



LEARN Jacksonville

Take a class for the fun of it!

Starting from \$25

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

Register online at
www.learnjacksonville.com
or call (904) 620-4200.



LANGUAGE
and CULTURE



PHOTOGRAPHY



SHOW BUSINESS



HEALTH
and WELLNESS



ARTS,
CRAFTS
and HOBBIES



MONEY
MATTERS



TECHNOLOGY



HOME
and GARDEN

WINTER 2019 COURSE CATALOG



Division of Continuing Education



WINE
TASTING



Now offered
at two area
YMCA locations!



WRITING



3

**ARTS, CRAFTS
and HOBBIES**



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**HEALTH
and WELLNESS**



8

**HOME
and GARDEN**



8

**LANGUAGE
and CULTURE**



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MONEY MATTERS



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PHOTOGRAPHY



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TECHNOLOGY



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SHOW BUSINESS



14

WRITING



15

**WINE
TASTING**

Register for classes early for best selection!

You can register at any time, prior to the class start date. However, some classes have limited enrollment, so register early to get into the classes you want. The University of North Florida is committed to promoting equal opportunity and fostering diversity.

ONLINE: www.learnjacksonville.com

PHONE: (904) 620-4200

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



CLASS LOCATIONS and PARKING

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

WAIT LISTS

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

GROUP DISCOUNTS

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

UNF FACULTY, STUDENT and STAFF DISCOUNTS

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

CLASS CANCELLATIONS

Cancellation requests must be received no later than five (5) business days prior to the first day of class in order to receive a 90% tuition refund.* Your tuition may be transferred to a future class that occurs prior to June 30, 2019, but only immediately upon your cancellation. No refund or transfer requests will be accepted within five (5) business days of the start of a class or if you do not attend.

*A 10% administrative fee is retained for cancellations not initiated by the University.



YMCA Classes:

No membership needed!

Take courses at UNF or at YMCA specified locations – no membership required! YMCA members receive 20 percent off courses taking place at a YMCA location. To receive your discount, reserve your seat through the information provided below:

ONLINE: www.firstcoastymca.org/unf

CALL: (904) 265-1775

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Brooks Family YMCA

10423 Centurion Pkwy. N. Jacksonville, FL 32256

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Apple Device Training – Operations.....	p. 13

Winston Family YMCA

221 Riverside Ave., Jacksonville, FL 32202

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Learning for the fun of it!



Celebrating 10 years of fun, creative classes!

The Division of Continuing Education would like to thank everyone who has taken a LEARN Jacksonville class within the past 10 years. We appreciate you and all of our incredible instructors. Pictured above are instructors who have been with us for at least eight years. **Pictured above:** Valerie Murphy (Program Director), Adriana Giles, Hank Swiencinski, Elinor Grabar, John Reed, Sharon Cobb, John Boles, Pixie Larizza and Edythe Abdullah (Dean).

ARTS, CRAFTS and HOBBIES



Flying Your Drone — The Don't Crash Course

NEW!

Instructor: Sean Burgess (\$99)

This course is the perfect introduction to the exciting new world of flying unmanned aerial systems or drones. Whether you are new to drones or a seasoned hobbyist interested in exploring the opportunities of flying drones commercially, you will learn how to have fun while operating your quadcopter safely and responsibly. This course is also an excellent introduction to professionals who are considering the integration of drone technology into their industry, as we will touch on the use of drones in construction, real estate, insurance, marketing, etc. The first two classes will be in the classroom and the last day will be hands-on practice. Location to be determined.

Note: Minimum age of 12 accompanied by an adult.

LOCATION	DAY	DATE
UNF	SA	Feb. 16, 23, 9 to 11:30 a.m., March 2, 9 a.m. to noon
UNF	TH	April 4, 11, 6:30 to 9 p.m., April 13, 9 a.m. to noon

Painting with Color Workshop

Instructors: Pixie Larizza and Jennie Szaltis (\$59)

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 of creative endeavors with a Pixieglas™ Clas™ from 9 to 11 a.m. where you will create FUNctional pieces of art, then take a break with a brown bag lunch from 11 to 11:45 a.m. This amazing day ends by exploring the world of watercolors with Jennie Szaltis from 11:45 a.m. to 2 p.m. All materials provided. Please bring a bag lunch.

LOCATION	DATE	DAY	TIME
UNF	Mar. 30	SA	9 a.m. to 2 p.m.

Your Perfect New Zealand Vacation

Instructor: Sharon Y. Cobb (\$109)

Have you always dreamed of a trip to the Land of the Long White Cloud? Join us for a workshop designed to guide you through creating the perfect vacation to this beautiful country. Should you take a self-guided road trip or join a tour? What are the best deals on flights, accommodations, dining, car rentals and tours? What's the best time of the year to visit New Zealand? What's the currency and exchange rate like? What should you do while you're there? We will answer all these questions, plus discover how Americans can save 15-20 percent on every meal in New Zealand.

We'll talk about how long you'll need to stay and strategies to enjoy your long-haul flight. You'll get plenty of invaluable handouts, along with travel secrets from Sharon Y. Cobb, a veteran traveler who's visited New Zealand seven times. If you want to see some of the most stunning landscapes on earth, be completely prepared by joining us to plan your perfect New Zealand vacation.

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

Painting with Acrylics – Level II

Instructor: Keith Doles (\$139)

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	Jan. 10 – Feb. 21	TH	6:30 to 8:30 p.m.

No class on Feb. 14



LEARN To register,
Jacksonville See p. 2 for details.



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

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 22 – Feb. 19	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	Mar. 5 – Apr. 2	TU	6:30 to 9 p.m.

Painting with Oils

Instructor: Keith Doles (\$149)

Discover how to use oils in painting landscapes and still life. Learn to use under-painting to develop your work, as well as composition, color and light. Designed for the beginner or any painter who wants to learn a new medium; all are welcome.

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

Required: A supply list for this course is available online

LOCATION	DATE	DAY	TIME
UNF	Mar. 7 – Apr. 18	TH	6:30 to 9 p.m.

No class on Mar. 21

Lovely Lettering: An Intro to Brush Pen Calligraphy

NEW!

Instructor: Kayla Lewis (\$59)

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

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

Optional: A ruler

LOCATION	DATE	DAY	TIME
UNF	Mar. 25 – Apr. 1	M	6 to 8 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 receive 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	Jan. 15	TU	6:30 to 8:30 p.m.
UNF	Mar. 28	TH	6:30 to 8:30 p.m.
BROOKS YMCA	Mar. 6	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 standard pillowcase and making an apron from a purchased pattern. No experience needed.

Required: Sewing machine with bobbins, dressmaker shears, seam ripper, thread, tape measure, dressmaker pencil or chalk, machine and hand sewing needles, straight pins, notepad and pen. Pillowcase supplies: 3/4 yard 100% cotton, 45" wide favorite fabric, 1/4 yard 100% cotton, 45" wide complimentary fabric, all-purpose thread to match. Additional project supplies will include purchased pattern, fabric and notions. The remaining supply list will be available on the first night.

LOCATION	DATE	DAY	TIME
UNF	Feb. 4 – Mar. 11	M	6:30 to 8:30 p.m.

HEALTH and WELLNESS

Mindfulness-Based Stress Reduction

Instructor: Dr. Christine Blice-Baum, MDiv, DMA,
Qualified MBSR instructor (\$479)

MBSR, an evidence-based treatment modality, has been taught and practiced throughout the world to help reduce pain, stress and improve the lives of many by teaching participants to respond to life stressors with greater clarity and wisdom, rather than reacting in unhealthy ways.

This structured eight-week course includes an hour and a half pre-course orientation and a six hour silent retreat between weeks 6 and 7. Participants incorporate a variety of mindfulness practices such as body scan, sitting meditation, walking meditation, eating meditation and more. Each class includes experiential mindfulness learning, and delves into the scientific basis of mindfulness meditation. The goal is for you to use the various mindfulness practices in daily life. Up to 27.5 CE credits are available to health care professionals at an additional cost and may be purchased through The International Seminar's Group at https://www.internationalseminarsgroup.com/store/c9/MBSR_for_Healthcare_Professionals.html.

Participants will complete a pre-orientation survey available through the instructor prior to the orientation. The Center for Mindfulness in Medicine, Health Care and Society at UMASS is the home of MBSR <https://www.umassmed.edu/cfm/>.

Optional: Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Illness, and Pain, by Jon Kabat-Zinn, PhD

LOCATION	DATES	DAY	TIME
UNF	Jan. 23	Orientation	W 6:30 to 8 p.m.
	Jan. 28 – Mar. 18	Practice	M 6:30 to 9 p.m.
	Mar. 9	Silent Retreat	SA 9 a.m. to 3 p.m.

Holistic Health for Your Furry Friend

Instructor: Marceil May (\$39)

Holistic treatment can improve your dog's health and happiness and may even help extend his or her life. Alternative or complementary care can help aid in the healing process and ease the pain of your dog as a single treatment or in combination with conventional medicine.

In this course, you will learn natural ways to support your dog with nutrition, essential oil therapy, herbs and touch. You will walk away with a toolbox of go-to techniques to be an active participant in your furry friend's health and well-being.

LOCATION	DATE	DAY	TIME
UNF	Apr. 13	SA	9 to 11 a.m.

Find Your Shine

Instructor: Trudy Toche (\$39)

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 7	M	6 to 8 p.m.
UNF	Apr. 8	M	6 to 8 p.m.

Introduction to Yoga

Instructor: Elinor Grabar (\$89)

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

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

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

Combating Anxiety with Aromatherapy and Mindfulness

Instructor: Marceil May (\$59)

Learn simple and valuable elements to manage the emotional unease of variations in mood balance. This workshop presents an integrated offering to support anxiety and depression with the beneficial use of essential oils including guided hands-on blending of two products. Additionally, learn powerful mindfulness practices as go-to tools for managing situational imbalances that occur in day-to-day life. Layered together, aroma "therapy" and the use of mindful awareness are powerful allies in your self-care regimen.

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 19	SA	9 a.m. to 1 p.m.

The Art of Speed Reading

Instructor: Dr. Frederick Lee (\$79)

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

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

LOCATION	DATE	DAY	TIME
UNF	Feb. 27 – Mar. 13	W	6 to 8 p.m.



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See p. 2 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	Feb. 6 – 20	W	6 to 8 p.m.

Discover Your Inner Wonder Woman NEW!

Instructor: Pixie Larizza (\$79)

Tap into your inner strength to combat every day stressors. Using meditation and mindfulness techniques that will provide a reprieve just when you need it the most. Identify and exterminate what gets in your way from living life to the fullest. Transform negative self-talk into positive affirmations. Whether you think you can or think you can't, you're right. You have the ability to change your situation and affect what happens to you.

LOCATION	DATE	DAY	TIME
UNF	Feb. 21 – Mar. 7	TH	6:30 to 8:30 p.m.

Mastering Time Management

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	Jan. 9 – 23	W	6:30 to 8:30 p.m.



Self-Defense: Protect Yourself!

Instructor: Tim Robinson (\$99)

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

LOCATION	DATE	DAY	TIME
UNF	Mar. 18 – Apr. 8	M	6:30 to 8:30 p.m.
BROOKS YMCA	Mar. 20 – Apr. 10	W	6:30 to 8:30 p.m.

Self-Defense Weapons Training

Instructor: Tim Robinson (\$49)

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

LOCATION	DATE	DAY	TIME
UNF	Apr. 22	M	6:30 to 9:30 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	Mar. 14, 16	TH + SA	6 to 8 p.m., 9 to 11 a.m.
UNF	Apr. 23, 27	TU + SA	6 to 8 p.m., 9 to 11 a.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	Jan. 24 – Feb. 7	TH	6:30 to 8:30 p.m.

Food for Life – Kickstart Your Health

Instructor: Chernice Lane Benjamin (\$89)

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

Required: Additional materials fee of \$45 must be paid to the instructor on the first night of class.

LOCATION	DATE	DAY	TIME
UNF	Apr. 2–23	TU	6:30 to 8:30 p.m.

Food for Life – Diabetes Initiative

Instructor: Chernice Lane Benjamin (\$89)

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 will keep you feeling satiated. Developed by the Physicians Committee for Responsible Medicine (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. Anyone with diabetes, prediabetes, 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. You'll be empowered with the practical cooking skills and time-saving food preparation techniques to help you on your journey to better health.

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

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

Tai Chi for the Mind, Body and Soul

Instructor: Alison Cacella (\$129)

Tai Chi is an ancient Chinese exercise practice recognized for benefiting overall health and is a prominent Chinese martial art emphasizing internal strength. Within the practice, focus on fluid, gentle, graceful and circular relaxed movements designed to slow the body and 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	Mar. 27 – Apr. 24	W	6:30 to 8:30 p.m.

Positive Steps Forward

Instructor: Sharon Y. 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 through death or divorce or if you would you like to recreate yourself as you approach or move into retirement, this course is for you. 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	Apr. 13	SA	9 a.m. to 5 p.m.

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. Participate in a short meditation that could change your life when practiced often. Get affirmations and find resources to enhance your ability to attract abundance on a daily basis.

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

Attracting Abundance II

Instructor: Sharon Y. Cobb (\$109)

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 wild daydreams and use them to create almost anything you want. In this class, we will each design personal key affirmations and daily declarations to improve our 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	Mar. 9	SA	9 a.m. to 5 p.m.



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HOME and GARDEN



Reducing Your Plastic Footprint **NEW!**

Instructor: Cami Wight (\$79)

Unlock your potential as a conscious and sustainable consumer! This course will provide you with the knowledge, motivation and hands-on experience necessary to take steps toward reducing your personal use at home and on the go. Leave with the skills necessary to minimize your personal plastic waste and have a positive impact on the environment for the rest of your life.

LOCATION	DATE	DAY	TIME
UNF	Jan. 16 – 30	W	6:30 to 8:30 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 decluttering, paint color, furniture placement, curb appeal, remodeling kitchens, baths and more.

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

Let's Decorate Together

Instructor: Ann Gobler (\$99)

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

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

Organic Vegetable Gardening

Instructor: Tim Armstrong (\$79)

Grow delicious, nutrient-rich organic herbs and vegetables in your own backyard. Discover how to build, layer and create healthy soil without chemical fertilizers or pesticides. Step-by-step techniques for planting and harvesting take the guesswork out of getting the most from your garden. Month-by-month planning calendars keep your vegetables producing year-round. Whether you are new to gardening or a seasoned gardener, expand your horticultural knowledge in organic fertilization and pest management. Pick up tricks and tips for creating a robust garden that thrives rather than just survives.

LOCATION	DATE	DAY	TIME
UNF	Feb. 21– Mar. 7	TH	6:30 to 8:30 p.m.

LANGUAGE and CULTURE



Spanish – Level I

Instructor: Adriana Giles (\$279)

In this highly interactive 12-week course, you will learn basic conversational skills through a variety of reading, writing and speaking exercises. Class participation includes role-playing with dialogue using actual scenarios in a fun and stress-free environment. Audio CD and videos are used to augment the learning experience. Have fun learning the language and Latinoamerican and Spaniard customs from a native speaker.

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

(No class Jan. 29 and Mar. 19)

Spanish – Level IV

Instructor: Adriana Giles (\$279)

A continuation of Spanish – Level III, this course explores advanced grammar: conditional, subjunctives, imperative and perfect tenses. Practice reading and video comprehension, verbal enhancement and presentations. Learn to express yourself in practical situations.

Note: To register for this course, you must have knowledge of basic and intermediate Spanish grammar: articles, prepositions, conjunctions, adverbs, comparative adjectives, possessive adjectives, absolute superlatives, irregular comparatives and superlatives, verb "to be," simple present tense, likes and dislikes (gustar), present progressive (–ing), future tense, past tense, reflexives, imperfect indicative tense (aban/ían), present perfect indicative (han + past participle), pluperfect or past perfect indicative (habían + past participle), direct object pronouns and indirect object pronouns.

LOCATION	DATE	DAY	TIME
UNF	Jan. 9 – Apr. 10	W	6 to 8:30 p.m.

(No class Feb. 6 or and Mar. 20)

Italian Language and Culture – Level I

Instructor: Annalisa Rinaldi (\$259)

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

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 16 – Apr. 10	W	6 to 8 p.m.

(No class Mar. 20)



LEARN To register,
Jacksonville See p. 2 for details.

American Sign Language – Level I

Instructor: Dr. Jon Antal (\$139)

American Sign Language has grown enormously in popularity and is now accepted in Florida as a foreign language in high schools and university settings. This six-week course will survey the basics of sign language and afford students the chance to practice it in a relaxed and comfortable environment. You will learn about the uniqueness of people who are deaf and hard-of-hearing, some of their challenges, as well as myths and realities that deaf people face. Course goals include learning five characteristics of ASL signs, the basics of how signs are made and beginning finger spelling. You will develop a basic vocabulary of signs, based on the student's individual needs.

LOCATION	DATE	DAY	TIME
UNF	Jan. 15 – Feb. 19	TU	6 to 8 p.m.

American Sign Language – Level II

Instructor: Dr. Jon Antal (\$139)

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

LOCATION	DATE	DAY	TIME
UNF	Mar. 5 – Apr. 16	TU	6 to 8 p.m.

(No class Mar. 19)

MONEY MATTERS

The Retirement Continuum

Instructors: Jon Castle, MSFS, CFP®

Michelle Ash, CFP®, RICP® and Jenn King, CFP® (\$89)

Most people want to retire ONCE, so it makes sense to get it right the first time! This fun, but comprehensive, course addresses the ongoing process that includes proper preparation for living in retirement successfully. The instructors address both the financial issues affecting retirement and the life planning challenges retirees face that will ultimately determine one's quality of life.

Modules include: health insurance decisions, pension decisions, tax savings strategies, maximizing your Social Security, projecting retirement income and expenses, effective income planning and managing your nest egg in retirement.

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 26 – Feb. 2	SA	9 a.m. to noon
UNF	Jan. 29 – Feb. 5	TU	6:30 to 9:30 p.m.



Option Basics: Covered Calls

Instructor: Ashley Gilbert (\$49)

In this options seminar, you will learn option basics, terminology and one options trading strategy. The strategy will explain how to "charge rent" or generate income on the stocks in your portfolio. You will also learn how to find stocks to "rent out." Whether you are a beginner or an advanced trader, this strategy is designed to help create monthly income for your portfolio.

Attendees will receive a copy of the instructors' "trading recipe" that explains the recipe step-by-step.

LOCATION	DATE	DAY	TIME
UNF	Jan. 14	M	6 to 8:30 p.m.
UNF	Mar. 6	W	6 to 8:30 p.m.

Win-Win Investing

NEW!

Instructor: Ashley Gilbert (\$49)

Learn various investment choices that allow an investor to benefit from either a bullish or bearish market. A list of investment ideas will be shared as trading examples for attendees. Whether you are a beginner or an advanced trader, this strategy is designed to help traders "win" in both up and down markets.

Attendees will receive a copy of the instructor's "master list" that explains the different types of investments.

LOCATION	DATE	DAY	TIME
UNF	Jan. 28	M	6 to 8:30 p.m.
UNF	Mar. 13	W	6 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 the available options. Examine the differences between Medicare Advantage plans and supplements. Understand individual needs, available tools and resources.

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

The Professor's One-Minute Guide to Stock Management

Instructor: Hank Swiencinski (\$159)

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 of your investments.

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 17 – 31	TH	6:30 to 8:30 p.m.
UNF	Apr. 22 – 24	M, TU, W	6:30 to 8:30 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 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	Jan. 29	TU	6:30 to 8:30 p.m.

Second Saturday – What Everyone Needs to Know About Divorce

Facilitator: Robert Franskousky (\$45)

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

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

The Professor's Position Trading Course

Instructor: Hank Swiencinski (\$139)

During this class, you will learn everything the instructor does when he trades including all of the indicators that are used. Position trades usually last anywhere from 3 to 15 days. And for most trades, they do not require you to be watching the market every minute of the day. The methodology was designed for people who want to trade the market, but also want to have a life. And like the basic Professor's One Minute Guide to Stock Management, the methodology is extremely easy to learn.

LOCATION	DATE	DAY	TIME
UNF	Feb. 7	TH	6:30 to 8:30 p.m.
UNF	May 1	W	6:30 to 8:30 p.m.

Option Basics: Selling Puts NEW!

Instructor: Ashley Gilbert (\$49)

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

LOCATION	DATE	DAY	TIME
UNF	Feb. 25	M	6 to 8:30 p.m.
UNF	Apr. 3	W	6 to 8:30 p.m.

PHOTOGRAPHY

Digital Photography, Level I: Getting Familiar with Your Camera

Instructor: John Reed (\$45)

This one-night class is designed to explain the controls on your camera. While illustrations used are DSLR-type cameras, everything is applicable to mirrorless or advanced point-and-shoot type cameras. You will learn what the buttons, dials and switches are used for and how to change the settings on your camera so that all future courses are easier to understand as well as participate in. How the settings impact your photos will be covered in Levels II, III and IV.

This class is not a prerequisite for later levels but is strongly recommended unless you are already familiar with your camera controls. If you've just gotten your digital camera or a new one that is confusing, this class is for you.

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

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

Digital Photography, Level II – Fundamentals

Instructor: John Reed (\$129)

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

- What is exposure – the "exposure triangle"
 - Aperture, shutter speed and ISO
- Explanation of shooting modes
 - Understanding how the camera sets the exposure in each
- Plus how you can correct when it gets it wrong
- Understanding how the camera meter measures light
 - The key concept of "neutral"
 - Metering and metering modes
 - Using the histogram to ensure good exposures
- Basic white balance
- Focusing for sharp images

You will benefit most if you are familiar with your camera controls either from your own experience or by having taken the Level I course as noted above.

Note: While the teachings on how digital photography works are universally applicable to all camera types, more basic cameras may lack some of the controls required for classroom exercises or to apply all techniques covered. Generally, DSLR types, mirrorless and advanced point-and-shoot types are well suited. Very basic point and shoot types will be limited in applying what is learned.

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 28 – Feb. 18	M	6 to 8:30 p.m.



Digital Photography – Get Organized Using Lightroom NEW!

Instructor: John Reed (\$79)

Digital photography provides an explosion of images and keeping track of all of them can be a real challenge. Adobe Lightroom CC Library Module is a very powerful tool for making order out of the confusion. Lightroom has several other modules, but the Library Module alone is worth the price for how easy it makes organizing your photo archives for easy retrieval of images at any time. You will learn the key aspects of the Library Module, including importing, catalogs, keywords, metadata and all the tools and methods provided for organizing your images and finding them later.

Required: You should be familiar with computers, files, file organization and common program conventions such as using menus. Windows will be used by the instructor, but most commands are easily translated for Mac machines.

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 5	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. This is a function of the image maker, their position and vision and has nothing to do with how sophisticated the camera is. 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	Mar. 28	TH	6 to 8:30 p.m.

Digital Photography, Level III – Techniques To Improve Your Images

Instructor: John Reed (\$99)

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

- All about light – types, qualities, traits, types
 - White balance in greater depth
- Getting sharp images & tripod tips
- Sensor size and "crop factor" impact
- All about autofocus and manual focus
- The "graduate course" on depth of field for dramatic photos

Explanation of the RAW file, lens attachments and much more are also included.

Note: You should be familiar with your camera controls, either from your own experiences or by having taken earlier courses. And as with Level II, while the teachings on how digital photography works are universally applicable to all camera types, more basic cameras may lack some of the controls required for classroom exercises or to apply all techniques covered. Generally, DSLR types, mirrorless, and advanced point-and-shoot types are well suited. Very basic point-and-shoot types will be limited in applying what is learned.

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

LOCATION	DATE	DAY	TIME
UNF	Mar. 4 – 18	M	6 to 8:30 p.m.

Digital Photography, Level IV – Final Steps and Fine Points

Instructor: John Reed (\$69)

This course goes deeper into previous topics for greater understanding and also covers new ground. It includes but is not limited to 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 a final exam consisting of class participation analyzing photos provided on screen. For each photo, you will be asked to comment on why certain settings were used, what went right, what went wrong and so on with the instructor providing the answers as needed.

Note: For this course, you should now be very 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 hands-on exercises so please bring your camera and its manual to class.

LOCATION	DATE	DAY	TIME
UNF	Apr. 1 – 8	M	6 to 8:30 p.m.

 **LEARN Jacksonville** To register,
See p. 2 for details.

Digital Photography – Computer Editing Basics for all Software Programs

NEW!

Instructor: John Reed (\$69)

This is an introductory course explaining the various tools and techniques used to correct and adjust digital images after they are captured. It is not specific to any one software but rather explains the types of adjustments commonly made to enhance or correct photos, for example, adjust brightness and contrast, remove noise, adjust color, sharpen, and so on. For each, the impact of the adjustment will be demonstrated. You can then understand what it does regardless of the specific tool or technique your software provides. Some software product of course is necessary and so Photoshop CC in a Windows environment will be used for the demonstrations but to stress again, this is not a course on Photoshop, nor on Windows. The class is comprised of both lecture and some live demonstration. Laptops are not required. Handouts for key points will be provided.

LOCATION	DATE	DAY	TIME
UNF	Jan. 24 – 31	TH	6 to 8:30 p.m.

Digital Photography: Hands-On Photo Safari at the Jacksonville Zoo and Gardens

Instructor: John Reed (\$59)

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

LOCATION	DATE	DAY	TIME
JACKSONVILLE ZOO	Feb. 23	SA	8 a.m. to noon

Digital Photography, Using Your Camera Bootcamp – Basic Lessons and Exercises

Instructor: John Reed (\$59)

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

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

LOCATION	DATE	DAY	TIME
UNF	Apr. 20	SA	8:30 a.m. to 12:30 p.m.

Digital Photography – Photoshop Magic

NEW!

Instructor: John Reed (\$69)

Once you've mastered the basics of editing your images to make them look better, it's natural to want to go further. This class will show you how to: combine images to make new ones, replace parts of one with another, replace boring skies, turn frowns to smiles, create photo frames and faux mats or stunning presentation online, add your own signature or watermark, make super precise adjustments and much more. You should be familiar with the basics of Photoshop and have a basic working knowledge of computers, files, file organization and common program conventions to gain the most benefit. This is primarily a live demonstration presentation as the instructor illustrates the techniques. 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.

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	Feb. 28 – Mar. 7	TH	6 to 8:30 p.m.

TECHNOLOGY



Introduction to Excel 2016

Instructor: Mike Metzler (\$129)

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

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

LOCATION	DATE	DAY	TIME
UNF HICKS HALL	Feb. 5 – Mar. 12	TU	6 to 8 p.m.

Intermediate Excel 2016

Instructor: Mike Metzler (\$99)

This course will provide the skills needed to enhance your spreadsheets by creating charts, diagrams and pivot tables. You will learn how to manage our data with conditional formatting. Using more advanced functions, formulas along with macros, you will make your workbooks more productive. Class will be held at UNF Hicks Hall.

Note: A working knowledge of the computer and Excel is recommended.

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

LOCATION	DATE	DAY	TIME
UNF HICKS HALL	Mar. 26 – Apr. 16	TU	6 to 8 p.m.



**To register,
See p. 2 for details.**



Apple Device Training – The Fundamentals

Instructor: Daren Dillinger (\$39)

Whether you are a beginner or a longtime veteran with Apple devices, this class will help. Each class is different, so you will learn something new from each class that you attend. The class is taught by an Apple certified instructor.

Topics:

- The top 10 current “need to know” about Apple computers
- Performing a security inspection on each device brought to class

Back to Basics learning include:

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

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 8	TU	6:30 to 9 p.m.
UNF	Feb. 21	TH	6:30 to 9 p.m.
UNF	Apr. 16	TU	6:30 to 9 p.m.
BROOKS YMCA	Mar. 9	SA	1 to 3:30 p.m.

Apple Device Training – Operations

Instructor: Daren Dillinger (\$39)

Whether you are a beginner or a longtime veteran with Apple devices, this class will help. Each class is different, so you will learn something new from each class that you attend.

Topics include:

- The top 10 current “need to know about Apple iPhones and iPads
- Performing a security inspection on each device brought to class

Back to Basics Learning include:

- iPhone and iPad basics
- iTunes and the App Store
- Airprint and wireless networking

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 17	TH	6:30 to 9 p.m.
UNF	Feb. 26	TU	6:30 to 9 p.m.
UNF	Apr. 25	TH	6:30 to 9 p.m.
BROOKS YMCA	Mar. 30	SA	1 to 3:30 p.m.

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 an easy, do-it-yourself website where you may write about anything you please. Learn all the blogging basics: choosing subjects, locating the best website host, finding readers and adding an Amazon store to sell cool stuff. Incorporate YouTube videos and other sites, using the best keywords to attract readers and maintaining a vibrant schedule of posts. Your blogging possibilities are endless!

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

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

How to Use Your Smartphone Video Camera

Instructor: Mike Madden (\$49)

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

Note: Please bring your charged smartphone to class.

LOCATION	DATE	DAY	TIME
UNF	Mar. 14	TH	6 to 9 p.m.
WINSTON YMCA	Jan. 17	TH	6 to 9 p.m.

SHOW BUSINESS



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	Jan. 12	SA	9 a.m. to 5 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: 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
UNF	Mar. 2	SA	9 a.m. to 5 p.m.

Introduction to Video and Film Production

Instructor: Mike Madden (\$79) – **YMCA EXCLUSIVE**

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

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

LOCATION	DATE	DAY	TIME
WINSTON YMCA	Feb. 21 – Mar. 7	TH	6:30 to 8:30 p.m.
WINSTON YMCA	Apr. 4 – 18	TH	6:30 to 8:30 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	Feb. 16	SA	9 a.m. to 5 p.m.



Intermediate Course in Screenwriting

Instructor: Sharon Y. Cobb (\$109)

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

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

Developing compelling scenes that move the story forward and build characters

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

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



Creative Writing – An Introduction

Instructor: John Boles (\$119)

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

LOCATION	DATE	DAY	TIME
UNF	Feb. 4 – Mar. 4	M	6:30 to 8:30 p.m.
UNF	Mar. 27 – Apr. 24	W	6:30 to 8:30 p.m.

Creative Writing Lab

Instructor: John Boles (\$119)

This class is intended to provide new writers with the opportunity to put into practice some of the principles they learned in the Creative Writing – An Introduction course. Through a combination of lectures, worksheets and in-class exercises, students will learn to fine-tune their mastery of elements vital to the craft of writing professionally. Areas of concentration will include developing an effective outline, point-of-view and voice, building conflict, using proper sentence, paragraph and story structure, grammar and punctuation and improving editing skills. Use this lab to get a jump-start on your dreams of becoming a better author.

LOCATION	DATE	DAY	TIME
UNF	Mar. 25 – Apr. 22	M	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	Feb. 13 – Mar. 13	W	6:30 to 8:30 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	Apr. 9	TU	6 to 8 p.m.

Be Your Own Editor

Instructor: John Boles (\$79)

In today's literary world, agents, publishers, and contest committees expect submissions to be as close to perfect as possible. That means it is the responsibility of budding authors to either thoroughly edit their own work or pay hundreds (or even thousands) of dollars to a freelance editor.

This course, taught by a professional editor, will help train you to catch and correct the most common mistakes made by writers of fiction and nonfiction alike. Plus, you'll gain practical experience in identifying and overcoming your weaknesses as a writer.

LOCATION	DATE	DAY	TIME
UNF	Jan. 7 – 28	M	6:30 to 8:30 p.m.

No class on Jan. 21

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	Jan. 9 – Feb. 6	W	6:30 to 8:30 p.m.



WINE TASTING



All participants must be at least 21.

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

Instructor: Richard Park (\$69)

Combining wine tasting, lively seminar-styled discussion and spirited opinion, this class will appeal equally to those new to wine as well as to those who are frequent wine consumers seeking greater awareness of the subject matter. Your instructor, a 35-plus 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	Feb. 4	M	6 to 8:30 p.m.

Wine Essentials Focus: Classic Wine and Cheese Pairings

Instructor: Richard Park (\$89)

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

LOCATION	DATE	DAY	TIME
UNF	Mar. 4	M	6 to 8:30 p.m.

Wine Essentials Focus: The Region of Tuscany

Instructor: Richard Park (\$89)

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

LOCATION	DATE	DAY	TIME
UNF	Apr. 1	M	6 to 8:30 p.m.



WINTER 2019 COURSE CATALOG

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