

LIFELONG LEARNING

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LOVE WHAT YOU LEARN THIS SUMMER!

REGISTRATION BEGINS MAY 4, 2026

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Love what you learn and experience.™

College of the Mainland's Lifelong Learning classes provide amazing opportunities to explore your passions, learn something new or even travel the globe.

A number of exciting classes are offered at COM League City for summer 2026. As you explore this catalog, look for the bold blue words **"COM League City"** within class listings.

A select number of credit overlay classes are open to non-credit students on a space-available basis. These classes allow non-credit students to engage in college-level coursework alongside credit students. Non-credit students are expected to meet the same course objectives, including regular attendance and active participation, but will not receive credit for the course. Students, aged 50 or older, pay just 50 percent of the tuition on these selected classes. Visit our website or give us a call for available classes.

Sign up today!



College of the Mainland
1200 N. Amburn Road
Texas City, Texas 77591
409-938-1211
com.edu

Lifelong Learning

COM City Centre
10000 Emmett F. Lowry Expy,
Texas City, TX 77591
409-933-8461
com.edu/lifelonglearning

CATALOG PUBLICATION STAFF

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3 Easy Ways to Register for classes!

(Choose one option below to get in touch)



Go online

com.edu/lifelonglearning

Visit this link or scan the QR code.



Call us

409-933-8461

Leave a message, and a representative will return your call within 24 business hours (Monday - Friday, 8 a.m. - 5 p.m.).



Visit us in person

Stop by our facility located at Mainland City Centre.

COM City Centre
10000 Emmett F. Lowry Expy
Texas City, Texas 77591

View the map on page 27 of this catalog.

Registration begins May 4, 2026

This schedule is for informational purposes and is subject to change. Changes subsequent to the issuance of the printed schedule will be posted online at www.com.edu/lifelonglearning. The electronic version of the schedule is the official schedule. Please refer to the online schedule to confirm class information.

Community Education Classes

Non-credit, fee-based personal development classes and workshops offered on weeknight evenings or Saturdays and available to the entire adult (ages 18+) community.

ADULT & CHILD

These classes are specially designed for an adult and child to attend together, providing a shared creative experience. Working side by side, each workshop is a great opportunity to learn new skills, make memories and explore art as a team.

Sunny Swirls: Summer Cupcake Decorating

Tuesday | June 16, 2026, 5:30 PM – 8:30 PM

Registration Deadline: June 2, 2026

COM City Centre – Room 120

\$49/pair

Instructor: Debbie Seyfang

Learn to decorate cupcakes side by side in this fun, hands-on summer workshop! Together, you'll practice piping bright, swirly frosting, try out different decorating tips and bring playful summer designs to life with colorful toppings and creative details. Each adult/child team will leave with beautifully decorated cupcakes—and new decorating skills to use at home. Ages 7+

Trash to Treasure: Mosaic Mirror Edition

Wednesday | June 24, 2026, 5:30 PM – 8:30 PM

Registration Deadline: June 10, 2026

COM City Centre – Room 117

\$49/pair

Instructor: Michele Patrick

Get creative together in this fun, hands-on workshop where together you and your child will design a colorful mosaic mirror using recycled food boxes and paper materials. With no sharp edges and no grout required, this eco-friendly project is

safe, stress-free and perfect for kids and adults alike. Come ready to create, explore and transfer everyday materials into a one-of-a-kind mirror to enjoy! Ages 7+

Pitmasters: Southern Summer Cookout

Saturday | July 11, 2026, 4:00 PM – 8:00 PM

Registration Deadline: June 27, 2026

COM City Centre – Room 15 (Culinary)

\$99/pair

Instructor: COM Faculty

Grab your favorite kitchen helper and join us for a hands-on Southern cookout made for adult-child teams! In this fun, collaborative workshop, pairs will cook a comforting backyard-style menu featuring BBQ chicken, scratch-made cornbread, baked beans, creamy mac and cheese, and a classic peach cobbler topped with homemade ice cream. Along the way, learn simple cooking techniques, kitchen teamwork and kid-friendly skills while creating a hearty Southern meal together. It is all about big flavors, shared laughs and making sweet summer memories around the table! Ages 10+

Yarn-tastic Masterpieces!

Saturday | July 18, 2026, 1:00 PM – 4:00 PM

Registration Deadline: July 2, 2026

COM City Centre – Room 117

\$39/pair

Instructor: Kristin Church

Get ready for a cozy and colorful crafting adventure! In Yarn-tastic Masterpieces, you and your child will team up to transform simple scraps of yarn into one-of-a-kind paintings full of texture, color and imagination. No brushes needed – just your hands, creativity and a whole lot of

fun. Perfect for little artists and their grown-ups looking to bond and create something whimsical together! Ages 8+

COMPUTERS & TECHNOLOGY

Getting Started with Social Media

Saturday | June 13, 2026, 10:00 AM – 1:00 PM

Registration Deadline: June 6, 2026

COM City Centre – Room 115

\$29

Instructor: Benjamin Apolinar

New to social media? This beginner-friendly workshop will guide you through the basics of Facebook, including how to create posts, join interest groups, message friends and manage your privacy settings. You'll also get a brief overview of other popular platforms such as Instagram, X (formerly Twitter) and LinkedIn, so you can decide what fits your interests best. Perfect for anyone looking to connect, share and stay informed online safely and confidently.

iPhone for Basic Users – Including What's New in iOS 26

Tuesdays | June 16 – July 21, 2026, 5:30 PM - 7:30 PM

Registration Deadline: June 9, 2026

COM City Centre – Room 117

\$89

Instructor: Benjamin Apolinar

Ready to feel more confident using your iPhone? This hands-on, beginner-friendly workshop covers the essentials – from making calls, sending texts and email, and using FaceTime and Siri to taking

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photos, navigating with Maps, managing contacts and calendars and backing up to iCloud — while also exploring helpful apps like Weather and News. You'll learn about the latest iOS 26 updates, including enhanced customization, improved privacy and security, smarter photo organization, upgraded messaging tools and other features designed to make your phone more intuitive. While iPad users are welcome to attend, instruction focuses on the iPhone interface. Please bring your iPhone with iOS 26 (or the most current version available) installed. This course is for Apple iPhone users only; Android devices are not supported.

Internet Security Basics for Everyday Users

Saturday | July 11, 2026, 10:00 AM – 1:00 PM

Registration Deadline: July 2, 2026

COM League City – Room 116

\$29

Instructor: Benjamin Apolinar

Learn how to protect yourself in the digital world with this essential internet safety workshop. We'll cover how to recognize scams and phishing emails, use antivirus tools effectively, create strong, secure passwords and practice safe web browsing habits. Whether you're new to the internet or just need a refresher, this session will give you the tools and confidence to stay secure online.

Shopping Safely Online & Using Digital Payments

Saturday | July 25, 2026, 10:00 AM – 1:00 PM

Registration Deadline: July 18, 2026

COM City Centre – Room 115

\$29

Instructor: Benjamin Apolinar

PITMASTERS: SOUTHERN SUMMER COOKOUT

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Learn how to shop confidently on Amazon and securely send or receive money using popular digital payment tools like PayPal, Zelle, Apple Pay and Venmo. This workshop also covers essential tips for avoiding scams and protecting your personal and financial information while shopping or banking online.

CULINARY ARTS

The Real Scoop on Iced Tea

Saturday | June 13, 2026, 1:00 PM – 3:00 PM

Registration Deadline: May 31, 2026

COM City Centre – Room 120

\$49

Instructor: Amanda Vermillion

Iced tea was invented at the 1904 World's Fair...or was it? Get the real scoop on this refreshing beverage with ITMA-Certified Tea Master, Amanda Vermillion! Learn about the history of what Dolly Parton referred to as the house wine of the South in Steel Magnolias and its modern incarnations all over the world. We'll sip on some samples of iced tea and give you some recipes to take home.!

Aloha on a Plate: Hawaiian Luau Night

Saturday | June 13, 2026, 4:00 PM – 8:00 PM

Registration Deadline: May 31, 2026

COM City Centre – Room 15 (Culinary)

\$79

Instructor: COM Faculty

Bring the spirit of the islands to the kitchen in this vibrant, flavor-packed cooking workshop inspired by a classic Hawaiian luau. Learn how to prepare a festive spread

Community Education Classes

Non-credit, fee-based personal development classes and workshops offered on weeknight evenings or Saturdays and available to the entire adult (ages 18+) community.

featuring kalua-style pulled pork, pineapple fried rice, traditional poi, Lomi Lomi style salad and silky coconut haupia for dessert. Expect bright flavors, relaxed island vibes and a menu perfect for sharing.

Sweet Without the Guilt: Plant-Based Summer Dessert Lab

Thursday | July 23, 2026, 5:30 PM – 8:30 PM

Registration Deadline: July 9, 2026

COM City Centre – Room 120

\$49

Instructor: Sharon Mitchiner

In this hands-on workshop, learn how to make refreshing plant-based desserts that are both delicious and nourishing. Working in small groups, we will prepare a variety of healthy summertime dessert recipes using wholesome ingredients, while learning simple tips for creating better-for-you sweets at home. At the end, we will sample the desserts and take treats home, along with recipes to enjoy again later.

Mediterranean Mezze & Flatbread Feast

Saturday | August 1, 2026, 4:00 PM – 8:00 PM

Registration Deadline: July 18, 2026

COM City Centre – Room 15 (Culinary)

\$79

Instructor: COM Faculty

Gather around the table for a vibrant, hands-on journey through Mediterranean flavors as we prepare a colorful spread of mezze favorites including warm pita or flatbread, cool and creamy tzatziki, whipped feta, fresh Greek salad and savory chicken souvlaki or falafel, served alongside bright

lemon potatoes. Along the way, you'll learn techniques for balancing herbs, citrus and spices while creating dishes designed for sharing. The class finishes with a family-style spread that feels abundant, relaxed and perfect for entertaining.

EN ESPAÑOL!

Conceptos Básicos de Computación e Internet

Saturday | June 20, 2026, 10:00 AM – 12:00 PM

Registration Deadline: June 13, 2026

COM City Centre – Room 115

\$29

Instructor: Dolores Warner

¿Te interesa actualizar tus habilidades digitales? Hoy en día, saber usar la computadora e internet es esencial para conseguir empleo y manejar tareas diarias. En esta clase aprenderás los conceptos básicos de la computación que te ayudarán a buscar información en línea y estar mejor preparado para nuevas oportunidades de trabajo.

Mejora Tu Presupuesto con Internet

Saturday | July 18, 2026, 10:00 AM – 12:00 PM

Registration Deadline: July 11, 2026

COM City Centre – Room 115

\$29

Instructor: Dolores Warner

¿Quieres que tu dinero rinda más? Aprende a navegar por internet con confianza y seguridad para comparar precios, encontrar las mejores ofertas y evitar pagar de más por productos cotidianos. Recibe instrucciones paso a paso para crear una plantilla de

presupuesto simple y personalizada que te ayudará a controlar tus gastos y mantener tus finanzas en orden.

Primeros Pasos con Facebook

Saturday | August 1, 2026, 10:00 AM – 12:00 PM

Registration Deadline: July 25, 2026

COM City Centre – Room 115

\$29

Instructor: Dolores Warner

Aprende lo básico de Facebook, incluyendo cómo unirse a grupos de interés, enviar mensajes a tus amigos, publicar actualizaciones y ajustar la configuración de privacidad.

EXERCISE

Weights 101: Lift Smart, Lift Strong

Saturdays | June 6 – June 27, 2026, 9:00 AM - 10:30 AM

Registration Deadline: May 31, 2026

COM Main Campus Gym

\$39

Instructor: Alison Johnson Galdamez

New to the weight room or looking to build confidence with strength training? Here is your beginner-friendly guide to using gym equipment, free weights and machines safely and effectively. Learn proper lifting techniques, gym safety and how to target muscle groups. You'll develop your own personalized weight-training routine tailored to your goals, whether it's building strength, improving tone or supporting overall wellness. Perfect for all fitness levels — no experience required!



Pickleball 101

Tuesdays/Thursdays | June 9 – July 2, 2026, 5:30 PM – 7:00 PM

Registration Deadline: June 2, 2026

COM Main Campus Gym

\$79

Instructor: James Garza

Learn and play this fun sport that has swept the area in popularity! During this workshop we will cover sport history, court rules and boundaries, player positioning, shots/strokes and situational game play. Protective eyewear is required.

Art of Yoga

Tuesdays/Thursdays | June 16 – August 6, 2026, 5:30 PM – 6:30 PM

Registration Deadline: June 9, 2026

COM City Centre – Room 107

\$79

Instructor: Tammi Blalack

Work stressing you to your limits? Come join us then before you head home. We promise you will be glad you did! Experience the art of yoga which will help you relax and find your inner peace. You will explore different techniques such as meditation, yin, Hatha and animal movements in this class.

Pickleball Power Play

Tuesdays/Thursdays | July 14 – August 6, 2026, 5:30 PM – 7:00 PM

Registration Deadline: July 7, 2026

COM Main Campus Gym

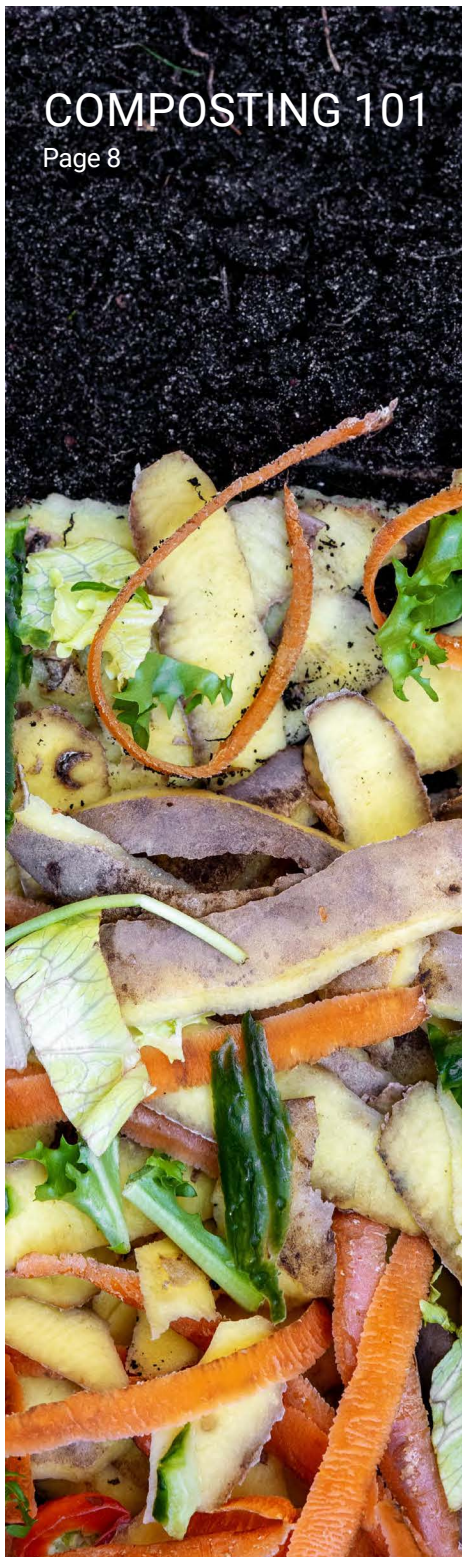
\$79

Instructor: James Garza

Ready to take your pickleball game to the next level? This intermediate-level class is designed for players who already know the

COMPOSTING 101

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basics and want to improve strategy, shot placement, footwork and consistency. You'll focus on refining your dink shots, volleys, serves and transitions—plus learn doubles tactics and court positioning for more competitive play. Come ready to move, learn and have fun in a supportive, game-based environment. Protective eyewear is required.

FINANCES

Unique Tips for Stretching Your Grocery Budget

Thursdays | July 9 – July 16, 2026, 6:00 PM – 8:00 PM

Registration Deadline: July 2, 2026

COM League City – Room 116

\$39

Instructor: Michele Patrick

Whether you're feeding one or a family, this two-night workshop is filled with practical, creative strategies to help lower your grocery bill—no coupons required. Learn smarter meal planning, proper food storage for perishables and pantry items and how to avoid costly grocery store mistakes. With handouts, demonstrations, games, prizes and group idea-sharing, you'll leave with simple, actionable tips to stretch your groceries—and your dollars—further than ever.

Start Your Own Online Business: A Beginner's Guide

Wednesday | July 22, 2026, 6:00 PM – 8:00 PM

Registration Deadline: July 15, 2026

Online

\$39

Instructor: LeeAnne Krusemark

Community Education Classes

Non-credit, fee-based personal development classes and workshops offered on weeknight evenings or Saturdays and available to the entire adult (ages 18+) community.

Looking for ways to make money online? Turn your ideas or homemade products into income by starting an online business. You will learn how to find a gap in a niche market and fill it; build your own website and market your business effectively, take care of business forms and taxes; and create multiple sources of income. You'll also get info about the 25 most popular online businesses to start. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.

OUTDOORS & GARDENING

Kokedama Japanese Gardening Technique

Saturday | June 27, 2026, 10:00 AM – 1:00 PM

Registration Deadline: June 13, 2026

COM League City – Room 143

\$39

Instructor: Angela Chandler

Discover the art of Kokedama in this engaging, hands-on gardening workshop. You'll learn the history and basics of this Japanese moss-wrapping technique, including soil selection, plant choice, shaping and proper care. Then, guided step-by-step, you'll create your own beautiful Kokedama moss ball to take home and display. Whether you hang it or style it in a dish, you'll leave with a living work of art and the confidence to make more on your own. All you need to bring is your choice of 4" plant (succulent, fern, airplane plant or a houseplant).

Composting 101

Saturday | July 25, 2026, 10:00 AM – 12:00 PM

Registration Deadline: July 18, 2026

COM City Centre – Room 115

THE REAL SCOOP ON ICED TEA

Page 5



\$29

Instructor: Angela Chandler

Did you know that there are many ways to compost? Traditional methods include bin or pile composting of yard waste. But the modern gardener can also add techniques like vermi-composting and Bokashi composting which can turn kitchen and household waste into rich fertilizers for your plants. Join us to learn how this highly sustainable practice can be done on any scale, even if you don't have a yard!

PERFORMANCE ARTS

Introduction to Voiceovers

Online and scheduled individually

\$49

Instructor: Voices For All

Explore the craft of voiceovers! Discover current trends, opportunities and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com/ooo> 18 and over. Upon registration you will be contacted by VFA to schedule your class, day and time of your convenience.

Guitar from the Beginning

Thursdays | June 18 – July 23, 2026, 5:30 PM - 7:30 PM

Registration Deadline: June 4, 2026

COM City Centre – Room 104

\$109

Instructor: James McQuage

Are up ready to move from playing air guitar to the real thing? Then this class is for you! You will learn basic guitar

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techniques including chords, scales, standard notation and tablatures, tuning and basic guitar maintenance. Plus, take home your very own copy of Guitar for the Absolute Beginner! All you need for this class is your own 6-string guitar.

PERSONAL SAFETY

Important Firearms Course Information: The firearm classes below are designed to be taken in order, with each building on the last. Registering out of sequence or skipping classes may disqualify you from certain activities—such as live-fire exercises—if you are not adequately prepared. No refunds will be given in these cases. All firearms, ammunition, targets and safety gear are provided; you may bring your own eye and ear protection. Required attire includes a baseball-style cap, long pants and closed-toe shoes. Please also bring note-taking materials. Must be Age 21+

First Step Handgun Safety & Marksmanship

Monday - Thursday | June 8 – June 11, 2026, 6:00 PM - 9:00 PM

Registration Deadline: June 1, 2026

Firing Range; Bldg. 12 – Room 107

\$279

Instructor: Thomas Elder

This beginner-friendly course is designed for those interested in learning handgun safety and basic marksmanship. You will learn safe handling, shooting fundamentals and range etiquette through hands-on instruction and supervised live-fire practice.

Defensive Handgun: Intermediate Skills for Personal Protection

Monday - Thursday | June 22 – June 25, 2026, 6:00 PM - 9:00 PM

Registration Deadline: June 15, 2026

Firing Range; Bldg. 12 – Room 107

\$289

Instructor: Thomas Elder

This intermediate-level course focuses on practical defensive shooting techniques, including drawing from a holster, shooting from cover, target transitions and rapid decision-making under stress. Emphasis is placed on safe firearm handling in dynamic scenarios to prepare you for real-world self-defense situations.

Pre-requisite: First Step Handgun

Low Light Shooting Skills

Tuesday - Thursday | July 7 – July 9, 2026, 6:00 PM - 9:00 PM

Registration Deadline: June 30, 2026

Firing Range; Bldg. 12 – Room 107

\$219

Instructor: Thomas Elder

This advanced course includes techniques for safe and effective shooting in low-light conditions, including flashlight use, target identification and threat assessment. Emphasis is placed on maintaining situational awareness and proper firearm handling in reduced visibility environments. Pre-requisite: Defensive Handgun

Personal Protection in the Home

Monday - Thursday | July 20 – July 23, 2026, 6:00 PM - 9:00 PM

Registration Deadline: July 13, 2026

Firing Range; Bldg. 12 – Room 107

\$259

Instructor: Thomas Elder

This advanced course focuses on planning and implementing effective home defense strategies, including threat assessment, safe room setup, use-of-force considerations and defensive firearm deployment within the home. You will engage in scenario-based training to develop practical, legally sound responses to potential home intrusions. Pre-requisite: Defensive Handgun and Low Light Shooting

Personal Protection Outside the Home

Monday - Thursday | August 3 – August 6, 2026, 6:00 PM - 9:00 PM

Registration Deadline: July 27, 2026

Firing Range; Bldg. 12 – Room 107

\$259

Instructor: Thomas Elder

This advanced course focuses on defensive strategies in public settings, including situational awareness, threat avoidance, movement in crowds, use-of-force considerations and effective concealed firearm deployment in dynamic environments. Scenario-based drills help prepare you to respond confidently and responsibly to real-world threats outside the home. Pre-requisite: Defensive Handgun and Low Light Shooting

Concealed Carry Methods

Tuesday - Thursday | August 18 – August 20, 2026, 6:00 PM – 9:00 PM

Registration Deadline: August 11, 2026

Firing Range; Bldg. 12 – Room 107

\$219

Instructor: Thomas Elder

This advanced course focuses on real-

Community Education Classes

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world concealed carry techniques. Topics include holster selection, clothing considerations, safe draw methods, firearm retention and managing malfunctions under stress. You will engage in supervised drills to build confidence, safety and practical carry skills. Pre-requisite: Defensive Handgun

STUDIO ARTS

Tiki Time: A Paper Mache Adventure!

Wednesdays | June 10 – July 1, 2026,
5:30 PM - 7:30 PM

Registration Deadline: May 27, 2026

COM City Centre – Room 118

\$69

Instructor: Durelle Brown

You're invited on a tropical island adventure with your cruise director, Durelle! Drop anchor for a fun, hands-on Papier-mâché experience—no mess, no experience needed. Create your own 15" tall TIKI mask, perfect for your Tiki bar or wall, complete with light-up features and plenty of personality. Included in your boarding pass, all supplies and step-by-step instructions—just bring your creativity (and even your favorite Hawaiian shirt) for this not-so-kindergartner art experience!

Polymer Clay – From Cane to Candle

Saturdays | June 20 – June 27, 2026,
1:00 PM - 5:00 PM

Registration Deadline: June 6, 2026

COM City Centre – Room 118

\$89

Instructor: Robert (Bob) Wiley

Explore the art of clay canes in this two-week workshop which will focus on

learning and making simple canes, then incorporating them into a small, decorative candle votive holder. By the end of the workshop, you'll not only take home a unique, functional piece but also the skills to continue exploring cane techniques in your own clay projects.

Fused Glass Watermelon Plate

Thursday | June 25, 2026, 5:30 PM –
8:30 PM

Registration Deadline: June 11, 2026

COM City Centre – Room 117

\$59

Instructor: Kristin Church

Nothing says summer like watermelon! In this hands-on fused glass workshop, you'll create a beautiful watermelon-themed plate from vibrant sheet glass. Learn safe cutting techniques and design tips to help you craft a bold, eye-catching piece. After kiln firing, your plate will be food-safe and ready to enjoy at barbecues, pool parties or sunny afternoons on the patio.

Upcycled Sunburst Wall Art

Mondays | July 13 – July 20, 2026,
5:30 PM – 7:30 PM

Registration Deadline: June 30, 2026

COM City Centre – Room 118

\$39

Instructor: Susan Bledsoe

Create an upcycled sunburst wall art blending mid-century geometry with contemporary eco-conscious craftsmanship using old magazine pages, cardboard and glue. The finished product will serve as a focal point that bridges the gap between high-design silhouettes and DIY folk art.

Tumbled Glass Art

Wednesday | July 15, 2026, 5:30 PM –
8:30 PM

Registration Deadline: July 1, 2026

COM City Centre – Room 117

\$45

Instructor: Kristin Church

Transform recycled and tumbled scrap glass into a stunning work of art! In this creative class you will design a one-of-a-kind summer inspired picture using tumbled scrap glass. Whether you envision a day at the seashore or shimmering summer flowers, your design will come to life while letting no materials go to waste!

Draped Beaded Ornament

Saturday | July 18, 2026, 1:00 PM – 4:00 PM
Registration Deadline: July 4, 2026

COM City Centre – Room 118

\$49

Instructor: Darcy Truehan

Christmas in July! Join us for a calming and creative beading experience as you design your own elegant, draped ornament. Choose from a beautiful selection of crystals, seed beads, spacers and coordinated color kits to create a piece that reflects your personal style. This class is ideal for those with basic seed bead experience or anyone comfortable with simple sewing techniques. Your finished ornament can be displayed as a holiday treasure or hung year-round using the provided decorative hanger.

Mosaics – Design Your Own Decorative Stone

Thursdays | July 23 – July 30, 2026,
5:30 PM - 8:30 PM

Registration Deadline: July 9, 2026

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COM City Centre – Room 117

\$49

Instructor: Michele Patrick

Learn from an award-winning mosaic artist how to design and decorate your own beautiful mosaic stone! Your stone can then be used as a garden accent or brought indoors as a doorstop or paperweight. No mosaic experience required.

WRITING

Write Your First Novel (in 90 days!)

Friday | July 17, 2026, 6:00 PM – 9:00 PM

Registration Deadline: July 10, 2026

Online

\$49

Instructor: LeeAnne Krusemark

This intensive workshop guides you through crafting a novel from start to finish – in as little as 90 days – while helping you stay motivated and on schedule. You'll learn how to develop a strong premise, create compelling characters and settings, outline and draft effectively, overcome writer's block, self-edit with confidence, use beta reader feedback and explore publishing options. By the end, you'll have a completed novel and a clear path toward publication. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.

Introduction to Journaling: A Beginner's Guide

Saturday | July 18, 2026, 3:00 PM – 5:00 PM

Registration Deadline: July 11, 2026



Online

\$39

Instructor: LeeAnne Krusemark

Journaling is a simple, low-cost practice of recording your thoughts and feelings on paper or digitally to support your mental health. It can reduce stress, increase self-awareness and help you process challenges. In this class, you'll learn how to start journaling with ease, explore 10 popular journaling methods, deepen self-reflection and track your personal growth. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.

Lifelong Learning: Extended Travel

Extended travel is open to students 18 and older.

WEST VIRGINIA RAILS & WILLIAMSBURG

8 DAY TRIP

OCT. 1
2026

Only \$4,299*

HIGHLIGHTS

- 2 Train Experiences
- Washington D.C. Illumination Tour
- West Virginia Rail Museum
- The Greenbrier Resort
- Bunker Tour at the Greenbrier
- Thomas Jefferson's Monticello
- Jamestown Settlement
- Yorktown Battlefield
- American Revolution Museum at Yorktown
- Colonial Williamsburg
- Colonial Farewell Dinner
- 3 Nights in Williamsburg



Call and sign up today!
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Final payment due by June 30, 2026

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SMOKY MOUNTAINS

& Pigeon Forge Holiday

5 DAY TRIP

DEC. 6
2026

Only \$2,949*
(depending on stateroom choice)

HIGHLIGHTS

- 4 Nights in Pigeon Forge
- Biltmore Estate with Lunch
- Smoky Mountains National Park
- Gatlinburg
- Moonshine Tasting
- Titanic Museum
- Dollywood Smoky Mountain Christmas with Shows
- Pigeon Forge Christmas Show at the Country Tonite Theatre

Call and sign up today!
409-933-8461

Final payment due by August 31, 2026

Lifelong Learning: Extended Travel

Extended travel is open to students 18 and older.

Cruise the **HAWAIIAN** 10 DAY TRIP **ISLANDS**

Only \$5,999 or \$7,199*
(depending on stateroom choice)

HIGHLIGHTS

- 7 Night Hawaii Cruise
- 2 Pre-Nights in Waikiki
- Luau Shore Excursion
- Kahului (Maui)
- Hilo
- Kona
- Nawiliwili (Kauai)

**FEBRUARY 18,
2027**



Call and sign up today!
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Final payment due by September 16, 2026

*Please note that trip is subject to cancellation 180 days out (to ensure full refunds) if the minimum 10 person requirement is not met by that time.

Love what you experience™
Sign up for a trip today



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ON THE HORIZON: MORE 2027 ADVENTURES!

Interested in exploring with us?

Sign up for one of our upcoming travel presentations and learn more about our upcoming trips!

Pick a Tuesday Date:

May 5 or Sep. 22, 2026

Note: Presentations are held from 1-2 p.m. at the COM City Centre in Room 115.

Call and Sign up today:

- 1 Call our office at **409-933-8461**.
- 2 **OR** sign-up online. Scan the QR code below and then scroll down to the presentation you want to attend. Click to add the presentation to your cart and click register.



Please note that each trip is subject to cancellation 180 days out (to ensure full refunds) if the minimum 10 person requirement is not met by that time.



* Advertised tour rate is per person based upon double occupancy and includes a booking discount if final payment is made by check prior to the final due date. Single occupancy has an additional fee. Additional purchase of a Trip Protection Plan is required for all international travel. All trip rates include roundtrip airfare, local airport transportation, first class hotels, professional tour director, sightseeing and admissions per itinerary, specified meals, motorcoach transportation, baggage handling at hotels, and hotel transfers.

2027 Trips

- **A Culinary Journey Through Tuscany & Florence – April 27, 2027 – 9 days**
- **Canadian Rockies & Glacier National Park – July 28, 2027 – 7 days**
- **Albuquerque Balloon Festival – October 1, 2027 – 6 days**

Lifelong Learning: Local Travel

Day/Evening outings for adults ages 18+ to explore education through trips and travel.

Pick-up & drop-off is offered at COM League City this summer!

PLEASE NOTE: Trip cost includes transportation and the admission ticket. Trip tickets have been pre-purchased; therefore, they are non-refundable. A buy-your-own meal will be scheduled for each trip. Students will meet in the Lifelong Learning Center lobby to board the bus unless otherwise noted. If a trip is full, please join the waiting list so we can contact you if a spot becomes available. Trip times are estimated and subject to change. **Final trip details will be emailed the week prior to the trip.**

Two Trips In A Day: From Medieval Times to 1800's Texas

Tuesday | June 9, 2026, 8:30 AM – 5:30 PM

\$89

Travel to Newman's Castle in Bellville, TX for a morning of castle exploration! See the moat, working drawbridge, portcullis, five turrets, courtyard, chapel and central keep with dramatic views of the surrounding lands. In the afternoon, visit San Felipe de Austin State Historic Site, where Stephen F. Austin established his 1823 colony headquarters—the social, economic and political hub of early Texas settlement. Lunch is included for a full day of history, exploration and adventure!

Misery (Alley Theatre)

Tuesday | June 16, 2026, 4:30 PM – 11:00 PM

\$79

Experience the terror as Stephen King's thriller comes alive on stage, where a fan will stop at nothing for the sequel of her dreams. Famous romance author Paul is rescued from a car crash by his "number one fan." But as Annie tends to his injuries, her admiration turns deadly. What starts as a lifesaving act soon becomes a chilling trap—Paul must write for his life while her obsession spirals out of control.

The Music Man (The Grand 1894 Opera House)

Friday | June 26, 2026, 5:00 PM – 11:00 PM

\$99

See Meredith Willson's six-time Tony Award-winning musical comedy, *The Music Man*! Follow fast-talking salesman Harold Hill as he tries to con River City, Iowa, into buying instruments for a boys' band—despite not knowing a trombone from a treble clef. His plans unravel when he falls for Marian, the librarian, who just might turn him into a respectable citizen.

Get Ready (Ensemble Theatre)

Thursday | July 2, 2026, 4:30 PM – 11:00 PM

\$99

Get Ready explores the joys and struggles African American musicians faced as music evolved from 1950s doo-wop into mainstream pop and R&B. Follow The Doves, a fictional group past their prime, as they prepare for a big comeback—hoping to recapture the magic and excitement of their glory days.

Moulin Rouge! The Musical (Broadway Across America)

Tuesday | July 14, 2026, 4:30 PM – 11:00 PM

\$109

Pop the champagne! *Moulin Rouge! The Musical*, winner of 10 Tony Awards® including Best Musical, invites you into a dazzling world of romance, splendor and spectacle. Experience the glittering life of Bohemians and aristocrats as they mix, mingle and revel in electrifying music, breathtaking sets and unforgettable enchantment.

Midweek Showdown: Astros vs Marlins

Wednesday | July 22, 2026, 5:00 PM – 10:30 PM

\$79

Spend the evening at the ballpark as the Houston Astros take on the Miami Marlins under the lights! Before first pitch, enjoy a self-guided stroll through the Center Field Hall of Fame Alley and check out the iconic Home Run Pump. Then head to your Field Level seats on the first base side to experience all the action and cheer on the home team. Your ticket includes a \$15 food and drink credit when you download the MLB Ballpark app — perfect for enjoying your favorite ballpark snacks.

Discovering Your Roots: Clayton Library

Tuesday | July 28, 2026, 9:00 AM – 4:30 PM

\$59

Discover the stories that shaped your family with a guided visit to the Family History Research Center at the Clayton Library, one of the top genealogical research libraries in the U.S. Learn how to explore local, national and international ancestry records, build your family tree and uncover the lives behind the names. Start with a tour, then spend the day exploring your ancestry, with library experts on hand to assist if needed. Bring a sack lunch to enjoy during a midday research break!

Love what you experience™
Sign up for a trip today



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MIDWEEK SHOWDOWN: ASTROS VS MARLINS

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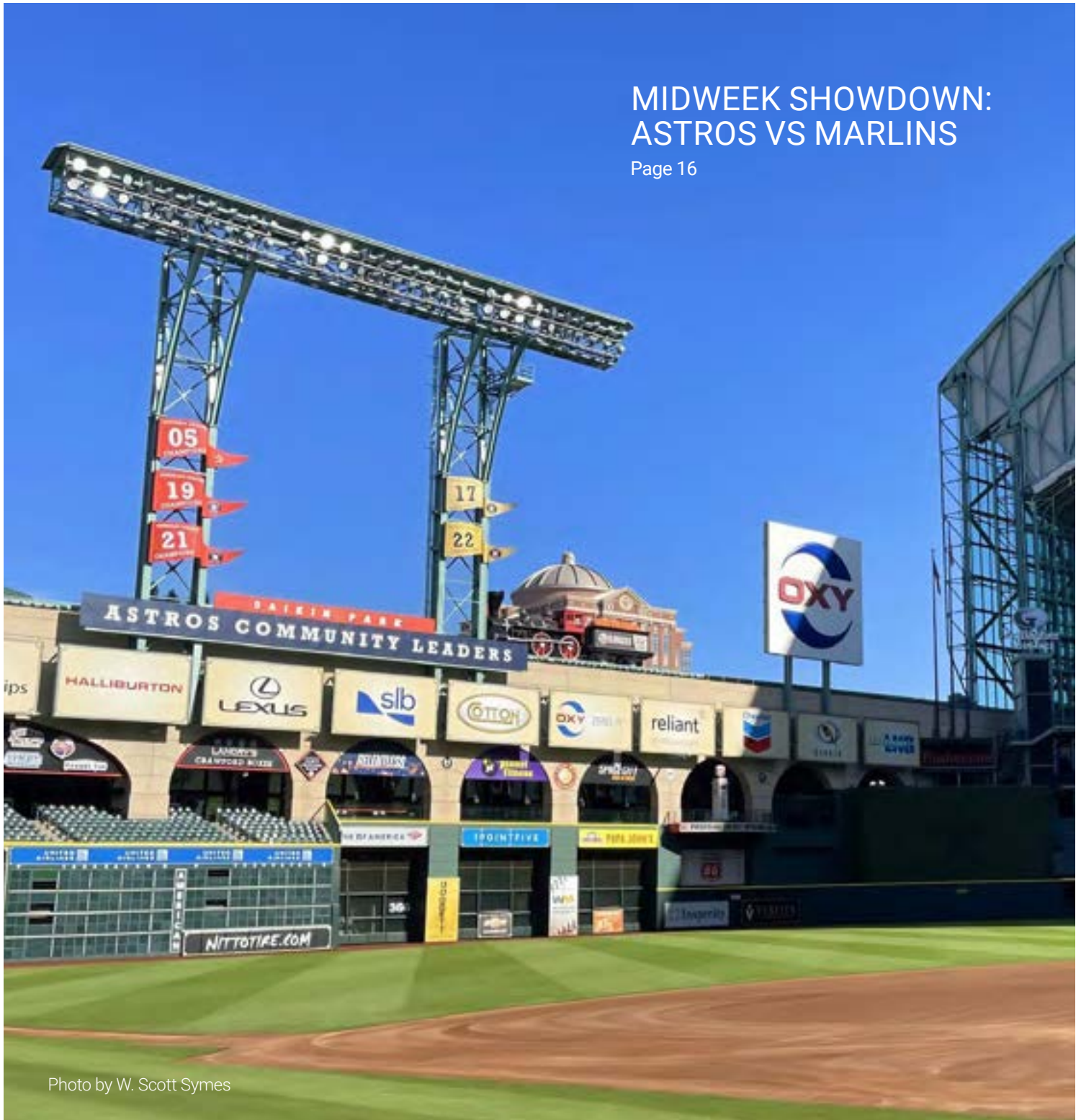


Photo by W. Scott Symes

50 Plus Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register. Required supplies listed in online syllabi for each course below.

Beaded Fashion Jewelry

Wednesdays | June 10 – July 29, 2026,
10:00 AM – 1:00 PM

COM City Centre – Room 120

\$45

Instructor: Rhonda Wilcox

Impress your friends with unique and stylish jewelry...made by you! Through lectures, demonstrations and hands-on projects, you will learn beginners' jewelry skills in the techniques of bead stringing and bead stitching. (Estimated supply cost \$60 - \$80)

Brazilian Embroidery

Thursdays | June 11 – July 30, 2026,
1:00 PM – 4:00 PM

COM City Centre – Room 119

\$45

Instructor: Elsa Tutt

Learn how to create beautiful embroidery artwork! Brazilian Embroidery has a unique look and texture, which comes from the very high sheen and z-twisted Rayon Thread. The Class will cover how to create and apply embroidery stitches to complete the project. (Estimated supply cost \$25-\$30)

Computer for Absolute Beginners

Wednesdays | June 10 – July 29, 2026,
8:30 AM – 10:30 AM

COM City Centre – Room 115

\$30

Instructor: Mishelene Baker

Whether you have never worked with or have forgotten what you learned about computers, this class will meet you where you are! You will learn basic hardware differences and how to make Microsoft Windows friendlier, plus get an introduction

to keyboarding, email and Facebook. All you will need for class is a USB flash/jump drive.

Cricut

Wednesdays | June 10 – July 29, 2026,
9:00 AM – 12:00 PM

COM City Centre – Room 118

\$45

Instructor: Myrle Waller

No need to own a Cricut die-cutting machine to learn how to use a Cricut, although it is so fun you might decide to purchase one! You will make personal t-shirts, stencils, etch on glass and more! We will start out with basic instructions in machine mechanics and then proceed to Cricut Design Space. A personal Cricut machine is not required but you must have a laptop or tablet to access the college's internet and download the Design Space program. Basic computer skills required. (Estimated supply cost \$25-\$50)

Drawing Basics

Thursdays | June 11 – July 30, 2026,
1:00 PM – 4:00 PM

COM City Centre – Room 120

\$45

Instructor: Myrle Waller

Can I learn to draw? I can't draw. I have no talent for drawing. Yes, you can learn. If you can write your name, you can learn to draw. Whether you have a natural talent or must work at it a bit, come join us and we will all learn the basics together. (Estimated cost \$60-\$100)

Drawing with Colored Pencils

Tuesdays | June 9 – July 28, 2026,
1:00 PM – 4:00 PM

COM City Centre – Room 118

\$45

Instructor: Myrle Waller

Let's put pencils to paper and create art to be proud of! Discover how to blend colors using different techniques, including the use of paint thinner, layering colors, effective use of lifting colors and the dramatic use of light and shadow. Explore different pencil types and quality, as well as what is the best paper to use with each type of pencil. (Estimated supply cost \$75)

Drawing Portraits from Photos

Tuesdays | June 9 – July 28, 2026,
9:00 AM – 12:00 PM

COM City Centre – Room 120

\$45

Instructor: Myrle Waller

Learn how to turn a photograph into a realistic hand-drawn portrait. Students will practice proportions, shading and facial features while developing techniques to capture likeness and expression using their own reference photo. Course pre-requisite: Completion of one semester of Drawing Basics class. (Estimated supply cost \$75)

Fused Glass

Mondays | June 8 – July 27, 2026,
12:30 PM – 3:30 PM

COM City Centre – Room 117

\$145

Instructor: Noreen Grover

At its simplest, glass fusing is a process in which COE 96 glass is assembled and then melted/fused together in a kiln. This course will introduce you to fused glass concepts and techniques. You will use the basic steps required to make colorful creations by cutting, stacking and melting together pieces of colored glass into small projects such as pendants, yard art, wired bugs and bowls. You will need your own tools and toolbox.



SALTWATER FISHING

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Photo by Stephan Beck

Fused Glass – Next Level

Mondays | June 8 – July 27, 2026,
8:30 AM – 11:30 AM

COM City Centre – Room 117

\$145

Instructor: Kristin Church

In this advanced class, you will complete several projects that encompass glass painting, different effects on layered glass, draping glass and working with frit. Some projects will span 1 to 3 classes. We will also explore making molds and how to program a kiln. Course pre-requisite: Completion of 3 semesters of beginner Fused Glass class.

Fused Glass Studio

Fridays | June 12 – August 14, 2026,
9:00 AM – 12:00 PM

COM City Centre – Room 117

\$45

Instructor: Kristin Church

This intermediate/advanced studio style class provides an opportunity to work on individual projects with the guidance and assistance of an instructor. Once completed, projects will be fired in the kiln. You must bring your own glass supplies and tools, but you will be able to use grinders, saw and molds in class. Projects are limited to 6x6 due to kiln space. Course prerequisite: Completion of at least 3 semesters of Fused Glass Next Level class.

Life Story Writing

Wednesdays | June 9 – July 28, 2026,
10:00 AM – 12:00 PM

COM City Centre – Room 115

\$30

Instructor: Courtney Pugh

Do you have a life full of stories? Stories that can teach others or you can pass along to your children or family? This class will

50 Plus Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register. Required supplies listed in online syllabi for each course below.

teach you how to write your story! Creative writing tips will be presented and editing offered. This course will walk students through the process so they can focus on writing their story.

Microsoft for Beginners

Wednesdays | June 10 – July 29, 2026,
10:45 AM – 12:45 PM

COM City Centre – Room 115

\$30

Instructor: Mishelene Baker

Have you just learned how to use your computer and now want to explore the Microsoft software on it? In this class you will learn about Microsoft Word, PowerPoint, Excel and Outlook, including the basics of each application and the features needed for projects appropriate for the software platform. Additionally, we will also cover the use of the internet for business and internet safety.

Microsoft PowerPoint

Thursdays | June 11 – July 30, 2026,
10:45 AM – 12:45 PM

COM City Centre – Room 115

\$30

Instructor: Mishelene Baker

Whether it is a business meeting, wedding, birthday party, or small family gathering, learn to create slide presentations that will wow your audience! The class will review the basics and then learn to include images, videos, hyperlinks, animation, narration and more in slides as we explore Microsoft PowerPoint in greater detail. Prerequisite: Microsoft for Beginners.

Microsoft Word

Thursdays | June 11 – July 30, 2026,
8:30 AM – 10:30 AM

COM City Centre – Room 115

\$30

PAINTING, ABSTRACT

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Instructor: Mishelene Baker

This introductory Microsoft Word course is designed to provide you with the ability to create, edit, format and print Microsoft Word documents. This course is intended for those who have some familiarity with Microsoft Word or more experienced Word users who want to learn the topics covered in the outline. Prerequisite: Microsoft For Beginners.

Mosaics

Wednesdays | June 17 – August 5, 2026,
1:00 PM – 4:00 PM

COM City Centre – Room 117

Thursdays | June 18 – August 6, 2026,
9:00 AM – 12:00 PM

COM City Centre – Room 117

\$45

Instructor: Michele Patrick

Learn from an award-winning mosaic artist how to make modern mosaics. Teaching will include getting familiar with the tools, cutting techniques, grouting, hanging/displaying options, etc. You will complete at least one project, plus gain the ability to create a mosaic on your own. (Estimated supply cost \$100-\$110).

Painting with Acrylics

Mondays | June 8 – July 27, 2026,
1:30 PM – 4:30 PM

COM City Centre – Room 118

\$45

Instructor: Deborah Brady

This beginner class provides the basics of using acrylic paints and the techniques needed to create finished artwork. Different acrylic mediums and styles will be introduced as well. You will paint various subjects incorporating the techniques learned. Please do not buy any of the supply materials until you have attended the first class. (Estimated supply cost \$75+).



Painting with Oils

Tuesdays | June 9 – July 28, 2026,
9:00 AM – 12:00 PM

COM City Centre – Room 118

\$45

Instructor: David Wheeler

Learn from the techniques of the great masters—exploring color and using light and shadow to create drama. This course teaches how to hold a brush, mix paint and use glazes while starting with a limited paint pallet and expanding as the class progresses. All skill levels welcome. (Estimated supply cost \$120)

Painting with Watercolors

Wednesdays | June 10 – July 29, 2026,
9:00 AM – 12:00 PM

COM City Centre – Room 117

\$45

Instructor: Durelle Brown

Enjoy exploring watercolor's complexities while learning how to deal confidently with washes and color mixing. You will discover your hidden potential while learning the fundamentals of this art form! (Estimated supply cost \$200)

Painting, Abstract

Thursdays | June 11 – July 30, 2026,
1:00 PM – 4:00 PM

COM City Centre – Room 118

\$45

Instructor: Deborah Brady

Abstract art is not just throwing paint randomly onto a canvas. Come learn the rules of abstract art. Learn objective versus non-objective. Learn what freeing yourself can do for your artwork endeavors. Prerequisite: Painting with Acrylics class or some painting experience (Estimated supply cost \$75+)

MOSAICS

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Paper Mache

Mondays | June 8 – July 27, 2026,
9:00 AM – 12:00 PM

COM City Centre – Room 118

\$45

Instructor: Durelle Brown

Not only is paper mâché a way to explore your creativity, it is also a rewarding “green art” medium. You will design and construct your own project, choosing from recycled and repurposed materials. (Estimated supply cost \$15-\$20)

Paper Quilling

Mondays | June 8 – July 27, 2026,
1:00 PM – 3:00 PM

COM City Centre – Room 120

\$30

Instructor: Myrle Waller

Come learn the papercraft art of quilling, which involves rolling, shaping and gluing together strips of paper into creative and decorative designs. (Estimated supply cost \$30).

Quilting

Tuesdays | June 9 – July 28, 2026,
1:00 PM – 4:00 PM

COM City Centre – Room 119

\$45

Instructor: Elsa Tutt

Learn how to create your own quilt, or even expand your existing quilting skills, by working on a recommended project of your own choice. The class will cover quilting basics such as choosing fabrics, rotary cutting, piecing, basting, quilting and binding. Prerequisite: Own and know how to operate a sewing machine (Estimated supply cost \$75-\$350)

50 Plus Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register. Required supplies listed in online syllabi for each course below.

Quilting, Mixed Techniques

Tuesdays | June 9 – July 28, 2026,
10:00 AM – 12:00 PM

COM City Centre – Room 119

\$30

Instructor: Elsa Tutt

Learn how to create a quilt block and/or top using advanced and/or mixed quilting techniques such as Applique, Curve Piecing, English Paper Piecing and others. The class will work on a recommended project that uses the technique. Prerequisite: Completion of 3 semesters of quilting class. (Estimated supply cost \$75-\$250)

Saltwater Fishing

Thursdays | June 11 – July 30, 2026,
9:00 AM – 11:00 AM

COM City Centre – Room 118

\$30

Instructor: Thomas La Santa

Learn how to catch fish and discover tricks that will build your confidence to fish anywhere. We will cover the proper tackle and bait to use for different saltwater environments as well as techniques for casting, fighting, landing and cleaning fish. Learn how to maintain your fishing gear, plus the rules and regulations of fishing in Texas. Fishing field trips to Galveston and the Texas City Dike for additional fees (trips will be during class time, but you can stay longer if you choose). Course prerequisite: Valid Texas saltwater fishing license. (Estimated supply cost \$35-\$100).

Sign Language for Beginners

Wednesdays | June 10 – July 29, 2026,
1:00 PM – 3:00 PM

COM City Centre – Room 119

\$30

Instructor: Susan Bledsoe

This class will focus on basic conversation in sign language using signs from American Sign Language. You will learn about Deaf culture as well.

Spanish

Mondays | June 8 – July 27, 2026,
10:15 AM – 12:15 PM

COM City Centre – Room 119

\$30

Instructor: Alison Johnson Galdamez

¿Quiere aprender el español? Well, come join this class! You will obtain a working knowledge of conversational beginning Spanish including common vocabulary, phrases, parts of speech and sentence construction. The last class will be a conversational class at a local Spanish-speaking restaurant for an additional fee.

Spice Up Your Life

Wednesdays | June 10 – July 29, 2026,
1:30 PM – 3:30 PM

COM City Centre – Room 120

\$30

Instructor: Sharon Mitchiner

Updated with new recipes! Mildly spiced or boldly, this hands-on course will introduce spices and tasty dishes from six countries along with some regional dishes from the USA. Come see how spices and seasonings can transform plain meals into exotic and aromatic delights. Dishes will be plant based.

Stained Glass

Tuesdays | June 9 – July 28, 2026,
8:15 AM – 10:15 AM

COM City Centre – Room 117

Tuesdays | June 9 – July 28, 2026,
10:30 AM – 12:30 PM

COM City Centre – Room 117

\$30

Instructor: Patricia Stettler

Come learn the art of stained glass! You will learn to construct a panel from start to finish with the Copper Foil technique which will provide the basis to building additional panels. A small panel will be the class project. (Estimated supply cost \$150-\$300).

Stained Glass, Lead Came

Tuesdays | June 9 – July 28, 2026,
1:45 PM – 4:45 PM

COM City Centre – Room 117

\$45

Instructor: Patricia Stettler

Lead came is the material that holds separate pieces of glass together in an h-shaped channel so that the pieces of glass slide into either side. The comes are then soldered together at the seams to lend strength when creating large works of glass art, like windows. You will have the opportunity to assemble your own panel. (Estimated supply cost \$150-\$300).

Sublimation Printing

Wednesdays | June 10 – July 29, 2026,
1:00 PM – 4:00 PM

COM City Centre – Room 118

\$45

Instructor: Debbie Koerner

Learn the basics of this digital printing process that uses heat to transfer dye onto materials and allows you to create retail quality items without screen printing or expensive printers and materials. Finally, crafters can create sublimation products at home! (Estimated supply cost \$100).

Tangled Art

Mondays | June 8 – July 27, 2026,
1:00 PM – 3:00 PM

COM City Centre – Room 119



PAPER QUILLING

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\$30

Instructor: Susan Bledsoe

Relaxing and fun way to create images by drawing structured, repetitive patterns.

Woodworking

Thursdays | June 11 – July 30, 2026,
9:00 AM – 12:00 PM

COM City Centre – Room 119

\$45

Instructor: Richard Goodheart

If you like working with your hands, woodworking may be a great hobby for you. Learn basic woodworking skills while creating your own project. Topics include wood and tool terminology, layout techniques, joinery, finishes, tool selection and sharpening. Instruction emphasizes proper technique and safety. (Estimated supply cost: \$200 to \$250.)

50 Plus Exercise Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register.

PLEASE NOTE: Equipment is available for all exercise classes unless specified in description. Students are welcome to bring their own equipment if preferable.

Choose the class that is right for you:

LEVEL 1: Easy, gentle exercise/use of chair for support/exercise modifications provided

LEVEL 2: Moderate/slightly intense exercises/standing and floor movements/modifications provided

LEVEL 3: Active/higher intensity/aerobic exercises

Drums Cardio

Mondays/Wednesdays | June 8 –
July 29, 2026, 9:30 AM – 10:30 AM

COM City Centre – Room 104

\$30

Instructor: Patricia Trevisani

This class combines traditional aerobic movements with the powerful beat and rhythms of the drums. You will use a Pilates ball and drum sticks in choreographed routines that will get you moving to the music regardless of your mobility level. (Levels 1-3)

Line Dancing for Beginners

Tuesdays/Thursdays | June 9 –
July 30, 2026, 4:00 PM – 5:00 PM

COM City Centre – Room 107

\$30

Instructor: Patricia Trevisani

Line dancing involves performing patterned foot movements in a line in unison to music. This is a beginner class, so no experience is necessary. You will learn and practice simple routines with songs as we move through the semester. You must wear footwear that slides, swivel easily and does not stick to the floor. (Level 1/2)

Line Dancing – Next Level

Mondays/Wednesdays | June 8 –
July 29, 2026, 4:00 PM – 5:00 PM

COM City Centre – Room 107

\$30

Instructor: Michelle Ziesemer

TAI CHI FOR HEALTH

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Have you learned the dance routines from the beginner line dancing class and are now ready to practice what you have learned? Then, the next level class is for you! There will be brief reminders of routines learned in the beginner class, but the expectation is that you are already familiar with the steps. Also, a few intermediate-level dance routines will be taught during the semester. (Level 2/3)

Sit-N-Fit

Mondays/Wednesdays | June 8 –
July 29, 2026, 11:00 AM – 12:00 PM

COM City Centre – Room 104

\$30

Instructor: Patricia Trevisani

This is a structured exercise program for anyone needing slow gentle movement and may also help to improve the quality of life of physically limited individuals through safe, effective exercises. Using chair exercises set to music, you will tone muscles and increase endurance. (Level 1)

Tai Chi For Health

Tuesdays/Thursdays | June 9 –
July 30, 2026, 9:45 AM – 10:45 AM

COM City Centre – Room 107

\$30

Instructor: Mildred Smith

Perfect for beginners, Tai Chi for Health is a gentle, yet strengthening, low impact form of exercise that can improve balance and flexibility, as well as help manage stress. It is safe and effective; beneficial for overall physical health, cardiovascular issues and chronic health conditions. (Level 1)

Love what you learn™
Sign up for a class today



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Total Body Fitness

Mondays | June 8 – July 27, 2026,
8:30 AM – 10:00 AM

COM City Centre – Room 107

\$22.50

Instructor: Alison Johnson Galdamez

Reap cardiovascular and strength benefits while doing fun, slightly intense exercises! We will learn to properly and safely stretch, warm up and perform abdominal, upper-body and lower-body exercises. Some yoga will be included as well. Please wear workout clothes and tennis shoes. (Level 3)

Yoga and Stress Reduction

Tuesdays/Thursdays | June 9 – July 30,
2026, 4:00 PM – 5:00 PM

COM City Centre – Room 104

\$30

Instructor: Tammi Blalack

In this class you will learn control of your body and mind through the art of breathing, relaxation and self-awareness. Experience increased energy levels and decreased aches and pains as your stress is reduced. (Level 1/2).

Yoga for Beginners

Tuesdays/Thursdays | June 9 – July 30,
2026, 10:30 AM – 11:30 AM

COM City Centre – Room 104

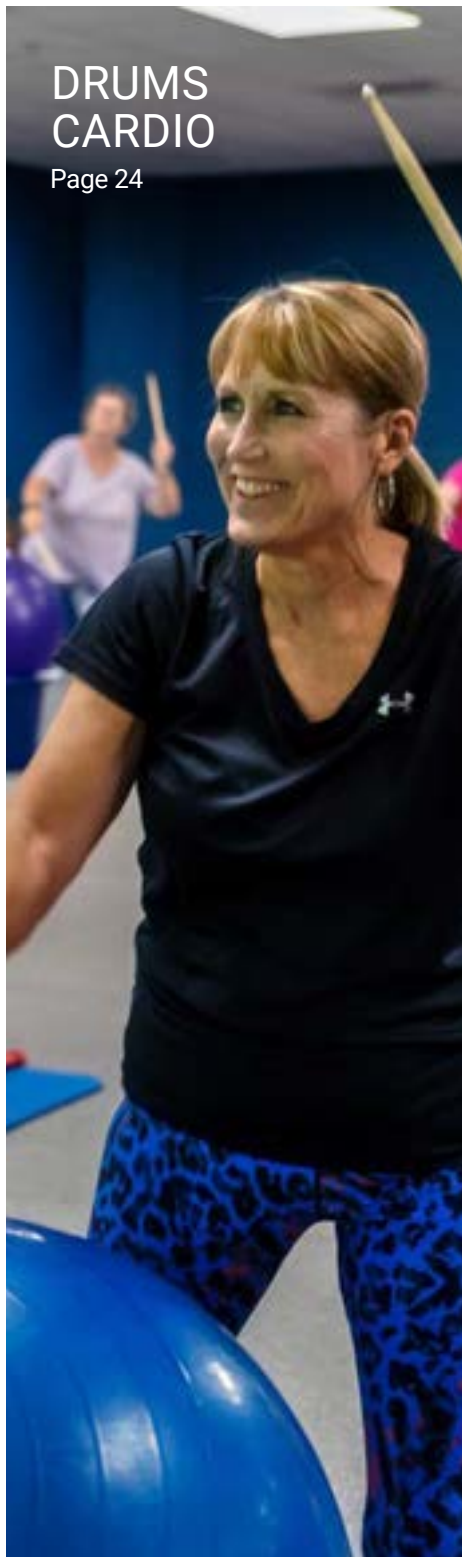
\$30

Instructor: Trina Fox

This class focuses on breath, core building and beginner yoga poses. The “studio” fitness environment is intended to give you a place to build confidence as you increase flexibility and strength. Participate without pressure because there is something for you in every stage of your fitness journey. Learn to breathe and move your body at

DRUMS CARDIO

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a pace that feels safe and comfortable.
(Level 1)

Yoga/Pilates (Mix)

Tuesdays/Thursdays | June 9 –
July 30, 2026, 11:45 AM – 12:45 PM

COM City Centre – Room 104

\$30

Instructor: Trina Fox

Join us for a combination of Yoga and floor Pilates exercises with motivating music to stretch, tone and strengthen your entire body. (Level 2)

50 PLUS MINI SESSION CLASSES

Want to try something new or stay inspired between semesters? Check out our short introductory mini-class options with supplies included. Each course is only \$10 and classes are held the weeks of August 17 and 24. Visit our website or give us a call for the list of available classes.

General Information & Map

PAYMENT OF FEES AND TUITION

All tuition and fees must be paid at the time of registration. We accept VISA, MasterCard and Discover. No cash, checks, money orders or American Express will be accepted.

CANCELLATION OF COURSES

Each course has a minimum enrollment requirement or is subject to cancellation one week prior to start of class. Find a class you like and encourage a friend to join you! It could make the difference between having it or not. If the college cancels a course an automatic 100 percent refund of tuition is initiated.

FINANCIAL ASSISTANCE FUND

The Lifelong Learning Scholarship Fund is designed to help students who wish to participate in classes but are unable to due to financial hardship. If eligible, a student may be awarded up to \$45 tuition per semester to register for one class. Call 409-933-8461 for information on how to apply. Want to sponsor a student? Complete a donation card at the welcome desk or go to the COM website at <https://give.com.edu/ways-to-give/> to give online. Be sure to designate your gift to Lifelong Learning Scholarship Fund. Thank you for your support!

MAKE-UP CLASSES

In the event of a college-wide closure (i.e., inclement weather, power outage, etc.) that results in canceled classes, instructors are not required to reschedule class. However, if an instructor must personally cancel a class, every attempt will be made to reschedule it prior to the end of the semester.

WAITING LISTS

Want to attend a class or trip that is full? Make sure to join the waiting list online or contact the Lifelong Learning Program Office at 409-933-8461 to be added. If a spot becomes available, you will be contacted.

REFUND POLICIES

Community Education Refund Policy

Community Education classes/workshops will be 100 percent refunded if a student cancels by the registration deadline. Refund requests may be made in person at the Lifelong Learning office or by phone at 409-933-8461. Refund requests must be received during normal business hours.

50 Plus Refund Policy

50 Plus classes will be 100 percent refunded if canceled before the first day of class. Refund requests may be made in person at the Lifelong

Learning office or by phone at 409-933-8461. Refund requests must be received during normal business hours at least one business day prior to the calendar start date of the class.

Trip Refund Policy

Tickets are pre-purchased for trip events; therefore, they are non-refundable.

COLLEGE CALENDAR

In accordance with the approved College calendar, the college will be closed:

June 19, 2026

July 3, 2026

PHOTO AND VIDEO POLICY

COM's Marketing and Communications Department takes photographs (still and video) of students throughout the year. These photographs and videos often include students in classrooms, study areas, at events, etc. COM reserves the right to use these photographs and video as a part of its publicity and marketing efforts. Students who enroll at COM do so with the understanding that these photographs and videos might be used in College publications, both printed and electronic, for recruiting and advertising purposes.

TOBACCO-FREE ENVIRONMENT

All College of the Mainland campuses are tobacco-free facilities. In addition, COM has a zero-tolerance policy for alcohol on campus.

DIVERSITY STATEMENT

The College District prohibits discrimination, including harassment, against any individual(s) on the basis of race, color, religion, national origin, age, veteran status, disability, sex, sexual orientation, gender, to include gender identity and gender expression, or any other basis prohibited by law. Retaliation against anyone involved in the complaint process is a violation of College District policy.

STUDENT RECORD PRIVACY POLICY

College of the Mainland complies with the provisions of the Family Educational Rights and Privacy Act (Buckley Amendment of 1974, Public Law 90-247, as amended) and any regulations that may be promulgated therein. The College permits a student to inspect his or her own records and limits disclosure to others if a student has not been granted access by prior written consent. No student record,

demographics, or schedule information will be shared with anyone over the phone or with any third party.

COM ALERT

COM Alert is a way for College of the Mainland to reach you in case of emergencies impacting any of COM's campuses. The COM Alert system uses email, phone, and text messages to notify individuals of emergencies and important news from the College. If you are not already receiving COM Alerts, sign up now by going to www.com.edu/contact-us/emergency-contact.html and following the prompts on the screen.

CAMPUS CARRY

As of August 1, 2017, Texas community colleges are required to comply with Senate Bill 11, commonly known as the "campus carry" bill. Individuals holding a license to carry (LTC), formerly concealed handgun license, will have the legal right to carry a concealed handgun onto community college campuses; however, openly carrying a firearm on a college campus is illegal. Please take note that storing handguns in personal vehicles on campus is allowed. A license holder may carry a concealed handgun on or about their person while on College District property or in any buildings or properties owned, leased, or rented by the College District except in areas that have been deemed gun-free zones under this policy. For further information about gun-free zone locations, Campus Carry policy, and campus safety, please see the following link, <http://www.com.edu/campus-safety-and-security>.

This policy applies to faculty, staff, students, visitors, and individuals and organizations doing business on behalf of the College District or while on the College District premises or properties owned, leased, or rented by College District.

In accordance with the law, this policy shall not apply to commissioned peace officers.

VISITOR VEHICLE REGISTRATION

COM Main Campus and COM Firing Range only. Does not apply to COM City Centre or COM League City.

All vehicles must be registered with COM on each visit. Scan to register your vehicle. Questions, call COM police at 409-933-8403.

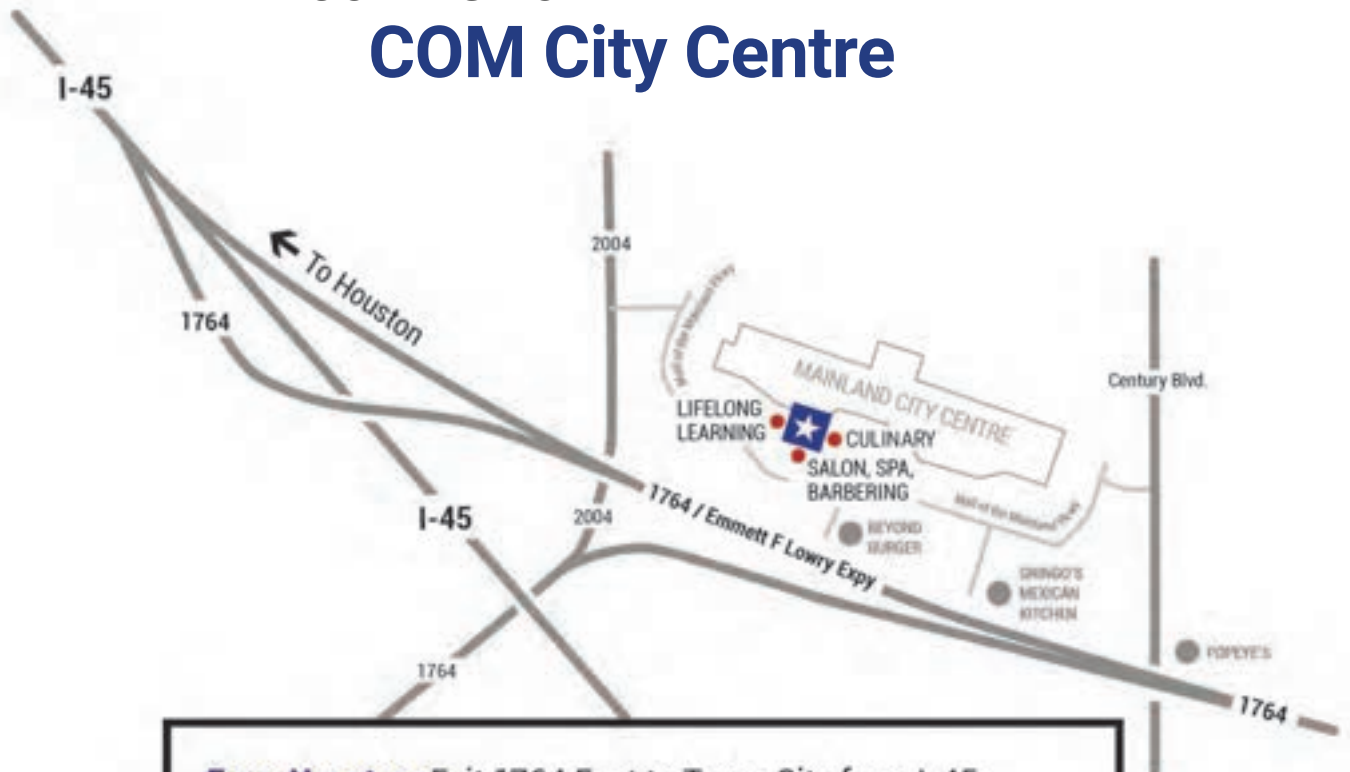


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COLLEGE OF THE MAINLAND **COM City Centre**



From Houston: Exit 1764 East to Texas City from I-45 South. Exit Century Blvd. Make U-turn under bridge. Take feeder to Beyond Burger and turn right towards the mall area. Turn left onto Mall of the Mainland Pkwy.

From Galveston: Exit #15 from I-45N. Turn right on 2004, then right after Quality Inn onto Mall of the Mainland Pkwy.

**Interested in teaching a class
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409-933-8461.



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