

RockValleyCollege

SUMMER 2024

RockValleyCollege.edu

Community Education | Whiz Kids | Continuing Education

WHIZ KIDS. PICK A WEEK. PLAN YOUR SUMMER.

Visit pages 17-24 and pick your week!



SOMETHING FOR STUDENTS OF ALL AGES!

Computer Training • Massage therapy • Art
Fitness • Finance • Yoga & More

FIND YOUR SELF

Explore personal enrichment and professional development this summer

RockValleyCollege

SUMMER 2024

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Refund Policy: Our instructors look forward to seeing you in their classrooms! They need time to purchase the supplies and materials that you will need to participate. Of course, we understand that sometimes your schedule changes, so we've updated our Refund Policy: Withdrawal/Drop by student 7 days or more before the start of class: receive a 100% refund.*

*Refunds exclude non-RVC fees, such as credit card and e-check fees. Exclusions apply – see individual courses for details. Visit RockValleyCollege.edu for more refund information

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Rock Valley College is committed to providing an accessible and supportive learning environment for all students. Any student requiring an academic accommodation due to a disability, should contact the Disability Support Services (DSS) office; 3 weeks advance notice is preferred. The DSS office is located on the ground floor of the Student Center, and can be reached at (815) 921-2371. Office Hours: Monday-Friday, 8:00 am-5:00 pm.



RVC BOOKSTORE
Student Center, Ground Level
rvc.bncollege.com or (815) 921-1680

For a listing of departmental policies, please visit
RockValleyCollege.edu/Community/Community-and-Continuing-Education/index

Rock Valley College

Community Education & Whiz Kids

ART & CERAMICS

Workshops with **Tom Linden**

Art with **Stella Dobbins, M.A., NWS**

Classes meet in Bell School Rd. Ctr., 3350 Bell School Rd., Room 007.

WATERCOLOR WORKSHOP

(Intermediate – Advanced Level Watercolor Artists) If you need help pushing your Watercolor skills to the next level, come join us for this three day workshop. We will explore ideas and techniques, helping you to move your work from “it’s okay” to “WOW!”. Activities will include: quick painting, value studies, pushing the color intensity and design strategies. We will cover concepts for Still Life and Landscapes. Time will be available for you to create your own paintings. **SUPPLY LIST:** Contact instructor (tclinden@yahoo.com) for a list of supplies prior to the first class.

ART-809-BLL **Thomas Linden** **\$239**
6/24-6/26 **M/T/W 9:00 a.m. - 4:00 p.m. 3 sessions**

ART-809-BLL2 **Thomas Linden** **\$239.00**
8/12-8/14 **M/T/W 9:00 a.m. - 4:00 p.m. 3 sessions**

DRAWING WORKSHOP

If you are looking for help with your drawing skills (such as proportions and perspective) or wanting to explore alternative means of creating your art, please come join us for this workshop. We will spend time on the mechanics and design implications for drawing as well as play with various techniques to create your artwork. We will explore ideas for Still Life and Landscapes (such as alternate ways of drawing for Watercolors). Lessons will include pencils, charcoal, and ink. The course will be a combination of lessons, exercises and free time to create your own work. **SUPPLY LIST:** Contact instructor (tclinden@yahoo.com) for a list of supplies prior to the first class.

ART-809-BLL3 **Thomas Linden** **\$239**
7/8-7/10 **M/T/W 9:00 am - 4:00 pm 3 sessions**

WATERCOLOR: STILL LIFE

(Ages 10-Adult) During this one-day watercolor workshop, award winning still-life artist, Stella Dobbins, NWS, will teach you how to create a traditional or modern still-life painting using a watercolor glaze technique. Bring a small box of objects that you want to include in your painting. Your objects can be personal, historical, sentimental, whimsical, zany, travel mementos/pictures/postcards, etc. If you collect a particular item, such as shells or rocks, you can include them in your painting. Drawing experience is helpful but not required for this class. **SUPPLIES:** Purchase \$30 supply kit from instructor at class OR bring your own. **NOTE:** ½ hour lunch break from 12:30pm-1:00pm.

ART-809-BLL4 **Stella Dobbins** **\$79**
6/22 **S 9:00 am - 5:00 pm** **1 session**

ETEGAMI: STILL LIFE CARDS

(Ages 10-Adult) Create personal still-life watercolor cards using the Japanese Etegami style of brush painting. Bring a small box of small personal objects to paint. Your objects can be memorabilia, travel mementoes, collector items, such as, shells, rocks, figurines, fabrics, labels, lace, buttons, beads, etc. You will write personal messages on the cards in script verses, haiku, or free style poetry. **SUPPLIES:** Purchase \$30 supply kit from instructor at class OR bring your own. **NOTE:** ½ hour lunch break from 12:30pm-1:00pm.

ART-809-BLL5 **Stella Dobbins** **\$79**
7/20 **S 9:00 am - 5:00 pm** **1 session**

CERAMICS WHEEL THROWING

(Ages 12-Adult) Open to all those interested in working with clay that have no previous experience, and those that will like the studio time and instruction to improve and build on existing skills. Instruction will include step-by-step projects for beginners, and assistance with independent projects for intermediate students. Plenty of self-directed project time; choose a focus on hand building or wheel throwing. **NO CLASS 6/19, 7/31.**

ART-809-RV **Stacey McDonald** **\$295**
6/12-8/14 **W 6:00 pm - 9:00 pm** **8 sessions**
RVC Classroom Bldg. I **Room 0210**



Ceramics with Gail Lee

Classes meet at Lee Innovations Ceramic Studio, 3600 E. State St., Suite 306 in Rockford.



DAISY STONE

Ceramic Welcome Plaque: You will have a choice of 6 different plaques. In this class you will have step by step class hands on instructions while you paint a Welcome Plaque using glazes to decorate your piece.

INCLUDED: All supplies.

TAKE HOME: Plaque after fired in kiln.

ART-809-JUNE
6/26

Gail Lee
W 5:30 pm - 8:30 pm

\$59
1 session



LIGHTHOUSE & BASE

Ceramic lighthouse: 3 different lighthouses to choose from. In this class you will have step by step class hands on instructions while you learn how to paint a Light house and base using glaze to decorate your pieces. **BRING:** Apron or smock.

INCLUDED: All supplies. **TAKE HOME:** Lighthouse and base after fired in kiln.

ART-809-JULY
7/24

Gail Lee
W 5:30 pm - 8:30 pm

\$59
1 session

NEW! Therapeutic Art with Kathleen Cox, LCSW

Classes meet at Kathleen Cox & Associates Offices, 5290 Williams Dr, Roscoe

CLAY THERAPY

(Adult Participants) We will be teaching a process of working with play-doh. "Children are naturally attracted to clay." "If children don't have clay they will play with pie dough, mud, pudding, ice cream or mashed potatoes." "They like feeling, molding, squishing, rolling and pounding clay." by Paul White. CLAYtherapy was designed to help counselors, social workers, psychologists to enhance their therapeutic skills with kids. We have found this valuable to teach families. To increase your connections with kids in a healthy manner.

ART-809-OTH
6/30

Kathleen Cox
Su 12:00 pm - 2:00 pm

\$75
1 session

SCRIBBLE CENTERING

Learn, experience & continue to practice scribbles as a coping skill to manage stress. This simple exercise is a centering or meditative experience that allows finding meaning about yourself. **BRING:** colored markers and/or pencils.

ART-809-OTH3
7/14

Kathleen Cox
Su 12:00 pm - 2:00 pm

\$75
1 session

ART & ARCHETYPES

A class about self discovery and increased awareness. Carl Jung developed the theory on archetypes. In his words, "Archetypes are the universal, inborn models of people, behaviors, and personalities that play a role in influencing human behavior." "Swiss psychiatrist Carl Jung's theory suggested that these archetypes were archaic forms of innate human knowledge passed down from our ancestors." During this time you will learn about four primary archetypes through the use of art. Archetypes are patterns that we live in. You will create your image of Sovereign, Lover, Magician, Warrior. **BRING:** colored markers and/or pencils.

ART-809-OTH2
6/30

Kathleen Cox
Su 2:00 pm - 4:00 pm

\$75
1 session

SHAME

Feeling shame - or being ashamed - is one of the most miserable feelings of them all. Using art, This class will be an introduction to the definition of shame and creating an image of one's inner shamer, and how to move beyond it. **BRING:** colored markers and/or pencils

ART-809-OTH4
7/14

Kathleen Cox
Su 2:00 pm - 4:00 pm

\$75
1 session



VIRTUAL WORKSHOPS

Register at ed2go.com/rvc2

— 2 OPTIONS TO CHOOSE FROM! —

INSTRUCTOR-LED COURSES & SELF-PACED TUTORIALS

DRAWING FOR THE ABSOLUTE BEGINNER

(Virtual) Gain a solid foundation in drawing and become the artist you've always dreamed you could be!

NEW! Art Classes with Heather Persaud

Classes meet at
RVC Classroom Building II, Room 124

1 session • \$59 per person

GREETING CARDS

(Ages 14-Adult) Multiple techniques, tricks, and simple card making hacks to create beautiful, multidimensional and interactive cards that you will be able to give away by the end of the class. **SUPPLIES:** Bring your favorite crafting scissors, adhesive and paper trimmer.

TAKE HOME: your (3) Hand-Made Cards

ART-809-RV14 **6/13** **Th 6:00 pm - 9:00 pm**

ART-809-RV18 **8/8** **Th 6:00 pm - 9:00 pm**

MACRAME FOR BEGINNERS

(Ages 14-Adult) Interest is growing in this renewed art form! Basic techniques to complete simple yet elegant macrame designs for decor and everyday use. **ALL SUPPLIES:** Included.

TAKE HOME: your project.

ART-809-RV17 **7/25** **Th 6:00 pm - 9:00 pm**

ART-809-RV19 **8/22** **Th 6:00 pm - 9:00 pm**

NEW! Alcohol Ink with Sally Roldan

Classes meet at
RVC Classroom Building II, Room G25

1 session • \$65 per person

Alcohol inks are a fluid medium with very expressive results.

SUPPLIES: Bring your own supplies. **SUPPLY LIST:** Contact instructor at sroldan2@comcast.net for specific materials list prior to 1st class.

ROSES

ART-809-RV3 **6/29** **S 9:00 am - 12:00 pm**

HOT AIR BALLOONS

ART-809-RV4 **7/13** **S 9:00 am - 12:00 pm**

POTTED PLANT

ART-809-RV5 **7/27** **S 9:00 am - 12:00 pm**

RIVERS

ART-809-RV6 **8/10** **S 9:00 am - 12:00 pm**

AUTO SAFETY



DEFENSIVE DRIVING 101

(HS-Adult) Road rage, fatigued driving, impaired driving. Sound familiar? Find out more about the conditions that affect your driving and learn to become a better, safer driver overall. In this course, you will learn about distracted driving, preventing collisions, safety features on newer vehicles, and how to be a safer driver. Even if you've been driving for decades, you'll learn something new! After registering, email RVC-CCE@RockValleyCollege.edu for course instructions.

(Online)

EDV-800-OL **RVC TRAFFIC SAFETY** **\$75**

(Classroom)

EDV-800-RV **RVC TRAFFIC SAFETY** **\$55**



ATTITUDINAL DYNAMICS OF DRIVING

Please check with Traffic Safety at 815-921-3940 before registering to make sure this is the correct class for your needs. Attitudinal Dynamics of Driving is an eight hour defensive driving class developed by National Safety Council and is often used by the courts in conjunction with court supervision to help repeat traffic offenders or those with more severe moving violations to keep their driver's license. If you were told by the court in Winnebago, Boone, Ogle, Stephenson or Lee County that you need to take an eight hour defensive driving class, you will be signed up through the courts. Signing up for this class section will not get you into class any quicker. Contact the Traffic Safety Program for more information.

EDV-800-RV2 **RVC TRAFFIC SAFETY** **\$100**

AWARENESS OF MIND - BODY - SOUL

ANCIENT CHINESE SECRETS OF THE FOUR SEASONS

Ancient Chinese thought that the laws of nature govern all things and human beings must seek harmony with nature. They regarded the individual body as a small universe, which is influenced by every phenomenon and image existing around them. Reveal the ways this wisdom is used to get good energies, such as: life inside the house, some particular areas good for kids, while other particular areas boost marriage and prosperity. Explore how your birth time leads to wise choices of different food/color/time/direction/animals/careers etc. for good luck. According to the four different seasons, maintain your body in this way maintains your health and well-being. By incorporating these ancient Chinese secrets, you can keep your life happy and healthy.

ALT-800-RV7 **Min Wang** **\$69**
7/10-8/28 **W 6:00 pm - 7:30 pm** **8 sessions**
RVC Classroom Bldg. II **Room 229**

NEW! SEVEN DIMENSIONS OF WELLNESS

What are the seven dimensions of Wellness? Physical, Spiritual, Emotional, Social, Intellectual, Occupational & environmental. Let's define wellness and explore the interaction between nutrition and the 7 Dimensions. By the end of class, you will have a working model of wellness for your life. **NO CLASS 7/2.**

ALT-800-RV11 **Christy Sainio** **\$65**
6/18-8/13 **T 6:00 pm - 7:00 pm** **8 sessions**
RVC Classroom Bldg. II **Room 120**

NEW! SELF-ACUPRESSURE & CHINESE MEDICINE

Weeks 1-5 Booklet: 5 Element Tai Chi & Chinese Medicine. Students will color diagrams, find points on themselves and learn how to use them for comfort and to relieve stress. Included will be movements to improve energy balance and circulation. Weeks 6-10 Booklet: Wang's Healing Arts. Students will learn special points and exercises to relieve energy blockages in 14 energy channels. Both booklets and coloring implements will be provided.

ALT-800-BLL **Sue Michaelsen** **\$69**
6/15-8/17 **S 11:30 am - 12:30 pm** **10 sessions**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 013**

MASSAGE FOR COUPLES

Spend a special date learning to pamper necks, shoulders, back, knees, feet, hands and more. Students remain clothed. Handouts and links provided. **BRING:** A blanket & pillow to make chairs comfortable for you. **IMPORTANT REGISTRATION INSTRUCTIONS: YOU MUST BOTH ENROLL AS A COUPLE, AT THE SAME TIME. CLASS IS LIMITED TO 4 COUPLES.**

ALT-800-BLL2 **Sue Michaelsen** **\$35**
6/21 **F 6:30 pm. - 8:30 pm** **1 session**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 013**

NEW! INTRO TO MEDITATION FOR PEACE

Over 3,000 scientific studies prove the benefits of meditation for wellspring of diverse areas, such as healing heart disease, calming anxiety and depression, decreasing substance abuse, and managing chronic pain. Learn a variety of meditation techniques to enhance inner peace, community peace, and world peace.

ALT-800-CTC **Dr. Cindy Stear** **\$49**
6/10 **M 5:30 p.m - 7:00 pm** **1 session**
Connections Therapy Center **1047 Cannell Ct, Rockton**

INTRODUCTION TO MEDITATION FOR SPIRITUAL AWARENESS

Meditation helps reduce stress, increases productivity, improves concentration and spiritual growth. We will cover the physical, mental, emotional, and spiritual benefits of meditation, developing the meditation technique, sitting still and focusing, and stilling the mind.

ALT-800-RV **Dr. Shanti** **\$65**
6/3-6/24 **M 7:00 pm - 8:30 pm** **4 sessions**
RVC Classroom Bldg. II **Room 121**



Find **Your** Inner Peace

NEW! MEDITATION MONDAYS

Presented by Access Soul

(Ages 13-Adult) JOIN US for a time of sacred connection to yourself and your soul. Find the peace within. Even when everything seems chaos and crazy. NO meditation experience needed. ALL are welcome. Any/all gender. All faiths/no faith. This is not a religious or structured thing. Each gathering reveals its own magic and is always WONDERFUL. Invite a friend. Or two. Or come solo. No one is ever alone. Don't bring a thing. No yoga mats. No crossed legs. No mantras. We sit on comfy chairs. Water and tea provided. RELAX. UNWIND. BREATHE. CONNECT AT A DEEPER LEVEL. Find calm, clarity and connection in a safe welcoming all-inclusive space. ALL are welcome --> that means you.

ALT-800-JULY 7/8-7/29 RVC Classroom Bldg. II	Kelly Simmons M 6:30 pm - 8:30 pm	\$25 per month 4 sessions Room 225
ALT-800-AUG 8/5-8/26 RVC Classroom Bldg. II	Kelly Simmons M 6:30 pm - 8:30 pm	\$25 per month 4 sessions Room 225



Conversations in Consciousness
Presented by Access Soul

NEW! CONVERSATIONS IN CONSCIOUSNESS: RACE RELATIONS & RADICAL LOVE

Tommy Meeks, creator/organizer of Rockford's Juneteenth Celebration for 34 years ago, joins Kelly Joy Simmons of Access SOUL Joyful Living for an open heartfelt discussion on race relations here in our community and the country. Does the media portray the truth? How do we cross the "color barrier"? Can humans of all races learn to truly trust each other? How do we discover and really live radical love? Do YOU believe it's possible? Kelly and Tommy chat on all this and more, and welcome discussion with all who attend. Bring your insights. Now is the time for us all to embody higher consciousness living, true soul-to-soul communication. Join us for an evening of possibilities!

ALT-800-RV15 6/13 RVC Classroom Bldg. II	Kelly Simmons Th 7:00 pm - 8:30 pm	\$25 1 session Room 225
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NEW! CONVERSATIONS IN CONSCIOUSNESS: SOUL EXPRESSIONS

Kelly JOY Simmons of Access SOUL Joyful Living hosts a panel of four local 30-something women to discuss soul and spirituality, not just for their generation, but ALL women. Mary Lacey Banks (podcast host, content creator and spiritual teacher), Kylie Lewis (author and artist, kylielewis.com), Sheila McKay (writer, streamsofbeing.com, business strategist, rootandripple.com), and Robyn Miller (massage therapist and owner of Caya Wellness and Massage) bring passionate, personal, and powerful ideas on the importance of spiritual practices. With myriad ways to connect to the divine, what really works and what is just "trendy"? How do you find and cultivate meaningful bonds with other women? Join us for a lively chat to explore ritual, creative expression, ceremony, going within, and finding "spiritual friends." Women of all ages, join us!

ALT-800-RV17 7/11 RVC Classroom Bldg. II	Kelly Simmons Th 7:00 pm - 8:30 pm	\$25 1 session Room 225
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NEW! CONVERSATIONS IN CONSCIOUSNESS: NEAR DEATH EXPERIENCES

In the United States, an estimated nine million people have reported a Near Death Experience! But do YOU know someone who has had one -- and is willing to talk about it publicly? Kelly JOY Simmons is in conversation with local artist Peggy Quast who had an NDE in 2020. Peggy will share her story, we will watch a short video on other NDEs, have group discussion, and Q&A with Peggy. There is life after death, or as Raymond Moody (the researcher who coined the term Near Death Experience) put it: there is life after life. Peggy's experience is incredibly affirming that consciousness lives on after it leaves the physical body. This promises to be an interesting and uplifting evening.

ALT-800-RV16 8/15 RVC Classroom Bldg. II	Kelly Simmons Th 7:00 pm - 8:30 pm	\$25 1 session Room 225
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NEW! INTUITIVE TUESDAY**Presented by Access Soul**

(Ages 13-Adult) We are more than our five physical senses! You get an "intuitive hit," or see/feel/hear/sense things. We ALL can develop our intuitive power! JOIN US for Intuitive Tuesday, a safe welcoming and fun opportunity to work on/play with increasing our connection with intuition, spirit guides/guidance, our interconnectedness with each other, and developing our clairs. ALL are welcome. Gals, guys, ages 13 and up. No "experience" needed. Discover how to improve your focus and abilities. We support, encourage and uplift each other. Tremendously fun and surprisingly moving and powerful.

ALT-800-RV13 **Kelly Simmons** **\$39**
7/9 **T 6:30 pm - 8:30 pm** **1 session**
RVC Classroom Bldg. II **Room 225**

ALT-800-RV14 **Kelly Simmons** **\$39**
8/13 **T 6:30 pm - 8:30 pm** **1 session**
RVC Classroom Bldg. II **Room 225**

NEW! DRUMMING CIRCLE**Presented by Soul Grateful Reiki**

(No Experience Necessary) Discover the rhythm within at our adult only monthly drumming circle. A fun, and empowering, way to connect with others, your drum, your body, emotions, and mind, while making high-vibe music as a community. When you come and drum; healing happens. Don't miss out on this unique opportunity to connect with others, feel the sacred beating of the drums, and let the rhythm move you. No experience necessary, because everyone can drum! **BRING:** your own drums, rattles, percussions.

ALT-800-RV8 **Mary Jane D'Angelo, RMT** **\$35**
6/14 **F 6:00 pm - 8:30 pm** **1 session**
Meet Instructor at the JCSM front door lobby. Weather permitting, we will be outdoors.

ALT-800-RV9 **Mary Jane D'Angelo, RMT** **\$35**
7/12 **F 6:00 pm - 8:30 pm.** **1 session**
Meet Instructor at the JCSM front door lobby. Weather permitting, we will be outdoors.

ALT-800-RV10 **Mary Jane D'Angelo, RMT** **\$35**
8/9 **F 6:00 pm - 8:30 pm** **1 session**
Meet Instructor at the JCSM front door lobby. Weather permitting, we will be outdoors.

NEW! MEET YOUR SPIRIT GUIDES**Presented by Access Soul**

We ALL have a team of spirit guides to help us navigate life on this earthly plane. Discover how to meet yours! Learn how to connect, what to call them, and how they can assist you in ways large and small in everyday life. Guides are not all-knowing, but they do have the higher perspective and their wisdom is always in your highest good and the highest of all. They are not the boss of you and do not run your life. They are with us 24/7 to help guide us on our journeys. AND they do not come in unless you ASK. Imagine being able to feel their presence and know how to engage with your soul team every day!

ALT-800-RV18 **Kelly Simmons** **\$39**
7/19 **F 7:00 pm - 9:00 pm** **1 session**
RVC Classroom Bldg. II **Room 225**

NEW! SOULCOLLAGE

Discover the answers that the wisdom of your Soul has for you through the fun, engaging and surprisingly powerful practice of SoulCollage® Create one card or start a unique deck of colorful SoulCollage® cards with deep personal meaning. Through a simple and interactive activity you will learn to consult the cards you create, discover your inner wisdom and find answers to personal life questions. Anyone can enjoy this fascinating, powerful and satisfying method for reaching the wisdom within you. Absolutely no artistic talent needed. Your SoulCollage® story begins with just one card.

ALT-800-RV12 **Jacque Nelson** **\$59**
7/18 **Th 7:00 pm. - 9:00 pm** **1 session**
RVC Classroom Bldg. II **Room 225**

PAST LIFE REGRESSION

Are past lives real? Experience your own past lives and discover for yourself why certain people and places hold special meaning in your current life. Past life regression hypnosis allows you to visit other times and other places to find answers to questions you've always had.

ALT-800-RV2 **Dr Shanti** **\$59**
6/13 **Th 7:00 pm - 8:30 pm** **1 session**
RVC Classroom Bldg. II **Room 121**





**NEW! WORKSHOPS WITH
KATHLEEN COX, LCSW**

BREATHWORK

Ages 18 - Adult) NEO-Shamanic Breathwork (NSB) is an experiential process that uses breathing, music and safe space to facilitate expanded states of awareness for self-exploration and healing. Neo-Shamanic Breathwork stands in and is deeply connected to the tradition of Holotropic Breathwork as well as Jungian and Neo-Jungian maps of the soul. NSB involves, accelerated breathing, evocative music, bodywork, mandala drawing and group sharing in a safe environment with a trained facilitator. This powerful technique allows participants to access a wide range of experiences for the purpose of personal and spiritual growth.

Experience the transformative power of Neo-Shamanic Breathwork.

- Connect with your inner wisdom and intuition
- Release physical and emotional blockages
- Access deeper states of relaxation and meditation
- Increase self-awareness and personal growth
- Experience sometimes profound healing and spiritual connections

BRING: a journal & blanket; **WEAR:** comfortable clothes

REQUIRED: email RVC-CCE@RockValleyCollege.edu prior to registration for important information of benefits/risks of this workshop. Additionally, a completed screening form will be required.

WARNING: This workshop involves loud music, and may provoke participants yelling, screaming, crying, or sobbing. Consult your healthcare provider before participating.

Do **NOT** participate if you have:

- Cardiovascular disease
- Heart attacks, high blood pressure, and angina
- Glaucoma or retinal detachment
- Recent injury or surgery
- Any condition that requires you to take medication
- Panic attacks or psychosis
- Seizures
- Severe mental illness
- Aneurysms (or family history)
- You are pregnant or are breastfeeding

ALT-800-OTH **Kathleen Cox** **\$265**
6/22 **5 8:00 am - 6:00 pm** **1 session**
Location announced after completed screening form returned.

HYPNOSIS & RELAXATION

Hypnosis, also called hypnotherapy, is a state of deep relaxation and focused concentration. It's a type of mind-body medicine. There will be some teaching on what Hypnosis is and why it works. Mostly, there will be several exercises done in session. A trained and certified hypnotist or hypnotherapist guides you into this deep state of focus and relaxation with verbal cues, repetition and imagery. When you're under hypnosis, this intense level of concentration and focus allows you to ignore ordinary distractions and be more open to guided suggestions to make changes to improve your health.

ALT-800-OTH2 **Kathleen Cox** **\$75**
6/23 **Su 12:00 pm - 2:00 pm** **1 session**
Kathleen Cox & Associates Offices **5290 Williams Dr, Roscoe**

THE 5 LOVE LANGUAGES

What is your LOVE Language? There are Five basic LOVE languages. Telling your partner how you prefer to love - and know how your partner shows love - can increase your ability to feel loved and appreciated. to use this knowledge in your relationship.

ALT-800-OTH3 **Kathleen Cox** **\$75**
6/23 **Su 2:00 pm - 4:00 pm** **1 session**
Kathleen Cox & Associates Offices **5290 Williams Dr, Roscoe**

RITEs OF PASSAGE

Initiation is a rite of passage marking entrance or acceptance into a group or society. It can also be a formal admission to adulthood in a community or one of its formal components. In an extended sense, it can also signify a transformation in which the initiate is 'reborn' into a new role. Realize that changes in life are cycles of initiation & that you can endure life's obstacles with this understanding.

ALT-800-OTH4 **Kathleen Cox** **\$75**
7/28 **Su 12:00 pm - 2:00 pm** **1 session**
Kathleen Cox & Associates Offices **5290 Williams Dr, Roscoe**

DRAMA TRIANGLE

It is a model of dysfunctional social interactions and illustrates a power game that involves three roles: Victim, Rescuer, and Persecutor, each role represents a common and ineffective response to conflict. The journey around the triangle can be done with self or another, such as a spouse, child, co-worker, and so on. This class will be an introduction to the what the Drama Triangle is and how to get out of it.

ALT-800-OTH5 **Kathleen Cox** **\$75**
7/28 **Su 2:00 pm - 4:00 pm** **1 session**
Kathleen Cox & Associates Offices **5290 Williams Dr, Roscoe**

CULTURE & SUSTAINABILITY

NEW! INTRODUCTION TO HOMESTEADING

What is homesteading? Over the last five decades, the Homesteading Movement in America has grown. It is a lifestyle that has sustainability as its core belief. In the words of well-known homesteader Shaye Elliott, homesteaders want to move from "consuming to producing" their own food. Today, homesteaders can be found in both rural and urban areas. This course will explore the concrete steps needed to live a homesteading lifestyle and the options for doing so. The disciplines of homesteading, such as gardening, animal husbandry, and property maintenance will be discussed. The course also provides the history and basic overview of homesteading in a two-hour classroom discussion and lecture. The second day will be spent at the instructor's homestead exploring the practicalities of getting started (2-hour session). By the end of the course, those interested in homesteading will have the basic knowledge to get started.

Martin Quirk is a Professor of History and has lived a homesteading lifestyle for the last thirteen years. He began as an urban homesteader in northeast Rockford. Today he and his family live on a five-acre agricultural property in Harrison Township in Winnebago County.

GAN-817-RV **Martin Quirk** **\$75**
6/28-6/29 **F 6:00 pm-8:00 pm** **2 sessions**
 S 10:00 am-Noon

First Class - RVC Main Campus, Classroom Building I Room 1240
Second Class - Homestead (address provided at first class)

CHINESE CULTURE

With 5,000 years of history, China has developed a very rich culture. Explore the real China in different aspects, such as: history; folklore and festivals; Chinese language characters, calligraphy and paintings; 24 solar terms and tourism; food and tea; traditional handcrafts; houses and gardens; Confucius and Lao Zi; the origin of Chinese tradition medicine and I Qing.

LAN-800-RV **Min Wang** **\$69**
7/9-8/27 **T 6:00 pm - 7:30 pm** **8 sessions**
RVC Classroom Bldg. II **Room 229**



DANCE



BEGINNER LINE DANCE AFTER DARK

Basics of Line dancing at Shooter's Bar and Grill: the only place with line dancing in the Rockford area. The basic steps and dances will be taught on the public dance floor in a vibrant bar atmosphere. Have fun learning, and then stay and enjoy dancing what you just learned with a live DJ.

DNC-800-DC **Suzy Theisen** **\$59**
7/10-8/14 **W 6:30 p.m - 7:00 pm** **6 sessions**
Don Carter Lanes **4007 E State St, Rockford**



Find **Your** Groove

FINANCE & MATH

NEW! MATH SKILLS WORKSHOPS

(Ages 11-17) Designed to reinforce math skills and build confidence in your young adult. In a small group setting, participants will work towards improving and refreshing foundational math skills.

NOTE: HOMEWORK will be included. **BRING:** Pencils, erasers, red pen, calculator, geometry set, graph paper, ruler and notebook.

PREREQUISITE: 7th grade math or instructor permission. **PURCHASE:** Text at RVC Bookstore.

WORKSHOP 1: FRACTIONS & PROPORTIONS

- Analyzing proportional relationships and solving real-world/mathematical problems
- Extending understanding of fractions to add, subtract, multiply, and divide rational numbers.

EDV-800-RV8 **Bilal Khairi** **\$125**
7/8-7/12 **M-F 10:00 am - 12:00 pm** **5 sessions**
RVC Jacobs Ctr. for Science & Math **Room 0216**

WORKSHOP 2: OPERATIONS & EXPRESSIONS

- Utilizing properties of operations to generate equivalent expressions
- Using numerical and algebraic expressions and equations.

EDV-800-RV9 **Bilal Khairi** **\$125**
7/15-7/19 **M-F 10:00 am - 12:00 pm** **5 sessions**
RVC Jacobs Ctr. for Science & Math **Room 0216**

WORKSHOP 3: GEOMETRY

- Drawing, constructing, and describing geometrical figures and relationships between them
- Exploring applications in angle measure, area, surface area, and volume.

EDV-800-RV10 **Bilal Khairi** **\$125**
7/22-7/26 **M-F 10:00 am - 12:00 pm** **5 sessions**
RVC Jacobs Ctr. for Science & Math **Room 0216**

WORKSHOP 4: STATS & PROBABILITY

- Employing random sampling to draw inferences about a population
- Investigating chance processes and developing, using, and evaluating statistics and probability models.

EDV-800-RV11 **Bilal Khairi** **\$125**
7/29-8/2 **M-F 10:00 am - 12:00 pm** **5 sessions**
RVC Jacobs Ctr. for Science & Math **Room 0216**



Finance workshops are intended to provide general financial information. For individual plans, consult your financial advisor.

NEW! BUDGET 101: KEEP MORE OF WHAT YOU EARN

Most people think budgeting is like a harsh diet. It's not about doing without the things you enjoy, its about learning the importance of identifying cash flow within a flexible and personalized budget. Creating a realistic budget doesn't have to be painful! This is a fundamental class in documenting your expenses, learning to track with or without personal budgeting software and working together as a family to achieve common financial goals. You might even find that you can start or increase your retirement savings! Take control of your money and avoid letting your money take control of you!

FIN-802-BLL2 **Mark Hunt** **\$59**
6/29 **S 10:00 am - 12:00 pm** **1 session**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 001**

NEW! MASTERING HOME MORTGAGES

Are you interested in learning how to navigate the home mortgage process? "Mastering Home Mortgages" is your comprehensive guide to understanding the journey of securing a mortgage to buy your first home, dream home or rental properties.

Who Should Attend:

- First-time homebuyers
- Individuals interested in real estate investing / rental properties
- Individuals looking to enhance their knowledge of the mortgage process
- Anyone seeking to make informed decisions on one of life's most significant financial investments

NOTE: Register one person, bring a guest for **FREE**

FIN-802-RV7 **Jessica Rielly, Loan Originator NMLS 607876** **\$105**
6/17-7/8 **M 6:00 pm - 7:00 pm** **4 sessions**
RVC Physical Education Ctr. **Room 0202**

NEW! UNDERSTANDING YOUR AUTO & HOME INSURANCE

Are you getting the best possible value from an insurance company? Will that company honor a claim? How do you get a great price when there are so many insurance terms to understand? Do you have too much or too little coverage? Why does your credit matter? Shopping insurance should be an annual event to insure you are getting proper coverage from a solid company at a reasonable price. The insurance market is volatile and becoming a savvy shopper will help you understand your policy and put you in the drivers seat when shopping for auto, home or renters quotes.

FIN-802-BLL **Mark Hunt** **\$59**
6/15 **S 10:00 am - 12:00 pm** **1 session**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 001**



NEW! UNDERSTANDING THE BASICS OF LIFE INSURANCE

If you have group life insurance through work, is that enough to protect your family? How much is too much and is the group cost actually priced better than an individual plan you could get from the internet or your local agent? Learn the most common types of life insurance and what is best for your specific need. In this course you will see how life insurance can help with retirement planning and identify which companies will be there decades from now when you have a claim. Learning the basics of life insurance will make you a knowledgeable and savvy consumer. You will learn the importance of an accurate illustration and how expensive life insurance can or cannot be.

FIN-802-BLL3 **Mark Hunt** **\$59**
7/13 **S 10:00 am - 12:00 pm** **1 session**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 001**

NEW! THE WORLD OF INVESTMENTS

Get introduced to the vast world of investing and unravel its inner workings. Explore common types of investments and accounts and discover your best investment options. Get your specific questions answered during this interactive and engaging session.

FIN-802-BLL4 **Mark Hunt** **\$59**
7/27 **S 10:00 am - 12:00 pm** **1 session**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 001**

HOW TO PICK STOCKS

Are you earning 20% per year on your investments? This course will teach Value Investing, the investment methodology employed by Warren Buffett, whose 52 year record is 20.9% per year. Whether investing in stocks in your personal account, your retirement plan, or IRA, this course will unlock the mysteries of investing in stocks.

FIN-802-RV6 **Thomas Hawkinson** **\$95**
6/11-7/9 **T 6:00 pm - 8:00 pm** **5 sessions**
RVC Physical Education Ctr. **Room 0204**

VIRTUAL WORKSHOPS

REGISTER AT ED2GO.COM/RVC2

**2 OPTIONS TO CHOOSE FROM:
 INSTRUCTOR-LED COURSES &
 SELF-PACED TUTORIALS**

KEYS TO SUCCESSFUL MONEY MANAGEMENT

(Virtual) Certified financial planner shows you how most wealthy people build their fortunes.

WHERE DOES ALL MY MONEY GO?

(Virtual) Get control of your money once and for all.

FINANCIAL PLANNING SUITE

(Virtual) Determine the best way to achieve your financial goals, protect your assets, and take control of your money once and for all with this online course.

PERSONAL FINANCE

(Virtual) Protect your assets and discover how best to achieve all your financial goals.

REAL ESTATE SUITE

(Virtual) Understand what it takes to build wealth, how to invest in real estate, and legalities surrounding real estate.

REAL ESTATE INVESTING

(Virtual) Build and protect your wealth by investing in real estate.

INTRODUCTION TO STOCK OPTIONS

(Virtual) How stock options can protect your portfolio and help you profit in any type of market.

STOCK TRADING SUITE

(Virtual) Make wise investment decisions and discover valuable techniques that show you step-by-step how to research and value stocks.

STOCKS, BONDS, AND INVESTING: OH, MY!

(Virtual) Make wise investment decisions so that you have enough money to live comfortably through your retirement.

THE ANALYSIS AND VALUATION OF STOCKS

(Virtual) Step-by-step how to research and value stocks. *officipe nonsersperit quatusci alit verferunt dolut ametur magnat.*



FITNESS

FIT CLASSES WITH SUZY THEISEN

DANCE FITNESS

Come join the Dance Party! Dance Fitness fusion with styles including Latin, ballroom, line dance, Hip hop, and more. So much fun, you will forget it's a workout! Set to modern and retro music mix, all fitness levels welcome, no dance experience required.

FIT-800-FW **Suzy Theisen** **\$59**
7/15-8/19 **M 6:00 pm - 6:50 pm** **6 sessions**
Fitness Works, 3619 Morsay Dr, Rockford

FIT-800-FW3 **Suzy Theisen** **\$59**
7/13-8/17 **S 10:00 am - 10:50 am** **6 sessions**
Fitness Works, 3619 Morsay Dr, Rockford

TAI CHI & MORE WITH SUE MICHAELSEN

TAI CHI FOR BEGINNERS

Relax Stress and Tension. Improve Memory & Balance. Warm up with Therapeutic Chi Kung, breathing, hand positions, stances, slow movements, 5 Elements and Short Yang Tai Chi Forms. Attend any 3 classes weekly. Handouts and links provided. **NO CLASS 7/4.**

FIT-812-BEG **Sue Michaelsen** **\$79**
6/10-8/12 **M 10:40 am - 11:40 am** **10 sessions**
6/13-8/22 **Th 6:40 pm-7:40 pm** **10 sessions**
6/15-8/17 **S 10:10 am-11:10 am** **10 sessions**
Bell School Rd Center **Room 013**

TAI CHI PREP FOR FORMS

Warm up with Therapeutic Chi Kung. Introduction to Tai Chi Forms: Chen, Yang, Fan and Sword Handouts and links provided.

PRE-REQUISITE: Tai Chi for Beginners or Instructor approval.

NO CLASS 7/4.

FIT-812-PREP **Sue Michaelsen** **\$49**
6/13-8/22 **Th 4:20 pm - 5:20 pm** **10 sessions**
Bell School Rd Center **Room 013**

TAI CHI FORMS & SKILLS

Warm up with Therapeutic Chi Kung. Tai Chi Forms: Chen, Yang, Sun, Fan and Sword Pre-requisite: Tai Chi for Beginners 1, 2 or Instructor approval. Attend any 3 classes weekly. Handouts and links provided.

NO CLASS 7/4.

FIT-812-FORMS **Sue Michaelsen** **\$79**
6/10-8/12 **M 9:40 am - 10:40 am** **10 sessions**
6/13-8/22 **Th 5:30 - 6:30 pm** **10 sessions**
6/15-8/17 **S 9:10 am-10:10 am** **10 sessions**
Bell School Rd Center **Room 013**

CHI KUNG FOR ALL LEVELS

Sit or stand to use relaxing, slow stretching and breathing to improve your balance, comfort, coordination, mental calm and encourage your best health and fitness. Handouts and links provided.

FIT-812-CHI **Sue Michaelsen** **\$49**
6/10-8/12 **M 11:50 am - 12:50 pm** **10 sessions**
Bell School Rd Center **Room 013**

FOODIES

NEW! PLANT BASED COOKING WITH CHEF T

(HS-Adult) All are welcome: knowledge and skills can be applied to your food preference and lifestyle. Chef T, humbly raised & born in Rockford IL is now back in his hometown ready to share his knowledge. His interactive and entertaining approach will cover secrets of:

- Myths & Truths
- Cutting & Utensil Skills
- Seasoning & Prep
- Sanitize What??
- Don't Jack Up your Experience!

This is a limited hands-on workshop. Includes benefits of plant based cooking, but secrets can be applied to your preference/lifestyle.

HMC-803-BLL2 **Terrell Washington** **\$129**
6/16-6/24 **Su/M 7:00 pm - 8:00 pm** **4 sessions**
RVC Classroom Building II **Room G25**

NEW! PLANT BASED COOKING WITH CHEF T: THE NEXT LEVEL

(HS-Adult) Now that you have learned the basics, let's step this up and Don't Jack Up Your Experience. A continuation of the secrets learned in our first sessions! **PRE-REQUISITE:** Plant Based Cooking with Chef T or instructor permission. **NO CLASS 6/19.**

HMC-803-BLL5 **Terrell Washington** **\$129**
6/12-6/26 **W 6:45 pm - 8:15 pm** **2 sessions**
RVC Classroom Building II **Room G25**



MUSIC

SUMMER POPS ORCHESTRA

The Rock Valley Festival Orchestra is a collaborative effort between the Rockford Park District, the Music Academy of Rockford and Rock Valley College Community Education. The RVC Festival Orchestra is comprised of student and professional musicians from the Rockford area. This group is open to instrumentalists of intermediate and above abilities who are able to read music. NOTE: Winds and percussion players should inquire with the director for openings. Email blamm@gmail.com or call/text 708-831-0417. BRING: Your instrument to the first class. **Performance scheduled for Tuesday, July 30 at 7:00 pm at the Sinnissippi Band Shell.**

MUS-800-RV 7/15-7/29 RVC Educational Resource Center	Brandon Lamm M/T 7:00 pm - 9:15 pm	\$89 5 sessions Room 0214
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NEW! THE JOY OF MUSIC

The music you Love.
Why you Love it.
How you Love it.
What there is to Love.

Expose the intimacies of your favorite Music & maybe find something new to love.

MUS-800-RV7 6/10-7/15 RVC Classroom Bldg. II	Don Malone M 5:30 pm - 6:30 pm	\$59 6 sessions Room 121
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MUS-800-RV8 7/22-8/26 RVC Classroom Bldg. II	Don Malone M 5:30 pm - 6:30 pm	\$59 6 sessions Room 121
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PIANO CLASSES HOSTED BY THE MUSIC ACADEMY IN ROCKFORD

The Music Academy in Rockford is a not-for-profit community school of music that provides students opportunities to grow through music, inspiring them to pursue a life of excellence, accomplishment and fulfillment. The Music Academy is committed to helping all people realize their musical potential.

MUST HAVE: Piano or keyboard with standard size keys is needed for home assignments.

TEXTBOOKS: Available for purchase at first class (check only).

All classes are in RVC Classroom Bldg. II, Room G22. Dates/times and class level assignments subject to change at instructor's discretion.

NEW! BEGINNING PIANO - ADULTS

No Experience – beginning from scratch! **NO CLASS 7/8.**

MUS-800-RV9 6/17-8/26 RVC Classroom Bldg. II	Lillian Gonzalez M 12:00 pm - 12:45 pm	\$95 10 sessions G22
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NEW! CONTINUING PIANO - ADULTS

NOT for Beginners; Designed for pianist with 1-2 years of experience. Focus on note reading, ensemble work & independent learning. **NO CLASS 7/8.**

MUS-800-RV10 6/17-8/26 RVC Classroom Bldg. II	Lillian Gonzalez M 1:00 pm - 2:00 pm	\$115 10 sessions G22
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VIRTUAL WORKSHOPS

REGISTER AT ED2GO.COM/RVC2

2 OPTIONS TO CHOOSE FROM! INSTRUCTOR-LED COURSES & SELF-PACED TUTORIALS

LOSE WEIGHT & KEEP IT OFF

(Virtual) Establish a healthy approach to successful weight loss and weight maintenance for a lifetime.

LUSCIOUS, LOW-FAT, LIGHTNING-QUICK MEALS

(Virtual) Join a registered dietitian and discover how easy it can be to prepare meals that are both delicious and nutritious!

SECRETS OF THE CATERER

(Virtual) Cooking and business secrets from a professional caterer!

START YOUR OWN EDIBLE GARDEN

(Virtual) Grow delicious, nutritious fruit and vegetables in your yard.

GROWING PLANTS FOR FUN AND PROFIT

(Virtual) Prosper in the backyard nursery business.



PETS

COMPASSIONATE PET GROOMING

Dogs stay home. Instructor will demo on a live dog, how to correctly use tools and gently encourage cooperation for: combing, trimming hair, nails, bathing, conditioning, drying and finishing into a simple style.

ANI-803-BLL	Sue Michaelsen	\$35
6/15	S 2:30 pm - 4:30 pm	1 session
Bell School Rd Center		Room 007



PHOTOGRAPHY

VIRTUAL WORKSHOPS

REGISTER AT ED2GO.COM/RVC2

2 OPTIONS TO CHOOSE FROM! INSTRUCTOR-LED COURSES & SELF-PACED TUTORIALS



SECRETS OF BETTER PHOTOGRAPHY

(Virtual) Understand your camera and how to use it in a variety of situations.

MASTERING DIGITAL PHOTOGRAPHY: PHOTOGRAPHING PEOPLE

(Virtual) Learn to take beautiful pictures of adults, children, and babies.

PHOTOGRAPHING NATURE WITH YOUR DIGITAL CAMERA

(Virtual) Take stunning nature photos, including landscapes, flowers, animals, and even macro shots.

TRAVEL PHOTOGRAPHY FOR THE DIGITAL PHOTOGRAPHER

(Virtual) Tricks and techniques digital photographers need to capture scenes from around the world.

INTRODUCTION TO DIGITAL SCRAPBOOKING

(Virtual) Combine digital and traditional scrapbooking techniques.

SEWING

SEWING: GARMENTS

(Ages 8-Adult) FOR THOSE READY TO SEW CLOTHING; REPEAT STUDENTS WELCOME (new projects each time!) We'll sew simple garments, read and follow a pattern guide hem, put in zippers, sleeves and much more.

FIRST CLASS: We will travel to local fabric store to purchase supplies.

BRING: Your sewing machine. **TAKE HOME:** your handmade garment!

CAH-806-BLL	Mary Foreman	\$179
6/8-8/10	S 9:00 am - 11:30 am	10 sessions
Bell School Rd Center		Room 004

CAH-806-BLL2	Mary Foreman	\$179.00
6/11-8/13	T 6:00 pm - 8:30 pm	10 sessions
Bell School Rd Center		Room 004



YOGA

NEW! YOGA: HOW TO START

For those newer to yoga or those wanting a basic class, we will introduce simple yoga poses, while teaching you breathing techniques and helping you feel more comfortable in your yoga practice. We will strengthen and promote flexibility in the body including standing poses, twists, forward folds, hip openers, and a variety of balances.

BRING: A yoga mat, a yoga strap, water.

YOG-800-RV3 **Raeann Austin** **\$95**
7/12-8/30 **F 9:30 am - 10:30 am** **8 sessions**
RVC Physical Education Ctr **Room 1216**

NEW! EASY YOGA

Perfect for beginners or those looking for simple yoga poses to improve flexibility, strength, and balance. This basic class will help you feel less stress and more relaxed. Move at your own pace. **BRING:** A yoga mat, a yoga strap, water. **NO CLASS 8/1.**

YOG-800-RV4 **Raeann Austin** **\$75**
7/18-8/29 **Th 4:30 pm - 5:30 pm** **6 sessions**
RVC Physical Education Ctr **Room 1216**

NEW! YOGA ALL LEVEL CLASSES

Open to all experience levels. You are encouraged to practice at your own pace **BRING:** A yoga mat, a yoga strap, water.

YOG-800-RV2 **Raeann Austin** **\$95**
7/10-8/28 **W 5:30 pm - 6:30 pm** **8 sessions**
RVC Physical Education Ctr **Room 1216**

NEW! YOGA: VINYASA PRACTICE

(All Levels) Vinyasa yoga emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. The Vinyasa practice becomes a moving meditation that creates strength and fluidity in the body and mind. Expect a fully balanced class of forward bending, twists, backbends with opportunity for inversions.

BRING: yoga mat & water bottle.

YOG-800-RV6 **Rhiannon Yandell** **\$135**
6/10-8/26 **M 9:00 a.m - 10:00 am** **12 sessions**
RVC Physical Education Ctr **Room 1216**



Seeking DENTAL PATIENTS



RVC's Dental Hygiene Program is seeking patients: adults, adolescents, and children ages five and up.

Treatment is provided by dental hygiene students, supervised by licensed dentists and RDHs.



Secure Your Spot

For more information, contact the RVC Dental Hygiene Clinic at (815) 921-3235.



Whiz Kids provides youth and young adults with a variety of academic enrichment opportunities. Whiz Kids classes are designed to provide activities for youth, cleverly disguised as fun, where students learn by doing and supporting each other in the learning process. Kids are inspired to try new things, build independence, gain social skills, face challenges, learn the value of work, and build character.

Week of June 10	18-19
Week of June 17	19-20
Week of June 24	20
Week of July 8	21-22
Week of July 15	22-23
Week of July 22	23-24
Week of July 29	24-25
Week of August 5	25-26
STEM Saturdays	27



BLACK ROCKET ONLINE CAMPS

Can't make to our RVC Campus or are looking for an extra activity while on vacation? Check out our live virtual camps! From 3D Design & Games, Classic Video Games, Digital Arts, Coding to so much more!

Visit BlackRocket.com/Online/ROC/ for full schedule and registration.

SPECIAL NEEDS: The College is committed to providing an accessible and supportive learning environment for all Whiz Kids students. To help us meet this goal, at least three weeks in advance of the beginning of a Whiz Kids class call the RVC Community & Continuing Education office at (815) 921-3900. Notification of any disabilities or conditions requiring special accommodations or attention will allow the College to determine reasonable accommodations which can be made. For adult students, call the RVC Disability Support Services Office at (815) 921-2371. Office Hours: Monday-Friday, 8:00 am-5:00 pm.

WEEK OF JUNE 10

CLOUD GAMERS: MOBILE APP DEVELOPMENT

(Ages 8-14) Cloud gaming is the way of the future! Build games you can play everywhere and anywhere using a web-based development tool. Learn in-demand skills like programming events and coding controls for a touch screen or keyboard and mouse. Finish by personalizing levels and characters with your own design. Now you are ready to upload your games to the Black Rocket cloud arcade and play on any mobile device or computer. Games can easily be shared with friends and family! Students will work in pairs or teams for most of the program. *Compatible with MAC, Windows, and Chrome OS.

WIZ-820-BR **BLACK ROCKET PROD.** **\$215**
6/10-6/14 **M-F 9:00 am - 12:00 pm** **5 sessions**
RVC Classroom Building II **Room G26**

FIZZ, FOAM, POP & CHANGE

(Ages 6-14) Want to feel like a mad scientist? This camp will explore chemistry and reactions in a fun and engaging way. Some of the projects will include making a bouncy egg, mixing fizzy potions, testing pH with a cabbage indicator, making edible sorbet, and more!

WIZ-818-RV5 **Kelsi Eyster** **\$215**
6/10-6/14 **M-F 9:00 am - 12:00 pm** **5 sessions**
RVC Classroom Building II **Room G25**

JAVASCRIPT DEVELOPER JAM

(Ages 8-14) Learn programming tools so powerful they seem like magic! Start off by exploring an array of core programming concepts with JavaScript by experimenting in a series of digital challenges. Start with programming your first animated memes, then tackle more advanced skills such as interactive 3D experiences and game creation. Projects will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. *Compatible with MAC, Windows, and Chrome OS.

WIZ-820-BR2 **BLACK ROCKET PROD.** **\$225**
6/10-6/14 **M-F 1:00 pm - 4:00 pm** **5 sessions**
RVC Classroom Building II **Room G26**

AWESOME ARACHNID INSECTS & ANIMALS

(Ages 6-11) Have you ever wondered what it feels like to have an exoskeleton (outer skeleton)? Or how butterflies pollinate flowers? Or how water strider insects float on water? Explore these questions and more through hands-on science experiments, fun individual and group activities, and engaging games. In this workshop, we will create animal, arachnid, and insect-based art projects, explore the outdoors, learn how adaptations help creatures to survive, and use magnifying lenses to check out specimens up close. Get ready for awesome arachnid, insect, and animal fun!

WIZ-809-RV **FUNTASTIC WORKSHOPS** **\$215**
6/10-6/14 **M-F 1:00 pm - 4:00 pm** **5 sessions**
RVC Classroom Building II **Room G25**

REIKI LEVEL 1

(Open to Youth and Young Adults) A fun, simple way of working with Reiki energy for the purpose of self healing (and healing of others in close proximity), which will help support you on your path to healing, balance, empowerment, and a sense of overall well-being. Gain grounding and meditation techniques to help you become more centered and relaxed, while enhancing self-awareness. Now is the time – youth/young adults are very receptive to learning Reiki because they are so open-minded and can more easily tap into their natural healing and intuitive abilities. They are also more open to that which they cannot see. Reiki Level I can be empowering to children in dealing with physical, mental, and emotional situations in their lives. It gives them the tools to feel a sense of control over their own well-being. Reiki can help children to be more confident and trust in their abilities and intuition. **NO CLASS 7/1.**

(Ages 7-10)
WIZ-808-RV2 **Soul Grateful Reiki** **\$135**
6/10-7/8 **M 9:00 am - 10:15 am** **4 sessions**
RVC Classroom Building II **Room 225**

(Ages 11-14)
WIZ-808-RV **Soul Grateful Reiki** **\$135**
6/10-7/8 **M 10:30 am - 11:45 am** **4 sessions**
RVC Classroom Building II **Room 225**

CERAMICS WHEEL THROWING

(Ages 12-Adult) Open to all those interested in working with clay that have no previous experience, and those that will like the studio time and instruction to improve and build on existing skills. Instruction will include step-by-step projects for beginners, and assistance with independent projects for intermediate students. Plenty of self-directed project time; choose a focus on hand building or wheel throwing. **NO CLASS 6/19, 7/31.**

ART-809-RV **Stacey McDonald** **\$295**
6/12-8/14 **W 6:00 p.m. - 9:00 p.m.** **8 sessions**
RVC Classroom Building I **Room 0210**

SEWING: GARMENTS

(Ages 8-Adult) FOR THOSE READY TO SEW CLOTHING; REPEAT STUDENTS WELCOME (new projects each time!) We'll sew simple garments, read and follow a pattern guide hem, put in zippers, sleeves and much more. **FIRST CLASS:** We will travel to local fabric store to purchase supplies.

BRING: Your sewing machine. **TAKE HOME:** your handmade garment!

CAH-806-BLL **Mary Foreman** **\$179.00**
6/8-8/10 **S 9:00 a.m. - 11:30 a.m.** **10 sessions**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 004**

CAH-806-BLL2 **Mary Foreman** **\$179.00**
6/11-8/13 **T 6:00 p.m. - 8:30 p.m.** **10 sessions**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 004**



PLANT BASED COOKING WITH CHEF T

(Ages 6-12) All are welcome: knowledge and skills can be applied to your food preference and lifestyle. Chef T, humbly raised & born in Rockford IL is now back in his hometown ready to share his knowledge. His interactive and entertaining approach will cover secrets of:

- Myths & Truths • Cutting & Utensil Skills
- Seasoning & Prep • Sanitize What??
- Don't Jack Up your Experience!

This is a limited hands-on workshop. Includes benefits of plant based cooking, but secrets can be applied to your preference/lifestyle.

WIZ-819-BLL **Terrell Washington** **\$129**
6/16-6/24 **Su/M 5:00 pm - 6:15 pm** **4 sessions**
RVC Classroom Building II **Room G25**

PLANT BASED COOKING WITH CHEF T: THE NEXT LEVEL

(Ages 6-12) Now that you have learned the basics, let's step this up and Don't Jack Up Your Experience. A continuation of the secrets learned in our first sessions! **PRE-REQUISITE:** Plant Based Cooking with Chef T or instructor permission. **NO CLASS 6/19.**

WIZ-819-BLL2 **Terrell Washington** **\$129**
6/12-6/26 **W 4:30 pm - 6:00 pm** **2 sessions**
RVC Classroom Building II **Room G25**

GREETING CARDS

(Ages 14-Adult) Multiple techniques, tricks, and simple card making hacks to create beautiful, multidimensional and interactive cards that you will be able to give away by the end of the class.

SUPPLIES: Bring your favorite crafting scissors, adhesive and paper trimmer. **TAKE HOME:** your (3) Hand-Made Cards.

ART-809-RV14 **Heather Persaud** **\$59**
6/13 **Th 6:00 pm - 9:00 pm** **1 session**
RVC Classroom Building II **Room 124**

WEEK OF JUNE 17

LET'S GET ROOTED IN NATURE

(Ages 6-14) Students ages 6-14 are welcome to join in our nature adventures! We will be exploring all things nature. Having class outdoors at times will allow us to explore what's around us. If you love being outside and seeing what our beautiful earth has in store, this class is for you! **NO CLASS 6/19.**

WIZ-809-RV3 **Kelsi Eyster** **\$179**
6/17-6/21 **M/T/Th/F 9:00 am - 12:00 pm** **4 sessions**
RVC Classroom Building II **Room G25**

YOUNG CODERS

(Ages 6-8 AND Ages 8-11) Every child can code! Develop your skills as a young coder by exploring block coding, JavaScript, and Python concepts while making your own playable mini-games. This introductory coding course is designed to get elementary-aged students excited about technology through a series of hands-on and engaging learning challenges. Student-created games will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program.

*Compatible with MAC, Windows, and Chrome OS. **NO CLASS 6/19.**

(Ages 6-8)
WIZ-820-BR3 **BLACK ROCKET PROD.** **\$205**
6/17-6/21 **M/T/Th/F 9:00 am - 12:00 pm** **4 sessions**
RVC Classroom Building II **Room G26**

(Ages 8-11)
WIZ-820-BR4 **BLACK ROCKET PROD.** **\$205**
6/17-6/21 **M/T/Th/F 1:00 pm - 4:00 pm** **4 sessions**
RVC Classroom Building II **Room G26**

FLOW, FLOAT & FLY

(Ages 6-12) Do you love to observe objects in motion? In this workshop, we'll use hands-on science experiments and demonstrations, group activities, and games to examine objects that flow, float, and fly. Construct a marble roller coaster. Use wind bags to learn about Bernoulli's Principle. Create exploding craft stick boomerangs. Fly paper airplanes. Make your drawing float. Blow bubbles in a self-created bubble wand. Shoot marshmallow cannons. Do all this and more together with other experiment-minded kids in this fun, engaging, hands-on workshop. **NO CLASS 6/19.**

WIZ-818-RV **FUNTASTIC WORKSHOPS** **\$205**
6/17-6/21 **M/T/Th/F 1:00 pm - 4:00 pm** **4 sessions**
RVC Classroom Building II **Room G25**

WATERCOLOR: STILL LIFE

(Ages 10-Adult) During this one-day watercolor workshop, award winning still-life artist, Stella Dobbins, NWS, will teach you how to create a traditional or modern still-life painting using a watercolor glaze technique. Bring a small box of objects that you want to include in your painting. Your objects can be personal, historical, sentimental, whimsical, zany, travel mementos/pictures/postcards, etc. If you collect a particular item, such as shells or rocks, you can include them in your painting. Drawing experience is helpful but not required for this class. **SUPPLIES:** Purchase \$30 supply kit from instructor at class OR bring your own. **NOTE:** ½ hour lunch break from 12:30pm-1:00pm.

ART-809-BLL4 **Stella Dobbins** **\$79**
6/22 **S 9:00 am - 5:00 pm** **1 session**
Bell School Rd. Ctr. **3350 Bel School Rd.** **Room 007**

PIANO CLASSES HOSTED BY THE MUSIC ACADEMY IN ROCKFORD

The Music Academy in Rockford is a not-for-profit community school of music that provides students opportunities to grow through music, inspiring them to pursue a life of excellence, accomplishment and fulfillment. The Music Academy is committed to helping all people realize their musical potential.

MUST HAVE: Piano or keyboard with standard size keys is needed for home assignments.

TEXTBOOKS: Available for purchase at first class (check only).

All classes are in RVC Classroom Bldg. II, Room G22.
Dates/times and class level assignments subject to change at instructor's discretion.

PIANO I: AGES 5-7

Suzuki influenced beginning class for youngest students. **NO CLASS 7/8.**

WIZ-815-RV2 Lillian Gonzalez \$75
6/17-8/12 M 9:45 am - 10:20 am 8 sessions

PIANO I: AGES 8-12

Suzuki influenced beginning class for beginning students. **NO CLASS 7/8.**

WIZ-815-RV3 Lillian Gonzalez \$95
6/17-8/26 M 10:30 am - 11:05 am 10 sessions

PRIVATE LESSONS AVAILABLE

Piano, Violin, Viola, Cello, Bass, Guitar, Flute, Saxophone, Clarinet, and Voice.)

For more information call the Music Academy in Rockford at (815) 986-0037.

PIANO II: AGES 5-7

PREREQUISITE: Piano I or instructor consent. A continuation of what we've learned. **NO CLASS 7/8.**

WIZ-815-RV Lillian Gonzalez \$75
6/17-8/12 M 9:00 am - 9:35 am 8 sessions

CONTINUING PIANO: AGES 7-13

NOT for Beginners; Designed for pianist with 1-2 years of experience. Focus on note reading, ensemble work & independent learning.

PREREQUISITE: Piano II or Instructor Consent. **NO CLASS 7/8.**

WIZ-815-RV4 Lillian Gonzalez \$95
6/17-8/26 M 2:30 pm - 3:15 pm 10 sessions

WEEK OF JUNE 24

CRAFTS & COOKING CLUB

(Ages 5-14) Do not wait to sign up-this class fills quickly! Have fun while learning the intricacies of hands-on creative craft making and delectable cooking creations. Participants will enjoy a wide variety of activities and projects. Students will follow step-by-step recipes and directions to create mouth-watering treats and colorful craft projects that they will love showing to friends and family alike. **FOOD ALLERGIES:** Must email instructor at Anuddapur1@aol.com 1 week ahead of class.

WIZ-804-RV Jennifer Tilford \$179
6/24-6/27 M-Th 9:00 am - 12:00 pm 4 sessions
RVC Classroom Building II Room G25

FORENSICS CAMP

(Ages 8-14) Are you fascinated by whodunits?? Like to spend your time watching "Investigation Discovery" or "CSI" and wonder how they determine who was present at the time of a crime and how it occurred?? If so, this course could put you on the path to solving all kinds of mysteries, whether it's at a crime scene or in the lab working on forensic anthropology. Participants will learn about the science of a crime scene investigation as they try to solve all kinds of medical enigmas. Learn the steps toward becoming a forensic scientist as you explore topics such as fingerprinting, blood typing, handwriting analysis, blood spatter, toxicology analysis, hair and fiber analysis, etymology, comparative anatomy and more! Students will get the chance to test their knowledge during the final class with their own examination of a non-violent "crime scene".

WIZ-820-RV Laura Constant \$215
6/24-6/28 M-F 1:00 pm - 4:00 pm 5 sessions
RVC Jacobs Ctr. for Science & Math Room 1112

LEGO FILMS & STOP ACTION!

(Ages 6-8) Make your LEGOs come to life! Bring in your favorite action figures or LEGOs and create a short film with your friends. Whether you want to recreate a scene from Star Wars or design a world of your own, this class brings your dreams to the screen. Students will need to bring in LEGOs and/or action figures from home, but all other equipment is provided. Student-created films will be available on a password-protected website to share with friends and family. Returning students can create more advanced projects that build on previous years. Students will work in pairs or teams for most of the program. *Compatible with MAC, Windows, and Chrome OS. *An external webcam or camera is required for this course.

WIZ-820-BR5 BLACK ROCKET PROD. \$225
6/24-6/28 M-F 9:00 am - 12:00 pm 5 sessions
RVC Classroom Building II Room G26

YOUTUBE CONTENT CREATORS

(Ages 8-14) Find your voice and leave your mark on the world! Whether you are six or sixteen, it's time to start a career as the next YouTube star. Explore the variety of content and personalities that exist on YouTube and how to find your own niche. Learn the Dos and Don'ts of the platform and how to practice good digital citizenship. Develop your on-camera presence, your own channel branding, and professional editing skills. Take home a plan for launching your own channel with the content created in class! Student projects will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. *Compatible with MAC and Windows OS only. *A webcam is required for this course.

WIZ-820-BR6 BLACK ROCKET PROD. \$225
6/24-6/28 M-F 1:00 pm - 4:00 pm 5 sessions
RVC Classroom Building II Room G26

WEEK OF JULY 8

CRAFTS & COOKING CLUB

(Ages 5-14) Do not wait to sign up-this class fills quickly! Have fun while learning the intricacies of hands-on creative craft making and delectable cooking creations. Participants will enjoy a wide variety of activities and projects. Students will follow step-by-step recipes and directions to create mouth-watering treats and colorful craft projects that they will love showing to friends and family alike. **FOOD ALLERGIES:** Must email instructor at Anuddapurpl1@aol.com 1 week ahead of class.

WIZ-804-RV2 **Jennifer Tilford** **\$179**
7/8-7/11 **M-Th 9:00 am - 12:00 pm** **4 sessions**
RVC Classroom Building II **Room G25**

FOLLOW ME ROBOT

(Ages 7-12) Would you like to build a robot that has four built-in microphones? It detects a sound source and will move and turn accordingly. It is your own robot to build and take home. Wow! It starts flashing and plays Do-Re-Me. Make it move the way you want it to move. It's so smart. Learn about the different gears and sensors as you build it. Work with your team to build other robots for races and join in our Sumo wrestling and obstacle course events with what you and your team has built. That's the Funtastic way!

WIZ-820-RV3 **FUNTASTIC WORKSHOPS** **\$215**
7/8-7/12 **M-F 9:00 am - 12:00 pm** **5 sessions**
RVC Classroom Building II **Room 123**

ROBLOX MAKERS

(Ages 8-14) Unlock the power of ROBLOX® Studio, the world creation tool used by real-world ROBLOX® developers! Learn how to build 3D models and create an adventure in your ROBLOX® world. Bring characters to life with unique animations you design. Student-created projects will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. *Compatible with MAC and Windows OS only.

WIZ-820-BR7 **BLACK ROCKET PROD.** **\$215**
7/8-7/12 **M-F 9:00 am - 12:00 pm** **5 sessions**
RVC Classroom Building II **Room G26**

MINECRAFT MODDERS

(Ages 8-14) Customize your own Minecraft world and mod the classic game in this one-of-a-kind class. Learn scripting and logic statements as you create your first mods. Students will create a wide variety of new elements, gameplay mechanics, and world-generating mods to change the way you play Minecraft. Projects will be available on a password-protected Black Rocket website to share with friends and family. Students must have the Java version of Minecraft to take this class. Tablet, phone, and game console versions of Minecraft are not compatible. Returning students can create more advanced projects that build on previous years. Students will work in pairs or teams for most of the program. *Compatible with MAC and Windows OS only. Purchase Minecraft Java Edition

WIZ-820-BR8 **BLACK ROCKET PROD.** **\$215**
7/8-7/12 **M-F 1:00 pm - 4:00 pm** **5 sessions**
RVC Classroom Building II **Room G26**

ELECTRONICS & CIRCUITRY

(Ages 7-12) Learning electronics and circuitry is a snap in this Funtastic Workshop. Participants experiment with (and take home at the conclusion) a kit with a variety of parts that snap together safely and easily. Transform electrical energy into sound, motion, and light! Launch a glow-in-the-dark flying propeller. Build a musical doorbell, burglar alarm, or radio. Participants will identify paths of electricity through circuits and understand series and parallel circuits. Colorful pictorial directions for each of the projects, patient instructors, and plenty of time for questions/ experiments/ tinkering/ discussions means your builder will be creating and learning in no time. Perfect for emerging engineers. Sign up to snap into some fun!

WIZ-820-RV4 **FUNTASTIC WORKSHOPS** **\$215**
7/8-7/12 **M-F 1:00 pm - 4:00 pm** **5 sessions**
RVC Classroom Building II **Room 123**



MATH SKILLS: FRACTIONS

(Ages 13-17) Reinforces main concepts from 8th grade mathematics. Homework assignments and final test will be part of this course.

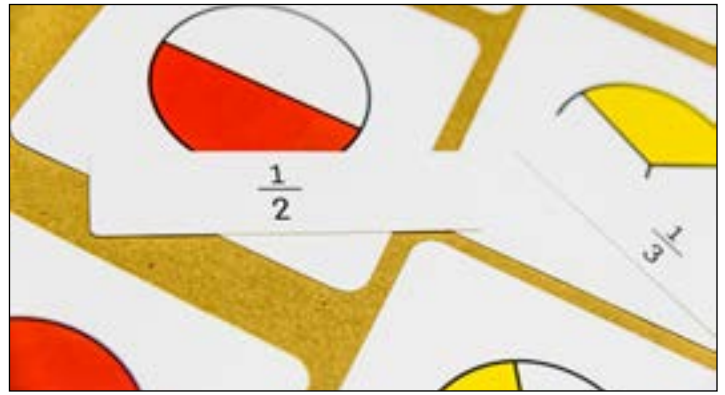
BRING: Pencils, erasers, red pen, calculator, geometry set, graph paper, ruler and notebook. **PREREQUISITE:** 7th grade math or instructor permission. **PURCHASE:** Text at RVC Bookstore. . Analyzing proportional relationships and solving real-world/mathematical problems. Extending understanding of fractions to add, subtract, multiply, and divide rational numbers.

EDV-800-RV8 **Bilal Khairi** **\$125**
7/8-7/12 **M-F 10:00 am - 12:00 pm** **5 sessions**
RVC Jacobs Ctr. for Science & Math **Room 0216**

MEDITATION MONDAYS

(Ages 13-Adult) JOIN US for a time of sacred connection to yourself and your soul. Find the peace within. Even when everything seems chaos and crazy. NO meditation experience needed. ALL are welcome. Any/all gender. All faiths/no faith. This is not a religious or structured thing. Each gathering reveals its own magic and is always WONDERFUL. Invite a friend. Or two. Or come solo. No one is ever alone. Don't bring a thing. No yoga mats. No crossed legs. No mantras. We sit on comfy chairs. Water and tea provided. RELAX. UNWIND. BREATHE. CONNECT AT A DEEPER LEVEL. Find calm, clarity and connection in a safe welcoming all-inclusive space. ALL are welcome --> that means you.

ALT-800-JULY **Kelly Simmons** **\$25**
7/8-7/29 **M 6:30 pm - 8:30 pm** **4 sessions**
RVC Classroom Building II **Room 225**

**INTUITIVE TUESDAY**

(Ages 13-Adult) We are more than our five physical senses! You get an "intuitive hit," or see/feel/hear/sense things. We ALL can develop our intuitive power! JOIN US for Intuitive Tuesday, a safe welcoming and fun opportunity to work on/play with increasing our connection with intuition, spirit guides/guidance, our interconnectedness with each other, and developing our clairs. ALL are welcome. Gals, guys, ages 13 and up. No "experience" needed. Discover how to improve your focus and abilities. We support, encourage and uplift each other. Tremendously fun and surprisingly moving and powerful.

ALT-800-RV13 **Kelly Simmons** **\$39**
7/9 **T 6:30 pm - 8:30 pm** **1 session**
RVC Classroom Building II **Room 225**

WEEK OF JULY 15

CRAFTS & COOKING CLUB

(Ages 5-14) Do not wait to sign up-this class fills quickly! Have fun while learning the intricacies of hands-on creative craft making and delectable cooking creations. Participants will enjoy a wide variety of activities and projects. Students will follow step-by-step recipes and directions to create mouth-watering treats and colorful craft projects that they will love showing to friends and family alike. **FOOD ALLERGIES:** Must email instructor at Anuddapurpl1@aol.com 1 week ahead of class.

WIZ-804-RV3 **Jennifer Tilford** **\$179**
7/15-7/18 **M-Th 1:00 pm - 4:00 pm** **4 sessions**
RVC Classroom Building II **Room G25**

DINO DIG FOSSIL HUNT

(Ages 6-11) Archaeology and Paleontology seem like big words to kids, but Funtastic Workshops make them come alive. Each child will partake in a simulated fossil excavation, uncovering the different bones of a dinosaur, then assemble the bones to form a completed 3-dimensional dinosaur to take home. Use our geological time and fossil charts as well as excavation tools, labels, and specimen bags. Make a plaster fossil replica of an ammonite, Tyrannosaurus rex tooth or choose from other molds. Identify 20-million year old shark's teeth and see other fossil replicas. Be a rock hound and identify different rocks and minerals in our collection. Check out our giant pumice rock specimen from Mt. St. Helens. Join Funtastic Workshops for a fun, educational experience.

WIZ-818-RV2 **FUNTAISTIC WORKSHOPS** **\$215**
7/15-7/19 **M-F 9:00 am - 12:00 pm** **5 sessions**
RVC Classroom Building II **Room G25**

**DARING DEMIGODS**

(Ages 7-12) Join Percy and your favorite demigods and monsters for a science-infused adventure. Discover which Olympian god parent has "claimed" you. Participate in design challenges that would make Annabeth proud. Test your strategy skills with Iris message rainbow sudoku. Learn and play Medusa freeze tag and the 'Big Three' hand game. Flex your teamwork skills with our group challenges. Experiment with Grover's balancing birds. Create your own blinking origami cyclops eye. Put your knowledge to the test with mythology and Percy trivia. See a tornado in a bottle. Join us where the magic of science, art, and literature meet. For children who love science, Greco-Roman mythology, and stories like the Percy Jackson series.

WIZ-818-RV3 **FUNTAISTIC WORKSHOPS** **\$215**
7/15-7/19 **M-F 1:00 pm - 4:00 pm** **5 sessions**
RVC Classroom Building II **Room 123**

MAKE YOUR FIRST VIDEO GAME

(Ages 8-14) Our classic game design camp reimagined to include even more of what you love! Make your first video game in this one-of-a-kind class that gives you the keys to designing your first 2D platformer game. Conceptualization, level design, graphics, sounds, and simple coding are just some of the concepts that we'll explore. No prior experience is necessary, just a desire to have fun! Student projects will be available on a password-protected Black Rocket website to share with friends and family.

WIZ-820-BR10 **BLACK ROCKET PROD.** **\$215**
7/15-7/19 **M-F 1:00 pm - 4:00 pm** **5 sessions**
RVC Classroom Building II **Room G26**

MATH SKILLS: OPERATIONS

(Ages 13-17) Reinforces main concepts from 8th grade mathematics. Homework assignments and final test will be part of this course.

BRING: Pencils, erasers, red pen, calculator, geometry set, graph paper, ruler and notebook. **PREREQUISITE:** 7th grade math or instructor permission. **PURCHASE:** Text at RVC Bookstore. Utilizing properties of operations to generate equivalent expressions. Using numerical and algebraic expressions and equations.

EDV-800-RV9 **Bilal Khairi** **\$125**
7/15-7/19 **M-F 10:00 am - 12:00 pm** **5 sessions**
RVC Jacobs Ctr. for Science & Math **Room 0216**

YOUNG INVESTORS & ENTREPRENEURS

(Ages 11-14) Teach your kids the secrets of building financial wealth and security! Whether you want to build the next great American company, become a Wall Street tycoon, or be the millionaire next door by investing wisely - this camp is for you! In this course, you will learn the basics of investing in the stock market, the difference between assets and liabilities, the importance of diversification, and how to evaluate companies. You will also develop your own business plan and present your ideas to your peers to compete for their investments in a mock Shark Tank-style activity. Students will work in pairs or teams for most of the program. *This course requires access to computers with internet to complete market research.

WIZ-820-BR9 **BLACK ROCKET PROD.** **\$215**
7/15-7/19 **M-F 9:00 am - 12:00 pm** **5 sessions**
RVC Classroom Building II **Room G26**

ETEGAMI: STILL LIFE CARDS

(Ages 10-Adult) Create personal still-life watercolor cards using the Japanese Etegami style of brush painting. Bring a small box of small personal objects to paint. Your objects can be memorabilia, travel mementoes, collector items, such as, shells, rocks, figurines, fabrics, labels, lace, buttons, beads, etc. You will write personal messages on the cards in script verses, haiku, or free style poetry. **SUPPLIES:** Purchase \$30 supply kit from instructor at class OR bring your own.

NOTE: ½ hour lunch break from 12:30pm-1:00pm.

ART-809-BLL5 **Stella Dobbins** **\$79**
7/20 **S 9:00 am - 5:00 pm** **1 session**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 007**

WEEK OF JULY 22

YEARNING FOR YARNING

(Ages 7-12) Students get the opportunity to make different arts and crafts using yarn as the main medium. Projects include different decorative wall art, jewelry, PomPom animals, and more. Finished projects get to go home each day as well as kits to make more at home.

WIZ-804-RV4 **Danielle Misiaszek** **\$215**
7/22-7/26 **M-F 9:00 am - 12:00 pm** **5 sessions**
RVC Classroom Building II **Room 123**

YOUTUBE CONTENT CREATORS

(Ages 8-14) Find your voice and leave your mark on the world! Whether you are six or sixteen, it's time to start a career as the next YouTube star. Explore the variety of content and personalities that exist on YouTube and how to find your own niche. Learn the Dos and Don'ts of the platform and how to practice good digital citizenship. Develop your on-camera presence, your own channel branding, and professional editing skills. Take home a plan for launching your own channel with the content created in class! Student projects will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. *Compatible with MAC and Windows OS only. *A webcam is required for this course.

WIZ-820-BR11 **BLACK ROCKET PROD.** **\$225**
7/22-7/26 **M-F 9:00 am - 12:00 pm** **5 sessions**
RVC Classroom Building II **Room G26**

MATH SKILLS: GEOMETRY

(Ages 13-17) Reinforces main concepts from 8th grade mathematics. Homework assignments and final test will be part of this course.

BRING: Pencils, erasers, red pen, calculator, geometry set, graph paper, ruler and notebook. **PREREQUISITE:** 7th grade math or instructor permission. **PURCHASE:** Text at RVC Bookstore. Drawing, constructing, and describing geometrical figures and relationships between them. Exploring applications in angle measure, area, surface area, and volume.

EDV-800-RV10 **Bilal Khairi** **\$125**
7/22-7/26 **M-F 10:00 am - 12:00 pm** **5 sessions**
RVC Jacobs Ctr. for Science & Math **Room 0216**



DAY IN COURT: MOCK TRIAL

(Ages 11-14) Play the roles of judge, defendant, plaintiff, witness, lawyer, bailiff, or juror in several mock trials. Learn how to make opening and closing statements, how to phrase objections, and how to question witnesses. Pull all your skills together at the end of the week as you participate in a final mock trial based on cases from past national and state-level Mock Trial competitions. Students will work in pairs or teams for most of the program.

WIZ-820-BR14 **BLACK ROCKET PROD.** **\$215**
7/29-8/2 **M-F 1:00 pm - 4:00 pm** **5 sessions**
RVC Classroom Building II **Room G26**

TIE DYE

(Ages 6-12) The latest trend to spice up your clothing! Do you love to color and dye all sorts of things? Let's jump into color exploration with all different types of tie-dye. From warm to cool colors, paper to hats and shirts, we will experiment coloring and dying creations of all kinds. Dip, wrap, spray, blow, and shake your way through the colorful methods of Tie-Dye!

WIZ-801-RV **Kelsi Eyster** **\$215**
7/29-8/2 **M-F 1:00 pm - 4:00 pm** **5 sessions**
RVC Classroom Building II **Room G25**

DETECTIVES FOR EARTH

(Ages 6-12) Both experimentation and crafting will be used during this camp to show how everything we do and are exposed to on Earth make our environment. Students will see how pollution and acid rain can affect plant life, they will make a model of both a hydroponic garden and solar water heater garden, and make a terrarium and seed bombs to take home.

WIZ-818-RV6 **Ryan Saelens** **\$215**
7/29-8/2 **M-F 1:00 pm - 4:00 pm** **5 sessions**
RVC Classroom Building II **Room 123**



WEEK OF AUGUST 5

CRAFTY CRITTERS

(Ages 7-12) Students will make various animal themed projects using many different media (yarn, paint, felt, etc.). Projects include marionette puppets, coin banks, decorative flags, toy ball game, a puppet show with stage, and more. Finished projects are taken home each day.

WIZ-804-RV5 **Danielle Misiaszek** **\$215**
8/5-8/9 **M-F 9:00 am - 12:00 pm** **5 sessions**
RVC Classroom Building II **Room 123**

BUDDING BOTANICALS

(Ages 7-12) Are you a budding plant person? Come learn about how plants create their own food (called photosynthesis) and examine the building blocks of botany: seeds, stems, roots, leaves, and flowers -- checking out their identifying characteristics and differences from one another. Create wildflower seed balls. Paint with chlorophyll. Take a micro-hike. Make a sun print. Check out our fruit-powered clock. We will make botanic art, touch and see plant life up close, sprout seeds, learn about natural, edible, and medicinal plants as well as their ecosystems, and participate in cool science experiments and fun learning games. Join us for Funtastic time with flora!

WIZ-809-RV2 **FUNTASTIC WORKSHOPS** **\$215**
8/5-8/9 **M-F 9:00 am - 12:00 pm** **5 sessions**
RVC Classroom Building II **Room G25**

HOVERCRAFT

(Ages 6-11) Do you want to design and build things that you create -- not just a model you purchase? Well, this is the place for you. Build and keep an air powered Hovercraft. You make it defy gravity. Once it's up and moving, then using your creativity, control its direction. Build and take home your own supercar powered by more than one source of energy. This can be one wild looking vehicle. We provide you with many materials for the dynamic vehicle you will build. Also, build a gravity vehicle that can cushion a raw egg as the car holding the egg is dropped from a high height: an awesome Egg Drop Car. We provide you with the material to cushion the fall. You bring your creativity and ingenuity. Throughout this workshop, you will learn about Laws of Motion, Energy, Air Pressure, Friction, Lift, Speed and Acceleration. You are never too young to learn and have fun in a Funtastic, hands-on way.

WIZ-820-RV5 **FUNTASTIC WORKSHOPS** **\$215**
8/5-8/9 **M-F 1:00 pm - 4:00 pm** **5 sessions**
RVC Classroom Building II **Room G25**

MIGHTY MICROBES!

(Ages 8-14) Ever wonder about the life all around us? Want to know what makes them grow and how they help us? Explore how bacteria, fungus, protists, and viruses affect our daily lives. We will explore food and medicine production, disease tracing, hand washing, and even looking under specialized microscopes.

WIZ-820-RV2 **Laura Constant** **\$215**
8/5-8/9 **M-F 1:00 pm - 4:00 pm** **5 sessions**
RVC Jacobs Ctr. for Science & Math **Room 1124**

GREETING CARDS

(Ages 14-Adult) Multiple techniques, tricks, and simple card making hacks to create beautiful, multidimensional and interactive cards that you will be able to give away by the end of the class.

SUPPLIES: Bring your favorite crafting scissors, adhesive and paper trimmer. **TAKE HOME:** your (3) Hand-Made Cards.

ART-809-RV18 **Heather Persaud** **\$59**
8/8 **Th 6:00 pm - 9:00 pm** **1 session**
RVC Classroom Building II **Room 124**

MEDITATION MONDAYS

(Ages 13-Adult) **JOIN US** for a time of sacred connection to yourself and your soul. Find the peace within. Even when everything seems chaos and crazy. NO meditation experience needed. ALL are welcome. Any/all gender. All faiths/no faith. This is not a religious or structured thing. Each gathering reveals its own magic and is always **WONDERFUL**. Invite a friend. Or two. Or come solo. No one is ever alone. Don't bring a thing. No yoga mats. No crossed legs. No mantras. We sit on comfy chairs. Water and tea provided. **RELAX. UNWIND. BREATHE. CONNECT AT A DEEPER LEVEL.** Find calm, clarity and connection in a safe welcoming all-inclusive space. ALL are welcome --> that means you.

ALT-800-AUG **Kelly Simmons** **\$25 per month**
8/5-8/26 **M 6:30 pm - 8:30 pm** **Room 225**
RVC Classroom Building II

INTUITIVE TUESDAY

(Ages 13-Adult) We are more than our five physical senses! You get an "intuitive hit," or see/feel/hear/sense things. We ALL can develop our intuitive power! **JOIN US** for Intuitive Tuesday, a safe welcoming and fun opportunity to work on/play with increasing our connection with intuition, spirit guides/guidance, our interconnectedness with each other, and developing our clairs. ALL are welcome. Gals, guys, ages 13 and up. No "experience" needed. Discover how to improve your focus and abilities. We support, encourage and uplift each other. Tremendously fun and surprisingly moving and powerful.

ALT-800-RV14 **Kelly Simmons** **\$39**
8/13 **T 6:30 pm - 8:30 pm** **1 session**
RVC Classroom Building II **Room 225**



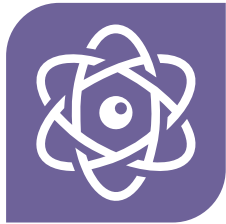
From dreams...
to your next big win.



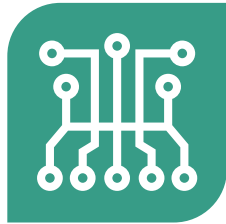
RockValleyCollege

STEM SATURDAYS

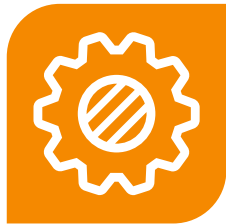
STEM Saturday program funding provided by the Kjellstrom Family Foundation. Thank you for your generosity!



SCIENCE



TECHNOLOGY



ENGINEERING



MATHEMATICS



Younger students are encouraged to be escorted by a parent/adult as some projects may be more difficult to navigate alone.

- Limited seating available
- Register early!
- Limit: (1) free Stem Saturday per person. To take advantage of your one free workshop: call 815-921-3900 with your student's information.
- All workshops meet at RVC Jacobs Center for Science & Math, Room 1100

SUPERHEROES

Saturday, June 29th 9:00am - 11:30am

- LED superhero bracelets (this will include sewing with a needle)
- Captain America shield launcher
- Light up Iron Man arc reactor

The opportunity to explore different engineering and artistic projects related to superheroes!

CELL PHONES

Saturday, July 20th 9:00am - 11:30am

- Lego mobile phone stand
- 3D hologram pyramid projector
- Speaker amplifier

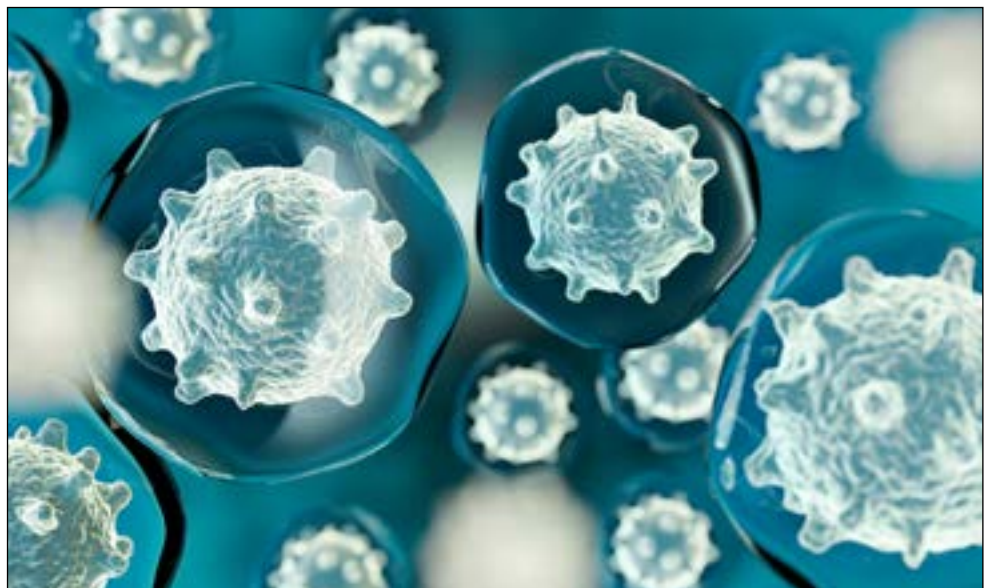
Projects that can be used with your cell phone!

CELLS ALIVE!

Saturday, August 10th 9:00am - 11:30am

- View the various types of prepared and living cells using different microscopes and staining methods
- Build a large scale model of a cell with multiple media (foam, felt, clay, wood, etc)
- Fun ways to learn the different parts of a cell and a cell card game to take home!

Cells are the basic units of all life yet cannot be seen with the naked eye. So how do we know so much about them?



ENGAGE. EXPLORE. CREATE. LEARN.



Whiz Kids provides youth and young adults with a variety of academic enrichment opportunities. Whiz Kids classes are designed to provide activities for youth, cleverly disguised as fun, where students learn by doing and supporting each other in the learning process. Kids are inspired to try new things, build independence, gain social skills, face challenges, learn the value of work, and build character.

Browse Courses and **Register Today** at

RockValleyCollege.edu

Rock Valley College

Continuing Education

BUSINESS

HOW TO OWN & OPERATE YOUR OWN BUSINESS

(1.5 Credits) This course is a complete overview on how to operate a successful business. This class covers writing a business plan, marketing, planning, advertising, legal requirements, financing, record keeping and other necessities of small businesses. Also covered are: the pitfalls of operating a business, and things you do right the first time. Students are required to complete a simulated business plan, and make a presentation on the last night of class.

PURCHASE: Text at RVC Bookstore.

BUS-007-RV	Janene Stephenson	\$235
6/10-8/26	M 6:30 pm - 8:45 pm	12 sessions
Stephenson Business Center	730 N. Church St	Rockford

INTRO TO VOICE OVERS: 1-ON-1

THIS IS A LIVE VIDEO CHAT CLASS! (Adults 18+) Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com/ooo> Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience. **Requirements:** Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS). **NOTE:** Date listed is deadline for enrolling only; class will be scheduled based on students' availability and preferred day and time.

BCO-004-INT	VOICES FOR ALL LLC	\$65
5/31		

CREATIVITY & COLLABORATION

CANVA BEGINNER: INTRODUCTION

(ZOOM) Are you new to Canva? Join us for an introductory workshop to learn how to get started, use the interface, and explore basic features that will develop a foundation for creating simple designs.

DPR-098-RV	Gabriela Mar-Gagula	\$35
6/4	T 5:00 pm - 6:00 pm	1 session
DPR-098-RV7	Gabriela Mar-Gagula	\$35
7/2	T 5:00 pm - 6:00 pm	1 session

CANVA PRO: PREMIUM FEATURES

(ZOOM) Best for users with a paid account. Explore premium features like Brand Kits, Magic Switch, Background Remover, Magic Rewrite, Bulk Create, and other premium content.

DPR-098-RV5	Gabriela Mar-Gagula	\$35
6/18	T 5:00 pm - 6:00 pm	1 session
DPR-098-RV11	Gabriela Mar-Gagula	\$35
7/18	Th 5:00 pm - 6:00 pm	1 session

CANVA DESIGNER: BRANDING

(ZOOM) Best for beginner designers. Learn how to build on basic graphic design principles and leverage Canva templates to make them your own through thoughtful font, color, and image choices.


DPR-098-RV2	Gabriela Mar-Gagula	\$35
6/6	Th 5:00 pm - 6:00 pm	1 session
DPR-098-RV8	Gabriela Mar-Gagula	\$35
7/9	T 5:00 pm - 6:00 pm	1 session

CANVA PRESENTER: PRESENTATIONS

(ZOOM) Best for professionals who lead presentations or classes. Discover built-in presentation tools to create visually engaging slides to engage your audience and create a next-level presentation.

DPR-098-RV3	Gabriela Mar-Gagula	\$35
6/11	T 5:00 pm - 6:00 pm	1 session
DPR-098-RV9	Gabriela Mar-Gagula	\$35
7/11	Th 5:00 pm - 6:00 pm	1 session

CANVA CREATOR: SOCIAL & VIDEO

(ZOOM) Best for content creators. Advance your social media strategy with branded content, including animations and videos, that is tailored, optimized, and accessible across various platforms. 

DPR-098-RV4	Gabriela Mar-Gagula	\$35
6/13	Th 5:00 pm - 6:00 pm	1 session
DPR-098-RV10	Gabriela Mar-Gagula	\$35
7/16	T 5:00 pm - 6:00 pm	1 session

USING TRELLO: STICKY NOTES

(ZOOM) Are you looking for a way to organize your day-to-day work? Trello is a great resource for individuals and teams looking to organize their daily work and larger projects. Discover the benefits of Trello as we review the features of this free, web-based tool.

DPR-098-RV6	Gabriela Mar-Gagula	\$35
6/20	Th 5:00 pm - 6:00 pm	1 session

VIRTUAL WORKSHOPS

REGISTER AT ED2GO.COM/RVC | 2 OPTIONS TO CHOOSE FROM!

INSTRUCTOR-LED COURSES: Study and interface with a cohort over a 6-week schedule. Includes twice-weekly lesson plans.

SELF-PACED TUTORIALS: Provide access to all lessons immediately for 3 months – available anytime!

ACCOUNTING FUNDAMENTALS - \$115

VIRTUAL Cover all the bases, from writing checks to preparing an income statement and closing out accounts at the end of each fiscal period. Whether you're a sole proprietor looking to manage your business finances or you simply want to gain an understanding of accounting basics for career advancement or for personal use, this course will give you a solid foundation in financial matters.

ACCOUNTING FUNDAMENTALS II - \$115

VIRTUAL Explore such topics as special journals, uncollectable accounts receivable, plant assets, depreciation, notes and interest, accrued revenue and expenses, dividends, retained earnings, and various financial reports for corporations.

INTRODUCTION TO QUICKBOOKS 2019 - \$129

VIRTUAL This course provides hands-on experience in QuickBooks 2019 as you set up a chart of accounts; reconcile your bank accounts; create and print invoices, receipts, and statements; track payables, inventory, and receivables; create estimates; and generate reports.

BUSINESS BUDGETING FOR BEGINNERS - \$115

VIRTUAL Learn the elementary skills needed to be successful in the budgeting process and work gradually work your way up to creating a budget. You will also discover how to best evaluate the results of your budget and make decisions to help your business maximize its profits.

FUNDAMENTALS OF SUPERVISION & MANAGEMENT - \$115

VIRTUAL This course provides skills in managing time, delegating responsibility, motivating your employees, solving problems and resolving conflicts so you can accomplish your job more effectively.

CUSTOMER SERVICE FUNDAMENTALS - \$115

VIRTUAL This course provides skills in managing time, delegating responsibility, motivating your employees, solving problems and resolving conflicts so you can accomplish your job more effectively.

EFFECTIVE BUSINESS WRITING - \$115

VIRTUAL Do you have a nagging suspicion that a small improvement in your writing skills might also improve your career prospects? Don't let small gaps in your business writing skills prevent you from reaching your full potential!

MANAGING REMOTE TEAMS - \$115

VIRTUAL Remote team management isn't new, but it has become far more common and extensive than it used to be. So, whether you have gone from managing the occasional "telecommuter" to managing a fully remote team or have been managing a remote team and would like to explore new strategies and best practices for this unique form of management—this course is for you.

ACHIEVING TOP SEARCH ENGINE POSITIONS - \$115

VIRTUAL If you want to increase website traffic, you must understand how to improve your search engine ranking. This course will give you the knowledge you need to boost website visibility with proven, step-by-step SEO strategies you can implement immediately.

HUMAN RESOURCE MANAGEMENT SUITE - \$299

VIRTUAL These courses are designed to help people without experience in human resources to understand this very vital link in the organizational chain. It will prepare both managers and business owners to handle basic human resource functions in a way that will ensure the best possible result. You will also learn tactics to build successful employment brand, the importance of a strong onboarding program and the effect it can have on employee retention. We will also discuss how continuous learning and targeted feedback can help engage employees.

PROJECT MANAGEMENT SUITE - \$299

VIRTUAL More projects are being initiated today than ever before, and organizations need qualified projects managers to see them to completion on time and within budget constraints. Master the critical skills for planning implementing, controlling, and closing any project. Then learn how to retool your skillset with a breakthrough model for meeting accelerated schedules with limited staff and low budgets. By the end of this series, you will have the important project management skills you need to become an indispensable part of any team.



COMPUTER TRAINING

Flash drive required.

BASIC COMPUTER SKILLS

(1 credit) Improve your Office computer skills! Computer are used in the home, office and school. This course is a great way to improve those skills by helping you improve Windows operating system and the Office 2019 application suite including Excel, Word, PowerPoint and Access. We've designed the course to provide essential skills you need in the work Office 2019 computer applications. The course is equally beneficial for work, home use and schoolwork. **BRING:** Flash drive. **NO CLASS 6/19.**

DPR-045-RV2	Gail Lee	\$185
6/10-6/24	M/W 8:30 am - 12:30 pm	4 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 005

NEW! iMac SKILLS

(.5 credit) In-Class. Get started with common iMac desktop computer operations featuring many of the most used and useful iOS skills for the new generation of Mac computers and laptops. This class will cover many of the most useful apps for creating word-processing documents with Pages, preparing spreadsheets with Numbers, and developing a slideshow presentation with Keynote. Other features of the Mac covered will be the Dock, Spotlight, Notes, Mac Finder, Reminders, Photos, iCloud, plus Display and Desktop settings and more. All of which will help get-to-know your Mac. This class will also be applicable for some iPad features. **RECOMMENDED:** Basic computer keyboard and mouse skills. Lesson book provided.

BRING: Flash drive.

DPR-051-RV	Charles Corley	\$125
6/11-6/13	T/W/Th 5:00 pm - 8:20 pm	3 sessions
Classroom Building II		Room G24

WORD 2019: LEVEL 1

(.5 credit) Creating documents, formatting and editing text, introducing tables, data sorting, visual objects, WordArt, SmartArt, pictures and text boxes, creating business reports, tab stops, headers and footers and more. **RECOMMENDED:** Basic Computer Skills. **PURCHASE:** Text at RVC Bookstore. **BRING:** Flash drive. **NO CLASS 7/15.**

DPR-023-RV2	Gail Lee	\$99
7/8-7/22	M 8:30 am - 12:30 pm	2 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 005

WORD 2019: LEVEL 2

(.5 credit) Mail merges, problem solving, working with labels and envelopes, creating a newsletter, column set-up, navigating, create a table of contents and index, and headers and footers. **RECOMMENDED:** Word Level 1. **PURCHASE:** Text at RVC Bookstore. **BRING:** Flash drive.

DPR-026-RV2	Gail Lee	\$99
8/5-8/12	M 8:30 am - 12:30 pm	2 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 005

WORD 2019: LEVEL 3

(.5 credit) Collaborating in Word, highlighting, tracking and reviewing changes, saving and sending files, sharing and securing documents, restricting editing, digital signatures, personalizing Word, automating tasks with macros, integrating Word with Excel, PowerPoint and the Web, embedding links to data and objects, and creating PDF's and Web pages from Word documents. **RECOMMENDED:** Word Level 2.

PURCHASE: Text at RVC Bookstore. **BRING:** Flash drive

DPR-036-RV2	Gail Lee	\$99
8/19-8/26	M 8:30 am - 12:30 pm	2 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 005

EXCEL 2019: LEVEL 1

(.5 credit) Introduction to worksheets, formatting sheets and cells, basic calculations, rearranging data, working with rows, cells and columns, managing multiple worksheets, common formulas: using relative and absolute in cell references, data visualization with charts and images, using tools for formatting and editing, and organizing large amounts of data. **RECOMMENDED:** Basic Computer Skills.

PURCHASE: Text at RVC Bookstore. **BRING:** Flash drive.

DPR-024-RV2	Gail Lee	\$99
7/24-7/31	W 8:30 am - 12:30 pm	2 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 005

EXCEL 2019: LEVEL 2

(.5 credit) Advanced formatting, themes, cell styles, customizing page setup, date and time functions, conditional formatting, and advanced functions for text and analysis. **RECOMMENDED:** Excel Level 1. **PURCHASE:** Text at RVC Bookstore. **BRING:** Flash drive.

DPR-027-RV2	Gail Lee	\$99
8/7-8/14	W 8:30 am - 12:30 pm	2 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 005

EXCEL 2019: LEVEL 3

(.5 credit) Working with tables - calculated columns, structured references, table features, financial functions and what-if analysis, PivotTables and PivotCharts, macros, workbook protection and inspecting workbooks for compatibility. **RECOMMENDED:** Excel Level 1 & 2. **PURCHASE:** Text at RVC Bookstore. **BRING:** Flash drive.

DPR-037-RV2	Gail Lee	\$99
8/21-8/28	W 8:30 am - 12:30 pm	2 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 005



GETTING STARTED WITH EXCEL 2019 🍏

(.5 credit) Get started with the full, complete Comprehensive Excel course. This is the first of three Comprehensive Levels to provide some of the most needed Excel 2019 skills in any job. You will learn saving and workbook retrieval techniques, shortcuts and tricks for setting up worksheets quickly and professionally. You'll also learn the secrets behind charts, chart data, formulas and discover how to use the function wizard, auto-features, 3-D editing, cell reference options, apply borders and fills to cells; and edit entries and much more.

RECOMMENDED: Basic Computer Skills. **PURCHASE:** Text at RVC Bookstore. **BRING:** Flash drive.

DPR-024-RV Charles Corley \$145
6/18-6/27 T/Th 5:00 pm - 8:00 pm 4 sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 005

EXCEL 2019 INTERMEDIATE 🍏

(.5 credits) Intermediate Level Continuation of the full, complete, Comprehensive Excel class. Learn the next level skill including working with Excel templates, formatting contents, creating tables and function, outlines, using filters and inserting graphics and illustrations, themes, number formats, date and time calculations, conditional formats, extracting text, troubleshooting formulae, combining your data, changing case and more. **RECOMMENDED:** Excel Starting class above or equivalent experience. This course is a continuation of Excel Comprehensive Starting class. **PURCHASE:** Text at RVC Bookstore. (Same textbook as above Comprehensive Starting course) **BRING:** Flash drive. **NO CLASS 7/4.**

DPR-027-RV Charles Corley \$145
7/2-7/16 T/Th 5:00 pm - 8:00 pm 4 sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 005

EXCEL 2019 ADVANCED 🍏

(.5 credits) Complete the full, advanced, Comprehensive Excel 2019 series which will cover tracking edits and changes to documents, sending files, compatibility issues, restrict editing and locking documents, digital signatures, properties, integrating Excel with other programs, using lookup functions, building links between files, creating hyperlinks, automating frequently-repeated tasks with macros and buttons and more. This course is a continuation of Intermediate Excel. **RECOMMENDED:** Intermediate Excel or equivalent experience.

PURCHASE: Text at RVC Bookstore. (Same textbook as above Comprehensive Intermediate course. **BRING:** Flash drive.

DPR-037-RV Charles Corley \$145
7/18-7/25 T/W/Th 5:00 pm - 8:00 pm 4 sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 005

WEB PROGRAMMING

HTML ESSENTIALS 🍏

(.5 Credit) This course covers basics HTML code language. You will learn building simple web pages by hand coding, using HTML tags to create paragraphs, heading, lists, links, insert images, and more. We also cover creating a simple multi-page website with images, text, and a navigation bar. Book will be a handout. **BRING:** Flash drive. **NO CLASS 7/1.**

WEB-064-RV Gail Lee \$115
6/17-7/8 M 5:30 pm - 8:30 pm 3 sessions
BELL School Rd. Ctr. 3350 N. Bell School Rd. Room 005

CSS ESSENTIALS 🍏

(.5 Credit) This introductory course, you will learn how to style your html web pages using Cascading Style Sheets, CSS, coding language. Topics include using inline, internal, and external CSS, web typography, formatting text, working with web colors, using Google fonts, working with id and class selectors, working with elements, creating page layouts using elements and more. Book will be a handout. **PREREQUISITE:** HTML Fundamentals Course. **BRING:** Flash drive.

WEB-068-RV Gail Lee \$115
7/29-8/12 M 5:30 pm - 8:30 pm 3 sessions
Bell School Rd. Ctr. 3350 N. Bell School Rd. Room 005



CPR & EMT-B

EMERGENCY MEDICAL TECHNICIAN BASIC (EMT-B)

(9 Credits) This course trains police, fire, first responders, rescue personnel and persons interested in the techniques of basic emergency medical care. The curriculum is approved by the Illinois Department of Public Health and the U.S. Department of Transportation. The EMT course is an extensive course of approximately 184+ hours combining classroom training, reading, computer based and online learning, significant study time, practical labs and skills that include all areas of patient assessment (medical, cardiac, pediatric and trauma), airway management, splinting, clinical and field experience and appropriate interventions. **AFTER SUCCESSFUL COMPLETION:** The candidate will qualify to challenge the national registry exam and certification in Illinois. **PREREQUISITES:** 20/20 vision with correction. Hear normally with correction. Sound physique, not possessing any infirmity of body or mind, which might render you unfit to perform duties. Must be 18 years of age and have a high school diploma or GED by the NREMT test date. **ALSO NEEDED:** Proof of current immunizations and insurance, and a background check (Form given at first class; can be completed at Accurate Biometrics). **NOTE:** COVID-19 VACCINATION IS REQUIRED TO PARTICIPATE IN CLINICALS! **PURCHASE:** Text with computer access code at Rock Valley College Bookstore. **NO CLASS 9/2, 9/3, 11/5, 11/28.**

FRE-038-RV4 8/19-12/5 RVC Health Sciences Center	Debbie Niedermeier M/T/Th 12:00 pm - 4:00 pm	\$1,389 44 sessions Room 1104
FRE-038-RV5 8/19-12/5 RVC Health Sciences Center	Debbie Niedermeier M/T/Th 6:00 pm - 10:00 pm	\$1,389 44 sessions Room 1104

BASIC LIFE SUPPORT FOR HEALTHCARE STUDENTS

RVC STAFF AND HEALTHCARE STUDENTS ONLY! A book is highly recommended and can be purchased in advance at <https://www.worldpoint.com/20-1102-bls-provider-manual> 2020 AHA BLS Provider Manual SKU 20-1102 Vendor 20-1102 OR may be purchased in the Continuing Education office, Classroom Building II room 115, with cash or check only, for \$22.

Classes held at RVC Health Sciences Center, room 1212

HLT-001-HSC 6/14	Colinda Kram F 9:30 a.m - 1:00 pm	\$50 1 session
HLT-001-HSC2 7/19	Colinda Kram F 9:30 am - 1:00 pm	\$50 1 session
HLT-001-HSC3 8/2	Colinda Kram F 9:30 a.m - 1:00 pm	\$50 1 session
HLT-001-HSC4 8/23	Colinda Kram F 9:30 am - 1:00 pm	\$50 1 session



BASIC LIFE SUPPORT REFRESHER FOR HEALTHCARE STUDENTS

RVC STAFF AND HEALTHCARE STUDENTS ONLY! A book is highly recommended and can be purchased in advance at <https://www.worldpoint.com/20-1102-bls-provider-manual> 2020 AHA BLS Provider Manual SKU 20-1102 Vendor 20-1102 OR may be purchased in the Continuing Education office, Classroom Building II room 115, with cash or check only, for \$22.

Class held at RVC Health Sciences Center, room 1212

HLT-008-HSC 6/21	Colinda Kram F 11:00 am - 2:00 pm	\$45 1 session
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BASIC LIFE SUPPORT

Include Handouts & Pocket CPR Shield, 2-Year Certification from the American Heart Assoc. For those whose CPR certification is expired. For those in the medical field, including medical students, Doctors, CNAs, Nurses, Physical Trainers, Dentists, Dental Assistants, Dental Hygienists, Coaches, etc.

Classes held at the RVC Bell School Road Center, 3350 Bell School Road, Rockford, IL 61114, Room 002

HLT-001-RV 6/8	Debra Webb S 9:00 am - 1:00 pm	\$100 1 session
HLT-001-RV2 7/13	Debra Webb S 9:00 am - 1:00 pm	\$100 1 session
HLT-001-RV3 8/17	Debra Webb S 9:00 am - 1:00 pm	\$100 1 session

HEARTSAVER PEDIATRIC FIRST AID

Include Handouts & Pocket CPR Shield, 2-Year Certification from the American Heart Assoc. For Child Care Workers & Parents. Covers basic first aid, choking, CPR/AED for infants, children and adults.

Classes held at the RVC Bell School Road Center, 3350 Bell School Road, Rockford, IL 61114, Room 002

HLT-003-RV 6/29	Debra Webb S 9:00 am - 2:00 pm	\$150 1 session
HLT-003-RV2 8/3	Debra Webb S 9:00 am - 2:00 pm	\$150 1 session

BASIC LIFE SUPPORT REFRESHER

Include Handouts & Pocket CPR Shield, 2-Year Certification from the American Heart Assoc. . Meet at Bell School Rd. Ctr., 3350 Bell School Rd., Room 002 For those whose CPR certification is about to expire. Refresher on choking, CPR/AED for adults, children and infants. For those in the medical field, including medical students, Doctors, CNAs, Nurses, Physical Trainers, Dentists, Dental Assistants, Dental Hygienists, Coaches, etc. **PURCHASE:** \$20 textbook at class

Classes held at the RVC Bell School Road Center, 3350 Bell School Road, Rockford, IL 61114, Room 002

HLT-008-RV 6/8	Debra Webb S 9:00 am - 12:00 pm	\$95 1 session
HLT-008-RV2 7/13	Debra Webb S 9:00 am - 12:00 pm	\$95 1 session
HLT-008-RV3 8/17	Debra Webb S 9:00 am - 12:00 pm	\$95 1 session

NEW! PET CPR

The Pet CPR & First Aid Certification class is designed to equip pet owners and animal caregivers with essential skills and knowledge to handle emergencies involving their beloved pets. From administering CPR to providing basic first aid, participants will gain confidence and proficiency in handling unforeseen circumstances that may arise. Whether you're a pet parent, pet sitter, or animal enthusiast, this class provides invaluable skills and resources to ensure the well-being and longevity of your fur babies. Join us in becoming a confident and prepared caregiver for your beloved pets. **Class meets at the Bell School Road Center, 3350 Bell School Road, Room 002.**

HLT-012-RV 7/27	Debra Webb S 9:00 am - 1:00 pm	\$75 1 session
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NEW! SAFE@HOME

GRADES 4 – 6 Safe@Home by Safe Sitter® is a program designed for students to prepare them to be safe when they are home alone. Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses

HLT-026-RV 6/28	Colinda Kram F 10:00 am - 11:30 am	\$59
RVC Health Sciences Ctr.		Room 1212
HLT-026-RV2 7/12	Colinda Kram F 10:00 am - 11:30 am	\$59
RVC Health Sciences Ctr.		Room 1212

SAFE SITTER® CLASSES

GRADES 6 – 8 Safety Skills: Students learn how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies.

Child Care Skills: Students learn tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, as well as practice diapering.

First Aid & Rescue Skills: Learning skills such as choking rescue and CPR is often students' favorite part of the class. Students also learn a system to help them assess and respond to injuries and illnesses. CPR is not a certification, but friends and family.

Life & Business Skills: The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays.

HLT-027-RV 7/24	Colinda Kram W 9:00 am - 2:30 pm	\$99
RVC Health Sciences Ctr.		Room 1212
HLT-027-RV2 8/16	Colinda Kram F 9:00 am - 2:30 pm	\$99
RVC Health Sciences Ctr.		Room 1212

HEALTH & NUTRITION ONLINE

Check out these and more offerings at GMPfitness.com • Enrollment Code: **gmprvc**

HOLISTIC HEALTH FITNESS COACHING SPECIALIST CERTIFICATION - \$749

The Holistic Health Fitness Coaching Specialist Certification Online Course provides information on how to better serve the age 50+ population regarding exercise, nutrition, and lifestyle and teaches the young how to maintain their youth.

BALANCE PROGRESSIONS SPECIALIST CERTIFICATION - \$299

The Balance Progressions Specialist Certification Online Course provides you with a Level 1 Professional Certification Credential Designation. This "Professional" Specialization Credential will help set you apart and set you up with skills and abilities to help clients with core training exercises and programming.

AGILITY, BALANCE, AND COORDINATION (ABC) FITNESS TRAINING SPECIALIST CERTIFICATION - \$299

The Agility, Balance, and Coordination Training (ABC) Specialist Certification is designed with best practices to help you succeed. ABC training exercises and programming help keep clients motivated while they get fit. The knowledge you gain from the Agility, Balance, and Coordination Training (ABC) Specialist Certification will help you work with clients in various settings.

HEALTHCARE

60-HOUR DENTAL ASSISTING PROGRAM

Elevate your career prospects with our comprehensive 60-hour Dental Assisting Program. Designed to equip students with the necessary skills for entry-level positions in one of the fastest-growing healthcare fields, this course delves into both administrative and clinical aspects of dental assisting.

Administrative Aspects: Gain insights into the history of dentistry and dental assisting, understand the dynamics of the dental office environment, explore legal considerations in dentistry, and learn about essential policies and guidelines.

Clinical Aspects: Familiarize yourself with oral anatomy, dental operator setup, various dental equipment, tooth structure fundamentals, primary and permanent teeth differentiation, and the anatomy of the oral cavity. Master patient positioning techniques, become proficient in handling dental hand pieces, and grasp the importance of sterilization protocols.

Program Benefits: Ideal for those seeking entry-level administrative roles or aspiring to pursue future formal Dental Hygienist programs.

No state or national certification objective, focusing on practical skills and knowledge.

All course materials and student insurance are included in the course cost. Exciting opportunity for a two-week clinical rotation at a local dentist's office upon successful program completion.

Requirement: Scrubs

Important Dates: No class on 7/4. Refunds not available within 7 days prior to the class start date.

HLT-053-RV **CCI Staff** **\$1,549**
6/17-8/15 **M/Th 6:00 pm - 9:30 pm** **17 sessions**
RVC Health Sciences Ctr. **Room 1218**

50-HOUR PHARMACY TECH CERTIFICATION

To prepare students for success in both retail and other pharmacy settings, this comprehensive course also equips participants to excel in the Pharmacy Technician Certification Board's (PTCB) exam.

Foundational Knowledge: Dive into pharmacy medical terminology and explore the rich history of pharmacy, setting the stage for a comprehensive understanding of the field. **Practical Skills:** Develop essential skills for pharmacy practice in various environments, including dosage calculations, prescription interpretation, and drug identification by both generic and brand names.

Hands-On Labs: Engage in immersive hands-on learning experiences covering vital topics such as IV flow rates, sterile compounding, aseptic technique, and the handling of sterile products. **Clinical Externship:** Gain invaluable real-world experience through a clinical externship at a local pharmacy, providing a seamless transition from classroom learning to professional practice.

PTCB Exam Preparation: Receive thorough preparation to tackle the Pharmacy Technician Certification Board's exam, paving the way for professional certification. **Comprehensive Curriculum:** Cover a wide range of essential topics including the "top 200 drugs,"

total parenteral nutrition (TPN), inventory control, and billing and reimbursement, ensuring readiness for diverse pharmacy responsibilities.

Eligibility for Externship: Successful completion of the program, along with meeting requirements for a background check and drug screening.

HLT-056-RV **CCI Staff** **\$1,309**
6/24-8/12 **M/W 6:00 pm - 9:30 pm** **15 sessions**
RVC Health Sciences Ctr. **Room 1220**

80-HOUR MEDICAL BILLING & CODING PROGRAM

This combined course equips students with the essential skills and knowledge required to navigate the complex world of insurance billing and coding effectively.

Practical Skill Development: Learn to solve insurance billing challenges, manually file claims using the CPT and ICD-10 manuals, complete insurance forms, trace delinquent claims, and appeal denied claims. Streamline billing procedures using generic forms for enhanced efficiency.

Comprehensive Curriculum: Cover key areas including CPT (Introduction, Guidelines, Evaluation and Management), specialty fields such as surgery, radiology, and laboratory, as well as ICD-10 (Introduction and Guidelines), and basic claims processes for medical insurance and third-party reimbursements.

Hands-On Learning: Gain practical experience in finding service and codes using manuals such as CPT, ICD-10, and HCPCS, ensuring proficiency in navigating industry-standard resources.

Certification Opportunities: Upon completion of the course, students may qualify to sit for certification exams such as the American Academy of Professional Coders (AAPC-Apprentice) and other National Certification Exams, offering avenues for professional advancement. Additional costs may apply for certification exams.

Program Benefits: AAPC CPC® Designation Pathway: With practical work experience (6 months to 2 years), students can pursue the prestigious AAPC CPC® designation, enhancing their career prospects in the field of medical billing and coding.

All-Inclusive Tuition: All course materials are included in the tuition fee, ensuring a seamless learning experience without additional expenses. **NO CLASS 7/4.**

HLT-069-RV **CCI Staff** **\$1,999**
6/20-8/22 **M/Th 6:00 pm - 9:30 pm** **21 sessions**
7/13, 7/27, 8/10 **S 9:00 am - 3:00 pm**
RVC Health Sciences Ctr. **Room 1202**



HOSPITALITY & FOOD SERVICE

All classes are in RVC Classroom Bldg. II, Room 120.

¡NUEVO! RESPONSABLE DE SEGURIDAD ALIMENTARIA EN ESPAÑOL

El Departamento de Salud Pública de Illinois requiere que todas las operaciones de servicio de alimentos que preparan y sirven alimentos tengan un gerente de servicio de alimentos certificado en las instalaciones en todo momento cuando se manipulan alimentos. Para recibir la Certificación de Gerente de Saneamiento de Servicios de Alimentos, un empleado debe tomar un curso de capacitación aprobado de 8 horas y tomar el examen que sigue inmediatamente al curso. Una calificación aprobatoria es del 70% o más. La certificación tiene una validez de 5 años, después de los cuales se requiere una nueva certificación. **ASISTENCIA OBLIGATORIA:** Se requiere asistencia obligatoria. Debes llegar puntualmente a las 8:00 am **INCLUIDO:** Reservar. **TRAER:** Identificación con foto a la clase.

HSP-054-ESP 8/29	SAFE CHEFS Th 8:00 am - 5:00 pm	\$209 1 session
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SERVSAFE FOOD SAFETY MANAGER

The Illinois Department of Public Health requires all food service operations that prepare and serve food to have a certified food service manager on the premises at all times when food is being handled. To receive the Food Service Sanitation Manager Certification, an employee must take an approved 8-hour training course and take the exam which immediately follows the course. A passing grade is 70% or higher. The certification is valid for 5 years, after which re-certification is required. **Required Attendance :** Mandatory attendance is required. You must arrive promptly by 8:00 am Included : Book. **BRING:** Photo ID to class.

HSP-054-RV 6/20	Safe Chefs Th 8:00 am - 5:00 pm	\$209 1 session
HSP-054-RV2 7/18	Safe Chefs Th 8:00 am - 5:00 pm	\$209 1 session
HSP-054-RV3 8/22	Safe Chefs Th 8:00 am - 5:00 pm	\$209 1 session

FOOD SAFETY MANAGER RETAKE

IF YOU ARE RETAKING THE EXAM: You must notify the Continuing Education Office at (815) 921-3900 before the first class. **BRING:** photo ID.

HSP-054-RETAKE 6/20, 7/18, 8/22	Safe Chefs Th 2:00 pm - 5:00 pm	\$85 1 session
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Find **Your** Friend

MASSAGE THERAPY

Classes meet in RVC Classroom Bldg. II, Room 127.

RockValleyCollege

MASSAGE THERAPY PROGRAM
BODYCRAFT WELLNESS

CONTINUING EDUCATION FOR MASSAGE THERAPISTS



All courses are approved through NCBTMB for Massage Therapists.

IT'S A RENEWAL YEAR FOR LICENSED MASSAGE THERAPISTS IN ILLINOIS! LMT's must complete 24 CE hours by December 2024.

MASSAGE THERAPY PROGRAM

Embark on a transformative journey in massage therapy with our comprehensive program designed to provide students with a strong foundation in both business and massage therapy techniques.

Fundamentals of Massage & Bodywork Therapies: Teaches essential skills for performing a full-body relaxation massage, including proper draping and body mechanics, practical application and stretching techniques.

Research & Other Modalities: Stay up-to-date with current research in our industry and delve into complementary modalities like aromatherapy, hydrotherapy, and cupping therapy to enhance your practice.

Therapeutic Massage & Clinical Approaches: Focuses on advanced massage techniques and their application in clinical settings. You'll learn how to assess a client's needs, develop treatment plans and apply specialized techniques to address specific conditions such as chronic pain, injuries and postural issues.

Anatomy & Physiology: Develop a comprehensive understanding of human anatomy and physiology to tailor massage therapy treatments to individual client needs effectively.

Kinesiology: Study human movement and biomechanics to optimize massage therapy techniques and prevent injury.

Business & Ethics: Acquire essential business management skills and ethical principles to establish and grow a successful massage therapy practice while upholding professional standards.



Pathology: Learn about common pathologies and medical conditions impacting massage therapy treatments, and develop strategies for adapting techniques accordingly.

Student Clinic & Community Outreach: Enhance communication skills, professionalism and hands-on experience by interacting professionally with clients, and engage in community outreach initiatives to help better prepare for a successful and fulfilling career in massage therapy.

Wellness & Elective Modalities: Explore holistic approaches to wellness and self-care practices, and broaden your skillset with elective modalities such as prenatal massage, sports massage, myofascial release, and craniosacral therapy.

Certification and Licensing:

MBLEx (Massage & Bodywork Licensing Examination) preparation: progress tracking and confidence-building strategies to stay on target with student plans. Upon successful completion of the program, students will receive a certificate from Bodycraft Wellness & Massage Center, LLC. They will then be eligible to take the MBLEx exam and apply for an Illinois state license under the Department of Financial and Professional Regulations division.

Support and Guidance: While successful completion does not guarantee employment, we offer strong support and guidance to help you navigate your career path.

Meeting Required: please email J.Fanara@RockValleyCollege.edu to schedule a private meeting.

Registration: All registrations for the program are done by appointment ONLY in-person with Jamie.

NOTE: Electives and supplies are priced separately.

- Tuition includes a non-refundable \$495 registration/processing fee.

- We do not offer Financial Aid at this time. However, feel free to explore Sallie Mae, The Workforce Connection, VA Funding, and other scholarship/grant opportunities.

9/19/24-9/19/25

TW 9:00 am - 1:00 pm

Th 9:00 am - 4:00 pm

RVC Classroom Building II

Room 122

Program Cost: \$7,995

SPORTS MASSAGE

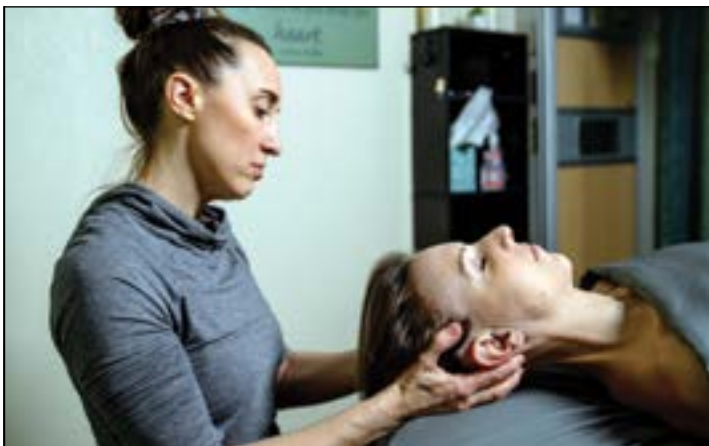
Chuck LaFrano's Sports Massage course is the result of his 7 seasons as head of the massage team for the Chicago Bears as well as his many client-athletes, plus over 28 years of teaching Sports Massage. You will learn: the critical role for athletes of the Sacro-iliac joints and the tibia-fibula relationship, injury-solving and -preventing theories and techniques, pre-event techniques that improve cardio-pulmonary efficiency with clear contraindications, detailed approaches to rotator cuff and anterior cruciate ligament problems, simple, easy to implement proprioceptive neuromuscular facilitation techniques, correcting leg-length discrepancies, using reciprocal inhibition, and more. Plus, Sports Massage techniques work very well on most physical problems and tissue conditions with non-athletes, giving them broad applications beyond the realm of sports. Dress comfortably and **BRING:** two sets of sheet set with face cradle covers, a blanket, snacks/lunch, and note taking materials to every class. Massage tables and water provided. 12 CE hours for Massage Therapists. NCBTMB #344.

MAS-015-BC17 **Chuck LaFrano** **\$349**
6/1-6/2 **S/Su 10:00 am - 5:00 pm** **2 sessions**

SCAR TISSUE MASSAGE

Inefficient healing of scar tissue after surgery or injury can seriously affect the quality of life and increase health costs. The ability to influence the scar tissue matrix organization is key to achieving maximum range of motion and muscle function. This class will provide participants with an overview of Scar Tissue massage techniques and practices. Lectures will focus on the connective tissue processes of wound healing, both post-surgery and post-injury, including the energy dynamics of scar tissue remodeling. The hands-on portion will consist of demonstrations of various scar tissue massage techniques performed on a variety of scar tissue conditions and restrictions. The demonstrations are followed by participants' active massage work on scar tissue situations, with instructor assistance and guidance. Dress comfortably and **BRING:** two sets of sheet set with face cradle covers, a blanket, snacks/lunch, and note-taking materials to every class. Massage tables and water provided. 12 CE hours for Massage Therapists. NCBTMB #344.

MAS-015-BC18 **Chuck LaFrano** **\$349**
7/13-7/14 **S/Su 10:00 am - 5:00 pm** **2 sessions**



SPA ADD-ONS

Spa Add-Ons is an introductory hands-on class that will teach students to enhance the massage experience for their clientele. Benefits, contraindications, and techniques of treatments will be covered. This workshop will address spa services using dry room techniques to give therapists the necessary skills to incorporate spa treatments into their existing practice. **DRESS:** Comfortable clothing. **BRING:** two sets of sheets with face cradle covers, a blanket, 3 bath towels, 3-4 hand towels, snacks/lunch, and note taking materials. Also, please let us know if you have any allergies (specifically to ingredients that could be in products used. I.e. nuts, coconut.). Massage tables and water provided. 7 CE hours for Massage Therapists. NCBTMB #451792-11.

MAS-015-BC19 **Jill Christensen** **\$199**
6/11 **T 1:30 pm - 8:30 pm** **1 session**

INFANT MASSAGE

Infant Massage is an introductory hands-on class that is designed to teach students to be proficient in giving Infant Massage. Benefits, contraindications, body mechanics, and techniques of Infant Massage will be covered. This workshop will address when Infant Massage may be beneficial to your clientele and how it can add to your massage business. Dress: comfortable clothing. Bring: note taking materials, a fitted sheet, and a blanket/large towel for floor use. Dress comfortably and **BRING:** one set of sheets set with face cradle covers, a blanket, snacks/lunch, and note taking materials to every class. Massage tables and water provided. 4 CE hours for Massage Therapists. NCBTMB. #451792-11.

MAS-015-BC20 **Jill Christensen** **\$125**
7/10 **W 2:00 pm - 6:00 pm** **1 session**

GERIATRICS MASSAGE

Geriatric Massage is an introductory hands-on class that will teach students to be proficient in geriatric massage. Benefits, contraindications, and techniques of geriatric massage will be covered. This workshop will address medical and health considerations to provide appropriate care for this specialized population. **BRING:** Set of twin sheets, pillowcase/face cradle cover, snacks/ lunch, note taking materials and a blanket. **DRESS:** Comfortable clothing. Massage tables and water provided. 6 CE hours for Massage Therapists. NCBTMB #451792-11.

MAS-015-BC01 **Jill Christensen** **\$150**
10/2 **W 1:30 pm - 7:30 pm** **1 session**

NURSING

C.N.A. TEST PREP: REFRESHER

This is an OPTIONAL refresher course for the written competency test. We will practice Blood Pressure, TPR, positioning, gait belt transfers and I&O. We will review common topics that could be on the state test. Before you can test, you will need to complete the following steps below:

Step 1

1. Provide information to the Nurse Aide Testing Office. An inactive CNA will need to fill out the Online Recertification Form found on the Nurse Aide Testing website (www.nurseaidetesting.com) in the blue Popular Links box to the right of the home page.
2. Upon completion of the form, the CNA MUST call the number listed at the bottom of the form and press option 2 to leave his/her name and social security number. This is a required step to finish this process.
3. The Nurse Aide Testing office will download the information and begin processing the requests. A review of the CNA's profile on the Health Care Worker Registry will be performed to establish that the CNA has prior CNA training and has passed the State test and any outdated information will be corrected.
4. After verification is made, the Nurse Aide Testing office will send an email to the CNA attaching a recertification letter, instructions to create an account, information on the types of testing provided and a Frequently Asked Questions document.
5. The Nurse Aide Testing office will electronically submit the CNA's required information to the INACE program at Southern Illinois University Carbondale, Nurse Aide Testing Project. The CNA will receive an email from support@dxrgroup.com directing him/her to the website where he/she will verify their eligibility, create an account and purchase a seat for testing. There are approximately 65 test sites across the state of Illinois where the CNA test is provided. Directions for this process are available on this website under the heading EXAM REGISTRATION, subheading STUDENTS.

6. If the CNA has been out of the medical field for many years, he/she may benefit by completing an Illinois approved CNA training program and take the written competency test. A list of approved CNA training programs is on this web site under the STUDENT RESOURCES tab.

Step 2

1. Purchase a Seat for Testing. Once the CNA's information has been verified, they must pass a written competency test. Currently, the written competency test is a requirement for certification as a CNA.
2. Southern Illinois University at Carbondale (SIUC) administers the written portion of the competency exam at various sites throughout the state.
3. SIUC transmits the test results to the Health Care Worker Registry electronically.
4. The CNA will have one (1) year from the date they are submitted in the INACE program in which to take the CNA test and will have three (3) opportunities to pass the test within that time frame.
5. If the CNA fails the competency test three (3) times, he or she must complete an Illinois approved CNA training program before taking the written test again.
6. If the CNA passes the test, the results will be posted to the Registry the Monday following the date of the competency test. Results can be found through this link: hcwrpub.dph.illinois.gov

Classes meet in RVC Health Sciences Ctr., Room 2206

NRS-031-RV 6/22	Jill Lee S 8:00 am - 11:00 am	\$145 1 session
NRS-031-RV2 7/25	Jill Lee Th 4:00 pm - 7:00 pm	\$145 1 session
NRS-031-RV3 8/24	Jill Lee S 8:00 am - 11:00 pm	\$145 1 session





Let **RVC** design a course to meet your specific training needs.



ANY GROUP



ANY CLASS



ANY PLACE



ANY TIME

Get a Free Consultation

Contact us today at (815) 921-3120 or g.schubert@rockvalleycollege.edu.

RockValleyCollege

RVC is an equal opportunity educator and employer. Learn more at RockValleyCollege.edu.

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- Technology
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- Healthcare and Fitness
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- Business and Professional
- Skilled Trade and Industrial
- IT and Software Development
- Sustainable Energy/Going Green
- Media and Design

ED2GO.com/RVC

HEALTH ED TODAY

Courses developed through a partnership with leading education organizations, including: Pearson Education, E-College and Condensed Curriculum International.

- Pharmacy Technician
- Dental Assisting
- Dialysis Technician
- Medical Billing & Coding
- EKG Technician
- ECG/EKG Course for Nurses
- Phlebotomy Technician
- Medical Terminology
- Medical Administrative Assistant
- Medical Coding ICD-10 Update

RockValleyCollege.edu2.com/

GMP FITNESS

GMP Fitness offers over 70+ Online Specialization Certifications and CEU Online Courses in health, nutrition, wellness, active aging, sports, and fitness for career growth, personal enrichment, and life-long learning. All GMP Fitness Courses are internationally and nationally approved and accredited by the AADP and others. Our courses provide health and wellness learning and real-world skills that can be put into practice immediately. GMP Fitness has been in the fitness industry for over 30 years. We offer excellent student support from the time we receive the order - through the student's entire learning process.

Required code to enroll: **gmprvc**

GMPfitness.com/g-edu/

SKILLED TRADES

INTRO TO MATH FOR THE TRADES

This course focuses on math skills needed in various trades: whole numbers, fractions, decimals, measurements, and pre-algebra. Many problems parallel problems found on professional and apprenticeship exams. **BRING:** Scientific Calculator - 2 line minimum. **PURCHASE:** Book at RVC Bookstore. **NO CLASS 6/19, 7/3.**

MTH-015-RV
6/12-7/31
Classroom Building II

Kaileigh Lobrano
W 5:30 pm - 7:30 pm

\$169
6 sessions
Room 121



REFRIGERATION CLASSES

EPA REFRIGERANT HANDLING PREP CLASS WITH EXAM

(.5 Credit) Two-session preparation for the EPA Refrigerant Handling Exam for stationary refrigeration and air conditioning equipment and will cover Types I, II, and III. This course will meet worker certification requirements, and demonstrate how and why to use capture and recovery equipment. Students will review rules and regulations regarding Freon handling, learn how to properly service equipment, learn to use recovery equipment and discuss refrigerant types and basic refrigeration as it applies to the test and safety issues. The EPA-approved exam will be given at the third session. You must pass the exam to receive refrigerant handling certification. Anyone who vents Freon into the atmosphere will require certification training to be in compliance with the Federal Clean Air Act including line workers, service technicians, production personnel, union members, supervisors, managers and owners. **NOTE:** This class is taught in English. If you require a Spanish training manual/exam, please call our office at (815) 921-3900 prior to class start date.

RAH-056-BLL
7/31-8/14
Bell School Rd. Ctr.

Stuart Berg
W 6:00 pm - 9:00 pm
3350 Bell School Rd.

\$179
3 sessions
Room 004

REFRIGERATION & AIR CONDITIONING

(1.5 Credits) An overview of the basics of a refrigeration system. We will go over components and how they function in the system. Regulations for Section 608 and basic troubleshooting and service procedures will be covered with some hands-on training on the refrigeration test board. **BRING:** Safety glasses. **PURCHASE:** Text at RVC Bookstore. **NOTE:** Students should register for the EPA Prep Class with exam. This is an additional \$175. See course RAH-056-BLL.

RAH-051-BLL
6/10-7/22

Bell School Rd. Ctr.

Stuart Berg
M 6:00 pm - 9:15 pm
3350 Bell School Rd.

\$235
7 sessions
Room 004

EPA CERTIFICATION (EXAM) ONLY

This is the third session of the EPA Certification Preparation course. If you are registered for RAH-056, you are automatically registered for the exam. This is the exam only, and does not include course or study guide. If you already have an EPA card but want to take an additional part of the exam, please bring your current EPA card to the exam.

RAH-007-BLL
8/14

Bell School Rd. Ctr.

Proctor
W 6:00 pm - 9:00 pm
3350 Bell School Rd.

\$109
1 session
Room 004

HIGHWAY CONSTRUCTION CAREERS TRAINING PROGRAM

The HCCTP aims to help individuals gain acceptance into the construction trades.



During the 14-week class, participants will engage in 450 hours of skilled-trades preparation and apprenticeship readiness training with the goal of applying for and obtaining local union apprenticeship opportunities. Math for the Trades, Print Reading, Welding, safety training such as OSHA 10-Hour, CPR, Flagger, hands-on projects, and more can be expected.

HCCTP is offered twice a year (Fall and Spring) and is at no cost to the participant as it is funded entirely by the Illinois Department of Transportation. The application process begins with signing up for a mandatory Information/Testing Session by visiting RockValleyCollege.edu.

For questions, contact the HCCTP Coordinator, Dawson Ingram, at (815) 921-3912 or D.Ingram2@RockValleyCollege.edu.

**Rock
Valley
College**

HCCTP
Highway Construction Careers Training Program

FORKLIFT & AERIAL

Classes meet at Advanced Technology Center • 1400 Big Thunder Blvd. • Belvidere, IL 61008

FORKLIFT OPERATOR TRAINING

Unlock opportunities in the industrial sector with our Forklift Operator Training course. Whether you're new to forklift operation or seeking to enhance your skills, this course equips you with the knowledge and expertise to operate powered industrial trucks (forklifts) safely and efficiently.

Comprehensive Training: Learn essential skills and gain valuable knowledge required for correct and professional forklift operation. OSHA Compliance: Understand OSHA regulations (29CFR 1910.178(1)) governing forklift operation, ensuring compliance and safety in the workplace.

Pre-Operation Inspection: Master pre-operation inspection of the work area and the forklift itself, ensuring optimal safety and performance.

Handling Procedures: Learn recommended handling procedures and load handling techniques to maximize efficiency and minimize risks.

Fueling Procedures: Familiarize yourself with fueling procedures for gas, diesel, and electric forklifts, ensuring proper operation and maintenance.

Practical Skills Demonstration: Demonstrate practical forklift operation skills under expert guidance, preparing you to operate with confidence.

Certification: Participants will receive certification upon successful completion of the course.

On-Site Evaluation: Note that becoming an "Authorized" or qualified operator requires an on-site evaluation by the forklift owner.

Truck Coverage: Trucks covered include ITA (Industrial Truck Association) Class 1, 2, 3, 4, and 5, ensuring comprehensive training across different types of forklifts.

Ensure your compliance with OSHA regulations and equip yourself with the skills to operate forklifts safely and professionally.

Requirements: Close-toed shoes are required for participation

Important Notice: No refunds are available within 7 days before the class start date. Please bring your lunch and snacks.

ISH-025-ATC2 **Rob Boeke** **\$235**
7/8 **M 8:00 a.m - 3:00 pm** **1 session**
RVC Advanced Technology Ctr. **Room 1308**

ISH-025-ATC3 **Rob Boeke** **\$235**
8/5 **M 8:00 a.m - 3:00 pm** **1 session**
RVC Advanced Technology Ctr. **Room 1308**



AERIAL OPERATOR TRAINING

Course equips operators with the necessary skills and knowledge to safely operate Group A Scissor and Group B Articulating/Boom, Mobile Elevating Work Platforms (MEWP).

Comprehensive Training: Gain familiarity with Group A Scissor and Group B Articulating/Boom MEWPs, covering essential topics mandated by ANSI and OSHA standards.

Key Topics Covered: Dive into accountability and responsibility, proper use of fall protection, pre-operational and annual inspections, site inspection and work procedures, operational fundamentals, hazards, and emergency rescue procedures.

Hands-On Learning: Get practical experience through hands-on operation, ensuring proficiency in handling aerial equipment safely and effectively.

Included Materials: All training materials are provided, ensuring a seamless learning experience.

Certification and License: Receive a certificate and license upon successful completion of the class and onsite skills test, validating your competence as an aerial equipment operator.

Requirements: Close-toed shoes are required for participation.

Important Notice: No refunds are available within 7 days before the class start date. Please bring your lunch and snacks.

ISH-040-ATC **Rob Boeke** **\$235**
7/12 **F 8:00 am - 2:00 pm** **1 session**
RVC Advanced Technology Ctr. **Room 1308**

WAREHOUSE 101

Essential knowledge and skills required for safe and efficient operation within warehouse environments. From forklift operation to aerial scissor safety and pedestrian awareness, this two-day program covers all the fundamentals necessary for success.

Forklift Safety and Skills Training: Gain proficiency in forklift operation, ensuring correct and professional handling of powered industrial trucks following OSHA regulations.

Aerial Scissor (MEWP Type 3A) Safety and Skills Training: Master the safe operation of aerial scissor lifts, vital for working at heights in warehouse settings.

Pedestrian Awareness and Safety Training: Learn how to navigate environments with extensive forklift traffic safely, enhancing workplace safety for all personnel.

Upon successful completion of the two-day course, participants will receive certificates in:

- Forklift Safety and Operation
- Aerial Scissor (MEWP Type 3A) Safety and Operation
- Pedestrian Safety and Awareness

Requirements: Participants must wear close-toed shoes

Important Notice: No refunds are available within 7 days before the class start date. Please bring your lunch and snacks.

ISH-050-ATC **Rob Boeke** **\$479**
6/26-6/27 **W/Th 8:00 am - 4:00 pm** **2 sessions**
RVC Advanced Technology Ctr. **Room 1302**

TEACHER PROFESSIONAL DEVELOPMENT

CHECK IT OUT! TEACHER PD HOURS ONLINE!

Earn professional development (PD) hours that are convenient, affordable, and effective. You can take an online course when it is most convenient for you. New Classes begin monthly.

Duration: 6 weeks PD contact hours: 24

Courses starting at \$125

For info & to register, visit ED2GO.COM/RVC

TOOLS FOR TEACHERS

- Solving Classroom Discipline Problems
- Differentiated Instruction in the Classroom
- Teaching Students with Autism: Strategies for Success
- Working Successfully with Learning Disabled Students
 - Creating Classroom Centers
 - Survival Kit for New Teachers

CLASSROOM COMPUTING

- Integrating Technology in the Classroom
- Teaching Smarter with SMART Boards
- Using the Internet in the Classroom

READING STRATEGIES

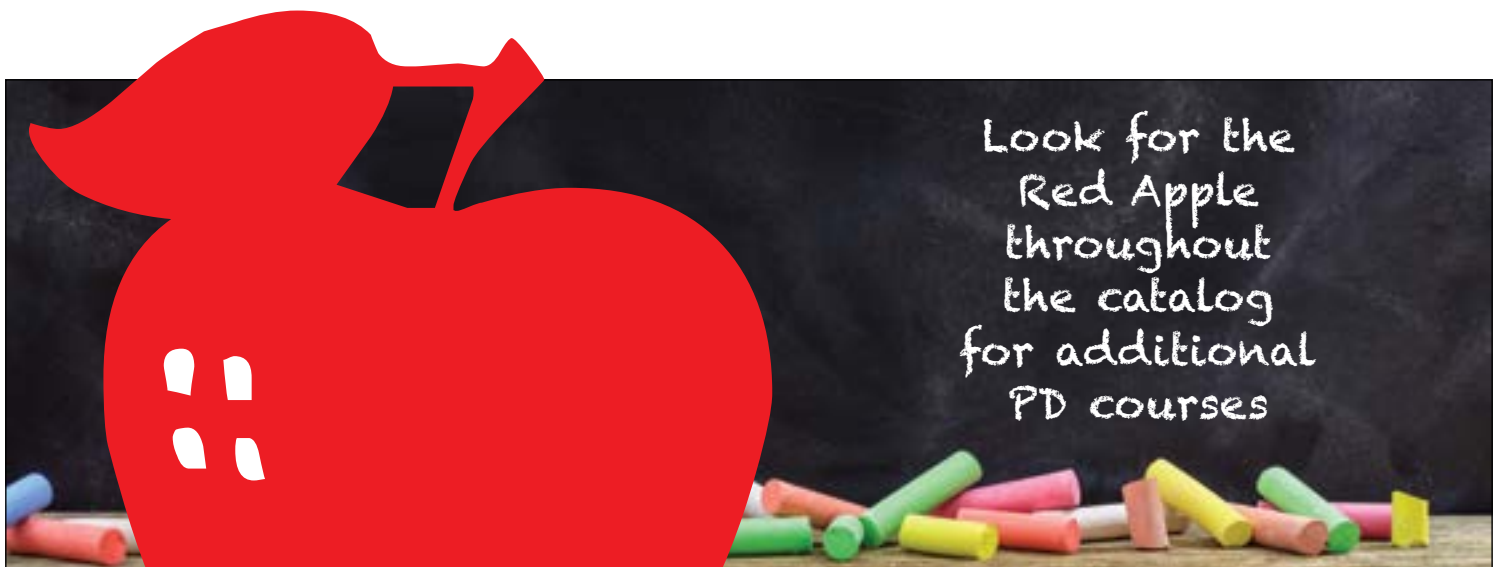
- Ready, Set, Read!
- Guided Reading & Writing: Strategies for Maximum Student Achievement
- Guided Reading: Strategies for the Differentiated Classroom

LANGUAGES

- Spanish in the Classroom
- Enhancing Language Development in Childhood

SCIENCE & MATH

- Teaching Science: Grades 4-6
- Introduction to Algebra
- Teaching Math Grade 4-6



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“I am honored to be part of the RVC community not only as an Assistant Professor of Life Sciences but as a Whiz Kids instructor. Having the opportunity to show kids how fun and exciting science can be is an absolute joy. I love being able to share my knowledge while fostering their creative abilities into functional projects they get to keep. The Community Education program at RVC is outstanding, and as an instructor, I have always felt completely supported with my camp activity ideas as well as the growth of my STEM programs.”

– Laura Constant


Submit Your Proposal:


Email RVC-CCE@RockValleyCollege.edu with:

- Proposed class title and/or subject area
- Your experience in this area
- How to contact you



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JUN 5-8
JUL 10-14

LEGALLY BLONDE
THE MUSICAL

THIS SUMMER

JUN 12-15
JUL 17-21

GUYS & DOLLS

JUN 19-22
JUL 24-28

The Color Purple

THIS SUMMER



JUN 26-29
JUL 31-04

NEWSIES

AUG 7-10

Starbright Disney's **BEAUTY AND THE BEAST**

THIS SUMMER

Starlight receives funding from

Illinois **ARTS** Council



RockValleyCollege REGISTRATION

YOU MUST ANSWER ALL SECTIONS OF THIS FORM. Please print or type.

GENDER:

Male Female

DATE OF BIRTH:

MONTH / DAY / YEAR

FULL LEGAL NAME:

LAST: _____ FIRST: _____ MIDDLE INITIAL: _____ PREVIOUS/MAIDEN NAME: _____

ADDRESS: Check if this is a new address

NUMBER & STREET: _____ CITY: _____

STATE: _____ ZIP: _____

TELEPHONE:

HOME: _____ CELL: _____ EMAIL: _____

BY MY SIGNATURE, I CONFIRM THAT THE ABOVE INFORMATION IS CORRECT:

Student / Guardian

Date

TERM BEGINNING: Year _____

1 Summer 3 Fall 6 Spring

MAIL REGISTRATION AND CHECK TO:

Records and Registration
Rock Valley College
3301 North Mulford Road
Rockford, IL 61114-5699

	Course Code	Course Title	Tuition and Fees
1	Sample: ART-818-RV	Beginning Calligraphy	\$81.00
2			
3			
4			
5			
6			
		TOTAL	

Check number _____ **Check amount \$** _____

NOTE: A non-refundable service fee (\$1.75 per e-check, 2.5% of total credit card transaction) will be added to your transaction upon registration completion. Fees are subject to change. No registrations or payments will be taken over the phone.

HIGH SCHOOL:

Yes, High School graduate
Attended _____
 No

COLLEGE:

Associate
 Bachelor
 Master

ETHNIC ORIGIN:

Are you Hispanic or Latino? (OR are you of Spanish origin?)

Yes, Hispanic or Latino
 Not Hispanic/Latino, but Spanish origin

Are you from one or more of the following racial groups? (Select all that apply)

American Indian or Alaska Native
 Asian
 Black or African American
 Native Hawaiian or Other Pacific Islander
 White/Caucasian
 Choose Not to Respond

Please identify your primary racial/ethnic group. (Select one)

American Indian or Alaska Native
 Asian
 Black or African American
 Hispanic or Latino
 Native Hawaiian or Other Pacific Islander
 White/Caucasian
 Choose Not to Respond

Revised 12/2017

3 WAYS TO REGISTER

ONLINE

RockValleyCollege.edu

MAIL

Send registration form and check to:

Records and Registration
Rock Valley College
3301 N. Mulford Rd.
Rockford, IL 61114-5699
Allow five days for delivery.

IN PERSON

Bring registration form and payment to:

Records and Registration
Rock Valley College, Student Center,
Second Floor
3301 N. Mulford Rd., Rockford

Records & Registration Office Hours:

Monday-Thursday, 8:00 am-6:00 pm
Friday, 8:00 am-5:00 pm

PAYMENT INFO

Registrations without payment WILL NOT be processed.

- Payment options:
 - Checks made payable to "Rock Valley College"
 - Master Card, Visa, Discover, American Express and Debit Cards
- Allow 5-7 days when mailing payment.

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RockValleyCollege

COMMUNITY & CONTINUING EDUCATION

3301 North Mulford Road
Rockford, IL 61114-5699

ECRWSS
Non-Profit Organization
U.S. POSTAGE
PAID
ROCKFORD, IL
PERMIT NO. 4119

RESIDENTIAL CUSTOMER

From dreams...
to your
next
chapter.

RockValleyCollege

