



Division of Continuing Education



THE
CELEBRATION
CONTINUES!

1



YEARS!

CLASSES FOR ADULT LEARNERS
FALL 2018 COURSE CATALOG

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

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



Now offered
at two area
YMCA locations!





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ARTS, CRAFTS
and HOBBIES

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and WELLNESS

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WRITING



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BEER and 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 and/or refund requests 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 has been issued, a refund cannot be requested. Classes may be cancelled due to insufficient enrollment. Every attempt will be made to contact students by email or telephone and offer alternative accommodations before the class meets.

*10 percent administrative fee is retained by the University.

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Brooks Family YMCA

10423 Centurion Pkwy. N. Jacksonville, FL 32256

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Winston Family YMCA

221 Riverside Ave., Jacksonville, FL 32202

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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

Learning for the fun of it!

ARTS, CRAFTS and HOBBIES



Your Perfect New Zealand Vacation

NEW!

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	Sept. 15	SA	9 a.m. to 5 p.m.

Charcoal Drawing Techniques

Instructor: Keith Doles (\$139)

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

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 6 – Oct. 11	TH	6:30 to 8:30 p.m.

Painting with Acrylics – Level I

Instructor: Keith Doles (\$139)

Learn fundamental studio acrylic painting techniques that you can use whether you are a traditional or contemporary artist. Lessons will include painting demonstrations, discussions and exercises for understanding the elements of design including space, line, shape, texture and value. Create a starter portfolio and receive feedback from your instructor.

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

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

No class on Nov. 22

Painting with Oil Pastels

NEW!

Instructor: Carol Ann Killian (\$129) – **YMCA EXCLUSIVE**

Learn to capture radiant light and color through the delightful and relatively inexpensive medium of oil pastels. Classes will include mini-presentations on basic art and design principles, color theory, composition, creating focal points and more. If time permits, some introduction of other oil pastel-compatible media materials may be included.

This course will focus primarily on landscapes (skies, water, rocks, foliage, etc.); however, the tools and techniques learned will help students create their own impressions from subjects in any photograph or printed image they choose.

Note: An easy-to-procure and simple supplies list will be provided by the instructor.

LOCATION	DATE	DAY	TIME
BROOKS YMCA	Oct. 24 – Nov. 28	W	6 to 8:30 p.m.

(No class on Nov. 21)

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	Sept. 18 – Oct. 16	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	Oct. 30 – Dec. 4	TU	6:30 to 9 p.m.

(No class on Nov. 20)



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



DIY Wood Sign Workshop

Instructor: Dallas Alvarez (\$20)

Come see what the buzz is about. A range of custom projects are offered for you to choose from. In the workshop, you will be led step by step to transform raw wood into a beautiful personalized piece of art.

Once the wood is prepped, you 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, FL 32233

LOCATION	DATE	DAY	TIME
HAMMER & STAIN	Sept. 13	TH	6:30 to 8:30 p.m.
HAMMER & STAIN	Oct. 16	TU	6:30 to 8:30 p.m.
HAMMER & STAIN	Dec. 5	W	Noon to 2 p.m.

Intermediate Sewing

NEW!

Instructor: Gayle Anderson (\$119)

You will learn to use patterns along with the best practices for repairing and altering existing clothing. Projects include elastic waist pants with pockets from a purchased pattern and a shirt or blouse with set-in sleeves, collar and button. Basic sewing skills required.

Note: Minimum age of 15 accompanied by an adult.

Required: Sewing machine with bobbins, dressmaker shears, seam ripper, thread, tape measure, dressmaker pencil or chalk, machine and hand sewing needles, straight pins, note pad and pen. Additional project supplies include purchased pattern, fabric and notions.

LOCATION	DATE	DAY	TIME
UNF	Sept. 17 – Oct. 22	M	6:30 to 8:30 p.m.

Holiday Glas Clas™ with Pixieglas™ **NEW!**

Instructor: Pixie Larizza (\$59)

Create gifts from YOUR heart for your family and friends this holiday season. Choose from ornaments, vases or wine glasses. Painting can improve your concentration, mental clarity and bring some FUN into your life. No artistic talent or experience required. Children ages 12 and older are welcome.

Required: Additional materials fee of \$20 to be paid to the instructor.

LOCATION	DATE	DAY	TIME
UNF	Nov. 28 – Dec. 5	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 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	Sept. 17	M	6:30 to 8:30 p.m.
UNF	Nov. 8	TH	6:30 to 8:30 p.m.
BROOKS YMCA	Dec. 12	W	6:30 to 8:30 p.m.

HEALTH and WELLNESS

BrainFit: How Physical Activity and Healthy Eating Improve Brain Function

NEW!

Instructors: Claire Watson-Irving OR Felina Martin (\$39)

Learn how to slow cognitive decline and keep your brain healthy. This three-hour workshop uses a powerful combination of physical activity demonstrations, healthy eating advice and habit change resources to help you become BrainFit. During the workshop, you'll be taken through an activity demonstration that incorporates both physical and mental exercises designed to reduce inflammation and boost brain function. Learn how mind/body practices calm the mind and support habit change and experience simple meditation techniques. The workshop also includes learning how to prepare brain healthy snacks and receive recipes for dishes that incorporate "5 Superfoods." You will receive behavioral change resources to assist you in sustaining a healthier lifestyle and keeping you BrainFit. Handouts including recipe cards, nutrition and exercise handouts, brain exercise booklets and behavioral change techniques/resources will be provided.

Required: Additional materials fee of \$5 to be paid to the instructor.

LOCATION	DATE	DAY	TIME
UNF	Sept. 22	SA	9 a.m. to noon
UNF	Oct. 27	SA	9 a.m. to noon



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Jacksonville

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See p. 2 for details.

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	Oct. 31 – Nov. 14	W	6 to 8 p.m.

How to Improve Your Memory

Instructor: Dr. Frederick Lee (\$79)

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

LOCATION	DATE	DAY	TIME
UNF	Oct. 10 – 24	W	6 to 8 p.m.
BROOKS YMCA	Aug. 29 – Sept. 12	W	6 to 8 p.m.

Tai Chi for the Mind, Body and Soul

Instructor: Alison Cacella (\$109)

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	Oct. 11 – Nov. 1	TH	6:30 to 8:30 p.m.



Introduction to Yoga

Instructor: Elinor Grabar (\$89)

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

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 12 – Oct. 10	W	6:30 to 8 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	Oct. 24	W	6 to 8:30 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	Sept. 22	SA	9 a.m. to 5 p.m.

Beginning Meditation

Instructor: Pixie Larizza (\$79)

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 12 – 26	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	Sept. 24 – Oct. 15	M	6:30 to 8:30 p.m.
BROOKS YMCA	Sept. 26 – Oct. 17	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	Oct. 29	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	Sept. 20, 22	TH + SA	6 to 8 p.m., 9 to 11 a.m.
UNF	Oct. 17, 20	W + SA	6 to 8 p.m., 9 to 11 a.m.

Food for Life – Introduction: The Power of Your Plate

Instructor: Chernice Lane Benjamin (\$29)

This nutrition and cooking demonstration class introduces you to the concept of eating plant-based meals for 21 days. 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	Oct. 1	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, 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 \$40 must be paid to the instructor on the first night of class.

LOCATION	DATE	DAY	TIME
UNF	Oct. 8 – 22	M	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 even know they have it. People who eat plant-based meals are less likely to 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	Oct. 4	TH	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 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 \$35 must be paid to the instructor.

LOCATION	DATE	DAY	TIME
UNF	Oct. 11 – 25	TH	6:30 to 8:30 p.m.

Celebrating 10 YEARS of improving your health!



Combating Anxiety with Aromatherapy and Mindfulness

NEW!

Instructor: Marci Cervone (\$49)

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	Sept. 29	SA	9 a.m. to noon

HOME and GARDEN



Herb Gardening – An Introduction

NEW!

Instructor: Tim Armstrong (\$79)

Now that you have planned your herb garden, it's time to plant it! This course will help you learn which herbs are the easiest to grow in North Florida. Spice up your cooking and medicine cabinet; fresh herbs not only taste amazing, they also make your kitchen smell great, clean your air and have wonderful medicinal properties.

LOCATION	DATE	DAY	TIME
UNF	Sept. 20 – Oct. 4	TH	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 de-cluttering, paint color, furniture placement, curb appeal, remodeling kitchens, baths and more.

LOCATION	DATE	DAY	TIME
UNF	Oct. 29	M	6:30 to 8:30 p.m.

LANGUAGE and CULTURE



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	Sept. 4 – Oct. 9	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	Oct. 23 – Nov. 27	TU	6 to 8 p.m.

Spanish – Level III

Instructor: Adriana Giles (\$269)

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

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 5 – Dec. 5	W	6 to 8:30 p.m.

(No class on Oct. 31 and Nov. 21)



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

Chinese Language and Culture – Level I

Instructor: Dr. Kun Liu (\$209)

Discover the Chinese language and culture taught by a visiting instructor from the School of International Studies, Shaanxi Normal University. This interactive 12-week course will help you learn basic Chinese language skills and understand key concepts of Chinese culture through role-playing, storytelling and a situational real-life learning environment. The textbook, "Experiencing Chinese," included in the tuition, contains 50 daily life conversational topics. This rare opportunity to gain an insider's view of Chinese culture is made possible through the Confucius Institute at the University of North Florida, a joint collaboration between UNF and Shaanxi Normal University, China.

LOCATION	DATE	DAY	TIME
UNF	Sept. 11 – Dec. 4	TU	6 to 8 p.m.

(No class on Nov. 20)

Chinese Language and Culture – Level II

Instructor: Dr. Kun Liu (\$209)

This interactive 12-week course will help those who have had at least 20 hours of basic Chinese to improve their communication skills so that they can speak more fluently and feel more confident talking with native speakers. The course will be instructed through role-playing, storytelling and a situational real-life learning environment. The textbook, "Experiencing Chinese," included in the tuition, contains 50 daily life conversational topics. This rare opportunity to gain an insider's view of Chinese culture is made possible through the Confucius Institute at the University of North Florida, a joint collaboration between UNF and Shaanxi Normal University, China.

LOCATION	DATE	DAY	TIME
UNF	Sept. 13 – Dec. 6	TH	6 to 8 p.m.

(No class on Nov. 22)

Italian Language and Culture – Level II

Instructor: Annalisa Rinaldi (\$259)

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

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 5 – Dec. 5	W	6 to 8 p.m.

(No class on Oct. 31 and Nov. 21)

MONEY MATTERS

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. Manage your investments.

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 19 – Oct. 3	W	6:30 to 8:30 p.m.
UNF	Nov. 5 – 7	M, TU, W	6:30 to 8:30 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 instructor's "trading recipe" that explains the recipe step by step.

LOCATION	DATE	DAY	TIME
UNF	Sept. 17	M	6 to 8 p.m.
UNF	Nov. 28	W	6 to 8 p.m.

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

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	Sept. 8	SA	9 a.m. to 12:30 p.m.
UNF	Nov. 10	SA	9 a.m. to 12:30 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	Sept. 18	TU	6:30 to 8 p.m.

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	Sept. 22 – 29	SA	9 a.m. to noon
UNF	Sept. 25 – Oct. 2	TU	6:30 to 9:30 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	Sept. 11	TU	6:30 to 8:30 p.m.

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of improving your skills!



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 one-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. Sony mirrorless cameras and point-and-shoot cameras such as Nikon Coolpix, Canon Powershot, Kodak, Samsung, Casio, Panasonic and most Olympus and Fuji types are not suitable for this class.

LOCATION	DATE	DAY	TIME
BROOKS YMCA	Dec. 15	SA	8:30 a.m. to 12:30 p.m.

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

Instructor: John Reed (\$45)

This one-night class is designed to explain the controls on your DSLR camera. It is structured primarily for the DSLR camera; however, much will also 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.

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

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 its manual to class.

LOCATION	DATE	DAY	TIME
UNF	Oct. 1 – 29	M	6 to 8:30 p.m.

(No class on Oct. 15)

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	Nov. 5 – 26	M	6 to 8:30 p.m.

(No class on Nov. 12)

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 and 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	Dec. 10 – 17	M	6 to 8:30 p.m.

Digital Photo Editing – Basic Concepts NEW!

Instructor: John Reed (\$39)

This introductory course explains the various tools and techniques used to correct and adjust digital images. The class is not specific to any one software, but rather, explains the types of adjustments commonly made to enhance and correct photos. For example, tonal adjustments, which impact brightness and contrast of an image, will be demonstrated. This is not a class on Photoshop or Windows. Handouts for key points will be provided. Laptops are not required.

LOCATION	DATE	DAY	TIME
UNF	Dec. 12	W	6 to 8:30 p.m.

Digital Photo Editing with Photoshop – Level I NEW!

Instructor: John Reed (\$69)

Learn the basic fundamentals of editing your digital images using Photoshop to correct brightness, color and sharpness. The use of layers will be fully explained, as well as the advantages of using a layers-based approach. The difference between RAW and JPG image files will be covered. You will also learn how to convert RAW files.

Photoshop CC 2017 will be used for all demonstrations; however, 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. However, 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	Sept. 27 – Oct. 4	TH	6 to 8:30 p.m.

Digital Photo Editing with Photoshop – Level II NEW!

Instructor: John Reed (\$99)

This course delves deeper into previous topics discussed in the Level I Digital Photo Editing with Photoshop course. It addresses the more advanced techniques used for editing digital images. This course goes into all of the ways possible to create very specific and targeted adjustments to only a part of an image. Other techniques covered include combining images or parts of images, cloning, basic portrait retouching and more. Laptops are welcome but not required.

Required: Completion of Digital Photo Editing with Photoshop, Level I or experience in using either Photoshop CS6 (or later) or Photoshop Elements (12 or later). If using another layers-based software such as onOne or Corel, the techniques will be similar but assistance in these programs is not available should you have software specific questions.

LOCATION	DATE	DAY	TIME
UNF	Oct. 18 – Nov. 1	TH	6 to 8:30 p.m.

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 types of photo situations so you can take home your own "safari" photos — just like you'd taken them in the wild. Tips and lessons will be given along the way to complete the experience. All camera types are welcome but only those with DSLR or advanced point-and-shoot models will be able to apply everything 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	Oct. 20	SA	8 a.m. to noon

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	Nov. 15	TH	6 to 8:30 p.m.

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

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 to give you the ultimate control over your final image output. You should be familiar with the basics of both programs; if not both, at least one of them. 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.

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

Digital Photography – Basic Lightroom and the RAW File

Instructor: John Reed (\$79)

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

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

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

LOCATION	DATE	DAY	TIME
UNF	Oct. 6	SA	8:30 a.m. to 2 p.m.

The Keys to Photoshop NEW!

Instructor: John Reed (\$79)

Photoshop is still arguably the most powerful photo-editing software available and can be intimidating with all the tools and techniques available. If you're familiar but not yet proficient with it, or if you can't take the Level I and Level II courses, then this is the course for you. We will provide you with instruction on the three key things needed to make the most efficient use of Photoshop: layers, selections and masks. Understanding of layers and mastery of selections and masking unleashes the tremendous power of Photoshop. Photoshop CC2017 on a Windows machine will be used for all demonstrations. Much is also applicable to Photoshop Elements and other competitor programs, but this is a Photoshop course. You should be familiar with Photoshop as well as computer files and file organization using Windows Explorer or Mac Finder. All instruction is applicable to Photoshop CS6 or later.

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

LOCATION	DATE	DAY	TIME
UNF	Dec. 1	SA	8:30 a.m. to 2 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. We'll work with cells, columns, rows and sheets, apply simple formulas, work with functions and hyperlinks, build charts and diagrams and add comments and pictures. A basic working knowledge of the computer is recommended.

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

LOCATION	DATE	DAY	TIME
UNF HICKS HALL	Sept. 11 – Oct. 16	TU	6 to 8 p.m.

Intermediate Excel 2016 NEW!

Instructor: Mike Metzler (\$99)

This course will provide the skills needed to enhance your spreadsheets by creating charts, diagrams and pivot tables. We will learn how to manage our data with conditional formatting. Using more advanced functions, formulas along with macros, we will make our workbooks more productive.

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	Nov. 6 – Dec. 4	TU	6 to 8 p.m.

(No class on Nov. 20)

Microsoft Word Basic Training NEW!

Instructor: Terrence Cavanaugh (\$139)

Microsoft Word is the most popular word processing program in the world, and it's used in homes and offices everywhere. In this course, you'll learn how to use Microsoft Word 2016 to create and edit simple documents; format documents; add images, tables, and lists; add design elements and change layout options; and proof documents. For whatever you want to create: letters, reports, flyers, brochures, or newsletters, this course will work for you.

LOCATION	DATE	DAY	TIME
UNF HICKS HALL	Sept. 10 – Oct. 15	M	6 to 8 p.m.

Microsoft Word Intermediate Training NEW!

Instructor: Terrence Cavanaugh (\$139)

This course will show you how you can use Microsoft Word 2016 to work more efficiently. Learn to control how the text flows between paragraphs and pages, how to link a story on page one to the rest of the story later in the document, and how you can add graphics and specify how the text and graphic appear together on the page. You will create more complex documents that include lists, tables, charts, graphics, and various layouts. You will also merge data into documents to personalize correspondence and address envelopes and labels with the data as well.

LOCATION	DATE	DAY	TIME
UNF HICKS HALL	Oct. 29 – Dec. 10	M	6 to 8 p.m.

(No class on Nov. 12)



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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. Topics taught from an Apple Certified instructor include Apple Technology current events, Apple ID setup 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. Feel free to bring your devices to class with you.

LOCATION	DATE	DAY	TIME
UNF	Sept. 13	TH	6:30 to 9 p.m.
UNF	Oct. 16	TU	6:30 to 9 p.m.

Apple Device Training – Operations

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. Feel free to bring your devices to class with you.

LOCATION	DATE	DAY	TIME
UNF	Oct. 11	TH	6:30 to 9 p.m.
UNF	Dec. 11	TU	6:30 to 9 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	Oct. 27	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	Oct. 1	M	6 to 9 p.m.
WINSTON YMCA	Nov. 1	TH	6:30 to 9:30 p.m.

SHOW BUSINESS



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 and a logical and real-world way to "bring it" to your work.

LOCATION	DATE	DAY	TIME
UNF	Nov. 10	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	Oct. 6	SA	9 a.m. to 5 p.m.

Audition Techniques for Film and TV

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	Sept. 15	SA	9 a.m. to 5 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.

LOCATION	DATE	DAY	TIME
UNF	Sept. 29	SA	9 a.m. to 5 p.m.

Getting Paid to Talk

Instructor: John Gallogly (\$49)

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

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

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 12	W	6:30 to 9 p.m.

Introduction to Video and Film Production

Instructor: Mike Madden (See below)

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

Note: Please bring your charged device to class.

LOCATION	DATE	DAY	TIME
UNF	Nov. 10	SA	9 a.m. to 5 p.m. (\$109)
WINSTON YMCA	Sept. 27–Oct. 11	TH	6:30 to 8:30 p.m. \$79



To register,
See p. 2 for details.



WRITING



Dynamics of Dialogue NEW!

Instructor: John Boles (\$99)

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

LOCATION	DATE	DAY	TIME
UNF	Nov. 28 – Dec. 19	W	6:30 to 8:30 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	Sept. 5 – Oct. 3	W	6:30 to 8:30 p.m.

Creating 3-Dimensional Characters in Fiction

Instructor: John Boles (\$119)

Do your characters pop off the page and truly engage your readers? The ability to create believable and compelling characters is often one of the most difficult tasks writers must master. Using valuable handouts, worksheets, and both in-class and homework assignments, writers will learn techniques to use in developing dynamic, three-dimensional characters. We will build characters from the ground up and discuss ways to give them distinctive voices and unique personalities. Why settle for drab when you can make characters dramatic?

LOCATION	DATE	DAY	TIME
UNF	Sept. 10 – Oct. 8	M	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	Oct. 17	W	6 to 8 p.m.

Plot and Story Structure

Instructor: John Boles (\$119)

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

LOCATION	DATE	DAY	TIME
UNF	Oct. 22 – Nov. 26	M	6:30 to 8:30 p.m.

(No class on Nov. 12)

Writing Critique Workshop

Instructor: John Boles (\$119)

The best advice new writers often receive from professionals is to join a workshop to get feedback on their writing. Led by an award-winning author and professional writing coach, this course allows you that opportunity. Each attendee will submit weekly pages via email. All writers will be responsible for reading each other's work and providing a critique. During each class, the group will engage in a supportive critical discussion of the week's submissions. This offers each writer feedback from the instructor and fellow authors, as well as the invaluable experience of honing each writer's editing skills.

LOCATION	DATE	DAY	TIME
UNF	Oct. 17 – Nov. 14	W	6:30 to 8:30 p.m.

Everything You Need to Know to Publish Your e-Book and More!

Instructor: Sharon Y. Cobb (\$109)

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

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

Science Fiction and Fantasy Writing

Instructor: Tim Robinson (\$99)

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

LOCATION	DATE	DAY	TIME
UNF	Nov. 5 – Dec. 3	M	6:30 to 8:30 p.m.

(No class on Nov. 12)

Writing Funny

Instructor: Sharon Y. Cobb (\$109)

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

LOCATION	DATE	DAY	TIME
UNF	Dec. 8	SA	9 a.m. to 5 p.m.

BEER AND 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	Sept. 24	M	6 to 8:30 p.m.

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

Beer Brewery Tour and Tasting

Instructor: Rory Malloy (\$20)

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 \$20 to be paid to the instructor.

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

LOCATION	DATE	DAY	TIME
A.B. BREWING CO.	Oct. 9	TU	6:30 to 8 :30 p.m.
A.B. BREWING CO.	Nov. 13	TU	6:30 to 8 :30 p.m.

Wine Essentials – The Seven Best Wines for the Holidays

Instructor: Richard Park (\$79)

Celebrations can be a magical time and wine can play a role in making the occasion even more special. For this class we'll taste small-production wines — mostly from Europe — that will enhance a myriad of entrée and main dishes. We'll also taste examples of the very important [and often neglected] wines to serve as guests first arrive and the one to linger over at the end of a meal with convivial conversation.

This year, don't serve just anything; serve wines that reflect a purposeful intention to make a celebration especially meaningful and memorable for family and friends. The cost of the wine is included.

LOCATION	DATE	DAY	TIME
UNF	Nov. 29	TH	6 to 8:30 p.m.

Wine Essentials Focus: A French Travelogue

Instructor: Richard Park (\$69)

Following his 10-day trip touring vineyards and producers in several major (and minor) wine regions of France, instructor Richard Park will discuss, in detail, the day-by-day tour exploits of a wine professional. We'll taste seven wines (mostly red) representing such diverse regions as the Loire Valley, Bordeaux, Cahors and the Marmandais; cost of the wine is included.

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





FALL 2018 COURSE CATALOG

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