CLASS LOCATION KEY + MAP

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

MVCC Rome: 1101 Floyd Ave.
PC: Plumley Complex

MVCC Education Outreach Center:
524 Elizabeth St., Utica

MVCC Carpentry and Masonry:
335 Catherine St. Utica

Presbyterian Home
4290 Middle Settlement Road, New Hartford

NY Mills School
1 Marauder Blvd., New York Mills

Mohawk Glen Golf Course
800 Perimeter Road, Rome

UTICA CAMPUS

Academic Building
- Public Safety
- CCED
- Human Resources

Alumni College Center
- Bookstore
- Career Services
- Health Center
- Residence Life
- Resident Dining

Francis A. Wilcox Hall
- Accessibility Resources
- Learning Commons
- Theater

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

Jorgensen Athletic and Events Center
- Fieldhouse
- Fitness Center
- Pool

Residence Halls
- Bellamy
- Butterfield
- Daugherty
- Huntington
- Penfield

Science and Technology Building
- FALab

Parking Lots

ROME CAMPUS
CONTENTS

NON-CREDIT

05 College for Kids and Teens
15 Swimming
19 Health and Wellness
22 Leisure Learning
26 Professional Development

ACADEMIC PROGRAMS

Look out for Academic Programming in the Fall 2020 MVCConnect issue!

CULTURAL SERIES

Look out for the Cultural Series Lineup in the Fall 2020 MVCConnect issue!
Welcome!
The warm weather has returned to the Mohawk Valley, and with it comes our new line-up of Summer 2020 non-credit classes. Grab a friend and maximize your summer by beginning a new hobby, learning a new language, or getting fit! We have a wide variety of classes in the areas of professional development, leisure learning, health, fitness, and holistic wellness. There’s something for everyone!

Looking for kids’ programs? Look no further! Our College for Kids and Teens is offering over 50 different career camp options this summer. Choose from STEM camps, art camps, or just plain fun camps! We pride ourselves on offering high quality camps that will keep kids engaged over the summer months. They’ve worked hard all year; let’s reward them by encouraging them to explore new interests and hobbies, learn about topics of their choice, make new friends, and have a lot of fun!

Here are some highlights:

**PROFESSIONAL DEVELOPMENT**
- Online real estate programs
- Science Teacher Make and Take Workshop
- Veterinary Assistant
- NEW Insurance Professional continuing education courses

**LEISURE LEARNING**
- Mandarin Chinese for Beginners
- Tech Savvy Seniors
- Local Flora and Fauna
- Many new self-defense options

**COLLEGE FOR KIDS AND TEENS**
- Disney Pixar Makers
- Digital Art: Where It All Starts!
- YouTube® Content Creators
- Superhero Training Camp
- Megalodons, Monsters, and Myths
###.College For Kids and Teens

####Career Camp Schedule

<table>
<thead>
<tr>
<th>Morning Camps 8:30 a.m.-noon</th>
<th>Afternoon Camps 1-4:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WEEK 1</strong></td>
<td></td>
</tr>
<tr>
<td>July 6-9</td>
<td></td>
</tr>
<tr>
<td>- Kids in the Kitchen: Breakfast Served All Day (Ages 6-9, Rome)</td>
<td>- Kids in the Kitchen: Breakfast Served All Day (Ages 10-13, Rome)</td>
</tr>
<tr>
<td>- Maker Mindset: Make and Take (Ages 10-13, Rome)</td>
<td>- Maker Mindset: Make and Take (Ages 6-9, Rome)</td>
</tr>
<tr>
<td>- Disney Pixar Makers (Ages 7-12)</td>
<td>- Broadway Bound! (Ages 7-12)</td>
</tr>
<tr>
<td>- Makey Makey: Supermarket Circuits (Ages 7-12)</td>
<td>- Swim and Sport Camp (Ages 7-12)</td>
</tr>
<tr>
<td>- ROBLOX® Makers (Ages 8-13)</td>
<td>- Apple Coding 1 (Ages 6-9)</td>
</tr>
</tbody>
</table>

| **WEEK 2**                  |                             |
| July 13-16                  |                             |
| - Kids in the Kitchen: Kid's Cooking 101 (Ages 6-9, NYM School) | - Kids in the Kitchen: You've Been Chopped (Ages 10-13, NYM School) |
| - Junior CSI Camp (Ages 7-12) | - Charms, Beasts, and Wizards: A Hogwarts Experience (Ages 7-12) |
| - eSports Apprentice - YouTube® Streamers and Gamers (Ages 10-13) | - Digital Art: Where It All Starts! (Ages 10-13) |
| - Nature Makers (Ages 7-12) | - Swim and Sport Camp (Ages 7-12) |
| - Social Media Workshop for Photographers (Ages 14-17) | - YouTube® Content Creators (Ages 14-17) |

| **WEEK 3**                  |                             |
| July 20-23                  |                             |
| - Kids in the Kitchen: Bakers and Makers (Ages 6-9, NYM School) | - Kids in the Kitchen: Bakers and Makers (Ages 10-13, NYM School) |
| - Minecraft® Redstone Engineers (Ages 8-13) | - Junior Fossil Fun (Ages 6-9) |
| - Around The World: Italy, Japan, Kenya, and Brazil (Ages 7-12) | - Hip and Hoop Dance with Jessy (Ages 7-12) |
| - Bricks N Stick (Ages 6-9) | - Swim and Sport Camp (Ages 7-12) |
| - Medical Mania (Ages 12+) |                             |
| - Teen Improv at the Uptown (Ages 13-17) |                             |

| **WEEK 4**                  |                             |
| July 27-30                  |                             |
| - Kids in the Kitchen: Full Meal Deal (Ages 6-9, NYM School) | - Kids in the Kitchen: Full Meal Deal (Ages 10-13, NYM School) |
| - STEAM Palooza (Ages 7-12) | - Crack the Code (Ages 7-12) |
| - Around the World: Germany, Ireland, China, and India (Ages 7-12) | - Mindful Makers: Mandalas and More! (7-12) |
| - Rocket Kart Racers: Design A Mario Kart® Style Game (Ages 8-13) | - Swim and Sport Camp (Ages 7-12) |
| - Babysitter’s Training (Ages 11+) |                             |
| - CPR and First Aid for Babysitters (Ages 11+, Friday only, 10am-4pm) |                             |

| **WEEK 5**                  |                             |
| Aug. 3-6                    |                             |
| - Superhero Training Camp (Ages 7-12) | - Rebel Training Outpost (Ages 7-12) |
| - Art Around the World: A Multicultural Experience (Ages 7-12) | - Meet and Make Like the Masters (Ages 7-12) |
| - Battle Royale: Make Your First Fortnite-Style Video Game (Ages 8-13) | - Swim and Sport Camp (Ages 11-14) |

| **WEEK 6**                  |                             |
| Aug. 10-13                  |                             |
| - Code Explorers (Ages 6-9) | - App.IO: Make Your First Multiplayer App! (Ages 10-13) |
| - Science, It’s a Girl Thing: Super Challenge! (Ages 7-12) | - Frozen STEAM (Ages 7-12) |
| - Megalodons, Monsters, and Myths (Ages 10-13) | - Swim and Sport Camp (Ages 7-12) |
| - Babysitter’s Training (Ages 11+) | - Creative Art Journaling (Ages 14-17) |
| - CPR and First Aid for Babysitters (Ages 11+, Friday only, 10am-4pm) | - Junior Lifeguarding (Ages 11-14) |

| **WEEK 7**                  |                             |
| Aug. 17-20                  |                             |
| - Kids Improv at the Uptown (Ages 7-12) |                             |

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.
Apple Coding 1
This camp will make learning to code fun and interactive. You will use Apple’s Swift playground environment to move through a 3D interactive world, meet new characters, and solve puzzles—all while using real coding skills. There will be plenty of fun-filled warm-up activities to learn the basics of computer programming. Devices will be provided. Ages 6-9.
Instructor: Shahida Dar
July 6-9, Mon.-Thurs. • 1-4:30 p.m. • Utica • CRN 35196 • $129

App.IO: Make Your First Multiplayer App! NEW
In this class, explore the most popular .IO apps, design your own multiplayer experience, and learn how to code your own app. Your apps will be accessible on a private site and can be played on any mobile device or computer. Publishing to app stores isn’t included. You don’t need to own a smartphone to take this class. Ages 10-13.
Instructor: Shawn Essafi
Aug. 10-13, Mon.-Thurs. • 1-4:30 p.m. • Utica
CRN 35405 • $159

Around the World
Take a trip around the world with us and learn about these fantastic places! Each day you will get to experience new and exciting traditions, foods, music, art, and basic vocabulary. Your friends will think you spent the summer traveling the globe! Ages 7-12.
Mon.-Thurs. • 8:30 a.m.-noon • Utica • $119
Instructor: Gina Castilla
Option 1: Around the World: Italy, Japan, Kenya, and Brazil
July 20-23 • CRN 35407
Instructor: Alla Kudelich
Option 2: Germany, Ireland, China, and India
July 27-30 • CRN 35411

Babysitter’s Training
Learn all the basic information and skills training you will need to care for children of all ages in a safe and reliable manner. Upon completion, you will be prepared and confident in your skills. You can also take our CPR and First Aid for Babysitters course. Ages 11+.
Mon.-Thurs. • 8:30 a.m.-noon • Utica • $109
Instructor: Caroline Pollard
Option 1: July 27-30 • Utica • $109
CRN 35381
Option 2: Aug. 10-13 • CRN 35382

CPR and First Aid for Babysitters
Learn to recognize and care for first aid emergencies and how to respond to breathing and cardiac emergencies in infants and children up to age 12. You will be certified in Pediatric First Aid/CPR/AED for two years with successful completion of this course.
Instructor: Caroline Pollard
Fri. • 10 a.m.-4 p.m. • Utica • $45
Option 1: July 31 • CRN 35383
Option 2: Aug. 14 • CRN 35384

Battle Royale: Make Your First Fortnite-Style Video Game
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. Ages 8-13.
Instructor: Adriana Perretta
Aug. 3-6, Mon.-Thurs. • 8:30 a.m.-noon • Utica
CRN 35230 • $159
Charms, Beasts, and Wizards: A Hogwarts Experience NEW
Spend your 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. A little crafting, a little experimenting, and a lot of magic! Ages 7-12.

Instructor: Melissa Barlett
July 13-16, Mon.-Thurs. • 1-4:30 p.m. • Utica
CRN 35393 • $119

Code Explorers NEW
In this class, you will use your creativity to solve a series of web-based coding challenges. Each lesson builds fluency in essential digital skills needed for the future. At the end of the class, you’ll receive access to the interactive learning platform to continue their coding journey at home. Ages 6-9.

Instructor: Katrina Finlayson
Aug. 10-13, Mon.-Thurs. 8:30 a.m.-noon. • Utica
CRN 35402 • $159

Crack the Code NEW
Join us and you will learn both online and unplugged coding through a week of hands-on activities. You’ll also practice teamwork and apply your new code-based skills to complete challenges such as Cup Stacking Coding, Mazy Crazy, and Unplugged Coding Scavenger Hunt! Ages 7-12.

Instructor: Gina Castilla
July 27-30, Mon.-Thurs. • 1-4:30 p.m. Utica • CRN 35412 • $129

Creative Art Journaling NEW
This camp will inspire and help you unleash your creativity through incorporating art, music, and nature into daily journal prompts. Ages 14-17.

Instructor: Lisa Gambacorta
Aug. 10-13, Mon.-Thurs. • 1-4:30 p.m. • Utica • CRN 36417 • $119

Digital Art: Where it All Starts! NEW
Learn the Adobe Suite and all about using the tools to digitally paint, make fun graphic designs, and use photo-editing software to make some really wacky creations! Ages 10-13.

Instructor: Brooke Morawiec
July 13-16, Mon.-Thurs. • 1-4:30 p.m. Utica • CRN 35394 • $129

Disney Pixar Makers NEW
In this class, design your own super suit like the Incredible family, make your own adventure book like Carl in “Up!,” and create the (not so scary) monster that lives in your closet, like in “Monsters, Inc.” Ages 7-12.

Instructor: Brooke Morawiec
July 6-9, Mon.-Thurs. • 8:30 a.m.-noon Utica • CRN 35388 • $119

Bricks N Sticks NEW
Take your stop-motion movies to the next level. First, create a story with Stikbots, Legos, and action figures, or all three! Then watch your story come to life using special stop-motion software that allows you to add special effects and go beyond the typical software on a mobile device. Students will need to bring in figures, Stikbots, or Legos from home, but all other equipment will be provided. Ages 6-9.

Instructor: Adriana Perretta
July 20-23, Mon.-Thurs. • 8:30 a.m.-noon • Utica
CRN 35400 • $159

Frozen STEAM NEW
Take a break from the summer heat and experience the world of Frozen through science, art, and music! Learn the science behind Elsa’s snowflakes and freezing powers, make your own instant-snow Olaf, and more! Ages 7-12.

Instructors: MVCC’s Women in Science & Engineering (WISE) Faculty
Aug. 10-13, Mon.-Thurs. • 1-4:30 p.m. Utica • CRN 35385 • $129
eSports Apprentice - YouTube© Streamers and Gamers NEW
Whether you want to be the next pro gamer, streamer, or gamecaster, this course will teach you the basics to get started! No longer just a hobby, eSports is the fastest growing career for the next generation. In this course, students will develop competitive game-play skills in the eSports app, learn how to produce commentary for live tournaments, use professional streaming software, and, most importantly, practice online safety. Videos will not be broadcast publicly but will be shared with all students in the class.
Instructor: Adriana Perretta
July 13-16, Mon.-Thurs. • 8:30 a.m.-noon • Utica
CRN 35404 • $159

Hip and Hoop Dance with Jessy
Join Jessy and get your groove on with this exciting dance class for all levels. If you enjoyed Hip Hop Dance class last summer, you’ll love Hip and Hoop. Jessy will teach hip hop dance steps and incorporate some super sweet hula hoop moves into the mix! Wear comfortable clothing and sneakers. Ages 7-12.
Instructor: Jessica Greig
July 20-23, Mon.-Thurs. • 1-4:30 p.m. • Utica
CRN 35380 • $109

Kids Improv at the Uptown NEW
From one-word stories to bus stop robots, improvisation games will get you moving and teach you focus through creative play. The benefits extend beyond the class, building confidence, encouraging self-expression, and celebrating imagination. Ages 8-12.
Aug. 17-20, Mon.-Thurs. • 8:30 a.m.-noon
Uptown Theater • CRN 35406 • $109

Junior CSI Camp NEW
Science is everything when it comes to crime scene investigation. We can use so many awesome and fun methods of scientific experimentation to help solve some pretty insane scenarios. Awaken your inner forensic scientist through hands-on experiments and activities focusing on chemistry and other branches of science. Come to this camp and test how different solutions react together, break down molecules into other molecules, compete in science trivia, and so much more! Together we can solve some mysteries through the magic of science! Ages 7-12.
Instructor: Shawn Essafi
July 13-16, Mon.-Thurs. • 8:30 a.m.-noon • Utica
CRN 35389 • $129

Junior Lifeguarding
This course is designed to give you a sneak peak into what it takes to become a great lifeguard. You’ll learn the basic responsibilities of a lifeguard, techniques, build stamina, and practice communication and decision-making skills. This is not a certification course. You must have Level 4 swim skills. Ages 11-14.
Instructor: Caroline Pollard
Aug. 10-13, Mon.-Thurs. • 1-4:30 p.m. • Utica
CRN 35272 • $119

Junior Fossil Fun
Go back to prehistoric times as you discover paleontology, the science of fossils. Biology and geology come alive as you learn about dinosaurs and other ancient organisms, and how they lived. Make your own fossils, fizzy dino eggs, amber slime, and more! Ages 6-9.
Instructor: Katrina Finlayson
July 20-23, Mon.-Thurs. • 1-4:30 p.m. • Utica
CRN 35408 • $119

Maker Mindset: Make and Take
Calling all inventors! Do you like to use your imagination? Do you like creating? Come participate in guided activities, design challenges, and try your hand at free-creating your own inventions. You’ll learn about the art of making, utilize STEAM concepts, and explore your creativity through a design process.
Instructor: Tiffany Piatowski
July 6-9, Mon.-Thurs. • Rome • $129
Option 1: Ages 10-13 • 8:30 a.m.-noon • CRN 35387
Option 2: Ages 6-9 • 1-4:30 p.m. • CRN 35386

Makey Makey: Supermarket Circuits! NEW
Want to learn how to code without using a keyboard? Makey Makey turns everyday objects such as bananas, clay, tape, and oranges into a keypad, controller, or musical instrument! You’ll combine your imagination with basic coding techniques to create one-of-a-kind projects that are completely controlled by household items. No prior coding experience is necessary. Ages 7-12.
Instructor: Adriana Perretta
July 6-9, Mon.-Thurs. • 8:30 a.m.-noon • Utica
CRN 35391 • $129
NEW KIDS IN THE KITCHEN

Kids in the Kitchen: Bakers and Makers
What could be better than a week of cookies, cupcakes, and crafts? You’ll start each day with baking and then switch to making while your goodies are in the oven. You’ll experiment with fun kitchen crafts like edible playdough, Jello slime, fizzing paint, and more! When the oven timer goes off, you’ll switch back to decorating your goodies. The best of both worlds!
Instructor: Erica Haver
Mon.-Thurs. • July 20-23 • NYM School • $129
Option 1: Ages 6-9 • 8:30 a.m.-noon • CRN 35346
Option 2: Ages 10-13 • 1-4:30 p.m. • CRN 35347

Kids in the Kitchen: Breakfast Served All Day
If breakfast is your favorite meal, then this camp is for you! You’ll learn exciting cooking techniques by preparing classic breakfast dishes but with a new twist. Our waffles, omelets, home fries, and more will be turned into fun lunches and hearty dinners from around the world!
Instructor: Matt Klausner
July 6-9 • Mon.-Thurs. • Rome • $129
Option 1: Ages 6-9 • 8:30 a.m.-noon • CRN 35342
Option 2: Ages 10-13 • 1-4:30 p.m. • CRN 35343

Kids in the Kitchen: Brown Bag Challenge
As you enter the classroom each day, you’ll receive a brown bag containing one (or more) ingredients. The challenge will be to team up with other chefs in the kitchen to combine your ingredients and create a delicious dish together. Ages 10-13.
Instructor: Carol Klausner
Aug. 3-6, Mon.-Thurs. • 1-4:30 p.m. • NYM School
CRN 35351 • $129

Kids in the Kitchen: Kid’s Cooking 101
Are you a young chef eager to learn more? You’ll learn about terms and tools, and practice techniques and safety used in both cooking and baking as you create some tasty dishes. Ages 6-9.
Instructor: Carol Klausner
July 13-16, Mon.-Thurs. • 8:30 a.m.-noon
NYM School • CRN 35344 • $129

Kids in the Kitchen: Mixed-Up Mash-ups
Everybody knows two foods that always taste better together... like cheese and crackers or soup and a sandwich. But what if you put two recipes together? You might get something like “Cheeseburger and Fries Casserole” and “Rootbeer Float Cupcakes.” These are just two of the delicious combos chefs will create in this class. Ages 6-9.
Instructor: Carol Klausner
Aug. 3-6, Mon.-Thurs. • 8:30 a.m.-noon
NYM School • CRN 35350 • $129

Kids in the Kitchen: The Full Meal Deal
Do you want to host a dinner party with friends or give your parents a break from cooking? Learn to create a full meal experience, and we aren’t talking Kraft Mac and Cheese and hot dogs here! Learn recipes for appetizers, dinners, and desserts, plus bonus recipes such as chips, ice cream, and icing!
Instructor: Cristen Gallup
July 27-30, Mon.-Thurs. • NYM School • $129
Option 1: Ages 6-9 • 8:30 a.m.-noon • CRN 35348
Option 2: Ages 10-13 • 1-4:30 p.m. • CRN 35349

Kids in the Kitchen: You’ve Been Chopped!
Are you up for this challenge? Each session in this camp will feature “basket ingredients” that you will be challenged to transform into unique and delicious new creations. Join this class and find out if you’ve got “the chops” to succeed! Ages 10-13.
Instructor: Carol Klausner
July 13-16, Mon.-Thurs. • 1-4:30 p.m. • NYM School
CRN 35345 • $129

NEW KIDS IN THE KITCHEN
**Nature Makers** NEW
Do you love exploring the great outdoors and being creative? Have you ever wanted to adopt a pet rock, paint a masterpiece with a paintbrush you make yourself, or make a magic nature wand? Join us to be inspired by nature, make fun arts and crafts, and make new friends in the process! Ages 7-12.

Instructor: Brooke Morawiec  
July 13-16, Mon.-Thurs. • 8:30 a.m.-noon • Utica • CRN 35392 • $119

**Meet and Make Like the Masters!**
In this class, you’ll learn styles unique to masters like Monet, Van Gogh, and Picasso, and try your hand at creating your own masterpieces based on their works. Who knows, maybe you will be the next master! Ages 7-12.

Instructor: Nancie Cooney  
Aug. 3-6, Mon.-Thurs. • 1-4:30 p.m. • Utica • CRN 35378 • $119

**Minecraft® Redstone Engineers** NEW
Take the next step beyond simply “playing” Minecraft and become a true Redstone engineer. Expand your Redstone knowledge by constructing your own carnival. Activate your skills and take your Minecraft structures to the next level! Students must own a Java version of Minecraft to access their projects at home. Tablet, phone, and game console versions of Minecraft are not compatible. Ages 8-13.

Instructor: Katrina Finlayson  
July 20-23, Mon.-Thurs. 8:30 a.m.-noon • Utica  
CRN 35399 • $159

**Medical Mania**
Come explore careers in nursing, radiology, medical laboratory technology, respiratory therapy, surgical technology, cardiology, and more. Hear from real professionals in the field, see what it’s like to work in MVCC clinical lab rooms, and spend the last day of camp at St. Elizabeth Medical Center. Ages 12+.

Instructor: Maryanne Taverne  
July 20-23, Mon.-Wed. 8:30 a.m.-2 p.m. • Utica  
CRN 34458 • $149

Note: Class meets on Thursday, July 23, at St. Elizabeth Medical Center, 8:30 a.m.-3:30 p.m.

**Mindful Makers: Mandalas and More!** NEW
Join us for a week of mindful art projects including rock painting, sculpture, creating mandalas, collage, sun catchers, and more. You’ll also sample other fun ways to welcome mindfulness like being outdoors and doing a bit of art journaling and moving your body through subtle yoga, music, dance, and creative movement. Ages 7-12.

Instructor: Lisa Gambacorta  
July 27-30, Mon.-Thurs. • 1-4:30 p.m. • Utica • CRN 35413 • $119

**ROBLOX® Makers**
Unlock the power of ROBLOX® Studio, the world creation tool used by real-world ROBLOX® developers! Learn how to build 3D models and create an adventure in your ROBLOX® world. Bring characters to life with unique animations you design. Ages 8-13.

Instructor: Kitrina Finlayson  
July 6-9 • Mon.-Thurs. 8:30 a.m.-noon • Utica  
CRN 35227 • $159

**Medical Mania**
Come explore careers in nursing, radiology, medical laboratory technology, respiratory therapy, surgical technology, cardiology, and more. Hear from real professionals in the field, see what it’s like to work in MVCC clinical lab rooms, and spend the last day of camp at St. Elizabeth Medical Center. Ages 12+.

Instructor: Maryanne Taverne  
July 20-23, Mon.-Wed. 8:30 a.m.-2 p.m. • Utica  
CRN 34458 • $149

Note: Class meets on Thursday, July 23, at St. Elizabeth Medical Center, 8:30 a.m.-3:30 p.m.

**YouTube® Content Creators** NEW
Start your career as the next YouTube star! Explore the variety of content and personalities that exist on YouTube and how to find your own niche. Develop your on-camera presence, your own channel branding, and professional editing skills. Take home a plan for launching your own channel with the content created in class. Ages 14-17.

Instructor: Shawn Essafi  
July 13-16, Mon.-Thurs. • 1-4:30 p.m. • Utica  
CRN 35398 • $159
Rocket Kart Racers: Design a Mario Kart® Style Game  
Design your own tracks and customize your karts and characters like in 3D Mario Kart®. Using professional game development software, you’ll combine your creations into your own kart racing game that you can play with friends and family at home. You can participate in eSports League races against other schools across the country with a chance to have your tracks featured in the Black Rocket master build of the game! Ages 8-13. 
Instructor: Katrina Finlayson  
8:30 a.m.-noon • Utica  
CRN 35401 • $159

Superhero Training Camp  
Consider the science behind Iron Man’s suit and Black Panther’s claws, what could make Captain Marvel fly, and whether you could really shrink to the size of an ant! Design your own superhero and work together to discover how you, like the Avengers, could help save the world. Ages 7-12. 
Instructor: Melissa Barlett  
Aug. 3-6, Mon.-Thurs.  
8:30 a.m.-noon • Utica  
CRN 35414 • $129

Swim and Sport Camp  
Bring your sneakers and goggles as you enjoy an afternoon of outdoor athletics and indoor pool games. You will learn basic skills, rules, and game play for individual and team sports. All activities will focus on good sportsmanship and good health. Bring a bathing suit, towel, and snack. Ages 7-12. 
Instructors: James Caswell, Tennial Patterson  
Mon.-Thurs. • 1-4:30 p.m.  
Utica • $109  
Option 1: July 6-9 • CRN 34236  
Option 2: July 13-16 • CRN 34453  
Option 3: July 20-23 • CRN 34461  
Option 4: July 27-30 • CRN 34464  
Option 5: Aug. 3-6 • CRN 34470  
Option 6: Aug. 10-13 • CRN 34476

Social Media Workshop for Photographers  
This is a foundational class to learn camera basics and how to make your photos stand out on social media. Join us for an overview on camera basics, lighting, and composition. Once we’ve captured the perfect image, we’ll discuss editing your image using filters and editing software. We’ll go over multiple types of photography so no matter where you post, you’ll be able to bring more meaning and creativity to your photos. Ages 14-17. 
Instructor: Zea Beckwith  
July 13-16, Mon.-Thurs. • 1-4:30 p.m.  
Utica • CRN 35403 • $129

Rebel Training Outpost  
Explore what might be possible both in our galaxy and far away. Take a trip through science and crafts to the desert of Jakku or the forest moon of Endor, and learn to keep warm while out in the snows of Hoth. Learn to pilot the Millenium Falcon, build your own R2 unit, and encounter a lost child along the way. Ages 7-12. 
Instructor: Melissa Barlett  
Aug. 3-6, Mon.-Thurs. • 1-4:30 p.m.  
Utica • CRN 35415 • $129

STEAM Palooza  
Join us and engage in projects that require you to problem-solve, think critically, and have fun, too! Topics include engineering, magnetism, and chemistry. Activities include Longest Chain Challenge, Magnet Maze Project, and more. Come join the fun! Ages 7-12. 
Instructor: Gina Castilla  
8:30 a.m.-noon • Utica  
CRN 35410 • $129

Teen Improv at the Uptown  
Come be creative, be weird, be yourself. Learning the basics of improv comedy is a great way to get out of your head, learn to live in the moment, develop communication and leadership skills, build confidence, and have fun! No experience necessary. Ages 13-17.  
July 20-23, Mon.-Thurs. • 8:30 a.m.-noon  
Uptown Theater • CRN 35409 • $109
Parent and Child Preschool
Pretzel Kids Yoga
In this fun and active yoga class, you’ll play imaginative yoga games and learn relaxation techniques that will benefit you as you grow. You’ll laugh, learn, exercise, breathe, and play, all while focusing on a lifetime of health and fitness. Your parents will be happy that you’re learning tools for physical fitness and stress relief, and you’ll leave with a big smile on your face! Bring a yoga mat and water. Ages 3-5.
Instructor: Becky Ebling
June 5-26, Fri. • 1-1:45 p.m. • Utica • CRN 35335 • $40
Cost includes one child and one adult.

Parent and Child Kids in the Kitchen:
Cookie Decorating with So Sweet Candy Café!
Bring your parent along to learn tips and tricks of the cookie-decorating trade. In this summer-themed class, you’ll learn the basics of cookie decorating such as supplies and tools used, flooding, piping, color, and design techniques. Ages 7-12.
Instructor: Margaret Rienzo
June 13, Sat. • 10-11:30 a.m. • Rome • CRN 35336 • $39
Cost includes one child and one adult.

Middle and high school students can enroll in a unique program that helps them start and run their own company or social movement. Join us in our ninth year as we help students turn passion into profit, meet new friends and gain immeasurable skills. Classes take place at MVCC Utica Campus on Wednesdays from 4:30 to 7:30 p.m. from October-May (no class over school breaks).

Learn more:
mvcc.edu/YEA
**ACT Review Class**
Topics of study and review include mathematical concepts, including algebra, geometry and trigonometry, grammar and punctuation, reading comprehension, essay writing, data analysis for the science test, and general standardized test-taking tips. Required Text: ACT for Dummies, 7th Edition, (by Lisa Zimmer Hatch and Scott Hatch) and the current edition of The Official ACT Prep Guide.

Instructors: Emily Morse, Kelly Paul  
May 18-20, Mon., Wed. • 6-8:30 p.m. • Rome  
CRN 29782 • $49

**Prepping for the ACT ONLINE**
Topics of study and review include mathematical concepts, including algebra, geometry, and trigonometry; grammar and punctuation; reading comprehension; essay writing; data analysis for the science test; 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.

Online • $250  
Option 1: June 22-July 17 • CRN 34285  
Option 2: Aug. 17-Sept. 11 • CRN 34999

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

Instructors: Emily Morse, Kelly Paul  
May 12-21, Tues., Thurs. • 6-8:30 p.m. • Utica Campus  
CRN 29823 • $89

**Prepping for the SAT ONLINE**
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. Course participants are given the opportunity to put their new skills into practice using an official SAT. Purchasing the Official SAT Study Guide 2020 Edition is recommended but not required.

Online • $250  
June 22-July 17 • CRN 34294  
Aug. 17-Sept. 11 • CRN 35000

**SAT Quick Prep**
Sharpen your skills and test-readiness in just two sessions and get real SAT practice, question analysis, answering tactics, and study plans for math, reading, vocabulary, written expression, and essay writing – in less time. Bring pens and a scientific or graphing calculator.

Instructors: Emily Morse, Kelly Paul  
May 26-28, Tues., Thurs. • 6-8:30 p.m. Rome • CRN 28168 • $49

**SAT Reading and Writing Workshop**
Sharpen your reading and writing skills for the SAT. Using sample tests, you will get intensive practice in reading comprehension, vocabulary, essay writing, and written expression. There will be an in-depth emphasis on successful test-taking strategies. Bring pens and pencils.

Instructor: Kelly Paul  
May 23, Sat. • 9:30 a.m.-noon  
Rome • CRN 29818 • $29

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

Instructor: Kelly Paul  
May 30, Sat. • 9:30 a.m.-noon  
Utica • CRN 60312 • $29
SAT Quick Prep
SAT Intensive Math Workshop
Get extensive math explanations and problem-solving skills to help prepare for the math portion of the SAT. There will be an in-depth emphasis on successful test-taking strategies, as well as the use of sample tests. Bring pencils and a scientific or graphing calculator.

Instructor: Emily Morse
May 11, Mon. • 6-8:30 p.m. • Rome
CRN 29788 • $29

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

Instructor: Emily Morse
June 1, Mon. • 6-8:30 p.m. • Utica
CRN 33884 • $29

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

Instructor: Emily Morse
June 8, Mon. • 6-8:30 p.m. • Utica
CRN 33886 • $29

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

Instructor: Emily Morse
June 9, Tues. • 6-8:30 p.m. • Utica
CRN 33885 • $29

Prepping for the GMAT ONLINE
This course provides comprehensive instruction on how to complete both the verbal and quantitative sections of the GMAT, offering a thorough review of test-taking techniques and methods for improving scores on each of the four sections of the test. This course also includes a discussion of MBA programs, application procedures, and graduate school survival techniques. Required Text: GMAT For Dummies, 2020 Edition (by Lisa Zimmer Hatch and Scott Hatch).

Online • $250
Option 1: June 22-July 17
CRN 34280
Option 2: Aug. 17-Sept. 11
CRN 34996

Prepping for the LSAT ONLINE
This course offers a thorough overview of the three main question types found on the LSAT: analytical reasoning, logical reasoning, and reading comprehension. Taught by practicing attorneys, this course also utilizes actual LSAT exams from recent years and provides an insider’s perspective on law school admissions and the legal profession as a whole. Required Text: LSAT For Dummies, current edition.

Online • $250
Option 1: June 22-July 17
CRN 34284
Option 2: Aug. 17-Sept. 11
CRN 34998

Prepping for the GRE ONLINE
This course offers a comprehensive study of the quantitative reasoning, verbal reasoning, and analytical writing sections of the GRE. As a student in this course, you will be able to utilize numerous examples of test questions from recent years, in addition to gaining access to answers, explanations, and general time-saving techniques. Required Text: Official Guide to the GRE Revised General Test (by Educational Testing Service).

Online • $250
Option 1: June 22-July 17
CRN 34282
Option 2: Aug. 17-Sept. 11
CRN 34997

Airframe and Powerplant Test Prep
In this class, you will prepare for the FAA's Oral and Practical Test subjects which include Airframe, Powerplant, and General Aviation Maintenance. This course is student- and test-prep focused. This class is located in the MVCC Aviation Center and FAA testing can be done on-site after completion. Testing fees total $1,330 (not included). FAA form 8610-2 with Memo of Experience required the first day of class. The book kit costs $190.

Mon., Tues., Thurs., Fri. 8 a.m.-4:30 p.m. • Rome • $1,400
Option 1: May 4-15 • CRN 34561
Option 2: June 15-26 • CRN 34568
Option 3: July 13-24 • CRN 34575
All classes – MVCC Utica Campus, 1101 Sherman Drive, Utica

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

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 $70
This class builds basic water safety skills for both and and your child and will help your child adjust to the water environment. You must accompany your child in the water. Ages 1-2.

Preschool with Parent Aquatics $70
This class will help your child feel comfortable in the water, enjoy the water safely, and learn fundamental skills including breath control, floating, and basic locomotion. You must accompany your child in the water. Ages 3-5.

Level 1: Introduction to Water Skills $70
You are oriented to the water while learning elementary skills. Kindergarten+.

Level 2: Fundamental Aquatic Skills $70
You’ll build on the fundamental locomotion and safety skills learned in Level 1. Unsupported front and back floats, rhythmic breathing, and flutter kicking are skills learned at this level. Prerequisite: Level 1 certification or comparable skills. Ages 5+.

Level 3: Stroke Development $85
You’ll 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. Ages 6+.

Level 4: Stroke Improvement $85
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 $85
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 $85
This course will allow for reviewing and perfecting all strokes and skills in the American Red Cross Learn-to-Swim Program. You’ll learn good lifetime fitness habits and basic and advanced rescue techniques.
### EVENING CLASSES

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Session 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Preschool with Parent Aquatics (Ages 3-5)</strong></td>
<td><strong>Parent and Child Aquatics (Ages 1-2)</strong></td>
</tr>
<tr>
<td>5-5:30 p.m.</td>
<td>5-5:30 p.m.</td>
</tr>
<tr>
<td>CRN 60059</td>
<td>CRN 33938</td>
</tr>
<tr>
<td><strong>Level 1</strong></td>
<td><strong>Level 1</strong></td>
</tr>
<tr>
<td>5:30-6 p.m.</td>
<td>5:30-6 p.m.</td>
</tr>
<tr>
<td>CRN 60292</td>
<td>CRN 33935</td>
</tr>
<tr>
<td><strong>Level 4</strong></td>
<td><strong>Level 2</strong></td>
</tr>
<tr>
<td>6-7 p.m.</td>
<td>6-6:30 p.m.</td>
</tr>
<tr>
<td>CRN 26709</td>
<td>CRN 33937</td>
</tr>
</tbody>
</table>

**Session 1**
Mon-Thurs., May 19-June 18

<table>
<thead>
<tr>
<th>Session 2</th>
<th>Session 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Parent and Child Aquatics (Ages 1-2)</strong></td>
<td><strong>Preschool with Parent Aquatics (Ages 3-5)</strong></td>
</tr>
<tr>
<td>6:30-7 p.m.</td>
<td>5-6 p.m.</td>
</tr>
<tr>
<td>CRN 60056</td>
<td>CRN 60056</td>
</tr>
<tr>
<td><strong>Level 2</strong></td>
<td><strong>Level 3</strong></td>
</tr>
<tr>
<td>6:30-7 p.m.</td>
<td>5-6 p.m.</td>
</tr>
<tr>
<td>CRN 60292</td>
<td>CRN 33938</td>
</tr>
<tr>
<td><strong>Level 4</strong></td>
<td><strong>Level 2</strong></td>
</tr>
<tr>
<td>6-7 p.m.</td>
<td>6-6:30 p.m.</td>
</tr>
<tr>
<td>CRN 26709</td>
<td>CRN 33937</td>
</tr>
</tbody>
</table>

**Session 1**
Mon-Thurs., July 6-23

<table>
<thead>
<tr>
<th>Session 2</th>
<th>Session 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Parent and Child Aquatics (Ages 1-2)</strong></td>
<td><strong>Preschool with Parent Aquatics (Ages 3-5)</strong></td>
</tr>
<tr>
<td>9-9:30 a.m.</td>
<td>9-9:30 a.m.</td>
</tr>
<tr>
<td>CRN 35018</td>
<td>CRN 35018</td>
</tr>
<tr>
<td><strong>Level 1</strong></td>
<td><strong>Level 1</strong></td>
</tr>
<tr>
<td>9:30-10 a.m.</td>
<td>9:30-10 a.m.</td>
</tr>
<tr>
<td>CRN 34606</td>
<td>CRN 34606</td>
</tr>
<tr>
<td><strong>Level 3</strong></td>
<td><strong>Level 2</strong></td>
</tr>
<tr>
<td>9-10 a.m.</td>
<td>9-10 a.m.</td>
</tr>
<tr>
<td>CRN 34618</td>
<td>CRN 34618</td>
</tr>
<tr>
<td><strong>Level 4</strong></td>
<td><strong>Level 3</strong></td>
</tr>
<tr>
<td>10-11 a.m.</td>
<td>9-10 a.m.</td>
</tr>
<tr>
<td>CRN 34619</td>
<td>CRN 34619</td>
</tr>
<tr>
<td><strong>Level 5/6</strong></td>
<td><strong>Level 4</strong></td>
</tr>
<tr>
<td>11 a.m.-noon</td>
<td>10-11 a.m.</td>
</tr>
<tr>
<td>CRN 34621</td>
<td>CRN 34620</td>
</tr>
<tr>
<td>11:30 a.m.-noon</td>
<td>11:30 a.m.-noon</td>
</tr>
<tr>
<td>CRN 34621</td>
<td>CRN 34615</td>
</tr>
</tbody>
</table>

**Session 1**
Mon-Thurs., July 27-Aug. 13

<table>
<thead>
<tr>
<th>Session 2</th>
<th>Session 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Parent and Child Aquatics (Ages 1-2)</strong></td>
<td><strong>Preschool with Parent Aquatics (Ages 3-5)</strong></td>
</tr>
<tr>
<td>10-10:30 a.m.</td>
<td>10-10:30 a.m.</td>
</tr>
<tr>
<td>CRN 34625</td>
<td>CRN 35127</td>
</tr>
</tbody>
</table>

### MORNING CLASSES

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Session 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Parent and Child Aquatics (Ages 1-2)</strong></td>
<td><strong>Preschool with Parent Aquatics (Ages 3-5)</strong></td>
</tr>
<tr>
<td>9-9:30 a.m.</td>
<td>9-9:30 a.m.</td>
</tr>
<tr>
<td>CRN 35018</td>
<td>CRN 35018</td>
</tr>
<tr>
<td><strong>Level 1</strong></td>
<td><strong>Level 1</strong></td>
</tr>
<tr>
<td>9:30-10 a.m.</td>
<td>9:30-10 a.m.</td>
</tr>
<tr>
<td>CRN 34606</td>
<td>CRN 34606</td>
</tr>
<tr>
<td>11-11:30 a.m.</td>
<td>11-11:30 a.m.</td>
</tr>
<tr>
<td>CRN 34609</td>
<td>CRN 34609</td>
</tr>
<tr>
<td><strong>Level 3</strong></td>
<td><strong>Level 4</strong></td>
</tr>
<tr>
<td>10-11 a.m.</td>
<td>10-11 a.m.</td>
</tr>
<tr>
<td>CRN 34618</td>
<td>CRN 34618</td>
</tr>
<tr>
<td><strong>Level 4</strong></td>
<td><strong>Level 5/6</strong></td>
</tr>
<tr>
<td>11 a.m.-noon</td>
<td>11 a.m.-noon</td>
</tr>
<tr>
<td>CRN 34621</td>
<td>CRN 34621</td>
</tr>
<tr>
<td>11:30 a.m.-noon</td>
<td>11:30 a.m.-noon</td>
</tr>
<tr>
<td>CRN 34621</td>
<td>CRN 34621</td>
</tr>
</tbody>
</table>

**Session 1**
Mon-Thurs., July 6-23

<table>
<thead>
<tr>
<th>Session 2</th>
<th>Session 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Parent and Child Aquatics (Ages 1-2)</strong></td>
<td><strong>Preschool with Parent Aquatics (Ages 3-5)</strong></td>
</tr>
<tr>
<td>10-10:30 a.m.</td>
<td>10-10:30 a.m.</td>
</tr>
<tr>
<td>CRN 35018</td>
<td>CRN 35127</td>
</tr>
</tbody>
</table>

**Session 1**
Mon-Thurs., July 27-Aug. 13
CPR/AED for Lifeguard/Professional Rescuer
This course will help you 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
Sat. • 10 a.m.-2 p.m. • Utica • $55
Option 1: May 23 • CRN 29693
Option 2: June 13 • CRN 34737

Lifeguard Training
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: You 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
Pre-test on May 21, 7-8 p.m.
May 29-June 7, • Fri. 5-8 p.m., Sat.-Sun. 9 a.m.-6 p.m.
Utica • CRN 60315 • $349

Lifeguard Training Review
(Recertification)
Renew your Lifeguard Certification, CPR/AED for the Lifeguard, and First Aid by successful completion of this course. Waterfront lifeguard skills will be reviewed for those who require it. You must be able to complete the pre-course swim test and hold current certification in American Red Cross Lifeguard Training. Attendance at all sessions is required.

Instructor: Caroline Pollard
June 5-7 • Fri. 5-8 p.m., Sat.-Sun. 9 a.m.-6 p.m. • Utica
CRN 35332 • $199

AQUATIC TRAINING
small Unmanned Aerial Systems (sUAS)/Drones Camp (Ages 14-18)
The New York UAS Test Site at Griffiss International Airport, Air Force Research Lab Information Directorate (AFRL/RI), and Oneida County have partnered with MVCC, Griffiss Institute, and AX Enterprize, LLC to offer two UAS summer camps.

Camp Dates:
• Aug. 17-21 (one week only), 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.

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.
Aqua Zumba
Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout by offering a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and, most of all, exhilarating beyond belief. Water shoes are recommended.
July 10-Sept. 11, Fri. • Utica • $65
Instructor: Krista Worlock
Option 1: 9-10 a.m. • CRN 35328
Option 2: 5:30-6:30 p.m. • CRN 34758

Water Aerobics
Water aerobics is a great way to get in shape, as water is a natural aid in resistance training. This shallow water exercise, set to music, can help you lose inches while toning and strengthening all of the body’s major muscle groups. You do not have to be deep-water proficient.

Morning Sessions:
Instructors: Anna Case (Mon.), Mary Farda (Tues., Thurs.)
8-9 a.m. • Utica • $65
Option 1: July 6-Sept. 14, Mon. CRN 34436 • No class Sept. 7.
Option 2: July 7-Sept. 8, Tues. CRN 34437
Option 3: July 9-Sept. 10, Thurs. CRN 34439

Water Aerobics – Take 3 days and SAVE!
July 6-Sept. 14, Mon., Tues., Thurs. CRN 35006 • $145

Evening Session:
Instructor: Anna Case
July 8-Sept. 9, Wed. • 6-7 p.m. • Utica CRN 34435 • $65

Water Running
Strengthen and tone your muscles without the harsh impact of running on land. Participants of all abilities wear a flotation belt to enhance the effect of running intermixed with a variety of exercises to achieve a great overall workout.

Morning Sessions:
Instructors: Anna Case (Wed.), Krista Worlock (Fri.) • Utica • $65
Option 1: July 8-Sept. 9, Wed. 8-9 a.m. • CRN 35038
Option 2: July 10-Sept. 11, Fri. 10-11 a.m. • CRN 35331

Water Running – Take 2 days and SAVE!
July 8-Sept. 11, Wed., Fri. CRN 35326 • $110

Water Aerobics and Water Running Combo – Take All 5 Days and SAVE!
July 6-Sept. 14, Mon.-Fri. CRN 35325 • $200

Evening Session:
Instructor: Mary Farda
July 8-Sept. 9, Wed. • 5-6 p.m. CRN 34628 • Utica • $65

Lane and Lap Lovers
An ideal class for those who love swimming laps. Swimming offers a fantastic aerobic workout and is perfect for cross-training. It strengthens muscles and offers non-weight-bearing exercise. You can swim at your own pace and in your own space.
July 10-Sept. 11, Fri. • 11 a.m.-noon Utica • CRN 35324 • $30

Women’s Only Learn to Swim
This class is for adults and teens who identify as female and would like to learn the basic fundamentals of swimming and/or conquer a fear of the water. Program instruction will be taught and lifeguarded by female staff. You will learn basic water safety skills and knowledge to keep you reasonably safe while in, on, or around the water. Goggles are recommended.
July 6-Sept. 14, Mon. • 5-6 p.m. Utica • CRN 35327 • $85
No class Sept. 7.

Adult Learn to Swim
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 6-Sept. 14, Mon. • 6-7 p.m. Utica • CRN 34859 • $85
No class Sept. 7.

Adult Intermediate Swim
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, and develop an elementary understanding of the front crawl and backstroke. Goggles are recommended. Prerequisite: You need to swim comfortably the width of the pool using a recognized stroke.
July 6-Sept. 14, Mon. • 6-7 p.m. Utica • CRN 35162 • $85
No class Sept. 7.
**Aqua Zumba®**
Known as the Zumba® “pool party,” Aqua Zumba® gives new meaning to the idea of an invigorating workout by offering a safe, challenging, water-based workout that’s cardio-conditioning and body-toning. Water shoes are recommended.

**Instructor:** Krista Worlock  
**July 10-Sept. 11, Fri. • Utica • $65**
*Option 1: 9-10 a.m. • CRN 35328*  
*Option 2: 5:30-6:30 p.m. • CRN 34758*

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

**Instructor:** Krista Worlock  
**July 9-Aug. 27, Thurs. • 5:30-6:30 p.m. • Utica • CRN 35356 • $50**

**Gentle Flow Yoga**
Through this gentle yoga flow class, experience and explore focus, connection with your breath, mindful movement, balance, and restoration. Beginners are welcome. Modifications are suggested to meet the varied levels of each individual student. Bring a yoga mat and a small throw blanket to class.

**Instructor:** Jeri George  
**July 9-Aug. 27, Thurs. • 5:15-6:15 p.m. • Utica • CRN 35359 • $50**

**HITT Yoga**
Get your heart rate up, trigger true cardiovascular optimization, burn calories and fat, and raise your metabolic rate. This class combines yoga and HIIT (High Intensity Interval Training) and provides you with signature moves designed for all levels. Work at your own pace and create an afterburn effect that lasts 12 to 48 hours after the workout. So grab your mat and water bottle and join the fun.

**Instructor:** Kathy Bateman  
**July 7-Aug. 25, Tues. • 5:30-6:30 p.m. • Utica • CRN 35156 • $50**

**LaBlast **
LaBlast is a life-changing dance fitness program that inspires the mind and transforms the body, while teaching the true skill of dance. Inspired by TV’s “Dancing with the Stars” and founded by Louis Van Amstel, this energizing dance fitness class blends ballroom dancing with the calorie-blasting properties of interval training.

**Instructor:** Pam Mustee  
**July 8-Aug. 26, Wed. • 5:30-6:30 p.m. • Utica • CRN 35360 • $50**

**LifeFit Yoga**
This yoga class focuses on connecting asanas (poses) with one’s breath, flowing from one asana to the next to build strength and flexibility, mental focus, balance, and peace in your mind, body, and spirit. Modifications are offered so that you can participate no matter your level and truly begin your yoga journey to become LifeFit. Wear comfortable clothing and feel free to bring your own yoga mat.

**Instructor:** Kathy Bateman  
**July 8-Aug. 26, Wed. • 5:30-6:30 p.m. • Utica • CRN 35355 • $50**

**Pilates 1**
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.

**Instructor:** Kathy Bateman  
**July 6-Aug. 24, Mon. • 5:30-6:30 p.m. • Utica • CRN 34857 • $50**

**Pilates 2**
Build upon the basic Pilates exercises taught in Pilates 1. Learn core exercises and challenge your inner core muscles. Learn Pilate push-ups, advanced plank work, and deep core exercises in a non-judgemental, hands-on environment.

**Instructor:** Kathy Bateman  
**July 6-Aug. 24, Mon. • 6:30-7:30 p.m. • Utica • CRN 35361 • $50**
**Strengthen, Sculpt, and Tone**

Strengthen and tone muscles using resistance bands, hand weights, paper plates, body weight, and a playground ball. This course is designed to increase physical strength, improve core strength and balance, and decrease body fat, giving your metabolism a boost! Bring hand weights, an exercise mat, and water to class.

**Instructor:** Linda Budlong, CPT, RYT 200

**Option 1:** July 7-Aug. 11, Tues. • CRN 35357

**Option 2:** July 9-Aug. 13, Thurs. • CRN 35358

---

**Yin Yoga**

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 6-Aug. 10, Mon. • 10-11 a.m. • Utica • CRN 34605 • $40**

---

**Yoga Abs**

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, ERYT 200

**July 6-Aug. 10, Mon. • 9-9:45 a.m. • Utica • CRN 35352 • $40**

---

**Yoga Butt**

This practice focuses on the lower body and creates longer, leaner muscles and a body with more mobility to improve strength, balance, and flexibility. We will practice hatha vinyasa sequences that target your core, glutes, quads, and hamstrings. You will find you stand taller and feel stronger. Please bring a yoga mat, water, and a yoga block.

**Instructor:** Linda Budlong, CPT, RYT 200

**July 8-Aug. 12, Wed. • 9-9:45 a.m. • Utica • CRN 35353 • $40**
HOLISTIC WELLNESS

Breathe Better, Live Longer
Learn breathing techniques that are tools for major transformation and healing. Relieve mental, physical, and emotional stress and tension. Increase energy, health, and wellbeing in minutes. This experience may help protect against disease, balance emotions, reduce blood pressure, slow the aging process, and bring peace into each day.

Instructor: Erick Price
July 14-Aug. 18, Tues. • 6-7 p.m.
Utica • CRN 35368 • $69

Lose Weight Without Losing Your Mind
You don’t need a gym or pre-packaged food. You don’t need negativity or body shaming. What you need is a plan; a path that incorporates your mind, body, and spirit in an enjoyable journey that allows you to release weight, and let go of guilt, negative thoughts, and emotions. Learn the techniques, the tools you need, and learn to reprogram yourself to reach your ideal size, shape, and weight in a way that is easy and enjoyable for you. You can do it!

Instructor: Erick Price
June 10-July 15, Wed. • 6-7 p.m.
Utica • CRN 35374 • $69

The Awakening Journey
Supercharge your mind, body, and spirit! Through a series of guided meditations, we will tap into your creative power, achieve a sense of clarity, and discover your vision so that you can set your unstoppable intention, momentum, and motivation for your best life. Awaken the “you” that’s been longing to be expressed.

Instructor: Erick Price
June 2-July 7, Tues. • 6-7 p.m. • Utica
CRN 35373 • $69

Weight Loss: Better Health Through Hypnosis
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 18, Thurs. • 6-8 p.m. • Utica
CRN 35064 • $19
LEISURE LEARNING

Mandarin Chinese for Beginners NEW
Explore the Chinese language and culture through daily conversation topics. You will practice writing and typing in Chinese and obtain the tools necessary to continue learning on your own. The ability to use mobile apps is required to receive course instruction.

Instructor: Yue Riesbeck
May 21-June 25, Thurs. • 5-7 p.m. • Utica • CRN 35372 • $99

Tech Savvy Seniors NEW
Technology changes every day, and it can feel impossible to keep up with it. Luckily, there are easy ways to understand seemingly complex technology. By looking at emails, operating systems, social media, cell phones, and apps, together we can enter the 21st century! This course is the perfect opportunity to brush up on computer and smartphone basics, with extra time built in toward the end of class to just ask questions! Ask the instructor any questions you have about your technology problems.

Instructor: Shawn Essafi
June 20-27, Sat. • 9 a.m.-noon • Utica • CRN 35364 • $49

All About Birds
This course will explore all aspects of bird life and will broaden your bird knowledge by giving you a strong foundation in all things feathered. Classroom content includes identification of over 50 bird species, field techniques, anatomy, behavior, evolution, feeding habits, breeding, migration, and habitat ecology. The class will conclude with a birding trip to the Utica Marsh (7-9 a.m., Saturday, June 20) to put your classroom work into practice!

Instructor: Brad Gibson
May 20-June 17, Wed. • 6-7 p.m. • Utica • CRN 35370 • $69

Local Flora and Fauna NEW
This course is an exploration of the plant and animal species found in Central New York. Classroom content includes identification, behaviors, and characteristics of the mammals, birds, reptiles, fish, and plants that come together to form diverse ecosystems in our local forests. The class will conclude with a hiking trip to the Rome Sand Plains (7-9 a.m., Saturday, Aug. 8) where we’ll work on tracking animal footprints, identifying plants, and observing nature!

Instructor: Brad Gibson
July 8-Aug. 5, Wed., Sat. • Wed. 6-7 p.m., Sat. 7-10 a.m. • Utica CRN 35376 • $69

Get Paid To Talk
This workshop is an upbeat and realistic introduction to voice acting. You will learn the types of voiceovers, what it’s like to work in a studio, in-demand voice types, where to find opportunities close to you, and industry pros and cons. You will have an opportunity to record a voiceover for playback at the end of class.

Various Locations • 6:30-9 p.m. • $39
Preswick Glen: June 18, Thurs. • CRN 34599
Utica • Aug. 24, Mon. • CRN 34600

Golf: Basics for Beginners
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. All classes are held at Mohawk Glen Golf Course. All range and ball rental fees are included.

Instructor: Paul Panek
June 7-July 5, Sun. • 3-4:30 p.m. • Mohawk Glen CRN 34001 • $99 • No class June 21.

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

Instructor: Paul Panek
June 7-July 5, Sun. • 5-6:30 p.m. • Mohawk Glen CRN 34000 • $99 • No class June 21.
All About Avocados - NEW
Avocados are all the rage! You’ll go beyond avocado toast and dive into some new recipes to get the most out of this healthful and versatile fruit.
Instructor: Pat Salzer
June 22, Mon. • 5:30-8:30 p.m. • Rome
CRN 35375 • $59

Beginner Cookie Decorating
If you’ve never worked with royal icing or have dabbled just a little, this class will help you get the ball rolling. Briefly learn about the basics of baking cookies and tips and tricks of the trade, and then we’ll move right into the world of decorating. There will be hands-on lessons on the various decorating techniques using royal icing. There are five cookie designs planned and we will get them all completed by the end of class. Ages 12+.
Instructor: Cindy Burek, Buttercup Bakery
Sat., 12:30-3 p.m. • Utica • $65
Option 1: Fantastic 4th of July June 30 • CRN 35420
Option 2: Let’s Go to the Beach Aug. 8 • CRN 35421

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.
Instructor: Joe Kinney
July 9, Thurs. • 6-9 p.m. • Rome • CRN 35257 • $59

Kombucha Creations
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.
Instructor: Joe Kinney
July 16, Thurs. • 6-9 p.m. • Rome • CRN 35258 • $59

Pickled Vegetables 101
Preservation by fermentation has existed for millennia; however, in addition to an 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.
Instructor: Joe Kinney
July 23, Thurs. • 6-9 p.m. • Rome • CRN 35259 • $59

Fun with Fermentation Series: Take All 3 and SAVE!
July 9-23, Thurs. • 6-9 p.m. • Rome • CRN 35260 • $159
PERSONAL SAFETY

Failsafe Method Self-Defense

This Failsafe Method clinic will cover the most common scenarios you may face. The class will focus on highly effective and efficient methods you can use to avoid, manage, and survive potentially violent encounters. Experience is something most people gain shortly after they need it. Be proactive and get your experience before you need it. No experience is required.

Instructor: Tom Arcuri • $35

Option 1: College Students • July 28, Tues. • 6-8 p.m. • Utica • CRN 35362
(Open to teen women and their mothers.)

Option 2: Teens and Adults (Ages 12+) • July 17, Fri. • 6-8 p.m.
Utica • CRN 35366

Option 3: Seniors - NEW • July 16, Thurs. • 1-3 p.m. • Preswick Glen
CRN 35152

Women’s Only Basic Self Defense

Ladies, what would you do if someone tried to grab or attack you? Learn how to be more aware of your surroundings and hands-on, realistic techniques that could improve your chances of getting away. Open to women ages 12 and older. All fitness levels are welcome.

Instructor: Tom Arcuri
May 22, Fri. • 6:30-8:30 p.m. • Utica • CRN 60364 • $30

Weapons Protection Clinic NEW

This Failsafe Method clinic will cover avoiding, managing, and surviving armed assailant scenarios. Topics covered are edged weapons (knives, etc.), bludgeons (club, etc.), and firearms. In addition to developing a greater understanding and awareness of these weapons, you’ll also learn critical decision-making skills for active shooter, mugging, and intimidation scenarios. Experience is something most people gain shortly after they need it. Be proactive and get your experience before you need it. No experience required. Ages 12+.

Instructor: Tom Arcuri
June 19, Fri. • 6-8 p.m. • Utica
CRN 35365 • $35

Defensive Driving

This program offers the benefits of a 10% 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.

Varied Locations • Sat. • 9 a.m.-4 p.m. • $40
Rome: June 13 • CRN 33972
Utica: Aug. 8 • CRN 33973

Confrontation Management Clinic NEW

This Failsafe Method clinic will cover methods you can use to avoid, manage, and survive potentially violent encounters. It will include a strong focus on behavioral and verbal skills often overlooked but highly effective in improving your confidence and competence when dealing with confrontations in your everyday life. Experience is something most people gain shortly after they need it. Be proactive and get your experience before you need it. No experience required. Ages 12+.

Instructor: Tom Arcuri
Aug. 14, Fri. • 6-8 p.m. • Utica
CRN 35367 • $35

Spray Away

Pepper spray is one of the most widely used non-lethal self-defense agents that requires training to use effectively. When sprayed, it causes a strong reaction that can incapacitate a person without causing long-lasting damage or ill effects. In this class, you’ll learn the proper means of handling pepper spray and how to decontaminate those exposed, while also learning risk reduction strategies to discourage threats, simple self-defense techniques to protect against an attack, and how to use pepper spray effectively in a self-defense situation. Ages 18+.

Instructor: Brian Stevens
July 24, Fri. • 5:30-7:30 p.m. • Utica
CRN 35363 • $50
**LEISURE LEARNING AT PRESWICK GLEN**

---

**Senior Self Defense** *NEW*

This Failsafe Method clinic will cover the most common scenarios law-abiding senior citizens may face in their everyday lives. The class will focus on highly effective and efficient methods the average senior can use to avoid, manage, and survive potentially violent encounters. Experience is something most people gain shortly after they need it. Be proactive and get your experience before you need it. No experience is required.

**Instructor: Tom Arcuri**

**July 16, Thurs. • 1-3 p.m. • Preswick Glen**

**CRN 35152 • $35**

---

**Get Paid To Talk**

This workshop is an upbeat and realistic introduction to voice acting. You will learn the types of voiceovers, what it’s like to work in a studio, in-demand voice types, where to find opportunities close to you, and industry pros and cons. You will have an opportunity to record a voiceover for playback at the end of class.

**June 18, Thurs. • 6:30-9 p.m. • Preswick Glen**

**CRN 34599 • $39**

---

**Preswick Glen**

Carefree Independent Living
Eight-Hour Pre-Assignment Training Course for Security Guards
This is an eight-hour course required by New York State as the first step in obtaining a security guard registration card from the New York State Department of State. The course provides you 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.

Instructors: Rick D’Alessandro, John Bielby
Various Locations • Tues., Thurs. • 6-10 p.m. • $69
Utica: June 9-11 • CRN 33963
Rome: July 14-16 • CRN 34799

Eight-Hour Annual In-Service Training Course for Security Guards
This is an eight-hour course that must be completed within 12 months from completion of the eight-hour pre-assignment course for Security Guards, and annually thereafter. The course is structured to provide you 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.

Instructors: Rick D’Alessandro, John Bielby
Various Locations • Tues., Thurs. • 6-10 p.m. • $69
Utica: June 23-25 • CRN 34154
Rome: July 21-23 • CRN 34976

16-Hour On-the-Job Training Course for Security Guards
This is a 16-hour course that must be completed within 90 days of employment as a security guard. The course provides you 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. 3-13, Mon., Thurs. • 6-10 p.m. • Utica
CRN 34083 • $99

SAVE
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.

Instructors: Rich Dodge, John Bielby
Various Locations • 4-6 p.m. • $29
Utica: June 18, Thurs. • CRN 35125
Rome: July 15, Wed. • CRN 35126

Did you know that MVCC is now an approved and accredited sponsor of Continuing Teacher and Leader Education CTLE hours? Offerings include Gender in the Classroom; Generational Learning Styles; Social Media and Online Tools for K12 Teachers; Students with ASD; and more. Contact Carolyn DeJohn at 315-792-5410 or cdejohn@mvcc.edu for more information.
Child Abuse Recognition
The New York State Education Department requires healthcare, 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.

Instructors: Rich Dodge, John Bielby
Various Locations • 6-9 p.m. • $39

Utica: June 18, Thurs. • CRN 35123
Rome: July 15, Wed. • CRN 35124

Dignity for All Students
This course will address the social patterns, identification, mitigation, and strategies for addressing of 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.

Instructor: John Wells
Various Locations • Sat. • 9 a.m.-3 p.m. • $99

Utica: June 20 • CRN 35107
Rome: July 18 • CRN 35106
Utica: Aug. 8 • CRN 35142

Science Teacher Make and Take Workshop NEW
This two-hour workshop for elementary school teachers (grades 4-6) will give you hands-on, fun, and practical tools to cover concepts in the science fields. This class is based on NYSED science standards and taught by MVCC faculty from our Women in Science & Engineering (WISE) workgroup. (2 CTLE hours)

Instructors: MVCC’s Women in Science & Engineering (WISE) Faculty
May 20, Wed. • 6-8 p.m. • Utica • CRN 35418 • $69

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

Instructor: Gloria Karol
July 18, Sat. • 9:30 a.m.-1:30 p.m. • Utica
CRN 34005 • $59

Sexual Harassment Awareness 101
This training meets the New York State Mandated Sexual Harassment training needed, and is perfect for new hires, volunteers, interns, and part-time employees. This interactive course includes video, case studies, and strategies to recognize and prevent sexual harassment through bystander intervention and creating a healthy workplace environment.

Instructor: Francesca Dunlevy
July 22, Thurs. • 9-11 a.m. • Utica • CRN 35249 • $40

Sexual Harassment 102: Policy and Reporting
This three-hour interactive course meets the training needed for New York State Mandated Sexual Harassment Awareness for managers, supervisors, and investigators, and includes examples of unlawful harassment by industry and takes a holistic approach to creating an inclusive workplace environment that is free from sexual harassment. In addition to NYS mandates, it includes strategies aimed at recognizing and preventing sexual harassment through bystander intervention and creating a healthy workplace environment. Investigation procedures and considerations in a multigenerational workforce are presented.

Instructor: Francesca Dunlevy
July 22, Wed. • 9 a.m.-12:30 p.m. • Utica • CRN 35253 • $70

Sexual Harassment 201: Awareness Refresher
If you completed MVCC’s Sexual Harassment Awareness 101, you’re eligible for this 201 one-hour refresher. We will utilize case studies, current events, and legal cases in training to reinforce sexual harassment awareness as well as recertify participants.

Instructor: Francesca Dunlevy
Aug. 11, Tues. • 8-9 a.m. • Utica • CRN 35371 • $25

Airframe and Powerplant Test Prep
In this class, you will prepare for the FAA’s Oral and Practical Test subjects which include Airframe, Powerplant, and General Aviation Maintenance. This course is student- and test-prep focused. This class is located in the MVCC Aviation Center and FAA testing can be done on-site after completion. Testing fees total $1,330 (not included). FAA form 8610-2 and Memo of Experience are required. The book kit is $190 (also required).

Rome • Mon., Tues., Thurs., Fri. • 8 a.m.-4:30 p.m. • $1,400

Option 1: May 4-15 • CRN 34561
Option 2: June 15-26 • CRN 34568
Option 3: July 13-24 • CRN 34575
**10-Hour OSHA Training**
This course will provide a variety of awareness training on construction safety and health topics with an emphasis on identifying common hazards in the construction industry, avoidance, control, and prevention. Please bring $10 to class for your OSHA Construction Safety and Health 10-Hour card.

_Instructor: Dominick Timpano_
_June 2-4, Tues., Thurs. • 6-9:30 p.m._
_MVCC Education Center_
_CRN 33961 • $80_

**30-Hour OSHA Training**
Due to the increased construction opportunities happening in Oneida County, we are excited to offer this in-demand training to foremen, site supervisors, project managers, and safety representatives on new construction sites, demolition jobs, and major renovation projects. This class will provide health and safety awareness by helping supervisors and workers reduce the risk of workplace hazards. Please bring $10 to class for your OSHA Construction Safety and Health 10-Hour card.

_Instructor: Dominick Timpano_
_June 1-Aug. 3, Mon. • 6-9:15 p.m._
_MVCC Education Center_
_CRN 35419 • $199_

**Lead Renovator Certification**
These classes are required for all home improvement contractors, property management firms, handymen, landlords, or others compensated for renovations that disturb more than 6 sq. ft. (interior) and 20 sq. ft. (exterior) of paint or surface coating in pre-1978 housing, schools, or child-occupied facilities are required to obtain an EPA firm license and have their workers trained in lead-safe work practices. It also provides the knowledge and voluntary skills necessary for do-it-yourselfers who want to learn to do it safely – especially those with young children! Renovations firms must have at least one certified renovator who has completed training and obtain a firm certification from the EPA at a cost of $300. MVCC is offering these courses in partnership with the Oneida County Health Department and Environmental Education Associates (EEA), and these courses are accredited by the EPA and fulfill the requirements for lead safe training. EEA is a USEPA TSCA 402 accredited training provider.

**Lead Renovator Certification**
This eight-hour initial certification course is required for any renovators without previous training to become a certified lead-safe contractor. Bring a pen, pencil, and paper; all other materials will be provided. The course concludes with a 25-question exam. Students should also bring a lunch.

- 8:15 a.m.-5:15 p.m. • MVCC Carpenter & Masonry • CRN 34259 • $175
  - **Option 1:** June 18, Thurs. • CRN 34259
  - **Option 2:** July 24, Fri. • CRN 34260
  - **Option 3:** Aug. 21, Fri. • CRN 33992

**Lead Renovator Refresher**
This four-hour refresher course is required for any renovators that completed the Initial Lead Renovator Training five or fewer years ago. Bring a pen, pencil, paper, and proof of prior certification; all other materials will be provided. The course concludes with a 25-question exam.

- June 19, Fri. • 8:15 a.m.-12:15 p.m. • MVCC Carpenter & Masonry • CRN 35008 • $135

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

_Contact Terésa Fava-Schram for more information._
_Center for Corporate and Community Education • 315-792-5681_
Barrier Precautions/Infection Control
The New York State Education Department requires this class for licensed professionals, including physicians, physicians’ assistants, specialist assistants, dentists, dental hygienists, registered nurses, licensed practical nurses, optometrists, and podiatrists. Certification is valid for four years. (0.3 CEUs)
Instructor: Tammy Johnston
Online • Self-Paced • CRN 33892 • $40

Certified Nursing Assistant (CNA)
Nurse aides are the vital link between patients, RNs, and doctors. Get New York State-certified with this accelerated 120-hour course that combines 90 hours of classroom and lab with 30 supervised clinical hours of training. Upon successful completion of the program, you’ll be registered and can take the NYS certification exam on-site. Bring a current comprehensive physical, vaccinations, and TB test results to the orientation session to be scheduled at MVCC (3:30 p.m., May 12, Utica, AB166).
Instructors: Nelson Wood, Tammy Johnston
May 18-July 10, Mon., Tues. Thurs., Fri. • 3:30-8:30 p.m. • Sitrin
CRN 35205 • $1,250

Personal Care Aide (PCA)
This entry level program will provide you with 40 hours of combined classroom and laboratory training needed to become a NYS-licensed PCA. Classroom and lab instruction will enable you to learn the skills necessary to work in an assisted living facility. Upon successful completion of the PCA program, you’ll be eligible to continue their training, if desired, in a certified Home Health Aide training program. A current comprehensive physical, vaccinations, and TB test results are due at orientation (3 p.m., Aug. 11).
Instructors: Nelson Wood, Tammy Johnston
Aug. 17-28, Mon., Tues., Thurs., Fri 3:30-9 p.m. Sitrin • CRN 35377 • $400

Personal Care Aide (PCA) Bootcamp NEW
This intensive program is the fast track to becoming a Personal Care Assistant. Complete your training in just one week to become a NYS-licensed PCA. A current comprehensive physical, vaccinations, and TB test results are due at orientation (1 p.m., June 2, MVCC Utica, AB166).
Instructor: Michelle Cole
June 8-16, Mon.-Fri. • 8 a.m.-4 p.m.
Presbyterian Home
CRN 35397 • $400

Phlebotomy
This program will familiarize you with various aspects of the medical laboratory and provides a certificate and skills 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 include a physical within one year, TB test results read within one month of class start date, and positive titers or proof of two Mumps Measles and Rubella (MMR) and two Varicella vaccines. A Tdap or Tetanus toxoid within 10 years, seasonal flu shot, and Hepatitis B vaccine with complete series dates required. Purchasing the textbook is optional but highly recommended. Note: High School Diploma or Equivalency needed for employment.
Instructor: Rachel Canarelli
June 18-Aug. 11, Tues., Thurs. 6-9 p.m. • Utica • CRN 33893 • $499
Instructor: Rachel Canarelli
June 15-Aug. 5, Mon., Wed. 6-9 p.m. Utica • CRN 35426 • $499

Allied Health Career Bootcamp NEW
This 40-hour course provides the foundation needed for numerous jobs in the healthcare industry. Learn Medical Terminology; Barrier Precaution and Infection Control; CPR, BLS, and AED; Customer Service; Revenue Cycle; Workplace Success; and Aging and Gerontology. Grant funding is available. Contact Janelle Perry at 315-792-5305 to see if you qualify.
May 27-June 9, Mon.-Fri. 10 a.m.-2 p.m. • Utica
CRN 35425 • $425

Surgical Tech Test Prep
This test prep class will prepare surgical technology majors for their boards, focusing on anatomy and physiology and test-taking skills. Labs, lecture, and review are tailored to your needs.
Instructor: Eileen Bush
July 13, 15, 21, Mon., Weds. 1-3:30 p.m. • Utica
CRN 34405 • $75

HEALTHCARE TRAINING
Pharmacy Technician ONLINE
This 600-hour online class is fully approved by the American Society of Health System Pharmacists and the Accreditation Council for Pharmacy Education. You have 12 months to complete the online interactive course focusing on responsibilities to keep a pharmacy running smoothly including preparing prescription orders; verifying prescription information and dosage; and providing quality customer service to patients and healthcare providers. This course will prepare you for and include vouchers to take the PTCB exam upon graduation and a 200-hour externship with a local Walgreens or CVS. Tuition includes a laptop voucher (or tuition reduction), personal student advocate, unlimited support, lab kit with Skype consultation, and graduate support for job placement.

Online • CRN 35422 • $2,999

CPR, AED, and Blocked Airways: Basic Life Support Certification (AHA)
This course covers CPR and Basic Life Support for Healthcare Professionals. American Heart Association (AHA) topics include BLS CPR (1 & 2 rescuer); BVM Ventilations; choking; and AED use for adults, children, and infants. If you pass the written and skills tests, you’ll receive an AHA BLS card that is valid for two years.

Instructor: Jennifer Krohn
Tues, 10 a.m.-2 p.m. • Utica • $40
Option 1: May 12 • CRN 34399
Option 2: May 19 • CRN 34591
Option 3: June 2 • CRN 34592
Option 4: July 14 • CRN 35238
Option 5: July 21 • CRN 35239
Option 6: Aug. 4 • CRN 35240
Option 7: Aug. 11 • CRN 35241

Heart Saver and First Aid (AHA)
First Aid and CPR is geared toward anyone with limited or no medical training. This American Heart Association course satisfies employment, volunteer, regulatory, and other requirements. Topics include first aid basics; medical emergencies; injury emergencies; environmental emergencies; and CPR and AED for adults, children, and infants. Upon successful completion, you’ll receive a course completion card, valid for two years.

Instructor: Tammy Yager
June 27, Sat. • 10 a.m.-4 p.m. • Utica • CRN 35369 • $80

Medical Administrative Assistant and Electronic Health Records ONLINE
This 276-hour online class will prepare you for and include vouchers to take the CMAA and CEHRS exams to be certified medical administrative assistants. These professionals are trained in Electronic Health Record Software (EHR) and topics that include revenue cycle, Microsoft 2016, healthcare documentation, scheduling, medical office management, and medical law and ethics. This class includes money for a laptop, unlimited student support, and graduate support to help you turn your education into a job.

Online • CRN 35423 • $3,199
INSURANCE COURSES

INSURANCE PRE-LICENSING

Insurance Pre-Licensing Part I  
(Personal Lines)

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

Instructors: Don Reese, Ed Whitehead  
Various Locations • $400

Utica: June 16-July 23, Tues., Thurs.  
5:30-9:30 p.m. • CRN 35337

Rome: June 8-17, Mon.-Fri. • 8:30 a.m.-4 p.m.  
CRN 35290

Rome: July 6-15, Mon.-Fri. • 8:30 a.m.-4 p.m.  
CRN 35208

Rome: Aug. 17-26, Mon.-Fri. • 8:30 a.m.-4 p.m.  
CRN 35209

Insurance Pre-Licensing Parts I and II  
(Property and Casualty)

This 90-hour course will fulfill the requirement to sit for the NYS Property & Casualty Exam (Personal & Commercial).

Instructors: Don Reese, Ed Whitehead  
Rome • Mon.-Fri. • 8:30 a.m.-4 p.m. • $700

Option 1: June 8-26 • CRN 35210

Option 2: July 6-24 • CRN 35211

Option 3: Aug. 17-Sept. 4 • CRN 35334

Creating and Executing a Culture of Customer Service

This eight-hour course, approved for all NYS licenses, will provide a variety of tips and hints for developing superior customer service skills. These skills can then be taught throughout an organization to develop a culture based on customer service. (BR, C3, LAH, LB, LSB, LC, PA, PC)

Instructor: Sharon Jachim  
June 3, Wed. • 8:30 a.m.-4 p.m. • Rome  
CRN 35279 • $75

Homeowner’s Liability Insurance Policy - Exposures for 2020 and Beyond!  

The ISO Homeowner’s Policy (2011 or latest) has been the standard of coverage for many years in New York. However, as life conditions change, liability exposures change, as well. As a result, professional licensees need to update and expand their knowledge to better serve the public. (BR, C3, PA, PC) NYCR-266660

Instructor: Don Reese  
Rome • 8:30 a.m.-4 p.m. • $75

Option 1: June 13, Sat. • CRN 35340

Option 2: July 28, Tues. • CRN 35341

Property Coverage: NYS Homeowner Forms  

For many New York State residents, their most expensive purchase will be their home. Agents, brokers, adjusters, and consultants need to have solid, detailed knowledge of real and personal coverage(s) and exclusions. Insureds depend on licensees for their knowledge and advice. (BR, C3, PA, PC) NYCR-266661

Instructor: Don Reese  
Rome • 8:30 a.m.-4 p.m. • $75

Option 1: June 20, Sat. • CRN 35338

Option 2: July 21, Tues. • CRN 35339
### Insurance Fraud: A 21st Century Analysis
This fast-paced, eight-hour CE course covers a wide range of laws and examples of fraudulent activities, claims, and incidents. The course is approved for all New York State insurance licensees. The first step in preventing a loss is to avoid the risk. From avoidance through investigations, this course presents a number of examples of modern day fraud, often committed right here in the Mohawk Valley! (BR, C3, LAH, LB, LSB, LC, PA, PC) NYCR-254248

**Instructor:** Don Reese  
**Rome • 8:30 a.m.-4 p.m. • $75**

**Option 1:** July 11, Sat. • CRN 35278  
**Option 2:** Aug. 27, Thurs. • CRN 35214

### Insurance Regulations and New York State Licensees
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) NYCR-254249

**Instructor:** Don Reese  
**Rome • 8:30 a.m.-4 p.m. • $75**

**Option 1:** June 11, Thurs. • CRN 34943  
**Option 2:** Aug. 17, Mon. • CRN 35134

### Insurance: Preparing for the Worst: Disaster Insurance
This course will cover a wide range of insurance issues and concerns regarding “preparing for the worst,” including plans for the unexpected, handling bad losses, appropriate insurance, and local and national emergencies. NYCR-237536

**Instructor:** Don Reese  
**June 5, Fri. • Rome • 8:30 a.m.-4 p.m. CRN 35277 • $75**

### Insurance: New York State of Health Insurance Exchange Analysis
A major part of the Patient Protection and Affordability Act, this eight-hour course covers every aspect of the operation of the health insurance exchange in New York from “metal levels” to subsidies. (BR, LAH, LB, LSB, LC, PC) NYCR-254250

**Instructor:** Peter Carchedi  
**Rome • 8:30 a.m.-4 p.m. • $75**

**Option 1:** June 6, Sat. • CRN 34940  
**Option 2:** Aug. 12, Wed. • CRN 34941

---

**Mohawk Valley Community College**

**THE RIGHT CHOICE FOR YOUR REAL ESTATE CAREER.**

**Real Estate Licensing**

**EDUCATION THAT FITS YOUR SCHEDULE**

No two students are exactly alike. That’s why we offer these unique course delivery formats.

<table>
<thead>
<tr>
<th>Live Online</th>
<th>On Demand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Virtually attend live classes held by one of our certified instructors.</td>
<td>Pre-recorded instructor-led video courses, available 24/7/365.</td>
</tr>
</tbody>
</table>

**REGISTER HERE:**

2. Click on the button to Browse Courses  
3. Follow the steps to add the product to the cart or schedule class and check out  
4. For any questions please contact our Student Support Team at 800-636-9517
ONLINE PROFESSIONAL DEVELOPMENT

Certificate in Data Analysis ONLINE
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’ll know the statistics behind these group differences and relationships. Finally, you’ll find out how to perform inquiries that will be useful to your business or organization and have the skills necessary to communicate these results through graphs and text that your fellow employees will understand. Whether your business is home-based or a large company, this certificate will take you to the next level where important decision-making is concerned.

Online • June 1-Aug. 28 • CRN 35070
Take all three and save: $495

Introduction to Data Analysis
Instructor: John Rutledge
Online • June 1-26 • CRN 35072 • $195

Intermediate Data Analysis
Instructor: Mary Dereshiwsky
Online • July 6-31 • CRN 35071 • $195

Advanced Data Analysis
Instructor: Jeff Kritzer
Online • Aug. 3-28 • CRN 35069 • $195

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

Online • June 1-July 31 • CRN 35333
Take all three and save! $395

Students with ASD (Autism Spectrum Disorder)
Instructor: Julie Coates
Online • June 1-26 • CRN 35314 • $145

Gender in the Classroom
Instructors: Julie Coates, William Draves
Online • June 1-26 • CRN 35313 • $145

Generational Learning Styles
Instructor: Kassia Dellabough
Online • July 6-31 • CRN 35315 • $145

Certificate in Online Teaching ONLINE
From building to improving an online course, from fostering online discussion to encouraging student interaction, from traditional assessment to online tests, the program will give you the fundamentals of teaching online, as well as the most advanced tips and techniques in the business. Your instructors are authors, speakers, and consultants in online learning and teaching.

Online • June 1-Aug. 28 • CRN 35316
Take all three and save! $495

Advanced Teaching Online
Instructor: William Draves
Online • June 1-26 • CRN 35317 • $195

Designing Online Instruction
Instructor: Dionne Felix
Online • July 6-31 • CRN 35318 • $195

Fostering Online Discussion
Instructor: Mary Dereshiwsky
Online • Aug. 3-28 • CRN 35319 • $195
Coding Certificate **ONLINE**
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’ll 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.

Online • June 1-Aug. 28 • CRN 35217
Take all three and save! $595

**Introduction to Coding**
Instructor: Jeff Kritzer
Online • June 1-26 • CRN 35218 • $195

**HTML and CSS Fundamentals**
Instructor: Andy Helmi
Online • July 6-31 • CRN 35219 • $245

**Advanced CSS**
Instructor: Andy Helmi
Online • Aug. 3-28 • CRN 35220 • $245

Digital Marketing Certificate **ONLINE**
Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your website traffic, doing search engine optimization, and how to successfully employ online advertising. This course is relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest, most advanced information and answer your toughest questions.

Instructors: Dan Belhassen, Susan Hurrell
Online • June 1-Aug. 28 • CRN 35320
Take all three and save! $495

**Improving Email Promotions**
Online • June 1-26 • CRN 35322 • $195

**Boosting Your Website Traffic**
Online • July 6-31 • CRN 35321 • $195

**Online Advertising**
Online • Aug. 3-28 • CRN 35323 • $195

Social Media for Business Certificate **ONLINE**
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 an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business.

Online • June 1-Aug. 28 • CRN 35080
Take all three and save! $495

**Introduction to Social Media**
Instructor: Nicole Siscaretti
Online • June 1-26 • CRN 35081 • $195

**Marketing Using Social Media**
Instructor: Nicole Siscaretti
Online • July 6-31 • CRN 35082 • $195

**Integrating Social Media In Your Organization**
Instructor: Jennifer Selke
Online • Aug. 3-28 • CRN 35083 • $195
Pharmacy Technician
This 600-hour online class is fully approved by the American Society of Health System Pharmacists and the Accreditation Council for Pharmacy Education. You have 12 months to complete the online interactive course focusing on responsibilities to keep a pharmacy running smoothly including preparing prescription orders; verifying prescription information and dosage; and providing quality customer service to patients and healthcare providers. This course will prepare you for and include vouchers to take the PTCB exam upon graduation and a 200-hour externship with a local Walgreens or CVS. Tuition includes a laptop voucher (or tuition reduction), personal student advocate, unlimited support, lab kit with Skype consultation, and graduate support for job placement.

Online • CRN 35422 • $2,999

Barrier Precautions/Infection Control
The New York State Education Department requires this class for licensed professionals, including physicians, physicians’ assistants, specialist assistants, dentists, dental hygienists, Registered Nurses, Licensed Practical Nurses, optometrists, and podiatrists. Certification is valid for four years. (0.3 CEUs)

Instructor: Tammy Johnston
Online • CRN 33892 • $40

Legal Secretary Certificate Course 
ONLINE
This intensive program is designed for beginning and experienced secretaries who are interested in improving their skills and working more efficiently within the law office. You’ll study topics such 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. To enroll, contact the Center for Legal Studies at 1-800-522-7737. Books and materials must be purchased separately. For more information, visit legalstudies.com.

Online • June 29-Aug. 14 • $995

Medical Administrative Assistant and Electronic Health Records ONLINE
This 276-hour online class will prepare you for and include vouchers to take the CMAA and CEHRS exams to be certified medical administrative assistants. These professionals are trained in Electronic Health Record Software (EHR) and topics that include revenue cycle, Microsoft 2016, healthcare documentation, scheduling, medical office management, and medical law and ethics. This class includes money for a laptop, unlimited student support, and graduate support to help you turn your education into a job.

Online • CRN 35423 • $3,199

Paralegal Certificate Course
This program is designed for beginning or advanced legal workers. You’ll 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, you must pass numerous quizzes and successfully complete several writing assignments. To enroll, contact the Center for Legal Studies at 1-800-522-7737. Books and materials must be purchased separately. For more information, visit legalstudies.com.

Online • June 29-Oct. 9 • $1,595
### 5 ways to register for non-credit courses

- **Register online** using Visa, MasterCard, or Discover! Go to mvcc.edu/cced and click the registration link.
- **Call us:** 315-792-5300.
- **Fax to:** 315-792-5682.
  Use registration form. Payment by credit card or check card only.
- **Fill in the form** below and mail with check or credit card information. Make checks payable to MVCC.
- **Register in person** at the Center for Corporate and Community Education, Academic Building room 166, Utica Campus.

### NON-CREDIT REGISTRATION (FAX OR MAIL-IN)

**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 Drive, Academic Building room 166  
Utica, N.Y. 13501  
315-792-5300

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

<table>
<thead>
<tr>
<th>* Registrant Information</th>
<th>* Ethnicity Identity</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Male ☐ Female</td>
<td>☐ White Non-Hispanic ☐ Black Non-Hispanic</td>
</tr>
<tr>
<td>* Last Name</td>
<td>☐ Hispanic ☐ Asian/Pacific Islander</td>
</tr>
<tr>
<td>* First Name</td>
<td>☐ American Indian or Alaskan Native ☐ Non-Resident Alien</td>
</tr>
<tr>
<td>* Date of Birth</td>
<td>* State</td>
</tr>
<tr>
<td>Preferred First Name</td>
<td>* Zip Code</td>
</tr>
<tr>
<td>Previous Maiden Name</td>
<td>MI</td>
</tr>
<tr>
<td>* Address</td>
<td>* First Name</td>
</tr>
<tr>
<td>* City</td>
<td>* Zip Code</td>
</tr>
<tr>
<td>* (If a minor) Parent Last Name</td>
<td>* First Name</td>
</tr>
<tr>
<td>* Email Address</td>
<td>MI</td>
</tr>
<tr>
<td>* Cell Phone</td>
<td>Home Phone</td>
</tr>
<tr>
<td></td>
<td>Business Phone</td>
</tr>
</tbody>
</table>

| * Course Information     | |
| CRN                      | Course Name |
| Start Date               | Fee |
|                         | |

☐ Credit Card  
☐ Visa ☐ Discover ☐ Mastercard

<table>
<thead>
<tr>
<th>Name on Card (print)</th>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>☐ Check</th>
<th>☐ Money Order</th>
</tr>
</thead>
</table>

Credit Card Number  
Expiration Date  
VRN (3 digit code on back)
MVCC continues its relationship with Go Motorcycling, Inc. as Central New York’s headquarters for award-winning motorcycle rider training. The ride starts here! Whether you are brand new to motorcycling or have been riding for a while, there’s a licensing course for you!

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

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

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

Basic RiderCourse (BRC)
The BRC consists of five hours of interactive classroom learning and at least 10 hours of hands-on riding instruction. This course provides the beginning motorcyclist with the basic mental and physical riding skills necessary to minimize risk on the street. Motorcycles and helmets are provided. Successful participants will receive a motorcycle road test waiver.

Basic RiderCourse 2 for License Waiver (BRC2-LW)
The BRC2-LW is designed for individuals 18 years or older that already have some street riding experience and have held a valid New York State Motorcycle Permit for at least one riding season. The course consists of a three-hour online eCourse and approximately five hours of practice riding exercises on your own street-legal motorcycle or scooter. The riding exercises conclude with a skills evaluation. Successful participants will receive a motorcycle road test waiver.

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

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

MSF RiderCoach Preparation Course (RCPC)
Are you a “people person?” Do you love motorcycling? Are you committed to riding safely? Maybe you’d like to join the Go Motorcycling family of MSF-certified RiderCoaches. Each RCP lasts eight days.
Online Learning
anytime, anywhere... just a click away!

ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today’s hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

• 6-18 Month Format
• Prepare for certification
• All materials included
• Student advisors

Categories Include:
• Arts and Design
• Business
• Computer Applications
• Computer Programming
• Construction and Trades
• Health and Fitness
• Hospitality
• Information Technology

JUMP START YOUR CAREER OR FIND A NEW ONE!

Visit our website for program details!
careertraining.ed2go.com/mvcc

INSTRUCTOR-LED ONLINE SHORT COURSES

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

• 6 Week Format
• Discussion Areas
• Monthly start sessions
• Expert Instructor

Categories Include:
• Accounting and Finance
• Business
• College Readiness
• Computer Applications
• Design and Composition
• Healthcare and Medical
• Language and Arts
• Personal Development
• Teaching and Education
• Technology

Visit our website to find a course!
ed2go.com/mvcc
CANCELLATION/REFUND POLICY

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

• **100% refund:** withdraw three or more business days before class begins

• **50% refund:** withdraw two days or less before class begins (for classes costing less than $20, your refund is tuition minus a $10 fee)

• Consideration for withdrawal requests after the first class session must be made in writing to the Center for Corporate and Community Education. CCED is dedicated to customer satisfaction. Please call 315-792-5300 with questions and concerns.

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

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

COMING SOON!

**Fall 2020, CCED will be launching a brand new registration site!**

**NEW FEATURES WILL INCLUDE:**

• Automated registration confirmations
• Emailed class reminders
• A more user-friendly class search and enrollment
• A way to view your CCED class transcript