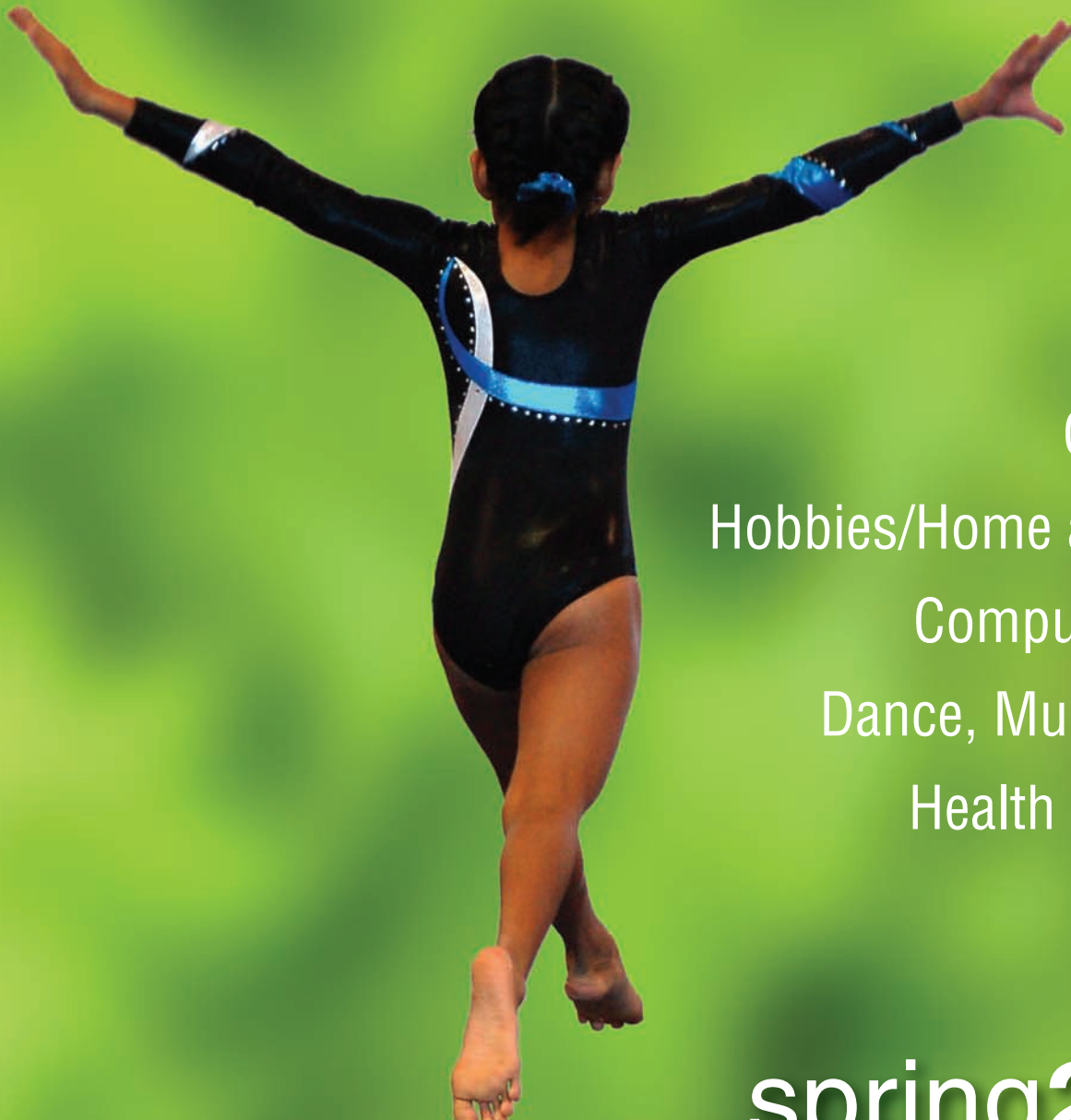


PENSACOLA STATE
— COLLEGE —

continuingEDUCATION

Recreation and Leisure Courses for Adults and Children



Inside:

Art Classes

Gymnastics

Hobbies/Home and Garden

Computer Classes

Dance, Music, Theatre

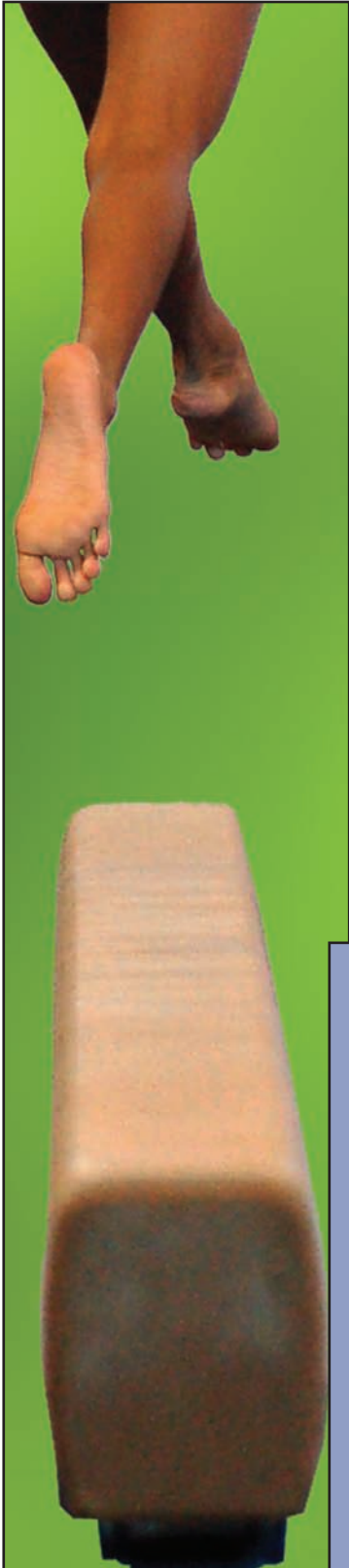
Health and Fitness

spring2012

pensacolastate.edu/continuingeducation

An EA/EO Institution

PENSACOLA STATE COLLEGE CONTINUING EDUCATION



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City of Pensacola
recreation facilities
used for some courses



LOCATION LEGEND

- BAY** – Bayview Senior Center, 2000 E. Lloyd St., Pensacola
- CC** – Pensacola State College Century Center, 440 E. Hecker Road, Century
- GAZ** – Gazebo, Pensacola State College Pensacola Campus
- EPH** – East Pensacola Heights, 3208 E. Gonzalez St., Pensacola
- GPCC** – Gull Point Community Center, 7000 Spanish Trail, Pensacola
- MIL** – Pensacola State College Milton Campus, 5988 Hwy. 90, Milton
- PBC** – Pensacola Bridge Center, 1200 N. 12th Ave., Pensacola
- PEN** – Pensacola State College Pensacola Campus, 1000 College Blvd., Pensacola
- SBCJ** – Sanders Beach-Corinne Jones, 913 South I St., Pensacola
- WAR** – Pensacola State College Warrington Campus, 5555 W. Hwy. 98, Pensacola
- SSRC** – Pensacola State College South Santa Rosa Center, 5075 Gulf Breeze Pkwy, Gulf Breeze

The mission of the Continuing Education Unit is to be a strong link between the college and the community by offering courses and programs for lifelong learning, recreation and leisure, and cultural events at a reasonable price and convenient to students of all ages.

PENSACOLA STATE COLLEGE CONTINUING EDUCATION

Lifelong learning to improve the quality of your life.

Frances Yeo
Coordinator
fyeo@pensacolastate.edu
Office Phone: (850) 484-1797

Beverly Donnell
Administrative Assistant
bdonnell@pensacolastate.edu
Automated Information Line: (850) 484-1796

CREATIVE ARTS

FINE ARTS

Anatomy of Landscape Painting (Oils and Acrylics) with Theresa Grillo-Laird

Course: R04807 (12 hours)

This workshop will focus on how to compose a landscape painting with an emphasis on design, light, color, and value.

8575 2/23–2/25 2–6 p.m. ThFSa PEN TBA \$55

Basic Painting (Oils or Acrylic) with Art Orr

Course: R04330 (16 hours)

Concentrate on the fundamentals of basic painting with an emphasis on the descriptive and expressive function of color and shape through visual organization.

8503 3/3–4/28 10 a.m.–Noon Sa PEN TBA \$60

Beadwork, Beginning with Jeannine Van Reeth

Course: R04751 (12 hours)

Go beyond basic stringing. Learn different beading techniques including brick and rope stitches.

8594 2/6–3/12 5–7 p.m. M PEN 1708 \$75

Beginning Drawing with Marianne Arroyo

Course: R02757 (16 hours)

Students will learn the elements of drawing and use a variety of techniques to create beautiful masterpieces.

8579 3/6–5/1 7–9 p.m. T SSRC 5131 \$60

Beginning Watercolor Painting with Marianne Arroyo

Course: R04805 (16 hours)

Beginning students will have an enjoyable time learning how fun watercolor can be. The focus of this class will be on materials, preparations, and painting techniques.

8573 3/6–5/1 10 a.m.–Noon T SSRC 5131 \$65

Confidence with Color (Oils and Acrylics) with Theresa Grillo-Laird

Course: R04808 (9 hours)

This workshop is designed to give the painter a solid understanding of how to find, mix and use color.

8576 2/2–2/4 2–5 p.m. ThFSa PEN TBA \$40

Crayon Batik with Connie Nall

Course: R04768 (16 hours)

Students will create a batik painting by applying melted crayons and other things to fabric.

8478 1/19–3/8 6–8 p.m. Th PEN 9663 \$75

Experimental Watercolor with Marcia Moritz

Course: R03532 (24 hours)

Beginning and intermediate students will explore watercolor. Students will stretch the limits of what watercolor can do—coupled with an emphasis on composition.

8144 1/23–3/12 6–9 p.m. M PEN 9663 \$90

Let's Get Started!

Art Course Supplies



Bring assorted brushes and a variety of paints in the medium of study. Instructors will provide a personalized supply list during the first course meeting, based on individual projects.

Jewelry, Beginning Wire-Wrapping with Jesse Edwards

Course: R04564 (12 hours)

Students will learn the basic tool use and wire manipulation in order to create pendants and carvings.

8505	1/31-2/16	10 a.m.-Noon	TTh	PEN	TBA	\$65
8508	1/31-2/16	6-8 p.m.	TTh	PEN	1771	\$65
8506	2/28-3/15	10 a.m.-Noon	TTh	PEN	TBA	\$65
8509	2/28-3/15	6-8 p.m.	TTh	PEN	1771	\$65
8507	4/3-4/19	10 a.m.-Noon	TTh	PEN	TBA	\$65
8510	4/3-4/19	6-8 p.m.	TTh	PEN	1771	\$65

Jewelry, Introduction to Metal Etching with Delia Stone

Course: R04800 (4 hours)

Students will learn to etch copper or brass sheet metal to create your own unique designs. Students will be guided through the etching process while encouraged to use their own creativity.

8567	2/4	1-5 p.m.	Sa	PEN	9663	\$50
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Jewelry, Wire Wrapped Link Bracelet with Delia Stone (Beginning Level Course)

Course: R04801 (3 hours)

This is a beginner level course that will help you to master the basics of creating both wire link bracelets and chains. Mastering this style of wrap is essential for beginners in advancing your skills in wire wrap jewelry.

8568	2/18	10:30 a.m.-1:30 p.m.	Sa	PEN	9663	\$40
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Jewelry II, Viking Knit Pendant with Delia Stone (Intermediate Level Course)

Course: R04809 (4 hours)

Students will learn to create a classic Viking knit pendant in this workshop. This course will include an introduction to the historic weave from a chain to a border setting for undrilled cabochons to create a pendant.

8577	1/28	1-5 p.m.	Sa	PEN	9663	\$50
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Private Painting Instruction (Oils and Acrylics) with Theresa Grillo-Laird

Course: R04797 (10 hours)

Private painting instruction in landscape, still life, plien air, and floral by established artist Theresa Grillo-Laird.

8561	1/23-5/4	TBA	TBA	TBA	TBA	\$250
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Studio Painting with Marianne Arroyo (Painting experience needed)

Course: R04754 (36 hours)

Students will work on their current project in the medium of their choice. They will set up their own still-life and/or work from their own photographs.

8272	2/8-5/2	9 a.m.-Noon	W	MIL	4807E	\$120
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Watercolor Pours with Jeannine Van Reeth

Course: R04753

Learn the different techniques used with liquid watercolors.

8595	3/26-4/30	4:30-7:30 p.m.	M	PEN	9663	\$90
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PERFORMING ARTS

Instant Piano for Hopelessly Busy People with David Haynes

Course: R02035 (3.5 hours)

Learn the secrets of professional piano players. Learn the chords you will need to play any song, any style, and any key.

8152	2/21	6-9:30 p.m.	T	PEN	857	\$75
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Individual Acting Coaching

Course: R04593 (6 hours)

Students will receive one-on-one coaching with Lawrence Gamell, Jr., a veteran of the stage for over 42 years.

8511	1/9-2/18	TBA	TBA	PEN	851	\$150
8512	1/23-3/3	TBA	TBA	PEN	851	\$150
8513	2/6-3/17	TBA	TBA	PEN	851	\$150
8514	2/20-4/7	TBA	TBA	PEN	851	\$150
8515	3/5-4/21	TBA	TBA	PEN	851	\$150
8516	3/26-5/4	TBA	TBA	PEN	851	\$150

Line Dance

Course: R00659 (12 hours)

Learn the dance steps and routines of classic and modern-day line dances.

8578	2/1-4/25	6-7 p.m.	W	EPH		\$60
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MUSIC ACADEMY

Music Academy offers private lessons for beginner, intermediate, and advanced students to help them develop musical skills. Courses are offered in Brass, Conducting, Guitar, Percussion, Piano, Woodwinds and Voice.

Brass

Sharon Kostelecky
Donald Snowden
Nester Zayas

Conducting

Donald Snowden

Guitar

Martin Janke

Percussion

Lawrence Coleman
Stephen Ferry

Piano

Ila Brown
C. Michael Coleman

Voice

Judy Eddins
H. Wayne Millet
Trudie Sherwood
Xiaolun Chen

Woodwinds

Matthew Fossa

Approval is required from the Music Department before registration. Call (850) 484-1800 for more information.

PHOTOGRAPHY

Basic Photography with James Stegall

Course: R00019 (20 hours)

Ever pick up your pictures and find yourself disappointed with the results? Let's put some excitement into those trips to the photo lab. Learn the basics of photography and create great photos.

8182 1/31-4/10 9-11 a.m. T PEN TBA \$70

Nature Photography with James Stegall

Course: R00309 (20 hours)

Learn to take quality photographs of natural things such as wildlife, wild flowers, wildlife habitats, and more. This is NOT a basic course in "how to operate your camera."

8183 2/21-5/2 7-9 p.m. T PEN 1442 \$70

HOBBIES, HOME AND GARDEN

DOG OBEDIENCE

Dog Manners

Course: R04628 (6 hours)

Basic obedience for the family dog using primarily positive techniques including sit, down, stay, come, leash walking and house manners.

8145 2/6-3/12 6-7 p.m. M PEN GAZ \$38

8471 2/10-3/16 6-7 p.m. F CC 701 \$38

Course: R04629 (6 hours) For second handler of same dog.

8143 2/6-3/12 6-7:00 M PEN GAZ \$20

8458 2/10-3/16 6-7 p.m. F CC 701 \$20

Dog Obedience (Ages 7 months and up)

Course: R00208 (10 hours)

Learn basic commands such as sit, down, stay, come, and off using primarily positive methods. Learn how to make your dog part of the family.

8148 2/4-4/14 9-10 a.m. Sa WAR 3411 \$45

8149 2/9-4/19 6-7 p.m. Th MIL 4020 \$45

Course: R03529 (10 hours) For second handler of same dog.

8137 2/4-4/14 9-10 a.m. Sa WAR 3411 \$20

8138 2/9-4/19 6-7 p.m. Th MIL 4020 \$20



Dog Obedience II

Course: R02416 (10 hours)

Reinforce basic commands and work towards the canine good citizen certificate skills.

8150 2/4-4/14 10-11 a.m. Sa WAR 3411 \$45

8151 2/9-4/19 7-7:55 p.m. Th MIL 4020 \$45

Course: R03530 (10 hours) For second handler of same dog.

8139 2/4-4/14 10-11 a.m. Sa WAR 3411 \$20

8140 2/9-4/19 7-7:55 p.m. Th MIL 4020 \$20

Puppy Kindergarten (3-6 months)

Course: R00207 (10 hours)

Learn basic commands such as sit, down, stay, come, heel using primarily positive methods. Learn how to make your puppy part of the family.

8146 2/4-4/14 8-9 a.m. Sa WAR 3411 \$45

8147 2/9-4/19 5-5:55 p.m. Th MIL 4020 \$45

Course: R03535 (10 hours) For second handler of same puppy.

8141 2/4-4/14 8-9 a.m. Sa WAR 3411 \$20

8142 2/9-4/19 5-5:55 p.m. Th MIL 4020 \$20

HOBBIES AND CRAFTS

Amateur Radio Licensing

Course: R04169 (40.5 hours)

Course is an introduction to the world of amateur radio (ham radio) and preparation for entry level examination required for all U.S. amateur radio operators.

8498 2/13-4/26 6-8 p.m. MTh PEN TBA \$20

Amateur Radio Licensing

Course: R04524 (30 hours)

Course is an introduction to the world of amateur radio (ham radio) and preparation for entry level examination required for all U.S. amateur radio operators.

8497 1/31-4/24 6-8:30 p.m. T MIL 4303 \$20

Celestial Navigation

Course: R04785 (24 hours)

Clear and simple instruction on the process of celestial navigation. No previous experience in marine navigation, astronomy, or trigonometry is required.

8499 3/6-4/19 6-8 p.m. TTh PEN 1443 \$70

For clarification and updates on room number assignments, please call 850-484-1797.

Chair Caning

Course: R01127 (12 hours)

Students will bring their own chair and learn how to replace the seat. Students will cover hand cane, pressed cane, rush, and splint beats.

8454 1/30-3/5 6-8 p.m. M PEN 1703 \$60

Contract Bridge I with Larry Gardner

Course: R04598 (12 hours)

Introduction of the fundamentals of bidding and playing contract bridge with a focus on hand evaluation.

8401 2/2-3/8 9-11 a.m. Th PBC \$45

Contract Bridge II with Larry Gardner

Course: R04599 (12 hours)

Course is a continuation of the things taught in Bridge I with play of hand strategies to increase confidence.

8400 4/5-5/10 9-11 a.m. Th PBC \$45

Coastal Marine Navigation

Course: R02627 (20 hours)

Receive hands-on instruction in practical chart work. Plotting instruments are not provided.

8500 1/31-3/01 6-8 p.m. TTh PEN 1443 \$60

Crochet for Beginners

Course: R04803 (12 hours)

This course will teach beginners to crochet using yarn to make pot holders and other decorative items.

8570 2/27-3/14 5-7 p.m. MW PEN 851 \$45

8571 4/2-4/18 5-7 p.m. MW PEN 851 \$45

Crochet II

Course: R04804 (16 hours)

This class is an extension of Beginning Crochet. Students will learn advanced techniques such as front post and back post stitches and more.

8572 2/14-3/8 4:30-6:30 p.m. TTh PEN 416 \$60

Floral Arranging

Course: R00020 (20 hours)

Learn basic design and choice of appropriate materials to create quality floral designs for the home. This is not a licensure/certification course. Supplies are not included in course fee.

8186 1/30-4/9 9-11 a.m. M PEN 1442 \$70

8187 2/20-4/30 7-9 p.m. M PEN 1442 \$70

Lego World (6-12 years)

Course: R04522 (3 hours)

Children are taken into a whole new world through this series of lessons, power-points and demonstrations. Legos provided for hands-on activities.

8501 2/4 9 a.m.-Noon Sa PEN 442 \$25

8502 3/10 9 a.m.-Noon Sa PEN 442 \$25

Lego World II (6-12 years)

Course: R04817 (3 hours)

Children are taken into a whole new world through this series of lessons, power-points and demonstrations. Legos provided for hands-on activities.

8530 2/18 9 a.m.-Noon Sa PEN 442 \$25

8531 3/31 9 a.m.-Noon Sa PEN 442 \$25

Private Pilot Written Test Preparation

Course: R04551 (36 hours)

Successful completion of this course will earn the student a recommendation to take the required written test to become a pilot.

8541 2/2-4/26 6-9 p.m. Th PEN 441 \$135

HOME IMPROVEMENTS

Basic Home Landscaping

Course: R00415 (16 hours)

Students will study plant selection, soils, fertilizers, pest control, weathering, mulch, pruning and landscape design for the home.

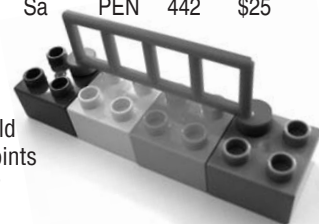
8184 2/8-4/4 7-9 p.m. W PEN 1442 \$60

Basic Home Landscaping II

Course: R04749 (16 hours)

Learn all about plants of Pensacola area in this course.

8185 3/1-4/26 7-9 p.m. Th PEN 1441 \$60



TEACHERS WANTED

Do you have a passion and specific skills you want to share?
for more information, call 850-484-1797

SPORTS AND FITNESS

AQUATICS

For more details about this program or more description of classes contact Kay Miller at 484-1311.

Aquatics Trial Class (Permission only)

Course: R04381 (1 hour)

Try a class one time and see if you like it.

8422	1/9-5/2	TBA	TBA	PEN	POOL	\$5
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Adult Swim Lessons

Course: R01118 (10 hours)

Learn to swim, improve existing aquatics skills and enjoy the health benefits of a swimming program.

8416	1/10-2/9	7:30-8:25 p.m.	TTh	PEN	POOL	\$54
8417	2/14-3/15	7:30-8:25 p.m.	TTh	PEN	POOL	\$54
8418	3/27-4/26	7:30-8:25 p.m.	TTh	PEN	POOL	\$54

Aerobic Swimming

Course: R01196 (45 hours)

Aerobic Swimming is a non-competitive but structured swimming program with a workout that includes both stroke drills and endurance training.

8419	1/9-5/2	5:30-6:25 a.m.	MWF	PEN	POOL	\$97
8420	1/9-5/2	8-8:55 a.m.	MWF	PEN	POOL	\$97

Course: R00792 (30 hours)

Aerobic Swimming is a non-competitive but structured swimming program with a workout that includes both stroke drills and endurance training.

8427	1/10-4/26	5:30-6:25 a.m.	TTh	PEN	POOL	\$64
8428	1/10-4/26	9-9:55 a.m.	TTh	PEN	POOL	\$64

Aqua Combo

Course: R04558 (15 hours)

Work in the shallow and deep ends of the pool using water resistance equipment and optional buoyancy belt.

8436	1/14-4/28	9-9:55 a.m.	Sa	PEN	POOL	\$33
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Aqua Dynamics I

Course: R02343 (30 hours)

This shallow end course is designed to help individuals achieve their physical fitness goals by providing instruction in water exercise. Come work at your own pace.

8433	1/9-4/30	10-10:55 a.m.	MW	PEN	POOL	\$64
8434	1/9-4/30	6:35-7:30 p.m.	MW	PEN	POOL	\$64
8429	1/10-4/26	7-7:55 a.m.	TTh	PEN	POOL	\$64
8430	1/10-4/26	8-8:55 a.m.	TTh	PEN	POOL	\$64
8431	1/10-4/26	10-10:55 a.m.	TTh	PEN	POOL	\$64
8432	1/10-4/26	6:35-7:30 p.m.	TTh	PEN	POOL	\$64

Course: R02345 (45 hours)

8424	1/9-5/2	7-7:55 a.m.	MWF	PEN	POOL	\$97
8425	1/9-5/2	9-9:55 a.m.	MWF	PEN	POOL	\$97
8426	1/9-5/2	10-10:55 a.m.	MWF	PEN	POOL	\$97

Aqua Dynamics II

Course: R02346 (45 hours)

In this class students are provided with deep-water, challenging exercises for all levels of abilities.

8423	1/9-5/02	7-7:55 a.m.	MWF	PEN	POOL	\$97
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Aqua Jogging

Course: R03587 (30 hours)

This class is designed to help individuals achieve fitness goals by providing instruction in exercise and running in the deep water environment with a buoyancy belt. Students work at their own pace.

8435	1/10-4/26	6:35-7:30 p.m.	TTh	PEN	POOL	\$64
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Course: R03588 (45 hours)

8421	1/9-5/02	9-9:55 a.m.	MWF	PEN	POOL	\$97
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Aqua Mini Term, Twice a Week (Permission only)

Course: R04604 (15 hours)

If you can only take a class for half the term, then sign up for the Mini Term.

8437	1/9-2/28	TBA	TBA	PEN	POOL	\$35
8518	1/9-2/28	TBA	TBA	PEN	POOL	\$35
8438	2/29-4/30	TBA	TBA	PEN	POOL	\$35
8519	2/29-4/30	TBA	TBA	PEN	POOL	\$35

Aqua Mini Term, Three Times a Week (Permission only)

Course: R04603 (22.5 hours)

If you can only take a class for half the term, then sign up for the Mini Term.

8439	1/9-3/5	TBA	MWF	PEN	POOL	\$50
8440	3/5-5/2	TBA	MWF	PEN	POOL	\$50

Individual Swim Lessons

Course: R04782 (10 hours)

Students will receive one-on-one coaching to individualize the needs of each student to build the skills that are needed to reach their goals.

8441	1/9-5/2	TBA	TBA	PEN	POOL	\$250
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Lifeguarding Today

Course: R03676 (40 hours)

This course provides lifeguard candidates the skills and knowledge necessary to receive American Red Cross Certifications in Lifeguarding, First Aid, and CPR in order to keep patrons of aquatic facilities safe in and around the water.

8537	1/9–2/20	6:30–9:50 p.m.	MW	PEN	POOL	\$210
8538	2/28–4/12	6:30–9:50 p.m.	TTh	PEN	POOL	\$210
8539	3/26–5/02	6:30–9:50 p.m.	MW	PEN	POOL	\$210

Lunch Time Swim Workout

Course: R04802 (45 hours)

Swim workout with the assistance of a coach to lead you and help you with strokes. Student must be able to swim the length of the pool comfortably.

8569	1/9–5/2	1–1:55 p.m.	MWF	PEN	POOL	\$97
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Mommy and Me Swim Lessons (Ages 6 months to 4 years)

Course: R04556 (10 hours)

Children will attend classes with mom, dad, or other adult to feel comfortable in the water and begin to learn to swim.

8442	2/20–3/14	11–11:55 a.m.	MWF	PEN	POOL	\$54
8443	3/26–4/16	11–11:55 a.m.	MWF	PEN	POOL	\$54

Course: N00349, Registration for parent (10 hours)

Adult will get in the pool with the child and help instructor teach water skills to the child.

8809	2/20–3/14	11–11:55 a.m.	MWF	PEN	POOL	\$0
8810	3/26–4/16	11–11:55 a.m.	MWF	PEN	POOL	\$0

Recreation and Leisure Swimming

Course: R00065 (96 hours)

This course enables the participant to utilize the pool during recreation swim hours. Call 484-1311 for schedule.

8444	12/16–5/04	TBA	TBA	PEN	POOL	\$38
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Course: R01567 (96 hours), second family member

This course enables the participant to utilize the pool during recreation swim hours. Call 484-1311 for schedule.

8445	12/16–5/04	TBA	TBA	PEN	POOL	\$22
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Course: R01568 (96 hours), third family member

This course enables the participant to utilize the pool during recreation swim hours. Call 484-1311 for schedule.

8446	12/16–5/04	TBA	TBA	PEN	POOL	\$12
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These fees are established to cover the cost of individual courses. Fee structure is subject to change. Fees, unless otherwise noted, do not include the cost of textbooks or supplies.

You Can Snorkel

Course: R04508 (4 hours)

Learn to snorkel and impress your friends or family on that trip to the beach or on that next vacation.

8495	3/31–4/07	7–9:00 a.m.	Sa	PEN	POOL	\$45
8496	4/21–4/28	7–9:00 a.m.	Sa	PEN	POOL	\$45



GYMNASTICS AND DANCE

Pensacola State College offers professional gymnastics, cheerleading, and tumbling instruction in a safe and positive environment. Classes for boys and girls ages 18 months through adults are limited to 6 or 8 students depending on the level of instruction. The classes focus on introductory level skills and progressively become more difficult. Every student moves through the levels according to each child's own ability level and at the discretion of the coaches. All coaches are CPR and first aid certified and required to be instructor members of USA Gymnastics, the governing body of the Junior Olympic Program. For more information, please call (850) 484-1319, or visit www.pensacolastate.edu/gymnastics.

Gymnastics–Trial Class (Permission only)

Course: R03340 (1 hour)

8306	1/9–5/5	TBA	TBA	PEN	1903	\$6
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Gymnastics–Private Lessons

The Gymnastics Department offers private lessons for beginner, intermediate, and advanced students to help them develop more advanced skills or perfect any skill they already have. Lessons are offered in tumbling, jumps and motions for cheerleaders and on any event for competitive and recreational gymnasts in 2 hour and 4 hour blocks that are scheduled with individual instructors in 30 minute to 60 minute sessions. Choose from the following instructors: Lacey Carrasquillo, Casey Clement, Cori Vieira, Virginia Glass, Kristin McBride, Danielle Swan, Kelly Wilcox (instructors subject to change). Approval is required from the Gymnastics Department. Call 484-1319 for more information.

PRESCHOOL GYMNASTICS

Our Pre-School program is for children ages 18 months–5 years old. Lesson plans are based around building basic locomotion, coordination, and motor skills on equipment designed specifically for your child's little hands and feet!

Parent Assisted (Ages 18 months–2 years)

Course: R01234 (8 hours) for registration of child

8320	1/10–2/28	5–5:55 p.m.	T	PEN	1903	\$87
8321	1/11–2/29	9–9:55 a.m.	W	PEN	1903	\$87
8322	1/11–2/29	11–11:55 a.m.	W	PEN	1903	\$87
8323	1/14–3/3	10–10:55 a.m.	Sa	PEN	1903	\$87
8325	3/6–5/1	5–5:55 p.m.	T	PEN	1903	\$87
8326	3/7–5/2	9–9:55 a.m.	W	PEN	1903	\$87
8327	3/7–5/2	11–11:55 a.m.	W	PEN	1903	\$87
8324	3/10–5/5	10–10:55 a.m.	Sa	PEN	1903	\$87

Course: N00328 for registration of parent

8801	1/10–2/28	5–5:55 p.m.	T	PEN	1903	\$0
8802	1/11–2/29	9–9:55 a.m.	W	PEN	1903	\$0
8803	1/11–2/29	11–11:55 a.m.	W	PEN	1903	\$0
8804	1/14–3/3	10–10:55 a.m.	Sa	PEN	1903	\$0
8806	3/6–5/1	5–5:55 p.m.	T	PEN	1903	\$0
8807	3/7–5/2	9–9:55 a.m.	W	PEN	1903	\$0
8808	3/7–5/2	11–11:55 a.m.	W	PEN	1903	\$0
8805	3/10–5/5	10–10:55a.m.	Sa	PEN	1903	\$0

Tiny Tumblers (Ages 3–4 years)

Course: R01235 (8 hours)

8336	1/9–2/27	4–4:55 p.m.	M	PEN	1903	\$87
8337	1/10–2/28	4–4:55 p.m.	T	PEN	1903	\$87
8338	1/10–2/28	6–6:55 p.m.	T	PEN	1903	\$87
8339	1/11–2/29	10–10:55 a.m.	W	PEN	1903	\$87
8340	1/11–2/29	5–5:55 p.m.	W	PEN	1903	\$87
8341	1/12–3/1	5–5:55 p.m.	Th	PEN	1903	\$87
8342	1/12–3/1	6–6:55 p.m.	Th	PEN	1903	\$87
8343	1/14–3/3	11–11:55 a.m.	Sa	PEN	1903	\$87
8344	3/5–4/30	4–4:55 p.m.	M	PEN	1903	\$87
8345	3/6–5/1	4–4:55 p.m.	T	PEN	1903	\$87
8346	3/6–5/1	6–6:55 p.m.	T	PEN	1903	\$87
8347	3/7–5/2	10–10:55 a.m.	W	PEN	1903	\$87
8348	3/7–5/2	5–5:55 p.m.	W	PEN	1903	\$87
8349	3/8–5/3	5–5:55 p.m.	Th	PEN	1903	\$87
8350	3/8–5/3	6–6:55 p.m.	Th	PEN	1903	\$87
8351	3/10–5/5	11–11:55 a.m.	Sa	PEN	1903	\$87

Kindergym (Ages 5–6 years)

Course: R01237 (8 hours)

8352	1/9–2/27	5–5:55 p.m.	M	PEN	1903	\$87
8353	1/11–2/29	5–5:55 p.m.	W	PEN	1903	\$87
8354	1/12–3/1	4–4:55 p.m.	Th	PEN	1903	\$87
8355	1/14–3/3	10–10:55 a.m.	Sa	PEN	1903	\$87
8357	3/5–4/30	5–5:55 p.m.	M	PEN	1903	\$87
8358	3/7–5/2	5–5:55 p.m.	W	PEN	1903	\$87
8359	3/8–5/3	4–4:55 p.m.	Th	PEN	1903	\$87
8356	3/10–5/5	10–10:55 a.m.	Sa	PEN	1903	\$87

Advanced Kindergym (Permission only)

Course: R01238 (8 hours)

8360	1/9–2/27	5–5:55 p.m.	M	PEN	1903	\$87
8361	3/5–4/30	5–5:55 p.m.	M	PEN	1903	\$87



RECREATIONAL GYMNASTICS

Our recreational program for boys, girls, and adults serves as a good foundation to not only gymnastics, but any other sport as well. Lesson plans are designed to offer basic knowledge of gymnastics and teach the fundamentals of each apparatus while improving flexibility, agility, coordination, and self confidence. Each child progresses through the levels at their own rate. Adult classes cater to each individual's ability to maximize success.

Adult Gymnastics (Ages 16 and up)

Course: R01268 (8 hours)

8362	1/10–2/28	7–7:55 p.m.	T	PEN	1903	\$87
8363	3/6–5/1	7–7:55 p.m.	T	PEN	1903	\$87

NOTE: The information provided in this booklet is subject to change without notice.

For up-to-date information, visit our website at

www.pensacolastate.edu/ContinuingEducation or call (850) 484-1797.

Boys, Levels 1–3 (Ages 6 and up)

Course: R01249 (8 hours)

8364	1/9–2/27	4–4:55 p.m.	M	PEN	1903	\$87
8365	1/11–2/29	4–4:55 p.m.	W	PEN	1903	\$87
8366	3/5–4/30	4–4:55 p.m.	M	PEN	1903	\$87
8367	3/7–5/2	4–4:55 p.m.	W	PEN	1903	\$87

Boys, Levels 4–6 (Ages 6 and up)

Course: R01250 (8 hours)

8368	1/9–2/27	5–5:55 p.m.	M	PEN	1903	\$87
8369	3/5–4/30	5–5:55 p.m.	M	PEN	1903	\$87

Girls, Level 1 (Ages 6–10 years)

Course: R00911 (8 hours)

8370	1/9–2/27	4–4:55 p.m.	M	PEN	1903	\$87
8376	1/10–2/28	4–4:55 p.m.	T	PEN	1903	\$87
8371	1/10–2/28	5–5:55 p.m.	T	PEN	1903	\$87
8372	1/11–2/29	4–4:55 p.m.	W	PEN	1903	\$87
8373	1/12–3/1	4–4:55 p.m.	Th	PEN	1903	\$87
8374	1/12–3/1	5–5:55 p.m.	Th	PEN	1903	\$87
8375	1/14–3/3	11–11:55 a.m.	Sa	PEN	1903	\$87
8378	3/5–4/30	4–4:55 p.m.	M	PEN	1903	\$87
8377	3/6–5/1	4–4:55 p.m.	T	PEN	1903	\$87
8379	3/6–5/1	5–5:55 p.m.	T	PEN	1903	\$87
8380	3/7–5/2	4–4:55 p.m.	W	PEN	1903	\$87
8381	3/8–5/3	4–4:55 p.m.	Th	PEN	1903	\$87
8382	3/8–5/3	5–5:55 p.m.	Th	PEN	1903	\$87
8383	3/10–5/5	11–11:55 a.m.	Sa	PEN	1903	\$87

Girls Gymnastics, Level I (Ages 11–15 years)

Course: R03322 (8 hours)

8384	1/10–2/28	6–6:55 p.m.	M	PEN	1903	\$87
8385	3/6–5/1	6–6:55 p.m.	M	PEN	1903	\$87

Girls, Level 2 (Ages 6–10 years)

Course: R01245 (8 hours)

8386	1/9–2/27	6–6:55 p.m.	M	PEN	1903	\$87
8387	1/10–2/28	4–4:55 p.m.	T	PEN	1903	\$87
8388	1/11–2/29	5–5:55 p.m.	W	PEN	1903	\$87
8389	3/5–4/30	6–6:55 p.m.	M	PEN	1903	\$87
8390	3/6–5/1	4–4:55 p.m.	T	PEN	1903	\$87
8391	3/7–5/2	5–5:55 p.m.	W	PEN	1903	\$87

Girls, Level 3 (Ages 6–15 years)

Course: R02287 (8 hours)

8392	1/11–2/29	6–6:55 p.m.	W	PEN	1903	\$87
8393	1/12–3/1	4–4:55 p.m.	Th	PEN	1903	\$87
8394	3/7–5/2	6–6:55 p.m.	W	PEN	1903	\$87
8395	3/8–5/3	4–4:55 p.m.	Th	PEN	1903	\$87

Girls, Level 4 (Ages 6–15 years)

Course: R02282 (8 hours)

8396	1/11–2/29	6–6:55 p.m.	W	PEN	1903	\$87
8397	3/7–5/2	6–6:55 p.m.	W	PEN	1903	\$87

Girls, Levels 5 & 6 (Ages 6–15 years, permission only)

Course: R01247 (32 hours)

8334	1/10–3/1	5–6:55 p.m.	TTh	PEN	1903	\$190
8335	3/6–5/3	5–6:55 p.m.	TTh	PEN	1903	\$190

RECREATIONAL CHEERLEADING AND TUMBLING

Our cheerleading classes are for children with absolutely no experience, high school varsity cheerleaders, and everything in between! Classes include learning and improving jumps, motions, and tumbling. Advanced cheerleading is for students that already can do a standing back handspring and round off back handspring.

Our recreational tumbling classes are designed for children wanting to learn and improve basic tumbling through advanced floor skills. This class is suitable but not recommended for cheerleaders.

Basic Tumbling (Ages 6 and up, for boys and girls)

Course: R01709 (8 hours)

8328	1/12–3/1	6–6:55 p.m.	Th	PEN	1903	\$87
8329	3/8–5/3	6–6:55 p.m.	Th	PEN	1903	\$87

Cheerleading (Ages 6–9 years)

Course: R03325 (8 hours)

8398	1/11–2/29	4–4:55 p.m.	W	PEN	1903	\$87
8399	3/7–5/2	4–4:55 p.m.	W	PEN	1903	\$87

Cheerleading (Ages 10–High School)

Course: R01242 (8 hours)

8402	1/9–2/27	6–6:55 p.m.	M	PEN	1903	\$87
8403	1/10–2/28	6–6:55 p.m.	T	PEN	1903	\$87
8404	1/11–2/29	6–6:55 p.m.	W	PEN	1903	\$87
8405	3/5–4/30	6–6:55 p.m.	M	PEN	1903	\$87
8406	3/6–5/1	6–6:55 p.m.	T	PEN	1903	\$87
8407	3/7–5/2	6–6:55 p.m.	W	PEN	1903	\$87

Advanced Cheerleading (Ages 10–High School, permission only)

Course: R01610 (8 hours)

8330	1/9–2/27	7–7:55 p.m.	M	PEN	1903	\$87
8331	1/11–2/29	7–7:55 p.m.	W	PEN	1903	\$87
8332	3/5–4/30	7–7:55 p.m.	M	PEN	1903	\$87
8333	3/7–5/2	7–7:55 p.m.	W	PEN	1903	\$87

Non-credit courses may be canceled due to insufficient enrollment. To ensure you get the course you desire, register at least one week before the start date of the course.

Pensacola State College reserves the right to substitute another instructor and to change the location and time classes meet.

COMPETITIVE GIRLS GYMNASTICS

The competitive program is designed for gymnasts that have a desire to push themselves physically and mentally. Our teams compete several times a year around the state and region. If your child is interested in becoming part of the team, please contact Cristina at cpavey@pensacolastate.edu or 484-1319.

Mighty Mites (Ages 4–6 years, permission only)

Course: R04776 (16 hours)

8274	1/9–2/1	TBA	TBA	PEN	1903	\$90
8275	2/6–2/29	TBA	TBA	PEN	1903	\$90
8276	3/5–3/28	TBA	TBA	PEN	1903	\$90
8277	4/2–5/2	TBA	TBA	PEN	1903	\$90

Dance Techniques for Mighty Mites (Ages 4–6 years)

Course: R04775 (2 hours)

8278	1/9–2/1	TBA	TBA	PEN	1903	\$20
8279	2/6–2/29	TBA	TBA	PEN	1903	\$20
8280	3/5–3/28	TBA	TBA	PEN	1903	\$20
8281	4/2–5/2	TBA	TBA	PEN	1903	\$20

Competitive Team Level 3 (Ages 4–8 years, permission only)

Course: R04777 (24 hours)

8282	1/16–2/11	TBA	TBA	PEN	1903	\$110
8283	2/13–3/10	TBA	TBA	PEN	1903	\$110
8284	3/12–4/7	TBA	TBA	PEN	1903	\$110
8285	4/9–5/12	TBA	TBA	PEN	1903	\$110

Dance Techniques for Competitive Team Level 3 (Ages 4–8 years)

Course: R04774 (2 hours)

8286	1/9–2/1	TBA	TBA	PEN	1903	\$20
8287	2/6–2/29	TBA	TBA	PEN	1903	\$20
8288	3/5–3/28	TBA	TBA	PEN	1903	\$20
8289	4/2–5/2	TBA	TBA	PEN	1903	\$20

Competitive Team, Level 4 (Ages 6–High School, permission only)

Course: R04778 (38 hours)

8290	1/16–2/11	TBA	TBA	PEN	1903	\$125
8291	2/13–3/10	TBA	TBA	PEN	1903	\$125
8292	3/12–4/07	TBA	TBA	PEN	1903	\$125
8293	4/09–5/12	TBA	TBA	PEN	1903	\$125



Dance Techniques for Competitive Team Level 4 (Ages 6 to High School)

Course: R04773 (4 hours)

8294	1/9–2/1	TBA	TBA	PEN	1903	\$30
8295	2/6–2/29	TBA	TBA	PEN	1903	\$30
8296	3/5–3/28	TBA	TBA	PEN	1903	\$30
8297	4/2–5/2	TBA	TBA	PEN	1903	\$30

Competitive Team, Levels 5 through 10 (Ages 6–High School, permission only)

Course: R04779 (52 hours)

8298	1/16–2/11	TBA	TBA	PEN	1903	\$145
8299	2/13–3/10	TBA	TBA	PEN	1903	\$145
8300	3/12–4/7	TBA	TBA	PEN	1903	\$145
8301	4/9–5/12	TBA	TBA	PEN	1903	\$145

Dance Techniques for Competitive Team Levels 5–10 (Ages 6 to High School)

Course: R04772 (4 hours)

8302	1/9–2/1	TBA	TBA	PEN	1903	\$30
8303	2/6–2/29	TBA	TBA	PEN	1903	\$30
8304	3/5–3/28	TBA	TBA	PEN	1903	\$30
8305	4/2–5/2	TBA	TBA	PEN	1903	\$30

New Dance Tech Fundamentals (Ages 7+)

Course: R04799 (4 hours)

(For anyone 7+ years not on a competitive team)

A dance foundations course with the focus on basic concepts of ballet including correct body alignment and placement, turnout, arm and leg positions, dance vocabulary, elementary barre work, basic center work and combinations, traveling, jumps, preparation for leaps, musicality and expression.

8593	1/9–2/1	4–5 p.m.	M	PEN	1903	\$30
8564	2/6–2/29	4–5 p.m.	M	PEN	1903	\$30
8565	3/5–3/28	4–5 p.m.	M	PEN	1903	\$30
8566	4/2–5/2	4–5 p.m.	M	PEN	1903	\$30

oops!

We cancelled your class because we didn't know you were interested. Sometimes excellent classes with super instructors are canceled because people wait to register.

Our programs need a minimum number enrolled before a class can run. So, don't wait! Avoid disappointment by registering early!

DISCOUNTED GYMNASTICS

Want to try a class without having to commit? Can only come for part of a term? Have more than two children participating? Every child registered in the sections below needs to be put in to the correct class to avoid over booking. Please call (850) 484-1319 if you answered "Yes!" to any of the questions!

Third Child

Course: R01255 (8 hours)

8307	1/9-3/3	TBA	TBA	PEN	1903	\$50
8308	3/5-5/5	TBA	TBA	PEN	1903	\$50

Mini Term, once a week

Course: R01253 (4 hours), one hour per week.

8312	1/9-2/1	TBA	TBA	PEN	1903	\$44
8313	2/6-2/29	TBA	TBA	PEN	1903	\$44
8314	3/5-3/28	TBA	TBA	PEN	1903	\$44
8315	4/2-5/2	TBA	TBA	PEN	1903	\$44

Mini Term, twice a week

Course: R01254 (8 hours), two hours per week

8316	1/9-2/1	TBA	TBA	PEN	1903	\$76
8317	2/6-2/29	TBA	TBA	PEN	1903	\$76
8318	3/5-3/28	TBA	TBA	PEN	1903	\$76
8319	4/2-5/2	TBA	TBA	PEN	1903	\$76

Gymnastics, twice a week (Permission required)

Course: R04541 (16 hours)

8309	1/9-3/3	TBA	TBA	PEN	1903	\$152
8310	3/5-5/5	TBA	TBA	PEN	1903	\$152

HEALTH AND WELLNESS

Belly Dance

Course: R04795 (21 hours)

Learn the basic techniques of middle eastern belly dance and the use of veils.

8559	1/23-4/30	7-8:30 p.m.	M	MIL	4018	\$78
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Body Sculpting

Course: R04794 (28 hours)

Get a full-body workout using cardio karate, free weights and exercise bands and balls. PEN students will need to bring mats.

8557	1/17-4/26	6:30-7:30 p.m.	TTh	PEN	1903	\$85
8558	1/18-4/30	5:30-6:30 p.m.	MW	MIL	4018	\$85

Core and More

Course: R04806 (12 hours)

This course is a fusion class of cardio drills and functional core exercises.

8574	1/31-4/26	4:15-5:15 p.m.	M	TBA	TBA	\$45
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Couples Massage

Course: R04592 (4 hours)

Learn the basics of Swedish Massage. Students must register with a partner. The class will include hands on practice.

8583	1/20	5:30-9:30 p.m.	F	PEN	1251	\$25
8584	2/17	5:30-9:30 p.m.	F	PEN	1251	\$25
8585	3/16	5:30-9:30 p.m.	F	PEN	1251	\$25
8586	4/20	5:30-9:30 p.m.	F	PEN	1251	\$25

Express Orientation to the L.I.F.E. Fitness Center

Students will receive a four hour orientation to the L.I.F.E. Fitness Center in the use of nautilus and free weights and cardiovascular training. Equipment and will be involved in performing a number of fitness assessments. After completion of orientation, students will be able to utilize the L.I.F.E. Fitness Center facility for the scheduled term.

For Pensacola Campus call (850) 484-1310; for Milton Campus call (850) 484-4490 for dates and times.

Course: R03567 (4 hour orientation + 96 hours fitness lab)

Pensacola Campus

8016	1/9-5/9	5:30-7:30 p.m.	MW	PEN	150	\$97
8017	1/9-5/9	9-11 a.m.	MF	PEN	150	\$97
8018	1/10-5/9	5:30-7:30 p.m.	TTh	PEN	150	\$97
8019	2/6-5/9	5:30-7:30 p.m.	MW	PEN	150	\$97
8020	2/6-5/9	9-11 a.m.	MF	PEN	150	\$97
8021	2/7-5/9	5:30-7:30 p.m.	TTh	PEN	150	\$97

Milton Campus

8023	1/9-5/9	9-11 a.m.	MW	MIL	4019	\$97
8024	1/9-5/9	5:30-7:30 p.m.	MW	MIL	4019	\$97
8025	1/23-5/9	9-11 a.m.	MW	MIL	4019	\$97
8026	1/23-5/9	5:30-7:30 p.m.	MW	MIL	4019	\$97
8027	2/13-5/9	9-11 a.m.	MW	MIL	4019	\$97
8028	2/13-5/9	5:30-7:30 p.m.	MW	MIL	4019	\$97
8029	2/27-5/9	9-11 a.m.	MW	MIL	4019	\$97
8030	2/27-5/9	5:30-7:30 p.m.	MW	MIL	4019	\$97

Warrington Campus

8022	1/6-5/4	TBA	TBA	WAR	3230	\$97
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Course: R03566 (4 hour orientation + 60 hours fitness lab)

Pensacola Campus

8013	3/12-5/9	9-11 a.m.	MF	PEN	150	\$64
8012	3/12-5/9	5:30-7:30 p.m.	MW	PEN	150	\$64
8014	3/13-5/9	5:30-7:30 p.m.	TTh	PEN	150	\$64

Milton Campus

8031	3/12-5/9	9-11 a.m.	MW	MIL	4019	\$64
8032	3/12-5/9	5:30-7:30 p.m.	MW	MIL	4019	\$64
8033	3/26-5/9	9-11 a.m.	MW	MIL	4019	\$64
8034	3/26-5/9	5:30-7:30 p.m.	MW	MIL	4019	\$64

Warrington Campus

8015	3/06-5/04	TBA	TBA	WAR	3230	\$64
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Course: R04606 (2 hours)

This course is only for Pensacola State College credit-seeking students, and will not be counted for degree credit.

Pensacola Campus

8009	1/6-5/9	TBA		TBA	PEN	150	\$20
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Warrington Campus

8010	1/6-5/4	TBA		TBA	WAR	3230	\$20
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Milton Campus

8011	1/6-5/9	TBA		TBA	MIL	4016	\$20
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Full Body Conditioning 100**Course: R04583 (211 hours)**

Designed for the individual who would like to use both the Fitness Center and the Pool during all available open hours with limited instruction.

8035	1/9-5/9	TBA		TBA	PEN	150 & pool	\$150
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Full Body Conditioning 101**Course: R04584 (207 hours)**

Designed for the individual who would like to use both the Fitness Center and the Pool during all available open hours with limited instruction.

8036	1/9-5/9	TBA		TBA	PEN	150 & pool	\$115
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Full body Conditioning 200**Course: R04585 (226 Hours)**

Designed for the individual who would like to use both the Fitness Center and the Pool during all available open hours with limited instruction.

8037	1/9-5/9	TBA		TBA	PEN	150 & pool	\$180
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Full Body Conditioning 201**Course: R04586 (222 hours)**

Designed for the individual who would like to use both the Fitness Center and the Pool during all available open hours with limited instruction.

8038	1/9-5/9	TBA		TBA	PEN	150 & pool	\$145
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Full Body Conditioning 300 (Plus personal trainer)**Course: R04587 (202 hours)**

Designed for the individual who would like to use both the Fitness Center and the Pool during all available open hours with limited instruction.

8039	1/9-5/9	TBA		TBA	PEN	150 & pool	\$235
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Full Body Conditioning 301 (Plus personal trainer)**Course: R04588 (198 hours)**

Designed for the individual who would like to use both the Fitness Center and the Pool during all available open hours with limited instruction.

8040	1/9-5/9	TBA		TBA	PEN	150 & pool	\$200
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Full Body Conditioning 400 (Plus personal trainer)**Course: R04589 (247 hours)**

Designed for the individual who would like to use both the Fitness Center and the Pool during all available open hours with limited instruction.

8042	1/9-5/9	TBA		TBA	PEN	150 & pool	\$370
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Full Body Conditioning 401 (Plus personal trainer)**Course: R04590 (243 hours)**

Designed for the individual who would like to use both the Fitness Center and the Pool during all available open hours with limited instruction.

8041	1/9-5/9	TBA		TBA	PEN	150 & pool	\$335
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Indoor Track and Basketball Gym**Course: R00672 (90 hours)**

Course authorizes the enrollee to use the Milton Campus L.I.F.E. Center indoor track and basketball gymnasium during the term(s) enrolled. The indoor track and the basketball gymnasium are available for use during scheduled open hours. For safety reasons, children under five years of age are not permitted to enroll in this course or permitted to use these areas. Children ages five through 15 may enroll, but must have an adult with them at all times, who also is registered for this course. Young people 16 years of age or older may participate without supervision.

8044	1/6-5/9	TBA		TBA	MIL	4016	\$28
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Mommy and Me Fitness**Course: R03367 (24 hours) For registration of mom**

Come join other moms and get back into shape using your baby, weights and a stroller. Recommended for moms with babies 6 weeks to 2 years.

8491	1/30-4/25	9:30-10:30 a.m.		MW	MIL	4018	\$70
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Course: N00334 (24 hours) For registration of baby

8811	1/30-4/25	9:30-10:30 a.m.		MW	MIL	4018	\$0
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Personal Trainer Extension

(Prerequisites for this course are Full Body Conditioning 300, 301, 400, or 401)

Course: R04591 (6 hours)

Designed for the individual who would like to use both the Fitness Center and the Pool during all available open hours with limited instruction.

8043	2/6-5/9	TBA		TBA	PEN	150 & pool	\$150
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PiYo**Course: R03365 (24 hours)**

The stretches and exercises you do in this combination class of yoga and Pilates will strengthen your core muscles and help you to feel refreshed.

8492	1/31-4/26	6:30-7:30 p.m.		TTh	MIL	4018	\$70
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Course: R03085 (12 hours)

8493	2/4-4/28	9-10 a.m.		Sa	MIL	4018	\$35
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Recreation Fitness Labs

Course: R00064 (96 hours)

Eligible participants may use the facilities equipment at the L.I.F.E. Center. Prerequisites: Concepts of Life Fitness (HLP1081), Life Fitness Assessment for the Community (R02347) or Express Orientation to the L.I.F.E. Fitness Center (R03567) or (R03566).

Pensacola Campus

8000	1/6-5/9	TBA	TBA	PEN	150	\$75
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Milton Campus

8002	1/6-5/9	TBA	TBA	MIL	4016	\$75
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Warrington Campus

8001	1/6-5/4	TBA	TBA	WAR	3230	\$75
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Course: R00211 (60 hours)

Pensacola Campus

8003	1/6-3/5	TBA	TBA	PEN	150	\$38
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8004	3/6-5/9	TBA	TBA	PEN	150	\$38
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Milton Campus

8007	1/6-3/7	TBA	TBA	MIL	4016	\$38
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8008	3/8-5/9	TBA	TBA	MIL	4016	\$38
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Warrington Campus

8005	1/6-3/5	TBA	TBA	WAR	3230	\$38
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8006	3/6-5/4	TBA	TBA	WAR	3230	\$38
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Tai Chi for Health

Course: R04792 (21 hours)

Course is designed to release tension, reduce stress and energize your being.

8555	1/18-4/25	7-8:30 p.m.	W	MIL	4018	\$78
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Course: R04793 (28 hours)

8556	1/17-4/26	3:30-4:30 p.m.	TTh	EPH		\$105
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Course: R04791 (14 hours)

8554	1/19-4/26	5-6 p.m.	Th	GPCC		\$58
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The Blender

Course: R04790 (24 hours)

This course is a little bit of everything: hand weights, body sculpting, Pilates and more.

8553	1/31-4/26	5:30-6:25 p.m.	TTh	MIL	4018	\$80
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Yoga

Course: R02341 (24 hours)

Learn gentle stretching exercises and yoga postures which will increase your overall flexibility, muscle tone and strength. Learn relaxation and breathing techniques.

8494	2/1-4/25	6-8 p.m.	W	GPCC		\$75
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Course: R04816 (15 hours)

Learn gentle stretching exercises and yoga postures which will increase your overall flexibility, muscle tone and strength. Learn relaxation and breathing techniques.

8529	2/7-5/1	5:45-7 p.m.	T	WAR	3227	\$50
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Zumba® Fitness

Course: R04828 (8 hours)

Dance to Latin-fused dance mixes such as Meringue, Salsa, Samba, Cumbia, Reggaeton, Calypso, American/Hip-Hop and other dance styles in each one hour cardio workout that has the potential to burn 800-1000 calories

8615	1/10-2/2	8:30-9:30 a.m.	TTh	PEN	1903	\$40
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8616	2/7-3/1	8:30-9:30 a.m.	TTh	PEN	1903	\$40
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8617	3/6-4/5	8:30-9:30 a.m.	TTh	PEN	1903	\$40
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8618	4/10-5/3	8:30-9:30 a.m.	TTh	PEN	1903	\$40
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MARTIAL ARTS

Karate, Beginning

Course: R04812 (18 hours)

Course is designed to teach males and females the basics of Shotokan karate and self-defense practices. Safety is stressed.

8521	1/30-3/7	6-7:30 p.m.	MW	PEN	1903	\$60
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8522	3/26-5/2	6-7:30 p.m.	MW	PEN	1903	\$60
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Course: R04813 Karate, Beginning for 2nd Family Member and Beyond (18 hours)

8523	1/30-3/7	6-7:30 p.m.	MW	PEN	1903	\$45
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8524	3/26-5/2	6-7:30 p.m.	MW	PEN	1903	\$45
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Karate, Intermediate

Course: R04814 (18 hours)

Course is designed to teach males and females the intermediate level of Shotokan karate and self-defense practices. Safety is stressed.

8525	1/30-3/7	6-7:30 p.m.	MW	PEN	1903	\$60
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8526	3/26-5/2	6-7:30 p.m.	MW	PEN	1903	\$60
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Course: R04815 Karate, Intermediate for 2nd Family Member and Beyond (18 hours)

8527	1/30-3/7	6-7:30 p.m.	MW	PEN	1903	\$45
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8528	3/26-5/2	6-7:30 p.m.	MW	PEN	1903	\$45
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SPORTS

Tennis, Beginning – Level I

Course: R00813 (30 hours)

USA Tennis is for anyone who desires to learn to play tennis or who desires to improve tennis skills and learn proper tennis etiquette. Tennis racquet and balls are not provided.

8048	2/6-4/18	5:30-6:55 p.m.	MW	PEN	TC	\$85
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Tennis, Beginning – Level II

Course: R04253 (30 hours)

Students will continue to develop tennis skills and proper tennis etiquette. Tennis racquet and balls are not provided.

8049	2/6-4/18	7:05-8:30 p.m.	MW	PEN	TC	\$85
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WORK AND LIFE BALANCE

LIFE SKILLS

Adult Individual Fundamentals (Reading and Writing)

Course: R04811 (6 hours)

Course is designed for adults and young adults that require individual assistance in their reading and writing skills and require a flexible study routine.

8520	1/9-5/4	TBA	TBA	PEN	TBA	\$150
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Coffee and a Short Story

Course: R04769 (20 hours)

In this course, students will read and discuss short stories in a comfortable and relaxing setting.

8488	2/3-4/20	9-11 a.m.	F	PEN	2033	\$70
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Financial Workshop: Your Source for Financial Education

Course: R04756 (8 hours)

Students will gain a better understanding of key principles of saving and investing and also learn specific strategies to help reach long term financial goals.

8447	3/12-4/9	6-8 p.m.	M	PEN	445	\$50
8448	3/15-4/12	2-4 p.m.	Th	MIL	4303	\$50

Prepare for U. S. Citizenship

Course: R04611 (12 hours)

Students who are eligible to take the U.S. Citizenship and Immigration Services test will learn about American history, government and election processes. Students will practice answering questions on the government test and how to fill out the citizenship test application form and practice in a practice interview.

8487	3/27-5/1	6:30-8:30 p.m.	T	PEN	119	\$35
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Retirement Has Changed, What's Your Next Move?

Course: R04755 (2 hours)

This class is designed for investors who are five to fifteen years from retirement to discuss how to take inventory of current assets and determine how much money they may need during retirement.

8449	2/15	2:30-4:30 p.m.	W	PEN	443	\$20
8450	2/23	2:30-4:30 p.m.	Th	MIL	4303	\$20
8451	2/28	6-8 p.m.	T	PEN	443	\$20
8452	3/1	6-8 p.m.	Th	MIL	4301	\$20

Second Blooming for Women: Growing a Life that Matters after Fifty

Course: R04574 (3 hours)

Participants will become aware of their historic opportunity for creating a "second life" of their design. This is a highly interactive workshop.

8489	3/6	9 a.m.-Noon	T	PEN	9663	\$30
8490	4/16	1-4 p.m.	M	WAR	3735	\$30



COMPUTER SKILLS

Computer Maintenance

Course: R04597 (4 hours)

Students will establish regular routine maintenance to reduce spam, and viruses on their home computer.

8486	2/7-2/14	3-5 p.m.	T	WAR	3142L	\$25
8159	2/17-2/24	Noon-2 p.m.	F	PEN	2150	\$25
8160	3/2-3/9	10 a.m.-Noon	F	MIL	4416	\$25

Computer Overview I

Course: R03006 (16 hours)

Learn what makes your computer work, how to use your computer, and how to use the Internet.

8164	1/17-2/9	3-5 p.m.	TTh	PEN	2150	\$50
8484	1/23-3/12	3-5 p.m.	M	WAR	3142L	\$50
8155	2/9-4/5	6-8 p.m.	M	PEN	2150	\$50
8165	2/21-3/15	3-5 p.m.	TTh	MIL	4416	\$50

Computer Overview II

Course: R02298 (16 hours)

Learn to download and install programs, remove old programs and files, conduct a virus check, basic functions, create passwords and organize/manage the file system.

8156	2/7-4/3	6-8 p.m.	T	PEN	2150	\$50
8162	3/6-4/5	3-5 p.m.	TTh	PEN	2150	\$50
8485	3/6-5/1	3-5 p.m.	T	WAR	3142L	\$50
8163	4/3-4/26	3-5 p.m.	TTh	MIL	4416	\$50

E-Bay Learn to Sell

Course: R03560 (6 hours)

Learn the tips and tricks to sell things on eBay.

8517	4/3-4/4	6-9 p.m.	TW	PEN	2149	\$45
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Internet Fun for Beginners

Course: R04798 (12 hours)

In this course, students will learn how to use the internet for enjoyment.

8562	2/14-3/1	3-5 p.m.	TTh	PEN	2150	\$45
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Introduction to Windows 7

Course: R04787 (12 hours)

Students will learn the functions of Microsoft Windows 7.

8589	2/4-2/18	8 a.m.–Noon	Sa	PEN	2150	\$55
8161	2/25–3/17	9 a.m.–Noon	Sa	WAR	3142L	\$55
8590	4/8–4/29	1–4 p.m.	Su	MIL	4403	\$55

Microsoft Word 2007 for Beginners

Course: R04796 (12 hours)

Students will learn the fundamentals of Microsoft Word 2007.

8560	1/30–3/5	6:30–8:30 p.m.	M	PEN	2150	\$50
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My PC: Getting Started with Windows 7

Course R04786 (3 hours)

8591	1/28	9 a.m.–Noon	Sa	PEN	2150	\$25
8153	2/4	9 a.m.–Noon	Sa	WAR	3142L	\$25
8592	3/11	1–4 p.m.	Su	MIL	4403	\$25
8154	4/7	9 a.m.–Noon	Sa	WAR	3142L	\$25

COURT MANDATED COURSES

Guardianship Education

Course: R00478 (8 hours)

Each person appointed by the court to be a guardian must complete eight hours of instruction within 4 months of appointment. Learn the legal duties, rights of the incapacitated and local resources.

NOTE: Students must bring photo ID (driver's license) to class.

8167	2/25	8 a.m.–4 p.m.	Sa	PEN	9663	\$35
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Course: R02687 (4 hours) – For parents who are guardians of the property of their own minor-aged children.

8166	2/25	8 a.m.–Noon	Sa	PEN	9663	\$35
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Florida Parenting Class Online

Course: R04186 (4 hours)

The online version of Transparenting. Course is designed for parents with extenuating circumstances that prevent them from attending the classroom workshop. Permission required.

8273	Open Enrollment/Online – Call (850) 484–1797					\$39
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Tobacco and the Consequences

Course: R01155 (4 hours)

Learn the long- and short-term physiological and social consequences of tobacco use. Social influences, peer norms, problem-solving and refusal skills will be explored.

8455	1/30	5–9 p.m.	M	PEN	470	\$25
8456	3/5	5–9 p.m.	M	PEN	470	\$25
8457	4/16	5–9 p.m.	M	PEN	470	\$25

Transparenting

Course: R00521 (4.5 hours)

The First Judicial Circuit of Florida requires this course for parents, of minor aged children, who are facing divorce, separation or other legal proceedings. Children are not permitted to attend the seminar.

NOTE: Students must bring photo ID (driver's license) and case number to class.

8168	1/18	5:30–10 p.m.	W	PEN	9663	\$35
8169	1/21	8:30 a.m.–1 p.m.	Sa	PEN	9663	\$35
8170	1/25	5:30–10 p.m.	W	PEN	9663	\$35
8171	2/04	8:30 a.m.–1 p.m.	Sa	PEN	2142	\$35
8172	2/08	5:30–10 p.m.	W	PEN	9663	\$35
8173	2/25	8:30 a.m.–1 p.m.	Sa	MIL	4902	\$35
8174	2/29	5:30–10 p.m.	W	PEN	9663	\$35
8175	3/10	8:30 a.m.–1 p.m.	Sa	PEN	2142	\$35
8176	3/28	5:30–10 p.m.	W	PEN	9663	\$35
8177	3/31	8:30 a.m.–1 p.m.	Sa	PEN	9663	\$35
8178	4/11	5:30–10 p.m.	W	PEN	9663	\$35
8179	4/14	8:30 a.m.–1 p.m.	Sa	MIL	4902	\$35
8180	4/25	5:30–10 p.m.	W	PEN	9663	\$35
8181	4/28	8:30 a.m.–1 p.m.	Sa	PEN	9663	\$35

DRIVER SAFETY

For more information on the Driver Improvement program or the Motorcycle Safety course call 484-1797. The statutory assessment fees are set at \$2.50 for ADI and BDI courses and \$3 for TLSAE courses. These fees are included in the course fees.

Advanced Driver Improvement

Course: R01344 (12 hours)

Course is designed to implement better driving habits and to deter the irresponsible behaviors that lead to habitual traffic offenses, suspensions and/or revocation. Students must bring their driver's license or state identification card and their citation number to class in order for course completion information to be processed.

8459	1/27–1/28	5:30–9:30 p.m.	F	PEN	1708	\$79
	And	8 a.m.–5 p.m.	Sa			
8460	3/30–3/31	5:30–9:30 p.m.	F	PEN	1708	\$79
	And	8 a.m.–5 p.m.	Sa			

Advanced Driver Improvement Course Online

Course: R04644 (12 hours)

Another option for students to complete the 12 hour course that is designed to deter irresponsible driving habits.

8479	Open Enrollment/Online – Call (850) 484-1043					\$79
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These fees are established to cover the cost of individual courses. Fee structure is subject to change.

Fees, unless otherwise noted, do not include the cost of textbooks or supplies.

Basic Driver Improvement

Course: R01343 (4 hours)

This course is designed to help licensed drivers function more effectively and efficiently in traffic. Students must bring their citation number and driver's license number to class in order for information to be processed completely. Bring a blue or black ink pen and ticket number.

8464	1/14	9 a.m.–1 p.m.	Sa	CC	701	\$27
8461	1/18	5:30–9:30 p.m.	W	PEN	1708	\$27
8465	1/30	5:30–9:30 p.m.	M	WAR	3735	\$27
8466	2/11	9 a.m.–1 p.m.	Sa	MIL	4020	\$27
8467	2/22	5:30–9:30 p.m.	W	PEN	1708	\$27
8462	3/7	5:30–9:30 p.m.	W	PEN	1708	\$27
8468	3/27	5:30–9:30 p.m.	T	WAR	3735	\$27
8469	4/7	9 a.m.–1 p.m.	Sa	CC	701	\$27
8463	4/18	5:30–9:30 p.m.	W	PEN	1708	\$27
8470	4/28	9 a.m.–1 p.m.	Sa	MIL	4020	\$27

Basic Driver Improvement Online

Course: R04203 (4 hours)

Course provides online option to complete 4 hour course.

8480 Open Enrollment/Online – Call (850) 484-1043 \$27

First-time Driver's Course – S.T.A.R.T. – Student Training for Alcohol and Related Topics

Course: R01345 (4 hours)

Audiovisual and group discussions will familiarize first-time drivers with lawful and courteous driving habits. Individuals ages 17 and under are required to take this course in order to receive their learner's permit. Individuals 18 and older are required to complete this course before taking their driver's exam and receiving their driver's license.

8549	1/20	5:30–9:30 p.m.	F	PEN	1708	\$29
8546	1/28	9 a.m.–1 p.m.	Sa	CC	TBA	\$29
8547	2/15	5:30–9:30 p.m.	W	WAR	3735	\$29
8548	2/25	9 a.m.–1 p.m.	Sa	MIL	4020	\$29
8550	3/9	5:30–9:30 p.m.	F	PEN	1708	\$29
8542	4/14	9 a.m.–1 p.m.	Sa	CC	TBA	\$29
8551	4/20	5:30–9:30 p.m.	F	PEN	1708	\$29
8543	4/30	5:30–9:30 p.m.	M	WAR	3735	\$29
8544	5/5	9 a.m.–1 p.m.	Sa	MIL	4020	\$29

First-time Driver's Course – TLSAE – Traffic Law Substance Abuse Education Online

Course: R04204 (4 hours)

This course will familiarize first-time drivers with lawful and courteous driving habits. Individuals ages 17 and under are required to take this course in order to receive their learner's permit. Individuals 18 and older are required to complete this course before taking their driver's exam and receiving their driver's license.

8481 Open Enrollment/Online – Call (850) 484-1043 \$29

Judge Ordered Traffic Course

Course: R04645 (8 hours)

This course will fulfill the requirement of an 8-hour traffic class that a court or judge would order.

8482 Open Enrollment/Call (850) 484-1043 \$37

Mature Driver Course Online

Course: R04646 (6 hours)

For students over 55 years old with a Florida Driver's License to save money on car insurance by taking a 6-hour accident prevention course.

8483 Open Enrollment/Call (850) 484-1043 \$27

Motorcycle Safety Foundation Basic Rider Course

Course: R04404 (15 hours)

The Motorcycle Safety Foundation Basic Rider course is a complete course of instruction for those who wish to develop safe street-riding skills and obtain a motorcycle endorsement. Classroom instruction is combined with motorcycle riding activities on an approved training range. Student will need to successfully complete the skills riding evaluation and the written exam to receive a Rider Course Completion Card. Student handbook, insurance, helmet and motorcycle are provided. Students must provide long sleeve shirt or jacket, full fingered gloves, long pants and sturdy footwear which covers the ankles. Students may bring their own DOT/Snell Foundation approved helmet. Students must be at least 15 years of age and hold a valid Florida learner's permit for 6 months in order to participate in this course. Motorcycles are provided by Southern MotorSports Safety.

* Each section meets Thursday from 6 to 8:30 p.m., Saturday and Sunday from 7 a.m. to 3:30 p.m. in Building 17, room 1702 on the Pensacola campus. The cost is \$180.

8120	1/5–1/8	8126	2/16–2/19	8131	3/29–4/1
8121	1/12–1/15	8127	2/23–2/26	8132	4/5–4/8
8122	1/19–1/22	8128	3/1–3/4	8133	4/12–4/15
8123	1/26–1/29	8129	3/8–3/11	8134	4/19–4/22
8124	2/2–2/5	8130	3/15–3/18	8135	4/26–4/29
8125	2/9–2/12	8596	3/22–3/25	8136	5/3–5/6



TRAVEL AND LANGUAGES

American Sign Language – ASL I

Course: R02306 (20 hours)

Learn the technique of using gestures and symbols to represent groups of words. Course is for the hearing adult who wishes to learn the rudiments of sign language.



8472 2/14–4/24 6–8 p.m. T PEN 460 \$60

ASL II, Sign Language

Course: R02651 (20 hours)

Expand your beginning knowledge with strategies to increase sign word vocabulary plus study signing cultures and languages with activities and video presentations.

8593 1/30–4/9 6–8 p.m. M PEN 474 \$60

Chinese, Conversational (Mandarin)

Course: R04544 (16 hours)

Course will provide an opportunity for beginners to feel comfortable in having simple conversations in Chinese.

8045 3/6–5/1 6–8 p.m. T PEN 443 \$60

8046 3/8–5/3 6–8 p.m. Th WAR 3734 \$60

ESL One-on-one Tutoring

Course: R04810 (6 hours)

This course will focus on working with students that require additional help with their English as a Second Language class work.

8582 1/9–5/4 TBA TBA TBA TBA \$150

French I

Course: R00493 (24 hours)

Course is an introduction to the French language and culture. Course includes pronunciation drills to ensure accurate pronunciation and reading with a special emphasis on comprehension.

8415 1/30–4/23 6–8 p.m. M PEN 473 \$70

French II

Course: R00494 (24 hours)

The previously learned fundamentals are built upon in this continuation of French I.

8414 1/31–4/24 6–8 p.m. T PEN 473 \$70

French III

Course: R00665 (24 hours)

Course is a continuation of French II.

8413 2/1–4/25 6–8 p.m. W PEN 473 \$70

French, Basic Conversations

Course: R04549 (24 hours)

Course will provide an opportunity for beginners to feel comfortable in having simple conversations in French.

8410 1/31–4/24 2–4 p.m. T WAR 3735 \$70

8411 2/2–4/26 6–8 p.m. Th PEN 473 \$70

8412 2/2–4/26 2–4 p.m. Th SBCJ SBCJ \$70

German I

Course: R02547 (24 hours)

Course is an introduction to the German language and culture. Learn the basics of German grammar, vocabulary, usage and pronunciation.

8157 2/6–4/30 6:30–8:30 p.m. M PEN 464 \$70

German II

Course: R02548 (24 hours)

Course is a continuation of German I.

8158 2/7–5/1 6:30–8:30 p.m. T PEN 464 \$70

Japanese I

Course: R03605 (24 hours)

Introduction to Japanese language and culture. Learn the language while learning about Japan, the people, the places, and the customs.

8476 1/31–4/24 6–8 p.m. T PEN 442 \$70

Latin America in Perspective

Course: R04784 (9 hours)

An in-depth exploration of six South American countries compassing governments and one independent research.

8473 2/6–3/12 6–7:30 p.m. M MIL 4301 \$45

Let's Go Somewhere – Travel Seminar

Course: R04410 (2 hours)

This is a travel seminar class. Topics will include travel tips for planning your trip, pricing, etc.

8474 3/10 9–11 a.m. Sa PEN 443 \$15

8475 4/7 9–11 a.m. Sa PEN 443 \$15

Russian I

Course: R02912 (24 hours)

Course provides an introduction to the Russian language and culture. Students will learn the basics of Russian grammar, pronunciation, and usage.

8409 2/06–4/30 5:30–7:30 p.m. M PEN 471 \$70

Russian II

Course: R02960 (24 hours)

Students will continue to develop on previously taught principles from Russian I.

8408 2/7–5/1 5:30–7:30 p.m. T PEN 470 \$70

Russian, Basic Conversational

Course: R04552 (24 hours)

In this course, students will concentrate on developing speaking skills through simple conversations in Russian.

8311 2/2-4/26 5:30 -7:30 p.m. Th PEN 470 \$70

Spanish I

Course: R00641 (24 hours)

An introduction to Spanish language and culture.

8477 1/31-3/8 5-7 p.m. TTh PEN 445 \$70

Spanish, Conversational

Course: R04531 (24 hours)

Learn to build a Spanish vocabulary with this introductory course.

8588 2/7-5/1 6-8 p.m. T WAR 3734 \$70

Spanish, Advanced Conversational

Course: R04747 (24 hours)

A continuation of Spanish Conversational.

8587 2/9-5/3 6-8 p.m. Th PEN 474 \$70

ONLINE COURSES WITH ED2GO

Update your skills and discover a new talent at your own pace with Continuing Education's ONLINE COURSES! Our instructor facilitated online courses are informative, fun, convenient and highly interactive. All courses run for six weeks. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussions, supplementary links and much more! All students must register and pay for these courses with Pensacola State College, via any of the registration options available, prior to the first day of the course (see page 23 for information regarding Continuing Education registration) and then complete online orientation through Education to Go before gaining access to the course.

After you have registered with Pensacola State College, call (850) 484-1797 or email ce@pensacolastate.edu for orientation information and access to course.

Requirements for Online Courses: All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer. Some courses may have additional requirements.

Algebra, Introduction

Course: R02945 (12 hours)

Develop a rich understanding of the rudiments of algebra in a relaxed and supportive learning environment. This course will help you understand some of the most important algebraic concepts.

8270 Open Enrollment/Online with Education to Go \$95

Beginner's Guide to Getting Published

Course: R02846 (12 hours)

Learn how to give yourself the credibility you need to get your books and articles published.

8246 Open Enrollment/Online with Education to Go \$95

Beginning Conversational French

Course: R02653 (12 hours)

Learn common words and phrases for leisure and business. Pronunciation made simple, with phonetic spellings for every word and phrase you need to learn. Includes audio.

8269 Open Enrollment/Online with Education to Go \$95

Beginning Writer's Workshop

Course: R03506 (12 hours)

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

8203 Open Enrollment/Online with Education to Go \$95

Breaking into Sitcom Writing

Course: R04115 (12 hours)

Learn from a veteran TV comedy writer how to write professional sitcom scripts and how to break into show business

8213 Open Enrollment/Online with Education to Go \$95

Craft of Magazine Writing

Course: R02138 (12 hours)

Learn plenty of powerful brainstorming techniques designed to practically write every article for you.

8216 Open Enrollment/Online with Education to Go \$95

Discover Digital Photography

Course: R02083 (12 hours)

Course is an informative introduction to the fascinating world of digital photography equipment.

8267 Open Enrollment/Online with Education to Go \$95

Ed2Go Courses

A new section of each course starts monthly.

**Start dates for the fall
will be 1/18, 2/15, 3/21 & 4/18.**

All courses run for six weeks.
To view specific course descriptions and lesson plans
please visit www.ed2go.com/ce

For instructions on how to register,
please visit Continuing Education's Ed2Go website at

- www.pensacolastate.edu/continuingeducation
- Click on "Recreation and Leisure"
- Click on instructions for taking online courses

Drawing for the Absolute Beginner

Course: R03895 (12 hours)

An expert instructor will guide you through an exciting and informative exploration of drawing materials, lighting techniques, design and layout methods, and more.

8266 Open Enrollment/Online with Education to Go \$95

Easy English I

Course: R04634 (12 hours)

In this course, students will build grammar and vocabulary skills step-by-step. Students will also improve your listening skills through audio and video activities.

8233 Open Enrollment/Online with Education to Go \$95

Easy English II

Course: R04635 (12 hours)

In this course, students will build grammar and vocabulary skills step-by-step. Students will also improve your listening skills through audio and video activities.

8200 Open Enrollment/Online with Education to Go \$95

Enhancing Language Development in Childhood

Course: R04123 (12 hours)

Discover how children learn to process language and how they become proficient speakers and thinkers.

8240 Open Enrollment/Online with Education to Go \$95

GED Test Preparation

Course: R02253 (12 hours)

Prepare to take the GED Test. Develop additional reading and thinking skills needed to succeed in all five areas: writing skills, social studies, science, literature and math.

8262 Open Enrollment/Online with Education to Go \$95

Genealogy Basics

Course: R03898 (12 hours)

The course explains in simple terms where to look, who to contact, and how to use the genealogical research tools of the computer and the Internet to further your research.

8258 Open Enrollment/Online with Education to Go \$95

Get Assertive!

Course: R03899 (12 hours)

Learn to deal with anger and criticism. Gain the skills to be assertive with family members, friends, and more. It's your turn to speak out!

8261 Open Enrollment/Online with Education to Go \$95

Get Paid to Travel

Course: R02655 (12 hours)

Learn to travel with local, domestic and international tours and cruises. Topics covered include group procedures, documentation and emergencies.

8260 Open Enrollment/Online with Education to Go \$95

GMAT Preparation

Course: R02145 (12 hours)

Discover powerful test-taking techniques and methods for improving your score on the GMAT.

8259 Open Enrollment/Online with Education to Go \$95

Going Green at Home

Course: R04534 (12 hours)

Step into a green lifestyle! In this course, you'll learn how to reduce your carbon footprint by making simple changes that benefit the environment and your own health.

8257 Open Enrollment/Online with Education to Go \$95

Goodbye to Shy

Course: R03859 (12 hours)

Learn how to reduce anxiety, build self-esteem, strike up conversations with others, win friends, and act confidently in romantic relationships.

8256 Open Enrollment/Online with Education to Go \$95

Grammar for ESL

Course: R04641 (12 hours)

This course will provide you with an in-depth analysis of English grammar and structure so that you will be more prepared to succeed in any class taught in English.

8255 Open Enrollment/Online with Education to Go \$95

Grammar Refresher

Course: R03901 (12 hours)

Grammar is fun if you know the rules. Course provides plenty of interactive exercises that will give you ample opportunity to put into practice everything you learn.

8254 Open Enrollment/Online with Education to Go \$95

GRE Preparation Part I

Course: R02091 (12 hours)

Discover powerful strategies for success in the verbal and analytical sections of the GRE.

8248 Open Enrollment/Online with Education to Go \$95

GRE Preparation Part II

Course: R02092 (12 hours)

Learn a variety of useful techniques for tackling the math section of the GRE.

8247 Open Enrollment/Online with Education to Go \$95

Guitar Introduction

Course: R04818 (12 hours)

In this course, students will learn to play the guitar step-by-step with the help of hands-on exercises, audio and video recordings and detailed illustrations.

8532 Open Enrollment/Online with Education to Go \$95

Guiding Kids on the Internet

Course: R03902 (12 hours)

This essential course for teachers, leaders and parents will give you the confidence you need for helping children get the best from Internet access. Step-by-step instructions will lead you in discovering various kid-friendly Internet features.

8245 Open Enrollment/Online with Education to Go \$95

Handling Medical Emergencies

Course: R03168 (12 hours)

This course teaches how to handle medical emergencies calmly but competently.

8219 Open Enrollment/Online with Education to Go \$95

Homeschool with Success

Course: R04401 (12 hours)

Discover how to homeschool your children in a way that ensures they get what they need both academically and socially.

8244 Open Enrollment/Online with Education to Go \$95

Instant Italian

Course: R03860 (12 hours)

This dynamic course will teach you how to express yourself comfortably in Italian. You'll learn practical, everyday words and phrases that will make your stay in Italy more enjoyable.

8251 Open Enrollment/Online with Education to Go \$95

Internet Introduction

Course: R02101 (12 hours)

Master the ins and outs of the Internet with this informative behind-the-scenes look at the Web, search engines, e-mail and more.

8252 Open Enrollment/Online with Education to Go \$95

Interpersonal Communication

Course: R03509 (12 hours)

Become aware of the conscious and unconscious codes of meaning we send when communicating with others.

8253 Open Enrollment/Online with Education to Go \$95

Introduction to Natural Health and Healing

Course: R03903 (12 hours)

Discuss the various stages of health and illness, and discover through this course that true health means wholeness of the mind, body and spirit.

8228 Open Enrollment/Online with Education to Go \$95

Japanese, Conversational

Course: R04341 (12 hours)

Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language.

8235 Open Enrollment/Online with Education to Go \$95

Journaling Introduction

Course: R03081 (12 hours)

Learn to use powerful journaling techniques to develop a deeper and more spiritual understanding of yourself and explore your thoughts, feelings, beliefs, and values

8234 Open Enrollment/Online with Education to Go \$95

Keyboarding

Course: R03021 (12 hours)

Use the computer program Key Boarding Pro 5 to learn the basic skills of touch-typing.

8243 Open Enrollment/Online with Education to Go \$95

Keys to Effective Communication

Course: R04118 (12 hours)

Learn to use communication to build rapport and create environments of trust, warmth, and respect. Become more confident, create a great first impression, and more.

8241 Open Enrollment/Online with Education to Go \$95

Keys to Successful Money Management

Course: R04763 (12 hours)

In this course, a certified financial planner will walk you through the steps you need to take in order to achieve true financial success.

8242 Open Enrollment/Online with Education to Go \$95

Learn to Buy and Sell on eBay

Course: R02378 (12 hours)

Create titles that get noticed; craft advertising copy; create and upload photos; accept credit card payments; pack and ship items; get the best price; bid effectively and more.

8446 Open Enrollment/Online with Education to Go \$95

No time to sit in a classroom? Schedule too hectic to attend classes? Our ONLINE Continuing Education courses may be just what you are looking for... six week classes, easy access, work at your own pace, reasonable tuition and excellent instructors.

Listen to Your Heart, and Success Will Follow

Course: R04120 (12 hours)

Design a life that makes you happy by learning how you can use work to express yourself and share your interests and talents.

8447 Open Enrollment/Online with Education to Go \$95

Lose Weight and Keep It Off

Course: R04392 (12 hours)

This course will not only help you reach your goal to lose weight but also teaches how to enhance your daily life with ways to then keep off lost weight.

8238 Open Enrollment/Online with Education to Go \$95



LSAT Preparation Part I

Course: R02147 (12 hours)

Learn about law school entrance procedures, developing analytical reasoning skills, and improving your test-taking skills.

8237 Open Enrollment/Online with Education to Go \$95

LSAT Preparation Part II

Course: R02148 (12 hours)

Improve your reading comprehension and logical reasoning skills, and discover proven approaches for selecting correct exam answers.

8236 Open Enrollment/Online with Education to Go \$95

Luscious, Low-Fat, Lightning-Quick Meals

Course: R03167 (12 hours)

Join a registered dietitian and discover how easy it can be to prepare meals that are both delicious and nutritious.

8215 Open Enrollment/Online with Education to Go \$95

Math Refresher

Course: R03897 (12 hours)

Gain confidence in your basic math skills so you can start using math to your advantage.

8218 Open Enrollment/Online with Education to Go \$95

Merrill Ream Speed Reading

Course: R02381 (12 hours)

Learn to read faster and with better comprehension from acclaimed speed reading expert Dr. Merrill Ream. Master the skills and techniques to become a proficient speed reader.

8220 Open Enrollment/Online with Education to Go \$95

Microsoft Office 2007

Course: R04338 (12 hours)

Learn the most important new features of Microsoft Office (Word, Excel, PowerPoint, and Access 2007) including the Ribbon and tab user interface that replaces menus and toolbars from earlier versions.

8223 Open Enrollment/Online with Education to Go \$95

Microsoft Outlook 2007 Introduction

Course: R04112 (12 hours)

Learn the secrets behind writing emails, planning events, managing the calendar and more.

8224 Open Enrollment/Online with Education to Go \$95

Microsoft Outlook 2010 Introduction

Course: R04819 (12 hours)

Learn the secrets behind writing e-mails, planning events, managing the calendar and more.

8581 Open Enrollment/Online with Education to Go \$95

Microsoft Word 2007 Introduction

Course: R04114 (12 hours)

Learn to create and modify documents using Microsoft Word 2007.

8225 Open Enrollment/Online with Education to Go \$95

Microsoft Word 2010, Intermediate

Course: R04821 (12 hours)

Learn about Microsoft Word 2010's more advanced features and simple desktop publishing.

8534 Open Enrollment/Online with Education to Go \$95

Microsoft Word 2010, Introduction

Course: R04820 (12 hours)

Learn to create and modify documents using Microsoft Word 2010.

8533 Open Enrollment/Online with Education to Go \$95

Music Made Easy

Course: R03904 (12 hours)

You'll gain a complete understanding of rhythm, melody, and harmony, and you'll be able to recognize pitches on the musical staff and on the keyboard.

8226 Open Enrollment/Online with Education to Go \$95

Mystery Writing

Course: R03514 (12 hours)

Course uses vivid examples from bestselling novels to learn the techniques you need to become a successful mystery author.

8227 Open Enrollment/Online with Education to Go \$95

PC Troubleshooting, Introduction

Course: R02103 (12 hours)

Intro to PC Troubleshooting takes you step by step through the typical hardware and operating system problems encountered by technicians, teaching troubleshooting techniques to decipher any problem, and giving you the skills you need to solve them.

8198 Open Enrollment/Online with Education to Go \$95

Personal Finances

Course: R02992 (12 hours)

Learn to create and use a budget, borrow and invest wisely, make intelligent decisions about insurance, plan for your financial future and so much more.



8263 Open Enrollment/Online with Education to Go \$95

Photographing Nature with Your Digital Camera

Course: R04339 (12 hours)

Learn how to use your digital camera to take stunning nature photos, including landscapes, flowers, animals, and even macro shots.

8193 Open Enrollment/Online with Education to Go \$95

Photographing People with Your Digital Camera

Course: R02675 (12 hours)

Course makes taking beautiful pictures of adults, children and babies simple. Review and discover the best ways to shoot faces, repair common problems, and more.

8192 Open Enrollment/Online with Education to Go \$95

Photoshop CS4 for the Digital Photographer

Course: R04399 (12 hours)

Learn to utilize professional tools and techniques that are most helpful to photographers with Photoshop CS4.

8193 Open Enrollment/Online with Education to Go \$95

Photoshop CS5 for Digital Photographer

Course: R04636 (12 hours)

Learn how to use Adobe's Photoshop CS5 to edit and enhance your photographic images.

8196 Open Enrollment/Online with Education to Go \$95

Photoshop CS5 for Digital Photographer II

Course: R04637 (12 hours)

Take your photo-editing skills to the next level by mastering its advanced features.

8229 Open Enrollment/Online with Education to Go \$95

Photoshop Elements 7 for the Digital Photographer

Course: R04340 (12 hours)

In this Adobe Photoshop Elements 7 class, you'll learn the secrets to successfully editing photos and bringing out the best in your images.

8195 Open Enrollment/Online with Education to Go \$95

Photoshop Elements 7 for the Digital Photographer II

Course: R04638 (12 hours)

This course is designed for those already familiar with cropping, printing, and color adjustments, as well the various selection tools. If you're ready to take your photo-editing skills to the next level, join us and see what more you can do with the advanced features of Elements.

8230 Open Enrollment/Online with Education to Go \$95

Photoshop Elements 8 for the Digital Photographer

Course: R04605 (12 hours)

In this Adobe Photoshop Elements 8 class, you'll learn the secrets to successfully editing photos and bringing out the best in your images.

8194 Open Enrollment/Online with Education to Go \$95

Photoshop Elements 8 for the Digital Photographer II

Course: R04639 (12 hours)

This course is designed for those already familiar with cropping, printing, and color adjustments, as well the various selection tools. If you're ready to take your photo-editing skills to the next level, join us and see what more you can do with the advanced features of Elements.

8231 Open Enrollment/Online with Education to Go \$95

Photoshop Elements 9 for the Digital Photographer

Course: R04764 (12 hours)

As you master this award-winning software, you'll learn to edit images on your computer, correct flaws, enhance your final product, create simple art projects, prepare images for email and the Web, and organize your images so you can keep track of them easily.

8232 Open Enrollment/Online with Education to Go \$95

Pleasures of Poetry

Course: R03864 (12 hours)

Discover formal elements of craft, explore poetry topics, learn to prepare a manuscript for publication, and receive guidance in a constructive and nurturing environment.

8191 Open Enrollment/Online with Education to Go \$95

Ready, Set Read!

Course: R03090 (12 hours)

Learn what the newest research says about how children really learn to read and write and become a powerful guide to literacy development when you work with young children.

8190 Open Enrollment/Online with Education to Go \$95



SAT/ACT Preparation I

Course: R02144 (12 hours)

Part I will give you all the information you need to do well on the verbal Portion of the ACT and new SAT.

8189 Open Enrollment/Online with Education to Go \$95

SAT/ACT Preparation II

Course: R02146 (12 hours)

Part II will give you all the information that you need to do well on the math portion of the ACT and new SAT.

8188 Open Enrollment/Online with Education to Go \$95

Secrets of Better Photography

Course: R02373 (12 hours)

Explore strategies and learn a variety of tricks to create excellent photographs in all types of situations.

8268 Open Enrollment/Online with Education to Go \$95

Secrets of the Caterer

Course: R03865 (12 hours)

Do you love to cook? Learn foundational skills and the basics of catering, including many delicious recipes.

8214 Open Enrollment/Online with Education to Go \$95

Skills for Making Great Decisions

Course: R04122 (12 hours)

Learn to make excellent everyday decisions. Master techniques for making decisions—big and small—with knowledge and confidence.

8250 Open Enrollment/Online with Education to Go \$95

Speed Spanish

Course: R02084 (12 hours)

Course is designed for anyone who wants to learn Spanish pronto. Learn six easy recipes for gluing Spanish words together to form sentences. Que Bueno!

8210 Open Enrollment/Online with Education to Go \$95

Speed Spanish II

Course: R03083 (12 hours)

Course is a follow-up to the Speed Spanish course. Several new recipes help you quickly build fluency.

8212 Open Enrollment/Online with Education to Go \$95

Speed Spanish III

Course: R03505 (12 hours)

The final course in the Speed Spanish trilogy.

8211 Open Enrollment/Online with Education to Go \$95

Start an Arts and Crafts Business

Course: R04631 (12 hours)

A new online Education to go course.

8209 Open Enrollment/Online with Education to Go \$95

Start a Gift Basket Business

Course: R04632 (12 hours)

Express your creativity in a fun and profitable way, by starting a home-based business as a gift basket designer.

8208 Open Enrollment/Online with Education to Go \$95



Start a Pet Sitting Business

Course: R04633 (12 hours)

Discover how to translate your love of animals into a fun and profitable career.

8199 Open Enrollment/Online with Education to Go \$95

Travel Photography for the Digital Photographer

Course: R04170 (12 hours)

This course will address the tools and tricks that enable digital photographers to capture scenes from around the world and bring them home.

8207 Open Enrollment/Online with Education to Go \$95

Understanding Adolescents

Course: R03908 (12 hours)

Uncover the secrets of the adolescent mind and gain valuable information on how they think, how they feel, how their identities develop, and more.

8271 Open Enrollment/Online with Education to Go \$95

Web 2.0: Blogs, Wikis, and Podcasts

Course: R04388 (12 hours)

Web 2.0 provides a great understanding of blogs, wikis, and podcast.

8206 Open Enrollment/Online with Education to Go \$95

Where Does All My Money Go?

Course: R02847 (12 hours)

Ever get frustrated that you never seem to get ahead? Find out where your money goes. Start to tackle your debt. Learn how to fund your dreams and stop worrying about money.

8221 Open Enrollment/Online with Education to Go \$95

Windows 7 Introduction

Course: R04823 (12 hours)

Students will explore the features of Microsoft Windows 7.

8536 Open Enrollment/Online with Education to Go \$95

Wow! What a Great Event

Course: R04511 (12 hours)

Learn how to create and coordinate successful special events. Develop skills, find resources and gain confidence to plan and produce any size or type of event.

8249 Open Enrollment/Online with Education to Go \$95

Please share this schedule with a friend or colleague.

Write and Publish Your Non-fiction Book

Course: R04391 (12 hours)

Learn how to write your own non-fiction book while also gaining the skills to have your book published.

8204 Open Enrollment/Online with Education to Go \$95

Write Your Life Story

Course: R03909 (12 hours)

Learn the step-by-step process to capturing ideas about your life. Course provides all the tools to tell the stories in your life.

8205 Open Enrollment/Online with Education to Go \$95

Writer's Guide to Descriptive Settings

Course: R03507 (12 hours)

Students are guided into making their works the most successful as possible through descriptive settings in compositions.

8202 Open Enrollment/Online with Education to Go \$95

Writing for Children

Course: R03516 (12 hours)

Published children's author shows you how to touch the heart of children by creating books for them.

8201 Open Enrollment/Online with Education to Go \$95

Writing for ESL

Course: R04640 (12 hours)

If you are learning English as a second language and find writing in English challenging, learn about the entire writing process and its five stages: prewriting, outlining, writing, revising, and editing.

8264 Open Enrollment/Online with Education to Go \$95

START YOUR SUMMER PLANNING!

PENSACOLA STATE COLLEGE

Kids' College

Hands-on activities that stimulate thinking and motor skills – arts, languages, sports, computers, academic review, field trips and more!

One and two week summer sessions

Cost \$58 to \$150, prices vary by session and all fees are subject to change.

Pensacola State College, 1000 College Blvd.

Details available online in April.
www.pensacolastate.edu/continuingeducation

summer danceworkshop 2012 June 18–22 pensacola campus

The 31st year of this prestigious program that provides a positive, student-centered atmosphere that promotes collegiality between and among teachers and learners. Top dance instructors from around the country draw students nationwide. Cost varies depending on number of classes selected. One hour college credit is available for additional fee. Group discounts and teacher incentives.

Details available online in March.
www.pensacolastate.edu/continuingeducation

REGISTRATION INFORMATION

ON THE INTERNET

Web registration is available to everyone. Go to www.pensacolastate.edu/continuingeducation.

Follow the instructions on the Pensacola State College website always choosing Recreation and Leisure. Use Spyglass or new "Register Now" option.

WALK IN

Register in person at any Pensacola State College campus Registration Office. Pensacola, Building 2; Milton, Building 4200; Warrington, Building 3600

BY MAIL

Mail your completed Continuing Education registration form, with payment information (do not send cash) to: Pensacola State College Cashier Office, 1000 College Blvd., Pensacola, FL 32504.

STUDENT ACCOMMODATIONS

Students with special needs must notify the Continuing Education, Recreation and Leisure Department a minimum of two business days before the course start date so appropriate accommodations can be arranged.

REFUNDS

To receive a refund for a course, students must withdraw prior to the second scheduled class meeting. For workshops, conferences, seminars and special training programs, students must withdraw prior to the first scheduled class meeting. Call (850) 484-1797 to drop a course. Refunds are not processed for tuition of \$5 or less.

HOLIDAYS

Classes will not be held on Jan. 16 (Martin Luther King, Jr. Day) or Mar. 19–25 (Spring Break). For additional information regarding schedule changes due to holidays or other reasons, contact your instructor.

EMERGENCY CLOSING DUE TO INCLEMENT WEATHER

The decision to close Pensacola State College due to inclement weather is carefully weighed before it is made.

Visit www.pensacolastate.edu; call (850) 484-1000; tune into WCOA 1370 AM on the radio or WEAR TV3 for updated information regarding the college's decision to close due to inclement weather (hurricane, flooding, etc.).

PIRATE MOBILE

Pensacola State College has a cell phone text messaging service for students, faculty and staff called "Pirate Mobile." The service helps keep students informed of urgent matters such as school closings, weather conditions, etc. Sign up at www.pensacolastate.edu/students/services/piratemobile.asp.

ONGOING REGISTRATION

Walk-in registration: 8 a.m.–4 p.m. Monday–Friday

Web registration: 12:01 a.m.–8 p.m. Monday–Friday

Weekend web registration: Midnight Thursday through 8 p.m. Monday

Mail-in and night depository registration: Available at all times

The college offers extended hours during college credit registration. For more information call (850) 484-1601.

PARKING DECAL

Continuing Education students need parking decals for their vehicles.

Take vehicle registration and student ID or class registration to the Pensacola State College Police Department located in the Student Center, Building 5, Pensacola campus; Building 4000, Milton campus; Building 3600, Warrington campus.

PENSACOLA STATE COLLEGE CONTINUING EDUCATION REGISTRATION FORM

Student ID or SSN _____ Last Name _____ First _____ Middle _____ Date of birth (MM/DD/YY) _____

Please review and initial the SSN Collection Statement on the reverse side of this registration form.

PARENTS REGISTERING CHILDREN: Please do not use your SSN to register your child. If you do not wish to provide your child's SSN, the Registrar's Office will assist you with the registration without the SSN.

Address _____
Number/Street/Apartment _____ City _____ State _____ Zip code _____

Home Telephone _____ Alternate Telephone _____

Gender: Male Female
Ethnicity: Are you Hispanic/Latino Yes No
Check all that apply: White Asian American Indian or Alaskan Native
 Black or African American Native Hawaiian or other Pacific Islander

Citizenship: United States Other country: _____
 If you are **not** a United States citizen, indicate current Immigration status:
 Permanent Resident; provide Resident Alien Number _____
 Other immigrant; provide current Visa type and expiration _____

Section	Course Title	Date Class Begins

Section	Course Title	Date Class Begins

Signature: _____ Date: _____

Mailing your registration? Complete this section and mail to Pensacola State College Cashier's Office, 1000 College Boulevard, Pensacola FL 32504-8998

Payment Amount \$ _____ Payment Method: Check Money Order Visa Mastercard American Express

Credit Card Number _____ Expiration Date _____

Signature as it appears on credit card _____

Rev. 3/4/11

* Required and authorized by Title IV of the Higher Education Act of 1965, as amended (§§483 and 484); 20 USC 1078, 1090, 1091 & 1092; 34 CFR 668.16; 34 CFR 668.33; 34 CFR 668.36; 34 CFR 668.32(i) and 34 CFR 668.36. For additional information go to <http://www.pensacolastate.edu/students/docs/SSNpolicy.pdf>.
 Initials _____

WHAT IS CONTINUING EDUCATION?

The mission of the Continuing Education Unit is to be a strong link between the college and the community by offering courses and programs for lifelong learning, recreation and leisure, and cultural events at a reasonable price and convenient to students of all ages.

What classes tend to be the most popular in the health category? Why?

These are appropriate for all age groups and abilities:

- Aquatics Courses
- Aerobic Swimming
- Aqua Dynamics
- Recreation Swimming
- Aqua Jogging

These are good stress relievers and appeal to a variety of ages and abilities:

- Yoga
- Tai Chi
- Belly Dancing

What is the benefit of a continuing education class?

Location: Classes are spread out on all 3 college campuses; Milton, Warrington and Pensacola.

Timing: Classes are scheduled early morning during the day and in the evenings to accommodate a variety of schedules.

What do participants learn in these classes that they won't learn anywhere else?

They might be able to take these courses in other locations, but our courses have a strong education component, since we are located on the college campuses.

What makes the classes special?

Stimulating discussion and socializing opportunities. The opportunity to be involved with a class full of people that have similar goals inspires students to show up and stay involved. The prices are very reasonable.

What are the age limits or requirements for these classes?

We start with Mommy and Me Fitness or swimming classes at 6 months old, gymnastics at 18 months old through master swimmers in their 90's and everything in-between!

What kind of discount do I get if I am a Senior Citizen?

None. Continuing Education courses must be completely funded by course fees. They are not supplemented by any government funding.

What if I do not see a class offered that I would like to take or to teach?

Prepare a proposal of what you would like to teach or provide an explanation of a class you would like to take, then contact Frances Yeo at fyeo@pensacolastate.edu or 484-2586.

**PENSACOLA STATE
COLLEGE**

Continuing Education - 26
1000 College Blvd.
Pensacola, FL 32504

Non-Profit
Organization
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Permit #88
Pensacola, FL

We want your Input! How can we improve?

Please take a few minutes to e-mail or write to us with responses to these questions.

1. What is your favorite memory from participating in a Continuing Education Course?
2. What would you have liked to have happened to make your Continuing Education class a better experience?
3. What courses would you like to take that you do not see in the schedule?

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