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Welcome to MVCConnect, your brochure featuring a listing of community education programs for Fall 2019. Fall is a great time to focus on lifelong learning and professional development. We hope you join us for one or more programs!

Some new and exciting offerings include:

• Classes at Utica Coffee! Coffee 101 and Barista Certificate Training
• Adulting Series! Get back to basics with home repair, budgets, and cooking
• Brewing Fundamentals – great skills for the growing field of beer brewing
• New Parent and Child Classes: Photography, Cooking, and more!
• Get fit with CardioHoop, Aqua Zumba, or Roller Derby 101

Teachers!

Did you know that MVCC is now an approved and accredited sponsor of Continuing Teacher & Leader Education CTLE hours? Offerings include Gender in the Classroom, Generational Learning Styles, Social Media & Online Tools for K12 Teachers, Students with ASD, and more. Contact Carolyn at 315-792-5410 or cdejohn@mvcc.edu for more information.
Sign up early to avoid having classes canceled! To avoid any inconvenience to students and instructors, if we do not have a minimum number of students enrolled ONE WEEK before the class is scheduled to start, we cancel the class.

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

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

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

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

75-hour NYS Real Estate Salesperson’s Pre-Licensing Course
This course will prepare you to sit for the New York State real estate salesperson’s examination. It satisfies the mandated 75-hour pre-licensing education requirements of the Department of State. Fee includes textbook, course materials, and test prep.
Cost: $549 • Instructor: Ron Cerminaro
Sept. 23-Nov. 18, Mon., Tues., Wed., 6-9 p.m., Utica, ACC220, CRN 16944

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 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.
Cost: $60 • Instructor: Rich Dodge
Sept. 23-25, Mon., Wed., 6-10 p.m., Utica, AB232, CRN 14058
Instructor: John Bielby
Oct. 22-24, Tues., Thurs., 6-10 p.m., Rome, PC217, CRN 16723

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 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.
Cost: $99 • Instructor: Rick D’Alessandro
Oct. 28-Nov. 6, Mon., Wed., 6-10 p.m., Utica, AB249, CRN 17283

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 Training Course for Security Guards, and annually thereafter. The course is structured to provide you 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.
Cost: $60 • Instructor: Rick D’Alessandro
Oct. 1-3, Tues., Thurs., 6-10 p.m., Utica, AB233, CRN 18096
Instructor: John Bielby
Nov. 12-14, Tues., Thurs., 6-10 p.m., Rome, PC218, CRN 18679

SAVE School Violence Prevention
This workshop satisfies the New York State Education Department’s requirement for two-hour school violence prevention training (SAVE). The course focuses on issues relating to violence and safety for school-age children from both the identification and prevention perspectives. Topics include abuse and neglect, abduction, substance abuse, traffic and fire safety, and violence. Teachers’ legal responsibilities, dangerous behavior identification, intervention techniques, effective classroom management, and promoting positive attitudes and behaviors also will be discussed.
Cost: $35 • Instructor: Rich Dodge
Sept. 24, Tues., 4-6 p.m., Utica, AB235, CRN 19253
Instructor: John Bielby
Nov. 5, Tues., 4-6 p.m., Rome, PC217, CRN 19257

Child Abuse Recognition
The New York State Education Department requires health care, educational, and other licensed professionals to be trained to identify and report child abuse. Matriculated students at MVCC should consult with academic advisors before enrolling in this course.
Cost: $49 • Instructor: Rich Dodge
Sept. 24, Tues., 6-9 p.m., Utica, AB235, CRN 19254
Instructor: John Bielby
Nov. 5, Tues., 6-9 p.m., Rome, PC217, CRN 19258
Dignity for All Students
This course will address the social patterns of harassment, bullying, and discrimination, including, but not limited to, those acts based on a person’s actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender, or sex. It also will cover the identification and mitigation of harassment, bullying, and discrimination and strategies for effectively addressing problems of exclusion and bias and aggression in educational settings. Successful completion of this course will meet the certificate requirements in 14(5) of Chapter 102 of the Laws of 2012.
Cost: $99 • Instructor: John Wells
Sept. 28, Sat., 9 a.m.-3 p.m., Utica, AB158
CRN 19259
Nov. 2, Sat., 9 a.m.-3 p.m., Rome, PC120
CRN 19255
Dec. 7, Sat., 9 a.m.-3 p.m., Utica, AB158
CRN 19721

First Aid and CPR for Childcare Providers
This course teaches you to recognize and care for a variety of first aid emergencies such as burns; cuts; scrapes; sudden illnesses; head, neck, and back injuries; heat and cold emergencies; and how to respond to breathing and cardiac emergencies to help infants and children up to 12 years of age. Those who successfully complete this course will receive a certificate for Pediatric First Aid/CPR/AED that will be valid for two years.
Cost: $60 • Instructor: Caroline Pollard
Oct. 12, Sat., 10 a.m.-4 p.m., Utica, JC109
CRN 19456
Nov. 9, Sat., 10 a.m.-4 p.m., Utica, JC109
CRN 19224

Notary Public
If you have wanted to become a notary public but are worried about the exam, this class will help. Don’t let the terminology scare you; you can become familiar with the terms and laws, learn the skills necessary to sit for the notary exam, and earn the license to become a more valuable asset in your workplace.
Cost: $50 • Instructor: Gloria Karol
Oct. 19, Sat., 9:30 a.m.-1:30 p.m., Rome, PC214, CRN 19744
Dec. 14, Sat., 9:30 a.m.-1:30 p.m., Utica, AB157, CRN 19745

Barista Certification Program
This certificate program is geared toward those who want to take their barista skills to the next level. This is an expansive exploration of the primary elements that play into proper espresso extraction, shop dynamics, consistency, flow, focus, and drink development. All classes are saturated with third wave coffee culture theories and the statement, “this is great…” aligned with the question, “but how can I make it better?” You must take all three four-hour sessions listed below, plus complete a one-hour hands-on practical exam on Nov. 8 or 9 to receive this certificate. This program is offered in partnership with Utica Coffee Roasting Company.
Cost: $289 • Instructor: Jay Furgal
Sept. 19-Nov. 8, Thurs., 6-10 p.m., Utica Coffee Roasting Company, CRN 19733

Barista Certificate 1: Espresso Manifesto
Learn the basics of what it means to be a lover of coffee culture and espresso, and how it has developed over time. This is key for setting a foundation for the format of your craft. Learning the machines, tools, and terminology used in third wave coffee shops will be covered, as well as hands-on extraction of espresso, tasting, development of the palate, and procedures used for drink development.
Cost: $99 • Instructor: Jay Furgal
Sept. 19, Thurs., 6-10 p.m., Utica Coffee Roasting Company, CRN 19734

Barista Certificate 2: Matrix of the Milk
This class will provide an introduction to the science behind why certain milks steam differently and the craft behind creating the perfect texture of foam, utilizing knowledge from Espresso Manifesto to slowly build drinks and create a unified art piece to please yourself and the consumer.
Cost: $99 • Instructor: Jay Furgal
Oct. 10, Thurs., 6-10 p.m., Utica Coffee Roasting Company, CRN 19735

Barista Certificate 3: Layer Down a Latte
A strictly hands-on course with all prerequisite course knowledge and dynamics applied — four full hours of unified pouring, practice, and techniques that can encourage the proper development of latte art, hearts, rosettas, tulips, and swans, honing in on texture, temperature and timing. You will get a chance to work, learn, and watch independently with the instructor.
Cost: $99 • Instructor: Jay Furgal
Oct. 24, Thurs., 6-10 p.m., Utica Coffee Roasting Company, CRN 19736
Brewing Fundamentals Certificate

Learn the process of brewing to enhance your small business or take your home-brewing to the next level. Go from bucket to barrel in this six-week course that will cover the basics of reading malt and water reports, adjusting water chemistry, evaluating hops, harvesting and storing yeast, and performing basic quality checks for a small-scale brewery. An overview of the brewing process and best practices will round out the class, which includes lecture and hands-on learning opportunities to work with ingredients and apparatuses. Learn how the science of water, hops, barley, and yeast meet the art of brewing to create quality beer, and how some principles apply to wine, cider, and distilled spirits. You must take all seven courses in the series to receive the certificate.

Cost: $299 • Instructor: Joe Kinney
Sept. 10-Oct. 22, Tues., 6-9 p.m., Utica, AB207, CRN 19677

Brewing Fundamentals: Barley 101
Learn the basics of malt and the malting process. You will be able to read a malt report and choose malt based on quality characteristics. You will understand protein content, moisture content, germination energy, and favorable appearance characteristics. Different varieties of barley will be available for evaluation and tasting.

Cost: $49 • Instructor: Joe Kinney
Sept. 10, Tues., 6-9 p.m., Utica, AB207, CRN 19676

Brewing Fundamentals: Water Chemistry
Water makes up 95 percent of beer and is often overlooked as an ingredient. You will understand water hardness, where to find it on a water report, and best practices for adjusting water to make it suitable for brewing. Work hands-on with small-scale barley mashes to experience good and poor water chemistry and the effect it has on beer.

Cost: $49 • Instructor: Scott Greiner
Sept. 17, Tues., 6-9 p.m., Utica, AB207, CRN 19702

Brewing Fundamentals: Hops 101
Hops is often the most talked about topic when it comes to beer. Here you will see how the different varieties of hops affect the flavor and aroma of beer. Learn the basics of hops, kettle hopping, and methods for dry hopping. Whole-leaf and pelleted hops will be brought in for examination and evaluation.

Cost: $49 • Instructor: Scott Greiner
Sept. 24, Tues., 6-9 p.m., Utica, AB207, CRN 19678

Brewing Fundamentals: Intro to Yeast
Learn the nutritional requirements of yeast in wort and the challenges of fermenting wine and cider. Methods for harvesting yeast and storing it for re-use will be examined, as well as optimal growth, fermentation, and storage conditions. Work hands-on with brewer’s yeast to perform
Brewing Fundamentals: Brewing Overview
This survey class gives an overview of the brewing process. The instructor may compare and contrast German-style and English-style brewhouses, but the fundamentals will be covered, as well as brewhouse operations, and the basics of brewing and best practices.
Cost: $49 • Instructor: Richard Michaels
Oct. 8, Tues., 6-9 p.m., Utica, AB207, CRN 19680

Brewing Fundamentals: Quality
Dive into the basic quality checks a small brewery can perform. From basic microbiological plating to gravity and pH checks, you will learn some of the basic quality checks that can ensure a consistent and delicious beer.
Cost: $49 • Instructor: Richard Michaels
Oct. 15, Tues., 6-9 p.m., Utica, AB207, CRN 19681

Brewing Fundamentals: Off-Flavors and Characteristics
Experience common off-flavors found in beer and hone your skills in identifying the most prevalent beer defects. This hands-on workshop will familiarize you with six known beer defects: DMS, Dicetyl, Acetaldehyde, Trans-2-nonenal, lightstruck, and hydrogen sulfide. Attendees of this session must be age 21 or over.
Cost: $49 • Instructor: Richard Michaels
Oct. 22, Tues., 6-9 p.m., Utica, AB207, CRN 19682

Personal Trainer Certification
Here’s your chance to become a certified personal trainer in one intensive weekend. This course will give you the education, skills, and insight to become a valued professional as a certified personal trainer, ready to enter the workforce. Our two-day intensive program includes 14 hours of lecture, demonstrations, and practical hands-on application. An online final exam will be taken after the class is complete. There are no prerequisites to participate in this program. Text and materials are purchased separately for $85 on the first day of class. Please bring a check or cash to receive materials. Note: CPR certification needs to be obtained before final certification. A 10-hour internship/shadowing period is also required for final certification. Please dress in gym clothes, and bring a lunch and a mat.
Cost: $449 • Instructor: Nadia Ellis, PTIA
Nov. 9-10, Sat., Sun., 9 a.m.-4 p.m., Utica, JC108, CRN 19712

Sexual Harassment 101
This two-hour interactive course for employees goes beyond the mandated training to include healthy workplace, leaving you with a better understanding of the new law thanks to case studies and discussion. Call for customized pricing for your entire organization.
Cost: $50
Sept. 17, Tues., 9-11 a.m., Utica, ACC116, CRN 19683
Sept. 24, Tues., 9-11 a.m., Utica, ACC116, CRN 19684
Oct. 4, Fri., 9-11 a.m., Utica, IT225, CRN 19716

Sexual Harassment 102: Policy and Reporting
This course is an additional hour covering policy development, reporting, and investigation under the new New York State Sexual Harassment Law. Make sure your managers and supervisors are in compliance. The first two hours is the training “Sexual Harassment 101.” Call for customized pricing for your entire organization.
Cost: $75
Sept. 17, Tues., 9 a.m.-12:30 p.m., Utica, ACC116, CRN 19686
Sept. 24, Tues., 9 a.m.-12:30 p.m., Utica, ACC116, CRN 19688
Oct. 4, Fri., 9 a.m.-12:30 p.m., Utica, IT225, CRN 19717
Certificate in Data Analysis
Begin with getting a basic understanding of how to analyze data in a business setting. Then learn how many of your business decisions involve comparing groups for differences. You will know the statistics behind these group differences and relationships. Finally, you will find out how to perform inquiries that will be useful to your business or organization, and have the skill necessary to communicate these results through graphs and text that your fellow employees will understand. Whether your business is home-based or a large company, this certificate will take you to the next level where important decision-making is concerned. This program includes the courses Introduction to Data Analysis, Intermediate Data Analysis, and Advanced Data Analysis.
Cost: $495
Sept. 3-Nov. 29  Online,      CRN 19493

Introduction to Data Analysis
This course will give you a basic understanding of how to analyze data in a business setting. Businesses look for candidates with an understanding of how to analyze the data they have been collecting.
Cost: $195 • Instructor: John Rutledge
Sept. 3-27  Online,      CRN 19461

Intermediate Data Analysis
This course will introduce you to the statistics behind group differences and relationships. In addition, you’ll learn how to work with ratings, graphs, and user-friendly reports of statistical results.
Cost: $195 • Instructor: Mary Dereshiwsy
Oct. 7-Nov. 1  ONLINE  CRN 19460

Advanced Data Analysis
After taking this advanced course, you will be able to perform inquiries that will be useful to your business or organization and have the skill necessary to communicate these results through graphs and text that your fellow employees will understand. Whether your business is home-based or a large company, this class will take you to the next level where important decision-making is concerned.
Cost: $195 • Instructor: Jeff Kritzer
Nov. 4-29  ONLINE  CRN 19459

Coding Certificate
Begin by getting introduced to the basics of computer programming and various programming languages. Then go to the next level and acquire all the basics of HTML and CSS. You will learn the relationship between these two industry-standard webpage coding languages and the step-by-step process of hand coding and building webpages. Finally, discover the advanced features of CSS and learn how to use this very powerful language. This program includes the courses Introduction to Coding, HTML Fundamentals, and CSS Fundamentals.
Cost: $59
Sept. 3-Nov. 29  ONLINE  CRN 19494

Introduction to Coding
Get introduced to the basics of computer programming and various programming languages. New technologies allow people outside of the computer science field to create their own webpages using code. You will learn the basics of HTML, CSS, and JavaScript in this course, as well as the practical uses for each.
Cost: $195 • Instructor: Jeff Kritzer
Sept. 3-27  ONLINE  CRN 19471

HTML Fundamentals
This course covers all the basics of HTML coding language. You will learn to build simple webpages by hand-coding, using HTML tags to create paragraphs, headings, lists, links, insert images and tables, and more. We also cover creating a simple multi-page website with images, text, and a navigation bar.
Cost: $245 • Instructor: Andy Helmi
Oct. 7-Nov. 1  ONLINE  CRN 19692

CSS Fundamentals
In this introductory course, you will learn how to style webpages using Cascading Style Sheets (CSS) coding language. Topics include using inline, internal, and external CSS; web typography; formatting text; working with web colors; using Google fonts; working with id and class selectors; working with <div> elements; creating page layouts using <div> elements; and CSS box model.
Cost: $245 • Instructor: Andy Helmi
Nov. 4-29  ONLINE  CRN 19694
Social Media for Business Certificate
From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization. Whether you are new to social networks or already involved, you will come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. This program includes the courses Introduction to Social Media, Marketing Using Social Media, and Integrating Social Media in Your Organization.
Cost: $495
Sept. 3-Nov. 29 ONLINE CRN 19496

Introduction to Social Media
Learn what social networks are and their role in your business and personal life. Find out the top sites and how businesses are using the sites for communication, customer retention, branding, marketing, market research, needs assessment, and serving customers and clients. Explore the options for your organization. Look at case studies of what other organizations are doing. Let your instructor guide your exploration of Facebook and YouTube. This class is for anyone interested in social networks.
Cost: $195 • Instructor: Nicole Siscaretti Doyle
Sept. 3-27 Online CRN 19465

Marketing Using Social Media
Let your instructor guide you in exploring major social networks. Learn quick, easy ways to use Twitter, blogs, and LinkedIn to engage your customers or clients and keep them interested in your organization or business. You’ll find out the advantages and disadvantages of each, and learn what’s right for your work and kind of organization.
Cost: $195 • Instructor: Nicole Siscaretti Doyle
Oct. 7-Nov. 1 ONLINE CRN 19466

Integrating Social Media In Your Organization
Take away a practical strategy and techniques for implementing social networks for your organization or business. Learn how to create your own private social network using Ning, work socially using Google Docs and calendars, and move your website to an interactive Web 2.0 site. Your instructor will help you choose which social network tools are right for your situation, and then integrate them into your website to develop a social networking strategy for your organization. Find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing.
Cost: $195 • Instructor: Jennifer Selke
Nov. 4-29 ONLINE CRN 19467

Lean Six Sigma
Lean Six Sigma attacks inefficiencies, non-value added wastes caused by defects, non-value added flow of information or materials, non-productive time, data storage, stacks of inventory, overproduction, and extra processing. With Lean Six Sigma techniques, you will have the skills to lead successfully in both service and manufacturing industries. No prerequisites required.
Cost: $245 • Instructor: Scott Follett
Nov. 4-29 Online CRN 19470

Legal Secretary Certificate Course Online
This course is designed for both beginning and experienced secretaries who are interested in improving their skills and working more efficiently within the law office. Students will study such topics as legal terminology; legal process; jurisdiction and venue; ethics; written communications; filing procedures, billing, and accounting; time management; records management; an overview of commonly used word and data processing programs; legal research; memoranda preparation; and citation format. Book and materials must be purchased separately. To enroll, contact the Center for Legal Studies at 800-522-7737. Book and materials must be purchased separately.
Cost: $645 ONLINE
Oct. 21-Dec. 6 Online
Paralegal Certificate Course
This course is designed for beginning or advanced legal workers. You will be trained to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. To receive a certificate, you must pass numerous quizzes and successfully complete several writing assignments. Book and materials must be purchased separately. To enroll, contact the Center for Legal Studies at 1-800-522-7737.
Cost: $1,289
Oct. 21, 2019-Feb. 28, 2020 ONLINE

PMP® Exam Prep Course
This self-paced project management program builds successful project managers at all levels of the organization. It provides comprehensive preparation for the Project Management Professional (PMP)® certification exam, including exam-taking tips, module quizzes, process group tests, and two full-length, 200-question practice exams covering the areas of interest from “A Guide to the Project Management Body of Knowledge,” (PMBOK® Guide), which provides a report to help determine your areas of weakness. This class is 35 contact hours. Enrollment includes 180 days of online access. This course is based on PMBOK® Guide 6th edition. If seeking PMI certification, plan to sit for PMI’s 6th edition exam. To enroll, visit www.mvcc.edu/mindedge.
Cost: $699 SELF-PAID

Construction & Engineering

10-Hour OSHA Training
This course will provide a variety of awareness training on construction safety and health topics with an emphasis on identifying common hazards in the construction industry as well as avoidance, control, and prevention. Upon successful completion of this course, you will receive an OSHA Construction Safety and Health 10-hour card. Please bring $10 to class for your card.
Cost: $80  •  Instructor: Dominick Timpano
Sept. 30-Oct. 2, Mon., Tues., Wed., 6-9:30 p.m., MVCC Education Outreach Center, CRN 16991
Oct. 21-23, Mon., Tues., Wed., 6-9:30 p.m., Rome, PC218, CRN 17031

LEED v4 Green Associate Exam Prep
This course covers the fundamental concepts of green building and is intended for design, construction, and real estate professionals; building owners; or anyone who wants to develop knowledge in this area. The course will prepare you to earn the LEED Green Associate credential from the Green Building Certification Institute. Examine case studies of LEED certified building projects, concepts of integrated design, third-party verification, and the LEED administration process. The first seven units cover all specification sections listed by the Green Building Certification Institute as exam content areas. The final unit focuses on exam preparation.
Cost: $695  •  Instructor: Kelly Gearhart
Sept. 3-Oct. 25 ONLINE  CRN 19468
10-Hour OSHA Training
This course will provide a variety of awareness training on construction safety and health topics with an emphasis on identifying common hazards in the construction industry as well as avoidance, control, and prevention. Upon successful completion of this course, you will receive an OSHA Construction Safety and Health 10-hour card. Please bring $10 to class for your card.
Cost: $80 • Instructor: Dominick Timpano
Sept. 30-Oct. 2, Mon., Tues., Wed., 6-9:30 p.m., MVCC Education Outreach Center, CRN 16991
Oct. 21-23, Mon., Tues., Wed., 6-9:30 p.m., Rome, PC218, CRN 17031

Lead Renovator Refresher
This four-hour refresher course is required for any renovators who completed the Lead Renovator Certification five or fewer years ago. Bring a pen, pencil, and paper; all other materials will be provided. The course concludes with a 25-question exam. You should also bring a lunch.
Cost: $135
Sept. 20, Fri., 8:15 a.m.-12:15 p.m., MVCC Education Outreach Center CRN 17336
Nov. 22, Fri., 8:15 a.m.-12:15 p.m., MVCC Education Outreach Center, CRN 18652

Do you qualify for Lead Renovator tuition assistance? Call Cornell Cooperative Extension at 315-736-3394 x251 to inquire.

Lead Renovator Certification
This course is required of home improvement contractors, property management firms, handymen or others compensated for renovations that disturb more than 6 sq. ft. (interior) and/or 20 sq. ft. (exterior) of paint or surface coating in pre-1978 housing where a child resides or is expected to reside. 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. Includes background, health effects, regulations, safe work practices, paint testing, and cleaning verification related to lead paint hazards.

For businesses: As of April 22, 2010, all home improvement contractors, property management firms, landlords, or others compensated for renovations that disturb more than 6 sq. ft. (interior) and 20 sq. ft. (exterior) of paint or surface coating in pre-1978 housing, schools, or child-occupied facilities are required to obtain an EPA firm license and have their workers trained in lead-safe work practices. Renovations firms must have at least one certified renovator who has completed training and obtain a firm certification from the EPA at a cost of $300. MVCC is offering these courses in partnership with the Oneida County Health Department, Cornell Cooperative Extension, 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.

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. You should also bring a lunch.
Cost: $175
Sept. 19, Thurs., 8:15 a.m.-5:15 p.m., MVCC Education Outreach Center CRN 17214
Oct. 8, Tues., Thurs., 5-9 p.m., MVCC Education Outreach Center, CRN 17228
Oct. 25, Fri., 8:15 a.m.-5:15 p.m., Rome, PC218, CRN 17223
Nov. 21, Thurs., 8:15 a.m.-5:15 p.m., MVCC Education Outreach Center CRN 17222
Dec. 13, Fri., 8:15 a.m.-5:15 p.m., MVCC Education Outreach Center, CRN 17329
Health Care Training

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. (0.3 CEUs)
Cost: $40 • Instructor: Tammy Burdick • CRN 18447 ONLINE Self-paced

Certified Nursing Assistant
This 120-hour course includes 90 classroom hours and 30 supervised clinical hours of training. Upon successful completion of the program, students take the New York State certification exam. A current comprehensive physical, vaccinations, and TB test results are due at orientation.
Cost: $1,250 • Instructors: Nelson Wood, Tammy Burdick
Aug. 19-Oct. 8, Mon., Tues., Thurs., Fri., 3:30–8:30 p.m., Sitrin Healthcare Center, CRN 18112 (Orientation Aug. 12 at 3 p.m., No class Aug. 30 or Sept. 2)
Oct. 24-Dec. 17, Mon., Tues., Thurs., Fri., 3:30–8:30 p.m., Sitrin Healthcare Center, CRN 19284 (Orientation Oct. 17 at 3 p.m., No class Oct. 31, Nov. 4,7,28 and 29)

CPR, AED, and Blocked Airways
American Heart Association Basic Life Support CPR Certification. Topics include: BLS CPR (1 & 2 rescuer), BVM ventilations, choking, and AED use for adults, children, and infants. Tuition includes BLS eCard.
Cost: $40 • Instructor: Kelly McNamara
Sept. 12, Thurs., 9:30 a.m.-2 p.m., Utica, JC202, CRN 18459
Nov. 7, Mon., 9:30 a.m.-2 p.m., Utica, IT225, CRN 18651

NEW CPR, AED, and Blocked Airways Refresher
American Heart Association Basic Life Recertification. Must provide documentation of current or expired BLS AHA certification. Topics include: BLS CPR (1 & 2 rescuer), BVM ventilations, choking, and AED use for adults, and infants. Tuition includes BLS eCard.
Cost: $25 • Instructor: Kelly McNamara
Sept. 30, Mon., 10 a.m.-12:30 p.m., Utica, JC108, CRN 19697
Oct. 28, Mon., 10 a.m.-12:30 p.m., Utica, JC108, CRN 19699

NEW Heart Saver and First Aid (AHA)
This American Heart Association class includes: First Aid, BLS CPR (1 & 2 rescuer), BVM ventilations, choking, and AED use for adults, children, and infants. Tuition includes $20 Heartsaver Card.
Cost: $75
Instructor: Denise Smith
Oct. 19, Sat., 8 a.m.-5 p.m. CRN 19698

NEW Healthcare Career Boot Camp
This boot camp is the first step leading to patient care and information systems careers. After course completion, we have interview commitments from several local employers. Topics include barrier precaution and infection control, medical terminology, CPR BLS and AED, workplace success, aging, and gerontology.
Cost: $250
Oct. 1-29, Tues.,Thurs., 6-8:30 p.m.
SUNY grant funding available. Possible articulation for college credit.
Contact Janelle: 315-792-5305.
Medical Surgical Certification Test Prep
GET RECOGNIZED — GET CERTIFIED!
Medical surgical nursing has evolved from an entry-level position to a distinct specialty and is a vital part of every hospital. This test prep will prepare you for the ANCC or AMSN exam and increase your knowledge for practice. CEU pending.
Cost: $280 • Instructor: Civita Allard
Sept. 12-13, Thurs., 8 a.m.-3:30 p.m., Fri., 8:30 a.m.-3:30 p.m., Utica

Personal Care Aide & Home Health Aide
This program will provide you with 75 hours of combined classroom, laboratory and clinical training needed to become certified as a Personal Care Assistant and Home Health Aid. You will learn the skills necessary to work in an assisting living facility and a home care setting. Upon successful completion, you will be registered through New York State Department of Health registry. Current comprehensive physical, vaccinations, TB test results due at orientation.
Cost: $900
Oct. 17-Nov. 22, 3:30-9 p.m., Mon., Wed., Fri., Orientation Session: Oct. 2, 3:30 p.m.

Medical Billing and Coding
Join the growing health care industry with the combined 80-hour medical billing and coding course offering the skills needed to solve insurance billing problems, how to manually file claims (using the CPT and ICD-10 manual), complete common insurance forms, trace delinquent claims, appeal denied claims, and use generic forms to streamline billing procedures. This course covers the following areas: CPT (Introduction, Guidelines, Evaluation and Management), specialty fields (such as surgery, radiology, and laboratory), ICD-10 (Introduction and Guidelines), and basic claims processes for medical insurance and third-party reimbursements. Students will learn how to find the service and codes using manuals (CPT, ICD-10, and HCPCS). After obtaining the practical work experience (six months to two years), students who complete this course could be qualified to sit for the American Academy of Professional Coders (AAPC) - Certified Professional Coder Exam (CPC or CPC-H Apprentice); the American Health Information Association (AHIMA) Certified Coding Associate (CCA) exam; and/or other National Certification Exams.
Cost: $1,899 • Instructor: Paula Courto
Sept. 24-Dec. 17, Tues., Thurs., 6-9:30 p.m., Utica, AB249, CRN 19696 (No class Nov. 28)

Phlebotomy
This course provides a certificate and skills required to work as a phlebotomist in a hospital, laboratory, or medical office environment. Intense classroom instruction is combined with individualized clinical practice. Medical requirements: physical within one year, TB test results read within one month of class start date, positive titers or proof of two Mumps Measles and Rubella (MMR) vaccines, and proof of two Varicella vaccines. Also required are a Tdap or Tetanus toxoid within 10 years, seasonal flu shot, and a Hepatitis B vaccine with complete series dates. Tuition includes insurance fee. Purchasing the textbook is optional, but highly recommended.
Cost: $499 • Instructor: Rachel Canarelli
Oct. 15-Dec. 10, Tues., Thurs., 6-9 p.m., Utica, AB134, CRN 19309 (No class Nov. 28)
Oct. 16-Dec. 11, Mon., Wed., 6-9 p.m., Utica, AB134, CRN 11537 (No class Nov. 22)
Insurance Courses

Creating and Executing a Culture of Customer Service
In these times of “high tech,” we often lose sight of “high touch!” For many insurance customers, the only point of contact with their insurer is you. This eight-hour CE course, approved for all NYS licensees, will provide a variety of tips and hints for developing 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.

Cost: $75 • Instructor: Sharon Jachim
Sept. 19, Thurs., 8:30 a.m.-4:30 p.m., Rome, PC119, CRN 19221
Oct. 17, Thurs., 8:30 a.m.-4:30 p.m., Rome, PC120, CRN 19222

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.

Cost: $75 • Instructor: Don Reese
Sept. 12, Thurs., 8:30 a.m.-4:30 p.m., Rome, PC120, CRN 19199
Oct. 12, Sat., 8:30 a.m.-4:30 p.m., Rome, PC120, CRN 19200

Insurance Pre-Licensing

Insurance Pre-Licensing Part I (Personal Lines)
To become a licensed insurance agent in New York State, you must complete the 90-hour pre-licensing training requirement for Property & Casualty under New York State Insurance Law. This Part 1 segment covers Personal Lines Licensing and is 45 hours in length. This course will fulfill the requirement to sit for the Personal Lines licensing exam only. Textbook is included in tuition.

Cost: $450 • Instructor: Don Reese
Sept. 16-Oct. 8, Mon., Tues., 5:30-9:30 p.m., Sat.: 9 a.m.-4 p.m., Utica, AB252, CRN 19044
Sept. 23-Oct. 2, Mon.-Fri., 8:30 a.m.-4:30 p.m., Rome, PC214, CRN 19505

Insurance Pre-Licensing Part 1 & 2 (Property and Casualty)
This 90-hour course will fulfill the requirement to sit for the NYS Property & Casualty Exam (Personal & Commercial). Textbook is included in tuition.

Cost: $849 • Instructor: Don Reese
Sept. 16-Nov. 5, Mon., Tues.: 5:30-9:30 p.m., Sat.: 9 a.m.-4 p.m., Utica, AB252, CRN 19046
Instructor: Ed Whitehead
Sept. 23-Oct. 11, Mon.-Fri., 8:30 a.m.-4:30 p.m., Rome, PC214, CRN 19506

Insurance Pre-Licensing Continuing Education Courses
Insurance ISO Homeowners Program 2017 Outlook
This eight-hour CE course covers the entire spectrum of the ISO Homeowner series, focusing on the ISO 2011 form. Through policy analysis, we examine property and liability coverage, medical payments, additional living expenses and a variety of loss settlement clauses. This course is approved for New York State P and C Agents, P and C Brokers, Professional P and C Consultants and Public Adjusters. This is a fast-paced, detailed course featuring updated court rulings and decisions. BR, C3, PA, PC.
Cost: $75 • Instructor: Don Reese
Nov. 14, Thurs., 8:30 a.m.-4:30 p.m., Rome, PC120, CRN 19203

Insurance: New York Auto Policy
Does any member of the public really have a clue about coverage on this policy? What is “No-Fault” anyway? Why are some accidents covered and not others? If I drive for someone like Uber or Lyft, does my auto policy protect me? What’s this “uninsured” stuff? This new eight-hour CE course will cover these issues and a host of others. The course is approved for the following licensees: P and C Agents, P and C Brokers, P and C Consultants, and Public Adjusters. BR, C3, PA, PC.
Cost: $75 • Instructor: Don Reese
Nov. 7, Thurs., 8:30 a.m.-4:30 p.m., Rome, PC120, CRN 19342

Insurance Exchange Analysis
A major part of the Patient Protection and Affordability Act, this course covers every aspect of the operation of the health insurance exchange in New York. From “metal levels” to subsidies, this eight-hour course will impact the following New York State licensees: P and C Agent; P and C Broker; Life Agents; Life, Accident, and Health Agents and Brokers; Life Consultants; and Life Settlement Brokers. BR, LAH, LB, LSB, LC, PC.
Cost: $75 • Instructor: Peter Carchedi
Sept. 7, Sat., 8:30 a.m.-4:30 p.m., Rome, PC120, CRN 19201
Oct. 19, Sat., 8:30 a.m.-4:30 p.m., Rome, PC120, CRN 19202

Insurance: Patient Protection & Affordable Care Act: 2019 — What Happens Next
Easily the most controversial law passed by Congress in the last 10 years, it is still one of the most confusing. With changes in Washington D.C. politics, where do we go from here? Will New York State keep all of the provisions of the law? Who is going to pay for all of this? This eight-hour CE course is approved for the following licensees: P and C Agents; P and C Brokers; Life, Accident, and Health Insurance Agents and Brokers; Life Consultants; and Life Settlement Brokers. BR, LAH, LB, LSB, LC, PC.
Cost: $75 • Instructor: Peter Carchedi
Sept. 28, Sat., 8:30 a.m.-4:30 p.m., Rome, PC119, CRN 19197
Nov. 16, Sat., 8:30 a.m.-4:30 p.m., Rome, PC120, CRN 19198

Insurance: Preparing for the Worst: Disaster Insurance
So, what’s your plan? It’s not “if” but “when.” Will your clients be ready? Will you be ready? This course will cover risk management and disaster preparation from the view of a business as well as a family. As an Agent, Broker, Consultant, or Public Adjuster, this course will help to prepare you for times of emergency, and you will be better able to service your clients and customers. This course provides eight CE hours of instruction for the following licenses: BR, C3, PA, and PC.
Cost: $75 • Instructor: Don Reese
Nov. 23, Sat., 8:30 a.m.-4:30 p.m., Rome, PC120, CRN 19606
Oct. 24, Thurs., 8:30 a.m.-4:30 p.m., Rome, PC119, CRN 19586

Insurance Exchange Analysis
Insurance Regulations and New York State Licensees
This course covers the range of statutory and common law provisions that affect agents and insurers in 2019. From Producer Transparency laws to Fiduciary Responsibilities, the course covers a wide number of laws that 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.
Cost: $75 • Instructor: Don Reese
Nov. 9, Sat., 8:30 a.m.-4:30 p.m., Rome, PC120, CRN 19195
Drone Training

Drones on the Fly
Learn the basics of drone flight and rules. Students may bring their own drone or practice on one available at MVCC. Bring your questions and curiosity, and learn more about the interesting and transformative technology of drones!
Cost: $29 • Instructor: Bill Judycki
Sept. 25, Wed., 5-8 p.m., Utica, AB148, CRN 19455

Remote Pilot Test Prep
The FAA requires all UAS/drone operators who are flying for commercial purposes to take a Remote Pilot License Exam. This class will help you to prepare for this challenging test. Exam and exam cost is not included in this preparatory class.
Cost: $99 • Instructor: Bill Judycki
Oct. 21-28, Mon., Wed., 6-9 p.m., Utica, AB148, CRN 19495

“Adulting” Basics

NEW Basic Home Repair
Learn how to confidently tackle those minor home repairs that have always seemed impossible. This hands-on class will provide great advice on what tools you need and how to fix common household items both inside and outside your living space.
Cost: $79 • Instructor: Michael Grider
Oct. 8-29, Tues., 6-8 p.m., MVCC Education Outreach Center, CRN 19727

NEW Cooking for Beginners
Learn how to prepare quick, healthy, and easy meals at home. We’ll get hands-on in the kitchen and give you the tools you need to be confident and comfortable in the kitchen.
Cost: $59 • Instructor: Pat Salzer
Class 1: Cooking Fundamentals
Sept. 30, Mon., 5:30-8:30 p.m., Rome, PC134, CRN 19737
Class 2: Affordable + Healthy Recipes
Oct. 28, Mon., 5:30-8:30 p.m., Rome, PC134, CRN 19738

NEW Financial Management
This course will teach how to budget effectively, which is especially important for those just venturing out on their own. You’ll understand how to choose and manage savings accounts, and you’ll discover how to borrow sensibly and manage debts effectively. Ultimately, you’ll gain the ability to plan ahead and make your goals financially achievable. This class is offered in partnership with the Homeownership Center.
Cost: Free • Instructor: Elizabeth Preuss
Oct. 16, Wed., 5:30-6:30 p.m., Utica, AB141, CRN 19520

NEW Homebuyer Orientation
Worried that you’ll always be living in your parents’ basement? Want to start making your monthly housing payment work for you? This 90-minute course teaches the basics of how to get yourself home-ready. Learn how to manage your money, maintain your credit, and prepare yourself for a home purchase. You’ll learn how to know when you’re ready to buy a home and the steps necessary to start your journey, and get tips on how to avoid lead exposure and clean your home if it is present. This class is offered in partnership with the Homeownership Center.
Cost: Free • Instructor: Elizabeth Preuss
Oct. 2, Wed., 5:30-7 p.m., Utica, AB249, CRN 19519
**NEW** Beginner Cookie Decorating
Learn the use of royal icing to decorate cookies. This class will talk briefly about the basics of baking cookies with tips and tricks of the trade, and then will move right into decorating. Learn the various decorating techniques used with two different types of royal icing: piping consistency and flood consistency. There are five cookie designs planned, and we will keep things rolling to get them all completed by the end of class. Open to ages 12 and older.
Cost: $69 • Instructor: Cindy Burek, Buttercup Bakery

**Halloween Cookies:** Oct. 20, Sun., 12:30-3 p.m., Utica, ACC Commons, CRN 19725

**Thanksgiving Delight:** Nov. 23, Sat., 12:30-3 p.m., Utica, ACC116, CRN 19726

**NEW** Pizza Making with Mangia Macrina
Learn tips and tricks to make delicious pizza in the comfort of your own home. This hands-on class will take place at Mangia Macrina in New Hartford, which is locally known for its delicious wood-fired pizza truck.
Cost: $59 • Instructor: Chris Woodbeck
Nov. 17, Sun., 1-3 p.m., Mangia Macrina, CRN 19746

**Lebanese Cooking with Zeina’s**
Taste the flavors of Lebanon and the Mediterranean and learn the tips and tricks that you’ve come to enjoy at Zeina’s Lebanese restaurant! In this class, you’ll learn many healthy and delicious Lebanese dishes. Take one or all three!
Cost: $59 • Instructor: Melissa and Layla Zeina

**Option 1: Stuffed Grape leaves, Tzatziki Sauce, Tabbouleh Salad**
Sept. 23, Mon., 5:30-8:30 p.m., Rome, PC134, CRN 19512

**Option 2: Kibbeh, Falafel, and Tahini Sauce**
Oct. 7, Mon., 5:30-8:30 p.m., Rome, PC134, CRN 19513

**Option 3: Baklava, Lebanese Pastry, and Turkish Coffee**
Oct. 21, Mon., 5:30-8:30 p.m., Rome, PC134, CRN 19514
Roller Derby 101 Training
During this 16-week program, you will learn how to effectively and safely skate on quad roller skates. You will also experience introductory level roller derby as you work toward passing a minimum skating skills test at the end of the class. Limited gear available to loan. All genders welcome. Ages 18 and older.
Cost: $50 • Instructor: Lisa Gardener
(No class Dec. 24, 31)

Beginning Genealogy
Did you ever want to know more about your ancestors and where you come from? In this class you’ll learn strategies for starting your research and maximizing results for you and your family. This class takes place in a computer lab to give you hands-on research experience.
Cost: $99 • Instructor: Barb Granato
Sept. 17-Oct. 22, Tues., 6-9 p.m., Rome, CRN 19206

Coffee 101
Join the Head Roaster at Utica Coffee Roasting to learn all about your favorite morning beverage – coffee – from seed to cup. In this fun and interactive class, you’ll tour the Utica Coffee Café and warehouse, learn about Cup Coffee and the importance of water chemistry, and finally practice and sample the best brew method. Participants will each receive a bag of Utica Coffee.
Cost: $29 • Instructor: John DeTraglia, Head Roaster
Sept. 26, Thurs., 4-6:30 p.m., Utica Coffee, CRN 19510
Nov. 7, Thurs., 4-6:30 p.m., Utica Coffee, CRN 19714

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.
Cost: $39
Sept. 23, Mon., 6:30-9 p.m., Utica, AB249, CRN 18644

NEW Digital SLR – Understanding Your Camera
Today’s digital SLR and mirrorless interchangeable lens (MILC) cameras are as complex as they are powerful. Learn how to use your camera beyond the automatic setting and start making better photos. Award-winning photographer Chris Murray will teach about exposure, histograms, white balance, file formats, and many other settings found on digital cameras. Please bring your camera and manual to class. Note: This class is intended for those who currently own either a digital SLR or mirrorless camera.
Cost: $75 • Instructor: Chris Murray
Oct. 12, Sat., 10 a.m.-3 p.m., Utica, AB267, CRN 19701

NEW Intro to Amateur Radio
Amateur radio operators (also known as Hams) provide emergency communications during natural disasters, support public service activities such as the Boilermaker Road Race, and utilize wireless technology for many other purposes. This course will provide you with the technical, regulatory, and operating skills needed to prepare for the FCC Technician-class license exam. We’ll conduct demonstrations of equipment, presentations on different technologies, and information on the hobby. Tuition includes a textbook and study guide. Final licensing test is optional and available for a separate testing fee of $15.
Cost: $39 • Instructor: Bob Decker
Sept. 24-Dec. 17, Tues., 6-9 p.m., Utica, AB218

Land Buying Academy
This course will help demystify the process of land buying. Michael Quinn, experienced land guide and educator, will walk you through the steps necessary to making your dream a reality. We will assemble and discuss a checklist of questions and concerns for all involved parties, as well as budgeting and finance.
Cost: $69 • Instructor: Michael Quinn
Oct. 29-Nov. 12, Tues., 6-9 p.m., Utica, AB126, CRN 19722
Tax Prep for VITA Volunteers
If you are looking for a rewarding volunteer opportunity, consider the United Way-sponsored Free Tax Preparation Program and prepare taxes for local people while ensuring they receive their entitled tax credits. This course will give instruction on all topics necessary to provide quality tax filing while becoming an IRS-certified volunteer tax preparer. No prior tax experience is necessary; some computer experience and pre-registration are required. You will be asked to commit to a minimum of 10 hours of volunteer time to the program during the tax season. Class offered in partnership with the United Way.
Cost: Free
Nov. 6-Dec. 18, Wed., 12:45-3:15 p.m., Rome, PC243, CRN 18388 (No class Nov. 27)
Nov. 7-Dec. 19, Thurs., 1-3:30 p.m., Utica, IT219, CRN 19235 (No class Nov. 28)

Cyber InSecurity: Part 1
This class aims to take the mystery away from what cybersecurity is and show some of the common attacks and cons that are used to steal personal and financial information.
Cost: $25 • Instructor: Paul LaPorte
Oct. 16, Wed., 6-8 p.m., Preswick Glen, CRN 19669

Cyber InSecurity: Part 2
Part 2 of this course will show people techniques, warning signs, and best practices that can be used to keep their information safe when shopping, banking, using social media, and more. Prerequisite: Cyber InSecurity Part 1.
Cost: $25 • Instructor: Paul LaPorte
Oct. 18, Fri., 6-8 p.m., Preswick Glen, CRN 19668

Basics of Braille
(Unified English Braille)
Learn the braille alphabet and various shortform contractions. Upon completing this course, you’ll have an idea of what it’s like for a visually impaired braille-user to read and write.
Cost: $125 • Instructor: Valerie Warmuth
Sept. 23-Nov. 5, Mon., Wed., 6-7:30 p.m., Utica, IT219, CRN 19667 (No class Oct. 14)

Conversational Spanish for Beginners
¡Hola a todos! This course will help you to understand the basics of Spanish. You’ll have the opportunity to build your Spanish-language foundation with lessons on grammar, then put what you learn to use, making the language your own. Through listening, speaking, reading, and writing, you’ll learn to handle situations from traveling and ordering a meal to telling others about yourself and having simple conversations en español.
Cost: $79 • Instructor: Anthony Stronach
Sept. 24-Nov. 5, Tues., 6:15-8:15 p.m., Utica, AB141, CRN 18863 (No class Oct. 15)

Introduction to French Language
Bonjour! This class will cover the basics of the French language and introduce vocabulary for weather, time, animals, travel, and more. It is suitable for beginners and those looking to refresh their French skills.
Cost: $99 • Instructor: Wayne Seifried
Oct. 7-30, Mon., Wed., 6-8 p.m., Utica, AB126, CRN 19724
Beginner Social Ballroom Dance
Enjoy dancing at parties, weddings, etc.? Enhance your social life, increase your confidence, and gain poise while reaping the healthy benefits of dance in a fun environment. Learn Social Dance styles like Waltz, Rumba, East Coast Swing, and more! No partner necessary; we rotate partners so everyone can dance!
Cost: $55 • Instructors: Marty Comstock, Lili Piplica
Sept. 17-Oct. 22, Tues., 6:30-8:30 p.m., Utica, JC202, CRN 19179

Intermediate Social Ballroom Dance
This session builds on movements learned in previous classes, such as advanced turns, proper footwork, and arm styling using basic routines. Techniques in Smooth, Latin, and Swing dances are covered with an emphasis on styling, technique, body flight, and musicality. No partner necessary, we rotate partners so everyone can dance!
Cost: $55 • Instructors: Marty Comstock, Lili Piplica
Nov. 5-Dec. 10, Tues., 6:30-8:30 p.m., Utica, JC202, CRN 19183

Introduction to Russian Language
In this fun and interactive class, you will learn the Russian alphabet and how to communicate basic information about ourselves. Topics will include basic greetings, family, weather, time, and food. Russian culture and history will also be included in each session.
Cost: $99 • Instructor: Wayne Seifried
Oct. 1-24, Tues., Thurs., 6-8 p.m., Utica, AB126, CRN 19723

Italian Language for Beginners
Ciao, tutti! This course will help you to understand the basics of Italian. You’ll have the opportunity to build your Italian-language foundation with lessons on grammar and then putting what you learn to use, making the language your own. Through listening, speaking, reading and writing, you’ll learn to handle several situations from traveling and ordering a meal to telling others about yourself and having simple conversations in Italiano. Tuition includes textbook.
Cost: $79 • Instructor: Anthony Stronach
Nov. 12-Dec. 17, Tues., 6:15-8:15 p.m., Utica, AB141, CRN 19509

NEW Sign Language Levels 1 and 2
Learn to communicate using basic sign language techniques in this new comprehensive level 1 and 2 class. This course presents an overview of deaf culture and will provide basic sign vocabulary, including colors, numbers, letters, family members, and animals. It also will target occupations and conversational protocol. Tuition includes a textbook and exercise book.
Cost: $189 • Instructor: Deborah Pardi
Sept. 16-Dec. 11, Mon., Wed., 6-7:30 p.m., Utica, AB251, CRN 19700
(No class Nov. 25, 27)

Concert Band
A long-standing performance group devoted to providing enjoyment and developing skill in concert-band ensemble work. You will gain experience in a variety of musical genres available for your instrument, and you will perform at venues throughout the community. Prior ensemble experience preferred. New members are welcome.
Cost: $25 • Instructor: Barb Seaton
Sept. 11-Dec. 18, Wed., 7-9 p.m., Utica, ACC Commons, CRN 18732 (No class Nov. 27)

Introduction to Drums
This course is for adult beginners and will teach you the rudiments to becoming a great drummer. You’ll learn stick handling, how to read music, and get lots of practice. Please bring your own drumsticks and practice pad.
Cost: $79 • Instructor: Jeremy Schor
Oct. 3-Nov. 21, Thurs., 6-7:30 p.m., Utica, ACC222, CRN 19675 (No class Oct. 31)
Defensive Driving
This program offers the benefits of a 10 percent insurance discount and up to four points off your driving record. The program emphasizes safe and defensive driving techniques for drivers of all ages and skill levels, including those with a driver’s permit. Bring a license or permit to class, as well as a lunch. Students are required to be on time and stay until the completion of class. This course is offered in partnership with the Oneida County Traffic Safety Department.
Cost: $40
Sept. 14, Sat., 9 a.m.-4 p.m., Utica, AB249, CRN 17645
Nov. 16, Sat., 9 a.m.-4 p.m., Rome, PC212, CRN 16430

Active Shooter
Do you know what you would do if you found yourself in an active shooter situation? This class will go over the recommendations from the Department of Homeland Security, and will include hands-on training for those who wish to participate. Open to everyone age 16 and older.
Cost: $45
Instructor: Kathleen Willard
Oct. 14, Mon., 5-8 p.m., Utica, JC202, CRN 19670

Spray Away
Learn the appropriate way to pepper spray with a Sabre-certified instructor. You will learn hands-on training with mock pepper spray and take a can of Sabre Pepper Spray home with you. Ages 18 and older.
Cost: $49 • Instructor: Kathleen Willard
Nov. 4, Mon., 6:30-8:30 p.m., Utica, JC202, CRN 19666

Women’s Basic Self-Defense
Ladies, what would you do if someone tried to grab you or attack you? Learn hands-on, realistic techniques that could improve your chances of getting away. Open to women ages 12 and older. All fitness levels welcome.
Cost: $30 • Instructor: Kathleen Willard
Sept. 17, Tues., 6:30-8:30 p.m., Utica, JC115, CRN 19672

Change Your Brain & Keep the Change
This class is like an owner’s manual for your brain. Learn tips, tricks, techniques, and specific methods and tools you can use to make life-improving changes. This is a road map to systematically change your brain to benefit every area of your life.
Cost: $65 • Instructor: Erick Price
Sept. 24-Oct. 29, Tues., 6-7:30 p.m., Utica, AB121, CRN 19728

Old Wisdom Principles & Practices
Investigate the principles of life that come out of the philosophical/spiritual work of the past and present. This enduring wisdom might come from Greece, Egypt, China, or other sources on the globe. Agreements between science and metaphysical principles will be explored. We will search for examples of these principles working out in individual, social, national, and world living.
Cost: $75 • Instructor: Al Christensen
Sept. 27-Dec. 6, Fri., 5:30-6:30 p.m., Utica, JC108, CRN 18624 (No class Nov. 29)
The Wizard Within: Use the Power of Self Hypnosis to Change Your Life

Learn the easy, enjoyable, and life-changing techniques of self-hypnosis to tap into your full potential. Make changes, eliminate stress and anxiety, sleep better, end chronic pain, improve memory, increase self-esteem, lose weight, and much more.

Cost: $65 • Instructor: Erick Price
Nov. 7-Dec. 19, Thurs., 6-7:30 p.m., Utica, AB121, CRN 19730 (No class Nov. 28)

You Have the Power to Heal Your Life

Learn to unleash the power to heal your life with this life-changing course. Release any and all negative patterns, learn to love yourself, communicate with yourself, gain inner wisdom and clarity, and discover that your thoughts and words create the life and the “you” that you desire and deserve.

Cost: $65 • Instructor: Erick Price
Oct. 16-Nov. 20, Wed., 6-7 p.m., Utica, AB121, CRN 19729

Weight Loss: A Mindful Method of Eating, Losing, & Living

End your struggle with weight with this holistic, mindful approach that will shift your mind, your body and your emotions to allow you to easily drop excess weight and the thought forms that created it. A journey of self-discovery on a return to your perfection.

Cost: $65 • Instructor: Erick Price
Sept. 19-Oct. 24, Thurs., 6-7:30 p.m., Utica, AB121, CRN 19731

The Magic of Mudras, Health, and Wellness at Your Fingertips

Mudras are finger power points, like yoga for your hands and fingers. The portion of your brain devoted to your hands and fingers is 14 times larger than the rest of your body, which allows you to bring balance, health, and healing just using your fingers. Discover Mudras for memory, stress, anxiety, weight loss, and healing.

Cost: $65 • Instructor: Erick Price
Nov. 5-Dec. 10, Tues., 6-7 p.m., Utica, AB121, CRN 19732

Smoking Cessation: Better Health Through Hypnosis

Nov. 15 is the Great American Smoke Out! Now is the time to quit smoking with a program that has had outstanding success. All that is needed is to have a sincere desire to end your smoking habit for good. Experience a light trance state of focused concentration and relaxation and stop watching your life go up in smoke.

Cost: $19 • Instructor: Erick Price
Oct. 14, Mon., 6-8 p.m., Rome, PC214, CRN 18667
Nov. 18, Mon., 6-8 p.m., Utica, AB145, CRN 19239

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.

Cost: $19 • Instructor: Erick Price
Sept. 30, Mon., 6-8 p.m., Rome, PC214, CRN 19504
Nov. 25, Mon., 6-8 p.m., Utica, AB145, CRN 19237
**Burn & Sculpt**
A full-body workout for all levels and intensities. A blend of cardio, toning and sculpting, and floor work to hit those “trouble areas.” Exercises include upper and lower body and everything in between. Bring hand weights, an exercise mat, and water.

**Cost:** $65 • **Instructor:** Lori Pavia

Sept. 24-Dec. 17, Tues., 5:30-6:30 p.m., Jewish Community Center, CRN 19655
(No class Oct. 1, 8, Nov. 28)

**CardioHoop**
CardioHoop is a cardiovascular exercise that uses an adult-sized hula hoop (about 1.5 lbs.) to build balance, strengthen core muscles, and tone the entire body, including the waist, hips, thighs, chest, neck, and arms. In addition to physical benefits, CardioHoop reduces stress, increases self-confidence, and is fun. You’ll learn tricks and routines and how to “dance” with the hoop. Wear comfortable clothing (cotton is best) and bring water. No experience necessary, beginners welcome.

**Cost:** $40 • **Instructor:** Carolyn LaSalle

Oct. 2-Nov. 6, Wed., 5:30-6:30 p.m., Utica, JC202, CRN 19659
(Class on Oct. 9 starts at 6 p.m.)

**Chair Yoga**
Interested in trying yoga, but not sure about getting down on the floor or doing standing poses? This class adapts yoga positions and poses through use of a chair, which allows for safety, stability, and support. This is an excellent way to increase flexibility, build strength, and develop balance and a sense of well-being.

**Cost:** $60 • **Instructor:** Tracy Lazore

Sept. 19-Dec. 12, Thurs., 5:30-6:30 p.m., Utica, JC202, CRN 19660
(Class Oct. 10 starts at 6 p.m. No class Nov. 7, 14, 28)

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

**Cost:** $60 • **Instructor:** Kathy Bateman

Sept. 24-Nov. 26, Tues., 5:30-6:30 p.m., Utica, JC202, CRN 19017 (No class Nov. 28)
LifeFit Yoga
This yoga class focuses on connecting poses with one's breath, flowing from one to the next to build strength and flexibility, mental focus, balance, and peace in one's mind, body, and spirit. Modifications are offered so that many levels of students can participate and truly begin their yoga journey to become LifeFit. Wear comfortable clothing and feel free to bring your own yoga mat.
Cost: $60 • Instructor: Kathy Bateman
Sept. 25-Dec. 4, Wed., 5:30-6:30 p.m., Utica, JC115, CRN 19187 (No class Nov. 27)

Strengthen, Sculpt, and Tone
Strength 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.
Cost: $100 • Instructor: Linda Budlong, CPT, RYT 200
Oct. 3-Dec. 17, Tues., Thurs., 5:30-6:30 p.m., Jewish Community Center, CRN 18024 (No class Oct. 8, Nov. 28)

Pilates
Learn the basic Pilates movements in a fun, non-judgmental, hands-on environment! Uniformly develop your body and mind through a specific approach that requires mental concentration, enhancing the mind-body connection. All Pilates exercises are taught adhering to the Six Traditional Principles: Concentration, Control, Physical Centering, Flowing Movement, Precision, and Breathing.
Cost: $60 • Instructor: Kathy Bateman
Sept. 23-Dec. 2, Mon., 5:30-6:30 p.m., Utica, JC115, CRN 19182 (No class Oct. 14)

Qi Gong
Qi Gong (“Chee Gong”) is a system that loosens the joints and spine plus relaxes the points of tension in the body (stress). Physical exercises, stretching, breathing, and self-massage are combined to strengthen the immune system, accelerate the body’s healing process, and improve sleep patterns and overall function of the body. This is a gentle practice, suitable for all levels of fitness.
Cost: $60 • Instructor: Carolyn LaSalle
Sept. 24-Nov. 26, Tues., 5:30-6:30 p.m., Utica, JC115, CRN 18354

Tai Chi
Tai Chi is a study of body mechanics derived from an ancient Chinese martial arts practice. Renowned as a rejuvenator of health and vitality, it can be done by anyone who can walk. It is meditative in nature and teaches body/mind control that is useful for all of life’s activities.
Cost: $65 • Instructor: Al Christensen
Sept. 23-Dec. 2, Mon., 5:30-6:30 p.m., Utica, JC202, CRN 13279 (No class Oct. 14)

Time to Stretch
A full body stretch that will decrease muscle tension and increase flexibility. Stretching can decrease the risk of injury, relieve muscle soreness, and improve posture and muscle balance. We will work on all major muscle groups. Wear comfortable clothing and bring a mat, strap and water.
Cost: $45 • Instructor: Linda Budlong, CPT, RYT 200
Oct. 3-Dec. 12, Thurs., 6:45-7:15 p.m., Jewish Community Center, CRN 19661 (No class Nov. 28)

Slow Flow Yoga
Slow Flow Yoga connects postures with breath and fluid movement. We will work at a slower pace allowing time to explore postures so new students can build familiarity and experienced students can refine their alignment and explore more sensation. Bring a yoga mat, water, and blocks, if desired.
Cost: $65 • Instructor: Linda Budlong, CPT, RYT 200
Oct. 7-Dec. 9, Mon., 6:30-7:15 p.m., Jewish Community Center, CRN 19662
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.
Cost: $65 • Instructor: Linda Budlong, CPT, RYT 200
Oct. 15-Dec. 17, Tues., 6:45-7:30 p.m., Jewish Community Center, CRN 19186

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.
Cost: $65 • Instructor: Linda Budlong, CPT, RYT 200
Oct. 7-Dec. 9, Mon., 5:30-6:15 p.m., Jewish Community Center, CRN 19457

Yoga for Health & Wellness
Classes consist of breathing, meditation, asanas (yoga postures), and relaxation techniques that are geared toward all ages and levels of experience. We will focus on poses and postures that will improve your flexibility, build strength in muscles and bones, increase your blood flow, and boost your immunity. Beginners welcome.
Cost: $60 • Instructor: Carolyn LaSalle
Sept. 24-Nov. 26, Tues., 6:45-7:45 p.m., Utica, JC115, CRN 18620

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.
Cost: $55 • Instructor: Krista Worlock
Sept. 23-Dec. 2, Mon., 12-12:45 p.m., Utica, JC202, CRN 19718 (No class Oct. 14)
Cost: $60 • Instructor: Krista Worlock
Sept. 27-Dec. 13, Fri., 5:30-6:30 p.m., Utica, JC202, CRN 18033
(No class Oct. 11, Nov. 29)
Floating Yoga
Floating yoga is similar to a traditional vinyasa yoga class but is performed on an inflatable board/mat in the pool. Yogis of all levels will enjoy floating yoga as it’s a fun and challenging experience and all about balance, literally and figuratively. A slower pace and increased focus will be required as your muscles work to obtain balance on the mat. Swimming ability is required.

Cost: $55 • Instructor: Michael Calogero
Sept. 20-Oct. 25, Fri., 6-7 p.m., Utica, Pool, CRN 19497 (No class Oct. 11)
Nov. 8-Dec. 13, Fri., 6-7 p.m., Utica, Pool, CRN 19671 (No class Nov. 29)

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. All classes take place at the Utica Campus Pool.

Instructors: Tina Jones (a.m.) and Mary Farda (p.m.)
Sept. 23-Dec. 2, Mon., 9-10 a.m., CRN 17753, $65 (No class Oct. 14)
Sept. 25-Dec. 4, Wed., 9-10 a.m., CRN 17248, $65 (No class Nov. 27)
Sept. 25-Dec. 4, Wed., 6-7 p.m., CRN 18009, $65 (No class Nov. 27)
Sept. 27-Dec. 6, Fri., 9-10 a.m., CRN 17754, $65 (No class Nov. 29)

Water Aerobics: Take all 3 and save!
Sept. 23-Dec. 6, Mon., Wed., Fri., 9-10 a.m., CRN 17755, $145 (No class Oct. 14, Nov. 27, 29)

Winter Intersession:
Dec. 9-Jan. 13, Mon., Wed., Fri., 9-10 a.m., CRN 18770, $65 (No class Dec. 25, 27, 30, Jan. 1)
Dec. 11-Jan. 15, Wed., 6-7 p.m., CRN 18771, $35 (No class Dec. 25, Jan. 1)

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

Instructors: Anna Case (a.m.) and Mary Farda (p.m.)
Sept. 23-Dec. 2, Mon., 10-11 a.m., CRN 17707, $65 (No class Oct. 14)
Sept. 25-Dec. 4, Wed., 10-11 a.m., CRN 17708, $65 (No class Nov. 27)
Sept. 25-Dec. 4, Wed., 5-6 p.m., CRN 18905, $65 (No class Nov. 27)
Sept. 27-Dec. 6, Fri., 10-11 a.m., CRN 17709, $65 (No class Nov. 29)

Water Running: Take all 3 and save!
Sept. 23-Dec. 6, Mon., Wed., Fri., 10-11 a.m., CRN 17711, $145 (No class Oct. 14, Nov. 27, 29)

Winter Intersession:
Dec. 9-Jan. 13, Mon., Wed., Fri., 10-11 a.m., CRN 18772, $65 (No class Dec. 25, 27, 30, Jan. 1)
Dec. 11-Jan. 15, Wed., 5-6 p.m., CRN 18773, $35 (No class Dec. 25, Jan. 1)
Lane and Lap Lovers Swim
Swimming strengthens muscles and offers non-weight-bearing exercise. You can swim at your own pace and in your own space. All classes take place at the Utica Campus Pool.

Sept. 23-Dec. 6, Mon., Wed., Fri., 8-9 a.m., CRN 17688, $75 (No class Oct. 14, Nov. 27, 29)

Sept. 23-Dec. 6, Mon., Wed., Fri., 11 a.m.-noon, CRN 1965, $75
(No class Oct. 14, Nov. 27, 29)

Adult Beginner 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.
Cost: $85
Sept. 23-Dec. 2, Mon., 7-8 p.m., Utica, Pool, CRN 14375 (No class Oct. 14)

Winter Intersession:
Dec. 9-Jan. 13, Mon., Wed., Fri., 8-9 a.m., CRN 18769, $40
(No class Dec. 25, 27, 30, Jan. 1)

Dec. 9-Jan. 13, Mon., Wed., Fri., 11 a.m.-noon, CRN 19503, $40
(No class Dec. 25, 27, 30, Jan. 1)

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. All classes take place at Utica Campus Pool.
Instructor: Krista Worlock

Sept. 24-Dec. 3, Tues., 8-9 a.m., CRN 19014, $65
(No class Nov. 26)

Sept. 26-Dec. 5, Thurs., 8-9 a.m., CRN 19657, $65
(No class Nov. 28)

Sept. 27-Dec. 13, Fri., 7-8 p.m., CRN 19658, $65
(No class Oct. 11, Nov. 29)

Aqua Zumba - Take Both Days and SAVE!
Cost: $110 • Instructor: Krista Worlock

Sept. 24-Dec. 5, Tues., Thurs., 8-9 a.m., CRN 19664 (No class Nov. 26, 28)

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. Students will develop an elementary understanding of the front crawl and backstroke. Goggles are recommended. Prerequisite: Need to swim comfortably the width of the pool using a recognized stroke.
Cost: $95
Sept. 24-Dec. 3, Tues, 7-8 p.m., Utica, Pool, CRN 16969 (No class Nov. 26)
**NEW Sign Language for Kids**  
This class teaches children the basics of American Sign Language (ASL). Learn basic grammar, vocabulary, fingerspelling, and numbers in a fun and exciting atmosphere. Ages 7-12.  
Cost: $89 • Instructor: Lindsay Regan  
Oct. 1-22, Tues., 5:30-7:30 p.m., Utica, AB203, CRN 19739

**Intro to Drums - Kids Edition**  
This course is for beginners and will teach children the rudiments to becoming a great drummer. Learn stick handling, how to read music, and get lots of practice. There’s even a performance on the last day of class. Please bring your own drumsticks and practice pad. Ages 7-12.  
Cost: $79 • Instructor: Jeremy Schor  
Oct. 30-Dec. 11, Wed., 6-7:30 p.m., Utica, ACC222, CRN 19276

**Girls Circle-Expressing Individuality!**  
This camp covers a variety of topics and activities for middle and high school girls. Explore topics such as celebrating individuality, diversity, goal-setting, conflict styles, feeling good about ourselves, and taking time to relax. Activities include values exploration, “How Others See Me,” making dream catchers, potting a plant to symbolize personal growth, all culminating with a girls’ compliment circle. Ages 11-15.  
Cost: $89 • Instructor: Francesca Dunlevy  
Nov. 2-23, Sat., 1-4 p.m., Utica, AB249, CRN 19691

**Girls Circle-Friendship**  
This camp is a groundbreaking guide to addressing exclusion, intolerance, feuding and relational aggression. Girls will learn strong interpersonal skills, including how to knock down barriers to pride, gain confidence, and empathy. Themes include topics such as “Being Included, Being Left Out,” and “Feuds, Followers, and Fairness,” promoting caring and relational competence. Ages 9-14.  
Cost: $89 • Instructor: Francesca Dunlevy  
Sept. 21-Oct. 12, Sat., 1-4 p.m., Utica, AB249, CRN 19689

**NEW Take Photos Like a Pro**  
This basic class is intended for middle- and high-school students who have not taken photography classes before. The class will focus on composition and in-camera techniques to create an out-of-the-ordinary photo using the camera you have — without fancy lighting equipment or processing software. Bring your smartphone or a digital camera. Each class will focus on a different assignment, and by the end of each class, you’ll have a print to take home. Ages 10-16.  
Cost: $99 • Instructor: Zach Lewis  
Sept. 14-21, Sat., 1-5 p.m., Utica, AB267, CRN 19252  
Oct. 7-28, Mon., 5-7:30 p.m., Utica, CRN 19703

**NEW Write Like a Newspaper Reporter**  
This course will go over the basics of newspaper journalism. The class focuses on interviewing skills, newspaper article structure, and compelling storytelling. Even if you’re not that interested in writing, this class will help with communication and active listening skills. Interviewing fellow classmates will be part of writing a well-structured story in this class. Ages 13-18.  
Cost: $99 • Instructor: Zach Lewis  
Oct. 12-19, Sat., 10 a.m.-2 p.m., Utica, IT219, CRN 19704  
Nov. 2-23, Sat., 1:30-3:30 p.m., Utica, IT219, CRN 19705
NEW: PARENT & CHILD CLASSES
For parent and child classes, cost listed includes participation for one adult and one child.

Bully Busting: Parent & Child Edition
This course arms parents and children with knowledge about bullying, how to spot bullies, and how to resolve conflict peacefully so that they are equipped to stand up for themselves and for others when a bully strikes. Campers graduate with a Good Citizen Award to build their confidence in helping to stomp out bullies and bullying. Ages 7-12.
Cost: $49 • Instructor: Francesca Dunlevy
Oct. 19-26, Sat., 10:30 a.m.-12:30 p.m., Utica, AB249, CRN 19687

Family Photography: Workshop for Parents and Children
Do you have a youngster who’s interested in photography? Here’s your chance to bond with them! This workshop is intended for parents and children ages 7-12 who have not taken photography classes before. Each class will focus on a fun and interactive assignment that you and your child work on together. Bring your smartphone or a digital camera.
Cost: $99 • Instructor: Zach Lewis
Sept. 14-Oct. 5, Sat., 9:30 a.m.-noon., Utica, AB267, CRN 19693
Nov. 2-9, Sat., 10 a.m.-12:30 p.m., Utica, AB267, CRN 19707

Kids in the Kitchen-Parent & Child Edition: Spooky Sweets and Treats
This class is for children ages 7-12 and an adult. Together, you will create some sweet and spooky treats. Each pair of bakers will make and take home three different kinds of Halloween cookies. No experience is necessary. Just bring an apron and a sense of humor!
Cost: $39 • Instructor: Carol Klausner
Oct. 26, Sat., 1-3 p.m., Rome, PC134, CRN 19706

Parent & Child Djembe Hand Drumming
Looking for a new experience to share with your child? Have fun playing drums and sitting together in a circle learning rhythms, all while enjoying a great musical experience! This class is for parents and children ages 7-12. Please bring any size Djembe drum to class.
Cost: $99 • Instructor: Jeremy Schor
Sept. 21-Oct. 5, Sat., 11 a.m.-2 p.m., Utica, ACC222, CRN 19685

Parent & Child Holiday Arts and Crafts
Join this class to connect with your child and foster their creativity. You will go home with finished pieces you can proudly display as well as art inspiration to share with rest of your family! Ages 7-12.
Cost: $39 • Instructor: Rachael Duchnycz
Option 1: Spooky Storyboarding
Oct. 26, Sat., 10 a.m.-noon, Utica, AB267, CRN 19695
Option 2: Icicle Painting
Dec. 14, Sat., 10 a.m.-noon, Utica, AB267, CRN 19690

Parent & Child Paint Party
You’ve heard about paint and sip for grown-ups, now join us for a kid-friendly painting party! Parent and child will each get to paint their own 8x10 canvas using a wide variety of colors. Painting subject changes for each class. Ages 6-12.
Cost: $39 • Instructor: Jen Major
Option 1: Fall is for Family!
Oct. 6, Sun., 10 a.m.-12 p.m., Utica, AB268, CRN 19740
Option 2: Monster Mash!
Oct. 23, Wed., 6-8 p.m., Utica, AB266, CRN 19741
Option 3: Be Grateful, Be Thankful!
Nov. 7, Thurs., 6-8 p.m., Utica, AB266, CRN 19742
Option 4: Snowman Family
Dec. 5, Thurs., 6-8 p.m., Utica, AB266, CRN 19743
**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. Bring pens and a scientific or graphing calculator.

**Cost:** $49 • **Instructors:** Jarrod Williams, Emily Morse

- Sept. 3-5, Tues., Thurs., 6-8:30 p.m., Utica, AB249, CRN 18323
- Sept. 30-Oct. 2, Mon., Wed., 6-8:30 p.m., Rome, PC205, CRN 18324
- Oct. 21–23, Mon., Wed., 6-8:30 p.m., Rome, PC205, CRN 19228
- Oct. 28-30, Mon., Wed., 6-8:30 p.m., Utica, AB249, CRN 18326

**SAT Review**
Develop the skills you need to do your best on the SAT. 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. A Kaplan SAT Prep book is included with this course.

**Cost:** $89 • **Instructors:** Jarrod Williams, Emily Morse

- Sept. 17-26, Tues., Thurs., 6-8:30 p.m., Utica, AB229, CRN 19491
- Oct. 8-17, Tues., Thurs., 6-8:30 p.m., Utica, AB229, CRN 18325
- Nov. 12-21, Tues., Thurs., 6-8:30 p.m., Utica, AB145, CRN 19234

**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 use of sample tests. Bring pencils and a scientific or graphing calculator.

**Cost:** $29 • **Instructor:** Emily Morse

- Sept. 11, Wed., 6-8:30 p.m., Utica, AB249, CRN 18327
- Oct. 16, Wed., 6-8:30 p.m., Utica, AB249, CRN 19229
- Oct. 24, Thurs., 6-8:30 p.m., Utica, AB145, CRN 19230

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

**Cost:** $29 • **Instructor:** Jarrod Williams

- Sept. 12, Thurs., 6-8:30 p.m., Utica, AB134, CRN 18858
- Oct. 19, Sat., 11 a.m.-1:30 p.m., Rome, PC205, CRN 17003
- Oct. 29, Tues., 6-8:30 p.m., Utica, AB145, CRN 19711

**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.

**Cost:** $29 • **Instructor:** Jarrod Williams

- Sept. 10, Tues., 6-8:30 p.m., Utica, AB249, CRN 16713
- Sept. 14, Sat., 11 a.m.-1:30 p.m., Rome, PC205, CRN 19709
- Oct. 22, Tues., 6-8:30 p.m., Utica, AB145, CRN 19710

**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. You will get the opportunity to put your new skills into practice using an official SAT.

**Cost:** $250 • **Online**

- Oct. 14-Nov. 8 • **CRN:** 18376
ACT Review Class
Prepare for the ACT. Get a close look at the exam with activities that include test-taking practice, review, forming solution strategies, and preparation. Three sections of the exam will be addressed: reading, mathematics, and English, including instruction in the optional essay-writing section. Bring pencils and a scientific or graphing calculator.
Cost: $35 • Instructors: Jarrod Williams, Emily Morse
Oct. 7-9, Mon., Wed., 6-8:30 p.m., Utica, AB249, CRN 18328
Nov. 18-20, Mon., Wed., 6-8:30 p.m., Utica, AB249, CRN 19708

Prepping for the ACT Online
Topics of study and review include mathematical concepts, such as algebra, geometry, and trigonometry; grammar and punctuation; reading comprehension; essay writing; data analysis for the science test; and general standardized test-taking tips. Required Text: ACT for Dummies, 6th Edition (by Lisa Zimmer Hatch and Scott Hatch) and The Real ACT Prep Guide, 3rd Edition.
Cost: $250
Oct. 14-Nov. 8 ONLINE CRN 18372

Prepping for the GMAT Online
This course provides comprehensive instruction on how to complete both the verbal and quantitative sections of the GMAT, offering a thorough review of test-taking techniques and methods for improving scores on each of the four sections of the test. This course also includes a discussion of MBA programs, application procedures, and graduate school survival techniques. Required Text: GMAT For Dummies, 6th Edition (by Lisa Zimmer Hatch and Scott Hatch).
Cost: $250
Oct. 14-Nov. 8 ONLINE CRN 18373

Prepping for the GRE Online
This course offers a comprehensive study of the quantitative reasoning, verbal reasoning, and analytical writing sections of the GRE using numerous examples of test questions from recent years. Gain access to answers, explanations, and general time-saving techniques. Required Text: Official Guide to the GRE Revised General Test (by Educational Testing Service).
Cost: $250
Oct. 14-Nov. 8 ONLINE CRN 18374
Lessons

Swimming

Parent and Child Aquatics
This class builds basic water safety skills for both parents and children, and helps children adjust to the water environment. Parent must accompany child in water. Ages 1-2.
Cost: $70

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

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

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

Level 3: Stroke Development
Students will build on locomotion and safety skills from Level 2. Coordinating front and back crawl, introduction to elementary backstroke, and treading water are skills learned in this level. Prerequisite: Level 2 certificate or comparable skills. Ages 6+.
Cost: $85

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

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

Level 6: Fitness Swimmer
This course will allow for reviewing and perfecting all strokes and skills in the American Red Cross Learn-to-Swim Program. Students will learn good lifetime fitness habits and basic and advanced rescue techniques.
Cost: $85

All classes – MVCC Utica Campus Pool, 1101 Sherman Drive
Parents are expected to place their child into the correct class. Students must have the prerequisite levels or be able to master all previous level expectations before going to next level. Because classes become full, instructors may not be able to move your child into their proper level. Please evaluate your child based on the American Red Cross levels listed below. Goggles (not face masks) are recommended for all levels beginning with Level 1.

ENROLLMENT IS LIMITED IN ALL LEVELS AND WILL BE TAKEN ON A FIRST-COME BASIS. ALL SWIM LESSON REGISTRATIONS ARE NON-REFUNDABLE.
Saturday Morning Classes  
Sept. 21-Dec. 7. No class Oct. 12, Nov. 30.  

Parent and Child Aquatics (ages 1-2)  
CRN 18013: 9-9:30 a.m.  

Preschool with Parent Aquatics (ages 3-5)  
CRN 17713: 10-10:30 a.m.  

Level 1  
CRN 18351: 10:30-11 a.m.  
CRN 16938: 11-11:30 a.m.  
CRN 16942: Noon-12:30 p.m.  

Level 2  
CRN 16931: 9:30-10 a.m.  
CRN 16940: 11:30-Noon  
CRN 16936: 12:30-1 p.m  

Level 3  
CRN 13874: 9-10 a.m.  
CRN 18140: 11-Noon  

Level 4  
CRN 16666: 10-11 a.m.  

Level 5/6  
CRN 16934: Noon-1 p.m.  

Monday Evening Classes  

Preschool with Parent Aquatics (ages 3-5)  
CRN 17714: 5-5:30 p.m.  

Level 1  
CRN 16951: 6-6:30 p.m.  

Level 2  
CRN 17241: 5:30-6 p.m.  
CRN 16954: 6:30-7 p.m.  

Level 3  
CRN 16086: 6-7 p.m.  

Level 4  
CRN 19177: 5-6 p.m.  

Tuesday Evening Classes  
Sept. 24-Dec. 3. No class Nov. 26.  

Parent and Child Aquatics (ages 1-2)  
CRN 16625: 6-6:30 p.m.  

Level 1  
CRN 17240: 5-5:30 p.m.  
CRN 16958: 6:30-7 p.m.  

Level 2  
CRN 16960: 5:30-6 p.m.  

Level 3  
CRN 16212: 5-6 p.m.  

Level 4  
CRN 16952: 6-7 p.m.
MVCC continues its relationship with Go Motorcycling, Inc. as Central New York’s headquarters for award-winning motorcycle rider training. The ride starts here! Whether you are brand new to motorcycling or have been riding for a while, there’s a licensing course for you!

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

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 (BRC2)**
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.

For more information or to enroll, visit gomotorcycling.net or call Go Motorcycling, Inc. at 315-858-3321.

Now in its 8th year at MVCC, The Young Entrepreneurs Academy (YEA!) is a groundbreaking program that transforms middle and high school students into confident entrepreneurs. Through the Academy, students generate a business idea, conduct market research, write business plans, work with mentors, pitch to a panel of investors and are awarded start up money, visit cool local businesses and launch their own companies. **There’s no program like it in the area.**

Nominate a student or apply today at yeausa.org
Deadline to apply is September 8
For questions, call Program Manager Michelle Truett at 315-534-0067
Tractor Trailer Driver Training
MVCC & SAGE Technical Services

MVCC offers students the chance to drive the BIG rigs and earn BIG bucks! Successful graduates earn first-year incomes of more than $45,000-$55,000.

Quality training, a good income, travel, and job security are just some of the benefits enjoyed by students who complete MVCC’s professional tractor trailer driver training program. Partner SAGE Technical Services is the national leader in providing comprehensive professional tractor trailer driving programs in 34 locations across the country.

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

To register or for more information, call 315-334-7793.
Finish Strong is a Strengths-based Leadership Conference for high school juniors and seniors. Students will gain a deeper self-awareness of their individual talents and learn how to develop them into strengths to maximize their future success.

Visit www.danelitraining.com for information and registration

"Your weaknesses will never develop, while your strengths will develop infinitely."

-Donald O. Clifton – Father of Strengths Psychology and Inventor of Clifton Strengths
Civility

Mohawk Valley Community College is committed to civility in and out of the classroom. MVCC believes everyone has the right to an environment that creates the safe opportunity for educational, professional, and social development. MVCC recognizes its responsibility to model and encourage a culture of civil behavior.

Notice of Anti-discrimination Policy

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

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

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

For more information about MVCC student outcomes, financial aid, debt, employment, and more, visit mvcc.edu/consumer.
5 ways to register for non-credit courses

Register online using Visa, MasterCard, or Discover! Go to mvcc.edu/cced and click the registration link.

Call us at: 315-792-5300.

Fax to: 315-792-5682.

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

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

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

Class Location Key

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

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

**MVCC Education Outreach Center**: 524 Elizabeth St., Utica

**Jewish Community Center**: 2310 Oneida St., Utica

**Mangia Macrina**: 8636 Seneca Turnpike, New Hartford

**Sitrin Healthcare Center**: 2050 Tilden Ave., New Hartford

**Skate-A-While**: 225 Ridge St., Rome, NY

**Preswick Glen**: 55 Preswick Dr., New Hartford, NY

**Utica Coffee Roasting Company**: 92 Genesee St., Utica

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**UTICA**

- JORGENSEN ATHLETIC/EVENTS CENTER
- INFORMATION TECHNOLOGY BUILDING
- ALUMNI COLLEGE CENTER
- RESIDENCE HALLS
- SCIENCE AND TECHNOLOGY BUILDING
- ACADEMIC BUILDING
- PAYNE HALL

**Rome**

- PLUMLEY COMPLEX

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# Fax or Mail-In Registration

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

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

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

## *Registrant Information*

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<td>American Indian or Alaskan Native</td>
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## *Course Information*

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- **Credit Card Information**
  - **Visa**
  - **Discover**
  - **MasterCard**

- **Check**
- **Money Order**

Name on Card (print)

Credit card number:  

Expiration Date (month/year):  

VRN (3-digit code on back):  

Signature:  

Date:  

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

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