

# RockValleyCollege

SUMMER 2025

[RockValleyCollege.edu/CCE](https://RockValleyCollege.edu/CCE)

Community Education | Whiz Kids | Continuing Education



**EXPLORE. LEARN. BELONG.**

Explore personal enrichment and professional development this summer!

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**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](http://RockValleyCollege.edu) for more refund information

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OR register online at [CCE.RockValleyCollege.edu](http://CCE.RockValleyCollege.edu)

### Contact, Hours, & Location

(815) 921-3900 or [RVC-CCE@RockValleyCollege.edu](mailto:RVC-CCE@RockValleyCollege.edu)

Monday-Friday: 8:30 AM to 4 PM

**RVC Main Campus**, 3301 N. Mulford Road, Rockford, IL

**Until June 16:** Classroom Building II, Room 115

**After June 16:** Woodward Technology Center, Room 1200

## RVC BOOKSTORE

Student Center, Ground Level · (815) 921-1680  
[RockValleyCollege.edu/Campus-Services/Bookstore](http://RockValleyCollege.edu/Campus-Services/Bookstore)

Rock Valley College makes no endorsement, express or implied, of any content contained in instructional or other materials associated with the College's Community and Continuing Education course offerings. The content contained in instructional and other course materials shared by CCE instructors and/or business partners does not necessarily reflect the opinions or views of Rock Valley College or its Board of Trustees.

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.

# Explore New Possibilities

## ENHANCE YOUR PERSONAL AND PROFESSIONAL SKILLS

### COMMUNITY EDUCATION

Take a class for fun or to enhance your well-being. We have classes that fit your needs and lifestyle!

### WHIZ KIDS

Whiz Kids classes inspire kids to try new things, build independence, and gain social skills – all disguised as fun!

### CONTINUING EDUCATION

Upgrade your skills with non-degree credit, national certification, and courses in skilled trades, healthcare, and technology areas.

## THIS SUMMER

Find the latest listing of available classes and [register online](#)

Get started at  
[CCE.RockValleyCollege.edu](http://CCE.RockValleyCollege.edu)





# Community Education

## Rock Valley College

### ART & CERAMICS

#### AUDUBON BIRDS IN WATERCOLOR

**(Ages 10-Adult)** In this watercolor class, you will learn how to paint different birds in their natural settings by viewing a youth edition of prints by John James Audubon, the French-American self-trained artist, naturalist, and ornithologist. These prints will be the inspiration for your watercolor art. You will learn both Eastern and Western watercolor techniques in order to paint your unique version of the following birds: band-tailed pigeon, wild turkey with chicks, white throated sparrow, pine warbler, bald eagle, goldfinch, cerulean warbler and great-horned owl. There will be a class discussion after each lesson to share and discuss your art with the class. Drawing and watercolor experience would be helpful but not required for this class. **SUPPLY KIT:** Purchase Supply Kit (\$30) from the instructor the morning of the class.



**ART-809-BLL4**  
8/9

**Stella Dobbins**  
W 9 AM - 5 PM

**\$85**  
1 Session  
Room 007

RVC Bell School Road Ctr.

#### CERAMIC BIRD HOUSE TEMPERATURE PLAQUE

Create your own Bird House Temperature Plaque using glaze paint. **SUPPLIES:** all included. **TAKE HOME:** your project after fired in the kiln.



**ART-809-JUNE**  
6/18-6/25

**Gail Lee**  
W 5:30-8:30 PM

**Lee Innovations Ceramic Studio**  
3600 E. State St., Suite 306, Rockford, IL

**\$47**  
2 Sessions  
Room 001

#### CERAMIC WHEEL THROWING

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

**ART-809-RV**  
6/14-8/2

**Stacey Barber**  
S 10 AM - 1 PM

RVC Classroom Bldg. I

**\$299**  
8 Sessions  
Room 0210

### ONLINE EDUCATION WITH ED2GO

Explore online community education offerings via Ed2Go. Classes offered monthly. Instructor-led & self-paced options. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2).**

### DRAWING FOR THE ABSOLUTE BEGINNER

Gain a solid foundation in the basics of drawing to become the artist you've always wanted to be. This course will help you become familiar with paper type, drawing styles, techniques, and basic principles of perspective, layout and design.

## AUTO SAFETY

#### DEFENSIVE DRIVING 101

**(HS-Adult)** Road rage, fatigued driving, impaired driving. Sound familiar? Learn about the conditions that affect your driving and learn to become a better, safer driver overall. In this course, you'll 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-TrafficSafety@rockvalleycollege.edu](mailto:RVC-TrafficSafety@rockvalleycollege.edu) for course instructions.

**EDV-800-OL (Online) or**  
**EDV-800-RV (Classroom)**

**\$79**  
RVC Traffic Safety



**NEED TO CANCEL?** Let us know 7 days prior to 1st class. Contact (815) 921-3900 or [RVC-CCE@RockValleyCollege.edu](mailto:RVC-CCE@RockValleyCollege.edu).

# AWARENESS OF MIND, BODY, & SOUL

## SECRETS OF ANCIENT CHINA

Ancient Chinese thought that the laws of nature govern all things and human beings must seek harmony with nature also 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 are 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, maintaining 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.

**ALT-800-RV7** **Min Wang** **\$61**  
**6/24-7/29** **T 6-7:30 PM** **6 Sessions**  
**RVC Woodward Technology Ctr.** **Room 1308**

## SELF-ACCUPRESSURE & CHINESE MEDICINE

Discover the ancient art of self-acupressure in this hands-on class designed to help you relieve stress, alleviate muscle tension, and promote overall well-being. Rooted in the principles of Traditional Chinese Medicine (TCM), this class will teach you how to harness the power of energy points within your body to restore balance, boost vitality, and calm your mind. Students will give themselves sessions and have to option to practice on others. INCLUDES: Handouts Instructor Sue Michaelsen, LMT, trained with Masters and Medical Doctors in China, Canada, and USA. **NO CLASS: 7/5**

**ALT-800-BLL** **Sue Michaelsen** **\$75**  
**6/14-8/23** **S 11:30AM-12:30PM** **10 Sessions**  
**RVC Bell School Road Ctr.** **Room 013**

## SPIRITUAL AWAKENING & PURPOSE

Do you feel lost, lonely, and disconnected from others? Do you find you are searching for something more and questioning your purpose in life? Have you recently had a life-changing crisis/situation? You may be experiencing a spiritual awakening. In this course, we will define spiritual awakening, the signs, symptoms, causes/triggers, and how to find your purpose in life. This course will assist you in gaining control of your life and find happiness in serving others while serving oneself. This course is not a religion-based teaching of spirituality.

**ALT-800-RV17** **Brenda Ortberg** **\$59**  
**6/3** **T 6:30-8:30 PM** **1 Session**  
**RVC Classroom Bldg. II** **Room 121**

## MASSAGE FOR COUPLES

Spend a special date learning to pamper necks, shoulders, back, knees, feet, hands and more. Students remain clothed. **INCLUDES:** Handouts & links. **BRING:** A blanket & pillow to make chairs comfortable for you. **IMPORTANT REGISTRATION INSTRUCTIONS:** EACH PERSON MUST REGISTER. CLASS IS FOR COUPLES ONLY (NO SINGLE PARTICIPANTS). CLASS IS LIMITED TO 4 COUPLES

**ALT-800-BLL2** **Sue Michaelsen** **\$49**  
**6/22** **Su 3-5 PM** **1 Session**  
**RVC Bell School Road Ctr.** **Room 013**

## SUN, MOON, & RISING

Understand yourself and your loved ones even better! How the sun, moon, and rising signs influence personality traits and behaviors to gain insight and understanding, and even better relationships! **BRING:** Exact time of birth and City of Birth (for yourself and/or loved one).

**ALT-800-RV18** **Melissa Paluzzi** **\$79**  
**6/12** **Th 5:30-7:30 PM** **1 Session**  
**RVC Classroom Bldg. II** **Room 120**

## 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 Hulsebus** **\$65**  
**6/10** **T 7-8:30 PM** **1 Session**  
**RVC Woodward Technology Ctr.** **Room 1308**

## SHINRIN-YOKU

Discover the therapeutic benefits attained by immersing yourself in nature. Table the tech, scrap the screens, and join us as we learn and practice proven techniques to counter the negative effects of spending too much time with technology. This is a 'feet on the forest floor' approach where we will experience a number of local settings and measure the benefits of restored vitality and rejuvenation. **OPTIONAL TEXTBOOK:** 'Forest Bathing' by Dr. Qing Li **WEAR:** Comfortable shoes for walking and dress accordingly for weather. **CLASS MEETS:** First class meets at RVC Main Campus, JCSM, 0216. Remainder of classes will be held at local parks or green spaces (itinerary to be provided at first class).

**ALT-800-RV22** **Steve Ragsdale** **\$69**  
**7/12-8/2** **S 1-3 PM** **4 Sessions**  
**RVC Jacobs Ctr. for Science & Math** **Room 0216**

## 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** **\$54**  
**6/2** **M 7-8:30 PM** **1 Session**  
**Connections Therapy Center** **Room Main**  
**1047 Cannell Ct, Rockton, IL**

## SPIRITUAL CONNECTIONS

Have you ever wondered how to connect with Spiritual Presences? We'll discover who/what Spiritual Presences are, your gift of connection such as clairvoyance, claircognizance, etc., and how to connect with them and recognize the signs they give you.

**ALT-800-RV15** **Kathy Bjerke** **\$55**  
**7/23** **W 6-8 PM** **1 Session**  
**RVC Woodward Technology Ctr.** **Room 1308**





## ONLINE EDUCATION WITH ED2GO

Explore online community education offerings via Ed2Go. Classes offered monthly. Instructor-led & self-paced options.

### 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. **Get started at [Ed2Go.com/RVC2](https://Ed2Go.com/RVC2)**

### WORK YOURSELF HAPPY

**(VIRTUAL)** Be prepared to handle the challenges you and your parents will face in the coming years, while learning to cherish the transition. **Get started at [Ed2Go.com/RVC2](https://Ed2Go.com/RVC2)**

### UNDERSTANDING ADOLESCENTS

**(VIRTUAL)** Be prepared to handle the challenges you and your parents will face in the coming years, while learning to cherish the transition. **Get started at [Ed2Go.com/RVC2](https://Ed2Go.com/RVC2)**

### GENEALOGY BASICS

**(VIRTUAL)** Be prepared to handle the challenges you and your parents will face in the coming years, while learning to cherish the transition. **Get started at [Ed2Go.com/RVC2](https://Ed2Go.com/RVC2)**

### ADDITIONAL TOPICS INCLUDE:

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

## DANCE

### 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. 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**      **\$65**  
**7/16-8/20**      **W 6:30-7 PM**      **6 Sessions**

**Location: Don Carter Lanes**  
**4007 E. State St., Rockford, IL**

### 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.

**DNC-800-DC**      **Suzy Theisen**      **\$65**  
**7/21-8/25**      **M 6-6:50 PM**      **6 Sessions**

**Location: Fitness Works, 3619 Morsay Dr., Rockford, IL**

## FARM & NATURE

### HOMESTEADING: MEET THE ANIMALS

This course will discuss the different options for animals on the homestead and the benefits and costs of raising animals on the homestead. Factors for animal selection and requirements for housing and nutrition will also be discussed. On the second day of the class students will tour animal enclosures and see different breeds of animals. Martin Quirk is a Professor of History and has lived a homesteading lifestyle for the last thirteen years. He began as an urban homesteader in northeast Rockford. Today he and his family live on a five-acre agricultural property in Harrison Township in Winnebago County. The first class meets at RVC Main Campus, Classroom Building I, Room 1240. The second class meets at the Homestead (address provided at first class).

**GAN-817-RV**      **Martin Quirk**      **\$79**  
**6/27**      **F 6-8 PM**      **1 Session**  
**RVC Classroom Bldg. I**      **Room 1240**

### SHINRIN-YOKU

Discover the therapeutic benefits attained by immersing yourself in nature. Table the tech, scrap the screens, and join us as we learn and practice proven techniques to counter the negative effects of spending too much time with technology. This is a 'feet on the forest floor' approach where we will experience a number of local settings and measure the benefits of restored vitality and rejuvenation. **OPTIONAL TEXTBOOK: 'Forest Bathing' by Dr. Qing Li** **WEAR: Comfortable shoes for walking and dress accordingly for weather.** **CLASS MEETS: First class meets at RVC Main Campus, JCSM, 0216. Remainder of classes will be held at local parks or green spaces (itinerary to be provided at first class).**

**ALT-800-RV22**      **Steve Ragsdale**      **\$69**  
**7/12-8/2**      **S 1-3 PM**      **4 Sessions**  
**RVC Jacobs Ctr. for Science & Math**      **Room 0216**



# FITNESS

Tai Chi and Chi Kung (Qigong) are fantastic practices for relieving stress and tension while also promoting overall health. Both are rooted in traditional Chinese medicine and philosophy, with a focus on moving energy (Qi) through the body in a mindful way.

**Chi Kung (Qigong)**, often referred to as "energy work," is a practice that combines gentle movements, breath control, and relaxation to cultivate and balance Qi (vital energy). Its benefits include:

- **Relaxation and stress relief:** The flowing movements and deep breathing help activate the parasympathetic nervous system, leading to relaxation.
- **Boosting memory and mental clarity:** Focused practice helps sharpen mental faculties.
- **Improving health:** Chi Kung movements promote the smooth flow of energy throughout the body, which can enhance physical health and vitality.

**Tai Chi** is a slow, graceful martial art that emphasizes controlled, flowing movements, deep breathing, and mindfulness. The practice helps:

- **Reduce stress:** The meditative aspect of Tai Chi calms the mind and body, promoting relaxation.
- **Improve balance:** The slow movements and weight shifts enhance physical stability.
- **Enhance coordination:** The focus on movement precision helps improve body awareness and coordination.
- **Boost memory:** Regular practice engages both the body and mind, which can help sharpen cognitive function.

## CHI KUNG FOR ALL LEVELS

(Participants can sit or stand) Gentle techniques to encourage your best health and fitness. INCLUDES: Handouts and links. **NO CLASS:** 6/10

**FIT-812-CHI** Sue Michaelson \$55  
6/9-8/11 M 11:30AM-12:30PM 9 Sessions  
RVC Bell School Road Ctr. Room 013

## TAI CHI FOR BEGINNERS

Warm up with Therapeutic Chi Kung then incorporate breathing techniques, hand positions, stances, slow movements, and 24 Short Yang Tai Chi Forms. INCLUDES: handouts and links ATTEND: your choice of any 3 classes weekly. **NO CLASS:** 6/16, 6/19, and 7/5

**FIT-812-BEG** Sue Michaelson \$85  
6/9-8/11 M 10:40-11:40 AM 10 Sessions  
6/12-8/28 Th 6:40-7:40 PM  
6/14-8/23 S 10:10-11:10 AM  
RVC Bell School Road Ctr. Room 013

## PREP FOR TAI CHI FORMS

Introduction to Tai Chi Forms: Chen, Yang, Fan and Sword INCLUDES: Handouts and links PREREQUISITE: Tai Chi for Beginners or Instructor approval. **NO CLASS:** 6/19

**FIT-812-PREP** Sue Michaelson \$55  
6/12-8/21 Th 4:20-5:20 PM 10 Sessions  
RVC Bell School Road Ctr. Room 013

## TAI CHI FORMS

Tai Chi Forms builds upon Beginning Tai Chi training. Class may include Short Chen, Short Yang, Short Sun, Single and Double Fan, and Sword. INCLUDES: Handouts and links PREREQUISITE: Tai Chi for Beginners or Instructor approval. ATTEND: your choice of any 3 classes weekly. **NO CLASS:** 6/16, 6/19, and 7/5

**FIT-812-FORMS** Sue Michaelson \$85  
6/9-8/11 M 9:30-10:30 AM 10 Sessions  
6/12-8/11 Th 5:30-6:30 PM  
6/14-8/23 S 9-10 AM  
RVC Bell School Road Ctr. Room 013





# YOGA

**NOTE:**  
Do not  
start Yoga if  
you are  
pregnant

Welcome to Yoga! Yoga is a powerful practice that goes beyond just physical exercise – it’s a journey toward greater balance, strength, and peace of mind. Whether you’re new to yoga or have practiced before, our classes are designed to meet you where you are, helping you connect more deeply with yourself and your body. Through a combination of mindful movement, breathwork, and relaxation techniques, yoga offers a way to enhance flexibility, build strength, reduce stress, and increase mental clarity.

## EASY YOGA

Open to all experience levels. You are encouraged to practice at your own pace. **BRING:** A yoga mat, a yoga strap, water. **NOTE:** Do not start Yoga if you are pregnant.

**YOG-800-RV**                      **Raeann Austin**                      **\$112**  
**6/28-8/21**                      **Th 4:30-5:30 PM**                      **9 Sessions**  
**RVC Physical Education Ctr.**                      **Room 1216**

## BEGINNER YOGA

Perfect for beginners or those looking for simple yoga poses to improve flexibility, strength, and balance. This basic class will help you feel less stress and more relaxed. Move at your own pace. **BRING:** A yoga mat, a yoga strap, water. **NOTE:** Do not start Yoga if you are pregnant.  
**NO CLASS:** 7/4

**YOG-800-RV3**                      **Raeann Austin**                      **\$112**  
**6/20-8/22**                      **F 9:30-10:30 AM**                      **9 Sessions**  
**RVC Physical Education Ctr.**                      **Room 1216**

## YOGA: HATHA STYLE

Yoga class taught in the Hatha Yoga tradition. We hold poses for several breaths to allow you to settle into each pose. Then, slowly, we move fluidly into the next pose to allow proper foundation and alignment. Variations in poses are always offered, and students are always encouraged to move at their own pace in a non-competitive environment. You can expect an ever-changing practice along with the pranayama and meditation techniques, hand mudras, and plenty of encouragement! **NOTE:** Do not start yoga if you are pregnant. **BRING:** Yoga mat and water.

**YOG-800-RV5**                      **Cassie Piske**                      **\$66**  
**8/5-8/26**                      **T 1:30-2:30 PM**                      **4 Sessions**  
**RVC Physical Education Ctr.**                      **Room 1216**



# FINANCE

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

## ONLINE EDUCATION WITH ED2GO

Explore online community education offerings via Ed2Go. Classes offered monthly. Instructor-led & self-paced options.

### KEYS TO SUCCESSFUL MONEY MANAGEMENT

(VIRTUAL) Certified financial planner shows you how most wealthy people build their fortunes. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2)**

### WHERE DOES ALL MY MONEY GO?

(VIRTUAL) Get control of your money once and for all. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2)**

### 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. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2)**

### PERSONAL FINANCE

(VIRTUAL) Protect your assets and discover how best to achieve all your financial goals. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2)**

### REAL ESTATE SUITE

(VIRTUAL) Understand what it takes to build wealth, how to invest in real estate, and legalities surrounding real estate. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2)**

### REAL ESTATE INVESTING

(VIRTUAL) Build and protect your wealth by investing in real estate. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2)**

### INTRODUCTION TO STOCK OPTIONS

(VIRTUAL) How stock options can protect your portfolio and help you profit in any type of market. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2)**

### STOCK TRADING SUITE

(VIRTUAL) Make wise investment decisions and discover valuable techniques that show you step-by-step how to research and value stocks. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2)**

### STOCKS, BONDS, & INVESTING: OH, MY!

(VIRTUAL) Make wise investment decisions so that you have enough money to live comfortably through your retirement. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2)**

### THE ANALYSIS & VALUATION OF STOCKS

(VIRTUAL) This comprehensive course will teach you how to read financial statements, calculate financial ratios, perform industrial comparisons, and conduct economic research. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2)**

# MATH

## MATH SKILLS FOR HIGH SCHOOL

(Ages 13-17) Foundational skills to succeed in High School math. You will refresh concepts learned in 8th grade mathematics, and then you will build core knowledge to succeed in high level math. Topics include Algebra Essentials (I and II), Geometry Essentials, and Statistical Fundamentals.

**MTH-800-RV**  
**7/7-7/31**

**Bilal Khairi**  
**M-F 10 AM - 12 PM**

**\$77**  
**19 Sessions**  
**Room 0214**



## ONLINE EDUCATION WITH ED2GO

Explore online community education offerings via Ed2Go. Classes offered monthly. Instructor-led & self-paced options.

### MATH REFRESHER

(VIRTUAL) Learn how to use math to your advantage in everyday life. The lessons in this course are filled with practical exercises and information that you can put to immediate use. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2)**

### INTRODUCTION TO ALGEBRA

(VIRTUAL) Develop a rich understanding of math while you study algebra in a relaxed and supportive environment. This course emphasizes practical math applications of your new algebra skills to help you learn math reasoning in a real-world context and discover solutions to almost any math problem. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2)**

### INTRODUCTION TO STATISTICS

(VIRTUAL) Improve your understanding of data and learn how to develop graphs and charts. With real-world applications and easy-to-understand examples drawn from business, health care, sports, education, and politics, this course provides the skills and knowledge you need to start analyzing data. **Get started at [Ed2Go.com/RVC2](http://Ed2Go.com/RVC2)**

# MUSIC

## RVC SUMMER FESTIVAL 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](mailto:blamm@gmail.com) or call/text 708-831-0417. BRING: Your instrument.

**MUS-800-RV4**                      **Brandon Lamm**                      **\$95**  
**7/14-7/29**                              **M/T 7-9 PM**                              **6 Sessions**  
**RVC Educational Resource Ctr.**                              **Room 0214**

## BEGINNING PIANO: ADULTS

No Experience – beginning from scratch! **NO CLASS: 7/7**

**MUS-800-RV8**                      **Lillian Gonzalez**                      **\$105**  
**6/16-8/11**                              **M 12-12:50 PM**                              **8 Sessions**  
**RVC Woodward Technology Ctr.**                              **Room 1110**

## BEGINNING PIANO: NEXT LEVEL

**PREREQUISITE:** Beginning Piano or Instructor recommendation. A continuation of Beginning Piano, but a more challenging level. **NO CLASS: 7/7**

**MUS-800-RV9**                      **Lillian Gonzalez**                      **\$105**  
**6/16-8/11**                              **M 11-11:50 AM**                              **8 Sessions**  
**RVC Woodward Technology Ctr.**                              **Room 1110**

## CONTINUING PIANO

NOT for Beginners; Designed for pianist with 1-2 years of experience. Focus on note reading, ensemble work & independent learning. **NO CLASS: 7/7**

**MUS-800-RV10**                      **Lillian Gonzalez**                      **\$105**  
**6/16-8/11**                              **M 1-1:50 PM**                              **8 Sessions**  
**RVC Woodward Technology Ctr.**                              **Room 1110**

**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.





# PETS

## COMPASSIONATE PET GROOMING

Dogs stay home! Instructor will demonstrate 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**  
6/28

**Sue Michaelson**  
S 2-4 PM

**\$45**  
1 Session  
Room 007

RVC Bell School Road Ctr.



# SEWING

## SEWING: CLOTHES

(Ages 8-Adult) FOR THOSE READY TO SEW CLOTHING; REPEAT STUDENTS WELCOME (new projects each time!) Tired of shopping online, only to discover someone else is wearing the same outfit? Or, are you tired of spending lots of money on your clothes when you have your own unique patterns and style in mind? Join Mary, who has been a seamstress since her childhood, to learn how to make your own clothes! We'll briefly cover the basics, then get started on sewing simple garments following a pattern guide. You'll be able to put in zippers, sleeves and so much more!

- **RECOMMENDED:** ability to choose and read a pattern guide.
- **FIRST CLASS:** After we meet on campus, we will travel to local fabric store to purchase supplies.
- **BRING:** Your sewing machine.
- **TAKE HOME:** your handmade garment.

**CAH-806-BLL**  
6/10-8/12

**Mary Foreman**  
T 6-8:30 PM

**\$184**  
10 Sessions  
Room 004

RVC Bell School Road Ctr.

# PHOTOGRAPHY

## INTRODUCTION TO PHOTOGRAPHY

This course serves as an introduction to the world of photography, focusing on fundamental techniques, concepts, and equipment used in both digital and traditional photography. Students will explore the basic principles of exposure, composition, lighting, and color theory, and how these elements combine to create compelling and expressive images. Through both in-class exercises and assignments, students will develop technical skills and creative vision. This course is ideal for anyone looking to develop a strong foundation in photography, regardless of camera type.

**PHO-800-RV3**  
7/12-8/2

**Stephen Ragsdale**  
S 10 AM - 12 PM

**\$110**  
4 Sessions  
Room 0216

RVC Jacobs Ctr. for Science & Math





# Seeking DENTAL PATIENTS

RVC's Dental Hygiene Program is seeking patients: adults, adolescents, and children ages five and up.

Treatment is provided by dental hygiene students, supervised by licensed dentists and RDHs.



## Secure Your Spot

For more information, contact the RVC Dental Hygiene Clinic at (815) 921-3235.

## WRITING

### ONLINE EDUCATION WITH ED2GO

Explore online community education offerings via Ed2Go. Classes offered monthly. Instructor-led courses and self-paced tutorials available.

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

Get started at [Ed2Go.com/RVC2](https://Ed2Go.com/RVC2)

- **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**

# WHIZ KIDS

Rock Valley College

**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.



**EXPLORE  
MORE CLASSES  
FOR YOUNG  
LEARNERS**

Math on page 12

Search classes online at [CCE.RockValleyCollege.edu](https://CCE.RockValleyCollege.edu)





## EXPERIENCE THE MAGIC OF STARLIGHT

This summer, Starlight Theatre has two opportunities geared towards young stars! Learn more about the Stars of Tomorrow Summer Camp and this year's StarBright performance!

**View pages 20-21.**

## WEEKLY SUMMER WHIZ KIDS

Explore NEW Whiz Kids classes each week, starting June 16 through August 8. Classes are scheduled for mornings (9 AM to 12 PM) & afternoons (1-4 PM).

**View pages 16-19.**



# PIANO CLASSES

**MUST HAVE:** Piano or Keyboard with standard size keys for home assignments. **TEXTBOOKS:** Contact Randee's Music at (815) 399-1500 or 4116 Morsay Dr., Rockford, IL 61107.



### PIANO I: AGES 5-7

Suzuki influenced beginning class for our youngest beginning students.

**WIZ-815-RV2**  
6/16-8/12

**Heather Camacho**  
M 2:45-3:20 PM

RVC Woodward Technology Ctr.

**\$88**  
9 Sessions  
Room 1110

### PIANO II: AGES 5-7

**PREREQUISITE:** Piano I or instructor consent. This is a continuation of what we've learned.

**WIZ-815-RV**  
6/16-8/12

**Heather Camacho**  
M 2-2:35 PM

RVC Woodward Technology Ctr.

**\$88**  
9 Sessions  
Room 1110

### PIANO I: AGES 8-12

Suzuki influenced beginning class for our youngest beginning students.

**WIZ-815-RV3**  
6/16-8/12

**Heather Camacho**  
M 3:30-4:05 PM

RVC Woodward Technology Ctr.

**\$88**  
9 Sessions  
Room 1110

### PIANO II: AGES 7-13

**PREREQUISITE:** Piano II or Instructor Consent. NOT for Beginners; Designed for pianist with 1-2 years of experience. Focus on note reading, ensemble work and independent learning.

**WIZ-815-RV4**  
6/16-8/12

**Heather Camacho**  
M 4:15-5 PM

RVC Woodward Technology Ctr.

**\$88**  
9 Sessions  
Room 1110

### 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.

## WEEKLY SUMMER WHIZ KIDS



# WEEK OF JUNE 16

## YOUTUBE CONTENT CREATORS

**(Ages 8-14)** Find your voice and leave your mark on the world! Whether you are six or sixteen, it's time to start a career as the next YouTube star. Explore the variety of content and personalities that exist on YouTube and how to find your own niche. Learn the Dos and Don'ts of the platform and how to practice good digital citizenship. Develop your on-camera presence, your own channel branding, and professional editing skills. Take home a plan for launching your own channel with the content created in class! Student projects will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program.

**WIZ-820-BR**  
6/16-6/20  
RVC Woodward Technology Ctr.

**Samantha Hacker**  
MTWF 9 AM - 12 PM

**\$180**  
4 Sessions  
Room 1120

## PYTHON PROGRAMMERS

**(Ages 8-14)** Want to learn the world's fastest-growing programming language favored by Google and NASA? Discover how to code with Python using accessible web-based platforms that guide students through a series of daily lessons. Build fundamental tech literacy while creatively solving software engineering challenges! Students will work in pairs or teams for most of the program, and their work can be saved on a password-protected website to share with friends and family.

**WIZ-820-BR2**  
6/16-6/20  
RVC Woodward Technology Ctr.

**Ryan Saelens**  
MTWF 1-4 PM

**\$180**  
4 Sessions  
Room 1120

## FOLLOW ME ROBOT

**(Ages 7-12)** Would you like to build a robot that has four built-in microphones? It detects a sound source and will move and turn accordingly. It is your own robot to build and take home. Wow! It starts flashing and plays Do-Re-Me. Make it move the way you want it to move. It's so smart. Learn about the different gears and sensors as you build it. Work with your team to build other robots for races and join in our Sumo wrestling and obstacle course events with what you and your team has built.

**WIZ-820-FN**  
6/16-6/20  
RVC Woodward Technology Ctr.

**Danielle Vanek**  
MTWF 9 AM - 12 PM

**\$180**  
4 Sessions  
Room 1310

## FAIRY TALE STEM

**(Ages 7-14)** Can you answer: Why was the 3rd little pig's house the best? How tall WAS Rapunzel's tower? What can the King's soldiers do better to protect Humpty Dumpty? The answers are all found through exploring STEM. We'll Design and build models, collaborate in teams while practicing problem solving skills, and so much more.

**WIZ-820-RV**  
6/16-6/20  
RVC Woodward Technology Ctr.

**Danielle Vanek**  
MTWF 1-4 PM

**\$180**  
4 Sessions  
Room 1310





# WEEK OF JUNE 23

## VIDEO GAME ANIMATION

**(Ages 8-14)** Bring your animations to life with design tools used by real game developers! Create sophisticated sprite animations using simple-to-learn techniques that you can use in any 2D editor. Squash, stretch, and shade your creations to make your characters pop! Students do not need any prior experience in game design, animation, or sketching. Student-created games will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program.

**WIZ-820-BR3**                      **Samantha Hacker**                      **\$215**  
**6/23-6/26**                      **M-Th 9 AM - 12 PM**                      **4 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1120**

## MAKE YOUR 1ST VIDEO GAME

**(Ages 8-14)** Our classic game design camp reimagined to include even more of what you love! Make your first video game in this one-of-a-kind class that gives you the keys to designing your first 2D platformer game. Conceptualization, level design, graphics, sounds, and simple coding are just some of the concepts that we'll explore. No prior experience is necessary, just a desire to have fun! Student projects will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program. \*Compatible with MAC, Windows, and Chrome OS.

**WIZ-820-BR4**                      **Ryan Saelens**                      **\$215**  
**6/23-6/27**                      **M-F 1-4 PM**                      **5 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1120**

## CSI: CRIME SCENE INVESTIGATION

**(Ages 8-12)** You will be the super science sleuths as you have fun learning about forensics, crime scene investigations, and crime lab chemistry while you perform as many as 15 different experiments designed to show you just how those tricky cases are solved. Search for the evidence, gather clues, and discover how science can help solve a mystery. Participants will dust for fingerprints, analyze handwriting, test for blood type using simulated blood, examine hair and clothing fibers, practice chemistry to identify mystery substances, and much more. Participants will then use their skills to solve crimes of the century.

**WIZ-820-FN2**                      **Ryan Saelens**                      **\$215**  
**6/23-6/27**                      **M-F 9 AM - 12 PM**                      **5 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1310**

## CRAFTS & COOKING CLUB

**(Ages 5-14)** Do not wait to sign up-this class fills quickly! Have fun while learning the intricacies of hands-on creative craft making and delectable cooking creations. Participants will enjoy a wide variety of activities and projects. Students will follow step-by-step recipes and directions to create mouth-watering treats and colorful craft projects that they will love showing to friends and family alike. **FOOD ALLERGIES:** Must email instructor at [Anuddapurpl1@aol.com](mailto:Anuddapurpl1@aol.com) 1 week ahead of class.

**WIZ-804-RV**                      **Jennifer Tilford**                      **\$180**  
**6/23-6/26**                      **M-Th 1-4 PM**                      **4 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1320**

# WEEK OF JULY 7

## ROBLOX MAKERS

**(Ages 8-14)** Unlock the power of ROBLOX® Studio, the world creation tool used by real-world ROBLOX® developers! Learn how to build 3D models and create an adventure in your ROBLOX® world. Bring characters to life with unique animations you design. Student-created projects will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program.

**WIZ-820-BR5**                      **Ryan Saelens**                      **\$215**  
**7/7-7/11**                      **M-F 9 AM - 12 PM**                      **5 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1120**

## MINECRAFT DESIGNERS

**(Ages 8-14)** If you love the game Minecraft and always wanted to design your own world, this class is for you! Learn how to create a custom map, design structures to share between worlds, build with Redstone and Command blocks, and create custom textures for you to import at home or share with friends. Students must have the Java version of Minecraft to take this class. Tablet, phone, and game console versions of Minecraft are not compatible. Returning students can create more advanced projects that build on previous years. Students will work in pairs or teams for most of the program. \*In-room is compatible with Windows OS only. Online is compatible with MAC and Windows OS only. **PURCHASE:** Minecraft Java Edition.

**WIZ-820-BR6**                      **Ryan Saelens**                      **\$215**  
**7/7-7/11**                      **M-F 1-4 PM**                      **5 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1120**

## FIZZ, FOAM, POP: THE ULTIMATE SCIENTIST WORKSHOP!

**(Ages 8-14)** Ever wanted to mix bubbling potions, create wild reactions, and feel like a real scientist? Join us for Fizz, Foam, Pop, where science gets messy, fun, and totally mind-blowing! What's in store? Bounce an egg like magic, Test pH with a color-changing cabbage, Whip up your own edible sorbet, Mix fizzy, foamy potions and MORE! Get ready to experiment, explore, and ignite your curiosity in this action-packed chemistry camp!

**WIZ-818-RV**                      **Kelsi Eyster**                      **\$215**  
**7/7-7/11**                      **M-F 9 AM - 12 PM**                      **5 Sessions**  
**RVC Jacobs Ctr. for Science & Math**                      **Room 1112**

## CIRCUIT EXPLORERS: HANDS-ON ELECTRONICS FOR KIDS!

**(Ages 8-14)** Join us for an exciting electronics workshop where young minds tinker, create, and innovate! Kids will build their own circuits, experiment with LEDs, motors, and sensors, and even learn the basics of coding for electronics. Perfect for curious minds who love to take things apart and discover how they work! Intro to Circuits: Hands-on learning with batteries, LEDs, and resistors; Build a Flashlight: Simple circuit project for beginners; Build a Desk Lamp: mini size; and Mini-Robotics: Create simple robots using motors and sensors.

**WIZ-818-RV2**                      **Kelsi Eyster**                      **\$215**  
**7/7-7/11**                      **M-F 1-4 PM**                      **5 Sessions**  
**RVC Jacobs Ctr. for Science & Math**                      **Room 1112**



## WEEK OF JULY 14

### YOUTUBE CONTENT CREATORS

**(Ages 8-14)** Find your voice and leave your mark on the world! Whether you are six or sixteen, it's time to start a career as the next YouTube star. Explore the variety of content and personalities that exist on YouTube and how to find your own niche. Learn the Dos and Don'ts of the platform and how to practice good digital citizenship. Develop your on-camera presence, your own channel branding, and professional editing skills. Take home a plan for launching your own channel with the content created in class! Student projects will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program.

**WIZ-820-BR7**                      **Samantha Hacker**                      **\$215**  
**7/14-7/18**                      **M-F 9 AM - 12 PM**                      **5 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1120**

### BEATS & JAMS

**(Ages 8-14)** Begin your rise to the top of the charts with digital music production! Just like today's top artists, you can design your own beats or remix a mashup of your favorite songs to become a digital composer and sound engineer. In this course, students will learn to produce digital music, record sound, make sound effects, and mix their own tracks. No prior music experience is necessary. Student-created soundtracks will be available on a password-protected website to share with friends and family. Students will work in pairs or teams for most of the program. \*Compatible with MAC, Windows, and Chrome OS.

**WIZ-820-BR8**                      **Ryan Saelens**                      **\$215**  
**7/14-7/18**                      **M-F 1-4 PM**                      **5 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1120**

### HOVERCRAFT

**(Ages 6-11)** Do you want to design and build things that you create – not just a model you purchase? Well, this is the place for you. Build and keep an air powered Hovercraft. You make it defy gravity. Once it's up and moving, then using your creativity, control its direction. Build and take home your own supercar powered by more than one source of energy. This can be one wild looking vehicle. We provide you with many materials for the dynamic vehicle you will build. Also, build a gravity vehicle that can cushion a raw egg as the car holding the egg is dropped from a high height: an awesome Egg Drop Car. We provide you with the material to cushion the fall. You bring your creativity and ingenuity. Throughout this workshop, you will learn about Laws of Motion, Energy, Air Pressure, Friction, Lift, Speed and Acceleration.

**WIZ-820-FN3**                      **Ryan Saelens**                      **\$215**  
**7/14-7/18**                      **M-F 9 AM - 12 PM**                      **5 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1310**

### CRAFTS & COOKING CLUB

**(Ages 5-14)** Do not wait to sign up-this class fills quickly! Have fun while learning the intricacies of hands-on creative craft making and delectable cooking creations. Participants will enjoy a wide variety of activities and projects. Students will follow step-by-step recipes and directions to create mouth-watering treats and colorful craft projects that they will love showing to friends and family alike. **FOOD ALLERGIES:** Must email instructor at [Anuddapurpl1@aol.com](mailto:Anuddapurpl1@aol.com) 1 week ahead of class.

**WIZ-804-RV2**                      **Jennifer Tilford**                      **\$180**  
**7/14-7/17**                      **M-Th 1-4 PM**                      **4 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1320**

## WEEK OF JULY 21

### CODE BREAKERS

**(Ages 8-14)** Calling all future coders, programmers, & designers! Learn the basics of coding languages like HTML, JavaScript, and CSS through a series of web projects and design challenges each day, and be on your way to becoming the next tech star! Whether you want to be a Silicon Valley CEO or the high school student who just made \$1 million dollars for programming in her bedroom, this course has the essentials you need to begin your journey. Projects will be available on a Black Rocket website to share with friends and family. Returning students can create more advanced projects that build on previous years. Students will work in pairs or teams for most of the program. \*Compatible with MAC, Windows, and Chrome OS.

**WIZ-820-BR9**                      **Ryan Saelens**                      **\$215**  
**7/21-7/25**                      **M-F 9 AM - 12 PM**                      **5 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1120**

### AI ADVENTURES

**(Ages 8-14)** A.I. Adventures - Intro to Machine Learning Explore the world of artificial intelligence to design fully interactive games and experiences using cutting-edge technology. This program combines artificial intelligence with coding to create an unforgettable learning adventure. Students will construct machine learning models that use image and text recognition within block-based coding software to build projects. Students will work in pairs or teams for most of the program. Ages: 8-11 and 11-14. \*Compatible with MAC, Windows, and Chrome OS

**WIZ-820-BR10**                      **Ryan Saelens**                      **\$215**  
**7/21-7/25**                      **M-F 1-4 PM**                      **5 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1120**

### CRAFTS & COOKING CLUB

**(Ages 5-14)** Do not wait to sign up-this class fills quickly! Have fun while learning the intricacies of hands-on creative craft making and delectable cooking creations. Participants will enjoy a wide variety of activities and projects. Students will follow step-by-step recipes and directions to create mouth-watering treats and colorful craft projects that they will love showing to friends and family alike. **FOOD ALLERGIES:** Must email instructor at [Anuddapurpl1@aol.com](mailto:Anuddapurpl1@aol.com) 1 week ahead of class.

**WIZ-804-RV3**                      **Jennifer Tilford**                      **\$180**  
**7/21-7/24**                      **M-Th 9 AM - 12 PM**                      **4 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1310**

### GARDEN EXPLORERS: DIG, DISCOVER, GROW!

**(Ages 8-14)** Does your child love getting their hands dirty and exploring nature? This exciting hands-on workshop will spark curiosity about plants, animals, and the environment through gardening, science experiments, and outdoor adventures! Investigate how pollution & acid rain affect plant life; Build a hydroponic garden and solar water heater garden; Create a terrarium and plant-packed seed bombs to take home; Use magnifying lenses to explore insects, arachnids & adaptations; Learn how butterflies pollinate and how insects float on water. With a mix of science, art, and outdoor exploration, this camp will inspire young nature lovers to grow their knowledge alongside the plants they nurture!

**WIZ-809-RV**                      **Kelsi Eyster**                      **\$215**  
**7/21-7/25**                      **M-F 1-4 PM**                      **5 Sessions**  
**RVC Woodward Technology Ctr.**                      **Room 1310**



# WEEK OF JULY 28

## YOUR 1ST 3D VIDEO GAME

**(Ages 8-14)** Create an immersive 3D world. Students will learn the physics behind 3D games, explore beginner event scripting, level design, controlling the flow of gameplay, and storytelling. Student projects will be available on a password-protected Black Rocket website to share with friends and family. Projects are only compatible with Windows devices. Students will work in pairs or teams for most of the program. \*Compatible with Windows OS only.

**WIZ-820-BR11**      **Samantha Hacker**      **\$215**  
**7/28-8/1**      **M-F 9 AM - 12 PM**      **5 Sessions**  
**RVC Woodward Technology Ctr.**      **Room 1120**

## APP ATTACK

**(Ages 8-14)** App Attack: Cloud Game Creators Build game apps you can play everywhere and anywhere using a web-based development tool. Learn in-demand skills like programming events and coding controls for a touch screen or keyboard and mouse. Finish by personalizing levels and characters with your own design. Now you are ready to upload your games to the Black Rocket cloud arcade and play on any mobile device or computer. Games can easily be shared with friends and family! \*Compatible with MAC, Windows, and Chrome OS.

**WIZ-820-BR12**      **Ryan Saelens**      **\$215**  
**7/28-8/1**      **M-F 1-4 PM**      **5 Sessions**  
**RVC Woodward Technology Ctr.**      **Room 1120**

## ENCHANTED ENGINEERING

**(Ages 7-12)** Once upon a time you had the opportunity to join your favorite characters and new friends to engage in enchanted engineering challenges. Work together in teams to put the design process into practice and make solutions for the characters' problems, like the Three Little Pigs, Jack and the Beanstalk, the Princess and the Pea, and the Billy Goats Gruff. We'll also use hands-on experiments and demonstrations, group activities, art projects, and games to explore these classic stories. String and shoot your own tiny bow and arrow. Fashion your own Fairy Tale Mini Book. Make troll boogie oobleck. Create Snow White reflection art.

**WIZ-820-FN4**      **Ryan Saelens**      **\$215**  
**7/28-8/1**      **M-F 9 AM - 12 PM**      **5 Sessions**  
**RVC Woodward Technology Ctr.**      **Room 1310**

## EGYPTIAN DIG

**(Ages 6-11)** Let's get started on a (simulated) fossil excavation - uncovering the different bones of a dinosaur, then assemble the bones to form a completed 3-dimensional dinosaur to take home. Use our geological time and fossil charts as well as excavation tools, labels, and specimen bags. Make a plaster fossil replica of an ammonite, Tyrannosaurus rex tooth or choose from other molds. Identify 20-million-year-old shark's teeth and see other fossil replicas. Be a rock hound and identify different rocks and minerals in our collection. Check out our giant pumice rock specimen from Mt. St. Helens.

**WIZ-820-FN5**      **Minakshi Gupta**      **\$215**  
**7/28-8/1**      **M-F 1-4 PM**      **5 Sessions**  
**RVC Woodward Technology Ctr.**      **Room 1310**

# WEEK OF AUG. 4

## MINECRAFT REDSTONE ENGINEERS

**(Ages 8-14)** Minecraft Redstone Engineers Take the next step beyond simply "playing" Minecraft and become a true Redstone engineer. Expand your Redstone knowledge by constructing your own carnival with a variety of mini-games, roller coasters, and attractions powered by Redstone. Learn how to use Command and Structure blocks to incorporate them into your builds. Activate your skills and take your Minecraft structures to the next level! Students must have the Java version of Minecraft to take this class. Tablet, phone, and game console versions of Minecraft are not compatible. Students will work in pairs or teams for most of the program.

**WIZ-820-BR13**      **Ryan Saelens**      **\$215**  
**8/4-8/8**      **M-F 9 AM - 12 PM**      **5 Sessions**  
**RVC Woodward Technology Ctr.**      **Room 1120**

## ROBLOX CODERS

**(Ages 8-14)** Unlock the power of ROBLOX® Studio, the world creation tool used by real-world ROBLOX® developers! Learn how to build 3D models and create an adventure in your ROBLOX® world. Bring characters to life with unique animations you design. Student-created projects will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program.

**WIZ-820-BR14**      **Ryan Saelens**      **\$215**  
**8/4-8/8**      **M-F 1-4 PM**      **5 Sessions**  
**RVC Woodward Technology Ctr.**      **Room 1120**

## FORENSIC CASE FILES: CRACK THE CASE LIKE A PRO!

**(Ages 8-14)** Do you have a detective's eye and a scientist's mind? Love CSI, Investigation Discovery, and real-life whodunits? Step into the world of forensic science and uncover the secrets behind crime scene investigations! What You'll Do: Lift fingerprints and analyze handwriting clues; Decode blood types and unravel blood spatter patterns; Study forensic anthropology and comparative anatomy; Investigate toxicology, hair & fiber analysis, and entomology; Put your skills to the test in a mock crime scene challenge! Think you have what it takes to solve the mystery? Join us and put your forensic skills to work!

**WIZ-818-RV3**      **Laura Constant**      **\$215**  
**8/4-8/8**      **M-F 9 AM - 12 PM**      **5 Sessions**  
**Jacobs Center for Science & Math**      **Room 1112**

## LEVEL UP! GAME DESIGN LAB

**(Ages 6-12)** Ready to design, build, and play your own games? Whether you love video games, arcade challenges, board games, or brain-bending mazes, this hands-on workshop lets you bring your wildest game ideas to life! Each day is a new adventure as you: Craft unique board games & strategy challenges; Design your own video game concepts; Build exciting mazes and obstacle courses; Create & test arcade-style games. From rule-breaking twists to strategy-packed showdowns, this class is all about thinking outside the game box and leveling up your creativity!

**WIZ-818-RV4**      **Laura Constant**      **\$215**  
**8/4-8/8**      **M-F 1-4 PM**      **5 Sessions**  
**Jacobs Center for Science & Math**      **Room 1112**

TICKETS ON SALE NOW!

Disney AND CAMERON MACKINTOSH'S

# Mary Poppins



Starbright<sup>\*</sup>

AUG

6-9



**Join us August 6-9 for a night full of wonder, whimsy, and a little bit of magic!**

**Tickets are on sale now at [rvcstarlight.ludus.com](http://rvcstarlight.ludus.com).**





**Led by RVC Starlight Theatre teaching artists, Stars of Tomorrow is a one-week summer theatre camp designed to guide young stars through the process of creating theatre. Register by May 16, 2025 to participate!**

**Learn more at [RockValleyCollege.edu/CCE](https://RockValleyCollege.edu/CCE).**



Starlight Theatre acknowledges support from the Illinois Arts Council.

# Continuing Education

## Rock Valley College

### BUSINESS

#### HOW TO OWN & OPERATE YOUR BUSINESS

**(1.5 credits)** This course provides a comprehensive guide to operating a successful business, covering essential topics such as business plan creation, marketing strategies, advertising, legal requirements, financing, and record keeping. It also addresses common pitfalls and best practices for starting a business. Students will develop a simulated business plan and present it on the final night of the class. **PURCHASE:** Text at RVC Bookstore.

**BUS-007-STBC** Janene Stephenson **\$239**  
**6/9-8/25** M 6-8:15 PM **12 Sessions**  
 Stephenson Business Center, Inc. **Room 001**

#### BRAND YOUR BUSINESS: PODCASTING

Join our comprehensive class on branding a business, tailored for ages 12 to adult. Learn essential skills in brand building, including the use of heat press techniques and podcasting to create a compelling brand identity. Whether you're a digital native leveraging social media or an experienced professional adapting to new technologies, our course provides valuable insights and resources. Discover how to define a clear brand vision, develop a unique value proposition, and engage with your audience to build a strong, sustainable brand. Our program includes mentorship, networking opportunities, and access to online courses and webinars to support your entrepreneurial journey. **NO CLASS:** 7/5

**BUS-006-STBC** Janene Stephenson **\$195**  
**6/14-8/23** S 10 AM - 12 PM **10 Sessions**  
 Stephenson Business Center, Inc. **Room 001**



#### INTRO TO VOICEOVERS: 1-ON-1

(Adults 18+) Do you have a passion for voiceovers? Want to earn income using your talents from the comfort of your home? Explore the fun, rewarding possibilities of the growing remote voiceover industry! Discover the current trends in the industry and how easy and affordable it can be to learn, set up and work from home. You'll learn about different types of voiceovers and tools you'll need to find success. You'll get a comprehensive introduction into the voice over industry. You'll learn through real life accounts of jobs your instructor has booked and get an inside look at their experience. Then it's time to read a script and receive some coaching and performance ideas. You'll receive a professional voiceover evaluation later in a follow up call. One-time, 90-minute, introductory class. Learn more at <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.

**BCO-004-INT** VOICES FOR ALL LLC **\$69**  
**8/29** **1 Session**



#### CANVA PRIVATE LESSONS

**(VIRTUAL)** This one-hour, personalized lesson is designed to tackle your specific Canva challenge. Whether you're a beginner or intermediate user, we'll work together to grow a particular skill or topic area. From an overview of Canva features to advanced features and design tricks, we'll tailor the lesson to your unique needs. Cost is for one, 1-hour VIRTUAL lesson.

**DPR-098-IND** Gabriela Mar-Gagula **\$59**  
 Scheduled after Registration **1 Session**

#### NEW! CANVA POWER SERIES

**(VIRTUAL)** This three-session series is designed to power your skills with personalized coaching. We'll start with a 30-minute overview and needs assessment. Then, we'll dive into a one-hour training session, focusing on practical skills and techniques. Finally, we'll wrap up with a 30-minute review and Q&A session. With personalized guidance and homework projects between sessions, you'll gain the confidence to create something amazing! Cost is for three VIRTUAL sessions for a combined total of two hours.

**DPR-098-IND2** Gabriela Mar-Gagula **\$99**  
 Scheduled after Registration **3 Sessions**

**NEED TO CANCEL?** Let us know 7 days prior to 1st class. Contact (815) 921-3900 or [RVC-CCE@RockValleyCollege.edu](mailto:RVC-CCE@RockValleyCollege.edu).

## INDIVIDUAL COACHING SESSIONS

**(Zoom)** Looking for some direction in life? Are you ready set some new personal or career goals? We all need help setting realistic goals and boundaries in life. Dr. Michael Leitz, owner of MCLEITZ Coaching & Consulting, LLC., is offering to meet with individuals for three one-hour private individual coaching sessions. Michael has many certifications and tools that he has used for over twenty years as a coach to help his clients move from surviving to thriving. Your three one-hour sessions will be scheduled on Fridays in the month of July. You find more about Dr. Leitz at his web-site [www.mcleitz.com](http://www.mcleitz.com).

**BUS-018-INT**  
7/11-7/25

**MCLEITZ CONSULTING LLC** \$149  
F 9 AM - 12 PM 3 Sessions

## RESOLVING CONFLICT

**(Zoom)** Conflict in the workplace is normal, even inevitable. We tend to avoid it despite the many benefits of resolving conflict effectively. Managing conflict can improve decision-making, strengthen professional relationships, increase employee retention and significantly contribute to organizational success. Understand your conflict style, identify different types of conflict, and gain confidence in bringing peaceful resolution utilizing tips in a win-win model. In this fun and interactive workshop, you will learn through assessments your own conflict styles. Dr. Leitz will help you examine and identify the four conflict types. We will review the 5 conflict modes and how to strategize which approach best fits a situation. You will also learn to identify the 'levels of conflict' when you are in one. Additionally, you will learn how conflict can change from dysfunctional to a factor in growth and success. You will understand your role in working toward a resolution with others for a win-win outcome.

**BUS-036-INT**  
8/8

**MCLEITZ CONSULTING LLC** \$200  
F 9 AM - 12 PM 1 Session

## MANAGING TIME: MULTIPLE PRIORITIES & INTERRUPTIONS

**(Zoom)** The purpose of this class is to help you identify behaviors and strategies that will help you manage your time, prioritize tasks and handle interruptions to increase your effectiveness in the workplace. Dr. Leitz will cover the myth of multitasking, how daily goals and objectives lead to success, strategies and best practices in putting out fires, doing more than one job, meeting madness and how to limit interruptions. Additional time is spent discussing strategies that can help increase daily effectiveness and achieve a better life-work balance. This program will be a mix of self-directed online learning prior to class, and one live online session using the Zoom platform. The self-directed learning exercises will be available two weeks before the live session and should be completed before that date.

**BUS-027-INT**  
8/1

**MCLEITZ CONSULTING LLC** \$255  
F 9 AM - 12 PM 1 Session

# VIRTUAL WORKSHOPS

## ONLINE EDUCATION VIA ED2GO

Choose from one of the following options:

1. **INSTRUCTOR-LED COURSES:** study and interface with a cohort over a 6-week schedule, including twice-weekly lesson plans.
2. **SELF-PACED TUTORIALS:** get access to all lessons immediately for 3 months, available anytime!

Register at [Ed2Go.com/RVC](http://Ed2Go.com/RVC)

## 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.

## INTRO 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.

## 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!



# COMPUTER TRAINING

All computer classes are in RVC Woodward Technology Center, Room 2614.  
**BRING: FLASH DRIVE REQUIRED.**

## INTRO TO APPLE MAC COMPUTER SKILLS

**(.5 credit)** Get started with common iMac desktop computer operations featuring many of the most used and useful iOS skills for the new generation of Mac computers and laptops. This class will cover many of the most useful apps including creating word-processing documents with Pages, preparing spreadsheets with Numbers, and developing a slideshow presentation with Keynote. Other features of the Mac covered will be the Dock, Spotlight, Notes, Mac Finder, Reminders, Photos, iCloud, Display and Desktop settings and more. All of which will help get-to-know your Mac. Course material can be useful for the iPad and iPhone. **RECOMMENDED:** Basic keyboard and mouse skills. Lesson book provided.

DPR-051-RV  
6/10-6/12

Charles Corley  
T/W/Th 5-8:20 PM

\$129  
3 Sessions

## GETTING STARTED WITH EXCEL 2021: LEVEL 1 - FAST COURSE

**(.5 Credit)** Excel 2021 is a powerful Spreadsheet that allows you to create several different types of documents. In this course you will be 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 for Home & Workplace or equivalent experience. **PURCHASE:** Text at RVC Bookstore Microsoft Excel Fast Course 2021 & 365 Level 1. **NO CLASS:** 7/2.

DPR-024-RV2  
6/25-7/9

Gail Lee  
W 8 AM - 12 PM

\$105  
2 Sessions

## EXCEL 2021: LEVEL 2 - FAST COURSE

**(.5 Credit)** In this course you will learn advanced formatting, themes, cell styles, customizing page setup, date and time functions, conditional formatting, and advanced functions for text and analysis. **PREREQUISITE:** Excel Level 1 Fast Course or equivalent experience. **PURCHASE:** Text at RVC Bookstore Microsoft Excel Fast Course 2021 & 365 Level 2.

DPR-027-RV2  
7/16-7/23

Gail Lee  
W 8 AM - 12 PM

\$105  
2 Sessions

## EXCEL 2021: LEVEL 3 - FAST COURSE

**(.5 Credit)** In this course you will work 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 Fast Course or equivalent experience. **PURCHASE:** Text at RVC Bookstore Microsoft Excel Fast Course 2021 & 365 Level 3.

DPR-037-RV2  
8/6-8/13

Gail Lee  
W 8 AM - 12 PM

\$105  
2 Sessions

## EXCEL 2021 COMPREHENSIVE: GETTING STARTED (LEVEL 1)

**(.5 credit)** Get started with the full, complete Comprehensive Excel 2021 & 365 course. This is the first of three Comprehensive Levels to provide some of the most needed Microsoft Excel 2021 & 365 skills in any job. You will learn workbook saving and 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 borders and fill colors to cells, edit entries and much, much more. Mouse and keyboarding skills are required for this course. **RECOMMENDED:** Microsoft Office 2021 Skills for Home and Workplace or equivalent computer experience. **PURCHASE:** Excel 2021 & 365 Comprehensive lesson book at RVC Bookstore. (Same lesson book used for all three levels.) **NO CLASS:** 6/19.

DPR-024-RV  
6/17-7/1

Charles Corley  
T/Th 5-8 PM

\$149  
4 Sessions

## EXCEL 2021 COMPREHENSIVE: INTERMEDIATE COURSE (LEVEL 2)

**(.5 credit)** Intermediate Level 2 continues the Comprehensive Excel 2021 & 365 course. Learn the next level skills including working with Excel templates, formatting content, creating tables and functions, outlines, use filters, insert graphics and illustrations, themes, number formats, date and time calculations, conditional formats, extracting text, troubleshooting formulae, combining your data, changing case and more. This course expands on the Excel 2021 & 365 Getting Started course material. Mouse and keyboarding skills are required for this course. **RECOMMENDED:** Excel Getting Started Level 1 or equivalent experience. **PURCHASE:** Excel 2021 & 365 Comprehensive lesson book at RVC Bookstore (Same textbook as Getting Starting course).

DPR-027-RV  
7/3-7/15

Charles Corley  
T/Th 5-8 PM

\$149  
4 Sessions

## EXCEL 2021 COMPREHENSIVE: ADVANCED COURSE (LEVEL 3)

**(.5 credit)** Complete the Comprehensive Excel 2021 & 365 series which will cover tracking edits and changes to documents, sending files, compatibility issues, restrict editing, locking documents, digital signatures, properties, create tables, integrate Excel with other programs, using lookup functions, building links between files, creating hyperlinks, automating frequently repeated tasks with macros, and more. This course is a continuation of Excel 2021 & 365 Intermediate Level 2. Completing these three levels you will cover all the objectives for the Associate- and Expert-level Microsoft Office Specialist (MOS) exam subject matter. Mouse and keyboarding skills are required for this course. **RECOMMENDED:** Excel Intermediate Level 2 or equivalent experience. **PURCHASE:** Excel 2021 & 365 Comprehensive lesson book at RVC Bookstore (same textbook as Intermediate course).

DPR-037-RV  
7/17-7/29

Charles Corley  
T/Th 5-8 PM

\$149  
4 Sessions

Flash drive required for all computer classes.

# CPR & EMT-B

## EMERGENCY MEDICAL TECHNICIAN BASIC (EMT-B)

**(9 Credits)** This course trains police, fire, first responders, rescue personnel, and persons interested in basic emergency medical care techniques. 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). **PURCHASE:** Text with computer access code at the Rock Valley College Bookstore. **NO CLASS:** 9/2, 11/27.

**FRE-038-RV**                      **Debbie Niedermeier**                      **\$1,395**  
**8/18-12/4**                      **M/T/Th 12-4 PM**                      **44 Sessions**  
**RVC Health Sciences Ctr.**                      **Room 1104**

**FRE-038-RV2**                      **Debbie Niedermeier**                      **\$1,395**  
**8/18-12/14**                      **M/T/Th 6-10 PM**                      **44 Sessions**  
**RVC Health Sciences Ctr.**                      **Room 1104**

## BASIC LIFE SUPPORT FOR HEALTHCARE STUDENTS

**RVC STAFF AND HEALTHCARE STUDENTS ONLY!** A book is highly recommended and can be purchased in advance at [worldpoint.com/20-1102-bls-provider-manual](http://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, RVC Classroom Building II, Room 115, with cash or check only, for \$22.

**HLT-001-HSC**                      **Colinda Kram**                      **\$55**  
**6/27**                      **F 9 AM - 1 PM**                      **1 Session**  
**RVC Health Sciences Ctr.**                      **Room 1212**

**HLT-001-HSC2**                      **Colinda Kram**                      **\$55**  
**8/22**                      **F 9 AM - 1 PM**                      **1 Session**  
**RVC Health Sciences Ctr.**                      **Room 1212**



## HEALTHCARE PROVIDERS CPR

Includes handouts, Pocket CPR Shield, and 2-Year Certification from the American Heart Association. 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.

**HLT-001-RV**                      **Debra Webb**                      **\$105**  
**6/14**                      **S 9 AM - 1 PM**                      **1 Session**  
**RVC Bell School Rd. Ctr.**                      **Room 002**

**HLT-001-RV2**                      **Debra Webb**                      **\$105**  
**7/26**                      **S 9 AM - 1 PM**                      **1 Session**  
**RVC Bell School Rd. Ctr.**                      **Room 002**

**HLT-001-RV3**                      **Debra Webb**                      **\$105**  
**8/23**                      **S 9 AM - 1 PM**                      **1 Session**  
**RVC Bell School Rd. Ctr.**                      **Room 002**

## HEALTHCARE CPR REFRESHER

Includes handouts, Pocket CPR Shield, and 2-Year Certification from the American Heart Association. For those whose CPR certification is about to expire. Refresher on choking and CPR & AED for adults, children, and infants. For those in the medical field, including Hygienists, Coaches, etc. **PURCHASE:** \$20 textbook at class.

**HLT-008-RV**                      **Debra Webb**                      **\$100**  
**6/14**                      **S 9 AM - 12 PM**                      **1 Session**  
**RVC Bell School Rd. Ctr.**                      **Room 002**

**HLT-008-RV2**                      **Debra Webb**                      **\$100**  
**7/26**                      **S 9 AM - 12 PM**                      **1 Session**  
**RVC Bell School Rd. Ctr.**                      **Room 002**

**HLT-008-RV3**                      **Debra Webb**                      **\$100**  
**8/23**                      **S 9 AM - 12 PM**                      **1 Session**  
**RVC Bell School Rd. Ctr.**                      **Room 002**

## HEARTSAVER AED & FIRST AID

Includes handouts, Pocket CPR Shield, and 2-Year Certification from the American Heart Association. For those working with adults. Focus will be on CPR & AED for adults. Also includes first aid basics, CPR & AED for children and infants, and how to prevent various medical emergencies.

**HLT-002-RV**                      **Debra Webb**                      **\$155**  
**8/9**                      **S 9 AM - 2 PM**                      **1 Session**  
**RVC Bell School Rd. Ctr.**                      **Room 002**

## HEARTSAVER PEDIATRIC FIRST AID

Includes handouts, Pocket CPR Shield, and 2-Year Certification from the American Heart Association. For childcare workers and parents. Covers basic first aid, choking, and CPR & AED for infants, children, and adults.

**HLT-003-RV**                      **Debra Webb**                      **\$155**  
**7/12**                      **S 9 AM - 2 PM**                      **1 Session**  
**RVC Bell School Rd. Ctr.**                      **Room 002**

# WORKFORCE PROGRAMS

## CNC MACHINING

This program delivers a customized curriculum to prepare you for a career in advanced manufacturing. You will learn the skills necessary to enter the manufacturing environment at an entry level position with a solid foundation of shop math, blueprint interpretation, metrology, and Computer Numeric Control (CNC) setup/operation skills. This program provides an entry path to a CNC career and a great foundation for anyone interested in pursuing our CNC certificate for college credits.

- This is a 24-week program with two cohorts per year: January-June and July-December.
- The class meets Monday-Thursday from 9 AM - 3 PM at the Advanced Technology Center. On Fridays, students tour local companies and participate in interviews.
- 16:1 student-to-teacher ratio
- Must have a high school diploma or GED
- Cost: \$10,000 \*Grant funding may be available!

**For more information, scan the QR code, visit [RockValleyCollege.edu](http://RockValleyCollege.edu), or call (815) 921-2078.**



## COLLISION REPAIR

Our short, 16-week program trains you quickly and gets you ready for a full-time job in the exciting field of automotive repair. Each week, you'll pick up new skills and knowledge, from safety basics to the nitty-gritty of collision repair – tailored to give you the skills that shops are looking for right now.

- Get hands-on experience each day in the classroom and at local auto shops
- Leverage possible internship opportunities that let you put your learning into action
- Develop skills that get you job-ready for a career in auto body repair
- Earn industry certifications that shows off the skills you've mastered
- This is a 16-week program with classes that meet Monday-Friday from 8 AM - 12 PM.
- Potential for internship opportunities with local shops
- 10:1 student-to-teacher ratio
- Must have a high school diploma or GED
- Must have a valid driver's license
- Cost: \$5,500 \*Grant funding may be available!

**For more information, scan the QR code, visit [RockValleyCollege.edu](http://RockValleyCollege.edu), or call (815) 921-2078.**



## TRUCK DRIVER TRAINING

Driving a truck requires a high level of responsibility and safety awareness. We provide both classroom presentations and hands-on experience to ensure that students are well-prepared for a job in an entry-level position. The class prepares students to take the Class A Commercial Driver's test.

- This program is held at the Advanced Technology Center in two formats: **Day Class** (5-Week Program) meets Monday-Friday from 7 AM to 4 PM or **Night Class** (8-Week Program) meets Monday-Friday from 4-9 PM.
- Manual Transmission or Automatic Transmission training is available
- 4:1 student-to-teacher ratio
- Must be at least 18 years old, have a valid State of Illinois Driver's License, and obtain a Commercial Learner's Permit
- Cost: \$5,100 \*Grant funding may be available!

For more information, scan the QR code, visit [RockValleyCollege.edu](http://RockValleyCollege.edu), or call (815) 921-2076.



Let **RVC** design a course to meet your specific training needs.



**ANY GROUP**



**ANY CLASS**



**ANY PLACE**



**ANY TIME**

### Get a Free Consultation

Contact (815) 921-3120 or [g.schubert@rockvalleycollege.edu](mailto:g.schubert@rockvalleycollege.edu).

# HEALTHCARE PROGRAMS

## PHARMACY TECH CERTIFICATION

**(3 Credits)** This comprehensive 50-hour program will prepare students to work as a pharmacy technician in a retail or other pharmacy setting 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. Through classroom lecture and hands on labs, 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. **NOTE:** No refunds 7 days prior to class start date.

**HLT-056-RV**  
6/23-8/11  
RVC Health Sciences Ctr.

**CCI STAFF**  
M/W 6-9:30 PM

**\$1,314**  
15 Sessions  
Room 1220



## DENTAL ASSISTING PROGRAM

**(6 Credits)** The 60-hour Dental Assisting Program prepares students for entry-level positions in one of the fastest growing health care positions - Dental Assisting. The purpose of this course is to familiarize the student with all areas of pre-clinical dental assisting and provide training in the professional skills required to function as an assistant in the dental practice. This course covers the following key areas and topics - Administrative Aspects include: 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. In addition to entry-level administrative jobs, this course is ideal for students interested in pursuing a future formal Dental Hygienist program. There is no state or national certification objective with this course. All materials and student insurance are included in the course cost.

**NOTE:** Students will be given the opportunity to participate in a two-week rotation/clinical at a local dentist's office upon successful completion of this program. No refunds 7 days prior to class start date. **REQUIRED:** Scrubs. **NO CLASS:** 6/19.

**HLT-053-RV**  
6/16-8/14  
RVC Health Sciences Ctr.

**CCI STAFF**  
M/Th 6-9:30 PM

**\$1,554**  
17 Sessions  
Room 1218

# CNA REFRESHER

If your CNA certification has lapsed for 12 or more months, you may be eligible to recertify. Class includes classroom time and an additional meeting.

**This is an OPTIONAL refresher course for the written competency test.** We will practice Blood Pressure, TPR, positioning, gait belt transfers and I&O. We will review common topics that could be on the state test. Before you can test, you will need to complete the following steps:

1. Provide information to the Nurse Aide Testing Office. An inactive CNA will need to fill out the Online Recertification Form found on the Nurse Aide Testing website ([www.nurseaidetesting.com](http://www.nurseaidetesting.com)) in the blue Popular Links box to the right of the home page.
2. Upon completion of the form, the CNA MUST call the number listed at the bottom of the form and press option 2 to leave their name and social security number. This is a required step to finish this process.
3. The Nurse Aide Testing office will download the information and begin processing the requests. A review of the CNA's profile on the Health Care Worker Registry will be performed to establish that the CNA has prior CNA training and has passed the State test and any outdated information will be corrected.
4. After verification is made, the Nurse Aide Testing office will send an email to the CNA attaching a recertification letter, instructions to create an account, information on the types of testing provided and a Frequently Asked Questions document.
5. The Nurse Aide Testing office will electronically submit the CNA's required information to the INACE program at Southern Illinois University Carbondale, Nurse Aide Testing Project. The CNA will receive an email from [support@dxrgroup.com](mailto:support@dxrgroup.com) directing them to the website where they will verify their eligibility, create an account, and purchase a seat for testing.

**NRS-031-RV**                      **Jill Lee**                      **\$150**  
**6/21**                                      **S 8-11 AM**                      **1 Session**  
**RVC Health Sciences Ctr.**                      **Room 2206**

**NRS-031-RV2**                      **Jill Lee**                      **\$150**  
**8/9**                                      **S 8-11 AM**                      **1 Session**  
**RVC Health Sciences Ctr.**                      **Room 2206**

# ONLINE EDUCATION

## ONLINE EDUCATION ED2GO

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

- Accounting/Finance
- Business
- Computer Applications
- Health Care & Medical
- Law & Legal
- Technology
- Teaching & Education

[ED2GO.com/RVC](http://ED2GO.com/RVC)

## ED2GO CAREER TRAINING PROGRAMS

Online open enrollment programs designed to provide skills necessary to acquire professional level positions.

- Healthcare and Fitness
- Hospitality and Service Industry
- Business and Professional
- Skilled Trade and Industrial
- IT and Software Development
- Sustainable Energy/Going Green
- Media and Design

[CareerTraining.RockValleyCollege.edu](http://CareerTraining.RockValleyCollege.edu)

## HEALTH ED TODAY

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
- Medical Terminology
- Medical Coding ICD-10 Update

[RockValleyCollege.edu2.com](http://RockValleyCollege.edu2.com)





# HOSPITALITY & FOOD SERVICE

## SPANISH SERVSAFE FOOD SAFETY MANAGER

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 AM. **INCLUIDO:** Reservar. **TRAER:** Identificación con foto a la clase.

**HSP-054-ESP**      **SAFE CHEFS**      **\$239**  
**6/26**      **Th 8 AM - 5 PM**      **1 Session**  
**RVC Woodward Technology Ctr.**      **Room 1308**

**HSP-054-ESP2**      **SAFE CHEFS**      **\$239**  
**8/14**      **Th 8 AM - 5 PM**      **1 Session**  
**RVC Woodward Technology Ctr.**      **Room 1308**



# LANGUAGE

## UKRAINIAN CULTURE & LANGUAGE

Dive into Ukrainian culture, customs and traditions. Discover some features of Ukrainian cuisine and learn some of the Ukrainian language. Experience Ukraine with all your senses: hear it in authentic music, see it in national clothes, taste it in delicious meals on your plate and read it in this unusual alphabet all around you. Learn more about this different and interesting life from across the ocean. Enjoy discovering new facts and hidden treasure about Ukraine.

**FOR-002-RV**      **Tetiana Heinemann**      **\$110**  
**7/28-8/25**      **M 6-8 PM**      **5 Sessions**  
**RVC Woodward Technology Ctr.**      **Room 1308**

## 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 AM. **INCLUDED:** Book. **BRING:** Photo ID to class.

**HSP-054-RV**      **SAFE CHEFS**      **\$239**  
**6/12**      **Th 8 AM - 5 PM**      **1 Session**  
**RVC Woodward Technology Ctr.**      **Room 1308**

**HSP-054-RV2**      **SAFE CHEFS**      **\$239**  
**7/31**      **Th 8 AM - 5 PM**      **1 Session**  
**RVC Woodward Technology Ctr.**      **Room 1308**

**HSP-054-RV3**      **SAFE CHEFS**      **\$239**  
**8/28**      **Th 8 AM - 5 PM**      **1 Session**  
**RVC Woodward Technology Ctr.**      **Room 1308**

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

Choose one date and arrive at class at 2 PM.

**HSP-054-RETAK**      **SAFE CHEFS**      **\$90**  
**6/12, 7/31, or 8/28**      **Th 2-5 PM**      **1 Session**  
**RVC Woodward Technology Ctr.**      **Room 1308**



# MASSAGE THERAPY PROGRAM

Embark on a transformative journey in massage therapy with our comprehensive program designed to provide students with a strong foundation in both business and massage therapy techniques. Through a blend of lectures, demonstrations, and clinical practice, students will gain the necessary skills and knowledge to excel in this rewarding field.

## WHAT YOU'LL LEARN

- **Fundamentals of Massage & Bodywork Therapies:** Explore various massage and bodywork techniques, including Swedish massage, deep tissue techniques, and other modalities such as shiatsu and reflexology.
- **Research & Other Modalities:** Stay up-to-date with current research and delve into complementary modalities like aromatherapy, hydrotherapy, and cupping therapy to enhance your practice.
- **Anatomy & Physiology:** Develop a comprehensive understanding of human anatomy and physiology to tailor massage therapy treatments to individual client needs effectively.
- **Kinesiology:** Study human movement and biomechanics to optimize massage therapy techniques and prevent injury.
- **Business & Ethics:** Acquire essential business management skills and ethical principles to establish and grow a successful massage therapy practice while upholding professional standards.
- **Pathology:** Learn about common pathologies and medical conditions impacting massage therapy treatments, and develop strategies for adapting techniques accordingly.
- **Communication & Community Outreach:** Enhance communication skills to interact professionally with clients and colleagues, and engage in community outreach initiatives to promote wellness through massage therapy.
- **Wellness & Elective Modalities:** Explore holistic approaches to wellness and self-care practices, and broaden your skillset with elective modalities such as prenatal massage, sports massage, myofascial release, and craniosacral therapy.
- **Certification and Licensing:** Upon successful completion of the program, students will receive a certificate from Bodycraft Wellness & Massage Center, LLC. They will then be eligible to take the MBLEx exam and apply for an Illinois state license under the Department of Financial and Professional Regulations division.



## PROGRAM DETAILS

**Program Dates:** 4/23/2025 – 4/23/2026  
**Days/Times:** T/W 9 AM – 1 PM  
 Th 9 AM – 4 PM

**Program Cost:** \$7,995

## CAREER OUTLOOK

**Support and Guidance:** While successful completion does not guarantee employment, we offer strong support and guidance to help you navigate your career path.

## HOW TO GET STARTED

Unlock your potential in massage therapy and embark on a fulfilling career helping others heal and relax!

**MEETING REQUIRED:** please email Jamie Fanara at [Jamie@bodycraft-wellness.com](mailto:Jamie@bodycraft-wellness.com) to schedule a private meeting.

**REGISTRATION:** All registrations for the program are done by appointment ONLY in-person with Jamie Fanara.



**DID YOU KNOW?**  
 All courses are approved through NCBTMB for Massage Therapists.

**Rock Valley College**  
 MASSAGE THERAPY PROGRAM  
 BODYCRAFT WELLNESS

For more information, please visit [RockValleyCollege.edu/CCE](http://RockValleyCollege.edu/CCE)



# MASSAGE THERAPY CONTINUING EDUCATION (CE)

All courses are approved through NCBTMB for Massage Therapists. Classes meet in RVC Classroom Bldg. II, Room 122/127.

## 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 sheets with face cradle covers, a blanket, snacks/lunch, and note taking materials to every class. Massage tables and water provided.

**MAS-015-BC20**      **Chuck LaFrano**      **\$354**  
**7/12-7/13**      **S/Su 10 AM - 5 PM**      **2 Sessions**  
**12 CE hours for Massage Therapists**      **NCBTMB #344**

## SOMATIC BODY WORK MASSAGE

The human mind and body interact in intricate and intriguing ways. Our thoughts and emotions connect directly with our muscle tone, which reflect our perceptions directly and immediately. This connection offers bodyworkers access to our clients' neuromuscular and myofascial organization. The way we breathe is an immediate and direct effect of our thoughts and emotions, moment to moment. In 'Somatic Bodywork' we will explore techniques and concepts that can be applied in a massage session with the intention of softening and expanding the mechanisms of breathing, facilitating parasympathetic responses. A goal here is to expand the effect achieved during a bodywork session to the client's everyday management of worry and anxiety. Dress comfortably. **BRING:** 1 set of sheets, face cradle cover, and blanket. Massage tables and water provided.

**MAS-015-BC21**      **Chuck LaFrano**      **\$354**  
**8/2-8/3**      **S/Su 10 AM - 5 PM**      **2 Sessions**  
**12 CE hours for Massage Therapists**      **NCBTMB#344**

## 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.

**MAS-015-BC16**      **Chuck LaFrano**      **\$354**  
**6/14-6/15**      **S/Su 10 AM - 5 PM**      **2 Sessions**  
**12 CE hours for Massage Therapists**      **NCBTMB #344**



All courses are approved through NCBTMB for Massage Therapists.





**MARMA KANSA VAKTI FOOT MASSAGE**

Join us for a one-day course where you'll learn to perform a deeply relaxing Ayurvedic foot massage using a Kansa Vakti (metal bowl), known in Ayurveda as the "healing metal." This treatment relaxes tired feet, improves joint mobility, promotes sound sleep, and balances the three doshas of Ayurveda: Vata, Pitta, and Kapha. The course is suitable for both qualified holistic therapists looking to learn a new skill and non-professionals who wish to use the massage on family and friends. Each student will receive a Kansa Vakti to use during the class, with an option to purchase it afterward. **BRING:** 2 sets of twin sheets, 2 medium towels, Pillowcase/ face cradle cover, Snacks/lunch, Note-taking materials. **DRESS:** Comfortable clothing. **PROVIDED:** Massage tables and water.

**MAS-015-BC17**      **Bijal Jadeja**      **\$285**  
 6/21      **S 9 AM - 6 PM**      **1 Session**  
**8 CE hours for Massage Therapists**      **NCBTMB#1000013**

**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.

**MAS-015-BC18**      **Bijal Jadeja**      **\$285**  
 6/22      **Su 9 AM - 6 PM**      **1 Session**  
**8 CE hours for Massage Therapists**      **NCBTMB #1000013**

**INFANT MASSAGE**

Infant Massage is an introductory hands-on class that is designed to teach students to be proficient in giving Infant Massage. Benefits, contraindications, body mechanics, and techniques of Infant Massage will be covered. This workshop will address when Infant Massage may be beneficial to your clientele and how it can add to your massage business. **DRESS:** comfortable clothing. **BRING:** note taking materials, a fitted sheet, and a blanket/large towel for floor use. Dress comfortably and **BRING:** two sets of sheets with face cradle covers, a blanket, snacks/lunch, and note taking materials to every class. Massage tables and water provided.

**MAS-015-BC19**      **Jill Christensen**      **\$130**  
 7/9      **W 1:30 PM - 5:30 PM**      **1 Session**  
**4 CE hours for Massage Therapists**      **NCBTMB#451792-11**

**SPA ADD-ONS**

Spa Add-Ons is an introductory hands-on class that will teach students to enhance the massage experience for their clientele. Benefits, contraindications, and techniques of treatments will be covered. This workshop will address spa services using dry room techniques to give therapists the necessary skills to incorporate spa treatments into their existing practice. **DRESS:** Comfortable clothing. **BRING:** two sets of sheets with face cradle covers, a blanket, 3 bath towels, 3-4 hand towels, snacks/lunch, and note taking materials. Also, please let us know if you have any allergies (specifically to ingredients that could be in products used, i.e., nuts, coconut). Massage tables and water provided.

**MAS-015-BC15**      **Jill Christensen**      **\$225**  
 6/10      **T 1:30 PM - 8:30 PM**      **1 Session**  
**7 CE hours for Massage Therapists**      **NCBTMB #451792-11**

# SKILLED TRADES

## FORKLIFT OPERATOR TRAINING

**(.5 Credit)** Are you looking to gain knowledge in powered industrial truck (forklift) operation to start or advance your career in the material handling field? 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. 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 equipment ONLY. **REQUIRED:** Close-toed shoes! **BRING:** A lunch and snacks. No refunds 7 day prior to class start date.

**ISH-025-ATC**                      **Rob Boeke**                      **\$244**  
**6/12**                                      **Th 8 AM - 3 PM**                      **1 Session**  
**RVC Advanced Technology Ctr.**                      **Room 1516**

**ISH-025-ATC2**                      **Rob Boeke**                      **\$244**  
**7/15**                                      **T 8 AM - 3 PM**                      **1 Session**  
**RVC Advanced Technology Ctr.**                      **Room 1516**

**ISH-025-ATC3**                      **Rob Boeke**                      **\$244**  
**8/7**                                      **Th 8 AM - 3 PM**                      **1 Session**  
**RVC Advanced Technology Ctr.**                      **Room 1516**

## WAREHOUSE 101

This course will help you become knowledgeable in powered industrial truck (forklift) operation. You will gain valuable knowledge and the skills required to operate a lift truck in a correct and professional manner. O.S.H.A. requires anyone who operates a powered industrial truck to be trained and authorized. Have you been trained? **NOTE:** To become an "Authorized" or qualified operator, the owner of the forklift must also evaluate you "on-site". Participants will learn: O.S.H.A. 29CFR 1910.178(1) regulations; Aspects of lift truck operation; Pre-Operation inspection, of work area and truck; **RECOMMENDED:** Handling procedures and load handling; Fueling procedures Gas, Diesel, and Electric. Students will be required to demonstrate practical lift truck operation skills. Trucks covered are, ITA (Industrial Truck Association) Class 1,3, and 5. 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. **NOTE:** These classes are taught in English. **REQUIRED:** Close-toed shoes! No refund 7 days prior to the class start date.

**ISH-050-ATC**                      **Rob Boeke**                      **\$519**  
**6/17 & 6/18**                                      **M/T 8 AM - 3 PM**                      **2 Sessions**  
**RVC Advanced Technology Ctr.**                      **Room 1516**

**ISH-050-ATC2**                      **Rob Boeke**                      **\$519**  
**8/5 & 8/6**                                      **T/W 8 AM - 3 PM**                      **2 Sessions**  
**RVC Advanced Technology Ctr.**                      **Room 1516**

## 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 \$179. See course RAH-056-BLL.

**RAH-051-BLL**                      **Stuart Berg**                      **\$240**  
**6/9-7/21**                                      **M 6-9:15 PM**                      **7 Sessions**  
**RVC Bell School Road Ctr.**                      **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**                      **\$184**  
**7/30-8/13**                                      **W 6-9 PM**                      **3 Sessions**  
**RVC Bell School Road Ctr.**                      **Room 004**

## EPA RETAKES: CERTIFICATION 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-RETAK**                      **Vonnie Busker**                      **\$115**  
**8/13**                                      **W 6-9 PM**                      **1 Session**  
**RVC Bell School Road Ctr.**                      **Room 004**



# HIGHWAY CONSTRUCTION CAREERS TRAINING PROGRAM

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](http://RockValleyCollege.edu).

**Questions? Contact the HCCTP Coordinator, Dawson Ingram, at (815) 921-3912 or [D.Ingram2@RockValleyCollege.edu](mailto:D.Ingram2@RockValleyCollege.edu).**





## REGISTER ONLINE!



1. Go to **CCE.RockValleyCollege.edu**



2. Browse class topics from the main menu or search for a class by name using the magnifying glass icon in the top-right corner.



3. Click Enroll Now to add the class(es) to your cart.  
• If you already have an account, you will be prompted to log in using your username and password.  
• If you do not have an account, click Register to create one. Remember to record the information to make it easier to sign up for classes in the future!



4. Once you've added all the classes you would like, click the cart icon in the top-right corner and follow the prompts to checkout.



# IMPORTANT INFORMATION

## CONTACT US

Community & Continuing Education Office Hours

**Hours:** Monday-Friday: 8:30 AM to 4 PM

**Phone:** (815) 921-3900

**Email:** RVC-CCE@RockValleyCollege.edu

**Location:** Main Campus

3301 N. Mulford Road, Rockford, IL 61114

- Until June 6: Classroom Building II, Room 115
- After June 16: Woodward Technology Center, Room 1200

## COLLEGE CLOSURES - SUMMER 2025

June 9-13 (Monday-Friday) – The Community and Continuing Education Office will be closed for relocation.

Monday, June 19 – No Classes (College Closed)

Friday, July 4 – No Classes (College Closed)

## REFUND POLICIES

- A full refund\* if you cancel at least seven days prior to the class start date. Exclusions apply to some classes – these are listed in individual course descriptions.
- No refund if you cancel less than seven days prior to the class.
- A full refund for any classes canceled by Rock Valley College.

\*Refunds excludes non-RVC fees, such as credit card and e-check fees.

## WEATHER CLOSURES & CANCELLATIONS

Weather in Northern Illinois can be unpredictable.

For updates on closures and cancellations,

- **sign up for RVC Alerts** at [apps.rockvalleycollege.edu/alert/signup.cfm](https://apps.rockvalleycollege.edu/alert/signup.cfm),
- **check the college website** ([RockValleyCollege.edu](https://RockValleyCollege.edu)),
- **or call** (815) 921-3900.

## CCE CLASS LOCATIONS

RVC Advanced Technology Center (ATC)  
1400 Big Thunder Blvd, Belvidere, IL

RVC Bell School Road Center  
3350 N. Bell School Road, Rockford, IL

RVC Classroom Building I (CLI)  
3301 North Mulford Road, Rockford, IL (south of the creek)

RVC Classroom Building II (CLII)  
3301 North Mulford Road, Rockford, IL (south of the creek)

RVC Educational Resource Center (ERC)  
3301 North Mulford Road, Rockford, IL (south of the creek)

RVC Health Sciences Center (HSC)  
3301 North Mulford Road, Rockford, IL (north of the creek)

RVC Jacobs Center for Science & Math (JCSM)  
3301 North Mulford Road, Rockford, IL (south of the creek)

RVC Physical Education Center (PEC)  
3301 North Mulford Road, Rockford, IL (north of the creek)

RVC Samuelson Road Center  
4151 Samuelson Road, Rockford, IL

RVC Stenstrom Student Center (SSC)  
3301 North Mulford Road, Rockford, IL (north of the creek)

RVC Woodward Technology Center (WTC)  
3301 North Mulford Road, Rockford, IL (north of the creek)

Connections Therapy Center  
1047 Cannell Court, Rockton, IL

Don Carter Lanes  
4007 E. State Street, Rockford, IL

Fitness Works  
3619 Morsay Drive, Rockford, IL

Lee Innovations Ceramic Studio  
3600 E. State Street, Suite 306 Rockford, IL

Stephenson Business Center, Inc.  
730 N. Church Street, Rockford, IL

# EXPLORE AREAS OF STUDY AT ROCK VALLEY COLLEGE

Whether you're interested in Career & Technical Education designed to be completed in two years or less, or you want to start at RVC and transfer to another college, Rock Valley College has great options for you.

## **BUSINESS & COMPUTER SCIENCE**

- Accounting
- Business Administration
- Computers & Information Systems
- Cybersecurity Specialist
- Network Systems Administration
- Office Professional
- Web Programming & Design

## **COMMUNICATION & ENGLISH**

- English
- Creative Writing
- Journalism
- Literature
- Mass Communication
- Speech Communication

## **EDUCATION**

- Early Childhood Education
- Education (K-12)

## **ENGINEERING & TECHNOLOGY**

- Apprenticeships
- CNC Machining
- Electronic Engineering Technology
- Engineering Science
- Manufacturing Engineering Technology
- Mechatronics
- Welding

## **FINE & PERFORMING ARTS**

- Art
- Graphic Arts Technology
- Music
- Theatre

## **HEALTH SCIENCES**

- Dental Assistant
- Dental Hygiene
- Emergency Medical Technician
- Fire Science
- Fitness, Wellness, & Sport
- Massage Therapy
- Medical Assistant
- Nursing
- Nursing Aide
- Phlebotomy Technician
- Respiratory Care

## **SCIENCE & MATH**

- Atmospheric Science
- Biology
- Chemistry
- Geology
- Mathematics
- Physical Geography
- Physics

## **SOCIAL SCIENCE & HUMANITIES**

- Anthropology
- Criminal Justice
- Economics
- History
- Human Services
- Humanities
- Modern Languages
- Philosophy
- Political Science
- Psychology
- Sociology

## **TRANSPORTATION & LOGISTICS**

- Automotive Service Technology
- Aviation Maintenance Technician
- Collision Repair
- Forklift Operator
- Highway Construction Careers Training Program
- Supply Chain Management
- Truck Driver Training

# Find your next chapter.

**Explore 60+  
Areas of Study**

*RVC is an equal opportunity educator and employer.*

*As an institution, Rock Valley College is accredited by The Higher Learning Commission (HLC) and is recognized by the Illinois Board of Higher Education and by the Illinois Community College Board. Learn more at [RockValleyCollege.edu/About/Consumer-Information/Accreditation](http://RockValleyCollege.edu/About/Consumer-Information/Accreditation)*





# REGISTRATION FORM

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

DATE OF BIRTH: MONTH / DAY / YEAR \_\_\_\_\_

GENDER: I am a\*  Woman  Man  Prefer Not to Respond  
 ANOTHER IDENTITY:  Transgender Man  Transgender Woman  Non-Binary/Non-Conforming/Genderqueer  
 Another Identity not listed (write-in): \_\_\_\_\_

FULL LEGAL NAME:

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

ADDRESS:  Check if this is a new address

NUMBER & STREET: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: Do you want to opt-in for text communication?  Yes  No

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 & Fees
1	Sample: ART-818-RV	Beginning Calligraphy	\$81.00
2			
3			
4			
5			
6			
		<b>TOTAL</b>	

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/GED:

- Yes, High School graduate  
Year Graduated \_\_\_\_\_  
School \_\_\_\_\_
- Yes, GED/State Diploma  
from the State of Illinois  
Year Obtained \_\_\_\_\_
- No

## COLLEGE:

- Associate
- Bachelor
- Master

## Which of the following racial/ethnic groups represent you? (Select all that apply)

- American Indian or Alaska Native
- Asian
- Black or African American
- Hispanic, Latino, or Spanish Origin
- Middle Eastern/North African
- Native Hawaiian/Other Pacific Islander
- White/Caucasian
- Prefer Not to Respond

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

- American Indian or Alaska Native
- Asian
- Black or African American
- Hispanic, Latino, or Spanish Origin
- Middle Eastern/North African
- Native Hawaiian/Other Pacific Islander
- White/Caucasian
- Prefer Not to Respond

Revised 04/2025

## 3 WAYS TO REGISTER ONLINE

CCE.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,  
 Stenstrom Student Center, Second Floor  
 3301 N. Mulford Rd., Rockford

**Records & Registration Office Hours:**  
 Monday-Thursday, 8 AM - 6 PM  
 Friday, 8 AM - 5 PM

## PAYMENT INFO

Registrations without payment WILL NOT be processed.  
 Payment Options:  
 • Checks made payable to "Rock Valley College"  
 • Mastercard, 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

# RVC

### **RVC IS EXPANDING IN DOWNTOWN ROCKFORD!**

The new Downtown West campus will open in Fall 2026 at Chestnut and Winnebago/Rockton. We are excited to expand our offerings to better serve the western portion of our college district.

The programs housed at this location will include: Automotive, Electric Vehicles, Collision Repair, Early Childhood Education, Truck Driver Training, Human Services, Criminal Justice, & Adult Education.

For more information, visit  
**[RockValleyCollege.edu/Projects](https://RockValleyCollege.edu/Projects)**

