

DIG IN!

Look inside now for exciting classes happening this summer.

Classes
start at
\$25

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IT'S A CELEBRATION!



LEARN Jacksonville is now partners with the YMCA. No membership needed! Classes marked with YMCA logo in the course descriptions on pages 3–15 also take place at the location indicated here.

YMCA members receive a 15% discount on all LEARN Jacksonville classes held at participating YMCAs.

See p.15 to register.

Arlington YMCA

10131 Atlantic Blvd., Jacksonville, FL 32225

Hormone Health

June 8, 6 to 8 p.m. (1 session)..... p. 5

How to Improve Your Memory

June 6 – 20, 6 to 8 p.m (3 session) p. 5

Healthy Living in a Toxic World

May 16, 6 to 8 p.m. (1 session)..... p. 5

Spanish - Level I

June 9 – August 18, 6:30 to 8:30 p.m.
No class on July 7 (10 sessions) p. 8

Pre-Level I Digital Photography Workshop and Lab

June 11, 9 a.m. to 1 p.m. (1 session)

Creative Mosaic Workshop

June 15, 6:30 to 8:30 p.m. (1 session)..... p. 4

Discover Your Magic Within

July 11 – 25, 6:30 to 8:30 p.m. (3 sessions) p. 5

Emotions and Health – How They Affect Each Other

July 12, 6 to 8 p.m. (1 session)..... p. 5

Healthy Gut

August 25, 6 to 8 p.m. (1 session)..... p. 6

Flagler Center YMCA -

Off Old St. Augustine Rd.

12735 Gran Bay Pkwy. #201, Jacksonville, FL 32258

Hormone Health

May 19, 6 to 8 p.m. (1 session)..... p. 5

Learn to Kayak

June 9, 6 to 8 p.m. (classroom) and
June 11, 10 a.m. to noon (kayaking day) p. 4

How to Improve Your Memory

June 16 – 30, 6 to 8 p.m. (1 session) p. 5

Emotions and Health – How They Affect Each Other

June 21, 6 to 8 p.m. (1 session)..... p. 5

Healthy Living in a Toxic World

Aug. 11, 6 to 8 p.m..... p. 5

Creative Mosaic Workshop

July 28, 6:30 to 8:30 p.m. (1 session) p. 4

Brooks Family YMCA - Southside

10423 Centurion Pkwy. N., Jacksonville, FL 32256

Introduction to French

May 3 – July 5, 6 to 8 p.m. (10 sessions) p. 8

Hormone Health

May 18, 6 to 8 p.m. (1 session)..... p. 5

Pre-Level I Digital Photography Workshop and Lab

May 21, 9 a.m. to 1 p.m.

Glas Clas™ with Pixieglas™

June 7 – 21, 6:30 to 8:30 p.m. (3 sessions)..... p. 4

Healthy Living in a Toxic World

June 22, 6 to 8 p.m. (1 session) p. 5

Be Your Own Editor

July 16, 9 a.m. to 5 p.m. (1 session)..... p. 14

Creative Mosaic Workshop

Aug. 3, 6:30 to 8:30 p.m. (1 session) p. 4

Emotions and Health - How They Affect Each Other

Aug. 16, 6 to 8 p.m. (1 session)..... p. 5

Williams Family YMCA - Mandarin

10415 San Jose Blvd., Jacksonville, FL 32257

Introduction to Creative Writing

June 18, 9 a.m. to 5 p.m. (1 session)..... p. 13

Healthy Living in a Toxic World

May 24, 6:30 to 8:30 p.m. (1 session)..... p. 5

Emotions and Health – How They Affect Each Other

July 26, 6 to 8 p.m. (1 session)..... p. 5

Yates Family YMCA

221 Riverside Ave, Jacksonville, FL 32202

Emotions and Health – How They Affect Each Other

May 12, 6 to 8 p.m. (1 session)..... p. 5

Attracting Abundance I

May 14, 9 a.m. to 5 p.m. (1 session)..... p. 6

Crash Course in Screenwriting

May 21, 9 a.m. to 5 p.m. (1 session)..... p. 13

Creative Mosaic Workshop

June 14, 6:30 to 8:30 p.m. (1 session)..... p. 4

Healthy Living in a Toxic World

June 15, 6 to 8 p.m. (1 session)..... p. 5

How to Improve Your Memory

June 22 – July 6, 6 to 8 p.m..... p. 5

Watercolor, Level I

July 12 – August 16, 6:30 to 8:30 p.m. (6 sessions)

Hormone Health

July 20, 6 to 8 p.m. (1 session)..... p. 5

Pre-Level I Digital Photography Workshop and Lab

July 23, 9 a.m. to 1 p.m (1 session)

ARTS, CRAFTS and HOBBIES



Painting with Oils (\$149)

Keith Doles

6:30 to 9 p.m.
Thursdays
May 5 – June 9

■ Discover how to use oils in painting landscapes and still life. Learn to use under-painting to develop your work, as well as composition, color and light. Designed for the beginner or any painter who wants to learn a new medium; all are welcome. We will be using oil-based paints, NOT water-soluble oils.

Required: A supply list for this course is available online.

Painting with Acrylics – Level I (\$129)

Keith Doles

6:30 to 8:30 p.m.
Thursdays
June 23 – July 28

■ Learn fundamental studio acrylic painting techniques that you can use whether you are a traditional or a contemporary artist. Lessons will include painting demonstrations, discussions and exercises for understanding the elements of design including space, line, shape, texture and value. Create a starter portfolio and receive feedback from your instructor.

Required: A supply list for this course is available online.

Pastel Portraiture Techniques (\$129)

Kevin Arthur

6:30 to 8:30 p.m.
Wednesdays
July 13 – Aug. 17

■ This course will focus on all types of pastels and the different materials and techniques an artist uses to render a believable portrait. We will learn to draw the human head and features of the face. We will study a variety of tools artists use to measure facial proportions so that you

can obtain a resemblance. This will include observational drawing where you will compare shapes, forms and values to help capture a likeness and expression. You may work from a photo, a photo reference supplied by the instructor or a self-portrait. The instructor will demonstrate and provide one-on-one instruction. The goal of the class is to give you all the tools and guidance needed to create a successful portrait.

Required: A supply list for this course is available online.

Sew-sational!

Introduction to Sewing (\$119)

Gain the confidence and skills you need to become an accomplished seamstress. You will learn the basics of sewing, how to thread, how to use and maintain your machine and how to read and use a pattern. Projects will include a zippered cosmetic bag, a standard pillowcase and an apron from a purchased pattern. No experience needed.

Required: Sewing machine with bobbins, dressmaker shears, seam ripper, thread, tape measure, dressmaker pencil or chalk, machine and hand sewing needles, straight pins, notepad and pen. Pillowcase supplies: 3/4 yard 100% cotton, 45" wide favorite fabric, 1/4 yard 100% cotton, 45" wide complimentary fabric, all-purpose thread to match.

Additional project supplies will include purchased pattern, fabric and notions. The remaining supply list will be available on the first night.

Julie Mainor

6:30 to 8:30 p.m.
Tuesdays, May 3 – 31

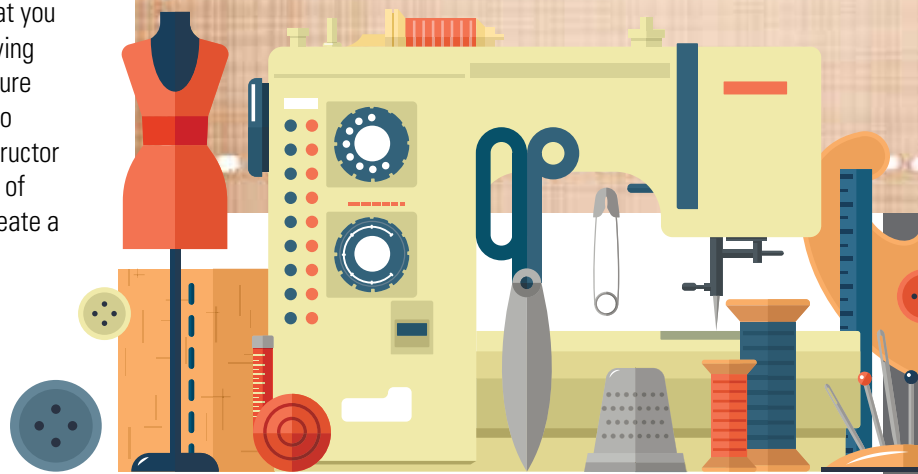
Intermediate Sewing (\$119)

Discover the secrets to fitting patterns to your measurements, plus learn best practices for repairing and altering existing clothing. Projects include elastic waist pants with pockets from a purchased pattern and a shirt or blouse with set in sleeves, collar and buttons. Basic sewing skills required.

Required: Sewing machine with bobbins, dressmaker shears, seam ripper, thread, tape measure, dressmaker pencil or chalk, machine and hand sewing needles, straight pins, notepad and pen. Additional project supplies will include purchased pattern, fabric and notions. The remaining supply list will be available on the first night.

Julie Mainor

6:30 to 8:30 p.m.
Tuesdays, June 14 – July 12






Creative Mosaic Workshop (\$25)

Laure Norton

6:30 to 8:30 p.m.
Thursday, May 19 **OR**
Monday, June 27 **OR**
Wednesday, Aug. 10

 see page 2 for additional days and locations.

■ Explore the fun and creative possibilities of mosaics. Projects you can choose from include sea turtle, sea horse, mirror, butterfly and more. You will learn the basics of mosaics using the direct method. Supplies such as glass tile, adhesive and grout will be provided and the use of tools, such as tile nippers, will be shown. A grouting demonstration will be provided and each student will get a grouting kit to take home. At the end of the evening, you will have created

your own mosaic art. No prior mosaic or art experience is necessary.

Required: Additional materials fee of \$25 to be paid to the instructor.

Let's Make a T-Shirt Quilt! (\$129)

Julie Mainor

6:30 to 8:30 p.m.
Tuesdays
July 19 – Aug. 23

■ You've hung on to them for years – those beloved tees from your favorite concerts, events, vacations and school days. Gather all your old favorites and create a beautiful memory quilt using 12-16 of your T-shirts! Learn the use of a rotary cutter, fabric stabilizers and basic quilting skills. No experience required.

Required: Sewing machine with bobbins, dressmaker shears, seam ripper, thread, tape measure, dressmaker pencil or chalk, machine and hand sewing needles, straight pins, notepad and pen. The instructor will provide rotary cutter, mat and ruler to use in class. A supply list, including fabric and notions, will be distributed on the first night of class.

Mixed Media Studio (\$79)

Keith Doles

9 a.m. to 3 p.m.
Saturday
June 25


■ Learn how to develop your own abstract still life painting from start to finish in a studio environment. The elements of design will be covered as you use acrylic paint, paper and other materials. Workshop will include lecture, step-by-step instruction and feedback from the instructor.

Required: A supply list for this course is available online.

Glas Clas™ with Pixieglas™ (\$79)

Pixie Larizza

6:30 to 8:30 p.m.
Wednesday
May 11– 25

 see page 2 additional days and locations.

■ Ignite your creativity in this enjoyable and relaxing Glas Clas™. Jump-start your imagination and creativity by using a rainbow of colors and a variety of brushes to create fun, whimsical and FUNctional pieces of painted glass. Anyone can enjoy the process. No experience needed. Painting can improve your concentration, mental clarity and bring some FUN into your life. Paint gifts for loved ones or yourself!

Required: Additional materials fee of \$20 must be paid to the instructor on the first night of class.

HEALTH and WELLNESS

What is Your B.I.O.? Discovering Your Beauty Inside Out (\$79)

LaRonda Howard

6:30 to 8:30 p.m.
Thursdays
May 12 – 26


■ This workshop series will help you discover your authentic self and how to love your beauty inside out (B.I.O.). In today's society, there is more pressure than ever to focus on the external beauty of a person. However, a person's B.I.O. is the most single important variable that

determines our success and happiness. It is a person's authentic beauty which allows them to have high self-esteem and personal power and, in return, can increase their academic and professional success. This workshop series will include self-assessment tools, practical life coaching techniques and helpful tips for individuals to build their B.I.O. level.

Learn to Kayak (\$49)

Michael Metzler

June 6, 11
6 to 8 p.m., Monday
and 10 a.m. to
noon Saturday **OR**
July 6, 9
6 to 8 p.m.
Wednesday
and 10 a.m. to noon
Saturday

 see page 2 for additional days and locations.

■ Discover the basics of kayaking, both in class and on the water. Learn the different types of kayaking, equipment, safety and the rules and regulations. Everyone will learn how to paddle a kayak properly and have an opportunity to learn and practice proper maneuvering techniques. The last class takes place at All Wet Sports, 8550 Beach Blvd. and includes 90 minutes of paddling on the water.


Note: Minimum age of 10 accompanied by an adult.

Required: Additional materials fee of \$21 to be paid to the instructor at the last session.

Healthy Living in a Toxic World (\$39)

Curt Coenen

6 to 8 p.m.
Tuesday, June 28

 see page 2
additional days and
locations.

■ We spend time spring cleaning our homes, but most often neglect caring for our bodies! Toxins build up from the air, processed and chemically treated food, personal care items and cleaning products. We will examine how to make better choices to help remove toxins from your body and home. Explore alternative choices in order to live a healthier lifestyle.

Practical Self-Defense and Awareness (\$99)

Tim Robinson

6:30 to 8:30 p.m.
Mondays
July 11 – Aug. 1


techniques and strategies for personal safety and awareness. This system includes powerful street self-defense, unarmed weapons defense, defense from the ground and affective use of your environment and defense tools found in everyday life. Learn to protect yourself and your loved ones.

■ The ability to defend yourself, develop strength and build confidence does not require years of training. Tim Robinson, a lifetime practitioner with black-belt certifications in five different martial arts, will teach you a system of practical, proven self-defense

Hormone Health (\$39)

Curt Coenen

6 to 8 p.m.
Thursday
Aug. 4

 see page 2
for additional days
and locations.

■ We will look at the stages of women's and men's hormonal phases in life and the influence hormones have on our bodies. We will also explore the impact the environment has on our bodies and how it affects our immunities and our overall health. You will learn how to identify hormone inhibitors and natural ways of correcting them.

Four Pillars of Parenthood (\$79)

Robert Groleau

6 to 8 p.m.
Thursday
June 2 – 16

environment that nurtures a respectful and unconditional acceptance for each child. They will be taught how to apply "1-2-3 Magic," a popular method of behavior management. Learn skills to deal with disagreeable and difficult behaviors that can divide families.


Recommended: "1-2-3 Magic" by Thomas W. Phelan, Ph.D. The book is suggested, but not required.

■ Learn the foundations needed for positive adult/child relationships and strategies for managing difficult behaviors of children ages 2 – 12. Parents/Caregivers will learn how to create a home

Discover Your Magic Within (\$79)

Pixie Larizza

6:30 to 8:30 p.m.
Wednesdays
July 13 – 27


 see page 2
for additional days
and locations.

■ Discover the power of your body, mind and spirit connection. This course will give you tools to focus on the positive and transform the negative aspects of daily living into your own personal power system. Learn visualization and mini meditation techniques to slow down your body and mind while enhancing your spirit within. Gain knowledge of the Chakra system (Eastern philosophy of energy centers within our bodies) and how to promote well-being from within.

How to Improve Your Memory (\$79)

Dr. Frederick Lee

6 to 8 p.m.
Thursdays
June 2 – 16 **OR**
Saturdays
10 a.m. to 1 p.m.
July 9 – 16


 see page 2
additional days and
locations.

■ Learn how to better use your brain and make your memory work for you. Using techniques such as creating pictures in your mind and implementing your senses, you will be amazed at how you can improve your everyday memory. We will begin with a short test, and by the end of the course, you'll see the lasting benefits of memory improvement. Previous classes have boasted students achieving an 80- to 90-percent success rate in remembering facts and names. Due to the specialized nature of this course, the class is limited to 12 students.

Emotions and Health – How They Affect Each Other (\$39)

Curt Coenen

6 to 8 p.m.
Monday
July 18

 see page 2
for additional days
and locations.


■ Our health is closely tied to our emotions and the memories we hold onto consciously and unconsciously. The olfactory gland is very influential on our memories and overall health. Smelling something can trigger a memory, which can have a physical impact on our bodies based on that memory. In our lives, these emotions can propel or hold us back. We will discuss how essential oils can aid in the release of negative emotions or memories that may be held in the body.

 **LEARN Jacksonville** To register,
See p. 15 for details.

Attracting Abundance I (\$99)

Sharon Y. Cobb

9 a.m. to 5 p.m.
Saturday
July 30

 see page 2 for additional days and locations.

■ In this one-day workshop, learn how to attract abundance into your life by opening your mind to receiving wealth, love and all possibilities. You can use the law of attraction to manifest what you would like to attract into your world. Get techniques to focus on what you want in your life and get rid of worries that are counterproductive and sabotaging your power to attract the positive.

Learn a life imagery technique similar to visualization exercises used by Olympic athletes before competitions. Start a gratitude journal. Participate in a short meditation that could change your life when practiced often. Get affirmations and resources to enhance your ability to attract abundance on a daily basis.

Tai Chi for the Mind, Body and Soul (\$129)

Alison Cacella

6:30 to 8:30 p.m.
Tuesdays
July 19 – Aug. 23

■ Tai Chi is an ancient Chinese exercise practice recognized for benefiting overall health and the most prominent Chinese martial art emphasizing internal strength. Within the practice, focus on fluid, gentle, graceful and circular relaxed movements. Slow the body and mind, deepen the breath. Relax, focus and visualize.

Allow Chi, or energy, inside the body to flow. Breathe Easy practices the Sun-Style to allow all participants with injuries, ailments or arthritis to safely and effectively learn Tai Chi.

Healthy Posture Yoga (\$89)

Elinor Grabar

6:30 to 8 p.m.
Wednesdays
June 1 – 29

■ Basic stretching and strengthening exercises help relieve pain, improve your posture and encourage your body's healthy range of motion. You will be guided safely and mindfully through a series of postures to release tightness and improve mobility in your spine, neck, shoulders, hips, arms and legs. This therapeutic practice includes breathing and relaxation techniques to help release deep tension, strengthen core support and bring overall balance and ease. All levels welcome.

Note: Please bring a mat and towel support for your head.



Feng Shui for Your Personal Enrichment (\$109)

Maria Mark

6:30 to 8 p.m.
Thursdays
July 14 – Aug. 18

■ Do you feel stuck in life? Could your happiness barometer be higher? Could your relationships with family, friends and co-workers improve? Do you want to increase your prosperity? If you answered "yes" to one or more of these questions, then this is the workshop for you! In six weeks, you will unlock the secrets of Feng Shui, an ancient Chinese art and science

that will give you the tools and knowledge to enhance whatever areas in your life are lacking. This is an interactive workshop, so class participation will be highly encouraged.

Healthy Nutrition Without the Hype! (\$129)

Katherine Vogel

6 to 8 p.m.
Tuesdays
July 12 – Aug. 16


■ Are you getting the right nutrients for your health? What does it really mean to be healthy? Today's environment has us balancing a lot of expectations! It's important to have the right tools to meet life's demands, so you can be the best you can be. This course is designed to get back to the basics and sort out hype from what

works best for you. Topics discussed include mindful eating, shopping healthy on a budget, healthy meals under 20 minutes and how best to order when eating out.

Healthy Gut! (\$39)

Katherine Vogel

6 to 8 p.m.
Wednesday
July 6

 see page 2 for additional days and locations.

■ Research has revealed that gut health is critical to overall health. This presentation will provide you a unique perspective on the digestive system. All of the contributing organs that enable our bodies to absorb, utilize, store and remove energy will be identified. We will examine the impact of making healthier choices to keep our digestive system working to its optimum.

HOME and GARDEN



Natural Wonders of Northeast Florida

NEW!

(\$109)

Justin Hites

6:30 to 8:30 p.m.
Wednesdays
May 11 – 25
Saturdays
May 14 – 21

■ Have you ever wondered what sorts of creatures live in the marsh down the street, or who is making all of those peculiar, singing sounds in the nighttime trees and bushes? Are you curious about how the local landscapes were formed and why certain trees and plants grow here, but not there? If you want an introduction to the diverse habitats and landscapes of Northeast Florida, then this is the course for you. Your instructor will

guide you on a concise survey of the plants and animals of the Florida flatwoods, tidal marshes, cypress forests and coastal marshes that you see every day. You will spend three sessions in an interactive, enjoyable classroom format. There will be two Saturday field trips. The first on May 14 will be held at the UNF Sawmill Slough. The second outing, on May 21, is a half-day field trip to Guana Tolomato Matanzas National Estuarine Research Reserve.

Required: "Sandhills, Swamps & Sea Islands: Environmental Guidebook to Northeast Florida," ISBN: 978-0-615-37764-3, \$24.99, available online through the UNF Environmental Center.

Let's Decorate Together (\$119)

Ann Gobler

6:30 to 8:30 p.m.
Wednesdays
June 1 – 29

■ Explore the basics of decorating through practical application. Learn how to put a space together and find your style. Join Ann Gobler, an interior decorator and interior redesigner certified by three national interior redesign organizations, as she discusses trade techniques as you make the room-by-room journey through the house.

Color in the Jacksonville Garden (\$79)

Matthew Barlow

6 to 8 p.m.
Tuesdays
June 7 – 21

■ Colorful flowers and foliage can add tremendous appeal to your garden. Forget the tulips and lilacs listed in catalogs. Learn about the best annuals, perennials and shrubs that thrive in our local landscapes. Discover where to find interesting and unusual colorful plants. With a little effort, you can have color in your garden throughout the year.

Gardening in Northeast Florida (\$79)

Matthew Barlow

6 to 8 p.m.
Tuesdays
May 10 – 24

■ This course will be useful to both new and experienced gardeners who face the challenge of dealing with Northeast Florida's climate and soils. Learn the basics of horticulture as it relates to our region. Learn which plants are appropriate and how to start new plants by using seed cuttings and other means. Themes include how to minimize maintenance, be environmentally responsible and where to find plants and seeds.

Home Staging and Home Styling (\$39)

Becky Harmon

6:30 to 8:30 p.m.
Monday
July 11

■ Explore the important but often overlooked areas that require attention to sell your home quickly and for more money. If you are not selling, discover many ways to update your home without spending a fortune. Learn great DIY tips and tricks. This course includes before and after examples on decluttering, paint color, furniture placement, curb appeal, remodeling kitchens, baths and more.

Organic Vegetable Gardening (\$79)

Matthew Barlow

6 to 8 p.m.
Tuesdays
Aug. 9 – 23

■ Grow delicious, nutrient-rich organic herbs and vegetables in your own backyard. Discover how to build, layer and create healthy soil without chemical fertilizers or pesticides. Step-by-step techniques for planting and harvesting take the guesswork out of getting the most from your garden. Month-by-month

planning calendars keep your vegetables producing year round. Whether you are new to gardening or a seasoned gardener, expand your horticultural knowledge in organic fertilization and pest management. Pick up tricks and tips for creating a robust garden that thrives rather than just survives.




LANGUAGES



Introduction to French NEW! (\$209)

Mary Johnson

6 to 8 p.m.
Thursdays
May 5 – July 7

 see page 2 for additional days and locations.


■ This introductory course is intended for students with no previous experience in listening to, speaking or studying French. It is designed to help students develop basic communication skills in French by engaging them in a variety of interactive tasks such as oral and written exercises, readings, language games and easy conversations.

Required: "Berlitz: French in 30 Days," ISBN: 978-178-004-427-9

Spanish – Level I (\$209)

Dan Holloway

6:30 to 8:30 p.m.
Wednesdays
June 8 – Aug. 17
No class on July 6

 see page 2 for additional days and locations.

■ In this highly interactive 10-week course, you will be given the opportunity to grasp and begin speaking and understanding this vitally important language. You will interact with others and quickly develop good communication skills. There will be numerous speaking and listening exercises, enhanced by audio CDs and videos which will enable you to learn in a comfortable, yet challenging manner. All written materials are provided. Your participation can lead to great success in your acquisition of Spanish.

Introduction to American Sign Language – Level I (\$129)

Jon Antal

6 to 8 p.m.
Wednesdays
May 11 – June 15

■ American Sign Language has grown enormously in popularity and is now accepted in Florida as a foreign language in high schools and university settings. It is an incredibly beautiful and moving language. This six-week course will survey the basics of sign language and afford students the chance to practice it in a relaxed and comfortable environment. You

will learn about the uniqueness of people who are deaf and hard-of-hearing, some of their challenges, as well as myths and realities that deaf people face. Course goals include learning five characteristics of ASL signs, the basics of how signs are made and beginning finger spelling. You will develop a basic vocabulary of signs, based on the student's individual needs.



Introduction to Chinese Language and Culture NEW! (\$199)

Dr. Mei xiang Chang

6 to 8 p.m.
Tuesdays
May 10 – July 12

■ Discover the Chinese language and culture taught by a visiting instructor from the School of International Studies, Shaanxi Normal University, China. This interactive 10-week course will help you learn basic Chinese language skills and understand key concepts of Chinese culture through role-playing, storytelling and a situational real-life learning

environment. Textbook: "Experiencing Chinese" (included in the tuition) contains 50 daily life conversational topics. This rare opportunity to gain an insider's view of Chinese culture is made possible through the Confucius Institute at the University of North Florida, a joint collaboration between UNF and Shaanxi Normal University.

Business Communications in China NEW! (\$199)

Professor Zhihua Tian

6 to 8 p.m.
Thursdays
May 12 – July 14

■ This course will improve learners' Chinese business communication abilities. To do business in China requires not only language skills, but also knowledge of Chinese business culture and economic information. For this purpose, the classes will feature a series of business conversations portraying a businessman's business trip to China. Role playing, pictures and more activities will be used

to encourage students to speak using the target language. This rare opportunity to gain an insider's view of Chinese culture is made possible through the Confucius Institute at the University of North Florida, a joint collaboration between UNF and Shaanxi Normal University, China.

MONEY MATTERS

The Retirement Continuum (\$79)

Jon Castle
MSFS, CFP®

Michelle Ash
CFP®, CASL®

Kris d'Esterhazy
CFP®

9 a.m. to noon
Saturdays
May 14 – 21 **OR**
6:30 to 9:30 p.m.
Tuesdays
May 17 – 24

■ Most people want to retire ONCE, so it makes sense to get it right the first time! This fun, but comprehensive, course addresses the ongoing process that includes proper preparation for living in retirement successfully. The instructors address both the financial issues affecting retirement and the life planning challenges which will ultimately determine one's quality of life. Modules include: pension maximization and health insurance decisions, tax savings strategies, maximizing your Social Security, projecting retirement expenses and income sources, and affective income planning.

Note: A detailed workbook, a thumb drive filled with guides, calculators and articles, an optional personal consultation and attendance for a guest is included with enrollment. Call (904) 620-4200 or e-mail unfce@unf.edu with your guest's name.

Money Management 101 (\$129)

April Murdaugh

6:30 to 8:30 p.m.
Mondays
July 25 – Aug. 29

■ This six-week basic personal finance course will provide you with an in-depth look at how to manage your finances. Topics include: developing and living on a budget, creating a savings plan, creating a debt-elimination plan, restoring credit, opening and maintaining a bank account, debit vs. credit, automobile financing and home ownership.

Developing and Living on a Budget (\$39)

April Murdaugh

6:30 to 8:30 p.m.
Wednesday
July 20

■ This workshop will provide you with the information needed to develop a realistic and practical budget. Creative budget strategies will be discussed. Bring your laptop and leave with a spending plan.

Ten Principles of Money Management

NEW!

(\$79)

Luke Burge

6:30 to 8:30 p.m.
Tuesdays
June 7 – 21

■ This personal financial literacy program is aimed at helping individuals and couples eliminate debt, reduce tax liability and create a predictable retirement. You will learn how to manage every aspect of your finances, from how you spend to how you save, thus allowing you to have control

of every part of your financial life. The average American pays approximately 34-percent of every dollar earned towards interest, such as your mortgage, credit cards, student loans and car payments. You will learn how to reduce the amount of interest and taxes you pay and save for retirement.

The Professor's One-Minute Guide to Stock Management (\$149)

Hank Swiencinski

6:30 to 8:30 p.m.
Wednesdays
May 11 – 25

■ Learn about trading and managing your portfolio. Discover how to identify stocks that go up and how to avoid those that go down. Learn to do this yourself, without the aid of a broker. This is not your typical financial planning course. Take control. Manage your investments.

Note: Some basic knowledge of the stock market is recommended. Students attending the course will receive a copy of "The Professor's One-Minute Guide to Stock Management."



PHOTOGRAPHY

Pre-Level I Photography: DSLR Camera Boot Camp (\$39)

John Reed

6 to 8:30 p.m.
Monday
May 2

■ This one-night class is designed to explain the controls on your DSLR camera. You will learn what all the buttons, dials and switches are used for and how to change the settings on your camera so that all future courses are easier to understand and participate in. How the settings impact your photos will be covered in Levels I, II and III. This class is not a prerequisite for later levels but is strongly recommended unless you

are already familiar with your camera controls. If you've just gotten your digital camera or have one that is confusing, this class is for you.

Required: Please bring your camera and manual to class.

Level I Photography – Digital Photo Basics and Photography Fundamentals (\$89)

John Reed

6 to 8:30 p.m.
Mondays
May 16 – June 6
No class on May 30

■ This is a beginner's course in digital photography that includes but is not limited to the following topics:

The basics: Exposure triangle, aperture and depth of field, shutter speed and motion, ISO and noise and exposure compensation.

The rest: Various shooting modes, how they work, when to use them, how the camera sets the exposure and compensating when it gets it wrong and using the histogram to ensure good exposures.

Note: You should be familiar with your camera controls, either from your own experiences or by taking the Pre-Level I class. This course is geared toward interchangeable lens DSLR cameras. Those with other cameras can certainly benefit from understanding the concepts taught but may not be able to apply all the lessons simply because the camera may lack the necessary controls.

Required: Please bring your camera and manual to class.

Level II Photography: Taking Control, More Help in Refining Your Photos (\$89)

John Reed

6 to 8:30 p.m.
Mondays
June 20 – July 11
No class on July 4

■ This course builds on the concepts taught in Level I while continuing to add new information. Topics include:
Lighting: recognizing the type of light present and using it properly, learning the qualities, traits and types of light, all about white balance for color control.
Other: key concept for exposure of neutral and learning to recognize it in a scene, how the camera metering modes work and

when to use each one, getting sharp images, controlling where you focus and the graduate course on depth of field for dramatic photos. The course finishes with an introduction to flash and a wrapup with some image analysis.

Note: You should be familiar with your camera controls from either your own experiences or by having taken the Level I course. You do not need to fully understand all camera settings, dials and buttons, but it is beneficial to know the basics.

Required: Please bring your camera and manual to class.

Level III Photography – In-Depth Topics and Application Learned (\$89)

John Reed

6 to 8:30 p.m.
Mondays
July 25 – Aug. 8

■ We'll go deeper into previous topics and also cover new ground.

Manual Mode: for the most control possible. Flash: both built-in on camera and external flash guns.

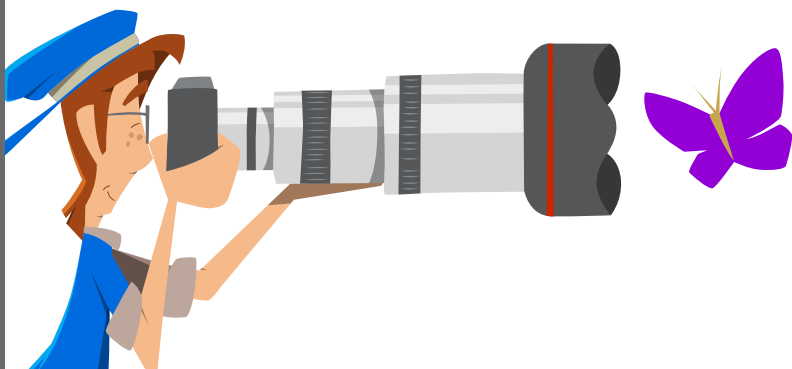
Lenses: everything you need to know about lenses including characteristics, cost and which lenses are best for you.

Other: dust and sensor cleaning, introduction to HDR photography.

We conclude with the class participating in analyzing photos provided on screen and commenting on settings used, examples of what went right or wrong, as the instructor provides answers as needed.

Note: You should be familiar and comfortable with your camera and the use of the controls. That is, you should know the purpose of the important buttons, dials and switches, ideally without having to refer to your manual. All lessons include large numbers of actual photographs to discuss and evaluate relative to the lessons taught.

Required: There will be some in-class exercises, so please bring your camera and manual to class.



LEARN To register,
Jacksonville See p. 15 for details.

Level IV Photography: DSLR Final Steps and Fine Points (\$59)

John Reed

6 to 8:30 p.m.
Thursdays
Aug. 11 – 18

■ This course will complete the series for DSLR photography. The course covers a selection of topics not included in the first three levels. You should be completely comfortable using your camera and be ready to learn additional techniques to help you grow. Topics include composition and seeing, understanding perspective,

exposure to the right ETTR, back button focusing, image bit depth and why it matters, using color spaces and profiles and more.

Digital Photography: Basic Lightroom and the RAW File (\$69)

John Reed

8:30 a.m. to 2 p.m.
Saturday
July 16

■ Explore the basics of Adobe Lightroom 6/CC in this one-day workshop. Investigate the library module, including importing catalogs and organization. Discover the develop module for editing your digital images. Learn the basic adjustments possible with this powerful, non-destructive editing software, applicable to

both RAW and jpg files. Since Lightroom is based on the Adobe RAW Converter, we'll also touch on it as supplied with Photoshop CS6 and Photoshop Elements.

Note: A 30-minute lunch is built into the lesson plan. Laptops are welcome, but not required. You should be familiar with computers, files, file organization and common program conventions such as using menus.

Photo Safari at the Jacksonville Zoo and Gardens (\$59)

John Reed

8 a.m. to noon
Saturday
June 4

■ This is a four-hour, hands-on, in-the-field workshop applying the lessons provided in the classroom. Concentrate on a few specific areas to reinforce the techniques needed to shoot through fences, glass and other obstructions to shoot photos that look like they were taken in the wild outdoors. Learn to use whatever camera/lens combination you have for maximum enjoyment and efficiency.

Note: Tips and help will be provided throughout this exciting workshop rather than formal sit-down lessons. When the workshop is over, continue on your own for the rest of the day practicing what you have learned. As a bonus, receive early admission, as the class has access from 8 to 9 a.m., prior to the public. The price of admission is included in the course fee.

Introduction to Digital Editing Using Photoshop (\$119)

John Reed

6 to 8:30 p.m.
Thursdays
June 16 – July 7

■ This is an introductory course on using Photoshop and similar products to edit your digital photos on your computer. It will cover the basic fundamentals of editing your digital images to correct brightness, color and sharpness using a layers-based approach. The difference between RAW and jpg image files will be covered, including converting RAW files. Other techniques covered include:

combining images or parts of images, cloning, basic portrait retouching and more. Photoshop CC2016 will be used for all demonstrations. The majority of the techniques taught will also work in later versions of Photoshop Elements (version 12 or later) as well as some other programs. Lightroom and Aperture are not suitable for this approach.

Note: All levels of experience are welcome, but it is important to have a basic working knowledge of computers, files, file organization and common program conventions to gain the most benefit. This is not a hands-on computer lab but a live demonstration presentation as the instructor illustrates the techniques. Selected images used in class will be provided on flash drives should you wish to follow along. Laptops are welcome, but not required.

Required: Photoshop CS6 (or later) or Photoshop Elements (12 or later). If using another layers-based software such as onOne or Corel, the techniques will be similar but assistance in these programs will not be available should you have software specific questions.

Mastering Zoo Photography (\$39)

John Reed

6 to 8:30 p.m.
Thursday
June 2

■ Through instruction and examples, you can take wonderful photos at the zoo without looking like you're at a zoo! Discover catch shots you can make while you're there, as well as more serious work you can do alone. Understand depth of field: how using it makes fences and glass disappear. Create images to be proud of no matter what your photo kit: long lenses, short lenses and everything in between.

Shooting subjects will include: large and small mammals, reptiles, birds, flowers and even indoor photography. Learn composition and the best camera settings to use for all situations.

Recommended: A DSLR camera or very advanced point-and-shoot camera is recommended. Those with more basic cameras should be aware of limitations in the lessons.

Required: Basic understanding of photographic concepts of exposure, exposure compensation and metering.

Note: While there are no planned hands-on exercises in class, please bring your camera and its manual to class.



TECHNOLOGY



Pinterest and Facebook Boot Camp (\$49)

Pam Ramsey

9 a.m. to noon
Saturday
June 11

■ Join us for this three-hour boot camp about Facebook and Pinterest, two of the most popular social networks for friends and family. Learn the basics and best practices for these two platforms. Learn how to set your security settings, post and pin like a pro, manage friends and followers and share with everyone

or just a few friends. The workshop only discusses personal pages and does not include Facebook marketing. This is a hands-on class, so come prepared to be social!

Note: Please create a Pinterest and a Facebook account before class.

Introduction to MS Word 2010 (\$129)

Michael Metzler

6 to 8 p.m.
Thursdays
July 14 – Aug. 18

■ If you are new to Microsoft Word 2010 or just looking to improve your knowledge, this course teaches basic skills and formatting techniques. Explore document basics, editing, formatting, tool bars, menus, columns and tables and shortcuts. Previous experience is not required.

Note: Please bring a USB drive with you to class.

iMac, iPad and iPhone Fundamentals (\$39)

Daren Dillinger

6:30 to 9 p.m.
Monday, May 23 **OR**
Wednesday, July 27

■ Whether you are a new owner of an Apple product or a long-time user, you will learn how to operate and use your iPhone, iPad or iMac from an Apple-certified consultant. Acquire the best set up methods, ensuring your device is on a good foundation. Tips on troubleshooting provide the information you need to fix the most common problems. Parental controls, iCloud 101 for back-ups and how to find lost Apple devices will also be discussed. You may bring your device to class with you.

iMac, iPad and iPhone Advanced Training (\$39)

Daren Dillinger

6:30 to 9 p.m.
Monday, June 13 **OR**
Wednesday, Aug. 17

■ If you have completed the fundamentals class or have Apple experience, join us for this advanced training from an Apple-certified consultant. Curriculum includes Wi-Fi and wired networking, printing from your iPad and iPhone and best practices for Apple TV and Time Capsule installation set up. In addition, learn how widely used Microsoft products, such as Windows and Office, can operate on your Apple product. You may bring your device to class with you.

What You Need to Know about Excel 2010 (\$119)

Joseph Adir

6:30 to 8:30 p.m.
Wednesdays
May 11 – June 8

■ Develop the skills necessary to produce workbooks from creation to editing, with formatting in between. We'll work with cells, columns, rows and sheets, apply simple formulas, use functions and hyperlinks, build charts and diagrams and add comments and pictures. A basic working knowledge of the computer is recommended.

Required: Please bring a USB drive to class.

Blogging for Business and Pleasure (\$99)

Sharon Y. Cobb

9 a.m. to 5 p.m.
Saturday
May 7

■ Do you have a passion that you are eager to broadcast to the world? Do you have a business that would benefit from Internet marketing? A blog is a free, easy do-it-yourself website where you may write about anything you please. Learn all the blogging basics: choosing subjects, locating the best website host, finding readers and adding an Amazon

store to sell cool stuff. Incorporate YouTube videos and other sites, using the best keywords to attract readers and maintaining a vibrant schedule of posts. Your blogging possibilities are endless.

Note: Laptops are not required. You will not build blogs during the workshop due to time constraints, but a detailed workbook will guide you in creating your own blogs after the workshop.



LEARN To register,
Jacksonville See p. 15 for details.

WRITING




Creative Writing – An Introduction

John Boles

6:30 to 8:30 p.m.
Mondays (\$119)
May 2 – June 6
No class on May 30

OR

9 a.m. to 5 p.m.
Saturday
July 23 (\$99)

 see page 2
for additional days
and locations.

■ This course will be a combination of lecture and writing assignments for beginning to intermediate writers. We will address problem areas many writers encounter, such as point of view, voice, characterization, conflict and exposition vs. dialogue. Whether you are interested in fiction or nonfiction, you can become a better writer. Your instructor, an award-winning author, as well as your classmates, will provide invaluable feedback on your work.

Creative Writing Lab (\$119)

John Boles

6:30 to 8:30 p.m.
Wednesdays
June 8 – July 6

■ This course is intended to provide new writers with the opportunity to put into practice some of the principles they learned in the Creative Writing - An Introduction course. Through a combination of lectures, worksheets and in-class exercises, students will learn to fine-tune their mastery of elements vital to the craft of writing professionally. Areas

of concentration will include developing an effective outline, point-of-view and voice, building conflict, using proper sentence, paragraph and story structure, grammar and punctuation and improving editing skills. Use this lab to get a jump-start on your dreams of becoming a better author.

Creating Three-Dimensional Characters in Fiction (\$119)

John Boles

6:30 to 8:30 p.m.
Wednesdays
May 4 – June 1


■ Do your characters pop off the page and truly engage your readers? The ability to create believable and compelling characters is often one of the most difficult tasks writers must master. Using valuable handouts, worksheets and both in-class and homework assignments, writers will learn techniques to use in developing dynamic, 3-D characters.

We will build characters from the ground up and discuss ways to give them distinctive voices and unique personalities. Why settle for drab when you can make characters dramatic?

Crash Course in Screenwriting (\$99)

Sharon Y. Cobb

9 a.m. to 5 p.m.
Saturday
June 4

 see page 2
for additional days
and locations.

■ Join this action-packed day for beginning screenwriters. Explore the three-act structure, basics of creating movie characters, film stories and plot construction. Learn about loglines, synopses and beat sheets. Your instructor is a professional screenwriter who has sold pitches and scripts to studios and had films produced.

Recommended: We suggest watching the movie “Alice In Wonderland” (2010), directed by Tim Burton and starring Johnny Depp, before the workshop. The film will be used as a teaching example.

Intermediate Course in Screenwriting (\$99)

Sharon Y. Cobb

9 a.m. to 5 p.m.
Saturday
July 23

■ Do you already know the basics of screenwriting but need more? This one-day workshop is for you. We'll explore six areas of the screenwriting craft essential to writing successful scripts:

- Alternative storytelling in screenplays and working outside of the common three-act structure
- Creating real characters through a powerful class writing exercise
- Getting emotion on the page so readers will care about your characters
- Writing authentic dialogue
- Creating conflict and raising the stakes to increase dramatic tension in your stories
- Developing compelling scenes that move the story forward and build characters

Note: This workshop is recommended for students who have either completed the Crash Course in Screenwriting Workshop or completed at least one screenplay. We suggest watching the movie “Crash” (2004), written and directed by Paul Haggis, before the workshop. This film will be used as a teaching example.

Everything You Need to Know to Publish Your E-book and More! (\$99)

Sharon Y. Cobb

9 a.m. to 5 p.m.
Saturday
Aug. 6

■ It's time to take control of your writing career. This one-day class will prepare you for e-publication with editing tips, formatting information and distributing avenues. Discover the eight things you should know about cover design. Take

control of the 18 departments of your publishing house. You will uncover the eight elements your e-book must possess and receive an invaluable e-publishing checklist.

Filmmaking on a Shoestring Budget (\$129)

Damian Lahey

6:30 to 8:30 p.m.
Mondays
May 9 – June 20
No class on May 30


■ This indie filmmaking course is an enjoyable, action-packed and unflinching no-holds-barred course. This exciting and informative course covers everything: budgeting, scheduling, crew management, securing locations, setting up insurance, filling out the proper paperwork, catering and craft service — all the nuts and bolts of a true independent film production.

As we strip away the lofty romanticism that's often attached to these endeavors, this course lets you know how it really is. Loaded with insightful anecdotes and placing an emphasis on thinking outside the box, this course will give you the know-how and the edge you need before calling Action! for the first time.

Be Your Own Editor (\$99)

John Boles

6:30 to 8:30 p.m.
Mondays
June 13 – July 11
No class on July 4

 see page 2 for additional days and locations.

■ In today's literary world, agents, publishers and contest committees expect submissions to be as close to perfect as possible. That means it is the responsibility of budding authors to either thoroughly edit their own work or pay hundreds (or even thousands) of dollars to a freelance editor. This course, taught by a professional editor, will help train you to catch and correct the most common mistakes made by writers of

fiction and nonfiction alike. Plus, you'll gain practical experience in identifying and overcoming your weaknesses as a writer.

Writing Critique Workshop (\$119)

John Boles

6:30 to 8:30 p.m.
Wednesdays
July 13 – Aug. 10

■ The best advice new writers often receive from professionals is to join a workshop to get feedback on their writing. Led by an award-winning author and professional writing coach, this course allows you that opportunity. Each attendee will submit weekly pages via

e-mail. All writers will be responsible for reading each other's work and providing a critique. Each class, the group will engage in a supportive critical discussion of the week's submissions. This offers each writer feedback from the instructor and fellow authors, as well as the invaluable experience of honing each writer's editing skills.

WINE TASTING



All participants must be at least 21.

Wine Essentials I: Understanding Acidity, Balance, Tannin, Weight, Aromas and Flavors

NEW!

(\$59)

Richard Park

6 to 8:30 p.m.
Monday
May 16

■ Combining wine tasting, lively seminar-styled discussion and spirited opinion, this class will appeal equally to those new to wine as well as to those that are frequent wine consumers seeking greater awareness of the subject matter. Your instructor, a fine wine industry professional for 35 years, will present

a provocative method for evaluating and understanding wine that will foster a deep appreciation for this highly enjoyable liquid. Six wines will be tasted and the cost of the wine is included.

Wine Essentials II: Understanding Simplicity, Complexity and Evaluation

NEW!

(\$59)

Richard Park

6 to 8:30 p.m.
Monday
June 6

■ Building on the principles revealed in Level I, the instructor will present additional criteria for understanding wine and will present a list of basic adjectives used in the sensory evaluation of wine. While this class is indeed informative and fun, it will also prove to be enlightening. The Level I class is recommended but not required. Six wines will be tasted and the cost of the wine is included.

Wine Essentials III - The Ultimate Skill in Wine Tasting: Understanding Quality

NEW!

(\$59)

Richard Park

6 to 8:30 p.m.
Monday
June 27

■ Philosophers, artists, musicians and even entrepreneurs have been challenged for centuries to answer the age-old question, "What is quality?" While most people have a notion of what these words mean, the same people also understand the dubious nature of such grandiose designations — after all, one person's great is another person's awful.

You will be presented the facts pertaining to assessing wines of high quality. Also covered is a discussion of the hows, whys and wheres in purchasing wines of high quality and an overall strategy for collecting wine. The Level II class is recommended but not required. Six wines will be tasted and the cost of the wine is included.



Wine Essentials – The Seven Best Wines for Summertime

NEW! (\$79)

Richard Park

6 to 8:30 p.m.
Thursday
July 28

■ For this class, we will taste seven wines — mostly European — that capture the essence of summertime life in a nutshell by addressing the very desirable needs for cooling refreshment, unique flavors for match-made-in-heaven accompaniments to foods of all types, especially grilled seafood and meats.

Attendees will gain a newfound appreciation of how and why wine can be a desirable and integral part of summertime enjoyment. The cost of the wine is included.

Wine Regions of the World - The Rhone

NEW! (\$89)

Richard Park

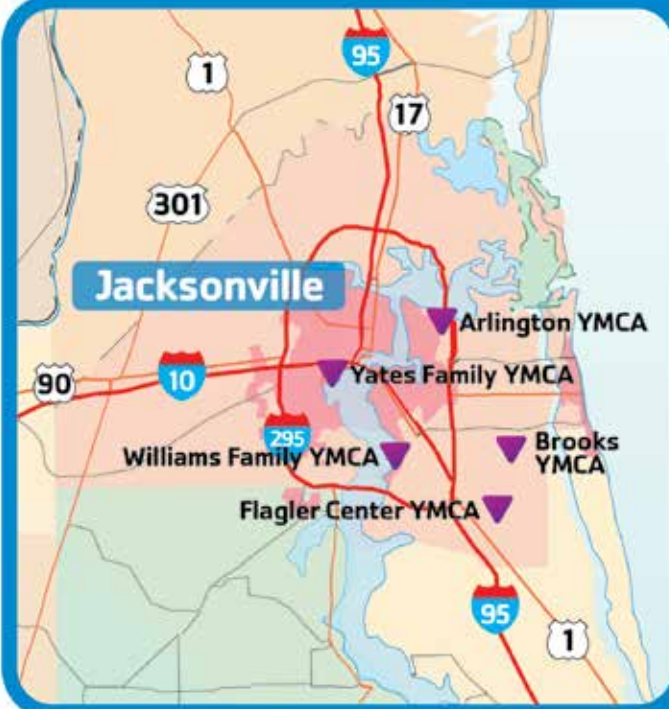
6 to 8:30 p.m.
Thursday
Aug. 18

■ This class will examine wines from each of the two geo-viticultural areas comprising this extraordinary region in southeastern France: Syrah-based wines of the Northern Rhone and Grenache-based wines of the Southern Rhone. We'll taste seven wines — mostly reds — and delve deeply into what makes the wines from this region so distinctive and special. The cost of these world-class wines is included.

Registration is easy!

Classes listed on pages 3-15 take place at UNF Continuing Education. Classes with the YMCA logo take place at the location indicated on page 2. No membership needed!

YMCA members receive a 15% discount on all classes held at YMCA locations.



- ▶ **ARLINGTON YMCA**
10131 Atlantic Boulevard
Jacksonville, FL 32225
- ▶ **BROOKS YMCA**
10423 Centurion Parkway North
Jacksonville, FL 32256
- ▶ **FLAGLER CENTER YMCA**
12735 Gran Bay Parkway West
Suite 201
Jacksonville, FL 32258
- ▶ **WILLIAMS FAMILY YMCA**
10415 San Jose Boulevard
Jacksonville, FL 32257
- ▶ **YATES FAMILY YMCA**
221 Riverside Avenue
Jacksonville, FL 32202



Scan the QR code to register for your YMCA class with your smart phone.

Cancellation Policy

Your cancellation and/or refund request must be received no later than five (5) business days prior to the first day of class in order to receive a 90-percent refund.* No refunds are given for requests made within five (5) business days or if you do not attend. A credit memo can be requested in the full amount and used for a future course. Once a credit memo is issued, you cannot receive a refund.
*A 10-percent administrative fee is retained by the University.

Register for a class at UNF:

Online: www.learnjacksonville.com

Call: (904) 620-4200

E-mail: unfce@unf.edu

Visit: UNF Adam W. Herbert University Center
12000 Alumni Drive, Jacksonville, FL 32224

Register for a class at a First Coast YMCA:

Online: www.firstcoastymca.org/unf

Call: (904) 265-1775



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LEARN Jacksonville

More than 80 classes!
See inside now!

Six locations!
See page 2 for details.

