Continuing Education
Lifelong Learning for Everyone
Summer 2017 Schedule

www.com.edu/ce

CONTINUING EDUCATION
Summer Office Hours

Monday – Tuesday 8 a.m. – 7 p.m.
Wednesday – Friday 8 a.m. – 5 p.m.
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 to help you upgrade your current skills and expand your knowledge as you seek to advance 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!

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

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 and CE’s Facebook page at www.facebook.com/comcontinuinged. The electronic version of the schedule is the official schedule. Please refer to the online schedule for changes/updates.

QUESTIONS?
For specific course or program information, please call:
• 409-933-8285 Public Service Careers
• 409-933-8461 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
Summer 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.
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 NONRESIDENT OF COM DISTRICT
A nonresident of the College of the Mainland district is 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. Books and supplies are usually available at the COM Bookstore or by ordering online at www.combookstore.com.

CLASS CANCELLATIONS
Classes with insufficient enrollment are canceled before the start of the class. Students will be called when a class is canceled; however, occasionally we are unable to reach a student before the first class. 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.

CLASS TRANSFERS
Students may request to transfer to a different class or section prior to the first class of the course for which the student is registered. One hundred percent of tuition already paid will be applied to the new course(s). Any additional tuition that is due must be paid when the transfer is processed.
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 at 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, 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 and select Student Financial Services for more information, or call 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 CNC Machinist, HVAC, Industrial Pipefitting, Manual 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:

• May 29
  Memorial Day
• July 4
  Independence Day

PARKING
Permits are not required. However, permits are 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 non-roadways (i.e., sidewalks and grass)

TOBACCO-FREE ENVIRONMENT
All College of the Mainland 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.

ABREVIATIONS 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 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
Continuing education students will be required to show proof of having the bacterial meningitis vaccine if they are younger than 22 and enrolling in CE courses or programs with 360 hours or more. Proof of 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 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 COM 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 Blackboard, 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 Continuing Education department at 409-933-8586 to register for a workshop.

TAX CREDIT
Continuing education tuition is not 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

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

**FINANCIAL AID INFORMATION**
See page 4 for more information about possible financial aid sources.

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### ALLIED HEALTH CAREERS

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<td>DENTAL ASSISTANT</td>
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<td>ELECTROCARDIOGRAPHY (EKG) TECHNICIAN</td>
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<td>PHLEBOTOMY TECHNICIAN</td>
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<td>PHYSICAL THERAPY AIDE</td>
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### INDUSTRIAL/TRADES CAREERS

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<td>HVAC (LEVELS I, II, III)</td>
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<td>MANUAL MACHINIST</td>
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<tr>
<td>MECHANICAL MAINTENANCE TECHNICIAN, INTERMEDIATE</td>
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<tr>
<td>MECHANICAL MAINTENANCE TECHNICIAN, ADVANCED</td>
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<tr>
<td>INDUSTRIAL PIPEFITTING I</td>
<td>288</td>
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<td>WELDING TECHNOLOGIES</td>
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</table>

### PUBLIC SERVICE CAREERS

<table>
<thead>
<tr>
<th>Program</th>
<th>Hours</th>
<th>Found on Page</th>
<th>TEG</th>
<th>HAZLEWD</th>
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<th>H-1B</th>
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<td>SECURITY OFFICER</td>
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<td>23</td>
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Possible Financial Aid Sources

<table>
<thead>
<tr>
<th></th>
<th>TPEG</th>
<th>HAZLEWD</th>
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<th>H-1B</th>
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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 at 200 Parker Ct. on FM 518 in League City. Applications for allied health certificate programs are available at the COM Learning Center-North County and in the Continuing Education 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.

CERTIFIED NURSE AIDE

An application is required prior to registration. Call 409-933-8645 for details and approval. Textbooks not included.

A vital part of the health care field, certified nurse aides provide compassionate basic care for patients. This program trains nurse aides in classes and clinicals to work in hospitals and long-term care facilities. The average hourly wage for certified nurse aides is $11.80. Between 2014-2024, the need for certified nurse aides is projected to grow by 17 percent. (Source: Bureau of Labor Statistics)

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>NURA 1001</td>
<td>Nurse Aide for Health Care I</td>
<td>69</td>
</tr>
<tr>
<td></td>
<td>This course prepares entry-level nursing aides to gain the knowledge, skills and abilities 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 Aide (CNA) Program.</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
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<tr>
<td>NURA 1060</td>
<td>Nurse Aide for Health Care II</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>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 Aide Program. Tuition includes malpractice insurance.</td>
<td></td>
</tr>
</tbody>
</table>

TOTAL HOURS 109

State certification: Students successfully completing these courses will be prepared to take the state exam. 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.

NURSE AIDE FOR HEALTH CARE I – 69 HRS

Tuition includes five hours of CPR training. There will be no class on July 4.

<table>
<thead>
<tr>
<th>Course #</th>
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<th>Hrs</th>
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</thead>
<tbody>
<tr>
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<tr>
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<th>Hrs</th>
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</thead>
<tbody>
<tr>
<td>NURA 1060</td>
<td>Nurse Aide for Health Care II</td>
<td>40</td>
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</table>

When Should I Register?

<table>
<thead>
<tr>
<th>If a class starts on a...</th>
<th>Register by noon on the following days.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, Monday, Tuesday</td>
<td>Wednesday (the week before it starts)</td>
</tr>
<tr>
<td>Wednesday, Thursday</td>
<td>Thursday (the week before it starts)</td>
</tr>
<tr>
<td>Friday</td>
<td>Monday (of the same week)</td>
</tr>
<tr>
<td>Saturday</td>
<td>Tuesday (of the same week)</td>
</tr>
</tbody>
</table>

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 take the Certified Nurse Aide Examination.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
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</thead>
<tbody>
<tr>
<td>NURA 1001</td>
<td>Nurse Aide for Health Care I</td>
<td>69</td>
</tr>
</tbody>
</table>

REGISTRATION FOR SUMMER 2017 BEGINS MAY 1, 2017.
Through hands-on labs and classes, this program trains students to work 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. The average hourly wage for dental assistant is $16.95. Between 2014-2024, the need for dental assistants is projected to grow 18 percent. (Source: Bureau of Labor Statistics)

### Course # | Title | Hrs
---|---|---
DNTA 1015 | Dental Chairside Assisting | 85
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.

DNTA 1003 | Registered Dental Assisting Exam Review | 36
This course prepares dental assistants to meet Texas State Board of Dental Examiners 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 Exam.

DNTA 1060 | Clinical Dental Assistant | 100
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.

**TOTAL HOURS** 221

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) and the ID badge fee ($6). Training includes lab experience. There will be no class June 21, June 22 or July 4.

Cost: In district: $989 Out of district: $994
SYN: 6239 DNTA-1015-117CL 06/05/17-07/13/17 MTWTH 08:30AM-12:30PM AHC 103 A Barton
Students must enroll at the same time in SYN: 6240 DNTA-1003-117CL and SYN:6241 DNTA-1060-117CL.

### REGISTERED DENTAL ASSISTANT EXAM REVIEW – 36 HRS
Students must pay for the Texas Academy of General Dentistry Registered Dental Assistant exam (approximately $155) near the end of the program. The instructor will provide specific due dates.

Cost: In district: $280 Out of district: $285
SYN: 6240 DNTA-1003-117CL 07/17/17-07/31/17 MTWTH 08:30AM-12:30PM AHC 103 A Barton
Students must enroll at the same time in SYN: 6239 DNTA-1015-117CL and SYN: 6241 DNTA-1060-117CL.

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Let us be your launchpad for SUCCESS.

From fully accredited degree programs to technical certification courses, there is a program here for you. Several of our programs boast 100 percent student pass rates on state examinations. In the end, we give you the knowledge you need to compete in today’s workforce.

www.com.edu/academics
ELECTROCARDIOGRAPHY (EKG) TECHNICIAN

An application is required prior to registration. Call 409-933-8645 for details and approval. Textbook not included.

This program trains students to become EKG technicians, a key part of the medical team. EKG technicians prepare patients for an EKG, operate EKG machines, and monitor, interpret and document patients’ results. They also maintain and troubleshoot technical problems with EKG machines.

The average hourly wage is $15.67. Between 2010-2020, the need for EKG technicians is projected to grow 14 percent. (Source: Bureau of Labor Statistics & ONET) EKG technicians work in health clinics, hospitals and medical offices.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
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<tbody>
<tr>
<td>ECRD 1011</td>
<td>Electrocardiography and Telemetry Monitoring</td>
<td>64</td>
</tr>
<tr>
<td>CVTT 1060</td>
<td>Clinical: Cardiovascular Technology</td>
<td>48</td>
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</table>

TOTAL HOURS 112

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, the malpractice insurance fee ($16), ID badge fee ($6) and testing fee ($161), which includes a study guide and practice exams. There will be no class July 4.

Cost:
- In district: $689
- Out of district: $694

SYN: 6238 ECRD-1011-209CL 06/06/17-07/25/17 TTH
06:00PM-09:00PM AHC 104 COM Faculty
07/27/17-08/17/17 TTH
06:00PM-09:00PM CLC 112

Students must enroll at the same time in SYN: 6242 CVTT-1060-109CL.

CLINICAL: CARDIOVASCULAR TECHNOLOGY - 48 HRS

Prerequisite: Enrollment and completion of ECRD 1011. *Course length is 48 hours and the instructor will coordinate times.

Cost:
- In district: $119
- Out of district: $124

SYN: 6242 CVTT-1060-109CL 08/21/17-09/06/17 MTWTHF
08:00AM-05:00PM TBA COM Faculty

Students must enroll at the same time in SYN: 6238 ECRD-1011-209CL.
PHLEBOTOMY TECHNICIAN
Occupational Skills Award
An approved application is required prior to registration. Call 409-933-8645 for details and approval. Prerequisite: A high school diploma or GED. Textbooks not included.

A rapidly growing occupation in the health care, 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. The average hourly wage for phlebotomy technicians is $14.75. Between 2014-2024, the need for phlebotomy technicians is projected to grow 25 percent. (Source: Bureau of Labor Statistics) They find employment in hospitals, doctor's offices, medical and diagnostic laboratories, and blood donor centers.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>PLAB 1023</td>
<td>Phlebotomy Technician</td>
<td>85</td>
</tr>
<tr>
<td></td>
<td>This course introduces students to the basic knowledge and skills of the phlebotomy profession. Students learn types of blood collections utilizing the proper techniques and universal precautions. The required textbook is available in the COM Bookstore.</td>
<td></td>
</tr>
<tr>
<td>PLAB 1060</td>
<td>Clinical: Phlebotomy</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

TOTAL HOURS 185

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), five hours of CPR certification training and the exam fee. There will be no class July 4.

Cost: In district: $880 Out of district: $885
SYN: 6224 PLAB-1023-215CL 06/06/17-08/31/17 TTH 06:00PM-09:00PM AHC 102 V Moreno
Students must enroll at the same time in SYN: 6225 PLAB-1060-115CL.

CLINICAL: PHLEBOTOMY – 100 HRS
*Course length is 100 hours and the instructor will coordinate times.

Cost: In district: $119 Out of district: $124
SYN: 6225 PLAB-1060-115CL 09/05/17-10/13/17 MTWTHF 08:00AM-05:00PM TBA V Moreno
Students must enroll at the same time in SYN: 6225 PLAB-1060-115CL.

PHYSICAL THERAPY AIDE
No application is required prior to registration. Call 409-933-8645 for details. Recommended: A high school diploma or GED. Textbook not included.

This program trains physical therapy aides to work with a physical therapist. It especially helps those who want to continue their education to become physical therapy assistants or for certified nurse assistants who want to expand their skills to work in restorative care. The median pay is $11.37. (Source: Bureau of Labor Statistics & ONET) A rapidly growing field, physical therapy aides find employment in hospitals, doctor's offices, skilled nursing care facilities and physical therapy treatment centers.

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

TOTAL HOURS 81

Students successfully completing the course will receive a certificate of completion from COM.

INTRODUCTION TO PHYSICAL THERAPY – 81 HRS
Training includes six hours of lab experience that will be coordinated by the instructor. The lab experience is at a rehab facility during a weekday. Tuition includes five hours of CPR certification training. There will be no class July 4.

Cost: In district: $575 Out of district: $580
SYN: 6223 PTHA-1009-203CL 06/06/17-08/31/17 TTH 06:00PM-09:00PM AHC 103 C Dickerson

“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

Continuing Education
General Information Policies
See page 5.
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 (AHA) 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.

Cost: In district: $55 Out of district: $60
SYN: 6234 EMSPX-1019-207CL 06/08/17 TH
05:00PM-10:00PM CLC 106 M Chatman
SYN: 6235 EMSPX-1019-208CL 06/22/17 TH
05:00PM-10:00PM CLC 106 M Chatman
SYN: 6236 EMSPX-1019-209CL 07/20/17 TH
05:00PM-10:00PM CLC 106 M Chatman
SYN: 6237 EMSPX-1019-210CL 08/17/17 TH
05:00PM-10:00PM CLC 106 M Chatman

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

IMPORTANT DATES

May 1 Summer 2017 Registration Begins
May 29 COM Closed for Memorial Day
July 4 COM Closed for Independence Day
July 31 First Day of Registration for Fall 2017

For more information, call 409-933-8586.

Become a CNA
Jump start a health care career

Read the story on page 49.

LIKE US ON FACEBOOK
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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
• Pipelining
• 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

DOL H-1B Gulf Coast Ready to Work Grant

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

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.
Electrician Apprentice Program

Occupational Skills Award

**COURSE SEQUENCE**

COM’s Electrical Apprentice Program, which can be completed in about ten months, prepares students for entry-level positions as electrical apprentices in hands-on classes. Electricians and electrical apprentices 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: Department of Labor, 2016).

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

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>CNBT 1018</td>
<td>NCCER Core – Electrical</td>
<td>64</td>
</tr>
<tr>
<td>ELPT 1011</td>
<td>NCCER Electrical Level 1</td>
<td>96</td>
</tr>
<tr>
<td>ELPT 1041</td>
<td>NCCER Electrical Level 2-A</td>
<td>64</td>
</tr>
<tr>
<td>ELPT 1045</td>
<td>NCCER Electrical Level 2-B</td>
<td>64</td>
</tr>
</tbody>
</table>

**TOTAL HOURS**

288

**NCCER CORE – ELECTRICAL – 64 HRS**

Instructor approval required.

- **Cost:**
  - In district: $485
  - Out of district: $490

- **SYN:**
  - 4834 CNBT 1018-220CL

- **TTH:**
  - 06:00PM-10:00PM

- **IND 006**

- **D Chambers**

**NCCER ELECTRICAL LEVEL I – 96 HRS**

Instructor approval required.

- **Cost:**
  - In district: $575
  - Out of district: $580

- **SYN:**
  - 6255 ELPT-1011-221CL

- **TTH:**
  - 06:00PM-10:00PM

- **IND 006**

- **D Chambers**

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

Instructor approval required.

- **Cost:**
  - In district: $475
  - Out of district: $480

- **SYN:**
  - 6256 ELPT-1045-212CL

- **MW:**
  - 06:00PM-10:00PM

- **IND 006**

- **J Sandoval**

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.

**Continuing Education Summer 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 FOR SUMMER 2017 BEGINS MAY 1, 2017.**

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www.facebook.com/comcontinuinged
INSTRUMENTATION HELPER

COM’s new Instrumentation Helper Program prepares students in about 10 months to enter into entry-level positions as instrumentation helpers, often leading instrumentation technician careers. Instrumentation technicians and helpers work with systems and equipment in petrochemical 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)

Courses follow NCCER curriculum and students will earn NCCER credentials for completing NCCER Core, NCCER Instrumentation Level 1 and Level 2. NCCER credentials are recognized nationwide and highly desired by local employers.

INSTRUMENTATION HELPER

Instrumentation I

**Occupational Skills Award**

**NCCER Core, NCCER Level 1**

**COURSE SEQUENCE**

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>CNBT1018</td>
<td>NCCER Core – Instrumentation</td>
<td>64</td>
</tr>
<tr>
<td>INTC1007</td>
<td>NCCER Instrumentation Level 1</td>
<td>96</td>
</tr>
</tbody>
</table>

**TOTAL HOURS**

160

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 INSTRUMENTATION LEVEL I – 96 HRS

**Instructor approval required.**

<table>
<thead>
<tr>
<th>Cost:</th>
<th>In district: $575</th>
<th>Out of district: $580</th>
</tr>
</thead>
<tbody>
<tr>
<td>SYN:</td>
<td>4837 INTC-1007-242CL</td>
<td>05/24/17-08/16/17</td>
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<tr>
<td></td>
<td>06:00PM-10:00PM</td>
<td>IND 006</td>
</tr>
<tr>
<td></td>
<td></td>
<td>D Gigout</td>
</tr>
<tr>
<td>SYN:</td>
<td>6259 INTC-1007-111CL</td>
<td>07/26/17-09/05/17</td>
</tr>
<tr>
<td></td>
<td>06:00PM-10:00PM</td>
<td>IND 006</td>
</tr>
<tr>
<td></td>
<td></td>
<td>R Buchanan</td>
</tr>
</tbody>
</table>

**IMPORTANT DATES**

- May 1: Summer 2017 Registration Begins
- May 29: COM Closed for Memorial Day
- July 4: COM Closed for Independence Day
- July 31: First Day of Registration for Fall 2017

For more information, call 409-933-8586.

**Continuing Education Summer 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’s 18 industrial education instructors bring a combined 567 years of work experience to COM’s Continuing Education Industrial Workforce Programs.**
Instrumentation II
Occupational Skills Award
NCCER Level 2-A, NCCER Level 2-B

COURSE SEQUENCE

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTC 1043</td>
<td>NCCER Instrumentation Level 2-A</td>
<td>96</td>
</tr>
<tr>
<td></td>
<td>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</td>
<td></td>
</tr>
<tr>
<td>INTC 1025</td>
<td>NCCER Instrumentation Level 2-B</td>
<td>64</td>
</tr>
<tr>
<td></td>
<td>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</td>
<td></td>
</tr>
</tbody>
</table>

TOTAL HOURS 160

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 INSTRUMENTATION LEVEL 2-B – 64 HRS
Instructor approval required.
Cost: In district: $475 Out of district: $480
SYN: 6257 INTC-1025-234CL 06/27/17-08/22/17 TTH
06:00PM-10:00PM IND 009 R Buchanan

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COM’s Heating, Ventilation and Air-Conditioning Program prepares students for a successful career as an HVAC technician through hands-on training. HVAC technicians work with systems in commercial offices, industrial complexes, manufacturing plants, homes, restaurants and hotels.

The median hourly wage is $19.84, with entry-level positions starting below that rate. The need for qualified HVAC technicians and installers in the Gulf Coast region is anticipated to grow 25.7 percent by 2020. (Source: Workforce Solutions, 2016) Financial assistance may be available. Textbooks not included.

### REQUIRED COURSE SEQUENCE

(Select classes will be offered each semester.)

Textbooks not included.

**Course #** | **Title** | **Hrs**
--- | --- | ---
HART 1001 | Basic Electricity for HVAC | 48
HART 1038 | Air-Conditioning, Level I | 96
HART 1005 | Air-Conditioning, Level II | 96
HART 2036 | Air-Conditioning, Level III | 48
HART 1043 | EPA Course and Test | 10

**TOTAL HOURS** | **298**

--

**AIR-CONDITIONING LEVEL II – 96 HRS**

There will be no class July 4.

- **Cost:** In district: $575
- **Cost:** Out of district: $580
- **SYN:** 6253 HART-1005-281CL
- **06/27/17-10/03/17**
- **TTH**
- **06:30PM-10:00PM**
- **GCSI 117 E Martinez**

**AIR-CONDITIONING LEVEL III – 48 HRS**

There will be no class Sept. 4.

- **Cost:** In district: $345
- **Cost:** Out of district: $350
- **SYN:** 6254 HART-2036-281CL
- **07/31/17-09/11/17**
- **MW**
- **06:00PM-10:00PM**
- **GCSI 117 J Porter**

**EPA COURSE AND TEST – 10 HRS**

COM employees cannot take this class for free.

- **Cost:** In district: $200
- **Cost:** Out of district: $205
- **SYN:** 4911 HART-1043-223CL
- **05/19/17**
- **06:00PM-10:00PM**
- **IND 019 E Martinez**
- **05/20/17**
- **08:00AM-02:00PM**
- **IND 019 E Martinez**

**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.

**ELECTRIFY YOUR CAREER**

**NEW ELECTRICAL PROGRAM**

For Unemployed and Underemployed Workers

- Offered by COM’s Continuing Education Department
- Paid Tuition and Training* for qualifying students
- Resume and Career Support

**CALL NOW!**

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DOL H-1B Gulf Coast Ready to Work Grant

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**CE Registration Date**

Registration begins May 1, 2017, for Summer 2017 Continuing Education and 50 Plus Program classes.
COM’s Mechanical Maintenance Technician Program prepares students in many areas, such as preventative maintenance, making machinery adjustments and repairing equipment using blueprints, sketches, diagrams and tools. Graduates find jobs in industrial settings such as petrochemical plants, manufacturing and productions, machine shops, power plants and construction sites.

The median hourly wage is $23.15, with entry-level positions starting below that rate. (Source: Workforce Solutions, 2016) 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. Financial assistance may be available (see page 6).

**Course #** | **Title** | **Hrs**
--- | --- | ---
INMT 1005 | Introduction to Industrial Maintenance | 64
This course trains students 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.

TECM 1001 | Industrial Mathematics | 64
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. Prerequisite: INMT-1005.

MCHN 1002 | Print Reading for Machine Trades and Rigging | 64
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.

POFT 1006 | Job Search and Employment Skills | 40
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. Prerequisite: INMT-1005, TECM-1001, MCHN-1002.

WLDG 1021 | Metallurgy and Welding Fundamentals | 64
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: INMT-1005, TECM-1001, MCHN-1002, POFT-1006.

**TOTAL HOURS** | **296**
**Mechanical Maintenance Technician, Intermediate**  
*Occupational Skills Award*

**REQUIRED COURSE SEQUENCE**
Prerequisite: Basic Mechanical Maintenance Technician OSA  
Textbooks not included.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCHN 2005</td>
<td>Millwright III – Bearings, Seals and Couplings</td>
<td>64</td>
</tr>
<tr>
<td></td>
<td>This course is an introduction to bearings and seals. It focuses on the design and installation of seals, bearings and couplings.</td>
<td></td>
</tr>
<tr>
<td>MCHN 2007</td>
<td>Millwright IV – Lubrication, Valves and Pumps</td>
<td>64</td>
</tr>
<tr>
<td></td>
<td>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: MCHN-2005</td>
<td></td>
</tr>
<tr>
<td>MCHN 2012</td>
<td>Millwright V – Gear Boxes, Chain and Belt Drives</td>
<td>64</td>
</tr>
<tr>
<td></td>
<td>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: MCHN-2005, MCHN-2007</td>
<td></td>
</tr>
<tr>
<td>INMT 2003</td>
<td>Pumps, Compressors and Mechanical Drives</td>
<td>64</td>
</tr>
<tr>
<td></td>
<td>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: MCHN-2005, MCHN-2007, MCHN-2012</td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL HOURS**  
256

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

There will be no class Sept. 4.

Cost:  
In district: $475  
Out of district: $480  
SYN: 6247 MCHN-2005-282CL  
06/08/17-09/28/17  
TTH  
06:00PM-10:00PM  
IND 007  
COM Faculty

**MILLWRIGHT IV – LUBRICATION, VALVES AND PUMPS – 64 HRS**

Cost:  
In district: $475  
Out of district: $480  
SYN: 6248 MCHN-2007-281CL  
06/05/17-07/26/17  
MW  
06:00PM-10:00PM  
IND 017  
L Lindsey

**MILLWRIGHT V – GEAR BOXES, CHAIN AND BELT DRIVES – 64 HRS**

There will be no class Sept. 4.

Cost:  
In district: $475  
Out of district: $480  
SYN: 6249 MCHN-2012-282CL  
08/07/17-10/02/17  
MW  
06:00PM-10:00PM  
IND 017  
L Lindsey

---

**Did You Know?**

That the number of Manual and CNS 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.
COM’s Manual Machinist Program trains students to use lathes, mills and grinders to produce precision metal parts. Machinists work from blueprints and sketches to set up, operate and disassemble manual machine tools. Machinists find employment in a variety of industrial settings such as petrochemical, energy exploration, manufacturing and machine shops.

The median hourly wage is $19.88, with entry-level positions starting below that rate. The need for qualified manual machinists in the Gulf Coast region is anticipated to grow by 37.7 percent by 2022. (Source: Workforce Solutions, 2016). Financial assistance may be available (see page 6).

**Title**

**Course #**

**Hrs**

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCHN-1038</td>
<td>Basic Machine Shop I</td>
<td>64</td>
</tr>
<tr>
<td>MCHN-1013</td>
<td>Basic Milling</td>
<td>64</td>
</tr>
<tr>
<td>MCHN-1008</td>
<td>Basic Lathe</td>
<td>64</td>
</tr>
<tr>
<td>MCHN-2041</td>
<td>Advanced Machining</td>
<td>64</td>
</tr>
<tr>
<td>TOTAL HOURS</td>
<td></td>
<td>256</td>
</tr>
</tbody>
</table>

COM’s CNC Machinist Program prepares students for jobs creating precision parts using computer numerical controlled (CNC) lathes and mills. Machinists are employed in a variety of industrial settings such as petrochemical, energy exploration, manufacturing and machine shops. The median hourly wage is $19.88, with entry-level positions starting below this rate. The need for qualified manual machinists in the Gulf Coast region is anticipated to grow by 37.7 percent by 2022. (Source: Workforce Solutions, 2016). Financial assistance may be available (see page 6).

**Title**

**Course #**

**Hrs**

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCHN-2003</td>
<td>CNC Programming</td>
<td>124</td>
</tr>
<tr>
<td>MCHN-1026</td>
<td>CAM/Mastercam</td>
<td>64</td>
</tr>
<tr>
<td>MCHN-2038</td>
<td>CAM Multi-Axis</td>
<td>64</td>
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<tr>
<td>TOTAL HOURS</td>
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<td>252</td>
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</table>

**Title**

**Course #**

**Hrs**

<table>
<thead>
<tr>
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<th>Title</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCHN-1038</td>
<td>Basic Machine Shop I</td>
<td>64</td>
</tr>
<tr>
<td>MCHN-1013</td>
<td>Basic Milling</td>
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<td>MCHN-1008</td>
<td>Basic Lathe</td>
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<tr>
<td>MCHN-2041</td>
<td>Advanced Machining</td>
<td>64</td>
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<tr>
<td>TOTAL HOURS</td>
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**Course #**

**Hrs**

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<th>Course #</th>
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<tr>
<td>MCHN-2003</td>
<td>CNC Programming</td>
<td>124</td>
</tr>
<tr>
<td>MCHN-1026</td>
<td>CAM/Mastercam</td>
<td>64</td>
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<tr>
<td>MCHN-2038</td>
<td>CAM Multi-Axis</td>
<td>64</td>
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<tr>
<td>TOTAL HOURS</td>
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<td>252</td>
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</tbody>
</table>
COM’s Pipefitting Program prepares students to work as a helper or apprentice. Pipefitters install, maintain, repair and troubleshoot mechanical piping systems carrying fuel, chemicals, water, steam and air. Contractors employ pipefitters in the maintenance departments of many industrial facilities.

The median hourly wage is $24.68, with entry-level positions starting below that rate. The need for qualified pipefitters in the Gulf Coast region is anticipated to grow by 24.4 percent by 2022. (Source: Workforce Solutions, 2016). Financial assistance may be available (see page 6).

**Industrial Pipefitting I**  
**Occupational Skills Award**  
NCCER CORE, NCCER Level 1, NCCER Level 2  
Textbooks not included.

<table>
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<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
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<tbody>
<tr>
<td>CNBT-1018</td>
<td>Pipefitting – NCCER CORE</td>
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<td>PFPB-1008</td>
<td>Pipefitting – NCCER Level 1</td>
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<tr>
<td>PFPB-1043</td>
<td>Pipefitting – NCCER Level 2</td>
<td>128</td>
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</tbody>
</table>

**TOTAL HOURS**  
288

**Industrial Pipefitting II**  
**Occupational Skills Award**  
NCCER Level 3, NCCER Level 4  
Textbooks not included.

COM’s Pipefitting Program prepares students to work as a helper or apprentice. Pipefitters install, maintain, repair and troubleshoot mechanical piping systems carrying fuel, chemicals, water, steam and air. Contractors employ pipefitters in the maintenance departments of many industrial facilities.

The median hourly wage is $24.68, with entry-level positions starting below that rate. The need for qualified pipefitters in the Gulf Coast region is anticipated to grow by 24.4 percent by 2022. (Source: Workforce Solutions, 2016). Prerequisite: A high school diploma or GED. Financial assistance may be available – see front of schedule for details. Textbooks are not included in cost.

<table>
<thead>
<tr>
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<th>Title</th>
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<tbody>
<tr>
<td>PFPB-1050</td>
<td>Pipefitting – NCCER Level 3</td>
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<tr>
<td>PFPB-2033</td>
<td>Pipefitting – NCCER Level 4</td>
<td>128</td>
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</tbody>
</table>

**TOTAL HOURS**  
256

**DID YOU KNOW?**

That the number of Pipefitters for the greater Houston area will grow by 24.4 percent by the year 2022 with the median salary at $24.68/hour depending on skill level.

**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.
Enter a field with growing opportunities with COM’s Welding Technology Program. Graduates find jobs in the oil and gas industry, energy exploration, power plants and construction. The median hourly wage is $18.36, with entry-level positions starting below that rate. The need for qualified welders in the Gulf Coast region is anticipated to grow by 26.23 percent by 2022. (Source: Workforce Solutions, 2017)

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
There will be no class July 4.

**Cost:**
- **In district:** $700
- **Out of district:** $705

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<th>Hrs</th>
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<td>K Phillip</td>
<td>R Brown/V Woods/D Miller</td>
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**NEW!**

**WELDING**

**Occupational Skills Award**

**REQUIRED COURSE SEQUENCE**
- NCCER Core, NCCER Level 1, NCCER Level 2
- Textbooks not included.

COM’s Welding program prepares a student for employment in aerospace, construction, manufacturing, oil & gas, power plants and shipbuilding. A welder is a skilled tradesperson who joins metal together, or fills and repairs holes on metal constructions through the use of intense heat and gas. This program follows the NCCER curriculum and prepares the student for the NCCER level testing. The need for qualified welders in the Gulf Coast Region is anticipated to grow by 26.23 percent by 2022. The median hourly wage is $18.36, with entry-level positions starting below that rate. The need for qualified welders in the Gulf Coast region is anticipated to grow by 26.23 percent by 2022. (Source: Workforce Solutions, 2017). Prerequisites: Financial assistance available. Textbooks not included.

**Course #** | **Title** | **Hrs** | **Cost:** In district | **Cost:** Out of district |
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**INDUSTRIAL PIPEFITTING & WELDING**

**NEW NCCER Program at COM!**

- Attend convenient evening classes.
- Learn from instructors with years of field experience.
- Prepare for jobs requiring NCCER credentials.
- Financial aid and scholarships available.

**CALL NOW!** 409-933-8586

Register in person at the Continuing Education Office.

College of the Mainland is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associates degrees and certificates. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 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 an institution’s significant non-compliance with a requirement or standard.

**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.**
COM’s Continuing Education Department works with many companies to design training to meet their needs. The department can create a customized course, whether employees need leadership or welding skills, expertise in email communication or English as a second language for the workplace.

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

Green and Black Belt courses includes self-paced online modules, student guides and instructor-led virtual sessions. It’s all designed so you learn efficiently!

To qualify for your Belt Certificate, you 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. Class sizes are limited to ensure optimum instructor/student interaction. Contact the Continuing Education office for the class schedule.

Online Lean Six Sigma training is taught through blended learning by the PEX Network powered by The Quality Group.

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

Students learn the 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). Contact the Continuing Education department at 409-933-8586 for more information.

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

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

This course covers 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). Contact the Continuing Education department at 409-933-8586 for more information.

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

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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.

- **Paralegal Certificate Course**  
  $1249
- **Advanced Paralegal Certificate Course**
  15 Specialty Topic Courses  
  $1800 / $300 ea.
- **Advanced Legal Research & Writing**  
  $729
- **Legal Nurse Consultant Training**  
  $895
- **Software Essentials for the Law Office**  
  $729
- **Personal Injury for Paralegals**  
  $729
- **Employment Law Certificate Course**  
  $729
- **Intellectual Property Law for Engineers**  
  $645
- **Legal Investigation**  
  $645
- **Victim Advocacy**  
  $645
- **Legal Secretary**  
  $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

www.legalstudies.com/vender/college-of-the-mainland
FIRE TECHNOLOGY

EVOC – 16 HRS
This is a two-day, NFPA 1002 compliant program accepted by VFIS. Galveston County engines will be available for the driving portion. Approval from Danny McLerran at 409-933-8378 is required prior to registration.

Cost: In district: $250 Out of district: $255
SYN: 6210FIRS-2000-101CL 06/17/17-06/18/17 SSU
08:00AM-05:00PM PSC 120 S Kozlowski

SUMMER SMOKE

The Summer Smoke program is offered in coordination with the Galveston County Firefighters Association. The program is designed for volunteer firefighters to enhance firefighter’s knowledge, skills, and abilities and SFFMA training requirements. Examples of courses include to following:

- TIC/RIT/Rescue
- Rope and Rappel
- Pump Operations
- SEAR (Search Escape and Rescue)
- EVOC
- SFFMA Special Topics

Courses are typically 16 hours and held on weekends.

To obtain the schedule of courses being offered this summer and to enroll, contact the GCFFA Training Coordinator, Chief Stan Kozlowski at skozlow404@aol.com.

SECURITY AND LOSS PREVENTION

COMMISSIONED SECURITY OFFICER

COM’s Commissioned Security Officer Course, which can be completed in about a week, prepares students for a 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 Statistics)

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<tr>
<th>Course #</th>
<th>Title</th>
<th>Hrs</th>
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<tbody>
<tr>
<td>SLPS 1013</td>
<td>Commissioned Security Officer</td>
<td>32</td>
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<td></td>
<td>This course provides required training to carry firearms for private security employment. Training consists of Texas Commission on Private Security 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.</td>
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TOTAL HOURS 32

COMMISSIONED SECURITY OFFICER – 32 HRS

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

| Cost: In district: $260 | Out of district: $265 |
| SYN: 6197 SLPS-1013-101CL | 06/19/17-06/22/17 MTWTH |
| 08:00AM-05:00PM | PSC 116 D Blackford |

| Cost: In district: $65 | Out of district: $70 |
| SYN: 6198 SLPS-1013-102CL | 07/10/17-07/13/17 MTWTH |
| 08:00AM-05:00PM | PSC 116 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 further information.

| Cost: In district: $65 | Out of district: $70 |
| SYN: 6199 SLPS-2000-101CL | 06/02/17 F |
| 08:00AM-03:00PM | FIR 107 D Blackford |

| Cost: In district: $65 | Out of district: $70 |
| SYN: 6200 SLPS-2000-102CL | 07/07/17 F |
| 08:00AM-03:00PM | FIR 107 D Blackford |

PUBLIC SERVICE CAREERS

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.
CIVILIAN FIREARMS

CIVILIAN FIREARMS PRACTICE – 3 HRS
This is a structured handgun practice session. Instructors are present for assistance in improving skills and accuracy.
The on-campus firing range is located next to parking lot E. Students may use a personal handgun with instructor approval. Use of handgun (if needed), ammunition, targets, the range fee and safety equipment is included in tuition. All students must wear long pants and closed-toe shoes on the range. The minimum age is 18.

Cost:
- In district: $32
- Out of district: $37

SYN: 6205 CIVI-7001-202CL
06/01/17 TH
06:30PM-09:30PM
FIR 107
D Blackford

SYN: 6206 CIVI-7001-203CL
06/15/17 TH
06:30PM-09:30PM
FIR 107
D Blackford

SYN: 6207 CIVI-7001-204CL
07/06/17 TH
06:30PM-09:30PM
FIR 107
D Blackford

SYN: 6208 CIVI-7001-205CL
07/20/17 TH
06:30PM-09:30PM
FIR 107
D Blackford

SYN: 6209 CIVI-7001-206CL
08/24/17 TH
06:30PM-09:30PM
FIR 107
D Blackford

CONCEALED HANDGUN LICENSE/LTC – 5 HRS
This course is designed for those wanting to obtain a concealed handgun permit. Covered topics are those required by Texas. State law requires passing a written test and demonstrating proficiency with a handgun before obtaining a license. Use of handgun (if needed), ammunition, targets, the range fee and safety equipment is included in tuition. All students must wear long pants and closed-toe shoes 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: 6201 CIVI-7003-101CL
06/03/17 S
08:00AM-1:00PM
FIR 107
D Blackford

SYN: 6202 CIVI-7003-102CL
07/01/17 S
08:00AM-1:00PM
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 help in the personal gun 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: 6203 CIVI-7004-201CL
08/28/17-08/29/17 MT
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 help in the personal gun 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: 6204 CIVI-7004-203CL 06/26/17-06/27/17 MT
06:00PM-10:00PM FIR 107 D Blackford

PROFESSIONAL DEVELOPMENT

CHILD DEVELOPMENT

BUILDING LITERACY SKILLS – 7 HRS
Explore activities, games and techniques to teach language, letters, writing and phonemic awareness. This class meets the Core Competency Area for Learning Environments, Planning Framework, Curriculum and Standards.

Cost: In district: $35 Out of district: $40
SYN: 6221 CDEC-1032-112CL 06/13/17-06/15/17 TTH
04:00PM-07:30PM TVB 1647 A Raumaker

BUILDING MATH SKILLS – 7 HRS
Explore activities, games and techniques to teach counting, numbers and problem solving. This class meets the Core Competency Area for Learning Environments, Planning Framework, Curriculum and Standards.

Cost: In district: $35 Out of district: $40
SYN: 6220 CDEC-1032-114CL 06/20/17-06/22/17 TTH
04:00PM-07:30PM TVB 1647 A Raumaker

BUILDING SCIENCE SKILLS – 7 HRS
Explore activities, games and techniques to teach predicting, experimenting and critical thinking. This class meets the Core Competency Area for Learning Environments, Planning Framework, Curriculum and Standards.

Cost: In district: $35 Out of district: $40
SYN: 6222 CDEC-1032-116CL 06/27/17-06/29/17 TTH
04:00PM-07:30PM TVB 1647 A Raumaker

BUILDING SOCIAL SKILLS – 7 HRS
Explore activities, games and techniques to teach social skills and help build classroom community. This class meets the Core Competency Area for Learning Environments, Planning Framework, Curriculum and Standards.

Cost: In district: $35 Out of district: $40
SYN: 6219 CDEC-1032-110CL 06/06/17-06/08/17 TTH
04:00PM-07:30PM TVB 1647 A Raumaker

Students are free to explore their interests through educational toys, games and art.
OSHA 10 and 30 Hour Safety Courses

Avoid injuries and increase employee safety! Increase your employees’ ability to recognize hazards in their workplace and know how to address them. The Occupational Safety and Health Act requires it. The Gulf Coast Safety Institute offers courses for General Industry and Construction workers. These courses meet the National OSHA Outreach Training criteria. All courses are taught by OSHA Authorized Outreach Instructors. Department of Labor Wallet cards are issued upon completion.

Construction 10 Hour: NO COST - Taught at GCSI by Texas Department of Insurance (TDI) Safety Training Division monthly alternating Spanish and English. Contact TDI directly for registration at safetytraining@tdi.texas.gov, or by phone: (512) 804-4610.

General Industry 10 Hour: NO COST – Taught at the GCSI by authorized outreach instructors. See the GCSI web site for registration details at www.com.edu/gcsi.

Construction and General Industry 30 Hour: Available by contract at your location. Call the GCSI for pricing at 409-933-8162.

Center for Risk Management

The Center for Risk Management provides safety and health training courses at no charge through a generous grant from the Texas Mutual Insurance Company.

All courses are taught at the Gulf Coast Safety Institute, unless otherwise listed.

Visit www.com.edu/rmi for the current list of class offerings.

For more information, call 409-933-8365.

GULF COAST SAFETY INSTITUTE
NEW–NEWS

- Individuals renewing community fitness memberships must do so in the gym lobby. See gym assistant.
- Individuals purchasing community fitness memberships at COM for the first time 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 cards only.
- Youth must be 16 or older to enter facility, strength and cardio rooms.

ADULT GYM MEMBERSHIPS – AGES 18-49
SYN: 6391 GYMFCARD-ADULT-SUSEM
06/01/17-08/31/17
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 facility, strength and cardio rooms.
Semester Membership
Cost: In district: $30 Out of district: $35
SYN: 6388 GYMFCARD-YOUTH-SUSEM
06/01/17-08/31/17
MTWTH 06:00AM-10:00PM
F 06:00AM-07:00PM
SSU 09:00AM-03:00PM

50 PLUS GYM MEMBERSHIPS – AGES 50+
Semester Membership
Cost: In district: $30 Out of district: $35
SYN: 6390 GYMFCARD-50+-SUSEM
06/01/17-08/31/17
MTWTH 06:00AM-10:00PM
F 06:00AM-07:00PM
SSU 09:00AM-03:00PM

MONTHLY PASS
This pass provides access to the gym for one month, beginning on the first day of the month and ending on the last day of the month. Monthly passes must be purchased at the gym front desk.
Cost: In district: $20 Out of district: $25

<table>
<thead>
<tr>
<th>MONTH</th>
<th>DATE</th>
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<tbody>
<tr>
<td>May</td>
<td>05/01/17 – 05/31/17</td>
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<tr>
<td>June</td>
<td>06/01/17 – 06/30/17</td>
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<tr>
<td>July</td>
<td>07/01/17 – 07/31/17</td>
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<tr>
<td>August</td>
<td>08/01/17 – 08/31/17</td>
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</tbody>
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LOCKER RENTAL:
Small lockers are free.
Check on long locker availability at the front desk – $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, Ping Pong and Badminton.
- Racquetball court
- Dry sauna
- Keiser Spin room
- Rip 60 suspension
- Jogging track and trail
- Locker rooms and locker rental
- Other indoor sporting activities equipment
**Volleyball Camp (Ages 5-15)**
The COM Student Life Department will host a volleyball camp open to students and the community. The camp consists of 4 v. 4 co-ed reverse play on Tuesdays and 6 v. 6 co-ed on Thursdays. A one-night tournament to determine the champion concludes each season. Price is per team registering. Open gym nights will be Thursdays, May 18 and 25, 7-10 p.m.

**Volleyball – Co-Ed 6’s**
**Cost:**
- In district: $225
- Out of district: $230
**SYN:** 6393
**League-Volleyball-Co-Ed 6’s**
**06/17-08/31/17**
**TH**
**06:00PM-10:00PM**

**Volleyball – Co-Ed 4’s**
**Cost:**
- In district: $150
- Out of district: $155
**SYN:** 6392
**League-Volleyball-Co-Ed 4’s**
**06/17-08/31/17**
**T**
**06:00PM-10:00PM**

**Basketball Camp (Ages 5 – 15)**
COM is partnering with the National Basketball Academy camp, a professional basketball training and programming organization. The focus of the camp will be on improving ball handling, shooting, passing, and most importantly, teamwork. Don’t miss out on the chance to get better at basketball and have fun!

**Cost:**
- In district: $50
- Out of district: $55
**SYN:** 6394
**Camp-Basket-Y5-15**
**06/26/17-06/30/17**
**MTWTHF**
**09:00AM-12:00PM**
**GYM Building 4**
**T Cornelius**

**SYN:** 6395
**Camp-Basket-Y5-15**
**08/7/17-08/11/17**
**MTWTHF**
**09:00AM-12:00PM**
**GYM Building 4**
**S Nori**

**Lifelong Learning Fitness Classes**

**Exercise: Country Western Dance – 8 hrs**
Participants will be introduced to different styles of country-western (partner) dance styles, including Two-Step, polka, waltz, Nightclub Two-Step, East Coast swing and West Coast swing. Participants’ will learn lead/follow skills and patterned foot movements. The class prepares participants to practice what they learn at local venues. Participants need footwear or dance socks that allows them to slide or swivel easily. A partner is needed. There will be no class July 3.

**Cost:**
- In district: $50
- Out of district: $42
**SYN:** 6316
**SENR-7083-201CL**
**06/05/17-07/31/17**
**MTWTHF**
**06:30PM-07:30PM**
**LLGP 108**
**P Trevisani**

**Exercise: Dance for Health – 16 hrs**
This class will blend dance, music and exercise to improve overall health and physical fitness. Students need footwear or dance socks that allow you to slide or swivel easily. Participants may join this class at any time during the semester. No partner is needed. There will be no class July 3 or 5.

**Cost:**
- In district: $50
- Out of district: $47
**SYN:** 6317
**SENR-7001-101CL**
**06/05/17-07/31/17**
**MTWTHF**
**11:00AM-12:00PM**
**LLGP 108**
**P Trevisani**

**Exercise: Line Dancing – 16 hrs**
Line dancing involves performing patterned foot movements and moving in a line in unison to music. Line dancing blends exercise and recreation and is 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. No partner is needed. There will be no class July 4 or 6.

**Cost:**
- In district: $50
- Out of district: $47
**SYN:** 6318
**SENR-7006-201CL**
**06/08/17-08/03/17**
**MTWTHF**
**05:30PM-06:30PM**
**LLGP 108**
**P Horton**

**SYN:** 6319
**SENR-7006-202CL**
**06/08/17-08/03/17**
**MTWTHF**
**06:45PM-07:45PM**
**LLGP 108**
**P Horton**

**SYN:** 6320
**SENR-7006-203CL**
**06/08/17-08/03/17**
**MTWTHF**
**08:00PM-09:00PM**
**LLGP 108**
**P Horton**

**Exercise: Pilates / Yoga (Mixed) – 16 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. There will be no class July 3 or 5.

**Cost:**
- In district: $50
- Out of district: $47
**SYN:** 6322
**SENR-7080-102CL**
**06/05/17-08/02/17**
**MTWTHF**
**08:30AM-09:30AM**
**LLGP 107**
**A Johnson Galdamez**
EXERCISE: PILATES – 16 HRS
Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs) to bring balance to the body. Most body aches and pains are due to muscular imbalance. Pilates helps to realign the spine to decrease tension, increase flexibility and strengthen the body from the inside out. **There will be no class July 4 or 6.**

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6323 SENR-7086-201CL 06/08/17-08/03/17  TTH
06:00PM-07:00PM  LLGP 107  A Johnson Galdamez

EXERCISE: POP PILATES – 16 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 an intense workout that is fun and effective. 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 is needed. **There will be no class July 4 or 6.**

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6324 SENR-7002-101CL 06/08/17-08/03/17  TTH
09:30AM-10:30AM  LLGP 108  R Kennedy

EXERCISE: SPINNING (KEISER BIKES) – 16 HRS
Indoor cycling on Keiser spin bikes offers a fun and effective way to burn fat and improve cardiovascular endurance with music. Students learn cycling techniques and tips. Individuals may join this class at any time during the semester. **There will be no class July 4 or 6.**

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6325 SENR-7085-101CL 06/08/17-08/03/17  TTH
07:15AM-08:15AM  GYM  A Johnson Galdamez

EXERCISE: TAI CHI I – 16 HRS
What you learned in Tai Chi I will be used to execute and exercise program consisting of the Yang style of Tai Chi and various Chi Kung exercises. Learn the Eight Pieces of Silk Brocade, a Chi Kung routine that dates back to the eighth century. **There will be no class July 3 or 5.**

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6328 SENR-7079-101CL 06/05/17-08/02/17  MW
01:15PM-02:15PM  LLGP 107  Li Bingrong

EXERCISE: TEXAS TWO-STEP (INTRODUCTION) – 8 HRS
This class teaches the country western (partner) dance style that is easy and fun to learn. Participants will learn lead/follow skills, 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 footware or dance socks that allows them to slide or swivel easily. A partner is needed. Meets once per week. **There will be no class July 3.**

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6329 SENR-7082-201CL 06/05/17-07/31/17  M
07:45PM-08:45PM  LLGP 108  P Trevisani

EXERCISE: TOTAL BODY FITNESS – 16 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. **There will be no class July 3 or 5.**

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6330 SENR-7070-101CL 06/05/17-08/02/17  MW
09:45AM-10:45AM  LLGP 107  A Johnson Galdamez

EXERCISE: WEIGHT TRAINING – 16 HRS
Participants will learn to safely and properly perform a circuit weight-training program to reduce resting blood pressure, increase muscle and decrease fat. Participants do not have to be strong to do weight training exercises; participants will get stronger by performing weight-training exercises. Participants will need a clipboard, pencil, water bottle, hand towel, and they should wear comfortable, loose-fitting clothes and tennis shoes. **There will be no class July 3 or 5.**

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6331 SENR-7076-101CL 06/05/17-08/02/17  MW
07:15AM-08:15AM  GYM  A Johnson Galdamez
EXERCISE: YOGA AND STRESS REDUCTION
Participants will learn the art of slow, measured movements to develop strong muscles, agility and flexibility, which will 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 space, students will be limited to one yoga class per semester. You must attend the section for which you are registered. There will be no class July 4.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6333 SENR-7071-103CL 06/05/17-07/26/17 MTW
10:00AM-11:00AM WJCC B Lambert
SYN: 6334 SENR-7071-101CL 06/05/17-07/26/17 MTW
11:30AM-12:30PM WJCC B Lambert
SYN: 6335 SENR-7071-102CL 06/05/17-07/26/17 MTW
01:00PM-02:00PM WJCC B Lambert
SYN: 6332 SENR-7071-104CL 06/08/17-08/03/17 TTH
08:30AM-09:30AM LLGP 107 A Johnson Galdamez

EXERCISE: ZUMBA – 16 HRS
Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-a-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. There will be no class July 4 or 6.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6336 SENR-7077-101CL 06/08/17-08/03/17 TTH
09:45AM-10:45AM LLGP 107 A Johnson Galdamez
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 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 & Luncheon 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)
College of the Mainland presents

Vienna & Christmas Markets River Cruise
featuring Rothenburg, Nuremberg & 6 Nights aboard the Amadeus Silver II

9 Days  December 3-11, 2017

Booking Discount - Save $400 per couple!
Cat I from $2995 pp dbl with Booking Discount*
# Daily Itinerary

**Vienna & Christmas Markets River Cruise**  
9 Days | December 3-11, 2017

<table>
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<tr>
<th>Day</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>Day 1</td>
<td>Depart US - Overnight Flight</td>
</tr>
</tbody>
</table>
| Day 2 | Arrive Frankfurt  
Meet your PWD Tour/Cruise Manager - Hotel Transfer/Check In  
**Frankfurt Christmas Market Experience**  
Welcome Drink at the hotel  
Overnight - Frankfurt |
| Day 3 | **Frankfurt - Wurzburg - Rothenburg - Nuremberg**  
Travel via motorcoach to Wurzburg, Germany for a short visit  
**Rothenburg City Walking Tour & Christmas Market Experience**  
Travel to Nuremberg & board the MS Amadeus Silver II for 6 Night Cruise  
**Welcome Dinner Onboard** - Ship docked overnight in Nuremberg  
Meals - B & D  
Overnight - Amadeus Silver II |
| Day 4 | Nuremberg  
Morning **Nuremberg City Tour & Christmas Market Experience**  
Afternoon Cruising - Passage of the Continental Divide  
Meals - B, L, S & D  
Overnight - Amadeus Silver II |
| Day 5 | **Regensburg**  
Morning **Regensburg Walking Tour & Christmas Market Experience**  
Ship docked into the evening in Regensburg  
Meals - B, L, S & D  
Overnight - Amadeus Silver II |
| Day 6 | **Passau**  
Morning **Passau Visit & Danube Cruising**  
**Or Full Day Salzburg Optional Tour**  
Meals - B, L, S & D  
Overnight - Amadeus Silver II |
| Day 7 | Melk - Vienna  
Morning visit to Melk Abbey & Gluehwein Tasting  
Afternoon Cruising to Vienna  
Evening arrival in Vienna - **Vienna by Night Optional Tour**  
Meals - B, L, S & D  
Overnight - Amadeus Silver II |
| Day 8 | Vienna  
Morning **Vienna City Tour**  
**Optional Tour to Schoenbrunn Palace**  
**Sound of Vienna Onboard Show - Farewell Dinner Onboard**  
Meals - B, L, S & D  
Overnight - Amadeus Silver II |
| Day 9 | Vienna - Flight Home  
Transfer to the Vienna Airport for your flight home  
Meal - B  
B - Breakfast Hotel/Onboard  
L - Lunch Onboard  
D - Dinner Onboard with Local Wines  
S - Snacks Onboard afternoon and/or evening |

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# Cities & Ports

**Frankfurt**  
Located on the River Main, Frankfurt is the transportation center of Germany and home of the European Central Bank & the German Stock Exchange. Every year, the scent of roasted chestnuts, mulled wine and grilled sausages fills the air above the Roemerberg during the holiday season. Frankfurt’s Christmas Market is famous for a number of traditional Christmas delicacies including Bethmännchen, small almond biscuits, & Gluehwein, hot mulled wine with cinnamon and cloves.

**Wurzburg**  
Wurzburg is located in Germany’s Bavarian region and is known for lavish baroque and rococo architecture including the 18th-century Residenz Palace. Würzburg is the center of the Franconian wine country.

**Rothenburg**  
To the west of the Franconian countryside is the medieval city of Rothenburg, Germany’s best-preserved medieval town. As you stroll the cobblestone streets, you are Spellbound by the city’s 700-year-old charm. The quaint buildings with the original half-timbered walls and the town hall square are lined with festively decorated booths. Maybe visit Käthe Wohlfahrt, a famous family run Christmas shop brimming with gifts for you to take or send home.

**Nuremberg**  
Nuremberg features the world’s best known Christmas Market visited by more than 2 million people every year. Located inside this medieval city’s walls on the Market Square around the St. Lorenz Church, the Christmas Market has survived in its original state with specialty stalls and booths. Nuremberg’s street lamp posts are decorated with Christmas symbols, garlands of natural fir and colored lights. Of course the Nuremberger Lebkuchen (gingerbread), as well as the original Nuremberger Wurstroß (small grilled pork-sausages), are known worldwide.

**Passau**  
Passau is one of Germany’s oldest cities situated at the confluence of the Inn, Ilz and Danube Rivers. Passau is a beautiful and fascinating fairy-tale town with cobblestone streets and the famous baroque Cathedral of St. Stephen.

**Regensburg**  
Situated in Eastern Bavaria, Regensburg is one of Germany’s oldest towns, founded by the Romans in 179 A.D. Today it is a prosperous city with 3 universities and many landmarks dated to the Middle Ages. Enjoy a Regensburg Walking Tour through one of the most visited cities in Germany and its Medieval Old Town, a UNESCO World Heritage site, and spend time at the colorful Christmas Market.

**Vienna**  
For over 600 years, the magnificent baroque capital city of Vienna was the seat of the mighty Hapsburg Emperors, a heritage that has bestowed it with many dazzling palaces and monuments: the lavish Hofburg Palace, the impressive Vienna Opera House and the majestic Ringstrasse. The capital is also known as the “City of Music” for having once been the home of composers such as Beethoven, Schubert, Mozart and Johann Strauss. At the traditional Vienna Christmas Market, the Rathausplatz becomes a shining fairy-tale land with 150 stands offering Christmas gifts, Christmas tree decorations, sweets and warming drinks. Enjoy an included city tour, some time at leisure and maybe visit the Schoenbrunn Palace dressed for the season.

**Salzburg - Optional Full Day Excursion**  
Travel to Salzburg for a walking tour of the Old Town, Mirabel Gardens, Mozart Square, the Dom Cathedral and historic center made famous by the “Sound of Music.” Visit Mozart’s Birthplace located at No. 9 Getreidegasse, the home where the Mozart family lived from 1747-1773. Learn about his life and see special exhibits related to his music. Enjoy time at leisure to shop, visit a café & stroll the wonderful Getreidegasse. Also enjoy time to experience the famous Christmas Markets throughout this walkable city before returning to the ship.
LOCATION CODES

FAB  FINE ARTS BUILDING
    College of the Mainland
    1200 Amburn Rd.
    Texas City Campus
    409-933-8348

GYM  COLLEGE OF THE MAINLAND
    1200 Amburn Rd.
    Texas City Campus
    409-933-8422

LRC  LEARNING RESOURCES CENTER
    1200 Amburn Rd.
    Texas City Campus
    409-933-8422

LLGP  LIFELONG LEARNING GULFWAY PLAZA
    50 Plus Program Office
    14057 Gulfway Plaza
    La Marque, TX 77568
    409-933-8461

WJCC  WAYNE JOHNSON COMMUNITY CENTER
    4102 FM 519
    La Marque, TX 77568
    409-934-8148

CLC  COM LEARNING CENTER – NORTH COUNTY
    200 Parker Ct.
    League City, TX 77573
    281-332-1800

LIFELONG LEARNING AND 50 PLUS PROGRAM
REGISTRATION

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 summer 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:

- May 1  Summer 2017 Registration Begins
- May 29  COM Closed for Memorial Day
- July 4  COM Closed for Independence Day
- July 31  First Day of Registration for Fall 2017

For Summer 2017, you will be able to register at COM’s Lifelong Learning Gulfway Plaza beginning Monday, May 1st or by calling 409-933-8461, or use WebAdvisor online.

Have you attended our lectures? We have several scheduled for the summer including AARP driver safety courses, Fitness and Personal Safety Workshops, How to Use Your Android Phone (everything but iphone), 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 summer selection is “Big Fish,” a 1998 novel written by Daniel Wallace that was made into a movie, which was directed by Tim Burton, in 2003. In his prime, Edward Bloom was an extraordinary man who could outrun anybody, never missed a day of school, saved lives and tamed giants. Animals loved him, people loved him, women loved him. At least that’s what he told his son, William. But now Edward Bloom is dying, and William wants desperately to know the truth about his elusive father—this indefatigable teller of tall tales—before it’s too late. So, using the few facts he knows, William re-creates Edward’s life in a series of legends and myths, through which he begins to understand his father’s great feats, and his great failings. The result is hilarious and wrenching, tender and outrageous novel and a marvel of a movie starring Ewan McGregor, five-time Best Actor Oscar nominee Albert Finney, Billy Crudup, Jessica Lange, Helena Bonham Carter, Steve Buscemi, Danny DeVito and more! Read the book, then join us for the movie and lively discussion 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 over 18. We will host an extended travel presentation on July 26th at 3:30 p.m. at the Gulfway Plaza location. This presentation will preview upcoming trips including Vienna & Christmas Markets River Cruise (December 2017) and Washington D.C. and Williamsburg (Spring 2018). 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 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.

Alesha Vardeman
aaulds@com.edu
409-933-8432
www.com.edu/50plus

50 PLUS PROGRAM VISION
The College of the Mainland 50 Plus 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 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 beginning Monday, May 1st. Students may also register in person in the CE Office on Main Campus, or current students may 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.
ART: BASIC KNITTING – 24 HRS
Students will learn the basics of the knit and purl stitches as well as the different types of yarn, what the label means, and the tools used in knitting. Students will learn how to increase, decrease and bind off yarn. Students will learn how to recognize the difference in how the stitches look and where to put stitch markers. Students will learn how to choose the correct needle and yarn for their project and how to follow patterns and charts. No experience is needed.

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6280 SENR-7056-201CL  06/08/17-07/27/17  TH
06:00PM-08:00PM  LLGP 104  B Wilson

ART: BEADED FASHION JEWELRY – 24 HRS
Have a single earring after losing the other or retro jewelry? Sign up to give old jewelry a makeover. Bring jewelry, jewelry tools, glue for metal and glass, beading wire, Tiger Tails, crimps and finishing ends. Students will learn wire wrapping and can even make jewelry for children.

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6282 SENR-7048-201CL  06/06/17-08/01/17  T
06:00PM-09:00PM  LLGP 104  B Vollmer
There will be no class July 4.
SYN: 6281 SENR-7048-101CL  06/07/17-08/02/17  W
01:00PM-04:00PM  LLGP 104  B Vollmer
There will be no class July 5.

ART: BEADED FASHION JEWELRY (ADVANCED) – 24 HRS
This class will include advanced types of beading and jewelry making. Projects 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 is a goal of this class. Individuals can choose patterns. There is no end to what you can learn to do. There will be no class July 5.

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6283 SENR-7050-101CL  06/07/17-08/02/17  W
09:00AM-12:00PM  LLGP 104  B Vollmer

ART: BEADING DELICAS CYLINDER – 24 HRS
This course is for advanced students who have used Delica beads. Participants will learn to make bracelets, wall hangings, amulet bags and other projects. For this class, students will need to bring Delica 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.

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6285 SENR-7064-201CL  06/05/17-07/31/17  M
05:45PM-08:45PM  LLGP 102  M Warling
There will be no class July 3.
SYN: 6284 SENR-7064-101CL  06/09/17-07/28/17  F
08:45AM-11:45AM  LLGP 102  M Warling

ART: BRAZILIAN EMBROIDERY (BEGINNERS) – 24 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.

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6286 SENR-7046-101CL  06/08/17-07/27/17  TH
09:00AM-12:00PM  LLGP 106  C Walker

ART: BRAZILIAN EMBROIDERY (INTERMEDIATE TO ADVANCED) – 24 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 crochet hook and yarn.

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6287 SENR-7033-101CL  06/08/17-07/27/17  TH
12:00PM-03:00PM  LLGP 106  C Walker

ART: CAKE DECORATING: ADVANCED TOPICS – 14 HRS
Advance your decorating skills to create professionally decorated cakes. Classes will teach elaborate wired gum paste flowers. Also students will learn more than a dozen new border and accent piping and embellishment techniques. Students will also learn the basics of 3D character figure modeling, using fondant or edible decorating dough to create a puppy and his bone. Note: Completion of Course 1 or 2 is suggested. There will be no class July 6.

Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6343 SENR-7093-201CL  06/08/17-07/27/17  TH
06:00PM-08:00PM  LLGP 102  D Seyfang

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ART: COLLAGE PAINTING – 24 HRS
Students will explore the wonderful world of mixed media and collage and learn how to create masterpieces through using a variety of techniques and materials. Mixed media art is simply defined as any type of visual art that combines more than one material. Collage is a type of mixed media whereby artwork is created through assembling materials such as paper, cardboard or canvas. There will be no class July 5.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6288 SENR-7068-101CL 06/07/17-08/02/17 W
01:00PM-04:00PM LLGP 103 L Runion

ART: FUSED GLASS (BEGINNERS TO ADVANCED) – 24 HRS
This course is a return to the fun of glass fusion techniques. Participants will create at least six pieces of jewelry, pictures, etc. This class works on design and new invention. The instructor will teach wire wrapping, so participants should bring jewelry tools. Students must pay a $15 consumables fee to the instructor the first class day. No experience is required. Due to limited space, students may take only one fused glass jewelry class per semester. There will be no class July 3.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6294 SENR-7017-101CL 06/05/17-07/31/17 M
01:00PM-04:00PM LLGP 104 B Vollmer
SYN: 6293 SENR-7017-201CL 06/05/17-07/31/17 M
06:00PM-09:00PM LLGP 104 B Vollmer

ART: FLOWER POUNDING AND PAPER MAKING – 24 HRS
There will be no class July 3.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6289 SENR-7020-101CL 06/05/17-07/31/17 M
01:00PM-04:00PM LLGP 102 S Karjala

ART: DRAWING FROM PHOTOGRAPHS – 24 HRS
This class will combine the drawing from photographs class and basic colored pencils class. When participants 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 visit the office. There will be no class July 4.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6290 SENR-7022-101CL 06/06/17-08/01/17 T
09:00AM-12:00PM LLGP 102 S Karjala

ART: DRAWING WITH COLORED PENCILS – 24 HRS
This course guides both novice and intermediate artists in producing quality colored pencil drawings. Colored pencils can produce a variety of texture, value and tones. Students will learn how to shade, highlight and blend using layering and burnishing techniques. Drawing skills are not necessary to enjoy this class.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6291 SENR-7055-101CL 06/08/17-07/27/17 TH
01:00PM-04:00PM LLGP 101 S Daniel

ART: FUSED GLASS (ADVANCED) – 24 HRS
This course is a return to the fun of glass fusion techniques. Participants will create at least six pieces of jewelry, pictures, etc. This class works on design and new invention. The instructor will teach wire wrapping, so participants should bring jewelry tools. Students must pay a $15 consumables fee to the instructor the first class day. No experience is required. Due to limited space, students may take only one fused glass jewelry class per semester. There will be no class July 3.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6294 SENR-7017-101CL 06/05/17-07/31/17 M
01:00PM-04:00PM LLGP 104 B Vollmer

ART: MIXED MEDIA AND RECYCLABLES – 24 HRS
This class incorporates 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 wall hanging, shadow box and hanging lamp. Some materials will be provided with a list of suggested items given at the first class.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6295 SENR-7065-102CL 06/09/17-07/28/17 F
08:45AM-11:45AM LLGP 103 L Runion

ART: MOSAIC – 24 HRS
Participants will learn from a mosaic artist how to make modern mosaic projects. This class is for beginners as well as more advanced students. Participants 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 at the first class.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6296 SENR-7019-101CL 06/09/17-07/28/17 F
08:45AM-11:45AM LLGP 104 B Holmes

ART: CREATIVE GREETING CARDS – 24 HRS
No need to ever buy a greeting card when you can make your own beautiful personalized cards. The supply list is available from the instructor. There will be no class July 3.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6290 SENR-7020-101CL 06/05/17-07/31/17 M
01:00PM-04:00PM LLGP 102 S Karjala

ART: FLOWERPOUNDING AND PAPER MAKING – 24 HRS
Students will learn how to use everyday objects to create paper. Flower pounding consists of taking the dye in petals and leaves and transferring it to paper or cotton material using painter’s tape and a mallet. The art of flower pounding enhances your own handmade paper. There will be no class July 4.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6344 SENR-7097-201CL 06/06/17-08/01/17 T
06:30PM-08:30PM LLGP 101 M Willis

ART: FUSED GLASS (BEGINNERS TO ADVANCED) – 24 HRS
This course is a return to the fun of glass fusion techniques. Participants will create at least six pieces of jewelry, pictures, etc. This class works on design and new invention. The instructor will teach wire wrapping, so participants should bring jewelry tools. Students must pay a $15 consumables fee to the instructor the first class day. No experience is required. Due to limited space, students may take only one fused glass jewelry class per semester. There will be no class July 3.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6294 SENR-7017-101CL 06/05/17-07/31/17 M
01:00PM-04:00PM LLGP 104 B Vollmer
SYN: 6293 SENR-7017-201CL 06/05/17-07/31/17 M
06:00PM-09:00PM LLGP 104 B Vollmer

ART: MOSAIC – 24 HRS
Participants will learn from a mosaic artist how to make modern mosaic projects. This class is for beginners as well as more advanced students. Participants 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 at the first class.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6296 SENR-7019-101CL 06/09/17-07/28/17 F
08:45AM-11:45AM LLGP 104 B Holmes

ART: FUSED GLASS (ADVANCED) – 24 HRS
This course is a return to the fun of glass fusion techniques. Participants will create at least six pieces of jewelry, pictures, etc. This class works on design and new invention. The instructor will teach wire wrapping, so participants should bring jewelry tools. Students must pay a $15 consumables fee to the instructor the first class day. No experience is required. Due to limited space, students may take only one fused glass jewelry class per semester. There will be no class July 3.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6294 SENR-7017-101CL 06/05/17-07/31/17 M
01:00PM-04:00PM LLGP 104 B Vollmer
SYN: 6293 SENR-7017-201CL 06/05/17-07/31/17 M
06:00PM-09:00PM LLGP 104 B Vollmer
ART: ORIGAMI – 24 HRS
Origami comes from the Japanese words “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. Students will use standard 6” origami paper from craft stores. There will be no class July 3.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6299 SENR-7066-101CL 06/05/17-07/31/17 M
01:00PM-04:00PM LLGP 106 D Davis

ART: PAINTING WITH WATERCOLORS – 24 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 supplies will be provided at the first class. Instructor permission is required to take this class.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6309 SENR-7089-101CL 06/08/17-07/27/17 TH
01:00PM-04:00PM LLGP 102 L Johnson

ART: PAINTING WITH OILS (ADVANCED) – 24 HRS
Participants will work with the instructor to improve techniques and skills in oil painting. Participants may start from scratch or bring their own work. Student may bring supplies they have. The instructor will provide supplies during the first class for beginners. There will be no class July 5.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6300 SENR-7037-101CL 06/07/17-08/02/17 W
09:00AM-12:00PM LLGP 103 F Jacobs

ART: PAINTING WITH ACRYLICS – 24 HRS
ART: PAINTING WITH OILS (ADVANCED) – 24 HRS

ART: ORIGAMI – 24 HRS

ART: PAPER MACHE ANIMALS – 24 HRS
Students will construct four-legged paper mache animals from recycled/repurposed materials. Students will proceed to more advanced projects and learn to build the armature (skeleton), create the form and finish the sculpture.
There will be no class July 5.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6301 SENR-7040-101CL 06/07/17-08/02/17 W
01:00PM-04:00PM LLGP 101 N House

ART: PHOTOGRAPHY AS A HOBBY (INEXPERIENCED) – 24 HRS
This course will teach photography for the hobbyist or artist, not for the professionally or technically oriented. Intended for students with very little or no experience, this practical hands-on course will teach students how to operate 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 a beginner level. Students are required to bring a single-lens reflex (SLR) or point-and-shoot camera with its manual to each class. There will be no class July 3.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6303 SENR-7049-101CL 06/05/17-07/31/17 M
09:00AM-12:00PM LLGP 105 T Ledoux

ART: PHOTOGRAPHY AS A HOBBY (EXPERIENCED) – 24 HRS
This course will teach photography for the hobbyist or artist, not for the professionally or technically oriented. For students with more than a little experience, this practical hands-on course will teach how to operate a digital camera and save images at a higher level than in the beginner 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. There will be no class July 3.
Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6302 SENR-7047-101CL 06/05/17-07/31/17 M
01:00PM-04:00PM LLGP 105 T Ledoux

REGISTRATION FOR SUMMER 2017 BEGINS MAY 1, 2017.
ART: PORTRAIT PAINTING – 24 HRS
This class focuses on direct observational portrait painting either from a photograph or fellow classmates. The course emphasizes “seeing,” simplifying, and the importance of beginning a painting well. The instructor will discuss color as it relates to skin tones and how to achieve a “likeness” of the subject. Student will learn how to paint the flesh palette and will learn the alla prima – or wet-on-wet technique. This class is designed for beginners in portrait painting who have a painting background in other genres. There will be no class July 3.
Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6345 SENR-7096-101CL 06/05/17-07/31/17 M
01:00PM-04:00PM LLGP 103 C Noone

ART: STAINED GLASS (BEGINNERS) – 16 HRS
Students will learn the copper foil technique for making a stained glass project. They can purchase all tools and supplies for this class from the instructor or at local stores. The instructor will give a list of the supplies at the first class. Due to space, students may be limited to one stained glass class per semester.
Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6305 SENR-7003-101CL 06/06/17-08/01/17 T
08:15AM-10:15AM LLGP 104 P Stettler
There will be no class July 4.
SYN: 6306 SENR-7003-201CL 06/08/17-07/27/17 TH
06:00PM-08:00PM LLGP 104 P Stettler

ART: STAINED GLASS (ADVANCED) – 16 HRS
This class is for students with experience in working with stained glass. There will be no class July 4.
Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6304 SENR-7004-101CL 06/06/17-08/01/17 T
10:30AM-12:30PM LLGP 104 P Stettler

ART: STAINED GLASS, LEAD CAME (ADVANCED) – 16 HRS
This class helps students with experience in working with stained glass to learn the advanced lead came method in which the glass is supported by metal channeling (cames). Cames can come in various shapes and metals but are commonly made from lead as well as zinc, brass and copper. The cames are then 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. There will be no class July 4.
Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6307 SENR-7044-101CL 06/06/17-08/01/17 T
02:00PM-04:00PM LLGP 104 P Stettler

ART: WATERCOLOR ON YUPO PAPER – 24 HRS
Discover the joys of painting on Yupo, a slick, synthetic paper that has a wonderful lifting ability. With watercolor and objects such as Q-tips, plastic embroidery grids, corrugated cardboard and other tools, you will learn to create unusual textures with watercolor on Yupo. If you don’t like what you have created, simply wipe off and start over. This class is designed for students of all levels of experience. There will be no class July 4.
Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6346 SENR-7095-101CL 06/06/17-08/01/17 T
01:00PM-04:00PM LLGP 103 F Jacobs

ART: WOODWORKING WITH HAND TOOLS (INTRODUCTION) – 24 HRS
This course is for beginning and intermediate students who want to improve their skills using woodworking hand tools. Students will learn wood and tool terminology, methods for using woodworking hand tools for precise joinery and techniques for finishing woodworking projects. Students must bring their hand tools and supplies, which can be purchased from the instructor, at local woodworking stores, yard sales or flea markets. Students will receive a list of required tools and materials at the first class. Students will purchase several tools and items after the first day and build their collection as they progress. The maximum cost of tools and materials, assuming the student buys new, quality tools, should not exceed $750. In addition, each student must purchase an online annual subscription to Fine Woodworking Magazine ($34.95) in order to access copyrighted source materials.
Cost: 50 Plus: $15  In district: $42  Out of district: $47
SYN: 6347 SENR-7094-101CL 06/08/17-07/27/17 TH
09:00AM-12:00PM LLGP 104 W Hansen

COMPUTER: ABSOLUTE BEGINNERS – 16 HRS
Whether individuals have never worked with or have forgotten what they learned about computers, this class will meet participants 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.
Cost: 50 Plus: $15  In district: $72  Out of district: $77
SYN: 6310 SENR-7011-101CL 06/09/17-07/28/17 F
09:45AM-11:45AM LLGP 105 COM Faculty

COMPUTER: APPLICATIONS FOR BEGINNERS – 16 HRS
Students will learn the power of the computer and Microsoft Office applications. Using these applications, participants can create letters, reports, presentations, worksheets 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. There will be no class July 3.
Cost: 50 Plus: $15  In district: $72  Out of district: $77
SYN: 6314 SENR-7036-201CL 06/05/17-07/31/17 M
06:00PM-08:00PM LLGP 105 L Jansen
SYN: 6313 SENR-7036-101CL 06/09/17-07/28/17 F
07:30AM-09:30AM LLGP 105 COM Faculty
**EXERCISE: PILATES/YOGA (MIXED) – 16 HRS**

This class combines yoga, Pilates and low-impact interval exercises with music. This class is for students needing a slower paced exercise class. The instructor will work with the student for exercise modification, if needed. **There will be no class July 3 or 5.**

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<td>LLGP 108</td>
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**EXERCISE: PILATES – 16 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 to decrease tension, increase flexibility and strengthen the body from the inside out. **There will be no class July 4 or 6.**

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**EXERCISE: DANCE FOR HEALTH – 16 HRS**

This class blends dance, music and exercise to improve overall health and physical fitness. Students need footwear or dance socks that allows them to slide or swivel easily. Participants may join this class at any time during the semester. No partner is needed. **There will be no class July 3 or 5.**

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**EXERCISE: LINE DANCING – 16 HRS**

Line dancing involves performing patterned foot movements 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. No partner is needed. **There will be no class July 4 or 6.**

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**EXERCISE: COUNTRY WESTERN DANCE – 8 HRS**

Participants will be introduced to different styles of country western (partner) dances, including two-step, polka, waltz, nightclub 2, East Coast swing and West Coast swing. Participants will learn lead/follow skills and patterned foot movements. The class prepares participants to practice what they learn at the many local venues. Participants need footwear or dance socks that allows them to slide or swivel easily. A partner is needed. The class meets once per week. **There will be no class July 3.**

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EXERCISE: POP PILATES – 16 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 an intense workout that is fun and effective. The instructor challenges students 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 participant’s needs. No experience is needed. There will be no class July 4 or 6.

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6323 SENR-7086-201CL 06/08/17-08/03/17 TTH
06:00PM-07:00PM LLGP 107 COM Faculty

EXERCISE: TAI CHI I – 16 HRS

If you value feeling good and have a desire to be physically and mentally healthy, learn Tai Chi and experience a feeling of relaxation and increased energy. This course will introduce you to the Yang style of style Tai Chi and some of the Chinese breathing exercises called Chi-Kung.

There will be no class July 3 or 5.

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6326 SENR-7078-101CL 06/05/17-08/02/17 MW
12:00PM-01:00PM WJCC Li Bingrong
SYN: 6327 SENR-7078-102CL 06/08/17-08/03/17 TTH
12:30PM-01:30PM LLGP 107 Li Bingrong

EXERCISE: TAI CHI II – 16 HRS

What you learned in Tai Chi I will be used to execute an exercise program consisting of the Yang style of Tai Chi and various Chi Kung exercises. Learn the Eight Pieces of Silk Brocade, a Chi Kung routine that dates back to the eighth century. There will be no class July 3 or 5.

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6328 SENR-7079-101CL 06/05/17-08/02/17 MW
01:15PM-02:15PM LLGP 107 Li Bingrong

EXERCISE: TEXAS TWO-STEP (INTRODUCTION) – 8 HRS

The country western (partner) dance style is easy and fun to learn. Participants will learn lead/follow skills and 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 allows them to slide or swivel easily. A partner is needed. There will be no class July 3.

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6329 SENR-7082-201CL 06/05/17-07/31/17 M
07:45PM-08:45PM LLGP 108 P Trevisani

EXERCISE: TOTAL BODY FITNESS – 16 HRS

Participants will learn to properly and safely stretch, warm up, and perform abdominal, upper-body 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. There will be no class July 3 or 5.

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6330 SENR-7070-101CL 06/05/17-08/02/17 MW
09:45AM-10:45AM LLGP 107 A Johnson Galdamez

EXERCISE: WEIGHT TRAINING – 16 HRS

Participants will learn to safely and properly perform a circuit weight-training program to reduce resting blood pressure, increase muscle and decrease fat. Participants do not have to be strong 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 they should wear comfortable, loose-fitting clothes and tennis shoes. There will be no class July 3 or 5.

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6331 SENR-7076-101CL 06/05/17-08/02/17 MW
07:15AM-08:15AM GYM A Johnson Galdamez
SYN: 6332 SENR-7071-104CL 06/08/17-08/03/17 TTH
08:30AM-09:30AM LLGP 107 A Johnson Galdamez

EXERCISE: YOGA AND STRESS REDUCTION – 23 HRS

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 space, students will be limited to one yoga class per semester. You must attend the section for which you registered. There will be no class July 4.

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6333 SENR-7071-103CL 06/05/17-07/26/17 MTW
10:00AM-11:00AM WJCC B Lambert
SYN: 6334 SENR-7071-101CL 06/05/17-07/26/17 MTW
11:30AM-12:30PM WJCC B Lambert
EXERCISE: ZUMBA – 16 HRS
Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-a-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. There will be no class July 4 or 6.

Cost: 50 Plus: $15 In district: $42 Out of district: $47

SYN: 6334 SENR-7015-101CL 06/09/17-07/28/17 F
08:30AM-10:30AM LLGP 101 A Johnson Galdamez

SPANISH I – 16 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 at a local Spanish-speaking restaurant.

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6340 SENR-7015-101CL 06/09/17-07/28/17 F
08:30AM-10:30AM LLGP 101 A Johnson Galdamez

SEWING: BASIC AND BEYOND QUILTING (BEGINNERS) – 36 HRS
This class is for beginners with little or no experience with sewing machines or quilting. Those who need help with a sewing project or who want to start a new one can join this class to learn how to complete a project for their home or wardrobe. A supply list will be provided the first class day; quilting students must bring their own projects or supplies. There will be no class July 4.

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6335 SENR-7091-101CL 06/06/17-08/01/17 T
12:30PM-03:30PM LLGP 101 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. There will be no class July 4.

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6336 SENR-7091-101CL 06/06/17-08/01/17 T
12:30PM-03:30PM LLGP 101 C Walker

SPANISH II – 24 HRS
Spanish II is a continuation of Spanish I. Topics include constructing full sentences, advanced verbs and increasing vocabulary. There will be no class July 3.

Cost: 50 Plus: $15 In district: $42 Out of district: $47
SYN: 6341 SENR-7043-101CL 06/05/17-07/31/17 M
12:30PM-02:30PM LLGP 101 A Johnson Galdamez

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.

Lifespan Learning 50 plus Program
Summer Office Hours
Beginning May 26 – August 4
Monday, Tuesday & Thursday | 8 a.m. – 9 p.m.
Wednesday | 8 a.m. – 5 p.m.
Friday | 7:30 a.m. – Noon
For more information, call 409-933-8461.

Like us on Facebook
www.facebook.com/com50plus

New Location
COM’S
50 Plus Program
Lifelong Learning Gulfway Plaza
14057 Gulfway Plaza
La Marque, TX 77568

College of the Mainland
COMMUNITY LECTURE SERIES
Must Register (open to anyone age 18 or older)

LECTURE: GENEALOGY OVERVIEW
Students will learn about upcoming summer trips to genealogical libraries and will learn how to study genealogy. Experience the thrill of finding ancestors you never knew you had. During upcoming trips, students may discover birth, marriage or death records along with probate records and perhaps wills. Libraries are full of our ancestors’ records. It’s up to the student to learn to dig a little deeper and develop persistence and techniques along the way. Debbie Cothern teaches.
Cost: FREE
SYN: 6349 SENRL-8401-101CL 06/07/17 W
01:00PM-03:00PM

LECTURE: AARP DRIVER SAFETY COURSE
The AARP sponsors this one-day safety course. This is a certified course recognized by most major insurance companies for discounted rates. Check with your insurance agent to see if the course completion certificate will qualify you for a discount on your insurance. This class gives seniors tools for safer driving techniques to compensate for age-related problems. NOTE: This is not a ticket dismissal class. The certificate fee is $15 for students with AARP membership cards and $20 for non-members. The instructor will collect this at the beginning of class. AARP instructor Barbara Cook teaches.
Cost: FREE
SYN: 6350 SENRL-8301-101CL 06/08/17 TH
08:30AM-12:30PM
SYN: 6368 SENRL-8301-102CL 07/27/17 TH
08:30AM-12:30PM

LECTURE: A FRESH START TO A HEALTHIER YOU
As we prepare for the summer season, think of healthy lifestyle choices you will find in A Fresh Start to a Healthier You, a FREE holistic adult-learning interactive lecture series that uses practical experience and information to change lives and improve health. Participants will learn to provide delicious, safe, healthy, and economical meals for themselves and their families. Sponsored by Texas A&M AgriLife. Taught by Sharon Mitchiner. Participants should attend all three classes in this series.
Meeting dates are 6/13, 6/20, and 6/27.
Cost: FREE
SYN: 6711 SENRL-8501-101CL 06/13/17-06/27/17 TH
01:30PM-02:30PM

LECTURE: PORTION DISTORTION IN A SUPERSIZED WORLD
Average portion sizes have grown so much over the past 20 years that sometimes the plate arrives and there’s enough food for two or even three people on it. Growing portion sizes are changing what Americans think of as a “normal” portion at home too. This is called portion distortion. Join us to learn about the effects of portion distortion on our health and medical care costs. Plus, learn about nutrient-dense foods and how to improve your diet simply. COM professor Jason Abshire teaches this class.
Cost: FREE
SYN: 6351 SENRL-8101-101CL 06/14/17 W
11:00AM-02:30PM
LLGP 105

LECTURE: GENEALOGY: FREE ONLINE RESEARCH
Students will learn search strategies and tips to search and effectively filter results from online resources such as Family Search, Heritage Quest, and Ancestry.com. Demonstrations will include several free websites and also services available as paid subscriptions. Kim Zrubek, of the Friendswood Library, teaches this class.
Cost: FREE
SYN: 6352 SENRL-8402-101CL 06/21/17 W
01:00PM-03:00PM
LLGP 106

LECTURE: PERSONAL SAFETY AND BODY LANGUAGE
This lecture provides you with information to raise your awareness and help you avoid danger when out in public. It will also address body language and how to read danger indicators and communication between a potential victim and perpetrator. Chief Sylvia Chapa from the COM Police Department teaches this class.
Cost: FREE
SYN: 6353 SENRL-8001-105CL 06/28/17 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

LIKE US ON facebook

www.facebook.com/com50plus
LECTURE: GENEALOGY RESEARCH USING COURT DOCUMENTS
Students will learn how to use court records as a research tool. Specifically, students will learn what information they can find in a variety of family case records (e.g. criminal, civil, real estate property and probate records. Doryn Glenn, director of governmental affairs in Galveston County, teaches this class.

Cost: FREE
SYN: 6354 SENRL-8403-101CL 07/05/17 W
01:00PM-03:00PM LLGP 106

LECTURE: BOOK AND MOVIE: BIG FISH
“Big Fish” is a 1998 novel written by Daniel Wallace made into a movie directed by Tim Burton. In his prime, Edward Bloom was an extraordinary man who could outrun anybody, never missed a day of school, saved lives and tamed giants. Animals loved him, people loved him, women loved him. At least that’s what he told his son, William. But now Edward is dying, and William wants desperately to know the truth about his elusive father, this indefatigable teller of tall tales, before it’s too late. Using the few facts he knows, William re-creates Edward’s life in a series of legends and myths, through which he begins to understand his father’s great feats and great failings. The result is hilarious and wrenching, a tender and outrageous novel and a marvel of a movie starring Ewan McGregor, five-time Best Actor Oscar nominee Albert Finney, Billy Crudup, Jessica Lange, Helena Bonham Carter, Steve Buscemi, Danny DeVito and more! Read the book, then join us for the movie, lively discussion and free popcorn. Ami Blackwell, of Spindrift Media and Entertainment, leads this class.

Cost: FREE
SYN: 6356 SENRT-9001-101CL 06/08/17 TH
03:30PM-11:00PM

LECTURE: A BEGINNER’S GUIDE TO ANDROID PHONES
If you’ve never had a smartphone before, using an Android and navigating the operating system may seem frightening. Although there are many different versions of Android, there are some basic tips everyone can use to get the most out of their Android. This is a hands-on session. Please bring your phone or tablet with you. Amanda Garza, marketing and social media specialist at COM, teaches this class.

Cost: FREE
SYN: 6373 SENRL-8101-103CL 07/19/17 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 details on upcoming trips, see pages 31-33. For more information, please call 409-933-8912.

Cost: FREE
SYN:6355 SENRL-8201-101CL 07/26/17 W
03:30PM-05:30PM LLGP 105

50 PLUS TRIPS
(only open to 50 plus students)

TRIP: ALLEY THEATRE’S “FREAKY FRIDAY”
Join us for the Alley Theatre’s production of “Freaky Friday.” This new musical based on the celebrated novel by Mary Rodgers and hit Walt Disney film is a hilarious, contemporary update of an American classic that follows an overworked mother and teenage daughter on a wild journey after magically swapping bodies. The musical, with book by Bridget Carpenter (Friday Night Lights, Parenthood) and score by the Tony Award and Pulitzer Prize-winning team of Tom Kitt and Brian Yorkey (Next to Normal, If/Then), is a sure-fire hit for the whole family. Supper will be Dutch treat before the show. The cost of this trip includes transportation and admission fee. This trip is open to anyone age 50 or older. Tickets have been pre-purchased. No refunds will be given for this trip.

Cost: 50 Plus: $55
SYN:6356 SENRT-9001-101CL 06/08/17 TH
03:30PM-11:00PM

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 Cothern will assist beginner and advanced students in tracing their family history using library resources. This library houses over 70,000 reels of microfilm and other electronic databases. Cost covers transportation and instructional costs. 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: June 1

Cost: 50 Plus: $25
SYN:6357 SENRT-9501-101CL 06/13/17 T
09:00AM-05:00PM

TRIP: GENEALOGY STATE ARCHIVES, LIBERTY, TEXAS
Students will travel to the Sam Houston Regional Library and Research Center in Liberty, Texas. Instructor Debbie Cothern will assist beginner and advanced students in tracing their family history using library resources. This trip will also include a guided tour of the Jean and Price Daniel House, the 1898 St. Stephen’s Episcopal Church, the 1883 Norman House, the 1848 Gillard-Duncan House and the library museum. The facility is a part of the Texas State Library and Archives. Cost covers transportation and instructional costs. 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: June 13

Cost: 50 Plus: $25
SYN:6358 SENRT-9504-101CL 06/27/17 T
08:00AM-05:00PM

LECTURE: GENEALOGY RESEARCH USING COURT DOCUMENTS
Students will learn how to use court records as a research tool. Specifically, students will learn what information they can find in a variety of family case records (e.g. criminal, civil, real estate property and probate records. Doryn Glenn, director of governmental affairs in Galveston County, teaches this class.

Cost: FREE
SYN: 6354 SENRL-8403-101CL 07/05/17 W
01:00PM-03:00PM LLGP 106

LECTURE: BOOK AND MOVIE: BIG FISH
“Big Fish” is a 1998 novel written by Daniel Wallace made into a movie directed by Tim Burton. In his prime, Edward Bloom was an extraordinary man who could outrun anybody, never missed a day of school, saved lives and tamed giants. Animals loved him, people loved him, women loved him. At least that’s what he told his son, William. But now Edward is dying, and William wants desperately to know the truth about his elusive father, this indefatigable teller of tall tales, before it’s too late. Using the few facts he knows, William re-creates Edward’s life in a series of legends and myths, through which he begins to understand his father’s great feats and great failings. The result is hilarious and wrenching, a tender and outrageous novel and a marvel of a movie starring Ewan McGregor, five-time Best Actor Oscar nominee Albert Finney, Billy Crudup, Jessica Lange, Helena Bonham Carter, Steve Buscemi, Danny DeVito and more! Read the book, then join us for the movie, lively discussion and free popcorn. Ami Blackwell, of Spindrift Media and Entertainment, leads this class.

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03:30PM-11:00PM

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Cost: FREE
SYN: 6373 SENRL-8101-103CL 07/19/17 W
01:00PM-02:30PM LLGP 105

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Cost: FREE
SYN:6355 SENRL-8201-101CL 07/26/17 W
03:30PM-05:30PM LLGP 105

50 PLUS TRIPS
(only open to 50 plus students)

TRIP: ALLEY THEATRE’S “FREAKY FRIDAY”
Join us for the Alley Theatre’s production of “Freaky Friday.” This new musical based on the celebrated novel by Mary Rodgers and hit Walt Disney film is a hilarious, contemporary update of an American classic that follows an overworked mother and teenage daughter on a wild journey after magically swapping bodies. The musical, with book by Bridget Carpenter (Friday Night Lights, Parenthood) and score by the Tony Award and Pulitzer Prize-winning team of Tom Kitt and Brian Yorkey (Next to Normal, If/Then), is a sure-fire hit for the whole family. Supper will be Dutch treat before the show. The cost of this trip includes transportation and admission fee. This trip is open to anyone age 50 or older. Tickets have been pre-purchased. No refunds will be given for this trip.

Cost: 50 Plus: $55
SYN:6356 SENRT-9001-101CL 06/08/17 TH
03:30PM-11:00PM

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 Cothern will assist beginner and advanced students in tracing their family history using library resources. This library houses over 70,000 reels of microfilm and other electronic databases. Cost covers transportation and instructional costs. 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: June 1

Cost: 50 Plus: $25
SYN:6357 SENRT-9501-101CL 06/13/17 T
09:00AM-05:00PM

TRIP: GENEALOGY STATE ARCHIVES, LIBERTY, TEXAS
Students will travel to the Sam Houston Regional Library and Research Center in Liberty, Texas. Instructor Debbie Cothern will assist beginner and advanced students in tracing their family history using library resources. This trip will also include a guided tour of the Jean and Price Daniel House, the 1898 St. Stephen’s Episcopal Church, the 1883 Norman House, the 1848 Gillard-Duncan House and the library museum. The facility is a part of the Texas State Library and Archives. Cost covers transportation and instructional costs. 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: June 13

Cost: 50 Plus: $25
SYN:6358 SENRT-9504-101CL 06/27/17 T
08:00AM-05:00PM
## TRIP: BROADWAY ACROSS AMERICA’S “THE LION KING”

Join us for Broadway Across America’s Tony Award-winning production of the world’s number one musical, Disney’s “The Lion King.” Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. As the music soars, Pride Rock slowly emerges from the mist. This visually stunning show features some of Broadway’s most recognizable music, crafted by Tony Award-winning musicians Elton John and Time Rice including “Can You Feel The Love Tonight,” “Hakuna Matata” and “Circle of Life.” This visually stunning show features some of Broadway’s most recognizable music, crafted by Tony Award-winning musicians Elton John and Tim Rice including “Can You Feel The Love Tonight,” “Hakuna Matata” and “Circle of Life.” Dinner will be Dutch treat before the show. Cost includes transportation and admission ticket. This trip is open to anyone age 50 or older. Tickets have been pre-purchased for this event.

**No refunds will be given for this trip.**

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<td>SYN:</td>
<td>6566 SENRT-9001-105CL 07/18/17 T 03:30PM-11:00PM</td>
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## TRIP: GENEALOGY: MONTGOMERY COUNTY, CONROE, TEXAS

Students will travel to Montgomery County Library in Conroe, Texas. Instructor Debbie Cothen will assist beginner and advanced students 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 state. Cost covers transportation and instructional costs. Lunch is Dutch treat at a local 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: June 27**

<table>
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<th>Cost</th>
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<tr>
<td>SYN:</td>
<td>6359 SENRT-9502-101CL 07/11/17 T 08:00AM-05:00PM</td>
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</table>

## TRIP: HOUSTON HISTORICAL TUNNEL TOURS

Much of Houston has been renovated for Super Bowl LI, and this guided tour of the city will begin and end at the Houston City Hall Rotunda. We will walk one block over to enter the underground tunnels for the tour. The tour includes The Skybridges and the Observation Deck of Chase Tower overlooking the City of Houston. The tour will visit landmarks like Penzoil Place and One Shell Plaza. The tour concludes with stops at Hermann Square Park and City Hall. Knowledgeable guides will delve into the rich history and culture of the Houston area. We will enjoy a Dutch treat lunch in between tours in the food court or a local restaurant.

**Refund deadline: June 26**

<table>
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<tr>
<th>Cost</th>
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<td>SYN:</td>
<td>6375 SENRT-9001-103CL 07/12/17 W 08:00AM-03:00PM</td>
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## TRIP: BROADWAY ACROSS AMERICA’S “THE BODYGUARD”

Join us for Broadway Across America’s “The Bodyguard.” Based on the smash hit film, the award-winning musical will star Grammy Award-nominated R & B superstar Deborah Cox. Former Secret Service agent turned bodyguard Frank Farmer is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge; what they don’t expect is to fall in love. A breathtakingly romantic thriller, “The Bodyguard” features a host of irresistible classics including “Queen of the Night,” “One Moment in Time,” “Saving All My Love,” “Run to You,” “I Wanna Dance With Somebody” and one of the biggest selling songs of all time – “I Will Always Love You.” Dinner is Dutch treat before the show. Cost includes transportation and admission. This trip is open to anyone age 50 or older. Tickets have been pre-purchased for this event and have been upgraded to the mezzanine level. **No refunds will be given for this trip.**

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<tr>
<td>SYN:</td>
<td>6567 SENRT-9001-106CL 08/17/17 TH 03:30PM-11:00PM</td>
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Most trips fill up fast, so sign up as soon as registration begins.

**REGISTRATION FOR SUMMER 2017 BEGINS MAY 1, 2017.**
**SPACE-AVAILABLE CLASSES**

Space-available classes are workforce credit classes that accept continuing education students. 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 continuing education 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 summer credit class schedule – summer (June 5 – Aug. 12). Full course descriptions are available in the College catalog and more information about these courses is in the credit schedule. Both documents are 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 is an additional $25 fee for each hybrid course and a $35 fee for each online course. Hybrid and internet classes require students to complete the Online Learner Workshop (OLW) before the first class date (see page 5 for more details).

### ACCOUNTING AND BUSINESS

<table>
<thead>
<tr>
<th>Course Title</th>
<th>In district Cost</th>
<th>Out of district Cost</th>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Mode</th>
<th>Instructor</th>
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<tr>
<td>INTRODUCTION TO ACCOUNTING – 48 HRS</td>
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<td>$310</td>
<td>ACNT-1003-011N</td>
<td>06/05/17</td>
<td>07/07/17</td>
<td>Internet</td>
<td>M Williams</td>
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<td>$275</td>
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<td>M Williams</td>
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### LANGUAGES

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<th>Out of district</th>
<th>Course Code</th>
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<th>End Date</th>
<th>Mode</th>
<th>Instructor</th>
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<tr>
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<td>$310</td>
<td>SPANL-1001-011N</td>
<td>06/05/17</td>
<td>07/07/17</td>
<td>Internet</td>
<td>R Naranjo</td>
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<tr>
<td>SPANISH II – 64 HRS</td>
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<td>$310</td>
<td>SPANL-1002-021N</td>
<td>07/10/17</td>
<td>08/11/17</td>
<td>Internet</td>
<td>R Naranjo</td>
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### CONTINUING EDUCATION REGISTRATION

<table>
<thead>
<tr>
<th>SSN or Student ID</th>
<th>NAME (Last, First, Middle Initial)</th>
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#### CHECK ONE:
1. Do you consider yourself to be Hispanic/Latino?
   - Yes
   - No
2. In addition, please select one or more of the following racial categories to describe yourself:
   - American Indian or Alaskan Native
   - Asian
   - Black or African American
   - Native Hawaiian or Pacific Islander
   - White

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<tr>
<th>MAILING ADDRESS</th>
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<th>STATE</th>
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<th>EMAIL ADDRESS</th>
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This is to certify that I AM NOT a legal resident of the College of the Mainland District. To be a legal resident of College of the Mainland District, you must reside in one of the following school districts: Hitchcock, Santa Fe (including Algoa, Arcadia, Alta Loma), Texas City, La Marque and Dickinson.

Signature ___________________________ Date __________

#### COURSES TO ADD

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<th>Term</th>
<th>Synonym</th>
<th>Course Abbreviation</th>
<th>Course #</th>
<th>Section #</th>
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#### COURSES TO DROP

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Refund policy: **NO REFUNDS** will be made after a class begins. We will be happy to issue a full refund if cancellation is received before the class start date. This policy is based on the fact that CE classes are self-supporting. Registration fees are used to pay salaries for our instructors as well as for supplies. **Please initial:**

Personal

COM Continuing Education, Technical-Vocational Building, Rm T-1475, 1200 Amburn Road, Texas City. (credit card, debit, money order or check) NO CASH ACCEPTED

Call

409-933-8586 or 1-888-258-8859, ext. 8586 (credit card or debit only)

Online

Use WebAdvisor [https://webadvisor.com.edu](https://webadvisor.com.edu). (Returning students only)

MAIL IN REGISTRATIONS ARE NO LONGER ACCEPTED.

**NO CASH ACCEPTED**

6/23/16 TS
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.
Since helping care for her diabetic father as he was undergoing dialysis, Sha-Nia Lawson wanted a career in nursing. COM's Certified Nurse Assistant Program quickly gave her a start in health care.

"CNA is just the first step," said Lawson. She now has options to work a nurse aide or continue her education armed with hands-on experience.

The program combines clinicals in health care facilities with showing students how to help patients with daily tasks.

“We study patients’ rights, pathogens and CPR. We learn to move residents, wash them and brush their teeth. The practice time we put in here makes us more confident,” said student Mauricio Estudillo. “Everything we would do and practice in class we did at [an assisted living facility during clinicals]. They really liked us. They wanted us to apply to get positions.”

Instructors make class interactive with activities such as practicing taking each other’s blood pressure and shaving balloons lathered with cream.

“It’s one of the best decisions I’ve ever made,” said student Nicole Frederickson. “It feels really good to help. [The instructor] gave us insight into the real world. She kept us informed on how the medical field is changing.”

The demand for certified nurse aides is projected to increase 17 percent by 2024.

“A lot of the patients can’t speak for themselves. We are their voices,” said Marci Fleming, who teaches the COM Certified Nurse Aide Program.

Fleming also works as a licensed vocational nurse at Harborview at South Shore in League City. She cares for patients who may have dementia, an injury or an age-related illness.

In classes she tries to help students see themselves as a patient with hands-on activities. Students role-play the proper way to lift a patient from a bed to a wheelchair and practice taking each other’s temperature.

“Nobody knows how it feels to be a patient but a patient. You have to have empathy and the ability to put yourself in their shoes,” said Fleming.

“Sometimes I’ll have students feed each other blindfolded or role play or practice using a safety belt to transfer each other from a bed to a chair so they see how it feels.”

The program consists of 69 classroom and 40 clinical hours to prepare students for the state certification exam. Students can complete the program at the League City location or the main campus.

“I wouldn’t change one thing about my career,” said Fleming. “When you see patients that love you and are happy to see you, it makes it all worth it. Even a hug - it’s an awesome feeling to be needed and loved. When you’re not there they notice. You’re important in their life.”

For more information on the COM Certified Nurse Aide Program, visit www.com.edu/cna or call 409-933-8645.
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

Registration available online only at http://tx-dps.com/affiliates/college-of-the-mainland.

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<tr>
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</table>
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.

Some of our most popular programs include:

**Administrative Dental Assistant**
Learn how to perform the administrative tasks essential for managing the business aspects of a dental practice.

**CBCS Certified Medical Administrative Assistant with Medical Billing and Coding**
The CBCS Certified Medical Administrative Assistant with Medical Billing and Coding is geared towards students who are interested in obtaining a career in the healthcare industry, but have little to no experience within the sector.

**Advanced Hospital Coding and CCS Prep**
This program will utilize your existing knowledge of medical terminology and healthcare sciences. Increase your coding skills and prepare to take the official certification exam to become a Certified Coding Specialist.

**Certified Electronic Health Records Specialist**
Learn how to implement and utilize electronic health records and become a Certified Electronic Health Records Specialist.

**Physical Therapy Aide**
Master the skills you need to begin a career as a physical therapy aide.

**CompTIA Healthcare IT Technician (Voucher Included)**
The CompTIA Healthcare IT Technician course teaches the fundamentals of healthcare IT (HIT) by using the CompTIA Healthcare IT Technician (HIT-001) exam objectives as the framework.

**CPC Medical Billing and Coding (Voucher Included)**
This is an ideal program for students new to a medical career. This comprehensive program will provide you with all of the information you need to earn a certification in medical billing and coding.

**Medical Transcription + Medical Terminology**
Start a new career as a medical transcriptionist with the training provided in this program, which also includes medical terminology training.

**Optician Certification Training**
Master the skills you need for a successful career as an optician and prepare yourself to take the ABO certification exam.

**Pharmacy Technician (Voucher Included)**
Pharmacy technicians support licensed pharmacists in providing health care to patients. Train to enter this rapidly growing field with this respected online program.

**Explore a Career as a Pharmacy Technician**
Master the skills that will prepare you for an entry-level position as a pharmacy tech or clerk, and discover the steps you can take to become a Certified Pharmacy Technician (CPhT).

**Medical Terminology: A Word Association Approach**
Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

**Explore a Career in Medical Coding**
Learn how to use the CPT manual and the ICD-10-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

**Explore a Career as an Administrative Medical Assistant**
Learn all about the in-demand career of medical information management as you explore the job of an administrative medical assistant (AMA) in a doctor’s office—from appointment scheduling and chart creation to medical billing and coding.

**Certificate in Legal and Ethical Issues in Healthcare**
(12 contact hours) Explore the legal and ethical risks healthcare professionals face, including issues related to HIPPA rules, medication errors, social media and healthcare, organ donation, and workplace violence.

Visit our website for program details!

careertraining.ed2go.com/mainland

Visit our website to view start dates!

www.ed2go.com/mainland
Become tomorrow’s healthcare professional!

Allied Health Careers

Continuing Education and Noncredit Programs

Certified Nurse Aide
Dental Assistant
EKG Technician
Physical Therapy Aide

Medication Aide
Phlebotomy Technician
Medical Office/Insurance Specialist

To register, call 409-933-8586.

Financial assistance available for those who qualify. For more information, call 409-933-8274.
CAREER EXPLORATION DAY 2017
JUNE 14, 2017 | 8 A.M. - NOON

The schedule will be provided following sign up.

Choose one of four career tracks:
- Cosmetology and Education
- Industrial Trades
- Nursing and Allied Health
- Public Service

- Hands-on Experience
- Students who have completed grades 7-12
- Free to a limited number of students

You must sign up before May 31, 2017, to attend.

CALL 409-933-8462.