UFM is the place to be!
Beyond a shadow of a doubt.
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Enroll online at www.ufmprograms.org!
Learn to Swim Classes

UFRM proudly teaches the American Red Cross Swim Lessons Levels 1 - 8, Parent/Infant and Parent/Tot, and Tot Transition. UFRM also offers private and adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of each class each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Abearm Complex

Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water. Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex. Changing tables are available in both the men's and women's locker rooms.

Note: Minimum enrollment for all classes is 4. If less than 4 enroll, classes may be combined, charged to private or semi-private lesson or canceled.

BEGINNING & ENDING DATES (Except Where Noted):

Session A: Monday, February 7 - April 8
(No class March 21)
Session B: Tuesday, February 8 - April 19
(No class March 22)
Session C: Wednesday, February 9 - April 20
(No class March 23)
Session D: Thursday, February 10 - April 21
(No class March 24)
Session E: Saturday, February 12 - May 7
(No class February 19, March 19, March 26)

Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming, and water enjoyment for you and your child. Small children should wear appropriate swim diapers. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs and be 6 months old. During the 3 meetings, parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child.

Monday 6:00pm - 6:30pm
AQ-02F1 February 7 - March 7
AQ-03F1 March 14 - April 18 (No class March 21)
Tuesday 6:00pm - 6:30pm
AQ-02F2 February 8 - March 6
AQ-02F2 March 15 - April 19 (No class March 22)
Saturday 9:30am - 10:00am
AQ-05F1 February 12 - April 2
(No class February 19, March 19, March 26)
AQ-05F2 April 9 - May 7

Tot Transition

If your toddler is ready to try the water without a parent, but not ready for Level 1, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Monday 6:45pm - 7:15pm
AQ-07T1 February 7 - March 7
AQ-07T2 March 14 - April 18 (No class March 21)
Tuesday 6:45pm - 7:15pm
AQ-07T1 February 8 - March 8
AQ-07T2 March 15 - April 19 (No class March 22)
Saturday 10:15am - 10:45am
AQ-07T1 February 12 - April 2
AQ-07T2 April 9 - May 7

Level I: Introduction to Water Skills

The object of Level 1 is to help students feel comfortable in water and enjoy the safety of water play. Students will be introduced to elementary aquatic skills which will be built on as they progress through the Learn to Swim program. Students are ready for this level when they are mature enough to participate in a group setting without their parents.

AQ-01A Monday 6:00pm - 6:30pm
AQ-01B Tuesday 6:00pm - 6:30pm
AQ-01C Wednesday 6:00pm - 6:30pm
AQ-01D Thursday 6:00pm - 6:30pm
AQ-01E Saturday 9:30am - 10:15am

Level II: Fundamental Aquatic Skills

The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills begun in Level 1. Students will be introduced to treading water, and swimming on their front and back. Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements of Level I.

AQ-04A Monday 6:00pm - 6:45pm
AQ-04B Tuesday 6:00pm - 6:45pm
AQ-04C Wednesday 6:00pm - 6:45pm
AQ-04D Thursday 6:00pm - 6:45pm
AQ-04E Saturday 10:15am - 10:55am

Level III: Stroke Development

The objective of Level III is to develop confidence in the skills learned and improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, back crawl, breaststroke) for greater distances. Students will be introduced to the basics of treading, front crawl, and coordinating the breathing stroke. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

AQ-07A Monday 6:50pm - 7:30pm
AQ-07B Tuesday 6:50pm - 7:30pm
AQ-07C Wednesday 6:50pm - 7:30pm
AQ-07D Thursday 6:50pm - 7:30pm
AQ-07E Saturday 9:30am - 10:15am

Level IV: Stroke Improvement

The objective of Level IV is to develop confidence in the skills learned and improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, back crawl, breaststroke) for greater distances. Students will be introduced to the basics of treading, front crawl, and coordinating the breathing stroke. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

AQ-10A Monday 6:50pm - 7:30pm
AQ-10B Tuesday 6:50pm - 7:30pm
AQ-10C Wednesday 6:50pm - 7:30pm
AQ-10D Thursday 6:50pm - 7:30pm
AQ-10E Saturday 10:15am - 10:55am

Level V: Stroke Refinement

The objective of Level V is to coordination and refinement of all strokes. Participants learn to perform each of the strokes over increased distances as well as learn surface dives and flip turns. Students entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements of Level IV.

AQ-13A Monday 6:50pm - 7:30pm
AQ-13B Saturday 10:15am - 10:55am

Level VI: Swimming and Skill Proficiency

The objective of Level VI is to refine the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level VI is designed with "Swim" options that focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard courses. These options include: Personal Water Safety, Fitness Swimming, Lifeguard Readiness, and Fundamentals of Diving. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V.

AQ-16C Wednesday 6:00pm - 7:00pm
AQ-16E Saturday 10:15am - 10:55am

Fee: $47 per session (10 lessons)

Level VII: Swimming and Skill Proficiency

The objective of Level VII is to refine the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level VII is designed with "Swim" options that focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard courses. These options include: Personal Water Safety, Fitness Swimming, Lifeguard Readiness, and Fundamentals of Diving. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V.

AQ-16C Wednesday 6:00pm - 7:00pm
AQ-16E Saturday 10:15am - 10:55am

Fee: $47 per session (10 lessons)

A non-profit organization dedicated to providing children the chance of participating in competitive swimming. Primary emphasis is on positive self-image, physical conditioning and development to the child's fullest potential.

For more information contact: Shelly Alstrup at 539-0884 or David Sexton 313-4572
Beginning and Intermediate Diving

This class is designed to introduce diving to those who want to learn how to dive. If you or your child has always wanted to learn how to dive, this is the class for you. This class is also designed to help those who want to improve their diving. Students enrolled will learn beginning and intermediate diving.

Anna Viano

Date: February 9 - April 20 (Wednesday)
Time: 6:30pm - 7:30pm
Fee: $70
Location: ISU Natatorium

Adult Swim Lessons

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don’t need to anymore. Now’s your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

AQ-2A: Monday 6:00pm - 6:30pm
AQ-2B 9:00am - 9:30am
Fee: $47 per session (10 lessons)

Lap Swimming: Ages 13+

Lap Swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40-minute block of time during the scheduled times below.

AQ-2A: Monday 6:00pm - 7:00pm
AQ-2B Tuesday 6:00pm - 7:00pm
AQ-2C Wednesday 6:00pm - 7:00pm
AQ-2D Thursday 6:00pm - 7:00pm
AQ-2E Saturday 9:00am - 11:00am
Fee: $19 per session (10 times)

Lap Swimming for Parents

Are you tired of being just an observer at your child’s swim- ming lesson? If yes, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. The lap pool is available every day your child is enrolled in swimming lessons. During this time you will be able to swim laps to meet your own needs and goals.

AQ-2A: Monday 6:00pm - 7:00pm
AQ-2B Tuesday 6:00pm - 7:00pm
AQ-2C Wednesday 6:00pm - 7:00pm
AQ-2D Thursday 6:00pm - 7:00pm
AQ-2E Saturday 9:00am - 11:00am
Fee: $16 per session (10 times)

Shallow Water Hydroaerobics: Water Exercise

This is a 50-minute water exercise class that uses water resis- tance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility and cardio-vascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class.

Session A: January 17 - February 17
Monday - Thursday (6:30pm - 7:30pm) and Saturday (10:00am - 11:00am)
AQ-26A (1 time a week)
AQ-27A (2 times a week)
AQ-28A (3 times a week)
Session B: February 21 - March 21
No classes March 19 - March 26
Monday - Thursday (6:30pm - 7:30pm) and Saturday (10:00am - 11:00am)
AQ-26B (1 time a week)
AQ-27B (2 times a week)
AQ-28B (3 times a week)
Session C: April 4 - May 7
Monday - Thursday (6:30pm - 7:30pm) and Saturday (10:00am - 11:00am)
AQ-26C (1 time a week)
AQ-27C (2 times a week)
AQ-28C (3 times a week)
Fee: $24 for 1 time a week per session
$39 for 2 times a week per session
$50 for 3 times a week per session
$75 for 5 times a week per session

Shallow Water Hydroaerobics for the Entire Semester

Session D: January 17 - May 7
Monday - Thursday (6:30pm - 7:30pm) and Saturday (10:00am - 11:00am)
AQ-26D (1 time a week)
AQ-27D (2 times a week)
AQ-28D (3 times a week)
No Classes February 19, March 19 - 26
Fee: $56 for 1 time a week per session (15 weeks of classes)
$66 for 2 times a week per session (15 weeks of classes)
$74 for 3 times a week per session (15 weeks of classes)
$83 for 5 times a week per session (15 weeks of classes)

Deep Water Hydroaerobics

During deep water hydroaerobics participants will be issued an aquagrip belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydroaerobics classes but will be taught in the diving well. This class is intended to add variety to your workout. Only swimmers who can tread water without a flotation device are allowed to participate in the class.

Session A: January 18 - February 17
AQ-30A Tuesday/Thursday 6:30pm - 7:30pm
Session B: February 22 - March 31
AQ-30B Tuesday/Thursday (No class March 22 or 24)
AQ-30B Tuesday/Thursday 6:30pm - 7:30pm
Session C: April 5 - May 5
AQ-30C Tuesday/Thursday 6:30pm - 7:30pm
Fee: $24 per session (3 weeks of classes)

Deep Water Hydroaerobics for the Entire Semester

Session D: January 18 - May 5
AQ-30D Tuesday/Thursday 6:30pm - 7:30pm
No classes March 22 and March 24
Fee: $58 per session (5 weeks of classes)

Private Swim Lessons

Private lessons provide one-on-one instruction for any level of swimmer. There are 5 lessons, 30 minutes each that occur once a week for 5 weeks. To improve scheduling and better serve our families, you will reserve specific days and times for private lessons when you enroll. Please make sure you record these times and dates when you register, because THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Private Lessons:

Session A1: Monday February 7 - March 7
Session A2: Monday March 14 - April 18
Session B1: Tuesday February 8 - March 8
Session B2: Tuesday March 15 - April 19
Session C1: Wednesday February 9 - March 9
Session C2: Wednesday March 16 - April 20
Session D1: Thursday February 10 - March 10
Session D2: Thursday March 17 - April 21
Session E1: Saturday February 12 - April 2
Session E2: Saturday April 9 - May 7
Times for Monday - Thursday sessions:
6:00pm - 6:30pm or 6:45pm - 7:15pm
Times for Saturday sessions:
9:30am - 10:00am or 10:15am - 11:00am
Fee: $59 per session (3 lessons)
$47 per student for semi-private lessons
(2 students per teacher) (5 lessons)

Open Swim Appreciation

For USM swim participants and their parents. Parents are invited to join their children in the water and practice swim- ming together. There is no charge for this activity. However, registration with the number of participants planning to attend is requested so that we can provide adequate life- guards. Session may be cancelled if no pre-registration is received.

Date: April 3 (Saturday)
Time: 5:00pm - 7:00pm
Fee: No charge
Location: ISU Natatorium

Open Swim Appreciation

Date: April 17 (Saturday)
Time: 5:00pm - 7:00pm
Fee: No charge
Location: ISU Natatorium

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1221 Thurston
www.ksu.edu/ufm or www.ufmprograms.org
Water Safety Instructor (WSI) AQ121Z
The purpose of the Aquatic Red Cross Water Safety Instructor course is to teach instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn-To-Swim, WSI-Aide, Water Safety Outreach presentations, and Parent and Child Aquatics. Please note: The WSI course is NOT designed to teach you the required strokes/techniques. Paired practice, coaching and drills are used to refine skills. Be prepared for reading, homework, and presentations.
Prerequisites: 1) Minimum age of 16 on or before final scheduled session; 2) Current Fundamentals of Instructors Training certificate (included in course); 3) Swim the following strokes consistently with Level 4, Stroke Performance Charts 25 yards each front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and 15 yards butterfly; 6) maintain position on back 1 minute in deep water (floating or sculling); 5) read water for 1 minute.
Certification requirements: Successfully complete prerequisite session, attend and successfully participate in all course sessions, successfully complete the required number of practice-teaching assignments, demonstrate acceptable level of maturity and responsibility consistent with Red Cross standards, correctly answer at least 80% (40 out of 50 questions) on final instructor course written exam. Questions regarding above information may be directed to the instructor.
Card Stites (cstites@yahoocom)
Date: April 2 – April 16 (Mon, Wed, Fri, Sat)
Time: 4:00pm – 7:00pm (Mon, Wed, Fri)
9:30am – 5:00pm (Sat)
Fee: $180
Location: KSU Natatorium (Available for KSU Credit)
Books available for purchase at Red Cross Office

Fitness Swimming AQ06AZ
Students interested in this course MUST be able to demonstrate, without stopping, for 50 yards front crawl and breaststroke with rhythmic breathing, back crawl, and 10 yards of butterfly. Emphasis will be on analyzing and refining stroke techniques for the four competitive strokes and, improving and maintaining physical fitness and endurance through a progressive conditioning swimming program that include a variety of aquatic workouts. Students will learn components of well-balanced training and how to design workouts for life-style conditioning swimming. Questions regarding above information may be directed to the instructor.
Card Stites (cstites@yahoocom)
Date: February 1 – March 17 (Tues/Thurs)
Time: 9:30am – 11:00am
Fee: $100
Location: KSU Natatorium (Available for KSU Credit)

Fitness Swimming AQ168Z
Card Stites (cstites@yahoocom)
Date: February 1 – March 17 (Tues/Thurs)
Time: 6:00pm – 7:00pm
Fee: $75
Location: KSU Natatorium (Available for KSU Credit)
Aquatic Fitness Instructor  AQ104AZ

This course is an in-depth educational and training program for individuals interested in advancing their knowledge and skills in designing and teaching different types of water exercise programs. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs for various populations.

Certification Requirements: Attend all sessions, score at least 80% on final written exam, successfully demonstrate ability to plan a class, effectively communicate with participants and effectively class from deck. Be prepared for reading, homework and presentation.

Carol Stiles (ccarolstiles@yahoo.com)

Date: April 23 - April 30 (Tues/Thurs/Sat) (four sessions)
Time: 5:30pm - 8:30am (Tues/Thurs) 9:00am - 6:00pm (Sat) Fee: $118
Location: KSU Nataatorium (Available for KSU Credit)
Books available for purchase at Red Cross Office

Aquatic Fitness Instructor  AQ106BZ

Date: January 15 - January 26 (Wed/Sat) (four sessions)
Time: 5:30pm 7:30pm (Wed) 9:00am - 6:00pm (Sat)
Fee: $118
Location: KSU Nataatorium (Available for Non Credit)
Books available for purchase at Red Cross Office

Litigation Training  AQ105B

The American Red Cross program provides entry-level litigation candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Participants must be between the ages of 15 years of age or older before the last scheduled day of class. 2) Swim 500 yards continuously using these strokes in the following order:

** 200 yards of front crawl using rhythmic breathing and a stabilizing, propulsive kick
** 100 yards of breaststroke using rhythmic breathing and a stabilizing, propulsive kick
** 200 yards of freestyle, breaststroke, or combination thereof
3) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 lb. object, return to the surface, and swim 20 yards back to starting point with both hands on the object and face above the water at all times.

Certification requirements: demonstrate competency in all required skills, demonstrate competency in the three final skill scenarios, demonstrate level of maturity and dependability consistent with Red Cross standards, and correctly answer at least 80% of questions on written exams.

Carol Stiles (ccarolstiles@yahoo.com)

Date: March 28 - May 6 (Mon/Wed/Fri) Time: 7:30am - 11:00am Fee: $139
Location: KSU Nataatorium (Available for KSU Credit - 2 hours)

Register for your next UFM Class
ONLINE at www.ufmprograms.org!

Win $1 off any UFM Class... by finding the "Fake Class" included in this catalog? Identify it when you register and receive $1 off your registration for one class.

LifeGuard Training  AQ105B

The American Red Cross program provides entry-level life-guard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Participants must be 15 years of age on or before the last scheduled day of class.

1) Swim 500 yards continuously using these strokes in the following order:

** 200 yards of front crawl using rhythmic breathing and a stabilizing, propulsive kick
** 100 yards of breaststroke using rhythmic breathing and a stabilizing, propulsive kick
** 200 yards of freestyle, breaststroke, or combination thereof
3) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 lb. object, return to the surface, and swim 20 yards back to starting point with both hands on the object and face above the water at all times.

Certification requirements: demonstrate competency in all required skills, demonstrate competency in the three final skill scenarios, demonstrate level of maturity and responsibility consistent with Red Cross standards, and correctly answer at least 80% of questions on written exams.

Alby Schopfer

Date: April 17 - April 23 (Sunday - Saturday)
Time: 5:30pm - 6:00pm (Sat) 15:00pm - 10:00pm (Mon-Fri)
9:00am - 12:00pm (Sat)
Fee: $139
Location: KSU Nataatorium (Enrollment is required as a NONCREDIT Course)
Books are available for purchase at the Red Cross Office.

Intermediate Kayak Chapter Workshop  AQ104A

The American White Water Kayak Committee only. Bring your boats and practice self and assisted rescues. NOT Your boats must be washed and cleaned inside and out before the class. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (RCA) Kayak Committee, rescue working on hand to:

1. Discuss rescuing techniques
2. Critique & observe kayak rolls
3. Offer help in assisted rescues
4. Discuss & demonstrate equipment and gear

EQUIPMENT AND LOCATION NEEDS:
Bring your own Touring or Whitewater Kayak, PFD, paddle, flotation, paddle float, pump, towel, swim suit, change of clothes, and plenty of water.

Laura Silver (785-292-4366)

Date: January 30 (Sunday)
Time: 9:00am - 12:00pm
Fee: $50
Location: KSU Nataatorium

Interim Kayak Chapter Workshop  AQ104B

For experienced Touring and White Water Kayakers only. Bring your boats and practice self and assisted rescues. NOT Your boats must be washed and cleaned inside and out ahead of the class. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (RCA) Kayak Committee. Instructors will be on hand to:

1. Discuss rescuing techniques
2. Critique & observe kayak rolls
3. Offer help in assisted rescues
4. Discuss & demonstrate equipment and gear

EQUIPMENT AND LOCATION NEEDS:
Bring your own Touring or Whitewater Kayak, PFD, paddle, flotation, paddle float, pump, towel, swim suit, change of clothes, and plenty of water.

Laura Silver (785-292-4366)

Date: February 27 (Sunday)
Time: 9:00am - 12:00pm
Fee: $50
Location: KSU Nataatorium

Touring Kayak: Rescues and Recoveries  AQ107A

This class will give you the knowledge and skills needed to rescue yourself and your fellow paddlers if the need arises. You will be introduced to self rescue and assisted rescue techniques and there will be given time and opportunity to work on these skills in a controlled environment with the assistance of the instructor to help you perfect your skills. Equipment Required: touring kayak (clean), PFD, paddle, spray skirt, bilge pump, paddle float, towel and a change of clothes.

Laura Silver (785-292-4366)

Date: January 30 (Sunday)
Time: 9:00am - 12:00pm
Fee: $50
Location: KSU Nataatorium

Towing Kayak: Rescues and Recoveries  AQ107B

This class will give you the knowledge and skills needed to rescue yourself and your fellow paddlers if the need arises. You will be introduced to self rescue and assisted rescue techniques and there will be given time and opportunity to work on these skills in a controlled environment with the assistance of the instructor to help you perfect your skills. Equipment Required: touring kayak (clean), PFD, paddle, spray skirt, bilge pump, paddle float, towel and a change of clothes.

Laura Silver (785-292-4366)

Date: February 27 (Sunday)
Time: 9:00am - 12:00pm
Fee: $50
Location: KSU Nataatorium

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www.wildflowerkneesite.com

539-8763
1221 Thurston
www.ksu.edu/ufm or www.ufmprograms.org
Touring Kayak: Rescues and Recoveries

AQ07C

This class will give you the knowledge and skills needed to rescue yourself and your fellow paddlers if the need arises. You will be introduced to self-rescue and assisted rescue techniques and there will be given time and opportunity to work on these skills in a controlled environment with the assistance of the instructor to help you perfect your skills.

Equipment Required: touring kayak (clean), pdl, paddle, spray skirt, bilge pump, paddle float, towel and a change of clothes.

Larry Storer (785.292.4561)

Date: March 13 (Sunday)

Time: 9:00am - 12:00pm

Fee: $50

Location: KSU Natatorium

Swim I

AQ06Z

Swim 1 is designed ONLY for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the beginning swimmer. Emphasis will be on acquiring skills, knowledge and attitudes necessary to become safe in and around the water; learning basic strokes and survival skills; and being able to assist others in an aquatic emergency using elementary forms of rescue. Required text: Swimming and Aquatic Safety, available at American Red Cross office, 2601 Anderson, 9am - 5pm, 537-2180.

Carol Stites (clstites@yahoo.com)

Date: January 19 - March 16 (Mon/Wed)

Time: 9:30am - 10:30am

Fee: $76

Location: KSU Natatorium

(Available for KSU Credit)

Lifeguard Challenge

AQ06A

A challenge for those who are already certified Lifeguards, but their certification is coming due or is within 30 days of expiration. Participants will demonstrate all rescue skills, plus a prerequisite swim.

Abby Schepsner

Date: March 27 - March 30 (Sun/Mon/Wed)

Time: 5:00pm - 7:00pm (Sun) Pre-requisites

6:00pm - 9:00pm (Mon/Wed)

Fee: $46

Location: KSU Natatorium

Book available for purchase at Red Cross Office, 2601 Anderson Ave.

Introduction to Canoeing

AQ08A

This class is a short program that emphasizes the entry-level paddling skills for individuals desiring an introduction to the sport of canoeing. This class may also be used to prepare for Operation Paddle Safe Certification. All materials for this course will be provided by the instructor.

Steve Spencer

Date: February 26 & March 5 (Saturday)

Time: 10:00am - 1:00pm

Fee: $60.00

Location: KSU Natatorium

Scholarships are available to assist with class fees for both adults & children

WANT TO GO BACK TO SCHOOL, BUT BETWEEN YOUR FAMILY AND YOUR JOB YOU NEVER SEEM TO FIND THE TIME?

K-State Evening College makes it simple for working adults to earn their degrees. Through night classes or a combination of night classes and distance education courses, you can earn a bachelor's degree or enhance your skills without quitting your day job.

Evening College classes are offered at K-State on both 8- and 16-week schedules between 5:30 and 10:30 p.m.

Evening College offers three degree programs that can be completed entirely at night: criminology, interdisciplinary social science, or life span human development. When combined with distance education courses, students can choose from a wide assortment of degree programs.

Call 1-800-622-2KSU or visit www.dce.ksu.edu/eveningcollege to learn more today!

KANSAS STATE UNIVERSITY

EVENING College
French Language

This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and every day vocabulary.

Emilie Rubens (785-539-9036), a naturalized citizen, is originally from Egypt. Her training course, "Stage d'Formation Pédagogique" was from the Catholic University of West-Anjou, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her teaching experience includes working with adult Egyptian teachers and teaching French for 20 years at a Jesuit French School in Cairo.

Date: January 12 - January 28 (Wednesday/Friday)
Time: 10:00am - 11:00am
Fee: $60.00
Location: UFM Recital Room

Modern Latin

Do you cherish e.g. and i.e.? Would you like to understand what Doc Holliday and Johnny Ringo say to each other in the movie "Tombstone"? Come to this class and learn how to properly use Latin abbreviations. You will also learn Latin phrases that live in our modern society and are considered a mark of sophistication. Feel free to bring song lyrics or movie quotes and we will translate.

Rosina Elton Catalan (785-539-5613, RosinaCatalan@hotmail.com) has studied Latin for 14 years. She holds a B.A. in classics (Ancient Greek & Latin) and an M.A. in Mediterranean studies. She is currently a Latin tutor and Baby Dance instructor with the UFM.

Date: January 22 (Saturday)
Time: 10:00am - 12:00pm
Fee: $17.00
Location: UFM Multipurpose Room

"In Nomine Patriae"

Church Latin Demystified

Many of us grew up saying "Mozz Caps", but didn't understand its full meaning. Come to this class and learn the meanings of Latin phrases commonly found and used in Christianity. We will translate hymns and prayers. Translations will be provided and no Latin experience is needed. Feel free to bring texts for the instructor to translate. All foster are welcome.

Rosina Elton Catalan (785-539-5613, RosinaCatalan@hotmail.com)

Date: February 19 (Saturday)
Time: 10:00am - 12:00am
Fee: $17.00
Location: UFM Multipurpose Room

ESL: Conversational English in the Kitchen & Garden

In this class we will learn vocabulary related to food and food preparation as well as weather, plants, animals/insects, and more. We will focus on proper usage of action verbs and prepositions and learn how to ask and answer questions clearly.

Martha Saison (785-539-4936) is a 1970 education graduate of KSU. She has spent the last forty years of her life in the kitchens, gardens and classrooms of Kansas and Brazil.

Date: March 2 - May 11 (Wednesday)
Time: 5:00pm - 7:00pm
Fee: $40.00
Location: UFM Kitchen

French Studies & Culture

This course is for people who want to further their knowledge in speaking another language other than their native language. This course is based on cultural studies, beginners conversational skills, subjects, music, and the alphabet. This will be a fun course and light in atmosphere. There will be offices in French foods, home, lifestyle, and tourist attractions in France.

Leaves Reiser started learning French her freshmen year in high school, which was 7 years ago. She learned various things from great teachers all throughout high school and three semesters in college. She hopes to get a French minor and to study abroad someday in the near future in Paris,France. Laurens is currently a junior at KSU.

Date: January 27 - March 17 (Thursday)
Time: 6:00pm - 7:00pm
Fee: $30.00
Location: UFM Banquet Room

Conversational Vietnamese

Students will learn basic conversational Vietnamese along with the country’s culture.

Hoa M. Dao was born in Vietnam and moved to the United States 9 years ago. She loves the Vietnamese language and is excited to teach the language to others and also the culture behind it.

Date: January 24 - May 2 (Monday)
Time: 7:30pm - 9:00pm
Fee: $30.00
Location: Eisenhower Hall, Room 227, KSU

Scholarships are available to assist with class fees for both adults & children

Chinese Language & Literature

This class will introduce Chinese language and literature using songs, games and other methods. Students will learn many aspects of Chinese culture from this class.

Wendy Chen Yue Zhao (785-395-2450, cyzhao@kshu.edu)

Date: January 30 - March 6 (Sunday)
Time: 6:00pm - 7:00pm
Fee: $40.00
Location: UFM Conference Room

Spanish I

The emphasis in this class will be on oral communication and interaction. Classes will be adapted to students' preferences. Topics covered will include: colors, clothing, numbers, greetings, parts of the body, descriptions of people, family members, telling time, activities, sports and more.

Date: January 24 - February 28 (Monday)
Time: 7:00pm - 8:00pm
Fee: $25.00
Location: UFM Conference Room

Slovakia- Heartland of Europe

The major goal of the course is to introduce both the Slovak language and Slovakia from the geographical, cultural and historical perspective. The country is comprised of beautiful mountain regions and various unique natural formations; it has experienced different contradictory ruling systems; therefore if offers "a spectacular story" told in many possible ways. In terms of the Slovak language, the course will focus on basic word structure and pronunciation to make verbal communication possible. The syllabus can be adjusted according to students' interests and abilities.

Michal Janusek (mjanusek@kshu.edu) was born and spent his entire childhood and teenage period in the mountainous region of the north of Slovakia. He is currently a Math student at the Charles University in Prague, Czech Republic experiencing an exchange program at KSU. He invites all students to learn an exciting story from "the old continent".

Date: January 25 - March 15 (Tuesday)
Time: 7:00pm - 8:00pm
Fee: $40.00
Location: UFM Greenhouse

WANTED! Lifeguards

WSI's Hydroaerobic Instructors

for part-time morning and evening sessions for the Summer Semester.

For more information or an application please come by UFM, 1221 Thurston or call 539-8763.
Responding to Emergencies

This course will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illnesses with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the use of an automated external defibrillator (AED). Fee includes textbook, supplies and certifications. Certification requirements: attend all sessions and view all videos. Successfully demonstrate all skills, correctly answer at least 80% of all written exams.

Carol Stites (clstites@ksu.edu)

Date: February 1 – March 17 (Tues/Thurs)
Time: 7:00pm - 9:00pm
Fee: $180.00
Location: American Red Cross, 2601 Anderson Ave. (Available for KSU credit)

Basic First Aid (Red Cross)

This course teaches First Aid skills only. No CPR. This class lasts 4 hours and is a one day class. You will pick up all materials for the class the day of the training.

Abby Schepner

Date: January 24 (Monday)
Time: 5:30pm - 9:30pm
Fee: $25.00
Location: KSU Natatorium

Basic First Aid (Red Cross)

This course teaches First Aid skills only. No CPR. This class lasts 4 hours and is a one day class. You will pick up all materials for the class the day of the training.

Abby Schepner

Date: March 2 (Thursday)
Time: 5:30pm - 9:30pm
Fee: $25.00
Location: KSU Natatorium

CPR Challenge (Red Cross)

This class is for those already certified in CPR, but their certification is coming due or is within 30 days of expiration. Participants must demonstrate all skills involved in CPR.

Abby Schepner

Date: April 5 (Tuesday)
Time: 6:00pm - 9:00pm
Fee: $56.20
Location: KSU Natatorium

CPR Challenge (Red Cross)

This class is for those already certified in CPR, but their certification is coming due or is within 30 days of expiration. Participants must demonstrate all skills involved in CPR.

Abby Schepner

Date: April 8 (Friday)
Time: 6:00pm - 9:00pm
Fee: $56.20
Location: KSU Natatorium

First Aid/CPR/AED Instructor (Red Cross)

The First Aid/CPR/AED Instructor Course will provide candidates with the knowledge and skills necessary to teach the First Aid/CPR/AED courses and modules. These courses include: Workplace Training: Standard First Aid, Adult/Child/Infant CPR, AED Essentials and combinations thereof; as well as six Rescue Control Modules. Orientation to the Community Program materials is also included in the training. Instructor candidates will also receive an introduction to the history, structure, activities, and policies and procedures of the Red Cross through Fundamentals of Instructor Training, a prerequisite module which will prepare instructor candidates to teach to a diverse population and ensure course consistency, quality and appropriate training.

Carol Stites

Date: February 7 – March 14 (Monday)
Time: 4:00pm - 8:30pm
Fee: $124.00
Location: American Red Cross, 2601 Anderson Ave. (Available for KSU credit)

CPR and First Aid (Medic First Aid)

This course provides the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illnesses with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the use of an automated external defibrillator (AED). Fee includes textbook, supplies and certifications. Certification requirements: attend all sessions and view all videos. Successfully demonstrate all skills, correctly answer at least 80% of all written exams.

Sheryl Cornell (cornell@ksu.edu) has been teaching First Aid and CPR for KSU 350 for more than 5 years.

Date: March 5 (Saturday)
Time: 8:00am - 5:00pm
Fee: $42.00
Location: College Avenue Methodist Church, Fellowship Hall

CPR and First Aid (Medic First Aid)

Sheryl Cornell (cornell@ksu.edu) has been teaching First Aid and CPR for KSU 350 for more than 5 years.

Date: April 2 (Saturday)
Time: 8:00am - 5:00pm
Fee: $42.00
Location: College Avenue Methodist Church, Fellowship Hall

Beginning Yoga

This course will cover the basics of how to begin a practice of yoga. Basic body postures and movements, breath awareness, coordination of body and mind, practical applications, and introduction to yoga philosophy. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class.

Ana Faundez

Date: January 19 – March 14 (Mon/Wed)
Time: 7:00pm - 8:00pm
Fee: $124.00
Location: KSU Abram Dance Studio, Room 301 (Available for KSU credit)

Beginning Yoga

Ana Faundez

Date: January 19 – March 14 (Mon/Wed)
Time: 7:00pm - 8:00pm
Fee: $124.00
Location: KSU Abram Dance Studio, Room 301 (Available for KSU credit)
Intermediate Yoga

This course will increase the student's understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movements to various breathing techniques, creating an individualized practice, and in-depth study of Yoga Sutras. Students will learn breathing methods and continue to refine asanas while learning to adapt them to their individual body-type. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class.

Enrollment: This course is for those who have taken at least sixteen yoga classes and practiced yoga on a regular basis for not less than eight weeks.

Ana Peralta

Date: January 18 - March 10 (Tues/Thurs)
Time: 10:00am - 11:00am
Fee: $120.00
Location: KSUAbram Dance Studio, Room 301
(Available for KSU credit)

Beginning Ashtanga Yoga

This course is intended to serve as a basic introduction to the practice of Ashtanga Yoga. Ashtanga is a form of Yoga which involves synchronizing the breath with a series of postures in order to generate heat and create a strong and fluid body.

Most poses can be modified to the level of the students capa-

cities, but some degree of athletic ability may be necessary. Please bring a towel and a mat if you have one. Otherwise a mat can be provided. Recommended Clothing: Something you can move in easily such as a t-shirt, shorts, leggings, etc.

Missi Shap (785-539-6389)

Date: January 15 - March 5 (Saturday)
Time: 10:00am - 11:30am
Fee: $41.00
Location: KSU Abram, Room 301

Living the Art; Jin Shin Jyutsu

The art of Jin Shin Jyutsu is a simple and powerful tool available to all. This class will focus on experiencing this art through various techniques and developing and maintaining a daily practice. Jin Shin Jyutsu harmonizes the body's energy by engaging one’s self-awareness, enhancing well-being, and recognizing the wisdom of the body.

Kate Cashman (785-537-1913) is a certified Jin Shin Jyutsu prac-
titioner and self-help instructor.

Date: March 2 - March 16 (Wednesday)
Time: 7:00pm - 9:00pm
Fee: $50.00
Location: 811 Colorado Street

Introduction to Sahaj Marg Meditation

You are invited to explore the infinite potential of the Sahaj Marg system of Raja Yoga Meditation. Sahaj Marg offers Meditation practices and a Unique Technique called Counting, which can easily be integrated into one’s daily life. It progressively leads to a calm, balanced mind, making it a perfect instrument, thereby helping us to realize our highest potential.

The instructions and practices of the Sahaj Marg system of meditation for about 6 years. Their experience is that this medita-
tion has brought about a complete change in their outlook towards life. They learned that it has brought a balance between the material as well as their spiritual lives. Additional classes may be scheduled later.

Gagdevi Kembhavi (gjshen99@hotmail.com)

Date: February 5 (Saturday)
Time: 10:00am - 12:00pm
Fee: $20.00
Location: UFM Conference Room

Journey of Holistic Healing

This course will focus on learning how to use various healing modalities, all of which can assist you in your journey of healing. The journey of healing will include topics such as, Know your Numbers, What Have You Told Your Body Today, Animal Spirits, Plant Spirits, Guardian Angels, Rattle and Listen To Your Heart.

Jane Huessler began her healing journey in early childhood when she responded to the call of earth in her yard on a farm in Nebraska. She continues to work with the Native Spirts for healing of our planet and its peoples. She is the owner of Flint Hills Flowermakers and lives happily on the prairie.

Date: January 18, February 1 & 15, March 1, 15 & 29, April 12 (Tuesday)
Time: 7:30pm - 8:30pm
Fee: $90.00
Location: UFM Multipurpose Room

Chi Lei - Chi Gong

Chi Lei is a slow motion exercise that gathers and concentrates the Chi (vital life energy) and moves it through the body. As we work with this healing energy, it helps to balance our inner energy to improve our health responses and the mind to become tran-
quil. The exercises are done standing, but can be practiced while seated.

Ernst Freudenthal (785-537-0977) has studied under Luke Chan, the only Chi Lei master teacher outside of China. She has taught Jackie Scorssen's Acoustic Dancing, aquatic exercises and is currently a certified Body Rockology exercise instructor. She has taught Red Cross CPR and First Aid, Yoga and other classes for UFM.

Date: February 17 - March 10 (Thursday)
Time: 5:00pm - 6:15pm
Fee: $54.00
Location: UFM Greenhouse
First class meets in the UFM Conference Room

Personal Safety and Self-Defense for Women

This course has been designed to offer women quick & easy-to-learn techniques. By empowering women to better protect themselves, they gain confidence in social and professional environments. Personal issues such as safety when living, traveling, and working alone will be covered. Material from this class is taught from a practical approach with physical techniques that are useful to women of all ages and physical conditions. This is a great class for mothers and daughters to take together. Ages 15 and up.

Jill Scanlon has been practicing Martial Arts since 1995 & has been teaching self defense classes for 7 years. She has experi-
enced teaching people of all ages. Jill recently obtained her Master's Degree in Social Work and works toward promoting equal rights between men and women.

Date: February 21 and February 28 (Monday)
Time: 7:00pm - 8:30pm
Fee: $74.00
Location: UFM Banquet Room

Personal Safety and Self-Defense for Men

This course has been designed to offer women quick & easy-to-learn techniques. By empowering women to better protect themselves, they gain confidence in social and professional environments. Personal issues such as safety when living, traveling, and working alone will be covered. Material from this class is taught from a practical approach with physical techniques that are useful to women of all ages and physical conditions. This is a great class for mothers and daughters to take together. Ages 15 and up.

Jill Scanlon

Date: April 7 and April 14 (Thursday)
Time: 7:00pm - 8:30pm
Fee: $34.00
Location: UFM Banquet Room

Pawnee MENTAL HEALTH SERVICES
2001 Claffin Road, Manhattan
587-4300
- Outpatient mental health services
- Alcohol and drug services
- Community support services
- Community-based services for children and adolescents
- 24-hour emergency services

After office hours, call 587-4342 or 800-509-2002

Our highly qualified staff of psychiatrists, psychologists, social workers, and case managers work with people of all ages.
Self Massage for Pain Relief

Learn a self-massage routine to help with prevention of relaxation and relief of muscular aches, pain and tension. You will become familiar with basic principles and tools of therapeutic massage that can be adapted to meet your personal needs. Bring a blanket, and/or pillow, and wear loose clothing/shirts and a T-shirt.

Sandy Snyder (785-537-3607) is a licensed Massage Therapist with 30 years experience. She is the owner of LifeCenter Bodywork and is experienced with Deep Tissue Massage, Orthobiodynamics, Sports Massage, Reflexology, Reiki Baby and Pet Massage.

| Date: March 17 (Thursday) |
| Time: 7:00pm |
| Fee: $22.00 |
| Location: UFM Greenhouse |

Introduction to Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the idea that an unseen, “life-force energy or Chi” flows through us and is what causes us to be alive. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person, including body, emotions, mind and spirit. It creates many beneficial effects that include relaxation and feelings of peace, security and well being. We will be working in stocking feet. Please bring a towel to class. Each class member will receive a sample treatment.

Sandy English (785-537-6985) is a teaching Reiki Master, having received Master Level in 2000. She has been working with subtle energies, Feng Shui, Auras and Chakras since 1974.

| Date: February 28 (Monday) |
| Time: 7:00pm - 9:00pm |
| Fee: $22.00 |
| Location: UFM Greenhouse, Suite 2 |

Essential Oils - How to Use Essential Oils to Help Keep You Healthy

Ancient health secrets now revealed. Learn how this ancient knowledge can improve your health and lifestyle today. You will receive some samples of Young Living Therapeutic Essential Oils and Barry Young Juice.

Dr. D. Powers (785-357-9977) has studied and used essential oils for several years. She has taught Chia Lati Chi Gong, Red Cross CPR & First Aid, Yoga, Aquatic exercises, Aerobic Dancing classes and is a certified Body Recall exercise instructor.

| Date: April 2 (Saturday) |
| Time: 10:00am - 4:00pm (Lunch will not be provided) |
| Fee: $30.00 |
| Location: UFM Conference Room |

Meditation & Tai Chi Chuan

This class will combine the practice of sitting meditation and the beginning study of the short form Yang style Tai Chi Chuan. This class will focus on the health benefits of Tai Chi Chuan through the principles of relaxation and correct position. Please bring a sittng cushion and comfortable clothing to each class.

Karen Kimmell is an artist and Tai Chi Chuan practitioner. She studied under the tutelage of Jane and Bataan Fong, and under students of Master Cheng Man-Ching. She has been dedicated to the practice for 31 years.

| Date: January 21 - March 18 (Friday) |
| Time: 6:00pm - 8:45pm |
| Fee: $72.00 |
| Location: UFM Fireplace Room |

Teach a Class at UFM

Teaching a Class at UFM can enhance your business, be an instructional opportunity for students, be an opportunity to network with those who share your interests or be a nice way to meet people.

Call UFM (539-8763) to offer a class in the summer catalog.

The Iris Cooperative

A Consortium of professionals committed to nurturing body, mind, emotions and spirit to promote healing.

| BRUCE BALKENHOL  
Jim Shioji Acupuncturist  
(539-1098) |
| HEATHER CRITTON  
Certified Medical & Natural Foods Healing Practitioner  
776-6922 |
| PALMA M. HOLDEN  
Spiritual Initiation, Writing Tutor & Pet Consultant  
539-1182 |
| KRISTINA R. KRAMER  
Certified Massage and Neuro-Muscular Therapist  
341-9217 |
| MARCIA MCPARLAND  
Salsa Teacher & Practitioner  
776-1766 |

SHARON LANDRITH  
Medical & Personal Assistant, Healing Touch Practitioner & Shiatsu Therapist  
539-1145 |
| JENNIFER MOONEY, MSN, ARNP-C  
Family Nurse Practitioner  
776-7808 |
| MARILYN TOMICH  
Astrology Consultant  
539-8735 |

www.ksu.edu/ufm or www.ufmprograms.org  
1221 Thurston  
539-8763
Welcome to the Real World
Calling all seniors! Here is your chance to experience life in the "Real World". Participants in this program will explore careers they might like to try in the future. Once you've selected a career, you'll participate in a simulation activity in which you'll receive one month's salary, deduct taxes, put money in savings and then pay your monthly bills. We'll explore how checking and savings accounts work, and how lifestyle choices can make a big impact on your ability to make it in the "real world".

Jennifer Wilson
Date: March 8 (Tuesday)
Time: 7:00pm - 9:00pm
Fee: $12.00
Location: UFM Conference Room

Are you a college student needing volunteer hours or a youth looking for something to do after school?

Come to UFM Community Learning Center for the Teen Mentoring Program!

Youth are matched one-on-one with volunteer college students for a variety of fun & educational activities.

Spring group begins February 8th & 9th

M.S. students meet on Wednesdays at UFM from 3:30-5:00 p.m.
H.S. students meet on Tuesdays at UFM from 3:30-5:00 p.m.

Transportation to and from group is provided!

Call Karen today at 539-8763 for more information and an application!

ACBs of Grantwriting (Basic Course) PC130
Welcome to the Real World
Calling all seniors! Here is your chance to experience life in the "Real World". Participants in this program will explore careers they might like to try in the future. Once you've selected a career, you'll participate in a simulation activity in which you'll receive one month's salary, deduct taxes, put money in savings and then pay your monthly bills. We'll explore how checking and savings accounts work, and how lifestyle choices can make a big impact on your ability to make it in the "real world".

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Transportation to and from group is provided!

Call Karen today at 539-8763 for more information and an application!
Archery for Youth

The main focus of this course will be to introduce youth to archery and teach the importance of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety and introduction to the world of archery. All equipment will be provided by the instructor. Ages 8 and up.

Tae Kwon (785-776-2834) is a certified national archery instructor at NAA level 1. Tom has helped his students compete at a national level and has produced a national champion. He has many years of coaching experience including Archery Instructor for 4-H and Shooting Sports Director for Boy Scout Camp. He is presently coaching Junior Olympic Archery Development, Manhattan Royal Archers and the KSU Archery Club.

Date: January 31 - February 21 (Monday)
Time: 6:00pm - 7:00pm
Fee: $20.00
Location: 1125 Lamarie Plaza, upstairs

YOK1A

Wah Lum Kung Fu - Praying Mantis

For Kids!

Students will learn the basics of Kung Fu which includes kicks, punches, stances and small form combination moves. As the child progresses, they will also learn applications of moves, more challenging techniques with jumps, and eventually weapon forms. Kung Fu is great for teaching children balance, coordination, control and patience.

Caryn Brooks (carynh@kson.com) is from the Boston area. She has studied Wah Lum Kung Fu for about 12 years and has been teaching for about 5 years. About 3 years ago, before moving to Kansas, Caryn became a certified instructor for the Wah Lum System.

Date: January 19 - March 7 (Monday/Wednesday)
Time: 6:00pm - 7:00pm
Fee: $48.00
Location: KSU Ahern Fieldhouse

YOKTA

Piano Lessons for Kids and Beginners

Learn the basics of music and how to play the piano. This course will require outside practice.

Luan Wood (785-539-4006, lwu@ksu.edu) has competed at state level in piano competitions. Music has been a part of her whole life and the ability to play the piano has been rewarding. Please come learn her passion and have some fun.

Date: January 24 - March 14 (Monday)
Time: Call for class times
Fee: $52.00
Location: 1729 Anderson Ave.

YOK1A

Introducing Dance: Ballet, Tap, and Jazz

This is a introductory class designed to provide exposure to basic ballet steps and the story ballet, The Nutcracker Ballet. The second half is an introduction to beginning Tap and Jazz steps. No dance experience or formal dance attire is needed. For children ages 4-12.

Randi Dale (785-539-5767) has taught dance for 42 years. Her dance studio toured the Midwest and Europe. She is a certified teacher with a master’s degree in education. In Spring 2001, her dance students performed Swan Lake Ballet with her original choreography designed for children.

Date: January 18 (Tuesday)
Time: 6:00pm - 6:45pm
Fee: $10.00
Location: 2416 Rogers Blvd.

YOKOA

Piano Lessons for Kids and Beginners

Luan Wood (785-539-4006, lwu@ksu.edu) has competed at state level in piano competitions. Music has been a part of her whole life and the ability to play the piano has been rewarding. Please come learn her passion and have some fun.

Date: March 21 - May 9 (Monday)
Time: Call for class times
Fee: $52.00
Location: 1729 Anderson Ave.

YOK1B

Cycleacing and Dance 101

This class will be focused on teaching and critiquing the fundamentals of cheerleading, including but not limited to: jumps, turns, and dance skills. Cheerleading can also help with flexibility and balance. There is a lot of memorization involved with dancing and cheering. Cheerleading is also a fun way to stay in shape. This class can help girls who are interested in trying out for cheerleading at a high school level.

Mary Fox (913-980-9581, mfox@ksu.edu) worked for nine years. She has experience working with all ages of cheerleaders, including elementary-aged cheerleaders. She has competed at a varsity level in 5 different competitions and has attended multiple UCA camps.

Date: January 19 - February 9 (Monday/Wednesday)
Time: 6:00pm - 8:00pm
Fee: $36.00
Location: KSU Ahern Fieldhouse

YOK7B

Swim lessons are available in the Aquatics section

YOK1B

Cheerleading and Dance 101

Mary Fox (913-980-9581, mfox@ksu.edu)
Date: February 14 - March 7 (Monday/Wednesday)
Time: 6:00pm - 8:00pm
Fee: $36.00
Location: KSU Ahern Fieldhouse

YOK1C

Cheerleading and Dance 101

Mary Fox (913-980-9581, mfox@ksu.edu)
Date: March 28 - April 18 (Monday/Wednesday)
Time: 6:00pm - 8:05pm
Fee: $36.00
Location: KSU Ahern Fieldhouse

YOK1D

Yoga for Teens

This class is offered to teenagers (13-18) as an introduction to yoga. We will work to strengthen and stretch the body, balancing out the stresses of sports and helping correct any tightness and weaknesses. Open to all teens whether involved in sports or not. Yoga mat recommended but not required.

Dane Krich (785-539-3663, danek@ksu.edu) is the Fitness Director of ProFitness in Aggieville. She has been involved in the fitness industry for 11 years as a director and instructor. She is also certified through YogaFit and AFAA, as well as being a personal trainer.

Date: January 16 - February 27 (Sunday)
Time: 3:00pm
Fee: $45.00
Location: ProFitness in Aggieville, 1125 Lamarie St., lower level

YOK2A

Yoga for Teens

Dane Krich (785-539-3663, danek@ksu.edu)
Date: March 6 - April 24 (Sunday)
Time: 3:00pm
Fee: $45.00
Location: ProFitness in Aggieville, 1125 Lamarie St., lower level

YOK2B

Yoga for Teens

Dane Krich (785-539-3663, danek@ksu.edu)
Date: January 13 - February 24 (Thursday)
Time: 4:30pm
Fee: $45.00
Location: ProFitness in Aggieville, 1125 Lamarie St., lower level

YOK2C

Yoga for Teens

Dane Krich (785-539-3663, danek@ksu.edu)
Date: March 3 - April 21 (Thursday)
Time: 4:30pm
Fee: $45.00
Location: ProFitness in Aggieville, 1125 Lamarie St., lower level

YOK2D

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539-8763
White Phoenix Kung Fu
(Formerly known as White Dragon Kung Fu). In this class we will do basic solo techniques (bows, stances, blocks, hand strikes and kicks) and two person one-stop sparring techniques. This style of Kung Fu includes hard, soft and internal methods, although it stems out with mostly hard style methods.

Sue Wilson (785-313-5488) has been doing martial arts for 35 years and holds a second degree black belt in Hakkoryu Jujutsu, a second degree black belt in White Dragon Kung Fu, an eight degree black sash in Zene Do Kum Kung Fu, and a first degree black belt in Zene Hag’s 18 Toast Palms Kung Fu. She has produced 3 books, over 20 manuals, and over 20 video tapes on the martial arts and self-defense. She is the founder of the White Phoenix system of martial arts, which is 40% Kung Fu, 40% Jujutsu, and 20% other methods.

Date: March 23 - April 23 (Monday)
Time: 8:00 pm - 9:00 pm
Fee: $40.00
Location: KSU Alumni Fieldhouse

Modern Aikijujutsu
In this class we will work on falling without getting hurt, the Hakkoryu basic ways (two person techniques), 20 jujutsu self-defense techniques (two person) and solo walking exercises from the Hakkoryu system. This is a self-defense oriented class. The student should wear loose comfortable clothing. The Hakkoryu techniques are similar to Aikido.

Date: January 21 - March 7 (Monday)
Time: 8:00 pm - 9:00 pm
Fee: $21.00
Location: KSU Alumni Fieldhouse

Judo I
Judo I is not intended to gain proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.

Date: January 18 - May 5 (Tuesday)
Time: 8:45 pm - 9:45 pm
Fee: $75.00
Location: KSU Alumni Fieldhouse, Room 301

Judo II
In Judo II participants continue to gain understanding of how principles of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual’s physique.

Date: January 18 - May 5 (Tuesday)
Time: 8:45 pm - 9:45 pm
Fee: $75.00
Location: KSU Alumni Fieldhouse, Room 301

Tae Kwon Do I
Tae Kwon Do is an effective way to unify the mind and body. It helps one develop health by increasing cardiovascular abilities, strength, balance and flexibility. The basic of blocking; punching; kicking; self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and the instructor one-on-one. At the end of the semester, students will have the option to be tested for their orange belt.

Date: January 18 - May 5 (Tuesday)
Time: 6:30 pm - 8:30 pm
Fee: $72.00
Location: KSU Alumni Fieldhouse

Tae Kwon Do II
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one’s health by increasing cardiovascular abilities, strength, balance and flexibility. The Tae Kwon Do II class is for students who have completed Tae Kwon Do I or who have advanced skills. Students will continue to develop the skills of blocking, punching, kicking and self-defense.

Date: January 18 - May 5 (Tuesday)
Time: 6:30 pm - 8:30 pm
Fee: $72.00
Location: KSU Alumni Fieldhouse

Lao Hu Pai Kung Fu
Students will learn and be promoted in a unique system that has its origin from China (Tibet) and Japan (Okinawa). Starting out with basic stances, blocks, punches, kicks, coordination exercises and forms, students will soon learn take downs, throws and opponent control (similar to jujutsu and aikido). Animal fighting techniques and forms will also be taught as students advance. Ages 14 and up.

Date: January 19 - May 4 (Wednesday)
Time: 6:00 pm - 8:00 pm
Fee: $90.00
Location: KSU Alumni Fieldhouse

You can now enroll in UFM classes ONLINE at www.ufmprograms.org!
Brain Gym Core Course Series - Repatterning

Learn and review PACE, the Brain Gym Learning Readiness Tool, which prepares the mind/body system for fun and easy learning. This learning "jump-start" is unique to Brain Gym and is useful whenever the participant feels a need to re-energize and/or gain more clarity for a more active and positive learning experience. These four Brain Gym activities have a simple, physiological basis and are easily done in less than five minutes. This workshop includes two repatterning techniques. The Dimensional Lateral Repatterning is a simple process that is unique to the work created by Dr. Paul Dennison, Ph.D., known as Educational Kinesiology. The Three Dimensional Repatterning is a variation of this basic technique that requires a different body orientation with more in-depth use of the muscular system to re-organize the nervous system. Participants enhance basic movement patterns and create a higher level of whole brain learning by using these processes.

Learning to Write and Sell Fiction

A workshop where students learn through participation, this class will introduce the fundamentals of writing and selling novels, stories, and teleplays, especially those in the genres of science fiction, fantasy, mystery, and horror (although the principles taught apply to all genres). General topics will be covered as well as specific issues related to the students' manuscripts. Please bring a sample of your work in progress or begin a project after the first class session. Work will be critiqued by the instructor and by other members of the class.

Riley County Historical Museum

2309 Clifton
Exhibits of Riley County history-
Research library by appointment
Educational programs
Speakers bureau
8:30-5:00 Tuesday-Friday
2:00-5:00 Saturday-Sunday

Goodnow House Museum

2309 Clifton
Home of Isaac Goodnow
(Founder of KSU and Manhattan)
Free state advocate
Educator
(Carson school to college)
A State Historic Site
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Pioneer Log Cabin

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Victoria's Manor: Life in 1885
100-500 Saturday 2:00-5:00
and by appointment

For more information, call 565-6490

Creative Free Time

Harmonica Nights

Harmonica is for everyone! Kids, parents, and grandparents will laugh and learn as they are led through an introduction to the 10-hole diatonic harmonica. We'll cover folk, gospel, old-time, bluegrass and country-blue styles along with different songs than those offered last fall. Learn proper care of your instrument and the essentials to play by ear or from harmonica notation: Ages 8 and up.

Thad Reeder, a full-time musician since 1988, has worked as an "Artist in Education" through Arts Commission Programs in Kansas, Iowa, North Carolina and South Carolina. He performs at schools, libraries and festivals across Kansas. An experienced, organized, creative, and humorous teacher, Thad has conducted harmonica classes in Abilene, Salina, McPherson, Newton, Hays and Winooski.

Date: February 17 (Thursday)
Time: 7:00pm - 8:30pm
Fee: $22.00 (Harmonica Provided)
Location: UFM Fireplace Room

Learning to Write and Sell Fiction

CP16
A workshop where students learn through participation, this class will introduce the fundamentals of writing and selling novels, stories, and teleplays, especially those in the genres of science fiction, fantasy, mystery, and horror (although the principles taught apply to all genres). General topics will be covered as well as specific issues related to the students' manuscripts. Please bring a sample of your work in progress or begin a project after the first class session. Work will be critiqued by the instructor and by other members of the class.

Gwen Stacey has been writing and selling science fiction and fantasy for 17 years. Her credits include science fiction, fantasy, horror, and children's stories published in magazines and international hardcover and paperback anthologies. Over 200,000 copies of his stories exist in print, including international versions in both French and German. His novel Legacy, was released in hardback and trade paperback by Tor Publishing in May, 2002.

Date: February 28 - March 14 (Monday)
Time: 7:30pm - 9:30pm
Fee: $29.00
Location: UFM Multipurpose Room

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Riley County

Goodnow House Museum

Riley County Historical Museum

Pioneer Log Cabin

Wolf House Museum

www.ksu.edu/ufm or www.ufmprograms.org
Brain Gym Core Course Series - Three Dimensions of Learning

This workshop offers practical applications of PACE, the Brain Gym learning system tool. This combination of four core Brain Gym activities is encouraged anytime learners feel unprepared for what is to "come next" as they learn. Participants will experience using PACE in a variety of situations. The skill of "noticing" will be explored. This skill is most important in the learning process for the development of cognitive thinking. What we first experience in the body can then be recorded in the brain. Information will be presented by building knowledge piece by piece using the five steps to learning taught in Educational Kinesiology.

Judy Mifflin (571-217-7735, jmifflin@earthlink.com)
Date: April 23 (Saturday)
Time: 9:30am - 6:30pm
Fee: $74.00
Location: UFM Kitchen

Brain Gym Core Course Series - Bringing It All Together

Learn and review all of the Brain Gym activities. Make it a habit of doing PACE. Create intentional movement using the 20 activities on a regular basis. Notice the differences you experience in academic skills, whole body movement and other life skills. This class brings your knowledge about Brain Gym together in a complete and expansive way. This workshop helps students refine the skills learned through a combination of 18 hours prior to Bringing It All Together. Practical implications are shared and a foundation for future support is developed. You will receive membership in the international organization, the Educational Kinesiology Foundation and materials to support the use of Brain Gym in your personal and professional life.

Judy Mifflin (571-217-7776, jmifflin@earthlink.com)
Date: April 30 (Saturday)
Time: 9:00am - 6:30pm
Fee: $74.00
Location: UFM Kitchen

Piano I

This is a group keyboard class designed for beginners with no previous keyboard experience. This popular class teaches basic concepts which includes note reading, rhythm reading, sight reading and group and individual playing. Outside practice is essential for progress in this class.

Andrea Peres
Date: March 7 - May 4 (Monday/Wednesday)
Time: 4:30pm - 5:30pm
Fee: $10.00
Location: KSU McGaun Hall, Room 127 (Available for KSU credit)
No class March 21 & March 23

Piano II

This group keyboard class is designed for adults with limited previous keyboard experience, ideal follow up for Piano I. The focus will be on theory and practical skills, group and individual performance. A skill assessment will be conducted on the first class. If you are unsure if your level of experience is appropriate for this class, please contact the instructor.

Andrea Peres
Date: March 7 - May 4 (Monday/Wednesday)
Time: 5:30pm - 6:30pm
Fee: $119.00
Location: KSU McGaun Hall, Room 127
(Available for KSU credit)
No class March 21 & March 23

Guitar for Beginners

This is a group guitar class designed for those with no previous guitar experience. This class will provide the basic concepts of guitar in an enjoyable atmosphere. No prior knowledge of music required. You will need a 6 string electric or acoustic guitar.

Adam Jorgenson (785-395-4862, adamjorgenson@hotmail.com)
Date: February 1 - March 8 (Tuesday)
Time: 6:00pm - 8:00pm
Fee: $42.00
Location: UFM Fireplace Room

Guitar for Beginners

Adam Jorgenson (785-395-4862, adamjorgenson@hotmail.com)
Date: March 20 - May 3 (Tuesday)
Time: 6:00pm - 8:00pm
Fee: $42.00
Location: UFM Fireplace Room

Beginning Knitting

You will be taught all that you need to know to learn to cast on, the knit stitch, bind off and shaping. The project will be on how to make a scarf. The materials will be available for purchase in the first class.

Kamala Tully (785-557-1936) is the proprietor of Wildflower Yarns and Knitwear, 106 S. 4th Street in Manhattan. She designs knitwear for national knitting magazines and yarn companies.

Date: January 20 - February 10 (Thursday)
Time: 7:00pm - 8:30pm
Fee: $33.00
Location: Wildflower Yarns & Knitwear, 106 S. 4th St.

Beginning Knitting

Kamala Tully (785-557-1826)
Date: February 9 - March 2 (Wednesday)
Time: 7:00pm - 8:30pm
Fee: $33.00
Location: Wildflower Yarns & Knitwear, 106 S. 4th St.

Beginning Knitting

Kamala Tully (785-557-1826)
Date: April 7 - April 28 (Thursday)
Time: 7:00pm - 8:30pm
Fee: $33.00
Location: Wildflower Yarns & Knitwear, 106 S. 4th St.

Triplet Techniques in Stamping

Triplet your stamping and scrapbooking fun each time you take this class! You will learn 7 new techniques every session plus you are invited to come back to the next session and trade cards made with the previous months techniques! What a great way to learn new things and get more examples of how to apply them! We will be learning the following in the next three sessions. Almost Leather, Beach Stamping, Shimmer Spray, Brayered Backgrounds, Calk Poppiling, Fading for Scion, plus 3 mystery techniques to be announced in class. All supplies and materials are furnished to make 3 samples (one of each technique). plus you will receive a technique sheet on each technique with written instructions and supplies listed - this is a great tool to make a technique binder of your own with samples included!!! NOTE: Stamping Basics is required before taking the Triplet Technique class. Come and join the stamping fun!

Heather Scott (785-494-2505) is a published rubber stamp artist. She has been stamping for ten years. Let her help you catch the stamping bug, so you can create masterpieces of your own for friends and family.

Date: February 7 (Monday)
Time: 7:00pm - 9:00pm
Fee: $19.00
Location: UFM Kitchen

Triplet Techniques in Stamping

Heather Scott (785-494-2505)
Date: March 7 (Monday)
Time: 7:00pm - 9:00pm
Fee: $19.00
Location: UFM Kitchen

Rubber Stamping Basics

Core and learn the basics of rubber stamping. You will learn the differences in inks, papers, stamps and powders. We will cover basic techniques and embossing. Supplies for three cards will be provided, which will be made in class. Please bring the following to class: 3"x5" paper cutter, adhesive, scoring tool, scissors and a heat tool. (If you don't have them, you can share)

Heather Scott (785-494-2505)
Date: April 4 (Monday)
Time: 7:00pm - 9:00pm
Fee: $19.00
Location: UFM Fireplace Room

Rubber Stamping Basics

Heather Scott (785-494-2505)
Date: April 25 (Monday)
Time: 7:00pm - 9:00pm
Fee: $19.00
Location: UFM Fireplace Room

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Big and Beautiful Laundry Basket

The biggest basket I've ever seen! Its finished diameter is 23" with a height of 15", all the better for hoisting lots of laundry or for storage use. It is woven with different sizes of flat natural reed on a wooden base and is finished with bushel handles for easy lifting. It is a big beauty. Deadline for registering in this class is a week prior to start date.

Joyce Ranick (785-232-3511)
Date: April 16 (Saturday)
Time: 9:00am - 2:00pm
Fee: $40.00
Location: UFM Greenhouse

Music Fundamentals

This course covers the fundamentals of music. This class is more of an academic class. We will listen to music, learn about notes, and really enjoy what music has to offer. This course will be a light, fun and stress free environment.

Lauren Doener excelled in music most of her life. She plays the violin, piano and sings. She was a student in music performance at KSU, emphasizing in the violin. She has played for many groups and helped raise money for the funding of the Salina Central High Strolling Strings.

Date: January 27 - March 17 (Thursday)
Time: 7:15pm - 8:15pm
Fee: $99.00
Location: UFM Banquet Room

Chess Workshop: Beginning to Intermediate

Open to all ages. The workshop will cover from the basics to the specifics on how to play chess. Students will learn all phases of the game including: opening organization, middle game development, end game techniques, how to prepare the King, some chess tactics, how to draw and win lost positions and more. The class for both beginner and intermediate level game players. No equipment necessary.

Raymond Paul (robindak6@yahoo.com) has been an avid chess enthusiast for most of his adult life by teaching and playing chess. He was the KSU Chess Club's founder and president in the late 90's and was recently the president of the Fort Hyas Chess Club. He enjoys writing poetry, mathematics, black and white photography, oil painting and has a degree in violin. He is also a certified chess instructor.

Date: January 12 - May 4 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: $54.00
Location: KSU Student Union, Room 206
No class March 23

Chess Workshop: Beginning to Intermediate

Raymond Paul (robindak6@yahoo.com)
Date: January 12 - May 4 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: $54.00
Location: KSU Student Union, Room 206
No class March 23

Exploration of Drawing and Watercolor

We will use drawing fundamentals such as varying line thickness, gesture drawing, still life drawing, contour and value. These exercises will lead us into the creation of watercolor compositions such as landscapes, portraits, flowers and more.

Brandon Luttermers (bluttermers@ksu.edu) is a graduate from Kansas State University with a B.F.A. in fine arts and a master of arts degree in ceramics from Kansas State University. His hobbies consist of portrait drawings, water color and other art activities. He also researches Marine Biology and is an AM AU AVID Aquarist.

Date: January 29 - March 5 (Saturday)
Time: 9:00am - 11:00am
Fee: $44.00
Location: UFM Banquet Room

Beginning Brazilian Drumming

In this introduction to brazilian drumming you will learn the fundamentals of batucada-style samba made famous in Rio at Carnaval. In addition to developing skills on original brazilian drums including repenque, caixa and tamborim, you will learn call and response patterns, and percussion techniques of this exciting music. No prior drumming experience necessary.

Steve Turner (785-539-9250, travers@ksu.edu) education in percussion began in the fifth grade and continued through Kansas State University where he played in the marching band and jazz ensemble in the 80's. He first learned brazilian drum styles playing in Los Angeles with a large "escola" derived from the Rio-based Mocidade Independente. In addition to playing with other batucada groups in San Francisco, Boston and New York City he has formed two groups of his own (Samba Praga Ibarra, NY and SBS, Santa Barbara, CA) that still play today.

Date: January 24 (Monday)
Time: 7:30pm - 9:30pm
Fee: $14.00
Location: UFM Firepllace Room

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www.ksu.edu/ufm or www.ufmprograms.org
Basic Nature Photography CP13
This class focuses on using SLR cameras and equipment (both film and digital). To get the most out of this class, participants should have either a film or digital SLR that users can take complete manual control of settings such as aperture and shutter speed. People with other types of cameras are welcome to take the class, but you don’t have the ability to manually control camera settings you won’t get as much from the class. Topics that will be covered include basic camera settings and operation, choosing and using different lenses, types of film and an introduction to exposure, composition and technique. Discussion of issues relevant to digital photography such as white balance and resolution will be covered if necessary. The class will emphasize landscape and nature photography, but anyone interested in photography will benefit.
This class is geared toward beginning photographers and those wishing to know more about a camera operation and nature photography. To get the most out of the class, participants are encouraged to bring their cameras to each class.
Prerequisites will also be beneficial. The class will include 3 class-room meetings and 2 field trips. Exact times of the field trips will be discussed at the first class but will be in the evenings a couple of hours before sunset. Class fees include an all-inclusive picture and a photography booklet. Participants will be responsible for their own film and development costs. In addition, participants are encouraged to bring prints from the field trips to the following class session for discussion.
Scott Went (785-776-9445, arborwolf@aol.com) has been enjoying the hobby of nature photography for over 10 years. Photography is a wondrous way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott would like the chance to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he made when starting out. This class will help you get the most out of your camera and avoid being frustrated with your camera.
Date: April 20 - May 4 (Wed/Sat)
Time: 7:00pm - 9:00pm (Class time)
5:00pm - 8:00pm (Field trip time)
Fee: $45.00
Location: UFM Conference Room

Burn Baby Burn! (A DVD That Is!) CP43A
You can create a video on your computer. Now what? How do you produce a DVD that you can actually play on your DVD player? Learn about some of the issues involved in creating a DVD. A short DVD with chapters will be created and burned during the class.
Gordon Schmid is from Council Grove and has taught for 35 years in the public schools with recent experience in Library Media/Technology. He is the owner of a mobile digital video editing service named T-Rex 2 Tall, and has 15 years experience using Mac Computers as well as 10 years experience as a hobbyist videographer.
Date: April 7 (Monday)
Time: 7:00pm
Fee: $25.00
Location: UFM Fireplace Room

Safe & Creative Album Making (family photos & more) CP14A
There are your photos! It’s time to turn that box of photos into an album full of pictures, memorabilia and journaled memories. You’ll learn 5 easy steps: organize, crop, design layout, design page and print. You’ll have it all! You will give you and your family a lifetime of enjoyment, a priceless heirloom. Bring your last roll of film or 8 – 10 pictures of a theme. If you have scrapbooked and have existing supplies, bring them and I can help you teach how to make quick simple borders for your pages.
Pam Schmid, Creative Memories Senior Director, has been teaching album making classes since 1980 and is dedicated to helping people make safe meaningful albums.
Date: March 7 (Monday)
Time: 7:00pm
Fee: $14.00
Location: UFM Fireplace Room

Safe & Creative Album Making (family photos & more) CP44B
Pam Schmid
Date: April 7 (Thursday)
Time: 7:00pm
Fee: $14.00
Location: UFM Fireplace Room

Indian Friendship Bracelets CF52
Make a beautiful Indian bracelet on your own! Tell your friends they have a piece in your life and make a little present for them. It’s not difficult and it doesn’t take very long. It’s fun and it helps to develop your skills. Many different types are available and also hair streams are possible if you are interested. Material will be provided for the first class.
Vera Sokolowski (verason@ksu.edu)
Date: February 2 - March 2 (Wednesday)
Time: 2:00pm - 3:00pm
Fee: $30.00
Location: UFM Conference Room

Beginning Oil Painting CF50
This introductory course to oil painting will thoroughly cover the process of creating an entire painting. Students will learn the technical aspects of oil painting materials, including preparation of color palettes. A list of materials will be provided when you enroll for this class.
Hannah Glass (Bemont2001@yahoo.com) is in her final semester at K-State studying art therapy. She hopes to bring the artistic knowledge that she has acquired from her education to others in the community and looks forward to the future.
Date: February 2 - 23 (Wednesday)
Time: 6:00pm - 9:00 pm
Fee: $18.00
Location: UFM Fireplace Room

Fantasy Workshop CP31
This class will be focused on developing people’s fantasy skills and making them able to bring a part of their dreams and visions to the real world. “Express your dreams and what you carry in your head!” The class will contain drawings, readings, and learning to music and creating. Warning: You can find out something about you yourself you don’t know yet!
Vera Sokolowski (verason@ksu.edu)
Date: February 2 - March 30 (Every Other Wednesday)
Time: 3:15 pm - 4:20 pm
Fee: $35.00
Location: UFM Conference Room

Mosaic Magic CF50
Be a mosaic magician and make something new and beautiful from something old and broken! Bring your cracked, broken and mismatched china and turn it into a new mosaic serving plate. While the instructor will provide some chaos to break and use in decorating the mosaic plate, participants should bring a pillowcase and their own broken china or plates in break during class. The class will learn to properly break, attach, grout and protect the china tiles on a new serving platter. All other materials will be provided. Do not bring any glass to use for this class.
Olivia Collins is a new mosaic artist who is eager to learn with and from others who are interested in this creative craft. Bring your unique design ideas to share.
Date: January 31 (Monday)
Time: 6:30pm - 8:30pm
Fee: $25.00
Location: UFM Kitchen

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Archery for Adults

This course provides men and women instruction in target-style archery. Emphasis is on the archery form currently used in Olympic sports. Participation will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Tom Korte is a certified national archery instructor NAA level 4. Tom has helped his students compete at a national level and has produced a national champion. He has many years of coaching experience including Archery Instructor for 4-H and Shooting Sports Director for Boy Scout Camp. He is presently coaching Junior Olympic Archery Development, Manhattan Royal Archers and the KSU Archery Club.

Date: March 28 - May 2 (Monday)
Time: 8:00pm - 9:30pm
Fee: $29.00
Location: 1125 Laramie Plaza, upstairs

Archery Instructor Training and Certification - Level I

In this Level I Basic Training and Certification archery program you will learn how to set up and operate a safe short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. The required NADA textbook will be available for purchase from the instructor at the first class meeting.

Tom Korte

Date: January 27 - March 17 (Thursday)
Time: 8:30am - 9:50am
Fee: $89.00
Location: 1125 Laramie Plaza, upstairs
(Available for KSU credit)

Bowling Basics

Want to go bowling with your friends but don’t know how to bowl? This 4 week class is just for you. Learn courtesy, stance, approach, timing, finish position, how to shoot spares, different in equipment and how to keep score.

Dave and Patti Zach are USA Bronze Certified coaches and will make the learning process fun.

Date: February 1 - February 22 (Tuesday)
Time: 7:00pm
Fee: $40.00
Location: 515 Richards Dr., Zuckey Bowl

Beginning Bowling

This course will cover the basic fundamentals of bowling: How to choose a ball, stance, four-step approach aim, spot bowling, proper release, and spare conversion system. Score keeping, tournament play, rules and tips will also be taught.

Terri Eddy (785-532-6502) is an experienced bowler.

Date: January 23 - May 5 (Thursday)
Time: 10:30am - 11:30am
Fee: $77.00
Location: KSU Student Union Bowling Alley
(available for KSU credit) No class March 24

The Marianna Kistler Beach Museum of Art

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701 Beach Lane
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Manhattan, KS 66506
(785)532-7718

Tuesday - Friday 10 - 5
Saturday and Sunday: 1 - 5
Free admission
Complimentary parking adjacent to the museum
Beginning Fencing  
**R521Z**
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, épée, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off-the-roping, integrating diplomacy, aggression and skill. This course may not be repeated for credit.

**Jeff Guest**

**Date:** January 31 - May 2 (Monday)
**Time:** 6:00pm - 7:30pm
**Fee:** $64.00 (own equipment) / $74.00 (instructor equipment)
**Location:** KSU Alumni Fieldhouse (Available for KSU credit) No class March 21

Intermediate Fencing  
**R522Z**
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis on technique refinement, theory of attack and blocking. The course may be repeated for credit.

**Jeff Guest**

**Date:** January 31 - May 2 (Monday)
**Time:** 7:30pm - 9:00pm
**Fee:** $44.00 (own equipment) / $74.00 (instructor equipment)
**Location:** KSU Alumni Fieldhouse (Available for KSU credit) No class March 21

Introduction to Golf  
**R504A**
Get some fresh air and find out if golf is the sport for you.

**Jim Gregory**

**Date:** April 7 - April 28 (Thursday)
**Time:** 6:30pm
**Fee:** $36.00
**Location:** Stagg Hill Golf Club, 4441 Fort Riley Blvd.

Intermediate/Advance Golf in Salina  
**R501AZ**
This course is designed for the intermediate/advanced golfer. It will allow students to improve their existing golf skills, both physically and mentally. Students will practice improving their golf swing and short game, both on the driving range and on the golf course. The first round of golf and first basket of balls are included in class fee. Students will be responsible for one round of golf and additional baskets of balls, $5.00/basket.

**Ronda Green**

**Date:** March 7 - May 2 (Monday)
**Time:** 4:00pm - 6:00pm
**Fee:** $140.00
**Location:** Salina Rec Center, 3142 Scoban Ave. (Available for KSU credit) No class March 21

Tennis  
**R501AZ**
The focus of this introductory tennis course is on introducing the proper technique of each tennis stroke. Scoring, rules, single and doubles formation, shot selection and match play will also be covered. Come enjoy the "Sport of a Lifetime". All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Tennis racquets will be available if needed.

**Bill Frady**

**Date:** February 1 - April 19 (Tuesday)
**Time:** 1:00pm - 3:00pm
**Fee:** $60.00
**Location:** Cottonwood Racquet Club, 3613 Cliffs Rd. (Available for KSU credit) No class March 23

Golf in Salina  
**R506AZ**
This course is designed for the beginning golfer. It will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching and sand shots; mental aspects, rules of play, course etiquette, selection and use of equipment. Time allowed for both classroom and golf course play and driving range practice. Students are responsible for one round of golf and additional basket of balls, $5.00/basket.

**Ronda Green**

**Date:** March 7 - May 2 (Monday)
**Time:** 2:00pm - 4:00pm
**Fee:** $140.00
**Location:** Salina Rec Center, 3142 Scoban Ave. (Available for KSU credit) No class March 21

Golf in Junction City  
**R506AZ**
This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.

**Jim Peterson**

**Date:** March 1 - April 26 (Tuesday)
**Time:** 5:30pm - 7:30pm
**Fee:** $125.00
**Location:** Rolling Meadow Golf Course, 7500 Old Military Rd., Milford (Available for KSU credit) No class March 22

See the Youth & Aquatics sections for recreation and swim classes!
Swing & Salsa Dancing
Have some fun learning classic big band, swing and salsa dance. Learn the swing, salsa, lindy style, basics, lifts, splits and jumps. You will learn how to move around the dance floor to lively music and add some special moves. You will also learn closed and open positions, proper footwork, step, and toes. Rumba handshakes and other steps. Class emphasis will be on becoming the steps quickly and precisely. No prior dance experience is required. Wear comfortable clothing and non-slip shoes. Having fun is the only requirement.

Michael Bennett (dance@599@yahoo.com) has trained in Ballroom Dance at U.C. Berkeley; Mandalia Ballroom, San Francisco; Allibala Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1966 San Francisco Avenue Ballroom Jitterbug Champion. He choreographed and performed in Ballroom Suite, Winter Dance 1996, KSL. He is a member of the United States Amateur Ballroom Dancers Association.

- **Date:** January 21 - February 25 (Friday)
- **Time:** 7:30 pm - 8:30 pm
- **Fee:** $40.00 individual/$80.00 couple
- **Location:** ECM Auditorium, 1021 Division Avenue

Swing & Salsa Dancing

**Registration:**

- **Date:** April 1 - May 6 (Friday)
- **Time:** 7:30 pm - 8:30 pm
- **Fee:** $40.00 individual/$80.00 couple
- **Location:** ECM Auditorium, 1021 Division Avenue

Beginning Dance for Couples

**Fee Couples Only!** Bring your partner and HAVE FUN learning how to dance to rhythms of Fosse, Swing and Latin.

This class is designed for beginning dancers who wish to learn how to dance with their partners and for intermediate or experienced dancers who wish to spend time dancing with that “special someone.” A partner is required for this class.

Michael Bennett (dance@599@yahoo.com)

- **Date:** January 21 - February 25 (Friday)
- **Time:** 6:00 pm - 7:00 pm
- **Fee:** $40.00 per couple
- **Location:** ECM Auditorium, 1021 Division Avenue

Beginning Dance for Couples

Michael Bennett (dance@599@yahoo.com)

- **Date:** January 21 - February 25 (Friday)
- **Time:** 6:00 pm - 7:00 pm
- **Fee:** $40.00 per couple
- **Location:** ECM Auditorium, 1021 Division Avenue

Beginning Dance for Teens and College Students

- **Date:** January 21 - February 25 (Friday)
- **Time:** 8:00 pm - 9:00 pm
- **Fee:** $20.00 individual/$40.00 couple
- **Location:** ECM Auditorium, 1021 Division Avenue

Beginning Dance for Teens and College Students

Michael Bennett (dance@599@yahoo.com)

- **Date:** April 1 - May 6 (Friday)
- **Time:** 8:00 pm - 9:00 pm
- **Fee:** $20.00 individual/$40.00 couple
- **Location:** ECM Auditorium, 1021 Division Avenue

Ballroom Dance in Selina

Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment, footwork, turns and partner techniques. Classes will be open to all dance positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American Waltz, foxtrot, and Latin steps will be taught. Partners are not necessary. Class is co-sponsored with KSU at Selina Recreation Center.

- **Date:** January 19 - May 4 (Wednesday)
- **Time:** 8:00 pm - 9:00 pm
- **Fee:** $22.00
- **Location:** KSU Selina Rec Center, 3424 Svanan Ave. (Available for KSU credit)

Beginning Middle Eastern Dance

This class is for beginners. Students will learn all the foundations of Middle Eastern Dance, otherwise known as Belly Dance. This class will cover beginning level hip and rib cage isolations, arm and hand movements, turns, traveling steps, percussive body movements, veil work, stage dynamic, composition and choreography. Students will also be introduced to the fundamentals of Middle Eastern music and rhythm, history, culture and costuming. This class is open to both men and women, however all students are expected to participate. Please wear comfortable clothing that allows for ease of movement. Form fitting clothing allows you to check for proper alignment and technique. Footwear: bare feet, stockings feet, ballet slippers or dance sandals.

- **Date:** February 3 - May 5 (Thursday)
- **Time:** 6:00 pm - 7:00 pm
- **Fee:** $99.00
- **Location:** KSU International Student Center (Available for KSU credit)

Beginning Belly Dance I

This class is for students with no previous experience. In this dance technique class, you'll learn all the foundations of this rhythmic dance form and get some great exercise. This class will cover the basics of hip, rib cage and arm movements, as well as simple turns, traveling steps, combinations and choreography. Please wear comfortable clothing that allows for ease of movement. Come join us for creative movement and exercise in a positive and fun setting!

- **Date:** January 11 - February 8 (Tuesday)
- **Time:** 7:00 pm - 8:00 pm
- **Fee:** $30.00
- **Location:** KSU International Student Center

Beginning Belly Dance I

Rasina Calaie

- **Date:** February 15 - March 15 (Tuesday)
- **Time:** 8:00 pm - 9:00 pm
- **Fee:** $30.00
- **Location:** KSU International Student Center

Beginning Belly Dance I

Rasina Calaie

- **Date:** March 29 - May 2 (Tuesday)
- **Time:** 8:00 pm - 9:00 pm
- **Fee:** $30.00 (No class April 12)
- **Location:** KSU International Student Center

Beginning Belly Dance I

This class is for students with no previous experience. In this dance technique class, you'll learn all the foundations of this rhythmic dance form and get some great exercise. This class will cover the basics of rib cage and arm movements, as well as simple turns, traveling steps, combinations and choreography. Please wear comfortable clothing that allows for ease of movement. Come join us for creative movement and exercise in a positive and fun setting!

- **Date:** January 13 - February 10 (Thursday)
- **Time:** 5:30 pm - 6:15 pm
- **Fee:** $30.00
- **Location:** KSU International Student Center
RECREATION & FITNESS (Continued)

Belly Dance Conditioning Workout
Maya Zahira (785-979-4681, www.maya-zahira.com)
Date: February 17 - March 17 (Thursday)
Time: 6:30pm - 7:00pm
Fee: $38.00
Location: KSU International Student Center

Belly Dance Conditioning Workout
Maya Zahira (785-979-4681, www.maya-zahira.com)
Date: March 31 - May 3 (Thursday)
Time: 6:30pm - 7:20pm
Fee: $30.00
Location: KSU International Student Center (No class April 14)

Beginning Belly Dance I
Maya Zahira (785-979-4681, www.maya-zahira.com)
Date: January 13 - February 10 (Thursday)
Time: 7:20pm - 8:25pm
Fee: $30.00
Location: KSU International Student Center

Beginning Belly Dance II
Maya Zahira (785-979-4681, www.maya-zahira.com)
Date: February 27 - March 17 (Thursday)
Time: 7:25pm - 8:22pm
Fee: $35.00
Location: KSU International Student Center

Beginning Belly Dance II
Maya Zahira (785-979-4681, www.maya-zahira.com)
Date: March 31 - May 5 (Thursday)
Time: 7:25pm - 8:25pm
Fee: $30.00
Location: KSU International Student Center (No class April 14)

Intermediate Belly Dance
Maya Zahira (785-979-4681, www.maya-zahira.com)
Date: March 13 - May 3 (Thursday)
Time: 7:20pm - 8:30pm
Fee: $30.00
Location: KSU International Student Center (No class April 14)

Belly Dance Yoga Workout
Jazlyn Hackrott (Phoenix)
Date: February 15 - March 15 (Tuesday)
Time: 6:15pm - 7:45pm
Fee: $56.00
Location: KSU International Student Center

Belly Dance Yoga Workout
Jazlyn Hackrott (Phoenix)
Date: March 27 - May 3 (Tuesday)
Time: 6:15pm - 7:45pm
Fee: $56.00
Location: KSU International Student Center (No class April 12)

Beginning Samba Dance
This is a Latin dance with its origins in the banks of Brazil and it has been their national dance since World War II. The raw and earthy Samba has undergone metamorphosis, as the steps have been stylized and standardized. The Samba has often been called the South American Waltz since it features a rise and fall associated with Waltz.
Rafael Labrado
Date: February 6 - February 27 (Sunday)
Time: 5:00pm - 6:00pm
Fee: $44.00
Location: KSU Ahern Dance Studio, Room 301

Boxing for Women
Learn to box! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun and relieve stress. Gloves will be provided. There will be no contact with other participants. Workout will be on the heavy bag, double-end bag, focus bag, jumpping rope and freestyle bag. Learn proper, defensive moves, combos and how to get awesome abs!
Lorena Riley (785-776-6060) has been involved in the fitness industry for 22 years as a certified personal trainer and certified kickboxing instructor. She has been coaching the last five years in Manhattan at Cottonwood Racquet Club. Lorena's class participants have experienced great success through her fitness programs.
Date: January 19 - February 14 (Monday/ Wednesday)
Time: 6:45pm - 7:30pm
Fee: $62.00
Location: 3615 Claffin Rd., Cottonwood Racquet Club

Boxing for Women
Lorena Riley (785-776-6060)
Date: January 19 - February 9 (Wednesday Only)
Time: 6:45pm - 7:30pm
Fee: $62.00
Location: 3615 Claffin Rd., Cottonwood Racquet Club

Boxing for Women
Lorena Riley (785-776-6060)
Date: February 16 - March 14 (Monday/ Wednesday)
Time: 6:45pm - 7:30pm
Fee: $62.00
Location: 3615 Claffin Rd., Cottonwood Racquet Club

Belly Dance Yoga Workout
Jazlyn Hackrott (Phoenix)
Date: February 10 - March 8 (Tuesday)
Time: 6:15pm - 7:45pm
Fee: $56.00
Location: KSU International Student Center

Beginning Intermediate Belly Dance
Maya Zahira (785-979-4681, www.maya-zahira.com)
Date: March 27 - May 3 (Tuesday)
Time: 6:30pm - 9:30pm
Fee: $38.00
Location: KSU International Student Center

Intermediate Belly Dance
Maya Zahira (785-979-4681, www.maya-zahira.com)
Date: February 17 - March 17 (Thursday)
Time: 8:30pm - 9:30pm
Fee: $30.00
Location: KSU International Student Center

Intermediate Belly Dance
Maya Zahira (785-979-4681, www.maya-zahira.com)
Date: March 31 - May 5 (Thursday)
Time: 8:30pm - 9:30pm
Fee: $38.00
Location: KSU International Student Center (No class April 14)
Boxing for Men
[Details not legible]

Boxing for Women
[Details not legible]

Pilates for Beginners
James LeFebvre (785-539-3563)
Date: February 24 - March 31 (Thursday)
Time: 8:30pm - 9:30pm
Fee: $42.00
Location: ProFitness In Aggieville, 1125 Laramie St., lower level

Boxing for Men
RFN6Z

Boxing for Women
RF14F

Pilates for Beginners
James LeFebvre (785-539-3563)
Date: April 7 - May 5 (Thursdays)
Time: 8:30pm - 9:30pm
Fee: $42.00
Location: ProFitness In Aggieville, 1125 Laramie St., lower level

Intermediate Pilates (Matwork)
James LeFebvre (785-539-3563)
Date: January 18 - February 15 (Tuesdays)
Time: 8:30pm - 9:30pm
Fee: $42.00
Location: ProFitness In Aggieville, 1125 Laramie St., lower level

Beginning Fencing in Salina
RF42Z

Relearning the Art of the Crawl
RF12Z

Remember when you crawled everywhere? Remember when it was your only mode of transportation? As an infant it came so naturally. However, as an adult we lose out on the pleasure of crawling. This class revisits the proper techniques of crawling and incorporates them into a body-sculpting dynamo of a workout. Added benefits could include begging for forgiveness, practicing for that raise, or searching for water in a desert.

Dr. Custer Jelliflymore has groveled on six continents and "crawled" into the consciousness of the exercise world with his "back-to-basics" approach to fitness.

Date: February 29 (Tuesday)
Time: 5:30pm
Fee: $24
Location: UFM Namy

Pilates for Beginners
[Details not legible]

Yogilates
Diana Knox (785-564-3663, dknxox@kusu.edu)
Date: March 8 - April 28 (Tues/Thurs)
Time: 12:45pm - 1:45pm
Fee: $80.00
Location: ProFitness in Aggieville, 1125 Laramie St., lower level
No class March 22 and March 24

Hip Hop Dance
RF43Z

Think you can't dance? Don't have any rhythm? Then there's a class for you at UFM. This "hip hop" class is a mix of choreography, battle rock, and break. Don't worry...it's geared for people who have had little to no dance experience, but would like to be physically active in a fun and exciting way. This class starts with the very basics and slowly progresses into a hardcore workout. So if you've been at the club thinking, "I wish I could get into that dance floor..." UFM has the remedy for you. Hope to see you there.

Kelly Marshall (mirr0110uku.edu) has been break dancing on and off since 2002. Although she has danced most of her life she never found the technical aspect of dance to be her favorite. Freestyle allows people to express themselves without fumbling over words and teaching it allows her to share what she's been blessed with through movement.

Date: January 25 - March 15 (Tuesdays)
Time: 5:30pm - 6:30pm
Fee: $52.00
Location: UFM Banquet Room

Intermediate Pilates (Matwork)
James LeFebvre (785-539-3563)
Date: February 22 - March 29 (Tuesday)
Time: 8:30pm - 9:30pm
Fee: $42.00
Location: ProFitness In Aggieville, 1125 Laramie St., lower level
No class March 22

Intermediate Pilates (Matwork)
James LeFebvre (785-539-3563)
Date: April 9 - May 3 (Tuesday)
Time: 8:30pm - 9:30pm
 Fee: $42.00
Location: ProFitness In Aggieville, 1125 Laramie St., lower level

Yogilates
[Details not legible]
Core Communication
Communication impacts every area of your life. How you communicate with others will influence your opportunities, and can strengthen or harm your relationships. Core communication is for anyone who believes effective communication is important to his or her well being. It is an engaging, positive program that teaches you practical communication competencies and skills for interacting with others and creating constructive interactions. It is taught using brief presentations, interesting demonstrations, positive skills with representing the part of a Doctorate in special education. She received training in Core Communications from the creators of the program and has been teaching it for two years.

Date: February 2 - March 9 (Wednesday)
Time: 7:00pm - 8:30pm
Fee: $52.00
Location: UFM Conference Room

Delving Into Your Dreams
The mystery of dreams and their meanings has captured the minds of humans throughout the ages. Some of the dreams' secrets are held within the unconscious mind. This class will provide a chance to share dreams, to explore their meaning, and to learn how to communicate from the dream perspective. This class is especially helpful for people who need to deal with stress, anxiety, or depression.

Date: January 30 - April 17 (Sunday)
Time: 6:30pm - 7:30pm
Fee: $48.00
Location: Bluestem Bistro (formerly Java Cafe)

Journal Writing
Journal Writing is a guided writing class that will help participants learn to express their thoughts and feelings through writing. Participants will be encouraged to write freely and to share their work with others in a supportive environment. The class will meet once a week for six weeks.

Date: January 18 - February 1 (Tuesday)
Time: 7:00pm - 9:00pm
Fee: $27.00
Location: UFM Conference Room

Clearing Clutter
Clearing Clutter is a class designed to help you learn how to manage your clutter and organize your space. You will learn techniques for decluttering your home, office, and life in general.

Date: April 11 - April 25 (Monday)
Time: 7:00pm
Fee: $25.00
Location: 811 Colorado Street

Tips, Tricks and Techniques for Creating a Naturally Beautiful Look
We will learn the simple techniques for creating a natural, beautiful, and practical makeup look. By learning the proper techniques and preferred tools, using the products that really work for you, your skin care and color cosmetics knowledge will increase. As you prepare to discover your own unique technique, you will choose the most effective and lasting look. Students will learn what colors & textures are best suited for their face shape, eye shape, eye color, hair color and skin tone/typ.

Date: February 19 (Saturday)
Time: 9:00am - 11:30am
Fee: $27.00
Location: UFM Kitchen

Clothing Care
Clothing Care will include the essential skills for looking after your clothes. You will learn how to wash clothes, iron clothes, and clean clothes. You will also learn how to keep clothes looking their best for as long as possible.

Date: February 19 & February 26 (Saturday)
Time: 10:00am - 12:00pm
Fee: $25.00
Location: UFM Conference Room

Clothing Care
Clothing Care is a class designed to help you learn how to make your clothing look its best. You will learn techniques for caring for your clothing, including ironing, cleaning, and keeping clothes looking their best.

Date: March 5 & March 12 (Saturday)
Time: 10:00am - 12:00pm
Fee: $25.00
Location: UFM Conference Room

Win $1 off any UFM Class...
by finding the “Fake Class” included in this catalog! Identify it when you register and receive $1 off your registration for one class.
Space-Efficient Gardening: Get More in Less Space

Let’s face it, most of us don’t have unlimited space to grow herbs and vegetables. But there are techniques that not only save a lot of space, but can actually reduce watering, watering and other chores. Learn these techniques and start planning your garden now. The gardening season begins to incorporate these ideas and you’re on your way to increased harvests in a smaller footprint. We will also discuss patio gardening and how you can grow many varieties in pots right in the comfort of your home.

Colleen Hampton (785-539-5054)
Date: February 26 (Saturday)
Time: 1:00pm - 12:00pm
Fee: $12.00
Location: UFM Greenhouse

Growing Cool & Warm-Season Vegetables

EN28

Would you like to grow more of your own vegetables? It’s a growing trend across the nation and you can get all the how-tos in this class. We’ll discuss all the popular veggies like tomatoes, lettuce, beans, as well as the more unique ones like broccoli, winter squashes, and sweet potatoes. Most importantly, we’ll give you tips on what to plant when, and some techniques and specific requirements of each vegetable to help you be successful with whatever you choose to plant.

Colleen Hampton (785-539-5054)
Date: March 5 (Saturday)
Time: 10:00am - 12:00pm
Fee: $12.00
Location: UFM Greenhouse

Gardening 101: The Basics

EN29

Welcome to America’s #1 hobby! But Mom, Dad or Grandma made it so simple, what’s the big deal? We will discuss your questions about site selection, soil types, what to plant when, past control, and how to deal with the weeds, pests and weeds in Kansas. We will answer all these questions whether you’re a vegetable or flower gardener. Your specific questions are welcome, too!

Colleen Hampton (785-539-5054)
Date: March 12 (Saturday)
Time: 10:00am - 12:00pm
Fee: $12.00
Location: UFM Greenhouse

Perennial Flowers

EN12

Are you tired of buying and planting new flowers year after year? Why not invest in some perennial flowering plants that will bloom every year? We will discuss the best perennial flowers for the Manhattan area and when to plant them, how to get the correct color and other planting and growing tips. Be the envy of your neighborhood (with minimal effort!)

Colleen Hampton (785-539-5054)
Date: March 26 (Saturday)
Time: 10:00am - 12:00pm
Location: UFM Greenhouse

Where The Sun Doesn’t Shine... Shade Gardening

EN22

Tired of having plants die because they didn’t get enough sun? Tired of that spot on the side of the house where nothing seems to grow? Perhaps you need to plant some shade-tolerant special species. We’ll discuss types of shade and what plants do well in even dufficult soil and climates. Both annuals, perennials, shrubs, and trees will be covered.

Colleen Hampton (785-539-5054)
Date: April 9 (Saturday)
Time: 10:00am - 12:00pm
Fee: $12.00
Location: UFM Greenhouse

Fossils, Transitional Forms and Evolution

EN29

You have probably heard the claims and counter claims about the fossil record and evolution. Does the fossil evidence support common ancestry? Are there transitional fossil species? Does the "Cambrian explosion" provide a challenge to evolution? Come, see, listen and ask questions.

Keith Miller (785-537-0222, kmlusilk@kstu.edu) is a geology faculty member at K-State with interests in palaeontology, Earth history and public science education. He is also active in the ongoing dialogue of science and theology, both locally and nationally.

Date: March 5-March 12 (Saturday)
Time: 7:00pm - 9:30pm
Fee: $14.00
Location: K-State Thompson Hall, Room 213

How to Build a Water Feature for Your Yard or Patio

EN20

The purpose of this class is to show the student how to go about constructing a water feature for your yard or patio.

George Wyatt owns and operates George W. Wyatt Consulting and Training, Inc. His wide career is a secondary teacher for USD 320 in Westmore. Together they collected the material and built the water features. Carol is the gardener - George is the builder. They enjoy creating unusual landscape attractions.

Date: April 21 (Thursday)
Time: 7:00pm - 9:00pm
Fee: $22.00 individual / $36.00 couple
Location: 7275 Sheffield Circle

Seed-Starting & The Garden Calendar

EN31

Do you wish you could have a great variety of plants without spending a lot of money at the garden center? How about a seed to a plant for less than $5? If you start your own seedlings, you have more options for less money and you don’t need a greenhouse! We’ll talk about the supplies you will need and when you need to start sowing. To help you further, bring a list of the seedlings you’d like to start yourself so you can go home with a good time frame for starting seeds indoors this spring!

Colleen Hampton (785-539-5054) is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 10 years. She is a member of the Manhattan Community Garden and several area garden clubs. Colleen welcomes your questions and direct participation.

Date: January 20 (Saturday)
Time: 10:30am - 12:30pm
Fee: $12.00
Location: UFM Greenhouse

Home Landscape Design

EN24

Learn the basics of landscaping your home! Locally available resources will be presented with limited discussion on advantages and disadvantages of various plant material. This course is a must for new residents to the Manhattan community or those of us with “brown thumbs.”

Gregg Eyestone (785-537-6300, greystone@kstu.edu) has been assisting home owners with their landscapes for the past 13 years. Currently he is employed with the Riley County Extension Service and the Kansas State University Gardens.

Date: January 20 - February 3 (Thursday)
Time: 6:30pm - 8:30pm
Fee: $29.00
Location: KSU Gardens Visitor Center, 150 Denison Ave.

Home Landscape Design

EN40

Learn the basics of landscaping your home! Locally available resources will be presented with limited discussion on advantages and disadvantages of various plant material. This course is a must for new residents to the Manhattan community or those of us with “brown thumbs.”

Gregg Eyestone (785-537-6300, greystone@kstu.edu) has been assisting home owners with their landscapes for the past 13 years. Currently he is employed with the Riley County Extension Service and the Kansas State University Gardens.

Date: January 21 - February 4 (Friday)
Time: 10:00am - 11:00pm
Fee: $20.00
Location: Extension Office, 110 Courthouse Plaza

 Were These Plants Framed? Gardening with Hot and Cold Frames

EN16

Would you like to start your own plants but don’t have space indoors? Would you like to begin harvesting earlier in the spring? Learn about the various types of hot and cold frames, their proper use, and what and when to plant utilizing this technique. Take home plans for building garden frames and get a head start on gardening!

Colleen Hampton (785-539-5054)
Date: February 3 (Saturday)
Time: 10:00am - 12:00pm
Fee: $12.00
Location: UFM Greenhouse

www.ksu.edu/ufm or www.ufmprograms.org
1221 Thurston
539-8763
Water Gardens 101: Construction and Maintenance

Water gardening is the fastest growing sector in the gardening world. Once you have a water feature, you'll understand why! And water gardens are simple to care for if they are built and maintained with some basic ecological principles in mind. Learn how to install this type of pond with easy step-by-step instructions. After that, we'll discuss how to stock and "plant" your pond to maintain this ecological balance. Soon you'll be on your way to enjoying the relaxing sound of water in your garden.

Colleen Hampton (785-539-5934)
Date: April 23 (Saturday)
Time: 9:00am - 12:00pm
Fee: $12.00
Location: UFM Greenhouse

Herb Product Making Demonstration

Learn how to make: cream, salves, bath salts, oils & vinegars, body care products, pet care products, garden care products, household care, food recipes, teas, tinctures and powdered herbs.

Jamie DeKraus (785-293-5787) is a former K-State student in Landscape Design and Horticultural Therapy. She is currently working in medicinal herb research at KSU. She also is the secretary of Great Plains Herb Growers Association.

Date: February 12 (Saturday)
Time: 11:00am - 4:00pm
Fee: $25.00
Location: UFM Greenhouse

Herb Garden Design

Discover the history of Herb gardens. Find out how to choose an herb garden design and learn how to maintain your garden.

Jamie DeKraus (785-293-5787)
Date: March 19 (Saturday)
Time: 11:00am - 4:00pm
Fee: $25.00
Location: UFM Greenhouse

Culinary and Medicinal Herbs

Learn how to grow herbs for optimal harvest and how to harvest, dry, and process herbs. Also learn how to use herbs in recipes for home, health and garden.

Jamie DeKraus (785-293-5787)
Date: January 25 (Saturday)
Time: 11:00am - 4:00pm
Fee: $25.00
Location: UFM Greenhouse

Heartland SHARE

What is Heartland SHARE?
Self Help And Resource Exchange is dedicated to providing monthly basic, consistent, affordable supplemental food packages to those willing to help themselves and others. Open to everyone.

What is a "SHARE"?
A food package consisting of 45 meats, a variety of fresh fruits and vegetables and other grocery items. One share costs 2 hours of volunteer service and $16.00. Vision Cards are accepted.

Where does the food come from?
Food is purchased on the open market in bulk by a professional purchasing staff. The bulk buying power (over 12 million pounds of food monthly) and the volunteer distribution network provides savings up to 60%. First quality and brand names like you would find in the grocery store.

Who can participate?
The program is open to everyone in the community regardless of income.
Sign up at UFM early in the month. SHARES are distributed the 3rd or 4th Saturday of each month at Blue Valley United Methodist Church, 835 Church Avenue.

SHARE: Good for You and Good for the Community

For more information, call UFM at 539-8763 or sign up at the UFM office, 1221 Thurston Street.
The Legend of the Dancing Goats

Explore the history and folklore of coffee as well as the fundamentals of coffee cupping and tasting. The first session covers the history of coffee from wild bush to world-wide commercial cultivation, and the concept of fair trade coffee. The second session focuses on the taste characteristics of coffee in general, and the specific differences in coffees grown in different regions of the world.

Wade Radina is a self-described coffee freak. He has been in the specialty coffee business since 1989, spent several years as the Director of Training for a national chain of coffeehouses, and owns and operates two coffeehouses in Manhattan. Additionally, Wade teaches management at Kansas State, enjoys hiking and biking, and has a dog named Tucker.

Date: March 2 & March 9 (Wednesday)
Time: 7:00pm - 10:00pm
Fee: $45.00
Location: UFM Kitchen

Wine 101: Wine Appreciation

Do you enjoy wine and want to know more about it? If so, this class is for you. Bob and Jeff M. will take you through different grape varieties, major wine regions, proper tasting techniques and wine storage. Six wines will be sampled each evening. Included will be food pairings provided by Mercado Gourmet Catering. Jeff M. will be on hand to discuss food pairings with the wines. Participants must be 21 years of age to enroll in this class. Enrollment is limited and this class fills up quickly, so enroll early! Be ready to come and have some fun while learning about wine!

Bob Campbell is the owner of Candlewood Liquor. Jeff Masberg is a wine sales representative for Glazer’s Distributors of Kansas. Jeff Henneman is the owner of Mercado Gourmet Catering.

Date: February 2 - February 23 (Wednesday)
Time: 7:00pm - 9:00pm
Fee: $35.00
Location: UFM Kitchen

The Joy of Juicing

Need a way to get you or your family to eat more vegetables or fruits? Try juicing! We will all need to get the necessary nutrients from vegetables and fruits into our daily diets and juicing is a great alternative. Learn how to combine different vegetables and fruits into great tasting drinks and sorbets. Bring your favorite fruit!

2. Patrick Caveselli (1975-1941-1451) has 20 years experience in the field of holistic medicine and 10 years as a licensed massage therapist and private practitioner. She graduated from Scherer’s Institute of Natural Healing in Santa Fe, New Mexico, studied under Harry Kroeger, a master herbalist in Boulder, Co., and with Dr. Gary Young of Young Living Essential Oils in Utah. She owns Body, Mind and Spirit in Manhattan.

Sarah English (765-539-6386) was a nutritional counselor for 6 years and has been juicing seriously for the last 5 years.

Date: February 21 (Monday)
Time: 6:00pm - 8:00pm
Fee: $17.00
Location: UFM Kitchen

College Cooking 101: Alternatives to Fast Food

What's for dinner tonight? If your answer involves a pack of Ramen or a trip to McDonalds, then this class is for you! Learn about what your body needs and what you need to avoid. In this class, you will be taught basic techniques and tricks that will help you make a wide variety of healthier and believe it or not - healthier alternatives to "fast food". Not only that, Ellen will share her own money-saving, time-saving and nutritional tips that will help save you money, be healthy and feel full. Some of the dishes you will learn to make are: Sizzlists, South of the Border (or Chicken) Salad, Fajitas, Juicy T Cheese Burgers, Oven Fries, and even-ever-so-versatile Stir Fry. Students will have the opportunity for hands-on experience and of course, get to eat what we make.

Ellen Breeding (913-284-4661, SadieEyes@aol.com)

Date: January 23 (Sunday)
Time: 2:00pm - 5:00pm
Fee: $39.00
Location: UFM Kitchen

Cookies 101

What is better than warm cookies made from scratch? When you’ve got a craving, there is no substitute. After baking, sampling, researching, and compiling hundreds of cookie recipes, Ellen has managed to perfect her cookie recipes and come up with the best techniques to making them. In this class, you will learn how to make new best friends by creating beautifully decorated Chocolate Chocolate Chip cookies, light and chewy Sticker Doodles and much more! This is a hands-on class, so come ready to roll up your sleeves. Each student will take home a variety of the cookies that we make.

Ellen Breeding (913-284-4661, SadieEyes@aol.com)

Date: February 20 (Sunday)
Time: 1:00pm - 4:00pm
Fee: $37.00
Location: UFM Kitchen

An Evening of Japanese Cooking

An evening of exploration into the delights of Japanese cooking. We will make and enjoy a meal of miso soup, panko chicken with yakitori sauce and rice with toasted nori (seaweed). You will leave with a knowledge of how to make an Omelet at home, a recipe book and a full tummy.

Calista Wilson (785-494-2752, cooljetadancee.com) has a taste for travel! Although she might not be well-traveled, she does have a diverse knowledge of food preparation.

Date: February 3 (Saturday)
Time: 6:30pm - 8:30pm
Fee: $23.00
Location: UFM Kitchen

Cook Your Favorite Vietnamese Foods

Learn and get your favorite Vietnamese recipe. Students will be assigned a list of food to bring to class.

Elise M. Done (elindon@kau.edu) was born in Vietnam and moved to the United States 9 years ago. All the recipes that are planned to be shared with the students are homemade recipes that she has learned from her mother.

Date: January 38 - May 3 (Tuesday)
Time: 7:00pm - 9:00pm
Fee: $23.00
Location: UFM Kitchen
No class March 22

Menu Planning 101

Learn realistic menu planning for any budget, that includes leftovers and an impromptu hunger. Match your shopping list to your menu and what you have on hand. Recipes and snack ideas will be included.

Calista Wilson (785-494-2752, cooljetadancee.com) is a wife and mother of four young children. She maintains a high energy, low-stress household, and she feels her success is in her planning and a lot of snacking.

Date: March 3 (Saturday)
Time: 10:00am - 12:00pm
Fee: $16.00
Location: UFM Conference Room

Menu Planning 101

Calista Wilson (785-494-2752, cooljetadancee.com)

Date: April 18 (Monday)
Time: 6:30pm - 8:30pm
Fee: $16.00
Location: UFM Conference Room

www.ksu.edu/ufm or www.ufmprograms.org
1221 Thurston
539-8763
An Evening of Japanese Cooking
Calista Wilcox (785-494-2752, mco@kudance.com)
Date: April 19 (Saturday)
Time: 6:30pm - 8:30pm
Fee: $22.00
Location: UFM Kitchen

An Evening of Middle Eastern Cooking
Come explore the wonderful flavors of the Middle East. We will make and try a variety of dishes from several regions. Hummus, rice, pita, olive oils, spices, and the list goes on! Leave with an expanded taste pallet, cookbooks, and a full tummy, of course!
Calista Wilcox (785-494-2752, mco@kudance.com)
Date: February 19 (Saturday)
Time: 6:30pm - 8:30pm
Fee: $22.00
Location: UFM Kitchen

An Evening of Middle Eastern Cooking
Calista Wilcox (785-494-2752, mco@kudance.com)
Date: March 19 (Saturday)
Time: 6:30pm - 8:30pm
Fee: $22.00
Location: UFM Kitchen

Chinese Cooking
Learn the 5 principles involved in making a wonderful Chinese meal. Everyone will learn some basic skills to create several traditional and delicious dishes. In the first class we will have a question and answer session as well as a demonstration and exploration of Chinese cooking. In the second class we will continue this adventure into the mysterious allure of Oriental Cooking and enjoy a meal together.
Florence Wang comes from Taiwan and has prepared Chinese cuisine for over 15 years. She enjoys cooking for friends and family.
Date: February 28 & March 14 (Monday)
Time: 7:00pm - 9:00pm
Fee: $15.00
Location: UFM Kitchen

Chinese Cooking
Florence Wang
Date: March 28 & April 11 (Monday)
Time: 7:00pm - 9:00pm
Fee: $15.00
Location: UFM Kitchen

The Best Tastes From The Heart of Europe
Delicious, special and unique. All people interested in trying new, unforgettable tastes, experience and different culture have extraordinary opportunities to join our classes and learn a lot about Middle European cuisine.
Veronica Strickler (veronicas@ksu.edu)
Date: February 2 - March 2 (Wednesday)
Time: 12:30pm - 1:45pm
Fee: $49.00
Location: UFM Kitchen
LSAT Prep FC-24
Law School Admission Test
Review Course

- Comprehensive 28-hour Review
- In-Class & At-Home Study Materials
- Analytical Lectures
- Test-Taking Strategies

Date: February 28 - March 16
Practice Test April 2
(Mon/Wed/Sat)
Time: 6:00 p.m. - 9:00 p.m. (Mon/Wed)
8:00 a.m. - 12:00 p.m. (Sat)
Fee: $250
Location: KSU, Bluemont Hall, Room 114

GMAT Prep FC-05
Graduate Management
Admission Test Preparation
Course

Review Segments
Reading Comprehension
Sentence Correction & Analytical
Writing Assessment
Critical Reasoning
Discrete Quantitative
Data Sufficiency

Date: January 30 - March 3
(Tuesday/Thursday)
Time: 7:30 p.m. - 9:30 p.m.
Fee: $250
Location: KSU, Bluemont Hall, Room 5102
(No class on February 3)

GRE Prep FC-06
Graduate Record Exam
Preparation Course

- Review and practice the three GRE subject areas
  of Math, Logic and Verbal Skills
- Learn strategies for successful test taking
- Analyze the reasons for correct responses

Date: January 20 - March 3
(Tuesday/Thursday)
Time: 7:30 p.m. - 9:30 p.m.
Fee: $250
Location: KSU, Bluemont Hall, Room 5102
(No class on February 3)

*Enrollment deadline is one week before the start date for each of the Test Prep Courses. Students who enroll after the deadline will be charged an additional $20 as materials will have to be express ordered.
Recreational courses for KSU credit on this page are offered for credit through the Division of Continuing Education with the cooperation of various KSU departments. Register for these at 151 College Court. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration Office. Call 332-5566 for questions or information or visit www.dce.ksu.edu/dce/outreach/recreationcourses.html
Fitness Swimming  
**J981.20**  #8244

Students involved in this course must be able to demonstrate proficiency in swimming, kick, tread, and survival, and ability to swim for distance. The course is designed to strengthen abdominal, chest, and arm muscle groups. Students will gain a better understanding of the basic techniques of swimming through practice and improving body mechanics to increase physical fitness and endurance. This program is designed for students who need improvement and beginning swimming techniques.

First Day: February 17, 2020
Time: 5:00 PM
Location: KCS, Classroom #290
(Available for New C. tudents)

**Flying Fishing**  
**J983.20**  #8237

This course will provide the proper techniques for performing the basic skills of fishing including casting and fly fishing. Students will learn the proper casting of the line, fly casting, and fly fishing techniques. The course will be held on the weekends. The class will be divided into two sections. The first session will cover casting, fly making, fly selection, and fly-fishing techniques. The second section will cover basic fishing techniques and equipment. The class will be led by an expert fly-fishing instructor. There is a non-refundable material fee of $60 for all students after the first day.

First Day: February 12, 2020
Time: 6:00 PM
Location: KCS, Mahood Hall
(Available for New C. tudents)

**Fish Fishing**  
**J983.20**  #8264

This course will cover the proper techniques for performing the basics of fishing including casting and fly fishing. The class will be divided into two sections. The first session will cover casting, fly making, fly selection, and fly-fishing techniques. The second section will cover basic fishing techniques and equipment. The class will be led by an expert fly-fishing instructor. There is a non-refundable material fee of $60 for all students after the first day.

First Day: March 17, 2020
Time: 6:00 PM
Location: KCS, Mahood Hall
(Available for New C. tudents)

**Golf in Junction City**  
**J981.20**  #7235

This course is designed to improve the fundamentals of the full golf swing, the short game techniques of chipping, pitching, and putting, and the rules and regulations of golf. Students who have had previous experience in golf will be encouraged to participate in the course.

First Day: March 27, 2020
Time: 6:00 PM
Location: KCS, Mahood Hall
(Available for New C. tudents)

**Golf in Salina**  
**J981.20**  #8260

This course is designed for the beginning golfer. The course emphasizes the fundamentals of the full golf swing, the short game techniques of chipping, pitching, and putting, and the rules and regulations of golf. Students who have had previous experience in golf will be encouraged to participate in the course.

First Day: March 27, 2020
Time: 6:00 PM
Location: KCS, Mahood Hall
(Available for New C. tudents)

**Intermediate Golf in Junction City**  
**J981.20**  #7235

This course is designed to improve the fundamentals of the full golf swing, the short game techniques of chipping, pitching, and putting, and the rules and regulations of golf. Students who have had previous experience in golf will be encouraged to participate in the course.

First Day: March 27, 2020
Time: 6:00 PM
Location: KCS, Mahood Hall
(Available for New C. tudents)

**Intermediate Golf in Salina**  
**J981.20**  #8260

This course is designed for the beginning golfer. The course emphasizes the fundamentals of the full golf swing, the short game techniques of chipping, pitching, and putting, and the rules and regulations of golf. Students who have had previous experience in golf will be encouraged to participate in the course.

First Day: March 27, 2020
Time: 6:00 PM
Location: KCS, Mahood Hall
(Available for New C. tudents)

**Intermediate/Advance Golf in Salina**  
**J982.20**

This course is designed for the intermediate/advanced golfer, and it will allow students to improve their game. Students will develop their skills physically and mentally. Students will practice improving their golf swing and short game before the driving range and on the golf course. The first round of golf and first basket of balls is included in the class fees. Students will be responsible for their own round of golf and additional baskets of balls. Students will meet on Friday nights.

First Day: March 7, 2020
Time: 6:00 PM
Location: KCS, Mahood Hall
(Available for New C. tudents)

**Judo 1**  
**J982.20**  #7258

Judo 1 is designed not for the physically strong person, but for those who are interested in the art of Judo. Judo is a form of Judo, which is a Japanese martial art that focuses on techniques of self-defense. The course will begin with basic techniques and gradually progress to more advanced techniques.

First Day: January 30, 2020
Time: 6:00 PM
Location: KCS, Mahood Hall
(Available for New C. tudents)

**Judo 2**  
**J982.20**  #7258

Judo 2 is designed not for the physically strong person, but for those who are interested in the art of Judo. Judo is a form of Judo, which is a Japanese martial art that focuses on techniques of self-defense. The course will begin with basic techniques and gradually progress to more advanced techniques.

First Day: February 10, 2020
Time: 6:00 PM
Location: KCS, Mahood Hall
(Available for New C. tudents)

**Junior Sales Program**  
**J983.20**

This program is designed for students who have had previous experience in sales. The course is divided into two sections. The first section will focus on the basics of sales, such as product knowledge, customer service, and sales strategies. The second section will focus on advanced sales techniques, such as closing techniques and performance evaluation.

First Day: January 20, 2020
Time: 6:00 PM
Location: KCS, Mahood Hall
(Available for New C. tudents)

**Piano 1**  
**J983.20**

This course is designed for students who have had previous experience in keyboarding. The course will begin with basic techniques and gradually progress to more advanced techniques. The course will focus on developing musical skills and understanding the basics of music theory.

First Day: March 7, 2020
Time: 6:00 PM
Location: KCS, Mahood Hall
(Available for New C. tudents)

**Intermediate Fencing**  
**J982.20**

Intermediate Fencing is designed for those who have completed the previous level of instruction. The course will focus on improving fencing skills, developing strategic thinking, and understanding the rules of the game. Participants will be encouraged to improve their competitiveness and technical skills.

First Day: March 10, 2020
Time: 6:00 PM
Location: KCS, Mahood Hall
(Available for New C. tudents)

**Piano 2**  
**J983.20**

This course is designed for students who have had previous experience in keyboarding. The course will begin with basic techniques and gradually progress to more advanced techniques. The course will focus on developing musical skills and understanding the basics of music theory.

First Day: March 7, 2020
Time: 6:00 PM
Location: KCS, Mahood Hall
(Available for New C. tudents)
Responding to Emergencies

Responding to Emergencies

\[ R S C U ~ 0 5 1 ~ F \]

This course will provide the individual participant with the knowledge and skills necessary in an emergency to help sustain the life and maintain the health and the consequences of injury or sudden illness in self and others. Further, the course will provide assistants in dealing with the various types of emergencies that may be encountered. 

Location: American Express, 200 Anderson Ave (Attention to Food and Cash)

Tae Kwon Do I

Tae Kwon Do I

\[ R S C U ~ 0 5 2 ~ F \]

This course is designed to teach students the fundamentals of Tae Kwon Do. The course covers the history, philosophy, and introduction to the techniques and movements. Students will be introduced to the basic techniques of Tae Kwon Do.

Location: American Express, 200 Anderson Ave (Available to Non-Credit)

Tae Kwon Do II

Tae Kwon Do II

\[ R S C U ~ 0 5 3 ~ F \]

This course is designed to teach students the fundamentals of Tae Kwon Do. The course covers the history, philosophy, and introduction to the techniques and movements. Students will be introduced to the basic techniques of Tae Kwon Do.

Location: American Express, 200 Anderson Ave (Available to Non-Credit)

Scuba Diving

Scuba Diving

\[ R S C U ~ 0 5 2 ~ F \]

This course will provide students with National Association of Scuba Diving Certification (NASD) Scuba Diver certification. The course includes instruction in dive planning and equipment use. Students will learn the fundamentals of scuba diving before entering the water. This course is designed to teach students the fundamentals of Tae Kwon Do.

Location: American Express, 200 Anderson Ave (Available to Non-Credit)

Tae Kwon Do in Salinas

Tae Kwon Do in Salinas

Tae Kwon Do is an effective way to stay fit and healthy. The course will cover the的基本 techniques and movements. Students will be introduced to the basic techniques of Tae Kwon Do.

Location: American Express, 200 Anderson Ave (Available to Non-Credit)

Tennis

Tennis

\[ R S C U ~ 0 5 2 ~ F \]

This course is designed to teach students the fundamentals of Tae Kwon Do. The course covers the history, philosophy, and introduction to the techniques and movements. Students will be introduced to the basic techniques of Tae Kwon Do.

Location: American Express, 200 Anderson Ave (Available to Non-Credit)

Aquarium

Aquarium

\[ R S C U ~ 0 5 2 ~ F \]

This course will provide students with the knowledge and skills necessary in an emergency to help sustain the life and maintain the health and the consequences of injury or sudden illness in self and others. Further, the course will provide assistants in dealing with the various types of emergencies that may be encountered.

Location: American Express, 200 Anderson Ave (Available to Non-Credit)
Boxing for Women: RRES 210

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Golf: RRES 210

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Ballroom Dance in Salina: RRES 210

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<tr>
<td>January 31, February 1, 2</td>
<td>7:00</td>
<td>Stagg Hall Golf Club, 4441 Fl. Keys Blvd.</td>
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Scuba Diving in Salina: RRES 210

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<td>March 1, 2, 3</td>
<td>9:00</td>
<td>Stagg Hall Golf Club, 4441 Fl. Keys Blvd.</td>
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Archery Instructor Training and Certification - Level 1: RRES 210

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Yogilates: RRES 210

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Programs:

- Golf
- Ballroom Dance in Salina
- Scuba Diving in Salina
- Archery Instructor Training and Certification - Level 1
- Yogilates
Lou Douglas Lecture Series

Jolting Conventional Wisdom for 25 Years

For 25 years the Lou Douglas Lecture Series on Public Issues has presented thought-provoking speakers, free of charge to the campus and the larger community. The series honors the memory of this distinguished professor of political science who was widely known for his power to inspire students, faculty, and citizens to testigate change. With principle, humor, and wisdom, Professor Douglas motivated individuals and grassroots organizations to pursue social justice in politics, economics, and foreign policy.

Lou Douglas was an influential member of the UFM Community Learning Center Board of Directors. He served in many capacities, including Chair of the Board, until his death in 1979. As part of his commitment to grassroots projects, Professor Douglas initiated the UFM Community Resource Program, which has assisted over 90 Kansas communities to develop and implement their own local community education programs based on UFMs volunteer model and using local talent and resources. As a result of these valuable contributions, UFMs spearheaded efforts to establish the lecture series.

Focusing on Social Justice, Human Rights, World Peace, International Development

The Lou Douglas Lectures seek to extend understanding of public policies that can further democratize society. They contribute to the general education of students and others by presenting speakers who will jolt conventional wisdom and propose public policy that deals progressively and democratically with the root social, political and economic problems. Known for their impact on regional, national and world affairs, these individuals are selected for their commitment to justice and equality for all people.

Enriching the Intellectual and Civic Lives of the K-State/Manhattan Community

Illustrating and provocative lectures with free-wheeling question and answer periods stimulate discussion as well as promote original thinking and questioning of perspectives on critical public issues. Related experiences such as brown bag lunches, class and seminar presentations and interaction with student and community organizations enhance the lecture experience. Many K-State graduates say that the perspectives they gained from the Lou Douglas Lectures have been invaluable to their lives as citizens.

Inspiring Justice and Equality for All People

The success of the Lou Douglas Lectures depends on the continued financial support of people who are committed to perpetuating the spirit and philosophy of this distinguished professor of political science. Contributors make it possible for the Lou Douglas Lectures to bring important speakers to the K-State campus and the Manhattan community. To support the Lou Douglas Lecture Series, call 785.539.8763, e-mail umf@ksu.edu or send your tax-deductible contribution to 1221 Thurston St, Manhattan, KS 66502.

Fifth Annual

Donald J. Adamchak
Distinguished Lecture in Sociology

Monday, March 7, 2005; 7:00 p.m.
K-State Student Union Forum Hall

Sex, HIV Risk, and Living Poor in African City "Ghettos''

Dr. Francis Dodoo
Professor of Sociology and Demography
The Pennsylvania State University

For more information contact Leah Duskin at duskin@ksu.edu

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1814 Clafin Road 776-3771 www.clafinbooks.com

539-8763

1221 Thurston

www.ksu.edu/ufm or www.ufmprograms.org
What’s New at UFM?

Online Class Registration

You can now register for UFM Classes ONLINE at our website, www.ufmprograms.org. Registration is fast, easy, and secure when you enroll online on our recently improved website. You can also request a catalog, specific class or program information, or add yourself to our mailing list by visiting www.ufmprograms.org.

Online Classes

UFM will be offering its first online classes this spring! We are offering two sections of grant writing, ABC’s of Grant Writing, Basic and Advanced Courses. These classes are great for busy professionals who would like to gain a better understanding of grant writing. Take these classes at your convenience - enroll now at www.ufmprograms.org. For more information, contact our office at 539-8763 or ufm@ksu.edu.

Kitchen Update

We have recently updated the UFM kitchen so that we can offer many new cooking classes! Check out the Fun Foods section of the catalog, which includes classes such as: wine, coffee and tea classes; ethnic food classes such as Chinese, Middle Eastern, Japanese, Vietnamese, Eastern European Cooking classes; and many more such as the Joy of Juicing, College Cooking 101, the list goes on! Come see our updated kitchen and try one of our cooking classes!

New Classes at UFM

AQUATICS
Beginning and Intermediate Diving AQ41
NAUI Skin Diver AQ29
NAUI Scuba Refresher Course AQ40
Introduction to Canoeing AQ40

LANGUAGE
Latin Courses LA06, LA07, LA08
English as a Second Language LA09
Conversational Vietnamese LA11
Slovak Language LA12

HEALTH AND WELLNESS
Community CPR and First Aid HW25
Journey of Holistic Healing HW23
Beginning Ashtanga Yoga HW28
Meditation and Tai Chi Chuan HW29
Therapeutic Touch HW30

RECREATION AND FITNESS
Archery Instructor Training and Certification RF07Z
Beginning Dance for Couples RF38
Beginning Dance for Teens and College Students RV39
Belly Dance Yoga Workout RF28
Beginning Rumba Dance RF34
Beginning Samba Dance RF35
Beginning Boxing For Men RF36
Yogilates RF42AZ

YOUTH CLASSES
Cheerleading and Dance 101 Y010A
Yoga for Teens Y012

CREATIVE FREE TIME
Guitar For Beginners CF12B
Music Fundamentals CF48
Exploration of Drawing and Watercolor CF39
Beginning Brazilian Drumming CF40
Mosaic Magic CF50
Fantasy Workshop CF53
Indian Friendship Bracelets CF52
Beginning Oil Painting CF53

PERSONAL INTEREST
Diving Into Your Dreams FC12B
Discovering Your Creative Self PF17
Home Work For Women PF18
Tips, Tricks and Techniques for Creating a Naturally Beautiful Look PF23A

EARTH AND NATURE
Fossils, Transitional Forms and Evolution EN09
Herb Gardening Classes EN14, EN15, EN16

FUN FOODS
The Legend of the Dancing Goats (Coffee) FF13
The Joy of Juicing FF01
College Cooking 101: Alternatives to Fast Food FF02
Cookies 101 FF03
I Have to Cook for Whom? FF04
Cook your Favorite Vietnamese Foods FF05
Menu Planning 101 FF07
An Evening of Japanese Cooking FF08
An Evening of Middle Eastern Cooking FF09
The Best Tastes from the Heart of Europe FF11

Enroll online at www.ufmprograms.org!
YOU ARE INVITED to UFM’s Open House and Kitchen Shower

January 20, 2005
4:30 - 6:30 pm

Come see our updated kitchen and basement! We are ready for business, but still need bakeware, cooking utensils and other kitchen necessities, or appliances.
Refreshments and door prizes! See you there!

Featured Instructor

Linda Harvey began teaching grantwriting courses for UFM in Fall 2004. Linda will be the instructor for the first course that UFM will offer in an online format. During the Spring 2005 semester, Linda will be busy teaching classes for both UFM as well as courses for the Department of Journalism and Mass Communications at K-State.

Linda is a graduate of the Public Relations program at K-State. She also holds a master’s degree in public administration from the University of Nebraska. In 1999, Ms. Harvey is a writer and teaches Public Relations Writing and Media Relations for K-State’s Journalism school.

Linda’s career originally took her into the nonprofit sector as a Public Relations Director, Editor, Writer and Public Relations Coordinator. She spent a great deal of time in both human service and then as a nonprofit administrator in the performing arts.

Linda Harvey has nearly a decade of experience in the non-profit sector. As a fundraiser, she has raised nearly $500,000 through grantwriting. Linda’s grantwriting focus was originally in the performing arts, writing proposals for the various organizations to the National Endowment for the Arts and various state arts councils. Linda’s responsibilities fully focused on fundraisers after she started working with Opera Omaha, and she continues to offer grantwriting services as an independent consultant. Linda has also reviewed grants for the Nebraska Arts Council and worked with the Nebraska Methodist Hospital Foundation.

Linda enjoys reading, the outdoors, spending time with my family, sewing, quilting, movies and cooking. Linda’s mother lives in the area, as do many of her “extended” family members. Linda would like to take yoga or some type of “hobby” class at UFM if she has time in the future.

ABCs of Grantwriting (Basic Course) PC09A
Whether you’re a volunteer or staff member in one of the many non-profit organizations in Kansas, grantwriting is a key ability to have to ensure the success of your mission. Come learn the ins and outs of grant research, prospect research, and the basics of what comes available. This class will be offered in a classroom setting.

Date: February 12 (Saturday)
Time: 9:00am - 11:30am
Fee: $42.00
Location: UFM Conference Room

ABCs of Grantwriting (Advanced Course) PC10
**Online Format

This class is an extension of the online ABCs of Grantwriting Basic course. Learn how to write effective grant proposals, and spend time learning how to write each section of a mock proposal during the 5-week online workshop. The ABCs of Grantwriting Basic Course is suggested before taking this class. Participants will need access to the Internet and a computer on which they can view PowerPoint presentations, PowerPoint, the Internet, MS Word and an online message board will be utilized during this course.

Date: March 20 - April 27 (Wednesday)
Time: At your leisure
Fee: $45.00
Location: Any PC available with Internet Access
Thanks for Your Support!

We wish to thank the following contributors to UFM and to the Low Douglas Lecture Series for their financial contributions during 2004. These donations help underwrite general operating costs, lecture expenses, and scholarships that make UFM program services and the Low Douglas Lectures possible.

Anonymo...

UFM can Accept Donations in Many Forms

We will be glad to find a way to make a UFM donation fit your budget and convenience.

- **Teach a Class**—Donating your time to teach a UFM class can be deducted from your taxes at a dollar value.
- **Stocks and Securities**—UFM has a brokerage account that can accept donations of appreciated stock and other securities.
- **Put Us In Your Will** for future assistance. UFM has an endowment account at the Manhattan Community Foundation.
- **Equipment, Supplies or Services**—UFM often has need for carpentry, yard care, miscellaneous equipment and specialty supplies. A donation in this area is also tax deductible.
- **Cash**—One-time payments, monthly or quarterly installments, credit card, billed or direct deposit.

Call Linda at 539-8763 for details.

What will your donation buy?

Gfits to UFM may be designated in several ways:

- **General Operations**—Keeps the catalog coming with a wide array of class choices and supports service projects.
- **Endowment Fund**—Supports long term program success.
- **Scholarship Fund**—Provides scholarships to adults and/or children with financial challenges.
- **Program/Series Sponsorship**—Sponsors a class, a series, or an entire section of the catalog that interests you.

Program/Series Endowment—A gift of $5,000 or more can ensure a regular series of classes or lectures around a topic of your interest.

Call Linda at 539-8763 to discuss these options.

I wish to donate: $10 $25 $50 $100 Other

I would like to be billed in installments.

Call me regarding a gift to UFM.

Name: ____________________________

Address: __________________________

City: ____________________________ State: ____________________________ Zip: ____________

www.ksu.edu/ufm or www.ufmprograms.org

1221 Thurston, Manhattan, KS 66502

(785) 539-8763

539-8763
ON CAMPUS REGISTRATIONS

The following dates and locations have been scheduled to make registering for a UFM class even easier.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Jan. 18</td>
<td>10 am - 2 pm</td>
<td>KSU Union</td>
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<tr>
<td>Jan. 19</td>
<td>10 am - 2 pm</td>
<td>KSU Union</td>
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</table>

Registration continues throughout the semester:

UFM House — 1221 Thurston
8:30 am - 5 pm closed 12 Noon - 1 pm

MAILING YOUR REGISTRATION?

Class confirmations will not be sent unless requested. Consider yourself registered when we receive payment unless you hear from us that the class is full. Free feel to call us to inquire about our receipt of your registration.

UFM accepts donations of money and usable office items.

Private monetary donations help underwrite the costs of maintaining the UFM buildings, coordinating the catalog of classes and special projects such as scholarships, youth projects, or gardening.

Tax deductible contributions may be sent to UFM at 1221 Thurston, Manhattan, KS 66502.

CRA-Community Resource Act
Who we are: UFM's State Outreach Program
What we do: Assist Kansas towns in developing community education/development programs
How we assist: Mini grants and free technical assistance

For more information, call UFM
(785) 539-8763

ANSWERING MACHINE
You can leave a message or receive current UFM information by calling 539-8763 between 5:00 pm and 8:30 am.

539-8763
1221 Thurston
www.ksu.edu/ufm or www.ufmprograms.org

UFM INSTRUCTORS

Got an idea for a UFM class? UFM is always looking for new ideas and new projects. Let us hear from you! Call us at 539-8763 or e-mail um法人@ksu.edu to share your ideas!

About UFM Classes

UFM adheres to the philosophy that everyone can teach and everyone can learn. UFM is a community learning program which contracts with nonprofessional community instructors. Consequently, we cannot guarantee that the courses offered are accurate or complete in content and quality of instruction. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's ability.

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in a UFM class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Marcia at 539-8763.

UFM CANCELLATION POLICY

When we cancel or reschedule a class, you will be notified. Therefore, it is extremely important that we have a daytime and an evening phone number where we may reach you or leave a message. We reserve the right to cancel any class.

REFUND POLICY

If we will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a $3 processing fee. Some classes have material fees which are non-refundable. Those classes are marked. NO REFUND AFTER THE CLASS BEGINS.

PRE-REGISTRATION IS REQUIRED

All participants must pay registration fees before attending a UFM class. This allows for adequate headouts and materials. You are not registered until we receive your registration fee. A class may be canceled due to insufficient pre-registration.

INCLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are canceled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling.

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

Credit Registration Refunds: A full refund of tuition and fees, less any non-refundable material fee, may be given before 20% of the scheduled class meetings. A 50% refund of tuition and fees may be given, less any non-refundable material fee, between 20% and 25% of the scheduled class meetings. No refund is issued after 25% of the scheduled class meeting. No refund is issued after 25% of the scheduled class meeting is attended. Students must either complete and submit the online drop form located at: http://www.doc.ksu.edu/docs/dropforms.html or send written notification of drop to the DCE Registration Office (785-532-5566) postmarked no later than the deadline.

LIABILITY STATEMENT

Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agrees to voluntarily assume all risk of loss, damage, or injury that may be sustained while using KSU or UFM facilities or participating in programs. KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their personal insurance policies if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

Nondiscrimination Policy

UFM welcomes participants of any race, color, religion, national or ethnic origin to all programs and activities. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions. Please call (785) 539-8763 to make arrangements for classroom accessibility.

UFM adheres to the philosophy that everyone can teach and everyone can learn. UFM is a community learning program which contracts with nonprofessional community instructors. Consequently, we cannot guarantee that the courses offered are accurate or complete in content and quality of instruction. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's ability.

We are fortunate to have so many talented and knowledgeable individuals who are willing to share with others through UFM.

Marcella Nenney

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Marcella Nenney
Call it in: Call 539-8763 during business hours and use your Mastercard, Discover, or Visa. Please have your card number and expiration date ready.

Mail it in: Complete the form below and mail it with your check, money order, or credit card information to: UFM Class Registrations, 1221 Thurston, Manhattan, KS, 66502-5299.

Walk it in: Stop by the UFM house, 1221 Thurston between 8:30–12 & 1:00–5:00 (Monday thru Friday).

✓ Flexible registration—register by phone, mail, or in person
✓ Discounts—find the fake class and win $1.00 off any UFM class. Youth scholarships are also available.
✓ Enrollment office hours are between 8:30 & 12:00 and 1:00 & 5:00, Monday thru Friday.

FOR YOU... One participant per form, please.

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Student Name: ____________________________  Day Phone: ____________________________
Address: ____________________________  Evening Phone: ____________________________
City: ____________________________  State: __________  Zip: ________  Email: ____________________________
Age Under 18 exact age: 18-24 □ 25-29 □ 60+ □
Parent’s Name if Student is Under Age 18: ____________________________
CLASS # Session TITLE FEE LOCATION DATE TIME

Tax Deductible Donation

Total

Card Number: ____________________________
Expiration Date: ____________________________

Card Cardholder’s Name (Please Print): ____________________________

g Card Cardholder’s Signature

Participant Statistics: KSU Student □ KSU Faculty/Staff □ PI-Ray □ Other □
Where did you obtain your catalog?
A class I would like offered

I am participating upon my own initiative and upon my own assumption of risk in a UFM Community Learning Center program. I hereby agree, for myself and all who may hereafter claim through or for me, to assume all risk of personal harm or injury resulting from my participation in any or all classes for which I have registered and to hold UFM Community Learning Center harmless as to liability for such injury.

Signature*: ____________________________  Date: ________

*Signature of Parent or Guardian required for minors.

Office Use Only Date Staff Amount Total Paid
Date Received ________  ________  ________  ________
Entered ________  ________  ________  ________
Computer ________  ________  ________  ________

FOR A FRIEND... One participant per form, please.

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