



## Personal Enrichment – Wellness

**Health & Wellness (Ages 15+)** Through practical exercises and discussions, you'll learn techniques to strengthen mental resilience, manage stress, and set achievable life goals. Topics include mindfulness practices, emotional well-being, creating actionable goals, and maintaining long-term motivation. Whether you're looking to improve your mindset, develop healthier habits, or clarify your life's direction, this course provides the tools and strategies to support your personal growth.

- **Days/Time:** TBA, M/W, 5-9 PM
- **Cost:** \$99

**Adult Nutrition: (Ages 15+)** This class offers a practical approach to understanding nutrition and making healthier food choices for adults of all ages. Learn the basics of balanced eating, portion control, reading food labels, and how to create nutritious meal plans that fit your lifestyle. The course covers essential topics like macronutrients, vitamins, and minerals, as well as how to manage special dietary needs. Whether you're looking to improve your overall health, manage weight, or support specific health goals, this class will provide the knowledge and tools you need.

- **Days/Time:** TBA, T/TH, 6-9 PM
- **Cost:** \$99

**One to Two Baby & you (Parenting):** Dive into garment design with our Pattern & Draping course. Learn to create custom designs by draping a dress form with muslin and exploring the basics of grain, line, and silhouette. Like our sewing class, you can attend this course as many times as you need in order to work on and refine your individual designs.

- **Days/Time:** Nov 4-Nov 22, T/TH, 10am – 11am ([REGISTER NOW](#))
- **Cost:** \$29
- **Note:** Personal enrichment, non-credit

**Culinary Creations: (Ages 15+)** Join us for a hands-on culinary experience with themed and holiday-focused lessons! In each class, you'll learn to prepare delicious dishes tied to the season or theme, whether it's crafting savory holiday favorites or exploring global flavors. Perfect for home cooks of all levels, you'll leave each session with new recipes and skills to elevate your cooking game. All ingredients are provided.

- **Days/Time:** TBA, T/TH, 6-9 PM
- **Cost:** \$99



## Personal Enrichment – Creativity

**Fashion Design; Sewing (Ages 15+):** Master the art of sewing with our comprehensive class, where you'll learn to operate a sewing machine, use various seam techniques, and employ hand sewing for hems, buttons, and other details. Whether you're working on a new project or repurposing an old one, you can take this class as many times as needed to complete your projects at your own pace.

- **Days/Time:** TBA, M/W, 5-9 PM
- **Cost:** \$99

**Home Economics; Sewing Ages 15+** Discover the joy of creating handmade projects in this engaging Home Economics class. You'll learn essential sewing and embroidery techniques, from basic stitches to creative patterns, while also crafting festive holiday items like decorations, ornaments, and gifts. This class is perfect for those wanting to explore traditional homemaking skills or add a personal touch to their holiday celebrations. All materials and tools are provided, so just bring your creativity!

- **Days/Time:** TBA, T/TH, 6-9 PM
- **Cost:** \$99

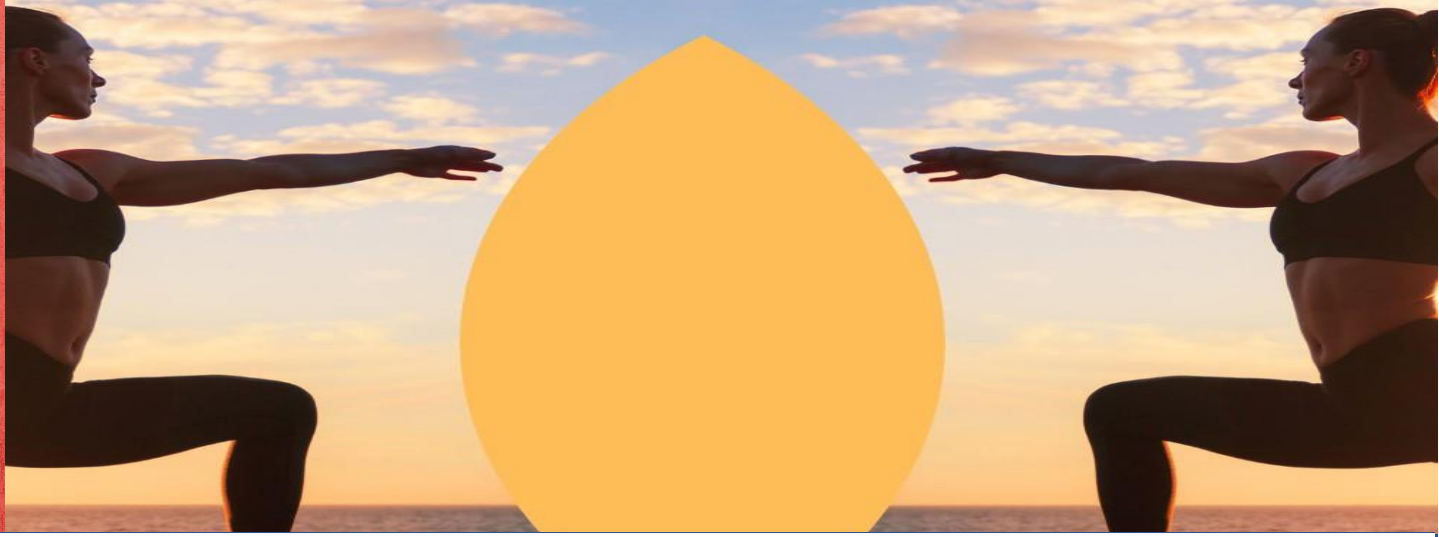
**Gardening in Central Texas** This course is designed to help you master the art of gardening in Central Texas, a region known for its unique climate and soil conditions. Learn how to grow a successful garden year-round, with a focus on what to plant and how to care for your garden in each season. Topics include seasonal vegetables, flowers, soil preparation, water conservation, and pest management. Whether you're new to gardening or looking to improve your skills, this class will give you the knowledge and techniques to keep your garden thriving throughout the year.

- **Days/Time:** Nov 4-Nov 22, T/TH, 10am – 11am ([REGISTER NOW](#))
- **Cost:** \$29

### **Crochet for Beginners** ([REGISTER NOW](#))

The student will learn how to: crochet in rows using basic crochet stitches (chain, single crochet, double crochet, half double crochet, treble crochet); crochet in the round; read a pattern: sew seams in crochet; finish pieces; block finished work; assess gauge; and complete 1 or more small projects. The last class will be devoted to learning special stitches (popcorns, bobbles, shell and fan stitches) and starting a crochet project of the student's choice.

- **Days/Time:** Nov 14 – Dec 18 (W) 6-8 PM
- **Cost:** \$59



## Personal Enrichment - Physical Fitness

**Salsa for Beginners:** Combine basic salsa techniques with cardio for a fun, fitness-focused experience. No prior salsa experience needed—just come ready to dance and get fit!

- **Days/Time:** TBA, M/W, 5:30-6:30 PM
- **Cost:** \$84

**Yoga:** This comprehensive yoga course is designed to help participants of all skill levels develop strength, flexibility, and mindfulness. Each session includes a combination of physical postures (asanas), breathwork (pranayama), and meditation techniques to enhance overall well-being. Join us to cultivate a deeper connection to your body and reduce stress through the practice of yoga.

- **(12 hour) Days/Time:** TBA, M/W, 5:30-6:30 PM **Cost:** \$69
- **(1 hour) Days/Time:** TBA, SAT, 10-11 AM **Cost:** \$29

**Swim Instruction:** Ideal for students 17 and older, this course focuses on foundational skills for competitive swimming. Improve your techniques, strokes, and endurance with personalized guidance. Must sign waiver to participate. (Student enrolled in swim instruction can contact instructor about private lessons)

- **Days/Time:** TBA, M/W, 5-6:30 PM
- **Cost:** \$69 – 5 weeks

**Water Aerobics:** Join our Water Aerobics class designed for all fitness levels, providing a fun and low-impact way to enhance your overall health and well-being. Using the buoyancy of water, this class minimizes joint strain while maximizing the benefits of aerobic exercise. Participants will engage in a variety of routines aimed at improving strength, flexibility, and cardiovascular fitness. This welcoming environment encourages everyone, regardless of age or ability, to participate and enjoy the numerous health benefits of exercising in the water.

- **Days/Time:** 1 day Mon-Fri, 10-11 AM ([REGISTER NOW](#))
- **Cost:** \$29 – 6 classes

**Pickle Ball:** Pickleball is a fun and fast-paced paddle sport that combines elements of tennis, badminton, and ping-pong. Designed for adults of all skill levels, this course will introduce the fundamentals of pickleball, including rules, scoring, serving, and strategies. Students will provide their own paddles.

- **Days/Time:** Oct 14 – Dec 19, TH, 5-6 PM
- **Cost:** \$69

**Dance Fitness:** Revitalize your fitness routine with a mix of dance styles, including salsa, belly dance, hip-hop, and modern. This low-impact class is suitable for all endurance levels and emphasizes fun, flexibility, and stress reduction.

- **Days/Time:** Oct 14 – Dec 19, TH, 5-6 PM ([REGISTER NOW](#))
- **Cost:** \$44



# COLLEGE FOR KIDS

**Intro to ASL:** Intro to American Sign Language starts with the fundamentals and builds upon them while introducing concepts of time, color, and emotions. All resources from Part 1 will transfer, and have a brief review of concepts before the lesson begins.

- **Days/Time:** Nov 4-8, M/W, 12-1 PM ([REGISTER NOW](#))
- **Cost:** \$29

**Intro to Scholastic Chess: (Ages 6-10)** Whether for fun or competition, this course provides a solid foundation in chess. Perfect for young students ready to tackle the intellectual challenge and enjoyment of the game.

- **Days/Time:** TBA, F, 4-5 PM
- **Cost:** \$9

**Home School Enrichment: (15 hr.)** This course offers homeschool students the opportunity to work on individual projects, receive help with assignments, and unleash their creativity in a supportive and engaging environment. Students will have access to resources and tools to work on academic tasks or personal enrichment projects at their own pace, with an instructor available for support.

- **Days/Time:** TBA, T/TH, 6-7:30 PM
- **Cost:** \$79

**Kid's Nutrition: (15 hr.)** This fun and interactive class teaches kids ages 10 and up the importance of making healthy food choices for growing bodies. Through hands-on activities and games, kids will learn about the basic food groups, balanced meals, and how to make nutritious snacks.

- **Days/Time:** TBA, T/TH, 6-7:30 PM
- **Cost:** \$79

**TSI ELA (12 hr.) & Math (15 hr.)** Prepare for the TSI English/Language Arts test with targeted tutoring in reading and writing skills.

- **Days/Time:** T/TH, 6-7:30 PM
- **Cost:** \$64

**Slippery Slimy Science:** Dive into STEM with hands-on experiments using LEGO® EV3® Education Robotics sets. Build and program robots, from basic models to advanced designs like battle bots.

- **Days/Time:** TBA, T-FR, 9 AM-12 PM
- **Cost:** \$79

**Theatre: (15 hr.)** Get prepared for the TSI Math test with focused tutoring sessions covering essential math concepts.

- **Days/Time:** TBA, T/TH, 6-7:30 PM
- **Cost:** \$79