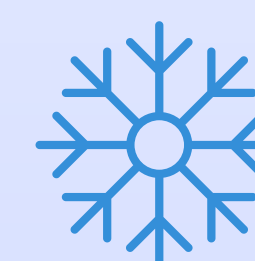
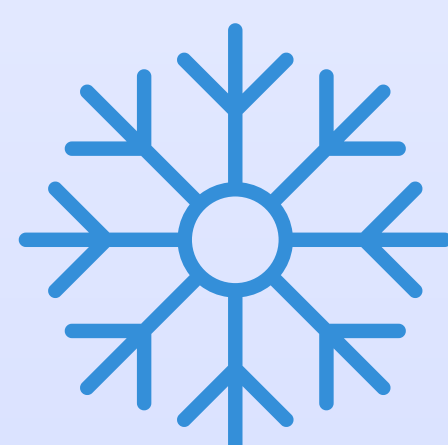


# WINTER 2024



Classes begin January 2nd, 2024



**VIRTUAL OPEN  
HOUSE EVENTS**

**November 21st  
&  
December 18th**



**FLEXIBLE  
CLASS  
SCHEDULING**

**ONLINE,  
ON CAMPUS  
& HYBRID**



**PROGRAM  
VARIETY**

**Healthcare Institute,  
Technology,  
Business, ESL, GED®  
& More!**

REGISTRATION IS ONGOING



**718-368-5052**



**<https://www.kbcc.cuny.edu/ce/>**

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## REFUND POLICY

### Refund Policy on ALL courses- HYBRID/ONLINE/ON CAMPUS

Course fees are non-refundable if you do not attend the class/exam.

The college reserves the right to cancel courses due to insufficient enrollment.

**\$25 Registration is non-refundable, no exceptions.**

No refund will be considered after 2nd week of classes.

Transfer policy: No transfers after the second class session.

Refund Policy: Refund requests must be in writing and emailed to: Continuing Education (conted@kbcc.cuny.edu).

#### **For courses under \$299:**

100% for courses canceled by the college; this includes the return of the \$25 registration fee.

100% with written request received 3 business days prior to the first class (minus \$30 cancellation fee)

50% with written request received prior to the second week of classes (minus \$30 cancellation fee)

#### **For courses \$299 and above:**

100% for courses canceled by the college; this includes the return of the \$25 registration fee.

100% with written request received 3 business days prior to first class (minus \$30 cancellation fee)

75% with written request prior to completion of 10% of class hours (minus \$30 cancellation fee)

50% with written request received prior to the second week of classes (minus \$30 cancellation fee)

## VIRTUAL INFORMATION SESSION

Whether you are seeking a job or a promotion, starting a new business or simply trying to stay ahead of the curve, we have the courses, programs and trainings for you! Meet the divisions staff and coordinators at this virtual information session and learn all about our current offerings!



12pm  
OR  
6pm



12pm  
OR  
6pm

# DIVISION INFORMATION

## HOW TO REGISTER

Our registration team is eager to hear from you! If you would like to speak to someone on the phone, please call us at 718-368-5050. Phone registrations are accepted using debit/credit card with a Visa, MasterCard or Discover logo. The office is open Monday through Friday from 9:30am – 4:30pm.

### **ONLINE**

Visit our website at [www.kbcc.cuny.edu/ce](http://www.kbcc.cuny.edu/ce) and click on the “Register Now” button. You can access our registration site directly by [clicking here](#). You must create an account in order to register for any courses.

### **IN-PERSON (EVENING) Bursar’s Office A-205**

In-person registrations are accepted using cash, money orders, debit/credit card with a Visa, MasterCard or Discover logo. Tuesdays from 4pm-7pm on the following dates only:  
November 28, December 5, December 12, December 26 and January 2nd.

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## PAYMENT PLAN

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. Please call 718-368-5050 for payment plan options.

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## CALENDAR

December 29, 2023 – January 1, 2024  
**New Years Observed**  
OFFICE CLOSED & NO CLASSES

January 15, 2024  
**Martin Luther King, Jr Day**  
OFFICE CLOSED & NO CLASSES

February 12, 2024  
**Lincoln’s Birthday**  
OFFICE CLOSED & NO CLASSES

February 16, 2024 – February 18, 2024  
**President’s Day Weekend**  
NO 50+ WELLNESS CLASSES

February 19, 2024  
**Presidents’ Day**  
OFFICE CLOSED & NO CLASSES

March 11, 2024  
**Ramadan**  
NO ESL CLASSES

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## CERTIFICATE PROGRAMS

In order to earn a certificate, you must meet an 80% attendance requirement, receive a passing grade, and complete all assignments. Most certificate programs are approved by the NYS Department of Education for the training of veterans and others eligible in accordance with Section 1775, Title 38, U.S. Code.

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## IDENTIFICATION

All Continuing Education students are required to carry an updated photo identification card at all times. A photo identification card is issued by Kingsborough Community College in Room L202 during the following schedule:  
Monday – Thursday from 9am until 7pm and Fridays, 10am through 3pm.  
Please call the public safety office at 718-368-4800 to confirm.

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## EMERGENCY SCHOOL CLOSING

In the event of an emergency closing due to severe weather conditions or other emergencies, please call 718-368-5052 or visit our website [www.kbcc.cuny.edu](http://www.kbcc.cuny.edu). The best way to receive emergency closing notifications is to sign up for CUNY Alert at <http://www.cuny.edu/news/alert.html>

# EARLY BIRD DISCOUNTED COURSES

Register on or before December 8th, 2023 for any of the following courses and receive \$25 off any course over \$150, by entering discount code EARLYBIRD at check out when registering online. Call the Registration Hotline at 718-368-5050 and mention "EARLY BIRD" to receive course discount. This offer is only valid for courses listed below:

- ESL00: English as a Second Language
- ESL70: Comprehensive English as a Second Language Full Time
- RTP99: Preparation for TOEFL
- RWV 07- Writing for Advanced Non-Native Speakers of English
- HSE70: Comprehensive High School Equivalency Prep
- HSE00: GED Prep (in ENGLISH)
- HSE00E: Diploma De Escuela Secundaria En Espanol
- HSE 41E- Clases de Matemáticas para los estudiantes de Equivalencia de la Escuela Secundaria en Español
- HSE 41- Math Intensive GED (High School Equivalency Prep)
- RTP01: SAT (P/SAT) Preparation
- CTF 20- Anatomy & Physiology
- CTF 37- Certified Home Health Aide Intensive
- CTF 41/42- Pharmacy Technician Intensive
- CTF 78/79- Certified Nurse's Assistant Intensive
- CTF 89- Electronic Health Records
- CTF 109- Medical Billing and Coding Specialist Intensive
- CTF 87/88- Basic Patient Care Skills & Diagnostic Tests
- CTF 90- EKG/ECG Technician
- CTF 91- Phlebotomy Procedures
- CTF 98- Central Sterile Technician
- RTP 75- EMT Original
- CTF 05- Paralegal I
- CTF 06- Paralegal II
- CTF 50- Accounting Fundamentals
- CTF 51- QuickBooks Pro for Accountants
- CTF 52- Tax Preparer
- CTF 135 - Payroll with QuickBooks
- CTF 47- Business Computing
- CTF 48- Business Writing and Grammar
- VIN 71- Property and Casualty
- VIN 72- Life, Accident & Health Pre-Licensing
- RCL 83- Graphic Design Beginners
- RCL 84- Graphic Design Intermediate
- VTT 23 - 30-Hour OSHA Construction
- VTT 26 - 32 Hour Site Safety Supervisor
- VTT 24- 10-Hour Site Safety Training
- RTP 36- NYC Food Handler Test Prep
- VHB 02 - Fundamentals of Hair Braiding

## GIFT CERTIFICATES



### GIVE THE GIFT OF EDUCATION

Our gift certificates are the perfect gift for any occasion and are available for purchase towards any of the above listed courses or programs!

For more information and assistance with purchasing a gift certificate call (718) 368-5050

# **TUITION OPTIONS**

**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.**

## **CEWD Scholarship Fund**

The CEWD Scholarship is meant for continuing education and workforce development students. We are accepting student applications for those experiencing financial challenges. Some eligibility requirements may apply.

[Click here](#) to learn more.

## **Installment Payments**

Students may be eligible for 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 the website [here](#).

## **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 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](mailto: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/](http://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) 368-5056 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.

# **STUDENT SUPPORT SERVICES**

We strive to provide you with the support 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**

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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 their weekly newsletter, visit them here: <http://www.kbcc.cuny.edu/career/documents/C102.pdf>

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## **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.

**Call 718-368-5411 or 6713.**

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!
- 

## **ACCOMMODATIONS & ACCESSIBILITY**

Requests for accommodations must be submitted with documentation of disability. Submit requests and documentation in advance of your class start date to ensure that reasonable accommodation requests can be processed in a timely manner. Accommodations may take 3-4 weeks to process.

**Please contact Vickie DiMartino at 718-368-5669.**

College Administration, in cooperation with NYCT Paratransit, has established 3 specific Access-A-Ride (AAR) stops at Kingsborough Community College. Each of these locations has specific GPS coordinates along with signage to aide in the successful connection of the AAR vehicle/driver and customer.

If you experience any difficulty during the reservation process, please ask to speak with a supervisor.

Access-A-Ride 1-877-337-2017 / 718-393-4999

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## **THINGS YOU SHOULD KNOW**

Continuing Education courses are designed for adults 18 years of age and older with the exception of the College for Kids Program and the SAT/ACT Test Preparation.

Programs, requirements, tuition fees and classes are subject-to-change without advance notice.

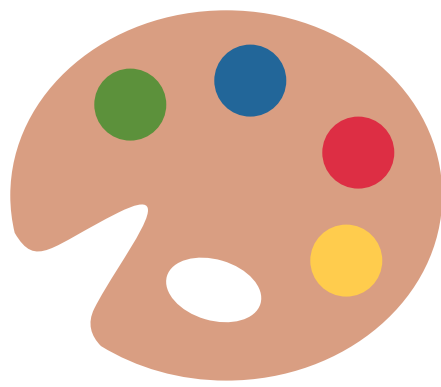


This Winter, register your children ages 5-13 years old in our exciting College For Kids program at Kingsborough Community College!

Pay only \$425 total, plus the one-time \$25 registration fee, when you sign your child up for BOTH the Saturday Sessions and the President's Winter Break Week! That's a \$60 savings!



## SATURDAY SESSIONS



4 Saturday sessions from 9:30am-1pm starting on Saturday, February 3rd-24th  
\$150 for all sessions *plus a \$25 non-refundable registration fee.*  
All materials are included in cost.

- RED GROUP (Active) - Includes Basketball, Art and Soccer
- YELLOW GROUP (Academic) - Includes Rock Star Readers, Writing Superstars and Math Academy
- BLUE GROUP (Technology) - Includes Basketball, Forensic Detective and Graphic Design

5 & 6 YEAR OLD GROUP- Are encouraged to explore, imagine and have fun, while in a separate learning environment from the older children. Interactive lessons in reading, writing, math, science and art will be provided while allowing time for sports and games.

CFK Refund Policy- \$25 Registration is non-refundable; except when the program is canceled by the college; this includes the return of the \$25 registration fee plus full tuition. Refund requests must be in writing and emailed to: Continuing Education (conted@kbcc.cuny.edu). 100% refund with written request received on or before January 31st, 2024 (minus \$30 cancellation fee.) 50% refund with written request received by February 3rd, 2024 (minus \$30 cancellation fee.) The college reserves the right to change program subjects and schedules and cancel CFK groups due to insufficient enrollment; in the event your child(ren)s group is cancelled, they will be offered an option to enroll into another group within the program or receive a full refund including the registration fee.



## PRESIDENTS WINTER BREAK WEEK

Tuesday-Friday 9:15am-4:15pm  
February 20th-23rd, 2024  
\$335 for the entire week!

Plus a \$25 non-refundable registration fee.  
Lunch and all materials are included in the total cost.



- Washington Group  
Includes Art, Writing Superstars, Basketball, Judge & Jury and Crazy Chemistry
- Lincoln Group  
Includes Forensic Detective, Basketball, 3D Design, Soccer & Business Junior
- Lil' Vice Presidents  
5-6 year old group are provided activities that are themed and lesson learning including time for music and sports!

### Add On Options Include:

Early Drop off with Breakfast- 8:15am-9:15am: \$24 total      Late Stay with Snack- 4:15pm-6pm: \$20 total

CFK Refund Policy- \$25 Registration is non-refundable; except when the program is canceled by the college; this includes the return of the \$25 registration fee plus full tuition. Refund requests must be in writing and emailed to: Continuing Education (conted@kbcc.cuny.edu). 100% refund with written request received on or before February 16th, 2024 (minus \$30 cancellation fee.) 50% refund with written request received by February 19th, 2024 (minus \$30 cancellation fee.) The college reserves the right to change program subjects and schedules and cancel CFK groups due to insufficient enrollment; in the event your child(ren)s group is cancelled, they will be offered an option to enroll into another group within the program or receive a full refund including the registration fee.

- Basketball-** Learn the basic skills, rules and tactics of basketball. You must wear sneakers.
- Soccer-** Learn the basic skills, rules and tactics of soccer. Practice kicking, trapping and passing the ball. You must wear sneakers.
- Art-**Students will have the opportunity to learn basic illustration drawing and create with mixed-media.
- Math Academy-** Math concepts are presented in an enjoyable, non-threatening environment. Skills covered will reflect current grade- appropriate curricula.
- Writing Superstars-** Broaden your imagination while enhancing your writing skills. Exercising creativity, you will write short stories and draw accompanying pictures. Skills covered will reflect grade-appropriate curricula.
- Rockstar Readers-** Interactive instruction designed to improve reading comprehension and basic reading skills. Skills covered will reflect current grade-appropriate curricula.

- Graphic Design-** Learn the basic principles of design and construction to create greeting cards, flyers, comic strips, logos and report covers. Great for graphic art projects or just plain fun!
- Forensic Detective-** An introduction to the intricate work of a detective and how they solve crimes through forensic science.
- 3D Design-** Learn how to create computerized 3D designs.
- Business Junior-** This unique class will teach business elements in a fun approach. Young entrepreneurs will develop a variety of skills including creative thinking, marketing, money management and more.
- Crazy Chemistry-** Experience life as a mad scientist in a lab full of bubbling potions and mechanical marvels.
- Judge & Jury-** A fun way to learn about law and our justice system. Students will learn about interesting cases and then discuss and examine their outcomes while practicing mock trial skills.

For more information and registration information, call (718) 368-5050  
View our CFK catalog online at <https://www.kbcc.cuny.edu/ce/cfkt.html>

# ENGLISH AS A SECOND LANGUAGE & CLIP

## ESL 00- Part Time / English as a Second Language \$350

**Mon & Wed / Jan 17 - March 27 / 6:45pm-9:45pm / ON CAMPUS**

**Tues & Thurs / Jan 18 - March 19 / 6:45pm-9:45pm / ON CAMPUS**

**Saturdays / Jan 20 - March 23 / 10am-3pm / ON CAMPUS**

These classes are 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.

**For more information, call 718-368-5877**

## ESL 70- English as a Second Language \$975

**Mon - Fri / Jan 10 - March 22/ 9am-2pm / HYBRID**

### 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
- I-20s issued to qualified students.

**For more information, call 718-368-4870, or use**

**Zoom meeting ID: 857 4347 7610 Zoom passcode: 667012**



## CCC 62- FREE English as a Second Language

**Tues & Thurs / Jan 11 - April 18 / 5pm-10pm / ON CAMPUS**

Please note to register early, as seats are very limited! You will be tested and placed accordingly. For more information, please call the coordinator, Sabina Krivenko, at 718-368-4870 or email her at SKrivenko@kbcc.cuny.edu.

## CCC 138- FREE ESL Food Handler Program

**Mon - Wed - Fri / Jan 12 - April 12 / 9am-2pm / ON CAMPUS**

For more information, please call the coordinator, Sabina Krivenko, at 718-368-4870 or email her at SKrivenko@kbcc.cuny.edu.

## RTP 99- Preparation for TOEFL \$400

**Tues & Thur / Jan 30 - March 12 / 6:30pm-9:30pm / ONLINE**

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.**

## RWV 07- Writing for Advanced Non-Native Speakers of English \$150

**Monday / Jan 29 - March 25 / 6pm-8pm / ONLINE**

**Thursday /Feb 1 - March 14 / 6pm-8pm / ON CAMPUS**

Designed for non-native English speakers, this course will help you to improve your writing skills and focus on standard form as well as correct grammatical structures.

**Prerequisite: Minimum Level 8 ESL.**

## CLI 02- CUNY Language Immersion Program \$75

**Mon - Fri / Jan 8 - Feb 21 / 8:45am-2:30pm / HYBRID**

**Mon - Fri / Jan 8 - Feb 21 / 5pm-10:00pm / HYBRID**

CLIP is an intensive, pre-matriculation English as a Second Language (ESL) program. CLIP is an option for students who have been accepted to CUNY and need to improve their academic English skills before taking college courses. Students who have been accepted to a CUNY college and informed that they are not English proficient can begin CLIP in any semester and spend up to one year in the program. Please bring proof of college acceptance to registration, if possible.

**Registration is now open, please call 718-368-4870 for more information or assistance with registration.**

**Zoom meeting ID: 857 4347 7610 Zoom passcode: 667012**



# HIGH SCHOOL EQUIVALENCY General Educational Development (GED®)

The New York State Education Department requires all examinees to meet eligibility for HSE/GED® Testing. Speak with one of our advisors to see if you are eligible by calling 718-368-5051.

## **HSE 00- GED® High School Equivalency Prep**

**Tues & Thurs / Jan 23 - March 5 / 6:45pm-9:45pm / ONLINE / \$250**

**Saturdays / Jan 20 - March 23 / 9am-1:00pm / ON CAMPUS / \$250**

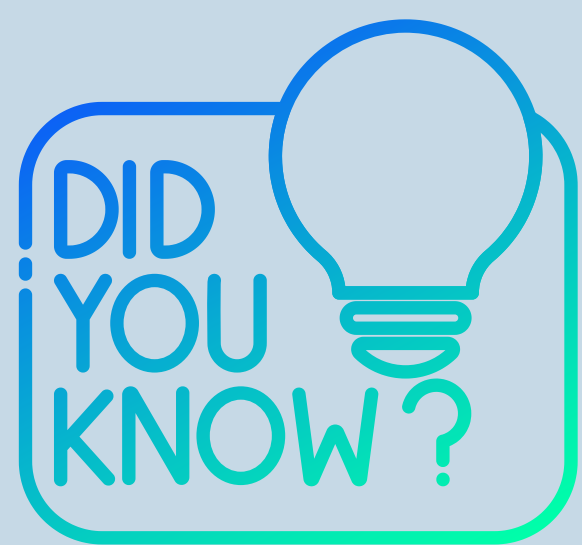
**Mondays / Jan 8 - March 11 / 6pm-10pm / ONLINE / \$250**

**Wednesday / Jan 24 - March 27 / 6pm-10pm / ONLINE / \$250**

Each year, HUNDREDS of adults who prepare at Kingsborough earn their HSE diplomas, and many then go on to Kingsborough Community College's degree programs! You must be at least 18 years of age to enroll, and at least 19 years old to take the New York State exam.

*Call 718-368-5051 for more information.*

**Note:** You will need a TI-30XS calculator and GED® book. Textbook information will be provided.



**Having an HSE credential will improve your opportunities for better jobs, training, promotions, and even more money or that those with their High School diploma and equivalency earn an average of \$9,000 more per year than those without?**

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

## **HSE 70- Comprehensive High School Equivalency \$470**

**Mon - Fri / Jan 10 - March 22 / 9am-2pm / HYBRID**

This comprehensive 250-hour course will prepare you for the State GED® 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 GED® exam.

**For more information, call 718 368-4870, or use Zoom meeting ID: 857 4347 7610 Zoom passcode: 667012**

## **HSE 71- Alternative High School Equivalency Preparation- Diploma Now \$100**

**Mon - Fri / Jan 10 - March 22 / 9am-2pm / HYBRID**

This comprehensive 250-hour course will prepare you for the State GED® exam. You must be 17.5 years of age by January 2024 and cannot be older than 20 years of age when you enroll in the program. You must score a 9.0 grade reading level or higher on the TABE test, write an essay and sign a student responsibilities form.

**For more information, call 718 368-4870, or use Zoom meeting ID: 857 4347 7610 Zoom passcode: 667012.**

## **HSE 41- Math Intensive GED (High School Equivalency Prep) \$150**

**Wednesday / Feb 14 - March 20 / 6:45pm-9:45pm / ONLINE**

This course focuses on math problems that will be given on the math portion of the GED® exam.

**Note-** You will need a TI-30XS calculator.

## **GED® HIGH SCHOOL EQUIVALENCY- EN ESPAÑOL**

### **HSE 00E - Diploma de Escuela Secundaria en Español \$250**

**Mon & Wed / Jan 22 - March 11 / 6:45pm-9:45pm / ONLINE**

Va a necesitar el libro del GED® 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 \$150**

**Thursday / Feb 15 - March 21 / 6:45pm-9:45pm / ONLINE**

Esta clase te ayudara a practicar y resolver los problemas de matemáticas que aparacen en el examen del GED®.

Va a necesitar la calculadora TI-30XS.

# CUNY FATHERHOOD ACADEMY

## General Educational Development (GED®)

The CUNY Fatherhood Academy (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.



The graphic is a promotional poster for the CUNY Fatherhood Academy. It features a central orange circle with the text "ARE YOU A FATHER OR AN EXPECTANT FATHER? BETWEEN THE AGES OF 18 & 30 WE HAVE A FREE PROGRAM FOR YOU!". To the left of the circle is a circular inset showing a man at a podium with the Kingsborough Community College logo. To the right is another circular inset showing a group of men in graduation gowns holding diplomas. The top of the graphic includes logos for Kingsborough Community College, CUNY Fatherhood Academy, CUNY The City University of New York, and the Young Men's Initiative. Below the central text, there are four sections: "WHAT WE OFFER" with sub-points for "Prep for GED Exams & College", "Parenting Workshops", "Job Readiness & Employment Assistance", and "Financial Assistance". On the bottom left, an orange circle titled "ELIGIBILITY" lists criteria: Age 18-30, Father or Expectant Father, and NYC Resident. On the bottom right, there is a QR code and the text "Register Today!". At the very bottom, a dark blue box contains contact information: phone number 718-368-6784, email cunyfatherhoodacademykcc@gmail.com, and a URL http://bit.ly/CFAKBCC.

**KINGSBOROUGH**  
COMMUNITY COLLEGE  
\* DREAMS BEGIN HERE \*

**CUNY FATHERHOOD ACADEMY**

**CUNY** THE CITY UNIVERSITY OF NEW YORK **NYC** **YOUNG MEN'S INITIATIVE**

**ARE YOU A FATHER OR AN EXPECTANT FATHER?  
BETWEEN THE AGES OF 18 & 30  
WE HAVE A FREE PROGRAM FOR YOU!**

**WHAT WE OFFER**

- Prep for GED Exams & College**  
Earn a High School Equivalency Diploma while focusing on academic and personal success.
- Parenting Workshops**  
Gain valuable information on your rights and responsibilities as a father, learn about parenting, men's health and financial literacy.
- Job Readiness & Employment Assistance**  
Explore careers and receive assistance with employment resources
- Financial Assistance**  
Earn while you learn! financial incentives, metro cards and enrollment to CUNY (application fees waived)

**ELIGIBILITY**

- Age 18-30
- Father or Expectant Father
- NYC Resident

**Register Today!**

718-368-6784  
cunyfatherhoodacademykcc@gmail.com  
<http://bit.ly/CFAKBCC>

## TEST PREPARATION

### SCHOLASTIC ASSESSMENT TEST (SAT)

#### **RTP 01- SAT Preparation \$300**

**Saturday / Jan 6 - March 2 / 9am-1:30pm / ON CAMPUS**

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 PREP- MATH ONLY \$175**

**Saturday / Jan 6 - March 2 / 9am-11am / ON CAMPUS**

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.

**College Board SAT Exam date is March 9th, 2024**

# HEALTHCARE INSTITUTE



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. Tuition for healthcare courses excludes textbooks, uniforms scrubs/lab coats, exam fees and CPR/BLS certification unless otherwise noted.

## HEALTHCARE PROGRAMS

### 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. (313 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 - Electronic Health Records Specialist**

### 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. (133 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 provider's office, health insurance company, or independent billing center, and who want to become a certified Medical Billing and Coding Specialist.

(180 clock hours)

**CTF 109- Medical Billing & Coding Intensive**

### HOME HEALTH AIDE

Home Health Aides (HHA) provide professional healthcare in a patient's home environment. Patients can range from elderly to disabled to chronically-ill individuals who do not require hospitalization. This program includes 6 weeks of online zoom sessions followed by 8 hours of on-campus evening or weekend labs, followed by 8 hours of in person clinical experience at a partner location.

(83 clock hours total)

**CTF 37- Home Health Aide Intensive**

**RTP 40 - Basic Life Support for Healthcare Providers**

*(Not included in tuition price. Must register and pay for separately.)*

### 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. Students will learn 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 professions as well as best practices on how to apply knowledge on-site in a hospital or retail setting.

**CTF 41 / 42 - Pharmacy Technician Intensive**



### CERTIFIED NURSES 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)

**CTF 78/79 - CNA Intensive**

**RTP 40 - Basic Life Support for Healthcare Providers**

# HEALTHCARE INSTITUTE

## **CTF 20 - Anatomy and Physiology \$450**

**Mon - Wed / Jan 8 - March 25 / 6:45pm-9:45pm / ONLINE**

An introduction to the structure and function of the human body, common disorders and diseases in relation to body systems.

## **CTF 37- Certified Home Health Aide Intensive \$525 / Lab Fee \$60**

**Tues - Wed - Thur / Jan 30 - March 12 / 6pm-10pm / HYBRID**

Home Health Aides (HHA) provide professional healthcare in a patient's home environment. Patients 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 or for students who want to enter the healthcare field. Includes 6 weeks of online Zoom session courses followed by 8 hours of on-campus evening or weekend labs, then 8 hours of in-person clinicals experience (days, nights, or weekends) at a partner location. RTP 40 is not included in tuition.

**Students MUST be able to lift at least 50 pounds.**

## **CTF 41/42- Pharmacy Technician Intensive \$850**

**Mon - Tues - Wed / Jan 22 - March 11 / 6pm-9:30pm / ONLINE**

This intensive course provides an overall view of the fundamentals of medical and pharmaceutical terminology. Students will learn 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 professions as well as best practices on how to apply knowledge on-site in a hospital or retail setting. Externship option available through the Healthcare Institute for additional tuition charge. Speak to the Healthcare Institute Coordinator to learn more by calling 718-368-6630.

## **CTF 78/79- Certified Nurses Assistant Intensive \$950 / Lab Fee \$60**

**Mon - Tues - Wed - Thur / Jan 8 - March 3 / 6pm-10pm / HYBRID**

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. Medical clearance is required to participate in the clinical experience.

Basic Life Support/CPR (RTP40) must be completed before the clinical experience and is not included in the tuition costs- must register for separately. Course textbook, uniform scrubs and CNA certifying exam fees are not included in the tuition. Hybrid hours may include in person class sessions for exams and quizzes. Six (6) in person labs required. Dates and times to be provided during class. Burgundy uniform scrubs (top and bottom) required for labs and clinicals. **\*32 HOURS OF CLINICALS EXPERIENCE WILL BE CONDUCTED ON SAT FEB 24, SUN FEB 25, SAT MAR 2, & SUN MAR 3 - 8AM-5PM ALL DAYS.** Students MUST be able to lift at least 50 pounds. CNA State Licensing exam must be taken within 2 years of completion of the program.

## **CTF 89- Electronic Health Records \$700**

**Saturdays / Jan 20 - March 23 / 9am-3:30pm / ONLINE**

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 and organization unique to the use of EHR at all levels of patient care. This course is computer based with required hand-on exercises.

***Prerequisite: Computer proficiency (will be assessed) and some experience in office administration.***

## **CTF 109- Medical Billing and Coding Specialist Intensive \$1200**

**Tues - Wed - Thur / Feb 13 - June 18 / 6:30pm-10pm / ONLINE**

This course starts with an overview of professional billing, coding, and health insurance basics. The course consists of three parts. The first part will serve as a foundation for learning Medical Terminology, which you will use in a medical office or hospital setting. The second part will focus on the detailed learning of the Healthcare Common Procedural Coding System (HCPCS), including Current Procedural Terminology (CPT) and International Classification of Diseases (ICD) procedure and diagnosis coding required for billing and reimbursement in healthcare. Students will practice a variety of exercises and real-life scenarios. The third part will consist of an online computer laboratory where students will learn how to use state-of-the-art medical office practice software to put together the concepts learned in parts one and two.

### **RTP 40- Basic Life Support for Healthcare Providers \$100**

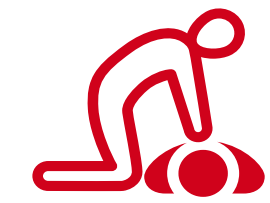
#### **ON CAMPUS**

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.

**Saturdays / 10am-6pm**

**January 20th or February 3rd or**

**March 9th or March 23rd**



# **HEALTHCARE INSTITUTE**

## **CTF 91- Phlebotomy Procedures \$450 / Lab Fee \$60**

**Tues & Thur / Jan 11 - March 26 / 6:45pm-9:45pm / HYBRID**

The course provides theoretical and laboratory preparation for entry-level employment as a phlebotomist. This course focuses on vascular anatomy and physiology, performance of venipuncture techniques, and additional responsibilities of phlebotomists as members of the healthcare team.

Live needle sticks performed. Students must sign an Assumption of Risk. Eight (8) in person labs required; dates and times to be provided during class. White lab coat required.

***Prerequisite: CTF 20 Anatomy & Physiology.***

## **CTF 90 - EKG/ECG Technician \$450 / Lab Fee \$60**

**Mon & Wed / Jan 10 - March 27 / 6:45pm-9:45pm / HYBRID**

This course provides opportunities to learn and practice techniques employed by EKG/ECG technicians, while learning many of the basic terms associated with the cardiovascular system, anatomy and physiology. Five (5) in person labs required. Dates and times to be provided during class. White lab coat required.

***Prerequisite: CTF 20 Anatomy & Physiology***

## **CTF 98- Central Sterile Technician \$900 / Lab Fee \$60**

**Mon - Tues - Wed / Jan 8 - March 4 / 5pm-9pm / HYBRID**

This course, facilitated by an HSPA (Healthcare Sterile Processing Association) 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. Externship option available through the Healthcare Institute for additional tuition charge. Speak to the Healthcare Institute Coordinator to learn more by calling 718-368-6630.

## **CTF 87/88 - Basic Patient Care Skills & Diagnostic Tests \$450 / Lab Fee \$60**

**Tues & Thurs / Jan 18 - March 26 / 6:45pm-9:45pm / HYBRID**

In this course students will learn the skills common to the private practice and hospital worker including obtaining medical histories, vital signs, prepping patients, first-aid care, and emergency procedures for the medical office. Students will also learn the importance of maintaining a sterile environment when preparing for minor surgical procedures in addition to collecting specimens, performing simple measurements and tests, and acquiring knowledge of prescription and non-prescription medications. Four (4) in person labs required. Dates and times to be provided during class. White lab coat required. ***Prerequisite: CTF 20 Anatomy & Physiology.***

## **CTF 93- Patient Care Technician Intensive \$825 / Lab Fee \$60- OFFERED IN SPRING 2024**

This course is for Certified Nurse Aides only. This course provides a comprehensive instruction on vascular anatomy and the performance of venipuncture techniques and EKGs. Students will also learn basic terms associated with anatomy and physiology with an emphasis on the cardiovascular system. 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. Labs can be scheduled on evenings and/ or weekends. Students MUST be able to lift at least 50 pounds. White lab coat required.

# **EMERGENCY MEDICAL TECHNICIAN & PARAMEDIC PROGRAM**

## **RTP 75- EMT Original \$995 / Lab Fee \$60**

**Tues - Wed -Thurs / Jan 23 - April 25 / 6pm-10pm**

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.

## **RTP 73- Paramedic Original- OFFERED IN FALL 2024**

This 12 month intensive program prepares competent, entry-level Emergency Medical Technician-Paramedics in the cognitive (knowledge), psychomotor (skills), and affective (behavior) domains. The KBCC twelve-month course, leading to New York State Department of Health and New York City Regional Emergency Medical Advisory Committee certification as an Emergency Medical Technician-Paramedic. The KBCC Paramedic Program is a regional NYS DOH testing site; an approved National Registry Skills Testing Site and qualifies graduates for the National Registry Practical Exam. Upon successful completion of the program, graduates will also receive BLS, ACLS and PALS and PHTLS certification. **For more information and details, please call: (718) 368-6720**

# CareerStep - Healthcare Programs

## *Take Control of Your Career Path*

Kingsborough Community College has partnered with CareerStep to help people like you train for a rewarding new career in healthcare. See below for some of the programs available through this partnership.

### **Dental Assistant- Entry Level Program**

This program was designed to help you pass the Registered Dental Assistant (RDA) exam with American Medical Technologists (AMT) and the NELDA component exams (AMP, ICE, RHS). It'll also prep you for long-term success as part of a dental care team. In addition to thorough procedural knowledge, impressive office skills, and equipment-handling expertise, you'll end this dental assisting program with extras that'll help you get job-ready, including 160 critical clinical hours.

### **Mental Health Technician Program**

This program provides a comprehensive overview of how mental health technicians treat patients coping with a variety of mental health issues like drug and alcohol addiction, physical abuse, depression, anxiety, etc.

### **Online Hemodialysis Technician Program**

Ready for a career that has a real, meaningful impact on people's lives? This program was designed to help you become a certified clinical hemodialysis technician so you can provide a life-saving service to patients. You'll learn to prepare and operate the hemodialysis machine, take vital signs, draw blood, and document results—and you'll get one free voucher for your choice between the Certified hemodialysis technician credential from BONENT and the Certified Clinical Hemodialysis Technician (CCHT) from the Nephrology Nursing Certification Commission (NNCC). And thanks to our network of partners, you'll get 250 hours worth of experience working in a clinical setting—empowering you with the knowledge that leads to certification and increases your employability.

**Additional CareerStep Programs Available:**  
**Medical Scribe, Medical Office Manager, Physical Therapy Aide,**  
**Healthcare IT Professional and so many more!**

# Ed2Go - Healthcare Programs

Kingsborough Community College has partnered with Ed2Go to offer more opportunities for our students to train and get certified in healthcare programs that are in demand. See below for some of the programs available through this partnership.

### **Certified Physical Therapy Aide**

This online course will help you master the skills you need to work as a physical therapy aide. Not only will you be prepared for the AMCA's Physical Therapy Technician/Aide certification exam, but an externship starter kit will also walk you through everything you need to know to land a PT aide externship

### **Certified Medical Office Manager (CPPM)**

This program teaches the skills needed to prepare you for a career as a medical office manager. You will learn the professional traits and responsibilities to become a vital part of the healthcare team in a medical office, clinic, hospital, and other healthcare settings.

### **Medical Interpreter (Spanish/English)**

This online course will teach you the skills needed to work as a Medical Interpreter and to sit in any of the Medical Interpreting examinations available in the country.

### **Optician Certification Training**

In this course, you can gain the skills and knowledge you need to obtain an entry-level job as an optician in the states that recognize this certification. In addition, you'll prepare to take the Basic American Board of Opticianry (ABO) exams, which includes the NOCE (National Opticianry Competency Exam) and the CLRE (Contact Lens Registry Exam).

**Additional Ed2Go Programs Available:**  
**Advanced Medical Interpreter, Administrative Dental Assistant, Certified Strength Coach,**  
**Peer Support Specialist, Registered Behavior Technician & Social Service Agent**

# **CAREER & 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.

## **LEGAL**

### **CTF 05- Paralegal I \$475**

**Tues & Thurs / Jan 9 - March 19 / 6:45pm-9:45pm / ONLINE**

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 2/29 and is included in the above tuition cost.

### **VTP 36- Test Prep for the Notary Public Exam \$75**

**Thursday / Feb 29 / 6:45pm-9:45pm / ONLINE**

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.

### **CTF 06- Paralegal II \$510**

**Mon & Wed / Jan 8 - March 25 / 6:45pm-9:45pm / ONLINE**

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.



*Students must complete all required courses in the Paralegal & Notary Public program to receive a completion certificate.*

## **LEGAL STUDIES a Partnership with CLS BARBRI**

**Kingsborough Community College has partnered with CLS BARBRI to bring more opportunities for our students to learn about the law to those of varying education levels and careers. We are committed to offering affordable, flexible and applicable continuing education courses to all our students. CLS graduates open doors for themselves – for career advancement, new job opportunities and more.**

### **Advanced Paralegal Certificate Course**

**These advanced topics build upon the introductory Paralegal Certificate Course© ONLINE**

Flexible, 100% online course with 24/7 accessibility; Complete each topic in one 7-week session

Take one, two or three topics during one online session. Complete all six topics within one year to receive certificate. The additional training gained through participation in these advanced classes will enhance your legal knowledge and skills, which in turn should increase your salary and marketability.

### **Advanced Legal Research and Writing**

The ability to effectively conduct legal research and analysis is an important aspect of any legal career. With your paralegal certificate in hand or a year of legal experience under your belt, you're ready to learn more advanced approaches to legal research, briefing cases and writing to the law. We can help you build on your paralegal skills to expand your expertise and grow your career.

### **Alternative Dispute Resolution Certificate Course**

This intensive course is designed to train and qualify students to develop or participate in conflict resolution techniques. Participants will review the growth and application of settlement options in the United States. The course focuses on both traditional and non-traditional dispute resolution options. This course takes the mystery out of settlement processes and focuses on reaching reasonable solutions.

### **Employment Law Certificate Course**

This intensive course is designed to train and qualify students to develop or participate in conflict resolution techniques. Participants will review the growth and application of settlement options in the United States. The course focuses on both traditional and non-traditional dispute resolution options. This course takes the mystery out of settlement processes and focuses on reaching reasonable solutions.

# CAREER & PROFESSIONAL DEVELOPMENT

## ACCOUNTING

### CTF 50- Accounting Fundamentals \$395

**Mon & Wed / Jan 8 - March 25 / 6:45pm-9:45pm / ONLINE**

**Saturday / Jan 20 - March 23 / 9am-3:30pm / ON CAMPUS**

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- Quickbook Pro for Accountants \$395

**Mon & Wed / Jan 8 - March 25 / 6:45pm-9:45pm / ONLINE**

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 \$425

**Tues & Thurs / Jan 18 - March 26/ 6:45pm-9:45pm / ONLINE**

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 Turbo Tax™ software.

### CTF 135 - Payroll with Quickbooks \$350

**Tuesdays / Jan 30 - March 19 / 6:30pm-9:30pm / ONLINE**

This course teaches students how to process payroll no matter the size of the company. Students will learn the foundation of the principles that payroll processing is built on and continue toward creating payroll, processing reports and forms, paying liabilities, and making payroll adjustments. Students will learn efficient techniques to create payroll from within QuickBooks manually and how to enter payroll when working with a 3rd party payroll processor.



***Students must complete all required courses in the Accounting program to receive a completion certificate.***

## INSURANCE

### VIN 71- Property and Casualty \$800

**Tues & Thur / Jan 2 - March 28 / 6pm-10pm / ON CAMPUS**

Beginning with general principles of risk management and insurance, this course will address the approved New York State Department of Insurance curriculum. (102 clock hours)

### VIN 72- Life, Accident & Health Pre-Licensing \$350

**Mon & Wed / Jan 22 - March 13 / 6:45pm-9:45pm / ONLINE**

Pre-licensing training for Life, Accident and Health insurance testing prepares students for the state licensing exam through curriculum that meets the 40 hour pre-licensing requirement for New York State. Students work through 24 hours of in-class work along with additional home-study requirements that combine to meet the requirement for the pre-licensing exam.

## REAL ESTATE

**Kingsborough Community College has partnered with CE SHOP to offer real estate courses for every stage of your career, whether its to get your NY Sales Real Estate License or Continuing Education credit hours to maintain your license. [Click here to view all of our offerings.](#)**



### 77-Hr. New York Salesperson Real Estate License Package \$315

Candidates must pass the New York state-approved courses totaling 77 credit hours. Once this is completed, the student is allowed to sit for the New York Salesperson Licensing Exam.

### 22.5-Hr. NY CE Package #1 (with Ethics hours) \$145

This package includes 22.5 required CE hours for Broker and Sales active license renewals. It includes, 3 fair housing hours, 1 agency hour, 2.5 ethical business practice hours, 1 legal matters hour, 2 cultural competency hours, 2 implicit bias hours, and 11 elective hours.

# CAREER & PROFESSIONAL DEVELOPMENT

## ADMINISTRATIVE ASSISTANT CERTIFICATE

**CTF 47- Business Computing \$400**

**Tues & Thurs / Jan 9 - March 14 / 6:45pm-9:45pm / ONLINE**

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**

**Wednesdays / Jan 24 - March 13 / 6:30pm-9pm / ONLINE**

Improve your skills and develop clear and effective writing techniques necessary to succeed in today's business environment.

## GRAPHIC DESIGN

**RCL 83- Graphic Design Beginners \$175**

**Thursdays / Jan 25 - March 14 / 7pm-9pm / ONLINE**

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

**RCL 84- Graphic Design Intermediate \$175**

**Wednesdays / Jan 24 -March 13 / 7pm-9pm / ONLINE**

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

## COMP TIA A+

**CompTIA Computer Technician Program** is a **FREE** online training course that will cover the fundamentals of PC hardware & software and prepare students for an entry level position in Information Technology. Throughout the course students will learn how to install, maintain, and customize personal computers. The CompTIA program will also prepare students for the CompTIA A+ certification exam, the industry recognized certification for computer service professionals. Upon completion of the CompTIA program, students will be prepared for an entry level IT position, such as help desk technician, network technician and desktop support administrator.

**Recruitment is underway- Please click here to sign up to our list serve to receive updates on the program.**

## Network +

**Network + is a FREE** online training course that Network + will prepare students for the Network + exam. Students will learn about Networking Fundamentals, Implementation, Operations, Security, Troubleshooting & Tools, Properties of Networks, Routing, LAN (local area networks)/WAN (wide area networks), Topologies, TCP/IP addressing and more.

**Recruitment is underway- Please click here to sign up to our list serve to receive updates on the program.**

## LEAN SIX SIGMA GREEN BELT CERTIFICATION

**CTF 134 - Lean Six Sigma Green Belt Certification \$400**

**OFFERED IN SPRING 2024**

Get ready to pass your Lean Six Sigma Green Belt Certification exam and boost your career with our 8-week test preparation course! Designed for beginners, this comprehensive program equips you with the problem-solving and process improvement skills needed to excel in the Lean Six Sigma Green Belt certification exam.

Discover the power of Lean Six Sigma in improving efficiency, reducing waste, and enhancing customer satisfaction. You will be provided with a clear and engaging curriculum, engaging examples and interactive learning. Gain a competitive edge, advance your career, and transform your approach to problem-solving. Enroll now and unlock the benefits of Lean Six Sigma! No math experience required.



***Students must complete all required courses in the Administrative Assistant program to receive a completion certificate.***



# CAREER & PROFESSIONAL DEVELOPMENT

## KINGSBOROUGH & PROMINEO TECH

Have partnered to offer these specialty technology bootcamps and programs!

### CODING BOOTCAMPS

**Back End Software Developer \$3,750 ONLINE**

**Tuesday / Feb 27 - June 25 / 7pm-8:30pm**

This 18-week, Front End Software Development program, students take three courses to learn the skills and technologies necessary to enter the industry as a Front End Software Developer: Introduction to JavaScript, Front End Technologies, and Web App Design with React.

**Students need to meet for class once a week at a set time in a virtual environment. In addition to the weekly class meeting, students meet once a week for a remote, 30-minute one-on-one with a mentor.**

**Front End Software Developer Program \$3,750 ONLINE**

**Wednesday / Jan 31 - May 29 / 7pm-8:30pm**

This 18-week, Front End Software Development program, students take three courses to learn the skills and technologies necessary to enter the industry as a Front End Software Developer: Introduction to JavaScript, Front End Technologies, and Web App Design with React.

### DIGITAL MARKETING

**Digital Marketing \$3,750 ONLINE / 8pm-9:30pm on the following dates:**

**Thursday, January 4th - April 25th or Wednesday / Jan 31 - May 15 or Tuesday / Feb 27 - June 11**

The Digital Marketing program is designed to help students with an interest in marketing create a portfolio and begin an entry level position in the digital marketing field. The curriculum is a project-based course that blends marketing theory, critical thinking skills, and practical experience to prepare students for an entry-level position in a growth industry. Upon completion of the program students will be equipped with the tools to be successful at jobs such as marketing coordinator, social media advertising coordinator, branding coordinator, junior UX designer, and more.

### BIG DATA ENGINEERING

**Big Data Engineering Program \$4,750 ONLINE**

**Tuesday / Feb 27 - August 27 / 8pm-9:30pm**

This program is designed to introduce the technically inclined student to the technologies and methodologies requested by hiring companies and used by real world data engineers. This program is fast paced and will cover a breadth of technologies, including Python programming, Hadoop and cloud-based services in Amazon Web Services (AWS). By the end of the program the successful student will be prepared for an entry-level position as a data engineer, Python programmer or business intelligence developer.

## FIBER OPTICS

**Kingsborough and BDI DataLynk have partnered to offer students the chance to become a Fiber Optic Association Certified Technician! Register for all three courses and save \$100!**

**RCL 96- Certified Fiber Optics Technician \$975**

**Mon & Tues / April 8 - April 10 / 8am-5pm / ON CAMPUS**

This introductory Fiber Optic Tech course is designed for anyone interested in becoming a Certified Fiber Optic Technician. This Fiber Optic Training combines theory and 85% hands-on activities to prepare the student to take the CFOT (Certified Fiber Optic Technician) test that is sanctioned by the FOA (Fiber Optics Association) and given and graded the final class day. Course fee includes study materials, exam fees, and Text Book.

**RCL 97- Certified Fiber Optics Specialist \$950**

**Wed & Thur / April 10 - April 11 / 8am-5pm / ON CAMPUS**

This program is designed to offer advanced training to anyone involved with the testing and maintenance of Fiber Optics networks. A focal point in the program is to offer a general, easy to understand, approach to fiber optics testing standards with little theory and considerable hands on activities.

***Pre-Requisite RCL 96 Certified Fiber Optics Technician.***

**RCL 98- Certified Fiber Optics Specialist in Splicing \$950**

**Friday / April 12 / 8am-5pm / ON CAMPUS**

This Splicing Specialist Training includes a complete PowerPoint presentation explaining the importance of high performance splicing and further details the points necessary to achieve these splices.

***Pre-Requisite RCL 96 & 97 Certified Fiber Optics Technician.***

# CAREER & PROFESSIONAL DEVELOPMENT

## KINGSBOROUGH & CANCODE COMMUNITIES

Have partnered to offer these specialty technology programs!

### Python 1: Programming Concepts \*\$2050

**Mon & Wed / Feb 13 - May 13 / 5:45pm-8:45pm / ONLINE**

This course covers programming fundamentals for someone looking to start writing code. Some of the programming concepts we will discuss include variables, data types, operators, loops, functions, classes, and file i/o. The course will focus on learning the primary skills that all programmers need in most languages. Although we will be talking about broader concepts, we will reinforce them through real-world applications in Python. At the end of the course, students will have a strong foundation to continue learning Python or any other programming languages. They will also be able to apply the concepts to help with everyday tasks.

**\*Tuition: Free for individuals who are income qualified.**

**Click here to learn more.**

### SQL/ETL \*\$2050

**Tues & Thurs / Feb 13 - May 13 / 5:45pm-8:45pm / ONLINE**



This 12-week course in SQL/ETL is structured around tutorials, assignments, and individual and group projects to give students hands-on practice utilizing SQL and ETL to manage and manipulate data, including generating reports. This will give students a broad understanding of SQL and includes topics such as Transactions in SQL, manipulating data, and extracting data. Students will also learn a variety of tools that are often used in conjunction with SQL such as cloud resources and other similar languages. This course is ideal for students with strong intermediate computer skills. This course meets two evenings per week, three hours per session. Occasional labs outside of class meetings will provide further opportunities for mentoring and networking opportunities

Students will have a strong foundation in SQL, will learn best practices and tools used for SQL, and will learn how to navigate SQL. Students will learn the foundational elements of SQL and be able to create basic functions and stored procedures and be able to navigate and set up a SQL Server.

**\*Tuition: Free for individuals who are income qualified. Click here to learn more.**

## METAGENOMICS

**CTF 125- Metagenomics \$325**

**OFFERED IN SPRING 2024**

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.

*Course will meet synchronously on Thursday's and participants will be working asynchronously throughout the remainder of the week.*

**For more information please contact: Professor Dr. Dmitry Brogun - [Dmitry.Brogun@kbcc.cuny.edu](mailto:Dmitry.Brogun@kbcc.cuny.edu).**



### **Prerequisite Skills**

Basic computer skills, such as:

Installing Applications

Navigating the Internet

Saving and Accessing Files

# CAREER & PROFESSIONAL DEVELOPMENT

## SECURITY GUARD TRAINING

In partnership with the Guardian Group we are now offering this all-inclusive security guard training and license package! It includes the Online 8 Hour Pre-Assignment and 16 Hour On-The-Job training courses. It also includes all necessary fees required for the fingerprints and background check for your security guard application with the New York State Division of Licensing Services.

A great package for those seeking to start a career in public safety and obtain a security guard license in NYC and the State of New York!

[Click here to learn more and register.](#)



## NYC DOH FOOD HANDLER TEST PREP

**RTP 36- NYC Food Handler Test Prep \$150 / Test Fee \$35**

**Mon - Fri / Jan 8 - Jan 12 / 6pm-9pm / ON CAMPUS**

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 in person at the NYC Heath Academy. This certification does not expire.



## CANNABIS TRAINING

### From Cannabis to Cuisine: Free Online CUNY ACF Culinary Cannabis Certification Course

NEW

This course will provide students with the skills, knowledge, and competencies required for safely handling culinary cannabis and edibles, culminating in an exam to earn a Certification in Culinary Cannabis and Edibles through the American Culinary Foundation (ACF). Students will also hear from guest speakers and attend workshops on cannabis advocacy, the history of cannabis, networking in the cannabis industry, and job readiness. High-performing students will be given the opportunity to interview with our employer partners. Please complete the following form in order to be considered for our next cohort, launching September 2023.



Participants must be 21+, interested in pursuing a career in culinary cannabis, and able to demonstrate 9th-grade level Math and English-language capabilities. All students are expected to attend class for three hours once a week for 15 weeks.

## VETERINARY ASSISTANT



### CTF 15/16 - Veterinary Assistant Intensive \$900 ONLINE OFFERED IN SPRING 2024

This intensive series provides the four courses that are designed to prepare you for a career in animal care. This program includes veterinary terminology, medical and surgical procedures, office administration functions, becoming a vital part of the animal care team and more. This program also focuses on client communications, best practices in animal care, and the roles of each member of the animal care team.

**Note - Some required class hours will be held at an off-site animal care facility.**

**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.*

# CAREER & PROFESSIONAL DEVELOPMENT

## NEW YORK CITY DEPARTMENT OF BUILDINGS

### SITE SAFETY TRAINING

As a requirement of Local Law 196 of 2017, workers at job sites requiring a Construction Superintendent, Site Safety Coordinator or Site Safety Manager must have a total of 40 hours of safety training. Kingsborough Community College is a New York City Department of Buildings approved Site Safety Training Provider.

SST 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 you need to receive the SST card.

Group pricing available for employers with 5 or more employees.

Email Vickie DiMartino [Vickie.DiMartino@kbcc.cuny.edu](mailto:Vickie.DiMartino@kbcc.cuny.edu) or Call 718 368-5050 for more information.

#### VTT 23 - 30-Hour OSHA Construction \$300 / ON CAMPUS

Tues, Wed, Thurs / Jan 9 - Jan 18 / 5pm – 10pm

- Understand the OSHA Act, the functions and resources of OSHA
- Become aware of the OSHA inspection priorities and describe the inspection process
- Hazards of chemicals and electrical
- Flammable and combustible liquids and gasses

To maintain a healthy and safe work environment, OSHA requires employees in various industries participate in workplace safety training. See the benefits of instructor lead training in our 30-hour OSHA safety course that will address specific regulations as they apply to the General Industry and help you meet your workplace training requirements in an interactive setting with peers and your professor.

#### VTT 26 - 32 Hour Site Safety Supervisor \$300

Mon, Tues, Wed & Thur / Jan 29 - Feb 8/ 6pm-10pm / ON CAMPUS

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 24- 10-Hour Site Safety Training \$175 / ON CAMPUS

Mon & Tues / Jan 22 - Jan 23 / 5pm - 10pm

- 10 Hours SST includes:
- 2-Hour Drug & Alcohol Awareness
- 8-Hour Fall Prevention



#### VTT 27- 4-Hour Supported Scaffold User \$75 ON CAMPUS

Tues / Feb 13 / 6pm – 10pm

The 4-Hour Supported Scaffold User and Refresher course prepares workers to recognize and avoid a wide range of safety hazards associated with supported scaffold use. You'll learn about the importance of safety controls, fall prevention equipment, inspections and emergency planning.



#### ADDITIONAL DOB SST COURSE OFFERINGS

- 30-HOUR CONCRETE SAFETY MANAGER
- 8-HOUR SITE SAFETY MANAGER REFRESHER
- 8-HOUR MASTER and SPECIAL ELECTRICAL RENEWAL
- 7-HOUR MASTER PLUMBER & MASTER FIRE SUPPRESSION PIPING RENEWAL
- 7-HOUR PERIODIC GAS PIPING INSPECTOR QUALIFICATION
- 16-HOUR LIMITED GAS WORK QUALIFICATION

# CAREER & PROFESSIONAL DEVELOPMENT

## NYC TAXI AND LIMOUSINE COMMISSION

**Kingsborough is a NYC Taxi & Limousine Commission (TLC) Education Provider**

Courses offered in: English and Russian

We offer:

24-Hour TLC Driver License Education Course

Passenger Assistance Wheelchair Accessible Vehicle Training Course (WAV)

Distracted Driving Portable Electronic Device Course (PED)

**Please contact Sunny Hau at [Sunny.Hau@kbcc.cuny.edu](mailto:Sunny.Hau@kbcc.cuny.edu) or at 718-368-5189**



## CHILD ABUSE - SCHOOL VIOLENCE - DASA

**VSE 21- Recognize/Report Child Abuse \$75**

**Saturday / Jan 27 / 9am-11:30am or Saturday / March 2 / 9am-11:30am ONLINE**

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.

**VSE 22- School Violence Prevention and Intervention \$75**

**Saturday / Jan 27 / 12:30pm-3pm or Saturday / March 2 / 12:30Pm-3pm ONLINE**

Learn the dynamics of aggressive behavior in children and the tools to avoid them from becoming victims of such behavior. This is the NY State required workshop for all who work with children. Certificate of Completion awarded.

**VSE 50- Dignity for All Students Act \$100**

**Saturday / Feb 3 or March 9 / 9am-4pm / ONLINE**

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.

## MATERNAL HEALTH CERTIFICATION WITH DOULA TRAINING

**CTF 108 Maternal Health Certificate with Doula Training \$575**

**Tuesday & Thursday / Feb 6 - March 28 / 6pm-9pm Online**

This is a comprehensive course that will provide you with the foundation to understand the field of maternal health. Students will become trained as birth doulas and learn how to apply basic skills and competencies in various community settings. You will learn about the history of maternal health in the US and how maternal health plays a role in marginalized communities, recognize how implicit bias impacts maternal health, and learn to address persistent and emerging issues surrounding maternal health. You will learn basic clinical knowledge of preconception, pregnancy and postpartum and discuss the impact community health workers play in decreasing maternal morbidity and mortality. Three in-person/live online Doula shadowing experiences are required for completion.

## CHILD DEVELOPMENT ASSOCIATE PROGRAM

**To Be Offered in March, 2024. For more information about the CDA program and how to apply, please contact:**

**Dr. Denise Farrelly, Education Program Director- [Denise.Farrelly@kbcc.cuny.edu](mailto:Denise.Farrelly@kbcc.cuny.edu)**

**Location- Bedford-Stuyvesant Early Childhood Development Center, 813 Hancock Street, Brooklyn, NY**

In partnership with the Division of Workforce Development and Continuing Education, the Education Program is pleased to provide community members with an opportunity to earn 6-credits toward a **Child Development Associate (CDA)** within the Bedford Stuyvesant community. The credential will provide undergraduate coursework on teaching young children in infant-toddler, preschool, and family daycare settings.

***This credential is appropriate for: Daycare/Preschool Teachers/Assistants & Family Daycare Providers.***

**Course Sequence:** Winter 2024 - EDC 2500 Psychological Foundations of Education (3 cr.)

Spring 2024 - EDC 92 Seminar & Practicum in Early Childhood Special Education (3 cr.)

# PERSONAL ENRICHMENT

Specifically designed with the learner in mind, our personal enrichment courses are informative, inspiring and fun. Don't see something you have an interest in? Let us know by emailing us at [conted@kbcc.cuny.edu](mailto:conted@kbcc.cuny.edu).

## LANGUAGE

### NLA 60- Conversational Spanish I \$175

**Thurs / Jan 25 - March 14 / 7pm-9pm / ONLINE**

Live instruction available online in this easy paced foreign language course. Increase your ability to converse with co-workers, colleagues, or neighbors in Spanish.

### NLA 62 - Conversational Spanish II \$175

**Wed / Jan 24 - March 13 / 7pm-9pm / ONLINE**

For those who have already taken Conversational Spanish I. Build a broader vocabulary and advance your communication skills with this Intermediate Spanish class.

## WRITING

### RWV 19- Writing Down the Bones: Building Worlds One Word at a Time \$100

**Mon / March 4 - March 25 / 6:30pm-8:30pm / ONLINE**

Writing takes bravery and a deep sense of fearlessness. It is even more daunting to create a world that doesn't yet exist, one that can keep readers engaged. This course will provide insight into world building and how to take your work from a bare bones manuscript, to an engaging finished novel. Writers at all levels are welcome.

## DANCING

### NDA 43- Dance Salsa: Beginner \$75

**Sun / Feb 25 - March 17 / 12pm-1:30pm / ON CAMPUS**

You will learn how to move comfortably with timing and confidence to the Latin rhythms of Salsa music. Partners are not necessary. Please wear sneakers.

### NDA 42- Dance Bachata: Beginner \$75

**Sun / Feb 25 - March 17 / 2pm-3:30pm / ON CAMPUS**

You will learn a fusion of traditional Dominican style as well as modern style technique and dance sequence. Partners are not necessary. Please wear sneakers.

## BEAUTY

### NSE 25- Make-Up Applications- Day Time Looks \$100

**To be offered in Spring 2024**

This introductory workshop will teach you how to do your own makeup, focused on developing application techniques for beautiful daytime soft glam looks.

Required Materials: Bring your make-up from home along with make-up brushes and make-up remover wipes. A recommended list of make-up can be provided for those interested.

### NSE 26- Make-Up Applications- Evening Glam \$100

**To be offered in Spring 2024**

This introductory workshop will teach you how to do your own makeup, focused on developing application techniques for beautiful daytime soft glam looks.

Required Materials: Bring your make-up from home along with make-up brushes and make-up remover wipes. A recommended list of make-up can be provided for those interested.

### VHB 01- Introduction to Hair Styling \$100

**Sun & Mon / Jan 28 - Jan 29 / 6pm-9pm ON CAMPUS**

In this course you will learn how to use various hot tools such as curling wands, curling irons and flat irons. As well as how to execute the latest trending hairstyles like Beach Waves, Glam Waves and more.

### VHB 02 - Fundamentals of Hair Braiding \$175

**Sun, Mon & Tues / Feb 4 - Feb 6 / 6pm-9pm ON CAMPUS**

Over the course of 3 days you will learn how to create and execute some of the most popular trends in braiding today. It will begin with the foundations of braiding such as how to create a three strand braids all the way through adding extensions as well as crochet styling. Popular styles included in this session will be box braids, knotless braids, faux locs, french braids, cornrows and more.

## TECHNOLOGY

### RCL 78- Midjourney and Beyond: Mastering the Art of AI Image Generation \$100

**Tues / Feb 6 - Feb 27 / 6:30pm-8:30pm / ON CAMPUS or Wed / Feb 7 - Feb 28 / 6:30-8:30pm / ONLINE**

Take a deep dive into how to use Midjourney and other AI applications. Learn how to setup and generate AI images in Midjourney using simple prompt parameters coupled with complex contextual details. Compare image outputs across AI applications. Gain insight into ways in which images generated can be used in business to support marketing and advertising projects, among many other possible uses. No experience necessary, just a love for creating. **Note: Student will be required to bring to class a device on which they will work (ie: phone, ipad). Student will also be required to download a low-cost software, Midjourney, to learn and practice during the course experience.**

# 50+ WELLNESS PROGRAM

Our 50+ Wellness Program is for mature adults 50 years or older, looking to engage in lifelong learning opportunities.

Our programming is specifically designed to provide social connections, cognitive and physical improvements as well as skill enhancements!

## MONDAYS

### **COM 155- Posture, Strength and Flexibility \$70**

**Jan 22 - March 18 / 10am-11am ONLINE**

Exercises designed to be beneficial for Arthritis and Osteoporosis. Exercise will be done while standing and while sitting on chair. Lower body basic ballet standing exercise followed with upper body strengthening / toning with light weights. Please have available for use, exercise bands of medium to medium-firm intensity (green and blue) and 1 set of 2 lb or 3 lb dumbbells. No class on 2/12 or 2/19.

### **COM 157- Introduction to Pickleball \$90**

**Jan 22 - March 11 / 9:50am-11:20am ON CAMPUS**

Learn from a professional and play the game! Paddle equipment will be available for use. Wear sneakers and comfortable clothing. No class on 2/12 or 2/19.

## THURSDAYS

### **COM 92- Osteoporosis Workout \$80**

**Jan 25 - March 14 / 10am-11am ONLINE**

Taught by a physical therapist and consists of range and motion exercises, strengthening and aerobic exercises, balance activities designed to improve your health and fitness with slow, controlled movements, and weight bearing exercises which are recommended for people with osteoporosis. Class will emphasize form and posture for safe and effective exercise. Wear comfortable clothing & supportive sneakers. Have for use exercise bands of medium-to-medium firm intensity (green & blue), 1 set of 1lb dumbbells, 1 set of 2- 3 lb. dumbbells/ankle weights.

## FRIDAYS

### **COM 09- Yoga and Pilates \$95**

**Jan 19 - March 15 / 10am-11:30am ON CAMPUS**

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 bring a yoga mat. Yoga straps and blocks are optional. No Class on 2/16.

### **COM 113- Dance Fitness \$95**

**Jan 19 - March 15/ 11:45am-1:15pm ON CAMPUS**

Get ready to dance! We'll combine fun, easy to follow dance moves with light weights to get a full body workout. Wear comfortable clothes & bring dance sneakers. Bring 1 set of 2 lb/3 lb dumbbells. No Class on 2/16.

## SATURDAYS

### **COM 17- Indoor Walk and Tone \$80**

**Jan 20 - March 16 / 10am-11am ON CAMPUS**

Join us for a fun walk in a centralized location. Arm toning exercises will be done on the walk. Students need to wear comfortable clothes and sneakers, and bring a water bottle. No class 2/17.

### **COM 153- Fun with Stretching \$80**

**Jan 20 - March 16 / 11:15am - 12:15pm / ON CAMPUS**

Increase your flexibility, range of motion, stabilization, and posture with static and dynamic stretching. Mobility teaches the body to move the way it was meant to. This class is ideal for all bodies - compliment a workout routine & to help release the body from lack of movement. Exercise will be done while standing and while sitting on chair Class will be using TheraBand's provided by Instructor. No mat needed. Wear comfortable clothing and sneakers. No class 2/17.

## SUNDAYS

### **COM 145- Pilates Core & More \$95**

**Jan 21 - March 17 / 10am-11:30am ON CAMPUS**

Pilates has many benefits & anyone can do it! Pilates is a low impact exercise comprising controlled movements to improve balance and posture, increase energy and body awareness, decreases stress and it improves flexibility and mobility. The exercises will be done on a mat and standing. Bring a yoga mat, labeled bottle water, clothing that stretches and a smile. No class 2/18.

### **COM 161- Energy Reiki \$72**

**Feb 4 - March 17 / 11:45am - 1:15pm / ON CAMPUS**

Reiki helps to give your body a break from the stresses and anxiety of a person's daily life. This can help return them and their body mind and spirit to once again be in a state of relaxation and their body is better able to heal any damage brought on by stress, injury, or disease and for the body to function at its highest potential. Wear comfortable clothes. No class on 2/18.

# ***FREE AGING MASTERY PROGRAM***

**Are You 50+ Years Of Age Or Older?**

**Retired? Thinking Of Retiring? Want To Learn Something New?**

**HERE IS An inspirational Program FOR YOU!**

**National Council on Aging in Collaboration with Kingsborough Community College**

***Presents***

**LIVE WELL - DO WELL - AGE WELL**

**Aging Mastery Program**



A 10 class -program based on the National Aging Mastery Program designed to offer participants 50+ years of age or older, the skills and tools needed to achieve measurable improvements in managing health, remaining economically secure, and contributing actively in society.

**Learn about:**

- Navigating Longer Lives • Exercise & You • Sleep • Healthy Eating and Hydration
- Financial Fitness • Medication Management • Advance Planning
- Healthy Relationships • Fall Prevention • Community Engagement and more!

**Free material kit has been funded by:**

**Brooklyn District 43 Council Member Justin Brannan, for residents 50+ years of age residing in:**

Bay Ridge, Dyker Heights, Bath Beach and Bensonhurst

**Queens District 32 Council Member Joanne Ariola, for residents 50+ residing in:**

Rockaway Park West, Broad Channel, Breezy Point, Howard Beach, Woodhaven, Lindenwood and Ozone Park

\*Students who do not reside in the funded council districts may audit classes free and have the opportunity to purchase a material kit for \$80.


Participants must attend a minimum of 7 out of the 10 sessions in order to graduate.

**Registration starts April 1st**

**Contact: Susan Lavin at 718-368-5079 or via email at [Susan.Lavin@kbcc.cuny.edu](mailto:Susan.Lavin@kbcc.cuny.edu)**


# TRAINING PARTNERS

The Division of Workforce Development, Continuing Education and Strategic Partnerships is proud to partner with the following providers of training programs to offer our community more options, flexibility and selection to be trained, certified and ready for the workforce.



**Train Today for  
a Better Tomorrow**

Learn more about our healthcare training  
that's fast, affordable, and effective.

 CareerStep



Find out how Kingsborough Community College and CareerStep can meet your career training needs today!

**CAREER ONLINE TRAINING**

Jump Start Your Career or Find a New One!

- 6-18 Month Programs
- All Materials Included
- Prepare for Certification
- Financial Assistance Available



LEARN MORE



Find out how Kingsborough Community College and Ed2Go can meet your career training needs today!

  
×  




Find out how Kingsborough Community College and GREEN FLOWER can meet your Cannabis Training needs today!

**Enroll Today  
Start Today**



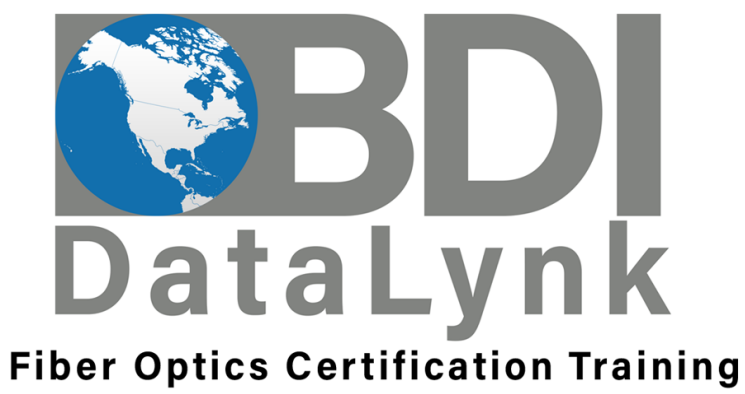




Find out how Kingsborough Community College and CLS BARBRI can meet your legal career training needs today!



Find out how Kingsborough Community College and the CE Shop can meet your Real Estate License Exam Prep, and more, needs today!



Find out how Kingsborough Community College and BDI DataLynk can meet your Fiber Optics Certification Career Training needs today!



Find out how Kingsborough Community College and PROMINEO TECH can meet your Tech BootCamp Career Training needs today!



Find out how Kingsborough Community College and the cancode can provide you with software and IT professional trainings at low to no cost!

# BLACKROCKET

Find out how Kingsborough Community College and BlackRocket can engage your children with fun technology programs today! Supercharge a passion for learning with Black Rocket, a national leader in tech-education.

Here's what you can expect with our programs:

Live classes led by top teachers

Small break out sessions with coaches

Children build self-confidence and leadership skills

Students learn STEM and Career Skills for the 21st Century

Our programs are built to differentiate and customize depending on the child's ability level.

Epic Customer Support

Safe, Fun, Learn...in that order!

**Jump-start your future in creative tech with Kingsborough Community College and Black Rocket!**

**[Click here to view our catalog of courses and programs!](#)**



**STAY TUNED FOR DETAILS ON OUR  
COLLEGE FOR KIDS SUMMER 2024 PROGRAM  
TO BE RELEASED IN FEBRUARY 2024**

