

RockValleyCollege

SPRING 2024

RockValleyCollege.edu

Community Education | Whiz Kids | Continuing Education



FIND **YOUR** PASSION

Explore personal enrichment and professional development this spring

RockValleyCollege

SPRING 2024

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RVC Main Campus

Classroom Bldg. II, Room 115
 Walk-in Registration &
 Payment Hours: 8:30 am-4:15 pm

Customer Service Assistant

(815) 921-3900 or RVC-CCE@RockValleyCollege.edu

Refund Policy: Our instructors look forward to seeing you in their classrooms! They need time to purchase the supplies and materials that you will need to participate. Of course, we understand that sometimes your schedule changes, so we've updated our Refund Policy: Withdrawal/Drop by student 7 days or more before the start of class: receive a 100% refund.*

*Refunds exclude non-RVC fees, such as credit card and e-check fees. Exclusions apply – see individual courses for details. Visit RockValleyCollege.edu for more refund information

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

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

For a listing of departmental policies, please visit
RockValleyCollege.edu/Community/Community-and-Continuing-Education/index

Rock Valley College

Community Education

ART & CERAMICS

Workshops with **Tom Linden**

Art with **Stella Dobbins, M.A., NWS**

Classes meet in Bell School Rd. Ctr., 3350 Bell School Rd., Room 007.

BEGINNERS LANDSCAPE WATERCOLOR

This is the place to start! For students with little/no experience in watercolor, or those needing a refresher course before moving on to the more advanced watercolor classes. Learn to play with & handle watercolor, practice basic techniques and work on elements for landscape paintings. **SUPPLIES:** Bring at minimum, basic watercolors, brushes and Watercolor paper (most exercises will be on paper approximately 7-1/2" x 11"). **SUPPLY LIST:** Contact instructor at tclinden@yahoo.com. for specific materials list prior to 1st class. **NO CLASS 3/11.**

ART-809-BLL Tom Linden \$139
2/12-4/22 M 6:00-8:00 pm 10 Sessions

ADVANCED LANDSCAPE WATERCOLOR

PREREQUISITE: Beginning and Intermediate Watercolor. Learn more about depicting elements of the landscape. We will work with concepts of design and composition to learn how to go from just painting a picture, to how to create art. **BRING:** A sketchbook will be required to work out ideas for assignments and compositions. Painting supplies, note pad and a few small sheets (7" x 11") of watercolor paper. **SUPPLY LIST:** Contact instructor at tclinden@yahoo.com for materials list prior to first class. **NO CLASS 3/12.**

ART-809-BLL2 Tom Linden \$139
2/13-4/23 T 6:00-8:00 pm 10 Sessions

INTERMEDIATE WATERCOLOR

PREREQUISITE: Beginning Watercolor. We will utilize landscape and still life motifs to discuss and apply design implications to improve your watercolor paintings. **SUPPLY LIST:** Contact instructor at tclinden@yahoo.com for specific materials list prior to first class. **NO CLASS 3/13.**

ART-809-BLL3 Tom Linden \$139
2/14-4/24 W 6:00-8:00 pm 10 Sessions

WATERCOLOR: SPRING THEMES

(Ages 10-Adult) Enjoy a fun day painting spring theme watercolors. You will learn different painting techniques such as, wet-in-wet, glaze, dry brush, etc. In my unique watercolor class, you will learn both Eastern and Western watercolor techniques created on different Asian rice papers. You will also be able to learn the calligraphy for each of the subjects: peony, iris, camellia, plum blossoms, egrets with bamboo, small birds, frogs and dragon flies. There will be a brief discussion after each subject taught. **SUPPLIES:** Purchase \$30 supply kit from instructor at class. **NOTE:** 1/2 hour lunch break from 12:30pm-1:00pm.

ART-809-BLL4 Stella Dobbins \$79
4/27 Sa 9:00 am-5:00 pm 1 Session

SPRING FLOWER WATERCOLOR POSTCARDS

(Ages 10-Adult) Create personal greeting cards with your own spring paintings and messages.. My Etegami class will focus on spring flowers. You will learn different watercolor techniques, such as wet-in-wet, glaze, dry brush, etc. to create your message picture cards. And, you will learn how to paint the following spring flowers: peony, iris, camellias, plum blossoms, orchids, daffodils pansies, and tulips. In my unique watercolor class, you will learn both Eastern and Western watercolor techniques created on different size watercolor postcards. After you paint your spring flowers your cards can include poems or haiku that you have written. **SUPPLIES:** Purchase \$30 supply kit from instructor at class. **NOTE:** 1/2 hour lunch break from 12:30pm-1:00pm.

ART-809-BLL5 Stella Dobbins \$79
5/4 Sa 9:00 am-5:00 pm 1 Session



CERAMICS WITH GAIL LEE

Classes meet at Lee Innovations Ceramic Studio,
3600 E. State St., Suite 306 in Rockford.
1 session • \$59 per person

EASTER EGG

Step by step class instructions on how to paint an egg using glaze to decorate your pieces to create an egg scene. **BRING:** Apron or smock. **INCLUDED:** All supplies. **TAKE HOME:** Egg and base after fired in kiln.

ART-809-FEB 2/21 W 5:30-8:30 pm

VIOLET POTS

You will choose paint color and paint a Violet pot you can use grow and water your own Violets. **BRING:** Apron or smock. **INCLUDED:** All supplies. **TAKE HOME:** Violet Pot after fired in kiln.

ART-809-MAR 3/13 W 5:30-8:30 pm

MANDELA PLATE

Create a plate to give to mom for mothers day or keep it for yourself. Step by step class on how to create a plate using glaze. **BRING:** Apron or smock. **INCLUDED:** All supplies. **TAKE HOME:** Plate after fired in kiln.

ART-809-APR 4/17 W 5:30-8:30 pm

SPRING PLATE

Step by step class on how to create a plate using stamps and stencils. It's easier than you think. **BRING:** Apron or smock. **INCLUDED:** All supplies. **TAKE HOME:** Plate after fired in Kiln.

ART-809-MAY 5/15 W 5:30-8:30 pm

BEGINNER 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 3/16, 3/30.**

ART-809-RV Stacey McDonald \$290
2/17-4/20 9:00 am - 12:00 pm 8 Sessions
RVC Classroom Bldg. I Room 0210

INTERMEDIATE CERAMICS WHEEL

(Ages 12-Adult - Intermediate Skills Required) **PRE-REQUISITE:** Beginning Ceramics or Ability throw a bowl and a cylinder on the wheel and/or have an understanding of some hand building techniques. How to throw, trim and finish larger and more complex forms, including the addition of lids and spouts. We will focus on combining wheel and hand building techniques to create functional or sculptural forms. We will also go further into the decoration of our work through the creative texturing and layering of color and design elements. Includes plenty of self-study time with lots of opportunity to ask questions and experiment. **BRING:** your imagination and take your clay skills to the next level! **NO CLASS 3/16, 3/30.**

ART-809-RV2 Stacey McDonald \$290
2/17-4/20 1:00 pm - 4:00 pm 8 sessions
RVC Classroom Bldg. I Room 0210

SOFT PASTELS WITH SALLY ROLDAN

Classes meet in RVC Classroom Bldg. II, Room G25.

BEGINNER LEVEL

This must be taken prior to intermediate classes.
2 sessions • \$65 per person

SOFT PASTEL BASICS

Instruction of basic pastel techniques and materials, each class will provide instruction and practice time of techniques. Demonstration of techniques to get you started with mark making. **SUPPLIES:** Purchase \$25 supply kit from instructor at class.

ART-809-RV3 4/4-4/11 Th 7:00-8:30 pm
ART-809-RV4 4/5-4/12 F 10:00-11:30 am

INTERMEDIATE LEVEL SOFT PASTEL

These classes can be taken after
a beginner class has been completed.

1 session • \$65 per person

MUST HAVE: Basic knowledge of painting techniques, ability to maneuver soft pastels to accomplish basic painting strokes. **NOTE:** This class does not use pastel pencils. **PREREQUISITE:** Pastel Basics. **BRING:** Your own supplies. **SUPPLY LIST:** Contact instructor at sroldan2@comcast.net for specific materials list prior to 1st class.

COMPOSITION & MARK MAKING

ART-809-RV5 4/25 Th 6:30-9:00 pm

COMPOSITION & MARK MAKING

ART-809-RV6 4/26 F 10:00 am-12:30 pm

ROSES

ART-809-RV7 5/2 Th 6:30-9:00 pm

TREES, EVERGREENS & DECIDUOUS

ART-809-RV8 5/3 F 10:00 am-12:30 pm

HOT AIR BALLOONS

ART-809-RV9 5/16 Th 6:30-9:00 pm

SKIES

ART-809-RV10 5/17 F 10:00 am-12:30 pm

RIVERS

ART-809-RV11 5/23 Th 6:30-9:00 pm

NEW! ALCOHOL INK WITH SALLY ROLDAN

Working with alcohol inks, they are a fluid medium with very expressive results. **SUPPLIES:** Bring your own supplies. **SUPPLY LIST:** Contact instructor at sroldan2@comcast.net for specific materials list prior to 1st class.

SNOW SCENE

ART-809-RV12 3/9 Sa 9:00 am-Noon

LAKES & LANDSCAPES

ART-809-RV13 4/20 Sa 9:00 am-Noon

NEW! WOODBURNING WITH HEATHER PERSAUD

Classes meet at
RVC Woodward Technology Ctr, Room 0234
1 session • \$89 per person

(Ages 14-Adult) Provides a beginners level introduction to the art of Pyrography (Woodburning). You will walk away with a general understanding of this craft, a sample/practice project, and multiple completed projects. **CHOOSE FROM:** a variety of projects based on your comfort, interest & skill level. **ALL SUPPLIES:** Included. **BRING:** beverage & snacks. **TAKE HOME:** your projects.

WOODBURNING

ART-809-RV14 2/17 S 10:00 am - 1:00 pm

WOODBURNING

ART-809-RV15 3/23 S 10:00 am - 1:00 pm

WOODBURNING

ART-809-RV16 4/11 Th 6:00 pm - 9:00 pm

WOODBURNING

ART-809-RV17 5/16 Th 6:00 pm - 9:00 pm

NEW! THE NATIVE FLOWER GIRL WORKSHOPS

Creative Floral Art. Unique feminine nature portraits using flowers, any pieces that you love, and such! *"Once you get started, you don't know when to stop. You create this beautiful girl with florals. Definitely recommend to others. Lindsey is so fun and uplifting."* - Laurie M, recent participant. **BRING:** (Optional) A necklace, hair bow, earrings, etc. to personalize. **INCLUDED:** All supplies. **TAKE HOME:** your nature board print after developed (separate day; arranged with instructor).

ART-809-MAR2 Lindsey Butz \$59
3/8 F 5:30 pm - 7:30 pm 1 session
RVC Classroom Bldg. II Room G25

ART-809-MAY3 Lindsey Butz \$59
5/11 S 10:30 am - 12:30 pm 1 session
RVC Classroom Bldg. II Room G25

VIRTUAL WORKSHOPS

Register at ed2go.com/rvc2

— 2 OPTIONS TO CHOOSE FROM! —

INSTRUCTOR-LED COURSES & SELF-PACED TUTORIALS

DRAWING FOR THE ABSOLUTE BEGINNER

(Virtual) Gain a solid foundation in drawing and become the artist you've always dreamed you could be!

NEW! THERAPEUTIC ART WITH KATHLEEN COX, LCSW

Classes meet at Kathleen Cox & Associates Offices,
5290 Williams Dr, Roscoe

ART & ARCHETYPES

A class about self discovery and increased awareness. Carl Jung developed the theory on archetypes. In his words, "Archetypes are the universal, inborn models of people, behaviors, and personalities that play a role in influencing human behavior." "Swiss psychiatrist Carl Jung's theory suggested that these archetypes were archaic forms of innate human knowledge passed down from our ancestors." During this time you will learn about four primary archetypes through the use of art. Archetypes are patterns that we live in. You will create your image of Sovereign, Lover, Magician, Warrior. **BRING:** colored markers and/or pencils.

ART-809-OTH Kathleen Cox \$75
2/18 Su 12:00 p.m. - 2:00 p.m. 1 session

SCRIBBLE CENTERING

Learn, experience & continue to practice scribbles as a coping skill to manage stress. This simple exercise is a centering or meditative experience that allows finding meaning about yourself. **BRING:** colored markers and/or pencils.

ART-809-OTH2 Kathleen Cox \$75
4/21 Su 12:00 p.m. - 2:00 p.m. 1 session

SHAME

Feeling shame - or being ashamed - is one of the most miserable feelings of them all. Using art, This class will be an introduction to the definition of shame and creating an image of one's inner shamer, and how to move beyond it. **BRING:** colored markers and/or pencils

ART-809-OTH3 Kathleen Cox \$75
5/5 Su 12:00 pm - 2:00 pm 1 session

NEW! PAINT N' SIP: ROOSTER

Grab your person or come by yourself – everyone welcome! **TAKE HOME:** your 12 x 16 canvas

ART-809-MAY2 Kat Heitzman \$59
5/29 W 6:00 pm - 9:00 pm 1 session
Garrett's Restaurant 1631 N Bell School Rd, Rockford



AUTO & BOAT SAFETY

DEFENSIVE DRIVING 101

(HS-Adult) Road rage, fatigued driving, impaired driving. Sound familiar? Find out more about the conditions that affect your driving and learn to become a better, safer driver overall. In this course, you will learn about distracted driving, preventing collisions, safety features on newer vehicles, and how to be a safer driver. Even if you've been driving for decades, you'll learn something new! After registering, email rvc-cce@rockvalleycollege.edu for course instructions.

ONLINE

EDV-800-OL **RVC Traffic Safety** **\$75**

CLASSROOM

EDV-800-RV **RVC Traffic Safety** **\$55**

ATTITUDINAL DYNAMICS OF DRIVING

Please check with Traffic Safety at (815) 921-3940 before registering to make sure this is the correct class for your needs. Attitudinal Dynamics of Driving is an eight hour defensive driving class developed by National Safety Council and is often used by the courts in conjunction with court supervision to help repeat traffic offenders or those with more severe moving violations to keep their driver's license. If you were told by the court in Winnebago, Boone, Ogle, Stephenson or Lee County that you need to take an eight hour defensive driving class, you will be signed up through the courts. Signing up for this class section will not get you into class any quicker. Contact the Traffic Safety Program for more information.

EDV-800-RV2 **RVC Traffic Safety** **\$100**



NEW! BOATING EDUCATION REQUIREMENT COURSE

(Ages 12-Adult) SATISFIES THE REQUIREMENT FOR A BOATING EDUCATION COURSE TO LEGALLY OPERATE A MOTORBOAT. And, it satisfies the requirements of most other states. Completion of this Course will also normally qualify you for a substantial discount on your boating insurance. Developed by the United States Power Squadrons (America's Boating Club). This nationally recognized public boating course includes in-depth instruction on the safe and legal operation of a boat, including boat handling, federal and state regulations, trailering, adverse conditions and emergencies, knot tying, water sports, and much more. Exam on regulations offered on, followed by a bonus class on the introduction to boating navigation offered for free. Taught by experienced and certified boating instructors. **SUPPLIES:** \$58 payable to instructor at first class. **DISCOUNT:** first 10 people who sign up will receive a \$10 discount on the supply fee.

EDV-800-RV3	Rockford Power Squadron	\$65
3/18-5/13	M 7:00 pm - 9:00 pm	9 sessions
RVC Physical Education Ctr.		Room 0200

AWARENESS & SELF-CARE

NEW! DARING GREATLY

Are you ready to change your life - to Show Up, Be Seen and Live Brave? Daring Greatly® is a unique experiential program based on the exciting work of Dr. Brené Brown. Through this workshop, you will be invited to examine your thoughts, emotions, and behaviors that are holding you back and identify new choices and practices that will move you toward more authentic and wholehearted living. This program will teach you the skills you need to live and love more fully. It guides you toward connection through the practices of courage, compassion, and vulnerability. **NO CLASS 3/11.**

ALT-800-RV9	Jan Selander	\$219
2/12-3/25	M 5:30 pm - 7:30 pm	6 sessions
Forest City Counseling		
6735 Vistagreen Way, Ste 210, Rockford		

NEW! RISING STRONG

Do you need help getting back up after a fall, disappointment or setback in a personal or professional setting? Are you going through any transitions or new chapters in your life? When we take the risk to love, dream, and live wholeheartedly, we will inevitably experience disappointment, hurt, failure, heartbreak, and/or loss. Rising Strong is based on the groundbreaking research of Dr. Brené Brown. This is a workshop about what it takes to get back up, and how owning our stories of struggle gives us the power to write a daring new ending. Through Rising Strong, you will discover how to write new endings that help you bounce back from perceived failures, and live with new confidence and determination.

ALT-800-RV10	Jan Selander	\$219
4/1-5/6	M 5:30 pm - 7:30 pm	6 sessions
Forest City Counseling		
6735 Vistagreen Way, Ste 210, Rockford		

NEW! THE 5 LOVE LANGUAGES

What is your LOVE Language? There are Five basic LOVE languages. Telling your partner how you prefer to love - and know how your partner shows love - can increase your ability to feel loved and appreciated. To use this knowledge in your relationship.

ALT-800-OTH **Kathleen Cox** **\$75**
3/3 **Su 12:00 pm - 2:00 pm** **1 session**
Kathleen Cox & Associates **5290 Williams Dr, Roscoe**

NEW! RITES OF PASSAGE

Initiation is a rite of passage marking entrance or acceptance into a group or society. It can also be a formal admission to adulthood in a community or one of its formal components. In an extended sense, it can also signify a transformation in which the initiate is 'reborn' into a new role. Realize that changes in life are cycles of initiation & that you can endure life's obstacles with this understanding.

ALT-800-OTH2 **Kathleen Cox** **\$75**
3/17 **Su 12:00 pm - 2:00 pm** **1 session**
Kathleen Cox & Associates **5290 Williams Dr, Roscoe**

NEW! DRAMA TRIANGLE

It is a model of dysfunctional social interactions and illustrates a power game that involves three roles: Victim, Rescuer, and Persecutor, each role represents a common and ineffective response to conflict. The journey around the triangle can be done with self or another, such as a spouse, child, co-worker, and so on. This class will be an introduction to the what the Drama Triangle is and how to get out of it.

ALT-800-OTH3 **Kathleen Cox** **\$75**
4/7 **Su 12:00 pm - 2:00 pm** **1 session**
Kathleen Cox & Associates **5290 Williams Dr, Roscoe**

ANCIENT CHINESE SECRETS

Ancient Chinese thought that the laws of nature govern all things and human beings must seek harmony with nature. They regarded the individual body as a small universe, which is influenced by every phenomenon and image existing around them. Reveal the ways this wisdom is used to get good energies, such as: life inside the house, some particular areas good for kids, while other particular areas boost marriage and prosperity. Explore how your birth time leads to wise choices of different food/color/time/direction/animals/careers etc. for good luck. According to the four different seasons, maintain your body in this way maintains your health and well-being. By incorporating these ancient Chinese secrets, you can keep your life happy and healthy. **NO CLASS 3/13.**

ALT-800-RV7 **Min Wang** **\$69**
2/14-4/10 **W 6:00 pm - 7:30 pm** **8 sessions**
RVC Classroom Bldg. II **Room 229**

NEW! FUNCTIONAL INTEGRATIVE HEALTH

Dr. Arshad Shaikh will review the foundation of functional health and various integrative and holistic disciplines. The course is designed to teach people on how to gain control over their own healthcare and to build meaningful health goals. Course material will focus on the causes of common illnesses and diseases, diet and behavioral approaches to take to mitigate against disease and will provide a framework in understanding and decoding aspects of the food and healthcare industry. **NO CLASS 3/15.**

ALT-800-BLL3 **Dr. Arshad Shaikh** **\$65**
2/16-3/22 **F 6:00 pm - 7:00 pm** **5 sessions**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 001**

NEW! ESSENTIAL OILS & SUPPLEMENTS

Morgan, as a trained physician assistant with experience in neurosurgery, orthopedics, and pain management, has developed a newfound appreciation for natural healthcare options. She recognizes the beauty and effectiveness of practices such as essential oils, healthy food choices, smart supplementation, and low-toxicity living. Morgan's unique combination of Western medical training and knowledge of Eastern and natural health practices allows her to provide valuable insights to those seeking to take control of their health and make proactive lifestyle choices. In her series, Morgan aims to empower individuals and households by sharing the wisdom of both Eastern and Western medicine. She will focus on practical ways to incorporate essential oils, smart supplementation, dietary improvements, and low-toxicity lifestyle changes into everyday life to support personal and family health and wellness goals.

ALT-800-RV8 **Morgan Jameson** **\$49**
2/14-2/28 **W 5:15 pm - 7:15 pm** **3 sessions**
RVC Classroom Bldg. II **Room 123**

NEW! SELF-ACUPRESSURE

Using Color diagrams, find points on yourself. Instructor will teach how to use acupressure for comfort and to relieve stress. Students will give themselves sessions and have the option to practice on others. Booklet and links are provided. Coloring tools and stickers will be provided to use during class. **NO CLASS 3/16, 3/30.**

ALT-800-BLL **Sue Michaelson** **\$85**
3/2-4/6 **S 2:00 pm - 4:00 pm** **4 sessions**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 013**

MASSAGE FOR COUPLES

Spend a special date learning to pamper necks, shoulders, back, knees, feet, hands and more. Students remain clothed. Handouts and links provided. **BRING:** A blanket & pillow to make chairs comfortable for you. **NOTE:** You must have a partner for this class. Enroll individually.

ALT-800-BLL2 **Sue Michaelson** **\$35**
3/1 **F 6:30 pm - 8:30 pm** **1 session**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 013**

NEW! INTRODUCTION TO EDGAR CAYCE

The Akashic Record is also called the "Book of God's Remembrances," or "Book of Life," and is said to contain a complete record of all the individual's lives, times between lives, including experiences, thoughts, and purpose. During exploration, the individual is connected to their highest self to solve disturbances in their life regarding mind, body, relationships, and/or spirit.

ALT-800-CTC **Dr. Cindy Stear** **\$49**
3/4 **M 7:00 pm - 8:30 pm** **1 session**
Connections Therapy Center **1047 Cannell Ct, Rockton**

NEW! INTRO TO MEDITATION FOR PEACE

Over 3,000 scientific studies prove the benefits of meditation for wellspring of diverse areas, such as healing heart disease, calming anxiety and depression, decreasing substance abuse, and managing chronic pain. Learn a variety of meditation techniques to enhance inner peace, community peace, and world peace.

ALT-800-CTC2 **Dr. Cindy Stear** **\$49**
2/26 **M 7:00 pm - 8:30 pm** **1 session**
Connections Therapy Center **1047 Cannell Ct, Rockton**

INTRO TO MEDITATION FOR SPIRITUAL AWARENESS

Meditation helps reduce stress, increases productivity, improves concentration and spiritual growth. We will cover the physical, mental, emotional, and spiritual benefits of meditation, developing the meditation technique, sitting still and focusing, and stilling the mind. **NO CLASS 5/2, 5/9.**

ALT-800-RV **Dr Shanti** **\$65**
4/18-5/23 **Th 7:00 pm - 8:30 pm** **4 sessions**
RVC Classroom Bldg. II **Room 121**

PAST LIFE REGRESSION

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

ALT-800-RV2 **Dr Shanti** **\$59**
5/21 **T 7:00 pm - 8:30 pm** **1 session**
RVC Classroom Bldg. II **Room 121**

REIKI ENERGY LEVEL 1

Reiki is a holistic way to bring your mind/body/spirit into balance. Reiki energy allows you to embody a new way of living and being. It promotes relaxation, healing, and healthy living. We are all born with the ability to use Reiki energy. During this class you will learn the history of Usui Reiki, the hand positions, as well as learning how to ground and center yourself. We will practice feeling energy and giving a Reiki session. At the end of the class, you will receive an attunement and a certificate.

ALT-800-RV3 **Deborah Gaines** **\$129**
2/12-2/26 **M 6:00 pm - 8:00 pm** **3 sessions**
RVC Student Center **Room 1222**

REIKI ENERGY LEVEL II

(NOTE: Reiki I and II can be taken consecutively). Ready to continue the journey into becoming an Usui Reiki practitioner? In Reiki II, you'll learn the first three symbols, as well as the mantras, the energy associated with them, and ways to invoke them. Also discover how to send Reiki energy through time and space. Each participant will receive their second attunement and will have the opportunity to practice a full Reiki session during the class. **PRE-REQUISITE:** Usui Reiki I completion. **WEAR:** comfortable clothing **BRING:** water bottle.

NO CLASS 3/11.

ALT-800-RV4 **Deborah Gaines** **\$129**
3/4-3/25 **M 6:00 pm - 8:00 pm** **3 sessions**
RVC Student Center **Room 1222**

NEW! REIKI 3A

Are you ready to take your Reiki practice and self-care to the next level? During this class series, you will learn the master symbols for healing and attunements as well as learning how to do psychic surgeries and energetic clearings. Students will also have the opportunity to learn and practice creating crystal grids and a meditation that uses the Usui symbols for peace, manifesting and creating environments that are for the highest good of all those concerned. Each student will receive their master level attunement as well as have time to practice and receive a full Reiki session. Please wear comfortable clothing and bring a bottle of water. Prerequisites are: Usui Reiki I and II at least 3 months prior. If you have taken the previous classes with another instructor, please bring your certificates to show the level class you have taken.

ALT-800-RV5 **Deborah Gaines** **\$239**
4/22-5/6 **M 6:00 pm - 8:00 pm** **3 sessions**
RVC Student Center **Room 1222**

VIRTUAL WORKSHOPS

REGISTER AT ED2GO.COM/RVC2

— 2 OPTIONS TO CHOOSE FROM! —

INSTRUCTOR-LED COURSES & SELF-PACED TUTORIALS

HELPING ELDERLY PARENTS

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

WORK YOURSELF HAPPY

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

UNDERSTANDING ADOLESCENTS

(Virtual) Uncover the secrets of the adolescent mind. Gain valuable information on how adolescents feel, how their identities develop, and how you can best meet their needs.

GENEALOGY BASICS

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

ADDITIONAL TOPICS INCLUDE:

- Aging and Health Bundle
- Happy and Healthy Pregnancy
- Introduction to Natural Health and Healing
- Marriage & Relationships: Keys to Success
- Healthy Relationships



Find **Your** Zone

NEW! NEO-SHAMANIC BREATHWORK WORKSHOP

(Ages 18 - Adult) NEO-Shamanic Breathwork (NSB) is an experiential process that uses breathing, music and safe space to facilitate expanded states of awareness for self-exploration and healing. Neo-Shamanic Breathwork stands in and is deeply connected to the tradition of Holotropic Breathwork as well as Jungian and Neo-Jungian maps of the soul. NSB involves, accelerated breathing, evocative music, bodywork, mandala drawing and group sharing in a safe environment with a trained facilitator. This powerful technique allows participants to access a wide range of experiences for the purpose of personal and spiritual growth.

Experience the transformative power of Neo-Shamanic Breathwork.

- Connect with your inner wisdom and intuition
- Release physical and emotional blockages
- Access deeper states of relaxation and meditation
- Increase self-awareness and personal growth
- Experience sometimes profound healing and spiritual connections

BRING: a journal & blanket; **WEAR:** comfortable clothes

REQUIRED: email RVC-CCE@RockValleyCollege.edu prior to registration for important information of benefits/risks of this workshop. Additionally, a completed screening form will be required.

WARNING: This workshop involves loud music, and may provoke participants yelling, screaming, crying, or sobbing. Consult your healthcare provider before participating.

Do **NOT** participate if you have:

- Cardiovascular disease
- Heart attacks, high blood pressure, and angina
- Glaucoma or retinal detachment
- Recent injury or surgery
- Any condition that requires you to take medication
- Panic attacks or psychosis
- Seizures
- Severe mental illness
- Aneurysms (or family history)
- You are pregnant or are breastfeeding

ALT-800-RV6
2/10
RVC Student Center

Kathleen Cox
5 8:00 am - 6:00 pm

\$265
1 session
Room 1118



COMMUNICATION, LANGUAGE & CULTURE



BEGINNING SIGN LANGUAGE: PART 1

(Ages 13-Adult) If you've ever thought about learning sign language, now's your chance! Designed to help you develop a basic sign vocabulary. We'll work on expressive/receptive finger spelling and learn many useful signs. **PURCHASE:** Text at RVC Bookstore.

NO CLASS 3/13.

LAN-800-BLL	Lori Cazal	\$139
2/14-4/24	W 6:30 pm - 8:30 pm	10 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 002

BEGINNING SIGN LANGUAGE: PART 2

(Ages 13-Adult) DESIGNED AS A CONTINUATION OF BEGINNING SIGN LANGUAGE PART I. We will start with a review of the alphabet, numbers, and basic handshapes. The main focus of the class will be incorporating those basics and signed vocabulary to effectively communicate with others that have a hearing loss. We will also discuss Deaf Culture and the differences between American Sign Language and using signs in English word order. **PURCHASE (Optional):** Text at RVC Bookstore.

LAN-800-BLL2	Mary Beth Laubenstein	\$65
4/1-5/20	M 6:30 pm - 7:30 pm	8 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 001

CHINESE CULTURE

With 5,000 years of history, China has developed a very rich culture. Explore the real China in different aspects, such as: history; folklore and festivals; Chinese language characters, calligraphy and paintings; 24 solar terms and tourism; food and tea; traditional handcrafts; houses and gardens; Confucius and Lao Zi; the origin of Chinese tradition medicine and I Qing. **NO CLASS 3/12.**

LAN-800-RV	Min Wang	\$69
2/13-4/9	T 6:00-7:30 pm	8 Sessions
RVC Classroom Bldg. II		Room 229

DANCE

NEW! PARTNER DANCING

(No experience or partner required) You will learn basic steps, frames, turns, and spins that are sure to impress and build your confidence. You will be able to snag a partner for a dance in your kitchen, a wedding reception, or wherever you may be! We are excited to use partner dancing to help you connect and enjoy music through shared movement. Now, let's dance!

DNC-800-RV2 **Stephan Scicluna** **\$69**
4/2-4/23 **T 6:00 pm - 7:00 pm** **4 sessions**
RVC Physical Education Ctr. **Room 1216**

BEGINNER LINE DANCE AFTER DARK

Basics of Line dancing at Shooter's Bar and Grill: the only place with line dancing in the Rockford area. The basic steps and dances will be taught on the public dance floor in a vibrant bar atmosphere. Have fun learning, and then stay and enjoy dancing what you just learned with a live DJ.

DNC-800-DC **Suzy Theisen** **\$59**
2/21-3/27 **W 6:30 pm - 7:00 pm** **6 sessions**
Don Carter Lanes **4007 E State St, Rockford**

DNC-800-DC2 **Suzy Theisen** **\$59**
4/3-5/8 **W 6:30 pm - 7:00 pm** **6 sessions**
Don Carter Lanes **4007 E State St, Rockford**

BEGINNING BALLROOM DANCE

Introduction to basic terms and concepts incorporated in ballroom dance styles. Practice and demonstrate proper dance floor etiquette, basic (Bronze) moves in East Coast Swing, Rumba, Waltz, and Foxtrot. Our emphasis will be on building confidence and enjoyment of the dance. SUGGESTED: explore the Dance Vision website at DanceVision.com. **NO CLASS 3/14, 3/28.**

DNC-800-RV **Jeffrey Keho & Janet Hoffman** **\$149**
2/15-5/3 **Th 6:00 pm - 7:00 pm** **10 sessions**
RVC Physical Education Ctr. **Room 1216**



FINANCE & MATH

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

BABY BOOMER RETIREMENT SECRETS

Recent academic research indicates that a fundamental shift in retirement planning for the Baby Boomer Generation could be necessary. Due to global market instability and volatility the 6 basic rules of thumb for retirement may no longer apply. In this class you will learn strategies to maximize your Social Security income, how to legally avoid taxes on your Social Security and retirement plan income, why buy and hold may not be the best strategy for you and what you can do instead to improve your probability of success. This course is taught in two sessions-choose the night that best fits your schedule. **INCLUDES:** All course materials. **NOTE:** Register one person, bring a guest for **FREE!**

FIN-802-RV **Antonio Filippone** **\$75**
2/20-2/27 **T 6:30 pm - 8:30 pm** **2 sessions**
RVC Physical Education Ctr. **Room 0110**

FIN-802-RV2 **Antonio Filippone** **\$75**
2/21-2/28 **W 6:30 pm - 8:30 pm** **2 sessions**
RVC Physical Education Ctr. **Room 0110**



WOMEN & INVESTING

Today, it's more important for women to understand the markets. Laying a foundation for serious, long-term investing is key. During class, you will develop a personal strategy for investing, understand your risk for volatility, and learn about the basics of investing such as stocks, bonds, mutual funds and ETFs. We'll explore retirement and other financial goals and help you with becoming confident about your investing.

FIN-802-RV3 **Erna Colborn** **\$85**
3/26-4/16 **T 6:30 pm - 8:00 pm** **4 sessions**
RVC Physical Education Ctr. **Room 0200**

ESTATE PLANNING

It's important for even small estates to have a plan and simplify things for the loved ones you leave behind. We'll share all the financial and legal tools for estate planning (wills, trusts and more) and help you understand what happens in the courts and the expense involved when you allow your estate to go to probate. **NOTE:** Register one person, bring a guest for **FREE!**

FIN-802-RV4 **Erna Colborn & Danielle Burza-Smith** **\$85**
4/3-4/4 **W/Th 6:30 pm - 8:00 pm** **2 sessions**
RVC Physical Education Ctr. **Room 0200**

FIN-802-RV5 **Erna Colborn & Danielle Burza-Smith** **\$85**
5/1-5/2 **W/Th 6:30 pm - 8:00 pm** **2 sessions**
RVC Physical Education Ctr. **Room 0200**

HOW TO PICK STOCKS

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

NO CLASS 3/14.

FIN-802-RV6	Tom Hawkinson	\$95
2/15-3/21	Th 6:00 pm - 8:00 pm	5 sessions
RVC Physical Education Ctr.		Room 0202

NEW! MATH SKILLS WORKSHOPS

(Ages 11-High School) Reinforces main concepts from 8th grade mathematics. 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.

WORKSHOP 1: FRACTIONS & PROPORTIONS

• Analyzing proportional relationships and solving real-world/mathematical problems • Extending understanding of fractions to add, subtract, multiply, and divide rational numbers. **NO CLASS 2/24.**

EDV-800-RV8	Bilal Khairi	\$79
2/10-3/2	S 10:00 am - 12:00 pm	3 sessions
RVC Jacobs Ctr. for Science & Math		Room 0216

WORKSHOP 2: OPERATIONS & EXPRESSIONS

• Utilizing properties of operations to generate equivalent expressions • Using numerical and algebraic expressions and equations. **NO CLASS 3/16, 3/30.**

EDV-800-RV9	Bilal Khairi	\$79
3/9-4/6	S 10:00 am - 12:00 pm	3 sessions
RVC Jacobs Ctr. for Science & Math		Room 0216

WORKSHOP 3: GEOMETRY

• Drawing, constructing, and describing geometrical figures and relationships between them • Exploring applications in angle measure, area, surface area, and volume.

EDV-800-RV10	Bilal Khairi	\$79
4/13-4/27	S 10:00 am - 12:00 pm	3 sessions
RVC Jacobs Ctr. for Science & Math		Room 0216

WORKSHOP 4: STATS & PROBABILITY

• Employing random sampling to draw inferences about a population • Investigating chance processes and developing, using, and evaluating statistics and probability models.

EDV-800-RV11	Bilal Khairi	\$79
5/4-5/18	S 10:00 am - 12:00 pm	3 sessions
RVC Jacobs Ctr. for Science & Math		Room 0216

VIRTUAL WORKSHOPS

REGISTER AT [ED2GO.COM/RVC2](https://ed2go.com/rvc2)

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

KEYS TO SUCCESSFUL MONEY MANAGEMENT

(Virtual) Certified financial planner shows you how most wealthy people build their fortunes.

WHERE DOES ALL MY MONEY GO?

(Virtual) Get control of your money once and for all.

FINANCIAL PLANNING SUITE

(Virtual) Determine the best way to achieve your financial goals, protect your assets, and take control of your money once and for all with this online course.

PERSONAL FINANCE

(Virtual) Protect your assets and discover how best to achieve all your financial goals.

REAL ESTATE SUITE

(Virtual) Understand what it takes to build wealth, how to invest in real estate, and legalities surrounding real estate.

REAL ESTATE INVESTING

(Virtual) Build and protect your wealth by investing in real estate.

INTRODUCTION TO STOCK OPTIONS

(Virtual) How stock options can protect your portfolio and help you profit in any type of market.

STOCK TRADING SUITE

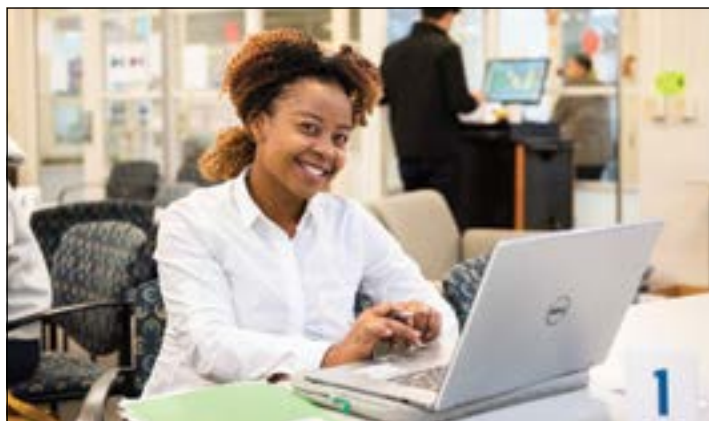
(Virtual) Make wise investment decisions and discover valuable techniques that show you step-by-step how to research and value stocks.

STOCKS, BONDS, AND INVESTING: OH, MY!

(Virtual) Make wise investment decisions so that you have enough money to live comfortably through your retirement.

THE ANALYSIS AND VALUATION OF STOCKS

(Virtual) Step-by-step how to research and value stocks.



FITNESS

TAI CHI & MORE WITH SUE MICHAELSEN

Classes meet in Bell School Rd. Ctr.
3350 Bell School Rd., Room 013.

TAI CHI FOR BEGINNERS

Relax Stress and Tension. Improve Memory & Balance. Warm up with Therapeutic Chi Kung, breathing, hand positions, stances, slow movements, 5 Elements and Short Yang Tai Chi Forms. Attend any 3 classes weekly. Handouts and links provided.

NO CLASS 3/11, 3/14, 3/16, 3/25, 3/28, 3/30.

FIT-812-BEG	Sue Michaelsen	\$79
2/12-4/29	M 10:40 am - 11:40 am	10 sessions
2/15-5/2	TH 6:40 pm - 7:40 pm	10 sessions
2/17-5/4	S 10:20 a.m - 11:20 am	10 sessions

TAI CHI PREP FOR FORMS

Warm up with Therapeutic Chi Kung. Introduction to Tai Chi Forms: Chen, Yang, Fan and Sword Handouts and links provided. PRE-REQUISITE: Tai Chi for Beginners or Instructor approval.

NO CLASS 3/14, 3/28.

FIT-812-PREP	Sue Michaelsen	\$49
2/15-5/2	TH 4:20 pm - 5:20 pm	10 sessions

TAI CHI FORMS & SKILLS

Warm up with Therapeutic Chi Kung. Tai Chi Forms: Chen, Yang, Sun, Fan and Sword Pre-requisite: Tai Chi for Beginners 1, 2 or Instructor approval. Attend any 3 classes weekly. Handouts and links provided.

NO CLASS 3/11, 3/14, 3/16, 3/25, 3/28, 3/30.

FIT-812-FORMS	Sue Michaelsen	\$79
2/12-4/29	M 9:30 am - 10:30 am	10 sessions
2/15-5/2	TH 5:30 pm - 6:30 pm	10 sessions
2/17-5/4	S 9:00 am - 10:00 am	10 sessions

CHI KUNG FOR ALL LEVELS

Sit or stand to use relaxing, slow stretching and breathing to improve your balance, comfort, coordination, mental calm and encourage your best health and fitness. Attend any 2 classes weekly Handouts and links provided. **NO CLASS 3/11, 3/16, 3/25, 3/30.**

FIT-812-CHI	Sue Michaelsen	\$49
2/12-4/29	M 11:50 am - 12:50 pm	10 sessions
2/17-5/4	S 11:30 am - 12:30 pm	10 sessions

FIT CLASSES WITH SUZY THEISEN

Classes meet at Fitness Works,
3619 Morsay Dr., Rockford.



DANCE FITNESS

Come join the Dance Party! Dance Fitness fusion with styles including Latin, ballroom, line dance, Hip hop, and more. So much fun, you will forget it's a workout! Set to modern and retro music mix, all fitness levels welcome, no dance experience required. **NO CLASS 3/11.**

FIT-800-FW	Suzy Theisen	\$59
2/12-3/25	M 6:00 pm - 6:50 pm	6 sessions

FIT-800-FW2	Suzy Theisen	\$59
4/1-5/6	M 6:00 pm - 6:50 pm	6 sessions

FIT-800-FW3	Suzy Theisen	\$59
2/17-3/23	S 10:00 am - 10:50 am	6 sessions

FIT-800-FW4	Suzy Theisen	\$59
4/6-5/11	S 10:00 am - 10:50 am	6 sessions



Find **Your** Style

FOODIES

NEW! PLANT BASED COOKING WITH CHEF T

(Ages 18+) Workshops are focused on the benefits of plant based cooking. All are welcome: knowledge and skills can be applied to your food preference and lifestyle.) Chef T, humbly raised & born in Rockford IL is now back in his hometown ready to share his knowledge. His interactive and entertaining approach will cover secrets of:

- Myths & Truths
- Seasoning & Prep
- Don't Jack Up Your Experience!
- Cutting & Utensil Skills
- Sanitize What??

This is a limited hands-on workshop.

HMC-803-BLL2 **Terrell Washington** **\$129**
2/18-2/26 **Su/M 7:00 pm - 8:00 pm** **4 sessions**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 002**

NEW! PHARMACY IN YOUR KITCHEN

An introduction to medical foods, FDA-monitored foods specially formulated to meet nutritional requirements of specific diseases. These include a variety of nutrients available without a prescription, as well as information you may discuss with your physician. You will learn to identify foods for treating chronic or recurrent disorders of:

- attention/cognition
- depression
- backache
- neuropathic pain
- metabolism
- type 2 diabetes
- osteoarthritis
- headache
- inflammation
- sleep
- coronary artery disease/stroke

HMC-803-CTC **Dr Cindy Stear** **\$49**
3/18 **M 6:30 pm - 8:00 pm** **1 session**
Connections Therapy Center **1047 Cannell Ct, Rockton**

CAKE & DESSERT DECORATING

DECORATING BASICS & MORE

Have you ever wanted to make professional looking cakes, cupcakes, and other treats for everyday or special occasions?

Have you ever seen what you'd like to be doing on TV or social media but just can't duplicate it? Discover many baking hints and how to decorate simple yet elegant looking borders, decorations and flowers in just a few short weeks. You will be bringing in baked goods from home and decorating them in class. You'll be wowling your friends and family in no time! **FIRST CLASS:** How to make decorating icing, tips on baking cakes, how to layer (torte), fill, and ice a cake, as well as going over the supplies needed and their many uses. **SUPPLIES:** A supply list will be given at 1st class; (items such as icing bags, tips, couplers etc.). Cost of supplies vary (starting around \$75). **NO CLASS 3/13.**

HMC-803-BLL **Debbie Hoffman** **\$109**
2/21-4/3 **W 6:00 pm - 8:30 pm** **6 sessions**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 001**

NEW! FONDANT WORKSHOPS WITH KATHERINE MOE

Fondant is an edible icing with a pliable texture that can be rolled, shaped and sculpted. These specialized workshops will give you the skills needed to take your decorating to the next level!

MODELING 3D FIGURES

Learn how to use this medium to sculpt a variety of 3-D figures perfect for decorating a variety of desserts!

HMC-803-BLL3 **Katherine Moe** **\$65**
2/20-2/27 **T 6:00 pm - 8:30 pm** **2 sessions**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 001**

FLOWERS

Learn how to use this medium to sculpt beautiful flowers to decorate and adorn cakes!

HMC-803-BLL4 **Katherine Moe** **\$65**
3/19-3/26 **T 6:00 p.m - 8:30 pm** **2 sessions**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 001**

VIRTUAL WORKSHOPS

REGISTER AT ED2GO.COM/RVC2

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

LOSE WEIGHT & KEEP IT OFF

(Virtual) Establish a healthy approach to successful weight loss and weight maintenance for a lifetime.

LUSCIOUS, LOW-FAT, LIGHTNING-QUICK MEALS

(Virtual) Join a registered dietitian and discover how easy it can be to prepare meals that are both delicious and nutritious!

SECRETS OF THE CATERER

(Virtual) Cooking and business secrets from a professional caterer!

START YOUR OWN EDIBLE GARDEN

(Virtual) Grow delicious, nutritious fruit and vegetables in your yard.

GROWING PLANTS FOR FUN AND PROFIT

(Virtual) Prosper in the backyard nursery business.

MUSIC

COMMUNITY MUSIC GROUPS

Miss your music, band, choir school days? Tired of practicing solo and want to join a group of fellow musicians? Try one of our Community Music Groups and Reignite your skills! Choose from Orchestra, Band, Master Chorale, and Old Towne Band. Scholarships are available for all ages. Email RVC-CCE@RockValleyCollege.edu

OLD TOWNE BAND

(Ages 16-adult) We specialize in performing early 1900s music including circus marches, ragtime, Dixieland, vaudeville, overtures, novelties, etc. The band presents a formal concert each semester and performs at occasional community events. **NOTE:** New members should call or text the instructor at 815-520-7963. Scholarships are available for all ages. **PREREQUISITE:** Ability to play a band instrument.

MUS-800-KCDS **Mark Rose** **\$89**
2/26-4/29 **M 7:00 pm - 9:00 pm** **10 sessions**
Keith Country Day School **1 Jacoby Pl, Rockford**

COMMUNITY ORCHESTRA

The RVC Community Orchestra is open to players of intermediate and above skill. Music studied will include a variety of periods and styles, from classical symphonies through Broadway and the movies, with one concert performance per semester. String players on all orchestral instruments are welcome; winds and percussion players should inquire with the director for openings. Email blamm@gmail.com or call/text 708-831-0417. **BRING:** Your instrument to the first class. **NO CLASS 3/11, 4/29.**

MUS-800-RV **Brandon Lamm** **\$89**
1/29-5/20 **M 7:00 pm - 9:15 pm** **15 sessions**
RVC Educational Resource Ctr. **Room 0214**

ROCK VALLEY COLLEGE CONCERT BAND

Continue your instrumental development through performing a variety of musical styles in the concert band setting. New members contact the director Jeremiah Kramper j.kramper@rockvalleycollege.edu **PREREQUISITE:** Ability to play a band instrument.

NO CLASS 3/14, 3/28.

MUS-800-RV2 **Jeremiah Kramper** **\$89**
1/18-5/9 **Th 6:45 pm - 9:00 pm** **15 sessions**
RVC Educational Resource Ctr. **Room 0214**

COMMUNITY JAZZ ENSEMBLE

(HS - Adult) Open to jazz band instrumentalists who enjoy a wide variety of jazz styles. Music performed will be jazz band instrumentation; an opportunity for local musicians to build and practice musical skills within the performing jazz ensemble context. **NEW MEMBERS:** Contact instructor after registration, prior to first rehearsal at t.stein@rockvalleycollege.edu **PRE-REQUISITE:** Previous jazz band experience. **NO CLASS 2/14, 3/13.**

MUS-800-RV3 **Thomas Stein** **\$89**
1/17-4/3 **W 7:00 pm - 8:30 pm** **10 sessions**
RVC Educational Resource Ctr. **Room 0214**

ROCK VALLEY MASTER CHORALE

The Rock Valley Master Chorale is a choir of dedicated singers who enjoy learning concert repertoire that is both challenging and enriching. We bring music of the highest level to the community through public concerts, and share our talents in presenting outreach performance that serve the wider community. If you are looking to rekindle a choral experience that will recapture the joy and the excellence of a wonderful high school or college choir, we welcome you to join us soon. **PREREQUISITE:** Successful audition with the director and accompanist. For more information call (815) 978-8169 or email WahlquistJ2@gmail.com.

MUS-800-RV4 **John Wahlquist** **\$89**
1/23-4/30 **T 7:00 pm - 9:00 pm** **15 sessions**
Our Savior's Lutheran Church **3300 Rural St., Rockford**



VIRTUAL WORKSHOPS WITH CRAIG COFFMAN

INCLUDES: online book, online follow up lessons, a recording of the class and also an optional periodic question/answer session.

INSTANT PIANO

(Zoom) (HS-Adult) In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes.

INCLUDES: online book, online follow up lessons, a recording of the class and also an optional periodic question/answer session.

MUS-800-OL **Craig Coffman** **\$109**
3/11 **M 6:30 pm - 9:00 pm** **1 session**

INSTANT GUITAR

(Zoom) (Ages 13-Adult) In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. **INCLUDES:** online book, online follow up lessons, a recording of the class and also an optional periodic question/answer session.

MUS-800-OL2 **Craig Coffman** **\$109**
3/12 **T 6:30 pm - 9:00 pm** **1 session**

PIANO CLASSES HOSTED BY THE MUSIC ACADEMY IN ROCKFORD

The Music Academy in Rockford is a not-for-profit community school of music that provides students opportunities to grow through music, inspiring them to pursue a life of excellence, accomplishment and fulfillment. The Music Academy is committed to helping all people realize their musical potential.

MUST HAVE: Piano or keyboard with standard size keys is needed for home assignments.

TEXTBOOKS: Available for purchase at first class (check only).

All classes are in RVC Classroom Bldg. II, Room G22.

NEW! BEGINNING PIANO - ADULTS

No Experience - beginning from Scratch! **NO CLASS 3/11.**

MUS-800-RV8	Lillian Gonzalez	\$119
2/12-5/20	M 12:00 pm - 12:45 pm	14 sessions

NEW! CONTINUING PIANO - ADULTS

NOT for Beginners; Designed for pianist with 1-2 years of experience. Focus on note reading, ensemble work & independent learning. **NO CLASS 3/11.**

MUS-800-RV9	Lillian Gonzalez	\$149
2/12-5/20	M 1:00 pm - 2:00 pm	14 sessions

MUS-800-RV10	Lillian Gonzalez	\$149
2/12-5/20	M 5:00 pm - 6:00 pm	14 sessions

PRIVATE LESSONS AVAILABLE

Piano, Violin, Viola, Cello, Bass, Guitar, Flute, Saxophone, Clarinet, and Voice.)
For more information call the Music Academy in Rockford at (815) 986-0037.

NEW! BEGINNING GUITAR PART 1

(Ages 12-Adult) Fundamentals of guitar: how a guitar works, string a guitar, and develop proper finger mechanics. Basic chords & certain scales will be taught, giving you a nice set of tools to craft with.

BRING: Acoustic guitar.

MUS-800-RV5	Ryan Saelens	\$159
2/12-3/1	M/W/F 5:00 pm - 7:00 pm	9 sessions
RVC Student Center		Room 1118

NEW! BEGINNING GUITAR PART 2

(Ages 12-Adult) A continuation of Part 1. **NEW STUDENTS WELCOME.**

BRING: Acoustic guitar. **NO CLASS 3/6, 3/11, 3/13, 3/15, 3/29.**

MUS-800-RV6	Ryan Saelens	\$175
3/4-4/5	M/W/F 5:00 pm - 7:00 pm	11 sessions
RVC Student Center		Room 1118

NEW! THE JOYS OF MUSIC

Discussion of the music you love. Led by a musician who loves the very idea of music and experienced in many genres. As a group, we'll launch into lively conversation about the music we love, the melody and rhythm, and other musical elements. Let's find out what's inside your favorite MUSIC. Music binds people together, so let's gather to connect, expand, and revel in THE JOY OF MUSIC. **NO CLASS 3/11.**

MUS-800-RV7	Don Malone	\$59
2/12-3/25	M 5:30 pm - 6:30 pm	6 sessions
RVC Classroom Bldg. II		Room 121

PETS

COMPASSIONATE PET GROOMING AT HOME

Dogs stay home. Instructor will demo on a live dog, how to correctly use tools and gently encourage cooperation for: combing, trimming hair, nails, bathing, conditioning, drying and finishing into a simple style.

ANI-803-BLL	Sue Michaelsen	\$39
4/20	S 2:00 pm - 4:00 pm	1 session
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 007



Find **Your** Friend

SEWING

Sewing classes meet in RVC Classroom Bldg. II, Room 124 unless noted.

SEWING I: WHAT TO KNOW BEFORE YOU BEGIN

(Ages 12-Adult) A GENTLE START FOR THOSE THAT ARE NEW TO SEWING, OR NEED A REFRESHER. Get to know your sewing machine, thread, make a bobbin, sew a straight line and zigzag. Understand how to read and select a pattern for correct sizing & skill level, necessary supplies to sew, and much more to prepare you for the next level! BRING: your sewing machine & manual, fabric (scraps, top sheets, old shirts, pants, etc.).

CAH-806-RV **Deb Funck** **\$69**
2/10-2/24 **S 12:00 pm - 3:00 pm** **3 sessions**



SEWING II: QUILTING

(Ages 12-Adult) RECOMMENDED FOR THOSE THAT WANT BEGINNING SEWING SKILLS OR SIMPLY QUILT! REPEAT STUDENTS WELCOME (new projects each time!) Quilting refers to stitching together 3 layers of fabric like a sandwich to create a decorative quilt blanket or other items. This is not your ordinary quilting class: we will be upcycling clothing, top sheets, or scrap fabric. We'll save the environment, build your confidence, and keep your sewing machine from another layer of dust! BRING: Sewing machine or sew by hand, seam ripper, quality scissors or rotary cutter with mat, quilting straight pins or quilting safety pins, thread with bobbins, and batting. (Prefer Warm & Natural batting in baby/throw/twin size). Don't forget your fabric (scraps, recycle items, top sheets, jeans, joggers, etc)! **TAKE HOME:** Your project to work on in between classes. Complete as many projects as you like. **NO CLASS 3/16, 3/30.**

CAH-806-RV2 **Deb Funck** **\$89**
3/2-4/6 **S 12:00 pm - 3:00 pm** **4 sessions**

SEWING III: GARMENTS

(Ages 8-Adult) FOR THOSE READY TO SEW CLOTHING; REPEAT STUDENTS WELCOME (new projects each time!) We'll sew simple garments, read and follow a pattern guide hem, put in zippers, sleeves and much more. **FIRST CLASS:** We will travel to local fabric store to purchase supplies. BRING: Your sewing machine. **TAKE HOME:** your handmade garment! **NO CLASS 3/16, 3/30.**

CAH-806-BLL **Mary Foreman** **\$179**
2/17-5/4 **S 9:00 a.m - 11:30 am** **10 sessions**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 004**

CAH-806-BLL2 **Mary Foreman** **\$179**
2/13-4/23 **T 6:00 pm - 8:30 pm** **10 sessions**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 004**

NEW! SPECIALIZED PROJECTS

TEDDY BEAR

(Intermediate+ Level: Fast Paced!)(Ages 12-Adult) **BRING:** Quality Scissors / 1-1/2 yards of fabric (cotton, flannel, fleece, or faux fur) can use difference colors to make a multi colored bear / 1-set animal eyes 18mm (can use buttons, fabric, or embroider) / Small piece of felt for nose (can also use any fabric or embroider) / Bag of stuffing material / Thread. **OPTIONS:** Bring Sewing Machine or hand-stitch.

CAH-806-RV3 **Deb Funck** **\$59**
4/13 **S 12:00 pm - 3:00 pm** **1 session**

JELLY ROLL RUG

(Beginner+)(Ages 12-Adult) **BRING:** Quality scissors / 1-jelly roll bundle (2.5" x 44" strips must equal 50yds) / 1-Cotton Batting Roll (2.5" x 50" yards) / 1200 yds thread /Size 12-16 Jeans sewing needle. **OPTIONS:** Bring Sewing Machine or hand-stitch.

CAH-806-RV4 **Deb Funck** **\$59**
4/20 **S 12:00 pm - 3:00 pm** **1 session**

WOVEN JELLY ROLL RUG

Create your own unique woven jelly roll rug you will need a jelly roll, 1 yard 42" wide fabric, low loft batting 20"x30", non-slip drawer liner 20"x30"(optional), sewing machine, quality fabric scissors or rotary cutter with mat, and thread.

CAH-806-RV5 **Deb Funck** **\$59**
4/27 **S 12:00 pm - 3:00 pm** **1 session**

REUSABLE UNPAPER TOWEL

Save the environment and create your own reusable unpaper towels that will fit on your paper towel holder. You will need; 2 yards of cotton terry cloth fabric, 2 yards of cotton flannel, rotary cutter with matt or quality fabric scissors, Ruler 18-36". *Fastener your choice (Velcro, hook & loop, small button, snaps plastic preferred) sewing machine, thread, sewing needle. This can also be made using scrap flannel and old bath towels. Instead of attaching each unpaper towel for a paper towel holder. You can fold each unpaper towel and place in a decorative basket.

CAH-806-RV6 **Deb Funck** **\$59**
5/4 **S 12:00 pm - 3:00 pm** **1 session**

SCRAP PLACEMATS

Using your scrap fabric or even old baby bibs and create your own one of a kind placemats. You will need scrap fabric , Low loft Batting (enough to make 4 14"x20" rectangles), quality fabric scissors or rotary cutter with mat, thread, sewing machine.

CAH-806-RV7 **Deb Funck** **\$59**
5/11 **S 12:00 pm - 3:00 pm** **1 session**

REUSABLE SHOPPING BAG

Save the environment by making your own reusable shopping bags. You can make bags specifically for produce, everyday groceries, meat, etc. The bags are washable which allows you to prevent cross contamination of food born bacteria. You will need a paper grocery bag, 3 yards of fabric (cotton, cotton/polyester blend, canvas, or flannel backed *vinyl), 18-36" ruler, quality fabric scissors or rotary cutter with mat, thread, sewing machine. *If you purchase flannel backed vinyl bring painters tape.

CAH-806-RV8 **Deb Funck** **\$59**
5/18 **S 12:00 pm - 3:00 pm** **1 session**

NEW! STEM FOR GROWNUPS

LET'S WIRE THAT UP! STEM with Laura Constant

(Ages 16-Adult). Fun STEM projects are not just for kids! In these workshops, YOU get the chance to build and wire circuits for simple motors, lights, and more! Classes meet at RVC Jacobs Ctr for Science & Math, Room 1100

ROBOTIC VEHICLE

Step by step class. **INCLUDED:** All supplies. **TAKE HOME:** Your vehicle.

EDV-800-RV4	Laura Constant	\$69
4/9	T 6:30 pm - 8:00 pm	1 session

LED PAPER CIRCUITS

Step by step class; Great for personalized greeting cards. **INCLUDED:** All supplies. **TAKE HOME:** Your circuits.

EDV-800-RV5	Laura Constant	\$69
4/16	T 6:30 pm - 8:00 pm	1 session

BUBBLE LAMPS

Step by step class. **INCLUDED:** All supplies. **TAKE HOME:** Your bubble lamp.

EDV-800-RV6	Laura Constant	\$69
4/23	T 6:30 pm - 8:00 pm	1 session

FLYING DRONE

Step by step class. **INCLUDED:** All supplies. **TAKE HOME:** Your drone.

EDV-800-RV7	Laura Constant	\$69
4/30	T 6:30 pm - 8:00 pm	1 session

TRAVEL

VIRTUAL WORKSHOPS TRAVEL WITH GINA HENRY

All workshops include a 100-page digital book specific to each class (\$39.95 value). **IMPORTANT:** After registering, email ginatravel@me.com with name, phone number and email address to receive digital book and Zoom link

HOW TO TRAVEL FREE

(Zoom) Learn how to benefit from travel discounts to motivate you to travel in 2024. If you are near retirement, changing careers, a student, or someone who likes making additional income, this class is for you. Prepare for the new "travel normal" including important tips on safety, trip insurance, what to do if you become sick, and more. Earn free airline tickets, hotel nights, and tours! Volunteering, fun work vacations, paid travel, teaching English, mystery shopping, importing/drop shipping, and remote employment opportunities.

TRV-800-OL	Gina Henry	\$75
2/3	S 11:00 am - 2:00 pm	1 session

GET PAID TO TEACH ENGLISH

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

TRV-800-OL2	Gina Henry	\$75
2/10	S 11:00 am - 2:00 pm	1 session

THE SECRETS OF TRAVEL HACKING

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

TRV-800-OL3	Gina Henry	\$75
2/17	S 11:00 am - 2:00 pm	1 session

WORK REMOTELY & BECOME A NOMAD

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

TRV-800-OL4	Gina Henry	\$75
3/30	S 11:00 am - 2:00 pm	1 session

GET PAID TO BE A TOUR GUIDE

(Zoom) Many well-paying professional jobs are now available, both domestically and internationally! We are getting back to our travels and many Americans are motivated to travel all across the USA and worldwide. If you love to travel, earn income as a tour director. Learn the secrets of this opportunity from Gina Henry, founder of Go Global, Inc. She leads tours worldwide for major tour companies, and is International Tour Management Institute (ITMI) certified. Join us to discover if this is the right opportunity for you!

TRV-800-OL5	Gina Henry	\$75
4/6	S 11:00 am - 2:00 pm	1 session

MYSTERY SHOPPING

(Zoom) Do you like to shop? You can get paid to shop at almost every local store in your area, plus there are many online shopping assignments you can do from home. Learn how to avoid scam companies and work for the best mystery shopping companies that pay the most. We review actual mystery shopping assignments so you know exactly what to do, including the paperwork.

TRV-800-OL6	Gina Henry	\$75
4/13	S 11:00 am - 2:00 pm	1 session

HOSTED BY ADVENTURE SAFARI NETWORK

INCLUDES: \$100 Voucher toward any 2024-2025 trip.

ALASKA PREVIEW

Trip dates: June 2024, plus other options Truly the Last American Frontier, Alaska has some of the most stunning scenery and wildlife in the world. This is absolutely the BEST of Alaska. Whales, glaciers, grizzlies, Denali, the Alaska Railroad and flightseeing through the stunning Alaskan Range! Come to hear all about it.

TRV-800-RV	Register by February 14	\$25
2/21	W 6:00 pm - 7:00 pm	1 Session
RVC Jacobs Ctr. for Science & Math		Room 0216

SOUTH AFRICA PREVIEW

Multiple 2024 departures - 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. Optional add-on trip to Victoria Falls.

TRV-800-RV2	Register by February 21	\$25
2/28	W 6:00 pm - 7:00 pm	1 Session
RVC Jacobs Ctr. for Science & Math		Room 0216

WRITING

VIRTUAL WORKSHOPS WRITING

Register at ed2go.com/rvc2

Many more topics and discounts available! Bundle topics in our value suite classes to save money!

— 2 options to choose from! —

Instructor-Led Courses & Self-Paced Tutorials

**Writeriffic:
Creativity Training for Writers**

Grammar Refresher II

Effective Business Writing

Introduction to Screenwriting

Travel Writing

Beginner's Guide to Getting Published

**How to Make Money From
Your Writing**

Writing Young Adult Fiction

Write Your Life Story

Writing for Children

Writing the Fantasy Novel

Mystery Writing

Romance Writing

YOGA

NOTE:
Do not
start Yoga if
you are
pregnant

NEW! YOGA: HOW TO START

For those newer to yoga or those wanting a basic class, we will introduce simple yoga poses, while teaching you breathing techniques and helping you feel more comfortable in your yoga practice. Move at your own pace. **BRING:** A yoga mat, a yoga strap, water.

NO CLASS 3/14, 3/15, 3/28, 3/29.

YOG-800-RV4	Raeann Austin	\$135
2/15-5/16	TH 4:30 pm - 5:30 pm	12 sessions
RVC Physical Education Ctr.		Room 1216

YOG-800-RV3	Raeann Austin	\$135
2/16-5/17	F 9:30 am - 10:30 am	12 sessions
RVC Physical Education Ctr.		Room 1216

NEW! YOGA: ALL LEVEL CLASSES

Open to all experience levels. You are encouraged to practice at your own pace. **BRING:** Yoga mat, yoga strap, a water. **No class 3/11, 3/13**

YOG-800-BLL	Stephanie Tubutis	\$75
2/12-3/25	M 5:45 pm - 6:45 pm	6 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 013

YOG-800-BLL2	Stephanie Tubutis	\$75
4/8-5/13	M 5:45 pm - 6:45 pm	6 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 013

YOG-800-RV2	Raeann Austin	\$145
2/14-5/15	W 5:30 pm - 6:30 pm	13 sessions
RVC Physical Education Ctr.		Room 1216

NEW! YOGA: HATHA TRADITION

(All Levels) We hold poses for several breaths to allow you to settle into each pose. You can expect an ever-changing practice along with the pranayama and meditation techniques, hand mudras, and plenty of encouragement! **BRING:** Yoga mat and water. **NO CLASS 3/11.**

YOG-800-RV5	Amanda Stivers	\$125
2/12-4/29	M 9:00 am - 10:00 am	11 sessions
RVC Physical Education Ctr.		Room 1216

ENGAGE. EXPLORE. CREATE. LEARN.



Whiz Kids provides youth and young adults with a variety of academic enrichment opportunities. Whiz Kids classes are designed to provide activities for youth, cleverly disguised as fun, where students learn by doing and supporting each other in the learning process. Kids are inspired to try new things, build independence, gain social skills, face challenges, learn the value of work, and build character.

Browse Courses and **Register Today** at

RockValleyCollege.edu



WHIZ KIDS

Rock Valley College



ART & CERAMICS

BEGINNER 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 3/16, 3/30.

ART-809-RV **Stacey McDonald** **\$290**
2/17-4/20 **S 9:00 am - 12:00 pm** **8 Sessions**
RVC Classroom Bldg. I **Room 0210**

INTERMEDIATE CERAMICS WHEEL

(Ages 12-Adult - Intermediate Skills Required) **PRE-REQUISITE:** Beginning Ceramics or Ability throw a bowl and a cylinder on the wheel and/or have an understanding of some hand building techniques. How to throw, trim and finish larger and more complex forms, including the addition of lids and spouts. We will focus on combining wheel and hand building techniques to create functional or sculptural forms. We will also go further into the decoration of our work through the creative texturing and layering of color and design elements. Includes plenty of self-study time with lots of opportunity to ask questions and experiment. **BRING:** your imagination and take your clay skills to the next level! **NO CLASS 3/16, 3/30.**

ART-809-RV2 **Stacey McDonald** **\$290**
2/17-4/20 **S 1:00 pm - 4:00 pm** **8 sessions**
RVC Classroom Bldg. I **Room 0210**

LITTLE ONES ART CLASS

(Ages 5-9) A 3 week class of drawing and painting! We will be creating 4 different art pieces during this class using acrylic and watercolor paints as well as drawing materials. **BRING:** a smock.

WIZ-801-RV2 **Kat Heitzman** **\$89**
2/12-2/26 **M 4:00 pm - 5:15 pm** **3 sessions**
RVC Classroom Bldg. II **Room G25**

WATERCOLOR: SPRING THEMES

(Ages 10-Adult) Enjoy a fun day painting spring theme watercolors. You will learn different painting techniques such as, wet-in-wet, glaze, dry brush, etc. In my unique watercolor class, you will learn both Eastern and Western watercolor techniques created on different Asian rice papers. You will also be able to learn the calligraphy for each of the subjects: peony, iris, camellia, plum blossoms, egrets with bamboo, small birds, frogs and dragon flies. There will be a brief discussion after each subject taught. **SUPPLIES:** Purchase \$30 supply kit from instructor at class. **NOTE:** ½ hour lunch break from 12:30pm-1:00pm.

ART-809-BLL4 **Stella Dobbins** **\$79**
4/27 **S 9:00 pm - 5:00 pm** **1 session**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 007**

ART NIGHTS FOR KIDS!

(Ages 10-14) Each art night your child will be creating a different type of art such as painting, drawing and multi media experiences! A great way to explore and find their niche. **BRING:** a smock.

WIZ-801-RV **Kat Heitzman** **\$89**
2/12-2/26 **M 5:30 pm - 7:30 pm** **3 sessions**
RVC Classroom Bldg. II **Room G25**

SPRING FLOWER WATERCOLOR POSTCARDS

(Ages 10-Adult) Create personal greeting cards with your own spring paintings and messages.. My Etegami class will focus on spring flowers. You will learn different watercolor techniques, such as wet-in-wet, glaze, dry brush, etc. to create your message picture cards. And, you will learn how to paint the following spring flowers: peony, iris, camellias, plum blossoms, orchids, daffodils pansies, and tulips. In my unique watercolor class, you will learn both Eastern and Western watercolor techniques created on different size watercolor postcards. After you paint your spring flowers your cards can include poems or haiku that you have written. **SUPPLIES:** Purchase \$30 supply kit from instructor at class. **NOTE:** ½ hour lunch break from 12:30pm-1:00pm.

ART-809-BLL5 **Stella Dobbins** **\$79**
5/4 **S 9:00 am - 5:00 pm** **1 session**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 007**

NEW! WOODBURNING WITH HEATHER PERSAUD

Classes meet at RVC Woodward Technology Ctr, Room 0234 • 1 session • \$89 per person

(Ages 14-Adult) Provides a beginners level introduction to the art of Pyrography (Woodburning). You will walk away with a general understanding of this craft, a sample/practice project, and multiple completed projects. **CHOOSE FROM:** a variety of projects based on your comfort, interest & skill level. **ALL SUPPLIES:** Included. **BRING:** beverage & snacks. **TAKE HOME:** your projects.

WOODBURNING
ART-809-RV14 **2/17** **S 10:00 am - 1:00 pm**

WOODBURNING
ART-809-RV15 **3/23** **S 10:00 am - 1:00 pm**

WOODBURNING
ART-809-RV16 **4/11** **Th 6:00 pm - 9:00 pm**

WOODBURNING
ART-809-RV17 **5/16** **Th 6:00 pm - 9:00 pm**

BOATING

NEW! BOATING EDUCATION REQUIREMENT COURSE

(Ages 12-Adult) SATISFIES THE REQUIREMENT FOR A BOATING EDUCATION COURSE TO LEGALLY OPERATE A MOTORBOAT. And, it satisfies the requirements of most other states. Completion of this Course will also normally qualify you for a substantial discount on your boating insurance. Developed by the United States Power Squadrons (America's Boating Club). This nationally recognized public boating course includes in-depth instruction on the safe and legal operation of a boat, including boat handling, federal and state regulations, trailering, adverse conditions and emergencies, knot tying, water sports, and much more. Exam on regulations offered, followed by a bonus class on the introduction to boating navigation offered for free. Taught by experienced and certified boating instructors. **SUPPLIES:** \$58 payable to instructor at first class. **DISCOUNT:** first 10 people who sign up will receive a \$10 discount on the supply fee.

EDV-800-RV3	Rockford Power Squadron	\$65
3/18-5/13	M 7:00 pm - 9:00 pm	9 sessions
RVC Physical Education Ctr.		Room 0200



COOKING & SEWING

NEW! PLANT BASED COOKING WITH CHEF T

(Ages 6-14) Workshops are focused on the benefits of plant based cooking. All are welcome: knowledge and skills can be applied to your food preference and lifestyle.) Chef T, humbly raised & born in Rockford IL is now back in his hometown ready to share his knowledge. His interactive and entertaining approach will cover secrets of:

- Myths & Truths
- Seasoning & Prep
- Don't Jack Up Your Experience!
- Cutting & Utensil Skills
- Sanitize What??

This is a limited hands-on workshop.

WIZ-819-BLL	Terrell Washington	\$129
2/18-2/26	Su/M 5:00 pm - 6:15 pm	4 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 002

SEWING II: QUILTING

(Ages 12-Adult) RECOMMENDED FOR THOSE THAT WANT BEGINNING SEWING SKILLS OR SIMPLY QUILT! REPEAT STUDENTS WELCOME (new projects each time!) Quilting refers to stitching together 3 layers of fabric like a sandwich to create a decorative quilt blanket or other items. This is not your ordinary quilting class: we will be upcycling clothing, top sheets, or scrap fabric. We'll save the environment, build your confidence, and keep your sewing machine from another layer of dust! BRING: Sewing machine or sew by hand, seam ripper, quality scissors or rotary cutter with mat, quilting straight pins or quilting safety pins, thread with bobbins, and batting. (Prefer Warm & Natural batting in baby/throw/twin size). Don't forget your fabric (scraps, recycle items, top sheets, jeans, joggers, etc)! **TAKE HOME:** Your project to work on in between classes. Complete as many projects as you like. **NO CLASS 3/16, 3/30.**

CAH-806-RV2	Deb Funck	\$89
3/2-4/6	S 12:00 pm - 3:00 pm	4 sessions

SEWING III: GARMENTS

(Ages 8-Adult) FOR THOSE READY TO SEW CLOTHING; REPEAT STUDENTS WELCOME (new projects each time!) We'll sew simple garments, read and follow a pattern guide hem, put in zippers, sleeves and much more. **FIRST CLASS:** We will travel to local fabric store to purchase supplies. BRING: Your sewing machine. **TAKE HOME:** your handmade garment! **NO CLASS 3/16, 3/30.**

CAH-806-BLL	Mary Foreman	\$179
2/17-5/4	S 9:00 a.m - 11:30 am	10 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 004

CAH-806-BLL2	Mary Foreman	\$179
2/13-4/23	T 6:00 pm - 8:30 pm	10 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 004

Sewing classes meet in
RVC Classroom Bldg. II, Room 124 unless noted.

SEWING I: WHAT TO KNOW BEFORE YOU BEGIN

(Ages 12-Adult) A GENTLE START FOR THOSE THAT ARE NEW TO SEWING, OR NEED A REFRESHER. Get to know your sewing machine, thread, make a bobbin, sew a straight line and zigzag. Understand how to read and select a pattern for correct sizing & skill level, necessary supplies to sew, and much more to prepare you for the next level! BRING: your sewing machine & manual, fabric (scraps, top sheets, old shirts, pants, etc.).

CAH-806-RV	Deb Funck	\$69
2/10-2/24	S 12:00 pm - 3:00 pm	3 sessions

NEW! PIANO CLASSES HOSTED BY THE MUSIC ACADEMY IN ROCKFORD

The Music Academy in Rockford is a not-for-profit community school of music that provides students opportunities to grow through music, inspiring them to pursue a life of excellence, accomplishment and fulfillment. The Music Academy is committed to helping all people realize their musical potential.

MUST HAVE: Piano or keyboard with standard size keys is needed for home assignments.

TEXTBOOKS: Available for purchase at first class (check only).

All classes are in RVC Classroom Bldg. II, Room G22.

PIANO I

Suzuki influenced class for our beginning students. **NO CLASS 3/11.**

PIANO I: AGES 5-7

WIZ-815-RV2	Lillian Gonzalez	\$109
2/12-5/20	M 3:30 pm - 4:05 pm	14 sessions
RVC Classroom Bldg. II		Room G22

PIANO I: AGES 8-12

WIZ-815-RV3	Lillian Gonzalez	\$109
2/12-5/20	M 4:15 pm - 4:50 pm	14 sessions

PIANO II: AGES 5-7

A continuation of what we have learned. **PRE-REQUISITE:** Piano I or instructor consent. **NO CLASS 3/11.**

WIZ-815-RV	Lillian Gonzalez	\$109
2/12-5/20	M 2:45 pm - 3:20 pm.	14 sessions
RVC Classroom Bldg. II	Room G22	

CONTINUING PIANO: AGES 7-13

NOT for Beginners. Designed for pianists with 1-2 years experience. Focus on note reading, ensemble work, and independent learning.

PRE-REQUISITE: Piano I or instructor consent. **NO CLASS 3/11.**

WIZ-815-RV4	Lillian Gonzalez	\$119
2/12-5/20	M 6:15 pm - 7:00 pm	14 sessions
RVC Classroom Bldg. II		Room G22

PRIVATE LESSONS AVAILABLE

Piano, Violin, Viola, Cello, Bass, Guitar,
Flute, Saxophone, Clarinet, and Voice.)

For more information call the Music
Academy in Rockford at (815) 986-0037.

SIGN LANGUAGE

BEGINNING SIGN LANGUAGE: PART 1

(Ages 13-Adult) If you've ever thought about learning sign language, now's your chance! Designed to help you develop a basic sign vocabulary. We'll work on expressive/receptive finger spelling and learn many useful signs. **PURCHASE:** Text at RVC Bookstore.

NO CLASS 3/13.

LAN-800-BLL	Lori Cazal	\$139
2/14-4/24	W 6:30 pm - 8:30 pm	10 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 002

BEGINNING SIGN LANGUAGE: PART 2

(Ages 13-Adult) DESIGNED AS A CONTINUATION OF BEGINNING SIGN LANGUAGE PART I. We will start with a review of the alphabet, numbers, and basic handshapes. The main focus of the class will be incorporating those basics and signed vocabulary to effectively communicate with others that have a hearing loss. We will also discuss Deaf Culture and the differences between American Sign Language and using signs in English word order. **PURCHASE (Optional):** Text at RVC Bookstore.

LAN-800-BLL2	Mary Beth Laubenstein	\$65
4/1-5/20	M 6:30 pm - 7:30 pm	8 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 001



Find **Your** Color

STEM SCIENCE, TECHNOLOGY, ENGINEERING & MATH

NEW! MATH SKILLS WORKSHOPS

(Ages 11-High School) Reinforces main concepts from 8th grade mathematics. 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.

WORKSHOP 1: FRACTIONS & PROPORTIONS

• Analyzing proportional relationships and solving real-world/mathematical problems • Extending understanding of fractions to add, subtract, multiply, and divide rational numbers. **NO CLASS 2/24.**

EDV-800-RV8 **Bilal Khairi** **\$79**
2/10-3/2 **S 10:00 am - 12:00 pm** **3 sessions**
RVC Jacobs Ctr. for Science & Math **Room 0216**

WORKSHOP 2: OPERATIONS & EXPRESSIONS

• Utilizing properties of operations to generate equivalent expressions • Using numerical and algebraic expressions and equations. **NO CLASS 3/16, 3/30.**

EDV-800-RV9 **Bilal Khairi** **\$79**
3/9-4/6 **S 10:00 am - 12:00 pm** **3 sessions**
RVC Jacobs Ctr. for Science & Math **Room 0216**

WORKSHOP 3: GEOMETRY

• Drawing, constructing, and describing geometrical figures and relationships between them • Exploring applications in angle measure, area, surface area, and volume.

EDV-800-RV10 **Bilal Khairi** **\$79**
4/13-4/27 **S 10:00 am - 12:00 pm** **3 sessions**
RVC Jacobs Ctr. for Science & Math **Room 0216**

WORKSHOP 4: STATS & PROBABILITY

• Employing random sampling to draw inferences about a population • Investigating chance processes and developing, using, and evaluating statistics and probability models.

EDV-800-RV11 **Bilal Khairi** **\$79**
5/4-5/18 **S 10:00 am - 12:00 pm** **3 sessions**
RVC Jacobs Ctr. for Science & Math **Room 0216**



NEW! SUPERHERO STEM

(Ages 8-14) Calling all budding superheroes! Join our super-team on our mission to save the world with science! Science and physics activities will abound. Conversations will spark your ideas of what YOU want to do to change the world for the better.

SUPERHERO STEM: SCIENCE

- Biology
- Chemistry
- Physics

Creation of your SuperHero using knowledge from in-class discussions and activities

WIZ-818-RV2 **Ryan Saelens** **\$119**
4/10-4/19 **W/F 5:00 pm - 7:00 pm** **4 sessions**
RVC Jacobs Ctr. for Science & Math **Room 1102**

SUPERHERO STEM: TECHNOLOGY

- Visual Technology (Apps, Games, etc)
- Wearable Technology (Watches, Glasses, Exosuits)
- Remote Technology (Cameras, Drones, etc)

Creation of your SuperHero using knowledge from in-class discussions and activities

WIZ-818-RV3 **Ryan Saelens** **\$119**
4/24-5/3 **W/F 5:00 pm - 7:00 pm** **4 sessions**
RVC Jacobs Ctr. for Science & Math **Room 1102**

SUPERHERO STEM: ENGINEERING

- Electrical Engineering
- Mechanical Engineering
- Computer Engineering

Creation of your SuperHero using knowledge from in-class discussions and activities

WIZ-818-RV4 **Ryan Saelens** **\$119**
5/8-5/29 **W 5:00 pm - 7:00 pm** **4 sessions**
RVC Jacobs Ctr. for Science & Math **Room 1102**

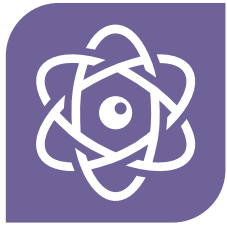
SUPERHERO STEM: MATH

- Algebra
- Geometry
- Trigonometry
- Calculus

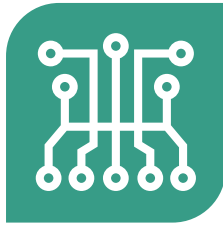
Creation of your SuperHero using knowledge from in-class discussions and activities

WIZ-818-RV5 **Ryan Saelens** **\$119**
5/10-5/31 **F 5:00 pm - 7:00 pm** **4 sessions**
RVC Jacobs Ctr. for Science & Math **Room 1102**

STEM SATURDAYS



SCIENCE



TECHNOLOGY



ENGINEERING



MATHEMATICS



Younger students are encouraged to be escorted by a parent/adult as some projects may be more difficult to navigate alone.

- Limited seating available
- Register early!
- **Limit: (1) free Stem Saturday per person. To take advantage of your one free workshop: call 815-921-3900 with your student's information.**
- **All workshops meet at RVC Jacobs Ctr. for Science & Math, Room 1100**

HUMAN BODY SYSTEMS

Saturday, February 17th • 9:00 am - 11:30 am

- Digestive System Simulation
- Pipe/Straw Robotic Hand
- Electronic Model Lung

Ever wonder how food gets digested or how our lungs work to get air into our bodies? During this class students will get the chance to build a human lung model and a joint-articulated hand device (that really works to pick things up!) We will also be running a hands-on demonstration of how food moves through the digestive system to absorb the nutrients **NOTE:** will be messy, BRING an extra shirt

ENGINEERING

Saturday, March 9th • 9:00 am - 11:30 am

- Pulley Flag
- Catapults
- Ferris Wheel

Interested in learning how design and build working models of large-scale structures such as flag pulleys, catapults, and a Ferris wheel? This is the class for you! Students get the chance to work hands-on to build fun devices that show off the amazing abilities of human innovation.

STEM Saturday program funding
provided by the Kjellstrom Family Foundation.
Thank you for your generosity!

ELECTRONICS

Saturday, April 13th • 9:00 am - 11:30 am

- Buzz Wire Game
- Circuit Bugs
- Motor Blocks

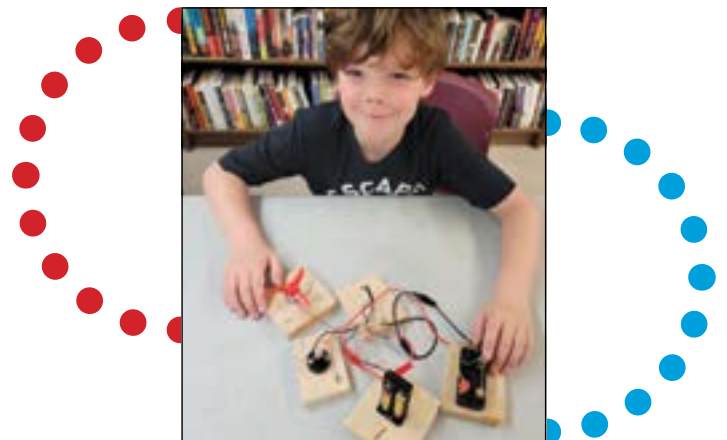
Most things we do in our lives are linked to electronics, but most people don't really know how they work. In this class we will explore how simple circuits work and how to determine if an item is wired correctly. Students will make a buzz wire game, circuit bugs, and a simple motor. All ages are welcome, but younger students are encouraged to be escorted by a parent/adult as some projects may be more difficult to navigate alone.

MUSICAL INSTRUMENTS

Saturday, May 18th • 9:00 am - 11:30 am

- Tambourine craft with yarn
- Spoon Maracas
- Straw Panpipe
- Spin drum

Music is a critical component of our society and the ability to understand how an instrument makes each unique sound is truly a scientific wonder. In this class students will build different types of musical instrument models and test them to see the different types of sound they create. Included will be a tambourine, maracas, a panpipe, spin drum and more! All ages are welcome, but younger students are encouraged to be escorted by a parent/adult as some projects may be more difficult to navigate alone.



Find Your Passion

Discover your inner artist with our wide range of creative classes, including arts, ceramics, sewing, writing, and so much more!

New this spring, find a creative release through Therapeutic Art or turn up the heat in our new Woodburning classes.

Explore **Arts & Ceramics** on page 3 of this schedule.



RockValleyCollege

Continuing Education

BUSINESS

NEW! PROFESSIONAL DEVELOPMENT WITH ENNEAGRAM

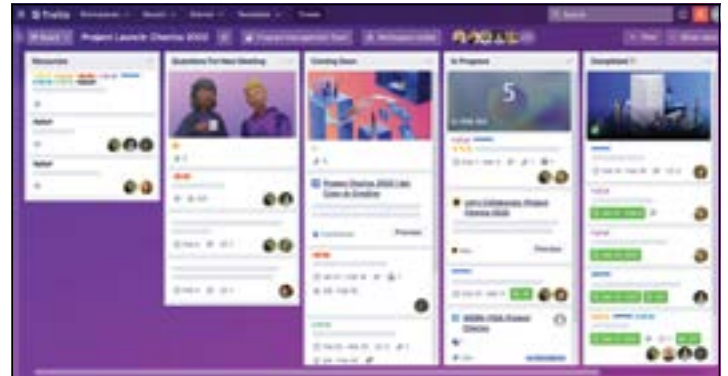
Do you want to grow in your professional development and personal life? If the answer is "Yes" then the Enneagram Personality Assessment is the tool you need. Compared to other personality assessments/tests, learning more about your Enneagram cannot only identify where you are but where you can grow. It does this by identifying the core motivations of a person. The "Why" behind the "How" and "What". This 5 week class will break down the 9 different Enneagram Types and how the different situations, relationships and motivations affect each one. You will grow in understanding your type and walk away with strategies to help you navigate stress and growth in healthy ways. As you apply these strategies, you will become more confident in your unique design, helping your growth as a person. These strategies will benefit all relationships in your life from family to the workplace.

BUS-002-RV **Joy Erickson** **\$155**
4/1-4/29 **M 6:00 pm - 8:00 pm** **5 sessions**
RVC Classroom Bldg. II **Room 123**

HOW TO OWN & OPERATE YOUR OWN BUSINESS

(1.5 Credits) A complete overview on how to operate a successful business. This class covers writing a business plan, marketing, planning, advertising, legal requirements, financing, record keeping and other necessities of small businesses. Also covered are the pitfalls of operating a business, and things you do right the first time. Students are required to complete a simulated business plan, and make a presentation on the last night of class. **PURCHASE:** Text at RVC Bookstore. **NO CLASS 3/11.**

BUS-007-RV **TBA** **\$235**
2/12-5/13 **M 6:30 pm - 8:45 pm** **13 sessions**
RVC Woodward Technology Ctr. **Room 2614**



NEW! INTRO TO TRELLO 🍎

Are you looking for a way to organize your day-to-day work? Trello is a great resource for individuals and teams looking to organize their projects, workflows, and tasks. Discover the basics of Trello as we review the features of this free, web-based tool.

DPR-098-RV2 **Gabriela Mar-Gagula** **\$49**
2/28 **W 5:45 pm - 7:45 pm** **1 session**
RVC Woodward Technology Ctr. **Room 2614**

NEW! TRELLO FOR BEGINNERS 🍎

Take your Trello skills to the next level. In this class, we will expand on the basics of Trello by taking a deeper look at the features available to help streamline your work and enhance your task management. Learn how to increase productivity by creating standard processes to organize your daily work and larger projects.

DPR-098-RV4 **Gabriela Mar-Gagula** **\$49**
3/27 **W 5:45 pm - 7:45 pm** **1 session**
RVC Woodward Technology Ctr. **Room 2614**

INTRO TO VOICE OVERS: 1-ON-1

THIS IS A LIVE VIDEO CHAT CLASS! (Adults 18+) Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com/ooo> Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience. Requirements: Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS). NOTE: Date listed is deadline for enrolling only; class will be scheduled based on students' availability and preferred day and time.

BCO-004-INT **VOICES FOR ALL LLC** **\$65**
5/31

VIRTUAL WORKSHOPS

REGISTER AT ED2GO.COM/RVC

— 2 OPTIONS TO CHOOSE FROM!—

INSTRUCTOR-LED COURSES:

Study and interface with a cohort over a 6-week schedule. Includes twice-weekly lesson plans.

SELF-PACED TUTORIALS:

Provide access to all lessons immediately for 3 months – available anytime!

ACCOUNTING FUNDAMENTALS - \$115

VIRTUAL Cover all the bases, from writing checks to preparing an income statement and closing out accounts at the end of each fiscal period. Whether you're a sole proprietor looking to manage your business finances or you simply want to gain an understanding of accounting basics for career advancement or for personal use, this course will give you a solid foundation in financial matters.

ACCOUNTING FUNDAMENTALS II - \$115

VIRTUAL Explore such topics as special journals, uncollectable accounts receivable, plant assets, depreciation, notes and interest, accrued revenue and expenses, dividends, retained earnings, and various financial reports for corporations.

INTRODUCTION TO QUICKBOOKS 2019 - \$129

VIRTUAL This course provides hands-on experience in QuickBooks 2019 as you set up a chart of accounts; reconcile your bank accounts; create and print invoices, receipts, and statements; track payables, inventory, and receivables; create estimates; and generate reports.

BUSINESS BUDGETING FOR BEGINNERS - \$115

VIRTUAL Learn the elementary skills needed to be successful in the budgeting process and work gradually work your way up to creating a budget. You will also discover how to best evaluate the results of your budget and make decisions to help your business maximize its profits.

FUNDAMENTALS OF SUPERVISION & MANAGEMENT - \$115

VIRTUAL This course provides skills in managing time, delegating responsibility, motivating your employees, solving problems and resolving conflicts so you can accomplish your job more effectively.

CUSTOMER SERVICE FUNDAMENTALS - \$115

VIRTUAL This course provides skills in managing time, delegating responsibility, motivating your employees, solving problems and resolving conflicts so you can accomplish your job more effectively.

EFFECTIVE BUSINESS WRITING - \$115

VIRTUAL Do you have a nagging suspicion that a small improvement in your writing skills might also improve your career prospects? Don't let small gaps in your business writing skills prevent you from reaching your full potential!

MANAGING REMOTE TEAMS - \$115

VIRTUAL Remote team management isn't new, but it has become far more common and extensive than it used to be. So, whether you have gone from managing the occasional "telecommuter" to managing a fully remote team or have been managing a remote team and would like to explore new strategies and best practices for this unique form of management—this course is for you.

ACHIEVING TOP SEARCH ENGINE POSITIONS - \$115

VIRTUAL If you want to increase website traffic, you must understand how to improve your search engine ranking. This course will give you the knowledge you need to boost website visibility with proven, step-by-step SEO strategies you can implement immediately.

HUMAN RESOURCE MANAGEMENT SUITE - \$299

VIRTUAL These courses are designed to help people without experience in human resources to understand this very vital link in the organizational chain. It will prepare both managers and business owners to handle basic human resource functions in a way that will ensure the best possible result. You will also learn tactics to build successful employment brand, the importance of a strong onboarding program and the effect it can have on employee retention. We will also discuss how continuous learning and targeted feedback can help engage employees.

PROJECT MANAGEMENT SUITE - \$299

VIRTUAL More projects are being initiated today than ever before, and organizations need qualified projects managers to see them to completion on time and within budget constraints. Master the critical skills for planning implementing, controlling, and closing any project. Then learn how to retool your skillset with a breakthrough model for meeting accelerated schedules with limited staff and low budgets. By the end of this series, you will have the important project management skills you need to become an indispensable part of any team.



COMPUTER TRAINING

All Computer Training classes are in RVC Woodward Technology Ctr., Room 2614.
Flash drive required.

INTRO TO PERSONAL COMPUTERS

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

DPR-019-RV Charles Corley \$125
3/5-3/7 T/W/Th 5:00 pm - 8:20 pm 3 sessions
RVC Woodward Technology Ctr. Room 2614

MICROSOFT OFFICE SKILLS FOR HOME & WORKPLACE

(1 credit) Improve your Office 2019 skills! Most jobs require a working knowledge of the Microsoft Office skills. This course is a great way to improve those skills by introducing you to the Windows 10 operating system and the Office 2019 application suite including Excel, Word, PowerPoint and Access. We've designed the course to provide essential skills you need in the competitive and fast-paced workplace and cover the needed features of the four most-used Office 2019 suite applications. The course is equally beneficial for home use and schoolwork. **BRING:** Flash drive. Lesson book provided.

NO CLASS 3/28.

DPR-045-RV Charles Corley \$185
3/19-4/2 T/Th 5:00 pm - 9:00 pm 4 sessions
RVC Woodward Technology Ctr. Room 2614

BASIC COMPUTER SKILLS

(1 credit) Improve your Office computer skills! Computer are used in the home, office and school. This course is a great way to improve those skills by helping you improve Windows operating system and the Office 2019 application suite including Excel, Word, PowerPoint and Access. We've designed the course to provide essential skills you need in the work Office 2019 computer applications. The course is equally beneficial for work, home use and schoolwork. **BRING:** Flash drive

DPR-045-RV2 Gail Lee \$185
2/12-2/21 M/W 8:30 am - 12:30 pm 4 sessions
RVC Woodward Technology Ctr. Room 2614

WORD 2019: LEVEL 1

(.5 credit) 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.

DPR-023-RV2 Gail Lee \$99.00
2/26-3/4 M 8:30 a.m. - 12:30 p.m. 2 sessions
RVC Woodward Technology Ctr. Room 2614

WORD 2019: LEVEL 2

(.5 credit) 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. **NO CLASS 3/25.**

DPR-026-RV2 Gail Lee \$99
3/18-4/1 M 8:30 am - 12:30 pm 2 sessions
RVC Woodward Technology Ctr. Room 2614

WORD 2019: LEVEL 3

(.5 credit) Collaborating in Word, highlighting, tracking and reviewing changes, saving and sending files, sharing and securing documents, restricting editing, digital signatures, personalizing Word, automating tasks with macros, integrating Word with Excel, PowerPoint and the Web, embedding links to data and objects, and creating PDF's and Web pages from Word documents. **RECOMMENDED:** Word Level 2.

PURCHASE: Text at RVC Bookstore. **BRING:** Flash drive

DPR-036-RV2 Gail Lee \$99
4/15-4/22 M 8:30 am - 12:30 pm 2 sessions
RVC Woodward Technology Ctr. Room 2614

GETTING STARTED WITH EXCEL 2019

(.5 credit) Get started with the full, complete Comprehensive Excel course. This is the first of three Comprehensive Levels to provide some of the most needed Excel 2016 skills in any job. You will learn saving and workbook retrieval techniques, shortcuts and tricks for setting up worksheets quickly and professionally. You'll also learn the secrets behind charts, chart data, formulas and discover how to use the function wizard, auto-features, 3-D editing, cell reference options, apply border and fills to cells; and edit entries and much more. **RECOMMENDED:** Basic Computer Skills. **PURCHASE:** Text at RVC Bookstore.

DPR-024-RV Charles Corley \$145
4/4-4/16 T/Th 5:00 pm - 8:00 pm 4 sessions
RVC Woodward Technology Ctr. Room 2614

EXCEL 2019 INTERMEDIATE

(.5 credits) Intermediate Level Continuation of the full, complete, Comprehensive Excel class. Learn the next level skill including working with Excel templates, formatting contents, creating tables and function, outlines, using filters and inserting graphics and illustrations, themes, number formats, date and time calculations, conditional formats, extracting text, troubleshooting formulae, combining your data, changing case and more. **RECOMMENDED:** Excel Starting class above or equivalent experience. This course is a continuation of Excel Comprehensive Starting class. **PURCHASE:** Text at RVC Bookstore. (Same textbook as above Comprehensive Starting course) **BRING:** Flash drive.

DPR-027-RV Charles Corley \$145
4/18-4/30 T/Th 5:00 pm - 8:00 pm 4 sessions
RVC Woodward Technology Ctr. Room 2614

EXCEL 2019 ADVANCED

(.5 credits) Complete the full, advanced, Comprehensive Excel 2019 series which will cover tracking edits and changes to documents, sending files, compatibility issues, restrict editing and locking documents, digital signatures, properties, integrating Excel with other programs, using lookup functions, building links between files, creating hyperlinks, automating frequently-repeated tasks with macros and buttons and more. This course is a continuation of Intermediate Excel. **RECOMMENDED:** Intermediate Excel or equivalent experience. **PURCHASE:** Text at RVC Bookstore. (Same textbook as above Comprehensive Intermediate course. **BRING:** Flash drive.

DPR-037-RV Charles Corley \$145
 5/2-5/14 T/Th 5:00 pm - 8:00 pm 4 sessions
 RVC Woodward Technology Ctr. Room 2614

EXCEL 2019: LEVEL 1

(.5 credit) Introduction to worksheets, formatting sheets and cells, basic calculations, rearranging data, working with rows, cells and columns, managing multiple worksheets, common formulas: using relative and absolute in cell references, data visualization with charts and images, using tools for formatting and editing, and organizing large amounts of data. **RECOMMENDED:** Basic Computer Skills.

PURCHASE: Text at RVC Bookstore. **BRING:** Flash drive.

DPR-024-RV2 Gail Lee \$99
 2/28-3/6 W 8:30 am - 12:30 pm 2 sessions
 RVC Woodward Technology Ctr. Room 2614

EXCEL 2019: LEVEL 2

(.5 credit) 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.

NO CLASS 3/27.

DPR-027-RV2 Gail Lee \$99
 3/20-4/3 W 8:30 am - 12:30 pm 2 sessions
 RVC Woodward Technology Ctr. Room 2614

EXCEL 2019: LEVEL 3

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

DPR-037-RV2 Gail Lee \$99
 4/17-4/24 W 8:30 am - 12:30 pm 2 sessions
 RVC Woodward Technology Ctr. Room 2614

CREATIVITY & COLLABORATION

NEW! INTRO TO CANVA

Canva is a free, web-based graphic design tool that provides users of all skill levels a friendly platform to create content. Learn how to get started with Canva, use the interface, and explore basic features that will develop a foundation for creating simple designs.

DPR-098-RV Gabriela Mar-Gagula \$49
 2/21 W 5:45 pm - 7:45 pm 1 session
 RVC Woodward Technology Ctr. Room 2614

NEW! CANVA FOR BEGINNERS

Take your Canva skills to the next level. In this class, we will expand on the basics of Canva by taking a deeper look at the features available to create visually appealing content. Learn how to leverage Canva for video editing and how to implement next-level design tricks.

DPR-098-RV3 Gabriela Mar-Gagula \$49
 3/20 W 5:45 pm - 7:45 pm 1 session
 RVC Woodward Technology Ctr. Room 2614

NEW! CANVA FOR PAID USERS

Explore the premium features of Canva Pro. Whether you have a paid license or are just looking to learn more, get an overview of Canva Pro's features. We will explore features like Brand Kits, Magic Resize, Background Remover, Magic Rewrite, Premium Content, and more.

DPR-098-RV5 Gabriela Mar-Gagula \$49
 4/3 W 5:45 pm - 7:45 pm 1 session
 RVC Woodward Technology Ctr. Room 2614

NEW! MICROSOFT TEAMS & ONEDRIVE

Are you looking for a little help navigating new digital tools on your Microsoft 365 team? Discover the basics of Microsoft Teams and OneDrive as we review features, functionality, and helpful tips to use these communication and file management tools.

DPR-098-RV6 Gabriela Mar-Gagula \$49
 4/10 W 5:45 pm - 7:45 pm 1 session
 RVC Woodward Technology Ctr. Room 2614

WEB PROGRAMMING

HTML ESSENTIALS

This course covers basics HTML code language. You will learn building simple web pages by hand coding, using HTML tags to create paragraphs, heading, lists, links, insert images, and more. We also cover creating a simple multi-page website with images, text, and a navigation bar. Book will be a handout. **BRING:** Flash drive.

WEB-064-RV Gail Lee \$115
 4/8-4/22 M 5:30 pm - 8:30 pm 3 sessions
 Bell School Rd. Ctr. 3350 Bell School Rd. Room 005

CSS ESSENTIALS

This introductory course, you will learn how to style your html web pages using Cascading Style Sheets, CSS, coding language. Topics include using inline, internal, and external CSS, web typography, formatting text, working with web colors, using Google fonts, working with id and class selectors, working with elements, creating page layouts using elements and more. Book will be a handout.

PREREQUISITE: HTML Fundamentals Course. **BRING:** Flash drive.

WEB-068-RV Gail Lee \$115
 5/6-5/20 M 5:30 pm - 8:30 pm 3 sessions
 Bell School Rd. Ctr. 3350 Bell School Rd. Room 005

CPR & EMT-B



BASIC LIFE SUPPORT FOR HEALTHCARE STUDENTS

RVC STAFF AND HEALTHCARE STUDENTS ONLY! A book is highly recommended and can be purchased in advance at <https://www.worldpoint.com/20-1102-bls-provider-manual> 2020 AHA BLS Provider Manual SKU 20-1102 Vendor 20-1102 OR may be purchased in the Continuing Education office, Classroom Building II room 115, with cash or check only, for \$22.

Classes held at RVC Health Sciences Center, Room 1212

HLT-001-HSC 1/12	Colinda Kram F 10:00 am - 2:00 pm	\$50 1 session
HLT-001-HSC2 2/9	Colinda Kram F 10:00 am - 2:00 pm	\$50.00 1 session
HLT-001-HSC3 2/23	Colinda Kram F 10:00 am - 2:00 pm	\$50 1 session
HLT-001-HSC4 3/22	Colinda Kram F 10:00 am - 2:00 pm	\$50 1 session
HLT-001-HSC5 4/26	Colinda Kram F 10:00 am - 2:00 pm	\$50 1 session
HLT-001-HSC6 5/31	Colinda Kram F 10:00 am - 2:00 pm	\$50 1 session

BASIC LIFE SUPPORT REFRESHER FOR HEALTHCARE STUDENTS

RVC STAFF AND HEALTHCARE STUDENTS ONLY! A book is highly recommended and can be purchased in advance at <https://www.worldpoint.com/20-1102-bls-provider-manual> 2020 AHA BLS Provider Manual SKU 20-1102 Vendor 20-1102 OR may be purchased in the Continuing Education office, Classroom Building II room 115, with cash or check only, for \$22.

Classes held at RVC Health Sciences Center, Room 1212

HLT-008-HSC 1/24	Colinda Kram W 12:00 pm - 3:00 pm	\$45 1 session
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BASIC LIFE SUPPORT

Include Handouts & Pocket CPR Shield, 2-Year Certification from the American Heart Assoc. . Meet at Bell School Rd. Ctr., 3350 Bell School Rd., Room 002 For those whose CPR certification is expired. For those in the medical field, including medical students, Doctors, CNAs, Nurses, Physical Trainers, Dentists, Dental Assistants, Dental Hygienists, Coaches, etc.

Classes held at the RVC Bell School Road Center, 3350 Bell School Road, Rockford, IL 61114, Room 002

HLT-001-RV 2/24	Debra Webb S 10:00 am - 2:00 pm	\$100 1 session
HLT-001-RV2 3/23	Debra Webb S 10:00 am - 2:00 pm	\$100 1 session
HLT-001-RV3 4/20	Debra Webb S 9:00 am - 1:00 pm	\$100 1 session
HLT-001-RV4 5/18	Debra Webb S 9:00 am - 1:00 pm	\$100 1 session

BASIC LIFE SUPPORT REFRESHER

Include Handouts & Pocket CPR Shield, 2-Year Certification from the American Heart Assoc. . Meet at Bell School Rd. Ctr., 3350 Bell School Rd., Room 002 For those whose CPR certification is about to expire. Refresher on choking, CPR/AED for adults, children and infants. For those in the medical field, including medical students, Doctors, CNAs, Nurses, Physical Trainers, Dentists, Dental Assistants, Dental Hygienists, Coaches, etc. **PURCHASE:** \$20 textbook at class.

Classes held at the RVC Bell School Road Center, 3350 Bell School Road, Rockford, IL 61114, Room 002

HLT-008-RV 2/24	Debra Webb S 10:00 am - 1:00 pm	\$95 1 session
HLT-008-RV2 3/23	Debra Webb S 10:00 am - 1:00 pm	\$95 1 session
HLT-008-RV3 4/20	Debra Webb S 9:00 am - 12:00 pm	\$95 1 session
HLT-008-RV4 5/18	Debra Webb S 9:00 am - 12:00 pm	\$95 1 session





HEARTSAVER AED & FIRST AID

Include Handouts & Pocket CPR Shield, 2-Year Certification from the American Heart Assoc. . Meet at Bell School Rd. Ctr., 3350 Bell School Rd., Room 002 (.5 Credit) For those working with Adults. Focus will be on CPR & AED for adults. Also includes first aid basics, CPR & AED for children and infants. How to prevent many medical emergencies.

HLT-002-RV **Debra Webb** **\$150.00**
5/11 **5 9:00 a.m. - 2:00 p.m.** **1 session**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 002**

HEARTSAVER PEDIATRIC FIRST AID

Include Handouts & Pocket CPR Shield, 2-Year Certification from the American Heart Assoc. . Meet at Bell School Rd. Ctr., 3350 Bell School Rd., Room 002 For Child Care Workers & Parents. Covers basic first aid, choking, CPR/AED for infants, children and adults.

HLT-003-RV **Debra Webb** **\$150.00**
3/9 **5 10:00 a.m. - 3:00 p.m.** **1 session**
Bell School Rd. Ctr. **3350 Bell School Rd.** **Room 002**

EMERGENCY MEDICAL TECHNICIAN (EMT-B)

(9 Credits) This course trains police, fire, first responders, rescue personnel and persons interested in the techniques of basic emergency medical care. The curriculum is approved by the Illinois Department of Public Health and the U.S. Department of Transportation. The EMT course is an extensive course of approximately 184+ hours combining classroom training, reading, computer based and online learning, significant study time, practical labs and skills that include all areas of patient assessment (medical, cardiac, pediatric and trauma), airway management, splinting, clinical and field experience and appropriate interventions.

AFTER SUCCESSFUL COMPLETION: The candidate will qualify to challenge the national registry exam and certification in Illinois.

PREREQUISITES: 20/20 vision with correction. Hear normally with correction. Sound physique, not possessing any infirmity of body or mind, which might render you unfit to perform duties. Must be 18 years of age and have a high school diploma or GED by the NREMT test date. **ALSO NEEDED:** Proof of current immunizations and insurance, and a background check (Form given at first class; can be completed at Accurate Biometrics). **NOTE:** COVID-19 VACCINATION IS REQUIRED TO PARTICIPATE IN CLINICALS! **PURCHASE:** Text with computer access code at Rock Valley College Bookstore.

NO CLASS 5/27, 7/4.

FRE-038-RV3 **Debbie Niedermeier** **\$1,389**
5/20-7/22 **M/T/Th 6:00 p.m - 10:00 pm** **62 sessions**
6/1-6/29 **5 8:00 am - 5:00 pm**
RVC Health Sciences Ctr. **Room 1108**

HEALTHCARE

EKG TECHNICIAN CERTIFICATION

(3 Credits) This comprehensive 50 hour EKG Technician Certification Program prepares students to function as EKG Technicians and to take the ASPT Electrocardiograph (EKG) Technician exam and other National Certification Exams. Course will include important practice and background information on anatomy and physiology of the heart, medical disease processes, medical terminology, medical ethics, legal aspects of patient contact, electrocardiography and stress testing. Students will practice with EKG equipment and perform hands-on labs. Introduction to the function and proper use of the EKG machine, the normal anatomy of the chest wall for proper lead placement, 12-lead placement and other clinical practices.

NOTE: The ASPT Electrocardiograph Technician exam will be given following the completion of this course for an additional charge. All materials and student insurance are included in the course cost. No refunds 7 days prior to class start date.

HLT-044-RV **CCI Staff** **\$1,119**
3/18-5/6 **M/W 6:00 pm - 9:30 pm** **15 sessions**
RVC Health Sciences Ctr. **Room 2104**

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 operator; dental equipment, introduction to tooth structure; primary and permanent teeth; the oral cavity and related structures; proper patient positioning; dental hand pieces; sterilization; and other areas. There is no state or national certification objective with this course. All materials and student insurance are included in the course cost. **REQUIRED:** Scrubs

NO REFUNDS 7 DAYS PRIOR TO CLASS START DATE.

NO CLASS 5/27.

HLT-053-RV **CCI Staff** **\$1,549**
4/1-5/30 **M/Th 6:00 pm - 9:30 pm** **17 sessions**
RVC Health Sciences Ctr. **Room 1218**

PHARMACY TECH CERTIFICATION

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

HLT-056-RV **CCI Staff** **\$1,309**
3/18-5/6 **M/W 6:00 pm - 9:30 pm** **15 sessions**
RVC Health Sciences Ctr. **Room 1220**

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 3/28.**

HLT-069-RV **CCI Staff** **\$1,999**
3/18-5/20 **M/Th 6:00 pm - 9:30 pm** **21 sessions**
4/20, 5/4, 5/11 **5 9:00 am - 3:00 pm**
RVC Health Sciences Ctr. **Room 1202**

HOLISTIC HEALTH & NUTRITION ONLINE

Check out these and more offerings at GMPfitness.com • Enrollment Code: **gmprvc**

HOLISTIC HEALTH FITNESS COACHING SPECIALIST CERTIFICATION - \$749

The Holistic Health Fitness Coaching Specialist Certification Online Course provides information on how to better serve the age 50+ population regarding exercise, nutrition, and lifestyle and teaches the young how to maintain their youth

BALANCE PROGRESSIONS SPECIALIST CERTIFICATION - \$299

The Balance Progressions Specialist Certification Online Course provides you with a Level 1 Professional Certification Credential Designation. This "Professional" Specialization Credential will help set you apart and set you up with skills and abilities to help clients with core training exercises and programming.

AGILITY, BALANCE, AND COORDINATION (ABC) FITNESS TRAINING SPECIALIST CERTIFICATION - \$299

The Agility, Balance, and Coordination Training (ABC) Specialist Certification is designed with best practices to help you succeed. ABC training exercises and programming help keep clients motivated while they get fit. The knowledge you gain from the Agility, Balance, and Coordination Training (ABC) Specialist Certification will help you work with clients in various settings.



Find **Your** Peace

HOSPITALITY & FOOD SERVICE

All classes are in RVC Classroom Bldg. II, Room 120.

¡NUEVO! RESPONSABLE DE SEGURIDAD ALIMENTARIA EN ESPAÑA

El Departamento de Salud Pública de Illinois requiere que todas las operaciones de servicio de alimentos que preparan y sirven alimentos tengan un gerente de servicio de alimentos certificado en las instalaciones en todo momento cuando se manipulan alimentos. Para recibir la Certificación de Gerente de Saneamiento de Servicios de Alimentos, un empleado debe tomar un curso de capacitación aprobado de 8 horas y tomar el examen que sigue inmediatamente al curso. Una calificación aprobatoria es del 70% o más. La certificación tiene una validez de 5 años, después de los cuales se requiere una nueva certificación. **ASISTENCIA OBLIGATORIA:** Se requiere asistencia obligatoria. Debes llegar puntualmente a las 8:00 am **INCLUIDO:** Reservar. **TRAER:** Identificación con foto a la clase.

HSP-054-ESP 2/22	SAFE CHEFS Th 8:00 am - 5:00 pm	\$209 1 session
HSP-054-ESP2 4/11	SAFE CHEFS Th 8:00 am - 5:00 pm	\$209 1 session
HSP-054-ESP3 5/23	SAFE CHEFS Th 8:00 am - 5:00 pm	\$209 1 session

SERVSAFE FOOD SAFETY MANAGER

The Illinois Department of Public Health requires all food service operations that prepare and serve food to have a certified food service manager on the premises at all times when food is being handled. To receive the Food Service Sanitation Manager Certification, an employee must take an approved 8-hour training course and take the exam which immediately follows the course. A passing grade is 70% or higher. The certification is valid for 5 years, after which re-certification is required. **Required Attendance:** Mandatory attendance is required. You must arrive promptly by 8:00 am Included : Book. **BRING:** Photo ID to class.

HSP-054-RV 2/15	SAFE CHEFS Th 8:00 am - 5:00 pm	\$209 1 session
HSP-054-RV2 3/21	SAFE CHEFS Th 8:00 am - 5:00 pm	\$209 1 session
HSP-054-RV3 4/18	SAFE CHEFS Th 8:00 am - 5:00 pm	\$209 1 session
HSP-054-RV4 5/16	SAFE CHEFS Th 8:00 am - 5:00 pm	\$209 1 session

FOOD SAFETY MANAGER 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-054-RETAK 2/15,3/21,4/18, 5/16	Mark Halverson Th 2:00 p.m. - 5:00 p.m.	\$85 1 sessions
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LANGUAGE

BEGINNING JAPANESE

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

PURCHASE: Text at RVC Bookstore. ZOOM instructions will be emailed.

FOR-010-RV 2/21-3/27	Keiko Hall W 4:30 pm - 6:30 pm	\$105 6 sessions
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JAPANESE II

ZOOM. Continue your Japanese language and culture studies from the previous class. Learn various verb and adjective conjunctions and extend your vocabulary. ZOOM instructions will be emailed.

FOR-010-RV2 2/20-3/26	Keiko Hall T 3:00 pm - 5:00 pm	\$105 6 sessions
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SPANISH FOR BEGINNERS

You will learn how to form fundamental grammatical and communicative structures in Spanish, such as greetings, talking about yourself, opining, conjugating verbs in the present tense, describing yourself and others and talking about what you like and what you do not like, among other skills. You will have a general basic ability to communicate in everyday situations. You'll be able to convey simple messages in social and travel contexts. **NO CLASS 3/11.**

FOR-031-RV 2/12-4/22	Mercedes Donday M 6:00 pm - 8:00 pm	\$185 10 sessions Room 120
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SPANISH FOR BEGINNERS: PART 2

At this level of Spanish you will improve your level of grammar and vocabulary and you will be able to express yourself functionally in various communicative contexts in the present, the future and the past. You will be able to communicate in short conversations about everyday topics and understand short and simple texts. **NO CLASS 3/12.**

FOR-031-RV2 2/13-4/23	Mercedes Donday T 6:00 pm - 8:00 pm	\$185 10 sessions Room 120
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MASSAGE THERAPY

Classes meet in RVC Classroom Bldg. II, Room 127.

RockValleyCollege

MASSAGE THERAPY PROGRAM
BODYCRAFT WELLNESS

CONTINUING EDUCATION FOR MASSAGE THERAPISTS



All courses are approved through
NCBTMB for Massage Therapists.

IT'S A RENEWAL YEAR FOR LICENSED
MASSAGE THERAPISTS IN ILLINOIS!
LMT's must complete 24 CE hours by
December 2024.

MASSAGE THERAPY PROGRAM

With a strong business edge and a well-rounded curriculum, this program has been designed to offer students a comprehensive education, combining lecture, demonstration, and clinical practice. Students will develop an in-depth understanding of the human body and its interactions, as well as a strong foundation in the areas of anatomy and physiology, applied kinesiology, and pathology. This program involves hands-on learning of both basic relaxation and deep tissue massage techniques. After completing a certain portion of the program, student clinics will be available, which will allow students opportunities to perform a 60-minute relaxation massage on actual clients, under supervision of licensed massage therapists and/or instructors. Program content includes:

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

Upon successful completion of this program, students will receive a certificate from Bodycraft Wellness & Massage Center, LLC. Students then become eligible to take their MBLEX exam. Upon passing the exam, students can then apply for Illinois state license under the Department of Financial and Professional Regulations division. Successful completion does not guarantee employment, but strong support and guidance is offered. If you can't make our scheduled informational session. Please email Jamie@bodycraft-wellness.com to schedule a private meeting. All registration for the program is done by appointment ONLY in-person.

MAS-081-RV
4/17/24-4/17/25

Jamie Fanara
W 9:00 am - 1:00 pm
Th 9:00 am - 9:00 pm

\$7,995

RVC Classroom Bldg. II

Room 122

ESSENTIAL OILS & AROMATHERAPY

This course provides the foundational information and skills you need to understand the how and why essential oils work. We will learn in-depth about 11 essential oils, along with aromatic techniques, and basic layering application methods used in aromatherapy. We will also make sprays, inhalers, salts and roll-on applications for students to take home. This class is beneficial for learning how to use essential oils in your own personal life, with friends, family and/or how to incorporate in a professional practice. This class experience is designed to teach you everything you want to know about using essential oils safely and effectively. *This class is a not a required pre-requisite for taking Raindrop Technique but is highly suggested! *All materials and essential oils are provided for in-class practice. Students will make a variety of aromatherapy products in class to take home. *Completing this course does not qualify you as an Aromatherapist but does give you a certificate of completion in Aromatherapy Basics. Gives 6 CEU hours NCBTMB. Massage tables and water provided. (6 CE hours for Massage Therapists. NCBTMB#1495)

MAS-015-BC01
2/17

Shannon Chada
S 10:00 am - 4:00 pm

\$190
1 session

RAINDROP TECHNIQUE

The Raindrop Technique is a unique holistic method that helps restore balance and harmonize all levels of the physical, emotional, and energetic body. This is a sacred and incredibly therapeutic delivery of essential oils. The art of dripping unadulterated, therapeutic-grade essential oils onto the body from a height (like rain), so that the oils interact with the physical body as well as the energy field. These oils are then "feathered in" using a spine-tingling technique. Because the essential oils easily penetrate the skin and muscles, the technique works on deep levels of the body without requiring hard pressure or force. Procedure includes using hands on application of 11 essential oils via Vita Flex on the feet, back body, and special techniques to help the body release, rejuvenate, relax, and detox. Students will learn how to create their own unique Raindrop sessions for others with various needs. All participants will have the opportunity to give & receive full raindrop sessions on feet and back. ***Important Information* . You do not need a license to take this class. However, when "Performing Massage" a license is required to perform massage in many states. Please check with your state guidelines before performing the Raindrop Technique® on individuals outside your family.** ALL Oils are PROVIDED for in-class use & practice. After the class, students will be offered an opportunity to purchase their own Raindrop Kits through the teacher at a discount. . Fingernails must be trimmed BELOW the finger pad and REMOVE all Nail Polish. . Bring your own set of twin sheets for Hands-on Learning. . Contraindications: If you are currently pregnant or have a history of blood clots you cannot participate in the hands-on portion of this class but can still observe the practice. Massage tables and water provided. (7 CE hours for Massage Therapists. NCBTMB#1495)

MAS-015-BC02
2/18

Shannon Chada
Su 9:30 am - 5:30 pm

\$220
1 session

ADVANCED PHYSIOLOGY

The goal of these courses is to study and understand the physiological processes and responses common to the human body, describing the anatomical structures involved. The participant/practitioner will be able to use that understanding as a 'logic tree' that is applicable to any client situation and practitioner technique. Based on Deane Juhan's book *Job's Body, A Handbook for Bodywork*, this lecture/discussion course focuses on chapters 2 - 9: skin, connective tissue, muscle tone and proprioception. Advanced Physiology is a 15-hour course comprising 5, 3-hour classes taught remotely via Zoom. \$435 for all 5 classes or \$90 per each class taken individually. Total of 15 CE hours for Massage Therapists or 3 CE hours per class. NCBTMB #344.

SKIN & CONNECTIVE TISSUE PROPER

(ZOOM) The skin and the brain come from the same germinal layer. This will be explained, and the importance and implications of the skin/brain connection examined. Connective tissue proper is the milieu in which all thoughts and actions 'play out'. It is incredibly malleable in the face of the forces it responds to. We will describe, define, and examine its characteristics, looking at what aids its functioning and what impairs it.

MAS-015-BC03 **Chuck LaFrano** **\$90**
2/27 **T 1:00 pm - 4:00 pm** **1 session**

MUSCLE & NERVE

(ZOOM) The basic anatomical structures of muscle and nerve are described, leading to the dynamic interplay of myofascial and neuromuscular organizations. The physiological responses to thoughts, feelings, surroundings, and circumstances are discussed, with special attention to massage therapy perspectives.

MAS-015-BC04 **Chuck LaFrano** **\$90**
3/5 **T 1:00 pm - 4:00 pm** **1 session**

PROPRIOCEPTION

(ZOOM) The body/mind connection has an anatomical location in the body, and that connection is the proprioceptors. Their structures are defined and described, and the physiology of their interrelationships discussed. This is literally an anatomical and physiological description of who we are.

MAS-015-BC05 **Chuck LaFrano** **\$90**
3/19 **T 1:00 pm - 4:00 pm** **1 session**

TENSEGRITY

(ZOOM) The human body is a dynamic tensegrity structure. The term 'tensegrity' will be defined including the characteristics of a dynamic tensegrity structure. The implications of these characteristics directly apply to effective and lasting bodywork.

MAS-015-BC06 **Chuck LaFrano** **\$90**
3/26 **T 1:00 pm - 4:00 pm** **1 session**

PATTERNS – PHYSICAL & EMOTIONAL

(ZOOM) All our movements are organized into patterns of movement initiated by trial and error, conditioned by practice and repetitions. We are free to change these patterns, we are also free to form more rigid and inflexible patterns. We will examine how problematic patterns form, and what influences movement toward functional, resilient patterns.

MAS-015-BC07 **Chuck LaFrano** **\$90**
4/2 **T 1:00 pm - 4:00 pm** **1 session**

ADVANCED PHYSIOLOGY DISCOUNT

(ZOOM) Advanced Physiology is a 15-hour course comprising 5, 3-hour classes taught remotely via Zoom. \$435 for all 5 classes or \$90 per each class taken individually. Total of 15 CE hours for Massage Therapists or 3 CE hours per class. Chuck LaFrano NCBTMB #344. **NO CLASS 3/12**

MAS-015-BC08 **Chuck LaFrano** **\$435**
2/27-4/2 **T 1:00 pm - 4:00 pm** **5 sessions**



PRENATAL MASSAGE

The curriculum provides the therapist with basic knowledge about pregnant clients. Class also provides prenatal, labor massage techniques for the pregnant year which consists of preconception, pregnancy, infertility, postnatal, infant techniques if time allows. Students will also understand the anatomy/physiology affected by pregnancy, benefits, and contraindications. Live demonstration is followed by therapist trade & hands on work on expectant mothers! BRING: 2 fitted sheets, 4 flat sheets, 4-5 pillows with pillow cases, medium size towel, and unscented oil. PROVIDED: Massage tables and water. 16 CE hours for Massage Therapists. NCMTMB #315

MAS-015-BC09 **Karry Anderson** **\$400**
3/2-3/3 **S/Su 9:00 am - 6:00 pm** **2 sessions**

NEW! MARMA KANSA FACE WAND MASSAGE

The Kansa Wand Face Massage reduces stress & provides gentle face lifting, using Bronze capped massage wand. Kansa wand massage technique helps to replenish the client's skins natural vitality, reducing visible signs of aging & bringing an exuberant glow on the face. The facial massage can be used as a part of an anti-aging treatment. The aim of this course is to provide a comprehensive grounding in the theoretical basis & practical application of facial Rejuvenation. Students will be able to use the technique as a Principal part of their professional practice. Kansa wand will be provided to use it during the learning process with an option to purchase it at the end of class. Massage tables, coffee and water provided. Students are asked to bring 2 sets of sheets, 1 hand towel, and 2 medium towels. Also please refrain from wearing any makeup or products on face. 8 CE hours for Massage Therapists. NCBTMB #1000013

MAS-015-BC10 **Bijal Jadeja** **\$280**
3/9 **S 9:00 am - 6:00 pm** **1 session**

NEW! MARMA INDIAN HEAD MASSAGE

Marma Indian Head Massage is a form of relaxation technique that focuses on the face, head, neck, shoulders, upper back. & upper arms. This form of massage is very relaxing and has a balancing effect on the nervous system of the recipient and helps them to release stress & tension creating a sense of peace & well-being. Because this form of massage is done over the clothing in a seated position it can be performed anywhere and at any time, making it easily available. Including a BONUS with this course, which can be made as a stand-alone treatment for your practice, I am teaching "Hair Oiling" which goes hand in hand with this fabulous treatment. Marma Indian Head Massage includes working with Marmas on scalp, face, neck & shoulders to open up energy channels, balance chakras & help relieve tension & stress. Massage tables, coffee and water provided. Students are asked to bring 2 sets of sheets, 1 hand towel, and 2 medium towels. 16 CE hours for Massage Therapists. NCBTMB #1000013

MAS-015-BC11 **Bijal Jadeja** **\$430**
3/23-3/24 **S/Su 10:00 am - 5:00 pm** **2 sessions**

NEW! MASSAGE & HOSPICE CARE

Massage therapy guidelines for individuals in Hospice care, also known as comfort care or supportive care. This course will provide the massage therapist an in depth understanding of guidelines set forth by Hospice agencies. This course will look at research, practice settings, body positions, techniques, and stages of grief. Massage tables, coffee and water will be provided. Students should dress comfortably and bring a fitted, flat and face cradle cover. Bring note taking materials and handouts will be provided. 6 CE hours for Massage Therapists. NCBTMB# 1719.

MAS-015-BC12 **Julie Freeman** **\$200**
4/6 **S 9:00 am - 4:00 pm** **1 session**

FOREARM FUSION® FOUNDATION

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

MAS-015-BC13 **Jim Funk** **\$299**
4/19-4/20 **F/S 9:00 am - 6:00 pm** **2 sessions**

NEW! ADVANCED FOREARM FUSION® FOUNDATION

Students will learn over 20 techniques to work with clients in the prone, supine, and side-lying positions. Some of the muscle groups worked on in the class are the lateral rotators of the hip, scalenes, iliopsoas, and individual muscles of the rotator cuff. Students will continue to learn and build on their foundational body mechanics and use different aspects of their forearm and elbow to apply deep tissue techniques with minimal effort and strain. Prior Forearm Fusion training is recommended, but not required. Supplies needed: Students will need to bring a set of sheets with a face cradle cover and a towel large enough to wrap around themselves. Massage oil will be provided, but therapists may bring oil/lotion of their preference. 8 CE hours for Massage Therapists. NCBTMB #451761-11.

MAS-015-BC14 **Jim Funk** **\$189**
4/21 **Su 9:00 am - 6:00 pm** **1 session**

NEW! LOMI LOMI - ONE DAY

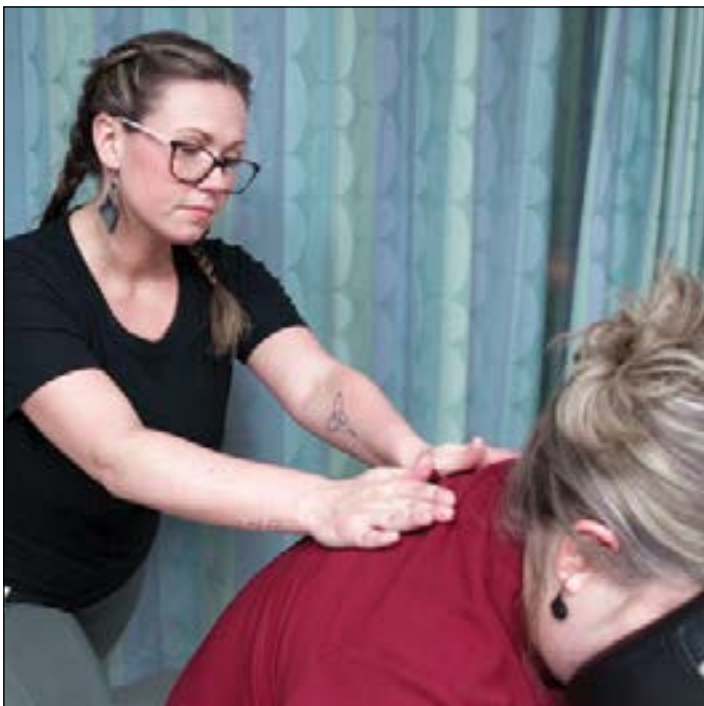
The energy generated from a Lomi Lomi massage lulls the client into a peaceful and tranquil state, perfect for any spa environment. The practitioner uses their hands and forearms to create ironing, circling, and soothing movements that feel like an ocean wave or tropical breeze. Proper body mechanics and strength-saving techniques are taught as well.. Supplies needed: Students will need to bring a towel large enough to wrap around themselves, sheet set with face cradle cover, and four large hand towels. Students should wear comfortable, dark (massage oil may leave stains) clothing. 8 CE hours for Massage Therapists. NCBTMB #451761-11

MAS-015-BC15 **Jim Funk** **\$189**
4/22 **M 9:00 am - 4:30 pm** **1 session**

BAMBOO FUSION® THERAPY: A CLINICAL APPROACH

The class will be dedicated to the application of Advanced Bamboo-Fusion® clinical deep tissue and therapeutic techniques applied in the prone, supine, and lying positions. Nathalie will teach specific strokes using warm bamboo pieces to help your clientele with neck, shoulder, back, and hip joint pain. After taking this class you will be able to offer pain management treatments to your clients to reduce the level of ache in their body. No prerequisite: Everyone is welcome to the class! Please dress comfortably for this class. Bring one sheet set, face cradle, massage lubricant, 1 pillow, and blanket for each day. Bring a sack lunch and/or snacks (one hour lunch break around 1pm). Massage tables and bamboo tools provided for use during class. The bamboo products will also be available for sale at a discounted price. 16 CE hours for Massage Therapists. NCBTMB #450427-07.

MAS-015-BC16 **Nathalie Cecelia** **\$429**
5/4-5/5 **S/Su 9:00 am - 6:00 pm** **2 sessions**



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 and BRING: two sets of sheet set with face cradle covers, a blanket, snacks/lunch, and note taking materials to every class. Massage tables and water provided. (12 CE hours for Massage Therapists. NCBTMB #344.

MAS-015-BC17 **Chuck LaFrano** **\$349**
6/1-6/2 **S/Su 10:00 am - 5:00 pm** **2 sessions**

SCAR TISSUE MASSAGE

Inefficient healing of scar tissue after surgery or injury can seriously affect quality of life and increase health costs. The ability to influence the scar tissue matrix' organization is key to achieving maximum range of motion and muscle function. This class will provide participants with an overview of Scar Tissue massage techniques and practices. Lectures will focus on the connective tissue processes of wound healing, both post-surgery and post-injury, including the energy dynamics of scar tissue remodeling. The hands-on portion will consist of demonstrations of various scar tissue massage techniques performed on a variety of scar tissue conditions and restrictions. The demonstrations are followed by participants' active massage work on scar tissue situations, with instructor assistance and guidance. Dress comfortably and BRING: two sets of sheet set with face cradle covers, a blanket, snacks/lunch, and note taking materials to every class. Massage tables and water provided. (12 CE hours for Massage Therapists NCBTMB #344.)

MAS-015-BC18 **Chuck LaFrano** **\$349**
7/13-7/14 **S/Su 10:00 am - 5:00 pm** **2 sessions**

NURSING

RECERTIFICATION FOR CNA'S

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

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

COURSE CODE: NRS 031

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

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

You may NOT register to test until after completing the recertification class (additional fee of \$85). Test information will be provided in class. Online and virtual testing options available. **REQUIREMENTS: CLASS & CLINICAL INFORMATION:** We will adhere to RVC's mask policy. Classroom/Theory/Clinical for multi-skills evaluation included in one session.

NRS-031-RV	Jill Lee	\$229
1/27	S 8:00 am - 12:00 pm	1 session
RVC Health Sciences Ctr.		Room 2206

NRS-031-RV2	Jill Lee	\$229
2/17	S 8:00 am - 12:00 pm	1 session
RVC Health Sciences Ctr.		Room 2206

NRS-031-RV3	Jill Lee	\$229
3/21	Th 4:00 pm - 8:00 pm	1 session
RVC Health Sciences Ctr.		Room 2206

NRS-031-RV4	Jill Lee	\$229
4/20	S 8:00 am - 12:00 pm	1 session
RVC Health Sciences Ctr.		Room 2206

NRS-031-RV5	Jill Lee	\$229
5/7	T 4:00 pm - 8:00 pm	1 session
RVC Health Sciences Ctr.		Room 2206

ONLINE EDUCATION

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- Skilled Trade and Industrial
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- Sustainable Energy/Going Green
- Media and Design

ED2GO.com/RVC

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Courses developed through a partnership with leading education organizations, including: Pearson Education, E-College and Condensed Curriculum International.

- Pharmacy Technician
- Dental Assisting
- Dialysis Technician
- Medical Billing & Coding
- EKG Technician
- ECG/EKG Course for Nurses
- Phlebotomy Technician
- Medical Terminology
- Medical Administrative Assistant
- Medical Coding ICD-10 Update

RockValleyCollege.edu2.com/

GMP FITNESS

GMP Fitness offers over 70+ Online Specialization Certifications and CEU Online Courses in health, nutrition, wellness, active aging, sports, and fitness for career growth, personal enrichment, and life-long learning. All GMP Fitness Courses are internationally and nationally approved and accredited by the AADP and others. Our courses provide health and wellness learning and real-world skills that can be put into practice immediately. GMP Fitness has been in the fitness industry for over 30 years. We offer excellent student support from the time we receive the order - through the student's entire learning process.

Required code to enroll: **gmprvc**

GMPfitness.com/g-edu/

SKILLED TRADES

FORKLIFT & AERIAL

Classes meet at Advanced Technology Center • 1400 Big Thunder Blvd. • Belvidere, IL 61008
 For more information: Rob Boeke at Rob.Boeke@WolterInc.com or (815) 874-1610 ext. 6501.

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? 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.

NOTE: These classes are taught in English. **NOTE:** Topics covered: Relating safety to the operator and coworkers, proper load handling procedures, center of gravity demonstration, load loss calculations, load dock safety, pre-shift inspection, 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. **REQUIRED:** Close-toed shoes! **BRING:** A lunch and snacks. No refunds 7 day prior to class start date.

ISH-025-ATC **Rob Boeke** **\$235**
2/26 **M 8:00 am - 3:00 pm** **1 session**
RVC Advanced Technology Ctr. **Room 1308**

ISH-025-ATC2 **Rob Boeke** **\$235**
5/6 **M 8:00 am - 3:00 pm** **1 session**
RVC Advanced Technology Ctr. **Room 1308**



AERIAL OPERATOR TRAINING

All operators of motorized Aerial equipment are required to be trained and authorized to safely operate Aerial equipment. This course will familiarize you with Group A Scissor and Group B Articulating/Boom, Mobile Elevating Work Platforms (MEWP), as required by ANSI and OSHA requirements. Topics covered: Accountability and responsibility, requirement and proper use of fall protection, pre-operational and annual inspections, site inspection and work procedures, operational fundamentals, hazards related to operation and use, emergency rescue procedures, hands-on operation. **INCLUDED:** All training materials. Certificate and license issued after successfully completing class and onsite skills test. **BRING:** A lunch and snacks. **NOTE:** These classes are taught in English. **REQUIRED:** Close-toed shoes. No refund 7 days prior to the class start date.

ISH-040-ATC **Rob Boeke** **\$235**
4/1 **M 8:00 am - 2:00 pm** **1 session**
RVC Advanced Technology Ctr. **Room 1302**

¡NUEVO! FORMACIÓN EN CARRETILLAS ELEVADORAS ESPAÑOLAS

CAPACITACIÓN PARA OPERADORES DE CARRETILLAS ELEVADORAS (.5 crédito) ¿Está buscando adquirir conocimientos en la operación de carretillas industriales motorizadas (carretillas elevadoras) para comenzar o avanzar en su carrera en el campo de la manipulación de materiales? Este curso le dará los conocimientos y habilidades necesarios para operar una carretilla elevadora de manera correcta y profesional como requisito previo para obtener su licencia de autorización de montacargas. **NOTA:** Estas clases se imparten en inglés. Si se requiere un intérprete, comuníquese con la oficina de Educación Continua al (815) 921-3900 al menos 7 días antes de la fecha de inicio de la clase. **NOTA:** Temas cubiertos: Relacionar la seguridad con el operador y los compañeros de trabajo, procedimientos adecuados de manejo de carga, demostración del centro de gravedad, cálculos de pérdida de carga, seguridad del muelle de carga, inspección previa al turno, placas de capacidad, seguridad de la batería y el combustible, estándares ANSI, regulaciones de OSHA, videos de ayudas de capacitación, libro de trabajo del estudiante, prueba escrita, evaluaciones prácticas con sesión de entrenamiento, prueba de habilidades en el sitio si se solicita. **NOTA:** Para convertirse en un operador totalmente autorizado y con licencia, el propietario de la carretilla elevadora debe completar en el sitio o aprobarnos para completar una prueba de habilidades en el sitio. La clase cubre el equipo ITA clase I-V. **REQUERIDO:** ¡Zapatos cerrados! **TRAER:** Un almuerzo y bocadillos. No hay reembolsos 7 días antes de la fecha de inicio de la clase.

ISH-025-ESP **Rob Boeke** **\$235**
3/21 **Th 8:00 am - 3:00 pm** **1 session**
RVC Advanced Technology Ctr. **Room 1302**

WAREHOUSE 101

Warehouse 101 will prepare you for a career in the distribution and warehousing field. This two-day class will cover general Forklift safety and skills training, Aerial scissor (MEWP type 3A) safety and skills training, as well as pedestrian awareness and safety training when working in an environment with extensive forklift traffic. After successful completion of this two-day course, students will receive certificates in Forklift, Aerial type 3A safety and operation, and pedestrian safety and awareness. **INCLUDED:** All training materials. **REQUIRED:** close-toed shoes **NOTE:** These classes are taught in English. No refund 7 days prior to the class start date.

ISH-050-ATC **Rob Boeke** **\$479**
2/27-2/28 **T/W 8:00 am - 4:00 pm** **2 sessions**
RVC Advanced Technology Ctr. **Room 1308**



NEW! INTRO TO BASIC TOOLS

(Adults ONLY, 18+) Have you always wanted to identify hand tools and learn how to work with them properly? Whether you are an interested homeowner, aspiring tradesperson, or have always wanted to know what that "thingamajig" is actually called this course is for you. We will explore the names, uses, safety measures, and maintenance of your basic hand tools and personal protective equipment so you can feel more confident in tackling projects on your own.

BCT-019-RV **Dawson Ingram** **\$59**
2/17 **9:00 am - 1:00 pm** **1 session**
RVC Classroom Bldg. II **Room G27**



NEW! INTRO TO CARPENTRY

(Adults ONLY, 18+) This course allows students to bring a two-dimensional plan to life. You will learn how to make a material and cut list, and use basic hand and power tools to build a small carpentry project (Carpenter's Toolbox) step-by-step. Registration closes 7 days prior to class.

PRE-REQUISITE: Intro to Basic Tools. **BRING:** safety glasses, tape measure, handsaw, claw hammer, combination square and a pencil.

BCT-079-RV **Dawson Ingram** **\$69**
2/24 **9:00 am - 1:00 pm** **1 session**
RVC Classroom Bldg. II **Room G27**

Find Your Edge

Whether you're a master of home DIY projects or are just getting started... we have new, hands-on classes for you to learn about all sorts of tools or "thingamajigs" and prepare to build your skills for your next project.



REFRIGERATION CLASSES

REFRIGERATION & AIR CONDITIONING

(1.5 Credits) An overview of the basics of a refrigeration system. We will go over components and how they function in the system. Regulations for Section 608 and basic troubleshooting and service procedures will be covered with some hands-on training on the refrigeration test board. **BRING:** Safety glasses. **PURCHASE:** Text at RVC Bookstore. **NOTE:** Students should register for the EPA Prep Class with exam. This is an additional \$175. See course RAH-056-BLL.

NO CLASS 3/11

RAH-051-BLL	Stuart Berg	\$235
2/12-4/1	M 6:00 pm - 9:15 pm	7 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 004

EPA REFRIGERANT HANDLING PREP CLASS WITH EXAM

(.5 Credit) Two-session preparation for the EPA Refrigerant Handling Exam for stationary refrigeration and air conditioning equipment and will cover Types I, II, and III. This course will meet worker certification requirements, and demonstrate how and why to use capture and recovery equipment. Students will review rules and regulations regarding Freon handling, learn how to properly service equipment, learn to use recovery equipment and discuss refrigerant types and basic refrigeration as it applies to the test and safety issues. The EPA-approved exam will be given at the third session. You must pass the exam to receive refrigerant handling certification. Anyone who vents Freon into the atmosphere will require certification training to be in compliance with the Federal Clean Air Act including line workers, service technicians, production personnel, union members, supervisors, managers and owners. **NOTE:** This class is taught in English. If you require a Spanish training manual/exam, please call our office at (815) 921-3900 prior to class start date.

RAH-056-BLL	Stuart Berg	\$179
4/10-4/24	W 6:00 pm - 9:00 pm	3 sessions
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 004



EPA CERTIFICATION (EXAM) ONLY

This is the third session of the EPA Certification Preparation course. If you are registered for RAH-056, you are automatically registered for the exam. This is the exam only, and does not include course or study guide. If you already have an EPA card but want to take an additional part of the exam, please bring your current EPA card to the exam.

RAH-007-BLL	Proctor	\$109
4/24	W 6:00 pm - 9:00 pm	1 session
Bell School Rd. Ctr.	3350 Bell School Rd.	Room 004

HIGHWAY CONSTRUCTION CAREERS TRAINING PROGRAM

The HCCTP aims to help individuals gain acceptance into the construction trades.



During the 14-week class, participants will engage in 450 hours of skilled-trades preparation and apprenticeship readiness training with the goal of applying for and obtaining local union apprenticeship opportunities. Math for the Trades, Print Reading, Welding, safety training such as OSHA 10-Hour, CPR, Flagger, hands-on projects, and more can be expected.

HCCTP is offered twice a year (Fall and Spring) and is at no cost to the participant as it is funded entirely by the Illinois Department of Transportation. The application process begins with signing up for a mandatory Information/Testing Session by visiting RockValleyCollege.edu.

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



Find Your Self

As you embrace the hustle of everyday life and the rhythm of responsibilities, do you ever catch yourself wondering about that hobby left on the shelf?

Our ever-growing to-do lists have a way of pushing those passion projects to the bottom of the list. Not anymore...

Here's your chance to:

- Reignite those desires
- Dive back into that passion
- Expand your skill set
- Invest in yourself

It's time to rediscover those dreams and turn them into reality.



TEACHER PROFESSIONAL DEVELOPMENT

CHECK IT OUT! TEACHER PD HOURS ONLINE!

Earn professional development (PD) hours that are convenient, affordable, and effective. You can take an online course when it is most convenient for you. New Classes begin monthly.

Duration: 6 weeks PD contact hours: 24
Courses starting at \$125

For info & to register, visit ED2GO.COM/RVC

TOOLS FOR TEACHERS

- Solving Classroom Discipline Problems
- Differentiated Instruction in the Classroom
- Teaching Students with Autism: Strategies for Success
- Working Successfully with Learning Disabled Students
 - Creating Classroom Centers
 - Survival Kit for New Teachers

CLASSROOM COMPUTING

- Integrating Technology in the Classroom
- Teaching Smarter with SMART Boards
- Using the Internet in the Classroom

READING STRATEGIES

- Ready, Set, Read!
- Guided Reading & Writing: Strategies for Maximum Student Achievement
- Guided Reading: Strategies for the Differentiated Classroom

LANGUAGES

- Spanish in the Classroom
- Enhancing Language Development in Childhood

SCIENCE & MATH

- Teaching Science: Grades 4-6
- Introduction to Algebra
- Teaching Math Grade 4-6

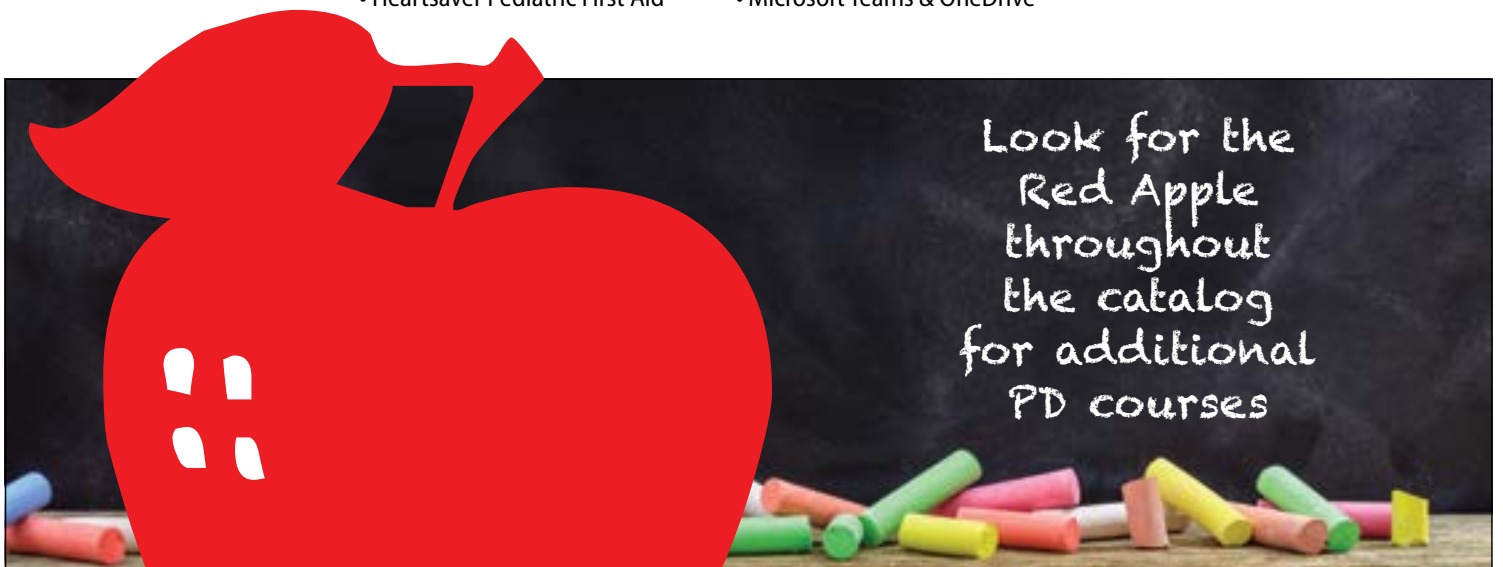
IN-PERSON CLASSES (Pgs. 28, 31 & 33)

ORGANIZATION & PLANNING

- Intro to Trello
- Trello for Beginners
- Heartsaver Pediatric First Aid

CREATIVITY & COLLABORATION

- Intro to Canva
- Canva for Beginners
- Canva for Paid Users
- Microsoft Teams & OneDrive



WE'RE HIRING!

Are you looking to make a big impact in a part-time job?

Featured Openings:

- Accounting/QuickBooks
- Computers, Google Office Suite, and Microsoft Teams
- Gardening
- Restaurant Management
- Seasonal Workshops & Special Events

Submit Your Proposal:

Email RVC-CCE@RockValleyCollege.edu:

- Proposed class title and/or subject area
- Your experience in this area
- How to contact you



"I am honored to be part of the RVC community not only as an Assistant Professor of Life Sciences but as a Whiz Kids instructor. Having the opportunity to show kids how fun and exciting science can be is an absolute joy. I love being able to share my knowledge while fostering their creative abilities into functional projects they get to keep. The Community Education program at RVC is outstanding, and as an instructor, I have always felt completely supported with my camp activity ideas as well as the growth of my STEM programs." – Laura Constant

Seeking DENTAL PATIENTS



If you haven't received regular, routine dental hygiene treatment for at least three years... you're eligible!

Included in cleaning: dental exam, x-rays, professional cleaning, fluoride varnish, and child health by nursing students. Treatment is provided by dental hygiene and nursing students, and supervised by licensed dentists and RDH.

We also offer free cleanings for children ages 5-12. Treatment paid for by Mars Wrigley Grant. Sealants are an additional charge.

To schedule an appointment, contact the RVC Dental Hygiene Clinic at (815) 921-3235.

*Limited appointments are available.
This opportunity ends on May 3, 2024,
or when funds are depleted.*



RockValleyCollege REGISTRATION

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

GENDER:

Male Female

DATE OF BIRTH:

MONTH / DAY / YEAR

FULL LEGAL NAME:

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

ADDRESS: Check if this is a new address

NUMBER & STREET: _____ CITY: _____

STATE: _____ ZIP: _____

TELEPHONE:

HOME: _____ CELL: _____ EMAIL: _____

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

Student / Guardian

Date

TERM BEGINNING: Year _____

1 Summer 3 Fall 6 Spring

MAIL REGISTRATION AND CHECK TO:

Records and Registration
Rock Valley College
3301 North Mulford Road
Rockford, IL 61114-5699

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

Check number _____ **Check amount \$** _____

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

HIGH SCHOOL:

Yes, High School graduate
Attended _____
 No

COLLEGE:

Associate
 Bachelor
 Master

ETHNIC ORIGIN:

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

Yes, Hispanic or Latino
 Not Hispanic/Latino, but Spanish origin

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

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

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

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

Revised 12/2017

3 WAYS TO REGISTER

ONLINE

RockValleyCollege.edu

MAIL

Send registration form and check to:

Records and Registration
Rock Valley College
3301 N. Mulford Rd.
Rockford, IL 61114-5699
Allow five days for delivery.

IN PERSON

Bring registration form and payment to:

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

Records & Registration Office Hours:

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

PAYMENT INFO

Registrations without payment WILL NOT be processed.

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

A non-refundable service fee (\$1.75 per e-check, 2.5% of total credit card transaction) will be added to your transaction upon registration completion. Fees are subject to change.



RESIDENTIAL CUSTOMER

Rock Valley College

From dreams...

to your next opportunity.

After 30 years of putting the needs of her family first, Maricela Garcia proves it's never too late to follow your dreams!

With a sixth-grade education, she pushed past her doubts to achieve her goals and obtain her GED. Maricela plans to continue her education and pursue her CNA certificate. Her inspiring journey reminds us: limitations don't define us.

With over 60 areas of study, RVC has something for everyone. Your dreams are within reach!

