

Herkimer College

**Non-Credit
Courses and
Activities**

Summer 2017



www.herkimer.edu/ce
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. All other classes are located in the Robert McLaughlin College Center. Room numbers will be posted as you enter the building.

Fitness Center Hours

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

Membership Fees

Monthly \$30
 6 Months \$110
 Annual \$200

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

Herkimer County Residents 70 years old and older are eligible for the Herkimer College Millennium Card. Contact us for details.

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.

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

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*

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 - 6/8/17 - 7/13/17

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

* No Class 7/6

B - 7/27/17 - 8/31/17

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 - 5/30/17 - 7/11/17

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

* No Class 7/4

B - 7/25/17 - 8/29/17

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

Chisel

Instructor: Dawn Zitoli

Get strong results with this proven exercise program. The class will incorporate the use of dumbbells, benches and mats for core targeted exercise. This workout targets legs, arms, shoulders, gluts and abs!

A - 5/31/17 - 7/12/17

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

* No Class 7/5

B - 7/26/17 - 8/30/17

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.

A - 6/5/17 - 7/10/17

6:00 - 7:00 PM Mondays
\$30 Sessions: 5
No class 7/3

B - 7/24/17 - 8/28/17

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

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 - 6/5/17 - 7/10/17

12:30 - 1:15 PM Mondays
\$33 Sessions: 5
No class 7/3

B - 5/31/17 - 7/12/17

12:30 - 1:15 PM Wednesdays
\$39 Sessions: 6
* No Class 7/5

C - 7/24/17 - 8/28/17

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

D - 7/26/17 - 8/30/17

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

SIGN UP TODAY

— For a Health & Wellness class! —

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.

8/31/17

12:30 – 4:30 PM

Thursday

\$50

Sessions: 1

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!

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

Contact us with your

Suggestions!

315-574-4003

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

Accounting Fundamentals

You'll learn the basics of double-entry bookkeeping, while also learning how to analyze and record financial transactions, as well as prepare various financial reports at the end of the fiscal period. Accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities will be discussed. We'll cover all the bases, from writing checks to preparing an income statement and closing out accounts at the end of each fiscal period.

Online

\$89

New classes start each month

Intro to Microsoft Excel 2016

In this comprehensive online course, you'll discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently. You'll learn the secrets behind writing powerful formulas, using functions, sorting and analyzing data, designing custom charts and graphs, creating three-dimensional workbooks, building links, and creating macros and custom toolbar buttons. This informative course covers Quick Analysis, Flash Fill, and powerful charting capabilities available in Excel 2016.

Online

\$89

New classes start each month

What You Need to Know About Revocable and Irrevocable Trusts

Instructor: D. Victor Pellegrino

This course will cover the benefits of both revocable and irrevocable trusts. Topics include, but are not limited to: how to avoid extra legal expenses, how to ensure the probate process does not become delayed, and how to use irrevocable trusts to qualify for Medicaid

6/1/17 - 6/22/17

6:30 - 8:00 PM

Thursdays

FREE!!

Sessions: 4

Fundamentals of Estate Planning

Instructor: D. Victor Pellegrino

This course will cover the basics of Estate Planning and why it is important for children and grandchildren. The course will provide details on why Estate Planning is not one size fits all and how to plan based on individual goals and objectives.

A - 7/20/17

6:30—8:00 pm

Thursday

FREE!!!

Session:1

B - 8/22/17

6:30 - 8:00 pm

Tuesday

FREE!!!

Session:1

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 and 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.

8/5/17

9:00 AM - 4:00 PM

Saturday

\$80

Sessions: 1

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

Secrets of Better Photography

Master your digital camera and learn the secrets behind outstanding photos!

Whether you have a digital SLR, a point-and-shoot camera, or something in between, you'll 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

\$89

New classes start each month

Community Education Personal Interest

Awaken The Genius Within

Instructor: Erick Price

This exciting seminar will tap into the powers of your unconscious mind, imagination and inner knowledge to truly unlock your potential for better memory, enhanced concentration, retention, and genius like skills that you already possess. This seminar will introduce you to active meditation, self hypnosis and creative imagining.

6/15/17

6:00 - 8:00 pm

Thursday

\$25

Sessions: 1

Gastric Bypass: Better Health through Hypnosis

Instructor: Erick Price

Lose weight and alter your lifestyle utilizing the powerful, non-invasive, yet overwhelmingly effective method of virtual Gastric Lap Band procedure. Attain the feeling of feeling full faster, making healthier food choices, and achieving your weight loss goals with no actual surgery and no risks, but all of the benefits.

6/19/17

6:00 - 8:00 PM

Monday

\$19

Sessions: 1

The Magic of Self

Instructor: Erick Price

In this fun and insightful program you will learn to gain all the advantages you need in life by learning the powerful art of self talk. Crazy people don't talk to themselves, but the rich, successful, powerful people do! Learn the hidden power and secrets of masterful self talk dialogues as used by the most successful people in the world!

8/22/17

6:00 - 8:00 pm

Tuesday

\$25

Session: 1

Magical Mind, Magical Life

Instructor: Erick Price

In this seminar you will learn the amazing art of creative visualization; the skills utilized by professional athletes, artists, entrepreneurs, and successful people everywhere who literally sculpt their lives first in their minds, and then watch as their dreams unfold and come true. An exciting opportunity to learn how easy it is to change your body, heal yourself, and awaken your power filled potential with your magical mind!

8/23/17

6:00 - 9:00 pm

Wednesday

\$30

Session: 1

Self Healing Spa

Instructor: Erick Price

Through a series of deeply relaxing meditations, we will release and activate the amazing abilities of your body, brain and mind to work in harmony with each other to allow you to relieve stress and tap into your body's incredible healing potential. This seminar will help you to overcome obstacles and burdens that have held you down and achieve a new sense of health and wellness.

8/24/17

6:00 - 9:00 pm

Thursday

\$30

Sessions: 1

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

Community Education Personal Interest

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.

6/13/17 - 6/15/17

6:00 - 9:00 PM

Tuesday/Thursday

\$39

Sessions: 2

Wilderness Survival

Instructor: Michael Quinn

Wilderness survival is the process of using immediately available resources in an intelligent way to promote life in a wilderness environment. A true "survival" situation is unplanned, unexpected, and possibly life-threatening. This class will prepare you to handle such situations and train you in the skills necessary to overcome a wilderness emergency circumstance.

7/11/17

6:00 - 9:00 PM

Tuesday

7/13/17

6:00 - 9:00 PM

Thursday

7/15/17

9:00 am 12:00 pm

Saturday

\$49

Sessions: 3

Wilderness First Aid: When Dialing 911 Is Not An Option

Instructor: Michael Quinn

Learn basic medical care and become effective rescuers in a wilderness setting when a patient may be many hours or even days from help. Topics include basic life support, trauma, environmental topics, allergic reactions, burns, joint injuries, cold exposure, wound care, and other common backcountry medical emergencies. Classes will consist of lectures and hands-on skills practice and simulations.

7/25/17 - 7/27/17

6:00 - 9:00 PM

Tuesday/Thursday

\$39

Session: 2

Chasing Shadows

Instructor: NY Shadow Chasers

This class is for students who have taken Chasing Shadows 101 and 201! Join the New York Shadow Chasers to fine tune your paranormal investigation skills. An investigation will take place each class. Equipment will be provided however, feel free to bring your own!

7/14/17 & 8/18/17

7:00—9:00 pm

Friday

\$39

Sessions: 2

Creating Mobile Apps with HTML 5

Do you want to make mobile apps that run on iPhone and iPad, as well as on Android, and Windows Phone? You'll learn how to imagine, design, build, and optimize a cross-platform mobile app using the very latest HTML5 standards.

Online

\$89

New classes start each month



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 10 - 14

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

Pepe.Aragon@herkimer.edu

Boys and Girls

Basketball Camp

Dates: July 24- 27 (Session A)

Time: 9 am - 3pm

Ages: 7-11

Swimming: Yes

Dates: July 31- August 3 (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 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. 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 17 - 20

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. For more information please contact the camp director Lane Potter at:

Contact: Lane Potter

(315) 866-0300 ext. 2228

Potterlm@herkimer.edu

Herkimer Generals Athletics

2 time NATYCAA Cup winner
53 National Championships
113 Regional Championships
156 Mountain Valley Conference
Championships
30 NJCAA Academic Team of the
year awards

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

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 (7/10 - 7/14)
- Boys Baseball Camp: \$99 /\$150 (7/17 - 7/20)
- Boys And Girls Basketball Camp: \$110 (7/24 - 7/27)
- Boys and Girls Basketball Camp: \$110 (7/31 - 8/3)

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.
US Postage
Paid
Utica, NY
Permit #75