



UNF

Division of Continuing Education



LEARN
Jacksonville

SUMMER 2017 COURSE CATALOG

Classes
start at just
\$25

**PUT YOUR
focus on fun**

Introduction
to Digital
Photo Editing
Using
Photoshop
p. 11

How to Use
Color
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The ABCs of
Publishing
Your Children's
Book
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Wine
Essentials –
Understanding
Quality
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with Oils
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to MS Word
2013
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Attracting
Abundance
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Register now!
(904) 620-4200
learnjacksonville.com



**Now
offered at
six area YMCA
locations!**



Garden
to Fork
p. 7



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
GlasClas™ with Pixieglas™	p. 4

Brooks Family YMCA

10423 Centurion Pkwy. N., Jacksonville, FL 32256

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Flagler Center Family YMCA

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

(Off Old St. Augustine Rd.)

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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

Personal History Workshop	p. 14
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Winston Family YMCA

221 Riverside Ave, Jacksonville, FL 32202

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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

ARTS, CRAFTS and HOBBIES



How to Use Color

NEW!

Instructor: Jennie Szaltis (\$109)

How can color be so misunderstood? Many artists place color without thought to how it might affect the overall painting. There are studied theories to help improve paintings through color usage and placement. This weekend course is designed for all mediums at an intermediate level. Bring your own supplies and paper. For oil and acrylic artists, bring a couple of pads of canvas paper. Be prepared to work, be confused, get unconfused and have a lot of fun.

LOCATION	DATE	DAYS AND TIME
UNF	June 1 – 3	TH+F 6:30 to 9 p.m., Sat. 9 a.m to 3 p.m.

Painting with Oils

Instructor: Keith Doles (\$149)

Discover how to use oils in painting landscapes and still life. Learn to use under-painting to develop your work, as well as composition, color and light. Designed for the beginner or any painter who wants to learn a new medium; all are welcome. We will be using oil-based paints, NOT water-soluble oils.

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

LOCATION	DATE	DAY	TIME
UNF	June 22 – July 27	TH	6:30 to 9 p.m.

What students are saying:

"Keith is a great teacher who gently guides you to make your own discoveries. I plan to take more classes with Keith. I highly recommend this class." - J. Stovall, about *Painting with Oils*

Painting with Acrylics – Level III

Instructor: Keith Doles (\$129)

Test drive your acrylic painting skills by producing a series of traditional and/or contemporary works. Each session will give you the opportunity to study and emulate an art movement(s) or artist(s) from any period in history. Professional studio procedures and techniques for making gallery-quality artwork will be explored. Lessons will include painting demonstrations, guidance and feedback from the instructor.

Required: Painting With Acrylics II course or at least two years of painting experience with acrylics.

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

LOCATION	DATE	DAY	TIME
UNF	May 4 – June 8	TH	6:30 to 8:30 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	July 20 – Aug. 24	TH	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 chased 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	May 30 – June 27	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	July 18 – Aug. 15	TU	6:30 to 8:30 p.m.



Creative Mosaic Workshop

Instructor: Laure Norton (\$25)

Explore the fun and creative possibilities of mosaics. Projects you can choose from include sea turtle, starfish, mirror, butterfly and more. You will learn the basics of mosaics using the direct method. Supplies such as glass 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	May 11	TH	6:30 to 8:30 p.m.
UNF	June 21	W	6:30 to 8:30 p.m.
UNF	Aug. 1	TU	6:30 to 8:30 p.m.
FLAGLER YMCA	May 16	TU	6 to 8 p.m.
ARLINGTON YMCA	July 18	TU	6 to 8 p.m.
BROOKS YMCA	Aug. 23	W	6 to 8 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	May 23 – June 27	TU	6:30 to 8:30 p.m.
WINSTON YMCA	May 25 – June 29	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	July 11 – Aug. 15	TU	6:30 to 8:30 p.m.
WINSTON YMCA	July 13 – Aug. 17	TH	6:30 to 8:30 p.m.

Painting in a Square NEW!

Instructor: Elaine Omann (\$129)

Using 12X12 canvas paper and water based oil paints, these smaller works make wonderful gifts and are perfect for placement for the spaces on walls between doors, at corner walls, etc. A painting each week is completed with suggested subject matter in the beginning weeks.

Required: A set of water based paints in small tubes, a larger tube of white, small to medium sized brush, a palette knife, 12 palette paper (six) and paper towels.

LOCATION	DATE	DAY	TIME
UNF	June 5 – July 17	M	6 to 8 p.m.

(No class on July 3)

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	Aug. 2 – 16	W	6 to 8 p.m.

HEALTH and WELLNESS

Breaking the Meditation Myth NEW!

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 so many benefits, yet it feels overwhelming to those who don't know how to start. There are so 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	May 3 – 17	W	6:30 to 8:30 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 implementing 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. The course is limited to 12 students.

LOCATION	DATE	DAY	TIME
UNF	May 6 – 20	SA	10 a.m. to noon



Getting Unstuck!

NEW!

Instructor: Sharon Y. Cobb (\$99)

How do you move forward after a loss or major change in life? In this one-day workshop you will learn how to get unstuck no matter what the reason. Do you feel overwhelmed after losing a loved one through death or divorce? Would you like to recreate yourself as you approach or move into retirement? This class is for people of all ages and at any place in their life where they feel stuck. We'll help you identify reasons for your stuckness and establish attainable goals to get unstuck. You'll get tools, practical advice, tips and inspiration to help you free yourself and create a step-by-step plan to move forward with renewed energy and hope.

LOCATION	DATE	DAY	TIME
UNF	Aug. 12	SA	9 a.m. to 5 p.m.

Embodying Mindfulness Artfully

NEW!

Instructor: Marci Cervone (\$99)

This fun and dynamic class explores and discovers core elements of mindfulness and the healing arts to achieve balance and joy for everyday life. Creativity is directly linked to problem solving, well-being and optimism. You will use the practices of mindfulness through your senses to cultivate your creative energies, the courage to step out of your comfort zone and your connection to this thing called life!

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

Attracting Abundance I

Instructor: Sharon Y. Cobb (\$99)

In this one-day workshop, you will 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	June 24	SA	9 a.m. to 5 p.m.

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	July 10 – Aug. 7	M	6:30 to 8 p.m.

Practical Self-Defense and Awareness

Instructor: Tim Robinson (\$99)

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

LOCATION	DATE	DAY	TIME
UNF	May 8 – June 5	M	6:30 to 8:30 p.m.
PONTE VEDRA YMCA	June 7 – 28	W	6:30 to 8:30 p.m.
BROOKS YMCA	Aug. 5 – 26	S	2 to 4 p.m.

(No class on May 29)

Self-Defense Weapons Training

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 & 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	June 19 – 26	M	6:30 to 8:30 p.m.
PONTE VEDRA YMCA	July 12 – 19	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	May 16, 20	TU+SA	6 to 8 p.m., 10 a.m. to noon
UNF	June 13, 17	TU+SA	6 to 8 p.m., 10 a.m. to noon
UNF	July 12, 15	W+SA	6 to 8 p.m., 10 a.m. to noon
PV YMCA	May 17, 20	W+SA	6 to 8 p.m., 10 a.m. to noon
BROOKS YMCA	June 14, 17	W+SA	6 to 8 p.m., 10 a.m. to noon
FLAGLER YMCA	July 11, 15	TU+SA	6 to 8 p.m., 10 a.m. to noon



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To register,
See p. 15 for details.



Mindful Self-Care

NEW!

Instructor: Marci Cervone (\$59)

Learn the value of mindfulness to support the health and well-being of the body and emotions. By learning about the structure of movement in the body and tendencies of the mind, we can cultivate an understanding of the habitual patterns of dysfunction that create unrest in our daily lives. With this knowledge, we can then begin to retrain the brain, through mindful awareness practices, toward a more balanced and vital daily life.

LOCATION	DATE	DAY	TIME
UNF	July 22	SA	9 a.m. to 1 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	June 14 – 28	W	6:30 to 8:30 p.m.

Food for Life: Kickstart Your Health

Instructor: Chernice Lane Benjamin (\$109)

Join us for an intensive nutrition and cooking class/demonstration series where you eat as many plant-based meals as possible for 21 days. This course is ideal for anyone interested in losing or maintaining weight, lowering cholesterol and blood pressure or wanting to increase energy and improve mood. It won't take long to see impressive results when the body is consistently fueled with proper nutrition. This course is based on Dr. Neal Barnard's book, "21-day Weight Loss Kickstart," and provides a supportive environment to jump into a healthy lifestyle.

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

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

LOCATION	DATE	DAY	TIME
UNF	July 20 – Aug. 17	TH	6:30 to 8:30 p.m.



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To register,
See p. 15 for details.

Food for Life: The Cancer Project

Instructor: Chernice Lane Benjamin (\$109) - **YMCA EXCLUSIVE**

Research has shown that more than one-third of all cancer deaths in the United States are due to poor diet, yet most are unaware of the connection. This class series covers a variety of cancer-related nutrition topics and demonstrates how to prepare several meals loaded with antioxidants and phytochemicals, high-fiber and low-fat foods, and healthy dairy alternatives. The series also provides information on planning meals and maintaining a healthy weight.

Explore how a diet rich in vegetables, fruits, whole grains, and legumes can help you fight cancer or increase your chances of survival. Come learn how you can enhance your health and fight chronic disease while supporting your overall wellness goals with simple steps in the kitchen. Each class includes nutrition education, cooking demonstration and tastings of three meals.

Focus: This class is for anyone who currently has cancer, had cancer previously, is at high risk for cancer, and has a general interest in learning more about the correlation between nutrition and cancer.

Note: Each lesson includes a list of recipes and literature related to cancer nutrition. Attendees are encouraged to download "The Cancer Survivor's Guide" free from this site: http://pcrm.org/sites/default/files/pdfs/health/cancer/Cancer_Survivors_Guide.pdf

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

LOCATION	DATE	DAY	TIME
FLAGLER YMCA	July 25 – Aug. 22	TU	6 to 8 p.m.
BROOKS YMCA	May 10 – June 7	W	6:30 to 8:30 p.m.

Food for Life: Diabetes Initiative

Instructor: Chernice Lane Benjamin (\$89)

Developed by the Physicians Committee for Responsible Medicine (www.pcrm.org), this course includes plant-based nutrition education and the opportunity to taste plant-based dishes following a cooking demonstration.

By the end of the course, you will understand how the right nutrition choices can decrease the risk of type-2 diabetes. Know which foods are high in fiber, low in glycemic index and keep you feeling satiated. You will learn several delicious, easy-to-prepare recipes that help keep a steady blood sugar and maintain a healthy weight.

Class 1: How Foods Fight Diabetes

Class 2: The Power of Your Plate and Grocery Cart

Class 3: Understanding Type-2 Diabetes

Class 4: Designing a Diet for Maximum Weight Control

Each lesson will include a list of recipes used in each class and literature related to diabetes nutrition.

The intended audience is people with diabetes, pre-diabetes, a family history or risk factors for developing diabetes and their adult family members.

Join certified Food for Life instructor, Chernice Lane Benjamin, in discovering which foods are optimal for nutritional excellence. You'll be empowered with the practical cooking skills and time-saving food preparation techniques to help you on your journey to better health.

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

LOCATION	DATE	DAY	TIME
UNF	May 18 – June 8	TH	6:30 to 8:30 p.m.

HOME and GARDEN



NEW!

How to Plan the Perfect Event

Instructor: Felina Martin (\$79)

Learn the basics of planning the best social events for professional or personal use. The course will review all of the essential components of the event: developing a planning timeline, creating a budget, selecting decorations, menu, entertainment and negotiating vendor prices. Tips and tricks will be revealed by an award-winning event planner on how you can have a flawless and stress-free event.

LOCATION	DATE	DAY	TIME
UNF	July 29	SA	9 a.m. to 3:30 p.m.
WINSTON YMCA	June 7 – 21	W	6 to 8 p.m.

Home Staging and Home Styling

Instructor: Becky Harmon (\$39)

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

LOCATION	DATE	DAY	TIME
UNF	July 10	M	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 May 13 will be held at the UNF Sawmill Slough Preserve. The second outing, on May 20, is a half-day field trip to Fort Caroline National Monument.

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	DAY	TIME
UNF	May 10 – 24	W	6:30 to 8:30 p.m.

Let's Decorate Together

Instructor: Ann Gobler (\$119)

Explore the basics of decorating through practical application. Learn how to put a space together and find your style. Join Ann Gobler, an interior decorator and interior re-designer certified by three national interior redesign organizations, as she discusses trade techniques as you make the room-by-room journey through the house.

LOCATION	DATE	DAY	TIME
UNF	May 3 – 31	W	6:30 to 8:30 p.m.

Garden to Fork

NEW!

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

This class will lead you through some creative and easy ways to incorporate edibles into your landscape design. You will be provided suggestions and examples of how to easily include these in your diet and why you should. Learn how to create theme gardens and ways to help educate your family on the importance of local food.

LOCATION	DATE	DAY	TIME
Brooks YMCA	May 20	SA	9 a.m. to noon

Creating an Edible Landscape Design

NEW!

Instructor: Tim Armstrong (\$79)

Discover ways to turn any yard into a more productive environment. The class will discuss ways to deal with shade and sun in your yard and how to add color and seasonality. Learn to use native edibles for low maintenance and to attract butterflies and pollinators. We will discuss water retention and mulching techniques to reduce irrigation needs. Pick up tips for layering areas of your yard to create more diversity and productivity and how to incorporate those new products in your diet.

LOCATION	DATE	DAY	TIME
UNF	June 7 – 21	W	6:30 to 8:30 p.m.



LANGUAGE and CULTURE

Introduction to American Sign Language – Level I

Instructor: Jon Antal (\$129)

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	May 3 – June 7	W	6 to 8 p.m.

Spanish – Level I

Instructor: Dan Holloway (\$179)

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

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

(No class on July 6)

Introduction to the German Language

Instructor: Dan Holloway (\$179)

Guten Tag! If you are planning a trip to a German-speaking country, this course is for you. We'll focus on speaking and comprehending, while learning German grammar in a clear and concise format. During this eight-week course, we'll cover basic greetings, directions, airport help, ordering food and shopping information. You will know how to talk about yourself and your family as well as explore contemporary life and culture in German-speaking countries.

LOCATION	DATE	DAY	TIME
UNF	June 5 – July 31	M	6:30 to 8:30 p.m.

(No class on July 3)



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	May 4 – July 13	TH	6 to 8 p.m.

(No class on July 6)

Chinese Language and Culture – Level II

Instructor: Professor Zhihua Tian (\$209)

This interactive 10-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 20 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	May 2 – July 11	TU	6 to 8 p.m.

(No class on July 4)

MONEY MATTERS

Second Saturday – What Everyone Needs to Know About Divorce

Facilitator: Robert Franskousky (\$45)

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

LOCATION	DATE	DAY	TIME
UNF	May 13	SA	9 a.m. to 12:30 p.m.
UNF	June 10	SA	9 a.m. to 12:30 p.m.
UNF	July 8	SA	9 a.m. to 12:30 p.m.
UNF	Aug. 12	SA	9 a.m. to 12:30 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	June 7	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	May 16	TU	6:30 to 8:30 p.m.

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	May 10 – 24	W	6:30 to 8:30 p.m.
UNF	July 12 – 26	W	6:30 to 8:30 p.m.

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*



To register,
See p. 15 for details.

TECHNOLOGY



Facebook Fabulous and Pinterest Phenomenal

Instructor: Sharon Y. Cobb (\$79) – YMCA EXCLUSIVE

Facebook and Pinterest are two of the most popular social networks for friends and family. Learn the basics and best practices for these two platforms. Learn how to set your security settings, post on Facebook and pin on Pinterest like a pro. Manage friends and followers and how to share with everyone or just a few friends. This is a hands-on class so come prepared to be social! You are asked to have already created a Facebook and a Pinterest account prior to the beginning of class.

LOCATION	DATE	DAY	TIME
WINSTON YMCA	June 6 – 20	TU	6:30 to 8:30 p.m.

Introduction to Excel 2013

Instructor: Joseph Adir (\$119)

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, 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	May 9 – June 6	TU	6 to 8 p.m.

Introduction to MS Word 2013

Instructor: Joseph Adir (\$119)

If you are new to Microsoft Word 2013 or just looking to improve your knowledge of Microsoft Word, this course teaches basic skills and formatting techniques. Explore document basics, editing, formatting, tool bars, menus, columns, tables and shortcuts. Previous experience is not required.

Required: Please bring a USB drive to class.

LOCATION	DATE	DAY	TIME
UNF HICKS HALL	May 11 – June 8	TH	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	May 20	SA	9 a.m. to 5 p.m.

PHOTOGRAPHY

Beginner's Digital Photography Workshop and Lab

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

This four-hour class is designed to give you a basic understanding of the controls on your DSLR camera as well as 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 is spent hands-on practicing what was taught with help from the instructor as needed.

Note: This class is designed for DSLR cameras. Sony mirrorless cameras and point and shoot cameras such as Nikon Coolpix, Canon Powershot, Kodak, Samsung, Casio, Panasonic and most Olympus and Fuji types are not suitable for this class.

LOCATION	DATE	DAY	TIME
WINSTON YMCA	Aug. 5	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	May 1	M	6 to 8:30 p.m.
UNF	May 4	TH	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 program conventions such as using menus.

LOCATION	DATE	DAY	TIME
UNF	June 10	SA	8:30 a.m. to 2 p.m.

Level I 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	May 15 – June 5	M	6 to 8:30 p.m.

(No class on May 29)

Level II 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	June 19 – July 3	M	6 to 8:30 p.m.



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

Level III Digital Photography – In-Depth Topics and Application 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	July 17 – 31	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	June 22 – July 13	TH	6 to 8:30 p.m.



After the Shoot – Photo Management NEW!

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.

This course will deal with the fundamental questions faced after you've taken your photos, including the basics of downloading and organizing your images as well as storage options. Renaming options will also be discussed so images are easier to find. We will then move to editing out those not worth saving and various uses for what you decide to keep. For example, how an image should be sized and saved for email, a website, print and more.

There will not be any hands-on work in the classroom so it is not necessary for students to bring cameras, camera manuals, laptops or any other equipment to the class. Questions are encouraged due to the broad area of subject matter and ample time will be allowed for questions and answers.

LOCATION	DATE	DAY	TIME
UNF	Aug. 7 – 14	M	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	May 20	SA	8 a.m. to noon





WRITING



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	May 3 – 31	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	June 7 – July 12	W	6:30 to 8:30 p.m.

(No class on July 5)

The ABCs of Publishing Your Children's Book

Instructors: Frances Keiser and Jane Wood (\$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	May 23	TU	6 to 9 p.m.

Creative Writing Lab

Instructor: John Boles (\$119)

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

LOCATION	DATE	DAY	TIME
UNF	July 19 – Aug. 16	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	June 12 – July 17	M	6:30 to 8:30 p.m.

(No class on July 3)

How to Sell Your Books and Scripts to Hollywood

Instructor: Sharon Y. Cobb (\$99)

Hollywood is looking for books and scripts to buy. In this one-day workshop, learn what has sold to film producers and studios recently, where to find information about contacting producers and how to get your books and scripts directly to them without agency representation. Get an insider's look at films featured at the 2014 American Film Market and see an analysis of the most popular genres. Discover how to choose production companies that most likely want to read your scripts and with whom to speak at the selected companies. Explore websites used by professional Hollywood writers to keep up with what's selling in Hollywood. Find out what happens when a producer wants to option or buy your scripts. This workshop is a must for writers who want to see their stories on the big screen.

LOCATION	DATE	DAY	TIME
UNF	May 13	SA	9 a.m. to 5 p.m.

What students are saying:

"If the sun is said to start every day, then Sharon Cobb has become the sunshine of my writing career. Everything was useful."

- H Sellers Jr., about *How to Sell Your Books and Scripts to Hollywood*

Crash Course in Screenwriting

Instructor: Sharon Y. Cobb (\$99)

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. Get ready to kick-start your screenwriting career in this buckle-your-seatbelt introductory workshop. Your instructor is a professional screenwriter who has sold pitches and scripts to studios and had films produced.

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

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

Intermediate Course in Screenwriting

Instructor: Sharon Y. Cobb (\$99)

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

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

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

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

Memoir Writing – Telling Your Story

Instructor: Judith Erwin (\$99)

Study the scope and characteristics of a memoir in this four-week course. 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
UNF	July 18 – Aug. 8	TU	6:30 to 8:30 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 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. Practice techniques with in-class demonstrations. Learn to write funny. It'll be a hoot!

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

Topics include:

- Editing and cover design
- Preparing your manuscript for E-book distribution
- Eighteen departments of your publishing house
- Eight things you must have in your E-book
- Eight things you must know about book cover design
- The top three E-book retailers
- Invaluable e-publishing checklist

Become an e-author now.

LOCATION	DATE	DAY	TIME
WINSTON YMCA	June 10	SA	9 a.m. to 5 p.m.



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

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	May 1 – June 5	M	6:30 to 8:30 p.m.

No class on May 29.

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 & 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 the tools to get started on your path of becoming a creative writer.

LOCATION	DATE	DAY	TIME
BROOKS YMCA	July 22	SA	9 a.m. to 5 p.m.

Personal History Workshop

Instructor: Judith Erwin (\$99)

Designed for both writers and non-writers, collect and preserve the memories and wisdom accumulated through a lifetime of living in this four-week workshop. Explore techniques for triggering memory, organizing data, researching eras and selecting the best method in which to pass on future generations on to legacy of information that only you can provide.

Share the changes you have seen, the lessons you have learned, what was important to you and the joy and sadness you experienced along the way with your children, Grand children and beyond. Tell your story as only you can tell it.

LOCATION	DATE	DAY	TIME
WILLIAMS YMCA	July 10 – 31	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	May 8	M	6 to 8:30 p.m.

Wine Essentials – The Wines of Bordeaux

Instructor: Richard Park (\$89)

For the wine enthusiast, the word Bordeaux is certain to conjure up thoughts of fine French wines from grand châteaux. The "Left Bank" of Bordeaux – with its gravelly soil and slightly warmer temperatures – is home to the Cabernet Sauvignon grape. On the other side of the river Gironde, the Merlot grape holds court with Cabernet Franc playing an important supporting role. The differences between the wines from these geographic subdivisions of Bordeaux are readily distinguishable: whereas "Lefties" are austere and powerful, "Righties" exemplify complexity in a more elegant and approachable manner.

We'll taste seven wines (six will be red) that represent the various "personalities" of Bordeaux. The cost of these world-class wines is included.

LOCATION	DATE	DAY	TIME
UNF	May 18	TH	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	July 24	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	June 5	M	6 to 8:30 p.m.

Wine Essentials –The Seven Best Wines for Summertime

Instructor: Richard Park (\$79)

For this class, we will taste seven wines – mostly European - that capture the essence of summertime life in a nutshell by addressing the very desirable needs for cooling refreshment, unique flavors and for match-made-in-heaven accompaniments to foods of all types, especially grilled seafood and meats. Attendees of this class will gain a newfound appreciation of how and why wine can be a desirable and integral part of summertime enjoyment. The cost of the wine is included.

LOCATION	DATE	DAY	TIME
UNF	June 15	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
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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
- ▶ **WILLIAMS FAMILY YMCA**
10415 San Jose Boulevard
Jacksonville, FL 32257
904.292.1660
- ▶ **WINSTON FAMILY YMCA**
221 Riverside Avenue
Jacksonville, FL 32202
904.355.1436



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

Cancellation Policy

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

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

Register for a course at the University of North Florida

Online: www.learnjacksonville.com

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

Call: (904) 265-1775



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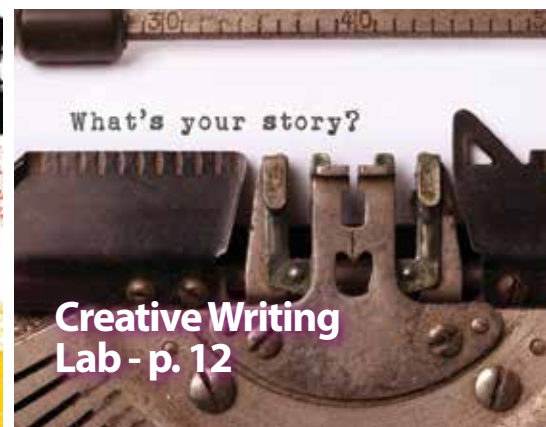
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More than 75 fun and
affordable classes to try!

Look inside now!



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