# Spring 2026 Continuing Education Vernon Schedule – Vernon Campus

### **Health Care Courses**

#### **Phlebotomy**

REQUIREMENTS: Minimum age 18 with completed High School Diploma or High School Equivalency; No criminal convictions or probation. Be able to communicate effectively/ Instruction provided in English, manual dexterity / Good hygiene & health, No artificial/sculptured nails or nail tips. Student must provide current shot records at time of enrollment, as required by the DEPARTMENT of STATE HEALTH SERVICES: MMR, TD, Varicella, TB and Hepatitis B (Series of 3)

Classroom Section: 1/27/26-3/26/26 TTH 6p-10p
Room 420 PLAB 1023 CE75 \$290
Clinical Section: 3/31/26-5/19/26 T 6p-10p
Room 420 PLAB 1060 CE75 \$561

## Certified Nurse Aide/Nurse Aide for Healthcare

Prerequisites: Minimum age 16, screened for non-hirable offenses. Must have no physical restrictions and be able to lift and move residents. Must complete 64 hours of 72 hour course, and 44 clinical hours. Students must provide valid photo ID, SS card, and up-to-date immunization records when registering.

This program is preparation for entry level nursing assistants to achieve a level of knowledge, skills, and abilities essentials to provide basic care to residents of long-term care facilities. Topics include residents' rights, communication, safety, observation, reporting, and assisting residents in maintaining basic comfort and safety. Emphasis on effective interaction with members of the healthcare team.

Classroom section: TBD
Clinical section: TBD Total Tuition: \$586
Textbook required (\$55.00)

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.

CALL 940-552-6291 EXT. 2210

VERNON COLLEGE SPRING HOURS: MONDAY – THURSDAY 8:00 AM – 6:00 PM FRIDAY 8:00 AM – 12:00 PM

### **Truck Driving Program**

The truck-driving course prepares students to complete the written exams and the driving exam necessary to receive a Class A Commercial Driver's License (CDL). The course meets all Federal Motor Carrier Safety Administration guidelines. Students who successfully complete the entire course will receive a class "A" Commercial Driver License, a certificate of completion and be qualified to secure an entrylevel job as a Commercial Motor Vehicle driver. The course is 5 weeks long.

Registration to reserve a seat requires:

- Enrollment and Proof of funding or full tuition
- Provide a copy of valid Drivers License. Student must have a current and valid Driver License.

#### Course dates:

1/12/26-2/12/26	8:00 AM-5:00 PM	M-Th	\$4,000
3/2/26-4/9/26 *no class the wee	8:00 AM-5:00 PM k of 3/9/26	M-Th	\$4,000
4/27/26-5/28/26	8:00 AM-5:00 PM	M-Th	\$4,000
CVOP 1005 and	CVOP 1013		



Please contact Vernon
College Truck Driving with
additional questions

truckdriving@vernoncollege.edu

#### **ONLINE DEFENSIVE DRIVING**

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

**KIDS COLLEGE 2026 SCHEDULE** 

**AVAILABLE MAY 2026** 

## Spring 2026 Continuing Education Vernon Schedule – Vernon Campus

### **Personal Enrichment Classes**

#### **Discover Digital Photography**

Discover Digital Photography is designed for the novice photographer with no previous experience with digital cameras.

This online course will teach you all about digital cameras, from DSLRs to smart phone cameras and what different equipment is used for. You will learn about different display methods for your camera, including sizing, print options, online storage, and how social media factors into digital photography. If you have old slides, negatives, or prints, this course will also teach you how to scan those "old school" photo assets.

After completing the course, you will understand how the process of composing photos has changed with the evolving capabilities of digital photography.

1/14 ONLINE \$130

For more information or to enroll. Click this link: <u>Discover Digital Photography | Vernon College</u>

#### **Drawing for the Absolute Beginner**

If you've always been interested in drawing but don't really know how to get started, then this is the course for you. Gain a solid foundation and understanding of the basics of drawing and become the artist you've always dreamed you could be!

You'll become intimately familiar with paper types, drawing styles, rendering techniques, and the basic principles of perspective, layout, design, lighting, volume, and space. If you have an interest in learning what it's like to draw or would love to increase your current knowledge in the field of art and illustrating, then this course aims to fulfill all of your needs.

1/14 ONLINE \$129

For more information or to enroll. Click this link:

<u>Drawing for the Absolute Beginner | Vernon College</u>

#### **FOLLOW US ON FACEBOOK**

Vernon College
Continuing Education-Vernon Campus
<a href="https://www.facebook.com/VCContinuingEd">https://www.facebook.com/VCContinuingEd</a>

#### **Bake Shop**

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.

1/27-3/3 7:00 PM-8:30 PM T \$55
PERS.0269.CE51 Classes held in Chaparral Room

#### **Pickleball for Beginners**

Pickleball for beginners is a fun class that covers the basics of how to play, score, and serve in pickleball, a sport where two or four players use paddles to hit a ball back and forth. Pickleball is a relatively easy game to learn, but beginners may benefit from some tips and tricks, such as perfecting the dink shot, a shot that only reaches the kitchen area of the opponent's half of the ground. There are also some rules and equipment that beginners need to know, such as the underhand motion, the paddle size and weight, and the ridges or raised areas on the paddle surface. Bring your friends and come learn a fun new hobby.

4/9-4/16 7:30 PM-9:00 PM Th \$30 PERS.0339.CE51 VER-Courts

#### **Mindfulness Meditation**

Widely accepted, used, and studied within mainstream medicine, mindfulness meditation involves paying attention on purpose, in the present moment, and without judgment. The health benefits of mindfulness meditation include improvements in dealing with stress, pain, and illness. Anyone can engage in this form of meditation, which places no emphasis on religious or faith practices. The outcome of this course is for the learner to describe mindfulness meditation, including the health benefits of mindfulness meditation, mindfulness-based stress reduction (MBSR), and the techniques and practices for mindfulness meditation.

Online Self-guided course 2 hour course \$49

For more information or to enroll. Click this link: Mindfulness Meditation | Vernon College

# Spring 2026 Continuing Education Vernon Schedule – King Center

#### KING PHYSICAL EDUCATION CENTER

#### GYM AND WEIGHT ROOM HOURS:

MONDAY – THURSDAY 8 AM – 8 PM
FRIDAY 8 AM – 6 PM
SATURDAY 12 PM -6 PM
SUNDAY CLOSED

#### **POOL HOURS:**

MONDAY – THURSDAY 12 PM – 7 PM
FRIDAY 12 PM – 6 PM
SATURDAY 12 PM -6 PM
SUNDAY CLOSED

FOR MORE INFORMATION CONTACT CONTINUING EDUCATION AT 940-552-6291 EXT. 2210

#### **Community Memberships**

### King Center Memberships: January 5th – May 21<sup>st</sup>

Individual: (For persons 16 years & up) \$50
Husband & Wife: \$75
Senior: (For persons 60 years & up) \$25
Family: \$100

(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.)

## 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-5:30pm (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 <u>every time</u>.

#### Fitness & Aquatics Classes

A free King Center membership is included in the cost of tuition for all fitness classes.

#### **Water Aerobics**

This class is designed for exercise in a less strenuous way. It is a great workout for any age.

3/3-5/7 5:30 PM-6:30 PM TTh \$45 PERS 0731.CE51

#### **Pickleball for Beginners**

Pickleball for beginners is a fun class that covers the basics of how to play, score, and serve in pickleball, a sport where two or four players use paddles to hit a ball back and forth. Pickleball is a relatively easy game to learn, but beginners may benefit from some tips and tricks, such as perfecting the dink shot, a shot that only reaches the kitchen area of the opponent's half of the ground. There are also some rules and equipment that beginners need to know, such as the underhand motion, the paddle size and weight, and the ridges or raised areas on the paddle surface. Bring your friends and come learn a fun new hobby.

4/9-4/16 7:30 PM-9:00 PM Th \$30 PERS 0339.CE51 VER- Tennis Courts

The King Center will be closed on the following dates:

January 8<sup>th</sup> January 19<sup>th</sup>

March 7<sup>th</sup> –15<sup>th</sup> April 3<sup>rd</sup> -5<sup>th</sup>

Any additional closures will be posted as soon as possible



Check with your insurance provider to see if you are eligible for the program.

ONLY FOR VERNON CAMPUS

# Spring 2026 Continuing Education Vernon Schedule – King Center

### Fitness and Aquatic continued:

#### **Pre-Lifeguard Certification**

This course consists of testing to determine whether a student is a candidate for Lifeguard Training. If the student does not pass the required tests, they will receive a refund for the Lifeguard Training portion of the class. Students are required to register for precertification and lifeguard training to be taken together.

4/24	6:00 PM-10:00 PM	F	\$25
5/1	6:00 PM-10:00 PM	F	\$25

#### **Red Cross Lifeguard Certification**

This course teaches lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies, and prevent drowning and injuries.

Prerequisites: Students must register for and complete the Pre-Lifeguard Certification before attending this course. Students not passing the Pre-Certification will be given a full refund for the Lifeguard Certification only. Students are required to complete the online modules and attend ALL scheduled sessions.

4/25-4/26	8:00 AM-5:00 PM	SN	\$200
FITT.1045.0	CE51		
5/2-5/3	8:00 AM-5:00 PM	SN	\$200
FITT.1045.CE52			

VERNON COLLEGE SPRING HOURS: MONDAY – THURSDAY 8:00 AM – 6:00 PM FRIDAY 8:00 AM – 12:00 PM

# PLEASE READ THE FOLLOWING FOR DETAILED INFORMATION REGARDING THE LIFEGUARD COURSE

#### **Lifeguard Pre-certification requirements include:**

- Must be 15 years old on or before the final scheduled session of this course.
- Swim 300 yards continuously demonstrating breath control.
   Candidates must use approved strokes
   \*Swim goggles may be used.
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feetfirst or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.

STUDENTS ARE WELCOME AT THE KING CENTER POOL TO PRACTICE PRIOR TO THE START OF THE COURSE

\*NO REFUNDS OFFERED FOR FAILURE TO ATTEND
SCHEDULES CLASSES

CONTACT CONTINUING EDUCATION AT 940-552-6291 EXT. 2292 WITH ADDITIONAL QUESTIONS

## Spring 2026

## **Continuing Education Academies**

Information packets and admittance request forms will be located online. The next Fire Academy will begin mid-Spring. Check out our website for dates in December 2025. Tuition for the Academy is due at the time of registration. Tuition is approximately \$3,200.

For further information contact Rusty Downs at 940-631-3260 or Andrea Sanchez at 940-696-8752 ext. 3211.

https://www.vernoncollege.edu/fast-track

## **Police Academy**





The Police Academy Application Process will begin in June of 2026. Keep an eye on the website for information and packets to be released at that time. Contact Mike Hopper at mhopper@vernoncollege.edu or Andrea Sanchez at (940) 696-8752 Ext. 3213 with questions. Check the website for packets and Academy details:

https://www.vernoncollege.edu/police-academy

## Spring 2026

## **Continuing Education Academies**

## **Massage Therapy**

Prerequisites: Minimum age 18, high school diploma or GED. No felony convictions. Must present updated shot records upon enrollment.

The next program for Massage Therapy will begin September 2026, look for registration information on our website in July. Tuition for the 9 month program is approximately \$3,500, with additional fees for books, scrubs, testing and application fees. This program is a hybrid course and requires online coursework. Classes meet on **Wednesday and Thursday from 5PM – 9PM** at the Century City Fitness Center and include:

Anatomy and Physiology, Massage Kinesiology, Massage Hydrotherapy, Massage Health and Hygiene, Therapy Fundamentals, Workforce Development with Critical Thinking, Business Practices and Professional Ethics, Pathology, Massage Internship Experience

Contact Andrea Mirasol at amirasol@vernoncollege.edu for more information.



### **Eyelash Extension**

Vernon College is offering an Eyelash Extension program. This program will allow students the ability to train in proper eyelash extension techniques. Upon completion of the eyelash extension program students can sit for their licensure exam through Texas Department of Regulation and Licensing (TDLR).

Total tuition for the Eyelash Extension program is \$3,630.

The next Eyelash Extension program will be offered Summer 2026. Keep an eye out for the Summer 2026 schedule around April 2026. The program meets from 5:00 pm to 9:00 pm on Monday, Tuesday, and Wednesday. The program location is at the Century City Center in the Cosmetology and Barber department. Contact Andrea Mirasol at amirasol@vernoncollege.edu for more information.

## Spring 2026

## **Continuing Education Academies**

### **Medical Assisting**

Prerequisites: Minimum age 18, high school diploma or GED. No felony convictions. Must present updated shot records upon enrollment.

The next program for Medical Assisting will begin Fall 2026. Look for registration information on our website in July. Tuition for the 6 month program is approximately \$3,283, with additional fees for books, scrubs, and supplies. This program is a hybrid course and requires online coursework. This program is held at the Century City Center

Contact Alanna Lee at alee@vernoncollege.edu for more information.

### **Patient Care Technician**

TBD \$1,488
Prerequisite: Minimum age 18. Must present SS card, valid photo id and updated shot records upon enrollment.

Must be CPR: Basic Life Support certified

Electrocardiography PCT Classroom PCT Clinical

Hybrid Program: In-Class Dates on Tuesday/Thursday Clinical: 48 Hours Required (during business hours)

# **Spring 2026 Continuing Education ONLINE**

# **Explore Career Training Opportunities ONLINE**

#### Health and Fitness

careertraining.vernoncollege.edu/health-andfitness-programs/

#### Computer Applications

<u>careertraining.vernoncollege.edu/computerapplications-programs/</u>

#### Writing

<u>careertraining.vernoncollege.edu/writing-programs/</u>

#### Language

<u>careertraining.vernoncollege.edu/language-programs/</u>

Click Here for more options: Online Courses from Vernon College

# Enhance your Personal and Professional Skills ONLINE

#### Creating Web Pages

<u>Creating Web Pages | Vernon College</u> (ed2go.com)

#### Start Your Own Small Business

<u>Start Your Own Small Business | Vernon College (ed2go.com)</u>

#### **Grant Writing**

https://www.ed2go.com/vernonedu/online-courses/grant-writing-a-to-z/

#### Sign Language

https://www.ed2go.com/vernonedu/online-courses/learn-sign-language/

#### Speed Spanish

https://www.ed2go.com/vernonedu/online-courses/learn-spanish-online/

#### Digital Marketing

https://www.ed2go.com/vernonedu/online-courses/digital-marketing-courses/

#### Veterinary Assistant Series

https://www.ed2go.com/vernonedu/onlinecourses/veterinary-assistant-series/

Click Here for more options:
Online Courses from Vernon College

# **Spring 2026 Continuing Education ONLINE**

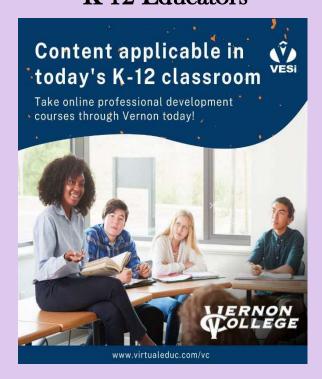
### **Texas Defensive Driving**

Click Here:

<u>DTA Texas Defensive Driving</u> <u>Course | Registration</u>

This course is State approved by the TDLR as CP-090 and powered by ticketschool.com

# Continuing Education for K-12 Educators



#### Click Here:

https://www.virtualeduc.com/direct\_accounts/index.php?uid=29

#### **Drilling Fluid Technician**

Prerequisites: 21 Years of Age, competent communication skills, basic computer skills, competent with the use of handheld scientific calculators, pass math pre-test before course registration. Attendance is mandatory. In this entry level course, the Drilling Fluid Technician will gain the knowledge, skills and competencies essential to evaluate drilling fluids and systems. The 180 hour course topics include calculations, treatments and techniques, petroleum regulations, petroleum safety, chemical process technologies, fluid compositions, chemical safe handling practices, well control principles and fluid composition reporting and treatment recommendations.

2/2-2/27 8:00 AM - 5:00 PM \$6000 MTWThF

# ServSafe Certification Training

Prerequisites: Must read and study the Servsafe manual 7<sup>th</sup> edition prior to class.

Must bring current ID to training -Driver's License, Military ID, student ID

The Servsafe program helps to prepare you for the ServSafe food protection manager certification exam.

SCHEDULE A GROUP by calling Tina Duke at 940-696-8752 Ext. 3214 or by e-mail at tduke@vernoncollege.edu

# Child Development Associates (CDA)

2/9 – 5/21 6:00pm-9:00pm

1TTh \$1,320

Apply knowledge of the content areas developed by the Council for Professional Recognition; outline the Child Development Associate (CDA) process; apply general observation skills; and identify principles of child growth and development.

# Workforce Development: With Critical Thinking



This course will focus on the development of leadership skills and critical thinking strategies that promote employment readiness, retention, advancement and promotion. Particular emphasis will be placed on Professionalism, Soft Skills, Self-Management Skills, and the Job Application Process. Students will complete the course with creating a cover letter and resume.

Registration is due the week before class begins.

Check out our website or contact the Continuing Education Office at (940) 696-8752 Ext. 3213 for Summer 2026 offerings!

#### **Supervisors Boot Camp**

3/25/2026 8:30am-4:30pm W \$129

This is a crash course in supervision, designed to teach supervisors how to handle the many difficult and common situations they will encounter with employees on a daily basis. Seminar topics include:

- Moving from Peer to Supervisor
- Supervisory Roles and Liability
- Employment Law Basics for Supervisors, including:
  - Fair Labor Standards Act (Wage and Hour)
  - Family Medical Leave Act
  - Equal Employment Opportunity and Sexual Harassment
  - Basic Interviewing Do's and Don'ts
  - Conducting Performance Feedback
  - Disciplinary Actions
  - Lawful Terminations
  - Supervisor's Role in Handling Unemployment Claims
  - Effective Meeting Management
  - Bargaining Rights for Non-Union Employee

### **Health Care:**

#### **Certified Nurse Aide**

Prerequisite: Minimum age 16, screened for non-hirable offenses. Must present: SS card, valid photo ID and updated shot records upon enrollment.

Must lift and move residents with no physical restrictions. Must complete 116 hours: 72 classroom hours 44 clinical hours in a nursing home. This program is preparation for entry level nursing assistants to achieve a level of knowledge, skills, and abilities essential to provide basic care to residents of long- term care facilities.

residents of fong term care facilities	CJ.
1/20 - 3/26	\$254
1:00 PM -5:00 PM	TTh
4/2 - 5/7 Clinical	\$332
1:00 PM - 5:00 PM	TTh
2/9 - 4/15	\$254
6:00 PM -10:00 PM	MW
4/22 - 6/1 Clinical	\$332
6:00 PM - 10:00 PM	MW

#### **Certified Medication Aide**

Prerequisites: Minimum age 18, no criminal convictions or probation. No illegal drug use, High School diploma or High School Equivalency, and employed on the first day of class by a nursing home as a Nursing Assistant.

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.

1/15 - 3/26	\$679
6:00 PM-10:00 PM	Th
**Online coursework red	quired**

#### PHLEBOTOMY:

### **Phlebotomy Certification I**

Prerequisites: Minimum age 18, high school diploma or GED. No felony convictions. Must present updated shot records upon enrollment. Good hygiene and health. No artificial or sculptured nails or nail tips.

The Phlebotomy Certification program is a marketable skills program that generates an institutional certificate.

1/26 - 3/25	\$290
6:00pm - 10:00pm	MW

#### **Phlebotomy Certification II**

Prerequisites: Successful completion of Phlebotomy I. The Phlebotomy Certification program is a marketable skills program that generates an institutional certificate. Student will be required to attend clinical during this class and it will be between the hours of 8 am to 5 pm Monday through Friday on a scheduled basis. Upon completion of Phlebotomy I and II, you will have an opportunity to take a national certification exam.

3/30 - 5/18	\$561
6:00pm - 10:00pm	MW

# CPR Basic Life Support (Healthcare Providers)

two years.

The Basic Life Support (BLS) for Healthcare Providers Classroom Course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. In the classroom, students participate in simulated clinical scenarios and learning stations. Students work with an AHA BLS Instructor to complete BLS skills practice and skills testing. Students also complete a written exam, American Heart Association BLS for Healthcare Providers Course Completion Card is valid for

1/9	8:00 AM-3:00 PM	F	\$75	
1/10	8:00 AM-3:00 PM	S	\$75	
1/16	8:00 AM-3:00 PM	F	\$75	
2/7	8:00 AM-3:00 PM	S	\$75	
2/21	8:00 AM-3:00 PM	S	\$75	
3/6	8:00 AM-3:00 PM	F	\$75	
3/21	8:00 AM-3:00 PM	S	\$75	
4/18	8:00 AM-3:00 PM	S	\$75	
5/2	8:00 AM-3:00 PM	S	\$75	
5/16	8:00 AM-3:00 PM	S	\$75	

#### **CPR Skills Check**

<u>Part 1 must be completed online with AHA</u> (additional fee) prior to skills check session.

A skills session is Part 2 or the hand-on portion of an American Heart Association eLearning course which includes basic skills practice and testing. This is designed for new or renewal candidates who have completed an AHA online course.

If you need Basic Life Support for Healthcare Professionals you must complete the online course: **Heartcode BLS Online Course Code #20-3553.** It will take approximately 1.5 hours to complete online course. You register and pay directly with AHA https://elearning.heart.org/course/437/.

#### Student requirements:

- 1. Must pre-register and pay before or by noon on the day before the skills session you plan to attend.
- 2. Complete the AHA online course (additional fee).
- 3. Must bring 1 copy of your online completion certificate to the skills check session or skills cannot be performed and not refund will be allowed.

8:30 AM-12:30 PM	W	\$55
8:30 AM-12:30 PM	W	\$55
8:30 AM-12:30 PM	W	\$55
8:30 AM-12:30 PM	W	\$55
8:30 AM-12:30 PM	W	\$55
8:30 AM-12:30 PM	W	\$55
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8:30 AM-12:30 PM	W	\$55
8:30 AM-12:30 PM	W	\$55
8:30 AM-12:30 PM	W	\$55
8:30 AM- 12:30 PM	W	\$55
8:30 AM-12:30 PM	W	\$55
	8:30 AM-12:30 PM	8:30 AM-12:30 PM W

### **Professional** Development

#### **Intravenous Therapy-Theory & Techniques**

Prerequisites: Must be a LVN or healthcare professional

This course teaches the basic theory and techniques of venipuncture, continuous and intermittent intravenous infusions and intra-osseous infusion techniques. Emphasis is on medication administration techniques, venous system physiology, appropriate anatomical site selection, rapid identification of localized and systemic complications of intravenous therapy and methods to decrease infiltration, infection, and extravasation rates associated with intravenous therapy.

Please call 940-696-8752 Ext. 3361 to set up a class.

# Certified Medication Aide Update

Prerequisites: Must bring license number to class. Intensive training in an identified pertinent area(s) to meet continuing education and/or review/update requirements associated with professional licensure or certification. Must have access to internet as this class will be offered online.

 5/9
 \$50

 9:00 AM-4:00 PM
 ONLINE

 5/23
 \$50

 9:00 AM-4:00 PM
 ONLINE



Miss Kids College program? Kids College 2026 schedule will be available beginning April 1, 2026

https://www.vernoncollege. edu/kids-college Vernon College will be closed the following dates:

Christmas Break - Dec. 20, 2025 - Jan. 4, 2026

Martin Luther King Day – Jan. 19, 2026

Spring Break - March 8 - March 14, 2026

Easter Weekend - April 3 - April 5, 2026

Memorial Day -May 25, 2026

Have a fun idea for a Personal Enrichment class and a desire to teach?
Call Continuing Education at 940-696-8752 Ext. 3379 and let's brainstorm!

# Spring 2026 Continuing Education CCC Fitness and Personal Enrichment





#### **Spring Fitness Center Hours**

Monday - Thursday 8AM - 8PM Friday 8AM - 12PM Saturday 9AM - 1PM

#### Yoga

Challenge your mind-body awareness in a multi-level Yoga class. Classes will practice avariety of asana and Pranayama with an emphasis on improving core and overall strength, flexibility, balance and focus. Appropriate for all fitness levels.

1/5 to 5/8

\$75

MW 6PM - 7PM TF 9AM - 10AM



### **Community Membership**

This membership grants community members who are not enrolled at Vernon College full access to the Fitness Center. (Excludes fitness classes).

1/6 to 5/8

\$50