SEEDS OF OPPORTUNITY

Professional Studies and Continuing Education Mission Statement:
Regional Economic Development through Professional Education,
Workforce Training, and Cultural Enrichment.

WELCOME TO FLCC

Professional Studies and Continuing Education Summer 2006 Course Publication, the Smart Choice. Chock full of great ideas for summer learning, you’ll want to keep this nearby.

We’ve got online non-credit and credit courses, in-class software training for work skills, and personal enrichment courses. Join us for exciting summer opportunities!
Online Courses and Programs

www.flcc.edu/ce

▶ the busy-life solution to get what you need to know
▶ simple, easy-to-access, on your schedule

I've never taken an online course.

What courses are offered?

How long is the course?

How much does an FLCC PSCE online course cost?

Is there financial aid available?

Tips for taking online courses

Taking an online course the first time means you will need to adjust how you take a course. Online courses and programs provide great opportunities for people constrained by time, place, or other factors. Taking an online class requires as much time and effort as an in-person class.

Online course considerations

• Can you work independently?
• Do you need convenience and an adjustable schedule?
• Are you comfortable working at a computer?
• Are you comfortable working with and learning from written word?
• Multiple readings of the material are one of the keys to understanding.
• You’ll find your time management skills will be critical. It’s easy to spend too little time on the course. Set designated blocks of time to work on the course. Taking an online class means it’s up to you to manage your time in order to complete the course.
• Download or print out pages for reference and review away from the computer.
• Be persistent and patient. If you run into any difficulties, send a note immediately to your trainer.

Contact FLCC PSCE • 585-394-3500 x7660 or ce@flcc.edu

Complete your course or program through an Internet connection which you can access any time of day or evening Monday through Sunday.

Courses and associated content can be viewed by visiting www.flcc.edu/ce and clicking on the link to Gatlin or Education To Go.

Course duration varies and is included with the course information.

Tuition and fee costs vary. Course cost is listed with the information.

There is limited financial assistance for non-credit courses. Gatlin offers their own loan program. College Funding Services (CFS) provides a private education loan program for continuing education students; the minimum loan is $1000. Contact CFS at 1-866-912-7231 or visit www.cfsloans.com.
## Online Courses and Programs

### Gatlin  www.flcc.edu/ce/gatlin.html

**Workforce Development**

<table>
<thead>
<tr>
<th>Course</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>3ds max Video Game Design</td>
<td>$4,095</td>
</tr>
<tr>
<td>Administrative Medical Specialist</td>
<td>$1,395</td>
</tr>
<tr>
<td>Advanced Hospital Coding and CCS Prep</td>
<td>$1,495</td>
</tr>
<tr>
<td>AutoCAD 2005</td>
<td>$1,595</td>
</tr>
<tr>
<td>Cisco™ CCNA® Certification Training</td>
<td>$1,595</td>
</tr>
<tr>
<td>Linux+/LPI Level One Certification Training</td>
<td>$2,095</td>
</tr>
<tr>
<td>CompTIA™ Network+/Server+</td>
<td>$1,295</td>
</tr>
<tr>
<td>eBusiness</td>
<td>$1,995</td>
</tr>
<tr>
<td>Graphic Design</td>
<td>$1,295</td>
</tr>
<tr>
<td>Home Inspection Certificate</td>
<td>$1,895</td>
</tr>
<tr>
<td>Medical Transcription</td>
<td>$1,395</td>
</tr>
<tr>
<td>Project Management</td>
<td>$1,295</td>
</tr>
<tr>
<td>Veterinary Assistant</td>
<td>$1,595</td>
</tr>
<tr>
<td>Video Game Design and Development</td>
<td>$2,395</td>
</tr>
<tr>
<td>Webmaster</td>
<td>$1,595</td>
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</tbody>
</table>

### Education To Go  www.ed2go.com/flcc

**Personal Development**

<table>
<thead>
<tr>
<th>Course</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Achieving Success with Difficult People</td>
<td>$95</td>
</tr>
<tr>
<td>Assisting Aging Parents</td>
<td>$95</td>
</tr>
<tr>
<td>Beginner’s Guide to Getting Published</td>
<td>$95</td>
</tr>
<tr>
<td>The Craft of Magazine Writing</td>
<td>$95</td>
</tr>
<tr>
<td>Criminal Procedure: From Arrest to Appeal</td>
<td>$95</td>
</tr>
<tr>
<td>Genealogy Basics</td>
<td>$95</td>
</tr>
<tr>
<td>Grammar Refresher</td>
<td>$95</td>
</tr>
<tr>
<td>Inspiring Tales from the Underground Railroad</td>
<td>$95</td>
</tr>
<tr>
<td>Introduction to Criminal Law</td>
<td>$95</td>
</tr>
<tr>
<td>Introduction to Natural Health and Healing</td>
<td>$95</td>
</tr>
<tr>
<td>Merrill Ream Speed Reading</td>
<td>$95</td>
</tr>
<tr>
<td>Stocks, Bonds, and Investing: Oh, My!</td>
<td>$95</td>
</tr>
<tr>
<td>Write Your Life Story</td>
<td>$95</td>
</tr>
<tr>
<td>Writerific 2: Advanced Creativity Training for Writers</td>
<td>$95</td>
</tr>
</tbody>
</table>

**Courses for Teaching Professionals**

<table>
<thead>
<tr>
<th>Course</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conquer Your Stress!</td>
<td>$95</td>
</tr>
<tr>
<td>Enhancing Language Development in Childhood</td>
<td>$95</td>
</tr>
<tr>
<td>Get Assertive!</td>
<td>$95</td>
</tr>
<tr>
<td>Solving Classroom Discipline Problems</td>
<td>$95</td>
</tr>
<tr>
<td>Understanding Adolescents</td>
<td>$95</td>
</tr>
</tbody>
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**Continuing Education for Health Care**

<table>
<thead>
<tr>
<th>Course</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Complimentary and Alternative Medicine</td>
<td>$205</td>
</tr>
<tr>
<td>End of Life Care</td>
<td>$195</td>
</tr>
<tr>
<td>Certificate in Gerontology</td>
<td>$195</td>
</tr>
<tr>
<td>Growth and Development Through the Lifespan</td>
<td>$205</td>
</tr>
<tr>
<td>Introduction to Natural Health and Healing</td>
<td>$95</td>
</tr>
<tr>
<td>Issues in Oxygenation</td>
<td>$195</td>
</tr>
<tr>
<td>Legal and Ethical Issues in Nursing</td>
<td>$155</td>
</tr>
<tr>
<td>Pain Assessment and Management</td>
<td>$155</td>
</tr>
<tr>
<td>Perinatal Issues</td>
<td>$105</td>
</tr>
<tr>
<td>Spirituality, Health, and Healing</td>
<td>$155</td>
</tr>
</tbody>
</table>

### Infection Control

FLCC and Corning Community College partner to bring this course online! Once registered (specify your e-mail address), you’ll receive a user name, password, instructions, and a link to your virtual classroom. Upon completion, a certificate will be mailed to you in 7-10 days. For more information or to register, contact FLCC PSCE, 585-394-3500, x7660.

**Tuition and Fees:** $30

FOR MORE INFORMATION CALL 585-394-FLCC, x7660  www.flcc.edu/ce
The Computer Center

Location: The Computer Center courses are held at the FLCC Institute Building, 4340 Lake Shore Drive, Canandaigua.

In-Person Courses

Tuition and fees for QuickBooks is $160. Tuition and fees for all other courses are $140.

Introduction to Computers
June 5, 8:30 am - 1:30 pm CED 007 11
Access to Computers
June 15, 8:30 am - 1:30 pm CED 007 14
Access II
July 11, 8:30 am - 1:30 pm CED 007 18
Access III
August 3, 8:30 am - 1:30 pm CED 007 ID
Excel II
August 20, 8:30 am - 1:30 pm CED 007 15
Excel II
July 20, 8:30 am - 1:30 pm CED 007 1B
Excel III
August 8, 8:30 am - 1:30 pm CED 007 1E
QuickBooks Intro
August 10, 8:30 am - 1:30 pm CED 007 IF
Word Intro
June 8, 8:30 am - 1:30 pm CED 007 12
Word II
June 22, 8:30 am - 1:30 pm CED 007 16
Word III
July 13, 8:30 am - 1:30 pm CED 007 19
FrontPage
June 13, 8:30 am - 1:30 pm CED 007 13
PowerPoint I
June 27, 8:30 am - 1:30 pm CED 007 17
PowerPoint II
August 1, 8:30 am - 1:30 pm CED 007 1C
Publisher
July 18, 8:30 am - 1:30 pm CED 007 IA

Access
The Smart Choice online!
www.flcc.edu/ce

Gain GREAT skills from anywhere...

Complete an ONLINE LEARNING COURSE!

- Art, History, Math, and More
- Basic Computer Literacy
- Business Courses
- Career Development
- Career Ideas
- Certification Prep
- Computer Applications
- Computer Programming
- Digital Photography
- Entertainment
- Family and Friends
- Grant Writing/Nonprofits
- Health Care
- Languages
- Law and Legal Careers
- Networking/Troubleshooting
- Personal Enrichment
- Personal Finance
- Start Your Own Business
- Teaching
- Test Prep
- Web Design
- Writing

To register or for more information on Online Non-Credit Courses, call FLCC Professional Studies and Continuing Education, 394-3500, x7660, or visit www.ed2go.com/flcc.

Surf our Web Site:
www.flcc.edu/ce

SeED THOUGHT

Register Early!

We need your help to ensure your course runs! Based on enrollments, the decision to run a course is made approximately two weeks in advance of the start date. Registering last minute? Call first to check on availability.

Want or Need a High School Diploma?

Let FLCC help you get your GED. Call Developmental Studies, 585-394-3500, x7431.

For More Information Call 585-394-FLCC, x7660
ATTENTION CHILD CARE WORKERS:
TAKE A STEP UP ON THE FLCC CAREER LADDER

STEP 3  Receive up to seven credits for FLCC SSC 125 “Foundations of Child Care” and HUS 204 “Field Experience 1” with FLCC toward the A.A. Liberal Arts and Sciences Degree with an Emphasis in Early Childhood (contingent upon successful review of your portfolio)

STEP 2  Obtain your CDA Credential with the Council for Professional Recognition

STEP 1  Take the CDA program with FLCC Professional Studies and Continuing Education

CHILD DEVELOPMENT ASSOCIATE PROGRAM
This 120-hour program is designed to meet the educational requirements of those who work in the field of childcare and would like to pursue the nationally recognized Child Development Associate (CDA) credential. You may enter this program throughout the year at the start of any of the eight modules. There are no prerequisites. Modules 1-4 are offered in Fall; Modules 5-8 are offered in Spring. SUNY Educational Incentive Program (EIP) financial assistance is available for those who qualify. FLCC Continuing Education can provide you with the application and will assist you with completing and submitting it.

Tuition and Fees: $2,000 (full program, Modules 1-8)

• Don’t qualify for SUNY EIP financial assistance?
• Would you like a “pay-as-you-go” option?

EASE YOUR OUT-OF-POCKET PAYMENTS
BY REGISTERING AND PAYING FOR
ONE MODULE AT A TIME.

MACEDON
Creative Environment Day Care, 28 Main Street
Thursdays, 6:30-9:30 p.m., starting July 27
Summer Semester 2006
Module 1  Jul. 27-Aug. 24  CFVOC 015 70
Fall Semester 2006
Module 2  Aug. 31-Sep. 28  CFVOC 015 70
Module 3  Oct. 5-Nov. 2  CFVOC 015 71
Module 4  Nov. 9-Dec. 14  CFVOC 015 72

Infection Control
This course fulfills the NYS requirement for dental hygienists, dentists, LPNs, optometrists, physicians, podiatrists and RN’s to complete coursework in infection control and barrier precautions prior to issuance of their license or renewal of registration.

Tuition and Fees: $55  Trainers: Jane Rogalski and Kylene Abraham
Location: FLCC Institute Building 4340 Lakeshore Drive, Canandaigua
Jun. 13  Tue. 4:30 p.m.-7:30 p.m.  SCP 003 90

Become A Certified Nurse Assistant

Prepare to become a Certified Nurse Assistant by completing this FLCC course and passing the New York State certification exam. Our program includes classroom training in the principles and practices of patient care and the role of the nurse assistant, and clinical experience in a long-term health care setting. Assistance with job placement is also provided by the College! This is a NYS approved course to prepare for the Nurse Assistant license certification. Just need to retest or re-certify your CNA license? Call for details.

Classes begin every 6 to 8 weeks and are offered in Geneva and Canandaigua. For more information or to receive a brochure detailing our program, contact:
Office of Professional Studies & Continuing Education
4340 Lakeshore Drive, Canandaigua, NY 14424 (585) 394-3500, ext. 7660

$1,500.00 tuition includes one set of scrubs, textbooks, and NYS testing fees. Tuition assistance available for qualifying participants.

Infected

Wayne-Finger Lakes BOCES

Working Together to Provide Workforce Training
Benefiting Individuals and Area Businesses

We’ve created a NEW partnership to work together to meet the fast-paced, changing needs of workforce development in the Wayne-Finger Lakes Region. Together, we can provide the most up-to-date education and training to meet your workforce and individual workplace needs.

• Employee Training & Education
• Skills Enhancement
• Career Training
• Credit-Bearing Programs

• Apprenticeship Programs
• New Technology Training
• Individualized to Meet Your Needs

To Find Out How We Can Meet Your Workforce Development Needs

Contact The Career Resource Center
1-800-527-1765
Or FLCC Professional Studies and Continuing Education 585-394-3500, x7660 or ce@flcc.edu

FINGER LAKES Community College
Wayne-Finger Lakes BOCES

FOR MORE INFORMATION CALL 585-394-FLCC, x7660
www.flcc.edu/ce
Computer Forensics and Investigations Seminar

Is this exciting new information technology field for you?

EnCase® Forensic, the leading computer forensics tool, will be introduced in this free, hands-on lab experience seminar. Guidance Software’s EnCase® is the premier computer forensics tool used in law enforcement labs for digital evidence collection, in commercial settings for incident response and information assurance, and by the FBI and Department of Defense to detect domestic and international threats. Training provided by an EnCase® certified practitioner.

Jun 3 Sat. 9 a.m.-12 p.m.
Reserve seating is limited. RSVP to Sandy Brown, brownsm@flcc.edu or 585-394-3500, x7314.

Computer Security Certificate

Get a Computer Security Certificate or take individual credit courses! Learn to protect and correct computer security whether for business or home.

Tuition and Fees: $124 per credit hour (subject to change). All courses held at FLCC Canandaigua Campus, 4355 Lakeshore Drive.

Fall 2006 3-Credits Courses
- Principles of Information Security CSC 270 90
  Wed. 4:30-7:20 p.m.
- Data Communication & Networks CSC 260 90
  Mon. 6:30-9:20 p.m.
- Internetworking CSC 261 01
  Tue., Thu. 9:30-10:50 a.m.
- Network Service & Support CSC 248 90
  Thu. 5:30-8:20 p.m.
- Managing Operating Systems CSC 272 90
  Tue. 5-7:50 p.m.
- A+ Hardware and OS Tech CSC 271 90
  Wed. 5:30-9:20 p.m.
- Computer Law & Policy PLG 110 01
  Tue., Thu. 8-9:20 a.m.

Fall 2006 2-Credits Course
- Prep for Security+ Certification CSC 275 90
  Wed. 6:30-9:20 p.m. (ends 11/8/06)

ATTENTION EMPLOYERS AND JOB SEEKERS
For all your hiring, employment, and job search needs.

FINGER LAKES WORKS CAREER CENTERS
www.fingerlakesworks.com
1-877-6 NEW JOB

Or visit the office nearest you:

Finger Lakes Works-Geneva
70 Elizabeth Blackwell Street
Geneva, NY 14456

Finger Lakes Works-Seneca
1 DiPronio Drive
Watertown, NY 13165

Finger Lakes Works-Lyons
30 Church Street
Lyons, NY 14489

Finger Lakes Works-Ontario
3010 County Complex Drive
Canandaigua, NY 14424

Finger Lakes Works-Newark
105 North Main Street
Newark, NY 14513

Finger Lakes Works-Yates
417 Liberty Street, Suite 2021
Penn Yan, NY 14527

Services are available at no cost to you. Training funds are subject to eligibility and availability. Call now for more information or an appointment.

THE CONVENIENCE OF ONLINE CREDIT COURSES

Wherever you are, whatever your schedule
Online Credit Courses Fit!

Go to www.flcc.edu

- Select “WebAdvisor / Course Schedules” from left menu
- Select “Guest Access”
- Select “Search for Classes”
- Choose “Term”
- Scroll down to “Location” and select “SLN-SUNY Learning Network”
- Click on “Submit” to see all online credit courses for that semester
- Clicking on the course provides detailed course information
- For more information about taking online courses, about computer system requirements, or try a demo course, go to suny.edu
- Contact options: SUNY Learning Network, 800-875-6269; FLCC Center for Advisement and Personal Development, center@flcc.edu or 585-394-3500, x7267; Larry Dugan, Asst Professor of Computing Sciences Multimedia Instructional Designer, 585-394-3500, x7303
SMALL BUSINESS AND ENTREPRENEUR DEVELOPMENT SERVICES

For Ontario, Seneca, and Wayne counties

• Considering a business start-up?
• Need assistance with your small business?
• SBDCs provide assistance writing a business plan, help you develop financials to apply for a loan, help you open or expand international business and trade, and work with you to develop or update marketing plans.

Contact the Small Business Development Center at FLCC
A partnership program with the U.S. Small Business Administration

The SBDC is a program supported by the U.S. Small Business Administration and extended to the public on a non-discriminatory basis. SBA cannot endorse any products, opinions, or services of any external parties or activities.

585-394-3500, x7660  • smallbiz@flcc.edu
4340 Lakeshore Dr., Canandaigua, NY 14424

SCTsum06web 3/24/06 4:33 PM Page 7

WORKFORCE TRAINING AND PROFESSIONAL DEVELOPMENT

LOOKING FOR WORK OR JOB ADVANCEMENT?
Get training that can give you an edge on your resume!

EMPLOYERS: DO YOU NEED BETTER TRAINED WORKERS?
Use these low cost/short term training options.

SUMMER CLASSES BEING SCHEDULED
Eligible high school students welcomed to area classes for youth.

NATIONAL PROFESSIONAL CERTIFICATION IN CUSTOMER SERVICE
• provides universal customer service skills
• industry recognized certification through the National Retail Federation Foundation
• national assessment taken on-line

NATIONAL CERTIFICATION in ServSafe®
Level I.
• recommended for those in the food service industry
• national written assessment
• certification through the National Restaurant Association Educational Foundation
• recommended for entry level employees

Level II: Local Certification - Food Handler
• reciprocal with Monroe County Health Department
• continuation of skills development from Level I

COMPUTER SKILLS
• basics: for beginners in Word, Excel, or PowerPoint
• brush-up: for those who want to review or enhance their skills
• laptops can be used on site

OTHER NON-CREDIT OFFERINGS AND SERVICES
• Exploring the Health Professions • Communication Skills
• Self-Esteem Seminars • Office Careers
• Assistance with career choice, job search, and retaining a job

FLCC BRIDGE PROGRAM • 585-394-3500, x7551 or x7466

Health Care Programs at FLCC
A Great Way to Begin a New Career!

In partnership with Condensed Curriculum International, Inc. (CCI), FLCC Professional Studies and Continuing Education is offering three Health Care training programs this summer:

• Dental Assisting • Medical Billing and Coding Program • Physical Therapy Aide

The demand for health care staff and professionals is growing at a staggering rate. These factors have created enormous job opportunities for individuals trained in leading health care professions. Available to both working adults interested in a new career and current health care professionals, these exciting programs help prepare for jobs available to health care staff and professionals! Financial assistance is available to those who qualify.

Call FLCC PSCE at 585-394-3500, x 7660 to register or call 1-866-505-3612 to receive additional information.

Dental Assisting Program
The 60-hour Dental Assisting Program prepares students for entry level positions. This course familiarizes you with all areas of pre-clinical dental assisting and provides training in the professional skills required to function as an assistant in the dental practice. This course covers the administrative and clinical aspects of dental assisting. In addition to entry-level administrative jobs, this course is ideal for people interested in pursuing a formal Dental Hygienist program. Note 1: Educational Requirements: Most employers prefer that dental assistants and aides have a high school diploma or GED equivalent. There are state and national examinations that test the competency of Dental Assistants and which often lead to a Dental Assistant/ Hygienist certification. Contact FLCC if you need to get your GED as part of completing this program. Note 2: This program does not include a national or state certification objective which in most states requires 1 to 2 years of training or education. Tuition and Fees: $1199, textbooks included Total Hours: 60 Location: FLCC Main Campus, 4355 Lakeshore Dr. Rm B440 Jun. 19-Aug. 16 Mon., Wed. 6-9:30 p.m. CPVOC 060 90

Medical Billing and Coding Certification Program
This combined 80-hour billing and coding course offers the skills needed to solve insurance billing problems, manually file claims (using the CPT and ICD-9 manual), complete common insurance forms, trace delinquent claims, appeal denied claims, and use genetic forms to streamline billing procedures. The course covers CPT Introduction, Guidelines, Evaluation and Management; specialty fields such as surgery, pathology and laboratory; ICD-9 introduction and guidelines; and basic claims processes for medical insurance and third party reimbursements. Students learn how to find the service and codes using CPT, ICD-9, and HCPCS manual. After obtaining the suggested practical work experience, students who complete this course could be qualified to sit for the American Academy of Professional Coders (AAPC) - Certified Professional Coder Exam (ICPC or CPC – H Aspirant) and the American Health Information Management Association (AHIMA) Certified Coding Associate (CCA) exam, and/or other National Certification Exams. Tuition and Fees: $1799, textbooks included Total Hours: 80 Location: FLCC Main Campus, 4355 Lakeshore Dr. Rm B440 Jun. 20-Sep. 7 Tue., Thu. 6-9:30 p.m. CPVOC 080 90

Physical Therapy Aide
This comprehensive program prepares participants for entry level Physical Therapy Aide positions or to continue on for more f.m.i. longer term educational programs. The objectives of this class do not include a national or state certification which generally requires at least 1-2 years of formal education. Physical Therapy Aides may be employed in settings such as Hospitals, Nursing Homes, Home Health Agencies, and Sports Medicine Clinics. Note: Educational Requirements: People interested in becoming a Physical Therapy Aide should have a high school diploma or GED equivalent. Contact FLCC if you need to get your GED as part of completing this program. Tuition and Fees: $999, textbooks included Total Hours: 50 Location: FLCC Institute Building, 4340 Lakeshore Dr. Jun. 19-Aug. 9 Mon., Wed. 6:30-9:30 p.m. CPVO 050 11

FOR MORE INFORMATION CALL 585-394-FLCC, x7660 www.flcc.edu/ce
Personal Enrichment

Digital Photography: Creative Techniques
This course is designed for dSLR and point and shoot camera owners who have completed a basic course in camera operations and basic editing and are ready to build on those skills. Participants should be familiar with program, aperture, and shutter priority camera modes, histograms, level adjustments, and have set up their cameras for optimum exposure quality. This is a creative techniques course for advanced amateurs and professionals. Participants will develop additional skills in camera exposure techniques, creative lighting using off-camera flash, creative filters, improving color workflow techniques, location shooting techniques, and how to evaluate images for tonal/color/sharpness values. Students will learn about new software plug-ins that provides greater creative techniques. Preparing an image for printing will be covered. High quality printing techniques will be demonstrated. (This is not a hands-on lab-based editing course, but opportunities will be provided for students to work on their own in FLCC’s editing labs using Adobe Photoshop Elements 4 software.)

Topics by day:
Day 1 - orientation, advanced camera skills, advanced camera set up, comparison of RAW vs. JPG file formats.
Day 2 - nature shoots on location using various lighting, filter, and creative techniques.
Day 3 - review of images; critical review of focus, exposure, sharpness, noise, highlight and shadow detail, color; setting up a color managed workflow using Photoshop Elements 4 and Photoshop CS2, gel plate plug-ins.
Day 4 - using adjustment layers and soft proofing to accurately predict print quality, creating test strips for print tests, review advantages and disadvantages of various paper surfaces, printing high quality images using the Epson 4800 printer and ICC profiles.

IMPORTANT NOTE: Prior to the first day of class: Students must register by June 1, 2006 and will be required to complete Web-based orientation and assignments prior to the first day of class via e-mail and the Internet.

Registration is limited to 12 students. Students must bring a camera, batteries, and memory cards. Snacks and break beverages will be provided by the College each morning.

Tuition and Fees: $199
Location: FLCC Main Campus, Room B386
4355 Lakeshore Drive, Canandaigua
Jun. 20-23 Tue.-Fri. 9 a.m.-1 p.m. CFVOC 016 90

Sea Kayak Skills – 260006
So much to do, so easy to learn. What is the difference in all those kayaks? Do you know how to lean, brace, sweep and turn, use/don’t use a rudder? How about going forward? How do you do it easily so that you can go all day? How should they fit? To hatch or not to hatch. This course is a ‘must do’ if you are thinking of investing in a kayak. Educate yourself to avoid disappointment before you purchase. Come and learn the potential a skilled paddler has to enjoy the water safely.

Tuition and Fees: $54
Location: Conesus Lake Boat Launch
Trainer: Pack, Paddle and Ski
Jun. 4 Sun. 9 a.m.-12 p.m. CFOD 003 70

Sea Kayak Safety and Rescue – 260067
A perfect addition from the morning (see course above 260066). Learn how to get back in if you capsize. How do you handle beach launches? Assisted rescues, rescue equipment, paddling as a group, wind conditions, currents and towing will all be instructed. If you are thinking of heading out, be sure you know what will happen if you fall out!

Tuition and Fees: $54
Location: Conesus Lake Boat Launch
Trainer: Pack, Paddle and Ski
Jun. 4 Sun. 1-4 p.m. CFOD 003 71

Native American Lore Paddle – 260713
The word Canadice comes from a Native word pronounced the same way. What a great place to share in the beauty by sea kayak or canoe (let us know which one) and share in the lives of those who have gone before. Learn uses of the local plants, lore, stories, legends, the use of drums and ceremony. As you explore by your watercraft the afternoon will be broken into various moments of sharing of the history of those who have lived here before us.

Tuition and Fees: $54
Location: Canadice Lake
Trainer: Pack, Paddle and Ski
Jul. 23 Sun. 1-5 p.m. CFOD 004 70

Progressive Dinner Lake Walk – 260809
Imagine walking in a beautiful hemlock grove and arriving by a lake where your first course of dinner awaits you. After watching the waters calm, you hike farther along the lake to where the main course sits on a tablecloth by the shore. A drum sounds over the water calling you to enjoy dessert farther into the woods. By the end of the evening, you will have eaten and walked the whole length of Canadice Lake. The walking is easy; social and lovely on a wide path along this beautiful gem.

Tuition and Fees: $63
Location: Canadice Lake
Trainer: Pack, Paddle and Ski
Aug. 12 Sat. 5-9 p.m. CFOD 004 71

Wellness

Massage: A Day for Learning and Relaxing
Whether you’re considering massage as a career or just interested in learning some ‘do it yourself’ techniques, this workshop is for you. During this five hour session, you’ll learn about our program, explore various massage therapies and practice techniques to share with friends and family. Supplies/equipment provided. Casual attire recommended. Sign up now! This class fills quickly!

Tuition and Fees: $41 Trainer: Melissa Miller
Location: FLCC Main Campus B365
4355 Lakeshore Drive, Canandaigua
May 6 Sat. 9 a.m.-3 p.m. CFHF 006 50
Location: FLCC Geneva Extension
63 Pulteney St, Geneva
Aug. 5 Sat. 9 a.m.-3 p.m. CFHF 006 51

Reiki Level 1, Natural Healing
Learn how to perform Reiki, a natural form of healing, on you and others. Following completion, you’ll be able to balance energy in the body. Benefits include reducing medication and improving recovery time from illness, injury, or surgery. Explore how Reiki is used at home and in the hospital.

Tuition and Fees: $175 Trainer: Janice McNamara
Location: FLCC Main Campus
4355 Lakeshore Drive, Canandaigua
Jun. 24-25 Sat.-Sun. 9 a.m.-5 p.m. CFHF 014 50
Location: FLCC Geneva Extension
63 Pulteney St, Geneva
Jul. 8-9 Sat.-Sun. 9 a.m.-5 p.m. CFHF 014 G1

For more information call 585-394-FLCC, x7660
www.flcc.edu/ce