



MVCC COLLEGE FOR KIDS & TEENS

7 weeks. 24 camps. 10 new options for kids and teens. Enjoy academics, athletics, and enrichment ALL day!

SUMMER 2022 CAREER CAMP LINEUP

- **NEW**, A Multicultural Art-Making Experience
- Babysitter's Training
- Be a Star!
- **NEW**, Become a Video Master
- Chess 101, **Saturday Special**
- **NEW**, Clever Cookies and Cakes
- Code Breakers
- Digital Animation and Game Art: Level 1
- Digital Animation and Game Art: Level 2
- **NEW**, Hip Hop Dance Class
- **NEW**, How's the Weather? Meteorology Camp
- Inventor's League: Prototyping for the Future!
- JavaScript Developer Jam
- Medical Mania!
- **NEW**, Mighty Mindful Makers
- Minecraft Designers
- **NEW**, Nifty Knitting
- **NEW**, Picture Perfect Photography
- Python Programmers
- Rebel Training Outpost
- ROBLOX® Makers
- Swim and Sport Camp
- **NEW**, Summer in Color
- Superhero Training Camp
- **NEW**, The Three P's... Papermaking, Painting, and Printmaking
- Intro to *FIRST*® LEGO® League EXPLORE Robotics
- Intro to *FIRST*® LEGO® League CHALLENGE Robotics
- **NEW**, Intro to *FIRST*® Mobile Robotics Programming, **Saturday Special**

315-792-5300

mvcc.edu/cced



MVCC

Center for
Corporate &
Community Education

ADULTING 101

Life Skills for College Bound Teens

Help your college-bound teen get a leg up before they leave the nest by enrolling them in our Life Skills 101 classes. They don't need to be an expert, but knowing the basics will help them make the transition to independence that much smoother. (Ages 16-18)

Nutritional Know-It-All

Learn how to stay strong and healthy in college by understanding how to navigate a dining hall to balance your nutrition. This class will focus on grocery shopping, how to budget meals, and dorm room recipes in our state-of-the-art culinary kitchens on our Rome Campus.

Instructor: Hayley Mielnicki

July 19 • T • 5-7 p.m. • Rome • \$50

Self-Defense for Teens

This course will cover the most common scenarios a college bound student may face. Learn highly effective and efficient methods you can utilize to avoid, manage, and survive potentially violent encounters. No experience is required.

Instructor: Tom Arcuri

July 26 • T • 5-7 p.m. • Utica • \$35

Aug. 2 • T • 5-7 p.m. • Utica • \$35

Basics in Car Maintenance

Learn the basic fundamentals of car maintenance like how to change a tire, check and replace fluids, replace windshield wipers, understand dashboard lights, and even when to take your car to the mechanic.

Instructor: TBA

July 21, 28 • Th. • 5-7 p.m. • Utica • \$80

Foundational Coping Strategies and Stress Management

This class will help equip you with the knowledge and skills to recognize the signs and symptoms of stress, identify triggers, distinguish healthy and unhealthy coping techniques, and implement proactive stress prevention and management strategies.

Instructor: Anastacia Argon

**Aug. 1, 3, 8, 10 • M, W • 5-6:30 p.m.
Utica • \$110**



Money Matters

Be prepared with your personal finances and learn the basics of online banking, keeping records, budgeting, credit cards, and taxes and tax forms. This class will help you feel more confident in your financial preparedness.

Instructor: Dana Percia

July 11-12 • M, T • 5-7 p.m. • Utica • \$80

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