



LEARN Jacksonville



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- 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.unf.edu/ce/learnjax
or call (904) 620-4200.



FALL 2017 COURSE CATALOG



Division of Continuing Education



Now offered
at six area
YMCA locations!

 <p>3</p> <p>ARTS, CRAFTS and HOBBIES</p>	 <p>4</p> <p>HEALTH and WELLNESS</p>
 <p>6</p> <p>HOME and GARDEN</p>	 <p>7</p> <p>LANGUAGE and CULTURE</p>
 <p>8</p> <p>MONEY MATTERS</p>	 <p>9</p> <p>TECHNOLOGY</p>
 <p>10</p> <p>PHOTOGRAPHY</p>	 <p>12</p> <p>SHOW BUSINESS</p>
 <p>12</p> <p>WRITING</p>	 <p>14</p> <p>WINE TASTING</p>

NO MEMBERSHIP NEEDED!

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

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

To register, call our Customer Care Team at (904) 620-4200. Visit us online at www.unf.edu/ce/learnjax



Upcoming classes at a location near you!

YMCA classes take place at the following locations:

Arlington Family YMCA

10131 Atlantic Blvd., Jacksonville, FL 32225

- Creative Mosaic Workshop p. 4
- Coping with Stress p. 5

Brooks Family YMCA

10423 Centurion Pkwy. N., Jacksonville, FL 32256

- Practical Self-Defense and Awareness p. 5
- Self-Defense Weapons Training p. 5
- Silk Floral Arrangements – Holiday Cheer p. 6
- Learn to Kayak p. 6
- iMac, iPad and iPhone Fundamentals p. 9
- Getting Started in Creative Writing p. 13

Flagler YMCA

12735 Gran Bay Pkwy., #201, Jacksonville, FL 32258
(Off Old St. Augustine Rd.)

- Learn to Kayak p. 6

Ponte Vedra YMCA

170 Landrum Lane, Ponte Vedra Beach, FL 32082

- Silk Floral Design – Harvest Time p. 6
- Take Great Cellphone Photos and Videos p. 12
- Writing Your Spiritual Story p. 13
- Science Fiction and Fantasy Writing p. 13

Williams Family YMCA

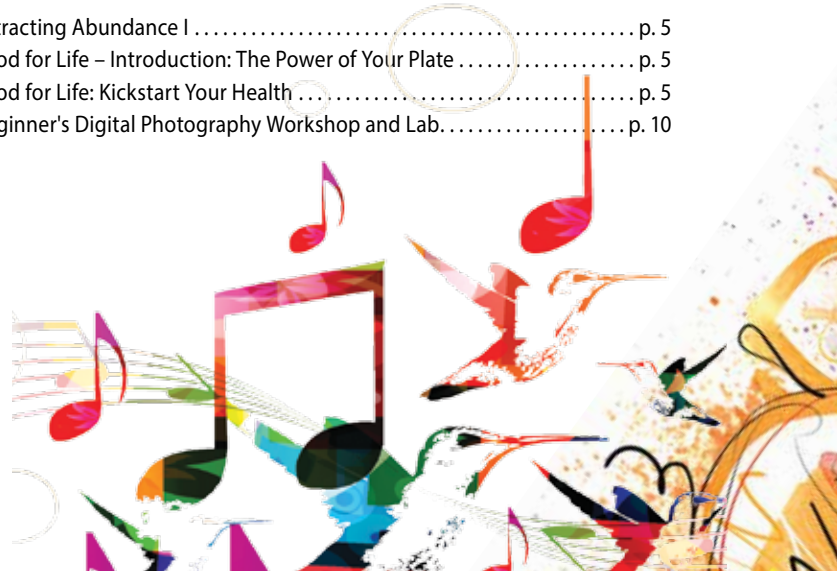
10415 San Jose Blvd. Jacksonville, FL 32257

- Learn to Kayak p. 5
- Memoir Writing – Telling Your Story p. 13

Winston Family YMCA

221 Riverside Ave, Jacksonville, FL 32202

- Attracting Abundance I p. 5
- Food for Life – Introduction: The Power of Your Plate p. 5
- Food for Life: Kickstart Your Health p. 5
- Beginner's Digital Photography Workshop and Lab p. 10



ARTS, CRAFTS and HOBBIES



Charcoal Drawing Techniques

NEW!

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. 7 – Oct. 12	TH	6:30 to 8:30 p.m.

Drawing Faces

NEW!

Instructor: Alma Ramirez (\$139)

Delve into the foundational skills of drawing human faces and cartoons. You will gain a greater working knowledge of line, contour, shading, texture, perspective, proportion and composition. Your instructor will demonstrate the techniques and then provide you with individual guidance.

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 19 – Oct. 24	TU	6 to 8 p.m.

Guitar Basics – An Introduction

NEW!

Instructor: Patrick Plumlee (\$109)

Every great guitar player begins by learning the basics of playing the instrument. Start by learning some basic chords and rhythms on the guitar that can be applied to many types of songs. This course is intended primarily for aspiring acoustic guitar players, but beginners interested in electric guitar will also benefit. Previous knowledge or experience, or being able to read music, is not necessary. If you already “play a little,” you can still benefit from the course, as the content provides a structured musical understanding of the guitar.

Required: Bring your guitar to the first class. An electronic tuner is highly recommended, although not needed until the second class. If you have an electric guitar, you will need to bring a small amp with you to class.

Note: Minimum age of 10 accompanied by an adult.

LOCATION	DATE	DAY	TIME
UNF	Sept. 26 – Nov. 7	TU	6:30 to 8 p.m.

(No class on Oct. 31)

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 individual feedback from your instructor.

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

LOCATION	DATE	DAY	TIME
UNF	OCT. 26 – DEC. 7	TH	6:30 to 8:30 p.m.

(No class on Nov. 23)

Painting Trees, Branches and Leaves

NEW!

Instructor: Elaine Omann (\$129)

Fall is the perfect time to create beautiful and colorful landscapes to add to your home. Using water-based oil paints, you will paint trees, branches, leaves and landscapes. Various techniques and tools for making your leaves and branches will be demonstrated and used in the painting.

Required: A starter kit of water-based oil paints, four box canvases size 16x20, a variety of brush sizes, a fan brush and paper towels.

LOCATION	DATE	DAY	TIME
UNF	Sept. 19 – Oct. 24	TU	6:30 to 8:30 p.m.

Holiday Theme Art Décor

NEW!

Instructor: Elaine Omann (\$129)

Make beautiful art décor to decorate your home or give as gifts. Using various techniques, you will paint holiday images such as poinsettias, holly and pinecones.

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

LOCATION	DATE	DAY	TIME
UNF	Nov. 7 – Dec. 19	TU	6:30 to 8:30 p.m.

(No class on Nov. 21)

Beginning Creative Watercolor – Part 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. 19 – Oct. 24	TU	6:30 to 8:30 p.m.



Beginning Creative Watercolor – Part II

Instructor: Jennie Szaltis (\$129)

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

Required: Purchase your own supplies 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	Nov. 7 – Dec. 19	TU	6:30 to 8:30 p.m.

(No class on Nov. 21)

Glas Clas™ with Pixieglas™

Instructor: Pixie Larizza (\$79)

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

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

LOCATION	DATE	DAY	TIME
UNF	Nov. 29 – Dec. 13	W	6:30 to 8:30 p.m.

Creative Mosaic Workshop

Instructor: Laure Norton (\$25)

Explore the fun and creative possibilities of mosaics. Designs 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 tiles, adhesive and grout will be provided and the use of tools, such as tile nippers, will be shown. A grouting demonstration will be provided and each student will get a grouting kit to take home. At the end of the evening, you will have created your own mosaic art. No prior mosaic or art experience is necessary.

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 21	TH	6:30 to 8:30 p.m.
UNF	Nov. 1	W	6:30 to 8:30 p.m.
UNF	Dec. 6	W	6:30 to 8:30 p.m.
ARLINGTON YMCA	Oct. 3	TU	6 to 8 p.m.

HEALTH and WELLNESS

Hypnosis for Personal Well-Being

Instructor: Rosan Larizza (\$59)

In this two-session workshop, you will receive information about what hypnosis is, how it works, ask questions and then experience the hypnotic state yourself. Being hypnotized will help you access the subconscious mind to change and improve on your feelings, thoughts and actions. In the first session, you will concentrate on increasing your feelings of well-being, energy and confidence. In the second session, you will decide on one personal improvement and work on that. The sessions are conducted in such a way that no personal information needs to be given in the group: you will be able to access whatever challenge you choose and your powerful subconscious mind, through suggestions, will allow you to make the changes you want.

LOCATION	DATE	DAY	TIME
UNF	Oct. 2 – 9	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	Oct. 16 – Nov. 13	M	6:30 to 8 p.m.

How to Improve Your Memory

Instructor: Dr. Frederick Lee (\$79)

Learn how to better use your brain and make your memory work for you. Using techniques such as creating pictures in your mind and 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	Nov. 4 – 18	SA	10 a.m. to noon



Attracting Abundance I

Instructor: Sharon Y. Cobb (\$109) - **YMCA EXCLUSIVE**

Learn how to open your mind to receive well-being, wealth, love and all possibilities. Use the law of attraction to manifest on what you want in your life and get rid of worries that are counterproductive and sabotaging your power to attract the positive. Learn a life imagery technique similar to visualization exercises used by Olympic athletes before competitions. Start a gratitude journal. Participate in a short meditation that could change your life when practiced often. Get affirmations and find resources to enhance your ability to attract abundance on a daily basis.

LOCATION	DATE	DAY	TIME
WINSTON YMCA	Oct. 4 - 25	W	6:30 to 8:30 p.m.

Coping with Stress

NEW!

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

This three-week course will show you how to incorporate meditation, visualization, aromatherapy and other tools that will assist you in de-stressing your life. You'll learn proper breathing, stretches that can be done at home or at the office – with minimal effort. Also gain bonus information about holistic modalities such as acupuncture, different forms of massage therapy, color therapy and self-care.

LOCATION	DATE	DAY	TIME
ARLINGTON YMCA	Nov. 1 – 15	W	6 to 8 p.m.

Breaking the Meditation Myth

Instructor: Pixie Larizza (\$79)

Do you feel too busy to meditate because it “should” be 30 minutes every day? Do you feel you can’t meditate because you “should” be able to quiet your thoughts the entire time? Meditation has many benefits, yet it feels overwhelming to those who don’t know how to start. There are many modern myths about what meditation really is, and this class will help you realize that it can easily be incorporated into daily life! We will cover a brief history of the benefits of meditation as well as learn and practice various forms of out-of-the-box meditation techniques.

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

Practical Self-Defense and Awareness

Instructor: Tim Robinson (\$99)

The ability to defend yourself, develop strength and build confidence does not require years of training. Tim Robinson, a lifetime practitioner with black-belt certifications in five different martial arts, will teach you a system of practical, proven self-defense techniques and strategies for personal safety and awareness. This system includes powerful street self-defense, unarmed weapons defense, defense from the ground and effective use of your environment and defense tools found in everyday life. Learn to protect yourself and your loved ones.

LOCATION	DATE	DAY	TIME
UNF	Sept. 25 – Oct. 16	M	6:30 to 8:30 p.m.
BROOKS YMCA	Sept. 13 - Oct. 4	W	6:30 to 8:30 p.m.



Food for Life – Introduction: The Power of Your Plate

NEW!

Instructor: Chernice Lane Benjamin (\$29)

This nutrition and cooking class/demonstration class introduces you to the concept of eating plant-based for 21 meals. The class provides guidance, video, cooking instruction and support. Learn powerful nutrition and cooking tips with this research-based program developed by Physician 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. 12	TH	6:30 to 8:30 p.m.
WINSTON YMCA	Oct. 10	TU	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 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.”

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

Required: Additional materials fee of \$40 must be paid to the instructor

LOCATION	DATE	DAY	TIME
UNF	Oct. 19 – Nov. 9	TH	6:30 to 8:30 p.m.
WINSTON YMCA	Oct. 17 – Nov. 7	TU	6:30 to 8:30 p.m.

Self-Defense Weapons Training

Instructor: Tim Robinson (\$59)

There are a wide variety of non-lethal but effective (and legal) weapons you can carry for self-defense purposes. Your instructor, a lifetime martial artist who trains with SWAT & Homeland Security, will educate and train you on what’s available to the public (e.g., pepper sprays, stun guns, batons, saps, kubotans and tactical pens), as well as what you can turn into a weapon from everyday common items you own (e.g. shoes, belt, glasses, umbrella, cane, flashlight, newspaper, wasp spray, etc.). Learn how to protect yourself more fully by understanding what’s available to leverage and use.

LOCATION	DATE	DAY	TIME
UNF	Oct. 23 – 30	M	6:30 to 8:30 p.m.
BROOKS YMCA	Oct. 18 – 25	W	6:30 to 8:30 p.m.

Learn to Kayak

Instructor: Michael Metzler (\$49)

Discover the basics of kayaking, both in class and on the water. Learn the different types of kayaking, equipment, safety and the rules and regulations. Everyone will learn how to paddle a kayak properly and have an opportunity to learn and practice proper maneuvering techniques. The last class takes place at All Wet Sports, 8550 Beach Blvd., and includes 90 minutes of paddling on the water.

Note: Minimum age of 10 accompanied by an adult.

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 12, 16	TU+SA	6 to 8 p.m., 9 to 11 a.m.
UNF	Oct. 12, 14	TH+SA	6 to 8 p.m., 9 to 11 a.m.
UNF	Nov. 30, Dec. 2	TH+SA	6 to 8 p.m., 9 to 11 a.m.
FLAGLER YMCA	Sept. 14, 16	TH+SA	6 to 8 p.m., 9 to 11 a.m.
WILLIAMS YMCA	Oct. 11, 14	W+SA	6 to 8 p.m., 9 to 11 a.m.
BROOKS YMCA	Nov. 29, Dec. 2	W+SA	6 to 8 p.m., 9 to 11 a.m.

HOME and GARDEN



Silk Floral Design – Harvest Time

NEW!

Instructor: Katherine Frazier (\$39)

Create a lovely harvest centerpiece to add a distinctive touch to your fall table by bringing the beauty of nature's bounty into your home. Combine autumn's lush colors, using fall flowers of orange, yellow and rust along with stems of fall leaves and pumpkins. All materials provided - simply bring clippers and a glue gun to class. No experience necessary.

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 14	TH	6:30 to 8:30 p.m.
PONTE VEDRA YMCA	Sept. 20	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	Oct. 5	TH	6:30 to 8:30 p.m.



Backyard Beekeeping – An Introduction

NEW!



Instructor: Meghan Orman (\$79)

Have you always wanted to learn beekeeping? This course covers all the basics necessary to get started with your own backyard beekeeping. We will cover honey bee biology, reproduction and the social structure of the hive as well as all of the basics needed including necessary equipment, legal requirements, where to get bees and pest management controls. While the focus will be at the hobbyist level, all who are interested in honey bees or beekeeping are encourage to attend.

LOCATION	DATE	DAY	TIME
UNF	Oct. 4 – 18	W	6 to 8 p.m.

Silk Floral Design – Holiday Cheer

NEW!

Instructor: Katherine Frazier (\$39)

Impress friends and family with a holiday floral design, fashioned using poinsettias, sparkly branches, Christmas tree ornaments and accent florals. With a few tips and techniques, bring the beauty of the season to your home by creating a design that can be used as a table decoration. All materials provided - simply bring clippers and a glue gun to class. No experience necessary.

Required: Additional materials fee of \$30 must be paid to the instructor

LOCATION	DATE	DAY	TIME
UNF	Nov. 8	W	6:30 to 8:30 p.m.
BROOKS YMCA	Nov. 1	W	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	Sept. 28 – Oct. 12	TH	6:30 to 8:30 p.m.

Gardening in Northeast Florida

Instructor: Tim Armstrong (\$79)

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

LOCATION	DATE	DAY	TIME
UNF	Oct. 26 – Nov. 9	TH	6:30 to 8:30 p.m.

Natural Wonders of Northeast Florida

Instructor: Jolie Schlieper (\$109)

Have you ever wondered what sorts of creatures live in the marsh down the street or who is making all of those peculiar, singing sounds in the nighttime trees and bushes? Are you curious about how the local landscapes were formed and why certain trees and plants grow here, but not there? If you want an introduction to the diverse habitats and landscapes of Northeast Florida, then this is the course for you. Your instructor will guide you on a concise survey of the plants and animals of the Florida flatwoods, tidal marshes, cypress forests and coastal marshes that you see every day. You will spend three sessions in an interactive, enjoyable classroom format. There will be two Saturday field trips. The first on Sept. 9 will be held at the UNF Sawmill Slough Preserve. The second outing, on Sept. 16, is a half-day field trip to Hannah Park.

Note: Hannah Park requires a \$5.00 entry fee.

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

LOCATION	DATE	DAYS	TIME
UNF	Sept. 5, 9, 12, 16, 19	TU+SA	6:30 to 8:30 p.m.

LANGUAGE and CULTURE

Spanish – Level I

Instructor: Dan Holloway (\$189)

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 21 – Nov. 9	TH	6:30 to 8:30 p.m.

Spanish – Level II

Instructor: Adriana Giles (\$269)

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

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 6 – Nov. 29	W	6 to 8:30 p.m.

(No class on Nov. 22)

Italian Language and Culture – Level III

Instructor: Annalisa Rinaldi (\$259)

A continuation of Italian Language and Culture - Level II, this course will help you increase your vocabulary to become more comfortable speaking and comprehending the Italian language. Emphasis will be placed on grammar review and vocabulary expansion. You will be able to participate in conversations and produce brief texts using simple present and simple past, as well as conditional, imperative and subjunctive sentences.

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 11– Nov. 27	M	6 to 8 p.m.

Chinese Language and Culture – Level I

Instructor: Mei xiang Chang (\$209)

Discover the Chinese language and culture taught by a visiting instructor from the School of International Studies, Shaanxi Normal University. This interactive 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 University of North Florida, a joint collaboration between the University of North Florida and Shaanxi Normal University, China.

LOCATION	DATE	DAY	TIME
UNF	Sept. 5 – Nov. 28	TU	6 to 8 p.m.

(No class on Nov. 21)

Chinese Language and Culture – Level II

Instructor: Mei xiang Chang (\$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 University of North Florida, a joint collaboration between the University of North Florida and Shaanxi Normal University, China.

LOCATION	DATE	DAY	TIME
UNF	Sept. 7 – Nov. 30	TH	6 to 8 p.m.

(No class on Nov. 23)



Introduction to 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. It is an incredibly beautiful and moving language. 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. 6 – Oct. 11	W	6 to 8 p.m.

Introduction to 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, how advanced signs are made and advanced finger spelling. 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. 25 – Dec. 6	W	6 to 8 p.m.

(No class on Nov. 23)



MONEY MATTERS

The Professor's One-Minute Guide to Stock Management

Instructor: Hank Swiencinski (\$149)

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

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 18 – 20	M, TU, W	6:30 to 8:30 p.m.
UNF	Nov. 28 – Dec. 12	TU	6:30 to 8:30 p.m.

The Retirement Continuum

Instructors: Jon Castle, MSFS, CFP®

Michelle Ash, CFP®, RICP® (\$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 which will ultimately determine one's quality of life. Modules include: pension maximization and health insurance decisions, tax savings strategies, maximizing your Social Security, projecting retirement expenses, effective income planning and managing your nest egg in retirement.

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 23 – 30	SA	9 a.m. to noon
UNF	Sept. 26 – Oct. 3	TU	6:30 to 9:30 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	Sept. 9	SA	9 a.m. to 12:30 p.m.
UNF	Oct. 14	SA	9 a.m. to 12:30 p.m.
UNF	Nov. 11	SA	9 a.m. to 12:30 p.m.
UNF	Dec. 9	SA	9 a.m. to 12:30 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 during your lifetime. This informative seminar covers the basics of Social Security and reveals innovative strategies for maximizing your benefits.

LOCATION	DATE	DAY	TIME
UNF	Sept. 13	W	6:30 to 8:30 p.m.

Clarifying Medicare

Instructor: Karen O'Brien (\$39)

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

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

TECHNOLOGY



Cyber Security Simplified! NEW!

Instructor: Travis Vogt (\$29)

Think cyber security is too confusing or technical for you to worry about? The bad guys certainly hope you do! Cyber security is not only something you CAN understand, it's something you MUST understand. We'll focus on simplifying and explaining the threats you face (and defenses to take) every time you use technology. We'll discuss the security fundamentals of everything from botnets to ransomware, passwords to data encryption, USB devices to smart phones – all at a level that is easy to understand and with actionable takeaway suggestions.

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

iMac, iPad and iPhone Fundamentals

Instructor: Daren Dillinger (\$39)

Whether you are a new owner of an Apple product or a long-time user, you will learn how to operate and use your iPhone, iPad or iMac from an Apple-certified consultant. Acquire the best set up methods, ensuring your device is on a good foundation. Tips on troubleshooting provide the information you need to fix the most common problems. Parental controls, iCloud 101 for back-ups and how to find lost Apple devices will also be discussed. You are welcome to bring your device to class with you.

LOCATION	DATE	DAY	TIME
UNF	Sept. 12	TU	6:30 to 9 p.m.
UNF	Nov. 16	TH	6:30 to 9 p.m.
BROOKS YMCA	Oct. 7	SA	1 to 3:30 p.m.
BROOKS YMCA	Nov. 18	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 a free, easy, do-it-yourself website where you may write about anything you please. Learn all the blogging basics: choosing subjects, locating the best website host, finding readers and adding an Amazon store to sell cool stuff. Incorporate YouTube videos and other sites, using the best keywords to attract readers and maintaining a vibrant schedule of posts. Your blogging possibilities are endless.

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

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

iMac, iPad and iPhone Advanced Training

Instructor: Daren Dillinger (\$39)

If you have completed the fundamentals class or have Apple experience, join us for this advanced training from an Apple-certified consultant. Curriculum includes Wi-Fi and wired networking, printing from your iPad and iPhone and best practices for Apple TV and Time Capsule installation set up. In addition, learn how widely-used Microsoft products, such as Windows and Office, can operate on your Apple product. You may bring your device to class.

LOCATION	DATE	DAY	TIME
UNF	Oct. 12	TH	6:30 to 9 p.m.
UNF	Dec. 7	TH	6:30 to 9 p.m.

How to Shoot Great Cellphone Videos NEW!

Instructor: Mike Madden (\$109)

Your smartphone has a pretty good video camera. Discover how to get the most out of it in this one-day crash course designed to teach you professional video techniques using your cellphone camera. You'll learn the basics of cellphone 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 cellphone video productions. Whether you just want better video of family events, or use your cellphone camera for professional needs, this is the class for you.

Required: Bring your charged smartphone to class.

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



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

PHOTOGRAPHY

Beginner's Digital Photography Workshop and Lab

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

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

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

LOCATION	DATE	DAY	TIME
WINSTON YMCA	Oct. 21	SA	8:30 a.m. to 12:30 p.m.

Pre-Level I Digital Photography – DSLR Camera Boot Camp

Instructor: John Reed (\$45)

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

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

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

Digital Photography – Basic Lightroom and the RAW File

Instructor: John Reed (\$79)

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

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

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

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

Level I Photography – Digital Photo Basics and Photography Fundamentals

Instructor: John Reed (\$99)

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

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

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

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

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

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

(No class on Oct. 16)

Level II Photography – 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. Topics include:

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

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

The course finishes with an introduction to flash and a wrap-up with some image analysis.

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

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

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



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

Instructor: John Reed (\$99)

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

Manual Mode: for the most control possible.

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

Lenses: everything you need to know about lenses for informed buying.

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

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

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

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

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

Introduction to Digital Photo Editing Using Photoshop

Instructor: John Reed (\$129)

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

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

Required: You should have 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 will not be available should you have software specific questions.

LOCATION	DATE	DAY	TIME
UNF	Oct. 26 – Nov. 16	TH	6 to 8:30 p.m.

After the Shoot – Photo Management

Instructor: John Reed (\$69)

Digital photography has made it easy to take more photos than ever before because there is no cost of film or development involved.

Many people end up hip deep in photos and face the daunting task of dealing with them all. It can be so overwhelming that it is just put off and the problem gets worse. This course is designed to address these issues.

LOCATION	DATE	DAY	TIME
UNF	Dec. 7 – 14	TH	6 to 8:30 p.m.

Mastering Zoo Photography

Instructor: John Reed (\$39)

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

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

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

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 7	TH	6 to 8:30 p.m.

Photo Safari at the Jacksonville Zoo and Gardens

Instructor: John Reed (\$59)

This is a four-hour, hands-on in-the-field workshop applying the lessons provided in the classroom. Concentrate on a few specific areas to reinforce the techniques needed to shoot through fences, glass and other obstructions to have photos look like they were taken in the wild. Learn to use whatever camera/lens combination you have for maximum enjoyment and efficiency.

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

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



Cellphone Camera Basics

NEW!

Instructor: Mike Madden (\$49) – **YMCA EXCLUSIVE**

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 device to class.

LOCATION	DATE	DAY	TIME
PONTE VEDRA YMCA	Oct. 7	S	9 a.m. to noon

SHOW BUSINESS



Intermediate Course in Screenwriting

Instructor: Sharron 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. Topics include alternative storytelling in screenplays, creating real characters through a powerful class writing exercise, getting emotion on the page, creating conflict and raising the stakes to increase dramatic tension in your stories.

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.

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

Getting Paid to Talk

NEW!

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. 21	TH	6:30 to 9 p.m.

Have you heard...?



Crash Course in Screenwriting

Instructor: Sharon Y. Cobb (\$109)

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

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

LOCATION	DATE	DAY	TIME
UNF	Oct. 7	SA	9 a.m. to 5 p.m.

Acting – Access to Emotion

Instructor: Cindy Hogan (\$109)

We all have emotions and so do the characters we breathe life into. Presenting a real character with real emotion as an actor can be challenging, strenuous and scary. This workshop is a workout for the actor wanting to master the techniques, which can provide ready access to truthful emotion. 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 the work.

LOCATION	DATE	DAY	TIME
UNF	Oct. 7	SA	9 a.m. to 5 p.m.

Video and Film Production: A Crash Course

NEW!

Instructor: Mike Madden (\$109)

This one-day crash course will introduce you to the basics of film and video production. Beginning with basic camera operation, we'll work our way through composition, framing, lighting, sound, shots, coverage and more. We'll be hands-on and rotate students through the various skills involved as well as 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, light stands and c-stands.

Note: Please bring your charged device to class.

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

WRITING



Romance Writing – An Introduction

NEW!

Instructors: Judith Erwin (\$99)

As the most popular fiction genre in the United States, there are more opportunities in romantic fiction than ever before. This course is designed to introduce you to the style and mechanics of writing a romance novel. You will learn the basic elements of romance writing, including definitions of the various sub-genres, ways to structure a plot, how to create characters and how the romance differs from other forms of fiction.

LOCATION	DATE	DAY	TIME
UNF	Sept. 14 – Oct. 5	TH	6:30 to 8:30 p.m.

Writing Your Spiritual Story NEW!

Instructor: Charlene Vincent (\$99)

There is a thread running through your life and if you look for it, you will see it in all of your choices and decisions. Through weekly assignments and the use of writing prompts, timelines and reading others' stories, you will unlock the spiritual story that you have been living all of your life. You will have time and space to reflect on and look forward to experiences that give voice to your story.

Required: "Chances Are..." By Marie Laure

Recommended: "Bird by Bird, Some Instructions on Writing and Life" by Anne Lamott OR "Journal of Solitude" by May Sarton

LOCATION	DATE	DAY	TIME
UNF	Sept. 18 – Oct. 23	M	6 to 7:30 p.m.
PONTE VEDRA YMCA	Sept. 23 – Nov. 4	SA	10:30 a.m. to noon

(No class on Oct. 7)

Getting Started in Creative Writing

Instructor: John Boles (\$99) – **YMCA EXCLUSIVE**

Have you thought about trying your hand at creative writing but you need help with the basics? This course begins with a list of things not to do. We'll address problem areas many beginning writers encounter: outlining, voice, point of view, plot and story structure, developing compelling characters and realistic dialogue, creating conflict and setting a realistic writing schedule. Through a combination of lecture, PowerPoint, and in-class exercises, you will have the tools to get you started on the path of becoming a creative writer.

LOCATION	DATE	DAY	TIME
BROOKS YMCA	Sept. 16	SA	9 a.m. to 5 p.m.

Science Fiction and Fantasy Writing

Instructor: Tim Robinson (\$79) – **YMCA EXCLUSIVE**

Dive into this three-week intensive workshop where you will develop science fiction and fantasy ideas for publication. Our goal is to generate the best possible outline and chapters for a writer's future novel and learn what will be necessary to complete or revise the novel with an eye toward publication. 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.

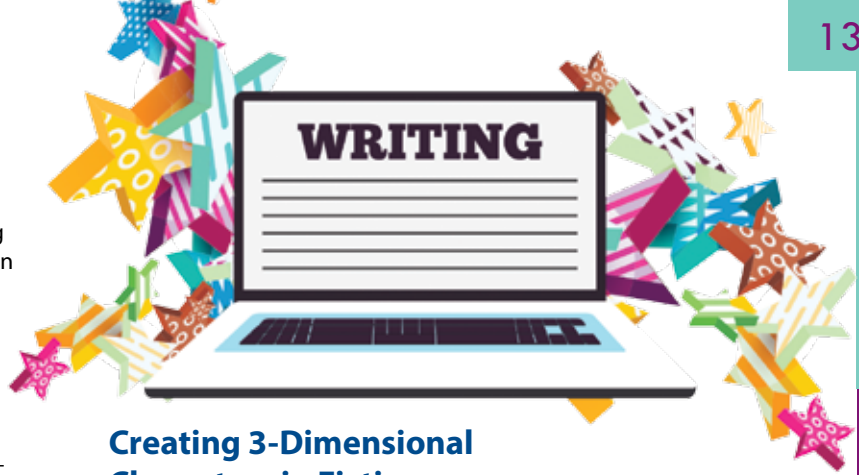
LOCATION	DATE	DAY	TIME
PONTE VEDRA YMCA	Sept. 7 – 21	TH	6:30 to 8:30 p.m.

The ABCs of Publishing Your Children's Book

Instructor: Frances Keiser (\$49)

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	Sept. 28	TH	6 to 8 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, 3-dimensional characters. We will build characters from the ground up and discuss ways to give them distinctive voices and unique personalities. Why settle for drab when you can make characters dramatic?

LOCATION	DATE	DAY	TIME
UNF	Oct. 16 – Nov. 13	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	Nov. 20 – Dec. 18	M	6:30 to 8:30 p.m.

Creative Writing – An Introduction

Instructor: John Boles (\$119)

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

LOCATION	DATE	DAY	TIME
UNF	Sept. 11 – Oct. 9	M	6:30 to 8:30 p.m.

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

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	Sept. 13 – 27	W	6:30 to 8:30 p.m.

Creating the Hero's Journey

Instructor: John Boles (\$119)

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

LOCATION	DATE	DAY	TIME
UNF	Oct. 25 – Nov. 29	W	6:30 to 8:30 p.m.

(No class on Nov. 22)

Writing Critique Workshop

Instructor: John Boles (\$79)

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 provides you with 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	Dec. 6 – 20	W	6:30 to 8:30 p.m.

Memoir Writing – Telling Your Story

Instructor: Judith Erwin (\$99) – **YMCA EXCLUSIVE**

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

LOCATION	DATE	DAY	TIME
WILLIAMS YMCA	Oct. 7 – 14	SA	1 to 5 p.m.



WINE TASTING



All participants must be at least 21.

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

Instructor: Richard Park (\$69)

Combining wine tasting, lively seminar-styled discussion and spirited opinion, this class will appeal equally to those new to wine as well as to those that are frequent wine consumers seeking greater awareness of the subject matter.

Your instructor, a 35+ year fine-wine industry professional, will present a provocative method for evaluating and understanding wine that will foster a deep appreciation for this highly enjoyable liquid. Six wines will be tasted and the cost of the wine is included.

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

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

Instructor: Richard Park (\$69)

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

While most people have a notion of what these words mean, the same people also understand the dubious nature of such grandiose designations – after all, one person's great is another person's awful.

Also covered is a discussion of the hows, whys and wheres in purchasing wines of high quality and an overall strategy for collecting wine. Six wines will be tasted and the cost of the wine is included. The instructor for this class, a 35+ year fine wine industry professional, will present the facts pertaining to assessing wines of high quality. This class promises to be interesting, challenging, informative and fun.

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

Wine Essentials – The Pinot Noir Family **NEW!**

Instructor: Richard Park (\$79)

Wines produced from the Pinot Noir grape have become immensely popular over the past dozen years or so and continue to find a larger and larger audience. Typically, it is the “Pinots” that are produced in cooler climates that possess the magical balance of red fruit character, essence of the soil, and character that is neither too restrained nor too annoyingly demonstrative.

We’ll taste five cooler-climate Pinots, as well as two white wines that are genetically related to Pinot Noir. The cost of the wine is included.

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

Old World Wines for the Connoisseur **NEW!**

Instructor: Richard Park (\$79)

Taught by a 35+ year veteran of the wine industry, this class will explore and explain the true nature of quality in wines. This will be addressed by both scientific and empirical means.

We’ll taste seven wines – mostly red – from the finest classic wine regions on Earth. The instructor will walk you through the process of tasting, evaluating and discussing each wine in detail. The cost of the wine is included.

LOCATION	DATE	DAY	TIME
UNF	Dec. 7	TH	6 to 8:30 p.m.

Registration is easy!

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



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



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

Cancellation Policy

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

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

Register for a course at the University of North Florida

Online: www.unf.edu/ce/learnjax

Call: (904) 620-4200

Email: unfce@unf.edu

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

Register for a course at a First Coast YMCA:

Online: www.firstcoastymca.org/unf

Call: (904) 265-1775

12000 Alumni Drive
Jacksonville, FL 32224-2678

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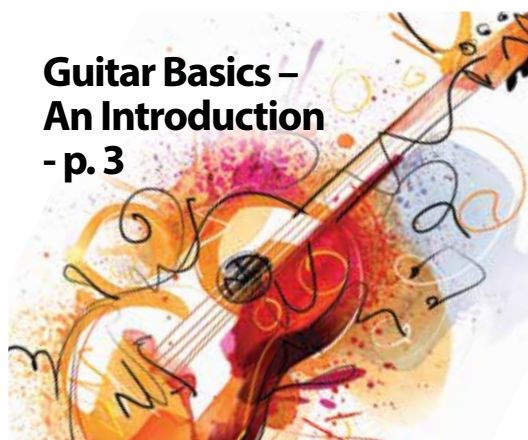
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- p. 5



**Getting Paid
to Talk - p. 12**