

FALL 2015

Learn ♦ Develop ♦ Achieve



NORTHWEST FLORIDA STATE COLLEGE

PROFESSIONAL & CONTINUING EDUCATION

Costa Leadership Institute

Personal Enrichment

Fitness & Wellness

Motorcycle Safety

Eco-Tours

American Heart Association Training Center

Jr. Raiders Kids' Programs

conted@nwfsc.edu

850-729-6880

www.nwfsc.edu/PCE

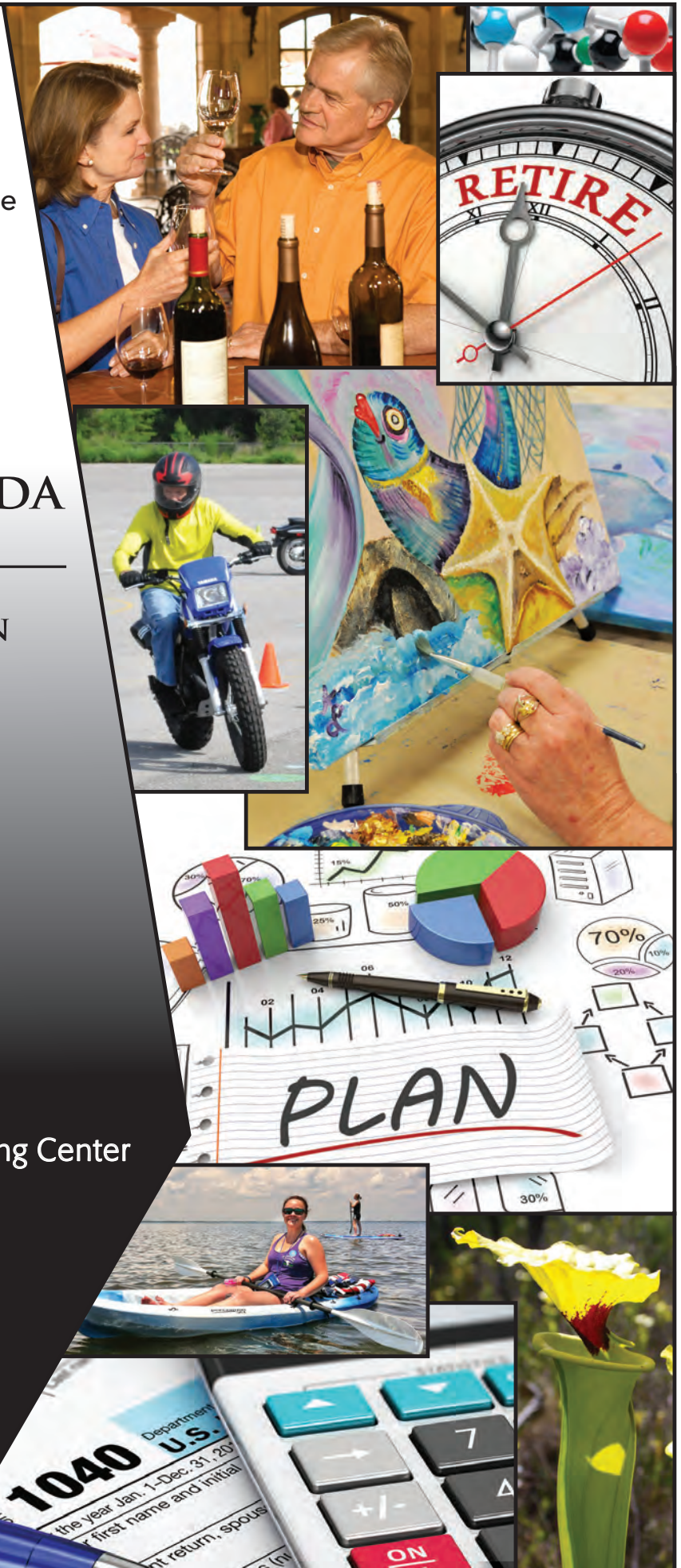


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please visit**

www.nwfsc.edu/AboutNWF

General Information

Professional and Continuing Education Non Credit Registration

Register

- **Online:**

Visit www.nwfsc.edu/CERegister

- **In Person:**

Register at any of the NWF State College campuses and centers in the Student Services area – Niceville (Student Services Center), Eglin, Hurlburt, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton. Students will need to download a Professional & Continuing Education Registration Form and fill in the following required information: name, birth date, gender, address, phone number, email and course reference number(s) (CRN #).

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 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 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.

Contact Information

(850) 729-6880 • leadership@nwfsc.edu

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

www.nwfsc.edu/PCE

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Motorcycle Safety

Brandy Foley, Coordinator 850-200-4163
Eco Tourism

Barry Reed, Director 850-729-4923
Emergency Management

Fran Fulcher, Staff Assistant 850-729-6084
Professional & Continuing Education

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



Costa Leadership Institute Courses

Leadership

SUPERVISION I

Instructor: Dr. David Goetsch

Thursdays, September 17, 24, and October 1, 2015
8:30 a.m. – 12:30 p.m.

Niceville/Bldg. SSC, Arpke Room 315

This course will help supervisors and future supervisors learn how to lead teams in ways that ensure peak performance and continual improvement. Participants will learn how to lead, communicate, motivate, coach, resolve conflict, make decisions, and handle employee complaints, among other things.

Fee: \$240.00

CRN #: 11246

RISING STARS: A WORKSHOP FOR EMERGING MANAGERS

Instructor: Karen Valaitis

Thursday, October 15, 2015
8:30 a.m. – 12:30 p.m.

Niceville/SSC, Morell Room 302

Ambitious people are actively seeking new opportunities. A new manager will have many new challenges and responsibilities. These might include gaining credibility from people who were peers but who are now subordinates and earning the trust of superiors. In order to be successful, new managers must learn to balance their new role with the need to maintain positive relationships. The key to this success will lie in their ability to effectively communicate, delegate and motivate. This workshop will prepare your rising stars for a new role in management.

Key topics will include:

- Effective Negotiation Skills
- Dealing with Difficult Conversations
- Powerful Meeting and Presentation Skills
- How to Delegate
- Managing People for Better Performance

Fee: \$80.00

CRN #: 11247



ZIG ZIGLAR: GOAL SETTING & ACHIEVEMENT

Instructor: Cynthia Kennedy

Thursday, October 22, 2015
9:00 a.m. – 3:30 p.m.

Niceville/Bldg. SSC, Arpke Room 315

Do you have a target or goal in life? Unless you have definite, precise, clearly set goals, you are not going to realize the maximum potential that lies within you. What about you and your goals? Are they clearly in focus, or still pretty fuzzy?

You will learn the power of goal setting and the easy steps it takes to guarantee you can achieve any goal you set using the goal setting formula. People like to complain about lack of time when the lack of direction is the real problem. Time can be an ally or any enemy. What it becomes depends entirely upon you, your goals, and your determination to use every available minute.

The dictionary says a goal is an aim or purpose. It's a plan. Something you expect to do. Whoever you are, wherever you are and whatever you do, you should have goals. Mothers should have goals. Sales people should have goals. Students, doctors, business people, athletes should have goals. With definite goals you release your own power, and things start happening!

In the Goals Setting and Achievement course you will learn:

- The 4 basic reasons people don't set goals
- The power of dreaming
- How to qualify your dreams so you are working on the most important ones first
- How to identify specific goals
- The 7-step formula for setting goals
- Achieving goals
- The power of commitment

Fee: \$130.00

CRN #: 11250

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

www.nwfsc.edu/CLI

Marketing

INTRODUCTION TO GOOGLE ANALYTICS

Instructor: Matthew Titus

Wednesday, September 30, 2015
12:30 – 4:30 p.m.

Niceville/Bldg. SSC, Arpke Room 315

Without tracking on your website, you're flying blind. Online Marketing, when properly tracked, will clearly identify returns. It's these black and white returns that give us the ability to optimize our budget allocation and improve the performance of our Online Marketing tactics.

Google Analytics is an out-of-the-box tracking solution for websites and mobile applications. Costa Leadership Institute presents an introductory training course for Google Analytics that will help you learn how to read metrics within GA, create reporting dashboards, and identify value or faults based on GA's reported data.

Fee: \$80.00

CRN #: 11590



DEVELOPING AN INTEGRATED INTERACTIVE MARKETING STRATEGY

Instructor: Matthew Titus

Wednesday, October 28, 2015
12:30 – 4:30 p.m.

Niceville/Bldg. SSC, Arpke Room 315

Your Interactive Marketing Strategy must be developed as an extension of existing marketing efforts. Too often we begin adding interactive marketing tactics such as Social Media, Organic SEO, and Pay-per-Click to an existing marketing strategy, putting each of these new tactics into silos, expecting each one to stand on its own without the support of an existing marketing foundation.

Whether you have a marketing strategy in place, or you're looking for an affordable way to get your brand in front of potential customers, Costa Leadership Institute has developed a focus session that will assist you with developing a fully integrated Interactive Marketing strategy from start to finish. This includes identifying the right audience demographic, the best geo-areas to target, and how to properly time your messaging based on your brand's unique products or services.

Fee: \$80.00

CRN #: 11589



Costa Leadership Institute Courses

Life Skills



MENTAL PREPARATION: ARE YOU READY FOR RETIREMENT?

Instructor: Dr. David Schjott

Friday, September 25, 2015

9:00 a.m. – 11:00 a.m.

Niceville/Bldg. SSC, Arpke Room 315

The focus of this lecture is to introduce participants to the realization that retirement is imminent for most of us, which begs the question: Are we prepared? The purpose of this exploration is to examine the process of retirement, the shortfalls, the challenges, and the benefits. Emphasis will be placed on the need to have a solid foundation for retirement, including financial, personal, social, and emotional preparation. The workshop will be broken down into five critical areas:

Participants will be able to:

- Understand some of the critical statistical changes that may impact their retirement
- Recognize some of the economic, political, and social changes that may lead to retirement uncertainty
- Articulate some of the retirement fears that accompany transitioning to a healthy life after work
- Define several key issues in regards to preparation cues that may help to reduce emotional stress in retirement
- Analyze what they are currently doing that may need to be adjusted in order to reach a vibrant and secure retirement

Fee: \$40.00

CRN #: 11342

BUILD YOUR PRIDE: A MOTHER & DAUGHTER WORKSHOP TO CONQUER THE WORLD

Instructor: Terri Fedonczak

Thursday, October 8, 2015

Time: 6:00 – 8:00 p.m.

Niceville/Bldg. SSC, Arpke Room 315

The Mother/Daughter relationship is unique. It can be a source of great love, support and power, OR it can be the source of endless frustration and hurt feelings, especially as daughters reach middle school, high school and college. In the tween and teen years, daughters are developing their own independence, which can leave their parents in crisis. As a Mom you feel that the aliens have captured your little girl and left an eye-rolling stranger in her place. As a daughter, you feel like your mom is following you around, just waiting for you to mess up.

How do we bridge the gap and make mothers and daughters a powerful team again--a united force to rule the world?

Cue the trumpets...Pride Power to the rescue! Terri Fedonczak, certified life coach, speaker and author, witnessed Pride Power on safari in South Africa. While watching lionesses work together to accomplish what one lioness alone could not, Terri had a vision of how Pride Power could empower girls of all ages. Now, Terri runs workshops and retreats to teach moms and daughters how to work together, as a Pride. Together we can pool our lioness power and accomplish our dreams. In this workshop you will learn:

- What is appropriate for Moms when it comes to discipline; when do you step back, and when do you step in?
- What is appropriate for girls when it comes to being independent while maintaining a feeling of comfort and support; how do you ask for help when you really need it?
- Tips for self-care at any age. You cannot save the world until you take care of yourself first!
- A new way to relate to your daughter/mom that invites cooperation and banishes frustration.

Fee: \$15.00 per person

CRN #: 11344



Costa Leadership Institute Courses

Computers & Technology

MICROSOFT WORD 2013 for Business

Instructor: Michelle Cook

Thursday, October 15, 2015
12:00 – 5:00 p.m.

Niceville/Bldg. SSC, Arpke Room 315

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 the individual who wants to gain basic knowledge of working with Word 2013 in a professional capacity.

Fee: \$125.00

CRN #: 11343

INTRODUCTION TO QUICKBOOKS

Instructor: Gay Lynn Brown

Friday, October 30, 2015
8:30 a.m. – 4:30 p.m.

Niceville/Bldg. SSC, Arpke Room 315

Introduction to QuickBooks offers direct, hands-on training. Participants will learn to produce customizable financial reports, process your own payroll (separate subscription required), and save time every day by knowing better how to use this tool!

The course is designed for new QuickBooks users who want to learn what is available. This is a great course for small business owners and managers or those who have bookkeeping responsibilities. It will assist in helping the user to better understand financial statements and reports.

This course will include:

- Overview of QuickBooks
- Getting started with QuickBooks
- Customizing QuickBooks and the Chart of Accounts
- Banking with QuickBooks
- Exploring QuickBooks for vendors, purchases, and inventory
- Employee information and payroll
- Producing reports and graphs

Fee: \$290.00 Training fee includes QuickBooks book.

CRN #: 11394

MICROSOFT EXCEL 2013, INTRODUCTION

Instructor: Michelle Cook

Monday, November 23, 2015
8:00 a.m. – 1:00 p.m.

Niceville/Bldg. SSC, Arpke Room 315

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.

Fee: \$125.00

CRN #: 11324

DAY	DATE	START TIME	END TIME	BREAK LUNCH	HRS/MIN WORKED	REGULAR HOURS	OVERTIME HOURS
PART-TIME EMPLOYEE							
NAME: _____							
PID: _____							
WEEK 1: 10/19/2010 to 10/25/2010							
MONDAY	10/19/2010	10:00 AM	4:30 PM	1:00:00	5:30:00	5:30:00	0:00:00
TUESDAY	10/19/2010	10:00 AM	4:30 PM	0:45:00	5:45:00	5:45:00	0:00:00
WEDNESDAY	10/20/2010	9:55 AM	4:30 PM	0:45:00	5:00:00	5:00:00	0:00:00
THURSDAY	10/21/2010	10:00 AM	4:40 PM	1:00:00	5:40:00	5:40:00	0:00:00
FRIDAY	10/22/2010	9:40 AM	4:35 PM	0:30:00	6:25:00	6:25:00	0:00:00
SATURDAY					0:00:00	0:00:00	0:00:00
SUNDAY					0:00:00	0:00:00	0:00:00
WEEKLY SUBTOTAL					29:10:00	29:10:00	0:00:00
WEEK 2: 10/26/2010 to 10/29/2010							
MONDAY	10/26/2010	10:30 AM	4:50 PM	1:00:00	5:20	5:20	0:00:00
TUESDAY	10/26/2010	10:00 AM	4:50 PM	0:30:00	6:20	6:20	0:00:00
WEDNESDAY	10/27/2010	10:00 AM	4:40 PM	1:00:00	5:40	5:40	0:00:00
THURSDAY	10/28/2010	9:05 AM	4:40 PM	1:00:00	6:35	6:35	0:00:00
FRIDAY	10/29/2010	9:25 AM	4:30 PM	1:00:00	6:05	6:05	0:00:00
SATURDAY					0:00	0:00	0:00:00
SUNDAY					0:00	0:00	0:00:00
WEEKLY SUBTOTAL					30:00:00	30:00:00	0:00:00
WEEK 3: 11/1/2010 to 11/5/2010							
MONDAY	11/1/2010	9:55 AM	4:45 PM	1:00:00	5:50	5:50	0:00:00
TUESDAY	11/2/2010	10:15 AM	4:35 PM	0:45:00	5:35	5:35	0:00:00
WEDNESDAY	11/3/2010	9:45 AM	4:45 PM	1:00:00	6:00	6:00	0:00:00
THURSDAY	11/4/2010	9:30 AM	4:30 PM	1:00:00	6:00	6:00	0:00:00
FRIDAY	11/5/2010	10:00 AM	5:15 PM	1:00:00	6:15	6:15	0:00:00
SATURDAY					0:00	0:00	0:00:00
SUNDAY					0:00	0:00	0:00:00
WEEKLY SUBTOTAL					29:40:00	29:40:00	0:00:00
WEEK 4: 11/8/2010 to 11/12/2010							
MONDAY	11/8/2010	9:30 AM	5:00 PM	1:00:00	6:30	6:30	0:00:00
TUESDAY	11/9/2010	9:45 AM	4:30 PM	1:00:00	5:45	5:45	0:00:00
WEDNESDAY	11/10/2010				0:00	0:00	0:00:00
THURSDAY	11/11/2010				0:00	0:00	0:00:00
FRIDAY	11/12/2010				0:00	0:00	0:00:00
SATURDAY					0:00	0:00	0:00:00
SUNDAY					0:00	0:00	0:00:00
WEEKLY SUBTOTAL					12:15:00	12:15:00	0:00:00
WEEK 5: 11/15/2010							
MONDAY	11/15/2010				0:00	0:00	0:00:00

Costa Leadership Institute Courses

Certification Exam Prep/Professional CE's

CULTURAL COMPETENCY FOR HEALTH CARE PROFESSIONALS

Instructor: Deanna Wharwood

Tuesday, September 15, 2015
8:30 a.m. – 4:30 p.m.

Niceville/Bldg. SSC, Arpke Room 315

What's Your CQ? In no other profession is an understanding of cultural norms so required as in health care. With over 90% of malpractice suits stemming from miscommunication, CQ training has become required for health care professionals in many states.

Participants will learn to see cues in cross cultural situations and discover how to disable the "cultural cruise control" that makes us unaware of how our own culture affects your perceptions. Participants will develop a repertoire of behavioral skills appropriate to different intercultural situations and they will be able to choose the right ones for a given interaction. CQ will help participants to be more effective in making decisions, communicating and negotiating across cultures, leading and motivating others who are culturally different and managing an international career or diverse patient populations.

Fee: \$160.00

CRN #: 11588



PMP CERTIFICATION EXAM PREP

Instructor: Mike Carey

September 19, 20, and September 26, 27, 2015

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, Arpke Room 315

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; plus 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) 5th 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.

Fee: \$750.00

CRN #: 11593

Costa Leadership Institute Courses

Certification *continued*



2015 TAX PRACTITIONER SEMINAR

Instructors: Glenn Gillyard and Deanna Muldowney

Thursday, December 3 and Friday, December 4, 2015

8:30 a.m. – 5:30 p.m.

Niceville/SSC, Morell Room 302

The 2015 Tax Seminar provides licensed tax practitioners including EAs, CPAs and Attorneys with an overview of new and updated information regarding tax. The University of Illinois Tax School 2015 Federal Tax book will be issued to participants and is an excellent source of tax cites, planning strategies, practitioner cautions and guides in preparing tax forms or specific tax issues. The topics covered during the 2 day seminar include:

- Tax Update and Ethics - Agricultural Issues and Rural Investments, Ethics, Healthcare, Individual Taxpayer Topics, IRS Update, New Legislation, Retirement
- Entities and Advanced 1040 Issues - Divorce, Information Reporting, Rulings and Cases, S Corporation, Small Business, Succession Planning
- 1040 Issues - Communication with the IRS; Investment Income; Schedule A; Schedule C; Credits; Employment Issues; Travel, Meals and Entertainment; Home Office.

The fee includes the University of Illinois Tax School 2015 Federal Tax book.

Participants with an IRS PTIN will receive 16 hours of IRS CE credits. Space is limited.

Fee: \$125.00

CRN #: 11251

Sikes Center Trainings *(Crestview)*

ILLUSION OF INCLUSION: IMPLEMENTING CHANGE IN THE WORKPLACE

Instructor: Dr. Patrice Williams

Friday, October 9, 2015

8:00 a.m. – 12:00 p.m.

Crestview Center

Implementing change in the workplace is oftentimes very difficult. Employees are typically resistant to change. However, if those in supervisory roles make it a point to include all the stakeholders in every phase of the process, change is possible to achieve and will have minimal negative repercussions. The presenter of this session will provide participants with specific ideas for including all factions in the decision-making process and will also offer ideas about how to deal with individuals whose goal is to sabotage the change process.

Attendees will benefit in the following ways:

- Understand what is involved in the process of implementing change.
- Understand who should be involved in the change process.
- Understand that change usually occurs in phases, over time.
- Acquire practical strategies for initiating change.
- Acquire strategies for dealing with the challenges associated with implementing change.

Fee: \$80.00

CRN #: 11325



For more information on the Costa Leadership Institute
visit 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 with a 24 year history of being a vital part of Okaloosa County's growth and development of its leaders. This 9 month experience is designed to enhance the participant's leadership skills and provide community awareness. Hosted from September to May, participants receive classroom training by certified instructors and are given opportunities to interact with various key community leaders throughout the process. Tours of key areas such as Destin, Crestview, Niceville, Valparaiso, Fort Walton Beach, Eglin Air Force Base, and Legislative Days in Tallahassee provide participants with a better understanding of the community. Additionally, each participant takes part in a group project to benefit the community while focusing on project management, time management and team building skills.

Another important aspect of Leadership Okaloosa is the networking relationships forged that lead to long lasting personal and professional relationships. Leadership Okaloosa is hosted by the Northwest Florida State College Costa Leadership Institute with the support of the Crestview Area Chamber of Commerce, Destin Area Chamber of Commerce, Greater Fort Walton Beach Chamber of Commerce, and Niceville Valparaiso Chamber of Commerce.

Benefits to the Participant:

- Learn leadership training and development
- Network with others in the community
- Be equipped and motivated to assume leadership roles in the community
- Interact with community leaders
- Develop an awareness of the region and its needs
- Awareness of the Legislative process

Applications are accepted May through August. The class size ranges from 25-35 participants.

Fee: \$900 Visit nwfsc.edu/LI for dates and application.

Costa Leadership Institute

Open Enrollment Schedules (Spring & Fall): Skill Building trainings and professional development including: Customer Service, Microsoft Word, Excel, Outlook, PowerPoint, Social Media, and Business Writing.

Customized Training: Customer Service, Conflict Management, Social Media, Microsoft Computer Programs, Networking, Stress Management, Appreciative Team Building, Sales & Persuasion and more.

Community Leadership Programs: Community leadership development programs in partnership with area Chambers of Commerce-Leadership Okaloosa.

Allyn C. Donaldson Entrepreneurial Center: Providing entrepreneurial support and training for the local community, as well as facility space at the NWF State College South Walton Center.

Supervision & Leadership Programs: Leadership development programs offered for mid-level and upper level management.

Guest Speakers: Providing extraordinary speakers and inspiring individuals for special events, meetings, conferences and trainings.

Consulting: Strategic Planning, Project Management, Marketing, Economic Development, Performance Consulting, Sales, Change Management and more.

Continuing Education Credit Programs: Access to continuing education credit programs in the areas of health, education, accounting, construction, project management and more.

High School Leadership & Entrepreneurial Programs: Collegiate High School Program, Young Entrepreneur Academy, Student Organizations Training.

Special Event Facility: The Student Services Center on the NWF State College Niceville campus is a state of the art 75,000 square foot facility with event and meeting space located on the first and third floors. The facility can accommodate large and small groups with breakout rooms and large conference spaces available.

Costa Leadership Institute instructors

The instructors of the Costa Leadership Institute at Northwest Florida State College are authors, leaders in military and civilian government, top academicians, community leaders, national-level guest speakers, and more. With a strong business acumen and a proven track record of success, our expert instructors assist the Costa Leadership Institute participants in expanding their knowledge, thinking creatively and achieving their goals.

Because the instructors at the Costa Leadership Institute are experts in their field, each is able to provide customized programs filled with learning opportunities that are grounded in real world applications and the latest research. The expertise and personalized instruction of the Costa Leadership Institute instructors enables each participant to expand their abilities and reach their full potential.

customized training

At the Costa Leadership Institute we understand that effective professional development must meet the needs of today's busy businesses. Therefore, in addition to the Open Enrollment Schedule, we offer Customized Training to empower our local business partners to take advantage of the great resources we have to offer.

Contact the Costa Leadership Institute to arrange for a customized training for your team in one of our facilities or at your place of business. Customized trainings are led by the same dynamic instructors who teach our open enrollment sessions and can be specifically tailored to be relevant to your industry and the unique challenges that you and your team face.

Please take a moment to look through the training topics on our website because the subjects covered are vast and diverse. Once you decide which opportunity offers the most value for your team, contact us.

If you are interested in training that is not accounted for on our website, please contact us; we are always looking for opportunities to better serve our community.



www.nwfsc.edu/CLI
850.729.6880

NWF Meeting & Special Event Facilities



**Call 850.729.5366
for a quote!**

Need space for your next event?

We offer extensive event management experience and attractive, convenient, and affordable meeting rooms and outdoor facilities. Host a memorable event in one of the college meeting rooms or facilities at one of our locations across Okaloosa and Walton Counties: Niceville, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton.

We can provide the following upon request for your event space:

**Small and large meeting rooms
Catering • IT assistance**

Our professional staff will ensure that your specific event needs are met and that your function is truly a success!

www.nwfsc.edu/SE
specialevents@nwfsc.edu

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.**

September 28 – November 2, 2015
Mondays, 10:00 a.m. – 12:00 p.m.

Niceville/Bldg. SSC, Room 127

Fee: \$45.00

CRN #: 11253

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.**

Sept. 22 – Oct. 27, 2015
Tuesdays, 3:00 – 5:00 p.m.

Niceville/Bldg. LRC, Rm. 131

Fee: \$45.00

CRN #: 11240

Nov. 3 – Dec. 8, 2015
Tuesdays, 3:00 – 5:10 p.m.

Niceville/Bldg. LRC, Rm. 131

Fee: \$45.00

CRN #: 11284



Portrait Drawing

Instructor: Patti Overholt

This is a beginning level course using a simple, proven, step by step method that anyone can enjoy. Join us and learn how easy drawing faces really is! **Supplies required: List available at www.nwfsc.edu/PE.**

Sept. 24 – Oct. 29, 2015
Thursdays, 3:00 – 5:00 p.m.

Niceville/Bldg. LRC, Room 131

Fee: \$45.00

CRN #: 11270

Nov. 5 – Dec. 10, 2015
Thursdays, 3:00 – 5:00 p.m.

Niceville/Bldg. LRC, Room 131

Fee: \$45.00

CRN #: 11288

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.**
Prerequisite: Mixed Media.

Sept. 21 – Oct. 26, 2015
Mondays, 1:00 – 3:00 p.m.

Niceville/Bldg. LRC, Rm. 131

Fee: \$45.00

CRN #: 11239

Nov. 2 – Dec. 7, 2015
Mondays, 1:00 – 3:00 p.m.

Niceville/Bldg. LRC, Rm. 131

Fee: \$45.00

CRN #: 11282



Advanced Mosaics Magic

Instructor: Dulcie Scalf

Continue on with the skills learned in Mosaics Magic. Create more magic of your own. Materials for each project will be provided. **Prerequisite: Mosaics Magic.**

November 4 – December 16, 2015
Wednesdays, 2:00 – 4:10 p.m.

Niceville/Bldg. C, Rm. 201

Fee: \$45.00

CRN #: 11291

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

www.nwfsc.edu/PE

Personal Enrichment Courses

Artistic Corner

Beginning Painting with Acrylics

Instructor: Loretta Menendian

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

September 21 – October 26, 2015

Mondays, 10:00 a.m. – 12:00 p.m.

Niceville/Bldg. LRC, Room 131

Fee: \$45.00

CRN #: 11236

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 medias with others and have an instructor on hand. No oils please. **Prerequisite:** *Continuing Education Art Class.*

Sept. 23 – Oct. 28, 2015

Wednesdays

10:00 a.m. – 12:00 p.m.

Niceville/Bldg. LRC

Room 131

Fee: \$45.00

CRN #: 11241

Nov. 4 – Dec. 6, 2015

Wednesdays

10:00 a.m. – 12:00 p.m.

Niceville/Bldg. LRC

Room 131

Fee: \$45.00

CRN #: 11286

Sept. 23 – Oct. 28, 2015

Wednesdays

1:00 – 3:00 p.m.

Niceville/Bldg. LRC

Room 131

Fee: \$45.00

CRN #: 11242

Nov. 4 – Dec. 6, 2015

Wednesdays

1:00 – 3:00 p.m.

Niceville/Bldg. LRC

Room 131

Fee: \$45.00

CRN #: 11287

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.

Registration fee does not include supplies. **Supplies required:** *List available at www.nwfsc.edu/PE. Prerequisite: Beginning Painting with Acrylics.*

November 2 – December 7, 2015

Mondays, 10:00 a.m. – 12:00 p.m.

Niceville/Bldg. LRC, Room 131

Fee: \$45.00

CRN #: 11281

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. Registration fee does not include supplies. **Supplies required:** *List available at www.nwfsc.edu/PE. Prerequisite: Beginning/Intermediate Painting with Acrylics.*

Sept. 25 – Oct. 30, 2015

Fridays, 10:00 a.m. – 12:00 p.m.

Niceville/Bldg. LRC, Room 131

Fee: \$45.00

CRN #: 11245

Nov. 6 – Dec. 11, 2015

Fridays, 10:00 a.m. – 12:10 p.m.

Niceville/Bldg. LRC, Room 131

Fee: \$45.00

CRN #: 11289

Sept. 25 – Oct. 30, 2015

Fridays, 1:00 – 3:00 p.m.

Niceville/Bldg. LRC, Room 131

Fee: \$45.00

CRN #: 11252

Nov. 6 – Dec. 11, 2015

Fridays, 1:00 – 3:10 p.m.

Niceville/Bldg. LRC, Room 131

Fee: \$45.00

CRN #: 11290



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 and the instructor will be on hand to assist the students with their compositions, with 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.

October 6 – 20, 2015

Tuesdays, 11:00 a.m. – 12:30 p.m.

Niceville/Bldg. SSC, Room 127

Fee: \$25.00

CRN #: 11280

Language & Personal Development

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.

September 29 – November 3, 2015

Tuesdays, 4:15 – 6:15 p.m.

Niceville/Bldg. LRC, Room 128

Fee: \$50.00

CRN #: 11254



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.

October 2 – December 11, 2015

Fridays, 10:00 a.m. – 12:00 p.m.

Niceville/Bldg. LRC, Room 128

Fee: \$70.00

CRN #: 11278



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 Fall 2015 bridge class or previous Continuing Education bridge classes.

October 7 – December 9, 2015

Thursdays, 12:30 – 2:30 p.m.

Niceville/Bldg. LRC, Room 128

Fee: \$10.00

CRN #: 11457

KIDS ON CAMPUS

Northwest Florida State College Summer Program

Summer Program

For Kids Entering 3rd thru 8th Grade

Session 1: June 13-23, 2016

Session 2: July 11-21, 2016

Personal Enrichment Courses

Foods & Entertainment

Comparisons & Contrasts in Wine Culture

Instructor: Moe Powers

Does your stomach begin to churn when you read through the wine list in a restaurant? Do your eyes glaze over when you attempt to read the label on a bottle of wine? In the friendly setting of a cozy classroom on the campus of NWFSC you'll have the opportunity to familiarize yourself with a few of the basic details needed to assist you in making knowledgeable decisions in purchasing wine. We'll travel the world over from the vineyards of Europe to those in the Southern Hemisphere and here in the United States discussing grape varieties, climate, soil, vintage, viticulture, vinification, food pairing, pricing, and many related topics. All of this while sampling wines from around the world.

October 7 – 28, 2015

Wednesdays, 2:30 – 4:30 p.m.

Niceville/Bldg. LRC, Room 128

Fee: \$55.00

CRN #: 11260



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 September 14th, no exceptions.**

Wednesdays, 11:45 a.m. – 1:15 p.m.

(Oct. 14th begins at 11:00 a.m.)

Dates as listed below

Fee: \$80.00

CRN #: 11257

Wednesdays, 11:45 a.m. – 1:15 p.m.

(Oct. 21st begins at 11:00 a.m.)

Dates as listed below

Fee: \$80.00

CRN #: 11273

September 23	Dewey Destin's Harborside Restaurant 202 Harbor Blvd., Destin
October 14	Stinky's Fish Camp 5994 County Rd. 30A, Santa Rosa Beach
November 4	Tommy Bahama Grand Blvd., Sandestin
December 2	The Breakfast Table 385 Harbor Blvd., Destin

September 30	Dewey Destin's Harborside Restaurant 202 Harbor Blvd., Destin
October 21	Stinky's Fish Camp 5994 County Rd. 30A, Santa Rosa Beach
November 18	Tommy Bahama Grand Blvd., Sandestin
December 9	The Breakfast Table 385 Harbor Blvd., Destin

Personal Enrichment Courses

History, Politics & Government



The Fifties: Reminisces of Growing up in the 1950's

Instructor: Richard Weinstein

Was life really so innocent or does it look that way now? There was a sense of stability, contentment and consensus, but also a time of revolution for social change. The Cold War brought fear, paranoia and uncertainty, as well as a society marked by paradoxes. This class will cover many of the people and events of that era. But not all... add those you remember as well as your personal memories of those sunny afternoons more than a half century ago.

October 1 – November 5, 2015
Thursdays, 10:00 a.m. – 12:00 p.m.

Niceville/Bldg. P, Room 116

Fee: \$45.00

CRN #: 11274

U.S. Air Force Military Aviation History

Instructor: Thomas Johnson

Ever since the Wright Brothers successfully flew their Wright Flyer on Kitty Hawk's sandy beaches in December 1903, the design and development of the airplanes for military use has skyrocketed. Eglin Air Force Base here in the panhandle of Florida has been the U.S. Air Force's center for non-nuclear aircraft weapon development since the 1930s. This course will look at the U.S. military aircraft developmental history. In addition we will also focus on aviation toys (paper airplanes, kites, balsa wood airplanes, model airplanes, books, remote control airplanes/helicopters).

October 1 – November 5, 2015
Thursdays, 11:00 a.m. – 1:00 p.m.

Niceville/Bldg. Q, Room 147

Fee: \$45.00

CRN #: 11258



The American Revolution

Instructor: Thomas Johnson

Remember all the people, places, dates, and events in history about the American Revolution that you studied in high school? We did not think so. Here is a chance to refresh your memory and even learn some things you never knew before as obtained through the letters and diaries of the people of the period. This is a six week course about the American Revolution and our fight for freedom. It chronicles the events leading up to the declaration of independence, the war for freedom from the British Empire, and the creation of the most exceptional and powerful country in the world. The course is based upon the award winning PBS mini-series **Liberty! The American Revolution**.

October 1 – November 5, 2015
Thursdays, 2:00 – 4:00 p.m.

Niceville/Bldg. Q, Room 147

Fee: \$45.00

CRN #: 11256



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.

September 23 – November 18, 2015
Wednesdays, 12:00 – 1:30 p.m.

Niceville/Bldg. LRC, Room 128

Fee: \$45.00

CRN #: 11295

Personal Enrichment Courses

Computers & Beyond

Computers I

Instructor: Jess Parnell

This introductory course is for those students who have no or very limited experience using the personal computer. This course is not for advanced computer users. These sessions will cover areas of basic knowledge of the PC: the vocabulary of computers, hardware, software, and other introductory topics. Students will have hands-on learning in Windows with a great deal of practice with "the mouse". The computer labs use Windows 7 and Office 13. **Please bring a flash drive for use in this class.**

September 24 – October 29, 2015
Thursdays, 10:00 a.m. – 12:00 p.m.

Niceville/Bldg. P, Room 110

Fee: \$50.00

CRN #: 11293



Apple iPad

Instructor: Carl Lofstrom

In this class you will use your Apple iPad to learn about Safari, Camera, e-mail, App Store, Music, iBook's, Newsstand, Podcast, Face Time, Siri and Videos. Also expect to learn how to manage contacts and appointments. This class is for users just getting started or someone with a little working knowledge of the iPad. A Wi-Fi network is available in the classroom for your use. With the popularity of the iPad this class can help students gain the experience necessary to get the most use out of the new technology. This class is held at the Niceville Campus.

Prerequisite: Personal iPad and basic computer skills.

October 2 – December 15, 2015
10:00 a.m. – 12:00 p.m.

Niceville/Bldg. P, Room 110

Fee: \$50.00

CRN #: 11259

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 our hands-on use of MS WORD. We will also practice inserting graphics, clip art, 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 and OFFICE 2013. **Please bring a flash drive for use in this class. Prerequisite: Working knowledge of personal computers and experience in Microsoft Windows.**

November 5 – December 10, 2015
Thursdays, 10:00 a.m. – 12:10 p.m.

Niceville/Bldg. P, Room 110

Fee: \$50.00

CRN #: 11294

Personal Enrichment Courses

Lunch & Learn



Grey Wolves in the Gulf: WWII Submarine Warfare in the Gulf of Mexico

Instructor: Richard Weinstein

In 1942 the war came home to the waters of the Gulf of Mexico from Texas to Florida. Although Hollywood and even historical literature gives most attention to the Eastern seaboard attacks on shipping; 70 ships were torpedoed and sunk in the gulf with 41 being destroyed in May 1942 alone. The U Boat commanders referred to this as the "Happy Time". Antisubmarine patrols flying out of Eglin AFB and the USN base in Key West eventually ruined the happy time and by 1944 the people along the Gulf Coast no longer saw the deadly effects of the Grey Wolves off their shores. Lunch is included in fee.

October 6, 2015

Tuesday, 11:00 a.m. – 1:00 p.m.

Niceville/Bldg. SSC, Morell Room 302

Fee: \$25.00

CRN #: 11292



Assembling Oregon: How Plate Tectonics Created The Pacific Northwest

Instructor: Mark Horrell

America's Pacific Northwest didn't exist until relatively recently, geologically speaking. This area was assembled, piece by piece, by the processes of plate tectonics, which has been driving North America westward since the age of the dinosaurs, scraping up bits and pieces of the ocean floor and welding them to the leading edge of the continent. While these blocks of accreted materials formed the foundation of the land, subsequent volcanic activity and uplift have shaped it. The result is the dramatic landscape we see today; soaring mountains, scenic waterfalls, volcanic craters, and temperate rainforests. During a recent field trip to Oregon, I attempted to understand and document the assemblage of Oregon through photos and video. Lunch is included in fee.

October 26, 2015

Monday, 11:00 a.m. – 1:00 p.m.

Niceville/Bldg. SSC, Morell Room 302

Fee: \$25.00

CRN #: 11395

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. 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.

August 28 • September 18 • October 16 • November 20



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www.facebook.com/NWFSCProfessionalAndContinuingEducation

Personal Enrichment Courses

Chautauqua Center *(DeFuniak Springs)*

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 artists. **Supplies required: List available at www.nwfsc.edu/PE.**

Aug. 25 – Sept. 29, 2015
Tuesdays, 6:00 – 8:00 p.m.

DeFuniak Center

Fee: \$45.00

CRN #: 11311

Oct. 6 – Nov. 10, 2015
Tuesdays, 6:00 – 8:00 p.m.

DeFuniak Center

Fee: \$45.00

CRN #: 11316



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.**

August 27 – October 1, 2015
Thursdays, 4:00 – 6:00 p.m.

DeFuniak

Fee: \$45.00

CRN #: 11312

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

Instructor: Jacqueline Ward

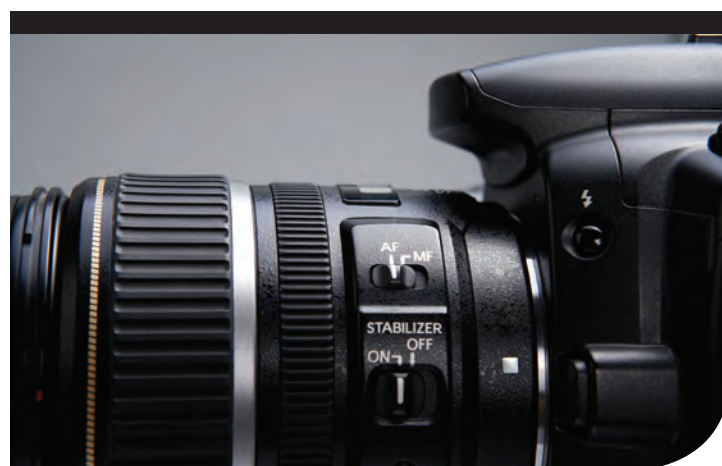
Learn the fundamental concepts for making beautiful photographs. This course is designed for beginning photographers, who enjoy shooting and want more creative freedom with their DSLR camera and want to take better photographs by knowing your Apertures (f/stops), ISOs and Shutter Speeds, Exposure, basic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

September 14 – October 19
Mondays, 10:00 a.m. – 12:00 p.m.

DeFuniak Center

Fee: \$50.00

CRN #: 11357



Mixed Media 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.

September 22 – October 27, 2015
Tuesdays, 8:30 a.m. – 11:30 a.m.

DeFuniak Center

Fee: \$55.00

CRN #: 11314

Personal Enrichment Courses

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.

Sept. 17 – Oct. 22, 2015

Thursdays

9:00 a.m. – 11:45 a.m.

**Boys & Girls Club,
South Walton**

Fee: \$55.00

CRN #: 11303

Sept. 17 – Oct. 22, 2015

Thursdays

12:00 – 2:45 p.m.

**Boys & Girls Club,
South Walton**

Fee: \$55.00

CRN #: 11304

Microsoft Windows 8.1

Instructor: Carl Lofstrom

This is a Windows 8.1 class designed to introduce you to personal computing. You will learn how to navigate and organize the Desktop as well as other basic features of Windows 8.1, like working with apps and tiles, and pinning them to the Task Bar and Start Screen. You will practice using the five Charms - Search, Share, Start, Devices and Settings. Complete a download and install of the Classic Start App on a laptop without a Touch Screen. Expect to learn how to navigate the Windows Store and download and install apps, become familiar using Outlook Mail App, Internet Explorer 11, Video App, Music App and Google Search. Learn all about the 50 plus Windows 8.1 Tips, Tricks and Secrets. **Prerequisites:** *Windows 8.1 laptop plus a flash drive and ear buds for class.*

September 14 – October 19, 2015

Mondays, 10:00 a.m. – 12:00 p.m.

NWF State College, South Walton Center

Fee: \$50.00

CRN #: 11327

Water Washable Oils

Instructor: Patti Overholt

Water Washable Oils is an exciting product that was developed to look and work similar to conventional oil color. They do handle differently so if you've wanted to try them out or have had trouble using them, join us for some basic instruction and simple projects. **Supplies required:** List available at www.nwfsc.edu/PE.

September 18 – October 23, 2015

Fridays, 2:30 – 3:30 p.m.

Coastal Branch Library

Fee: \$55.00

CRN #: 11305

Apple iPhone

Instructor: Carl Lofstrom

In this class you will use your Apple iPhone to learn the basics on the iPhone, along with Siri, Phone Calls, e-mail, Safari, Music, Messages, Calendar, Photos, Camera, Weather, Clock, Maps, Videos, Newsstand, App Store, iBook's, Health, FaceTime, Compass, Contacts, and Podcasts. This class is for the users just getting started or someone with a little working knowledge of the iPhone. A wireless Wi-Fi network connection is available in the classroom for your use. With the popularity of the iPhone this class can help students gain the experience necessary to get the most use out of the new technology. **Prerequisite:** *Personal iPhone and some computer experience.*

September 16 – October 21, 2015

Wednesdays, 10:00 a.m. – 12:00 p.m.

NWF State College, South Walton Center

Fee: \$50.00

CRN #: 11302

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

Instructor: Jacqueline Ward

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

September 15 – October 20, 2015

Tuesdays, 10:00 a.m. – 12:00 p.m.

NWF State College, South Walton Center

Fee: \$50.00

CRN #: 11299

For more information on
Personal Enrichment courses
please call (850) 729-6085,
or e-mail 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

Aug. 25 – Oct. 13, 2015
Tuesdays, 4:45 – 5:45 p.m.

Niceville/Bldg. T, Rm. 314

Fee: \$30.00

CRN #: 11172

Instructor: Kate Scanlan

Aug. 27 – Oct. 15, 2015
Thursdays, 4:45 – 5:45 p.m.

Niceville/Bldg. T, Rm. 314

Fee: \$30.00

CRN #: 11174

Instructor: Kristen Last

Oct. 20 – Dec. 8, 2015
Tuesdays, 4:45 – 5:45 p.m.

Niceville/Bldg. T, Rm. 314

Fee: \$30.00

CRN #: 11184

Instructor: Kate Scanlan

Oct. 22 – Dec. 3, 2015
Thursdays, 4:45 – 5:45 p.m.

Niceville/Bldg. T, Rm. 314

Fee: \$25.00

CRN #: 11227

Zumba Gold Toning

Instructor: Gloria Overfield

Zumba Gold Toning program combines international rhythms with lightweight resistance training creating 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.

Aug. 24 – Oct. 19, 2015
Mondays, 5:00 – 6:00 p.m.

Niceville/Bldg. T, Rm. 314

Fee: \$30.00

CRN #: 11170

Aug. 26 – Oct. 14, 2015
Wed., 5:00 – 6:00 p.m.

Niceville/Bldg. T, Rm. 314

Fee: \$30.00

CRN #: 11173

Pilates

Instructor: Cynthia McGinnis

Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination emphasizing control, centering, concentration, precision, breath, and flow. This is an exercise class. Students must provide their own mats.

Aug. 28 – Oct. 16, 2015
Fridays
11:00 a.m. – 12:00 p.m.

Niceville/Bldg. T, Rm. 314

Fee: \$30.00

CRN #: 11175

Oct. 23 – Dec. 4, 2015
Fridays
11:00 a.m. – 12:00 p.m.

Niceville/Bldg. T, Rm. 314

Fee: \$25.00

CRN #: 11228

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.

Sept. 22 – Oct. 29, 2015
Tuesday/Thursday
2:00 – 3:00 p.m.

Niceville/Bldg. T, Rm. 314

Fee: \$45.00

CRN #: 11176

Nov. 3 – Dec. 15, 2015
Tuesday/Thursday
2:00 – 3:00 p.m.

Niceville/Bldg. T, Rm. 314

Fee: \$45.00

CRN #: 11230

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 improved 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 are to further the experience.

Aug. 24 – Oct. 5, 2015
Mondays
12:00 – 1:00 p.m.

Niceville/Bldg. T, Rm. 314

Fee: \$25.00

CRN #: 11171

Oct. 19 – Dec. 7, 2015
Mondays
12:00 – 1:00 p.m.

Niceville/Bldg. T, Rm. 314

Fee: \$30.00

CRN #: 11183

Fitness & Wellness Courses

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.

Enerchi

Instructor: Anita Kurz

Enerchi is a fitness class based on the principles of Chi Kung (energy work). Using slow, mindful movements and a one or two pound 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.

Sept. 23 – Oct. 30, 2015
Wednesday/Friday
8:30 a.m. – 9:30 a.m.
Niceville/Bldg. T, Rm. 314

Fee: \$50.00
CRN #: 11180

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

Nov. 4 – Dec. 16, 2015
Wednesday/Friday
8:30 a.m. – 9:45 a.m.
Niceville/Bldg. T, Rm. 314
Fee: \$50.00
CRN #: 11233

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!

Sept. 22 – Oct. 29, 2015
Tuesday/Thursday
6:00 – 7:00 p.m.

Niceville/Bldg. T, Rm. 314
Fee: \$45.00
CRN #: 11179

Nov. 3 – Dec. 15, 2015
Tuesday/Thursday
6:00 – 7:00 p.m.

Niceville/Bldg. T, Rm. 314
Fee: \$45.00
CRN #: 11229

Tai Chi I

Instructor: Anita Kurz

This ancient Chinese practice consists of postures strung together in what is known as the FORM. 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 learn the FORM. The FORM will begin to be taught in a 2nd 6-week session if the student chooses to continue.

Sept. 22 – Oct. 29, 2015
Tuesday/Thursday
8:30 a.m. – 9:30 a.m.
Niceville/Bldg. T, Rm. 314
Fee: \$45.00
CRN #: 11177

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

Nov. 3 – Dec. 15, 2015
Tuesday/Thursday
8:30 a.m. – 9:30 a.m.
Niceville/Bldg. T, Rm. 314
Fee: \$45.00
CRN #: 11231

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 after taking two sessions of Tai Chi I.

Sept. 22 – Oct. 29, 2015
Tuesday/Thursday
9:40 a.m. – 10:40 a.m.
Niceville/Bldg. T, Rm. 314
Fee: \$45.00
CRN #: 11178

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

Nov. 3 – Dec. 15, 2015
Tuesday/Thursday
9:40 a.m. – 10:40 a.m.
Niceville/Bldg. T, Rm. 314
Fee: \$45.00
CRN #: 11232

Tai Chi III

Instructor: Anita Kurz

This course is a continuation of Tai Chi II.

Sept. 23 – Oct. 30, 2015
Wednesday/Friday
9:50 a.m. – 10:50 a.m.
Niceville/Bldg. T, Rm. 314
Fee: \$45.00
CRN #: 11181

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

Nov. 4 – Dec. 16, 2015
Wednesday/Friday
9:50 a.m. – 10:50 a.m.
Niceville/Bldg. T, Rm. 314
Fee: \$45.00
CRN #: 11234

Fitness & Wellness Courses

Chautauqua Center *(DeFuniak Springs)*

Self Defense

Instructor: Gene Mayhue

Learn the art of self-defense through Judo with 5th degree Black Belt and Life Member of the US Judo Association, Gene Mayhue. This low-impact activity, meaning “gentle way,” is a modern martial art created in Japan in 1882. The primary objective is either to throw or takedown an opponent, as well as to immobilize or otherwise subdue an opponent, or force an opponent to submit. Strengthen your confidence; build your self-esteem; be in control of your surroundings.

Aug. 28 – Oct. 1, 2015
Thursdays, 5:30 – 7:00 p.m.

DeFuniak Center

Fee: \$35.00

CRN #: 11328

Oct. 8 – Nov. 12, 2015
Thursdays, 5:30 – 7:00 p.m.

DeFuniak Center

Fee: \$35.00

CRN #: 11329

Zumba

Instructor: Kelly Hilley

Zumba is a fun, body sculpting workout. We use a combination of Latin rhythms and a mainstream music that will grip your attention and make you want to keep moving. Zumba Toning incorporates light-weight toning sticks which double as maracas to help not only tone-up target areas, such as arms, core, and thighs, but also enhance involvement in the music. The class may be taken with or without the sticks; however, they will be available. By focusing on certain areas and learning to tighten up different muscle groups, you will soon begin to see a more toned look. Most importantly, Zumba is FUN, so you won't feel as if it's work!

August 26 – October 2, 2015

Wednesday/Friday
9:00 a.m. – 10:00 a.m.

DeFuniak Center

Fee: \$45.00

CRN #: 11318

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.

Aug. 24 – Oct. 5, 2015
Monday/Thursday
9:00 a.m. – 10:00 a.m.

DeFuniak Center

Fee: \$45.00

CRN #: 11358

Aug. 24 – Oct. 5, 2015
Monday/Thursday
5:30 – 6:30 p.m.

DeFuniak Center

Fee: \$45.00

CRN #: 11323

Aug. 24 – Oct. 5, 2015
Monday/Thursday
4:30 – 5:30 p.m.

DeFuniak Center

Fee: \$45.00

CRN #: 11322



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.

Sept. 16 – Oct. 21, 2015
Wednesdays
10:00 a.m. – 11:00 a.m.

**Boys & Girls Club,
South Walton**

Fee: \$25.00

CRN #: 11300

Oct. 28 – Dec. 16, 2015
Wednesdays
10:00 a.m. – 11:00 a.m.

**Boys & Girls Club,
South Walton**

Fee: \$25.00

CRN #: 11307

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.

Sept. 14 – Oct. 19, 2015
Mondays
3:00 – 4:00 p.m.

Coastal Branch Library

Fee: \$25.00

CRN #: 11298

Oct. 26 – Nov. 30, 2015
Mondays
3:00 – 4:00 p.m.

Coastal Branch Library

Fee: \$25.00

CRN #: 11306

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.***

Sept. 16 – Oct. 21, 2015
Wednesdays
11:00 a.m. – 12:00 p.m.

**Boys & Girls Club,
South Walton**

Fee: \$25.00

CRN #: 11301

Oct. 28 – Dec. 16, 2015
Wednesdays
11:00 a.m. – 12:00 p.m.

**Boys & Girls Club,
South Walton**

Fee: \$25.00

CRN #: 11308



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

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 2015	CRN #	Dates 2015	CRN #
August 1 - 2	11456	Oct. 10 - 11	11195
August 8 - 9	11398	Oct. 14 - 15	11196
August 15 - 16	11405	Oct. 17 - 18	11197
August 19 - 20	11408	Oct. 24 - 25	11198
August 22 - 23	11187	Oct. 31 - Nov. 1	11199
August 29 - 30	11188	Oct. 7 - 8	11200
Sept. 5 - 6	11189	Oct. 14 - 15	11201
Sept. 12 - 13	11190	Oct. 18 - 19	11202
Sept. 16 - 17	11191	Oct. 21 - 22	11203
Sept. 19 - 20	11192	Dec. 5 - 6	11204
Sept. 26 - 27	11193	Dec. 9 - 10	11205
Oct. 3 - 4	11194	Dec. 12 - 13	11206

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 compliment 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 2015	CRN #
September 18	11365
October 16	11366
November 13	11367
December 11	11368

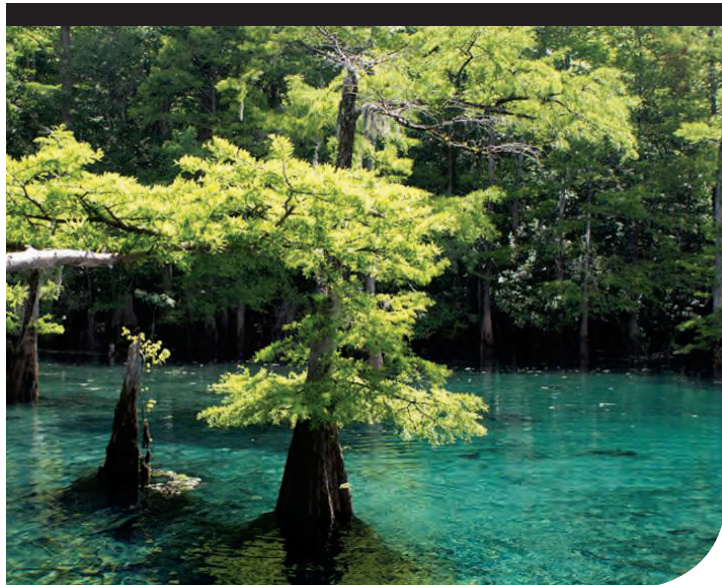
Class Meets: Friday, 7:00 a.m. – 4:00 p.m.

Fee \$90.00

Review the requirements for both Motorcycle Safety courses at www.nwfsc.edu/Community/ContEd/MotorcycleSafety/basic.cfm

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

Eco-Tours Courses



Historical Tour: Coffeen Nature Preserve

Contact: 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 2015	CRN #	Dates 2015	CRN #
September 9	11271	October 28	11440
September 30	11438	November 11	11441
October 14	11439	November 25	11442

Wednesdays, 9:30 a.m. – 11:30 a.m.

Location: Coffeen Nature Preserve
146 Coffeen Hill Road, Santa Rosa Beach, FL 32459

Fee: \$20

Tour of the Choctawhatchee River & Morrison Springs

Contact: 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.

Location: Meet at the South Walton Center of NWF State College, 109 South Greenway Trail, Santa Rosa Beach. A van will be used to transport individuals along the tour.

Dates 2015	CRN #
September 25	11667
October 23	11269
Fridays, 8:30 a.m. – 10:30 p.m.	
Fee: \$35	

Getting to Know the Natives – Garden & Trail Tour

Contact(s): Friends of the Garden

Get acquainted with the local flora and fauna as you enjoy a guided tour of the Native Plant Demonstration Garden and Trail at Northwest Florida State College (South Walton Center). Plants featured in the Garden, Trail and Wildflower Meadow are critical to habitat preservation, providing food and shelter for hundreds of species of pollinators, amphibians, reptiles, birds and small mammals. The area is mostly handicap accessible. It is established as a teaching/demonstration/leisure site for students and the general public. Session will include an overview/introduction followed by a two-hour docent led walk, approximately 1 mile. Appropriate for all ages. Children must be accompanied by an adult.

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

Dates 2015	CRN #	Dates 2015	CRN #
September 16	11275	October 28	11445
September 30	11443	November 11	11446
October 14	11444	November 25	11447

Wednesdays, 3:00 p.m. – 5:00 p.m.

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

Fee: \$15

Eco-Tours Courses

Surf Fishing – Learn the Basics

Contact: Park Ranger Evan

The park ranger will demonstrate and instruct the basic skills needed for enjoying surf fishing. Learn how to catch bait, the proper technique when baiting your hook, and the different kinds of equipment and techniques used in surf fishing. Participants will also learn the dos and don'ts of surf fishing in the State of Florida.

Appropriate for ages 8 and up. Difficulty is low to moderate. Participants should bring their own rod/reel and tackle, sunscreen, hat, water, insect repellent, appropriate surf fishing/beach attire. Pets are not allowed at this event or on the beaches of Grayton Beach State Park. Pets cannot be left unattended at any time or in a vehicle. Event subject to cancellation due to bad weather, unforeseen situations, or hazardous surf conditions.

Space is limited to 12 participants. Minimum of 5 required.

Location: Grayton Beach State Park
357 Main Park Road, Santa Rosa Beach, FL 32459

Participants will walk from the beach parking area, over the boardwalk, and across the sugar white sands of Grayton Beach to the shoreline.

October 21, 2015
Wednesday, 10:00 a.m. – 11:30 a.m.

Fee: \$ 15 + \$5 entry fee (*paid at time of entrance*)

CRN #: 11276

Wet Prairies of Grayton Beach State Park

Contact: Park Ranger Patrick Hartsfield

Join the park ranger for an informative tour of some of the park's Wet Prairie Restoration areas. Learn the importance of these areas, which endangered plants call them home, and how swamp titi trees impact the hydrology and flora of these areas. The ranger will discuss the importance of the Prescribed Fire program at Grayton Beach State Park, explaining how fire is a necessity for habitat restoration, wildlife management, and decreasing loading fuels to help with the prevention of wildfires.

Appropriate for ages 8 and up. Difficulty is moderate. Participants will hike approximately 2 – 2.5 miles out to one of the restoration sites and then hike back. The topography is not level. It is also sandy/muddy in areas. Participants should bring water, sunscreen, insect repellent, and a hat. Participants must wear appropriate hiking/walking attire. NO OPEN-TOED SHOES, SANDALS, OR FLIP-FLOPS ALLOWED. Pets are not allowed on this walk. Pets cannot be left unattended at any time or in a vehicle. Event is subject to cancellation due to bad weather, unforeseen situations, or prescribed burning in the area.

Space is limited to 12 participants. Minimum of 5 required.

Location: Grayton Beach State Park, 357 Main Park Rd., Santa Rosa Beach. Participants will meet at the ranger station.

October 7, 2015
Wednesday, 9:00 a.m. – 10:30 a.m.

Fee: \$15 + \$5 entry fee (*paid at time of entrance*)

CRN #: 11277

Wet Prairies and Rare Plants of Point Washington State Forest

Contact: Tom Greene

We will visit several wet prairies in Pt. 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.

Location: Meet at South Walton Center of Northwest Florida State College, 109 Greenway Trail, Santa Rosa Beach, FL 32549. Vehicle caravan to event location.

September 14, 2015
Monday, 9:00 a.m. – 1:00 p.m.

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

CRN #: 11453



Eco-Tours Courses

Western Lake Paddle

(Bring Your Own Boat)

Contact: Dave Posey

Explore a coastal dune lake of South Walton County! This kayak tour will take you around Western Lake; one of the larger lakes of the coastal dune lake systems. Experience the diversity of wildlife and habitats that define these unique lake systems. This tour is led by the local and avid eco-tour guide Dave Posey.

Moderate to high exertion level, depending on wind conditions. Participants are asked to bring plenty of water, forecast compatible clothing and personal comfort items (i.e. sunscreen, bug spray, etc.). Kayak rental included in the cost of the tour.

There is a Bring Your Own Boat option for this tour. See discounted rate under "Fee"

Space is limited to 8 participants. Minimum of 3.

Dates 2015	CRN #	Dates 2015	CRN #
August 19	11261	October 14	11417
August 26	11410	October 21	11418
September 2	11411	October 28	11419
September 9	11412	November 4	11420
September 16	11413	November 11	11421
September 23	11414	November 18	11422
September 30	11415	November 25	11423
October 7	11416		

Wednesdays, 9:00 a.m. – 11:30 a.m.

Location: Meet at the South Walton campus of Northwest Florida State College 109 South Greenway Trail, Santa Rosa Beach, FL 32459. Guide will lead a caravan to Grayton Beach State Park to launch boats.

Fee: \$45 per person (Bring Your Own Boat)



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

Western Lake Paddle

Contact: Dave Posey

Explore a coastal dune lake of South Walton County! This kayak tour will take you around Western Lake; one of the larger lakes of the coastal dune lake systems. Experience the diversity of wildlife and habitats that define these unique lake systems. This tour is led by the local and avid eco-tour guide Dave Posey.

Moderate to high exertion level, depending on wind conditions. Participants are asked to bring plenty of water, forecast compatible clothing and personal comfort items (i.e. sunscreen, bug spray, etc.). Kayak rental included in the cost of the tour.

Space is limited to 8 participants. Minimum of 3.

Dates 2015	CRN #	Dates 2015	CRN #
August 19	11283	October 14	11431
August 26	11424	October 21	11432
September 2	11425	October 28	11433
September 9	11426	November 4	11434
September 16	11427	November 11	11435
September 23	11428	November 18	11436
September 30	11429	November 25	11437
October 7	11430		

Wednesdays, 9:00 a.m. – 11:30 a.m.

Location: Meet at the South Walton campus of Northwest Florida State College 109 South Greenway Trail, Santa Rosa Beach, FL 32459. Guide will lead a caravan to Grayton Beach State Park to launch boats.

Fee: \$60 per person

Nonie's Ark Animal EVentures

Contact: Nonie Maines

Discover the sights and sounds of nature at night! Nonie's Ark Animal Encounters will guide evening Eco-Adventure's for the Choctawhatchee Basin Alliance this fall on Fridays. A minimum of five Eventurers are needed and a maximum of 25. We will meet at some of Walton County's exceptional biodiverse habitats and explore for elusive creatures such as fox, owls, frogs and especially bats! All are invited but focus is on ages 4-10. Bring a flashlight or head lamp to light your way and please come properly dressed for heat and ready to repel bugs.

Space is limited to 25. Minimum of 5 required.

Dates 2015	CRN #	Dates 2015	CRN #
August 28	11279	October 23	11449
September 25	11448	November 27	11450

Fridays, 7:30 p.m. – 9:00 p.m.

Location(s): The tours will lead out of various locations throughout Walton County; tours will meet at sites listed on www.basinalliance.org.

Fee: \$15

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.

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.

Dates 2015	CRN #	Dates 2015	CRN #
September 25	11465	November 13	11468
October 16	11467		

Niceville/Bldg. H, Room 121

Fee: \$35.00

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.

Prerequisite: PALS and current BLS Card Required

Dates 2015	CRN #
August 24	11217
November 13	11218
Niceville/Bldg. H, Room 121	

Fee: \$85.00

Advanced Cardiac Life Support (ACLS) Refresher

Advanced Cardiac Life Support (ACLS) Refresher course provides a review and updates guidelines for emergency cardiac arrest management as published by the American Heart Association. Students are required to pass a written and skills performance examination to receive course completion card.

Prerequisite: ACLS and current BLS Card Required

September 25, 2015

CRN # 11216

Niceville/Bldg. H, Room 121

Fee: \$85.00

International Trauma Life Support (ITLS)

The International Trauma Life Support (ITLS) Basic course provides the core of knowledge and skills appropriate for all levels of EMS personnel, including EMT-Bs, first responders and other technicians. The ITLS Advanced course builds on this knowledge, emphasizing evaluation steps and sequencing as well as techniques for resuscitating and packaging patients. Continuing education approved through CECBEMS for 16 hours.

Prerequisite: Hold a minimum of an EMT certification

October 17 – 18, 2015

CRN #: 11219

Niceville/Bldg. H, Room 121

Fee: \$175.00

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.

Dates 2015	CRN #	Dates 2015	CRN #
September 18	11209	November 6	11213
October 2	11210	November 20	11214
October 9	11211	December 4	11215
October 30	11212		

Niceville/Bldg. H, Room 121

Fee: \$50

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.

Dates 2015	CRN #
August 24 – 25	11681

Niceville/Bldg. H, Room 121

Fee: 85.00

For more information visit
www.nwfsc.edu or call (850) 729-4923.



NORTHWEST FLORIDA SYMPHONY YOUTH ORCHESTRA & JUNIOR ORCHESTRA

Established in 1998 through a grant from the Northwest Florida Symphony Guild, the Northwest Florida Symphony Youth Orchestra (NFSYO) provides an encouraging atmosphere where talent is nurtured and excellence is inspired.

The 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. This group is an intermediate ensemble to prepare students for the NFSYO. Both programs are part of Northwest Florida State College and housed at the college's main campus in Niceville, FL. Enroll through the college's Continuing Education Division.

For information on the youth orchestra programs, contact the college's Fine & Performing Arts Division at (850) 729-5382 or see www.NFSYO.org. While new members are accepted throughout the Fall and Spring semesters, it is preferable for student musicians to enroll at the start of the academic term. Merit and needs based scholarships are available.

Participants in the Northwest Florida Symphony Youth Orchestra and Junior Orchestra benefit from the state-of-the-art facilities of the Mattie Kelly Fine & Performing Arts Center at NWF State College in Niceville and instruction by NWF State College music faculty. The NFSYO works in close collaboration with the music director and performers of the professional Northwest Florida Symphony Orchestra (NFSO) to foster the development necessary for musical and personal success.



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.

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• www.ed2go.com/nwfsc •



Northwest Florida State College

Professional & Continuing Education Registration Form

Registration Information

There are 2 ways to register for Professional and Continuing Education, non-credit classes.

Online:

- Step 1: Visit www.nwfsc.edu/CERegister
- Step 2: 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 a NWF State College campus or center with cash or check within 48 hours.

In-Person:

- Step 1: Register at any of the NWF State College campuses and centers in the Student Services area – Niceville (Student Services Center), Eglin, Hurlburt, Fort Walton Beach, Crestview, DeFuniak Springs and South Walton. Students will need to download a Professional & Continuing Education Registration Form and fill in the following required information: name, birth date, gender, address, phone number, email and course reference number(s) (CRN#). You can download the Professional & Continuing Education Registration Form at www.nwfsc.edu/CERegister.
- Step 2: Payment can be made by cash or check only at any NWF State College campus or center Business Office.

* 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

Eglin Air Force Base Center, Education Services Bldg. 251, Room 127, AD/DPE • Eglin Air Force Base, FL 32542

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.

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Northwest Florida State College Professional & Continuing Education
100 College Blvd. E., Niceville, FL 32578 ♦ www.nwfsc.edu/PCE ♦ 850.729.6880



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