



CONTINUING EDUCATION

Summer
2026

COLUMBIA-GREENE COMMUNITY COLLEGE

ADVANCE YOUR CAREER...

Computer Skills
page 3

...OR DELIGHT IN NEW CRAFTS

Beeswax Food Wraps
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Studio Painting
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Welcome to C-GCC's Continuing Education & Workforce Development

The Office of Continuing Education and Workforce Development serves the community by providing impactful and innovative programming designed to address both workforce related and personal enrichment needs.

The College's non-credit courses provide an opportunity for lifelong learning and personal enrichment for the general public and local community. Areas of instruction range from arts and crafts, personal finance, to computer literacy and software application skills. Non-credit course offerings are held throughout the academic year.

For additional information on our programs and course offerings, please contact our office by phone, **518.697.6370** or email, workforce@sunycgcc.edu.

» LET'S GO!

Follow us on Social Media for the latest news!

#CoGreene!



Tuition Funding: Columbia-Greene Workforce New York

Columbia-Greene Workforce New York, located in the Professional Academic Center at C-GCC, provides a variety of employment-based services and offers grant-based tuition assistance for eligible people and programs that lead to industry-recognized credentials in high-demand fields. Eligible CEWD courses are noted in the course descriptions. For more information call **518.697.6510**.

\$ Look for this symbol to find courses eligible for Workforce NY support.

HOW TO REGISTER

Summer 2026



BY PHONE: 518.697.6370 Mastercard, Visa, American Express, and Discover cards are accepted over the telephone for all non-credit course registrations. Please have all registration and card information on-hand when calling.

IN-PERSON: Registration and payment may be made in person at Suite 201S in the Main Building of the Columbia-Greene Community College campus at 4400 Route 23, Hudson, NY 12534.

Accessibility

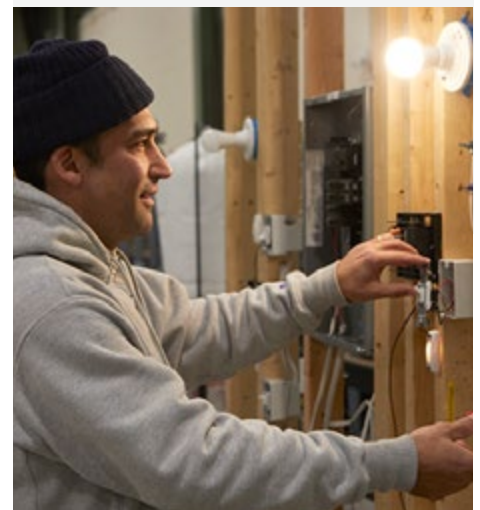
The College provides an inclusive campus for all students. Got questions? Contact the Office of Accessibility Services at oasweb@sunycgcc.edu.

Materials

Some courses require additional books and supplies not covered by the course fee. These supply lists will either be provided upon registration, by the instructor prior to class, or within the course description.

Policies & Procedures

Please visit our webpage, columbiagreene.edu/about/continuing-education for the departments policies and procedures.



FIND US!



» The Continuing Education & Workforce Development is located in **Suite 201S** in the Main Building. Come visit us: columbiagreene.edu/CEmap.

CAREER DEVELOPMENT COURSES

Summer 2026



CAREER AND BUSINESS SKILLS

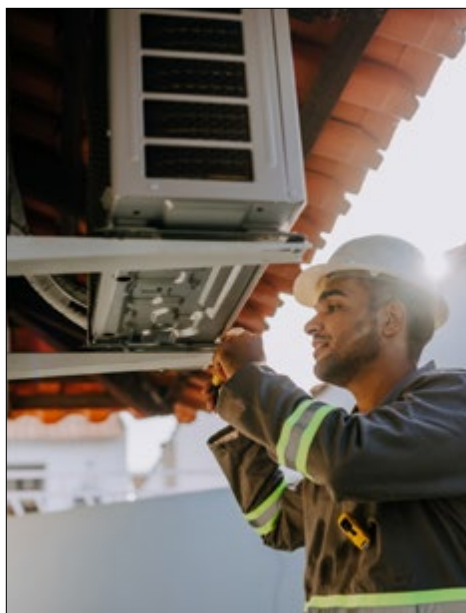
HVAC Technician (Voucher Included)

This online course will prepare students for an entry-level career in the HVAC/R industry. Students will learn to understand HVAC/R service and repair, environmental challenges and solutions, and service call simulations that bring concepts to life. At the completion of the course, students will be ready to pass over 20 HVAC Excellence Employment Ready Certificates, the EPA 608, and the NATE Ready to Work Certificate. Vouchers are provided for the HVAC Excellence Employment Ready Certificate exam and the EPA 608 Certification exam. This course is self-paced; students have one year to complete the 330 course hours.

For more information, please visit: <https://careertraining.ed2go.com/cogreene/training-programs/hvacr-technician/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$3,185

\$ Workforce NY tuition funding available.
Call 518.697.6510.



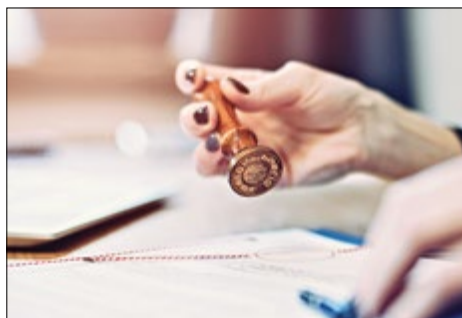
Manufacturing Fundamentals

Gain the basic skills required to work in manufacturing. This course will help students learn the roles of productivity, design, process planning, and 13 different manufacturing processes, and how performance measurements and standardization improve manufacturing operations. This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/manufacturing-fundamentals/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$144

\$ Workforce NY tuition funding available.
Call 518.697.6510.



Notary Public Seminar

This seminar provides preparation for the New York State Notary Public Test. Topics include situations that a Notary Public may encounter including conflicts of interest, professional ethics, proper fees, special situations, when to defer to an attorney, and minimizing legal liability. All materials included. The link to schedule an exam is exams@dos.ny.gov.

INSTRUCTOR: Steven E. Williams is a member of the American Society of Notaries as well as a practicing Mobile Notary, Mortgage Loan Signing Agent, and a New York State licensed Mortgage Loan Originator.

BU 68142-1Z
Taught via Zoom 1 Thursday
June 11, 2026 6:00 p.m. – 9:00 p.m.
Fee: \$85

BU 68142-2Z
Taught via Zoom 1 Thursday
July 23, 2026 6:00 p.m. – 9:00 p.m.
Fee: \$85

\$ Workforce NY tuition funding available.
Call 518.697.6510.

Resume Writing Workshop

In this class, students will create an effective resume or improve the one they already have. Transform your resume into a powerful tool that will get you interviews! This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/resume-writing-workshop/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$154

COMPUTER SKILLS

Adobe Illustrator CC

This comprehensive Adobe Illustrator course caters to both beginners and experienced users, aiming to foster proficiency in this industry-standard vector graphics software. The curriculum is expansive, covering all facets pertinent to the Illustrator certification exam while delving into practical, real-world applications that demonstrate how to effectively utilize Illustrator's robust tools in design projects. Students are guided through creating detailed vector illustrations, logos, and typography, with a focus on leveraging the latest features and mastering advanced techniques to elevate their vector art. This course is self-paced; students have three months to complete the 40 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/adobe-illustrator-cc-self-paced/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$174

\$ Workforce NY tuition funding available.
Call 518.697.6510.



To register, call **518.697.6370** or visit columbiagreene.edu/continuingeducation.

CAREER DEVELOPMENT COURSES



CompTIA A+ Certification Training (Vouchers Included)

Prepare to boost your resume and demonstrate your IT competence with a globally recognized credential! This course is designed to help students prepare to earn their CompTIA A+ credential by passing both required certification exams. Essential exam topics covered include various computer hardware and software aspects, including mobile devices, networking technology, virtualization, cloud computing, security, and operational procedures. Obtaining this certification will open doors for entry-level IT jobs such as technical support specialists, help desk technicians, or field service technicians. Vouchers are also provided to complete CompTIA's A+ certification exams. This course is self-paced; students have six months to complete the 200 course hours.

For more information, please visit: <https://careertraining.ed2go.com/cogreene/training-programs/a-plus-certification-with-exam/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$2,195

**\$ Workforce NY tuition funding available.
Call 518.697.6510.**

Computer Skills for the Workplace

This course is designed to provide the fundamental computer competencies students need to survive and prosper in today's fast-changing workplace. Students will learn how to implement the powers of modern office software to work faster and more efficiently. This course will also focus on practical applications for software most common to the workplace. By the time you finish, you will have learned why employers consider technological literacy so critical to the success of any organization. This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/computer-skills-workplace-self-paced/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$147

**\$ Workforce NY tuition funding available.
Call 518.697.6510.**

Introduction to InDesign CC

In each lesson, students will learn an important aspect of InDesign CC and prepare a range of print and online products for a fictional company. Students will explore the best ways to create different types of material, how to reuse items such as colors and artwork, and how to produce publications for different page sizes and devices. You will come away knowing how to use this popular page layout software to design and create professional-quality letterheads, business cards, brochures, forms, interactive PDF files, an eBook, and more. This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/introduction-indesign-creative-cloud/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$146

**\$ Workforce NY tuition funding available.
Call 518.697.6510.**

Introduction to Java Programming

This course uses the latest release of Java from Oracle, the company that maintains and supports the language. Students will also learn how to use BlueJ, a graphic development environment designed especially for students. Both are free and open-source products and students will receive instructions on how to download and install them. By the time you're done, you will be comfortable with Java programming and ready for more! This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/java-programming-introduction/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$147

**\$ Workforce NY tuition funding available.
Call 518.697.6510.**

Introduction to Microsoft Excel 2019

This course will introduce students to the basic functions and uses of Microsoft Excel. Through hands-on lessons, students will learn numerous shortcuts to quickly and efficiently set up worksheets. They will also learn how to use the function wizard to calculate statistics, future values, and more. In addition, students will get tips on sorting and analyzing data, creating three-dimensional workbooks, and automating frequently repeated tasks with macros and buttons. This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/introduction-microsoft-excel-2019-self-paced/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$163

**\$ Workforce NY tuition funding available.
Call 518.697.6510.**



Intermediate Microsoft Excel 2019

In this class, students will learn how to harness the power of Excel's data analysis tools and AutoFilter commands, and how to create macros that eliminate repetitive tasks. Set yourself apart from the casual Excel user by adding VLOOKUP, INDEX & MATCH, and other intermediate functions to your professional skill set. In addition, students will learn to create macros that let them manipulate data with the push of a button. Students will also discover how to use Goal Seek and Solver and apply them to real-world problems. This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/intermediate-microsoft-excel-2019/>

Taught online via Ed2Go

**\$ Workforce NY tuition funding available.
Call 518.697.6510.**

To register, call **518.697.6370** or visit columbiagreene.edu/continuingeducation.

CAREER DEVELOPMENT COURSES

Advanced Microsoft Excel 2019

This course will help students master many features in Microsoft Excel 2019 that most users don't know exist. They will learn the secret to using formula-based conditional formatting as a creative solution to common issues. Students will also learn how to leverage Excel's Power Query tool to import and transform data from about any data source. By the time you finish this course, you will have mastered Microsoft Excel 2019 and will be able to better serve your company's data management needs! This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/advanced-microsoft-excel-2019/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$163

\$ Workforce NY tuition funding available.
Call 518.697.6510.

Microsoft Excel Pivot Tables

This course will teach students how to utilize the numerous pivot tables to develop useful analysis models and reports within their companies. Impress your coworkers by learning how to create functional and eye-catching interactive dashboards using a combination of pivot tables, Pivot Charts, and Slicers! Students will discover advanced techniques like creating Timelines, calculated fields, and calculated items. They will learn how to use Excel's Table function to efficiently manage changes to the pivot table's source data to avoid making mistakes when data is added or deleted. This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/pivot-table-excel/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$160

\$ Workforce NY tuition funding available.
Call 518.697.6510.

Introduction to Microsoft PowerPoint 2019/Office 365

This course is perfect for beginners looking to learn how to use the latest PowerPoint software.

Students will have the opportunity to create a custom presentation with content specific to their needs. By completion, students will be able to create captivating presentations and contribute to their company's business processes. This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/intro-microsoft-powerpoint-2019-office-365/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$162

\$ Workforce NY tuition funding available.
Call 518.697.6510.

Introduction to QuickBooks Online

This QuickBooks course will teach students how to manage their business finances with QuickBooks Online. This powerful accounting software has helped millions of small business owners oversee their finances. Now that the cloud-based version is outpacing the desktop version, there's no better time to refresh your QuickBooks knowledge! Students will learn to use key features of QuickBooks Online and gain hands-on experience creating invoices, receipts, and statements; tracking payables, inventory, and receivables; generating reports; and more. This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/quickbooks-online/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$156

\$ Workforce NY tuition funding available.
Call 518.697.6510.

Intermediate to QuickBooks Online

Learn to manage the financial aspects of your small business quickly and efficiently using QuickBooks Online. With this online version, students get all the advantages of computing in the cloud, which means that their accounting files will be available to them virtually anytime, anywhere. This course dives deeper into the software's intermediate features, such as tracking product and service items, managing inventory, and customizing sales forms. This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/intermediate-quickbooks-online/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$156

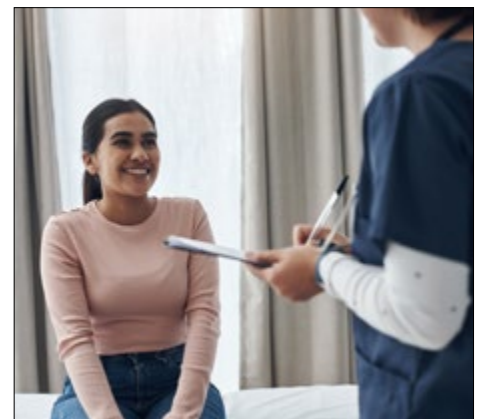
\$ Workforce NY tuition funding available.
Call 518.697.6510.

Spanish for Medical Professionals

What do you do if a patient needs your help, but you can't understand them? What if you encounter worried family members, and aren't able to reassure them that everything will be fine? Those in the medical field can easily find themselves in such situations and you want to be prepared. Medical Spanish courses are the perfect solution; this course skips the "touristy" topics and focuses on the basic medical Spanish phrases you really need to know in a medical setting. This simple and enjoyable Spanish for Medical Professionals course will give students the basic tools they need to bridge the communication gap. This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/spanish-for-medical-professionals-self-paced/>

Taught online via Ed2Go
Rolling enrollment
Fee: \$155



To register, call **518.697.6370** or visit columbiagreene.edu/continuingeducation.

CAREER DEVELOPMENT COURSES



ESL AND LEARNING SUCCESS

ESL Bridge-to-College

Columbia-Greene's ESL Bridge-to-College is an intensive, non-credit course that helps non-native English speakers learn the advanced English language skills required for college success. Improve your ability to speak and write in English for college and your future!

INSTRUCTOR: Daniel Flannery

SI 99345-1A

C-GCC – Room 113A Mondays and Thursdays
Begins: June 1, 2026 6:00 p.m. – 9:00 p.m.
Fee: \$15 No classes July 6 -10, 2026
Rolling enrollment

HEALTH PROFESSIONAL DEVELOPMENT

AHA Basic Life Support Skills Testing Only

This course is for students who have taken the American Heart Association Basic Life Support Certification Course online and only need to complete their in-person skills testing. Students must bring a printed copy of their online AHA BLS Completion Certificate. Information on the online BLS Certification Course can be found here: <https://cpr.heart.org/en/courses/basic-life-support-course-options>

INSTRUCTOR: Stacy Collier-Deieso

HE 77200-1A

C-GCC – Room 401 1 Tuesday
June 2, 2026 5:00 p.m. – 6:00 p.m.
Fee: \$60

Standard First Aid/CPR/AED Course

This American Heart Association Standard First Aid Course provides individuals with the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illnesses until medical personnel arrive. The course covers all required topics such as recognizing emergencies, prioritizing care, using or applying rescue breathing, administering Adult CPR, and dressing wounds. The instructor will administer the American Heart Association First Aid/CPR certificate exam at the end of the class. The certification earned for this course is valid for two years. Note: this class is not for professional recertification for EMT First Responders.

INSTRUCTOR: Stacy Collier-Deieso

HE 36239-1A

C-GCC – Room 401 1 Tuesday
June 2, 2026 6:00 p.m. – 10:00 p.m.
Fee: \$90



SECURITY GUARD TRAINING

Annual In-Service Training Course for Security Guards

This eight-hour mandated in-service training course is for all security guards in New York State and must be completed on a calendar-year basis for each year succeeding the completion of the mandated 16-hour On-the-Job Training Course for Security Guards. Topics covered include the role of a security guard, legal powers and limitations, emergency situations, communications and public relations, access control, report writing, ethics and conduct, and elective topics.

INSTRUCTOR: William DeLuca

PR 68424-1A

C-GCC – Room 136 1 Saturday
July 25, 2026 8:00 a.m. – 4:00 p.m.
Fee: \$90

**\$ Workforce NY tuition funding available.
Call 518.697.6510.**

8-Hour Pre-Assignment Training Course for Security Guards

Prior to obtaining a security officer's license in New York State, students must attend and pass this course. Topics covered include the role of the security guard, legal powers and limitations, emergency situations, access control and identification, public relations and communication, ethics, and conduct.

INSTRUCTOR: William DeLuca served as a police officer for 21 years and is certified as a Master and General Topics Instructor by the New York State Bureau for Municipal Police. He also is a retired Assistant Professor of Criminal Justice at Columbia-Greene Community College.

PR 68333-1A

C-GCC – Room 136 1 Saturday
August 8, 2026 8:00 a.m. – 4:00 p.m.
Fee: \$90

**\$ Workforce NY tuition funding available.
Call 518.697.6510.**



C-GCC's policy is to take affirmative action to provide equal opportunity in all of its activities for all qualified persons, to prohibit discrimination, and to promote the full realization of equal opportunity. This policy of non-discrimination applies to all persons without regard to an individual's race, color, national origin, religion, creed, age, disability, sex, gender identity, sexual orientation, familial status, pregnancy, predisposing genetic characteristics, military status, domestic violence victim status, or criminal conviction. Employees, students, or applicants may not be subjected to harassment that is prohibited by law, or treated adversely or retaliated against based upon a protected characteristic.

To register, call **518.697.6370** or visit columbiagreene.edu/continuingeducation.

PERSONAL ENRICHMENT COURSES

Summer 2026

ARTS AND CRAFTS

Exploring Watercolor

Discover the beauty and spontaneity of watercolor painting in this engaging and supportive class designed for artists of all levels. Participants will explore essential watercolor techniques such as washes, blending, layering, working wet on wet, and dry brush, to create luminous and expressive works of art. Through guided demonstrations and hands-on practice, students will learn how to control water and pigment to achieve both vibrant and subtle effects. The class will also cover color mixing, composition, and how to use light and texture to bring subjects to life.

INSTRUCTOR: Luis Macia

AR 16079-1A

C-GCC – Room 509

4 Wednesdays

Begins: June 3, 2026

1:30 p.m. – 4:00 p.m.

Fee: \$75



Studio Painting Level 1

This class for beginners will focus on individual instruction and lectures on perspective; central focal points; Rule of Thirds and the Golden Mean; color theory; eye magnets; composition theories; and brushwork.

INSTRUCTOR: Robert A. Lahm is a graduate of the Newark School of Fine and Industrial Arts (Advertising Design and Illustration) and Montclair Art Museum School.

AR 16257-1A

C-GCC – Room 509

6 Saturdays

Begins: July 18, 2026

9:00 a.m. – Noon

Fee: \$150

Studio Painting Level 2

This class continues Studio Painting Level 1. The course will focus on enhanced techniques; landscape painting; still life painting; portrait painting (Renaissance and direct methods); and animal portraiture.

INSTRUCTOR: Robert A. Lahm

AR 44388-1A

C-GCC – Room 509

6 Saturdays

Begins: July 18, 2026

1:00 p.m. – 4:00 p.m.

Fee: \$150

Melt & Pour Soap Workshop: Garden Grapes

In this creative, hands-on Saturday workshop, students will craft a charming cluster of grape-shaped soaps using melt-and-pour techniques. Participants will learn how to properly melt, color, scent, and mold glycerin soap to achieve beautiful, detailed results. Choose between two signature fragrances—Heirloom Tomato for a fresh garden twist or Jasmine & Honeysuckle for a soft floral finish.

Each student will leave with their finished grape soap creation and a complete take-home kit, including the molds needed to recreate the project at home. Perfect for beginners and experienced makers alike, this class blends practical technique with artistic flair.

SI 99409

C-GCC – Staff Café

1 Saturday

July 25, 2026

1:30 p.m. – 3:30 p.m.

Fee: \$90

Beeswax Wraps Workshop

In this hands-on Saturday workshop, students will learn how to create reusable, eco-friendly beeswax food wraps as a sustainable alternative to plastic wrap. We'll cover fabric selection, wax blending, proper application techniques, and



care instructions to ensure long-lasting results. Participants will customize their wraps with their choice of fabric and finish, leaving with several ready-to-use wraps and the skills to make more at home. No prior experience required.

SI 99408

C-GCC – Staff Café

1 Saturday

July 25, 2026

10:30 a.m. – 12:30 p.m.

Fee: \$75

Patterns on Paper

When is paper more than just paper? When you create your own original patterned and textured art papers.

With basic art supplies you will transform plain paper into your own original art papers. These workshops will show surface design techniques to create papers that can be used for mixed art, collage, card making, art journaling and wrapping papers or any way you want to use them. You can even use these techniques on fabrics.

Using a limited color palette; blue, red and yellow, plus black and white - you will create a cohesive collection of patterned and textured papers. Each workshop will include several techniques.

AR 44391

C-GCC – Room 509

3 Tuesdays

Begins: June 9, 2026

1:00 p.m. – 4:00 p.m.

Fee: \$150

Textures on Paper

This workshop will continue the journey in surface design to make your own original patterned and textured art papers by using simple art and household supplies. We will explore more ways to make decorative papers that can be used for mixed art, collage, card making, wrapping papers, art journals, even on fabrics.

With a limited color palette, blue, red and yellow, plus black and white - you can create a stunning collection of patterned and textured papers. Each workshop will include techniques including stenciling and stamping. You will be encouraged to find and make your own "mark makers," stamps and stencils.

AR 44392

C-GCC – Room 509

3 Tuesdays

Begins: July 14, 2026

1:00 p.m. – 4:00 p.m.

Fee: \$150

To register, call **518.697.6370** or visit columbiagreene.edu/continuingeducation.

PERSONAL ENRICHMENT COURSES

FIBER ARTS

Hand spinning Yarn

Do you have sheep, alpacas, llamas, bunnies, sheep dogs, or mohair goats in your life? Fashion yarn from their fur in a timeless fashion by hand on a drop spindle, or more quickly with a spinning wheel! No experience is necessary to participate.

INSTRUCTOR: Claudia Krisniski, owner of Countrywool, has been teaching facets of fiber arts for more than 40 years. Using natural fibers, she is dedicated to enhancing the local fiber community's health and productivity.

AR 08860-1Z
Countrywool
59 Spring Rd.
Hudson, NY 12534

July 19, 2026 1 Sunday
10:00 a.m. - 12 p.m.
Fee: \$65



Knitting a Wool Scarf

This class will teach the basics of knitting with soft and renewable wool yarn. Topics to be covered include casting on; knit, purl, garter, ribbing, cable, and seed stitches; joining yarn; and casting off. Continental, English, or American knitting will be taught with full support for right or left-handed knitters.

INSTRUCTOR: Claudia Krisniski

AR 08816-1A
Countrywool
59 Spring Rd.
Hudson, NY 12534

August 2 and August 16 2 Sundays
10:00 a.m. - 12:00 p.m.
Fee: \$95

DRAWING AND PAINTING

Hudson Valley Plein Air

In this class, students will use pastels, watercolors, or oils to capture the beauty of the Hudson Valley. Instruction will begin with surface preparation, broadly blocking in the scene through creating a fully realized composition. A strong emphasis will be placed on color, structure, composition, and capturing the ever-changing natural light. The first class will meet at the Gazebo in Hudson Riverfront Park.

INSTRUCTOR: Luis Macia

AR 44367-1Z
Offsite 6 Wednesdays
Begins: May 27, 2026 9:00 a.m. - Noon
Fee: \$85

AR 44367-1Z
Offsite 4 Sundays
Begins: June 7, 2026 9:00 a.m. - Noon
Fee: \$75
NO Class June 21, 2026

DANCE

Belly Dance Spirit

Traditional belly dance for beginners and experienced dancers! Students will learn variations of torso, arm, and hand movements; travel steps; and short choreographies using sample combinations. Classes focus on improvisation and individual expression. Please wear stretchy exercise clothing or belly dance clothes if you have them. Dance shoes or socks are required.



INSTRUCTOR: Donna Barrett is an experienced belly dance instructor who has recently performed locally with the Hudson Festival Orchestra and at Hudson Hall for Winter Walk.

DA 57001-1A
C-GCC - Room 505 4 Mondays
Begins: July 13, 2026 6:00 p.m. - 7:30 p.m.
Fee: \$60

DEFENSIVE DRIVING



Defensive Driving

Students who complete this course will qualify for a reduction of up to four points from their driving record for violations received during the 18 months prior to the class and will become eligible for a minimum insurance reduction of 10%. Students may repeat this course every 18 months for point reduction only. Offered in cooperation with the NYS Department of Motor Vehicles, NYS Department of Financial Services, and the Empire Safety Council.

INSTRUCTORS: Victor Bujanow and Deborah Harpine are certified by the Empire Safety Council.

DD 68057-1A
C-GCC - Room 612 1 Saturday
June 6, 2026 9:00 a.m. - 3:15 p.m.
Fee: \$50

DD 68057-2A
C-GCC - Room 612 1 Saturday
July 18, 2026 9:00 a.m. - 3:15 p.m.
Fee: \$50

DD 68057-3A
C-GCC - Room 612 1 Saturday
August 1, 2026 9:00 a.m. - 3:15 p.m.
Fee: \$50

To register, call **518.697.6370** or visit columbiagreene.edu/continuingeducation.

PERSONAL ENRICHMENT COURSES

HEALTH & MOVEMENT

Pilates Mat Class

Pilates Mat is a great place to begin to learn the fundamental movements and Pilates exercise principles that can accommodate any fitness level. Improve strength, flexibility, balance, and posture by incorporating floor-based Pilates movements that stimulate the deep muscles of the body.

INSTRUCTOR: Suzanne Hazelton is a Certified Instructor for Body Be Well Pilates in Catskill, NY.

HE 62310-1A

C-GCC – Room 612 or Zoom

5 Mondays

Begins: June 1, 2026

6:00 p.m. – 7:00 p.m.

Fee: \$90



Tai Chi, Qigong, and Trager® Movement

Qigong, Tai Chi, and Trager® Movement are three approaches to more effortless flexibility and better balance. Qigong increases the flow of positive energy throughout the body, while Tai Chi movements are more complex, consisting of coordinated postures that resemble dance. Trager® releases physical and mental tension, improves joint mobility, and teaches the body how to move more effortlessly.

INSTRUCTOR: David Haines has been a teacher of Qigong and Tai Chi for 40 years. He also has been a practitioner of the Trager® Approach to Movement for 35 years.

HE 62248-1A

C-GCC – Room 612

4 Wednesdays

Begins: July 22, 2026

5:00 p.m. – 6:00 p.m.

Fee: \$60



LANGUAGES

Beginner Conversational French

Think you need multiple classes to understand beginner French? Discover how easy learning simple words and phrases for leisure and business can be. This course makes pronunciation simple, with phonetic spellings for every word and phrase. This online course even includes audio so that students can hear and practice the language with little more than a click of their mouse! This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/conversational-french-beginner/>

Taught online via Ed2Go

Rolling enrollment

Fee: \$130

Speed Spanish

In this course, students will learn to converse in Spanish using common words and phrases, and demonstrate the proper forms of common Spanish nouns and verbs. Participants will also have the opportunity to discuss Spanish culture and differences in Spanish-speaking countries, while learning how to use numbers in Spanish to discuss dates, times, and money. By completing this course, students will gain confidence in their ability to converse with others in Spanish, be prepared to travel to a Spanish-speaking country and communicate effectively, and build in-demand

skills that can increase their career opportunities. This course is self-paced; students have six weeks to complete the 24 course hours.

For more information, please visit: <https://www.ed2go.com/cogreene/online-courses/speed-spanish/>

Taught online via Ed2Go

Rolling enrollment

Fee: \$143

Conversing in Spanish

This introduction to Spanish will emphasize how to initiate language and respond to information and questions in a variety of social situations. Participants also will learn when cultural differences require use of specific Spanish expressions. Speaking and listening will be emphasized, but some reading may be included. The paperback book, Easy Spanish Phrase Book by Dover Publications (ISBN number is 0-486-28086-1) is required and available online.

INSTRUCTOR: Russell Kratz, PhD, is a teacher of English and Spanish who studied Spanish in Costa Rica and has traveled in Spain, Argentina, Costa Rica, El Salvador, and Puerto Rico.

LA 44457-1A

C-GCC – Room 706

4 Tuesdays

Begins: July 14, 2026

10:00 a.m. – 11:30 a.m.

Fee: \$100

If any non-credit course or class is canceled because of inclement weather or emergency closings, or a satellite location is closed, classes will automatically be extended an additional week.

C-GCC's policy is to take affirmative action to provide equal opportunity in all of its activities for all qualified persons, to prohibit discrimination, and to promote the full realization of equal opportunity. This policy of non-discrimination applies to all persons without regard to an individual's race, color, national origin, religion, creed, age, disability, sex, gender identity, sexual orientation, familial status, pregnancy, predisposing genetic characteristics, military status, domestic violence victim status, or criminal conviction. Employees, students, or applicants may not be subjected to harassment that is prohibited by law, or treated adversely or retaliated against based upon a protected characteristic.

To register, call **518.697.6370** or visit columbiagreene.edu/continuingeducation.