

continuingEDUCATION

Recreation & Leisure Courses for the Community



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AUTO KNOW, AUTO CARE, p. 8



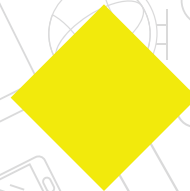
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spring2020

PensacolaState.edu/ce
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continuingEDUCATION Recreation & Leisure Courses for the Community

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DAY LEGEND

M Monday **F** Friday
T Tuesday **SA** Saturday
W Wednesday **SU** Sunday
R Thursday

LOCATION LEGEND

CC Pensacola State College Century Center
440 E. Hecker Road, Century
MIL Pensacola State College Milton Campus
5988 Hwy. 90, Milton
PEN Pensacola State College Pensacola Campus
1000 College Blvd., Pensacola
SSR Pensacola State College South Santa Rosa Center
5075 Gulf Breeze Pkwy., Gulf Breeze
WAR Pensacola State College Warrington Campus
5555 W. Hwy. 98, Pensacola

Stay Connected!



Continuing Education–Recreational



#PSC_ContinuingEd

**Become
a subscriber
to learn
about new
classes.**

New Classes!



ALEXANDER TECHNIQUE

Learn how to feel better and move in a more comfortable way, identify bad habits of posture and how to correct them.

See page 8 for details

ADVANCED SMALL ENGINE REPAIR

Course designed to provide students, who have completed the Small Engine Repair course, the necessary tools to become certified.

See page 8 for details



WILLIAM BARTRAM — EXPLORER, NATURALIST AND ARTIST

Who was he and why does Pensacola have a park named after him? Learn about America's most important scientist and his travels in the Southeast.

See page 9 for details



and more!

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ONLINE COURSES

American Safety Council Courses

Court Mandated Courses

Driver Improvement

ed2go Courses

Art

Computer Science

Creative Writing

Dog Obedience

English

Family, Fun and College

Foreign Languages

Health

Home and Garden

Life Planning

Music

Photography

Reading

Student Enrichment

Registration Information

Escambia County and the City of
Pensacola recreation facilities used
for some courses



Pensacola State College does not discriminate on the basis of race, color, national origin, sex, disability, age, ethnicity, religion, marital status, pregnancy, sexual orientation, gender identity or genetic information in its programs, activities and employment. For inquiries regarding the College's non-discrimination policies, contact the Executive Director of Institutional Equity and Student Conduct, 1000 College Boulevard, Bldg. 5, Pensacola, FL 32504. 850-484-1759

AQUATICS

R 01118 ADULT SWIMMING LESSONS \$55

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

Pensacola Campus			
8187	02/11-03/12	T R	7:30pm - 8:25pm POOL
8188	03/31-04/30	T R	7:30pm - 8:25pm POOL

R 00792 AEROBIC SWIMMING \$65

(30 hours) This is a non-competitive, structured swimming program with a workout that includes stroke drills and endurance training.

Pensacola Campus			
8189	01/14-04/30	T R	5:30am - 6:25am POOL
8190	01/14-04/30	T R	8:00am - 8:55am POOL

R 01196 AEROBIC SWIMMING \$99

(45 hours) This is a non-competitive, structured swimming program with a workout that includes stroke drills and endurance training.

Pensacola Campus			
8191	01/13-05/04	M W F	5:30am - 6:25am POOL
8192	01/13-05/04	M W F	8:00am - 8:55am POOL

R 06152 SATURDAY AEROBIC SWIM \$34

(15 hours) This Master Swimming class provides a Saturday option for the serious swimmer who wants more or for the serious swimmer who can only participate on Saturdays.

Pensacola Campus			
8193	01/18-05/02	SA	6:30am - 7:25am POOL

R 03588 AQUA BOOT CAMP \$99

(45 hours) This deep end class utilizes weights, fitness tubes, and boards while providing instruction in cardio fitness mixed with aerobic swimming. A buoyancy belt is used and goggles are required.

Pensacola Campus			
8194	01/13-05/04	M W F	9:00am - 9:55am POOL

R 04558 AQUA COMBO \$34

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

Pensacola Campus			
8195	01/18-05/02	SA	9:00am - 9:55am POOL

R 02343 AQUA DYNAMICS I \$65

(30 hours) This shallow end course helps individuals to achieve their physical fitness goals by providing instruction in water exercise. Work at your own pace.

Pensacola Campus			
8196	01/13-05/04	M W	10:00am - 10:55am POOL
8197	01/13-05/04	M W	6:35pm - 7:30pm POOL
8198	01/14-04/30	T R	7:00am - 7:55am POOL
8199	01/14-04/30	T R	9:00am - 9:55am POOL
8200	01/14-04/30	T R	10:00am - 10:55am POOL
8201	01/14-04/30	T R	6:35pm - 7:30pm POOL

R 02345 AQUA DYNAMICS II \$99

(45 hours) This shallow end course helps individuals to achieve their Physical fitness goals by providing instruction in water exercise. Work at your own pace.

Pensacola Campus			
8202	01/13-05/04	M W F	7:00am - 7:55am POOL
8203	01/13-05/04	M W F	9:00am - 9:55am POOL
8204	01/13-05/04	M W F	10:00am - 10:55am POOL

Visiting from out of town and want to use the pool for only a few days? We offer just the right course!

R 05753 REC SWIM GUEST \$13

8217 Open POOL

Contact Kay Miller, 850-484-1311 for permission and more information.

R 04604 AQUA MINI TERM, TWICE A WEEK (BY PERMISSION ONLY) \$36

(15 hours) If you can only take a class for half the term, then sign up for the Mini Term. This allows you to attend half of a course that meets twice a week; by permission only — **contact Kay Miller, 850-484-1311.**

Pensacola Campus			
8205	01/13-03/05	Open Enrollment	POOL
8206	03/09-05/04	Open Enrollment	POOL

R 04603 AQUA MINI TERM, THREE TIMES A WEEK (BY PERMISSION ONLY) \$51

(22.5 hours) If you can only take a class for half the term, then sign up for the Mini Term. This allows you to attend half of a course that meets three times a week; by permission only — **contact Kay Miller, 850-484-1311.**

Pensacola Campus			
8207	01/13-03/04	Open Enrollment	POOL
8208	03/09-05/04	Open Enrollment	POOL

R 04782 INDIVIDUAL SWIM LESSONS \$255

(10 hours) Students will receive one-on-one instruction to learn to swim, or improve aquatic skills needed to reach their goals. These swim lessons are open to any age or ability from a beginner to someone who wants to become a more efficient, faster swimmer.

Contact Kay Miller, 850-484-1311, for permission and schedule.

Pensacola Campus			
8218	12/14-05/06	Open Enrollment	POOL
8219	12/14-05/06	Open Enrollment	POOL
8220	12/14-05/06	Open Enrollment	POOL
8221	12/14-05/06	Open Enrollment	POOL
8222	12/14-05/06	Open Enrollment	POOL
8223	12/14-05/06	Open Enrollment	POOL
8224	12/14-05/06	Open Enrollment	POOL
8225	12/14-05/06	Open Enrollment	POOL
8226	12/14-05/06	Open Enrollment	POOL
8227	12/14-05/06	Open Enrollment	POOL
8228	12/14-05/06	Open Enrollment	POOL
8229	12/14-05/06	Open Enrollment	POOL

R 06463 INDIVIDUAL SWIM LESSONS \$153

(6 hours) Receive one-on-one instruction to learn to swim or to swim better. This is a shorter alternative to the ten-hour individual swim.

Contact Kay Miller, 850-484-1311, to plan a schedule before enrolling.

Pensacola Campus			
8230	12/14-05/06	Open Enrollment	POOL
8231	12/14-05/06	Open Enrollment	POOL
8232	12/14-05/06	Open Enrollment	POOL
8233	12/14-05/06	Open Enrollment	POOL
8234	12/14-05/06	Open Enrollment	POOL
8235	12/14-05/06	Open Enrollment	POOL

R 06160 MOMMY AND ME SWIM \$44

(8 hours) Children ages 6 months up to 3 years will attend class with mom, dad, or other adult family member to feel comfortable in the water and begin to learn to swim.

Course N 00371 is for registration of the parent at no additional fee.

Pensacola Campus			
8209	02/17-03/11	M W	11:00am - 11:55am POOL
8210	02/29-04/25	SA	12:00pm - 12:55pm POOL
8211	04/06-04/29	M W	11:00am - 11:55am POOL

N 00371 MOMMY AND ME SWIM (FAMILY ADULT)

Pensacola Campus			
8800	02/17-03/11	M W	11:00am - 11:55am POOL
8802	02/29-04/25	SA	12:00pm - 12:55pm POOL
8801	04/06-04/29	M W	11:00am - 11:55am POOL



R 04615 PRESCHOOL SWIM LESSONS, AGES 3-5 YEARS \$55

(10 hours) Children learn swimming skills, water safety and fun in the water.

Pensacola Campus
8212 03/31-04/30 T R 2:00pm - 2:55pm POOL

R 00065 RECREATION AND LEISURE SWIMMING \$39

(96 hours) The participant may utilize the pool during recreation swim hours. For schedule call 850-484-1311.

Pensacola Campus
8213 12/14-05/06 Open Enrollment POOL

R 01567 RECREATION AND LEISURE SWIMMING 2ND FAMILY MEMBER \$23

(96 hours) For enrollment of a 2nd family member. For schedule call 850-484-1311.

Pensacola Campus
8214 12/14-05/06 Open Enrollment POOL

R 01568 RECREATION AND LEISURE SWIMMING 3RD FAMILY MEMBER \$13

(96 hours) For enrollment of a 3rd family member. For schedule call 850-484-1311.

Pensacola Campus
8216 12/14-05/06 Open Enrollment POOL

R 06143 SENIOR SWIM DISCOUNT \$25

(96 hours) Senior adults ages 60 years old or older who are members of the **Senior Club** may utilize the pool during the recreation swim hours for a discounted fee. Permission to enroll is required. Contact Kay Miller, 850-484-1311 for more information about the club membership and for permission to enroll.

Pensacola Campus
8216 12/14-05/06 Open Enrollment POOL

R 06337 YOU CAN SNORKEL! \$36

(3 hours) Learn to snorkel and impress your friends or family on the next trip to the beach or vacation. It's easy! Taught by James Stegall

Pensacola Campus
8271 04/11 SA 9:00am - Noon 310 & POOL
8272 05/01 SA 9:00am - Noon 310 & POOL

ART

R 05468 ACRYLIC PAINTING \$56

(8 hours) This fun introductory course is designed to show the basics of the materials and techniques for acrylic painting. Students will complete at least one finished painting. Taught by Angel Edwards.

Pensacola Campus
8163 04/01-04/22 W 3:30pm - 5:30pm 1706

R 06484 CREATING A SELF PORTRAIT \$79

(12 hours) Learn fundamental skills of value and color to create a professional-looking work of art. Students need to bring acrylic paints (red, blue, yellow, black, white), canvas and a small assortment of brushes to create a self-portrait. Taught by Andrew Wilson of Hand in Hand Creative.

Pensacola Campus
8279 02/06-02/27 R 6:00pm - 9:00pm 1706

R 06151 FOUNDATIONS OF DRAWING AND COMPOSITION \$68

(10 hours) Learn elements of art and principles of drawing and design. Students will develop concepts of perspective and composition to produce still-life, landscape and portrait drawings of three-dimensional images on a flat surface. Taught by Angel Edwards.

Pensacola Campus
8162 02/04-03/03 T 3:30pm - 5:30pm 1706

R 06462 INDIVIDUAL ART LESSONS IN OILS OR ACRYLICS \$255

(10 hours) Private lessons are with local, plein-air artist Theresa Grillo Laird. Students of any skill level learn to create paintings in their choice of oils or acrylics. Instructor has been published in Plein Air magazine and received international attention for her landscape paintings.

NOTE: Please call 850-484-1797 for information and scheduling before registering.

Pensacola Campus
8020 Open with Theresa Grillo Laird TBA

R 06470 PAINT N PARTY WITH DB (PRIVATE GROUP) \$200

(3 hours) Plan a private "Paint N Party." One person from your group will enroll and invite to the party up to 15 people (family, friends or co-workers). Each guest will sign in upon arrival. Please provide your group's list in advance by contacting us.

NOTE: Call 850-484-1797 before registering for more information and instructions to initiate plans for your event. Children's parties are also an option.

Pensacola Campus
8291 Open with DB Waltrip TBA

R 06468 PAINT N PARTY WITH DB \$33

(2.5 hours) This is a fun painting class suitable for any adult. Artist DB Waltrip will share her whimsical, original designs to be painted on fence board. Paint along with her or venture out to add personal touches to craft a seasonal piece. The February project will be in time for St. Patrick's Day. In March prepare an Easter cross and in April paint a beach theme for summer with a choice of seahorse or fish design.

Pensacola Campus
8287 02/21 F 5:30pm - 8:00pm 9663
8288 03/13 F 5:30pm - 8:00pm 9663
8289 04/17 F 5:30pm - 8:00pm 9663

R 06475 SUNPRINT ART WITH DB \$39

(3 hours) Are you familiar with cyanotype photograms? In this class taught by DB Waltrip, you will learn to create your own deep-blue sunprint or cyanotype — a process of preparing suitable fabric with the right chemicals, an arrangement of small objects, sunshine and steps to finish. You may bring seashells, flowers, buttons, or any collection of small objects and the rest will be supplied.

Pensacola Campus
8290 05/01 F 10:00am - 1:00pm 9663

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.



PARKING DECAL

Recreation & Leisure students need parking decals for their vehicles.

Please see instructions on page 13.

COMPUTER SCIENCE

R 05134 COMPUTERS FOR SENIORS \$61

(16 hours) Designed for first-time computer owners to be able to do the following: email (send and receive), save documents, create greeting cards and flyers.

Milton Campus

8164 02/13-04/09 R 3:00pm - 5:00pm 4416

Pensacola Campus

8165 02/25-04/21 T 3:00pm - 5:00pm 2160

R 06321 CYBERSECURITY AND COMPUTER AWARENESS FOR ALL \$27

(3 hours) A basic, informative workshop for the community and seniors to prevent and recognize cyber threats. Topics include safe internet browsing tips on preventing identity theft, strong password usage, and potential risks using Facebook and other social media platforms. Learn about online scams and how to protect yourself from fraud. Also, computer security, mobile security, and cybersecurity while traveling will be discussed. Taught by PSC college cybersecurity instructor, Nichole Noa.

Pensacola Campus

8121 01/25 SA 10:00am - 1:00pm 2146

8122 02/08 SA 10:00am - 1:00pm 2146

8123 03/14 SA 10:00am - 1:00pm 2146

8124 04/04 SA 10:00am - 1:00pm 2146

8125 04/18 SA 10:00am - 1:00pm 2146

8126 05/02 SA 10:00am - 1:00pm 2146

R 05707 KEYBOARD TYPING FOR KIDS \$61

(16 hours) Learn touch typing through drills and practices in structured group activities and individualized assistance.

Pensacola Campus

8166 02/08-04/04 SA 9:00am - 11:00am 2149

COURT MANDATED COURSES

R 04186 FLORIDA PARENTING COURSE ONLINE \$25

(4 hours) The First Judicial Circuit of Florida requires that parents who are facing divorce, separation, or other legal proceedings (and have minor-aged children) complete a course to help children cope with the change to the family. This online course is approved by the Florida Department of Children and Families, as required by Florida Statute 61.21.

NOTE: After registering and paying for your course, call 850-484-1797 to get the website and your redemption code.

8000 Open Enrollment American Safety Council

R 02687 GUARDIANSHIP EDUCATION \$36

(4 hours) The 4-hour Guardianship course is for those who are guardians of their own minor-aged children's property. Everyone else must take the 8-hour course. Each person appointed by the court to be a guardian must complete instruction within 4 months of appointment.

NOTE: Students must bring photo ID to class. Lunch will be provided.

Pensacola Campus

8296 02/29 SA 8:00am - Noon 2051

R 00478 GUARDIANSHIP EDUCATION \$36

(8 hours) For persons appointed by the court to be a guardian must complete Guardianship instruction within 4 months of appointment. Learn the legal duties, rights of the incapacitated and local resources. Enroll in this 8-hour course if you are becoming guardian of someone other than your own minor-age child. Lunch will be provided.

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

Pensacola Campus

8295 02/29 SA 8:00am - 4:00pm 2051

CREATIVE WRITING

R 06487 WRITE THE STORIES OF YOUR LIFE \$69

(12 hours) Everybody has a story, whether from family, work, or simply life. This creative writing course will help students learn to record their stories effectively for future generations of family and friends or beyond to enjoy. Taught by Wanda Argersinger.

Pensacola Campus

8285 01/28-02/13 T R 5:00pm - 7:00pm 0470

R 06488 WRITING YOUR FIRST BOOK \$69

(12 hours) This beginning course shares tips, guidance and encouragement from published writer and humorist, Wanda Argersinger. Persons who have only dreamed of writing a book, or who need a little push in the right direction to get on with it, will find Wanda's class very beneficial.

Pensacola Campus

8286 04/07-04/23 T R 5:00pm - 7:00pm 0470

CUISINE

R 05272 A SPOT OF TEA WITH JAMES STEGALL \$36

(3 hours) Come and learn about rare and interesting teas with the opportunity to sample exotic varieties and study some of the history of tea.

Pensacola Campus

8259 02/04 T 1:00pm - 4:00pm 1442

South Santa Rosa Center

8260 03/06 F 8:30am - 11:30am 5135

R 06458 CULINARY HISTORY TOURS \$26

(2 hours) Chef Michael Hartsaw will take the class back in time to explore the history and food of a region. This term participants will study the contributions from the inhabitants and settlers of Pensacola through local history, hands-on cooking and opportunity to taste a dish from each group.

Pensacola Campus

8237 04/04 (Native American Cuisine) SA 5:30pm - 7:30pm 0543

8238 04/11 (Castilian Spain Cuisine) SA 5:30pm - 7:30pm 0543

8239 04/18 (18th Century France) SA 5:30pm - 7:30pm 0543

8240 04/25 (19th Century Great Britain) SA 5:30pm - 7:30pm 0543

R 06459 EXPLORING WINE \$39

(3 hours) Chef Michael Hartsaw and his students will explore some history and processes of making and enjoying wine. They will study the big varietals and where they originate. Learn inside tips to enjoy, buy and appreciate wine with confidence.

Pensacola Campus

8236 03/06-03/27 F 6:00pm - 7:00pm 0543

DANCE

R 05770 BELLY DANCE FUSION \$90

(18 hours) Have fun and get fit while dancing to a modern fusion of belly dance and latin styles. This energetic and low impact workout is designed for all fitness levels with easy-to-follow dance moves. Develop core conditioning, coordination, flexibility and strength while improving cardio fitness. Come express yourself through dance.

Warrington Campus

8276 02/07-05/01 F 5:35pm - 7:00pm 3227

"I am extremely happy that I received the brochure in my mail, and didn't throw it away. I am interested in continuing my education following the course, Culinary Certificate Program."

— JEN L., CULINARY HISTORY TOURS OF PENSACOLA

DOG OBEDIENCE

R 06131 DOG OBEDIENCE \$42

(8 hours) Learn to teach your dog basic commands such as sit, down, stay, come, and leash walking using primarily positive techniques. Suitable for the family puppy or dog. Also learn about house training, manners, and problem solving.

NOTE: First class is orientation of handlers; dogs do not attend this. Bring inoculation records including Rabies and Bordetella.

Warrington Campus
8148 02/08-04/04 SA 9:30am - 10:25am 3216

R 06149 DOG OBEDIENCE 2ND HANDLER \$21

(8 hours) Provides a reduced price for 2nd Handler of the same dog.

Warrington Campus
8149 02/08-04/04 SA 9:30am - 10:25am 3216

R 06257 DOG OBEDIENCE II \$39

(6 hours) Reinforce basic commands and work on Canine Good Citizen skills and tricks. Prerequisite: be familiar with basic commands and leash walking taught in Dog Obedience.

NOTE: First class is orientation for handlers. Bring inoculation records for your pet, including Rabies and Bordetella.

Warrington Campus
8150 02/15-03/28 SA 10:35am - 11:30am 3216

R 06258 DOG OBEDIENCE II, 2ND HANDLER \$21

(6 hours) Complementary course to Dog Obedience II provides a reduced price for the 2nd handler of the same dog.

Warrington Campus
8151 02/15-03/28 SA 10:35am - 11:30am 3216

DRIVER IMPROVEMENT

R 04404 MOTORCYCLE SAFETY FOUNDATION, BASIC RIDER COURSE \$235

(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. The riding skills evaluation and the written exam will need to be successfully completed to receive a Basic Rider Course Completion Card. Course hand book, insurance, helmet and motorcycle are provided. Students must wear long-sleeved shirt or jacket, full-fingered gloves, long pants and sturdy footwear which covers the ankles. (May bring your 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 and instruction are provided by Southern MotorSports Safety.

Pensacola Campus

8128	12/14-12/15	SA SU	7:00am - 5:00pm	9663
8130	01/04-01/05	SA SU	7:00am - 5:00pm	9663
8131	01/11-01/12	SA SU	7:00am - 5:00pm	9663
8132	01/18-01/19	SA SU	7:00am - 5:00pm	9663
8133	01/25-01/26	SA SU	7:00am - 5:00pm	9663
8134	02/01-02/02	SA SU	7:00am - 5:00pm	9663
8135	02/08-02/09	SA SU	7:00am - 5:00pm	9663
8136	02/15-02/16	SA SU	7:00am - 5:00pm	9663
8137	02/22-02/23	SA SU	7:00am - 5:00pm	9663
8138	02/29-03/01	SA SU	7:00am - 5:00pm	9663
8139	03/07-03/08	SA SU	7:00am - 5:00pm	9663
8140	03/14-03/15	SA SU	7:00am - 5:00pm	9663
8141	03/21-03/22	SA SU	7:00am - 5:00pm	9663
8142	03/28-03/29	SA SU	7:00am - 5:00pm	9663
8143	04/04-04/05	SA SU	7:00am - 5:00pm	9663
8144	04/11-04/12	SA SU	7:00am - 5:00pm	9663
8145	04/18-04/19	SA SU	7:00am - 5:00pm	9663
8146	04/25-04/26	SA SU	7:00am - 5:00pm	9663
8147	05/02-05/03	SA SU	7:00am - 5:00pm	9663

Look for Online Driver Improvement courses on pages 10 and 11.

FITNESS/PHYSICAL EDUCATION

R 06483 BODY SCULPTING \$55

(8 hours) Instructor Hope Ozimek uses interval training incorporating kickboxing, yoga, Pilates, strength and resistance training for a full body workout to music. Workout sessions and stations burn calories faster while toning and strengthening muscle. Exercises utilize resistance bands, kettle bells, and light hand weights. Taught by Hope Ozimek.

Milton Campus

8013	02/03-02/27	M R	6:00pm - 7:00pm	4018
8014	03/02-04/02	M R	6:00pm - 7:00pm	4018
8015	04/06-04/30	M R	6:00pm - 7:00pm	4018

R 05265 CARDIO KICKBOXING AND CONDITIONING \$60

(12 hours) Get a full body workout using Cardio Kickboxing, free weights, exercise balls, and bands. Basic foundational techniques of Karate, Tai Chi, and stretching will be applied.

Note: Bring a cushioned floor mat and free weights. Taught by Victoria Oaks.

Pensacola Campus
8275 02/03-04/27 M 6:35pm - 7:35pm 0312

FITNESS CENTER COURSES

R 03567 EXPRESS ORIENTATION TO THE L.I.F.E. FITNESS CENTER \$99

(100 hours) Students will receive four hours of orientation to the L.I.F.E. Fitness Center in the use of nautilus and free weights, and cardiovascular training equipment. This includes 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 days and times:** Pensacola Campus call 850-484-1310; Milton Campus call 850-484-4490.

Pensacola Campus

8080	Open Enrollment	0150
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Milton Campus

8081	Open Enrollment	4016
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R 04850 EXPRESS ORIENTATION TO L.I.F.E. FITNESS CENTER, 2ND FAMILY MEMBER \$57


(100 hours) Designed for 2nd family member enrolling in course.

Pensacola Campus

8082	Open Enrollment	0150
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Milton Campus

8083	Open Enrollment	4016
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 *I had a blast taking this course. The instructors were very patient and informative with feedback specific to your individual needs. If you go into this course with an open and positive mindset, you WILL see a great ROI. I am a beginner rider (literally never rode a bike with clutch and gears) and I left this course feeling VERY confident in riding a bike. ...I live in Alabama and did not need the class. I chose to take it because I believed I could learn the necessary skills to perhaps save my life and perhaps others, and boy was I right. You will not be disappointed; take this class!"*

— PAUL D., MOTORCYCLE SAFETY COURSE STUDENT

R 04852 EXPRESS ORIENTATION TO L.I.F.E. FITNESS CENTER, 3RD FAMILY MEMBER \$32**(100 hours)** Designed for 3rd family member enrolling in course.

Pensacola Campus		
8084	Open Enrollment	0150
Milton Campus		
8085	Open Enrollment	4016

R 03566 EXPRESS ORIENTATION TO L.I.F.E. FITNESS CENTER \$65

(64 hours) Students will receive an orientation to the L.I.F.E. Fitness Center in the use of nautilus and free weights, and cardiovascular training equipment. This includes 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 days and times: Pensacola Campus call 850-484-1310; Milton Campus call 850-484-4490.

Pensacola Campus		
8086 02/25-05/06	Open Enrollment	0150
Milton Campus		
8087 02/25-05/06	Open Enrollment	4016

R 04851 EXPRESS ORIENTATION TO L.I.F.E. FITNESS CENTER, 2ND FAMILY MEMBER \$39**(64 hours)** Designed for 2nd family member enrolling in course.

Pensacola Campus		
8088 02/25-05/06	Open Enrollment	0150
Milton Campus		
8089 02/25-05/06	Open Enrollment	4016

R 04853 EXPRESS ORIENTATION TO L.I.F.E. FITNESS CENTER, 3RD FAMILY MEMBER \$22**(64 hours)** Designed for 3rd family member enrolling in course.

Pensacola Campus		
8090 02/25-05/06	Open Enrollment	0150
Milton Campus		
8091 02/25-05/06	Open Enrollment	4016

R 04606 EXPRESS STUDENT ORIENTATION TO L.I.F.E. FITNESS CENTER \$21

(2 hours) This orientation to the L.I.F.E. Fitness Center is for currently enrolled college credit students only. For days and times: Pensacola Campus, call 850-484-1310; Milton Campus, call 850-484-4490; Warrington Campus call 850-484-2310.

Pensacola Campus		
8092	Open Enrollment	0150
Milton Campus		
8093	Open Enrollment	4016
Warrington Campus		
8094	Open Enrollment	3230

R 00672 INDOOR TRACK & BASKETBALL GYM \$29

(90 hours) Enrollee is authorized to use the Milton Campus L.I.F.E. Center indoor track and basketball gymnasium during scheduled open hours. For safety reasons, children under 5 years of age are not permitted to enroll in this course or permitted to use these areas. Children ages 5 through 15 may enroll, but must have an adult with them at all times who also is registered for this course. Individuals 16 years of age or older may participate without supervision.

Milton Campus		
8095	Open Enrollment	4016

R 04591 PERSONAL TRAINER \$153

(6 hours) Individual receives one-on-one instruction at the Pensacola Fitness Center with a personal trainer to achieve goals. To schedule dates and times call 850-484-1310.

Pensacola Campus		
8096	Open Enrollment	0150

Ask a friend to join you!
Share our catalog.

R 00064 RECREATION FITNESS LAB \$77

(96 hours) 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). Students will be able to utilize the L.I.F.E. Fitness Center for the scheduled term. For days and times: Pensacola Campus, call 850-484-1310; Milton Campus, call 850-484-4490.

Pensacola Campus		
8097	Open Enrollment	0150
Milton Campus		
8098	Open Enrollment	4016

R 04855 RECREATION FITNESS LAB 2ND FAMILY MEMBER \$45**(96 hours)** Designed for 2nd family member enrolling in course.

Pensacola Campus		
8099	Open Enrollment	0150
Milton Campus		
8100	Open Enrollment	4016

R 02490 RECREATION FITNESS LAB 3RD FAMILY MEMBER \$25**(96 hours)** Designed for 3rd family member enrolling in course.

Pensacola Campus		
8101	Open Enrollment	0150
Milton Campus		
8102	Open Enrollment	4016

R 00211 RECREATION FITNESS LAB \$39

(60 hours) 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). Students will be able to utilize the L.I.F.E. Fitness Center for the scheduled term. For days and times: Pensacola Campus, call 850-484-1310; Milton campus, call 850-484-4490; Warrington Campus, call 850-484-2310.

Pensacola Campus		
8103 12/14-02/24	Open Enrollment	0150
8112 02/25-05/06	Open Enrollment	0150
Milton Campus		
8104 12/14-02/24	Open Enrollment	4016
8113 02/25-05/06	Open Enrollment	4016
Warrington Campus		
8105 12/14-02/24	Open Enrollment	3230
8114 02/25-05/06	Open Enrollment	3230

R 04854 RECREATION FITNESS LAB 2ND FAMILY MEMBER \$23**(60 hours)** Designed for 2nd family member enrolling in course.

Pensacola Campus		
8106 12/14-02/24	Open Enrollment	0150
8115 02/25-05/06	Open Enrollment	0150
Milton Campus		
8107 12/14-02/24	Open Enrollment	4016
8116 02/25-05/06	Open Enrollment	4016
Warrington Campus		
8108 12/14-02/24	Open Enrollment	3230
8117 02/25-05/06	Open Enrollment	3230



**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 as well as change the location and time classes meet.

R 02489 RECREATION FITNESS 3RD FAMILY MEMBER \$13

(60 hours) Designed for 3rd family member enrolling in course.

Pensacola Campus			
8109	12/14-02/24	Open Enrollment	0150
8118	02/25-05/06	Open Enrollment	0150
Milton Campus			
8110	12/14-02/24	Open Enrollment	4016
8119	02/25-05/06	Open Enrollment	4016
Warrington Campus			
8111	12/14-02/24	Open Enrollment	3230
8120	02/25-05/06	Open Enrollment	3230

FOREIGN LANGUAGES

R 06255 ASL I, SIGN LANGUAGE \$87

(16 hours) ASL I is an introduction to American Sign Language (ASL). Includes basic grammar, vocabulary, fingerspelling, numbers, and cultural information related to the deaf community.

Pensacola Campus			
8157	02/03-02/26	M W 6:00pm - 8:00pm	0471

R 05423 FRENCH INDIVIDUAL LESSONS \$153

(6 hours) Take private lessons with a native speaker of French. Learn the basics, refresh knowledge or improve skills through study of French grammar, pronunciation, and usage. Progress at your own pace.

NOTE: Please call 850-484-1797 for information and scheduling before registering.

Pensacola Campus			
8292		Open with Alexandrine Nash	TBA
8293		Open with Alexandrine Nash	TBA

R 06461 GERMAN INDIVIDUAL LESSONS \$153

(6 hours) Private lessons in German are customized to help achieve personal goals. This allows for a concentration of language instruction and a flexible pace. Taught by native speaker Udo Freyhofer.

NOTE: Please call 850-484-1797 for information and scheduling before registering.

Pensacola Campus			
8024		Open with Udo Freyhofer	TBA
8025		Open with Udo Freyhofer	TBA
8026		Open with Udo Freyhofer	TBA

R 06001 ITALIAN CONVERSATIONAL \$87

(16 hours) This course is an introduction to the Italian language, culture, people and history; suitable for individuals who are planning a trip to Italy or who just want to learn.

Pensacola Campus			
8022	02/05-04/01	W 12:30pm - 2:30pm	0471

R 05248 RUSSIAN I \$155

(15 hours) Introduces Russian language and culture — students will learn basic vocabulary, pronunciation, grammar and usage with a native speaker.

Pensacola Campus			
8016	02/12-04/22	W 5:00pm - 6:30pm	1705

R 05697 RUSSIAN II \$155

(15 hours) This continuation of Russian I provides students in-depth lessons on language and culture; learn additional vocabulary, grammar, usage and conversational skills. Taught by Anthonina Agadzi.

Pensacola Campus			
8017	02/15-04/25	SA 10:00am - 11:30am	1705

R 05102 RUSSIAN, INDIVIDUAL LESSONS \$153

(6 hours) Private lessons in Russian language and culture are suited to the needs and goals of the student; taught by a native Russian speaker.

NOTE: Please call 850-484-1797 for information and scheduling before registering.

Pensacola Campus			
8018		Open with Anthonina Agadzi	TBA

R 05429 SPANISH INDIVIDUAL LESSONS \$153

(6 hours) One-on-one lessons in Spanish language and culture help students to achieve personal goals whether a beginner or more advanced student. Lesson schedule is arranged between student and instructor.

NOTE: Please call 850-484-1797 for information and scheduling before registering.

Pensacola Campus			
8030		Open with Claudia Breaux	TBA

R 04411 SPANISH FOR BEGINNERS \$80

(16 hours) Introduces the Spanish language and culture to beginners. Study vocabulary, pronunciation and usage with emphases on speaking short, simple phrases and increasing knowledge of Spanish culture.

Taught by Cesar Gonzalez.

Century Center			
8006	02/17-04/15	M W 5:00pm - 6:00pm	7720

GYMNASTICS

Instruction provided by Panhandle Perfection Gymnastics
850-203-8058

R 06274 BOYS ADVANCED BEGINNER \$90

Pensacola Campus			
8689	01/07-02/11	T 6:30pm - 7:25pm	1903
8700	01/09-02/13	R 6:30pm - 7:25pm	1903
8727	02/18-03/31	T 6:30pm - 7:25pm	1903
8738	02/20-04/02	R 6:30pm - 7:25pm	1903
8765	04/07-05/12	T 6:30pm - 7:25pm	1903
8776	04/09-05/14	R 6:30pm - 7:25pm	1903

R 06273 BOYS BEGINNER \$90

Pensacola Campus			
8678	01/06-02/10	M 4:45pm - 5:40pm	1903
8711	01/11-02/15	SA 11:30am - 12:25pm	1903
8716	02/17-03/30	M 4:45pm - 5:40pm	1903
8749	02/22-04/04	SA 11:30am - 12:25pm	1903
8754	04/06-05/11	M 4:45pm - 5:40pm	1903
8787	04/11-05/16	SA 11:30am - 12:25pm	1903

R 06270 GIRLS ADVANCED BEGINNER \$90

Pensacola Campus			
8676	01/06-02/10	M 4:45pm - 5:40pm	1903
8685	01/07-02/11	T 4:00pm - 4:55pm	1903
8695	01/08-02/12	W 6:00pm - 6:55pm	1903
8697	01/09-02/13	R 4:30pm - 5:25pm	1903
8703	01/10-02/14	F 5:30pm - 6:25pm	1903
8707	01/11-02/15	SA 10:00am - 10:55am	1903
8714	02/17-03/30	M 4:45pm - 5:40pm	1903
8723	02/18-03/31	T 4:00pm - 4:55pm	1903
8733	02/19-04/01	W 6:00pm - 6:55pm	1903
8735	02/20-04/02	R 4:30pm - 5:25pm	1903
8741	02/21-04/03	F 5:30pm - 6:25pm	1903
8745	02/22-04/04	SA 10:00am - 10:55am	1903
8752	04/06-05/11	M 4:45pm - 5:40pm	1903
8761	04/07-05/12	T 4:00pm - 4:55pm	1903
8771	04/08-05/13	W 6:00pm - 6:55pm	1903
8773	04/09-05/14	R 4:30pm - 5:25pm	1903
8779	04/10-05/15	F 5:30pm - 6:25pm	1903
8783	04/11-05/16	SA 10:00am - 10:55am	1903

**Do you have a skill and a passion
in a recreation and leisure subject?**

**Are you willing to share this
with the community?**

**Contact Deven Walther-Thead to discuss
your course ideas.**

DWalther-Thead@pensacolastate.edu

R 06269 GIRLS BEGINNER**\$90**

Pensacola Campus

8674	01/06-02/10	M	3:45pm - 4:40pm	1903
8677	01/06-02/10	M	4:45pm - 5:40pm	1903
8679	01/06-02/10	M	5:45pm - 6:40pm	1903
8688	01/07-02/11	T	6:00pm - 6:55pm	1903
8692	01/08-02/12	W	4:30pm - 5:25pm	1903
8696	01/09-02/13	R	3:30pm - 4:25pm	1903
8698	01/09-02/13	R	5:30pm - 6:25pm	1903
8705	01/11-02/15	SA	9:00am - 9:55am	1903
8710	01/11-02/15	SA	11:30am - 12:25pm	1903
8712	02/17-03/30	M	3:45pm - 4:40pm	1903
8715	02/17-03/30	M	4:45pm - 5:40pm	1903
8717	02/17-03/30	M	5:45pm - 6:40pm	1903
8726	02/18-03/31	T	6:00pm - 6:55pm	1903
8730	02/19-04/01	W	4:30pm - 5:25pm	1903
8734	02/20-04/02	R	3:30pm - 4:25pm	1903
8736	02/20-04/02	R	5:30pm - 6:25pm	1903
8743	02/22-04/04	SA	9:00am - 9:55am	1903
8748	02/22-04/04	SA	11:30am - 12:25pm	1903
8750	04/06-05/11	M	3:45pm - 4:40pm	1903
8753	04/06-05/11	M	4:45pm - 5:40pm	1903
8755	04/06-05/11	M	5:45pm - 6:40pm	1903
8764	04/07-05/12	T	6:00pm - 6:55pm	1903
8768	04/08-05/13	W	4:30pm - 5:25pm	1903
8772	04/09-05/14	R	3:30pm - 4:25pm	1903
8774	04/09-05/14	R	5:30pm - 6:25pm	1903
8781	04/11-05/16	SA	9:00am - 9:55am	1903
8786	04/11-05/16	SA	11:30am - 12:25pm	1903

R 06271 GIRLS INTERMEDIATE**\$115**

Pensacola Campus

8694	01/08-02/12	W	5:30pm - 6:55pm	1903
8709	01/11-02/15	SA	11:00am - 12:25pm	1903
8732	02/19-04/01	W	5:30pm - 6:55pm	1903
8747	02/22-04/04	SA	11:00am - 12:25pm	1903
8770	04/08-05/13	W	5:30pm - 6:55pm	1903
8785	04/11-05/16	SA	11:00am - 12:25pm	1903

R 06278 PARENT/CHILD 1**\$50**

Pensacola Campus

8682	01/07-02/11	T	9:15am - 9:45am	1903
8691	01/08-02/12	W	4:00pm - 4:30pm	1903
8708	01/11-02/15	SA	11:00am - 11:30am	1903
8720	02/18-03/31	T	9:15am - 9:45am	1903
8729	02/19-04/01	W	4:00pm - 4:30pm	1903
8746	02/22-04/04	SA	11:00am - 11:30am	1903
8758	04/07-05/12	T	9:15am - 9:45am	1903
8767	04/08-05/13	W	4:00pm - 4:30pm	1903
8784	04/11-05/16	SA	11:00am - 11:30am	1903

N 00374 PARENT/CHILD-1 PARENT

Pensacola Campus

8803	01/07-02/11	T	9:15am - 9:45am	1903
8804	01/08-02/12	W	4:00pm - 4:30pm	1903
8805	01/11-02/15	SA	11:00am - 11:30am	1903
8806	02/18-03/31	T	9:15am - 9:45am	1903
8807	02/19-04/01	W	4:00pm - 4:30pm	1903
8808	02/22-04/04	SA	11:00am - 11:30am	1903
8809	04/07-05/12	T	9:15am - 9:45am	1903
8810	04/08-05/13	W	4:00pm - 4:30pm	1903
8811	04/11-05/16	SA	11:00am - 11:30am	1903

R 06279 PARENT/CHILD 2**\$70**

Pensacola Campus

8683	01/07-02/11	T	9:45am - 10:25am	1903
8701	01/10-02/14	F	3:45pm - 4:25pm	1903
8721	02/18-03/31	T	9:45am - 10:25am	1903
8739	02/21-04/03	F	3:45pm - 4:25pm	1903
8759	04/07-05/12	T	9:45am - 10:25am	1903
8777	04/10-05/15	F	3:45pm - 4:25pm	1903

N 00375 PARENT/CHILD-2 PARENT

Pensacola Campus

8812	01/07-02/11	T	9:45am - 10:25am	1903
8813	01/10-02/14	F	3:45pm - 4:25pm	1903
8814	02/18-03/31	T	9:45am - 10:25am	1903
8815	02/21-04/03	F	3:45pm - 4:25pm	1903
8816	04/07-05/12	T	9:45am - 10:25am	1903
8817	04/10-05/15	F	3:45pm - 4:25pm	1903

R 06280 PRESCHOOL 1**\$90**

Pensacola Campus

8675	01/06-02/10	M	3:45pm - 4:40pm	1903
8684	01/07-02/11	T	10:45am - 11:40am	1903
8690	01/08-02/12	W	4:00pm - 4:55pm	1903
8702	01/10-02/14	F	4:30pm - 5:25pm	1903
8704	01/11-02/15	SA	9:00am - 9:55am	1903
8713	02/17-03/30	M	3:45pm - 4:40pm	1903
8722	02/18-03/31	T	10:45am - 11:40am	1903
8728	02/19-04/01	W	4:00pm - 4:55pm	1903
8740	02/21-04/03	F	4:30pm - 5:25pm	1903
8742	02/22-04/04	SA	9:00am - 9:55am	1903
8751	04/06-05/11	M	3:45pm - 4:40pm	1903
8760	04/07-05/12	T	10:45am - 11:40am	1903
8766	04/08-05/13	W	4:00pm - 4:55pm	1903
8778	04/10-05/15	F	4:30pm - 5:25pm	1903
8780	04/11-05/16	SA	9:00am - 9:55am	1903

R 06281 PRESCHOOL 2**\$90**

Pensacola Campus

8693	01/08-02/12	W	5:00pm - 5:55pm	1903
8706	01/11-02/15	SA	10:00am - 10:55am	1903
8731	02/19-04/01	W	5:00pm - 5:55pm	1903
8744	02/22-04/04	SA	10:00am - 10:55am	1903
8769	04/08-05/13	W	5:00pm - 5:55pm	1903
8782	04/11-05/16	SA	10:00am - 10:55am	1903

R 06283 PRESCHOOL 3, BOYS**\$90**

Pensacola Campus

8687	01/07-02/11	T	5:00pm - 5:55pm	1903
8725	02/18-03/31	T	5:00pm - 5:55pm	1903
8763	04/07-05/12	T	5:00pm - 5:55pm	1903

R 06282 PRESCHOOL 3, GIRLS**\$90**

Pensacola Campus

8686	01/07-02/11	T	5:00pm - 5:55pm	1903
8724	02/18-03/31	T	5:00pm - 5:55pm	1903
8762	04/07-05/12	T	5:00pm - 5:55pm	1903

R 06453 TEEN/ADULT**\$90**

Pensacola Campus

8681	01/07-02/11	T	7:30pm - 8:25pm	1903
8719	02/18-03/31	T	7:30pm - 8:25pm	1903
8757	04/07-05/12	T	7:30pm - 8:25pm	1903

R 06277 TUMBLING**\$90**

Pensacola Campus

8680	01/06-02/10	M	5:45pm - 6:40pm	1903
8699	01/09-02/13	R	6:30pm - 7:25pm	1903
8718	02/17-03/30	M	5:45pm - 6:40pm	1903
8737	02/20-04/02	R	6:30pm - 7:25pm	1903
8756	04/06-05/11	M	5:45pm - 6:40pm	1903
8775	04/09-05/14	R	6:30pm - 7:25pm	1903

HEALTH**R 06482 ADVOCACY FOR YOURSELF AND YOUR FAMILY****\$58**

(10 hours) If you've ever had to deal with the medical community but left feeling like you were not heard or did not get what you needed, this course is for you. Learn to advocate for yourself or a family member seeking medical care. Taught by Wanda Argersinger who is a published writer, humorist, and healthcare advocate.

Pensacola Campus

8278	02/25-03/10	T R	4:00pm - 6:00pm	1442
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*** PARENTS NIGHT OUT ***
Check for dates this spring.

R 06481 ALEXANDER TECHNIQUE \$48
(7.5 hours) Learn gentle exercises and mindfulness practice which are foundational in this technique. The exercises improve posture. Combined with mindfulness to replace bad habits with correct habits of posture. Students begin to realize increased freedom of movement and reduced back pain. Taught by Michelle Hancock.

Pensacola Campus
 8277 02/04-03/03 T 7:00pm - 8:30pm 468

R 05698 MEDITATION 101 \$49
(9 hours) Learn the basics of how to meditate. It can enhance your life and expand your perspectives. Meditate to heal the mind, body and spirit. Bring a notebook (and cushion if desired); chair use is fine. Taught by Kristen Brown-Sanders.

Pensacola Campus
 8028 03/24-04/28 T 11:00am - 12:30pm 468
 South Santa Rosa Center
 8029 03/25-04/29 W 4:00pm - 5:30pm 5184

R 02099 TAI CHI FOR HEALTH \$61
(12 hours) Teaches Tai Chi and Chi Kung gentle exercises for the many health benefits to be realized. The moves develop flexibility, balance, strength, coordination, skeletal alignment, and increased organ function. Deep, even breathing improves cardio fitness through the maximum intake of oxygen. Taught by Victoria Oaks.

Pensacola Campus
 8273 02/03-04/27 M 5:30pm - 6:30pm 0312

R 04240 TAI CHI FOR HEALTH \$90
(18 hours) Learn Tai Chi and Chi Kung gentle exercises and begin to realize many health benefits including improved flexibility, balance, strength, coordination, skeletal alignment and increased organ function. Deep, even breathing will also improve cardio fitness through maximum intake of oxygen. Taught by Victoria Oaks.

Warrington Campus
 8274 02/07-05/01 F 4:00pm-5:25pm 3227

R 06335 YOGA BASIC BEGINNER \$55
(8 hours) This intro course teaches the building blocks of yoga and is perfect for beginners or experienced practitioners who want to slow it down and deepen their practice. It explores yoga fundamentals, proper breathing and in-depth instruction for yoga staples like sun salutations. Taught by Amber Dodd.

Pensacola Campus
 8158 01/08-02/05 M W 6:00pm - 7:00pm 9663
 8159 02/10-03/04 M W 6:00pm - 7:00pm 9663
 8160 03/09-04/08 M W 6:00pm - 7:00pm 9663
 8161 04/13-05/06 M W 6:00pm - 7:00pm 9663

HOBBIES

R 06480 ADVANCED SMALL ENGINE REPAIR \$175
(30 hours) This class is the follow up to the Basic Small Engine Repair class. This advanced class will go over test material to get certifications. Students need basic small engine tools, work shirt or apron, goggles, pencil or pen and notebook. Take notes and learn through hands-on activities. Helps prepare you to take test for small engine certification. Taught by David Blair.

Pensacola Campus
 8154 02/01-04/11 SA 9:00am - Noon TBA

R 06251 BASIC SMALL ENGINE REPAIR \$175
(30 hours) Fix small engines on your own! Save money and get the convenience of doing your own repairs on equipment. Learn general safety, tools, machines and maintenance/repair of 2-cycle and 4-cycle engines. Taught by David Blair.

Pensacola Campus
 8153 01/30-04/09 R 6:00pm - 9:00pm 1708

R 06317 AUTO KNOW, AUTO CARE \$60
(8 hours) Learn the basics to care for your vehicle! Prolong its life and quality of performance through preventive maintenance. Identify problems to be fixed before they get out of control. Taught by David Blair.
NOTE: Bring your car manual to each class.

Pensacola Campus
 8152 01/29-02/19 W 6:00pm - 8:00pm 1708
 8155 02/26-03/25 W 6:00pm - 8:00pm 1708
 8156 04/01-04/22 W 6:00pm - 8:00pm 1708

R 06254 AMATEUR RADIO INTRODUCTION & UPGRADE \$21

(50 hours) Achieve goals for the initial Amateur Radio Operator's license or to upgrade an existing operator's license to the next level. A Volunteer Examiner (VEC) will administer the tests for students who want to obtain the license or upgrade. Taught by Eugene Bannon.

Pensacola Campus
 8021 02/11-04/23 T R 6:00pm - 8:30pm 9663

R 06147 BIRDS ON LOCATION WITH JAMES STEGALL \$46

(7 hours) Study local birds and bird habitats — where they live, what they eat, their migration habits, and more. Learn about equipment such as binoculars, spotters, and scopes while on a birding fieldtrip. In our fast paced society, learn how to take time to watch the birds.

NOTE: Students must provide their own transportation.

South Santa Rosa Center
 8263 02/14-02/15 F SA 7:30am - 11:00am 5135

Pensacola Campus
 8264 03/28-04/04 SA 7:00am - 10:30am 1442

R 05808 CROCHET, BEGINNING \$38

(6 hours) Learn crochet techniques in a progressively challenging sequence for students to learn basic skills of holding the hook, creating stitches and reading patterns. Complete a small, easy project to take home.

Taught by Danielle Massey.

Milton Campus
 8247 02/06-02/27 R 3:00pm - 4:30pm 4020
 8248 03/05-04/02 R 3:00pm - 4:30pm 4020

R 05809 KNITTING, BEGINNING \$38

(6 hours) Teaches knitting in a progressively challenging sequence for students to learn basic skills from how to hold needles and read a simple pattern while creating a small easy project. Techniques for left or right handed individuals will be demonstrated. Taught by Danielle Massey.

Milton Campus
 8249 02/03-02/24 M 3:00pm - 4:30pm 4020
 8250 03/02-03/30 M 3:00pm - 4:30pm 4020

R 06466 LEARN TO QUILT \$69

(10 hours) Teaches basic quilting and the strip-piecing method to sew a log cabin block quilt. Suitable fabric, rotary cutting, pressing, borders, quilting and binding will be covered. The first class meeting will introduce the tools, fabric and method to produce a block quilt with precision. Beginners or experienced quilters will benefit. Taught by experienced quilter Claire Nicolini.

Pensacola Campus
 8127 02/08 SA 10:00am - Noon 2051
 02/15-02/22 SA 10:00am - 2:00pm

Any Private Lesson Your Choice

(6 hours for \$153) This course will allow you to learn at your own pace with one of our instructors in a subject area of your choice.

For more information call 850-484-1797.

Note: Class schedule/meeting time is arranged between student and instructor.

R 06471 PRIVATE LESSONS WITH JAMES STEGALL \$153

(6 hours) Mr. Stegall can teach private lessons in a variety of subjects. Look for his individual photography lessons in the photography section. For his other areas of expertise — including floral design, Ikebana, most anything about plants, birdwatching, travel and more.

NOTE: Please call 850-484-1797 for information and scheduling before registering.

Pensacola Campus
8253

Open Enrollment

TBA

HOME AND GARDEN**R 06460 GARDEN CLUB WITH JAMES STEGALL \$36**

(3 hours) Learn answers to your gardening questions in this workshop. Topics planned are as follows: 1/28, Bed Prep and Bulbs; 2/21, Palms and Ground Covers; 3/13, Lawns and Landscape; 3/31, Grandma's Plants and Shrubs. Come with your questions and get ready to garden! Enthusiasts may want to return again and again after their first workshop.

Milton Campus

8252 01/28 T 2:00pm - 5:00pm 4020

South Santa Rosa Center

8254 02/21 F 8:30am - 11:30am 5135

Pensacola Campus

8255 03/13 F 1:00pm - 4:00pm 1442

Century Center

8256 03/31 T 2:00pm - 5:00pm 7720

HUMANITIES**R 06485 WILLIAM BARTRAM — EXPLORER, NATURALIST AND ARTIST \$27**

(4 hours) Learn about the most important scientist you've never heard of. Explore Bartram's importance to science, art, literature, and native studies, including his experiences in Pensacola. Taught with passion by Michael Hartsaw, local chef and historian.

Pensacola Campus

8280 02/06-02/27 R 6:00pm - 7:00pm 0471

LIFE PLANNING**R 06319 CREATE YOUR VISION BOARD \$25**

(2 hours) In the workshop students see how to connect their desires for the future with a visual focus using a vision board. The vision board becomes a tool to raise energy and create excitement for goals and dreams. Choose from three types of vision boards to visualize your path to your future. Taught by Pat Owens, certified "Infinite Possibilities Trainer."

Pensacola Campus

8242 02/06 R 5:30pm - 7:30pm 0468

R 06322 ENVISION YOUR POSSIBILITIES \$42

(6 hours) Based on the book *Infinite Possibilities — The Art of Living Your Dreams*, by Mike Dooley (best-selling author and motivational speaker), this lively, upbeat class includes light-hearted discussions, worksheets, visualizations, art activities and storytelling. Students learn techniques to align their beliefs with their goals and dreams. Taught by Pat Owens who is a certified "Infinite Possibilities Trainer."

Pensacola Campus

8241 02/03-02/24 M 6:00pm - 7:30pm 0468

R 05111 FINANCIAL SURVIVAL FOR RETIREMENT \$36

(4 hours) If you are nearing or living in retirement, this course will help fill in critical knowledge gaps and help you plan your financial future more effectively. Course is led by radio and TV host, Annalee Leonard.

Milton Campus

8245 01/30-02/06 R 5:30pm - 7:30pm 4020

Pensacola Campus

8246 02/13-02/20 R 5:30pm - 7:30pm 1705

R 04876 MEDICARE MADE EASY \$21

(2 hours) Clear your confusion about parts of Medicare, enrollment rules and penalties, Medicare supplements and more — for those turning 65 and/or those wanting a review. Class led by Joan Connell, PhD.

Milton Campus

8243 01/21 T 5:30pm - 7:30pm 4020

Pensacola Campus

8244 02/03 M 5:30pm - 7:30pm 1705

R 06473 SOCIAL SECURITY OPTIMIZATION \$20

(1.5 hours) Avoid making up to a \$200,000 mistake on your taxes. You can maximize your Social Security income for life whether married, single or widowed. Topics of discussion include the changing retirement landscape, integrating retirement decisions, optimizing Social Security, and guaranteeing lifetime retirement income. Learn answers to questions you may have as you plan your retirement. Taught by American Heritage Financial partners, Stephanie Streit and Edward Nelson. They answer questions you never knew to ask.

Pensacola Campus

8007 02/06 R 6:00pm - 7:30pm 1705

8009 04/09 R 6:00pm - 7:30pm 1705

Milton Campus

8008 02/22 SA 10:00am - 11:30am 4020

8010 04/25 SA 10:00am - 11:30am 4020

MUSIC ACADEMY

Music Academy offers private lessons for beginner, intermediate, and advanced students to help them develop musical skills. Courses are offered in Piano and Voice. Approval is required from the Music Department before registration.

NOTE: Call 850-484-1800 for more information.

MUSIC/THEATER**R 06469 PLAYING THE MOUNTAIN DULCIMER \$65**

(9 hours) The mountain dulcimer is a musical instrument that originated in the Appalachian Mountains. It is a very friendly folk instrument. Explore both traditional and modern playing techniques, and learn some history of the instrument and its European zither relatives. An intuitive approach to playing, suited to any level of music ability, will be taught by Jessica Comeau. See her recordings online of vocals and dulcimer.

Pensacola Campus

8300 01/25-02/15 SA 9:30am-11:45am 0463

8301 02/29-03/28 SA 9:30am-11:45am 0463

8302 04/04-04/25 SA 9:30am-11:45am 0463

PHOTOGRAPHY**R 05273 BASIC PHOTOGRAPHY WORKSHOP WITH JAMES STEGALL \$46**

(7 hours) Learn about F-stops, shutter speeds, and ISO's through hands-on photo opportunities at various locations. Expect to walk away with some great shots. Camera required (include charged batteries and film or card), money for lunch and provide own transportation for fieldtrip.

Pensacola Campus

8257 01/31-02/01 F SA 7:30am - 11:00am 1442

South Santa Rosa Center

8258 02/28-02/29 F SA 7:30am - 11:00am 5135

“Excellent course with one of the most talented instructors. He exhibits a love of taking universal care of all living things and captures their very essence. A great course!”

— CYNTHIA H., BASIC PHOTOGRAPHY WITH JAMES STEGALL

R 05276 NATURE PHOTOGRAPHY WITH JAMES STEGALL \$46

(7 hours) Hands on photography on location in the field — begin in class then go to natural sites to take photos and learn tips to get those beautiful award winning shots that make you proud.

NOTE: Camera required (include charged batteries and film or card), money for lunch and provide own transportation for fieldtrip.

South Santa Rosa Center				
8269	03/26-03/27	R F	7:30am - 11:00am	5133
Pensacola Campus				
8270	04/18-04/25	SA	7:00am - 10:30am	1442

R 05274 NIGHT SHOOT PHOTOGRAPHY WORKSHOP WITH JAMES STEGALL \$38

(4 hours) Get beautiful photographs of things at night without using a flash. Field trips are planned to various locations around Pensacola for capturing a variety of scenes and to enjoy hands-on photo opportunities. Camera required (include charged batteries and film or card) and provide own transportation for fieldtrip.

Pensacola Campus				
8261	02/07	F	6:00pm - 10:00pm	1442
South Santa Rosa Center				
8262	04/16	R	6:00pm - 10:00pm	5135

R 05075 INDIVIDUAL PHOTOGRAPHY (PRIVATE LESSONS) \$153

(6 hours) Receive one-on-one instruction and coaching to improve photography skills needed to reach goals — open to all levels of ability.

NOTE: Please call 850-484-1797 for information and scheduling before registering.

Pensacola Campus				
8251		Open with James Stegall		TBA

Follow us online for updates!



Continuing Education—Recreational



#PSC_ContinuingEd

SELF DEFENSE/MARTIAL ARTS

R 06457 BASIC KARATE LEVEL I, AGES 7-12 \$62

(12 hours) Students will learn aspects of this Japanese, martial-arts form. Karate is a discipline of self-defense employing kicking, defensive blocking with arms and legs, and more. Offered at the PSC Century Center.

Century Center				
8011	02/04-03/12	T R	5:30pm - 6:30pm	7703
8012	03/24-04/30	T R	5:30pm - 6:30pm	7703

STUDENT ENRICHMENT

R 05159 ANY PRIVATE LESSON, YOUR CHOICE \$153

(6 hours) This course will allow you to learn at your own pace with one of our instructors in a subject area of your choice.

NOTE: Class schedule/meeting time is arranged between student and instructor. For more information call 850-484-1797.

8297	Open Enrollment	TBA
8298	Open Enrollment	TBA
8299	Open Enrollment	TBA

TRAVEL

R 06477 TRAVEL TIPS WITH JAMES STEGALL \$32

(2.5) Learn how to get the best prices on airfares, to work with the Transportation Security Administration/TSA and to find great vacation locations. Tips on how to obtain your passport and requirements for domestic and international travel, and much more will be discussed.

South Santa Rosa Center				
8267	02/25	T	2:30pm - 5:00pm	5135
Pensacola Campus				
8268	04/14	T	5:30pm - 8:00pm	1442

ONLINE COURSES

American Safety Council Courses

NOTE: After registering and paying for your course, call 850-484-1797 to get the website and your redemption code.

American Safety Council

PSC offers online **Florida Parenting** and **Driver Improvement** courses.

For information or to register and pay, call the Recreation and Leisure Department at Pensacola State College, **850-484-1797** or go to **www.pensacolastate.edu/ce**.

Once you have completed the registration and payment process, call the Recreation and Leisure Department for the online course **Access Code** and website to get started.

COURT MANDATED COURSES

R 04186 FLORIDA PARENTING COURSE ONLINE \$25

(4 hours) The First Judicial Circuit of Florida requires that parents who are facing divorce, separation, or other legal proceedings (and have minor-aged children) complete a course to help children cope with the change to the family. This online course is approved by the Florida Department of Children and Families, as required by Florida Statute 61.21. 8000 Open Enrollment

DRIVER IMPROVEMENT

R 04644 ADVANCED DRIVER IMPROVEMENT \$65

(12 hours) Have a suspended driver's license due to multiple traffic citations? Implement better driving habits and deter the irresponsible behaviors that lead to habitual traffic offenses, suspensions and/or revocation. Instruction is online. Student will need to supply driver's license or state identification card number, the most recent citation number and, if applicable, the court case number for course completion information to be processed.

8001	Open Enrollment
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- R 04203 BASIC DRIVER IMPROVEMENT \$20**
(4 hours) For individuals who have received a minor traffic citation — this online course is to help licensed drivers function more effectively and efficiently in traffic. Provide citation number, driver's license number and, if applicable, court case number for course completion to be processed.
 8002 Open Enrollment
- R 04204 FIRST TIME DRIVER COURSE \$22**
(4 hours) Course meets the state requirement for TLSAE/DATA — Traffic Law and Substance Abuse Education. It will familiarize first-time drivers with lawful, 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.
 8003 Open Enrollment

- R 04645 JUDGE ORDERED TRAFFIC COURSE \$38**
(8 hours) This course will fulfill the requirement to complete an 8-hour traffic class that a court or judge has ordered.
 8004 Open Enrollment
- R 04646 MATURE DRIVER COURSE \$20**
(6 hours) For students over 55 years old with a Florida Driver's License to possibly save money on car insurance by taking a 6-hour accident prevention course.
 8005 Open Enrollment



Go to www.ed2go.com/ce for complete course descriptions.

ART

- R 03895 DRAWING FOR THE ABSOLUTE BEGINNER \$111**
 8036 Open Enrollment
- R 04631 START AN ARTS AND CRAFTS BUSINESS \$111**
 8032 Open Enrollment
- R 04632 START A GIFT BASKET BUSINESS \$111**
 8043 Open Enrollment

COMPUTER SCIENCE

- R 04388 BLOGGING AND PODCASTING FOR BEGINNERS \$111**
 8034 Open Enrollment
- R 05456 INTRODUCTION TO PC SECURITY \$111**
 8055 Open Enrollment
- R 03021 KEYBOARD TYPING I \$111**
 8049 Open Enrollment
- R 02378 LEARN TO BUY AND SELL ON EBAY \$111**
 8037 Open Enrollment
- R 05453 WHAT'S NEW IN MICROSOFT OFFICE 2013 \$111**
 8051 Open Enrollment

CREATIVE WRITING

- R 02846 BEGINNER'S GUIDE TO GETTING PUBLISHED \$111**
 8042 Open Enrollment
- R 03514 MYSTERY WRITING \$111**
 8053 Open Enrollment
- R 05135 SCREENWRITING, INTRODUCTION \$111**
 8065 Open Enrollment
- R 05793 WRITE FICTION LIKE A PRO \$111**
 8073 Open Enrollment
- R 04391 WRITE AND PUBLISH YOUR NONFICTION BOOK \$111**
 8075 Open Enrollment

- R 03909 WRITE YOUR LIFE STORY \$111**
 8079 Open Enrollment
- R 03516 WRITING FOR CHILDREN \$111**
 8074 Open Enrollment
- R 06007 WRITING ESSENTIALS \$111**
 8077 Open Enrollment
- R 05057 WRITING YOUNG ADULT FICTION \$111**
 8076 Open Enrollment

DOG OBEDIENCE

- R 04633 START A PET SITTING BUSINESS \$111**
 8056 Open Enrollment

ENGLISH

- R 04640 WRITING FOR ESL \$111**
 8078 Open Enrollment
- R 03901 GRAMMAR REFRESHER \$111**
 8044 Open Enrollment



Online courses start each month
 1/15, 2/12, 3/18, 4/15

Visit www.ed2go.com/ce
 for course descriptions and to begin lessons.

Go to www.pensacolastate.edu/ce
 to register and pay.

For information or questions, call
850-484-1797

FAMILY, FUN AND COLLEGE

R 03898	GENEALOGY BASICS	\$111
8040	Open Enrollment	
R 04511	WOW, WHAT A GREAT EVENT!	\$111
8072	Open Enrollment	

FOREIGN LANGUAGES

R 04341	CONVERSATIONAL JAPANESE	\$111
8048	Open Enrollment	
R 05448	DISCOVER SIGN LANGUAGE	\$111
8066	Open Enrollment	
R 02653	FRENCH BEGINNING CONVERSATIONAL	\$111
8038	Open Enrollment	
R 03860	INSTANT ITALIAN	\$111
8046	Open Enrollment	
R 02084	SPEED SPANISH I	\$111
8068	Open Enrollment	
R 03083	SPEED SPANISH II	\$111
8069	Open Enrollment	
R 03505	SPEED SPANISH III	\$111
8070	Open Enrollment	

HEALTH

R 03903	INTRODUCTION TO NATURAL HEALTH AND HEALING	\$111
8054	Open Enrollment	

HOME AND GARDEN

R 05726	START YOUR OWN EDIBLE GARDEN	\$111
8071	Open Enrollment	

LIFE PLANNING

R 03899	GET ASSERTIVE	\$111
8041	Open Enrollment	
R 06260	HELPING ELDERLY PARENTS	\$111
8045	Open Enrollment	

MUSIC

R 03904	MUSIC MADE EASY	\$111
8052	Open Enrollment	

PHOTOGRAPHY

R 04339	PHOTOGRAPHING NATURE WITH YOUR DIGITAL CAMERA	\$111
8059	Open Enrollment	

R 02675	PHOTOGRAPHING PEOPLE WITH YOUR DIGITAL CAMERA	\$111
8060	Open Enrollment	
R 05310	PHOTOSHOP CREATIVE CLOUD FOR DIGITAL PHOTOGRAPHERS	\$111
8061	Open Enrollment	
R 05701	PHOTOSHOP ELEMENTS FOR THE DIGITAL PHOTOGRAPHER	\$111
8057	Open Enrollment	
R 05702	PHOTOSHOP ELEMENTS FOR THE DIGITAL PHOTOGRAPHER II	\$111
8058	Open Enrollment	
R 02373	SECRETS OF BETTER PHOTOGRAPHY	\$111
8033	Open Enrollment	
R 05264	YOUR DIGITAL SLR CAMERA	\$111
8035	Open Enrollment	

READING

R 02381	MERRILL REAM SPEED READING	\$111
8067	Open Enrollment	
R 03090	READY SET READ!	\$111
8062	Open Enrollment	

STUDENT ENRICHMENT

R 02945	INTRODUCTION TO ALGEBRA	\$111
8047	Open Enrollment	
R 03897	MATH REFRESHER	\$111
8050	Open Enrollment	
R 02253	PREPARE FOR THE GED® TEST	\$111
8039	Open Enrollment	
R 02144	SAT/ACT PREPARATION PART I	\$111
8063	Open Enrollment	
R 02146	SAT/ACT PREPARATION PART II	\$111
8064	Open Enrollment	

Register for PSC ALERT

Sign up to receive messages using the PSC Alert which allows PSC to contact you in the event of a campus emergency, hazardous situation, weather-related college closure or other event requiring mass notification.

To register, go to:

www.pensacolastate.edu/pscalert/.

PSC Alert 

Don't see what you want? Send us your suggestions!

ce@pensacolastate.edu or call 850-484-1797.

Recreation and Leisure — Continuing Education • 1000 College Blvd. • Building 96 • ce@pensacola • 850-484-1797

REGISTRATION INFORMATION

ON THE INTERNET

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

Follow the instructions on the "Register Now" option of the Continuing Education page on the Pensacola State College website, always choosing Recreation and Leisure. Spyglass is also available for returning students.

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.

HOLIDAYS

Classes will not be held on the following days:

Winter Break	December 18, 2019–January 1, 2020
Martin Luther King Birthday	January 20, 2020
Spring Break	March 16–March 22

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. If the college is closed because of inclement weather, every effort will be made to provide make-up sessions at the discretion of the college.

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.).

PSC ALERT

Students and employees are encouraged to sign up to receive messages using the new system which allows PSC to contact you in the event of a campus emergency, hazardous situation, weather-related college closure or other event requiring mass notification. To register, go to: www.pensacolastate.edu/pscalert/.

ONGOING REGISTRATION

Walk-in registration: 7:30 a.m.–4:00 p.m. Monday–Friday

Web registration: Almost completely 24/7. Closed or short delays may occur for end of day downloads.

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 must have parking decals on their vehicles while parked on campus property. Take the vehicle registration and your student ID to the Public Safety office located in the Student Center, Building 5, Pensacola campus; Building 4000, Milton campus; Building 3300, Warrington campus. If you do not have an ID, bring your student schedule and a valid photo ID and one will be issued for you.

Short term temporary parking passes are available in the Continuing Education office, Building 96, Room 9624. Evening classes can call Public Safety at 484-2500 and someone will assist you when available. Please note speed limits are enforced on 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 Begin	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



Recreation and Leisure —
Continuing Education
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contact **Ruth McKinon**, Coordinator
Corporate and Professional Training
rmckinon@pensacolastate.edu

850-484-1374



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