

Spring 2018



Herkimer College

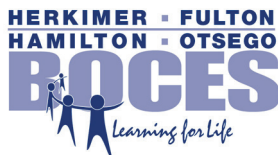
herkimer.edu/ce



Non-Credit
Courses & Activities
315.574.4003



Herkimer
THE STATE UNIVERSITY OF NEW YORK



Community Education Work-Life Balance

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.

*

A - 1/11/18 - 2/15/18 Thursdays
4:30 PM - 5:45 PM Sessions: 6
\$54 PE 218

B - 3/1/18 - 4/5/18 Thursdays
4:30 PM - 5:45 PM Sessions: 6
\$54 PE 218

C - 4/19/18 - 5/24/18 Thursdays
4:30 PM - 5:45 PM Sessions: 6
\$54 PE 218

Yoga For All

Instructor: Marchell Scarano

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

*

A - 1/9/18 - 2/13/18 Tuesdays
6:15 PM - 7:30 PM Sessions: 6
\$54 PE 218

B - 2/27/18 - 4/3/18 Tuesdays
6:15 PM - 7:30 PM Sessions: 6
\$54 PE 218

C - 4/17/18 - 5/22/18 Tuesdays
6:15 PM - 7:30 PM Sessions: 6
\$54 PE 218

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

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 - 1/8/18 - 2/26/18 Mondays
12:30 PM - 1:15 PM Sessions: 6
\$39 PE 218
No class 1/15 & 2/19

B - 1/10/18 - 2/14/18 Wednesdays
12:30 PM - 1:15 PM Sessions: 6
\$39 PE 218

C - 3/12/18 - 4/16/18 Mondays
12:30 PM - 1:15 PM Sessions: 6
\$39 PE 218

D - 2/28/18 - 4/4/18 Wednesdays
12:30 PM - 1:15 PM Sessions: 6
\$39 PE 218

E - 4/30/18 - 6/4/18 Mondays
12:30 PM - 1:15 PM Sessions: 5
\$33 PE 218
No class 5/28

F - 4/18/18 - 5/23/18 Wednesdays
12:30 PM - 1:15 PM Sessions: 6
\$39 PE 218

Lap Swim With Instruction

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 - 4/9/18 - 4/12/18 Monday - Thursday
5:00 PM - 6:15 PM Sessions: 4
\$39 Cristman Pool

B - 4/23/18 - 4/26/18 Monday - Thursday
6:45 AM - 8:00 AM Sessions: 4
\$39 Cristman Pool

Community Education Work-Life Balance

Aqua Pilates

Instructor: Brenda Abrams

Jump right into our aqua classes and build cardio-vascular 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 though elite athletes. Please bring your own noodle.

A - 2/3/18 - 3/3/18Saturdays

| | |
|---------------------|---------------|
| 10:30 AM - 11:30 AM | Sessions: 5 |
| \$33 | Cristman Pool |

B - 3/24/18 - 4/28/18

| | |
|---------------------|---------------|
| Saturdays | Sessions: 6 |
| 10:30 AM - 11:30 AM | Cristman Pool |
| \$39 | |

Gentle Yoga Morning Edition

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. The class will use chairs and blocks to help participants gain strength and flexibility.

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

A - 3/12/18 - 4/16/18

| | |
|--------------------|-------------|
| Mondays | Sessions: 6 |
| 9:00 AM - 10:15 AM | PE 218 |
| \$54 | |

B - 4/30/18 - 6/4/18

| | |
|--------------------|------------|
| Mondays | Session: 5 |
| 9:00 AM - 10:15 AM | PE 218 |
| \$45 | |
| No class 5/28 | |

Go Further With Food

Instructor: Crystal Hein

March is National Nutrition Month® this year's theme is "Go Further with Food". If you want to starting the day off right with a healthy breakfast, fueling your body before an athletic event, the foods you choose will make a difference in how you feel and perform. The class will discuss the benefits healthy eating habits offer and how to manage food resources at home while saving money and cutting back on food waste.

3/6/18

| | |
|-------------------|-------------|
| Tuesday | Sessions: 1 |
| 6:30 PM - 8:00 PM | RMCC 295 |
| \$15 | |

Dementia Conversations

Instructor: Alzheimer's Association

Dementia Conversations is not a traditional dementia education program. Rather than teach about the changes that come with an Alzheimer's or dementia diagnosis, this program focuses on how family members and friends can have effective conversations with someone who either has Alzheimer's or other form of dementia, or shows signs of cognitive decline. The program provides strategies to discuss obtaining a diagnosis, driving, and legal and financial matters. This interactive workshop features videos of people with Alzheimer's disease and leading experts sharing tips on how to have these chats.

5/9/18

| | |
|------------------|-------------|
| Wednesday | Sessions: 1 |
| 5:00 PM- 6:00 PM | RMCC 288 |
| FREE!! | |

Community Education Professional Development

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.

5/4/18

12:00 PM - 4:00 PM

\$50

Friday

Sessions: 1

RMCC 295

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 - 5/15/18

3:30 PM - 5:30 PM

\$19

Tuesday

Sessions: 1

RMCC 294

II - 5/17/18

3:30 PM - 5:30 PM

\$19

Thursday

Sessions: 1

RMCC 294

III - 5/22/18

3:30 PM - 5:30 PM

\$19

Tuesday

Sessions: 1

RMCC 294

Facebook for Business

Instructor: Kim Tranter

Facebook continues to be the most widely used social media platform with 79 percent of American internet users. Is your business maximizing the opportunities presented by Facebook to get your message out there? Facebook is not the only important site for your business. In fact, there are other sites more important! In this class we'll explore and learn about what Facebook can do for your business as well as the importance of getting your business name on the map with minimal time requirements for you. You will leave class with a clear understanding and focus on what you need to do as well as with a written guide on how to get there.

5/2/18

6:30 PM - 8:30 PM

\$19

Wednesday

Sessions: 1

RMCC 294

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

Community Education Professional Development

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.

| | |
|--------------------------|----------------|
| 1/29/18 - 3/26/18 | Mondays |
| 5:30 PM - 8:30 PM | Sessions:8 |
| \$199 | Herkimer Boces |
| No Class 2/19 | |

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.

| | |
|-------------------|-------------|
| 5/19/18 | Saturday |
| 9:00 AM - 4:00 PM | Sessions: 1 |
| \$80 | PE 123 |

Lead Renovator Initial

Instructor: Gene Allen

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

| | |
|--------------------|-------------|
| A - 1/13/18 | Saturday |
| 8:15 AM - 5:15 PM | Sessions: 1 |
| \$195 | RMCC 282 |
| B - 3/24/18 | Saturday |
| 8:15 AM - 5:15 PM | Sessions: 1 |
| \$195 | RMCC 282 |

Lead Renovator Refresher

Instructor: Gene Allen

This 4 hour course is designed for renovators who are need to meet the USEPA requirements for a refresher training every 5 years. The class will include the latest developments in the lead hazard control and updates on regulations and industry standards.

| | |
|--------------------|-------------|
| 4/14/18 | Saturday |
| 8:15 AM - 12:15 PM | Sessions: 1 |
| \$135 | RMCC 282 |

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.

| | |
|------------------------|-------------|
| 4/3/18 - 5/3/18 | Tues/Thurs |
| 6:00 PM - 7:30 PM | Sessions:10 |
| \$99 | RMCC 282 |

Community Education Work-Life Balance

Earthly Dyes for Heavenly Hair

Instructor: Christine Shahin

This empowering, hands-on course will share the tips, tricks, and wisdom gleaned from years of exploring ancient hair coloring herbs and tweaking techniques for contemporary use. The course is appropriate for those wishing to color their own or another's hair safely, effectively, and beautifully. This valuable information supports healthier options for those that need or wish to live more plant-based lives. (Please note that a license in cosmetology is not required to work with these herbal hair colorants.) Participants will also receive a top-quality four-pack of the most common herbs used for an interactive natural hair-coloring experience, plus a free copy of the book, for ongoing reference and inspiration.

Online

\$99

TBA

Introduction to SQL

In this course, you'll learn about the basic structure of relational databases and how to read and write simple and complex SQL statements and advanced data manipulation techniques. By the end of this course, you'll have a solid working knowledge of structured query language. You'll feel confident in your ability to write SQL queries to create tables; retrieve data from single or multiple tables; delete, insert, and update data in a database; and gather significant statistics from data stored in a database.

Online

\$99

New classes start each month

Estate Planning

Instructor: D. Victor Pelligrino

This course will cover the estate planning process from the beginner right up to the advanced planner. The course will cover Medicaid, probate and tax planning, wills, trusts, special needs planning, life insurance, annuities, IRAs, 401Ks, and deferred compensation plans. A question and answer period will be provided each week to allow students to ask questions that fit their specific needs. Please feel free to attend any or all of the classes.

4/3/18 - 5/22/18

6:30 PM - 8:00 PM

FREE!!

Tuesdays

Sessions: 8

RMCC 288

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.

1/31/18

6:00 PM- 8:00 PM

\$19

Wednesday

Session: 1

RMCC 295

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.

1/27/18

10:00 AM - 12:00 PM

\$19

Saturday

Sessions: 1

RMCC 294

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.

1/24/18

6:00 PM - 8:00 PM

\$19

Wednesday

Sessions: 1

RMCC 95

Transformation Meditation

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.

4/3/18 - 4/24/18

6:30 PM - 8:00 PM

\$45

Tuesday

Sessions: 4

RMCC 295

New York State DMV Approved Empire Safety Council Accident Prevention Workshop

Each Student will receive and updated NYS SMV Driver's Manual and temporary course completion certificate in this classroom course about crash avoidances techniques. Students qualify for a reduction of up to 4 points from their driving records for Violations received during the 18 months prior to completion of this course. Students passing this course also become eligible for a minimum insurance reduction of 10% for 3 years in the base rate of liability, Personal Injury Protection (no-Fault) and collision premiums. All principal vehicle operators are eligible including: all drivers, regardless of violation accident records, senior citizens and motorcycle drivers. There is no formal testing. This program is recognized by all NYS Insurance companies.

A - 4/28/18

6:30 PM - 8:00 PM

\$45

Saturday

Sessions: 1

RMCC 282

Writing Essentials

Master the essentials of writing, and become the stellar wordsmith you always wanted to be! In this course, you'll develop the skills you need to excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

Online

\$99

New classes start each month

Community Education Professional Development

Digital Marketing Suite

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. You'll learn how search engine optimization (SEO) works and how to track your site's performance using Web analytics. You'll understand how to use online advertising, email marketing, and social media (including blogs) to drive business to your Web site. Finally, you'll learn how to keep your visitors coming back again and again!

Online

\$261

New classes start each month

Secrets of Better Photography

Master your digital camera and learn the secrets behind outstanding photos! You will learn how to use it the way you want to in this hands-on course! You'll see how to choose the best photographic equipment for you and how to compose images with style. Exposure topics like aperture, shutter speed, metering, and ISO settings will all make sense as we break them down into simple concepts

Online

\$99

New classes start each month

Accounting Fundamentals

If you're interested in increasing your financial awareness while also gaining a marketable skill, this course is for you. You'll learn the basics of double-entry bookkeeping, as well as how to analyze and record financial transactions. You'll get hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities.

Online

\$99

New classes start each month

An Introduction to Voiceovers (Getting Started in Voice Acting)

This fun and empowering 90 minute one-on-one introductory workshop covers the different types of voiceovers and what tools are needed to find success. You'll be coached as you read a script, and be recorded so you can receive a professional voice evaluation later. You'll have the knowledge necessary to help you decide if this is something you'd like to pursue. Check out the video at: <http://www.voicesforall.com/ooo> to get a better sense of how the class works. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All.

One-on-one Online Class

\$49

New classes start each month

Intro to QuickBooks

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 mid-sized business owner who enjoys Quicken's ease of use but prefers a more traditional approach to accounting.

Online

\$99

New classes start each month

SAT/ACT Preparation - Part 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

\$89

New classes start each month

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



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
\$2,195

Online
150 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
\$3,995

Online
420 hours

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

**Contact us with your
Suggestions!
315-574-4003**

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
\$2,495

Online
360 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
\$1,995

Online
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
\$2,995

Online
360 hours

Community Education Herkimer College

Fitness Center Hours

| | |
|-----------------|--------------------|
| Monday - Friday | 8:00 AM - 8:00 PM |
| Saturdays | 10:00 AM - 6:00 PM |
| Sunday | 12:00 AM - 8:00 PM |

Open Swim

| | |
|----------------------|--------------------|
| Monday - Friday | 8:00 AM - 10:00 AM |
| Tuesdays & Thursdays | 12:30 PM - 1:30 PM |
| Monday - Thursday | 6:30 PM - 8:00 PM |

Memberships Fees

| | |
|----------|-------|
| Monthly | \$30 |
| 6 Months | \$135 |
| Annual | \$250 |

Memberships Fees

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

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

Class Location Key

RMCC: Robert McLaughlin College Center

PE: Physical Education Building

*Signs will be posted in the entrance of the buildings to direct you to the

Herkimer College Spring Open House

Join us on Saturday, April 7 for our spring open house! Prospective students and families will have the opportunity to meet the faculty, tour campus, and learn about academic programs, support services, athletics, financial aid, on-campus housing and campus life. Find more details at www.Herkimer.edu/openhouse

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 or 5 days prior to the start of the class. After that point, we are unable to offer any refunds. Please call of 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.

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.

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

Community Education Registration Information

Register Today!

Name _____

Home Phone () _____

Address _____

Cell Phone () _____

City _____ Zip _____

Email _____

Course Information:

Course Name _____

Section (if applicable) _____ Fee \$ _____

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 _____ CVV _____

Signature for Credit Card

Register by Mail or phone

Herkimer College Community Education

100 Reservoir Road, Herkimer, NY 13350

315-574-4003



Herkimer College
Community Education
100 Reservoir Road
Herkimer, NY 13350

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