Individual attention from RVC instructors

Experience something new for a night

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Community & continuing education summer 2019

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RVC bookstore | student center, ground level
rvc.bnccollege.com or (815) 921-1680

For a listing of departmental policies, please visit RockValleyCollege.edu/CCE.
Rock Valley College makes no endorsement, express or implied, of any content contained in instructional or other materials associated with the College’s Community and Continuing Education course offerings. The content contained in instructional and other course materials shared by CCE instructors and/or business partners does not necessarily reflect the opinions or views of Rock Valley College or its Board of Trustees.
Mail Call!

THURSDAY, JULY 18, 2019

Have you ever wondered how those homes around a beautiful lake get their mail delivered? Well, now you can experience lake house mail delivery first hand! Join us as we embark on a US Mailboat Tour around magnificent Lake Geneva! We will board the Walworth and enjoy a 2½ hour narrated historical tour around the entire lake, interrupted only by the heart-pounding, nail biting excitement of the young folks jumping off the boat, delivering the mail, and jumping back aboard before they “run out of dock”! After all that excitement and beautiful scenery, we’ll find our way (walking across the street) to the ever popular Popeye’s-Lake Geneva for a fabulous lunch of their world famous rotisserie chicken and fixins! (*If you need vegetarian option please call our office 815-921-3900 after you register. After lunch you’ll have about 1½ hours to browse the lovely unique shops in downtown Lake Geneva. Hope you’ll join us on this exciting adventure!

Depart: RVC Lot 10 at 8:00 am  
Return: RVC around 5:30 pm  
Registration Code: TRP-001-MAIL  
Cost: $99

Chicago Sky-Line-Extreme

FRIDAY, AUGUST 16, 2019

The ultimate thrill ride, Seadog Chicago Extreme at Navy Pier awaits YOU! With exhilarating high speeds and full 360 degree spins, this jet-propelled ride blasts off to start and splashes down to stop. Experience full throttle slalom runs, sharp turns, and feel the raw power and excitement of Seadog Extreme’s two 1400 HP engines. Also enjoy music and a fun narration about Chicago throughout our cruise! After our 30 minute cruise on Lake Michigan, you will have the rest of the day to enjoy beautiful Navy Pier. Grab some lunch (on your own), enjoy some shopping and take in the magnificent waters of Lake Michigan. Relax and enjoy the beautiful summer day! (* For safety reasons, all passengers aboard the Seadog Chicago Extreme must be 48” tall. OH - and, you WILL GET WET!)

Depart: RVC Lot 10 at 8:00 am  
Return: RVC around 5:30 pm  
Registration Code: TRP-001-SEA  
Cost: $78

FOR MORE INFORMATION, VISIT ROCKVALLEYCOLLEGE.EDU/COMMUNITY/CCE/DAY-TRIPS.CFM
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 7.

Welcome Mats
Herbal First Aid
Color Pencil Art
Diffuser Bracelet
Palette Knife Painting
Makeup 101
Essential Oil 101
Get Glowing
JUNE 21: Welcome Mats
Join us for a hand lettering DIY workshop with Jill Marie Design! If you have ever wanted to improve your lettering, make your own “welcome doormat” 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 and will end with creating your own “welcome doormat” to take home! Perfect for a mother/daughter night out!
Additional supplies needed for this Experience: red Sharpie marker, any coir doormat (can be plain, have a boarder, or an image you like on it), a stencil and or paintbrush that you love (optional). All other supplies will be included.
FUN-800-RV2 Jill Marie $34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

JUNE 28: Herbal First Aid
Join Master Herbalist Shannon Redden to learn how to assemble your own custom Herbal First Aid kit. Variations can be made to create kits for home, camping, travel, etc. You will create an herbal bug spray and an herbal hand sanitizer to get your kit started. Supplies are included.
FUN-800-RV3 Shannon Redden $34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

JULY 12: Color Pencil Art
Have you been wanting to explore art through colored pencils but there are so many choices you don’t know where to start? Then this experience is for you! Sample many types/brands of pencils, papers and learn blending techniques for each type of pencil. Pencils to sample include wax, watercolor and oil based.
FUN-800-RV4 Kat Heitzman $34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

JULY 19: Essential Oil Diffuser Bracelet
Do you use Essential Oils but don’t know how to use them on your jewelry? Do you just like to make jewelry?
Join us for a fun evening crafting your own diffuser bracelets. You can design your own or follow along with the graphics. During our time together, you’ll learn how to use essential oils safely and effectively.
FUN-800-RV5 Karen Rust $34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

AUGUST 2: Palette Knife Painting
Experience acrylic painting in a unique way with a palette knife! A step by step guided painting completed in one evening.
FUN-800-RV7 Kat Heitzman $34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

AUGUST 9: Makeup 101
Basics of make-up application to discover how to highlight, contour, and apply blush that should help make any face shape appear more oval. We’ll also cover proper shadow placement for your eye shape and of course create brows that WOW! From determining the ideal brow shape for your face, choosing a brow shade, to how to shape and map out your beautiful brow. BRING: Your eyelash curler if you use one. Finishing touches will include mascara and lipstick.
FUN-800-RV8 Debbie Larson $34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

AUGUST 16: Essential Oils 101
Have you been hearing about essential oils but don’t know where to start? Have you been wanting to jump on the bandwagon but, not sure about safety? Come join us for a fun filled evening of Essential Oils 101. You’ll learn what they are and how to use them safely. Then stay for more fun and make some basic remedies that you can take with you.
FUN-800-RV9 Karen Rust $34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

AUGUST 23: Get Glowing
Join us for a fun night featuring spa beauty treatments, pampering and make-up tips to enhance your natural beauty. Pampering begins with lip and hand treatments. Relax and de-stress with multi-masking treatments using a detoxing charcoal and moisturize rich masks. Our experience will end by creating a natural glow with facial moisturizers, cc cream, blush and lip gloss.
FUN-800-RV10 Debbie Larson $34
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

REGISTER ON PAGE 7

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 8.
• Email RVC-CCE@RockValleyCollege.edu for scheduling instructions.
• No refunds for missed lessons.

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

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

IND-800-RV5
Adventure Safari Network $199

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

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

IND-800-RV7
Julie Dale $85

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

INCLUDES: Book.

• Includes 8 sessions
• Each session is 30 minutes

IND-800-RV
Inger Langsholt $188

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

• Includes 10 sessions
• Each session is 30 minutes
• Available session times: Thursdays between 3:00-8:00 pm

IND-800-RV2
John Peterson $193

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

• Includes 6 sessions
• Each session is 30 minutes

IND-800-RV3
Karen Sue McCarthy $120
REGISTRATION FORM • BUS TOURS • THE EXPERIENCE

[ One form per person. ]

Name _________________________________________________

Address ________________________________________________

City _________________________ State ________ Zip ________

Phone _______________________ Cell ______________________

email __________________________________________________

Date of Birth __________________ Gender: □ Female  □ Male

——

BUS TOURS

PLEASE INDICATE BUS TOUR CHOICE(S):

[ Bus Tours are on page 3. ]

□ July 18 ..........MAIL CALL! .........................................................$99
   TRP-001-MAIL

□ August 16.....CHICAGO SKY-LINE-EXTREME ............$78
   TRP-001-SEA

TOTAL $___________________ CHECK #________________

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

Questions? Call (815) 921-3900

No refunds 7 days prior to trip departure.

——

The Experience

PLEASE INDICATE EXPERIENCE CHOICE(S):

[ The Experiences are on pages 4-5 and are $32 each. ]

□ June 21: ........WELCOME MATS

□ June 28: ........HERBAL FIRST AID

□ July 12: ........COLOR PENCIL ART

□ July 19: ........DIFFUSER BRACELET

□ August 2: ......PALETTE KNIFE PAINTING

□ August 9: ......MAKEUP 101

□ August 16: ....ESSENTIAL OILS 101

□ August 23: ....GET GLOWING

TOTAL $___________________ CHECK #________________

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

Questions? Call (815) 921-3900

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

[ One form per person. ]

Name ________________________________________________________________

Address ______________________________________________________________

City __________________________ State __________ Zip __________

Phone ___________________________ Cell ________________________________

Email ________________________________________________________________

Date of Birth ___________________________ Gender: ☐ Female ☐ Male

PLEASE INDICATE PRIVATE LESSON CHOICE(S):

[ Private Lessons are on page 8. ]

☐ Photography ........................................... $199
☐ Dance ................................................... $85
☐ Knitting or Crocheting ......................... $120
☐ Piano .................................................... $188
☐ Guitar ................................................... $193

Total $ _______________ Check # _______________

Please make checks payable to Rock Valley College.

Mail registration form and check to:

Rock Valley College
Community & Continuing Education
3301 N. Mulford Rd., Rockford IL 61114

Then email:

RVC-CCE@RockValleyCollege.edu for scheduling instructions.

Questions? Call (815) 921-3900

No refunds for missed lessons.

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

A yearly membership fee of $30* entitles you to:

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

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

ALT-800-BLL5 Sue Michaelsen $36
6/22 Sa Noon-4:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

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 $36
7/20 Sa 2:00-5:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

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

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 $43
6/12 W 7:00-8:30 pm 1 Session
RVC Classroom Bldg. II Room 124

Reiki Therapy Sessions
Please join us for 20 minute treatments in a quiet, small group setting.
- No appointments needed.
- Last appointment is at 8:15.
- 6/12-8/14 W 6:00-8:30 pm
- FREE!
- Bell School Rd. Ctr. 3350 Bell School Rd. Room 001

Reiki Share
This course is for Reiki students who have completed the first level of Reiki training and beyond. Weekly sessions give the practitioners/students the opportunity to work on members of the general public as well as themselves. Reiki practitioners can also exchange ideas, and techniques which allows them to continually learn more about Reiki and enhance their skills. You will experience the use of providing Reiki sessions in a calm setting. PREREQUISITE: Level I Reiki.

ALT-800-BLL Cheryl Zolper $26
6/12-8/14 W 6:00-8:30 pm 10 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 001

Reiki Energy Level 1
Reiki is a holistic way to help keep yourself healthy. It is complimentary to Western Medicine. Learn Reiki's benefits and feel the energy yourself and then share it with others. Reiki is Japanese for "light energy"—it accelerates the body's healing process and compliments physical, mental and spiritual healing. It is also very relaxing and assists you in relieving stress, and keeping you as healthy as you can be. You will be amazed while learning this technique. Reiki has been found to be successful in reducing pain and relieving stress. You will receive a certificate after completion of the 2 sessions.

ALT-800-RV Dr. Shanti Virdi-Hulsebus $51
6/19-7/11 W 7:00-8:30 pm 4 Sessions
RVC Classroom Bldg. II Room 124

NEW! Helping the Helpers
Do you wonder why you are emotionally, mentally and physically exhausted? Do you want to feel better AND learn how to flourish? Take a short self-care assessment, learn the difference between compassion fatigue and burnout, and design your own personal and professional self-care plan. We will reenergize your reason to “help” not only yourself but others. We’ll also take the short self-care assessment examine your personal and professional growth, learn a quick debriefing tool and review what has helped most in the time between sessions.

HLT-014-RV Jeannette Diddens $48
7/11-8/8 Th 6:30-8:00 pm 2 Sessions
RVC Classroom Bldg. II Room 124

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.

ALT-800-RV Dr. Shanti Virdi-Hulsebus $51
6/19-7/11 W 7:00-8:30 pm 4 Sessions
RVC Classroom Bldg. II Room 124

Reiki: A Better You
Questions? Call (815) 921-3900
NEW! 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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Date/Time</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART-809-RV3</td>
<td>Sally Roldan</td>
<td>6/10-6/24 M 6:30-8:30 pm</td>
<td>3 Sessions</td>
</tr>
<tr>
<td>RVC Classroom Bldg. II</td>
<td>Room G25</td>
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</tbody>
</table>

Acrylics: Intermediate
Continue to build our acrylic painting skills. Sally will teach you the tips and techniques to bring out your full artistic abilities. **NOTE:** $5 material fee payable to instructor at class. A full supply list will be provided to students at 1st class (approximately $100).

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Date/Time</th>
<th>Sessions</th>
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<tbody>
<tr>
<td>ART-809-RV10</td>
<td>Sally Roldan</td>
<td>7/8-7/22 M 6:30-8:30 pm</td>
<td>3 Sessions</td>
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<tr>
<td>RVC Classroom Bldg. II</td>
<td>Room G25</td>
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Acrylics: Plein Air Painting
Come and explore the painting medium of acrylics with the experience of fresh air and landscape inspiration. Plein Air is a very inspiring and challenging way to paint that will help you see clearer and narrow the scope of composition. Conquer your fear. **MEET:** At the concession stand/boat launch at Rock Cut State Park. **RAIN DATE:** July 27. **NOTE:** $20 material fee payable to instructor at class.

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Date/Time</th>
<th>Sessions</th>
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</thead>
<tbody>
<tr>
<td>ART-809-RC</td>
<td>Sally Roldan</td>
<td>7/13 Sa 10:00 am-1:00 pm</td>
<td>1 Session</td>
</tr>
<tr>
<td>Rock Cut State Park</td>
<td>7318 Harlem Rd.</td>
<td>Loves Park</td>
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NEW! ACRYLICS: BIRD SERIES

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

Acrylics: Cardinal

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<th>Date/Time</th>
<th>Sessions</th>
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<tbody>
<tr>
<td>ART-809-RV5</td>
<td>Sally Roldan</td>
<td>6/13 Th 6:00-8:30 pm</td>
<td>1 Session</td>
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<td>RVC Classroom Bldg. II</td>
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Acrylics: Bluebird

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<tbody>
<tr>
<td>ART-809-RV8</td>
<td>Sally Roldan</td>
<td>6/27 Th 6:00-8:30 pm</td>
<td>1 Session</td>
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<td>RVC Classroom Bldg. II</td>
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Acrylics: Chicadee

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<td>ART-809-RV12</td>
<td>Sally Roldan</td>
<td>7/11 Th 6:00-8:30 pm</td>
<td>1 Session</td>
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<td>RVC Classroom Bldg. II</td>
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Acrylics: Robin

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<tr>
<td>ART-809-RV15</td>
<td>Sally Roldan</td>
<td>7/25 Th 6:00-8:30 pm</td>
<td>1 Session</td>
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<tr>
<td>RVC Classroom Bldg. II</td>
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NEW! ACRYLIC COLLECTIONS

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

Acrylic: Palate Knife

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<th>Course Code</th>
<th>Instructor</th>
<th>Date/Time</th>
<th>Sessions</th>
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<tbody>
<tr>
<td>ART-809-RV9</td>
<td>Sally Roldan</td>
<td>7/1 M 6:00-8:30 pm</td>
<td>1 Session</td>
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<tr>
<td>RVC Classroom Bldg. II</td>
<td>Room G25</td>
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Acrylic: Window Box Flowers

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<th>Sessions</th>
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<tbody>
<tr>
<td>ART-809-RV16</td>
<td>Sally Roldan</td>
<td>7/29 M 6:00-8:30 pm</td>
<td>1 Session</td>
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<td>RVC Classroom Bldg. II</td>
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Acrylic: Tropical Beach

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<th>Date/Time</th>
<th>Sessions</th>
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<tbody>
<tr>
<td>ART-809-RV17</td>
<td>Sally Roldan</td>
<td>8/5 M 6:00-8:30 pm</td>
<td>1 Session</td>
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<tr>
<td>RVC Classroom Bldg. II</td>
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Acrylic: Rocks & Rivers

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<th>Sessions</th>
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<tbody>
<tr>
<td>ART-809-RV19</td>
<td>Sally Roldan</td>
<td>8/12 M 6:00-8:30 pm</td>
<td>1 Session</td>
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<tr>
<td>RVC Classroom Bldg. II</td>
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Acrylic: Still Life

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<th>Sessions</th>
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</thead>
<tbody>
<tr>
<td>ART-809-RV20</td>
<td>Sally Roldan</td>
<td>8/26 M 6:00-8:30 pm</td>
<td>1 Session</td>
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<tr>
<td>RVC Classroom Bldg. II</td>
<td>Room G25</td>
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</table>

NEW! 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 Mountains & Rivers

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Date/Time</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART-809-RV4</td>
<td>Sally Roldan</td>
<td>6/12 W 6:30-8:30 pm</td>
<td>1 Session</td>
</tr>
<tr>
<td>RVC Classroom Bldg. II</td>
<td>Room G25</td>
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</tbody>
</table>

Alcohol Ink: Summer Landscape

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Date/Time</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART-809-RV6</td>
<td>Sally Roldan</td>
<td>6/19 W 6:30-8:30 pm</td>
<td>1 Session</td>
</tr>
<tr>
<td>RVC Classroom Bldg. II</td>
<td>Room G25</td>
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</table>

Alcohol Ink: Beach Scene

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Date/Time</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART-809-RV7</td>
<td>Sally Roldan</td>
<td>6/26 W 6:30-8:30 pm</td>
<td>1 Session</td>
</tr>
<tr>
<td>RVC Classroom Bldg. II</td>
<td>Room G25</td>
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</tbody>
</table>

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

Chinese Brush Painting: Summer Flowers
Enjoy learning Asian brush painting techniques such as wet-in-wet, dry brush and glazing strokes. Subjects demonstrated for you to paint are: roses with butterflies, iris with small birds, peony, sunflower with bees and orchids. You will learn the calligraphy for each subject taught. A supply kit ($25) can be purchased from the instructor.

ART-809-BLL5 Stella Dobbins $65
6/22 Sa 9:00 am-5:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

Etegami: Summer Scenes & Messages
Enjoy this traditional Japanese brush painting technique while painting summer scenes and writing messages on cards. The cards can be given to family and friends. Learn calligraphy, both descriptive and philosophical to write your own messages on the cards. Summer subjects will be taught, such as flowers, birds, fish and insects. A supply kit ($25) can be purchased from the instructor.

ART-809-BLL6 Stella Dobbins $65
7/20 Sa 9:00 am-5:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

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

ART-809-RV Stacey McDonald $237
6/12-8/7 W 6:00-9:00 pm 8 Sessions
RVC Classroom Bldg. I Room 210

NEW! Dynamics of Shadow and Light: A Bolder Approach to Watercolor
Gain insight to energize your watercolors by creative, strategic and decisive utilization of exaggerated light and shadows. Demonstrations and discussions will focus on planning your design and composition as well as sparking your imagination. Discover methods for pushing negative space to yield positive results in your artwork. Exercises will concentrate on developing your creativity and daring you to create more dynamic paintings. Students should already be familiar with basic watercolor techniques. BRING: Your supplies. Contact tom@tomlindenart.com with any supply questions. Students will have the opportunity to work independently on their own paintings.

ART-809-BLL Thomas Linden $225
8/5-8/7 MTW 9:00 am-4:00 pm 3 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

NEW! Ideas for Creative Studio Painting in Oil and Acrylic
Expand your ability to translate and capture imagery on canvas as you strengthen your observational skills, build a reliable process for planning and develop your unique voice. This workshop will help you to identify a focus for creating your art and developing a pattern for success. Demonstrations and discussions will focus on planning your design and composition as well as sparking your imagination. This workshop requires basic experience and training in oil or acrylic. PREREQUISITE: Competent with the techniques and tools of the medium, developed drawing and design skills, and the ability to work independently. Contact tom@tomlindenart.com for information concerning supplies for this workshop.

ART-809-BLL2 Thomas Linden $225
8/12-8/14 MTW 9:00 am-4:00 pm 3 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

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

ATG-004-RV2 Tony Lamia $74
6/15 Sa 8:00 am-5:00 pm 1 Session
RVC Woodward Technology Ctr. Room 2614

ATG-004-RV3 Tony Lamia $74
7/20 Sa 8:00 am-5:00 pm 1 Session
RVC Woodward Technology Ctr. Room 2614

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, Students will have materials with them wherever internet access is available!

5-MONTH ACCESS: $225
SPECIFIC REGISTRATION PROCEDURE: Fill out registration form (located at the last page of this catalog) include e-mail and mail with payment to RVC, refer to Course #COL-019. Please specify SAT or ACT. Students will receive a password within 24 hours after registering and can complete the web course program at any time–day or night. All materials included.
Microsoft Office 2016 Overview
Microsoft Office 2016 is a fun, easy way for beginners to learn how to use Office 2016 software. This class provides a basic understanding of the software applications typically required for both home and business, including Word, Excel, and PowerPoint. Learning is reinforced with plenty of illustrations and practical, hands-on projects and exercises. BRING: Flash drive.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
<th>Dates</th>
<th>Times</th>
<th>Sessions</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>DPR-060-RV</td>
<td>Gail Lee</td>
<td>$120</td>
<td>6/10-6/19</td>
<td>MW 9:00 am-Noon</td>
<td>4 Sessions</td>
<td>Room 2614</td>
</tr>
</tbody>
</table>

Word 2016: Level 1
Explore the following topics: 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.

<table>
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<tr>
<th>Course Code</th>
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<th>Times</th>
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</tr>
</thead>
<tbody>
<tr>
<td>DPR-063-RV</td>
<td>Gail Lee</td>
<td>$74</td>
<td>7/17-7/24</td>
<td>W 8:30 am-Noon</td>
<td>2 Sessions</td>
<td>Room 2614</td>
</tr>
</tbody>
</table>

Word 2016: Level 2
Explore the following topics: 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 to class.

<table>
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<tr>
<th>Course Code</th>
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<th>Times</th>
<th>Sessions</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>DPR-063-RV2</td>
<td>Gail Lee</td>
<td>$74</td>
<td>8/7-8/14</td>
<td>W 8:30 am-Noon</td>
<td>2 Sessions</td>
<td>Room 2614</td>
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</table>

Word 2016: Level 3
Explore the following topics: 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 to class.

<table>
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<th>Times</th>
<th>Sessions</th>
<th>Room</th>
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<tbody>
<tr>
<td>DPR-063-RV3</td>
<td>Gail Lee</td>
<td>$74</td>
<td>8/21-8/28</td>
<td>W 8:30 am-Noon</td>
<td>2 Sessions</td>
<td>Room 2614</td>
</tr>
</tbody>
</table>

Excel 2016: Level 1
Explore the following topics: 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 to class. One hour lunch break (on own).

<table>
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<th>Course Code</th>
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<tbody>
<tr>
<td>DPR-064-RV</td>
<td>Gail Lee</td>
<td>$74</td>
<td>7/22</td>
<td>M 8:30 am-4:30 pm</td>
<td>1 Session</td>
<td>Room 2614</td>
</tr>
</tbody>
</table>

Excel 2016: Level 2
Explore the following topics: 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 to class. One hour lunch break (on own).

<table>
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<th>Room</th>
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<tbody>
<tr>
<td>DPR-064-RV2</td>
<td>Gail Lee</td>
<td>$74</td>
<td>8/5</td>
<td>M 8:30 am-4:30 pm</td>
<td>1 Session</td>
<td>Room 2614</td>
</tr>
</tbody>
</table>

Excel 2016: Level 3
Explore the following topics: 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 to class. One hour lunch break (on own).

<table>
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<th>Course Code</th>
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<th>Sessions</th>
<th>Room</th>
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<tbody>
<tr>
<td>DPR-064-RV3</td>
<td>Gail Lee</td>
<td>$74</td>
<td>8/19</td>
<td>M 8:30 am-4:30 pm</td>
<td>1 Session</td>
<td>Room 2614</td>
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</tbody>
</table>

Access 2016
Explore the following topics: 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).

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<tbody>
<tr>
<td>DPR-067-RV</td>
<td>Gail Lee</td>
<td>$120</td>
<td>8/8-8/15</td>
<td>Th 8:30 am-4:30 pm</td>
<td>2 Sessions</td>
<td>Room 2614</td>
</tr>
</tbody>
</table>

PowerPoint Essentials 2016
Create and deliver a PowerPoint presentation, bulleted lists, designing and printing the presentation, copying text and objects, outline panel, formatting the presentation, 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).

<table>
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<th>Times</th>
<th>Sessions</th>
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<tbody>
<tr>
<td>DPR-065-RV</td>
<td>Gail Lee</td>
<td>$120</td>
<td>7/18-7/25</td>
<td>Th 8:30 am-4:30 pm</td>
<td>2 Sessions</td>
<td>Room 2614</td>
</tr>
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</table>

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.

<table>
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<tr>
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<th>Room</th>
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<tbody>
<tr>
<td>DPR-099-RV</td>
<td>Gail Lee</td>
<td>$10</td>
<td>8/29</td>
<td>Th 9:00-11:00 am</td>
<td>1 Session</td>
<td>Room 2614</td>
</tr>
</tbody>
</table>
Getting Started with Excel 2016
(.5 Credit) Learn shortcuts and tricks for setting up worksheets quickly and professionally. You'll also learn the secrets behind writing formulas and discover how to use the function wizard; apply border and fills to cells; and edit entries. RECOMMENDED: Basic Computer Skills or equivalent computer experience. PURCHASE: Text at RVC Bookstore. BRING: Flash drive.

Excel 2016: Intermediate
(.5 Credit) Learn intermediate Excel skills including working with Excel templates, formatting contents, creating tables and function outlines, using filters and inserting graphics and illustrations to your data. This course is a continuation of Getting Started with Excel. RECOMMENDED: Getting Started with Excel or equivalent experience. PURCHASE: Text at RVC Bookstore (Same textbook as Getting Started with Excel). BRING: Flash drive. NO CLASS 7/4.

Excel 2016: Advanced
(.5 Credit) Learn advanced Excel skills including 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: Intermediate Excel or equivalent experience. PURCHASE: Text at RVC Bookstore (same textbook as Getting Started and Intermediate Excel). BRING: Flash drive.

NEW! Gum Paste and Fondant
A whole new way to decorate! 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! If you loved to play with modeling clay as a kid, you will love working with these easy to shape dough-like icings. BRING: 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: Cake Decorating Basics Class or instructor permission.

Questions? Call (815) 977-4743 or email jamie@bodycraft-wellness.com

NOW ACCEPTING Veteran’s Grant Money
CPR TRAINING

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

Basic Life Support for Healthcare Providers
This course is designed for healthcare providers only. This includes nursing students and medical students. Upon successful completion of this course, you will receive a two-year certification in CPR through the American Heart Association. Learn CPR for your job and for the potential to save a life. Tuition includes cost of textbook. PREREQUISITE: Must be in healthcare, nursing or a medical student.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Date &amp; Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLT-001-RV</td>
<td>Debra Webb</td>
<td>6/8, 8:00 am-Noon</td>
<td>3350 Bell School Rd. Room 002</td>
</tr>
<tr>
<td>HLT-001-RV2</td>
<td>Debra Webb</td>
<td>7/10, 5:30-8:30 pm</td>
<td>3350 Bell School Rd. Room 002</td>
</tr>
<tr>
<td>HLT-001-RV3</td>
<td>Debra Webb</td>
<td>8/10, 10:00 am-2:00 pm</td>
<td>3350 Bell School Rd. Room 002</td>
</tr>
</tbody>
</table>

Basic Life Support for Healthcare Providers Refresher
This course is for currently certified healthcare providers, whose certificate is ready to expire. This class will recertify you in H.P., CPR, and AED through providers, whose certificate is ready to expire. This program is designed to meet daycare center regulations. Tuition includes the cost of textbook. Tuition includes cost of textbook.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Date &amp; Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLT-002-RV</td>
<td>Debra Webb</td>
<td>6/22, 8:00 am-2:00 pm</td>
<td>3350 Bell School Rd. Room 002</td>
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</tbody>
</table>

Heartsaver Pediatric First Aid: Infant-Adult
Learn how to manage a pediatric injury or illness until professional help arrives. This course covers CPR/AED for adults and children and infant CPR, Injury, medical and environmental emergencies. Injury prevention will also be discussed. This program is designed to meet daycare center regulations. Tuition includes the cost of textbook.

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Date &amp; Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>HLT-003-RV</td>
<td>Debra Webb</td>
<td>8/3, 8:00 am-2:00 pm</td>
<td>3350 Bell School Rd. Room 002</td>
</tr>
</tbody>
</table>

Heartsaver AED and First Aid: Infant-Adult
(5 Credit) For the health and well-being of your family, friends, and co-workers, learn first aid and CPR. Many times you can make a difference in emergency situations. You will learn First Aid basics, CPR for adults and children, how to operate an automated external defibrillator (AED) and how to prevent many medical emergencies. Tuition includes cost of textbook.

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<th>Location</th>
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</thead>
<tbody>
<tr>
<td>HLT-002-RV</td>
<td>Debby Webb</td>
<td>6/22, 8:00 am-2:00 pm</td>
<td>3350 Bell School Rd. Room 002</td>
</tr>
</tbody>
</table>

CRAFTS & HOBBIES

NEW! Getting to Know Your Sewing Machine
Are you struggling with your sewing machine? Join this introductory class that will introduce you to the basics of your sewing machine. Learn to thread the machine, make a bobbin, sew a straight line and zigzag. BRING: Sewing machine, instruction manual, scrap cotton fabric, empty bobbins and two spools of all-purpose dual-duty thread.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Date &amp; Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAH-806-BLL4</td>
<td>Mary Foreman</td>
<td>6/15, Sa 9:00-11:30 am</td>
<td>3350 Bell School Rd. Room 004</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
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<th>Date &amp; Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAH-806-BLL</td>
<td>Mary Foreman</td>
<td>6/18-8/20, Sa 9:00-11:30 am</td>
<td>3350 Bell School Rd. Room 004</td>
</tr>
</tbody>
</table>

Beginning 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.

<table>
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<th>Date &amp; Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAH-806-RV</td>
<td>Karen Sue McCarthy</td>
<td>6/11-7/16, Sa 9:00-11:30 am</td>
<td>3350 Bell School Rd. Room 004</td>
</tr>
</tbody>
</table>

Beginning Crocheting
Master the basic crochet stitches and techniques for one-of-a-kind crochet projects. A project will be required for each class. You will become an expert with your new hobby by the end of this class. BRING: One skein (worsted weight) of yarn (your color choice), and one pair of size 8 knitting needles.

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<tbody>
<tr>
<td>CAH-806-RV2</td>
<td>Karen Sue McCarthy</td>
<td>6/13-7/25, Sa 9:00-11:30 am</td>
<td>3350 Bell School Rd. Room 004</td>
</tr>
</tbody>
</table>

RVC BOOKSTORE
Student Center, Ground Level
rvc.bncollege.com or (815) 921-1680
For store hours and to order or view used and new textbooks, visit us online at www.whywaitforbooks.com.
JULIE DALE is a professional dance instructor, teaching since 1963. As a dance master, Julie trains youth, adults and other teachers of dance at Rock Valley College and the Julie Dale Center and Fine Arts Studio in Sterling. "Much success can be gained emotionally as well as physically with the incorporation of dance" says Ms. Dale. "Dance is for poise, physical fitness and self-esteem, dance is for everyone.

**Ballroom Dancing I**
Fundamentals: Waltz, Fox trot, Swing. Learn to lead or how to follow. Singles and couples are welcome. **NOTE: 6/6 class meets RVC Student Center Atrium.**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
<th>Schedule</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>DNC-800-RV</td>
<td>Julie Dale</td>
<td>$55</td>
<td>6/6-6/27 5:30-6:15 pm</td>
<td>RVC Physical Education Ctr. Room 1216</td>
</tr>
<tr>
<td>DNC-800-RV5</td>
<td>Julie Dale</td>
<td>$55</td>
<td>7/11-8/1 5:30-6:15 pm</td>
<td>RVC Physical Education Ctr. Room 1216</td>
</tr>
<tr>
<td>DNC-800-RV8</td>
<td>Julie Dale</td>
<td>$55</td>
<td>8/8-8/29 5:30-6:15 pm</td>
<td>RVC Physical Education Ctr. Room 1216</td>
</tr>
</tbody>
</table>

**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. **NOTE: 6/6 class meets RVC Student Center Atrium.**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
<th>Schedule</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>DNC-800-RV2</td>
<td>Julie Dale</td>
<td>$55</td>
<td>6/6-6/27 6:15-7:00 pm</td>
<td>RVC Physical Education Ctr. Room 1216</td>
</tr>
<tr>
<td>DNC-800-RV6</td>
<td>Julie Dale</td>
<td>$55</td>
<td>7/11-8/1 6:15-7:00 pm</td>
<td>RVC Physical Education Ctr. Room 1216</td>
</tr>
<tr>
<td>DNC-800-RV9</td>
<td>Julie Dale</td>
<td>$55</td>
<td>8/8-8/29 6:15-7:00 pm</td>
<td>RVC Physical Education Ctr. Room 1216</td>
</tr>
</tbody>
</table>

**Tap and Jazz**
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! **NOTE: 6/6 class meets RVC Student Center Atrium.**

<table>
<thead>
<tr>
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<th>Fee</th>
<th>Schedule</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>DNC-800-RV3</td>
<td>Julie Dale</td>
<td>$65</td>
<td>6/6-6/27 7:00-7:45 pm</td>
<td>RVC Physical Education Ctr. Room 1216</td>
</tr>
<tr>
<td>DNC-800-RV7</td>
<td>Julie Dale</td>
<td>$65</td>
<td>7/11-8/1 7:00-7:45 pm</td>
<td>RVC Physical Education Ctr. Room 1216</td>
</tr>
<tr>
<td>DNC-800-RV10</td>
<td>Julie Dale</td>
<td>$65</td>
<td>8/8-8/29 7:00-7:45 pm</td>
<td>RVC Physical Education Ctr. Room 1216</td>
</tr>
</tbody>
</table>

**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 of any age. Don’t wait! Join us now!

**FREE DEMONSTRATION**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
<th>Schedule</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>DNC-800-FREE</td>
<td>Shu-Tehu Ra</td>
<td>FREE</td>
<td>5/14 &amp; 5/28 6:00-7:30 pm</td>
<td>RVC Student Center Room 1118</td>
</tr>
</tbody>
</table>

**CLASS**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
<th>Schedule</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>DNC-800-RV4</td>
<td>Shu-Tehu Ra</td>
<td>$150</td>
<td>6/11-8/20 6:00-8:00 pm</td>
<td>RVC Physical Education Ctr. Room 1216</td>
</tr>
</tbody>
</table>

**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. **PRE-REQUISITES:** 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.

<table>
<thead>
<tr>
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<th>Fee</th>
<th>Schedule</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>DNC-800-RV3</td>
<td>Julie Dale</td>
<td>$1,355</td>
<td>6/19-12/12 M-Th 6:00-10:00 pm</td>
<td>RVC Health Science Ctr. Room 1108</td>
</tr>
<tr>
<td>DNC-800-RV4</td>
<td>Julie Dale</td>
<td>$1,355</td>
<td>8/7, 10, 12, 10/19, 11/9 at 8:00 am-5:00 pm</td>
<td>RVC Health Science Ctr. Room 1108</td>
</tr>
</tbody>
</table>
ANGELIC ORGANICS LEARNING CENTER helps people build local food systems, and offers opportunities to grow healthy food, connect with farmers and the land, learn agriculture and leadership skills, and gain a better quality of life. After registration, call (815) 389-8455 or email programs@learngrowconnect.org to provide Angelic Organics staff with an email address for updates on important class information. FOR ALL CLASSES: No refunds 7 days prior to class start date.

NEW! Dig Deeper Into Sustainability
(Ages 14-17) Spend three days on a working sustainable organic vegetable farm and surrounding native oak savanna, to get a comprehensive perspective of the interconnectedness of the natural world around us and our role and impact on it. Understanding the interrelationships of living and nonliving things with their physical environment is essential to our understanding of the numerous environmental topics and issues we are faced with today. Biological, chemical, geological, economics, and policy decisions are always happening and are waiting for our students to dig deeper and make profound discoveries that increase awareness of the world around them.

FIN-802-RV4  Pathfinder Wealth Mgmt  FREE
6/20  Th 10:00 am-Noon  1 Session
RVC Woodward Technology Ctr.  Room 1308

FIN-802-RV6  Pathfinder Wealth Mgmt  FREE
6/27  Th 1:00-3:00 pm  1 Session
RVC Woodward Technology Ctr.  Room 1308

NEW! Ice Cream Making Down on the Farm
(Family) Can you guess which ingredients in ice cream come from the farm? Together, we’ll visit the goats, visit the beehive, and look for fruit around our organic farm. Then, we’ll make up a batch of homemade ice cream. We’ll even get to eat this sweet treat together. Yum! Please register for each family member age 3 and up. Contact us at learn@learngrowconnect.org.

FIT-800-FZ  Fitness Zone Staff  $80
6/10-8/14  MW 5:00-5:30 pm  10 Sessions
Fitness Zone  807 Progressive Ln.  South Beloit

FIT-800-FZ2  Fitness Zone Staff  $80
6/11-8/13  T 8:30-9:30 am  10 Sessions
Fitness Zone  807 Progressive Ln.  South Beloit

FIT-800-FZ3  Fitness Zone Staff  $80
6/13-8/15  Th 8:30-9:30 am  9 Sessions
Fitness Zone  807 Progressive Ln.  South Beloit

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

FIT-800-FZ4  Fitness Zone Staff  $80
6/10-8/14  MW 5:00-5:30 pm  10 Sessions
Fitness Zone  807 Progressive Ln.  South Beloit

FIT-800-FZ5  Fitness Zone Staff  $80
6/11-8/13  T 8:30-9:30 am  10 Sessions
Fitness Zone  807 Progressive Ln.  South Beloit

FIT-800-FZ6  Fitness Zone Staff  $80
6/13-8/15  Th 8:30-9:30 am  9 Sessions
Fitness Zone  807 Progressive Ln.  South Beloit
TAI CHI

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

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

Tai Chi for Beginners

Relax stress and tension. Improve memory and balance. Warm up with Therapeutic Chi Kung, breathing, hand positions, stances and slow movements, 5 Elements and 4 Corners 4 Directions Tai Chi. Handouts provided.

FIT-812-BLL Sue Michaelsen $68
6/10-8/5 M 10:50-11:50 am 8 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013
NO CLASS 7/29

FIT-812-BLL2 Sue Michaelsen $68
6/13-8/8 Th 6:40-7:40 pm 8 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013
NO CLASS 7/4

FIT-812-BLL3 Sue Michaelsen $68
6/15-8/3 Sa 8:00-9:00 am 8 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

Tai Chi Forms and Skills

Warm up with therapeutic Chi Kung, drills and routines. Chen, Yang, Fan and Sword. Pre-requisite: Tai Chi Level 1 or instructor approval. Optional books and dvds available to rent.

FIT-812-BLL4 Sue Michaelsen $68
6/10-8/5 M 9:40-10:40 am 8 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013
NO CLASS 7/29

FIT-812-BLL5 Sue Michaelsen $68
6/13-8/8 Th 5:30-6:30 pm 8 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013
NO CLASS 7/4

FIT-812-BLL6 Sue Michaelsen $68
6/15-8/3 Sa 9:10-10:10 am 8 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 013

NATIONAL CERTIFICATION

ServSafe Food Service Manager

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

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

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

INCLUDED: Book. BRING: Photo ID to class.

Food Handler Certification

Illinois law requires all food handlers in the state of Illinois to have ANSI Accredited Food Handler Training starting July 1, 2014. New hires have 30 days from the date of hire to obtain training. This certificate is good for 3 years. A food handler is defined by law as a person who works in a food facility and performs any duties that involve the preparation, storage or service of food in a food facility. This includes most restaurant jobs, including servers, bartenders, dishwashers, hosts and hostesses who handle food. The ServSafe Food Handler course covers basic food safety, personal hygiene, cross-contamination and allergens, time and temperature, and cleaning and sanitation.

The 40-question exam is taken at the completion of the class and will take approximately 1 hour.

REQUIRED ATTENDANCE: Mandatory attendance is required. You must arrive promptly by 8:00 am. No exceptions, latecomers will not be admitted to class. The exam is from 2:00-3:00 pm and is administered in class. A 30 minute lunch break on your own.

INCLUDED: Book. BRING: Photo ID to class.

Servsafe Food Service Retake

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

HSP-026-BLL Marilyn Spielman $180
6/15-6/22 Sa 8:00 am-5:00 pm 2 Sessions
3350 Bell School Rd. Room 001

HSP-026-BLL2 Marilyn Spielman $180
7/13-7/20 Sa 8:00 am-5:00 pm 2 Sessions
3350 Bell School Rd. Room 001

HSP-026-BLL3 Marilyn Spielman $180
8/10-8/17 Sa 8:00 am-5:00 pm 2 Sessions
3350 Bell School Rd. Room 001

Food Handler Certification

HSP-055-BLL Safe Chefs Food Safety $80
6/20 Th 6:00-8:30 pm 1 Session
3350 Bell School Rd. Room 004

HSP-055-BLL2 Safe Chefs Food Safety $80
7/11 Th 6:00-8:30 pm 1 Session
3350 Bell School Rd. Room 004

HSP-055-BLL3 Safe Chefs Food Safety $80
8/15 Th 6:00-8:30 pm 1 Session
3350 Bell School Rd. Room 004
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. Class includes classroom time and an additional meeting with the instructor at a facility for multi-skills evaluation.

ELIGIBILITY TO RECERTIFY:

PRIOR to registering for class these steps MUST be followed: (This is a Southern Illinois University website and the class is through Rock Valley College)
1. Complete form online at https://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 fingerprint criminal background check prior to taking this class, referred to as a FEE APP. If you have not completed a fingerprint criminal background check call (815) 921-3905, Continuing Education Manager for verification and for further steps.

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

NEW! Helping the Helpers

Do you wonder why you are emotionally, mentally and physically exhausted? Do you want to feel better AND learn how to flourish and thrive at work/home again? Take a short self-care assessment, learn the difference between compassion fatigue and burnout, and design your own personal and professional self-care plan. We will reenergize your reason to “help” not only yourself but others. We’ll also take the short self-care assessment examine your personal and professional growth, learn a quick debriefing tool and review what has helped most in the time between sessions.

Healthcare E-Learning

www.HealthEdToday.com/RockValleyCollege

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

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

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

Visit www.healthedtoday.com/RockValleyCollege to experience a Course Demo and to learn more about these courses!

SPECIFIC REGISTRATION PROCEDURE:

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

For course details, call toll free (888) 574-6218.

RVC BOOKSTORE

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

For store hours and to order or view used and new textbooks, visit us online at www.whywaitforbooks.com.
HEALTHCARE CAREER PROGRAMS [There is no job placement for these courses.]

Healthcare Overview
This overview is intended for students who want to prepare for an exciting, challenging and rewarding career in healthcare. This informational Session will give prospective students information and details on Dental Assisting, Pharmacy Technician, Medical Administrative Assistant, Medical Billing and Coding, EKG Technician and Clinical Medical Assistant programs. It is recommended that you register and attend this free Session before registering for any of the following courses.

HLT-068-RV Condensed Curriculum Staff FREE
5/30 Th 6:00-7:30 pm 1 Session
RVC Health SciencesCtr. Room 1202

Medical Assistant Administration
(4.5 Credits) This 70 hour course prepares students to function effectively in many of the administrative and clerical positions. This program covers important entry-level background information on anatomy and physiology, medical terminology, insurance billing and coding, medical ethics, customer service and legal aspects. This program is intended to provide students with a well-rounded introduction to medical administration so that a student can gain the necessary skills required to either obtain or advance to a healthcare administration position. NOTE: This program will prepare you to meet the requirements of the National Healthcare Association’s (NHA) Certified Medical 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.

HLT-054-RV Condensed Curriculum Staff $1,299
6/17-8/21 MW 6:00-9:30 pm 20 Sessions
RVC Health SciencesCtr. Room 1214

EKG Technician Certification Program
(3 Credits) This comprehensive 50 hour EKG Technician Certification Program prepares students to function as EKG Technician 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 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 machines, 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
6/17-8/5 MW 6:00-9:30 pm 15 Sessions
RVC Health SciencesCtr. 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”, IV flow rates, sterile compounding, dose conversions, aseptic technique, the handling of sterile products, total parental nutrition (TPN), dispensing of prescriptions, inventory control and billing and reimbursement. In addition to classroom lecture and labs, this program includes a clinical externship through a local pharmacy. To be eligible for the clinical externship, students must successfully complete the 50 hour program, submit to a thorough background check, drug screening and meet other requirements. No refunds 7 days prior to class start date.

HLT-056-RV Condensed Curriculum Staff $1,205
6/17-8/5 MW 6:00-9:30 pm 15 Sessions
RVC Health SciencesCtr. 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 7/4.

HLT-069-RV Condensed Curriculum Staff $1,899
6/24-8/26 MTh 6:00-9:30 pm 21 Sessions
7/20, 7/27, 8/10 Sa 9:00 am-3:00 pm
RVC Health SciencesCtr. Room 2232

Dental Assisting Program
(6 Credits) The 60 hour Dental Assisting Program prepares students for entry-level positions. This course will familiarize the student with all areas of pre-clinical dental assisting and provide training in the professional skills required. This course covers the following key areas and Administrative Aspects: the history of dentistry and dental assisting; introduction to the dental office; the legal aspects of dentistry; policies and guidelines. Clinical aspects include: introduction to oral anatomy; dental operatory; dental equipment, introduction to tooth structure; primary and permanent teeth; the oral cavity and related structures; proper patient positioning; dental hand pieces; sterilization; and other areas. There is no state or national certification objective with this course. All materials and student insurance are included in the course cost. NOTE: Students will be given the opportunity to participate in a two-week rotation/clinical at a local dentist’s office upon successful completion of this program. No refunds 7 days prior to class start date. NO CLASS 7/4.

HLT-053-RV Condensed Curriculum Staff $1,299
6/24-8/22 MTh 6:00-9:30 pm 17 Sessions
RVC Health SciencesCtr. Room 1218

PRE-REGISTRATION & PAYMENT
Required for all classes!
Please register early to reserve your place in the class and avoid cancellation. Every effort will be made to notify registrants if a class has been canceled. Remember to update your phone # and address! (815) 921-3900.
NEW! Computer Technician CompTIA A+ Program with Certification

(8 Credits) The CompTIA A+ program is designed to prepare students to function as computer professionals in multiple technical, business, and healthcare settings. Computer technicians serve many technical support and IT operation roles with job titles such as Support Specialist, Field Service Technician, Desktop Support Analyst, and Help Desk Tier 2 Support. The purpose of this program is to prepare students to support computer users, troubleshoot and problem-solve computer issues, and connect users to the data they need to do their jobs regardless of the devices being used. No refunds 7 days prior to class start date. No CLASS 7/4, 9/2, 9/3.

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

DPR-071-RV Condensed Curriculum Staff $2,899
6/17-9/10 MTTh 6:00-9:30 pm 35 Sessions
RVC Classroom Bldg. II Room 123

INSPECTOR CERTIFICATIONS

CHARLES BELLEFONTAINE and COREY FRIEDMAN are experienced licensed home inspectors and active members of the American Society of Home Inspectors (ASHI).

Home Inspection Licensure Program: On-Line

(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 INT 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.
MASSAGE THERAPY

MASSAGE THERAPY TRAINING PROGRAM

Rock Valley College and Bodycraft Wellness & Massage Center, LLC is offering a 600 hour/12-month training program to people pursuing a career in massage and bodywork therapies.

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

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

Program content includes: fundamentals of massage and bodywork therapies, deep tissue massage, other modalities, anatomy and physiology, kinesiology, business, history and theory of therapeutic massage, communication, wellness, ethics, community outreach, and pathology. Elective modalities related to the field of massage therapy will also be required at the choice of the student.

A new session starts Monday, September 16, 2019 and goes through Wednesday, September 16, 2020. Day Program will meet M-Th at 9:00 am. Evening Program will meet M-Th at 5:00 pm.

For more information: www.bodycraft-wellness.com, (815) 977-4743 or jamie@bodycraft-wellness.com

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

Electives and supplies priced separately.

Check out website for pics of Rock Valley College on-site location.

MAS-015-BC20 Jamie Fanara $FREE
8/1 Th 9:00-10:00 am 1 Session
RVC Classroom Bldg. II Room 122

MAS-015-BC17 Chuck Lafrano $350
6/21-6/28 F 10:00 am-5:00 pm 2 Sessions
RVC Classroom Bldg. II NCBTMB# 344

CONTINUING EDUCATION FOR MASSAGE THERAPISTS

All courses are approved through NCBTMB for Massage Therapists.

NEW! Presence, Energy, Intention & Compassion

“Energy follows intention” is a LaFranco Massage Dynamics tenet. In order to focus intention ‘presence’ is required. One of the sweetest feelings 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. DRESS: Comfortably. BRING: 1 set of sheets. 6 CE hours for Massage Therapists.

MAS-015-BC18 Chuck Lafrano $175
7/12 F 10:00 am-5:00 pm 1 Session
RVC Classroom Bldg. II Room 122 NCBTMB# 344

Migraine® Miracle

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: 1 set of sheets, 2 bath towels, 1 hand towel, 2 washcloths (dark color preferred), 1 square metal baking pan or medium metal bowl, 1 blanket. DO NOT WEAR: Perfume, perfumed body lotion, cologne or base makeup. 6 CE hours for Massage Therapists.

MAS-015-BC19 Melissa Paluzzi $145
7/20 Sa 9:00 am-4:00 pm 1 Session
RVC Classroom Bldg. II Room 122 NCBTMB# 055516-00

NEW! Sports Massage

Chuck LaFrano's Sports Massage course is the result of his 7 seasons as head of the massage team for the Chicago Bears as well as his many client-athletes, plus over 28 years of teaching Sports Massage. You will learn: the critical role for athletes of the sacro-iliac joints and the tibia-fibula relationship, injury-solving and -preventing theories and techniques, pre-event techniques that improve cardio-pulmonary efficiency with clear contraindications, detailed approaches to rotator cuff and anterior cruciate ligament problems, simple, easy to implement proprioceptive neuromuscular facilitation techniques, correcting leg-length discrepancies, using reciprocal inhibition, and more. Plus, Sports Massage techniques work very well on most physical problems and tissue conditions with non-athletes, giving them broad applications beyond the realm of sports. DRESS: Comfortably. BRING: 1 set of sheets. 12 CE hours for Massage Therapists.

MAS-015-BC20 Jamie Fanara $7,510
9/16/19-9/16/20 1 Session
RVC Classroom Bldg. II Room 122

NEW! Sports Massage

Chuck LaFrano's Sports Massage course is the result of his 7 seasons as head of the massage team for the Chicago Bears as well as his many client-athletes, plus over 28 years of teaching Sports Massage. You will learn: the critical role for athletes of the sacro-iliac joints and the tibia-fibula relationship, injury-solving and -preventing theories and techniques, pre-event techniques that improve cardio-pulmonary efficiency with clear contraindications, detailed approaches to rotator cuff and anterior cruciate ligament problems, simple, easy to implement proprioceptive neuromuscular facilitation techniques, correcting leg-length discrepancies, using reciprocal inhibition, and more. Plus, Sports Massage techniques work very well on most physical problems and tissue conditions with non-athletes, giving them broad applications beyond the realm of sports. DRESS: Comfortably. BRING: 1 set of sheets. 12 CE hours for Massage Therapists.

MAS-015-BC17 Chuck Lafrano $350
6/21-6/28 RVC Classroom Bldg. II NCBTMB# 344

FOR MASSAGE THERAPISTS

 Massage Therapy Info Sessions

Please join us for an informative overview of the Massage Therapy School at Rock Valley College.

MAS-015-BC20 Jamie Fanara $FREE
8/1 Th 9:00-10:00 am 1 Session
RVC Classroom Bldg. II Room 122
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! Includes book. A piano or keyboard with standard size keys is needed for home preparation of assignments.

Beginning Piano for Adults
MUS-800-RV11 Inger Langsholt $84
6/11-8/13 T 6:45-7:45 pm 10 Sessions
RVC Classroom Bldg. II Room G22

Beginning Piano for Adults II, III
MUS-800-RV12 Inger Langsholt $84
6/12-8/14 W 6:00-7:00 pm 10 Sessions
RVC Classroom Bldg. II Room G22

Beginning Piano for Adults III, IV, V
MUS-800-RV9 Inger Langsholt $84
6/10-8/12 M 6:45-7:45 pm 10 Sessions
RVC Classroom Bldg. II Room G22

Beginning Piano for Adults IV, V
MUS-800-RV13 Inger Langsholt $80
6/13-8/15 Th 11:00 am-Noon 9 Sessions
RVC Classroom Bldg. II Room G22
NO CLASS 7/4

To register early at RockValleyCollege.edu/CEOnline
RVC Summer Festival Orchestra
The Rock Valley Festival Orchestra is a collaborative effort between the Rockford Park District, the Music Academy of Rockford and Rock Valley College. The orchestra is led by Michael Beert, Professor of Music at Rock Valley College and Director of the Rock Valley College and Community Orchestra. He is principal cellist of the Rockford Symphony Orchestra and played in the Rockford Park District Pops Orchestra for many summers. The RVC Festival Orchestra is comprised of student and professional musicians from the Rockford area. This group is open to instrumentalists of intermediate and above abilities who are able to read music. NEW PLAYERS: Please call Michael Beert at (815) 921-3343 or e-mail him at m.beert@rockvalleycollege.edu to set-up an audition. BRING: Your instrument to the first class. Performance scheduled for Tuesday, July 23 at 7:00 pm at the Sinnissippi Band Shell.
MUS-800-RV Michael Beert $53
7/8-7/22 MT 7:00-9:15 pm 5 Sessions
RVC Educational Resource Ctr. Room 0214

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 6/29.
MUS-800-RV5 John Peterson $126
6/15-8/24 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 6/29.
MUS-800-RV6 John Peterson $126
6/15-8/24 Sa 11:15 am-1:15 pm 10 Sessions
RVC Classroom Bldg. II Room 123

Bagpipes 101
(Ages 14-Adult) 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 $68
6/11-8/27 T 7:00-8:15 pm 12 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 001

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 & Official retired tests.

ED2GO
Instructor led six-week courses or career training at own pace, over 200 courses available. (Courses offered monthly.)
- Accounting/Finance
- Technology/ Business
- Health Care & Medical
- Design & Composition
- Writing & Publishing
- Language & Art
- Law & Legal
- Personal Development
- Computer Applications
- Teaching & Education Graduate Credit

ED2GO Career Training Programs
Online open enrollment programs designed to provide skills necessary to acquire professional level positions.
- Healthcare and Fitness
- Hospitality and Service Industry
- Business and Professional
- Skilled Trade and Industrial
- IT and Software Development
- Sustainable Energy/Going Green
- Media and Design

Health Ed Today
Courses developed through a partnership with leading education organizations, including: Pearson Education, E-College and Condensed Curriculum International.
- Pharmacy Technician
- Dialysis Technician
- Medical Billing & Coding
- EKG Technician
- ECG/EKG Course for Nurses
- Dental Assisting
- Medical Terminology
- Medical Administrative Assistant
- Medical Coding ICD-10 Update

National Council on Strength and Fitness Certified Personal Trainer Course
This self-paced online course will prepare you for the NCCA accredited, nationally recognized Certified Personal Trainer (CPT) Exam provided by the National Council on Strength and Fitness (NCSF) Board for Certification. The course bridges the gap between exercise science related coursework and the practical application skills required for personal training. See more information on page 36.

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. 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 36.

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, a professional, working voice actor from Voices For All, to improve your delivery. Receive a professional voiceover evaluation later. See more information on page 25.
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.

Requirements:
- Register for PHO-800-CERT your first semester.
- A member of the Adventure Safari Staff will be assigned to guide you in selecting your courses and advise you through program completion.

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

Electives Required:
(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 RockValleyCollege.edu/Community/CCE/Photography.cfm.

Any type of camera is acceptable, with an SLR providing best results. For more information, contact the Adventure Safari Staff at (312) 470-6704.

PHOTOGRAPHY

PHOTOGRAPHY

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 $26
6/23 Su Noon-2:00 pm 1 Session
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

PHOTOGRAPHY

RAISE
Rock Valley Academic Institute for Successful Employment

A Transition-Focused Educational Program for Individuals with Intellectual Disabilities

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

PHOTOGRAPHY

Basic Digital Photography
This action packed class will show you how to use your camera controls once and for all! We will cover the basics of digital photography in a way you can understand. You will learn elements of exposure control, photographing people, close-up, action and low-light photography. We will also spend time on the ways of sharing images and storing your photos.

BRING: Your camera. Gain the confidence you need to take great photos time and again!

PHO-800-RV Adventure Safari Network $109
7/2-7/16 T 6:00-8:30 pm 3 Sessions
RVC Jacobs Ctr. for Science & Math Room 2106

PHOTOGRAPHY

PHOTOGRAPHY

PHOTOGRAPHY

ROCK VALLEY COLLEGE

REFUND POLICY

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

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

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

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

HVAC Professional with Credential

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

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

RAH-017-RV Condensed Curriculum Staff $2,950
6/17-8/28 MW 6:00-9:30 pm 31 Sessions
Sa 9:00 am-4:30 pm
RVC Classroom Bldg. II Room 129

Highway Construction Careers Training Program (HCCTP)

This FREE training program aims to help individuals 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 Darcey Ingram, HCCTP Coordinator, at D.Ingram2@RockValleyCollege.edu or (815) 921-3912.

Integrated Systems Technology Program

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

For more information on the IST program, call Yvonne Busker at (815) 921-3905.
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(1)(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.

ISH-025-RFD Illinois Material Handling $129
6/10 M 8:00 am-3:00 pm 1 Session
Illinois Material Handling 3444 Precision Rd. Rockford

ISH-025-RFD2 Illinois Material Handling $129
7/15 M 8:00 am-3:00 pm 1 Session
Illinois Material Handling 3444 Precision Rd. Rockford

ISH-025-RFD3 Illinois Material Handling $129
8/12 M 8:00 am-3:00 pm 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 Powerpoints, example tests with answer keys, operator trackers, Spanish tests
• Turnkey presentation provided with embedded videos to minimize the time your trainers need to begin training
Upon leaving our Train the Trainer class, you will have what it takes to train your employees! We offer a 2 day TTT that includes comprehensive forklift and aerial lifts. We also offer a separate 1 day TTT for aerial lifts only.

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

ISH-040-RFD Illinois Material Handling $140
6/11 T 8:00 am-Noon 1 Session
Illinois Material Handling 3444 Precision Rd. Rockford

Aerial Operator Training: Scissor/Boom
This course will familiarize you with Group A Scissor and Group B Articulating/Boom, Mobile Elevating Work Platforms (MEWP), as required by ANSI and OSHA requirements.
Topics covered:
• Accountability and responsibility
• Requirement and proper use of fall protection
• Pre-operational and annual inspections
• Site inspection and work procedures
• Operational fundamentals
• Hazards related to operation and use
• Emergency rescue procedures
• Hands-on operation
All training materials included and available in class. Certificate and license issued after successfully completing class and onsite skills test.

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

ISH-040-RFD Illinois Material Handling $140
6/11 T 8:00 am-Noon 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.
NEW! Flings, Rings & Material Things

A fun, entertaining and invigorating short history of dating, engagement rings and weddings in the U.S. from 1850-1950. Students explore the Civil War, Turn-of-the-Century, the Decadent Teens, the Roaring Twenties, the Great Depression and WWII through antique and vintage advertisements, journals, letters, jewelry and textile evidence.

TRV-800-BLL Tycheia Price $48
6/3-6/17 M 1:00-2:15 pm 3 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 002

NEW! Pearls: Antiquity to Mikimoto, A Gemological History

Pearls throughout history gives students a chance to understand the cultural significance of this living gem. From ancient kingdoms to the days of WWII, pearls have lasted as icons of beauty, wisdom and wealth. Students will learn through photos, memoirs and vintage advertisements.

TRV-800-BLL3 Tycheia Price $48
7/29-8/12 M 9:00-10:15 am 3 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 002

NEW! Aloha, History!

Discover Hawaiian history and culture as we explore our tropical state. Students will learn through video, advertisements, photos, song and cultural artifacts to understand the Aloha state.

TRV-800-BLL2 Tycheia Price $48
7/10-7/24 W 1:00-2:15 pm 3 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 002

2019 BUCKET LIST TRIPS:
ALASKA, AFRICA & INDIA 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
JULY 9, 3-5 PM
Register by July 2 to attend the preview for FREE!
Call (815) 921-3900 to reserve your spot.

Alaska Trip Dates: June and August, 2019

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, visit the Arctic Circle, and flightseeing through the stunning Alaskan Range… this trip has it all! We will cover the unique aspects of capturing each setting, and you will be amazed at the improvement in your photography. Diverse landscapes and wildlife surround you on every turn, and this itinerary guarantees you the ultimate access into the splendor of Alaska. Additional highlights include Kenai Fjords National Park, safe grizzly bear viewing, and the stunning scenery of Denali National Park. Optional halibut fishing excursion for the best halibut fishing on the planet, with no additional fee. Come to our preview night to get details of these exciting adventures!

Kenya, Tanzania, and South Africa

If you have never seen the Great Migration, this is your year. A truly spectacular of nature, you will be overwhelmed with the raw beauty and close proximity of the greatest creatures on the planet. Mt. Kilimanjaro is the backdrop as you see great herds of elephant making their way, single file, to the marshes of Amboselli National Park in Kenya. Emotions run high as you witness the spectacle of 1.5 million animals moving through the Serengeti in Tanzania. Additional highlights include the World Heritage Ngorongoro Crater, visit to a Maasai Village, and hundreds of elephants in Tarangire National Park. South Africa has its own place in history, and we will learn more about Nelson Mandela, and his great march to freedom. 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 Cape Town to visit Table Mountain, the Cape of Good Hope, and the best wineries in Africa. Join us for a preview you won’t soon forget, and your early registration avoids the $10 registration fee.

India

The culture of India is so much different than you have ever seen, and this is truly an affordable destination. Exquisite lodging, friendly, small group transfers, colorful people, rich religion, and unique wildlife are all included on this trip. The Taj Mahal is a must-see, but it is only the beginning of the absolutely special things you will experience on this trip. Please join us for a look at this unique itinerary.
NEW! Veterinary Assistant with Clinical Externship

(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. NO CLASS 9/2.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Instructor</th>
<th>Fee</th>
<th>Start Date</th>
<th>Time</th>
<th>Note</th>
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<tbody>
<tr>
<td>HLT-088-RV</td>
<td>Condensed Curriculum Staff $2,099</td>
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<td>6/24-9/9</td>
<td>MW 6:00-9:30 pm 26 Sessions</td>
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<td>7/13, 7/27</td>
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<td>RVC Classroom Bldg. II</td>
<td>Room 120</td>
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Healthcare E-Learning: Veterinary Assistant Program
www.HealthEdToday.com/RockValleyCollege

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

Veterinary Assistant Program: $1,899

Visit www.healthedtoday.com/RockValleyCollege to experience a Course Demo and to learn more about these courses!

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

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

Yoga for All Levels

Work at your own level. Beginners welcome. Gain flexibility and strength in a very relaxed environment. Deep breathing and deep relaxation will strengthen your body, calm your mind and is essential to good health. DRESS: Comfortable, loose-fitting clothing.

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

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<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
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<th>Time</th>
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<tr>
<td>YOG-800-BLL</td>
<td>Raeann Austin</td>
<td>$56</td>
<td>6/12-7/24</td>
<td>W 5:00-6:00 pm</td>
<td>6 Sessions</td>
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<td>Bell School Rd. Ctr.</td>
<td>3350 Bell School Rd.</td>
<td>Room 013</td>
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<tr>
<td>YOG-800-BLL2</td>
<td>Raeann Austin</td>
<td>$56</td>
<td>6/13-7/25</td>
<td>Th 9:30-10:30 am</td>
<td>6 Sessions</td>
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<td>Bell School Rd. Ctr.</td>
<td>3350 Bell School Rd.</td>
<td>Room 013</td>
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Yoga for Beginners

Work at your own level. Beginners welcome. Gain flexibility and strength in a very relaxed environment. Deep breathing and deep relaxation will strengthen your body, calm your mind and is essential to good health. DRESS: Comfortable, loose-fitting clothing.

BRING: Yoga mat. NOTE: Do not start yoga if you are pregnant. NO CLASS 7/5.

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<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
<th>Start Date</th>
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<th>Note</th>
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<tbody>
<tr>
<td>YOG-800-BLL3</td>
<td>Raeann Austin</td>
<td>$56</td>
<td>6/14-7/26</td>
<td>F 9:30-10:30 am</td>
<td>6 Sessions</td>
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<td>Bell School Rd. Ctr.</td>
<td>3350 Bell School Rd.</td>
<td>Room 013</td>
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Yoga by Mary

This basic yoga class is great for all levels. Enjoy flexibility and strength at its best!

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<th>Course Code</th>
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<th>Fee</th>
<th>Start Date</th>
<th>Time</th>
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<tr>
<td>YOG-800-FZ</td>
<td>Fitness Zone Staff</td>
<td>$80</td>
<td>6/11-8/15</td>
<td>T or Th 5:45-6:45 pm 10 Sessions</td>
<td>Fitness Zone</td>
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<td>807 Progressive Ln. South Beloit</td>
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Yogalates

A combination of yoga and pilates, complete workout using your core and a stretch.

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<th>Time</th>
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<tbody>
<tr>
<td>YOG-800-FZ2</td>
<td>Fitness Zone Staff</td>
<td>$80</td>
<td>6/12-8/14</td>
<td>W 8:30-9:15 am</td>
<td>10 Sessions</td>
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<td>Fitness Zone</td>
<td>807 Progressive Ln. South Beloit</td>
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STEPHANIE TUBUTIS, is certified as a sport yoga (SY) instructor. Her studies and training specialized in the athlete's body and performance through flexibility and form. Her teaching style is based on Vinyasa yoga, or flow yoga. She places poses into specific sequences, using the breath to move from one pose into the next. She likes to focus on the breath and stress the importance of being present. Even though her training is sport-based, she feels that mindfulness and spirituality are an extremely important part of her yoga practice and teachings.

All Level Yoga

(Ages 16-Adult) Work at your own level. Beginners welcome. Gain flexibility and strength in a very relaxed environment. Deep breathing and deep relaxation will strengthen your body, calm your mind and is essential to good health. BRING: Water and yoga mat. NOTE: Do not start yoga if you are pregnant. NO CLASS 7/16.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Fee</th>
<th>Start Date</th>
<th>Time</th>
<th>Note</th>
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</thead>
<tbody>
<tr>
<td>YOG-800-BLL5</td>
<td>Stephanie Tubutis</td>
<td>$65</td>
<td>6/11-7/30</td>
<td>T 5:45-6:45 pm</td>
<td>7 Sessions</td>
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<td>Bell School Rd. Ctr.</td>
<td>3350 Bell School Rd.</td>
<td>Room 013</td>
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Whiz Kids
Engaging minds since 1980!

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STEM Week.....................................30
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Rock Valley College Whiz Kids Engages Young Minds.

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

Whiz Kids classes are designed to provide enrichment activities for youth, cleverly disguised as fun, where students learn by doing and supporting each other in the learning process. Kids are inspired to try new things, build independence, gain social skills, face challenges, learn the value of work, and build character. Whiz Kids classes are taught by experienced educators who have a passion for inspiring kids.

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

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

Join us for STEM Week and learn how to design and build various projects using everyday items, repurposed materials, motors and various type and size of interlocking blocks.

Our workshops are led by local educator Faten Abdallah and RVC Assistant Professor Laura Constant. Each project emphasizes design and build concepts, simple electric motors and creativity skills.

No refunds 7 days prior to class start.

Participants keep their projects!

JUNE 17-21: BUILT TO WORK PROJECTS
(Ages 10-13) Build a sundial, windmill, LEGO zip line, bridge, catapult, marble maze, an airplane, and if time permits, a skeeball machine.

**WIZ-820-JUNE**  
$166  
6/17-6/21  M-F  9:00 am-Noon  5 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd. Room 007

JULY 8-12: STEAM-SCIENTIFIC ART
(Ages 10-13) Milk and vinegar plastic, math art, clothespin animals, blowpaint germ art, cell phone speaker, art spinners, 3D drawings, straw rockets, musical instruments.

**WIZ-820-JULY**  
$166  
7/8-7/12  M-F  1:00-4:00 pm  5 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd. Room 004

AUGUST 5-9: SCIENTIFIC INVESTIGATIONS
(Ages 10-13) Escape room, fingerprinting lab, CSI activities, handwriting lab, footprint lab.

**WIZ-820-AUG**  
$166  
8/5-8/9  M-F  9:00 am-Noon  5 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd. Room 004

Register early at RockValleyCollege.edu/CEOnline
**World of Watercolor**  
(Ages 9-13) Create beautiful watercolor paintings when we explore drawing and watercolor techniques. Start with watercolor splash techniques and then draw from photos and still life to create watercolor masterpieces.  
**DRESS:** Paint clothes or bring an apron to class.  
**WIZ-801-BLL** Sarah Waldron $137  
6/10-6/13  M-Th  9:00 am-Noon  4 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

**Science Fun (STEM)**  
(Ages 6-11) Things will fizz, foam, pop and change. Learn about suspensions and solutions, actions and reactions. Learn about inertia and find electricity in strange places. Learn about gravity and magnets.  
**WIZ-818-BLL3** Ruth Filz $137  
6/10-6/13  M-Th  9:00 am-Noon  4 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

**LEGOs®**  
(Ages 5-13) Engineering and technological principles are presented as you become a LEGO® inventor. Explore simple, real life machines and use the ideas to build similar machines from LEGO®s. Create and build realistic, working models based on problem-solving situations. Instructor will assign kits to be used in class only, appropriate for Level I and Level II skilled participants.  
**WIZ-820-BLL5** Joel Koehler $137  
6/10-6/13  M-Th  9:00 am-Noon  4 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 001  
**WIZ-820-BLL6** Joel Koehler $137  
6/10-6/13  M-Th  1:00-4:00 pm  4 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 001

**Knitting**  
(Ages 8-14) Learn how to knit... cast on, cast off, knit, and purl while creating projects that you can wear and use. **BRING:** One pair of size 9 knitting needles.  
**WIZ-804-BLL** Colleen Rittmeyer $137  
6/10-6/13  M-Th  1:00-4:00 pm  4 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

**Write a Story**  
(Ages 6-11) Do you like animals and dragons, folk tales and fables? If you like to write and draw, then this class is for you. Each child will create a story in the Kamishibai style (Japanese story cards) — a great way to sharpen your writing organizational skills.  
**WIZ-807-BLL4** Ruth Filz $137  
6/10-6/13  M-Th  1:00-4:00 pm  4 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

**Basic Aviation for Kids**  
(Ages 6-11) If you love things that fly, then this class is for you! Make a different style of paper airplane each day. Learn about symmetry, elevators and ailerons. We will also fly several types of gliders and balloons. Each child will make and bring home a white wing glider. Weather permitting, we will test all planes outside.  
**WIZ-820-BLL11** Ruth Filz $137  
6/17-6/20  M-Th  9:00 am-Noon  4 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 001

**Legos**  
(Ages 5-13) Engineering and technological principles are presented as you become a LEGO® inventor. Explore simple, real life machines and use the ideas to build similar machines from LEGO®s. Create and build realistic, working models based on problem-solving situations. Instructor will assign kits to be used in class only, appropriate for Level I and Level II skilled participants.  
**WIZ-820-BLL7** Joel Koehler $137  
6/17-6/20  M-Th  9:00 am-Noon  4 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

**STEM Week: Built to Work Projects**  
(Ages 10-13) Calling all 5th through 8th grade students! Join us for STEM Week and learn how to design and build various projects using everyday items, repurposed materials, motors and various type and size of interlocking blocks.  
Built to Work Projects: if time permits:  
• Sundial  
• Windmill  
• Lego Zip Line  
• Bridge Building  
• Catapult  
• Marble Maze  
• Airplane  
**NO refunds 7 days prior to class start**  
**WIZ-820-JUNE** Laura Constant Fatem Abdallah $166  
6/17-6/21  M-F  9:00 am-Noon  5 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

**Paint Like the Masters**  
(Ages 9-13) Explore art through learning about great artists of the past including: Monet, Seurat, Van Gogh, O’Keefe and others as you create original art work based on their work. We will cover acrylic and watercolor painting techniques. **DRESS:** Paint clothes or bring an apron to class.  
**WIZ-801-BLL2** Sarah Waldron $137  
6/17-6/20  M-Th  1:00-4:00 pm  4 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

**Crafts & Cooking Club**  
(Ages 5-12) Have fun while learning the intricacies of hands-on creative craft making and delectable cooking creations. Participants will enjoy a wide variety of activities and projects. Students will follow step-by-step recipes and directions to create mouth-watering treats and colorful craft projects that they will love showing to friends and family alike. **FOOD ALLERGIES:** Must email instructor at Anuddapurpl1@aol.com 1 week ahead of class.  
**WIZ-804-BLL5** Jennifer Tilford $137  
6/17-6/20  M-Th  1:00-4:00 pm  4 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

**Simple Machines & Power**  
(Ages 6-11) You will do hands-on experiments using all the simple machines, learn about and do experiments with different sources of energy and build a simple electrical project to take home.  
**WIZ-820-BLL12** Ruth Filz $137  
6/17-6/20  M-Th  1:00-4:00 pm  4 Sessions  
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 001
Let's Be Earth Detectives
(Ages 6-11) Discover the interdependence of plants, animals and people. You will uncover the forces of nature such as weather and energy sources and make several take-home projects, including a miniature garden from recycled items.

WIZ-818-BLL5 Ruth Filz $137
6/24-6/27 M-Th 9:00 am-Noon 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 001

Arcade Electronics Galore
(Ages 8-13) Get ready to build and play your own arcade games and more. You will have at your disposal, resistors, switches, wires, LED diodes, transistors and more. Do not get overwhelmed. Building with electronics is fun. You will program the spinning light fan to display different sayings. Build and play a Home Run Derby game. See who gets the most home runs before getting 10 outs. A winning song will cheer. Build circuits to test your memory. Build an electronic circuit that plays the card game 21. You can learn to program the circuit board to emit different funky sounds. Play with the disco ball, sirens, or a light show. Learn the effects of the different electronic components. Learn what amps, volts, resistance and power are. No refunds 7 days prior to class start.

WIZ-820-BLL2 Sciencesational $175
6/24-6/28 M-F 9:00 am-Noon 5 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

LEGOs®
(Ages 5-13) Engineering and technological principles are presented as you become a LEGO® inventor. Explore simple, real life machines and use the ideas to build similar machines from LEGO. Create and build realistic, working models based on problem-solving situations. Instructor will assign kits to be used in class only, appropriate for Level I and Level II skilled participants.

WIZ-820-BLL8 Joel Koehler $137
6/24-6/27 M-Th 9:00 am-Noon 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 001

Mission to Mars
(Ages 8-12) Build and take home your own 7 in 1 Mars Mini Lander. Build a Space Rover, Space Explorer, Space Shuttle, Space Dog, Astronaut, Space Station, and Space Mechanic. Each powered by either solar energy or batteries. On our way to Mars, on Mars, and back from Mars, you will experiment in many different ways and more. All STEAM based activities the Sciencesessional way! You will learn about solar energy. You will be seeing a 3D Mars surface using 3D glasses as well as making your own 3D drawing. Make a color changing UV bracelet and take it home! Sample our delicious astronaut ice cream!! Learn about constellations. Build and take home your own mini paper rocket and launch it indoors or outdoors. On the last day, you will return to earth after being on Mars all week. You will have learned so many interesting things! No refunds 7 days prior to class start.

WIZ-820-BLL2 Sciencesational $175
6/24-6/28 M-F 12:30-3:30 pm 5 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

Crafts & Cooking Club
(Ages 5-12) Do not wait to sign up-this class fills quickly! Have fun while learning the intricacies of hands-on creative craft making and delectable cooking creations. Participants will enjoy a wide variety of activities and projects. Students will follow step-by-step recipes and directions to create mouth-watering treats and colorful craft projects that they will love showing to friends and family alike. FOOD ALLERGIES: Must email instructor at Anuiddapurpur1@aol.com 1 week ahead of class.

WIZ-804-BLL6 Jennifer Tilford $137
6/24-6/27 M-Th 1:00-4:00 pm 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 001

Science Fun (STEM)
(Ages 6-11) Things will fizz, foam, pop and change. Learn about suspensions and solutions, actions and reactions. Learn about inertia and find electricity in strange places. Learn about gravity and magnets. We will do all this and much more.

WIZ-818-BLL4 Ruth Filz $137
6/24-6/27 M-Th 1:00-4:00 pm 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

World Games
(Ages 10-13) Learn about historical games from around the world in this hands-on class. Native American, Ancient Egyptian and African games will be featured. Students will have the opportunity to create four simple games to take home and will get to play them in class, time permitting.

WIZ-811-BLL Kim Shrader $137
7/8-7/11 M-Th 9:00 am-Noon 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

Intro to Japanese Language & Culture
(Ages 8-10) Take a fascinating trip to Japan through language and culture! Students will learn how to read, write and speak the three writing systems of Japan - hiragana, katakana and kanji, through numbers, vocabulary, verbs and simple sentences. Each class will also teach about Japanese culture and history!

WIZ-807-BLL Tyechia Price $137
7/8-7/11 M-Th 9:00 am-Noon 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 004

DIY Club
(Ages 10-13) All the fun of Do-IT-Yourself packed into this one! Includes activities to help yourself as well as the environment! Stress balls, freeze pop sleeves, insect homes, garden wind chimes and more if time permits! BRING: A bag of recycling items such as toilet paper/ paper towel rolls, empty soup cans, and plastic bottles. You will learn some fun ways to reuse them!

WIZ-804-BLL2 Kim Shrader $137
7/8-7/11 M-Th 1:00-4:00 pm 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 007

LEGOs®
(Ages 5-13) Engineering and technological principles are presented as you become a LEGO® inventor. Explore simple, real life machines and use the ideas to build similar machines from LEGO. Create and build realistic, working models based on problem-solving situations. Instructor will assign kits to be used in class only, appropriate for Level I and Level II skilled participants.

WIZ-820-BLL9 Joel Koehler $137
7/8-7/11 M-Th 9:00 am-Noon 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 001

WIZ-820-BLL10 Joel Koehler $137
7/8-7/11 M-Th 1:00-4:00 pm 4 Sessions
Bell School Rd. Ctr. 3350 Bell School Rd. Room 001
<table>
<thead>
<tr>
<th>STEAM Week: Scientific Art</th>
<th>Fancy Food Decorating Workshop</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Ages 10-13) Calling all 5th through 8th grade students! Learn how to design and build various projects using everyday items, repurposed materials, motors and various type and size of interlocking blocks. This session: STEAM - Scientific Art: Milk &amp; vinegar plastic, Math art, Clothespin Animals, Blowpaint Germ Art, Cell phone speaker, Art Spinners, 3D Drawings, Straw Rockets, Musical Instruments. <strong>No refunds 7 days prior to class start.</strong></td>
<td>(Ages 10-13) Experiment with a variety of cake decorating tips, learn the proper way to hold and operate a pastry bag, and create designs with frosting. We will decorate cupcakes, cookies and other foods to eat in class or take home!</td>
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<tr>
<td><strong>WIZ-820-JULY</strong> Faten Abdallah $166 7/8-7/12 M-Th 1:00-4:00 pm 5 Sessions Bell School Rd. Ctr. 3350 Bell School Rd. Room 004</td>
<td><strong>WIZ-804-BLL4</strong> Kim Shrader $52 7/12 F 9:00 am-Noon 1 Session Bell School Rd. Ctr. 3350 Bell School Rd. Room 007</td>
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<thead>
<tr>
<th>Totally Tie Dye Workshop</th>
<th>Food, Crafts &amp; Culture Around the World</th>
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<tbody>
<tr>
<td>(Ages 10-13) Want to learn how to create totally groovy tie-dyes? We’ll practice creating the same effects seen at street fairs and rock concerts! <strong>BRING:</strong> 3 prewashed items such as t-shirts, socks, pillowcases and bandanas.</td>
<td>(Ages 10-13) Join the adventure as we travel around the World in 1 week. Well, not really, but we’ll be checking out continents from our classroom at Rock Valley College! We’ll get to know that area of the world, create arts &amp; crafts just like the locals, and play games and eat food!</td>
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<tr>
<td><strong>WIZ-804-BLL3</strong> Kim Shrader $52 7/12 F 1:00-4:00 pm 1 Session Bell School Rd. Ctr. 3350 Bell School Rd. Room 007</td>
<td><strong>WIZ-811-BLL2</strong> Faten Abdallah $80 7/12-7/19 F 9:00 am -Noon 2 Sessions Bell School Rd. Ctr. 3350 Bell School Rd. Room 001</td>
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<tr>
<th>Crafts &amp; Cooking Club</th>
<th>Make It &amp; Take It Home</th>
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<td>(Ages 5-12) Do not wait to sign up-this class fills quickly! Have fun while learning the intricacies of hands-on creative craft making and delectable cooking creations. Participants will enjoy a wide variety of activities and projects. Students will follow step-by-step recipes and directions to create mouth-watering treats and colorful craft projects that they will love showing to friends and family alike. <strong>FOOD ALLERGIES:</strong> Must email instructor at <a href="mailto:Anuddapurpl1@aol.com">Anuddapurpl1@aol.com</a> 1 week ahead of class.</td>
<td>(Ages 6-11) Science projects you take home - that teach - that are fun. In this hands-on, fun, and exciting program, you will discover how amazing science is. You will make and take home a wide assortment of toys designed to teach you science concepts in a hands-on way. Grow and take home a crystal tree. Make an energy bead bracelet and watch as those amazing beads turn from white to a rainbow of colors before your eyes. Build a working electric motor. Make your own sharpie pen T-shirt and learn some cool chemistry. Make your own bubbling blobs and explore the properties of a density tube. Make silly putty-glowing goo-green flubber and other cool projects. By the way... we will make ice cream in our own amazing, different, sciensational way! <strong>BRING:</strong> A 100% cotton t-shirt to first class. <strong>No refunds 7 days prior to class start.</strong></td>
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<tr>
<td><strong>WIZ-804-BLL7</strong> Jennifer Tilford $137 7/15-7/18 M-Th 9:00 am-Noon 4 Sessions Bell School Rd. Ctr. 3350 Bell School Rd. Room 004</td>
<td><strong>WIZ-820-BLL4</strong> Sciencesational $175 7/15-7/19 M-F 12:30-3:30 pm 5 Sessions Bell School Rd. Ctr. 3350 Bell School Rd. Room 007</td>
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<tr>
<th>Intro to Japanese Language &amp; Culture</th>
<th>Egyptian Dig</th>
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<td>(Ages 8-10) Take a fascinating trip to Japan through language and culture! Students will learn how to read, write and speak the three writing systems of Japan - hiragana, katakana and kanji, through numbers, vocabulary, verbs and simple sentences. Each class will also teach about Japanese culture and history!</td>
<td>(Ages 6-11) Discover the amazing science of Archaeology as you uncover ancient artifacts. In doing this, we will learn about Egyptian life. We will excavate with tools like a real archaeologist uses. We will find the following artifacts as we excavate a scarab (what’s that?), Hieroglyphic tablet, ankh symbol and a jackal. You will learn about this and even take home a booklet. The artifacts are yours to keep. We will wet the sand that we dig into and create one of two sand sculptures for display. You can make a pyramid as well as a sphinx. Let’s go back in time with a hands on archaeological experience! <strong>No refunds 7 days prior to class start.</strong></td>
</tr>
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<td><strong>WIZ-807-BLL2</strong> Tychiea Price $137 7/15-7/18 M-Th 9:00 am-Noon 4 Sessions Bell School Rd. Ctr. 3350 Bell School Rd. Room 001</td>
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<td><strong>WIZ-820-BLL4</strong> Sciencesational $175 7/15-7/19 M-F 12:30-3:30 pm 5 Sessions Bell School Rd. Ctr. 3350 Bell School Rd. Room 007</td>
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### JULY 22-26

#### Paint with Paper
(Ages 5-8) Create 4 collage paintings using various types of paper on wood and watercolor paper. The final day will be our show case of your finished work that you can proudly take home! **BRING:** Paint shirt.

WIZ-801-BLL4  Stella Dobbins  $130
7/22-7/26  M-F  9:00 am-Noon  5 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

#### Crafts & Cooking Club
(Ages 9-13) Join the adventure as we travel around the US in 1 week. Well, not really, but we'll be checking out each US region from our classroom at Rock Valley College! We'll get to know the region, create arts and crafts just like the locals, and play games and eat food!

WIZ-801-BLL8  Stella Dobbins  $130
7/29-8/2  M-F  9:00 am-Noon  5 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

#### Sharks
(Ages 6-11) Discover the world of this amazing ocean creature during a week long class all about sharks! Learn the truth—and the myths—about these feared animals as you find out about their diet, how they live, bodies, and more. Make fun projects, like shark tooth necklaces, to enhance your learning experience. Sink your teeth into a fun week of learning about sharks!

WIZ-811-BLL4  Faten Abdallah  $166
7/22-7/25  M-Th  1:00-4:00 pm  4 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

### JULY 29-AUG. 2

#### Paint with Acrylics
(Ages 10-13) Reveal your art skills with acrylics on canvas and canvas paper. We will work on color theory and composition. **BRING:** Paint shirt.

WIZ-801-BLL7  Marijana Peric  $137
7/29-8/1  M-Th  1:00-4:00 pm  4 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

#### Kreative Crafts
(Ages 8-12) Have fun making crafts and exploring your inner creativity. **BRING:** Scissors, glue, and your imagination.

WIZ-801-BLL3  Holly McKenzie  $166
7/29-8/2  M-F  9:00 am-Noon  5 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

#### Watercolor Bold & Free
(Ages 10-14) Learn various 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 at class.

WIZ-801-BLL8  Stella Dobbins  $130
7/29-8/2  M-F  9:00 am-Noon  5 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 007

#### Math
(Ages 6-8) Help your child get ready for school with a review of old math facts, or an introduction to new ones! Learn addition, subtraction, multiplication, division, or a combination of facts based on individual needs and abilities. Give your child the skills they need to succeed, while having fun!

WIZ-801-BLL3  Colleen Rittmeyer  $137
7/29-8/1  M-Th  1:00-4:00 pm  4 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 001

### AUGUST 5-9

#### STEM Week: Scientific Investigations
(Ages 10-13) Calling all 5th through 8th grade students! Join us for STEM Week and learn how to design and build various projects using everyday items, repurposed materials, motors and various type and size of interlocking blocks. This session: Scientific Investigations: Escape room, fingerprinting lab, CSI activities, handwriting lab, footprint lab. **NOTE:** A $25 supply kit can be purchased from the instructor at class.

WIZ-820-AUG  Laura Constant  $166
Faten Abdallah
8/5-8/9  M-F  9:00 am-Noon  5 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

#### Arabic Week
(Ages 10-14) We’ll get to know about different Arab countries, learn some Arabic words and phrases, create arts and crafts just like the locals, play games and eat food!

WIZ-801-BLL5  Faten Abdallah  $166
7/29-8/2  M-F  1:00-4:00 pm  5 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

#### Snakes
(Ages 6-8) Sssslide into learning about snakes in this ssstimulating class. Learn all about different types of snakes habitats, diet, body parts, and more!

WIZ-818-BLL2  Colleen Rittmeyer  $137
7/29-8/1  M-Th  9:00 am-Noon  4 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 001
RVC BELL SCHOOL CAMPUS: SEWING WITH MARY

Sewing
(Ages 8-Adult) Learn to sew simple garments, read and follow a pattern guide. You can use your own sewing machine or use one that is provided. Learn easy ways to hem, put in zippers, sleeves and much more. **NOTE:** For those adults who want to take this great class with your child/grandchild, both adult and child must register (although strongly suggested, class does not require an adult to attend with child). First class, students will meet at classroom, then we’ll travel to local fabric store to purchase supplies.

**CAH-806-BLL**  Mary Foreman  $141
6/22-8/24  Sa 9:00-11:30 am  10 Sessions
Bell School Rd. Ctr.  3350 Bell School Rd.  Room 004

All movies created in the following classes will premiere at A Red Carpet Popcorn Film Festival for parents on Friday.

RVC MAIN CAMPUS

NEW! Lego Stop Motion
(Ages 7-10) Working with Lego, you and your crew will design your movie set, shoot, and edit your own stop motion film, including adding voice overs, sound effects, music and titles.

**WIZ-806-RV**  The Director’s Cut  $150
6/10-6/14  M-F  9:00 am-Noon  5 Sessions  Room G29
RVC Classroom Bldg. II

**WIZ-806-RV5**  The Director’s Cut  $150
6/24-6/28  M-F  9:00 am-Noon  5 Sessions  Room G29
RVC Classroom Bldg. II

NEW! Claymation
(Ages 10-14) Working with clay, you and your crew will design your movie set, shoot, and edit your own stop motion film, including adding voice overs, sound effects, music and titles.

**WIZ-806-RV3**  The Director’s Cut  $150
6/17-6/21  M-F  9:00 am-Noon  5 Sessions  Room G29
RVC Classroom Bldg. II

NEW! Film Making
(Ages 9-14) Work with other film makers to write, script, shoot your own blockbuster. Young filmmakers will use our HD cameras, tripods, boom mikes, green screen, and Macbooks to produce their film.

**WIZ-806-RV2**  The Director’s Cut  $150
6/10-6/14  M-F  1:00-4:00 pm  5 Sessions  Room G29
RVC Classroom Bldg. II

**WIZ-806-RV4**  The Director’s Cut  $150
6/17-6/21  M-F  1:00-4:00 pm  5 Sessions  Room G29
RVC Classroom Bldg. II

**WIZ-806-RV6**  The Director’s Cut  $150
6/24-6/28  M-F  1:00-4:00 pm  5 Sessions  Room G29
RVC Classroom Bldg. II
The magic in every camper comes to life as never before when they are empowered to be as creative as they were all born to be! Black Rocket has over a decade of experience designing camps in the S.T.E.A.M. fields (Science-Technology-Engineering-Arts-Mathematics). Every program is powered by the camper’s innate imagination and designed to bring their ideas to life in a fun, hands-on, learning environment. From concept to creation students will demonstrate their masterpiece to the world at the end of each week! All Black Rocket programs mirror real life experiences and the collaborative nature of the design process. Students will work in pairs or teams for most of the program.

Returning students can create more advanced projects that build on previous years!

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**ROBLOX® Makers**

(Ages 8-14) Unlock the power of ROBLOX® Studio, the world creation tool used by real world ROBLOX® developers! Learn how to build 3D models and create an adventure in your ROBLOX® world. Bring characters to life with unique animations you design. Student-created projects will be available on a password protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. **No refunds 7 days prior to class start date.**

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<tbody>
<tr>
<td>WIZ-820-BR6</td>
<td>Black Rocket Staff</td>
<td>$185</td>
<td>6/24-6/28</td>
<td>M-F 1:00-4:00 pm</td>
<td>5 Sessions</td>
<td>RVC Woodward Technology Ctr.</td>
<td>Room 1102</td>
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**Virtual Reality: The Future is Now**

(Ages 8-14) Embark on an EPIC adventure in virtual reality! In this cutting-edge class, you will learn the foundations of VR design by creating your own virtual worlds, exploring simulated environments, and crafting memorable 3D experiences. **No refunds 7 days prior to class start date.**

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<td>WIZ-820-BR3</td>
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<td>6/17-6/21</td>
<td>M-F 9:00 am-Noon</td>
<td>5 Sessions</td>
<td>RVC Woodward Technology Ctr.</td>
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**Python Programmers**

(Ages 8-14) Want to learn the world’s fastest growing programming language favored by Google, NASA, Youtube, and the CIA? Learn how to code with Python to create engaging apps and games. Each lesson takes you step-by-step on a programming path that will let you challenge friends with fun content you create from start to finish! Students will work in pairs or teams for most of the program. Returning students can create more advanced projects that build on previous years. **No refunds 7 days prior to class start date.**

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<tr>
<td>WIZ-820-BR4</td>
<td>Black Rocket Staff</td>
<td>$204</td>
<td>6/17-6/21</td>
<td>M-F 1:00-4:00 pm</td>
<td>5 Sessions</td>
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**ROBLOX® Coders & Entrepreneurs**

(Ages 8-14) Discover how to code in the Lua language while playing and designing worlds in ROBLOX®, an online universe where you can create anything you dream of. This new class combines game design concepts, coding, and fun! Young entrepreneurs will also learn how to navigate ROBLOX®’s fast-growing marketplace to publish their games. Student-created games will be available on a password protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. **No refunds 7 days prior to class start date.**

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<tr>
<td>WIZ-820-BR2</td>
<td>Black Rocket Staff</td>
<td>$195</td>
<td>6/10-6/14</td>
<td>M-F 1:00-4:00 pm</td>
<td>5 Sessions</td>
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**Minecraft Designers**

(Ages 8-14) If you love the game Minecraft, and always wanted to design your own world, this class is for you! Learn how to create a custom map, the basics of creating 3D models using a new software to design your very own objects, how to build with Redstone and Command blocks, and create custom textures for you to import at home or share with friends. Students must own a Java version of Minecraft. Tablet, phone, and game console versions of Minecraft are not compatible. Parent email address is required to use 3D modeling software. Students will work in pairs or teams for most of the program. Returning students can create more advanced projects that build on previous years. **No refunds 7 days prior to class start date.**

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**Video Game Animation**

(Ages 8-14) Take your game design skills to the next level by creating and animating your own character sprites, objects, and backgrounds. Start with a name, develop the character’s personality, signature moves, special powers, and a storyline. Finish with a fully animated character to be used in your very own game. Students do not need any prior experience in game design, animation, or sketching. Student-created games will be available on a password protected Black Rocket website to share with friends and family. Games are only compatible on PC computers; Mac versions can be created after the program for $15 conversion fee. Students will work in pairs or teams for most of the program. Returning students can create more advanced projects that build on previous years. **No refunds 7 days prior to class start date.**

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**Python Programmers Jr.**

(Ages 8-14) Take your game design skills to the next level by creating and animating your own character sprites, objects, and backgrounds. Start with a name, develop the character’s personality, signature moves, special powers, and a storyline. Finish with a fully animated character to be used in your very own game. Students do not need any prior experience in game design, animation, or sketching. Student-created games will be available on a password protected Black Rocket website to share with friends and family. Games are only compatible on PC computers; Mac versions can be created after the program for $15 conversion fee. Students will work in pairs or teams for most of the program. Returning students can create more advanced projects that build on previous years. **No refunds 7 days prior to class start date.**

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Make Your First Video Game!
(Ages 8-14) If you love playing video games, this is the camp for you! Make your first video game in this one-of-a-kind class that shows you the keys to designing your first 2D platformer game. Conceptualization, play experience, level design, graphics, sounds, and simple coding are just some of the concepts that we’ll explore. No prior experience necessary, just a desire to have fun. Student created games will be available on a password protected Black Rocket website to share with friends and family. Games are only compatible on PC computers, Mac versions can be created after the program for $15 conversion fee. Students will work in pairs or teams for most of the program. Returning students can create more advanced projects that build on previous years. No refunds 7 days prior to class start date.

WIZ-820-BR7 Black Rocket Staff $185
7/8-7/12 M-F  9:00 am-Noon  5 Sessions
RVC Woodward Technology Ctr. Room 1102

3D Game Labs With Unity
(Ages 8-14) Are you ready to take your game design skills to another level? With Unity, an industry-grade design software, aspiring game designers will learn level editing, 3D modeling, impactful gameplay creation, as well as how to utilize scripts and variables. Student-created games will be available on a password protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. Returning students can create more advanced projects that build on previous years. No refunds 7 days prior to class start date.

WIZ-820-BR8 Black Rocket Staff $185
7/8-7/12 M-F  1:00-4:00 pm  5 Sessions
RVC Woodward Technology Ctr. Room 1102

Minecraft Modders
(Ages 8-14) Use your favorite game to learn the basics of modding and foundations of programming. Learn scripting and logic statements as you create your first mods! Introductory coding will also be taught through a simulated environment inspired by Minecraft. Student projects will be available on a password protected Black Rocket website to share with friends and family. Students must own a Java version of Minecraft. Tablet, phone, and game console versions of Minecraft are not compatible. Students will work in pairs or teams for most of the program. Returning students can create more advanced projects that build on previous years. No refunds 7 days prior to class start date.

WIZ-820-BR9 Black Rocket Staff $185
7/15-7/19 M-F  9:00 am-Noon  5 Sessions
RVC Woodward Technology Ctr. Room 1102

Battle Royale
(Ages 8-14) Fans of Fortnite we need you! Instead of playing the game, design your own. Using a professional 3D game development software, build levels and assets inspired by popular battle royale games like Fortnite. This course includes cartoonish action and battle sequences. Student-created games will be available on a password protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. No refunds 7 days prior to class start date.

WIZ-820-BR10 Black Rocket Staff $185
7/15-7/19 M-F  1:00-4:00 pm  5 Sessions
RVC Woodward Technology Ctr. Room 1102

Minecraft Designers
(Ages 8-14) If you love the game Minecraft, and always wanted to design your own world, this class is for you! Learn how to create a custom map, the basics of creating 3D models using a new software to design your very own objects, how to build with Redstone and Command blocks, and create custom textures for you to import at home or share with friends. Students must own a Java version of Minecraft. Tablet, phone, and game console versions of Minecraft are not compatible. Parent email address is required to use 3D modeling software. Students will work in pairs or teams for most of the program. Returning students can create more advanced projects that build on previous years. No refunds 7 days prior to class start date.

WIZ-820-BR11 Black Rocket Staff $185
7/22-7/26 M-F  9:00 am-Noon  5 Sessions
RVC Woodward Technology Ctr. Room 1102

Code Breakers
(Ages 8-14) Calling all future coders, programmers, and designers! Learn the basics of coding languages like HTML, JavaScript, and CSS through a series of web projects and design challenges each day and be on your way to becoming the next tech star! Whether you want to be a silicon valley CEO or the high school student who just made $1 million dollars for programming in her bedroom, this course has the essentials you need to begin your journey. Projects will be available on a Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. Returning students can create more advanced projects that build on previous years. No refunds 7 days prior to class start date.

WIZ-820-BR12 Black Rocket Staff $185
7/22-7/26 M-F  1:00-4:00 pm  5 Sessions
RVC Woodward Technology Ctr. Room 1102
ROBLOX® Coders & Entrepreneurs
(Ages 8-14) Discover how to code in the Lua language while playing and designing worlds in ROBLOX®, an online universe where you can create anything you dream of. This new class combines game design concepts, coding, and fun! Young entrepreneurs will also learn how to navigate ROBLOX®’s fast-growing marketplace to publish their games. Student-created games will be available on a password protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. No refunds 7 days prior to class start date.
WIZ-820-BR13 Black Rocket Staff $195
7/29-8/2 M-F 9:00 am-Noon 5 Sessions
RVC Woodward Technology Ctr. Room 1102

Battle Royale
(Ages 8-14) Fans of Fortnite we need you! Instead of playing the game, design your own. Using a professional 3D game development software, build levels and assets inspired by popular battle royale games like Fortnite. This course includes cartoonish action and battle sequences. Student-created games will be available on a password protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. No refunds 7 days prior to class start date.
WIZ-820-BR15 Black Rocket Staff $185
8/5-8/9 M-F 9:00 am-Noon 5 Sessions
RVC Woodward Technology Ctr. Room 1102

eSports Apprentice: YouTube® Streamers & Gamers
(Ages 8-14) Whether you want to be the next pro gamer, streamer, or gamecaster this course will teach you the basics to get started! Over 400 million people watched YouTube videos and Twitch streams of video game competitions this year alone! In this course, students will develop competitive game-play skills in Black Rocket’s new eSports App, learn how to produce commentary for live tournaments, use professional streaming software, and most importantly practice online safety. Students will gain full access to the eSports App and a video of their class tournament with commentary. Videos will not be broadcast publicly, but will be shared with all students in the class. No refunds 7 days prior to class start date.
WIZ-820-BR14 Black Rocket Staff $185
7/29-8/2 M-F 1:00-4:00 pm 5 Sessions
RVC Woodward Technology Ctr. Room 1102

App Attack!
(Ages 8-14) Take the first steps into the world of mobile app design and customize your own game app! Using a specialized app and game development tool, students will explore the world of web-based (HTML5) mobile apps. In addition to learning the basics of mobile app design and game development, you will also see firsthand how the world of App publishing functions. Student-created apps will be accessible on a private site and can be played on any mobile device or computer. Publishing to App Stores not included. Students do not need to own a smartphone or tablet to take the class. Students will work in pairs or teams for most of the program. Returning students can create more advanced projects that build on previous years. No refunds 7 days prior to class start date.
WIZ-820-BR16 Black Rocket Staff $185
8/5-8/9 M-F 1:00-4:00 pm 5 Sessions
RVC Woodward Technology Ctr. Room 1102

ROCV MAIN CAMPUS: BLACK ROCKET
JULY 29-AUG. 2

ROCV MAIN CAMPUS: CREATE WITH KAT
AUGUST 5-9

Kat’s Creative Flower Pots
(Ages 6-13) Paint your very own flower pot! Have fun while painting a clay pot to fill with a flower or plant.
WIZ-801-RV Kathryn Heitzman $34
6/8 Sa Noon-2:00 pm 1 Session
RVC Classroom Bldg. II Room G25

Math Refresher & Prep
(Ages 11-15) Reinforces main concepts from 8th grade mathematics including: analyze proportional relationships and solving real world/mathematical problems; apply and extend previous understanding of fractions to add, subtract, multiply and divide rational numbers; use properties of operations to generate equivalent expressions; use numerical and algebraic expressions and equations; draw, construct, and describe geometrical figures and relationships between them; applications in angle measure, area, surface area, and volume; random sampling to draw inferences about a population; draw informal comparative inferences about two populations; investigate chance processes and develop, use, and evaluate statistics and probability models. Homework assignments and final test will be part of this course.
BRING: Pencils, erasers, red pen, calculator, geometry set, graph paper, ruler and notebook. PREREQUISITE: 7th grade math or instructor permission. PURCHASE: Text at RVC Bookstore. NO CLASS 7/4.
WIZ-807-RV Bilal Khairi $233
6/24-7/15 M-Th 10:00 am-Noon 12 Sessions
RVC Jacobs Ctr. for Science & Math Room 0216

RVC MAIN CAMPUS: MATH REFRESHER

Kat’s Palette Party
(Ages 10-14) Create your very own textured painting using palette knives and acrylic paint in this step by step guided painting experience. BRING: A paint shirt!
WIZ-807-RV2 Kathryn Heitzman $44
7/30-8/1 TTh 6:00-7:30 pm 2 Sessions
RVC Classroom Bldg. II Room G25

RVC MAIN CAMPUS: CREATE WITH KAT

RVC MAIN CAMPUS: BLACK ROCKET

RVC MAIN CAMPUS: MATH REFRESHER

Register early at RockValleyCollege.edu/CEOnline
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.

Elementary Piano I
(Ages 9-11)
WIZ-815-RV2 Inger Langsholt $101
6/10-8/12 M 4:00-5:15 pm 10 Sessions Room G22
RVC Classroom Bldg. II

Preparatory Piano I
(Ages 5-7)
WIZ-815-RV4 Inger Langsholt $101
6/12-8/14 W 3:00-4:15 pm 10 Sessions Room G22
RVC Classroom Bldg. II

Elementary Piano II & III
(Ages 9-11)
WIZ-815-RV5 Inger Langsholt $101
6/12-8/14 W 4:30-5:45 pm 10 Sessions Room G22
RVC Classroom Bldg. II

Preparatory Piano II & III
(Ages 5-7)
WIZ-815-RV6 Inger Langsholt $101
6/11-8/13 T 5:30-6:45 pm 10 Sessions Room G22
RVC Classroom Bldg. II

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 6/29.

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 6/29.

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.
HISTORY’S MYSTERIES SUMMER DAY CAMP begins the week of Monday, June 17

We offer two types of Summer Day Camp options: Week-long day camps for elementary age children (rising 1st graders-rising 5th graders) and on Fridays a Pre-K one hour day camp open to ages 2-5 (with parent/grandparent).

All campers get to explore, learn, play games and get creative under guided staff supervision.

For complete details, visit www.midwayvillage.com.

Tall Tales
(Ages 2-5) Let's hear some of the most downright exaggerated tales you will ever hear!
WIZ-811-MV9 Midway Village Staff $10
6/21 F 10:00-11:00 am 1 Session
Midway Village Museum 6799 Guilford Rd.

(Ages 5-11) Based on a series of illustrated biographies for young readers featuring significant historical figures, including artists, scientists, and world leaders, your camper will explore famous figures from different place, times, and fields of study.
WIZ-811-MV3 Midway Village Staff $125
6/24-6/28 M-F 8:00 am-5:30 pm 5 Sessions
Midway Village Museum 6799 Guilford Rd.

Heroes & Villains
(Ages 2-5) What would your favorite story sound like if it was told from the villains point of view? We are going to find out!
WIZ-811-MV11 Midway Village Staff $10
7/12 F 10:00-11:00 am 1 Session
Midway Village Museum 6799 Guilford Rd.

(Ages 5-11) Based on a series of illustrated biographies for young readers featuring significant historical figures, including artists, scientists, and world leaders, your camper will explore famous figures from different place, times, and fields of study.
WIZ-811-MV4 Midway Village Staff $125
7/8-7/12 M-F 8:00 am-5:30 pm 5 Sessions
Midway Village Museum 6799 Guilford Rd.

Civilizations Lost & Found
(Ages 2-5) Let's explore some legendary places that might have existed in the past...or might just be myths.
WIZ-811-MV12 Midway Village Staff $10
7/19 F 10:00-11:00 am 1 Session
Midway Village Museum 6799 Guilford Rd.

(Ages 5-11) In the days before Google Earth, entire cities could be lost under the sands of time or the waves of the sea. Today, some of the ancient places remain myths, while some which were once thought to be myths have been found. We will explore some of the tales and see what we might find along the way.
WIZ-811-MV5 Midway Village Staff $125
7/15-7/19 M-F 8:00 am-5:30 pm 5 Sessions
Midway Village Museum 6799 Guilford Rd.

Fun With Science
(Ages 2-5) Let's get our goggles and lab coats and try some science experiments!
WIZ-811-MV13 Midway Village Staff $10
7/26 F 10:00-11:00 am 1 Session
Midway Village Museum 6799 Guilford Rd.

Mad Scientists
(Ages 5-11) Grab your lab coat and your goggles, because this week at camp we are going to try out some fun and crazy science experiments!
WIZ-811-MV6 Midway Village Staff $125
7/22-7/26 M-F 8:00 am-5:30 pm 5 Sessions
Midway Village Museum 6799 Guilford Rd.

Horrible Histories
(Ages 2-5) Even things like the potty have a history and we're going to explore some of them this week.
WIZ-811-MV14 Midway Village Staff $10
8/2 F 10:00-11:00 am 1 Session
Midway Village Museum 6799 Guilford Rd.

(Ages 5-11) History can be horrible and this week your camper will learn about some of the less than pretty side. Based off the British book and television series we will investigate everything from the “Savage Stone Age” to the “Troublesome Twentieth Century.”
WIZ-811-MV7 Midway Village Staff $125
7/29-8/2 M-F 8:00 am-5:30 pm 5 Sessions
Midway Village Museum 6799 Guilford Rd.

Castaways
(Ages 2-5) Activities related to living on a deserted island. We'll dig in the dirt looking for bugs, learn how to listen to nature and so much more!
WIZ-811-MV15 Midway Village Staff $10
8/9 F 10:00-11:00 am 1 Session
Midway Village Museum 6799 Guilford Rd.

(Ages 5-11) Like Robinson Crusoe or the Swiss Family Robinson, your camper will spend the week learning different ways to survive the elements if they are ever stranded on a desert island.
WIZ-811-MV8 Midway Village Staff $125
8/5-8/9 M-F 8:00 am-5:30 pm 5 Sessions
Midway Village Museum 6799 Guilford Rd.
### Gymnastic Academy

**Boys/Girls Trampoline**

(Ages 6-17) This course has a unique Safe Progression System 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 7/4.**

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

**Boys and Girls Tumbling**

(Ages 6-17) A fun alternative to the traditional apparatus style of gymnastics. It’s just you and the floor! Our coaching staff has developed more local, state, national and world champions than any program in existence today. So, whether you are tumbling for fun or aspiring to be the best in the world, we have a place for you! **NO CLASS 7/4.**

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

**Ninja**

(Ages 3-17) GAR is introducing an exciting new program for kids of all ages! GAR’s Ninja Training System is taking the ninja world by storm, offering classes for everyone from the rambunctious preschooler with the wild imagination, to the elementary student who wants to impress his or her friends, to the serious athlete who is training to try out for “that famous TV show.” Walls, ropes, high elements, trampolines, and more all come into play to create one of the most exciting experiences your child will ever face. **NO CLASS 7/4.**

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

**Parents Night Out**

(Ages 4-12). ROCKFORD ONLY. PNO PIZZA PARTY AT GAR ROCKFORD! Looking for a babysitter for Saturday night? Bring the kids to GAR Rockford... we’ll wear ‘em out! 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
7/20  Sa 6:00-11:00 pm  1 Session
Gymnastic Academy Rockford  6630 Spring Brook Rd.

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### Tasty Tidbits

**Cooking**

(Ages 9-14) Do your kids enjoy being in the kitchen or watching the Cooking Channels and food competitions? Bring them in to learn all about cooking! Basic kitchen safety, reading recipes, cooking/baking utensils, measuring, pots and pans, knife skills demo and closely supervised individual knife lesson on care, cutting and cleaning (with signed waiver prior to first class only). Each day will have a new lesson and new foods that we will prepare and serve for lunch. Take home packet with everything learned, recipes, and some cooking/baking items to use at home.

**WIZ-819-TT**  Diana Kramer $150
6/26-6/27  WTh 9:00 am-1:00 pm  2 Sessions
Tasty Tidbits  1222 S. Alpine Rd.

**WIZ-819-TT2**  Diana Kramer $150
7/17-7/18  WTh 9:00 am-1:00 pm  2 Sessions
Tasty Tidbits  1222 S. Alpine Rd.

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TO REGISTER FOR NO JOKE
- Register with Rock Valley College
- Call (815) 654-3867 to schedule dates/times
- Classes run for 5 weeks

Ninja Camp
(4-12) Enjoy a week of training in the stealthy, sleek way of the ancient Ninja as well as some modern, fictional Ninja influence. We will sneak, deceive, and train with weapons in a fun, safe environment.

WIZ-817-NJ No Joke Staff $150
6/10-6/14 M-F 8:30 am-4:00 pm 5 Sessions
No Joke Martial Arts 6358 Daytona Dr. Loves Park

Karate Camp
(Ages 4-12) Participate in fun activities as we learn the No Joke core children’s martial arts curriculum. We will also dive deeper into other styles and the history surrounding the world of martial arts.

WIZ-817-NJ2 No Joke Staff $150
6/17-6/21 M-F 8:30 am-4:00 pm 5 Sessions
No Joke Martial Arts 6358 Daytona Dr. Loves Park

Samurai Camp
(Ages 4-12) Children can enjoy a week of training in the ancient way of the Samurai. We will learn skills such as archery and sword fighting technique as well as some valuable history lessons incorporated in fun activities.

WIZ-817-NJ4 No Joke Staff $150
7/8-7/12 M-F 8:30 am-4:00 pm 5 Sessions
No Joke Martial Arts 6358 Daytona Dr. Loves Park

Secret Agent Camp
(Ages 4-12) Be sworn into a secret society of bravery, honor and stealth in order to learn about a more modern type of warrior. From history to fiction we will attempt many rumored feats such as dodging laser sensors, deciphering cryptic codes and mastering the art of disguise.

WIZ-817-NJ5 No Joke Staff $150
7/15-7/19 M-F 8:30 am-4:00 pm 5 Sessions
No Joke Martial Arts 6358 Daytona Dr. Loves Park

Jedi Camp
(Ages 4-12) Children will travel to a galaxy quite distant from us to learn the way of the fictional Jedi Warrior. We will learn the backstory behind this brave warrior, dive deep into the fighting art, and challenge ourselves with mind tricks.

WIZ-817-NJ6 No Joke Staff $150
8/5-8/9 M-F 8:30 am-4:00 pm 5 Sessions
No Joke Martial Arts 6358 Daytona Dr. Loves Park

Sports Camp
(Ages 4-12) Our Sports Camp will focus on both team and individual sports including, but not limited to soccer, ultimate Frisbee and flag football. Campers will learn about different sports and will spend time playing each of them. In addition to our daily sports, we will be playing fitness based games such as dodgeball and freeze tag.

WIZ-817-NJ3 No Joke Staff $150
6/24-6/28 M-F 8:30 am-4:00 pm 5 Sessions
No Joke Martial Arts 6358 Daytona Dr. Loves Park

Fantastic Farm Animals Day Camp
(Ages 6-12) Make friends with your favorite farm animals at this fun summer day camp. We’ll work in the barnyard taking care of goats, chickens and pigs. We will make special food for our friends like oak leaf pizza for goats and collard green tacos for pigs. Our animals will have a chance to get out and about for a goat walk with campers or team up for chicken races. Campers will sample farm fresh foods including boiled eggs, garden veggies and goat milk ice cream. All this makes for a fantastic time with fantastic farm animals. On Friday from 2:30-3:00 pm we will have an open house for parents and family members. BRING: Lunch, snack and water bottle daily.

DRESS: To be in the farm environment. No refunds 7 days prior to class start.

WIZ-809-BE Angelic Staff $260
6/10-6/14 M-F 9:00 am-3:00 pm 5 Sessions
Angelic Organics 1547 Rockton Rd. Caledonia

Farm Animal Mysteries Day Camp
(Ages 6-12) Everyday campers will solve a new barnyard mystery about the farm animals. Campers will need their detective hats to find clues and work together as farmers to keep the animals safe and healthy. In between solving farm mysteries there will be time to play with goats and chickens. Don’t miss out on learning what honey bee dance means! On Friday from 2:30-3:00 pm we will have an open house for parents and family members. BRING: Lunch, snack and water bottle daily.

DRESS: To be in the farm environment. No refunds 7 days prior to class start.

WIZ-809-BE2 Angelic Staff $260
6/17-6/21 M-F 9:00 am-3:00 pm 5 Sessions
Angelic Organics 1547 Rockton Rd. Caledonia
REGISTRATION FORM

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

GENDER: □ Male □ Female

DATE OF BIRTH: MONTH DAY YEAR

FULL LEGAL NAME:

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

ADDRESS: □ Check if this is a new address

NUMBER & STREET: CITY:

STATE: ZIP:

TELEPHONE:

HOME: CELL: EMAIL:

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

Student / Guardian Date

TERM BEGINNING: Year

1 □ Summer 3 □ Fall 6 □ Spring

MAIL REGISTRATION AND CHECK TO:
Records and Registration
Rock Valley College
3301 N. Mulford Rd.
Rockford, IL 61114-5699

PAYMENT INFO
Registrations without payment WILL NOT be processed.
- Payment options:
  - Checks made payable to “Rock Valley College”
  - Master Card, Visa, Discover, American Express and Debit Cards
- Allow 5-7 days when mailing payment.
A non-refundable service fee ($1.75 per e-check, 2.5% of total credit card transaction) will be added to your transaction upon registration completion. Fees are subject to change. No registrations or payments will be taken over the phone.

HIGH SCHOOL:
□ Yes, High School graduate
  Attended ____________
□ No

COLLEGE:
□ Associate
□ Bachelor
□ Master

ETHNIC ORIGIN:
Are you Hispanic or Latino? (OR are you of Spanish origin?)
□ Yes, Hispanic or Latino
□ Not Hispanic/Latino, but Spanish origin
Are you from one or more of the following racial groups? (Select all that apply)
□ American Indian or Alaska Native
□ Asian
□ Black or African American
□ Hispanic or Latino
□ Native Hawaiian or Other Pacific Islander
□ White/Caucasian
□ Choose Not to Respond

Please identify your primary racial/ethnic group. (Select one)
□ American Indian or Alaska Native
□ Asian
□ Black or African American
□ Hispanic or Latino
□ Native Hawaiian or Other Pacific Islander
□ White/Caucasian
□ Choose Not to Respond

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.

TOTAL

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

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

**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 you forklift authorization license.*

**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!

**Aerial Operator Training: Scissor/Boom**

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.

SEE DETAILS ON PAGE 26.