

Herkimer College

Non-Credit Courses and Activities

Fall 2015



www.herkimer.edu/ce
315.866.0300 x-8251



Herkimer
THE STATE UNIVERSITY OF NEW YORK



Gentle Yoga

Instructor: Marchell Scarano

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

**Please bring a non-slip mat. Blanket and pillow are recommended.*

A - 9/10/15 - 10/15/15	
4:30 - 5:45 PM	Thursdays
\$54	Sessions: 6
B - 10/29/15 - 12/10/15	
4:30 - 5:45 PM	Thursdays
\$54	Sessions: 6
<i>*No Class 11/19 & 11/26</i>	

Yoga For All

Instructor: Marchell Scarano

This yoga class offers an introduction to pranayama (breathing technique), asanas (postures and poses) and savasana (meditative relaxation).

**Please bring a non-slip mat. Blanket and pillow are recommended.*

A - 09/08/15 - 10/13/15	
6:15 - 7:30 PM	Tuesdays
\$54	Sessions: 6
B - 10/27/15 - 12/15/15	
6:15 - 7:30 PM	Tuesdays
\$54	Sessions: 6
<i>* No class 11/17 & 11/24</i>	

Fitness Center Hours

Monday - Friday	6:00 AM - 8:00 PM
Saturdays	10:00 AM - 6:00 PM
Sundays	10:00 AM - 6:00 PM

Memberships Fees

Monthly	\$30
6 Months	\$110
Annual	\$200

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

Chisel

Instructor: Dawn Zitoli

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 - 9/9/15 - 10/14/15	
6:00 - 7:00 PM	Wednesdays
\$30	Sessions: 5
<i>*No Class 9/30</i>	
B - 10/28/15 - 12/9/15	
6:00 - 7:00 PM	Wednesdays
\$36	Sessions: 6
<i>*No Class 11/25</i>	

Interval Training

Instructor: Dawn Zitoli

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

A - 9/7/2015 - 10/12/15	
6:00 - 7:00 PM	Mondays
\$36	
<i>*No Class 9/28</i>	
B - 10/26/15 - 12/7/15	
6:00 - 7:00 PM	Mondays
\$36	Sessions: 6
<i>*No Class 11/23</i>	

Hoop Dance

Instructor: Carolyn LaSalle

Hoop dance 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. Unlike traditional "hula hooping," Hoop dance uses the hoop on all parts of the body – waist, hips, thighs, chest, neck, and arms.

A - 9/9/15 - 10/14/15	
4:00 - 5:00 PM	Wednesdays
\$36	Sessions: 6
B - 10/28/15 - 12/9/15	
4:00 - 5:00 PM	Wednesdays
\$36	Sessions: 6

Pilates

Instructor: Brenda Abrams

These exercises strengthen and tone muscles and provide flexibility and balance. Pilates was developed to create a healthy body, mind and life for all ages of individuals of all shapes and sizes.

A - 9/14/15 - 10/19/15

12:30 - 1:15 PM	Mondays
\$39	Sessions: 6

B - 9/10/15 - 10/15/15

12:30 - 1:15 PM	Thursdays
\$39	Sessions: 6

C - 10/29/15 - 12/10/15

12:30 - 1:15 PM	Thursdays
\$39	Sessions: 6

* No class 11/26

D - 11/2/15 - 12/7/15

12:30 - 1:15 PM	Mondays
\$33	Sessions: 5

Debunking Diet Myths

Instructor: Crystal Hein

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.

9/21/15

6:30 - 8:00 PM	Monday
\$19	Sessions: 1

Heart Healthy Eating

Instructor: Crystal Hein

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths is caused by heart disease. This educational session will inform you of the dangers and risk factors of heart disease and ways to prevent and treat it. A healthy diet and lifestyle is the best weapon against cardiovascular disease.

11/2/15

6:30 - 8:00 PM	Monday
\$19	Sessions: 1

Reading Nutritional Fact Labels

Instructor: Crystal Hein

This informative session will teach you the basics about nutrients (carbohydrates, fats, protein, vitamins and minerals) and other key label words (calories, percent daily value, cholesterol, sodium, sugars and trans fat). You will learn about food label claims (words like low, reduced, free and light). How you can make healthier food choices using a food label and how to decipher ingredient lists. This session is a must for anyone trying to make healthy choices for themselves or their family!

10/19/15

6:30 - 8:00 PM	Monday
\$19	Sessions: 1

Healthy Eating Over 50

Instructor: Crystal Hein

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.

11/30/15

6:30 - 8:00 PM	Monday
\$19	Sessions: 1

Open Swim

Monday - Friday	6:00 AM - 8:00 AM
Tuesdays & Thursdays	12:30 PM - 1:30 PM
Monday - Thursday	6:30 PM - 8:00 PM

Memberships Fees

10 visits	\$20
6 Months	\$50
Annual	\$100

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

Notary Public Seminar

Instructor: Victor Bujanow

This seminar prepares you for the New York State Notary Public Test and will provide you with a comprehensive view of the Notary Public Office. Confusing laws, concepts, and procedures will be clearly explained and clarified. Topics include conflict of interest, maintaining professional ethics, charging proper fees, special situations, when to defer to an attorney and minimizing legal liability.

10/19/15

6:00 - 9:00 PM

Monday

\$50

Sessions: 1

10-Hour OSHA Training

Instructor: Dominick Timpano

This course is intended to provide a variety of awareness trainings 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 fee of \$5 is due the night of the class for your card.

11/2/15 ,11/3/15, 11/4/15

5:30 - 9:00 PM

Monday—Wednesday

\$79

Sessions: 3

Introduction to Desktop Publishing

Desktop publishing will teach students how to work with different software to create visually effective product. During this course you will create a poster and pamphlet.

9/28/15 - 10/7/15

4:00 - 6:00 PM

Mondays/Wednesdays

\$69

Sessions: 4

Basic Computer Fundamentals Levels I, II and III

Instructor: Pam Gauthier

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 or who have taken Level I. Level III will enhance your computer skills by accessing drives, creating files and folders, and downloading information.

I - 10/19/15

4:00PM - 6:00 PM

Monday

\$19

Sessions: 1

II - 10/21/15

4:00PM - 6:00 PM

Wednesday

\$19

Sessions: 1

III - 10/26/15

4:00PM - 6:00 PM

Monday

\$19

Sessions: 1

Microsoft Word

Instructor: Pam Gauthier

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!

11/2/15 - 11/11/15

4:00 - 6:00 PM

Mondays/Wednesdays

\$69

Sessions: 4

Microsoft Excel

Formatting workbook text and data through the use of conditional formatting. Calculating data with formulas and functions and understanding when to use relative, absolute and mixed references.

11/30/15 - 12/9/15

4:00 - 6:00 PM

Mondays/Wednesdays

\$69

Sessions: 4

First Aid / CPR/ AED

Instructor: Kyle Roepnack
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 about 12 years and older. Successful students will receive a certificate for Adult First Aid/CPR/AED.

11/07/15

9:00 AM - 4:00 PM

Saturday

\$80

Sessions: 1

Dynamic Public Speaking

Instructor: Paul Boehlert
Now more then ever business professionals need to be effective speakers and interview subjects. This course will share techniques for mastering this vital skill. Topics covered in 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!

10/07/15 - 11/11/15

6:30 - 8:00 PM

Wednesdays

\$59

Sessions: 6

Register online
at
www.herkimer.edu/pay-ce

LeeAnne Krusemark Workshops
November 11, 2015

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

AT HOME STUDY:

Medical Terminology

9:00 - 10:00 AM

\$19

Seven Simple Secrets to Financial Freedom

11:00 AM - 1:00 PM

\$29

Self Publishing vs. Traditional Publishing: Which is best for you?

1:00 - 2:00 PM

\$19

Beginners Guide to Getting Published

2:00 - 4:00 PM

\$29

Meet the Publisher– Get Your ‘Manuscript Critiqued

4:00 - 5:00 PM

\$19

Earn Extra Money with a Mystery Shopping Business

5:00 - 6:00 PM

\$19

Cash in with a Successful Home-Based Business

6:00 - 8:00 PM

\$29

Make Money With a Typing/WP Business

8:00 - 9:00 PM

\$19

Community Education Professional Interest

What Is Probate? How and Why to Avoid It!

Instructor: D. Victor Pelligrino

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.

11/10/15 - 12/15/15

6:30 - 8:00 PM

Tuesdays

FREE!!

Sessions: 6

Speed Spanish

Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish! This 6 week online course is designed for anyone who wants to learn Spanish *pronto*. You'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

Online

\$89

New classes start each month



www.facebook.com/herkimer.ce

A to Z Grant writing

A to Z Grant Writing is an invigorating and informative course that will equip you with the skills and tools you need to enter the exciting field of grant writing! You'll learn how to raise needed funds by discovering how and where to look for potential funders who are a good match for your organization. You'll also learn how to network and develop true partnerships with a variety of funders, how to organize a successful grant-writing campaign, and how to put together a complete proposal package.

Online

\$89

New classes start each month

Fall Movie Series

Pitch Perfect 2

09/09/15

Anchorman 2

09/25/15

Minions

10/07/15

Unfriended

10/30/15

Southpaw

11/04/15

Zoolander

11/20/15

All movies are open to the public and start at 8:00 PM in the Sarkus Busch Theater

Discover Digital Photography

In this completely online 6 week class you will explore the broad overview of basic digital photography, including equipment, software, and practical uses. You'll discuss different types of digital cameras, from phones and tablets to digital SLRs, all of which offer a wide array of photographic options.

Online

\$89

New classes start each month

Herkimer College, Community Education: Call **315.866.0300 ext. 8251** to register today!

Community Education Personal Interest

Wilderness Navigation

Instructor: Michael Quinn

Learn basic wilderness navigation skills using a map and compass to find your way. These classes will teach you how to pinpoint your location through triangulation and then navigate to new locations by following bearing. Maps and compasses are provided, but you can bring your own if you prefer.

09/29/15, 10/01/15, 10/03/2015

6:00 - 9:00 PM Tuesday/ Thursday

9:00 AM - 12:00 PM Saturday

\$39 Sessions: 3

Basic Sign Language

Instructor: Debra Pardi

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.

10/13/15 - 11/12/15

6:00 - 7:30 PM Tuesdays/Thursdays

\$99 Sessions: 10

Advanced Sign Language

Instructor: Debra Pardi

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.

11/17/15 - 12/17/15

6:00 - 7:30 PM Tuesdays/Thursdays

\$79 Sessions: 8

Just Once Guitar Workshop

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

10/17/15

1:00 - 3:30 PM

Saturday

\$59

Sessions: 1

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. Fee includes a workbook and practice CD.

10/17/15

9:00 AM - 12:00 PM

Saturday

\$59

Sessions: 1

Are you interested in taking or teaching a course that is not offered?

Contact us with your suggestions!

315.866.0300 ext. 8251

communityed@herkimer.edu

Basic Irish Language

Instructor: Tom Malley

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

09/29/15 - 12/08/15

7:00 - 8:30 PM

Tuesdays

\$69

Sessions: 10

Basic Irish Poetry

Instructor: Tom Malley

This course will introduce participants to both contemporary and traditional Irish poetry.

10/1/15 - 11/05/15

7:00 - 8:30 PM

Thursdays

\$39

Sessions: 6

Protect your Assets From Nursing Home and Uncovered Medical Expenses

Instructor: D. Victor Pelligrino

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.

09/29/15 - 11/3/15

6:30 - 8:00 PM

Tuesdays

FREE!!

Sessions: 6

Chasing Shadows 101

Instructor: NY Shadow Chasers

Join the New York Shadow Chasers and learn how to investigate the paranormal. You'll learn up-to-date investigative technology, history, ethics, and experience paranormal investigations. The class will participate in a paranormal investigation.

9/25/15 - 11/13/15

6:00 - 8:00 PM

Fridays

\$89

Sessions: 8

Laws of Attraction: Become a Miracle Magnet

Instructor: Eric Price

Learn the "Secret" to the Law of Attraction and how to apply it. Transform your life with the power of your thoughts. Attract health, prosperity, better relationships and manifest the life of your dreams. Discover how to implement daily difference-making habits into your life.

9/21/15 - 10/12/15

7:00 - 8:30pm

Monday

\$49

Sessions: 4

Tap Into It: Techniques for Mind & Body

Instructor: Eric Price

Learn a simple, life-changing process using just your fingertips to touch and tap into your body's own power points to heal and relieve physical issues and conditions, chronic pain, stress and emotional issues quickly, easily and effectively. Tapping works where nothing else does. Come learn this powerful mind-body miracle-making therapy.

9/29/15 - 10/20/15

7:00 - 8:30 PM

Tuesdays

\$49

Sessions: 4

Magnificent You

Instructor: Eric Price

Discover the untapped power and resources within you that can literally transform your body, your health, your relationships your life and achieve limitless success. Transcend your personal limitations and begin to live the life you were meant to live and truly be a MAGNIFICENT YOU!

10/26/15 - 11/16/15

7:00 - 8:30 PM

Mondays

\$49

Sessions: 4

Body Sculpt Hypnosis

Instructor: Eric Price

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.

10/28/15 - 11/18/15

7:00 PM - 8:30 PM

Wednesdays

\$49

Sessions: 4

Gastric Bypass: Better Health through Hypnosis

Instructor: Eric Price

Lose weight and alter your lifestyle utilizing the powerful, non-invasive, yet overwhelmingly effective method of virtual Gastric Lap Band procedure. Attain the feeling of feeling full faster, making healthier food choices, and achieving your weight loss goals with no actual surgery and no risks, but all of the benefits.

11/5/15

6:00 - 8:00 PM

Thursday

\$19

Sessions: 1

Smoking Cessation: Better Health Through Hypnosis

Instructor: Eric Price

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 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.

11/12/15

6:00 - 8:00 PM

Thursday

\$19

Sessions: 1

Magic from Within; Discover Your Spirit Guide

Instructor: Eric Price

This course is a course of discovery. In a step by step process you can learn to connect with higher knowledge, guidance, love and healing that can truly change your life. Unlock intuition, connect with higher guidance, attain personal enlightenment and open your mind to this wonderful world of opportunities. Your life may never be the same!

11/30/15 - 12/21/15

7:00 - 8:30 PM

Mondays

\$49

Sessions: 4

Fall Fest & Alumni Weekend 2015 October 2nd & 3rd, 2015

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!



Learn More

Hundreds of online courses with expert instructors!
All can be taken from the convenience of your home or office.
New classes start each month.
www.ed2go.com/herkimer

Web Design

Creating Web Pages

Learn the basics of HTML so you can design, create and post your own site on the web.

Designing Effective Websites

Learn powerful graphic design techniques and build web sites that are both attractive and effective.

Computer Fundamentals

Introduction to Microsoft Excel

Become proficient in using Excel and discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently.

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

Healthcare

HIPAA Compliance

We'll focus specifically on the Administrative Simplification portion of HIPAA, ARRA, and HITECH, starting by defining the lingo of HIPAA, ARRA, and HITECH and identifying the important players. Then we'll cover transactions, code sets, and identifiers, which are all key elements in electronic health care transmissions.

Business & Career

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting and more.

A to Z Grant Writing

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

Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

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 Hours

Monday - Friday	6:00 AM - 8:00 PM
Saturdays	10:00 AM - 6:00 PM
Sundays	10:00 AM - 6:00 PM

Memberships Fees

Monthly	\$30
6 Months	\$110
Annual	\$200

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

**Pool use requires separate fee.*

Open Swim

Monday - Friday	6:00 AM - 8:00 AM
Tuesdays & Thursdays	12:30 PM - 1:30 PM
Monday - Thursday	6:30 PM - 8:00 PM

Memberships Fees

10 visits	\$20
6 Months	\$50
Annual	\$100

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

Herkimer County Residents 70 years old and older are eligible for the Herkimer College Millennium Card.

Contact us for details.

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 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.

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

Register Today! Contact Information:

Name _____ Home Phone () _____
Address _____ Cell Phone () _____
City _____ Zip _____ Email _____

Course Information:

Course Name _____ Section (if applicable) _____ Fee \$ _____

Payment Information:

Check: Number _____ Total Amount of Check \$ _____
Charge: ☐ MasterCard ☐ Visa ☐ Amex ☐ Discover Total Amount to Charge Credit Card \$ _____
Credit Card Number _____ - - - - - Expiration Date _____
Signature for Credit Card Only _____

**Make checks payable to Herkimer College*

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