



**NORTHWEST FLORIDA  
STATE COLLEGE**

**PROFESSIONAL &  
CONTINUING EDUCATION**



# SPRING 2016 SCHEDULE OF CLASSES

Costa Leadership Institute • Personal Enrichment • Fitness & Wellness  
Motorcycle Safety • Eco-Tours • American Heart Association Training Center  
Court Mandated Programs • Jr. Raiders Kids' Programs



850.729.6880  
[www.nwfsc.edu/PCE](http://www.nwfsc.edu/PCE)

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# General Information

## Professional & Continuing Education Non Credit Registration

### Registration Information

There are 3 ways to register for Professional & Continuing Education, non-credit classes.

- **Online:** Visit [www.nwfsc.edu/CERegister](http://www.nwfsc.edu/CERegister) and register using Flex Reg. Pay online using a credit card or echeck. You also have the option to click the pay later button which will allow you to pay in-person at an NWF State College campus or center with cash or check within 48 hours.
- **In-Person:** Register at any NWF State College campus or center in the Students Services area – Niceville (Student Services Center), Hurlburt, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton. Fill in the form below. Payment can be made by cash or check only at any NWF State College campus or center Business Office.
- **Mail:** Fill in the form below with required information. Mail the form and a check to: NWF State College, Professional & Continuing Education, 100 College Blvd. East, Niceville, FL 32578.

Registration opens November 2, 2015.

Registration is due 5 days prior to deadline for class.

### Cancelled Classes

The NWF State College Professional and Continuing Education Department reserves the right to cancel classes based on low enrollment or other causes. Classes may be canceled due to the lack of enrollment five (5) business days prior to the first class. The student will be notified in advance via personal email, and a full refund will be provided. NWF State College reserves the right to add or delete without notice for any courses offered on the website, or to alter the fees or costs.

### Dropping a Class

Dropping a class is not permitted. However we understand there are circumstances that may occur and we will work with you to find another class for you to enroll in. Please contact (850) 729-6880 should you need help.

### Payment

To pay for a class, payment can be made by cash or check only at any NWF State College Campus or Center Business Office. Payments can be made online with an e-check or credit card. Credit card payments will incur a 2.75% convenience fee. For payment questions, please contact the NWF State College Business Department at (850) 729-5385.

### Parking

All college students must display a parking permit on their vehicle when parking in designated parking areas during the fall and spring semesters. Hurlburt Center location does not require a permit. There is no charge for non-credit students.

- New permits must be obtained each semester
- All permits must be visible on the rear view mirror (Alternatives: Driver side dash and sun visor)
- Permits may be used for up to 4 vehicles
- Each vehicle must be registered under student's online account
- Permits may only be used for registered vehicles
- Parking is permitted in designated areas only

[www.nwfsc.edu/Students/StudentLife/StudentParking.cfm](http://www.nwfsc.edu/Students/StudentLife/StudentParking.cfm)

### Contact Information

(850) 729-6880 • [leadership@nwfsc.edu](mailto:leadership@nwfsc.edu)

Address: 100 College Blvd. East, Niceville, FL 32578

[www.nwfsc.edu/PCE](http://www.nwfsc.edu/PCE)

### Staff Information

Julie Cotton, Director ..... (850) 729-5212  
*Professional & Continuing Education*

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

Kate Scanlan, Coordinator ..... (850) 729-5253  
*Costa Leadership Institute*

Ashley Breihan, Coordinator ..... (850) 729-5366  
*Special Events*

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

Brandy Foley, Coordinator ..... (850) 200-4163  
*Ecotourism*

Barry Reed, Director ..... (850) 729-4923  
*Emergency Management*

Fran Fulcher, Staff Assistant ..... (850) 729-6084  
*Professional & Continuing Education*

Jerry Ann Chancellor, Staff Assistant ..... (850) 729-4955  
*Professional & Continuing Education*

## For current classes Like Us on Facebook

[www.facebook.com/NWFSCProfessionalAndContinuingEducation](http://www.facebook.com/NWFSCProfessionalAndContinuingEducation)



# Costa Leadership Institute Courses

## Leadership

### ***So Much Stress, So Little Energy! Strategies for Stress and Energy Management***

**Instructor: Tonya Nascimento**

Ineffective energy-management can hinder your performance and zap your productivity. It can lead to additional and unnecessary stress. In this workshop you will learn practical and creative ways to manage stress and increase energy using your body and mind. Identify where you carry your stress in your body, gain awareness of your body's response to stress, and learn the science behind physiological relaxation. Learn the most energizing mind-set to have, how to retrain your thoughts to increase energy and decrease negative stress, and develop a personal plan to balance stress and energy in your life – at work and at home – to maximize your productivity while maintaining an inner calm. Get more done, perform better, and feel less stress by using the strategies presented.

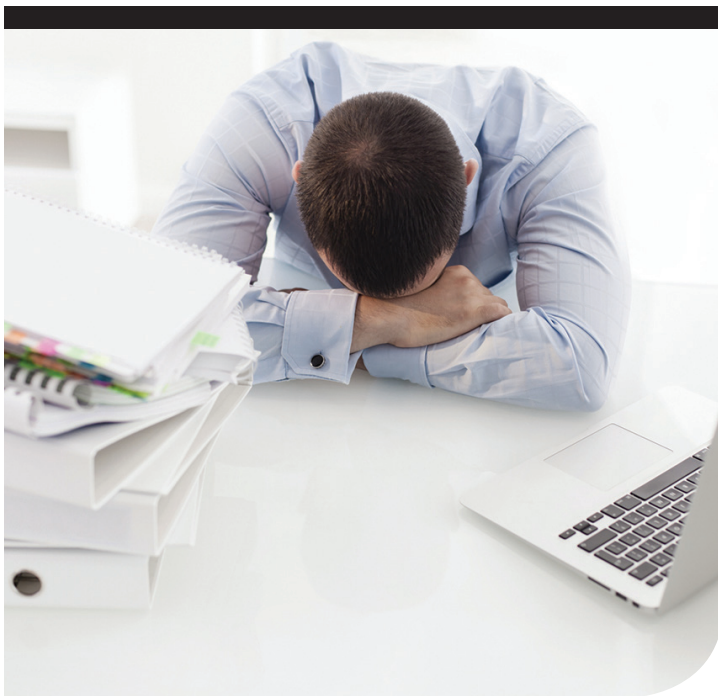
**Friday, April 1, 2016**

**12:30 p.m. – 4:30 p.m.**

**Niceville, Bldg. SSC/400, Arpke Room 315**

**Fee: \$80.00**

**CRN #: 20485**



### ***The Resilient Leader***

**Instructor: Ronnie Tabor**

Take your leadership to the next level. This transformative resilience training is designed to help you get to know yourself better and give you a greater understanding of those you lead. It will build your inner leader to do more than just survive; it will help you thrive when faced with challenges both personally and professionally.

Life happens, and every day we face possibilities and choices. This course will help you learn how to make the best choice, not only for yourself, but also for the people you lead. Relationships and connections are an outgrowth of our choices, and this course will show you how to build strong, vibrant relationships.

Resilient people motivate us, encourage us, and give us the confidence to expand our horizon. Application of these skills will help leaders improve staff morale, increase energy in the workplace and build stronger teamwork. EVERYONE can be more resilient. Become a resilient leader today.

**Who Should Attend**

- Managers & Supervisors
- Team Leaders and Individual Contributors
- Front Line Staff

**Seminar Benefits**

- Increased ability to maintain professional poise
- Enhanced self-awareness and sense of personal power
- Improved team and work place relationships
- Ability to respond positively to change
- Better understanding of emotional intelligence
- Increased ability to reframe negative thoughts
- Better capacity for handling conflicts

**Friday, April 8, 2016**

**8:00 a.m. – 3:30 p.m.**

**Niceville, Bldg. SSC/400, Arpke Room 315**

**Fee: \$150.00**

**CRN #: 20939**

Visit our website for the most updated  
calendar of events and classes

[www.nwfsc.edu/CLI](http://www.nwfsc.edu/CLI)



# Costa Leadership Institute Courses

## Leadership



### **Leader as Strategist and Mentor**

**Instructor: Dr. Frank Goldstein**

This presentation is designed to provide an overview of theory and practice in the core area of a leader as a strategist. In today's business environment, an individual leader without strategic insight can easily confuse leadership knowledge as an end all to achieving success. The subsequent impact of that type of thinking will hurt their leadership potential and their business. The class takes an interdisciplinary behavioral science approach to the subject. In addition, it will cover strategic decision making leadership efforts and their relationship to business objectives and coherent purpose. The seminar offers a broad and general foundation in the terms and concepts of the strategic environment and leadership with specific suggestions for achieving both. It is also intended for the seminar to familiarize the student with major areas of study in the field. The seminar will provide students with the key skills associated with critical strategic thinking, analysis and actions to improve all aspects of the leader as strategist.

**Friday, April 15, 2016**  
**8:00 a.m. – 12:30 p.m.**

**Niceville, Bldg. SSC/400, Arpke Room 315**

**Fee: \$90.00**

**CRN #: 21020**

## Servant Leadership Lunch & Learn

### **Servant Leadership Lunch & Learn Series:**

Participants are welcome to register for one session, hand-pick a few classes to attend, or sign-up for all trainings. Certificates of completion will be provided for each training, and any participant who completes the entire series (12 hours of leadership continuing education) will be awarded a certification of completion for the series.

**Please Note: Registration fee includes lunch.**

### **What is Servant Leadership?**

**Instructor: John Hoskins**

This seminar is a basic general introduction to Servant-leadership. Attendees will journey within the story of servant-leadership, realize the importance of Presence, and participate as a Community as they learn. Each person will learn basic values and principles of servant-leadership such as vision, collective-intelligence, influence, and listening. Students will also be introduced to some of the models involved in creating a servant-leader culture within an organization. Attendees will become familiar with the writings and thoughts of Robert K. Greenleaf, Ken Blanchard, Larry Spears, James Autry, James Sipe, Don Frick, and others.

**Thursday, January 21, 2016**

**11:00 a.m. – 1:00 p.m.**

**Niceville, Bldg. SSC/400, Arpke Room 315**

**Fee: \$50.00**

**CRN #: 20933**



# Costa Leadership Institute Courses

## Servant Leadership Lunch & Learn

### *Servant Leaders as Decision Makers*

**Instructor:** John Hoskins

The great leader is seen as a servant first. A mark of a leader, an attribute that puts him or her in a position to show the way for others, is that he is better than most at pointing the direction. Every day we are challenged with decisions in our personal lives, workplaces, and other areas where life is lived out among people with conflicting interests and demands. The fundamental ingredient to healthy decision making is not knowledge. It is understanding people and processes from a servant-leadership perspective. By clearly stating and restating the goals the leader gives certainty and purpose to others who may have difficulty in achieving it for themselves. Servant-leaders employ a number of essential tools in order to make the best possible decisions towards meeting goals. These include collaboration, accountability, effective listening, emotional intelligence, and handling conflict in a healthy, productive way. Servant-leaders recognize that decision making falls predominantly inside two crucial dimensions: (1) proper procedures that ensures a vigorous consideration of the depth and breadth of an issue and (2) a healthy criteria to base the decisions upon. This seminar will provide an overview of servant-leadership principles that lay the groundwork to address decision making within these two dimension so that attendees can make better decisions.

**Thursday, February 18, 2016**

**11:00 a.m. – 1:00 p.m.**

**Niceville, Bldg. SSC/400, Arpke Room 315**

**Fee: \$50.00**

**CRN #: 20937**



### *Conflict Resolution For Servant Leaders*

**Instructor:** John Hoskins

Too many people deny, ignore, and evade (D.I.E.) conflict, which is dreadfully damaging and leads to hidden agendas, passive-aggression, and a culture that does not value nor trust people. Servant-leadership principles utilize a holistic systems approach to engage valuable methods and processes that facilitate the peaceful ending of destructive conflict and subsequent retribution. Servant-leadership, within conflict resolution, identifies how we 'see' the world, looks deep into our 'iceberg' issues, emphasizes and respects the skills and talents of individuals, utilizes effective listening, appreciates emotional intelligence, and esteems the wisdom contained in various principles from the great philosophies and religions of the world. Servant-leaders attempt to resolve human differences in healthy, productive ways that lead to reconciliation while resolving the problem. This seminar will serve attendees by providing an overview of servant-leadership principles and assisting each person in the application of beneficial and holistic practices resulting in a peaceful resolution to problems leading to conflict.

**Thursday, March 17, 2016**

**11:00 a.m. – 1:00 p.m.**

**Niceville, Bldg. SSC/400, Arpke Room 315**

**Fee: \$50.00**

**CRN #: 20938**



# Costa Leadership Institute Courses

## Servant Leadership Lunch & Learn

### *Emotional Intelligence for Servant Leaders*

**Instructor:** John Hoskins

The servant-leader always accepts and empathizes, never rejects. As a leader, he or she always accepts the person but sometimes refuses to accept some of the person's effort or performance as good enough. The leader needs a 'sense' of his or her own abilities and the abilities of others in order to maximize what is best for the organization. Emotional Intelligence (EI) is the capacity to identify one's own and other people's emotions, to differentiate diverse emotions and characterize them correctly, and to employ emotional data to guide thinking and behavior for increased productivity. There are five basic components of EI: self-awareness, self-regulation, internal motivation, empathy and social skills. Research reveals that people with high EI have greater mental health, exemplary job performance, and more effective leadership skills. For example, Daniel Goleman's research in his book, *Working with Emotional Intelligence*, signified that EI accounted for 67% of the aptitudes believed essential for exceptional performance in leaders, and counted twice as much as technical expertise or IQ. Servant-leaders will learn to identify the foundational components for EI in both themselves and in others. Attendees will work together in a collaborative environment to identify individual paradigms and perceptions, practice deep listening skills in order to understand one another, and discuss various approaches to conflict resolution.

**Thursday, April 21, 2016**

**11:00 a.m. – 1:00 p.m.**

**Niceville, Bldg. SSC/400, Arpke Room 315**

**Fee: \$50.00**

**CRN #: 20940**



### *Listening for Servant Leaders*

**Instructor:** John Hoskins

Only a true natural servant automatically responds to any problem by listening first. True listening builds strength in other people. Do you ever wonder if what you have to say improves the silence? Do you seek first to understand before being understood? Do you really value each other in your organization? Often, we find that our listening skills are just plain terrible. Listening requires teamwork and collaboration. Listening often means breaking through paradigms and prejudices we all have. Conflict Resolution begins with listening as does just being a friend. This course will seek to increase our ability to deeply listen to one another. The course includes both right and left brain cooperative exercises to bring people together. Attendees will experience joy, companionship, teamwork, authenticity, integrity, and a deep feeling of being part of something greater than oneself.

**Thursday, May 19, 2016**

**11:00 a.m. – 1:00 p.m.**

**Niceville, Bldg. SSC/400, Arpke Room 315**

**Fee: \$50.00**

**CRN #: 20944**

### *Servant Leaders and Teamwork*

**Instructor:** John Hoskins

The servant-leader is a servant first. It begins with the natural feeling that one wants to serve, to serve first. Then conscious choice brings one to aspire to lead. Leading requires teamwork. Servant-leadership is about people working together. Servant-leadership is about valuing employees in order to accomplish the vision, mission, and purpose of the organization. Servant-leadership is creating a team that produces quality work within an environment that seeks ultimate growth and professional development for each employee. This seminar brings people together to listen to one another, to increase emotional intelligence, to resolve conflict, and to make better decisions for the organization and one's life.

**Thursday, June 16, 2016**

**11:00 a.m. – 1:00 p.m.**

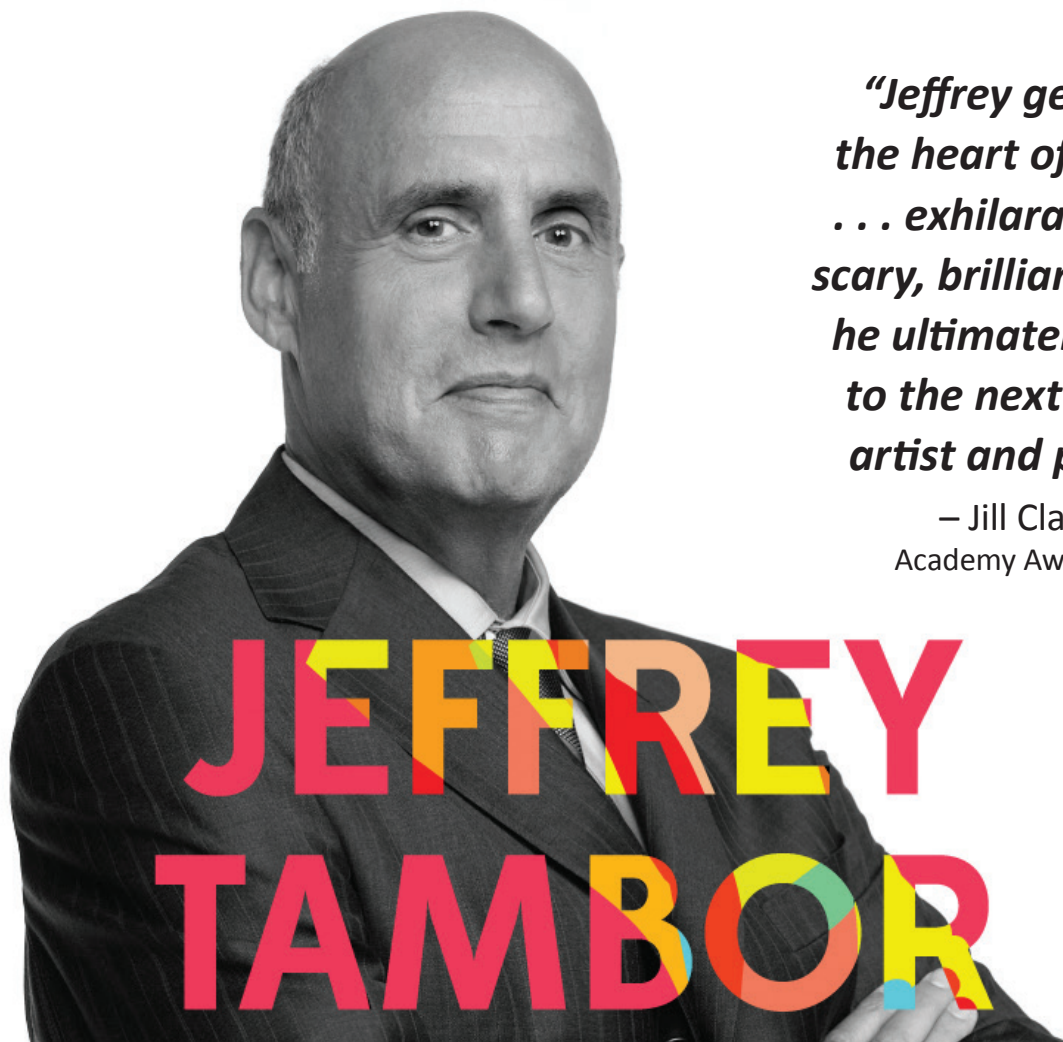
**Niceville, Bldg. SSC/400, Arpke Room 315**

**Fee: \$50.00**

**CRN #: 2016JULY**



# JEFFREY TAMBOR TUESDAY JAN. 26<sup>TH</sup>



*"Jeffrey gets right to the heart of the matter . . . exhilarating, a little scary, brilliant, engaging, he ultimately takes you to the next level as an artist and person . . ."*

— Jill Clayburgh,  
Academy Award nominee

# JEFFREY TAMBOR

**Star of *Arrested Development* & Emmy Winner in *Transparent***

MATTIE KELLY  
**ARTS CENTER**  
NORTHWEST FLORIDA STATE COLLEGE

BOX OFFICE: (850) 729-6000

[WWW.MATTIEKELLYARTSCENTER.ORG](http://WWW.MATTIEKELLYARTSCENTER.ORG)

## Performance

\$35 adult/\$20 youth & NWF State Students

Training \$30

Training & Performance Combo \$50

NORTHWEST  
FLORIDA  
STATE COLLEGE

COSTA  
LEADERSHIP INSTITUTE

## Training - Business Professionals

Tambor's appearance at NWF also includes a training event at the Costa Leadership Institute at NWF State College, January 26, 2016. Limited to 75 persons, this event offers an emboldened approach for executives and employees to tap into their inner performing selves to creatively improve their work and quality of life. This up-close experience is geared toward business professionals, but is open to the public.

**11:30 am to 1:00 pm**

## Performance

Golden-Globe winner Jeffrey Tambor appears in an Artist Series event that's part one-man show, part seminar, part question & answer, and endlessly entertaining! A stimulating and humorous evening with the stage/screen star that's interactive, humorous, real, and most importantly, relatable.

**7:30 pm**

# Costa Leadership Institute Courses

## Computers & Technology

Interested in earning your Microsoft Office Certification? NWF hosts an on-site testing center, offering the full range of Microsoft Office certification exams. Special exam pricing is available for training participants. Call (850) 729-6880 or email [leadership@nwfsc.edu](mailto:leadership@nwfsc.edu) for more information.

### **Intro to Excel 2013**

**Instructor: Michelle Cook**

Introduction to Microsoft Excel 2013 teaches students how to work with worksheets and workbooks to analyze data using a variety of features to create, modify and format common business reports such as budgets, inventory reports, invoices, and charts. This course is designed for students who desire the skills necessary to create edit, format, and print basic Microsoft Office Excel 2013 worksheets and manage and audit numerical reports.

**Tuesday, February 23, 2016**

**12:00 p.m. - 5:00 p.m.**

**Niceville, Bldg. SSC/400 Room 308/309**

**Fee: \$125.00**

**CRN #: 20445**

DAY	DATE	START TIME	END TIME	BREAK LUNCH	HRS/MIN WORKED	REGULAR HOURS	PAID OVERTIME HOURS
MONDAY	10/18/2010	10:00 AM	4:30 PM	1:00:00	5:30:00		
TUESDAY	10/19/2010	10:00 AM	4:30 PM	0:45:00	5:45:00		
WEDNESDAY	10/20/2010	9:55 AM	4:30 PM	0:45:00	5:50:00		
THURSDAY	10/21/2010	10:00 AM	4:40 PM	1:00:00	5:40:00		
FRIDAY	10/22/2010	9:40 AM	4:35 PM	0:30:00	6:25:00		
SATURDAY					0:00:00		
SUNDAY					0:00:00		
WEEKLY SUBTOTAL					29:10:00	29:10:00	0:00:00
MONDAY	10/25/2010	10:30 AM	4:50 PM	1:00:00	5:20		
TUESDAY	10/26/2010	10:00 AM	4:50 PM	0:30:00	6:20		
WEDNESDAY	10/27/2010	10:00 AM	4:40 PM	1:00:00	5:40		
THURSDAY	10/28/2010	9:05 AM	4:40 PM	1:00:00	6:35		

### **Microsoft Excel 2013, Intermediate/Advanced**

**Instructor: Michelle Cook**

The primary focus of the Level 2 course is on using the analysis components within the application to budget and manage financial expenses. Attention is also devoted to summarizing large amounts of data rapidly, performing what-if analysis, and working problems back to find variables when a desired outcome or scenario is known. You will learn more advanced concepts such as working with data ranges, linking multiple workbooks and saving spreadsheets as Web pages. You will also learn to manage workbook data, use tables, analyze table data, automate worksheet tasks, enhance charts, share Excel files and incorporate Web information. Learn to analyze data with Pivot Tables, exchange data with other programs, customize Excel and program with Excel.

**Wednesday, March 16, 2016 1:30 p.m. - 6:30 p.m.**

**Niceville, Bldg. SSC/400 Room 308/309**

**Fee: \$125.00**

**CRN #: 20461**

### **Microsoft PowerPoint 2013**

**Instructor: Michelle Cook**

This introduction to PowerPoint 2013 training class is designed for students who are interested in learning the fundamentals needed to create and modify basic presentations using Microsoft Office PowerPoint 2013. Students will explore the PowerPoint environment and create a presentation. Students will format text on slides to enhance clarity and add graphical objects to a presentation and modify them. Students will also add tables and charts to a presentation to present data in a structured form and then finalize a presentation.

**Class Goals**

- Identify the components of the PowerPoint 2013 interface
- Create a presentation
- Format text on slides
- Add graphical objects to a presentation
- Modify graphical objects in a presentation
- Work with tables in a presentation
- Add charts to a presentation
- Prepare to deliver a presentation
- Pointers on delivering a presentation

**Thursday, March 17, 2016, 12:00 p.m. - 5:00 p.m.**

**Niceville, Bldg. SSC/400 Room 308/309**

**Fee: \$125.00 CRN #: 21019**

### **Microsoft Word 2013**

**Instructor: Michelle Cook**

Microsoft Office Word 2013 delivers innovations that can help you easily create professional-quality documents, control distribution of sensitive information, and collaborate with others. In this introductory training you will create, edit, and enhance standard business documents using Microsoft Office Word 2013. The intended audience for this Word 2013 Level 1 course is for the individual who wants to gain a basic knowledge of working with Word 2013.

**Wednesday, February 24, 2016**

**12:00 p.m. - 5:00 p.m.**

**Niceville, Bldg. SSC/400 Room 308/309**

**Fee: \$125.00**

**CRN #: 20457**

# Costa Leadership Institute Courses

## Business Skills

### *It's Deductible!*

Do you have a small business – home business, online business, brick and mortar business? Do you want to know what you can deduct from your personal business on your taxes and how to document it? This is the training for you. This training will help you get ready for this year and make future years so much easier. You will learn money saving tips, receive simple finance suggestions, and gain a better understanding of the tax laws. Have a practical, sensible discussion with a certified professional and NWF State College Business Department Professor Gay Lynn Brown about what is deductible for your taxes.

**Tuesday, February 2, 2016**  
**5:30 p.m. – 7:30 p.m.**

**Niceville, Bldg. SSC/400,**  
**Arpke Room 315**

**Fee: \$42.00**

**CRN # 21351**

**Thursday, March 3, 2016**  
**8:30 – 10:30 a.m.**

**Niceville, Bldg. SSC/400,**  
**Arpke Room 315**

**Fee: \$42.00**

**CRN # 21363**

### *Find the Right Job and Always Be Employed: Taking Control of Your Career*

**Instructor: Joe Sharpe**

Trapped in a job you hate? Want to change careers but not sure how? At a dead-end? Tired of being downsized, right sized, outsourced or laid off? Been passed over? We can help.

Our training will help you to

- Develop a plan for your career change
- Positively assess your skills, experience, and goals
- Excel at interviews
- Improve job security
- Take control of your career
- Build and work a network
- Market yourself to any employer
- Stay marketable
- Make social media work for you
- Always be employed

**Friday, February 12, 2016**  
**11:00 a.m. – 2:00 p.m.**

**Niceville, Bldg. SSC/400, Arpke Room 315**

**Training fee includes lunch.**

**FEE: \$55.00**

**CRN #: 20936**

## Nonprofit



### *Nonprofit Board Effectiveness*

**Instructor: Jessica Jarosz**

Serving on nonprofit boards is both rewarding and impactful. This four hour class will teach you the fundamentals of serving on a nonprofit board. Grow as a community leader through serving others and partnering with other leaders on a board. Included in this interactive session are the following nonprofit board topics:

- Board's role in strategic planning
- Board engagement
- Board expectations
- Board operations and structure (committees, officers, terms, composition, manual, orientation sessions, information systems)
- Ideal board profile
- Roberts Rules of Order
- Panel of Nonprofit Executive Directors

**Wednesday, March 20, 2016**  
**8:30 a.m. – 11:30 a.m.**

**Niceville, Bldg. SSC/400, Room 302**

**Fee: \$15.00**

**CRN #: 21363**



# Costa Leadership Institute Courses

## Certification and Exam Prep

### **QPR Certification**

**Instructor:** Tonya Nascimento,  
Certified QPR Gatekeeper Instructor

QPR stands for Question, Persuade, and Refer – 3 simple steps that anyone can learn to help save a life from suicide. This two hour training is designed to increase understanding of the causes of suicide, how to recognize signs of impending attempts, and how to help the person who is suicidal seek help from a mental health professional.

Participants will earn the designation of Certified QPR Gatekeeper by successfully completing this training.

Training fee includes lunch.

**Friday, February 19, 2016**  
**11:30 a.m. – 1:30 p.m.**

**Niceville, Bldg. SSC/400, Arpke Room 315**

**Fee: \$50.00**

**CRN #: 20476**



### **Security+ Certification Boot Camp**

**Instructor:** Vy Nguyen

This comprehensive 4 day course prepares individuals to take and pass the CompTIA Security+ Certification Exam. Interactive demonstrations and numerous practice quizzes along with hands-on exercises reinforce the concepts and provide the framework for a personalized study plan for exam success.

Who will benefit from this course?

This course is beneficial to those who wish to obtain the CompTIA Security+ Certification Exam, including security professionals, government and military personnel, and civilian contractors who must fulfill the Department of Defense 8570.1 Directive. Security personnel and managers with previous technical skills or background, who are looking to enhance their careers through certification, will also benefit greatly.

CompTIA Security+ exam topics include:

- Network Security (21%)
- Compliance and Operational Security (18%)
- Threats and Vulnerabilities (21%)
- Application, Data and Host Security (16%)
- Access Control and Identity Management (13%)
- Cryptography (11%)

Our Security+ Boot Camp covers the following material during our Hands-On labs:

- Malware (Virus, Worms, Trojans)
- Key Logger
- Password Cracking
- Access Control
- Privilege Escalation
- Buffer Overflow
- Port Scanner
- Protocol Analyzer Software
- Hashing
- Encryption
- Penetration Testing

**Class meets Saturday and Sunday, two weekends to complete 4 days of training.**

**Friday and Saturday, February 19-20 and March 4-5, 2016**  
**8:00 a.m. – 4:00 p.m.**

**Niceville, Bldg. B/310, Room 112**

**Fee: \$725.00**

**CRN #: 21399**

# Costa Leadership Institute Courses

## Certification and Exam Prep *continued*



### **OSHA 10 Training**

**Instructor: Scottie Smith**

This training program is intended to provide entry level construction workers information about how to identify, abate, avoid and prevent job related hazards on a construction site. The training covers a variety of construction safety and health hazards which a worker may encounter at a construction site. Training will emphasize hazard identification, avoidance, control and prevention, not OSHA standards. Instructional time must be a minimum of 10 hours.

The student will be able to:

- Identify major hazards
- Describe types of hazards
- Protect him/herself from these hazards
- Recognize employer requirements to protect workers from these hazards

The topics covered are:

- Introduction to OSHA
- Falls
- Electrocution
- Struck-By (e.g., falling objects, trucks, cranes)
- Caught-In or Between (e.g., trench hazards, equipment)
- Cranes, Derricks, Hoists, Elevators, & Conveyors
- Excavations
- Materials Handling, Storage, Use and Disposal
- Scaffolds
- Stairways and Ladders
- Tools – Hand and Power

**Saturday, April 2, 2016**

**7:00 a.m. - 6:00 p.m.**

**Niceville, Bldg. SSC/400, Room 308/309**

**Fee: \$125.00**

**CRN #: 20487**

### **PMP® Certification Exam Prep**

**Instructor: Mike Carey**

NWF State College is excited to offer the PMP® Exam Preparatory Course, providing the knowledge needed to evolve the career of a successful Project Management Professional and get ready for the PMI® PMP® exam. This course will prepare the student for the PMP® exam over four days of intensive project management training with one of the most complete set of PMP® exam study tools currently available on the market. Discussion topics include: The Ten Knowledge Areas of Project Management: Integration, Scope, Time, Cost, Quality, Human Resources, Communications, Risk, Procurement and Stakeholder. The Five Process Groups of Project Management: Initiating, Planning, Executing, Monitoring and Controlling, and Closing. Two additional topics: Professional and Social Responsibility, and Framework. This course aligns to the guidelines and best practices of the *PMI® Project Management Book of Knowledge (PMBOK) 5<sup>th</sup> edition*.

PMP® Exam Success Study System includes the following:

- Crosswind Boot Camp Manual and Web-based Exam Simulation Application with 26 tests (3000+ questions)
- Three 11" x 17" laminated certification exam placemat/wall posters (Processes, Swim lanes, and Mind maps)
- Web-based Flashcard Application
- Three audio downloads (Introduction and Study Strategies, Terms/Definitions, and Processes) via website for each student
- 3 PMP® Exam Quick Reference Guides
- Fulfills the required 35-hour PMI® contact hour requirement toward your exam application requirement
- Provides one of the most comprehensive set of study tools available to date

**DATE: February 20-21 and February 27-28, 2016**

**Class meets Saturday and Sunday, two consecutive weekends to complete 4 days of training.**

**8:00 a.m. – 5:30 p.m.**

**Niceville, Bldg. SSC/400, Arpke Room 315**

**Fee: \$750.00**

**CRN #: 20946**

**For campus maps,  
please visit**

**[www.nwfsc.edu/AboutNWF](http://www.nwfsc.edu/AboutNWF)**

# Costa Leadership Institute Courses

## Public Safety



### **Business Sense: Crushing Crime in the Work Place**

**Instructor: William Looper**

Any business entrepreneur or manager has a firm grasp on the industry, customers, and products or services they work with on a daily basis. But, to be truly successful, individuals must also be vigilantly prepared to prevent crime at any time. This training will focus on six key areas where businesses are most often vulnerable.

- Security Issues: The most common threats to any business
- Complacency: How to keep your organization ready for anything
- Proper Lighting: Think about what you can't see, can't hurt you? Think again
- Security Assessments: How to effectively evaluate your organization's security measures
- Mitigating Risks: Simple steps to prevent crime before it happens
- Situational Awareness: You are one of the most valuable tools to tackle crime

**Friday, January 29, 2016**

**11:30 a.m. – 1:30 p.m.**

**Niceville, Bldg. SSC/400, Arpke Room 315**

**Fee: \$46.00**

**Training fee includes lunch.**

**CRN #: 20480**

For more information on the  
Costa Leadership Institute  
visit [www.nwfsc.edu/CLI](http://www.nwfsc.edu/CLI)  
or call (850) 729-5253.

## Leadership Okaloosa

Community Leadership Program *(by application only)*

Leadership Okaloosa is an esteemed leadership training and development program designed to enhance the participant's leadership skills and provide community awareness.

Applications are accepted May through August. The class size ranges from 25-45 participants.

Visit [www.nwfsc.edu/LI](http://www.nwfsc.edu/LI) for dates and application.

## Costa Leadership Institute

Offering the following programs:

- Open Enrollment Schedules (Spring & Fall)
- Customized Training
- Community Leadership Programs
- Allyn C. Donaldson Entrepreneurial Center
- Supervision & Leadership Programs
- Guest Speakers
- Continuing Education Credit Programs
- High School Leadership & Entrepreneurial Programs
- Special Event Facility



Discover why millions of students are making the switch to online learning. With online courses, you can study at your convenience in your preferred learning environment. Our courses and programs are highly engaging and relevant and our instructors are interactive and support you through the curriculum. Choose from our growing catalog of instructor-led courses designed to teach you a new skill or refresh a current one.

### **POPULAR TRAINING TOPICS:**

**Accounting & Finance • Writing & Publishing  
Technology • Business • Nonprofit**

• [www.ed2go.com/nwfsc](http://www.ed2go.com/nwfsc) •



# Court Mandated Classes

## Niceville Campus



### **Guardianship Education**

#### **Florida Non-Professional Guardianship - Person & Property - Adults (8 hours)**

This course is required of each person appointed by the court to be a guardian and must be completed within four months after appointment. This is a court-approved, non-professional guardianship training course and meets statutory guardianship education requirements, taught by attorneys, healthcare professionals and professional care managers. NOTE: Students must bring photo ID (driver's license) to class.

Curriculum addresses:

- History of guardianship in Florida
- Types of guardianship
- Maintenance and termination of guardianship
- Required forms
- Legal duties and responsibilities of a guardian
- Rights of the ward
- Preparation of guardianship reports
- Financial accounting for the ward's property
- Community Resources available

**Saturday, January 23, 2016**

**8:00 a.m. – 4:00 p.m.**

**Niceville, Bldg. LRC/500, Room 128**

**Fee: \$40.00**

**CRN #: 20961**



### **Guardianship Education**

#### **Florida Non-Professional Guardianship - Minors (4 hours)**

This Florida Statewide Public Guardianship Office approved course offers an overview of all the elements of the Florida non-professional guardianship process for minors and meets Florida statutory guardianship educational requirements.

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

Curriculum addresses:

- Legal duties and responsibilities of a guardian
- Annual guardianship accounts for the ward's property
- Maintenance and termination of guardianship
- Required forms
- Rights of the ward

**Saturday, January 23, 2016**

**8:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. LRC/500, Room 128**

**Fee: \$40.00**

**CRN #: 20962**

### **Children First Transparenting**

**Instructor: Tommy Rowland**

The First Judicial Circuit of Florida requires that parents of minor-aged children take this course, if they are facing a divorce, separation, or other legal proceedings. Topics covered include: Divorcing Parents, Paternity, Dependency, Enforcements, Delinquency, Step Families, Extended Families, Blended Families, & Significant Others. This course is approved by the Florida Department of Children and Families, as required by Florida Statute 61.21 and is also available at a reduced rate for parents with extenuating circumstances.

A Program of: Originally "Helping Children Cope with Divorce"

**Saturday, February 6, 2016**

**8:30 a.m. – 1:00 p.m.**

**Niceville, Bldg. LRC/500, Room 128**

**Fee: \$45.00**

**CRN #: 20882**

**Reduced Fee (Must have prior approval): \$20.00**

**CRN #: 20963**

**Saturday, April 2, 2016**

**8:30 a.m. – 1:00 p.m.**

**Niceville, Bldg. LRC/500, Room 128**

**Fee: \$45.00**

**CRN #: 20964**

**Reduced Fee (Must have prior approval): \$20.00**

**CRN #: 20965**



# Personal Enrichment Courses

## Artistic Corner



### ***Jewelry Making: The Baroness of Beading***

**Instructor:** Tina Adams

Do you have an eye for jewelry, but not the pocketbook? Join Tina for a class on the art of jewelry making. Use beads, gems, and stones to make the perfect necklace or bracelet. Have jewelry at home that you wish you could change? Bring those in as well, and she will teach you how to “jazz it up!” The jewelry you create will make perfect birthday and special occasion gifts, or just a little something special for yourself! ***Supplies required: List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).***

**January 25 - February 29, 2016**

**Mondays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. SSC/400, Room 127**

**Fee: \$45.00**

**CRN #: 20680**

### ***Mosaics Magic: Stained Glass Mosaics***

**Instructor:** Dulcie Scalf

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

**January 20 - February 24, 2016**

**Wednesdays, 2:00 – 4:00 p.m.**

**Niceville, Bldg. C/330, Room 201**

**Fee: \$45.00**

**CRN #: 20449**

**March 2 - April 13, 2016**

**Wednesdays, 2:00 – 4:00 p.m.**

**Niceville, Bldg. C/330, Room 201**

**Fee: \$45.00**

**CRN #: 20791**

### ***Drawing 101***

**Instructor:** Patti Overholt

If you have always wanted to learn to draw or want to improve your drawing skills you will enjoy this class. This course will introduce you to simple techniques using proven methods. If you can write, you can learn to draw! Join us to bring out your inner artist.

***Supplies required: List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).***

**January 19 - February 23, 2016**

**Tuesdays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. LRC/500, Room 131**

**Fee: \$45.00**

**CRN #: 20359**

**March 1 - April 12, 2016**

**Tuesdays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. LRC/500, Room 131**

**Fee: \$45.00**

**CRN #: 20687**



### ***Drawing 201***

**Instructor:** Patti Overholt

This class is for those who have some basic drawing experience but would like to try different drawing styles and mediums.

***Supplies required: list available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).***

***Prerequisite: Any prior drawing classes.***

**January 21 - February 25, 2016**

**Thursdays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. LRC/500, Room 131**

**Fee: \$45.00**

**CRN #: 20435**

**March 3 - April 14, 2016**

**Thursdays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. LRC/500, Room 131**

**Fee: \$45.00 CRN #: 20690**

# Personal Enrichment Courses

## Artistic Corner

### **Mixed Media with Watercolors**

**Instructor:** Loretta Menendian

This class is a continuation of Colored Pencil Drawing and Mixed Media. Students will be using watercolors, and pen and ink.

**Supplies required:** List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).

**Prerequisite:** Mixed Media.

January 25 - February 29, 2016 Mondays, 1:00 – 3:00 p.m.	March 7 - April 18, 2016 Mondays, 1:00 – 3:00 p.m.
Niceville, Bldg. LRC/500, Room 131	Niceville, Bldg. LRC/500, Room 131
Fee: \$45.00	Fee: \$45.00
CRN #: 20345	CRN #: 20478



### **Advanced Painting with Acrylics**

**Instructor:** Loretta Menendian

This class is a continuation of Intermediate Painting with Acrylics. Continue to paint and create and become the artist you always wanted to be.

**Supplies required:** List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).

**Prerequisite:** Beginning/Intermediate Painting with Acrylics.

Jan. 22 - Feb. 26, 2016 Fridays, 10:00 a.m. – 12:00 p.m.	March 4 - April 15, 2016 Fridays, 10:00 a.m. – 12:00 p.m.
Niceville, Bldg. LRC/500, Room 131	Niceville, Bldg. LRC/500, Room 131
Fee: \$45.00	Fee: \$45.00
CRN #: 20437	CRN #: 20693
Jan. 22 - Feb. 26, 2016 Fridays, 1:00 – 3:00 p.m.	March 4 - April 15, 2016 Fridays, 1:00 – 3:00 p.m.
Niceville, Bldg. LRC/500, Room 131	Niceville, Bldg. LRC/500, Room 131
Fee: \$45.00	Fee: \$45.00
CRN #: 20440	CRN #: 20789

### **Beginning Painting with Acrylics**

**Instructor:** Loretta Menendian

Painting with acrylics is an easy medium for all levels of artist. Come and experience the sheer pleasure of producing your own painting. Release the artist within you. **Supplies required:** List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).

January 25 - February 29, 2016  
Mondays, 10:00 a.m. – 12:00 p.m.  
Niceville, Bldg. LRC/500, Room 131  
Fee: \$45.00  
CRN #: 20321

### **Intermediate Painting with Acrylics**

**Instructor:** Loretta Menendian

Continue on with what you learned in Beginning Painting with Acrylics. You'll amaze yourself and others with your painting.

**Supplies required:** List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).

**Prerequisite:** Beginning Painting with Acrylics.

March 7 - April 18, 2016  
Mondays, 10:00 a.m. – 12:00 p.m.  
Niceville, Bldg. LRC/500, Room 131  
Fee: \$45.00  
CRN #: 20477

### **Artists Workshop**

**Instructor:** Loretta Menendian

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

January 20 - February 24, 2016 Wednesdays, 10:00 a.m. – 12:00 p.m.	March 2 - April 13, 2016 Wednesdays, 10:00 a.m. – 12:00 p.m.
Niceville, Bldg. LRC/500, Room 131	Niceville, Bldg. LRC/500, Room 131
Fee: \$45.00	Fee: \$45.00
CRN #: 20393	CRN #: 20688
January 20 - February 24, 2016 Wednesdays, 1:00 – 3:00 p.m.	March 2 - April 13, 2016 Wednesdays, 1:00 – 3:00 p.m.
Niceville, Bldg. LRC/500, Room 131	Niceville, Bldg. LRC/500, Room 131
Fee: \$45.00	Fee: \$45.00
CRN #: 20401	CRN #: 20689



# Personal Enrichment Courses

## Just For Fun

### **Photography**

**Instructor:** Sharon Dooley

Want to take great pictures, but don't know where to start? Come and join a professional photographer and learn. Topics include: basic techniques that help the students take better photographs, composition, lighting, focusing and content. Discussions will cover the history of photography, early cameras and photographs, and good and bad photo technique. A trip to Turkey Creek boardwalk in Niceville is planned, and the instructor will be on hand to assist students with their compositions, and provide suggestions for good shots, etc. Students will share their photos with a candid and open discussion of their success. Students must supply their own digital or analog camera and will be responsible for any photo developing.

**February 2 - February 16, 2016**  
**Tuesdays, 11:00 a.m. – 12:30 p.m.**

**Niceville, Bldg. S/350, Room 302**

**Fee: \$25.00**

**CRN #: 20686**

### **Playing Bridge**

**Instructor:** Maria Johnson

Do you want to learn how to play bridge or improve your basic knowledge of the game? Or are you an experienced player and want to improve your bridge skills? This class will give you all of that with hands-on experience in actual play of the game guided by the instructor. This class is for all skill levels.

**January 29 - March 18, 2016**  
**Fridays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. SSC/400, Room 127**

**Fee: \$55.00**

**CRN #: 20489**

### **Bridge Players Club**

**Coordinator:** Maria Johnson

CALLING ALL BRIDGE PLAYERS! Beginner and Intermediate players. Join us for a casual day of bridge each Thursday.

**Prerequisite:** *Current enrollment in Spring 2016 bridge class or previous Continuing Education bridge classes.*

**February 4 - March 31, 2016**  
**Thursdays, 12:30 – 2:30 p.m.**

**Niceville, Bldg. SSC/400, Room 127**

**Fee: \$10.00**

**CRN #: 20474**

## Language & Personal Development



### **Beginning Conversational Spanish**

**Instructor:** Engracia Ornelas

¡Dilo en español! Say it in Spanish!

In this course we will focus on pronunciation, conversational Spanish skills, useful phrases, and important aspects of the culture. This is a practical, easy, and enjoyable conversational method that will help you learn Spanish quickly through continuous interaction. Learn how to carry a conversation in Spanish and speak with confidence when interacting with native speakers!

¡Hasta pronto!

**January 20 - February 24, 2016**  
**Wednesdays, 5:00 – 7:00 p.m.**

**Niceville, Bldg. SSC/400, Room 306**

**Fee: \$45.00**

**CRN #: 20851**



### **Beginning Sign Language**

**Instructor:** Cathy Wolfe

Want to learn a foreign language? Join us in learning introduction to basic sign language. The class will include some of the basic conversational signs as well as the alphabet, numbers, colors. Also you will have a chance to see stories in sign language via video and DVD. **Textbook included in registration fee.**

**January 19 - February 23, 2016**  
**Tuesdays, 4:15 – 6:15 p.m.**

**Niceville, Bldg. SSC/400, Room 127**

**Fee: \$50.00**

**CRN #: 20682**

# Personal Enrichment Courses

## Language & Personal Development



### **Advanced Sign Language**

**Instructor: Cathy Wolfe**

This class is a continuation of the beginning & intermediate sign language classes. It is offered to those who have taken the beginners and/or intermediate class, or who have some background in signing. The class will focus on improving the student's communication and skills in sign language.

**January 20 - February 24, 2016**

**Wednesdays, 4:15 – 6:15 p.m.**

**Niceville, Bldg. SSC/400, Room 127**

**Fee: \$45.00**

**CRN #: 20853**



### **Genealogy: And Then There Was More...**

**Instructor: Beverly Gross**

This class provides students with in-depth country studies for a better understanding of when and why their ancestor(s) came to America. Open discussion and Genealogy DNA allows more student input to help solve "brick walls" and find answers to questions relating to ancestors. Students should come to class prepared to discuss the countries they want to research, dealing with any other generalized questions they may have.

**Prerequisite: Must have completed Beginning Genealogy.**

**January 27 - February 17, 2016**

**Wednesdays, 2:00 – 4:00 p.m.**

**Niceville, Bldg. SSC/400, Room 306**

**Fee: \$30.00**

**CRN #: 20950**



### **Creative Living Workshop**

**Instructor: Tolliny Rankins**

Do you have a zest for life or could use a spark (jumpstart)? Either way this class is for you! This creative life coaching workshop is filled with fun, inspiring and useful strategies to enjoy everyday living in today's world. In this workshop you'll learn a variety of skills for living a better quality of life. With insightful teachings, helpful applications and lively discussions you will be encouraged and inspired. Come & be part of something new for you!

**January 20 - February 24, 2016**

**Wednesdays, 1:00 – 3:00 p.m.**

**Niceville, Bldg. SSC/400, Room 127**

**Fee: \$45.00**

**CRN #: 20861**

### **Beginning Genealogy**

**Instructor: Beverly Gross**

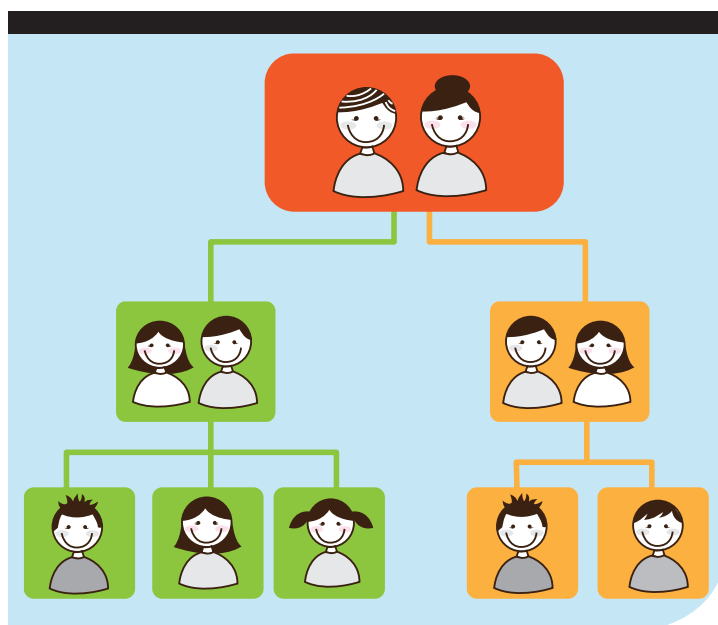
We welcome you to the world of genealogy, "Who were your ancestors?" We will start with you, giving hints and suggestions of how to find those people who came before you. We will show you how to get started and organized for your search. It's exciting to see how your family fits the when and where in the United States' and other countries' history. Beverly Gross has been doing family research for over 50 years, taking courses and researching in many states as well as in France and the Panama Canal Zone.

**January 26 - February 23, 2016**

**Tuesdays, 11:15 a.m. – 12:30 p.m.**

**Niceville, Bldg. SSC/400, Room 306**

**Fee: \$30.00 CRN #: 20868**



# Personal Enrichment Courses

## Foods & Entertainment



### ***Wine - The Lubricant of Human Relations***

**Instructor: Moe Powers**

Join us for an exciting new trip through the fascinating world of wine where you'll meet old friends like Chardonnay, Cabernet Sauvignon, and Pinot Noir and make new friends Cortese, Torrontes, and Nebbiolo. Learn how to demystify and decipher wine labels and wine lists. Grasp the significance of the vintage and alcohol by volume (ABV) on the label and feel comfortable when the wine list is handed to you. On the wings of wine you'll fly from continent to continent and country to country, finding something new and interesting at each stop. We'll pair wine with food (or food with wine) and sample some of these combinations along the way. That unsuspecting grape will be followed from the vineyard to your glass, while sharing its secrets along the way. This adventure will provide some of the basic details needed to assist you in making knowledgeable decisions in purchasing wine. All of this in the company of a wonderful group of folks (with whom you'll be tasting these wines) who share your passion for fine wine and food. By the way, there's a field trip.

**February 3 - February 24, 2016**

**Wednesdays, 2:30 – 4:30 p.m.**

**Niceville, Bldg. LRC/500, Room 128**

**Fee: \$55.00**

**CRN #: 20470**

### ***Chef's Choice Four Local Restaurants***

**(Chefs of the Emerald Coast)**

**Coordinator: Jess Parnell**

This unique class features local culinary specialists at each restaurant who share with you techniques in food preparation. The \$17.50 cost of each lunch is included in the registration fee. Any changes of attendance dates must be phoned in at least 5 days prior to your regularly scheduled luncheon. Unless you drop the course before the 1st lunch, the class fee is non-refundable. **Per restaurants' request, class is limited to 40 students. NO EXCEPTIONS WILL BE ALLOWED. The Chef's demonstration begins at 12:00 p.m. Deadline for registration January 15<sup>th</sup>, no exceptions.**

**Wednesdays, 11:45 a.m. – 1:15 p.m.**

**(Jan. 27<sup>th</sup> begins at 11:15 a.m.)**

**Dates as listed below**

**Fee: \$80.00**

**CRN #: 20386**

January 27	Kelly Plantation 307 Kelly Plantation Dr., Destin
February 17	LuLu's 4607 Legendary Marina Dr., Destin
March 9	Vue on 30A 4801 County Hwy. 30A, Santa Rosa Beach
March 30	The Beach House 4009 S. Sandestin Blvd., Sandestin

**Wednesdays, 11:45 a.m. – 1:15 p.m.**

**(Feb. 3<sup>rd</sup> begins at 11:15 a.m.)**

**Dates as listed below**

**Fee: \$80.00**

**CRN #: 20444**

February 3	Kelly Plantation 307 Kelly Plantation Dr., Destin
February 24	LuLu's 4607 Legendary Marina Dr., Destin
March 16	Vue on 30A 4801 County Hwy. 30A, Santa Rosa Beach
April 6	The Beach House 4009 S. Sandestin Blvd., Sandestin



# Personal Enrichment Courses

## History, Politics & Government



### **16th Century**

**Instructor: Dr. Dan Ritter**

This class will discover a new world with people and treasure on the other side; power will begin to consolidate in the nation state; the Turks will advance and retreat around the Mediterranean. These were from seminar topics back in 1995, but they will be packaged a bit differently. Veterans expected, newcomers welcome.

**January 19 - March 1, 2016**

**Tuesdays, 11:00 a.m. – 1:00 p.m.**

**Niceville, Bldg. LRC/500, Room 128**

**Fee: \$50.00 CRN #: 20859**

### **Miracle That Changed the World - U.S. Constitution**

**Instructor: Thomas Johnson**

The framers of the U.S. Constitution and the early Americans of the Republic truly regarded the Constitution as a miracle. The Constitution the Founding Fathers gave us resulted in the greatest nation in history, a nation based upon law, with the Constitution being the supreme law of the land. In the beginning the U.S. was ascending, but today it is descending. Why? Failure in understanding and following the principles upon which the Constitution was established. Come and learn about the origins, and the challenges facing the Constitution.

**January 28 - March 3, 2016**

**Thursdays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. Q/520, Room 147**

**Fee: \$45.00 CRN #: 20918**



### **America's Forgotten Wars**

**Instructor: Rick Pierson**

As rich as America is in its military tradition, at least two wars stand out that are remarkable because people know so little about them: the War of 1812 and the Mexican War. For eight weeks we will examine the dynamics of these wars: Why were they fought? Who won? Why? What were their major engagements? And finally, what part did they play in the formation of our nation's history? Come ready to learn, and just maybe lessons can be drawn to give us a better understanding of the course our nation has taken.

**January 21 - March 10, 2016**

**Thursdays, 10:00 a.m. – 11:30 a.m.**

**Niceville, Bldg. SSC/400, Room 127**

**Fee: \$45.00 CRN #: 20947**



### **Black History/ African American History**

**Instructor: Dr. Karyn Combs**

Black History, or better known to many as African American History, introduces participants to some of the little known and unknown historical facts about a select number of persons of African and African American descent and their extraordinary experiences. Many of these individuals' lives and efforts have done much to enrich and make a positive impact on the life, culture, history and progress of American society from its earliest days to the present. As scholars continue to uncover more facts related to this history, it is increasingly apparent that this group of Americans has a long and vital history, one that is closely intertwined with the whole of American History. The book that will be used is: "The African American Quiz Book for All Americans: A Wealth of Knowledge About History and Culture Past & Present." The book will be offered at a discounted price of \$20. Dr. Karyn M. Combs is an author, community activist, retired educator, and veteran.

**January 28 - March 3, 2016**

**Thursdays, 1:00 p.m. – 3:00 p.m.**

**Niceville, Bldg. LRC/500, Room 128**

**Fee: \$45.00**

**CRN #: 20854**

### **Civil War**

**Instructor: Rick Pierson**

Knowledge, understanding, and appreciation of the Civil War – all will be conveyed in this overview of the conflict that reshaped our national character! We will be covering the causes of this conflict, including the "What-ifs" that might have averted it. Of course, we will spend most of our time on the war's important battles, including the strategies that led up to them and the tactics that decided their outcomes. Emphasis will be placed on their commanders, their strengths and weaknesses that determined the fates of those who fought under them. Finally, we will briefly cover the effects, both short and long term that the war had on our nation. Come ready to both learn and participate.

**January 19 - March 8, 2016**

**Tuesdays, 10:00 a.m. – 11:30 a.m.**

**Niceville, Bldg. SSC/400, Room 127**

**Fee: \$45.00**

**CRN #: 20796**

# Personal Enrichment Courses

## History, Politics & Government



### ***Peering Into North Korea's Murky Cobweb***

**Instructor: Doug Bacon**

Besides terrorizing its entire population and keeping the world guessing as to what is going on inside the country, there is not much else North Korea seems to be good at. Part of the problem is that some of the time its government tells the truth while mostly it lies through its teeth. Sorting it out is a challenge to skilled intelligence analysts and a source of merriment and journalistic opportunism for outside media. What this course does is review Pyongyang's disseminated nonsense in the context of NK's needs and aspirations. We will briefly look at the political, military and social background of the Democratic People's Republic of Korea (even its name is loopy) but focus on the adventures of Dr. Leader Field Marshall Comrade General (among other titles), Kim Jong-un who assumed the throne before he reached 30 years of age (at least we think he was less than 30). His sabre rattling, imaginative assassinations of family, friends and foes, attempts to look like his grandfather, and pronounced proclivity of sticking fingers in the eye of the country's only ally—the People's Republic of China—will be covered in this profusely illustrated three-hour series of presentations.

**February 12- February 19, 2016**

**Fridays, 10:00 a.m. – 11:30 a.m.**

**Niceville, Bldg. S/350, Room 303**

**Fee: \$15.00**

**CRN #: 20858**



(KCNA/Reuters)



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- ***Test Prep***
- ***Spanish***
- ***Starting a Nonprofit***
- ***Computer Classes***

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# Personal Enrichment Courses

## Computers & Beyond

### **Microsoft Word**

**Instructor: Jess Parnell**

This 6-week course will focus strictly on Microsoft WORD 2013. Students will further their computer experience by enhancing their knowledge of word processing while they practice and learn the features and layout of Microsoft OFFICE 2013. We will explore the extensive features of WORD through demonstration and practice. We will review basic Windows features and common file management techniques and shortcuts. The class will cover the "Ribbon" and the myriad components of this feature in many MS OFFICE applications that enhance hands-on use of MS WORD. We will also practice inserting graphics, clip art, and word art into the documents we create in class. We will examine how the integration of the various applications that are included in MS OFFICE give us a group of features to use in our document creation and distribution. Students will learn how to use mail merge to create mass mailing through the use of Inter-MS OFFICE applications. Our computer labs use MS Windows 7 & OFFICE 2013. Please bring a flash drive for use in this class.

**Prerequisites:** *Working knowledge of personal computers and experience in Microsoft Windows.*

**January 21 - February 25, 2016**

**Thursdays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. P/360, Room 110**

**Fee: \$50.00**

**CRN #: 20794**



### **What You Always Wanted to Know About Searching the Internet**

**Instructor: Paula Schrader**

This workshop will cover topics such as Boolean searching, Google Scholar, choosing good keywords and evaluating the quality of the information you find on the internet. Come and join us to learn the best way to find what is out there. Lunch is included in fee. Deadline for registration is February 1st.

**February 9, 2016**

**Tuesday, 11:00 a.m. – 1:00 p.m.**

**Niceville, Bldg. SSC/400, Room 308/309**

**Fee: \$25.00**

**CRN #: 20793**



## Science

### **Science Seminars**

The Science Seminars lecture series, hosted by the NWF State College Science Department, will have lectures from 11:00 a.m. to noon in Bldg. S/350, (Robert E. Greene, Jr. Science Bldg.) Room 110 on the Niceville campus. Lectures are free and open to the public. The following dates are scheduled for this semester. For more information and a list of speakers please call 729-5376.

**January 22 • February 19 • March 18 • April 15**



### **Apple Mac**

**Instructor: Eddie Branch**

The course focuses on the Mac computer using the most recent operating system. Topics covered include: General use, system, preferences, Mail, Contacts, Calendar, Notes, Reminders, Safari, FaceTime and the App Store. Also covered will be Photos, iMovie, Pages, Numbers and Keynote. This course is for those with limited knowledge of the Mac with the goal of increasing your knowledge to be an intermediate user. Please bring your laptop to class.

**January 21 - February 25, 2016**

**Thursdays, 10:00 a.m. – 12:00 p.m.**

**Niceville, Bldg. S/350, Room 302**

**Fee: \$50.00**

**CRN #: 20855**



# Personal Enrichment Courses

## Chautauqua Center *(DeFuniak Springs)*

### **Wine 101**

**Instructor:** George Cowie

The perfect pairing of wine tasting and wine education culminates in this comfortable and companionable enrichment course. Join Winemaker George Cowie from the Chautauqua Winery in an exploration of the history, trivia, and basics of enjoying wine. Learn to pair the right wine with your meals, how wine is made, why wines differ from region to region, and how technology has changed in winemaking. The capstone event of the class will allow students to partake in a private tour of the Chautauqua Vineyards Cellar. The cost of wine & cheese is included in the registration fee. *This class is held at the Chautauqua Center.*

**January 26 - March 1, 2016**

**Tuesdays, 6:30 – 8:30 p.m.**

**DeFuniak Center, Bldg. 500, Room 103**

**Fee: \$65.00**

**CRN #: 20755**

### **Drawing**

**Instructor:** Katlyn Dorriety

If you have always wanted to learn to draw or want to improve your drawing skills you will enjoy this class. This course will introduce you to simple techniques using proven methods. If you can write, you can learn to draw! Join us to bring out your inner artist.

*Supplies required: List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).*

**January 25 - February 29, 2016**

**Mondays, 6:00 – 8:00 p.m.**

**DeFuniak Center, Bldg. 500, Room 129**

**Fee: \$45.00**

**CRN #: 20784**

**March 7 - April 18, 2016**

**Mondays, 6:00 – 8:00 p.m.**

**DeFuniak Center, Bldg. 500, Room 129**

**Fee: \$45.00**

**CRN #: 20786**

### **Acrylic Collage Art**

**Instructor:** Suzanne Leloup-West

Students will create works of art using multiple materials including acrylic paint, paper of all kinds, stamping, stencils, twine and anything else your creative mind can imagine. Explore the use of texture and layers to create original imaginative works of art. This course is designed for artists of all levels.

*Supplies required: List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).*

**January 26 - March 1, 2016**

**Tuesdays, 9:00 a.m. – 12:00 p.m.**

**DeFuniak Center, Bldg. 500, Room 154**

**Fee: \$65.00**

**CRN #: 21361**

**March 8 - April 19, 2016**

**Tuesdays, 9:00 a.m. – 12:00 p.m.**

**DeFuniak Center, Bldg. 500, Room 154**

**Fee: \$65.00**

**CRN #: 21362**

### **Acrylic Painting**

**Instructor:** Marvin Tweedy

Students will learn to mix and paint better than they ever thought they could! Local artist Marvin Tweedy will guide students through mixing paints to achieve the colors and effects desired. He will teach ways to create depth in two-dimensional surfaces. Students will explore the three main brush types and their uses, as well as a variety of painting techniques. The techniques include, but are not limited to, glazes, scrubs, pointillism, stippling, and dry brush. Supplies are available locally for less than \$30.

*Supplies required: List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).*

**January 28 - March 3, 2016**

**Thursdays, 4:00 – 6:00 p.m.**

**DeFuniak Center, Bldg. 500, Room 154**

**Fee: \$45.00**

**CRN #: 20752**

**March 10 - April 21, 2016**

**Thursdays, 4:00 – 6:00 p.m.**

**DeFuniak Center, Bldg. 500, Room 154**

**Fee: \$45.00**

**CRN #: 20754**

# Personal Enrichment Courses

## Chautauqua Center *(DeFuniak Springs)*

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

**Instructor:** Jacqueline Ward

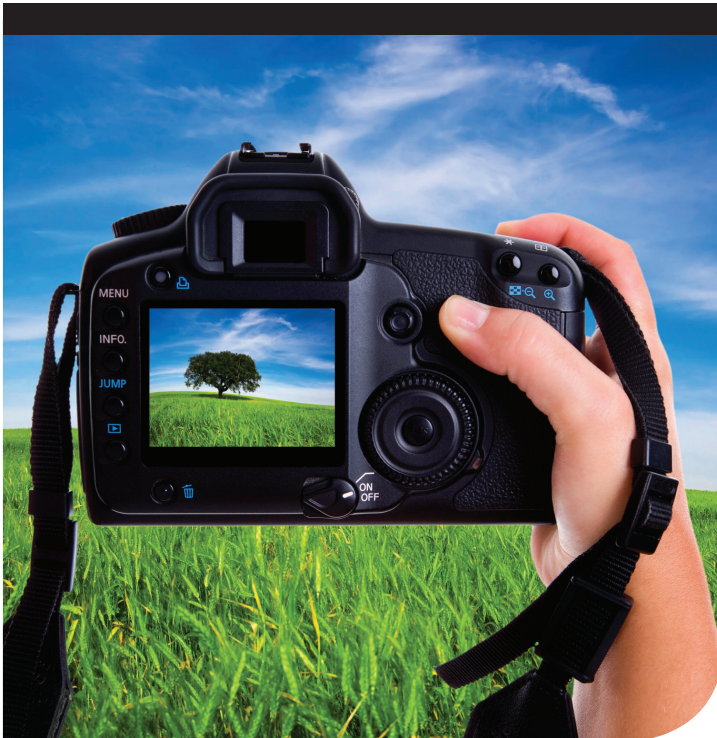
Learn the fundamental concepts for making beautiful photographs. This course is designed for beginning photographers, who enjoy shooting and want more creative freedom with their DSLR camera and want to take better photographs by knowing Apertures (f/stops), ISOs and Shutter Speeds, Exposure, basic do's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

**January 25 - February 29, 2016**  
**Mondays, 10:00 a.m. – 12:00 p.m.**

**DeFuniak Center, Bldg. 500, Room 129**

**Fee: \$50.00**

**CRN #: 20787**



## South Walton Center

### ***Acrylic Art***

**Instructor:** Suzanne LeLoup-West

While creating from a wide range of subject matter, you will be encouraged to express yourself through the use of acrylic paint application using brushes, pallet knife, sponges, Popsicle sticks, spray bottles and more. You will experiment with mixed media collage using multiple materials including paper, stamping, stencils, twine, and anything else your creative mind can imagine.

***Supplies required: List available at [www.nwfsc.edu/PE](http://www.nwfsc.edu/PE).***

**January 22 - February 26, 2016**  
**Fridays, 12:00 p.m. – 3:00 p.m.**

**Coastal Branch Library**

**Fee: \$65.00**

**CRN #: 20873**

**March 4 - April 15, 2016**  
**Fridays, 12:00 p.m. – 3:00 p.m.**

**Coastal Branch Library**

**Fee: \$65.00**

**CRN #: 20876**

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

**Instructor:** Jacqueline Ward

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

**January 26 - March 1, 2016**  
**Tuesdays, 10:00 a.m. – 12:00 p.m.**

**NWF State College, South Walton Center, Room 113**

**Fee: \$50.00**

**CRN #: 20740**

# Personal Enrichment Courses

## South Walton Center *continued*



### **Microsoft Windows 10**

**Instructor: Carl Lofstrom**

This class is designed to introduce you to the new Windows 10 Operating System for a laptop or tablet. Bring your laptop or tablet to class and learn how to connect to a Wi-Fi Network, explore the screen, work with apps, customize windows appearance, surf the web using the new Edge Browser, configure a new email account, and send and receive emails. See how easy it is to manage your social contacts and customize your calendar. Learn which apps work best for the weather forecast, sports, the latest news, health information and using maps. Learn how to import images from your digital camera, start a slide show, edit and print an image. Work with the multimedia apps to watch a video and play music. Practice editing documents and using OneNote notebooks. See how to view, select, copy, move, rename and delete files. Learn how to share your computer with others using a separate user account and account password. To keep your system running you will practice using the maintenance check list. Note: Help is available, before class starts, to install the free Windows 10 on your Windows 7 or Windows 8.1 laptop or tablet. For this class we plan to use the Microsoft Windows 10 Book, by Paul McFedries, with 340 pages. This class can help students gain the experience necessary to get the most use out of new Microsoft Windows 10 technology.

**Prerequisites:** *Windows 10.0 laptop plus a flash drive and ear buds for class.*

**January 25 - February 29, 2016**  
**Mondays, 10:00 a.m. – 12:00 p.m.**

**NWF State College, South Walton Center, Room 113**

**Fee: \$50.00**

**CRN #: 20746**



### **Apple iPhone & iSight**

**Instructor: Carl Lofstrom**

Apple iPhone and iSight Camera: This class has two parts. In the first part you will learn how to use your iPhone to make hands free phone calls, use Siri to write e-Mails and messages, insert text and photos into an email message, surf the top 10 internet websites using Safari and Google, install 20 of the top 50 free apps, buy and play Music, work the Calendar, use the Weather App, and look at the key features of the Clock, Maps, Videos, Newsstand, App Store, iBooks, Health, Compass, Contacts, and Podcasts. In the second half of the class you will learn the techniques on how to take 50 photos and two videos using the iPhone/iSight Camera. Practice editing your photos using different editing apps. Print and frame your best photo and enter the class photo contest. This class is for the users with a little working knowledge of the iPhone and some computer experience. A wireless Wi-Fi network connection is available in the classroom for your use. With the popularity of the iPhone/iSight Camera, this class can help students gain the experience necessary to get the most use out of the new Apple iPhone technology.

**Prerequisites:** *Personal iPhone and some computer experience.*

**January 28 - March 3, 2016**  
**Thursdays, 10:00 a.m. – 12:00 p.m.**

**NWF State College, South Walton Center, Room 113**

**Fee: \$50.00**

**CRN #: 20744**



For more information on  
Personal Enrichment courses  
please call (850) 729-6085,  
or e-mail [schultzl@nwfsc.edu](mailto:schultzl@nwfsc.edu).



# Fitness & Wellness Courses

## Niceville Campus

### Yoga

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

**Instructor: Kristen Last**

**January 26 - March 15, 2016**  
**Tuesdays, 4:45 – 5:45 p.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$30.00**

**CRN #: 20847**

**Instructor: Kate Scanlan**

**January 21 - March 10, 2016**  
**Thursdays, 4:45 – 5:45 p.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$30.00**

**CRN #: 20862**

**Instructor: Kristen Last**

**March 29 - May 3, 2016**  
**Tuesdays, 4:45 – 5:45 p.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$25.00**

**CRN #: 20865**

**Instructor: Kate Scanlan**

**March 17 - April 28, 2016**  
**Thursdays, 4:45 – 5:45 p.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$25.00**

**CRN #: 20820**

### Zumba Gold

**Instructor: Dawn Hamilton**

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

**January 25 - March 14, 2016**  
**Mondays, 5:00 – 6:00 p.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$30.00**

**CRN #: 21394**

**March 28 - May 2, 2016**  
**Mondays, 5:00 – 6:00 p.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$25.00**

**CRN #: 21395**

### Zumba Toning

**Instructor: TBD**

Zumba Toning program combines international rhythms with lightweight resistance training to create an easy-to-follow dance-fitness program for beginners as well as active older adults. Help prevent age-related bone loss, increase muscle strength and decrease body fat, and improve coordination, posture, and mobility.

**January 20 - March 9, 2016**  
**Wednesdays,**  
**5:00 – 6:00 p.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$30.00**

**CRN #: 20811**

**March 16 - April 27, 2016**  
**Wednesdays,**  
**5:00 – 6:00 p.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$25.00**

**CRN #: 20860**



### Cut To The Core

**Instructor: Cynthia McGinnis**

20 minute core workout for improving overall conditioning of the core. The core is a collection of muscles which stabilize and move the spine. Close to the spine and deep inside the abdomen is the inner core, which is comprised of the diaphragm, pelvic floor, multifidi, deep cervical flexors, and transverse abdominus. These strange-sounding muscles engage first during movement or breathing to protect the spine. The class starts with a 5 minute warm up, 20 minutes or core strengthening and a 5 minute stretch, cool down.

**January 22 - April 15, 2016**  
**Fridays, 11:00 a.m. – 11:30 a.m.**

**Niceville, Bldg. T/200, Room 314**

**Fee: \$25.00**

**CRN #: 20881**

# Fitness & Wellness Courses



## Fit In 20

Instructor: Cynthia McGinnis

High intensity interval training focusing on agility, strength and cardio fitness. A high energy workout that will rev up your metabolism while building strength, agility and cardio fitness. The class starts with a 5 minutes warm-up, then on to progressive exercises preformed for 20 - 30 seconds at high intensity and a 30 second rest between exercises. The class ends with a 5 minute cool down.

January 22 - April 15, 2016

Fridays, 11:30 a.m. – 12:00 p.m.

Niceville, Bldg. T/200, Room 314

Fee: \$25.00

CRN #: 20884

## Tai Chi for Energy

Instructor: Rachel Reese

Anyone can benefit from learning this short but beautiful tai chi form developed from two powerful styles. Chen style, energetic and subtle movements with powerful spiral force; and Sun style, unique qigong (pronounced chee-gung) energy work with agile steps. With regular practice one can improve balance and coordination, gain inner strength, stronger muscles, and stronger Qi. This class is designed with step-by-step lessons by a certified instructor, incorporating imagery and Chinese calligraphy to further the experience.

January 20 - March 9, 2016

Wednesdays,  
12:00 – 1:00 p.m.

Niceville, Bldg. T/200,  
Room 314

Fee: \$30.00

CRN #: 20809

March 16 - April 27, 2016

Wednesdays,  
12:00 – 1:00 p.m.

Niceville, Bldg. T/200,  
Room 314

Fee: \$25.00

CRN #: 20807



## Fitness Function

Instructor: Lady Comfort

One hour full body Circuit Training! Guaranteed sweat session that includes: Cardio, Weight Training, Ab Attack, Leg work, Core, and Back. All you need is a great attitude and the will to work hard!

January 25 - March 14, 2016  
Mondays, 5:00 - 6:00 p.m.

Niceville, Bldg. T/200,  
Room 313

Fee: \$30.00

CRN #: 20874

March 28 - May 2, 2016  
Mondays, 5:00 – 6:00 p.m.

Niceville, Bldg. T/200,  
Room 313

Fee: \$25.00

CRN #: 20879

## Older BUT.... BETTER!

Instructor: Anita Kurz

Have you been wanting to start an exercise program but been unsure how to begin? Are you intimidated about going to a health club? Perhaps this is the class for you. Incorporating aerobic exercise (walking on the track at the arena) with strength training, this class slowly and gently leads you on the path to improved cardiovascular health and muscle conditioning. Other benefits of the class include increased flexibility, balance and coordination. Every participant is encouraged to work at his or her own pace. With over 30 years of experience as a fitness instructor, Anita Kurz most enjoys helping beginners. Wear comfortable clothing and walking shoes. **Bring light weights (1-2 lbs.) or soup cans and an exercise band.** If you are unsure if this class is suitable for you, please consult your physician. All new students please arrive 15 minutes early to the first class for a one time orientation.

Jan. 19 - Feb. 25, 2016  
Tuesday/Thursday,  
2:00 – 3:00 p.m.

Niceville, Bldg. T/200,  
Room 314

Fee: \$45.00

CRN #: 20867

March 1 - April 14, 2016  
Tuesday/Thursday,  
2:00 – 3:00 p.m.

Niceville, Bldg. T/200,  
Room 314

Fee: \$45.00

CRN #: 20871

## Enerchi

Instructor: Anita Kurz

Enerchi is a fitness class based on the principles of Chi Kung (energy work). Using slow, mindful movements and a small, lightweight ball, the class progresses through a series of postures geared towards developing balance, strength, flexibility, coordination and concentration. The class ends with a 15-minute stretch segment. Information regarding the ball will be available at the first class. All new students please arrive 15 minutes early on the first day of the session for an orientation.

January 20 - February 26, 2016  
Wednesdays/Fridays,  
8:30 a.m. – 9:45 a.m.

Niceville, Bldg. T/200,  
Room 314

Fee: \$50.00

CRN #: 20788

*This section is for those students who have enrolled in the 1<sup>st</sup> 6-week session of Enerchi.*

March 2 - April 15, 2016

Wednesday/Friday,  
8:30 a.m. – 9:45 a.m.

Niceville, Bldg. T/200,  
Room 314

Fee: \$50.00

CRN #: 20795

## EXERCISE THROUGH RELAXATION

Enerchi and Tai Chi are based on the principle of relaxation. The more relaxed you are, the easier movement flows from and through you. Therefore, all movements are produced slowly and mindfully with body awareness a primary goal.

**For new students only:** Tai Chi class levels are based on accumulated knowledge. Enrollment in Tai Chi II and III are at the discretion of the instructor.

# Fitness & Wellness Courses

## **Tai Chi I**

**Instructor: Anita Kurz**

In this 6-week session, you will learn the Eight Essential Movements, which begin to develop the mindfulness, strength, flexibility, balance and coordination necessary to begin the practice of Tai Chi. There are many styles of Tai Chi. This class teaches the Yang style 64 postures. (The Yang style is the most common form taught in the West.) These 64 postures will begin to be taught in the 2nd 6-week session of Tai Chi I if the student chooses to continue.

**January 19 - February 25, 2016**  
**Tuesdays/Thursdays,**  
**8:30 a.m. – 9:30 a.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$45.00**

**CRN #: 20797**

*This section is for those students who have enrolled in the 1<sup>st</sup> 6-week session of Tai Chi I.*

**March 1 -April 14, 2016**  
**Tuesdays/Thursdays,**  
**8:30 a.m. – 9:30 a.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$45.00**

**CRN #: 20798**

## **Tai Chi II**

**Instructor: Anita Kurz**

This course is a continuation of Tai Chi I. It is advised that Tai Chi I students register for this class only after taking two sessions of Tai Chi I.

**Jan. 19 - Feb. 25, 2016**  
**Tuesdays/Thursdays,**  
**9:40 a.m. – 10:40 a.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$45.00**

**CRN #: 20800**

*This section is for those students who have enrolled in the 1<sup>st</sup> 6-week session of Tai Chi II.*

**March 1 - April 14, 2016**  
**Tuesday/Thursday,**  
**9:40 a.m. – 10:40 a.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$45.00**

**CRN #: 20801**

## **Tai Chi III**

**Instructor: Anita Kurz**

This course is a continuation of Tai Chi II.

**January 20 - February 26, 2016**  
**Wednesday/Friday,**  
**9:50 a.m. – 10:50 a.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$45.00**

**CRN #: 20802**

*This section is for those students who have enrolled in the 1<sup>st</sup> 6-week session of Tai Chi III.*

**March 2 - April 15, 2016**  
**Wednesday/Friday,**  
**9:50 a.m. – 10:50 a.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$45.00**

**CRN #: 20803**

## **Beginning/Intermediate Ballroom Dancing**

**Instructor: Patrick Scharmen**

Come and learn 6 major dances: Waltz, Foxtrot, Tango, Latin/ Rhythm, Rumba, Cha-Cha and Swing. Learn the secrets of ballroom: basics and elements, patterns, basics of lead and follow, footwork and minor technique, styling, frame, poise and posture. And the best part – have fun at the same time!

**Jan. 19 - Feb. 25, 2016**  
**Tuesday/Thursday,**  
**6:00 – 7:00 p.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$45.00**

**CRN #: 20804**

**March 1 - April 14, 2016**  
**Tuesday/Thursday,**  
**6:00 – 7:00 p.m.**

**Niceville, Bldg. T/200,**  
**Room 314**

**Fee: \$45.00**

**CRN #: 20806**



Visit our website for the most updated  
calendar of events and classes

[www.nwfsc.edu/PE](http://www.nwfsc.edu/PE)



# Fitness & Wellness Courses

## South Walton Center



### **Zumba Gold**

**Instructor: Barbara Reynolds**

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

**Jan. 20 - Feb. 24, 2016**  
**Wednesdays,**  
**10:00 a.m. – 11:00 a.m.**

**Boys & Girls Club,**  
**South Walton**

**Fee: \$25.00**

**CRN #: 20888**

**March 2 - April 13, 2016**  
**Wednesdays,**  
**10:00 a.m. – 11:00 a.m.**

**Boys & Girls Club,**  
**South Walton**

**Fee: \$25.00**

**CRN #: 20891**

### **Gentle Yoga**

**Instructor: Barbara Reynolds**

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

**January 20 - February 24, 2016**  
**Wednesdays,**  
**11:00 a.m. – 12:00 p.m.**

**Boys & Girls Club,**  
**South Walton**

**Fee: \$25.00**

**CRN #: 20894**

**March 2 - April 13, 2016**  
**Wednesdays,**  
**11:00 a.m. – 12:00 p.m.**

**Boys & Girls Club,**  
**South Walton**

**Fee: \$25.00**

**CRN #: 20897**

### **Senior Pilates**

**Instructor: Barbara Reynolds**

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

**Jan. 25 - Feb. 29, 2016**  
**Mondays,**  
**3:00 – 4:00 p.m.**

**Coastal Branch Library**

**Fee: \$25.00**

**CRN #: 20899**

**March 7 - April 18, 2016**  
**Mondays,**  
**3:00 – 4:00 p.m.**

**Coastal Branch Library**

**Fee: \$25.00**

**CRN #: 20902**

For current classes  
**Like Us on Facebook**

[www.facebook.com/  
NWFSCProfessionalAndContinuingEducation](http://www.facebook.com/NWFSCProfessionalAndContinuingEducation)

# Fitness & Wellness Courses

## Chautauqua Center *(DeFuniak Springs)*

### **Tai Chi**

**Instructor: Monda Duncan**

This ancient Chinese practice consists of postures strung together in what is known as FORM. In this class you will learn the 108 moves YANG Style. Develop mindfulness, strength, flexibility, balance, and coordination necessary to learn FORM Tai Chi is based on the principle of relaxation. The more relaxed you are, the easier movement flows from and through you. All movements are produced slowly and mindfully with body awareness as a primary goal.

**January 25 - March 3, 2016**

**Monday/Thursday,  
9:00 a.m. – 10:00 a.m.**

**DeFuniak Center, Bldg. 501,  
Room 213**

**Fee: \$45.00**

**CRN #: 20905**

**January 26 - March 3, 2016**

**Tuesday/Thursday,  
5:30 – 6:30 p.m.**

**DeFuniak Center, Bldg. 501,  
Room 213**

**Fee: \$45.00**

**CRN #: 20909**

**March 7 - April 21, 2016**

**Monday/Thursday,  
9:00 – 10:00 a.m.**

**DeFuniak Center, Bldg. 501,  
Room 213**

**Fee: \$45.00**

**CRN #: 20907**

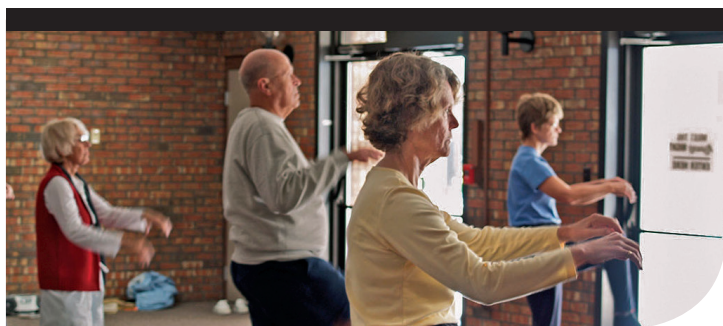
**March 8 - April 21, 2016**

**Tuesday/Thursday,  
5:30 – 6:30 p.m.**

**DeFuniak Center, Bldg. 501,  
Room 213**

**Fee: \$45.00**

**CRN #: 20910**



For more information on  
Fitness & Wellness courses  
visit [www.nwfsc.edu/PCE](http://www.nwfsc.edu/PCE)  
or call (850) 729-6085.

# KIDS ON CAMPUS

Kids On Campus is a unique opportunity for summer enrichment and fun learning in a college environment.

**For Kids Entering 3<sup>rd</sup> thru 8<sup>th</sup> Grade**

Monday – Thursday, Niceville Campus

**Summer 2016**



**Sports ~ Art  
Academics ~ Dance ~ Music**

**Session 1: June 13 - 23**

**Session 2: July 11 - 21**

NWF State College Kids on Campus program is a unique opportunity for summer enrichment and fun learning in a college environment. Kids on Campus is open to students entering 3rd - 8th grade. Camps are offered every June and July and each camp runs for two weeks. Dates for 2016: Session 1- June 13-23, Session 2 – July 11-21. Students choose from a variety of classes such as: athletics, hands-on science, fine and performing arts, academics and art. Students create their own schedules. Brochures will be available in April, registration will follow in May. Volunteer opportunities are available for high school students entering 10th -12th grade. Students can volunteer their time during the camp, to earn community service hours toward their Bright Future Scholarship, and a variety of other scholarships.



[www.nwfsc.edu/KidsOnCampus](http://www.nwfsc.edu/KidsOnCampus)  
(850) 729-6086 • [KOC@nwfsc.edu](mailto:KOC@nwfsc.edu)  
100 College Blvd. E., Niceville, FL 32578

EA/EO

# American Heart Association Training Center at Northwest Florida State College

***Students must bring the appropriate text book with them for all AHA courses.***

***Text books, an AHA requirement, are available for purchase at the  
NWF State College Barnes and Noble Bookstore, Niceville campus.***

## ***Heart Saver (Open to the Public)***

The Heart Saver Course teaches the basic techniques of adult CPR, First Aid and use of an AED. Students also learn to use barrier devices in CPR and give first aid for choking for responsive adult, child and infant victims.

This class is intended for responders like security personnel, teachers, parents, lifeguards, airline personnel, corporate employees, family members of patients at high risk for sudden cardiac death, other rescuers, and those who need or want to learn CPR and how to operate an AED.

**Student Materials:** Heart Saver Manual

**April 15, 2016**

**Mondays,**

**8:00 a.m. – 2:00 p.m.**

**Niceville, Bldg. H/510, Room 121**

**Fee: \$35.00**

**CRN #: 20632**

## ***Basic Life Support (BLS) Healthcare Provider***

The Basic Life Support (BLS) Healthcare Provider (CPR) 4.5 contact hours course teaches the skills of CPR for victims of all ages (including ventilation with a barrier device, a bag-mask device, and oxygen), use of an AED on adults and children, and relief of a FBAO in responsive and non-responsive victims. The course is designed for healthcare providers who care for patients in a wide variety of settings, both in and out of the hospital.

<b>Dates 2016</b>	<b>CRN #</b>
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<b>January 15</b>	<b>20623</b>
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<b>February 12</b>	<b>20641</b>
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<b>March 11</b>	<b>20642</b>
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<b>April 1</b>	<b>20644</b>
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**1:00 p.m. – 5:00 p.m.**

**Niceville, Bldg. H/510, Room 121**

**Fee: \$50.00**

## ***PALS (Pediatric Advanced Life Support) Initial***

The Pediatric Advanced Life Support (PALS) Provider course provides review and updates guidelines for PALS as published by the American Heart Association. Students are required to pass a written and skills performance examination to receive course completion card.

**February 18 - 19, 2016**

**7:30 a.m. – 4:30 p.m.**

**Niceville, Bldg. H/510, Room 121**

**Fee: \$85.00**

**CRN #: 20634**

## ***Pediatric Advanced Life Support (PALS) Refresher***

The Pediatric Advanced Life Support (PALS) Provider Refresher course is for current PALS providers who wish to renew their provider status. This course provides a refresher on the cognitive and psychomotor skills needed to resuscitate and stabilize infants and children in respiratory failure, shock or cardiopulmonary arrest.

***Prerequisites: PALS and current BLS Card Required***

**March 18, 2016**

**7:30 a.m. – 4:30 p.m.**

**Niceville, Bldg. H/510, Room 121**

**Fee: \$85.00**

**CRN #: 20636**



For more information visit  
[www.nwfsc.edu](http://www.nwfsc.edu) or call (850) 729-4923.



# Eco-Tours Courses

## **Historical Tour: Coffeen Nature Preserve**

**Guide: Susan Paladini**

Explore the Coffeen Nature Preserve and its history of World War II missile testing. The 220-acre Nature Preserve is owned by the Coffeen Land Trust, a local environmental non-profit organization dedicated to preserving it "as a place of peace and quiet and a haven for all God's creatures." Its history however is far from quiet. It was used as a secret missile test site by the Army Air Force during World War II. Hundreds of JB-2 "Buzz Bombs," (the first pilotless, jet propelled missiles) were launched from the dunes into the Gulf of Mexico.

Join Susan Paladini, the Resident Manager, and explore the site where America's strategic missile program began. You will view the original military photographs inside the "mess hall" and learn about the generous gift of the founder, the late Dorothy Coffeen.

This will be followed by a hike of approximately 1½ miles around the property, which will include walking along two original missile launch ramps, stepping down into concrete launch bunkers and viewing other military buildings. Enjoy the natural beauty of the Preserve and Fuller Lake. This is the most western of Walton County's globally rare and imperiled coastal dune lakes.

Participants are encouraged to wear a hat, sunscreen and insect repellent and to bring bottled water. Closed-toed or other suitable walking shoes are a must.

**Space is limited to 16 participants. Minimum of 2 required.**

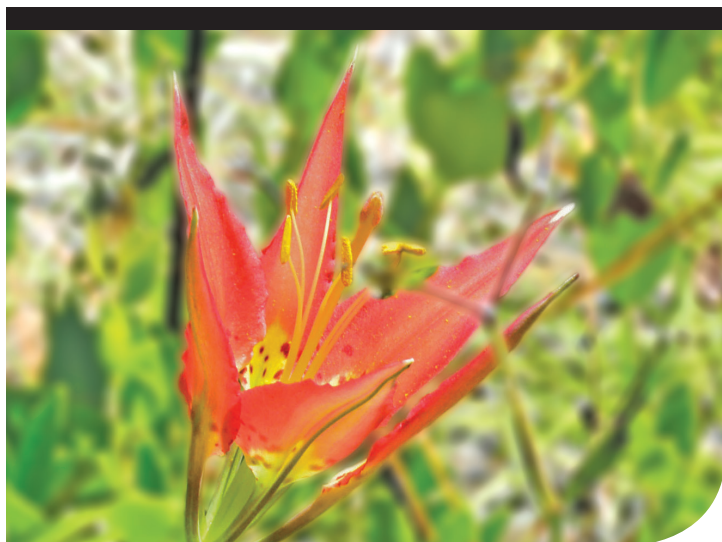
Dates 2016	CRN #	Dates 2016	CRN #
March 9	20185	April 13	20204
March 26	20200	April 30	20206
		May 4	21350

**Wednesdays and Saturdays, 9:30 a.m. – 11:30 a.m.**

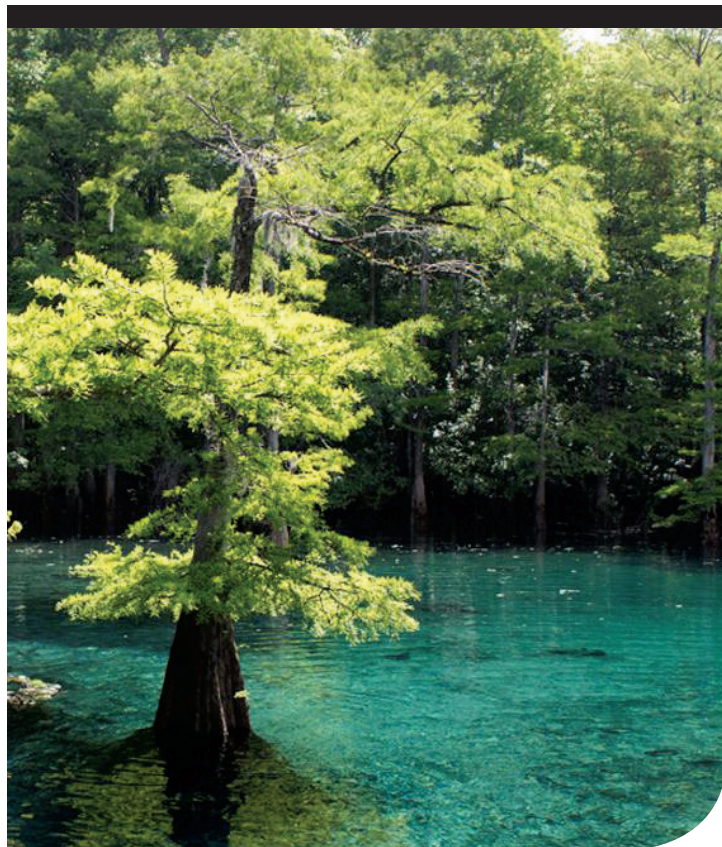
**Location: Main Office of Coffeen Nature Preserve  
146 Coffeen Hill Road, Santa Rosa Beach, FL 32459**

**\*After entering property, take first right\***

**Fee: \$20**



*Pine Lilly, photo credit Walton Sun Shelby Desoto*



## **Tour of the Choctawhatchee River & Morrison Springs**

**Guide: Lori Ceier**

Learn about unique places tucked away along the Choctawhatchee River. Learn about our precious water resources, flood plains, where the river flows, and why it is ever changing. Then we will drive to Morrison Springs. Learn about how many millions of gallons of water Morrison Springs emits every day, and where the water comes from. We will also discuss the flora and fauna that inhabit the area. We will then take a dip in the cool, clear spring water.

Bring water, a snorkel, waterproof camera, sunscreen, towel, and your swimsuit. Pack a lunch if you wish, as there is a pavilion and restroom facility available at the park. The event and swimming is dependent on river conditions.

Moderate exertion level. Travel time approximately 1.5 hours each way.

**Space is limited to 7 participants. Minimum of 4 required.**

**A van will be used to transport individuals along the tour.**

**April 22, 2016**

**Friday, 8:30 a.m. – 10:30 p.m.**

**Location: Meet at the South Walton Center of  
NWF State College, 109 South Greenway Trail,  
Santa Rosa Beach, FL 32459**

**Fee: \$35**

**CRN #: 20208**

# Eco-Tours Courses

## *Wet Prairies and Rare Plants of Point Washington State Forest*

Contact: Tom Greene

We will visit several wet prairies in Point Washington State Forest. Observe and identify pitcher plants, sundews and other carnivorous plants, plus many other native plants that are typically found only in this kind of habitat. Several of these species are threatened or endangered. The history and ecology of the prairies will be discussed, as well as, the role of fires in these precious ecosystems. This tour is led by an accomplished biologist who has been involved in describing and mapping wet prairies in south Walton County. Moderate difficulty, walking about a mile, including over boggy ground that may have some standing water. Bring water, sunscreen, insect repellent, and hat. Wear long pants and closed-toed sturdy shoes (no sandals or flip-flops) that can get wet and muddy. A walking stick and camera are recommended.

Space is limited to 15 participants. Minimum of 4.

April 16, 2016

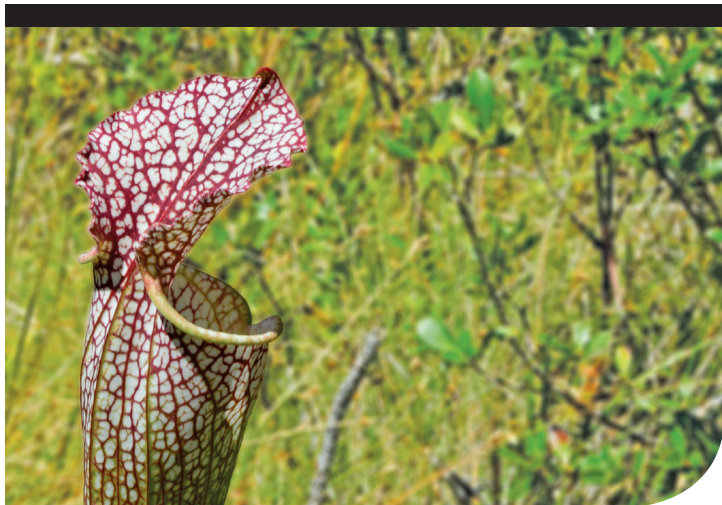
Saturday, 9:00 a.m. – 1:00 p.m.

Fee: \$15 + \$2 forest entry fee at entrance of park

CRN #: 20210

Location: Meet at the South Walton Center of NWF State College, 109 South Greenway Trail, Santa Rosa Beach, FL 32459.

Vehicle caravan to each location throughout Point Washington State Forest.



*White Top Pitcher Plant, photo credit Walton Sun Shelby Desoto*

For more information on the  
Choctaw Basin Alliance and Eco-Tours  
visit [www.basinalliance.org](http://www.basinalliance.org)  
or call (850) 200-4171.

# NWF Meeting & Special Event Facilities



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[www.nwfsc.edu/SE](http://www.nwfsc.edu/SE)  
[specialevents@nwfsc.edu](mailto:specialevents@nwfsc.edu)

## *nfsyo* NORTHWEST FLORIDA SYMPHONY YOUTH ORCHESTRA & JUNIOR ORCHESTRA

The Northwest Florida Symphony Youth Orchestra (NFSYO) is open to middle school, high school, and early collegiate students through the age of 21. A companion group, the Junior Orchestra at NWF State College, is an ensemble open to young students with a minimum of two years' experience who are in grade levels 4th to 8th. Participants in the NFSYO and Junior Orchestra benefit from the state-of-the-art facilities of the Mattie Kelly Fine & Performing Arts Center at NWF State College and instruction by NWF State College music faculty. The NFSYO works in close collaboration with the professional Northwest Florida Symphony Orchestra (NFSO) to foster the development for musical and personal success.

For information contact the college's Fine & Performing Arts Division at (850) 729-5382 or [www.NFSYO.org](http://www.NFSYO.org).



# Motorcycle Safety Courses

## Basic Rider Course

Motorcycle Safety Basic Rider Course is a 2 day course designed for beginning riders. The course is from 7:00 a.m. – 4:00 p.m., each day, with a 1 hour lunch break. The Basic Rider Course consists of 16 hours of instruction including 5 hours in the classroom and 11 hours of intense riding on the parking lot range. This course will teach students how to operate a motorcycle safely and strongly emphasizes the special skills and mental attitude required for dealing with everyday riding. Participants will use bikes provided by NWF State College.

Dates 2016	CRN #	Dates 2016	CRN #
January 9-10	2016JAN	March 16-17	20531
January 16-17	20392	March 19-20	20532
January 20-21	20420	March 26-27	20533
January 23-34	20424	April 2-3	20534
January 30-31	20428	April 9-10	20538
February 6-7	20431	April 13-14	20539
February 13-14	20523	April 16-17	20540
February 17-18	20524	April 23-24	20541
February 20-21	20526	April 30 - May 1	20542
February 27-28	20528	May 7-8	20547
March 5-6	20529	May 14-15	2016MAY
March 12-13	20530		

Classes Meet: Saturday and Sunday, 7:00 a.m. – 4:00 p.m.

Fee: \$200.00



## Advanced Rider Course

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

Dates 2016	CRN #
January 15	20551
February 19	20554
March 18	20555
April 15	20556

Class Meets: Friday, 7:00 a.m. – 4:00 p.m.

Fee: \$90.00

Review the requirements for both Motorcycle Safety courses at [www.nwfsc.edu/Community/ContEd/MotorcycleSafety/basic.cfm](http://www.nwfsc.edu/Community/ContEd/MotorcycleSafety/basic.cfm)

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





# Northwest Florida State College

## Professional & Continuing Education Registration Form

### Registration Information

There are 3 ways to register for Professional & Continuing Education, non-credit classes.

**Online:** Visit [www.nwfsc.edu/CERegister](http://www.nwfsc.edu/CERegister) and register using Flex Reg. Pay online using a credit card or echeck. You also have the option to click the pay later button which will allow you to pay in-person at an NWF State College campus or center with cash or check within 48 hours.

**In-Person:** Register at any NWF State College campus or center in the Students Services area – Niceville (Student Services Center), Hurlburt, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton. Fill in the form below. Payment can be made by cash or check only at any NWF State College campus or center Business Office.

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

\* Required Fields

\* Last Name: \_\_\_\_\_ \* First Name: \_\_\_\_\_ Middle/Maiden: \_\_\_\_\_

\* Mailing Address: \_\_\_\_\_ \* Phone Number: \_\_\_\_\_

\* City: \_\_\_\_\_ \* State: \_\_\_\_\_ \* Zip Code: \_\_\_\_\_

\* Email: \_\_\_\_\_

\* Date of Birth (mm/dd/yyyy): \_\_\_\_\_ \* Gender: ☐ Male ☐ Female

Social Security #: \_\_\_\_\_

Company/Organization: \_\_\_\_\_ Job Title: \_\_\_\_\_

CRN #	Title	Date(s)	Time	Fee

REGISTER IN-PERSON: Register for Professional & Continuing Education classes at any NWF State College campus or center.

**Northwest Florida State College, Niceville Campus**, Office of Enrollment Services, Student Services Center, 100 College Blvd. East, Niceville, FL 32578

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

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

**Hurlburt Field Center**, Education Services Building 90220, 221 Lukasik Avenue • Hurlburt Field, FL 32544

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

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

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

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

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

Rev. 11/3/2015 EA/EO

**Northwest Florida State College Professional & Continuing Education**  
**100 College Blvd. E., Niceville, FL 32578 ♦ [www.nwfsc.edu/PCE](http://www.nwfsc.edu/PCE) ♦ 850.729.6880**



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