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For a listing of departmental policies, please visit RockValleyCollege.edu/CCE.

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Holocaust Museum & Education Center

SAT., NOVEMBER 9, 2019

The Illinois Holocaust Museum & Education Center, located in Skokie, IL, is the third-largest Holocaust museum in the world, and it is a remarkable place to visit. This tour features a docent-led tour of the “Karkomi Holocaust Exhibit” which will provide a deeply moving experience using survivor stories, personal belongings, photographs, and videos. Our tour will also include a “Survivor Speaker” session (as available) and an “Interactive Survivor Experience” – a unique and unforgettable opportunity to engage in a conversation with a three-dimensional image of an actual Holocaust survivor. We will end the day with free time to explore the museum’s additional exhibits including “Memory Unearthed: The Lodz Ghetto Photographs of Henryk Ross”. The museum also offers contemplative spaces for quiet reflection on your day. A deli lunch will be provided on location.

Depart: RVC Lot 3A at 8:30 am
Return: RVC around 5:30 pm

Registration Code: TRP-001-MUS
Cost: $75

No refunds 7 days prior to departure.

Chicago Adventure

MON., OCTOBER 7, 2019

Let’s go to downtown Chicago! We will get you there and then YOU design your day!! Shop the Magnificent Mile or Water Tower Place! Explore the fabulous museums! Enjoy beautiful Lake Michigan from Navy Pier! Indulge in the many tastes of Chicago! Frolic in Buckingham Fountain! Catch your reflection in “The Bean”! Smile at the faces in Millennium Park! Whatever Chicago adventure piques your interest, it’s sure to be a great day!

Depart: RVC Lot 10 at 7:30 am
Return: RVC around 6:00 pm
[Load bus at 3:45 pm]

Drop off/Pick up:
Near Water Tower Place

Registration Code: TRP-001-ADV
Cost: $40

No refunds 7 days prior to departure.

Christmas Shopping in Downtown Chicago

SAT., DECEMBER 7, 2019

Grab your coat, scarves and boots for some festive Christmas shopping amongst the twinkling lights of skyscrapers. With 460 retailers dotting the Magnificent Mile, you are sure to find something for everyone on your Christmas list. Winter Wonderland at Navy Pier or Christkindlmarket are other seasonal attractions. The day is yours!!!

Depart: RVC Lot 3 at 8:00 am
Return: RVC around 8:00 pm
[Load bus at 5:45 pm]

Drop off/Pick up:
Near Water Tower Place

Registration Code: TRP-001-SHOP
Cost: $40

No refunds or changes after Nov. 25. Very limited seating.
Register early at RockValleyCollege.edu/CEOnline

Join us and experience something new for a night!
We’ll have a different workshop every Friday night!
Make it a date, get together with a friend or come on your own and get to know someone new.

• All experiences start at 6:30 PM.
• Limited seating available!
  Register early to ensure your seat.
• These experiences are for ages 15 and up.
• No refunds 7 days prior to each experience.
• Register on page 41.
SEPTEMBER 13: Forest Bathing
Enjoy the night at Anderson Japanese Gardens, one of the most revered gardens in the U.S. Take a walk and experience nature's beauty. It will stir a sense of calmness, tranquility as well as provide a healing power. Afterwards, visit the Guest House, where you can share and discuss your discoveries while surrounded by the new tatami mat. Green tea and traditional sweets will be served! Meet at the Anderson Japanese Garden visitor center at 6:00 pm. BRING: $5 cash for discounted admission to the garden.

FUN-800-RV11
Keiko Hall
$34
Anderson Japanese Gardens 318 Spring Creek Rd. Visitor Center

SEPTEMBER 20: Herbal Apothecary
Master Herbalist Shannon Redden will share tips and ideas for starting your own herbal apothecary at home. During the second half of the class you will create a tincture and a salve to take home for your apothecary. Supplies included.

FUN-800-RV
Shannon Redden
$34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

SEPTEMBER 27: Your Labyrinth Journey
A labyrinth is a single path that flows from the outer edge to the center of the circle and back to the outer edge. A design mirrored from nature, this ancient pattern is found in many cultures around the world and is a symbol of wholeness. A labyrinth can be a peaceful and healing experience or it may simply be a beautiful place to walk. Join us to learn more about labyrinths and experience a journey of your own. BRING: A pair of socks.

FUN-800-RV2
Julie Boggie
$34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 13

OCTOBER 18: Mendhi Magic
We will discuss this ancient art form, including the science of henna and the history of mehndi. You will learn how to mix your own henna paste, how to apply a mehndi design, and how to maintain your body art. Your experience will include the opportunity to apply a temporary mehndi design with your own take-home henna cone.

FUN-800-RV5
Julie Boggie
$34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

OCTOBER 25: Intuitive Development
Everyone has intuitive abilities! Enjoy an evening exploring energy and other activities to discover your intuitive skill set.

FUN-800-RV6
Melissa Paluzzi
$34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

NOVEMBER 1: Word of Intention Bracelet
Discover how to ring in the new year right with an “Intention”. Or, focus your “Intention” on achieving that goal you’ve been dreaming of. This slight change in how you set your goals can actually improve your success in achieving whatever it is you desire. Through thoughtful conversation, inspiring exercises and mindful reflection you will discover your “Word of Intention” that will help you focus on your goal. Then you will stamp your word into your bracelet/keychain to wear or carry with you as a mindful reminder when life gets a little crazy.

FUN-800-RV7
Cindy Jacobson
$34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

NOVEMBER 8: Fun With Astrology & Signs
Learn about your sun and moon signs and those of your friends and family as well! Before the class, go to https://astro.cafeastrology.com/natal.php and enter your date of birth, time of birth and city of birth. Print the results and bring to class. If you aren’t sure about your time of birth, enter 6:00 am.

FUN-800-RV8
Melissa Paluzzi
$34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

NOVEMBER 15: Holiday Stocking Stuffers
Are there people on your shopping list that are hard to buy for? Do you love making your gifts personal? We will make Bath Salts, Sugar Scrubs, and Room Sprays that incorporate essential oils. During our time together, you’ll learn what essential oils are and how to use them safely and effectively. All supplies will be included.

FUN-800-RV9
Karen Rust
$34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

NOVEMBER 22: Fire Cider
Join master herbalist Shannon Redden to learn about the health benefits of using Fire Cider, a flavorful vinegar mixture infused with herbs, before preparing your own jar of Fire Cider to take home!

FUN-800-RV10
Shannon Redden
$34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007
PRIVATE LESSONS
Accelerate your learning, master the details, and get individual attention and immediate feedback from a professional RVC instructor.

TO REGISTER:
• Register with RVC, online or page 42.
• Email RVC-CCE@RockValleyCollege.edu for scheduling instructions.
• No refunds for missed lessons.

DIGITAL PHOTOGRAPHY
If you have a new camera, or just want a one-on-one session to learn the controls for an upcoming trip, this two-hour session may be for you. Topics can also include post-processing, or we can even provide an intro to studio photography. (Later, you can rent the studio on an hour-by-hour basis if desired.) Once registered, we will contact you to establish a time that works for everyone. This is a great gift to the photographer in your family.

• 2 hour session
• Add a second person for only $75; Call (815) 921-3900 for information.

IND-800-RV5 Adventure Safari Network $199

Piano
(Ages 5-Adult) Lessons designed for beginning or experienced students. Work one-on-one with Inger to develop your musical talents. A piano or keyboard with standard size keys is needed for home preparation of assignments.

• Includes 8 sessions • Each session is 30 minutes

IND-800-RV Inger Langsholt $225

GUITAR
(Ages 10-Adult) Beginners and experienced players are welcome. Choose an area of guitar study, like rock, country, jazz, blues or songwriting. BRING: Acoustic or electric guitar to lesson.

• Includes 10 sessions • Each session is 30 minutes
• Available session times: Thursdays between Noon-8:00 pm

IND-800-RV2 John Peterson $195

FRENCH
(Beginners+) Language learning is an excellent hobby – it benefits mental health. Your proficiency level will be accessed at the first session, and then Mitchell will create material based on your interests and goals. Focus can be on grammar, conversation, preparation for a trip, or anything in between!

• Includes 10 sessions • Each session is 30 minutes
• Available session times: Wednesdays or Thursdays between 5:00-6:00 pm or Tuesdays between 5:00-8:00 pm

IND-800-RV8 Mitchell Faith $195

Knitting or Crocheting
Become an expert in your new hobby! KNITTING LESSONS BRING: One skein (worsted weight) of yarn, and one pair of size 8 knitting needles. CROCHETING LESSONS BRING: One skein (worsted weight) of yarn and 1 size 6 (J) crochet hook.

• Includes 6 sessions • Each session is 30 minutes

IND-800-RV3 Karen Sue McCarthy $122

PIANO
(Ages 5-Adult) Lessons designed for beginning or experienced students. Work one-on-one with Inger to develop your musical talents. A piano or keyboard with standard size keys is needed for home preparation of assignments.

• Includes 8 sessions • Each session is 30 minutes

IND-800-RV Inger Langsholt $225

TAI CHI & KUNG FU FITNESS
For your fitness and health. Personalized training to improve coordination, confidence and awareness by learning stances, stretches, kicks, punches, drills and forms, with self-defense applications. Instructor Certification from Chinese Grandmasters.

• Includes 5 sessions • Each session is 60 minutes

IND-800-RV4 Sue Michaelsen $246

DANCE
FOR THE ADVANCED DANCER(S) or FOR SPECIAL ATTENTION. Learn at your own pace in the dance or dances of your choice. These private lessons can be for couples or singles. Learn the Waltz, Foxtrot, Swing, Tango, Salsa, East Coast and West Coast Swing, Cha Cha, Rumba, Polka, Bolero, Samba, Cumbia, Ballet, Tap, Jazz or Hawaiian. Please select two dances for each nine week session. NOTE: Dance DVDs (Wedding Dances, Tango, Bachata, Cha Cha and more) available in RVC Bookstore. Each individual must register.

• Includes 9 sessions • Each session is 30 minutes
• Available session times: Thursdays 3:00-5:30 pm

IND-800-RV7 Julie Dale $185
A BETTER YOU

SUE MICHAELSEN has earned Tai Chi and Chi Kung Teaching Certification from top expert Medical Doctors and Masters of Healing Arts in China, USA and Canada. Teaching since 1999, she has advanced training in injury prevention and assisting sports performance. Sue is a Licensed Massage Therapist, Certified Accupressurist and Reflexologist.

Intro to Chinese Medicine Benefits
Discover how Chinese hospitals promote healthier mind, body using acupressure and Tai Chi as physical therapy. Class includes acu charts, special movements and stretching to improve your balance, coordination and healing.

NEW! Wang’s Healing Arts
Sit or stand to learn valuable acu points and effective stretching to relieve tension and to improve balance, fitness and health. Text will be available for optional free use in class or purchase to take home.

 Massage for Couples
Spend a special date learning to pamper necks, shoulders, back and more. Students remain clothed. BRING: A blanket and pillow to make chairs comfortable for you. Each person must register.

NEW! Mindful Eating: You are What You Eat
Discussion on how food affects us mentally and physically – describing how the standard American diet may contribute to chronic disease, as well as food cravings, and what to eat for optimal health.

Dr. Shanti Virdi-Hulsebus practices NUCCA Chiropractic and is a graduate of Life Chiropractic College West in Hayward, California. She has studied and worked globally as a volunteer, and joins her husband, Dr. Kyle Hulsebus, in family practice.

Introduction to Meditation for Spiritual Awareness
Meditation helps reduce stress, increases productivity, and improves concentration. More importantly, the emphasis is on growing spiritually. We will cover the physical, mental, emotional, and spiritual benefit of meditation, developing the meditation technique, sitting still and focusing, and stilling the mind.

Session 1: Benefits of Meditation & Beginning the Practice
Session 2: Developing the Meditation Technique
Session 3: Sitting Still & Focusing
Session 4: Stilling the Mind

NEW! 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.

NEW! Stress Management Hypnosis
Use hypnosis to reprogram the automatic thoughts that fuel a negative stress response to life’s triggers – work, school, relationships, finances, health. Feel anxiety melt away and confidence rise through clinically proven hypnosis strategies offered in a supportive environment.

NEW! Overcome Fear of Flying with Hypnosis
Lifelong fear of flying can be overcome with hypnosis in a single session. This has been highly effective in my 30 years of clinical experience offering hypnosis. Free recording provided for pre-travel practice in your home or to use on the plane for added support.

DR. CINDY STEAR is the Director of Connections Therapy Center, a comprehensive therapy office for a wide range of behavioral health issues including anxiety, depression, relationship issues and health/wellness challenges. Dr. Stear specializes in Health Psychology, is certified in Clinical Hypnosis, and offers over 25 years of experience compassionately serving clients.
Heart Disease
Heart disease is usually coronary artery disease (CAD). David became an expert on natural prevention and treatment of CAD after experiencing several heart attacks beginning at age 27. He returned to college for 8 years to study nutrition and biochemistry. Many of the CAD prevention recommendations today are based on errors made over 50 years ago.

ALT-800-BLL8  David Mulvain  $22
9/26  Th  6:30-8:00 pm  1 Session
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 001

NEW! A Healthy Brain for Life
Hear about maintaining a youthful, healthy brain for life by using diet, supplements and other effective treatments to prevent memory loss and reverse dementia and Alzheimer’s disease.

ALT-800-BLL9  David Mulvain  $22
10/3  Th  6:30-8:00 pm  1 Session
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 001

Treating Cancer Naturally
Studies report that chemotherapy has a fail rate of 97 to 98%, and it is inhumane, but very profitable. Learn about 3 natural cancer treatments that are affordable, effective, and have no adverse side effects.

ALT-800-BLL7  David Mulvain  $22
10/17  Th  6:30-8:00 pm  1 Session
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 001

Reiki Therapy Sessions
Please join us for 20 minute treatments in a quiet, small group setting. Reiki energy may bring relief of pain, enhance relaxation, and promote inner harmony to individuals regularly receiving Reiki. No appointments needed.

Last session is at 8:15.
10/7-11/4  W  6:00 pm  FREE!
Bell School Rd. Ctr.3350 Bell School Rd.  Room 001

Reiki Share
Reiki Shares are for students who have completed Reiki Level I training. Participating in Shares allows students to enhance their skill. Shares are open for the public to experience a Reiki session at no cost. Reiki energy may bring relief of pain, enhance relaxation, and promote inner harmony to individuals regularly receiving Reiki.

PREREQUISITE: Level I Reiki. NO CLASS 11/27.

ALT-800-BLL  Cheryl Zolper  $29
9/18-12/18  W  6:00-8:30 pm  13 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 001

Reiki Energy Level I
Reiki is an ever-present energy in our bodies; anyone can harness this innate intelligence for healing ones mind, body and spirit. Reiki is intended to compliment Western Medicine, as a holistic way of maintaining your health. Discover the benefits of Reiki and feel the energy yourself—then share your knowledge with others. Level 1 Reiki students will receive a certificate after completing session.

ALT-800-BLL2  Cheryl Zolper  $89
10/7  M  6:00-8:30 pm  1 Session
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 001

Reiki Energy Level II
Reiki Level II is about bringing harmony and peace into our inner world of emotions and attitudes. Second Degree Reiki is about self-healing and continued growth. Level II is beneficial for those who want to use Reiki more effectively for their own inner development to make Reiki an essential part of their daily life. You will learn the Reiki symbols after your attunement.

ALT-800-BLL3  Cheryl Zolper  $89
11/4  M  6:00-8:30 pm  1 Session
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 001

The Highway Construction Training Program (HCCTP) aims to help women, minorities, and disadvantaged 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.

HCCTP is offered twice a year (Fall and Spring) and the admission process is competitive—not all who apply will be accepted.

HCCTP is at no cost to the participant as it is funded entirely by the Illinois Department of Transportation.

For more information and to register, visit https://www.rockvalleycollege.edu/Community/CCE/HCCTP.cfm
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<td>Acrylics: Basics</td>
<td>Basic lesson on working with acrylics with emphasis on personal expression and discovering ways to use brushes to achieve different painting effects. <strong>NOTE:</strong> $20 material fee payable to instructor at class.</td>
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<tr>
<td>Acrylics: Intermediates</td>
<td>Sally Roldan $35 9/16-9/30 M 6:30-8:30 pm 3 Sessions</td>
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<tr>
<td>Acrylics: Intermediate</td>
<td>Continue to build your acrylic skills. Sally will teach you the tips and techniques to bring out your full artistic abilities. <strong>NOTE:</strong> $5 material fee payable to instructor at class.</td>
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<td>Acrylics: Paint Pouring</td>
<td>Create your own unique art. Does the thought of this art form make you anxious? No worries! You will learn all aspects of this process so you can continue to create beyond this class. <strong>NOTE:</strong> $25 material fee payable to instructor at class.</td>
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<td>Acrylics: Resin Art</td>
<td>Resin Art? It is unique to each artist. Come with your creative intuitive spirit and learn my process of layering acrylic and resin to create 3-D art. Resin requires time so working quickly and intuitively is a necessity for the class time. <strong>NOTE:</strong> $30 material fee payable to instructor at class.</td>
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**ALCOHOL INK**
Alcohol Inks are an expressive medium. First understand how it flows, then add shapes to capture your creative imagination. **NOTE:** $20 material fee payable to instructor at class.

**NEW! Alcohol Ink: Fall Birches**
ART-809-RV11 Sally Roldan $30 9/19 Th 6:30-8:30 pm 1 Session

**NEW! Alcohol Ink: Winter Landscape**
ART-809-RV12 Sally Roldan $30 10/3 Th 6:30-8:30 pm 1 Session

**PASTELS**

**NEW! What Are Pastels & How Do You Use Them?**
Class will be a lecture and demonstration. Pastels have been around as long as our revered master that used them. They are not chalk. For those who want to see what can be done with pastels. Why not learn more before paying for materials you might not want to use?

**NEW! Pastel Painting Basics**
So you are ready to explore pastels! You won’t regret it. In the previous class, you learned what they are and how they are used, now let’s get ready to create. **NOTE:** $25 material fee payable to instructor at class.

**NEW! How to Seal Your Artwork**
Are you worried about that beautiful painting or mixed media art you created? No one wants to worry about damage when they just created something beautiful they would like to keep a lifetime or two. This class will demonstrate multiple products sealing multiple mediums.

**ACRYLIC COLLECTIONS**
**NOTE:** $20 material fee payable to instructor at class.

**Acrylics: Pumpkins & Gourds**
ART-809-RV5 Sally Roldan $30 10/7 M 6:30-8:30 pm 1 Session

**Acrylics: Palette Knife Painting**
ART-809-RV7 Sally Roldan $35 11/4-11/18 M 6:30-8:00 pm 3 Sessions

**Acrylics: Intermediate Trees & Grasses**
ART-809-RV9 Sally Roldan $35 11/5-11/19 T 6:30-8:00 pm 3 Sessions

**Acrylics: Fall Landscape**
ART-809-RV8 Sally Roldan $35 11/25-12/9 M 6:30-8:00 pm 3 Sessions

**Acrylics: Winter Landscape**
ART-809-RV10 Sally Roldan $35 12/26-12/10 T 6:30-8:30 pm 3 Sessions

**Acrylics: Intermediate Skies & Clouds**
ART-809-RV15 Sally Roldan $35 12/5-12/19 Th 6:30-8:00 pm 3 Sessions
WATERCOLOR WITH TOM LINDEN

All classes meet at:
3350 Bell School Rd., Room 7

Watercolor for Landscapes Level II
Be taught ways and methods to paint individual components of a landscape. Use the techniques revealed in the Beginning Watercolor I course to learn how to paint subjects such as skies, trees, water, buildings, etc. Explore creative applications of color, and learn tricks to correct paintings. BRING: Your painting supplies and a few small sheets (7" x 11") of watercolor paper to the first class. PREREQUISITE: Beginning Watercolor I. NO CLASS 10/16.

ART-809-BLL   Thomas Linden   $187
9/18-12/11   W 6:00-8:30 pm   12 Sessions

ART-809-BLL2  Thomas Linden   $151
9/17-12/10   T 6:00-8:00 pm   12 Sessions

Beginning Watercolor I
For students with little or no experience in watercolor, or students that need a refresher course before moving on to the more advanced watercolor classes. Learn to play with and handle watercolor, practice basic techniques and work on elements for landscape paintings. BRING: Full 22x30 sheet of watercolor paper, a pencil, and yardstick to the first class. A materials list can be obtained at our first class, at tomlindenart.com or by emailing instructor at tom@tomlindenart.com. NO CLASS 10/15.

ART-809-BLL3  Thomas Linden   $151
9/16-12/9   M 6:00-8:00 pm   12 Sessions

Oil Painting Open Studio
If you're looking for a course that will allow you to learn how to create your own art rather than just mindlessly following someone else, this course will be of value to you. Whether you are just learning to work with oil paints or are looking for assistance to move your works to the next level, come paint with us. We will work with landscapes as well as still life set ups. Take works from concept, to block-in through a completed painting. Work on your own designs or work with the class challenge of the week. BRING: Your supplies, portable easel, drop cloth and a "can do" attitude. Contact Tom at tomlindenart.com if you have questions or require guidance on materials and easel. NO CLASS 10/17, 11/28.

ART-809-BLL4  Thomas Linden   $139
9/19-12/12   Th 6:00-8:00 pm   11 Sessions

Chinese Brush Painting:
Fall Themes & Colors
Enjoy a watercolor brush painting class inspired by fall subjects such as: pumpkins and squash, yellow birds with fall leaves, gold fish, kafpok flowers with birds, chrysanthemums, tiger with bamboo and butterflies. You will learn the brush strokes, techniques and calligraphy for each of the subjects. There will be an art demonstration for each lesson. A supply kit ($25) can be purchased from the instructor.

ART-809-BLL5  Stella Dobkins   $65
10/12   Sa 9:00 am-5:00 pm   1 Session
Bell School Rd. Ctr. 3350 Bell School Rd.   Room 007

Etegami: Japanese Holiday Inspired Picture Card
Enjoy a day of card making using traditional Japanese style brush art & calligraphy. Use fall and winter subjects for inspiration when creating your art cards. Includes traditional & modern brush painting techniques to paint these subjects: leaves and trees, birds, insects, fruits, vegetables, and flowers. Added technique, we'll use calligraphy to add to your cards. A supply kit ($25) can be purchased from the instructor.

ART-809-BLL6  Stella Dobkins   $65
10/26   Sa 9:00 am-5:00 pm   1 Session
Bell School Rd. Ctr. 3350 Bell School Rd.   Room 007

STELLA DOBBINS, MA, is an artist and art historian who exhibits her work nation-wide and is a signature member of the National Watercolor Society.

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   $246
9/18-11/6   W 6:00-9:00 pm   8 Sessions
RVC Classroom Bldg. I   Room 0210

ART-809-RV2  Stacey McDonald   $246
9/21-11/9   Sa 2:00-5:00 pm   8 Sessions
RVC Classroom Bldg. I   Room 0210

Beginning Calligraphy
(HS-Adult) Enjoy a lifetime of beautiful writing with the art of Calligraphy! Get started with basic practice strokes and learn the upper and lower case alphabets in the italic style. This class is for people who desire to craft beautiful hand written cards, letters, or just about anything that involves beautiful handwriting. Let us teach you the finer points of this timeless art form. No previous calligraphy experience required. All supplies included. NOTE: If left-handed, call (815) 921-3900.

ART-809-RV3  Laurie Schwalm   $113
9/18-10/30   W 7:00-9:00 pm   7 Sessions
RVC Classroom Bldg. II   Room 128

Welding for Artists & Makers
Demonstration of the safe and proper operation of weld equipment as well as provide a basic understanding of welding, weld quality, and how to weld. We will cover welding safety, oxy-acetylene welding/brazing, GMAW (MIG), and soldering. BRING: Notebook and writing utensil, safety glasses, closed toe shoes (leather boots if you own them), 100% cotton or denim clothing (pants must be full leg with no holes or frays). DISCLAIMER: This workshop does not provide formal training or certification. It is intended only as an informal introduction to the topic, and completion of this workshop does not guarantee that you are adequately prepared to operate any equipment on your own.

ART-809-SCCE  Darrell Anderson   $75
11/9   Sa 10:00 am-4:00 pm   1 Session
Stenstrom Center for Career Education   Room 417
4151 Samuelson Rd.
BOOKKEEPING & ACCOUNTING

Bookkeeping & Accounting I
(1 Credit) This is a beginning course with an emphasis on a basic understanding of bookkeeping procedures and accounting principles employing debits and credits of double-entry accounting through the trial balance. Upon completion of this course, students will be prepared for a job as an entry-level bookkeeper, or an entry-level accounting clerk. PURCHASE: Text at RVC Bookstore.

ATG-001-RV Cynthia Fernald $179
9/16-10/14 M 6:00-9:30 pm 5 Sessions
RVC Classroom Bldg. II Room 126

Bookkeeping & Accounting II
(1 Credit) This is an intermediate course that teaches accounting procedures and accounting principles for partnership and corporation businesses. PURCHASE: Text at RVC Bookstore (same as Bookkeeping & Accounting I.) PREREQUISITE: Bookkeeping & Accounting I or equivalent experience.

ATG-002-RV Cynthia Fernald $179
10/21-11/18 M 6:00-9:30 pm 5 Sessions
RVC Classroom Bldg. II Room 126

Bookkeeping & Accounting III
(1 Credit) This course continues from Bookkeeping & Accounting Part II and includes a complete overview of accounting for a merchandising business organized as a corporation.

Topics include:
- Identifying different elements of a corporation
- Types of inventory valuation methods
- Distributing dividends and corporation financial statements

PURCHASE: Text at RVC Bookstore (same as Bookkeeping & Accounting I.) PREREQUISITE: Bookkeeping & Accounting I and II or equivalent experience. NO CLASS 11/28.

ATG-003-RV Cynthia Fernald $179
11/25-12/9 MTh 6:00-9:30 pm 4 Sessions
RVC Classroom Bldg. II Room 126

Payroll Basics
This course provides QuickBooks instructions on how to post payroll checks and how to prepare the required federal and Illinois forms for filing. Even if you subscribe to a payroll service, it is extremely important for all business owners to learn the basics. If your payroll service does not come with a warranty covering all penalties, this course is a must! Additional $98 book fee payable to instructor at first class. BRING: Flash drive. One hour lunch on own.

ATG-004-RV3 Tony Lamia $75
9/24-9/26 TTh 5:30-9:30 pm 2 Sessions
RVC Woodward Technology Ctr. Room 2112

ATG-004-RV2 Tony Lamia $75
10/26 Sa 8:00 am-5:00 pm 1 Session
RVC Woodward Technology Ctr. Room 2614

NEW! QuickBooks: Part I
(1 Credit) Basics of this powerful financial, management program for small business.

You will learn to:
- Work with customer and vendor transactions
- Bank, with QuickBooks
- Plan and create a new company
- Work with opening balances and the balance sheet reports

RECOMMENDED: Basic Computer Skills, or equivalent experience. PURCHASE: Text at RVC, Bookstore. BRING: Flash drive.

DPR-029-RV Krista Schoonover $199
9/18-10/23 W 6:00-9:15 pm 6 Sessions
RVC Woodward Technology Ctr. Room 2614

NEW! QuickBooks: Part 2
(1 Credit) Provides a continuation of QuickBooks 2019 Part I.

You will learn to:
- Work with, physical inventory and how to sell inventory items
- Use QuickBooks for payroll
- Job costing and time, tracking
- Use classes, create estimates and additional, formatting options
- Work with balance sheet accounts
- Customize your QuickBooks file using reports and graphs


DPR-057-RV Krista Schoonover $199
10/30-12/11 W 6:00-9:15 pm 6 Sessions
RVC Woodward Technology Ctr. Room 2614

BOOKKEEPING & ACCOUNTING

Enroll in our MASSAGE THERAPY SCHOOL!

Attend our FREE information session
Wed., November 13
9:00-10:00 am
Thurs., December 5
5:30-6:00 pm
for upcoming classes!

Already a Massage Therapist?
Don’t miss out on our continuing education opportunities!
[See pages 25-26 for a listing of all our current classes.]

Questions?
We’d love to talk with you!
Call (815) 977-4743 or email jamie@bodycraft-wellness.com

BODYCRAFT
Wellness & Massage Center

RVC BOOKSTORE
Student Center, Ground Level
rvc.bncollege.com or (815) 921-1680
For store hours and to order or view used
and new textbooks, visit us online at
**NEW! Study Skills for Success**
(Middle School to College) RVC Assistant Professor Laura Constant will help teach basic self-guided study strategies including proper note taking techniques for both in and out of the classroom, "how to" steps for exam study guides, and useful time management tips that can help any student be successful in their education. Each session will include practice time where you will use actual textbooks to demonstrate and get personalized feedback on the tips and techniques. Whether looking to improve overall grades, prepare for college readiness exams, improve chances for scholarships, or build the skills necessary for higher grade levels, this class can offer you help.

**COL-800-RV** Laura Constant $59
9/18-10/9 W 5:30-6:30 pm 4 Sessions
RVC Jacobs Ctr. for Science & Math Room 1102

**NEW! SAT Preparation**
Take control of the SAT! Class includes: test taking techniques, practice problems and practice tests, content review for both Math and English. This is classroom instruction taught by certified teachers.

**COL-019-RV** $145
10/8-10/24 TTh 5:00-7:00 pm 6 Sessions
RVC Classroom Bldg. ll Room 221A

**Online ACT/GRE/GMAT/LSAT Test Prep**

**SAT StarCast**
This comprehensive video course brings some of the world’s best teachers directly to your students. SAT StarCast is a blended model that features 18 hours of video as well as the Cambridge Victory textbooks. Students can watch videos online using any device and let our experts teach about the essential skills and strategies needed to excel on the SAT!

**SAT Studio**
The SAT Studio platform is supported by all devices, including computers, tablets, and smartphones. Students will have materials with them wherever internet access is available!

**5-MONTH ACCESS: $225**

**SPECIFIC REGISTRATION PROCEDURE:** Fill out registration form (located at the last page of this catalog) include e-mail and mail with payment to RVC, refer to Course #COL-019. Please specify SAT or ACT.
Students will receive a password within 24 hours after registering and can complete the web course program at any time–day or night. All materials included.

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**WE’RE HIRING**

**PART-TIME INSTRUCTORS**

JOIN OUR TEAM!
We are seeking part-time adjunct faculty who are interested in sharing their expertise with members of our community. Due to the nature of non-credit classes, instructors just need to demonstrate skills in their subject area. No degree required!

**AND Whiz Kids**

Are you looking to make a big impact in a part time job? Our part time Whiz Kids Instructors will have fun teaching to groups of elementary and middle school kids. 

$20/HOUR : PART-TIME

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FIND OUT MORE AND APPLY!
Download and complete our application package at RockValleyCollege.edu/CCE.
Click on “Join Our Team”.

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### Computer Training

#### Microsoft Office 2016 Overview
Microsoft Office 2016 is a fun, easy way for beginners to learn how to use Office 2016 software. This class provides a basic understanding of the software applications typically required for both home and business, including Word, Excel, and PowerPoint. Learning is reinforced with plenty of illustrations and practical, hands-on projects and exercises. **BRING:** Flash drive.

**DPR-060-RV**  
**Gail Lee**  
$125  
9/14-9/21  
Sa 8:00 am-Noon  
2 Sessions  
RVC Woodward Technology Ctr.  
Room 2614

#### Basic Computer Skills
(1 Credit) Most jobs today require a working knowledge of certain computer skills. This course is a great introduction to Windows 10 features, the Office 2016 suite including Word, Excel, PowerPoint, Access and is designed to provide the essential computer skills you need in today's fast-changing workplace. **BRING:** Flash drive. **INCLUDES:** Manual. **NO CLASS 9/24, 9/26.**

**DPR-045-RV**  
**Charles Corley**  
$165  
9/17-10/3  
TTh 5:00-9:00 pm  
4 Sessions  
RVC Woodward Technology Ctr.  
Room 2614

#### Access 2016
Introducing databases and tables, importing data sources, working with forms, querying a database using criteria, sorting, and limiting results, using reporting to display information, how to organize, structure and modify reports, refining table design, customizing input forms, adding calculations to forms, creating complex queries, adding sub reports, setting page breaks, and customizing controls. **RECOMMENDED:** Basic Computer Skills. **PURCHASE:** Text at RVC Bookstore. **BRING:** Flash drive. One hour lunch break (on own). **NO CLASS 12/21.**

**DPR-067-RV**  
**Gail Lee**  
$125  
11/25-12/9  
M 8:30 am-4:30 pm  
2 Sessions  
RVC Woodward Technology Ctr.  
Room 2614

#### PowerPoint Essentials 2016
Create and deliver a PowerPoint presentation, bulleted, lists, designing and printing the presentation, copying, text and objects, outline panel, formatting the presentation, 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**  
$125  
11/12-11/21  
TTh 1:00-4:30 pm  
4 Sessions  
RVC Woodward Technology Ctr.  
Room 2614

**DPR-065-RV2**  
**Charles Corley**  
$125  
12/12-12/19  
TTh 5:00-9:00 pm  
3 Sessions  
RVC Woodward Technology Ctr.  
Room 2614

#### Excel 2016: Level 1
Introduction to spreadsheets, creating and editing workbooks, managing multiple workbooks, common formulas, conditional formatting, and organizing large amounts of data. **RECOMMENDED:** Basic Computer Skills. **PURCHASE:** Text at RVC Bookstore. **BRING:** Flash drive. One hour lunch break (on own).

**DPR-064-RV**  
**Gail Lee**  
$79  
9/23  
M 8:30 am-4:30 pm  
1 Session  
RVC Woodward Technology Ctr.  
Room 2614

#### Excel 2016: 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. One hour lunch break (on own).

**DPR-064-RV2**  
**Gail Lee**  
$79  
9/30  
M 8:30 am-4:30 pm  
1 Session  
RVC Woodward Technology Ctr.  
Room 2614

#### Excel 2016: Level 3
Working with tables, calculated columns, structured references, formula calculations, what-if analysis, PivotTables and PivotCharts, macros, workbook protection and inspecting the workbook for compatibility. **RECOMMENDED:** Excel Level 1 & 2. **PURCHASE:** Text at RVC Bookstore. **BRING:** Flash drive. One hour lunch break (on own).

**DPR-064-RV3**  
**Gail Lee**  
$79  
10/7  
M 8:30 am-4:30 pm  
1 Session  
RVC Woodward Technology Ctr.  
Room 2614

#### Excel 2016 Comprehensive: Starting Course
(.5 Credit) Get started with the full, complete Comprehensive Excel course. This is the first of three Comprehensive Levels to provide some of the most needed Excel 2106 skills in any job. You will learn saving and workbook retrieval techniques, shortcuts, formatting and editing, and organizing large amounts of data. **BRING:** Flash drive.

**DPR-024-RV**  
**Charles Corley**  
$125  
10/8-10/24  
TTh 5:15-7:15 pm  
6 Sessions  
RVC Woodward Technology Ctr.  
Room 2614

#### Excel 2016 Comprehensive: Intermediate Level Course
(.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 2016 Comprehensive: Starting Course or equivalent experience. **PURCHASE:** Text at RVC Bookstore. (Same textbook as Comprehensive Starting Course) **BRING:** Flash drive.

**DPR-027-RV**  
**Charles Corley**  
$125  
10/29-11/14  
TTh 5:15-7:15 pm  
6 Sessions  
RVC Woodward Technology Ctr.  
Room 2614

#### Excel 2016 Comprehensive: Advanced Level Course
(.5 credits) Complete the full, advanced, Comprehensive Excel 2016 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 2016 Comprehensive: Intermediate Level Course or equivalent experience. **PURCHASE:** Text at RVC Bookstore. (Same textbook as Comprehensive Intermediate Course) **BRING:** Flash drive. **NO CLASS 11/28.**

**DPR-037-RV**  
**Charles Corley**  
$125  
11/19-12/10  
TTh 5:15-7:15 pm  
6 Sessions  
RVC Woodward Technology Ctr.  
Room 2614
**Word 2016: 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, footers and more. RECOMMENDED: Basic Computer Skills. PURCHASE: Text at RVC Bookstore. BRING: Flash drive.

DPR-063-RV  Gail Lee  $79
9/24-10/1  T  12:30-4:00 pm  2 Sessions
RVC Woodward Technology Ctr.  Room 2614

DPR-063-RV4  Gail Lee  $79
11/2-11/9  Sa  8:30 am-Noon  2 Sessions
RVC Woodward Technology Ctr.  Room 2614

**Word 2016: 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.

DPR-063-RV2  Gail Lee  $79
10/8-10/15  T  12:30-4:00 pm  2 Sessions
RVC Woodward Technology Ctr.  Room 2614

DPR-063-RV5  Gail Lee  $79
11/16-11/23  Sa  8:30 am-Noon  2 Sessions
RVC Woodward Technology Ctr.  Room 2614

**Word 2016: 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.

DPR-063-RV3  Gail Lee  $79
10/22-10/29  T  12:30-4:00 pm  2 Sessions
RVC Woodward Technology Ctr.  Room 2614

**Word 2016 Comprehensive: Starting Course**
(.5 credit) Get started with the full, complete Comprehensive Word course. This is the first of three levels to provide some of the most needed Microsoft Word 2106 skills in any job such as writing business letters, reports, resumes, brochures, smart-art, and commands using multiple columns, keyboard shortcuts, tables, splitting and merging cells and more. You'll also learn the most often skills to save, retrieve, copy, organize, create folders and print documents. RECOMMENDED: Basic Computer Skills. PURCHASE: Text at RVC Bookstore. BRING: Flash drive.

DPR-023-RV  Charles Corley  $125
10/8-10/24  TTh  7:30-9:30 pm  6 Sessions
RVC Woodward Technology Ctr.  Room 2614

**Word 2016 Comprehensive: Intermediate Level Course**
(.5 credits) Intermediate Level Continuation of the full, complete, Comprehensive Word class. Learn the next level skill including mail merge, data sources, special effects, managing and editing objects, text wrap, styles, bulleted lists, document themes, indexes, end notes, footnotes, watermarks, plus more. RECOMMENDED: Word 2016 Comprehensive: Starting Course or equivalent experience. PURCHASE: Text at RVC Bookstore (same textbook as Comprehensive Starting Course). BRING: Flash drive.

DPR-026-RV  Charles Corley  $125
10/29-11/14  TTh  7:30-9:30 pm  6 Sessions
RVC Woodward Technology Ctr.  Room 2614

**Word 2016 Comprehensive: Advanced Level Course**
(.5 credits) Complete the full, advanced, Comprehensive Word 2016 series which will cover tracking edits and changes to documents, sending files, compatibility issues, restrict editing and locking documents, digital signatures, properties and custom properties, macro recording, assign macros to toolbar and custom keyboard shortcut keys. RECOMMENDED: Word 2016 Comprehensive: Intermediate Course or equivalent experience. PURCHASE: Text at RVC Bookstore (same textbook as Comprehensive Intermediate Course). BRING: Flash drive. NO CLASS 11/28.

DPR-036-RV  Charles Corley  $125
11/19-12/10  TTh  7:30-9:30 pm  6 Sessions
RVC Woodward Technology Ctr.  Room 2614

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**RAISE**
Rock Valley Academic Institute for Successful Employment
A Transition-Focused Educational Program for Individuals with Intellectual Disabilities

RAISE is an alternative post-secondary education program enabling young adults who have intellectual disabilities to participate in inclusive post-secondary educational opportunities, gain independent living skills, and to develop the skills needed for competitive employment.

For more information, or to register for Fall courses, please contact the Disability Support Services office at (815) 921-2371 or visit our website at RockValleyCollege.edu/StudentServices/DisabilityServices/raise.cfm.

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**Skills Certificate Assessment Exams**
Upon successful completion of all levels in MS Word, Excel, Access or PowerPoint, students will receive a RVC Certificate of Completion plus be eligible to take the RVC Computer Skills Exam. The exam will be offered for all topics excluding Web Page Design. Students have one year to complete all of the required courses.

DPR-099-RV  Gail Lee  $10
12/16  M  9:00-11:00 am  1 Session
RVC Woodward Technology Ctr.  Room 2614

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**Google Docs, Slides and Sheets can be used to work with a team or individually.**

**NEW! Make Google Work For You!**
Learn how a basic overview of Google Apps and gain an understanding what each app can do for you. No more seeking software at the store, truly take advantage of the ease of Google in this cloud based class. NOTE: You will need an active Gmail account for this class.

DPR-010-BLL  Austin Busker  $49
9/19  Th  6:00-8:00 pm  1 Session
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 005

**NEW! Google Docs & Slides**
Learn how to take advantage of this online word processor that lets you create, edit and share documents. You are even able to collaborate on a single document with multiple people. No special software needed since this is all cloud based.

Bring your presentations to life using Google Slides. Create presentations that mimic your traditional PowerPoint presentations or, by utilizing abilities like extensions and collaboration between multiple users, transform your traditional presentations into something engaging and new.

DPR-001-BLL  Austin Busker  $49
9/26  Th  6:00-8:00 pm  1 Session
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 005

**NEW! Google Sheets**
Ever thought it would be easier to create a spreadsheet with multiple people at work instead of collecting everyone else’s information and typing it all in yourself? Take advantage of Google Sheets. Using Sheets you have all of the same tools and reliability of other spreadsheet software with the added ability to share and collaborate on a single document.

DPR-006-BLL  Austin Busker  $49
10/3  Th  6:00-8:00 pm  1 Session
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 005

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Register early at RockValleyCollege.edu/CEOnline
Basic Cake Decorating
Have you ever wanted to make professional looking cakes or cupcakes for a special occasion? We’ll discover many baking hints and how to decorate like the professionals. Simple yet elegant looking borders, decorations and flowers. Desserts will be made at home and you will decorate them in class. SUPPLIES: A supply list will be given at first class (items such as icing bags, tips, couplers etc.). Cost of supplies vary - starting around $75.

HMC-803-BLL1 Kathy Moe $55 9/19-10/10 Th 6:30-9:00 pm 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

New! Harvest Moon Perfect Dinner
The Harvest Moon signifies the best of the harvest and should be a celebration of the bounty of the season. You never know for sure what we will be preparing and enjoying, but we promise it will be made from quality ingredients and we will make them into a delicious 5-7 course dinner! Partial hands-on class with take-home recipe packet.

HMC-803-TT4 Tasty Tidbits Staff $100 10/18 F 6:30-8:30 pm 1 Session
Tasty Tidbits 1222 S. Alpine Rd.

New! World Vegan Day
Yes! There really is a World Vegan Day! Most people don’t pay enough attention to the food they are putting into their bodies. Research shows that cardiovascular disease, diabetes, obesity, etc. can not only be prevented, but can be reversed with a whole food, plant-based diet, which also happens to be the least expensive diet as well. So many amazing flavors! Partial hands-on class with take-home recipe packet.

FOOD ALLERGIES: We take allergies seriously and will accommodate them if possible; MUST notify us 7 days prior to first class!

HMC-803-TT6 Tasty Tidbits Staff $130 12/5 F 6:30-8:30 pm 1 Session
Tasty Tidbits 1222 S. Alpine Rd.

Flowers & Cake Design
Decorating like the professionals will wow your friends and family! In this class you will learn how to make professional looking flowers using buttercream and royal icings. Some flowers we will learn are rose bud, rose, pansy, lily and poinsettia, just to name a few. You will also learn decorations like basket weave and fancy borders. SUPPLIES: A supply list will be given at first class; (items such as icing bags, tips, couplers etc.). Cost of supplies vary - starting around $75. PREREQUISITE: Completion of Basic Cake Decorating class or with the instructor’s permission. NO CLASS 10/31.

HMC-803-BLL2 Kathy Moe $55 10/17-11/14 Th 6:30-9:00 pm 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

New! Cookie Arrangement
A stunning gift idea for teachers, friends or family is a collection of decorated cookies on sticks! On the first night we will demonstrate how the cookies are made. Recipes, ideas and many hints will also be given. On the second night you will decorate and arrange the cookies into a stunning gift! HOMEWORK: Bake the cookies at home. SUPPLIES: A supply list will be given at first class. Cost of supplies vary - starting around $35.

HMC-803-BLL3 Kathy Moe $55 12/5-12/12 Th 6:00-9:00 pm 2 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

Tasty Tidbits
FOR ALL CLASSES:
• Registration ends 48 hours prior to class date.
• No refunds 48 hours prior to class date.
• FOOD ALLERGIES: We take allergies seriously and will accommodate them if possible; MUST notify us 7 days prior to first class!

Flowers & Cake Design

New! Learn to Cook: Kitchen Basics & Meal Prep
You will learn to properly read a recipe, plan menus, understand cooking jargon and ingredients, measuring, use of utensils and other equipment, plating/garnishing, and basic knife skills. We will definitely help you feel more comfortable in the kitchen as we prepare a 4-5 course meal using newly learned skills and have a sit down/eat/enjoy/discuss at the end of the class. Session includes lecture, demonstration and hands-on, take-home information packet and all recipes. Great for anyone wanting to gain more experience and information about cooking...plus it’s fun!

HMC-803-TT1 Tasty Tidbits Staff $100 9/28 Sa 1:00-4:00 pm 1 Session
Tasty Tidbits 1222 S. Alpine Rd.

Holiday Cookie Workshop
Together, we will prepare delicious Holiday cookies/bars for your gatherings and for you to give as gifts (or eat yourself...it happens!). You will take home at least 8 kinds of cookies/bars...full platter with recipes for all (and tastings as we go). It’s so much working all of these alone and so much fun in a group!

HMC-803-TT5 Tasty Tidbits Staff $100 10/26 Sa 1:00-4:00 pm 1 Session
Tasty Tidbits 1222 S. Alpine Rd.

HMC-803-TT6 Tasty Tidbits Staff $130 12/5 Th 5:00-9:00 pm 1 Session
Tasty Tidbits 1222 S. Alpine Rd.

HMC-803-TT7 Tasty Tidbits Staff $130 12/8 Su Noon-4:00 pm 1 Session
Tasty Tidbits 1222 S. Alpine Rd.

Questions? Call (815) 921-3900

NEW! The Best of Fall: Farm to Table Dinner
This will be a true farm to table dinner. All items will be from local farms and we will prepare 5-7 courses, learn about the farms and enjoy the delicious food together. Partial hands-on class with take-home recipe packet.

FOOD ALLERGIES: We take allergies seriously and will accommodate them if possible; MUST notify us 7 days prior to first class!

HMC-803-TT2 Tasty Tidbits Staff $75 10/18 F 6:30-8:30 pm 1 Session
Tasty Tidbits 1222 S. Alpine Rd.

NEW! The Best of Fall: Farm to Table Dinner
This will be a true farm to table dinner. All items will be from local farms and we will prepare 5-7 courses, learn about the farms and enjoy the delicious food together. Partial hands-on class with take-home recipe packet.

FOOD ALLERGIES: We take allergies seriously and will accommodate them if possible; MUST notify us 7 days prior to first class!
CPR TRAINING

DEBB W.E.B.B. is a certified Basic Life Support Instructor, Medic First Aid with the American Heart Association.

FOR ALL CLASSES:
- Include Handouts & Pocket CPR Shield, 2-Year Certification from the American Heart Assoc.
- Meet at Bell School Rd. Ctr., 3350 Bell School Rd., Room 002

Basic Life Support for Healthcare Providers

For those in the medical field, including medical students, Doctors, CNAs, Nurses, Physical Trainers, Dentists, Dental Assistants, Dental Hygienists, Coaches, etc. Textbook included.

HLT-001-RV
9/21 Sa 8:00 am-Noon 1 Session
Debb Webb $95

HLT-001-RV2
10/24 Th 4:00-7:00 pm 1 Session
Debb Webb $95

HLT-001-RV3
11/16 Sa 9:00 am-1:00 pm 1 Session
Debb Webb $95

HLT-001-RV4
12/7 Sa 3:30-7:30 pm 1 Session
Debb Webb $95

Basic Life Support for Healthcare Providers: Refresher

Refresher on choking, CPR/AED for adults, children and infants. For those in the medical field, including medical students, Doctors, CNAs, Nurses, Physical Trainers, Dentists, Dental Assistants, Dental Hygienists, Coaches, etc. Textbook included.

HLT-008-RV
9/21 Sa 8:00 am-Noon 1 Session
Debb Webb $73

HLT-008-RV2
10/24 Th 4:00-7:00 pm 1 Session
Debb Webb $73

HLT-008-RV3
11/16 Sa 9:00 am-Noon 1 Session
Debb Webb $73

HLT-008-RV4
12/7 Sa 3:30-6:30 pm 1 Session
Debb Webb $73

HeartSaver Pediatric First Aid: Infant-Adult


HLT-003-RV
10/7-10/9 MW 5:00-8:00 pm 2 Sessions
Debb Webb $115

HeartSaver AED and First Aid: Infant-Adult

(.5 Credit) For those working with Adults. Focus will be on CPR & AED for adults. Also includes first aid basics, CPR & AED for children and infants. How to prevent many medical emergencies. Textbook included.

HLT-002-RV
12/10-12/12 TTh 4:00-7:00 pm 2 Sessions
Debb Webb $115

CRAFTS & HOBBIES

Beginning Knitting

Join in America’s #1 hobby–knitting. Learn all the basic stitches along with some “special” techniques. A project will be expected for each class. You will become an expert in your new hobby by the end of this class.

BRING: One skein (worsted weight) of yarn (your color choice), and one pair of size 8 knitting needles.

CAH-806-RV
Karen Sue McCarthy $69
9/17-10/22 T 6:30-8:30 pm 6 Sessions
RVC Support Services Bldg. Room 1309

Beginning Crocheting

Master the basic crochet stitches and techniques for one-of-a-kind crochet projects. A project will be required for each class. You will become an expert with your new hobby by the end of this class.

BRING: One skein (worsted weight) of yarn (your color choice) and 1 size 6 (J) crochet hook.

CAH-806-RV2
Karen Sue McCarthy $69
9/19-10/24 Th 6:30-8:30 pm 6 Sessions
RVC Support Services Bldg. Room 1309

Woodworking

Interested in working with your hands? Can’t find that piece of furniture that hasn’t been made yet? Or have an idea on paper? Then this class is for you. You will learn safety and tool operations, and each student will work on their own project.

BRING: Safety glasses, tape measure, and a plan or idea of a project. Some supplies included– wood and miscellaneous equipment (to be discussed at first class). Lab fee will be collected for some supplies.

DRESS: No loose fitting clothing, no open toe shoes; prefer long pants and full torso covering shirt.

RECOMMENDED: Hearing protection, dust mask, gloves.

CAH-806-SB
Dean Johnson $159
9/17-11/19 T 7:00-9:00 pm 10 Sessions
South Beloit High School Room 312
245 Prairie Hill Rd. South Beloit
Enter through the Woodworking door (back of school)

Sewing

Become able to sew simple garments, read and follow a pattern guide. You can use your own sewing machine or use one that is provided. Learn easy ways to hem, put in zippers, sleeves and much more. First class, students will meet at classroom, then we’ll travel to local fabric store to purchase supplies. NOTE: For those adults who want to take this class with your child/grandchild, both adult and child must register (although strongly suggested, class does not require an adult to attend with child).

CAH-806-BLL4
Mary Foreman $55
9/14 Sa 9:00-11:30 am 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

CAH-806-BLL2
Mary Foreman $167
9/17-11/19 T 6:00-8:30 pm 10 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

NEW! DIY Gifts

(Adults Only) Plan ahead for some homemade gifts during our “Do It Yourself” workshop. We’ll have natural materials on hand (many from the farm!) for shaping your own goat milk soap bars, and hand crafting lip balm, herbal bath salts, seasonal salve. Everyone will make 6 of each gift to bring home.

BRING: A box or bag with you for carrying all of your goodies! No refunds 7 days prior to class start date.

Adult
GAN-817-BE
Angellic Staff $80
11/30 Sa 1:00-4:00 pm 1 Session
Angellic Organics 1545 Rockton Rd. Caledonia

NEW! Getting to Know Your Sewing Machine

Are you struggling with your sewing machine? Join this introductory class that will introduce you to the basics of your sewing machine. Learn to thread the machine, make a bobbin, sew a straight line and zigzag.

BRING: Sewing machine, instruction manual, scrap cotton fabric, empty bobbins and two spools of all-purpose dual-duty thread.

CAH-806-BLL
Mary Foreman $55
9/14 Sa 9:00-11:30 am 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

Beginning Crocheting

Master the basic crochet stitches and techniques for one-of-a-kind crochet projects. A project will be required for each class. You will become an expert with your new hobby by the end of this class.

BRING: One skein (worsted weight) of yarn (your color choice) and 1 size 6 (J) crochet hook.

CAH-806-RV2
Karen Sue McCarthy $69
9/19-10/24 Th 6:30-8:30 pm 6 Sessions
RVC Support Services Bldg. Room 1309

Woodworking

Interested in working with your hands? Can’t find that piece of furniture that hasn’t been made yet? Or have an idea on paper? Then this class is for you. You will learn safety and tool operations, and each student will work on their own project.

BRING: Safety glasses, tape measure, and a plan or idea of a project. Some supplies included– wood and miscellaneous equipment (to be discussed at first class). Lab fee will be collected for some supplies.

DRESS: No loose fitting clothing, no open toe shoes; prefer long pants and full torso covering shirt.

RECOMMENDED: Hearing protection, dust mask, gloves.

CAH-806-SB
Dean Johnson $159
9/17-11/19 T 7:00-9:00 pm 10 Sessions
South Beloit High School Room 312
245 Prairie Hill Rd. South Beloit
Enter through the Woodworking door (back of school)
### Welding for Beginners/Hobbyists

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor(s)</th>
<th>Fee</th>
<th>Schedule</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>HAR-800-RV</td>
<td>Deena Hergert &amp; Lisa Strong</td>
<td>$49</td>
<td>9/20, F 4:30-7:00 pm</td>
<td>RVC Jacobs Ctr. for Science &amp; Math Room 1126</td>
</tr>
</tbody>
</table>

(2.5 Credits) Designed for beginning welders and hobbyists as an introduction to welding and cutting including: theory, set up and operation of Shielded Metal Arc Welding (SMA W/stick), MIG, (wire), TIG (helical), Plasma cutting, Oxyfuel cutting (OFC), equipment and shop safety. (Special safety gear required and may cost up to $200, not included in tuition. List given first day of class). **NOTE:** This class does NOT replace WLD-100 Intro to Welding.

### Ballroom Dancing I

#### Fundamentals: Waltz, Foxtrot, Swing.
- **Learn to lead or how to follow.** Singles and couples are welcome.

- **DNC-800-RV**
  - **Julie Dale**
  - **$95**
  - **9/19-11/14, Th 5:30-6:15 pm**
  - **9 Sessions**
  - **RVC Physical Education Ctr. Room 1216**

### Ballroom Dancing II

#### Intermediate level: Enhance your dance skills with new combinations and improve your turns and floor work.
- **Learn new steps and have fun while learning.**

- **DNC-800-RV2**
  - **Julie Dale**
  - **$95**
  - **9/19-11/14, Th 6:15-7:00 pm**
  - **9 Sessions**
  - **RVC Physical Education Ctr. Room 1216**

### Tap

- **Effortless exercise, have fun and learn a new skill or improve a skill.** We will learn fundamentals as well as a dance routine. You will love it!

- **DNC-800-RV3**
  - **Julie Dale**
  - **$135**
  - **9/19-11/14, Th 7:00-7:45 pm**
  - **9 Sessions**
  - **RVC Physical Education Ctr. Room 1216**

### Basics of Steppin'

- **Chicago-Style Stepping, also known as Steppin’** is an urban dance that originated in Chicago and continues to evolve. This is a progressive style of dance that can be enjoyed by anyone at any age. **Don’t wait!**

- **DNC-800-RV4**
  - **Shu-Tehu Ra**
  - **$150**
  - **10/1-12/10, T 6:00-8:00 pm**
  - **11 Sessions**
  - **RVC Physical Education Ctr. Room 1216**

### Emergency Medical Technician

(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 on-line learning, practical 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 1/20, 3/9, 3/12, 4/9.**

**HWT-038-RV**
- **Debbie Neidermeier**
- **$1,335**
- **IMPORTANT REGISTRATION INFORMATION:**
  - **Class Dates to be Announced**
  - **Tentatively M, T, Th Evenings**
  - **36 Sessions**
  - **Email y.busker@rockvalleycollege for information**
  - **RVC Health Science Ctr. Room 1108**

### Questions? Call (815) 921-3900
NEW! Fun With Microscopes: Flowers & Plants!
(Ages 8-Adult) Have you ever wondered what the parts of a flower look like under the microscope? How about that pesky pollen that can make you sneeze? Come spend time with us in the biology lab, learning to use microscopes to explore the world of plants. Look at living plant cells under the microscopes and watch the green chloroplasts move around! Cut a seed in half and study the tiny plant embryo under the microscope! Dissect a variety of flowers under the microscope and learn about their structures! No microscope, lab experience, or biology background required. Come alone or bring a friend - together we’ll explore the plant world under the microscope!

IMPORTANT REGISTRATION INFORMATION:
Adult only participants must register
Child must register & may bring one free adult

HAR-800-RV Deena Hergert & Lisa Strong $49
9/20 F 4:30-7:00 pm 1 Session
RVC Jacobs Ctr. for Science & Math Room 1126

NEW! DIY Gifts
(Families: Ages 8 & Up) Plan ahead for some homemade gifts during our “Do It Yourself” workshop. We’ll have natural materials on hand (many from the farm!) for shaping your own goat milk soap bars, and hand crafting lip balm, herbal bath salts, seasonal salve. Everyone will make 6 of each gift to bring home. Be sure to bring a box or bag with you for carrying all of your goodies! No refunds 7 days prior to class start date.

Adult
GAN-817-BE4 Angelic Staff $80
11/29 F 2:00-5:00 pm 1 Session

Child
WIZ-809-BE Angelic Staff $40
11/29 F 10:00 am-1:00 pm 1 Session

ANGELIC ORGANICS LEARNING CENTER helps people build local food systems, and offers opportunities to grow healthy food, connect with farmers and the land learn agriculture and leadership skills, and gain a better quality of life. After registration, call (815) 389-8455 or email programs@learngrowconnect.org to provide Angelic Organics staff with an email address for updates on important class information. FOR ALL CLASSES: No refunds 7 days prior to class start date.

Animal Day for Families
(Families) Bring your kids or grandkids to our organic farm on a non-school day for hands-on experiences with the animals. We’ll milk the goats and gather eggs from the chickens. See how you can produce soil from kitchen scraps with worm boxes. Make goat's milk ice cream to enjoy under the trees near our timber frame barn. Register each family member age 3 and up.
BRING: A sack lunch. No refunds 7 days prior to class start date.

GAN-817-BE3 Angelic Organics $22
10/14 M 10:00 am-3:00 pm 1 Session
1545 Rockton Rd. Caledonia

PRE-REGISTRATION & PAYMENT
Required for all classes!
Please register early to reserve your place in the class and avoid cancellation. Every effort will be made to notify registrants if a class has been canceled. Remember to update your phone # and address! (815) 921-3900.
Questions? Call (815) 921-3900

FINANCE

The workshop listed below is intended to provide general financial information. For individual plans, consult your financial advisor.

Baby Boomer Retirement Secrets
Recent academic research indicates that a fundamental shift in retirement planning for the baby boomer generation could be necessary. Due to global market instability and volatility, the 6 basic rules of thumb for retirement may no longer apply. In this class you will learn strategies to maximize your Social Security income, how to legally avoid taxes on your Social Security and retirement plan income, why buy and hold may not be the best strategy for you and what you can do instead to improve your probability of success. This course is taught in two sessions. Choose the night that best fits your schedule. Couples may attend for a single tuition cost. Tuition includes all course materials.

FIN-802-RV1 Antonio Filippone $59
9/24-10/1 T 6:30-8:30 pm 2 Sessions
RVC Physical Education Ctr. Room 0110

FIN-802-RV2 Antonio Filippone $59
10/2-10/9 W 6:30-8:30 pm 2 Sessions
RVC Physical Education Ctr. Room 0110

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

FIN-802-RV15 Thomas Hawkinson $79
9/23-10/21 M 6:00-8:00 pm 5 Sessions
RVC Physical Education Ctr. Room 0202

Retirement Planning Today
(Ages 50-70) Learn how to manage investment risks, use new tax laws to your advantage, make informed decisions about your company retirement plan and adjust your estate plan to function properly. Blend financial education with life planning to help your build wealth, align your money with your values and achieve your retirement lifestyle goals. INCLUDES: Textbook. Register one person and bring a guest for free!

FIN-802-RV11 Carl Mook $49
9/26-10/3 Th 6:00-9:00 pm 2 Sessions
RVC Classroom Bldg. II Room 227

FIN-802-RV12 Carl Mook $49
10/1-10/8 T 6:00-9:00 pm 2 Sessions
RVC Classroom Bldg. II Room 227

FIN-802-RV13 Carl Mook $49
11/5-11/12 T 6:00-9:00 pm 2 Sessions
RVC Classroom Bldg. II Room 227

FIN-802-RV14 Carl Mook $49
11/7-11/14 Th 6:00-9:00 pm 2 Sessions
RVC Classroom Bldg. II Room 227

Taxes in Retirement
Geared to those retired and/or about to enter retirement. (Ideal ages 60-70). The class addresses numerous tax traps retirees fall into costing thousands of dollars. Various strategies utilizing tax planning software will be presented. Attendees will learn the most opportune times to trigger social security, pensions, 401k/IRA or investment dollars in order to reduce taxes. For those interested a free, no obligation customized tax efficiency report will be offered.

FIN-802-RV4 Pathfinder Wealth Mgmt. FREE
10/9 W 10:00 am-Noon 1 Session
RVC Woodward Technology Ctr. Room 1308

FIN-802-RV5 Pathfinder Wealth Mgmt. FREE
10/10-10/17 Th 1:00-3:00 pm 2 Sessions
RVC Woodward Technology Ctr. Room 1308

Rejuvenate Your Retirement
Address issues unique to retirees such as post retirement activities and community involvement, health care resources, planning and preservation against nursing home spend down, generational planning for education (grandchildren and great grandchildren), legacy planning challenges (protecting the inheritance against erosion due to divorce, unintentional disinheriting and the "lottery effect") and post retirement cash flow needs. INCLUDES: Workbook.

FIN-802-RV3 Pathfinder Wealth Mgmt. $39
10/8-10/15 T 10:00 am-Noon 2 Sessions
RVC Woodward Technology Ctr. Room 1308

FIN-802-RV5 Pathfinder Wealth Mgmt. $39
10/10-10/17 Th 1:00-3:00 pm 2 Sessions
RVC Woodward Technology Ctr. Room 1308

WORLD TAI CHI & QIGONG DAY FOR WORLD PEACE!

APRIL 25, 2020
3350 N. Bell School Rd.

Celebration begins at 9 am and we will come together for practice with other countries at 10 am. Performances and classes (sit or stand) and other events until 3 pm!

Pre-Register for this FREE event using code FIT-812-DAY.
**FITNESS ZONE** has been owned and operated by KEVIN and BRENDA BURNS since 1994. All Fitness Zone instructors take pride in coaching their students to get the most out of their class and to keep everyone healthy and active.

**Tabata**

HIIT training with Kevin including strength/cardio exercises to keep you pumping and moving. Timed 20 second intervals with a 10 second rest.

**FIT-800-FZ**  
**Fitness Zone Staff**  
$85  
9/16-11/20  
MW 5:00-5:30 pm  10 Sessions  
Fitness Zone  807 Progressive Ln.  South Beloit

**Cardio & Core**

Want to burn calories and at the same time, work your core muscles? Burpees, kettlebells, ropes, are all used for an all over workout, with an ab session at the end.

**FIT-800-FZ2**  
**Fitness Zone Staff**  
$85  
9/17-11/19  
T 8:30-9:30 am  10 Sessions  
Fitness Zone  807 Progressive Ln.  South Beloit

**Train With the Trainer**

Do you need some motivation in the weight room? Come train with Brenda, circuit train around the gym burning calories with nonstop exercises for a one hour class. Warm up and cool included.

**FIT-800-FZ3**  
**Fitness Zone Staff**  
$85  
9/19-11/21  
Th 8:30-9:30 am  10 Sessions  
Fitness Zone  807 Progressive Ln.  South Beloit

**Fitness Training for Women 40+**

Work on your strength, increase energy and reduce stress with this fun and interactive course. We’ll show you how to use cardio, weights, exercise balls and bands to add to your exercises and fitness goals.

**FIT-800-RV**  
**Bobbi Chance**  
$36  
9/17-10/1  
T 5:30-6:15 pm  3 Sessions  
RVC Physical Education Ctr.  Room 1200

**Cardio Drumming**

Combine aerobic movements with a powerful beat and rhythm of drums. Cardio Drumming utilizes a large stability ball as the drum! Drumming can reduce stress, improve your mood, and burn 400+ calories in just one hour! No drumming experience required and all fitness levels welcome.

**FIT-800-FW**  
**Susan Bubik**  
$40  
W 5:30-6:30 pm  
Fitness Works  3619 Morsay Dr.  Rockford

**NO JOKE MARTIAL ARTS** is the alternative to traditional gyms and martial arts schools. Training is offered to all levels—from the fitness novice to the professional fighter.

**TO REGISTER:**  
- Register with Rock Valley College  
- Call (815) 654-3867 to schedule dates/times  
- Classes run for 5 weeks

**Kick Boxing & Muay Thai**

(Ages 13-Adult) This class is for the novice to advanced kickboxing, Muay Thai or fitness enthusiast. Combines aerobic exercise with realistic self-defense techniques. Boxing gloves and hand wraps are strongly suggested and can be purchased at class.

**FIT-800-NJ**  
**No Joke Staff**  
$64  
No Joke Martial Arts  6358 Daytona Dr.  Loves Park

**Brazilian Jiu Jitsu**

(Ages 13-Adult) We will be practicing all the correct executions of chokes, arm bars and other submission techniques, as well as how to defend against them. These moves are necessary to prepare for a mixed martial arts bout, BJJ grappling tournament or self-defense.

**FIT-800-NJ2**  
**No Joke Staff**  
$64  
No Joke Martial Arts  6358 Daytona Dr.  Loves Park

**TAI CHI**

Reduce stress and improve your fitness! Tai Chi provides all of the cardiovascular, muscular and flexibility benefits of traditional exercise formats, without the impact on joints and stress on the heart. Originating in ancient China, Tai Chi is an effective exercise for health of mind and body.

**SUE MICHAELSEN** has earned Tai Chi and Chi Kung Teaching Certification from top expert Medical Doctors and Masters of Healing Arts in China, USA and Canada. Teaching since 1999, she has advanced training in injury prevention and assisting sports performance. Sue is a Licensed Massage Therapist, Certified Accupressurist and Reflexologist.

**Tai Chi for Beginners**

Sit or stand to relax stress and tension. 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-BLL**  
**Sue Michaelsen**  
$70  
9/16-11/4  
M 10:50-11:50 am  8 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 013

**FIT-812-BLL2**  
**Sue Michaelsen**  
$70  
9/19-11/7  
Th 6:40-7:40 pm  8 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 013

**FIT-812-BLL3**  
**Sue Michaelsen**  
$70  
9/21-11/9  
Sa 8:00-9:00 am  8 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 013

**Tai Chi Forms & Skills**

Warm up with Therapeutic Chi Kung, Drills and Routines that may include, Chen, Sun, Yang, Fan and Sword. **PREREQUISITE:** Tai Chi for Beginners or Instructor approval. Handouts provided.

**FIT-812-BLL4**  
**Sue Michaelsen**  
$70  
9/16-11/4  
M 9:40-10:40 am  8 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 013

**FIT-812-BLL5**  
**Sue Michaelsen**  
$70  
9/19-11/7  
Th 5:30-6:30 pm  8 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 013

**FIT-812-BLL6**  
**Sue Michaelsen**  
$70  
9/21-11/9  
Sa 9:10-10:10 am  8 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 013

**Fitness Boxing for Men/Women**

(Ages 13-Adult) Basic punches, slips and counters taught by experienced boxing trainers. It is a fun, healthy way to vent anger and frustration while punching your way to fitness goals.

**FIT-800-NJ2**  
**No Joke Staff**  
$64  
No Joke Martial Arts  6358 Daytona Dr.  Loves Park

**TO REGISTER:**
- Register with Rock Valley College  
- Call (815) 654-3867 to schedule dates/times  
- Classes run in 4 sessions

**Fitness Zone 807 Progressive Ln. South Beloit**

Register early at RockValleyCollege.edu/CEOnline
NATIONAL CERTIFICATION

ServSafe Food Service Manager

(1 Credit) Meeting the Illinois Department of Public Health, requirements, this class uses ServSafe (an ANSI-CFPM, accredited exam provider). This certificate is good for 5 years. The ServSafe Manager Certification verifies that a manager or, person-in-charge has sufficient food safety knowledge to protect, the public from foodborne illness. All food service operations, that prepare and serve food are required to have a certified, food service manager on the premises when food is being handled. This course covers all critical principles including: personal, hygiene, cross contamination, time and temperature, receiving, and, storage, food safety management systems, training hourly, employees, and more.

The 90 question certification exam will be, given at the end of the 2nd class and will take approximately, two hours.

REQUIRED ATTENDANCE: Mandatory attendance is required for the full 15 hours. You must arrive promptly by 8:00 am. No exceptions, latecomers will not be admitted to class. A 30 minute lunch break on your own.

INCLUDED: Book. BRING: Photo ID to class.

HSP-026-BLL  Marilyn Spielman  $189
10/19-10/26  Sa  8:00 am-5:00 pm  2 Sessions
Bell School Rd. Ctr.

10/19-10/26  Sa  8:00 am-5:00 pm  2 Sessions
3350 Bell School Rd.  Room 002

HSP-026-BLL2  Marilyn Spielman  $189
11/2-11/9  Sa  8:00 am-5:00 pm  2 Sessions
Bell School Rd. Ctr.

11/2-11/9  Sa  8:00 am-5:00 pm  2 Sessions
3350 Bell School Rd.  Room 002

HSP-026-BLL3  Marilyn Spielman  $189
12/7-12/14  Sa  8:00 am-5:00 pm  2 Sessions
Bell School Rd. Ctr.

12/7-12/14  Sa  8:00 am-5:00 pm  2 Sessions
3350 Bell School Rd.  Room 004

Servsafe Food Service Retake

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

HSP-026-RETAKE  Marilyn Spielman  $70
10/26  Sa  3:00-5:00 pm  Room 002
11/9  Sa  3:00-5:00 pm  Room 002
12/14  Sa  3:00-5:00 pm  Room 004
Bell School Rd. Ctr.

3350 Bell School Rd.

CNA RECERTIFICATION

(1 Credit) If you have not been employed as a CNA for a continuous 24 months, then you may be eligible to recertify. Class includes classroom time and an additional meeting with the instructor at a facility for multi-skills evaluation.

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 https://nurseaidtesting.com/recertification-online-form/
2. AFTER completing online form call 1-877-262-9259 and provide name and Social Security number
a. 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 – in person only. You MUST BRING a copy of your recertification letter for our files.

IDPH requires participants to have a valid finger print criminal background check prior to taking this class, referred to as a FEE APP. If you have not completed a finger print criminal background check call (815) 921-3905, Continuing Education Manager for verification and for further steps.

You may NOT register to test until after completing the recertification class (additional fee of $75). Test dates will be available once you have access to your account (Step 2a).

IDPH requires participants to have a valid finger print criminal background check prior to taking this class, referred to as a FEE APP. If you have not completed a finger print criminal background check call (815) 921-3905, Continuing Education Manager for verification and for further steps.

SPECIFIC REGISTRATION PROCEDURE:

 Fill out the registration form (located on the last page of this schedule).
 On registration form, include e-mail and refer to Course # HealthEd.
 Mail back to RVC CCE.
 For help, call (815) 921-3900.
 For course details, call toll free (888) 574-6218.

Healthcare E-Learning

www.HealthEdToday.com/RockValleyCollege

Health Ed Today E-learning courses are highly interactive and provide students with an enriched learning experience. These courses were developed through a partnership with leading education organizations including Pearson Education, E-College and Condensed Curriculum International. NOTE: Ask us about national or state certification opportunities through these courses!

Courses include: 24 hour a day instructor support and course mentors, engaging labs, student exercises and course videos, all textbooks, workbooks and student materials, and a new ‘Career Services’ website.

• Pharmacy Technician Program: $1,299
• Clinical Medical Assistant: $2,499
• Dental Assisting Program: $1,299
• Medical Billing & Coding: $1,799
• Medical Coding ICD-10: $999
• EKG Technician Program: $1,299
• Electronic Health Record Management: $1,299
• Medical Administrative Assistant Program: $1,299
• Dialysis Technician Program: $1,299
• Medical Terminology: $499
• ECG/EKG Course for Nurses: $699
• Veterinary Assistant Program: $1,899

Visit www.healthedtoday.com/RockValleyCollege to experience a Course Demo and to learn more about these courses!
**HEALTHCARE CAREER PROGRAMS** [There is no job placement for these courses.]

**Healthcare and Massage Therapy Info Session**

Learn about opportunities in the rapidly expanding field of healthcare careers.
This free informational session is open to the public and showcases Rock Valley College’s certificate programs. Faculty are available to discuss course requirements and industry trends.

Bring your questions and prepare to visit instructors in the fields of Massage Therapy, EKG Technician, Medical Billing & Coding, Dental Assisting and Pharmacy Technician.

Continuing Education staff will be available to answer any questions you may have on registering.

WIOA funding available for EKG Technician, Pharmacy Technician, Medical Administrative Assistant and Re-Certification for CNA’s for those who qualify. MUST have appointment and funding verified with counselor prior to registering for course.

Veteran’s funding for Massage Therapy for those who qualify. Sallie Mae loans available for all programs.

**Medical Assistant Administration**

(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 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 11/27.

**HLT-054-RV Condensed Curriculum Staff $1,299**
10/7-12/16 MW 6:00-9:30 pm 20 Sessions
RVC Health Sciences Ctr. Room 1214

**EKG Technician Certification Program**

(3 Credits) This comprehensive 50 hour EKG Technician Certification Program prepares students to function 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 of the heart, medical disease processes, medical terminology, 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. Current Healthcare Provider CPR required. No refunds 7 days prior to class start date.

**HLT-044-RV Condensed Curriculum Staff $1,019**
10/7-11/25 MW 6:00-9:30 pm 15 Sessions
RVC Health Sciences Ctr.

**Pharmacy Technician Certification**

(3 Credits) This comprehensive 50 hour program will prepare students to work as a pharmacy technician and to 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”, IV 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. No refunds 7 days prior to class start date.

**HLT-056-RV Condensed Curriculum Staff $1,205**
10/7-11/25 MW 6:00-9:30 pm 15 Sessions
RVC Health Sciences Ctr. Room 1212

**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 11/28.

**HLT-069-RV Condensed Curriculum Staff $1,899**
10/7-12/9 MTh 6:00-9:30 pm 21 Sessions
10/26, 11/9, 11/23 Sa 9:00 am-3:00 pm
RVC Health Sciences Ctr. Room 2232

**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. NOTE: Students will be given the opportunity to participate in a two-week rotation/clinical at a local dentist’s office upon successful completion of this program. No refunds 7 days prior to class start date. NO CLASS 11/28.

**HLT-053-RV Condensed Curriculum Staff $1,299**
10/10-12/9 MTh 6:00-9:30 pm 21 Sessions
RVC Health Sciences Ctr. Room 1218
Home Electrical Repair
Electrical projects will include rewiring and replacing the lamp socket of a table lamp, changing switches or outlets, proper use of extension cords, electricity and safety.

HOM-015-RV  Robert Mirgain  $55  9/28  Sa  9:00 am-Noon  1 Session
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 003

Walls: Drywall Repair & Paint
Drywall topics will include repair of popped nails, cracks, dents, gashes, small and large holes, and water damaged areas. Painting and finishing of damaged areas will also be discussed.

HOM-001-RV  Robert Mirgain  $55  9/21  Sa  9:00 am-Noon  1 Session
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 003

Home Plumbing Repair
Plumbing topics include how home plumbing works as a first step towards doing routine maintenance. Projects will include fixing leaky sink faucets, installing new lavatory or kitchen faucets, cleaning and adjusting popup sink drain, removing and cleaning a sink drain trap, and addressing common toilet problems.

HOM-020-RV  Robert Mirgain  $55  10/5  Sa  9:00 am-Noon  1 Session
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 003

Residential Mechanical Inspector
Covers material relating the mechanical systems typically seen in residential construction. We will begin by discussing the administration of the code to understand the scope of when the regulations are applicable. We will then proceed to discuss appliances, distribution system, and venting options. Lastly, we will explore relevant provisions from the International Fuel Gas and how they affect construction. Practical application of the code, prescriptive design and common mistakes will be discussed. This class will prepare the student to sit for the 2018 Residential Mechanical Inspector certification exam (M-1). The course will focus on part V of the building code, chapters 12 thru 24. There will be a short introduction on building codes, administration (chapter 1) and definitions (chapter 2). BRING: Your codebook to each class. At the conclusion of the course, you should be prepared to take the residential mechanical exam (M-1).

BUS-094-CLEC3 CLEC Enterprises  $850  9/18-11/20  W  6:00-9:00 pm  10 Sessions
CLEC Enterprises  Suite 270  5105 Tollview Drive  Rolling Meadows

International Property Maintenance Code
Discuss the philosophy, attitudes and values surrounding property maintenance, photographs, previously encountered situations, and utilizing drawings as demonstration and teaching points on code requirements in support of community preservation. Topics discussed during the course include: the minimum requirements for plumbing, mechanical, and basic fire safety systems; procedures for administration of property maintenance programs based on data resulting from both well-defined and poorly managed municipalities; methods of verifying citizen complaints, gathering evidence, issuing violation notices, verifying compliance and steps taken when compliance has not been obtained, and discuss the adjudication process, the importance of preparation prior to the adjudication hearings, items of evidence, and the significance of proper record keeping. The class will also include an array of practice tests, and multiple timed comprehensive exams. All Students will be encouraged to test for ICC Commercial Building Inspector Certification. (B2).

BUS-094-CLEC4 CLEC Enterprises  $850  9/3-11/12  T  6:00-9:00 pm  10 Sessions
CLEC Enterprises  Suite 270  5105 Tollview Drive  Rolling Meadows

Commercial Building Inspector (B2): Municipal Government
Covers the 2015 International Building Code®, the basic principles needed by a commercial building inspector. The topics covered include: general administration, occupancy classifications, types of construction, wind and seismic provisions, height and area calculations, egress requirements, accessibility requirements, fire rated construction, special inspections, concrete construction provisions and construction document requirements. The class will also include an array of practice tests, and multiple timed comprehensive exams. All Students will be encouraged to test for ICC Commercial Building Inspector Certification. (B2).

BUS-094-CLEC2 CLEC Enterprises  $850  9/17-12/3  T  6:00-9:00 pm  12 Sessions
CLEC Enterprises  Suite 270  5105 Tollview Drive  Rolling Meadows

Commercial Electrical Inspector (E2) & Electrician Class
Covers the 2014 National Electrical Code - Commercial Electrical Inspector (E2) and Electrician Class, will introduce students to the fundamental code requirements for proper installation of electrical systems in commercial and industrial buildings. This test preparation class will provide students with a firm foundation of electrical equipment, materials and installation techniques that will assist the student in gaining the knowledge necessary to take the Commercial Electrical Inspector Certification Exam offered by the International Code Council (ICC). The instructor will identify and discuss general requirements of installations, services, bonding and grounding, wiring methods, hazardous locations, health care, swimming pools and more. The class will also include an array of practice tests, and multiple timed comprehensive exams. All Students will be encouraged to test for ICC Commercial Electrical Inspector Certification. (E2).

Bus-094-CLEC CLEC Enterprises  $850  9/18-12/4  W  6:00-9:00 pm  12 Sessions
CLEC Enterprises  Suite 270  5105 Tollview Drive  Rolling Meadows
NEW! Computer Technician CompTIA A+ Program with Certification

(8 Credits) The CompTIA A+ program is designed to prepare students to function as computer professionals in multiple technical, business, and healthcare settings. Computer technicians serve many technical support and IT operation roles with job titles such as Support Specialist, Field Service Technician, Desktop Support Analyst, and Help Desk Tier 2 Support. The purpose of this program is to prepare students to support computer users, troubleshoot and problem-solve computer issues, and connect users to the data they need to do their jobs regardless of the devices being used. No refunds 7 days prior to class start date. NO CLASS 11/28.

CERTIFICATION: Students who complete this comprehensive course would be prepared to sit for CompTIA’s A+ Certification (Exams 220-901 and 220-902).

DPR-071-RV Condensed Curriculum Staff $2,899
9/30-12/19 MTTh 6:00-9:30 pm 35 Sessions
RVC Classroom Bldg. II Room 123

BEGINNING JAPANESE

Students will learn greetings, numbers, time, noun/verb usage for simple sentences, and the three Japanese writing systems: Hiragana, Katakana, Kanji. They will train with all four language skills of reading, listening, writing, and speaking. The course includes hands on activities to further the understanding of Japanese culture. PURCHASE: Text at RVC Bookstore.

FOR-010-RV Keiko Hall $130
9/18-10/30 W 6:00-8:00 pm 7 Sessions
RVC Jacobs Ctr. for Science & Math Room 0208

Japanese II

Continue your Japanese language and culture studies from the previous class. Learn various verb and adjective conjunctions and extend your vocabulary.

FOR-010-RV2 Keiko Hall $130
9/16-10/28 M 6:00-8:00 pm 7 Sessions
RVC Jacobs Ctr. for Science & Math Room 0208

INTRODUCTION TO FRENCH

(1 Credit) Requires no previous knowledge of French language or, culture. We will cover practical vocabulary and grammar that can, be used during everyday life while keeping the course, interactive through discussion, film, music, projects, food, and, games.

FOR-075-RV Mitchell Faith $155
9/18-11/20 W 6:00-8:00 pm 10 Sessions
RVC Classroom Bldg. II Room 126

French II

Relies on an introductory foundation in the language. Sessions will incorporate some advance grammar topics while practicing, all 4 domains of language: reading, writing, listening and, speaking. The class will decide on a theme during the first, class which will guide the content of the course. This course is, taught in French.

FOR-075-RV2 Mitchell Faith $155
9/19-11/21 Th 6:00-8:00 pm 10 Sessions
RVC Classroom Bldg. II Room 126

BEGINNING SIGN LANGUAGE

(Families: Only one family member must register) If you've ever thought about learning sign language, now's your chance! 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. NO CLASS 11/28.

LAN-800-BLL Lori Cazel $97
9/26-12/5 Th 6:00-8:00 pm 10 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 003

GIFT OF CLASS

Give the gift of “life-long learning”!

Our classes make a great gift for all occasions. For more information call (815) 921-3900.
CONTINUING EDUCATION FOR MASSAGE THERAPISTS
All courses are approved through NCBTMB for Massage Therapists. Please email your current state license to jamie@bodycraft-wellness.com prior to first class.

Geriatrics Massage
Geriatric Massage is an introductory hands-on class that will teach students to be proficient in geriatric massage. Benefits, contraindications, and techniques of geriatric massage will be covered. This workshop will address medical and health considerations to provide appropriate care for this specialized population.

BRING: Set of twin sheets, pillow case/face cradle cover, snacks/lunch, note taking materials. DRESS: Comfortable clothing. Massage tables provided. 6 CE hours for Massage Therapists. NCBTMB# 451792-11.

Scarf Tissue Massage
Inefficient healing of scar tissue after surgery or injury can seriously affect quality of life and increase health costs. 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. Check out the ‘Scar Tissue Techniques’ and ‘Scar Tissue Research’ articles in Blogs/Articles on the website http://lafranomassagedynamics.com. DRESS: Comfortable. BRING: A set of sheets. 6 CE hours for Massage Therapists. NCBTMB# 344.

NEW! Marma Kansa Vatki Foot Massage
Students will learn how to provide a deeply relaxing Ayurvedic foot massage, using a Kansa Vatki (metal bowl). Kansa is known in Ayurveda as India’s traditional healing system “healing metal”. The treatment relaxes tired feet, improves joint mobility and promotes sound sleep. It also helps in balancing the three body energies (doshas) of Ayurveda; Vata, Pitta, and Kapha. Balancing these specific energies aids homeostasis, and helps the body to function more effectively. Each student will receive a Kansa Vatki (bowl) to use it during the class with an option to purchase at the end of the class. Marma Kansa Vatki Foot Massage study is ideal for Massage Therapists, Estheticians, Holistic Therapists, Nail or Spa Specialists, Reflexologists or anyone wanting to use relaxation techniques on clients, friends and/or self. BRING: 2 sets of sheets, 2 medium size towels. 8 CE hours for Massage Therapists. NCBTMB# 1000013.

NEW! Marma Kansa Vatki
AWAND FACE MASSAGE
The aim of this course is to provide a comprehensive theoretical and practical application of facial rejuvenation, with the help of Kansa Wand (tool). Kansa Wand is a traditional Indian tool used for therapeutic massage. It is known for its role in Ayurvedic healing treatments. By increasing blood circulation and oxygen flow to the facial muscles and skin, the face is less likely to fall in to deep wrinkles or show signs of physical and/or emotional stress. Facial massage also encourages the development of collagen, and collagen is the support system that keeps the skin firm, supple and elastic. BRING: 2 sets of sheets, 2 medium towels, facial tissues. Also please refrain from wearing any makeup or products on face. 8 CE hours for Massage Therapists. NCBTMB# 1000013.
### NEW! Gua Sha

Covers the basics of Gua Sha, including history and theory, indications and contraindications, basic components of the meridian energy systems as they pertain to this modality, Gua Sha tools, proper care and cleaning of tools, and the techniques of application. **BRING:** A set of sheets, a bath sized towel and, unscented oil. **NOTE:** 1 free Gua Sha tool included upon completion of class. 4 CE hours for Massage Therapists. NCBTMB# 055516-00.

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<th>Course Code</th>
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<tbody>
<tr>
<td>MAS-015-BC4</td>
<td>Melissa Paluzzi</td>
<td>$100</td>
<td>10/12 S 9:00 am-1:00 pm</td>
<td>RVC Classroom Bldg. II Room 122</td>
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### Reiki Level I

Reiki I is all about discovery of self, of others, this path you are on, the universe, etc. We discover what Reiki is, how it feels to you, how it feels with others and the world around you. Reiki is a wonderful tool for all those who want to help others. Embrace this life-changing experience and get in touch with your very own unique energy healing abilities. Learn how to use Reiki and its high frequency for simple acts of thinking, feeling and healing. We learn hands-on positions and various self-healing methods. Revealed are the secrets of how to simply and effectively protect yourself energetically from unwanted or foreign energies. The Reiki I attunement and class experience will be the cornerstone of your sparkling journey. After completing this training you will receive your Reiki Certification suitable for framing with your Reiki lineage documents. 7 CE hours for Massage Therapists. NCBTMB# 451792-11.

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<td>MAS-015-BC6</td>
<td>Shannon Chada</td>
<td>$175</td>
<td>11/2 Sa 10:00 am-6:00 pm</td>
<td>RVC Classroom Bldg. II Room 122</td>
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### Aromatherapy Basics

Provides the foundational information and skills you need to, understand how and why essential oils work. You will discover, the basic application methods used in aromatherapy including how to, use a diffuser and how to make sprays, inhalers, salts and, topical blends. In this course you will learn: essential oil, basics, safety guidelines for using essential oils, hands-on, application techniques of aura cleansing, and energy balancing, technique. Make your own essential spritzer to take home. 6 CE, hours for Massage Therapists. NCBTMB# 451792-11.

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<tr>
<td>MAS-015-BC7</td>
<td>Shannon Chada</td>
<td>$190</td>
<td>11/3 Su 9:30 am-3:30 pm</td>
<td>RVC Classroom Bldg. II Room 122</td>
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### Bamboo Fusion® Massage

Bamboo Fusion® massage (on the table) is an innovative way to provide Swedish or deep tissue full-body massage using your favorite lubricant and bamboo tools. Massage using warmed bamboo is a new and effective way to deliver luxurious deep tissue massage which your clients will love. The bamboo tools are 100% solid bamboo so they warm quickly in a commercial grade heating pad and hold heat well. You will learn how to effleurage and petrissage with “warmed” bamboo tools that are different shapes and sizes designed for the various muscle groups. Cleaning and sanitizing the bamboo tools in between clients is also fast and easy. There are numerous benefits of using bamboo massage that extend to the therapist, spa, and client. For the therapist, the modality is almost effortless to perform—very easy on the therapist’s body, hands and wrists which allows therapists to provide more sessions without fatigue and minimizes chances of repetitive injuries. For the Spa/Resort, it provides diversity in spa menu offerings which attracts new clients. Bamboo massage is cost effective and easy to implement and has a high return on investment. For the client, bamboo massage is a new and exciting treatment that involves luxurious firm pressure and soothing heat. **DRESS:** Comfortable clothing. **BRING:** A set of sheets w/ face cradle for each day, snacks/lunch. **NOTE:** Bamboo kits can be purchased at a discounted price during class. 16 CE hours for Massage Therapists. NCBTMB# 450427-07.

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<tr>
<td>MAS-015-BC21</td>
<td>Nathalie Cecilia</td>
<td>$430</td>
<td>11/9-11/10 SaSu 9:00 am-6:00 pm</td>
<td>RVC Classroom Bldg. II Room 122</td>
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### Face Toning

Students will learn a one hour (2 treatments) and a 30-minute hydrotherapy face toning massage treatment while sitting down. The full day is devoted to learning, practicing and receiving a sequential series of massage strokes that affects the facial muscles and neck. 7 CE hours for Massage Therapists. NCBTMB# 055516-00.

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<tr>
<td>MAS-015-BC11</td>
<td>Melissa Paluzzi</td>
<td>$150</td>
<td>12/4 W 9:00 am-5:00 pm</td>
<td>RVC Classroom Bldg. II Room 122</td>
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### Hot Stone Massage

How to work muscles by using smooth heated stones in the palms of the massage therapist's hands, as well as certain size stones placed on various parts on the client's body. Lecture will include key aspects such as history, technique, supplies needed, appropriate temperatures, and contraindications for Hot Stone Massage. **BRING:** 2 fitted sheets, 2 flat sheets, 1 blanket, 2 large towels, 4 flannel pillowcases, 6 hand towels, 2 pairs of long tube socks, and oil. **PREREQUISITE:** LMT or student must have instructor's permission. One hour lunch break on your own. 16 CE hours for Massage Therapists. NCBTMB# 451792-11.

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<tr>
<td>MAS-015-BC13</td>
<td>Jamie Fanara</td>
<td>$350</td>
<td>12/6-12/7 FsSa 9:00 am-6:00 pm</td>
<td>RVC Classroom Bldg. II Room 122</td>
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PIANO WITH INGER LANGSHOLT

INGER LANGSHOLT is a well respected private instruction piano teacher, instrumental in developing community piano lessons in a group setting at Rock Valley College. Inger’s teaching style and classes are best described by one of her adult students: “She taught me (to play the piano) as a child. This is an easy, laid-back approach for the beginner. The student enjoys it!”

TO REGISTER:
• Choose appropriate age/skill level
• Attend first class, register and pay (check only please) OR
• Register and pay online, attend first class
• Dates/times and class level assignments subject to change at instructor’s discretion

Piano Classes for NEW (Inexperienced) Students
Classes designed for beginning level students. No experience required!
A piano or keyboard with standard size keys is needed for home preparation of assignments.

Beginning Piano for Adults
MUS-800-RV10  Inger Langsholt $121
9/17-12/17  T 6:45-7:45 pm  14 Sessions
RVC Classroom Bldg. II Room G22

Piano Classes for CURRENT (Experienced) Students
For students who have previously attended piano classes or who have past experience.
A piano or keyboard with standard size keys is needed for home preparation of assignments.

Adult Beginning Piano II, III
MUS-800-RV11  Inger Langsholt $107
9/18-12/11  W 6:45-7:45 pm  12 Sessions
RVC Classroom Bldg. II Room G22
NO CLASS 11/27

Adult Beginning Piano III, IV, V
MUS-800-RV7  Inger Langsholt $121
9/16-12/16  M 6:45-7:45 pm  14 Sessions
RVC Classroom Bldg. II

Adult Beginning Piano VI, VII
MUS-800-RV9  Inger Langsholt $114
9/17-12/17  T 11:30 am-12:30 pm  13 Sessions
RVC Classroom Bldg. II Room G22
NO CLASS 12/10

Adult Beginning Piano V, VI
MUS-800-RV12  Inger Langsholt $114
9/19-12/19  Th 11:00 am-Noon  13 Sessions
RVC Classroom Bldg. II Room G22
NO CLASS 11/28

Continuing Piano for Adults
MUS-800-RV8  Inger Langsholt $114
9/17-12/17  T 10:30-11:30 am  13 Sessions
RVC Classroom Bldg. II

GIFT OF CLASS
Give the gift of “life-long learning”!
Our classes make a great gift for all occasions.
For more information call (815) 921-3900.

REGISTER FOR THREE AND SAVE!
Register for three on-line music sessions for a discounted price!
MUS-800-SAVE  Craig Coffman  $108

TO REGISTER FOR ONLINE MUSIC CLASSES:
• Register with RVC, online or mail.
• Email RVC-CCE@RockValleyCollege.edu for scheduling instructions.

Piano by Ear
Some music teachers may not want you to know this, but you don’t need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you’ll need to play any song in this one Session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Fee includes an online book and online instruction.
MUS-800-OL  Craig Coffman  $59

Instant Piano
Learn one of music’s deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes an online book and online videos.
MUS-800-OL2  Craig Coffman  $59

Instant Guitar
(Ages 13-Adult) Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won’t have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. BRING: Your acoustic guitar. Class limited to 15 students. For more information go to justoncetemplates.com. Fee includes an online book and online instruction.
MUS-800-OL3  Craig Coffman  $59
Beginning Guitar
Can you imagine being able to play almost any song you want to learn, after only eight guitar lessons? You will be able to play pop, folk and even a classical piece in all of the major keys and at least two minor keys, using numerous styles of playing, including fingerpicking and flat picking. Absolutely no previous experience is necessary! BRING: An acoustic guitar to the first class, and get ready for fun and great camaraderie! Call Cathy Bautz, the instructor, at (815) 975-0478 or e-mail rvcband@hotmail.com. PREREQUISITE: Must be proficient on a band instrument.

MUS-800-BLL3  Cathy Bautz  $85
9/25-11/13  W 6:00-7:30 pm  8 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 003

Intermediate Guitar
Did you know that scientists tell us studies prove that learning to play a musical instrument nourishes our brain like nothing else can, and that when we add singing to the menu, we provide our brains with a veritable feast! Now, don’t you think you should grab an acoustic guitar and join us for this banquet, that is a continuation of Beginning Guitar? You will learn a variety of techniques to add interest and excitement to your playing, including bass runs, hammers, slides, how to read tablature and new picking patterns, as well as additional types of music, including the blues. Call Cathy Bautz, the instructor, if you have any questions. About this class PREREQUISITE: Beginning Guitar for Adults, or instructor consent.

MUS-800-BLL4  Cathy Bautz  $59
9/25-11/13  W 7:30-8:30 pm  8 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 003

COMMUNITY MUSIC GROUPS

Community Band
Community Band provides an opportunity for the individual to continue with their instrumental development through performing a variety of musical styles in the concert band setting. New members should contact the director at (815) 975-0478 or e-mail rvcband@hotmail.com. PREREQUISITE: Must be proficient on a band instrument.

MUS-800-RV3  Erik Oberg  $70
8/22-11/21  Th 6:45-9:00 pm  14 Sessions
RVC Educational Resource Ctr.  Room 0214

Community Orchestra
Open to instrumentalists of intermediate and above abilities who are able to read music. Music from various periods and styles will be studied and performed in concerts. BRING: Your instrument to the first class. NO CLASS 9/2.

MUS-800-RV  Michael Beert  $70
8/26-11/25  M 7:00-9:15 pm  13 Sessions
RVC Educational Resource Ctr.  Room 0214

Community Jazz Ensemble
Open to jazz band instrumentalists who enjoy a wide variety of jazz styles. Music performed will be jazz band instrumentation. Performances with the ensemble will include concerts at Rock Valley College as well as other community concerts. New members should contact the instructor prior to first rehearsal. PREREQUISITE: Previous jazz band experience; new students call instructor at (815) 921-3343.

MUS-800-RV2  Joel Baer  $70
8/28-11/20  W 6:45-8:30 pm  13 Sessions
RVC Educational Resource Ctr.  Room 0214

Rock Valley Master Chorale
The Rock Valley Master Chorale is a choir of dedicated singers who enjoy learning concert repertoire that is both challenging and enriching. We bring music of the highest level to the community through public concerts, and share our talents in presenting outreach performance that serve the wider community. If you are looking to rekindle a choral experience that will recapture the joy and the excellence of a wonderful high school or college choir, we welcome you to join us soon. PREREQUISITE: Successful audition with the director and accompanist. For more information call (815) 978-8169 or email j.wahlquist@comcast.net.

MUS-800-RV4  John Wahlquist  $70
9/3-11/26  T 7:00-9:15 pm  13 Sessions
Our Savior’s Lutheran Church, 3300 Rural St.  Rockford

Bagpipes 101
(Ages 14-Adult) This is your chance to learn Scottish Highland Bagpipes or Highland Drumming on snare, tenor, and bass drums. No experience required. Small group instruction provided by members of the City of Rockford Pipe Band. Bagpipe students begin instruction on chanters, and drumming students begin instruction on drum pads. Information on materials needed and additional fees for instruments and music provided in class.

MUS-800-BLL  Timothy Russo  $70
9/17-12/17  T 7:00-8:15 pm  28 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 001

Old Towne Band
(Ages 16-Adult) We specialize in performing turn-of-the-century music including: circus, marches, novelties, ragtime, Dixieland, vaudeville, overtures, etc. The band presents a formal concert each semester and performs at various community events. NOTE: Class size is limited, new members should check with the instructor at the first class meeting for any openings. PREREQUISITE: Ability to play a band instrument.

MUS-800-KD5  Mark Rose  $70
9/23-12/2  M 7:00-9:00 pm  11 Sessions
Keith School  1 Jacoby Place  Band Room

Blues Guitar for Everyone
(Ages 10-Adult) Beginning to advanced players of guitar and bass are welcome. Study with blues prodigy Wheatbread Johnson. Each semester is customized for the students attending with challenging material for every player. A great way to begin, and a great master class all in one. BRING: Electric or acoustic guitars, a guitar tuner, a notebook and a pencil.

MUS-800-RVS  John Peterson  $137
9/21-11/23  Sa 9:00-11:00 am  10 Sessions
RVC Classroom Bldg.  II  Room 123

Blues Guitar II
(Ages 10-Adult) Intermediate to advanced players of guitar and bass are welcome. Take what you picked up in Blues Guitar for Everyone and take it further. More advanced topics, like soloing and chord vocabulary, and playing in a band are covered here.

MUS-800-RV6  John Peterson  $137
9/21-11/23  Sa 11:15 am-1:15 pm  10 Sessions
RVC Classroom Bldg.  II  Room 123

JOHN PETERSON is a singer and songwriter from Rockton, IL., and is widely known as blues guitarist extraordinaire “Wheatbread Johnson”. He has played in 30 countries and recorded several albums of his original music, and enjoys teaching youth and adults alike.

MUSIC Continued

Register early at RockValleyCollege.edu/CEOnline
ON-LINE EDUCATION

Go to RockValleyCollege.edu/CPEOnline

Prepare for the hottest careers from the comfort of your home. Affordable, self-paced, on-line certificate programs that train you for the latest, in-demand job skill. On-line training is flexible anytime, anywhere learning. Look at what we have to offer and start training today.

Cambridge Educational Services
ON-LINE TEST PREP COURSES

The latest advancement in test preparation—ACT, GRE®, GMAT®, and LSAT®. Includes all areas of the exam, CD-ROM and Official retired tests.

ED2GO

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

- Accounting/Finance
- Technology
- Health Care & Medical
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- Language & Art
- Law & Legal
- Personal Development
- Computer Applications
- Teaching & Education
- Graduate Credit
- Business
- Medical Terminology
- Medical Administrative Assistant
- Medical Coding ICD-10 Update

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
- Dialysis Technician
- Medical Billing & Coding
- EKG Technician
- Medical Terminology
- Medical Administrative Assistant
- Medical Coding ICD-10 Update

National Council on Strength and Fitness Certified Personal Trainer Course

This self-paced online course will prepare you for the NCCA accredited, nationally recognized Certified Personal Trainer (CPT) Exam provided by the National Council on Strength and Fitness (NCSF) Board for Certification. The course bridges the gap between exercise science related coursework and the practical application skills required for personal training. See more information on page 31.

Home Inspection Licensure Program: Online

(5 credits) You will be building a home inspection report as you travel through the program. Each section has a quiz to confirm that you have the knowledge to proceed. This online class does not include the required 10 hours of live training (lab time) you need in order to sit for the state exam. See more information on page 31.

Intro to Voice Overs

One-time, 2 hour, introductory class. Discover current trends, opportunities, and tools you need to find success. Read a script and receive coaching from your instructor to improve your delivery. See more information on page 31.

Voiceover Opportunities

A one-time, 90 minute, one-on-one, video chat class! Discover current trends, opportunities, and tools you need to find success. Read a real script and receive coaching from your instructor to improve your delivery. See more information on page 31.

PETS

Compassionate Pet Grooming At Home

Leave pets at home for this class. Intro to correct use of tools and how to gently encourage pet cooperation for needed care. Includes how to bathe, dry and groom short and long haired cats and dogs.

ANI-803-BLL Sue Michaelsen $27
10/20 Su Noon-2:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

ROCK VALLEY COLLEGE

REFUND POLICY

Enrollment in a Community/Continuing Education (CCE) class must be canceled in order for the student to be eligible for a refund. A refund will be granted according to:

1. Students who drop a CCE course one or more business days before the start of class will receive a 100% refund.*
2. Students enrolled in a CCE course canceled by the College will receive a 100% refund.*
3. Students who drop a CCE course after the first class will not receive a refund.

* Refunds exclude non-RVC fees, such as credit card and echeck fees

For a listing of departmental policies, please visit RockValleyCollege.edu/CCE.
Photography Certificate of Completion

Rock Valley College has partnered with Adventure Safari Network to offer their most popular courses and their expertise. Adventure Safari Network is the leading provider of photographic workshops in the Chicagoland area, and conducts frequent photo safaris in local and international venues. Photography is a popular career, and gaining this Photography Certificate of Completion is one way to make sure you stand out in the job market. Gain a better understanding of the craft and take your photography to the next level.

Certificate of Completion Required Core Classes:
- Basic Digital Photography
- Digital Photography II
- Developing Your Portfolio
- Photoshop Elements

Certificate of Completion Required Electives:
(Prerequisite: Basic Digital Photography) Choose any combination of our other photography offerings for a total of 11 electives or safaris that fit your goals and interests. Electives and safari offerings vary by semester. Examples of our elective/safari topics can be found at https://www.rockvalleycollege.edu/Community/CCE/Photography.cfm

Any type of camera is acceptable, with an SLR providing best results.

Full Certificate of Completion details will be discussed in the Basic Digital Photography class. For more information, contact the Adventure Safari Staff at (312) 470-6704.

PHO-800-CERT Adventure Safari Network $20

Basic Digital Photography
Are you only using $100 worth of features on your $500 camera? This action-packed class will show you how to use your camera controls once and for all! We cover the basics of digital photography; exposure control, white balance, and composition to strengthen your photographic foundation; people, close-ups, action and low-light photography; ways of sharing images and storing your photos. BRING: Your camera.

PHO-800-RV Adventure Safari Network $109
9/19-10/3 Th 6:00-8:30 pm 3 Sessions
RVC Jacobs Ctr. for Science & Math Room 2106

NEW! Photo the Festival:
A Documentary Experience
Festivals are full of action and generally great places to capture images. Join our photography expert for the Galena Octoberfest and learn how to use your camera lens to tell a story. Between the wineries, local art, pottery, painting, people, and the historical significance of Galena, the day will provide stunning experiences. You’ll serve as an eye witness to what’s happening around you, and learn how to document the event in a way that creates a unique narrative and captures the attention of your audience. Instructor will call you to announce meeting location.

PHO-800-RV2 Adventure Safari Network $109
10/5 Sa 7:00 am-6:00 pm 1 Session

Photoshop Elements
Make your images POP for that added touch of excitement! You can’t imagine how much better they will look with just a little optimization using Adobe Photoshop Elements. This program is designed for photographers, image editors and hobbyists, and we provide entry level instruction to make it easy to use. The program contains most of the features of the professional version but with fewer and simpler options. You will learn to edit, organize and share images. We familiarize you with the controls and workflow necessary so you use the program efficiently. This ‘hands-on’ class is designed to get you productive from the first class.

PHO-800-BLL Adventure Safari Network $109
10/7-10/21 M 6:00-8:30 pm 3 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 005

Rock Valley College’s Center for Learning in Retirement offers a great opportunity for people aged 50+ to participate in classes, bus trips, social events, a fitness program, special interest groups, volunteer opportunities, and much more!

A yearly membership fee of $30* 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
- Register for the Golden Eagles Fitness Program (Exercise designed for Center members)
- Volunteer opportunities

For more information, contact (815) 921-3931
RockValleyCollege.edu/CLR

*Scholarships are available for those with financial need (inquiries are confidential). Accommodations for disabilities are available.
How to Own & Operate Your Own Business
(1.5 Credits) This course is a complete overview on how to operate a successful business. This class covers writing a business plan, marketing, planning, advertising, legal requirements, financing, record keeping and other necessities of small businesses. Also covered are the pitfalls of operating a business, and things you do right the first time. Students are required to complete a simulated business plan, and make a presentation on the last night of class. PURCHASE: Text at RVC Bookstore.
BUS-007-RV Joyce Higgins $210
9/23-12/16 M 6:30-8:45 pm 13 Sessions
RVC Woodward Technology Ctr. Room 2614

Intro to Voice Overs
Explore the voiceover industry! Discover current trends, opportunities, and tools you need to find success. Read a script and receive coaching from your instructor, a professional, working voice actor from Voices For All, to improve your delivery. Receive a professional voiceover evaluation later. One-time, 2 hour, introductory class!
BCO-004-RV Voices For All $56
9/24 T 6:00-8:00 pm 1 Session
RVC Classroom Bldg. II Room 126

Voiceover Opportunities
Explore the voiceover industry! Discover current trends, opportunities, and tools you need to find success. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. Onetime, 90 minute, one-on-one, video chat class! Learn more: www.voicesforall.com/ooo.
REQUIREMENTS: Students must have either Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (for PC /Mac users) or iChat/ FaceTime (for Mac users).
BCO-004-INT Voices For All $56
SPECIFIC REGISTRATION PROCEDURE: Fill out a registration form (located at the last page of this catalog) include e-mail and mail in with payment, refer to course # BCO-004-INT.

National Council on Strength and Fitness Certified Personal Trainer Course
This self-paced online course will prepare you for the NCCA accredited, nationally recognized Certified Personal Trainer (CPT) Exam provided by the National Council on Strength and Fitness (NCSF) Board for Certification. The course bridges the gap between exercise science related coursework and the practical application skills required for personal training. The registration fee includes access to the NCSF e-learning platform which provides a digital copy of the textbook, course lesson notes, video lectures, and 300 practice exam questions. A 1 year NCSF membership and a voucher for the NCSF-CPT Exam are also included. Exam eligibility requirements: At least 18 years of age and a high school diploma or equivalent. For more information on NCSF: National Council on Strength and Fitness.
FWS 010 $565
SPECIFIC REGISTRATION PROCEDURE: Fill out a registration form (located at the last page of this schedule) include e-mail and mail in with payment, refer to course #FWS 010.
We offer private training opportunities for your company! Contact us at (815) 921-3905 to coordinate your date.

Topics include:
- OSHA 10 Hour Industry Training
- Electrical Safety
- Hazardous Materials Handling

HVAC Professional with Credential
(9 Credits) The HVAC Program is designed to introduce trainees to HVAC (heating and air-conditioning systems) technology. Topics include mathematics related to HVAC, basic electricity, heating, cooling, air distribution systems, basic copper and plastic piping practices, soldering and brazing, and basic carbon steel piping practices. No refunds 7 days prior to class start date. NO CLASS 11/27, 12/14.

Certification: Students who successfully complete this comprehensive course may receive the NCCER HVAC Level 1 credential.

RAH-017-RV Condensed Curriculum Staff $2,950
9/30-12/16 Sa 9:00 am-4:30 pm 31 Sessions
RVC Classroom Bldg. II Room 125

Integrated Systems Technology Program
What is Integrated Systems Technology? The IST program cross-trains individuals in electrical, electronic and mechanical systems. Students acquire entry level knowledge of operating, troubleshooting and maintaining the high-tech equipment found in today's manufacturing environments. Topics covered include electricity, programmable logic controllers (PLC), pneumatics, hydraulics and mechanical systems. This approach allows students to develop skills in multiple areas, rather than one specific skill. For more information on the IST program, call Yvonne Busker at (815) 921-3905.

For more information on the IST program, call Yvonne Busker at (815) 921-3905.

Welding for Beginners
(2.5 Credits) Designed for beginning welders and hobbyists as an introduction to welding and cutting including theory, set up and, operation of Shielded Metal Arc Welding (SMA W/stick), MIG, (wire), TIG (heli-arc), Plasma cutting, Oxyfuel cutting (OFC), equipment and shop safety. (Special safety gear required and, many cost up to $200, not included in tuition. List given first, day of class). NOTE: This class does NOT replace WLD-100 Intro, to Welding.

IST-091-SCCE Daniel Leake $429
9/21-11/16 Sa 1:30-5:30 pm 9 Sessions
Stenstrom Center for Career Education Room 436
4151 Samuelson Rd.

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 exam to receive your Section 608 Technician, Certification card. This is an additional cost. See course RAH-007-BLL.

RAH-051-BLL Stuart Berg $175
9/16-10/28 M 6:00-9:15 pm 7 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

EPA Refrigerant Handling Certification
(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-056-BLL Stuart Berg $105
9/18-10/2 W 6:00-9:00 pm 3 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

EPA Certification Test 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 $45
10/2 W 6:00-9:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

Highway Construction Careers Training Program (HCCTP)
This FREE training program aims to help individuals learn the skills necessary to gain acceptance into the construction trades. It is a full-time, 14-week class that consists of 450 hours of skilled-trades preparation in subjects such as Math, Life Skills, Job Readiness, Welding, OSHA 10, Equipment Operation, Blueprint Reading, and hands-on projects. The goal for HCCTP participants is to apply for and obtain local union career opportunities.

Requirements:
- Committed to work in the construction trades
- 18 years or older
- High school diploma or GED
- Valid driver’s license
- Drug-free (tested)

Do you meet the requirements and want to learn more? Visit www.rockvalleycollege.edu/hcctp to register for an Orientation/Testing session.

Questions? Contact Dawson Ingram, HCCTP Coordinator, at D.Ingram2@RockValleyCollege.edu or (815) 921-3912.
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(l)(1)(ii) 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.*

This class will consist of:
• Relating safety to the operator and coworkers
• Proper load handling procedures
• Center of gravity demonstration
• Load loss calculations
• Load dock safety
• Pre-shift inspection
• Capacity plates
• 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. For more information, please contact Rob Boeke at rob.boeke@imhlifts.com or (815) 874-1610 ext. 6501.

Aerial Operator Training: Scissor/Boom

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. NO REFUNDS 7 DAYS PRIOR TO FIRST CLASS.

DRESS: Safety glasses are required for hands-on operation of equipment and students are encouraged to wear safety toed shoes.

For more information, please contact Rob Boeke at rob.boeke@imhlifts.com or (815) 874-1610 ext. 6501.
Veterinary Assistant Program

(6.5 Credits) This program introduces students to the exciting and growing field of veterinary medicine. Students will learn about the care of animals as well as how to recognize signs of illness and disease. This program also covers interpersonal communication, interaction with clients and their animals, as well as how to assist the veterinarian during examinations. Administrative duties, such as fee collection, banking, and accounts payable are also emphasized to provide the student with the skills necessary to maintain an efficient front office. Students will enjoy learning through classroom lecture as well as hands on labs.

Clinical Externship: As part of this Veterinary Assistant program, you will be eligible to participate in a 40 hour clinical externship. No refunds 7 days prior to class start date.

HLT-088-RV Condensed Curriculum Staff $2,099
10/7-12/16 MW 6:00-9:30 pm 25 Sessions
10/12, 10/26, Sa 9:00 am-3:00 pm
11/9, 11/23, 12/7
RVC Classroom Bldg. ll Room 120

Healthcare E-Learning:

Veterinary Assistant Program

www.HealthEdToday.com/RockValleyCollege

Health Ed Today E-learning courses are highly interactive and provide students with an enriched learning experience. These courses were developed through a partnership with leading education organizations including Pearson Education, E-College and Condensed Curriculum International. NOTE: Ask us about national or state certification opportunities through these courses! Courses include: 24 hour a day instructor support and course mentors, engaging labs, student exercises and course videos, all textbooks, workbooks and student materials, and a new “Career Services” website.

Veterinary Assistant Program: $1,899
Visit www.healthedtoday.com/RockValleyCollege to experience a Course Demo and to learn more about these courses!

SPECIFIC REGISTRATION PROCEDURE:
• Fill out the registration form (located on the last page of this schedule).
• On registration form, include e-mail and refer to Course # HealthEd
• Mail back to RVC CCE.
• Next register on-line at www.healthedtoday.com/RockValleyCollege.
( Follow instructions at the partner website.)
• For help, call (815) 921-3900.
For course details, call toll free (888) 574-6218.

Kenya and Tanzania Safari: Spring and Fall Departures, 2020
If the Great Migration is on your list, don’t miss this discussion. Join us to learn about this 10 day adventure to the heart of Africa. Mt. Kilimanjaro is the backdrop of the Kenya expedition, and we then travel on to Tanzania and Serengeti National Park for the Great Migration. Emotions runs high as you witness the spectacle of 1.5 million animals doing what they have done for thousands of years. Additional highlights include the famous Ngorongoro Crater, visit to a Maasai Village, and hundreds of elephants in Tarangire National Park. Wildlife viewing on this trip is second to none. Our preview will show you how to join us on this unforgettable, once-in-a-lifetime experience to Africa.

South Africa Safari: Multiple 2020 Departures
The historical significance of South Africa is only overshadowed by the natural beauty and wilderness of Kruger National Park. 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.

Alaska Trip Dates: June 4-14, 2020
Truly the Last American Frontier, Alaska has some of the most stunning scenery and wildlife in the world. Whales, glaciers, puffins, Denali, the Alaska Railroad and flightseeing through the stunning Alaskan Range... this trip has it all! Diverse landscapes and wildlife surround you on every turn, and our itinerary gives you the ultimate access into the splendor of Alaska. Additional highlights include Kenai Fjords National Park, World-class bear viewing, and the stunning scenery of Denali National Park. Optional halibut fishing excursion for the best halibut fishing on the planet. Come to our preview night to get details of these exciting adventures!
Yoga is for everyone. Promote good health for yourself.

Seeking to reduce stress and become a healthier you? Learn to incorporate mindfulness into your life. Receive encouraging guidance by practicing a variety of poses and breathing exercises. Yoga practice will increase flexibility, strengthen the body, build better balance, bring improved focus, clarity and peace. Each class is open to all experience levels and students are encouraged to practice at their own pace.

**BRING:** Yoga mat and water. **NOTE:** Do not start yoga if you are pregnant.

### Yoga for Beginners

**YOG-800-BLL3**
- Raeann Austin
- $125
- F 9:30-10:30 am
- 13 Sessions
- Bell School Rd. Ctr.
- 3350 Bell School Rd.
- Room 013
- **NO CLASS 11/29**

### Yoga for All Levels

**YOG-800-BLL**
- Raeann Austin
- $125
- W 5:00-6:00 pm
- 13 Sessions
- Bell School Rd. Ctr.
- 3350 Bell School Rd.
- Room 013
- **NO CLASS 11/27**

**YOG-800-BLL2**
- Raeann Austin
- $125
- Th 9:30-10:30 am
- 13 Sessions
- Bell School Rd. Ctr.
- 3350 Bell School Rd.
- Room 013
- **NO CLASS 11/28**

### NEW! Yoga for Seniors

**YOG-800-BLL4**
- Raeann Austin
- $61
- F 10:45-11:30 am
- 8 Sessions
- Bell School Rd. Ctr.
- 3350 Bell School Rd.

### All Level Yoga

**YOG-800-BLL6**
- Stephanie Tubutis
- $145
- M 7:00-8:30 pm
- 12 Sessions
- 3350 Bell School Rd.
- Room 013

**YOG-800-BLL7**
- Stephanie Tubutis
- $115
- T 5:45-6:45 pm
- 12 Sessions
- 3350 Bell School Rd.
- Room 013

**YOG-800-BLL8**
- Stephanie Tubutis
- $115
- T 7:00-8:00 pm
- 12 Sessions
- 3350 Bell School Rd.
- Room 013

**YOG-800-BLL9**
- Stephanie Tubutis
- $115
- W 6:30-7:30 pm
- 12 Sessions
- 3350 Bell School Rd.
- Room 013

### Yoga II

**YOG-800-BLL5**
- Stephanie Tubutis
- $115
- M 5:45-6:45 pm
- 12 Sessions
- 3350 Bell School Rd.
- Room 013

### Yogalates

**YOG-800-FZ2**
- Fitness Zone Staff
- $85
- W 8:30-9:15 am
- 10 Sessions
- Fitness Zone
- 807 Progressive Ln.
- South Beloit

**RAEANN AUSTIN** has been a yoga student since 2000 and has instructed yoga since fall 2009 at RVC. As a certified yoga instructor, she is passionate about sharing her knowledge and fondness of yoga to others.

**STEPHANIE TUBUTIS**, is certified as a sport yoga (SY) instructor. Her studies and training specialized in the athlete’s body and performance through flexibility and form. Even though her training is sport-based, she feels that mindfulness and spirituality are an extremely important part of her yoga practice and teachings.

**YOGA**

**NOTE:** Do not start yoga if you are pregnant.
Rock Valley College Whiz Kids Engages Young Minds.

Since 1980, Whiz Kids has been engaging young minds and providing youth with a variety of educational enrichment opportunities.

Whiz Kids classes are designed to provide enrichment 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. Whiz Kids classes are taught by experienced educators who have a passion for inspiring kids.

The goal of Whiz Kids will always be the same. We are about making sure youth have the time of their lives and create ever-lasting memories. It’s a much needed break from the rigor of the academic year, where we can make creativity, adventure, thrills, smiles, and plain old good times happen.

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.
Join us for STEM Saturdays! Help your child have fun and foster experimental design and creativity with our STEM (Science, Technology, Engineering and Math) camp!

STEM projects can teach the skills for future careers and promote problem solving and collaboration in a creative setting. Students get the opportunity to design, build, and test various projects using everyday items, repurposed materials, motors and different types and sizes of interlocking blocks. Each week explores concepts surrounding a specific topic where the student can be challenged and engaged.

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.

- Limited seating available!
- No refunds 7 days before each STEM workshop.
- Participants keep the projects they build!

**OCTOBER 5: AVENGERS**
- Build an Iron Man arc reactor
- Make Hulk slime
- Test Captain America’s shield

**WIZ-820-OCT**
10/5  Sa  9:00 am-Noon
RVC Jacobs Ctr. for Science & Math

**WIZ-820-OCT**
$45
1 Session
Room 1100

**NOVEMBER 2: AVIATION**
- Build a helicopter
- Build a hovercraft
- Design and test different launchers

**WIZ-820-NOV**
11/2  Sa  9:00 am-Noon
RVC Jacobs Ctr. for Science & Math

**DECEMBER 7: LEGO®**
- Build a catapult
- Build a zip line
- Build spinning tops
- Build a marble maze

**WIZ-820-DEC**
12/7  Sa  9:00 am-Noon
RVC Jacobs Ctr. for Science & Math

$45
1 Session
Room 1100

ALL AGES WELCOME!
Kat's Canvas Art
(Ages 9-13) Using acrylic paints, color theory and mixing of colors, we will create several pieces of Canvas Art. Designed to enhance your creativity, build your confidence, and take your artwork to the next level. All supplies included. BRING: Apron/Smock/Paint shirt. 
NOTE: You will be using canvas paper in all sessions. The last project is your final reveal—a 16 x 20 wrapped canvas of your art! Additionally, the last class session will include an open house to showcase our artwork.
WIZ-801-RV Kat Heitzman $67
9/17-10/22 T 6:00-7:30 pm 6 Sessions
RVC Classroom Bldg. ll Room G25

NEW! Getting to Know Your Sewing Machine
Are you struggling with your sewing machine? Join this introductory class that will introduce you to the basics of your sewing machine. Learn to thread the machine, make a bobbin, sew a straight line and zigzag. BRING: Sewing machine, instruction manual, scrap cotton fabric, empty bobbins and two spools of all-purpose dual-duty thread.
CAH-806-BLL4 Mary Foreman $55
9/14 Sa 9:00-11:30 am 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

Sewing
(Ages 8-Adult) Become able to sew simple garments, read and follow a pattern guide. You can use your own sewing machine or use one that is provided. Learn easy ways to hem, put in zippers, sleeves and much more. 
NOTE: For those adults who want to take this great class with your child/grandchild, both adult and child must register (although strongly suggested, class does not require an adult to attend with child). First class, students will meet at classroom, then we'll travel to local fabric store to purchase supplies.
CAH-806-BLL Mary Foreman $167
9/21-11/9 Sa 9:00-11:30 am 8 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

Drawing With Gel Pens
(Ages 10-14) Basic drawing techniques with gel pens, to draw images from nature such as birds, flowers and fish. You can write your own poems or messages on your artwork. You can make cards or art to frame. A supply kit ($25) can be purchased at class. NO CLASS 11/30.
WIZ-801-BLL4 Stella Dobbins $99
11/2-11/23 Sa 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 $246
9/18-11/16 W 6:00-9:00 pm 8 Sessions
RVC Classroom Bldg. ll Room 0210

NEW! Fun With Microscopes: Flowers & Plants!
(Ages 8-Adult) Have you ever wondered what the parts of a flower look like under the microscope? How about that pesky pollen that can make you sneeze? Come spend time with us in the biology lab, learning to use microscopes to explore the world of plants. Look at living plant cells under the microscopes and watch the green chloroplasts move around! Cut a seed in half and study the tiny plant embryo under the microscope! Dissect a variety of flowers under the microscope and learn about their structures! No microscope, lab experience, or biology background required. Come alone or bring a friend - together we'll explore the plant world under the microscope!
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. NO CLASS 11/30.
WIZ-807-RV Bilal Khairi $235
9/21-12/14 Sa 10:00 am-Noon 12 Sessions
RVC Jacobs Ctr. for Science and Math Room 0216

NEW! Fun With Microscopes: Flowers & Plants!
(Ages 9-13) Using acrylic paints, color theory and mixing of colors, we will create several pieces of Canvas Art. Designed to enhance your creativity, build your confidence, and take your artwork to the next level. All supplies included. BRING: Apron/Smock/Paint shirt. 
NOTE: You will be using canvas paper in all sessions. The last project is your final reveal—a 16 x 20 wrapped canvas of your art! Additionally, the last class session will include an open house to showcase our artwork.
WIZ-801-RV Kat Heitzman $67
9/17-10/22 T 6:00-7:30 pm 6 Sessions
RVC Classroom Bldg. ll Room G25

Math Refresher and Prep
(Ages 11-15) 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. NO CLASS 11/30.
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WIZ-807-RV Bilal Khairi $235
9/21-12/14 Sa 10:00 am-Noon 12 Sessions
RVC Jacobs Ctr. for Science and Math Room 0216
### Piano Classes for NEW (Inexperienced) Students

Classes designed for beginning level students. No experience required!
A piano or keyboard with standard size keys is needed for home preparation of assignments.

<table>
<thead>
<tr>
<th>Piano Classes for NEW (Inexperienced) Students</th>
<th>Piano Classes for CURRENT (Experienced) Students</th>
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</thead>
<tbody>
<tr>
<td>Elementary Piano II, III (Ages 9-11)</td>
<td>Elementary Piano VII (Ages 9-17)</td>
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<tr>
<td>Tweeners Continuing Piano (Ages 12-17)</td>
<td>Preparatory Piano II, III (Ages 5-7)</td>
</tr>
<tr>
<td>Blues Guitar for Everyone (Ages 10-Adult)</td>
<td>Blues Guitar II (Ages 10-Adult)</td>
</tr>
</tbody>
</table>

### Piano Classes for CURRENT (Experienced) Students

These classes are designed for students who have previously attended piano classes or who have past experience. A piano or keyboard with standard size keys is needed for home preparation of assignments.

#### Elementary Piano I

- **WIZ-815-RV**
  - Inger Langsholt
  - $121
  - 9/16-12/16
  - M 3:30-4:30 pm
  - RVC Classroom Bldg. II
  - Room G22

#### Preparatory Piano I

- **WIZ-815-RV5**
  - Inger Langsholt
  - $86
  - 9/21-12/14
  - Sa 10:30-11:30 am
  - RVC Classroom Bldg. II
  - Room G22

#### Elementary Piano II, III

- **WIZ-815-RV8**
  - Inger Langsholt
  - $86
  - 9/21-12/14
  - Sa 11:30 am-12:30 pm
  - RVC Classroom Bldg. II
  - Room G22

#### Elementary Piano VII

- **WIZ-815-RV4**
  - Inger Langsholt
  - $121
  - 9/17-12/17
  - T 5:30-6:30 pm
  - RVC Classroom Bldg. II
  - Room G22

#### Tweeners Continuing Piano

- **WIZ-815-RV3**
  - Inger Langsholt
  - $121
  - 9/16-12/16
  - M 5:30-6:30 pm
  - RVC Classroom Bldg. II
  - Room G22

#### Preparatory Piano II, III

- **WIZ-815-RV7**
  - Inger Langsholt
  - $86
  - 9/21-12/14
  - Sa 1:00-2:00 pm
  - RVC Classroom Bldg. II
  - Room G22

**Blues Guitar for Everyone**

- **MUS-800-RV5**
  - John Peterson
  - $137
  - 9/21-11/23
  - Sa 9:00-11:00 am
  - RVC Classroom Bldg. II
  - Room 123

**Blues Guitar II**

- **MUS-800-RV6**
  - John Peterson
  - $137
  - 9/21-11/23
  - Sa 11:15 am-1:15 pm
  - RVC Classroom Bldg. II
  - Room 123

---

**TO REGISTER:**
- Choose appropriate age/skill level
- Attend first class, register and pay (check only please) OR
- Register and pay online, attend first class
- Dates/times and class level assignments subject to change at instructor's discretion
**REGISTER FOR GYMNASTIC ACADEMY CLASSES**

**Boys and Girls Trampoline**
(Ages 6-17) A unique Safe Progression System built into every step of the skill development process to enable your child the safest learning experience available anywhere. Trampoline is the perfect tool for developing skills in other sports like cheerleading, diving, tumbling and gymnastics. **NO CLASS 10/31, 11/28, 11/29, 11/30.**

**WIZ-817-GAR** Gymnastic Academy Staff $69
Gymnastic Academy Rockford 6630 Spring Brook Rd.
Gymnastic Academy North 11447 2nd St., Roscoe

**Boys Gymnastics**
(Ages 6-13 - ROSCOE ONLY) Kids are introduced to all the equipment used in men's all-around gymnastics. Whether it's the thrill of swinging on the horizontal bar or rings, or the core work and rhythm of the pommel horse and parallel bars, or the power and precision of vault and floor, this class provides plenty of excitement and exercise for these young athletes. **NO CLASS 10/31, 11/28, 11/29, 11/30.**

**WIZ-817-GAR4** Gymnastic Academy Staff $99
Gymnastic Academy North 11447 2nd St., Roscoe

**Girls Gymnastics**
(Ages 6-13) Bars, beam, floor-X and vault, all the traditional women's Olympic events. GAR's state-of-the-art training facility provides each student with a positive, progressive and fun approach to learning gymnastics. This is a success-oriented program designed to develop the individual, as well as the gymnast. **NO CLASS 10/31, 11/28, 11/29, 11/30.**

**WIZ-817-GAR2** Gymnastic Academy Staff $125
Gymnastic Academy Rockford 6630 Spring Brook Rd.
Gymnastic Academy North 11447 2nd St., Roscoe

**Boys and Girls Tumbling**
(Ages 6-17) A fun alternative to the traditional apparatus style of gymnastics. It's just you and the floor! Our coaching staff has developed more local, state, national and world champions than any program in existence today. So, whether you are tumbling for fun or aspiring to be the best in the world, we have a place for you! **NO CLASS 10/31, 11/28, 11/29, 11/30.**

**WIZ-817-GAR3** Gymnastic Academy Staff $69
Gymnastic Academy Rockford 6630 Spring Brook Rd.
Gymnastic Academy North 11447 2nd St., Roscoe

**Ninja**
(Ages 3-17) GAR is introducing an exciting new program for kids of all ages! GAR's Ninja Training System is taking the ninja world by storm, offering classes for everyone from the rambunctious preschooler with the wild imagination, to the elementary student who wants to impress his or her friends, to the serious athlete who is training to try out for “that famous TV show.” Walls, ropes, high elements, trampolines, and more all come into play to create one of the most exciting experiences your child will ever face. **NO CLASS 10/31, 11/28, 11/29, 11/30.**

**WIZ-817-GAR5** Gymnastic Academy Staff $69
Gymnastic Academy Rockford 6630 Spring Brook Rd.
Gymnastic Academy North 11447 2nd St., Roscoe

**Preschool Gymnastics**
(Ages 15 Months-5 Years) This course is considered one of the most progressive and innovative programs available today for infants, toddlers, preschoolers and kindergarten children. The program is designed to help each child’s individual physical awareness, strength, balance and coordination. This program is a preparation for school achievement. Your child will do better in the classroom with self confidence that he/she has gained through learning how to analyze. This is a success orientated program designed to help children feel good about themselves. Once registered at RVC, call Gymnastics Academy of Rockford. **NO CLASS 10/31, 11/28, 11/29, 11/30.**

**WIZ-817-GAR6** Gymnastic Academy Staff $62
Gymnastic Academy Rockford 6630 Spring Brook Rd.
Gymnastic Academy North 11447 2nd St., Roscoe

**Parents Night Out**
(Ages 4-12 ROCKFORD ONLY). PNO PIZZA PARTY AT GAR ROCKFORD. Looking for a babysitter for Saturday night? Bring the kids to GAR Rockford! We provide snacks, open gym time, GAR's Club XRKade, HUGE inflatable, games and much more. Children must be at least 4 years old and completely potty trained. Call for additional family members pricing.

**WIZ-817-GAR7** Gymnastic Academy Staff $25
11/16 Sa 6:00-11:00 pm 1 Session
Gymnastic Academy Rockford 6630 Spring Brook Rd.

**Gift of Class**
Give the gift of “life-long learning”!
Our classes make a great gift for all occasions. For more information call (815) 921-3900.

**REGISTER FOR NO JOKE CLASSES**

**Little Kickers**
(Ages 4-6) Is your child interested in martial arts? Develop attention span, focus, and coordination in a safe and fun environment. **PURCHASE:** Required uniform at class.

**WIZ-817-NJ** No Joke Staff $58
No Joke Martial Arts 6358 Daytona Dr. Loves Park

**Children's Mixed Martial Arts**
(Ages 7-12) Is your child the victim of bullying? Or may be bullying others? Children's Mixed Martial Arts will teach your child proper bully defense and give them the self-confidence they need while teaching them the humility and responsibility that comes with being a martial artist. **PURCHASE:** Required uniform at class.

**WIZ-817-NJ2** No Joke Staff $58
No Joke Martial Arts 6358 Daytona Dr. Loves Park

**Kids Activity Gym**
(Ages 2-4) Activities designed to keep your little one wanting to come back for more! Tunnels, tumbling, trampoline, etc. all put together to make a fun and active time together!

**WIZ-817-FZ** Fitness Zone Staff $85
9/17-11/22 Tu or F 9:30-10:15 am 10 Sessions
Fitness Zone 807 Progressive Ln. South Beloit

**No Joke Martial Arts**
6358 Daytona Dr. Loves Park
REGISTRATION FORM • BUS TOURS • THE EXPERIENCE

[ One form per person. ]

Name _________________________________________________
Address ________________________________________________
City __________________________ State ________ Zip ________
Phone _______________________ Cell ______________________
Date of Birth _____________________ Gender □ Female □ Male
Required: Email _________________________________________

BUS TOURS

PLEASE INDICATE BUS TOUR CHOICE(S):
[ Bus Tours are on page 3. ]

☐ November 9.............HOLOCAUST MUSEUM .............. $75
   TRP-001-MUS
   No refunds 7 days prior to trip departure.

☐ October 7 ............CHICAGO ADVENTURE ............ $40
   TRP-001-ADV
   No refunds 7 days prior to trip departure.

☐ December 7 ............CHRISTMAS SHOPPING ........... $40
   IN DOWNTOWN CHICAGO
   TRP-001-SHOP
   No refunds or changes after November 25th.
   Very limited seating.

TOTAL $_________________ CHECK #________________

Please make checks payable to Rock Valley College.
Mail registration form and check to:
Rock Valley College
Community & Continuing Education
3301 N. Mulford Rd., Rockford IL 61114

Questions? Call (815) 921-3900

The Experience

PLEASE INDICATE EXPERIENCE CHOICE(S):
[ The Experiences are on pages 4-5 and are $34 each. ]

☐ Sept. 13:.........FOREST BATHING
☐ Sept. 20:.........HERBAL APOTHECARY
☐ Sept. 27:.......YOUR Labyrinth JOURNEY
☐ Oct. 4: ..........DIFFUSER BRACELET
☐ Oct. 11: ........PAINT NIGHT
☐ Oct. 18: ........MENDHI MAGIC
☐ Oct. 25: ........INTUITIVE DEVELOPMENT
☐ Nov. 1:..........INTENTION BRACELET
☐ Nov. 8:.........ASTROLOGY & SIGNS
☐ Nov. 15:.........HOLIDAY STOCKING STUFFERS
☐ Nov. 22:.........HOT CIDER

TOTAL $_________________ CHECK #________________

Please make checks payable to Rock Valley College.
Mail registration form and check to:
Rock Valley College
Community & Continuing Education
3301 N. Mulford Rd., Rockford IL 61114

Questions? Call (815) 921-3900

No refunds 7 days prior to each Experience.
REGISTRATION FORM • PRIVATE LESSONS

[ One form per person. ]

Name _________________________________________________
Phone _____________________________ Cell ______________________
Address _________________________________________________
Date of Birth __________________________ Gender □ Female □ Male
City __________________________ State ________ Zip ________
Required: Email _________________________________________

PRIVATE LESSONS

PLEASE INDICATE PRIVATE LESSON CHOICE(S):
[ Private Lessons are on page 6. ]

□ Digital Photography ........................................ $199
□ Dance .................................................................. $185
□ Tai Chi & Kung Fu Fitness ............................... $246

□ Knitting or Crocheting .................................. $122
□ Piano ............................................................... $225
□ Guitar ............................................................... $195
□ French ............................................................. $195

Total $ _______________ Check # _______________

Please make checks payable to Rock Valley College.
Mail registration form and check to:
Rock Valley College
Community & Continuing Education
3301 N. Mulford Rd., Rockford IL 61114

Then email:
RVC-CCE@RockValleyCollege.edu for scheduling instructions.
Questions? Call (815) 921-3900

No refunds for missed lessons.
REGISTRATION FORM

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 N. Mulford Rd.
Rockford, IL 61114-5699

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. No registrations or payments will be taken over the phone.

ONLINE

RockValleyCollege.edu/CEOnline

IN PERSON

Bring registration form and payment to:

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

Records & Registration Office Hours:

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

TOTAL

Check amount $ __________________________

Choose Not to Respond

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
□ Hispanic or Latino
□ Native Hawaiian or Other Pacific Islander
□ White/Caucasian
□ Choose Not to Respond

For a virtual tour and Rock Valley College maps, please visit
RockValleyCollege.edu/Maps
MASSAGE THERAPY

We’ve moved the location for our classes

Bodycraft Wellness & Massage Center is excited to announce a change of location for our 600 hour/12 month Massage Training Program and Continuing Education classes for licensed Massage Therapists! They will now be held on the Main Campus of Rock Valley College in Classroom Building II!

For more information, please call (815) 977-4743 or email Jamie@Bodycraft-Wellness.com. Visit Bodycraft-Wellness.com or RockValleyCollege/MassageTherapy.

COMPUTER WORKSHOPS FOR FAST LEARNING

- Microsoft Office 2016
- Google Docs & Suites
- Word • Access • Excel • Powerpoint

SEE DETAILS ON PAGEs 13-14.

A NEW CAREER CHOICE

Join us for a FREE informative session on Healthcare Career Programs

This informational Session will give prospective students information and details on Dental Assisting, Pharmacy Technician, Medical Assistant Administration, Medical Billing and Coding, EKG Technician and Massage Therapy programs.

HLT-068-RV Rock Valley College Staff FREE
9/19 Th 6:00-7:30 pm 1 Session
RVC Health Sciences Ctr.

SEE DETAILS ON PAGE 22.