



# ACQUIRE

## THREE WEEK CLASSES

Learn a new skill, connect with people who share your interest, and develop opportunities to do more of what you love and enjoy—all this in just three weeks. Well, you may not become an expert in your chosen field within three, but we believe that you'll make good start.

These free classes are brought to you by people who have a passion for your chosen interest. Look what's on offer, there's bound to be something here of interest to you.

It's exciting to learn a new skill, or to connect with other people who have the same passion as you. We hope that you find something that is of interest to you. All classes will be at held at the Seventh-day Adventist Church at 1410 W. Avon Blvd. (unless otherwise stated). All classes are free. Registration is very important . It helps us to prepare. So please visit our registration site [www.discoverjesus.org](http://www.discoverjesus.org) If you have any questions please call Robert on (407) 454-1454

<b>Aerobics – low intensity</b>	Sunday Apr 14, 21, 28	10AM-11AM
Standing, low-impact workout designed to energize the entire body while improving strength, endurance, mobility, and flexibility. Stay fit using safe movements, suitable for individuals with arthritis, or other physical or joint limitations. Chairs may be used.		
Required Items: Water, water bottle, optional weights	Maximum Group size: 15	

<b>Beginner Cross-Fit Exercise</b>	Thursday Apr 18, 25, May 2	6PM-7:30PM
Cross-fit can be intense. Start your cross-fit exercise experience with this beginners' class.		
Required Items: Water, water bottle, towel	Maximum Group size: 30	

<b>Bible Reading</b>	Sunday Apr 14, 21, 28	6PM-7PM
Enjoy reading the Bible with others. Become familiar with the Bible stories, themes and content.		
Required Items: Bible	Maximum Group size: 50	

<b>Bible Study: Daniel 7-9</b>	Wednesday Apr 17, 24, May 1	7PM-8:30PM
Understand the Bible prophecies of Daniel chapters 7-9 in this in-depth, focused study group.		
Required Items: Bible, notepad, pens	Maximum Group size: 100	

<b>Bicycling</b>	Wednesday Apr 17, 24, May 1	4PM-6PM
Cycling for pleasure and exercise in the Preserve. Options to choose the trails or hard roads. Meet at the Preserve in Sun N' Lakes, in the parking Lot.		
Required Items: Cycle, Helmet, water	Maximum Group size: 50	

<b>Bicycling</b>	Saturday Apr 20, 27, May 4	4PM-5:30PM
Cycling for pleasure and exercise around the Lake Olivia community. Ideal for families. Meet at 3060 N. Bowden Rd.		
Required Items: Cycle, Helmet, water	Maximum Group size: 50	

<b>Camp &amp; Backpacking Skills</b>	Sunday Apr 14, 21, 28	10AM-12PM
Learn how to camp and backpack safely		
Required Items: Fire Starter, pen, paper	Maximum Group size: 30	

<b>Chess</b>	Thursday Apr 18, 25, May 2	6:30PM-7:30PM
Participants will learn the rules of chess and basic tactics and will be given the opportunity to play.		
Required Items: Chess board (optional)	Maximum Group size: 50	

<b>Crochet for beginners</b>	Tuesday Apr 16, 23, 30	3PM-4PM
Learn and enjoy crocheting. Ideal for beginners.		
Required Items: Crochet needles, yarn	Maximum Group size: 25	

<b>Crochet for beginners</b>	Thursday Apr 18, 25, May 2	3PM-4PM
Learn and enjoy crocheting. Ideal for beginners.		
Required Items: Crochet needles, yarn	Maximum Group size: 25	

<b>Diabetes Awareness</b>	Monday Apr 15, 22, 29	7PM-8PM
Learn how to manage your diabetes or assist others with their diabetes so that they can thrive and maintain optimum health.		
Required Items: Notepad, pens	Maximum Group size: 50	

<b>Divorce Recovery</b>	Tuesday Apr 16, 23, 30	6PM-7:30PM
Find the support you need to help you through a divorce, move on, and have a full life.		
Required Items: Notepad, pens	Maximum Group size: 15	
<b>Etiology (causes) of Disease</b>	Tuesday Apr 16, 23, 30	7PM-8PM
Learn about the causes of several common diseases, and what can be done to prevent them.		
Required Items: Notepad, pens	Maximum Group size: 50	
<b>Exercise Group</b>	Thursday Apr 18, 25, May 2	10AM-11AM
A general exercise class to tone and strengthen one's body.		
Required Items: Water & Water bottle	Maximum Group size: 40	
<b>Golf for Beginners</b>	Sunday Apr 21, 28	10AM-11AM
Learn and enjoy the game of golf with fellow beginners. Meet on lawn in front of Larson house.		
Required Items: Water, Clubs (7 iron) solid foam balls.	Maximum Group size: 15	
<b>Golf for Beginners</b>	Sunday Apr 21, 28	10AM-11AM
Learn and enjoy the game of golf with fellow beginners. Meet on lawn in front of Larson house.		
Required Items: Water, Clubs (7 iron) solid foam balls.	Maximum Group size: 15	
<b>Group Prayer &amp; Bible Study</b>	Thursday Apr 18, 25, May 2	7PM-9PM
Join this small group Bible study, and discover the power of God's Word and prayer. Venue: 2580 N. Osceola Rd		
Required Items: Bible	Maximum Group size: 10	

<b>Guitar for Beginners</b>	Tuesday Apr 16, 23, 30	7PM-8:30PM
An introduction to playing the acoustic guitar for beginners		
Required Items: Guitar	Maximum Group size: 20	
<b>Gun Awareness &amp; Safety</b>	Thursday Apr 18, 25, May 2	7PM-8PM
Recognizing a threat and what to look for and the proper response so as to minimize chances of becoming a victim. If you should see/find a gun, how do you know if it is safe? What to look for and how to handle a firearm safely. How to respond if a police officer pulls their gun on you. Basic knowledge so that you do not panic.		
Required Items: Notepad, pen Do NOT bring any firearms	Maximum Group size: 50	
<b>Gymnastics for Beginners</b>	Monday Apr 14, 21, 28	6PM-7PM
Learn beginning gymnastics skills, such proper stretching, beginning balance beam, tumbling, cartwheel, handstand, backbend, and more.		
Required Items: Water, water bottle, comfortable stretchy clothing. Hair pulled back	Maximum Group size: 15	
<b>Ham Radio</b>	Tuesday Apr 16, 23, 30	6PM-7:30PM
An introduction to operating a ham radio.		
Required Items: Notepad, pens	Maximum Group size: 30	
<b>Harmonica Group</b>	Tuesday Apr 16, 23, 30	8PM-9PM
Learn and develop a love for playing the harmonica as part of a musical group.		
Required Items: Harmonica	Maximum Group size: 50	

<b>Health Counseling</b>	Tuesday Apr 16, 23, 30	6PM-7:30PM
Learn key principles that will help you live a health, happier life.		
Required Items: Notepad, pens	Maximum Group size: 30	
<b>Horsemanship</b>	Thursday Apr 18, 25, May 2	6:30PM-7:30PM
Participants will be learning about horses, their health, care and how they think and learn. Venue:3060 N Bowden Rd.		
Required Items: Notepad, pens	Maximum Group size: 30	
<b>Investing, Retirement &amp; Estate Planning</b>	Monday Apr 15, 22, 29	6PM-7PM
Plan for your future by learning about investing, retirement planning, and estate planning. This class is for people of all ages who want to learn more about personal financial planning, the options available to them, and the decisions they can make now to help plan for the future.		
Required Items: Notepad, pens	Maximum Group size: 50	
<b>Kids' Art &amp; Craft</b>	Sunday Apr 21, 28	10AM-12PM
Fun, arts & craft for children and their parents.		
Required Items: Parent, apron	Maximum Group size: 40 (20 children)	
<b>Kids' Story Hour</b>	Sunday Apr 14, 21, 28	4PM-5PM
Enjoy a fun children story with your parent/guardian.		
Required Items: Parent	Maximum Group size: 40 (20 children)	
<b>Kids' Story Hour</b>	Monday Apr 15, 22, 29	4PM-5PM
Enjoy a fun children story with your parent/guardian.		
Required Items: Parent	Maximum Group size: 40 (20 children)	

<b>Kids' Story Hour</b>	Wednesday Apr 17, 24, May 1	4PM-5PM
Enjoy a fun children story with your parent/guardian.		
Required Items: Parent	Maximum Group size: 40 (20 children)	

<b>Marriage</b>	Tuesday Apr 16, 23, 30	7PM-8:30PM
Biblical marriage advice to strengthen and restore your marriage.		
Required Items: Bible, notepad, pen	Maximum Group size: 40	

<b>Music—Sight Reading</b>	Saturday Apr 20, 27, May 4	7:30PM-8:30PM
Learn how to read the notes of a song and find the corresponding melody line or choir voice on a piano or keyboard.		
Required Items: Sheet music, paper, pencil	Maximum Group size: 10	

<b>Painting for Beginners</b>	Sunday Apr 14, 21, 28	6PM-8PM
Fun painting as a group for beginners. Each week there will be a different painting to take home with a Spring or Easter theme.		
Required Items: \$5 for supplies	Maximum Group size: 12	

<b>Photography</b>	Tuesday Apr 16, 23, 30	6PM-8PM
Learn and enjoy basic photography		
Required Items: Digital camera or smartphone	Maximum Group size: 15	

<b>Public Speaking</b>	Monday Apr 15, 22, 29	6PM-7:30PM
Learn the basics of preparing a delivering a public address. Overcome one's fear of public speaking and gain the ability to communicate effectively with audiences, large of small.		
Required Items: Notepad, pens	Maximum Group size: 50	



<b>Resume Writing for Job Interviews</b>	Sunday Apr 14, 21, 28	6PM-7:30PM
A great resume opens doors of opportunity. Learn the skill of writing the perfect resume.		
Required Items: Notepad, pens	Maximum Group size: 30	
<b>Rook the Game</b>	Monday Apr 15, 22, 29	6PM-7PM
Learn and enjoy this very fun and social card game.		
Required Items:	Maximum Group size: 30	
<b>Singing in a Choir</b>	Wednesday Apr 17, 24, May 1	7PM-9PM
Experience singing as part of a choir.		
Required Items:	Maximum Group size: 50	
<b>Singing for Pleasure &amp; Praise</b>	Sunday Apr 14, 21, 28	7PM-9PM
Singing hymns and other religious music with others just for pleasure.		
Required Items:	Maximum Group size: 90	
<b>Singing for Pleasure &amp; Praise</b>	Friday Apr 19, 26, May 3	7PM-9PM
Singing hymns and other religious music with others just for pleasure.		
Required Items:	Maximum Group size: 90	
<b>Substance Abuse Recovery</b>	Thursday Apr 18, 25, May 2	6PM-7:30PM
Find the help and support you need to overcome an addiction to substances		
Required Items: Notepad, pens	Maximum Group size: 15	

<b>Vegan/Vegetarian Cooking</b>	Sunday Apr 14, 21, 28	10AM-12AM
Learn to cook tasty vegetarian and vegan meals		
Required Items: Notepad, pens	Maximum Group size: 40	

<b>Vegan/Vegetarian Cooking</b>	Sunday Apr 14, 21, 28	3PM-5PM
Learn to prepare vegan, milk, butter, yoghurt & oil		
Required Items: Notepad, pens	Maximum Group size: 40	

<b>Vegan/Vegetarian Cooking</b>	Tuesday Apr 16, 23, 30	4:30-5:30
Learn to cook tasty vegetarian and vegan meals		
Required Items: Notepad, pens	Maximum Group size: 40	

<b>Walking Group</b>	Monday Apr 15, 22, 29	7:30AM-8:30AM
An early morning walking group for exercise and pleasure. Meet at the clubhouse near Lake Olivia. Then after some warm-up exercises enjoy a walk around Lake Olivia (1.5 miles)		
Required Items: Water bottle, water	Maximum Group size: 100	

<b>What Happens After High School?</b>	Monday Apr 15, 22, 29	6PM-7:30PM
What are your options after high school? What to expect and how to make the right decision.		
Required Items: Notepad, pen	Maximum Group size: 30	



