

FALL 2014

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NON-CREDIT COURSES & ACTIVITIES

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Herkimer
THE STATE UNIVERSITY OF NEW YORK

**COMMUNITY
EDUCATION**

Partnering with our
Community in
Lifelong Learning



Health & Wellness

Gentle Yoga

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

A—Thursdays: 4:30pm to 5:45pm

Sept. 11, 18, 25; Oct. 2, 9, 16

Fee: \$54

B—Thursdays: 4:30pm to 5:45pm

Oct. 30; Nov. 6, 13; Dec. 4, 11

Fee: \$ 45

Yoga For All

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

A—Tuesdays: 6:15pm to 7:30pm

Sept. 9, 16, 23, 30; Oct. 7, 14

Fee: \$54

B—Tuesdays: 6:15pm to 7:30pm

Oct. 28; Nov. 4, 11; Dec. 2, 9

Fee: \$45

**For Yoga classes please bring a non-slip mat. Blanket and pillow are recommended.*

Tabata Interval Fusion

Burn calories with this step, kick and tabata workout! Intervals of kickboxing, step and arm and core exercise—easy to follow, no complicated patterns, just basic work. Results? Yes!

A—Mondays: 6:00pm to 7:00pm

Sept. 8, 15; Oct. 6, 13, 20

Fee: \$30

B—Mondays: 6:00pm to 7:00pm

Nov. 3, 17, 24; Dec. 1, 8, 15

Fee: \$36

Super Strength

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, guts and butts!

A—Wednesdays: 6:00pm to 7:00pm

Sept. 3, 10, 17; Oct. 8, 15, 22

Fee: \$36

B—Wednesdays: 6:00pm to 7:00pm

Oct. 29; Nov. 5, 12, 26; Dec. 3, 10

Fee: \$36

Pilates

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

A—Tuesdays: 12:30pm to 1:15pm

Sept. 9, 16, 23, 30; Oct. 7, 14

Fee: \$39

B—Thursdays: 12:30pm to 1:15pm

Sept. 11, 18, 25; Oct. 2, 9, 16

Fee: \$39

C—Tuesdays: 12:30pm to 1:15pm

Oct. 28; Nov. 4, 11, 18; Dec. 2, 9

Fee: \$39

D—Thursdays: 12:30pm to 1:15pm

Oct. 30; Nov. 6, 13, 20; Dec. 4, 11

Fee: \$39

POUND: Rockout. Workout.

Burn between 600 and 900 calories per hour, strengthen and sculpt infrequently used muscles and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Pound is a full-body cardio jam session, combining light resistance with constant simulated drumming.

Start dates TBA!

A— Mondays: 6:00pm to 7:00pm

B— Thursdays: 2:00pm to 3:00pm

C— Saturdays: 8:00am to 9:00am

Fee: \$5 per class

Nutrition

What is Functional Medicine and Why Do You Need It?

Functional Medicine is an evolution in the way medicine is practiced today. By shifting from the traditional disease-centered focus to a patient-centered focus, Functional Medicine allows a practitioner to address the whole person rather than a list of isolated symptoms. Functional Medicine practitioners spend time with their patients asking questions and listening intently so the best recommendations can be made. This can include traditional pharmaceuticals, however, it focuses largely on diet, exercise, stress management, nutrients and other modifiable lifestyle factors that impact health.

Monday: 6:30pm to 8:00pm

Sept. 29

Fee: \$25

Detox: It's Much More Than a Buzz Word

The media has distorted what detoxification is and how to achieve it. Detoxification is a metabolic process occurring in your body every second you are alive. We will discuss the various aspects of our lives that contribute to the overall toxic burden that we did not experience decades ago. This includes our food sources, chemicals, stress, processed foods and more. We will also guide you through how to improve your health by optimizing your natural detoxification processes. Cleaning out toxins from inside your body, inside your house and inside your life.

Monday: 6:30pm to 8:00pm

Oct. 20

Fee: \$25

Healthy Eating Over 50

For adults over 50, the benefits of healthy eating are numerous. Every season of life brings changes to your body. You will learn a higher quality of life through eating a healthy, balanced diet, and physical activity.

Wednesday: 6:30pm to 7:30pm

Oct. 8

Fee: \$19

Debunking Diet Myths

Making healthy food choices are not always easy. Do carbs makes you fat? Can I lose weight on a gluten free diet? Which diet should I follow? Join us for an information packed, myth busting nutrition seminar.

Wednesday: 6:30pm to 8:00pm

Oct. 22

Fee: \$25

To Be or Not to Be Gluten Free?

Wondering what all the buzz is about "gluten free" eating? During this seminar learn the basics of a gluten free diet, including who should be following one and what foods you will need to avoid to be successful.

Wednesday: 6:30pm to 8:00pm

Nov. 5

Fee: \$25

Healthy Holiday Eating

Make healthier food choices this holiday season. The holidays often mean parties and get-togethers. Letting yourself "splurge" can undermine your nutrition goals.

Wednesday: 6:30pm to 7:30pm

Nov. 12

Fee: \$19

Professional Development

Basic Welding

This introductory course will teach you safety, oxyacetylene (Brazing and Gas) welding and cutting and how to repair ferrous and non-ferrous metals. Also learn the basics of stick welding (shield metal arc). Students must provide his or her own helmet, safety glasses and leather work boots (no sneakers are allowed in class). All other materials and supplies included.

Mondays: 5:30pm to 8:30pm

Oct. 20, 27; Nov. 3, 10, 17, 24;

Dec. 1, 8

Fee: \$199

Intermediate Welding

The two processes that will be focused on are Gas Tungsten Arc Welding (TIG) and Gas Metal Arc Welding (MIG).

Learn to weld stainless steel, aluminum and carbon steel, as well as how to cut ferrous and non-ferrous metal. Students must have taken Basic Welding or must provide proof of prior welding experience. This class is not for beginners. Students must provide his or her own helmet, safety glasses, and leather work boots (no sneakers are allowed in class).

Wednesdays: 5:30pm to 8:30pm

Oct. 15, 22, 29; Nov. 5, 12, 19;

Dec. 3, 10

Fee: \$199

Machining 1

This course is designed to familiarize participants with the basic operations of precision machining. Accommodations will be made for students who have little or no previous machining experience. Topics will include; Basic Shop Mathematics, Introduction to Blueprint Reading, and Precision Measurement. Students will have classroom instruction and hands on experience to prepare them for employment in the machining industry.

Tuesdays & Thursdays:

4:00pm to 7:00pm

Sept. 30; Oct. 2, 7, 9, 14, 16, 21, 23, 28, 30; Nov. 4, 6

Fee: \$199

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 and control and prevention. Upon successful completion of this course, participants will receive an OSHA Construction Safety and Health 10-Hour card. Please bring \$5 to class for your card.

Monday, Tuesday, & Wednesday:

5:00pm to 8:30pm

Oct. 20, 21, 22

Fee: \$79



Find us on
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www.facebook.com/herkimer.ce

Do you want to take or teach a course that's not offered? Contact us by phone or e-mail to let us know your suggestions!
315-866-0300 ext.8251
communityed@herkimer.edu

Professional Development

Microsoft Word

Learn the basics of one of the most common applications and how to use it in the workplace or at home. Students will be able to create, edit and save their own documents utilizing features like font styles, clip art and pictures, text boxes, formatting, mailings and much more!

Mondays & Wednesdays:

4:00pm to 6:00pm

Oct. 15, 20, 22, 27

Fee: \$69

Introduction to Microsoft Excel

Excel is quickly becoming an invaluable tool in today's working world. Join us in discovering how to easily create and edit professional spreadsheets, graphs, tables, and much, much more using the formulas and tools within the program.

Mondays & Wednesdays:

4:00pm to 6:00pm

Nov. 3, 5, 10, 12

Fee: \$69

Basic Computer Fundamentals Levels I, II, and III

This is an introductory series for beginning computer users. Level I is designed for those who have little or no prior knowledge of PC equipment or software. Level II is for those who have basic computer experience. Level III will enhance your computer skills by accessing drives, creating files and folders and downloading information.

Level I—Monday: 4:00pm to 6:00pm

Sept. 29

Level II—Wednesday:

4:00pm to 6:00pm

Oct. 1

Level III— Monday:

4:00pm to 6:00pm

Oct. 6

Fee: \$42 per class; \$120 for all levels

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, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies for victims 12 years and older. Successful students will receive a certificate for American Red Cross Adult First Aid/CPR/AED.

A—Friday: 9am to 4pm

Oct. 3

Fee: \$80

B— Saturday: 9am to 4pm

Oct. 25

Fee: \$80

Dynamic Public Speaking

Now more than ever business professionals need more than ever to be effective speakers and interview subjects. This course will share techniques for mastering this vital skill. Topics covered in the this course include eliminating destructive nervousness, organizing and writing your speech for maximum effectiveness, vocal tips and tricks, use of pauses and pacing to enhance retention, making learning styles work for you, building trust with your voice, non-verbal communication (including facial expression, body language and Gesture) and many others. Do yourself and your career a big favor and become a more dynamic speaker!

Thursdays: 6:30pm to 8:00pm

Oct. 2, 9, 16, 23, 30; Nov. 6

Fee: \$69

Professional Development

Who Do You Want to BE?

Entering or re-entering the workforce? Want a satisfying *Career* instead of a J-O-B? Join us to enhance life skills and unveil your unique values, priorities, gifts, traits and talents and see how you might package them to find and create a satisfying career. Participants are asked to bring journaling supplies and have an email address. Ages 18 and over.

Thursdays: 3:30pm to 5:00pm

Sept. 25; Oct. 9, 23; Nov. 6

Fee: \$59

Mastering the Mid-Life: From Crisis to Clear Sailing

Mid-Life is a time when we naturally feel uneasy and question our lives and ourselves more than ever. It can be a beautiful time of deeper meaning and joy instead of "crisis." How? Join us to learn and enhance life skills to step back, relax, gain a fresh perspective, clarify what's really going on, and create a map for what you might want your second half of life to be. Additional topics include: how to unplug from distractions, release preconceptions, meditation, self-inquiry, self-care, wisdom and new possibilities.

Thursdays: 7:00pm to 8:30pm

Sept. 25; Oct. 9, 23; Nov. 6

Fee: \$59

Fall Fest & Alumni Weekend 2014

October 3rd & 4th, 2014

For the complete schedule, please visit: www.herkimer.edu/fallfest
Activities will include, a Zombie run, wagon rides, caricatures, variety of games, antique car show and much, much more!

LeeAnne Krusemark

At-Home Workshops Thursday

Oct. 16, 2014

LeeAnne is an author, business owner and adjunct professor at more than 200 colleges from Maine to Hawaii including Purdue and an online instructor at more than 1,000 facilities worldwide including Harvard. For full descriptions & pricing of each workshop please visit our website at www.herkimer.edu/ce

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)

Personal Interest

Just Once Piano Workshop

In just a few hours you can learn enough secrets of the trade to provide years of musical enjoyment. While piano teachers focus on notes, piano professionals use chords. 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. Fee includes a workbook and practice CD.

Saturday: 9:00am to 12:00pm

Nov. 15

Fee: \$59

Just Once Guitar Workshop

This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Must have your own acoustic guitar. Class limited to 15 students for ages 13 and up. For more information go to our website: justonceclasses.com. Fee Includes a workbook and practice DVD.

Saturday: 1:00pm to 3:30pm

Nov. 15

Fee: \$59

Basic Irish Language

This course will introduce students to the basic conversational Irish (Gaelic) language.

Thursdays: 7:00pm to 8:30pm

Sept. 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20; Dec 4.

Fee: \$76

Mind Body and Healing

Learn to take control of your body's innate healing abilities through the power of your mind. You'll follow a step by step process to breaking down health barriers and starting your body on the path to health and healing.

Mondays: 6:00pm to 7:30pm

Nov. 3, 10, 17; Dec. 1

Fee: \$59

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 have 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.

Wednesday: 6:00pm to 8:00pm

Dec. 3

Fee: \$29

Hypnosis for Weight loss

Real weight loss begins and ends with eating properly. Learn the principles of the being able to respond to your appetite properly and to put an end to over-eating forever. Experience a light trance state and the power of focused concentration and relaxation.

Wednesday: 6:00pm to 8:00pm

Dec. 10

Fee: \$29

Personal Interest

Stress be Gone Hypnosis

Stress accounts for nearly 90% of illness and disease in America, along with over-eating, smoking, and other destructive addictions. Utilizing hypnosis, active meditation, and other techniques you can learn to control, reduce, and eliminate stress to live a better life.

Tuesdays: 6:00pm to 7:30pm

Sept. 30; Oct. 7, 14, 21

Fee: \$59

Unlimited You

A complete, immersive and easy-to-learn, easy to use method of utilizing the unused 90% of your mind. By learning this method, you can: Be at peace, get more things done in almost any situation, enhance your daily life using the power of your intuition, instantly eliminate bad habits, boost your creativity, even manifest the life of your dreams.

Thursdays: 6:00pm to 7:30pm

Oct. 2, 9, 16, 23

Fee: \$59

Basic Sign Language

This course will introduce students to deaf culture and how to communicate using hands, body, and eyes rather than your ears and mouth. Students will participate in games and exercises to help them learn signs and phrases. Book not included.

Tuesdays & Thursdays: 6:00pm to 7:30pm

Sept. 16, 18, 23, 25, 30; Oct. 2, 14, 16, 21, 23, 28, 30

Fee: \$99

What Is Probate? How and Why to Avoid It!

This course will explain the probate process, the needless costs and time delays of probate and planning a client's legal and financial affairs to avoid probate. Topics discussed will be: Why just having a will does not protect your assets from probate. The duties of an executor/executrix. What assets must go through probate. how to avoid your assets, including IRA's, Annuities and Life Insurance from going through probate and the negative asset protection consequences and loss of income tax benefits of those assets going through probate, how to avoid probate through the use of: forms of asset ownership, Powers of Attorney, Revocable Trusts, Irrevocable Trusts and Supplemental Needs Trusts for children with special needs.

Mondays: 6:00pm to 7:30pm

Oct. 20, 27; Nov. 3, 10, 17, 24

FREE!!!

Advanced Sign Language

Now that you've mastered the basics, take your skills to the next level! Classes will be targeted to the interests and abilities of the participants. Students will use games, videos, and conversation to learn these important skills.

Tuesdays & Thursdays: 6:00pm to 7:30pm

Nov. 13, 18, 20, 25; Dec. 2, 4, 9, 11, 16, 18, 20

Fee: \$99

Personal Interest

Coupon 101

Similar to the TLC show "*Extreme Couponing*", Jessica Jones has been able to save thousands of dollars in less than a year. Learn to understand coupons, store policies, how to maximize your savings and much more! You will receive handouts, full presentation, demonstrations, and Q & A.

A—Tuesday: 6:30pm to 8:30pm

Sept. 9

Fee: \$19

B—Wednesday: 6:30pm to 8:30pm

Sept. 10

Fee: \$19

C—Wednesday: 6:30pm to 8:30pm

Sept. 24

Fee: \$19

D—Thursday: 6:30pm to 8:30pm

Sept. 25

Fee: \$19

Knitting for Beginners

Learn the basics of knitting in this 6 weeks course. You will be taught how to knit, purl, cast on and bind off, and how to read and understanding knitting Instructions. You will also learn how to shape and finish a garment. Develop the skills needed to knit any project. Materials not included.

Tuesdays & Thursdays:

6:00pm to 8:00pm

Oct. 7, 9, 14, 16, 21, 23

Fee: \$59

Knitting: Beyond Basics

This class will cover methods such as casting on, binding off, working matched increases and decreases and how to fix or alter patterns and mistakes. Materials not included.

Tuesdays & Thursdays:

6:00pm to 8:00pm

Nov. 4, 6, 11, 13, 18, 20

Fee: \$59

Art Social

These one night painting classes lets aspiring artists come together to create wonderful artwork without any worries. Each artist will be supplied with paint, brushes, and stretched canvas to create their painting through step-by-step instruction.

Fridays: 5:30pm to 7:30pm

Sept. 19; Oct. 24; Nov. 21

Fee: \$19 per class

Rape Aggression Defense (R.A.D.) System

Rape Aggression Defense System is one of the best women's self defense course available. RAD is a program of realistic self-defense tactics and techniques. It is a comprehensive self defense course for women that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defensive training.

Saturday & Sunday: 9:00am to 3:00pm

Oct. 4, 5

Free!!!

Chasing Shadows 101

Taught by TV ghost hunting personalities, Chasing Shadows 101 is designed to provide an in depth look at the history of paranormal investigation, the Psychic approach, Paranormal Science, how to use equipment, how to conduct an investigation, evidence analysis, Spirit Photography and more. The class is designed to provide attendees with a strong foundation in paranormal investigation methods that can be used during the courses' two unique investigation opportunities.

Wednesday: 6:00pm to 8:00pm

Oct 8, 15, 22, 29; Nov. 5, 12, 19; Dec 3

Fee: \$89



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

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.



Fitness Center Memberships

Regular Hours:

Monday — Friday 6am to 8pm

Saturdays 8am to 12pm

Sundays 5pm to 9pm

Closed on holidays and subject to abbreviated hours during the summer and College breaks

Membership Fees:

Monthly—\$30

6 Months—\$110

Annual— \$200

**Pool use requires separate fee.*

Herkimer County Residents 70 years old and older are eligible for the HCCC Millennium Card. Contact us for details.

Open Swim

Regular Hours:

Monday — Friday 6am to 8 am

**Monday — Thursday 6:30pm—
8:00pm**

**Tuesday and Thursday 12:30pm—
1:30pm**

Closed on holidays and subject to abbreviated hours during the summer and College breaks

Pool Fees:

6 Month Pass— \$50

Annual Pass— \$100

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.

How to Register

Online:

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.

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.

Herkimer College
Community Education
100 Reservoir Road
Herkimer, NY 13350

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