SUMMER

CONTINUING EDUCATION & HEALTHCARE PROFESSIONAL CLASSES | 2015

KIDS' COLLEGE

Lego robotics, Zumba, geocaching, archery, mad science and more!

JUMP IN

Summer swimming lessons for all ages



INSIDE

Take Kids' College classes and earn Girl Scouts badges

Special new course offerings for teens

Learn anywhere, anytime with online workforce and healthcare programs

And more!

TEXARKANA COLLEGE CONTINUING EDUCATION DIVISION

REGISTRATION

Online registration for Continuing Education classes begins Monday, April 13.

Walk-in registration begins Monday, May 4 at 8 a.m. at the Continuing Education Office in the Texarkana College Administration Building.

You are urged to register as soon as possible for any course you wish to take. Some courses fill up quickly or have limited space available. Unless otherwise stated, continuing education registration is continuous until a class begins or is full. We prefer that you register one week in advance to ensure the class makes. Some courses and programs have special registration deadlines that are noted in this catalog. Registration and payment of tuition are required prior to beginning of class.

MISSION STATEMENT

To provide a variety of avocation and vocational education courses that educate, entertain and enrich the diverse interest and needs of our community. Texarkana College Continuing Education endeavors to make high quality continuing education opportunities regularly available, as needs dictate, to residents of this area.

ENTRANCE REQUIREMENTS

Continuing Education classes are offered on a non-credit basis. Generally, there are no entrance requirements. Course descriptions will include prerequisite for enrollment, if any. Unless otherwise stated in the course description, the minimum age for most Continuing Education classes is 16 years.

SENIOR DISCOUNTS

Some of the classes listed offer a discount for senior citizens of 15% (ages 60 or over). Please contact our office for more information. Excludes CPR, First Aid & ACLS.



BOOKS/SUPPLIES

Although many courses do not require a text, some specialized courses require text and other supplies. Unless otherwise noted, the text fee is included in the course tuition. Texts will be distributed to students the first class meeting.

CANCELLATIONS

Each course requires a minimum number of students before it can be held. As a general rule, the final decision whether to run a course or cancel it is made by noon of the scheduled starting date. If the college cancels a course for any reason, every effort is made to notify those registered. Refunds will be processed within two weeks. Texarkana College reserves the right to substitute instructors, reschedule classrooms or adjust pricing if necessary. Inclement weather cancellations will not be made up.

REFUND POLICY

There is a 100% refund upon request prior to the first class meeting. No refunds will be issued the day classes start.

QUESTIONS?

Call 903-823-3270.



facebook.com/TexarkanaCollegeCE

Texarkana College is an affirmative action equal opportunity institution. It is the policy of Texarkana College not to discriminate on the basis of sex, disabilities, race, color, age, or national origin in its educational and vocational programs, activities or employment as required by Title IX, Sec.504 and Title VI. The Texarkana College campus is accessible to the disabled. Texarkana College is committed to full compliance with both the Drug Free Workplace and the Drug Free Schools and Community Acts.

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2015 KIDS' COLLEGE

For ages 7-12 | Session I: June 22-25 | Session II: July 20-23

TWO SESSIONS

• Session 1: June 22-25

Online registration ends Thursday, June 18. In-office registration ends Friday, June 19 at noon.

• **Session 2:** July 20-23

Online registration ends Thursday, July 16. In-office registration ends Friday, July 17 at noon. Classes in each session will last for one week, Monday through Thursday.

REGISTRATION IS FIRST-COME, FIRST-SERVE

Early online registration is the best chance of securing a seat, especially in classes that fill quickly. Registrations cannot be accepted without all completed forms and payments.

Online registration begins Monday, April 13.

Walk-in registration begins Monday, May 4 at 8 a.m. in the Continuing Education Office in the Texarkana College Administration Building.

ATTENDANCE INFORMATION

Kids' College is for children ages 7-12. You may sign your child up for either a 12:30 class, a 2:40 class, or both. Snacks are served for those enrolled in both sessions.

REGISTERING ONLINE

Get started at ce.texarkanacollege.eduFor **each** student attending Kid's College and

Summer Swim:

STEP 1: Create a log-in

STEP 2: Add classes to shopping cart

STEP 3: Check out and pay

STEP 4: Log out

Repeat steps 1-4 as needed for each child you want to register for Kids' College

DETAILS TO CHECK

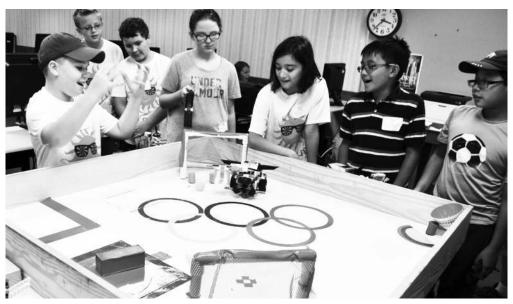
- Profile information must be the student taking the class, not the name of the person registering the student.
- When making a payment, please use cardholder information. If the cardholder name is pre-populated with the student name, update the cardholder name to match the name on the credit card.
- After payment, completely log out before creating another log in for a second student. If you attempt to register a different student with a previously logged-in student account you will replace the first student's information with the second student's information.
- We offer June and July sessions for two age groups. Please make sure you are registering your child in the appropriate age and month classes.
- Registration confirmations will be sent to the email address used for each child during Customer Account creation.

PARTNERSHIP WITH GIRL SCOUTS – DIAMONDS OF ARKANSAS, OKLAHOMA & TEXAS

Some of the classes we are offering align with the requirements for earning Girl Scout badges. Girls who complete these courses will receive a certificate they can bring back to their troop leader



can bring back to their troop leaders or local Girl Scout Council Office to purchase their badge. These courses are marked with the Girl Scout logo and the level that can earn a badge. Levels are designated as follows: (Br) Brownie; (Jr) Junior; (Ca) Cadette



Lego-Robotics 2014. Thanks to a grant from Ronald McDonald House Charities of Texarkana, this popular class can accommodate more students than ever this summer.

ARCHERY 101 (BASIC SKILLS)

June 22-25 | 12:30-2 p.m. or 3-4:30 p.m. | \$70 | 11-12 yrs.

July 20-23 | 12:30-2 p.m. or 3-4:30 p.m. | \$70 | 11-12 yrs.

This course is designed to learn the Basic Instruction of Archery and Application. There will be competitive shooting with games and prizes. Supply fee included. Instructor: Stephen Fawcett

CAKES BY YOU!

June 22-25 | 12:30-2 p.m. | \$70 | 7-9 yrs.

June 22-25 | 3-4:30 p.m. | \$70 | 10-12 yrs.

Come join us and learn to create your own masterpieces. Learn the basic of cake, cupcake, and cookie decorating. All hands on, real decorating tools that you can keep, and use to decorate cakes for family and friends. Supply fee included. Instructor: Valerie Neal

CAKES BY YOU: ADVANCED

July 20-23 | 12:30-2 p.m. | \$70 | 10-12 yrs.

Expanding on the skills learned in Cake Decorating. Make flowers from gum paste, work with fondant and candy clay and more. Supply fee included. Instructor: Valerie Neal

CHEERS 4 YOU lacktriangle (Br)

June 22-25 | 3-4:30 p.m. | \$60 | 7-12 yrs.

Do you like to cheer and learn dance routines? Students will learn the technique of cheerleading, jumps, stunts, tumbling, and dance. Instructor: Kristin Henderson

June 22-25 | 12:30-2 p.m. | \$65 | 10-12 yrs.

June 22-25 | 3-4:30 p.m. | \$65 | 7-9 yrs.

Love to solve mysteries? Become a Crime Scene Investigator on the case. Learn how to "follow the evidence" and think like a crime scene investigator in this fun, informative, and interactive science class. Students will be presented with an unsolved crime scene case(s) and will learn to follow the scientific steps toward solving the mystery. Topics will include evidence collection, securing a crime scene, diagramming a crime scene, how to take fingerprints and understanding DNA evidence that will help them work as a team to solve the crime. Instructor: Stephen Gass

COMPUTER CODING FOR KIDS I

June 22-25 | 3-4:30 p.m. | \$60 | 7-12 yrs.

Learn basic concepts of computer coding and programming by playing games featuring Angry Birds, Plants VS Zombies and more! This course is designed to accommodate all levels of computer users from beginner to advanced. Instructor: Katie Lasagna

COMPUTER CODING FOR KIDS II

July 20-23 | 3-4:30 p.m. | \$60 | 7-12 yrs.

Learn more advanced concepts of computer coding programming by playing games. Games will feature Anna and Elsa from "Frozen;" the Angry Birds, Plants VS Zombies and more! This course is designed to accommodate all levels of computer users from beginner to advanced. Instructor: Katie Lasagna

COLOR THE WORLD: ARTS & CRAFTS GALORE

June 22-25 | 3-4:30 p.m. | \$65 | 7-12 yrs.

July 20-23 | 3-4:30 p.m. | \$65 | 7-12 yrs.

Let the summer fun begin! Kids will make unique creations using leaves, metallic pens, tissue paper, beads and more! Instructor: Candy Richburg

COSMIC SKY, COSMIC MIND, COSMIC KID!

June 22-25 | 3-4:30 p.m. | \$60 | 7-12 yrs.

What better way to prepare for a new school year than to learn how to do yoga! Discover ways to enhance a young person's confidence level which spills over to better concentration which equals better grades. Learn to reduce anxiety, relax, accept, respect, and the lessons of taking care of oneself for now and for a long life! Students will need to bring a yoga mat. Join in the fun with Donna Blair, Certified Kripalu Yoga Teacher.

EXPLORE THE WONDERFUL WORLD OF COOKING • (Br, Jr)



June 22-25 | 12:30-2 p.m. | \$70 | 7-9 yrs.

June 22-25 | 3-4:30 p.m. | \$70 | 10-12 yrs.

Come learn basic cooking skills in one of our Bulldog Bistro kitchens. You will practice measuring, pouring, mixing and baking. Learn about kitchen safety and teamwork. Learn to make strawberry shortcake with fresh whipped cream, deviled eggs, baked chicken tenders with honey mustard dressing, fruit salsa with cinnamon tortilla chips and homemade ice cream in a fun learning environment. Instructor: Suzanne Lasagna

EXPLORE THE WONDERFUL WORLD OF COOKING: ADVANCED CLASS (Br, Jr)

July 20-23 | 3-4:30 p.m. | \$70 | 7-12 yrs.

Continue the exploration into the world of food using advanced techniques and equipment including food processors, blenders, and pasta makers. Learn to make berry smoothies, milkshakes, fresh pasta with tomato sauce, pretzel dogs and garlic hummus with pita chips. Instructor: Suzanne Lasagna

ENCHANTED GARDEN ART

June 22-25 | 12:30-2 p.m. | \$60 | 10-12 yrs.

June 22-25 | 3-4:30 p.m. | \$60 | 7-9 yrs.

July 20-23 | 12:30-2 p.m. | \$60 | 10-12 yrs.

July 20-23 | 3-4:30 p.m. | \$60 | 7-9 yrs.

Are you ready to get your hands dirty and see what fun projects you can make? Come spend the week with us making a fairy garden, stepping stone, a wreath, bird feeders, and other fun crafts. Instructor: Peggy Parks

EVERYTHING'S A-CHANGIN'

July 20-23 | 12:30-2 p.m. | \$60 | 10-12 yrs.

July 20-23 | 3-4:30 p.m. | \$60 | 7-9 yrs.

We see things change every day. You get taller, the days get longer, and your kid sister gets louder, but did you know the Earth changes too? Join us to figure out just what causes that change and why you haven't noticed it before. We'll simulate weathering, erosion, and deposition, as well as land-slides, earthquakes, and discuss other natural disasters. Instructor Meagan Hensley

GEOCACHING Φ (Jr)

June 22-25 | 3-4:30 p.m. | \$70 | 7-12 yrs. July 20-23 | 12:30-2 p.m. | \$70 | 7-12 yrs.

Are you ready to go on an adventure? A geocacher can place a geocache anywhere in the world, pinpoint its location using GPS technology and then share the geocache's existence and location online. With the use of a GPS device students will learn to locate these geocaches. In the process of hunting for geocaches, students will demonstrate the use of the geo-coordinate system (longitude and latitude). Students will also experience compass reading, the use of waypoints, distance measurement, and estimation. Students will also learn the language of Geocaching ("geo-lingo"), the etiquette of geocaching, and how to use the internet to search, log, and track geocaches. All caches will be safe and secure. Students can take what they learn in this course and continue the activity of Geocaching with their families through a website connection (www.geocaching.com). Instructor: Julie Carver

HUNTER EDUCATION TRAINING

June 22-25 | 12:30-2 p.m. | \$60 | 9-12 yrs.

July 20-23 | 3-4:30 p.m. | \$60 | 9-12 yrs.

Every hunter (including out-of-state hunters) born on or after Sept. 2, 1971, must successfully complete a Hunter Education Training Course. This course is designed for novice or young hunters, ages 9 years and above. The course covers the core competencies of firearm and hunting safety, hunting ethics and wildlife conservation. All materials are provided and subjects are covered to enable the student to successfully complete the Hunter Education certification process. All students must take the written exam and get at least 75% correct to pass. Students will have reading assignments to complete at home after each class session. Instructor: Beth Corbin

IMPROVING DRAWING SKILLS WITH FUN Φ (Jr)

June 22-25 | 12:30-2:30 p.m. | \$65 | 9-12 yrs.

July 20-23 | 12:30-2:30 p.m. | \$65 | 9-12 yrs.

Do you love to draw? Do you have an interest in exploring different ways to draw? Join us as we learn fun drawing techniques with a variety of media, such as charcoal, graphite, ink, and a splash of watercolor. On the first day of class, bring a drawing of your hand made by observing it closely and a drawing of your face made by looking into a mirror. Don't forget your drawings! These drawings will show where you started and help show your growth in the future. Instructor: Jeannie Knod Edwards

JUNIOR MEDIC (Br, Jr, Ca)

June 22-25 | 12:30-2 p.m. or 3-4:30 p.m. | \$70 | 10-12 yrs.

July 20-23 | 3-4:30 p.m. | \$70 | 10-12 yrs

Students will focus on basic first aid skills. Information on what to do when a medical emergency occurs and practicing skills in different situations will be covered. If requested, students get moulaged with minor injuries on last day. A great course for anyone caring for younger siblings or considering a career in health care. Students will leave class with a first aid kit. Instructors: Kathy Jordan/Janet Hutchison

LEGO-ROBOTICS

June 22-25 | 12:30-2 p.m. | \$70 | 7-9 yrs.

June 22-25 | 3-4:30 p.m. | \$70 | 10-12 yrs.

July 20-23 | 12:30-2 p.m. | \$70 | 7-9 yrs.

July 20-23 | 3-4:30 p.m. | \$70 | 10-12 yrs.

Lego Robotics uses Legos as a fun tool to explore robotics, mechanical systems, electronics, and programming. Primarily a lab experience, this class provides students resources to design, build, and program functional robots constructed from Legos and a few other parts, such as motors and sensors. Lego Robotics is a great way to try out new ideas, play with Legos, and learn some basic engineering. Supply fee included. Instructor: Jeanna Morris

MAD SCIENCE \bigoplus (Br)

June 22-25 | 12:30-2 p.m. | \$65 | 7-9 yrs.

June 22-25 | 3-4:30 p.m. | \$65 | 10-12 yrs.

If you missed out on last year's class or you didn't get enough of all the fun, come join us with solutions, mixtures, reactions oh my! Experience a fun-filled week of super bubbles, geysers, gak and more as we experiment with different solutions and test their reactions. Get your goggles ready! Instructor: Melissa Estes

POINT-FOCUS-SHOOT: PHOTOGRAPHY 101 • (Jr)

June 22-25 | 12:30-2 p.m. | \$60 | 7-12 yrs.

July 20-23 | 12:30-2 p.m. | \$60 | 7-12 yrs.

Discover how to use the family's digital camera like a pro. Gain a good understanding of how your camera works and how to make your photos creative and balanced using various techniques. Please bring a digital camera along with the USB cord. Instructor: Candy Richburg

POTTERY (Br)

July 20-23 | 12:30-2 p.m. *or* 3-4:30 p.m. | \$65 | 8-12 yrs. July 20-23 | 12:30-2 p.m. *or* 3-4:30 p.m. | \$65 | 8-12 yrs.

Pottery class is a great place for imagination to meet fun, messy skills. You'll be getting your hands dirty making your own musical clay instruments. Learn how to make a traditional ocarina, a flute-type instrument, and then personalize your own ocarina with a fun animal design! The class will focus on the pinch-pot and decorating techniques. After the clay creations have had a chance to be dried and fired, the instruments will be made available after the class ends, ready to be painted. Don't forget to dress prepared to get a bit messy. Try a smock or apron. Instructor: Jana Edwards

READY, SET...CREATE!

June 22-25 | 3-4:30 p.m. | \$65 | 7-9 yrs.

July 20-23 | 3-4:30 p.m. | \$65 | 7-12 yrs.

Learn to think out of the box and put your creative skills to the test! Join in and enjoy working with your hands and making unique artwork while having fun! This class will offer many different opportunities to work with collage, painting, drawing, gluing, cutting, sewing, and most of all the freedom of imagination that goes into making your own creative masterpiece! Instructor: Katy Beth Irwin

SAFE SITTER • (Ca)

July 20-23 | 12:30-2 p.m. | \$60 | 11-13 yrs.

Founded in 1980, Safe Sitter® is the only national nonprofit training program exclusively devoted to preparing young teens to be safe in unsupervised settings, whether babysitting, sibling sitting or home alone. During this hands-on class, students will learn about topics such as: Babysitting as a Business, Infant and Choking Rescue, Injury Prevention and Injury Management, Behavior Management, Safety for the Sitter, Childcare Essentials, and more! A completion card and certificate will be issued the last day of class. Class size limited to 8 students. Book included in fee. Instructor: Courtney Davis, Texas A&M AgriLife Extension Service

SIGN LANGUAGE

June 22-25 | 12:30-2 p.m. | \$60 | 7-9 yrs.

June 22-25 | 3-4:30 p.m. | \$60 | 10-12 yrs.

July 20-23 | 12:30-2 p.m. | \$60 | 7-9 yrs.

July 20-23 | 3-4:30 p.m. | \$60 | 10-12 yrs.

In this class your child will learn simple sign language words and phrases. We will watch a children's sign language video, practice the signs, and do activities or play games using sign language. Instructor Britni Huggins

STRIKE A POSE: MODELING, POISE & MANNERS

June 22-25 | 12:30-2 p.m. | \$60 | 7-12 yrs.

July 20-23 | 12:30-2 p.m. | \$60 | 7-12 yrs.

Being a model is more than just a pretty face. It's about your eyes, your stand, and your smile! Come learn pageant and runway modeling with all the twists and turns and photo posing. Learn to become more confident in your walk, meeting and greeting people and much more. The last day you will participate in a Fun Fashion Show. Each girl or boy will receive a gift bag and certificate. Students should wear leather or hard sole shoes; not sneakers or rubber sole shoes. Supply fee included. Instructor: Carol Collins Miles

TENNIS, BEGINNING (INDOORS)

June 22-25 | 12:30-2 p.m. or 3-4:30 p.m. | \$60 | 7-12 yrs.

July 20-23 | 12:30-2 p.m. or 3-4:30 p.m. | \$60 | 7-12 yrs.

Worried about the heat? Come learn to play tennis indoors! Students will learn the basic strokes and rules for playing tennis. They will learn how to serve the ball as well as proper techniques for hitting the ball. Students are encouraged to bring racquet. Instructor: Jim Turley

TV STUDIO

June 22-25 | 12:30-2 p.m. or 3-4:30 p.m. | \$60 | 10-12 yrs.

During this week long course, the students will learn basic video camera techniques, while working in groups to develop scripts. The students will work on short commercial and have an opportunity to be in front of the cameras. Instructor: Sil Gomez

UNIQUE (CURSIVE) WRITING

July 20-23 | 3-4:30 p.m. | \$60 | 7-12 yrs.

Explore the basics of cursive writing. Learn how to form the letters in the alphabet in cursive and how to connect the letters to make words. Instructor: Andrea Smith

W.O.W. (WEEK OF WORDS) CAMP

June 22-25 | 12:30-2 p.m. | \$60 | 7-12 yrs.

July 20-23 | 12:30-2 p.m. | \$60 | 7-12 yrs.

Students will create their own writings after being exposed to different authors of poetry, fiction, and nonfiction throughout the week. Additionally, students will learn how to use art prints as a starting point for writing. Journaling, poetry writing, and letter writing will be explored throughout the week. Instructor: Agnes Tirrito

ZUMBA KIDS JR.

July 20-23 | 12:30-2 p.m. | \$60 | 7-9 yrs.

Zumba Kids Jr. is a modified version of Zumba Kids. It allows younger children to have FUN while exercising to their favorite music! No previous Zumba Kids experience required. Instructor: Amber Grayson

ZUMBA KIDS

July 20-23 | 3-4:30 p.m. | \$60 | 10-12 yrs.

Zumba Kids classes are high-energy fitness parties with specially choreographed, kid-friendly routines set to the music they love, such as hip-hop, reggaeton, cumbia and more. Instructor: Amber Grayson

Kids' College At a Glance

Map out your child's Kids' College experience using this handy chart!

SESSION I: JUNE 22-25

	3E331UN 1.		
7-9 YEARS OLD			
12:30-2 P.M.	3-4:30 P.M.		
Strike a Pose W.O.W. Week of Words Mad Science Point-Shoot-Focus Sign Language Cakes By You Tennis Lego-Robotics Pottery Exploring Cooking Hunter Education Improving Drawing Skills with Fun	Enchanted Garden Art Color the World with Art Cheers 4 YOU! Computer Coding Tennis CSI Geocaching Ready, Set Create! Cosmic Sky Mind Kid Yoga Pottery		

10-12 YEARS OLD*			
12:30-2 P.M.	3-4:30 P.M.		
TV Studio	TV Studio		
Strike a Pose	Exploring the World of Cooking		
Hunter's Education Improving Drawing Skills with Fun	Mad Science Color the World with Art		
Enchanted Garden Art	Sign Language		
Point-Shoot-Focus	Cheers 4 YOU!		
Junior Medic	Cakes By You		
CSI	Computer Coding		
Pottery	Lego-Robotics		
W.O.W. Week of Words	Cosmic SkyMind Kid Yoga		
10111115	Junior Medic		
Archery (Ages 11-12)	Pottery		
	Tennis		
	Geocaching		
	Archery (Ages 11-12)		

SESSION II: JULY 20-23

RS OLD
3-4:30 P.M.
Enchanted Garden Art Color the World Computer Coding Tennis Advanced Cooking Class Ready, Set Create! Pottery Hunter's Education Everything's a Changin' Science Unique (Cursive) Writing

12:30-2 P.M. Strike a Pose Enchanted Garden Art Point-Shoot-Focus Cakes by You: Advanced Tennis Pottery Improving Drawing Skills W.O.W. Week of Words Geocaching Everything's a Changin' Science Archery (Ages 11-12) Science Color the World Hunter's Education Sign Language Computer Coding Tennis Lego-Robotics Junior Medic Advanced Cooking Class Ready, Set Create! Unique (Cursive) Writing	10-12 YEARS OLD*			
Enchanted Garden Art Point-Shoot-Focus Cakes by You: Advanced Tennis Pottery Lego-Robotics Improving Drawing Skills W.O.W. Week of Words Geocaching Everything's a Changin' Science Archery (Ages 11-12) Hunter's Education Sign Language Computer Coding Tennis Lego-Robotics Junior Medic Advanced Cooking Class Ready, Set Create! Unique (Cursive) Writing	12:30-2 P.M.	3-4:30 P.M.		
Safe Sitter (Ages 11-13) Archery (Ages 11-12)	Strike a Pose Enchanted Garden Art Point-Shoot-Focus Cakes by You: Advanced Tennis Pottery Improving Drawing Skills W.O.W. Week of Words Geocaching Everything's a Changin' Science Archery (Ages 11-12)	Color the World Hunter's Education Sign Language Computer Coding Tennis Lego-Robotics Junior Medic Advanced Cooking Class Ready, Set Create! Pottery Unique (Cursive) Writing Zumba Kids		

GLAM

Guidance Life Skills & Mentoring

NEW! Check out these special course offerings for students ages 13-16

BE A MODEL: POISE FOR LIFE (BOYS & GIRLS)

July 20-23 | 3-4:30 p.m. | \$60

Being a model is more than just a pretty face. It's about your eyes, your stand, and your smile! Come learn pageant and runway modeling with all the twists and turns and photo posing. Learn to become more confident in your walk, meeting and greeting people and much more. Each girl or boy will receive a gift bag and certificate. Students should wear leather or hard sole shoes; not sneakers or rubber sole shoes. Instructor: Carol Collins Miles

COSMIC SKY, COSMIC MIND, COSMIC TEEN!

July 20-23 | 3-4:30 p.m. | \$60

Do yoga! Why not? It just might work! Discover ways to relax, reduce anxiety, manage school and life, boost ability to concentrate resulting in better grades, and have an overall sense of well-being. Join in the fun with Donna Blair, Certified Kripalu Yoga Teacher

FUN WITH FOOD

July 20-23 | 3-4:30 p.m. | \$70

Spend time in a working kitchen learning basic cooking techniques. Practice whisking, baking, frying, measuring ingredients, basic knife skills, and plate presentations. Learn to make spaghetti with garlic butter sauce, vanilla crème brulee, ham and cheese omelets, and fried fish with tartar sauce. Also, enjoy the end result by sampling foods prepared in class! Instructor: Suzanne Lasagna

LEARN FIRST AID AND CPR

July 20-23 | 3-4:30 p.m. | \$65

In any emergency you or a family member may be cut, burned or suffer other injuries. Will you be prepared? Come learn hands on skills on how to respond correctly. At the end of the class you will receive an American Heart Association card with a two year recognition for first aid and CPR. Price includes textbook and AHA card. Instructor: Kenneth Campbell

SELF DEFENSE FOR GIRLS

July 20-23 | 3-4:40 p.m. | \$60

The self-defense is designed for women only. Learn to develop hands-on defense training, physical techniques designed for women's specific need and asset and increase awareness and assertiveness skills. Please wear comfortable clothing and athletic shoes. This course is facilitated by certified R.A.D. Instructors.

TENNIS, BEGINNING (INDOORS)

July 20-23 | 12:30-2 p.m. | \$60 | 13-16 yrs. July 20-23 | 3-4:30 p.m. | \$60 | 13-16 yrs.

Worried about the heat? Come learn to play tennis indoors! Students will learn the basic strokes and rules for playing tennis. They will learn how to serve the ball as well as proper techniques for hitting the ball. Students are encouraged to bring their racquet. Instructor: Jim Turley

SAFE SITTER

July 20-23 | 12:30-2 p.m. | \$60 | 13 yrs.

Founded in 1980, Safe Sitter® is the only national nonprofit training program exclusively devoted to preparing young teens to be safe in unsupervised settings, whether babysitting, sibling sitting or home alone. During this hands-on class, students will learn about topics such as: Babysitting as a Business, Infant and Choking Rescue, Injury Prevention and Injury Management, Behavior Management, Safety for the sitter, Childcare Essentials, and more! Instructor: Courtney Davis, Texas A&M AgriLife Extension Service.

BASIC CAR CARE FOR TEENS

July 20-23 | 3-4:30 p.m. | \$60

This course is intended to provide teens with the knowledge to make economical decisions and take preventative measures to enhance the overall satisfaction of being an automotive consumer. The class discussions and lab activities provide the fundamental knowledge and experience in owning and maintaining an automobile. Instructor: Julie Carver



Our swim program is designed to promote water safety, knowledge, aquatic adjustment, and increased swimming readiness and skills. Class size is limited to facilitate learning outcomes for your child so sign up soon!

The swim program will be administered by Texas High Swimming Coach Carl Auel. Instructors for each class will work under Coach Auel and will follow his guidelines for swim instruction. Registration forms available on page 22 and online.

Parents are welcome to watch their kids swim, however, they MUST sit on the bleachers during swim lessons. Please refrain from approaching your child while they are in the water with the instructor. It can disrupt the child's concentration and keep the instructor from being able to properly teach a lesson.

SESSION I | JUNE 8-18

Online registration ends June 3. In office registration available through June 8 if space is available.

SESSION II | JUNE 22-JULY 2

Online registration ends June 17. In office registration available through June 22 if space is available.

SESSION III | JULY 13-23

Online registration ends July 8. In office registration available through July 13 if space is available.

PRIMARY SKILLS (4-5 YRS)

This class is for entry level swimmers who have little or no swimming skills. Primary instruction is focused on students getting comfortable putting their faces in the water, blowing bubbles in the water, kicking on their stomachs and backs, pushing off the wall and kicking to an instructor, and taking 3-4 unassisted freestyle strokes.

BASIC SKILL

Students should be comfortable putting their faces in the water and willing to briefly float unassisted. Skills to be focused on will be kicking on their stomachs and backs, blowing bubbles underwater, breathing to the side, front crawl 4-6 strokes unassisted, sitting dives, and kicking unassisted on their backs.

INTERMEDIATE

Students should be able to kick on their backs unassisted, swim 4-6 freestyle strokes, and be very comfortable with their faces in the water. Skills to be focused on will be to swim freestyle with breathing to the side, kicking and swimming on their backs, sitting and standing dives.

ADVANCED

Students should be able to swim freestyle and backstroke the length of the pool (25 yards) unassisted, as well as perform a sitting dive. Skills to be focused on will be advanced freestyle and backstroke, freestyle and backstroke flip turns, breaststroke kick and swim, beginning butterfly kick and swim, as well as standing dives and diving from the starting blocks.

Summer Swim Schedule

PRIMARY SKILLS (4-5 YRS) | \$55

June 8-17	MTW	9-9:45 a.m.
June 8-17	MTW	10-10:45 a.m.
June 8-17	MTW	11-11:45 a.m.
June 22-July 1	MTW	9-9:45 a.m.
June 22-July 1	MTW	10-10:45 a.m.
June 22-July 1	MTW	11-11:45 a.m.
July 13-22	MTW	9-9:45 a.m.
July 13-22	MTW	10-10:45 a.m.
July 13-22	MTW	11-11:45 a.m.

BASIC SKILLS | \$65

June 8-18	MTWTh	9-9:45 a.m.
June 8-18	MTWTh	10-10:45 a.m.
June 8-18	MTWTh	11-11:45 a.m.
June 22-July 2	MTWTh	9-9:45 a.m.
June 22-July 2	MTWTh	10-10:45 a.m.
June 22-July 2	MTWTh	11-11:45 a.m.
July 13-23	MTWTh	9-9:45 a.m.
July 13-23	MTWTh	10-10:45 a.m.
Inly 13-23	MTWTh	11-11:45 a.m.

INTERMEDIATE | \$65

June 8-18	MTWTh	9-9:45 a.m.
June 8-18	MTWTh	10-10:45 a.m.
June 8-18	MTWTh	11-11:45 a.m.
June 22-July 2	MTWTh	9-9:45 a.m.
June 22-July 2	MTWTh	10-10:45 a.m.
June 22-July 2	MTWTh	11-11:45 a.m.
July 13-23	MTWTh	9-9:45 a.m.
July 13-23	MTWTh	10-10:45 a.m.
July 13-23	MTWTh	11-11:45 a.m.

ADVANCED | \$65

June 8-18	MTWTh	9-9:45 a.m.
June 8-18	MTWTh	10-10:45 a.m.
June 8-18	MTWTh	11-11:45 a.m.
June 22-July 2	MTWTh	9-9:45 a.m.
June 22-July 2	MTWTh	10-10:45 a.m.
June 22-July 2	MTWTh	11-11:45 a.m.
July 13-23	MTWTh	9-9:45 a.m.
July 13-23	MTWTh	10-10:45 a.m.
July 13-23	MTWTh	11-11:45 a.m.



BABY SWIM | \$55

For babies 12 months to 3 years, the primary focus is for the child to become comfortable and relaxed in the water, experience buoy, bubble blowing and water splashing. Parent or caregiver must be in pool with the child. Swim diaper is mandatory. Instructor: Connie Long

June 8-17	MTW	9-10 a.m.
June 8-17	MTW	10-11 a.m.
June 22-July 1	MTW	9-10 a.m.
June 22-July 1	MTW	10-11 a m

ONLINE REGISTRATION BEGINS

WALK-IN REGISTRATION BEGINS MONDAY, APRIL 13 MONDAY, MAY 4

CONTINUING EDUCATION



COMMUNITY MUSIC SCHOOL

Texarkana College Community Music School is an important part of the Music Department at Texarkana College. Music faculty work alongside professional teachers from the community to offer the highest level of instruction to students of all ages. Students have access to all Music Department facilities, including the Music Hall, library, piano lab, and practice rooms. Additionally, students perform in recitals, both on and off campus, and participate in a wide variety of festivals and contests. Lessons are given each week. Students may elect 30, 45 or 60-minute lessons. Note: A \$20 late fee will be charged to students who pay after the 22nd of each month.

Lessons offered include: Piano, Woodwinds (flute), Organ, Voice, Group Piano, Composition, Conducting, Guitar, Brass (trombone, baritone, tuba), Theory & Musicianship

For classes taught by community teachers:

30 min	\$72
45 min	\$108
60 min	\$144

For classes taught by TC faculty: 30 min.....\$120

45 min......\$180 60 min\$240

COMPUTER EDUCATION

BASIC COMPUTER SKILLS 101

- Thursdays, July 23-Aug. 6 | 6-8 p.m. | \$55 | 3 wks
- Mondays, June 15-29 | 6-8 p.m. | \$55 | 3 wks

This course is designed for the "new user." Participants will learn the fundamental navigation and operation skills of Microsoft Windows. Topics include: introduction to computers, identifying hardware components, mouse use, window navigation, exploring software, managing their desktop, creating files and folders. Students will get exposure to the worldwide web, including the Internet and email. Instructor: Larry Henderson

CYBER SECURITY BASIC TRAINING: PROTECTING YOUR PC, SMARTPHONE AND TABLET FROM MALICIOUS CYBER THREATS

Tues.-Thurs., June 16-18 | 6-9 p.m. | \$99 | 3 days

Prerequisite: Must have basic computer skills and be able to navigate the Internet. This course will introduce you to the basics of cyber security in a non intimidating manner using every day language. You will be taught how to detect, identify, and remove viruses, spyware, malware, scareware, etc, from your PC, tablets, and smartphones. You will learn how to protect your devices against hackers and other Internet threats, and also learn how to secure your computer, IPhone, Android and other

wireless devices as well! Course created and conducted by Robin Gayles, who has over 30 years of experience as a IT technical support professional.

ARTS & CRAFTS

BASIC WOODWORKING

\$75 | 5 wks | Choose from:

- Tuesdays, June 16-July 14 | 6-8 p.m.
- Tuesdays, Aug. 4-September 1 | 6-8 p.m.

This course will teach the student how to prepare for design and complete a wood project. Students will learn how to follow and accomplish the following steps:

- How to determine the amount of material needed for the project.
- The types of material available and/or recommended for the project.
- The tools required to accomplish the project.
- How to determine dimensions and layout the materials.
- How to prepare materials for assembly and then accomplish that assembly.
- Finish the final product utilizing paint or stain as desired.

NOTE: Students must furnish your own project materials. The following projects will be discussed/created: Outdoor Window Planter Box, Small End Table, Storage Bin, Wall Shelf, and Decorative Wooden Tray. Instructor: Richard Pitts

CLAY AND OTHER MEDIA

FOR AGES 9-17

- Mon.-Thurs, June 8-11 & Wed., June 17
 1:30-3 p.m. | \$90
- Mon.-Thurs., June 22-25 & Wed., July 1 1:30-3 p.m. | \$90

Come experience working in a pottery studio setting! This course will have emphasis in clay and touch on mix media. Past art experience with design and drawing will be helpful. Participants will need pottery tools, (25 lbs.) clay, and sketchbook. Course limited to 10 students. Instructor: Glen Knod

QUILTING BY HAND

\$60 | 4 wks. | Choose from:

- Fridays, June 5-26 | 10 a.m.-12 p.m.
- Fridays, June 5-26 | 6-8 p.m.
- Fridays, July 10-31 | 10 a.m.-12 p.m.
- Fridays, July 10-31 | 6-8 p.m.

In this beginner's quilting class you will learn the skills you need to make a basic quilt. Techniques in hand sewing, creating a quilt top-placement, choosing fabric, creating templates, reading patterns, and finally, creating a top stitch pattern, template, and choice of stitch. Students will need to supply rotary cutter, cutting mat, cutting board ruler, small scissors, needle and thread, large head straight pins, fabric (at least 4 to 5 different colors-1/2 yard each). Instructor: Marasami Millonzi

GENERAL INTEREST

BASIC CAR CARE

FOR 16 & UP

Tuesdays, June 30-July 14 | 6-8 p.m. | \$60 | 3 wks.

This course is intended to provide you with the knowledge to make economical decisions and take preventative measures to enhance the overall satisfaction of being an automotive consumer. The class discussions and lab activities provide the fundamental knowledge and experience in owning and maintaining an automobile. Instructor: Julie Carver

BE A MODEL: POISE FOR LIFE

FOR 16 & UP

Thursdays, Aug. 6-27 | 7-8:30 p.m. | \$70 | 4 wks.

Being a model is more than just a pretty face. It's about your eyes, your stand, and your smile! Come learn pageant and runway modeling with all the twists and turns and photo posing. Learn to become more confident in your walk, meeting and greeting people and much more. Each girl or boy will receive a gift bag and certificate. Students should wear leather or hard sole shoes; not sneakers or rubber sole shoes. Instructor: Carol Collins Miles

DALE CARNEGIE COURSE

Thursdays, Aug. 27-Nov. 12 | 4-7:30 p.m. \$1,595 | 12 wks.

Look around at successful business people, world leaders, professional athletes and entertainers. You'll find a disproportionately high number of Dale Carnegie Course graduates. This course will help you master the capabilities demanded in today's tough business environment. You'll learn to strengthen interpersonal relationships, manage stress and handle fast-changing workplace conditions. You'll be better equipped to perform as a persuasive communicator, problem-solver and focused leader. You will develop a take-charge attitude initiated with confidence and enthusiasm. In short, the course will power you to move far beyond your comfort zone as you stretch for and attain ambitious new goals. Please call our office at 903-823-3270 for registration information. Instructor: Scott Dutile

KEYBOARDING FOR TEENS

FOR AGES 12-15

\$80 | 2 wks. | 1:30-2:30 p.m. | Choose from:

- Mon.-Thurs., June 15-18 & June 22-25
- Mon.-Thurs., July 13-16 & July 20-23

Learn at your own pace while still having fun in this keyboarding class. Using a variety of software and games, you will learn the layout of the computer keyboard and practice building your skills. No previous knowledge required. This dynamic teacher will help turn you into a typing wizard. Instructor: Kim Birdsong

PHOTOGRAPHY 2.0

Thursdays, June 4-25 | 6-8:30 p.m. | \$75 | 4 wks.

This course is aimed at students with some basic photography knowledge that would like to develop their skills. The course will explore shooting techniques and will provide students with an opportunity to do some digital editing. The course will be utilizing Photoshop as the editing system. Students are required to bring their cameras to class. Instructor: Candy Richburg

SPANISH AT THE WORKPLACE

Tues. & Thurs., July 14-Aug. 20 | 6-8 p.m. \$90 | 6 wks.

This course provides a study of workplace Spanish for non- Spanish speaking employers and employees who need to enhance communication in the workplace, with both colleagues and customers. Emphasis is on oral communication and career-specific vocabulary that targets health, business, and/or public service professions. Instructor: Maritza Gonzalez

TEXAS ALCOHOL EDUCATION FOR MINORS (AEMP)

\$100 | Friday, June 12, 5-8 p.m. and Saturday, June 13, 9 a.m.-12 p.m.

Texarkana College provides state approved AEP.m. classes certified by Texas Department of State of Health Services. This class is for persons who have received citations for alcohol related offenses while under the age of 21. Upon completion of the course, the participant is presented with a Texas State issued numbered certificate. No refunds will be issued unless the class is cancelled by Texarkana College. No tardiness is accepted. Doors will be shut promptly at 5:00 p.m.

Examples of alcohol related offenses by a minor include:

- · Purchase of alcohol
- · Attempt to purchase alcohol

- Consumption of alcohol
- Misrepresentation of age
- Public intoxication by a minor
- Driving under the influence of alcohol (DUI)
- Driving while intoxicated (DWI)
- · Open Container law violations

Texas legislation mandates the courts require those under 21 who receive alcohol citations to complete a state approved alcohol awareness course. The course consists of a six hour program and exit interview. It is conducted in two 3-hour sessions and a scheduled exit interview. It contains information about alcohol advertising, alcohol's effect on motor skills, accidents related to alcohol, symptoms of alcohol problems, laws, and decision-making. (6 hours) Instructor: David Gafford

COOKING

HOW TO BOIL WATER

- Saturday, June 13 | 10 a.m.-1 p.m. | \$50 | 1 day
- Thursday, July 9 | 6-9 p.m. | \$50 | 1 night

Come roll up your sleeves and experience hands on, homestyle cooking! This class will touch on all of the basics needed to be successful in the kitchen, using items usually found in your pantry. We will learn about spices and seasonings to enhance your meals. You will learn about sauces and double duty recipes to make your meals easier to prepare. We will also touch on freezer and crockpot meals. Recipes will be provided as well as other printouts for reference. Instructor: Teresa Misenheimer

SPORTS/FITNESS

ADULT SWIM – BEGINNERS

\$75 | 3 wks | Choose from:

- Mon. & Wed., June 1-17 | 5:30-6:30 p.m.
- Mon. & Wed., June 22-July 8 | 5:30-6:30 p.m.
- Mon. & Wed., July 13-29 | 5:30-6:30 p.m.
- Mon. & Wed., Aug. 3-19 | 5:30-630 p.m.

This class' primary goal is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of the true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on their front and back that lay the foundation for future strokes. Instructor: Ray Taylor, American Red Cross Certified Instructor



ADULT SWIM – INTERMEDIATE

\$75 | 3 wks | Choose from:

- Mon. & Wed., June 1-17 | 6:30-7:30 p.m.
- Mon. & Wed., June 22-July 8 | 6:30-7:30 p.m.
- Mon. & Wed., July 13-29 | 6:30-7:30 p.m.
- Mon. & Wed., Aug. 3-19 | 6:30-7:30 p.m.

This class is designed for swimmers to develop confidence in the strokes learned thus far and to improve other aquatic skills. Participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke, back crawl, and breaststroke) for great distances. Participants also start to learn the sidestroke and butterfly. Flip turns on the front and back are also introduced in this course. Instructor: Ray Taylor, American Red Cross Certified Instructor

AGE GROUP SWIM-WHITE TEAM

\$40 | Choose from:

- MW or TTh, June 1-30 | 4:30-5:30 p.m.
- MW or TTh, July 1-30 | 4:30-5:30 p.m.

This swim program is designed for those who have had no competitive swim background or has just began to swim competitively. Emphasis will be placed on improving swim stroke techniques and starts/turns. Competitive swimming is the objective. Students will be assigned a meeting day according to skills. New students must have prior approval from coach. Students will meet twice a week either on TTH or MW, whichever date is assigned by coach. NOTE: Effective September 1, 2013, a \$20 late fee will be charged to students who pay after the 22nd of each month. Instructor: Eric Vogan

AGE GROUP SWIM - RED TEAM

\$60 | Choose from:

- Mon.-Fri., June 1-30 | 4-5:30 p.m.
- Mon.-Fri., July 1-31 | 4-5:30 p.m.

This swim program is limited to competitive swimmers who have a desire to compete in an advanced level. NOTE: Effective September 1, 2013, a \$20 late fee will be charged to students who pay after the 22nd of each month. Instructor: Eric Vogan

BODYSCULPTING

\$65 | 6 wks. | Choose from:

- Tues. & Thurs., June 16-July 23 | 5:30-6:30 p.m.
- Tues & Thurs., Aug. 4-Sept. 3 15:30-6:30 p.m. Bodysculpting is an easy to follow exercise class that increases muscle tone, strength, flexibility, endurance and balance. In each class, all muscle groups are targeted with even more focus on glutes, abs and triceps. Several exercises increase heart rate for a short duration for a cardio interval effect. Pilates training is integrated into the ab section. Instructor: Melissa Keil

LADIES AQUATIC - MOVE AND GROOVE I

\$40 | 6 wks. | Choose from:

- Tues. & Thurs., June 9-July 16 | 5:30 6:30 p.m.
- Tues. & Thurs., July 28-Sept. 3 | 5:30-6:30 p.m. Easy to follow movements set to music designed to burn calories and tone muscles. Class format/music changes every class. Class taught by Barby Larey, Ace & SCE Certified Group Fitness Instructor and Water Aerobic Certified Cooper Clinic.

LIFEGUARD TRAINING COURSE

\$300 | June 5-20

Fridays, 6-9 p.m. | Saturdays, 10 a.m.-3 p.m.

This 25-hour course trains candidates with the skills and knowledge to prevent and respond to aquatic emergencies at a pool. This course contains activities to prepare candidates to recognize and respond to emergencies both in the water and on the surrounding deck. Instructor: Ray Taylor,



American Red Cross Certified Instructor. To be eligible for the Lifeguard Course, the participant must be 15 years of age on or before the final scheduled session of this course. The participant must successfully complete the following:

- Students are required to attend all class dates and times listed for each specific class/topic
- Students must arrive 10 minutes prior to each scheduled class
- Students must complete a 300-yard continuously, using these strokes in the following order:
 - 100 yard front crawl
 - 100 yard of breaststroke using a pull, breathe, kick and glide sequence
 - 100 yard of either the front crawl or breaststroke
 - The 100 yard may be a combination of front crawl and breaststroke
- Students must complete a service dive to a depth of 8 feet, retrieve a 10 pound object and return to the surface
- Students must be able to tread water for two minutes with their hands above the surface of the water Items and additional information needed for class:
- Swimsuit, towel, goggles and swim cap if needed, extra change of clothing, pen or pencil, and notebook for notes/classroom work
- All lifeguard courses must have first aid, Cardiopulmonary Resuscitation for the Professional Rescuer (CPR) and Automated External Defibrillation (AED) training
- First Aid includes recognizing emergencies, protecting yourself, prioritizing care, sudden illness, wounds, injuries to muscles, bones and joints, and heat/cold related emergencies
- CPR includes how to help someone who is choking, not breathing or has even had a heart attack. It covers all ages of victims from adults to babies.
- Note that one Saturday Swim and Clinical Skill

Assessment Day will be scheduled for this course.

• Water Park Certification

PICKLEBALL

\$80 monthly (8 sessions) | Choose from:

- Mon. & Wed., June 1-24 | 8-9 a.m.
- Mon. & Wed., July 1-27 | 8-9 a.m.
- Mon. & Wed., Aug.3-26 | 8-9 a.m.

Are you ready for some fun and some great exercise? Welcome to Pickleball. Pickleball is one of—if not *the*—fastest growing sports in the country. Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. Accessible to people of all ages and abilities while remaining competitive, Pickleball is a fast-paced, self-officiated game that's similar to tennis, badminton, table tennis and racquetball. Under the direction of three tennis pros, Rusty Tarwater, Tony Flaherty and Jim Turley, who have more than 60 years experience.

BEGINNING TENNIS

\$80 monthly (8 sessions) | Choose from:

- Mon. & Wed., June 1-24 | 9-10 a.m.
- Mon. & Wed., June 1-24 | 6-7 p.m.
- Mon. & Wed., July 1-27 | 9-10 a.m.
- Mon. & Wed., July 1-27 | 6-7 p.m.
- Mon. & Wed., Aug. 3-26 | 9-10 a.m.
- Mon. & Wed., Aug. 3-26 | 6-7 p.m.

Tennis. Lets play! Are you interested in learning the game of tennis or maybe just want to improve your game or drill? We have tennis classes for all ages and abilities. Our programs provide players (both young and old) the opportunity to learn and improve their tennis game, work hard, make new friends and have a lot of fun. Under the direction of three tennis pros, Rusty Tarwater, Tony Flaherty and Jim Turley, who have over 60 years experience. The Texarkana College tennis staff has a pas-

sion for teaching and the skills to help you take your game to the next level. Playing tennis on a regular basis can help maintain or improve balance, mobility, agility, strength and fitness. It also helps burn calories. It's social and great fun. Who can argue with that?

SPRINGBOARD DIVING

Mon.-Thurs., June 15-July 23 2–3:30 p.m. | \$80 | 6 wks.

This will be a springboard diving class for all levels and experience. Instructor: Eric Vogan

ULTIMATE KICKBOXING

\$80 | 6 wks. | Choose from:

- Mon. & Wed., June 1-July 8 | 5:30-6:30 p.m.
- Mon. & Wed., July 13-Aug. 19 | 5:30-6:30 p.m.
- Mon. & Wed., Aug. 24-Sept. 30 | 5:30-6:30 p.m.

Are you ready? Experience the most powerful workout that will change your life. This cardiovascular training program is performed by using martial arts and boxing movements that combine with fitness and flexibility. It will improve your strength and endurance while at the same time help you burn those calories. Feel more confident with your body! SO LET'S DO IT! Instructor: Olivia Griffin

WATER WORKOUT FOR LADIES AND GENTLEMEN: CARDIO

\$35 | 4 wks. | Choose from:

- Mon. & Wed., June 1-24 | 1:30-2:30 p.m.
- Mon. & Wed., July 6-29 | 1:30-2:30 p.m.
- Mon. & Wed., Aug. 3-26 | 1:30-2:30 p.m.

Water Cardio I is working out in the water using any type of cardio workout like jogging and kicking, and some swimming kicks (paddle board will be used). Instructor: Ati Brower

WATER WORKOUT FOR LADIES AND GENTLEMEN: TOTAL BODY

(Must be at least 16 years old)

\$35 | 4 wks. | Choose from:

- Tues. & Thurs., June 2-25 | 1:30-2:30 p.m.
- Tues. & Thurs., July 7-30 | 1:30-2:30 p.m.
- Tues. & Thurs., Aug. 4-27 | 1:30-2:30 p.m.

Water workout is a total body workout where you will be working out by using the resistance of the water doing cardio and weights (floaties) to gain your endurance, mobility and muscle strength. This course would benefit anyone who is looking for water therapy and rehab. Instructor: Ati Brower.

YOGA WITH DONNA

• Mon. & Wed., June 1-July 1 | 6-7:30 p.m. \$90 | 5 wks.

• Mon. & Wed., July 6-29 | 6-7:30 p.m. \$75 | 4 wks

Recharge, rejuvenate, and reconnect in a unique way that blends yoga practice, relaxation, meditation and tools for living a healthy lifestyle. These classes are accessible to everyone—novice or seasoned practitioner. Taught by Donna Blair, 500-hour professional training from the Kripalu Center.

CHAIR YOGA WITH DONNA

- Mon. & Wed., June 1-July 1 | 9-10 a.m. \$85 | 5 wks.
- Mon. & Wed., July 6-29 | 9-10 a.m. \$65 | 4 wks.

Chair yoga: Yoga postures done while seated including breathing and mind/body benefits of a traditional yoga class. Great for folks who are limited getting down on the floor. Realize reduction of stress, better sleep and a sense of well-being. Taught by Donna Blair, Certified Kripalu Yoga Instructor

YOGA WITH LYNNEL

- Tues. & Thurs., June 2-25 | 8-9:30 a.m. \$80 | 4 wks. | 8 classes
- Tues. & Thurs., July 7-23 | 8-9:30 a.m. \$60 | 3 wks. | 6 classes
- Tues. & Thurs., Aug. 11-27 | 8-9:30 a.m. \$60 | 3 wks. | 6 classes
- Mon. & Wed., Aug.10-26 | 6-7:30 p.m. \$60 | 3 wks. | 6 classes

Revitalize the body through postures, breathing exercises, relaxation techniques, and meditation. Through the practice of Kripalu Yoga, you can enhance flexibility, cultivate awareness, clear the mind, and nurture the roots of a healthy lifestyle. This class is appropriate for all body types, ages, and fitness levels. Taught by Lynnel Westerman, Certified Kripalu Yoga Teacher.

YOGA FOR TEENS

FOR AGES 13-18

Mon. & Wed., June 29-July 29 10:30 a.m.-12 p.m. | \$85

Get ready for school with the ancient wisdom of yoga! A few benefits include flexibility, strength, clarity, healthy self-image, confidence, ability to relax, breath awareness, concentration, lessen anxiety, stress-management, compassion for yourself and others. Students will need to bring their own yoga mat. Go on this journey of well-being with Donna Blair, Certified Kripalu Yoga Teacher with over 23 years teaching experience.

ed2go

INSTRUCTOR-FACILITATED ONLINE LEARNING

START DATES: JUNE 17 JULY 15 AUGUST 19

All instructor-facilitated online courses run for six weeks (with a 10-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night. New course sessions begin monthly. Please visit our Online Instruction Center to see exact start dates for the courses that interest

COURSES START AS LOW AS \$95

To register, call us at 903-838-0679 or follow these easy steps:

- 1. Visit our Online Instruction Center www.ed2go.com/tc
- 2. Click the Courses link, choose the department and course title you are interested in, and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Here you will choose a username and password that will grant you access to the Classroom.
- 3. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the username and password you selected during enrollment.

Introduction to Microsoft ExcelDiscover the secrets to setting up fully formatted worksheets

quickly and efficiently. Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double entry bookkeeping, financial reporting, and more.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be speaking Spanish in no time.

A to Z Grantwriting

Learn how to research and develop relationships with potential funding sources, organize grant-writing campaigns, and prepare proposals.

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.

Introduction to QuickBooks

Learn how to quickly and efficiently gain control over the financial aspects of your business.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Intermediate Microsoft Excel

Work faster and more productively with Excel's most powerful tools.

Introduction to Microsoft Access

Store, locate, print, and automate access to all types of information.

Introduction to Microsoft Word Learn how to create and modify

Learn how to create and modify documents with the world's most popular word processor.

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

Introduction to PowerPoint

Build impressive slide presentations filled with text, images, video, audio, charts, and more.

Creating Web Pages II

Learn to develop polished and interactive pages complete with tables, forms, frames, audio, and CSS

Discover Digital Photography

An informative introduction to the fascinating world of digital photography equipment.

GRE Preparation - Part 1

Discover powerful strategies for success in the verbal and analytical sections of the GRE.

SAT/ACT Preparation - Part 1

Master the reading, writing, English, and science questions on the ACT and new SAT.

Become a Veterinary Assistant

Practicing veterinarian prepares you to work in a veterinary office or hospital.

Using Social Media in Business

Learn how to use the five most popular social media platforms—Facebook, Twitter, LinkedIn, Pinterest, and Google+—to grow and promote your business.

Photoshop CS6 for the Digital Photographer

Learn how to use the tools and techniques of Adobe's Photoshop CS6 to edit and enhance your photographic images.

MORE COURSES AVAILABLE AT OUR ONLINE INSTRUCTION CENTER WWW.ED2GO.COM/TC

All courses require Internet access, e-mail, and the Microsoft Internet Explorer or Mozilla Firefox Web browser. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.



ACCESSIBLE ANYTIME, ANYWHERE Online eLearning Workforce Education Courses

We offer leading workforce education and training programs to students, professionals, trade organizations and employers by providing best-in-class eLearning courses, externship opportunities and related support services.

Through engaging online eLearning programs coupled with one-on-one student support, both new students and seasoned professionals have the ability to complete comprehensive courses in high-demand disciplines and related certifications in every field. Our courses bring together insightful and compelling content presentations as well as constructive exercises and challenging knowledge checks to create an enriching, successful learning experience for students at all levels.

My Ed Today Career Tracks offer students a chance to hone their skills in a variety of professions by taking a cross-discipline approach to learning. Today's work environment requires professionals to master a variety of skills – some that are clearly applicable to that position and some that will help to

enhance the efficacy and abilities of professionals across all fields. Career training and re-training requires a strategic approach to learning beyond a traditional degree program and My Ed Today Career Tracks offers our partners exactly this solution.

Available career tracks:

- Accounting Professional
- Business Communication Professional
- · Business Management Professional
- · Organizational Behavior
- Entrepreneurship Specialist
- Business Math Specialist
- Business Law Specialist
- Marketing Professional
- Business Information Systems Professional
- Project Management Associate
- Project Management Professional
- Project Management Specialist
- Lean Enterprise Professional
- Six Sigma Professional
- Six Sigma Specialist
- · Human Resources Professional
- Economics Professional
- Finance Professional
- · Accounting Math Professional

Ready to get started? Visit myedtoday.com/texarkanacollege/



ACCESSIBLE ANYTIME, ANYWHERE Online eLearning Healthcare Courses

Texarkana College announces the availability of our new online e-learning healthcare courses from Health Ed Today! These courses are highly interactive and provide students with an enriched learning experience.

Each course includes:

- 24 hour a day instructor support & course mentors
- engaging labs, student exercises and course videos
- all textbooks, workbooks and student materials
- a new "Secure Student Website" including career resources & other training
- certain programs include clinical externships!

The following courses are available anytime!

- Pharmacy Technician | \$1,299
- Clinical Medical Assistant | \$2,499
- Dental Assisting | \$1,299
- Medical Billing & Coding | \$1,399
- Medical Coding ICD-10 | \$999
- EKG Technician | \$1,299
- Electronic Health Records Management \$1,299
- Phlebotomy Technician | \$1,299
- Medical Administrative Assistant | \$1,299
- Dialysis Technician | \$1,299
- Medical Terminology | \$499
- ECG / EKG Course for Nurses | \$699

Note: ask us about national or state certification and clinical externship opportunities through these courses!

To ensure that all students have the resources they need to succeed, students will have access to a secure "Student Portal" website which includes:

- Career building exercises, resume writing tips, interview techniques, etc..
- Career mentors there to help students take the next step in their career!
- Other skills training including lifelong learning skills, healthcare review, etc.

Visit us online at http://www.healthedtoday.com/texarkanacollege to experience a Course Demo and to learn more about these exciting new programs! For additional information, please contact Texarkana College at 903-823-3384, email joanne.rose@texarkanacollege.edu or call toll free 1-888-963-5967.

The Health Ed Today courses were developed through a partnership with leading education organizations including Pearson Education, E-College and Condensed Curriculum International.

ALLIED HEALTH

ALLIED HEALTHCARE PROFESSIONS COURSES

Please visit www.texarkanacollege.edu, Healthcare Professions, for additional information on course description & pre-requisite information. Payment plans are also available at this site. Registration fees include textbooks and supplies, unless otherwise specified in individual course description. Payment plans also available for courses and information can be found by visiting the web address listed above.

CERTIFIED NURSE AIDE COURSE

Mon., Tues., Thurs., June 8-Aug. 27 | 5 -9 p.m. 144 hrs. | 12 wks. | \$650

The Certified Nurse Aide course prepares entry level nursing assistants to achieve a level of knowledge, skills and abilities essential to provide basic care to patients and/or residents of hospitals, assisted living and long-term care facilities. Successful completion of the course and State written and skills exam will result in the participant being listed on the Texas Nurse Aid Registry. Prerequisite list available on website listed above and required to be reviewed with Allied Health Coordinator prior to registration.

CLINICAL MEDICAL ASSISTANT

Tues. & Thurs., June 9-Aug. 23 | 6-9:30 p.m. Saturdays, 6/20, 6/27, 7/11, 7/18, 8/01, 8/08, 8/22, & 8/29, 9 a.m.-4:30 p.m. | 140 hrs. + 160 hrs. Externship | 14 wks. | \$2,400

This program is intended for students who want to prepare for an exciting, challenging and rewarding career in healthcare. This program will train students to assist physicians by performing functions related to the clinical responsibilities of a medical office. Instruction includes among other things preparing patients for examination and treatment, routine laboratory procedures, diagnostic testing, technical aspects of phlebotomy and the cardiac life cycle. Students will review important topics including phlebotomy, pharmacology, the proper



use and administration of medications, taking and documenting vital signs, cardiology including proper lead placements, a professional workplace behavior, ethics and the legal aspects of healthcare. This program includes 140 hours of classroom lecture and hands on labs and a clinical externship opportunity at a local healthcare provider. To be eligible for the clinical rotation, students must successfully complete the 140 hour program, submit to a thorough background check, drug screening and meet other requirements.

Note: Upon successful completion of this program, students would be eligible to sit for the National Healthcareer Association (NHA) Certified Clinical Medical Assistant (CCMA) national examination.

DENTAL ASSISTING COURSE

Tues, Wed. & Thurs., June 9-Sept. 24 | 6-9 p.m. 144 hrs. | 16 wks. | \$1,800

The Dental Assisting Program prepares students for entry-level positions in one of the fastest growing healthcare professions – Dental Assisting. With the national increase in healthcare-related services, and the national shortage of healthcare professionals, the need for dental assistants is growing substantially. With a growing workforce over 300,000 strong, a career in dental assisting ranks as the fourth fastest growing occupation in the healthcare technician field. To meet our nation's growing medical demands, recent studies indicate that over 400,000 assistants will be employed by 2018. CPR certification included during course at no additional cost.



Texarkana College is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



INTRAVENOUS (IV) THERAPY COURSE

Tues. & Thurs., July 7-Aug. 25 | 6-9:30 p.m. 8 wks. | 50 hrs. | \$1,300

This program is intended to provide the necessary skills to safely perform IV therapy. Professionals providing IV therapy must continually keep current as IV Therapy continues to change. During this course, students will receive instruction on performing IV therapy with a focus on anatomy and physiology, asepsis, the equipment and supplies necessary, review of drug calculations, pharmacology as it relates to IV therapy, and the practice of starting and running an IV. This course is appropriate for Phlebotomist, RNs, LPNs and other caregivers looking to enhance and or refresh their IV Therapy skills. This program includes both hands on lecture and classroom labs. There is no clinical externship or national certification objective included with this program.

MEDICAL BILLING & CODING COURSE

Tues. & Thurs., June 9-Aug. 27 | 6-9:30 p.m. 80 hrs. | 12 wks. | \$1,800

This combined 80 hour billing and coding course offers the skills needed to solve insurance billing problems, how to manually file claims, complete common insurance forms, trace delinquent claims, appeal denied claims and use generic forms to streamline billing procedures. The course covers CPT (Introduction, Guidelines, Evaluation, and Management), specialty fields (such as surgery, radiology, and laboratory), ICD-9 (Introduction and Guidelines), and basic claims processes for insurance reimbursements.

MEDICATION AIDE FOR LONG TERM CARE COURSE

Mon., Tues., & Thurs., June 8-Aug. 27 | 5-9 p.m. 144 hrs. | 12 wks. | \$650

Extend your healthcare profession to the next level by obtaining certification as a Medication Aide for Long Term Care. This comprehensive course is designed according to the specifications for approval by the Texas Department of Aging and Disability Services. Participants will spend a total of 100 hours in classroom instruction and training, 40 hours of return skills demonstration laboratory, and 10 hours of clinical experience including clinical observation and skills demonstration under the direct supervision of a licensed nurse in a facility. A review of pre-requisites with the Allied Health Coordinator is required prior to registration.

NCLEX – PN REVIEW

Thurs. & Fri., Aug. 6-7 | 8 a.m.-4 p.m. | 3 days 24 hrs. | Call 800-933-7277 for information on course fee.

Graduate nurses will have the opportunity to prepare for State Board exams by attending this course. Participants must register through Nursing Education Consultants instead of Texarkana College.

PHARMACY TECHNICIAN COURSE

Tues. & Thurs., June 9-Aug. 25 | 6-9:30 p.m. 12 wks. | 80 hrs. Classroom + 80 hrs. Externship \$1.400

This comprehensive 80 hour program will prepare students to work as a pharmacy technician in retail or other pharmacy setting and to take the Pharmacy Technician Certification Board's PTCB exam. Course content includes: pharmacy medical

terminology, the history of pharmacy, the pharmacy practice in multiple environments, pharmacy calculations and measurements, reading and interpreting prescriptions and defining drugs by generic and brand names. Through classroom lecture and hands on labs, students will review dosage calculations, drug classifications, the "top 200 drugs", I.V. flow rates, sterile compounding, dose conversions, aseptic technique, the handling of sterile products, total parental nutrition (TPN), dispensing of prescriptions, inventory control and billing and reimbursement.

Note: In addition to classroom lecture and labs, this program includes a clinical externship through a local pharmacy. To be eligible for a clinical externship, students must successfully complete the 80 hour program, submit to a thorough background check, drug screening and meet other requirements listed on pre-requisite list available on website.

ACLS/CPR/BLS/ FIRST AID

The American Heart Association strongly promotes knowledge and proficiency in all

AHA courses and has developed Instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA.



Any fees charged for such a course, except for a portion of fees needed for AHA course materials; do not represent income to the AHA.

ACLS: ADVANCED CARDIAC LIFE SUPPORT

\$195 includes book and AHA card

A two day course that will develop skills and knowledge Relevant to the practice of pre-hospital and hospital Personnel in cardiac management. PRE-ASSESSMENT TEST REQUIRED PRIOR TO COURSE. Participants must bring book to class.

June 15-16	MT	8 a.m5 p.m.	2 days
July 28-29	MT	8 a.m5 p.m.	2 days
Aug. 5-6	WTh	8 a.m5 p.m.	2 days

ACLS RENEWAL

\$165 includes book and AHA card

This course is available for those who have current ACLS recognition from the American Heart Association. PRE COURSE ASSESSMENT TEST REQUIRED.

Participants must bring book to class.

June 8	Mon.	8 a.m4 p.m.	1 day
July 27	Mon.	8 a.m4 p.m.	1 day
Aug. 11	Tues.	8 a.m4 p.m.	1 day

CPR: BLS HEALTHCARE PROVIDER

\$65 includes book and AHA card

Designed for the medical person and will be taught according to guidelines of the American Heart Association. NO DOOR REGISTRATION. Fee includes book and card.

June 6	Sat.	8 a.m1 p.m.	1 day
June 20	Sat.	8 a.m1 p.m.	1 day
June 27	Sat.	8 a.m1 p.m.	1 day
July 8	Wed.	5-10 p.m.	1 night
July 18	Sat.	8 a.m1 p.m.	1 day
July 25	Sat.	8 a.m1 p.m.	1 day
Aug. 1	Sat.	8 a.m1 p.m.	1 day
Aug. 15	Sat.	8 a.m1 p.m.	1 day
Aug. 12	Wed.	510 p.m.	1 night
Aug. 22	Sat.	8 a.m1 p.m.	1 day
Aug. 29	Sat.	8 a.m1 p.m.	1 day

CPR: BLS HCP RENEWAL

\$65 includes book and AHA card

A one day course for those who have previously been trained in BLS with the American Heart Association and have a current BLS card. NO DOOR REGISTRATION.

June 6	Sat.	2-6 p.m.	1 day
June 20	Sat.	2-6 p.m.	1 day
July 15	Wed.	6-10 p.m.	1 night
July 25	Sat.	2-6 p.m.	1 day
Aug. 1	Sat.	2-6 p.m.	1 day
Aug. 15	Sat.	2-6 p.m.	1 day
Aug. 26	Wed.	6-10 p.m.	1 night

FIRST AID PEDIATRIC WITH CPR/AED

\$65 includes book and AHA card

Provides pediatric first aid and adult & pediatric CPR for child care providers, industry, teachers and others. Card issued by American Heart Association good for 2 years. NO DOOR REGISTRATION.

June 13	Sat.	8 a.m4 p.m.	1 day
July 11	Sat.	8 a.m4 p.m.	1 day
Aug. 18-19	TW	6-9:30 p.m.	2 nights
Aug. 8	Sat.	8 a.m4 p.m.	1 day

BLS/HS CPR INSTRUCTOR TRAINING

\$185 for one day course; includes book and online Instructor Essentials.

This course is designed to prepare those interested to become a certified BLS/HS Instructor and begin teaching AHA courses. Information on prerequi-



sites and exit criteria available upon request. Call Kathy Jordan at 903-823-3294.

Aug. 4 Tues. 8:30 a.m.-4:30 p.m. 1 day

EMERGENCY MEDICAL TECHNICIAN/ PARAMEDIC COURSES

EMT TRANSITION/REFRESHER COURSE

Tuesdays, Aug. 4-Sept. 15 | 6-10 p.m. | 24 hrs. 8 wks. | \$65

This course is recognized by the Arkansas Dept. of Health, National Registry and Texas Dept. of Health as continuing education hours for EMTs on required topics for re-licensure. In order to accommodate students work schedules, this class is offered on Tuesday's at Texarkana College and Thursday's at LifeNet EMS. Students are only required to meet once a week, either Tuesday or Thursday.

PARAMEDIC TRANSITION/ REFRESHER COURSE

Tuesdays, Aug. 4-Oct. 20 | 6-10 p.m. | 48 hrs. 12 wks. | \$100

This course is recognized by the Arkansas Department of Health, National Registry and Texas Department of Health as continuing education hours for Paramedics on required topics for re-licensure.

In order to accommodate students work schedules, this class is offered on Tuesday's at Texarkana College and Thursday's at LifeNet. Students are only required to meet once a week, either Tuesday or Thursday.

SEMINARS & TRAINING

More information regarding seminar description will be available at www.texarkanacollege.edu, Healthcare Professions. Online registration is now available by accessing this same website listed above. Registration forms also available if needing to register multiple employees under Healthcare Professions. Please mail individual registration forms completed by each employee with a check for total amount due and they will be registered by our Continuing Education staff.

MEDICATION AIDE UPDATE

Saturday, June 27 | 8 a.m.-5 p.m.

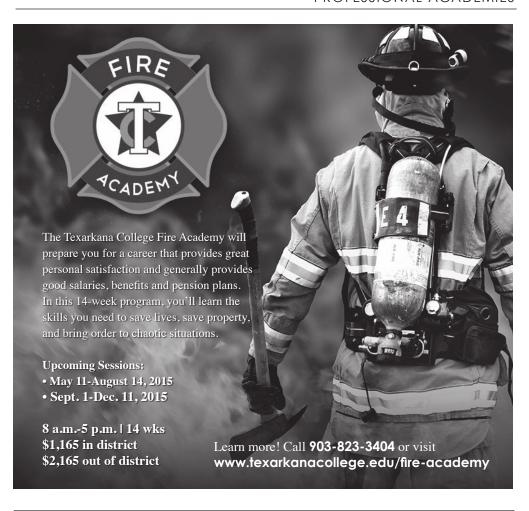
7.0 contact hours

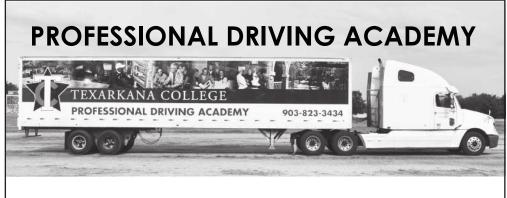
Early Registration - \$35

Door Registration - \$40

Target audience is certified Medication Aides. This one day provides 7.0 contact hours of continuing education for Certified Medical Assistants to renew certification as required by the Texas Department of Aging and Disability Services for continuing education.

Note: This will the last year Texarkana College Continuing Education Division will be offering the Medication Aid Update in June. Effective January 2016, the update will only be offered on the last Saturday of January for the year.





Ready to get on the fast track to a high-demand career? This course is 200 hours of full comprehensive training for a Class A CDL.

This course specifically trains for combination tractor trailer operations and safety; it also includes training for Doubles, Triples, Tankers, as well as Hazmat endorsements. Students get 40 hours of classroom training to prepare for their CDL permit test and then 160 hours of road training to prepare for the CDL road test.

For more information, please call Staci Ragsdale at 903-823-3434.

Tuition: \$4,191. Includes DOT physical and drug test prior to class start. Also includes CDL permit fee and CDL license fees.

All classes are held Monday-Friday, 7 a.m.-4 p.m., and are five weeks long.

- June 2, 2015
- July 6, 2015
- August 4, 2015

REGISTERING ONLINE IS EASY!

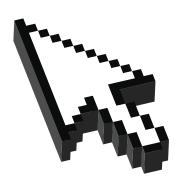
You'll love our new online registration system. We encourage all users to save time and postage by registering using our new, easy online process. Here's how it works.

- Go to ce.texarkanacollege.edu
- Create a log-in for each student. Add classes to shopping cart, check out and pay, and be sure you **log out**.
- Log-in information must be for the student taking the class, not the person registering that student.
- When making a payment, please use cardholder information. You must change the populated information from the name of the person who is registering for a class to the name of the cardholder.
- After paying, completely log out before creating another log-in for a second student.
- Be sure to choose classes from appropriate age catalog.

 Please note that there are two sessions: June and July.
- Registration confirmations will be sent to the email address entered when creating your account.

WE'RE HERE TO HELP

Need assistance? Call us at 903-823-3270 or visit us in person at the Texarkana College Nelson Administration Building during normal business hours, Monday-Thursday, 8 a.m.-5 p.m. and Friday, 8 a.m.-4 p.m.



Save time and postage! Register online at CE.TEXARKANACOLLEGE.EDU

D#	SECTION NUMBER	RECEIPT #
CONTINUING EDU	JCATION REGI	STRATION One registration form per course (this form may be copied Please print clearly. All items with * are mandatory.
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Starting Date: Time:	Fee:	
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KIDS' COLLEGE & GLAM 2015 REGISTRATION

Please fill out this registration form in its entirety. One registration form per child, per class. This form may be photocopied.

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SUMMER SWIM 2015 REGISTRATION

Please fill out this registration form in its entirety. One registration form per child, per class. This form may be photocopied.

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INSIDE: KIDS' COLLEGE & NEW CLASSES FOR TEENS



