

# Continuing Education

Lifelong Learning *for* Everyone

## Spring 2017 Schedule

*[www.com.edu/ce](http://www.com.edu/ce)*



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CERTIFICATION**  
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College of the Mainland®

1200 Amburn Rd., Texas City, Texas 77591

*[www.com.edu](http://www.com.edu)*





# COM CE: LIFELONG LEARNING FOR EVERYONE

COM's Continuing Education Division provides access to innovative, flexible and responsive lifelong learning opportunities. Whether you desire to acquire new workforce skills, upgrade current skills or seek personal enrichment, we offer something for you.

We offer career training and certification courses and programs that allow you to acquire the skills needed to enter entry-level positions.

We offer courses that will help you upgrade your current skills and expand your knowledge as you seek to advance in your career.

We also offer professional development courses needed for continued certification in your chosen profession.

And we offer many courses that may pique your interest in a new hobby, improve your fitness or enhance your knowledge of topics that are of special interest to you.

Let us help you continue your education throughout life!

COM Continuing Education  
Lifelong Learning for Everyone

[www.com.edu/ce](http://www.com.edu/ce)  
409-933-8586  
[ContEd@com.edu](mailto:ContEd@com.edu)

## QUESTIONS?

For specific course or program information, please call:

- 409-933-8285 Public Service Careers
- 409-933-8226 Lifelong Learning/50 Plus Program
- 409-933-8645 COM Learning Center-Allied Health
- 409-933-8162 Gulf Coast Safety Institute
- 409-933-8406 Industrial Workforce

For any questions about programs or courses, call 409-933-8586. The CE office staff will be happy to assist you or direct your call to the appropriate department.

## CONTINUING EDUCATION'S MISSION

College of the Mainland's Continuing Education division is dedicated to providing workforce development training programs, customized corporate training and lifelong learning opportunities that are innovative, flexible and responsive to the needs of the diverse communities we serve.

## CONTINUING EDUCATION'S VISION

College of the Mainland's Continuing Education division will be a vital community partner by providing training opportunities that prepare students for high-growth jobs in the future, offer educational pathways for new and incumbent workers and support continued personal and professional development.

## HOW TO CONTACT US

The Continuing Education office is located in the Technical-Vocational Building, Room TVB-1475, on the main campus.

Phone: 409-933-8586 • Fax: 409-933-8026

Mail: Continuing Education, 1200 Amburn Rd., Texas City, TX 77591

Email: [ContEd@com.edu](mailto:ContEd@com.edu)

## CONTINUING EDUCATION OFFICE HOURS

Open:	Monday – Tuesday	8 a.m. – 7 p.m.
	Wednesday – Friday	8 a.m. – 5 p.m.

## CE SCHEDULE DISCLAIMER

This schedule is for informational purposes and is subject to change. Changes subsequent to the issuance of the printed schedule will be posted online at [www.com.edu/ceschedule](http://www.com.edu/ceschedule) and CE's Facebook page at [www.facebook.com/comcontinuinged](http://www.facebook.com/comcontinuinged). The electronic version of the schedule is the official schedule. Please refer to the online schedule for changes/updates.

## Continuing Education Office Hours

Monday – Tuesday	8 a.m. – 7 p.m.
Wednesday – Friday	8 a.m. – 5 p.m.

For more information, call 409-933-8586.



# REGISTRATION IS EASY

## SPRING 2017 REGISTRATION FOR ALL CE AND 50 PLUS PROGRAM COURSES BEGINS December 5, 2016.

Continuing education registration continues throughout the semester until classes are filled. Please register at least one week prior to the start date.

The registration form is available online at [www.com.edu/ce](http://www.com.edu/ce) and in the printed CE schedule. A photo ID will be required to show proof of age, i.e., a valid driver's license, government issued ID card or passport.

### Have you previously taken classes at COM?



#### REGISTER ONLINE

##### WWW.COM.EDU/CE

- Click Register Now.
- Follow instructions for continuing education students.
- Questions about online registration? Click on the HELPDESK arrow located on the WebAdvisor main menu (bottom left) and fill out the form.

### New to COM? Call to register or register in person.



#### CALL

##### CONTINUING EDUCATION OFFICE

409-933-8586 or 1-888-258-8859, ext. 8586

If you leave a message, a CE representative will return your call within 24 business hours.

Open: Monday – Tuesday 8 a.m. – 7 p.m.  
Wednesday – Friday 8 a.m. – 5 p.m.



#### VISIT

Continuing Education Office, Technical Vocational Building, Room T-1475. Tuition and fees must be paid upon registration. Checks, money orders, credit and debit cards are accepted. **NO CASH IS ACCEPTED.**

##### OFFICE HOURS:

Open: Monday – Tuesday 8 a.m. – 7 p.m.  
Wednesday – Friday 8 a.m. – 5 p.m.

## PAYMENT OF FEES AND TUITION

All tuition and fees must be paid at the time of registration. We accept check, VISA, MasterCard, Discover, American Express and money orders. **NO CASH IS ACCEPTED.**



### 50 PLUS PROGRAM (50+ DISCOUNT)

Senior adults, age 50 or older, pay just 50 percent of the tuition on selected classes, plus all fees (facility, nonresident, online, supplies, etc.) Look for this symbol.

## A NON-RESIDENT OF COM DISTRICT

A non-resident of the College of the Mainland district shall be subject to out-of-district fees. To be a legal resident of the COM district, you must reside in one of the following school districts: La Marque, Texas City, Dickinson (including San Leon and Bacliff but not including Seabrook or Kemah), Hitchcock and Santa Fe (including Algoa, Arcadia and Alta Loma).

## BOOKS AND SUPPLIES

If books and supplies are required, they are not included in the tuition cost unless indicated in the course description. Some courses require the purchase of special books or equipment. Some courses require a supply fee payable at the first class, or a supply list will be provided at the time of registration or at the first class meeting. Books and supplies are usually available at the COM Bookstore or by ordering online at [www.combookstore.com](http://www.combookstore.com).

## CLASS CANCELLATIONS

Classes with insufficient enrollment are canceled prior to the start date of the class. Students will be notified by phone when a class is canceled; however, occasionally we are unable to reach a student before the first class meeting. A 100 percent refund will be processed automatically. Help avoid class cancellations by registering at least five days prior to the course start date.

## REFUND POLICY

Refunds for fitness memberships and Continuing Education tuition and fees will be 100 percent refunded before the first day of class. Refund requests may be made in person, by phone (409-933-8586) or by fax (409-933-8026). Refund requests must be received during normal business hours at least one business day prior to the calendar start date of the class.



## MINIMUM AGE REQUIREMENTS

Although some continuing education courses are specifically designed for younger students or for a specific education level, the majority of CE classes are designed to serve adult learners. Any adult 18 years of age or older, or an individual between the ages of 16 and 18 who has officially withdrawn from high school, is eligible to enroll in CE courses. Select courses may require students to be at least 21 years old. High school students, 16 years of age or older, are permitted to enroll under the COM concurrent enrollment policy with approval from appropriate public school officials. Students who are 13-15 years old may be given permission to enroll in CE courses that are not funded by the state, provided that a legal guardian enrolls in the same class and attends all classes with the student.

## 50 PLUS PROGRAM (50+)

Courses designed specifically for students 50 years of age or older are located in the 50 Plus Program section of this schedule beginning on page 34.

## AUDITING

Continuing education classes may not be audited.

## RECORD OF ACHIEVEMENT: CEUS

Continuing Education Units (CEUs) are nationally recognized to record satisfactory completion of certain approved occupation-related programs. One CEU is awarded for every 10 contact hours of instruction included in a specified continuing education class or activity. Successful completion is attendance-based unless otherwise noted. Ninety percent attendance is required for successful completion of most classes. Some classes require 100 percent attendance. A COM Continuing Education Program CEU transcript may be requested from the registrar's office at no charge. Reprints of CE certificates are available for \$5.

## ARE YOU AGE 50 PLUS?

### We have classes just for you! COM 50 PLUS PROGRAM

- Enroll in 50 Plus Program classes – with over 50 options – at a nominal cost.
- Join reasonably priced 50 Plus Program trips.
- Enroll in free or low-cost workshops.
- Receive a discount on COM Gym fitness memberships.
- Use the COM Library.
- Receive a discount on COM Cosmetology Services.  
Call 409-933-8480 for more information.
- Enjoy a discount on COM Community Theatre productions.  
Call 409-933-8345 for more information.

For more information see page 35 of this schedule,  
or call 409-933-8226.

## FINANCIAL ASSISTANCE

### TEXAS PUBLIC EDUCATION GRANTS

Grants are available, based on need, to individuals who want to take occupation-related courses. Grants may be used for tuition only. TPEG-eligible programs are identified on page 6. Applications for TPEG assistance should be submitted at least two weeks before the class start date. Applicants must complete the FAFSA, the COM Financial Aid Application and the TPEG Noncredit Application. Contact the Student Financial Services Office, 409-933-8274 or 1-888-258-8859, ext. 8274, for more information.

### THE HAZLEWOOD ACT/LEGACY PROGRAM

College of the Mainland may waive tuition and fees for Texas veterans, and their spouses and eligible children, who are no longer eligible under VA education benefits, were honorably discharged from the military after serving at least 180 days, entered the service with Texas as their home of record and have resided in Texas for at least 12 months prior to their registration date. Application procedures are as follows: The veteran/eligible spouse or child must provide proof of eligibility or ineligibility for GI/Montgomery benefits (Chapter 31, 33/Post 911) by requesting an education benefits letter from the VA office in Muskogee, Oklahoma, at 888-442-4551 or [www.gibill.va.gov](http://www.gibill.va.gov), provide a copy of the DD-214 and submit the appropriate Hazlewood Application (HE-V) and/or (HE-D) and required documentation to the Student Financial Aid/Veteran Affairs Office. Visit [www.com.edu](http://www.com.edu) and select Student Financial Services for more information, or contact the Student Financial Services/Veteran Affairs Office at 409-933-8274 or 1-888-258-8859, ext. 8274.

### WORKFORCE INVESTMENT ACT (WIA)

College of the Mainland is an approved vendor of the Gulf Coast Workforce Development Board and Houston-Galveston Area Council to provide vocational training for eligible participants in workforce programs under the federally funded Workforce Investment Act (WIA). Participants qualifying for programs funded under WIA receive free tuition, fees, books and possibly uniforms, tools and financial assistance with transportation and child care. Applicants may apply for services under the WIA through their local Gulf Coast Careers office. Currently approved programs include HVAC, CNC Machinist, Mechanical Maintenance Technician and Welding Programs. For more information on WIA, contact Tina Starkey at 409-933-8581.

## A Word About Waiting to Register...

Each class has a minimum enrollment. Once that minimum is reached, the class has "made." Find a class you like, and encourage a friend to join you! Sometimes two or three people can make a difference between having a course "make" or be canceled.





## GENERAL INFORMATION

### COLLEGE CALENDAR

In accordance with the approved College calendar, the College will be closed on the following dates:

- Jan. 16 Martin Luther King Jr. Day
- March 13-19 Spring Break
- April 14-16 Spring Holiday
- May 29 Memorial Day

### PARKING

Permits are not required. However, permits are now available, as a courtesy, from the campus police office. Regular patrols enforce the following parking regulations:

1. No parking in a "no parking zone"
2. No backing into a parking space
3. Must park within marked spaces
4. No driving against the flow of traffic
5. No unauthorized parking in handicap spaces
6. No driving/parking on nonroadways (i.e., sidewalks and grass)

### TOBACCO-FREE ENVIRONMENT

All COM campuses are tobacco-free facilities. In addition, COM has a zero-tolerance policy for alcohol on campus.

### STUDENT RECORD PRIVACY POLICY

College of the Mainland complies with the provisions of the Family Educational Rights and Privacy Act (Buckley Amendment of 1974, Public Law 90-247, as amended) and any regulations that may be promulgated therein. The College permits a student to inspect his or her own records and limits disclosure to others if a student has not granted access by prior written consent. No student record, demographics or schedule information will be shared with anyone over the phone or to any third party.

### ABBREVIATIONS USED IN THIS SCHEDULE

ADM	Administration and Enrollment Center
AHC	Allied Health Center-League City
IND	Industrial Education Building (formerly AUD building)
CE	Continuing Education
CL	Face-to-face classroom course
CLC	North County Learning Center-League City
COM	College of the Mainland
COS	Cosmetology Gulfway Plaza
FAB	Fine Arts Building
FIR	Firing Range
GCSI	Gulf Coast Safety Institute
HY	Hybrid course (50-85 percent online and 15 to 50 percent in the classroom)
IN	Internet (online) course
LLGP	Lifelong Learning Gulfway Plaza
LRC	Learning Resources Center (Library)
OLW	Online Learner Workshop
OSA	Occupational Skills Award
PSC	Public Service Careers Building
SC	Student Center
SCI	Science/Math Building
SYN	Synonym-unique identifying number

TBA	To Be Announced
TVB	Technical-Vocational Building
WIA	Workforce Investment Act

### INTERNET OR HYBRID CLASSES

Students enrolling in Internet (IN) courses will be charged a \$35 distance education fee per course; students enrolling in hybrid (HY) courses will be charged a \$25 distance education fee per course. All students enrolled in Internet or hybrid classes for the first time are required to successfully complete the Online Learner Workshop.

### BACTERIAL MENINGITIS VACCINATION REQUIREMENT

CE students will be required to show proof of having the bacterial meningitis vaccine if they are younger than 22 years old and enrolling in CE courses or programs with 360 hours or more. Proof of the vaccination must be provided to the Office of Admissions and Records 10 days before the first day of class. Visit [www.com.edu/admissions/meningitis-vaccinations.php](http://www.com.edu/admissions/meningitis-vaccinations.php) or stop by the Enrollment Center for more information.

### ONLINE LEARNER WORKSHOP (OLW)

All students enrolled in Internet or hybrid classes for the first time at College of the Mainland are required to successfully complete the Blackboard Online Learner Workshop prior to the start date of the course. The Online Learner Workshop is an introduction to the Blackboard Learning Management System. Blackboard is where your online courses are hosted. By completing the Online Learner Workshop you will gain the skills necessary to succeed in your online course. Access instructions can be found at <http://edtech.com.edu/olw/>. Contact the CE Department at 409-933-8586 to register for a workshop.

### TAX CREDIT

Continuing education tuition is not recognized the same as credit tuition and cannot be reported on a 1098T form. The IRS does allow a tax credit for tuition, fees and books for CE courses relating to workforce training and improving job skills but does not allow the credit for hobby and other general lifelong-learning courses. To claim the credit on your taxes, save a copy of your registration and bookstore receipts and complete IRS form 8863 with your tax return.

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# CE WORKFORCE PROGRAMS

information subject to change

Possible Financial Aid Sources

	HOURS	FOUND ON PAGE	TPEG	HAZLEWD	WIA	H-1B
<b>ALLIED HEALTH CAREERS</b>						
CERTIFIED NURSE AIDE	109	7	◆	◆		
DENTAL ASSISTANT	221	8	◆	◆		
ELECTROCARDIOGRAPHY (EKG) TECHNICIAN	112	9	◆	◆		
MEDICAL OFFICE/INSURANCE SPECIALIST	104	10	◆	◆		
MEDICATION AIDE	140	9	◆	◆		
PHLEBOTOMY TECHNICIAN	185	10	◆	◆		
PHYSICAL THERAPY AIDE	81	11	◆	◆		
<b>BUSINESS TECHNOLOGY CAREERS</b>						
REAL ESTATE	192	12		◆		
<b>INDUSTRIAL/TRADES CAREERS</b>						
ELECTRICIAN APPRENTICE PROGRAM	288	14				◆
INSTRUMENTATION HELPER I & II	320	15				◆
HVAC (LEVELS I, II, III)	298	16	◆	◆	◆	◆
CNC MACHINIST	252	20	◆	◆	◆	◆
MANUAL MACHINIST	256	19	◆	◆	◆	◆
MECHANICAL MAINTENANCE TECHNICIAN, BASIC	296	16	◆	◆	◆	◆
MECHANICAL MAINTENANCE TECHNICIAN, INTERMEDIATE	256	17	◆	◆	◆	◆
MECHANICAL MAINTENANCE TECHNICIAN, ADVANCED	192	18	◆	◆	◆	◆
INDUSTRIAL PIPEFITTING I & II	544	20	◆	◆	◆	◆
WELDING TECHNOLOGIES	varies	21	◆	◆	◆	◆
<b>PUBLIC SERVICE CAREERS</b>						
SECURITY OFFICER	32	23	◆	◆	◆	

## BACTERIAL MENINGITIS VACCINATION REQUIREMENT

CE students will be required to show proof of having the bacterial meningitis vaccine if you are younger than 22 years old and enrolling in CE courses or programs with 360 hours or more. Proof of the vaccination must be provided to Admissions 10 days before the first day of class. For more information visit [www.com.edu/admissions/meningitis-vaccinations.php](http://www.com.edu/admissions/meningitis-vaccinations.php) or the Enrollment Center or Continuing Education Office.

## FINANCIAL AID INFORMATION

See page 4 for more information about possible financial aid sources.



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# WORKFORCE PROGRAMS

## ALLIED HEALTH CAREERS

Allied health classes are offered at the Texas City main campus as well as the COM Learning Center-North County, located at 200 Parker Ct. on FM 518 in League City. Applications for the allied health certificate programs are available at the COM Learning Center-North County and in the CE Department on the main campus. Completed applications must be returned to the COM Learning Center-North County. Applications are also available online at [www.com.edu/ce](http://www.com.edu/ce).

## CERTIFIED NURSE AIDE

An application is required prior to registration.  
Call 409-933-8645 for details and approval.

A vital part of the health care field, certified nurse aides provide compassionate basic care for patients. This program trains nurse aides to work in hospitals and long-term care facilities. Between 2010-2020, the need for certified nurse aides is projected to grow by 20 percent. The mean hourly wage for certified nurse aides is \$11.54. (Source: Bureau of Labor Statistics)

Course #	Title	Hrs
<b>NURA 1001</b>	<b>Nurse Aide for Health Care I</b> This course prepares entry-level nursing assistants to achieve the knowledge, skills and abilities needed to provide basic care to hospital patients and residents of long-term care facilities. Students must enroll concurrently in Nurse Aide Clinicals (NURA-1060) to complete the Certified Nursing Assistant (CNA) Program.	<b>69</b>
<b>NURA 1060</b>	<b>Nurse Aide for Health Care II</b> Clinical experiences are unpaid, external learning experiences. Students must enroll concurrently in Nurse Aide for Health Care I (NURA-1001) to complete the COM Certified Nursing Assistant Program. Tuition includes malpractice insurance.	<b>40</b>
<b>TOTAL HOURS</b>		<b>109</b>

State certification: Students successfully completing these courses will be prepared to take the state exam, Certified Nursing Assistant. Students will also complete the Healthcare Provider CPR certification. Students will be required to purchase supplies needed for program participation. A complete list of supplies will be available the first day of class; the estimated cost of supplies is \$65.

## When Should I Register?

If a class starts on a...	Register by noon on the following days.
Sunday, Monday, Tuesday	Wednesday (the week before it starts)
Wednesday, Thursday	Thursday (the week before it starts)
Friday	Monday (of the same week)
Saturday	Tuesday (of the same week)

**REGISTRATION FOR SPRING 2017  
BEGINS DEC. 5, 2016.**

## NURSE AIDE FOR HEALTH CARE I – 69 HRS

<b>Cost:</b>	<b>In district: \$589</b>	<b>Out of district: \$594</b>
SYN: 5044 NURA-1001-208CL	02/06/17-04/10/17	MW
05:30PM-09:30PM	AHC 103	T Dickerson
Students must concurrently enroll in SYN: 5045 NURA-1060-108CL.		
SYN: 5046 NURA-1001-209CL	04/04/17-05/30/17	TTH
06:00PM-10:00PM	TBA	COM Faculty
Students must concurrently enroll in SYN: 5047 NURA-1060-109CL.		

## NURSE AIDE FOR HEALTH CARE II – 40 HRS

Tuition includes malpractice insurance (\$16) and the ID badge fee (\$6). Due to state standards, students must complete all 40 hours of the clinical rotation. Failure to comply could result in the inability to sit for the Certified Nurse Aide Examination.

<b>Cost:</b>	<b>In district: \$220</b>	<b>Out of district: \$225</b>
SYN: 5045 NURA-1060-108CL	02/25/17-04/05/17	S
06:00AM-02:00PM	TBA	T Dickerson
Students must concurrently enroll in SYN: 5044 NURA-1001-208CL.		
SYN: 5047 NURA-1060-109CL	04/22/17-05/20/17	S
06:00AM-02:00PM	TBA	COM Faculty
Students must concurrently enroll in SYN: 5046 NURA-1001-209CL.		

## CNA IN-SERVICE TRAINING – 12 HRS

One class scheduled for two days with total of 12 hours. Call 409-933-8645 to inquire about dates/times.

<b>Cost:</b>	<b>In district \$80</b>	<b>Out of district: \$85</b>
SYN: 4823 NURA-2000-104CL		



*Between 2010-2020, the need for certified nurse aides is projected to grow by 20 percent. (Source: Bureau of Labor Statistics)*



## DENTAL ASSISTANT

### *Occupational Skills Award*

An application is required prior to registration.

Call 409-933-8645 for details and approval.

Through hands-on labs and classes, this program trains students for employment as dental assistants, a rapidly growing branch of the health care field. Dental assistants perform a variety of tasks in dental offices, from patient care to record keeping. Between 2010-2020, the need for dental assistants is projected to grow 31 percent. The mean hourly wage for dental assistant is \$16.09. (Source: Bureau of Labor Statistics)

Course #	Title	Hrs
<b>DNTA 1015</b>	<b>Dental Chairside Assisting</b> This course will cover pre-clinical chairside assisting procedures, instrumentation and OSHA and other regulatory agencies' standards. Students will practice equipment safety, select armamentarium for introductory dental skills, implement infection and hazard control protocol, perform equipment maintenance, and demonstrate specific pre-clinical chairside assisting procedures.	<b>85</b>
<b>DNTA 1003</b>	<b>Registered Dental Assisting Exam Review</b> This course prepares dental assistants to meet Texas State Board of Dental Examiners (TSBDE) examination requirements. It includes a review of radiology, infection control and jurisprudence. This course prepares the student to take the state of Texas Registered Dental Assistant (RDA) Exam.	<b>36</b>
<b>DNTA 1060</b>	<b>Clinical Dental Assistant</b> This course will cover a health-related work-based learning experience that enables the student to apply specialized occupational theory, skills, and concepts. The clinical professional provides direct supervision.	<b>100</b>
<b>TOTAL HOURS</b>		<b>221</b>

State certification: Students successfully completing these courses will be prepared to take the Texas Registered Dental Assistant Exam.

### DENTAL CHAIRSIDE ASSISTING – 85 HRS

Tuition includes five hours of CPR training, the malpractice insurance fee (\$16), ID badge fee (\$6). Training includes lab experience, which will be scheduled with the instructor on Saturdays at a local dentist's office according to the syllabus. Space is limited.

**Cost:** In district: \$989 Out of district: \$994

SYN: 4809 DNTA-1015-210CL 01/30/17-04/19/17 MWS

06:00PM-09:00PM AHC 102 COM Faculty

Students must concurrently enroll in SYN: 4810 DNTA-1003-210CL and

SYN: 4812 DNTA-1060-106CL.

### REGISTERED DENTAL ASSISTANT EXAM REVIEW – 36 HRS

Students will be required to pay for the Texas Academy of General Dentistry RDA exam (approximately \$155) due near the end of the program. The instructor will provide specific due dates.

**Cost:** In district: \$280 Out of district: \$285

SYN: 4810 DNTA-1003-210CL 04/24/17-05/24/17 MW

06:00PM-09:35PM AHC 102 COM Faculty

09:00AM-12:00PM S

Students must concurrently enroll in SYN: 4809 DNTA-1015-210CL and

SYN: 4812 DNTA-1060-106CL.

### CLINICAL DENTAL ASSISTANT – 100 HRS

\*Course length is 100 hours; times will be coordinated by the instructor.

**Cost:** In district: \$119 Out of district: \$124

SYN: 4812 DNTA-1060-106CL 05/30/17-06/30/17 MTWTHF

08:00AM-05:00PM

TBA

COM Faculty

Students must concurrently enroll in SYN: 4809 DNTA-1015-210CL and

SYN: 4810 DNTA-1003-210CL.



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## ELECTROCARDIOGRAPHY (EKG) TECHNICIAN

An application is required prior to registration.  
Call 409-933-8645 for details and approval.

This program trains students to become EKG technicians, a key part of the medical team. EKG technicians prepare patients for an EKG by attaching electrodes to patient's arms, legs and chest. They also operate EKG machines while monitoring, interpreting and documenting patients' results, and they maintain and troubleshoot technical problems with EKG machines. EKG technicians work in health clinics, hospitals, and medical offices. Between 2010-2020, the need for EKG technicians is projected to grow 22 percent. The mean hourly wage is \$15.67. (Source: Bureau of Labor Statistics)

Course #	Title	Hrs
ECRD 1011	<b>Electrocardiography and Telemetry Monitoring</b> This introductory course is designed to teach the fundamentals of cardiovascular anatomy and physiology. Topics include basic electrocardiography procedures, interpretation of basic dysrhythmias and appropriate treatment modalities. Additional topics include an understanding of the heart and the implications of decreased cardiac output and its application in interpreting electrical activity. It also emphasizes the recognition of common and potentially lethal dysrhythmias.	64
CVTT 1060	<b>Clinical: Cardiovascular Technology</b> This course will cover a health-related, work-based learning experience that enables the student to apply specialized occupational theory, skills and concepts. The clinical professional supervises.	48
<b>TOTAL HOURS</b>		<b>112</b>

National certification: Students successfully completing these courses will be prepared to take the national exam given by National Healthcareer Association (NHA).

### ELECTROCARDIOGRAPHY AND TELEMETRY MONITORING – 64 HRS

Tuition includes five hours of CPR certification training, malpractice insurance fee (\$16), ID badge fee (\$6) and testing fee (\$161), which includes study guide and practice exams.

**Cost:** In district: \$689 Out of district: \$694  
SYN: 4813 ECRD-1011-107CL 03/21/17-05/30/17 TTH  
06:00PM-09:00PM AHC 104 COM Faculty  
Students must concurrently enroll in SYN: 4808 CVTT-1060-108CL.

### CLINICAL: CARDIOVASCULAR TECHNOLOGY – 48 HRS

Prerequisite: Enrollment and completion of ECRD 1011. \*Course length is 48 hours; times will be coordinated by instructor.

**Cost:** In district: \$119 Out of district: \$124  
SYN: 4808 CVTT-1060-108CL 05/31/17-06/23/17 MTWTHF  
08:00AM-05:00PM TBA COM Faculty  
Students must concurrently enroll in SYN: 4813 ECRD-1011-107CL.

**REGISTRATION FOR SPRING 2017  
BEGINS DEC. 5, 2016.**

## MEDICATION AIDE

An application is required prior to registration.

Call 409-933-8645 for details and approval.

**Prerequisite:** Must be a currently licensed and employed CNA or have 90 days unlicensed direct care experience in a DADs facility.

Medication aides serve an essential role in hospitals and long-term care facilities by helping distribute medications and monitor for adverse reactions. This program prepares students to take the state Medication Aide Certification Examination, and it adheres to the regulations and curriculum established by the Department of Aging and Disability Services. Between 2010-2020, the need for medication aides is projected to grow by 20 percent. The mean hourly wage for medication aides is \$11.54. (Source: Bureau of Labor Statistics)

Course #	Title	Hrs
NURA 1013	<b>Medication Aide</b> In this class students learn how to prepare and administer designated medications by nonlicensed nursing personnel employed in licensed health care agencies. They also learn the responsibilities with medication administration.	140
<b>TOTAL HOURS</b>		<b>140</b>

State certification: Students successfully completing the course will be prepared to take the state Medication Aide Certification Examination.

### MEDICATION AIDE – 140 HRS

Training includes 10 hours of clinical experience, which will be scheduled with the instructor. Tuition includes malpractice insurance (\$16) and the ID badge fee (\$6). Due to state standards, students must complete all hours.

**Cost:** In district: \$980 Out of district: \$985  
SYN: 4824 NURA-1013-202CL 03/20/17-05/31/17 MTW  
05:00PM-09:00PM AHC 103 R McAninch

### MEDICATION AIDE UPDATE – 8 HRS

Class scheduled for one day, a total of eight hours. Call 409-933-8645 to inquire about date/time.

**Cost:** In district: \$65 Out of district: \$70  
SYN: 4825 NURA-2000-102CL

## We're In Your Neighborhood!



**The COM Learning Center – North County is  
located at 200 Parker Ct. in League City.**

It offers allied health care programs,  
allied health professional development courses.

Call 409-933-8645 for more information or visit [www.com.edu/nc](http://www.com.edu/nc).



## PHLEBOTOMY TECHNICIAN

### *Occupational Skills Award*

An application is required prior to registration.

Call 409-933-8645 for details and approval.

Prerequisite: A high school diploma or GED.

A rapidly growing occupation in the health care field, phlebotomists draw blood for tests, transfusions, research or blood donations. COM trains phlebotomy technicians in the safest methods of drawing blood with as little patient discomfort as possible. They find employment in hospitals, doctor's offices, medical and diagnostic laboratories, and blood donor centers. Between 2010-2020, the need for phlebotomy technicians is projected to grow 13 percent. The mean hourly wage for phlebotomy technicians is \$14.53. (Source: Bureau of Labor Statistics)

Course #	Title	Hrs
PLAB 1023	<b>Phlebotomy Technician</b> This course is designed to introduce students to the basic knowledge and skills of the phlebotomy profession. Students will learn types of blood collections utilizing the proper techniques and universal precautions. The required textbook is available in the COM Bookstore.	85
PLAB 1060	<b>Clinical: Phlebotomy</b> This course will cover a health-related, work-based learning experience that enables the student to apply specialized occupational theory, skills and concepts. The clinical professional supervises.	100
<b>TOTAL HOURS</b>		<b>185</b>

National certification: Students successfully completing these courses will be prepared to take the national exam given by American Society for Clinical Pathology.

### PHLEBOTOMY TECHNICIAN – 85 HRS

Tuition includes malpractice insurance (\$16), testing fee (\$135), ID badge fee (\$6) and five hours of CPR certification training.

**Cost:** In district: \$880 Out of district: \$885

SYN: 4827 PLAB-1023-214CL 02/07/17-05/23/17 TTH  
06:00PM-09:00PM AHC 102 V Moreno  
Students must concurrently enroll in: 4828-PLAB-1060-114CL.

### CLINICAL PHLEBOTOMY – 100 HRS

\*Course length is 100 hours and will be coordinated by instructor.

**Cost:** In district: \$119 Out of district: \$124

SYN: 4828 PLAB-1060-114CL 05/30/17-06/30/17 MTWTHF  
08:00AM-05:00PM TBA V Moreno  
Students must concurrently enroll in SYN: 4827 PLAB-1023-214CL.

## Continuing Education General Information Policies

See page 5.

## MEDICAL OFFICE/INSURANCE

### SPECIALIST

### *Occupational Skills Award*

No application is required prior to registration.

Call 409-933-8645 for details.

Prerequisite: A high school diploma or GED.

Prepare to enter the medical field in one semester with the Medical Office/Insurance Specialist Program. These courses prepare students to obtain entry-level administrative positions in health care settings and provide a solid foundation for those wanting to continue their studies to become health information technicians. Between 2012-2022, this field is projected to grow 22 percent, much faster than the average for all occupations. The mean hourly wage is \$14.68. (Source: Bureau of Labor Statistics)

Course #	Title	Hrs
MDCA 1000	<b>Medical Office</b> This course will provide students with an introduction to medical office operations, equipment, procedures and human relations skills.	24
MDCA 1043	<b>Medical Insurance Specialist</b> This course emphasizes medical office coding for payment and reimbursement by patient or third-party payers for ambulatory care settings.	80
HITT 1066	<b>Practicum – Health Information</b> This course will cover practical, general workplace training supported by an individualized learning plan developed by the employer, college and student. Enrollment and completion of MDCA-1000 and MDCA-1043 required. This course is not required but highly recommended.	160
<b>TOTAL HOURS</b>		<b>232</b>

National Certification: Students successfully completing MDCA 1000 and MDCA 1043 will be prepared to take the CPC-A exam given by the American Academy of Professional Coders (AAPC). Students may be required to pay for membership to AAPC (approximately \$80). See instructor for details.

### MEDICAL OFFICE – 24 HRS

**Cost:** In district: \$507 Out of district: \$512

SYN: 4821 MDCA-1000-208CL 02/06/17-03/01/17 MW  
06:00PM-09:00PM CLC 111 S Magdall  
Students must concurrently enroll in SYN: 4822 MDCA-1043-209CL.

### MEDICAL INSURANCE SPECIALIST – 80 HRS

**Cost:** In district: \$699 Out of district: \$704

SYN: 4822 MDCA-1043-209CL 03/06/17-05/10/17 MWTH  
06:00PM-09:00PM CLC 111 S Magdall  
Students must concurrently enroll in SYN: 4821 MDCA-1000-208CL.

### PRACTICUM – HEALTH INFORMATION – 160 HRS

\*Course length is 160 hours and will be coordinated by the instructor.

**Cost:** In district: \$119 Out of district: \$124

SYN: 4820 HITT-1066-103CL 05/15/17-06/19/17 MTWTHF  
08:00AM-05:00PM TBA S Magdall

Students must enroll and successfully complete

SYN: 4821, MDCA-1000-208CL and SYN: 4822, MDCA-1043-209CL.



## PHYSICAL THERAPY AIDE

No application is required prior to registration.

Call 409-933-8645 for details.

Recommended: A high school diploma or GED.

This new program trains physical therapy aides to work closely with a physical therapist and to perform duties including preparing the patient and the treatment area. The program serves as an introduction to the field for those who want to continue their education to become physical therapy assistants and for certified nurse assistants who want to expand their skills to work in restorative care. A rapidly growing field, physical therapy aides find employment in hospitals, doctor's offices, skilled nursing care facilities and physical therapy treatment centers. The median pay is \$11.48. (Source: Bureau of Labor Statistics)

Course #	Title	Hrs
PTHA 1009	<b>Introduction to Physical Therapy</b> Students will be introduced to the profession of physical therapy and the role of the physical therapist assistant. Topics include the application of basic patient care, functional skills, communication and selected data collection techniques.	81

**TOTAL HOURS** 81

Students successfully completing the course will be issued a certificate of completion from College of the Mainland.

### INTRODUCTION TO PHYSICAL THERAPY – 81 HRS

Training includes eight hours of lab experience, which will be scheduled with the instructor. Tuition includes five hours of CPR certification training.

<b>Cost:</b>	<b>In district: \$575</b>	<b>Out of district: \$580</b>
SYN: 4829 PTHA-1009-202CL	02/02/17-05/18/17	TTH
06:00PM-09:00PM	AHC-104	COM Faculty



*"It's a fulfilling job. I'm making a difference in people's lives. Without this class I would not be able to help patients and families like I do now."*

—Monica Fischer, former COM student  
employed Sheila's Angels In-Home Care



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FACEBOOK**

[www.facebook.com/comcontinuinged](http://www.facebook.com/comcontinuinged)

## ALLIED HEALTH PROFESSIONAL DEVELOPMENT

### HEARTSAVER CPR/AED COURSE – 5 HRS

This American Heart Association (AHA) course provides the knowledge and skills of basic CPR for the nonmedical person. The course provides training for students in basic CPR, including calling for help, head tilt-chin lift, giving compressions and rescue breathing. Students will receive an AHA Heartsaver CPR/AED card upon completion of the course.

<b>Cost:</b>	<b>In district: \$55</b>	<b>Out of district: \$60</b>
SYN: 4807 AHCEX-1002-107CL	02/11/17	S
08:00AM-01:00PM	CLC 106	M Chatman

### HEALTH CARE PROVIDER CPR – 5 HRS

Designed for the health care provider, the course includes one and two-rescuer adult CPR, child CPR, infant CPR, and adult and pediatric foreign body airway obstruction. The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.

<b>Cost:</b>	<b>In district: \$55</b>	<b>Out of district: \$60</b>
SYN: 5591 EMSCE-1003-101CL	01/26/17	TH
05:00PM-10:00PM	CLC 106	M Chatman
SYN: 5596 EMSPX-1019-102CL	02/09/17	TH
05:00PM-10:00PM	CLC 106	M Chatman
SYN: 5598 EMSPX-1019-104CL	03/23/17	TH
05:00PM-10:00PM	CLC 106	M Chatman
SYN: 5602 EMSPX-1019-105CL	04/13/17	TH
05:00PM-10:00PM	CLC 106	M Chatman
SYN: 5603 EMSPX-1019-106CL	05/11/17	TH
05:00PM-10:00PM	CLC 106	M Chatman

### CERTIFIED BASIC LIFE SUPPORT INSTRUCTOR – 8 HRS

Participants will learn the educational theory and skills necessary to prepare the American Heart Association Cardiopulmonary Resuscitation (CPR) instructor candidate to present lectures, facilitate skill stations and conduct student evaluations for CPR courses. The textbook and supplies are included in the fee and can be picked up at the COM Learning Center-North County after registration. AHA instructor training consists of three stages:

**STAGE 1:** The instructor candidate takes the self-directed online Instructor Essentials Course in his or her chosen discipline – the certificate of completion is required to proceed to Stage 2. Each Instructor Essentials Course includes approximately 30 minutes of general information about teaching American Heart Association courses, with the remainder of the presentation focused on discipline-specific information.

**STAGE 2:** The instructor candidate takes the faculty-led, classroom-based instructor course in his or her chosen discipline.



**STAGE 3:** A faculty member monitors the instructor candidate as he or she teaches the first course in his or her discipline. After completing all stages, candidates receive an instructor card valid for two years.

Requirements for registration: Candidates must have a current provider course card for their chosen discipline and must align with an American Heart Association Training Center that is accepting new instructors in their chosen discipline. The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA. For more information, please contact Melanie Chatman at 409-933-8279. **This class is nonrefundable.**

**Cost:** In district: \$275 Out of district: \$280  
SYN: 4819 EMSP-1042-101CL 02/10/17-02/10/17 F  
08:00AM-05:00PM CLC 106 M Chatman



*Learn a life-saving skill with  
College of the Mainland CPR courses for  
health care providers and other professionals.*

## Continuing Education Office Hours

Monday – Tuesday 8 a.m. – 7 p.m.  
Wednesday – Friday 8 a.m. – 5 p.m.

For more information, call 409-933-8586.

## COM students glean from *567 years* of experience



*Read the story on page 49.*

## IMPORTANT DATES

Dec. 5	Spring 2017 Registration Begins
Dec. 17 – Jan. 2	COM Closed for Holidays
Jan. 16	COM Closed for MLK Day
Jan. 17	Spring 2017 Classes Begin

For more information, call 409-933-8586.

## Want a career as a REAL ESTATE AGENT?

The real estate market is recovering and  
COM will train to fill the demand.

- ▶ The Bureau of Labor and Statistics states average annual salary for a real estate agent is \$45,610.
- ▶ Fast-track classes start every two weeks.

For more information, call 409-933-8586.

**REGISTRATION FOR SPRING 2017  
BEGINS DEC. 5, 2016.**



# FAST-TRACK REAL ESTATE PROGRAM

## REAL ESTATE

### Occupational Skills Award

In one semester, students in this program prepare for careers as real estate agents, who have an average annual salary of \$45,610 according to the Bureau of Labor Statistics. Classes are held at the COM Learning Center –North County located in League City at 200 Parker Ct. at FM 518. For more information, call 409-933-8586.

The Texas Real Estate Commission requires students to complete 180 classroom hours before taking the Texas Real Estate Salesperson Exam. Six courses are mandatory: Real Estate Principles I, Real Estate Principles II, Real Estate Law of Agency, Real Estate Law of Contracts, Real Estate Finance and Texas Real Estate Promulgated Contracts and Forms.

Course #	Title	Hrs
<b>RELE 1001</b>	<b>Real Estate Principles I</b> This course is an overview of licensing as a real estate broker or salesperson. Topics include ethics of practice as a license holder, titles to and conveyance of real estate, legal descriptions, deeds, encumbrances and liens, distinctions between personal and real property, appraisal, finance and regulations, closing procedures and real estate mathematics. A minimum of three hours classroom instruction will be devoted to federal, state and local laws relating to housing discrimination, housing credit discrimination and community reinvestment. The textbook can be purchased at the COM Bookstore or online.	<b>32</b>
<b>RELE 1038</b>	<b>Real Estate Principles II</b> This class complements Real Estate Principles I and can be taken before Principles I. The textbook can be purchased at the COM Bookstore or online.	<b>32</b>
<b>RELE 2001</b>	<b>Real Estate Law of Agency</b> This course is the study of law of agency including principal-agent and master-servant relationships, the authority of an agent, the termination of an agent's authority, the fiduciary and other duties of an agent, employment law, deceptive trade practices, listing or buying procedures and the disclosure of an agency. The textbook can be purchased at the COM Bookstore or online.	<b>32</b>
<b>RELE 1011</b>	<b>Real Estate Law of Contracts</b> This course covers the elements of a contract, offers and acceptance, the statute of frauds, specific performance and remedies for breaches of contracts, unauthorized practice of law, commission rules relating to use of adopted forms and owner disclosure requirements. The textbook can be purchased at the COM Bookstore or online.	<b>32</b>
<b>RELE 1019</b>	<b>Real Estate Finance</b> This course provides an overview of the U.S. monetary system, primary and secondary money markets, sources of mortgage loans, federal government programs, loan applications, processes and procedures, closing costs, alternative financial instruments, equal credit opportunity laws affecting mortgage lending, Community Reinvestment Act, and the State Housing Agency. The textbook can be purchased at the COM Bookstore or online.	<b>32</b>
<b>RELE 1000</b>	<b>Real Estate Promulgated Contracts</b> This class examines various topics related to Texas real estate contracts such as the unauthorized practice of law, the Texas Broker-Lawyer Committee, TREC rules governing promulgated contract use, an examination of current TREC promulgated contracts and practice preparing current TREC contracts and forms using case studies. The textbook can be purchased at the COM Bookstore or online.	<b>32</b>
<b>TOTAL HOURS</b>		<b>192</b>

#### REAL ESTATE PRINCIPLES I – 32 HRS

**Cost:** In district: \$150 Out of district: \$155  
 SYN: 4777 RELE-1001-502CL 01/09/17-01/20/17 MTWTH  
 09:00AM-01:00PM CLC 113 A Ramirez

#### REAL ESTATE PRINCIPLES II – 32 HRS

**Cost:** In district: \$150 Out of district: \$155  
 SYN: 4778 RELE-1038-502CL 01/30/17-02/09/17 MTWTH  
 09:00AM-01:00PM CLC 113 A Ramirez

#### REAL ESTATE LAW OF AGENCY – 32 HRS

**Cost:** In district: \$150 Out of district: \$155  
 SYN: 4779 RELE-2001-502CL 02/20/17-03/02/17 MTWTH  
 09:00AM-01:00PM CLC 113 L Lendsey

#### REAL ESTATE LAW OF CONTRACTS – 32 HRS

**Cost:** In district: \$150 Out of district: \$155  
 SYN: 4780 RELE-1011-502CL 03/20/17-03/30/17 MTWTH  
 09:00AM-01:00PM CLC 113 L Lendsey

#### REAL ESTATE FINANCE – 32 HRS

**Cost:** In district: \$150 Out of district: \$155  
 SYN: 4781 RELE-1019-502CL 04/03/17-04/13/17 MTWTH  
 09:00AM-01:00PM CLC 113 COM Faculty

#### REAL ESTATE PROMULGATED CONTRACTS – 32 HRS

**Cost:** In district: \$150 Out of district: \$155  
 SYN: 4782 RELE-1000-502CL 04/24/17-05/04/17 MTWTH  
 09:00AM-01:00PM CLC 113 L Lendsey

#### REAL ESTATE EXAM REVIEW – 16 HRS

**Cost:** In district: \$80 Out of district: \$85  
 SYN: 4776 RELE-1058-501CL 01/05/17-01/06/17 THF  
 08:45AM-04:45PM STU 203 L Lendsey  
 SYN: 4783 RELE-1058-502CL 05/11/17-05/12/17 THF  
 08:45AM-04:45PM STU 203 L Lendsey

## NEW REAL ESTATE

### EVENING CLASSES beginning Spring 2017

For information, call 409-933-8586.

State certification: Students successfully completing these courses will be prepared to take the Texas Real Estate Salesperson Exam.



# INDUSTRIAL TRADE CAREERS

## Electrician Apprentice Program Occupational Skills Award

COURSE SEQUENCE  
(Select classes will be offered each semester)

COM's Electrical Apprentice Program, which can be completed in about ten months, prepares students for entry-level positions as an electrical apprentice. Electricians and electrical apprentices can work with systems in residential and commercial environments, refineries, manufacturing and electrical plants. The median hourly wage in Texas for electrical helpers is \$14.18 (source: DOL 2016).

The courses follow NCCER curricula and students will obtain NCCER credentials for completion of NCCER Core, NCCER Electrical Level 1 and Level 2. NCCER credentials are recognized nationwide and highly desired by local industry employers. Textbooks are not included.

Course #	Title	Hrs
CNBT 1018	<b>NCCER Core</b> This course introduces students to basic job site construction safety in residential, commercial and industrial construction. Students will also learn how to select and use hand tools, portable and stationary power tools, and related construction equipment. At the end of the course, students will be able to demonstrate the safe use of a variety of hand tools and portable and stationary power tools. Students will obtain their OSHA 10 certification and NCCER credentials for NCCER Core.	64
ELPT 1011	<b>NCCER Electrical Level 1</b> In this course, students will be introduced to mathematical applications used to solve problems in the electrical field. Students will learn to use a calculator to perform operations involving fractions and decimals; compute percentages using ratio and proportions; convert unit values, solve simple equations, and calculate areas and volumes of geometric solids. Prerequisite: CNBT-1018	96
ELPT 1041	<b>NCCER Electrical Level 2-A</b> This course will introduce students to basic direct current (DC) theory including electron theory and direct current applications. Upon course completion, students will be able to explain atomic structure and basic electrical values such as voltage, current, resistance and power as well as summarize the principles of magnetism. Students will also learn to calculate electrical values for series, parallel and combination circuits and utilize electrical measuring instruments. Prerequisite: CNBT-1018, ELPT-1011	64
ELPT 1045	<b>NCCER Electrical Level 2-B</b> Students will discover the different wiring methods for single-family and multi-family dwellings and learn to wire devices according to electrical codes. The course also covers load calculations, service entrance sizing, proper grounding techniques and associated safety procedures. Upon completion of the course, students will be able to compute the circuit sizes needed for the installation of circuits, feeders and conductors and demonstrate grounding methods and safe installation of ground fault circuits. Prerequisite: CNBT 1018, ELPT 1011, ELPT 1045	64
<b>TOTAL HOURS</b>		<b>288</b>

To enroll in this program, students must meet the **eligibility requirements of the H-1B Ready to Work Grant. Tuition is free for those who qualify.** For more information, please contact Chris Hollman at 409-933-8643.

### NCCER CORE – 64 HRS

Instructor approval required.

Cost: In district: \$485 Out of district: \$490

SYN: 4834 CNBT 1018-220CL 05/09/17-06/29/17 TTH

06:00PM-10:00PM IND 006 W Welch

### NCCER ELECTRICAL LEVEL 1 – 96 HRS

Instructor approval required.

Cost: In district: \$575 Out of district: \$580

SYN: 4830 ELPT-1011-210CL 01/09/17-04/10/17 MW

06:00PM-10:00PM IND 006 J Sandoval

### NCCER ELECTRICAL LEVEL 2-A – 64 HRS

Instructor approval required.

Cost: In district: \$475 Out of district: \$480

SYN: 4831 ELPT-1041-203CL 01/10/17-03/02/17 TTH

06:00PM-10:00PM IND 006 D Chambers

SYN: 4833 ELPT-1041-211CL 04/24/17-06/19/17 MW

06:00PM-10:00PM IND 006 J Sandoval

### NCCER ELECTRICAL LEVEL 2-B – 64 HRS

Instructor approval required.

Cost: In district: \$475 Out of district: \$480

SYN: 4832 ELPT-1045-204CL 03/21/17-05/16/17 TTH

06:00PM-10:00PM IND 006 D Chambers

## ELECTRIFY YOUR CAREER

### NEW ELECTRICAL PROGRAM

For Unemployed and Underemployed Workers



- ⚡ Offered by COM's Continuing Education Department
- ⚡ Paid Tuition and Training\* ⚡ Resume and Career Support\*

\*for qualifying students

**409-933-8643**

DOL H-1B Gulf Coast Ready to Work Grant

These programs are funded by a grant awarded implemented by the U.S. Dept. of Labor's Employment & Training Administration. The information contained in this product was created by the grantee organization and does not necessarily reflect the official position of the U.S. Dept. of Labor. All references to non-governmental companies or organizations, their services, products or resources are offered for information purposes and should not be construed as an endorsement by the Department of Labor.

The College district prohibits discrimination, including harassment, against any student, applicant or staff on the basis of race, color, religion, age, gender, national origin, disability or any other basis prohibited by law.



## INSTRUMENTATION HELPER

COM's new Instrumentation Helper Program can be completed in about ten months. After completion students will be able to enter into entry-level positions as instrumentation helpers, leading to a career as instrumentation technicians.

Instrumentation technicians and helpers work with systems in commercial and industrial environments, refineries, manufacturing and electrical plants. The median hourly wage for instrumentation technicians is \$25.04 with entry-level helper positions starting at \$15.77 per hour. (Source: CareerOneStop 2015)

The courses follow NCCER curricula and students will obtain NCCER credentials for completion of NCCER Core, NCCER Instrumentation Level 1 and Level 2. NCCER credentials are recognized nationwide and highly desired by local industry employers.

### Instrumentation I Occupational Skills Award

NCCER Core, NCCER Level 1

#### COURSE SEQUENCE

Course #	Title	Hrs
CNBT1018	<b>NCCER Core</b> This course introduces students to basic job site construction safety in residential, commercial and industrial construction. Students will also learn how to select and use hand tools, portable power and stationary power tools and related construction equipment. At the end of the course, students will be able to demonstrate the safe use of a variety of hand tools, portable and stationary power tools. Students will obtain their OSHA 10 certification and NCCER credentials for NCCER Core.	64
INTC 1007	<b>NCCER Instrumentation Level 1</b> In this course, students will become familiar with the theory and application of instrumentation test equipment. The course emphasizes accuracy, limitations of instruments and calibration techniques. At the end of the course, students will be able to select, set up and use test and measurement tools; analyze measurement results; identify test instrument limitations and parameters; and demonstrate proper safety procedures. Upon completion, students will obtain credentials for NCCER Instrumentation Level 1. Prerequisite: CNBT 1018	96

### Instrumentation II Occupational Skills Award

NCCER Level 2

#### COURSE SEQUENCE

INTC 1043	<b>NCCER Instrumentation Level 2-A</b> This course is an introduction to automatic process control including measuring devices, analog and digital instrumentation, signal transmitters, recorders, alarms, controllers, control valves, and process and instrument diagrams. Topics include the connection and troubleshooting of loops. At the end of the course, students will have learned to explain pneumatic and electronic controls; connect and troubleshoot control loops; and draw process and instrument diagrams, wiring diagrams and block diagrams. Upon completion, students will obtain credentials for several modules of NCCER Instrumentation Level 2. Prerequisite: CNBT 1018, INTC 1007	96
INTC 1025	<b>NCCER Instrumentation Level 2-B</b>	64

This course trains students in the installation of instrumentation equipment into a process environment using industry standards. Students will learn to outline the general procedures for installing instrumentation and mount an assigned series of instrumentation devices. Upon completion, students will obtain credentials for completion of NCCER Instrumentation Level 2. Prerequisite: CNBT 1018, INTC 1007, INTC 1043

#### TOTAL HOURS

320

To enroll in this program, students must meet the **eligibility requirements of the H-1B Ready to Work Grant. Tuition is free for those who qualify.** For more information, please contact Chris Hollman at 409-933-8643.

#### NCCER CORE – 64 HRS

Instructor approval required.

<b>Cost:</b>	<b>In district: \$485</b>	<b>Out of district: \$490</b>
SYN: 4835 CNBT-1018-241CL	03/20/17-05/10/17	MW
06:00PM-10:00PM	IND 006	W Welch

#### NCCER INSTRUMENTATION LEVEL I – 96 HRS

Instructor approval required.

<b>Cost:</b>	<b>In district: \$575</b>	<b>Out of district: \$580</b>
SYN: 4838 INTC-1007-512CL	01/09/17-02/20/17	MTWTH
08:00AM-12:00PM	IND 006	R Buchanan
SYN: 4837 INTC-1007-242CL	05/24/17-08/16/17	MW
06:00PM-10:00PM	IND 006	COM Faculty

#### NCCER INSTRUMENTATION LEVEL 2-A – 96 HRS

Instructor approval required.

<b>Cost:</b>	<b>In district: \$575</b>	<b>Out of district: \$580</b>
SYN: 4839 INTC-1043-513CL	02/27/17-04/13/17	MTWTH
08:00AM-12:00PM	IND 006	R Buchanan
SYN: 4836 INTC-1043-233CL	03/21/17-06/08/17	TTH
06:00PM-10:00PM	IND 006	COM Faculty

#### NCCER INSTRUMENTATION LEVEL 2-B – 64 HRS

Instructor approval required.

<b>Cost:</b>	<b>In district: \$475</b>	<b>Out of district: \$480</b>
SYN: 4839 INTC-1025-514CL	04/24/17-05/18/17	MTWTH
08:00AM-12:00PM	IND 006	R Buchanan



#### INSTRUMENTATION HELPER CERTIFICATE

*A New Career in Ten Months*



## Heating, Ventilation and Air-Conditioning *Occupational Skills Award*

**RECOMMENDED COURSE SEQUENCE**  
(Select classes will be offered each semester.)  
Textbooks not included.

COM's Heating, Ventilation and Air-Conditioning Program prepares students for a successful career as an HVAC technician. A growing career, HVAC technicians work with systems in commercial offices, industrial complexes, manufacturing plants, homes, restaurants and hotels. The need for qualified HVAC technicians and installers in the Gulf Coast region is anticipated to grow 25.7 percent by 2022. The median hourly wage is \$19.84, with entry-level positions starting below that rate. (Source: Workforce Solutions, 2016) Financial assistance may be available. Textbooks not included.

Course #	Title	Hrs
<b>HART 1001</b>	<b>Basic Electricity for HVAC</b> This course will introduce the principles of electricity as required for the heating, ventilation and air-conditioning trade. Students will demonstrate knowledge of basic principles of electricity, electrical current, circuitry and air-conditioning devices; demonstrate electrical safety and receive OSHA 10 credential. Prerequisite: High School Diploma or GED.	<b>48</b>
<b>HART 1038</b>	<b>Air-Conditioning, Level I</b> This course is a study of HVAC terminology, tools and skills. Students will identify and use HVAC tools; identify and use copper, plastic, and ferrous metal piping techniques; perform brazing and soldering operations; explain electrical and HVAC principles. Prerequisite: HART-1001.	<b>96</b>
<b>HART 1005</b>	<b>Air-Conditioning, Level II</b> This course is a study of practical applications of air-conditioning principles. Students will measure AC and DC electrical circuits, air properties and distribution; demonstrate maintenance procedures of typical HVAC equipment. Prerequisites: HART-1001, HART 1038	<b>96</b>
<b>HART 2036</b>	<b>Air-Conditioning, Level III</b> This is an advanced course demonstrating troubleshooting principles. Students learn to use test instruments to conduct performance tests and to diagnose problems in air-conditioning and refrigeration components and systems. Prerequisites: HART-1001, HART 1038, HART 1005	<b>48</b>
<b>HART 1043</b>	<b>EPA Course and Test</b> Federal regulations require that those who work with regulated refrigerants be certified. This course will provide intensive training to update students' knowledge and/or skills in preparation for the certification exam, which verifies that students have an understanding of Section 608 of the Federal Clean Air Act of 1990. Prerequisites: HART-1001, HART 1038, HART 1005	<b>10</b>
<b>TOTAL HOURS</b>		<b>298</b>

## DID YOU KNOW ?

That the number of HVAC technicians needed for the greater Houston area will grow 25.7% by the year 2022 with the median salary of \$19.84/hour depending on skill level.

### BASIC ELECTRICITY FOR HVAC – 48 HRS

**Cost:** In district: \$355 Out of district: \$360  
SYN: 4906 HART-1001-221CL 01/10/17-02/23/17 TTH  
06:30PM-10:00PM GCSI 117 E Martinez

### AIR-CONDITIONING LEVEL I – 96 HRS

**Cost:** In district: \$575 Out of district: \$580  
SYN: 4907 HART-1038-221CL 01/09/17-04/10/17 MW  
06:00PM-10:00PM GCSI 117 J Porter  
SYN: 4908 HART-1038-222CL 03/07/17-06/15/17 TTH  
06:30PM-10:00PM GCSI 117 E Martinez

### AIR-CONDITIONING LEVEL II – 96 HRS

**Cost:** In district: \$575 Out of district: \$580  
SYN: 4909 HART-1005-222CL 04/24/17-07/17/17 MW  
06:00PM-10:00PM GCSI 117 J Porter

### EPA COURSE AND TEST – 10 HRS

**This course does not qualify for employee free class.**

**Cost:** In district: \$200 Out of district: \$205  
SYN: 4910 HART-1043-222CL 04/22/17-04/29/17 S  
08:00AM-01:00PM IND 019 COM Faculty  
SYN: 4911 HART-1043-223CL 06/17/17-06/24/17 S  
08:00AM-01:00PM IND 019 COM Faculty



*College of the Mainland trains individuals to work as heating, ventilation and air-conditioning technicians in a hands-on program that's less than a year.*



## Mechanical Maintenance Technician, Basic *Occupational Skills Award*

### REQUIRED COURSE SEQUENCE

Required for Mechanical Maintenance Technician Intermediate and Advanced OSA and the Machinist OSA  
(Select classes will be offered each semester.)  
Textbooks not included.

COM's Mechanical Maintenance Technician Program prepares students for a wide variety of duties, such as preventative maintenance, making machinery adjustments and repairing equipment using blueprints, sketches, diagrams and a variety of tools. Employment can be found in a variety of industrial settings such as petrochemical, energy exploration, manufacturing and productions, machine shop, power plants and construction sites in all industries. The need for qualified mechanical maintenance technicians (also referred to as industrial machinery mechanics, maintenance workers or millwrights) in the Gulf Coast region is anticipated to grow by 44.1 percent by 2022. The median hourly wage is \$23.15, with entry-level positions starting below that rate. (Source: Workforce Solutions, 2016) Financial assistance may be available (see page 6). Textbooks not included.

Course #	Title	Hrs
INMT 1005	<b>Introduction to Industrial Maintenance</b> This course trains in the basic mechanical skills and repair techniques common to most fields of industrial maintenance. Topics include using precision measuring instruments and the safety rules common in industry, including lockout/tag-out and OSHA 10 card.	64
TECM 1001	<b>Industrial Mathematics</b> This course teaches math skills applicable to industrial occupations. It includes fraction and decimal manipulation, measurement, percentages and problem-solving techniques for equations and ratio/proportion applications.	64
POFT 1006	<b>Job Search and Employment Skills</b> Students will gain skills required to obtain a job and will complete a standard employment application, demonstrate interviewing skills and discuss the job search process.	40
MCHN 1002	<b>Print Reading for Machine Trades and Rigging</b> Students will study blueprints for machining trades with an emphasis on machine drawings. Topics will include identifying the elements of machine drawings; interpreting the dimensions, tolerances and geometric aspects of blueprints; explaining geometric dimensioning and tolerancing (GD&T) symbols and their meanings; identifying the safety concerns associated with lifting loads; rigging a load for lifting; performing a safety check before a load is lifted; and identifying the equipment required to make a lift. Prerequisites: TECM-1001 and INMT-1005	64
WLDG 1021	<b>Metallurgy and Welding Fundamentals</b> This course is an introduction to the fundamentals of the equipment used in oxy-fuel and arc welding, including welding and cutting safety, basic oxy-fuel welding and cutting, basic arc welding processes and basic metallurgy. Prerequisite: Basic MMT Certificate TECM 1001, INMT 1005	64
<b>TOTAL HOURS</b>		<b>296</b>

### INDUSTRIAL MAINTENANCE INTRODUCTION – 64 HRS

Cost: In district: \$485 Out of district: \$490  
SYN: 4896 INMT-1005-222CL 01/10/17-03/02/17 TTH  
06:00PM-10:00PM IND 005 D Urbatsch

### INDUSTRIAL MATHEMATICS – 64 HRS

Cost: In district: \$475 Out of district: \$480  
SYN: 4897 TECM-1001-222CL 03/21/17-05/11/17 TTH  
06:00PM-10:00PM IND 007 R Himel

### PRINT READING FOR MACHINE TRADES AND RIGGING – 64 HRS

Cost: In district: \$475 Out of district: \$480  
SYN: 4894 MCHN-1002-221CL 01/09/17-03/06/17 MW  
06:00PM-10:00PM IND 007 D Wall

### METALLURGY AND WELDING FUNDAMENTALS – 64 HRS

Cost: In district: \$475 Out of district: \$480  
SYN: 4899 WLDG-1021-222CL 03/21/17-05/11/17 TTH  
06:00PM-10:00PM IND 005 G Cupples

### MACHINE SHOP BASIC I – 64 HRS

Cost: In district: \$475 Out of district: \$480  
SYN: 4895 MCHN-1038-221CL 01/10/17-03/02/17 TTH  
06:00PM-10:00PM IND 012 A Mills

## DID YOU KNOW ?

That the number of Mechanical Maintenance Technicians needed for the greater Houston area will grow 44.1% by the year 2022 with the median salary of \$23.15/hour depending on skill level.

### CE Registration Date

Registration begins Dec. 5, 2016,  
for Spring 2017 Continuing Education  
and  
50 Plus Program classes.



## Mechanical Maintenance Technician, Intermediate

### *Occupational Skills Award*

#### REQUIRED COURSE SEQUENCE

Prerequisite: Basic Mechanical Maintenance Technician OSA  
Textbooks not included.

Course #	Title	Hrs
MCHN 2005	<b>Millwright III – Bearings, Seals and Couplings</b> This course is an introduction to bearings and seals. It focuses on the design and installation of seals, bearings and couplings. Prerequisites: Basic MMT OSA	64
MCHN 2007	<b>Millwright IV – Lubrication, Valves and Pumps</b> This course is a study in the recognition and application of various types of pumps. It will focus on troubleshooting, repairing and installing pumps. Prerequisites: Basic MMT OSA	64
MCHN 2012	<b>Millwright V – Gear Boxes, Chain and Belt Drives</b> This course teaches the recognition and application of gearboxes, and it reviews drive installations using chain and belt drives. This course will focus on troubleshooting, repairing and installing gearboxes, chain drives and belt drives. Prerequisites: Basic MMT OSA	64
INMT 2003	<b>Pumps, Compressors and Mechanical Drives</b> Students will study the theory and operations of various types of pumps and compressors. Topics include mechanical power transmission systems including gears, v-belts and chain drives. Prerequisites: Basic MMT OSA	64
<b>TOTAL HOURS</b>		<b>256</b>

#### **MILLWRIGHT III – BEARINGS, SEALS AND COUPLINGS – 64 HRS**

**Cost:** In district: \$475 Out of district: \$480  
SYN: 4901 MCHN-2005-222CL 03/20/17-05/10/17 MW  
06:00PM-10:00PM IND 017 L Lindsey

## Mechanical Maintenance Technician, Advanced

### *Occupational Skills Award*

#### REQUIRED COURSE SEQUENCE

Prerequisite: Basic Mechanical Maintenance Technician OSA and Intermediate Mechanical Maintenance Technician OSA  
Textbooks not included.

Course #	Title	Hrs
MCHN 2014	<b>Millwright VI – Reciprocating, Centrifugal Compressors and Blowers</b> This course is a study of the design, operation and application of fans, blowers and compressors. Topics will emphasize the relationships and differences between types of pneumatic equipment as well as troubleshooting, repairing and installing fans, blowers and compressors. Prerequisites: Basic and Intermediate MMT OSA	64
MCHN 2016	<b>Millwright VII – Turbines</b> This course is a study in the operational principles of turbines, the types of turbines and the troubleshooting and repair of turbine equipment. The course will also review the installation of turbine systems. Prerequisites: Basic and Intermediate MMT OSA	64
MCHN 2018	<b>Millwright VIII – Alignment and Vibration</b> This course is an introduction to equipment alignment techniques and procedures. The course will focus on skill development in collinear alignment using both the conventional method of alignment and the reverse dial indicator method. This course will also introduce the student to laser shaft alignment. Prerequisites: Basic and Intermediate MMT OSA	64
<b>TOTAL HOURS</b>		<b>192</b>

#### **MILLWRIGHT VII – TURBINES – 64 HRS**

**Cost:** In district: \$475 Out of district: \$480  
SYN: 4903 MCHN-2016-221CL 01/10/17-03/02/17 TH  
06:00PM-10:00PM IND 017 L Lindsey

## Continuing Education Office Hours

**Monday – Tuesday** 8 a.m. – 7 p.m.  
**Wednesday – Friday** 8 a.m. – 5 p.m.

For more information, call 409-933-8586.



*Mechanical maintenance students  
work in the lab.*



**NEW** **Manual Machinist**  
*Occupational Skills Award*  
**RECOMMENDED COURSE SEQUENCE**

COM's Manual Machinist Program prepares students for employment utilizing precision machining tools, lathes, mills and grinders to produce precision metal parts. Machinists work from blueprints and sketches to set up, operate and disassemble manual machine tools. Employment can be found in a variety of industrial settings such as petrochemical, energy exploration, manufacturing and productions, and machine shops. The need for qualified manual machinists in the Gulf Coast region is anticipated to grow by 37.7 percent by 2022. The median hourly wage is \$19.88, with entry-level positions starting below that rate. (Source: Workforce Solutions, 2016). Prerequisites: MMT Basic, or Approval from the Director of CE Industrial Workforce Programs and 1 year work experience as a manual machinist. Financial assistance may be available, see front of schedule for details. Textbooks not included.

Course #	Title	Hrs
<b>MCHN 1038</b>	<b>Basic Machine Shop I</b> This course is an introduction to machining fundamentals. Students will demonstrate set-up and use of lathe, milling machine, drill press, power saw, and bench grinder while applying good housekeeping, proper safety, and preventative maintenance. Prerequisites: MMT Basic OSA or Approval from Director of CE Industrial Workforce Programs.	<b>64</b>
<b>MCHN 1013</b>	<b>Basic Milling</b> This course is a study of the common types of milling machines. Students will identify milling machine components and their functions; identify types of milling machines; describe the different types of milling; calculate speeds and feeds for milling machines; set up milling machines; and operate milling machines; use of blueprints, theory and safety procedures. Prerequisites: MMT Basic OSA or Approval from Director of CE Industrial Workforce Programs, MCHN-1038	<b>64</b>
<b>MCHN 1008</b>	<b>Basic Lathe</b> This course is a study of the common types of lathe machines. Students will identify lathe machine components and their functions; identify types of lathes, use formulas to calculate speeds and feeds; set up basic lathe operations; perform metal removal operations such as turning, facing, drilling, grooving, turning on centers, and threading; and perform basic machine maintenance; use blueprints, theory and safety procedures. Prerequisites: MMT Basic OSA or Approval from Director of CE Industrial Workforce Programs, MCHN-1038, MCHN-1013	<b>64</b>
<b>MCHN 2041</b>	<b>Advanced Machining</b> This course is a study of advanced lathe and milling operations. Students will identify and apply special tooling for the lathe and milling machines; list machine and work setup procedures; identify and select proper tooling for machining of specific materials; and perform advanced lathe and milling machine setup to specifications. Prerequisites: MMT Basic OSA or Approval from Director of CE Industrial Workforce Programs, MCHN-1038, MCHN-1013, MCHN-1008	<b>64</b>
<b>TOTAL HOURS</b>		<b>256</b>

**BASIC MILLING – 64 HRS**

**Cost:** In district: \$475 Out of district: \$480  
 SYN: 5052 MCHN-1013-222CL 03/21/17 – 05/11/17 TTH  
 06:00PM-10:00PM IND 017 A Mills

**They're HIRING.  
 We're TRAINING.**



- ✓ Paid Tuition and Training\*
- ✓ Resume and Career Support\*

\*for qualifying students

**Industrial Crafts Training**

- CNC Machinist
- Drafting
- Electrical
- HVAC
- Instrumentation
- Mechanical Maintenance / Millwright
- Pipefitting
- Process Technology
- Welding

**Leadership & Professional Training**

- Lean Six Sigma
- Project Management



**Enrollment  
 OPEN**



**College of the Mainland®**

**409-933-8643** [www.com.edu/ce/GCRTW-Grant](http://www.com.edu/ce/GCRTW-Grant)

**DOL H-1B Gulf Coast Ready to Work Grant**

- College of the Mainland • San Jacinto College • Brazosport College • Lee College

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## CNC Machinist Occupational Skills Award

### RECOMMENDED COURSE SEQUENCE

COM's CNC Machinist program prepares students for employment utilizing machining tools, computer numerical controlled (CNC) turning centers (lathes) and machining centers (mills) utilizing computer aided manufacturing (CAM) programming software MasterCAM for multi-axis mills and lathes. Employment can be found in a variety of industrial settings such as petrochemical, energy exploration, manufacturing and productions, and machine shops. The need for qualified manual machinists in the Gulf Coast region is anticipated to grow by 37.7% by 2022. The median hourly wage is \$19.88, with entry-level positions starting below this rate. (Source: Workforce Solutions, 2016). Prerequisites: Mechanical Maintenance Technician Basic, Manual Machinist Occupational Skills Award or Approval from the Director of CE Industrial Workforce Programs and 2 years work experience as a manual machinist. Financial assistance may be available. Textbooks not included.

Course #	Title	Hrs
<b>MCHN 2003</b>	<b>CNC Programming</b> This course is a study of the programming and operation of Computer Numerical Controlled (CNC) machine shop equipment. Students will demonstrate operations of CNC machine controls; compare and contrast the differences between conventional and CNC machines. Prerequisites: MMT Basic OSA or Approval from the Director of CE Industrial Workforce Programs w/2 years of manual machinist experience.	<b>124</b>
<b>MCHN 1026</b>	<b>CAM / Mastercam</b> This course is a study of Computer-Aided Manufacturing (CAM) software which is used to develop applications for manufacturing. Students will use Mastercam software to create part programs and transfer programs to the machine control unit. Prerequisites: MMT Basic OSA or Approval from Director of CE Industrial Workforce Programs, Machinist OSA, MCHN-2003	<b>64</b>
<b>MCHN 2038</b>	<b>CAM Multi-Axis</b> This course is a study of Computer-Aided Manufacturing (CAM) software Mastercam to create multi-axis part programs; transfer programs to the machine control units; and machine parts. Prerequisites: MMT Basic OSA or Approval from Director of CE Industrial Workforce Programs, Machinist OSHA, MCHN-1026	<b>64</b>
<b>TOTAL HOURS</b>		<b>252</b>

### CNC PROGRAMMING – 124 HRS

**Cost:** In district: \$720 Out of district: \$725  
 SYN: 4904 MCHN-2003-221CL 01/10/17-04/25/17 TTH  
 06:00PM-10:00PM IND 019 D Barrett

### CAD/CAM MASTERCAM – 64 HRS

**Cost:** In district: \$475 Out of district: \$480  
 SYN: 4905 MCHN-1026-222CL 05/09/17-06/29/17 TTH  
 06:00PM-10:00PM IND 019 D Barrett

## DID YOU KNOW?

That the number of Manual and CNC Machinist needed for the greater Houston area will grow 37.7% by the year 2022 with the median salary of \$19.88/hour depending on skill level.

**NEW**

## INDUSTRIAL PIPEFITTING

### RECOMMENDED COURSE SEQUENCE

COM's Pipefitting Program prepares a student for employment as a helper or apprentice. Pipefitters may install, assemble, fabricate, maintain, repair and troubleshoot mechanical piping systems carrying fuel, chemicals, water, steam and air in heating, cooling, lubricating and various other process piping systems. Pipefitters are employed in the maintenance departments of power stations, refineries, offshore installations, factories and similar establishments, by pipefitting contractors. The need for qualified pipefitters in the Gulf Coast region is anticipated to grow by 24.4 percent by 2022. The median hourly wage is \$24.68, with entry-level positions starting below that rate. (Source: Workforce Solutions, 2016). Prerequisites: High School Diploma or GED. Financial assistance may be available, see front of schedule for details. Textbooks not included.

## Industrial Pipefitting I Occupational Skills Award

### NCCER CORE, NCCER Level 1, NCCER Level 2

Course #	Title	Hrs
<b>CBNT 1018</b>	<b>Pipefitting – NCCER CORE</b> This course is a comprehensive study of NCCER CORE for pipefitting students. The student will demonstrate the safe use of hand tools, power tools, and related equipment for pipefitting, basic rigging and material handling; apply knowledge of blueprints, construction math, communication and employable skills. Students will receive OSHA 10 credential and after successful completion students will be listed in the NCCER National Registry. Prerequisites: High School Diploma or GED	<b>64</b>
<b>PFPB 1008</b>	<b>Pipefitting – NCCER Level 1</b> This course is a comprehensive study of NCCER Level 1 for pipefitting. The student will be introduced to the pipefitting trade. Will demonstrate the use of hand tools and power tools associated with pipefitting; identification of pipe, pipe fittings, flanges, and fasteners; apply mathematical calculations applicable to pipe-fitting installations; identify equipment used in pipefitting such as oxyfuel cutting, ladders and scaffolds and motorized equipment. Prerequisites: Pipefitting – NCCER CORE	<b>96</b>
<b>PFPB 1043</b>	<b>Pipefitting – NCCER Level 2</b> This course is a comprehensive study of NCCER Level 2 for pipefitting. The student will identify and demonstrate the use of different piping systems; socket and butt weld pipe fabrication, treading pipe; install pipe hangers and supports; sketch isometric views of piping assemblies; interprets piping standard and specification; use measuring devices and pipefitting trade math. Prerequisites: Pipefitting – NCCER CORE, Level 1	<b>128</b>
<b>TOTAL HOURS</b>		<b>288</b>

### PIPEFITTING – NCCER CORE – 64 HRS

**Cost:** In district: \$485 Out of district: \$490  
 SYN: 4912 CNBT-1018-271CL 01/10/17-03/02/17 TTH  
 06:00PM-10:00PM IND 007 COM Faculty

### PIPEFITTING – NCCER LEVEL 1 – 96 HRS

**Cost:** In district: \$575 Out of district: \$580  
 SYN: 5050 PFPB-1008-272CL 03/07/17-06/01/17 TTH  
 06:00PM-10:00PM IND 007 COM Faculty



## Industrial Pipefitting II Occupational Skills Award

NCCER Level 3, NCCER Level 4

COM's Pipefitting Program prepares a student for employment as a helper or apprentice. Pipefitters may install, assemble, fabricate, maintain, repair and troubleshoot mechanical piping systems carrying fuel, chemicals, water, steam and air in heating, cooling, lubricating and various other process piping systems. Pipefitters are employed in the maintenance departments of power stations, refineries, offshore installations, factories and similar establishments, by pipefitting contractors. The need for qualified pipefitters in the Gulf Coast region is anticipated to grow by 24.4 percent by 2022. The median hourly wage is \$24.68, with entry-level positions starting below that rate. (Source: Workforce Solutions, 2016). Prerequisites: High School Diploma or GED. Financial assistance may be available, see front of schedule for details. Textbooks not included.

Course #	Title	Hrs
PFPB 1050	<b>Pipefitting – NCCER Level 3</b> This course is a comprehensive study of NCCER Level 3 for pipefitting. The student will identify and demonstrate the safe use of construction equipment used in the pipefitting trade for installation of different plumbing systems. Focus will be on rigging and motorized equipment and practices. Prerequisites: Pipefitting – NCCER CORE, Level 1, Level 2	128
PFPB 2033	<b>Pipefitting – NCCER Level 4</b> This course is a comprehensive study of NCCER Level 4 for pipefitting. The student will identify and apply advance pipe fabrication and alignment for rotating equipment. Identify, describe, apply and maintain steam traps, in-line specialties, hot tap fittings and valves. Prerequisites: Pipefitting – NCCER CORE, Level 1, Level 2, Level 3	128
<b>TOTAL HOURS</b>		<b>256</b>

### New PIPEFITTING course now enrolling

A new pipefitting program at College of the Mainland will prepare students for a rapidly growing career in refineries, manufacturing and power generation.

For more information, call 409-933-8186.

## DID YOU KNOW ?

That the number of Pipefitters for the greater Houston area will grow by 27.4 percent by the year 2022 with the median salary at \$24.68/hour depending on skill level.

## WELDING

Prepare to enter a field with growing opportunities with COM's Welding Technology Program. Area plants are investing billions of dollars in capital improvements, and COM provides training that supports industry demands. Employment can be found in a variety of industrial settings such as the oil and gas industry, energy exploration, power plants and construction. The need for qualified welders in the Gulf Coast region is anticipated to grow by 26.7 percent by 2020. The median hourly wage is \$17.53, with entry-level positions starting below that rate. (Source: Workforce Solutions, 2014)

COM's program prepares a student completing the Welding, Multiple Processes class to be hired as a welder SMAW (shielded metal arc welding) helper/tacker. Students completing three classes may be hired as a structural welder (SMAW), while students completing five classes may be hired as a pipe welder (SMAW). **The course includes a \$200 lab fee. Not included is approximately \$250 for personal equipment.**

### WELDING, MULTIPLE PROCESSES – 112 HRS

<b>Cost:</b>	<b>In district: \$700</b>	<b>Out of district: \$705</b>
SYN: 4693 WLDG-1007-131CL	01/17/17-02/09/17	MTWTH
08:30AM-05:00PM	WLD 010	R Brown/V Woods/D Miller
SYN: 4696 WLDG-1007-270CL	01/17/17-03/06/17	MTWTH
06:00PM-10:00PM	WLD 010	K Phillip
SYN: 4694 WLDG-1007-132CL	02/20/17-03/22/17	MTWTH
08:30AM-05:00PM	WLD 010	R Brown/V Woods/D Miller
SYN: 4697 WLDG-1007-271CL	03/20/17-05/04/17	MTWTH
06:00PM-10:00PM	WLD 010	K Phillip
SYN: 4695 WLDG-1007-133CL	03/27/17-04/19/17	MTWTH
08:30AM-05:00PM	WLD 010	R Brown/V Woods/D Miller

### Interested in a career in WELDING?

Careers in Welding Technology now provide many job opportunities for skilled technicians. There is a great demand for qualified applicants in transportation equipment, industrial machinery, fabricated products and manufacturing industries. Specialization in construction, repair, industrial and commercial application are prevalent. Employers usually give preference to training program graduates.

- Complete one welding class to become a Welder SMAW helper/tacker.
- Complete three classes to become a Structural Welder SMAW.
- ▶ There is a one-time investment of approximately \$250 for personal equipment.
- ▶ Included in tuition is a \$200 lab fee.
- ▶ Financial assistance may be available through Workforce Solutions or Hazlewood Act benefits.

For more information, call 409-933-8586.



## CUSTOMIZED CORPORATE TRAINING

COM's Continuing Education Department works with a variety of companies to design specific training to meet its needs. Whether employees need leadership or welding skills, expertise in email communication or training in workplace ESL, the Continuing Education Department can create a customized course. We also offer a wide variety of professional development courses designed for industry members to learn specific skills. In addition, workforce training courses prepare those who desire to enter an industry, and personal enrichment courses offer an opportunity to broaden students' horizons with new skills and discoveries.

College of the Mainland offers a flexible way to become adept in Lean Six Sigma Tools like DMAIC, Eight Wastes, Value Stream Mapping, Failure Mode Effects and Analysis (FMEA), and ROI Maximization as well as the processes of Lean Six Sigma.

These Green and Black Belt courses are taught through blended learning which includes self-paced online modules, student guides and instructor-led virtual sessions focused on execution, it's all designed so you can improve process efficiency!

In order to qualify for your Belt Certificate, you'll need to achieve the minimum score on each module and the final exam. Courses are intensive and only for those who want to be at the top of their game and drive real business value for their companies. Class sizes are limited to ensure optimum instructor / student interaction. Statistical software not included, each student will need to have a copy of (Minitab) for data analysis. Contact the Continuing Education office for class schedule. Online six sigma training that is taught through blended learning brought to you by the PEX Network powered by The Quality Group.

### LEAN SIX SIGMA – GREEN BELT – 48 HRS

Students will learn quality-assurance/quality-control procedures used to confirm viability and confidence of sample results or procedures. It emphasizes documentation, blank and check sample (spike) preparation and control tables.

Methods and tools in Lean drive productivity improvement. Methods and tools in Six Sigma drive improvements in defects and variation (DMAIC). Cost of class does not include statistical software. You will need to have Minitab. Contact Continuing Education at 409-933-8586 for information.

Cost: In district: \$2750 Out of district: \$2750

### LEAN SIX SIGMA – BLACK BELT – 77 HRS

This course will cover planning and implementing quality programs in an organization and analyzing costs/benefits of quality. It also covers the impact of employee empowerment. Methods and tools in Lean drive productivity improvement. Methods and tools in Six Sigma drive improvements in defects and variation (DMAIC). Cost of class does not include statistical software. You will need to have Minitab. Contact Continuing Education Department at 409-933-8586 for information.

Cost: In district: \$4495 Out of district: \$4495

[www.legalstudies.com/vender/college-of-the-mainland](http://www.legalstudies.com/vender/college-of-the-mainland)



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LEGAL STUDIES

The Center for Legal Studies is a legal education company **focused** on providing students with the most affordable and effective legal education possible. Our goal is to provide our students with the flexibility necessary to achieve their academic goals while continuing with their everyday lives. New classes start every eight weeks.

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Legal Investigation	\$645	Legal Secretary \$645
Victim Advocacy	\$645	Alternative Dispute Resolution \$645

All courses are designed to provide students with practical real-world skills they need to be job-ready. Courses are non-credit, continuing education. Above listed pricing reflects tuition only. Required books and materials are not included. All certificates of completion are issued by College of the Mainland. Call for more info:

1-800-522-7737



# PUBLIC SERVICE CAREERS

All students enrolling in Internet (IN) or hybrid (HY) classes for the first time at College of the Mainland are required to successfully complete the free, two-hour Blackboard Online Learner Workshop prior to the start date of the course. See page 5 of this schedule for registration details. Students will be charged an additional \$25 fee for each hybrid course and a \$35 fee for each Internet course.

## FIRE TECHNOLOGY

### DRIVER/OPERATOR/PUMPER – 80 HRS

This course satisfies curriculum and certification requirements for Texas Commission on Fire Protection Driver/Operator-Pumper. Topics include curriculum and competencies as set forth in the TCFP Curriculum Manual for Driver/Operator-Pumper. Students successfully completing the course will be eligible to test for Driver/Operator-Pumper Certification, provided they satisfy TCFP testing requirements. Students are responsible for TCFP testing and certification fees. Contact Director of Fire Technology Danny McLerran for additional information at 409-933-8378 or dmclerran@com.edu.

**Cost:** In district: \$695 Out of district: \$700  
SYN: 4883FIRS-2044-101CL 05/15/17-05/26/17 MTWTHF  
08:00AM-05:00PM PSC 120 S Scott

### FIRE INSTRUCTOR III – 64 HRS

Internet Course: This course satisfies curriculum and certification requirements for Texas Commission on Fire Protection Fire Instructor III. Topics include curriculum and competencies as set forth in the TCFP Curriculum Manual for Fire Instructor III. Students will be required to attend labs to complete TCFP skills required to be completed in the presence of a field examiner. Labs are TBA and listed in the course schedule. Students successfully completing the course will be eligible to test for Fire Instructor III Certification, provided they satisfy TCFP testing requirements. Students are responsible for TCFP testing and certification fees. Contact Danny McLerran, Director of Fire Technology at 409-933-8378 or dmclerran@com.edu for additional information.

**Cost:** In district: \$185 Out of district: \$190  
SYN: 4885FIRT-2059-001IN 02/13/17-05/12/17 Internet D McLerran

### BASIC FIRE INSPECTOR – 224 HRS

Internet Course: The following three courses satisfy curriculum requirements for Texas Commission on Fire Protection (TCFP) Basic Fire Inspector Certification. Topics include curriculum and competencies as set forth in the TCFP Curriculum Manual for Basic Fire Inspector. Students must enroll in FIRT 1008, FIRT 1040 and FIRT 1002. Students will be required to attend labs to complete TCFP performance skills. Lab dates and times will be listed in the course syllabus. Students successfully completing the course will be eligible to test for the Basic Fire Inspector Certification examination, provided they satisfy TCFP testing requirements. Students are responsible for testing and certification fees. Contact Danny McLerran, Director of Fire Technology at 409-933-8378 or dmclerran@com.edu for additional information.

**In order to satisfy TCFP Basic Fire Inspector requirements, students must enroll in the following three courses: FIRT 1008, FIRT 1040 and FIRT 1002.**

### FIRE INSPECTOR I – 96 HRS

The cost for all three courses is included in FIRT 1008.

**Cost:** In district: \$630 Out of district: \$635  
SYN: 4884FIRT-1008-101IN 01/17/17-05/12/17  
Internet M Simons/D McLerran

### FIRE INSPECTOR II – 80 HRS

The cost for all three courses is included in FIRT 1008.

SYN: 4889FIRT-1040-101IN 01/17/17-05/12/17  
Internet M Simons/D McLerran

### PLAN EXAMINER I – 48 HRS

The cost for all three courses is included in FIRT 1008.

SYN: 4886FIRT-1002-101IN 01/17/17-05/12/17  
Internet M Simons/D McLerran

### FIRE OFFICER IV – 64 HRS

Internet Course: This course satisfies curriculum and certification requirements for Texas Commission on Fire Protection Fire Officer IV. Topics include curriculum and competencies as set forth in the TCFP Curriculum Manual for Fire Officer IV. Students must attend labs to complete TCFP skills in the presence of a field examiner. Labs are TBA and listed in the course schedule. Students successfully completing the course will be eligible to test for Fire Officer IV certification, provided they satisfy TCFP testing requirements. Students are responsible for TCFP testing and certification fees. Contact Danny McLerran, Director of Fire Technology at 409-933-8378 or dmclerran@com.edu for additional information.

**Cost:** In district: \$185 Out of district: \$190  
SYN: 4890FIRT-2057-101IN 02/13/17-05/12/17  
Internet D McLerran

### SFFMA FIREFIGHTER I

The following two courses satisfy curriculum and certification standards for the State Firefighters and Fire Marshals Association (SFFMA) Firefighter I. Topics include curriculum and competencies as set forth in the SFFMA Curriculum Manual for Firefighter I. Students must enroll in FIRS 1001 and FIRS 1007. Students successfully completing the course will be eligible to test for the SFFMA Firefighter I Certification examination, provided they satisfy SFFMA testing requirements. Prerequisite: Student must be sponsored by a fire department. Contact Danny McLerran, Director of Fire Technology at 409-933-8378 or dmclerran@com.edu for additional information.

**In order to satisfy SFFMA Firefighter I requirements, students must enroll in the following two courses: FIRS 1001 and FIRS 1007.**



## FIREFIGHTER CERTIFICATION I – 74 HRS

The cost for both courses is included in FIRS 1001.

**Cost:** In district: \$795 Out of district: \$800  
SYN: 4891FIRS-1001-201CL 02/13/17-05/13/17 MW  
06:00PM-10:00PM/ PSC 120 C Anderson/D McLerran  
08:00AM-05:00PM S

## FIREFIGHTER CERTIFICATION II – 74 HRS

The cost for both courses is included in FIRS 1001.

SYN: 4888FIRS-1007-202CL 02/13/17-05/13/17 MW  
06:00PM-10:00PM/ PSC 120 C Anderson/D. McLerran  
08:00AM-05:00PM S

## SFFMA FIREFIGHTER II

Internet Course: The following two courses satisfy curriculum and certification standards for the State Firefighters and Fire Marshals Association (SFFMA) Firefighter II. Topics include curriculum and competencies as set forth in the SFFMA Curriculum Manual for Firefighter I. Students must enroll in FIRS 1029 and FIRS 1033. Students successfully completing the course will be eligible to test for the SFFMA Firefighter II certification examination, provided they satisfy SFFMA testing requirements. Prerequisite: Students must have successfully completed SFFMA Firefighter I and be sponsored by a fire department. Contact Danny McLerran, Director of Fire Technology at 409-933-8378 or dmlcerra@com.edu for additional information.

**In order to satisfy SFFMA Firefighter II requirements, students must enroll in the following two courses: FIRS 1029 and FIRS 1033.**

## FIREFIGHTER CERTIFICATION VI – 80 HRS

The cost for both courses is included FIRS 1029.

**Cost:** In district: \$250 Out of district: \$255  
SYN: 4887FIRS-1029-001IN 02/13/17-05/13/17  
Internet C Anderson/D McLerran

## FIREFIGHTER CERTIFICATION VII – 80 HRS

The cost for both courses is included FIRS 1029.

SYN: 4892FIRS-1033-001IN 02/13/17-05/13/17  
Internet C Anderson/D McLerran

## EMERGENCY MEDICAL SERVICES

Continuing Education for Emergency Medical Services personnel is easy and affordable. Whether you need Department of State Health Services-approved CE (refresher, remedial, recertification) or renewal of your "card classes" (AHA-CPR, ACLS, ITLS, etc.), we are here to help.

If your organization has a specific need, give us a call at 409-933-8224.

We are flexible and quick to respond to the needs of our customers.

**For more information, call 409-933-8198.**

## SECURITY AND LOSS PREVENTION

### COMMISSIONED SECURITY OFFICER

COM's Commissioned Security Officer Course, which can be completed in about a week, prepares the student for a successful career as a commissioned security officer. Commissioned security officers guard, patrol or monitor premises to prevent theft, violence or infractions of rules. They may operate X-ray and metal detector equipment. They may work in a wide variety of places, including public buildings, retail stores, industrial facilities and office buildings. The median hourly wage in Texas is \$24,680 per year/ \$11.87 per hour. (Source: Bureau of Labor Statics)

Course #	Title	Hrs
SLPS 1013	<b>Commissioned Security Officer</b> This course provides required training to carry firearms for private security employment. Training consists of TCPS Levels II and III covering the role of the security officer, legal power and authority for arrest, search and use of force, professionalism, leadership, ethical conduct, written documentation, emergency situation conflict resolution and commission rules and regulations. Students must pass written exams and demonstrate proficiency with a handgun and shotgun. Successful completion of the course will provide initial certification through the Texas Private Security Bureau to carry a firearm for private security employment responsibility.	32

**TOTAL HOURS** 32

### COMMISSIONED SECURITY OFFICER – 32 HRS

Contact Dan Blackford at 409-933-8285 for further information.

<b>Cost:</b>	<b>In district: \$260</b>	<b>Out of district: \$265</b>
SYN: 4843 SLPS-1013-101CL	01/23/17-01/26/17	MTWTH
08:00AM-05:00PM	PSC 116	D Blackford
SYN: 4844 SLPS-1013-201CL	02/06/17-02/15/17	MTWTHF
06:00PM-10:00PM	PSC 116	D Blackford
SYN: 4845 SLPS-1013-101CL	03/27/17-03/30/17	MTWTH
08:00AM-05:00PM	PSC 116	D Blackford
SYN: 4846 SLPS-1013-201CL	05/08/17-05/17/17	MTWTHF
06:00PM-10:00PM	PSC 116	D Blackford

### SECURITY CLASSROOM INSTRUCTOR – 40 HRS

This course complies with mandated Texas Commission on Private Security training standards for issuance of a classroom instructor license. Course curriculum is taken directly from TCOLE Basic Instructor Course. Topics covered include the adult learning process, factors affecting adult learning, four phases of teaching/learning process, learning objectives and their proper use, lesson plan preparation, methods of instruction, techniques for developing tests and evaluations and the use of instructional media. Contact Susan Meadows for further information at 409-933-8285.

<b>Cost:</b>	<b>In district: \$215</b>	<b>Out of district: \$220</b>
SYN: 4852 SLPS-2059-101CL	03/06/17-03/10/17	MTWTHF
08:00AM-05:00PM	PSC 116	R Williamson

## Need Your TCOLE Mandated Training?

Is your department looking for more training for your officers? Contact College of the Mainland Law Enforcement Training. COM can accommodate nearly any training request you may have, from Basic Peace Officer to Master Instructor. **Call us, and we will be happy to work with you.**

For more information, call 409-933-8299.



## SECURITY FIREARMS INSTRUCTOR – 40 HRS

This course is designed to comply with mandated TCOLE training standards for the issuance of a firearms instructor license. Topics covered include instruction methodology, weapons handling, weapons maintenance, course of fire development, range development and exposure to airborne lead dust. Prerequisite: Each student will be required to shoot three courses of fire (revolver/pistol/shotgun) on the first day and obtain a minimum score of 90 percent (two attempts). A student unable to achieve 90 percent will not be allowed to participate in the course at this time. Each student must provide a letter on letterhead confirming current employment or designation by agency chief administrator or academy coordinator as a firearms instructor. Minimum age is 21. Tuition includes all necessary professional standard ammunition, range fees, target supplies, weapon cleaning supplies and a notebook. Contact Dan Blackford at 409-933-8285 for further information. **No refunds will be issued.**

**Cost:** In district: \$450 Out of district: \$455  
SYN: 4853 SLPS-2000-106CL 03/20/17-03/24/17 MTWTHF  
08:00AM-05:00PM FIR 107 D Blackford

## SECURITY FIREARMS REQUALIFICATION – 7 HRS

This course provides training for every-two-years firearms requalification and continuing education training mandated by the Texas Commission on Private Security in order to recertify as a commissioned security officer. Training must take place within the last 90 days prior to the expiration date of the commission. Contact Dan Blackford at 409-933-8485 for more information.

**Cost:** In district: \$65 Out of district: \$70  
SYN: 4847 SLPS-2000-101CL 01/06/17 F  
08:00AM-03:00PM FIR 107 D Blackford  
SYN: 4848 SLPS-2000-102CL 02/03/17 F  
08:00AM-03:00PM FIR 107 D Blackford  
SYN: 4849 SLPS-2000-103CL 03/03/17 F  
08:00AM-03:00PM FIR 107 D Blackford  
SYN: 4850 SLPS-2000-104CL 04/07/17 F  
08:00AM-03:00PM FIR 107 D Blackford  
SYN: 4851 SLPS-2000-105CL 05/05/17 F  
08:00AM-03:00PM FIR 107 D Blackford

## BASIC POLICE OFFICER

The Basic Peace Officer Academy (768 hours) provides graduates the necessary basic training to obtain a position as a police officer, constable, deputy sheriff or any other licensed peace officer position within the state of Texas.

The night academy is designed for students who are employed full-time. All courses must be taken together and successfully passed for the graduate to test for state licensure.

Spring Day Academy starts Jan. 9, 2017 – May 25, 2017.  
Night Academy starts Jan. 30, 2017– Oct. 26, 2017.

For details, call Susan Meadows at 409-933-8285 or  
Thom Karlok at 409-933-8299.

## LAW ENFORCEMENT

### TCOLE FIREARMS INSTRUCTOR – 40 HRS

This course is designed to comply with mandated TCOLE training standards for the issuance of a firearms instructor license. Topics covered include instruction methodology, weapons handling, weapons maintenance, course of fire development, range development and exposure to airborne lead dust. Prerequisite: Each student will be required to shoot three courses of fire (revolver/pistol/shotgun) on the first day and obtain a minimum score of 90 percent (two attempts). A student unable to achieve 90 percent will not be allowed to participate in the course at this time. Each student must provide a letter on letterhead confirming current employment or designation by agency chief administrator or academy coordinator as a firearms instructor. Minimum age is 21. Tuition includes all necessary professional standard ammunition, range fees, target supplies, weapon cleaning supplies and a notebook. Contact Susan Meadows at 409-933-8285 for further information. **No refunds will be issued.**

**Cost:** In district: \$450 Out of district: \$455  
SYN: 4880 CJLE-2038-101CL 03/20/17-03/24/17 MTWTHF  
08:00AM-05:00PM FIR 107 D Blackford

### TCOLE INSTRUCTOR – 40 HRS

This course will introduce students to the adult learning process and the differences between adult and child learning, the role of the instructor, the three domains of learning and their impact on the learning process. Other topics include factors that affect learning, the four phases of the teaching/learning process, learning objectives and their proper use, lesson plan preparation, methods of instruction, techniques of developing tests and evaluations, and the use of instructional media. Contact Susan Meadows at 409-933-8285 for further information.

**Cost:** In district: \$215 Out of district: \$220  
SYN: 4879 CJLE-2049-101CL 03/06/17-03/10/17 MTWTHF  
08:00AM-05:00PM TBA R Williamson

### TCOLE PATROL RIFLE – 16 HRS

This course is designed to build upon the basic eight-hour rifle course and will test students' shooting abilities and decision-making skills. Students will become familiar with the types of situations that may require the use of a rifle and learn how to effectively deploy it. This course consists of classroom lecture and a live-fire course. Each student must be a TCOLE-licensed peace officer and must be covered by their respective departments' insurance or worker's compensation plan. Students earn 16 hours of TCOLE credit. While attending any live-fire weapons training, it is recommended students wear personal body armor. For clear recognition of the firearms instructor, he/she will be wearing a red shirt, and it is requested that students not wear red shirts. Contact Susan Meadows at 409-933-8285 for further information.

**Cost:** In district: \$125 Out of district: \$130  
SYN: 4881 CJLE-2037-101CL 01/17/17-01/18/17 TW  
08:00AM-05:00PM FIR 107 D Blackford  
SYN: 4882 CJLE-2037-101CL 05/01/17-05/02/17 MT  
08:00AM-05:00PM FIR 107 D Blackford



## CIVILIAN FIREARMS



### BASIC TACTICAL RIFLE – 12 HRS

This course will introduce students to the tactical rifle. Students will build a strong foundation in rifle skills while becoming safe and confident. This is a great course for the shooter wanting to learn the fundamentals and build skills for advanced shooting. Students will learn firearms safety, loading and unloading procedures, zeroing procedures, malfunction clearing, shooting positions, multiple target engagements, and moving and shooting. Students will need to provide their own rifle in 5.56 or .223, a sling and at least two magazines. Ammunition, range fees, targets and safety equipment are included in the tuition. All students must wear long pants and closed-toed shoes while on the range. Minimum age is 18.

Cost:	In district: \$200	Out of district: \$205
SYN: 4868 CIVI-7009-201CL	02/20/17-02/22/17	MTW
06:00PM-10:00PM	FIR 107	D Blackford



### CIVILIAN FIREARMS PRACTICE – 3 HRS

This is a structured handgun practice session. Instructors are present for assistance in enhanced skills and accuracy. The on-campus firing range is located adjacent to parking lot E. Students may use a personal handgun with instructor approval. Use of handgun (if needed), ammunition, targets, range fee and safety equipment is included in tuition. All students must wear long pants and closed-toe shoes while on the range. The minimum age is 18.

Cost:	In district: \$32	Out of district: \$37
SYN: 4869 CIVI-7001-201CL	01/05/17	TH
06:30PM-09:30PM	FIR 107	D Blackford
SYN: 4870 CIVI-7001-202CL	01/19/17	TH
06:30PM-09:30PM	FIR 107	D Blackford
SYN: 4871 CIVI-7001-203CL	02/02/17	TH
06:30PM-09:30PM	FIR 107	D Blackford
SYN: 4872 CIVI-7001-204CL	02/16/17	TH
06:30PM-09:30PM	FIR 107	D Blackford
SYN: 4873 CIVI-7001-205CL	03/02/17	TH
06:30PM-09:30PM	FIR 107	D Blackford
SYN: 4874 CIVI-7001-206CL	03/23/17	TH
06:30PM-09:30PM	FIR 107	D Blackford
SYN: 4875 CIVI-7001-207CL	04/06/17	TH
06:30PM-09:30PM	FIR 107	D Blackford
SYN: 4876 CIVI-7001-208CL	04/20/17	TH
06:30PM-09:30PM	FIR 107	D Blackford
SYN: 4877 CIVI-7001-209CL	05/04/17	TH
06:30PM-09:30PM	FIR 107	D Blackford
SYN: 4878 CIVI-7001-210CL	05/18/17	TH
06:30PM-09:30PM	FIR 107	D Blackford



### CONCEALED HANDGUN LICENSE/LTC – 5 HRS

This course is designed for persons desiring to qualify to obtain a concealed handgun permit. Course topics are those required by the state of Texas. State law requires passing a written test and demonstrated proficiency with the handgun before obtaining a license. Use of handgun (if needed), ammunition, targets, range fee and safety equipment is

included in tuition. All students are required to wear long pants and closed-toe shoes while on the range. Personal handguns may be used with instructor approval. The minimum age is 21. This class is not for someone who does not know how to safely operate and fire a handgun.

Cost:	In district: \$97	Out of district: \$102
SYN: 4854 CIVI-7003-101CL	01/07/17	S
08:00AM-01:00PM	FIR 107	D Blackford
SYN: 4855 CIVI-7003-102CL	02/04/17	S
08:00AM-01:00PM	FIR 107	D Blackford
SYN: 4856 CIVI-7003-103CL	03/04/17	S
08:00AM-01:00PM	FIR 107	D Blackford
SYN: 4857 CIVI-7003-104CL	04/01/17	S
08:00AM-01:00PM	FIR 107	D Blackford
SYN: 4858 CIVI-7003-105CL	05/06/17	S
08:00AM-01:00PM	FIR 107	D Blackford



### FIRST STEP BASIC HANDGUN (LADIES ONLY) – 8 HRS

This course provides beginner-level instruction for those interested in personal protection with a handgun. This course consists of classroom and practical-use segments. Training will expose students to the sizes and types of handguns and provide valuable knowledge for the personal selection process. It will emphasize safe handling and storage procedures. Use of handguns, targets, ammunition, safety equipment and range fee is included in tuition. All students must wear long pants and closed-toe shoes while on the range. Registration is required a minimum of three days prior to the course date. The minimum age is 21.

Cost:	In district: \$82	Out of district: \$87
SYN: 4859 CIVI-7004-201CL	01/30/17-01/31/17	MT
06:00PM-10:00PM	FIR 107	D Blackford
SYN: 4860 CIVI-7004-201CL	03/27/17-03/28/17	MT
06:00PM-10:00PM	FIR 107	D Blackford
SYN: 4861 CIVI-7004-202CL	05/30/17-05/31/17	TW
06:00PM-10:00PM	FIR 107	D Blackford



### FIRST STEP BASIC HANDGUN – 8 HRS

This course provides beginner-level instruction for those interested in personal protection with a handgun. This course consists of classroom and practical-use segments. Training will expose students to the sizes and types of handguns and provide valuable knowledge for the personal selection process. It will emphasize safe handling and storage procedures. Use of handguns, targets, ammunition, safety equipment and range fee is included in tuition. All students must wear long pants and closed-toe shoes while on the range. Registration is required a minimum of three days prior to the course date. The minimum age is 21.

Cost:	In district: \$82	Out of district: \$87
SYN: 4862 CIVI-7004-203CL	02/27/17-02/28/17	MT
06:00PM-10:00PM	FIR 107	D Blackford
SYN: 4863 CIVI-7004-204CL	04/24/17-04/25/17	MT
06:00PM-10:00PM	FIR 107	D Blackford





## INTERMEDIATE DEFENSIVE HANDGUN – 12 HRS

This course is designed to begin real-life training for handgun use in quick-reaction self-defense. Training will include danger awareness, planned response, quick-reaction shooting techniques and safety after an incident. The minimum age is 21, and students must have a concealed handgun license (CHL) or a license to carry (LTC). Students must provide own handguns and carry method equipment. Ammunition, targets, range fees and safety equipment is included in tuition. All students must wear long pants and closed-toe shoes while on the range. Registration is required a minimum of three days prior to the course date.

**Cost:** In district: \$200 Out of district: \$205  
 SYN: 4867 CIVI-7005-204CL 03/20/17-03/22/17 MTW  
 06:00PM-10:00PM FIR 107 D Blackford

## PROFESSIONAL DEVELOPMENT

### CHILD DEVELOPMENT

#### POSITIVE GUIDANCE – 7 HRS

Participants will explore and discuss techniques to manage children's behaviors. Participants will learn fun games and activities that teach social skills to children. The class meets the Core Competency Area for Responsive Interactions and Guidance.

**Cost:** In district: \$25 Out of district: \$30  
 SYN: 4804 CDEC-1032-115CL 02/04/17 S  
 08:30AM-04:30PM TVB 1647 T Davis

#### CURRICULUM ROUND UP: THE ARTS – 7 HRS

Explore ideas for incorporating art, music and dance into your day. Get hands-on learning with art materials, discuss lesson plan ideas and learn about local art resources. The class meets the Core Competency Area for Learning Environments, Planning Framework, Curriculum and Standards.

**Cost:** In district: \$25 Out of district: \$30  
 SYN: 4805 CDEC-1032-110CL 03/04/17 S  
 08:30AM-04:30PM TVB 1647 A Raumaker

#### HEALTHY KIDS ARE HAPPY KIDS – 7 HRS

From hand washing to Band-Aids, this course covers tips and strategies to reduce illness and injury in the classroom. Learn fun ways to get children and families involved with your healthy practices too! The class meets the Core Competency Area for Health, Safety and Nutrition.

**Cost:** In district: \$25 Out of district: \$30  
 SYN: 4806 CDEC-1032-106CL 04/08/17 S  
 08:30AM-04:30PM TVB 1647 E Plasek



*Students are free to explore their interests through educational toys, games and art.*

## COSMETOLOGY

### THE CONSULTATION WITH SANITATION – 4 HRS

Learn how to consult with your clients so they leave happy. This course will include the required one-hour sanitation segment and will satisfy the requirements for renewing a Texas cosmetology operator license. Students must hold a current Texas cosmetology operator license.

**Cost:** In district: \$30 Out of district: \$35  
 SYN: 5015 CSME-1094-101CL 02/06/17 M  
 09:00AM-01:00PM COS 114 C Spoor

### PERSONAL GREATNESS – GOAL SETTING AND ATTITUDE COURSE, WITH SANITATION – 4 HRS

This course focuses on goal setting and attitude and includes the required one-hour sanitation segment. It will satisfy the requirements for renewing a Texas cosmetology operator license. Students must hold a current Texas cosmetology operator license.

**Cost:** In district: \$30 Out of district: \$35  
 SYN: 5016 CSME-1095-101CL 03/06/17 M  
 09:00AM-01:00PM COS 114 C Spoor

### BUILDING SALON SALES AND PRODUCTIVITY – 4 HRS

Students will network and learn how to build their businesses. This course will include one-hour sanitation segment and will satisfy the requirements for renewing a Texas cosmetology operator license. Students must hold a current Texas cosmetology operator license.

**Cost:** In district: \$30 Out of district: \$35  
 SYN: 5014 CSME-1093-101CL 04/03/17 M  
 09:00AM-01:00PM COS 114 C Spoor

## Time to renew your cosmetology license?

COM Cosmetology is now offering continuing education. Take a discussion-based course and network with other stylists while completing the TDLR requirement.

- **Feb. 6** – The Consultation with one hour of Sanitation, 9 a.m. – 1 p.m.
- **March 6** – Personal Greatness – Goal Setting and Attitude with one hour of Sanitation, 9 a.m. – 1 p.m.
- **April 3** – Building Salon Sales and Productivity with one hour of Sanitation, 9 a.m. – 1 p.m.

For more information, call 409-933-8480.



# GULF COAST SAFETY INSTITUTE

## CENTER FOR RISK MANAGEMENT

### OSHA RECORDKEEPING AND E-REPORTING – 8 HRS

This course will cover a review of the requirements for recording injuries or illnesses on your OSHA Log 300 through case studies and a workshop where you'll improve your skills in identifying recordable incidents. The latest updates to the OSHA standards and the new e-reporting requirements will be discussed.

**Cost: FREE**

SYN: 5017 OSHT-1071-101CL 01/13/17 F  
08:00AM-05:00PM GCSI 112 C Lewis

### ANSI Z490 – CRITERIA FOR ACCEPTED PRACTICES IN SAFETY, HEALTH AND ENVIRONMENTAL TRAINING – 8 HRS

Safety, health and environmental training are a crucial part of a comprehensive management system. The ANSI Z490 standard creates baseline requirements that all trainers should follow. This course will cover each segment of the ANSI Z490 standard through lecture, workshops and facilitated discussions.

**Cost: FREE**

SYN: 5018 OSHT-1071-102CL 01/27/17 F  
08:00AM-05:00PM GCSI 112 G Smith

### WORKPLACE VIOLENCE PREVENTION – 8 HRS

This course helps anyone with an interest in personal safety develop a clear understanding of the five basic indicators of potentially violent encounters and what one needs to do in order to survive one. All of us should have a plan if encountering random violence. Some people are at an increased risk for violent encounters, such as those who work in human resources, chemical plants, oil and gas, health care and law enforcement. This thought-provoking class, consisting of practice drills with real-life scenarios, is a must-have as we find ourselves navigating the turbulent whitewater of conflict.

**Cost: FREE**

SYN: 5019 OSHT-1071-103CL 02/10/17 F  
08:00AM-05:00PM GCSI 112 P Harrell

### HOW TO DEVELOP AND MAINTAIN AN EFFECTIVE LOCKOUT/TAGOUT PROGRAM – 8 HRS

The course will address OSHA and industry standards on controlling hazards that represent risks to persons performing maintenance or repair of equipment and systems. It discusses the training and skills needed for those performing the work.

**Cost: FREE**

SYN: 5020 OSHT-1071-104CL 02/24/17 F  
08:00AM-05:00PM GCSI 112 B Smith

### REAL LEADERS – HOW TO LEAD AND CONNECT – 8 HRS

In this course attendees will learn the four foundations of how to be a real leader and participate in exercises that reinforce the learning and skill objectives. Additionally attendees will learn how to communicate

effectively, understand the three components of communication, identify the four unpardonable sins of communication, build a bridge when dealing with crucial confrontation, establish rapport and increase influence.

**Cost: FREE**

SYN: 5021 OSHT-1071-105CL 03/10/17 F  
08:00AM-05:00PM GCSI 112 M Hernandez

### WORKPLACE HAZARD RECOGNITION, PREVENTION AND CONTROL – 8 HRS

One of the most crucial parts of a properly functioning occupational health and safety program is having the ability to accurately identify, assess and control hazards. The objective of this course is to equip the participant with the basic knowledge and tools necessary to control or eliminate hazards, perform risk assessments and prevent injuries, accidents, equipment downtime and property damage.

**Cost: FREE**

SYN: 5022 OSHT-1071-106CL 03/24/17 F  
08:00AM-05:00PM GCSI 112 S Jackson

### LEGAL ASPECTS OF SAFETY – 8 HRS

This course will discuss two primary types of legal claims that affect all safety professionals. The instructor will discuss some of the best defenses and other legal consequences to consider when deciding to contest a citation. Beyond the fine amount, employers may need to consider the cost of abatement and whether the citation could result in a repeat or willful citation in the future. The course will then cover the discovery process and trial stage of an OSHA case and give examples of effective trial techniques.

**Cost: FREE**

SYN: 5023 OSHT-1071-107CL 04/07/17 F  
08:00AM-05:00PM GCSI 112 M Deffenbach

### HOW TO READ OSHA'S PLAYBOOK – 8 HRS

OSHA's main mission is to prevent the occurrence of workplace illness, injury or death by creating safety and health regulations that most business must follow. In this workshop you will learn how OSHA is organized and how to utilize the resources supplied through their website and publications to structure your safety and health programs and management systems.

**Cost: FREE**

SYN: 5024 OSHT-1071-108CL 04/28/17 F  
08:00AM-05:00PM GCSI 112 J Christy

### FIRE SAFETY IN THE WORKPLACE – 8 HRS

Employers should train workers about fire hazards in the workplace and about what to do in a fire emergency. This course addresses the nature of fire and its hazards, classes of fire, prevention of fires, fire extinguisher use, and how to develop and maintain an effective fire emergency evacuation plan.

**Cost: FREE**

SYN: 5025 OSHT-1071-109CL 05/12/17 F  
08:00AM-05:00PM GCSI 112 E Johnson



# MEMBERSHIPS AND RECREATION

## OBTAINING COMMUNITY MEMBERSHIPS

**NEW!**

- Annual community fitness memberships are back!
- Individuals renewing community fitness memberships must do so in the gym lobby with the instant enrollment system.
- First-time community fitness members must register at the Enrollment Center/Administration Building window #9.

- Community fitness membership refunds are not available after the membership period has started. Please refer to the refund policy on page 3 in the CE schedule.
- Lost/replacement IDs can be purchased for \$5 in the gym using credit or debit only.

### ADULT GYM MEMBERSHIPS – AGES 18-49

#### Annual Membership

**Cost:** In district: \$120 Out of district: \$125  
SYN: 5057 GYM CARD-ADULT-YEAR 01/02/17-12/15/17

#### Semester Membership

**Cost:** In district: \$40 Out of district: \$45  
SYN: 5058 GYM CARD-ADULT-SPSEM 01/02/17-05/31/17  
MTWTH 06:00AM-10:00PM  
F 06:00AM-07:00PM  
SSU 09:00AM-03:00PM

### YOUTH GYM MEMBERSHIPS – AGES 5 -17

**NOTE:** Youths must be 16 or older to enter strength and cardio rooms.

#### Annual Membership

**Cost:** In district: \$90 Out of district: \$95  
SYN: 5055 GYM CARD-YOUTH-YEAR 01/02/17-12/15/17

#### Semester Membership

**Cost:** In district: \$30 Out of district: \$35  
SYN: 5056 GYM CARD-YOUTH-SPSEM 01/02/17-05/31/17  
MTWTH 06:00AM-10:00PM  
F 06:00AM-07:00PM  
SSU 09:00AM-03:00PM

### 50+ GYM MEMBERSHIPS – AGES 50+

#### Annual Membership

**Cost:** In district: \$90 Out of district: \$95  
SYN: 5053 GYM CARD-50+-YEAR 01/02/17-12/15/17

#### Semester Membership

**Cost:** In district: \$30 Out of district: \$35  
SYN: 5054 GYM CARD-50+-SPSEM 01/02/17-05/31/17  
MTWTH 06:00AM-10:00PM  
F 06:00AM-07:00PM  
SSU 09:00AM-03:00PM

## VOLLEYBALL LEAGUES

The COM Student Life Department will host adult volleyball league open to students and community. The two leagues consist of 4 v. 4 coed reverse play on Tuesdays and 6 v. 6 coed on Thursdays. A one-night tournament to determine the champion concludes each season. Price is per team registering. Practice night for both leagues will be Jan. 19.

### VOLLEYBALL – A LEAGUE

The practice night will be Jan. 19, 2017, from 6-10 p.m. Price is per team registration.

**Cost:** In district: \$225 Out of district: \$230  
SYN: 5067 LEAGUE-VOLBALL-A 01/26/17-05/11/17 TH  
06:00PM-10:00PM

### VOLLEYBALL – CO-ED 4'S LEAGUES

The practice night will be Jan 19, 2017, from 6-10 p.m. Price is per team registration.

**Cost:** In district: \$150 Out of district: \$155  
SYN: 5068 LEAGUE-VOLLEYBALL-CO-ED 4'S  
01/24/17-05/09/17 T  
06:00PM-10:00PM

### LOCKER RENTAL:

Please check on long locker availability at the front desk; Small lockers are free. \$10 for one semester, \$20 for two semesters, and \$25 for a year.

### BUILDING HOURS:

Monday – Thursday 6 a.m. - 10 p.m.  
Friday 6 a.m. - 7 p.m.  
Saturday – Sunday 9 a.m. - 3 p.m.

### WORKOUT FACILITIES:

- Cardio and weight rooms (P-119, P-120, P-132, and P-149)
- Cybex weight equipment
- Hammer Strength equipment
- Precor Cardio equipment

### OTHER AMENITIES:

- Gym Floor (Courts) Basketball, Volleyball, Indoor Soccer, and Badminton.
- Racquetball court
- Dry sauna
- Keiser Spin room
- Rip 60 suspension
- Jogging track and trail
- Locker rooms and Locker Rental



## LIFELONG LEARNING FITNESS CLASSES

### EXERCISE: CARDIO WALKING / RUNNING – 24 HRS

Outdoor walking on a track offers a fun and effective way to burn fat and improve cardiovascular endurance. Students will walk or run, measuring distance and time. The instructor will give techniques and tips throughout the semester. During inclement weather, the class will be inside. Proper attire includes tennis shoes and socks (please no blue jeans). Bring a notebook to log your progress. **Class will not meet 3/13/17 or 3/15/17.**

<b>Cost:</b>	<b>Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 5097 SENR-7057-101CL	01/17/17-04/13/17	TTH	
07:15AM-08:15AM	GYM		

### EXERCISE: DANCE FOR HEALTH – 24 HRS

This class will blend dance, music and exercise to benefit overall health and physical fitness. No partner necessary. Participants need footwear or dance socks that allow them to slide or swivel easily. Students may join this class at any time during the semester. **Class will not meet 3/13/17 or 3/15/17.**

<b>Cost:</b>	<b>Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4956 SENR-7001-101CL	01/23/17-04/19/17	MW	
11:00AM-12:00PM	LLGP 108		

### EXERCISE: LINE DANCING – 24 HRS

Line dancing involves forming patterned foot movements and moving in a line in unison to music. Line dancing not only blends exercise and recreation, it is also a fun way to meet new people and experience personal satisfaction from your accomplishments. This class is for those who have never had a line dancing class. The only equipment needed is footwear that slides and swivels easily and does not stick to the floor. **Class will not meet 3/14/17 or 3/16/17.**

<b>Cost:</b>	<b>Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4957 SENR-7006-201CL	01/17/17-04/13/17	TTH	
05:30PM-06:30PM	LLGP 108	P Horton	
SYN: 4958 SENR-7006-202CL	01/17/17-04/13/17	TTH	
06:45PM-07:45PM	LLGP 108	P Horton	
SYN: 4959 SENR-7006-203CL	01/17/17-04/13/17	TTH	
08:00PM-09:00PM	LLGP 108	P Horton	

### EXERCISE: PILATES – 24 HRS

Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs) to bring balance into the body. Most body aches and pains are due to muscular imbalance. Pilates helps to realign the spine in order to decrease tension, increase flexibility and strengthen the body from the inside out. **Class will not meet 3/14/17 or 3/16/17.**

<b>Cost:</b>	<b>Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4960 SENR-7075-101CL	01/17/17-04/13/17	TTH	
04:15PM-05:15PM	LLGP 107	S Deshotel	

### EXERCISE: POP PILATES – 24 HRS

POP Pilates® is an equipment free, mat-based workout created by

Cassey Ho, of the Blogilates fitness channel on YouTube. Pop Pilates® uses a choreographed class format. The combination of total body Pilates exercises with the energy of music results in a fun, effective and intense workout. Students will be challenged to flow from one exercise to the next, developing a rock-solid core, while leaving no muscle untouched. Every exercise can be modified to fit the needs of the class participants. No experience needed. **Class will not meet 3/14/17 or 3/16/17.**

<b>Cost:</b>	<b>Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4962 SENR-7086-201CL	01/17/17-04/13/17	TTH	
06:00PM-07:00PM	LLGP 107		
SYN: 4961 SENR-7086-101CL	01/23/17-04/19/17	MW	
04:15PM-05:15PM	LLGP 107		

### EXERCISE: YOGA AND PILATES MIXED – 24 HRS

This class will combine yoga, Pilates and low impact interval exercises set to music. This class is designed for students needing a slower-paced exercise class. The instructor will work with the student for exercise modification, if needed. **Class will not meet 3/13/17 or 3/15/17.**

<b>Cost:</b>	<b>Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4964 SENR-7080-102CL	01/23/17-04/19/17	MW	
08:30AM-09:30AM	LLGP 107	A Johnson Galdamez	

### EXERCISE: SIT AND FIT (INTERMEDIATE) – 24 HRS

This is an enjoyable, structured, rhythmic exercise class that will tone muscles and increase their endurance. This class includes chair and floor exercises set to music. **Class will not meet 3/14/17 or 3/16/17.**

<b>Cost:</b>	<b>Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4965 SENR-7002-101CL	01/17/17-04/13/17	TTH	
09:30AM-10:30AM	LLGP 108	R Kennedy	

### EXERCISE: TAI CHI (BEGINNER) – 24 HRS

If you value feeling good and have a desire to be physically and mentally healthy, learn Tai Chi and experience feelings of relaxation and increased energy. This course will introduce you to the Yang style Tai Chi short form and some of the Chinese breathing exercises called Chi-Kung. **Class will not meet 3/14/17 or 3/16/17.**

<b>Cost:</b>	<b>Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4967 SENR-7078-101CL	01/23/17-04/19/17	MW	
12:00PM-01:00PM	LLGP 107	B Li	
SYN: 4968 SENR-7078-102CL	01/17/17-04/13/17	TTH	
12:30PM-01:30PM	LLGP 107	B Li	

### EXERCISE: TAI CHI (INTERMEDIATE) – 24 HRS

What you learned in Tai Chi (Beginner) will be used to execute an exercise program consisting of the Yang style short form and various Chi Kung exercises. Learn the Eight Pieces of Silk Brocade and Chi Kung routine that dates back to the eighth century. **Class will not meet 3/13/17 or 3/15/17.**

<b>Cost:</b>	<b>Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4969 SENR-7079-101CL	01/23/17-04/19/17	MW	
01:15PM-02:15PM	LLGP 107	B Li	



### EXERCISE: COUNTRY WESTERN DANCE – 12 HRS

Participants will be introduced to different styles of country western (partner) dance styles, which include the two-step, polka, waltz, nightclub 2, East Coast swing and West Coast swing in a fun and easy manner. Participants will learn leading/following skills and patterned foot movements. The class prepares participants to practice what they learn at local venues. Participants need footwear or dance socks that allow them to slide or swivel easily. Class meets once a week. **Class will not meet 3/13/17.**

**Cost:** Senior: \$15      In district: \$42      Out of district: \$47  
SYN: 4971 SENR-7083-201CL      01/18/17-04/12/17      W  
06:30PM-07:30PM      LLGP 108

### EXERCISE: TEXAS TWO-STEP (INTRODUCTION) – 12 HRS

This country western (partner) dance style is easy and fun to learn. Participants will learn leading/following skills and patterned foot movements, including turns, pivots, wraps, promenades and spins. The class readies participants to practice what they learn at the many local dance venues. Participants need footwear or dance socks that allow them to slide or swivel easily. Class meets once a week. **Class will not meet 3/13/17.**

**Cost:** Senior: \$15      In district: \$42      Out of district: \$47  
SYN: 4972 SENR-7082-201CL      01/18/17-04/12/17      W  
07:45PM-08:45PM      LLGP 108

### EXERCISE: TOTAL BODY FITNESS – 24 HRS

Participants will learn to properly and safely stretch, warm-up, and perform abdominal, upper and lower-body exercises. They will reap cardiovascular benefits while doing fun, low-impact dance aerobics. The class also provides health and nutrition updates. This class is appropriate for participants who never exercise as well as those who frequent the gym. Participants should bring a water bottle and hand towel and wear comfortable, loose-fitting clothes and tennis shoes. **Class will not meet 3/13/17 or 3/15/17.**

**Cost:** Senior: \$15      In district: \$42      Out of district: \$47  
SYN: 4973 SENR-7070-101CL      01/23/17-04/19/17      MW  
09:45AM-10:45AM      LLGP 107      A Johnson Galdamez

### EXERCISE: WEIGHT TRAINING – 24 HRS

Participants will learn to safely and properly perform a circuit weight-training program, which should result in reduced resting blood pressure, increased muscle and decreased fat, a lower body weight, and a healthier body composition. Participants do not have to be strong in order to do weight-training exercises; participants will get stronger by performing weight-training exercises. Participants will need a clipboard, pencil, water bottle and hand towel and should wear comfortable, loose-fitting clothes and tennis shoes. **Class will not meet 3/13/17 or 3/15/17.**

**Cost:** Senior: \$15      In district: \$42      Out of district: \$47  
SYN: 4974 SENR-7076-101CL      01/23/17-04/19/17      MW  
07:15AM-08:15AM      GYM      A Johnson Galdamez

### EXERCISE: YOGA

Participants will learn the art of slow-measured movements to develop strong muscles, agility and flexibility, which can reduce the effects of the aging process. Through the art of breathing, relaxation and self-awareness, participants will experience increased energy levels and decreased aches and pains. Yoga positions are done on the floor. Participants should bring a towel or blanket for comfort in lying down. Due to limited space, students can take only one yoga class per semester. You must attend the section for which you are registered. **Class will not meet 3/14/17 or 3/16/17.**

SYN: 4978 SENR-7071-104CL      01/17/17-04/13/17      TTH  
08:30AM-09:30AM      LLGP 107      A Johnson Galdamez

### EXERCISE: ZUMBA – 24 HRS

Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-kind fitness program that will tone and sculpt your body while burning unwanted fat. Participants may join this class at any time during the semester. **Class will not meet 3/14/17 or 3/16/17.**

**Cost:** Senior: \$15      In district: \$42      Out of district: \$47  
SYN: 4979 SENR-7077-101CL      01/17/17-04/13/17      TTH  
09:45AM-10:45AM      LLGP 107      A Johnson Galdamez



**REGISTRATION FOR SPRING 2017  
BEGINS DEC. 5, 2016.**

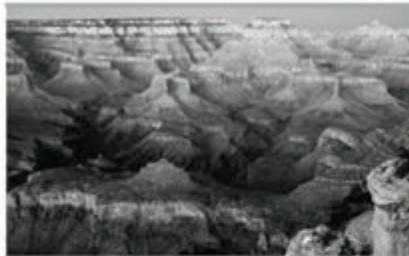
**Open Enrollment in  
Lifelong Learning & 50 Plus Program**

SENR (Senior) trips are only available to students age 50 and older.

Extended travel trips are not limited to 50 or older.







### Highlights

- Two Rail Journeys
  - Grand Canyon Railway
  - Verde Canyon Railroad
- Grand Canyon Nat'l Park
- Oak Creek Canyon
- Black Bart's Steakhouse
- Sedona Trolley Tour
- Chapel of the Holy Cross
- Tlaquepaque & Uptown Sedona
- Montezuma Castle
- Jerome
- Chuckwagon Supper & Show
- Old Town Scottsdale
- Admissions per Itinerary

### Inclusions

- Roundtrip Airfare - IAH
- 5 Nights Accommodations
- Sightseeing per Itinerary
- Admissions per Itinerary
- 8 Meals
- 5-Breakfasts & 3-Dinners
- Hotel Transfers
- Professional Tour Director
- Motorcoach Transportation
- Baggage Handling

### Accommodations

- 5 Nights First Class Hotel
- Hilton Sedona Resort or Poco Diablo Resort, Sedona

### Tour Rates

Booking Discount\*: \$2395 pp dbl  
 Regular Rate: \$2495 pp dbl  
 Single Supplement: +\$650

\*Make your final payment by check to receive the discount.

## College of the Mainland Senior Adult Program presents Great Trains & Grand Canyons

featuring five nights in Sedona

6 Days

March 26 - 31, 2017

#### Day 1: Phoenix - Sedona

Arrive at the Phoenix Airport and meet your Tour Director. Board a deluxe motorcoach and travel north to beautiful **Sedona**. This upscale resort, retirement and artist community is set amongst the red-hued rocks of Oak Creek Canyon. Your home for the next five nights is a picturesque resort style property in the Sedona area. Tonight enjoy a **Welcome Dinner** with fellow travelers.

*Meal - (D) Overnight: Sedona*

#### Day 2: Sedona

Start a great day with a **Sedona Trolley Tour** featuring the **Chapel of the Holy Cross** and **Airport Mesa** for spectacular views of the Sedona area. The trolley guide will give you insight into the various rock formations, indigenous vegetation and history of this remarkable area. Later visit **Uptown Sedona** and the Spanish-Mexican Village of **Tlaquepaque** to explore these wonderful areas full of art galleries shopping opportunities and restaurants. Maybe take an optional Guided Jeep Tour into the Sedona backcountry. This evening enjoy Sedona at your own pace.

*Meal - (B) Overnight: Sedona*

#### Day 3: Grand Canyon

Begin an unforgettable day with a drive through amazing **Oak Creek Canyon**, a sixteen mile long canyon known for its spectacularly colored white, yellow and red cliffs dotted with pine, cypress and juniper. Then arrive in Williams to board the **Grand Canyon Railway** for a nostalgic two-hour train journey that delivers you to the awe-inspiring **South Rim of Grand Canyon National Park** for free time and lunch on your own. Six million years in the making the Grand Canyon's dynamic colors and textures inspire reflection at nature's power and beauty. Later board your motorcoach to see the

Grand Canyon from other points of interest. Arrive in Flagstaff for dinner at the lively **Black Bart's Steakhouse & Saloon**. After dinner return to Sedona.

*Meals - (B,D) Overnight: Sedona*

#### Day 4: Montezuma Castle - Jerome - Verde Canyon Railroad

This morning visit the **Montezuma Castle National Monument** which contains ruins of a cliff dwelling built in the 12th and 13th centuries by the Sinagua Indians. Later visit the old mining town of **Jerome**, once a virtual ghost town, now restored with shops, museums and art galleries. Next travel to Clarkdale to board the **Verde Canyon Railroad** also known as the Wilderness Train. The spectacular four-hour ride in a First Class Railcar takes you between two national forests, past crimson cliffs, over old-fashioned trestles and through a 680-foot tunnel. Early evening return to Sedona.

*Meal - (B) Overnight: Sedona*

#### Day 5: Day at Leisure - Blazin' M Ranch

Today is at leisure in Sedona. Enjoy the wonderful amenities of your resort. Maybe spend the day shopping, sightseeing on your own or on a local golf course. An optional tour will be available. This evening experience a **Farewell Dinner at the Blazin' M Ranch** where you will enjoy a hearty Chuckwagon Supper and Western Stage Show.

*Meals - (B,D) Overnight: Sedona*

#### Day 6: Sedona - Scottsdale - Flight Home

This morning travel to **Old Town Scottsdale** where Western storefronts recreate an aura of the past. Later arrive at the Phoenix Airport for your flight home filled with unforgettable memories of your **Great Trains & Grand Canyons Tour**.

*Meal - (B)*







#### Travel Presentation Dates!

- Wednesday, Nov. 16, 2016 at 3:30pm
  - Wednesday, Feb. 1, 2017 at 3:30pm
- RSVP: 409.933.8912

### Highlights

- Two Rail Experiences  
Napa Valley Wine Train  
Sierra Nevada Rail Journey
- San Francisco City Tour
- San Francisco Bay Cruise
- Sausalito
- Wine Tasting & Lunch  
(Napa Valley Wine Train)
- Town of Napa
- Lake Tahoe Paddlewheeler Cruise
- Old Town Sacramento
- California State Railroad Museum
- Virginia City
- Two Night Stay in San Francisco
- Two Night Stay in Lake Tahoe

### Inclusions

- Roundtrip Airfare - HOU
- Tour Director
- 9 Meals
- Motorcoach Transportation
- Admissions per Itinerary
- Sightseeing per Itinerary
- Hotel Transfers
- Baggage Handling
- Cancellation Waiver & Post Departure Plan

### Accommodations

- 6 Nights First Class Hotels
- 2 - Zephyr or Holiday Inn Fisherman's Wharf, San Francisco
- 2 - Hyatt Regency or Embassy Suites, Sacramento
- 2 - Lake Tahoe Resort Hotel, Stateline/South Lake Tahoe area

### Tour Rates

Booking Discount\*: \$2949 pp dbl  
Regular Rate: \$3049 pp dbl  
Single Supplement: +\$750

\*Make your final payment by check to receive the discount.

## College of the Mainland Lifelong Learning Program CE

presents

# California Rail Discovery

7 Days July 14 - 20, 2017



#### Day 1: Arrive San Francisco Bay Area

Today board your flight bound for the Bay Area to begin your **California Rail Discovery**. Upon arrival meet your **Tour Director** and transfer to your hotel to begin a two night stay in one of the world's most beautiful cities, **San Francisco**. Tonight enjoy a **Welcome Dinner** with your fellow travelers.

*Meal - (D)*

*Overnight: San Francisco*

#### Day 2: San Francisco City Tour - San Francisco Bay Cruise

Today enjoy a **San Francisco City Tour** to see the Civic Center area, Chinatown, Golden Gate Park, Union Square, Seal Rocks, Pier 39 and a stop at **Vista Point** for spectacular photos. Later experience a **San Francisco Bay Cruise** featuring views of the Golden Gate Bridge, Alcatraz & the city's skyline. Enjoy the rest of the day at leisure in "The City by the Bay" which highlights fascinating museums, world-class cuisine & amazing shopping. Maybe browse the storefronts along Fisherman's Wharf, sample a chowder filled sourdough bread bowl or take a Cable Car ride.

*Meal - (B)*

*Overnight: San Francisco*

#### Day 3: San Francisco - Sausalito - Sacramento

Enjoy the morning at leisure in the great city of San Francisco. Maybe join a morning optional excursion to Muir Woods to see some of the oldest and the tallest Redwood trees in the world. This afternoon cross the **Golden Gate Bridge** to visit the picturesque city of **Sausalito**, where you can browse the numerous art galleries and shops. From Sausalito the views looking back at the San Francisco Bay Area are spectacular. This afternoon travel to Sacramento and visit **Old Town Sacramento**, the commercial hub of the Gold Rush Era is filled with shops, restaurants and entertainment venues yet retains 1800's charm with original storefronts and wooden sidewalks. The Old Town visit includes admission to the **California State Railroad Museum** to see beautifully restored railroad cars and locomotives that illustrate rail history in California and the West. Later check into your hotel for a two-night stay.

*Meal - (B)*

*Overnight: Sacramento*

#### Day 4: Napa Valley Wine Train - Town of Napa

After breakfast travel to California's famous **Napa Valley** where hundreds of wineries prosper. Board the **Napa Valley Wine Train** to enjoy a **Wine Tasting & Lunch** as you roll along the tracks through this incredibly scenic wine region. This memorable dining experience in faithfully restored Pullman rail cars evokes the spirit of early 1900's luxury rail travel. Then visit the historic and vibrant town of **Napa** to shop, sample food & wine and explore on your own. Later travel back to Sacramento, California's capital and River City for your overnight.

*Meals - (B,L)*

*Overnight: Sacramento*

#### Day 5: Sacramento - Sierra Nevada Rail Journey - Lake Tahoe

Today board an Amtrak Train for a **Sierra Nevada Rail Journey** through the beautiful snow capped Sierra Nevada Mountains to the Lake Tahoe area. Disembark your train in Truckee and board your motorcoach to drive to the spectacular year round resort area of **Lake Tahoe** to spend the next two evenings in the popular and revitalized South Lake Tahoe/Stateline area.

*Meal - (B)*

*Overnight: Lake Tahoe*

#### Day 6: Virginia City - Lake Tahoe Cruise

This morning travel through historic Carson City, capital of the Silver State of Nevada enroute to visit **Virginia City**, site of the Comstock Lode and once the richest place in the world. The famous Old West town was once the west's mining metropolis and featured notable residents Mark Twain & Bret Harte. Later enjoy a **Lake Tahoe Paddlewheeler Cruise** for spectacular views of picturesque Emerald Bay & the surrounding Sierra Nevada Mountains. Tonight's **Farewell Dinner** will be at a popular local restaurant.

*Meals - (B,D)*

*Overnight: Lake Tahoe*

#### Day 7: Lake Tahoe - Sacramento Airport

Today transfer to the Sacramento airport & return home with wonderful memories of your **California Rail Discovery**.

*Meal - (B)*



# 50 PLUS PROGRAM

## LOCATION CODES

<b>FAB</b>	<b>FINE ARTS BUILDING</b> College of the Mainland 1200 Amburn Rd. Texas City Campus 409-933-8348
<b>GYM</b>	<b>COLLEGE OF THE MAINLAND</b> 1200 Amburn Rd. Texas City Campus 409-933-8422
<b>LRC</b>	<b>LEARNING RESOURCES CENTER</b> 1200 Amburn Rd. Texas City Campus 409-933-8422
<b>LLGP</b>	<b>LIFELONG LEARNING GULFWAY PLAZA</b> 50 Plus Program Office 14057 Gulfway Plaza La Marque, TX 77568 409-933-8461
<b>WJCC</b>	<b>WAYNE JOHNSON COMMUNITY CENTER</b> 4102 FM 519 La Marque, TX 77568 409-934-8148
<b>CLC</b>	<b>COM LEARNING CENTER – NORTH COUNTY</b> 200 Parker Ct. League City, TX 77573 281-332-1800



## LIFELONG LEARNING AND 50 PLUS PROGRAM REGISTRATION (formerly Senior Adult Program)

## REGISTRATION FOR SPRING 2017 BEGINS DEC. 5, 2016.

### 50 PLUS DISCOUNT



Students age 50 and older pay just 50 percent of the tuition of selected CE classes located in previous sections of this schedule, plus all fees (facility, nonresident, online, supplies, etc.) Look for this symbol.

## MESSAGE FROM THE DIRECTOR



Welcome to the COM Lifelong Learning 50 Plus Program. We are very excited to be in our new facility at Gulfway Plaza. If you haven't had a chance to come by and see for yourself, please do, and say hello while you are here. We want everyone to see it!

Our program is designed for students age 50 and older, but is open to anyone age 18 or older at a slightly higher registration fee rate. Please continue to help us spread the word and tell your friends and neighbors about continuing education opportunities at COM.

We hope you will join us for our spring classes, lectures and educational travel adventures. Inside these pages you will discover ways to express your creative side, learn new skills, connect with others, stay current on technology, have fun and explore a world of opportunity. COM prides itself on instructors who are passionate about their subjects and innovative in their teaching.

Mark your calendar for these important dates:

December 5	Spring 2017 Registration Begins
Dec. 17 – Jan. 2	COM Closed for Holidays
Jan. 16	COM Closed for MLK Day
Jan. 17	Spring 2017 Classes Begin
March 11-19	COM Closed for Spring Break
April 14	COM Closed for Easter Holiday
May 1	First Day of Registration for Summer

For Spring 2017, you will be able to register at COM's Lifelong Learning Gulfway Plaza from Dec. 5 – 16 and Jan. 3 – 13 or by calling 409-933-8461, or use WebAdvisor online.

Have you attended our lectures? We have several scheduled for the spring including AARP driver safety courses, Fitness and Cardiac Workshops, Financial Wellness, and a variety of genealogy lectures.

Please join us for our evening Book and Movie Community Reading Club hosted by Ami Blackwell of SpinDrift Media and Entertainment. The book is "The Best Exotic Marigold Hotel" a British comedy-drama film, directed by John Madden. The screenplay, written by Ol Parker, is based on the 2004 novel "These Foolish Things" by Deborah Moggach, and features an ensemble cast consisting of Judi Dench, Celia Imrie, Bill Nighy, Ronald Pickup, Maggie Smith, Tom Wilkinson and Penelope Wilton. As a group of British retirees decide to "outsource" their retirement to less expensive and seemingly exotic India, they move into a retirement hotel, run by the young and eager Sonny, played by Dev Pate. Enticed by advertisements for the newly restored Marigold Hotel and bolstered with visions of a life of leisure, they arrive to find the palace a shell of its former self. Though the new environment is less luxurious than imagined, they are forever transformed by their shared experiences, discovering that life and love can



begin again when you let go of the past. Join us for great discussion, a thought provoking movie and free POPCORN.

Have you participated in our educational travel adventures? This is a great way to get to know other seniors and stay involved in your community. Most trips fill up fast, so sign up as soon as registration begins. Our local trips are only for senior adults ages 50 or older, but extended travel trips are available to anyone 6 or older. We will host two extended travel presentations, on February 1 and April 5, both at 3:30 p.m. at the Gulfway Plaza location. These presentations will preview the trips for The Great Trains and Grand Canyon/Sedona, AZ (Spring 2017), California Rail Discovery including Napa Valley Wine Tour and Sierra Nevada by Rail, San Francisco and Lake Tahoe (Summer 2017), and Savannah for the Holidays (Fall 2017). For more information, please call 409-933-8912. As our program continues to expand, I challenge you to step outside your comfort zone and try new classes, something that piques your curiosity or that you may have always wanted to try. You might surprise yourself and make some new friends while you're at it! I am also available to speak to local groups or organizations about our program. If you have a suggestion for other new day or evening courses or want to join our email distribution list to receive announcements about events and reminders about registration, please call us at 409-933-8461.

**Find us on Facebook: College of the Mainland 50 Plus Program,**  
**[www.facebook.com/com50plus](http://www.facebook.com/com50plus).**

Alesha Vardeman  
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409-933-8432  
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### 50 PLUS PROGRAM VISION

The College of the Mainland Senior Adult Program will be respected regionally and nationally for excellence in the development and delivery of innovative educational opportunities for adults age 50 and older.

### 50 PLUS PROGRAM MISSION

The College of the Mainland 50 Plus Program's mission is to provide lifelong learning opportunities for adult students 50 years of age and older by offering personal enrichment classes in a positive, accepting, and intergenerational environment. The Lifelong Learning Program staff collaborates with academic departments and the community to develop programs that meet society's existing and emerging educational needs for this population.

### 50 PLUS PROGRAM ID CARD INFORMATION

50 Plus Program students in a (SENR) exercise class that is located in the gym or 50 Plus Fitness Membership to use the gym on main campus will receive a free ID card to access into the gym facility. All other students who want an ID to receive the benefits below must pay a one-time \$5 fee. If the ID card is lost or stolen, the replacement cost is \$5. Debit or credit card payments can be made at the gym front desk. Cash or check payments can be made to the cashier in the Enrollment Center during business hours. Please bring a valid photo ID when having your senior ID made. After registering each semester (Fall, Spring, Summer) for a 50 Plus Fitness Membership, you must take the ID card to

the gym front desk for activation. Note: A student must wait 24 hours after registering for a class to obtain a photo ID. Seniors possessing a valid 50 Plus Program ID card are entitled to the following COM benefits:

- Use of the COM Library
- Use of the Innovations Computer Lab in TVB-1324
- Discount on COM cosmetology services at The Salon (call 409- 933-8480)
- Discount on tickets for COM Community Theatre productions and \$10 tickets for preview shows (call 409-933-8345)
- Blood pressure reading with an automated monitor is available daily in 50 Plus Program Office

### REGISTRATION FOR 50 PLUS PROGRAM

Preferred registration in person is 14057 Delaney in La Marque, located at I-45 at Delaney Rd. in Gulfway Plaza from December 5-15 and January 3-13. Students may also register in person in the CE Office on Main Campus, or current students may call register by phone by calling 409-933-8461, 409-933-8586, or use WebAdvisor online. If this is your first time to register as a student age 50 or older, you must register at the Lifelong Learning Center at Gulfway Plaza or in the Continuing Education Office on the main campus and show proof of age.

### CANCELLATION OF CLASSES

If the college cancels a class, an automatic 100 percent refund of tuition and fees is initiated. To drop a class, you must notify the Continuing Education Office (409-933-8586) no later than one business day prior to the class start date to receive a refund.

### TRIP CANCELLATION

If for any reason you cannot attend a trip you registered for, you must call the 50 Plus Program Office at 409-933-8461 or 409-933-8912 at least 48 hours prior to departure. Refunds are given on a case-by-case basis, according to the refund dates listed in each trip description. Extended travel trips following the procedures printed on the flier for each trip.

### WAITING LISTS

Want to attend a class or trip that is full? Contact the 50 Plus Program Office at 409-933-8461 or 409-933-8912 to join a waiting list.

### HANDICAPPED-ACCESSIBLE PARKING

Need a handicapped-parking permit? Contact campus police at 409-933-8403.

### COURTESY RIDE

Need a ride from COM's parking lot to any building on main campus? Call campus police at 409-933-8403. A police officer or employee will pick you up and take you to the building.

### OTHER FACILITY HOURS

- COM Cosmetology Lab – Gulfway Plaza in La Marque  
Call 409-933-8480 to make an appointment.  
Open Thursday and Friday 8:30 a.m. – 5 p.m.
- Innovations Lab, TVB-1324, 409-933-8370  
Monday – Thursday 7 a.m. – 7 p.m.
- Library, 409-933-8448  
Monday – Thursday 8 a.m. – 9 p.m.  
Present an ID at the library circulation desk to obtain a library card at no cost.



# 50 PLUS PROGRAM CLASSES

## COURSES OFFERING IN ALPHABETICAL ORDER

### ART: BASKET WEAVING – 24 HRS

Students will use rope and yarn to create simple baskets. It is a satisfying and peaceful craft whose origins and use span across time and all civilizations. The oldest known baskets have been carbon dated around 12,000 years old.

You will learn how to center and begin the basket, create the walls, common terminology and finishing the product. **Class will not meet 3/16/17.**

<b>Cost:</b>	<b>50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN:	4913 SENR-7081-201CL	01/19/17-04/13/17	TH
	06:30PM-08:30PM	LLGP 106	M Willis

### ART: BEADED FASHION JEWELRY – 36 HRS

Have a single earring after losing the other or retro jewelry? Sign up to give old jewelry a makeover. Bring jewelry, jewelry tools, glues for metal and glass, beading wire, Tiger Tails, crimps and finishing ends. Students will learn wire wrapping and can even make jewelry for children. Due to limited space, students may be limited to one beaded jewelry class per semester. **Class will not meet 3/15/17.**

<b>Cost:</b>	<b>50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN:	4914 SENR-7048-101CL	01/18/17-04/12/17	W
	01:00PM-04:00PM	LLGP 104	B Vollmer
SYN:	4915 SENR-7048-201CL	01/18/17-04/12/17	W
	06:00PM-09:00PM	LLGP 104	B Vollmer

### ART: BEADING AND JEWELRY (ADVANCED) – 36 HRS

This class will include advanced types of beading and jewelry making. Objectives will include pictures, Bead It Forward Projects for Cancer Research, necklaces and a copper bracelet. Advanced loom work and in-depth wire working will be covered in this course. Learning how to read and use difficult patterns will be an overall objective of this class. Individuals can choose patterns. There is no end to what you can learn to do. Due to space, students may be limited to one beaded jewelry class per semester. **Class will not meet 3/15.**

<b>Cost:</b>	<b>50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN:	4916 SENR-7050-101CL	01/18/17-04/12/17	W
	09:00AM-12:00PM	LLGP 104	B Vollmer

### ART: BEADING WITH DELICAS BEAD – 36 HRS

This course is designed for advanced beaders with the knowledge of using Delicas (cylinder) beads for creating projects. Participants will learn to make bracelets, wall hanging, amulet bags, and other projects. For this class, students will need to bring Delicas beads (only), a beading needle, thread, thread wax and a beading mat to class. The instructor will teach students the following stitches: peyote, brick, herringbone and other basic stitches. **Class will not meet 3/17 or 4/14.**

<b>Cost:</b>	<b>50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN:	4917 SENR-7064-101CL	01/20/17-04/21/17	F
	09:00AM-12:00PM	WJCC	M Warling

### ART: BRAZILIAN EMBROIDERY (BEGINNER) – 36 HRS

Students may choose to learn the art of crochet or Brazilian embroidery, which uses high-sheen thread. The instructor will have supplies for Brazilian embroidery for sale, but participants will need to bring a #5 and #6 hoop and other project supplies. For crochet, participants will need a size G or H crochet hook and yarn. **Class will not meet 3/16/17.**

<b>Cost:</b>	<b>50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN:	4918 SENR-7046-101CL	01/19/17-04/13/17	TH
	09:00AM-12:00PM	LLGP 106	C Walker

### ART: BRAZILIAN EMBROIDERY (INTERMEDIATE TO ADVANCED) – 36 HRS

Students may choose to learn the art of Brazilian embroidery, chicken scratch embroidery or crochet. The instructor will have the supplies for Brazilian embroidery for purchase, but participants will need a #5 and #6 hoop and other project supplies. For chicken scratch embroidery, participants will need their choice of four-count-per-inch cotton gingham fabric and DMC embroidery thread in white and in a color that will contrast with their fabric choice. For crochet, participants will need a size G or H crocheting hook and yarn. **Class will not meet 3/16.**

<b>Cost:</b>	<b>50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN:	4919 SENR-7033-101CL	01/19/17-04/13/17	TH
	12:00PM-03:00PM	LLGP 106	C Walker

### ART: CAKE DECORATING: BUTTERCREAM ICING SKILLS – 8 HRS

Students will learn how to decorate cakes and sweet treats with basic buttercream techniques and six simple-to-pipe flowers that transform ordinary cakes into extraordinary results. A certified Wilton-method instructor will help students use classic buttercream decorating techniques to create modern and traditional cake designs. Students will learn how to make icing the right consistency and how to ice a cake and other sweet treats with the latest techniques. Participants will also discover how to transfer images to a cake. Note: Contact Lifelong Learning Office for list of supplies required for first class. This is course one of three.

<b>Cost:</b>	<b>Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN:	4920 SENR-7090-101CL	01/19/17-02/09/17	TH
	05:30PM-07:30PM	LLGP 102	D Seyfang

### ART: CAKE DECORATING: ROYAL ICING SKILLS – 8 HRS

Students will learn how to create professional-looking flowers and designs made from royal icing. A certified Wilton-method instructor teaches you how to make lifelike rosebuds, pansies and violets, plus detailed patterns, such as lace and basket-weave designs. Students will learn to design the color palette and pattern for a cake and apply advanced buttercream icing piping techniques like basket-weave, cornelli lace and brush embroidery. Participants will create seven different types of flowers and learn royal icing appliques and decorative borders. Note: Students must complete course one prior to taking this course. This is



course two of three. **Class will not meet 3/16/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4921 SENR-7091-101CL	02/16/17-03/09/17	TH
05:30PM-07:30PM	LLGP 102	D Seyfang

### **ART: CAKE DECORATING: FONDANT ICING SKILLS – 8 HRS**

From covering your cakes to cutting shapes and painting on fondant, you'll learn all the essentials. A certified Wilton-method instructor will help students each step of the way as they learn to prepare and color gum paste and fondant and create different types of bows and flowers, including the calla lily, rose and carnation. Students will discover how easy it is to paint on fondant and will design and complete a cake with the shapes and flowers from the course. Note: Students must complete course one and two prior to taking this course. This is course three of three.

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4922 SENR-7092-101CL	03/23/17-04/13/17	TH
05:30PM-07:30PM	LLGP 102	D Seyfang

### **ART: COLLAGE PAINTING – 36 HRS**

Students will explore the wonderful world of mixed media and collage and learn how to create masterpieces with a variety of techniques and materials. Mixed media art is most simply defined as any type of visual art that combines more than one material. Collage is created through assembling materials such as paper, cardboard or canvas. **Class will not meet 3/15/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4923 SENR-7068-101CL	01/18/17-04/20/17	W
01:00PM-04:00PM	LLGP 103	K Kronfeld

### **ART: DRAWING WITH COLORED PENCILS – 36 HRS**

This course is designed to guide both novice and intermediate artists to a level of producing quality colored pencil drawings by learning skills and reviewing products currently on the market. Students will learn how to shade, highlight and blend using layering and burnishing techniques. Colored pencils can produce a variety of textures, values and tones. Drawing skills are not necessary to enjoy this class. **Class will not meet 3/16/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4924 SENR-7055-101CL	01/19/17-04/13/17	TH
01:00PM-04:00PM	LLGP 101	COM Faculty

### **ART: CREATIVE GREETING CARDS – 36 HRS**

Students will learn to make their own beautiful personalized cards. Supply list is available from instructor at the first class. **Class will not meet 3/13/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4925 SENR-7020-101CL	01/23/17-04/17/17	M
01:00PM-04:00PM	LLGP 102	S Karjala

### **ART: DRAWING FROM PHOTOGRAPHS – 36 HRS**

This class will combine the drawing from photographs class and basic colored pencils class. When students have completed a value (black and white) drawing, they may advance to colored pencils. New students

should buy supplies before the first class. For a supply list, call the 50 Plus Program Office at 409-933-8461 or come by the office for the list. **Class will not meet 3/14/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4926 SENR-7022-101CL	01/17/17-04/11/17	T
09:00AM-12:00PM	LLGP 102	S Karjala

### **ART: DRAWING FROM PHOTOGRAPHS (ADVANCED) – 36 HRS**

This course is a continuation of Drawing from Photographs for students who have taken the course several times and are advanced in the skill set. Instructor approval is required.

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4927 SENR-7067-101CL	01/18/17-04/12/17	W
01:00PM-04:00PM	LLGP 102	S Karjala

### **ART: FUSION GLASS JEWELRY (BEGINNER) – 36 HRS**

This course is a return to the fun of glass fusion techniques. Students will create at least six pieces of jewelry, pictures, etc. No experience is required. This class works on design and new inventions. The instructor will teach wire wrapping, so students should bring jewelry tools. Information from outside advanced classes will be provided. Students must pay a \$15 consumables fee to the instructor the first class day. Due to limited space, students may take only one fusion glass jewelry class per semester. **Class will not meet 3/15/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4928 SENR-7017-101CL	01/23/17-04/17/17	M
01:00PM-04:00PM	LLGP 104	B Vollmer

### **ART: FUSION GLASS JEWELRY (ADVANCED) – 36 HRS**

Return to the fun of glass fusion techniques. Create at least six pieces of jewelry, pictures, etc. Experience is required. This class works on design and new invention. Wire wrapping will be taught, so students should bring those tools. Information from outside advanced classes will be provided. A \$15 consumables fee will be paid to the instructor the first class day. Due to limited space, students can only take one fusion glass jewelry class per semester. Prerequisite: Three semesters of Fusion Glass Beginner is suggested. **Class will not meet 3/13/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4929 SENR-7018-101CL	01/23/17-04/17/17	M
09:00AM-12:00PM	LLGP 104	B Vollmer

### **ART: MIXED MEDIA CREATIONS – 36 HRS**

This class incorporates assembly, design, recyclable materials, found objects, collage, fabric and acrylic paint to make art pieces with meaning. Students will make three projects using techniques that build upon the other: a simple wall hanging, shadow box and hanging lamp. Some materials will be provided with a list of suggested items needed given at the first class meeting. **Class will not meet 3/14/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4930 SENR-7065-101CL	01/17/17-04/11/17	T
09:00AM-12:00PM	LLGP 101	D Runion
SYN: 4931 SENR-7065-102CL	01/20/17-04/21/17	F
09:00AM-12:00PM	LLGP 101	D Runion



### ART: MOSAIC – 36 HRS

Students will learn from a mosaic artist how to make modern mosaic projects. This class is for beginners as well as more advanced students. Students will leave this class with a completed project. The first day of class will be an introduction to the art, and the instructor will provide a list of supplies to purchase. A \$5 supply fee will be paid to the instructor the first class day. **Class will not meet 3/17/17 or 4/14/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4932 SENR-7019-101CL	01/20/17-04/21/17	F
01:00PM-04:00PM	LLGP 104	B Holmes

### ART: ORIGAMI – 36 HRS

The word "origami" comes from the Japanese "ori" (to fold) and "gami" (paper). People think of origami as an art form or craft; however, origami is the perfect tool for teaching people of all ages a multitude of skills without them knowing they are learning. The class, for novices and those with some experience, will cover the standard origami bases, animals, useful items and decorative forms, along with modular origami. We will use some models to make greeting cards. Materials will be provided for the first class; however, students are encouraged to bring any origami books they own. Standard 6" origami paper from craft stores will be used. **Class will not meet 3/13/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4933 SENR-7066-101CL	01/23/17-04/17/17	M
01:00PM-04:00PM	LLGP 106	

### ART: PAINTING WITH ACRYLICS – 36 HRS

This class is for beginner and intermediate students. The first two class sessions will focus on techniques. The remaining classes will cover a study in painting birds, palm trees, tropical flowers, seascapes and rural landscapes. During the first class, the instructor will provide a list of supplies, which may be purchased from craft stores. The instructor will provide supplies during the first class for beginners. **Class will not meet 3/15/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4934 SENR-7037-101CL	01/18/17-04/12/17	W
09:00AM-12:00PM	LLGP 103	K Kronfeld

### ART: PAINTING WITH OILS – 36 HRS

Students will work with the instructor to improve techniques and skills in oil painting. Students may start from scratch or bring their present work. Student may bring supplies that they have. An additional supply list will be given to students at the first class. **Class will not meet 3/14/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4935 SENR-7010-101CL	01/17/17-04/11/17	T
09:00AM-12:00PM	LLGP 103	L Johnson
SYN: 4936 SENR-7010-102CL	01/19/17-04/13/17	TH
01:00PM-04:00PM	LLGP 102	K Wells

### ART: PAINTING WITH WATERCOLORS – 36 HRS

Participants will learn new methods of color, paint, application and design. This is an ongoing class and is designed for the more seasoned artist as well as those wanting to brush up on their techniques. A list of necessary supplies will be provided at the first class. **Class will not meet 3/16/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4937 SENR-7035-101CL	01/23/17-04/17/17	M
01:00PM-04:00PM	LLGP 103	S Anderson
SYN: 4938 SENR-7035-102CL	01/19/17-04/13/17	TH
09:00AM-12:00PM	LLGP 103	L Johnson

### ART: PAINTING WATERCOLORS (ABSOLUTE BEGINNERS) – 36 HRS

This course is only for students who have never taken watercolor painting. Even if you have never handled a brush before, you'll enjoy exploring watercolor's complexities while learning how to deal confidently with washes and color mixing. Discover your hidden potential as you learn the fundamentals of this art form. A list of the necessary supplies will be provided at the first class. Instructor permission required to register. **Class will not meet 3/16/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4939 SENR-7089-101CL	01/19/17-04/13/17	TH
01:00PM-04:00PM	LLGP 103	L Johnson

### ART: PAPER MACHE ANIMALS – 36 HRS

Students will construct four-legged paper mache animals from recycled/repurposed materials. Students will progress to more advanced projects and learn to build the armature (skeleton), create the form and finish the sculpture. **Class will not meet 3/15/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4940 SENR-7040-101CL	01/18/17-04/12/17	W
01:00PM-04:00PM	LLGP 101	N House

### ART: PHOTOGRAPHY AS A HOBBY (INEXPERIENCED) – 36 HRS

This course will teach photography for the hobbyist or artist, not for the professionally or technically oriented.

Intended for students with little or no experience, this practical hands-on course will teach them how to operate their digital cameras and save and edit images at the most basic level. Students will also discover how to print, frame and exhibit their prints at that level. Students are required to bring a single-lens reflex (SLR) or point-and-shoot camera with its manual to each class. **Class will not meet 3/13/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4941 SENR-7049-101CL	01/23/17-04/17/17	M
09:00AM-12:00PM	LLGP 105	

### ART: PHOTOGRAPHY AS HOBBY (EXPERIENCED) – 36 HRS

This course will teach photography for the hobbyist or artist, not for the professionally or technically oriented.

Intended for students with more than a little experience, this practical hands-on course will teach them how to operate their digital cameras



and save images at a level somewhat higher than in the other photography course. Students will also discover how to print, frame and exhibit their prints at a more advanced level. Students are required to bring an SLR or point-and-shoot camera with its manual to each class. **Class will not meet 3/13/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4942 SENR-7047-101CL	01/23/17-04/17/17	M
01:00PM-04:00PM	LLGP 105	

### ART: SAFE AND FUN ART CREATIONS WITH YOUR GRANDCHILD – 24 HRS

Arts and crafts should be expressive not expensive! Learn how to safely use recyclables and create arts and crafts with your grandchildren. Hand-outs will include safety tips on working with children under the age of 13, how to instruct and talk about arts and crafts to your grandchildren, and instructions for ideas and construction of projects. **Class will not meet 3/15/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4943 SENR-7069-201CL	01/18/17-04/12/17	W
06:30PM-08:30PM	LLGP 103	M Willis

### ART: STAINED GLASS (BEGINNERS) – 24 HRS

Students will learn the copper foil technique for making a stained glass project. All tools and supplies required for this class may be purchased from the instructor or at a local craft store. The instructor will give a list of the supplies at the first class meeting. Due to limited space, students may be limited to one stained glass class per semester. **Class will not meet 3/14/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4944 SENR-7003-101CL	01/17/17-04/11/17	T
08:00AM-10:00AM	LLGP 104	P Stettler

### ART: STAINED GLASS (ADVANCED) – 24 HRS

This class is for students with experience in working with stained glass. Due to space, students may be limited to one stained glass class per semester. **Class will not meet 3/14/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4945 SENR-7004-101CL	01/17/17-04/11/17	T
10:30AM-12:30PM	LLGP 104	P Stettler

### ART: STAINED GLASS, LEAD CAME METHOD – 24 HRS

This class helps students with experience working with stained glass to learn the advanced lead came method, in which the glass is supported by metal channeling (comes). Comes are soldered together at the seams to lend strength to the piece of art. This is the method used when creating large works of glass art, like windows. Due to space, students may be limited to one stained glass class per semester. **Class will not meet 3/14/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4946 SENR-7044-101CL	01/17/17-04/11/17	T
02:00PM-04:00PM	LLGP 104	P Stettler

### COMPUTER: ABSOLUTE BEGINNERS – 24 HRS

Whether individuals have never worked with or have forgotten what they learned about computers, this class will meet students where they are. The class will cover how to get a computer up and running and how to shut it down safely. Students will learn to make Microsoft Windows "friendlier" or personalized and basic hardware differences. This class includes an introduction to keyboarding, email and Facebook. Students need to bring a USB flash/jump drive to class. **Class will not meet 3/17/17 or 4/14/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$72</b>	<b>Out of district: \$77</b>
SYN: 4947 SENR-7011-101CL	01/20/17-04/21/17	F
10:00AM-12:00PM	LLGP 105	C Mickens

### COMPUTER: APPLICATIONS FOR BEGINNERS – 24 HRS

Students will learn the power of the computer, a valuable tool with the proper software. This class will introduce Microsoft Office applications that students can use to create letters, reports, presentations, work-sheets and databases. This class will cover how to use the document wizards of Microsoft Word, PowerPoint, Excel and Access. Students need to bring a USB flash/jump drive to class. **Class will not meet 3/17/17 or 4/14/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$72</b>	<b>Out of district: \$77</b>
SYN: 4948 SENR-7036-101CL	01/20/17-04/21/17	F
01:00PM-03:00PM	LLGP 105	C Mickens
SYN: 4949 SENR-7036-201CL	01/23/17-04/17/17	M
06:00PM-08:00PM	LLGP 105	L Jansen

### COMPUTER: IPAD/IPHONE FOR BASIC USERS – 25 HRS

Are you thrilled to have a new iPad or iPhone but not sure exactly how to use it? Unlock the full potential of this technology with this information-packed course. Students will learn how to send emails, take photos, make videos, organize photo albums, maintain a calendar and address book, use maps and backup to iCloud. The class will also demonstrate how to use Siri, FaceTime, iMessage, Skype, Facebook, Twitter and Podcasts. Students will also have time to ask the instructor questions. Please note: Students must bring their iPad/ iPhone to class, and software must be iOS 9 or above. This class is for Apple iPhone/iPads only, not Android phones/tablets. **Class will not meet 3/7/17, 3/14/17 or 3/21/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$132</b>	<b>Out of district: \$137</b>
SYN: 4951 SENR-7053-101CL	01/24/17-04/18/17	T
09:30AM-12:00PM	LLGP 105	C Grim
SYN: 4952 SENR-7053-102CL	01/24/17-04/18/17	T
12:30PM-03:00PM	LLGP 105	C Grim

### COMPUTER: USING WORD TO CREATE A NEWSLETTER – 24 HRS

Fun trips, tricks, and traps with desktop publishing in Word 2013. Learn to create a two-page, two-column newsletter complete with images, banner and page numbering. You can use it for family newsletters to communicate your genealogy findings, church or organizational newsletters, and more! **Class will not meet 3/14/17.**

<b>Cost: 50 Plus: \$15</b>	<b>In district: \$72</b>	<b>Out of district: \$77</b>
SYN: 4953 SENR-7054-201CL	01/17/17-04/11/17	T
06:30PM-08:30PM	LLGP 105	M Willis



### COMPUTER: DIGITAL STORYBOOKING – 24 HRS

This class offers a fantastic alternative to hiding precious family photos in boxes or on the computer. Students will learn to use the Heritage Makers System on a computer to build a photo project. The basics are the same for all Heritage Maker projects. Students will need to bring their precious photos. **Class will not meet 3/15/17.**

Cost: 50 Plus: \$15	In district: \$72	Out of district: \$77
SYN: 4954 SENR-7034-101CL	01/18/17-04/12/17	W
09:00AM-11:00AM	LLGP 105	J Hoggatt
SYN: 4955 SENR-7034-201CL	01/19/17-04/13/17	TH
05:30PM-07:30PM	LLGP 105	J Hoggatt

### EXERCISE: CARDIO WALKING / RUNNING – 24 HRS

Outdoor walking on a track offers a fun and effective way to burn fat and improve cardiovascular endurance. Students will walk or run, measuring distance and time. The instructor will give techniques and tips throughout the semester. During inclement weather, the class will be inside. Proper attire includes tennis shoes and socks (please no blue jeans). Bring a notebook to log your progress. **Class will not meet 3/13/17 or 3/15/17.**

Cost: Senior: \$15	In district: \$42	Out of district: \$47
SYN: 5097 SENR-7057-101CL	01/17/17-04/13/17	TTH
07:15AM-08:15AM	GYM	

### EXERCISE: DANCE FOR HEALTH – 24 HRS

This class will blend dance, music and exercise to benefit overall health and physical fitness. No partner necessary. Participants need footwear or dance socks that allow them to slide or swivel easily. Students may join this class at any time during the semester. **Class will not meet 3/13/17 or 3/15/17.**

Cost: Senior: \$15	In district: \$42	Out of district: \$47
SYN: 4956 SENR-7001-101CL	01/23/17-04/19/17	MW
11:00AM-12:00PM	LLGP 108	

### EXERCISE: LINE DANCING – 24 HRS

Line dancing involves forming patterned foot movements and moving in a line in unison to music. Line dancing not only blends exercise and recreation, it is also a fun way to meet new people and experience personal satisfaction from your accomplishments. This class is for those who have never had a line dancing class. The only equipment needed is footwear that slides and swivels easily and does not stick to the floor. **Class will not meet 3/14/17 or 3/16/17.**

Cost: Senior: \$15	In district: \$42	Out of district: \$47
SYN: 4957 SENR-7006-201CL	01/17/17-04/13/17	TTH
05:30PM-06:30PM	LLGP 108	P Horton
SYN: 4958 SENR-7006-202CL	01/17/17-04/13/17	TTH
06:45PM-07:45PM	LLGP 108	P Horton
SYN: 4959 SENR-7006-203CL	01/17/17-04/13/17	TTH
08:00PM-09:00PM	LLGP 108	P Horton

### EXERCISE: PILATES – 24 HRS

Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs) to bring balance into the body. Most body aches and pains are due to muscular imbalance. Pilates helps to realign the spine in order to decrease tension, increase flexibility and strengthen the body from the inside out. **Class will not meet 3/14/17 or 3/16/17.**

Cost: Senior: \$15	In district: \$42	Out of district: \$47
SYN: 4960 SENR-7075-101CL	01/17/17-04/13/17	TTH
04:15PM-05:15PM	LLGP 107	S Deshotel

### EXERCISE: POP PILATES – 24 HRS

POP Pilates® is an equipment free, mat-based workout created by Cassey Ho, of the Blogilates fitness channel on YouTube. Pop Pilates® uses a choreographed class format. The combination of total body Pilates exercises with the energy of music results in a fun, effective and intense workout. Students will be challenged to flow from one exercise to the next, developing a rock-solid core, while leaving no muscle untouched. Every exercise can be modified to fit the needs of the class participants. No experience needed. **Class will not meet 3/14/17 or 3/16/17.**

Cost: Senior: \$15	In district: \$42	Out of district: \$47
SYN: 4962 SENR-7086-201CL	01/17/17-04/13/17	TTH
06:00PM-07:00PM	LLGP 107	
SYN: 4961 SENR-7086-101CL	01/23/17-04/19/17	MW
04:15PM-05:15PM	LLGP 107	

### EXERCISE: YOGA AND PILATES MIXED – 24 HRS

This class will combine yoga, Pilates and low impact interval exercises set to music. This class is designed for students needing a slower-paced exercise class. The instructor will work with the student for exercise modification, if needed. **Class will not meet 3/13/17 or 3/15/17.**

Cost: Senior: \$15	In district: \$42	Out of district: \$47
SYN: 4964 SENR-7080-102CL	01/23/17-04/19/17	MW
08:30AM-09:30AM	LLGP 107	A Johnson Galdamez

### EXERCISE: SIT AND FIT (INTERMEDIATE) – 24 HRS

This is an enjoyable, structured, rhythmic exercise class that will tone muscles and increase their endurance. This class includes chair and floor exercises set to music. **Class will not meet 3/14/17 or 3/16/17.**

Cost: Senior: \$15	In district: \$42	Out of district: \$47
SYN: 4965 SENR-7002-101CL	01/17/17-04/13/17	TTH
09:30AM-10:30AM	LLGP 108	R Kennedy

### EXERCISE: TAI CHI (BEGINNER) – 24 HRS

If you value feeling good and have a desire to be physically and mentally healthy, learn Tai Chi and experience feelings of relaxation and increased energy. This course will introduce you to the Yang style Tai Chi short form and some of the Chinese breathing exercises called Chi-Kung. **Class will not meet 3/14/17 or 3/16/17.**

Cost: Senior: \$15	In district: \$42	Out of district: \$47
SYN: 4967 SENR-7078-101CL	01/23/17-04/19/17	MW
12:00PM-01:00PM	LLGP 107	B Li
SYN: 4968 SENR-7078-102CL	01/17/17-04/13/17	TTH
12:30PM-01:30PM	LLGP 107	B Li



### EXERCISE: TAI CHI (INTERMEDIATE) – 24 HRS

What you learned in Tai Chi (Beginner) will be used to execute an exercise program consisting of the Yang style short form and various Chi Kung exercises. Learn the Eight Pieces of Silk Brocade and Chi Kung routine that dates back to the eighth century. **Class will not meet 3/13/17 or 3/15/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4969 SENR-7079-101CL	01/23/17-04/19/17	MW
01:15PM-02:15PM	LLGP 107	B Li

### EXERCISE: COUNTRY WESTERN DANCE – 12 HRS

Participants will be introduced to different styles of country western (partner) dance styles, which include the two-step, polka, waltz, nightclub 2, East Coast swing and West Coast swing in a fun and easy manner. Participants will learn leading/following skills and patterned foot movements. The class prepares participants to practice what they learn at local venues. Participants need footwear or dance socks that allow them to slide or swivel easily. **Class meets once a week. Class will not meet 3/13/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4971 SENR-7083-201CL	01/18/17-04/12/17	W
06:30PM-07:30PM	LLGP 108	

### EXERCISE: TEXAS TWO-STEP (INTRODUCTION) – 12 HRS

This country western (partner) dance style is easy and fun to learn. Participants will learn leading/following skills and patterned foot movements, including turns, pivots, wraps, promenades and spins. The class readies participants to practice what they learn at the many local dance venues. Participants need footwear or dance socks that allow them to slide or swivel easily. **Class meets once a week. Class will not meet 3/13/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4972 SENR-7082-201CL	01/18/17-04/12/17	W
07:45PM-08:45PM	LLGP 108	

### EXERCISE: TOTAL BODY FITNESS – 24 HRS

Participants will learn to properly and safely stretch, warm-up, and perform abdominal, upper and lower-body exercises. They will reap cardiovascular benefits while doing fun, low-impact dance aerobics. The class also provides health and nutrition up-dates. This class is appropriate for participants who never exercise as well as those who frequent the gym. Participants should bring a water bottle and hand towel and wear comfortable, loose-fitting clothes and tennis shoes. **Class will not meet 3/13/17 or 3/15/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4973 SENR-7070-101CL	01/23/17-04/19/17	MW
09:45AM-10:45AM	LLGP 107	A Johnson Galdamez

### EXERCISE: WEIGHT TRAINING – 24 HRS

Participants will learn to safely and properly perform a circuit weight-training program, which should result in reduced resting blood pressure, increased muscle and decreased fat, a lower body weight, and a healthier body composition. Participants do not have to be strong in order to do weight-training exercises; participants will get stronger by perform-

ing weight-training exercises. Participants will need a clipboard, pencil, water bottle and hand towel and should wear comfortable, loose-fitting clothes and tennis shoes. **Class will not meet 3/13/17 or 3/15/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4974 SENR-7076-101CL	01/23/17-04/19/17	MW
07:15AM-08:15AM	GYM	A Johnson Galdamez

### EXERCISE: YOGA

Participants will learn the art of slow-measured movements to develop strong muscles, agility and flexibility, which can reduce the effects of the aging process. Through the art of breathing, relaxation and self-awareness, participants will experience increased energy levels and decreased aches and pains. Yoga positions are done on the floor. Participants should bring a towel or blanket for comfort in lying down. Due to limited space, students can take only one yoga class per semester. You must attend the section for which you are registered. **Class will not meet 3/14/17 or 3/16/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4975 SENR-7071-101CL	01/17/17-04/12/17	MTW
11:30AM-12:30PM	TBA	B Lambert

SYN: 4976 SENR-7071-102CL	01/17/17-04/12/17	MTW
01:00PM-02:00PM	TBA	B Lambert

SYN: 4977 SENR-7071-103CL	01/17/17-04/12/17	MTW
10:00AM-11:00AM	TBA	B Lambert

SYN: 4978 SENR-7071-104CL	01/17/17-04/13/17	TTH
08:30AM-09:30AM	LLGP 107	A Johnson Galdamez

### EXERCISE: ZUMBA – 24 HRS

Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-kind fitness program that will tone and sculpt your body while burning unwanted fat. Participants may join this class at any time during the semester. **Class will not meet 3/14/17 or 3/16/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4979 SENR-7077-101CL	01/17/17-04/13/17	TTH
09:45AM-10:45AM	LLGP 107	A Johnson Galdamez

### LIFE STORY WRITING – 24 HRS

Everyone has a story to tell, and all of our stories matter! Our children and great-grandchildren will enjoy them for years to come. Creative writing tips will be presented and editing help offered. **Class will not meet 3/14/17.**

<b>Cost: Senior: \$15</b>	<b>In district: \$42</b>	<b>Out of district: \$47</b>
SYN: 4980 SENR-7013-101CL	01/17/17-04/11/17	T
01:00PM-03:00PM	LLGP 101	J Wilcox



## SEWING: BASIC AND BEYOND QUILTING (BEGINNERS) – 36 HRS

This class is designed for beginners with little or no experience with sewing machines or quilting. Those with a sewing project who need help or want to start a new one can join this class to learn how to complete a project. Students will work on projects for their home or wardrobe. A supply list will be provided the first class day; quilting students must bring their own projects or supplies. **Class will not meet 3/14/17.**

**Cost: Senior: \$15 In district: \$42 Out of district: \$47**

SYN: 4982 SENR-7041-101CL 01/17/17-04/11/17 T

09:00AM-12:00PM LLGP 106 C Walker

SYN: 4983 SENR-7041-201CL 01/17/17-04/11/17 T

05:30PM-08:30PM LLGP 106 C Walker

## SEWING: BASIC AND BEYOND QUILTING (ADVANCED) – 36 HRS

Students needing help with a current sewing or quilting project or those wanting to start a new project can join this class to learn how to complete it. Students will work on projects for their home or wardrobe. A supply list will be provided the first class day; quilting students will bring their own supplies. Prerequisite: Three semesters of quilting is suggested. **Class will not meet 3/14/17.**

**Cost: Senior: \$15 In district: \$42 Out of district: \$47**

SYN: 4981 SENR-7028-101CL 01/17/17-04/11/17 T

12:30PM-03:30PM LLGP 106 C Walker

## SPANISH I – 24 HRS

Students will obtain a working knowledge of beginning Spanish, learn common vocabulary and phrases and then proceed to verbs and sentence construction. The last class will be a conversational class dealing with food. **Class will not meet on 3/17/17 or 4/14/17.**

**Cost: Senior: \$15 In district: \$42 Out of district: \$47**

SYN: 4984 SENR-7015-101CL 01/20/17-04/21/17 F

12:30PM-02:30PM LLGP 101 A Johnson Galdamez

## SPANISH II – 24 HRS

Spanish II is a continuation of Spanish I. Topics include constructing full sentences, advanced verbs and increasing vocabulary. **Class will not meet on 3/17/17 or 4/14/17.**

**Cost: Senior: \$15 In district: \$42 Out of district: \$47**

SYN: 4985 SENR-7043-101CL 01/23/17-04/17/17 M

12:30PM-02:30PM LLGP 101 A Johnson Galdamez

## COMMUNITY LECTURE SERIES

Must Register (open to anyone age 18 or older)

### LECTURE: GENEALOGY – OVERVIEW AND LIBRARY RESEARCH OPPORTUNITIES

Students will learn about upcoming spring trips to genealogical libraries and will learn the basic method and system for studying genealogy. Students will experience the thrill of finding ancestors they never knew they had. During upcoming trips, students may discover birth, marriage or death records along with probate records and wills. Libraries are full of ancestors' records. It's up to the student to learn to dig a little deeper and develop persistence and techniques along the way. Debbie Cothorn teaches.

**Cost: FREE**

SYN: 4986 SENR-7098-101CL 01/18/17 W

01:00PM-03:00PM LLGP 105 D Cothorn

### LECTURE: DON'T FEAR FITNESS – IT'S EASIER THAN YOU THINK

If you need or want to improve your strength and fitness, or lose weight, this is the workshop for you. Instructor Larry Wagner gives ideas and encouragement to improve your golden years.

**Cost: FREE**

SYN: 4987 SENR-7098-102CL 01/25/17 W

01:00PM-02:30PM LLGP 105

### LECTURE: FINANCIAL WELLNESS – PLANNING FOR (AND IN) RETIREMENT

Whether you are approaching retirement or already retired, it is essential to know the pitfalls that can take your money and how to guard against them. In this workshop, students will learn the different types of life insurance and the importance of knowing how each one really works. Topics include The 3 "D's" to Investing, Rule of 72, Investing with a Three-Fund Approach, and much more. Taught by Mike Sofia, M.Ed.

**Cost: FREE**

SYN: 4988 SENR-7098-103CL 02/01/17 W

01:00PM-02:30PM LLGP 105

### LECTURE: EXTENDED TRAVEL PRESENTATION

A representative from Premier World Travel will present a slideshow of upcoming extended travel trips for the upcoming Great Trains and Grand Canyon/Sedona, Arizona; California Rail Discovery; and Charleston and Savannah Holiday tours. For details of upcoming trips see pages ?? For more information, please call 409-933-8912.

**Cost: FREE**

SYN: 4989 SENR-7098-104CL 02/01/17 W

03:30PM-05:00PM LLGP 105

SYN: 4996 SENR-7098-111CL 04/05/17 W

03:30PM-05:00PM LLGP 105

### LECTURE: GENEALOGY AT ROSENBERG LIBRARY

Join us for a presentation by the special collections manager to learn more about how to research your family history at the Rosenberg Library in Galveston. An overview of genealogical resources available at the

## Open Enrollment in Lifelong Learning & 50 Plus Program



SENR (Senior) trips are only available to students age 50 and older.

Extended travel trips are not limited to 50 or older.





Rosenberg Library in Galveston will be given as well as basic tutorials on how to use some of the genealogical databases. Taught by librarian Peggy Dillard.

**Cost: FREE**

SYN: 4990 SENR-7098-105CL 02/08/17 W  
01:00PM-02:30PM LLGP 105

### LECTURE: AARP DRIVER SAFETY COURSE

This one-day safety course is sponsored by the AARP. This is a certified course recognized by most major insurance companies for discounted rates. This class gives seniors tools for safer driving techniques to compensate for age-related problems. NOTE: This is not a ticket-dismissal class. Certificate fee is \$15 for students with AARP membership cards and \$20 for non-members. The instructor will collect this fee at the beginning of the class. Taught by AARP instructor Barbara Cook.

**Cost: FREE**

SYN: 4991 SENR-7098-106CL 02/16/17 TH  
08:30AM-12:30PM LLGP 101  
SYN: 4999 SENR-7098-114CL 04/27/17 TH  
08:30AM-12:30PM LLGP 101

### LECTURE: CARDIAC RECOVERY

After severe unstable angina, emergency bypass surgery, inoperable diseased artery trees and a prognosis of no hope, Larry Wagner shares his journey to health once described in WebMD Magazine as amazing. Attendees will be able to benefit from knowledge, tips and methods gained on his multiyear search for leading-edge research in nutrition, heart disease, exercise physiology, rehabilitation and exercise training, all of which he used to regain his health.

**Cost: FREE**

SYN: 4992 SENR-7098-107CL 02/22/17 W  
01:00PM-02:30PM LLGP 105  
SYN: 4995 SENR-7098-110CL 03/29/17 W  
01:00PM-02:30PM LLGP 105

### LECTURE: GENEALOGY: FAMILY HISTORY CENTER

Students will learn how to research at the Family History Center in Friendswood. Discover how easy it is to find records from Salt Lake City, get films on loan and start researching your heritage. The Family History Center has access to millions of records in books, microfilms, microfiches, etc. Participants will also discover how to access many records on the internet. Taught by Nancy Royce.

**Cost: FREE**

SYN: 4993 SENR-7098-108CL 03/08/17 W  
02:00PM-04:00PM LLGP 105

### BOOK AND MOVIE: THE BEST EXOTIC MARIGOLD HOTEL

"The Best Exotic Marigold Hotel" is a British comedy-drama film directed by John Madden. The screenplay, written by Ol Parker, is based on the 2004 novel "These Foolish Things" by Deborah Moggach, and features an ensemble cast consisting of Judi Dench, Celia Imrie, Bill Nighy, Ronald Pickup, Maggie Smith, Tom Wilkinson and Penelope Wilton. As a group of British retirees decide to "outsource" their retirement to less expensive

and seemingly exotic India, they move into a retirement hotel, run by the young and eager Sonny, played by Dev Pate. Enticed by advertisements for the newly restored Marigold Hotel and bolstered with visions of a life of leisure, they arrive to find the palace a shell of its former self. Though the new environment is less luxurious than imagined, they are forever transformed by their shared experiences, discovering that life and love can begin again when you let go of the past. Join us for great discussion, a thought-provoking movie and free popcorn. Led by Ami Blackwell of Spindrift Media & Entertainment.

**Cost: FREE**

SYN: 4994 SENR-7098-109CL 03/22/17 W  
05:30PM-09:00PM LLGP 105

### LECTURE: FINANCIAL PLANNING – MAKING YOUR MONEY LAST IN RETIREMENT

In this workshop you will learn ways to help stretch your investments to last a lifetime. See the impact of retiring in a bull market vs. a bear market, investment allocation, taking withdrawals from your portfolio, focusing on your goals and investing with a three-fund approach. In addition, learn how "cash value" life insurance really works and more. Taught by Mike Sofia, M.Ed.

**Cost: FREE**

SYN: 4997 SENR-7098-112CL 04/12/17 W  
01:00PM-02:30PM LLGP 105

### LECTURE: INTERNET LEARNING: KNOWLEDGE, NONSENSE AND TOMFOOLERY

The internet is filled with sources from online classes to personal opinions. Discuss medical and science journals and websites, infotainment, entertainment, trivia, videos, movies, photos, misinformation, hoaxes and propaganda. Led by Larry Wagner.

**Cost: FREE**

SYN: 4998 SENR-7098-113CL 04/19/17 W  
01:00PM-02:30PM LLGP 105

**NEW**  
Location

## COM'S 50 PLUS PROGRAM

Lifelong Learning Gulfway Plaza  
14057 Gulfway Plaza  
La Marque, TX 77568



## 50 PLUS TRIPS

(only open to 50 plus students)

### TRIP: BIRDWATCHING – SAN BERNARD

Richard Mayfield hosts this trip to San Bernard National Wildlife Refuge looking for wintering birds such as songbirds, ducks and raptors.

Students should wear comfortable clothes, hiking or closed-toed shoes and be prepared to walk in grassy, brushy areas. Bringing bottled water, snacks, binoculars and a camera is recommended. The cost of this trip includes transportation and the guided tour. Lunch will be Dutch treat at a local restaurant in Oyster Creek. This trip is open to anyone age 50 or older. **Refund deadline: Jan. 5**

**Cost:** 50 Plus: \$25

SYN: 5001 SENR-7099-101CL 01/17/17 T  
08:30AM-04:30PM R Mayfield

### TRIP: GENEALOGY – CLAYTON LIBRARY

Students will travel to Clayton Library for Genealogical Research, one of the top genealogy research libraries in the United States. Instructor Debbie Cothorn will assist students in tracing their family history using resources of the library. This library houses over 70,000 reels of microfilm and other electronic databases. The cost covers transportation and instruction. Lunch is Dutch treat at Bodgas Mexican Restaurant or you may bring a sack lunch and eat at the library. This trip is open to anyone age 50 or older. **Refund deadline: Jan. 17**

**Cost:** 50 Plus: \$25

SYN: 5002 SENR-7099-102CL 01/31/17 T  
09:00AM-05:00PM D Cothorn

SYN: 5009 SENR-7099-109CL 04/04/17 T  
09:00AM-05:00PM D Cothorn

### TRIP: PASADENA LITTLE THEATRE'S "COVER OF LIFE"

Join us for Pasadena Little Theatre's dramatic comedy, "Cover of Life." During WWII, three young brides live with their mother-in-law while their husbands are fighting overseas. Intrigued by the situation, Life Magazine sends reporter Kate Miller for a cover story. In other words, Life is a magazine, but real life is tough. Supper will be Dutch treat prior to the show. The cost of this trip includes transportation and admission fee. This trip is open to anyone age 50 or older. **Refund deadline: Jan. 23**

**Cost:** 50 Plus: \$28

SYN: 5003 SENR-7099-103CL 02/09/17 TH  
03:30PM-11:00PM

### TRIP: THE PEARL THEATER'S "A LESSON BEFORE DYING"

The Pearl Theater's "A Lesson Before Dying" will follow a Dutch treat supper. In the play based on a novel by Ernest J. Gaines, Jefferson, an innocent young man, is condemned to death in backwoods Louisiana in 1948. At the trial his lawyer, trying to save his life, called him no more a human being than a hog. In prison, he acts like one, insisting that he will be dragged like that hog to his death in the electric chair. His godmother asks a schoolteacher to teach him to die like a man. The teacher, Grant Wiggins, struggling to quit his poor parish school and leave the South, faces both Jefferson and himself as execution day arrives. The cost of

this trip includes transportation and admission fee. This trip is open to anyone age 50 or older. **Refund deadline: Jan. 30**

**Cost:** 50 Plus: \$28

SYN: 5004 SENR-7099-104CL 02/17/17 F  
03:30PM-11:00PM

### TRIP: GENEALOGY – MONTGOMERY COUNTY, CONROE

Students will travel to Montgomery County Library in Conroe, Texas. Beginner and advanced students will be assisted by instructor Debbie Cothorn in tracing their family history using library resources. This library houses many resources including special collections, Dawes Rolls (Native American), south Louisiana records by Hebert, 19th-century military records and various books for each of the United States. Cost covers transportation and instructional costs. Lunch is Dutch treat at Cracker Barrel, or you may bring a sack lunch and eat at the library. This trip is open to anyone age 50 or older. **Refund deadline: Feb. 7**

**Cost:** 50 Plus: \$25

SYN: 5005 SENR-7099-105CL 02/21/17 T  
08:00AM-05:00PM D Cothorn

### TRIP: MFAH: AZALEA AND SPRING FLOWER TRAIL AND BAYOUI BEND COLLECTION

Visit the Museum of Fine Arts Houston's 58th Annual Azalea & Spring Flower Trail and Bayou Bend Collection. Established in 1960, this collection has been featured in numerous newspapers and magazines, including Southern Living and Texas Highways and draws visitors from all across America. Lunch will be Dutch treat. The cost of this trip includes transportation and admission. This trip is open to anyone age 50 or older.

**Refund deadline: Feb. 13**

**Cost:** 50 Plus: \$28

SYN: 5006 SENR-7099-106CL 03/01/17 W  
09:00AM-04:00PM

### TRIP: GENEALOGY – GEORGE MEMORIAL LIBRARY, RICHMOND

Students will travel to the George Memorial Library in Richmond, Texas. Instructor Debbie Cothorn will assist students in tracing their family history using library resources. This library houses resources that focus on the southeastern United States, including Civil War, federal census, Texans in the Mexican War and pension records including books and microfilm. Cost covers transportation and instruction. Lunch is Dutch treat, or you may bring a sack lunch and eat at the library. This trip is open to anyone age 50 or older. **Refund deadline: Feb. 13**

**Cost:** 50 Plus: \$25

SYN: 5007 SENR-7099-107CL 03/21/17 T  
08:30AM-05:00PM D Cothorn

### TRIP: PASADENA LITTLE THEATER'S "GUILTY CONSCIENCE"

Join us for Pasadena Little Theatre's "Guilty Conscience." Set in the 1980s, this mystery was adapted from Link and Levinson, creators of the TV series "Columbo." A brilliant and ruthless criminal attorney plots to kill his wife and tests each scenario in the courtroom of this mind. He





creates an imaginary prosecutor and he pits himself against this alter ego in a series of witty, sometimes hostile exchanges. Again and again he is frustrated, unable to formulate the ultimate alibi. He is shocked when he learns that his wife and someone else are simultaneously planning to kill him. Supper will be Dutch treat prior to the show. The cost of this trip includes transportation and admission. This trip is open to anyone age 50 or older. **Refund deadline: March 6**

**Cost: 50 Plus: \$28**

SYN: 5008 SENR-7099-108CL 03/23/17 TH  
03:30PM-11:00PM

#### TRIP: BIRDWATCHING – GALVESTON

Richard Mayfield hosts this trip to Galveston to see migrant traps and migrating shorebirds and songbirds. Students should wear comfortable clothes, hiking or closed-toed shoes and be prepared to walk in grassy, brushy areas. Bringing bottled water, snacks, binoculars and a camera is recommended. Cost of this trip includes transportation and the guided tour. Lunch will be Dutch treat at a local restaurant. This trip is open to anyone age 50 or older. **Refund deadline: April 4**

**Cost: 50 Plus: \$25**

SYN: 5010 SENR-7099-110CL 04/18/17 T  
08:30AM-04:30PM R Mayfield

#### TRIP: SCHULENBURG PAINTED CHURCHES

Back by popular demand, this trip takes students to Schulenburg for the official Texas Painted Churches Tour, which includes St. Mary of Praha, St. Mary of High Hill, St. Cyril Methodius and St. John the Baptist Catholic Church. These churches are located in the communities of Dubina, High Hill and Ammannsville. While unassuming from the outside, these churches take visitors' breath away with their beauty inside. Midway through the tour of four churches, there will be a stop for Dutch treat lunch. The cost includes transportation, admission and docent fees. This trip is open to students 50 and older. **Refund deadline: April 3**

**Cost: 50 Plus: \$40**

SYN: 5011 SENR-7099-111CL 04/20/17 TH  
07:30AM-05:30PM

#### TRIP: ALLEY THEATRE'S "A VIEW FROM THE BRIDGE"

Prior to the show, the Alley Theatre is hosting our groups with a complimentary reception of heavy hors d'oeuvres, wine, beer and non-alcoholic beverages. Following the success of "Death of a Salesman" (2012) and "All My Sons" (2015), the Alley returns to one of America's greatest playwrights with a new production of Arthur Miller's "A View From The Bridge." This dark and passionate story centers on Eddie Carbone, a longshoreman by trade, who is confident of his place in the working-class Brooklyn neighborhood he calls home. That life changes when he agrees to harbor his immigrant cousins. A love affair exposes a dark family secret, and suspicion, jealousy and betrayal soon follow. Contains mature themes. Supper will be Dutch treat prior to the show. The cost of this trip includes transportation and admission fee. This trip is open to anyone age 50 or older. **No refunds will be given for this trip.**

**Cost: 50 Plus: \$50**

SYN: 5012 SENR-7099-112CL 05/05/17 F  
04:00PM-11:00PM

## SPACE AVAILABLE CLASSES

### CAREER AND TECHNICAL EDUCATION

Space-available classes are workforce credit classes in which continuing education students may enroll. Noncredit (continuing education) students are not required to take a college placement test or apply to the college. These classes are available to a limited number of noncredit students who must complete all course objectives, take exams and meet attendance requirements. Students will receive a grade of pass or fail; however, no college credit hours are earned.

Space-available classes start and end with the spring credit class schedule – spring (Jan. 17 – May 12). Full course descriptions are available in the College catalog and more information about these courses can be viewed in the credit schedule. Both of these documents are located online at [www.com.edu/admissions/schedule-catalog.php](http://www.com.edu/admissions/schedule-catalog.php).

The following space-available classes are \$270 for in-district students or \$275 for out-of-district students. There will be an additional \$25 fee for each hybrid course and a \$35 fee for each online course. Hybrid and internet classes require completion of the Online Learner Workshop (OLW) prior to first class date (see page xx for more details).

### ACCOUNTING AND BUSINESS

#### INTRODUCTION TO ACCOUNTING I – 48 HRS

**Cost: In district: \$270 Out of district: \$275**

SYN: 5663 ACNT-1003-201CL 01/17/17-05/12/17 MW  
06:00PM-07:20PM TVB 1225 M Williams

#### PRINCIPLES OF FINANCIAL ACCOUNTING – 64 HRS

**Cost: In district: \$270 Out of district: \$275**

SYN: 5659 ACNT-1025-101CL 01/17/17-05/12/17 TTH  
9:30AM-10:50AM TVB 1225 M Williams  
SYN: 5660 ACNT-1025-102CL 01/17/17-05/12/17  
MW 04:30PM-05:50PM TVB 1225 M Williams  
SYN: 5661 ACNT-1025-201CL 01/17/17-05/12/17 TTH  
06:00PM-07:20PM TVB 1225 M Williams

#### PRINCIPLES OF MANAGERIAL ACCOUNTING – 64 HRS

**Cost: In district: \$270 Out of district: \$275**

SYN: 5662 ACNT-1026-101CL 01/17/17-05/12/17 TTH  
11:00AM-12:20PM TVB 1225 M Williams

#### COMPUTER ACCOUNTING APPLICATIONS – 64 HRS

**Cost: In district: \$270 Out of district: \$275**

SYN: 5664 ACNT-1013-201CL 01/17/17-05/12/17 MW  
07:30PM-08:50PM TVB 1225 M Williams

#### RECORDS AND INFORMATION MANAGEMENT – 64 HRS

**Cost: In district: \$305 Out of district: \$310**

SYN: 5665 POFT-1019-001IN 01/17/17-05/12/17  
Internet J Cutaia



## **BUSINESS MATH – 48 HRS**

Cost: In district: \$305 Out of district: \$310  
SYN: 5666 POFT-1021-001IN 01/17/17-05/12/17  
Internet S Rahman  
INTERMEDIATE KEYBOARDING – 64 HRS  
Cost: In District: \$306 Out of district: \$311  
SYN: 5671 POFT-2001-001IN 01/17/17-05/12/17  
Internet S Rahman

## **COMPUTERS AND NETWORKING**

### **INTERMEDIATE WEB PROGRAMMING – 96 HRS**

Cost: In district: \$295 Out of district: \$300  
SYN: 5667 ITSE-2002-118HY 01/17/17-05/12/17 W  
01:30PM-05:20PM TVB 1432 F Alexander

### **DATABASE PROGRAMMING – 96 HRS**

Cost: In district: \$295 Out of district: \$300  
SYN: 5677 ITSE-2009-128HY 01/17/17-05/12/17 W  
01:30PM-05:20PM TVB 1432 F Alexander

### **ROUTERS – 96 HRS**

Cost: In district: \$295 Out of district: \$300  
SYN: ITNW-2012-228HY 03/20/17-05/12/17 TTH  
08:00PM-09:50PM TVB 1224 COM Faculty

### **INTRODUCTION TO PC OPERATING SYSTEMS – 80 HRS**

Cost: In district: \$295 Out of district: \$300  
SYN: 5683 ITSC-1005-118HY 01/17/17-03/10/17 MW  
04:30PM-05:50PM TVB 1224 M Pitre

### **PERSONAL COMPUTER HARDWARE – 80 HRS**

Cost: In district: \$295 Out of district: \$300  
SYN: 5684 ITSC-1025-128HY 03/20/17-05/12/17 MW  
04:30PM-05:50PM TVB 1224 M Pitre

## **DRAFTING**

### **TECHNICAL DRAFTING – 64 HRS**

Cost: In district: \$270 Out of district: \$275  
SYN: 5685 DFTG-1005-201CL 01/17/17-05/12/17 TTH  
06:00PM-07:50PM TVB 1220B1 J Buffa

### **BASIC COMPUTER-AIDED DRAFTING – 96 HRS**

Cost: In district: \$295 Out of district: \$300  
SYN: 5686 DFTG-1009-201HY 01/17/17-05/12/17 M  
06:00 PM-8:50 PM TVB 1220 A Gregory

### **INTERMEDIATE COMPUTER-AIDED DRAFTING – 96 HRS**

Cost: In district: \$295 Out of district: \$300  
SYN: 5687 DFTG-2019-201HY 01/17/17-05/12/17 W  
06:00 PM-8:50 PM TVB 1220 A Gregory

## **ARCHITECT DRAFTING COMMERCIAL – 96 HRS**

Cost: In district: \$295 Out of district: \$300  
SYN: 5688 DFTG-2028-201HY 01/17/17-05/12/17 T  
06:00 PM-8:50 PM TVB 1220 A Gregory

### **CIVIL DRAFTING – 96 HRS**

Cost: In district: \$295 Out of district: \$300  
SYN: 5689 DFTG-2030-201HY 01/17/17-05/12/17 TH  
06:00 PM-8:50 PM TVB 1220 A Gregory

### **SOLID MODELING AND DESIGN – 96 HRS**

Cost: In district: \$295 Out of district: \$300  
SYN: 5690 DFTG-2040-201HY 01/17/17-05/12/17 M  
06:00 PM-8:50 PM TVB 1230 D Bennett

## **GRAPHIC ARTS**

### **DIGITAL IMAGING I – 96 HRS**

Cost: In district: \$270 Out of district: \$275  
SYN: 5691 ARTC-1002-101CL 01/17/17-05/12/17 MW  
08:00AM-10:50AM TVB 1572 R Collins

### **DESIGN COMMUNICATION I – 96 HRS**

Cost: In district: \$295 Out of district: \$300  
SYN: 5692 ARTC-1017-101HY 01/17/17-05/12/17 MW  
11:00AM-12:20PM TVB 1572 C Jackson

### **DESIGN COMMUNICATION II – 96 HRS**

Cost: In district: \$295 Out of district: \$300  
SYN: 5693 ARTC-2047-101HY 01/17/17-05/12/17 TTH  
11:00AM-12:20PM TVB 1572 C Jackson

### **COMPUTER ILLUSTRATION – 96 HRS**

Cost: In district: \$270 Out of district: \$275  
SYN: 5694 ARTC-1053-101CL 01/17/17-05/12/17 TTH  
08:20AM-10:50AM TVB 1572 R Collins

### **WEB DESIGN I – 96 HRS**

Cost: In district: \$270 Out of district: \$275  
SYN: 5695 IMED-1016-101CL 01/17/17-05/12/17 MW  
04:00PM-06:50PM TVB 1572 C Carpenter

### **WEB DESIGN II – 96 HRS**

Cost: In district: \$270 Out of district: \$275  
SYN: 5696 IMED-2015-101CL 01/17/17-05/12/17 MW  
04:00PM-06:50PM TVB 1572A M Harman

### **INTRODUCTION TO DIGITAL MEDIA – 96 HRS**

Cost: In district: \$270 Out of district: \$275  
SYN: 5697 IMED-1001-101CL 01/17/17-05/12/17 TTH  
04:00PM-06:50PM TVB 1572A S Turnboug



## PERSONAL ENRICHMENT

### FINE ARTS

Space-available classes are academic/credit classes in which continuing education students may enroll for personal enrichment. These classes are available to a limited number of noncredit students who are expected to complete all course objectives, take exams and meet attendance requirements. Students will receive a grade of either pass or fail; however, no college credit hours are earned. Noncredit students do not have to take college placement tests or apply to the College to take these classes. Space-available classes start and end with the spring credit class schedule – spring (Jan. 17 – May 12). Full course descriptions are available in the College catalog, and more information can be viewed in the credit schedule at [www.com.edu/schedule](http://www.com.edu/schedule).



#### ACTING I – 48 HRS

**Cost:** In district: \$270      Out of district: \$275  
 SYN: 5722 ARTSL-2007-140CL      01/17/17-05/12/17      TTH  
 11:00AM-12:20PM      FAB 117      H Brown



#### CERAMICS – 96 HRS

**Cost:** In district: \$270      Out of district: \$275  
 SYN: 5801 ARTSL-2047-133CL      01/17/17-05/12/17      TTH  
 01:30PM-04:20PM      FAB 138      G Bowes  
 SYN: 5802 ARTSL-2047-233CL      01/17/17-05/12/17      MW  
 06:00PM-08:50PM      FAB 138      G Bowes



#### PHOTOGRAPHY I - 96 HRS

**Cost:** In district: \$270      Out of district: \$275  
 SYN: 5808 ARTSL-2002-135CL      01/17/17-05/12/17      MW  
 09:30AM-12:20PM      TVB 1139      C Peet  
 SYN: 5809 ARTSL-2002-236CL      01/17/17-05/12/17      TTH  
 01:30PM-04:20PM      TVB 1139      C Peet



#### DUCK AND COVER A CAPELLA – 48 HRS

**Cost:** In district: \$60      Out of district: \$65  
 SYN: 5817 MUSIL-2006-270CL      01/17/17-05/12/17      MW  
 02:00PM-03:20PM      FAB 110      J Heffel



#### CLASS GUITAR – 48 HRS

**Cost:** In district: \$90      Out of district: \$95  
 SYN: 5820 MUSIL-2002-160CL      01/17/17-05/12/17      M  
 03:30PM-06:20PM      FAB 117      J Kiefer



#### CLASS PIANO I – 48 HRS

**Cost:** In district: \$90      Out of district: \$95  
 SYN: 5818 MUSIL-2001-160CL      01/17/17-05/12/17      TTH  
 09:30AM-10:50AM      FAB 111      P Boyd



#### CLASS PIANO II – 48 HRS

**Cost:** In district: \$90      Out of district: \$95  
 SYN: 5819 MUSIL-2001-161CL      01/17/17-05/12/17      TTH  
 04:30PM-05:50PM      FAB 111      P Boyd



#### CONCERT BAND – 48 HRS

**Cost:** In district: \$60      Out of district: \$65  
 SYN: 5810 MUSIL-2003-270CL      01/17/17-05/12/17      M  
 07:30PM-10:20PM      FAB 117      H Koerner



#### GUITAR ENSEMBLE – 48 HRS

**Cost:** In district: \$60      Out of district: \$65  
 SYN: 5815 MUSIL-2002-170CL      01/17/17-05/12/17      W  
 03:30PM-06:20PM      FAB 117      J Kiefer



#### JAZZ COMBO – 48 HRS

**Cost:** In district: \$60      Out of district: \$65  
 SYN: 5813 MUSIL-2004-170CL      01/17/17-05/12/17      TTH  
 03:00PM-04:20PM      FAB 117      H Koerner  
 SYN: 5814 MUSIL-2004-270CL      01/17/17-05/12/17      W  
 07:00PM-09:50PM      FAB 117      H Koerner



#### JAZZ ENSEMBLE – 48 HRS

**Cost:** In district: \$60      Out of district: \$65  
 SYN: 5811 MUSIL-2005-270CL      01/17/17-05/12/17      T  
 07:30PM-10:20PM      FAB 117      H Koerner



#### MAINLAND CHORALE – 48 HRS

**Cost:** In district: \$60      Out of district: \$65  
 SYN: 5816 MUSIL-2007-270CL      01/17/17-05/12/17      T  
 07:30PM-10:20PM      FAB 110      J Heffel



#### WOODWIND ENSEMBLE – 48 HRS

**Cost:** In district: \$60      Out of district: \$65  
 SYN: 5812 MUSIL-2008-270CL      01/17/17-05/12/17      TH  
 07:00PM-09:40PM      FAB 117      T Kochen



#### STUDIO ARTS-96HRS

This course allows beginning to advanced non-credit students to fully participate in any of the three 2-D studio credit courses taught by Mark Greenwalt. Students are expected to be active participants within the collaborative studio environment and broadly pursue course objectives along with their credit student peers. Students have the option of attending Drawing on Mondays and Wednesdays from 9:30am - 12:20pm, or Design or Painting on Monday and Wednesdays from 2:00pm - 4:50pm. For more information regarding specific courses contact

Mark at 409-933-8673 or [mgreenwalt@com.edu](mailto:mgreenwalt@com.edu).

**Cost:** In district: \$270      Out of district: \$275  
 SYN: 4688 ARTSL-2000-120CL      01/17/17-05/12/17  
 FAB 130      M Greenwalt



*The COM Jazz Ensemble*



## LANGUAGES

### SPANISH I – 64 HRS

<b>Cost:</b>	<b>In district: \$295</b>	<b>Out of district: \$300</b>
SYN: 5787 SPANL-1001-120HY	01/17/17-03/10/17	MTWTH
08:00AM-09:20AM	TVB 1209	R Naranjo
<b>Cost:</b>	<b>In district: \$305</b>	<b>Out of district: \$310</b>
SYN: 5090 SPANL-1001-015IN	01/17/17-03/10/17	
	Internet	R Naranjo
SYN: 5093 SPANL-1001-050IN	05/15/17-06/02/17	
	Internet	R Naranjo

### SPANISH II – 64 HRS

<b>Cost:</b>	<b>In district: \$295</b>	<b>Out of district: \$300</b>
SYN: 5793 SPANL-1002-125HY	03/20/17-05/12/17	MTWTH
08:00AM-09:20AM	TVB 1209	R Naranjo
SYN: 5092 SPANL-1002-101HY	01/17/17-05/12/17	MW
09:30AM-10:50AM	TVB 1476	R Naranjo
<b>Cost:</b>	<b>In district: \$305</b>	<b>Out of district: \$310</b>
SYN: 5091 SPANL-1002-025IN	03/20/17-05/12/17	
	Internet	R Naranjo

## IMPORTANT DATES

<b>Dec. 5</b>	Spring 2017 Registration Begins
<b>Dec. 17 – Jan. 2</b>	COM Closed for Holidays
<b>Jan. 16</b>	COM Closed for MLK Day
<b>Jan. 17</b>	Spring 2017 Classes Begin

For more information, call 409-933-8586.

## Save This Schedule!

CE offers hundreds of classes.  
One is just right for you!



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## COLLEGE MISSION

College of the Mainland is a learning-centered, comprehensive community college dedicated to student success and the intellectual and economic prosperity of the diverse communities we serve.

## COLLEGE VISION

College of the Mainland will be a valued and vital community partner by striving to enrich our expanding community and preparing our students to learn, work and live in a diverse, dynamic and global environment.

## COLLEGE OF THE MAINLAND BOARD OF TRUSTEES

Kyle Dickson, Rosalie Kettler, Bennie Matthews, Roney G. McCrary, Wayne H. Miles, Rachel Delgado and Alan Waters

## ACCREDITATION

College of the Mainland is accredited by:

The Commission on Colleges of the Southern Association of Colleges and Schools to award associate degrees and certificates. Contact the Commission on Colleges at 1866 Southern Ln., Decatur, GA 30033-4097 or call 404-679-4500 for questions about the accreditation of College of the Mainland. The Commission is to be contacted only if there is evidence that appears to support the institution's significant non-compliance with a requirement or standard.

## DISCLAIMER STATEMENT

College of the Mainland reserves the right to withdraw a student due to any inability to maintain the prescribed rate of progress or for behavior detrimental to the learning process of the student or class. College of the Mainland also reserves the right to make changes in regulations, courses, fees and other matters of policy and procedure when deemed necessary. These provisions are not to be regarded as an irrevocable contract between the student and the college.

## NOTICE OF NONDISCRIMINATION

College of the Mainland does not discriminate in its education programs and activities on the basis of sex. Inquiries concerning application of Title IX of the Education Amendments of 1972, as amended, may be referred to the College's Title IX Coordinator or the U.S. Department of Education's Office of Civil Rights. The College District designates the following person to coordinate its efforts to comply with Title IX of Education Amendments: Lonica Bush, lbush@com.edu, 1200 Amburn Road, Texas City, TX 77591, 409-933-8413.

## PUBLIC INFORMATION STATEMENT

College of the Mainland offers credit academic and vocational programs published in the current college catalog. Admission into these programs is based on graduation from an accredited high school, a GED certificate or individual approval. It is the policy of College of the Mainland not to discriminate on the basis of sex, handicap, race, color, age or national origin in its education and vocational programs, activities or employment as required by Title IX, section 504 and Title VI. College of the Mainland will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs. For more information about your rights or grievance procedures, contact the Vice President for Instruction, 1200 Amburn Road, Texas City, TX 77591-2499, or call 409-933-8229, (local) or 1-888-258-8859, ext. 8229. College of the Mainland is an equal opportunity/affirmative action educational institution and does not discriminate on the basis of race, sex, age, religion, veteran status or national origin.

## DECLARACIÓN E INFORMACIÓN PÚBLICA

El College of the Mainland ofrece programas vocacionales y académicos publicados en el presente catálogo. La admisión a estos programas se efectúa a base de la graduación de una escuela secundaria acreditada o por medio de un certificado de GED o aprobación individual. Es la política del College of the Mainland no discriminar a base de sexo, desventaja física, raza, color, edad u origen nacional en sus programas educativos y vocacionales, ni en las actividades y el empleo, de acuerdo con los requisitos del Título IX, Sección 504, y del Título VI. El College of the Mainland tomará medidas para asegurar que el desconocimiento del idioma inglés no sea obstáculo a la admisión y participación en todos los programas educativos y vocacionales.





# COM students glean from *567 years* of experience

COM's 18 industrial education instructors bring a combined 567 years of work experience to COM's Continuing Education Industrial Workforce Programs. That pays off for students who learn through instructors' stories and examples gleaned from an average of 31.5 years on the job.

"Teaching provides an opportunity to share what I know and love. This allows me to express my experiences, lessons learned and their application to my students," said instructor Ernesto Martinez, who has 24 years' experience in the air-conditioning field.

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*"Houston is the air-conditioning capital of the world. Being in the greater Houston area, COM is in the heart of it all."*

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Lloyd Lindsey has 52 years' experience at Todd Shipyard, Union Carbide and Flowserve Corp. and has

taught at COM since the beginning of the Mechanical Maintenance Technician Program.

"Over the years many people have shared their knowledge of this field with me," said Lindsey. "This has helped me learn numerous techniques and processes used to repair and maintain all types of equipment. I am passing on these skills to a new generation of craftsmen."

COM is looking for additional instructors with industry experience to teach technical courses in mechanical maintenance, pipefitting, instrumentation, electrical, HVAC and machining to meet the job growth in the greater Houston/Galveston area.

"Our instructors not only teach the trade but provide insight into the industry and what it takes to be successful," said Laura Baumgartner, director of CE workforce programs.

**If you are interested in teaching a course, apply on-line at <https://jobs.com.edu> or email [lbaumgartner@com](mailto:lbaumgartner@com).**



# TEXAS ONLINE DEFENSIVE DRIVING AND DRIVER'S EDUCATION

## Texas Online Defensive Driving (TEA Course Provider #947) \$29.95 Cost

- Six-hour course
- Accepted by all Texas courts and municipalities for ticket dismissal
- Completers may be eligible for a 10 percent reduction in insurance policy premiums.

## Texas Teen Driver Education Course (TEA Course Provider #C2636) \$129.95 Cost

- Has both a parent-taught and virtual-instructor-taught version
- Includes all DPS forms
- Meets all DPS requirements

## Adult Driver Education Online (TEA Course Provider #C2636) \$65 Cost

- Guides drivers 18-24 years of age in obtaining their first driver's license
- Completers will be able to bypass the DPS written exam and will only be required to complete the driving portion of the DPS exam.

College of the Mainland and SAFETY-USA are proud to offer three online Texas Education Agency approved driving courses. These courses feature:

- Online text and interactive videos
- Full audio or read-along text for the hearing impaired
- Courses in both English and Spanish
- 24/7 customer phone support
- 24/7 course accessibility with exclusive course memory

The screenshot shows the SAFETY-USA website interface. At the top, it says "Sponsored by SAFETY-USA™" and "College of the Mainland". Below this is a large image of a person in a car, possibly a driver or instructor. To the right of the image, there is a section titled "Ready for class?" with text stating: "College of the Mainland and Safety-USA are proud to partner together to bring you access to all the resources you need to get your driver's license, dismiss a traffic ticket, order DPS records and more!". At the bottom of the interface, there are three buttons: "Teen Driver Education Course", "Adult Driver Education Course", and "Defensive Driving".

Registration available online only at <http://tx-dps.com/affiliates/college-of-the-mainland>.  
1-888-596-7307

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# CONTINUING EDUCATION OFFICE

Technical-Vocational Building, Room TVB-1475, main campus

Phone: 409-933-8586

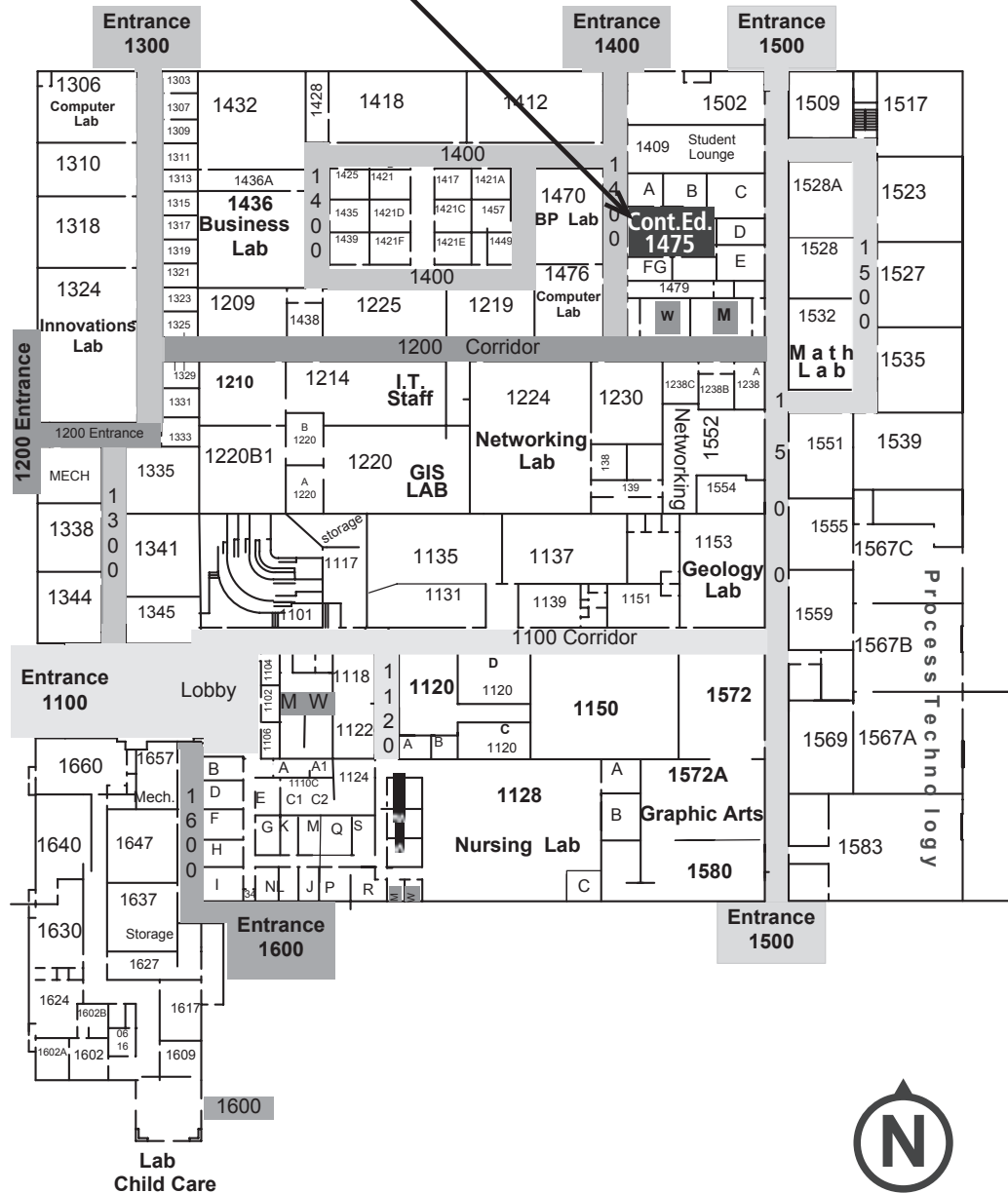
Fax: 409-933-8026

Mail: Continuing Education, 1200 Amburn Rd., Texas City, TX 77591

Email: ContEd@com.edu

**Register here or online at [www.com.edu/ce](http://www.com.edu/ce).**

## TECHNICAL-VOCATIONAL BUILDING





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Learn the basics of HTML so you can design, create and post your very own site on the Web.

### Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

### Introduction to CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

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Learn to create Mac, iPhone and iPad apps and programs using Objective-C and the Xcode compiler.

### Creating WordPress Websites

Learn how to use WordPress, a free and popular Web design tool, to quickly and easily create attractive blogs and interactive websites.

### Resume Writing Workshop

Discover the secret for transforming your tired and boring resume into a powerful tool that will get you interviews.

### Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate and acquire the tools for solving problems and resolving conflicts.

### HIPAA Compliance

Learn how to comply with the duties, rights and responsibilities of HIPAA, ARRA & HITECH.

### LSAT Preparation - Part 1

Learn about law school entrance procedures, develop your analytical reasoning skills and improve your test-taking skills (course 1 of 2).

### Blogging and Podcasting for Beginners

Learn how to create your very own blog and add a podcast too, using the tools that you already have available on your computer.

### A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals.

### Using Social Media in Business

Learn how to use the five most popular social media platforms (Facebook, Twitter, LinkedIn, Pinterest and Google) to grow and promote your business.

### Introduction to Microsoft Word 2013

Master the basic features of this powerful wordprocessing program to professionally type, edit and format text, spell check and print documents.

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## INTERACTIVE WORKSHOPS FOR CAREER AND TECHNICAL EDUCATION STUDENTS



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For Information,

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**409-933-8462**



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Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

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- **Skilled Trades and Industrial**

#### Features:

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- No additional charges - all materials, workbooks, and software are included in the course fee
- Payment plans available

#### Carpentry

Prepare for a career as a carpenter as you master basic residential construction skills, learn to read blueprints and do jobsite math, and get hands-on practice in three workshop projects.

#### Certified Residential Interior Designer

Prepare for a career as a residential interior designer by learning the basics of good design, getting familiar with design styles and movements, and exploring the materials that interior designers use.

#### Home Inspection Certificate

Learn about standards of practice, defects recognition, inspection guidelines, reporting methodologies, and liability management as you prepare to become a home inspector.

#### Human Resources Professional

Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR (Professional in Human Resources) certification exam.

#### OMCA Content Marketing Associate

Bring an audience to your company's website and engage web viewers with valuable content and new strategies for success. **Voucher Included.**

#### OMCP Social and Mobile Marketing Professional

Learn the scope of digital marketing and how to make mobile marketing and social media work in your favor. **Voucher Included.**

#### OMCP Email Marketing and Automation Professional

Learn how to write emails worth opening, reading and acting on. With mobile devices being used frequently, it's critical to write emails that are mobile friendly while being valuable and engaging. **Voucher Included.**

#### Professional Bookkeeping

This program teaches students how to master professional bookkeeping using the QuickBooks 2015 software. **Software Included.**

#### Personal Fitness Trainer

Learn how to apply your client's health history, goals, and abilities, as well as integrating exercise science curriculum and practical training techniques, into a systematic model you can use to progress your clients through different training levels and phases.

#### Freight Broker/Agent Training

Prepare to enter the freight/logistics industry. This program will prepare you to start your own freight broker business or become a freight agent.

#### Grant Writing

Learn to write grant proposals that get funded in this nationally recognized Grant Writing online training program.

#### Technical Writing

Develop your technical writing abilities to a professional level. You'll learn research methods, audience considerations, style, drafting and revision techniques, how to work in a collaborative environment, and more.

**Enroll Today!**



**All materials are included in the program fees. Each course has an instructor assigned to answer student questions and solve student problems.**

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You can also reach us by calling

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# CAMPUS MAPS



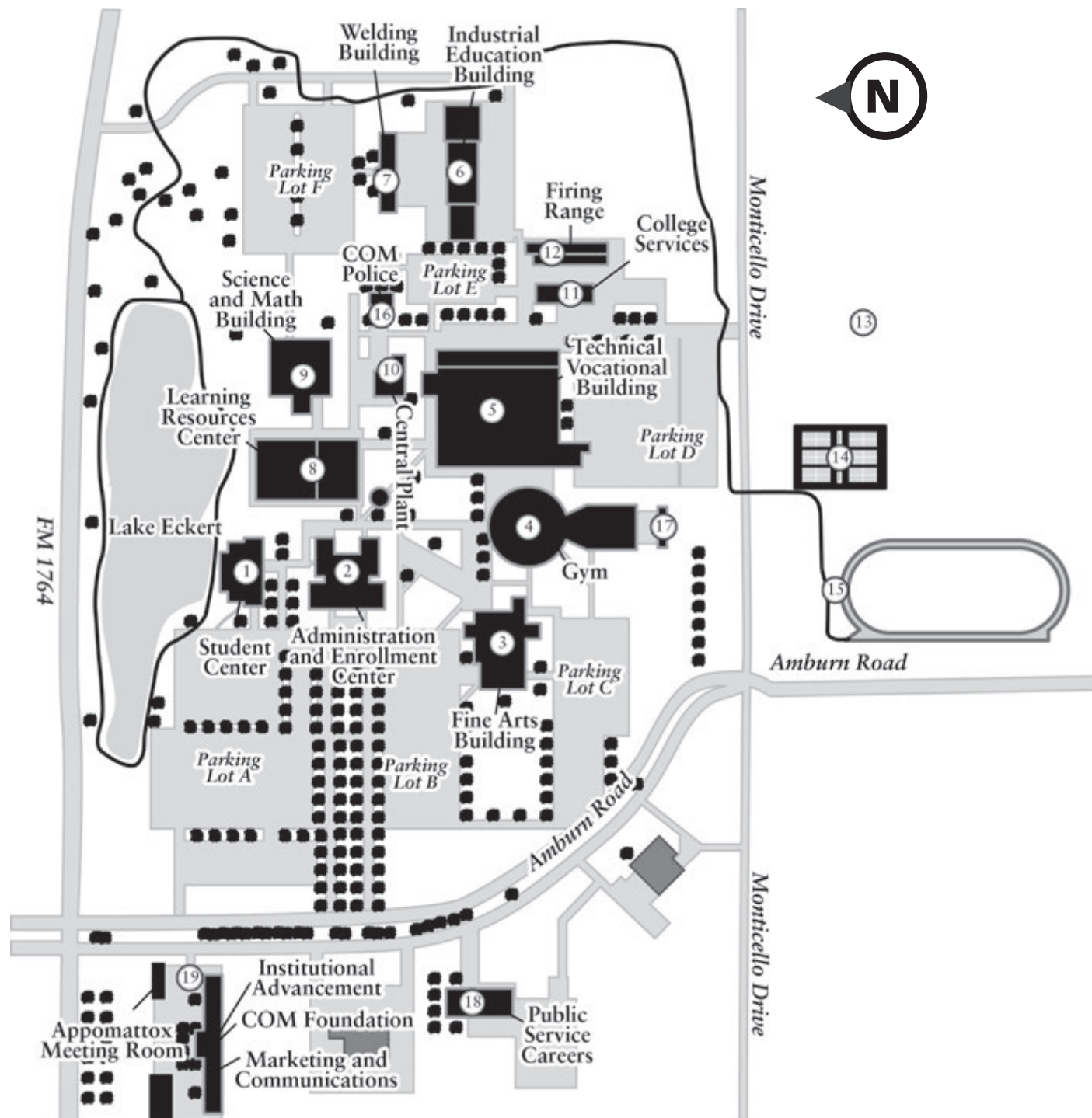
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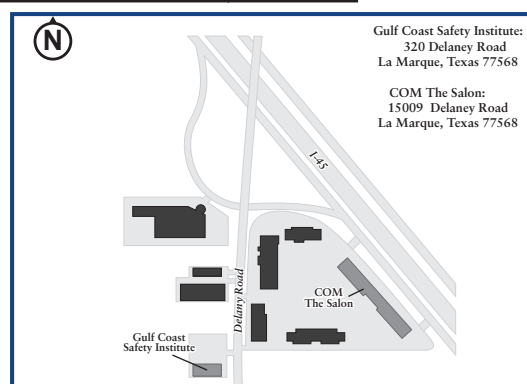
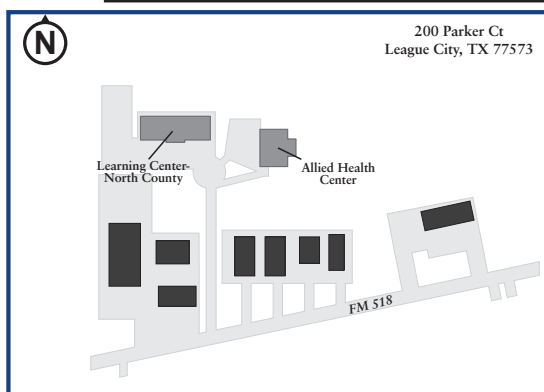
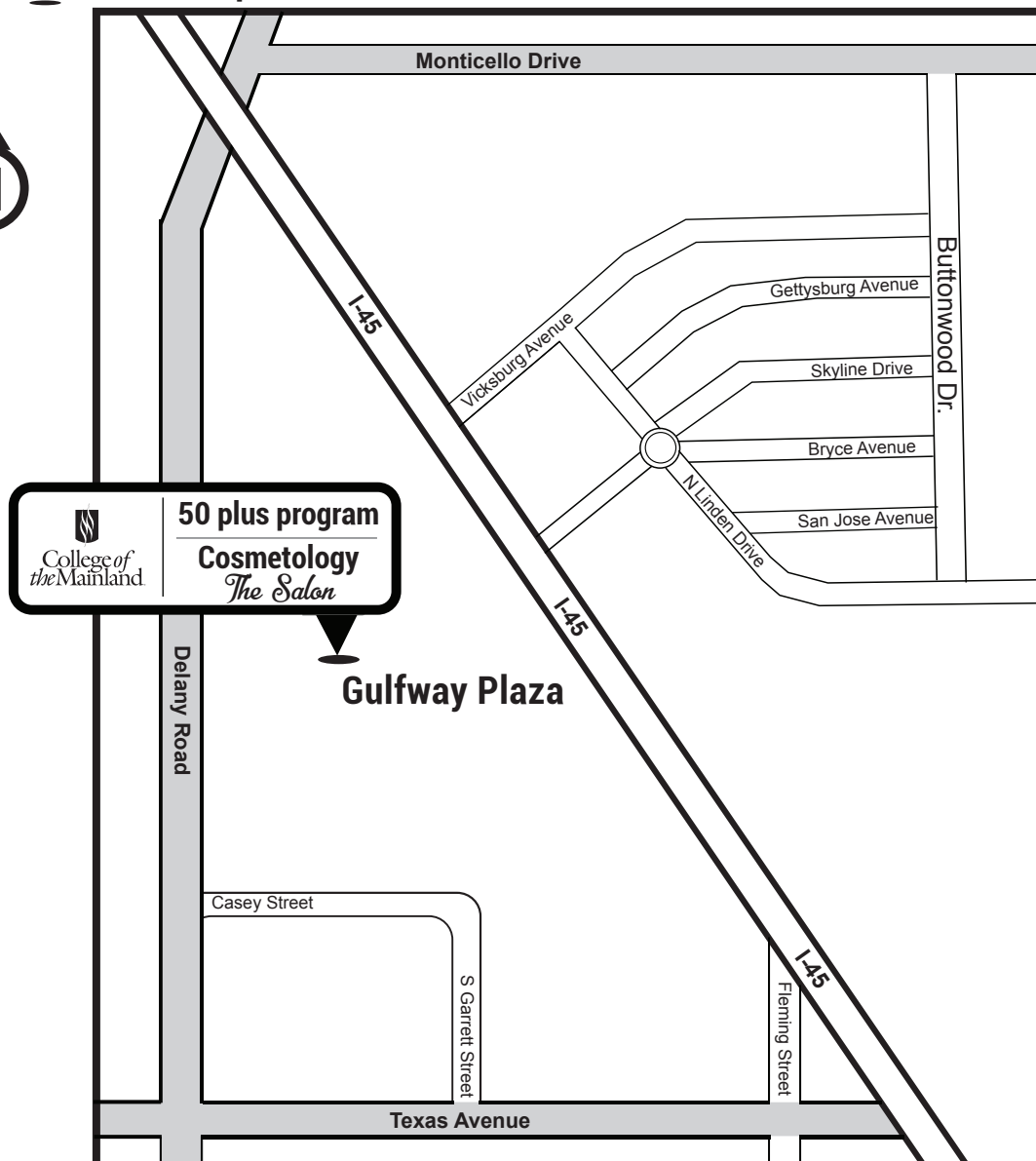
# CAMPUS MAPS

## COM 50 PLUS PROGRAM



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La Marque, TX 77568

Phone: 409-933-8461

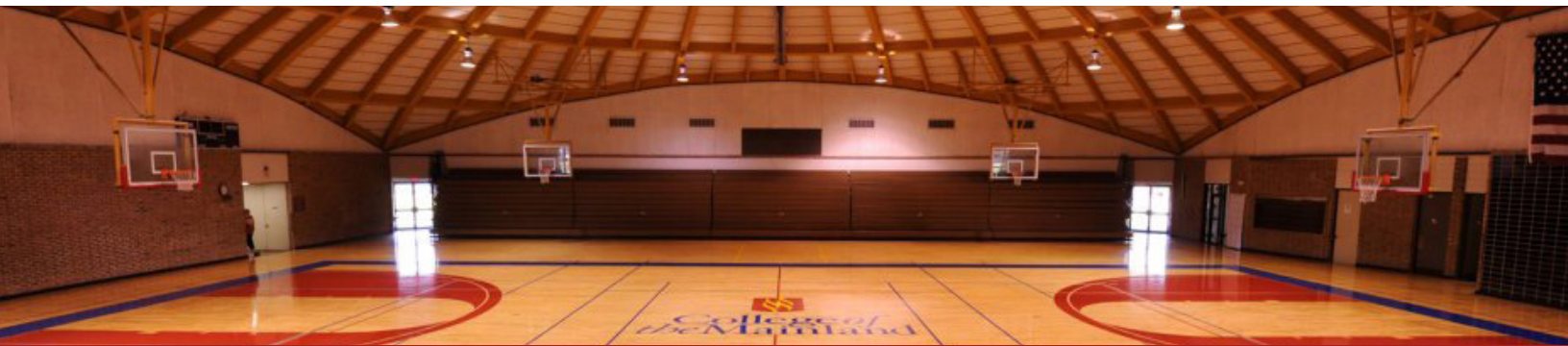






## Lifelong Learning Gulfway Plaza

14057 Gulfway Plaza  
La Marque, TX 77568  
409-933-8461



## **NEW!** GYM MEMBERSHIPS

**ANNUAL** Community fitness memberships are back!

**RENEWING** Community fitness memberships must be purchased in the gym lobby with instant enrollment system.

**FIRST TIME** Community membership must register in the enrollment center/admissions building window #9.

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