

CONTINUING EDUCATION

Personal Enrichment Courses



Zumba!

"Ditch the Workout – Join the Party." Zumba fuses hypnotic Latin rhythms, zesty international mixes and easy to follow moves together to create a dynamic fitness program that will have you moving to the beat. Zumba is great for any fitness level or age. Instructor: Anna Wilson. (8 hours)

Mon/Wed, Jan 9 – Feb 1, 4:15 p.m. – 5:15 p.m.
Wellness 133

Course: ACE 0035 | Section: 0600 | Fee: \$49

Mon/Wed, Feb 6 – Feb 29, 4:15 p.m. – 5:15 p.m.
Wellness 133

Course: ACE 0035 | Section: 0601 | Fee: \$49

Mon/Wed, Mar 5 – Apr 4, 4:15 p.m. – 5:15 p.m.
Wellness 133

Course: ACE 0035 | Section: 0602 | Fee: \$49

Mon/Wed, Apr 9 – May 2, 4:15 p.m. – 5:15 p.m.
Wellness 133

Course: ACE 0035 | Section: 0603 | Fee: \$49

Fitness For Life

Promote true health and longevity! This strategy is created for all genders, ages, and levels of fitness. Learn core design, purpose and function of the body as a whole unit by integrating cardiovascular, flexibility, agility, balance, stretching, and diaphragmatic breathing movements into one exercise session. Instructor: Anna Wilson. (8 hours)

Tue/Thu, Jan 10 – Feb 2, 4:15 p.m. – 5:15 p.m.
Wellness 133

Course: ACE 0041 | Section: 0604 | Fee: \$49

Tue/Thu, Feb 7 – Mar 1, 4:15 p.m. – 5:15 p.m.
Wellness 133

Course: ACE 0041 | Section: 0605 | Fee: \$49

Tue/Thu, Mar 6 – Apr 5, 4:15 p.m. – 5:15 p.m.
Wellness 133

Course: ACE 0041 | Section: 0606 | Fee: \$49

Tue/Thu, Apr 10 – May 3, 4:15 p.m. – 5:15 p.m.
Wellness 133

Course: ACE 0041 | Section: 0607 | Fee: \$49

L.E.A.N. | NEW!

L.E.A.N. (Lifestyle! Exercise! Attitude! Nutrition!) is a scientifically proven plan for healthy aging; understand how the body changes during prime time; prevent disease and unhealthy aging; boost energy, stress less, sleep better and sharpen thinking; reduce the risk of cancer and "high" (blood pressure, cholesterol); become fit, strong and flexible. Instructor: Wendy Thompson. (6 hours)

Thu, Jan 19 – Feb 23, 12:00 p.m. – 1:00 p.m.
Wellness 145

Course: ACE 0110 | Section: 0608 | Fee: \$79

Thu, Jan 19 – Feb 23, 4:15 p.m. – 5:15 p.m.
Wellness 145

Course: ACE 0110 | Section: 0609 | Fee: \$79

Yoga

Become one with hatha yoga poses and asanas using breath and meditation to achieve muscular strength, endurance and relaxation. Wear stretchable or loose-fitting clothing and bring a large towel or mat. Instructor: Dawn Brooks. (4 hours)

Sat, Mar 3 – 31, 10:15 a.m. – 11:15 a.m.
Wellness 133

Course: ACE 0111 | Section: 0611 | Fee: \$29

Chair Yoga

Chair yoga has all the health benefits of traditional yoga. Yoga increases circulation, flexibility and strength. Breathing practices and meditation are incorporated to aid in relaxation and rejuvenation. Chair yoga is especially designed for those who find it difficult to sit on the floor or get up from the floor. Instructor: Dawn Brooks. (4 hours)

Sat, Mar 3 – 31, 9:00 a.m. – 10:00 a.m.
Wellness 133

Course: ACE 0112 | Section: 0614 | Fee: \$29

Zumba for Seniors | NEW!

Zumba is a Latin inspired dance fitness class that incorporates international music and dance moves. Participants of any fitness level or age can start Zumba right away. Instructor: Lynda Jones. (4 hours)

Fri, Mar 2 – 30, 10:00 a.m. – 11:15 a.m.
Wellness 133

Course: ACE 0315 | Section: 0665 | Fee: \$29

Fri, Apr 6 – 27, 10:00 a.m. – 11:15 a.m.
Wellness 133

Course: ACE 0315 | Section: 0666 | Fee: \$29

Massage for Couples

Learn how to give a Swedish massage! Students must register with a partner. Course includes demonstration and hands-on practice. Instructor: Donna Smith. (4 hours)

Mon, Feb 6 & 13, 3:00 p.m. – 5:00 p.m.
Panama City Beach Chamber of Commerce
Course: ACE 0078 | Section: 0616 | Fee: \$29

Sat, Mar 24 & 31, 10:00 a.m. – 12:00 p.m.
Student Union East, Employee Dining Room
Course: ACE 0078 | Section: 0617 | Fee: \$29

Acrylic Painting Workshop with Jennifer Bonaventura

Explore the diversity of acrylics through this class. Color mixing, technique and a wide variety of uses for this flexible medium will be utilized. Come and enjoy experimenting with this vivid and versatile paint. Instructor: Jennifer Bonaventura. (4 hours)

Fri, Mar 2, 9:00 a.m. – 1:30 p.m.
Student Union East 244

Course: ACE 0036 | Section: 06180 | Fee: \$39

Drawing Mixed Media Workshop with Jennifer Bonaventura

Learn how to draw or improve your drawing skills with basic concepts and various techniques. Course includes discussion and application of a variety of media for enhancing finished drawings. (4 hours)

Sat, Mar 24, 9:00 a.m. – 1:30 p.m.
Student Union East 244
Course: ACE 0040 | Section: 0619 | Fee: \$39

Sat, Apr 7, 9:00 a.m. – 1:30 p.m.
Student Union East 244
Course: ACE 0040 | Section: 0620 | Fee: \$39

Exploring Drawing with Jennifer Bonaventura | NEW!

This is a good, basic class for all skill levels, where you can learn how to draw or improve your drawing skills with basic concepts and various techniques. Course includes discussion and application of a variety of media for enhancing finished drawings. Instructor: Jennifer Bonaventura is a working professional artist and has served as an adjunct instructor at GCSC for seven years. The award winning designs which she has created have been internationally published and collected.

Fri, Mar 9 – 30, 9:30 a.m. – 11:30 a.m.
Panama City Beach Chamber of Commerce
Course: LAB 0036 | Section: 0621 | Fee: \$49

Fri, Apr 6 – 27, 9:30 a.m. – 11:30 a.m.
Student Union East 244
Course: LAB 0036 | Section: 0622 | Fee: \$49

Drawing Basics of Faces & Figures

We will explore the basics of proportion, shapes and everything you need to know for drawing human figures. Great for beginners or as a refresher. Circle/tube and various techniques will be presented and practiced. *Bring a set of drawing pencils and drawing paper or sketchbook. Instructor: Jennifer Bonaventura. (12 hours)

Wed, Mar 7 – 28, 1:00 p.m. – 4:00 p.m.
Panama City Beach Chamber of Commerce
Course: LAB 0037 | Section: 0623 | Fee: \$75

Watercolor Workshop With Marie Brusher | NEW!

This is a eight-hour workshop. If you have always wanted to try watercolor painting, but felt a bit intimidated, this may be the class for you. The course curriculum is designed for the beginner, intermediate and advanced student. This class will have demonstrations and individual instructions, the student will focus on the process as well as the product. This allows the student to easily develop painting skills. Instructor: Marie Brusher. (8 hours)

Fri, Mar 2 – 30, 10:00 a.m. – 12:00 p.m.
Wellness 145
Course: ACE 0113 | Section: 0624 | Fee: \$49

Fri, Apr 6 – 27, 10:00 a.m. – 12:00 p.m.
Wellness 145
Course: ACE 0113 | Section: 0625 | Fee: \$49

Sew...Picture This! | NEW!

Make picture quilt tops, wall hangings, pillow covers and anything else you want, any way you want. No special sewing skills required—just an imagination and desire to create. Learn to turn the image from a greeting card, magazine page, photograph or anything else into a lasting work for friends and family. No right or wrong, no rules or limits—just fun! Instructor: Karon Phillips. (4 hours)

Wed, Mar 7 – 14, 10:45 a.m. – 12:45 p.m.
Panama City Beach Chamber of Commerce
Course: ACE 0114 | Section: 0626 | Fee: \$39

Non-Fiction Story Crafting

You don't want to read dry, boring writing, so don't write it either! Master skills and techniques to bring life to your non-fiction stories, essays and books, and craft compelling articles for newspapers and magazines. Through practical exercises and the study of what works, you'll become a more clever writer, learn how to edit your work and engage your reader. Writing is easy, but writing well is craft, and whether you want to write a letter or a memoir, you can learn to write it better. Instructor: Karon Phillips is an author, speaker and contributing writer for Panama City Living magazine. (4 hours)

Wed, Mar 7 – 14, 8:30 a.m. – 10:30 a.m.
Panama City Beach Chamber of Commerce
Course: ACE 0061 | Section: 0627 | Fee: \$29

Story Telling Workshop – the Basics and Beyond | NEW!

Learn the art and craft of storytelling for both informal and performance events. Topics covered include finding stories to tell, playing around with folklore, crafting the personal tale, essentials of a well-told tale, learning from the pros, creating a whopper, and presentation skills. Following course completion, participants will have one sharable tale to share, resources and ideas for generating more stories, and a greater understanding of and appreciation for the oral tradition. Lead Instructor: Pat Nease. (4 hours)

Tue, Feb 7 – 28, 11:00 a.m. – 12:00 p.m.
Panama City Beach Chamber of Commerce
Course: ACE 0115 | Section: 0628 | Fee: \$29

Getting To Know Your Camera

Discover your camera's hidden capabilities! Learn how to use the controls and icons on your camera. Plus, get answers about composition and ISO at the on-location photo shoot. Bring your camera! Instructor: Shirley Brown. (4 hours)

Thu, Mar 1 – 8, 10:00 a.m. – 12:00 p.m.
Panama City Beach Chamber of Commerce
Course: ACE 0080 | Section: 0629 | Fee: \$29

Location Photography

Review more advanced camera controls, lightning and editing. Bring your SLR camera, a tripod, and a sense of fun for on location shoots, including sunset and night photography around campus and St. Andrew State Park. Instructor: Shirley Brown is a professional photographer and graphic designer and has served as an adjunct instructor at GCSC for 12 years. (6 hours)

Thu, Mar 1 – 15, 3:00 p.m. – 5:00 p.m.
Panama City Beach Chamber of Commerce
Course: ACE 0116 | Section: 0630 | Fee: \$39

Digital Photography

For anyone who wonders what all those buttons are for. We'll discuss and explore; zoom, pixels, memory, resolution, batteries, white balance, storage, sharing online, prints, etc. Bring your cameras and questions and expect to get much more from your digital photography. No textbook required. (6 hours)

Fri, Mar 2 – 23, 1:00 p.m. – 2:30 p.m.
Panama City Beach Chamber of Commerce
Course: LAB 0045 | Section: 0631 | Fee: \$39

Wine Tasting and Pairing 101

Students will learn the descriptions and definitions of wine types, glassware, serving techniques, purchasing, and storing. Six or seven wines will be available for tasting and pairing with certain foods with explanation of pairing techniques. Instructor: Paul Ashman, GCSC assistant professor, Culinary Management. (4 hours)

Sat, Jan 28, 1:00 p.m. – 5:00 p.m.

La Friandise, Rosenwald

Course: ACE 0060 | Section: 0633 | Fee: \$49

Sat, Feb 18, 1:00 p.m. – 5:00 p.m.

La Friandise, Rosenwald

Course: ACE 0060 | Section: 0634 | Fee: \$49

Scuba Diving Certification | NEW!

Please call 850.872.3823 for more information about Scuba Diving Certification and Open Water Life Saving classes.

Frank Brown Park Aquatic Center

Course: ACE 0119 | Section: 0644

Fishing Local Waters

This course will cover new techniques and equipment now available. Species covered include inshore and offshore saltwater fish targeted in our local area. Time will be provided to fish from the pier. Instructor: Ron Barwich has served as service manager at Half Hitch Tackle in Panama City Beach for 15 years. (6 hours)

Fri, Mar 2 – 23, 10:00 a.m. – 11:30 a.m.

Frank Brown Park, Aquatic Center

Course: ACE 0118 | Section: 0642 | Fee: \$39

Home Decorating Basics

Students will learn to analyze upholstery and drapery treatments including: recognizing quality work, correct fabric usage, determining yardage, what's hot today and how that relates to your design situations. Instructor: Logan Adams. (6 hours)

Thu, Feb 2 – 23, 10:00 a.m. – 11:30 a.m.

Panama City Beach Chamber of Commerce

Course: LAB 0049 | Section: 0643 | Fee: \$39

Advances in Drugs and Pharmaceuticals

This course will include discussions on the complex maze of drug development, how the FDA operates, history of bio pharmaceuticals, basic methods of production, and the constraints imposed by regulations and trade restrictions. Instructor: Dr. Reinhard Hanselka. (6 hours)

Tue, Mar 6 – 27, 10:00 a.m. – 11:30 a.m.

Panama City Beach Chamber of Commerce

Course: CWP 0982 | Section: 0640 | Fee: \$39

World Religions

The course seeks to compare and contrast the various beliefs and tenets of individual religions together with exploring each religion's fundamental world view and understanding of human religiousness. Additionally, this course will provide an introduction to Hinduism, Buddhism, Islam, Judaism and Christianity. Instructor: Michael Lister. (6 hours)

Mon, Mar 1 – 26, 10:00 a.m. – 11:30 a.m.

Panama City Beach Chamber of Commerce

Course: CWP 0983 | Section: 0639 | Fee: \$39

Discover the Inside Secrets of Buying and Selling Real Estate | NEW!

Discover the secrets that most real estate agents or savvy investors know about purchasing or selling a personal residence, a second home, an investment property or small business. With the economic situation the way it is, real estate prices low and interest rates also lower, how do you take advantage? Also get inside knowledge on short sales, finance, title insurance and property marketing. Instructors: Alan W. Graham has a Master's degree in business management and is a licensed realtor and broker associate with Counts Real Estate Group, Inc. Kathy Bass has a Bachelor's degree in marketing, a licensed real estate associate with Counts Real Estate Group, Inc. (2 hours)

Wed, Feb 8, 10:00 a.m. – 12:00 p.m.

Panama City Beach Chamber of Commerce

Course: ACE 0117 | Section: 0637 | Fee: \$19

Learn To Buy and Sell on eBay | NEW!

Learn to create titles that get noticed, craft advertising copy, upload photos, accept credit card payments, pack and ship items, get the best price, bid effectively and more. Instructor: Sean Libby is an experienced eBay user and serves as President of the Florida State University Student Government Council. (3 hours)

Sat, Feb 11, 9:00 a.m. – 12:00 p.m.

Student Union East 246

Course: ACE 0067 | Section: 0638 | Fee: \$21

Taking Control of Your Finances

This course is designed to give useful information in making the right decisions for your financial future. Issues from understanding investments and how they should work to long term insurance will be covered. Learn valuable questions to ask, as well as, proper positioning to ensure that assets are protected before and after death. Instructor: Bobby Roberts is a NASD Registered Principle with the broker/dealer, Linsco/Private Ledger (member NASDA/Sipc. (6 hours)

Tue, Feb 7 – 28, 9:00 a.m. – 10:30 a.m.

Panama City Beach Chamber of Commerce

Course: LAB 0047 | Section: 0641 | Fee: \$39

Save The Date!

Join us for the
Story Telling Concert
featuring *The Sunshine State's*
Best Tellers on

Saturday, January 28, 2012

7:00 p.m.

at

The Breakers

12627 Front Beach Road Panama
City Beach, FL

For more information, contact
Jim Barr at 850.873.3513 or
jbarr@gulfcoast.edu.

