

ACADEMY OF LIFELONG LEARNING



SPRING
2019

Course Schedule



- ✓ COMPUTERS
- ✓ COOKING
- ✓ SELF-DEFENSE
- ✓ DANCING
- ✓ and MORE!

Learn and explore with us!



Academy of Lifelong Learning

Something for Everyone, at Any Age

Texas Southmost College and the Los Fresnos Consolidated Independent School District are working together to provide a variety of new, affordable, fun, and conveniently located non-credit continuing education classes to the residents of the Los Fresnos area. The Academy of Lifelong Learning courses are:

- open to all members of the community
- offered at various locations within the community
- available evening and weekends
- short-term
- taught by highly qualified and engaging faculty

Registration

Registration will be held at the Los Fresnos High School Library, 907 N. Arroyo Blvd. in Los Fresnos, on the following dates and times:

- Thursday, Jan. 24, 6-8 p.m.
- Thursday, Feb. 7, 6-8 p.m.

Payment and Refund

All courses must be paid in full at the time of enrollment. Students enrolling in Academy of Lifelong Learning courses that are not offered due to lack of enrollment or unforeseen cancellation, shall be either re-enrolled into the next scheduled course or offered a full refund. No refunds will be issued for failure to attend class.

Release of Information Form

For marketing purposes, students enrolling into Academy of Lifelong Learning courses will be asked to complete a TSC Photograph/Media Consent and Release Form.

Administrative Withdrawal

Texas Southmost College reserves the right to withdraw a student from class if, in the judgment of the College administration, such withdrawal is in the best interest of the student or the student body at large.



Rights of Individuals with Disabilities

Texas Southmost College and Los Fresnos CISD comply with Section 504 of the Rehabilitation Act of 1973 and with the Americans with Disabilities Act of 1990 and do not discriminate on the basis of a disability in the operation of its educational programs or in its admission and employment practices. Special emphasis will continue to be placed on correcting conditions, which may inadvertently discriminate against any individual with a disability.

Contact Information

For more information about the program contact:

Texas Southmost College
Office of Workforce Training and Continuing Education
301 Mexico Blvd.
Brownsville, Texas 78520
nancy.cortez@tsc.edu
956-295-3724



Non-Discrimination Statement

Texas Southmost College and Los Fresnos CISD do not discriminate on the basis of race, color, sex, national origin, religion, gender, disability, age, or military status in its programs and activities. Both educational institutions provide equal access to services and other programs.

Continuing Education Courses

Argentine Tango

For those who have ever wanted to learn the elegance dance that is tango, this course will teach the basic elements. Learn the dance shared by millions world-wide. At the end of the series, dancers will learn how to dance in a tango salon setting. No partner required. Leather-soled shoes or socks needed. The course is designed for adults 18 years and older.

Instructor: Sabrina Ochoa · Location: LFHS Gym

Course day and time: Mondays, 7-8:30 p.m.

Course hours: 9 (six classes)

- Session 1 - Feb. 25, March 4, 18 and 25, April 1 and 8
- Session 2 - April 15, 22 and 29, May 6, 13 and 20

Cost: \$35 · Minimum students per session: 11

Cooking with Grandparents

Designed for grandparents and children. The course is designed for children 5 years and older.

Instructor: Elizabeth Kretz · Location: LFHS 105

Course day and time: Saturdays, 9-11:30 a.m.

- Session 1 - Valentine Cookies: Feb. 9
- Session 2 - Breakfast with Grandma or Grandpa: March 9
- Session 3 - Pie Extravaganza: April 13
- Session 4 - Let's Bake a Cake! May 11

Cost: \$35 · Minimum students per session: 9



Culinary Instruction

Learn how to make a casual night with friends even more fun. Casual dining and tapas - meals that you can enjoy each night and create again and again. The course is designed for adults 18 years and older.

Instructor: Elizabeth Kretz · Location: LFHS 105

Course day and time: Fridays, 6-9 p.m.

- Session 1 - Feb. 22
- Session 2 - March 22
- Session 3 - April 26

Cost: \$40 · Minimum students per session: 8

Healthy Cooking

Teach parents how to cook a healthy meal. Students will be taught how to cook when they are alone. The course is designed for individuals ages 15 and older.

Instructor: Alma Galvan · Location: LFHS 105

Course day and time: Tuesdays, 6-8 p.m.

- Session 1 - Feb. 5
- Session 2 - March 5
- Session 3 - April 2
- Session 4 - April 30

Cost: \$30 · Minimum students per session: 5

Healthy Living

The importance of wellness and nutrition as students learn about choosing the right nutrition. The course is designed for adults 18 years and older.

Instructor: Cristina Cavazos · Location: LFU 819

Course day and time: Tuesdays and Thursdays, 5:30-7:30 p.m.

Course hours: 12 (six classes)

- Session 1 - April 9, 11, 16, 18, 23 and 25
- Session 2 - May 7, 9, 14, 16, 21 and 23

Cost: \$40 · Minimum students per session: 12

Latin

Learn Latin using research-based strategies including story-telling and culture. The course is designed for adults 18 years and older.

Instructor: Jane Gonzalez · Location: LFHS 116

Course day and time: Saturdays, 9 a.m.-noon

Course hours: 9 (three classes)

- Session dates: Feb. 16 and 23, March 2

Cost: \$40 · Minimum students per session: 10

Self-Defense for Women

The women's self-defense class is a comprehensive women's-only course based on the empirical fighting system that begins with awareness presentation, risk reduction and avoidance, then progressing to basics of hands-on defense training. The course is especially designed for women 15 years and older.

Instructor: Rene Garza · Location: LFHS Cafeteria

Course day and time: Saturdays, 9:30-11:30 a.m.

Course hours: 8 (four classes)

- Session dates: Feb. 2, 9, 16 and 23

Cost: \$40 · Minimum students per session: 8



Skateboarding

Do you have an inner Tony Hawk? Get started with skateboarding or get closer to your skater at home. The course is designed for all ages. Beginners will be introduced to the fundamentals of skateboarding.

Instructor: Ivan Hernandez

Location: Los Fresnos Skate Park

Course day and time: Saturdays, 9-11 a.m.

Course hours: 12 (six classes)

- Session dates: Feb. 2, 9, 16 and 23, March 2 and 9

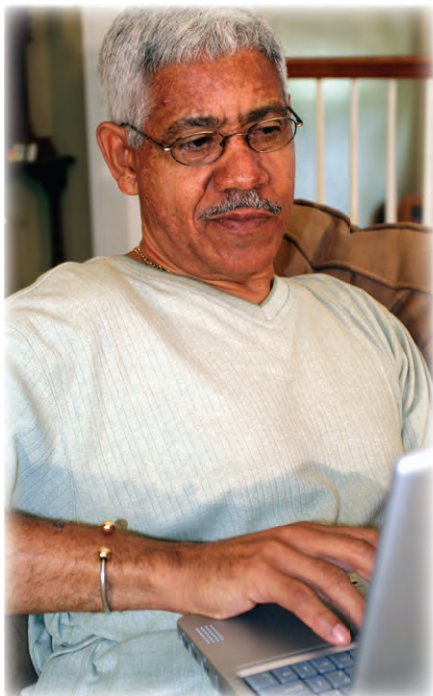
Cost \$60 · Minimum students per session: 11

Technology Courses

No laptop computer required; Classes will be held in a computer lab

Keyboarding/Computer Basics

Computers and keyboards are ever increasing in the world. Students will practice improving typing skills and become familiar with the keyboard to increase productivity. Students will learn functions of the computer, saving, uploading documents and email. The course is designed for ages 12 years and older.



Instructor:

Mindy Quiroz

Location: LFHS 108

Course day and time: Tuesdays and Thursdays, 5:30-7:30 p.m.

Course hours: 16 (eight classes)

- Session 1 - Feb. 19, 21, 26 and 28
- Session 2 - March 19, 21, 26 and 28

Cost: \$60 · Minimum students per session: 11

Medical Terminology

Introduction to include prefixes, suffixes, root words, body planes, directions and organs. The course is designed for adults 18 years and older.

Instructor: Cristina Cavazos · Location: LFU 819

Course day and time: Tuesdays and Thursdays, 5:30-7:30 p.m.

Course hours: 12

- Session 1 - Feb. 19, 21, 26, and 28, March 5 and 7

Cost: \$40 · Minimum students per session: 12

Microsoft Word for Beginners

Students will be introduced to Microsoft Word and its functions for beginners. Word may seem overwhelming for new users but the ability to break down and utilize the tools and their locations will help students become more productive. The course is designed for ages 12 and older.

Instructor: Mindy Quiroz · Location: LFHS 108

Course day and time: Saturdays, 9 a.m.-noon

Course hours: 12 (four classes)

- Session dates: Feb. 2, 9, 16 and 23

Cost: \$60 · Minimum students per session: 8

Microsoft Word

Introduction to Microsoft Word to develop the skills for the workforce. Learn about other options other than the Google app available on smart phones. The course is designed for ages 12 and older.

Instructor: Maria Cristina Vargas · Location: LFHS 114

Course day and time: Mondays and Wednesdays, 5:30-6:30 p.m.

Course hours: 8 (eight classes)

- Session 1 - Feb. 4, 6, 11, 13, 18, 20, 25 and 27
- Session 2 - April 1, 3, 8, 10, 15, 17, 22 and 24

Cost: \$50 · Minimum students per session: 7

Microsoft Excel

Introduction to Microsoft Excel and learn different templates used in the business industry. The course is designed for ages 12 and older.

Instructor: Maria Cristina Vargas · Location: LFHS 114

Course day and time: Mondays and Wednesdays, 5:30-7:30 p.m.

Course hours: 16 (eight classes)

- Session dates: March 4, 6, 18, 20, 25 and 27, April 1 and 3

Cost \$60 · Minimum students per session: 11



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AoLL website: www.tsc.edu/AoLL/LosFresnos



"What We Do Here Shapes the World"

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