

Herkimer College

summer 2018

herkimer.edu/ce



**Non-Credit
Courses & Activities**
315.574.4003



Herkimer
THE STATE UNIVERSITY OF NEW YORK

**HERKIMER • FULTON
HAMILTON • OTSEGO**
BOCES
Learning for Life

Class Location

All Health and Wellness classes are held in the Physical Education Building, Room 218. The Robert McLaughlin College Center is listed as RMCC. Room numbers will be posted as you enter the building. Classes held at View Arts center are noted in the course description. The View Arts Center is located at 3273 NY-28, Old Forge, NY 13420

Fitness Center Hours

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

Membership Fees

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

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

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 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.

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*

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 - 6/5/18 - 7/10/18 Tuesdays
6:15 - 7:30 PM Sessions: 5
\$45 PE 218
*No Class 7/3

B - 7/24/18 - 8/28/18 Tuesdays
6:15 - 7:30 PM Sessions: 6
\$54 PE 218

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 - 6/11/18 - 6/25/18 Mondays
11:30 - 12:15 PM Sessions: 3
\$20 PE 218

B - 6/6/18 - 6/27/18 Wednesdays
11:30 - 12:15 PM Sessions: 4
\$26 PE 218

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

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

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 though elite athletes. Please bring your own noodle.

6/9/18 - 6/30/18 Saturdays
10:30 - 11:30 AM Sessions: 4
\$30 Cristman Pool

Certificate in Food, Nutrition, and Health

Food and nutrition have a profound impact on our health and well-being, yet many of us are not aware of what foods to eat, which diets are healthy, and where our food originates. The goal of this certificate program is to provide a holistic overview of current food and nutrition issues and their impact on physical, social, emotional, and spiritual health. Throughout this certificate, you'll become more conscious of what we eat, why we eat it, how it is prepared, and what consequences our food choices have on our health as well as the health of our planet. You'll examine the impact of stress on the body and the health crisis posed by obesity in the U.S. You'll also learn how we can change our eating habits for more healthful outcomes, including swapping processed sugar for other sweeteners, adding probiotics to the diet, and harnessing the healing effect of herbs.

Online

\$169

New classes start each month

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.

8/13/18	Monday
1:00 – 4:00 PM	Sessions: 1
\$50	RMCC 295

* 8/14/18	
9:00 am – 12:00 PM	Tuesday
\$65	Sessions: 1
* - Class is held at View Arts center in Old Forge	

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!

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.

8/11/18	Saturday
8:15 AM - 5:15 PM	Sessions: 1
\$195	RMCC 282

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. This class will be held at View Arts Center in Old Forge.

8/4/18	Saturday
10:00 AM - 12:00 PM	Sessions: 1
\$25	

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.

6/5/18 - 6/26/18	Tuesdays
6:30 - 8:00 PM	Sessions: 4
FREE!!	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.

6/12/18 - 7/26/18	Tuesdays/Thursdays
6:00 - 7:30	Sessions: 12
\$99	RMCC 295

*No class 7/3 & 7/5

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	Sessions: 1
Classes start monthly	

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 Will, 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. Attend any or all of the classes.

6/7/18 - 6/28/18	Thursdays
6:30 - 8:00 PM	Sessions: 6
FREE!!	RMCC 282

Community Education Personal Interest

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, 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.

8/7/18

6:00 - 8:00 PM

\$19

Tuesday

Sessions: 1

RMCC 295

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.

8/14/18

6:00 - 8:00 PM

\$19

Tuesday

Sessions: 1

RMCC 295

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

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.

8/1/18 - 8/22/18

6:30 - 8:00 PM

\$45

Wednesdays

Sessions: 4

RMCC 295

Imagine That

Instructor: Eric Price

What if you could imagine your way to better health, better relationships, better career and even greater wealth. Utilize your imagination to create your world your way as all of the geniuses, inventors and athletes do on a daily basis. Imagining is not just for children, it is the key to your new life!

8/6/18 - 8/27/18

6:30 - 8:00 PM

\$45

Mondays

Sessions: 4

RMCC 295

Outdoor Skills Workshop

Instructor: Michael Quinn

Are you looking to hone your outdoor skills or learn more about what it takes to plan a backcountry hike or camping trip? We'll cover everything from planning a trip to reading a map to backcountry cooking. Topics will include how to plan and prepare for a trip, fire craft, managing risk, equipment needs, leave no trace principles, campsite selection and shelters, and survival and wilderness first aid. This class will be held at View Arts Center in Old Forge.

8/18/18

9:00 - 3:30 PM

\$50

Saturday

Sessions: 1

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

Basics of Alzheimer's Disease and Dementia

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Living with Alzheimer's: For People with Alzheimer's and Living with Alzheimer's: Younger Onset are interactive programs where you will have a chance to hear from others who have been where you are. We will discuss what you need to know, what you need to plan and what you can do to navigate this chapter of your life. These programs will cover information for people with a diagnosis of Alzheimer's disease. * This class will be held at View Arts Center in Old Forge.

6/18/18	Monday
11:00 AM - 12:00 PM	Sessions: 1
FREE!!	

Effective Communication Strategies

Individuals living with dementia often experience changes in behavior that can be confusing to friends and family. For caregivers, learning to decode messages through attitude, tone of voice, facial expressions and body language can help both parties to connect and communicate in meaningful ways. Effective Communication Strategies explores how communication takes place when someone has Alzheimer's disease. This interactive presentation explains the communication changes that take place throughout the course of the disease, offers tips on decoding the verbal and behavioral messages delivered by someone with dementia and respond in ways that are helpful to the person, and how to identify strategies to connect and communicate at each stage of the disease. * This class will be held at View Arts Center in Old Forge.

8/6/18	Monday
11:00 AM - 12:00 PM	Sessions: 1
FREE!!	

New York State DMV Approved Empire Safety Council Accident Prevention Workshop

Each Student will receive an 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.

7/14/18	Saturday
10:00 AM - 4:00 PM	Sessions: 1
\$ 45	RMCC 282

Living with Alzheimer's for People with Alzheimer's/Younger Onset

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Living with Alzheimer's: For People with Alzheimer's and Living with Alzheimer's: Younger Onset are interactive programs where you will have a chance to hear from others who have been where you are. We will discuss what you need to know, what you need to plan and what you can do to navigate this chapter of your life. These programs will cover information for people with a diagnosis of Alzheimer's disease.

7/23/18	Monday
5:00 - 6:30 PM	Sessions: 1
Free	RMCC 282



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

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 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

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

Herkimer Generals Athletic Camps

Boys and Girls Soccer Camp

Dates: July 9 - 13

Time: 9am-3pm

Ages: 6-15

Swimming: Yes

Location: Wehrum Stadium

Cost: \$135 per camper



The soccer day camp will focus on the fundamentals of soccer as well as individual needs and teamwork. Campers will work closely with Coach Aragon and his staff to learn technical and tactical soccer strategies while having fun. Campers will have the opportunity to learn foot skills, as well as play in small and large-sided games. Come join us for a great week of soccer, fun and friendships.

Contact: Pepe Aragon

(315) 868-7373

Boys Basketball Camp

Dates: July 23 - 26 (Session A)

Time: 9 am - 3pm

Ages: 7-11

Swimming: Yes

Dates: July 30 - August 2 (Session B)

Time: 9am - 3pm

Ages: 12-16

Swimming: Yes

Location: Main Gym

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

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

Contact: Matt Lee

(315) 534-3476

Matt.Lee@herkimer.edu



Boys Baseball Camp

Dates: July 16 - 19

Time: 9am - 3pm

Ages: 6-13

Swimming: Yes

Location: Baseball Field

Cost: \$99 per camper

\$150 for 2

Boy's baseball camp will focus on the fundamentals of baseball, as well as individual needs and teamwork. Campers will work closely with Assistant Coach Lane Potter and his staff to learn the proper way to play baseball. It will focus on teaching the fundamentals of hitting, bunting, fielding and throwing along with base running techniques which will help improve all aspects of play. The morning portion of camp is dedicated to teaching techniques through drills and demonstration. The afternoon portion of the camp is dedicated to putting these learned techniques to use in a simulated game. The camp day ends with a cool off swim in our indoor pool. Head Coach Jason Rathbun will start the camp off with introductions and some fundamental work on the first day of the camp.

Contact: Lane Potter

(315) 866-0300 ext. 2228

Potterlm@herkimer.edu

Girls Basketball Camp

Dates: July 16 - July 19

Time: 9am - 3pm

Ages: 7 - 15

Swimming: NO

Location: Main Gym

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

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

Contact: Matt Lee

(315) 534-3476

Matt.Lee@herkimer.edu



Sports Leagues/Clinics/Camps Participation Waiver/Release:

I, _____, give permission for my child, _____, DOB ____/____/____, to participate in the athletic program held at Herkimer College. I understand that participation in the athletic summer camp program and other activities associated with an athletic camp have an inherent risk factor, and that all appropriate precautions will be taken for the safety of my child. Nevertheless, I agree not to hold Herkimer County Community College, Herkimer County Community College Faculty Student Association, or any of their employees, agents, or affiliates (hereinafter "Herkimer College") responsible in the event of injury to my child. I do hereby release Herkimer College from any and all liability arising out of participation in the associated athletic activity.

I certify that my child is physically able to participate in the athletic camp activities and that I know of no restrictions, physical impairments, or any other facts, which in any manner may limit his/her participation in such activities. However, I understand the risk of injury to my child from the activities involved during camp is significant, including the potential for permanent disability or death. While the particular camp rules, equipment, and personal discipline may reduce it, the risk of serious injury continues to exist through camp activities such as, but not limited to, contact with other campers while playing a game, contact with the floor, wall, goal posts, or equipment which are part of the playing area, and strenuous exertions, quick movements, and changes of speed which place stress on the cardiovascular, muscular, and skeletal systems. I/we (Parent/Guardian and camp participant) knowingly and freely assume all such risks, known and unknown, and I/we assume full responsibility and liability for participation in camp by my child. In case of injury, I give permission to the Herkimer College staff and volunteers and/or hospital staff to administer proper medical assistance to the abovenamed participant. I agree not to hold Herkimer College responsible in the event of injury to my child and I hereby release Herkimer College from any and all liability arising out of participation in the associated athletic activity.

Additionally, I will be financially responsible for any medical attention needed during the camp or resulting from an injury received at the camp. I certify that I have adequate health and medical insurance coverage for my child covering any and all activities related to the camp. My medical insurance shall be the insurance coverage for any medical treatment. I also understand and agree that Herkimer College or any of its agents or affiliates shall not assume, or be responsible or liable for expense, medical treatment, or compensation for any injury my child may suffer during camp participation or related activities.

I hereby grant permission to Herkimer College and/or its assigns, clients, or agents, full permission to use, publish, and copyright, either in whole or in part, photographs or other images or likenesses of my child in the form of videotape, film or digital stills, or any other medium depicting participation in a Herkimer College athletic activity. Such material may be used with or without the child's name in publications, television, billboards, online, social media and other media for promotion and advancement of the College. This permission is given without expectation of remuneration.

Parent or Guardian (Please Print) or Participant 18 years or older

Signature _____

Date ____/____/____

Select Camp(s)

- ___ Boys and Girls Soccer Camp: \$135 (7/9 - 7/13)
___ Boys Baseball Camp: \$99 /\$150 (7/16 - 7/19)
___ Girls Basketball Camp: \$110 (7/16 - 7/19)
___ Boys Basketball Camp: \$110 (7/23 - 7/26)
___ Boys Basketball Camp: \$110 (7/30 - 8/2)

Please make all checks payable to: Herkimer College-FSA

Send Completed Registration Form and Payment to:

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

Camper/Parent Contact Information

Camper's Name: _____

Address: _____

City: _____ Zip: _____

Age: _____ Grade: _____ Boy or Girl: _____

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

Adult sizes - S M L XL

Parent's Names: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Please list any allergies or medical issues we should know about:

Emergency Contact Information

Name: _____

Relation: _____

Home Phone: _____

Cell Phone: _____

Method of Payment: ☐ Check ☐ Visa ☐ MasterCard

Credit Card #: _____

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

Name as it appears on card: _____

All camps will offer swimming, please bring a bathing suit and towel.

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

Herkimer College
Community Education
100 Reservoir Road
Herkimer, NY 13350

Non Profit Org.
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