Greetings Students,

Rock Valley College is excited to announce our latest Community and Continuing Education class offerings. While we are scheduling more in-person offerings, our College is currently operating under our Reopening Plan 5.4. Our top priority is to offer a quality educational experience in a healthy and safe environment.

Here are some highlights of our current COVID-19 protocols:

- Classes run at full capacity.
- Classroom and lab layouts have returned to normal.
- College services and amenities are fully open.
- Face masks are optional inside buildings. This will continue to be monitored and adjusted based on the state mandates as well as CDC recommendations.
- Employees, students, and visitors should not come to campus if not feeling well for any reason.
- Individuals are encouraged to self-report if they test positive for COVID-19.
  - Visit www.rockvalleycollege.edu/COVID for more information about community testing sites.
  - A SHIELD IL Testing Site (PCR saliva testing) is located on the first floor of the Educational Resource Center on the main campus and is available to students and employees. For more information, visit www.rockvalleycollege.edu/COVID/SHIELD-Testing.cfm.
- Unvaccinated people are encouraged to get vaccinated. For vaccination information, please visit www.wchd.org for Winnebago County, www.boonecountyil.org for Boone County.
- Per Illinois Governor Pritzker’s Executive Order 2021-22, students and employees must attest to either being fully vaccinated or submit to weekly COVID-19 testing. Registered students will be sent the link to complete the short online survey.

Thank you for your patience and perseverance throughout this challenging time. We are proud to be your community’s college and look forward to continuing our mission of empowering students and the community through lifelong learning.

We are RVC Strong because our community is strong. Thank you for being part of the community.

Stay RVC strong!

Howard J. Spearman, Ph.D.
President
Rock Valley College
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Rock Valley College makes no endorsement, express or implied, of any content contained in instructional or other materials associated with the College’s Community and Continuing Education course offerings. The content contained in instructional and other course materials shared by CCE instructors and/or business partners does not necessarily reflect the opinions or views of Rock Valley College or its Board of Trustees.

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.
COMMUNITY EDUCATION

Community Education offers non-credit courses for hobby, leisure, and development. Courses do not earn credit toward college degrees and are not transferable. Take a class for fun or to enhance your well-being. We have classes that fit your needs and lifestyle.

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.
ART WORKSHOPS WITH SALLY ROLDAN

NEW! PLEIN AIR DEMONSTRATION
Demonstration of plein air painting and review of materials needed to get you started on your own outdoor painting journey.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Type</th>
<th>Price</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART-809-RV3</td>
<td>Acrylic</td>
<td>$49</td>
<td>6/13</td>
<td>M 6:30-8:30 pm</td>
<td>Room G25</td>
</tr>
<tr>
<td>ART-809-RV7</td>
<td>Pastel</td>
<td>$49</td>
<td>6/16</td>
<td>Th 6:30-8:30 pm</td>
<td>Room G25</td>
</tr>
</tbody>
</table>

NEW! PLEIN AIR IN THE PARK: ACRYLIC AND SOFT PASTEL
See nature as an artist and capture light and shadow as they are on location. Instructor will guide you to narrow a view, to keep you focused on painting what you see and enjoy your surroundings. Email: Instructor at sroldan2@comcast.net for spot to meet in the park. Bring: Your own art supplies. (Email instructor if you need a suggested material list.) Prerequisite for Acrylic Plein Air: Acrylic Basics, or previous experience. Prerequisite for Soft Pastel Plein Air: Soft Pastel Basics, or previous experience.

<table>
<thead>
<tr>
<th>Park</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bauman Park: 298 Walnut St., Cherry Valley</td>
<td>6/18</td>
<td>Sa 8:00 am-Noon</td>
<td>$55</td>
<td>Sally Roldan</td>
<td>Room G25</td>
</tr>
<tr>
<td></td>
<td>7/30</td>
<td>Sa 8:00-11:00 am</td>
<td>$55</td>
<td>Sally Roldan</td>
<td>Room G25</td>
</tr>
<tr>
<td>Rock Cut: 7318 Harlem Rd., Loves Park</td>
<td>6/25</td>
<td>Sa 8:00 am-Noon</td>
<td>$55</td>
<td>Sally Roldan</td>
<td>Room G25</td>
</tr>
<tr>
<td></td>
<td>8/6</td>
<td>Sa 8:00-11:00 am</td>
<td>$55</td>
<td>Sally Roldan</td>
<td>Room G25</td>
</tr>
<tr>
<td>Aldeen Park: 623 N Alpine Rd., Rockford</td>
<td>7/9</td>
<td>Sa 8:00 am-Noon</td>
<td>$55</td>
<td>Sally Roldan</td>
<td>Room G25</td>
</tr>
<tr>
<td></td>
<td>8/13</td>
<td>Sa 8:00-11:00 am</td>
<td>$55</td>
<td>Sally Roldan</td>
<td>Room G25</td>
</tr>
</tbody>
</table>

Classes meet in RVC Classroom Bldg. ll, Room G25

SOFT PASTEL BASICS
Basic soft pastel techniques and materials. Demonstrations of techniques to get you started with mark making. Each session will provide instruction and practice time of techniques. Purchase: $25 supply kit from the instructor on the first day of class.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART-809-RV4</td>
<td>6/23-7/7</td>
<td>Th 7:00-8:00 pm</td>
<td>Sally Roldan</td>
<td>$55</td>
</tr>
</tbody>
</table>

ACRYLIC BASICS
Review materials to get you started on a painting journey. Second and third class will review brush, techniques and how to use them on small paintings. Purchase: $20 supply kit from the instructor on the first day of class.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART-809-RV2</td>
<td>7/11-7/25</td>
<td>M 7:00-8:30 pm</td>
<td>Sally Roldan</td>
<td>$55</td>
</tr>
</tbody>
</table>

SOFT PASTEL: MARSHES
Demonstration along with instruction allowing the opportunity to follow along with the demonstration with your own materials. Bring: Your own art supplies. Please email the instructor at sroldan2@comcast.net for a supply list. Prerequisite: Soft Pastel Basics or previous experience.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART-809-RV6</td>
<td>7/21</td>
<td>Th 6:30-8:30 pm</td>
<td>Sally Roldan</td>
<td>$49</td>
</tr>
</tbody>
</table>

ACRYLIC: BOATS & DOCKS
Instruction and demonstration on specific techniques to achieve specific effects. Must have general knowledge and command of your brushes and supplies. Bring: Your own art supplies. Email the instructor at sroldan2@comcast.net for a supply list. Prerequisite: Acrylic Basics or previous experience.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART-809-RV5</td>
<td>8/1-8/8</td>
<td>M 6:30-8:30 pm</td>
<td>Sally Roldan</td>
<td>$55</td>
</tr>
</tbody>
</table>
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 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. Choose a focus on hand building or wheel throwing.

ART-809-RV  Stacey McDonald  $249
6/15-8/3  W 6:00-9:00 pm  8 Sessions
RVC Classroom Bldg. I Room 0210

NEW! INTRODUCTION TO COLORED PENCILS
(HS-Adult) Learn to prep your drawing, research your reference, and techniques such as layering, blending, and creating colors. Try both wax and oil based pencils and three different types of papers. PURCHASE: $25 supply kit from instructor at first class.

ART-809-RV8  Elizabeth Coleman  $79
7/12-8/30  T 7:30-9:00 pm  8 Sessions
RVC Classroom Bldg. II Room 120

SEWING
(Ages 8-Adult) Become able to sew simple garments, read and follow a pattern guide. Easy ways to hem, put in zippers, sleeves and much more. FIRST CLASS: We will travel to local fabric store to purchase supplies. BRING: Your sewing machine. NOTE FOR YOUNGER ADULTS: Due to capacity requirements, parents/guardians are welcome to wait in seating area outside of classroom. Each person in classroom must register/pay.

CAH-806-BLL2  Mary Foreman  $169
8/2-9/1  TTh 6:00-8:30 pm  10 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

VIRTUAL WORKSHOPS
REGISTER AT ED2GO.COM/RVC2
— 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!

DRAWING FOR THE ABSOLUTE BEGINNER
(Virtual) Gain a solid foundation in drawing and become the artist you’ve always dreamed you could be!

START YOUR OWN ARTS & CRAFTS BUSINESS
(Virtual) How to start your own arts and crafts business from a professional artist.

START YOUR OWN GIFT BASKET BUSINESS
(Virtual) Express your creativity in a fun and profitable way, by starting a home-based business as a gift basket designer.
BEGINNING SIGN LANGUAGE: PART I
(HS-Adult) This introductory class is designed to help you develop a basic sign vocabulary. We’ll work on expressive/receptive finger spelling and learn many useful signs. PURCHASE: Text at RVC Bookstore.

LAN-800-BLL
6/16-8/18
Bell School Rd. Ctr.
Lori Cazel
Th 6:30-8:30 pm
10 Sessions
3350 Bell School Rd.
Room 002
$129

NEW! INTRODUCTION TO MANDARIN CHINESE
(HS-Adult) This course will start with “pinyin”, which is a standardized system using the alphabet to denote the initial and final part of a Chinese character. It’s a great tool to help you learn the accurate pronunciation. Some basic dialogues used in our daily lives will be taught and also how to write HanZi (Chinese characters).

LAN-800-RV
6/15-8/31
W 6:00-7:30 pm
12 Sessions
RVC Classroom Bldg. II
Min Wang
$99

COMMUNICATION & LANGUAGE

VIRTUAL WORKSHOPS
REGISTER AT ED2GO.COM/RVC2
— 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!

BEGINNING CONVERSATIONAL FRENCH
(Virtual) Discover how easy it can be to learn common words and phrases for both leisure and business.

INSTANT ITALIAN
(Virtual) Read, hear, and practice dialogues of everyday words which will teach you to communicate in a wide variety of settings.

INTERPERSONAL COMMUNICATION
(Virtual) Become aware of the conscious and unconscious codes of meaning people send when communicating with others.

WRITTEN COMMUNICATION FOR BUSINESS SUITE
(Virtual) Expand your writing skills and start creating copy that provides a powerful, cohesive message to your target audience.

GET ASSERTIVE!
(Virtual) Find out how you can stop others from intimidating you or treating you poorly.

PERSUASIVE COMMUNICATION
(Virtual) Communication skills to improve your effectiveness.

PRESENTATION SKILLS SUITE
(Virtual) Everything you need to know to master public speaking, create PowerPoint presentations, and incorporate humor into your presentation delivery.

ACHIEVING SUCCESS WITH DIFFICULT PEOPLE
(Virtual) How to have more successful relationships with difficult bosses, co-workers, students, neighbors, or relatives.

GET FUNNY!
(Virtual) Tips to use humor to speak more effectively, write better, and increase your popularity.

MASTERING PUBLIC SPEAKING
(Virtual) Secrets of effective public speaking and small group communication.

KEYS TO EFFECTIVE COMMUNICATION
(Virtual) Lost for words? Don’t be! Learn to build rapport, trust, warmth, and respect through conversation.
NEW! BEGINNER LINE DANCE
Come and learn the basics of Line dancing, a fun work out for your mind and body, that feels like a fun night out! This class will teach the basic steps and beginner dances, all fitness levels welcome, no dance experience required.

DNC-800-DC  Suzy Theisen  $35
6/22-8/31  W  6:30-7:00 pm  11 Sessions
Don Carter Lanes  4007 E. State St. #2075  Rockford

NEW! INTERMEDIATE LINE DANCE
Know the basics, then come and learn the more challenging line dances! Line dancing is a fun work out for your mind and body, that feels like a fun night out! This class is for experienced line dancers that want to learn old and new intermediate-advanced line dances. The basic steps will not be taught, see Beginner Line Dance for the basics. All fitness levels welcome, should have prior line dance experience and knowledge of line dance terminology.

DNC-800-DC2  Suzy Theisen  $35
6/22-8/31  W  7:00-7:30 pm  11 Sessions
Don Carter Lanes  4007 E. State St. #2075  Rockford

DEFENSIVE DRIVING 101
(HE-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!

(Online)
EDV-800-OL  Vicki Lay  $75
NOTE: After registering, email rvc-cce@rockvalleycollege.edu for course instructions.

(Classroom)
EDV-800-RV  Vicki Lay  $50
NOTE: After registering, call Vicki Lay at (815) 921-3946 for available dates and times.

NEW! 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  Vicki Lay  $90

NEED TO CANCEL? Just let us know 7 days prior to 1st class. Call (815) 921-3900 or email RVC-CCE@RockValleyCollege.edu
NEW! ESTATE PLANNING
Why is it important to have an estate plan, even for small estates? Tools you need to have to complete your plan to reduce the burden on loved ones left behind who have the responsibility for settling, the estate. Topics also include financial planning, consolidation of assets, probate, wills, power-of-attorney, documents, living wills and trusts.

FINANCE

VIRTUAL WORKSHOPS
REGISTER AT ED2GO.COM/RVC2
— 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!

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.

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

TAI CHI & MORE WITH SUE MICHAELSEN
Classes meet in Bell School Rd. Ctr., 3350 Bell School Rd., Room 013.
Or attend virtually - visit RockValleyCollege.edu/CCEZoom for virtual meeting instructions.

TAI CHI FOR BEGINNERS
Seated training as needed. Relax stress and tension and improve memory and balance. Warm up with Therapeutic Chi Kung, breathing, hand positions, stances, slow movements and 5 Elements Tai Chi. Handouts provided.

FIT-812-BEG
6/13-8/15 M 10:50-11:50 am 8 Sessions
NO CLASS 6/20, 7/4

FIT-812-BEG2
6/16-8/4 Th 6:40–7:40 pm 8 Sessions

FIT-812-BEG3
6/18-8/6 Sa 10:20-11:20 am 8 Sessions

TAI CHI FORMS & SKILLS
Seated training as needed. Warm up with Therapeutic Chi Kung, Drills and Routines. Chen, Yang, Fan and Sword. PREREQUISITE: Tai Chi for Beginners or instructor approval. Optional books and DVDs available to purchase. Choose to attend 1, 2 or all time offerings.

FIT-812-BLL2
6/13-8/15 M 9:40-10:40 am 8 Sessions
NO CLASS 6/20, 7/4

FIT-812-BLL3
6/16-8/4 Th 5:30–6:30 pm 8 Sessions
6/18-8/6 Sa 9:10-10:10 am 8 Sessions

CHI KUNG
Relaxing, slow movements, breathing and stretching to improve your balance, comfort, coordination, mental calm and encourage your best health and fitness. Seated or standing. NO CLASS 6/20, 7/4.

FIT-812-BLL4
6/13-8/15 M Noon-1:00 pm 8 Sessions

KUNG FU FITNESS
Tan Tui Spring Kicking: Learn and transform practical drills and form into your improved health and fitness. PURCHASE: $9 optional text from instructor. Choose to attend 1 or both offerings.

FIT-812-BLL3
6/16-8/4 Th 7:45–8:45 pm 8 Sessions
6/18-8/6 Sa 8:00–9:00 am 8 Sessions

FIT CLASSES WITH SUZY THEISEN
Classes meet at Fitness Works, 3619 Morsay Dr., Rockford

NEW! DANCE FIT
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
6/20-8/29 M 6:00-6:50 pm 10 Sessions
NO CLASS 7/4

FIT-800-FW2
6/25-8/27 Sa 10:00-10:50 am 10 Sessions

NEW! BALLROOM FIT
Dancing with the Stars meets Zumba style dance fitness, NO Partners. basic ballroom styles and steps including Jive, Tango, Cha cha cha, Samba, Waltz 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-FW3
6/23-8/25 Th 6:00-6:50 pm 10 Sessions

Register at RockValleyCollege.edu/CEOnline
FOODIES

VIRTUAL WORKSHOPS
REGISTER AT ED2GO.COM/RVC2

— 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!

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!

MATH & READING

E-Z MATH
(Ages 11-17) Reinforces main concepts from 8th grade mathematics including: analyze proportional relationships and solving real world/mathematical problems; apply and extend previous understanding of fractions to add, subtract, multiply and divide rational numbers; use properties of operations to generate equivalent expressions; use numerical and algebraic expressions and equations; draw, construct, and describe geometrical figures and relationships between them; applications in angle measure, area, surface area, and volume; random sampling to draw inferences about a population; draw informal comparative inferences about two populations; investigate chance processes and develop, use, and evaluate statistics and probability models. 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.

VIRTUAL WORKSHOPS
REGISTER AT ED2GO.COM/RVC2

— 2 OPTIONS TO CHOOSE FROM!—

INSTRUCTOR-LED COURSES & SELF-PACED TUTORIALS

READY, SET, READ!
(Virtual) A learning specialist shows you how to raise a successful reader and writer.

MERRILL REAM SPEED READING
(Virtual) Save time by reading faster and with better comprehension.

EVERYDAY MATH
(Virtual) Basic math skills to use to your advantage math skills and start using math to your advantage.
MINDFULNESS, MEDITATION & SELF CARE

NATAL CHART ASTROLOGY
A natal chart is like a map of the stars at the moment you were born and, when investigated and read properly, it is a tool to help us understand our strengths, challenges, and motivations. BRING: Your birth information (date, time, and location from a birth certificate) to our first class and you will be provided with your detailed natal chart to study as we move through the meanings and significations of the 10 traditional planets, 12 signs of the zodiac, and the whole house system and then move onto synthesizing and interpreting their interactions in your chart.

NEW! NATA L CHART ASTROLOGY II: ANALYZING ASPECTS & RULERSHIP
Once you have a working knowledge of the major planetary placements in your natal chart, you can delve more deeply into the energetics and interactions between the planets. How do the energies work together or against one another? Studying aspects will give you specific and detailed information about how placement dynamics play out in real life. In this course, we will review sect, dignity, rulership and aspects. We will learn how to prioritize the most powerful aspect in our chart and how to find detailed information about how placement dynamics play out in real life. The information provided will also lay the groundwork for understanding how current transits affect your natal chart.

NEW! HYBRID BREATHING FOR MIND, BODY & SPIRIT
Hybrid techniques of restorative yoga, hypnosis, meditation and deep breathing will taught to help rejuvenate you. Regular practice will help your brain-body muscle memory to automatically apply this for your well-being to carry you through the stressors you experience. Yoga exercises are gentle and supported by our materials so you experience stretch not strain. The Relaxation Response research conducted by Harvard psychiatrist Dr. Herbert Benson and thousands of subsequent research studies are the foundation of this class.

NEW! FENG SHUI FOR LIFE
Feng Shui is Chinese traditional science and art of practice which works by balancing and harmonizing energy or “Chi”. This practice can promote a positive effect on health, finances, relationships, spirituality, career and more. This course will teach basic knowledge of Feng Shui and how to recognize good energy. By using the Feng Shui methods learned in this course, you will create a more balanced and comfortable environment, bringing you a lucky and wonderful life.

INTRODUCTION TO MEDITATION FOR SPIRITUAL AWARENESS
Meditation helps reduce stress, increases productivity, and 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.

MASSAGE FOR COUPLES
Spend a special date learning to pamper necks, shoulders, back and more. Students remain clothed. Have blanket and pillow to make chairs comfortable for you. NOTE: Each person must register.

SELF ACUPRESSURE & SELF MASSAGE
Learn how Chinese hospitals promote healthier mind and body using acupressure, massage, special breathing and stretching to improve balance, coordination and healing. INCLUDES: Acu charts and handouts.

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.
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. New players: Please call Michael Beert at (815) 921-3343 to set-up an audition. BRING: Your instrument to the first class.

MUS-800-RV    Rachel Handlin $75
7/18-8/1     MT 6:30-8:30 pm      5 Sessions
RVC Educational Resource Ctr.       Bldg. PAR
Performance scheduled for Tuesday, August 2 at 7:00 pm at the Sinnissippi Band Shell.

PIANO WITH INGER LANGSHOLT
• Classes are in RVC Classroom Bldg. II, Room G22
• Choose appropriate level.
• Register at RockValleyCollege.edu/CEOnline and attend first class OR register and pay (check only please) at first class.
• Dates/times subject to change at instructor's discretion.
• MUST HAVE: Piano or keyboard with standard size keys (needed for home assignments).

ADULT BEGINNING PIANO II, III
(Adults) Expanding the note range “moving”.

MUS-800-RV8   $115
6/14-8/16     T 5:30-6:30 pm        10 Sessions

BEGINNING PIANO FOR ADULTS
(Adults) No Experience - beginning from scratch.

MUS-800-RV9   $115
6/14-8/16     T 6:45-7:45 pm        10 Sessions

CONTINUING PIANO FOR ADULTS
(Adults) NOT for beginners; must have several years of study.

MUS-800-RV7   $115
6/14-8/16     T 10:00-11:00 am      10 Sessions

ADVANCING PIANO FOR TEENS
(Older Children-Teens) Intermediate piano. NOT for beginners; must have several years of study.

MUS-800-RV10  $115
6/16-8/18     Th 2:30-3:30 pm       10 Sessions

VIRTUAL WORKSHOPS
REGISTER AT ED2GO.COM/RVC2
— 2 OPTIONS TO CHOOSE FROM!—
INSTRUCTOR-LED COURSES & SELF-PACED TUTORIALS

MUSIC MADE EASY
(Virtual) Fundamentals of music theory. Be able to read, write, and play simple music.

INTRODUCTION TO GUITAR
(Virtual) Master basic guitar skills and become the musician you’ve always wanted to be.
**PETS**

**COMPASSIONATE PET GROOMING**
Intro to the correct use of tools and how to gently encourage pet cooperation for needed pre-bath comb out, trim, bath, condition, dry and style. **NOTE:** Please leave pets at home; this training is for owners only.

**ANI-803-BLL**  
Sue Michaelsen  
$31  
6/26  
Su 12:30-2:30 pm  
1 Session  
Bell School Rd. Ctr.  
3350 Bell School Rd.  
Room 007

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**VIRTUAL WORKSHOP**
**REGISTER AT ED2GO.COM/RVC2**

**START A PET SITTING BUSINESS**
(Virtual) Translate your love of animals into a fun and profitable career.

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**PHOTOGRAPHY**

**BASIC DIGITAL PHOTOGRAPHY**
Are you only using $100 of features on your $500 camera? This action-packed class will show you how to use your camera controls and cover the basics of digital photography in layman’s terms. Learn the elements of exposure control, white balance, and composition to strengthen your photographic foundation. You also learn about photographing people, close-ups, action and low-light photography. Methods of sharing images and storing your photos will be discussed. **BRING:** Your camera.

**PHO-800-RV**  
Adventure Safari Network  
$109  
7/12-7/26  
T 6:00-8:30 pm  
3 Sessions  
RVC Jacobs Ctr. for Science & Math  
Room 1104

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**DIGITAL PHOTOGRAPHY: PRIVATE LESSONS**
(Adults) If you have a new camera, or just want a one-on-one session to learn your camera controls, this two-hour session is for you! Topics can also include post-processing for those that want to add a touch of class to their photos. Once registered, we will contact you to establish a time that works well for everyone. Add a second person for only $75. Call (815) 921-3900 for arrangements. **NOTE:** Email RVC-CCE@RockValleyCollege.edu for scheduling instructions. Strictly limited seating. Register early to ensure your spot!

**IND-800-RV3**  
Adventure Safari Network  
$199

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**VIRTUAL WORKSHOPS**
**REGISTER AT ED2GO.COM/RVC2**

— 2 OPTIONS TO CHOOSE FROM!—

**PHOTOGRAPHY SUITE**
(Virtual) Advance your photography hobby or turn it into a business.

**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.
SPECIAL EVENTS

NEW! CHINESE CULTURE
With 5,000 years of history, China has developed a very rich culture. This course will explore the real China in different aspects, such as: history, folklore, HanZi (Chinese language characters), festivals, food, paper cutting, tea, architecture and gardens.
(Ages 12-16)
EDV-800-BLL    Min Wang    $185
6/13-6/17 M-F 1:00-4:00 pm 5 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

EDV-800-Rv3    Min Wang    $215
6/14-8/30 T 6:00-7:30 pm 5 Sessions
RVC Classroom Bldg. II Room 123

GET HOOP HAPPY
Whether you are looking for fun or fitness, a hula hoop is a wonderful way to “find your flow”. Are you someone who used to love to hoop? Let us reignite that passion! Are you someone who would love to hoop, but don’t think you can? Let us change that mindset! A quality hoop - in the right size for you - truly makes all the difference to successful hooping. During this workshop, you can try different sizes and then wrap your own two-color hoop. Come join us and get hoop happy!
SEA-800-RV    Julie Boggie    $55
6/25 Sa 9:00 am-Noon 1 Session
RVC Student Ctr. Room 1118

TRAVEL

ALASKA EXPEDITION
Best of Alaska Preview. Truly the Last American Frontier, Alaska has some of the most stunning scenery and wildlife in the world. This trip is absolutely the BEST of Alaska. Whales, glaciers, grizzlies, Denali, the Alaska Railroad and flightseeing through the stunning Alaskan Range! Come to hear all about it. Attendees receive a $100 voucher toward any of our 2022-2023 Alaska trips. Drinks and snacks available during the presentation. REGISTER BY JUNE 28, 2022!
TRV-800-RV    Adventure Safari Network    $19
7/6 W 5:00-6:00 pm 1 Session
RVC Jacobs Ctr. for Science & Math Room 1104

AFRICA EXPEDITION
Africa is one of the last places on earth to come eye-to-eye with some of the most majestic animals on the planet. You will also spend time in beautiful Capetown to visit Table Mountain, the Cape of Good Hope, and the best wineries in Africa. Optional add-on trip to Victoria Falls. Come to the preview for more information. Attendees receive a $100 voucher toward any of our 2022 or 2023 Africa trips. Drinks and snacks available during the presentation. REGISTER BY JULY 5, 2022!
TRV-800-RV2    Adventure Safari Network    $19
7/13 T 5:00-6:00 pm 1 Session
RVC Jacobs Ctr. for Science & Math Room 1104

NEED TO CANCEL? Just let us know 7 days prior to 1st class. Call (815) 921-3900 or email RVC-CCE@RockValleyCollege.edu
### TRAVEL WITH GINA HENRY: VIRTUAL WORKSHOPS

**How to Travel Free & Safely**

(Zoom) Learn how to benefit from deep travel discounts to motivate you to book travel in 2022. If you are near retirement, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. Prepare for the new “travel normal” including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Earn free airline tickets, hotel nights, and tours! Volunteering, fun work-vacations, paid travel, teaching English, mystery shopping, importing/drop shipping, and remote employment opportunities.

**TRV-800-OL**  $59  
7/23  Sa 11:00 am-2:00 pm  1 Session

### Work Remotely & Become a Nomad

(Zoom) Working remotely is now the thing. Why not add travel into the mix? You can make your travels sustainable by earning a living as you travel. Get the “how to” of living on the road including downsizing, putting your stuff in storage, getting your mail, how to have a “physical address”, the RV lifestyle, timeshares, international living, long-term rentals, housesitting, and more. Learn the best ways to set up your remote office and get quality wifi in your hotel, long-term rental, and out of your car or RV. Plus learn about the many remote jobs available.

**TRV-800-OL2**  $59  
7/30  Sa 11:00 am-2:00 pm  1 Session

### Work Yourself Happy

(Virtual) Design a life that makes you happy by learning how you can use work to express yourself and share your interests and talents.

### Genealogy Basics

(Virtual) Where to look, who to contact, and how to use research tools to begin an exciting and fascinating exploration of your roots.

### Getting Paid to Teach English

(Virtual) Teaching English is a high paying career and a great way to go on vacation for free. English is the world’s business and travel language. You do not have to be certified or speak the local language. Make money from home by teaching English online. Earn a free vacation, 2-month paid summer job, or full-time work that earns up to $90K a year. Learn about the best paying jobs, qualifications, certification programs and specific hiring organizations.

**TRV-800-OL3**  $59  
8/6  Sa 11:00 am-2:00 pm  1 Session

### The Secrets of Travel Hacking

(Zoom) You can earn hundreds of thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane. Flights and hotels are typically the most expensive part of your vacation budget. Gina will show you her easy “Beginner Strategy” then graduate you to more advanced strategies that earn you 1 million+ reward points a year. All the major reward programs will be detailed. Also learn tips for flying business and first class.

**TRV-800-OL4**  $59  
8/13  Sa 11:00 am-2:00 pm  1 Session

### Resume Writing Workshop

(Virtual) Transform your tired, boring resume into a powerful tool.

### Understanding Adolescents

(Virtual) Gain valuable information on how adolescents feel, how their identities develop, and how you can best meet their needs.

### Marriage and Relationships: Keys to Success

(Virtual) Getting married is just the first step! Learn how to build a solid foundation for a healthy partnership that will last far beyond “I do.”

### Healthy Relationships Suite

(Virtual) Interpersonal communication will show you how to manage the conscious and unconscious codes we send to each other.

### Helping Elderly Parents

(Virtual) Be prepared to handle the challenges you and your parents will face in the coming years, while learning to cherish the transition.

### Introduction to Journaling

(Virtual) Journaling can help you learn more about yourself, explore your dreams, values, and beliefs, improve your health, survive unwanted change, succeed in your career, and express your creativity.

### Work-Life Balance

Virtual Workshops  
Register at Ed2go.com/RVC2
WRITING VIRTUAL WORKSHOPS
REGISTER AT ED2GO.COM/RVC2

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

WRITERIFFIC: CREATIVITY TRAINING FOR WRITERS
(Virtual) Banish writer’s block forever with these tricks from the published writer’s toolbox.

WRITING AND EDITING VALUE SUITE
(Virtual) Brush up on your grammar, writing, and editing skills with this discounted bundle of online courses!

GRAMMAR REFRESHER
(Virtual) Develop your English grammar skills and take your writing and speaking to the next level of excellence.

THE KEYS TO EFFECTIVE EDITING
(Virtual) Learn the fundamentals of top-notch editing for both fiction and nonfiction.

BEGINNING WRITER’S WORKSHOP
(Virtual) If you have a story that needs to be written, this course will improve your writing skills.

WRITE LIKE A PRO
(Virtual) Learn how to use story outlines like a professional writer with lessons developed by a published author.

WRITING ESSENTIALS
(Virtual) Excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

CREATIVE WRITING VALUE SUITE
(Virtual) Learn the mechanics of writing and editing, and have your story workshopped by peers.

GRAMMAR REFRESHER II
(Virtual) Take your grammar and language mechanics skills to the next level, and master the building blocks of effective writing.

GRAMMAR REFRESHER SERIES
(Virtual) Gain confidence in your ability to produce clean, grammatically correct work.

ADVANCED FICTION WRITING
(Virtual) Explore advanced fiction writing techniques with a published novelist.

EXPLORE FICTION WRITING GENRES SUITE
(Virtual) Write different fiction genres such as fantasy, romance, mystery, and screenwriting.

EXPLORE NON-FICTION WRITING SUITE
(Virtual) Learn to write, edit and publish non-fiction and the best practices for pitching and submitting your work.

EFFECTIVE BUSINESS WRITING
(Virtual) Learn how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

INTRODUCTION TO SCREENWRITING
(Virtual) Learn how to write a great script, from structure, character creation, and dialogue to marketing and selling your screenplay.

TRAVEL WRITING
(Virtual) Profit from your experiences in exotic lands (or your own backyard) by learning how to write and sell travel articles and books.

BEGINNER’S GUIDE TO GETTING PUBLISHED
(Virtual) Published writer shows you how to give yourself the credibility you need to get your books and articles published.

HOW TO MAKE MONEY FROM YOUR WRITING
(Virtual) Make money with your writing—create a business, add income, supplement your retirement, or boost your earning as a writer.

WRITE & PUBLISH YOUR NON-FICTION BOOK
(Virtual) Become a professional author or advance your career by learning to write, edit, and publish non-fiction books of all types.

WRITING YOUNG ADULT FICTION
(Virtual) Develop your own young adult novel and learn how to break into one of today’s hottest publishing markets.

WRITE YOUR LIFE STORY
(Virtual) Create and distribute an inspirational and professional autobiography for family, friends, and others.

WRITING FOR CHILDREN
(Virtual) Published children’s author shows you how to touch the hearts of children by creating books for them.

WRITING FICTION SERIES
(Virtual) Learn the fundamentals of storytelling that bring your ideas to fruition, and how edit and polish your work.

WRITING THE FANTASY NOVEL
(Virtual) This is the perfect course for anyone who’s ever thought about becoming a fantasy fiction writer.

MYSTERY WRITING
(Virtual) Using vivid examples from bestselling mystery novels, learn the techniques you need to become a successful author.

ROMANCE WRITING
(Virtual) Learn the skills you need to write a romance novel that will make readers swoon.
YOGA

HATHA YOGA

Yoga class taught in the Hatha Yoga tradition. We hold poses for several breaths to allow you to settle into each pose. Then, slowly, we move fluidly into the next pose to allow proper foundation and alignment. Variations in poses are always offered, and students are always encouraged to move at their own pace in a non-competitive environment. You can expect an ever-changing practice along with the pranayama and meditation techniques, hand mudras, and plenty of encouragement! NOTE: Do not start yoga if you are pregnant.

BRING: Yoga mat and water.

YOG-800 RV3 Amanda Stivers $119
6/14-8/30 T 8:00-9:00 am 11 Sessions
RVC Physical Education Ctr. Room 1216

YOG-800 RV4 Amanda Stivers $119
6/15-8/31 W 5:30-6:30 pm 11 Sessions
RVC Physical Education Ctr. Room 1216

ENERGIZING HATHA YOGA

Poses and sequences to establish your roots, and open your heart. Discover balance between strength and flexibility. Instruction focuses on aligning the body to liberate, and maximize physiological and psychological well-being. Rejuvenate yourself and recover the serenity that naturally, dwells within you. NOTE: Do not start yoga if you are pregnant. BRING: Yoga mat and water.

YOG-800-BLL4 Tammie Ciciura $135
6/21-8/23 T 5:00-6:15 pm 10 Sessions
3350 Bell School Rd. Room 013

YOGA FOR ALL LEVELS

Focus on postures and the foundations of breath work. We will learn proper alignment, strengthen and promote flexibility in the body integrating breathing techniques. You can expect an emphasis on simplicity, repetition and ease of movement. We will include standing postures, twists, forward folds, hip openers and a variety of balances.

NOTE: Do not start yoga if you are pregnant. BRING: A yoga mat, a yoga strap, water.

YOG-800-BLL3 Raeann Austin $89
6/22-8/10 W 5:00-6:00 pm 8 Sessions
3350 Bell School Rd. Room 013

YOGA FOR BEGINNERS

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.

NOTE: Do not start yoga if you are pregnant. BRING: A yoga mat, a yoga strap, water.

YOG-800-RV Raeann Austin $89
6/24-8/12 F 9:30-10:30 am 8 Sessions
Room 1216

CHAIR YOGA

Chair yoga is one of the gentlest forms of yoga available. Participants will perform postures and breathing exercises with the aid of a chair. We will experience the many benefits of yoga without having to get up or down from the floor. The benefits will include increased balance, strength, flexibility, range of motion, and stress reduction. BRING: A yoga strap. Yoga mat is optional. NOTE: Do not start yoga if you are pregnant.

YOG-800-RV2 Raeann Austin $85
6/24-8/12 F 10:45-11:30 am 8 Sessions
Room 1216

NEED TO CANCEL? Just let us know 7 days prior to 1st class. Call (815) 921-3900 or email RVC-CCE@RockValleyCollege.edu
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 6 ................................................................. 20
Week of June 13 ............................................................... 21-22
Week of June 21 ................................................................. 22
Weeks of June 27 & July 11 ............................................... 23-24
Weeks of July 18 & 25 ...................................................... 25
Weeks of August 1 & 8 ...................................................... 26
Weeks of August 15 & 22 ................................................... 27

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.
MINECRAFT MODDERS
(Virtual) 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 own a 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. **NOTE:** Compatible with MAC and Windows OS only. **PURCHASE:** Minecraft Java Edition

(Ages 8-11) Black Rocket Productions $169
6/6-6/10 M-F 8:30-11:00 am 5 Sessions
(Ages 11-14) Black Rocket Productions $169
6/6-6/10 M-F Noon-2:30 pm 5 Sessions

ROBLOX® MAKERS
(Virtual) 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. **NOTE:** Compatible with MAC and Windows OS only.

(Ages 8-11) Black Rocket Productions $169
6/6-6/10 M-F Noon-2:30 pm 5 Sessions
(Ages 11-14) Black Rocket Productions $169
6/6-6/10 M-F 8:30-11:00 am 5 Sessions

YOUTUBE FX MASTERS
(Virtual) Do you love movies with exciting special effects, like The Avengers, Star Wars, or Harry Potter? Amaze your friends by swinging a light saber or blasting fire from your hands and becoming a master of the illusions used by Hollywood artists to create visual effects magic. Whether you want to enhance your YouTube videos or create a cool scene to amaze your friends; this class teaches the tools you need. Experiment with visual effects as you learn the dynamics of camera angles, editing, graphic layering, and sound effects. Then watch as your new creations take your channel content to the next level! Student projects are available on a password protected Black Rocket website to share with friends and family. **NOTE:** A webcam is required. Compatible with MAC and Windows OS only, and requires a 64-bit operating system.

(Ages 8-11) Black Rocket Productions $169
6/6-6/10 M-F 3:30-6:00 pm 5 Sessions
(Ages 11-14) Black Rocket Productions $169
6/6-6/10 M-F Noon-2:30 pm 5 Sessions
WEEK STARTING JUNE 13

PIANO WITH INGER LANGSHOLT

• Classes are in RVC Classroom Bldg. II, Room G22
• Choose appropriate level.
• Register at RockValleyCollege.edu/CEOnline and attend first class OR register and pay (check only please) at first class.
• Dates/times subject to change at instructor’s discretion.
• MUST HAVE: Piano or keyboard with standard size keys (needed for home assignments).

PREPARATORY PIANO I
(Ages 5-7) A gentle beginning for our younger students!

WIZ-815-RV2 Inger Langsholt $115
6/15-8/17 W 1:30-2:30 pm 10 Sessions

PREPARATORY PIANO II
(Ages 5-7) Continuing Preparatory for our younger students!

WIZ-815-RV3 Inger Langsholt $115
6/15-8/17 W 2:45-3:45 pm 10 Sessions

ELEMENTARY PIANO I
(Ages 8-11) Learning to read music.

WIZ-815-RV4 Inger Langsholt $115
6/14-8/16 T 11:30 am-12:30 pm 10 Sessions

ELEMENTARY PIANO II, III
(Ages 9-11) For the more experienced players who understand the “moving C”. NOT for beginners.

WIZ-815-RV4 Inger Langsholt $115
6/16-8/18 Th 1:15-2:15 pm 10 Sessions

ADVANCING PIANO FOR TEENS
(Older Children-Teens) Intermediate piano. NOT for beginners; must have several years of study.

MUS-800-RV10 Inger Langsholt $115
6/16-8/18 Th 2:30-3:30 pm 10 Sessions

CHINESE CULTURE
(Ages 12-16) With 5,000 years of history, China has developed a very rich culture. This course will explore the real China in different aspects, such as: history, folklore, HanZi (Chinese language characters), festivals, food, paper cutting, tea, architecture and gardens.

EDV-800-BLL Min Wang $185
6/13-6/17 M-F 1:00-4:00 pm 5 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

FIZZ, FOAM, POP AND CHANGE
(Ages 6-11) Things will fizz, foam, pop and change. Learn about suspensions and solutions, actions and reactions. Learn about inertia and find electricity in strange places. Learn about gravity and magnets.

WIZ-818-BLL Laura Constant $155
6/13-6/16 M-Th 9:00 am-Noon 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

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.

ART-809-RV Stacey McDonald $249
6/15-8/3 W 6:00-9:00 pm 8 Sessions
RVC Classroom Bldg. I Room 0210

ETEGAMI: JAPANESE SUMMER PICTURES: FLOWERS, FISH & INSECTS
(Ages 10-Adult) Create your own Sumi-e watercolor picture cards using summer subjects, such as: irises, butterflies, dragon flies, sun flowers with bees, orchids, roses, koi (carp), gold fish and small birds with bamboo. Your cards can include calligraphy for each subject and words, phrases, and/or poems. PURCHASE: $25 supply kit from the instructor.

ART-809-BLL4 Stella Dobbins $65
6/18 Sa 9:00 am-5:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

NEED TO CANCEL? Just let us know 7 days prior to 1st class. Call (815) 921-3900 or email RVC-CCE@RockValleyCollege.edu
YOUR LITERARY JOURNAL & ILLUSTRATIONS WITH GRAPHIC DESIGN
(Ages 6-9) Help us produce a literary journal! Participate in every step of the production process of making a real journal. You will get hands-on experience working with two of RVC's Creative Writing and Graphic Design faculty to create original pieces of writing and art for publication, using your own big brains as well as software and technology commonly used in graphic design. You will also collaborate as an editorial staff to make content and design decisions for our class's original book, which will be completed and ready for production by the end of the week!

WIZ-807-RV  Molly Sides & Scott Fustin  $155
6/13-6/16  M-Th  1:00-4:00 pm  4 Sessions
RVC Classroom Building II  Room G24 (Graphic Arts Lab)

YOUTUBE CONTENT CREATORS
(Ages 8-14) Find your voice and leave your mark on the world! 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.  
**NOTE:** A webcam is required. Compatible with MAC and Windows OS only.

WIZ-820-BR5  Black Rocket Productions  $219
6/13-6/17  M-F  9:00 am-Noon  5 Sessions
RVC Woodward Technology Ctr.  Room 1120

INTRODUCTION TO SCULPTING
(Ages 7-12) Use a variety of sculpting materials, from polymer clay to pipe cleaners! We'll sculpt fantastic creatures and beasts – your imagination will lead the way!

WIZ-801-BLL2  Cassondra Branecki  $155
6/21-6/24  T-F  1:00-4:00 pm  4 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

PYTHON PROGRAMMERS
(Ages 8-14) Want to learn the world's fastest-growing programming language favored by Google, NASA, Youtube, and the CIA? Learn how to code with Python to create engaging apps and games. Each lesson takes you step-by-step on a programming path that will let you challenge friends with fun content you create from start to finish! Returning students can create more advanced projects that build on previous years. **NOTE:** Compatible with MAC, Windows and Chrome OS.

WIZ-820-BR3  Black Rocket Productions  $185
6/21-6/24  T-F  9:00 am-Noon  4 sessions
RVC Woodward Technology Ctr.  Room 1120

JAVA SCRIPT DEVELOPER JAM
(Ages 8-14) Learn programming tools so powerful they seem like magic! Start off by learning 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. **NOTE:** Compatible with MAC, Windows and Chrome OS.

WIZ-820-BR4  Black Rocket Productions  $185
6/21-6/24  T-F  1:00-4:00 pm  4 Sessions
RVC Woodward Technology Ctr.  Room 1120
WEEK STARTING JUNE 27

MIXED MEDIA PAINT
(Ages 7-12) Have you ever made a collage, painted rocks, or created a sculpture out of junk? These are just a few of the art forms we will create while exploring a variety of media. Discover how much fun it can be to create your own masterpieces! **BRING:** Apron/smock/paint shirt.

**WIZ-801-BLL3**  
Cassondra Branecki  
$185  
6/27-7/1  
M-F 1:00-4:00 pm  
5 Sessions  
Bell School Rd. Ctr.  
3350 Bell School Rd.  
Room 007

PAINTING WITH KAT
(Ages 8-13) Using acrylic paints, we will create a seascape painting. All supplies included. **BRING:** Apron/smock/paint shirt.

**WIZ-801-RV**  
Kat Heitzman  
$49  
6/28  
T 1:00-3:00 pm  
1 Session  
RVC Classroom Bldg. II  
Room G25

MACHINES & POWER
(Ages 6-11) You will do hands-on experiments using all the simple machines. Learn about and do experiments with different sources of energy and build a simple electrical project to take home.

**WIZ-820-BLL**  
Laura Constant  
$155  
6/27-6/30  
M-Th 9:00 am-Noon  
4 Sessions  
Bell School Rd. Ctr.  
3350 Bell School Rd.  
Room 007

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. **NOTE:** Compatible with MAC and Windows OS only.

**WIZ-820-BR**  
Black Rocket Productions  
$209  
6/27-7/1  
M-F 9:00 am-Noon  
5 Sessions  
RVC Woodward Technology Ctr.  
Room 1120

BUDDING BOTANIC BLAST OFF!
(Ages 7-12) Are you a budding plant person? Come examine the building blocks of botany: seeds, stems, roots, leaves, and flowers -- checking out their identifying characteristics and differences from one another. We will make botanic art, touch and see plant life up close, sprout seeds, learn about plant families, examine botany under the microscope, and participate in cool science experiments and fun learning games.

**WIZ-818-BLL3**  
Funtastic Workshops  
$185  
7/11-7/15  
M-F 9:00 am-Noon  
5 Sessions  
Bell School Rd. Ctr.  
3350 Bell School Rd.  
Room 001

ROCKET KART RACERS
(Ages 8-14) Make your first 3D Mario Kart® and Crash Team Racing® style game! Design your own tracks and customize your karts and characters. Using a professional 3D game development software, students will combine their creations into their own kart racing game.

**WIZ-820-BR8**  
Black Rocket Productions  
$209  
7/11-7/15  
M-F 1:00-4:00 pm  
5 Sessions  
RVC Woodward Technology Ctr.  
Room 1120

ANIMALS & INSECTS
(Ages 6-11) Have you ever wondered what an owl eats? Or how many pairs of legs insects have? Or how some rocks float? Explore these questions and more through hands-on science experiments, fun activities, and engaging games. In this workshop, we will check out birds and insects in nature, create animal and insect-based art projects, compare rocks and minerals, take a micro-hike, learn the bee waggle dance, crack open our own glittering geode, and use magnifying lenses to check out specimens up close.

**WIZ-809-BLL**  
Funtastic Workshops  
$185  
7/11-7/15  
M-F 1:00-4:00 pm  
5 Sessions  
Bell School Rd. Ctr.  
3350 Bell School Rd.  
Room 001

WEEK STARTING JULY 11

BATTLE ROYALE: FORTNITE
(Ages 8-14) Using a professional 3D game development software, build levels and assets inspired by popular battle royale games like Fortnite. This course includes cartoonish action and battle sequences.

**WIZ-820-BR7**  
Black Rocket Productions  
$209  
7/11-7/15  
M-F 9:00 am-Noon  
5 Sessions  
RVC Woodward Technology Ctr.  
Room 1120

ROBLOX® CODERS & ENTREPRENEURS
(Ages 8-14) Discover the Lua language through a visual block coding system while designing worlds in ROBLOX®. This new class combines game design concepts, coding, and fun! Young entrepreneurs will also learn how to navigate ROBLOX’s fast-growing marketplace to publish their games. Student-created games will be available on a password protected Black Rocket website to share with friends and family. **NOTE:** Compatible with MAC and Windows OS only.

**WIZ-820-BR2**  
Black Rocket Productions  
$219  
6/27-7/1  
M-F 1:00-4:00 pm  
5 Sessions  
RVC Woodward Technology Ctr.  
Room 1120
WEEK STARTING JULY 11

CRAFTS & COOKING CLUB
(Ages 5-12) 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-BLL Jennifer Tilford $155
7/11-7/14 M-Th 9:00 am-Noon 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

STEM WEEK: FORENSICS
(All ages are welcome, but younger students are encouraged to be escorted by a parent/adult as some projects may be more difficult to navigate alone.) We will explore fingerprinting, blood typing, foot print analysis, blood spatter, chemical analysis, hair and fiber analysis, etymology, comparative anatomy, chromatography, tire and animal prints, toxicology analysis, and analysis of a “crime scene”.

WIZ-820-JULY Laura Constant $175
7/11-7/15 M-F 9:00 am-Noon 5 Sessions
RVC Jacobs Ctr. for Science & Math Room 1100

CHINESE CULTURE CAMP
(Ages 8-12) Explore the real China in different aspects, such as: history, folklore, HanZi (Chinese language characters), festivals, food, paper cutting, tea and local customs.

WIZ-811-BLL Min Wang $185
7/11-7/15 M-F 1:00-4:00 pm 5 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

E-Z MATH
(Ages 11-17) Reinforces main concepts from 8th grade mathematics including: analyze proportional relationships and solving real world/mathematical problems; apply and extend previous understanding of fractions to add, subtract, multiply and divide rational numbers; use properties of operations to generate equivalent expressions; use numerical and algebraic expressions and equations; draw, construct, and describe geometrical figures and relationships between them; applications in angle measure, area, surface area, and volume; random sampling to draw inferences about a population; draw informal comparative inferences about two populations; investigate chance processes and develop, use, and evaluate statistics and probability models. 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.

COL-800-RV Bilal Khairi $269
7/11-7/26 M-F 10:00 am-Noon 12 Sessions
RVC Jacobs Ctr. for Science & Math Room 0216

INTRO TO BALLPOINT PEN
(Ages 9 & Up) Learn techniques such as hatching, stippling, scribbling and tonality. You will create realistic food themed drawings from start to finish. Learn how to start a drawing and the correct way to go from light to dark and everything in between. PURCHASE: $25 supply kit from instructor at first class.

WIZ-801-RV4 Elizabeth Coleman $95
7/12-8/30 T 6:00-7:00 pm 8 Sessions
RVC Classroom Bldg. II Room 120

MULTICOLORED BALLPOINT PEN
(Ages 9 & Up) All about drawing with multiple colors of ball point colored pens. Techniques and tricks that will make your drawings feel real. How to color your drawing without muddying the colors together by understanding ways to test colors. This class will touch on the basics of the color wheel. PURCHASE: $25 supply kit from instructor at first class.

WIZ-801-RV3 Elizabeth Coleman $85
7/17-8/28 Su 5:00-6:00 pm 7 Sessions
RVC Classroom II Room 120

WATERCOLOR BOLD & FREE
(Ages 10-Adult) Learn different techniques, such as wet-in-wet, dry brush, layered glazes and spattering the paint. Learn how to paint landscapes, fish, flowers, insects and abstract images. You will receive a packet of instructions to follow for each lesson with the guidance of the instructor. PURCHASE: $25 Supply Kit from the instructor the morning of the workshop.

ART-809-BLL5 Stella Dobbins $65
7/16 Sa 9:00 am-5:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007
WEEK STARTING JULY 18

CRAFTS & COOKING CLUB
(Ages 5-12) Students will follow step-by-step recipes and directions to create mouth-watering treats and colorful craft projects. **FOOD ALLERGIES:** Must email instructor at Anuddapurpl1@aol.com 1 week ahead of class.

WIZ-804-BLL2  Jennifer Tilford  $155
7/18-7/21  M-Th  9:00 am-Noon  4 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

YOUR LITERARY JOURNAL & ILLUSTRATIONS WITH GRAPHIC DESIGN
(Ages 10-12) Participate in the production process of making a real journal. Get hands-on experience working with two of RVC’s Creative Writing and Graphic Design faculty to create original pieces of writing and art for publication, using your brains as well as software and technology commonly used in graphic design. You will also collaborate as an editorial staff to make content and design decisions for our class’s original book, which will be completed and ready for production by the end of the week!

WIZ-807-RV2  Molly Sides & Scott Fustin  $155
7/18-7/21  M-Th  1:00-4:00 pm  4 Sessions
RVC Classroom Building II  Room G24 (Graphic Arts Lab)

SCULPTING CREATURES
(Ages 7-12) Who wants to make fantastic beasts? Using a variety of sculpting materials, we will bring your creatures to life! Our creatures will be created using all kinds of stuff, from polymer clay to pipe cleaners.

WIZ-801-BLL4  Cassandra Branecki  $185
7/18-7/22  M-F  1:00-4:00 pm  5 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

MINECRAFT MODDERS
(Ages 8-14) Learn scripting and logic statements as you create your first mods. Create a wide variety of new elements, gameplay mechanics, and world generating mods. **NOTE:** Compatible with MAC and Windows OS only. **PURCHASE:** Minecraft Java Edition.

WIZ-820-BR9  Black Rocket Productions  $209
7/18-7/22  M-F  9:00 am-Noon  5 Sessions
RVC Woodward Technology Ctr.  Room 1120

MINECRAFT REDSTONE ENGINEERS
(Ages 8-14) Expand your Redstone knowledge by constructing your own carnival with a variety of mini-games, roller coasters, and attractions powered by Redstone. Learn how to use Command and Structure blocks to incorporate them into your builds. **NOTE:** Compatible with MAC and Windows OS only. **PURCHASE:** Minecraft Java Edition.

WIZ-820-BR10  Black Rocket Productions  $209
7/18-7/22  M-F  1:00-4:00 pm  5 Sessions
RVC Woodward Technology Ctr.  Room 1120

PAINTING WITH KAT
(Ages 8-13) Using acrylic paints, we will create a mountain landscape painting. All supplies included. **BRING:** Apron/smock/paint shirt.

WIZ-801-RV2  Kat Heitzman  $49
7/26  T  1:00-3:00 pm  1 Session
RVC Classroom Bldg. II  Room G25

MINECRAFT REDSTONE ENGINEERS
(Ages 8-14) Go beyond the limitations of the traditional 2D game design classes and create an immersive 3D world. Learn the physics behind 3D games, explore beginner event scripting, level design, controlling the flow of gameplay, and storytelling. Projects are only compatible with Windows devices. **NOTE:** Compatible with Windows OS only.

WIZ-820-BR12  Black Rocket Productions  $209
7/25-7/29  M-F  1:00-4:00 pm  5 Sessions
RVC Woodward Technology Ctr.  Room 1120

WEEK STARTING JULY 25

CRAFTS & COOKING CLUB
(Ages 5-12) Have fun while learning the intricacies of hands-on creative craft making and delectable cooking creations. Students will follow step-by-step recipes and directions to create mouth-watering treats and colorful craft projects. **FOOD ALLERGIES:** Must email instructor at Anuddapurpl1@aol.com 1 week ahead of class.

WIZ-804-BLL3  Jennifer Tilford  $155
7/25-7/28  M-Th  1:00-4:00 pm  4 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

DETECTIVES FOR EARTH!
(Ages 6-11) Discover the interdependence of plants, animals and people. You will uncover the forces of nature such as weather and energy sources and make several take-home projects, including a miniature garden from recycled items.

WIZ-818-BLL2  Laura Constant  $155
7/25-7/28  M-Th  9:00-Noon  4 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

MAKE YOUR FIRST VIDEO GAME!
(Ages 8-14) Learn the keys to designing your first 2D platformer game. Conceptualization, play experience, level design, graphics, sounds, and simple coding are some of the concepts that we’ll explore. Games are only compatible on PC computers. Returning students can create more advanced projects that build on previous years. **NOTE:** Compatible with Windows OS only.

WIZ-820-BR11  Black Rocket Productions  $209
7/25-7/29  M-F  9:00 am-Noon  5 Sessions
RVC Woodward Technology Ctr.  Room 1120

MAKE YOUR FIRST 3D VIDEO GAME!
(Ages 8-14) Learn scripting and logic statements as you create your first mods. Create a wide variety of new elements, gameplay mechanics, and world generating mods. **NOTE:** Compatible with MAC and Windows OS only.

WIZ-820-BR12  Black Rocket Productions  $209
7/25-7/29  M-F  1:00-4:00 pm  5 Sessions
RVC Woodward Technology Ctr.  Room 1120
I WANT TO FLY!
(Ages 6-11) If you love things that fly, then this class is for you! Make a different style of paper airplane each day. Learn about symmetry, elevators and ailerons. We will also fly several types of gliders and balloons. Each child will make and bring home a white wing glider. Weather permitting, we will test all planes outside.

WIZ-820-BLL2  Laura Constant  $155
8/1-8/4  M-Th  9:00 am-Noon  4 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 001

SEWING
(Ages 8-Adult) Become able to sew simple garments, read and follow a pattern guide. Easy ways to hem, put in zippers, sleeves and much more. FIRST CLASS: We will travel to local fabric store to purchase supplies. BRING: Your sewing machine. NOTE FOR YOUNGER ADULTS: Due to capacity requirements, parents/guardians are welcome to wait in seating area outside of classroom. Each person in classroom must register/pay.

CAH-806-BLL2  Mary Foreman  $169
8/2-9/1  TTh  6:00-8:30 pm  10 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

CODE BREAKERS
(Ages 8-14) Learn the basics of coding languages like HTML, JavaScript, and CSS through a series of web projects and design challenges. Returning students can create more advanced projects that build on previous years. NOTE: Compatible with MAC, Windows and Chrome OS.

WIZ-820-BR13  Black Rocket Productions  $209
8/1-8/5  M-F  9:00 am-Noon  5 Sessions
RVC Woodward Technology Ctr.  Room 1120

CODE YOUR OWN ADVENTURE
(Ages 8-14) Watch as the characters in your imagination come to life in this unique course that blends classic storytelling with animation techniques and coding. Start with a concept, design the characters, and choose not just one ending, but many! Learn how to create your own text-based adventure games with variables, conditional logic, images, HTML, CSS, and Twine scripting syntax. NOTE: Compatible with MAC and Windows OS only.

WIZ-820-BR14  Black Rocket Productions  $209
8/1-8/5  M-F  1:00-4:00 pm  5 Sessions
RVC Woodward Technology Ctr.  Room 1120

INVENTOR’S LEAGUE: PROTOTYPING
(Ages 8-14) Become an inventor of the future! Learn ‘rapid prototyping’ and problem solving as you conceptualize and design a product to solve a critical global issue. Each day begins with inspirational profiles of young inventors, such as the eleven-year-old who coded a robot to find victims of natural disasters. Next, research a problem to tackle in medicine, architecture, the environment, or a topic of your choosing. Once your vision is complete, learn how to draft 2D designs, create 3D models, and develop a website to pitch your ideas to the class. Student projects will be available on a password protected Black Rocket website to share with friends and family. NOTE: Compatible with MAC and Windows OS only.

WIZ-820-BR15  Black Rocket Productions  $209
8/8-8/12  M-F  9:00 am-Noon  5 Sessions
RVC Woodward Technology Ctr.  Room 1120

VIRTUAL REALITY
(Ages 8-14) Embark on an EPIC adventure in virtual reality! In this cutting-edge class, learn the foundations of VR design by creating your own virtual worlds, exploring simulated environments, crafting 3D experiences, and learning basic programming concepts. VR projects can be viewed on a website or mobile device. Students do not need a mobile device to take the class, but will need access to a mobile device at home. VR projects will be available on a password protected Black Rocket website to share with friends and family. At the end of the week, take home your first cardboard VR headset to show friends and family the new worlds you created. NOTE: Compatible with MAC, Windows and Chrome OS.

WIZ-820-BR16  Black Rocket Productions  $228
8/8-8/12  M-F  1:00-4:00 pm  5 Sessions
RVC Woodward Technology Ctr.  Room 1120
WEEK STARTING AUGUST 15

Registration at BlackRocket.com/online/roc

BATTLE ROYALE: MAKE YOUR FIRST FORTNITE STYLE VIDEO GAME
(Virtual) Using a professional 3D game development software, build levels and assets inspired by popular battle royale games like Fortnite. This course includes cartoonish action and battle sequences. **NOTE:** Compatible with MAC and Windows OS only and requires a 64-bit operating system.

(Ages 8-11) Black Rocket Productions $169
8/15-8/19 M-F 8:30-11:00 am 5 Sessions
(Ages 11-14) Black Rocket Productions $169
8/15-8/19 M-F Noon-2:30 pm 5 Sessions

CODE BREAKERS
(Virtual) Learn the basics of coding languages like HTML, JavaScript, and CSS through a series of web projects and design challenges each day. Returning students can create more advanced projects that build on previous years. **NOTE:** Compatible with MAC, Windows and Chrome OS.

(Ages 8-11) Black Rocket Productions $169
8/15-8/19 M-F 3:30-6:00 pm 5 Sessions
(Ages 11-14) Black Rocket Productions $169
8/15-8/19 M-F Noon-2:30 pm 5 Sessions

MINECRAFT REDSTONE ENGINEERS
(Virtual) Expand your Redstone knowledge by constructing your own carnival with a variety of mini-games, roller coasters, and attractions powered by Redstone. Learn how to use Command and Structure blocks to incorporate them into your builds. **NOTE:** Compatible with MAC and Windows OS only. **PURCHASE:** Minecraft Java Edition.

(Ages 8-11) Black Rocket Productions $169
8/15-8/19 M-F Noon-2:30 pm 5 Sessions
(Ages 11-14) Black Rocket Productions $169
8/15-8/19 M-F 3:30-6:00 pm 5 Sessions

YOUTUBE CONTENT CREATORS
(Virtual) 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! **NOTE:** A webcam is required for this course and it is compatible with MAC and Windows OS only.

(Ages 8-11) Black Rocket Productions $169
8/15-8/19 M-F 8:30-11:00 am 5 Sessions
(Ages 11-14) Black Rocket Productions $169
8/15-8/19 M-F Noon-2:30 pm 5 Sessions

WEEK STARTING AUGUST 22

Registration at BlackRocket.com/online/roc

3D GAME DESIGN WITH UNITY
(Virtual) With Unity, an industry-grade design software, aspiring game designers will learn level editing, 3D modeling, impactful gameplay creation, as well as how to utilize scripts and variables. Returning students can create more advanced projects that build on previous years. **NOTE:** Compatible with MAC and Windows OS only and requires a 64-bit operating system.

(Ages 8-11) Black Rocket Productions $169
8/22-8/26 M-F 3:30-6:00 pm 5 Sessions
(Ages 11-14) Black Rocket Productions $169
8/22-8/26 M-F Noon-2:30 pm 5 Sessions

MINECRAFT DESIGNERS
(Virtual) Learn how to create a custom map, design structures to share between worlds, build with Redstone and Command blocks, and create custom textures for you to import. Returning students can create more advanced projects that build on previous years. **NOTE:** Compatible with MAC and Windows OS only. **PURCHASE:** Minecraft Java Edition.

(Ages 8-11) Black Rocket Productions $169
8/22-8/26 M-F 3:30-6:00 pm 5 Sessions
(Ages 11-14) Black Rocket Productions $169
8/22-8/26 M-F Noon-2:30 pm 5 Sessions

PYTHON PROGRAMMERS
(Virtual) Learn how to code with Python to create engaging apps and games. Each lesson takes you step-by-step on a programming path that will let you challenge friends with fun content you create from start to finish! Returning students can create more advanced projects that build on previous years. **NOTE:** Compatible with MAC, Windows and Chrome OS.

(Ages 8-11) Black Rocket Productions $169
8/22-8/26 M-F 8:30-11:00 am 5 Sessions
(Ages 11-14) Black Rocket Productions $169
8/22-8/26 M-F Noon-2:30 pm 5 Sessions

ROBLOX® CODES & ENTREPRENEURS!
(Virtual) Discover the Lua language through a visual block coding system while designing worlds in ROBLOX®, an online universe where you can create anything you dream of. This new class combines game design concepts, coding, and fun! **NOTE:** Compatible with MAC and Windows OS only.

(Ages 8-11) Black Rocket Productions $169
8/22-8/26 M-F 8:30-11:00 am 5 Sessions
(Ages 11-14) Black Rocket Productions $169
8/22-8/26 M-F Noon-2:30 pm 5 Sessions
Continuing Education offers courses and programs to help you upgrade your skills with non-degree credit, national certification and courses in business, skilled trades, healthcare, and technology areas.
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.

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.

Register at ED2GO.com/RVC
— 2 VIRTUAL 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!
NEW! INTRO TO COMPUTERS
(.5 Credits) This class is designed for the new user, or those with little or no experience, interested in learning how to use computers. The class provides individuals with the skills and confidence to continue learning more computer skills. You will learn computer terms and fundamentals, what is a computer, the Desktop, mouse and keyboard skills, files, folders, browsing the computer content. Windows, applications included with Windows, software, memory, and how to use, hard drive, and other storage are included. Become familiar with internet navigation, internet search tools, e-mail and much, much more. BRING: Flash drive. Lesson book provided.

DPR-019-RV  Charles Corley  $115
6/14-6/23 TTh 5:00-7:30 pm  4 Sessions

MICROSOFT OFFICE OVERVIEW
Microsoft Office 2019 is a fun, easy way to learn how to use Office 2019 and Windows. This class provides a basic understanding of the following software applications, typically required for both home and business, Windows, Word, Excel, Access, and PowerPoint. We will create folders in Windows to save your projects created in Microsoft Office and give you plenty of illustrations as well as hands-on projects and exercises. BRING: Flash drive. Handouts will be provided. NO CLASS 6/20, 6/22.

DPR-060-RV  Gail Lee  $129
6/13-6/29 MW 8:30-11:30 am  4 Sessions

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 2019 Comprehensive Starting course or equivalent experience. PURCHASE: Text at RVC Bookstore. (Same textbook as Comprehensive Getting Starting course.)

DPR-027-RV  Charles Corley  $129
7/12-7/21 TTh 5:00-8:00 pm  4 Sessions

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: Excel 2019 Comprehensive: Intermediate Level course or equivalent experience. PURCHASE: Text at RVC Bookstore. (Same textbook as Comprehensive Getting Starting and Intermediate Course.

DPR-037-RV  Charles Corley  $129
7/26-8/4 TTh 5:00-8:00 pm  4 Sessions

POWERPOINT ESSENTIALS
Explore the following topics: creating and delivering a PowerPoint presentation, bulleted lists, designing and printing the presentation, copying text and objects, outline panel, formatting the presentation, printing, graphics and animation, artistic backgrounds, slide transitions, adding multimedia in presentations, charts, tables, collaborating with others online, hyperlinks for slide navigation, font embedding, and find and replace. RECOMMENDED: Basic Computer Skills. PURCHASE: Text at RVC bookstore. BRING: Flash drive.

DPR-065-RV  Gail Lee  $129
8/22-8/31 MW 8:30 am-Noon  4 Sessions
### WORD 2019: LEVEL 1
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.

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<tr>
<th>DPR-063-RV</th>
<th>Gail Lee</th>
<th>$79</th>
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<tbody>
<tr>
<td>7/11-7/18</td>
<td>M 8:30 am-Noon</td>
<td>2 Sessions</td>
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### WORD 2019: LEVEL 2
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.

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<tbody>
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<td>7/25-8/1</td>
<td>M 8:30 am-Noon</td>
<td>2 Sessions</td>
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</table>

### WORD 2019: LEVEL 3
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.

<table>
<thead>
<tr>
<th>DPR-063-RV3</th>
<th>Gail Lee</th>
<th>$79</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/8-8/15</td>
<td>M 8:30 am-Noon</td>
<td>2 Sessions</td>
</tr>
</tbody>
</table>

### EXCEL 2019: LEVEL 1
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.

<table>
<thead>
<tr>
<th>DPR-064-RV</th>
<th>Gail Lee</th>
<th>$79</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/13-7/20</td>
<td>W 8:30 am-Noon</td>
<td>2 Sessions</td>
</tr>
</tbody>
</table>

### EXCEL 2019: LEVEL 2
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.

<table>
<thead>
<tr>
<th>DPR-064-RV2</th>
<th>Gail Lee</th>
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</thead>
<tbody>
<tr>
<td>7/27-8/3</td>
<td>W 8:30 am-Noon</td>
<td>2 Sessions</td>
</tr>
</tbody>
</table>

### EXCEL 2019: LEVEL 3
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. One hour lunch break (on own). **BRING:** Flash drive.

<table>
<thead>
<tr>
<th>DPR-064-RV3</th>
<th>Gail Lee</th>
<th>$79</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/10-8/17</td>
<td>W 8:30 am-Noon</td>
<td>2 Sessions</td>
</tr>
</tbody>
</table>
EMERGENCY MEDICAL TECHNICIAN (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). PURCHASE: Text with computer access code at Rock Valley College Bookstore. NO CLASS 9/5, 9/6, 11/8, 11/24.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Credits</th>
<th>Dates</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRE-038-RV4</td>
<td>Debbie Niedermeier</td>
<td>$1,339</td>
<td>8/15-12/3</td>
<td>MTTh Noon-4:00 pm</td>
<td>Room 1104</td>
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<tr>
<td>FRE-038-RV5</td>
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<td>$1,339</td>
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<td>MTTh 6:00-10:00 pm</td>
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</tr>
<tr>
<td>RVC Health Sciences Ctr.</td>
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</tr>
</tbody>
</table>
FOOD SERVICE

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 (FSSMC), an employee must take an approved 8-hour training course and take the exam which immediately follows the course. A passing grade is 75% 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.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSP-054-RV</td>
<td>6/16</td>
<td>Th 8:00 am-5:00 pm</td>
<td>1 Session</td>
</tr>
<tr>
<td>HSP-054-RV2</td>
<td>7/21</td>
<td>Th 8:00 am-5:00 pm</td>
<td>1 Session</td>
</tr>
<tr>
<td>HSP-054-RV3</td>
<td>8/25</td>
<td>Th 8:00 am-5:00 pm</td>
<td>1 Session</td>
</tr>
</tbody>
</table>

FOOD HANDLER CERTIFICATION
A food handler is defined by law as a person who works in a food facility and performs any duties that involve the preparation, storage or service of food in a food facility. This includes most restaurant jobs, including servers, bartenders, dishwashers, hosts and hostesses who handle food. The ServSafe Food Handler course covers basic food safety, personal hygiene, cross-contamination and allergens, time and temperature, and cleaning and sanitation. This certificate is good for 3 years. The 40-question exam is taken at the completion of the class and will take approximately 1 hour. REQUIRED ATTENDANCE: Mandatory attendance is required. You must arrive promptly by 8:00 am. INCLUDED: Book. BRING: Photo ID.

<table>
<thead>
<tr>
<th>Course</th>
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<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>HSP-055-RV</td>
<td>6/22</td>
<td>W 8:00-10:30 am</td>
<td>1 Session</td>
</tr>
<tr>
<td>HSP-055-RV2</td>
<td>7/27</td>
<td>W 8:00-10:30 am</td>
<td>1 Session</td>
</tr>
<tr>
<td>HSP-055-RV3</td>
<td>8/31</td>
<td>W 8:00-10:30 am</td>
<td>1 Session</td>
</tr>
</tbody>
</table>

All Food Service Classes are in RVC Classroom Bldg. II, Room 120

ONLINE HOSPITALITY TRAINING

BASSET ALCOHOL TRAINING
Tap Series’ BASSET Alcohol Training online course is approved by the State of Illinois’ Liquor Control Commission. The interactive online course provides the necessary tools and skills for the safe and legal service of alcoholic beverages and is the quickest and most enjoyable way to earn your BASSET certificate.

CHOOSE SAFETY PROCEDURES TRAINING
The TAP Approved Manual Choke Saving Procedures, which includes the Heimlich Maneuver and Sequence of Obstructed Airway Maneuvers, is available for all food service establishments with 25 twenty-five seats or more on premises when food is being served.

MANDATORY REPORTER TRAINING
Nothing is more important than the protection of children. Illinois law defines over 50 different professionals who have a responsibility by Illinois law to report suspected child abuse.

EARN MORE WITH SERVICE
Service is the number one reason customers recommend a restaurant. This program teaches how to better “Interact” with food service staff and customers by observing, experiencing and interacting with methods to provide great customer service.

RockValleyCollege.edu/Community/CCE/ContinuingEd/CulinaryHospitalityTraining.cfm
HEALTHCARE

RECERTIFICATION FOR CNA’s
(.5 Credit) If you have not been employed as a CNA for a continuous 24 months, then you may be eligible to recertify. ELIGIBILITY TO RECERTIFY: PRIOR to registering for class these steps MUST be followed: (This is a Southern Illinois University website and the class is through Rock Valley College.)

1. Complete form online at nurseaidetesting.com/recertification-online-form/
2. AFTER completing online form call 877-262-9259 and provide name and Social Security number. Upon completion of a search of the Registry by SIU to verify your eligibility to recertify, you will receive an email from SIU containing a letter, a performance skills book, the manual skills form and instructional page on how to use the online registration program.
3. Register for recertification class with Rock Valley College Continuing Education Office.

COURSE CODE: NRS 031

Email a copy of your recertification letter from SIU to Yvonne Busker at Y.Busker@RockValleyCollege.edu If Yvonne does not have a copy of your letter, prior to class, you will be dropped from the class.

IDPH requires participants to have a valid finger print criminal background check prior to taking this class, referred to as a FEE APP. For verification of FEE APP, please call, (815) 921-3905, Continuing Education Manager.

You may NOT register to test until after completing the recertification class (additional fee of $75). Test information will be provided in class. Online and virtual testing options available.

Classes meet in the RVC Health Sciences Center, Room 2206

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>NRS-031-RV</td>
<td>Jill Lee</td>
<td>Th</td>
<td>4:00-8:00 pm</td>
</tr>
<tr>
<td>NRS-031-RV2</td>
<td>Jill Lee</td>
<td>Sa</td>
<td>8:00 am-Noon</td>
</tr>
<tr>
<td>NRS-031-RV3</td>
<td>Jill Lee</td>
<td>T</td>
<td>4:00-8:00 pm</td>
</tr>
<tr>
<td>NRS-031-RV4</td>
<td>Jill Lee</td>
<td>Th</td>
<td>4:00-8:00 pm</td>
</tr>
<tr>
<td>NRS-031-RV5</td>
<td>Jill Lee</td>
<td>Sa</td>
<td>8:00 am-Noon</td>
</tr>
</tbody>
</table>

DENTAL ASSISTING PROGRAM
(6 Credits) The 60 hour Dental Assisting Program prepares students for entry-level positions. This course will familiarize the student with all areas of pre-clinical dental assisting and provide training in the professional skills required. This course covers the following key areas and Administrative Aspects: the history of dentistry and dental assisting; introduction to the dental office; the legal aspects of dentistry; policies and guidelines. Clinical aspects include: introduction to oral anatomy; dental operatory; dental equipment, introduction to tooth structure; primary and permanent teeth; the oral cavity and related structures; proper patient positioning; dental hand pieces; sterilization; and other areas. There is no state or national certification objective with this course. All materials and student insurance are included in the course cost. REQUIRED: Scrubs, Face Shield and COVID-19 negative test 7 days prior to class start date. No refunds 7 days prior to class start date. NO CLASS 6/20, 7/4.

NEW! CORONAL POLISHING AND PIT & FISSURE DENTAL SEALANTS

A dual online and in-clinic course teaches coronal polishing principles such as technique, indications, contraindications and clinician and patient positioning, as well as sealant methods like product and placement. Anatomy, physiology, pharmacology and dental emergencies are also covered.

Participants must be eighteen years old and a working dental assistant for at least one thousand hours, or six months full-time. They must act as a patient for coronal polishing, follow OSHA guidelines for infection control and use Personal Protective Equipment.

The course is consistent with Illinois Dental Practice Act guidelines, and all educational and clinical requirements are in accordance with the State of Illinois. No refunds 7 days prior to class start date.

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EKG TECHNICIAN CERTIFICATION

(3 Credits) This comprehensive 50 hour EKG Technician Certification Program prepares students to work as EKG Technicians and to take the ASPT Electrocardiograph (EKG) Technician exam and other National Certification Exams. Course will include important practice and background information on anatomy and physiology, medical terminologies, medical ethics, legal aspects of patient contact, electrocardiography and stress testing. Students will practice with EKG equipment and perform hands-on labs. Introduction to the function and proper use of the EKG machine, the normal anatomy of the chest wall for proper lead placement, 12-lead placement and other clinical practices. **NOTE:** The ASPT Electrocardiograph Technician exam will be given following the completion of this course for an additional charge. All materials and student insurance are included in the course cost. No refunds 7 days prior to class start date. NO CLASS 7/4.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
<th>Start Date</th>
<th>End Date</th>
<th>Sessions</th>
</tr>
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<tbody>
<tr>
<td>HLT-044-RV</td>
<td>CCI Staff</td>
<td>$1,119</td>
<td>6/22-8/15</td>
<td>15 Sessions</td>
<td>RVC Health Sciences Ctr.</td>
</tr>
</tbody>
</table>

PHARMACY TECH CERTIFICATION

(3 Credits) This comprehensive 50 hour program will prepare students to work as a pharmacy technician and take the Pharmacy Technician Certification Board's (PTCB) exam. Course content includes: pharmacy medical terminology; the history of pharmacy; the pharmacy practice in multiple environments; pharmacy calculations and measurements; reading and interpreting prescriptions; and defining drugs by generic and brand names. Students will review dosage calculations, drug classifications, the “top 200 drugs”; l.v. flow rates, sterile compounding, dose conversions, aseptic technique, the handling of sterile products, total parental nutrition (TPN), dispensing of prescriptions, inventory control and billing and reimbursement. In addition to classroom lecture and labs, this program includes a clinical externship through a local pharmacy. To be eligible for the clinical externship, students must successfully complete the 50 hour program, submit to a thorough background check, drug screening and meet other requirements. All materials are included in the course cost. No refunds 7 days prior to class start date. NO CLASS 7/4.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
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<th>End Date</th>
<th>Sessions</th>
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<td>$1,309</td>
<td>6/22-8/15</td>
<td>15 Sessions</td>
<td>RVC Health Sciences Ctr.</td>
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</tbody>
</table>

MEDICAL ADMINISTRATIVE ASSISTANT

(4.5 Credits) This 70 hour course prepares students to function effectively in many of the administrative and clerical positions. This program covers important entry-level background information on anatomy and physiology, medical terminology, insurance billing and coding, medical ethics, customer service and legal aspects. This program is intended to provide students with a well-rounded introduction to medical administration so that a student can gain the necessary skills required to either obtain or advance to a healthcare administration position. **NOTE:** This program will prepare you to meet the requirements of the National Healthcare Association's (NHA) Certified Medical Administrative Assistant (CMAA) national certification exam. The CMAA exam will be given following the completion of this course for an additional charge. All materials are included in the course cost. No refunds 7 days prior to class start date. NO CLASS 7/4.

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Fee</th>
<th>Start Date</th>
<th>End Date</th>
<th>Sessions</th>
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<tr>
<td>HLT-054-RV</td>
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<td>$1,399</td>
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<td>20 Sessions</td>
<td>Sa 9:00 am-3:00 pm</td>
<td>Room 2228</td>
</tr>
</tbody>
</table>

MEDICAL BILLING & CODING PROGRAM

(5 Credits) This combined 80 hour billing and coding course covers the following areas: CPT (introduction, guidelines, evaluation and management); specialty fields (such as surgery, radiology and laboratory); ICD-10 (introduction and guidelines); and basic claims processes for medical insurance and third party reimbursements. **NOTE:** Students who complete this course, may be qualified to sit for the American Academy of Professional Coders (AAPC Apprentice), and/or other National Certification Exams at an additional cost. After obtaining the practical work experience (6 months to 2 years), students can obtain the AAPC CPC® designation. (All materials are included in the tuition fee.). No refunds 7 days prior to class start date. NO CLASS 7/4.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
<th>Start Date</th>
<th>End Date</th>
<th>Sessions</th>
<th>Location</th>
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<tr>
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<td>6/23-8/18</td>
<td>20 Sessions</td>
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</table>

Medications: The extent possible, with cultural insights integrated into each class.

SPANISH FOR BEGINNERS

Whether you know a little bit of Spanish or none at all, you can develop your communication skills in a fun way while learning to interact in various aspects of daily life. Classes are conducted in Spanish to the extent possible, with cultural insights integrated into each class.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
<th>Start Date</th>
<th>End Date</th>
<th>Sessions</th>
<th>Location</th>
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<tr>
<td>FOR-031-RV</td>
<td>Mercedes Donday</td>
<td>$135</td>
<td>7/11-8/29</td>
<td>8 Sessions</td>
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</table>

SPANISH FOR BEGINNERS: PART II

Have already been introduced to the very basics of the Spanish language and want to brush up on your communication skills? Continue developing your communication skills in a fun way while learning to interact in various aspects of daily life. Classes are conducted in Spanish to the extent possible, with cultural insights integrated into each class.

<table>
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<td>$135</td>
<td>7/12-8/30</td>
<td>8 Sessions</td>
<td>Room 121</td>
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</tbody>
</table>
FALL MASSAGE TRAINING PROGRAM 2022

Rock Valley College is excited about the growth of the Massage Therapy Training Program! 600-hour/12-month training program for people pursuing a career in massage and bodywork therapies.

With a strong business edge and a well-rounded curriculum, this program has been designed to offer students a comprehensive education, combining lecture, demonstration, and clinical practice. Students will develop an in-depth understanding of the human body and its interactions, as well as a strong foundation in the areas of anatomy and physiology, applied kinesiology, and pathology.

This program involves hands-on learning of both basic relaxation and deep tissue massage techniques. After completing a certain portion of the program, student clinics will be available, which will allow students opportunities to perform a 60-minute relaxation massage on actual clients, under the supervision of licensed massage therapists and/or instructors.

Program content includes:

• Fundamentals of Massage & Bodywork Therapies & Deep Tissue techniques
• Research & other modalities
• Anatomy & Physiology
• Kinesiology
• Business
• Pathology
• History & theory
• Communication
• Wellness
• Ethics
• Community outreach
• Elective modalities related to the field of massage therapy will be required as well

Upon successful completion of this program, students will receive a certificate from Bodycraft Wellness & Massage Center, LLC. Students then become eligible to take their MBLEx exam. Upon passing the exam, students can then apply for an Illinois state license under the Department of Financial and Professional Regulations division. Successful completion does not guarantee employment, but strong support and guidance is offered.

CLASS BEGINS: September 20th, 2022. Schedule a meeting and site visit with Jamie Fanara by email bodycraftwellness@gmail.com or call (815) 977-4743. The meeting is REQUIRED prior to registering.

Fall program schedule Tuesday and Wednesday from 9:00 am-1:00 pm, Thursdays from 9:00 am-4:00 pm, and electives on days of your choosing.

$7995

CONTINUING EDUCATION FOR MASSAGE THERAPISTS

All courses are approved through NCBTMB for Massage Therapists. Renewal year for Massage Therapists in Illinois.

SPORTS MASSAGE

Chuck LaFranco’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. BRING: Two sets of sheet sets 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-BC16 Chuck Lafrano $349
6/10-6/17 F 10:00 am-5:00 pm 2 Sessions
RVC Classroom Bldg. II Room 122

BEGINNING FOOT REFLEXOLOGY

Although massage therapists and bodyworkers spend a short time during sessions palpating the client’s feet, they could help their clients so much more if they knew how to perform up to a one-hour session of Foot Reflexology. This course will empower the student to help reduce stress throughout the body through the Reflexology map of the body on the feet. This course is designed for the practitioner to acquire Beginning Level Foot Reflexology skills for the demanding and knowledgeable paying public that is aware of and asking for Reflexology Sessions. DRESS: Comfortably. BRING: One sheet set, one hand towel, one large bath towel, a nail file, and blanket for each day. Short fingernails are recommended. The shorter your fingernails, the more ways you can reflex, in turn getting better results. Massage tables and water provided. 14 CE hours for Massage Therapists. NCBTMB #1000721.

MAS-015-BC01 Stefanie Sabounchian $340
6/11-6/12 SaSu 9:00 am-5:00 pm 2 Sessions
RVC Classroom Bldg. II Room 122
SCAR TISSUE MASSAGE

Inefficient healing of scar tissue after surgery or injury can seriously affect 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. BRING: Two sets of sheet sets 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.

Floating Joints

All joints are normally under compression from muscle tone. Joints can be put in temporary traction by pulling on them. There is a fine space where a joint is between the two – no compression nor traction forces. Here the joint is ‘floating,’ and powerful self-correcting responses can readily be elicited from the clients’ homeostatic reflexes. In this class you will learn to feel that ‘floating’ moment, and explore how it can be used. This is a very subtle technique that has virtually no contraindications. Floating Joint blends well with any technique. It has proven to be very effective in whiplash cases, and works well with auto-immune disorders. The deep relaxation that comes from the application of Floating Joint makes it a technique well worth exploring. DRESS: Comfortably. BRING: Two sets of sheet sets 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.

BAMBOO-FUSION® THERAPY

Bamboo-Fusion is an innovative way to provide Swedish or deep tissue full-body massage on the table while reducing the stress on your hands. You will learn a new way to massage on the table with warm bamboo tools of different shapes and sizes. By introducing a new tool, you will increase the number of clients you can apply deep tissue to, giving longer sessions without fatigue, thus saving your hands and wrists from injuries such as carpal tunnel. Nathalie’s goal is to help therapists provide deep tissue massage without pain. Please dress comfortably for this class. BRING: One sheet set, face cradle, massage lubricant, and blanket for each day, a sack lunch and/or snacks (one hour lunch break). Massage tables and bamboo tools provided for use during class. The bamboo products will also be available for sale at a discounted price. 16 CE hours for Massage Therapists. NCBTMB #450427-07.

FOREARM FUSION® FOUNDATION

The Forearm Fusion Foundation course was designed for the massage therapist. This modality was created to teach therapists to use maximum pressure with minimal effort and strain, helping prevent repetitive use injuries and burnout. Forearm Fusion will provide new and experienced therapists foundations for better body mechanics and how to use all aspects of their forearms and elbows. These techniques allow the therapist to provide their clients with deep, consistent pressure without the use of their hands and thumbs. BRING: A set of sheets with a face cradle cover and a towel large enough to wrap around themselves. Massage oil will be provided, but therapists may bring oil/lotion of their preference. Massage table and water provided. 16 CE hours for Massage Therapists. NCBTMB #451761-11.

LOMI LOMI

Lomi lomi is a traditional massage technique from the islands of Hawaii. Lomi lomi’s energy comes from the movement of therapist to the client. The movement that is transferred to the client is much like a wave of the ocean or a tropical breeze; each movement feeds into the next. The practitioner uses massage oil along with their forearms to create ironing, circling, sawing, and soothing massage motions. Lomi lomi is a must have modality in the spa environment, as well as a great addition to your personal, therapeutic massage menu. BRING: A towel large enough to wrap around themselves, sheet set with face cradle cover, and four large hand towels. Students should wear comfortable, dark (massage oil may leave stains) clothing. Massage tables and water provided. 14 CE hours for Massage Therapists. NCBTMB #451761-11.

PNMT FOR THE CERVICAL SPINE

In a recent study, the likelihood of someone experiencing neck pain each year is about 23%. In other words, about 1 in 4 people will have a bout of neck pain this year, with the incidence rate being much higher in people who work in an office at a computer. These numbers translate to the massage table; neck pain will account for many of the visits to massage therapists this year. The reality is neck pain is complex. Releasing the suboccipitals can be wonderful in certain circumstances, disastrous in others. There is no routine that works for all the different iterations of possible neck issues. In PNMT, we don’t teach routines, we focus on reasoning and problem solving. That takes time and expert guidance from the instructor. There is NO substitute for hands-on experience and the guidance of a mentor, especially in an area so small and complex as the neck. Please join us in a weekend devoted to issues of the neck and head. We’ll walk you through problem solving strategies that you can use immediately in your clinic on Monday. Your clients will notice the difference! In the end, better client outcomes mean better therapist incomes. DRESS: Comfortably. BRING: One sheet set, face cradle, and blanket for each day. Massage tables and water are provided. 16 CE hours for Massage Therapists. NCBTMB #286519-00.
NEW! MYOSKELETAL ALIGNMENT TECHNIQUES: PRONE, SPINE AND SIDE LYING

New ways to get your client out of pain, based on the foundational work of ERIK DALTON’S Myoskeletal Alignment Techniques.

Learn innovative Myoskeletal Alignment Techniques for chronic:
- Head & neck pain
- Dowager’s humps and forward head postures
- Sports injuries & tendinopathies
- Rib fixations & breathing disorders
- Foot & ankle Injuries
- Low back protective muscle spasm, sacroiliac & piriformis sciatica

Our goal is to enhance your skills, improve your results, and build your practice to a level of excellence that goes beyond the standard expectation of what can be achieved through traditional bodywork training. Be prepared for outstanding results, even with long standing chronic conditions! **BRING:** A set of sheets w/ face cradle for each day, blanket, and snacks/lunch/beverages. Massage tables, light snacks, coffee, and water provided. 16 CE hours for Massage Therapists. NCBTMB# 157429-00.

**CLASS REGISTRATION LINK**
https://erikdalton.com/workshops/rockford-il-massage-workshop/

**SEMINAR CANCELLATION**
In the event you need to cancel, we will give you a transfer credit for the amount paid. This credit can be applied to any future Myoskeletal workshop with the same educator for up to one year following the original workshop date.

<table>
<thead>
<tr>
<th>Date</th>
<th>Speaker</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
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<tr>
<td>10/22-10/23</td>
<td>Detert</td>
<td>9:00 am-6:00 pm</td>
<td>RVC Classroom Bldg. II</td>
<td>$295</td>
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Jane Detert

SEMINAR CANCELLATION
In the event you need to cancel, we will give you a transfer credit for the amount paid. This credit can be applied to any future Myoskeletal workshop with the same educator for up to one year following the original workshop date.

**ONLINE EDUCATION**

**ED2GO**
Instructor led six-week courses or career training at own pace, over 200 courses available. (Courses offered monthly.)

- Accounting/Finance
- Business
- Computer Applications
- Health Care & Medical
- Law & Legal
- Technology
- Teaching & Education

**ED2GO CAREER TRAINING PROGRAMS**
Online open enrollment programs designed to provide skills necessary to acquire professional level positions.

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

**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

**ED2GO.com/RVC**
FORKLIFT OPERATOR TRAINING

(.5 Credit) Are you looking to gain knowledge in powered industrial truck (forklift) operation to start or advance your career in the material handling field? OSHA 29CFR 1910.178(I)(1)(i) requires anyone who operates a powered industrial truck to be trained and authorized. This course will give you the knowledge and skills required to operate a lift truck in a correct and professional manner as a prerequisite to obtaining your forklift authorization license.

Topics covered:
- Relating safety to the operator and coworkers
- Proper load handling procedures
- Center of gravity demonstration
- Load loss calculations
- Load dock safety
- Pre-shift inspection
- Battery and fuel safety
- ANSI Standards
- OSHA regulations
- Videos Training aids
- Student work book
- Written test
- Hands on evaluations with coaching session
- On-site skills test if requested

NOTE: To become a fully licensed and authorized operator, the owner of the forklift must complete on-site or approve us to complete an on-site skills test. Class covers ITA class I-V equipment. BRING: A lunch and snacks. No refunds 7 day prior to class start date.

ISH-025-RFD  Rob Boeke  $199
6/16
ISH-025-RFD2  Rob Boeke  $199
7/7
ISH-025-RFD3  Rob Boeke  $199
8/4

AERIAL OPERATOR TRAINING

All operators of motorized Aerial equipment are required to be trained and authorized to safely operate Aerial equipment. This course will familiarize you with Group A Scissor and Group B Articulating/Boom, Mobile Elevating Work Platforms (MEWP), as required by ANSI and OSHA requirements.

Topics covered:
- Accountability and responsibility
- Requirement and proper use of fall protection
- Pre-operational and annual inspections
- Site inspection and work procedures
- Operational fundamentals
- Hazards related to operation and use
- Emergency rescue procedures
- Hands-on operation

All training materials included and available in class. Certificate and license issued after successfully completing class and onsite skills test. BRING: A lunch and snacks. No refunds 7 day prior to class start date.

ISH-040-RFD  Rob Boeke  $199
8/5

FORCLIFT OPERATOR TRAINER

(1 Credit) Does your company have a large number of forklift operators? Are you commonly expanding your workforce? Are you frequently changing the work environment? Are you updating equipment to meet the challenges of your customers? We have the right tools to help you improve your safety!

Topics covered:
- Full-time trainers discussing information with the class instead of telling you what to train on
- Common OSHA violations
- Discussion on culture and our mindset
- Workbooks that matches the presentation
- PowerPoints that you take back to your employees
- Classroom discussion
- Hands on operation
- Presentation techniques discussed and demonstrated
- Hands on operation of units as well as practice doing evaluations of other operators
- Thumb drive with P PowerPoints, example tests with answer keys, operator trackers, Spanish tests
- Turnkey presentation provided with embedded videos to minimize the time your trainers need to begin training

Upon leaving our Train the Trainer class, you will have what it takes to train your employees! We offer a 2 day TTT that includes comprehensive forklift and aerial lifts. We also offer a separate 1 day TTT for aerial lifts only. DRESS CODE: Safety glasses are required for hands-on operation of equipment and students are encouraged to wear safety-toed shoes. BRING: A lunch and snacks. No refunds 7 day prior to class start date.

ISH-026-RFD Rob Boeke $1,199
6/27-6/28 MT 8:00 am-4:00 pm 2 Sessions

For more information: Rob Boeke at rob.boeke@wolterinc.com or (815) 874-1610 ext. 6501
NEW! WAREHOUSE 101

Warehouse 101 will prepare you for a career in the distribution and warehousing field. This two-day class will cover general Forklift safety and skills training, Aerial scissor (MEWP type 3A) safety and skills training, as well as pedestrian awareness and safety training when working in an environment with extensive forklift traffic. After successful completion of this two-day course, students will receive certificates in Forklift, Aerial type 3A safety and operation, and pedestrian safety and awareness. All training materials included and available in class. Check out the link below and QR code for dates and times.

RockValleyCollege.edu/Community/CCE/ContinuingEd/Skilled- Trades-and-Certifications.cfm

2 Day Class 8:00 am-5:00 pm
Advanced Training Center $450

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 $155. See course RAH-056-BLL. NO CLASS 6/20, 7/4.

RAH-051-BLL  Stuart Berg  $209
6/13-8/8  M 6:00-9:15 pm  7 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

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.

RAH-051-BLL  Stuart Berg  $175
8/10-8/24  W 6:00-9:00 pm  3 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

EPA CERTIFICATION 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  Proctor  $95
8/24  W 6:00-9:00 pm  1 Session
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004
WE’RE HIRING
ARE YOU LOOKING TO MAKE A BIG IMPACT IN A PART TIME JOB?

CONTINUING EDUCATION offers courses and programs to help upgrade skills with non-degree credit, national certification and courses in business, skilled trades, healthcare, and technology areas. We are seeking part-time adjunct faculty who are interested in developing and sharing their expertise in these fields.

Featured Openings for the Fall Semester:
• Accounting Basics
• QuickBooks
• Math Review
• Leadership/Teambuilding

COMMUNITY EDUCATION is seeking part-time adjunct faculty who are interested in developing and sharing their expertise with high school and adult community members. Due to the nature of noncredit personal interest classes, instructors are not required to have degrees — just demonstrate expertise in their subject area.

Featured Openings for the Fall Semester:
• Guitar: Group lessons for beginners & intermediate
• Ballroom Dance
• Belly Dance

WHIZ KIDS is seeking part-time instructors to have fun teaching groups of preschool, elementary and/or young adult participants. Instructors should be looking for part time work, enjoy working with children and have reliable transportation. $20/hour.

WHIZ KIDS EXPERIENCE
• We are primarily interested in dynamic personalities who want to make a difference in a child’s day.
• Experience working with children is preferred.

WHIZ KIDS RESPONSIBILITIES
• Be EARLY: Instructors are required to arrive 15 minutes prior to scheduled class time.
• Be PREPARED: RVC can provide basic curriculum outlines. Instructors are expected to add their own material to enhance the curriculum.
• Be FRIENDLY: A smile and a healthy dose of enthusiasm go a long way.
• Be ENGAGING: RVC instructors engage students to THINK, LEARN and PLAY WELL each and every class.

Email RVC-CCE@RockValleyCollege.edu and tell us:
• Proposed class title and/or subject area
• Your experience in this area
• How to contact you
MISSION STATEMENT
The Center for Learning in Retirement provides quality lifelong learning for members 50 years and older through diverse educational, cultural, and social opportunities.

ROCK VALLEY COLLEGE CENTER FOR LEARNING IN RETIREMENT

JOIN IN THE FUN!

ARE YOU 50 or OLDER?
Find out what the Center for Learning in Retirement (CLR) at Rock Valley College has to offer including BOTH in-person and online classes, bus trips, social events, special interest groups, and much more!

A YEARLY MEMBERSHIP FEE OF $35* ENTITLES YOU TO:
- Register for Spring, Summer, or Fall courses
- The Center’s newsletter, published three times a year
- Join a special interest group
- Register for trips and social events at discounted member rates
- Volunteer opportunities

Visit RockValleyCollege.edu/CLR or call (815) 921-3931 for more information about classes and activities.

SCHOLARSHIPS AVAILABLE!
The Workforce Equity Initiative (WEI) grant serves approximately 150 participants with a focus on improving workforce equity in at-risk communities within Rock Valley College’s district.

Participants in this initiative will be provided short-term educational opportunities that will lead to employment specifically in the sectors of:

- Truck Driver Training
- Medical Billing & Coding
- Welding
- Dental Assistant
- Computer Numerical Control (CNC) Operation
- Mechatronics

Courses are full time and typically run 8 a.m. - 4 p.m.

**TUITION FULLY COVERED** The RVC-WEI initiative will provide you with stipends to cover the cost of tuition, fees, and materials for courses required to complete the identified short-term certificate.

**FOR MORE INFORMATION** and to find out more about qualifications and how to get started, contact our new WEI Administrative Assistant, Erica Matthews at E.Matthews@RockValleyCollege.edu or call (815) 921-4036.

RockValleyCollege.edu/WEI

RVC is an equal access, equal opportunity organization. More: RockValleyCollege.edu

Rev. 2-22 QTY. 500
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/HCCTP.

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

ACADEMIC SUPPORT FOR RVC CERTIFICATE PROGRAMS

ICAPS is an academic program that prepares students* for high-demand employment.

The ICAPS Program Includes:
- Extra support in the college classroom
- Separate academic support class
- Transition to college
- Assistance securing funding for college
- Free books and supplies
- Employability skills and job search assistance
- Preparation for industry-recognized certifications

* Participating students must qualify.

Complete your certificate in less than a year!

Contact Jenny Morgan at (815) 921-4296 or J.Morgan@RockValleyCollege.edu.

MORE INFORMATION CAN BE FOUND AT: RockValleyCollege.edu/ICAPS
YOUR SKILLS IMPROVEMENT RESOURCE

BPI offers specified customized trainings in our community to meet the needs of businesses that want to keep their employees up to date with current business trends and trainings at a competitive price.

Instructional Design for Today’s Organizations. How you want it. When you want it. Where you want it.

- OSHA/Safety
- First Aid / CPR & AED Training
- Blue Print Reading
- Geometric Dimensioning and Tolerancing (GD&T)
- Six Sigma
- ISO (International Organization for Standardization)
- Internal Auditor
- FANUC & KUKA Robotics
- Microsoft Office Suite
- Successful Supervision
- Leadership & Management
- Workplace Harassment

CONTACT US TODAY!
(815) 921-2066
RockValleyCollege.edu/Community/BPI

TRUCK DRIVER TRAINING

In just five weeks you can be on the road to a new career! Our 200-hour truck driver training program combines classroom presentation with hands-on experience that leads to a Class A Commercial Driver’s License. The course will provide you with the basic skills to become a safe, professional truck driver. Upon successful completion, you will be able to secure an entry-level position in the trucking industry. If you are already a CDL holder and are looking to increase your employment options, please consider taking our preparatory Hazmat Training course. For more information call Dave Willis at (815) 921-2076.

TECH BUS

Rock Valley College is poised and ready to serve as a solution to many of the issues facing our community. Through the offering of non-credit courses, youth programming, and job skills training, the RVC Tech Bus removes the brick and mortar boundaries we face and makes education attainable for all. The RVC Tech Bus is equipped with 7 laptop work stations, 11 MacBooks, two viewing monitors, an instructors station as well as 3 couches. For detailed information regarding programming and reservations contact Cornell Bondurant at (815) 921-4106.
ENROLLMENT FOR FALL ESL & GED CLASSES WILL OPEN JULY 1

ESL - English as a Second Language

The ESL (English as a Second Language) program can help you improve your listening, speaking, reading, and writing skills. Our classes range from providing basic language skills for beginners to helping advanced students prepare for higher education, further training, or a career.

• FREE English Classes for non-native speakers
• All levels of English (Basic through College Preparation)
• Students must be at least 17 years of age, and not enrolled in High School to qualify
• Classes available in the AM and PM

To learn more call (815) 921-2000 or visit RockValleyCollege.edu/ESL

High School Equivalency & Adult Basic Education

When you are ready for the next step in your education, our Adult Education program is ready to meet you where you are and help you achieve your goals.

• We offer FREE GED preparation classes
• Students must be at least 17 years of age, and not enrolled in High School to qualify
• Classes are available in the AM and PM

To learn more call (815) 921-2000 or visit RockValleyCollege.edu/GED.
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

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.
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.
Pick a week: plan your summer!

DETAILS ON PAGES 19-27.