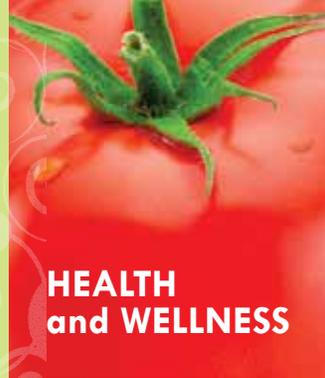




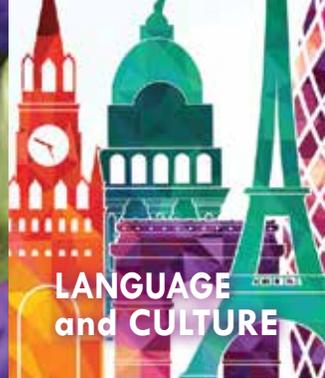
Division of Continuing Education



HEALTH  
and WELLNESS



HOME  
and GARDEN



LANGUAGE  
and CULTURE

ARTS, CRAFTS  
and HOBBIES

CELEBRATING

1



YEARS!

# SUMMER 2018 COURSE CATALOG

CREATED ESPECIALLY FOR ADULT LEARNERS

Starting from \$20  
LOOK INSIDE!  
18 NEW COURSES!

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



Now offered  
at two area  
YMCA locations!



TECHNOLOGY



MONEY  
MATTERS



PHOTOGRAPHY



WRITING



SHOW BUSINESS



BEER AND  
WINE TASTING



3

ARTS, CRAFTS  
and HOBBIES

4

HEALTH  
and WELLNESS

7

HOME  
and GARDEN

7

LANGUAGE  
and CULTURE

8

TECHNOLOGY



9

MONEY MATTERS



10

PHOTOGRAPHY



12

WRITING



13

SHOW BUSINESS



14

WINE TASTING



## Ten years ago...

The University of North Florida Division of Continuing Education saw the need in our community for a new type of instruction: education focusing on creativity, curiosity and general well-being. LEARN Jacksonville was created to take learning beyond the classroom and invited individuals to try new experiences to enrich their lives and to explore "Learning for the fun of it".

Ten years later, LEARN Jacksonville has served more than 20,000 adult learners and has more than 40 instructors — and our numbers continue to grow.

What did you always want to learn? Take a minute to look through these pages. We want you to experience it for yourself:

## Learning for the fun of it.

**Celebrating  
10 YEARS!**

## NO MEMBERSHIP NEEDED!

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

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

To register, call our Customer Care Team at (904) 620-4200.

Visit us online at [www.learnjacksonville.com](http://www.learnjacksonville.com)



## ARTS, CRAFTS and HOBBIES

### DIY Wood Sign Workshop **NEW!**

Instructor: Dallas Alvarez (\$20)

Come see what the buzz is about. Customize a project of your choice. Once you are in the workshop you will be led step-by-step to transform raw wood into a beautiful personalized piece of art. We offer a range of projects for you to choose from.

Once the wood is prepped, we will then stain, customize and paint it. You will leave the workshop with an original piece that you can show off and you will be able to brag to others that you made it yourself! All tools are provided. No prior wood working experience is necessary.

**Note:** After registering for the class, you will receive a link to choose your project at a UNF discounted rate of \$20. Class will be held at Hammer & Stain, located at 469 Atlantic Blvd. Unit 7, Atlantic Beach, Florida 32233.

LOCATION	DATE	DAY	TIME
HAMMER & STAIN	May 16	W	6:30 to 8:30 p.m.
HAMMER & STAIN	July 10	TU	6:30 to 8:30 p.m.
HAMMER & STAIN	Aug. 13	M	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	May 3 – June 7	TH	6:30 to 8:30 p.m.

### Painting with Acrylics – Level III

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	June 21 – July 26	TH	6:30 to 8:30 p.m.

### Painting with Color Workshop **NEW!**

Instructor: Pixie Larizza and Jennie Szaltis (\$49)

Join not one, but two, of UNF's most creative instructors for a day of FUN and exploration into the world of color. Start the day by exploring the world of watercolors with Jennie Szaltis from 9 to 11 a.m., then take a break with a brown bag lunch from 11 to 11:45 a.m. This amazing day of creative endeavors ends with a Pixieglas™ Clas™ from 11:45 a.m. to 1:30 p.m., where you will create FUNctional pieces of art. All materials provided.

LOCATION	DATE	DAY	TIME
UNF	June 23	SA	9 a.m. to 1:30 p.m.

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

Instructor: Pixie Larizza (\$79)

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 fun way to step outside your comfort zone and add color to your life! Glas Clas™ is fun for ages 15 and above. 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	May 2 – 16	W	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, starfish, mirror, butterfly and more. You will learn the basics of mosaics using the direct method. Supplies such as glass tile, adhesive and grout will be provided and the use of tools, such as tile nippers will be shown. A grouting demonstration will be provided and each student will get a grouting kit to take home. At the end of the evening, you will have created your own mosaic art. No prior mosaic or art experience is necessary.

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

LOCATION	DATE	DAY	TIME
UNF	June 6	W	6:30 to 8:30 p.m.
UNF	July 26	TH	6:30 to 8:30 p.m.
BROOKS YMCA	May 23	W	6:30 to 8:30 p.m.





## Introduction to Sewing

Instructor: Gayle Anderson (\$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 tote 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	June 12 – July 24	TU	6:30 to 8:30 p.m.

(No class on July 3)

## Beginning Creative Watercolor – Level I

Instructor: Jennie Szaltis (\$129)

Often called the most expressive print medium, watercolor is sure to help you discover your creative spirit. Learn the basic technologies 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	May 29 – June 26	TU	6:30 to 9 p.m.

## Beginning Creative Watercolor – Level II

Instructor: Jennie Szaltis (\$129)

Building on basic watercolor techniques and extended color blending, you will explore watercolor painting techniques such as negative painting and the use of mastoid to begin building a platform for creativity in watercolor. Learn how easy watercolor can be. Class exercises will be pre-drawn. No drawing experience is necessary.

**Required:** Purchase your own supplies from 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	July 10 – Aug. 7	TU	6:30 to 9 p.m.

## HEALTH and WELLNESS

### Beginning Meditation

Instructor: Pixie Larizza (\$79)

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

LOCATION	DATE	DAY	TIME
UNF	Aug. 8 – 22	W	6:30 to 8:30 p.m.

### Positive Steps Forward

Instructor: Sharon Cobb (\$109)

Have you had, or are you facing, a major change in life? Are you feeling stuck and not clear about how to move forward in a positive direction? In this one-day workshop, you will learn how to get unstuck no matter what the reason. If you have been feeling overwhelmed due to losing a loved one from either death or divorce, this workshop is for you. Or would you like to recreate yourself as you approach or move into retirement? This workshop is for people of all ages and at any stage in their lives where they could use ideas and strategies for taking action. We'll help you identify reasons for your lethargy and establish attainable goals to get unstuck. You'll get 10 powerful tools for change that you can implement immediately. You'll get practical advice, tips and inspiration to help you free yourself and motivate you to move forward with renewed energy and enthusiasm. Please join us to begin creating a more positive path for yourself.

LOCATION	DATE	DAY	TIME
UNF	June 30	SA	9 a.m. to 5 p.m.

### Hypnosis Workshop – Increase Your Personal Well-Being

Instructor: Rosan Larizza (\$39)

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. Time for questions and feedback has been allocated both before and after the workshop.

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

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

## How to Improve Your Memory

Instructor: Dr. Frederick Lee (\$79)

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

LOCATION	DATE	DAY	TIME
UNF	May 31 – June 14	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	June 4 – 25	M	6:30 to 8:30 p.m.
BROOKS YMCA	June 6 – 27	W	6:30 to 8:30 p.m.

## Achieving Inner Peace and Tranquility

Instructor: Pixie Larizza (\$79)

Do you have coping skills? Do you use them regularly? Learning to quiet our minds, soothe our spirits and relax our bodies seems at times like too much work. What if there were a way to live more peacefully and learn to reduce your stress? This course will provide you with useful tools that can, if used, assist you in living a more tranquil life. Minute meditations, breathing exercises, self-massage and stretching techniques are just a few things you will learn in your journey to better living.

LOCATION	DATE	DAY	TIME
UNF	June 6 – 20	W	6:30 to 8:30 p.m.

## Tai Chi for the Mind, Body and Soul

Instructor: Alison Cacella (\$139)

Tai Chi is an ancient Chinese exercise practice recognized for benefiting overall health and the most prominent Chinese martial art emphasizing internal strength. Within the practice, focus on fluid, gentle, graceful and circular relaxed movements. Slow the body and mind, deepen the breath. Relax, focus and visualize. Allow Chi, or energy, inside the body to flow. Breathe Easy practices the Sun-Style to allow all participants with injuries, ailments or arthritis to safely and effectively learn Tai Chi.

LOCATION	DATE	DAY	TIME
UNF	June 13 – July 25	W	6:30 to 8:30 p.m.

(No class on July 4)

## Attracting Abundance I

Instructor: Sharon Y. Cobb (\$109)

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

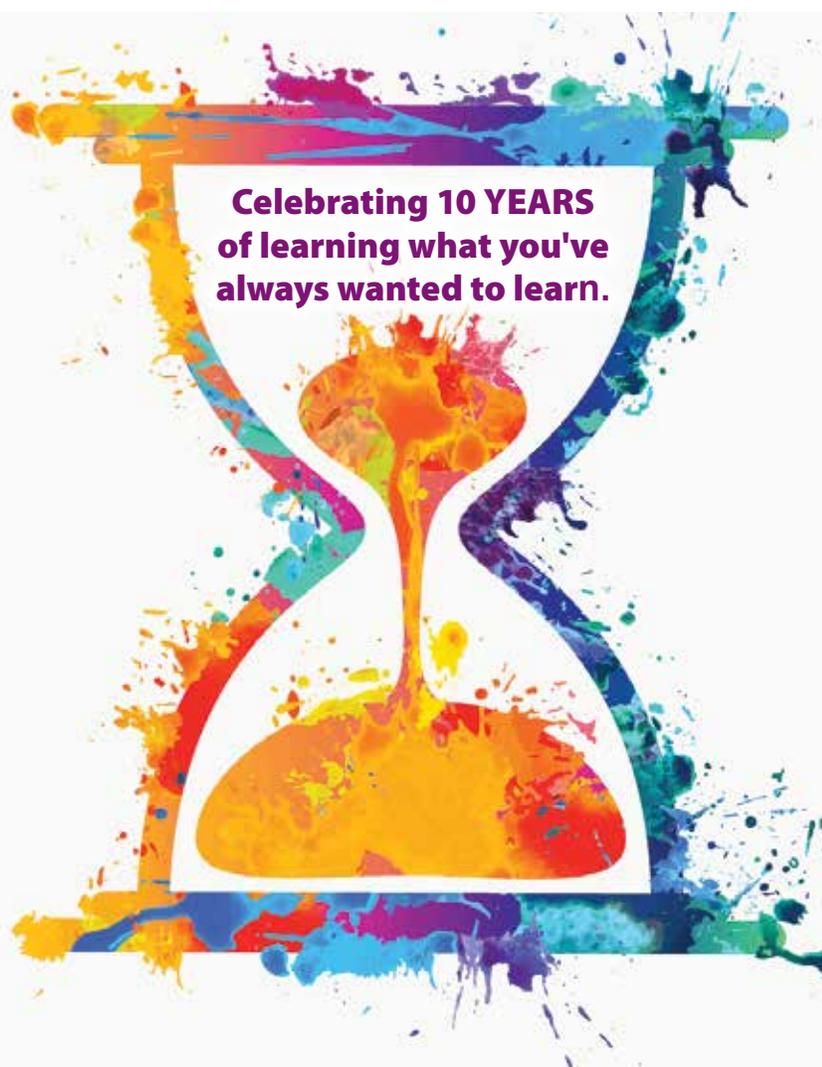
LOCATION	DATE	DAY	TIME
UNF	May 19	SA	9 a.m. to 5 p.m.

## Mastering Time Management NEW!

Instructor: Alison Cacella (\$79)

Time is the most valuable commodity on earth, but sometimes we do not use it wisely. Often by juggling all the daily responsibilities, we lose track of our vision and goals. By learning time management skills, you can increase your productivity, plan for goals and reduce stress during the process. This time-management course will help guide you and provide practical tools to budget your time wisely and effectively to manage the life YOU want!

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





## Introduction to How Foods Can Fight Cancer **NEW!**

Instructor: Chernice Lane Benjamin (\$29)

Certain diet patterns seem to have a major effect in helping people diagnosed with cancer live longer, healthier lives. The National Cancer Institute research shows that as much as 33 percent of cancer risk may be related to diet. In this class, you will learn about the right food choices that can help reduce the risk of developing cancer as well as prevent a recurrence. This two-hour cooking class features a DVD, discussion and the opportunity to taste plant-based dishes following the cooking demonstration.

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

LOCATION	DATE	DAY	TIME
UNF	May 3	TH	6:30 to 8:30 p.m.

## Food for Life – The Cancer Project

Instructor: Chernice Lane Benjamin (\$69)

Explore how a diet rich in vegetables, fruits, whole grains and legumes can help you fight cancer or increase your chances of survival. Come learn how you can enhance your health and fight chronic disease while supporting your overall wellness goals with simple steps in the kitchen. Each class includes nutrition education, cooking demonstration and tastings of three meals. This course is for anyone who currently has cancer, had it previously, is at high risk or has a general interest in learning more about the correlation between nutrition and cancer. Sessions include introduction to how foods fight cancer, fueling up on low-fat, high-fiber foods, discovering dairy and meat alternatives, cancer-fighting compounds and healthy weight control.

**Note:** Each lesson includes recipes and literature related to cancer nutrition. Attendees are encouraged to download "The Cancer Survivor's Guide" free from this site: <http://www.pcrm.org/shop/byNealBarnard/cancer-survivors-guide>.

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

LOCATION	DATE	DAY	TIME
UNF	May 10–24	TH	6:30 to 8:30 p.m.

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

Instructor: Chernice Lane Benjamin (\$29)

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

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

LOCATION	DATE	DAY	TIME
UNF	July 24	TU	6:30 to 8:30 p.m.

## Food for Life – Introduction: Diabetes Initiative

Instructor: Chernice Lane Benjamin (\$29)

More than 29 million people in the United States have diabetes, up from the previous estimate of 26 million, according to a report released by the Centers for Disease Control and Prevention. One in four people with diabetes doesn't know he or she has it.

People who eat plant-based meals are less likely to ever develop diabetes, and for those who have diabetes, plant-based meals can help to improve blood sugar levels and prevent complications. A low-fat, plant-based approach offers a new tool that many have found to be very useful.

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

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

## Food for Life – Diabetes Initiative

Instructor: Chernice Lane Benjamin (\$69)

Explore how nutritional choices can increase or decrease the risk of Type-2 diabetes. Learn which foods are high in fiber, low in glycemic index, and keep you feeling satiated.

Developed by the Physicians Committee for Responsible Medicine ([www.pcrm.org](http://www.pcrm.org)), this course includes plant-based nutrition education and the opportunity to taste plant-based dishes following a cooking demonstration. You will learn several delicious, easy-to-prepare recipes that help keep a steady blood sugar and maintain a healthy weight. Each lesson includes recipes and literature related to diabetes nutrition. Anyone with diabetes, pre-diabetes, a family history or risk factors for developing diabetes, and their adult family members will benefit from this course. Join certified Food for Life instructor, Chernice Lane Benjamin, in discovering which foods are optimal for nutritional excellence.

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

LOCATION	DATE	DAY	TIME
UNF	July 30 – Aug. 13	M	6:30 to 8:30 p.m.

## Food for Life – Kickstart Your Health

Instructor: Chernice Lane Benjamin (\$69)

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

This course is ideal for anyone interested in losing or maintaining weight, lowering cholesterol and blood pressure or wanting to increase energy and improve mood. It won't take long to see impressive results when the body is consistently fueled with proper nutrition. This course is based on Dr. Neal Barnard's book, "21-day Weight Loss Kickstart," and provides a supportive environment to jump into a healthy lifestyle.

Each two-hour class provides guidance and support to easily incorporate more plant-based meals into your daily life and includes a cooking demonstration and tasting of three plant-based meals!

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

LOCATION	DATE	DAY	TIME
UNF	July 31 – Aug. 14	TU	6:30 to 8:30 p.m.

## HOME and GARDEN



### Backyard Beekeeping – An Introduction

Instructor: Meghan Orman (\$59)

Have you always wanted to learn about beekeeping? This four-hour course will cover the relationship between honey bees and humans; honey bee biology and reproduction; inside the hive; introduction to beekeeping; getting started with bees; beekeeping through the seasons; pests and diseases; and beekeeping philosophies. It also includes hands-on equipment demonstrations (no live bees), a workbook and honey tasting.

LOCATION	DATE	DAY	TIME
UNF	June 13 – 20	W	6 to 8 p.m.

### Home Staging and Home Styling

Instructor: Becky Harmon (\$39)

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

LOCATION	DATE	DAY	TIME
UNF	Aug. 23	TH	6:30 to 8:30 p.m.

### Gardening in Northeast Florida

Instructor: Tim Armstrong (\$79)

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

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

**Celebrating  
10 YEARS of  
helping you  
improve  
your health,  
home and  
happiness.**

## LANGUAGE and CULTURE



### Introduction to the French Language – Level I

**NEW!**

Instructor: Louise Hunley (\$189)

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.

LOCATION	DATE	DAY	TIME
UNF	June 7 – Aug. 2	TH	6 to 8 p.m.

(No class on July 5)

### Introduction to Spanish – Level I

Instructor: Dan Holloway (\$189)

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

LOCATION	DATE	DAY	TIME
UNF	June 4 – July 30	M	6:30 to 8:30 p.m.

(No class on July 2)

### Spanish – Level II

Instructor: Adriana Giles (\$269)

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

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

LOCATION	DATE	DAY	TIME
UNF	May 9 – Aug. 8	W	6 to 8:30 p.m.

(No class on June 13 and July 4)



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

## Introduction to the German Language

Instructor: Dan Holloway (\$179)

Guten Tag! If you are planning a trip to a German-speaking country, this course is for you. We'll focus on speaking and comprehending, while learning German grammar in a clear and concise format.

During this eight-week course, we'll cover basic greetings, directions, airport help, ordering food and shopping information. You will know how to talk about yourself and your family as well as explore contemporary life and culture in German-speaking countries.

LOCATION	DATE	DAY	TIME
UNF	May 8 – June 26	TU	6:30 to 8:30 p.m.

## Intermediate German NEW!

Instructor: Dan Holloway (\$179)

This is a continuation of the Introduction to the German Language course. You will continue to build vocabulary and strengthen verb usage, particularly with the spoken past tense (present perfect). Focus on more advanced pronunciation and listening skills, enhanced with CDs, videos and current news from online media from Germany that will help increase your language proficiency.

LOCATION	DATE	DAY	TIME
UNF	July 10 – Aug. 28	TU	6:30 to 8:30 p.m.

# WIR FEIERN 10 JAHRE!



## TECHNOLOGY

### Blogging for Business and Pleasure

Instructor: Sharon Y. Cobb (\$109)

Do you have a passion that you are eager to broadcast to the world? Do you have a business that would benefit from internet marketing? A blog is a free, easy, do-it-yourself website where you may write about anything you please. Learn all the blogging basics: choosing subjects, locating the best website host, finding readers and adding an Amazon store to sell cool stuff. Incorporate YouTube videos and other sites, using the best keywords to attract readers and maintaining a vibrant schedule of posts. Your blogging possibilities are endless.

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

LOCATION	DATE	DAY	TIME
UNF	June 16	SA	9 a.m. to 5 p.m.

### How to Use Your Smartphone NEW! Video Camera for Work

Instructor: Mike Madden (\$49)

This less-intensive version of the Smartphone Filmmaking course is designed for realtors, trainers, social media professionals, bloggers, small business owners and others looking to leverage the power of smartphone cameras to advance their work. The class will focus on the basics of using your smartphone to shoot presentations, virtual home tours and more. It will cover some basic gear and how to upload it to a social media platform or to a computer for further editing.

LOCATION	DATE	DAY	TIME
UNF	June 5	TU	6 to 9 p.m.
WINSTON YMCA	Aug. 7	W	6 to 9 p.m.

### Introduction to Smartphone Filmmaking

Instructor: Mike Madden (\$109)

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 use your smartphone camera for professional needs, this is the class for you.

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

LOCATION	DATE	DAY	TIME
UNF	Aug. 4	SA	9 a.m. to 5 p.m.

## Introduction to Video Editing with Adobe Premiere Pro **NEW!**

Instructor: Mike Madden (\$109)

Designed for individuals new to video editing, this course introduces you to the basics of working with Premiere Pro. Students should bring a laptop and already have Adobe Premiere loaded and operational on their computers. Students should be comfortable with operating a computer and using basic design software. The course will cover media management and organization, importing and exporting files, editing styles and techniques, codecs, formats and basic color correction.

**Note:** Please bring your computer with Premiere Pro loaded and operational to class.

LOCATION	DATE	DAY	TIME
UNF	Aug. 18	SA	9 a.m. to 5 p.m.

## Apple Device Training – The Fundamentals **NEW!**

Instructor: Daren Dillinger (\$39)

Whether you are a beginner or a longtime veteran with Apple devices, this class will help. Topics taught from an Apple Certified instructor include Apple Technology current events, Apple ID set-up and management, iCloud services explained, Microsoft Office for Apple users, using Apple devices for a Windows computer and virus inspection and maintenance. Time has been allocated for questions and answers. Please feel free to bring your devices to class with you.

LOCATION	DATE	DAY	TIME
UNF	May 15	TU	6:30 to 9 p.m.
UNF	June 21	TH	6:30 to 9 p.m.
UNF	Aug. 14	TU	6:30 to 9 p.m.

## Apple Device Training – Operations **NEW!**

Instructor: Daren Dillinger (\$39)

Dig deeper into the operations of your Apple devices. Whether you are a beginner or a longtime veteran, this class will help. Topics taught from an Apple Certified instructor include Apple Technology current events, iTunes and the App Store, iPhone and iPad basics, Macintosh basics, Apple TV and wireless networking knowledge and virus inspection and maintenance. Time has been allocated for questions and answers. Please feel free to bring your devices to class with you.

LOCATION	DATE	DAY	TIME
UNF	May 31	TH	6:30 to 9 p.m.
UNF	June 28	TH	6:30 to 9 p.m.
UNF	Aug. 21	TU	6:30 to 9 p.m.

## MONEY MATTERS

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

Instructor: Hank Swiencinski (\$159)

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

Attendees will receive a copy of "The Professor's One-Minute Guide to Stock Management." 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.

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

LOCATION	DATE	DAY	TIME
UNF	June 6 – 20	W	6:30 to 8:30 p.m.
UNF	Aug. 6 – 8	M, TU, W	6:30 to 8:30 p.m.

### Clarifying Medicare

Instructor: Karen O'Brien (\$39)

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

LOCATION	DATE	DAY	TIME
UNF	June 25	M	6:30 to 8 p.m.

### Savvy Social Security Planning

Instructor: Karen O'Brien (\$39)

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

LOCATION	DATE	DAY	TIME
UNF	May 22	TU	6:30 to 8:30 p.m.

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

Instructor: 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	May 12	SA	9 a.m. to 12:30 p.m.
UNF	July 14	SA	9 a.m. to 12:30 p.m.

# PHOTOGRAPHY

## Beginner's Digital Photography Workshop and Lab

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

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

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

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

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

Instructor: John Reed (\$45)

This class is designed to explain the controls on your DSLR camera. It is structured primarily for the DSLR camera; however, much will still be applicable to mirrorless or advanced point-and-shoot type cameras. You will learn what all the buttons, dials and switches are used for and how to change the settings on your camera so that all future courses are easier to understand and participate in. How the settings impact your photos will be covered in Levels I, II and III. This class is not a prerequisite for later levels but is strongly recommended unless you are already familiar with your camera controls. If you've just gotten your digital camera or have a new one that is confusing, this class is for you.

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

LOCATION	DATE	DAY	TIME
UNF	May 21	M	6 to 8:30 p.m.



**Celebrating  
10 YEARS  
of seeing  
everyday  
things in a  
new light.**

## Digital Photography, Level I – Photo Basics Plus Photograph Fundamentals

Instructor: John Reed (\$129)

This four-week course teaches you how to use the camera's controls and includes, but is not limited to, the following topics: What is exposure — the exposure triangle, aperture and depth-of-field, shutter speed and motion, ISO and noise. Explanation of shooting modes, understanding how the camera sets the exposure and how to correct it are included. Understand how the camera meter measures light, metering and metering modes, using the histogram, how to focus for sharp images and basic white balance are included.

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

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

LOCATION	DATE	DAY	TIME
UNF	June 11 – July 2	M	6 to 8:30 p.m.

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

Instructor: John Reed (\$99)

This course builds on the concepts taught in Level I while continuing to add new information. It includes but is not limited to the following topics: all about light — types, qualities, traits and types, getting sharp images, sensor size and crop factor impact, tripod tips, controlling where you focus, more information on white balance and using depth of field for dramatic photos. The course finishes with an explanation of the RAW file, lens attachments and much more.

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

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

LOCATION	DATE	DAY	TIME
UNF	July 16 – 30	M	6 to 8:30 p.m.

## Digital Photography, Level III – Final Steps: In-Depth Topics and Application Learned

Instructor: John Reed (\$69)

This course delves deeper into previous topics discussed from the Digital Photography, Level II course and explores new ground. It includes the following topics: Using the manual mode for the most control possible, all about flash, both built-in on camera and external flash guns, everything you need to know about lenses for informed buying. We conclude with the class participating in analyzing photos provided and commenting on why certain settings were used, examples of what went right or wrong and how to improve the photos.

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

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

LOCATION	DATE	DAY	TIME
UNF	Aug. 13 – 20	M	6 to 8:30 p.m.



## Digital Photography – Basic Lightroom and the RAW File

Instructor: John Reed (\$79)

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

**Note:** A 30-minute lunch is built into the lesson plan. Laptops are welcome, but not a requirement.

LOCATION	DATE	DAY	TIME
UNF	Aug. 4	SA	8:30 a.m. to 2 p.m.

## Composition in Photography

Instructor: John Reed (\$39)

Learn how to create pleasing and interesting photos using the concepts of photo composition, regardless of what type of camera you own. Concepts covered include: what to include or exclude in your photo, how you arrange subjects and the different impacts of light, color and viewpoint. Line, form, shape, color and much more are all covered. 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.

LOCATION	DATE	DAY	TIME
UNF	June 14	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. Concentrate on a few specific areas to reinforce the techniques needed to shoot through fences, glass and other obstructions to have photos look like they were taken in the wild. Learn to use whatever camera/lens combination you have for maximum enjoyment and efficiency. Tips and help will be provided throughout this exciting workshop rather than formal sit-down lessons.

**Note:** When the workshop is over, continue on your own for the rest of the day practicing what you have learned. As a bonus, receive early admission, as the class has access from 8 to 9 a.m., prior to the public. The price of admission is included in the course fee.

LOCATION	DATE	DAY	TIME
JACKSONVILLE ZOO	June 9	SA	8 a.m. to noon

## Introduction to Digital Photo Editing Using Photoshop

Instructor: John Reed (\$129)

This is an introductory course on using Photoshop and similar products to edit digital photos on your computer. It will cover the basic fundamentals of editing digital images to correct brightness, color and sharpness using a layers-based approach. The difference between RAW and JPG image files will be covered, including how to use RAW files. Other techniques covered include: combining images or parts of images, cloning, basic portrait retouching and more. Photoshop CC2015 will be used for all demonstrations. The majority of the techniques taught will also work in later versions of Photoshop Elements (version 12 or later) as well as some other programs. Lightroom and Aperture are not suitable for this approach.

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

**Required:** 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 is not available should you have software specific questions.

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

## Combining Lightroom and Photoshop

Instructor: John Reed (\$39)

Now offered as a package by Adobe, these two software programs are arguably the most powerful and most popular available for digital editing. Learn the difference between the two programs, what each can and cannot do, but mainly learn how to integrate between the two and working back and forth between them will give you the ultimate control over your final image output. You should be familiar with the basics of both programs. If not both, you should be familiar with at least one of the programs. This is not a beginner class for either of the two, but it concentrates on using them together effectively.

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

LOCATION	DATE	DAY	TIME
UNF	Aug. 16	TH	6 to 8:30 p.m.


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

## Digital Camera Gear

Instructor: John Reed (\$39)

This class focuses on the equipment used in digital photography. We will compare different types of cameras, as well as the attachments and accessories available for each. Whether you already have a camera or are shopping for one, this class will provide more detail on the equipment so you can make better use of what you have or make more informed decisions on what to buy.

LOCATION	DATE	DAY	TIME
UNF	Aug. 25	SA	9 to 11:30 a.m.

## Point and Shoot Camera Basics

Instructor: John Reed (\$39)

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

LOCATION	DATE	DAY	TIME
UNF	Aug. 25	SA	1 to 3:30 p.m.

## WRITING



### How to Sell Your Books and Scripts to Hollywood

Instructor: Sharon Y. Cobb (\$109)

Hollywood is looking for books and scripts to buy. In this one-day workshop, learn what has sold to film producers and studios recently, where to find information about contacting producers and how to get your books and scripts directly to them without agency representation. Get an insider's look at films featured at the most recent American Film Market and see an analysis of the most popular genres. Discover how to choose production companies that most likely want to read your scripts and with whom to speak at the selected companies. Explore websites used by professional Hollywood writers to keep up with what's selling in Hollywood. Find out what happens when a producer wants to option or buy your scripts. This workshop is a must for writers who want to see their stories on the big screen.

LOCATION	DATE	DAY	TIME
UNF	July 21	SA	9 a.m. to 5 p.m.

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

Instructor: Frances Keiser (\$39)

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.

LOCATION	DATE	DAY	TIME
UNF	May 15	TU	6 to 8 p.m.



**Celebrating  
10 YEARS of  
helping you be  
your best you.**

### Storytelling Analysis NEW!

Instructor: John Boles (\$119)

A great way to understand the complexities of plot structure in fiction is to do an in-depth analysis of the building blocks of the story, but reading and dissecting a novel takes a lot of time. Therefore, in this course, we will watch two feature films and break them down into their basic storytelling elements. Using a comprehensive written guide, we will learn to define, identify and analyze the components needed to construct a compelling story. As a result, you can utilize your newly acquired knowledge of this successful formula to help construct your own fictional narratives.

LOCATION	DATE	DAY	TIME
UNF	May 2 – 30	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	July 9 – Aug. 6	M	6:30 to 8:30 p.m.

### Creative Writing – An Introduction

Instructor: John Boles (\$119)

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

LOCATION	DATE	DAY	TIME
UNF	May 7 – June 11	M	6:30 to 8:30 p.m.
UNF	July 18 – Aug. 15	W	6:30 to 8:30 p.m.

(No class on May 28)

## SHOW BUSINESS



### Getting Paid to Talk

Instructor: John Gallogly (\$49)

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

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

This class is fun, realistic and a great first step for anyone interested in the voice-over field.

LOCATION	DATE	DAY	TIME
UNF	June 14	TH	6:30 to 9 p.m.
UNF	July 26	TH	6:30 to 9 p.m.

### Crash Course in Screenwriting

Instructor: Sharon Y. Cobb (\$109)

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

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

LOCATION	DATE	DAY	TIME
UNF	July 14	SA	9 a.m. to 5 p.m.

### Acting – Access to Emotion

Instructor: Cindy Hogan (\$109)

We all have emotions and so do the characters we breathe life into. Presenting a real character with real emotion as an actor can be challenging, strenuous and scary. This workshop is a workout for the actor wanting to master their technique, which can provide ready access to truthful emotion. We will work with your triggers and tear down inhibitions. Through exercises and prepared scene work, you will be led to understand how to connect to real emotion in a logical and real-world way to "bring it" to your work.

LOCATION	DATE	DAY	TIME
UNF	June 16	SA	9 a.m. to 5 p.m.

### Audition Techniques for Film and TV **NEW!**

Instructor: Cindy Hogan (\$109)

The mere mention of an audition evokes fear in some actors, yet without mastering this process, you're just an actor who trains, not an actor who works. This one-day workshop focuses on audition techniques made simple.

LOCATION	DATE	DAY	TIME
UNF	May 19	SA	9 a.m. to 5 p.m.

### Getting into the Film Industry **NEW!**

Instructor: Cindy Hogan (\$109)

Do you need guidance and a firm foothold on the business side of the acting industry? This workshop will provide ANSWERS to all those little and big questions! Whether you are just starting out in the industry or if you are already working but need to do more, this class is for you. By the end of the workshop, we will have developed a plan of action for you to start working on. If you need a push or you need guidance, this is the class for you!

LOCATION	DATE	DAY	TIME
UNF	Aug. 11	SA	9 a.m. to 5 p.m.

### Acting in Commercials **NEW!**

Instructor: Cindy Hogan (\$109)

In the commercial world, there are specific rules to adhere to. Since more than 75 percent of commercials are MOS (movement over sound), improvisation skills are mandatory. It's an exciting venue for your craft and those who master it WORK.

In this full-day workshop, you will learn slating, interviewing, spokesperson copy, two-person copy, different forms of copy, how to break copy down, product placement, who makes the decisions and what are they looking for.

LOCATION	DATE	DAY	TIME
UNF	July 28	SA	9 a.m. to 5 p.m.

**Celebrating 10 YEARS**  
of helping individuals  
express themselves.



## Video and Film Production: A Crash Course

Instructor: Mike Madden (\$109)

This one-day crash course will introduce you to the basics of film and video production. 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 promotions as well as best practices, good habits and pitfalls. We'll also instruct on managing and taking care of your gear as well as using tripods and light stands.

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

LOCATION	DATE	DAY	TIME
UNF	May 19	SA	9 a.m. to 5 p.m.

## Advanced Film and Video Production **NEW!**

Instructor: Mike Madden (\$109)

Designed for people who are comfortable using their video camera, this one-day course will continue where "Video and Film Production: A Crash Course" left off. The goal is to help the novice video producer/film-maker bridge the gap to professional skills. The course will cover 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.

LOCATION	DATE	DAY	TIME
UNF	July 28	SA	9 a.m. to 5 p.m.

## BEER AND WINE TASTING



All participants must be at least 21.

## Beer Brewery Tour and Tasting **NEW!**

Instructor: Rory Malloy (\$25)

Come and learn how beer is made from beginning to end. Join brewmaster Rory Malloy as he guides you through a tour of a working brewery right in your backyard. See how the process begins with simple ingredients and ends with delicious craft beer to please every palate. You will enjoy 5 five-ounce pours of Atlantic Beach Brewing Company's own craft beer and take home an ABBC pint glass. A menu from North Beach Bistro is available and orders placed will be delivered to your barstool.

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

**Note:** This class will be held at Atlantic Beach Brewing Company, 725 Atlantic Blvd., Suite 3, Atlantic Beach 32233.

LOCATION	DATE	DAY	TIME
A.B. BREWING CO.	July 18	W	6:30 to 8:30 p.m.
A.B. BREWING CO.	Aug. 15	W	6:30 to 8:30 p.m.

## Celebrating 10 YEARS of enjoying the best of life!



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

Instructor: Richard Park (\$69)

Combining wine tasting, lively seminar-styled discussion and spirited opinion, this class will appeal equally to those new to wine as well as to those who are frequent wine consumers seeking greater awareness of the subject matter. Your instructor, a 35+ year fine-wine industry professional, will present a provocative method for evaluating and understanding wine that will foster a deep appreciation for this highly enjoyable liquid.

Six wines will be tasted and the cost of the wine is included.

LOCATION	DATE	DAY	TIME
UNF	July 16	M	6 to 8:30 p.m.

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

Instructor: Richard Park (\$69)

Philosophers, artists, musicians and even entrepreneurs have been challenged for centuries to answer the age-old question, "What is quality?"

While most people have a notion of what these words mean, the same people also understand the dubious nature of such grandiose designations—after all, one person's great is another person's awful. Also covered is a discussion of the hows, whys and wheres in purchasing wines of high quality and an overall strategy for collecting wine. Six wines will be tasted and the cost of the wine is included. The instructor for this class, a 35+ year fine wine industry professional, will present the facts pertaining to assessing wines of high quality. This class promises to be interesting, challenging, informative and fun.

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

## Wine Essentials – The Rhone

Instructor: Richard Park (\$89)

The finest Syrah-based wines in the world come from the diminutive appellations of the Côte Rôtie and Hermitage in the Northern Rhone. Similarly, the wines produced in the appellations of Chateauf-neuf-du-Pape and Gigondas in the Southern Rhone represent the apex of quality for Grenache-based wines.

We will taste seven wines — mostly red — from the northern and southern Rhone. What makes these wines so distinctive and special will be apparent to attendees of this class. This is a one-class session and the cost of the wine is included in the fee.

LOCATION	DATE	DAY	TIME
UNF	May 21	M	6 to 8:30 p.m.

## Wine Essentials – Classic Wine and Cheese Pairings

Instructor: Richard Park (\$89)

Most wines and cheeses just don't work well together! In fact, it's pretty difficult to get it right — that is, to taste wines and cheeses that work harmoniously, even synergistically, 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 wines and cheese. The cost of the wine and cheese is included.

LOCATION	DATE	DAY	TIME
UNF	June 11	M	6 to 8:30 p.m.

## Registration is easy!

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



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



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

### Cancellation Policy

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

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

## Register for a course at the University of North Florida

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

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

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

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

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

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

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

12000 Alumni Drive  
Jacksonville, FL 32224-2678

Non-Profit  
Organization  
U.S. Postage  
PAID  
Jacksonville, FL  
1308



## SUMMER 2018 COURSE CATALOG

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



## SUMMER 2018 COURSE CATALOG

### Look what's new!

#### 18 NEW CLASSES

More than 70 fun and  
affordable classes to try.

### Look inside now!

