What’s your vision for 2020?

RockValleyCollege.edu/CCE | facebook

College & High School Readiness.....12
Massage Therapy..................25-28
Whiz Kids..........................40-44
Your Wedding........................38
BUS TOURS ................................................................. 3
One-of-a-kind day trips

THE EXPERIENCE .................................................. 4-5
Experience something new for a night

PRIVATE LESSONS .................................................. 6
Individual attention from RVC instructors

CERTIFICATE PROGRAMS
Bookkeeping & Accounting ........................................... 11
Computer Skills ............................................................ 14
CPR Training ................................................................. 16
CNA Recertification ...................................................... 20
Emergency Training ...................................................... 17
Food Service ................................................................. 20
Home Inspection ........................................................... 33
Healthcare ..................................................................... 20-21
Inspector Certifications ................................................ 22
Massage Therapy ........................................................ 25
Veterinary Assistant ..................................................... 36
Skilled Trades ............................................................... 34-35

COMMUNITY & CONTINUING ED ............................... 7-38
A Better You ................................................................. 7
Applied Music .............................................................. Back Cover
Auto & Boat Safety ....................................................... 8
Art ................................................................................. 8-11
College & High School Readiness ............................... 12
Computer Training ...................................................... 13-14
Cooking & Baking ......................................................... 15
Crafts & Hobbies ........................................................ 16
Dance ........................................................................... 17
Farm ............................................................................ 18
Finance ......................................................................... 18
Fitness & Wellness ....................................................... 19
Home & Garden .......................................................... 22
Just 4 You ...................................................................... 23
Language Arts & Communications ............................. 23
Sign Language ............................................................ 23

Life Stories ................................................................. 24
Massage Therapy Training Program ............................ 25-28
Music ........................................................................ 29-30
On-line Education ..................................................... 31
Pets .............................................................................. 31
Photography ............................................................... 32
Self-Employment ......................................................... 33
Skilled Trades .............................................................. 34-35
Special Interest & Travel ............................................ 36
Yoga .......................................................................... 37
Your Wedding ............................................................ 38

WHIZ KIDS .................................................................. 39-44
STEM Saturdays ......................................................... 40
Art & Hobbies ............................................................... 41
Farm ............................................................................ 41
Language ..................................................................... 41
Music .......................................................................... 42
Royal Tea Room .......................................................... 43
Sports & Recreation ................................................... 44

QUICK REGISTRATION FOR BUS TOURS, THE EXPERIENCE,
PRIVATE LESSONS & STEM SATURDAYS ................. 45-46

REGISTRATION .......................................................... 47

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

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

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

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RVC Recycles. This schedule is printed on recycled paper and printed with soy-based ink.
Rock Valley College

BUS TOURS

Navy Pier Flower & Garden Show

WEDNESDAY MARCH 18, 2020

Say hello to spring as we attend the Chicago Flower & Garden Show at beautiful Navy Pier! DIY workshops, experts in the field, seminars, beautiful life-size gardens and exciting shopping await. Enjoy your time and choose your own adventure on this day long excursion. Dine on your own at one of the many restaurants in the area. Great for beginners and gardening veterans alike, and family friendly! Gather a group or come on your own and get inspired for spring.

Depart: RVC Lot 3 at 8:00 am
Return: RVC around 5:30 pm
Registration Code: TRP-001-NAVY
Cost: $61

Come Experience the Magic of the Fireside Theatre!

THURSDAY, MAY 7, 2020

The Church Basement Ladies in…A Mighty Fortress is Our Basement! In this installment of the Church Basement Ladies series, the year is 1960 and a reformation is underway. Beverly gets her first pair of high heels for confirmation. Mrs. Snustad wins top honors at the County Fair for her Grand Champion pickles. Mavis must find a way to deal with the new Super Highway that cuts through her farm. Karin finds freedom behind the wheel of her husband’s pickup truck. And Pastor has found new love and announces his impending nuptials. Against the changing tide, these “bulwarks never failing” stand strong in their faith and in their friendships with more crazy antics, more great songs, and more lessons reluctantly learned.

Join us for the beautiful gift shops, the fabulous sit-down lunch, and all the laughs that are bound to happen as we enjoy a fun-filled day at the magnificent Fireside Theatre in Fort Atkinson, Wisconsin! Lunch starts with a lovely salad and freshly baked breads, followed by roasted boneless pork chop with dressing, mashed Yukon gold potatoes, specially crafted cinnamon apple sauce, and ends with homemade apple pie with streusel topping with homemade vanilla bean frozen custard! (If you have dietary restrictions, please call our office at (815) 921-3900 after registration).

Depart: RVC Lot 10 at 9:30 am
Return: RVC around 5:00 pm
Registration Code: TRP-001-FIRE
Cost: $134

No refunds 7 business days prior to trip departure.
A signed release form is required. Register, then call (815) 921-3900 or email rvc-cce@rockvalleycollege.edu.
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 45.

ESSENTIAL OILS FOR CLOSENESS

LETTERING WORKSHOP

INTENTION BRACELET

PALETTE KNIFE PAINTING

MEHNDI MAGIC

PET PROTOCOL

PLANT HANGER

ECO-FRIENDLY

LABYRINTH JOURNEY

PRINTMAKING

Register early at RockValleyCollege.edu/CEOnline
FEBRUARY 14: Essential Oils for Closeness
Join us for an evening learning about essential oils and how to use them safely and effectively. I’ll share recipes that you and your partner can feel confident about using.

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

FEBRUARY 21: Lettering Workshop
Join us for a hand lettering workshop with Jill~Marie Design! If you have ever wanted to improve your lettering, make your own artwork for your home, or just want a fun activity, this workshop is for you! During our time together we will be focusing on basic lettering tips and tricks, embellishments, and will end with creating your own artwork to take home! Perfect for a mother/daughter night out!

FUN-800-RV2  Jill-Marie  $34
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

FEBRUARY 28: Word of Intention Bracelet
A fun evening of meaningful conversation, imagination and creativity while creating you very own customized “Word of Intention” bracelet or keychain. Discover how to focus on living with “Intention” and forget about setting resolutions. Or, focus your “Intention” on achieving that goal you’ve been dreaming of and make it happen. This slight change to how you set your goals can actually improve your success in achieving whatever it is that 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. The cost of the class includes the bracelet/keychain and all the supplies you need to customize it with your personalized word of intention.

FUN-800-RV3  Cindy Jacobson  $34
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

MARCH 6: Palette Knife Painting
Have fun creating a cool door using palette knives! A guided experience.

FUN-800-RV4  Kat Heitzman  $34
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

MARCH 20: Mehndi 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

MARCH 27: Pet Protocol Make & Take
A fun evening learning about essential oils! Learn how to use them safely and effectively for you, your family, AND your fur babies. Then stay and have fun making sprays and roller recipes that you can take home and feel good about using on your pets.

FUN-800-RV6  Karen Rust  $34
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

APRIL 3: Groovy Plant Hanger
Have fun while creating a super easy macramé plant hanger! Caution: making these can be addictive!

FUN-800-RV7  Kat Heitzman  $34
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

APRIL 17: Effortlessly Eco-Friendly
Join us for a night of exploring how we can be kinder to and more gentle with the world we live in. Easily digestible, fun-sized changes for you and your world! I’ll share my story and the steps I’ve taken to lead a greener, “crunchier”, more mindful life and share some ideas you can implement in yours.

FUN-800-RV8  Jessica Brady  $34
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

APRIL 24: Your Labyrinth Journey
Experience the tranquility of a labyrinth. Offering a continuous path to the center that then returns you to the beginning, a labyrinth requires no choices – there are no tricks or dead ends – allowing you to experience a peaceful journey while in prayer, meditation, or just simply enjoying a few minutes to yourself. We will discuss the history and design of labyrinths and then explore the art and act of intention and walking. There will be an opportunity to draw your own labyrinth designs and walk an actual pathway designed specifically for this experience. BRING: A pair of socks.

FUN-800-RV9  Julie Boggie  $34
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 013

MAY 1: Printmaking
Join local artist Jennifer Mickelson in some printmaking fun. Create images by drypoint etching on plexiglass. You may bring reference materials and images of interest with you, but keep in mind size as the plexiglass will be in 4x4 inch squares. You may get dirty so please dress appropriately.

FUN-800-RV10  Jenn Mickelson  $34
RVC Classroom Bldg. I
Room 0220

EXPERIENCES START AT 6:30 PM.
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 46.

DIGITAL PHOTOGRAPHY
(Adult) Topics include post-processing, and an intro to studio photography. (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

DANCE
FOR THE ADVANCED DANCER(S) or FOR SPECIAL ATTENTION. 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.

• Each session is 30 minutes
• Available session times: Thursdays between 3:00-5:30 pm

IND-800-RV7 Julie Dale $185

TAI CHI & KUNG FU FITNESS
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 $229

NEW! ART WITH KAT
I’ll teach you techniques for painting with oils or acrylics. Take your art to a new level! Beginner-Intermediate BRING: Your own supplies. A list will be emailed to you after registration.

• Includes 4 sessions
• Each session is 60 minutes
• Available session times: Tuesdays between Noon-4:00 pm or Thursdays between 3:00-6:00 pm

IND-800-RV9 Kat Heitzman $125

KNITTING OR CROCHETING
(Adult) 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 $125

PIANO
(Ages 5-Adult) 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: Book.

• 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.

• Strictly limited seating
• Each session is 30 minutes
• Available session times: Thursdays between Noon-8:00 pm

IND-800-RV2 John Peterson $195

REGISTER ON PAGE 46
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.
ALT-800-BLL4 Sue Michaelsen $39
2/14 F 5:30-8:30 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

NEW! 5 Elements of Chinese Medicine
(Sit or stand) Do you want to know how to improve your circulation and balance? Discover 60 special points that can be used for this and much more (5 on each of 6 energy channels on upper limbs and 5 on each of 6 channels on the legs). Handouts include acu charts for your continual reference.
ALT-800-BLL5 Sue Michaelsen $41
2/22 Sa Noon-4:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

Wang’s Healing Arts
(Sit or stand) Learn valuable acu points and effective stretching to relieve tension and to improve balance, fitness and health. Text will be available to use free in class or purchase to take home.
ALT-800-BLL6 Sue Michaelsen $41
2/29 Sa Noon-4:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

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.
ALT-800-BLL10 Karen Radtke $39
3/5 Th 6:00-7:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 002

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

NO CLASS 3/12
ALT-800-RV Dr. Shanti Virdi-Hulsebus $55
3/5-4/2 Th 7:00-8:30 pm 4 Sessions
RVC Classroom Bldg. II Room 121

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

ALT-800-RV2 Dr. Shanti Virdi-Hulsebus $49
3/17 T 7:00-8:30 pm 1 Session
RVC Classroom Bldg. II Room 121

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.

ALT-800-CTC Cindy Stear $29
4/27 M 7:00-8:00 pm 1 Session
Connections Therapy Center 1047 Cannell Ct. Rockton

NEW! Fast-Relief Headache & Migraine Home Remedies
How to combat headaches, migraines, and chronic pain with the use of guided step-by-step self-care remedies. Topics includes stretches, postural education, pillow positions, breathing and much more! NO CLASS 3/11.

ALT-800-RV3 Vanessa Burton $59
2/19-3/18 W 6:00-8:00 pm 5 Sessions
RVC Jacobs Ctr. for Science & Math Room 0202

Questions? Call (815) 921-3900
A BETTER YOU

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. NO SESSIONS 3/11.
2/12-5/27 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 3/11.

ALT-800-BLL Cheryl Zolper $29
2/12-5/27 W 6:00-8:30 pm 15 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
2/17 M 6:00-8:00 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
3/16 M 6:00-8:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 001

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NEW! Defensive Driving 101
(HS-Adult) Road rage, fatigued driving, impaired driving...Sound familiar? Find out more about the conditions that affect your driving and learn to become a better, safer driver overall. Taught by a retired police officer, you will learn about distracted driving, preventing collisions, safety features on newer vehicles, and how to be a safer driver. Even if you've been driving for decades, you'll learn something new! Presented by former Police Officer Donny Parham.

EDV-800-RV3 RVC Traffic Safety $50
3/5 Th 6:00-10:00 pm 1 Session
RVC Jacobs Ctr. for Science & Math Room 0206

NEW! Boating Safety Course
(Ages 12-Adult) Illinois requires children and some adults to complete a boating education course prior to operating a motor boat. This class satisfies the requirement. Nationally recognized public boating course developed by the United States Power Squadron, America's Boating Club. The in-depth instruction includes safe and legal operation, boat handling, regulations, trailering, water sports and more. Completion of this course may qualify you for substantial insurance discounts. Taught by experienced and certified boating instructors. $46 book and supply fee payable at first class. NOTE: Last class is exam. NO CLASS 3/9.

HAR-800-RV Rockford Power Squadron $59
2/24-5/11 M 7:00-9:00 pm 11 Sessions
RVC Physical Education Ctr.

NEW! Alive at 25: Teen Driving
(Ages 14-20) Does riding with your young driver scare you? Did you know that car crashes are the number one killer of teens? Don’t be a statistic! We are now offering young drivers the exclusive opportunity to attend the Alive at 25 defensive driving class, usually available by invitation only. As a great supplement to the regular driver’s education course, we'll also cover distracted driving, preventing collisions, handling peer pressure, safety features on newer vehicles, and how to be a safer driver. Presented by former Police Officer Bruce Roberts.

EDV-800-RV4 RVC Traffic Safety $50
5/2 Sa 9:00 am-1:00 pm 1 Session
RVC Jacobs Ctr. for Science & Math Room 0206

NEW! Intro to Hand Lettering: Home Décor with Jill-Marie
Have you ever wanted to improve your lettering, make your own artwork for your home, or just want a fun activity? We will be focusing on basic lettering tips and tricks, embellishments, and will end with creating a variety of hand lettered items for your home. NOTE: Focus will be 'spring', but you are invited to create whatever you want.

No refunds 7 days prior to workshop.

ART-809-BLL6 Jill-Marie $115
2/10-2/17 M 6:30-8:30 pm 2 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 003

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.

WE’RE HIRING

PART-TIME

INSTRUCTORS

JOIN OUR TEAM!

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

FIND OUT MORE AND APPLY!

Download and complete our application package at RockValleyCollege.edu/CCE. Click on “Join Our Team”.

NEW! Auto & Boat Safety

FIND OUT MORE AND APPLY!

Download and complete our application package at RockValleyCollege.edu/CEOnline.
ART WORKSHOPS WITH SALLY ROLDAN
All classes meet in RVC Classroom Building II, Room G25 • No refunds 7 days prior to workshop

ACRYLICS

Acrylics: Basics
Basic lesson on working with acrylics with emphasis on personal expression and discovering ways to use brushes to achieve different painting effects. NOTE: $20 material fee payable to instructor at class.
ART-809-RV4  Sally Roldan  $35
2/10-2/24  M 6:30-8:00 pm  3 Sessions

Acrylics: Paint Pouring
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. NOTE: $25 material fee payable to instructor at class.
ART-809-RV11  Sally Roldan  $30
3/20  F 6:00-9:00 pm  1 Session

Acrylics: Palette Knife
Ever wonder what palette knives are or how to use them? Well, it can be confusing because there are different sizes and shapes. Come and learn how to apply them for your style and how to create paintings with no brushes. NOTE: $20 material fee payable to instructor at class.
ART-809-RV14  Sally Roldan  $35
4/6-4/20  M 6:30-8:00 pm  3 Sessions

Acrylics: Resin Art
Resin Art 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. NOTE: $30 material fee payable to instructor at class.
ART-809-RV17  Sally Roldan  $35
5/8-5/22  F 6:30-8:00 pm  3 Sessions

BEGINNER

ACRYLIC COLLECTIONS

Acrylics: Florals
NOTE: $15 material fee payable to instructor at class.
ART-809-RV8  Sally Roldan  $30
4/2  Th 6:30-8:30 pm  1 Session

Acrylics: Rocks & Rivers
NOTE: $20 material fee payable to instructor at class.
ART-809-RV15  Sally Roldan  $35
4/16-4/30  Th 6:30-8:30 pm  3 Sessions

NEW! INTERMEDIATE

ACRYLIC COLLECTIONS

NOTE: Bring your own supplies and paint.

Acrylics: Where do You Start?
ART-809-RV6  Sally Roldan  $40
2/15-2/29  Sa 9:00-11:00 am  3 Sessions

Acrylics: Building on the Basics
ART-809-RV10  Sally Roldan  $40
3/16-3/30  M 6:30-8:30 pm  3 Sessions

Acrylics: Pushing Past the Hard Stage
ART-809-RV12  Sally Roldan  $40
3/21-4/4  Sa 9:00-11:00 am  3 Sessions

Acrylics: Evaluating, Composition & Color
ART-809-RV16  Sally Roldan  $40
4/18-5/2  Sa 9:00-11:00 am  3 Sessions

Acrylics: Unfinished Projects
ART-809-RV18  Sally Roldan  $40
5/9-5/23  Sa 9:00-11:00 am  3 Sessions

PASTELS

Pastels: 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.
ART-809-RV5  Sally Roldan  $30
2/13  Th 6:30-9:00 pm  1 Session

Pastels: 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.
NO CLASS 3/12.
ART-809-RV9  Sally Roldan  $35
2/27-3/19  Th 6:30-8:30 pm  3 Sessions

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.

Alcohol Ink: Spring’s Delight
ART-809-RV7  Sally Roldan  $30
2/21  F 6:30-8:30 pm  1 Session

Alcohol Ink: Abstract
ART-809-RV13  Sally Roldan  $30
3/27  F 6:30-8:30 pm  1 Session

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.
NEW! PAINT NIGHTS WITH KAT

Kat takes you through a step-by-step painting in this one-themed evening. These monthly paint nights are a special edition, so don’t miss your chance to Paint the Night Away.

Paint Nights start at 6:30 pm • Finish around 9:00 pm
ALL CLASSES MEET AT CASEY’S PUB • 7307 N. Alpine Rd., Loves Park
No refunds 7 days prior to Paint Night.

February 13: Live, Laugh, Love
Couples
Couples: Register 1 person and bring a guest for FREE!
ART-809-FEB Kat Heitzman $88

March 5: Starry Starry Night
ART-809-MAR Kat Heitzman $49

April 2: Large & In-Charge
ART-809-APR Kat Heitzman $49

May 7: Field of Poppies
ART-809-MAY Kat Heitzman $49

FREE APPETIZER
When You Buy 2 Regular Priced Meals!
Offer available to general public. Dine in only.

Casey's Pub
7307 N. Alpine Rd., Loves Park

WATERCOLOR WITH TOM LINDEN

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

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 22” x 30” sheet of watercolor paper, a pencil, and yardstick to the first class. A materials list can be obtained at our first class, or by emailing instructor at tclinden@yahoo.com. NO CLASS 3/9.
ART-809-BLL3 Thomas Linden $155
2/10-5/4 M 6:00-8:00 pm 12 Sessions

Advanced Watercolor
We will utilize landscape and still life motifs to discuss and apply design implications to improve your watercolor paintings. PREREQUISITE: Beginning Watercolor I and Watercolor for Landscapes II. Questions, contact instructor at tclinden@yahoo.com. NO CLASS 3/10.
ART-809-BLL2 Thomas Linden $155
2/11-5/5 T 6:00-8:00 pm 12 Sessions

Watercolor for Landscapes Level II
Learn 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 3/11.
ART-809-BLL Thomas Linden $189
2/12-5/6 W 6:00-8:30 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 tclinden@yahoo.com if you have questions or require guidance on materials and easel. NO CLASS 3/12, 4/9.
ART-809-BLL4 Thomas Linden $155
2/13-5/14 Th 6:00-8:00 pm 12 Sessions
DISTINCTIVE ART WITH MARGI

All classes meet at:
RVC Classroom Building II, Room G25

NEW! Stylized Folk Art
Create a stylized folk art painting capturing the distinctive features. We'll combine various techniques to add dramatic effects to your unique art piece. NOTE: $25 material fee payable to instructor at class.

Horse
ART-809-RV19 Margi Forss $35
2/28-3/6 F 6:30-8:30 pm  2 Sessions

Cat or Dog
OPTIONAL: Bring a photo of your pet.
ART-809-RV21 Margi Forss $35
4/17-4/24 F 6:30-8:30 pm  2 Sessions

NEW! Heirloom Mixed Media
Take a step back in time to collect and assemble meaningful mixed media elements for a modern twist on heirloom art. NOTE: $20 material fee payable to instructor at class.

ART-809-RV20 Margi Forss $30
4/3 F 6:30-9:00 pm  1 Session

Chinese Brush Painting: Focus on Bamboo
Learn the brush painting techniques for dew, rain, sun, and wind bamboo. Then learn how to brush paint and add bamboo to the following subjects: chicks, egrets, frogs, panda, rocks and tiger. You will also learn the calligraphy for all of the subjects demonstrated by the instructor. A supply kit ($25) can be purchased from the instructor.

ART-809-BLL5 Stella Dobbins, NWS $65
3/28 Sa 9:00 am-5:00 pm  1 Session
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 007

NEW! Watercolor Bold & Free
(HS-Adult) Learn watercolor techniques such as dropping in paint and water, stain and layering, pattering, calligraphy and more. Your unique creations will be created using both planned and accidental methods. NOTE: A $25 supply kit can be purchased from the instructor.

ART-809-BLL7 Stella Dobbins, NWS $65
5/2 Sa 9:00 am-5:00 pm  1 Session
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 007

BOOKKEEPING & ACCOUNTING

Bookkeeping & Accounting I
(1 Credit) 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. NO CLASS 3/9.

ATG-001-RV Cynthia Fernald $179
2/10-3/16 M 6:00-9:30 pm  5 Sessions
RVC Classroom Bldg. II  Room 121

Bookkeeping & Accounting II
(1 Credit) 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
3/23-4/20 M 6:00-9:30 pm  5 Sessions
RVC Classroom Bldg. II  Room 121

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: Accounting & Bookkeeping I and II or equivalent experience.

ATG-003-RV Cynthia Fernald $179
4/27-5/7 MTh 6:00-9:30 pm  4 Sessions
RVC Classroom Bldg. II  Room 121

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

QuickBooks: Part II
(1 Credit) Provides a continuation of QuickBooks Part I.

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.

QuickBooks: Part I
DPR-029-RV Krista Schoonover $199
2/12-3/25 W 6:00-9:15 pm  6 Sessions
RVC Woodward Technology Ctr.  Room 2614

QuickBooks: Part II
DPR-057-RV Krista Schoonover $199
4/1-5/6 W 6:00-9:15 pm  6 Sessions
RVC Woodward Technology Ctr.  Room 2614

Questions? Call (815) 921-3900
NEW! High School Ready: Safe Zone
(Ages 11-15) Anxious about high school? Then let’s get prepared and have some fun! In Safe Zone: We Growl, we will make fluffy slime, meditation jars, vision boards, play games, and create art projects, all while building confidence and increasing self-awareness. After each Safe Zone: We Growl class, you will feel more mentally prepared for high school. Also, you will have some cool items to take home to remind you of the fun, creative activity you participated in that taught you the high school survival guide. NO CLASS 3/14, 4/11, 4/25.
COL-800-RV3 Janeesha Hammond-Bryant $135
2/15-5/16 Sa 10:00 am-1:00 pm 9 Sessions
RVC Woodward Technology Ctr. Room 2112

NEW! Study Skills for Success
(Middle School to College) Learn basic self-guided study strategies including proper note taking techniques, “how to” steps for exam study guides, and time management tips. 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 help.
COL-800-RV2 Laura Constant $59
2/20-3/5 Th 5:30-6:30 pm 3 Sessions
RVC Jacobs Ctr. for Science & Math Room 1102

NEW! Math Refresher & Beyond
(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 3/14, 4/11.
COL-800-RV Bilal Khairi $235
2/29-5/30 Sa 10:00 am-Noon 12 Sessions
RVC Jacobs Ctr. for Science & Math Room 0216

NEW! Math Refresher & Beyond
This class is designed to develop competency in basic mathematical skills. Students will learn and understand the importance of a working knowledge of addition, subtraction, multiplication, division, fractions, decimals and percentages. Review and improve your math skills while building a solid foundation for achieving success in further math courses. NO CLASS 3/11.
MTH-010-RV Tes Hastings $139
2/12-3/25 W 6:00 pm-8:30 pm 6 Sessions
RVC Classroom Bldg. II Room 125

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 Mark Anderson Elizabeth Dougherty Amanda Flynn $145
2/11-2/27 TTh 5:00-7:00 pm 6 Sessions
RVC Classroom Bldg. II 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

RAISE is an alternative post-secondary education program for 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 courses, please contact the Disability Support Services office at (815) 921-2371 or visit our website at RockValleyCollege.edu/StudentServices/DisabilityServices/raise.cfm.

A Transition-Focused Educational Program for Individuals with Intellectual Disabilities

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.
Microsoft Office 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
2/12-3/4  W 9:00 am-Noon  4 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, and Access. It is designed to provide the essential computer skills you need in today’s fast-changing workplace. BRING: Flash drive. INCLUDED: Manual. NO CLASS 3/10, 3/12.

DPR-045-RV  Charles Corley  $165
3/3-3/19  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).

DPR-067-RV  Gail Lee  $125
5/6-5/13  W 8:30 am-4:30 pm  2 Sessions  RVC Woodward Technology Ctr.  Room 2614

PowerPoint Essentials
Create and deliver a PowerPoint presentation, bulleted lists, designing and printing the presentation, copying text and objects, outline panel, formatting the presentation, printing, graphics and animation, artistic backgrounds, slide transitions, adding multimedia in presentations, charts, tables, collaborating with others online, hyperlinks for slide navigation, font embedding, and find and replace. RECOMMENDED: Basic Computer Skills. PURCHASE: Text at RVC Bookstore. BRING: Flash drive. One hour lunch break (on own).

DPR-065-RV  Gail Lee  $125
5/20-5/27  W 8:30 am-4:30 pm  2 Sessions  RVC Woodward Technology Ctr.  Room 2614

Excel 2016: Level 1
Introduction to worksheets, formatting sheets and cells, basic calculations, rearranging data, working with rows, cells and columns, managing multiple worksheets, common formulas, cell references, data visualization with charts and images, using tools for formatting and editing, and organizing large amounts of data. RECOMMENDED: Basic Computer Skills. PURCHASE: Text at RVC Bookstore. BRING: Flash drive.

DPR-064-RV4  Gail Lee  $79
2/22-2/29  Sa 8:30 am-Noon  2 Sessions  RVC Woodward Technology Ctr.  Room 2614

DPR-064-RV  Gail Lee  $79
3/25  W 8:30 am-4:30 pm  1 Session  RVC Woodward Technology Ctr.  Room 2614
One hour lunch break (on own).

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.

DPR-064-RV5  Gail Lee  $79
3/21-4/4  Sa 8:30 am-Noon  2 Sessions  RVC Woodward Technology Ctr.  Room 2614
NO CLASS 3/28

DPR-064-RV2  Gail Lee  $79
4/8  W 8:30 am-4:30 pm  1 Session  RVC Woodward Technology Ctr.  Room 2614
One hour lunch break (on own).

Excel 2016: Level 3
Working with tables, calculated columns, structured references, table features, financial functions and what-if analysis, PivotTables and PivotCharts, macros, workbook protection and inspecting workbooks for compatibility. RECOMMENDED: Excel Level 1 & 2. PURCHASE: Text at RVC Bookstore. BRING: Flash drive.

DPR-064-RV3  Gail Lee  $79
4/29  W 8:30 am-4:30 pm  1 Session  RVC Woodward Technology Ctr.  Room 2614
One hour lunch break (on own).

DPR-064-RV6  Gail Lee  $79
5/2-5/9  Sa 8:30 am-Noon  2 Sessions  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 2016 skills. You will learn saving and workbook retrieval techniques, shortcuts and tricks for setting up worksheets quickly and professionally. You’ll also learn the secrets behind charts, chart data, formulas and discover how to use the function wizard, auto-features, 3-D editing, cell reference options, apply border and fills to cells, edit entries, and much more. RECOMMENDED: Basic Computer Skills. PURCHASE: Text at RVC Bookstore. BRING: Flash drive. NO CLASS 4/9.

DPR-024-RV  Charles Corley  $125
3/24-4/14  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 formula, 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. NO CLASS 4/21.

DPR-027-RV  Charles Corley  $125
4/16-5/7  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 continuance 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.

DPR-037-RV  Charles Corley  $125
5/12-5/28  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 and footers and more. RECOMMENDED: Basic Computer Skills. PURCHASE: Text at RVC Bookstore. BRING: Flash drive. NO CLASS 4/9.
DPR-063-RV Gail Lee $79
3/18 W 8:30 am-4:30 pm 1 Session 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. One hour lunch break (on own).
DPR-063-RV2 Gail Lee $79
4/1 W 8:30 am-4:30 pm 1 Session 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. One hour lunch break (on own).
DPR-063-RV3 Gail Lee $79
4/15 W 8:30 am-4:30 pm 1 Session 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 such as writing business letters, reports, resumés, brochures, smart-art, and commands using multiple columns, keyboard shortcuts, tables, splitting and merging cells and more. You’ll also learn skills to save, retrieve, copy, organize, create folders and print documents. RECOMMENDED: Basic Computer Skills. PURCHASE: Text at RVC Bookstore. BRING: Flash drive. NO CLASS 4/9.
DPR-023-RV Charles Corley $125
3/24-4/14 TTh 7:30-9:30 pm 6 Sessions RVC Woodward Technology Ctr. Room 2614

Word 2016 Comprehensive: Intermediate Level Course
(.5 credits) Learn next level skills 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. NO CLASS 4/21.
DPR-026-RV Charles Corley $125
4/16-5/7 TTh 7:30-9:30 pm 6 Sessions RVC Woodward Technology Ctr. Room 2614

Word 2016 Comprehensive: Advanced Level Course
(.5 credits) Complete the Comprehensive Word 2016 series which covers 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.
DPR-036-RV Charles Corley $125
5/12-5/28 TTh 7:30-9:30 pm 6 Sessions RVC Woodward Technology Ctr. Room 2614

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
6/3 W 9:00-11:00 am 1 Session RVC Woodward Technology Ctr. Room 2614

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

Intro to Google Suites
Enjoy learning 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
4/2 Th 6:00-8:00 pm 1 Session Bell School Rd. Ctr. 3350 Bell School Rd. Room 005

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
4/16 Th 6:00-8:00 pm 1 Session Bell School Rd. Ctr. 3350 Bell School Rd. Room 005

Google Sheets & Docs
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
4/23 Th 6:00-8:00 pm 1 Session Bell School Rd. Ctr. 3350 Bell School Rd. Room 005
COOKING & BAKING

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!
• Partial hands-on class with take-home recipe booklet.
• May BYOB.

NEW! Fat Tuesday/Mardi Gras Dinner
How lucky are we that our class falls right on Fat Tuesday? Let’s start off right with authentic foods that would be served in New Orleans. Cajun cooking at its best! Bring a special someone or make new friends.
HMC-803-TT2 Tasty Tidbits Staff $60 2/25 T 6:00-8:00 pm 1 Session
Al Grace Appliance 811 W. Riverside Blvd. Kitchen

COUPLES NIGHT OUT!
Bring a special someone and make new memories!

NEW! Couples: Spanish Tapas Dinner
Did you know that the King of Spain ordered the bars in Spain to serve small plates (tapas) with drinks served there? Small plates fit perfectly on top of wine glasses and kept the fruit flies out of the wine! Promise no fruit flies here and it’s a great way to meet others and learn something new!
HMC-803-TT4 Tasty Tidbits Staff $75 3/20 F 6:30-8:30 pm 1 Session
Al Grace Appliance 811 W. Riverside Blvd. Kitchen

NEW! Couples: Country French Dinner
Fun night out as you join other couples to prepare and enjoy an extraordinary 5-course Country French Dinner. BYOB welcome: Wines from the Alsace or Burgundy regions would pair perfectly!
HMC-803-TT6 Tasty Tidbits Staff $75 4/17 F 6:30-8:30 pm 1 Session
Al Grace Appliance 811 W. Riverside Blvd. Kitchen

NEW! Couples: Best of Spring (Vegetarian)
Enjoy a 5-6 course dinner made from local and fresh ingredients. Always a special and different menu based on what is available and it’s always a big hit!
HMC-803-TT8 Tasty Tidbits Staff $75 5/15 F 6:30-8:30 pm 1 Session
Al Grace Appliance 811 W. Riverside Blvd. Kitchen

NEW! Girls Night Out!
Have fun with your girlfriends and make new ones!

NEW! Girlfriends: What Ladies Love!
February is the month of love, so let’s start it out right! We’ll prepare and enjoy appetizers and desserts guaranteed to make ladies smile.
HMC-803-TT Tasty Tidbits Staff $50 2/11 T 5:30-7:30 pm 1 Session
Al Grace Appliance 811 W. Riverside Blvd. Kitchen

NEW! Girlfriends: Italian Vegetarian
So many amazing flavors come from Italy. Through simply prepared freshly grown and locally raised foods, we will put them together perfectly. This class is one of Chef Diana’s favorites!
HMC-803-TT3 Tasty Tidbits Staff $50 3/10 T 5:30-7:30 pm 1 Session
Al Grace Appliance 811 W. Riverside Blvd. Kitchen

NEW! Girlfriends: April Fool’s Day
You will be surprised at the secret ingredients in our appetizers and desserts as you have fun preparing delicious food!
HMC-803-TT5 Tasty Tidbits Staff $50 4/1 W 5:30-7:30 pm 1 Session
Al Grace Appliance 811 W. Riverside Blvd. Kitchen

NEW! Girlfriends: Cinco de Mayo
Prepare appetizers and desserts in honor of Puebla’s victory, a special little town in Mexico that won its freedom from France.
HMC-803-TT7 Tasty Tidbits Staff $50 5/5 T 5:30-7:30 pm 1 Session
Al Grace Appliance 811 W. Riverside Blvd. Kitchen

NEW! Herbal Truffles for Your Special Valentine’s Day
Herbal truffles are a fun way to include a variety of herbs into a delicious treat. Herbs can be chosen for taste and medicinal properties. Join Master Herbalist Shannon Redden to make a sampling of herbal truffles to take home and enjoy or share them with a loved one. No refunds 7 days prior to workshop.
SEA-800-BLL Shannon Redden $49 2/10 M 6:30-8:30 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

NEW! Herbal Vinegars
Herbal vinegars are an easy and fun way to incorporate different flavors and medicinal properties into your meals. They are great to have on hand as pantry staples and they make great gifts. Join Master Herbalist Shannon Redden to learn more about the benefits of herbal vinegars and to make a jar to take home. No refunds 7 days prior to workshop.
SEA-800-BLL3 Shannon Redden $49 4/6 M 6:30-8:30 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 002

Basic Cake Decorating
Have you ever wanted to make professional looking cakes or cupcakes for special occasions? We’ll discover many baking hints and how to decorate like the professionals. Simple yet elegant looking borders, decorations and flowers. Do not miss the first class with all the interesting baking hints and secrets to complete a lovely cake! Desserts will be made at home and you will decorate them in class. SUPPLIES: A supply list will be given at 1st class; (items such as icing bags, tips, couplers etc.). Cost of supplies vary (starting around $75).
HMC-803-BLL Kathy Moe $55 2/13-3/5 Th 6:30-9:00 pm 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

Flowers & Cake Design
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 1st 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 4/9.
HMC-803-BLL2 Kathy Moe $55 3/19-4/16 Th 6:30-9:00 pm 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

Gum Paste & Fondant
Learn how to work with fondant and gum paste. From covering your cakes to cutting shapes and painting on fondant, you’ll learn all the essentials, and get to create flowers, like calla lilies and roses! BRING TO FIRST CLASS: 1 package gum paste, one package fondant, icing colors, plastic food wrap, and small tapered spatula.
“Wilton How to Decorate with Fondant” kit will have many of the supplies needed as well as a book. PREREQUISITE: Completion of Basic Cake Decorating class or with the instructor’s permission. NO CLASS 5/14.
HMC-803-BLL3 Kathy Moe $55 4/23-5/21 Th 6:30-9:00 pm 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

Questions? Call (815) 921-3900  COOKING & BAKING
CPR TRAINING

FOR ALL CLASSES:
• Includes 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. INCLUDED: Textbook.

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<tr>
<th>Course</th>
<th>Instructor</th>
<th>Date/Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>HLT-001-RV</td>
<td>Debb Webb</td>
<td>2/15 10:00 am-2:00 pm</td>
<td>1 Session</td>
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<td>HLT-001-RV2</td>
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<td>3/10 4:00-8:00 pm</td>
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<td>HLT-001-RV3</td>
<td>Debb Webb</td>
<td>4/18 Noon-4:00 pm</td>
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<td>HLT-001-RV4</td>
<td>Debb Webb</td>
<td>5/13 4:00-8:00 pm</td>
<td>1 Session</td>
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</table>

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 available in class for $15.

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<tr>
<th>Course</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>HLT-008-RV</td>
<td>Debb Webb</td>
<td>2/15 10:00 am-1:00 pm</td>
<td>1 Session</td>
</tr>
<tr>
<td>HLT-008-RV2</td>
<td>Debb Webb</td>
<td>3/10 4:00-7:00 pm</td>
<td>1 Session</td>
</tr>
<tr>
<td>HLT-008-RV3</td>
<td>Debb Webb</td>
<td>4/18 Noon-3:00 pm</td>
<td>1 Session</td>
</tr>
<tr>
<td>HLT-008-RV4</td>
<td>Debb Webb</td>
<td>5/13 4:00-7:00 pm</td>
<td>1 Session</td>
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</tbody>
</table>

Heartsaver AED and First Aid: Infant-Adult
(.5 Credit) For those working with Adults. Focus will be on CPR and AED for adults. Also includes first aid basics, CPR and AED for children and infants. How to prevent many medical emergencies. INCLUDED: Textbook.

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<th>Date/Time</th>
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<tbody>
<tr>
<td>HLT-002-RV</td>
<td>Debb Webb</td>
<td>3/21 10:00 am-2:00 pm</td>
<td>1 Session</td>
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Heartsaver Pediatric First Aid: Infant-Adult
For Child Care Workers and Parents. Covers basic first aid, choking, CPR/AED for infants, children and adults. INCLUDED: Textbook.

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<tbody>
<tr>
<td>HLT-003-RV</td>
<td>Debb Webb</td>
<td>5/9 9:00 am-2:00 pm</td>
<td>1 Session</td>
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CRAFTS & HOBBIES

Knitting
(Beginners) 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. NO CLASS 3/10.

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<tr>
<th>Course</th>
<th>Instructor</th>
<th>Date/Time</th>
<th>Sessions</th>
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<tbody>
<tr>
<td>CAH-806-RV</td>
<td>Karen Sue McCarthy</td>
<td>2/11-3/24 T 6:30-8:30 pm</td>
<td>6 Sessions</td>
</tr>
</tbody>
</table>

Crocheting
(Beginners) 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. NO CLASS 3/12.

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<th>Sessions</th>
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<tbody>
<tr>
<td>CAH-806-RV2</td>
<td>Karen Sue McCarthy</td>
<td>2/13-3/26 Th 6:30-8:30 pm</td>
<td>6 Sessions</td>
</tr>
</tbody>
</table>

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: If attending with your child/grandchild BOTH students must register.

(Ages 8-Adult)

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<th>Sessions</th>
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<tbody>
<tr>
<td>CAH-806-BLL</td>
<td>Mary Foreman</td>
<td>2/11-3/24 Sa 9:00-11:30 am</td>
<td>6 Sessions</td>
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NO CLASS 4/11, 4/25

(Age Only)

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<tr>
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<th>Instructor</th>
<th>Date/Time</th>
<th>Sessions</th>
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<tbody>
<tr>
<td>CAH-806-BLL2</td>
<td>Mary Foreman</td>
<td>2/11-3/24 T 6:00-8:30 pm</td>
<td>6 Sessions</td>
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</table>

Getting to Know Your Sewing Machine
Are you struggling with your sewing machine? This introductory class 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.

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<tbody>
<tr>
<td>CAH-806-BLL4</td>
<td>Mary Foreman</td>
<td>2/11-3/24 Sa 9:00-11:30 am</td>
<td>1 Session</td>
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Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

NO CLASS 3/25

Sewing

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<tbody>
<tr>
<td>CAH-806-BLL2</td>
<td>Mary Foreman</td>
<td>2/11-3/24 T 6:00-8:30 pm</td>
<td>6 Sessions</td>
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Bell School Rd. Ctr. 3350 Bell School Rd. Room 004
Questions? Call (815) 921-3900

GET A $25 MASSAGE & HELP A STUDENT

Our advanced massage therapy students must complete mandatory hours of body work before they can graduate from our program. Here’s your chance to help others while improving your overall wellbeing with an hour-long, full-body massage.

Massage clinic will be held on Wednesdays, March 4th, 2020-September 16th, 2020 at 9:30 am, 10:45 am, and Noon.

Registration BEGINS February 5th, 2020.

Call to register (815) 977-4743.

ONLINE booking feature COMING SOON!

All student TIPS will be donated to the Chase Shott Memorial Scholarship!

DANCE

Ballroom Dancing I
Fundamentals: Waltz, Foxtrot, Swing. Learn to lead or how to follow. Singles and couples are welcome. No Class 3/12, 4/9.
DNC-800-RV Julie Dale $95 2/13-4/23 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. No Class 3/12, 4/9.
DNC-800-RV2 Julie Dale $95 2/13-4/23 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! No Class 3/12, 4/9.
DNC-800-RV3 Julie Dale $135 2/13-4/23 Th 7:00-7:45 pm 9 Sessions RVC Physical Education Ctr. Room 1216

Steppin’ Free Demo
DNC-800-FREE Shu-Tehu Ra $0 2/11-2/18 T 6:00-7:00 pm 2 Sessions RVC Physical Education Ctr.

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. No Class 3/10.
DNC-800-RV4 Shu-Tehu Ra $150 2/25-5/12 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, significant study time, practical labs and skills that include all areas of patient assessment (medical, cardiac, pediatric and trauma), airway management, splinting, clinical and field experience and appropriate interventions. After successful completion: The candidate will qualify to challenge the national registry exam and certification in Illinois. PREREQUISITES: 20/20 vision with correction. Hear normally with correction. Sound physique, not possessing any infirmity of body or mind, which might render you unfit to perform duties. Must be 18 years of age and have a high school diploma or GED by the NREMT test date. ALSO NEEDED: Proof of current immunizations and insurance, and a background check (Form given at first class; can be completed at Accurate Biometrics). PURCHASE: Text with computer access code at Rock Valley College Bookstore. No Class 5/25.
HLT-038-RV2 Debbie Neidermeir $1,335 5/18-7/30 MTTh 6:00-10:00 pm 36 Sessions 6/6, 6/13, 6/20, 6/27 Sa 8:00 am-5:00 pm RVC Health Science Ctr. Room 1108

DANCE • EMERGENCY TRAINING PAGE 6
Kidwatch
Come to the farm to learn about goats, play with new babies, and - if the timing is right - witness a live birth. You’ll join us to feed the animals and learn about goat pregnancy and birth. The visit comes with naming rights for any goats born under your watch. BRING: Sack lunch. Please register for each family member age 3 and up. Contact us at learn@learngrowconnect.org. No refunds 7 days prior to class start date.

Animal Day for Families
Bring your kids or grandkids to our organic farm to meet our baby goats and mamas. If the timing is right you will be delighted with a milking demonstration. This day is everything livestock ranging from viewing our Scottish Highland Cattle regenerating the landscape to making soil from kitchen scraps with worm boxes. Everyone will make our classic 5-ingredient goat’s milk ice cream to enjoy under the trees. BRING: Sack lunch. Please register for each family member age 3 and up. Contact us at learn@learngrowconnect.org. No refunds 7 days prior to class start date.

NEW! Buying Your First Home
Purchasing a home is an investment, and you need to know what to expect. We’ll explore the mortgage process for buying your own home: the importance of credit score, saving money for down payment, available grants and the differences between currently available mortgage programs. A licensed mortgage loan originator will provide you over 20 years of lending experience to make you feel comfortable with one of the most important purchases of your life.

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. NO CLASS 3/9.

Don’t Worry, Retire Happy!
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. INCLUDES: All course materials. Register 1 person, bring a guest for FREE!

Taxes in Retirement
(Ideal ages 60-70) Geared to those retired and/or about to enter retirement. The class addresses numerous tax traps retirees spring 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.

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 1 person, bring a guest for FREE!
Health is a state of body. Wellness is a state of being.

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 $39
5/5–5/26 T 5:30–6:15 pm 4 Sessions
RVC Physical Education Ctr.

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.

TO REGISTER:
• Register with Rock Valley College
• Call (815) 289-3372 to schedule dates/times
• Wednesdays 5:30–6:30 pm
• Classes run in 4 sessions
FIT-800-FW Susan Bubik $40
Fitness Works 3619 Morsay Dr. Rockford

TO REGISTER FOR NO JOKES CLASSES:
• Register with Rock Valley College
• Call (815) 986-5425 to schedule dates/times
• Classes run for 5 weeks
• All classes are at 6358 Daytona Dr., Loves Park

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

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

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-NJ3 No Joke Staff $64

TAI CHI
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.

All classes meet at:
Bell School Rd. Ctr.
3350 Bell School Rd., Room 013

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
2/10–3/30 M 10:50–11:50 am 8 Sessions
FIT-812-BLL2 Sue Michaelsen $70
2/13–4/2 Th 6:40–7:40 pm 8 Sessions
FIT-812-BLL3 Sue Michaelsen $70
2/15–4/4 Sa 8:00–9:00 am 8 Sessions

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
2/10–3/30 M 9:40–10:40 am 8 Sessions
FIT-812-BLL5 Sue Michaelsen $70
2/13–4/2 Th 5:30–6:30 pm 8 Sessions
FIT-812-BLL6 Sue Michaelsen $70
2/15–4/4 Sa 9:10–10:10 am 8 Sessions

NEW! Kung Fu
Learn and transform practical fighting into internal strength, and how self-defense skills are based on Chinese Philosophy. Training includes: practical Northern Shao-Lin Skills, applications, 2-person drills and short weapons. OPTIONAL: Purchase textbook from instructor ($12).

FIT-812-BLL7 Sue Michaelsen $70
2/15–4/4 Sa 10:30–11:30 am 8 Sessions

WORLD TAI CHI & QIGONG DAY FOR WORLD PEACE!

APRIL 25, 2020
Bell School Rd. Ctr.
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 and other events until 3 pm!

Pre-Register for this FREE event using code FIT-812-DAY.
NATIONAL CERTIFICATION

ServSafe Food Service Manager
(1 Credit) Certificate Valid 5 years. Meets the Illinois Department of Public Health requirements; uses ServSafe (an ANSI-CFPM accredited exam provider). Certification verifies that a Manager/Person-in-Charge has sufficient food safety knowledge to protect against foodborne illness. All food service operations that prepare and serve food are required to have a Certified Food Service Manager on the premise when food is handled. BRING: Photo ID. INCLUDED: Book.

FOR ALL CLASSES:
• MANDATORY ATTENDANCE required for all 15 hours
• ARRIVE PROMPTLY AT 8:00 am – NO EXCEPTIONS!
• Latecomers not admitted
• 90 question certification exam at end of 2nd class (approx. 2 hours)
• Classes are 2 sessions
• 30 min lunch (on own)
• Meet at Bell School Rd Ctr., 3350 Bell School Rd.

Food Handler Certification
Certificate Valid 3 years. Per IL law, ALL FOOD HANDLERS must have ANSI Accredited Food Handler Training. New hires only have 30 days from hire date. A food handler is a person working in a food facility and performing any duty that involve the preparation, storage or service of food (servers, bartenders, dishwashers, hosts/hostesses). BRING: Photo ID. INCLUDED: Book.

CLASS & CLINICAL INFORMATION:
1st Class: Classroom/Theory
2nd Class: Off-site clinical for multi-skills evaluation. Must attend both!

Food Service • Healthcare

CNA RECERTIFICATION
(.5 Credit) If you have not been employed as a CNA for a continuous 24 months, then you may be eligible to recertify.

ELIGIBILITY TO RECERTIFY:
PRIOR to registering for class these steps MUST be followed: (This is a Southern Illinois University website and the class is through Rock Valley College.)
1. Complete form online at https://nurseaidetesting.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. For verification of FEE APP, please call, (815) 921-3905, Continuing Education Manager.
   You may NOT register to test until after completing the recertification class (additional fee of $75). Test information will be provided in class. Online versions are now available through Kishwaukee Community College or Highland Community College.

Food Service • Healthcare
HEALTHCARE CAREER PROGRAMS [ There is no job placement for these courses. ]

Healthcare Overview

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 a healthcare administration position. NOTE: This program will prepare you to meet the requirements of the National Healthcare Association's (NHA) Certified Medical Administrative Assistant (CMAA) national certification exam. The CMAA exam will be given following the completion of this course for an additional charge. All materials are included in the course cost. No refunds 7 days prior to class start date. NO CLASS 5/25.

HLT-054-RV Condensed Curriculum Staff $1,299
3/16-5/27 MW 6:00-9:30 pm 21 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
3/16-5/4 MW 6:00-9:30 pm 15 Sessions
RVC Health Sciences Ctr. Room 2228

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”, I.V. flow rates, sterile compounding, dose conversions, aseptic technique, the handling of sterile products, total parental nutrition (TPN), dispensing of prescriptions, inventory control and billing and reimbursement. In addition to classroom lecture and labs, this program includes a clinical externship through a local pharmacy. To be eligible for the clinical externship, students must successfully complete the 50 hour program, submit to a thorough background check, drug screening and meet other requirements. No refunds 7 days prior to class start date.

HLT-056-RV Condensed Curriculum Staff $1,205
3/16-5/4 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 4/9.

HLT-069-RV Condensed Curriculum Staff $1,899
3/16-5/11 MTh 6:00-9:30 pm 20 Sessions
3/28, 4/4, Sa 9:00 am-3:00 pm
4/25, 5/9
RVC Health Sciences Ctr. Room 1202

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. No refunds 7 days prior to class start date. NO CLASS 4/9.

HLT-053-RV Condensed Curriculum Staff $1,299
3/16-5/14 MTh 6:00-9:30 pm 17 Sessions
RVC Health Sciences Ctr. Room 1218
HOME & GARDEN

NEW! Small Gas Engine Maintenance & Repair
Basic introduction to small 2 and 4 cycle engine repair, tune-ups, and maintenance. Fundamentals of basic engine operation, carburetor operation and repair, and basic troubleshooting. Small tool list will be provided. (Approximate cost is $50 at Harbor Freight.) Email rvc-cc@rockvalleycollege.edu. NO CLASS 3/11.
MEC-009-SCCE Derek Squires $165
2/12-4/8 W 6:00 pm-8:00 pm 8 Sessions
Stenstrom Center for Career Education Room 419

NEW! Buying Your First Home
Purchasing a home is an investment, and you need to know what to expect. We’ll explore the mortgage process for buying your own home: the importance of credit score, saving money for down payment, available grants and the differences between currently available mortgage programs. A licensed mortgage loan originator will provide you over 20 years of lending experience to make you feel comfortable with one of the most important purchases of your life.
FIN-802-BLL Shane Hartje $25
2/10 M 6:00-7:30 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 002

NEW! Planning Your Herb Garden
Tips and techniques to build your very own herb garden from Master Herbalist, Shannon Redden. Learn how to plan your garden, the properties and benefits of many herbs, and ideas on how to use them. No refunds 7 days prior to class workshop.
SEA-800-BLL2 Shannon Redden $49
03/02 M 6:30-8:30 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

NEW! Strawbale Gardening 101
Is there a quick and inexpensive method to plant a small garden? The answer is "yes"! Planting in straw bales is less expensive than the popular alternative of raised bed gardening and results are not dependent on the soil quality in your backyard. You will learn some amazing chemistry as you inoculate bales and create a micro biome for flowers, herbs and vegetables. There will be some bonus opportunities to practice composting and planting bed aeration. BRING: Sack lunch, full water bottle, work gloves and dress to be outside for the day. Contact us at learn@learngrowconnect.org. No refunds 7 days prior to class start date.
GAN-817-BE Angelic Organics Staff $15
3/14 Angelic Organics
Sa 10:00 am-1:00 pm 1 Session
1545 Rockton Rd. Caledonia

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
2/15 Sa 9:00 am-Noon 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 003

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
2/22 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
2/29 Sa 9:00 am-Noon 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 003

HIGHWAY CONSTRUCTION CAREERS TRAINING PROGRAM

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 (Spring and Fall) 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 https://www.rockvalleycollege.edu/Community/CCE/HCCTP.cfm
**NEW! Herbal Truffles for Your Special Valentine's Day**

Herbal truffles are a fun way to include a variety of herbs into a delicious treat. Herbs can be chosen for taste and medicinal properties. Join Master Herbalist Shannon Redden to make a sampling of herbal truffles to take home and enjoy or share them with a loved one.

No refunds 7 days prior to workshop.

**SEAS-800-BLL7** Shannon Redden $49

2/10 M 6:30–8:30 pm 1 Session

Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

**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.

**ALT-800-BLL5** Sue Michaelson $39

2/14 F 5:30–8:30 pm 1 Session

Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

**NEW! SPA & MAKEUP WORKSHOPS**

- Themed workshops meet Wednesday evenings from 6:30-8:30 pm
- Meet at Bell School Rd. Ctr.
- No refunds 7 days prior to each workshop

**February 26: Get Glowing**

**FOCUS:** Spa beauty treatments. Pampering and makeup tips to enhance your natural beauty (including lip, hand and multi-masking treatments).

**SEA-800-BLL4** Debbie Larson $49

2/10 M 6:30–8:30 pm 1 Session

Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

**March 4: Makeup 101**

**FOCUS:** Basics of make-up application. Highlight, contour, apply blush, mascara and lipstic to showcase the shape of your face.

**BRING:** Eyelash curler if you use one. **NOTE:** Products will be provided or bring your own.

**SEA-800-BLL5** Debbie Larson $49

2/10 M 6:30–8:30 pm 1 Session

Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

**March 25: Mother/Daughter Make-Overs & Grandma’s Too**

**FOCUS:** Moms & Daughters OR Grandmothers & Grand-Daughters who enjoy and deserve to be pampered. Includes body and skin care treatments, make-up tips, and charcoal masks. This fun evening will include lots of conversation, and wonderful memories! **NOTE:** Tailored to be age appropriate for younger children, teens, and adults. **REGISTER:** 1 person, bring 1 guest for FREE!

**SEA-800-BLL7** Debra Larson $49

2/10 M 6:30–8:30 pm 1 Session

Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

**NEW! Beginning Arabic**

(HS-Adult) Do you think learning a foreign language is difficult? It can be accomplished when you start from the beginning, and work with a native speaker! This introductory class is designed to help you develop a basic vocabulary. We’ll work on history of the language, alphabets, greetings, and many useful phrases.

**PURCHASE:** Text at RVC Bookstore. NO CLASS 3/11.

**LAN-800-RV2** Ameen Abdullah $99

2/12–4/22 W 6:00–8:00 pm 10 Sessions

RVC Woodward Technology Ctr. Room 2110

**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-RV** Keiko Hall $130

3/23–5/4 M 6:00–8:00 pm 7 Sessions

RVC Jacobs Ctr. for Science & Math Room 0202

**NEW! Beginning Sign Language**

(HS-Adult) 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 3/10.

**LAN-800-RV2** Mitchell Faith $155

3/5–5/21 Th 6:00–8:00 pm 10 Sessions

RVC Classroom Bldg. II Room 120

**Beginning Sign Language Level II**

**PREREQUISITE:** Beginning Sign Language.

**PURCHASE:** Text at RVC Bookstore. **NOTE CLASS 3/12, 4/9.**

**LAN-800-RV2** Mitchell Faith $155

3/5–5/21 Th 6:00–8:00 pm 10 Sessions

RVC Classroom Bldg. II Room 120

**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. **NO CLASS 3/11.**

**FOR-075-RV** Mitchell Faith $155

3/4–5/13 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. **NO CLASS 3/12, 4/9.**

**FOR-075-RV** Mitchell Faith $155

3/5–5/21 Th 6:00–8:00 pm 10 Sessions

RVC Classroom Bldg. II Room 120

**Beginning Arabic**

**LAN-800-RV** Lori Cazel $99

2/11–4/21 T 6:00–8:00 pm 10 Sessions

RVC Classroom Bldg. II Room 120

**NEW! Spanish for Beginners**

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

**FOR-031-RV** Mercedes Donday $155

2/10–4/20 M 6:00–8:00 pm 11 Sessions

RVC Classroom Bldg. II Room 126

**NEW! Sign Language Level II**

(HS-Adult) A continuation of Beginning Sign Language. **PREREQUISITE:** Beginning Sign Language.

**PURCHASE:** Text at RVC Bookstore. **NOTE CLASS 3/12, 4/9.**

**LAN-800-BLL2** Kimberly Ramsay $75

2/13–4/30 Th 6:30–8:00 pm 10 Sessions

Bell School Rd. Ctr. 3350 Bell School Rd. Room 003
LIFE STORIES

YOUR STORY. YOUR HISTORY. TOLD BY YOU.

Genealogy sites like ancestry.com can give lots of family information, but where do you go from that basic search? What are the next steps and process of integration of the information into something durable, and lasting? Let us show you the next steps: the ready sources of genealogical information, what to do with that information after you have it, and how to build on that information. You are rich with diversity, sporting a proud history, and awash with contributions of all kinds. You need to record, preserve, and protect this information for the generations that will follow.

NEW! Life Stories: Power of Story, Your Legacy, and Your Family History
Session speaker: Curt B. Witcher, Genealogy Center Manager

The story gives a special understanding of your life, and the role you played getting them to where they are today. Curt Witcher is one of the nation's leading experts on genealogy and life stories, and this one-time opportunity will provide valuable insight on developing your own story into something durable and lasting. Curt is a vibrant and entertaining speaker, and will show you how easy it is to find reliable sources, how to build your information, and the importance of photos to your story. This is your chance to learn from one of the nation's foremost authorities on genealogical research and life stories.

Curt B. Witcher is the Allen County Public Library (Fort Wayne, Indiana) Senior Manager for Special Collections, a job which entails managing The Genealogy Center, serving as general curator for that institution's Rare and Fine Book Collection, and supervising the new Lincoln Financial Collection's Lincoln Library. Curt is a member of the Genealogy Committee of the American Library Association, a past chair of the association's History Section, a former president of both the Federation of Genealogical Societies and the National Genealogical Society, and the founding president of the Indiana Genealogical Society.

Curt was distinguished in 1995 as a fellow of the Utah Genealogical Association (FUGA) and received the Federation of Genealogical Societies' highest honor, the Rabbi Malcolm H. Stern Humanitarian Award, in 1997. He was the 2002 ALA-RUSA History Section Genealogical Publishing Company Award winner and in 2003 was honored by the Indiana Historical Society as that year's Willard Heiss Memorial Lecturer. Curt was recognized in 2006 by being named the first fellow of the Indiana Genealogical Society. He was honored in May of 2007 with the National Genealogical Society's P. William Filby award for outstanding, life-time contributions to genealogical librarianship.

No refunds 7 days prior to workshop.
EDV-800-RV Adventure Safari Network $19
2/19 W 6:00-7:30 pm 1 Session
RVC Jacobs Ctr. for Science and Math Room 2106

Life Stories: Trip To Allen County Public Library
(Double Occupancy) Visit the largest genealogical center in the U.S. with access to all their records and free online access to many major genealogical sites during our time there. The Allen County Public Library in Fort Wayne is an unbelievable source of free data and assistance to those putting together family information or life stories. Library assistants will counsel and help you get the most out of the day. As a bonus, we will stop at the stunning Neil Armstrong Museum, where you witness the largest collection of Neil Armstrong and space memorabilia anywhere. This museum takes you on the emotional journey of the space program as the United States geared up to put a man on the moon.

No refunds 7 days prior to trip.
EDV-800-TRP Adventure Safari Network $445
3/20-3/22

Life Stories: Putting It Together
Develop or locate the resources needed to take your story to the next level. Whether you are sharing your stories, or being part of others sharing their stories, we'll show you how you and your family can be remembered.

Topics include:
- The art of interviewing, and the importance of that information to the story
- Digitization of prints, slides, or negatives
- Repair or digitize old photos
- Genealogical resources, and suggest low cost methods/free assistance while working on genealogical research.

No refunds 7 days prior to workshop.
EDV-800-RV2 Adventure Safari Network $29
2/25 T 6:00-8:00 pm 1 Session
RVC Jacobs Ctr. for Science and Math Room 2106
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.

Spa Add-Ons
An introductory hands-on class that will teach students to enhance the massage experience for their clientele. Benefits, contraindications, and techniques of treatments will be covered. This workshop will address spa services using dry room techniques to give therapists the necessary skills to incorporate spa treatments into their existing practice. Massage tables provided. BRING: Set of twin sheets, 3 bath towels, a hand towel, snacks/lunch, note taking materials. DRESS: Comfortable clothing. 7 CE hours for Massage Therapists. NCBTMB #451792-11.

Thai on the Table
Thai on the Table includes ancient massage techniques adapted to the table using no oil or lotion. You will learn rhythmic compression along Zen energy lines and stretches that are both therapeutic and deeply relaxing. This can be done as a 1-hour routine or many of the skills learned can be added to your regular massage. DRESS: Loose comfortable clothes that stretch easily. 8 CE hours for Massage Therapists. NCBTMB #451792-11.

Reiki Level I
(Open to the general public) We discover what Reiki is, how it feels to you, others, and the world around you. Learn how to use Reiki and its high frequency benefits for simple acts of thinking, feeling, and healing. We learn hands-on positions and various self-healing techniques. Revealed are the secrets of how to simply and effectively protect yourself energetically from unwanted or foreign energies. We will cover the basics of how energy works and how it affects our physical and energetic bodies. Our practice also includes; learning a hands-on Self-Healing Treatment, sharing Reiki with others, history, ethics, shielding, using essential oils to complement your self-care and Reiki sessions, the basics of the Chakra System, and how to integrate these tools and your Reiki practice into your self-care practice for everyday life. The Reiki 1 initiation/attunement and class experience will be the cornerstone for your personal and or professional holistic health journey!

Aromatherapy Basics
(Open to the general public) 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, safe internal use, how to make sprays, inhalers, salts and roll-on applications. 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. Learn how to use essential oils in your own personal life, with friends, family and/or to incorporate in a professional practice. This class of both lecture and hands-on experience is designed to teach you everything you want to know about using essential oils safely and effectively.

All materials and essential oils are provided for in-class practice. Students will make a variety of aromatherapy products in class to take home. Completing this course does not qualify you as an Aromatherapist, but it does give you a certificate of completion in Aromatherapy Basics. INCLUDED: handouts. A $25 Essential Oil Reference Guide can be purchased from instructor (optional). 6 CE hours for Massage Therapists. NCBTMB #451792-11.

Questions? Call (815) 921-3900

 Massage Therapy
Info Sessions
(Open to the general public)
Please join us for an informative overview of the Massage Therapy School at Rock Valley College.

MASS-015-BC Jamie Fanara FREE
1/13 M 5:30-6:00 pm 1 Session
RVC Classroom Bldg. II

MASS-015-BC15 Jamie Fanara FREE
4/23 Th 9:00-10:00 am 1 Session
RVC Classroom Bldg. II

Thai on the Table

MASSAGE THERAPY PROGRAM

FAST TRACK PROGRAM COMING SOON!
Fijian Oil Massage

Fijian Massage has evolved to include oil/lotion using smooth effleurage like movements with the feet that will lull your client into deep amazing relaxation. This will feel like a very deep Swedish massage, only covering a wider area that can only be done with the broad surface of feet. Get amazing depth with minimal effort. Students will learn benefits, contraindications, history, foot hygiene, floor etiquette, and techniques. Massage techniques will be taught prone and supine on the following body parts: back, gluts, legs, feet, hands, arms, abdomen, chest, shoulders and neck. While no massage is effortless, all techniques were designed to be wonderfully effective while being as easy as possible to the therapist. Much of this massage is done while therapist is seated. Wear comfortable clothing (both easy to work and change in). BRING: 4 full size pillows (you will by laying on these for the entire class time so no throw pillows, 2 flat sheets, face cradle cover, slippers or socks to keep your feet warm, non-scented lotion or oil (lotion recommended), and electric mattress pad or blanket recommended. Snacks are a good idea to help keep your energy up. A professional pedicure is highly recommended. Please make sure your toenails are trimmed and filed, and feet are tidy. 16 CE hours for Massage Therapist. NCBTMB #307802-00.

MAS-015-BC6 Christyn Rittenhouse $425
3/21-3/22 SaSu 9:00 am-6:00 pm 2 Sessions
RVC Classroom Bldg. II Room 122/127

Presence, Energy, Intention & Compassion

“Energy follows intention” is a LaFrano Massage Dynamics tenet. In order to focus intention 'presence' is required. One of the sweetest feeling's humans have for one another is compassion, although it has some surprising characteristics, and pitfalls, when its dynamics are examined. We will discuss these subjects from many perspectives, experience exercises to aid in the ability to focus intention and energy on demand and incorporate all of these to increase the practitioners' effectiveness. 6 CE hours for Massage Therapists. NCBTMB #344.

MAS-015-BC7 Chuck Lafrano $175
3/27 F 10:00 am-5:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127
MAS-015-BC8 Chuck Lafrano $175
6/26 F 10:00 am-5:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127

Myofascial Skills for Massage Therapists

This four-part consecutive course workshop is designed to enhance the skills level of a practicing massage therapist. The goal is to provide techniques, presented in designed sessions, so the participant can either give the complete session, or choose appropriate individual techniques, that enable them to design or strategize their own session according to the client’s needs. At the end of the four days, the course will have covered the following body regions: Cranial and Neck; Thorax, Shoulder Girdle, Lumbar Spine, Pelvis and Thigh; and Lower and Upper Extremities. Participants at the end of this course should be able to: Provide myofascial techniques using proper body mechanics, working from their core, not straining joints, applying techniques with a pattern of ease, not stress or force. Learn myofascial techniques for the above-mentioned body regions. Learn listening and visual cues skills the client may be giving, that indicate appropriate and inappropriate application of the techniques, and massage approach. Learn instructional skills to “coach” the client how to become an active participant during the massage session. Learn 10 basic self-care measures that the therapist can suggest to the client, and how to instruct the client how to properly perform the self-care measures. This course is presented in a fun, active learning adventure. We will use corn starch, hula hoop, ball of string, and other activities as learning aids to develop grounded and centering skills that enhance the energy approach that myofascial skills require in order to be effective for the client and therapist alike. 6 CE hours for Massage Therapists. NCBTMB #291388-00.

Cranial & Cervical Approaches

MAS-015-BC8 Earl Conner $125
3/29 Su 10:00 am-4:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127

Shoulde & Thorax Approaches

MAS-015-BC9 Earl Conner $125
4/5 Su 10:00 am - 4:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127

Pelvis & Femoral Approaches

MAS-015-BC10 Earl Conner $125
4/26 Su 10:00 am-4:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127

Upper & Lower Extremities Approaches

MAS-015-BC11 Earl Conner $125
5/17 Su 10:00 am-4:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127

Rain Drop Technique

(Open to the general public) Raindrop Technique is a sequence of anointing with oils and laying on of hands that brings structural and electrical alignment to the body in a relaxing and invigorating manner through the power of therapeutic essential oils. Raindrop is a unique holistic method that helps restore balance to the body. This is a sacred and incredibly therapeutic delivery of essential oils. Procedure includes using Vita Flex, anointing (sacred ceremony) and special techniques to help the body release, rejuvenate, relax and detox. The oils stimulate (wake up) the body’s natural rebalancing response as they connect with the body’s innate intelligence. All body systems are affected, boosting wellbeing, the synergy within and better health throughout. All levels of the body; physical, mental, emotional and spiritual, are encouraged to rebalance and align with the body’s original blueprint of wellbeing. The client is provided with a pleasant, relaxing and invigorating experience. BRING: Bath and hand towels, robe, socks, sheet sets, light blanket, oils, and small pillow. Must purchase oils and/or raindrop kit prior to class. This is separate from cost of class. Please contact Jamie for alternative solutions such as renting oils for class use. (815) 977-4743 or jamie@bodycraft-wellness.com. 8 CE hours for Massage Therapists. NCBTMB #451792-11.

MAS-015-BC13 Pat Halverson $199
4/3 F 9:00 am-6:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127

Myofascial Skills Discount

Register for the 4 myofascial skills workshops for a discounted price!

MAS-015-BC12 Earl Conner $400
3/29-5/17 Su 10:00 am-4:00 pm 4 Sessions
RVC Classroom Bldg. II Room 122/127

Myofascial Skills Discount

Register for the 4 myofascial skills workshops for a discounted price!
Prenatal Massage
Held in two consecutive days each day being 8 hours. The curriculum provides the therapist with basic knowledge about pregnant clients. Class also provides prenatal, labor massage techniques for the pregnant woman which consists of preconception, pregnancy, infertility, postnatal, infant techniques if time allows. Students will also understand the anatomy/physiology affected by pregnancy, benefits, and contraindications. Live demonstration is followed by therapist trade and hands on work on expectant mothers! BRING: 2 fitted sheets, 4 flat sheets, 4-5 pillows with pillow cases, medium size towel, and unscented oil. 16 CE hours for Massage Therapists. NCBTMB #312464-00.

NEW! MediCupping™ Therapy Level I
MediCupping™ provides a wonderful bridge to the medical community, with special applications for surgical preparation and recovery, chiropractic and orthopedic work, conditions associated with Parkinson’s, Fibromyalgia, and much more. The results are fast and comfortable for the client and practitioner, and noticeably impressive to medical professionals.

As an adjunct therapy for massage, physical therapy and chiropractic work, easy resolution of soft tissue issues enhances procedures and adjustments to accelerate client progress. Preoperative and postoperative conditions such as scarring and restriction quickly respond to this gentle, yet effective, therapy. Athletic performance and injury recovery is also accelerated without discomfort.

This MediCupping™ Level 1 workshop reviews the history of vacuum therapies, applications and contraindications, and all of the foundation movements. Client intake, assessment and charting are addressed, and the practitioner comes to view the client through the cup, learning to discern information that the body reveals as it is being treated. These tools focus on athletic performance, pathologies, and deep tissue issues, as well as the use of magnets to accelerate results. The final day is dedicated to the lymphatic system and “Solid Bloat”, including specialized work with obesity and client weight loss programs as well as diabetes and edema. Students will experience intensive hands-on exposure to the techniques that are presented.

MediCupping™ produces immediate effects on many conditions, resulting in client enthusiasm and commitment to treatment protocols. BRING: Set of sheets & cupping set to work with in class. NCBTMB #312464-00. NO REFUNDS AFTER 5/1.

Forearm Fusion Foundation
The Forearm Fusion Foundation course was designed for the massage therapist. This modality was created to teach therapists to use maximum pressure with minimal effort and strain, thus preventing repetitive use injuries and burnout. Forearm Fusion will provide new and experienced therapists a structure for great body mechanics and use of all aspects of their forearms and elbows. These techniques allow the therapist to provide their clients with a customized massage. BRING: A set of sheets with face cradle cover and a towel large enough to wrap around themselves. AMTB will provide lotion and possibly step stools. 16 CE hours for Massage Therapists. NCBTMB #451761-11.

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

Best massage to know if you like to enjoy a flexible schedule. As a chair massage therapist, you can work in markets, festivals, offices, spa parties, companies and more.

We will discuss and demonstrate:

- The innovative blend of Thai Massage movements and Thai acupressure points
- A massage to the back, neck, arms, shoulders, and hands on a massage chair and on an ordinary chair
- How it relieves stress, boosts energy, alertness and productivity
- How it increases blood circulation, reduces muscle tension and pain
- Little set up required
- How research indicates that a 15-minute chair massage results in decreased job stress, increased alertness and increased speed and accuracy in math computations
- Upon completion the student will be able to give a Thai Chair Massage of up to 1 hour


BRING: Massage chair. 6 CE hours for Massage Therapists. NCBTMB# 1357.

MAS-015-BC20 Terrence Bonner $145
6/12 F 9:00 am-4:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127

Seated Chair Massage

Seated Chair Massage is an introductory hands-on class that is designed to teach students to be proficient in giving a seated chair massage. Benefits, contraindications, body mechanics, and techniques of seated chair massage will be covered. This workshop will address when seated chair massage may be beneficial to your clientele and how it can add to your massage business. Massage tables provided. BRING: Pillow case/face cradle cover, snacks/ lunch, note taking materials. 4 CE hours for Massage Therapists. NCBTMB# 451792-11.

MAS-015-BC22 Jill Christensen $100
6/19 F 9:00 am-1:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127

Ethics & Communication for Bodyworkers

Attention Massage Therapists! Your license will be up for renewal. Be ahead of the game. This class satisfies the Ethics CE hour requirement per State of Illinois for Massage Therapists. 3 CE hours for Massage Therapists. NCBTMB# 451792-11.

BRING: A set of sheets, a bath sized towel

MAS-015-BC23 Jill Christensen $75
6/19 F 2:00-5:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127

Gua Sha

This class will cover 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. 4 CE hours for Massage Therapists. NCBTMB #451792-11.

MAS-015-BC25 Melissa Paluzzi $100
7/18 Sa 9:00 am-1:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127

Self-Care Massage Therapists

Chuck has developed a system of self-care and body mechanics that allow practitioners to function as aggressive structural bodyworkers for their entire career. Improve your flexibility, strength, and the length of your career with this course. NOTE: Free Massage Therapist Survival Kid included upon completion of class. 6 CE hours for Massage Therapists. NCBTMB# 344.

MAS-015-BC26 Chuck Lafrano $175
7/25 Sa 10:00 am-5:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127

Migraine Miracle® Cold Stone

(Open to the general public) Fifty million people a year suffer from headaches and an increasing number want a more natural yet powerful way to get relief. The heart of the Migraine Miracle® is the fusion of custom designed cold marble stones that contour along key headache sites comfortably to decrease the pressure of dilated blood vessels, essential oils with combinations developed specifically to counteract the top four headache causes and headache point release techniques. This treatment is a harmonious therapeutic approach for all kinds of headache pain. Workshop includes a lecture on migraines and hands on practice. Tuition includes how-to handouts, two spa foot towels and certificate of attendance. Marble stones, specialized aromatherapy and instructional DVD will be available for purchase at a student discount rate. BRING: One set of sheets, two bath towels, one hand towel, two washcloths (dark color preferred), one square metal baking pan or medium metal bowl, one blanket. Please do not wear perfume, perfumed body lotion, cologne or base makeup. 6 CE hours for Massage Therapists. NCBTMB# 055516-00.

MAS-015-BC27 Melissa Paluzzi $145
8/15 Sa 9:00 am-4:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127

Floating Joints

All joints are normally under compression from muscle tone. Joints can be put in temporary traction by pulling on them. There is a fine space where a joint is between the two – no compression nor traction forces. Here the joint is ‘floating’ and powerful self-correcting responses can readily be elicited from the clients’ homeostatic reflexes. In this class you will learn to feel that ‘floating’ moment and explore how it can be used. This is a very subtle technique that has virtually no contraindications. Floating Joint blends well with any technique. It has proven to be very effective in whiplash cases and works well with auto-immune disorders. The deep relaxation that comes from the application of Floating Joint makes it a technique well worth exploring. 6 CE hours for Massage Therapists. NCBTMB #344.

MAS-015-BC28 Chuck Lafrano $175
8/28 F 10:00 am-5:00 pm 1 Session
RVC Classroom Bldg. II Room 122/127
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.

Adult Beginning Piano for Adults
MUS-800-RV10  Inger Langsholt  $135
1/22-5/13  W  5:30-6:30 pm  16 Sessions
RVC Classroom Bldg. II  Room G22
NO CLASS 3/11

Adult Beginning Piano II
MUS-800-RV9  Inger Langsholt  $135
1/21-5/12  T  6:45-7:45 pm  16 Sessions
RVC Classroom Bldg. II  Room G22
NO CLASS 3/11

Adult Beginning Piano III & IV
MUS-800-RV11  Inger Langsholt  $135
1/22-5/13  W  6:45-7:45 pm  16 Sessions
RVC Classroom Bldg. II  Room G22
NO CLASS 3/10

Adult Beginning Piano VI, VII
MUS-800-RV8  Inger Langsholt  $135
1/21-5/12  T  11:30 am-12:30 pm  16 Sessions
RVC Classroom Bldg. II  Room G22
NO CLASS 3/10

Continuing Piano for Adults
MUS-800-RV7  Inger Langsholt  $136
1/21-5/12  M  10:30-11:30 am  16 Sessions
RVC Classroom Bldg. II  Room G22
NO CLASS 3/10

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.
NO CLASS 3/14, 4/11.
MUS-800-RV5  John Peterson  $139
2/12-5/2  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. NO CLASS 3/14, 4/11.
MUS-800-RV6  John Peterson  $139
2/15-5/2  Sa  11:15 am-1:15 pm  10 Sessions
RVC Classroom Bldg. II  Room 123

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 at (815) 398-0383 if you have any questions. NO CLASS 3/11, 3/18.
MUS-800-BLL3  Cathy Bautz  $85
2/12-4/15  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, hammer, 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. NO CLASS 3/11, 3/18.
MUS-800-BLL4  Cathy Bautz  $59
2/12-4/15  W  7:30-8:30 pm  8 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 003

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

MUSIC
Introduction to Guitar: Online
Learn to play guitar, and become the musician you’ve always wanted to be! In these fun and informative lessons, you’ll build basic guitar skills step-by-step with the help of hands-on exercises, audio and video recordings, and detailed illustrations.

The classical guitar skills you’ll master in this course will allow you to play any style of music, from hard rock to country-and-western. And that’s not all! Good guitar players know that the secret to making beautiful music is to practice, practice, practice—so that’s what you’ll do. You’ll make rapid progress as you follow a carefully planned practice schedule that reinforces each new skill you learn. Whether you’re a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you’re finished, you’ll be well on your way to becoming a skilled guitar player.

Music Made Easy: Online
If you enjoy music and would like to know more about what makes it work, this is the course for you. You’ll gain a complete understanding of rhythm, melody, and harmony, and you’ll be able to recognize pitches on the musical staff and on the keyboard. Each lesson will build on previous lessons, while also introducing new musical concepts.

You’ll explore the keyboard in full detail, with an emphasis on the structure of major scale and the signatures of major keys. You will examine the many traditional songs and hymns that fill our everyday lives. As you follow a carefully planned practice schedule that reinforces each new skill, you’ll be well on your way to becoming a skilled guitar player.

COMMUNITY MUSIC GROUPS

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) 921-1242. NO CLASS 3/11.

MUS-800-RV2 Joel Baer $70
1/15-4/29 W 6:45-8:30 pm 15 Sessions
RVC Educational Resource Ctr. Room 0214

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 instructor at (815) 975-0478 or e-mail rvcband@hotmail.com. PREREQUISITE: Must be proficient on a band instrument. NO CLASS 3/12, 4/9.

MUS-800-RV3 Erik Oberg $70
1/16-4/16 Th 6:45-9:00 pm 12 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 3/9, 4/27.

MUS-800-RV Michael Beert $70
1/27-5/4 M 7:00-9:15 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 performances 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
1/28-5/5 T 7:00-9:15 pm 15 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 City of Rockford Pipe Band $70
2/11-5/26 T 7:00-8:15 pm 16 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-KCDS Mark Rose $70
2/17-4/27 M 7:00-9:00 pm 11 Sessions
Keith School 1 Jacoby Place Band Room
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 Learn More
Instructor led six-week courses or career training at own pace, over 200 courses available.
• Accounting/Finance
• Law & Legal
• Technology
• Personal Development
• Health Care & Fitness
• Computer Applications
• Design & Composition
• Teaching & Education
• Writing & Publishing
• Graduate Credit
• Language & Art
• Business
• 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

Go to RockValleyCollege.edu/CPEOnline

ON-LINE EDUCATION • PETS

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 $29
3/29 Su Noon-2:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

Healthcare E-Learning
www.HealthEdToday.com/RockValleyCollege
Health Ed Today E-learning courses are highly interactive and provide students with an enriched learning experience.

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 33.

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 33.

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 33.
PHOTOGRAPHY

ADVENTURE SAFARI NETWORK is the leading provider of photographic workshops in the Chicago area, and conducts frequent photo safaris in local and international venues. The Chicago Photo Safaris Foundation sponsors the popular ‘Camera for Kids’ program, and also supports area conservation and sustainable programs.

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 $25

Photoshop Elements
You can’t imagine how much better your images 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 software contains most of the features of the professional version but with fewer and simpler options. You will learn to edit, organize and share images. Learn the controls and workflow necessary so you can use the program efficiently. This ‘hands-on’ class is designed to get you productive from the first class. You will learn how to make your images POP for that added touch of excitement!

PHO-800-BLL Adventure Safari Network $109
3/5-3/19 Th 6:00-8:30 pm 3 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 005

PHO-800-TRP Adventure Safari Network $119
3/14 Sa 8:00-11:00 am 1 Session

Basic Digital Photography
Are you only using $100 of features on your $500 camera? This action-packed class will show you how to use your camera controls once and for all! We cover the basics of digital photography in layman’s terms. (Really, it’s so simple, even people from Iowa get it!) You will learn the elements of exposure control, white balance, and composition to strengthen your photographic foundation. You also learn about photographing people, close-ups, action and low-light photography. We will also discuss ways of sharing images and storing your photos. BRING: Your camera.

PHO-800-RV Adventure Safari Network $109
2/10-2/24 M 6:00-8:30 pm 3 Sessions
RVC Jacobs Ctr. for Science & Math Room 2106

Digital Photography II
If you are enthusiastic about improving your photography, this class is for you! We build on the fundamental camera controls learned in Digital I, and broaden to other aspects for YOUR photography. We will explore several elements of more advanced camera use, including histograms, night photography, using filters, advanced composition, and focusing techniques. We will discuss choosing the right image during your editing, and techniques for panorama and High Dynamic Range (HDR) photos. Put these elements to work and you will be surprised how your photography migrates almost immediately to the next level. NO CLASS 3/10.

PHO-800-RV2 Adventure Safari Network $109
3/3-3/24 T 6:00-8:00 pm 3 Sessions
RVC Jacobs Ctr. for Science & Math Room 2106

NEW! Wedding Photography
Have a wedding coming up in the family, or do you want to learn about photographing a wedding? This single class session will be held on-location at a local church, and will discuss candid photos as well as some more traditional poses. Know how and when to use the settings on your camera to get the best photos. Keep out of the way of the professional photographer and come up with your own great shots! IMPORTANT REGISTRATION INFORMATION: After registering, call Community & Continuing Education at (815) 921-3900 with your contact information. We will notify you of the church location prior to workshop. No refunds 7 days prior to workshop.

NEW! Picture Perfect Farm: Easy Photography For Teens
Bring your own drones, phones and cameras to explore and capture the action in fields, forests and farm (200 gorgeous acres). We’ll break by the fireplace in the lodge for a sack lunch (you bring) and Custom Spring Smoothies. The evening will wrap up with a short viewing of the sunset and a climate conversation on the importance of a green earth. Enjoy a unique celebration with your peers of the awakening of nature and ourselves. BRING: Sack lunch, photography equipment, outdoor clothing and footwear. Contact us at learn@learngrowconnect.org. No refunds 7 days prior to class date.

GAN-817-BE Angelic Organics Staff $15
3/17 T 4:00-7:00 pm 1 Session
Angelics Organics 1545 Rockton Rd. Caledonia

NEW! Farm Photography Spring Edition: Birth & Rebirth
Immerse yourself in a place where life is bursting forth. Better yet bring your camera and make your own spring photo album. Skunk cabbage emerging in the wetlands and baby goats in the barn usher in seasonal rebirth. Whether you choose to focus your camera on what’s behind the barn door or popping up in the fields, the essence of the season will find you. This relaxing walking farm tour is led by professional educators and photographers. There will be a break for lunch to eat the sack lunch you packed and time to try a sip of a seasonal favorite, Stinging Nettle Tea. This is both an awakening of nature and ourselves. Enjoy a unique celebration with your peers of the awakening of nature and ourselves. BRING: Sack lunch, photography equipment, outdoor clothing and footwear. Contact us at learn@learngrowconnect.org. No refunds 7 days prior to class date.

PHO-800-BE Angelic Organics Staff $15
3/29 Su 10:00 am-2:00 pm 1 Session
Angelics Organics 1545 Rockton Rd. Caledonia

NEW! Farm Photography Spring Edition: Birth & Rebirth
Immerse yourself in a place where life is bursting forth. Better yet bring your camera and make your own spring photo album. Skunk cabbage emerging in the wetlands and baby goats in the barn usher in seasonal rebirth. Whether you choose to focus your camera on what’s behind the barn door or popping up in the fields, the essence of the season will find you. This relaxing walking farm tour is led by professional educators and photographers. There will be a break for lunch to eat the sack lunch you packed and time to try a sip of a seasonal favorite, Stinging Nettle Tea. This is both an awakening of nature and ourselves. Enjoy a unique celebration with your peers of the awakening of nature and ourselves. BRING: Sack lunch, photography equipment, outdoor clothing and footwear. Contact us at learn@learngrowconnect.org. No refunds 7 days prior to class date.

PHO-800-BE Angelic Organics Staff $15
3/29 Su 10:00 am-2:00 pm 1 Session
Angelics Organics 1545 Rockton Rd. Caledonia
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. **NO CLASS 3/9.**

**BUS-007-RV** Joyce Higgins $215
2/10-5/11 M 6:30-8:45 pm 13 Sessions
RVC Woodward Technology Ctr.
Room 2614

Intro to Voice Overs

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
4/28 T 6:00-8:00 pm 1 Session
RVC Classroom Bldg. II
Room 126

Specific Registration Procedure

For Voice Over Internet Classes: 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.

Intro to Voice Overs: 1-ON-1

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. One-time, 90 minute, one-on-one, video chat class! Learn more at 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
1/29-4/15 W 6:00-9:00 pm 12 Sessions
CLEC Enterprises Suite 270
5105 Tollview Drive Rolling Meadows

Residential Building Inspector (B1): Municipal Government

This 12-week course, on the 2015 International Residential Code - Building chapters featuring the use and application of basic building planning requirements for wall, floor, ceiling, roof framing, and materials in one and two-family dwellings. The instructor will identify and discuss code requirements for soils, footing and foundations, light and ventilation, ceiling height, minimum room sizes, emergency escape and rescue opening requirements and well as smoke detectors, and carbon monoxide detectors. The class will also include an array of practice tests, and multiple timed comprehensive exams and an expanded guide of applicable code sections pertinent for the final exam. All Students will be encouraged to test for ICC Residential Building Inspector Certification. (B1).

**BUS-094-CLEC2** CLEC Enterprises $850
1/16-4/2 Th 6:00-9:00 pm 12 Sessions
CLEC Enterprises Suite 270
5105 Tollview Drive Rolling Meadows

Residential Electrical Inspector (E1) & Electrician Class

This 12-week course will introduce students to the fundamental code requirements for proper installation of electrical systems in residential 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 Residential Electrical Inspector Certification Exam offered by the International Code Council (ICC). The instructor will identify and discuss general requirements for wall, floor, ceiling, roof framing, and materials in one and two-family dwellings. The class will also include an array of practice tests, a multiple timed comprehensive exams and an expanded guide of applicable code sections pertinent for the final exam. All students will be encouraged to test for ICC Residential Electrical Inspector Certification. (E1).

**BUS-094-CLEC** CLEC Enterprises $850
1/29-4/15 W 6:00-9:00 pm 12 Sessions
CLEC Enterprises Suite 270
5105 Tollview Drive Rolling Meadows

Home Inspection Licensure Program: Online

(5 credits) This self-paced on-line class requires reading from the book – Home Reference Book. 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. The lessons will require you to answer questions as you read through the book. You will have full access to Charles Bellefontaine and Corey Friedman during, and after the classes as support while you build your business. 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. You can set up a time with a field trainer for an additional fee of approx. $150/day. For more information e-mail bellefontaineC@gmail.com.

**Field Training**

**BUS 095** Bellman Group $495

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 # BUS 095.
NEW! Math Refresher & Beyond
This class is designed to develop competency in basic mathematical skills. Students will learn and understand the importance of a working knowledge of addition, subtraction, multiplication, division, fractions, decimals and percentages. Review and improve your math skills while building a solid foundation for achieving success in further math courses.

MTH-010-RV  Tes Hastings  $139
2/12-3/25  W 6:00 pm-8:30 pm  7 Sessions
RVC Classroom Bldg. II  Room 125

Residential Electrical Inspector (E1) & Electrician Class
This 12-week course, Residential Electrical Inspector (E1) & Electrician Class, will introduce students to the fundamental code requirements for proper installation of electrical systems in residential 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 Residential 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, swimming pools and more. The class will also include an array of practice tests and multiple timed comprehensive exams and an expanded guide of applicable code sections pertinent for the final exam. All Students will be encouraged to test for ICC Residential Electrical Inspector Certification. (E1).

BUS-094-CLEC  CLEC Enterprises  $850
1/29-4/15  W 6:00-9:00 pm  12 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. 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 (hel- arc), 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. NO CLASS 4/11.

IST-091-SCCE  Daniel Leake  $429
3/21-5/23  Sa 1:30-5:30 pm  9 Sessions
Stenstrom Center for Career Education  Room 436
4151 Samuelson Rd.  Rockford

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.

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 $45. See course RAH-007-BLL.

RAH-007-BLL  Proctor  $45
4/29  W 6:00-9:00 pm  1 Session
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 004

EPA Refrigerant Handling Certification & Exam
(.5 Credit) 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
4/15-4/29  W 6:00-9:00 pm  3 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 004

RAH-056-BLL  Stuart Berg  $105
4/15-4/29  W 6:00-9:00 pm  3 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd.  Room 004
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)(i) requires anyone who operates a powered industrial truck to be trained and authorized.
This course will give you the knowledge and skills required to operate a lift truck in a correct and professional manner as a prerequisite to obtaining your forklift authorization license.*
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.
BRING: Lunch, snacks and drinks. No refunds 7 days prior to class date. BRING: Lunch, snacks and drinks.

ISH-025-RFD  Illinois Material Handling  $135
2/11 T 8:00 am-3:00 pm 1 Session Illinois Material Handling  3444 Precision Rd. Rockford

ISH-025-RFD2  Illinois Material Handling  $135
3/10 T 8:00 am-3:00 pm 1 Session Illinois Material Handling  3444 Precision Rd. Rockford

ISH-025-RFD3  Illinois Material Handling  $135
4/14 T 8:00 am-3:00 pm 1 Session Illinois Material Handling  3444 Precision Rd. Rockford

ISH-025-RFD4  Illinois Material Handling  $135
5/12 T 8:00 am-3:00 pm 1 Session Illinois Material Handling  3444 Precision Rd. Rockford

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 spring 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. BRING: Lunch, snacks and drinks.

ISH-026-RFD  Illinois Material Handling  $995
2/17-2/18 MT 8:00 am-4:30 pm 2 Sessions Illinois Material Handling  3444 Precision Rd. Rockford

ISH-040-RFD  Illinois Material Handling  $140
3/18 W 8:00 am-Noon 1 Session Illinois Material Handling  3444 Precision Rd. Rockford

ISH-040-RFD2  Illinois Material Handling  $140
5/13 W 8:00 am-Noon 1 Session Illinois Material Handling  3444 Precision Rd. Rockford

Forklift Operator: Train the Trainer
Does your company have a large number of forklift operators? Are you commonly expanding your workforce? Are you frequently changing the work environment? Are you updating equipment to meet the challenges of your customers? Then we have the right tools to help you improve your safety!
Includes:
• Full Time trainers discussing information with the class instead of telling you what to train on
• Common OSHA violations
• Discussion on culture and our mindset
• Workbooks that matches the presentation
• PowerPoints that you take back to your employees
• Classroom discussion
• Hands on operation
• Presentation techniques discussed and demonstrated
• Hands on operation of units as well as practice doing evaluations of other operators
• Thumb drive with P PowerPoints, example tests with answer keys, operator trackers, Spanish tests
• Turnkey presentation provided with embedded videos to minimize the time your trainers need to begin training
Upon leaving our Train the Trainer class, you will have what it takes to train your employees! We offer a 2 day TTT that includes comprehensive forklift and aerial lifts. We also offer a separate 1 day TTT for aerial lifts only. 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. BRING: Lunch, snacks and drinks.

ISH-026-RFD  Illinois Material Handling  $995
2/17-2/18 MT 8:00 am-4:30 pm 2 Sessions Illinois Material Handling  3444 Precision Rd. Rockford

ISH-040-RFD  Illinois Material Handling  $140
3/18 W 8:00 am-Noon 1 Session Illinois Material Handling  3444 Precision Rd. Rockford

ISH-040-RFD2  Illinois Material Handling  $140
5/13 W 8:00 am-Noon 1 Session Illinois Material Handling  3444 Precision Rd. Rockford
VETERINARY ASSISTANT

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
3/16-6/1 MW 6:00-9:30 pm 26 Sessions
3/28, 4/18 Sa 9:00 am-3:00 pm
5/2, 5/16
RVC Classroom Bldg. II  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!

SPECIAL INTEREST & TRAVEL

2020 BUCKET LIST TRIPS: ALASKA & AFRICA EXPEDITIONS

Years from now you will be more disappointed by the things you didn’t do than by the ones you did. Explore. Dream. Discover.

PREVIEW
THURSDAY, MARCH 17, 3 PM
Register by March 10.
Call (815) 921-3900 to reserve your spot.

Alaska Trip Dates: June 4-14, 2020, plus 2021 Options
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!

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 Springs. Come to the preview for more information.

Kenya and Tanzania Safari: Spring and Spring 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. Kilmanjaro 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.

FREE PREVIEW!

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

**Yoga for Beginners**
For those newer to yoga or those wanting a basic class, we will introduce simple yoga poses, while teaching you breathing techniques and helping you feel more comfortable in your yoga practice. We will strengthen and promote flexibility in the body including standing poses, twists, forward folds, hip openers, and a variety of balances. **BRING:** A yoga mat and a yoga strap. **NO CLASS 3/13, 3/27, 4/10.**

**Yoga for All Levels**
Focus on postures and the foundations of breath work. We will learn proper alignment, strengthen and promote flexibility in the body integrating breathing techniques. You can expect an emphasis on simplicity, repetition and ease of movement. We will include standing postures, twists, forward folds, hip openers and a variety of balances. **BRING:** A yoga mat and a yoga strap.

**All Level Yoga**
(Open to all experience levels. You are encouraged to practice at your own pace.) Seeking to reduce stress and become a healthier you? Incorporate mindfulness into your life. Receive encouraging guidance by practicing a variety of poses and breathing exercises. Increase flexibility, strengthen the body, build better balance, bring improved focus, clarity and peace. **BRING:** Yoga mat and water. **NO CLASS 3/9, 3/10, 3/11.**

**Chair Yoga for Seniors**
Chair yoga is one of the gentlest forms of yoga available. Participants will perform postures and breathing exercises with the aid of a chair. We will experience the many benefits of yoga without having to get up or down from the floor. The benefits will include increased balance, strength, flexibility, range of motion, and stress reduction. **BRING:** A yoga strap. Yoga mat is optional.

**Yoga II**
Are you ready to incorporate more challenging poses into your practice? Yoga II class will deepen awareness and increase strength and flexibility. This class is faster paced and includes more challenging poses. Emphasis is placed on mindfulness and awareness of the breath. **BRING:** Yoga mat and water. **NO CLASS 3/9.**
NEW! Wedding Planning 101

Designed for the engaged couple wishing to plan their wedding. Weddings require organization, along with keeping track of details and contracts. Each bride will receive a personalized binder with over 70 tabbed pages for each wedding category, each category is full of questions to ask vendors when interviewing them. Our discussion will cover these categories, along with locations for timelines, things to look for on contracts, guest list and lodging, and much more! Get the tools and questions to ask to save hundreds of dollars on your very special day. NOTE: $25 material fee payable to instructor at class.

SEA-800-RV  Terri Popp  $69
3/3-3/4  TW  6:00-8:30 pm  2 Sessions
RVC Woodward Technology Ctr.  Room 2108

NEW! Wedding Photography

Have a wedding coming up in the family, or do you want to learn about photographing a wedding? This single class session will be held on-location at a local church, and will discuss candid photos as well as some more traditional poses. Know how and when to use the settings on your camera to get the best photos. Keep out of the way of the professional photographer and come up with your own great shots! IMPORTANT

REGISTRATION INFORMATION: After registering, call Community & Continuing Education at (815) 921-3900 with your contact information. We will notify you of the church location prior to workshop. No refunds 7 days prior to workshop.

PHO-800-TRP  Adventure Safari Network  $119
3/4  Sa  8:00-11:00 am

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 create beautiful hand written cards, letters, or just about anything! No previous calligraphy experience required.

INCLUDED: All supplies. NOTE: If left-handed, call (815) 921-3900.

ART-809-RV3  Laurie Schwalm  $119
3/25-5/6  W  7:00-9:00 pm  7 Sessions
RVC Classroom Bldg. II  Room 128
Whiz Kids
Engaging minds since 1980!

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.
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 prior each STEM workshop.
• Participants keep the projects they build!

**FEBRUARY 8: ARCADE GAME BUILDING**
- Build a foosball table
- Build a skee ball machine

WIZ-820-FEB $45
2/8 Sa 9:00 am-Noon 1 Session
RVC Jacobs Ctr. for Science & Math Room 1100

**APRIL 4: MOBILE DEVICE GADGETS**
- Build a smart phone projector
- Build a smart phone speaker

WIZ-820-APR $45
4/4 Sa 9:00 am-Noon 1 Session
RVC Jacobs Ctr. for Science & Math Room 1100

**MAY 9: STAR WARS**
- Build Star Wars related projects

WIZ-820-MAY $45
5/9 Sa 9:00 am-Noon 1 Session
RVC Jacobs Ctr. for Science & Math Room 1100
ART & HOBBIES

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. **INCLUDED:** All supplies. **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. **NO CLASS 3/10.**

**WIZ-801-RV**
Kat Heitzman $95
2/11-4/7 T 6:00-7:30 pm 8 Sessions
RVC Classroom Bldg. II Room G25

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

**ART-809-RV**
Stacey McDonald $249
2/12-4/8 W 6:00-9:00 pm 8 Sessions
RVC Classroom Bldg. I Room 0210
**NO CLASS 3/11**

**ART-809-RV2**
Stacey McDonald $249
2/15-4/18 Sa 2:00-5:00 pm 8 Sessions
RVC Classroom Bldg. I Room 0210
**NO CLASS 3/14, 4/11**

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. First class, students will meet at classroom, then we’ll travel to local fabric store to purchase supplies. **NOTE:** If attending with your child/grandchild BOTH students must register. **NO CLASS 4/11, 4/25.**

**CAH-806-BLL**
Mary Foreman $169
2/15-5/2 Sa 9:00-11:30 am 10 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

FARM

**Kids With Kids Mini Day Camp**
(Ages 6-12) Our 5 day spring break camp introduces kids to goats, right in the middle of birthing season. We'll begin each morning with animal chores and health checks, then help care for baby goats and their mothers. We'll also create art projects, make simple snacks, play fun games and put together a celebration to welcome in the first day of spring. Children form amazing bonds with their new goat friends while learning about responsibility and the cycle of life. **BRING:** Sack lunch and snacks daily. Contact us at learn@learngrowconnect.org. **No refunds 7 days prior to class start date.**

**WIZ-809-BE**
Angelic Organics Staff $260
3/23-3/27 M-F 9:00 am-3:00 pm 5 Sessions
Angelic Organics 1545 Rockton Rd. Caledonia

**Great Goats**
(Ages 2-5) Join Angelic Organics Learning Center for our farming series designed especially for preschoolers. During this session we’ll celebrate great goats, especially our newborn kids and their mama. Through good touch, stories, play acting and movement as well as hands-on work, we’ll help take care of the baby goats and learn about their role on the farm. **DRESS:** To be outside! Register each child. Contact us at learn@learngrowconnect.org. **No refunds 7 days prior to class start date.**

**WIZ-809-BE2**
Angelic Organics Staff $20
4/2 Th 10:00 am-Noon 1 Session
Angelic Organics 1545 Rockton Rd. Caledonia

**NEW! Mud on My Boots: Splashing Good Time**
(Ages 2-5) Celebrate Earth Day by bringing your puddle boots and jumping into a pool of fabulous microbes. Revel in some joyful fun as your child plays in the dirt. Start a tradition of outdoor interactions with the good earth and build up your little ones immune and digestive system. Mud pie making, petting our baby goats and natural face painting is encouraged. **BRING:** A change of clothes, a towel and a garbage bag. Register each child. Contact us at learn@learngrowconnect.org. **No refunds 7 days prior to class start date.**

**WIZ-809-BE3**
Angelic Organics Staff $16
4/22 W 10:00 am-Noon 1 Session
Angelic Organics 1545 Rockton Rd. Caledonia

LANGUAGE

**NEW! Beginning Spanish**
(Ages 8-13) Enjoy learning Spanish in a friendly atmosphere where everyone gains a new experience! We’ll concentrate on providing you with adequate linguistic competence in Spanish, basic knowledge of grammar, and developing written/oral/listening/interaction skills. **NO CLASS 3/14.**

**WIZ-807-RV**
Mercedes Donday $121
2/5-4/11 Sa 10:00-11:30 am 8 Sessions
RVC Classroom Bldg. II Room 126
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.

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Age/Level</th>
<th>Instructor</th>
<th>Room</th>
<th>Dates/Times</th>
<th>Sessions</th>
<th>S2T</th>
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</thead>
<tbody>
<tr>
<td><strong>Elementary Piano I</strong></td>
<td>(Ages 9-11)</td>
<td>Inger Langsholt</td>
<td>G22</td>
<td>1/21-5/12</td>
<td>Room G22</td>
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<tr>
<td>WIZ-815-RV</td>
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<td>T 4:30-5:30</td>
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<td>NO CLASS 3/10</td>
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<tr>
<td><strong>Preparatory Piano I</strong></td>
<td>(Ages 5-7)</td>
<td>Inger Langsholt</td>
<td>G22</td>
<td>1/25-5/16</td>
<td>Room G22</td>
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<tr>
<td>WIZ-815-RV4</td>
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<td>Sa 11:30</td>
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<td>NO CLASS 3/7, 3/14, 4/11</td>
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<tr>
<td><strong>Elementary Piano II, III</strong></td>
<td>(Ages 9-11)</td>
<td>Inger Langsholt</td>
<td>G22</td>
<td>1/25-5/16</td>
<td>Room G22</td>
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<td>WIZ-815-RV6</td>
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<tr>
<td><strong>Elementary Piano VII</strong></td>
<td>(Ages 9-11)</td>
<td>Inger Langsholt</td>
<td>G22</td>
<td>1/21-5/12</td>
<td>Room G22</td>
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<td>WIZ-815-RV2</td>
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<td>NO CLASS 3/10</td>
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<tr>
<td><strong>Tweeners Continuing Piano</strong></td>
<td>(Ages 12-17)</td>
<td>Inger Langsholt</td>
<td>G22</td>
<td>1/27-5/11</td>
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<tr>
<td>WIZ-815-RV10</td>
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<tr>
<td>WIZ-815-RV3</td>
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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 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. **NO CLASS 3/14, 4/11.**

<table>
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<th>Sessions</th>
<th>S2T</th>
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<tbody>
<tr>
<td><strong>Blues Guitar IV</strong></td>
<td>(Ages 10-Adult)</td>
<td>John Peterson</td>
<td>123</td>
<td>2/15-5/2</td>
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<td>WUS-800-RV5</td>
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<td>Sa 9:00-11:00</td>
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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. **NO CLASS 3/14, 4/11.**

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<td>123</td>
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<td>WUS-800-RV6</td>
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<td>NO CLASS 3/14, 4/11</td>
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</table>
(Ages 3-8) By royal decree, you are invited to attend a series of meet and greet events presented by Once Upon a Dream Performances, Rockford's leader in enchanting children's entertainment. Each magical event includes Stories, photos, singing, dancing and other themed activities will engage your children's magical wishes!

IMPORTANT EVENT INFORMATION:
• Each magical event is held at Once Upon a Dream Performances
  415 N. Church Street Rockford (inside the Mendelssohn Performing Arts Center)
• No Refunds 7 days prior to the magical event
• Adults must accompany child (FREE); Children 1 and under are FREE!

Valentine’s Meet & Greet with Cinderella & Belle
Join and meet Cinderella and the Belle for an event filled with all things lovely! The princesses love celebrating Valentine's Day and would be delighted if your family could join them for this magical event. Because this is an "open house" style event, your family is welcome to grace us anytime during the hours of 10:30 am-12:30 pm. Live singing performances will be at 10:30 and 11:30.

Spring Meet & Greet with the Easter Bunny & Troll Princess
All families are invited by the Easter Bunny himself to this hippity hoppity event. The Troll Princess will be a special guest as well! Don't forget to bring your cameras—this will be the perfect photo opportunity! Because this is an “open house” style event, your family is welcome to grace us anytime during the hours of 3:00-5:00 pm. Dance parties at 3:30 and 4:30 pm.

St. Patrick’s Day Meet & Greet with Highland Princess & Tinker Fairy
Join and meet the Highland Princess and Tinker Fairy for this fun and festive celebration! Wear your favorite green clothes to this event, as we all have a bit of the Irish magic within us! Because this is an “open house” style event, your family is welcome to grace us anytime during the hours of 10:30 am-12:30 pm. Live singing performances will be at 10:30 and 11:30.

Cinco de Mayo Meet & Greet with Latina Princess
It is your time to meet a princess full of beauty and boldness—Latina Princess! Come to this special event and learn how this royal princess celebrates her culture through dancing, singing and celebrating! Because this is an “open house” style event, your family is welcome to grace us anytime during the hours of 10:30 am-12:30 pm. Live singing performances will be at 10:30 and 11:30.

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 $35* entitles you to:
• Register for Spring, Summer, or Fall courses
• The Center’s newsletter, published three times a year
• Join a special interest group
• Register for trips and social events at discounted member rates
• 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.
REGISTRATION FOR GYMNASTIC ACADEMY CLASSES

TO REGISTER:
• Register with Rock Valley College
• Call (815) 654-3867 to schedule dates/times
• Classes run for 1 month

**Boys & 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 4/10, 4/11, 4/12, 5/25.**

WIZ-817-GAR5 Gymnastic Academy Staff $69
Gymnastic Academy Rockford 6630 Spring Brook Rd.
GAR South Trampoline Park 1949 S. Bell School Rd.
Chery Valley

**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 oriented program designed to help children feel good about themselves. Once registered at RVC, call Gymnastics Academy of Rockford. **NO CLASS 4/10, 4/11, 4/12, 5/25.**

WIZ-817-GAR6 Gymnastic Academy Staff $62
Gymnastic Academy Rockford 6630 Spring Brook Rd.

**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
3/21 Sa 6:00-11:00 pm 1 Session
Gymnastic Academy Rockford 6630 Spring Brook Rd.

**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 4/10, 4/11, 4/12, 5/25.**

WIZ-817-GAR5 Gymnastic Academy Staff $69
Gymnastic Academy Rockford 6630 Spring Brook Rd.
GAR South Trampoline Park 1949 S. Bell School Rd.
Chery Valley

**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 Little Kickers $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

**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.
QUICK REGISTRATION • 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. ]

☐ March 18........ NAVY PIER FLOWER & GARDEN SHOW
                    TRP-001-NAVY ........................................ $61

☐ May 7 .......... COME EXPERIENCE THE MAGIC OF
                  FIRESIDE THEARTE
                    TRP-001-FIRE .................................... $134

No refunds 7 business days prior to trip departure.

TOTAL $___________________ CHECK #________________

The Experience

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

☐ February 14: Essential Oils for Closeness
☐ February 21: Lettering Workshop
☐ February 28: Word of Intention Bracelet
☐ March 6: Palette Knife Painting
☐ March 20: Mehndi Magic
☐ March 27: Pet Protocol Make & Take
☐ April 3: Groovy Plant Hanger
☐ April 17: Effortlessly Eco-Friendly
☐ April 24: Your Labyrinth Journey
☐ May 1: Printmaking

No refunds 7 days prior to each Experience.

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
## QUICK REGISTRATION • PRIVATE LESSONS • STEM SATURDAYS

[ One form per person. ]

<table>
<thead>
<tr>
<th>PRIVATE LESSONS</th>
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</thead>
<tbody>
<tr>
<td>Digital Photography</td>
</tr>
<tr>
<td>Dance</td>
</tr>
<tr>
<td>Tai Chi &amp; Kung Fu Fitness</td>
</tr>
<tr>
<td>Knitting or Crocheting</td>
</tr>
<tr>
<td>Piano</td>
</tr>
<tr>
<td>Guitar</td>
</tr>
<tr>
<td>Art With Kat</td>
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</tbody>
</table>

No refunds for missed lessons.

After registering, email RVC-CCE@RockValleyCollege.edu for scheduling instructions.

<table>
<thead>
<tr>
<th>STEM Saturdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 8: Arcade Game</td>
</tr>
<tr>
<td>April 4: Mobile Device Gadgets</td>
</tr>
<tr>
<td>May 9: Star Wars</td>
</tr>
</tbody>
</table>

No refunds 7 days prior to each Saturday.

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

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
**REGISTRATION FORM**

You must answer all sections of this form. Please print or type.

<table>
<thead>
<tr>
<th>GENDER:</th>
<th>DATE OF BIRTH:</th>
<th>FULL LEGAL NAME:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Male</td>
<td>□ Female</td>
<td></td>
</tr>
<tr>
<td></td>
<td>MONTH   DAY   YEAR</td>
<td>LAST: FIRST: MIDDLE: INITIAL: PREVIOUS/ MAIDEN NAME:</td>
</tr>
<tr>
<td></td>
<td>/     /</td>
<td></td>
</tr>
</tbody>
</table>

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

Check number ___________ Check amount $ ___________

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

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

TOTAL |

**HIGH SCHOOL:**

- □ Yes, High School graduate
- □ No

- □ Yes, High School graduate
- □ Not Hispanic/Latino, but Spanish origin

**ETHNIC ORIGIN:**

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

- □ Yes, Hispanic or Latino
- □ 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

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

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

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

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

---

3 WAYS TO REGISTER

**ONLINE**

RockValleyCollege.edu/CEOnline

**MAIL**

Send registration form and check to:

Records and Registration
Rock Valley College
3301 N. Mulford Rd.
Rockford, IL 61114-5699

Allow five days for delivery.

**IN PERSON**

Bring registration form and payment to:

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

Records & Registration Office Hours:

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

**PAYMENT INFO**

Registrations without payment WILL NOT be processed.

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

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.

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

Questions? Call (815) 921-3900
FOR NON-MAJORS
(.5 Credit) Applied Music for Non-Majors is for students who intend to minor in music and/or participate in one or more of the college music ensembles and therefore, want to improve their musical skills. Fifteen half-hour lessons with the instructor and daily individual practice are required. Students are encouraged to join/register for one of Rock Valley College’s ensemble groups (see page 30). Dates and times are TBD. Students are required to provide their own instruments! **PREREQUISITE:** Consent of Academic Chair of Art and Music, Mike Beert. For more information, contact (815) 921-3343 or M.Beert@rockvalleycollege.edu.

**MUS-010-RV**
1/13-5/15
30 Minute Sessions
15 Sessions
RVC Mail Campus

$360

FOR MAJORS
(1 Credit) Applied Music for Majors is for students who intend to major or minor in music. Fifteen one-hour lessons with the instructor and daily individual practice are required. Students are encouraged to join/register for one of Rock Valley College’s ensemble groups (see page 30). Dates and times are TBD. Students are required to provide their own instruments! **PREREQUISITE:** Consent of Academic Chair of Art and Music, Mike Beert. For more information, contact (815) 921-3343 or M.Beert@rockvalleycollege.edu.

After successful completion of this course and the completion of MUS 101, Fundamentals of Music, with a C or better; students may receive articulated college credit for this class.

**MUS-020-RV**
1/13-5/15
1 Hour Sessions
15 Sessions
RVC Main Campus

$720