

NON-CREDIT COURSES • ACADEMIC PROGRAMS • CAMPUS EVENTS

SPRING
2025

mvccconnect

MVCCCONNECT

- ENTRY-LEVEL-MACHINING
- SOUNDBATH - Feb 28
- YOGA + SWIMMING
- CHECK CERTIFICATES

ADMIT ONE
ADMIT ONE
ADMIT ONE

315-792-5300

DATA ANALYSIS COURSE

GET FIT

LEARN A NEW SKILL

START NEW CAREER

5	6	9	11
12	13	16	
19	21	22	23
26	27	28	30
			31



NON-CREDIT REGISTRATION FORM

Scan this QR code to directly access our registration website!

Mail or drop off registration to:
Mohawk Valley Community College
Center for Corporate and Community Education
1101 Sherman Drive, Academic Building room 166
Utica, N.Y. 13501, 315-792-5300

All fields containing an asterisk (*) must be completed in order to be processed.

Registrant Information

Male Female Prefer Not to Answer

* Last Name _____
* Date of Birth _____
* Address _____
* City _____
* (If a minor) Parent Name _____
* Phone _____

Course Information

CRN _____ Course Name _____ * Email Address _____

Demographic Information

* Ethnicity Identity

Non-Hispanic Black Non-Hispanic
 Hispanic Asian/Pacific Islander
 American Indian or Alaska Native

First Name _____
Last Name _____
* Zip Code _____

* Start Date _____

Check Signature _____
 * Money Order # _____

315-792-5300 | Center for Corporate and Community Education



Utica Campus

Academic Building

- Public Safety

Alumni College Center

- Bookstore
- Career Development Center
- Health and Wellness Center
- Residence Life
- Resident Dining

Francis A. Wilcox Hall

- Accessibility Resources
- C3
- Learning Commons
- Theater

Payne Hall

- Administrative Offices
- Admissions
- Financial Aid
- Holistic Student Support
- Library

Jorgensen Athletic & Events Center

- Field House
- Fitness Center
- Pool

Residence Halls

- Bellamy
- Butterfield
- Daugherty
- Huntington
- Penfield

Science & Technology Building

- FABLab



Rome Campus

Plumley Complex



Carpentry and Masonry:

335 Catherine St., Utica, NY 13501

Rome Campus:

1101 Floyd Ave., Rome, NY 13440

Utica Campus:

1101 Sherman Drive, Utica, NY 13501

Non-Credit

Professional Development	3
Online Certificates	4
Construction Training	7
Healthcare & Fitness Training	7
Health & Wellness	8
Holistic Wellness	9
Leisure Learning	10
Music & Dance	11
Culinary Classes	11
Language & Culture	12
Personal Safety	13
Aquatics	13
College for Kids & Teens	15
FIRST® Robotics	15
Classes for 50+	16
Registration Form	17
FastTrack	20



Campus Events

February	23
March	23
April	24
May	24



Academics

New Programs	25
Trades Programs	26
Microcredentials	27
Areas of Study	28



Weekday Abbreviations:

M Monday | T Tuesday | W Wednesday | Th. Thursday | F Friday | Sa. Saturday | Su. Sunday

Check for the **FastTrack** icon to see our free career programs!

NON-CREDIT COURSES

Time to think spring!

Spring is a great time to focus on creating and meeting new or existing goals. The following pages highlight non-credit community education opportunities at MVCC. We offer both in-person and online opportunities to fit your schedule with short-term programs and workshops. These programs are open to all ages and interests. We can't wait to have you on campus this spring!



Health & Wellness

PG. 8



Cooking

PG. 11







FastTrack




PG. 20

CLASS FORMAT KEY

All classes are instructor-led.

-  **In-Person:** On Campus
-  **Online Live:** Classes via Zoom on scheduled day/time
-  **Online Asynchronous:** Scheduled class dates; work at your convenience
-  **Online Self-Paced:** Start anytime; work at your own pace

Symbols:




-  **FastTrack** Free Program (Non-Credit)
-  **\$** Ticketed Event (Campus Events)
-  **PB** Program Board (Campus Events)

Professional Development

Eight-Hour Pre-Assignment Training Course for Security Guards FastTrack

This eight-hour course is required by New York State as the first step in obtaining a security guard registration card from the Department of State. It provides a general overview of the duties and responsibilities of a security guard. The passing of an examination is required for successful completion. Must be age 18+ for licensing and have a valid Social Security number at the time of training.


Instructors: Joe Ciccone, John Bielby, Rick D'Alessandro

-  **Utica** Feb. 4, 6 • T, Th. • 6-10 p.m.
-  **Rome** March 27, April 10 • Th. • 4-8 p.m.
-  **Utica** April 8, 10 • T, Th. • 5-9 p.m.

16-Hour On-the-Job Training Course for Security Guards FastTrack

This 16-hour course must be completed within 90 days of employment as a security guard. It provides you with detailed information on the duties and responsibilities of a security guard. The passing of an examination is required for successful completion.



Instructor: Rick D'Alessandro

-  **Utica** April 22-May 1 • T, Th. • 6-10 p.m.

Eight-Hour Annual In-Service Training Course for Security Guards

This eight-hour course must be completed within 12 months of completing the Eight-Hour Pre-Assignment Training Course for Security Guards and annually thereafter. It provides you with updated and enhanced information on security guard responsibilities.



Instructors: Joe Ciccone, John Bielby

-  **Utica** Feb. 18, 20 • T, Th. • 5-9 p.m.
-  **Rome** April 24, May 8 • Th. • 4-8 p.m. \$70

SAVE School Violence Prevention

This workshop satisfies the New York State Education Department's requirement for two-hour school violence prevention training (SAVE) and focuses on issues relating to violence and safety for school-age children from the identification and prevention perspectives.

Instructors: John Bielby, Rick D'Alessandro

-  **Rome** March 13 • Th. • 4-6 p.m.
-  **Utica** April 3 • Th. • 6-8 p.m. \$30

Alert! NYS Updates Child Abuse Reporting Training Requirements



Are you a Mandated Reporter? If so, NYS is requiring that you complete the updated training curriculum by April 1, 2025. Mandated reporters include: Chiropractors, educators/coaches, therapists, dental workers, social workers, optometrists, physicians, nurses, and more. Sign up today in one of our open enrollment offerings. Custom trainings also available upon request.

Contact Carolyn at 315-792-5410 or cdejohn@mvcc.edu.

Child Abuse Recognition

The New York State Education Department requires healthcare, educational, and other licensed professionals to be trained to identify and report child abuse. This program includes the updated 2023 curriculum as mandated by NYSED. Matriculated MVCC students should consult with academic advisors before enrolling.



Instructors: John Bielby, Rick D'Alessandro

-  **Rome** March 13 • Th. • 6-9 p.m.
-  **Utica** April 1 • T • 6-9 p.m. \$40

Dignity for All Students (DASA)

This course addresses the social patterns, identification, mitigation, and strategies for addressing harassment, bullying, and discrimination in educational settings. Successful completion of this course meets the certificate requirements in 14(5) of Chapter 102 of the Laws of 2012.



Instructor: John Wells

-  **Online Live** March 8 • Sa. • 9 a.m.-3 p.m.
-  **Utica** April 5 • Sa. • 9 a.m.-3 p.m. \$100

Notary Public Test Prep

If you have wanted to become a notary public but have been worried about the exam, this class will help. Don't let the terminology scare you; you can become familiar with the terms and laws and learn the skills necessary to sit for the notary exam and earn the license to become a more valuable asset in your workplace.


Instructor: Gloria Karol

-  **Utica** March 31, April 2 • M, W • 5:30-7:30 p.m.
-  **Rome** May 6, May 8 • T, Th. • 5:30-7:30 p.m. \$60

NYS 77-Hour Real Estate Salesperson Pre-Licensing Course

This course will prepare you for the New York State real estate salesperson's examination and satisfies the state-mandated 77-hour pre-licensing education requirements. The fee includes a textbook, course materials, and test prep.

Instructor: Joanne Zennamo

-  **Utica** Feb. 3-April 1 • M, T, Th. • 6-9 p.m. \$550
- More online, self-paced options are available with our partner The CE Shop: mvcc.theceshop.com.

Online Certificates

Spring certificates are offered in two sessions.

Session 1:

- 1 Course: Feb. 3-28
- 2 Course: March 3-28
- 3 Course: April 7-May 2

Session 2:

- 1 Course: April 7-May 2
- 2 Course: May 5-30
- 3 Course: June 2-2

AI Certificate NEW

Give your organization a competitive advantage with Artificial Intelligence (AI) and position yourself to lead your organization into this exciting new era of business expertise. Explore what AI can do to reduce costs, gather more and better business data, automate time-consuming tasks, improve efficiency, and more. Master the concepts and fundamental techniques of implementing AI and develop a strategy to deliver results for your workplace.

Instructors: Elizabeth Flanagan and Marcus Lander

- 1 Course: AI Planning and Strategizing
- 2 Course: Intermediate AI
- 3 Course: Introduction to Chat GPT

Online Asynchronous Single: \$195 • Package: \$495

WordPress Certificate

WordPress is the most popular content management system for website and blog design, and this course is a great way to learn or refresh your knowledge. Learn how to build and maintain a WordPress website or blog; customize it by hand-coding HTML, CSS, and PHP; create a website backup; and apply SEO techniques.

Instructor: Andy Helmi

Online Asynchronous April 7-June 27 \$495

Certificate in Web Design

Discover the basics of web design using HTML and CSS — no prior knowledge of HTML or web design required! After the first course, you will have the information you need to plan and design effective web pages. Learn about creating effective and dynamic websites/applications, as well as responsive design, advanced layout, and design features, and explore industry standard technologies and frameworks.

Instructor: Marcus Lander

- 1 Course: Introduction to Web Design
- 2 Course: Intermediate Web Design
- 3 Course: Advanced Web Design

Online Asynchronous Single: \$245 • Package: \$595

Diversity, Equity, and Inclusion in the Workplace NEW

This program focuses on improving cultural competence and encourages continuous learning to enhance understanding of DEI. To improve diversity, achieve equity, and foster inclusion, one must be intentional, consistent, and courageous.

Instructors: Jermaine Dykes and Travette Webster

- 1 Course: What is DEI?
- 2 Course: Inclusive Communication
- 3 Course: DEI and Organizational Success

Online Asynchronous Single: \$195 • Package: \$495

Certificate in Data Analysis FastTrack

Gain a basic understanding of how to analyze data in a business setting, then learn how many of your business decisions involve comparing groups for differences. Learn how to perform inquiries that will be useful to your organization and communicate results through graphs and text that your fellow employees will understand.

Instructors: John Rutledge, Mary Dereshivsky, Jeff Kritzer

- 1 Course: Introduction to Data Analysis
- 2 Course: Intermediate Data Analysis
- 3 Course: Advanced Data Analysis

Online Asynchronous

SQL Certificate

Learn about relational database structures, the history and uses of Structured Query Language, and how to use it to create a database, add records to database tables, and extract meaningful data from database tables. You'll also learn how to alter data in a database and gather significant statistics, as well as techniques that will enable you to write powerful queries that perform complicated searches and sorts on your data.

Instructor: Cecilia Allison

- 1 Course: Introduction to SQL
- 2 Course: Intermediate SQL
- 3 Course: Advanced SQL

Online Asynchronous Single: \$245 • Package: \$595

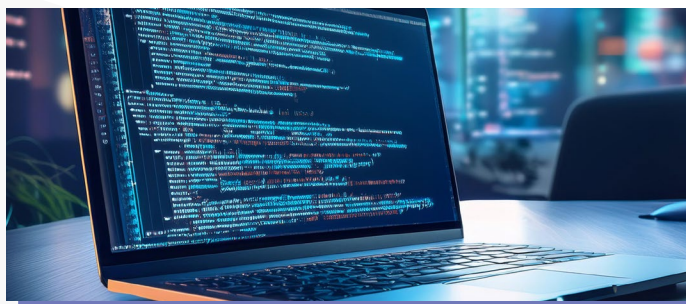
Certificate in Power BI

This certificate will enhance your skills in data analysis, providing greater insight into your organization's performance and allowing you to make more informed decisions using Microsoft's Power Business Intelligence (Power BI) software, a widely used business analytics service you can install for free. Add user-friendly features to enhance reports and analyze results.

Instructor: Marion Williams

- 1 Course: Introduction to Power BI
- 2 Course: Intermediate Power BI
- 3 Course: Advanced Power BI

Online Asynchronous Single: \$195 • Package: \$495



Certificate in Mastering Excel

Discover how to visualize your data into meaningful information with confidence. Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. Increase your efficiency by learning how to organize, display, and calculate your data into useful information. Learn a variety of Excel's most powerful features to analyze data quickly and easily.

Instructors: Amy Klous, Betsy Flanagan, John Rutledge

1 **Course:** Mastering Microsoft Excel

2 **Course:** Intermediate Excel

3 **Course:** Advanced Excel

Online Asynchronous Single: \$195 • Package: \$495

Graphic Design Software Essentials Certificate

Learn the Adobe software tools, the leading software for graphic design. Illustrator allows you to draw shapes and design logos, posters, banners, and business cards. Use Photoshop to edit, retouch, and enhance existing images, or create your own composite digital artwork. InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, books, and magazines. Students are responsible for purchasing their own software.

Instructor: Andy Helmi

1 **Course:** Adobe Illustrator Essentials

2 **Course:** Adobe Photoshop Essentials

3 **Course:** Adobe InDesign Essentials

Online Asynchronous Single: \$225 • Package: \$545

Mastering Computer Skills for the Workplace

The Microsoft Office suite of applications is the most used software tool in the world. Stay current with this class and master the most common uses so you can work faster and more efficiently in today's fast-paced, ever-changing workplace.

Instructor: Betsy Flanagan

1 **Course:** Mastering Microsoft Excel

2 **Course:** Mastering Microsoft Word

3 **Course:** Mastering Microsoft PowerPoint

Online Asynchronous Single: \$195 • Package: \$495

Certificate in Project Management

Gain the skills, tools, and templates to confidently develop and maintain a project, acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide, and learn the 10 Project Management Knowledge Areas and their supporting roles and relationships to the five Project Management Processes.

Instructors: John Fitzgerald, Jr., Christina Martinez, Gail Singleton

1 **Course:** Introduction to Project Management

2 **Course:** Project Management Processes

3 **Course:** Project Management Knowledge Areas

Online Asynchronous Single: \$195 • Package: \$495

Bookkeeping Certificate

Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this certificate will provide you with the knowledge needed to measure and manage the financial health of your business. This program focuses on cash-basis accounting.

Instructor: Sharon DeFonteny

1 **Course:** Understanding Debits and Credits

2 **Course:** General Ledger and Month-End Procedures

3 **Course:** Closing Procedures and Financial Statements

Online Asynchronous Single: \$195 • Package: \$495

The Basics of Bookkeeping

Learn bookkeeping terminology and what it means to keep track of the numbers. This course will help you understand the numbers, where they go, and why.

Instructor: Sharon DeFonteny

Online Asynchronous March 3-28

\$195

Certificate in QuickBooks

Save time, track money, and get important insights with QuickBooks Online, the leading online accounting platform. Get a comprehensive understanding of the program, then learn how to work with more advanced topics.

Instructor: Marcus Lander

1 **Course:** QuickBooks Online Level 1

2 **Course:** QuickBooks Online Level 2

Online Asynchronous Single: \$195 • Package: \$395


Mastering Video Marketing Certificate

Video marketing is the new marketing trend. Shoppers who viewed product videos were 144% more likely to add the product to their cart, and videos with good SEO have a 53% higher chance of showing up on page one of Google searches.

 **Instructor:** Rob Lee


 **Course:** Video Marketing


 **Course:** YouTube for Business


 **Online Asynchronous** Single: \$245 • Package: \$395


Certificate in Marketing


Discover advanced and new best practices in marketing. Learn advanced concepts and principles and acquire an understanding of how digital marketing and print complement and enhance each other, and how to integrate both kinds of marketing for greater overall effectiveness.

 **Instructors:** Danny Sill, Garrett Stern, William Draves

 **Course:** Advanced Marketing Concepts

 **Course:** Successful Print Marketing

 **Course:** Integrated Marketing Best Practices


 **Online Asynchronous** Single: \$195 • Package: \$495

Digital Marketing Certificate


Get the keys to eMarketing success, including improving email promotions, analyzing website traffic, search engine optimization, and successfully employing online advertising. Relevant for any type of organization, including businesses, companies, non-profits, and government agencies.

 **Instructors:** Dan Belhassen, Susan Hurrell

 **Course:** Improving Email Promotions


 **Course:** Boosting Your Website Traffic

 **Course:** Online Advertising


 **Online Asynchronous** Single: \$195 • Package: \$495

Certificate in Online Teaching


From building to improving an online course, from fostering online discussion to encouraging student interaction, from traditional assessment to online tests, this program provides the fundamentals of teaching online, as well as the most advanced tips and techniques in the business.

 **Instructors:** Mary Dereshiwsky, William Draves, Dionne Felix

 **Course:** Advanced Teaching Online

 **Course:** Designing Online Instruction

 **Course:** Fostering Online Discussion


 **Online Asynchronous** Single: \$195 • Package: \$495

Paralegal Certificate

Designed for beginning or advanced legal workers, this class will help you pass numerous quizzes and successfully complete several writing assignments to receive your certificate. To enroll, contact the Center for Legal Studies at 1-800-522-7737.

Books and materials must be purchased separately.

For more information, visit legalstudies.com.

 **Online Live** Feb. 3-April 1 • M, W, 6-9 p.m. • Sa., 8:30 a.m.-1 p.m. • (No class Feb. 15, 17; makeup is Feb. 18, 20)

\$2,195

 **Online Asynchronous** March 10-June 20

\$2,095

Legal Secretary Certificate Course

This intensive program, designed for beginning and experienced secretaries, will improve your skills to work more efficiently within the law office.

To enroll, contact the Center for Legal Studies at 1-800-522-7737.

Books and materials must be purchased separately.

For more information, visit legalstudies.com.

 **Online Asynchronous** March 10-April 25 \$1,095

Online Insurance Courses

MVCC and ExamFX, Inc. now offer online insurance and securities courses and programs.

- Life and Health Insurance
- Property and Casualty Insurance
- Securities Industry Essential (SIE) Training
- A variety of continuing education courses

Study online and qualify to take a wide variety of insurance-related New York State exams, and benefit from our "Pass Guarantee."

Enroll at examfx.com to receive up to 12% off:

1. Click on "Insurance," then "Register Now."
2. Manager's Email Address: mohawkvcc@examfx.com
3. Click "Next Step" to choose a course.

For more information on insurance training at MVCC, contact 315-792-5300.

OSHA-10 General Industry

This 10-hour, in-person OSHA training program is intended to provide entry-level general industry workers information about their rights, employer responsibilities, and how to file a complaint, as well as how to identify, abate, avoid, and prevent job-related hazards on a work site. It covers a variety of general industry safety and health hazards a worker may encounter. Upon successful course completion, you'll receive a certification card via postal mail

 **Instructor:** Eric Sims

 **Utica** T, W • 9:30 a.m.-3 p.m.

 **Option:** March 11, 12

 **Option:** April 15, 16

\$100

Construction Training

Home improvement contractors, property management firms, handymen, landlords, or others compensated for renovations that disturb more than 6 sq. ft. (interior) and 20 sq. ft. (exterior) of paint or surface coating in pre-1978 housing, schools, or child-occupied facilities are required to obtain an EPA firm license and have their workers trained in lead-safe work practices. Renovation firms must have at least one certified renovator who has completed training and obtained a firm certification from the EPA at a cost of \$300. These courses are accredited by the EPA and fulfill the requirements for lead-safe training. EEA is a USEPA TSCA 402 accredited training provider.

Lead Renovator Certification

This eight-hour initial certification course is required for any renovators without previous training to become a certified lead-safe contractor. The course concludes with a 25-question exam. Bring a pen, pencil, paper, and lunch; all other materials will be provided.


-  **Instructor:** Gene Allen
-  **Carpentry & Masonry F** • 8:15 a.m.-5:15 p.m.
-  **Option:** Feb. 21
-  **Option:** April 4

\$175

Healthcare & Fitness Training

Barrier Precautions/Infection Control



The New York State Education Department requires this class for licensed professionals, including physicians, physicians' assistants, specialist assistants, dentists, dental hygienists, registered nurses, licensed practical nurses, optometrists, and podiatrists. Certification is valid for four years. This class is self-paced and can be started at any time. (0.3 CEUs)

-  **Instructor:** Tammy Johnston
-  **Online Self-Paced**

\$50

CPR, AED, and Blocked Airways for Healthcare Students/Professionals



This course covers CPR and Basic Life Support for healthcare students/professionals, BLS CPR (1 and 2 rescuer), BVM Ventilations, choking, and AED use for adults, children, and infants. Students who pass written and skills tests receive an AHA BLS e-card that is valid for two years. Please bring \$ 10 cash for the certification card.

-  **Instructor:** Karen Murphy
-  **Utica** Feb. 5 • W • 9:30 a.m.-2 p.m.

\$55

CPR, AED Heartsaver

This course covers CPR and AED use for anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or anyone who wants to be prepared during an emergency. Topics covered are choking and AED use for adults and infants. Students who pass written and skills tests receive an AHA e-card that is valid for two years. The cost of the card (\$22) is included in the tuition.



-  **Instructor:** Karen Murphy
-  **Utica** Feb. 12 • W • 9:30 a.m.-2 p.m.

\$77

Spanish for Medical Professionals

This class, designed specifically for healthcare professionals, will help you practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families.

Textbook required: *McGraw-Hill Education Complete Medical Spanish, 3rd Edition.*








-  **Instructor:** Cristina Sempé
-  **Online Asynchronous** Feb. 3-March 28

\$290

New York State High School Coaching Certification

Those wishing to coach an inter-school athletic team in NYS must meet certain minimum requirements as set forth in the Regulations of the Commissioner of Education. This includes all head coaches and assistants for varsity, junior varsity, freshman, and junior high (modified) teams of public schools. These three online classes will get you started on your certification. Learn about athletic first aid and training/conditioning principles, the basic philosophy of coaching as integral to physical and general education, and different methods of coaching and team management.

Textbook is required: *Concepts of Athletic Training, Ronald P. Pfeiffer and Brent C. Mangus, 7th Edition*

-  **Instructor:** Matt St. Croix
-  **Course:** Philosophy, Principles, and Organization of Athletics in Education
-  **Instructor:** Matt St. Croix
-  **Course:** Theory and Techniques of Coaching
-  **Instructor:** Jen Krohn
-  **Course:** Health Science Applied to Coaching
-  **Online Self-Paced**

\$150 per class

Health & Wellness

Balance, Strength, and Flexibility

Experience a full-body conditioning workout that will enhance muscle definition, balance, and strength; burn calories; increase flexibility; and improve bone density. We will use weights, resistance bands, and our own body weight. All work is standing and/or using a chair; there is no floor work.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500

Online Live T, Th. • 4:30-5:15 p.m.

① **Option:** Jan. 21-March 13

② **Option:** March 25-May 15 \$95

Mindful Movement Yoga

When we mindfully move through our practice, we will learn what areas of our body need extra attention. This yoga practice will help reduce stress, increase mobility and flexibility, and find balance in mind and body. We will create length, space, and awareness in our muscles and joints. All levels welcome. Props like blocks, straps, pillows, or blankets are encouraged.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500

Online Live M • 5:30-6:30 p.m.

① **Option:** Jan. 20-March 10

② **Option:** March 24-May 12 \$65

Strengthen, Sculpt, and Tone

Strengthen and tone muscles using resistance bands, hand weights, paper plates, body weight, and a playground ball. This course is designed to increase physical strength, improve core strength and balance, and decrease body fat. You will need the equipment listed above and a mat.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500

Online Live T, Th. • 5:30-6:30 p.m.

① **Option:** Jan. 21-March 13

② **Option:** March 25-May 15 \$110



Floating Yoga **NEW**

Floating Yoga is like a traditional Vinyasa Yoga class but is performed on an inflatable board in the pool. Yogis of all levels will enjoy this course, as it's a fun and challenging experience and all about balance. A slower pace and increased focus will be required as your muscles work to obtain balance on the mat. Swimming ability is required.

Instructor: Michael Calogero

Utica F • 5:30-6:30 p.m.

① **Option:** Jan. 24-Feb. 21

② **Option:** March 7-April 4 \$65

Focus on Functional Fitness

Come join a lower impact bootcamp with a focus on functional fitness, core strength, toning, and cardio. All levels welcome. The program is built and customized around the participants' goals and/or fitness levels.

Instructor: Jason T. Hill

Utica Th. • 6-6:45 p.m.

① **Option:** Feb. 6-March 27

② **Option:** April 3-May 22 \$70

Jump(rope) Into Fitness

This exciting fitness experience elevates your skipping skills while emphasizing balance, rhythm, endurance, and technique. Master the art of jump rope and experience improved metabolism, cardiovascular health, stamina, and agility. All skill levels welcome; ropes will be provided and sized.

Instructor: Jason T. Hill

Utica Th. • 5-5:45 p.m.

① **Option:** Feb. 6-March 27

② **Option:** April 3-May 22 \$70

Lifefit Yoga

This class focuses on connecting poses with one's breath, flowing from one to the next to build strength and flexibility, mental focus, balance, and peace in one's mind, body, and spirit. Modifications are offered so that many levels of students can participate. This class will meet outside unless there is inclement weather. Wear appropriate, comfortable clothing, and have your yoga mat ready.

Instructor: Kathy Bateman

Utica T • 5:30-6:30 p.m.

① **Option:** Jan. 21-March 11

② **Option:** March 25-May 13 \$65



FREE! FITNESS WEEK

Join us Jan. 13-16 to sample our health and wellness classes **FOR FREE**. Offerings will include Water Aerobics, Pilates, Yoga, Jump rope and more, led by our dedicated instructors. No registration needed—simply show up and enjoy! Check out our website and social media sites for a list of offerings, or call 315-792-5300 for more information.

Wall and Mat Pilates 1

Interested in learning about the Wall Pilates craze going around on social media? In addition to wall work, you'll learn traditional mat exercises that adhere to the Six Traditional Principles of Pilates: Breath, Concentration, Control, Precision, Center, and Flow. All fitness levels welcome. Please dress to exercise and bring a water bottle.

Instructor: Kathy Bateman

Utica M • 5-5:50 p.m.

① **Option:** Jan. 20-March 10

② **Option:** March 24-May 12

\$65

Yoga Balance

Focus on centering your mind and body, helping to balance the stress of daily life. You will build strength and flexibility for a stronger, more balanced body. Have your yoga mat and blocks ready.

Instructor: Linda Budlong, CPT, E-RYT 200, RYT 500

Online Live W • 5:30-6:30 p.m.

① **Option:** Jan. 22-March 12

② **Option:** March 26-May 14

\$65

Wall and Mat Pilates 2

Ready to take your Pilates practice to the next level? In this class, you'll build upon the fundamentals learned in Level 1, incorporating more advanced wall work and challenging traditional mat exercises while introducing new variations to deepen your practice and enhance strength and flexibility. Whether you're looking to progress your skills or challenge your core, this class is for you. Please dress to exercise and bring a water bottle.

Instructor: Kathy Bateman

Utica M • 6-6:50 p.m.

① **Option:** Jan. 20-March 10

② **Option:** March 24-May 12

\$65

Holistic Wellness

Awakening Within: A Journey of Mindfulness and Meditation

Take yourself on a transformative journey of self-discovery through the practice of mindfulness and meditation. Explore various aspects of meditation, including its benefits, different techniques, and practical applications for enhancing well-being and inner peace.

Instructor: Pilar Lombana

Utica Feb. 25-April 15 • T • 6-7 p.m.

\$90

Reiki 2

Expand your healing abilities and deepen your Reiki practice with our Reiki 2 Certification — ideal for those who have completed Reiki 1 and are ready to elevate their energy work. Learn advanced techniques, including distance healing, using Reiki symbols, and enhancing your intuition. Prerequisite: Reiki 1 certification.

Instructors: Ashleigh Frank, Lynn Brooks

Utica Feb. 26-March 19 • W • 6-7 p.m.

\$70

Reiki 3 (Master Level) Certification Class **NEW**

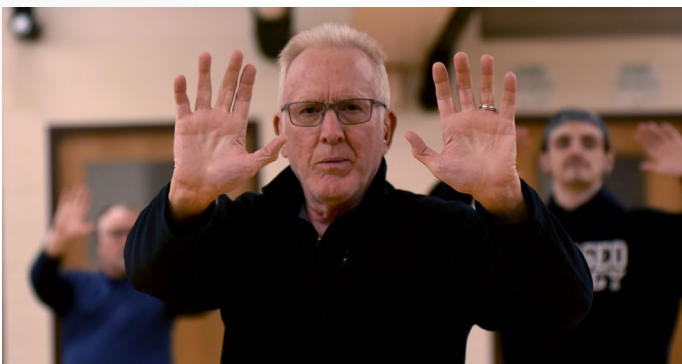
Ready to take your Reiki practice to the highest level? Our Reiki 3 Master Certification will guide you through advanced techniques and empower you to become a Reiki Master. This class is ideal for those who have completed Reiki 2 and are committed to deepening their spiritual practice and healing work.

Prerequisite: Reiki 2 Certification.

Instructors: Ashleigh Frank, Lynn Brooks

Utica April 2-23 • W • 6-7 p.m.

\$70




Leisure Learning


Basic Home Repair


In this hands-on, three-part series, learn how to confidently tackle those minor home repairs that have always seemed impossible. You'll get great advice on what tools you need and how to fix common household items, both inside and outside your living space. Take one session or all three!

 **Instructor:** Todd Manolescu

 **Course:** Plumbing • Feb. 8

 **Course:** Electricity • March 8


 **Course:** Odds & Ends/Home Maintenance • April 5


 **Carpentry & Masonry** Sa. • 9 a.m.-Noon **\$60**

Jewelry Making 101: Wire Wrapping

NEW


This four-part course on beginner wire wrapping techniques will teach you to create a variety of rings, bracelets, earrings, and pendants. Class will be split between demonstrations and open studio time, covering tools of the trade, sourcing wire and supplies, shaping with wire, link making, and more. All materials will be provided; have a special stone you've always wanted to wrap? Bring it! This class is open to teens and adults.

 **Instructor:** Sara Vivyan, Resonate Trading Company

 **Utica** March 6-27 • Th. • 5:30-8 p.m. **\$150**

Introduction to Golf

This course prepares new or beginner golfers to feel comfortable learning game fundamentals in a low-pressure, fun atmosphere. Topics include basic rules and etiquette, putting, chipping, pitching, full swing with irons and woods, with on-course playing class. Class will take place on the MVCC Campus and will meet on day four at a local course. Bringing your own equipment is optional.

 **Instructor:** Cindy Posello

 **Utica** April 28-May 19 • M • 6-7:30 p.m. **\$150**

Locally Rooted: Sustainable Floral Design Workshop **NEW**


Discover the beauty of local, sustainable florals in this centerpiece workshop. Learn to create a lush, layered arrangement using locally sourced spring blooms, avoiding harmful floral foam by using eco-friendly mechanics. Take home your masterpiece and vase, along with inspiration for future creations.


 **Instructor:** Natalie Levin

 **Utica** May 8 • Th. • 5:30-7:30 p.m. **\$80**

Become a Confident Caregiver: Hands-On Education **NEW**

The call to care for a loved one is often a life-changing event for all concerned. As a caregiver, how will the experience affect you physically, emotionally, psychosocially, spiritually, and financially? This workshop will teach you to tend to the needs of loved ones with confidence. Learn about mealtime and medication assistance, personal care, mobility, positioning, and pain management. This is a free program offered in partnership with Hospice and Palliative Care Inc.

 **Instructor:** Barbara Sheppard, RN, BSN

 **Utica** April 8 • T • 6-8 p.m. **FREE!**

Introduction to Fiction Writing

Designed specifically for those with little to no fiction-writing experience, this class will help you find a pathway to your fiction-writing goals. Create a new work of fiction or revive an old one that's been sitting in your bottom drawer.

 **Instructor:** Jacqui Lipton

 **Online Asynchronous** Feb. 3-28 **\$195**

Wild Edibles Walking Tour: Spring Edition


Through a series of guided local nature walks, you can learn to locate and identify nutritious wild foods gathered from Mother Nature's gardens. Learn about what nature has to offer during the spring. Classes will take place in a variety of nearby destinations. Please bring a notebook and pencil.

 **Instructor:** Natalie Levin

 **Various** April 28-May 19 • M • 5:30-7:30 p.m. **\$80**

Get Paid To Talk


This workshop is an upbeat and realistic introduction to voice acting. Learn the types of voiceovers, what it's like to work in a studio, in-demand voice types, where to find opportunities close to you, and industry pros and cons.

 **Online Live** Feb. 18 • T • 6:30-8 p.m. **\$40**

Tech-Savvy Seniors

This course is the perfect opportunity to brush up on computer and smartphone basics with extra time built in at the end of class so you can ask questions about your technology problems.

 **Instructor:** Shawn Essafi


 **Rome** April 17 • Th. • 5-8 p.m. **\$40**


Music & Dance

Social Ballroom Dance

Learn social dance starting with West Coast Swing and Rumba. As class progresses, so will skills, such as advanced turns, proper footwork, and arm styling using basic routines. No partner is necessary. This class is for beginner to intermediate levels.

 **Instructor:** Lili Piplica


 **Rome** Jan. 30-March 20 • Th. • 6-8 p.m.
(No class Feb. 20, March 13) \$65

 **Utica** March 24-May 19 • M • 6:45-8:15 p.m.
(No class April 21) \$75

Concert Band

Gain experience in a variety of genres and perform throughout the community with a long-standing performance group devoted to fostering enjoyment and developing skills in concert-band ensemble work. Prior ensemble experience is preferred. New members are welcome.

 **Instructor:** Barb Seaton


 **Utica** Feb. 5-May 21 • W • 7-9 p.m.
(No class March 19) \$30


Culinary Classes

Cook Up Some Fun: Family & Child Edition **NEW**

Join us for a fun and hands-on cooking adventure designed for young children and their families! In this interactive class, kids and a parent or guardian will work together to create simple, tasty dishes while learning basic cooking skills and kitchen safety. Whether you're a mom, dad, grandparent, aunt, uncle, or any caregiver, this class is a great way to make delicious memories. No experience needed!

(Ages 6-10, registration includes one adult and one child.)

 **Instructor:** Jonann Velardi, Karma


 **Rome** March 25 • T • 5:30-7:30 p.m. \$100

Cook Up Some Fun: Family & Teen Edition **NEW**

Looking to cook up some fun with your teen? This class is perfect for families with older kids who want to explore new flavors and sharpen their cooking skills together. Teens and a parent, guardian, or supportive adult will team up to create more advanced recipes while learning kitchen techniques and experimenting with different cuisines. This inclusive, relaxed environment welcomes all family types — whether you're a parent, grandparent, or mentor!

(Ages 11+, registration includes one adult and one teen)

 **Instructor:** Jonann Velardi, Karma


 **Rome** April 1 • T • 5:30-7:30 p.m. \$100

Cookie Decorating


Learn the art of cookie decorating in this hands-on workshop. Learn the basics of baking cookies and some tricks of the trade, then move into the world of decorating. You'll create a variety of designs to bring home at the end of class. Ages 12+.

 **Instructor:** Maggie McGrath, The Sweet Life

1 Option: Spring has Sprung:

 **Rome** March 20 • T • 6:30-8:30 p.m.

2 Option: Easter Theme:

 **Utica** April 12 • Sa. • 10 a.m.-Noon \$65

Fabulous French Cooking **NEW**

Experience the timeless elegance of French cuisine. Learn the basics of French cooking — creating delicious dishes that are sure to impress! Special focus will be on structuring an unforgettable three-course French-style menu.

Take one or both!


 **Rome** 5-8 p.m.


1 Option: Feb. 4 • T

2 Option: Feb. 6 • Th. \$65

Lebanese Cooking with Zeina's

Taste the flavors of Lebanon and the Mediterranean, and learn some tips about the recipes you've come to enjoy at Zeina's Lebanese restaurant. Learn to make many healthy and delicious Lebanese dishes.

 **Instructors:** Melissa Zeina, Layla Zeina

 **Rome** T • 5:30-8:30 p.m.

1 Option: Feb. 25 • Shawarma, Toun, Pickled Onions

2 Option: March 18 • Lebanese Breakfast

2 Option: April 8 • Stuffed Grape Leaves & Hummus \$65

Language & Culture

Conversational Italian for Travel

Learn how to express yourself comfortably in Italian with practical, everyday words when traveling to Italy. Cultural notes are included to help you better understand the Italian way of life.

Textbook required: *Rick Steves Italian Phrase Book and Dictionary*.


 **Instructor:** Lisa Ricci


 **Utica** April 2-May 21 • W • 6-7:30 p.m. \$100

Basic Italian

This fun, interactive course is designed for beginner students. Through simple dialogues and conversations, you'll improve your listening and comprehension skills and learn how to structure sentences with ease on your own. Cultural insights are included in each lesson.

Textbook required: *Nuovo Espresso 1* by Luciana Ziglio, Giovanna Rizzo. The basic textbook includes access to the audio online.


 **Instructor:** Marta Formagnana


 **Rome** Jan. 28-March 18 • T • 6-7:30 p.m. \$100

Italian Language II

This fun, interactive course is designed for beginner students who have a basic knowledge of the Italian language and wish to develop their proficiency. Improve your listening and comprehension skills and learn how to structure sentences. Cultural insights are included in each lesson.

Textbook required: *Nuovo Espresso 1* by Luciana Ziglio, Giovanna Rizzo. The basic textbook includes access to the audio online.


 **Instructor:** Marta Formagnana

 **Rome** Jan. 30-March 20 • Th. • 6-7:30 p.m. \$100

Sign Language for Beginners


This course provides an overview of deaf culture and basic sign vocabulary and conversation protocol, including colors, numbers, letters, family members, and animals. Use games, videos, and conversation to learn these skills. Textbooks included.


 **Instructor:** Deborah Pardi

 **Utica** Feb. 18-March 27 • T, Th. • 6-7:30 p.m. \$100

Sign Language: Level 2


Now that you've mastered the basics, take your skills to the next level. Classes are targeted to the interests and abilities of participants. Use games, videos, and conversation to learn these skills.

 **Instructor:** Deborah Pardi


 **Utica** April 15-May 22 • T, Th. • 6-7:30 p.m. \$100

Beginning Conversational Spanish

Practice the basic building blocks of the language and common idiomatic expressions. Learn enough vocabulary and grammar for simple conversations, including how to ask and answer questions.

 **Instructors:** Cristina Sempé, Wayne Seifried


 **Online Asynchronous** April 7-May 30 \$290

 **Utica** Feb. 4-April 1 • T • 6-8 p.m. \$100
(No class Feb. 18)

Conversational Spanish 2 **NEW**

Take your Spanish speaking skills to the next level with this course, which focuses on grammar, conversation, and culture.


 **Instructor:** Wayne Seifried

 **Utica** April 8-June 3 • T • 6-8 p.m. \$100
(No class April 22)

Beginning French Language

Learn the basics of the language and how to communicate basic information about yourself. French culture and history also will be included in each session.

 **Instructor:** Wayne Seifried

 **Utica** Feb. 26-April 16 • W • 6-8 p.m. \$100

FIRST ROBOTICS VOLUNTEERS

Check out or volunteer for our
FIRST@MVCC robotics tournaments!

mvcc.edu/firstrobotics/volunteer-sponsor.php




Personal Safety

Confrontation Management Clinic


This Failsafe Method clinic will cover methods the average person can utilize to avoid, manage, and survive potentially violent encounters. It focuses on behavioral and verbal skills that are highly effective in improving your confidence and competence when dealing with confrontations. No experience required. Ages 12+.


 **Instructor:** Tom Arcuri

 **Utica** March 14 • F • 6-8 p.m. \$35

Defensive Driving

This program offers the benefits of a 10% insurance discount and up to four points off your driving record. It emphasizes safe and defensive driving techniques for drivers of all ages and skill levels, including those with a driver's permit. Students are required to be on time and stay until the completion of class. Bring a license or permit to class, as well as lunch. Course offered in partnership with the Oneida County Traffic Safety Department.

 **Instructor:** Brittany Fumarola

 **Utica** Sa. • 9 a.m.-4 p.m.


① **Option:** Feb. 8

② **Option:** April 5 \$40

General Self-Defense for Teens and Adults

This course will cover the most common scenarios law-abiding citizens may face in their everyday lives. It focuses on highly effective and efficient methods the average person can use to avoid, manage, and survive potentially violent encounters. No experience required. Ages 13+.


 **Instructor:** Tom Arcuri

 **Utica** April 11 • F • 6-8 p.m. \$35

SCUBA Diving

This course is designed to teach beginning diving skills, from snorkeling and basic scuba skills to emergency procedures. Class will take place both in the classroom and pool. To participate, you must be 10 years or older and able to pass a swim test and float or tread water for 10 minutes. You also will be required to purchase a basic snorkeling package, which includes a mask, boots, snorkel, and bag (\$249). You can choose to become certified under Recreational Scuba Training Council standards and learn to dive safely. Certification dives are optional and take place off campus and are available for an additional \$209.


 **Instructor:** Chris Ryan

 **Utica** Jan. 28-March 11 • T • 5-8 p.m. \$350

Senior Self-Defense

This course will cover the most common scenarios senior citizens may face in their everyday lives. It focuses on highly effective and efficient methods the average senior can use to avoid, manage, and survive potentially violent encounters. No experience required. Ages 55+.

 **Instructor:** Tom Arcuri

 **Utica** April 25 • F • 6-8 p.m. \$35

Women's Self-Defense

This clinic will cover the most common scenarios women face in their lives. The class is presented in a fun and empowering way focusing on highly effective and efficient methods the average person can utilize to avoid, manage, and survive physical encounters. No experience required. Female teens and women welcome.

 **Instructor:** Tom Arcuri

 **Utica** Feb. 7 • F • 6-8 p.m. \$35

Aquatics

Adult Learn To Swim
Water Aerobics
Water Running
Lane & Lap Lovers
Lifeguard & WSI Training
Open Swim

Swimming Lessons

Levels 1-6, Pre-school with Parent, Parent & Child

Go online for our full swim lesson schedule:
mvcc.edu/cced




College for Kids & Teens

School Break Camps

Sustainability Club Camp **NEW**

Did you ever wonder where the trash goes once it leaves your house? Learn more about reduce, reuse, and recycle with this STEM-based camp. Local experts in sustainability will visit the class, sharing their expertise and providing tips and tricks to make a real difference in your community. Ages 8-12.


 **Instructor:** Deborah Palaka

 **Utica** Feb. 17-20 • M-Th. • 1-4:30 p.m. \$140

Earth Day is Every Day! **NEW**


Change begins with YOU! This Earth Day, be ready to change the world with this camp! Learn how you can make a real difference in your community with fun hands-on activities. Ages 8-12.


 **Instructor:** Deborah Palaka

 **Utica** April 21-24 • M-Th. • 8:30 a.m.-Noon \$140

Upcycling Crafts


Creativity meets sustainability in this four-day summer arts program designed to inspire young minds while making a positive impact on the environment. Each week brings a new theme, from "Nature's Canvas" — using found items outdoors — to "Upcycled Fashion" — turning old clothes into wearable art. Explore the world of art while learning to care for our planet through fun activities that repurpose recyclable materials. Ages 8-12.


 **Instructor:** Lynne Lindsay

 **Utica** Feb. 17-20 • M-Th. • 8:30 a.m.-Noon \$140

Art and Yoga **NEW**


Let that creativity flow! Each day starts with some time on our mats, playing yoga games and learning new poses, followed by plenty of time to create! Get in the flow and get excited for both teacher-led art projects and open studio time. You'll leave with beautiful works of art, new friends, and a few mindfulness tools. Ages 7-14.


 **Instructor:** Sara Vivyan, Resonate Trading Company

 **Utica** April 21-24 • M-Th. • 1-4:30 p.m. \$140

Paint the Day Away

Let your inner artist out and paint the day away! Each day you'll complete one "follow along" painting, take a break, then move on to free studio time to paint your own creations! Explore color mixing, textures, painting to music, painting outside, painting with non-traditional tools, and more! Ages 7-14.


 **Instructor:** Sara Vivyan, Resonate Trading Company

 **Utica** Feb. 17-20 • M-Th. • 1-4:30 p.m. \$140

Babysitter's Training

Be the babysitter all the kids want! Learn basic safety skills and childcare techniques, and create a variety of activities to use while babysitting. You will fill a bag with fun projects/games to take while babysitting. Infant CPR and first aid included. Ages 11+.

 **Instructor:** Cristen Gallup

 **Utica** M, T, W • 9 a.m.-2 p.m.

① **Option:** Feb. 17-19


② **Option:** April 21-23

\$200

Screenwriting 101: Writing the Script to Create Cinematic Magic **NEW**

The first step to any of your favorite movies and TV series was the script. Learn how to write screenplays and build the foundations of creating movie magic for yourself with this camp. Learn the (fun)damentals of screenwriting — from formatting to worldbuilding — and dive into the craft of cinematic storytelling! Ages 11+.

 **Instructor:** Muna Chahfe


 **Utica** Feb. 17-20 • M-Th. • 1-4:30 p.m.

\$140

Be A Star! Theater Camp

Explore different styles of acting techniques through a variety of activities and games, and learn how to "get in character" as you prepare various scenes and monologues to perform in class. Genres include dramatic, comedic, improvisation, and musical theater. Age 8-11.

 **Instructor:** Isa Hudziak


 **Utica** Feb. 17-20 • M-Th. • 8:30 a.m.-Noon

\$140

Elements of Dance **NEW**


Embark on a vibrant journey of movement and rhythm in this four-day camp. Delve into the captivating world of dance, discovering the rich diversity of styles like jazz, ballet, line dancing, and musical theater. This dynamic program promises to inspire, energize, and cultivate a lifelong love for the art of movement in all participants. Ages 6-10.


 **Instructor:** Kayla Gerstner

 **Utica** Feb. 17-20 • M-Th. • 1-4:30 p.m.

Be A Boss Bootcamp **NEW**

This fun and interactive camp teaches kids how to turn their passions into a business! It covers the basics, from brainstorming a plan and finance basics to finding investors, marketing, and networking. Ages 9-16.

 **Instructor:** Kayla Gerstner

 **Utica** Feb. 17-20 • M-Th. • 8 a.m.-Noon

\$140

Drone Adventure

Wondering what careers are out there with drones? Learn the basics of drone flight and the rules in this camp. Start by using a flight simulator, then take to the skies with a real drone! Learn about the various components of a drone as well as Federal Aviation Administration regulations and guidelines. The camp will culminate with a fun series of activities, including an obstacle course.

Instructors: Josh Drake, Caleb Lutke

Rome Feb. 17-20 • M-Th.

1 Ages 9-12: 8:30 a.m.-Noon

2 Ages 13-16: 1-4:30 p.m.

\$140



FIRST® Robotics



Intro to FIRST® LEGO® League EXPLORE Robotics

Learn basic robotics, engineering, building, and programming skills using LEGO® Education WeDo sets, then apply these concepts to make your robot design come to life. Ages 6-8.

Instructors: Jessica DuBois, Kayla Gerstner

Utica April 21-24 • M-Th. • 8:30 a.m.-Noon \$160

Intro to FIRST® LEGO® League CHALLENGE Robotics

Learn basic robotics, design, engineering, building, and programming skills using LEGO® Education SPIKE Prime robotics sets to perform fun, autonomous "missions" on a playing field. Ages 9-13.

Instructor: Kayla Gerstner

Utica April 21-24 • M-Th. • 1-4:30 p.m. \$160

Your truck-driving career starts at MVCC!

We're excited to be partnering with Ancora Corporate Training.



DID YOU KNOW? Truck driving is currently one of the most in-demand careers in the nation. The average starting salary for a CDL driver in Utica is \$62,000 — and many employers offer additional benefits, bonuses, and tuition reimbursement programs. In just four weeks, you can launch a flexible, lucrative career and enjoy a freedom that few other jobs can offer. Get started on your tomorrow today.



For more information or to enroll, visit mvcc.edu/cced/tractor-trailer.php.

Become a Sponsor for MVCCConnect Community Education!

With your sponsorship, you will receive: Sponsorship disciplines include:

- Your company's name and logo in MVCCConnect brochure. *(Over 60,000 households reached)*
- Your company's name and logo on MVCCConnect website.
- Recognition on CCED social media accounts.
- College for Kids & Teens
- Professional Development
- Health & Wellness
- Leisure Learning
- Personal Safety



For more information on Community Education Sponsorships, contact MVCC's Institutional Advancement office: 315-692-5555

mvcc.edu/cced

mvcc.edu/cced



mvcc.edu/cced



On the road to retirement? Sample these options with the Center for Corporate and Community Education and the Mohawk Valley Institute for Living in Retirement! MVILR is housed at MVCC's Rome Campus with dedicated classrooms, state-of-the-art event spaces, and free parking. Membership provides access to a wide variety of classes. Learn more at: mvcc.edu/mvilr or call 315-334-7761

Become a Confident Caregiver: Hands-On Education NEW



The call to care for a loved one is often a life-changing event for all concerned. As a caregiver, how will the experience affect you physically, emotionally, psychosocially, spiritually, and financially? This workshop will teach you to tend to the needs of loved ones with confidence. Learn about mealtime and medication assistance, personal care, mobility, positioning, and pain management. This is a free program offered in partnership with Hospice and Palliative Care Inc.

 **Instructor:** Barbara Sheppard, RN, BSN
 **Utica** April 8 • T • 6-8 p.m.

FREE!



Wild Edibles Walking Tour: Spring Edition

Through a series of guided local nature walks, you can learn to locate and identify nutritious wild foods gathered from Mother Nature's gardens. Learn about what nature has to offer during the spring. Classes will take place in a variety of nearby destinations. Please bring a notebook and pencil.

 **Instructor:** Natalie Levin
 Various April 28-May 19 • M • 5:30-7:30 p.m. \$80



Mindful Movement Yoga

When we mindfully move through our practice, we will learn what areas of our body need extra attention. This yoga practice will help reduce stress, increase mobility and flexibility, and find balance in mind and body. We will create length, space, and awareness in our muscles and joints. All levels welcome. Props like blocks, straps, pillows, or blankets are encouraged.

 **Instructor:** Linda Budlong, CPT, E-RYT 200, RYT 500
 **Online Live** M • 5:30-6:30 p.m.
 ① **Option:** Jan. 20-March 10
 ② **Option:** March 24-May 12 \$65



Senior Self-Defense

This course will cover the most common scenarios senior citizens may face in their everyday lives. It focuses on highly effective and efficient methods the average senior can use to avoid, manage, and survive potentially violent encounters. No experience required. Ages 55+.

 **Instructor:** Tom Arcuri
 **Utica** April 25 • F • 6-8 p.m. \$35



Tech-Savvy Seniors

This course is the perfect opportunity to brush up on computer and smartphone basics with extra time built in at the end of class so you can ask questions about your technology problems.

 **Instructor:** Shawn Essafi
 **Rome** April 17 • Th. • 5-8 p.m. \$40

Awakening Within: A Journey of Mindfulness and Meditation

Take yourself on a transformative journey of self-discovery through the practice of mindfulness and meditation. Explore various aspects of meditation, including its benefits, different techniques, and practical applications for enhancing well-being and inner peace.

 **Instructor:** Pilar Lombana
 **Utica** Feb. 25-April 15 • T • 6-7 p.m. \$90

More Options for the 50+ Crowd

We have lots of other classes for those 50+ this fall:

- **Holistic Wellness, page 9**
- **Senior Self-Defense, page 13**



The Center for Leadership Excellence (CLE) is a partnership between MVCC and Leadership Mohawk Valley – creating an innovative and high-impact center to address the region's need for effective, equipped, and engaged leaders and supervisors. CLE is now accepting applications for Leadership Academy, Leadership Mohawk Valley and Supervisors Institute. Contact jhobika@mvcc.edu or visit clemv.org for more information.

5 ways to register for non-credit courses

- **Register online** using Visa, MasterCard, or Discover! Go to mvcc.edu/cced and click the registration link.
- **Call us at 315-792-5300.**
- **Fax to 315-792-5682.** Use registration form. Payment by credit card only.
- **Fill in the form** and mail to the address below along with a check or email it to ccedadmin@mvcc.edu. Make checks payable to MVCC. Credit card information can be taken over the phone at 315-792-5300.
- **Register in person** at the Center for Corporate and Community Education, Academic Building room 166, Utica Campus.
- **Email us at ccedadmin@mvcc.edu** with questions or for more information.

CANCELLATION/REFUND POLICY

As decisions to run non-credit classes are based on enrollment. Reimbursements for canceled registrations will be made as follows:

- 100% refund: withdraw three or more business days before class begins
- 50% refund: withdraw two days or less before class begins (for classes costing less than \$20, your refund is tuition minus a \$10 fee)
- Consideration for withdrawal requests after the first class session must be made in writing to the Center for Corporate and Community Education.

CCED is dedicated to customer satisfaction. Please call 315-792-5300 with questions and concerns.

Security Guard Course Cancellation Policy: Students will be entitled to a 100% refund at any time prior to the start of instruction. 16-hour OJT course: Student will be entitled to a 50% refund if the student cancels after the start of instruction but before the start of the second eight-hour block of instruction. A DCJS-approved security guard training cannot assess any non-refundable registration fees, deposits, or cancellation fees.

Inclement Weather/Class Cancellations: If MVCC campuses close, all non-credit CCED classes are canceled as well. Please monitor local media outlets and when in doubt, call our office at 315-792-5300 or visit mvcc.edu.

Cancellation Policy for Online Asynchronous Classes: If you wish to cancel an online asynchronous class registration, you may receive a full refund up to the end of the second week of your class. After that, refunds only will be made for extenuating or special circumstances.

NON-CREDIT REGISTRATION FORM



Scan this QR code to directly access our registration website!

Mail or drop off registration to:
 Mohawk Valley Community College
 Center for Corporate and Community Education
 1101 Sherman Drive, Academic Building room 166
 Utica, N.Y. 13501, 315-792-5300

All fields containing an (*) asterisk **must** be completed in order to be processed.

* Registrant Information		* Ethnicity Identity	
<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Non-binary <input type="checkbox"/> Prefer Not to Answer		<input type="checkbox"/> White Non-Hispanic <input type="checkbox"/> Black Non-Hispanic <input type="checkbox"/> Hispanic <input type="checkbox"/> Asian/Pacific Islander <input type="checkbox"/> American Indian or Alaskan Native <input type="checkbox"/> Non-Resident Alien	
* Last Name	* First Name	MI	
* Date of Birth	Preferred First Name	Previous Maiden Name	
* Address			
* City	* State	* Zip Code	
* (If a minor) Parent Last Name	* First Name	MI	
* Phone	* Email Address		
* Course Information			
CRN	Course Name	Start Date	Fee
<input type="checkbox"/> Credit Card		<input type="checkbox"/> Check	<input type="checkbox"/> Money Order
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LEARN TO RIDE AT MVCC

For more information or to enroll, visit gomotorcycling.net or call Go Motorcycling, Inc. at 315-858-3321.



MVCC continues its relationship with Go Motorcycling, Inc. as Central New York's headquarters for award-winning motorcycle rider training. The ride starts here! Whether you are brand new to motorcycling or have been riding for a while, there's a licensing course for you!

Basic RiderCourse (BRC)

The BRC consists of five hours of independent online learning and at least 11 hours of hands-on riding instruction. This course provides the beginning motorcyclist with the basic mental and physical riding skills necessary to minimize risk on the street. Motorcycles and helmets are provided. Successful participants will receive a motorcycle road test waiver.

3-Wheeled Basic RiderCourse

The 3WBRC is an entry-level course comprised of eight hours of interactive classroom learning and about eight hours of hands-on riding instruction on automatic transmission 3-wheeled motorcycles (two wheels in front and one in back). Your successful completion qualifies you for a three-wheeled Motorcycle License Road Test Waiver of the NYS DMV Road Test. Your licensing document will restrict you to three-wheeled motorcycle operation.

Introductory Motorcycle Experience (IME)

The Introductory Motorcycle Experience (IME) is just two hours long and the class size is small – just four participants! The IME is a program to get familiar with the primary controls of a motorcycle. The IME is a taste of riding without a big investment of time or money.

Basic RiderCourse 2 for License Waiver (BRC2-LW)

The BRC2-LW is designed for individuals 18 years or older that already have some street riding experience and have held a valid New York State Motorcycle Permit for at least one riding season. The course consists of a three-hour online eCourse, two hours of classroom instruction, and approximately five hours of practice riding exercises on your own street-legal motorcycle or scooter. The riding exercises conclude with a skills evaluation. Successful participants will receive a motorcycle road test waiver.

Basic RiderCourse 2 for Skills Practice (BRC)

The BRC2 is a half-day class for experienced riders who already have their motorcycle endorsement. Using your own motorcycle, you'll practice techniques for managing traction.

MSF RiderCoach Preparation Course (RPCP)

Are you a "people person?" Do you love motorcycling? Are you committed to riding safely? Maybe you'd like to join the Go Motorcycling family of MSF-certified RiderCoaches. Each RCP lasts eight days.

Online Learning

anytime, anywhere... just a click away!



ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

- 6-18 Month Format
- All Materials Included
- Prepare for Certification
- Student Advisors

Categories Include:

- Arts and Design
- Business
- Computer Applications
- Computer Programming
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology

careertraining.ed2go.com/mvcc

INSTRUCTOR-MODERATED OR SELF-GUIDED ONLINE SHORT COURSES

We focus on creating warm, supportive communities for our leaders. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

- 6 Week Format
- Discussion Areas
- Monthly start sessions
- Student advisors

Categories Include:

- Accounting and Finance
- Business
- College Readiness
- Computer Applications
- Design and Composition
- Healthcare and Medical
- Language and Arts
- Personal Development
- Teaching and Education
- Technology

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Center for
Corporate &
Community Education

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Share your Alumni Success Story!



We want to know how MVCC helped you.

Our 46,000+ alumni have some amazing stories to tell, and we want to hear yours. Share your unique experience with us, and help the new generations understand the transformative power of an MVCC education.

mystory.mvcc.edu

mystory.mvcc.edu

mystory.mvcc.edu

YOU BELONG



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FastTrack Career Exploration: Choose one path

Teaching Assistant Certificate

This program prepares you to seek NYS Level 1 Teacher Assistant Certification. Complete mandatory workshops in Child Abuse Identification, School Violence Intervention and Prevention, and DASA. Includes information on fingerprinting and registering for NYS ATAS, as well as job search and interview resources.

Utica M-Th. • 8:30 a.m.-1:30 p.m.

① **Option:** Feb. 17-20

② **Option:** March 17-20

Childhood/Adolescent Education Phase 1

The Phase 1 microcredential in Childhood/Adolescent Education consists of a designated sequence of three-credit courses designed for current and future teaching assistants who are interested in advancing across the three Teaching Assistant Levels designated by New York State. High school diploma or equivalency is required. Phase 1 students will complete the following courses:

① **Course:** EN101 • In-person and online options available

② **Course:** ED150 • Jan 22-May 7 • M, W, F • 9:05-10 a.m.

③ **Course:** PY101 • In-person and online options available

Childhood/Adolescent Education Phase 2

The Phase 2 microcredential in Childhood/Adolescent Education consists of a designated sequence of three-credit courses designed for current and future teaching assistants who are interested in advancing across the three Teaching Assistant Levels designated by New York State. High school diploma or equivalency required. Students in Phase 2 will complete the following courses:

① **Course:** HI214 • Jan 22-May 7 • T, Th. • 9:35-11 a.m.
or online

② **Course:** ED205 • M, W, 4-5:25 p.m. • T, Th., 9:35-11 a.m.

③ **Course:** ED211 • T, Th. • 4-5:25 p.m.

Personal Trainer Certificate 101 **NEW**

Become a Certified Personal Trainer with the National Academy of Sports Medicine (NASM), the world's most trusted source of fitness training that will help you stand out to employers and launch your career. The course consists of in-person meetings and access to online NASM resources. Upon successful completion of the course, you will be eligible to take the NASM exam, which is included in course registration. High school diploma or equivalent is required.

Instructor: Joshua Evans

Utica Feb. 3-April 28 • M • 5-8 p.m.

Certificate in Data Analysis **NEW**

This course provides a basic understanding of how to analyze data in a business setting. Explore how many of your business decisions involve comparing groups for differences and learn to perform inquiries that will be useful to your organization and how to communicate results through graphs and text that your colleagues will understand. Power skills training will be included.

Instructors: John Rutledge, Mary Dereshiwsy, Jeff Kritzer

Online Asynchronous

① **Option:** Feb. 3-May 2

② **Option:** April 7-June 27

NYS Security Guard Certificate

This all-inclusive program provides the tools you need to become a NYS security guard. Complete the Eight-Hour Pre-Assignment Training, 16-Hour On-the-Job Training, and NYS application and fingerprinting, and learn about job opportunities.

Instructor: Joe Ciccone

Utica March 17-20 • M-Th. • 8:30 a.m.-4:30 p.m.

Individual Security Guard Training Available (PG 3)

Bookkeeping Basics **NEW**

Tracking financial transactions for any business is essential. Whether you are looking to advance in your career or own a business, this course will help you better understand the numbers. Learn bookkeeping terminology and how to record every cent that comes in and out of your business. Introductory QuickBooks included. High school diploma or equivalency required.

Utica Jan. 23-May 6 • T, Th. • 6-7:25 p.m.

Intro to Culinary Arts

In this entry-level class, you'll gain basic skills for a successful start in the culinary and/or baking industry. Includes a voucher for your ServSafe Certification, an industry-recognized credential.

Rome April 8-May 1 • T, Th. • 5-8 p.m.

Welding Prep

Learn about welding/fabrication careers and various welding techniques. Engage with regional employers and prepare for advanced training and entry-level fabrication careers. This session will include off-site tours with local employers.

Instructor: Kyle Bradley

Utica April 14-17 • M-Th. • 4-9 p.m.



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Brewing Fundamentals Certificate Program

Learn the process of brewing to enhance your small business or take your home-brewing to the next level. Go from bucket to barrel in this seven-week course, which covers malt, water chemistry, hops, yeast, brewhouse workflow, and quality testing. Learn how science meets the art of brewing to create quality beer and how some principles also apply to wine, cider, and distilled spirits. Complete all seven sessions and receive a certificate. Must be 21+ to attend.

 **Instructors:** Joe Kinney, Rich Michaels, Scott Grenier

 **Rome** March 11-April 22 • T • 6-9 p.m.

 **Utica** April 29-June 10 • T • 6-9 p.m.

Entry-Level Machining


This training consists of 120 hours of prep on CNC machining and Metrology, OSHA 10, and Six Sigma White Belt Certifications, and provides employability coaching to prepare you for entry-level employment. Assistance in job placement is also available.

 **Utica** Feb. 3-May 3 • M, W, 6-9 p.m. • Sa., 9 a.m.-1 p.m.

Robotic, Automation and Manufacturing


Learn about manufacturing technician careers and common maintenance processes. Engage with regional employers and prepare for advanced training and entry-level assembly/operator careers. Includes four-hour online Power Skills Training, as well as off-site tours with local employers.

 **Instructor:** Nate Roscup


 **Utica** April 14-17 • M-Th. • 4-9 p.m.

Certified Nurse Aide (CNA)

Get New York State-certified with this accelerated 145-hour course that combines a 25-hour healthcare-specific workplace success training, 90 hours of classroom and lab, 30 supervised clinical training hours, and AHA CPR BLS training. Upon successful completion of the course, you'll take the NYS certification exam on-site. Medical requirements before clinical clearance include proof of a physical and TB test results within 12 months of clinical start date, and positive titers or proof of two Mumps, Measles, and Rubella (MMR) vaccinations.


 **Utica** Jan. 13-March 19 • M, T, W • 4-9 p.m.


(No class Jan. 20)

 **Rome** Jan. 21-April 29 • T, Th. • 1-6 p.m.

Pharmacy Technician


This comprehensive 48-hour course will prepare you to enter the pharmacy field and take the Pharmacy Technician Certification Board exam. Technicians work in hospitals, home infusion pharmacies, community pharmacies, and other healthcare settings under the supervision of a registered pharmacist. Course content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions, and defining drugs by generic and brand names. Learn dosage calculations, IV flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control, and billing and reimbursement. You must be at least 17 years old to enroll, and to be certified, you must be at least 18 with a high school diploma or equivalency.


 **Instructor:** Vincent Visingardi


 **Rome** Feb. 25-April 3 • T, Th. • 4-8 p.m.

Phlebotomy

This course will familiarize you with various aspects of the medical laboratory while providing the skills and certificate required to work as a phlebotomist in a hospital, laboratory, or medical office. Intense classroom instruction is combined with individualized clinical practice. Medical requirements before clinical clearance include a physical and negative TB test results read within 12 months of clinical start date and positive titers or proof of two Mumps, Measles and Rubella (MMR). A Tdap or Tetanus toxoid within 10 years and a seasonal flu shot is also required. Tuition includes an insurance fee. Purchasing the textbook is optional but highly recommended. A high school diploma or equivalency is needed for employment.

 **Instructors:** Rachel Canarelli, Ann Wainwright

 **Utica** April 21-June 11 • M, W • 5:30-8:30 p.m.

 **Utica** March 24-May 14 • M, W • 10 a.m.-1 p.m.

TO ENROLL AND REQUEST INFORMATION

Contact:

Terésa Fava-Schram

tfavaschram@mvcc.edu

Rachel Maiolo

rmaiolo@mvcc.edu



mvcc.edu/fast

mvcc.edu/fast

mvcc.edu/fast

CAMPUS EVENTS

MVCC Campus Events are open to the public, and most are free to attend. All events are free for currently matriculated MVCC students.

Tickets

mvcc.edu/tickets

315-731-5721

All events go on sale at:
10 a.m. Jan. 20



Learnmore Jonasi

PG. 23

Houseplants 101

PG. 24



International Festival

PG. 24

Touch a Truck


PG. 24



FEBRUARY

Drama Club Musical: Be More Chill \$

A musical concerning artificial intelligence, identity, and popularity. Based on the novel by Joe Tracz.

 **Utica** Feb. 6 and 7, Th. and F, 7 p.m.
Feb. 8, Sa., 2:30 p.m. • Schafer Theater

\$5 general • **\$2** MVCC employees


ART EXHIBIT OPENING: 2025 Faculty Select Student Show

The Annual Student Showcase features highlights of student-created work selected by MVCC's School of Art Faculty. Exhibit will be on display through March 14.

 **Utica** Feb. 13 • Th. • 1 p.m. • Juergensen Gallery, WH

Comedian: Learnmore Jonasi of "America's Got Talent" \$

Zimbabwean stand-up comedian and actor Learnmore Jonasi was in the Top 5 on NBC's "America's Got Talent." After receiving the Golden Buzzer, he advanced to the live show, where American viewers voted him all the way to the finals. At over 6 feet tall, Learnmore brings his comedy to life with past experiences, observations, and his view — from the top! — eliciting rib-tickling laughs. Multiple awards recipient since 2019.

 **Utica** Feb. 20 • Th. • 7 p.m. • Schafer Theater

\$15 general • **\$10** MVCC employees




Invisible Lives: Humanizing the Unhoused Experience

Cathy Marsh, Director of Oneida Square Public Art and Design, will talk about her experiences working with unhoused individuals through The Morrow Warming Center. A discussion will follow, exploring ways to support those in need within our community.

 **Utica** Feb. 24 • M • 5 p.m. • WH 225

Sound Bath Experience \$

Join sound healing practitioners Brynn and Dan for an hour-long sound bath session, in which healing frequencies are produced on various instruments, including singing bowls, drums and a gong. Please bring a yoga mat, blanket, and pillow.

 **Utica** Feb. 28 • F • 6 p.m. • Schafer Theater, WH

\$30 general • **\$20** MVCC employees

MARCH


International Student Café and Conversation

Students who came to MVCC from all over the world will share stories of their countries and presentations on their unique cultures.

 **Utica** March 5 • W • 2:30 p.m. • ACC 116

Intro to Knife Skills \$


Join Chef Dustin Swiss for "Intro to Knife Skills" to learn essential cutting techniques and safe handling practices that will elevate your culinary confidence. Perfect for beginners, this hands-on class will empower you to chop, slice, and dice with precision and ease! Limited tickets available.

 **Rome** March 13 • Th. • 6 p.m. • Culinary Lab, PC 134

\$10 general • **\$5** MVCC employees

Workshop: Glass Tealight Holder \$


Join Penny and Marie of Songbyrd Street Studios and decorate your own glass tealight holder. They will take the work out of cutting the glass so you can focus on the fun part — decorating! You will get to choose one glass piece to create (different shapes, colors). All glass will be fired in their kiln after class and will be available for pickup April 2 at the MVCC Box Office.

 **Utica** March 25 • T • 6 p.m. • WH225

\$30 general • **\$25** MVCC employees


ART EXHIBIT: The Lyre and Line — Full Circle

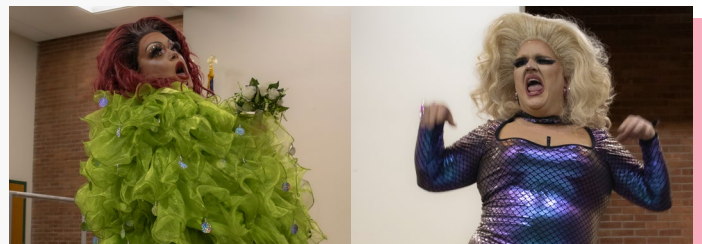
This exhibit explores the interplay between art and poetry, featuring art inspired by poetry and poetry inspired by art. Contributors include poets and artists from the faculty of MVCC's Schools of Humanities and Art. Exhibit will be on display through May 2.

 **Utica** March 27 • Th. • 1 p.m. • Juergensen Gallery, WH

Transgender Day of Visibility Drag Show

Join drag queens and kings for a night of glam, music, dance, and fun. Stick around for a Q&A with the performers about drag and the LGBTQ+ community.

 **Utica** March 28 • F • 7 p.m. • Schafer Theater, WH





International Festival

The festival is a chance for MVCC's international students to share their heritage through displays, music, fashion, art, and more.

Utica April 2 • W • 11 a.m.-1 p.m. • ACC Commons

Faculty/Staff Poetry Reading

This annual poetry reading recognizes the spoken word talents of MVCC faculty and staff members (as well as former faculty and staff).

Utica April 9 • W • 6 p.m. • ACC116

National Tabletop Day

Celebrate National Tabletop Day with MVCC's Strategic Gaming Club! Bring your favorite board game or learn a new one.

Utica April 11 • F • 2-5 p.m. • ACC116

International Café and Conversation: Turk-ish: American Millennials and Ethnic Identity

MVCC Instructor San Timur Solu discusses growing up as the product of two worlds: Türkiye and the United States. Topics will include Mediterranean and Turkish culture, immigrant families in America, and wanting to play Nintendo.

Utica April 15 • T • 2:30 p.m. • WH225

Cupcake Decorating \$

Learn to decorate cupcakes for spring in three different styles using simple techniques with Chef Jen Schuler.

Rome April 17 • Th. • 6-8 p.m. • Campus Bake Shop

\$10 general • \$5 MVCC employees

Houseplants 101 in celebration of Earth Day \$

Join The Plant Stand for a hands-on, educational workshop designed to enhance your knowledge and skills in caring for houseplants to help them thrive. Explore key topics, such as proper lighting and watering techniques, the significance of soil choice, replanting, and propagation. You'll also get hands-on experience as you repot a 4-inch plant, which you'll take home to start — or add to — your plant collection.

Utica April 23 • W • 6 p.m. • WH225

\$30 general • \$25 MVCC employees

MVCC Theater Program Production: Fairy Tale Courtroom \$

The MVCC Theater Program and Drama Club will present this comedic play in which fairy tale characters are tried in a court of law. Adapted from Dana Proulx.

Utica April 24 and 25, Th. and F, 7 p.m. • April 26, Sa., 2:30 p.m. • Schafer Theater

\$5 general • \$2 MVCC employees

5th Annual Taka-Con

It's the fifth anniversary of the Anime Club's annual convention showcasing vendors, artists, lectures, games, and contests on various aspects of pop culture, including anime, gaming, comics, and cosplay. To vend or host a panel, please contact mbarlett@mvcc.edu.

Utica April 26 • Sa. • 10 a.m.-7 p.m. • WH Lobbies and throughout campus

Touch a Truck

A family-friendly event where kids of all ages can explore local emergency, construction, and community vehicles and learn about the important work our local heroes do every day.

Rome April 29 • T • 4-7 p.m.



Video Production Senior Short Films

MVCC Video Production seniors will be showing their short films on the big screen in Schafer Theater. Each student will provide a brief introduction about the film they've worked on all semester.

Utica May 12 • M • 7 p.m. • Schafer Theater, WH

Film Club Short Films Premiere

The MVCC Film Club will premiere the short films they've worked on all year.

Utica May 13 • T • 7 p.m. • Schafer Theater, WH

MVILR Spring Special Program Series

MVILR's Spring Special Program Series in partnership with MVCC's Campus Events! We bring you eight engaging speakers, each covering dynamic topics—from wellness and community development to cutting-edge local insights. Every Wednesday morning, you'll find inspiration, connection, and lively conversation as we dive into these thought-provoking sessions.

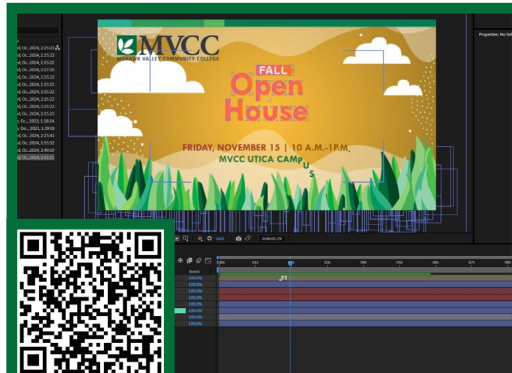
Rome March 26 - May 14 • W • 10:45-11:45 a.m. Festine Auditorium

ACADEMIC PROGRAMS

NEW PROGRAMS = NEW OPPORTUNITIES AT MVCC

Mohawk Valley Community College has announced the launch of several new programs tailored to meet the evolving demands of both students and our regional workforce. These new programs are designed to equip learners with specialized skills in high-demand fields, empowering them to succeed in today's dynamic job market.

"We are excited about these new offerings," said Dr. Lewis Kahler, Vice President for Learning and Academic Affairs at MVCC. "We aim for our academic programs to serve the community's needs, and these programs are comprised of needed updates and exciting additions that grew out of student interest and industry need."



Motion Media AAS



Data Analytics Certificate



Fashion Design AAS



Game Art AAS

TRADES PROGRAMS



MVCC offers two-year degree and one-year certificate programs in various trades with opportunities for experiential and applied learning through community projects, internships, and apprenticeships.

Between the rising costs of college tuition and shifts in the job market, many students are realizing the benefits of skilled trades, which provide training and education in practical fields. Most students emerge from these programs with little to no debt and a marketable skill, and many have jobs within one year of graduation. "MVCC has a long and proud tradition of offering high-quality technical training, as the state's first community college," said Joe Woodrow, Dean of the School of STEM-Career. "Our students get hands-on experience in outstanding facilities and learn from dedicated, knowledgeable faculty who have experience in the field."

Airframe and Powerplant Technician Certificate

Three semesters

This FAA-authorized program (Certificate #VXYT570K) prepares students for a career in one year, giving them get hands-on experience with real equipment and aircraft at MVCC's aviation center, located near the College's Rome Campus and Griffiss International Airport.

Carpentry and Masonry Certificate

Two semesters

Located at MVCC Carpentry and Masonry in Downtown Utica, this program combines lectures with labs and on-site sessions, providing hands-on experience that prepares students to work as carpenters or masons, or even start their own businesses.

Computer Aided Drafting programs

AOS degree: Four semesters

Certificate: Two semesters

These programs prepare students for careers as industrial designers and drafters in the technical drawing and solid modeling design fields. Emphasis is placed on architectural and mechanical drafting.

CNC Machinist Technology Certificate

Two semesters

This program prepares students for employment in general machine shops and Computer Numeric Controlled manufacturing. Students develop their own advanced machining projects, which include the design, manufacturing, and evaluation of their own product ideas.

Electrical Service Technician AOS

Four semesters

This degree encompasses the field of industrial and commercial services, providing students with the skills needed to work effectively as part of a diverse technical team or on their own.

Heating and Air Conditioning (HVAC) programs

Certificate: Two semesters

Refrigeration AOS degree: Four semesters

Both programs prepare students to enter the workforce as service technicians, installers, lab technicians, and facilities maintenance mechanics in the residential, commercial, and industrial heating and cooling industries.

Mechatronics Certificate

Two semesters

This program prepares students for a career in advanced manufacturing in just one year. It focuses on mechanics, electronics, motor control systems, and automation, which drive the design and operation of modern machinery. Graduates are qualified for employment as machinists, tool operators, and nanotechnology support.

Welding Certificate

Two semesters

MVCC's students learn all the major processes, including Oxy-Fuel, MIG, TIG, and Arc Welding, as well as plasma-cutting, fabrication, blueprinting, and blacksmithing, preparing them for welding work and for the NYS Certification Exam.

mvcc.edu/academics/stem

MICROCREDENTIALS



Bridging education and career

In today's rapidly evolving job market, people of all ages and education levels are opting for shorter, career-focused courses to acquire new skills or enhance existing ones.

To that end, microcredentials are becoming increasingly popular among both students and professionals, offering a flexible way to gain job-ready skills. For students, microcredentials offer immediate impact and access to industry experts, helping with the transition from college to career. For professionals, they offer specialized training that can lead to career advancement or salary growth.

Mohawk Valley Community College's microcredential programs offer a dynamic way to quickly gain relevant skills with highly focused training. They span a range of disciplines — healthcare, manufacturing, construction, IT support, culinary arts, childhood education, and the arts — and are adaptable to various career paths. Each microcredential consists of three to five hands-on courses that teach specific skills sought by local employers. They can be taken alone or stacked toward a degree or certificate, and students earn verifiable digital badges through Credly, a digital credentialing platform.

Art



Fine Arts: Drawing and Design
Fine Arts: Painting and Printmaking



Graphic Design: Layout
Graphic Design: Publication



Illustration: Digital and Drawing
Illustration: Concepts



Digital Media and Marketing: Content Design
Digital Media and Marketing: Media Management



Photography: Darkroom and Digital
Photography: Studio and Portfolio



Video Production: Capture and Post-Production
Video Production: Effects and Narrative

Business & Hospitality



Kitchen Competencies
Introduction to Baking
Advanced Baking

Health Sciences



Sterile Processing Techniques

Public & Human Services



Early Childhood Education
Childhood Education



Financial Crime Investigation
Direct Support Professional 1

STEM - Career



Remotely Piloted Aircraft Systems: Data Analysis
RPAS: Maintenance
RPAS: Operations



Fabrication Welding
Ornamental Welding
Structural Welding



Carpentry Fundamentals
Masonry Fundamentals



Industrial Wiring Specialist
Motors and Controls Specialist

STEM - Transfer



IT Support Professional
Code Academy

AREAS OF STUDY

TYPES OF ASSOCIATE DEGREES

AS: Associate in Science, to transfer to a four-year college.

AA: Associate in Arts, to transfer to a four-year college.

AAS: Associate in Applied Science, to enter the workforce or transfer.

AOS: Associate in Occupational Studies, to enter the workforce.

Certificate: To train for technical or skills-based jobs or career advancement.

Microcredentials: Credentialed courses that stack toward a degree or certificate.

ART

- Digital Media & Marketing **AS**
- Fashion Design **AAS**
- Fine Arts **AS**
- Game Art **AAS**
- Graphic Design **AAS**
- Illustration **AAS**
- Motion Media **AAS**
- Photography **AAS**
- Theater **AA**
- Video Production **AS**

BUSINESS AND HOSPITALITY

BUSINESS

- Accounting **AAS**
- Administrative Assistant **AAS** and **Certificate**
- Business Administration **AAS** and **AS**
- Business Analytics **AS**
- Data Analytics **Certificate**
- Entrepreneurship **Certificate**
- Finance **Certificate**
- Sports Management **AS**

HOSPITALITY

- Chef Training **Certificate**
- Culinary Arts Management **AOS**
- Culinary Arts Management: Baking & Pastry Arts **AOS**
- Food Service Administration: Restaurant Management **AAS**

HEALTH SCIENCES

- Health Information Technology **AAS**
- Health Sciences **AS**
- Mathematics & Science **AS** (Sports Medicine Transfer Advising Guide)
- Nursing **AAS**
- Nutrition & Dietetics **AS**
- Radiologic Technology **AAS**
- Respiratory Care **AAS**
- Surgical Technology **AAS**

HUMANITIES

- English for Speakers of Other Languages **Certificate**
- Liberal Arts & Sciences: General Studies **AS**
- Liberal Arts & Sciences: Humanities & Social Sciences **AA**

PUBLIC AND HUMAN SERVICES

- Chemical Dependency Practitioner **AAS**
- Coaching **Certificate**
- Criminal Justice **AAS** and **AS**
- Criminal Justice: Law Enforcement **AAS** and **Certificate**
- EMS/Paramedic **AAS**
- Fire Protection Technology **AAS**
- Human Services **AAS**
- Liberal Arts & Sciences: Psychology **AS**
- Recreation & Leisure Services **AAS**

EDUCATION

- Liberal Arts & Sciences: Adolescence Education **AS** (Transfer Advising Guide in: Biology, Chemistry, Earth Science, English, History/Social Studies, Mathematics, Physics)
- Liberal Arts & Sciences: Childhood Education **AS** (Transfer Advising Guide in: English, General Science, History)
- Liberal Arts & Sciences: Childhood Education **AS**: Utica University Transfer
- Liberal Arts & Sciences: General Studies Childhood Education **AS** (Jointly registered with SUNY Oneonta)
- Liberal Arts & Sciences: Mathematics & Science **AS**: Physical Education Transfer Advising Guide

(STEM) SCIENCE, TECHNOLOGY, ENGINEERING & MATHEMATICS

CAREER

- Air Conditioning Technology, Refrigeration **AOS**
- Airframe & Powerplant Technician **Certificate**
- Carpentry and Masonry **Certificate**
- Civil Engineering Technology **AAS**
- Computer Aided Drafting **AOS** and **Certificate**
- Computer Numerical Control (CNC) Machinist Technology **Certificate**
- Electrical Engineering Technology **AAS**
- Electrical Service Technician **AOS**
- Geospatial Technology **AAS**
- Heating & Air Conditioning (HVAC) **Certificate**
- Mechanical Engineering Technology **AAS**
- Mechanical Technology: Aircraft Maintenance **AAS**
- Mechatronics **Certificate**
- Metal Fabrication **AOS**
- Remotely Piloted Aircraft Systems **AAS**
- School Facilities Management **AAS** and **Certificate**
- Semiconductor Manufacturing Technology **AAS**
- Welding **Certificate**

TRANSFER

- Computer Applications Programming **AAS**
- Computer Information Systems **AAS**
- Computer Science **AS**
- Cybersecurity **AS**
- Cybersecurity **Certificate**
- Engineering Science **AS**
- Liberal Arts & Sciences: Mathematics & Science **AS** (Transfer Advising Guide in: Biology, Chemistry, Environmental Sciences, General Sciences, Math, Physics, Geology)

MVCC student outcomes, financial aid, debt, employment, and more: mvcc.edu/consumer

WHY MVCC?

5,700+
STUDENTS

2 CONVENIENT
CAMPUS
LOCATIONS

**IN UTICA
AND ROME**



PROGRAMS
can be at
least half-
completed
ONLINE

30+
MICROCREDENTIALS
CURRENTLY OFFERED

18:1 STUDENT-
FACULTY RATIO

4 FLEXIBLE instructional
methods to fit your learning
style and your lifestyle

170+ TRANSFER
AGREEMENTS
with 4-year colleges
and universities

90+
PROGRAM
OPTIONS

43%

FULL-TIME
STUDENTS

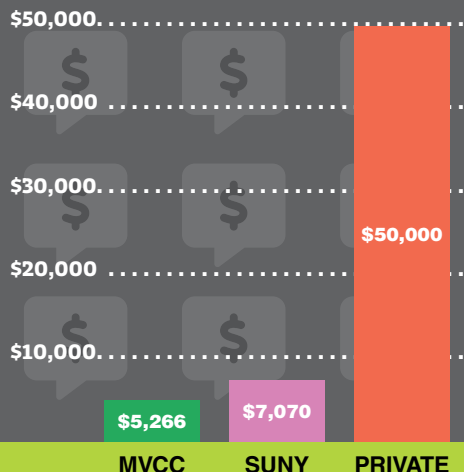
94%

COMMUTER
STUDENTS

65%

MATRICULATED STUDENTS
RECEIVE FINANCIAL AID

AVERAGE TUITION COSTS:



5 RESIDENCE HALLS
in Utica with built-in
academic support



110 FULL-TIME
FACULTY

FOUNDED IN



425+
SCHOLARSHIPS
OFFERED



40+
STUDENT
CLUBS AND
ORGANIZATIONS

26
COUNTRIES
REPRESENTED

17 INTERCOLLEGIATE
SPORTS



MOHAWK VALLEY COMMUNITY COLLEGE
1101 SHERMAN DRIVE
UTICA, NY 13501

Non-Profit
Organization
U.S. Postage
PAID
Permit No. 599
Utica, NY

YOU BELONG.

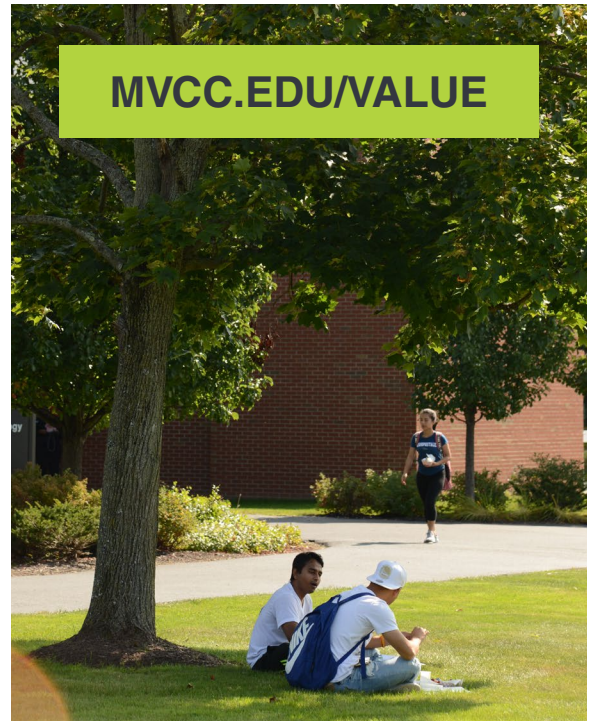
“I was a Nursing major, and every single nursing instructor, clinical instructor, and computer lab teacher I had was truly amazing. They genuinely cared for us. I am the nurse I am today because of the instructors and the program at MVCC.”

Jamie McCumber '06, Nursing

“My academic and athletic experiences at MVCC were unparalleled. The things I learned in the education program far exceeded expectations, and playing for the soccer team taught me that unity and teamwork bring you to great heights and help get you through struggles both on and off the field.”

Madison Vitale '14, Childhood Education

MVCC.EDU/VALUE



“I could not be where I am today without the incredibly cooperative professors, determined students, and convenient operations that make it easy for students to have lives outside of their schoolwork. I truly believe MVCC is an amazing college that pushes opportunity as vigorously as it pushes education.”

Dakota Johnson '17, General Studies