Fall Classes August - December 2005

- Scrapbooking
- Cajun Cooking
- Hip Hop Dance
- Computer Classes
- Swim Lessons
- Test Prep Courses
Welcome to UFM Community Learning Center...

UFM Community Learning Center is a creative educational program serving Kansas State University, the Manhattan area and the state of Kansas. Based on the philosophy that everyone can learn and everyone can teach, UFM provides opportunities for lifelong learning and personal development. UFM serves as a forum for the exchange of ideas and to catalyze for new programs and services that enhance the quality of life for all. Call us with your ideas.

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UFM Staff:
- Executive Director - Linda Inlow Teener
- Education Coordinator - Marcia Hornung
- Community Outreach Coordinator - Charline Brownson
- Lee Douglas Lecture Series Coordinator - Olivia Collins
- Teen Mentoring Program Coordinator - Karen Roesch
- Office Coordinator - Lora Shelton
- Media Coordinator - Annette Sweet

Plus all the teachers who share their talents!

Enroll online at www.tryufm.org!
Learn to Swim Classes
UFM proactively teaches the American Red Cross Swim Lessons Levels 1-6, Parent/Infant and Parent/Tot, and Tot Transition. UFM 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 is evaluated to ensure 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: KSN Natatorium - Ahern 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.

Parent’s Day will be scheduled to allow parents on deck to observe their child's progress. Each child will receive a progress report at this time as well as at the end of class. Note: Minimum enrollment for all classes is 4. If less than 4 enroll, classes may be combined, changed to private or semi-private lessons or cancelled.

BEGINNING & ENDING DATES (Except Where Noted):
Session A: Mondays, September 15 - November 21 (No class October 3)
Session B: Tuesdays, September 13 - November 22 (No class October 4)
Session C: Wednesdays, September 14 - November 16
Session D: Thursdays, September 15 - November 17
Session E: Saturdays, September 10 - November 19 (No class October 1)

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 preparation, preparatory activities for swimming and water awareness for you and your child. Small children should wear appropriate swim diapers. To prevent cold shock,remember the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs and be 6 month old. During the 5 meetings, parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child.

Monday: 6:00pm - 6:30pm
AQ01P: 9/15 - 10/17 (No class 10/3)
AQ02P: 10/24 - 11/21
Tuesday: 6:00pm - 6:30pm
AQ01T: 9/13 - 10/18 (No class 10/4)
AQ02T: 10/25 - 11/22
Saturday: 9:30am - 10:00am
AQ01S: 9/10 - 10/15 (No class 10/1)
AQ02S: 10/22 - 11/19
Fee: $22 per session

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
AQ01T: 9/12 - 10/17 (No class 10/3)
AQ02T: 10/24 - 11/21
Tuesday: 6:45pm - 7:15pm
AQ01T: 9/13 - 10/18 (No class 10/4)
AQ02T: 10/25 - 11/22
Saturday: 10:30am - 10:45am
AQ01T: 9/10 - 10/15 (No class 10/1)
AQ02T: 10/22 - 11/19
Fee: $22 per session

Level I: Introduction to Water Skills
The objective of Level I is to help students feel comfortable in the water and to enjoy the water safely. 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.

AQ01A: Monday 6:00pm - 6:40pm
AQ01B: Tuesday 6:00pm - 6:40pm
AQ01C: Wednesday 6:00pm - 6:40pm
AQ01D: Thursday 6:00pm - 6:40pm
AQ01E: Saturday 9:30am - 10:10am
Fee: $47 per session

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 I. 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.

AQ04A: Monday 6:00pm - 6:40pm
AQ04B: Tuesday 6:00pm - 6:40pm
AQ04C: Wednesday 6:00pm - 6:40pm
AQ04D: Thursday 6:00pm - 6:40pm
AQ04E: Saturday 10:15am - 10:55am
Fee: $47 per session

Level III: Stroke Development
The objective of Level III is to build on skills in Level II by providing additional guided practice. Students will learn to coordinate the front and back crawl. They will be introduced to the elementary back stroke and butterfly. Students will also learn rules for safe diving and learn to dive from the side of the pool. Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

AQ07A: Monday 6:50pm - 7:30pm
AQ07B: Tuesday 6:50pm - 7:30pm
AQ07C: Wednesday 6:50pm - 7:30pm
AQ07D: Thursday 6:50pm - 7:30pm
AQ07E: Saturday 9:30am - 10:30am
Fee: $47 per session

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, breast-stroke) for greater distances. Students will be introduced to the basics of turning at a wall and coordinating the butterfly stroke. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

AQ08A: Monday 6:45pm - 7:30pm
AQ08B: Tuesday 6:45pm - 7:30pm
AQ08C: Wednesday 6:45pm - 7:30pm
AQ08D: Thursday 6:45pm - 7:30pm
AQ08E: Saturday 10:15am - 10:55am
Fee: $47 per session

Level V: Stroke Refinement
The objective of Level V is to coordinate and refine all strokes. Participants will 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.

AQ13A: Monday 6:30pm - 7:30pm
AQ13B: Saturday 10:15am - 10:55am
Fee: $47 per session

Level VI: Swimming and Skill Proficiency
The objective of Level VI is for swimmers to use the strokes they have mastered with ease, efficiency, power and smoothness over greater distances. Level VI is designed with "metrics" 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 VI.

AQ42A: Wednesday 6:45pm - 7:30pm
AQ42B: Saturday 10:15am - 10:55am
Fee: $47 per session

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.

 Ages: 5 years thru College level
Four Practice Groups: Developmental + Bronze + Silver + Gold
For more information contact: Shelly Aistrup at 539-0884

539-8763
1221 Thurston
www tryufm.org
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.

AQ22A Monday 6:00pm - 6:45pm
AQ22E Saturday 9:30am - 10:15am
Fee: $47 per session

Lap Swimming Ages 13 plus
Lap swimming is for individual workouts. 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 below scheduled times.

AQ23A Mondays 6:00pm - 7:30pm
AQ23B Tuesdays 6:00pm - 7:30pm
AQ23C Wednesdays 6:00pm - 7:30pm
AQ23D Thursdays 6:00pm - 7:30pm
AQ23E Saturdays 9:30am - 10:15am
Fee: $57 per session

Lap Swimming for Parents
Are you tired of being just an observer at your child’s swimming lesson? If so, 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.

AQ25A Mondays 6:00pm - 7:30pm
AQ25B Tuesdays 6:00pm - 7:30pm
AQ25C Wednesdays 6:00pm - 7:30pm
AQ25D Thursdays 6:00pm - 7:30pm
AQ25E Saturdays 9:30am - 10:15am
Fee: $16 per session

Shallow Water Hydro aerobics:
Water Exercise
This is a 30 minute water exercise class that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Exercises are done in a vertical position with hold on shoulders or edge of the water. Both the swimmer and the non-swimmer will benefit from this class.

Session A: 8/22 - 9/24
Monday - Thursday (6:35 - 7:30pm) and Saturday (10:00am - 11:00am)
AQ26A (1 Time a week)
AQ26B (3 Times a week)
AQ26C (5 Times a week)
Session B: 9/26 - 10/29
Monday - Thursday (6:35 - 7:30pm) and Saturday (10:00am - 11:15am)
AQ26D (1 Time a week)
AQ26E (3 Times a week)
AQ26F (5 Times a week)
Session C: 10/31 - 12/8
Monday - Thursday (6:35 - 7:30pm) and Saturday (10:00am - 11:00am)
AQ26G (1 Time a week)
AQ26H (3 Times a week)
AQ26I (5 Times a week)
No Classes 9/5, 10/3, 10/4, and 11/23-11/26
Fee: $24 for 1 Time a week per session
$39 for 3 Times a week per session
$33 for 5 Times a week per session

Shallow Water Hydro aerobics for the Entire Semester
Session D: 8/22 - 12/19
Monday - Thursday (6:35pm - 7:30pm) and Saturday (10:00am - 11:00am)
AQ27A (1 Time a week)
AQ27D (3 Times a week)
No Classes 9/5, 10/3, 10/4, and 11/23-11/26
Fee: $54 for 1 Time a week per session
$66 for 3 Times a week per session
$74 for 5 Times a week per session

Deep Water Hydro aerobics
During deep water hydro aerobics participants will be issued an aquajogger belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydro aerobics 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: 8/23 - 9/22
AQ270A Tuesdays and Thursday 6:35pm - 7:30pm
Session B: 8/27 - 10/27
AQ270B Tuesday and Thursday 6:35pm - 7:30pm
Session C: 11/1 - 12/8
AQ270C Tuesday and Thursday 6:35pm - 7:30pm
No classes 10/4 and 11/24
Fee: $54 per session

Deep Water Hydro aerobics for the Entire Semester
Session D: 8/23 - 12/8
AQ270D Tuesday and Thursday 6:35pm - 7:30pm
No classes 10/4 and 11/24
Fee: $58 per session

Private Swim Lessons
Private lessons provide one-on-one instruction for any level of swimmer. There are 5 lessons of 30 minutes each that occur once a week for 5 weeks. To improve scheduling and better serve our families, you will be given specific days and times. There is a $25 motivated fee (balance due at time of registration). There will be an additional charge for 2 classes per session. All classes will take place in the diving well.

Beginning and Ending Dates for Private Lessons:
Session A: Mondays 9/12 - 10/17 (No class 10/3)
Session A2: Mondays 10/24 - 11/21
Session B: Tuesdays 9/13 - 10/18 (No class 10/4)
Session B2: Tuesdays 10/26 - 11/22
Session C: Wednesdays 9/14 - 10/12
Session C2: Wednesdays 10/19 - 11/16
Session D: Thursdays 9/15 - 10/13
Session D2: Thursdays 10/20 - 11/17
Session E1: Saturdays 9/10 - 10/15 (No class 10/1)
Session E2: Saturdays 10/22 - 11/19
Times for Monday, Tuesday, Wednesday, and Thursday sessions: 6:00pm - 6:45pm - 7:15pm
Times for Saturday sessions: 9:00am - 10:00am 10:00am - 10:45am
Fee: $69 per session

Open Swim Appreciation
For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming 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 lifeguards. The session may be canceled if no pre-registration is received.

Open Swim Appreciation
Date: 10/30 (Sunday)
Time: 6:00pm - 7:00pm
Fee: No charge
Location: K-Swim Natatorium

Sunday Family Swim
Bring the family out for a refreshing evening of swimming. Take advantage of the indoor pool at R-Swim on Sunday evenings. You must register in advance so we can plan for adequate lifeguards.

Date: 10/9, 10/16,10/23, and 10/30 (Sunday)
Time: 6:00pm - 7:00pm
Fee: $10 Individual/$25 family
Location: K-Swim Natatorium

Scuba Diving
This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of $50.00 will be assessed at the time of check out dives. However, neither UFM nor K-Swim is responsible for the certification. Travel and lodging are at the student’s expense. Students must provide their own masks, fins, and snorkels, which will be available for purchase at the first session, equipment rentals from $100-$175.

You are now enrolled in UFM classes ONLINE at www.tryufm.org!
**AQUATICS (Continued)**

**Scuba Diving**

**Jeff Wilson**

**Date:** 10/10 - 11/14 (Monday)

**Time:** 6:00pm - 10:00pm

**Fee:** $236.00

**Location:** KSU Natatorium

*Available for KSU Credit*

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**Fitness Swimming**

**AQ018AZ**

**Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing.**

**Emphasis will be on analyzing and refining stroke technique and additional competitive skills, maximizing strength and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.**

**Carol Stites**

**Date:** 9/20 - 11/3 (Tuesday/Thursday)

**Time:** 6:00pm - 7:30pm

**Fee:** $75.00

**Location:** KSU Natatorium

*Available for KSU Credit*

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**Swim I**

**AQ095Z**

**Swim I 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, on 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, 201 Anderson, 9am - 5pm, 387-2180.**

**Date:** 9/19 - 11/14 (Monday / Wednesday)

**Time:** 5:00pm - 10:30am

**Fee:** $25.00

**Location:** KSU Natatorium

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**Martial Arts**

**Judo I**

**05CMA08Z**

**Judo I is intended not for gaining 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.**

**Instructor:** Yoshikawa

**Date:** 08/23/2005 to 12/08/2005 (Tuesday / Thursday)

**Time:** 8:45 PM to 9:45 PM

**Fee:** $75.00

**Location:** Ahsern Dance Studio, Room 301

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**Wah Lum Kung Fu**

**05CMA04A**

**Wah Lum Kung Fu is the traditional Wah Lum Praying Mantis Kung Fu system. Students will learn basic fundamental Kung Fu such as stances, punches, kicks, and advancement through a series of forms as well as self-defense techniques. Kung Fu will teach discipline, self-confidence, focus control and patience. Kung Fu is excellent for body and mind.**

**Caryn Brooks is from Massachusetts and has been practicing Wah Lum since the age of 13. Caryn enjoys teaching Wu and she explains that she learned most by teaching than from her years of practice!**

**Date:** 09/15/2005 to 10/20/2005 (Thursday)

**Time:** 6:30 PM to 7:30 PM

**Fee:** $32.00

**Location:** Ahsern Fieldhouse

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**Judo II**

**05CMA08Z**

**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.**

**Instructor:** Yoshikawa

**Date:** 08/23/2005 to 12/08/2005 (Tuesday /Thursday)

**Time:** 9:45 PM to 10:45 PM

**Fee:** $75.00

**Location:** Ahsern Dance Studio, Room 301

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**Wah Lum Kung Fu**

**05CMA04B**

**Date:** 10/27/2005 to 12/08/2005 (Thursday)

**Time:** 6:30 PM to 7:30 PM

**Fee:** $32.00

**Location:** Ahsern Fieldhouse

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**Lao Hu Pai Kung Fu**

**05CMA05**

**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, core exercises, exhalation and forms, students will soon learn to down, throw and opponent control (similar to ju-jitsu). Animal fighting techniques and forms will also be taught as students advance. Age 14+.**

**Michael Fees, mirencdpm@hotmail.com, has been actively practicing martial arts for the past 18 years and holds a 2nd degree black belt (senior level) in Lao Hu Pai Kung Fu, 1st degree black belt in Hapi Long Loy Or Hwai Kung Fu, and a 1st degree black belt in Goshin Aikijutsu. He has extensive training in other systems including: Vovinam, Shaolin Long Fist and Praying Mantis.**

**Date:** 08/24/2005 to 12/07/2005 (Wednesday)

**Time:** 6:00 PM to 8:00 PM

**Fee:** $62.00

**Location:** Ahsern Fieldhouse

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**Tae Kwon Do I**

**05CMA01Z**

**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 basics 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.**

**Instructor:** Moore

**Date:** 08/23/2005 to 12/08/2005 (Tuesday / Thursday)

**Time:** 6:30 PM to 7:30 PM

**Fee:** $72.00

**Location:** Ahsern Fieldhouse

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**History of Aiki Arts**

**Daito Ryu, the various styles of Aikido, Hakkoryu, Takeda Shihan, Shorinji Kempo, and possibly Hapkido. Find out how these arts are related. The first class will discuss the history of these arts. The second class we will watch a video on the first and second levels of the orthodox Daito Ryu. You will receive a manual which is included in the fee.**

**Instructor:** Pigford, the second degree black belt in Hakkoryu, has studied Aikido and Hapkido, and has done research into Daito Ryu and Shotokan Kempo. He has black belts in various styles of Kung Fu and is the founder of the White Phoenix system.**

**Date:** 09/12/2005 to 09/19/2005 (Monday)

**Time:** 7:30 PM to 8:30 PM

**Fee:** $24.00

**Location:** UFM Conference Room

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**Tae Kwon Do II**

**05CMA02Z**

**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 at least 6 months of martial arts training. Students will continue to develop the skills of blocking, punching, kicking and self-defense.**

**Instructor:** Moore

**Date:** 08/23/2005 to 12/08/2005 (Tuesday / Thursday)

**Time:** 7:30 PM to 8:30 PM

**Fee:** $72.00

**Location:** Ahsern Fieldhouse

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**Wah Lum Kung Fu**

**05CMA043**

**Students will learn Kung Fu 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, core exercises, exhalation and forms, students will soon learn to down, throw and opponent control (similar to ju-jitsu). Animal fighting techniques and forms will also be taught as students advance. Age 14+.**

**Michael Fees, mirencdpm@hotmail.com, has been actively practicing martial arts for the past 18 years and holds a 2nd degree black belt (senior level) in Lao Hu Pai Kung Fu, 1st degree black belt in Hapi Long Loy Or Hwai Kung Fu, and a 1st degree black belt in Goshin Aikijutsu. He has extensive training in other systems including: Vovinam, Shaolin Long Fist and Praying Mantis.**

**Date:** 08/24/2005 to 12/07/2005 (Wednesday)

**Time:** 6:00 PM to 8:00 PM

**Fee:** $62.00

**Location:** Ahsern Fieldhouse

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**History of Aiki Arts**

**Daito Ryu, the various styles of Aikido, Hakkoryu, Takeda Shihan, Shorinji Kempo, and possibly Hapkido. Find out how these arts are related. The first class will discuss the history of these arts. The second class we will watch a video on the first and second levels of the orthodox Daito Ryu. You will receive a manual which is included in the fee.**

**Instructor:** Pigford, the second degree black belt in Hakkoryu, has studied Aikido and Hapkido, and has done research into Daito Ryu and Shotokan Kempo. He has black belts in various styles of Kung Fu and is the founder of the White Phoenix system.**

**Date:** 09/12/2005 to 09/19/2005 (Monday)

**Time:** 7:30 PM to 8:30 PM

**Fee:** $24.00

**Location:** UFM Conference Room

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**4WANTED! Lifeguards WSI's Hydroaerobic Instructors**

**For part-time morning and evening sessions for the Spring & Summer Semesters.**

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

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**www.tryufm.org**
Advanced Sign Language
This is a continuous class for those who want to learn more about sign language. This class focuses on more vocabulary and detailed conversation. You will need to have the basic understanding of signing before attending this class. Prerequisite: Previous sign language experience or instruction.
Amber Kraus, (785) 456-1425, arkraus@washkeno.net and Toni Kroll, (785) 313-5555.
Date: 09/06/2005 to 11/15/2005 (Tuesday)
Time: 7:45 PM to 9:15 PM
Fee: $79.00
Location: Justin Hall 149, KSU

Begining Sign Language
This class will build a basic knowledge of American Sign Language including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.
Amber Kraus, (785) 456-1425, arkraus@washkeno.net, and Toni Kroll, (785) 313-5555.
Amber Kraus is a Certified Sign Language Interpreter. She graduated from I.C.C.C. in 1993 with an AA degree in interpreting and worked four years in the K.C. area. Currently she works for the Manhattan school district, as well as freelance doing within a 100 mile radius. Toni Kroll is a Certified Interpreter who has over 15 years of experience with sign language. She graduated with an Associates Degree, HT, in American Sign Language in 1989. Toni was an interpreter in Washington D.C. for 3 years and was involved with the deaf community. She also worked for seven years in Seattle as an interpreter. She now interprets at KSU and does free lancing.
Date: 09/06/2005 to 11/15/2005 (Tuesday)
Time: 6:00 PM to 7:30 PM
Fee: $79.00
Location: Justin Hall 149, KSU

Register for your next UMF Class ONLINE at www.tryufm.org!

JOIN LOCAL MYSTERY BUFFS, LAW ENFORCEMENT PEOPLE, AND 100+ READERS AND WRITERS OF MYSTERY FROM ALL OVER THE COUNTRY AT

2nd
The Great Manhattan Mystery Conclave
September 30—October 2, 2005
at the Holiday Inn Holdomme on Ft. Riley Blvd. in Manhattan, Kansas.
The $150 registration fee covers the Prairie Land Tea at Manhattan Country Club on Friday, three meals on Saturday, plus NANCY PICKARO’S “rewriting” seminar and a Sunset Cemetery tour on Sunday, the Program Book, newsletters and many handouts.
This Year’s Keynotes:
CAROLYN HART (The “Death on Demand” Mysteries; The “Hearie O” Mysteries)
SUSAN ALBERT (The “China Bayles Herbal Mysteries”; The “Cottage Tales of Beatrice Potter”)
PATRICIA SPRINKLE (The “MacLaren Yarbrough” Mysteries)
The Return to Manhattan of the “Deadly Divas” with an early Friday “How to do Everything” Seminar (standalone cost: $30 including lunch & handouts)
DENISE SWANSON (The “Scumble River Mystery” Series)
MARCIA TALLEY (The “Hannah Ives” Mystery Series)
LETHA ALBRIGHT (The “Viv Powers” Mystery Series)
SUSAN MCBRIDE (The “Debutant Dropout Mysteries” Series)
Find out all about us at: www.manhattannymysteries.com or call 785-776-4862 or UFM

www.tryufm.org
1221 Thurston
539-8763

Language

Chinese Language & Literature
This class will be introducing Chinese language and literature. Students will learn many aspects of Chinese culture from this class.
Jiao Jiang-Daizi Huang, (785) 955-5652, jbj3210@ksu.edu
Date: 09/07/2005 to 09/28/2005 (Wednesday)
Time: 6:00 PM to 7:30 PM
Fee: $48.00
Location: UFM Fireplace Room

Chinese Language & Literature
Jiao Jiang-Daizi Huang, (785) 955-5652, jbj3210@ksu.edu
Date: 11/02/2005 to 11/30/2005 (Wednesday)
Time: 6:00 PM to 7:30 PM
Fee: $48.00
Location: UFM Fireplace Room

Spanish 1
This introductory class will emphasize basic written and oral communication in Spanish. Classes are adapted to students' preferences and pace, with main topics including greetings, numbers, colors, clothing, and common adjectives.
Date: 10/12/2005 to 11/12/2005 (Wednesday)
Time: 6:30 PM to 8:30 PM
Fee: $18.00
Location: UFM Kitchen

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 Rabiet, (785) 587-9036, in a naturalized citizen, is originally from Egypt. Her training course, Stage de Formation Pédagogique was from the Catholic University of West Angers, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her learning experience includes working with adult Egyptian teachers and teaching French for 20 years at a junior French School in Cairo.
Date: 09/07/2005 to 09/30/2005 (Wednesday/Friday)
Time: 10:00 AM to 11:00 AM
Fee: $44.00
Location: UFM Fireplace Room

French Language
Emilie Rabiet, (785) 587-9036
Date: 10/12/2005 to 11/04/2005 (Wednesday/Friday)
Time: 10:00 AM to 11:00 AM
Fee: $44.00
Location: UFM Fireplace Room
Personal Safety and Self Defense for Women 05CHW01
This course has been designed to offer women quick, easy-to-learn, and extremely effective techniques for personal safety and defending themselves in various situations. 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 14+. 
Jill Shantina, (785) 565-1308
Date: 09/23/2005 (Friday)
Time: 6:30 PM to 9:30 PM
Fee: $29.00
Location: College Ave. United Methodist Church
1609 College Ave.

Introduction to Reiki 05CHW04A
Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the belief 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 radiation that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit, creating many beneficial effects that include relaxation and feelings of peace, security and well being. We will be working in stockling feet. Please bring a towel to class. Each class member will receive a sample treatment.
Sarah English is a teaching Reiki Master, having received Master Level in 2000. She has been working with subtle energies, Reiki, Acu and Chinese since 1974. She also is a certified Wholistic Life Coach. She’s been helping people find their soul’s purpose since 1992.

Date: 09/19/2005 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: $20.00
Location: 513 Leavenworth Street, Suite B

Introduction to Reiki 05CHW09B
Sarah English
Date: 10/08/2005 (Saturday)
Time: 9:00 AM to 11:00 AM
Fee: $20.00
Location: 513 Leavenworth Street, Suite B

CPR and First Aid (Medic First Aid) 05CHW05A
This course trains students in child, infant and adult CPR, first aid and emergency care skills. Designed to meet Kansas regulatory requirements and the American Heart Association for CPR and first aid for day care providers, school personnel, bus drivers, athletic instructors, babysitters, and new parents. Upon completion of this course, the student will be able to approach and manage a basic emergency situation. This course qualifies as Level I training for Girl Scouts. No matter if you are a novice or experienced provider this class is taught in a low stress, informative environment. Medic First Aid is different than Red Cross First Aid training.
Sheryl Cornell, cornell@usaintmail.net, has been training First Aid and CPR for USD 393 for more than six years.

Date: 09/24/2005 (Saturday)
Time: 8:30 AM to 4:30 PM
Fee: $49.00
Location: UFM Banquet Room

CPR and First Aid (Medic First Aid) 05CHW09C
Sarah English
Date: 10/31/2005 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: $20.00
Location: 513 Leavenworth Street, Suite B

Introduction to Sahaj Marg Meditation 05CHW02
You are invited to attend an informal seminar on Sahaj Marg system of Raja Yoga Meditation. In Sahaj Marg Meditation there is a unique technique called Clearing which can easily be integrated into one’s daily life. It progressively leads to a calm, balanced mind, making it a perfect instrument, there by helping us to realize our Highest potential. The instructors are practitioners of the Sahaj Marg system of meditation for about 6 years. Their experience is that diabetes has brought about a complete change in their outlook towards life. Medication has brought a balance between the material as well as their spiritual lives. Additional meeting times will be announced on the first day.
Gopi Nath Kumar
Date: 10/09/2005 (Sunday)
Time: 10 AM to Noon
Fee: No Charge
Location: UFM Conference Room

Living the Art: Jin Shin Jyutsu 05CHW08
Jin Shin Jyutsu, the creator’s art of living, elevates us to the concept that all one needs for harmony and balance lies within. Disharmonies and tensions are the result of our daily habits, mental & emotional anguishes, heredity, and injuries. Through Jin Shin Jyutsu we can harmonize the body’s energy, increase self-awareness, enhance well-being, and reconnect to our innate wisdom. This class emphasizes experiencing this art with simple, yet powerful self help practices.
Kate Citeman, (785) 357-1911, is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: 09/12/2005 to 09/26/2005 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: $25.00
Location: 911 Colorado Street

Elements of Speech Reading 05CHW13
Life seems to be going faster and faster. People whiz by on cell phones, children ramble from two rooms away, and spouses can’t seem to think of anything to say when you are in the same room! Hearing Loss can have a serious impact on your quality of life—even if it is not your hearing loss! This class will address both common and specific communication problems. We will explore strategies for use when communication breaks down and develop individualized plans for structuring successful communication encounters. Individuals and couples are encouraged to join us for information and exercises designed to improve communication and our quality of life.
Dr. M. Elie Mauta, (785) 759-7591, LISTENAA@sbelglobal.net, has been working with people with hearing loss for more than 2 decades. She has supported hearing aid users ranging in age from 1 to 101. M. Elie has worked as an audiologist in Kansas since 1985. She is certified by American Speech Language Hearing Association, Board certified by the American Academy of Audiology and licensed by the state of Kansas.

Date: 09/10/2005 to 10/03/2005 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: $12.00
Location: 1131 College Ave., lower level, Bldg. A

Brain Gym Classes are available in the Creative Free Time Section

Everyone’s path to growth and healing is unique.

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www.livingwellkansas.org
**You and Your Hearing Aids**

M. Elfie Matta, (785) 539-7361, LISTENA@boglobal.net, has been working with people with hearing loss for more than 2 decades. She has supporting hearing aid users ranging in age from 1 to 103. M. Elfie has worked as an audiologist in Kansas since 1985. She is certified by American Speech Language Hearing Association, board certified by the American Academy of Audiology and licensed by the state of Kansas.

**Date:** 10/04/2005 to 10/04/2005 (Tuesday)

**Time:** 7:00 PM to 9:00 PM

**Fee:** $12.00

**Location:** 1133 College Ave., lower level, Bldg. A

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**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. Practive areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and in-depth study of Yoga Sutras. Students will learn breathing methods and continue to refine the asana while learning to adapt them to the 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. 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.

**Date:** 10/05/2005 to 12/06/2005 (Tuesday, Thursday)

**Time:** 11:30 AM to 1:00 PM

**Fee:** $104.00

**Location:** Abshire Dance Studio, Room 301

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**Yoga For a Better Life**

Yoga is not just for your body. Since people are a lot more than just bodies, Ana teaches Yoga as a means to enhance all aspects of a person's life. The artists who invented the art of Yoga, gave it a name which means 'union', 'harmony' or 'relationship'. In this class, we will use the breath, the voice, the imagination as well as the body, to see how we can feel better in all areas of our lives.

**Date:** 10/04/2005 to 10/30/2005

**Time:** 5:00 PM to 6:00 PM

**Fee:** $69.00

**Location:** 321 Poyntz Avenue, Suite A

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**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 spring catalog.
First Aid/CPR/AED Instructor 05CHW20Z
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 Injury 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. BOOKS AVAILABLE FOR PURCHASE AT RED CROSS.
Pre-requisites:
1. Correctly answer at least 80% of questions in each section of written pre-course exams, covering material contained in the basic level First Aid, and Adult, Child and Infant CPR courses.
2. Demonstrate ability to perform First Aid, and Adult, Child and Infant CPR skills in accordance with Red Cross standards.
3. Have current First Aid, and Adult, Child and Infant CPR certificates issued within last 6 months. Certification requirements: Successfully complete precourse 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% on final instructor course written exam. Questions regarding course information may be directed to the instructor.
Carol Sites classroom@phal.com
Date: 10/10/2005 to 11/14/2005 (Monday)
Time: 4:00 PM to 8:30 PM
Fee: $124.00
Location: American Red Cross Office, 2601 Anderson Ave.

Community CPR & First Aid 05CHW25A
This is an 8 hour course that includes training in Adult, Child, and Infant CPR and First Aid. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; controlling bleeding; and many other useful skills. Purchase book at the Red Cross – 2601 Anderson Ave.
Alby Scheper, as9977@ku.edu
Date: 09/17/2005 (Saturday)
Time: 9:00 AM to 5:00 PM
Fee: $50.00
Location: UFM Conference Room

Community CPR & First Aid 05CHW25B
Alby Scheper, as9977@ku.edu
Date: 10/23/2005 to 10/30/2005 (Sunday)
Time: 10:00 AM to 5:00 PM
Fee: $50.00
Location: UFM Conference Room

Community CPR & First Aid 05CHW25C
Alby Scheper, as9977@ku.edu
Date: 11/13/2005 to 11/20/2005 (Sunday)
Time: 1:00 PM to 5:00 PM
Fee: $50.00
Location: UFM Conference Room

CPR Challenge 05CHW27A
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 with CPR.
Alby Scheper, as9977@ku.edu
Date: 09/18/2005 (Sunday)
Time: 9:00 AM to 12 N
Fee: $32.00
Location: UFM Conference Room

First Aid 05CHW26A
This course teaches First Aid skills only. No CPR. This class lasts 6 hours and is a one day class. Materials need to be purchased at the Red Cross office prior to class.
Alby Scheper, as9977@ku.edu
Date: 09/25/2005 (Sunday)
Time: 1:00 PM to 5:00 PM
Fee: $32.00
Location: UFM Conference Room

First Aid 05CHW26B
Alby Scheper, as9977@ku.edu
Date: 10/08/2005 (Saturday)
Time: 1:00 PM to 5:00 PM
Fee: $32.00
Location: UFM Conference Room

First Aid 05CHW26C
Alby Scheper, as9977@ku.edu
Date: 12/04/2005 to 12/04/2005 (Sunday)
Time: 1:00 PM to 5:00 PM
Fee: $32.00
Location: UFM Conference Room

Journey of Holistic Healing 05CHW23
Each week we will focus on a different healing modality, all of which can assist you in a 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, Gemstone Guardians, Reiki and Listen To Your Heart. Please bring a notebook and pen. You will want to take notes!
June Hamaker
Date: 08/29/2005 to 11/28/2005 (Monday)
Time: 7:30 PM to 9:30 PM
Fee: $80.00
Location: UFM Multipurpose Room

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Beginning Tai Chi Chaun
Practiced by millions of people around the world, the ancient and gentle Chinese martial art of tai chi offers the perfect balance of mind and body, strength and flexibility, grace and agility. Its smooth, fluid movements offer exercisers of all ages improved fitness, stress relief, and total relaxation. In this class we will introduce the Yang style short form, which can be practiced by young and old, anytime, any place.

Mie Hsu (Tsau) Tehanu, (758) 539-4277, is a Native of China where she acquired her knowledge of Tai Chi Chaun while attending Ming Chaung University in Taipei, Taiwan. She specializes in 24 movement Beijing style, and "Cheng Man-Ching" Yang style short form, she also is a certified instructor for Tai Chi for Arthritis.

Date: 09/07/2005 to 10/21/2005 (Wednesday)
Time: 5:30 PM to 6:30 PM
Fee: $42.00
Location: UFM Banquet Room

Wu Style Tai Chi
This long form version of Tai Chi was developed by Wu Chien Tsuan and has been very popular in SE Asia, Europe, and the US. The exercise sessions will consist of Chi Gong exercise warm-up and study on the Long form (108 forms). Wear loose clothing and flat shoes for a low impact type of exercise.

Mark Moore started learning International folk dancing with the Grapevine International Folk Dancers of Wichita in the mid 70's. Also Mark began studying Tai Chi while in the Peace Corps in Malaysia in the early 70's. Having become a part of the Chinese community of iPod, his learning experience was unique study in Tai Chi and the Chinese culture. Upon returning to the U.S. he taught Tai Chi for the Wichita Free University for several years.

Date: 09/24/2005 to 11/19/2005 (Saturday)
Time: 10:00 AM to 11:00 AM
Fee: $47.00
Location: UFM Fireplace Room

Mediation & Relaxation
Participants will experience simple mediation and relaxation exercises in a group setting. This class is good for beginners and anyone who wants to bring a little bit of peace to the present moment.

Palma Holden, (758) 539-1183, is a member of the Iris Cooperative and Livingwell communities and currently serves as a writing tutor and a personal/pet spiritual intuitive. She began her own spiritual journey in earnest seven years ago (fall 1998) and has been a student of Sharon Landrith's meditation classes. Palma has an M.S. in Education, a B.A. in English & Education, and a background that includes teaching, counseling and running a small business.

Date: 08/25/2005 to 09/27/2005 (Tuesday)
Time: 7:00 PM to 8:30 PM
Fee: $48.00
Location: 105 S. 4th St. Suite 28, Ulrich Bldg. (Uptown)

Stress Management
Stress is a fact of life, there's no way around it. Learn a variety of ways that we can manage our stress so that it won't manage us! Some gentle breathing exercises, stretching, use of the voice and more will be introduced to help relieve stress and to improve the quality of our lives.

Ana Franklin D. (758) 537-8224 H: (758) 341-9608 Email: yogaconnection@kansans.net

Date: 11/10/2005 to 12/16/2005 (Tuesday/Thursday)
Time: 5:00 PM to 6:00 PM
Fee: $68.00
Location: 321 Poyntz Avenue, Suite A

Mediation & Relaxation: Developing Intuition
This class is designed for those who want to move beyond basic mediation and relaxation to developing greater awareness of the body, mind, and spirit connection. We'll tune into subtle cues from our physical and spiritual environment using color, guided imagery, music, and breathwork.

Palma Holden, (758) 539-1183, is a member of the Iris Cooperative and Livingwell communities and currently serves as a writing tutor and a personal/pet spiritual intuitive. She began her own spiritual journey in earnest seven years ago (fall 1998) and has been a student of Sharon Landrith's meditation classes. Palma has an M.S. in Education, a B.A. in English & Education, and a background that includes teaching, counseling and running a small business.

Date: 10/11/2005 to 11/15/2005 (Tuesday)
Time: 7:00 PM to 8:30 PM
Fee: $44.00
Location: 105 S. 4th St. Suite 28, Ulrich Bldg. (Uptown)

Q & A with Kelly Marshall, Hip-Hop Dance Instructor

"UFM classes are my favorite classes to teach because I get the coolest people and the range is so diverse."

Q: How did you get involved in hip hop?
A: "I was a kid in the 80's dancing around in our living room. I had been in and out of dance classes and then found breakdancing. I liked it because I am more of a performer and that is what hip hop is about."

Q: How long have you been teaching?
A: "I have been teaching for about two years. I trained from the Culture House in KC. I liked what they were trying to do and what they were about. I also like how flexible the hours are."

Q: Where is some place you would like to visit and why?
A: "I would love to visit Japan because I have family there and also because their culture if very interesting."

Q: Any tips for non-dancers or anyone wanting to learn?
A: "If you are dancing and feel awkward, then you are probably doing it right. Being silly is the purpose. Embrace your own style. Don't dance like everybody else. Let your own style evolve."

Q: One thing people would be surprised to know about you:
A: "I used to teach preschool and all my students knew how to breakdance."
Gain Control of Your Money & Become Debt Free
OSFC01
Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? This class will cover fees/charges to watch out for with credit cards and mortgages. You will learn to identify problem areas in your finances, so that you can start to take control of your money. Learn to buy wisely and reach your financial dreams. Everyone attending this class will have the option to get an individual consultation to establish your debt-free date. Charlene Brownson, (785) 776-3666, cm8@k-state.edu, is the instructor for Women & Money, a 9-week program that is offered in the fall for KSU credit and non-credit. She enjoys sharing her knowledge with others to help them develop money skills. Charlene works with a local financial service company.
Date: 10/17/2005 (Monday)
Time: 7:00 PM to 8:30 PM
Fee: Individual - $12.00; Couple - $18.00
Series (Both Take Control and Investing): Individual - $18.00; Couple - $20.00
Location: UFM Conference Room

Investing in Your Future
OSFC02
Individuals who are in the accumulation phase of their lives, 25 - 55 years of age, or those who need to save for a home or future college tuition will benefit from this course. Discussion will cover important money management concepts with practical, easy-to-understand language using examples you can put into practice. Topics include investment basics, types of products, and development of a personal financial game plan that will help you plan a secure future for you and your family. No matter how much or how little money you have, these principles apply to you. Learn an evening of your time to learn how you can accumulate more wealth and have a better quality of life. Everyone attending this seminar will have the option of receiving a comprehensive financial needs analysis to help establish their road map for their various goals and dreams.
Date: 10/24/2005 (Monday)
Time: 7:00 PM to 8:30 PM
Fee: Individual - $12.00; Couple - $16.00
Series (Take Control and Investing): Individual - $16.00; Couple - $20.00
Location: UFM Conference Room

Fundraising 101
OSFC03A
Learn the basics of fundraising for your organization. Discussion will include working with donors, different types of fund raising, and why and how people give to philanthropic causes/charities.
Linda Harvey, writergirls@cox.net
Date: 09/17/2005 (Saturday)
Time: 9:30 AM to 11:00 AM
Fee: $48.00
Location: UFM Conference Room

Fundraising 101
OSFC03B
Linda Harvey, writergirls@cox.net
Date: 11/12/2005 (Saturday)
Time: 9:30 AM to 11:00 AM
Fee: $48.00
Location: UFM Conference Room

Exploring Entrepreneurship
OSFC03
Prospective entrepreneurs will learn the basic steps of setting up a new business. Topics will include: taxes, financing, legal structure, insurance, business plan outline and business license/permits.
Chad Jackson
Date: 09/15/2005 (Thursday)
Time: 9:30 AM to 11:00 AM
Fee: $32.00
Location: Manhattan Area Chamber of Commerce, Board Room

ABCs of Grant Writing (Basic)
OSFC09
Work with a volunteer or start 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. Learn the ins and outs of grant research, prospect research, and the basic types of grants available through a five-week, online course in grantwriting. Online modules will utilize PowerPoint presentations (with audio), handouts and class message board. (Proposal writing will be covered in another online class).
Linda Harvey, writergirls@cox.net, has nearly a decade of experience in the non-profit sector. As a fundraiser, she has raised nearly $500,000 through grantwriting. By trade, Ms. Harvey is a writer and teaches writing in K-State's journalism school. She is a graduate of KSU and also holds a master's degree in public administration from the University of Nebraska.
Date: 10/01/2005 (Saturday)
Time: 9:00 AM to 11:00 AM
Fee: $42.00
Location: UFM Conference Room

Register for your next UFM Class ONLINE at www.tryufm.org!
Youth Classes

Archery for Youth 05CY001A
The main focus of this course will be to introduce youngsters to Archery and learn the important basics 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 8-14.
Tom Korte, (785) 494-8889
Date: 09/26/2005 to 10/17/2005 (Monday)
Time: 5:45 PM to 6:45 PM
Fee: $20.00
Location: 1125 Larrabee Plaza, upstairs.

Archery for Youth 05CY0018
Tom Korte, (785) 494-8889
Date: 10/24/2005 to 11/14/2005 (Monday)
Time: 5:45 PM to 6:45 PM
Fee: $20.00
Location: 1125 Larrabee Plaza, upstairs.

Introduction to the Nutcracker Ballet and Tap Dancing 05CY0006
This beginning class is designed to teach students basic ballet steps and dances from the Nutcracker Ballet. The second half of the class introduces basic tap steps. No dance experience or formal dance attire necessary. For children ages 4-12.
Russell 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 the Spring of 2005 her dance students performed the classic story ballet Coppelia and in 2004 they performed Alice in Wonderland. Her original choreography is designed for children.
Date: 08/30/2005 to 09/27/2005 (Tuesday)
Time: 5:00 PM to 7:00 PM
Fee: $19.00
Location: 2146 Rogers Blvd.

Wam Lum Kung Fu 05CY007A
Students will learn the basics of Kung Fu which includes kicks, punches, stances and small forms combining moves. As the child progresses, they will also learn applications of moves, more challenging techniques with jumps, and eventually, weapons forms. Kung Fu is great for teaching children balance, coordination, control and patience.
Cory Brooks is from Massachusetts and has been practicing Wam Lum since the age of 13. Cory enjoys teaching Kung Fu and she explains that she has learned more by teaching than from her years of practice!
Cory Brooks Date: 09/13/2005 to 10/18/2005 (Tuesday)
Time: 7:00 PM to 7:45 PM
Fee: $29.00
Location: Allshan Fieldhouse

Wam Lum Kung Fu 05CY007B
Cory Brooks
Date: 10/25/2005 to 12/06/2005 (Tuesday)
NO CLASS December 22
Time: 6:00 PM to 7:00 PM
Fee: $20.00
Location: Allshan Fieldhouse

DanceNastics 05CY004A
An exciting gymnastics class that combines dance and cheerleading. At the end of the session students will perform their routines. Ages 7-12 (5 to 6 year olds may enroll with parent permission from the instructor.)
Loriisa Ridley, (785) 776-6600, has been involved in the field of fitness for over 20 years. At the age of 12, Loriisa began dance and gymnastics and martial arts at the age of 10. At age 14, Loriisa began her own gymnastics business at the YMCA in Junction City. After graduating from High School, Loriisa attended Wichita State University, majoring in dance. She weight trained with Mr. Kansas 1980 Bodybuilding Champion. After WSU, Loriisa continued to coach and studied emergency medicine. In 1990, she opened CATTIS, a children's gymnastics and dance gym in Wamego, Kansas, where she also began teaching adult fitness classes and personal training. Loriisa has danced professionally in various performances, including the Phoenix Suns, Country Music Television, NBC and much more. In 1999, Loriisa continued her own business, "K.O. Boxing & Fitness" in the Manhattan and Junction City area.
Date: 09/05/2005 to 09/26/2005 (Wednesday)
Time: 5:00 PM to 5:30 PM
Fee: $57.00/person, additional family members $42.00 each
Location: 3615 Cliffon Road, Cottonwood Racquet Club

DanceNastics 05CY014B
Loriisa Ridley, (785) 776-6600
Date: 10/05/2005 to 10/26/2005 (Wednesday)
Time: 5:00 PM to 5:30 PM
Fee: $57.00/person, additional family members $42.00 each
Location: 3615 Cliffon Road, Cottonwood Racquet Club

Sportsnastics 05CY017A
This will be a fun class for 4-5 year olds that will introduce many different sports including: baseball, volleyball, tennis, football, bowling and more, combined with gymnastics. Class includes courses and games that involve sports and gymnastics will be played at the end each class. (3 year olds may be allowed in the class with instructor's permission - they may be required to be accompanied by a parent).
Loriisa Ridley, (785) 776-6600
Date: 09/06/2005 to 09/27/2005 (Tuesday)
Time: 9:00 AM to 9:30 AM
Fee: $39.00, additional family member $30.00
Location: 3615 Cliffon Road, Cottonwood Racquet Club

Sportsnastics 05CY017B
Loriisa Ridley, (785) 776-6600
Date: 10/04/2005 to 10/25/2005 (Tuesday)
Time: 9:00 AM to 9:30 AM
Fee: $39.00, additional family member $30.00
Location: 3615 Cliffon Road, Cottonwood Racquet Club

Hip Hop Dance for Teens 05CY016
Tricks and shortcuts will be taught to help you become a better dancer. Being a good dancer is determined by your thought process, not coordination. No previous dancing experience is required. For Ages 13-18.
Cody Holah, (913) 568-2521, chbh449@kau.edu. Cody is a senior in Electronic Media and Advertising at K-State.
Date: 09/11/2005 to 11/05/2005 (Sunday)
NO CLASS October 2
Time: 4:15 PM to 5:15 PM
Fee: $30.00
Location: UFM Banquet Room

Hip Hop for Ages 6 to 12 05CY018A
Sick of school already? Want something to look forward to @ the end of the day? What better a class that will keep your mind off school and your body in motion. This hip-hop class is geared towards those who have had a lot, a little or no dance experience @ all. Come make new friends, learn new moves and most of all HAVE FUN!!! Parents......want a new way to tame those whippersnappers? This class will be sure to use up some of that abundant energy youngster's seem to have so much of. See you there!
Kelly Marshall
Date: 09/13/2005 to 10/25/2005 (Tuesday)
Time: 5:45 PM to 6:30 PM
Fee: $52.00
Location: International Student Center, KSU

Hip Hop for Ages 6 to 12 05CY018B
Date: 11/01/2005 to 12/05/2005 (Tuesday)
Time: 5:45 PM to 6:30 PM
NO CLASS November 22
Fee: $52.00
Location: International Student Center, KSU

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

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Beginning Knitting

Two projects (hat and bag) will be completed as you learn to cast-on, the knit stitch, the purl stitch, binding off, shaping and seaming. Materials for the first class project are:

Square 10 needles and a light-colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.

Kenna Tally, (785) 537-1826
Date: 05/17/2005 to 06/28/2005 (Wednesday)
Time: 7:30 PM to 9:00 PM
Fee: $35.00
Location: Wildflower Yarns & Knitwear, 105 S. 48th St.

Burn Baby Burn! (A DVD That Is!)

Gordan Schmid
Date: 10/10/2005 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: $25.00
Location: USM Firepace Room

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-blues styles along with different songs than those offered last fall. Learning proper care of your instrument and the essentials to play by ear or from harmonica notation.

Thad Bauck, 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 Wirtzfield.

Date: 11/15/2005 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: $35.00
Location: USM Fireplace Room

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www.tryufm.org

Basic Photography

This class focuses on using Single Lens Reflex (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 if 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 emphasis 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 camera to each class. Tripods will also be beneficial. The class will include 3 classroom meetings and 3 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. The fee includes an 8x10 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 Bauck, (785) 776-9441, sbauck@ksu.edu, has been enjoying the hobby of nature photography for over several years. Photography is a wonderful 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 experienced as a beginning photographer and help you get the most out of your camera and avoid being frustrated with your camera.

Date: 09/29/2005 to 10/13/2005 (Thursday / Sunday)
THURSDAYS (CLASS TIME) 7-9PM
SUNDAYS (FIELD TRIP) 7:00 PM to 9:00 PM
Fee: $48.00
Location: USM Conference Room

Take a Peek at the Past

All visits—including peaks, looks & stories—are free. That’s right...free!

Riley County Historical Museum

• Exhibits of Riley County history—pioneer days to the present
• Research Library by appointment
• Educational programs
• Speakers bureau
• Hours: 8:30-5:00 Tuesday-Friday
2:00-5:00 Saturday-Sunday

Goodman House Museum

• Home of Isaac Goodman (founder of KSU and Manhattan)
• Free state advocate
• Educator (common school to college)
• A State Historic Site
Call 565-6490 for Hours

Pioneer Log Cabin

Manhattan City Park
• Walnut log cabin built in 1916
• Pioneer home and tool exhibit
Open April-October
Sunday 2:00-5:00
and by appointment

Wolf House Museum

630 Fremont
• 1868 stone home also served as a boarding house
• Furnished with period antiques
• Special exhibits
Victorian Manhattan: Life in 1885
1:00-5:00 Saturday 2:00-5:00 and by appointment
Photography II 05CCF27
This class will focus on photographic composition and creativity. Class sessions will primarily revolve around analyzing pictures from the field trips. Field trips will be designed to help students think about composition and the idea of "creating" a photograph rather than simply taking a snapshot. 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.

Alicia Matt, (785) 977-7441, x696
Date: 10/12/2005 to 10/26/2005
(Weekly / Saturday)
Wednesday (Class Time) 7:00 PM to 9:00 PM
Sunday (Field Trips) 10:00 AM to 1:00 PM
Location: UMF Multipurpose Room
Fee: $40.00

Rubber Stamping Basics 05CCF30A
Come 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 these cards will be provided, which will be made in class. Please bring the following to class: 12" paper cutter, adhesive, scoring tool, scissors and a heat tool. (If you don’t have these, you can share)

Heather Scott, (785) 494-2405, heather@kosc-ostemestamps.com
Date: 10/10/2005 (Monday)
DEADLINE: December 23
Time: 7:00 PM to 9:00 PM
Fee: $20.00
Location: UMF Kitchen

Wine 101: Wine Appreciation 05CCF20
Do you enjoy wine and want to know more about it? If so, this class is for you! Professor M. will take you through different grape varietals, 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 Grocery. Jeff P. 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 have and have some fun while learning about wine!

Bob Campbell
Date: 09/02/2005 to 10/12/2005
Time: 7:00 PM to 9:00 PM
Fee: $110.00
Location: UMF Conference Room 09/21 and 09/28
UMF Kitchen 10/09 and 10/12

Floral Design 05CCF28A
This class will cover the basics of floral design and techniques, rules of design and learning to bow, design vases, baskets, make corsage and boutonnieres, aristic craft projects, flower care and special occasion flower design. SUPPLIES NEEDED: Instructor will call with details.

Alicia Matt, (785) 977-7441, x696
Begins as a delivery driver at Main Street Flowers, in her hometown, then advanced in floral design. Shes left after a year to attend college at KSU to major in Art Therapy. For the past five years Alicia has been employed with Dillons in the Flora Department.

Date: 08/25/2005 to 09/15/2005 (Thursday)
Time: 7:00 PM to 9:00 PM
Fee: $40.00
Location: UMF Multipurpose Room

Rubber Stamping Triple Technique 05CCF30A
Triple your stamping and scrapbooking fun each time you take this class! Learn how to use some old favorites, some new gotts &saves, and even some things you probably have lying around the house! You will learn 3 new techniques every session and complete a card for each technique, plus you will receive a technique sheet to keep in a binder for future reference. Techniques will be learning this semester will be: Creasy resist, Faux Metal Accents, Faux Enamel, Drunkin Chalk, Rainbow Strip Flip plus 3 Mystery Techniques! All supplies and materials are provided bring your own adhesive, scissors and cutters if you prefer your own.

Heather Scott, (785) 494-2405, heather@kosc-ostemestamps.com
Date: 09/07/2005 (Wednesday)
DEADLINE: September 14
Time: 7:00 PM to 9:00 PM
Fee: $22.00
Location: UMF Conference Room

Rubber Stamping Triple Technique 05CCF18
Heather Scott, (785) 494-2405, heather@kosc-ostemestamps.com
Date: 10/10/2005 (Monday)
DEADLINE: October 5
Time: 7:00 PM to 9:00 PM
Fee: $22.00
Location: UMF Kitchen

Rubber Stamping Triple Technique 05CCF50
Heather Scott, (785) 494-2405, heather@kosc-ostemestamps.com
Date: 11/07/2005 (Monday)
DEADLINE: November 23
Time: 7:00 PM to 9:00 PM
Fee: $22.00
Location: UMF Kitchen

Floral Design 05CCF28B
Alicia Matt, (785) 977-7441, x696
Date: 10/06/2005 to 10/27/2005 (Thursday)
Time: 7:00 PM to 9:00 PM
Fee: $40.00
Location: UMF Multipurpose Room

Floral Design 05CCF28C
Alicia Matt, (785) 977-7441, x696
Date: 11/17/2005 to 12/08/2005 (Thursday)
Time: 7:00 PM to 9:00 PM
Fee: $40.00
Location: UMF Multipurpose Room

Floral Design 05CCF28D
Alicia Matt, (785) 977-7441, x696
Date: 11/17/2005 to 12/08/2005 (Thursday)
Time: 7:00 PM to 9:00 PM
Fee: $49.00
Location: UMF Multipurpose Room
Brain Gym® Core Course Series
Optimal Performance 05CCF29A

Learn and review the 18 movements that are considered the Brain Gym® Activities. Brain Gym® is the registered trademark of Brain Gym®, Inc. International/Educational Kinesthetics Foundation. (www.braingym.org, 800-356-2109). This set of simple activities enhances whole brain learning. When used with awareness and intention, participants often experience immediate and profound improvement. The activities have a simple, physiological basis and are easily done in less than five minutes. This workshop offers a brief insight into the physiological basis of F.A.C.E. that helps us understand why the activities have such a significant impact on learning. F.A.C.E. is a combination of five of the movements that are used before beginning a new learning experience to relieve stress and regain optimal performance. Often used anytime during learning, F.A.C.E. becomes a useful habit for learners of all ages.

Also taught in this workshop is body awareness. Brain Gym is a body awareness program. The simple tool of "noticing" is vital to learning. One cannot store for later reference anything that is not noticeable by the mind/body system. Throughout the workshop participants will be reminded to bring their awareness into play and notice the impact it has on their overall effectiveness. The information will be explored in the Five Steps To Easy Learning Process taught in Educational Kinesthetics. You are encouraged to come with a goal in mind such as "How to use what you learn effectively". This day offers you enough information and experience to begin to use Brain Gym successfully with yourself, your family, friends and/or your students.

Date: 09/26/2005 (Saturday)
Time: 9:30 AM to 4:30 PM
Fee: $84.00
Location: TBA

Brain Gym® Core Course Series
Repatterning 05CCF29B

Learn and review F.A.C.E. the Brain Gym Learning Readiness Tool, which prepares the mind/body system for fun and easy learning. This learning "jump-starter" is unique to Brain Gym and is used 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 Laterality Repatterning is a simple process that is unique to the work created by Dr. Paul Dennison, Ph.D., known as Educational Kinesthetics. 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.

Also taught in this workshop is an awareness of the use of the muscular system to access information that can be helpful in understanding the participant's levels of integration or lack thereof. With enhanced levels of muscular awareness you are able to make better choices in your learning and decision-making. Muscle response, often referred to as muscle checking or applied kinesiology by specialists, is explored at the level of group interest. The information will be explored in the Five Steps To Easy Learning Process for Whole Body Movement and can include goals for such academic skills as reading, writing, spelling and math.

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359-8763
1221 Thurston
www.truyumf.org
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 26 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 to refine the skills learned over 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/or professional life. Also learned in this workshop is any skill or technique that has been un-integrated in your previous Brain Gym learning. The dimensions of laterality, centering and focus are clearly experienced in the physiology of each participant allowing for easier communication, organization and focus in daily life activities.

For this additional six hour training, participants will receive a certicate for completion of the Brain Gym® Core Course recognized as the basic class for all offerings of the Educational Kinesiology Foundation training program. Those referred to as Brain Gym 101. All classes in this series are taught by licensed instructors.

Judy Metcalf, (571) 217-7736, jmetcalf444@aol.com

Date: 11/19/2005 (Saturday)
Time: 9:30 AM to 4:30 PM
Fees: $84.00
Location: TBA

Piano I

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

Jennifer Duss (785) 410-2656

Date: 10/12/2005 to 12/7/2005
(Monday / Wednesday)
NO CLASS November 23
Time: 6:00 PM to 6:30 PM
Fees: $139.00
Location: McCall, Room 127

Jewelry Making 101

Would you like to make your own jewelry? In this class, you will learn basic beading techniques that you can use to make earrings, necklaces, and much more! All materials will be provided, and each participant will take home the jewelry made in class.

Crystal Bryant

Date: 09/10/2005 (Saturday)
Time: 1:00 PM to 2:30 PM
Fee: $28.00
Location: UFM Fireplace Room

Jewelry Making 101

Crystal Bryant

Date: 10/15/2005 (Saturday)
Time: 1:00 PM to 2:30 PM
Fee: $28.00
Location: UFM Fireplace Room

Jewelry Making 101

Crystal Bryant

Date: 09/03/2005 to 12/05/2005 (Saturday)
None: This class only meets the first and third Saturdays of the month.
Time: 10:00 AM to 11:00 AM
Fee: $49.00
Location: UFM Kitchen

Introduction to Watercolor and Calligraphy

This class will introduce Japanese sumi ink & watercolor painting on postcards. It is a unique method of communication in this technology-dominated society. You can create your own postcards with watercolor painting & calligraphy, and convey personal messages to your friends/collagues. We will start with sketching small/seasonal items and writing words in sumi ink, and paint it with watercolor. This class is designed for adults. Children at the age of 12 and younger are required to be accompanied by adult/parent.

Makie Price is originally from Japan, currently a resident of Manhattan, and also a KSU graduate student. She developed her love of watercolor over the years, and acquired Japanese unique painting technique from two masters while in Japan.

Date: 11/12/2005 (Saturday)
Time: 1:00 PM to 2:30 PM
Fee: $28.00
Location: UFM Fireplace Room

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Free admission
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www.ksutmuseum.org

1221 Thurston
539-8763
Make Your Own Christmas Cards 05CC03
Making your own creative Christmas cards is lots of fun. Join us to design multiple different cards. We will make 5 card designs each night.
Cara Lesco, (316) 992-3901, carajol@hotmail.com
Date: 11/01/2005 to 11/15/2005 (Tuesday)
Deadline: October 28
Time: 7:00 PM to 9:00 PM
Fee: $3.00
Location: UFM Multipurpose Room

Creative Free Time (Continued)

Mother/Daughter Scrapbooking Class 05CC05A
Mothers bring your daughters for an evening of fun. We will be making very fun and girly scrapbook pages, just for you. Bring any mother/daughter photos you have. If you do not have any, other pictures will work. We will provide all supplies needed. Feel free to bring your tools if you wish. We will make 4 to 6 pages.
Cara Lesco, (316) 992-3901, carajol@hotmail.com, has been scrapbooking for over 8 years and loves it! She owns her own business called Scrappin’ Boot Camp, that has events, supplies, a monthly kit club, and apparel. Cara loves teaching classes and cannot wait to share her love of scrapbooking with you!
Date: 11/22/2005 (Thursday)
Deadline: September 12
Time: 7:00 PM to 10:00 PM
Fee: $27.00
Location: UFM Multipurpose Room

Jeans Rugs 05CC09
What to do with those old jeans?? Make a jean rug! If you know how to tie, then this is the perfect class for you! In this class, you will be taking old jeans and cutting them into strips and tying them together to make your very own jean rug! You then go back through and add your favorite colored material to add to your house. You will need to bring an old pair of jeans.
Rita Schaeper
Date: 11/05/2005 (Saturday)
Time: 9:00 AM to 11:00 AM
Fee: $20.00
Location: UFM Multipurpose Room

Safe & Creative Album Making (family photos & more) 05CC04A
Where are your photos? It’s time to turn that box of photos into an album full of pictures, memories and journalized memories. You’ll learn 5 easy steps: organize, crop, design layout, mount and journal. Your albums 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 teach you how to make quick simple borders for your pages.
Pamela Schwind, Creative Memories Senior Designer, has been teaching album making classes since 1998 and is dedicated to helping people make safe meaningful albums.
Date: 10/10/2005 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: $14.00
Location: UFM Fireplace Room

Safe & Creative Album Making (family photos & more) 05CC04B
Pamela Schwind
Date: 11/15/2005 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: $14.00
Location: UFM Fireplace Room

Scrapbook Basics 05CC04A
This class is for all scrapbook beginners. We will learn how to use all of the tools and techniques. You bring the photos and we will teach you how to turn them into wonderful pages. We will also teach you everything there is to know about supplies and low-budget scrapbooking. We will complete 1 to 2 pages.
Cara Lesco, (316) 992-3901, carajol@hotmail.com
Date: 09/13/2005 (Tuesday)
Deadline: September 6
Time: 7:00 PM to 9:00 PM
Fee: $31.00
Location: UFM Fireplace Room

Making a Christmas Card for your Dog 05CC06
Come and make a paper card for your favorite pet! Bring a picture of your dog and make a cute card to send to your family and friends.
Cara Lesco, (316) 992-3901, carajol@hotmail.com
Date: 10/24/2005 (Saturday)
Time: 11:00 AM to 1:00 PM
Fee: $32.00
Location: UFM Multipurpose Room

Scrapbook Basics 05CC04B
Cara Lesco, (316) 992-3901, carajol@hotmail.com
Date: 10/12/2005 (Wednesday)
Deadline: October 5
Time: 7:00 PM to 9:00 PM
Fee: $21.00
Location: UFM Fireplace Room

Scrapbook Basics 05CC04C
Cara Lesco, (316) 992-3901, carajol@hotmail.com
Date: 11/10/2005 (Thursday)
Deadline: November 3
Time: 7:00 PM to 9:00 PM
Fee: $21.00
Location: UFM Multipurpose Room

Triangle Frame Loom Weaving for Scarfs and Shaws 05CC06
Hard weaving on a triangualr frame, the loom dresses itself. Weaving is done with a continuous strand of yarn for both warp and weft, by weaving loops inside previous loops, to create beautiful shawls and small scarfs. No weaving experience necessary. There will be 2 small looms and several large looms available. You may purchase materials at class from instructor.
Enid Forster, (785) 537-0777, forster@kansas.net, has studied and used essential oils for several years. She has taught a class at Art-Let's Chili Gong, Red Cross CPR & First Aid, Yoga, Aquatic exercises, Aerobic Dancing classes and is a certified Body ReRepair exercise instructor.
Date: 09/24/2005 (Saturday)
Time: 9:00 AM to 4:00 PM
Fee: $25.00
Location: UFM Multipurpose Room

Juice Packet Purse 05CC07
What do you do with those colorful juice packets? Well, here is an idea. Take those juice packets and sew them together to make a juice purse. You don't even have to know how to sew. This class will teach you how to put together your very own juice purse. When you are done making your purse you personalize it by adding your favorite accessories. Fun for all ages! Great gift idea!
Rita Schaeper
Date: 09/17/2005 (Saturday)
Time: 9:00 AM to 11:00 AM
Fee: $20.00
Location: UFM Multipurpose Room

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106 S. 4th St.
Manhattan, KS 66502
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wthh@kansas.net
www.wildflowersknits.com

Halloween Decorations 05CC08
These spooky decorations will get your house ready for Halloween. If you know how to paint and glue, this class is for you. In this class you will be making candy dishes to put your treats in, Halloween baskets and wreaths. Fun for all ages! Great gift idea!
Rita Schaeper
Date: 10/01/2005 (Saturday)
Time: 9:00 AM to 11:00 AM
Fee: $30.00
Location: UFM Multipurpose Room

Decorating Tips with Ann A Lee's 05CC07
Learn the principles of decorating your room by applying colors and textures to enhance your home in an informal discussion format. The instructor will be sharing her experience with home decorating. You will get to see many interesting unique decorating items.
Ann A Lee's, (785) 539-1720, is owner of Ann A Lee's, a unique home furnishing store. Ann A Lee's has been established in Manhattan for 2 years. Lost helps her customers with decorating designs and tips. She was a decorator for a home at the 2004 McColl Home Tour and 2003 Historical Society Home Tour.
Date: 09/06/2005 to 09/27/2005 (Tuesday)
Time: 7:00 PM to 8:00 PM
Fee: $18.00
Location: Aten A Lee's, 8059 Hwy 24

Turn 20 Fat Quarters into a Quilt 05CC03
This is an "Easy for Beginners" fun and fast quilt making class. The first class will be an introductory session including instructor's recommendation for materials. Turn 20 Fat Quarters in a quilt with or without outer borders. This is a good way to use up your Fat Quarter stash. Bring sewing machine and sewing materials after first class.
Joan Phelps
Date: 08/30/2005 to 09/27/2005 (Tuesday)
Time: 6:30 PM to 8:30 PM
Fee: $40.00
Location: UFM Banquet Room

1221 Thurston
www.truym.org
539-8763
Fly Fishing
This course will cover the proper techniques for performing basic fly casting techniques, roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor.

Paul Sadowski
Date: 09/12/2005 to 09/22/2005 (MTWTh)
Time: 6:00 PM to 8:00 PM
Fee: $90.00
Location: TBA

Home Landscape Design
Learn the basics of landscaping your bowl! Locally available resources will be presented. This course is a must for new residents to the Manhattan community or those of us with "brown thumbs."

Gregg Eyestone has used his horticulture degree from KSU as a Country Extension Agent for 10 years. He has presented many landscaping classes and is looking forward to working with individuals who have landscaping challenges.

Date: 09/14/2005 to 09/28/2005 (Wednesday)
Time: 6:00 PM to 8:30 PM
Fee: $29.00
Location: 116 Courthouse Plaza, Extension Office

Home Greenhouses and Sunrooms-Design Thoughts for Plants & Warmth
Whether you want flowers and winter greens or just to heat adjoining rooms, sunrooms are certain to add light and enjoyment to your home. With slides, we will discuss examples of sunrooms built here in Manhattan and talk of the various design considerations for both growing plants and exporting warmth. Bring your blueprints. Bill will be happy to discuss your particular home and plans.

Bill Dorsett (785) 539-1956, wmdorsett@boglobal.net, has been working with solar energy and building sunrooms in Manhattan since 1991.

Date: 09/17/2005 to 09/27/2005 (Tuesday)
Time: 1:30 PM to 3:30 PM
Fee: $32.00
Location: UFM greenhouse

Intro to Solar Energy-Design Thoughts for Hot Water, Warm Air and Solar Electricity
We can use our abundant sunlight to cook our food, heat our homes and water and provide electricity and even make ice. I've professionally done some of these things and tinkered with others. This is an informal discussion of your and my thoughts on the sun's wide ranging possibilities. No questions too simple, and all answers welcome.

Bill Dorsett, (785) 539-1956, wmdorsett@boglobal.net

Astronomy Basics
The purpose is to introduce the participant to observational astronomy and astrophotography. Course discussions will include description of astronomical objects of interest, how to select equipment for observation, and photography. Most of the time will be spent gaining hands-on experience with equipment.

Ron Mall, (785) 770-9593 and Todd Tuttle. Ron is a faculty member in the department of Grain Science, KSU, and amateur astronomer. Todd is the founder of N. Central Kansas Astronomical Society and avid astronomer.

Date: 09/30/2005 to 11/06/2005 (Friday)
Meeting days are as follows: November 4
September 30, October 26, November 4
Time: 7:30 PM to 11:00 PM
Fee: $50.00, - additional family member $10.00
Location: 1900 Kimball Ave., KSAB Building

Water Gardening for Beginners to Advanced
Water Garden Center will be demonstrating how to build and maintain a healthy water garden. Learn how different types of filters work, how to choose the right pump and other supplies. Mike will answer any and all questions regarding ponds. After the course, students will receive valuable discount coupons.

Mike Benella, (785) 537-3693

Date: 09/10/2005 (Saturday)
Time: 10:00 AM to 12 Noon
Fee: $24.00
Location: Manhattan Aquarium Company & Water Garden Center, 514 Pillsbury Dr.

Saltwater Aquariums for Beginners
Mike Benella, Owner of Manhattan Aquarium Co & Water Garden Center will teach you everything you need to know to start a saltwater aquarium. Learn about proper filtration, lighting, the nitrogen cycle, stocking the aquarium and maintenance. After the course, students will receive valuable discount coupons.

Mike Benella, (785) 537-3693

Date: 11/19/2005 (Saturday)
Time: 10:00 AM to 12 Noon
Fee: $24.00
Location: Manhattan Aquarium Company & Water Garden Center, 514 Pillsbury Dr.

Help for Houseplants
Did you know there are many plants that you can plant this fall that will brighten up your landscape next season? We'll discuss different types of bulbs, perennial flowers, trees, and shrubs and their planting and growth requirements. Then when the winter snows thaw, you'll already have a head start for next year's gardening season!

Colleen Hampton, champion3144@hotmail.com

Fall Planting and Beyond
Did you know there are many plants that you can plant this fall that will brighten up your landscape next season? We'll discuss different types of bulbs, perennial flowers, trees, and shrubs and their planting and growth requirements. Then when the winter snows thaw, you'll already have a head start for next year's gardening season!

Colleen Hampton, champion3144@hotmail.com

Fall Clean-up and Preparation
What can you do this fall that will help make next year's gardening season more successful? We'll discuss what should be cleaned-up and what can be left, fall soil preparation, composting, what NOT to do in the landscape, and other topics in this class. You'll go home with a nice "to-do" list that will go a long way to make your garden next year better!

Colleen Hampton, champion3144@hotmail.com

Enroll Day or Night
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539-8763
Philosophy of Gurdjieff & Ouspensky
OSCIP18
Explore the psychological system of the two Russian philoso-
phers and teachers Gurdjieff and Ouspensky. Their philoso-
phy seeks to join Eastern traditions with Western needs by
emphasizing a system of self-development grounded in verifi-
cation through personal exercises, discussion and reading
aloud from Ouspensky’s A Psychology of Man’s Possible
Evolution.
David Samson has been active with Gurdjieff’s work for 24
years. He has studied with J.G. Bennett, a pupil of both
Gurdjieff and Ouspensky.
Date: 09/12/2005 to 10/24/2005 (Monday)
Time: 7:30 PM to 9:00 PM
Fee: $32.00
Location: UFM Greenhouse

Discovering Your Soul’s Purpose
OSCIP28
A 9-week discover process plus three more days to plan and
assimilate your purpose into your life or maybe your life
into your purpose. We will have a short lecture, then about
one and a half hour of fun discovery activities such as silent
writing, music or just joking around then we’ll share and
summarize the evening. By Christmas you will have a new
best friend-yourself.
Sarah English and Patricia Casselli. Sarah English is a teach-
ing Reiki Master, having received Master Level in 2000. She
has been working with subtle energies, Feng Shui, Auras and Chakras since 1974. She also is a certified
Well dialog Life Coach. She’s been helping people find their
soul’s purpose since 1992. Patricia is an ordained minister
and has helped hundreds of people through the transitions
of their lives.
Date: 09/14/2005 to 12/14/2005 (Wednesday)
Time: 7:00 PM to 9:30 PM
Fee: $110.00
Location: UFM Multipurpose Room

Clutter Clearing
OSCIP22
Clearing our environment is a dynamic tool for change.
Clutter holds us in the past, preventing us from living fully.
We will examine the energetics of clutter and discuss ideas
that empower us to let go of our extra baggage! A variety of
organizing strategies and principles of feng shui will also be
utilized. Homework assignments are an integral part of
class. Come prepared to liberate yourself!
Kate Cashman, (785) 537-1911 and Elizabeth Jenks.
Kate Cashman is a certified Jin Shin Jyutsu practitioner and self-
learnt practitioner. Not restricted to+ because, Elizabeth Jenks
and Kate Cashman have discovered that the energetic
approach to clutter works. They operate Clutterbusters, a
consulting business.
Date: 10/10/2005 to 10/24/2005 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: $25.00
Location: 811 Colorado Street

Chernobyl: A Pedestrian’s Guide
OSCIP24
Written, read, and narrated by the author, it is a
narrative-history of the events following the Chernobyl
nuclear disaster. It is the first book of its kind to
focus on the Chernobyl site and the people who lived
there.
Date: 10/08/2005 to 10/21/2005 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: $25.00
Location: UFM Conference Room

Tips, Tricks and Techniques for Creating a
Naturally Beautiful Look
OSCIP25
You will learn the simple techniques for creating a naturally
beautiful, basic, glamorous look. By learning the proper
techniques and preferred tools, and by using the natural
beauties of skin care and color cosmetics, students will
create their own simple, yet elegant glamorous look. Students
will learn what colors and techniques are best suited for
their shapes, eye shape, eye color, hair color and skin tone/Type.
Whether you are a look for everyday or for a very special
evening, this class will teach you all you need to know about
beautiful basics.
Kivi Mills
Date: 08/28/2005 to 08/30/2005 (Tuesday)
Time: 6:00 PM to 8:00 PM
Fee: $27.00
Location: UFM Conference Room

Tips, Tricks and Techniques for Creating a
Naturally Beautiful Look
OSCIP28
Kim Mills
Date: 10/18/2005 to 10/25/2005 (Tuesday)
Time: 6:00 PM to 8:00 PM
Fee: $27.00
Location: UFM Conference Room

The Evolution Debate
PI131
The first session will investigate the various relationships
between science and religion. The second session will dis-
cuss the various interpretations of the Genesis account
and how they relate to the current evolution debate. There will
also be an attempt to define the concept of "intelligent
design." The first session will search for ways to approach
the question of "origin" in public education.
John Cortes
Date: 9/13/2005 to 9/27/2005 (Tuesday)
Time: 7:00 PM to 8:30 PM
Fee: $14.00
Location: UFM Conference Room

Flint Hills PFLAG Support Group
OSCIP29
Do you have a friend or family member who is gay or
lesbian? Are you gay or lesbian? Do you feel like talking
to someone, but don’t know where to turn? This group is
an opportunity to come together with others who have
the same questions you do, and to talk to people who
have experienced what you are going through. You are
not alone and you are not without hope.
For meeting locations and further information, call or
e-mail 785-410-3190 or flplag@kansas.net.
Date: 9/10/2005, 10/15/2005, 11/12/2005
Time: 7:00 am - 11:30 am
Fee: No Charge
Location: Call 785-410-3190 or email flplag@kansas.net

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http://ec.princeton.edu
Wine 101: Wine Appreciation
05CF12
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 Mirocado Gourmet Grocery. Jeff P. 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 Campfield
Date: 09/21/2005 to 10/12/2005 (Wednesday)
Time: 7:00 PM to 9:00 PM
Fee: $1.00
Location: UFM Conference Room /Kitchen

Fun Foods

Basic Cake Decorating
This course focuses on the techniques and methods of basic cake decorating. Students will learn proper icing techniques, and how to use different decorating tips to create wording, borders, flowers, and other icing creations to achieve store quality cakes at home. There will be additional equipment that students must purchase for this class before the first meeting. List of materials will be provided at the time of enrollment. (if enrolling online, please contact UFM for the materials list).

Tara Ritchie was a professional cake decorator for a year and a half, before moving to Manhattan with her husband to continue their education at Kansas State University.

Date: 09/27/2005 to 09/28/2005 (Wednesday)
Time: 6:30 PM to 8:30 PM
Fee: $40.00
Location: UFM Kitchen

Tea Tasting Around the Globe
05CF19
In this class we will be talking about where tea is grown throughout the world. Each tea will center on the processing of the tea and various resulting tea types, what a tea is, and finish with taste sampling of teas.

Stormy Kennedy
Date: 11/17/2005 (Thursday)
Time: 7:00 PM to 9:00 PM
Fee: $12.00
Location: UFM Kitchen

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The Legend of the Dancing Goats (Coffee)
05CF13
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 Radons
Date: 10/12/2005 to 10/19/2005 (Wednesday)
Time: 7:00 PM to 9:00 PM
Fee: $14.00
Location: UFM Conference Room /Kitchen

Cajun Cooking
05CF18
First ya’ make a roux! A roux is an oil and flour base that begins many Cajun dishes. This class will cover roux basics. Chicken sausage gumbo and catfish court bouillie (pronounced Koo-vay-doo) will be served before the night is through. A roux paddle and a little know-how is all it takes to create Cajun delights in your own kitchen.

Peter Pellegrino, gordon@kau.edu, and Joyce Gordon, gordon@kau.edu. Peter was born and raised in Terrebonne Parish Louisiana. Joyce is a Cajun by marriage. Both enjoy the kitchen and have prepared Cajun dishes for themselves and others for more than 2 decades.

Date: 11/05/2005 (Saturday)
Time: 5:00 PM to 8:00 PM
Fee: $27.00
Location: UFM Kitchen
Introduction to Golf
Jim Gregory, (785) 539-1041
Date: 08/25/2005 to 09/15/2005 (Thursday)
Time: 6:30 PM to 7:30 PM
Fee: $36.00
Location: Stagg Hill Golf Club, 4441 Fort Riley Blvd.

Beginning Belly Dance I
Rosina Catalin, rosinamayazahra.com
Date: 10/27/2005 to 12/08/2005 (Thursday)
NO CLASS November 24
Time: 5:30 PM to 6:30 PM
Fee: $48.00
Location: Ahsen Dance Studio, Room 301

Archery for Adults
O5CRF3R
This course provides men and women instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Participants 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 individual levels of advancement.

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www.tryufm.org
Belly Dance Conditioning Workout 05CRF12A
Looking for a new and different type of workout? Belly dancing is now a popular trend in exercise! You'll get a total body workout. You'll raise your heart rate, burn fat, and tone your muscles. Class will include warm-up, breakdown of basic belly dance movements, traveling steps, shimmies, percussive hip work, abdominal and rib cage work, and sustained arm movements. This class is open to all levels of students from beginner to professional. It is a great way for new students to cover the basics, and for seasoned belly dancers to stay in excellent shape for performance. Please wear comfortable clothing that allows for ease of movement. Bring water and be ready to sweat!
Mags Zahira, (785) 979-4681, bellydance@mayasaabasha.com
Date: 09/15/2005 to 10/20/2005 (Thursday)
Time: 6:35 PM to 7:35 PM
Fee: $46.00
Location: Abeam Dance Studio, Room 301

Belly Dance Conditioning Workout 05CRF12B
Maya Zahira, (785) 979-4681, bellydance@mayasaabasha.com
Date: 10/22/2005 to 12/08/2005 (Thursday)
NO CLASS November 24
Time: 6:35 PM to 7:35 PM
Fee: $46.00
Location: Abeam Dance Studio, Room 301

KO Boxing 05CRF14A
Learn to box! Train like a pro! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun, and relieve stress. Gloves will be provided and all for purchase. There will be no contact with other participants. Workouts will be on the heavy bag, durable end bag, funnel bag, jumbo ball and freestanding bags. Learn punishes, defensive moves, combos, and how to hit awesome abs! Open to men and women.
Lorissa Ridley, (785) 776-6060 has been teaching in the field of fitness for over 20 years. At the age of 2, Lorissa began dance and gymnastics and martial arts at the age of 10. At age 14, Lorissa began her own gymnastics business at the YMCA in Junction City. After graduating from High School, Lorissa attended Wichita State University, majoring in dance. She taught with Mr. Kansas 1986 Body Building Champion. After WSU, Lorissa continued to coach and studied emergency medicine. In 1999, she opened CATTS, a children's gymnastics and dance gym in Wamego, Kansas, where she also began teaching adult fitness classes and personal training. Lorissa has danced professionally in various performance, including the Phoenix Suns, Country Music Television, NBC, and much more. In 1995 Lorissa began boxing with a golden glove trainer. In 1999, Lorissa created her own business, "KO Boxing & Fitness" in the Manhattan and Junction City areas.
Date: 08/22/2005 to 09/14/2005 (Monday/Wednesday)
NO CLASS September 5
Time: 6:30 PM to 7:30 PM
Fee: $64.00
Location: 3615 Clifton Road, Cottonwood Racquet Club

KO Boxing 05CRF14B
Lorissa Ridley, (785) 776-6060
Date: 09/19/2005 to 10/12/2005 (Monday/Wednesday)
NO CLASS October 3
Time: 6:30 PM to 7:30 PM
Fee: $64.00
Location: 3615 Clifton Road, Cottonwood Racquet Club

KO Boxing 05CRF14C
Lorissa Ridley, (785) 776-6060
Date: 10/18/2005 to 11/08/2005 (Tuesday/Thursday)
Time: 6:30 PM to 7:30 PM
Fee: $64.00
Location: 3615 Clifton Road, Cottonwood Racquet Club

KO Boxing 05CRF14D
Lorissa Ridley, (785) 776-6060
Date: 11/10/2005 to 12/08/2005 (Tuesday/Thursday)
NO CLASS November 22 & 24
Time: 6:30 PM to 7:30 PM
Fee: $64.00
Location: 3615 Clifton Road, Cottonwood Racquet Club

Tennis
05CRF19AZ
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 rackets will be available if needed.
Bill Fraley
Date: 09/06/2005 to 11/15/2005 (Tuesday)
Time: 1:30 PM to 3:00 PM
Fee: $77.00
Location: 3615 Clifton Road, Cottonwood Racquet Club

Tennis
05CRF19BZ
Bill Fraley
Date: 09/07/2005 to 11/16/2005 (Wednesday)
Time: 1:30 PM to 3:00 PM
Fee: $77.00
Location: 3615 Clifton Road, Cottonwood Racquet Club

Beginning Fencing 05CRF212Z
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing retains 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 strip - integrating diplomacy, aggression, speed and skill.
Jeff Gavert
Date: 08/29/2005 to 12/02/2005 (Monday)
NO CLASS September 3 and October 3
Time: 6:00 PM to 7:30 PM
Fee: $44- with own equipment; $74.00 - using instructor's equipment
Location: Ahsam Fieldhouse

Intermediate Fencing 05CRF22Z
Intermediate fencing course with the concepts presented in beginning for free. Emphasis is on technique refinement, theory of attack, and scoring.
Jeff Gavert
Date: 08/29/2005 to 12/02/2005 (Monday)
NO CLASS September 3 and October 3
Time: 7:30 PM to 9:30 PM
Fee: $44- with own equipment; $74.00 - using instructor's equipment
Location: Ahsam Fieldhouse

Beginning Line Dance 05CRF24
In this class you will have fun learning some basic line dances. We will start each class with some basic stretching exercises, then learn and practice the dance steps necessary to dance some easy line dances. We will end the class with more stretching exercises. No need to have a partner, but be sure to wear non-skid shoes!
Joye Juhler, juhler@earthlink.net, is a licensed dance instructor and has been teaching dance and exercise classes since 1990. She moved here from Omaha, NE where she was employed at University of Lincoln at Omaha. She is a member of the Universal Round Dance Council and Roundable and has held several various office positions at these and other dance organizations while teaching at dance festivals and conventions in cities such as Omaha, Hastings, Norfolk, NE, Seneca, CA, Sioux City, IA, and many others.
Date: 10/05/2005 to 11/16/2005 (Wednesday)
Time: 6:30 PM to 7:30 PM
Fee: $28.00
Location: UFM Banquet Room

A Little More Than Beginning Line Dance 05CRF352
We will start each class with some basic stretching exercises, then learn and practice the dance steps necessary to dance some easy line dances. We will end the class with more stretching exercises. No need to have a partner, but be sure to wear non-skid shoes!
Joye Juhler, juhler@earthlink.net
Date: 10/05/2005 to 11/16/2005 (Wednesday)
Time: 7:45 PM to 8:45 PM
Fee: $28.00
Location: UFM Banquet Room

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Swing & Salsa Dancing
Have some fun learning classic big band swing dance and salsa. Learn the swing, salsas and basic moves, lifts, spins, and jumps. You will learn to move around the dance floor to lively music and add some special moves as well as closed and open positions, pretzels, drapes and yoke, Roman handshakes and other hot steps. Class emphasis will be on learning the steps clearly and precisely. No prior dance experience is required! Wear comfortable clothing and non-skid shoes. Having fun is the only requirement.

Michael Bennett, dance599@yahoo.com
Date: 08/26/2005 to 10/14/2005 (Friday)
Time: 8:30 PM to 9:30 PM
Fee: $36 - Individual $58 - Couple
Location: Cross Roads, ECM, 1021 Denison

Swing & Salsa Dancing
Michael Bennett, dance599@yahoo.com
Date: 10/21/2005 to 12/9/2005 (Friday)
Time: 8:30 PM to 9:30 PM
Fee: $36 - Individual $58 - Couple
Location: Cross Roads, ECM, 1021 Denison

Golf in Junction City
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: 08/25/2005 to 10/11/2005 (Tuesday)
Time: 5:30 PM to 7:30 PM
Fee: $120.00
Location: Rolling Meadows Golf Course, Junction City

Golf in Junction City
Jim Peterson
Date: 08/24/2005 to 10/12/2005 (Wednesday)
Time: 5:30 PM to 7:30 PM
Fee: $120.00
Location: Rolling Meadows Golf Course, Junction City

Archery Instructor Training & Certification
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 for the instructor at the first class meeting.

Tom Korte, (785) 494-8889
Date: 09/26/2005 to 11/21/2005 (Monday)
Time: 7:00 PM to 8:45 PM
Fee: $89.00
Location: 1125 Lamarr Plaza, upstairs

Beginning Dance for Couples
"For Couples Only!" Bring your partner and HAVE FUN learning how to dance to rhythms of Foxxy, 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, dance599@yahoo.com
Date: 08/26/2005 to 10/14/2005 (Friday)
Time: 6:00 PM to 7:00 PM
Fee: $52.00 per couple
Location: Cross Roads, ECM, 1021 Denison

Beginning Dance for Couples
Michael Bennett, dance599@yahoo.com
Date: 10/21/2005 to 12/9/2005 (Friday)
Time: 6:00 PM to 7:00 PM
Fee: $52 per Couple
Location: Cross Roads, ECM, 1021 Denison

Yogilates
Join us as we take time to stretch, strengthen and balance the body with a mixture of Yoga and Pilates. Class is taught showing many options so beginners as well as experienced participants may benefit. Yoga as recommended but not required.

Dana Knox
Date: 09/19/2005 to 11/07/2005 (Monday/Wednesday)
NO CLASS October 3
Time: 10:00 AM to 11:00 AM
Fee: $72.00
Location: Pro Fitness, 1125 Laramie St, Lower Level

Yogilates
Dana Knox
Date: 09/01/2005 to 10/18/2005 (Tuesday/Thursday)
Time: 12:00 N to 1:00 PM
Fee: $72.00
Location: Pro Fitness, 1125 Laramie St, Lower Level

Yogilates
Dana Knox
Date: 10/25/2005 to 12/30/2005 (Tuesday/Thursday)
Time: 12 N to 1:00 PM
Fee: $72.00
Location: Pro Fitness, 1125 Laramie St, Lower Level

Hit Hop Dance
Think you can't dance? Don't have any rhythm? Then there's a class for you at UMF! This "hip hop" class is a mix of choreography, battle rock, and breaks. 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, "Gee, I wish I could get out on that dance floor..." UMF has the remedy for you. Hope to see you there.

Kelly Marshall, mingo118@ksu.edu
Date: 09/13/2005 to 10/25/2005 (Tuesday)
Time: 6:30 PM to 7:30 PM
Fee: $15.00
Location: International Student Center, KSU

Hip Hop Dance
Kelly Marshall, mingo118@ksu.edu
Date: 11/01/2005 to 12/06/2005 (Tuesday)
Time: 6:30 PM to 7:30 PM
Fee: $25.00
Location: International Student Center, KSU

Hip Hop Dance
Kelly Marshall, mingo118@ksu.edu
Date: 07/09/2005 to 10/12/2005 (Wednesday)
Time: 6:30 PM to 7:30 PM
Fee: $25.00
Location: International Student Center, KSU

Hip Hop Dance
Kelly Marshall, mingo118@ksu.edu
Date: 10/19/2005 to 11/30/2005 (Wednesday)
NO CLASS November 23
Time: 6:30 PM to 7:30 PM
Fee: $25.00
Location: International Student Center, KSU

Hit Hop Dance
Kelly Holub, (913) 568-2521, db449@ksu.edu, is a senior in Electronic Media and Advertising at K-State.
Date: 09/11/2005 to 11/06/2005 (Sunday)
TIME: 3:00 PM to 4:30 PM
Fee: $25.00
Location: UMF Banquet Room

Hit Hop Dance
Kelly Holub, (913) 568-2521, db449@ksu.edu
Date: 09/14/2005 to 11/2/2005 (Wednesday)
TIME: 4:00 PM to 5:00 PM
Fee: $25.00
Location: UMF Banquet Room

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23
RECREATION & FITNESS (Continued)

Lindy Hoppe
Lindy Hoppe is a fun and energetic dance form from the 1920s. With fast steps and kicks, she will be impressed on how well you move. You will look great on the dance floor.

Reefal Land
Date: 09/11/2005 to 10/22/2005 (Sunday)
Time: 5:00 PM to 6:00 PM
Fee: $4.00
Location: Altern Dance Studio, Room 301

No Contact Boxing for Men
Learn to box! Train like a pro! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun, and relieve stress. Gloves will be provided and also are available for purchase. There will be no contact with other participants. Workouts will be on the heavy bag, double end bag, tunnel bag, jump rope, and freestanding bag. Learn punches, defensive moves, combinations, and how to get awesome abs! Open to men and women.

Losani Valdez, (781) 776-4000, has been teaching in the field of fitness for over 23 years. At the age of 2, Losani began dance and gymnastics and martial arts at the age of 10. At age 14, Losani began her own gymnastics business at the YMCA in Junction City. After graduating from High School, Losani attended Wichita State University, majoring in dance. She weight trained with Mr. Kansas 1986 Body Building Champion. After HSU, Losani continued to coach and studied emergency medicine. In 1996, she opened CATS, a children’s gymnastics and dance gym in Warren, Kansas, where she also began teaching adult fitness classes and personal training. Losani has danced professionally in various performances, including the Phoenix Suns, Country Music Television, NBC and much more. In 1995 Losani began boxing with a golden glove trainer. In 1999, Losani completed her own business, “K.O. Boxing & Fitness” in the Manhattan and Junction City area.

Date: 10/17/2005 to 12/7/2005 (Monday/Wednesday)
NO CLASS November 23
Time: 6:30 PM to 7:30 PM
Fee: $10.00
Location: 3615 Clifton Road, Cottowood Racquet Club

International Folk Dance
Learn dances from a variety of countries! Couples, lines, circles, Irish, German, Indian, Israeli, Russian, Greek and more. Every culture has its own dances with music to match. International Folk Dance should be a required class in the International Studies curriculum! Six Sessions, 10-12 dances! A partner is not required for this course. Wear loose clothing and shoes for active dancers.

Mark Minter started learning international folk dancing with the Grapevine International Folk Dancers of Wichita in the mid '70s. Also Mark began studying Tai Chi while in the Peace Corps in Malaysia in the early '70s. Having become a part of the Chinese community of wichita, his learning experience was a unique study in Tai Chi and the Chinese culture. Upon returning to the U.S. he taught Tai Chi for the Wichita Free University for several years.

Date: 09/09/2005 to 10/14/2005 (Friday)
Time: 7:00 PM to 9:00 PM
Fee: $3.00
Location: UFM Banquet Room

Tae Bo Aerobics
Get your workout on with Tae Bo!!! Aerobics is a great way for you to build endurance and boost your energy levels. Join us to look great, feel great, become more flexible and physically fit. A towel and water bottle is suggested.

Jenett Wright enjoys exercising and working out regularly. She has been assisting/coaching aerobics for six years. Her goal is to help people feel great about themselves, keep up motivation, get fit and stay in shape.

Date: 09/06/2005 to 10/13/2005 (Tuesday/Thursday)
Time: 5:30 PM to 6:30 PM
Fee: $4.00
Location: UFM Banquet Room

Tae Bo Aerobics
Jenett Wright
Date: 10/18/2005 to 11/22/2005 (Tuesday/Thursday)
Time: 5:30 PM to 6:30 PM
Fee: $4.00
Location: UFM Banquet Room

SALINA CLASSES

Beginning Fencing in Salina
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapons (epee, foil, sabre) used in competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, legs, and feet and strength training of the fingers and wrists. Understanding fencing has some overlap with chess, requiring sound strategic, tactical, and mental skills.

GI Kneepads
Date: 09/06/2005 to 11/25/2005 (Tuesday)
Time: 6:00 PM to 7:00 PM
Fee: $12.00
Location: 755 East Claflin, Salina

Golf in Salina
This course will emphasize on the fundamentals of the full golf swing (drive, short game, pitching and sand shot) rules of play, course etiquette, and rules and some basic techniques. Students are responsible for their own clubs and bags. Instructors are responsible for their own clubs and bags.

Kendra Green
Date: 09/25/2005 to 10/23/2005 (Thursday)
Time: 5:30 PM to 7:00 PM
Fee: $10.00
Location: The Level at Salina Rec Center 3143 Scovell Ave.

Intermediate/advanced Golf in Salina
This course is designed for students to develop advanced skills. Students will practice improving their golf swing and shot game both on the driving range and on the golf course. Students are responsible for one set of golf clubs and additional golf balls as needed.

Kendra Green
Date: 08/31/2005 to 10/29/2005 (Wednesday)
Time: 5:00 PM to 7:00 PM
Fee: $30.00
Location: The K-State of Salina Rec Center 3542 Scovell Ave.

Tae Kwon Do in Salina
Tae Kwon Do is an effective way to unify the mind and body. It develops the body's health by increasing cardiovascular strength, balance, and flexibility. The benefits of striking, punching, kicking and self-defense are taught. Students will work through the material from white belt through yellow belt (the last three levels at an individual pace). Class will consist of practicing these skills as a group, working with other students and the instructor one on one. There will be tests for skill as you progress through each level. Not all students will be expected to cover all these levels.

Cathy Strong
Date: 02/25/2005 to 12/09/2005 (Tuesday/Thursday)
Time: 6:00 PM to 7:00 PM
Fee: $72.00
Location: The K-State at Salina Rec Center 3143 Scovell Ave.,

Ballroom Dance in Salina
Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, character body alignment and positions and partnering techniques such as open and close positions, leading and following, and a variety of simple steps. Emphasis will be placed on basic steps. Partner or partner and/or with instructor. Class is co-sponsored with the K-State at Salina Recreation Center.

Andrea Unichak
Date: 08/03/2005 to 10/25/2005 (Wednesday)
Time: 7:00 PM to 8:00 PM
Fee: $30.00
Location: The K-State at Salina Rec Center 3143 Scovell Ave.

www.ufmprograms.org
1221 Thurston
539-8763
Introduction to Computers

This course introduces you to the world of computers. In this course you will learn the terminologies used by the technicians at the help desk, the salesperson. Learn how to do basic trouble-shooting and fix some minor problems with your system before having to call the technician. Learn how to make changes on your computer such as screen savers, the size of the viewing area on your monitor. If you have questions about how to buy a computer those will be answered also in this class.

Carl Brown, (785) 341-9371, carl@reddragongcm.com
Date: 11/12/2005 to 12/3/2005 (Saturday)
Time: 3:00 PM to 5:00 PM
Fee: $33.00
Location: Manhattan Public Library - Computer Lab

Introduction to Microsoft Word

This course introduces you to Word and will help you use the program and some of its basic functions. Learn to create letterheads, flyers, family newsletters for family living in other areas of the states or stationed overseas.

Carl Brown, (785) 341-9371, carl@reddragongcm.com
Date: 09/10/2005 to 10/8/2005 (Saturday)
NO CLASS October 1
Time: 1:00 PM to 3:00 PM
Fee: $33.00
Location: Manhattan Public Library - Computer Lab

Introduction to Microsoft Excel

This course introduces you to Excel and will help you use the program and some of its basic functions. Learn to create your own spreadsheet to keep records of GPA averages, golf scores, monthly budgets and more.

Carl Brown, (785) 341-9371, carl@reddragongcm.com
Date: 11/12/2005 to 12/3/2005 (Saturday)
Time: 1:00 PM to 3:00 PM
Fee: $33.00
Location: Manhattan Public Library - Computer Lab

Basic Web Page Design

This course introduces you to the world of the Internet and designing simple-to-use web pages. These web pages can be used to keep loved ones who are in far away places up to date with family outings and fun. Learn to make your own web page and how to post it to the World Wide Web. This class will help to develop your imagination and creativity.

Carl Brown, (785) 341-9371, carl@reddragongcm.com
Date: 10/15/2005 to 11/19/2005 (Saturday)
Time: 1:00 PM to 3:00 PM
Fee: $33.00
Location: Manhattan Public Library - Computer Lab

Introduction to Microsoft Access

This course introduces you to Access and will help you use the program and some of its basic functions. Learn to create your own database to keep records of household inventories, recipes, video tapes, and CD's.

Carl Brown, (785) 341-9371, carl@reddragongcm.com
Date: 10/15/2005 to 11/19/2005 (Saturday)
Time: 3:00 PM to 5:00 PM
Fee: $33.00
Location: Manhattan Public Library - Computer Lab

Introduction to EBay

This course introduces you to E-Bay and the world of online selling and buying. You will learn how to setup your own account for selling and buying on the E-Bay site. Learn codes that are used for sellers and buyers so that you can make good decisions about selling and buying and what to look out for while doing this.

Carl Brown, (785) 341-9371, carl@reddragongcm.com
Date: 09/10/2005 to 09/17/2005 (Saturday)
Time: 3:00 PM to 5:00 PM
Fee: $29.00
Location: Manhattan Public Library - Computer Lab

"Safer" - Internet Dating/Chatting

This course introduces you to the world of internet chatting and dating. You will learn how to protect yourself from the "bad element" and how to setup your alias for these internet services. Learn the Do's and Don'ts of chatting and internet dating as well as the Pro's and Con's of each of these services.

Carl Brown, (785) 341-9371, carl@reddragongcm.com
Date: 09/24/2005 to 10/8/2005 (Saturday)
NO CLASS October 1
Time: 3:00 PM to 5:00 PM
Fee: $29.00
Location: Manhattan Public Library - Computer Lab

October 24, 2005
7:00 p.m., K-State Student Union Forum Hall

“The War at Home: The Domestic Causes and Consequences of Bush’s Militarism”

Distinguished Professor of Political Science and Sociology Graduate School and University Center, The City University of New York.

Co-Sponsored by the Departments of Political Science and Sociology, Anthropology and Social Work: Women's Studies; and the Donald J. Adammeh Distinguished Lecture Series in Sociology

Book Signings Follow Each Lecture • Free and Open to the Public

For More Information, Go to www.ufmprograms.org or Call 785-539-8763

September 29, 2005
7:00 p.m., K-State Student Union Ballroom

“Civil Rights in an Era of Social Wrongs”

Professor of Law, Columbia University School of Law, and Recipient of the MacArthur Foundation “Genius” Award.

Jointly Sponsored with the Dorothy L. Thompson Civil Rights Lectures and the University Distinguished Lectures Committee

A Part of Community Cultural Harmony Week
September 25 through 30, 2005

Claflin Books and Copies

1814 Claflin Road 776-3771 www.claflinbooks.com

539-8763 1221 Thurston www.tryufm.org
Test Preparation Courses
Be Confident and Prepared to take the GMAT, GRE, and LSAT

LSAT Prep 05CFC24
Law School Admission Test Review Course

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

Monday and Wednesday: 6:00pm-9:00pm
Saturday: 8:00am - 12:00pm

Date: 08/31/2005 to 09/25/2005
Monday/Wednesday / Saturday
*No Class September 3 & 5

Time: Mon/Wed 7:00 p.m. - 9:00 p.m.,
Sat, 8:00 a.m.-noon

Fee: $250.00
Location: Dickens Hall Room 106

GMAT Prep 05CFC05
Graduate Management Admission Test Preparation Course

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

Travis Flewelling

Date: 10/06/2005 to 11/15/2005
(Tuesday/Thursday)

Time: 7:30 p.m. - 9:30 p.m.

Fee: $250.00 (fee includes in-class and home study books, and CD-ROM)

Location: KSU, Bluemont Hall, Room 5102

*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.

GRE Prep 05CFC06
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

Travis Flewelling

Date: 10/06/2005 to 11/15/2005
(Tuesday/Thursday)

Time: 7:30 p.m. - 9:30 p.m.

Fee: $250.00 (fee includes in-class and home study books, and CD-ROM)

Location: KSU, Bluemont Hall, Room 5102
KSU Credit Courses

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 131 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 532-5566 for questions or information, or visit www.dce.ksu.edu/dce/outreach/recenatconourses.html.

Scuba Diving

REIS-200  49118
This course will prepare students for NAUI Scuba Diver Certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environments, and general information. The dive for certification will be determined at a later date. A certification fee of $50 will be assessed at the time of check-out dives. However, neither the UDF nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel, which will be available for purchase at the first class meeting. Instructor fees in price from $300 to $450. There is a nonrefundable deposit fee of $50 for withdrawing from the class after the first day.

Jeff Williams

Date: 8/25- 9/3 (Monday and Wednesday)
Time: 6:00 pm - 9:00 pm No Class 9/9, 9/14
Fee: $200 Limited no credit is available. 
Location: KSU Naturalist

Scuba Diving

REIS-200  49117

Jimmie Gregory

Date: 10/10- 11/27 (Monday)
Time: 6:00 pm - 9:00 pm
Fee: $325 (Also available for non-credit through UFM $275)
Location: KSU Naturalist

Bassoon Dance

DANCE-599  49130
Introduction to the principles of bassoon dancing. Includes dance terminology, dance positions, dance alignment and positions, and partnering. Techniques such as arm and leg positions, leading and following, and a variety of steps will be emphasized. The movements American waltz, foxtrot, and Latin steps will be taught.

Michael Bennett

Date: 8/24- 12/7 (Wednesday)
Time: 9:00 am - 12:00 pm No Class 11/21
Fee: $250 (Also available for non-credit partners through UFM $260)
Location: EIC Audition Room 101

Bassoon Dance

DANCE-599  49140

Jimmie Gregory

Date: 8/25- 10/11 (Tuesday)
Time: 2:30 pm - 4:30 pm
Fee: $220
Location: 444 Fort Riley Blvd. Stagg Hill Golf Club

Golf

REIS-200  49148
This course will emphasize the fundamentals of the full swing giving the student the chance to learn new skills in pitching, choking, and sand. Areas covered, selection and use of equipment.

Jimmie Gregory

Date: 8/24- 10/12 (Wednesday)
Time: 1:00 pm - 3:00 pm
Fee: $225
Location: 444 Fort Riley Blvd. Stagg Hill Golf Club

REIS-200  49149
Jimmie Gregory

Date: 8/26- 10/12 (Wednesday)
Time: 3:30 pm - 7:30 pm
Fee: $225
Location: 444 Fort Riley Blvd. Stagg Hill Golf Club

Golf

REIS-200  49141
Jimmie Gregory

Date: 8/15- 10/13 (Thursday)
Time: 9:30 am - 1:30 pm
Fee: $25
Location: 444 Fort Riley Blvd. Stagg Hill Golf Club

Judo I

REIS-200  49142
Judo I is intended for gaining proficiency but to gain understanding of how principles of dynamic (force, acceleration, momentum, work, energy, momentum of mass, etc.) are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.

Ivor Kuehnlun

Date: 8/25- 12/8 (Tuesday and Thursday)
Time: 6:45- 9:45 pm No Class 11/21
Fee: $80 (Also available for non-credit, MA106)
Location: KSU Abrams Dance Studio, Room 101

Judo II

REIS-200  49143
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 self defense techniques. For preparation for competitive effectiveness, techniques will be tailored to fit the individual's physical needs.

Ivor Kuehnlun

Date: 8/23- 12/5 (Tuesday and Thursday)
Time: 9:45 - 11:45 am No Class 11/21
Fee: $80 (Also available for non-credit, MA106)
Location: KSU Abrams Dance Studio, Room 101

Beginning Fencing

REIS-200  49144
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Fencing entails aggressive conditioning of the shoulders, lower torso and upper body along with fine motor movement of the fingers and hands. Fencers are taught to develop balance and maintain a low profile. Fencers are taught to develop good physical fitness in the form of agility, speed and skill. This course may not be repeated for credit.

Jeff Garuze

Date: 8/28- 12/5 (Monday)
Time: 6:00 - 7:30 pm No Class 9/5 or 10/23
Fee: $200 (Also available for non-credit, MA200)
Location: KSU Abrams Fieldhouse

Intermediate Fencing

REIS-200  49147
Intermediate fencing continues with the concepts presented in beginning fencing. Emphasis is on technique, refinement, theory of attacks, and booming. The course may be repeated for credit.

Jeff Garuze

Date: 8/28- 12/5 (Monday)
Time: 6:00 - 7:30 pm No Class 9/5 or 10/23
Fee: $200 (Also available for non-credit, MA200)
Location: KSU Abrams Fieldhouse

www.tryumf.org
Tennis  RES-200  $91,420
The intent of this introductory course is to introduce the proper techniques of each tennis stroke, scoring rules, single and doubles formation, shot selection and match play. A tennis racket will be required. Class enrolls enjoy the "Spirit of a Lifetime." All players must wear appropriate tennis shoes (not crocs/sandals) and comfortable workout attire. Tennis racquets will be available if needed.
Bill Friday
Date: 9-8 - 11/13 (Tuesday)
Time: 5:30 - 9:00 pm
Fee: $150 (Also available for noncredit, R91,950)
Location: Centenial Park Racquet Club, 3615 Chaffin Rd.

Tennis  RES-200  $91,421
Bill Friday
Date: 9-7 - 11/16 (Wednesday)
Time: 1:30 - 5:00 pm
Fee: $150 (Also available for noncredit, R91,950)
Location: Centenial Park Racquet Club, 2613 Chaffin Rd.

Women and Money  RES-200  $91,424
This course is designed specifically to empower women to manage their finances today and plan for a secure financial future. The goal of this course is to empower women to make informed, educated decisions about their finances. Topics include: getting organized, budgeting, and cash flow, debt, credit, insurance, social security, legal matters, taxes, taxes, taxes, laws, and investing.
Change for Raisin
Date: 9/12 - 11/14 (Monday)
Time: 6:00 - 8:00 pm
Fee: $100 (Also available for noncredit, R91,500)

Fitness Swimming  RES-200  $91,432
Swim 1  RES-200  $91,426
Swim 1 is designed 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 newly beginning swimmer. Students will be presented with the skills, knowledge and attitudes necessary to become safe in the water. They will be taught the basic strokes and survival skills and be able to maintain their head-up position in an aquatic environment using elementary forms of rescue.

Coral Sun
Date: 9/5 - 11/3 (Monday - Saturday)
Time: 5:00 - 7:00 pm
Fee: $200 (Also available for noncredit, R91,640)
Location: KU Natatorium

Fitness Swimming  RES-200  $91,433

Coral Sun
Date: 9/5 - 11/1 (Monday - Saturday)
Time: 5:00 - 7:00 pm
Fee: $200 (Also available for noncredit, R91,640)
Location: KU Natatorium

Beginning Bowling  RES-200  $91,400
This course will cover the basic fundamentals of bowling. How to choose a ball, stance, four step approach, and spot bowling, proper release and spare conversion system. Some basic tournament play, rules and tips will also be taught.

Turf & Edy
Date: 9/6 - 12/8 (Thursday)
Time: 10:10 - 12:30 am Class 11, 24
Fee: $90
Location: 8 State Union Recreation Center

Fundamentals of Canoeing  RES-200  $91,426
This class will help students learn to travel safely and efficiently by canoe. The class provides an introduction into the sport of canoe canoeing (not whitewater orrafting/canoeing). This class will emphasize tenets canoeing with an emphasis on solo paddling. The students will have a chance to paddle a variety of canoes. The course includes a strong emphasis on stroke and paddling mechanics and a complex stroke/move/rapport list. The course will start with a class on canoes and general safety at the UPM building in the morning. Students will go to Rainbow State Park, River Fend is the afternoon.

Cigar Sun
Date: 9/7 - 9/8 (Saturday and Sunday)
Time: 9:00 am - 5:00 pm
Fee: $250
Location: IU House, 2221 Thurston

Fundamentals of Canoeing  RES-200  $91,427
Steve Sprague
Date: 9/24 - 9/25 (Thursday and Saturday)
Time: 9:00 am - 5:00 pm
Fee: $250
Location: UPM House, 1221 Thurston

Fitness Swimming  RES-200  $91,432

Coral Sun
Date: 9/5 - 11/1 (Monday - Saturday)
Time: 5:00 - 7:00 pm
Fee: $200 (Also available for noncredit, R91,640)
Location: KU Natatorium

Fitness Swimming  RES-200  $91,433

Coral Sun
Date: 9/5 - 11/1 (Monday - Saturday)
Time: 5:00 - 7:00 pm
Fee: $200 (Also available for noncredit, R91,640)
Location: KU Natatorium

Fly Fishing  RES-200  $91,419
Paul Sanderson
Date: 10/17 - 10/27 (MT, W, TH)
Time: 6:00 - 8:00 pm
Fee: $250 (Limited noncredit space is available)
Location: TRA

Canoeing Instructor  RES-200  $91,442
This class will give students a chance to become certified by the American Canoe Association (ACA) to teach introductory canoeing classes (tandem or Freestyle). The ACA is the national certifying authority/organization for canoe and kayak paddlesports in the United States. Course participants are authorized to develop and teach ACA canoe classes covering the fundamental skills of beginner canoeing, including identifying hazards, basic concepts of canoe handling, and paddling in calm waters (lake or pond). Certification requires that each student demonstrates both the appropriate knowledge and skills.

The class consists of (1) a review of the appropriate knowledge and skills presented in the ACA's Freestyle and Tandem books, (2) effective methods of instruction and class logistics, (3) ACA organizational structure, function, and resources, (4) on-the-water review of paddling techniques, and (5) final assessment of paddling capabilities. Each student must successfully pass a written knowledge-based test and on-the-water skills test before they may be eligible for final certification. Prerequisite: Fundamental of Canoeing or Instructor's Permission. Steve Sprague, Quiet Canoe Tours 227-4009.

State Sponsor:
Date: 9/30, 10/4 - 10/5
Time: 9:00 - 5:00 am
Fee: $40
Location: UPM House, 1221 Thurston

Beginning Yoga  DANCE-599  $91,416
This course will cover the basic fundamentals of yoga. This course will be a basic introduction to mind-body movement and breath, proper sequencing of movements, ten or more basic exercises and introduction to yoga philosophy.

Anet Franklin
Date: 10/4, 10/11, 11/8 (Tuesday - Thursday)
Time: 10:00 - 11:00 am
Fee: $250 (Limited space is available)
Location: KU Aerobics Dance Studio, Room 002

www.tryufm.org
1221 Thurston
539-8763
Beginning Yoga
DANCE 599  #91326
3 credits
Description: Introduces 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, using various breathing techniques, creating an individualized practice, and in-depth study of Yoga history. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the 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. Prerequisite: This course is for those who have taken at least six yoga classes and practiced yoga on a regular basis for at least six weeks.

Intermediate Yoga
DANCE 599  #91344
3 credits
Description: This course will help 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, using various breathing techniques, creating an individualized practice, and in-depth study of Yoga history. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the 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. Prerequisite: This course is for those who have taken at least six yoga classes and practiced yoga on a regular basis for at least six weeks.

Tae Kwon Do I
DANCE 200  #91323
2 credits
Description: Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular strength, strength, balance, and flexibility. The basic skills of blocking, punching, kicking, self-defense, and white belt form will be taught and learned. This class will continue to build on the skills acquired in Tae Kwon Do I.

Tae Kwon Do II
DANCE 200  #91342
2 credits
Description: Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular strength, strength, balance, and flexibility. The basic skills of blocking, punching, kicking, self-defense, and white belt form will be taught and learned. This class will continue to build on the skills acquired in Tae Kwon Do I.

Golf in Junction City
DANCE 200  #91422
2 credits
Description: 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.

No Contact Boxing for Men
DANCE 200  #91445
2 credits
Description: Students will learn the basic boxing punches of jabs, crosses, hooks, and uppercuts. Other elements of the class will include correct boxing stance, how to shadow box, foot work, and defensive moves such as blocks, jabs, and weave, and sliding. Counter punching and how to catch punches with the correct form will also be covered. This course will provide students an athletic workout for the entire body core. Emphasis will be on how to use the exercises correctly. Advanced punching including hooking, body shots, combos will be covered in class along with how to put together your own workout. Students' workouts will be on various bags such as the heavy bag, the double end bag, and speed bag to develop heart and hand-eye coordination. There will be no physical contact. Everyone is welcome to take this class.

Beginning Middle Eastern Dance (Belly Dance)
DANCE 200  #91447
2 credits
Description: In this dance technique class, students will learn all the foundations of Middle Eastern Dance, otherwise known as Belly Dance. This class will cover basic steps, level one (standing), and rib cage isolations, arm and hand movements, turns, traveling, wave dynamics, combinations, and choreography. Students will also be introduced to the foundation of Eastern music and rhythms, history, culture, and costumes as they apply to the dance. This class is open to both men and women, however all students are expected to participate.

Boxing for Men
DANCE 200  #91447
2 credits
Description: Students will learn the basic boxing punches of jabs, crosses, hooks, and uppercuts. Other elements of the class will include correct boxing stance, how to shadow box, foot work, and defensive moves such as blocks, jabs, and weave, and sliding. Counter punching and how to catch punches with the correct form will also be covered. This course will provide students an athletic workout for the entire body core. Emphasis will be on how to use the exercises correctly. Advanced punching including hooking, body shots, combos will be covered in class along with how to put together your own workout. Students' workouts will be on various bags such as the heavy bag, the double end bag, and speed bag to develop heart and hand-eye coordination. There will be no physical contact. Everyone is welcome to take this course.

Boxing for Women
DANCE 200  #91445
2 credits
Description: In this dance technique class, students will learn all the foundations of Middle Eastern Dance, otherwise known as Belly Dance. This class will cover basic steps, level one (standing), and rib cage isolations, arm and hand movements, turns, traveling, wave dynamics, combinations, and choreography. Students will also be introduced to the foundation of Eastern music and rhythms, history, culture, and costumes as they apply to the dance. This class is open to both men and women, however all students are expected to participate.

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DANCE 200  #91445
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Description: Students will learn the basic boxing punches of jabs, crosses, hooks, and uppercuts. Other elements of the class will include correct boxing stance, how to shadow box, foot work, and defensive moves such as blocks, jabs, and weave, and sliding. Counter punching and how to catch punches with the correct form will also be covered. This course will provide students an athletic workout for the entire body core. Emphasis will be on how to use the exercises correctly. Advanced punching including hooking, body shots, combos will be covered in class along with how to put together your own workout. Students' workouts will be on various bags such as the heavy bag, the double end bag, and speed bag to develop heart and hand-eye coordination. There will be no physical contact. Everyone is welcome to take this class.
First Aid/CPR/AED Instructor | R085-200 | 491601
This course will train participants in the knowledge and skills necessary to teach the First Aid/CPR/AED concepts and techniques. Training, Standard First Aid, Adult/Child/Infant CPR, AED Essentials and combinations thereof, as well as the injury Control Modules. Orientation to the Community. Materials also included in the training. Instructor candidates will also receive and instruction in the development, structure and delivery, polices and procedures of the American Red Cross through Fundamentals of Instructor Training, a prerequisite module which will prepare instructor candidates to teach a diverse population and ensure course content quality, consistency and appropriate training.

Pre-requisites:
1. Correctly answer at least 80% of questions in each section of written pre-course exams, covering material contained in the basic level First Aid, and Adult, Child and Infant CPR courses.
2. Demonstrated ability to perform First Aid, and Adult, Child and Infant CPR skills in accordance with Red Cross standards.
3. Have current First Aid, and Adult, Child and Infant CPR certificates issued within last 6 months.

Certification requirements: Successfully complete pre-course session, attend and successfully participate in all course session, successfully complete the required number of practice/teaching assignments, demonstrate acceptable level of maturity and responsibility consistent with Red Cross standards, successfully answer at least 80% on final instructor course written exam. Questions regarding course material may be directed to the instructor. Textbooks Available for purchase from the American Red Cross Office. Two hour KSU credit.

Contact Info: claudineaid@ksu.edu

Date: 10/10/10 31/11 (Monday)
Time: 8:00 - 9:30 am
Place: Available for members only
Location: American Red Cross Office, 2601 Anderson

Step For Fitness | R085-200 | $94.60
This class is designed for those people interested in increasing their fitness levels while having fun. Learn the terminology used in step classes, as well as the safety guidelines and various styles of stepping. Classes will be followed by step workout. Class will finish with a cool-down and stretching. Please wear comfortable clothing, and bring a water bottle. Open to men & women, beginners to experienced steppers.

Dana Keen

Date: 9/5 - 10/18 (Tuesday / Thursday)
Time: 6:00 - 7:00 pm
Place: Fitness, 1125 Commerce St, lower level

Total Body Toning | R080-200 | 491647
Climbing strength training the body are the focus of this class. Everyone for all muscle groups (upper, lower, core) will be used, with safety stressed and taught. Hand weights, body bar, stability ball and step will be utilized to help develop the body. Come away with some new ways to stay fit. Open to men & women.

Dana Keen

Date: 10/26 - 12/8 (Tuesday / Thursday)
Time: 9:00 - 11:00 am (No class 11/24)
Place: Pre West, 1125 Eramus St, lower level

Scuba Diving in Salina | R085-200 | 888100
This course will prepare students for NAUI Scuba Dive Certification. Additional information covered includes introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, dive planning table, diving environment, and general information. The dive certification will be evaluated at a later date. A certification fee of $60 will be assessed at the time of check out dive. However neither the NAUI dive Certification nor the dives and equipment, seats and material which will be available for purchase at the first class. Equipment ranges in price from $100 to $175. There is a non-refundable material fee of $50 for withdrawing from the class after the "First Dive." 

Jeff Whiting

Date: 9/16 - 10/27 (Thursday)
Time: 6:00 pm - 8:00 pm No class 11/3
Place: 596

Fencing in Salina | R085-200 | 895340
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapons types (foil, épée, sabre) sanctioned as sport (Olympic) events, only foil is taught in beginner fencing. Course may not be repeated for credit. Fencing entails progressive conditioning of shoulders, lower torso and legs along with fine motor enhancement of the upper body. Understanding of the application of the weapon integrates diplomacy, aggression, speed and skill.

Date: 9/6 - 11/29 (Tuesday)
Time: 4:00 - 7:00 pm
Place: 1355, Cliff Ave, Bascom, youth center

Golf in Salina | R085-200 | 895320
This course is designed for the beginner golfer. It will emphasize the fundamentals of the full golf swing, the short game techniques of chipping, pitching and sand shots, mental conditioning, course etiquette and use of equipment. Time allowed for both classroom and golf course play and driving range practice. Students are required to provide own clubs and additional fees of balls, $5.00/12 pack.

Golf in Salina | R085-200 | 895320

Tae Kwon-Do in Salina | R085-200 | 895320
Tae Kwon-Do is an effective way to unify the mind and body. It develops one's health by increasing cardiovascular fitness, strength, balance, and flexibility. The basis of blocking, punching, kicking and self defense are taught. Students will learn front (Uppermid) kick, linear mid kick through yellow belt (the last three levels) at an individual pace. Class will consist of practicing these skills as a group, working as a classmate and the instructor, one on one. There will be a testings for skill as your progress through each level. Not all students will be expected to reach all levels.

Cindy Stricklin

Date: 9/25 - 12/8 (Tuesday/Thursday)
Time: 6:00 pm - 9:00 pm No class Nov. 24
Place: 1364, Cliff Ave, youth center
Lori Able
Thad Beach
Scott Bennington
Michael Bennett
Mike Bonella
Cary Brooks
Levis Brown
Carl Brown
Chastaine Brownson
Crystal Bryan
Bob Campbell
Kate Cofman
Patricia Casinelli
Rosito Catalan
Derick Conrad
Sheryl Cornell
Randy Dale
Jennifer Dean
Sarah English
Gregg Eyestone
Trevor Flewelling
Ennel Foerster
Bill Foley
Ana Franklin
Joye Gordon
Kendra Green
Jim Gregory
Jeff Switzer
Colleen Hampton
Linda Harvey
Pamela Holsen
Cady Holton
Julie Hoang
Jane Hurzeler
Chad Jackson
Elizabeth Jankowski
Joyce Juzer
Sayad Kambapathi
Storm Kennedy
Dina Knox
Tom Korte
Aimee Kraus
Tom Krull
Gia Kravatshikha
Rafael Labrador
Cara Lee
Alberto Levar
Jessie Lutman
M'Elisa Masta
Ron Maddi
Kelly Marshall
Ahlia Matz
Judy Metzall
Michael Miller
Kim Mills
David Moore
Mark N.
Peter Pelligin
Jim Peterson
Marla Price
Emile Rabasa
Wade Ritter
Lorita Ridley
Tara Richke
Abby Schoonover
Rita Schoonover
Gordon Schmid
Marta Schmid
Heather Scott
David Seamon
Paul Sodann
Carol Stites
Cathy Strowig
Mir Hwa (Tina) Terhune
Michael Tien
Kermit Talley
Todd Tuttle
Audrey Usukado
Isaac Wakabayashi
Jan Wishman
Jeff Wilson
Jame Wright
Maha Zaites

We are fortunate to have so many talented and knowledgeable individuals who are willing to share with others through a UFM class. I would like to acknowledge and applaud the UFM instructors.

ON CAMPUS REGISTRATIONS
The following dates and locations have been scheduled to make registering for a UFM class even easier.
DATE      TIME      LOCATION
Aug 30    10 am - 2 pm      KSU Union
Aug 31    10 am - 2 pm      KSU Union

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. Feel free 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 building and 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.

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. Refunds are not given after the recorded start date of the scheduled class meetings. A course dropped between 25% and 30% of the scheduled class meetings will have no refund recorded on the students transcript. Students dropping a course must either completely and submit the online drop form located at http://www.ksu.edu/departments/registration/forms.html or send written notification to the DCE Registration Office (785-532-5566) postmarked no later than the deadline. Students may not drop from a course after 60% of the course has been completed.

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 6:30 am.

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 utfm@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 UFM classes.

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
We will give a full refund if a class is canceled by UFM. If a student decides to withdraw after the class begins, and gives 48 hours notice before the starting date, there will be a $5 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 handouts and materials. You are not registered until we receive your registration fee. A class may be canceled due to insufficient pre-registration.

INCREMENT WEATHER POLICY
UFM courses held on campus follow the increment 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/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.

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 agree to voluntarily assume all risks 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 any incidents 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 own personal circumstances to determine 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.

NODISCRIMINATION POLICY
UFM welcomes participants of any race, color, religion, or national or ethnic origin to all UFM classes. 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.

Marae Henry
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).

Online! Visit our website: www.ufmprogram.org or tryufm.org
Click on non-credit classes and security alert. Register for any class!

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

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<tr>
<th>UFM Community Learning Center</th>
<th>Registration Form</th>
<th>1221 Thurston</th>
<th>66502</th>
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**Participant Statistics:** KSU Student [ ] KSU Faculty/Staff [ ] 18-24 [ ] 25-59 [ ] 60+ [ ] 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 to or 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.*

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