Motorcycle:

Basic Motorcycle Safety Course
The basic motorcycle rider course is an 18-hour beginning course. After completion of this program students will be eligible to take the written motorcycle exam at DPS. Classes are Friday 5:30pm-9:00pm, Saturdays 8:00am-5:00pm and Sundays 8:00am - 2:00pm. Motorcycles are provided and helmets are available if needed. The basic course is $190.00 and is held at the Vernon College Skills Training Center. (Limit 12 riders per course so register early!)

1/17-1/19  FSN  $190
2/7-2/9  FSN  $190
3/14-3/16  FSN  $190
4/11-4/13  FSN  $190
5/2-5/4  FSN  $190
5/16-5/18  FSN  $190

Advanced Motorcycle
Prerequisites: All students must have current motorcycle license for six months before enrolling. Students must provide their own motorcycle, helmet and proof of insurance. The advanced motorcycle course is for skilled riders. This course can be taken for discount on insurance, defensive driving, or in order to ride without a helmet.

8:00 AM-2:00 PM  S  $75
1/11, 1/12, 2/1, 2/2, 3/1, 3/2, 4/26, 4/27, 5/24, 5/25

Defensive Driving:

Online
We now offer a simple and convenient way of completing your Defensive Driving needs. Visit us today at www.VernonCollegeDefensiveDriving.com and complete the course at your own pace. The course is approved by the Texas Education Agency (TEA CP343) and it is available 24 hours a day, 7 days a week. The course may be taken to remove a traffic violation, reduce insurance costs, or for corporate needs. In all instances, the certificate of completion is sent directly to you by mail.

To REGISTER, visit us at www.VernonCollegeDefensiveDriving.com

Defensive Driving Online Course
Online Course ONLY $30

Get Trained in Only 6 Weeks for Just $89.00! Access Your Course from Anywhere.
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 email 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/ 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

Vernon College Holidays - Campuses will be closed:
Dec 21-Jan 5, Jan 13, Jan 20, March 16-22, April 18-20, May 26

CENTURY CITY CAMPUS
4105 Maplewood Ave • Wichita Falls, TX 76308 (940) 696-8752 ext 3213

SKILLS TRAINING CENTER
2813 Central Expressway East • Wichita Falls, TX 76302 (940) 766-3369

Website: www.vernoncollege.edu/CE/
Office Hours: M-Th 8am-6pm, Friday 8am-12pm
Refund Policy: Request for a refund or transfer must be received at least one Vernon College business day before the first class meeting. A $15.00 charge will be applied. If a course is cancelled by the college, full refunds are mailed. Instructions and written materials are provided in English only.
The first annual

Vernon College 2014

10 million children in America will struggle with hunger this year. Will you run to make a difference?

Proceeds will benefit the Wichita Falls Area Food Bank locally and Share Our Strength’s No Kid Hungry campaign nationally.

The kid-friendly 5K challenges the importance of children leading active, healthy lifestyles.

Donating five nonperishables can reduce your early in-person registration cost* See Staff Members at the Century City Fitness Center to register and donate.

Run packet and T-shirt pickup will be Thursday, 23 Jan, from 9 to 4, and Friday, 24 Jan, from 8 to 12 at the Century City Fitness Center. Race Day Registration starts at 9:30 Saturday.

Register early T-shirts are guaranteed to participants who register by Dec 31 2013 either by mail, in person at the Century City Fitness Center, or online through active.com.

Like us on Facebook for updates and news! https://www.facebook.com/VCFitnessCenter

Together, we can end childhood hunger in America.

*Detach and mail completed entry form and fee to Attn: Christina Feldman, Vernon College Fitness Center, 4105 Maplewood Ave, Wichita Falls, TX 76308

When: Saturday, Jan 25 2014

11:30 a.m. 1st Challenge 12 p.m. 5K Start

where:

Vernon College Century City Campus

1605 Maplewood Avenue

Wichita Falls, TX 76308

www.vernoncollege.edu/CE/ • (940) 696-8752 OR (940) 552-6291

EXT. 3213

Name: ___________________________ Are you a VC student/employee? Y N

Address: ___________________________

City: ___________________________ State: _____ Zip: _____

Phone: ___________________________ Email: ___________________________

Birthdate: ___________________________ Gender: ___________________________

Distance: 1K 5K T-Shirt Size: ___________________________ Payment type: ___________________________

For official use only: Payment amount ___________________________ Date received: ___________________________

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COMMUNITY RECREATION:

CENTURY CITY FITNESS CENTER

HOURS:

M-TH 7AM-8PM, FRI. 8AM-12PM SAT. 7AM-11AM

MEMBERSHIPS: JANUARY 6 - MAY 17

COMMUNITY MEMBERSHIPS $60.00

ACADEMIC CREDIT STUDENTS FREE WITH ID

CONTINUING EDUCATION STUDENTS $25.00 WITH ID

ALL PERSONS ENROLLING IN A FITNESS CLASS MUST OBTAIN A STUDENT ID MADE IN THE BUSINESS OFFICE.

GOLD STUDENT/EMPLOYEE MEMBERSHIP

This membership is for students/employees looking to have full access to the CC Fitness center and to ALL fitness classes being offered throughout the semester in session. (excluding basketball/dancing and kids swim)

$50

GOLD COMMUNITY MEMBERSHIP

This membership will be the community rate for members looking to have full access to the CC fitness center and to ALL fitness classes being offered throughout the semester in session. (excluding basketball/dancing and kids swim)

$120

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.

1/6-5/28 6:00 PM-7:00 PM MW $58

1/6-5/30 9:00 AM-10:00 AM TR $58

1/14-5/29 6:15PM-7:15PM TR $58

3/3-5/28 6:00 AM-7:00 AM MW $58

3/3-5/30 9:00 AM-10:00 AM TR $58

3/3-5/30 6:15PM-7:15PM TR $58

Zumba

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

3/4-5/15 5:15PM-6:15PM TR $60

AQUATICS:

Senior Water Aerobics

These low impact workouts will leave you energized and wanting more in the water! Come and enjoy a challenging exercise program that is easy on the body but dynamic in workout!

12/12-2/23 9:00 AM-10:00 AM MWF $60

1/2-2/4 6:00 PM-7:00 PM TR $40

1/3-3/31 6:00 PM-7:00 PM MWF $40

Additional Classes will be added - check with Vernon College Fitness Center for details.

Water Aerobics

Get in the pool and get healthy. These Saturday morning classes will get you energized and on your way to a stronger you! Non-impact strength training along with cardio exercises will help anyone at any level to improve overall health!

1/15-5/21 9:00 AM-10:00 AM MWF $56

1/14-5/31 9:00 AM-10:00 AM S $45

Beginning Swim Lessons for age 3 and up

Beginning Swim class is geared towards ages 3 and up. Your child will learn to become comfortable in the water and continue to progress to proper breathing techniques and swim movements while have fun in the pool! Parents or guardians invited to be in the water if necessary. Swimming can save lives, teach your child now!

1/15-3/12 6:20 PM-7:20 PM MW $30

3/26-5/9 6:20 PM-7:20 PM MW $30

Mommy and Me Swimming

Prerequisite: Infants MUST wear swim diapers.

This parent/child class will enable you to help your child discover the swimming pool! Instruction involves parent/child interaction that will enable your child to become introduced to pool safety and swimming. Infants to age 3 are encouraged to attend. Swim diapers are required. Bring your baby or infant and begin the process in learning safety and swimming in the pool!

1/15-3/12 5:45PM-6:15PM MW $30

3/26-5/9 5:45PM-6:15PM MW $30

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The core class is designed to improve core stabilization and strength, abdominal endurance, improved postural control, and decrease injury potential.

3/4-5/1 12:15 PM-12:45 PM TR $25

Spin

Spin your wheels to a healthy you! Spin classes are designed for the beginner to the elite athlete. Instructors are equipped to make each session different.

1/6-5/28 5:30PM-6:30PM MW $58

1/7-5/29 5:30PM-6:30PM TR $58

3/3-5/30 5:30PM-6:30PM MW $60

3/3-5/30 5:30PM-6:30PM TR $60

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OMEGA LIFESTYLE HEALTH AND FITNESS, ELIAS AGUIRRE, OR MIKHYA MARTIN.

CALL 689-3765 FOR ADDITIONAL INFORMATION ABOUT THESE THREE TRAINERS WHO CAN HELP YOU REACH YOUR PERSONAL FITNESS GOALS RIGHT HERE AT VERNON COLLEGE.
Conflict Management for Supervisors & Managers

Is workplace conflict taking time away from important tasks? Taking your focus off providing high quality products and services for your customer is workplace conflict. Attendees will work through common workplace conflict situations and will leave with a plan to improve their skills in managing workplace conflict. Presented by Penny Miller and Don Swift.

Topics:
- Basic mediation skills all managers need
- Basic skills managers need to deal with conflict
- The costs of conflict

Through case studies and classroom exercises, attendees will work through common workplace conflict situations and will leave with a plan to improve their skills in managing workplace conflict. Presented by Penny Miller and Don Swift.

Customer Service

Learn some practical and simple tactics to deal with generational and cultural differences to provide great customer service. Participants will learn some valuable do’s and don’ts of customer service and useful hints to enhance your day to day work. Come have some fun and make your business a great place.

Quality Assurance Refresher

In this 8 hour workshop we will discuss the basics of Quality Assurance. Topics will cover language, concepts, quality tools, quality management standards, training, certifications, etc. Presented by Don Swift.

Basic Word

Basic Microsoft® Word 2013 provides thorough introductory training of Word 2013. This course covers beginning-level skills, and is ideal for the newer computer user who wants to become well versed in Word. Basic Word introduces the Ribbon interface, working with text, printing, using proofreading tools, creating bulleted and numbered lists, tables and forms, and more. Textbook required.

Basic Excel

Basic Microsoft® Excel 2013 provides thorough introductory training of Excel 2013. This course covers beginning-level skills, and is ideal for the newer computer user who wants to become well versed in Excel. Topics introduced include the Ribbon interface, entering and editing data, selecting cells and ranges, printing worksheets, creating formulas and functions, formatting cell contents, inserting and deleting columns, rows, and cells, charts, and more. Textbook required.

Basic SolidWorks®/3D Drawing

This classroom based course is focused on advanced part and assembly drawing techniques. Trainees will be able to read 3D drawings and sketches, describe symbols, read layouts/drawings, and differentiate between 2D and 3D. Upon completion of this course, trainees will be able to create and modify 3D parts, create and modify 3D assembly drawings and explore 2D sketching and 3D features.

Advanced SolidWorks®/3D Drawing

This classroom based course is focused on advanced part and assembly drawing techniques. Trainees will also be able to read 3D drawings and sketches, describe symbols, read layouts/drawings, and differentiate between 2D and 3D. Upon completion of this course, trainees will be able to create and modify 3D parts, create and modify 3D assembly drawings and explore 2D sketching and 3D features.

Vernon College will offer a 9 hour continuing education course to meet TDLR requirements to renew Air Conditioning and Refrigeration Contractor’s License. The other six hours must be courses taken in one or more of the following subjects: Texas Occupations Code, Chapter 1302, Air Conditioning and Refrigeration Contractors. The other six hours must be courses taken in one or more of the following subjects: Texas Occupations Code, Chapter 1302, Air Conditioning and Refrigeration Contractors. The other six hours must be courses taken in one or more of the following subjects: Texas Occupations Code, Chapter 1302, Air Conditioning and Refrigeration Contractors.

CULLINARY AROUND THE WORLD

French Cuisine
- 1/17 6:00 PM-9:00 PM F $30
- Valentine’s Day Dessert Menu
- Spanish Cuisine
- 3/18 6:00 PM-9:00 PM F $30
- Texas Menu
- 4/25 6:00 PM-9:00 PM W $30
- Start of Summer Menu
- 5/16 6:00 PM-9:00 PM F $30

Computers:

Basic Excel
- Basic Microsoft® Excel 2013 provides thorough introductory training of Excel 2013. This course covers beginning-level skills, and is ideal for the newer computer user who wants to become well versed in Excel. Topics introduced include the Ribbon interface, entering and editing data, selecting cells and ranges, printing worksheets, creating formulas and functions, formatting cell contents, inserting and deleting columns, rows, and cells, charts, and more. Textbook required.

Basic Word
- Basic Microsoft® Word 2013 provides thorough introductory training of Word 2013. This course covers beginning-level skills, and is ideal for the newer computer user who wants to become well versed in Word. Basic Word introduces the Ribbon interface, working with text, printing, using proofreading tools, creating bulleted and numbered lists, tables and forms, and more. Textbook required.

Advanced SolidWorks®/3D Drawing
- This classroom based course is focused on advanced part and assembly drawing techniques. Trainees will also be able to read 3D drawings and sketches, describe symbols, read layouts/drawings, and differentiate between 2D and 3D. Upon completion of this course, trainees will be able to create and modify 3D parts, create and modify 3D assembly drawings and explore 2D sketching and 3D features.

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Vernon College will offer a hybrid academy that will tentatively start, March 2014 with most of the instruction delivered online but include mandatory meetings on the weekends for hands-on skills training.

A traditional academy will tentatively start, August 2014. Classes will convene Monday through Friday from 8:00AM to 5:00pm, in partnership with Wichita Falls Fire Department.

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HEALTH CARE:
Certified Medication Administration (Certified Med Aide)
Prerequisites: Minimum age 18, no criminal convictions or probation. No illegal drugs used, high school diploma or GED, and employed on the first day of class by a nursing home as a Certified Nurse Aide. Inclusion in preparation and administration of designated medications by non-licensed nursing personnel employed in licensed health care agencies including the responsibilities associated with such administration. Students will be able to identify the Texas Department of Aging and Disability Services guidelines for non-licensed nursing personnel employed in licensed health care agencies regarding the roles and responsibilities associated with medication administration.
1/7-5/22
6:00 PM-9:00 PM MTR $524

CPR Basic Life Support (healthcare Providers)
Prerequisites: Minimum age 16, covered for non-bailable offenses. Upon enrollment student must present updated shot record, proof of valid photo id and social security card, and full tuition for the classroom portion of CNA. Students must be able to lift and move patients with NO physical restrictions. Restrictions such as lung problems, heart problems, and pregnancy require a doctor’s release. Students must complete the classroom and clinical portion to be eligible for the state exam.
Classroom 5/27-7/3 1:00 PM-5:00 PM MTR $204
Clinical 6/2-6/13 6:00 PM-10:00 PM MTwRF $299
Clinical 5/19-6/11 6:00 PM-10:00 PM MwR $299
Classroom 3/24-4/4 8:00 AM-12:00 PM MTwRF $204
Clinical 3/25-4/24 4:00 PM-8:00 PM TR $299
Clinical 3/21-7/21 4:00 PM-8:00 PM MTR $299

Phlebotomy Certification I & II
Prerequisites: Minimum age 18, high school diploma or GED. No felony convictions. Must present updated shot record upon enrollment. Good hygiene and health. No artificial/sculptured nails or nail tips.
upon enrollment students must present updated shot record, proof of valid photo id and social security card, and full tuition for the classroom portion of CNA. Students must be able to lift and move patients with NO physical restrictions. Restrictions such as lung problems, heart problems, and pregnancy require a doctor’s release. Students must complete the classroom and clinical portion to be eligible for the state exam.
1/27-3/3 6:00 PM-9:00 PM Mw $176
Phlebotomy Certification II
3/15-5/9 6:00 PM-10:00 PM MW $468
Phlebotomy Certification I
1/27-3/3 6:00 PM-9:00 PM MW $176

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 and purpose of psychiatric nursing services at 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.
1/1-7/30
6:00 PM-10:00 PM TR $110
3/26-7/30
6:00 PM-10:00 PM MTR $110
6/14-7/30
6:00 PM-10:00 PM MW $110
4/7-4/28
6:00 PM-10:00 PM MTR $110
5/7-5/10
6:00 PM-10:00 PM TR $110

HUMAN RESOURCE:
SHRM Essentials of Human Resource Management
The SHRM Essentials of Human Resource Management course offers a broad overview of the human resource functions. It covers today’s most vital and timely topics, including employment law, selecting qualified employees, orientation and training, and the employee performance process.
Must register for this class by Thursday, January 16, 2014.
1/23-1/30
8:00 AM-6:30 PM R $370

SHRM Learning System/HR Certification Test Prep
Prerequisites: Must have 2 years exempt level human resource experience to sit for the SHRM/OPM exam. Must be registered 1 week prior to start date. Featuring the SHRM Learning System® Course. An intensive 12 week program designed for individuals seeking certification as a Professional in Human Resources (PHR®) or Senior Professional in Human Resources (SPHR®)
SHRM Learning System material is included in tuition.
Must be registered for February 4, 2014.
2/13-5/14
6:00 PM-9:00 PM W $592

PERSONAL ENRICHMENT:
Ballroom Dancing
Getting ready for a wedding, for holiday parties, or just to dance the night away? Learn the most commonly practiced, enjoyed and useful general social dances! We teach several techniques to accommodate to multiple dances to make learning easier and more enjoyable.
1/27-3/4
7:00 PM-8:00 PM M $525/person
10/3-11/4
7:00 PM-8:00 PM M $525/person

Cake Decorating
Four weeks of fun with paint! Learn the basics of decorative painting, different types of paint, paint surfaces, brushes and basic brush strokes. This is method painting - no drawing ability necessary! Supplies will be discussed at the first class and paint will be supplied.
6/2-6/27
6:00 PM-7:00 PM R $540

Baking with Kids
In this class we will use icing to create a masterpiece cake you can serve at your favorite holiday or family party! Some of the classes may require a mix in detail that will be provided depending on the cake design. Check the CC Fitness Center for trials for the most current cake designs.
4/14-4/21
6:00 PM-7:00 PM M $40
4/14-4/21
6:00 PM-7:00 PM M $40

How To Buy & Sell on eBay
Timing is everything! Learn when to bid if buying and when to post it selling. Students will learn how to set up accounts and auctions, how to take marketable pictures, and how to put those pictures to work. Other subjects to be covered are: where to find valuable items or find out where you can look for the value of your item, what to be aware of when market research what’s hot and what’s not, and how to tell the difference.
2/17-2/24
6:00 PM-9:00 PM M $40
2/17-2/24
6:00 PM-9:00 PM W $40
4/14-4/21
6:00 PM-9:00 PM M $40
4/14-4/21
6:00 PM-9:00 PM W $40

Beginning Guitar Lessons
Anyone can play guitar! Motivate and inspire yourself through group interaction with this group guitar class (ages 10 and above). Basic guitar is taught through Hal Leonard Book I lesson book. (approx $100). Books can be purchased by students. Students will learn basic guitar playing as well as exercises to strengthen fingers and hands. Guitar must be provided by the student.
1/27-2/2
7:00 PM-8:00 PM W $100
No Class During Spring Break or Easter Week.

Beginning Guitar Lessons - Group
Want your child to be recruited by a college? Come and listen to this interactive and informational presentation about the do’s and don’ts of college recruiting. Recruiting 101 will help you to start putting pencil to paper and create your checklist for your student to be recruited athletically. This presentation is designed for guardians or individuals in 8th to 11th grade. It’s easy way to start learning all about how to be recruited. Presented by Scott Feldman, former Division II baseball coach and current Academic Advisor Midwestern State University.

Beginning Guitar Lessons - Group
2/17
7:00 PM-9:00 PM M $55
2/24
7:00 PM-9:00 PM M $55
4/14
7:00 PM-9:00 PM M $55

POUR & PAIR: WINE 101 with Wichte Falls Vineyards and Winery
White, Red, Blush…which is your favorite? Come visit White, Red, Blush…which is your favorite? Come visit
2/6-2/7
7:00 PM-9:00 PM M $40

Conversational Sign Language
This is a wonderful class for students who want to begin to learn sign language. American Sign language will be taught. The instructor can accommodate many skill levels. Textbooks are required for this class.
2/2-3/31
6:00 PM-8:00 PM M $110

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