



Division of Continuing Education

WINTER 2017 COURSE CATALOG



Classes
start at
just
\$25

Arts,
Crafts
and
Hobbies

Wine
Tasting

Writing



Health
and Wellness

Language
and Culture

Technology

Home and Garden



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Now offered
at six area
YMCA locations!



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ARTS, CRAFTS
and HOBBIES



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HEALTH
and WELLNESS



7

HOME
and GARDEN



8

LANGUAGE
and CULTURE



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MONEY MATTERS



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PHOTOGRAPHY



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TECHNOLOGY



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WRITING



14

**MORE
THAN 75
COURSES**

NO MEMBERSHIP NEEDED!

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

If you are a YMCA member, enjoy 20% off courses taking place at YMCA locations.

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

Questions? Ready to register?

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

Visit us online at www.learnjacksonville.com



**Upcoming classes at
a location near you!**

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

Arlington Family YMCA

10131 Atlantic Blvd., Jacksonville, FL 32225

Creative Mosaic Workshop	p. 3
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Brooks Family YMCA

10423 Centurion Pkwy. N., Jacksonville, FL 32256

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Flagler Center Family YMCA

(Off Old St. Augustine Rd.)

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

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Ponte Vedra Family YMCA

170 Landrum Lane, Ponte Vedra Beach, FL 32082

Practical Self-Defense and Awareness	p. 5
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Williams Family YMCA

10415 San Jose Blvd., Jacksonville, FL 32257

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Winston Family YMCA

221 Riverside Ave, Jacksonville, FL 32202

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ARTS, CRAFTS and HOBBIES



Expressions in Mixed Media and Collage NEW!

Instructor: Bonnie Yales-Gibson (\$119)

Create paintings using mediums such as gesso, matte and gloss medium, texture paste, gloss varnish, soft semi-gloss gel and molding paste. You will make collages using rice paper and colored tissue paper as well as using hand-painted papers that we will make in class. Colored construction paper, newsprint and stencils will also be utilized. Incorporate the seven elements of design (texture, form, line, color, value, shape and movement) into your composition. No experience is necessary.

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

LOCATION	DATE	DAY	TIME
UNF	Feb. 1 – Mar. 1	W	6 to 8 p.m.

Let's Make a T-Shirt Quilt!

Instructor: Julie Mainor (\$129)

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

Required: Sewing machine with bobbins, dressmaker shears, seam ripper, thread, tape measure, dressmaker pencil or chalk, machine and hand sewing needles, straight pins, notepad and pen. The instructor will provide rotary cutter, mat and ruler to use in class. A supply list, including fabrics and notions, will be distributed on the first night of class.

LOCATION	DATE	DAY	TIME
UNF	Jan. 5 – Feb. 9	TH	6:30 to 8:30 p.m.

Basic Quilt Making Skills

Instructor: Julie Mainor (\$129)

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

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

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

(No class on Mar. 23)

Painting with Acrylics – Level I

Instructor: Keith Doles (\$129)

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	Jan. 5 – Feb. 9	TH	6:30 to 8:30 p.m.

Painting with Acrylics – Level II

Instructor: Keith Doles (\$129)

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

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

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

(No class on Mar. 23)

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 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	Jan. 11	W	6:30 to 8:30 p.m.
UNF	Feb. 9	TH	6:30 to 8:30 p.m.
UNF	Mar. 21	TU	6:30 to 8:30 p.m.
WILLIAMS YMCA	Feb. 6	M	6:30 to 8:30 p.m.
ARLINGTON YMCA	Feb. 7	TU	6:30 to 8:30 p.m.
BROOKS YMCA	Mar. 15	W	6:30 to 8:30 p.m.
FLAGLER YMCA	Apr. 11	TU	6:30 to 8:30 p.m.



Introduction to Sewing

Instructor: Julie Mainor (\$119)

Gain the confidence and skills you need to become an accomplished seamstress. You will learn the basics of sewing, how to thread, how to use and maintain your machine and how to read and use a pattern. Projects will include a zippered cosmetic bag, a standard pillowcase and an apron from a purchased pattern. No experience needed.

Required: Sewing machine with bobbins, dressmaker shears, seam ripper, thread, tape measure, dressmaker pencil or chalk, machine and hand sewing needles, straight pins, notepad and pen. Pillowcase supplies: 3/4 yard 100% cotton, 45" wide favorite fabric, 1/4 yard 100% cotton, 45" wide complimentary fabric, all-purpose thread to match.

Additional project supplies will include purchased pattern, fabric and notions. The remaining supply list will be available on the first night.

LOCATION	DATE	DAY	TIME
UNF	Jan. 10 – Feb. 7	TU	6:30 to 8:30 p.m.

Intermediate Sewing

Instructor: Julie Mainor (\$119)

Discover secrets to fitting patterns to your measurements, plus learn best practices for repairing and altering existing clothing. Projects include elastic waist pants with pockets from a purchased pattern and a shirt or blouse with set-sleeves, collar and buttons. The project may require homework in order to finish before completion of course. Basic sewing skills required.

Required: Sewing machine with bobbins, dressmaker shears, seam ripper, thread, tape measure, dressmaker pencil or chalk, machine and hand sewing needles, straight pins, notepad and pen. Additional project supplies include purchased pattern, fabric and notions. The remaining supply list will be available on the first night.

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

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	Jan. 24 – Feb. 28	TU	6:30 to 8:30 p.m.
WINSTON YMCA	Jan. 26 – Mar. 2	TH	6:30 to 8:30 p.m.

Beginning Creative Watercolor – Part II

Instructor: Jennie Szaltis (\$129)

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

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

LOCATION	DATE	DAY	TIME
UNF	Mar. 14 – Apr. 18	TU	6:30 to 8:30 p.m.
WINSTON YMCA	Mar. 16 – Apr. 20	TH	6:30 to 8:30 p.m.

Glas Clas™ with Pixieglas™

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

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
ARLINGTON YMCA	Feb. 28 – Mar. 14	TU	6:30 to 8:30 p.m.

HEALTH and WELLNESS

Introduction to Life Coaching

Instructor: Dr. Elliot Rosenbaum (\$159) - YMCA EXCLUSIVE

Life coaching is a process designed to target specific life goals including physical, professional, relational and spiritual goals. Coaching is a process used by professionals to assist clients with achieving their goals. This course provides hands-on training in the key skills used by successful life coaches around the world. You will learn how to develop transformational listening skills, help others find their own solutions, ask powerful questions, design a compelling action plan and life mission and more. This course is designed for educators, therapists, parents or anyone who is interested in coaching people.

LOCATION	DATE	DAY	TIME
WINSTON YMCA	Apr. 3 – 24	M	6 to 8:30 p.m.



**Help others
be the best
they can be.**



Introduction to Yoga

Instructor: Elinor Grabar (\$89)

This series is great for those who want to start 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. Start where you are and work with the body you have today. If you're stressed out, there's the opportunity to learn how to relax. If your body needs toning, yoga will provide strength without stressing your joints. If you're feeling stiff, you'll enjoy the gentle stretching provided in this class.

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 23 – Feb. 20	M	6:30 to 8 p.m.

Attracting Abundance I

Instructor: Sharon Y. Cobb (\$99)

In this one-day workshop, learn to open your mind to receive 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
UNF	Feb. 4	SA	9 a.m. to 5 p.m.

Attracting Abundance II

Instructor: Sharon Y. Cobb (\$99)

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

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

Art and Science of Aromatherapy

Instructor: Marci Cervone (\$59)

Learn the art and science of aromatherapy and how your overall life-style can be supported and enhanced with the use of essential oils. Make your own organic sustainably harvested essential oil products using a variety of oils. Products include bath salts, a personal inhaler and a pulse point roll-on. Discover how essential oils are used to maintain health, treat acute/chronic pain and reduce stress.

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 21	SA	9 a.m. to 1 p.m.

Aromatherapy for Daily Wellness

Instructor: Marci Cervone (\$59)

Learn a multi-layered approach to health and how essential oils can benefit you, your family and your overall well-being. You will make your own organic sustainable products to use right away including a personal inhaler, pillow spray and body oil. Discover how easy it is to incorporate aromatherapy into your daily life.

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

LOCATION	DATE	DAY	TIME
UNF	Mar. 11	SA	9 a.m. to 1 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	Feb. 20 – Mar. 13	M	6:30 to 8:30 p.m.
BROOKS YMCA	Feb. 21 – Mar. 14	TU	6:30 to 8:30 p.m.
PONTE VEDRA YMCA	Mar. 29 – Apr. 19	W	6:30 to 8:30 p.m.

Self-Defense Weapons Training

NEW!

Instructor: Tim Robinson (\$59)

Beyond owning a gun that you can't always take with you everywhere you go, there's a wide variety of nonlethal but effective (and legal) weapons you can carry for self-defense purposes. Your instructor, a lifetime martial artist who trains with SWAT and 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.).

LOCATION	DATE	DAY	TIME
UNF	Mar. 27 – Apr. 3	M	6:30 to 8:30 p.m.

Achieving Inner Peace and Tranquility

Instructor: Pixie Larizza (\$79)

Slowing down and living in a relaxed and peaceful moment takes practice. You can do it. Learn to incorporate deep-breathing exercises, basic meditation, visualization and positive affirmations into your daily routine. These practices can help you sleep, increase positive energy and learn not to take things personally.

LOCATION	DATE	DAY	TIME
UNF	Jan. 18 – Feb. 1	W	6:30 to 8:30 p.m.

Beginning Meditation

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

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
BROOKS YMCA	Feb. 15 – Mar. 1	W	6:30 to 8:30 p.m.

Healthy Living Strategies

NEW!

Instructor: Jamie Glavich (\$39)

With dementia becoming an epidemic, it's time to learn strategies for healthy living through caring for your heart and brain. Learn the warning signs of dementia and more about the disease: how it affects the person and family and how to plan for it. Walk away with healthy life strategies, options for planning for the future, alternatives for care if you or a loved one needs it and how to live healthy in old age.

LOCATION	DATE	DAY	TIME
UNF	Mar. 15	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	Mar. 29, Apr. 1	W+SA	6 to 8 p.m., 10 a.m. to noon
UNF	APR. 25, 29	TU+SA	6 to 8 p.m., 10 a.m. to noon
PV YMCA	Mar. 28, Apr. 1	TU+SA	6 to 8 p.m., 10 a.m. to noon
FLAGLER YMCA	Apr. 26, 29	W+SA	6 to 8 p.m., 10 a.m. to noon

How to Improve Your Memory

Instructor: Dr. Frederick Lee (\$79)

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

LOCATION	DATE	DAY	TIME
UNF	Mar. 6 – 13	M	6 to 9 p.m.
FLAGLER YMCA	Jan. 9 – 30	M	6 to 8 p.m.
ARLINGTON YMCA	Feb. 11 – 18	SA	10 a.m. to 1 p.m.

(No class on Jan. 16)

Living Mindfully

Instructor: Marci Cervone (\$99)

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

LOCATION	DATE	DAY	TIME
UNF	Apr. 1	SA	9 a.m. to 5 p.m.

Caregiver 101

NEW!

Instructor: Jamie Glavich (\$59)

When someone you love is diagnosed with dementia such as Alzheimer's, you can feel panicked, lost and distraught about what to do next. Learn about the disease process, how it affects the person and family, and how to plan for every step of the way. Discover communication techniques and how to provide daily care for your loved one. Healthy living is an important part of caring for yourself, so that you can care for your loved one. You will leave this class knowing healthy living strategies. Planning for the future through financial planning, living wills, health care surrogates and Guardianship will be discussed, as well as options in care. The more you understand and plan, the easier it will be to care for your loved one and yourself.

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



Understand and plan.

HOME and GARDEN



Organic Vegetable Gardening

Instructor: Tim Armstrong (\$79)

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

LOCATION	DATE	DAY	TIME
UNF	Feb. 8 – 22	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	Mar. 13	M	6:30 to 8:30 p.m.

Eat Your Yard!

NEW!

Instructor: Tim Armstrong (\$49) - **YMCA EXCLUSIVE**

Turn your yard into an edible paradise. Using techniques of organic gardening, permaculture, food forests and bio-intensive gardening, you will learn to incorporate edibles in your yard. Food miles are reduced to steps when your produce comes from your yard. You also control the pesticide and fertilizers. Teach your children about good food, where it comes from and the freshness factor of just-picked produce. Learn about vermiculture and brewing fertilizer teas to increase your production, as well as water control and reuse. Cover crops and trap crops will be touched on, as will pollinator-attracting plants. Learn when and how to plant fresh herbs and perennial vegetables.

LOCATION	DATE	DAY	TIME
Brooks YMCA	Mar. 18	SA	9 a.m. to noon

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	Feb. 28 – Mar. 14	TU	6:30 to 8:30 p.m.

Silk Floral Design: Door Décor – Wreath or Swag

NEW!

Instructor: Bonnie Arnold (\$39)

Learn how to create a wreath/swag for your front door or office. Using seasonal silk flowers, artistic textures and unusual items, you will learn how to create an impressive and lasting décor piece you will cherish for years. At the end of the class, you will take home your unique floral arrangement of high quality silk flowers, berries, pods, grasses and sundry unusual items. Bring clippers and wire cutters, all other materials provided.

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

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

Fresh Floral Design: Clever and Creative Centerpiece

NEW!

Instructor: Bonnie Arnold (\$39)

Create a fashionable fresh floral centerpiece with seasonal fresh flowers, greenery, ribbons and more. We'll combine various textures of flowers and accents, including items easily found inside and outside your home, to make your creation really unique. You'll learn how to identify the many items that surround us daily and can be incorporated to make a clever and creative centerpiece that you will take home with you.

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

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

Fresh and Silk Floral Design: Funky Floral Fusion

NEW!

Instructor: Bonnie Arnold (\$39)

Learn how to take fresh and silk flowers, greenery, etc. to make your own creation. With high quality products of flowers, whether fresh or silk, you'll find it hard to detect which are real or which are not. We'll use flowers, fruits and vegetables paired with unusual containers. Take home this fun and funky arrangement!

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

LOCATION	DATE	DAY	TIME
UNF	Apr. 17	M	6 to 8:30 p.m.





Wedding Planning on a Budget

Instructor: Felina Martin (\$59)

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

LOCATION	DATE	DAY	TIME
UNF	Mar. 25	SA	9 a.m. to 1 p.m.
Arlington YMCA	Feb. 25	SA	9 a.m. to 1 p.m.

LANGUAGE and CULTURE

Introduction to Chinese Language and Culture – Level I

Instructor: Dr. Mei xiang Chang (\$209)

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 26 – Apr. 6	TH	6 to 8 p.m.

(No class on Mar. 23)

Chinese Language and Culture – Level II

Instructor: Professor Zhihua Tian (\$209)

Instructed through role-playing, storytelling and a situational learning environment, this interactive 10-week course will help those who have had at least 20 hours of basic Chinese to improve your communication skills. 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	Jan. 24 – Apr. 4	TU	6 to 8 p.m.

(No class on Mar. 21)

Italian Language and Culture – Level II

Instructor: Annalisa Rinaldi (\$249)

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

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 23 – Apr. 10	M	6 to 8 p.m.

Spanish – Level II

Instructor: Dan Holloway (\$209)

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	Jan. 9 – Mar. 13	M	6:30 to 8:30 p.m.

(No class on Jan. 16)

Spanish – Level IV

Instructor: Adriana Giles (\$259)

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

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 11 – Mar. 29	W	6 to 8:30 p.m.



MONEY MATTERS



Investment Basics

Instructor: Charles Drysdale (\$39)

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 10	TU	6:30 to 8:30 p.m.
UNF	Mar. 14	TU	6:30 to 8:30 p.m.

The Retirement Continuum

Instructors: Jon Castle, MSFS, CFP®

Michelle Ash, CFP®, CASL®, RICP® (\$79)

Most people want to retire ONCE, so it makes sense to get it right the first time! This fun, but comprehensive, course addresses the ongoing process that includes proper preparation for living in retirement successfully. The instructors address both the financial issues affecting retirement and the life planning challenges 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 e-mail unfce@unf.edu with your spouse/guest name.

LOCATION	DATE	DAY	TIME
UNF	Jan. 28 – Feb. 4	SA	9 a.m. to noon
UNF	Jan. 31 – Feb. 7	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	Jan. 14	SA	9 a.m. to 12:30 p.m.
UNF	Feb. 11	SA	9 a.m. to 12:30 p.m.
UNF	Mar. 11	SA	9 a.m. to 12:30 p.m.
UNF	Apr. 8	SA	9 a.m. to 12:30 p.m.

Make your
money work
for you!



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."

What students are saying:

"Once again you have impressed us with not only your knowledge of the markets, but more importantly you have shown us that empowering others is the noblest of endeavors for a human being. By teaching us what you did last night you have enabled me to become a better trader so that I can provide a better living for my family and me. For this I thank you and I am forever indebted to you."

- George S., *The Professor's One-Minute Guide to Stock Management*

LOCATION	DATE	DAY	TIME
UNF	Jan. 11 – 25	W	6:30 to 8:30 p.m.
UNF	Mar. 27 – 29	M+TU+W	6:30 to 8:30 p.m.

Clarifying Medicare

Instructor: Karen O'Brien (\$29)

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

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

Savvy Social Security Planning

Instructor: Karen O'Brien (\$39)

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

LOCATION	DATE	DAY	TIME
UNF	Jan. 17	TU	6:30 to 8:30 p.m.



LEARN
Jacksonville

To register,
See p. 15 for details.

PHOTOGRAPHY

Beginner's Digital Photography Workshop and Lab

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

This five-hour class is designed to give you a basic understanding of the controls on your DSLR camera as well as some basic introduction into digital photography concepts in order to know when to make camera setting changes. You will learn what all the buttons, dials and switches are used for and how to change the settings to control appearance of the images. The class is roughly 2/3 sit down instruction explaining the controls as well as an introduction into a few digital photography fundamentals such as exposure, white balance, and sharp images. The other 1/3 of the time is spent hands-on practicing what was taught with help from the instructor as needed.

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

LOCATION	DATE	DAY	TIME
WINSTON YMCA	Mar. 25	SA	8:30 a.m. to 1:30 p.m.

Pre-Level I Digital Photography – DSLR Camera Boot Camp

Instructor: John Reed (\$39)

This one-night class is designed to explain the controls on your DSLR camera. You will learn what all the buttons, dials and switches are used for and how to change the settings on your camera so that all future courses are easier to understand and participate in. How the settings impact your photos will be covered in Levels I, II and III. This class is not a prerequisite for later levels but is strongly recommended unless you are already familiar with your camera controls. If you've just gotten your digital camera or 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	Jan. 9	M	6 to 8:30 p.m.

Digital Photography – Basic Lightroom and the RAW File

Instructor: John Reed (\$69)

Explore the basics of Adobe Lightroom 6/CC in this one-day workshop. Investigate the library module, including importing catalogs and organization. Discover the develop module for editing your digital images. Learn the basic adjustments possible with this powerful, nondestructive 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 common program conventions such as using menus.

LOCATION	DATE	DAY	TIME
UNF	Feb. 25	SA	8:30 a.m. to 2 p.m.

Level I Digital Photography – Digital Photo Basics and Photography Fundamentals

Instructor: John Reed (\$89)

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

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

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

Note: This course is geared toward interchangeable lens DSLR cameras. Those with other cameras can certainly benefit from understanding the concepts taught but may not be able to apply all the lessons simply because the camera may lack the necessary controls.

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

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

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

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

Instructor: John Reed (\$89)

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

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

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

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

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

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

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



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

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

Instructor: John Reed (\$89)

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

Manual Mode: for the most control possible

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

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

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

The class concludes with you 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	Mar. 20 – Apr. 3	M	6 to 8:30 p.m.

Introduction to Digital Photo Editing Using Photoshop

Instructor: John Reed (\$119)

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

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

Required: Photoshop CS6 (or later), or Photoshop Elements (12 or later). If using another layers-based software such as onOne or Corel, the techniques will be similar but assistance in these programs will not be available should you have software specific questions.

LOCATION	DATE	DAY	TIME
UNF	Jan. 5 – 26	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: 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	Mar. 30	TH	6 to 8:30 p.m.

Photo Safari at the Jacksonville Zoo and Gardens

Instructor: John Reed (\$59)

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

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

LOCATION	DATE	DAY	TIME
JACKSONVILLE ZOO	Apr. 1	SA	8 a.m. to noon



TECHNOLOGY



iMac, iPad and iPhone Fundamentals

Instructor: Daren Dillinger (\$39)

Whether you are a new owner of an Apple product or a longtime user, you will learn how to operate and use your iPhone, iPad or iMac from an Apple-certified consultant. Acquire the best setup 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 backups 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	Jan. 17	TU	6:30 to 9 p.m.
UNF	Feb. 28	TU	6:30 to 9 p.m.
UNF	Apr. 4	TU	6:30 to 9 p.m.
WINSTON YMCA	Jan. 31	TU	6:30 to 9 p.m.
WINSTON YMCA	Mar. 9	TH	6:30 to 9 p.m.
WINSTON YMCA	Apr. 12	W	6:30 to 9 p.m.

iMac, iPad and iPhone Advanced Training

Instructor: Daren Dillinger (\$39)

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

LOCATION	DATE	DAY	TIME
UNF	Feb. 16	TH	6:30 to 9 p.m.
UNF	Mar. 16	TH	6:30 to 9 p.m.
UNF	Apr. 20	TH	6:30 to 9 p.m.

YouTube for Business and Pleasure

Instructor: Sharon Y. Cobb (\$99)

YouTube is the perfect platform for videos featuring your business's services and products, sharing videos with friends and using a world-wide platform to broadcast videos or short films you've produced. Learn to enhance your Internet marketing push with this free service. Discover how individuals and businesses attract an audience. Explore making money with your own YouTube channel. This workshop is for individuals and business owners or managers.

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

Introduction to Excel 2013

Instructor: Michael Metzler (\$129)

Develop the skills necessary to produce workbooks from creation to editing, with formatting in between. We'll work with cells, columns, rows and sheets, apply simple formulas, use 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 drive to class.

LOCATION	DATE	DAY	TIME
UNF HICKS HALL	Feb. 7 – Mar. 14	TU	6 to 8 p.m.



Blogging for Business and Pleasure

Instructor: Sharon Y. Cobb (\$99)

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

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

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

WRITING



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	Jan. 23 – Feb. 20	M	6:30 to 8:30 p.m.

Crash Course in Screenwriting

Instructor: Sharon Y. Cobb (\$99) – YMCA EXCLUSIVE

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

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

LOCATION	DATE	DAY	TIME
WINSTON YMCA	Feb. 25	SA	9 a.m. to 5 p.m.

Writing FUNNY!

Instructor: Sharon Y. Cobb (\$99)

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

LOCATION	DATE	DAY	TIME
UNF	Apr. 22	SA	9 a.m. to 5 p.m.

Creating 3-Dimensional Characters in Fiction

Instructor: John Boles (\$119)

Do your characters pop off the page and truly engage your readers? The ability to create believable and compelling characters is often one of the most difficult tasks writers must master. Using valuable 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?

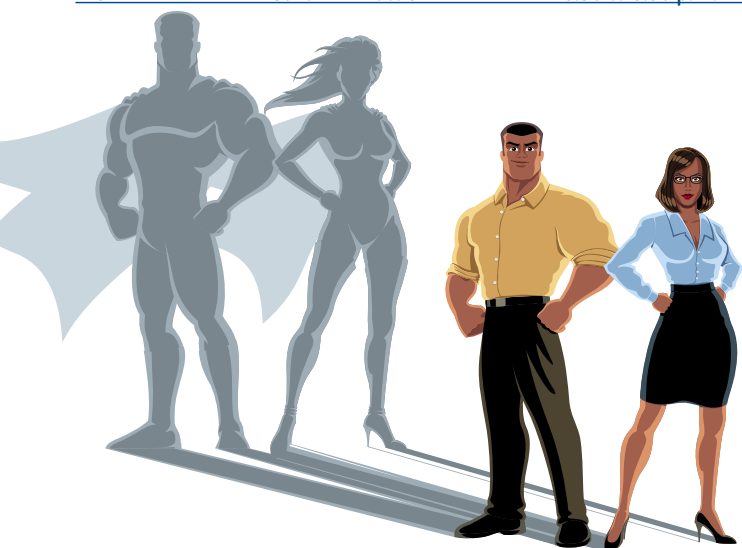
LOCATION	DATE	DAY	TIME
UNF	Feb. 15 – Mar. 15	W	6:30 to 8:30 p.m.

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	Jan. 11 – Feb. 8	W	6:30 to 8:30 p.m.



Conversations with the Past

NEW!

Instructor: Judith Erwin (\$79) – YMCA EXCLUSIVE

This course is designed to assist you in discovering more about close relatives and preserving family history by using conversational interviews. We will cover suggested topics and sample questions for use in assembling a personal profile of the life and times of a loved one, plus methods for the organization and preservation of the material. Ideal for obtaining the history of an aging parent, the method can be applied to others as well.

LOCATION	DATE	DAY	TIME
BROOKS YMCA	Mar. 4	SA	9 a.m. to 4 p.m.

Getting Started in Creative Writing

Instructor: John Boles (\$99)

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, Power Point and class exercises, you will learn how to get started on your path of becoming a creative writer.

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

Turning Your Story into a Novel

Instructor: Judith Erwin (\$99)

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

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

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

Instructor: Sharon Y. Cobb (\$99)

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

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

 To register,
See p. 15 for details.



Be Your Own Editor

Instructor: John Boles (\$99)

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	Apr. 3 – 24	M	6:30 to 8:30 p.m.
BROOKS YMCA	Mar. 11	SA	9 a.m. to 5 p.m.

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 e-mail. 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	Mar. 22 – Apr. 19	W	6:30 to 8:30 p.m.

Plot and Story Structure

Instructor: John Boles (\$119)

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

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

WINE TASTING



All participants must be at least 21.

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

Instructor: Richard Park (\$69)

The instructor for this class – 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. 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. Six wines will be tasted and the cost of the wine is included.

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

Wine Essentials – Understanding Simplicity, Complexity and Evaluation

Instructor: Richard Park (\$69)

Learn what makes a good wine good, whether expensive or inexpensive, and how to order with ease at any restaurant. The instructor will present additional criteria for understanding wine and will present a list of basic adjectives used in the sensory evaluation of wine. While this class is indeed informative and fun, it will also prove to be enlightening. Six wines will be tasted and the cost of the wine is included.

LOCATION	DATE	DAY	TIME
UNF	Feb. 27	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. You will be presented the facts pertaining to assessing wines of high quality. Also covered is a discussion of the how's, why's and where's 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	Mar. 20	M	6 to 8:30 p.m.

Classic Grape Varieties - Tempranillo **NEW!**

Instructor: Richard Park (\$89)

While numerous Spanish wines that were traditionally produced from the Tempranillo grape some 30 years ago tasted more like musty oak barrels than anything grape-related, today's Tempranillo-based wines have made quantum-leaps in quality over those old school incarnations. In recent years, the grape has even become quite a sensation internationally with successful plantings and ultimately wines appearing in Australia, Argentina and Washington State.

We'll taste seven Tempranillo-based red wines – mostly from its native Spain - and gain insights as to the nature of the grape as well as the wines produced from it. The cost of these world-class wines is included.

LOCATION	DATE	DAY	TIME
UNF	Mar. 2	TH	6 to 8:30 p.m.

Great Wine Regions of the World – **NEW!** Mâconnais and Beaujolais

Instructor: Richard Park (\$79)

Examine wines from each of the two southernmost appellations of the rather extensive Burgundy wine region. The Mâconnais is famous for its Chardonnay-based white wines that have distinctive tastes and flavors redolent of its mineral-laden soils. Beaujolais – a grossly under-appreciated wine region – is known for its finessed light- to medium-bodied red wines produced from the Gamay grape variety. Collectively, wines from these two appellations represent great value as well as being solid partners to a wide range of foods. We'll taste seven wines that capture the essence of these two regions. The cost of the wine is included.

LOCATION	DATE	DAY	TIME
UNF	Apr. 6	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
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- ▶ **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
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10415 San Jose Boulevard
Jacksonville, FL 32257
904.292.1660
- ▶ **WINSTON FAMILY YMCA**
221 Riverside Avenue
Jacksonville, FL 32202
904.355.1436



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

Cancellation Policy

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

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

Register for a course at the University of North Florida

Online: www.learnjacksonville.com

Call: (904) 620-4200

E-mail: unfce@unf.edu

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

Register for a course at a First Coast YMCA:

Online: www.firstcoastymca.org/unf

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Classes - p. 7**



**Introduction to
Life Coaching - p. 4**



Eat Your Yard - p. 7



**Self-Defense
Weapons Training - p. 5**



Wine Essentials - p. 14