



Division of Continuing Education

FALL 2016

COURSE CATALOG

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More classes ... more locations ... more opportunities to discover something new!



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HABLA
ESPAÑOL



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area YMCA locations!



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ARTS, CRAFTS
AND HOBBIES

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AND WELLNESS

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WINE TASTING

**MORE
THAN 75
COURSES**

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 held at YMCA locations.

See page 15 for registration instructions and for the YMCA location map.

Questions? Call our Customer Care Team at (904) 620-4200.

Visit us online at www.unf.edu/ce.



Upcoming classes at a location near you!

Classes take place at the University of North Florida and at the following locations:

Arlington Family YMCA

10131 Atlantic Blvd., Jacksonville, FL 32225

Creative Mosaic Workshop	p. 3
Discover Your Magic Within	p. 5
Macronutrients – The Calorie Makers	p. 5
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Brooks Family YMCA

10423 Centurion Pkwy. N., Jacksonville, FL 32256

Creative Mosaic Workshop	p. 3
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How to Improve Your Memory	p. 5
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Build and Improve Your Resume	p. 9

Flagler Center Family YMCA

(Off Old St. Augustine Rd.)

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

Creative Mosaic Workshop	p. 3
How to Improve Your Memory	p. 5
Learn to Kayak	p. 6
Build and Improve Your Resume	p. 9

McArthur Family YMCA

1915 Citrona Drive, Fernandina Beach, FL 32034

Let's Make a T-Shirt Quilt	p. 3
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Ponte Vedra Family YMCA

170 Landrum Lane, Ponte Vedra Beach, FL 32082

How to Improve Your Memory	p. 5
Practical Self Defense and Awareness	p. 5
Learn to Kayak	p. 6

Williams Family YMCA

10415 San Jose Blvd., Jacksonville, FL 32257

Genealogy – A Beginner's Guide	p. 7
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Winston Family YMCA

221 Riverside Ave, Jacksonville, FL 32202

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How to Improve Your Memory	p. 5
Beginner's Digital Photography Workshop and Lab	p. 10
Blogging for Business and Pleasure	p. 12
Creative Writing – An Introduction	p. 12
Crash Course in Screenwriting	p. 13
Plot and Story Structure	p. 14

ARTS, CRAFTS and HOBBIES



Basic Quilt Making Skills **NEW!**

Instructor: Julie Mainor (\$119)

This course is the perfect way to introduce you to quilt terminology, basic cutting, piecing and quilt construction techniques. The Attic Windows quilt is one of the most popular and best loved of all three-dimensional quilt patterns. The pattern draws the eye into a shadow box effect. This is an excellent way to showcase a favorite print or special blocks. You will construct a twin size quilt top. Layering and quilting will not be included in class time. Options for finishing will be discussed. No experience necessary!

Required: Sewing machine with bobbins, thread, scissors, seam ripper, dressmakers chalk pencil, machine needles, straight pins and 45mm rotary cutter.

LOCATION	DATE	DAY	TIME
UNF	OCT. 20 – NOV. 17	TH	6:30 to 8:30 p.m.

Let's Make a T-Shirt Quilt!

Instructor: Julie Mainor (\$129)

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

Required: Sewing machine with bobbins, dressmaker shears, seam ripper, thread, tape measure, dressmaker pencil or chalk, machine and hand sewing needles, straight pins, notepad and pen. The instructor will provide rotary cutter, mat and ruler to use in class.

A supply list, including fabrics and notions, will be distributed on the first night of class.

LOCATION	DATE	DAY	TIME
UNF	SEPT. 1 – OCT. 6	TH	6:30 to 8:30 p.m.
FERNADINA YMCA	SEPT. 12 – OCT. 17	M	6:30 to 8:30 p.m.

Creative Mosaic Workshop

Instructor: Laure Norton (\$25)

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

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

LOCATION	DATE	DAY	TIME
UNF	SEPT. 7	W	6:30 to 8:30 p.m.
UNF	OCT. 18	TU	6:30 to 8:30 p.m.
UNF	DEC. 7	W	6:30 to 8:30 p.m.
ARLINGTON YMCA	SEPT. 13	TU	6:30 to 8:30 p.m.
BROOKS YMCA	OCT. 11	TU	6:30 to 8:30 p.m.
WINSTON YMCA	NOV. 9	W	6:30 to 8:30 p.m.
FLAGLER YMCA	DEC. 1	TH	6:30 to 8:30 p.m.

Painting with Acrylics – Level II

Instructor: Keith Doles (\$129)

Take your acrylic painting skills to the next level by learning various traditional and mixed media techniques with the brush, palette knife and more. Lessons will include painting demonstrations, discussions and exercises for understanding the design elements and principles. Build a portfolio and receive feedback from your instructor.

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

LOCATION	DATE	DAY	TIME
UNF	SEPT. 1 – OCT. 6	TH	6:30 to 8:30 p.m.

Painting with Acrylics – Level III **NEW!**

Instructor: Keith Doles (\$129)

Test drive your acrylic painting skills by producing a series of traditional and/or contemporary works. Each session will give you the opportunity to study and emulate an art movement(s) or artist(s) from any period in history. Professional studio procedures and techniques for making gallery-quality artwork will be explored. Lessons will include painting demonstrations, guidance and feedback from the instructor.

Required: Painting With Acrylics II course or at least two years of painting experience with acrylics. A supply list for this course is available online.

LOCATION	DATE	DAY	TIME
UNF	OCT. 20 – DEC. 1	TH	6:30 to 8:30 p.m.

(No class on Nov. 24)

Beginning Creative Watercolor – Part I

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	SEPT. 6 – OCT. 11	TU	6:30 to 8:30 p.m.
WINSTON YMCA	SEPT. 8 – OCT. 13	TH	6:30 to 8:30 p.m.



Beginning Creative Watercolor – Part II

Instructor: Jennie Szaltis (\$129)

Building on basic watercolor techniques and extended color blending, you will explore watercolor painting techniques, such as negative painting. Learn the use of mastoid to begin building a platform for creativity in watercolor. Class exercises will be pre-drawn. No drawing 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	OCT. 25 – DEC. 6	TU	6:30 to 8:30 p.m.

(No class on Nov. 22)

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	SEPT. 6 – OCT. 4	TU	6:30 to 8:30 p.m.

Intermediate Sewing

Instructor: Julie Mainor (\$119)

Discover the secrets to fitting patterns to your measurements, plus learn best practices for repairing and altering existing clothing. Projects include elastic waist pants with pockets from a purchased pattern and a shirt or blouse with set-sleeves, collar and buttons. The project may require homework in order to finish before completion of course. 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	OCT. 18 – NOV. 15	TU	6:30 to 8:30 p.m.

Glas Clas™ with Pixieglas™

Instructor: Pixie Larizza (\$79)

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

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

LOCATION	DATE	DAY	TIME
UNF	NOV. 29 – DEC. 13	TU	6:30 to 8:30 p.m.

HEALTH and WELLNESS

Live, Love and Laugh Healthier, Sexier and More Satisfied

Instructors: Elizabeth Paul, EdD, MPH, MS, CHES
Ragda McAfee, MPT, RYT (\$79)

Join us for this fun and exciting workshop about women for women! This class helps you gain real life skills and insights by establishing a sacred space for women to share freely and bond with like-minded women. In this safe environment, topics will include sexual and reproductive health, mindfulness and communication within relationships and self-esteem and self-love. Upon completion, you will become comfortable with the topic of human sexuality and sexual health, develop a greater appreciation of self and others as unique individuals, apply the knowledge gained to improve your mind, body and spirit to enhance critical relationships and learn to truly love, value and honor your beautiful, divine physical body. This workshop leverages Ragda's experience as a licensed physical therapist, yoga instructor and master Reiki practitioner along with Elizabeth's experience teaching human sexuality and women's health to create a unique and engaging learning opportunity.

LOCATION	DATE	DAY	TIME
UNF	OCT. 1	S	9:30 a.m. to 3:30 p.m.

Begin Your New Chapter

Instructor: Marci Cervone (\$79)

Love yourself to health and happiness in the second half of your life by turning toward this new phase with curiosity, clarity and courage. Discover who you are NOW. Leverage your untapped potential and elevate your well-being and vitality. Create your personal mission and develop your vision to fully begin this new chapter in your life.

LOCATION	DATE	DAY	TIME
UNF	OCT. 3 – 17	M	6 to 8 p.m.



To register,
See p. 15 for details.

What is Your B.I.O Level? Discovering Your Beauty Inside Out

Instructor: LaRonda Howard (\$49)

This workshop series will help you discover your authentic self and how to love your beauty inside out (B.I.O.). In today's society, there is more pressure than ever to focus on the external beauty of a person. However, a person's B.I.O. is the most single important variable that determines our success and happiness. It is a person's authentic beauty which allows them to have high self-esteem and personal power and, in return, can increase their academic and professional success. This workshop series will include self-assessment tools, practical life coaching techniques and helpful tips for individuals to build their B.I.O. level.

LOCATION	DATE	DAY	TIME
UNF	OCT. 13 – 20	TH	6:30 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 implementing your senses, you will be amazed at how you can improve your everyday memory. We will begin with a short test, and by the end of the course, you'll see the lasting benefits of memory improvement. Previous classes have boasted students achieving an 80- to 90-percent success rate in remembering facts and names. Due to the specialized nature of this course, the class is limited to 12 students.

LOCATION	DATE	DAY	TIME
UNF	NOV. 12 – 19	SA	9 a.m. to noon
WINSTON YMCA	SEPT. 21 – OCT. 5	W	6:30 to 8:30 p.m.
PONTE VEDRA YMCA	SEPT. 24 – OCT. 1	S	9 a.m. to noon
BROOKS YMCA	OCT. 18 – NOV. 1	TU	6:30 to 8:30 p.m.
FLAGLER YMCA	OCT. 20 – NOV. 3	TH	6:30 to 8:30 p.m.

Brain Foods – Eating for Healthy Living

Instructor: Katherine Vogel (\$39)

We have all heard the expression, "You are what you eat." Join us as we take a closer look at the thoughts and behaviors that greatly influence our decisions long before that chai latte with a carrot muffin crosses the taste buds. We will explore the super foods that recharge our brains to make healthier choices about our diet, thoughts and behaviors. In addition, the true benefits of meditation in releasing good hormones, (i.e., melatonin and DHA) endorphins and reducing stress (inflammation) will be revealed. Journey on this introspective view of nutrition and its effect on your brain!

LOCATION	DATE	DAY	TIME
UNF	OCT. 11	TU	6 to 8 p.m.
BROOKS YMCA	SEPT. 28	W	6 to 8 p.m.
ARLINGTON YMCA	NOV. 10	TH	6 to 8 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	OCT. 31 – NOV. 21	M	6:30 to 8:30 p.m.
BROOKS YMCA	SEPT. 13 – OCT. 4	TU	6:30 to 8:30 p.m.
PONTE VEDRA YMCA	SEPT. 14 – OCT. 5	W	6:30 to 8:30 p.m.

Advanced Self Defense

Instructor: Tim Robinson (\$79)

This is a continuation of the Practical Self-Defense course that focuses on advanced self-defense techniques. Learn simple but effective techniques to quickly recover from being knocked to the ground, from a stronger opponent trying to hold you down and how to prepare and defend against multiple attacks. Learn how to deal with more than one attacker, how to defend yourself when weapons are involved and how proactive planning will help you move from self-defense to self-offense. The Practical Self-Defense course is not a pre-requisite.

LOCATION	DATE	DAY	TIME
UNF	NOV. 28 – DEC. 12	M	6:30 to 8:30 p.m.

Macronutrients – The Calorie Makers NEW!

Instructor: Katherine Vogel (\$39)

This course is designed to provide an insight into the macronutrients that make up our calorie intake. Carbohydrates, protein and fats support our energy needed to enjoy our lives. The key is balance. First understand what foods make up what macronutrient that then leads to the calories. Next understand the pros and cons to find what works best for you. Finally summarize your favorite foods into a meal plan that serves to maintain a healthy lifestyle.

LOCATION	DATE	DAY	TIME
UNF	OCT. 4	TU	6 to 8 p.m.
ARLINGTON YMCA	OCT. 19	W	6 to 8 p.m.

Discover Your Magic Within

Instructor: Pixie Larizza (\$79) - YMCA EXCLUSIVE

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

LOCATION	DATE	DAY	TIME
ARLINGTON YMCA	OCT. 25 – NOV. 8	TU	6:30 to 8:30 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	SEPT. 15, 17	TH+S	6 to 8 p.m., 10 a.m. to noon
UNF	OCT. 20, 22	TH+S	6 to 8 p.m., 10 a.m. to noon
UNF	NOV. 17, 19	TH+S	6 to 8 p.m., 10 a.m. to noon
FLAGLER YMCA	SEPT. 14, 17	TH+S	6 to 8 p.m., 10 a.m. to noon
PV YMCA	OCT. 18, 22	TU+S	6 to 8 p.m., 10 a.m. to noon
FLAGLER YMCA	NOV. 16, 19	W+S	6 to 8 p.m., 10 a.m. to noon

Attracting Abundance I

Instructor: Sharon Y. Cobb (\$99)

In this one-day workshop, learn how to attract abundance into your life by opening your mind to receiving wealth, love and all possibilities. You can use the law of attraction to manifest what you would like to attract into your world. Get techniques to focus on what you want in your life and get rid of worries that are counterproductive and sabotaging your power to attract the positive. Learn a life imagery technique similar to visualization exercises used by Olympic athletes before competitions. Start a gratitude journal. Participate in a short meditation that could change your life when practiced often. Get affirmations and find resources to enhance your ability to attract abundance on a daily basis.

LOCATION	DATE	DAY	TIME
UNF	OCT. 22	S	9 a.m. to 5 p.m.

Attracting Abundance II

Instructor: Sharon Y. Cobb (\$99)

If you know the basics of attracting abundance through affirmations, visualizations and meditation, join us for Attracting Abundance II and push your ability to a whole new level. Discover your purpose and learn how to use it to manifest the best in life. Change your negative thoughts to rational and then to positive with simple exercises. Get ideas about how to change your environment to welcome abundance into your life. Find out how to design wildest daydreams and use them to create almost anything you want. In this class you will each design personal key affirmations and daily declarations to improve your realities. Add more joy to life with easy techniques shared in class. This workshop expands your knowledge of the basics learned in Attracting Abundance I.

LOCATION	DATE	DAY	TIME
UNF	OCT. 29	S	9 a.m. to 5 p.m.

Diabetes – Nutrition Prevention **NEW!**

Instructor: Katherine Vogel (\$39)

Diabetes is a diagnosis no one wants to hear. Whether you have been diagnosed with having diabetes, prediabetes or looking to just prevent diabetes, this course is for you. The course is based on guidelines that have been used for years to slow the progress of diabetes. Learn what foods are best to lower your risk. Recognize carbohydrates as an essential nutrient not to be avoided. Become a skilled expert in navigating food labels in order to prepare meals that you and your family can enjoy.

LOCATION	DATE	DAY	TIME
UNF	NOV. 2	W	6 to 8 p.m.

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	OCT. 26 – NOV. 9	W	6:30 to 8:30 p.m.

Living Mindfully **NEW!**

Instructor: Marci Cervone (\$89)

Learn to utilize the dynamic tools of mindfulness to enhance your everyday living. You will learn to leverage the practice of mindfulness as it relates to stress response, self-compassion, nutrition awareness and overall health. Evidence-based research is provided to prove the power of these simple techniques to increase well-being and joyful living.

LOCATION	DATE	DAY	TIME
UNF	NOV. 5	S	9 a.m. to 4 p.m.

HOME and GARDEN



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 decluttering, paint color, furniture placement, curb appeal, remodeling kitchens, baths and more.

LOCATION	DATE	DAY	TIME
UNF	OCT. 13	TH	6:30 to 8:30 p.m.



To register,
See p. 15 for details.

Genealogy – A Beginner's Guide **NEW!**

Instructor: Barbara Kiersh (\$59) – **YMCA EXCLUSIVE**

Genealogy is the study of families and the tracing of their lineages and history. Learn the basics of charting and research. Discover important online and print resources to aid your pursuits of tracing your family tree.

LOCATION	DATE	DAY	TIME
WILLIAMS YMCA	OCT. 13 – 27	TH	6:30 to 8 p.m.

Let's Decorate Together

Instructor: Ann Gobler (\$119)

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

LOCATION	DATE	DAY	TIME
UNF	SEPT. 26 – OCT. 24	M	6:30 to 8:30 p.m.

Wedding Planning on a Budget **NEW!**

Instructor: Felina Martin (\$59) – **YMCA EXCLUSIVE**

The average wedding in the United States will cost a couple \$30,000. Learn how you can cut that cost in half and have an amazing wedding. During this half-day workshop, you will establish a budget, learn tips and tricks to get the best prices on services, discover easy DIY decorations and more. Each participant will receive a free copy of Premier Bride Magazine, two tickets to an upcoming Premier Bride Expo and over \$500 in discounts to area wedding suppliers and services!

LOCATION	DATE	DAY	TIME
ARLINGTON YMCA	SEPT. 10	S	9 a.m. to 1 p.m.
BROOKS YMCA	OCT. 15	S	1 to 5 p.m.

Natural Wonders of Northeast Florida

Instructor: Jolie Schlieper (\$109)

Have you ever wondered what sorts of creatures live in the marsh down the street, or who is making all of those peculiar, singing sounds in the nighttime trees and bushes? Are you curious about how the local landscapes were formed and why certain trees and plants grow here, but not there? If you want an introduction to the diverse habitats and landscapes of Northeast Florida, then this is the course for you. Your instructor will guide you on a concise survey of the plants and animals of the Florida flatwoods, tidal marshes, cypress forests and coastal marshes that you see every day. You will spend three sessions in an interactive, enjoyable classroom format. There will be two Saturday field trips. The first on Sept. 17 will be held at the UNF Wildlife Preserve. The second outing on Sept. 24 is a half-day field trip to Timucuan Preserve.

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

LOCATION	DATE	DAY	TIME
UNF	SEPT. 14, 17, 21, 24, 28	W+S	6:30 to 8:30 p.m.

LANGUAGE and CULTURE

Introduction to the Italian Language

Instructor: Annalisa Rinaldi (\$249)

This introductory course is intended for students without any previous experience of listening to, speaking or studying Italian. It is designed to help students develop basic communication skills in Italian by engaging them 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	SEPT. 13 – DEC. 6	TU	6 to 8 p.m.

(No class on Nov. 22)

Italian Language and Culture – Level II

Instructor: Annalisa Rinaldi (\$249)

A continuation of the Introduction to the Italian Language, this course is appropriate for those who have basic knowledge of the Italian language and wish to extend their vocabulary and grammatical skills for a broader range of everyday situations. You will learn how to use the most common expressions and more complex grammatical structures that will enhance your language skills.

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

LOCATION	DATE	DAY	TIME
UNF	SEPT. 12 – DEC. 5	M	6 to 8 p.m.

(No class on Nov. 21)



Spanish – Level III

Instructor: Adriana Giles (\$259)

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	SEPT. 7 – NOV. 30	W	6 to 8:30 p.m.

(No class on Nov. 23)

Introduction to Chinese Language and Culture

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 10-week course will help you learn basic Chinese language skills and understand key concepts of Chinese culture through role-playing, storytelling and a situational real-life learning environment. Textbook: "Experiencing Chinese," included in the tuition, contains 50 daily life conversational topics. This rare opportunity to gain an insider's view of Chinese culture is made possible through the Confucius Institute at University of North Florida, a joint collaboration between the University of North Florida and Shaanxi Normal University, China.

LOCATION	DATE	DAY	TIME
UNF	SEPT. 15 – NOV. 17	TH	6 to 8 p.m.

Business Communications in China

Instructor: Professor Zhihua Tian (\$209)

This course will improve learners' Chinese business communication abilities. To do business in China requires not only language skills, but also knowledge of Chinese business culture and economic information. For this purpose, the classes will feature a series of business conversations portraying a businessman's business trip to China. Role playing, pictures and more activities will be used to encourage students to speak using the target language. This rare opportunity to gain an insider's view of Chinese culture is made possible through the Confucius Institute at University of North Florida, a joint collaboration between the University of North Florida and Shaanxi Normal University, China.

LOCATION	DATE	DAY	TIME
UNF	SEPT. 14 – NOV. 14	W	6 to 8 p.m.



MONEY MATTERS



Be Creditwize

NEW!

Instructor: Carol DeMarco (\$79)

Thorough yet clear explanations of what credit is, how it effects our daily lives and how to best manage it will be taught. We will discuss how to begin a healthy credit profile, how to get back on a healthy credit track and even how to take good credit to great credit. Credit score calculations are discussed in detail along with specific steps to take to improve your score, starting now. The course will provide information that will lift the veil of mystery that surrounds your credit report. You'll learn how to use credit as a tool to enable yourself to live the best life possible.

Required: "Be Creditwize". The book will be available on the first night of class from the instructor for \$15.

LOCATION	DATE	DAY	TIME
UNF	SEPT. 21 – OCT. 5	W	6:30 to 8:30 p.m.

Clarifying Medicare

Instructor: Karen O'Brien (\$29)

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	OCT. 18	TU	6:30 to 8 p.m.

Second Saturday – What Everyone Needs to Know About Divorce

NEW!

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	SEPT. 10	S	9 a.m. to 12:30 p.m.
UNF	OCT. 8	S	9 a.m. to 12:30 p.m.
UNF	NOV. 12	S	9 a.m. to 12:30 p.m.
UNF	DEC. 10	S	9 a.m. to 12:30 p.m.

Build and Improve Your Resume **NEW!**

Instructor: Terry Jones (\$39) – **YMCA EXCLUSIVE**

Learn how to create a professional resume that can be used both in-person and online when applying for jobs. Learn how to format, organize and prioritize your experience in a way that highlights your skills. Discover the do's and don'ts for resume writing to make sure you create favorable results with prospective employers.

LOCATION	DATE	DAY	TIME
BROOKS YMCA	SEPT. 14	W	6 to 8 p.m.
FLAGLER YMCA	OCT. 12	W	6 to 8 p.m.

The Retirement Continuum

Instructors: Jon Castle, MSFS, CFP®
Michelle Ash, CFP®, CASL®, RICP®
Kris d'Esterhazy, CFP®, ChSNC® (\$79)

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 that 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 e-mail unfce@unf.edu with your spouse/guest's name.

LOCATION	DATE	DAY	TIME
UNF	SEPT. 24 – OCT. 1	S	9 a.m. to noon
UNF	SEPT. 27 – OCT. 4	T	6:30 to 9:30 p.m.

Your Family Bank **NEW!**

Instructor: Luke Burge (\$79)

Are you 100% sure you are going to have a great retirement, or do you have some doubt? This personal financial literacy program is aimed at helping individuals and couples eliminate debt, increase cash flow, reduce tax liability and create a predictable retirement. This course teaches you how to manage every aspect of your finances – from how to spend to how to save, thus allowing you to take control of your life. On any income, this exciting course can guide your financial behavior and help you make positive and lasting choices that, in the end, build wealth. The average American pays approximately 34 percent of every dollar they earn toward interest. This includes mortgage payments, credit card payments, car payments and student loans. Learn how to take control of your financial future by equipping yourself with a game plan to reduce taxes and interest, increase your cash flow and save for retirement.

Note: Attendance for a guest is included with enrollment. Call (904) 620-4200 or e-mail unfce@unf.edu with your spouse/guest's name.

LOCATION	DATE	DAY	TIME
UNF	NOV. 3 – 17	TH	6:30 to 8:30 p.m.



The Professor's One-Minute Guide to Stock Management

Instructor: Hank Swiencinski (\$149)

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

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

LOCATION	DATE	DAY	TIME
UNF	SEPT. 22 – OCT. 6	TH	6:30 to 8:30 p.m.
UNF	NOV. 14 – 16	M+T+W	6:30 to 8:30 p.m.

"After taking the class, I no longer feel like I have to be a victim to the market. I would encourage anyone interested in trading and investing to take this class."

- D. Knapp, The Professor's One-Minute Guide to Stock Management

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 over your lifetime. This informative seminar covers the basics of Social Security and reveals innovative strategies for maximizing your benefits.

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

Investment Basics

Instructor: Charles Drysdale (\$39)

Interested in investing but not sure where to start? Get a broad overview of the investment process and its vehicles, (e.g., stocks, bonds, cash equivalents and funds). Discuss key points regarding stock evaluation in this comprehensive, one-night course.

LOCATION	DATE	DAY	TIME
UNF	SEPT. 6	TU	6:30 to 8:30 p.m.
UNF	NOV. 9	W	6:30 to 8:30 p.m.



To register,
See p. 15 for details.

Learn
to shoot
like a pro!



PHOTOGRAPHY

Pre-Level I Digital Photography – DSLR Camera Boot Camp

Instructor: John Reed (\$39)

This one-night class is designed to explain the controls on your DSLR camera. You will learn what all the buttons, dials and switches are used for and how to change the settings on your camera so that all future courses are easier to understand and participate in. How the settings impact your photos will be covered in Levels I, II and III.

This class is not a prerequisite for later levels but is strongly recommended unless you are already familiar with your camera controls. If you've just gotten your digital camera or a bought 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	SEPT. 12	M	6 to 8:30 p.m.

Beginner's Digital Photography Workshop and Lab NEW!

Instructor: John Reed (\$69) – YMCA EXCLUSIVE

This five-hour class is designed to give you a basic understanding of the controls on your DSLR camera as well as some 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 2/3 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 1/3 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. Nikon Coolpix, Canon Powershot, Kodak, Samsung, Casio, Panasonic; most Olympus and Fuji types are point and shoot cameras.

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

LOCATION	DATE	DAY	TIME
WINSTON YMCA	OCT. 1	S	8:30 a.m. to 1:30 p.m.

Introduction to Digital Photo Editing Using Photoshop

Instructor: John Reed (\$119)

This is an introductory course on using Photoshop and similar products to edit your digital photos on your computer. It will cover the basic fundamentals of editing your digital images to correct brightness, color and sharpness using a layers-based approach. The difference between RAW and jpg image files will be covered including converting RAW files. Other techniques covered include: combining images or parts of images, cloning, basic portrait retouching and more. Photoshop 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: 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	OCT. 27 – NOV. 17	TH	6 to 8:30 p.m.

Level I Digital Photography – Digital Photo Basics and Photography Fundamentals

Instructor: John Reed (\$89)

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

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

The rest: using the histogram to ensure good exposures, how the various shooting modes work and when to use which one, how the camera sets the exposure and compensating what to do when it gets it wrong.

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 simply because the camera may lack the necessary controls.

You should be familiar with your camera controls, either from your own experiences or by taking the Pre-Level I class.

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

LOCATION	DATE	DAY	TIME
UNF	SEPT. 26 – OCT. 10	M	6 to 8:30 p.m.



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

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

Instructor: John Reed (\$89)

This course builds on the concepts taught in Level I while continuing to add new information. Topics include:

Lighting: recognizing the type of light present and using it properly; learning the qualities, traits and types of light; all about white balance for color control.

Other: key concept for exposure of neutral and learning to recognize it in a scene, how all the camera metering modes work and when to use each one, getting sharp images, controlling where you focus, tripod tips, sensor size and crop factor impact and the graduate course on depth of field for dramatic photos.

The course finishes with an introduction to flash and a wrapup with some image analysis.

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

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

LOCATION	DATE	DAY	TIME
UNF	OCT. 24 – NOV. 7	M	6 to 8:30 p.m.

Level III Digital Photography – In-Depth Topics and Applications Learned

Instructor: John Reed (\$89)

This course goes deeper into previous topics for greater understanding and also covers new ground.

Manual Mode: for the most control possible

Flash: both built-in on camera and external flash guns

Lenses: what you need to know about lenses for informed buying

Other: filters, lens attachments, dust and sensor cleaning, introduction to HDR photography, RAW vs. jpg file formats and camera care

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

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

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

LOCATION	DATE	DAY	TIME
UNF	NOV. 21 – DEC. 5	M	6 to 8:30 p.m.

Level IV Digital Photography – DSLR Final Steps and Fine Points

Instructor: John Reed (\$59)

This final DSLR course covers a selection of topics not included in the first three levels. You should be completely comfortable using your camera and be ready to learn additional techniques to help you grow. Topics include composition and seeing, understanding perspective, exposure to the right ETTR, back button focusing, image bit depth and why it matters, using color spaces and profiles and more.

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

Digital Photography – Basic Lightroom and the RAW File

Instructor: John Reed (\$69)

Explore the basics of Adobe Lightroom 6/CC in this one-day workshop. Investigate the library module, including importing catalogs and organization. Discover the develop module for editing your digital images. Learn the basic adjustments possible with this powerful, non-destructive editing software, applicable to both RAW and jpg files. Since Lightroom is based on the Adobe RAW Converter, we'll also touch on it as supplied with Photoshop CS6 and Photoshop Elements.

Note: A 30-minute lunch is built into the lesson plan. Laptops are welcome but not required.

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

LOCATION	DATE	DAY	TIME
UNF	DEC. 3	S	8:30 a.m. to 2 p.m.

Mastering Zoo Photography

Instructor: John Reed (\$39)

Through instruction and examples, you can take wonderful photos at the zoo without looking like you're at a zoo! Discover catch shots you can make while you're there, as well as more serious work you can do alone. Understand depth of field: how using it makes fences and glass disappear. Create images to be proud of no matter what your photo kit: long lenses, short lenses and everything in between. Shooting subjects will include: large and small mammals, reptiles, birds, flowers and even indoor photography. Learn the best camera settings to use for all situations. Tips on composition will also be included.

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

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

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

LOCATION	DATE	DAY	TIME
UNF	SEPT. 22	TH	6 to 8:30 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 applying the lessons provided in the classroom. Concentrate on a few specific areas to reinforce the techniques needed to shoot through fences, glass and other obstructions to shoot photos that look like they were taken in the wild outdoors. Learn to use whatever camera/lens combination you have for maximum enjoyment and efficiency.

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

LOCATION	DATE	DAY	TIME
UNF	SEPT. 24	S	8 a.m. to noon

TECHNOLOGY



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 back-ups and how to find lost Apple devices will also be discussed. You are welcome to bring your device to class.

LOCATION	DATE	DAY	TIME
UNF	SEPT. 8	TH	6:30 to 9 p.m.
UNF	OCT. 27	TH	6:30 to 9 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 setup. 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	SEPT. 29	TH	6:30 to 9 p.m.
UNF	NOV. 29	TU	6:30 to 9 p.m.

Introduction to Excel 2013 **NEW!**

Instructor: Joseph Adir (\$119)

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

Required: Please bring a USB drive to class.

LOCATION	DATE	DAY	TIME
UNF- HICKS HALL	SEPT. 7 – OCT. 5	W	6:30 to 8:30 p.m.

Blogging for Business and Pleasure

Instructor: Sharon Y. Cobb (\$99)

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	SEPT. 17	S	9 a.m. to 5 p.m.
WINSTON YMCA	NOV. 19	S	9 a.m. to 5 p.m.



WRITING



Creative Writing – An Introduction

Instructor: John Boles (\$99 – \$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	SEPT. 7 – OCT. 5	W	6:30 to 8:30 p.m.
WINSTON YMCA	OCT. 8	S	9 a.m. to 5 p.m.

Anatomy of a Murder Mystery **NEW!**

Instructor: Robert Gold (\$119)

Learn the creative elements needed to write a compelling murder mystery. You will learn how mysteries are plotted, paced, structured and designed to capture the reader's attention. The course will include lectures, interactive discussion and critiques of the work of well-known mystery writers. Despite the deadly subject matter, humor and fun will be brought into the classroom.

Required: "The Savage Garden," ISBN: 978-0425221297

LOCATION	DATE	DAY	TIME
UNF	OCT. 12 – NOV. 9	W	6:30 to 8:30 p.m.

Creating the Hero's Journey

Instructor: John Boles (\$119)

Writers are storytellers, and the best often use elements of myth to create compelling narratives. Based on the highly acclaimed works of Joseph Campbell and Christopher Vogler, this course provides writers with the tools to utilize mythic structure to formulate masterful stories. Through the examination of popular works, discover effective principles for structuring plots and creating believable characters. Practice these methods to analyze and improve your work through exercises. Why settle for mundane when you can infuse your writing with the magic of myth.

LOCATION	DATE	DAY	TIME
UNF	SEPT. 12 – OCT. 10	M	6:30 to 8:30 p.m.

Memoir Writing – Telling Your Story

Instructor: Judith Erwin (\$99)

Study the scope and characteristics of a memoir in this four-week course. Select and capture meaningful moments in your life for purposes of personal enrichment, preservation, or publication. Using lessons learned, tap into your past to retrieve childhood memories, relationships, challenges and accomplishments. Once discovered, add fire and color to the page. By the end of the course, you will have written one or more sections of a memoir and gained the skills to further develop a project of any chosen length.

LOCATION	DATE	DAY	TIME
UNF	SEPT. 19 – OCT. 10	M	6:30 to 8:30 p.m.

Writing FUNNY!

Instructor: Sharon Y. Cobb (\$99)

Can you learn to write funny? Great comedy writing could be considered a natural gift, but it can also be learned. This one-day workshop is for all writers (from novice to pro) and screenwriters. Get the basics of creating funny characters for and constructing a comic storyline. Create comedy from character opposites, the comedy rule of three, slapstick vs. satire, dark comedy, humorous story construction and more. Most material in this workshop refers to comedy writing for fiction books and films. Writing exercises will be used to demonstrate techniques. Practice techniques with in-class demonstrations. Learn to write funny. It'll be a hoot!

LOCATION	DATE	DAY	TIME
UNF	SEPT. 24	S	9 a.m. to 5 p.m.

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 hand-outs, worksheets and both in-class and homework 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	NOV. 7 – DEC. 5	M	6:30 to 8:30 p.m.

Turning Your Story into a Novel

Instructor: Judith Erwin (\$99)

Writers today face an uphill climb. By learning the basic techniques for crafting a novel, the beginning writer can quickly flatten the learning curve. You will learn how to merge the techniques of journalist non-fiction writing with the creativity and artistic freedom of fiction writing from an instructor who has published numerous nonfiction articles and two full-length novels. In addition to weekly lectures, you will create one or more potential sections of a novel

LOCATION	DATE	DAY	TIME
UNF	OCT. 25 – NOV. 15	T	6:30 to 8:30 p.m.

Crash Course in Screenwriting

Instructor: Sharon Y. Cobb (\$99)

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

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

LOCATION	DATE	DAY	TIME
WINSTON YMCA	OCT. 15	S	9 a.m. to 5 p.m.
UNF	DEC. 3	S	9 a.m. to 5 p.m.

Intermediate Course in Screenwriting

Instructor: Sharon Y. Cobb (\$99)

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

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

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

LOCATION	DATE	DAY	TIME
UNF	DEC. 10	S	9 a.m. to 5 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	NOV. 30 – DEC. 14	W	6:30 to 8:30 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	OCT. 19 – NOV. 16	W	6:30 to 8:30 p.m.
WINSTON YMCA	NOV. 5	S	9 a.m. to 5 p.m.

Everything You Need to Know to Publish Your E-book and More!

Instructor: Sharon Y. Cobb (\$99)

It's time to take control of your writing career. This one-day class will prepare you for e-publication with editing tips, formatting information and distributing avenues. Discover the eight things you should know about cover design. Take control of the 18 departments of your publishing house. You will uncover eight elements your E-book must possess and receive an invaluable e-publishing checklist.

LOCATION	DATE	DAY	TIME
UNF	OCT. 1	S	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. Six wines will be tasted and the cost of the wine is included.

LOCATION	DATE	DAY	TIME
UNF	OCT. 3	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	OCT. 24	M	6 to 8:30 p.m.

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

Instructor: Richard Park (\$69)

Philosophers, artists, scientists and entrepreneurs have spoken and written innumerable discourses over the years on the subjects of wine quality, greatness and the like. While most people have a notion of what these words mean, the same people also understand the dubious nature of such grandiose designations – after all, one person's great is another person's awful.

You will be presented the facts pertaining to assessing wines of high quality. Also covered is a discussion of the hows, whys and wheres in purchasing high quality wines and an overall strategy for collecting wine. Six wines will be tasted and the cost of the wine is included.

LOCATION	DATE	DAY	TIME
UNF	NOV. 10	TH	6 to 8:30 p.m.



Impressive Wines for the Holidays **NEW!**

Instructor: Richard Park (\$79)

There are many causes for celebration in the last two months of a calendar year – holidays, office parties, family reunions, religious and spiritual observances, etc. and wine could very well play a roll in any or all of these occasions. For this class, you'll taste seven wines – mostly from small European producers that represent a wide range of tastes and flavors. The wines do share several things in common including high-quality, great value and uniqueness. For meaningful celebrations this year, don't serve just anything, serve the best thing: high-quality, memorable wines. The cost of the wine is included.

LOCATION	DATE	DAY	TIME
UNF	NOV. 14	M	6 to 8:30 p.m.

Great Wine Regions of the World – **NEW!** Burgundy

Instructor: Richard Park (\$99)

Burgundy is the one of the most famous wine regions in the world. The white and red wines from this region of France can be hauntingly beautiful in their aromas and flavors. With hundreds of subregions and thousands of producers, Burgundy is also one of the most confusing wine regions. Your instructor, a fine wine industry professional for more than 35 years will share the “insider information” that is the key to understanding the intricacies of this fabled and extraordinary wine area. Seven wines will be tasted and the cost of these world-class wines is included.

LOCATION	DATE	DAY	TIME
UNF	DEC. 8	TH	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
- ▶ **MCARTHUR FAMILY YMCA**
1915 Citrona Drive
Fernandina Beach, FL 32034
904.261.1080
- ▶ **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 UNF:

Online: www.learnjacksonville.com

Call: (904) 620-4200

E-mail: unfce@unf.edu

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

Register for a course at a First Coast YMCA:

Online: www.firstcoastymca.org/unf

Call: (904) 265-1775

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