed media, and seasonal creations — in a supportive, encouraging environment.


 **Instructor:** Sara Vivyan, Resonate Trading Company

 **Utica** July 27-30 • M-Th. • 1-4:30 p.m. \$140

NEW Gotta Catch 'Em All**AGES 7-11**

This fun and interactive camp invites children to immerse themselves in the world of Pokémon. It combines educational activities, physical games, creative workshops, and themed experiences inspired by the Pokémon universe.


 **Instructor:** San Kyi

 **Utica** July 27-30 • M-Th. • 8:30 a.m.-Noon \$140

Science: It's a Girl Thing!**AGES 10-14**


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 extracted from a strawberry. The camp will culminate in a Science Olympics, where campers will race to build the strongest bridge or design a new creature. All are welcome.


 **Instructor:** Melissa Barlett

 **Utica** July 13-16 • M-Th. • 8:30 a.m.-Noon \$150

SeaPerch ROVs**AGES 10-14**

Immerse yourself in the world of SeaPerch Remote Operated Vehicles (ROVs), where curiosity meets creativity and hands-on learning ignites a passion for STEM. Discover the fundamentals of engineering, design, and marine science while working in teams to construct and test an underwater ROV. Whether you're an aspiring engineer or love to tinker, this camp promises an unforgettable journey of exploration and discovery.



 **Instructors:** Dave Smith, Kate Polivka

 **Utica** July 13-16 • M-Th. • 1-4:30 p.m. \$180

Snorkeling

AGES 11-14



Dive into the world beneath the waves with this class, which offers a safe and exhilarating introduction to snorkeling techniques, underwater exploration, and marine life appreciation. Led by experienced instructors, this camp teaches essential skills and builds confidence in exploring the wonders of the ocean while fostering a love for aquatic adventures. This is not a certification course; you must have Level 4 swim skills.

 **Instructor:** National Aquatics Diving
 **Utica** Aug. 10-13 • M-Th. • 1-4:30 p.m. \$160

Sensory Fun

AGES 6-10



With a focus on hands-on learning, sensory exploration, and self-expression, this camp offers new ways for kids to connect with their senses and understand the world in exciting, creative ways. Whether they're mixing scents, creating sensory bottles, or discovering how different textures feel, young explorers will have an unforgettable adventure.

 **Instructor:** Deb Palaka
 **Utica** Aug. 10-13 • M-Th. • 8:30 a.m.-Noon \$140

Swim & Sport Camp

AGES 7-14







Enjoy an afternoon of outdoor play and indoor pool games while learning 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.

 **Instructor:** Santino Alsante
 **Utica** M-Th. • 1-4:30 p.m.
 1 **Option:** July 6-9
 2 **Option:** July 13-16
 3 **Option:** July 20-23
 4 **Option:** July 27-30
 5 **Option:** Aug. 3-6
 6 **Option:** Aug. 10-13 \$130

Upcycling Crafts

AGES 6-12

Creativity meets sustainability in this four-day summer arts program designed to inspire young minds while making a positive impact on the environment. Each week brings a new theme, from "Nature's Canvas" (using found items outdoors) to "Upcycled Fashion" (turning old clothes into wearable art).



 **Instructor:** Lynne Lindsay
 **Utica** M-Th. • 8:30 a.m.-Noon
 **Ages 6-10:** July 13-16
 **Ages 8-12:** July 20-23
 **Ages 6-10:** July 27-30
 **Ages 6-10:** Aug. 3-6 \$140



Space Cadets

AGES 6-10





Blast off into an out-of-this-world experience with a mix of science, creativity, and adventure! This camp is perfect for young space explorers eager to learn, imagine, and have fun. By the end of the week, campers will feel like true astronauts, equipped with knowledge about the solar system and beyond, ready to continue their cosmic journey at home.

 **Instructor:** Deb Palaka
 **Utica** July 20-23 • M-Th. • 1-4:30 p.m. \$140

YouTube® Content Creators

AGES 8-15

Explore the variety of content and personalities that exist on YouTube and how to find your niche. Learn the dos and don'ts of the platform, including good digital citizenship. Develop your on-camera presence, channel branding, and professional editing skills, and take home a plan for launching your own channel with content created in class. 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:** Kyle Lince
 **Utica** July 13-16 • M-Th.
 **Ages 8-11:** 8:30 a.m.-Noon
 **Ages 12-15:** 1-4:30 p.m. \$180

Young Explorers Expedition

AGES 7-11

Embark on a fun and educational journey around the world! Each day, you'll "travel" to a different country to learn about its geography, famous landmarks, local customs, unique cultures, and traditions. This exciting, hands-on camp is designed to spark curiosity and help young explorers develop an appreciation for the diversity and beauty of the world.

 **Utica** Aug. 10-13 • M-Th. • 8:30 a.m.-Noon \$140

NEW Young Nutritionists

AGES 9-12

Join us for a fun and active camp all about feeling your best! Kids will make tasty, nutritious snacks to take home, try simple and exciting workout routines, and race through obstacle courses. Campers will also become “nutrition detectives,” learning about ingredients and healthier snack choices, while exploring journaling and easy ways to relax and de-stress. A perfect mix of fun, movement, and healthy habits!

Instructor: Kayla Gerstner
Utica July 13-16 • M-Th. • 1-4:30 p.m. \$140

NEW Junior Rangers

AGES 12-16

Learn wilderness basics like navigation, outdoor safety, shelter building, and conservation practices. Through hands-on challenges, team expeditions, and nature-based problem solving, you will strengthen confidence, resilience, and teamwork.

Instructor: TBD
Utica July 20-23 • M-Th. • 1-4:30 p.m. \$140

NEW Curiosity Lab

AGES 13+

This hands-on, interactive camp is designed for young thinkers who love to ask “why?” and “how?” Explore the world in a fun and meaningful way through exciting experiments, creative problem-solving challenges, and engaging science activities. No lab coats required — just bring your curiosity and get ready to experiment!

Instructor: Melissa Barlett
Utica July 27-30 • M-Th. • 1-4:30 p.m. \$150

NEW Sustainable Style: Fashion Camp

AGES 12-15

This hands-on camp blends fashion, art, and environmental awareness in a fun, confidence-building environment. Transform old clothing into fresh, fashionable pieces while learning about creativity, sustainability, and basic design skills. Redesign thrifted or old clothing into one-of-a-kind creations using beginner-friendly techniques. On the second day, bring two-four articles of clothing to camp to restyle and transform. On the last day, get ready to walk the runway! Additional materials donated by Utica Creative Reuse will be provided.

Instructor: Niki English
Utica July 27-30 • M-Th. • 8:30 a.m.-Noon \$150

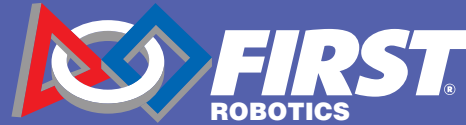


NEW Manga Creators

AGES 12+

Learn the fundamentals of anime-style drawing — including expressive eyes, dynamic poses, detailed outfits, and unique character design — in this fun, step-by-step art camp. Whether you’re a beginner or already love to sketch, this camp will help build confidence and skills in a supportive, creative environment.

Instructor: Michael Peckham
Utica Aug. 3-6 • M-Th. • 1-4:30 p.m. \$150



Intro to **FIRST®** LEGO® League
EXPLORE Robotics

AGES 6-8

Explore basic engineering, building, and computer programming skills using LEGO® Education SPIKE Essentials sets to make robotic designs come to life. Celebrate discovery, innovation, problem-solving, and teamwork.

Instructors: Kayla Gerstner, Rebecca Ferby, Tina Betz, San Kyi
 M-Th. • 8:30 a.m.-Noon
Utica July 13-16
Utica July 20-23
Rome Aug. 10-13 \$180

Intro to **FIRST®** LEGO® League
CHALLENGE Robotics

AGES 9-12

Apply science, engineering, and computer science concepts to design, innovate, build, and code LEGO® Education SPIKE-based robots to perform fun, autonomous challenges on a playing field while developing skills in critical thinking, team building, and presentation.

Instructors: Kayla Gerstner, Justin Worboys, Rebecca Ferby
 M-Th. • 1-4:30 p.m.
Utica July 20-23
Rome Aug. 10-13 \$180

Professional Development

Eight-Hour Pre-Assignment Training for Security Guards

This course is required as the first step in obtaining a security guard registration card from New York State. It provides a general overview of the duties and responsibilities of a security guard. Passing an exam is required for completion. **Ages 18+ and SSN is required.**

Instructors: Joe Ciccone, John Bielby
Rome June 24, 25 • W, Th. • 12:30-4:30 p.m.
Utica Aug. 4, 6 • T, Th. • 5-9 p.m. **\$70**

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

This course must be completed within 90 days of employment as a security guard. It provides detailed information on the duties and responsibilities of a security guard. Passing an exam is required for completion.

Instructor: Joe Ciccone
Utica July 21-30 • T, Th. • 5-9 p.m. **\$100**

Eight-Hour Annual In-Service Training for Security Guards

This course is the mandatory annual recertification of the Eight-Hour Pre-Assignment Training for Security Guards. It provides updated and enhanced information on security guard duties and responsibilities.

Instructors: Joe Ciccone, John Bielby
Utica June 16, 18 • T, Th. • 5-9 p.m.
Rome July 29, 30 • W, Th. • 12:30-4:30 p.m. **\$70**



SAVE School Violence Prevention

This workshop satisfies the NYS Education Department requirement for two-hour school violence prevention training (SAVE). It focuses on issues relating to violence and safety for school-age children from the identification and prevention perspectives.

Instructors: John Bielby, Heather Gaetano
Rome July 8 • W • 10 a.m.-Noon
Utica Aug. 6 • Th. • 4-6 p.m. **\$30**



Child Abuse Recognition

The NYS Education Department requires healthcare, educational, and other licensed professionals to be trained to identify and report child abuse. This program includes the updated curriculum as mandated by NYSED. Matriculated MVCC students should consult with academic advisors before enrolling in this course.

Instructors: John Bielby, Heather Gaetano
Rome July 8 • W • 1-4 p.m.
Utica Aug. 6 • Th. • 6-9 p.m. **\$50**

Dignity for All Students (DASA)

This course will address the social patterns, identification, mitigation, and strategies for addressing harassment, bullying, and discrimination in educational settings. Successful completion of this course will meet the certificate requirements in 14(5) of Chapter 102 of the Laws of 2012.

Instructors: John Wells, Heather Gaetano
Utica Sa. • 9 a.m.-3 p.m.
Option: July 18
Option: Aug. 8 **\$100**

Become a Sponsor for MVCCConnect Community Education!

With your sponsorship, you will receive:

- Your company's name and logo in MVCCConnect brochure (Over 60,000 households reached)
- Your company's name and logo on MVCCConnect website
- Recognition on CCED social media accounts.

Sponsorship disciplines include:

- College for Kids & Teens
- Professional Development
- Health & Wellness
- Leisure Learning
- Personal Safety



For more information on Community Education Sponsorships, contact MVCC's Institutional Advancement Office: 315-792-5555

Online Certificates

Course Dates:

- 1 Course: June 1-26
- 2 Course: July 6-31
- 3 Course: Aug. 3-28

30-Day AI Agility Challenge

Learn to integrate AI into your daily workflow with this 30-day hands-on challenge. Through short 15-minute focused lessons and real-world prompts, you'll build practical skills in prompt engineering, automation, and AI-assisted productivity. By the end, you'll have a personal toolkit of AI use cases to improve efficiency, spark innovation, and confidently lead in an AI-driven environment.

 **Online Asynchronous** \$500

New cohort each month
In partnership with [Humanskills.ai](https://humanskills.ai)

mvcc.edu/aiagility



SQL Certificate

Boost your competitiveness for careers in database administration and data analysis with this course. Learn the fundamentals of relational database structures and the history and purpose of Structured Query Language (SQL). Gain hands-on experience creating databases, adding and modifying records, and extracting meaningful insights from data. Learn techniques for gathering key statistics and writing powerful queries to perform complex searches and sorting data.

 **Instructor:** Cecilia Allison

1 **Course:** Introduction to SQL

2 **Course:** Intermediate SQL

3 **Course:** Advanced SQL

 **Online Asynchronous** Single: \$245 • All: \$595

Certificate in Power BI

Enhance your skills in data analysis and gain greater insight into your organization's performance, which will help to make more informed decisions. Microsoft's Power Business Intelligence (Power BI) software, a widely used business analytics service you can install for free. Add user-friendly features to enhance reports and analyze results.

 **Instructor:** Marion Williams

1 **Course:** Introduction to Power BI

2 **Course:** Intermediate Power BI

3 **Course:** Advanced Power BI

 **Online Asynchronous** Single: \$195 • All: \$495

Certificate in Mastering Excel

Visualize your data into meaningful information with confidence. Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. Increase your efficiency by learning how to organize, display, and calculate data into useful information. Explore a variety of Excel's most powerful features for analyzing data quickly and easily.

 **Instructors:** Amy Klous, Betsy Flanagan, John Rutledge

1 **Course:** Mastering Microsoft Excel


2 **Course:** Intermediate Excel

3 **Course:** Advanced Excel

 **Online Asynchronous** Single: \$195 • All: \$495

AI Certificate

Gain a competitive advantage with Artificial Intelligence (AI) and position yourself to lead your organization into this exciting new era of business expertise. Explore how AI can help reduce costs, uncover deeper business insights with data, automate time-consuming tasks, and improve efficiency. Learn core concepts and practical techniques for implementing AI and develop a strategy to deliver results for your workplace.

 **Instructors:** Elizabeth Flanagan, Marcus Lander

1 **Course:** Introduction to ChatGPT


2 **Course:** Intermediate AI

3 **Course:** AI Planning & Strategizing

 **Online Asynchronous** Single: \$195 • All: \$495

Certificate in Data Analysis

Gain a basic understanding of how to analyze data in a business setting and learn how many decisions involve comparing groups for differences. Learn to perform useful inquiries and communicate results through graphs and text that your fellow employees will understand.

 **Instructors:** John Rutledge, Mary Dereshiwsky, Jeff Kritzer

1 **Course:** Introduction to Data Analysis

2 **Course:** Intermediate Data Analysis



3 **Course:** Advanced Data Analysis

 **Online Asynchronous** Single: \$195 • All: \$495





Mastering Computer Skills for the Workplace

The Microsoft Office suite of applications is the most used software tool in the world. This course will help you stay current and master its most common uses so you can work more efficiently in today's fast-paced workplace.

-  **Instructor:** Betsy Flanagan
- 1 Course:** Mastering Microsoft Excel
- 2 Course:** Mastering Microsoft Word
- 3 Course:** Mastering Microsoft PowerPoint
-  **Online Asynchronous** Single: \$195 • All: \$495



Graphic Design Software Essentials Certificate

Master Adobe software tools — the gold standard in graphic design. With Illustrator, you can create shapes and design graphics, including logos, flyers, and business cards. Use Photoshop to edit, retouch, and enhance existing images or to create digital artwork. InDesign is ideal for producing everything from simple flyers to complex multi-page layouts like brochures, books, and magazines. Students must purchase their own software.

-  **Instructor:** Andy Helmi
- 1 Course:** Adobe Illustrator Essentials
- 2 Course:** Adobe Photoshop Essentials
- 3 Course:** Adobe InDesign Essentials
-  **Online Asynchronous** Single: \$225 • All: \$545



Certificate in Web Design

Discover the basics of web design using HTML and CSS — no prior knowledge required! Learn how to design effective web pages and create dynamic websites/applications. Dive deeper into responsive design, advanced layout and design features, and explore industry-standard technologies and frameworks.

-  **Instructor:** Marcus Lander
- 1 Course:** Introduction to Web Design
- 2 Course:** Intermediate Web Design
- 3 Course:** Advanced Web Design
-  **Online Asynchronous** Single: \$245 • All: \$595



Certificate in Project Management

Gain the skills, tools, and templates to confidently develop and maintain a project, acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide, and learn the 10 Project Management Knowledge Areas and their supporting roles and relationships to the five Project Management Processes.

-  **Instructors:** John Fitzgerald, Jr., Christina Martinez, Gail Singleton
- 1 Course:** Introduction to Project Management
- 2 Course:** Project Management Processes
- 3 Course:** Project Management Knowledge Areas
-  **Online Asynchronous** Single: \$195 • All: \$495



Certificate in QuickBooks

Save time, track money, and get important insights with QuickBooks Online, the leading online accounting platform. Get a comprehensive understanding of the program, then learn how to work with more advanced topics.

-  **Instructors:** Marcus Lander
- 1 Course:** QuickBooks Online Level 1
- 2 Course:** QuickBooks Online Level 2
-  **Online Asynchronous** Single: \$195 • All: \$395



Bookkeeping for Nonprofits Certificate

Nonprofit bookkeeping differs significantly from traditional business accounting. This course introduces the unique principles of fund accounting, including recording transactions based on how money enters a nonprofit and how those funds are tracked and spent. You'll also learn how to prepare nonprofit financial statements and create a cash flow statement.

-  **Instructor:** Sharon DeFonteny
- 1 Course:** Introduction to Nonprofits \$195
- 2 Course:** Accounting for Nonprofits \$245
- 3 Course:** Financial Statements \$245
-  **Online Asynchronous** All: \$495



Mastering Payroll Certificate

Even if you outsource payroll, it's essential to know the rules and regulations to accurately process payroll and navigate compliance requirements. This course covers the full cycle from start to finish, including payroll concepts, calculations, federal and state payroll tax requirements, payroll and tax withholdings, tax filing procedures, and payroll journal entries.

-  **Instructor:** Sharon DeFonteny
- 1 Course:** Payroll Concepts
- 2 Course:** Payroll Calculations & Tax Withholdings
- 3 Course:** Payroll & Tax Filings
-  **Online Asynchronous** Single: \$195 • All: \$495



Bookkeeping Certificate

Whether you're an entrepreneur, running a family business, or looking to advance your career and add to your skill set, this program — which focuses on cash-basis accounting — provides the knowledge needed to measure and manage the financial health of your business.

-  **Instructor:** Sharon DeFonteny
- 1 Course:** Understanding Debits & Credits
- 2 Course:** General Ledger & Month-End Procedures
- 3 Course:** Closing Procedures & Financial Statements
-  **Online Asynchronous** Single: \$195 • All: \$495

The Basics of Bookkeeping

Learn bookkeeping terminology and what it means to keep track of the numbers. This course will help you understand the numbers, where they go, and why.

-  **Instructor:** Sharon DeFonteny
-  **Online Asynchronous** July 6-31 • \$195

Legal Studies



Paralegal Certificate

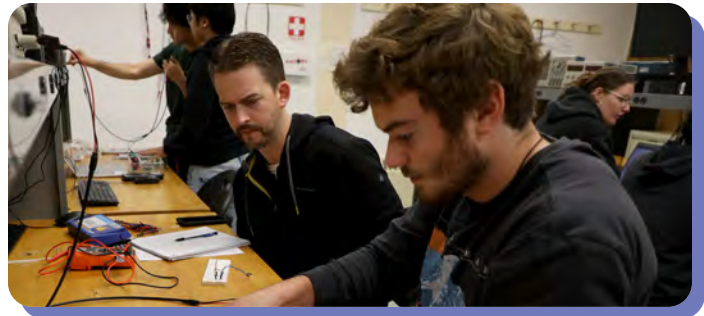
Whether you're a beginning or advanced legal worker, this class will help you pass quizzes and successfully complete writing assignments to receive your certificate.

- Online Live** July 6-Aug. 29 • M, W, 6-9 p.m.
Sa., 8:30 a.m.-1 p.m. \$2,195
- Online Asynchronous** June 29-Oct. 9 \$2,195

Books and materials must be purchased separately.

To enroll: Contact Center for Legal Studies

1-800-522-7737
 legalstudies.com



Construction Training



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

Lead Renovator Certification

This eight-hour initial certification course is required for any renovator without previous training to become a certified lead-safe contractor. The course concludes with a 25-question exam. Bring a pen, pencil, paper, and lunch; all other materials provided.

Instructor: Gene Allen
 Carpentry & Masonry July 17
F • 8:15 a.m.-5:15 p.m. \$195

Lead Renovator Refresher

This course is for certified renovators seeking to meet USEPA requirements for refresher training every five years. It includes the latest developments in lead hazard control and updates on regulations and industry standards. Course must be completed before the current training certificate expires.

Carpentry & Masonry July 16
Th. • 8:15 a.m.-12:15 p.m. \$135



Foundation

We love reconnecting with alumni! Whether you have continued your education, advanced in your career, or have an inspiring story to share, we want to hear from you!


mvcc.edu/alumni-update



Healthcare & Fitness Training

Barrier Precautions/Infection Control

The NYS 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. Certification is valid for four years. This class is self-paced and can be started at any time. (0.3 CEUs)

 **Instructor:** Tammy Johnston


 **Online Self-Paced**

\$50

CPR, AED & Blocked Airways for Healthcare Students/Professionals

This course covers CPR and Basic Life Support for healthcare students/professionals, BLS CPR (1 and 2 rescuer), BVM Ventilations, choking, and AED use for adults, children, and infants. Students who pass written and skills tests receive an AHA BLS e-card that is valid for two years. Please bring \$10 cash for the certification card.

 **Instructor:** Karen Murphy

 **Utica** 9:30 a.m.-2 p.m.

1 Option: M • Aug. 10

2 Option: T • Aug. 11

3 Option: W • Aug. 12

4 Option: Th. • Aug. 13


5 Option: F • Aug. 14

\$55

CPR, AED Heartsaver

This course covers CPR and AED use for anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or anyone who wants to be prepared during an emergency. Topics covered are choking and AED use for adults and infants. Students who pass written and skills tests receive an AHA BLS e-card that is valid for two years. The cost of the card (\$22) is included in the tuition.

 **Instructor:** Karen Murphy

 **Utica** M • Aug. 17 • 9:30 a.m.-2 p.m.

\$77



Medical Billing & Coding Certificate

Learn about legal, ethical, and regulatory concepts central to this field, including HIPAA compliance, official coding guidelines, and third-party payer requirements. At the end of the course, you'll receive a certificate of completion and be able to choose a voucher for the professional certification that best aligns with your career goals (testing voucher included). All materials are included in tuition. To enroll, visit <https://careertraining.ed2go.com/mvcc/> and choose course ID GES1014.

 **Online Self-Paced**

\$3,295



NYS High School Coaching Certification

Those wishing to coach an inter-school athletic team in NYS must meet certain minimum requirements as set forth in the Regulations of the Commissioner of Education. This includes all head coaches and assistants for varsity, junior varsity, freshman, and junior high (modified) teams of public schools. These three online classes will get you started on your certification. Learn about athletic first aid and training/conditioning principles, the basic philosophy of coaching as integral to physical and general education, and different methods of coaching and team management. Classes are self-paced and can be started at any time.

Purchasing or renting the textbook is required:

Concepts of Athletic Training by Ronald P. Pfeiffer and Brent C. Mangus, 7th Edition.

 **Instructor:** Matt St. Croix

1 Course: Philosophy, Principles & Organization of Athletics in Education

 **Instructor:** Matt St. Croix

2 Course: Theory & Techniques of Coaching

 **Instructor:** Joseph Stray

3 Course: Health Science Applied to Coaching

 **Online Self-Paced**


\$150 per class

Health & Wellness

Jump(rope) into Fitness

This exciting fitness experience elevates your skipping skills while emphasizing balance, rhythm, endurance, and technique. Master the art of jump rope and experience improved metabolism, cardiovascular health, stamina, and agility. All skill levels welcome; ropes will be provided.


 **Instructor:** Jason Hill

 **Utica** July 16-Aug. 20 • Th. • 5:30-6:30 p.m. \$70

Functional Fitness

Join a lower impact bootcamp with a focus on functional fitness, core strength, toning and cardio. All levels welcome — the program is customized around participants' goals and/or fitness levels.


 **Instructor:** Jason Hill

 **Utica** July 16-Aug. 20 • Th. • 6:30-7:30 p.m. \$70

Balance, Strength & Flexibility

Experience a full-body conditioning workout that will enhance muscle definition, balance, and strength while burning calories, increasing flexibility and improving bone density. You'll use weights, resistance bands, and your own body weight. All work is standing or using a chair; there is no floor work.


 **Instructor:** Linda Budlong, CPT, E-RYT 200, RYT 500

 **Online Live** July 7-Aug. 13 • T, Th.
9:30-10:15 a.m. \$65

Wall & Mat Pilates 1

Learn the basic Pilates movements through wall work and traditional mat exercises in a fun, non-judgmental, hands-on environment. All exercises are taught adhering to the Six Traditional Principles of Pilates: Concentration, Control, Physical Centering, Flowing Movement, Precision, and Breathing.


 **Instructor:** Kathy Bateman

 **Utica** July 13-Aug. 17 • M • 5-6 p.m. \$65

Wall & Mat Pilates 2

Build upon the fundamentals learned in Level 1, incorporating more advanced wall work and challenging mat exercises while introducing variations to deepen your practice and enhance strength and flexibility. Dress to exercise and bring a water bottle.


 **Instructor:** Kathy Bateman

 **Utica** July 15-Aug. 19 • W • 5-6 p.m. \$65

LifeFit Yoga


This class focuses on connecting asanas (poses) with one's breath, flowing from one pose to the next to build strength and flexibility, mental focus, balance, and peace in the mind, body, and spirit. Modifications are offered so students of many levels can participate. Wear comfortable clothing and bring a yoga mat.


 **Instructor:** Kathy Bateman

 **Utica** July 14-Aug. 18 • T • 5-6 p.m. \$65

Yoga Balance

Focus on centering your mind and body, helping to balance the stress of daily life. Build strength and flexibility for a stronger, more balanced body. Have your yoga mat, water, and blocks ready.

 **Instructor:** Linda Budlong, CPT, E-RYT 200, RYT 500


 **Online Live** July 8-Aug. 12 • W • 9:30-10:30 a.m. \$65

Holistic Wellness

Beginning Mindfulness & Meditation

If you've struggled with meditation, this class is for you! Through breathing and mindfulness techniques, you'll learn to prepare your mind and body for meditation. These practices can help ease anxiety, quiet racing thoughts, and foster greater clarity, peace, and equanimity in daily life.


 **Instructor:** Lauren Violante

 **Online Live** June 23-July 14 • T • 6-7 p.m. \$75

NEW Everyday Magic: Herbal Bath & Body Craft for Stress Relief

Uncover the transformative power of everyday magic in this two-part class. Learn to use simple, familiar ingredients to create soothing bath and body treatments like herbal bath salts, tub teas, and gentle body scrubs. Explore scents and textures, learn about safety, and discover how to customize recipes for various skin types and personal preferences. All experience levels welcome; materials included.

 **Instructor:** Emily Hansen, The Quilty Witch

 **Utica** June 18, July 2 • Th. • 6-8 p.m. \$100

NEW Cozy Stitch & Soothe: Hand-Sewing for Mindful Self-Care

Step away from screens and engage in a mindful hand-sewing experience with this two-part class. Learn accessible sewing techniques for creating comforting projects, such as a quilted "mug rug" and a soft sachet. Stitching will be paired with grounding prompts and reflections to celebrate individual creativity and the calming effects of shared experiences. A digital gallery will showcase everyone's finished pieces. All skill levels welcome; no experience necessary. Youth ages 12-17 can participate with an adult. Materials included.

Instructor: Emily Hansen, The Quilty Witch
Utica July 14, 28 • T • 5:30-7:30 p.m. \$100

NEW Slowing into Fall: A Gentle Circle

In this gentle evening circle, participants will support one another while navigating the transition from summer to fall. This trauma-informed gathering is open to anyone, especially parents and caregivers, who may be experiencing seasonal changes. Share experiences and set intentions in a supportive, community-centered environment. Receive practical tools to support well-being, a personal journal page, and a professional portrait (delivered digitally after the event). Materials included.

Instructor: Emily Hansen, The Healing Lens
Utica W • 6:30-8 p.m.
① **Option:** Aug. 19
② **Option:** Sept. 2 \$50

Leisure Learning

Retiring to Rewiring – Easing Your Way Out of the Rat Race

Retirement is one of the most highly sought-after phases of life but also one of the most challenging and least understood. Reframing the narrative requires a plan that includes wellness, community, finances, and purpose. This one-day workshop will help you prepare for this exciting life transition. It includes a heart-healthy lunch with recipes and health-focused tips. Funded by the Community Foundation of Herkimer and Oneida County.

Instructor: Lorin Williams
Utica June 6 • Sa. • 9:30 a.m.-3:30 p.m. **FREE!**

NEW Retiring to Rewiring Series

Planning for retirement just got easier! Dive deeper into the topics covered in the June 6 workshop. Get ready to live your best years and stop working for the weekend with this series of courses. Funded by the Community Foundation of Herkimer and Oneida County.

Instructor: Lorin Williams
Utica Sa. • 10 a.m.-Noon
① **Option:** Executive Functioning • June 13
② **Option:** Financial Identity • July 18
③ **Option:** Brain Health & Nutrition • July 25 **FREE!**

Wild Edibles Walking Tour: Summer Edition

Explore what nature has to offer during the summer through a series of guided local nature walks. Learn to locate and identify nutritious wild foods. Classes will take place at a variety of nearby destinations. Bring a notebook and pencil.

Instructor: Natalie Levin
Various Locations M • 5:30-7:30 p.m. • \$80
① **Option:** June 8-29
② **Option:** July 27-Aug. 17 \$80

Cookie Decorating: Summer Sunshine

Learn the art of professional cookie decorating in this hands-on workshop. Start with a brief overview of cookie-baking basics and tricks of the trade, then move into decorating using various techniques. Create a variety of designs to bring home at the end of class. **Ages 12+.**

Instructor: Maggie McGrath, The Sweet Life
Utica July 18 • Sa. • 10 a.m.-Noon \$65

NEW Master Homeowner Academy: Skills Every Smart Homeowner Should Know

Become the confident, capable Master Homeowner your house deserves with this hands-on course that covers practical skills to maintain, repair, and improve your home from basement to roof. Learn essential plumbing, electrical, maintenance, and contractor-savvy skills that help you prevent costly mistakes and protect your biggest investment.

Instructor: Donny Trad
MVCC Carpentry & Masonry June 16-July 16 • T, Th.
5:30-8:30 p.m. \$300

NEW Open Darkroom at MVCC

Rediscover the art and craft of analog photography in MVCC's black-and-white darkroom. This open lab program provides community members of all skill levels the opportunity to develop film and create traditional prints using both historical and modern image-making techniques. You'll have access to enlargers, trays, chemistry, and essential darkroom equipment, as well as instructor guidance. Each week has an optional lesson in black-and-white techniques and alternative processes. Participants must supply their own film and printing paper; all chemistry is provided.

Instructor: Christine Miller
Utica July 9-Aug. 27 • Th. • 5-8 p.m. \$150

NEW Hammocking 101 Workshop: Saturday Pop-Up!

Discover the joy of hammocking — a simple, sustainable, and refreshing way to connect with nature and relax outdoors. Whether you're a beginner or looking to deepen your outdoor experience, this workshop will guide you through safe hammock setup, explain the benefits for body and mind, and provide ideas for perfect hammocking spots.



-  **Instructor:** Marissa Ohl
-  **Utica** Sa. • 10 a.m.-Noon
- 1 Option:** June 20
- 2 Option:** June 27
- 3 Option:** July 11

\$35



NEW Plant-Based Living: For You, For People, For the Planet



These sessions highlight the science-backed health benefits of plant-based nutrition, address common myths, and offer practical tips for easy, affordable meal planning. Examine how food choices impact workers' rights, animal welfare, food access, and global equity while learning how plant-based eating helps combat climate change and protect natural resources so you can make informed choices that nourish yourself, strengthen communities, and sustain the planet.

-  **Instructor:** Marissa Ohl
-  **Utica** M • 5-7 p.m.
- 1 Option:** For You: Nourishing Your Body & Mind June 15
- 2 Option:** For People: Justice, Compassion & Community • June 22
- 3 Option:** For the Planet: Sustainability & Environmental Impact • June 29 Single: \$30 • All: \$80

Personal Safety

Defensive Driving



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

-  **Instructor:** Oneida County Traffic Safety Department
-  **Utica** Sa. • 9 a.m.-4 p.m.
- 1 Option:** June 13
- 2 Option:** Aug. 8

\$40

Senior Self-Defense



This course will cover the most common senior citizens may face in their everyday lives. The class will focus on highly effective and efficient methods the average senior can utilize to avoid, manage and survive potentially violent encounters. No experience required. **Ages 55+.**

-  **Instructor:** Tom Arcuri
-  **Utica** Aug 14 • F • 5-7 p.m.

\$35

Self-Defense for Teens



This course covers the most common scenarios a college-bound student may face. Learn highly effective and efficient methods to avoid, manage, and survive potentially violent encounters. No experience required.

-  **Instructor:** Tom Arcuri
-  **Utica** July 24 • M • 5-7 p.m.

\$35











Women's Self-Defense

This clinic covers the most common scenarios women may face. Presented in a fun and empowering way, it focuses on highly effective and efficient methods to avoid, manage, and survive physical encounters. No experience required. Teen girls and women welcome.

-  **Instructor:** Tom Arcuri
-  **Utica** Aug. 7 • F • 5-7 p.m.

\$35

Aquatics

-  Lessons: Levels 1-6
-  Water Aerobics
-  Lifeguard & WSI
-  Water Running
-  Pre-school with Parent
-  Water Tabata
-  Adult Learn To Swim
-  Parent & Child
-  Lane & Lap Lovers
-  Open Swim

See our full swim schedule:
mvcc.edu/cced



Language & Culture

Beginning Conversational Spanish

Practice the basic building blocks of the language and common idiomatic expressions. Learn enough vocabulary and grammar for simple conversations, including how to ask and answer questions.

Instructors: Cristina Sempé, Wayne Seifried

Utica June 16-Aug. 11 • T • 6-8 p.m.

No Class June 30 \$100

Online Asynchronous June 1-July 31 \$290

Baile y Cultura - Bilingual Latin Dance & Salsa Series

Join us for a bilingual dance class series. Latin Socials Beginner Session focuses on fundamentals in merengue, bachata and salsa for those who have never danced. Salsa Level 1 is designed for those in the beginner session concurrently and those from our Fall 2025 session.

Instructors: Jair Chara, Hilda M. Jordan

Utica 5:30-7:30 p.m.

① Latin Beginners: M • July 6-Aug. 24

② Salsa Level 1: W • July 8-Aug. 26

\$100

Beading & Jewelry Series

Materials can be purchased on the first day of class

Stringing for Jewelry Making

Learn the essential tools and terminology used in jewelry making. Practice proper crimping techniques, attaching clasps, and incorporating design elements to complete a bracelet. No prerequisites required.

Instructor: Sandra Dellano

Utica Noon-4 p.m.

① Option: June 2 • T

② Option: June 6 • Sa.

③ Option: July 14 • T Kit: \$20 • Class: \$50

Bead Weaving 4 Beginners

Learn the art and craft of bead weaving (off loom) and complete a bracelet in this two-part class, which focuses on Even & Odd Count Peyote Stitch. Please note: This course is a prerequisite for a future bead-weaving class in this series.

Instructor: Sandra Dellano

Utica Noon-4 p.m.

① Option: June 23, 30 • T

② Option: July 11, 18 • Sa. Kit: \$22 • Class: \$90

Knotting with Silk

Learn the classic technique of hand-knotting pearls and beads on silk thread. The Tin Cup Design emphasizes spacing beads, knotting between each bead, and attaching clasps to a silk thread. No prerequisites required.

Instructor: Sandra Dellano

Utica Noon-4 p.m.

① Option: June 9 • T

② Option: June 13 • Sa.

③ Option: July 21 • T Kit: \$20 • Class: \$50

Bead Weaving The Next Step: Honeycomb Wrap Bracelet

Try your hand with shaped and multi-hole beads! Gain experience reading patterns, learn one or two new stitches, and complete a bracelet. Prerequisite: Bead Weaving 4 Beginners.

Instructor: Sandra Dellano

Utica Noon-4 p.m.

① Option: July 7 • T

② Option: July 25 • Sa.

③ Option: July 28 • T Kit: \$10 • Class: \$50

Wire Wrapping

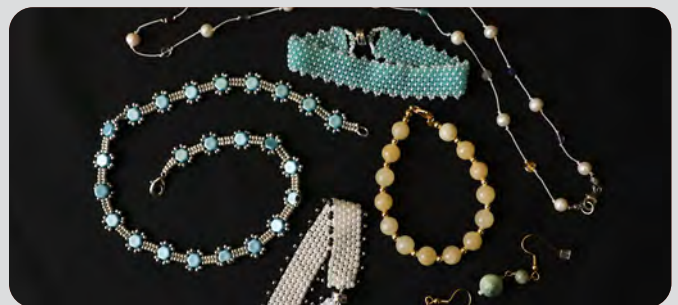
This class focuses on Classic Wire Wrapping, a technique used to create permanent closed loops in jewelry. You'll make a pair of earrings and, if time allows, a second pair as well. No prerequisites required.

Instructor: Sandra Dellano

Utica Noon-4 p.m.

① Option: June 16 • T

② Option: June 20 • Sa. Kit: \$10 • Class: \$50



FastTrack

FastTrack is a free, grant-funded program designed to help you build skills to advance in your current career or begin an entirely **new** career path. Courses focus on practical, **job-ready** training aligned with **in-demand** skills and are intended for motivated individuals who are **serious** about improving their employment opportunities. The goal of *FastTrack* is to help participants secure meaningful, **gainful employment**. Participants can choose one class leading to a path to employment or further education, and workforce navigators will help you through the process.

1
Register
for one course

2
Meet
with a Navigator

3
Achieve
your new certification

**FastTrack* is limited to one successful path completion per applicant*

Teaching Assistant Certificate

This program prepares you to seek NYS initial Teacher Assistant Certification. Complete mandatory workshops in Child Abuse Identification, School Violence Intervention and Prevention, and DASA. Includes information on fingerprinting and registering for NYS ATAS, as well as job search and interview resources.



July 13-16 • M-Th. • 9 a.m.-2 p.m.

Early Childhood Education Microcredential

The 15-credit pathway is designed for those working in or preparing for careers in fields such as early childhood education, childcare, child development, and human services who want to begin or maintain employment in early childhood settings. This sequence should be taken over two semesters and includes a set of required courses. **Classes begin in August; reach out now for advisement and registration.**

Intro to Culinary Arts

This hands-on class will prepare you for a successful start in the restaurant industry. It covers kitchen basics, professional skills for success, and preparation for the included ServSafe certification test. Parents enrolled in this course may qualify for Whole Family Education supports, including free dinner, on-site childcare (ages 5+), and transportation assistance during class.



May 5-29 • T, Th. • 5-8 p.m.

Intro to Solar Energy Systems

Get started in the growing field of solar energy with this hands-on course, where you'll learn about planning and installing photovoltaic (PV) systems for homes and gain skills for entry-level jobs in solar installation. Topics include how solar energy components and systems work, methods for choosing the right equipment, and the design of grid-tied systems and off-grid systems. The course is ideal for beginners who have a basic understanding of electricity and math skills. Those completing the class will receive a 10-hour OSHA Certificate and will be eligible to take the optional exam for the nationally recognized NABCEP Photovoltaic Associate credential. All materials and test fees are included. High school diploma or equivalent required.



Instructors: Bob Decker, Dominick Timpano
June 16-Aug. 6 • T, Th. • 6-9 p.m.



Workshop: How to Become a Childcare Provider

Offered in partnership with Cornell Cooperative Extension, this workshop will help you learn how to get started as a childcare provider in Oneida County and explore opportunities in this high-need field. The workshop can be taken in conjunction with any of our other *FastTrack* classes.

Instructor: Richelle Singer



5:30-6:30 p.m.



1 Option: May 20 • W

2 Option: June 23 • T

3 Option: July 23 • Th.

Advanced Manufacturing Fundamentals



Gain a solid foundation in modern manufacturing processes, tools, and technologies. This hands-on class introduces key concepts in safety, precision measurement, blueprint reading, and quality control. Explore manufacturing methods such as manual machining, CNC operations, and additive manufacturing while developing the skills employers seek in today's high-tech production environments. Perfect for individuals preparing for entry-level roles or looking to advance in the manufacturing field. This class includes a 10-Hour OSHA certification.

 **Instructor:** Kyle Bradley
 **Utica** June 8-July 13 • M • 9 a.m.-3 p.m.



Introduction to Welding Techniques

This hands-on course introduces essential welding skills, safety practices, and blueprint reading for those interested in welding as a career. Learn to identify and prevent hazards, safely operate tools, and gain experience with Shielded Metal Arc Welding (SMAW/Stick), Gas Tungsten Arc Welding (GTAW/TIG), and Gas Metal & Flux Cored Arc Welding (GMAW/FCAW/MIG & Flux Core). The course also covers oxyacetylene and plasma cutting techniques. Ideal for beginners, this class provides a strong foundation for further training or entry-level opportunities in welding. Includes a 10-Hour OSHA certification.

 **Instructor:** Kyle Bradley
 **Utica** June 9-July 14 • T • 9 a.m.-3 p.m.






Phlebotomy Certificate

This course will familiarize you with various aspects of the medical laboratory while providing the skills and certificate required to work as a phlebotomist in a hospital, laboratory, or medical office. Intense classroom instruction is combined with individualized clinical practice. Medical requirements before clinical clearance include a physical and negative TB test results read within 12 months of clinical start date, and positive titers or proof of two Mumps, Measles and Rubella (MMR). A Tdap or Tetanus toxoid within 10 years and a seasonal flu shot is also required. Tuition includes an insurance fee. Purchasing the textbook is optional but highly recommended. A high school diploma or equivalency is needed for employment.

 **Instructor:** Rachel Canarelli, Ann Wainwright
 **Utica** Aug. 4-Sept. 23 • T, W • 10:30 a.m.-1:30 p.m.
 **Utica** Aug. 10-Oct. 5 • M, W • 5:30 p.m.-8:30 p.m.
No class Sept. 5

Certified Nurse Aide (CNA)

Get New York State-certified with this accelerated 120-hour course that combines 90 hours of classroom and lab with 30 supervised clinical training hours. Upon successful completion of the course, you will take the NYS certification exam on-site. Medical requirements before clinical clearance include proof of a physical and TB test results within 12 months of clinical start date, and positive titers or proof of two Mumps Measles and Rubella (MMR) vaccinations.

 **Instructors:** Karen Murphy, Tracy Lebert, Tami Welch
 **Rome** June 29-July 31 • M-F • 9 a.m.-2:30 p.m.
 **Utica** Aug. 3-Oct. 20 • M, T, W • 4-9 p.m.

TO ENROLL AND REQUEST INFORMATION

Contact:

Nathan Edwards
nedwards@mvcc.edu

Dani Kall-Marrone
dkallmarrone@mvcc.edu

Alex LapeChristen
alapechristen@mvcc.edu



MVILR — a community of lifelong learners

Looking for an engaging way to stay active, expand your knowledge, and connect with others? Join the **Mohawk Valley Institute for Learning in Retirement (MVILR)**, which provides a variety of learning opportunities designed specifically for retirees — without the pressure of homework, exams, or grades.

MVILR is housed at **MVCC's Rome Campus** with dedicated classrooms, state-of-the-art event spaces, and free parking. Courses — which are offered in the **Fall, Winter, and Spring** — range from large lectures to small discussion groups on topics like **fitness and wellness, science, literature, and history**, so there's something for everyone to explore.

New members welcome

Becoming an MVILR member means more than just attending classes — it's about building connections and embracing new experiences so you can make the most of retirement.

The **\$265 annual membership fee** also includes a variety of special social events, guest speakers, and other activities sponsored by MVILR and MVCC.

Check out MVILR's Catalog at mvcc.edu/mvilr.

Not sure?

Try us out during our Summer Camp for Seniors from July 13-16, for four days of interactive learning. **Free with full membership; \$50 for non-members.**



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Community Education

*If you found value in
CCED courses, you may
want to consider MVILR!*



MVILR
Mohawk Valley Institute for Learning in Retirement

● **Plant-Based Living** **PG. 14**

● **Yoga Balance** **PG. 12**

● **Retiring to Rewiring** **PG. 13**

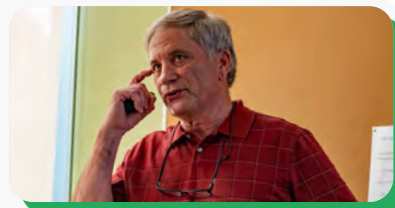
● **Combat Investing**

● **Yoga For Every Body**

● **Medicine: Questions & Answers**

Learn more:

🖥️ mvcc.edu/mvilr
✉️ mvilr@mvcc.edu
☎️ 315-334-7761



LEARN TO RIDE AT MVCC



MVCC continues its relationship with Go Motorcycling, Inc. as Central New York's headquarters for award-winning motorcycle rider training. The ride starts here! Whether you are brand new to motorcycling or have been riding for a while, there's a licensing course for you!

Basic RiderCourse (BRC)

Five hours of independent online learning with at least 11 hours of hands-on riding instruction. This course provides a beginner with the basic mental and physical riding skills necessary to minimize risk on the street. Motorcycles and helmets are provided.

Motorcycle road test waiver received upon completion.

3-Wheeled Basic RiderCourse (3WBRC)

Eight hours of interactive entry-level classroom learning with eight hours of hands-on riding instruction on automatic transmission three-wheeled motorcycles (two wheels in front and one in back).

Three-wheeled motorcycle road test waiver received upon completion.

Introductory Motorcycle Experience (IME)

The Introductory Motorcycle Experience (IME) is just two hours long and the class size is small – just four 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 License Waiver (BRC2-LW)

A three-hour online eCourse, two hours of classroom instruction, and approximately five hours of riding practice on your own street-legal motorcycle or scooter. For individuals 18 years or older who have held a valid New York State Motorcycle Permit for at least one riding season. Motorcycle road test waiver received upon completion.

Basic RiderCourse 2 for Skills Practice (BRC)

The BRC2 is a half-day class for experienced riders who already have their motorcycle endorsement. Using your own motorcycle, you'll practice techniques for managing traction.

MSF RiderCoach Preparation Course (RCP)

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.

 gomotorcycling.net

 315-858-3321



Your truck-driving career starts at MVCC!

With our partner Ancora Corporate Training.



DID YOU KNOW?

Truck driving is currently one of the most in-demand careers in the nation.

The average starting salary for a **CDL driver in Utica is \$62,000** — and many employers offer additional benefits, bonuses, and tuition reimbursement programs.

In **just four weeks**, you can launch a flexible, lucrative career and enjoy a freedom that few other jobs can offer.

Get started on your tomorrow today.

 mvcc.edu/cced/tractor-trailer.php



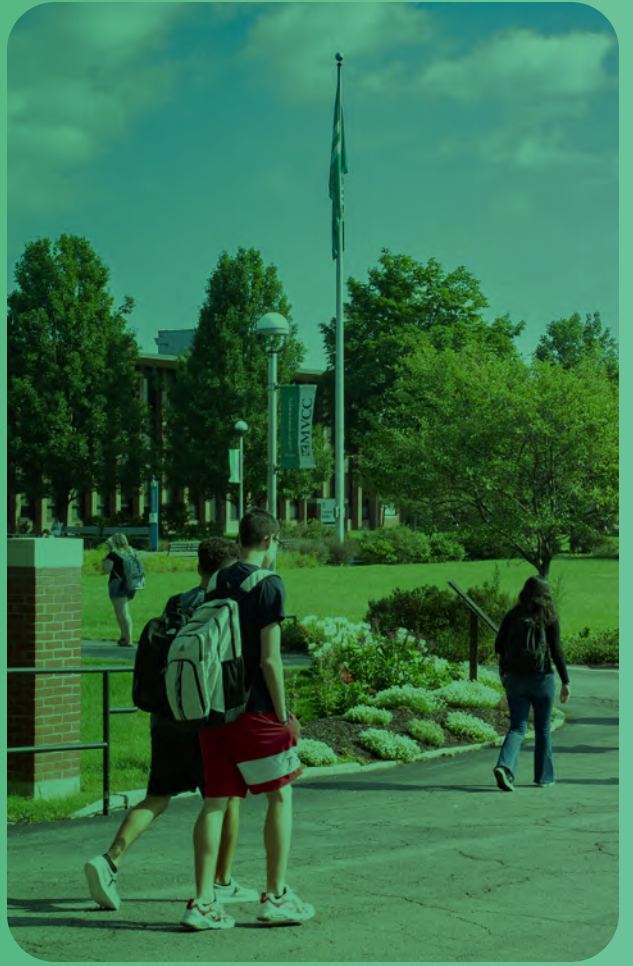
Level Up with AI

Strengthen Human Skills, Drive Strategic Impact

The AI Agility 30-Day Challenge transforms how your teams work by breaking down mastery of artificial intelligence into bite-sized, 15-minute daily practices. By the end of the challenge, you'll be capturing real business value by building sustainable AI workflows to enhance productivity and leading with confidence through strong human-AI partnerships.

 mvcc.edu/aiagility

ACADEMIC PROGRAMS

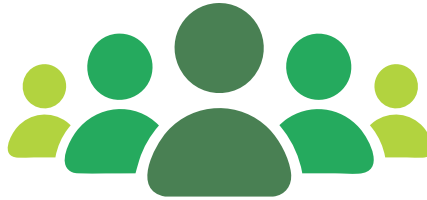


WHY MVCC?



**FOUNDED IN
1946**

**5,700+
STUDENTS**



**18:1
STUDENT-
FACULTY RATIO**



**2 CONVENIENT
CAMPUS LOCATIONS
IN UTICA AND ROME, NY**

**5 RESIDENCE HALLS
WITH BUILT-IN ACADEMIC
SUPPORT**

**26
COUNTRIES
REPRESENTED**



**170+
TRANSFER
AGREEMENTS
WITH 4-YEAR COLLEGES
AND UNIVERSITIES**

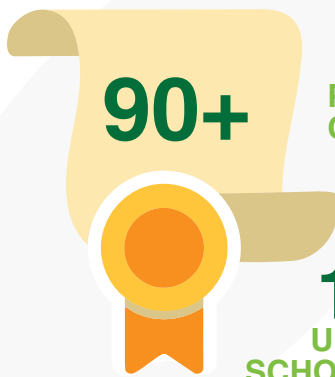


**40+
STUDENT CLUBS AND
ORGANIZATIONS**



**90+ PROGRAM
OPTIONS**

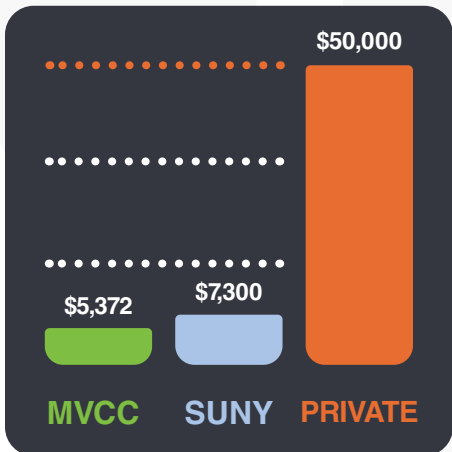
**140
UNIQUE
SCHOLARSHIPS
OFFERED**



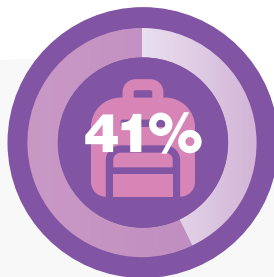
**17
INTERCOLLEGIATE
SPORTS**



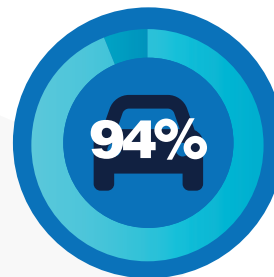
**\$5,372
AVERAGE TUITION COST**



**41%
FULL-TIME
STUDENTS**



**94%
COMMUTER
STUDENTS**



**70%
MATRICULATED
STUDENTS
RECEIVE FINANCIAL AID**





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“Being at MVCC was a blessing because it was affordable. And it allowed me to stay home, save money, work, and get a good education.”

— Julius Blackshear Jr. —
 Owner, Visionary Vending



“As a first-generation college student, I didn't really have anyone to help me guide through the college process, but from the very first place to starting classes, everyone was very welcoming and supportive.”

— Mya Kyaw —
 Academic Advisor, SUNY Polytechnic Institute



“MVCC helped me gain technical skills, confidence, and critical thinking, that I use every day in my career – more than just preparing me for a job, but for a future in a growing and sustainable industry.”

— Memphis Brannum —
 Designer, Andela Products

