

Herkimer College

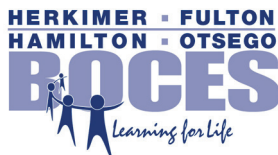
Fall 2018

herkimer.edu/ce

**Non-Credit
Courses & Activities**
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 - 9/13/18 - 10/18/18

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

B - 11/1/18 - 11/15/18

4:30 - 5:45 PM Thursdays
\$27 Sessions: 3

C - 12/6/18 - 12/20/18

4:30 - 5:45 PM Thursdays
\$27 Sessions: 3

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 - 9/11/18 - 10/16/18

6:15 - 7:30 PM Tuesdays
\$45 Sessions: 5

*no Class 10/9

B - 10/30/18 - 11/13/18

6:15 - 7:30 PM Tuesdays
\$27 Sessions: 3

C - 12/4/18 - 12/18/18

6:15 - 7:30 PM Tuesdays
\$27 Sessions: 3

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 - 9/15/18 - 10/20/18

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

B - 11/3/18 - 12/8/18

10:30 - 11:30 AM Saturdays
\$39 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 - 9/10/2018 - 10/15/18

11:30 AM - 12:15 PM Mondays
\$39 Sessions: 6

* No class 10/9

B - 9/12/18 - 10/17/18

11:30 AM - 12:15 PM Wednesdays
\$39 Sessions: 6

C - 10/29/18 - 12/3/18

11:30 AM - 12:15 PM Mondays
\$39 Sessions: 6

D - 10/24/18 - 12/5/18

11:30 AM - 12:15 PM Wednesdays
\$39 Sessions: 6

*No class 11/21

Community Education

POUND

Burn between 600 and 900 calories per hour, strengthen and sculpt infrequently used muscles and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Pound is a full-body cardio jam session, combining light resistance with constant simulated drumming.

10/11/18 - 11/12/18

6:30 - 7:15 AM Mondays/Thursdays
\$50 Sessions: 10

Walk, Breathe, Smile

Instructor: Eric Price

Walk yourself healthy with this fun fitness walk for every BODY! This is a walking workout that takes fitness to a whole new level, for every level of fitness. Come enjoy this multi-muscle, heart-pounding, calorie-torching workout that incorporates just four simple moves that are fun to do. Walking helps reduce cancer, heart attacks, and stroke, as well as type 2 diabetes. Grab a friend, family member, or co-worker, and let's take a walk together. We'll also learn to breathe for our health.

A - 11/29/18 - 12/20/18

6:00 - 7:00 PM Thursdays
\$39 Sessions: 4

Everything you Want to Know about Estate and Medicaid Planning

Instructor: D. Victor Pelligrino

This course will provide students the opportunity to discuss topics such as basic Medicaid planning, advanced Medicaid planning, what is probate and why to avoid it, how trusts can be utilized, power of attorney, Health care proxy, and a living will.

10/2/18 - 11/13/18

6:00 - 7:30 PM Tuesdays
FREE!! Sessions: 7

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.

11/27/18

6:00 - 8:00 PM Tuesday
\$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 will-power, which usually fails, no feelings of self-denial and frustration. Instead, you will feel a sense of accomplishment and self-respect.

10/3/18

6:00 - 8:00 PM Wednesday
\$19 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 minimizing legal liability.

9/26/18

12:30 - 4:30 PM

Wednesday

\$50

Sessions: 1

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 - 10/20/18

8:15 AM - 5:15 PM

\$195

Saturday

Sessions: 1

B - 12/1/18

8:15 AM - 5:15 PM

\$195

Saturday

Sessions: 1

Dynamic Public Speaking

Instructor: Paul Boehlert

Now more than 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.

10/15/18 - 11/19/18

6:00 - 8:00 PM

Mondays

\$59

Sessions: 6

Basic Welding

Instructor: Adam Spatto

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.

10/15/18 - 12/10/18

5:30 - 8:30 PM

Mondays

\$199

Sessions: 8

* No class 11/12

Basic Irish Language

Instructor: Tom Malley

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

09/26/18 - 12/5/18

7:00 - 8:30 PM

Wednesdays

\$69

Sessions: 10

Chasing Shadows

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

09/21/18 - 11/9/18

6:00 - 8:00 PM

\$89

Fridays

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.

9/25/18

6:00 - 9:00 PM

9/27/18

6:00 - 9:00 PM

9/29/18

9:00 AM - 12:00 PM

\$39

Tuesday

Thursday

Saturday

Sessions: 3

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. Attend any or all of the classes.

10/4/18 - 11/15/18

6:00 - 7:30 PM

FREE!!

Thursdays

Sessions: 7

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.

12/11/18

9:00 AM - 4:00 PM

\$80

Tuesday

Sessions: 1



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

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
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

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

Herkimer College, Community Education: Call **315-574-4003** to register today!

Fitness Center Hours

Monday - Friday	8:00 AM - 8:00 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

**Pool use requires separate fee.*

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

Membership Fees

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

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. 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! Contact Information:

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

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 _____

Herkimer College
Community Education
100 Reservoir Road
Herkimer, NY 13350

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