

CENTRAL TEXAS COLLEGE

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Education For The Individual

FOR IMMEDIATE RELEASE

News Release

April 28, 2010

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CTC Community Relations & Marketing

254-526-1224

CTC Continuing Education registering for May classes

The Central Texas College (CTC) Continuing Education Department is now registering for classes beginning in May. A variety of non-credit classes including exercise, holistic health, computers and self-improvement are available.

Professional Truck Driving: This class includes 10 hours of classroom instruction and 140 hours of practical and behind-the-wheel training to achieve a Class A license and a high-paying career. Employment assistance and financing are available. The class meets Monday through Friday, May 10 – 28, from 6:30 a.m. – 5 p.m. The cost is \$4,295 (cash) or \$5,405 (financed).

Internet and E-mail for lifelong learners (age 50 and up): Learn how to select an Internet service provider, use a web browser, create an e-mail account, use search engines, learn about antivirus programs, Internet security and download files. Students will also learn how to use Instant Messenger programs to chat with family and friends. The class is Monday/Wednesday, May 3-12, from 9 a.m. – 12 p.m. The cost is \$41.

Crocheting for the Advanced Beginner: This course is for those who already know how to crochet, but would like to learn how to read patterns and brush up on their skills. The class is every Tuesday/Thursday, May 4-13, from 6 – 8 p.m. The cost is \$26.

Mind-Body Healing Techniques: Explore a variety of techniques to assist you with relaxation and bringing your body back into balance. The class covers breathing exercises, autogenic positions, progressive body relaxation, visualization and meditation. The class meets Tuesday and Thursday, May 11-13, from 6:30 – 8:30 p.m. The cost is \$21.

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CTC CONTINUING EDUCATION – Add One

Jazzercise: This class blends jazz dance and exercise science in easy-to-follow choreography. It includes an aerobic workout, muscle toning and strengthening. The Monday/Wednesday class meets May 3 – 26 from 5:45 – 6:45 p.m. The Tuesday/Thursday class meets May 4 – 27 from 5:45 – 6:45 p.m. The cost for either class is \$26.

Yoga: Designed to connect the mind and body, yoga focuses on strength and balance movements designed to increase flexibility and reduce stress. The class is held each Friday, May 7 – 28, from 11:45 a.m. – 12:45 p.m. The cost is \$13.

Line Dancing: Learn the basic line dance movements and dance floor etiquette followed by intermediate and advanced steps. The class meets Tuesday/Thursday, May 4 – 13, from 7 – 8:30 p.m. The cost is \$23.

Goal Setting That Brings Results: Learn how to create realistic goals while balancing your needs with family, work and your belief system. This class offers the chance to adopt new attitudes and form new habits. The class is Saturday, May 15 from 8 a.m. – 12 p.m. The cost is \$16.

Call 254-526-1586 to register for these and other non-credit classes offered through the CTC Continuing Education program. A complete list of course offerings can be found online at www.ctcd.edu/ce.

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