



NORTHWEST FLORIDA
STATE COLLEGE

CONTINUING EDUCATION



FALL 2019

SCHEDULE OF CLASSES

Personal Enrichment

Fitness & Wellness

Motorcycle Safety

Table of Contents

Enrollment Information.....	3
Contact Information.....	3

Personal Enrichment Courses

Artistic Corner

Mosaics Magic: Stained Glass Mosaics.....	4
Have Fun Drawing.....	4
Explore Drawing.....	4
Beginning Painting with Acrylics.....	4
Intermediate Painting with Acrylics.....	4
Advanced Painting with Acrylics.....	4
Artists' Workshop.....	5

Hobbies

Landscape Design Workshop.....	5
Photography.....	6
SMAW Welding (Stick).....	6

Food & Entertainment

Craft Beer Appreciation.....	7
Chef's Choice.....	7

Language & Writing

Beginning Conversational Spanish.....	8
Beginning Japanese.....	8
Creative Writing Workshop.....	8
Intro to Journaling.....	8
Business Writing.....	8
Art of Discovering Me.....	9
Mythic Themes in Modern Film.....	9

History & Politics

Diversity Today.....	9
USA – An Exceptional Nation?.....	9
The Koreas – Any Common Ground?.....	10
Florida and the Civil War.....	10
The Recently Passed Criminal Justice Reform Act.....	10
Science Seminars and Workshop Series.....	11

Computers & Beyond

Excel 2.....	11
Beginning Computers 101.....	11
Microsoft Office Basics.....	12
QuickBooks Training.....	12

South Walton Center

Drawing.....	13
Beginning Acrylic Painting.....	13
Computer Basics - Microsoft Windows 10.....	13
Apple iPad.....	13
Digital Photography.....	13

Chautauqua Center (DeFuniak Springs)

Acrylic Painting.....	14
-----------------------	----

Fitness & Wellness

Niceville Campus

Yoga.....	14
Core Flow.....	14
Meditation.....	15
Zumba.....	15
Adaptive and Accessible Yoga.....	15
Older But...BETTER!.....	15
Balancing Act.....	16
Be Fit.....	16
Beginning Tai Chi 1 & 2.....	16
Tai Chi M&W, T&R.....	16
Tap Dancing For FUN Level I-II.....	16
Ballroom Dancing.....	17

South Walton Center

Zumba Gold.....	17
Gentle Yoga.....	17
Senior Pilates.....	17

Motorcycle Safety.....	18
------------------------	----

Enrollment Form.....	19
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Continuing Education Non-Credit Enrollment OPENS August 1, 2019

Enrollment Information

There are 3 ways to enroll in Continuing Education non-credit classes.

- Online: Visit www.nwfsc.edu/raidernet- (for returning students only) SUBJECT TO CHANGE
- In-Person: Enroll at these Northwest Florida State College Campus/ Centers – Niceville, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton. Payment can be made by cash or check at these locations.
- Mail: Fill in the form on page 19 with required information. Mail the form and a check to: Northwest Florida State College, Continuing Education, 100 College Blvd. East, Niceville, FL 32578.

Canceled Classes

We may cancel a course because we did not know you planned to take it. Sometimes excellent courses with outstanding instructors are canceled when too many people wait until the last minute to enroll. Classes need a minimum of students enrolled before a class will run. We have to cancel courses with low enrollment ahead of time, so sign up at least one week in advance to reserve your seat.

A refund is given when the College cancels a course. Students will be notified in advance. The Northwest Florida State College Continuing Education Department reserves the right to cancel classes based on low enrollment or other causes. Northwest Florida State College reserves the right to add or delete without notice any courses offered, or to alter the fees or costs, as well as change the location and time classes meet.

Payment

To pay for a class, payments are accepted by cash or check only at these Northwest Florida State College Campus/ Centers - Niceville, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton. Payments can be made online with an echeck or credit card. Credit card payments will incur a 2.75% convenience fee. For payment questions, please contact the Northwest Florida State College Business Office at 850-729-5385.

Parking

All college students must display a parking permit in their vehicle when parking in designated parking areas during the fall and spring semesters. There is no charge for parking permits.

- New permits must be obtained annually.
- All permits must be visible on the rear view mirror (Alternatives: Driver side dash and sun visor)
- A single permit may be used for up to 4 vehicles
- Each vehicle must be registered under student's online account
- Permits may only be used for registered vehicles
Please have receipt for class, student I.D. # and car tag # of your vehicle when obtaining a hangtag.

For more information, please visit:
www.nwfsc.edu/Students/parking

College Closure Dates

September 2, 2019
November 11, 2019
November 27 – December 1, 2019
December 17 – January 1, 2019

Contact Information

100 College Blvd. East, Niceville, FL 32578
www.nwfsc.edu/ContEd

Laura Schultze, Coordinator (850) 729-6085
Continuing Education

Mike Hulion, Coordinator (850) 729-5209
Motorcycle Safety

For campus maps, visit
[www.nwfsc.edu/students/
campus-services/campus-maps](http://www.nwfsc.edu/students/campus-services/campus-maps)



Personal Enrichment Courses

ARTISTIC CORNER

Mosaics Magic: Stained Glass Mosaics

Instructor: Dulcie Scalf

Learn the basics of stained glass art while creating your own stained glass mosaic for your home or garden. No copper foiling or soldering required. The art of stained glass mosaics is a truly unique way to color your world. You will learn about working with stained glass and leave with a finished project. Materials for each project will be provided.

September 25 – October 30
Wednesdays, 2:00 – 4:00 p.m.
Niceville, Bldg. 330, Room 208
Fee: \$60.00 CRN#: 40560

Have Fun Drawing

Instructor: Patti Overholt

Would you like to be able to look at something and draw it? Would you like to develop your creative side? Well, you can with activities that are easy and fun. No grades. No pressure. Let's explore your artistic side! Supplies required. List available at www.nwfsc.edu/ContEd.

September 24 – October 29
Tuesdays, 1:00 – 3:00 p.m.
Niceville, Bldg. 330, Room 204
Fee: \$60.00 CRN#: 40561

NEW

Explore Drawing

Instructor: Patti Overholt

Explore the drawing style and subject matter that interests you whether you want to draw landscapes, portraits or still life. This class will offer one on one instruction. Prerequisite: Previous Drawing Instruction or experience. Supplies required. List available at www.nwfsc.edu/ContEd.

November 5 – December 10
Tuesdays, 1:00 – 3:00 p.m.
Niceville, Bldg. 330, Room 204
Fee: \$55.00 CRN#: 40572

Beginning Painting with Acrylics

Instructor: Loretta Menendian

Painting with acrylics is an easy medium for all levels of artists. Come and experience the sheer pleasure of producing your own painting. Release the artist within you! Supplies required: List available at www.nwfsc.edu/ContEd.

September 20 – October 25
Fridays, 10:00 a.m. – 12:00 p.m.
Niceville, Bldg.300, Room 101
Fee: \$60.00 CRN#: 40573

Intermediate Painting with Acrylics

Instructor: Loretta Menendian

Continue with what you learned in Beginning Painting with Acrylics. You'll amaze yourself and others with your painting. Enrollment fee does not include supplies. Prerequisite: Beginning Painting with Acrylics. Supply List available at www.nwfsc.edu/ContEd.

November 1 – December 13
Fridays, 10:00 a.m. – 12:00 p.m.
Niceville, Bldg.300, Room 101
Fee: \$60.00 CRN#: 40574

Advanced Painting with Acrylics

Instructor: Loretta Menendian

This class is a continuation of Intermediate Painting with Acrylics. Continue to paint, create, and become the artist you always wanted to be. Registration fee does not include supplies. Prerequisite: Beginning/Intermediate Painting with Acrylics. Supplies required: List available at www.nwfsc.edu/ContEd.

September 20 – October 25
Fridays, 1:00 – 3:00 p.m.
Niceville, Bldg.300, Room 101
Fee: \$60.00 CRN#: 40575

November 1 - December 13
Fridays, 1:00 – 3:00 p.m.
Niceville, Bldg.300, Room 101
Fee: \$60.00 CRN#: 40576

Personal Enrichment Courses

HOBBIES



Artists' Workshop

Instructor: Loretta Menendian

Are you an artist working in acrylic, mixed media, pen and ink, pastels and watercolors? This class is for you - a place to share your work with others and have an instructor on hand to provide feedback and instruction. No oils please. Prerequisite: Any Continuing Education Art Class.

September 18 – October 23

Wednesdays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg.300, Room 101

Fee: \$60.00 CRN#: 40577

September 18 – October 23

Wednesdays, 1:00 – 3:00 p.m.

Niceville, Bldg.300, Room 101

Fee: \$60.00 CRN#: 40578

October 30 – December 11

Wednesdays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg.300, Room 101

Fee: \$60.00 CRN#: 40579

October 30 – December 11

Wednesdays, 1:00 – 3:00 p.m.

Niceville, Bldg.300, Room 101

Fee: \$60.00 CRN#: 40580

Landscape Design Workshop

Instructor: Karen Kirk Williams

Would you like to make changes in your landscape but have no idea where to begin? Are you interested in learning more about developing your own landscape design using plants that will perform well in your garden? If so, then please join us for a new interactive gardening class that will introduce the basic concepts necessary to create your own attractive and sustainable landscape design. Each class member will be asked to select one area of your yard to use as an example for your class design project. Start with a step- by-step process to help determine your needs, preferences, and growing conditions. Learn about the best plants for your landscape, including many beneficial native and Florida- friendly plants, based on recommendations from University of Florida research gardens. Proper planting and maintenance techniques help your new garden become environmentally and gardener-friendly. Florida Master Gardeners will provide instruction through a combination of traditional lecture time along with interactive, hands-on workshop activities.

September 24 – October 29

Tuesdays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg. 300, Room 104

Fee: \$60.00 CRN#: 40633





Personal Enrichment Courses

HOBBIES

Photography

Instructor: Christi Pennington

Want to learn how to use the brand new camera you received for Christmas? Come join a professional photographer to learn how to operate your camera and to take better photographs. This class will cover how to operate your camera in manual mode, posing, and lighting. This class will have hands on instruction with a daily activity to practice your newly learned skills. Students will share their images captured in class for an open discussion. Students must supply their own digital camera and will be responsible for developing own photographs.

September 24 – October 15

Tuesdays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg. 300, Room 105

Fee: \$45.00 CRN#: 40563

Shielded Metal Arc Welding (Stick)

Instructor: Scottie Smith

Shielded Metal Arc Welding, commonly called "Stick" welding, is the most common welding technique in use today. It is used to build small projects, make repairs to farm equipment and to construct bridges and power plants around the country. This introduction course provides students with the technical understanding and knowledge necessary to safely weld using the Shielded Metal Arc process and equipment. Upon completion, students should be able to identify safety hazards, equipment and components, and setup equipment for proper application. Safety equipment will be provided. Please wear closed toe, work boot style shoes.

September 14 - 21

October 5 - 12

Saturdays, 8:00 a.m. – 12:00 p.m.

Niceville, Bldg. 560

Fee: \$225.00 CRN#:40564



Personal Enrichment Courses



FOOD & ENTERTAINMENT

Craft Beer Appreciation

Instructor: Brian Detweiler

Take your love for craft beer to the next level! This comprehensive course includes instruction and guest appearances from professionals in the beer industry. You will learn how to go beyond identifying “good beer,” and appreciate the craftsmanship that goes into producing everything from classic European styles to the latest in American IPAs and Sours. Hands on experience with homebrewing beer and a brewing facility tour will demystify the process of getting the finished product to your glass. Interactive classes with sampling of various beers will help you become a more informed beer drinker. This informative course is delivered in a fun, interactive setting with great people!

October 3 - 24

Thursdays, 5:30 – 7:30 p.m.

3rd Planet Brewing

1400 John Sims Pkwy, Niceville

Fee: \$65.00 CRN#: 40565



Chef's Choice

Four Local Restaurants - (Chefs of the Emerald Coast)

Coordinator: Jess Parnell

Each session of this unique course will consist of a lunch at one of several local restaurants. During each exciting class, culinary specialists from the restaurant where you are dining will share their personal cooking techniques with you. The cost of each lunch is included in the registration fee. Changes will only be allowed due to extenuating circumstances. Changes must be made at least 5 days prior to your regularly scheduled luncheon. The fee for this class is non-refundable. Class is limited to 40 students. The Chef's demonstration begins at 12:00 p.m.

Wednesdays, 11:45 a.m. – 1:15 p.m.

September 18 Vitaliano
398 E. Hickory Ave., Crestview

October 9 The Wharf 850
821 Bayshore Dr., Niceville

October 30 Holi Indian Cuisine
280 Eglin Parkway, Fort Walton Beach

November 20 TBA
Fee: \$85.00 CRN#: 40581

Wednesdays, 11:45 a.m. – 1:15 p.m.

September 25 Vitaliano
398 E. Hickory Ave., Crestview

October 16 The Wharf 850
821 Bayshore Dr., Niceville

November 6 Holi Indian Cuisine
280 Eglin Parkway, Fort Walton Beach

December 4 TBA
Fee: \$85.00 CRN#: 40582



Personal Enrichment Courses

LANGUAGE & WRITING

Beginning Conversational Spanish

Instructor: Olga Guy

¡Hola, hablemos! Let's chat in Spanish! In this course, we will focus on pronunciation, conversational Spanish skills, useful phrases, and important aspects of Spanish-speaking culture. This is a practical, easy, and enjoyable conversational method that will help you learn Spanish through continuous interaction. Learn how to carry a conversation and speak with confidence when interacting with native speakers. Nos vemos pronto!

September 25 – October 9

October 23 – November 6

Wednesdays, 5:30 – 7:30 p.m.

Niceville, Bldg. 350, Rm. 302

Fee: \$60.00 CRN#: 40566

Beginning Japanese

Instructor: Hiromi Zeid

KONNICHIWA! Want to learn the Japanese language? This course introduces easy, basic Japanese, focusing on conversation, using the English alphabet (Roman letters) to express Japanese pronunciation. Each class consists of practical, useful expressions for essential occasions such as greetings, shopping, sightseeing, dining out, or making Japanese friends as well as introducing Japan's culture and traditions. If you plan to travel to Japan or want to interact with Japanese native speakers, this course is a great first step.

October 10 – November 14

Thursdays, 5:30 – 7:30 p.m.

Niceville, Bldg. 330, Room 202

Fee: \$60.00 CRN#: 40567

Creative Writing Workshop

Instructor: Carrie Starr

This exciting workshop is designed to increase your confidence and ability as a creative writer. You will engage in writing exercises, explore various readings, and learn how to thoughtfully critique each other's work. Key elements of the craft of creative writing will be discussed, as well as how to make constructive suggestions about aspects of writing that could be improved upon, all in a supportive environment. You will finish the course with a more solid understanding of the entire creative process, from idea development to finished product.

September 16 – October 21

Mondays, 10:00 a.m. - 12:00 p.m.

Niceville, Bldg. 400, Room 308

Fee: \$55.00 CRN#: 40570

NEW

Intro to Journaling

Instructor: Carrie Starr

Learning to journal effectively can help us see our lives in the big picture and provide mental clarity. In this course, we will explore various journaling strategies that can fit easily and practically into our busy lives. Learn how to organize your thoughts through the written word and learn from your life.

October 28 – December 9

Mondays, 10:00 a.m. - 12:00 p.m.

Niceville, Bldg. 400, Room 308

Fee: \$60.00 CRN#: 40571

Business Writing

Instructor: Mark Zeid

This class is based upon a writer's professional experience in the business world. Whether it's writing email messages, letters, business proposals, or project reports; good writing leads to success. Topics discussed include email messages, social media posting, letters, cover letters and resumes, business proposals, project reports, and promotional materials. Common writing problems and issues are covered along with solutions and ways to improve individual writing skills.

October 10 – 24

November 7 - 21

Thursdays, 5:30 – 7:30 p.m.

Niceville, Bldg. 330, Room 204

Fee: \$60.00 CRN#: 40568

NEW

Personal Enrichment Courses

HISTORY & POLITICS



The Art of Discovering Me

Instructor: Tolliny Rankins

This personal enrichment class goes beyond the pages of a textbook taking you through real life pages in life assisting you in discovering more of who you are. By applying practical yet useful information along with a positive attitude, you'll uncover new life in a simplified way. Whether it's to awaken purpose, reignite passion, or bouncing back from a setback, come learn how to appreciate the silver linings in your everyday life. Tolliny Rankins is a Certified Life Coach, Consultant and Adjunct Professor.

September 27 – October 18

November 8 - 15

Fridays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg. 350, Room 303

Fee: \$60.00 CRN#: 40587

NEW

Mythic Themes in Modern Film

Instructor: Gay Wolff, Ph.D.

An intelligent but fun exploration into myth and its relevance to literature, art, film, and life. Myths tell the stories of the human experience through timeless images, themes, and archetypes. We will sample key mythic motifs in stories, art from around the world, and discover their relevance to us today. There will be suggested out-of-class assignments (reading or film watching). However, sessions will recap and highlight these so that outside work enhances but is not required to get the full benefit of lectures and discussions. Especially great for reading and film enthusiasts.

September 24 – October 29

Tuesdays, 11:00 a.m. – 1:00 p.m.

Niceville, Bldg. 110, Room 313

Fee: \$60.00 CRN#: 40588

Diversity Today

Instructor: Tolliny Rankins

Join us for an enlightening interactive class that will look into race, ethnicity, and the generational differences affecting American society today. This class will engage in thought provoking discussions about race and reconciliation in America, along with the need for the American people to truly grasp the depth of the past and understand how it affects our current culture. A different guest speaker will also be part of these exciting weekly classes. Come ready to explore & share. Tolliny Rankins is a Certified Life Coach, Consultant and Adjunct Professor.

September 27 – October 18

November 8 - 15

Fridays, 1:00 - 3:00 p.m.

Niceville, Bldg.350, Room 303

Fee: \$60.00 CRN#: 40589

The U.S.A. - An Exceptional Nation?

Instructor: Tom Johnson

The Founders of our nation and the early citizens of our Republic truly regarded the creation of the United States of America as a miracle. Not only did they recognize and praise the competence, wisdom, and motivations of all who served in the Constitutional Convention of 1787, but they declared that the formation and adoption of our new system of federal government represented a political achievement unprecedented in human history. Because of this, some consider the United States to be an "Exceptional" nation because of five factors – our land, our people, our Founders, our Principles, and our documents. But some do not consider America "Exceptional". This class will look into the factors that make America "Exceptional", our Founding Principles, and the threats of Progressivism, Elitism, and Fake News to its continued exceptionalism.

September 27 – November 1

Fridays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg. 330, Room 202

Fee: \$60.00 CRN#: 40590



Personal Enrichment Courses

HISTORY & POLITICS



NEW

The Koreans – Any Common Ground?

Instructor: Doug Bacon

Any stranger encountering South and North Korea for the first time cannot help but notice their similarities. The citizens look the same, they speak the same language, both have strong militaries, and both profess the desire for peninsular peace. But make no mistake – beneath that surface they aren't the same. This profusely illustrated course will look at South and North Korean governments, societies, industrial bases, presence on the world stage, and life styles among other factors. Participants are encouraged to share perceptions, experiences, and opinions as to what the future holds in store for these two countries. This will be Doug's concluding course in his Korea series presented over many years.

November 8 - 15

Fridays, 10:00 – 11:30 a.m.

Niceville, Bldg. 330, Room 202

Fee: \$15.00 CRN#: 40591

NEW

Florida and the Civil War

Instructor: Douglas Ault

The 1860 census shows that Florida had the smallest population of any of the future Confederate states. However, the state of Florida played a key role in the short life of the Confederacy, a much larger role than her size and geography would suggest. This course will discuss the role of Florida and her leaders in the secession crisis and the ensuing formation of the new Confederate government as well as early moves by state government, which had major long-term impacts on the way in which the war was fought. The lectures will review naval and military engagements in Florida, including a discussion on resistance and guerilla warfare within the state including cattle rustling and piracy. As the war progressed in Florida (as elsewhere,) it became what General Sherman called a "hard war" and although the state was geographically isolated from more major theaters of war, almost all Floridians were impacted by the war in some way. The impacts of the war and the eventual Confederate surrender on post-war Florida, including the development of and economic growth within the state in the latter half of the nineteenth century will conclude the class.

September 26 – October 31

Thursdays, 1:30 - 3:00 p.m.

Niceville, Bldg. 330, Room 203

Fee: \$45.00 CRN#: 40592

NEW

The Recently Passed Criminal Justice Reform Act

What it does and does not do.

Instructor: Magnus Seng, Ph. D.

This course will take a close look at the recently passed bipartisan criminal justice reform bill officially called the First Step Act. We will examine the act's key provisions and place each in historical perspective to help understand what the act does and why and also what it does not do. Specifically we will trace the history sentencing, in-prison rehabilitation programs and post-prison adjustment problems and programs to see where we have been, where we are and where we have to go in order to truly reform criminal justice.

September 25 – October 30

Wednesdays, 1:00 - 3:00 p.m.

Niceville, Bldg. 420, Room 147

Fee: \$60.00 CRN#: 40593

Personal Enrichment Courses



SCIENCE

SCIENCE

Science Seminars & Workshop Series

Looking to learn more about science? Come join us for the Science Seminar and Workshop series, hosted by the NWF State College Mattie Kelly Environmental Institute and science faculty. All are from 11:00 a.m. to noon, in Room 110 of the Robert E. Greene Jr. Science Building (Bldg. 350) on the Niceville Campus. The lectures and workshops are both free and open to the public. The following dates are scheduled for this semester. For more information, including a list of speakers and topics, please call (850) 729-6469.

The Fall MKEI Seminar will be on Friday, September 13, 2019, 11 am to 12 pm, in the Robert E. Greene, Jr. Science Building, Building 350, Room 110.

The Fall MKEI Symposium will be on Friday, October 18, 2019, 8:30 am to 3 pm, in the Robert E. Greene, Jr. Science Building, Building 350, Room 110. Pre-registration is required for the Symposium only, and there is a small fee.

The Fall MKEI Workshop will be on Friday, November 15, 2019, 11 am to 12 pm, in the Robert E. Greene, Jr. Science Building, Building 350, Room 110.

NEW

Excel 2

Instructor: David Chancellor

In this workshop, you will use Microsoft Excel to learn how to streamline repetitive tasks and display spreadsheet data in more visually effective ways. It will focus on advanced functions, working within multiple worksheets and using Excel's database features to sort and filter a collection of information. To ensure your success, we recommend that you have experience with creating, editing, formatting, applying simple formulas, saving, and printing basic spreadsheets in Microsoft Excel.

**November 6 - 20
Wednesdays, 5:30 – 7:30 p.m.
Niceville, Bldg. 330, Rm. 209
Fee: \$40.00 CRN#: 40583**

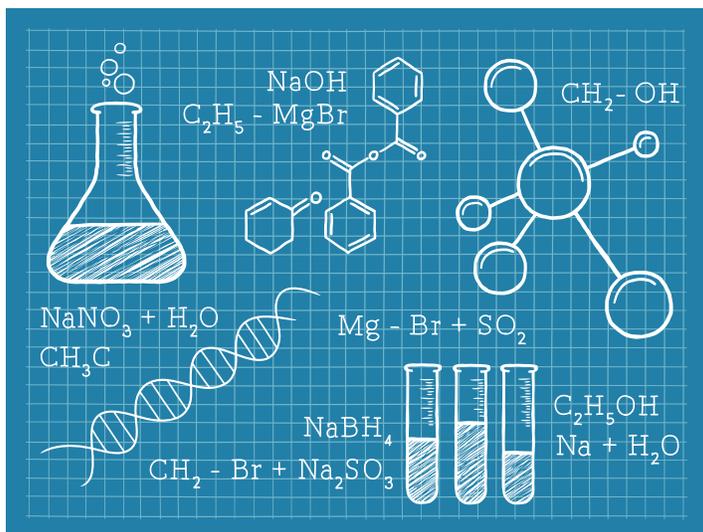
NEW

Beginning Computers 101

Instructor: Amy Giraldo

This introductory course is for those students who have limited to no experience using the personal computer. This course is not for advanced computer users. These sessions will cover areas of basic knowledge of the PC: the vocabulary of computers, hardware, software, and other introductory topics, including internet use. Students will have hands-on learning with Windows and Microsoft Office. Please bring a flash drive for use in this class.

**September 23 – October 28
Mondays, 5:30 – 7:30 p.m.
Niceville, Bldg. 330, Room 209
Fee: \$60.00 CRN#: 40598**





Personal Enrichment Courses

COMPUTERS & BEYOND

Microsoft Office Basics

Instructor: David Chancellor

Microsoft Office, the #1 productivity software suite in the world, contains several applications that you can use every day to make your life more organized, more connected and more efficient. Microsoft Excel is a powerful spreadsheet program that can track and manage all kinds of numerical data, including your finances. Microsoft Words allows you to create and edit documents. In addition, Microsoft Outlook combines your email accounts and personal calendars into a single, easy-to-use hub. This course will introduce you to Microsoft Office and lead you through the basics of the various applications it includes. Beginning with an overview of each program and its interface, you'll soon move on to learn how to use them. For Excel, you will learn essential functions and formulas, sorting, filtering and creating charts. With Word, you'll learn how to create, save, and share documents, as well as how to energize your documents with graphics and themes. Finally, the Outlook course will teach you how to send, receive and organize email, reduce inbox clutter, and manage your calendar, contacts and tasks to maximize efficiency.

September 25 – October 30
Wednesdays, 5:30 – 7:30 p.m.
Niceville, Bldg. 330, Rm. 209
Fee: \$60.00 CRN#: 40584

NEW

QuickBooks Training: Online and Desktop

Instructor: Sharon Travis

The course will cover both QuickBooks Online and QuickBooks Desktop for new and existing users. Accountants, bookkeepers or novices in accounting will benefit as the course highlights QuickBooks setup, Customers and Accounts Receivable, Vendors and Accounts Payable, Merchant Accounts, posting of transactions and monthly accounting tasks. Students are encouraged to bring their own laptops.

September 10 - 26
Tuesdays & Thursdays, 5:30 – 7:30 p.m.
Niceville, Bldg. 400, Room 308
Fee: \$120.00 CRN#: 40558

November 5 - 21
Tuesdays & Thursdays, 5:30 – 7:30 p.m.
Niceville, Bldg. 400, Room 308
Fee: \$120.00 CRN#: 40559



Personal Enrichment Courses



SOUTH WALTON CENTER

Digital Photo I: The Fundamentals and Creative Elements of Digital Photography

Instructor: Jacqueline Ward

Learn the fundamental concepts for making beautiful photographs. This course is designed for beginning photographers, who enjoy shooting and want more creative freedom with their DSLR camera and want to take better photographs by knowing your Apertures (f/stops), ISOs and Shutter Speeds, Exposure, basic do's and don'ts in picture taking, and simple rules of composition. This class is held at the South Walton Center.

September 27 – November 1
Fridays, 1:00 – 3:00 p.m.
South Walton Center, Room 113
Fee: \$60.00 CRN #: 40635

Drawing

Instructor: Linda Barton

Drawing is a fun set of skills you can learn! This course will include gesture, contour, shading, overlapping, and foreshortening techniques. You will enjoy using these techniques to create beautiful drawings. Come join us to learn these skills. Supply lists are available at the South Walton Center and at www.nwfsc.edu/ContEd.

September 26 – November 7
No class October 3
Thursdays, 1:00 – 3:00 p.m.
Coastal Branch Library
Fee: \$60.00 CRN#: 40594

Beginning Acrylic Painting

Instructor: Linda Barton

Enjoy the magic of painting! This course will include the theory of color, paint mixing, stroke techniques and compositional techniques. Come join us, explore Acrylic Painting, and complete two paintings! Supply lists are available at the South Walton Center and at www.nwfsc.edu/ContEd.

September 27 – November 8 (No class October 4)
Fridays, 1:00 – 3:00 p.m.
Coastal Branch Library
Fee: \$60.00 CRN#: 40595

Apple iPad

Instructor: Carl Lofstrom

This is a hands-on, instructor-led, training course. Start with the basics and walk through fundamentals of your device. Practice using the touch screen and to navigate, stay up to date, and feel confident about your iPad. Learn the keyboard and start communicating with Siri, the new and improved digital assistant. Practice hands on browsing the web with Safari, make a safe online purchase, play a video, watch a movie, play music and read an eBook. Learn how to write a formal and informal email, send emails to single and multiple addresses, insert photos, attachments, follow basic email safety practices. Practice how to use the Map app for planning a trip and finding places. Take photos and movies using the iSight Camera and edit them using the various editing apps. Students will receive a copy of the Apple iPad User Guide to follow along in class and use for future reference. We'll connect to the center's Wi-Fi Network.

September 25 – October 30
Wednesdays, 1:00 – 3:00 p.m.
South Walton Center, Room 113
Fee: \$60.00 CRN#: 40596

Microsoft Windows 10

Instructor: Carl Lofstrom

Learn the essentials of Windows 10 operating system, in a small, relaxed and social class. We'll cover the innovations, features and security features included with Microsoft's latest updates. Start with the basics and move on to a broad range of built-in applications, manage files and folders, use Cortana to search, browse the web, make a purchase online, and work with mail, calendar and contacts. Learn how to find and install new apps, free, paid, from the Windows Store, customize display preferences, and account settings so your PC works perfectly for you. Expect to work with the Windows New Photos App, Paint 3D App, Map and other favorites. Find out how to configure your Windows in case of computer failure; use Windows Defender to protect yourself against malware such as viruses and spyware. This is a hands-on class so please bring your own laptop and a flash drive to class. We will be connecting to the center's Wi-Fi Network.

September 24 - October 29
Tuesdays, 1:00 – 3:00 p.m.
South Walton Center, Room 113
Fee: \$60.00 CRN#: 40597



Personal Enrichment Courses



CHAUTAUQUA CENTER

(DEFUNIAC SPRINGS)

Acrylic Painting

Instructor: Marvin Tweedy

In this class, you will learn to mix and paint better than you ever thought you could! Local artist Marvin Tweedy will guide you through the process of mixing paints to achieve the colors and affects you desire. He will also teach techniques you can use to create depth in two-dimensional surfaces. We will explore the three main brush types and their uses, as well as a variety of painting techniques. These techniques include, but are not limited to, glazes, scrubs, pointillism, stippling, and dry brush. Supplies are available locally for less than \$30. Supplies required: List available at www.nwfsc.edu/ContEd.

September 19 – October 24
Thursdays, 4:00 – 6:00 p.m.
DeFuniak Center, Bldg. 500, Room 154
Fee: \$60.00 CRN#: 40585

October 31 – December 12
Thursdays, 4:00 – 6:00 p.m.
DeFuniak Center, Bldg. 500, Room 154
Fee: \$60.00 CRN#: 40586

Yoga

Instructor: Holly Solaas

Traditional hatha yoga practiced in a relaxed atmosphere. The practice sessions begin with a warming up period, then the practice of the asanas, followed by a few minutes of relaxation. *Students must provide their own mats.*

September 17 – October 22
Tuesdays, 4:45 – 5:45 p.m.
Niceville, Bldg. 200, Room 314
Fee: \$35.00 CRN#: 40599

September 19 – October 24
Thursdays, 4:45 – 5:45 p.m.
Niceville, Bldg. 200, Room 314
Fee: \$35.00 CRN#: 40600

October 29 – December 10
Tuesdays, 4:45 – 5:45 p.m.
Niceville, Bldg. 200, Room 314
Fee: \$35.00 CRN#: 40601

October 31 – December 12
Thursdays, 4:45 – 5:45 p.m.
Niceville, Bldg. 200, Room 314
Fee: \$35.00 CRN#: 40602

NEW

Core Flow

Instructor: Annie Colon

This vinyasa flow class will focus on strengthening and stretching the entire core along with building the muscles that support the spine. When the breath and movement are paired together, this class will help you develop a mindful yoga practice. *Students must provide their own mats.*

September 17 – October 22
Tuesdays, 7:00 – 8:00 a.m.
Niceville, Bldg. 200, Room 314
Fee: \$35.00 CRN#: 40603

September 19 – October 24
Thursdays 7:00 – 8:00 a.m.
Niceville, Bldg. 200, Room 314
Fee: \$35.00 CRN#: 40604

Personal Enrichment Courses

FITNESS & WELLNESS



Meditation

Instructor: Cecil Scalf

Would you like to create more space in your life? Most of us we don't seem to have enough time or space for the most important things in life. With as little as 20 minutes a day you can expand your states of consciousness, improve your focus, overcome illnesses and improve your health, be happier, improve relationships, and create more space in your life. To simplify the broad range of meditation disciplines, we will focus on three styles of meditation: 1. Meditation using attention, 2. Meditation using intention, and 3. Meditation using Inquiry. Notepad for journaling recommended.

September 18 – October 23
Wednesdays, 5:00 –6:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: \$35.00 CRN#: 40605

October 30 – December 11
Wednesdays, 5:00 –6:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: \$35.00 CRN#: 40606

NEW

Zumba

Instructor: Jane McGee

Perfect For Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. How It Works - We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. We ditch the workout and we join the Party.

September 18 – October 23
Wednesdays, 3:30 – 4:30 p.m.
Niceville, Bldg. 200, Room 314
Fee: \$35.00 CRN#: 40607

October 30 – December 11
Wednesdays, 3:30 – 4:30 p.m.
Niceville, Bldg. 200, Room 314
Fee: \$35.00 CRN#: 40608

Adaptive & Accessible Yoga

Instructor: Jacquie Barbee

Yoga is for ALL BODIES! This yoga class is modified for those with physical challenges, chronic illness, seniors, disabilities, or anyone who doesn't feel comfortable in a regular yoga class. With props including a chair, we will explore how to find the pose that fits your body rather than forcing the body into a pose. *Students must provide their own mats.*

September 16 – October 21
Mondays, 9:00 – 10:00 a.m.
Niceville, Bldg. 200, Room 314
Fee: \$35.00 CRN#: 40611

October 28 – December 9
Mondays, 9:00 – 10:00 a.m.
Niceville, Bldg. 200, Room 314
Fee: \$35.00 CRN#: 40612

Older But...BETTER!

Instructor: Anita Kurz

Have you been wanting to start an exercise program but been unsure how to begin? This is the class for you! Incorporating aerobic exercise (walking on the track at the arena) with strength training, this leads you on the path to improved cardiovascular health and muscle conditioning. Other benefits of the class include increased flexibility, balance and coordination. Work at your own pace! Wear comfortable clothing and walking shoes. Bring light weights (1-2 lbs.) or soup cans and an exercise band. If you are unsure if this class is suitable for you, please consult your physician. All new students please arrive 15 minutes early for a one-time orientation.

September 17 – October 24
Tuesday/Thursday, 2:00 – 3:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: \$60.00 CRN#: 40613

October 29 – December 12
Tuesday/Thursday, 2:00 – 3:00 p.m.
Niceville, Bldg. 200, Room 314
Fee: \$60.00 CRN#: 40614



Personal Enrichment Courses

FITNESS & WELLNESS

NEW

Balancing Act

Instructor: Anita Kurz

Do you have concerns about falling? This class will give you the tools you need to improve and maintain your balance and restore your confidence in your ability to prevent yourself from falling. Handouts will be given to help you continue these exercises on your own. *Students must provide their own mats.*

September 16 – October 21

Mondays, 1:00 – 2:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40609

October 28 – December 9

Mondays, 1:00 – 2:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40610

NEW

Be Fit

Instructor: Anita Kurz

This is a fitness class that emphasizes improving BALANCE, COORDINATIONS, FLEXIBILITY, STRENGTH and CONCENTRATION. Using a small weighted ball, the class progresses slowly and mindfully through a series of movements that help you pay attention to your body to really optimize your workout.

September 18 – October 25

Wednesday/Friday 8:30 – 9:30 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$60.00 CRN#: 40615

October 30 – December 13

Wednesday/Friday 8:30 – 9:30 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$60.00 CRN#: 40616

NEW

Beginning Tai Chi 1

Instructor: Anita Kurz

This class is for students who have never taken Yang style 64 postures before. It starts with learning the Eight Essential Movements, which improve one's flexibility, balance, strength and coordination in order to prepare to learn the Tai Chi postures.

September 17 – October 24

Tuesday/Thursday, 8:30 – 9:30 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$60.00 CRN#: 40617

NEW

Beginning Tai Chi 2

Instructor: Anita Kurz

This class is a continuation of Beginning Tai Chi I. Begin to learn the Yang style 64 postures. We will start with the first 32 postures.

October 29 – December 12

Tuesday/Thursday, 8:30 – 9:30 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$60.00 CRN#: 40618

NEW

Tai Chi Tuesday & Thursday and Wednesday & Friday

Instructor: Anita Kurz

These classes are for students who have completed all of the Beginning Tai Chi classes or for individuals who have taken Yang style 64 postures in another location. Choose either T&TH or W&F depending on what fits best into your schedule.

Sept. 17 – Oct. 24

T & Th, 9:40 – 10:40 a.m.

Niceville, Bldg. 200, Rm 314

Fee: \$60.00 CRN#: 40619

Sept. 18 – Oct. 25

W & F, 9:40 – 10:40 a.m.

Niceville, Bldg. 200, Rm 314

Fee: \$60.00 CRN#: 40621

Oct. 29 – Dec. 12

T & Th, 9:40 – 10:40 a.m.

Niceville, Bldg. 200, Rm 314

Fee: \$60.00 CRN#: 40620

Oct. 30 – Dec. 13

W & F, 9:40 – 10:40 a.m.

Niceville, Bldg. 200, Rm 314

Fee: \$60.00 CRN#: 40622

NEW

Tap Dancing for FUN Level I-II

Instructor: Kay Hebert

Tap dancing is back on Broadway and here in Niceville. This class will combine basic tap steps as well as combinations and fun use of rhythms and music both old and new. Students will learn coordination as well as low impact aerobic exercise with a "kick" to enhance thinking and moving. If you have any previous form of dance training, including tap, this class is for you. The class will feature learning a short routine combining the steps learned during the class. Come join the fun to make everything old new again. Students will be required to have tap shoes, preferably low heel oxford type, and comfortable workout clothes.

October 7 – November 18

Mondays, 6:00 - 7:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40623

Personal Enrichment Courses

FITNESS & WELLNESS



Ballroom Dancing

Instructor: Pat Scharmen

Come and learn seven major dances: Waltz, Foxtrot, Tango, Latin/Rhythm, Rumba, Cha-Cha and Swing. Learn the secrets of ballroom dancing: basics and elements, patterns, basics of lead and follow, footwork and minor technique, styling, frame, poise and posture. And the best part – have fun at the same time!

September 17 – October 24

Tuesday/Thursday, 6:00 – 7:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$60.00 CRN#: 40624

October 29 – December 12

Tuesday/Thursday, 6:00 – 7:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$60.00 CRN#: 40625

SOUTH WALTON CENTER

Zumba Gold

Instructor: Barbara Reynolds

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Our goal is simple: we want you to want to work out, to love working out, and to want to continue to work out! The routines feature interval-training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba Gold is designed for active older adults or true beginners. It addresses the anatomical, physiological and psychological needs specific to these populations.

September 18 – October 23

Wednesdays, 10:00 – 11:00 a.m.

Boys & Girls Club, South Walton

Fee: \$35.00 CRN#: 40626

October 30 – December 11

Wednesdays, 10:00 – 11:00 a.m.

Boys & Girls Club, South Walton

Fee: \$35.00 CRN#: 40627

Gentle Yoga

Instructor: Barbara Reynolds

This yoga program is recommended for beginning exercisers and/or active older adults. The essence of this yoga class is breathing, feeling, and listening to our bodies. We will focus on improving flexibility, joint mobility, posture, respiratory health, while improving our mind/body. Emphasis will be on stretching, toning postures and letting go of judgment or competition towards others and ourselves. This program is safe, effective and exercise science-supported. Modifications can be implemented as needed. Please bring your own yoga mat.

September 18 – October 23

Wednesdays, 11:00 a.m. – 12:00 p.m.

Boys & Girls Club, South Walton

Fee: \$35.00 CRN#: 40628

October 30 – December 11

Wednesdays, 11:00 a.m. – 12:00 p.m.

Boys & Girls Club, South Walton

Fee: \$35.00 CRN#: 40629

Senior Pilates

Instructor: Barbara Reynolds

This class is safe and appropriate for the active older adult who wants to improve their strength and flexibility. We will focus on mindful breathing to achieve concentration in addition, control of our body as an integrated unit. Some of the benefits include preventing bone deterioration, improving posture, and boosting the immune system. In addition, it reduces stress, fatigue discomfort, restores natural balance, and improves sleeping and core stabilization.

September 16 – October 28

No class on October 7

Mondays, 3:10 – 4:10 p.m.

Coastal Branch Library

Fee: \$35.00 CRN#: 40630

November 4 – December 16

Mondays, 3:10 – 4:10 p.m.

Coastal Branch Library

Fee: \$35.00 CRN#: 40631



Motorcycle Safety Courses

Basic Rider Course

Motorcycle Safety Basic Rider Course is a 2-day course designed for beginning riders. The course is from 7:00 a.m. – 4:00 p.m. The Basic Rider Course consists of 16 hours of instruction including 5 hours in the classroom and 11 hours of intense riding on the parking lot range. This course will teach students how to operate a motorcycle safely and strongly emphasizes the special skills and mental attitude required for dealing with everyday riding. Participants will use bikes provided by NWF State College.

Niceville, Bldg. 710, Room 005
Saturday/Sunday
7:00 a.m. – 4:00 p.m.

Fee: \$200.00 (note if you are paying with an SF182, the college must receive the approved SF182 before attending class)

Dates	CRN#
August 10-11	40488
August 24-25	40489
September 7-8	40490
September 21-22	40491
October 5-6	40492
October 19-20	40498

Advanced Rider Course

Motorcycle Safety Advanced Rider/Sport Bike Course. This 8-hour course is designed for experienced motorcycle riders to complement the skills learned and experienced in previous rider courses. Special emphasis is given to self-assessment, risk management, rider behavior, riding strategies, and overall skill development, particularly in braking, cornering, and swerving procedures and techniques. This training is conducted on your own bike.

Niceville, Bldg. 710, Room 005
Saturdays,
7:00 a.m. – 4:00 p.m.

Fee: \$120.00 (note if you are paying with an SF182, the college must receive the approved SF182 before attending class)

Dates	CRN#
August 17	40502
September 14	40503
October 12	40504

Private Lessons (Available Upon Request)

For more information:
Contact Mike Hulion at (850) 729-5209 or
email motorcyclesafety@nwfsc.edu.

Fee \$100
CRN #: 40507



For more information, call (850) 729-5209 or email motorcyclesafety@nwfsc.edu.

NORTHWEST FLORIDA STATE COLLEGE

Continuing Education Enrollment Form

Enrollment Information

There are 3 ways to enroll in Continuing Education, non-credit classes.

Online: Visit www.nwfsc.edu/raidernet (Returning students only!)

In-Person: Enroll in the Students Services area at these NWF State College Campus/Centers – Niceville, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton. Fill in the form below. Payment can be made by cash or check at these locations.

Mail: Fill in the form below with required information. Mail the form and a check to: NWF State College, Continuing Education, 100 College Blvd. East, Niceville, FL 32578.

SUBJECT TO CHANGE.

*Last Name: _____ *First Name: _____ Middle/Maiden: _____

*Mailing Address: _____ *Phone Number: _____

*City: _____ *State: _____ *Zip Code: _____

*Email: _____

*Date of Birth (mm/dd/yyyy): _____ Gender: Male Female

Student I.D. #: _____

Signature: _____

*Required Fields

CRN#	Title	Date(s)	Time	Fee

ENROLL IN-PERSON for Continuing Education classes at the following NWF State College campus or centers.

Northwest Florida State College, Niceville Campus, Raider Central, Student Services Center, 100 College Blvd. East, Niceville, FL 32578

Fort Walton Beach Campus, Business Office, Bldg. 1, 1170 Martin Luther King Jr. Blvd., Fort Walton Beach, FL 32547

Chautauqua Center, 908 U.S. Highway 90 West, DeFuniak Springs, FL 32433

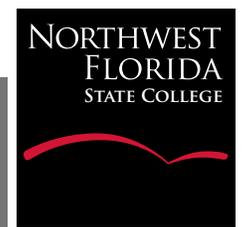
Robert L. F. Sikes Education Center, 805 E. James Lee Boulevard (Highway 90), Crestview, FL 32539

South Walton Center, 109 Greenway Trail (off Hwy. 331 South), Santa Rosa Beach, FL 32459

Payment - To pay for a class, payment can be made by cash or check at these NWF State College Campus or Center Business Office locations.

Payments can be made online with an echeck or credit card. Credit card payments will incur a 2.75% convenience fee.

For payment questions, please contact the NWF State College Business Office at 850-729-5385.





**NORTHWEST FLORIDA
STATE COLLEGE**

CONTINUING EDUCATION

Continuing Education

870.729.6085

www.nwfsc.edu/ContEd

100 COLLEGE BOULEVARD EAST | NICEVILLE, FL 32578 | (850) 678 - 5111 | WWW.NWFSC.EDU

Northwest Florida State College is committed to equal access/equal opportunity in its programs, activities, and employment. For additional information, visit www.nwfsc.edu.

Materiales de la Universidad son disponibles en Español llamando a la Oficina de Admisiones de Northwest Florida State College al 850-678-5111.