



# LEARN Jacksonville

Take a class for the fun of it!

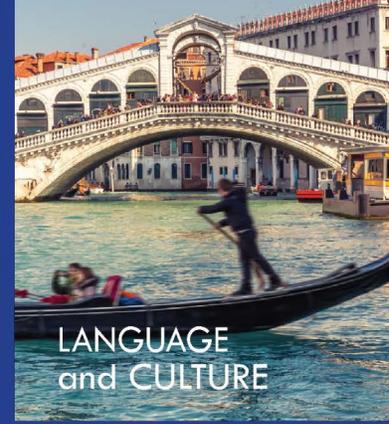
Starting from \$29

- Arts, Crafts and Hobbies
- Health and Wellness
- Home and Garden
- Language and Culture
- Money Matters
- Technology
- Photography
- Show Business
- Writing
- Wine Tasting

Register online at  
[www.learnjacksonville.com](http://www.learnjacksonville.com)  
or call (904) 620-4200.



PHOTOGRAPHY



LANGUAGE  
and CULTURE



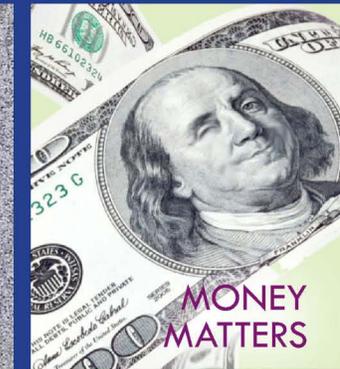
SHOW BUSINESS



HEALTH  
and WELLNESS



ARTS, CRAFTS  
and HOBBIES



MONEY  
MATTERS



TECHNOLOGY



HOME  
and GARDEN

## WINTER 2018 COURSE CATALOG



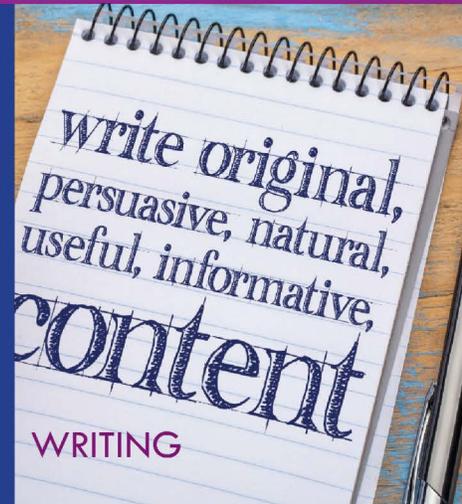
Division of Continuing Education



WINE  
TASTING



Now offered  
at four area  
YMCA locations!



WRITING



3

ARTS, CRAFTS  
and HOBBIES

4

HEALTH  
and WELLNESS

7

HOME  
and GARDEN

7

LANGUAGE  
and CULTURE

8

TECHNOLOGY



10

MONEY MATTERS



10

PHOTOGRAPHY



13

WRITING



14

SHOW BUSINESS



14

WINE TASTING



## Upcoming classes at a location near you!

### YMCA classes take place at the following locations:

#### Brooks Family YMCA

10423 Centurion Pkwy. N., Jacksonville, FL 32256

Creative Mosaic Workshop .....	p. 3
SelfDefense Weapons Training .....	p. 5
Practical Self-Defense and Awareness .....	p. 5
Learn to Kayak .....	p. 6
iMac, iPad and iPhone Fundamentals .....	p. 9
Creative Writing – An Introduction .....	p. 13

#### Flagler YMCA

12735 Gran Bay Pkwy., #201, Jacksonville, FL 32258  
(Off Old St. Augustine Rd.)

Learn to Kayak .....	p. 6
----------------------	------

#### Ponte Vedra YMCA

170 Landrum Lane, Ponte Vedra Beach, FL 32082

Self-Defense Weapons Training .....	p. 5
Practical Self-Defense and Awareness .....	p. 5
Introduction to Smartphone Filmmaking .....	p. 9
Writing Your Spiritual Story .....	p. 13

#### Winston Family YMCA

221 Riverside Ave, Jacksonville, FL 32202

Food for Life – Diabetes Initiative .....	p. 5
Food for Life – Introduction: Diabetes Initiative .....	p. 5
Facebook Friendly and Pinterest Perfect .....	p. 8
Beginner's Digital Photography Workshop and Lab .....	p. 11

## NO MEMBERSHIP NEEDED!

Take courses at UNF or at YMCA specified  
locations – no membership needed!

If you are a YMCA member, enjoy 20% off  
courses taking place at YMCA locations.  
See page 15 for registration instructions  
and for the YMCA location map.

To register, call our Customer  
Care Team at (904) 620-4200.  
Visit us online at [www.learnjacksonville.com](http://www.learnjacksonville.com)



## ARTS, CRAFTS and HOBBIES



### Drawing Faces

Instructor: Alma Ramirez (\$139)

Delve into the foundational skills of drawing human faces and cartoons. You will gain a greater working knowledge of line, contour, shading, texture, perspective, proportion and composition. Your instructor will demonstrate the techniques and then provide you with individual guidance.

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

LOCATION	DATE	DAY	TIME
UNF	Mar. 20 – Apr. 24	TU	6 to 8 p.m.

### Creative Mosaic Workshop

Instructor: Laure Norton (\$25)

Explore the fun and creative possibilities of mosaics. Designs you can choose from include sea turtle, starfish, mirror, butterfly and more. You will learn the basics of mosaics using the direct method. Supplies such as glass tiles, 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 indoor-only mosaic art. No prior mosaic or art experience is necessary.

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 11	TH	6:30 to 8:30 p.m.
UNF	Apr. 4	W	6:30 to 8:30 p.m.
BROOKS YMCA	Mar. 14	W	6 to 8 p.m.

### Guitar Basics – An Introduction

Instructor: Patrick Plumlee (\$109)

Every great guitar player begins by learning the basics of playing the instrument. Start by learning some basic chords and rhythms on the guitar that can be applied to many types of songs. This course is intended primarily for aspiring acoustic guitar players, but beginners interested in electric guitar will also benefit. Previous knowledge or experience, or being able to read music, is not necessary. If you already “play a little,” you can still benefit from the course, as the content provides a structured musical understanding of the guitar.

**Required:** Bring your guitar to the first class. An electronic tuner is highly recommended, although not needed until the second class. If you have an electric guitar, you will need to bring a small amp with you to class.

LOCATION	DATE	DAY	TIME
UNF	Jan. 11 – Feb. 15	TH	6:30 to 8 p.m.

### Introduction to Sewing

Instructor: Julie Mainor (\$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.

LOCATION	DATE	DAY	TIME
UNF	Feb. 27 – Mar. 27	TU	6:30 to 8:30 p.m.

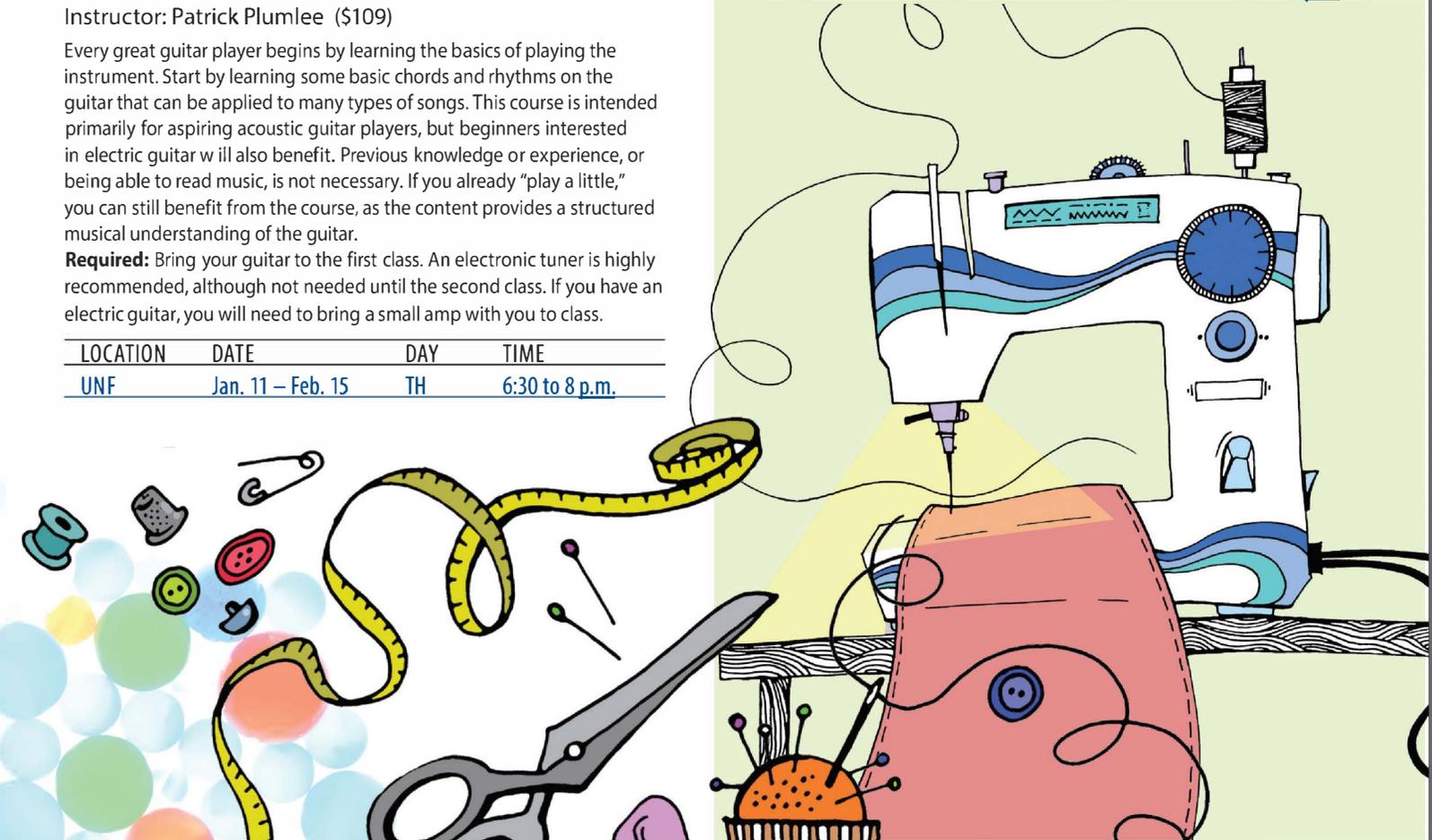
### Intermediate Sewing

Instructor: Julie Mainor (\$99)

Discover the secrets to fitting patterns to your measurements, plus learn best practices for repairing and altering existing clothing. Project includes making elastic waist pants with pockets from a purchased pattern. We will also cover buttonholes, hemming, zippers and other dressmaking skills. 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.

LOCATION	DATE	DAY	TIME
UNF	APR. 3 – 24	TU	6:30 to 8:30 p.m.



## Charcoal Drawing Techniques

Instructor: Keith Doles (\$139)

This course focuses on the various techniques and materials used for producing black and white drawings. Instruction will include lecture, demonstrations, quick-sketch exercises and study of the design elements and principles. You will draw from still life arrangements and live, clothed model poses.

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

LOCATION	DATE	DAY	TIME
UNF	Feb. 22 – Apr. 5	TH	6:30 to 8:30 p.m.

(No class on Mar. 22)

## Beginning Creative Watercolor

Instructor: Jennie Szaltis (\$129)

Learn the basic techniques of color blending, mixing and painting on both wet and dry paper. Class exercises will be pre-drawn, so no drawing or watercolor painting experience is necessary.

**Required:** Purchase your own supplies using the supply list provided by the instructor before the start of class (approx. \$80 value) or rent gently used supplies from your instructor for the course duration for \$45. All rented supplies must be returned at the end of the course.

LOCATION	DATE	DAY	TIME
UNF	Jan. 16 – Feb. 13	TU	6:30 to 9 p.m.

## Painting with Oils

Instructor: Keith Doles (\$149)

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.

**Please note:** We will be using oil-based paints, NOT water-soluble oils.

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 4 – Feb. 8	TH	6:30 to 9 p.m.

## HEALTH and WELLNESS

### Beginning Meditation

Instructor: Pixie Larizza (\$79)

Meditation is safe, healthy, timely and regenerative. Learn techniques to develop a meditation practice for your own peace and well-being. Practice proper breathing to optimize relaxation into the practice of meditation. Enter the world of guided imagery meditation and sound and vibration relaxation therapy, along with others to choose from.

LOCATION	DATE	DAY	TIME
UNF	Feb. 6 – 20	TU	6:30 to 8:30 p.m.

### Introduction to Yoga

Instructor: Elinor Grabar (\$89)

This series is great for those who are interested in starting a regular yoga practice. You will be taught how to safely move your body through basic yoga postures while connecting with your breath to establish stability and strength. You are encouraged to start where you are and work with the body you have today. If you're stressed out, it's an opportunity to learn to relax. If your body needs toning, yoga will provide strength without stressing your joints. If you're feeling stiff, you'll enjoy the gentle stretching provided in this class.

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

LOCATION	DATE	DAY	TIME
UNF	Feb. 28 – Mar. 28	W	6:30 to 8 p.m.

### Coping with Stress

Instructor: Pixie Larizza (\$79)

This three-week course will show you how to incorporate meditation, visualization, aromatherapy and other tools that will assist you in de-stressing your life. You'll learn proper breathing, stretches that can be done at home or at the office – with minimal effort. Also gain bonus information about holistic modalities such as acupuncture, different forms of massage therapy, color therapy and self-care.

LOCATION	DATE	DAY	TIME
UNF	MAR. 14 – 28	W	6:30 to 8:30 p.m.

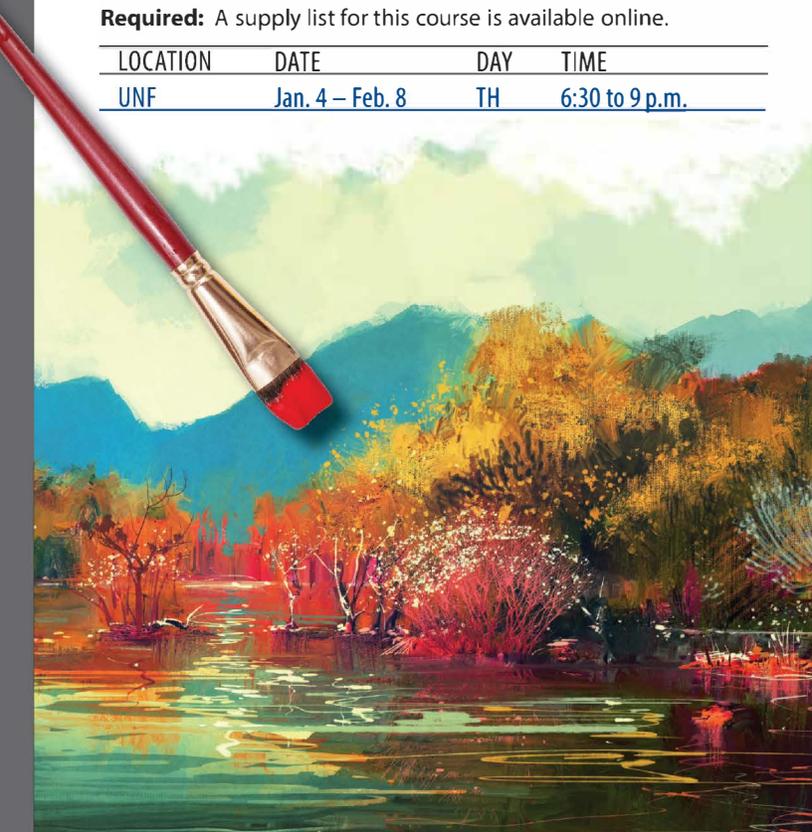
### Food for Life – Introduction: The Power of Your Plate

Instructor: Chernice Lane Benjamin (\$29)

This nutrition and cooking demonstration class introduces you to the concept of eating plant-based for 21 meals. The class provides guidance, video, cooking instruction and support. Learn powerful nutrition and cooking tips with this research-based program developed by Physicians Committee for Responsible Medicine's (PCRM) team of physicians, nurses and dietitians.

**Required:** Additional materials fee of \$15 must be paid to the instructor.

LOCATION	DATE	DAY	TIME
UNF	Jan. 9	TU	6:30 to 8:30 p.m.





## Food for Life – Introduction: Kickstart Your Health

Instructor: Chernice Lane Benjamin (\$89)

Kickstart Your Health is an intensive nutrition and cooking class/demonstration series where you eat as many plant-based meals as possible for 21 days.

This course is ideal for anyone interested in losing or maintaining weight, lowering cholesterol and blood pressure or wanting to increase energy and improve mood. It won't take long to see impressive results when the body is consistently fueled with proper nutrition. This course is based on Dr. Neal Barnard's book, "21-day Weight Loss Kickstart," and provides a supportive environment to jump into a healthy lifestyle. Each class provides guidance and support to easily incorporate more plant-based meals into your daily life. Each class includes a cooking demonstration and tasting of three plant-based meals!

**Required:** Additional materials fee of \$40 must be paid to the instructor on the first night of class.

LOCATION	DATE	DAY	TIME
UNF	Jan. 16 – Feb. 6	TU	6:30 to 8:30 p.m.

## Food for Life – Diabetes Initiative

Instructor: Chernice Lane Benjamin (\$89) – YMCA EXCLUSIVE

Developed by the Physicians Committee for Responsible Medicine ([www.pcrm.org](http://www.pcrm.org)), this course includes plant-based nutrition education and the opportunity to taste plant-based dishes following a cooking demonstration. Learn how nutrition choices can increase or decrease the risk of Type 2 diabetes, know which foods are high in fiber, low in glycemic index and keep you feeling satiated. Learn several delicious, easy-to-prepare recipes that help keep a steady blood sugar and maintain a healthy weight.

**Class 1:** How Foods Fight Diabetes

**Class 2:** The Power of Your Plate and Grocery Cart

**Class 3:** Understanding Type 2 Diabetes

**Class 4:** Designing a Diet for Maximum Weight Control

Each lesson will include a list of recipes used in each class and literature related to diabetes nutrition. The intended audience is people with diabetes, prediabetes, a family history or risk factors for developing diabetes and their adult family members.

Join certified Food for Life instructor Chernice Lane Benjamin in discovering which foods are optimal for nutritional excellence. You'll be empowered with the practical cooking skills and time-saving food preparation techniques to help you on your journey to better health.

**Required:** Additional materials fee of \$35 must be paid to the instructor on the first night of class.

LOCATION	DATE	DAY	TIME
WINSTON YMCA	Mar. 14 – Apr. 4	W	6:30 to 8:30 p.m.

## Food for Life – Introduction: **NEW!** Diabetes Initiative

Instructor: Chernice Lane Benjamin (\$29) – YMCA EXCLUSIVE

More than 29 million people in the United States have diabetes, up from the previous estimate of 26 million, according to a report released by the Centers for Disease Control and Prevention. One in four people with diabetes doesn't know he or she has it. People who eat plant-based meals are less likely to ever develop diabetes, and for those who have diabetes, plant-based meals can help to improve blood sugar levels and prevent complications. A low-fat, plant-based approach offers a new tool that many have found to be very useful.

**Required:** Additional materials fee of \$15 must be paid to the instructor.

LOCATION	DATE	DAY	TIME
WINSTON YMCA	Mar. 7	W	6:30 to 8:30 p.m.

## Self-Defense Weapons Training

Instructor: Tim Robinson (\$59)

There are a wide variety of nonlethal but effective (and legal) weapons you can carry for self-defense purposes. Your instructor, a lifetime martial artist who trains with SWAT and Homeland Security, will educate and train you on what's available to the public (e.g., pepper sprays, stun guns, batons, saps, kubotans and tactical pens), as well as what you can turn into a weapon from everyday common items you own (e.g., shoes, belt, glasses, umbrella, cane, flashlight, newspaper, wasp spray, etc.). Learn how to protect yourself more fully by understanding what's available to leverage and use.

LOCATION	DATE	DAY	TIME
UNF	Apr. 16 – 23	M	6:30 to 8:30 p.m.
BROOKS YMCA	Feb. 21 – 28	W	6:30 to 8:30 p.m.
PONTE VEDRA YMCA	Mar. 10 – 17	SA	2 to 4 p.m.

## Practical Self-Defense and Awareness

Instructor: Tim Robinson (\$99)

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

LOCATION	DATE	DAY	TIME
UNF	Mar. 19 – Apr. 9	M	6:30 to 8:30 p.m.
BROOKS YMCA	Jan. 17 – Feb. 7	W	6:30 to 8:30 p.m.
PONTE VEDRA YMCA	Feb. 3 – 24	SA	2 to 4 p.m.

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



## The Art of Speed Reading NEW!

Instructor: Dr. Frederick Lee (\$79)

You'll learn techniques to separate the most important ideas from the less important to help you read faster, comprehend more and get to the core faster. Whether you want to improve mostly your comprehension or you just want to speed up, this course is for you. This training will guide you through various steps of different techniques, especially suited for your needs (whether it is speed or comprehension).

**Required:** Additional materials fee of \$10 to be paid to the instructor.

LOCATION	DATE	DAY	TIME
UNF	Apr. 4 – 18	W	6 to 8 p.m.

## How to Improve Your Memory

Instructor: Dr. Frederick Lee (\$79)

Learn how to better use your brain and make your memory work for you. Using techniques such as creating pictures in your mind and utilizing 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, class size is limited to 12 students.

LOCATION	DATE	DAY	TIME
UNF	Jan. 24 – Feb. 7	W	6 to 8 p.m.

## Learn to Kayak

Instructor: Michael Metzler (\$49)

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.

LOCATION	DATE	DAY	TIME
UNF	Mar. 20, 24	TU+SA	6 to 8 p.m., 9 to 11 a.m.
UNF	Apr. 25, 28	W+SA	6 to 8 p.m., 9 to 11 a.m.
BROOKS YMCA	Mar. 21, 24	W+SA	6 to 8 p.m., 9 to 11 a.m.
FLAGLER YMCA	Apr. 26, 28	TH+SA	6 to 8 p.m., 9 to 11 a.m.

## Hypnosis for Personal Well-Being

Instructor: Rosan Larizza (\$59)

In this two-session workshop, you will receive information about what hypnosis is and how it works, have a chance to ask questions and then experience the hypnotic state yourself. Being hypnotized will help you access the subconscious mind to change and improve on your feelings, thoughts and actions. In the first session, you will concentrate on increasing your feelings of well-being, energy and confidence. In the second session, you will decide on one personal improvement and work on that. The sessions are conducted in such a way that no personal information need be given in the group: you will be able to access whatever challenge you choose and your powerful subconscious mind, through suggestions, will allow you to make the changes you want.

LOCATION	DATE	DAY	TIME
UNF	Mar. 26 – Apr. 9	M	6:30 to 8 p.m.

## Aromatherapy for Immune Support NEW!

Instructor: Marci Cervone (\$49)

Explore the world of the therapeutic uses of essential oils to support your immune system within the overall landscape of health and wellness and during illness. Discover the chemistry behind the plant compounds and how they integrate with your body to create greater resistance to various pathogens. You will formulate and create three products for personal use to take home with you.

**Required:** Additional \$25 for instructor-provided supplies.

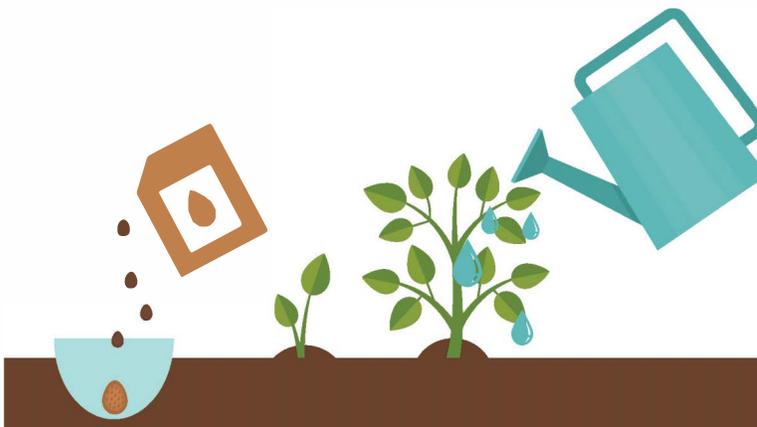
LOCATION	DATE	DAY	TIME
UNF	Apr. 7	SA	9 a.m. to noon

## Attracting Abundance I

Instructor: Sharon Y. Cobb (\$109)

In this one-day workshop, learn how to attract abundance into your life by opening your mind to receiving well-being, 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 find resources to enhance your ability to attract abundance on a daily basis.

LOCATION	DATE	DAY	TIME
UNF	Feb. 10	SA	9 a.m. to 5 p.m.



## HOME and GARDEN



**NEW!**

### Grow Your Own Food

Instructor: Greg Burghardt (\$39)

Are you passionate about building better health and wellness through growing food? Learn about many different practices for limited space gardens, drip irrigation, water conservation, composting, easy steps for beginners and the importance of understanding the relationship and role healthy food options play in our daily lives. This class promises to be fun and educational!

LOCATION	DATE	DAY	TIME
UNF	March 28	W	6 to 8 p.m.

### Home Staging and Home Styling

Instructor: Becky Harmon (\$39)

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 presentations with before and after pictures on de-cluttering, paint color, furniture placement, curb appeal, remodeling kitchens, baths and more.

LOCATION	DATE	DAY	TIME
UNF	Feb. 8	TH	6:30 to 8:30 p.m.

### Organic Vegetable Gardening

Instructor: Tim Armstrong (\$79)

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.

LOCATION	DATE	DAY	TIME
UNF	Feb. 22 – Mar. 8	TH	6:30 to 8:30 p.m.

### Gardening in Northeast Florida

Instructor: Tim Armstrong (\$79)

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

LOCATION	DATE	DAY	TIME
UNF	Apr. 5 – 19	TH	6:30 to 8:30 p.m.

## Eco-Friendly Landscaping for Your Home

**NEW!**

Instructor: Emmanuelle Parisi (\$39)

Learn the core principles of landscape planning and management. These principles include utilizing plants with lower water requirements, decreasing turf while increasing the use of native plants, trees and bushes and creating designs with efficient irrigation, moisture retention and weed and pest management. Class will be held at Rockaway Landscape and Garden Center located at 510 Shetter Avenue, Jacksonville Beach.

LOCATION	DATE	DAY	TIME
<a href="#">See Description</a>	Jan. 25	TH	6 to 8 p.m.

## LANGUAGE and CULTURE



### Italian Language and Culture – Level I

Instructor: Annalisa Rinaldi (\$259)

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

**Required:** "Percorsi: L'Italia attraverso la lingua e la cultura" by Francesca Italiano and Irene Marchegiani.

LOCATION	DATE	DAY	TIME
UNF	Jan. 18 – Apr. 12	TH	6 to 8 p.m.

(No class on Mar. 22)

### Chinese Language and Culture – Level I

Instructor: Dr. Mei xiang Chang (\$209)

Discover the Chinese language and culture taught by a visiting instructor from the School of International Studies, Shaanxi Normal University. This interactive 12-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. The 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 University of North Florida, a joint collaboration between the University of North Florida and Shaanxi Normal University, China.

LOCATION	DATE	DAY	TIME
UNF	Jan. 9 - Apr. 3	TU	6 to 8 p.m.

(No class on Mar. 20)



To register,  
See p. 15 for details.

## Introduction to American Sign Language – Level I

Instructor: Dr. Jon Antal (\$139)

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 course surveys the basics of sign language and affords students the chance to practice it in a relaxed and comfortable environment. 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.

LOCATION	DATE	DAY	TIME
UNF	Jan. 18 – Feb. 22	TH	6:30 to 8:30 p.m.

## Introduction to American Sign Language – Level II

Instructor: Dr. Jon Antal (\$139)

Build on your basic knowledge and skills learned in ASL I. Goals include learning five characteristics of ASL signs, how advanced signs are made and advanced finger spelling. Increase your fluency in expressive finger spelling and learn more about receptive finger spelling. For more meaningful conversations in sign language, you'll expand your vocabulary in categories such as foods, animals, money, time and giving or receiving directions. You will develop an advanced vocabulary of signs, based on your individual need and learn about myths and realities of the deaf culture.

LOCATION	DATE	DAY	TIME
UNF	Mar. 8 – Apr. 19	TH	6:30 to 8:30 p.m.

(No class on Mar. 22)

## Spanish – Level II

Instructor: Dan Holloway (\$189)

In this continuation of Spanish - Level I, you will increase your vocabulary and become more comfortable with speaking and comprehending the Spanish language. Explore simple verb tenses, likes and dislikes, conversing with a doctor, your family, phone conversations and more.

**Note:** The prerequisite for this course is basic Spanish comprehension, including: Spanish vowel sounds, alphabet and spelling, numbers (0 - 1,000), self-introductions, greetings and goodbyes, etiquette and social niceties, days, months, years, and telling time, asking for and understanding directions, colors, subject pronouns, the verb "to be", and vocabulary for airport, hotels, restaurants, clothing and shopping.

LOCATION	DATE	DAY	TIME
UNF	Jan. 22 – Mar. 12	M	6:30 to 8:30 p.m.



## Spanish – Level III

Instructor: Adriana Giles (\$269)

A continuation of Spanish Level II, this course will increase your vocabulary so you become more comfortable speaking and comprehending the Spanish language. Explore intermediate grammar, video comprehension, reading comprehension, verbal enhancement and presentations.

**Required:** You must have knowledge of basic Spanish grammar: articles, likes and dislikes (gustar), the verb "to be," simple present tense, present progressive (-ing), future with "ir a," past tense, reflexives and possessive adjectives.

LOCATION	DATE	DAY	TIME
UNF	Jan. 10 – Mar. 28	W	6 to 8:30 p.m.

## TECHNOLOGY



### Blogging for Business and Pleasure

Instructor: Sharon Y. Cobb (\$109)

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.

LOCATION	DATE	DAY	TIME
UNF	Jan. 6	SA	9 a.m. to 5 p.m.

### Facebook Friendly and Pinterest Perfect

Instructor: Sharon Y. Cobb (\$109) – YMCA EXCLUSIVE

Facebook and Pinterest are 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 on Facebook and pin on Pinterest like a pro. Manage friends and followers and how to share with everyone or just a few friends. This is a hands-on class so come prepared to be social!

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

LOCATION	DATE	DAY	TIME
WINSTON YMCA	Jan. 27	SA	9 a.m. to 5 p.m.

## Introduction to Word 2016 **NEW!**

Instructor: Mike Metzler (\$129)

If you are new to Microsoft Word 2016, or just looking to improve your knowledge, learn basic skills and formatting techniques, this course is for you. Explore document basics, editing, formatting, tool bars, menus, incorporating columns and table and shortcuts. A basic working knowledge of the computer is recommended.

LOCATION	DATE	DAY	TIME
UNF HICKS HALL	Jan. 29 – Mar. 5	M	6 to 8 p.m.

## Introduction to Excel 2016 **NEW!**

Instructor: Mike Metzler (\$129)

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

LOCATION	DATE	DAY	TIME
UNF HICKS HALL	Mar. 19 – Apr. 23	M	6 to 8 p.m.

## Smartphone Photo and Video Production

Instructor: Mike Madden (\$49)

Discover how to showcase your friends and family in this three-hour course designed to teach you how to take great pictures and video using your cellphone camera. You'll learn the basics of cell phone video and photography and how to apply those skills for your creative benefit. You'll learn about light, sound, composition and how to capture that special moment. Discover the social media benefits of Facebook, Instagram and Imgur, as well as some of the additional gear and technology you can use to further enhance and improve your imagery.

**Required:** Please bring your charged device to class.

LOCATION	DATE	DAY	TIME
UNF	Mar. 10	SA	9 a.m. to noon

## Introduction to Smartphone Filmmaking

Instructor: Mike Madden (\$109) – **YMCA EXCLUSIVE**

Your smartphone has a pretty good video camera. Discover how to get the most out of it in this one-day crash course designed to teach you professional video techniques using your cellphone camera. You'll learn the basics of cellphone videography and how to apply those skills for both creative personal benefit and work. You'll also learn the social media benefits of YouTube, Facebook and Facebook Live, as well as some of the additional gear and technology you can use to further enhance your cellphone video productions. Whether you just want better video of family events, or use your cellphone camera for professional needs, this is the class for you.

**Required:** Please bring your charged smartphone to class.

LOCATION	DATE	DAY	TIME
PONTE VEDRA YMCA	Jan. 27	SA	9 a.m. to 5 p.m.

## iMac, iPad and iPhone Fundamentals

Instructor: Daren Dillinger (\$39)

Whether you are a new owner of an Apple product or a longtime 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 backups and how to find lost Apple devices will also be discussed. You are welcome to bring your device to class with you.

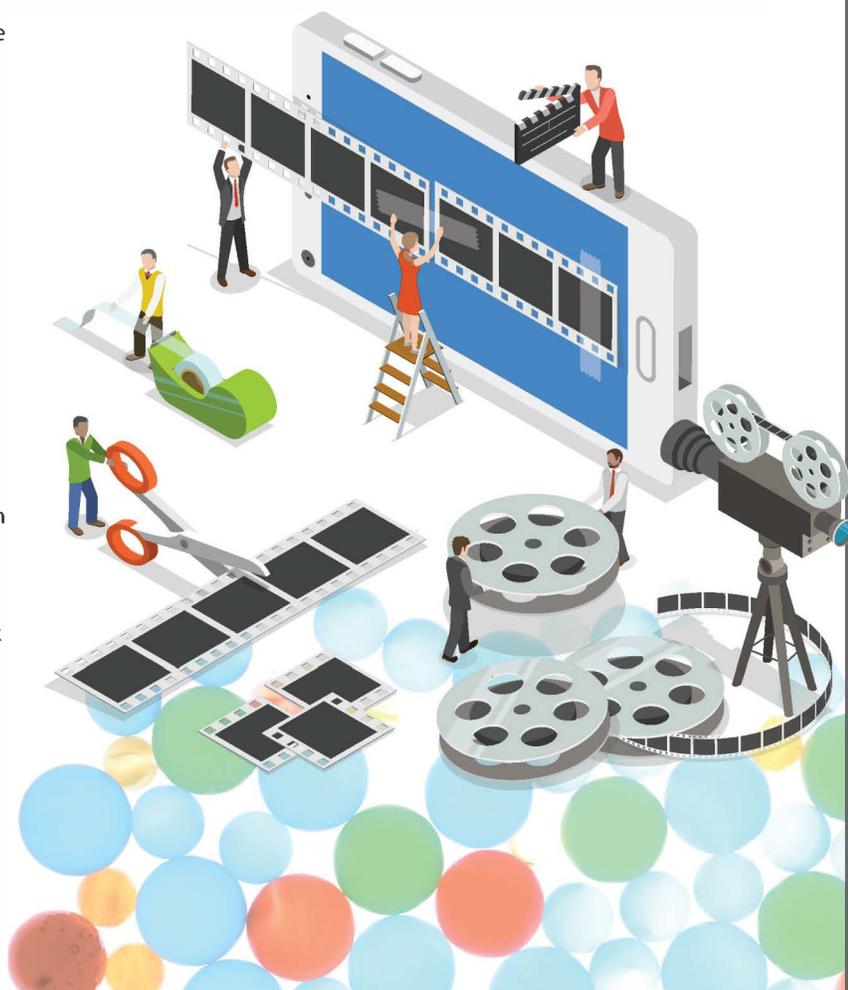
LOCATION	DATE	DAY	TIME
UNF	Jan. 9	TU	6:30 to 9 p.m.
UNF	Mar. 1	TH	6:30 to 9 p.m.
BROOKS YMCA	Feb. 3	SA	1 to 3:30 p.m.
BROOKS YMCA	Mar. 10	SA	1 to 3:30 p.m.

## iMac, iPad and iPhone Advanced Training

Instructor: Daren Dillinger (\$39)

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.

LOCATION	DATE	DAY	TIME
UNF	Feb. 27	TU	6:30 to 9 p.m.
UNF	Apr. 10	TU	6:30 to 9 p.m.



## MONEY MATTERS



### The Retirement Continuum

Instructors: Jon Castle, MSFS, CFP®  
Michelle Ash, CFP®, RICP® (\$89)

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, effective income planning and managing your nest egg in retirement.

**Note:** A detailed workbook, a thumb drive filled with guides, calculators and articles, an optional personal consultation and attendance for a guest are included with enrollment. Call (904) 620-4200 or email [unfce@unf.edu](mailto:unfce@unf.edu) with the name of your spouse/guest.

LOCATION	DATE	DAY	TIME
UNF	Jan. 27 – Feb. 3	SA	9 a.m. to noon
UNF	Jan. 30 – Feb. 6	TU	6:30 to 9:30 p.m.

### Clarifying Medicare

Instructor: Karen O'Brien (\$39)

Get a broad overview of Medicare, how it works, when to enroll and available options. Examine the differences between Medicare Advantage plans and supplements. Understand individual needs, available tools and resources.

LOCATION	DATE	DAY	TIME
UNF	Feb. 5	M	6:30 to 8 p.m.
UNF	Mar. 26	M	6:30 to 8 p.m.

### Savvy Social Security Planning

Instructor: Karen O'Brien (\$39)

Social Security is far more complicated than most people realize. The decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive during your lifetime. This informative seminar covers the basics of Social Security and reveals innovative strategies for maximizing your benefits.

LOCATION	DATE	DAY	TIME
UNF	Jan. 23	TU	6:30 to 8:30 p.m.
UNF	Mar. 13	TU	6:30 to 8:30 p.m.

### The Professor's One-Minute Guide to Stock Management

Instructor: Hank Swiencinski (\$159)

Learn about trading, protecting your gains 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. Attendees will receive a copy of "The Professor's One-Minute Guide to Stock Management".

LOCATION	DATE	DAY	TIME
UNF	Jan. 17 – 31	W	6:30 to 8:30 p.m.
UNF	Apr. 9 – 11	M, TU, W	6:30 to 8:30 p.m.

### Second Saturday – What Everyone Needs to Know About Divorce

Facilitator: Robert Franskousky (\$45)

This divorce workshop for women is designed to help you take the next step, no matter where you are in the process of untying the knot. The workshop deals with the legal, financial, family and personal issues of divorce in a logical, yet compassionate way. With the guidance of trained professionals, workshop participants gain a greater understanding of the confusing divorce process. Various legal, behavioral health and real estate professionals will cover topics in their specialty area.

LOCATION	DATE	DAY	TIME
UNF	Jan. 13	SA	9 a.m. to 12:30 p.m.
UNF	Mar. 10	SA	9 a.m. to 12:30 p.m.
UNF	Apr. 14	SA	9 a.m. to 12:30 p.m.

## PHOTOGRAPHY



### Pre-Level I Digital Photography – DSLR Camera Boot Camp

Instructor: John Reed (\$45)

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 as well as 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 a new one that is confusing, this class is for you.

**Required:** Please bring your camera and its manual to class.

LOCATION	DATE	DAY	TIME
UNF	Jan. 8	M	6 to 8:30 p.m.



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

## Level I Digital Photography – **NEW!** Photo Basics Plus Photography Fundamentals

Instructor: John Reed (\$129)

This new four-week course teaches how to use those controls and includes but is not limited to the following topics:

- What is exposure triangle, aperture and depth of field, shutter speed and motion, ISO and noise
- Taking over to set the exposure yourself, the key concept of neutral and learning to recognize it in a scene, basic white balance and metering and metering modes

Students will benefit most if they are familiar with their camera controls and know what buttons to use to make a setting change. Why or when to make the change is what this course will teach. By being familiar with camera controls, either from your own experience or by having taken the Pre-Level I course, it will greatly facilitate and enhance your ability to learn the lessons of this level.

**Note:** 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 taught. You should be familiar with your camera controls, either from your own experience or by taking the Pre-Level I course.

**Required:** Please bring your camera and its manual to class.

LOCATION	DATE	DAY	TIME
UNF	Jan. 22 – Feb. 12	M	6 to 8:30 p.m.

## Level II Digital Photography – Taking Control, More Help in Refining Your Photos

Instructor: John Reed (\$99)

This course builds on the concepts taught in Level 1 while continuing to add new information. It includes but is not limited to the following topics: how all the various shooting modes work and when to use which one, all about light, getting sharp images, sensor size and crop factor impact, tripod tips, controlling where you focus and more information on depth of field for dramatic photos. The course finishes with an introduction to flash and a wrap up with some image analysis.

**Note:** You should be familiar with your camera controls, either from your own experiences or by having taken earlier courses.

**Required:** There will be hands-on exercises so please bring your camera and its manual to class.

LOCATION	DATE	DAY	TIME
UNF	Feb. 26 – Mar. 12	M	6 to 8:30 p.m.

## Point and Shoot Camera Basics **NEW!**

Instructor: John Reed (\$39)

Learn how to make the best use of your point and shoot camera. Point and Shoot cameras do not have interchangeable lenses. Typical models are Canon Powershot, Nikon Coolpix, and most Panasonic, Casio, Kodak, Samsung, some Sony and some Olympus. This class is a modified version of the Pre-Level 1 class edited to suit the capabilities of these camera types. Learn some digital photography terms, what the buttons and controls on the camera do, and how to make best use of the features available.

LOCATION	DATE	DAY	TIME
UNF	Jan. 6	SA	1 to 3:30 p.m.

## Level III Digital Photography – **NEW!** In-Depth Topics and Applications Learned

Instructor: John Reed (\$59)

This new two-week course goes deeper into previous topics for greater understanding and also covers new ground. It includes the following topics: using the manual mode for the most control possible, all about flash, both built-in on camera and external flash guns, everything you need to know about lenses for informed buying, filters and other lens attachments, introduction to HDR photography, dust and sensor cleaning, RAW vs. JPG file formats and camera care.

We conclude with the class participating in analyzing photos provided and commenting on why certain settings were used, examples of what went right or wrong and how to improve the photos.

**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 in-class exercises, so please bring your camera and manual to class.

LOCATION	DATE	DAY	TIME
UNF	Apr. 23 – 30	M	6 to 8:30 p.m.

## Beginner's Digital Photography Workshop and Lab

Instructor: John Reed (\$59) – **YMCA EXCLUSIVE**

This four-hour class is designed to give you a basic understanding of the controls on your DSLR camera, as well as a basic introduction into digital photography concepts in order to know when to make camera setting changes. You will learn what all the buttons, dials and switches are used for and how to change the settings on your camera in order to control appearance of the images. The class is roughly two-thirds sit-down instruction explaining the controls as well as an introduction into a few digital photography fundamentals such as exposure, white balance and sharp images. The other third of the time is spent hands-on practicing what was taught with help from the instructor as needed.

**Note:** Please bring your camera and manual to class. This class is designed for DSLR cameras. Point and shoot cameras include Nikon Coolpix, Canon Powershot, Kodak, Samsung, Casio, Panasonic and most Olympus and Fuji.

LOCATION	DATE	DAY	TIME
WINSTON YMCA	Apr. 28	SA	8:30 a.m. to 12:30 p.m.

## Digital Camera Gear **NEW!**

Instructor: John Reed (\$39)

Learn what equipment is available for digital photography. Basic camera types are compared, as well as attachments and accessories available for each. Whether you already have a camera or are shopping for one, this class will provide more detail on the equipment so you can make better use of what you have or make more informed decisions on what to buy.

LOCATION	DATE	DAY	TIME
UNF	Jan. 6	SA	9 to 11:30 a.m.



## Introduction to Digital Photo Editing Using Photoshop

Instructor: John Reed (\$129)

This is an introductory course on using Photoshop and similar products to edit digital photos on your computer. It will cover the basic fundamentals of editing 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 how to use RAW files. Other techniques covered include: combining images or parts of images, cloning, basic portrait retouching and more. Photoshop CC2015 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:** You should have either 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.

LOCATION	DATE	DAY	TIME
UNF	Jan. 4 – 25	TH	6 to 8:30 p.m.

## Combining Lightroom and Photoshop

NEW!

Instructor: John Reed (\$39)

Now offered as a package by Adobe, these two software programs are arguably the most powerful and most popular available for digital editing. Learn the difference between the two programs, what each can and cannot do; but mainly learn how to integrate the two and work back and forth between them for the ultimate in control over your final image output.

Preferably you should be familiar with the basics of both programs, but at least have knowledge of one or the other. This is not a beginner class for either one but concentrates on using them together effectively.

**Note:** Laptops are welcome if you wish to follow along but not a requirement for the class. Windows will be used by the instructor but most commands are easily translated for Mac machines. Whether using Windows or Mac, students should be familiar with their own machines as this is not a class on operating systems.

LOCATION	DATE	DAY	TIME
UNF	Feb. 22	TH	6 to 8:30 p.m.

## Digital Photography – Basic Lightroom and the RAW File

Instructor: John Reed (\$79)

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 break is built into the lesson plan. Laptops are welcome but not required.

**Required:** You should be familiar with computers, files, file organization and program conventions such as using menus.

LOCATION	DATE	DAY	TIME
UNF	Jan. 20	SA	8:30 a.m. to 2 p.m.

## Photo Safari at the Jacksonville Zoo and Gardens

Instructor: John Reed (\$59)

This is a four-hour, hands-on in-the-field workshop. Concentrate on a few specific areas to reinforce the techniques needed to shoot through fences, glass and other obstructions to have photos look like they were taken in the wild. Learn to use whatever camera/lens combination you have for maximum enjoyment and efficiency. Tips and help will be provided throughout this exciting workshop rather than formal sit-down lessons.

**Note:** 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.

LOCATION	DATE	DAY	TIME
JACKSONVILLE ZOO	Feb. 24	SA	8 a.m. to noon



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

## WRITING



### Creative Writing – An Introduction

Instructor: John Boles (\$119)

This course is 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.

LOCATION	DATE	DAY	TIME
UNF	Jan. 10 – Feb. 7	W	6:30 to 8:30 p.m.
BROOKS YMCA (\$99)	March 3	SA	9 a.m. to 5 p.m.

### Plot and Story Structure

Instructor: John Boles (\$119)

Plot and story structure are two areas where many writers struggle. We often know the beginning and end of a story, but weaving a compelling tale from start to finish can be a major challenge. This course will help you learn how to train the left and right sides of your brain to work together. By answering a list of questions and using creative templates, writers can master the art of plot and story structure in a way that will allow their creativity to fill in the blanks—both in the mind and on the page.

LOCATION	DATE	DAY	TIME
UNF	Apr. 2 – 30	M	6:30 to 8:30 p.m.

### Science Fiction and Fantasy Writing

Instructor: Tim Robinson (\$79)

Dive into this three-week intensive workshop where you will develop science fiction and fantasy ideas for publication. Our goal is to generate the best possible outline and chapters for a writer's future novel and learn what will be necessary to complete or revise the novel with an eye toward publication. Topics include alternative storytelling in screenplays and working outside of the common three-act structure, what is and isn't science fiction and fantasy, what basic concepts qualify a story as speculative fiction and how science fiction and fantasy differ from one another. Learn world creation, story construction and how to reach your market through association, workshops, conventions and more.

LOCATION	DATE	DAY	TIME
UNF	Feb. 5 – 19	M	6:30 to 8:30 p.m.

GREAT IDEA!



### Writing Critique Workshop

Instructor: John Boles (\$119)

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 provides you with that opportunity. Each attendee will submit weekly pages via email. All writers will be responsible for reading each other's work and providing a critique. During 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.

LOCATION	DATE	DAY	TIME
UNF	Mar. 28 – Apr. 25	W	6:30 to 8:30 p.m.

### Be Your Own Editor

Instructor: John Boles (\$79)

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.

LOCATION	DATE	DAY	TIME
UNF	Jan. 22 – Feb. 5	M	6:30 to 8:30 p.m.

### Writing Your Spiritual Story

Instructor: Charlene Vincent (\$99) – YMCA EXCLUSIVE

There is a thread running through your life and if you look for it, you will see it in all of your choices and decisions. Through weekly assignments and the use of writing prompts, timelines and reading others' stories, you will unlock the spiritual story that you have been living all of your life. You will have time and space to reflect on and look forward to experiences that give voice to your story.

**Required:** "Chances Are..." by Marie Laure

**Recommended:** "Bird by Bird, Some Instructor on Writing and Life" by Anne Lamott OR "Journal of Solitude" by May Sarton

LOCATION	DATE	DAY	TIME
PONTE VEDRA YMCA	Feb. 17 – Mar. 24	SA	10:30 a.m. to noon

### Creating 3-Dimensional Characters in Fiction

Instructor: John Boles (\$119)

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- and out-of-class assignments, writers will learn techniques to use in developing dynamic, 3-dimensional 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?

LOCATION	DATE	DAY	TIME
UNF	Feb. 21 – Mar. 21	W	6:30 to 8:30 p.m.

## SHOW BUSINESS



### Crash Course in Screenwriting

Instructor: Sharon Y. Cobb (\$109)

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:** Watch the movie "Alice In Wonderland" (2010), directed by Tim Burton and starring Johnny Depp, before the workshop.

LOCATION	DATE	DAY	TIME
UNF	Feb. 17	SA	9 a.m. to 5 p.m.

### Getting Paid to Talk

Instructor: John Gallogly (\$49)

Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials and more, this class will introduce you to the growing field of voice-over. Today, the range of voices hired has grown dramatically from the days of announcers.

Learn what the pros look for, how to prepare and where to find work in your area! We'll discuss industry pros and cons and play samples from working voice professionals. In addition, you'll have an opportunity to record a short professional script under the direction of your instructor.

LOCATION	DATE	DAY	TIME
UNF	Feb. 15	TH	6:30 to 9 p.m.

### Video and Film Production: A Crash Course

Instructor: Mike Madden (\$109)

This one-day crash course will introduce you to the basics of film and video production. Beginning with basic camera operation, we'll work our way through composition, framing, lighting, sound, shots, coverage and more. We'll be hands-on and rotate students through the various skills involved as well as how to plan your shoot and how to prepare for post-production and editing. We'll cover shooting b-roll, interviews, how to tell a story and more. We'll mix it up with discussions on more advanced topics like shooting events and promos as well as best practices, good habits and pitfalls. We'll also instruct on managing and taking care of your gear as well as using tripods, light stands and c-stands.

**Note:** Please bring your charged device to class.

LOCATION	DATE	DAY	TIME
UNF	Jan. 13	SA	9 a.m. to 5 p.m.

## WINE TASTING



All participants must be at least 21.

### Wine Essentials – Understanding Acidity, Balance, Tannin, Weight, Aromas and Flavors

Instructor: Richard Park (\$69)

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 who are frequent wine consumers seeking greater awareness of the subject matter.

Your instructor, a 35+ year fine-wine industry professional, 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.

LOCATION	DATE	DAY	TIME
UNF	Jan. 22	M	6 to 8:30 p.m.

### Wine Essentials – Understanding Quality: The Ultimate Skill in Wine Tasting

Instructor: Richard Park (\$69)

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. Also covered is a discussion of the hows, whys and wheres in purchasing wines of high quality and an overall strategy for collecting wine. Six wines will be tasted and the cost of the wine is included. The instructor for this class, a 35+ year fine wine industry professional, will present the facts pertaining to assessing wines of high quality. This class promises to be interesting, challenging, informative and fun.

LOCATION	DATE	DAY	TIME
UNF	Mar. 19	M	6 to 8:30 p.m.

### Wine Essentials Focus – The Wines of Bordeaux

Instructor: Richard Park (\$89)

For the wine enthusiast, the word Bordeaux is certain to conjure up thoughts of fine French wines from grand châteaux. For the "serious" wine enthusiast, a wine cellar must be replete with wines from this region. The "Left Bank" of Bordeaux – with its gravelly soil and slightly warmer temperatures – is home to the Cabernet Sauvignon grape. On the other side of the river Gironde, the Merlot grape holds court with Cabernet Franc playing an important supporting role. The differences between the wines from these geographic subdivisions of Bordeaux are readily distinguishable: whereas "Lefties" are austere and powerful, "Righties" exemplify complexity in a more elegant and approachable manner.

We'll taste seven wines (six will be red) that represent the various "personalities" of Bordeaux. The cost of these world-class wines is included.

LOCATION	DATE	DAY	TIME
UNF	Feb. 12	M	6 to 8:30 p.m.



## Wine Essentials – Understanding Simplicity, Complexity and Evaluation

Instructor: Richard Park (\$69)

Learn what makes a good wine good, whether expensive or inexpensive, and how to order with ease at any restaurant. 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. Six wines will be tasted and the cost of the wine is included.

LOCATION	DATE	DAY	TIME
UNF	Feb. 26	M	6 to 8:30 p.m.

## Wine Essentials Focus – Focus on the Region of Tuscany

Instructor: Richard Park (\$89)

With over 2500 years of winemaking history, the wines from Tuscany [Italy] continue to intrigue wine lovers to this day. We will look closely at — and taste wines from — the Tuscan sub-regions of San Gimignano, Chianti, Montepulciano, Montalcino and Bolgheri. We'll taste seven wines — mostly red — from this world-class wine region. The cost of the wine is included in the fee.

LOCATION	DATE	DAY	TIME
UNF	Apr. 9	M	6 to 8:30 p.m.

## Registration is easy!

**YMCA members receive a 20% discount for all courses held at YMCA locations.**



- ▶ **ARLINGTON YMCA**  
10131 Atlantic Boulevard  
Jacksonville, FL 32225  
904.744.2233
- ▶ **BROOKS YMCA**  
10423 Centurion Parkway North  
Jacksonville, FL 32256  
904.854.2000
- ▶ **FLAGLER CENTER YMCA**  
12735 Gran Bay Parkway West, Suite 201  
Jacksonville, FL 32258  
904.370.9622
- ▶ **PONTE VEDRA YMCA**  
170 Landrum Lane  
Ponte Vedra Beach, FL 32082  
904.543.9622
- ▶ **WILLIAMS FAMILY YMCA**  
10415 San Jose Boulevard  
Jacksonville, FL 32257  
904.292.1660
- ▶ **WINSTON FAMILY YMCA**  
221 Riverside Avenue  
Jacksonville, FL 32202  
904.355.1436



**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 course at the University of North Florida

**Online:** [www.learnjacksonville.com](http://www.learnjacksonville.com)

**Call:** (904) 620-4200

**Email:** [unfce@unf.edu](mailto:unfce@unf.edu)

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

## Register for a course at a First Coast YMCA:

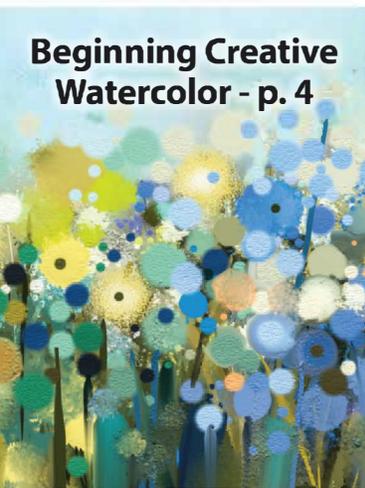
**Online:** [www.firstcoastymca.org/unf](http://www.firstcoastymca.org/unf)

**Call:** (904) 265-1775

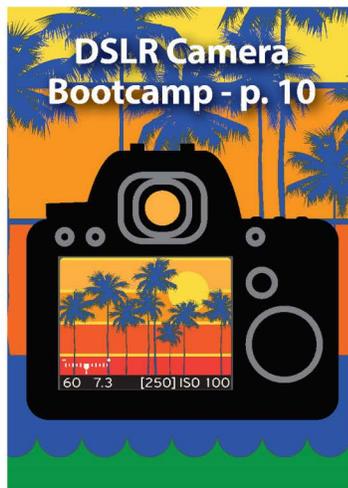


## WINTER 2018 CATALOG

Register online at  
[www.learnjacksonville.com](http://www.learnjacksonville.com)  
or call (904) 620-4200.



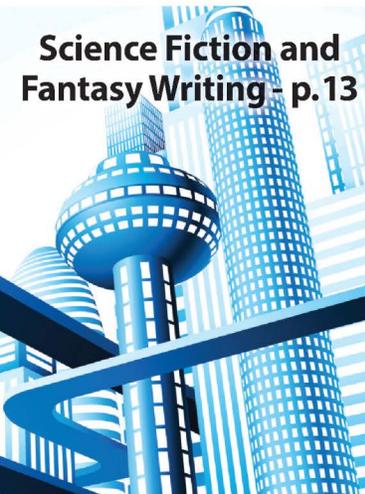
**Beginning Creative  
Watercolor - p. 4**



**DSLR Camera  
Bootcamp - p. 10**



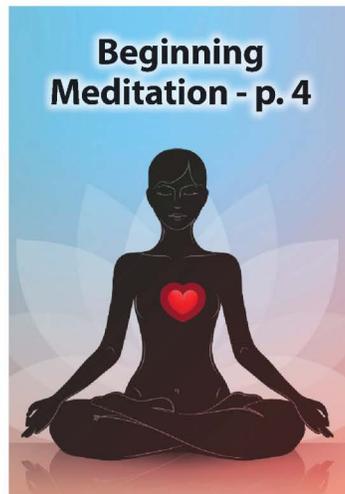
**Creative Mosaic  
Workshop - p. 3**



**Science Fiction and  
Fantasy Writing - p.13**



**Video and Film  
Production:  
A Crash Course - p.14**



**Beginning  
Meditation - p. 4**



## WINTER 2018 CATALOG

### Look what's new!

More than 70 fun and  
affordable classes to try.

### Look inside now!

