

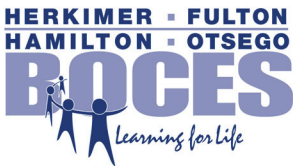


www.herkimer.edu/ce | 315.866.0300 x-8251



**COMMUNITY
EDUCATION**

Partnering with our
Community in
Lifelong Learning



Reminder!
Health & Wellness Drop-in Policy

We are happy to announce that our office will now be accepting drop-in registrations for individual Health & Wellness classes. Please call our office for details.

Don't forget to check out our website and like us on Facebook!

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

How to Register

Online:
www.herkimer.edu/pay-ce

By Phone:
Call 315-866-0300 ext. 8251
8:30am to 4:00pm weekdays
Register for any course using
all major credit cards

By Mail:
Make checks payable to Herkimer College
and mail to:
Herkimer College Community Education
100 Reservoir Road
Herkimer, NY 13350

In Person:
Community Education Office
Robert McLaughlin College Center,
Room 255

You are urged to register as soon as possible for any course you wish to take. A final decision whether to run or cancel a course is made one week in advance of the scheduled starting date. Payment is required at the time of registration.

Community Education Staff:

William H. McDonald
Director of Continuing Education
Cindy L. Brewer
Technical Assistant, Facilities
Jeremy S. Cingranelli
*Technical Assistant,
Program Development*

Contact Us:
(315) 866-0300 ext. 8251
communityed@herkimer.edu

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.

Youth Programs

Calling All Fashionistas!

Students will learn about personal style, natural beauty and primary and secondary colors in fashion. At the end of the week, the class will stroll the runway showing off their completed work. The projects will include techniques such as tie-dye, bedazzling, headbands, homemade purses and much more! Ages: 6-11

Monday - Thursday

1pm to 4pm

July 21, 22, 23, 24

Fee: \$85

Weather Watchers

Are you interested in learning more about the weather in Central New York? If so, this camp is for you! Learn about different kinds of weather from lake effect snow to thunderstorms, hurricanes, and tornadoes. WKTV Meteorologist Bill Kardas will show you how to track the weather at home and around the world. Ages: 9-13

Monday - Thursday

1:30pm to 4pm

July 28, 29, 30, 31

Fee: \$69 *Scholarships available

Crazy Computer Basics

We will be exploring and learning how to use all the hidden, awesome elements of Microsoft Word. You will be creating PowerPoint presentations with videos, clip art, and animations. You will also learn to create your own movie using Movie Maker. Ages: 8-11

Monday - Thursday

9am to 12pm

Aug. 11, 12, 13, 14

Fee: \$72

Adventure Camp

Students will enjoy a wide variety of age appropriate activities including teamwork, problem solving and leadership in the outdoor environment. Campers will enhance their social development, self-esteem, build friendly relationships, learn cooperation skills, experience the thrill of discovery, and have fun! Ages: 6-12

A—Monday - Thursday

9am to 12pm

June 30; July 1, 2, 3

Fee: \$72

B—Monday - Thursday

Aug. 4, 5, 6, 7

9am to 12pm

Fee: \$72

Robotics Mini-Camp (AFRL)

This camp is provided in partnership with the Air Force Research Laboratory, Rome, NY. Students will be introduced to programming mobile robots, various types of sensors, applying measurement & geometry to calculate robot navigation, experimental process, and experiment documentation using LEGO Mindstorm Robotic kits.

Ages: 10-13

This course is partially underwritten by AFRL.

Monday - Thursday

8am to 12pm

July 7, 8, 9, 10

Fee: \$29

Advanced Robotics Mini-Camp

Have ever experienced a Robotics camp before? If so, then this is for you! Students will learn advanced programming using a curriculum that is designed to encourage the use of math and science when programming their LEGO MINDSTORM robots kit. Ages: 10-13

Monday - Thursday

8am to 12pm

Aug. 11, 12, 13, 14

Fee: \$89



Find us on
Facebook

www.facebook.com/herkimer.ce

Youth Programs

Co2 Powered Dragsters

Students will design and build a model dragster solely from balsa wood and prefabricated parts. The students will be responsible for keeping these models safe by adhering to a strict set of guidelines that will be provided. Once the models are designed, built, painted and assembled, they will be raced down a 100 foot test track at speeds approaching 75 mph. Ages: 10-13

Monday - Thursday

8am to 12pm

July 14, 15, 16, 17

Fee: \$89

Cyber Intelligence

The Internet is no playground. One man's trash is another man's treasure. What you post online now, can become a hacker's delight and your worst nightmare. You will better understand the role of social media and social engineering in keeping you protected as well as our national security. You will also learn the ethical use of "sock puppets". You will employ open source intelligence methods to gain information.

Ages: 14-18

Monday - Thursday

9am to 12pm

July 14, 15, 16, 17

Fee: \$69

Kids Create: Sculpture

During this class students will have the freedom to explore several materials and techniques that many schools have eliminated from Art Class! Have fun creating with materials like plaster, clay, and wire! Ages: 8-12

Wednesdays

5pm to 7pm

July 9, 16, 23, 30; Aug 6

Fee: \$59

Art Camp

Let your imagination run wild during this summer art class! Kids will create wonderful artwork through the use of oil pastels, watercolors, plaster, clay & wire! Both outside and indoor art projects will take place during this camp, along with a mini art show at the end of the week! Ages: 6-11

Monday - Thursday

9am to 12pm

July 21, 22, 23, 24

Fee: \$89

Herkimer College Investigators

Come join the Herkimer College Investigative Team, as we learn about crime scene investigation through actual CSI equipment, multimedia presentations and hands-on activities. The team will learn fingerprinting, cast impressions of footwear/tire tracks, GPS systems, metal detection systems, and more. If time and weather permit, there will be a mock crime scene and excavation to recover simulated skeletal remains and other forms of evidence. Ages: 13-16

Monday - Thursday

8:30am to 12:30pm

July 7, 8, 9, 10

Fee: \$89

Make a difference while Exploring!

Students will partake in activities such as making bird houses and nature trail exploration while learning about teamwork and how to pay it forward! Ages: 8-16

Monday - Thursday

9am to 12pm

July 21, 22, 23, 24

Fee: \$69

Contact us by phone or e-mail,
to let us know your suggestions!
315-866-0300 ext. 8251
communityed@herkimer.edu

Health & Wellness

Gentle Yoga

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

A—Thursday: 4:30pm to 6pm

June 5, 12, 19, 26; July 10

Fee: \$45

B—Thursday: 4:30pm to 6pm

July 24, 31; Aug. 7, 14, 21, 28

Fee: \$54

Yoga For All

This class offers introduction to pranayama (breath work), asanas (postures), and savasana (meditative relaxation).

A—Thursday: 6:15pm to 7:45pm

June 5, 12, 19, 26; July 10

Fee: \$45

B—Thursday: 6:15pm to 7:45pm

July 24, 31; Aug. 7, 14, 21, 28

Fee: \$54

**For all Yoga Classes, please bring a non-slip mat.*

Blanket and pillow are recommended.

Burn & Firm

Burn fat and get firm with this easy to follow kickboxing and step aerobic interval workout. Basic step with punches and kicks, followed by toning for your arms, core and abs.

A—Monday: 6pm to 7pm

June 2, 9, 16, 23, 30; July 7

Fee: \$36

B—Monday: 6pm to 7pm

July 21, 28; Aug. 4, 11, 18, 25

Fee: \$36

Total Body Sculpt

A no-nonsense, no jump, basic strength training class. You will hit every muscle group! Great for beginners!

A—Wednesday: 6pm to 7pm

June 4, 11, 18, 25; July 9

Fee: \$30

B—Wednesday: 6pm to 7pm

July 23, 30; Aug. 6, 13, 20, 27

Fee: \$36

Pilates

These exercises strengthen and tone muscles and provide flexibility and balance for individuals of all ages, shapes & sizes.

A—Tuesday: 12:30pm to 1:15pm

May 27; June 3, 10, 17, 24; July 1

Fee: \$39

B—Thursday: 12:30pm to 1:15pm

May 29; June 5, 12, 19, 26; July 10

Fee: \$39

C—Tuesday: 12:30pm to 1:15pm

July 15, 22, 29; Aug. 5, 12, 19

Fee: \$39

D—Thursday: 12:30pm to 1:15pm

July 17, 24, 31; Aug. 7, 14, 21

Fee: \$39

Mother/Child Pilates

This core-strengthening class is designed for new moms and their non-mobile babies, aged 6 weeks and older. Pilates mat exercises are modified to include your baby, in ways that help to develop your bond and your body!

A—Tuesday: 5:30pm to 6:30pm

May 27; June 3, 10, 17, 24; July 1

Fee: \$39

C—Tuesday: 5:30pm to 6:30pm

July 15, 22, 29; Aug. 5, 12, 19

Fee: \$39

Adult Swim Lessons

Fine tune your swim stroke technique.

Participants must be able to swim at least one length of the pool unassisted. The class will focus on the four competitive strokes.

Tuesdays and Thursday: 5:30pm to 6:30pm

June 3, 5, 10, 12, 17, 19, 24, 26

Fee: \$69

Fitness Center

Open to the Public

Monday—Thursday

6am to 6pm

Saturday 8am to 12pm

Sunday 5pm to 9pm

Call for summer rates!

Personal Interest

Senior Watercolors

It's never too late to discover your artistic talent. In this class, individuals will explore various techniques to create watercolor paintings in a wide variety of subject matters such as landscapes, still life, and cityscapes. This class will be a relaxed and creative way to discover your love for watercolor painting. Ages 55 and up.

Supplies included.

Wednesdays

5pm to 7pm

July 9, 16, 23, 30

Fee: \$49

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.

Monday

6:30pm to 9pm

June 9

Fee: \$59

Just Once Guitar Workshop

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

Monday

6:30pm to 9pm

June 23

Fee: \$59

Hypnosis for Weight loss

Learn the principles of being able to respond to your appetite properly and to put an end to overeating forever.

This is done by applying simple behavior-changing techniques that anyone can learn and everyone can enjoy. You'll learn how to lose weight in a unique, fun way! Learn techniques to create healthier, permanent eating habits. Experience a light trance state and the power of focused concentration & relaxation to fast-track these changes in your lifestyle, and reinforce the new healthier you!

A—Monday: 6pm to 8pm

June 23

Fee: \$19

B—Thursday: 6pm to 8pm

Aug. 21

Fee: \$19

Hypnosis for Smoking

Become a permanent non-smoker quicker and easier than you ever thought possible. You will do so with less withdrawal and cravings than you ever imagined. In addition to all of this, you will have less negativity and stress, and 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.

A—Wednesday: 6pm to 8pm

June 18

Fee: \$19

B—Tuesday: 6pm to 8pm

Aug. 19

Fee: \$19

Chasing Shadows 101

Join the New York Shadow Chasers and learn how to investigate the paranormal. You will learn up-to-date investigative technology, history, ethics, and experience paranormal investigations.

Wednesday: 6pm to 8pm

July 2, 9, 16, 23, 30; Aug. 6, 13, 20

Fee: \$89

Professional Development

Precision Machining 1

This course is designed to familiarize participants with the basic operations of precision machining. Great care will be taken to accommodate students who have little or no previous machining experience. Topics will include: Basic Shop Mathematics, Introduction to Blueprint Reading, and Precision Measurement. The student will have classroom instruction and hands on experience to prepare them for employment in the machining industry.

Tues & Thurs: 1pm to 4pm

June 24, 26; July 8, 10, 15, 17, 22, 24, 29, 31; August 5

Fee: \$199

Precision Machining 2

This course is designed to familiarize participants with the basic operations of precision machining. This class is designed to accommodate students who have some previous machining knowledge. Students should have a basic knowledge of blueprint reading, shop math operations along with knowledge of the basic measurement tools such a micrometer and Vernier caliper. Topics will include; Shop Mathematics II, Blueprint reading II (including intro to GD&T), Precision Measurement II along with basic Milling and Lathe operations. The student will have classroom instruction and hands on experience to prepare them for employment in the machining industry.

Tues & Thurs: 4pm to 7pm

Aug. 19, 21, 26, 28; Sept. 2, 4, 9, 11, 16, 18, 23, 25

Fee: \$199

An Introduction to Voiceovers

(Getting Started in Voice Acting)

**One-on-One Online Class*

For more information please visit

<http://www.voicesforall.com/ooo>

Fee: \$49

First Aid / CPR/ AED

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.

A—Saturday

9am to 4pm

June 7

Fee: \$80

B—Saturday

9am to 4pm

July 12

Fee: \$80

C—Saturday

9am to 4pm

Aug. 9

Fee: \$80

10-Hour OSHA Training

This course is intended to provide a variety of awareness training 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. Please bring \$5 to class for your card.

Monday, Tuesday, Wednesday

July 7, 8, 9

5pm to 8:30pm

Fee: \$79



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

Technology

Creating Mobile Apps with HTML5

In this course, you'll learn how to imagine, design, build, and optimize a cross-platform mobile app using the very latest HTML5 standards.

Wireless Networking

You'll learn how wireless works, how wireless devices connect to networks, and how to build and connect to your own wireless network.

Computer Fundamentals

Introduction to PC Troubleshooting

Takes you step by step through the typical hardware and operating system problems encountered by technicians, teaching troubleshooting techniques to decipher any problem, and giving you the skills you need to solve them.

Medical/Healthcare

Medical Terminology: A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Intro to Natural Health and Healing

We'll discuss the various stages of health and illness, and you'll discover that true health means wholeness of the mind, body, and spirit.

Business & Career

Performing Payroll in QuickBooks

Master efficient techniques for creating paychecks, paying liabilities for taxes, and generating dazzling reports quickly and easily.

A to Z Grant Writing

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

Market Your Business on the Internet

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.

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.



Boys and Girls Soccer Camp **Boys and Girls Volleyball Camp.**

Dates: July 7 - 11
Time: 9am-3pm
Ages: 6-5
Swimming: Yes
Location: Wehrum Stadium
Cost: \$130 per camper

Dates: July 28 - 31
Time: 8am-2pm
Ages: Grades 6-12
Swimming: Yes
Location: Main Gym
Cost: \$100 per camper

The Soccer Day Camps will focus on the fundamentals of soccer as well as individual needs and teamwork. Campers will work closely with Coach Aragon and his staff of former players and coaches. The purpose of the camp is to teach 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 on the College's artificial turf field. Come join us for a great week of soccer, fun and friendships.

Contact: Pepe Aragon
(315) 868-7373
Pepe.Aragon@herkimer.edu

Softball All-Skills Camp

Dates: July 21 - 24
Time: 9am-3pm
Ages: 8-18
Swimming: Yes
Location: Softball field
Cost: \$100 per camper
Contact: Peter Anadio
(518)848-6693
Peter.Anadio@herkimer.edu

Grade 6-8: This camp will focus on technique and execution of basic skills, including: passing, setting, hitting, serving, and blocking as well as the basics of 5-1 and 6-2 offensive systems.

Grade 9-12: This is designed to prepare athletes for high school varsity performance, as well as preparation for collegiate competition. This camp will offer detailed instruction in all volleyball skills and team systems - team training, specialized sessions, and game play. Campers will also have pool access.
Contact: Kristy Lynch
(315)717-5441

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

Description: This camp will emphasize unique, innovative, and fun drills to build skills in every aspect of the game: hitting, base running, defense, pitching, catching, softball specific speed agility and strength training, mental game, team building etc. We will also incorporate video analysis so each player can see their skills in progress. At the end of camp games will be played to have fun and display what each player has learned.

Boys and Girls All Sports Camp

Dates: July 14 - 18

Time: 8:30am - 12:30pm

Ages: 5-12

Swimming: Yes

Location: Main Gym and Outdoors

Cost: \$80 per camper

\$ 150 for 2

\$ 230 for 3

\$ 300 for 4

This summer camp is designed for children with a true interest in a variety of sports and recreational activities. This multi-sport camp helps plant the seed for a healthy future and a lifetime of sports participation. Our daily camp schedule varies, but activities can include basketball, soccer, tennis, volleyball, flag football, baseball/softball, swimming, badminton, kickball, dodge ball, ultimate Frisbee, and more!

Contact: : Kyle Roepnack

(315) 534-3472

Kyle.Roepnack@herkimer.edu

Tom Basel

(315) 269-6539

Thomas.Basel@herkimer.edu

Speed and Agility Camp

Dates: July 14 - 16 (Session A)

Aug 4 - 6 (Session B)

Time: 9am - 3pm

Ages: 7-17

Swimming: Yes

Location: Wehrum Stadium

Cost: \$75 per camper

\$100 per family

The speed and agility camp will improve muscle power, spatial awareness, motor skills and reaction time. It will aid the camper in being more explosive with their movements. They will be able to move faster and change direction more quickly. This will be accomplished through a variety of drills and games that will keep the camper interested throughout the day.

Contact: Kyle Roepnack

(315) 534-3472

Kyle.Roepnack@herkimer.edu

Boys & Girls Basketball Camp

Dates: July 21 - 24

Time: 9am - 3pm

Ages: 7-16

Swimming: Yes

Location: Main Gym

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

Boy's and 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.

Contact: Matt Lee

(315) 866-0300 ext. 8344

Matt.Lee@herkimer.edu

Boys Baseball Camp

Dates: June 30 - July 3

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 Coach Rathbun and his staff of former players and coaches. The camp will teach young baseball players 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 the proper 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 day will end with a recess session in the indoor pool, where the campers are to be picked up.

Contact: Jason Rathbun

(315) 866-0300 ext. 2228

Jason.Rathbun@herkimer.edu

Select Camp(s)

- ☐ Speed and Agility Camp A: \$75/\$100 (7/14-7/16)
☐ Speed and Agility Camp B: \$75/\$100 (8/4-8/6)
☐ All Sports Camp: \$80/\$150/\$230/\$300 (7/14-7/18)
☐ Boys Baseball Camp: \$99 (6/30-7/3)
☐ Boys and Girls Basketball Camp: \$110 (7/21-7/24)
☐ Boys and Girls Soccer Camp: \$130 (7/7-7/11)
☐ Boys and Girls Volleyball Camp: \$100 (7/28-7/31)
☐ Softball All-Skills Camp: \$100 (7/21-7/24)

Please make all checks payable to: HCCC-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: _____

DOB: _____ Grade: _____

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

Parent's Names: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

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: _____

Herkimer College Athletics Camp Permission Form

I give my permission for _____ to take part in the Athletic Summer Camp Program at Herkimer College. This child, to the best of my knowledge, is in good physical condition and is capable of performing the necessary activities that an athletic summer camp may entail. I understand that this athletic camp 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. I give my permission to the Herkimer College staff and volunteers and/or hospital staff to administer proper medical assistance to the above named participant. I agree not to hold Herkimer College or any of their agents responsible in the event of injury to my child.

Parent or Guardian (Please Print)

Herkimer College
Community Education
100 Reservoir Road
Herkimer, NY 13350

Non Profit Org.
US Postage
Paid
Utica, NY
Permit #75

ELECTRONIC SERVICE REQUESTED