

The Culinary Center at Mercer

Please note: All courses include demonstration, hands-on practice and sampling of the dishes you create!

Culinary 101

This series is designed to give you an introductory lesson in the culinary arts. We start from scratch in this HOW-TO series. You will learn tricks of the trade with the guidance of our chef and will leave feeling confident that you can REALLY cook!

Knife Skills

Don't think you can cut it? Learn from an expert how to handle a knife like a pro. Learn the techniques to improve your dexterity and confidence in the kitchen. This class also shows you how to make some impressive garnishes with your new skills.

Tuition and fees: \$79 (tuition \$20; fees \$59-includes a high quality 8" chef's knife that's yours to keep)

XCU676-100660 **Feb 11**

1 session Sa 2-5pm

XCU676-100694 **Mar 31**

1 session Sa 2-5pm

XCU676-100661 **Apr 14**

1 session Sa 2-5pm

XCU676-TBA **May 12**

1 session Sa 2-5pm

Chef Bill Conrad

Soups On!

Make great soup just like grandma did! We will focus on a wide range of basic and specialty soups, including hardy soups like bisques, chowder, cream soups and clear soups.

Tuition and fees: \$68 (tuition \$25; fees \$43)

XCU601-100662 **Feb 25**

1 session Sa 2-5pm

Chef Bill Conrad

Poultry

Learn from an expert how to prepare and present a variety of poultry dishes. Cooking techniques will be explored including roasting, poaching and sautéing utilizing chicken, duck and more. A chicken in every pot guaranteed!

Tuition and fees: \$68 (tuition \$25; fees \$43)

XCU679-100663 **Mar 10**

1 session Sa 2-5pm

Chef Bill Conrad

Fish

Learn from an expert how to approach and prepare many different types of fish. This is a how-to class that covers selecting the best to serving the best: fresh and saltwater fish from salmon and trout to red snapper. After this class, expect your future preparations of fish dishes to go along swimmingly.

Tuition and fees: \$68 (tuition \$25; fees \$43)

XCU620-100664 **Apr 28**

1 session Sa 2-5pm

Chef Bill Conrad

Sushi 101 Colorful and Fun Sushi

Enjoy making colorful and fun sushi for parties, snacks, lunch, or dinner using many variations of seafood and garnishes. Variations include: California roll, Tuna Nori Maki, Salmon Nori Maki, Avocado Nori Maki, Inside-out roll, Avocado Tuna roll, Cucumber roll, Salmon sushi, Tuna sushi, and Smoked Sea Eel sushi, and more.

Tuition and fees: \$68 (tuition \$25; fees \$43)

XCU705-100665 **Feb 19**

1 session Su 1-4pm

Chef Benson Yu

Thailand

Traditional Thai favorites you will prepare in this class include: Stir fried Thai noodles, Curry Chicken with Coconut Rice, Thai Ground Beef Salad, and Rice Soup with Red Snapper. Learn about the cuisine and culture of Thailand as you help to create these culinary delights.

Tuition and fees: \$68 (tuition \$25; fees \$43)

XCU725-100666 **Apr 22**

1 session Su 1-4pm

Chef Benson Yu

China!

Traditional Chinese cooking and traditional favorites you will prepare in this class include: Hot and Sour Soup, Wonton, General Chang Chicken, Spring Roll, and Fried Lo Mein. Learn about the cuisine and culture of China as you help to create these culinary delights.

Tuition and fees: \$68 (tuition \$25; fees \$43)

XCU614-100669 **Apr 1**

1 session Su 1-4pm

Chef Benson Yu



Food For Thought

Need a great gift for someone who's difficult to buy for? Contact us for Gift Certificate information. It is easy ... unique ... thoughtful and delicious!

(see pg. 71 for more details)

Now THAT'S ITALIAN...and SPANISH!

Paella & Sangria

(Participants must be 21 years of age and be prepared to show ID.)

Frank brings you to Spain when we prepare authentic Paella, a Spanish culinary staple, accompanied by a tasting of two authentic Sangrias. We will also have a special dessert for you to sample as well. Varieties of Paella will be discussed with recipes furnished.

Tuition and fees: \$73 (tuition \$25; materials fees & licensing \$48)

XCU657-100670

Apr 28

1 session

Sa

2-5pm

Frank A. Campione

Pasta Pasta

These quick and easy pasta dishes are perfect for any midweek or weekend meal. We'll hum along with some traditional Italian music as we prepare Shrimp in Pink Vodka Sauce, Penne with Toasted Bread Crumbs, Pancetta and Peppers, Pasta with Gorgonzola and Walnut Sauce, and Tagliatelle pasta with Prosciutto.

Tuition and fees: \$68 (tuition \$25; fees \$43)

XCU621-100671

Feb 25

1 session

Sa

2-5pm

Frank A. Campione

"Playing with Pasta"

Nothing beats handmade pasta. Come knead your own dough and roll away learning how to make cut pastas that people will rave about, fabulous fettuccine and darned good gnocchi. To top it all, we will make a sauce or two for sampling our pasta!

Tuition and fees: \$68 (tuition \$25; fees \$43)

XCU741-100672

Mar 2

1 session

F

6-9pm

Chef Jeremy Stahl

So Saucy

Every chef will tell you the sauce defines the dish. In this class you will learn the secrets of the classics from béchamel to beurre blanc, reductions, emulsions and salsas. Low fat, heart healthy substitutions will also be discussed. Suggestions will be made as to how to pair these great sauces with the proper protein or pasta.

Tuition and fees: \$68 (tuition \$25; fees \$43)

XCU612-100673

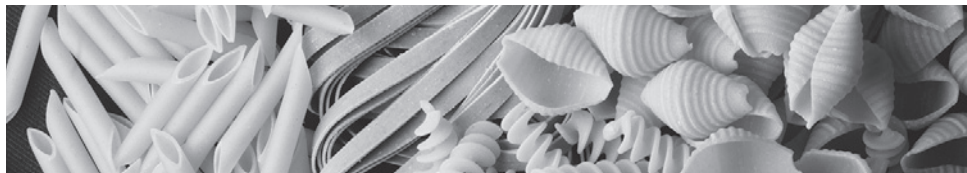
Apr 20

1 session

F

6-9pm

Chef Jeremy Stahl



Fat Busters Series

Through demonstration and hands-on participation you will learn not just recipes but some great techniques and how to utilize cooking methods to cut fat but not flavor. Adjust your approach to food so your taste buds won't notice the change! Easy to remember rules of thumb to keep your doctor, spouse and more importantly YOU happy! Don't need low fat? That's OK, the focus of these classes is on flavor!

Sauté Pan

Not just a cooking method but quick and easy ways to create meals that suit YOUR taste buds! We focus on fresh flavorful ingredients and sauces that you can easily reproduce in your kitchen.

Tuition and fees: \$68 (tuition \$25; fees \$43)

XCU643-100675

Feb 17

1 session

F

6:30-9:30pm

Chef Jeremy Stahl

Awesome Appetizers

Create great tasting appetizers with bold flavors but without the fat. Impress family, guests and yourself with these variations of wild mushroom strudel, assorted shrimp dishes and more! Expand your knowledge base to the next level of culinary creativity.

Tuition and fees: \$68 (tuition \$25; fees \$43)

XCU644-100676

Mar 30

1 session

F

6:30-9:30pm

Chef Jeremy Stahl





BAKING 101 Series

Pie Dough

Create sweet and savory sensations as you learn variations of two recipes that will not let you down and are sure to please. Learn how many options you have to freeze dough.

Tuition and fees: \$68 (tuition \$25; fees \$43)

XCU637-100677

Apr 15

1 session

Su

1-4pm

Chef Rita Bohlumbohm

Muffins and Quickbreads

NEW!

Create sweet and savory sensations as you learn variations of recipes that will not let you down and are sure to please. Learn how many options you have to create a variety of muffins from one recipe. We will also bake off quick breads including Banana Walnut Loaf and Blueberry Candied Lemon Zest and create variations of each.

Tuition and fees: \$68 (tuition \$25; fees \$43)

XCU604-100678

Jan 29

1 session

Su

1-4 pm

Chef Shari Widmayer

Let Them Eat Cake!

This class will show you the proper techniques to make the perfect sponge cake and introduce techniques to practice when you come back to decorate. Learn techniques for making and applying butter cream and then how to decorate using icing and fondant with a professional flair. You will amaze yourself with your ability to create a cake that looks and tastes great!

Tuition and fees: \$78 (tuition \$35; fees \$43)

XCU603-100679

Mar 4-Mar 11

2 sessions

Su

1-4pm

Chef Rita Bohlumbohm



Dinner Party!

We are having a dinner party and you are the chef and also the guest. It's a great class for singles, couples and small groups. Through hands-on participation, you will enjoy the dinner party you host while also being your own caterer. You will learn proper cooking methods and to think outside the recipe book. We will make flavorful appetizers, entrées and desserts. Our menu includes: balsamic glazed salmon, Beef Tornados Roberto and some flambé variations for dessert. You will have a great dinner with new friends!

Tuition and fees: \$72 (tuition \$29; fees \$43)

XCU662-100674

May 4

1 session

F

6-9:30pm

Chef Jeremy Stahl

Secrets of the Caterer

An Online Course

Do you love to cook and plan parties? Then start your own catering business and make money doing what you love! In this course, you learn foundational skills about catering and the basics of the catering business, including many delicious catering recipes!

Tuition: \$96

- Expert instructors
- 24-hour access
- 6 weeks of instruction

A new section starts monthly.

To learn more, or to enroll, go to
www.ed2go.com/mccc.edu

Wine Regions of the World

(Participants must be 21 years of age and be prepared to show ID.)

Please note: Our discussions will include the styles, appellations, climates, food pairings, better producers and much more. Each class will conclude with a wine tasting.

Introduction to Wine

NEW!

Class is an overview of wine's general concepts. We will discuss the history of wine making, characteristics of the major wine varietals, regions, food wine pairings, how to read labels, how to taste wine and distinguish its styles. We will taste white, red, and sparkling wines during these classes.

Tuition and fees: \$57 (includes \$37 materials fee and licensing)

XPE150-100680

Feb 29-Mar 14

3 sessions W 6:30-8:30pm

Bruce Smith, wine enthusiast and educator



NEW!

Wines of Australia

Australia is known for its value, fruit-forward easy-drinking wines. All major varietals are grown mainly in the south eastern part of the country. We will discuss the history, wine regions, grape varietals, recommended producers and wine/food pairing. Class will end with a taste of the major varieties.

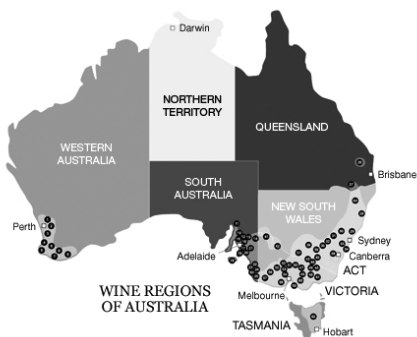
Tuition and fees: \$53 (includes \$33 materials fee and licensing)

XPE102-100681

Mar 21-Mar 28

2 sessions W 6:30-8:30pm

Bruce Smith, wine enthusiast and educator



Wines of New Zealand

NEW!

New Zealand is a well-known producer in Sauvignon Blanc and Pinot Noir but Chardonnay, Syrah and other major varietals are grown in increasing numbers. We will discuss the history of wine making, various wine growing regions, its grapes, styles, food/wine pairings. Class will end with a taste of wines.

Tuition and fees: \$53 (includes \$33 materials fee and licensing)

XPE109-100682

Apr 4-Apr 11

2 sessions W 6:30-8:30pm

Bruce Smith, wine enthusiast and educator



Bruce Smith has had an interest in wine for over thirty five years. After retiring from the commercial casualty insurance industry, he worked in several area retail wine shops and as a distributor serving restaurant and liquor stores. He has also traveled to many wine regions in the United States and around the world and attended many wine educational programs over the years. He is a member of the American Wine Society and Society of Wine Educators. He has earned both the Intermediate and Advanced certificates from the Wine Spirit Education Trust program as well as the CSW (Certified Specialist of Wine) from the Society of Wine Educators. Bruce has taught wine appreciation and specialty courses at Mercer since 2005, and his classes are educational and fun!



Fitness Careers

The following courses are taught by World Instructor Training Schools. W.I.T.S. is an approved CEU provider for International Association of Continuing Education and Training (IACET,) Board of Certification for Athletic Trainers (BOC) and the American Occupational Therapy Association (AOTA.)

Personal Training Certification

SPECIAL NOTE: The certification is eligible for Workforce Investment Act funding and Veteran's Educational Benefits in many states. Interested applicants should check with your local Workforce Investment Board or Veteran's Administration offices for additional information. Come join this fun field at a national average of \$25 an hour. Get all the information you need to become a CERTIFIED PERSONAL TRAINER. This challenging course is taught over a five-week period for better retention and skill competency. The National Exam is held on the sixth week. Fifteen hours of "hands-on" practical training prepares you to actually work with clients one on one. Lectures include: anatomy, exercise physiology, nutrition, health screening. Proof of CPR/AED and a 30-hour internship will prepare you to work successfully in the fitness field. (See page 56 for Heartsaver CPR/AED class to fulfill this requirement.) ***Call 1.888.330.9487 to order the required textbook for the course. Textbook not included in course fee.**

(Note: Please bring a lunch — cafeteria closed.)

(3 credits toward Lower Division Bachelor degree, 6.0 CEU's through IACET, BOC and AOTA)

Tuition and fees: \$499 (\$100 tuition; \$399 fees)

XAH200-100466

Jan 22-Feb 26

6 sessions

Su

10am-5pm**

XAH200-100467

Mar 11-Apr 22*

6 sessions

Su

10am-5pm**

*Class will not meet Apr 8

**1 hour for lunch

World Instructor Training Schools



Fitness Management Certificate

The fitness industry needs all types of managers. Whether you want to own your own fitness studio or work for someone else, you will need this course. Our industry specialists present the most comprehensive blueprint ever created for developing, leading, managing, and operating a successful health/fitness business. The course is separated into seven distinct sections representing the primary skill sets needed to succeed as a leader and manager in the health/fitness club industry. **Textbook required and not included in course fees. *Call to order and start reading immediately: 888.330.9487 (www.witseducation.com). (Note: Please bring a lunch — cafeteria closed.)**

(3.6 CEUs through IACET, BOC, and AOTA or 36 W.I.T.S. CECs)

Tuition and fees: \$499 (\$100 tuition; \$399 fees)

XAH174-100468

Mar 10-Apr 21*

6 sessions

Sa

10am-5pm**

*Class will not meet Apr 7

**1 hour for lunch

World Instructor Training Schools

Advanced Skills for Fitness Professionals

Take both courses in one fitness career weekend to get all your continuing education credits to renew your certification with W.I.T.S.

Advertising & Marketing Success For Personal Trainers

NEW!

Maximize your advertising dollars and ensure your business success by learning the essentials of "scientific advertising." In this course, you will learn the foundational concepts of advertising and how to apply them to your fitness business. Topics include: advertising basics, salesmanship, mail order and print advertising, creating headlines, developing an effective marketing strategy and making yourself and your business stand out above the rest. Hands-on exercises will help you apply the lessons learned to your own business and assist you in attracting clients and generating income. **Required book: Hopkins, C. and Avilez, T.B. (2005), *Scientific Advertising for the Fitness Professional*, Staten Island, N.Y., Bookworks Publications. *Call to order and start reading immediately 888.330.9487 or go online (www.witseducation.com). (Note: Please bring a lunch - cafeteria closed.)**

(6 CEC's/0.6 CEUs for W.I.T.S. professionals.)

Tuition and fees: \$129 (\$29 tuition; \$100 fees)

XAH172-100820

Mar 3

1 session

Sa

9am-3:30pm*

*1/2 hour for lunch

World Instructor Training Schools

Registration deadline is two weeks prior to the course start date.
Avoid the \$15 late fee... Register Early!

Nutrition Strategies for Performance

There are three primary factors that influence how our body performs: genetics, training and nutrition. While little, if anything, can be done to change our genetics, we can make changes in training and nutritional habits. This six-hour class is for health and fitness professionals who want to learn more about how nutrition influences physical performance. Specific topics to be discussed include: diet analysis, the new food pyramid, the fueling cycle, fuel and fluids that improve performance, overcoming performance challenges, and sports and condition specific nutritional strategies. **Call: 1.888.330.9487 to order required textbook for course. (Note: Please bring a lunch — cafeteria closed.)**

6 CECs. Tuition and fees: \$109 (\$39 tuition; \$70 fees)

XAH189-100472

Mar 4

1 session Su 9am-4pm*

*1 hour for lunch

World Instructor Training Schools

Fitness and Recreation

T'ai Chi Ch'uan

T'ai Chi Ch'uan is the ancient Chinese secret to health, rejuvenation and longevity. A martial art and moving meditation, T'ai Chi is based on Taoist philosophy, emphasizing calm awareness and inner tranquility.

Tuition and fees: \$54

XFW325-100473

Jan 18-Feb 22

6 sessions W 7-8pm

Guy DeRosa, MCCC Instructor



Hatha Yoga

This class will focus on breathwork, various poses, meditation and deep relaxation. Yoga increases stamina, strength and awareness of our bodies. All levels are welcome. **Bring an exercise mat, towel and drinking water.**

Tuition and fees: \$115

XLR323-100474

Jan 24-Mar 27

10 sessions Tu 6:30-8pm

Angela Quinn, RYT, Yoga Alliance

Zumba Aerobics

Try the new Latin based dance-fitness craze! Move to Latin rhythms such as salsa, merengue, cumbia, reggae and other international beats. The class is geared for all levels of fitness low to high impact.

Tuition and fees: \$65

XFW302-100475

Jan 30-Mar 12*

6 sessions M 7-8pm

*Class will not meet Feb 20

Lori Gordon, MCCC Instructor

Introduction to Golf

Beginners will learn to develop a basic swing, become familiar with all clubs, rules of the game and golf etiquette. Students will receive one session of on-course training during the class. Each class is taught with a 5:1 student-to-instructor ratio. **All classes will meet at Miry Run Country Club, 106 Sharon Road, Robbinsville, NJ 08691. Cost includes golf range and balls during classes only.**

Tuition and fees: \$165 (\$60 tuition; \$105 fees)

XLR300-100482

Apr 10-May 4

8 sessions Tu,F 11am-12pm

XLR300-100483

Apr 12- May 5

8 sessions Th 5:30-6:30pm

Sa 11am-12pm

XLR300-TBA

May 8-June 1

8 sessions Tu,F 11am-12pm

XLR300-TBA

May 10-June 7*

8 sessions Th 5:30-6:30pm

Sa 11am-12pm

*Class will not meet May 26

Joe Caggiano, Master Teaching Professional

Intermediate Golf

Designed for the individual who has limited golf experience but has played some golf. Improve swing technique through small group instruction, State-of-the-Art Computer Coach 2000 (an individualized swing analysis system) and other golf training aids. Reinforce new skills with a personalized video analysis that identifies specific problem areas and faulty swing habits. Students will receive one session of on-course training during the class. Each class is taught with a 5:1 student-to-instructor ratio. **All classes will meet at Miry Run Country Club, 106 Sharon Road, Robbinsville, NJ 08691. Cost includes golf range and balls during classes only.**

Tuition and fees: \$165 (\$60 tuition; \$105 fees)

XLR332-100487

Mar 29-Apr 26

5 sessions Th 6:30-7:30pm

XLR332-100488

May 3-May 31

5 sessions Th 6:30-7:30pm

Joe Caggiano, Master Teaching Professional

Parent/Child Golf Program

Parents with children (ages five and older) will have an interactive golf experience. Beginners will develop a basic swing with emphasis on ball control. Similar to the introductory course for adults, but at a slower pace, participants will learn to familiarize themselves with the clubs, rules of the game, as well as necessary etiquette. Students will receive one session of on-course training during the class. Each class is taught with a 5:1 student-to-instructor ratio. **All classes will meet at Miry Run Country Club, 106 Sharon Road, Robbinsville, NJ 08691.**

Tuition and fees: \$160 (\$50 tuition; \$110 fees) (add \$70 for additional child)

XLR335-100489 Apr 29-May 20

4 sessions Su 10-11am

Joe Caggiano, Master Teaching Professional

Dancing

No previous experience is necessary for this class. Beginner basic dance steps, including fox-trot, waltz, and swing (jitterbug), as well as styling will be taught. No sneakers allowed. Wear lightweight, smooth leather bottomed casual shoes. High heels encouraged! Beginner Latin will include tango, salsa and cha-cha. Intermediate Ballroom will cover more advanced dance steps. Couples only. Tuition and fees: \$60 per couple

Beginner Ballroom Dancing

XLR302-100476 Jan 20-Feb 3

3 sessions F 6:30-7:25pm

XLR302-100477 May 4-May 18

3 sessions F 6:30-7:25pm

Beginner Latin Dancing

XLR303-100478 Jan 20-Feb 3

3 sessions F 7:30-8:25pm

XLR303-100479 May 4-May 18

3 sessions F 7:30-8:25pm

Intermediate Ballroom Dancing

XLR304-100480 Jan 20-Feb 3

3 sessions F 8:30-9:25pm

XLR304-100481 May 4-May 18

3 sessions F 8:30-9:25pm

Candace Woodward-Clough, B.F.A.
in Theatre Dance + Choreography



Kayaking Classes

Kayaks and lifejackets will be provided and the class will meet at the Lake in Mercer County Park. Classes are for people 18 and over.

Beginning Kayaking

Join us for a beautiful morning and learn the basics of kayaking - perfect for beginners.

Tuition and fees: \$60 (tuition \$20; fees \$40)

XLR719-100490 Apr 21

1 session Sa 10am-12:30pm

XLR719-100491 Apr 29

1 session Su 10am-12:30pm

XLR719-TBA May 5

1 session Sa 10am-12:30pm

Bryan Mitchell, Greenwave Paddling



Bicycle Maintenance

This course will provide you with an in-depth knowledge of maintaining a bicycle. Through hands-on experience, you will learn how to change a flat tire, as well as clean, lubricate, and adjust/repair the major bicycle components including the brakes, derailleurs, gears, wheels, tires and other parts. **Students must purchase repair manual at first class. Cost of manual is approximately \$20. Classes will be held at Bernie's Bicycle Shop, 111 Route 33, Mercerville, NJ 08619.**

Tuition and fees: \$59

XLR307-100691 Jan 18-Feb 1

3 sessions W 6-8pm

Chris Riley, Manager, Bernie's Bicycle Shop



Registration deadline is two weeks prior to the course start date.
Avoid the \$15 late fee... Register Early!

Emergency Preparedness Training

Community Emergency Response Team (CERT)

NEW!

Who should attend: Citizens interested in preparedness and volunteering

Developed & implemented by the L.A. City Fire Dept., the concept is based on the recognition that catastrophic disasters will leave large numbers of citizens on their own for the period of time it takes the professionally trained rescuers to organize and respond. Training "people to help people" is the goal of this course. Basic lifesaving and life sustaining skills and information will be delivered in several sessions and will include the following topical areas: Disaster Preparedness, Disaster Fire Suppression, Disaster Medical Operations, Light Search and Rescue, Disaster Psychology and Team Organization. You choose the level of participation according to your ability and personal preference. The intent of this training is to prepare you to be able to help yourself, your family and neighbors in a time of emergency or disaster to the best of your ability. If you choose to join a local volunteer Community Emergency Response Team (CERT), there are a variety of assignments available regardless of your physical capabilities. **The class tuition is provided with funding assistance from the annual federal homeland security grant issued to the County of Mercer for homeland security and preparedness efforts.**

Total Cost: \$10 (tuition free; fees \$10)

XFW349-101439
Feb 15-Apr 14*

| | | |
|------------|-----|---------|
| 9 sessions | W | 7-10pm |
| 1 session | Sa* | 9am-2pm |

*Saturday class meets Apr 14

*Meets at Dempster Fire Training Center, 350 Lawrence Station Rd., Lawrenceville, NJ 08648
Mercer County Fire Academy and OEM

First Aid

American Safety and Health Institute (ASHI) – First Aid

(Ages 16+)

Learn how to recognize and provide care for various injuries, burns, wounds and sudden illnesses.

Tuition and fees: \$55 (\$12 tuition and \$43 fees)

XFW353-100493
Feb 29

| | | |
|-----------|---|-----------|
| 1 session | W | 6:30-10pm |
|-----------|---|-----------|

All participants will receive an ASHI card valid for 2 years.

LifeForce, USA, Inc.

Save on Car
Insurance!
Reduce Points!

Defensive Driving

National Safety Council Defensive Driving Course DDC-6

(Ages 17+)

DDC-6 is a comprehensive driver improvement program designed to give drivers practical knowledge and techniques to avoid collisions and to choose safe, responsible, and lawful driving behavior. This interactive course is recognized by the New Jersey Motor Vehicle Commission for a two point reduction and insurance premium discount. It's a great class for new drivers, or any driver who wants to play it safe.

Must possess a valid driver's license. For information about point reductions and discounts, call LifeForce, USA, Inc. at 732.919.6070. (Note: Please bring a lunch—cafeteria closed.)

Tuition and fees: \$90 (\$20 tuition and \$70 fees)

XPE305-100494
Mar 24

| | | |
|-----------|----|-------------|
| 1 session | Sa | 9am-3:30pm* |
|-----------|----|-------------|

*1/2 hour for lunch

LifeForce, USA, Inc.

Boating Safety

Boaters Licensing Preparation Safe Boating and Personal Watercraft Course

(Ages 13+)

This licensing course prepares students and satisfies the State of New Jersey requirement to lawfully operate a boat or personal watercraft. All necessary filings are completed for each participant after successful passing of the licensing test that is administered at the conclusion of the class. This course is accredited by the N.J. State Police. All materials included.

Cost: \$88 (tuition: \$38; certification & fees: \$50)

XLR308-100495
Mar 13-Mar 15

| | | |
|------------|-------|--------|
| 2 sessions | Tu,Th | 6-10pm |
|------------|-------|--------|

XLR308-100496
Apr 10-Apr 12

| | | |
|------------|-------|--------|
| 2 sessions | Tu,Th | 6-10pm |
|------------|-------|--------|

Kermit Koch, U.S.C.G., License 891675 Instructor

Handling Medical Emergencies

An Online Course

Medical emergencies occur suddenly and with little warning. Would you know how to confidently react if someone needed your help? This course will identify common medical emergencies affecting children and adults, help you recognize signs and symptoms, and show you how to render appropriate care.

- Tuition: \$96
- Expert instructors
- 24-hour access
- 6 weeks of instruction

A new section starts monthly.

To learn more, or to enroll, go to www.ed2go.com/mccc.edu

American Heart Program

LifeForce USA is a BLS Community Training Center of the American Heart Association, New Jersey Region. The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association, and any fees charged for this course do not represent income to the Association.

Cardio-Pulmonary Resuscitation (CPR)/Automated External Defibrillation (AED) for Health Care Providers and Professional Rescuers (For New and Renewal)

(Ages 16+)

This course will provide training for adult, child, and infant CPR. Learn one and two rescuers CPR, rescue breathing and skills for conscious and unconscious choking victims. Participants will also learn how to use barrier devices and AED. **(Note: Please bring a lunch - cafeteria closed on Saturday).**

Tuition and fees: \$80 (\$20 tuition and \$60 fees)

XFW348-100497 **Feb 9**
1 session Th 6:30-10:30pm

XFW348-100498 **Mar 31**
1 session Sa 9am-1:30pm*

*1/2 hour for lunch

All participants will receive an American Heart Association card valid for 2 years.

LifeForce, USA, Inc.

Heartsaver Cardio-Pulmonary Resuscitation (CPR)/Automated External Defibrillation (AED)

(Ages 16+)

The Heartsaver CPR/AED course consists of the following skills: CPR for adult, child and infant victims; first aid for conscious and unconscious choking victims; use of AED; and the use of barrier devices. This course is intended for lay-rescuers, workplace programs, fitness professionals, teachers and coaches, and babysitters, etc. This course fulfills the CPR/AED requirement of Personal Training Certification (pg. 52).

Tuition and fees: \$80 (\$20 tuition and \$60 fees)

XFW347-100499 **Jan 26**
1 session Th 6:30-9:30pm

XFW347-100500 **Mar 19**
1 session M 6:30-9:30pm

XFW347-100501 **Apr 10**
1 session Tu 6:30-9:30pm

All participants will receive an American Heart Association card valid for 2 years.

LifeForce, USA, Inc.

Aquatics

Note: Occasionally the pool must be closed for emergencies or mandatory repairs.

We regret that we are not able to reschedule cancelled sessions.

Adult Beginners Swim

This course is open to adult non-swimmers. Participants learn the crawl, back crawl, elementary back stroke, and rhythmic breathing. Elementary diving and treading water will be introduced.

Cost: \$110 (tuition: \$45; pool fees: \$65)

XFW318-100502 **Jan 17-Mar 20**

10 sessions Tu 7-8pm

XFW318-100503 **Jan 21-Mar 24**

10 sessions Sa 12-1pm

Lori Gordon, W.S.I. Coordinator

Adult Advanced Beginners Swim

This swim course is geared to adults who can swim 5-10 yards on their front and back and who want to continue their progress in swimming. Review and improve on swim strokes (mainly freestyle, elementary backstroke and backcrawl) with practice and drills. Treading water, rhythmic breathing, entering deep water and elementary diving will be included.

Cost: \$110 (tuition: \$45; pool fees: \$65)

XFW319-100504 **Jan 17-Mar 20**

10 sessions Tu 8:05-9:05pm

Lori Gordon, W.S.I. Coordinator

Easy Does It

Begin your fitness lifestyle with a moderate water workout to good music which targets endurance, muscular strength, range of motion and balance. There is no swimming during these classes. To register, participants must choose and pay for the number of sessions (three, two or one) they will attend each week.

XFW312=\$165 (tuition: \$70; pool fees: \$95)

XFW313=\$110 (tuition: \$45; pool fees: \$65)

XFW314=\$55 (tuition: \$23; pool fees: \$32)

XFW312-100546 **Feb 27-Apr 27***

3 x week M,W,F 10-10:50am

XFW313-100685 **Feb 27-Apr 27***

2 x week M,W or F 10-10:50am

XFW314-100507 **Feb 27-Apr 27***

1 x week M or W or F 10-10:50am

*Class will not meet Apr 6, Apr 9

Lorrie Hammell, USWFA certified



Back to School Night for Adults Information Session!

(See pg. 2 for more details)

Wednesday, January 11, 2012

Starts promptly at 6pm

The Conference Center

**For the latest information on
upcoming classes, special events
and programs please visit**

www.mccc.edu/ccs/news

Registration deadline is two weeks prior to the course start date.
Avoid the \$15 late fee... Register Early!

Pre-School Swim Program

(Ages 3-6)

Teaches pre-schoolers the swimming skills that could save their lives, and then focuses on improving those skills to make competent swimmers. Each class meets for 45 minutes per week. Enrollment is limited. Pre-schoolers in this program learn to swim with their faces submerged. Parents are advised to observe the program prior to enrolling to make sure it is appropriate for their children. No refunds after the course begins. Tuition and fees: \$115 (tuition \$50; pool fees \$65)

Spring Session:

| | | |
|----|---------------------------|---------------|
| Tu | 9:15am; 10am; 1pm; 1:45pm | Mar 6-May 15* |
| W | 1pm; 1:45pm | Mar 7-May 16* |
| Th | 9:15am; 10am; 1pm; 1:45pm | Mar 8-May 17* |

*Class will not meet Apr 3, 4, 5

Call 609.570.3311 for information on open enrollment date.

Aquatic Actions

Exercise in waist to chest deep water to music and enhance the major physical fitness components of muscular strength, muscular endurance, flexibility and cardiovascular endurance. Participants must have comfort level in shallow to deep water. To register, participants must choose and pay for the number of sessions (three, two or one) they will attend each week.

XFW333=\$165 (tuition: \$70; pool fees: \$95)

XFW334=\$110 (tuition: \$45; pool fees: \$65)

XFW336=\$55 (tuition: \$23; pool fees: \$32)

XFW333-100548 Feb 27-Apr 27*
3 x week M,W,F 6:30-7:20pm

XFW334-100683 Feb 27-Apr 27*
2 x week M,W or F 6:30-7:20pm

XFW336-100510 Feb 27-Apr 27*
1 x week M or W or F 6:30-7:20pm

XFW334-100684 Feb 27-Apr 27*
2 x week M,W 7:30-8:20pm

XFW336-100512 Feb 27-Apr 27*
1 x week M or W 7:30-8:20pm

*Class will not meet Apr 4, Apr 6

Cathie Conti-Sleczi, AEA certified

Lifeguard Training:

An Intensive Course

(Ages 15+)

Prerequisite: Candidate must be at least 15 years old, swim 500 yards continuously (crawl, breast stroke, and side stroke), surface dive 9 ft. and bring brick to surface, surface dive 5 ft. and swim underwater 15 yards, tread water with hands out of water for two minutes.

This course includes first aid and CPR for the Professional Rescuer. Participants who successfully complete the pool and classroom sessions will receive American Red Cross Certification in Lifeguard Training. Student must attend all classes.

(Note: Please bring a lunch/dinner - cafeteria closed.)

Tuition and fees: \$296 (includes books)

XFW320-100519

| | | |
|--------|----|----------|
| Mar 3 | Sa | 2-9pm |
| Mar 4 | Su | 10am-5pm |
| Mar 10 | Sa | 9am-5pm |
| Mar 11 | Su | 10am-5pm |
| Mar 17 | Sa | 2-9pm |

Matt Giachetti, American Red Cross LGT Instructor

Aqua Power

This is a rigorous water workout to good music, including weight training. No stress on weight bearing joints. Muscular skeletal strengthening improves posture, balance and endurance. There is no swimming during these classes. To register, participants must choose and pay for the number of sessions (three, two or one) they will attend each week.

XFW309=\$165 (tuition: \$70; pool fees: \$95)

XFW310=\$110 (tuition: \$45; pool fees: \$65)

XFW311=\$55 (tuition: \$23; pool fees: \$32)

XFW309-100549 Feb 27-Apr 27*
3 x week M,W,F 8-8:50am

XFW310-100686 Feb 27-Apr 27*
2 x week M,W or F 8-8:50am

XFW311-100515 Feb 27-Apr 27*
1 x week M or W or F 8-8:50am

XFW309-100687 Feb 27-Apr 27*
3 x week M,W,F 9-9:50am

XFW310-100688 Feb 27-Apr 27*
2 x week M,W or F 9-9:50am

XFW311-100518 Feb 27-Apr 27*
1 x week M or W or F 9-9:50am

*Class will not meet Apr 6, Apr 9

Lorrie Hammell, USWFA certified

Lifeguard Training Update/Renewal

(Ages 15+)

Is your certification about to expire or do you need the Lifeguard Today update? Then join us for this refresher course and renew your certification. Course will include a CPR challenge. Student must attend all classes. **(Note: Please bring a lunch — cafeteria closed.)**

Tuition and fees: \$165 (includes books)

XFW331-100520

Mar 10-Mar 11

| | |
|----|----------|
| Sa | 9am-5pm |
| Su | 10am-5pm |

XFW331-TBA

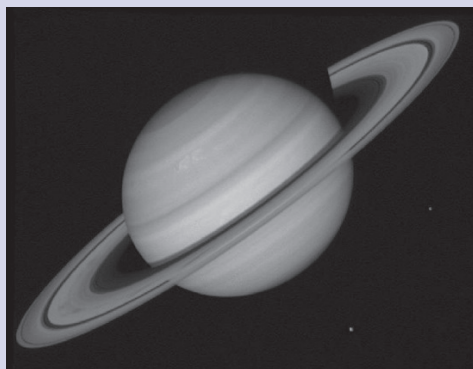
May 12-May 13

| | |
|----|----------|
| Sa | 9am-5pm |
| Su | 10am-5pm |

Mat Giachetti, American Red Cross LGT Instructor



Personal Interest



Introduction to Astronomy

NEW!

Learn Out of this World!

Do you ever look up into the sky and wonder what is out there? If so, this course is for you. Topics to be covered include: the history and scope of astronomy, the constellations throughout the year and how to locate and identify them, amateur astronomy and the new field of citizen science, the different types of telescopes available to the amateur and how to use them, a tour through the solar system and the wonders of deep space. The session will include two professionally produced planetarium shows and informational handouts and star charts will be available. The New Jersey State Museum (NJS) Planetarium features state-of-the-art Full Dome Video. This cutting-edge digital technology will immerse you within images covering the entire 360 degree inner dome. **Course will be held at the NJS Planetarium, 205 West State Street, Trenton, NJ 08608. Free secured weekend parking is available behind the State Museum, adjacent to the Planetarium dome.**

Tuition and fees: \$35

XPE178-100882

Mar 31

1 session Sa 9am-12pm

Bill Murray, Former Director of the Amateur Astronomers' Association of Princeton

Connecting Mind Space and Home Space

NEW!

A three-week course designed to help develop the skills needed to organize your mind space and home space by realizing your highest potential through regaining your inner peace and wisdom. Having an organized mind and home helps maintain sanity, creates stability and provides clarity in thoughts and actions.

Tuition and fees: \$59

XPE111-100696

Feb 23-Mar 8

3 sessions Th 7-9pm

Sangita Patel, Kalakar Interiors, LLC



Sangita Patel of Kalakar Interiors (kalakarinteriors.com) is a facilitator in the art of self-awareness, a professional organizer, and an interior designer/decorator. She is affiliated with NAPO (The National Association of Professional Organization), The Institute of Challenging Disorganization, and The Heart-math Institute. She uses her experiences in self and home improvement to combine these two seemingly unlikely topics into fluid learning and an acceptance of one's emotional and physical space.

Introduction to Searching the Mercer County Search Room

This course is presented by Mercer County Clerk to assist Mercer County residents in researching deeds, liens, and other property information either current or historical, back to the year 1838. However, one need not be a historian or a real estate professional to attend. **This course will be held at the "Search Room" in the County Clerk's Office, in the Old Courthouse building, 209 S. Broad Street, Trenton, NJ.** Ample free parking is available near the Old Courthouse on the day of class.

Tuition and fees: \$15

XPE186-1

TBA

1 session Sa 9am-12pm

Paula Sollami-Covello, Mercer County Clerk

Arts and Humanities

Play the Guitar Like a Pro

In just half a day you will learn enough to play the guitar like a pro without years of weekly lessons. The traditional approach teaches note reading, while professional guitarists use chords. Here you will learn all the chords you need to play any song. Thousands of students nationwide have learned to play the guitar using this method and are now playing their favorite songs. It's easy, fun and will have complete beginners playing the guitar within an hour. All skill levels welcome. **A guitar is required.**

Tuition and fees: \$185 (includes workbook/CD: \$35)

XAR144-100522

Feb 4-Mar 10

6 sessions

Sa

10am-12:30pm

Chris Peary

Intermediate Play the Guitar Like a Pro

Prerequisite: Play the Guitar Like a Pro

This course is designed for the continued studies of the participants of Play Guitar like a Pro. Emphasis will be more on understanding song structure, moveable chords and melodies. This course will concentrate on the personal development of technique on the guitar.

Tuition and fees: \$185 (includes workbook: \$35)

XAR130-100523

Mar 24-May 5*

6 sessions

Sa

10am-12:30pm

**Class will not meet Apr 7*

Chris Peary

Introduction to Voiceovers

Have you ever wanted to be the voice everyone hears on commercials and documentaries? You too can become a Professional Voiceover Artist! In this fun and interactive class, you will learn some of the details of the industry. Your instructor will coach you while recording your voice. Be warned -- many who have taken this class have gone on to become real, bona-fide professional Voice Actors! This class is taught by a professional voice actor from the voice acting training company, Voices for All.

Tuition and fees: \$42 (tuition \$22; fees \$20)

XPE302-100524

Mar 11

1 session

Su

10am-12pm

Voices For All

Jazz Singing - Learn to Scat

Learn to sing scat with a member of the original "Manhattan Transfer". If you love Jazz, learn the history and techniques of scat singing. The philosophy of creative, extemporaneous vocalization will be explored for an educational, enlightening and fun experience. Class will include individual and group work, beginners welcome.

Tuition and fees: \$50

XAR104-100525

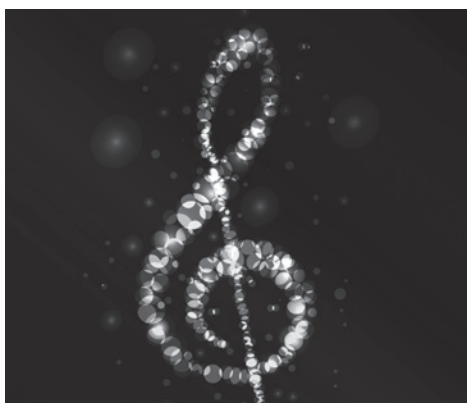
Mar 24

1 session

Sa

10am-12pm

Marty Nelson, Composer, Singer, Producer



The Freelance Music Profession - Opportunities and Insights

Are you an aspiring performer, composer, arranger, producer and/or studio musician? Marty Nelson (a founding member of the original "Manhattan Transfer") will introduce you to various opportunities available if you are pursuing a career as a freelance professional musician.

Tuition and fees: \$35

XAR102-100526

Feb 25

1 session

Sa

10am-12:30pm

Marty Nelson, Composer, Singer, Producer

Instant Chord Piano for Busy People

Learn the secrets of professional piano players without years of weekly lessons. The traditional approach teaches "note reading," while professional piano players use chords and chord variations. In just 6 sessions, you'll learn all the chords that you will need to play any song, any style, any key! It's easy, fun, and it will have complete beginners playing the piano with both hands in a matter of weeks. Thousands of students nationwide have learned to play the piano using this remarkable method, and are now enjoying their new found ability to play popular songs the way the pros do. If you know your way around a keyboard a little, then you know enough to take this workshop.

Tuition and fees: \$185 (includes Workbook, CD and lab fee: \$55)

XAR142-100527

Feb 4-Mar 10

6 sessions

Sa

10am-12:30pm

Guy G. Faux

Drawing Fundamentals

The ability to draw can serve as a basis for creating any work of art. This class is a drawing class emphasizing the basic fundamentals of drawing in such areas as composition, perspective, basic shapes, texture, value and contrast. These principals will be covered and emphasized through class exercises incorporating the use of still, live and figurative setups and pictorial images when necessary. Freedom to draw what you want is important so there will be discussion and time to do that. **Materials needed and their use will be discussed at the first class, so materials at the first class are optional. (Estimated materials cost to be paid by student: \$20)**

Tuition and fees: \$120

XAR126-100856

Mar 3-Apr 14*

6 sessions

Sa

10am-12pm

**Class will not meet Apr 7*

Jose Anico, MCCC Instructor

Beginner Jewelry Making

Perfect for those with little to no beading experience, this class will teach you what you need to know to get started with making strung jewelry! Your instructor will explain to you the different types of stringing materials, demonstrate the use of crimping pliers, and more! In this lesson, you will combine beads, spacers and crystals to make your own beautiful, hand-made bracelet! Kits will be provided that contain sufficient beads to prepare either a 7", 7.5" or 8" bracelet. All materials provided. Class limited to 10 students.

Tuition and fees: \$35 (tuition \$20; materials fee \$15)

XAR117-100528

Feb 13

1 session

M

6-8:30pm

XAR117-100529

Mar 19

1 session

M

6-8:30pm

Pat Koziol, MCCC Instructor

Intermediate Jewelry Making

Our intermediate jewelry making class is for you if you are ready to take your creativity and skill to the next level. In this class you will work with **multiple strands of wires** in combining beads, spacers and crystals in creating a bracelet for the holidays for yourself or as a gift for someone special. Kits will be provided that contain sufficient beads to prepare either a 7", 7.5" or 8" bracelet. All materials provided. Class limited to 10 students.

Tuition and fees: \$35 (tuition \$20; materials fee \$15)

XAR103-100530

Apr 9

1 session

M

6-8:30pm

Pat Koziol, MCCC Instructor

Start Your Own

Arts and Crafts Business

An Online Course

Learn how to start your own arts and crafts business from a professional artist. Price your work effectively, find the best craft shows, and market your product to a worldwide Internet customer base.

Tuition: \$96

- Expert Instructors
- 24-Hour Access
- 6 Weeks of Instruction

A new section of each course starts monthly.

To learn more, or to enroll,

go to www.ed2go.com/mccc.edu

Introduction to the Art of Digital and 35mm Photography

Learn about your camera equipment while experimenting in creative photographic environments, including field labs. Get the most from your camera before developing and downloading. Covers: adjusting aperture and shutter settings, composition lenses (zoom, wide-angle, telephoto and macro), use of flash and filters, special effects, film and pixel quality. **Attention: This course requires an advanced level digital or 35mm camera with adjustable lens and apertures.**

Tuition and fees: \$158

XAR106-100531

Mar 14-Apr 25

7 sessions

W

6-8:30pm

XAR106-100532

Mar 19-Apr 30

7 sessions

M

6-8:30pm

Margaret Rose, GRI, ABR

Intermediate Art of Digital and 35mm Photography

Prerequisite: Introductory course or knowledge of camera basics a must!

Designed to enhance creative composition skills - students will experiment with multiple exposures, abstract photography, night photography and create a complete photo essay.

Tuition and fees: \$85

XAR108-100533

May 2-May 30

5 sessions

W

7-9pm

Margaret Rose, GRI, ABR



Digital Camera - Technical Basics

Learn to understand the basic features and operation of a consumer-model digital camera, including: built-in functions and effects, downloading, viewing, and organizing photos on the computer, various storage media to archive and transfer photos, different methods of printing high-quality photos, using digital photos with the internet, email, and popular software applications, and basic ways to enhance photos using image-editing software. You will also gain an understanding of digital photography terminology, including common image file types and pixel resolution.

Attention: This course requires a basic digital camera.

Tuition and fees: \$135

XAR138-100534

Feb 27-Mar 26*

4 sessions

M

6:30-9pm

*Class will not meet Mar 19

Kathleen Perroni, Technology Specialist

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Discover a new interest, talent, or career!

Call 609.570.3311

Email ComEd@mccc.edu

or Visit www.mccc.edu/ccs

(in most cases, students must be 18 or over)



Horticulture

Ornamental Horticulture

This course is a basic horticulture course that covers topics such as landscape design, lawn establishment and maintenance, landscape maintenance, interior plants, greenhouse production, vegetable gardening and fruit production. It has a lecture component and a laboratory component, and can be taken for credit if desired.

6.3 CEU. Tuition and fees: \$444 (tuition: \$399; fees \$45)

XPE105-100535 Jan 23-May 9*

33 sessions M,W* 6-7:50pm

**Wednesday classes will meet at MCCC Horticulture Greenhouse Complex*

Amy Ricco and Marie Wszolek, MCCC Faculty

Organic Gardening

NEW!

What does organic really mean? Come to this class to learn the fundamentals behind organic gardening, organic lawn care, organic landscape care, and organic vegetable gardening. Topics will include composting, fertilization, and concepts in Integrated Pest Management (IPM).

Tuition and fees: \$120 (tuition \$80; fees \$40)

XPE129-100536 Feb 7-Feb 28*

4 sessions Tu 6-8pm

**Class will meet at MCCC Horticulture Greenhouse Complex*

David Lesage, MCCC Instructor

Container Gardening for All Seasons

Did you realize that container gardening is not just limited to the summer time? As a matter of fact, you can utilize container gardening winter, spring, summer and fall. This hands-on course is designed to give you creative ideas, plants to use, and care techniques for container gardening throughout the year. You will even get a container to take home with you at the end of the session.

Tuition and fees: \$66 (tuition \$26; materials fee \$40)

XPE118-TBA May 12*

1 session Sa 1-3pm

**Class will meet at MCCC Horticulture Greenhouse Complex*

Tami Jones, MCCC Instructor

Simple Vase Arrangements

Have you ever bought a bouquet of flowers from the grocery store, got it home, and then didn't know what to do with it? This hands-on class will teach you how to make that bouquet of flowers into a beautiful arrangement. Participants will get to take their arrangements home with them at the end of the session.

Tuition and fees: \$35 (tuition \$20; materials fee \$15)

XPE143-TBA May 12*

1 session Sa 10:30-11:30am

**Class will meet at MCCC Horticulture Greenhouse Complex*

Tami Jones, MCCC Instructor

Personal Finance

How to Buy Foreclosed Properties

See pg. 11 for course description.

Tuition and fees: \$72 (includes \$25 materials fee)

XBA107-100567 Jan 21

1 session Sa 9am-12pm

Steven Waniak, Real Estate Consultant

Maximizing Your Social Security Benefit/Take Control of Your Retirement Income

NEW!

As you get closer to retirement, it's important to understand the dynamics of Social Security, and how your benefits may be affected by your other post-retirement income. This class will help you to explore your options for feeling more confident, in control and on track with your financial goals.

Tuition and fees: \$36

XBA109-100539 Feb 21-Feb 28

2 sessions Tu 6:30-8pm

Gary Johnston, CFP

Weathering Job Loss: Preserving Your Future

Is your employer cutting jobs? Do you have a feeling you may lose your job soon? Have you recently lost your job? This workshop can help answer your questions about how unemployment could affect your future including: How can I manage expenses and continue to pay bills without a regular salary? How can I continue to provide my family with medical care without my employer's insurance coverage? What are the long-term consequences if I tap into my retirement savings? How will a job loss affect my tax situation? Get the answers to your questions and you'll be able to gain control of your situation.

Tuition and fees: \$18

XBA111-100540 Mar 13

1 session Tu 6:30-8pm

Gary Johnston, CFP

Strong Women, Powerful Financial Strategies

NEW!

Take Control of Your Retirement Income

This workshop is designed to help students learn about the unique financial challenges facing women, and the ways in which they can take control of their finances.

Tuition and fees: \$36

XBA108-100541 Mar 27-Apr 3

2 sessions Tu 6:30-8pm

Gary Johnston, CFP

Estate Planning for Women

This workshop is designed to help women who'd like to leave a meaningful legacy to the people they love and to their community. You'll learn ways to: care for the people you love, even after you're gone; leave behind a lasting, meaningful legacy and overcome the unique estate planning challenges faced by women.

Tuition and fees: \$36

XBA105-100542 Apr 17-Apr 24

2 sessions Tu 6:30-8pm

Gary Johnston, CFP



World Languages

Italian Conversation II

This class is a continuation of the class Italian Conversation I. You will learn increased vocabulary, grammar, and verb conjugation in different tenses for conversing in Italian for travel and social interactions. **Bring same book used in Italian Conversation I.**

Tuition and fees: \$175

XFL110-100545 Jan 9-Feb 13*
10 sessions M,W 7-9pm

*Class will not meet Jan 16

Josy Giaquinto, MCCC Instructor

Mandarin Chinese II

This class is a continuation of the class Mandarin Chinese I. You will learn the essentials of Mandarin Chinese for travel, business and social interactions. **No textbook required.**

Tuition and fees: \$175

XFL103-100550 Feb 13-Mar 15
10 sessions M,Th 6:30-8:30pm

Grace Yu, MCCC Instructor

Spanish Conversation I

Learn how to converse in Spanish in simple idiomatic phrases for business or personal use. This class is ideal for people who are new to the language or just know some basic vocabulary and phrases. Learn from a native about the culture and customs of South America.

Textbook required. Available in college bookstore. (Spanish I covers chapters 1-9.)

Tuition and fees: \$175

XFL112-100955 Mar 19-Apr 18
10 sessions M,W 6-8pm

Romel Flores, MCCC Instructor

Spanish Conversation II

Learn to converse with confidence in Spanish using correct grammar and sentence structure with vocabulary building exercises. Learn in depth about South American culture. **Textbook required. Available in college bookstore. (Spanish II covers chapters 10-19.)**

Tuition and fees: \$175

XFL114-100553 Mar 20-Apr 24*
10 sessions Tu,Th 6-8pm

*Class will not meet Apr 5

Romel Flores, MCCC Instructor

French Conversation I

Bonjour! You too can learn conversational French and be able to get around on a daily basis in French-speaking countries. Vocabulary and some basic grammar for traveling, shopping, dining, etc. will be included in this practical course. **Textbook required. Available in college bookstore.**

Tuition and fees: \$175

XFL106-100954 Feb 28-Mar 29
10 sessions Tu,Th 7-9pm

Carla Helou, MCCC Instructor

French Conversation II

This class is a continuation of the class French Conversation I. You will learn advanced vocabulary for travel, business and social interactions in a class centered on conversation and culture. **Bring same book used in French Conversation I.**

Tuition and fees: \$175

XFL107-100554 Mar 27-May 1*
10 sessions Tu,Th 7-9pm

*Class will not meet Apr 5

Keith Poniewaz, MCCC Instructor

American Sign Language (ASL)

Through this course you will enter into the silent world of the deaf using American Sign Language (ASL), a manual communication system. Sign language expresses the same words as oral language, using movements of the hands along with facial and body gestures. You will also learn the theoretical and technical rules to be followed in communication with the deaf, and how to differentiate between an informal and formal conversation. You will learn manual spelling of words using ASL and sign language words, as well as factors that make the difference between a sign and other hand gestures.

Tuition and fees: \$198

XFL125-100555 Apr 23-May 8
8 sessions M,Tu,W 6-8:30pm

Sonia Orense, MCCC Instructor

Online Courses

Spanish for Medical Professionals

Spanish for Law Enforcement

Tuition: \$96 for each online course

- Expert Instructors
- 24-Hour Access
- 6 Weeks of Instruction

A new section of each course starts monthly.

To learn more, or to enroll, go to
www.ed2go.com/mccc.edu

Get Paid to Travel

An Online Course

Learn everything you need to start your new and exciting career as a professional tour director.

Tuition: \$96 for each online course

- Expert Instructors
- 24-Hour Access
- 6 Weeks of Instruction

A new section starts monthly.

To learn more, or to enroll, go to
www.ed2go.com/mccc.edu

We strive for accuracy in our printed materials and on our website, however, we are not responsible for typographical errors or omissions.



Registration deadline is two weeks prior to the course start date.
Avoid the \$15 late fee... Register Early!

Courses for Students Learning the English Language

Pronouncing American English

Is English your second language? Does your accent reduce your ability to communicate effectively on the job, in school, or in social situations? Improve your knowledge of American English as it is spoken, with instruction in the sounds, intonation and stress patterns, with individual and group presentations. **Prerequisite: ability to read a newspaper in English. Bring to every class: a small mirror, the two required manuals and tape set which are available in the college bookstore.**

2.0 CEU. Tuition and fees: \$195

XES600-100556

Jan 11-Mar 14

10 sessions

W

7:30-9:30pm

JoAnn Ficca, M. Ed., CCC-SLP,
Speech-Language Specialist

ESL (English as a Second Language)

Writing and Speaking Skills

Improve your English!

Learn how to speak and write better English in this fun course. Through reading, conversation, and written exercises, we will cover various grammar topics and language rules. We will also discuss meanings of many everyday American expressions.

1.5 CEU. Tuition and fees: \$155

XES601-100557

Jan 23-Feb 27

6 sessions

M

6:30-9pm

Ozana Castellano, MBA, Communications
Specialist

ESL: Conversation Skills

(For intermediate and advanced

English speakers)

Practice everyday conversation in English!

In this supportive and friendly environment you will build confidence in your conversation with the native English speaker. Your pronunciation will improve, and you will learn and practice American expressions and cultural references. Have fun while you learn! **Notebook required: American Manners and Customs-1. Available in college bookstore.**

2.0 CEU. Tuition and fees: \$166

XES604-100558

Mar 26-Apr 25

10 sessions

M,W

2-4pm

Joan Sternberg, MCCC Instructor

ESL Applications

Take your writing, listening, speaking, and American cultural study to the next level. This class will help prepare you for further college coursework, and build on your conversation skills to apply in a group setting, with a professional emphasis. Explore presentation and debate skills to prepare you for further education, and for careers using the English language.

1.6 CEU. Tuition and fees: \$160

XES607-100697

Apr 26-May 22

8 sessions

Tu,Th

6-8pm

Brian Schorr, MCCC Instructor

Writing

Write Better...Write Away!

Learn the parts of speech and how to use words with proper punctuation to form the perfect sentence. Learn how to improve the flow of your sentences to form a concise paragraph and how to link paragraphs together to form a clear body of writing. You won't just learn how to avoid the most common mistakes, but also how to spot your mistakes and edit them out. Whether you're looking to write creatively, or you want to write better personal correspondence, this class will help rid you of the angst that writing can cause and put you on the "write" track.

1.4 CEU. Tuition and fees: \$148

XWC100-100560

Jan 17-Feb 28

7 sessions

Tu

7-9pm

Roman Griffen, MCCC Instructor

Grammar for Grownups

Write correctly for success!

Even though this course is intended for native speakers of English, 'Grammar for Grownups' is also valuable for ESL students.

Instantly improve all your written documents by using correct grammar and punctuation. This lively course is brimming with relevant exercises in topics such as commas, semicolons, apostrophes, quotation marks, fragments, run-on sentences, pronouns, verb-subject agreement, etc. If you have long forgotten these essential language skills, this course is your perfect "pick-me-up"!

1.0 CEU or 10 CPE hours. Tuition and fees: \$99

XWC110-100449

Mar 12-Apr 2

4 sessions

M

6:30-9pm

Ozana Castellano, MBA

Communications Specialist



Ozana Castellano, MBA, has been a college professor for twenty-seven years. Since coming to MCCC in 1997, she has taught thousands of professionals, both on campus and at major corporations. Her large range of courses includes business/workplace communications, writing, speaking, presenting, image building, grammar, email etiquette, and customer service. Being bilingual herself, she is experienced in teaching native speakers as well as ESL students. Ozana's background also includes one-on-one coaching for individuals at all levels and professions.

Things Change...

Do you have a new phone number, email or address?

It is important to call us at 609.570.3311 or email ComEd@mccc.edu with your new contact information.



Writing Courses at James Kerney Campus

Writing for TV

NEW!

Learn how to develop an episodic TV script using the writing process behind today's hottest shows. You will write a first draft of a script from your favorite series. The course will focus on story structure and character development for TV. Marketing approaches and submission strategies will also be discussed.

Tuition and fees: \$115

XWC173-100562

Apr 14-May 19*

6 sessions

Sa

10am-12pm

*Class meets at James Kerney Campus, North Broad and Academy Streets, Trenton, NJ 08608
Barry Putt, award-winning playwright and screenwriter

Write Your Story

Memoir Writing Class

Write your memoir, discover your individual voice. You've got a tale that wants telling. How will you tell it? Join us as we explore the terrain of the creative memoir with in-class discussions and exercises as well as additional tools to help shape it.

Tuition and fees: \$96

XWC165-100883

Apr 14-May 5*

4 sessions

Sa

10am-12pm*

*May 5 class - 9am-1pm

*Class meets at James Kerney Campus, North Broad and Academy Streets, Trenton, NJ 08608
Melvin A. Benarde, Ph.D.

Youth Programs

Juggling Workshop

Ages 10 to Adult

Juggling improves coordination, builds confidence, and relieves stress. This workshop is for jugglers of all skill levels, from absolute beginners to advanced jugglers. The class will be divided into two sections, so beginners may learn to juggle and advanced jugglers may master new tricks and props. Students will use beanbags, rings, clubs, devil sticks, spinning plates, and poi during classes. Students will also learn how to teach juggling and will participate in many hands-on juggling and coordination games. This unique 6-week workshop will be loads of fun! Tuition & fees: \$89

XCC248-100485

Mar 6-Apr 10

6 sessions

Tu

6:30-8pm

Lou De Lauro, Founder of Juggling Life Charity

Parent/Child Golf Program

Parents with children (ages five and older) will have an interactive golf experience. Beginners will develop a basic swing with emphasis on ball control. Similar to the introductory course for adults, but at a slower pace, participants will learn to familiarize themselves with the clubs, rules of the game, as well as necessary etiquette. Students will receive one session of on-course training during the class. Each class is taught with a 5:1 student-to-instructor ratio. **All classes will meet at Miry Run Country Club, 106 Sharon Road, Robbinsville, NJ 08691.**

Tuition and fees: \$160 (includes \$50 tuition and \$110 fees) (add \$70 for additional child)

XLR335-100489

Apr 29-May 20

4 sessions

Su

10-11am

Joe Caggiano, Master Teaching Professional

Mark your calendar:

Camp College Information Sessions!

Saturdays, 12-2pm

February 18

March 24

April 28

For more information, please call
609.570.3311

COUPON!

Visit any Camp College
Open House or Information Session

Register for any four-week camp
and save 50% on any (one)
Friday Fun Day.

(Discounts cannot be combined)

Looking for Summer Employment?

Camp College has the following positions available:

- Certified teachers K-12
- Hobby enthusiasts
- Swim instructors
- Certified lifeguards
- CDL Driver

Contact: campcollege@mccc.edu



camp college
MERCER COUNTY COMMUNITY COLLEGE

Summer 2012

Look for exciting one-week programs
for 9th and 10th graders!

- Civil Engineering/Bridge Academy
- Electrical Engineering Academy
- Game Design
- Geometry Prep

For more information, visit www.mccc.edu/campcollege or call 609.570.3311