```css
body {

    font-family: Arial, sans-serif;

    margin: 0;

    padding: 0;

    background-color: #e0fbfc; /* Light background */

}


header {

    background-color: #3d5a80; /* Dark blue */

    color: #e0fbfc; /* Light blue text */

    padding: 10px 0;

    width: 100%;

    text-align: center;

    position: fixed;

    top: 0;

    z-index: 1000;

}


nav ul {

    list-style: none;

    padding: 0;

    margin: 0;

    display: flex;

    justify-content: center;

}


nav ul li {

    margin: 0 15px;

}


nav ul li a {
```

```css
    color: #e0fbfc; /* Light blue */

    text-decoration: none;

    padding: 10px 20px;

    background-color: #98c1d9; /* Medium blue */

    border-radius: 5px;

    transition: background-color 0.3s ease;

}


nav ul li a:hover {

    background-color: #ee6c4d; /* Contrast orange */

}


main {

    padding: 80px 20px 20px;

    display: flex;

    flex-direction: column;

    align-items: center;

    text-align: center;

}


section {

    margin-bottom: 20px;

    padding: 20px;

    border-radius: 10px;

    transition: opacity 1s ease-in-out;

}


#home {

    background-color: #98c1d9; /* Medium blue */

    color: #3d5a80; /* Dark blue */

}
```

```css
#courses {
    background-color: #e0fbfc; /* Light background */
    color: #3d5a80; /* Dark blue */
}

#about {
    background-color: #3d5a80; /* Dark blue */
    color: #e0fbfc; /* Light blue text */
}

#contact {
    background-color: #ee6c4d; /* Orange */
    color: #fff; /* White text */
}

footer {
    background-color: #3d5a80; /* Dark blue */
    color: #e0fbfc; /* Light blue */
    text-align: center;
    padding: 10px 0;
    width: 100%;
    position: fixed;
    bottom: 0;
}

form {
    display: flex;
    flex-direction: column;
    align-items: center;
}
```

```css
form label {

    margin-bottom: 5px;

}


form input, form textarea {

    margin-bottom: 10px;

    padding: 10px;

    border: 1px solid #ccc;

    border-radius: 5px;

    width: 100%;

    max-width: 400px;

}


form button {

    padding: 10px;

    border: none;

    border-radius: 5px;

    background-color: #3d5a80; /* Dark blue */

    color: #e0fbfc; /* Light blue text */

    cursor: pointer;

    width: 100%;

    max-width: 400px;

}
```