SPRING 2021

Impact Your Tomorrow By Enrolling Today!

See Page 2 for more details.

To participate in these courses you must have reliable internet and computer access.

We speak français, español, 中文, русский, and العربية.
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### Online Course Refund Policy

- If we cancel your class: A full refund will be processed.
- If you drop/withdraw from a class: No refunds will be issued after a class has begun.
- If you drop a class at least two days before the class begins, a refund will be issued, minus a $30 processing fee. No refunds after this period of time.
- Refund requests should be in writing and emailed to: Continuing Education (conted@kbcc.cuny.edu) at least two days before the class begins.
- Transfer policy: No transfers after the second class session.

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### February 25, 2021

12pm or 6pm

**Virtual Open House**

Whether you are seeking a job or a promotion, starting a new business or simply trying to stay ahead of the curve, Kingsborough’s Workforce Development & Continuing Education has the courses, programs and trainings for you!

**CLICK ON THE SESSION TO REGISTER:**

**Daytime-12pm Session**

**Evening-6pm Session**

Call 718-368-5050 for questions or more information.
We strive to provide you with flexible payment plans so that you can focus on your education and career plans. Please call us and we will assist you in making the right choice.

Contact us at 718-368-5050 for more information.

**TUITION OPTIONS**

*Installment Payments*
Students will be eligible for the following partial payment plans for specific tuition courses that are $700 and higher. Students will be charged a $25 administrative fee for choosing an installment payment option.

*Helena Rubinstein Continuing Education Scholarship*
The Helena Rubinstein Continuing Education Scholarship Fund for Career Advancement Limited scholarships are available to cover up to 90% of tuition for individuals who seek to advance their careers through education and training, and who do not have access to other sources of funding that can pay for tuition and fees. Scholarship applicants may also be disadvantaged individuals who are unemployed or seeking a career change. For more information, visit: https://www.cuny.edu/academics/cpe/helena-rubinstein-scholarship/how-to-apply/

*Individual Training Grant (ITG) Vouchers*
The Individual Training Grant (ITG) Vouchers is for New York City residents who may be eligible for training vouchers through the local unemployment office, now known as the NYC Division of Small Business Services. The vouchers are known as Individual Training Grants (ITG) and can be obtained by working with a career counselor at one of the Small Business Service's Workforce1 Career Centers. For more information, please visit the website: Workforce1 Career Centers in NYC.

*Corporate Tuition Reimbursement/ Vouchers*
The Corporate Tuition Reimbursement/ Vouchers may provide tuition reimbursement to pursue professional development and other certificate training courses. To find out if you qualify for Corporate vouchers or Tuition reimbursement, contact your companies Education or Human Resource department.

*AARP WorkSearch Program*
The AARP WorkSearch Program offers a career counseling service for New Yorkers 40 years of age and older. For area residents 55 and older, the Senior Community Service Employment Program (SCSEP) could help you find your next career opportunity or access a training program by providing financial support for low-income seniors. For more information, call the AARP office at (212) 423-9922 or visit website: AARP WorkSearch Website

*DC 37 Members*
Many of the courses in this catalog are reimbursable for NYC employees who are members of District Council 37. The courses you choose can be credit or non-credit courses, as well as courses offered online. For general information, to check eligibility or to request a tuition reimbursement application, please call (212) 815-1663 or visit website: District Council 37, AFSCME, AFL-CIO

*1199SEIU Members*
If you are currently an 1199SEIU member, you may be eligible to receive tuition reimbursement. To obtain reimbursement for a continuing education course, you must submit a completed application with all supporting documents to the Training and Upgrading Fund within 90 days of completing the course. For questions or an application, call the Tuition Assistance Hotline at (646) 473-9200. You can also email training@1199funds.org.

*ACCES-VR Adult Career and Continuing Education Services*
This program assists individuals with disabilities to achieve and maintain employment and to support independent living through training, education, rehabilitation, and career development. For more information, call (718) 816-4800 or visit the website at www.acces.nysed.gov/VR.

*Department of Veterans Affairs*
All veterans interested in obtaining information from the VA regarding their eligibility for funding need to have a copy of their DD-214 form and Certificate of Eligibility. For more information, visit the website: https://www.va.gov/education/eligibility/ to request official notification of education benefits.

*Independent Training Accounts- HRA*
You may be eligible for the Independent Training Accounts through HRA. Please find your local representative here: https://www1.nyc.gov/site/hra/locations/job-locations.page

*NYS & CSEA Partnership for Education and Training*
To be eligible, review the website for applications that can be created online https://www.nyscseapartnership.org

*SNAP (Supplemental Nutrition Assistance Program)*
SNAP (Supplemental Nutrition Assistance Program), please call (718) 368-4870 for eligibility and program requirements.

*Tuition Reimbursement*
The College will accommodate requests for letters of support for reimbursement.

*Government Issued Vouchers*
We accept most government issued vouchers. Please call (718) 368-5050 for eligibility and program requirements.

*Student Loans*
Students may arrange a private loan to help cover educational expenses for certificate programs. The College does not recommend any specific lender or preferred lender arrangement. We recommend thoroughly investigating your loan options before making educational financing decisions.

*Tax Deduction of Expenses*
An income tax deduction is permitted for expenses of education undertaken to maintain and improve professional skills. Please consult your accountant.

Financial resources available, click here.
STUDENT SUPPORT SERVICES

We strive to provide you with the supports and services you need so you can focus on your education and career plans. Please call us and we will assist you in making the right choice.

Contact us at 718-368-5052 for more information.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

EMPLOYMENT & TRAINING (SNAP E&T) VENTURE IV PROGRAM

Provides FREE CLASSES and JOB PLACEMENT ASSISTANCE to SNAP RECIPIENTS

(To be eligible for the SNAP E&T Program you must have applied for, or receive non-TANF-funded SNAP benefits.

FOR MORE INFORMATION AND ELIGIBILITY REQUIREMENTS PLEASE CALL (718) 368-4870

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CENTER FOR CAREER DEVELOPMENT & EXPERIENTIAL LEARNING

The mission of the Center for Career Development & Experiential Learning at Kingsborough Community College is to provide career services to students and alumni through career exploration, professional resources and programming.

Career Advisors are available to give students individualized assistance to develop career goals including help with choosing a major, internships, workshops, and job search assistance. The Center offers workshops to students throughout the semester on a variety of career-related topics, including, but not limited to resume, interview, workplace etiquette and networking.

In addition, the office provides a multitude of programs and events, such as job fairs, on-campus recruitment and information sessions, which allow students to explore various career opportunities.

Stay up to date regarding upcoming workshops and events with our weekly newsletter: http://www.kbcc.cuny.edu/career/documents/C102.pdf

ACCESS RESOURCE CENTER

Kingsborough Community College’s Access Resource Center, the nation’s first at a community college, is your one-stop place to get connected to government benefits and resources. Whether it’s childcare, SNAP, clothing, or transportation, you can get a referral for what’s available to you – where you live and when you need it.

They offer benefit screening, legal consultation, financial consultation and tax preparation too! Additionally, they coordinate:

- Distribution of FREE vegetables grown on campus at the KCC Urban Farm
- Distribution of FREE food staples at the KCC Food Pantry
- Clothing donations
- Assistance with recertification of benefits
- Assistance obtaining other government resources and so much more!

TRAINING AND CAREER GUIDANCE

Unsure about what training or career best matches your skills?
At Kingsborough Community College, you can set your sights on the future you want!

Whether it is becoming a paramedic or UX designer, we have the certificate training programs for anyone who wants to find a new career pathway. With Future InSight, we can help you map out the steps you need to achieve your career goals. You may know exactly which job best matches your skills or maybe you are curious about a certain industry. Either way, we can help guide you to where you want to go.

Visit our site by clicking here!
This class is led by qualified and experienced instructors. You will practice listening and speaking, as well as reading and writing. Interesting instructional content designed for all adults. Additional self study time is included.

ESL 70 - English as a Second Language $1,000
Mon-Fri / April 7 - June 16 / 9am-2pm
Benefits include:
- Customized class placement
- Certificate of Attendance (90%)
- ID card to access campus facilities
- Academic preparation for college (advanced classes suitable for Masters programs)
- Assistance for CUNY admission
- TOEFL practice (TOEFL waived for eligible students)
- I-20s issued to qualified students
Call 718-368-4870 for more information.

RTP 99 - Preparation for TOEFL $150
Tues & Thur / April 13 - June 3 / 7pm-9:30pm
For graduates of foreign nation's secondary schools, who wish to apply to colleges and universities, this class will prepare you to sit for the Test of English as a Foreign Language exam. Minimum Level 8 ESL.

ESL / CLIP / HSE: Visit our Virtual Office Mon-Fri, 9:30am – 5:00pm
(Zoom meeting ID: 992 1754 9249)
Having an HSE credential will improve your opportunities for better jobs, training, promotions, and even more money!

Did you know that those with their High School diplomas and equivalency earn an average of $9,000 more per year than those without?

Once you pass the HSE exam our staff will provide one on one college counseling services and assist you with meeting with a KCC admissions counselor!

HSE 41 - Math Intensive TASC™ (HIGH SCHOOL EQUIVALENCY PREP) $100
Wed / May 5 - June 9 / 6:45pm-9:45pm
This course focuses on math problems that will be given on the math portion of the TASC™ exam.
Note- You will need a TI-30XS calculator.

HSE 00 - TASC™ (HIGH SCHOOL EQUIVALENCY PREP) $175
Tues & Thur / April 15 - June 1 / 6:45pm-9:45pm or
Saturdays / April 17 - June 19 / 10am-2pm
Note- You will need a TI-30XS calculator and TASC™ book are required.
Call 718-368-5051 for more information.

HSE 70 - Comprehensive High School Equivalency $470
Mon-Fri / April 7 - June 16 / 9am-2pm
This comprehensive 250-hour course will prepare you for the State TASC™ exam. You will improve your skills (math, social studies, science, reading, and writing) and acquire test-taking strategies to help you pass the required practice test to be eligible to take the NYS TASC™ exam.
Note- You will need a TI-30XS calculator and TASC™ book are required.
Call 718-368-4870 for more information.

HSE 00E - Diploma de Escuela Secundaria en Español $175
Lunes y Miercoles / April 14 - June 2 / 6:45pm-9:45pm
Va a necesitar el libro del TASC™ y la calculadora TI-30XS.
Para mas información, llamar a Maria Mejias al 718-368-5051.

HSE 41E - Clases de Matemáticas para los estudiantes de Equivalencia de la Escuela Secundaria en Español $100
Jueves / May 6 - June 10 / 6:45pm-9:45pm
Esta clase te ayudara a practicar y resolver los problemas de matemáticas que aparecen en el examen del TASC™. Va a necesitar la calculadora TI-30XS.

ESL / CLIP / HSE: Visit our Virtual Office Mon-Fri, 9:30am – 5:00pm (Zoom meeting ID: 992 1754 9249)
RESOURCES FOR HIGH SCHOOL EQUIVALENCY

CUNY FATHERHOOD ACADEMY (CFA)
CFA is a FREE comprehensive program designed to promote responsible parenting and economic stability for unemployed and underemployed fathers through education, employment and personal development.

HSE TRACK (FORMERLY GED)
FATHERS WITHOUT HIGH SCHOOL DIPLOMAS OR GED/TASC

You can apply for a 16 week, 3 days a week program that will prepare you for the TASC (NYS High School Equivalency exam) as well as for employment, enrollment in college or a workforce training program.

- Participation in parenting classes
- Personal and career counseling and guidance
- Employment placement assistance and internship opportunities
- Incentives
- College classes for college & career track

Recruiting NOW for CFA’s College Prep and High School Equivalency program at KBCC. Click here to sign up for an application session online, or call to speak with a CFA representative 718.368.6784

TEST PREPARATION

Prepare for admissions and placement tests online with our experienced instructors!

Our test prep programs are affordable and accessible.

We offer a variety of practice materials, with high quality test simulations, designed to help students better understand the material and perform their best on their test!

SCHOLASTIC ASSESSMENT TEST PREP (SAT)

RTP 01 - SAT Preparation $300
Saturday / April 10 - May 29 / 9am-1:30pm
An intensive course for high school students preparing for the SAT. Certified instructors provide review and practice under simulated test conditions to help prepare students for the verbal reasoning, optional essay portion, and problem-solving skills measured by the revised test. Study skills, coaching and test-taking tips are provided, as well as individual and group conferences with a certified college counselor. A workshop for parents and guardians is included in the last session.

RTP 02 - SAT Math Preparation $150
Sun / April 18 - May 23 / 9am-12pm or Thur / April 22 - May 27 / 4pm-7pm
An intensive MATH ONLY course for high school students preparing for the SAT exam. Instructors provide review and practice under simulated test conditions to help prepare students specifically with the MATH component of the exam. Students will explore study skills while receiving coaching and test-taking tips.
The Healthcare Institute is a division of Kingsborough’s Office of Continuing Education, offering a dynamic set of certificate programs and stand-alone courses. All are designed to provide students with essential skill sets necessary for today’s burgeoning healthcare industry. With decades of experience and training, our faculty provides high quality instruction across all the disciplines. Students who successfully complete certificate programs at the Healthcare Institute are eligible to take the National Healthcareer Association’s certifying examinations, which are nationally recognized credentials in the Allied Health industry.

**IN-DEMAND HEALTHCARE PROGRAMS**

Below is the breakdown of the courses needed within the in-demand healthcare programs. See the following pages for the schedule of available courses.

For questions and additional information please call 718-368-5052 or email Healthcare.cep@kbcc.cuny.edu

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**CLINICAL MEDICAL ASSISTANT**

Certified Clinical Medical Assistants perform routine administrative and clinical tasks to keep the offices and clinics of physicians running smoothly. Students must sign an Assumption of Risk. (307 clock hours)

- CTF 20 - Anatomy and Physiology
- RTP 40 - Basic Life Support for Healthcare Providers
- CTF 90 - EKG/ECG Technician
- CTF 91 - Phlebotomy Procedures
- CTF 87/88 - Basic Patient Care Skills & Diagnostic Tests
- CTF 89 - Certified Electronic Health Records Specialists

**PHLEBOTOMY TECHNICIAN**

Become a Certified Phlebotomy Technician by taking this comprehensive, hands-on program. Live needle sticks performed. Students must sign an Assumption of Risk. (127 clock hours)

- CTF 20 - Anatomy and Physiology
- CTF 91 - Phlebotomy Procedures
- RTP 40 - Basic Life Support for Healthcare Providers

**MEDICAL BILLING & CODING SPECIALIST**

This program is aimed at individuals who are either currently employed or seeking employment in a healthcare providers office, health insurance company, or independent billing center, and who want to become a certified Medical Billing and Coding Specialist. (180 clock hours)

- CTF 25 - Introduction to Terminology and Insurance
- CTF 26 - Procedures and Coding (CPT 4 and ICD-10-CM)
- CTF 27 - Computerized Billing and Clinical Practice

**HOME HEALTH AIDE INTENSIVE**

Home Health Aides (HHA) provide professional healthcare in a patient’s home environment. Patient can range from elderly, to disabled to chronically-ill individuals who do not require hospitalization. This course is the perfect complement for students who completed Certified Nurse Aide training. (92 clock hours)

- CTF 37- Home Health Aide Intensive
- RTP 40 - Basic Life Support for Healthcare Providers

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**EKG/ECG TECHNICIAN**

These courses provide an overview of basic cardiovascular terminology, anatomy, and physiology, and outlines the responsibilities for earning the certified EKG/ECG Technician Certification. (127 clock hours)

- CTF 20 - Anatomy and Physiology
- RTP 40 - Basic Life Support for Healthcare Providers
- CTF 90 - EKG/ECG Technician

**PHARMACY TECHNICIAN**

This intensive course provides an overall view of the fundamentals of medical and pharmaceutical terminology. Pharmaceutical calculations, concepts of pharmacology and medicinal therapy as it relates to anatomy and physiology and pathophysiology. Students will also learn about laws, ethics and standards required in the pharmacy profession. Application of knowledge in an on-site hospital and retail setting. (120 clock hours)

- CTF 41 / 42 - Pharmacy Technician Intensive

**CERTIFIED NURSE AIDE INTENSIVE**

A Certified Nurse Aide assists Licensed Practical Nurses (LPNs) and Registered Nurses (RNs) with direct patient care. This demanding, yet exciting program will prepare you for an entry-level position in a nursing home or hospital facility. (135 clock hrs—96 hrs classroom, 32 hrs Supervised Clinical Experience, 7 hrs CPR)

Tuition support for this program is available through The Audacia Foundation, Inc., a Workforce Investment Organization (WIO) funded by NYSDOH MLTC training grant. Students who enroll are eligible for reimbursement after submitting an application given during the first class session.

- CTF 78/79 - CNA Intensive
- RTP 40 - Basic Life Support for Healthcare Providers

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"I thoroughly enjoyed the class. I learned so much and it motivated me to move forward with my education here at Kingsborough."
CTF 20 - Anatomy and Physiology $325
Tues & Thur / April 13 - June 17 / 6:45pm-9:45pm
An introduction to the structure and function of the human body, common disorders and diseases in relation to body systems.
This course is required for CTF 87/88 Basic Patient Care Skills & Diagnostic Tests, CTF 90 EKG/ECG and CTF 91 Phlebotomy Procedures.

CTF 25 - Introduction to Terminology and Insurance $325
Tues & Thur / April 13 - June 17 / 6:45pm-9:45pm
This class is an overview of the medical terminology used in a medical office, starting with the basics of anatomy, including the human body and its skeletal, pulmonary, digestive, cardiovascular and reproductive system and an introduction to health insurance.

CTF 26 - Procedures and Coding $325
Tues & Thur / April 13 - June 17 / 6:45pm-9:45pm
This course covers CPT 4, a systematic linking and coding of procedures and services used in outpatient settings. This coding is required for billing and reimbursement by insurers. ICD-10-CM, the international classification of diseases, is used worldwide by many healthcare facilities.
Prerequisite: CTF 25 Introduction to Terminology and Insurance.

CTF 27 - Computerized Billing and Clinical Practice $325
Tues & Thur / April 13 - June 17 / 6:45pm-9:45pm
You will continue your study of office procedures and billing to include scheduling patients for laboratory, surgical and testing procedures, completing patient charts, and accounting practices using state-of-the-art medical software.
Prerequisite: CTF 26 Procedures and Coding, and basic computer skills. Students must have Windows operating system to utilize medical software.

CTF 37 - Home Health Aide Intensive $525
Contact us for schedule at conted@kbcc.cuny.edu
Free for those that qualify, email us at workforce.kcc@kbcc.cuny.edu
Home Health Aides (HHA) provide professional healthcare in a patient’s home environment. Patient can range from elderly, to disabled to chronically-ill individuals who do not require hospitalization. (92 clock hours)
*8-hours of clinical experience will be conducted during early afternoon and evening hours.
Prerequisite: Medical clearance is required to participate in the clinical experience. Basic Life Support/CPR (RTP40) must be completed before the clinical experience. Course textbook, uniform scrubs and certifying exam fees are not included in the tuition. Materials fee: $45

RTP 40 - Basic Life Support for Healthcare Providers $75 (Includes course materials)
Contact registration office at 718-368-5050 for next available dates.
This course provides the skills to recognize and provide care in respiratory and cardiac emergencies, using the latest 2015 AHA guidelines, to teach adult, child and infant cardiopulmonary resuscitation and automatic external defibrillator use. Basic life support skills include CPR, AED use, and ventilations.

CTF 41/42 - Pharmacy Technician Intensive $650
Mon - Thur / April 12 - June 17 / 6pm-10pm
This intensive course provides an overall view of the fundamentals of medical and pharmaceutical terminology.
Pharmaceutical calculations, concepts of pharmacology and medicinal therapy as it relates to anatomy and physiology and pathophysiology. Students will also learn about laws, ethics and standards required in the pharmacy profession. Application of knowledge in an on-site hospital and retail setting. Two (2) in person labs required. Dates and times to be provided in class.
Materials Fee: $45

CTF 89 - Certified Electronic Health Records Specialist $575
Tues & Thur / April 13 - June 17 / 6:45pm-9:45pm
This course introduces students to the basic functions of Electronic Health Records (EHR). It includes discussions and illustrations on the latest information management technologies (both hardware and software) currently used in healthcare. Students will be immersed in the environment, organization, unique to the use of EHR at all levels of patient care. Computer-based, hands-on exercises are required.
Prerequisites: Computer proficiency (will be assessed) and some experience in office administration.
Lab sessions will be conducted in person, on campus. Clinicals will be done in person.

**CERTIFIED NURSING ASSISTANT**

**CTF 78/79 - CNA Intensive Hybrid $750**

Mon - Tues - Wed - Thurs / April 12 - June 7 / 6pm-10pm

Certified Nursing Assistants are currently in high demand and the need is projected to continue through 2024. This number will only increase as the baby boomer generation ages and there is an increased demand for additional long-term nursing care facilities. In New York State a CNA must be certified.

- Salary: $34,160-$48,525
- Job projections thru 2028: +22%
- Rapid Growth; Numerous Job Openings.

This course introduces students to the needs of the patient, legal/ethical issues, effective communication and anatomical changes accompanying the aging process. It will also cover health and nutrition and the care of persons with cognitive and mental disabilities. Includes 32 hours of supervised clinical experience in a Residential Health Care Facility.

*32-hours of clinical experience will be conducted during early afternoon and evening hours.

**Prerequisite:** Medical clearance is required to participate in the clinical experience. Basic Life Support/CPR (RTP40) must be completed before the clinical experience. Course textbook, uniform scrubs and CNA certifying exam fees are not included in the tuition. Six (6) in person labs required on Thursdays.

**BASIC PATIENT CARE SKILLS & DIAGNOSTIC TESTS**

**CTF 87/88 - Basic Patient Care Skills & Diagnostic Tests Hybrid**

$325 / Tues & Thurs / April 20 - June 8 / 6pm-10pm

Skills common to the private practice and hospital worker are covered, including obtaining medical histories, vital signs, prepping patients, first-aid care, and emergency procedures for the medical office. Learn the importance of maintaining a sterile environment when preparing for minor surgical procedures. Collect specimens, perform simple measurements and tests, and acquire knowledge of prescription and non-prescription medications. **Prerequisite:** CTF 20 Anatomy & Physiology.

Four (4) in person labs required. Dates and times to be provided during class. **White lab coat required. Materials fee: $45**

**EKG/ECG TECHNICIAN**

**CTF 90 - EKG/ECG Technician Hybrid $325**

Mon & Wed / April 19 - June 9 / 6pm-10pm

This course provides opportunities to learn and practice techniques employed by EKG/ECG technicians, while learning many of the basic terms associated with cardiovascular, anatomy and physiology.

**Prerequisite:** CTF 20 Anatomy & Physiology

Five (5) in person labs required. Dates and times to be provided during class. **White lab coat required. Materials fee: $45**
**PHLEBOTOMY**

**CTF 91 - Phlebotomy Procedures Hybrid $325**

**Tues & Wed / April 13 - June 17 / 6pm-9pm**

This course provides theoretical and laboratory preparation for entry-level performance as a phlebotomist. It focuses on vascular anatomy and physiology; performance of venipuncture techniques, and additional responsibilities of phlebotomists as members of the healthcare team. **Prerequisite: CTF 20 Anatomy & Physiology.**

Live needle sticks performed. Students must sign an Assumption of Risk. Six (6) in person labs required. Dates and times to be provided during class. **White lab coat required. Materials fee: $45**

**CENTRAL STERILE TECHNICIAN**

**CTF 98 - Central Sterile Technician $850**

**Tues, Wed, Thurs / April 13 - June 24 / 5pm-9pm**

This course, facilitated by an IAHCSMM (International Association of Healthcare Central Service Material Management) instructor, will provide you with the knowledge and skills required to work in a Central Supply/Sterile Processing Healthcare facility. Additional hours to be assigned when class is in session. Three (3) in person labs required. Dates and times to be provided during class. **Students are responsible for securing CST hands-on training necessary to meet 400-hour certification requirements.**

**DIRECT SUPPORT PROFESSIONAL**

**CTF 99 - Direct Support Professional $675**

**Mon & Wed / April 12 - June 16 / 6pm-9pm**

In partnership with YAI: Seeing beyond disability (www.yai.org), prepare for a rewarding career as a Direct Support Professional (DSP).

DSPs empower people with intellectual and developmental disabilities who attend day programs or live in community residences. They serve a critical role in creating new opportunities for living, loving, working and learning on a daily basis. A great DSP is compassionate, caring and curious. Must be 18+ years old, and have their HS Diploma. This 60-hour training includes 20 hours of internship (on weekends) and will support you in developing critical skills and competencies needed by employers.

**Note:** Students who complete this course (and have a high school diploma or GED/HSE and are 18 years or older) will be considered for employment with our partner agency, YAI. YAI is the largest provider of services to people with intellectual and developmental disabilities in the metropolitan New York area. YAI offers careers in human services, health care, education, behavioral and mental health, and administration. Location to be determined. For more information Contact Conted@kbcc.cuny.edu

**PATIENT CARE TECHNICIAN**

**CTF 93 - Patient Care Technician Intensive Hybrid $750**

**Tues - Wed - Thurs / April 13 - June 7 / 6pm-10pm**

Study includes comprehensive instruction on vascular anatomy and performance of venipuncture techniques. Students will also learn and practice performing EKGs and basic terms associated with cardiovascular system, anatomy and physiology. This course is for Certified Nurse Aides only. Live needle sticks performed. Students must sign an Assumption of Risk.

Six (6) in person labs required. Dates and times to be provided during class. **White lab coat required. Materials fee: $45**
Kingsborough Community College stands at the forefront of preparing the next generation of health care professionals. With a wide selection of non-credit health certificates and accredited degree programs, we have a program that will fit your career goals.

The Bridges to Health Careers program will help guide your educational journey and support you every step of the way. Through classroom instruction, dedicated advising, career preparation, and tutoring you will be positioned to enter an in-demand health profession and be on the front lines of health care in New York City.

The Bridges to Health Careers Program offers:
- Free 1-credit course (valid at KCC only) offered online for your convenience.
- Dedicated team of advisors to support your academic and career goals including weekly Q&A sessions with faculty in the health professions.
- Book allowance to offset costs of course textbooks.

Online seminar available March 8 - April 2 or April 6 - April 30. For more information email HealthCareer.Bridges@kbcc.cuny.edu

To learn more, click here.

Learn & Earn

Complete any of the certification courses below and earn college credits toward an Associate Degree or Certificate at Kingsborough Community College.

- Emergency Medical Technician (EMT)
- Health Coach Courses
- Certified Alcohol & Substance Abuse Counselor (CASAC)

- Earn up to 6 credits toward an Associate Degree in Paramedics
- Earn up to 6 credits toward an Associate Degree in Community Health Worker
- Earn up to 9 credits toward a Certificate in CASAC
COH 1600/HPE 1200 Health Coach $995 (Payment plan available)
Tuesdays / April 6 - June 22 / 9am-3:30pm
This is a 2 part Certificate program. The program will use a combination of synchronous and asynchronous methods for instruction. Students can earn up to 6 credits upon completion of this program.

Part I Patient Engagement
Students will have acquired skills to educate, engage, and support individual patients to improve the patient's health outcomes.

Part II Concepts of Wellness
This fundamental course covers a broad spectrum of health-related topics to make students aware of the causes of mental and physical illnesses and their prevention, and demonstrates how lifestyle, perceptions and decisions affect health.

To learn about payment plans:
Contact Patti D'Agosta at PDAgosta@kbcc.cuny.edu

RTP 75 - EMT Original $995
Contact us for schedule at conted@kbcc.cuny.edu
*With a NYS DOH voucher, you pay only $60 (for mandatory CPR renewal)
This course will prepare you to take the New York State Emergency Medical Technician (EMT) examination. As a NYS EMT, you can work or volunteer anywhere in New York State. You will learn basic life-saving techniques such as, but not limited to: scene safety, patient assessment, management of fractures, bleeding control, movement of patients, and oxygen administration. Becoming an EMT is a requirement if you are planning to become a paramedic.

Materials fee: $45
Applicants must possess a High School Diploma/Equivalent, be able to read and write English, be at least 18 years of age prior to the last day of the month he/she is scheduled to take the written certification exam and pass a pre-registration screening placement exam.
Upon successful completion we offer the National Registry of EMT exams.

Note: A payment plan is available for this course. Please contact Patti D'Agosta at PDAgosta@kbcc.cuny.edu 718 368-5050 for more information and schedule.

RTP 74 - Paramedic Challenge Refresher $760
To be offered in the Summer 2021 semester.

RTP 73 - Paramedic Certificate $9,500
To be offered Summer 2021 – Spring 2022 semesters

RTP 40 – Basic Life Support $75
Includes course materials
(see page 8 for details.)

"The program and instructors were great! Their lectures emphasized the critical things you need to know while you’re out in the field. Overall great experience and now I feel confident I can work as an EMT and help my community."

*With a NYS DOH voucher, you pay only $60 (for mandatory CPR renewal)
CAREER AND PROFESSIONAL DEVELOPMENT

If you are considering a career move or are ready to advance within your field, we offer learning opportunities through career and professional development. Our experienced faculty and industry specialists will help direct you on your chosen path to accomplish your goals. We are committed to life-long learning and will serve as a resource guide to your success.

PARALEGAL & NOTARY PUBLIC

CTF 05 - Paralegal I & Notary Public $400
Tues & Thur / April 13 - June 17 / 6:45pm-9:45pm
This course is an introduction to the practical aspects of being a paralegal, including filing, legal proofreading, legal draftsmanship, legal research, and other office skills. Mandatory Notary Public session on 5/20 and is included in the above tuition cost.

CTF 06 Paralegal II $325
Mon & Wed / April 12 - June 21 / 6:45pm-9:45pm
This course deals with the computer and the essential part it plays in paralegal training. Topics include computer legal research, legal keyboarding, and understanding language and terms used by attorneys in order to be a well-trained and successful paralegal. Prerequisite: CTF05. *Materials fee: $75

*The materials fee provides students with an individual password for access to the Westlaw Legal Library, which offers a wide range of federal and state law resources. In addition, students will be provided with the analytical materials to become familiar with the aspects of legal research, law reviews, federal treatises, jurisdictional treatises, practice guides, jury instructions, litigation forms and analytical materials from all 50 states.

VTP 36 Preparation for Notary Public $75
Thurs / May 20 / 6:45pm-9:45 pm
This one-session course prepares you for the Notary Public Examination, provides an overview of the tasks undertaken by a Notary Public, and offers guidance in positioning yourself to provide this service on a fee-for-service basis.

ACCOUNTING

CTF 50 - Accounting Fundamentals $325
Mon & Wed / April 12 - June 21 / 6:45pm-9:45pm
You will learn the recording process, complete the entire accounting cycle from analyzing and recording activities through closing procedures, and use the accountant’s worksheet for the preparation of financial statements for service businesses.

CTF 51 - QuickBooks Pro for Accountants $325
Mon & Wed / April 12 - June 21 / 6:45pm-9:45pm
Take control of accounting for your business. This course provides hands-on experience in QuickBooks. 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. Limited access, free downloadable book and software will be used.

CTF 52 - Tax Preparer $325
Tues & Thurs / April 13 - June 17 / 6:45pm-9:45pm
Learn how to prepare individual federal income taxes, including 1040EZ, 1040A, and 1040 long form, tax credits, child and dependent care credit, credit for the elderly, IRAs, pension income, and NY State/NY City tax items with the use of TurboTax™ software.
Kingsborough is a NYC Taxi & Limousine Commission (TLC) Education Provider

Courses offered in: English and Russian

Please contact Sunny Hau at Sunny.Hau@kbcc.cuny.edu or call 718-368-5189

ALL YOU NEED IS
ONE LICENSE TO DRIVE UBER™, LYFT™, VIA™, YELLOW CAB, GREEN CAB & LIMOUSINE!

NYC TAXI AND LIMOUSINE COMMISSION

APPLY FOR YOUR TLC LICENSE NOW!

ADMINISTRATIVE ASSISTANT CERTIFICATE

Through this two part certificate program you will gain computer application competence and professionalism in your written communication skills.

CTF 47 - Business Computing- $325
Mon & Wed / April 12 - June 21 / 6:45pm-9:45pm
This course offers a basic overview of Microsoft Office™ (Word™, Excel™ and PowerPoint™) and the applications that employers expect workers to know. Prerequisite: A computer skills test will be administered at the first class session to assess proficiency.

CTF 48- Business Writing and Grammar- $200
Thurs / April 22 - June 10 / 7pm-9pm
Improve your skills and develop clear and effective writing techniques necessary to succeed in today's business environment.

WORKSHOPS FOR ONLINE PLATFORMS

VSE 75 - Zoom Workshop $20
Mon / April 19 or May 17 / 6pm-8pm
This interactive workshop is designed for presenters and teachers. Topics to be covered will include but are not limited to learning the use of various chat features and class management tools. Learn how to use the simple white board, how to share the screen and more. There will be time for Q & A. Certificate of Completion awarded.

VSE 76- Google Classroom Workshop $20
Tues / April 20 or May 18 / 6pm-8pm
This interactive workshop is designed for presenters and teachers. Explore the features in Google Meet to assist with classroom management. Learn how to assist students/parents with joining the classroom that was created, how to use Google Meet and present a lesson, and how to create an organized classroom for all grades. In addition, learn how to use Google slides, how to transfer smartboard lessons into Google slides, and how to use the features of Google slides when creating an engaging lesson. Certificate of Completion awarded.

VSE 76 - Google Classroom Workshop $20
Tues / April 20 or May 18 / 6pm-8pm
This interactive workshop is designed for presenters and teachers. Explore the features in Google Meet to assist with classroom management. Learn how to assist students/parents with joining the classroom that was created, how to use Google Meet and present a lesson, and how to create an organized classroom for all grades. In addition, learn how to use Google slides, how to transfer smartboard lessons into Google slides, and how to use the features of Google slides when creating an engaging lesson. Certificate of Completion awarded.
**GRAPHIC DESIGN**

**RCL 83 - Graphic Design $125**

**Wed / April 21 - June 9 / 7pm-9pm**

Learn basic design principles, focusing on things you can use in real life. You will work on different projects each week: projects include logos, business cards, flyers, posters, photo collages, gift wrap design and more. Learn how some of your designs can be digitized for online use.

**Note:** No special software needed; instructor will guide you through utilizing available tools on the web.

**ENERGY INDUSTRY FUNDAMENTALS**

**KCC Certificate of Completion for Energy Industry Fundamentals** which will provide an extensive overview of the energy and utility industry to prepare individuals for occupation-specific training.

**CTF 133 - Energy Industry Fundamentals $695**

**Mon & Thurs / April 8 - June 7 / 6pm-8:30pm**

This course provides a broad understanding of the electric and natural gas utility industry and the energy generation, transmission, and distribution infrastructure, commonly called the “largest machine in the world,” which forms the backbone for the industry. The course includes business models, regulations, types of energy and their conversion to usable energy such as electric power, how generated power is transmitted and distributed to the point of use, emerging technologies, and the connection to careers in the energy industry. **No class on Monday May 3.**

**VTT 24 - 10-Hour Site Safety Training $175**

**Mon & Tues / May 3 - May 4 / 5pm-10pm**

Course includes 2-Hour Drug & Alcohol Awareness and 8-Hour Fall Prevention training.

**CULINARY ARTS**

**RTP 36 - NYC Food Handler Test $125**

**Tues, Wed, Thur / May 17 - May 21 / 6pm-9pm**

This 15-hour course focuses on safety issues of food handling, while preparing students to take the NYC Dept. of Health & Mental Hygiene’s Food Handler Certification exam. You will be scheduled by the College to take the DOH test. The exam will be administered by the NYC DOH online via WebEx. This certification does not expire.

**Testing fee: $35 per person**

**RTP 39 - Food Service Management Program $600 plus $35 material fee**

**Mon & Wed / May 3 - July 12 / 5pm-8pm**

Are you interested in a management career path in the food industry? Here’s your chance to be trained by food industry professionals on key food service concepts, culinary arts education, and earn 3 training certificates: NYC Food Handlers Certificate, ServSafe Managers Certificate, and the OSHA 10 General Industry Certificate. The Food Service Management Program is designed to develop trainee’s entry-level based knowledge and the skills necessary for employment in the food service industry. Trainee’s will learn general work-related etiquette, basic culinary skills, recipe development, nutrition education that will increase food industry skills.

**UX Design Training Program**

**Free User Experience (UX) Design Program**

*Live & Online*

Join the Waiting List: [http://cewdbkcc.com/design-works/](http://cewdbkcc.com/design-works/)
CTF 125 Metagenomics Discovery Challenge $325
Thursday / April 15 - May 27 / 1:00pm-3:00pm
Metagenomics Discovery Challenge (MDC) – is a certificate-based course. The course is offered online and it will be using Team-Based Learning and Open Educational Resources. It doesn’t have any prerequisites, but a background in biological sciences or computer science would be helpful. Students will learn to do bio-surveillance on metagenomic datasets, identifying fungal (and other micro-eukaryotic), bacterial, archaeal, and viral sequences within these datasets. This will reinforce the fundamentals of computational biology utilizing the Next Generation Sequencing (NGS) technology and computational tools important in determining metagenomics data sets. At the end of the course, students will create a 3-5 minute video using available resources to explain the tools they've learned, the importance of viral discovery, and antibiotic resistance, and their discoveries.

Open House and first day of class is Thursday, April 12 at 1:00 pm.
For more information please contact: Professor Dr. Dmitry Brogun - Dmitry.Brogun@kbcc.cuny.edu.

VETERINARY ASSISTANT

CTF 15 - Veterinary Assistant I $325
Tues & Thur / April 13 - June 17 / 6:45pm-9:45pm
Part one of this two-course series designed to prepare you for a career in animal care. The course will include veterinary terminology, medical and surgical procedures, office administration functions, becoming a vital part of the animal care team and more.
Note - Some required class hours will be held at an off-site animal care facility.

CTF 16 - Veterinary Assistant II $325
Mon & Wed / April 12 - June 21 / 6:45pm-9:45pm
Part two of this two-course program. This online course will build upon the knowledge learned in CTF15, focusing on client communications, best practices in animal care, and the roles of each member of the animal care team.
Prerequisite: CTF 15 - Veterinary Assistant I
Note - A minimum of 20 hours are required to be completed at an animal care facility. Students are responsible for securing a facility at which they can volunteer to complete these hours. Documentation of completion will be required.
Instructor may waive this requirement dependent on individual students experience and course academics.

More than 50 million U.S. households own more than one pet, so it’s not surprising that vet assistant and laboratory animal caretakers careers are expected to grow 19% by 2026 and there will be over 6,000 new jobs created in this field! You’ve picked a great time to begin veterinary assistant training.

Salary: $28,850 - $36,240
Job projections thru 2026: +19%
Faster rate of growth than the average.

"I knew I needed to change careers because I was not happy with my current job. I had always wanted to work with animals and needed to start on that path- just wasn’t sure how. The program at KCC gave me a great start to a career as a Veterinary Assistant and now I am doing something I love!"
VSE 21 - Recognize/Report Child Abuse $75
Saturday / May 1 / 9:30am-12:00pm
Learn the physical and behavioral signs of child abuse and maltreatment. You will learn about mandated reporting and how to carry out your professional responsibilities. NY State Certificate of Completion awarded by the state.

Students must successfully present and submit valid non-expired government issued photo identification prior to class start date to be eligible to participate in this course. Students must be on time. Late students will be denied successful completion of learning hours.

VSE 22 - School Violence Prevention and Intervention $75
Saturday / May 1 / 1:00pm-3:30pm
Learn the dynamics of aggressive behavior in children and the tools to avoid them becoming victims of such behavior. This is the NY State required workshop for all who work with children. Certificate of Completion awarded.

Students must successfully present and submit valid non-expired government issued photo identification prior to class start date to be eligible to participate in this course. Late students will be denied successful completion of learning hour.

VSE 50 - Dignity for All Students Act $100
Saturday / April 24 or June 5 / 9:00am-4:00pm
Kingsborough Community College is approved by the New York State Education Department. This workshop training is on the social patterns of harassment, bullying and discrimination. This is required for all school professionals completing state-registered programs that lead to certification.

Students must successfully present and submit valid non-expired government issued photo identification prior to class start date to be eligible to participate in this course. Late students will be denied successful completion of learning hours.

VSE 72- Motivational Interviewing for Mental Health and Human Service Professionals $220
Sunday / May 23- 9am 5pm & June 6- 9:30am - 1:30pm
Learn to support clients resolve ambivalence to change by helping them understand their internal motivation using this strength based and person centered approach.

Health Counselors will earn 11 CEs.

VSE 73- Part II: Awareness and Prevention of Family and Community Violence: Assessment and Interventions $140
Sunday / April 11 / 9:30am - 5:30pm
Join this informative and interactive 1-day workshop on assessments and interventions used to address and prevent family and community violence.

Open to anyone who works with individuals, families, communities or wants to learn more about this topic. NYS Licensed Social Workers and Mental Health Counselors will earn 7 CEs.

Kingsborough Community College's Office of Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider to offer continuing education to Licensed Master Social Workers (LMSWs) and Licensed Clinical Social Workers (LCSWs) for Licensed Social Workers #5W-0613 as well as a Mental Health Counseling Department Approved Provider #MHC-0191.
NEW YORK CITY DEPARTMENT OF BUILDINGS
SITE SAFETY TRAINING

Kingsborough Community College is a New York City Department of Buildings approved Site Safety Training (SST) Provider.

Courses offered in English, Russian and Spanish.

SST and SST-Supervisor cards are printed on campus.

Cards will be issued when all requirements are met as prescribed by the DOB.

With a valid OSHA 30 card you have the option of taking only the courses your need to receive the SST card. Group pricing available for employers with 5 or more employees.

Email Vickie DiMartino VDiMartino@kbcc.cuny.edu for more information or Call 718 368-5050 for more information.

VTT 23 - 30-Hour OSHA Construction $300
Tues & Wed / April 20 - May 5 / 5pm – 10pm

VTT 24 - 10-Hour Site Safety Training $175
Mon & Tues / May 3 & May 4 / 5pm - 10pm
10 Hours SST includes:
2-Hour Drug & Alcohol Awareness
8-Hour Fall Prevention

VTT 26 - Site Safety Supervisor $300
Mon, Tues, Wed & Thur / May 10- May 20 /
6pm-10pm
32- Hours SST Supervisor includes
8-Hour Fall Prevention
8 Hour Site Safety Manager Refresher/Chapter 33
4 Hour Supported Scaffold
2-Hour Drug and Alcohol Awareness
2-Hour Site Safety Plan
2-Hour Tool box Talks
2-Hour Pre-Task Safety Meetings
2-Hour DOB General Electives
2-Hour DOB Specialized Electives

VTT 27 - 4-Hour Supported Scaffold User $75
Wed / April 14 / 6pm – 10pm

Did you know New York has the second highest level of security guard jobs in the country? The job outlook for security guards in NYC and throughout the rest of New York is expected to continue to grow in coming years.

Salary: $39,431 - $46,089
Job projections thru 2026: +4%
Overall job opportunities should be good.

Kingsborough Community College in collaboration with Metro Placements Inc. is offering this Security Guard Training Program.

The Security Guard Training will consist of the following courses:
8 Hour: Pre-Assignment Training
16 Hour: On The Job Training (OJT)
30 Hour: OSHA 30
4 Hour: Certificate of Fitness Fire Guard
2 Hours of Job Readiness Workshop

In addition students will receive:
• One-on-one session with a career coach which will determine student's career path and requirements.
• A career expert will look over the student's resume and make any needed changes.
• Students who complete the program will be scheduled for job interviews.

Security Guard Training

CTF 170 - Security Guard Training $550
Call for schedule at 718-368-5052

Kingsborough Community College in collaboration with Metro Placements Inc. is offering this Security Guard Training Program.

The Security Guard Training will consist of the following courses:
8 Hour: Pre-Assignment Training
16 Hour: On The Job Training (OJT)
30 Hour: OSHA 30
4 Hour: Certificate of Fitness Fire Guard
2 Hours of Job Readiness Workshop

In addition students will receive:
• One-on-one session with a career coach which will determine student's career path and requirements.
• A career expert will look over the student's resume and make any needed changes.
• Students who complete the program will be scheduled for job interviews.
PERSONAL ENRICHMENT

HEALTH & WELLNESS

NHB 135 - Cooking with Spices $20
Tues / April 27 / 5:15pm-7:15pm
Learn how to incorporate everyday spices to add flavor and improve health. Students will discuss spice families and learn how to create spice blends and how to use them. This informative course will focus on various spices and flavors including Indian, Latin, Japanese, Middle Eastern and more!

WRITING

NHB 97 - Write a Play $100
Thurs / April 22 - June 10 / 6:30pm-8:30pm
Have a story you've always wanted to write?
Learn Playwriting! This class offers clear, step-by-step guidance in the basics: character, conflict and structure, setting, dialogue and formatting. You will be guided through the process of writing a play from start to finish. Whether you seek to write one-acts or full-length plays, this class will give you the tools to go forward on your writing journey. This course is for writers of all levels looking to learn the basics of writing for the stage.

FOREIGN LANGUAGE

NLA 31 - CONVERSATIONAL ITALIAN I $100
Wed / April 21 - June 9 / 6:30pm-8:30pm
Increase your ability to converse with co-workers, colleagues, or neighbors.

NLA 60 - CONVERSATIONAL SPANISH I $100
Tues / April 20 - June 8 / 6:30pm-8:30pm
Increase your ability to converse with co-workers, colleagues, or neighbors.

Want to learn a language you don't see offered here?
Then, check out KCC on Ed2Go, where have a wide range of foreign language courses offered entirely online and led by expert instructors! Our online courses are affordable, fun, fast, convenient, and designed just for you.
Ready to explore our Ed2Go catalog? Click here!
COM 09 - Yoga and Pilates $80  
Fri / April 23 - June 18 / 10:00am–11:00am  
In this course you will gain flexibility & strength, improve posture & balance and practice mindfulness with this mix of Hatha/Vinyasa Yoga combined with Pilates exercises. Please have a yoga mat. **Yoga strap and blocks are optional. No class 5/28.**

COM 17 - Walk and Tone $80  
Tues / April 20 – June 15 / 11:30am – 12:30pm  
Join us for a fun walk outdoors in a centralized location. The 2nd part of the workout will be using light weights and resistance bands to tone your muscles. Centralized location will be announced. **Bring 2 or 3lb. hand weights and sneakers to each class.**

COM 22 An Introduction to Tai Chi Ch'uan $80  
Thurs / April 29 - June 17 / 11:00am-12:00pm  
This eight-week workshop series of classes will introduce participants to the peace enhancing movements of Tai Chi as well as its background in Taoist philosophy and health promoting benefits. Introductory Tai Ch Ch'uan form will be taught as part of this course. No prior knowledge or experience is necessary. **Participants should wear loose fitting clothes and comfortable shoes or sneakers.**

COM 42 - Arthritis Workout $80  
Mon / April 19 - June 14 / 10am-11am  
Gentle and full body exercises in and out of the chair for your joints and muscles to increase their range of motion and decrease pain. Wear comfortable clothing & supportive sneakers.  
Have for use an exercise band of medium to medium-firm intensity (green and blue), 1 set of 1 lb dumbbells, 1 set of 2 to 3lbs dumbbells, and 1 set of ankle weights 2-3lbs. No class 5/31.

COM 92 - Osteoporosis Workout $90  
Wed / April 21 - June 16 / 10am-11am  
You'll do the best exercises for osteoporosis (thinning of the bones) to increase strength and bone density and improve balance skills.  
Have for use an exercise band of medium to medium-firm intensity (green and blue), 1 set of 1 lb dumbbells, 1 set of 2 to 3lbs dumbbells, and 1 set of ankle weights 2-3lbs.

"I just finished the 50+ Holistic Approach to Wellness class, and the instructor was amazing as was the experience overall. Everyone in the class agreed that's why at the end, we all stood up and clapped!"
COM 106 - Deepening Chair Yoga with Reiki $30  
Wed / May 5 and 12 / 4:00pm-5:30pm  
Developing A Personal Yoga Practice Enhanced with REIKI. Increase and deepen the healing benefits of Chair Yoga with REIKI. Develop your own personal practice of Chair Yoga. Learn how to give yourself healing REIKI to open Energy channels as you practice seated and standing postures. 
Wear comfortable clothes w/flat shoes/sneakers.

COM 130 Flowing Chair Pilates $90  
Tues / April 20 - June 15 / 10:00am-11:00am  
Safely build strength, stability, and coordination through this efficient and gentle chair pilates class. Learn and practice exercises that teach you how to activate and coordinate several muscle groups at the same time, starting with your core. Improve balance, body alignment and posture to help you maintain an active lifestyle. Wear comfortable clothing and flat shoes/sneakers.

COM 131 Candlelight Yoga-Journey to Bliss $15 per session, $40 for all 3 sessions.  
Wed / April 21, May 19, June 16 / 7:30- 8:30pm  
Light some candles, get comfy and get ready to spend a soothing evening with doctors Gail and Bob as they take you along a deeply relaxing journey accompanied by soothing sounds. Using restorative yoga postures and breathing practices, Qi Gong and soothing sound meditation, you will let go of tension, lower blood pressure, feel calmer and happier as you experience deep relaxation. Classes can be done either on a mat, laying down or seated in a comfy chair.

COM 132 Cleanse Into Health $40  
Thurs / April 29 - May 13 / 9:30am-10:30am  
Rejuvenate and cleanse your body. Learn about the do's and don’t of detoxing and the different types of cleanses and how they benefit the body while creating delicious salads, smoothies and detox soup. Bring your questions.

COM 133 Mobility, Balance and Strengthening $80  
Sat / April 24 - June 19 / 10:00am-11:00am  
Class is taught by a physical therapist to strengthen your core & body to improve your balance and help prevent falls. Exercise will be done in a chair and standing. Have two 3lb weights and wear sneakers and comfortable workout clothing. No class 5/28.

COM 118 - Dance Cardio & Toning with Diane $80  
Fri / April 23 - June 18 / 11:30am-12:30pm  
In this online course you will work up a sweat by dancing up a storm with this fun blend of dance cardio and toning. Easy to follow choreographies are interspersed with toning exercises to get a full body workout. Please wear dance sneakers. Light hand weights 1-3 lbs. and resistance bands are optional. No class 5/28.

AGING MASTERY PROGRAM  
Tues & Thurs / April 27 - May 27  
3pm-4:30pm  
Are you 50+years of Age? Thinking of Retiring?  
Want to learn something new?  
• Advance Planning  
• Best Sleep Practices  
• Healthy Eating and Hydration  
• Exercise and You  
• Healthy Relationships  
• Falls Prevention  
• Community Engagement  
• Medication Management  
• Financial Fitness  

Limited space is available.  
Registration starts March 20th  
Material fee $80  
(Fee is waived for residents 50+ yrs of age residing in Brooklyn Council District 43 & Queens Council District 32 ).  
Email: Susan.Lavin@Kbcc.cuny.edu  
Call for more info 718 368 5079

The Aging Mastery Program®, Classes are led by expert speakers who help participants gain the skills and tools they need to manage their health, remain economically secure, and contribute actively in society. Participants must attend 7 out of 10 sessions in order to graduate.
We offer a wide range of highly interactive courses that you can take entirely online. Our online courses are affordable, fun, fast, convenient, and geared for all ages! Click here to check out our Ed2Go catalog of offerings!

A new array of extraordinary online tech courses for children ages 8-14 through our continued partnership with Black Rocket! Click here to check out our Black Rocket catalog of offerings!

Online Course Refund Policy:
- If we cancel your class: A full refund will be processed.
- If you drop/withdraw from a class: No refunds will be issued after a class has begun.
- If you drop a class at least two days before the class begins, a refund will be issued, minus a $30 processing fee. No refunds after this period of time.
- Refund requests should be in writing and emailed to: Continuing Education (conted@kbcc.cuny.edu) at least two days before the class begins.
- Transfer policy: No transfers after the second class session.