



# LEARN Jacksonville



HOME and  
GARDEN



MONEY  
MATTERS



WRITING

Take a class for the fun of it!



Division of Continuing Education







## Learning for the fun of it!



Welcome to LEARN Jacksonville's Fall 2019 Course Catalog!

Since starting as the Program Director in January, I continue to be excited to be a part of the Division of Continuing Education team. I am enjoying getting to know you all more, making new connections both inside and out of the UNF community, and looking for ways to grow and improve. Thank you for the warm welcome!

One of my first priorities was to recruit and seek out new course offerings, and I am excited to introduce you to 14 new classes and 10 new instructors! These additions bring with them brand-new courses based on popular topics, fresh faces, and exciting new opportunities to learn for the fun of it. In addition to new classes, I am happy to welcome back our well-known instructors and classes. In total this term, there are almost 100 classes and 40 instructors, making this one of the most robust yet!

The new Back to Basics series explores natural skills for sustainability. To kick off and introduce the series, there are three classes that practice skills for self-sufficiency: Cheese Making for Beginners (p. 4); Backyard Chicken Keeping (p. 4); and Herbalism – Teas and Tinctures (p. 7).

Join the popular craft of brewing your own beer at home in our Brew Your Own: New to Homebrewing Beer class (p. 14). Or if you are interested in spirits, check out The World of Whiskey (p. 14) and learn about the history and process of distillation of this classic drink.

Gear up for the holiday season! Make planning your holiday party a breeze in Entertaining at Home with Ease (p. 5) or decorate your house with pop and pizzazz that will impress your guests in Accessorize Your Home to

Express Your Personality (p. 5). Looking for the perfect gift? Create beautiful handmade jewelry for your loved ones in The Art of Wire Wrap Jewelry (p. 4).

And these are just a few of the great course offerings this term. Have fun exploring the catalog and discovering your new passion.

I look forward to seeing you in a class soon and happy learning!

Best,

– Jesse James

Assistant Director, UNF Division of Continuing Education

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**NEW!**



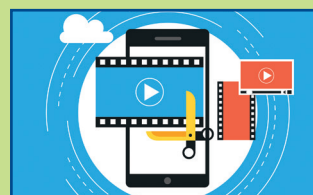
The Art of Wire Wrap  
Design Jewelry

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Back to Basics: Backyard  
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Advanced Video  
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The World of Whiskey

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# ARTS, CRAFTS and HOBBIES

## Creative Mosaic Workshop

Explore the fun and creative possibilities of mosaics. You will learn the basics of mosaics using a hands-on method. Supplies such as glass tiles, adhesive and grout will be provided and the use of tools, such as tile nippers, will be demonstrated. A grouting demonstration will be provided, and you will receive a grouting kit to take home. At the end of the evening, you will have created your own indoor-only mosaic art. Possible designs include sea turtle, starfish, mirror, butterfly and more. No prior mosaic or art experience is necessary.

**Required:** An additional materials fee of \$25 must be paid to the instructor on the first night of class.

**Instructor:** Laure Norton

**Price:** \$25

Oct. 16	6:30 to 8:30 p.m.	W	1	UNF
Nov. 20	6:30 to 8:30 p.m.	W	1	UNF
Dec. 10	6:30 to 8:30 p.m.	TU	1	UNF

## Painting with Oils

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 materials list for this course is available online.

**Instructor:** Keith Doles

**Price:** \$149

Sept. 5 – Oct. 10	6:30 to 9 p.m.	TH	6	UNF
Oct. 24 – Dec. 5	6:30 to 9 p.m.	TH	6	UNF

(No class Nov. 28)

## Painting with Glass – Glas Clas™ with Pixieglas™

Calling all artists and non-artists alike! Are you looking for something creative to do? Want to learn how to PLAY again? Then this class is for you. Enjoy the journey into color exploration. Painting on glass is one form of creative meditation guaranteed to soothe your spirit and quiet your mind. Additionally, at the end of the class, you have some FUNCTIONal art to keep or share with family and friends. A great way to step outside your comfort zone and add color to your life! No experience needed.

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

**Instructor:** Pixie Larizza

**Price:** \$59

Nov. 13 – 20	6:30 to 8:30 p.m.	W	2	UNF
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# Love your Life

3

## Lovely Lettering: An Intro to Brush Pen Calligraphy

Are you interested in learning how to turn your everyday handwriting into beautiful lettering? Are you intrigued by calligraphy, but find the pointed pen and nibs intimidating? Do you want to make custom one-of-a-kind gifts for your friends and family? If so, this course is for you! Together, we will run through the basic techniques necessary to complete individual letters, step-by-step process of uppercase and lowercase letters and learn how to efficiently connect letters to form phrases. With these practices, you will be able to start creating unique lettering projects for gifts, events (like weddings or parties) and for your own enjoyment.

**Required:** Dual brush pen, Fudenosuke calligraphy pen and a mixed media paper (at least 7" X 10") and tracing paper

**Instructor:** Kayla Lewis

**Price:** \$59

Sept. 9 – 16	6 to 8 p.m.	M	2	UNF
Oct. 5 – 12	9 to 11 a.m.	SA	2	UNF

## NEW Lovely Lettering: Intermediate Brush Pen Calligraphy

If you already have experience with the basics of brush pen lettering and are looking to expand upon your skill set, then this course is for you! In this intermediate class, we will cover more advanced topics such as how to lay out the composition of phrases, add flourishes and embellishments, combine different fonts and design your own font. We will also cover tips and tricks for lettering on different media such as wood, glass and chalkboards.

**Note:** Basic strokes will not be covered in this course.

**Required:** Dual brush pens, Tombow Fudenosuke calligraphy pen, mixed media paper (at least 7" X 10") and tracing paper

**Instructor:** Kayla Lewis

**Price:** \$59

Nov. 2 – 9	9 to 11 a.m.	SA	2	UNF
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Register now! See page 15 for details.

## Learn to Kayak

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. You will learn how to paddle properly and have the opportunity to practice proper maneuvering techniques. The Saturday class takes place at All Wet Sports, 8550 Beach Blvd., and includes 90 minutes of paddling on the water.

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

**Instructor:** Michael Metzler

**Price:** \$49

Sept. 17	6 to 8 p.m.	TU	1	UNF
+ Sept. 21	9 to 11 a.m.	SA	1	AWS
Oct. 22	6 to 8 p.m.	TU	1	UNF
+ Oct. 26	9 to 11 a.m.	SA	1	AWS
Nov. 21	6 to 8 p.m.	TH	1	UNF
+ Nov. 23	9 to 11 a.m.	SA	1	AWS

## The Art of Speed Reading at YMCA

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 sooner. Whether you want to improve 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.

**Instructor:** Dr. Frederick Lee

**Price:** \$79

Oct. 12 – 19 1 to 4 p.m. SA 2 YMCA Brooks

## NEW Back to Basics: Cheese Making for Beginners

Learn the art of making cheese with Nick Zimmer, a Wisconsin native and cheese fanatic! He'll break down the basics and give a brief history of this delectable food. You will make two different cheese varieties and learn how to make cheeses in your own home. Part of our Back to Basics series exploring natural skills for sustainability.

**Instructor:** Nick Zimmer

**Price:** \$59

Sept. 30 6 to 8 p.m. M 1 UNF

## NEW Costume Making

Want to know what it's like to be backstage at a Broadway musical? Learn how to make a costume from a pattern just in time for Halloween. Patterns, fabrics and notions will be discussed in class.

**Required:** Basic sewing skills needed.

**Instructor:** Gayle Anderson

**Price:** \$139

Sept. 9 – Oct. 14 6:30 to 8:30 p.m. M 6 UNF

## NEW The Art of Wire Wrap Design Jewelry

Learn the ancient art of wire wrap design using precious metals. This technique involves the joining of multiple wires using smaller, decorative wire. You will learn about jewelry tools, wire gauges and wire hardness during your class. At the end of class, you will have two beautiful pieces of jewelry that you made!

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

**Instructor:** Ronda Stevens

**Price:** \$59

Oct. 5 - 12 9 to 11 a.m. SA 2 UNF

Nov. 16 - 23 9 to 11 a.m. SA 2 UNF

# HOME and GARDEN

## Let's Decorate Together

Explore the basics of decorating thru practical instruction that you can implement in your own home. Each session will give you the "How To" knowledge of putting a space together from the first step - where to begin - to the last step - accessorizing. Join Ann Gobler, an interior decorator, as she discusses tips and techniques to help you discover your personal decoration style.

**Instructor:** Ann Gobler

**Price:** \$99

Nov. 26 – Dec. 17 6:30 to 8:30 p.m. TU 4 UNF

## NEW Back to Basics: Backyard Chicken Keeping

Are you interested in what it takes to keep a flock of backyard chickens in the city? In this class we'll discuss topics you should consider before getting a backyard flock, ordinance requirements around the River City, pullets vs. chicks, coop considerations and the general maintenance required to keep a backyard flock. The instructor will bring a couple of the lovely ladies from her backyard for some hands-on experience. Part of our Back to Basics series exploring natural skills for sustainability.

**Note:** Class will be held at UNF Ogier Gardens. Please wear closed-toe shoes.

**Instructor:** Genora Crain-Orth

**Price:** \$39

Sept. 14 9 to 11 a.m. SA 1  
Ogier Gardens UNF

Discover a new talent  
you never knew  
you had.





## Home Staging and Home Styling

Are you having trouble selling your home or want to make improvements? Explore the important but often overlooked areas that require attention to increase the curb appeal of your home. Discover many ways to update your house without spending a fortune. Learn great DIY tips and tricks. This course includes presentations with before-and-after pictures on decluttering, paint color, furniture placement, remodeling kitchens, baths and more.

**Instructor:** Becky Harmon

**Price:** \$39

Sept. 16 6:30 to 8:30 p.m. M 1 UNF

# LANGUAGE

## Spanish – Level III

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.

**Instructor:** Adriana Giles

**Price:** \$279

Sept. 3 – Nov. 19 6 to 8:30 p.m. TU 12 UNF

## American Sign Language – Level I

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 will survey the basics of sign language and give you the chance to practice 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.

**Instructor:** Dr. Jon Antal

**Price:** \$139

Sept. 3 – Oct. 8 6 to 8 p.m. TU 6 UNF

## American Sign Language – Level II

Build on your basic knowledge and skills learned in ASL I. Goals include learning five characteristics of ASL signs, advanced finger spelling and how advanced signs are made. Expect to 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.

**Instructor:** Dr. Jon Antal

**Price:** \$139

Oct. 15 – Nov. 19 6 to 8 p.m. TU 6 UNF

## Introduction to the French Language – Level I

This conversationally-focused beginning French class will cover the following topics: introductions, polite conversational structures, how to present yourself to a French-speaking person, how to ask and answer basic conversation-starters, how to express preferences, how to describe yourself and others, greetings and basic informational inquiries on various subjects. Cultural norms in everyday conversation will also be part of the presentation. No formal text is required for purchase, but various useful sources will be presented and discussed.

**Instructor:** Louise Hunley

**Price:** \$259

Sept. 10 – Nov. 26 6 to 8 p.m. TU 12 UNF

## NEW Accessorize Your Home to Express Your Personality

More than anything else in your home, the accessories in each room show your personality. Without them, you only have the setting for a model room in a model home. Simply stated, a home without accessories is like food without seasoning! Accessories make each room come alive with POP and PIZZAZZ. You will learn the principles of design for home decorating and get ideas on how to use window coverings, lighting, wall accessories, floor covering and more to showcase your decorating lifestyle and personality.

**Instructor:** Cheryl Hyde

**Price:** \$59

Nov. 2 – 9 9 to 11 a.m. SA 2 UNF

## NEW Entertaining with Ease in Your Home

With an already busy schedule, entertaining can feel more like another item on your checklist instead of a time to enjoy with friends and family. In this course, we'll cover how to plan and execute your celebration from concept to completion with style and ease. From creating a menu that's allergy and dietary friendly to party hacks that make your life easier, you'll leave with the confidence to entertain and enjoy it!

**Instructor:** Sarah White

**Price:** \$39

Sept. 14 9 to 11 a.m. SA 1 UNF

Oct. 12 9 to 11 a.m. SA 1 UNF



Register now! See page 15 for details.



## Italian Language and Culture – Level I

This introductory course does not require any 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:** "New Italian Espresso - Textbook" by Paolo Bultrini and Filippo Graziani (EAN 9788861823549). You will need to purchase this book individually prior to the start of the class.

**Instructor:** Danila Apolito Elliot

**Price:** \$259

Sept. 11 – Nov. 27 6 to 8 p.m. W 12 UNF

## Italian Language and Culture – Level II

A continuation of Italian Language and Culture - Level I, this course is appropriate if you have basic knowledge of the Italian language and wish to extend your vocabulary and grammatical skills for a broader range of everyday situations. The course focuses on vocabulary enrichment, comprehension development, situational conversation and deepening of Italy's unique practices and customs.

**Required:** "New Italian Espresso - Textbook" by Paolo Bultrini and Filippo Graziani (EAN 9788861823549). You will need to purchase this book individually prior to the start of the class.

**Instructor:** Danila Apolito Elliot

**Price:** \$259

Sept. 12 – Dec. 5 6 to 8 p.m. TH 12 UNF  
(No class Nov. 28)



The world  
is ready.  
Are you?

## HEALTH and WELLNESS

### Practical Self-Defense and Awareness

Learn how to listen to your inner voice to recognize a threat and react automatically before it becomes a full blown attack. Regardless of your size, speed or athletic skills, learn how to: avoid being a target, assess your surroundings, react to a confrontation, conduct yourself in a crisis, anticipate your attacker's next move, break an attacker's grasp and how, when and where to strike if you have no other choice. This course uses a mix of classroom instruction and hands-on training to build skills and confidence. 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.

**Instructor:** Tim Robinson

**Price:** \$99

Sept. 9 – 30 6:30 to 8:30 p.m. M 4 UNF

### Self-Defense Weapons Training

There are a wide variety of legal, nonlethal weapons that can be used for your protection. If you're not skilled in martial arts nor one to carry a gun, you have many other ways to use something for protection (e.g. pepper spray, stun guns, kubotans, saps, tactical pens, digital alarms and flashlights). Your instructor, a lifetime martial artist who trains with SWAT, U.S. Marshals and Homeland Security, will educate and train you on products available for your protection in this one-session workshop.

**Instructor:** Tim Robinson

**Price:** \$49

Dec. 9 6:30 to 9:30 p.m. M 1 UNF



### Introduction to Yoga

Are you interested in starting a regular yoga practice? Now is your chance! 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 feeling anxious, yoga can help you learn to relax. If your body needs toning, yoga will provide strength without stress on your joints. If you're feeling stiff, you'll enjoy the gentle stretching provided by yoga exercises. **Note:** Please bring a mat and towel for head support.

**Instructor:** Elinor Grabar

**Price:** \$99

Sept. 11 – Oct. 9 6:30 to 8 p.m. W 5 UNF

### Beginning Meditation

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. Enter the world of guided imagery meditation and sound and vibration relaxation therapy.

**Instructor:** Pixie Larizza

**Price:** \$79

Sept. 18 – Oct. 2 6:30 to 8:30 p.m. W 3 UNF





## Tai Chi for the Mind, Body and Soul

Tai Chi is an ancient Chinese exercise practice recognized for benefiting overall health and is a prominent Chinese martial art emphasizing internal strength. Within the practice, a focus on fluid, gentle, graceful and circular relaxed movements slow the body and mind and deepen the breath. Relax, focus and visualize. Allow Chi, or energy, inside the body to flow. The Sun-Style practiced in this class allows all participants to safely and effectively learn Tai Chi regardless of injuries, ailments or arthritis.

**Instructor:** Alison Cacella

**Price:** \$139

Nov. 13 – Dec. 18 6 to 8 p.m. W 6 UNF

## Advanced Tai Chi

Dig deeper into the meditation of motion presented by Tai Chi while embodying the principles previously discussed. You will explore the power of meditation, breath, space and healing. This class is a continuation of Tai Chi for the Mind, Body and Soul.

**Instructor:** Alison Cacella

**Price:** \$139

Oct. 28 – Dec. 9 6 to 8 p.m. M 6 UNF  
(No class Nov. 11)

## **NEW** Back to Basics: Herbalism – Teas and Tinctures

Can you benefit from a more holistic lifestyle? Interested in what nature can do for your health? Then check out our class which is a brief introduction to herbalism focused on teas and tinctures. We will discuss the history of herbalism, talk about seasonal teas, and end with tinctures and percolating. It is a make-and-take class, so you can show off what you have learned! Part of our Back to Basics series exploring natural skills for sustainability.

**Note:** The class fee includes materials for making your own teas and tinctures to take home.

**Instructor:** Donnes Tedrow

**Price:** \$89

Sept. 9 – 16 6 to 8 p.m. M 2 UNF

## Find Your Shine!

Join us for an exciting discovery of finding your “shine inside.” This interactive workshop will help you identify your why or purpose in life. You will learn proven techniques to clear your current life path and move into a more positive direction.

**Instructor:** Trudy Toche

**Price:** \$39

Sept. 11 6 to 8 p.m. W 1 UNF

Oct. 23 6 to 8 p.m. W 1 UNF

Nov. 6 6 to 8 p.m. W 1 UNF

## How to Improve Your Memory

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% success rate in remembering facts and

names. Due to the specialized nature of this course, the class is limited to 12 students.

**Instructor:** Dr. Frederick Lee

**Price:** \$79

Sept. 9 – 23 6 to 8 p.m. M 3 UNF

## Hypnosis Workshop – Increase Your Personal Well Being

During this hypnosis workshop, you will learn what hypnosis is and how it works, do some exercises to practice visualization and also experience a hypnosis session that will increase your feelings of well-being, increase self-confidence and provide tools for future self-hypnosis. If you've never been hypnotized, this is a perfect opportunity to learn how hypnosis feels and how it works. Plenty of time for questions and feedback has been allocated both before and after the workshop.

**Instructor:** Rosan Larizza

**Price:** \$39

Oct. 7 6 to 8:30 p.m. M 1 UNF



Register now! See page 15 for details.



# MONEY MATTERS

## Food For Life – Kickstart Your Health

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

**Required:** An additional materials fee of \$15 must be paid to the instructor on the first night of class.

**Instructor:** Chernice Benjamin

**Price:** \$39

Oct. 5	9 to 11 a.m.	SA	1	UNF
Nov. 23	9 to 11 a.m.	SA	1	UNF

## NEW From Grief to Gratitude

This course offers you the tools to help you move through any loss or life transition such as a move, having a child, death, divorce or starting a new career. Learn how to face your journey with greater mindfulness, optimism, fortitude and belief in your ability to find meaning on the other side of any loss or change. You may be amazed by how quickly the desert that is grief can bloom with seeds of gratitude and possibility.

**Instructor:** Maureen Yarbrough

**Price:** \$99

Sept. 5 – 26	6 to 8 p.m.	TH	4	UNF
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## NEW Think Like a Millionaire

Do you use a financial advisor who claims to put you first but charges high and/or hidden commissions? Does your investment strategy result in increased costs, impeding returns and taking needless risk? Do you need an estate plan tune-up to protect you, your spouse and your kids? If your answer is yes to any of these questions, then you need to take this class. We will address how to avoid some of the biggest dangers facing investors and how to protect yourself now to create future financial stability. Specific topics for discussion will include introducing you to strategies that ensure you have enough retirement income annuities or life insurance that serves your wealth objectives, protecting your children's inheritance from divorce and other risks, running background checks on advisors and what red flags to look for, creating a living trust with the right and updated provisions asset protection, and tips for protecting your wealth from financial predators. Use these strategies and think like a millionaire to protect yourself, your loved ones and your wealth.

**Instructor:** Jeff Camarda

**Price:** \$59

Oct. 24 - 31	6:30 to 8:30 p.m.	TH	2	UNF
Nov. 14 - 21	6:30 to 8:30 p.m.	TH	2	UNF

## Second Saturday – How Do I Get Divorced?

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, you will gain a greater understanding of the confusing divorce process. Various other legal, behavioral health and real estate professionals will cover topics in their specialty area. Part of a nationally renowned program, the Second Saturday workshop is here to help women navigate through all aspects of the divorce process.

**Instructor:** Robert Franskousky

**Price:** \$59

Sept. 7	9 a.m. to 1 p.m.	SA	1	UNF
Nov. 23	9 a.m. to 1 p.m.	SA	1	UNF

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

This is not your typical financial planning course! 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. Take control. Manage your investments. Attendees will receive a copy of "The Professor's One-Minute Guide to Stock Management" book. This 150-page book was written in direct response to student requests for a reference manual. The book expands on the concepts of the Professor's methodology and covers everything discussed in the six hours of class, including the charts, PowerPoint slides and a helpful glossary of terms used in class.

**Note:** Some basic knowledge of the stock market is recommended.

**Instructor:** Hank Swiencinski

**Price:** \$159

Oct. 7 – 21	6 to 8 p.m.	M	3	UNF
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## Clarifying Medicare

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

**Instructor:** Karen O'Brien

**Price:** \$39

Sept. 26	6 to 8 p.m.	TH	1	UNF
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## Savvy Social Security Planning

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.

**Instructor:** Karen O'Brien

**Price:** \$39

Sept. 24 9 to 10:30 a.m. TU 1 Winston YMCA  
Sept. 24 6 to 8 p.m. TU 1 UNF

## Win-Win Investing

In this investing seminar, you will learn various investment choices that allow you to benefit from either a bullish or bearish market. A list of investment ideas will be shared as trading examples. Whether you are a beginner or an advanced trader, this strategy is designed to help you "win" in both up and down markets. You will receive a copy of the instructor's "master list" that explains the different types of investments. This course provides the basic knowledge for greater success in the Options Basics seminars.

**Instructor:** Ashley Gilbert

**Price:** \$49

Sept. 23 6 to 8:30 p.m. M 1 UNF  
Sept. 28 9 to 11:30 a.m. SA 1 UNF

## Options Basics: Selling Puts

In this Options seminar, you will learn option basics, terminology and one options trading strategy. The strategy will explain how to use options to possibly acquire a stock at a sale price, while getting paid in the meantime. Whether you are a beginner or an advanced trader, this strategy is designed to help create monthly income and pay less for the stocks in your portfolio. You will receive a copy of the instructor's "trading recipe" that explains the recipe step by step. It is recommended that you take Win-Win Investing as a precursor to this course.

**Instructor:** Ashley Gilbert

**Price:** \$49

Sept. 26 6 to 8:30 p.m. TH 1 UNF  
Sept. 28 12 to 2:30 p.m. SA 1 UNF

## Options Basics: Covered Calls

In this Options seminar, you will learn option basics, terminology and one options trading strategy. The strategy will explain how to "charge rent" or generate income on the stocks in your portfolio. You will also learn how to find stocks to "rent out." Whether you are a beginner or an advanced trader, this strategy is designed to help create monthly income for your portfolio. You will receive a copy of the instructor's "trading recipe" that explains the recipe step by step. It is recommended that you take Win-Win Investing as a precursor to this course.

**Instructor:** Ashley Gilbert

**Price:** \$49

Sept. 28 3 to 5:30 p.m. SA 1 UNF  
Nov. 7 6 to 8:30 p.m. TH 1 UNF

## The Retirement Continuum

Most people want to retire ONCE, so it makes sense to get it right the first time! This fun, 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 you will face when retiring that will ultimately determine your quality of life. Modules include: health insurance decisions, tax savings strategies, maximizing your Social Security, pension decisions, projecting retirement income and 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 spouse or 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.

**Instructor:** Michelle Ash

**Price:** \$89

Oct. 5 – 12 9 a.m. – 12 p.m. SA 2 UNF  
Oct. 8 – 15 6:30 – 9:30 p.m. TU 2 UNF

# TECHNOLOGY

## Introduction to Excel 2016

Learn the skills necessary to develop workbooks from creation to editing, with formatting in between. You'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.

**Note:** Class will be held at UNF Hicks Hall.

**Required:** Please bring a USB flash drive with you to class.

**Instructor:** Michael Metzler

**Price:** \$129

Sept. 5 – Oct. 10 6 to 8 p.m. TH 6 Hicks Hall UNF





### Intermediate Excel 2016

Become an Excel pro! This course will provide the skills needed to enhance your spreadsheets by creating charts, diagrams and pivot tables. You will learn how to manage your data with conditional formatting. Using more advanced functions and formulas along with macros, you will make your workbooks more productive.

**Note:** A working knowledge of the computer and Excel is recommended. Class will be held at UNF Hicks Hall.

**Required:** USB flash drive.

**Instructor:** Michael Metzler

**Price:** \$99

Oct. 24 – Nov. 14 6 to 8 p.m. TH 4 Hicks Hall UNF

### Introduction to Video and Film Production - YMCA

This course will introduce you to the basics of film and video production. We'll cover basic camera operation and work our way through framing and composition, lighting, sound, shots and more. We'll be hands-on as you handle the various skills involved. We'll cover 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 and using tripods and light stands.

**Note:** Though not required, you are welcome to bring your personal camera and other production gear to class.

**Instructor:** Mike Madden

**Price:** \$109

Sept. 12 – 26 6 to 8:30 p.m. TH 3 Winston YMCA

### NEW Advanced Video and Film Production - YMCA

Designed for people who are comfortable using their video camera, this one-day course will continue where Introduction to Video and Film Production left off. The goal is to help you bridge the gap to professional skills. Learn planning, basic PA skills (c-stands, cable management, safety, set etiquette, etc.) and audio. You will be filling roles as we work through the basics of

shooting interviews and shooting a scene.

**Note:** Though not required, you are welcome to bring your personal camera and other production gear to class.

**Instructor:** Mike Madden

**Price:** \$109

Oct. 10 – 24 6 to 8:30 p.m. TH 3 Winston YMCA

### Introduction to Smartphone Filmmaking - YMCA

Your smartphone has a great video camera. In fact, it's so good, filmmakers and producers are using it to make feature films and shoot news and documentary footage. Now you can learn how to get the most out of the camera in your pocket in this one-day crash course designed to teach you professional video techniques using your cellphone camera. You'll learn the basics of smartphone videography and how to apply those skills for both creative 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 smartphone video productions. Whether you just want better video of family events or to use your smartphone camera for professional needs, this is the class for you.

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

**Instructor:** Mike Madden

**Price:** \$109

Nov. 7 – 21 6 to 8:30 p.m. TH 3 Winston YMCA

### Apple Device Training – The Fundamentals

Whether you are a beginner or a longtime veteran with Apple devices, this class will help. Each class is different, so you will learn something new in each class that you attend. Topics taught from an Apple Certified instructor include:

- The top 10 current "need to know" about Apple computers
- Performing a security inspection on your device that is brought into class

Back to Basics learning include:

- Apple device set-up
- Explanation of iCloud services
- Microsoft Office for Apple users

Time is allocated for questions and answers. Feel free to bring your device to class with you.

**Instructor:** Daren Dillinger

**Price:** \$39

Sept. 23 6:30 to 9 p.m. M 1 UNF

### NEW Demystifying the Cloud

Access to "the Cloud" is becoming essential technology knowledge, but what IS it exactly? Learn the key concepts and how to set up and make use of cloud services to access data, photos and documents. The class will focus on cloud service platforms DropBox, Google Drive, Apple's iCloud and Microsoft's OneDrive. Users of all levels are welcome. You too can become an expert on "the Cloud" and access all your files anywhere with only an internet connection!

**Instructor:** Daren Dillinger

**Price:** \$39

Sept. 30 6:30 to 9 p.m. M 1 UNF  
Dec. 3 6:30 to 9 p.m. TU 1 UNF



# PHOTOGRAPHY

## **NEW** The Fundamentals of Digital Photography - YMCA

Do you have a new camera you are ready to explore? This fundamentals class will help you figure out how to get the most out of your new toy. Topics will include use of light and exposure, shutter speed, aperture, ISO, shooting modes and camera lenses. Hands-on as well as classroom instruction will allow you to play with your new camera while receiving support and practice.

**Instructor:** Allie Miller

**Price:** \$39

Sept. 4, 10 to 11:30 a.m. W 1 Winston YMCA  
Oct. 17, 9 to 10:30 a.m. TH 1 Winston YMCA

## Composition in Photography

Learn how to create pleasing and interesting photos regardless of what type of camera you own. Concepts of photo composition covered in this class include: what to include or exclude in your photo, how you arrange subjects, and the impacts of light, color and viewpoint. In addition, line, form, shape, color and more are included. Rules are explained and provided so they can then effectively and knowledgeably be broken.

**Note:** There is no need to bring a camera to this class.

**Instructor:** John Reed

**Price:** \$49

Dec. 12 6 to 8:30 p.m. TH 1 UNF

## Digital Photography – Beginner's Workshop and Lab - YMCA

This class is designed to give a basic understanding of the controls used on digital cameras, as well as some basic introduction into digital photography concepts in order to know when to make camera setting changes.

You will learn what the buttons, dials and switches are used for and how to change the settings on your cameras in order to control appearance of your 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 one-third of the time is spent hands on practicing what was taught with help from the instructor as needed.

**Note:** Please bring your cameras and manual to class. DSLR, mirrorless and advanced point-and-shoot types will be able to apply more than basic point-and-shoot types. While the instruction on how digital photography works and the camera controls used is universally applicable, the more basic the camera, the more limited it will be in applying everything taught.

**Instructor:** John Reed

**Price:** \$65

Dec. 7 8:30 a.m. to 12:30 p.m. SA 1  
Brooks YMCA

## Digital Photography, Level I – Getting Familiar with Your Camera

This one-night class is designed to explain the controls on digital cameras. You will learn what the buttons, dials and switches are used for and become more familiar with how digital cameras work. Knowing your camera and becoming comfortable with it will not only make future courses easier to understand but make photography more enjoyable as well. Everything covered is applicable to all camera types but please note that this course is not designed to provide instruction on every different camera type available. The DSLR-type camera is used for course content and presentation illustrations, since they remain the most popular.

**Note:** 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. Feel free to bring your camera and its manual to class with you.

**Instructor:** John Reed

**Price:** \$49

Sept. 23 6 to 8:30 p.m. M 1 UNF



## Digital Photography, Level II – Photography Fundamentals

This is a beginner's course in digital photography. It is strongly suggested that you take the Level I class unless you are familiar with your camera controls. This course teaches you how to use those controls and includes but is not limited to the following topics:

- What is exposure - the "exposure triangle"
  - aperture, shutter speed and ISO
- Explanation of shooting modes
- How the camera sets the exposure in each
  - how to make corrections
- How the camera meter measures light
  - the key concept of "neutral"
  - metering and metering modes
  - using the histogram to ensure good exposures
- Basic white balance
- Focusing for sharp images

**Note:** While the teachings on how digital photography works are universally applicable to all camera types, more basic cameras may lack some of the controls needed to fully apply some of what is taught. Generally DSLR and mirrorless types are well suited for this course. Very basic point-and-shoot cameras will be limited in applying what is learned.

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

**Instructor:** John Reed

**Price:** \$149

Oct. 7 – Nov. 4 6 to 8:30 p.m. M 4 UNF  
(No class Oct. 21)



## Digital Photography, Level III – Taking More Control of Your Camera

This course builds on the concepts taught in Levels I and II while adding new information. Highlights include:

- All about light
  - types, qualities, traits, types
  - white balance in greater depth
- Getting sharp images and tripod tips
- Sensor size and "crop factor" impact
- Controlling where you focus
- The "graduate course" on depth of field for dramatic photos
- Explanation of the RAW file, lens attachments and much more.

**Note:** While the teachings on how digital photography works are universally applicable to all camera types, more basic cameras may lack some of the controls needed to fully apply some of what is taught. Generally, DSLR and mirrorless types are well suited for this course. Very basic point-and-shoot cameras will be limited in applying what is learned.

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

**Instructor:** John Reed

**Price:** \$115

Nov. 18 – Dec. 2 6 to 8:30 p.m. M 3 UNF

## Digital Photography – Computer Editing Basics

Learn how to enhance, correct and adjust digital images after they are captured. This introductory course explains the types and impact of adjustments commonly made such as modifying brightness and contrast, removing noise, adjusting color and sharpening. Some software product knowledge is necessary. Photoshop CC in a Windows environment will be used for demonstration. The class is comprised of both lecture and live demonstration. Laptops are not required.

**Instructor:** John Reed

**Price:** \$79

Nov. 7 – 14 6 to 8:30 p.m. TH 2 UNF

## Digital Photography – Advanced Photoshop

Now that you've mastered the basics of editing your images, it's time to go further! This class will show you how to: combine images to make new ones; replace parts of one with another; turn frowns to smiles; create photo frames, faux mats or a stunning presentation online; add your own signature or watermark; make precise adjustments and more. This is primarily a live demonstration as the instructor illustrates the techniques. Laptops are not required but students are more than welcome to use a laptop to follow along if they wish.

**Note:** Students should be familiar with Photoshop CS6 (or later) or Photoshop Elements (12 or later). If you use another layers-based software such as onOne or Corel, the techniques will be similar but assistance in these programs is not available should you have software specific questions. The instructor will use Windows, but you should be comfortable with your own operating system.

**Instructor:** John Reed

**Price:** \$79

Oct. 3 – Oct. 10 6 to 8:30 p.m. TH 2 UNF

## Digital Photography – Get Organized Using Lightroom

Digital photography provides an explosion of images and keeping track of them can be a real challenge. Learn how to make order out of the confusion using Adobe Lightroom CC Library Module. The Library Module makes organizing and retrieving images in your photo archives easy. You will learn the key aspects

of the Library Module including importing, catalogs, keywords, metadata and the tools and methods provided to organize and access your images.

**Required:** You should be familiar with computers, files, file organization and common program conventions such as using menus. Windows will be used by the instructor, but most commands are easily translated for Mac machines. Laptops are welcome but not a requirement.

**Note:** A 30-minute lunch is built into the lesson plan.

**Instructor:** John Reed

**Price:** \$89

Sept. 21 8:30 a.m. to 2 p.m. SA 1 UNF

## Digital Photography – Hands-on Photo Safari at the Jacksonville Zoo and Gardens

This is a hands-on, in-the-field workshop so bring all the gear you wish to use or want to learn more about. We'll cover several varied types of photo situations, so you can take home your own "safari" photos – just like you went to Africa! Tips and lessons will be given along the way to complete the experience. All camera types are welcome but only those with DSLR, mirrorless, or advanced point-and-shoot models will be able to apply all lessons taught. As a bonus, you will receive early admission and the price of admission is included in the course fee.

**Instructor:** John Reed

**Price:** \$65

Oct. 26 8 a.m. to 12 p.m. SA 1  
Jacksonville Zoo and Gardens



# WRITING

## Science Fiction and Fantasy Writing

Dive into this four-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.

**Instructor:** Tim Robinson

**Price:** \$99

Oct. 3 – 24, 6:30 to 8:30 p.m. TH 4 UNF

## Creative Writing – An Introduction

This five-week 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.

**Instructor:** John Boles

**Price:** \$119

Oct. 16 – Nov. 13, 6:30 to 8:30 p.m. W 5 UNF



## Plot and Story Structure

Let your creativity fill in the blanks in your mind and on the page! 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, you can master the art of plot and story structure in a way that will complete your stories.

**Instructor:** John Boles

**Price:** \$119

Sept. 4 – Oct. 2, 6:30 to 8:30 p.m. W 5 UNF

## Dynamics of Dialogue

In memorable fiction, dialogue is not just about what the characters say; it's how they say it. In fact, sometimes what's even more important is what they don't say. Great dialogue goes beyond coming across as "real"; the author's goal should be to make it realistic at a heightened level. This course, taught by an award-winning writer, delves into and dissects the structural dynamics of dialogue. Learn how to put words in your characters' mouths that will resonate with readers for a lifetime.

**Instructor:** John Boles

**Price:** \$99

Sept. 5 – Oct. 3, 6:30 to 8:30 p.m. TH 4 UNF  
(No class Sept. 26)

## Creating 3-Dimensional Characters in Fiction

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, you will learn techniques to use in developing dynamic, three-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?

**Instructor:** John Boles

**Price:** \$119

Oct. 10 – Nov. 7, 6:30 to 8:30 p.m. TH 5 UNF

## The ABC's of Publishing Your Children's Book

Do you have an idea for a children's book but don't know how or where to start? Learn how to turn your story into a book. Course topics include: types of children's books, publishing options, book essentials and credentials, and marketing. From A-to-Z, learn everything you need to put your book on the right track.

**Instructor:** Frances Keiser

**Price:** \$39

Oct. 9 6 to 8 p.m. W 1 UNF



# BEER, WINE AND SPIRITS

All participants  
must be at least 21

## How to Become a Sommelier

Are you a wine enthusiast who looks upon the wine world with a deep curiosity? Or are you a restaurant professional wanting to take the first steps to becoming a sommelier? If so, this is the class for you. During this 12-week course, Kara Joseph, a Napa and NYC Certified Sommelier, will provide you valuable information on what a "Somm" is and how you can break into the mysterious world of wine. Classes will cover everything from starting the process of becoming a Certified Sommelier, understanding every major wine producing region, blind tasting wine and gracefully serving wine. Although you won't receive the direct certification through this course, your instructor will assist you in understanding the organization called The Court of Master Sommeliers, the governing body responsible for the formal testing and certification of Sommeliers. After this course, you will be fully prepared to take and pass your Introductory Sommelier Certification and be equipped to sit for the Certified Sommelier Exam.

**Instructor:** Kara Joseph  
**Price:** \$399  
Sept. 30 – Dec. 23 6 to 8 p.m. M 12 UNF  
(No class Nov. 11)

## Wine Essentials Focus: Classic Wine and Cheese Pairings

Most wines and cheeses just don't work well together. In fact, it's difficult to get it right – that is, to taste wines and cheeses that work harmoniously, even complementary, together. Examine six classic wine and cheese combinations that exemplify either a complementary or contrasting pairing. This is an essential class for anyone who enjoys entertaining or pursuing a higher level of understanding of both wine and cheese.

**Note:** The cost of the wine and cheese is included.

**Instructor:** Richard Park  
**Price:** \$89  
Oct. 21 6 to 8:30 p.m. M 1 UNF

## Wine Essentials Focus: The Pinot Noir Family

Wines produced from the Pinot Noir grape have become immensely popular over the past dozen years or so and continue to find a larger and larger audience. Typically, it is the "Pinots" that are produced in cooler climates that possess the magical balance of red fruit character, essence of the soil and character that is neither too restrained nor too annoyingly demonstrative. We'll taste five cooler-climate Pinots, as well as two white wines that are genetically related to Pinot Noir.

**Note:** The cost of the wine is included.

**Instructor:** Richard Park  
**Price:** \$89  
Nov. 18 6 to 8:30 p.m. M 1 UNF

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

Philosophers and people from all walks of life have been challenged for centuries to answer the age-old question: "What is quality?" Most people would say that they have a notion of what "quality" means – however, one person's idea of "great" (art, music, wine, etc.) very well might be another person's "mediocre" or even "awful." The instructor for this class – a wine industry professional of 35+ years - will present the parameters pertaining to the assessment of wines of various levels of quality. Also covered is a discussion of how and where to purchase wines of higher quality and an overall strategy for collecting wine. You will taste six wines and there will be an in-depth discussion and quality assessment of each. This class promises to be interesting, challenging, informative and fun.

**Note:** The cost of wine is included.

**Instructor:** Richard Park  
**Price:** \$89  
Sept. 9 6 to 8:30 p.m. M 1 UNF

## Brew Your Own: New to Homebrewing Beer

Homebrewing beer is a popular and growing hobby. In this class, you will learn the basics of creating your own homebrew. Learn about beer ingredients, the home brewing process and equipment and what it takes to start making your own beer at home. The final class will be held on a Saturday where you will receive exposure to multiple home brews at a special event.

**Note:** The cost of sampling homebrews created by your instructor is included.

**Instructor:** Michael Lentz  
**Price:** \$89  
Oct. 21 - 28, 6:30 to 8:30 p.m. M UNF +  
Nov. 2, 10 a.m. to 12 p.m. SA

## The World of Whiskey

If you are a whiskey lover, there is no better way to end a long day than with a glass of whiskey. During this class, you will learn the basics of the drink that George Bernard Shaw called "liquid sunshine." Topics will include the art of distillation, the differences between various types of whiskeys, and how they are made and aged. Get some interesting stories about the history of whiskey and how the famous families developed their brands. By the end of this class, you will know the difference between Bourbon Whiskey, Rye Whiskey, American/Canadian Blended Whiskey, Irish Whiskey and Scotch Whisky.

**Note:** The cost of tasting six different whiskeys is included.

**Instructor:** David Anderson  
**Price:** \$79  
Oct. 17 6 to 8 p.m. TH 1 UNF  
Dec. 5 6 to 8 p.m. TH 1 UNF



# SEE A CLASS THAT YOU LIKE? HERE'S HOW TO REGISTER



**Debby Fliger**  
Customer Care Specialist

Some classes have limited enrollment, so register early for the best selection! You can register online up to one business day before the class start date. If it is less than one business day before the class start date, please call our office.

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

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

**MAIL-IN:** University of North Florida  
Division of Continuing Education  
LEARN Jacksonville  
12000 Alumni Drive  
Jacksonville, FL 32224

## CLASS LOCATIONS and PARKING

Most of our classes are held on the UNF Campus in the Adam W. Herbert University Center with ample free parking in Lot 16. If class is being held at another location, it is noted.

## WAIT LISTS

If a class is full, you may place yourself on a wait list. If a spot opens in that class, you will be notified via email.

## GROUP DISCOUNTS

Organize a group of six or more students and you will receive your LEARN Jacksonville class free. All students must participate in the same class. Call (904) 620-4200 for group registration information.

## UNF FACULTY, STUDENT and STAFF DISCOUNTS

Current full-time UNF employees and students receive a 50% discount off most classes. Contact us from your UNF email address to take advantage of this discount.

## CLASS CANCELLATIONS

Cancellation requests must be received prior to the first day of class in order to receive a 90% tuition refund.\* Your tuition may be transferred to a future class that occurs prior to June 30, 2020, but only immediately upon your cancellation. No refund or transfer requests will be accepted after the start of a class or if you do not attend. In the event we cancel a class, students will be contacted by email or telephone and given the option to transfer to another class or receive a 100% refund.

\*A 10% administrative fee is retained by the University.



### Brooks Family YMCA

10423 Centurion Pkwy., Jacksonville, FL 32256

The Art of Speed Reading . . . . . p. 4  
Digital Photography – Beginner's Workshop  
and Lab . . . . . p. 11

### Winston YMCA

221 Riverside Ave, Jacksonville, FL 32202

Savvy Social Security Planning . . . . . p. 9  
Introduction to Video and Film Production . . . . . p. 10  
Advanced Video and Film Production . . . . . p. 10  
Introduction to Smartphone Filmmaking . . . . . p. 10  
The Fundamentals of Digital Photography . . . . . p. 11

## YMCA CLASSES:

No membership needed!

Take courses at UNF or at YMCA specified locations – no membership required! YMCA members receive 20 percent off courses taking place at a YMCA location.

To receive discount, reserve your seat through the information provided below:

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

CALL: (904) 265-1775





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### Rave review for LEARN Jacksonville:

"Outstanding course! Rarely have I gotten more out of a class. This has greatly helped me as a writer. John Boles is an exceptional instructor...excellent depth of knowledge and delivery."

– W. Gardner, about Plot and Story Structure (p. 13)

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