

Herkimer College

Non-Credit Courses and Activities

Spring 2017



www.herkimer.edu/ce
315.574.4003



Herkimer
THE STATE UNIVERSITY OF NEW YORK



Community Education Health and Wellness

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 - 1/5/17 - 2/9/17

4:30 - 5:45 PM Thursdays
\$54 Sessions: 6

B - 2/23/17 - 3/30/17

4:30 - 5:45 PM Thursdays
\$54 Sessions: 6

C - 4/13/17 - 5/18/17

4:30 - 5:45 PM Thursdays
\$54 Sessions: 6

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 - 1/3/17 - 2/7/17

6:15 - 7:30 PM Tuesdays
\$54 Sessions: 6

B - 2/21/17 - 3/28/17

6:15 - 7:30 PM Tuesdays
\$54 Sessions: 6

C - 4/11/17 - 5/16/17

6:15 - 7:30 PM Tuesdays
\$54 Sessions: 6

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

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 - 1/4/17 - 2/8/17

6:00 - 7:00 PM Wednesdays
\$36 Sessions: 6

B - 2/22/17 - 3/29/17

6:00 - 7:00 PM Wednesdays
\$36 Sessions: 6

C - 4/12/17 - 5/17/17

6:00 - 7:00 PM Wednesdays
\$36 Sessions: 6

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 - 1/9/17 - 2/13/17

6:00 - 7:00 PM Mondays
\$30 Sessions: 5
No class 1/16

B - 2/27/17 - 4/3/17

6:00 - 7:00 PM Mondays
\$36 Sessions: 6

C - 4/17/17 - 5/22/17

6:00 - 7:00 PM Mondays
\$36 Sessions: 6

Fitness Center Hours

Monday - Friday	6:00 AM - 8:00 PM
Saturdays	12:00 AM - 8:00 PM
Sunday	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

Pilates

Instructor: Brenda Abrams

These exercises strengthen and tone muscles along with providing 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 - 1/9/17 - 2/13/17

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

B - 1/4/17 - 2/8/17

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

C - 2/27/17 - 4/3/17

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

D - 2/22/17 - 3/29/17

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

E - 4/17/17 - 5/22/17

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

F - 4/12/17 - 5/17/17

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

Aqua Pilates

Instructor: Brenda Abrams

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 the low-impact format, this class is suitable for every age and fitness level, from beginning exercisers through elite athletes. Please bring your own noodle. Classes will be held every other Saturday.

A - 1/7/17 - 3/25/17

9:00 - 10:00 AM Saturdays
Sessions: 6
\$39

B - 4/8/17 - 5/27/17

9:00 - 10:00 AM Saturdays
Sessions: 4
\$26

Put Your Best Fork Forward

Instructor: Crystal Hein

March is National Nutrition Month®, this year's theme is "Put Your Best For Forward". Our Registered Dietitian will discuss how each one of us hold the tools to make healthier food choices. Making small changes during National Nutrition Month® and over time, will improve health now and into the future. You will learn about realistic and easy ways to make informed food choices and develop long term healthy eating and physical activity habits.

3/23/17

6:30 - 8:00 PM Thursday
Sessions: 1
\$15

Lap Swim

Instructor: Vicki Brown

If you have ever wanted to improve your swim stroke, this course is for you. Participants will be given both group and individual instruction to help improve their swim stroke, endurance, and the understanding of swimming.

A - 3/13/17 - 3/16/17

5:00 - 6:30 PM Monday - Thursday
Sessions: 4
\$60

B - 4/17/17 - 4/20/17

5:00 - 6:30 PM Monday - Thursday
Sessions: 4
\$60

C - 5/15/17 - 5/18/17

5:00 - 6:30 PM Monday - Thursday
Sessions: 4
\$60

SIGN UP TODAY

— For a Health & Wellness class! —

Insurance Personal Lines Agents / Brokers Licensing

This is a concentrated Insurance Personal Lines Course that State law requires to become a licensed Personal Lines Agent or Broker. Upon successful completion of this course and the state exam, you may apply for a Personal Lines license to act as an insurance agent or broker in the State of New York. Topics of program include: Introduction to Personal Property & Casualty Insurance, NYS and Federal Insurance Laws & Regulations, Insurance Basics & General Insurance, Policy Structure & Common Policy Provisions, Dwelling, National Flood Insurance Program, Personal Watercraft, Personal Umbrella, NY property Insurance Underwriting Association, Homeowners, Auto, Excess Line, Terrorism Risk Insurance Act and other Personal Lines policies and forms including glossary review and practice tests to prepare for the state exam. Additional book required. No class February 23.

2/9/17 - 2/24/17

5:00 - 10:00 PM Thursdays/Fridays

9:00 AM - 6:00 PM Saturdays

\$450 (textbook not included) Sessions: 7

Licensed Practical Nurse Program

The Licensed Practical Nurse Program is a certificate program designed to prepare individuals to take the New York State Licensing Examination for Practical Nurses. Classes are offered on a full-time or part-time days/evenings and weekend basis. Students must supply books, uniforms, shoes, watch, etc. Financial aid is available to most students. Individuals are accepted for these programs via an application, qualifying exam and interview, for which there is a nonrefundable \$50 application fee. Call Boces for (315) 867-2210 for details!

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 - 1/17/17

3:30 - 5:30 PM

Tuesday

\$19

Sessions: 1

II - 1/19/17

3:30 - 5:30 PM

Thursday

\$19

Sessions: 1

III - 1/24/17

3:30 - 5:30 PM

Tuesday

\$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!

5/16/17 - 5/25/17

4:00 - 6:00 PM

Tuesdays/Thursdays

\$69

Sessions: 4

Microsoft Excel

Instructor: Pam Gauthier

Format 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.

5/30/17 - 6/8/17

4:00 - 6:00 PM

Tuesdays/Thursdays

\$69

Sessions: 4

Community Education Professional Development

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.

5/6/17

9:00 AM - 4:00 PM

Saturday

\$80

Sessions: 1

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 minimalizing legal liability.

A - 2/16/17

12:00– 4:00 PM

Thursday

\$50

Sessions: 1

B - 4/28/17

9:00 AM – 1:00 PM

Friday

\$50

Sessions: 1

Intro to QuickBooks 2016

Learn to manage the financial aspects of your small business quickly and efficiently with this powerful accounting software program. QuickBooks is designed especially for the small to midsized business owner who enjoys Quickens ease of use but prefers a more traditional approach to accounting.

Online

\$89

New classes start each month

Dynamic Public Speaking

Instructor: Paul Boehlert

Business professionals need more than ever to be effective speakers and interview subjects, and this course will share techniques for mastering this vital skill. Topics covered in this course will 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. Students should plan to speak at every class, and bring their own short talks after the first class meetings (length and subject will be assigned the week before). Do yourself and your career a big favor and become a more dynamic speaker.

2/6/17 - 3/20/17

6:30 - 8:00 PM

Mondays

\$59

Sessions: 6

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.

A - 1/10/17 - 1/12/17

5:30 - 9:00 PM

Tuesday - Thursday

\$79

Sessions: 3

B - 5/10/17 - 5/12/17

5:30 - 9:00 PM

Wednesday - Friday

\$79

Sessions: 3

Register on-line: www.herkimer.edu/pay-ce (All major credit cards accepted)

Community Education Personal Interest

Basic Welding

Instructor: Adam Spato

This introductory course will teach you safety, oxyacetylene (Brazing & 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 their own helmet, safety glasses and leather work boots. No sneakers are allowed in class. All other materials and supplies included in fee. This class is held at Herkimer Boces.

1/30/17 - 3/27/17

5:30 - 8:30 PM

Mondays

\$199

Sessions: 8

Intermediate Welding

Instructor: Adam Spato

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. Also, learn to cut ferrous and nonferrous metal. Students must have taken Basic Welding or must provide proof of prior welding experience, no beginners please. Students must provide their own helmet, safety glasses and leather work boots. No sneakers are allowed in class. This class is held at Herkimer Boces.

2/1/17 - 3/29/17

5:30 - 8:30 PM

Wednesdays

\$199

Sessions: 8

Techniques of Storytelling

Instructor: Paul Boehlert

Tap into the great oral traditions with this fun and informative class, which teaches participants how to tell personal, family and classic tales for any occasion. You'll learn how to recover memories of long-ago events, conquer nervousness and stage fright, mimic character voices and other skills to become a spellbinding storyteller.

2/15/17 - 3/8/17

5:30 - 8:30 PM

Wednesdays

\$39

Sessions: 4

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 a 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 IRA'S and annuities while avoiding the needless cost and delay of probate. Each class will cover a different section of the given topic. Attend any or all of the classes.

A - 1/10/17 - 2/14/17

6:30 - 8:00 PM

Tuesdays

FREE!!

Sessions: 6

B - 4/11/17 - 5/23/17

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.

4/7/17 - 5/26/17

6:00 - 8:00 PM

Fridays

\$89

Sessions: 8

Herkimer College, Community Education: Call **315.574.4003** to Register Today!

Backyard Chickens

Instructor: Tabitha Carter

This workshop will cover the basics of backyard chickens including determining whether or not permits are required in your area, choosing suitable varieties, raising chicks, coop and run requirements, feed and nutrition, predators, cold-climate care, chickens in the garden, and waste management.

1/28/17

10:00 AM - 12:00 PM

Saturday

\$19

Sessions: 1

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. Required Book: The Joy of Signing Third Edition and The Joy of Singing Puzzle Book. Book not included.

3/21/17 - 4/20/17

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. Required Book: The Joy of Signing Third Edition and The Joy of Singing Puzzle Book. Book not included.

5/2/17 - 5/25/17

6:00 - 7:30 PM

Tuesdays/Thursday

\$79

Sessions: 8

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.

4/4/17

Tuesday

6:00 - 9:00 PM

4/6/17

Thursday

6:00 - 9:00 PM

4/8/17

Saturday

9:00 AM - 12:00 PM

\$39

Sessions: 3

Understanding Student Loans

Instructor: Laura Courage

This practical course is designed to help attendees create a real-life plan for dealing with their student loans. The first session will cover general information about federal and private student loans and the basic differences between them, and more importantly, how to understand one's own loans and find routes toward reasonable payments and a resolution of problems. With a focus on areas of specific concern to attendees, the class will cover the information gathering critical to knowing one's loans, what repayment plans and types of discharges and loan forgiveness programs might be available, and what to watch out for and avoid. For the second session, the instructors will work with each attendee individually in staggered time slots to forge a plan that addresses each specific student loan situation.

1/25/17 - 2/1/17

7:00 - 8:30 PM

Wednesdays

\$19

Sessions: 2

What Is Probate? How and Why to Avoid It!

Instructor: D. Victor Pelligrino

This course will explain the probate process and 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.

2/28/17 - 4/4/17

6:30 - 8:00 PM

Tuesdays

FREE!!

Sessions: 6

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.

3/20/17

1:00 - 3:30 PM

Monday

\$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. Beginners can download a free pamphlet on reading the treble clef on our website justonceclasses.com. Fee includes a workbook and practice CD.

3/6/17

9:00 AM - 12:00 PM

Monday

\$59

Sessions: 1

Tap Away the Pounds

Instructor: Eric Price

Increase confidence, stress less, and melt away inches as you chisel away everything that is unimportant as you gain insight into you and the you of your dreams. This program uses EFT and Temporal Tapping. You will use your fingertips to tap on various points on your face and body to unleash unlimited potential.

2/13/17 - 3/20/17

6:00 - 7:00 PM

Mondays

\$39

Sessions: 6

Basic Irish Language

Instructor: Tom Malley

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

3/22/17 - 5/24/17

7:00 - 8:30 PM

Wednesdays

\$89

Sessions: 10

Weight Loss: Better Health Through Hypnosis

Instructor: Eric Price

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

1/11/17

6:00 - 8:00 PM

Wednesday

\$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.

1/18/17

6:00 - 8:00 PM

Wednesday

\$19

Sessions: 1

Transformation Medication

Instructor: Eric Price

Transform your mind, transform your relationships, and transform your life! This course will help you increase your understanding and knowledge of yourself, provide you with inspiration and guide you to a higher sense of profound mental, emotional and spiritual wellbeing. We will utilize breathing techniques and guided meditations to truly take us within so we can truly transform.

1/24/17 - 2/14/17

6:30 - 8:00 PM

Tuesdays

\$45

Sessions: 4

You Are Your Own Creator

Instructor: Eric Price

What if you could rebuild and reconstruct yourself from the inside out? What if you could release and eliminate blockages and obstacles to make the changes you have always longed to make for yourself? This course will provide you with not only the blueprint, but the tools, and will guide you on your journey to self discovery and the creation of a whole new you!

2/23/17 - 3/16/17

6:30 - 8:00 PM

Thursdays

\$45

Sessions: 4

Manifest Miracles

Instructor: Eric Price

Whether you want to manifest miracles in your health, your wealth or your relationships, or manifest miracles in your prosperity in any area of your life you can. This course will teach you the simple steps to attain, achieve, be or become anything that you would like! Learn specific strategies for attaining your goals and accomplishing your wildest dreams!

3/30/17 - 4/20/17

6:00 - 8:00 PM

Thursdays

\$49

Sessions: 4

Unlock Your Super Powers

Instructor: Eric Price

Become a six sensory being and live an empowered life! You already possess super powers. Learn to unlock them and live a life of peace and empowerment without stress, anxiety, and physical woes. Unlock your imagination, cultivate your intuition, and unwind the meditation.

4/3/17 - 5/8/17

7:00 - 8:00 PM

Mondays

\$39

Sessions: 6



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

Cisco® CCNA® Certification Training with voucher

The Cisco CCNA Online Training Program will give you the essential knowledge to install, configure, operate, and troubleshoot medium-size routed and switched networks while preparing you for the 100-101 ICND1 and 200-101 ICND2 Cisco exams or the single 200-120 CCNA exam.

Classes Start Monthly	Online
\$2,195	150 hours

CBCS Administrative Medical Specialist with Medical Billing and Coding + Medical Terminology Voucher Included

This nationally recognized program combines the Administrative Medical Specialist program with training in medical billing and coding and medical terminology to give you a competitive edge in the healthcare field.

Classes Start Monthly	Online
\$2,495	360 hours

CompTIA A+, Network+, Security+ Certification Training with vouchers

CompTIA™ Certification Training: A+, Network+, Security+ provides a comprehensive foundation for IT professionals, incorporating CompTIA™ A+, CompTIA™ Network+, and CompTIA™ Security+ specific training, and prepares you for the corresponding industry exams that are desirable for IT professionals.

Classes Start Monthly	Online
\$3,995	420 hours

CBCS Medical Billing and Coding + Medical Terminology with voucher

This nationally recognized program combines the Medical Billing and Coding program with 60 hours of medical terminology training to give you a competitive edge in the healthcare field.

Classes Start Monthly	Online
\$1,995	300 hours

CPC Administrative Medical Specialist with Medical Billing and Coding + Medical Terminology

This Administrative Medical Specialist program with training in medical billing and coding will give you a competitive edge in the healthcare field.

Classes Start Monthly	Online
\$2,995	360 hours

Join us for **Open House!** It's a great way to learn about our programs and services, meet faculty and students, tour the campus and get answers to all your questions.

Saturday, March 25, 2017

www.Herkimer.edu/openhouse

Ranked among the top 150 community colleges in the nation.

- The Aspen Institute

Ranked second best community college in New York State for accreditation, affordability, academic quality and student satisfaction.

- EDsmart.org

Recognized as one of the most affordable online accredited colleges in the nation.

- OnlineU

Ranked second best community college in New York State.

- Schools.com

Recipient of the 2016 Institutional Achievement Award for effective use of technology in teaching and leaning.

- National University Technology Network

Register Today! Herkimer College Community Education - 100 Reservoir Rd., Herkimer, NY 13350

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*

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. Please call the office of Community Education for information on pre-registration dates. Refund requests can be made directly to the Office of Community Education by contacting: (315) 574.4003.
 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.

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

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