

Texas Workforce Commission presents checks to Laredo College

Through its strong partnership with the Texas Workforce Commission (TWC), Laredo College received over \$1.7 million in different grants to further offer educational and job training opportunities for members of the South Texas community. Our institution was the recipient of the following grants: Jobs and Education for Texans (JET) Grant Program – \$234,607; Accelerate Texas IV – Integrated Education & Training Grant – \$347,210; Adult Education and Literacy Service Provider Grant – \$1,091,119; and Skills Development Grant – \$106,508. Our college president, Dr. Ricardo J. Solis, was joined by Laredo Mayor Pete Saenz, college administrators and faculty to accept the checks from TWC Office of the Governor-Economic Development and Tourism Executive Director Aaron S. Demerson.



Laredo College president selected as 2019 Future of Texas Award honoree



Laredo College President Ricardo J. Solis was honored at a press conference with the announcement of his selection as a 2019 Future of Texas Award recipient. State Representative Richard Peña Raymond named Dr. Solis and Joe Palacios, First Vice President of Texas Community Bank, as the two honorees.

The representative said that since the inception of the Future of Texas Award, he has chosen individuals in our community who are not only building a brighter future for Laredo, but also for the state of Texas. He expressed his respect for Dr. Solis and the laudable work he has done in elevating the college to new levels. Raymond also pointed to the fact that in the brief three years he has been at the helm at Laredo College, Dr. Solis has transformed it into an innovative and forward-thinking institution.

Dr. Solis has continued to build both the Ft. McIntosh Campus and the South Campus, and he has partnered with other educational institutions for the betterment of Texas. He continues to seek new programs, which will help bolster the economy and give more people a better chance at success in the workplace, Raymond said.

“Dr. Solis is clearly one of the most effective college presidents in the state of Texas and not only do we benefit in Laredo, because of his talents, but the entire state benefits too,” he added.

Laredo College revamped kinesiology center offers world-class fitness experience

Laredo College is constantly promoting students’ and employees’ overall mental and physical health through our kinesiology and wellness programs. Our most recent effort is the renovation of the fitness center at our Fort McIntosh Campus.

With over 70 pieces of new equipment acquired and a modern look for the facility, our students and staff will enjoy exercising in a facility with cutting-edge equipment. The renovation took approximately 10 weeks of hard work to ensure that all the details were finalized.

The fitness center can accommodate approximately 100 people in the cardio, SYNRGY, spinning and weight training areas. An additional 50 people can fit in the aerobics room.

In addition to the state-of-the-art new gear, the facility was given a new paint job and new flooring on the main weight area as well as the SYNRGY 360 training room. This unit acts as a multi-purpose room that provides for nearly unlimited variations of exercises.

The renovation also allowed for some of the previous equipment to be relocated to the South Campus JCT Fitness Facility and the Maravillo Gym to replace their outdated equipment. With the exception of a few pieces of equipment that had been replaced last year, the vast majority of the equipment had not been replaced in over 15 years.

LC Athletics, Kinesiology and Wellness Chair Armando Perez said that although at this time the facility it’s open only to current LC students and employees, his department is exploring the possibility of opening it up to the community.

“We’re looking to see how this will impact operations at LC while keeping it a clean, safe and properly maintained environment,” he said. Dr. Perez added that the new equipment was top of the line and put LC on par with even the most elite training facilities around the nation.

“LC Kinesiology & Wellness has more than doubled its student enrollment in the past two years and we are very appreciative that administration, Dr. Solis, and the Board of Trustees saw the need to upgrade the facility to ensure a sound learning environment for students as well as to help provide a wellness center for LC employees,” he said.

Hours of operation are Mondays and Wednesdays from 6:15 a.m. to 12 p.m. and 3:30 p.m. to 8 p.m. and on Tuesdays and Thursdays from 6:15 a.m. to 10:30 a.m. and 2:30 p.m. to 8 p.m. The periods closed in between these operational hours are for kinesiology classes and to wipe down equipment for cleanliness purposes.

