

# Herkimer College

## Non-Credit Courses and Activities

**Summer 2015**



[www.herkimer.edu/ce](http://www.herkimer.edu/ce)

315.866.0300 x-8251



**Herkimer**  
THE STATE UNIVERSITY OF NEW YORK





Reminder!

## Health & Wellness Drop-in Policy

We are happy to announce that our office will now be accepting drop-in registrations for individual Health & Wellness classes. Please call our office for details.

Don't forget to check out our website and like us on Facebook!

### **Important Information**

The Office of Community Education classes are self-supporting, therefore we count on registration fees to pay our instructors, supplies and equipment. If necessary, we will issue a full refund up to the advertised pre-registration deadline. After that point, we are unable to offer any refunds. Requests can be made directly to the Office of Community Education by contacting:  
(315) 866-0300, ext. 8251.

Please note that we will charge \$25 for any returned check.

*Herkimer College reserves the right to change any information within this catalog without notice.*

*Herkimer College does not advocate any particular point of view presented in the courses offered in this brochure.*

*Herkimer College requests that before you participate in any activity requiring physical exertion, that you consult with a physician.*

## How to Register

**Online:**

[www.herkimer.edu/pay-ce](http://www.herkimer.edu/pay-ce)

**By Phone:**

Call 315-866-0300 ext. 8251

8:30am to 4:00pm weekdays

Register for any course using all major credit cards

**By Mail:**

Make checks payable to Herkimer College and mail to:

Herkimer College Community Education  
100 Reservoir Road  
Herkimer, NY 13350

**In Person:**

Community Education Office  
Robert McLaughlin College Center,  
Room 255

You are urged to register as soon as possible for any course you wish to take. A final decision whether to run or cancel a course is made one week in advance of the scheduled starting date. Payment is required at the time of registration.

## **Community Education Staff:**

**Daniel Sargent**

*Director of Continuing Education*

**Cindy Brewer**

*Technical Assistant, Facilities*

**Jeremy Cingranelli**

*Technical Assistant,  
Program Development*

**Contact Us:**

**(315) 866-0300 ext. 8251**

**[communityed@herkimer.edu](mailto:communityed@herkimer.edu)**

*Herkimer College does not discriminate on the basis of race, color, gender, age, creed, religion, national origin, marital status, disability, or any other characteristic protected by federal or state law in admissions, employment, or in any aspect regarding the conduct of College business.*

# Youth Programs

## Adventure Camp

Students will enjoy a wide variety of age appropriate activities including teamwork, problem solving and leadership in the outdoor environment. Campers will enhance their social development, self-esteem, build friendly relationships, cooperation, experience the thrill of discovery and have fun. Ages 8 -13.

**Monday - Thursday**

**9:00am to 12:00pm**

**July 20, 21, 22, 23**

**Fee: \$72**

## Art Camp

Let your imagination run wild during this summer art class! Kids will create wonderful artwork through the use of oil pastels, watercolors, plaster, clay & wire! Both outside and indoor art projects will take place during this camp, along with a mini art show at the end of the week!

Ages: 8-13

**Monday - Thursday**

**12:30pm to 3:30pm**

**July 13, 14, 15, 16**

**Fee: \$89**

## Weather Watchers

Are you interested in learning more about the weather in Central New York? If so, this camp is for you! Learn about different kinds of weather from lake effect snow to thunderstorms, hurricanes and tornadoes. WKTV Meteorologist Bill Kardas will show you how to track the weather at home and around the world. Ages: 9-13

**Monday - Thursday**

**1:30pm to 4pm**

**July 20, 21, 22, 23**

**Fee: \$69**

## Robotics Mini-Camp (AFRL)

This camp is provided in partnership with the Air Force Research Laboratory, Rome, NY. Students will be introduced to programming mobile robots, various types of sensors, applying measurement & geometry to calculate robot navigation, experimental process, and experiment documentation using LEGO Mindstorm Robotic kits.

Ages: 10-13

*This course is partially underwritten by AFRL.*

**Monday - Thursday**

**8am to 12pm**

**July 13, 14, 15, 16**

**Fee: \$29**

## Calling All Fashionistas!

Students will learn about personal style, natural beauty and primary and secondary colors in fashion. At the end of the week, the class will stroll the runway showing off their completed work. The projects will include techniques such as tie-dye, bedazzling, headbands, homemade purses and much more! Ages: 7-11

**Monday - Thursday**

**9:00am to 12:00pm**

**August 3, 4, 5, 6**

**Fee: \$85**

## SAT/ACT Preparation -1

Both the ACT and the SAT contain verbal and math question types. SAT/ACT Preparation Part I will give you all the information you need to do well on the verbal questions of the ACT and the new SAT. The ACT verbal sections are called the Reading Test, the English Test, and the Science Test.

**Online**

**New classes start each month**

**Fee: \$89**



Find us on  
**Facebook**

# Health & Wellness

## Gentle Yoga

Enjoy the healthful benefits of nurturing physical postures and stretches, restorative movements to help relieve stress, tight muscles and restrictive physical health.

**A—Thursday: 4:30pm to 6pm**

**June 4, 11, 18, 25; July 9**

**Fee: \$45**

**B—Thursday: 4:30pm to 6pm**

**July 23, 30; Aug. 6, 13, 20, 27**

**Fee: \$54**

## Yoga For All

This class offers introduction to pranayama (breath work), asanas (postures) and savasana (meditative relaxation).

**A—Tuesday: 6:15pm to 7:45pm**

**June 2, 9, 16, 23, 30; July 7**

**Fee: \$54**

**B—Tuesday: 6:15pm to 7:45pm**

**July 21, 28; Aug. 4, 11, 18, 25**

**Fee: \$54**

*\*For all Yoga Classes, please bring a non-slip mat. Blanket and pillow are recommended.*

## Tabata Interval Fusion

Burn fat and get firm with this easy to follow kickboxing and step aerobic interval workout. Basic step with punches and kicks, followed by toning for your arms, core and abs.

**A—Monday: 6pm to 7pm**

**June 8, 15, 22, 29; July 6**

**Fee: \$30**

**B—Monday: 6pm to 7pm**

**July 20, 27; Aug. 3, 10, 17, 24**

**Fee: \$36**

## Adult Swim

If you are training for a triathlon, this lap swim with instruction course is for you. Participants must be able to swim at least one length of the pool unassisted. The class will focus on the four competitive strokes.

**Mondays: 5pm to 6pm**

**June 1, 8, 22, 29; July 6**

**Fee: \$39**

## Super Strength Class

Get strong results with this proven weight room-style exercise program. Incorporating the use of dumbbells, benches and mats for core-targeted exercise. This workout targets legs, arms, shoulders, gluts and abs!

**A—Wednesday: 6pm to 7pm**

**June 3, 10, 17, 24; July 8**

**Fee: \$30**

**B—Wednesday: 6pm to 7pm**

**July 22, 29; Aug. 5, 12, 19, 26**

**Fee: \$36**

## Pilates

These exercises strengthen and tone muscles and provide flexibility and balance for individuals of all ages, shapes & sizes.

**A—Mondays: 12:30pm to 1:15pm**

**June 1, 8, 15, 22, 29**

**Fee: \$33**

**B—Thursday: 12:30pm to 1:15pm**

**June 4, 11, 18, 25**

**Fee: \$26**

## Aqua Fit

Jump right into our aqua classes and build cardiovascular fitness and strength. Just like swimming, our water aerobics classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. Because of their low-impact format, water aerobics classes are suitable for every age and fitness level, from beginning exercisers through elite athletes. Please bring your own noodle.

**Saturday: 9am to 10am**

**June 6, 13, 20, 27**

**Fee: \$29**

## Fitness Center

Open to the Public

Monday—Friday

6am to 6pm

Saturday 10am to 6pm

Sunday 10am to 6pm

Call for summer rates!

\* The Fitness Center will be closed for the weekend if the College is closed on a Friday.

# Professional Development

**LeeAnne Krusemark**  
**At-Home Workshops**  
**Monday**  
**July 6, 2015**

**Notary Public \***  
(\*Additional \$99 material fee)  
9:00am to 10:00am

**Seven Secrets to Financial Freedom**  
11:00am to 1:00pm

**Self Publishing vs. Traditional Publishing: Which is best for you?**  
1:00pm to 2:00pm

**Beginners Guide to Getting Published**  
2:00pm to 4:00pm

**Meet the Publisher- Get Your Manuscript Critiqued**  
4:00pm to 5:00pm

**Earn Extra Money with a Mystery Shopping Business**  
5:00pm to 6:00pm

**Cash in with a Successful Home-Based Business**  
6:00pm to 8:00pm

**Make Money With a Typing/WP Business**  
8:00pm to 9:00pm

**1-hour workshops: \$19**  
(Additional \$10 materials fee paid to instructor)

**2-hour workshops: \$29**  
(Additional \$20 materials fee paid to instructor)

## **First Aid / CPR/ AED**

The Adult First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck and back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies for victims about 12 years and older. Successful students will receive a certificate for Adult First Aid/CPR/AED.

**Saturday**  
**9am to 4pm**  
**Aug. 8**  
**Fee: \$80**

## **10-Hour OSHA Training**

This course is intended to provide a variety of awareness training on construction safety and health topics. The course is presented to employees and therefore places an emphasis on identifying common hazards in the construction industry as well as avoidance, control and prevention. Upon successful completion of this course, participants will receive an OSHA Construction Safety and Health 10-Hour card. An additional \$5 will be collected at class for your card.

**Monday, - Wednesday**  
**5pm to 8:30pm**  
**July 6, 7, 8**  
**Fee: \$79**

## **Social Media and Internet Marketing**

Social Media and Internet Marketing utilizes the various tools and techniques for building your brand image, retaining customers, and marketing your offerings online through social networking sites. A great social media marketing plan includes placement on gps systems as well as many free and easy to use websites. Learn how to maximize your exposure. Topics covered include an understanding of social networking, how to connect with and utilize the various social media.

**Wednesdays**  
**6pm to 8:00pm**  
**July 8, 15**  
**Fee: \$29**

# Personal Interest

## Senior Watercolors

It's never too late to discover your artistic talent. In this class, individuals will explore various techniques to create watercolor paintings in a wide variety of subject matters such as landscapes, still life, and cityscapes. This class will be a relaxed and creative way to discover your love for watercolor painting. Ages 55 and up. Supplies included.

**Tuesdays**

**5pm to 6:30pm**

**July 21, 28; August 4, 11**

**Fee: \$35**

## Just Once Piano Workshop

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Total beginners can download a free pamphlet on reading the treble clef on our website [justonceclasses.com](http://justonceclasses.com). Fee includes a workbook and practice CD.

**Monday**

**9am to 12pm**

**July 20**

**Fee: \$59**

## Chasing Shadows 101

Join the New York Shadow Chasers and learn how to investigate the paranormal. You will learn up-to-date investigative technology, history, ethics, and experience paranormal investigations.

**Thursdays**

**6pm to 8pm**

**June 18, 25; July 2, 9, 16, 23, 30;**

**August 6**

**Fee: \$89**

## Hypnosis for Weight Loss

Learn the principles of being able to respond to your appetite properly and to put an end to overeating forever. This is done by applying simple behavior-changing techniques that anyone can learn and everyone can enjoy. You'll learn how to lose weight in a unique, fun way! Learn techniques to create healthier, permanent eating habits. Experience a light trance state and the power of focused concentration & relaxation to fast-track these changes in your lifestyle, and reinforce the new healthier you!

**Thursday**

**6pm to 8pm**

**June 18**

**Fee: \$19**

## Hypnosis for Smoking

Become a permanent non-smoker quicker and easier than you ever thought possible. You will do so with less withdrawal and cravings than you ever imagined. In addition to all of this, you will have less negativity and stress, and more self-esteem and self-confidence. No relying on willpower, which usually fails, no feelings of self-denial and frustration. Instead, you will feel a sense of accomplishment and self-respect.

**Tuesday**

**6pm to 8pm**

**June 23**

**Fee: \$19**

## Just Once Guitar Workshop

This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class is limited to 15 students. For age 13 and up. For more information go to our website: [justonceclasses.com](http://justonceclasses.com) Fee Includes a workbook and practice DVD.

**Monday**

**1pm to 3:30pm**

**July 20**

**Fee: \$59**

# Personal Interest

## Past Life Regressions

Have YOU been here before? Has your child ever described a different lifetime?

In this class we will explore the concept of past lives and you can discover for yourself if YOU have lived before. Past life Regressions have come out of the darkness and are now being used and utilized in health, healing and therapy in main stream healthcare. Enjoy this probing and provocative class journey.

**Wednesdays**

**6pm to 7:30pm**

**July 8, 15, 22, 29**

**Fee: \$49**

## Body Sculpt Hypnosis

In this class you will learn how to change, mold and sculpt your physical body using the power of your mind. In this amazing step by step process you can literally create your perfect self through a series of incredible hypnosis and self hypnosis exercises. Lose inches here, add inches there, you CAN and this class will show you how.

**Mondays**

**6pm to 7:30pm**

**July 6, 13, 20, 27**

**Fee: \$49**

## Coupon 101

Do you find yourself spending so much money at the supermarket only to leave with half a cart of groceries? Want to learn some grocery market savings tips to help you keep your hard earned money in your pocket? This is the class for you! Join us as we learn how to get the most bang for our buck and decrease our food bill each month! Seating is limited so call today and reserve your seat.

**A—Wednesday**

**6:30pm to 7:30pm**

**June 24**

**Fee: \$12**

**B—Monday**

**6:30pm to 7:30pm**

**July 20**

**Fee: \$12**

## Creative Visualization

Discover The Key To Creating A Life Filled With Passion, Abundance, Healing, Happiness & Purpose. Utilizing the most POWERFUL part of you Your Imagination! This class is a journey to a life worth living through your amazing imagination. If you can see it in your mind, you can hold it in your hand and achieve it in your life. Come explore the limitless opportunities you have within you that even YOU didn't now you had! Let's Create our lives on purpose.

**Mondays**

**6pm to 7:30pm**

**August 3, 10, 17, 24**

**Fee: \$49**

## Protect your Assets From Nursing Home and Uncovered Medical Expenses

The course will cover planning a clients legal, tax and financial affairs in case a client has to enter nursing home. Topics discussed will be: Medicaid eligibility rules and how to arrange your financial and legal affairs to qualify for Medicaid to avoid your life savings and home from being wiped out to pay for nursing home costs and uncovered medical expenses. How to protect your assets though the use of: the legal transfer of assets, Durable Powers of Attorney, Health care proxies. Living Wills, Revocable Trusts, Life Insurance Trusts, Supplemental Needs Trusts, as well as how to protect IRAS and annuities while avoiding the needless cost and delay of probate. Each class will cover a different section of the given topic. You are welcome to attend any or all of the classes.

**Tuesdays**

**6:30pm to 8pm**

**June 16, 23; July 14, 21, 28;**

**August 11, 18, 25**

**FREE!!!**



Learn More

**Hundreds of online courses with expert instructors!**  
All can be taken from the convenience of your home or office.  
[www.ed2go.com/herkimer](http://www.ed2go.com/herkimer)

### Technology

#### **Creating Mobile Apps with HTML5**

In this course, you'll learn how to imagine, design, build, and optimize a cross-platform mobile app using the very latest HTML5 standards.

#### **Wireless Networking**

You'll learn how wireless works, how wireless devices connect to networks, and how to build and connect to your own wireless network.

### Computer Fundamentals

#### **Introduction to PC Troubleshooting**

Takes you step by step through the typical hardware and operating system problems encountered by technicians, teaching troubleshooting techniques to decipher any problem, and giving you the skills you need to solve them.

### Medical/Healthcare

#### **Medical Terminology: A Word Association Approach**

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

#### **Intro to Natural Health and Healing**

We'll discuss the various stages of health and illness, and you'll discover that true health means wholeness of the mind, body, and spirit.

### Business & Career

#### **Performing Payroll in QuickBooks**

Master efficient techniques for creating paychecks, paying liabilities for taxes, and generating dazzling reports quickly and easily.

#### **A to Z Grant Writing**

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals.

#### **Market Your Business on the Internet**

Find out how to market your business on the Internet, even if you have little or no money to spend! In this practical, hands-on course, you'll discover proven methods that will help you establish an Internet presence and build an online brand identity.

#### **Fundamentals of Supervision and Management**

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

### Web Programming

#### **Introduction to SQL**

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

#### **Introduction to Java Programming**

An experienced Java programmer introduces important Java topics with clear step-by-step instructions.





### **Boys and Girls Soccer Camp**

**Dates:** July 6 - 10

**Time:** 9am-3pm

**Ages:** 6-15

**Swimming:** Yes

**Location:** Wehrum Stadium

**Cost:** \$130 per camper

### **Softball All-Skills Camp**

**Dates:** July 13 - 16

**Time:** 9am-3pm

**Ages:** 8-18

**Swimming:** Yes

**Location:** Softball field

**Cost:** \$100 per camper

The soccer day camps will focus on the fundamentals of soccer as well as individual needs and teamwork. Campers will work closely with Coach Aragon and his staff of former players and coaches. The purpose of the camp is to teach technical and tactical soccer strategies while having fun. Campers will have the opportunity to learn foot skills as well as play in small and large-sided games on the College's artificial turf field.

Come join us for a great week of soccer, fun and friendships.

Contact: Pepe Aragon

(315) 868-7373

[Pepe.Aragon@herkimer.edu](mailto:Pepe.Aragon@herkimer.edu)

Description: This camp will emphasize unique, innovative, and fun drills to build skills in every aspect of the game: hitting, base running, defense, pitching, catching, softball specific speed agility and strength training, mental game, team building etc. We will also incorporate video analysis so each player can see their skills in progress. At the end of camp games will be played to have fun and display what each player has learned.

Contact: Peter Anadio

(518) 848-6693

[Peter.Anadio@herkimer.edu](mailto:Peter.Anadio@herkimer.edu)

*There is no lunch provided or available on campus for participants. For all-day summer camps, we ask that all participants bring their lunch.*

## **Boys and Girls All Sports Camp**

**Dates:** July 13 - 17

**Time:** 8:30am – 1:00pm

**Ages:** 6-12

**Swimming:** Yes

**Location:** Main Gym and Outdoors

**Cost:** \$80 per camper

\$ 140 for 2

\$ 200 for 3

\$ 260 for 4

This summer camp is designed for children with a true interest in a variety of sports and recreational activities. This multi-sport camp helps plant the seed for a healthy future and a lifetime of sports participation. Our daily camp schedule varies, but activities can include basketball, soccer, tennis, volleyball, flag football, baseball/softball, swimming, badminton, kickball, dodge ball, ultimate Frisbee, and more!

Contact: : Kyle Roepnack

(315) 534-3472

[Kyle.Roepnack@herkimer.edu](mailto:Kyle.Roepnack@herkimer.edu)

Contact: : Jason Palkovic

(315) 866-0300 ext. 8369

[palkovijm@herkimer.edu](mailto:palkovijm@herkimer.edu)

## **Boys & Girls Basketball Camp**

**Dates:** July 20 - 23 (Session A)

**Time:** 9am - 3pm

**Ages:** 11-15

**Dates:** August 3 - August 6 (Session B)

**Time:** 9am - 3pm

**Ages:** 7-10

**Swimming:** Yes

**Location:** Main Gym

**Cost:** \$110 per camper (group and team rates are available upon request.)

Boy's and Girl's basketball camp will help strengthen the campers basic basketball fundamentals. A variety of drills that concentrate on passing, shooting and ball handling will be used to improve individual and team skills. Game situations will be implemented throughout the week, along with several contests for the campers to practice their newly developed skills on the court. Each camper will receive a ball and a shirt camp shirt.

Contact: Matt Lee

(315) 866-0300 ext. 8344

[Matt.Lee@herkimer.edu](mailto:Matt.Lee@herkimer.edu)

## **Boys Baseball Camp**

**Dates:** June 29- July 2

**Time:** 9am – 3pm

**Ages:** 6-13

**Swimming:** Yes

**Location:** Baseball Field

**Cost:** \$99 per camper

\$150 for 2

Boy's baseball camp will focus on the fundamentals of baseball as well as individual needs and teamwork. Campers will work closely with Coach Rathbun and his staff of former players and coaches. The camp will teach young baseball players the proper way to play baseball. It will focus on teaching the fundamentals of hitting, bunting, fielding and throwing along with base running techniques which will help improve all aspects of play. The morning portion of camp is dedicated to teaching the proper techniques through drills and demonstration. The afternoon portion of the camp is dedicated to putting these learned techniques to use in a simulated game. The day will end with a recess session in the indoor pool, where the campers are to be picked up.

Contact: Jason Rathbun

(315) 866-0300 ext. 2228

[Jason.Rathbun@herkimer.edu](mailto:Jason.Rathbun@herkimer.edu)

## **Herkimer Generals Athletics**

Home of the NATYCAA Cup and  
the #1 ranked athletic  
department in the country  
among 2 year non-scholarship  
schools!

Home of 53 National  
Championships  
103 Regional Championships  
145 Mountain Valley Conference  
Championships  
30 NJCAA Academic Team of the  
year awards

**Select Camp(s)**

- All Sports Camp: \$80/\$140/\$200/\$260 (7/13 - 7/17)
- Boys Baseball Camp: \$99 /\$150 (6/29-7/2)
- Boys and Girls Basketball Camp: \$110 (7/20 - 7/23)
- Boys and Girls Basketball Camp: \$110 (8/3 - 8 /6)
- Boys and Girls Soccer Camp: \$130 (7/6 - 7/10)
- Softball All-Skills Camp: \$100 (7/13-7/16)

**Please make all checks payable to: Herkimer College-FSA**

**Send Completed Registration Form and Payment to:**

Herkimer College  
Rich Dawkins, Assistant Director of Athletics  
100 Reservoir Road  
Herkimer, NY 13350

**Camper/Parent Contact Information**

Camper's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Boy or Girl: \_\_\_\_\_

T-Shirt Size\*: Youth sizes - S M L XL (\*ONLY for camps that offer t-shirts)

Adult sizes - S M L XL

Parent's Names: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Emergency Contact Information**

Name: \_\_\_\_\_

Relation: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**Method of Payment:**     Check             Visa             MasterCard

Credit Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ CVV# (found on back of card, 3 digits) \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

**Herkimer College Athletics Camp Permission Form**

I give my permission for \_\_\_\_\_ to take part in the athletic summer camp program at Herkimer College. This child, to the best of my knowledge, is in good physical condition and is capable of performing the necessary activities that an athletic summer camp may entail. I understand that this athletic camp and other activities associated with an athletic camp have an inherent risk factor, and that all appropriate precautions will be taken for the safety of my child. I give my permission to the Herkimer College staff and volunteers and/or hospital staff to administer proper medical assistance to the above named participant. I agree not to hold Herkimer College or any of their agents responsible in the event of injury to my child.

\_\_\_\_\_  
Parent or Guardian (Please Print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Herkimer College  
Community Education  
100 Reservoir Road  
Herkimer, NY 13350

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**ELECTRONIC SERVICE REQUESTED**