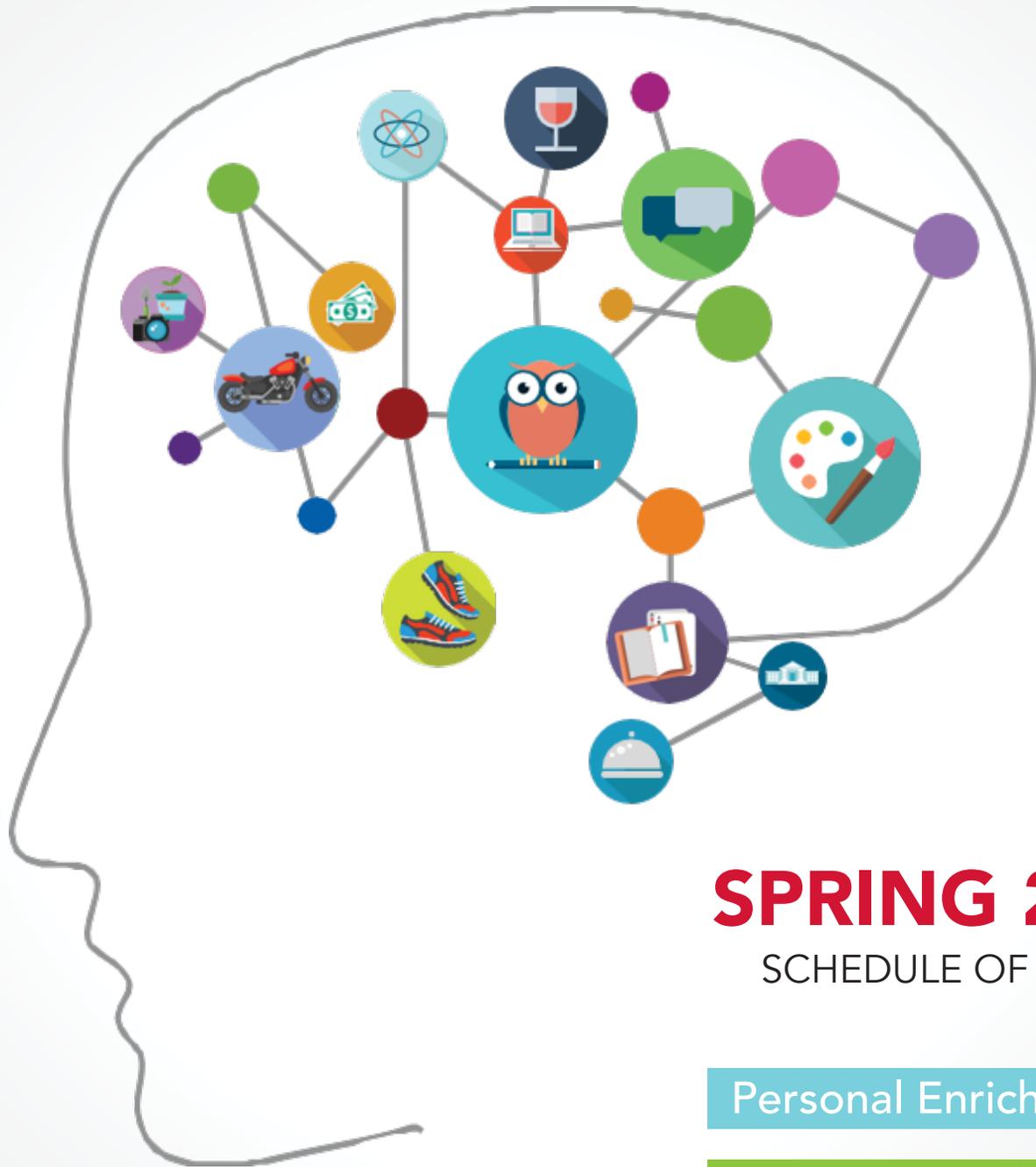




NORTHWEST FLORIDA
STATE COLLEGE

CONTINUING EDUCATION



SPRING 2020

SCHEDULE OF CLASSES

Personal Enrichment

Fitness & Wellness

Motorcycle Safety

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Continuing Education Non-Credit Enrollment OPENS November 19, 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.
- 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

Raider Cards

Raider Cards are available at no charge. The benefits include: 1 ticket to each NWFSC Symphony performance and student produced shows, 1 ticket to each basketball, baseball & softball game, use of the LRC (library). They can be obtained in Bldg. 400, Student Services Center. Please bring a copy of your schedule & receipt to show registration/payment.

Campus Maps

Campus Maps are available at www.nwfsc.edu/students/campus-services/campus-maps

College Closure Dates

January 20
March 16 – 22
May 25

Contact Information

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

Laura Schultze, Coordinator (850) 729-6085
Continuing Education
schultzl@nwfsc.edu

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



Personal Enrichment Courses

ARTISTIC CORNER

New - Introduction to Watercolors

Instructor: Hannah Flynn

Watercolor: it's clean, quick, portable and above all, fun! If you've always wanted to try watercolors, or have been frustrated with your previous attempts, then this is the course for you. You'll learn to select brushes, paper and colors, mix and apply colors, add shading and texture to your paintings and achieve a variety of watercolor effects using everyday objects. We'll cover realistic, abstract and whimsical styles of painting and explore lettering with watercolor backgrounds. As you learn to troubleshoot and fix common watercolor frustrations, you'll experience the joy and endless possibilities of watercolor. Supplies required: List available at www.nwfsc.edu/ContEd.

January 24 – February 28

Fridays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40077

New - Watercolor Art Journaling

Instructor: Hannah Flynn

Learn to chronicle the everyday and extraordinary with brush in hand. Topics include expanded watercolor skills, using additional media (colored inks, gouache and watercolor blocks and pencils), selecting your subjects, composing pages, and adding ephemera to your compositions. We'll explore assembling a travel kit for journaling and discover different styles of journaling with watercolor. Looking at examples from artists all over the world, we'll see how watercolor journaling can enrich and deepen your appreciation of the present moment. This course prepares you for urban sketching, travel journaling and much more. No pre-requisites. Supplies required: List available at www.nwfsc.edu/ContEd.

March 6 – April 17

Fridays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40093

New - Realism in Watercolor

Instructor: Hannah Flynn

Using photo references, we'll learn how to produce stunningly realistic depictions of flowers, wildlife and everyday objects. If you've ever wanted to "make it look more real" in your watercolor paintings, this is the course for you! Topics include choosing a reference photo, selecting quality supplies, working with an expanded palette, accurate color mixing, achieving a full range of values, applying even background washes and creating precise rendering of textures and tones. Pre-requisites: Intro To Watercolors, or instructor's permission. Supplies required: List available at www.nwfsc.edu/ContEd.

April 24 – May 29

Fridays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40094

New - Introduction to Mixed Media

Instructor: Hannah Flynn

In this course, we'll use a variety of media to achieve stunning surface textures and colors. Our media will include acrylic paints, oil pastels, and colored inks, as we explore gel printing, stencils and collage. We'll study which supplies work and play well with others and how to layer and evolve textures and hues. By adding and subtracting pigments, intensifying color with glazes, and establishing deep value contrasts, we'll learn to add visual drama to our artwork. Finally, we'll use everything we've learned to create several one-of-a-kind art pieces on canvas. No pre-requisites. Supplies required: List available at www.nwfsc.edu/ContEd.

January 24 – February 28

Fridays, 1:00 p.m. – 3:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40078

New - Mixed Media 2D and More!

Instructor: Hannah Flynn

In Mixed Media: 2D, we go deeper down the amazing rabbit hole of non-traditional media! In addition to the techniques and materials used in Intro to Mixed Media, we'll add modeling pastes to our stencil work, advanced collage techniques, gels and gessoes, stamping, gilding, incorporating fabric and several types of transfers. We'll work with text to add the power of words to our pieces. We'll learn the how-to's of incorporating ephemera and found objects in our work, and finally learn new techniques for displaying and presenting our original mixed media art work. Pre-requisites: Intro to Mixed Media, or instructor's permission. Supplies required: List available at www.nwfsc.edu/ContEd.

March 6 – April 17

Fridays, 1:00 p.m. – 3:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40079

New - Mixed Media 3D

Instructor: Hannah Flynn

Let's get off the wall! In Mixed Media 3D, embark on an assemblage journey, using a variety of containers, wood and metal substrates, found objects and all the techniques you've learned in previous mixed media courses. After learning about the realm of 3D possibilities, you'll focus on the themes that appeal to you most. With instruction, help and support each step of the way, you'll design and build a single large project, or a series of smaller projects during our course time together. Pre-requisites: Mixed Media 2D, or instructor's permission. Supplies required: List available at www.nwfsc.edu/ContEd.

April 24 – May 29

Fridays, 1:00 p.m. – 3:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40080

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.

January 29 – March 4

Wednesdays, 2:00 – 4:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40016

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? You can learn to draw using activities that are easy to understand. No grades. No pressure. Let's explore your artistic side! Supplies required. List available at www.nwfsc.edu/ContEd.

January 21 – February 25

Tuesdays, 1:00 – 3:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40017

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.

March 3 – April 14

Tuesdays, 1:00 – 3:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40018

NEW - Portrait Drawing

Instructor: Patti Overholt

Portraits are not only for advanced artists or people with a gift. Surprise yourself by learning to draw portraits using a simple instructional method. Prerequisite: Previous Drawing Instruction. Supplies required. List available at www.nwfsc.edu/ContEd.

April 21 – May 26

Tuesdays, 1:00 – 3:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40019

Beginning Painting with Acrylics

Instructor: Patti Overholt

Beginning acrylics is designed for the absolute beginner who wants an enjoyable stress free painting experience. You will learn to mix color and use basic design concepts to create your own original paintings. Supplies required: List available at www.nwfsc.edu/ContEd.

January 21 – February 25

Tuesdays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40020

Intermediate Painting with Acrylics

Instructor: Patti Overholt

Intermediate Acrylics will build on basic painting skills while introducing new techniques and materials. Explore the versatility of acrylic paint and build your confidence while learning to paint what you see. Prerequisite: Beginning Acrylics or equivalent. Previous experience mixing color required. Supply List available at www.nwfsc.edu/ContEd.

March 3 – April 14

Tuesdays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40021

New - Intro to Handmade Books

Instructor: Carrie Starr

Come explore the exciting art of simple sewn and folded books. Create mini-books, journals, sketchpads, folders—the possibilities for your creativity are truly endless with this art. We'll use many kinds of materials to personalize each book project, including recycled and "found" materials, and enjoy an introduction to several binding and folding techniques. Each book will be as unique as the person making it! Supplies required: List available at www.nwfsc.edu/ContEd.

March 23 – April 13

Mondays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40095





Personal Enrichment Courses

HOBBIES

Landscape Design Workshop

Instructor: Karen Kirk Williams

Okaloosa County Master Gardener Volunteer

Join us for a fun, interactive gardening class that will introduce some simple, basic concepts that will help you create your own attractive and sustainable landscape design. Using one area of your yard for your class design project, you will progress through a step-by-step process to determine your needs, growing conditions, and landscape style. You'll also learn about the best plants for your landscape, including many beneficial native and Florida-friendly plants, as well as proper planting and maintenance techniques to help your new garden become environmentally and gardener friendly. Okaloosa Master Gardener volunteers will provide instruction through a combination of traditional lecture time along with interactive, hands-on workshop activities. State award-winning curriculum and handbook.

January 21 – February 25

Tuesdays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg. 400, Room 130

Fee: \$60.00 CRN#: 40024

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 DSLR camera and will be responsible for developing own photographs.

January 28 – February 18

Tuesdays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg. 400, Room 306

Fee: \$40.00 CRN#: 40028

New - Beginning Genealogy

Instructor: Beverly Gross

Did you know the number one hobby is no longer Stamp Collecting, but Genealogy? Beginning Genealogy will help you to get a good start. We begin with you and work our way backwards in time to discover your Family Genealogy. You will find it is exciting, rewarding and fun researching your family's past history as it relates to the actions of your past ancestors as they reacted to the happenings of their day. You will find it is the best gift you can give to your present and future descendants!

January 28 – March 3

Tuesdays, 3:30 – 5:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$45.00 CRN#: 40023

New - MIG Welding (Wire)

Instructor: Scottie Smith

MIG welding uses an electric arc to melt a wire electrode and fuse it with the base metal. This type of welding is relatively easy to learn since there is not much smoke or fumes. MIG welding is great for beginners and is perfect for making projects at home such as bar-b-que grills, metal art pieces and repairing metal yard furniture. Safety equipment is provided. Please wear closed toe, work boot style shoes.

March 7, 14, 28

April 4

Saturdays, 8:00 a.m. – 12:00 p.m.

Niceville, Bldg. 560

Fee: \$225.00 CRN#: 40022

New - Winter Birding

Instructor: Alan Knothe

Whether you're a beginning bird watcher or a seasoned expert this class is for you. Head into the field with 30-year veteran birder and environmental educator Alan Knothe. Learn bird identification, natural history and more as you explore some of NW Florida's best birding hot spots. Winter is the season for sparrows, waterfowl, vagrant flycatchers and all sorts of other beautiful and interesting birds. Don't miss this exciting class. Bring your binoculars and your sense of adventure. Please see important information on page 7.

January 25 – February 15

Saturdays, 7:30 a.m. – 11:30 a.m.

Fee: \$65.00 CRN#: 40109

New - Spring Birding

Instructor: Alan Knothe

Whether you're a beginning bird watcher or a seasoned expert this class is for you. Head into the field with 30-year veteran birder and environmental educator Alan Knothe. Learn bird identification, natural history and more as you explore some of NW Florida's best birding hot spots. Spring is the season for migratory warblers, vireos, buntings, tanagers, orioles, and shorebirds. Don't miss this exciting class. Bring your binoculars and your sense of adventure. Please see important information on page 7.

March 14, 21

April 4, 18

Saturdays, 7:30 a.m. – 11:30 a.m.

Fee: \$65.00 CRN#: 40110

Personal Enrichment Courses



HOBBIES

FOOD & ENTERTAINMENT

IMPORTANT INFORMATION FOR BIRDING CLASSES

- The first class (for both the Winter and the Spring Birding) will meet in the parking lot of Pepitos Mexican Restaurant, 1313 Lewis Turner Blvd, Fort Walton Beach, FL 32547 at 7:30 am.
- All class participants must get an Eglin reservation recreation pass and a beach access pass BEFORE COMING TO THE FIRST CLASS. A military ID is NOT a substitution for these passes. Passes can be obtained from Jackson Guard, 107 FL-85, Niceville, FL 32578, or you can get them online at <https://eglin.isportsman.net> Just click the link to register for an account. Then select the link to view the safety briefings. You will need BOTH a Recreation/Fishing Permit (yearly) and a Beach access permit. Watch both safety videos and take the corresponding quizzes. Then select "acquire permits." It may take a few minutes for the permits to show up as the computer has to register the fact that you completed the safety quizzes. You will find both the permits you need at the bottom of the page.
- Bring binoculars, your favorite bird field guide, drinking water, sunscreen, & bug spray. I recommend closed-toe shoes and long pants. In cooler weather dress in layers as it typically warms up quickly as the day progresses and you will want to peel layers.

New - Extreme Couponing

Instructor: Daisy Riley

Learn the ins and outs of coupon organizing, shopping strategies and how to progressively maximize your saving while lowering your weekly grocery bill. Bring a pen and notebook to learn the best grocery and household deals of each week.

January 24 – February 28
Fridays, 10:00 – 11:00 a.m.
Niceville, Bldg. 350, Room 302
Fee: \$30.00 CRN#: 40096

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. Guests may attend one lunch per semester only. Guest fee is \$25 payable in cash day of lunch. The Chef's demonstration begins at 12:00 p.m.

Wednesdays, 11:45 a.m. – 1:15 p.m.

January 22La Famiglia
16055 Emerald Coast Pkwy #114, Destin

February 12 TBA

March 4.....Clemenza's
75 Eglin Pkwy NE #126, Fort Walton Beach

March 25.....TBA
Fee: \$85.00 CRN#: 40029

Wednesdays, 11:45 a.m. – 1:15 p.m.

January 29La Famiglia
16055 Emerald Coast Pkwy #114, Destin

February 19 TBA

March 11.....Clemenza's
75 Eglin Pkwy NE #126, Fort Walton Beach

April 1.....TBA
Fee: \$85.00 CRN#: 40030

LUNCH & LEARN

New - Enjoy a No Spray/Low Spray Landscape Filled with Flowers & Wildlife

Instructor: Karen Kirk Williams, Okaloosa County Master Gardener Volunteer

Since 1992, Karen has used no insecticides, fungicides, horticultural oils, insecticidal soaps, or systemic pesticides on any of her landscape plants. From April through October, an average of over 60 different species of plants are in bloom in her one-acre yard. She plants natives, old-fashioned, and Florida-friendly plants recommended by the University of Florida and uses IPM – Integrated Pest Management. This Lunch and Learn will feature many of the plants from her landscape, including antique and old garden climbing roses and perennials for pollinators, as well as tips on using IPM. This environmentally sensitive and wildlife-friendly approach has created a lower maintenance landscape that, literally, offers more time to stop and smell the roses. Lunch is included in the registration fee.

March 5
Thursday, 10:00 a.m. – 12:30 p.m.
Niceville, Bldg. 400, Room 302
Fee: \$25.00 CRN#: 40091



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!

January 29 – March 4

Wednesdays, 5:30 – 7:30 p.m.

Niceville, Bldg. 350, Rm. 302

Fee: \$60.00 CRN#: 40032

Beginning Japanese

Instructor: Hiromi Zeid

KONNICHAWA! 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.

January 30 – March 5

Thursdays, 5:30 – 7:30 p.m.

Niceville, Bldg. 330, Room 204

Fee: \$60.00 CRN#: 40031

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.

January 27 – March 2

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

Niceville, Bldg. 520, Room 148

Fee: \$60.00 CRN#: 40033

NEW - Storytelling for Wonder

Instructor: Brownrygg Wools

It can be difficult to create meaningful connection with colleagues' friends or even family. In our world of "quick and convenient at all costs", it's so easy to lose touch with those we care about. Or, we never reach out to people that we would love to get to know! It's a shame that being complacent with disconnection is the new norm; after all, we need meaningful connection to live our fullest and healthiest selves. Storytelling has been the bedrock of meaningful connection since the beginning of human race. You know that feeling you get when a great story captures you? It draws you in with intrigue, guides you through the unknown and delights you with the Truth mixed in the Good or Beautiful. When this happens we experience Wonder – and Wonder produces gratitude, which then gives an opportunity for meaningful connection. This is the power of Storytelling for Wonder. With practice, courage and a playful mindset you can wield this power and create more meaningful connections in your life! We will select a theme together at the beginning of the course and design our stories around that theme. The stories will be practiced to be presented live. At the end of the course, we will have a Storytelling Event at a local TBD space where we will have the opportunity share our stories with friends, family, colleagues and celebrate our journey of spreading Wonder!

January 28

February 11, 25

March 10, 24

April 7

Tuesdays, 5:30 – 7:00 p.m.

Niceville, Bldg. 110, Room 328

Fee: \$40.00 CRN#: 40097

Personal Enrichment Courses



LANGUAGE & WRITING

NEW - Mystery Writing

Instructor: Mark Zeid

Join mystery-novelist Mark Zeid, a former military police officer and criminal justice instructor, to learn more about writing novels and the publishing industry. Topics include the types of mysteries and how to develop them, police and criminal justice procedures, crime scene forensics. Ways to develop characters, plot lines, and leave clues will also be covered. Furthermore, the class will discuss tips on getting published, finding an agent, and developing a network to improve and market a novel. This is a great class for anyone wanting to become a professional writer, regardless of the genre the person is interested in developing.

January 30 – March 5
Thursdays, 5:30 – 7:30 p.m.
Niceville, Bldg. 330, Room 203
Fee: \$60.00 CRN#: 40099

The Art of Discovering Me

Instructor: Tolliny Rankins TH.D.

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.

January 29 – March 4
Wednesdays, 10:00 a.m. – 12:00 p.m.
Niceville, Bldg. 300, Room 133
Fee: \$60.00 CRN#: 40034

HISTORY & POLITICS

Diversity Today

Instructor: Tolliny Rankins TH.D

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.

January 30 – March 5
Thursdays, 10:00 a.m. – 12:00 p.m.
Niceville, Bldg. 300, Room 133
Fee: \$60.00 CRN#: 40035

NEW - U.S. Air Force Military Aviation History

Instructor: Tom Johnson

Ever since the Wright Brothers successfully flew their Wright Flyer on Kitty Hawk's sandy beaches in December 1903, the design and development of the airplane for military use has skyrocketed. Eglin Air Force Base, located here in the panhandle of Florida, has been the U.S., Air Force's center for non-nuclear aircraft weapon development since the 1930's. This course will look at U.S. military aircraft development and weapons history.

January 31 – March 6
Fridays, 10:00 a.m. – 12:00 p.m.
Niceville, Bldg. 330, Room 202
Fee: \$60.00 CRN#: 40027



Personal Enrichment Courses

HISTORY & POLITICS

NEW - The Koreas – Caveat Emptor

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. Due to the rapidly changing political and socio/economic landscapes in both countries, current events will be integrated into each session. Participants are encouraged to share related perceptions, experiences, and opinions as to what the future holds in store for these two countries. This course replaces the one previously scheduled and will be Doug's finale of his Korea presentations over many years.

February 21-28

Fridays, 10:00 – 11:30 a.m.

Niceville, Bldg. 330, Room 204

Fee: \$15.00 CRN#: 40089

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.

February 6 - 27

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

Niceville, Bldg. 520, Room 148

Fee: \$35.00 CRN#: 40025

NEW - International Smuggling Trends

Instructor: James Dozier

The purpose of this course is to educate the average citizen on the various techniques used by criminal elements to smuggle illegal substances into countries. Learn the diverse, innovative, and creative methods utilized by criminal elements to smuggle drugs, money, and other contraband items into countries. Additional illegal substances pertaining to endangered species, trade fraud, export-controlled items, arms trafficking, people smuggling, bulk cash smugglings, intellectual property rights, anti-terrorism, and other topics. The smuggling trends occur at the various ports of entry (airport, land border, seaport and international postal facilities). James has 32 years in law enforcement including time with the U.S. Customs Service (Department of Homeland Security) in the United States and across the globe.

January 28 – March 3

Tuesdays, 1:00 – 3:00 p.m.

Niceville, Bldg. 330, Room 203

Fee: \$60.00 CRN#: 40100

NEW - War Against the Barbary Pirates: America's First War on Terrorism

Instructor: Douglas Ault

This class covers the early developments in US global policy and Navy/Marine Corp combined operations along the North African Coast. These early operations served as touchstones for the future of American Naval Warfare.

March 5 – April 2

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

Niceville, Bldg. 520, Room 148

Fee: \$35.00 CRN#: 40101

NEW - The Politics of Criminal Justice Reform

Instructor: Magnus Seng, Ph. D.

President Trump and his democratic challengers have all produced proposals to address various problems with our criminal justice system from sentencing, bail reform, police brutality and other hot issues. This class will examine these proposals, explain the issue addressed and offer my perspective on each. Class participation with views positive and negative will be a major part of each session.

January 29 – March 4

Wednesdays, 10:00 a.m. – 12:00 p.m.

Niceville, Bldg. 520, Room 148

Fee: \$40.00 CRN#: 40026

Personal Enrichment Courses

SCIENCE

NEW - Astronomy

Instructor: Tom Haugh

Have you ever wondered what that 'star' is in the evening sky? Join a NASA Solar System Ambassador in exploring the solar system and beyond. Learn how to navigate the night sky and identify the objects that you see. Discussion will cover the solar system as well as celestial objects such as constellations, nebulae, star clusters and galaxies. We will also cover the language of Astronomy from appulse to syzygy to zenith. This class combines classroom lecture and, weather permitting, outside observation.

February 3 - 24

Mondays, 6:00 – 9:00 p.m.

Niceville, Observatory, Bldg. 750

Fee: \$60.00 CRN#: 40103

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 M. Kelly Environmental Institute. The lectures and workshops are both free and open to the public. Dates and times for the Spring semester are to be determined, as they are dependent on speaker availability. For more information, please email mkei@nwfsc.edu or call (850) 729-4915.

Mattie M. Kelly Environmental Institute 13th Annual Family Estuary Festival is coming Saturday, April 4, 2020, to Fred Gannon Rocky Bayou State Park, Highway 20, Niceville from 11 a.m. to 4 p.m., local organizations will provide fun activities, hands-on displays and environmental awareness. In this family and community event for all ages, you can learn about the local waters of our estuary and the people living and working there.

Participating organizations at past festivals have included Panhandle Butterfly House; Emerald Coast Science Center; US Fish and Wildlife Service; Walton County Environmental Department; Choctawhatchee Audubon; Florida Department of Agriculture; Northwest Florida Aquatic Preserves; Topsail Hill Preserve State Park; Junior Rangers Program; Florida Trail Association; Hike It Baby; Audubon Florida; Choctawhatchee Basin Alliance; Okaloosa County Environmental Health; and Northwest Florida State College Kids on Campus. The event is FREE and open to the public with paid admission to the park. (Regular Florida State Park fees apply.)

FINANCE



NEW - Principles of Personal Finance

Instructor: Matt Ritter

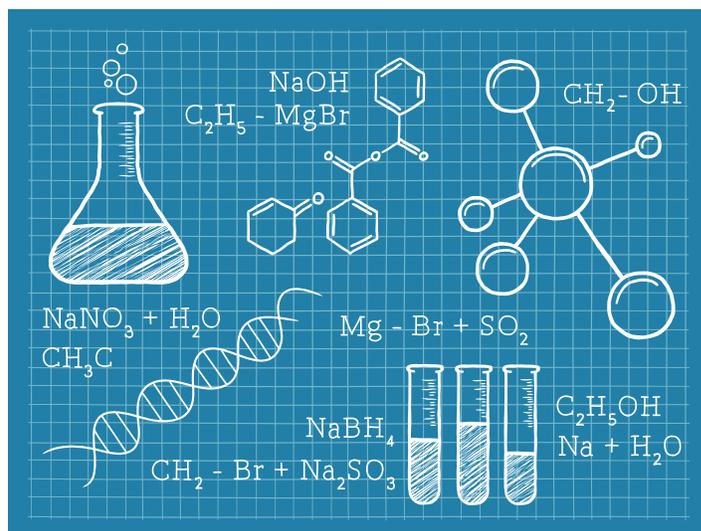
This course provides fundamentals of personal finance. Comprehensive review and instruction in the areas of Personal Budgeting, Interest Rates & Time Value of Money, Consumer Borrowing, Saving & Investing, Mortgage Borrowing, Personal Taxes, Retirement Planning, Estate Planning and more. Learn the essentials of financial planning in order to make informed decisions regarding personal finances long-term financial security.

January 28 – March 3

Tuesdays, 6:00 – 7:30 p.m.

Niceville, Bldg.350, Rm. 303

Fee: \$45.00 CRN#: 40102





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.

January 29 – March 4
Wednesdays, 5:30 – 7:30 p.m.
Niceville, Bldg. 330, Rm. 209
Fee: \$60.00 CRN#: 40104

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.

January 28 – March 3
Tuesdays, 5:30 – 7:30 p.m.
Niceville, Bldg. 330, Room 209
Fee: \$60.00 CRN#: 40092



Personal Enrichment Courses



SOUTH WALTON CENTER

New - Introduction to Computers

Instructor: Carl Lofstrom

This introductory course is for beginners with little or no experience using the personal computer. You can expect to learn useful computer skills like the Microsoft Windows 10 Basics, browsing the internet, using email, shopping online, editing photos, sharing photo albums, writing letters, buying and selling on eBay, watching movies, listening to music, social media, popular tips and tricks and computer security. Please bring a flash drive to class.

January 29 – March 4

Wednesdays, 1:00 – 3:00 p.m.

South Walton Center, Room 113

Fee: \$60.00 CRN#: 40074

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.

January 31 – March 6

Fridays, 1:00 – 3:00 p.m.

South Walton Center, Room 113

Fee: \$60.00 CRN#: 40036

New - Mythic Themes in Modern Film

Instructor: Gay Wolff, Ph.D.

An intelligent but fun exploration into mythology and its relevance to contemporary film and culture. Myths tell the stories of the human experience through timeless images, themes, and archetypes that remain vibrant and pertinent today. In this course, we will explore films that utilize mythic symbols and motifs and discuss them in relation to both their mythic sources and contemporary relevance. Participants are encouraged to watch the assigned films in entirety prior to class, but outside assignments are not required to enjoy and participate in the classes.

January 28 – March 3

Tuesdays, 12:30 – 2:30 p.m.

South Walton Center, Room 113

Fee: \$60.00 CRN#: 40071

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.

January 30 – March 12

No class February 6

Thursdays, 1:00 – 3:00 p.m.

Coastal Branch Library

Fee: \$60.00 CRN#: 40072

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.

January 31 – March 6

Fridays, 1:00 – 3:00 p.m.

Coastal Branch Library

Fee: \$60.00 CRN#: 40073



Personal Enrichment Courses

FITNESS

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.

January 23 – February 27

Thursdays, 4:00 – 6:00 p.m.

DeFuniak Center, Bldg. 500, Room 154

Fee: \$60.00 CRN#: 40037

March 5 – April 16

Thursdays, 4:00 – 6:00 p.m.

DeFuniak Center, Bldg. 500, Room 154

Fee: \$60.00 CRN#: 40038

BOB SIKES CENTER

(CRESTVIEW)

New - Principles of Personal Finance

Instructor: Joe Faulk

The course provides fundamentals of personal finance. Comprehensive review and instruction in the areas of Personal Budgeting, Interest Rates & Time Value of Money, Consumer Borrowing, Saving & Investing, Mortgage Borrowing, Personal Taxes, Retirement Planning, Estate Planning and more. Learn the essentials of financial planning in order to make informed decisions regarding personal finances long-term financial security.

January 30 – March 5

Thursdays, 6:00 – 7:30 p.m.

Crestview, Conference Room

Fee: \$45.00 CRN#: 40105

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.*

January 21 – March 10

Tuesdays, 4:45 – 5:45 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$45.00 CRN#: 40039

January 23 – March 12

Thursdays, 4:45 – 5:45 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$45.00 CRN#: 40040

March 24 – May 12

Tuesdays, 4:45 – 5:45 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$45.00 CRN#: 40041

March 26 – May 14

Thursdays, 4:45 – 5:45 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$45.00 CRN#: 40042

New - Pilates

Instructor: Elizabeth Halle

Looking for an opportunity to chat, laugh and learn? This class is both Fun and Informative! It is ideal for beginner through intermediate students who want a safe and effective experience to build a solid Pilates foundation. Pilates is a form of low-impact exercise with the goal of strengthening muscles, posture and balance throughout the body. Students will learn to become aware of breathing patterns and spinal alignment. This will be a mat style class with added props, such as exercise bands and balls. Please wear comfortable clothes, bring along your workout mat and I'll meet you there!

January 21 – February 25

Tuesdays, 8:00 – 9:00 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40081

March 3 – April 14

Tuesdays 8:00 – 9:00 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40082

April 21 – May 26

Tuesdays 8:00 – 9:00 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40083

Personal Enrichment Courses

FITNESS & WELLNESS



New - Core Flow Yoga

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.*

January 23 – February 27

Thursdays, 7:00 – 8:00 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40084

March 5 – April 16

Thursdays 7:00 – 8:00 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40085

April 23 – May 28

Thursdays 7:00 – 8:00 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40086

Meditation

Instructor: Cecil Scalf

Would you like to create more 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, 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.

January 22 – February 26

Wednesdays, 5:00 – 6:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40057

March 4 – April 15

Wednesdays, 5:00 – 6:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40058

April 22 – May 27

Wednesdays, 5:00 – 6:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40059

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 can bring their own mats if desired.*

January 27 – March 9

No Class February 10

Mondays, 9:00 – 10:00 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40075

March 23 – April 27

Mondays, 9:00 – 10:00 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40076

Always wondered what Zumba is all about? Thought about taking a class but didn't know if you would like Zumba? Come and find out! There will be a FREE Zumba class on January 8th from 3:30 – 4:30 p.m. at the Niceville Campus, Bldg. 200, Room 314. Come meet instructor Jane McGee and try a complimentary class. Her regularly scheduled class begins on January 22nd. Ditch the workout and join the PARTY!!!

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.

January 22 – February 26

Wednesdays, 3:30 – 4:30 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40060

March 4 – April 15

Wednesdays, 3:30 – 4:30 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40061

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.

January 21 – February 27

Tuesday/Thursday, 2:00 – 3:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$60.00 CRN#: 40054

March 3 - April 16

Tuesday/Thursday, 2:00 – 3:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$60.00 CRN#: 40055

April 21 – May 28

Tuesday/Thursday, 2:00 – 3:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$60.00 CRN#: 40056



Personal Enrichment Courses

FITNESS & WELLNESS

Enerchi

Instructor: Anita Kurz

This is a fitness class that emphasizes improving BALANCE, COORDINATION, 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.

January 22 – February 28

Wednesday/Friday 8:30 – 9:30 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$60.00 CRN#: 40043

March 4 – April 17

Wednesday/Friday 8:30 – 9:30 a.m.

Niceville, Bldg. 200, Room 314

Fee: \$60.00 CRN#: 40044

April 22 – May 29

Mondays, 1:00 – 2:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40045

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.

January 21 – February 27

T & Th, 9:30 – 10:30 a.m.

Niceville, Bldg. 200, Rm 314

Fee: \$60.00 CRN#: 40049

January 22 – February 28

W & F, 9:30 – 10:30 a.m.

Niceville, Bldg. 200, Rm 314

Fee: \$60.00 CRN#: 40052

March 3 – April 16

T & Th, 9:30 – 10:30 a.m.

Niceville, Bldg. 200, Rm 314

Fee: \$60.00 CRN#: 40050

March 4 – April 17

W & F, 9:30 – 10:30 a.m.

Niceville, Bldg. 200, Rm 314

Fee: \$60.00 CRN#: 40090

April 21 – May 28

T & Th, 9:30 – 10:30 a.m.

Niceville, Bldg. 200, Rm 314

Fee: \$60.00 CRN#: 40051

April 22 – May 29

W & F, 9:30 – 10:30 a.m.

Niceville, Bldg. 200, Rm 314

Fee: \$60.00 CRN#: 40053

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.

March 23 – April 27

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

Niceville, Bldg. 200, Room 314

Fee: \$35.00 CRN#: 40064

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!

January 21 – February 27

Tuesday/Thursday, 6:00 – 7:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$60.00 CRN#: 40062

March 3 – April 16

Tuesday/Thursday, 6:00 – 7:00 p.m.

Niceville, Bldg. 200, Room 314

Fee: \$60.00 CRN#: 40063

SOUTH WALTON CENTER

Health Seminars

Instructor: Barbara Reynolds

Barbara Day, M.S., R.D. is a Lifestyle Nutrition & Wellness Specialist with over 40 years of experience keeping people healthy by making good lifestyle choices. Barbara published health magazines and had a weekly radio show & segment on TV called HEALTH NEWS YOU CAN USE. Barbara has worked as a nutrition consultant with the Navy SEALS, University of Louisville Athletic Department and wrote wellness nutrition programs and manuals.

Personal Enrichment Courses

FITNESS & WELLNESS



Foods are Medicine

This 2-hour seminar will discuss the importance of the You Are What You Eat concept and how making good food choices can help prevent a multitude of diseases such as heart disease, stroke, certain types of cancer, diabetes, obesity and other diseases. Macronutrients, micronutrients, antioxidants and other polynutrients. Learn how foods that can keep you healthy and energized. In addition, you will receive an array of high-energy menus and easy-to-fix healthy recipes.

January 28

Tuesday, 1:00 – 3:00 p.m.

Coastal Branch Library

Fee: \$15.00 CRN#: 40106

New - Waist Watchers Guide to Waist Management

This 2-hour seminar will discuss the different weight loss diets currently popular today. A detailed discussion of pros and cons of each diet. The bottom line to be discussed is what works and what doesn't. Shopping tips and eating out will also be discussed. An active lifestyle will also be discussed. In addition, you will receive 1200 – 1500 calorie menus with many easy-to-fix recipes.

February 4

Tuesday, 1:00 – 3:00 p.m.

Coastal Branch Library

Fee: \$15.00 CRN#: 40107

New - Nutrition Strategies for Managing Heart Disease, Diabetes, High Blood Pressure & Other Diseases

This 2-hour seminar will discuss the nutritional strategies for managing heart disease, diabetes, high blood pressure, adult celiac disease and Crohn's disease. This seminar will also discuss shopping tips with food lists, cooking strategies, and how to eat out and stay within the nutrition guidelines for each specific disease discussed.

February 11

Tuesday, 1:00 – 3:00 p.m.

Coastal Branch Library

Fee: \$15.00 CRN#: 40108

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.

Zumba Gold (continued)

January 15 – March 4

Wednesdays, 10:00 – 11:00 a.m.

Boys & Girls Club, South Walton

Fee: \$45.00 CRN#: 40065

March 11 – May 6

Wednesdays, 10:00 – 11:00 a.m.

Boys & Girls Club, South Walton

Fee: \$45.00 CRN#: 40066

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.

January 15 – March 4

Wednesdays, 11:00 a.m. – 12:00 p.m.

Boys & Girls Club, South Walton

Fee: \$45.00 CRN#: 40067

March 11 – May 6

Wednesdays, 11:00 a.m. – 12:00 p.m.

Boys & Girls Club, South Walton

Fee: \$45.00 CRN#: 40068

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.

January 13 – March 9

Mondays, 3:10 – 4:10 p.m.

Coastal Branch Library

Fee: \$45.00 CRN#: 40069

March 16 – May 4

Mondays, 3:10 – 4:10 p.m.

Coastal Branch Library

Fee: \$45.00 CRN#:40070



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. Students must pass the class to add the motorcycle endorsement to their license.

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#
January 11-12	40002
January 25-26	40003
February 8-9	40004
February 22-23	40005
March 7-8.....	40006
March 28-29.....	40007
April 4-5.....	40008
April 18-19.....	40009
May 2-3.....	40010
May 16-17.....	40011

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
 Saturday
 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#
January 18	40012
March 14.....	40013
May 9.....	40014

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.





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