KING PHYSICAL EDUCATION CENTER  
SEPTEMBER 3 THROUGH DECEMBER 20

**FITNESS CLASSES:**

**Body Sculpting (Working Out With Weights)**

Body Sculpting is sure to be a great workout for any body type. This series of circuit training exercises will teach you how to sculpt your body using weight machines, free weights and other exercises. A free King Center membership is included in the cost of this class.

- **9/10-12/12**  
  5:30PM-6:30PM  
  TR  
  **$75**

**Water Aerobics**

This class is designed for exercise in a less strenuous way. It is a great workout for any age. A free King Center membership is included in the tuition.

- **9/10-12/12**  
  5:30 PM-6:30 PM  
  TR  
  **$75**

**Yoga**

Challenge your mind-body awareness in a multi-level Yoga class. Classes will practice a variety of asanas (yoga poses) and Pranayama (breath work); with an emphasis on improving core/overall strength, flexibility, balance and focus. Classes are appropriate for all fitness levels.

- **9/9-12/9**  
  6:00 PM-6:30 PM  
  MW  
  **$45**

If you are interested in becoming a member of the King Center here’s what you need to do:

1. Register with Admissions located in the Osborne Administration Building, Monday - Thursday 8am-6pm, Friday 8am-12pm (you will need the social security number of each person you wish to register)
2. Go to Business office to pay and have your Student I.D. made.
3. All members and students will be required to show their I.D. cards at the King Center for access every time.

WE HAVE MORE CLASSES AT OUR CENTURY CITY CAMPUS!

**Conflict Management For Supervisors and Managers**

**Supervisors’ Boot Camp**

**WINE 101 with Wichita Falls Vineyards and Winery**

**Conversational Sign Language**

**Culinary Classes AND MORE!**

**COMPUTER:**

**Essential Computing**

Designed for the beginner, it’s an easy, fun way for computer novices to learn how to use computers, components of a typical computer, Windows 7, the Internet, e-mail basics, and some of the more common computer applications/software. Text book required.

- **10/7-10/16**  
  6:00 PM-8:30 PM  
  MW  
  **$45**

**WE HAVE MORE CLASSES AT OUR CENTURY CITY CAMPUS!**

**CONVERSATIONAL SIGN LANGUAGE**

**CULINARY CLASSES**

**AND MORE!**

**HEALTH CARE:**

**Psychiatric Nursing Assistant**

This course is designed to prepare the student to enter the field of mental health services as a Psychiatric Nursing Assistant. Topics covered will be the philosophy, goals and organizational practices of the Department of State Health Services (DSHS); client rights; behavior identification; personal safety; prevention of abuse and neglect and more. This class meets at the North Texas State Hospital.

- **9/4 - 9/30**  
  6:00 PM-10:00 PM  
  MW  
  **$110**
- **10/7 - 10/30**  
  6:00 PM-10:00 PM  
  MW  
  **$110**
- **11/4 - 12/2**  
  6:00 PM-10:00 PM  
  MW  
  **$110**

**THE WESTERN TRAILS CHAPTER OF THE DAR: GENEALOGY WORKSHOP**

Everyone is Welcome! Vernon College and the Western Trails Chapter of the Daughters of the American Revolution invite you to join us for a genealogy workshop to trace your heritage. Have you ever wondered if YOU are descended from a man or woman who aided in the cause for American Independence? Judy Ditmore, Texas State DAR Volunteer Genealogist of the Year and member of the Association of Professional Genealogists, will help you learn the latest tips for genealogical research and receive “hands on” assistance to discover your ancestors. Bring a brown bag lunch. Drinks will be provided. Internet access will be available if you would like to bring your own laptop or computers will be available. Bring a sack lunch and enjoy this informative workshop.

- **9/21**  
  9:00 AM-2:00 PM  
  S  
  **$10**

**September 3 through December 20**

**Pool Hours**

Monday - Thursday 12-9PM, Friday 12-6PM, Saturday 1-5PM

**Weight Room and Gym Hours**

Monday-Thursday 8AM-9PM, Friday 8AM-6PM, Saturday 1-5PM

**Closing Dates: **

Closed 10/17 (Sports Day), 11/27-11/30 (Thanksgiving Holiday)

**Individual:** (For persons 16 years & up)

- POOL, GYM, WEIGHT ROOM: **$50**
- HUSBAND & WIFE: POOL, GYM, WEIGHT ROOM: **$75**

**Senior:** (For persons 60 years & up)

- POOL, GYM, WEIGHT ROOM: **$25**

**Family:** (For persons living in the same household. Children under the age of 13 must have adult supervision in the pool. Members must be at least 16 years of age to use the weight room.)

- FAMILY COMBO: **$100**
**BAKING/COOKING:**

**Bake Shop: Basic Cake Decorating**

In this class, you will learn the basics of cake decorating from a very talented instructor. These basic instructions include icing techniques, borders, start tip techniques, shells, zig zags, writing and figure piping. You will also learn icing flowers, including the rose, utilizing various pastry tips.

9/17-10/22 6:00 PM-7:30 PM  T  $25

**Bake Shop: Halloween Treats**

Create fun Halloween treats in this class. Everyone will enjoy the spooky confections. Students will need to bring an un-iced cake to class.

10/29 6:00 PM-9:00 PM  T  $20

**Bake Shop: Holiday Treats**

Learn to create festive confections in this class. Your holiday guests will be amazed by your beautiful creations. Students will need to bring an un-iced cake.

11/19 6:00 PM-9:00 PM  T  $20

**Mommy & Me Cookie Decorating with The Cookie Lady**

Learn the basics of decorating cookies with your little darling and Beth Williamson, also known as, The Cookie Lady. The Cookie Lady will share her techniques to decorate beautiful holiday cookies. You will take home a Thanksgiving cookie and two Christmas cookies to enjoy, as well as, the knowledge to decorate your own cookies for years to come. The cost includes one adult and one child and you can register additional children for $10 each.

11/2 10:00 AM-12:00 PM  S  $20

**Dinner Tonight: Healthy Cooking School**

The Dinner Tonight Cooking School will teach you easy, nutritious and economical ways to feed your family! Join us for the culinary event of the year! Dinner Tonight Healthy Cooking School has a unique niche with demonstration recipes that are cost effective, easy to prepare and fit into a healthy meal plan. We are targeting busy people who still want to make time for meal preparation and feel good about what they are feeding themselves and their family. The goal is to promote family mealtime, teach families healthy meal planning and food preparation techniques, and promote Texas agriculture!

9/19 5:30 PM-7:30 PM  R  $25
10/17 5:30 PM-7:30 PM  R  $25

**ARTS/CRAFTS:**

**I Heart Art**

**Haunted House for Halloween!** Step by step painting class. 16x20 ready to hang wood framed canvas...fee includes all supplies! Learn useful techniques while relaxing and creating your own art. Do you love a witch’s cat or swooping bats? Instructor will help each student add his or her Halloween favorites to this fabulous haunted house. Dress ready to paint! Refreshments welcome!

10/12 1:00 PM-4:00 PM  S  $40

**Gorgeous Pumpkins in your Favorite Fall Colors!** Step by step instruction for a Thanksgiving painting which is lovely enough to enjoy all year! Fee includes 11x14 ready to hang wood framed canvas, paint, brushes and everything you will need supplied as part of the course. Instructor Kathy Hite’s goal is to teach different techniques in each course offered. Learn, create & relax! Refreshments welcome! Dress ready to paint!

11/9 1:00 PM-4:00 PM  $  $40

**Cutest Christmas Elves!** Step by step painting instruction. Fee includes 11x14 ready to hang wood framed canvas, paints, brushes, and everything you will need to create your whimsical Christmas painting. Learn useful techniques from professional instructor with experience, enthusiasm, and superior ratings from students! Have fun, relax and share some Christmas spirit through art! Refreshments welcome! Dress ready to paint!

12/5 6:00 PM-9:00 PM  R  $40

**Swanky Painting: Mommy and Me Halloween Painting**

Come join this SPOOKY class! All supplies are included. Melanie Smith, the very talented owner of Swanky Signs and Painting will instruct you and your little one how to paint a Halloween masterpiece for your home.

10/5 1:00 PM-3:00 PM  S  $30

**Swanky Painting: Christmas**

Come join this SPOOKY class! All supplies are included. Melanie Smith, the very talented owner of Swanky Signs and Painting will instruct you and your little one how to paint a beautiful wreath for your home. Supplies included in the cost of tuition.

11/12 1:00 PM-4:00 PM  S  $40

**Creating Your Own Festive Wreath**

In this creative class students will learn to make their own festive wreath. Whatever the season, Marie Muse, from Barbwire and Roses, will help you create a beautiful wreath for your home. Supplies included in the cost of tuition.

11/5 6:30 PM-9:00 PM  T  $45

---

**Ed2Go COURSE ONLINE LEARNING**

**GET TRAINED IN ONLY 6 WEEKS FOR JUST $89.00! ACCESS YOUR COURSE FROM ANYWHERE.**

[www.ed2go.com/vernonedu/](http://www.ed2go.com/vernonedu/)

The following interactive (e-learning) online courses are offered through a partnership with Education 2 Go. In order to take these courses, you must have an e-mail address, access to the Internet, and in some cases the actual software for the program you are studying. Each course is 6 weeks (24 hours) in length. Visit our joint website [http://www.ed2go.com/vernonedu/](http://www.ed2go.com/vernonedu/) for course descriptions and registration information. Many of these may also be taken by MAC users. Hundreds of titles…such as

- **BUSINESS COURSES**
  - START YOUR OWN BUSINESS
  - GRANT WRITING/ NONPROFITS
  - CAREER IDEAS
  - PERSONAL DEVELOPMENT
  - PERSONAL ENRICHMENT

- **TEST PREP**
  - DIGITAL PHOTOGRAPHY
  - FAMILY & FRIENDS
  - LANGUAGES ART, HISTORY, MATH, & MORE
  - LAW & LEGAL CAREERS
  - PERSONAL FINANCE

- **TEACHING**
  - BASIC COMPUTER LITERACY
  - COMPUTER APPLICATIONS
  - WEB DESIGN
  - COMPUTER PROGRAMMING
  - NETWORKING/TROUBLE-SHOOTING

---

[www.vernoncollege.edu/CE/](http://www.vernoncollege.edu/CE/) • (940) 552-6291 EXT. 2210