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 as a catalyst for new programs and services that enhance the quality of life for all.

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ENROLL ONLINE AT WWW.TRYUFM.ORG

www.tryufm.org

Executive Director | LINDA TEENER
Education Coordinator | MARCIA HORNUNG
Community Outreach Coordinator | CHARLENE BROWNSON
Lou Douglas Lecture Series Coordinator | OLIVIA COLLINS
Special Projects Coordinator | VAL COLTHARP
Teen Mentoring Coordinator | ALI JOHNSON
Registrar/Media Coordinator | ANNETTE SWEET

PLUS all the TEACHERS who SHARE their TALENTS!

HANDICAPPED ACCESSIBLE
Any class can be placed in a handicapped accessible room. Please let us know at time of registration.

UFM OFFICE HOURS
Monday - Friday | 8:30 am - 5 pm
(Closed 12 Noon - 1 pm)
*Call if you need to visit the office at lunchtime and we will make arrangements to be open for you.
UFM’s Education Program offers diverse credit and noncredit classes as well as test preparation courses. Classes are taught by people who want to share their interest with others. Participants range from students, Manhattan area residents and KSU faculty/staff.

UFM’s State Outreach Program provides consultation, technical assistance and mini-grants to Kansas communities interested in starting their own community education and development programs.

The Manhattan Community Garden is a cooperative gardening project with over 170 plots. Plot sign-ups occur in February and March each year.

The Teen Mentoring Program was developed as a way to provide support and positive interaction to youth who have trouble relating to traditional youth programs. A varied curriculum is planned with opportunities for recreation and learning experiences. Middle and high school group meets two days a week after school.

The Lecture Series focuses on social justice, human rights, world peace and international development.

For more information on any of these programs, call UFM at 539.8763 or visit our website: www.tryufm.org
LEARN TO SWIM CLASSES

UFM proudly 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 each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Ahearn Complex

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

NOTE: Minimum enrollment for all classes is 4. If less than 4 enroll, classes may be combined, changed to private or semi-private lessons or cancelled.

Beginning & Ending Dates (Levels I-VI and Adult Lessons)
Session A: Monday - Friday, June 4 - June 15
Session B: Monday - Friday, June 18 - June 29
Session C: Monday - Friday, July 2 - July 13
Session D: Monday - Friday, July 16 - July 27

*Classes will meet for 5 additional minutes due to the shortened session. (No class on Wednesday, July 4)

Beginning & Ending Dates (Parent/Infant/Parent Tot, Tot Transition and Private Swim Lessons)
Session A1: Monday - Friday, June 4 - June 15
Session B1: Monday - Friday, June 18 - June 29
Session C1: Monday - Friday, July 2 - July 13
Session D1: Monday - Friday, July 16 - July 27

Session A1: Monday - Friday
AQATA 9:30 AM to 10:00 AM
AQATP 5:30 PM to 6:00 PM
Session B1: Monday - Friday
AQBTA 9:30 AM to 10:00 AM
AQBTP 5:30 PM to 6:00 PM
Session C1: Monday - Friday
AQCTA 9:30 AM to 10:00 AM
AQCTP 5:30 PM to 6:00 PM
Session D1: Monday - Friday
AQDTA 9:30 AM to 10:00 AM
AQDTP 5:30 PM to 6:00 PM

Fees:
$25.00 per session (5 lessons)

Session A2: Monday - Friday
AQAPA 9:30 AM to 10:00 AM
AQAPP 5:30 PM to 6:00 PM
Session B2: Monday - Friday
AQBPA 9:30 AM to 10:00 AM
AQBPP 5:30 PM to 6:00 PM
Session C2: Monday - Friday
AQCPA 9:15 AM to 9:50 AM
AQCPP 5:25 PM to 6:00 PM
Session D2: Monday - Friday
AQDPA 9:30 AM to 10:00 AM
AQDPP 5:30 PM to 6:00 PM

Parent/Infant and Parent/Tot
This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming and water enjoyment for you and your child. Small children should wear swim diapers or snug-fitting lightweight pants covered by rubber pants. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs and be 6 months old. During the 5 meetings the parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child in the water.

Session A:
AQ01A1 9:30 AM to 10:45 AM
AQ01A2 10:50 AM to 11:30 AM
AQ01A3 6:15 PM to 6:55 PM

Session B:
AQ01B1 10:05 AM to 10:45 AM
AQ01B2 10:50 AM to 11:30 AM
AQ01B3 6:15 PM to 6:55 PM

Session C:
AQ01C1 9:55 AM to 10:45 AM
AQ01C2 10:45 AM to 11:30 AM
AQ01C3 6:15 PM to 7:00 PM

Session D:
AQ01D1 10:05 AM to 10:45 AM
AQ01D2 10:50 AM to 11:30 AM
AQ01D3 6:15 PM to 6:55 PM

Fees:
$49.00 per session (10 lessons)

Level I: Water Exploration
The object of Level I is to help students feel comfortable in 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 a parent.

Session A:
AQ02A1 10:05 AM to 10:45 AM
AQ02A2 10:50 AM to 11:30 AM
AQ02A3 6:15 PM to 6:55 PM

Session B:
AQ02B1 10:05 AM to 10:45 AM
AQ02B2 10:50 AM to 11:30 AM
AQ02B3 6:15 PM to 6:55 PM

Session C:
AQ02C1 9:55 AM to 10:45 AM
AQ02C2 10:45 AM to 11:30 AM
AQ02C3 6:15 PM to 7:00 PM

Session D:
AQ02D1 10:05 AM to 10:45 AM
AQ02D2 10:50 AM to 11:30 AM
AQ02D3 6:15 PM to 6:55 PM

Fees:
$49.00 per session (10 lessons)

Level II: Primary 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 entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements of Level I.

Session A:
AQ03A1 10:05 AM to 10:45 AM
AQ03A2 10:50 AM to 11:30 AM

Session B:
AQ03B1 10:05 AM to 10:45 AM
AQ03B2 10:50 AM to 11:30 AM
AQ03B3 6:15 PM to 6:55 PM

Session C:
AQ03C1 9:55 AM to 10:45 AM
AQ03C2 10:45 AM to 11:30 AM
AQ03C3 6:15 PM to 7:00 PM

Session D:
AQ03D1 10:05 AM to 10:45 AM
AQ03D2 10:50 AM to 11:30 AM
AQ03D3 6:15 PM to 6:55 PM

Fees:
$49.00 per session (10 lessons)

Recreation classes for children are listed in youth section on pages 22-23
Level III: Stroke Readiness
The objective of Level III is to build on the 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 backstroke and to the fundamentals of treading water. Students will also learn rules for safe diving and begin to 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.

Session A: Monday - Friday
AQ03A1 10:05 AM to 10:45 AM
AQ03A2 10:50 AM to 11:30 AM
AQ03A3 6:15 PM to 6:55 PM

Session B: Monday - Friday
AQ03B1 10:05 AM to 10:45 AM
AQ03B2 10:50 AM to 11:30 AM
AQ03B3 6:15 PM to 6:55 PM

*Session C: Monday - Friday
AQ03C1 9:55 AM to 10:40 AM
AQ03C2 10:45 AM to 11:30 AM
AQ03C3 6:15 PM to 7:00 PM

Session D: Monday - Friday
AQ03D1 10:05 AM to 10:45 AM
AQ03D2 10:50 AM to 11:30 AM
AQ03D3 6:15 PM to 6:55 PM

Fee: $49.00 per session (10 lessons)

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

Session A: Monday - Friday
AQ04A1 10:05 AM to 10:45 AM
AQ04A2 10:50 AM to 11:30 AM
AQ04A3 6:15 PM to 6:55 PM

Session B: Monday - Friday
AQ04B1 10:05 AM to 10:45 AM
AQ04B2 10:50 AM to 11:30 AM
AQ04B3 6:15 PM to 6:55 PM

*Session C: Monday - Friday
AQ04C1 9:55 AM to 10:40 AM
AQ04C2 10:45 AM to 11:30 AM
AQ04C3 6:15 PM to 7:00 PM

Session D: Monday - Friday
AQ04D1 10:05 AM to 10:45 AM
AQ04D2 10:50 AM to 11:30 AM
AQ04D3 6:15 PM to 6:55 PM

Fee: $49.00 per session (10 lessons)

Level V: Stroke Refinement
The objective of Level V is coordination and refinement of key strokes. Students will be introduced to the butterfly, open turns, the feet-first surface dive and springboard diving. Participants learn to perform the front crawl and back crawl for increased distances and to perform the sidestroke and breaststroke. Students entering this course must have a certificate or must be able to demonstrate all the course requirements of Level IV.

Session A: Monday - Friday
AQ05A1 10:50 AM to 11:30 AM
AQ05A3 6:15 PM to 6:55 PM

Session B: Monday - Friday
AQ05B1 10:50 AM to 11:30 AM
AQ05B3 6:15 PM to 6:55 PM

*Session C: Monday - Friday
AQ05C1 10:45 AM to 11:30 AM
AQ05C3 6:15 PM to 7:00 PM

Session D: Monday - Friday
AQ05D1 10:50 AM to 11:30 AM
AQ05D3 6:15 PM to 6:55 PM

Fee: $49.00 per session (10 lessons)

Level VI: Skill Proficiency
The objective of Level VI is to polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Participants will be introduced to additional turns as well as the pike and tuck surface dives. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V.

Session A: Monday - Friday
AQ06A1 10:50 AM to 11:30 AM
AQ06A3 6:15 PM to 6:55 PM

Session B: Monday - Friday
AQ06B1 10:50 AM to 11:30 AM
AQ06B3 6:15 PM to 6:55 PM

*Session C: Monday - Friday
AQ06C1 10:45 AM to 11:30 AM
AQ06C3 6:15 PM to 7:00 PM

Session D: Monday - Friday
AQ06D1 10:50 AM to 11:30 AM
AQ06D3 6:15 PM to 6:55 PM

Fee: $49.00 per session (10 lessons)
Adult Swim Lessons
Are you tired of sitting on the sidelines watching everyone else swim? Well, you don’t need to anymore! Now’s your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

AQ-22B: Monday - Friday 6:15 PM to 6:55 PM
AQ-22D: Monday - Friday 6:15 PM to 6:55 PM
Fee: $49.00 per session (10 lessons)

Lap Swimming: Ages 13+
Lap swimming is for individual workout. 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. *NOTE: Due to no class on July 4 (W), Session C swimmers may add 5 minutes to block. However the original ending times will still be in effect.

Session A: Monday - Friday
AQLSA1 10:00 AM to 11:30 AM
AQLSA3 6:00 PM to 7:00 PM
Session B: Monday - Friday
AQLSB1 10:00 AM to 11:30 AM
AQLSB3 6:00 PM to 7:00 PM
*Session C: Monday - Friday
AQLSC1 10:00 AM to 11:30 AM
AQLSC3 6:00 PM to 7:00 PM
Session D: Monday - Friday
AQLSD1 10:00 AM to 11:30 AM
AQLSD3 6:00 PM to 7:00 PM
Fee: $19.00 per session (10 times)

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. This class will meet every day your child is enrolled in swimming lessons. In this class you will be able to swim laps to meet your own needs and goals. *NOTE: Due to no class on July 4 (W), Session C swimmers may add 5 minutes to block. However, the original ending times will still be in effect.

Session A: Monday - Friday
AQLPA1 10:00 AM to 11:30 AM
AQLPA2 6:00 PM to 7:00 PM
Session B: Monday - Friday
AQLPB1 10:00 AM to 11:30 AM
AQLPB2 6:00 PM to 7:00 PM
*Session C: Monday - Friday
AQLPC1 10:00 AM to 11:30 AM
AQLPC2 6:00 PM to 7:00 PM
Session D: Monday - Friday
AQLPD1 10:00 AM to 11:30 AM
AQLPD2 6:00 PM to 7:00 PM
Fee: $16.00 per session (10 times)

Shallow Hydroaerobics: Water Exercise
This is a 55-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 head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class.

Session A: 06/04/07 to 06/29/07
AQ-26A (1 time per week)
AQ-27A (3 times a week)
AQ-28A (5 times a week)
Session B: 07/02/07 to 07/27/07
AQ-26B (1 time per week)
AQ-27B (3 times a week)
AQ-28B (5 times a week)
Fee: $24.00 for 1 time per week per session
$29.00 for 3 times a week per session
$33.00 for 5 times a week per session

Shallow Water Hydroaerobics for the entire summer
Session E: 06/04/07 to 07/27/07
AQ-26E (1 time per week)
AQ-27E (3 times a week)
AQ-28E (5 times a week)
Fee: $38 for 1 time per week per session
$45 for 3 times a week per session
$49 for 5 times a week per session
(4 weeks of classes)

Deep Water Hydroaerobics
This class is held in the diving well of the Natatorium. The participants of the class will be issued an aqua-jogger belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydro aerobics classes. Only swimmers who can tread water without a floatation device are allowed to participate in the class.

Session A: 06/05/07 to 06/28/07 (Tu/Th)
AQ-100A 6:05 PM to 7:00 PM
Session B: 07/03/07 to 07/26/07 (Tu/Th)
AQ-100B 6:05 PM to 7:00 PM
Fee: $29.00 for 2 times per week per session

Deep Water Hydroaerobics for the entire summer
Session E: 06/05/07 to 07/26/07 (Tu/Th)
AQ-100E 6:05 PM to 7:00 PM
Fee: $49.00 for 2 times per week

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

DID YOU KNOW???
KIDS BLINK ABOUT
5 MILLION TIMES A YEAR

www.tryufm.org
1221 Thurston St.
785.539.8763
Private Swim Lessons  
Private lessons provide one-on-one instruction for any level of swimmer. There are five 30 minute lessons that occur in consecutive days excluding Saturday and Sunday. To improve scheduling and better serve our families, you will be able to reserve specific sessions and times for private lessons when you enroll. Please make sure you record these times and dates when you register; due to time constraints: **THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.**

Beginning and Ending Dates for Morning and Evening Private Lessons:

- AQ103A1: Mon. - Fri., June 4 - June 8
- AQ103A2: Mon. - Fri., June 11 - June 15
- AQ103B1: Mon. - Fri., June 18 - June 22
- AQ103B2: Mon. - Fri., June 25 - June 29
- *AQ103C1: Mon. - Fri., July 2 - July 6
- AQ103C2: Mon. - Fri., July 9 - July 13
- AQ103D1: Mon. - Fri., July 16 - July 20
- AQ103D2: Mon. - Fri., July 23 - July 27

Times for all morning classes (except AQ103C1A-C):
- 8:55 AM - 9:25 AM
- 9:30 AM - 10:00 AM

Times for all evening classes:
- 5:30 PM - 6:00 PM

*Classes will meet for 5 additional minutes due to the shortened session. (No class on Wednesday, July 4)

Fee: $69 per session
(5 THIRTY MINUTE lessons)
$55 per student for semi-private (2 students per teacher)
(5 THIRTY MINUTE lessons)

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.

- Date: 06/24/07 (Su)
- Time: 5:00 PM to 7:00 PM
- Fee: No Charge
- Location: Natatorium, KSU Campus

Open Swim Appreciation  
Date: 07/22/07 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: Natatorium, KSU Campus

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 $75 will be assessed at the time of check out dives. However, neither UFM nor KSU 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 ranges from $100-$175. There is a non-refundable material fee of $50 for withdrawing from the class after the first day.

Instructor: Jeff Wilson

- Dates: 06/04/07 to 07/09/07 (M)
- Time: 5:30 PM to 9:30 PM
- Fee: $232.00 (Available for KSU credit)
- Location: Natatorium, KSU Campus

Lifeguard Training  
American Red Cross Lifeguard Training teaches the skills/knowledge needed to prevent and respond to aquatic emergencies. This class will certify you in Lifeguard Training, CPR for the Professional Rescuer, First Aid and AED Administration. Books are available for purchase at the American Red Cross, 2601 Anderson Ave.

Instructor: Kyle Unruh

- Date: 05/20/07 to 05/26/07 (Su-Th/Sa)
- Precourse: 05/20/07 - 5:00 PM to 6:00 PM (Su)
- Time: 5:00 PM to 10:00 PM (M-Th)
- 9:00 AM to Noon (Sa)
- Fee: $149.00
- Location: Natatorium, KSU Campus

Instructor: Abby Thrash

- Date: 05/31/07 to 06/02/07 (Th-Sa)
- Time: 8:00 AM to 5:00 PM
- Fee: $149.00
- Location: Natatorium, KSU Campus

GOT AN IDEA FOR A UFM CLASS OR INTERESTED IN TEACHING A CLASS? UFM IS ALWAYS LOOKING FOR NEW IDEAS AND NEW PROJECTS. WE WANT TO HEAR FROM YOU! CALL US AT 539.8763 OR EMAIL UFM@KSU.EDU TO SHARE YOUR IDEAS!

ENROLL ONLINE AT WWW.TRYUFM.ORG

STRECKER-NELSON GALLERY

HAS AN ABUNDANCE OF FINE ART

PREVIEW IT ON OUR WEBSITE AT WWW.STRECKER-NELSONGALLERY.COM

THEN VISIT THE GALLERY MON-SAT 10:00-6:00 AT 406½ POYNTZ 537-2099

785.539.8763
Career & Finance

How to Set Up a Home Network 07BFC03
This course will help you to setup a home network for family or home-based business. Students will learn what is needed and how to setup a network using cables or using a wireless setup.
Instructor: Carl Brown, (785) 341-9371
carl@reddragoncm.com
Date: 07/07/2007 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: $29.00
Location: Manhattan Public Library - Computer Lab

Introduction to Microsoft Word 07BFC25
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 and more.
Instructor: Carl Brown, (785) 341-9371
carl@reddragoncm.com
Date: 06/16/2007 to 06/23/2007 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: $29.00
Location: Manhattan Public Library - Computer Lab

Introduction to Microsoft Excel 07BFC26
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.
Instructor: Carl Brown, (785) 341-9371
carl@reddragoncm.com
Date: 06/16/2007 to 06/23/2007 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: $29.00
Location: Manhattan Public Library - Computer Lab

Introduction to Ebay 07BFC30
Get acquainted with Ebay and the world of online selling and buying! You will learn how to setup your own account for selling and buying on the Ebay 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.
Instructor: Carl Brown, (785) 341-9371
carl@reddragoncm.com
Date: 07/07/2007 to 07/14/2007 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: $29.00
Location: Manhattan Public Library - Computer Lab

10 Steps to Prepare for GRE 07BFC04A
Need to take the GRE and dreading it? This brief workshop provides an overview of the GRE and test-taking strategies. Textbook included.
Instructor: Geogette Miller, gemiller@kau.edu
Date: 06/07/2007 (Th)
Time: 6:00 PM to 8:00 PM
Fee: $49.00
Location: UFM House

10 Steps to Prepare for GRE 07BFC04B
Date: 06/28/2007 (Th)
Time: 6:00 PM to 8:00 PM
Fee: $49.00
Location: UFM House

GRE Prep Course 07BFC06
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 and analyze the reason for correct responses. Deadline one week prior to class or $20 extra class fee to order materials.
Instructor: Geogette Miller, gemiller@kau.edu
Date: 06/04/2007 to 07/23/2007 (M)
Time: 6:00 PM to 7:30 PM
Fee: $139.00
Location: UFM Conference Room

LSAT Prep Course 07BFC24
Law School Admission Test Review Course. Comprehensive 28-hour review, in-class & at-home study materials, analytical lectures and test-taking strategies. Deadline one week prior to class or $20 extra class fee to order materials.
Instructor: Sarah Cooper, skc4454@kau.edu
Date: 06/18/07 to 07/05/07 (M/Tu/Th)
Time: 6:00 PM to 9:00 PM
Fee: $270.00
Location: UFM House

FICO Factor: The Good, the Bad and the Ugly of Credit Building 07BFC21
Did you know that a credit score can affect your ability to rent an apartment or be hired for a job? Find out how credit is scored and how it can affect your credit history. This class will provide practical tips on paying off old debts, building a credit score and disputing inaccurate credit report information. Will include free handouts.
Instructor: HCCI Inc., (800) 383-0217 Ext. 326
rbaker@hcci-ks.org
Housing and Credit Counseling Inc (HCCI) has been the premier consumer literacy and counseling agency in Northeast Kansas since 1972. Their Manhattan office located at 2601 Anderson Ave., Suite 200.
Date: 05/31/2007 (Th)
Time: 7:00 PM to 8:00 PM
Fee: $12.00
Location: UFM Conference Room

Top Ten Ways to Stop Identity Theft 07BFC22
Do you know what Shoulder Surfing is? If not, you may be a victim to the fastest growing crime in America - ID Theft. This class will show ten practical ways for any individual to reduce their risk of personal identity theft, including a step by step outline of what to do if you discover your identity may have been stolen.
Instructor: HCCI Inc., (800) 383-0217 Ext. 326
rbaker@hcci-ks.org
Date: 06/28/2007 (Th)
Time: 7:00 PM to 8:00 PM
Fee: $12.00
Location: UFM Conference Room

Rental Housing in Kansas 07BFC23
It’s legal to withhold rent for repairs! I can break a lease if my mother is sick! You’ve heard these rental myths and others. Now find out if they’re true - before you sign your next lease. Based on the Kansas Residential Landlord Tenant Act this class will provide an overview of tenant and landlord rights and responsibilities and could spare you a costly or inconvenient rental situation.
Instructor: HCCI Inc., (800) 383-0217 Ext. 326
rbaker@hcci-ks.org
Date: 07/26/2007 (Th)
Time: 7:00 PM to 8:00 PM
Fee: $12.00
Location: UFM Conference Room

Insure Your Identity 07BFC28
Do you know what Shoulder Surfing is? If not, you may be a victim to the fastest growing crime in America - Identity Theft. This class will show ten practical ways for any individual to reduce their risk of personal identity theft, including a step by step outline of what to do if you discover your identity may have been stolen.
Instructor: HCCI Inc., (800) 383-0217 Ext. 326
rbaker@hcci-ks.org
Date: 05/31/2007 (Th)
Time: 7:00 PM to 8:00 PM
Fee: $12.00
Location: UFM Conference Room

Needing to take the LSAT and dreading it? This brief workshop provides an overview of the LSAT and test-taking strategies. Deadline one week prior to class or $20 extra class fee to order materials.
Instructor: Sarah Cooper, skc4454@kau.edu
Date: 06/04/2007 to 07/23/2007 (M)
Time: 6:00 PM to 7:30 PM
Fee: $139.00
Location: UFM Conference Room

10 Steps to Prepare for LSAT 07BFC04A
Date: 06/28/2007 (Th)
Time: 6:00 PM to 8:00 PM
Fee: $49.00
Location: UFM House

10 Steps to Prepare for LSAT 07BFC04B
Date: 06/28/2007 (Th)
Time: 6:00 PM to 8:00 PM
Fee: $49.00
Location: UFM House

Introduction to Ebay 07BFC30
Get acquainted with Ebay and the world of online selling and buying! You will learn how to setup your own account for selling and buying on the Ebay 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.
Instructor: Carl Brown, (785) 341-9371
carl@reddragoncm.com
Date: 07/07/2007 to 07/14/2007 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: $29.00
Location: Manhattan Public Library - Computer Lab

LSAT Prep Course 07BFC24
Law School Admission Test Review Course. Comprehensive 28-hour review, in-class & at-home study materials, analytical lectures and test-taking strategies. Deadline one week prior to class or $20 extra class fee to order materials.
Instructor: Sarah Cooper, skc4454@kau.edu
Date: 06/18/07 to 07/05/07 (M/Tu/Th)
Time: 6:00 PM to 9:00 PM
Fee: $270.00
Location: UFM House
**Poker Night**

07BCF30

Come and learn the basics of Texas Hold’em (and its variations) as well as betting, strategies and ‘table’ manners. If you are sick of winning five bucks from your friends every Wednesday and you want to step up your game to the casino level, then this may be your best bet. Luck will get you so far, but skill will get you farther.

Instructor: Adam Durar, (785) 317-1845

durar@ksu.edu

Adam is currently attending Kansas State University where he is majoring in Business Administration. Adam started playing poker around three years ago with friends and online.

Date: 06/08/2007 (F)

Time: 7:00 PM to 8:30 PM

Fee: $17.00

Location: UFM Fireplace Room

**The Digital Darkroom for Photographers: Introduction to Photoshop, Image Processing & Printing**

07BCF65

Digital imaging is becoming increasingly popular and the development of the “digital darkroom” has made it possible for people to make high quality prints of photographs or other artwork at home. This class will introduce basic information on management of your digital image processing using Adobe Photoshop Elements 5 as well as inkjet printing. The class will be geared to those new to image processing and Photoshop. Some of the topics to be covered will include introduction to the idea of a constant workflow; introduction to Photoshop and image editing software, image capture (either with a scanner or digital camera), using camera RAW, image resolution and size, color management, basic image adjustments such as levels and curve adjustments, color correction, dust and scratch clean-up, an introduction to layers, making prints with inkjet printers, and organizing and archiving your digital photos. Special topics such as assembling panoramas and combining multiple exposures will also be introduced. This class will benefit anyone wishing to get the most out of the photographs. Photographs will be processed in real time using Photoshop during the class and students will get a chance to work on some of their own photos. An example print will also be made during class.

Instructor: Scott Bean, (785) 776-2725, srbean@ksu.edu

Scott Bean has been enjoying the hobby of nature photography for 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: 07/17/2007 to 07/26/2007 (Tu/Th)

Time: 7:00 PM to 9:00 PM

Fee: $48.00

Location: UFM Computer Lab

**Introduction to Photography**

07BCF78

This class will focus on basic concepts of photography and is a combination of the previously separate Photography I and II classes. To get the most out of this class, participants should have either a film or digital camera that users can take complete manual control of settings such as aperture (f-stop) and shutter speed; such as SLR’s or advanced compact cameras. Topics that will be covered include basic camera settings and operation, how f-stop and shutter speed affect your photos, how to select the right settings choosing and using different lenses. Tripods will also be beneficial. The class will include 4 field trips. Participants will be responsible for their own film and development costs.

Instructor: Scott Bean, (785) 776-2725, srbean@ksu.edu

Date: 06/05/2007 to 07/03/2007 (Tu/Th)

Time: Tu from 7:00 PM to 9:00 PM;

Th from 6:30 PM to dark (field trips)

Fee: $68.00

Location: UFM Conference Room

**Digital Scrapbooking for the 21st Century**

07BCF79

Digital Scrapbooking for the 21st Century

07BCF79B

Instructors: Pamela Schmid & Gordon Schmid

Digital Scrapbooking for the 21st Century

07BCF79A

Pam Schmid, Creative Memories Senior Director, has been teaching album making classes since 1989 and is dedicated to helping people make safe meaningful albums.

Instructors: Pamela Schmid & Gordon Schmid

Date: 07/09/2007 (M)

Time: 7:00 PM to 9:00 PM

Fee: $14.00

Location: UFM Fireplace Room
Intermediate Crochet 07BCF85
During this class you will learn more advanced stitches and techniques while completing fun projects. Materials for first project are size G crochet hook, a plastic canvas needle and acrylic yarn. These materials will be available for purchase at the first class. Must know how to single crochet and double crochet.
Instructor: Jocelyn Bishop, bishopj@ksu.edu
Date: 05/15/07 to 06/12/07 (Tu)
Time: 6:30 PM to 7:30 PM
Fee: $30.00
Location: UFM Multipurpose Room

Beginning Beaded Jewelry 07BCF87A
Enjoy a relaxing and creative time as you discover beading in this introductory class. Using high quality beads and other materials, you will learn various beading techniques. You will complete a beautiful classic beaded bracelet. Price includes class fees, use of equipment, instruction and all materials to finish one 8 inch bracelet. Additional materials and kits will be available for purchase.
Deadline registration on May 31.
Instructor: Jill Nixon
Jill Nixon, Bead Retreat Coordinator, has lived in Manhattan for 13 years. She enjoys many different hobbies including photography, geocaching, sports and of course, beading!
Date: 06/05/07 (Tu)
Time: 9:30 AM to 11:00 AM
Fee: $30.00
Location: UFM Conference Room

Beginning Beaded Jewelry 07BCF87B
Deadline registration on June 6.
Instructor: Jill Nixon
Date: 06/11/07 (M)
Time: 6:30 PM to 8:00 PM
Fee: $30.00
Location: UFM Multipurpose Room

Beginning Beaded Jewelry 07BCF87C
Deadline registration on June 11.
Instructor: Jill Nixon
Date: 06/16/07 (Sa)
Time: 10:00 AM to 11:30 AM
Fee: $30.00
Location: UFM Conference Room

Beginning Beaded Jewelry 07BCF87D
Deadline registration on July 1.
Instructor: Jill Nixon
Date: 07/22/07 (Tu)
Time: 10:00 AM to 11:30 AM
Fee: $30.00
Location: UFM Conference Room

Beginning Beaded Jewelry 07BCF87E
Deadline registration on August 6.
Instructor: Jill Nixon
Date: 08/21/07 (Tu)
Time: 10:00 AM to 11:30 AM
Fee: $30.00
Location: UFM Conference Room

Beginning Beaded Jewelry 07BCF87F
Deadline registration on September 6.
Instructor: Jill Nixon
Date: 09/11/07 (Tu)
Time: 10:00 AM to 11:30 AM
Fee: $30.00
Location: UFM Conference Room

Beginning Beaded Jewelry 07BCF87G
Deadline registration on October 6.
Instructor: Jill Nixon
Date: 10/16/07 (Tu)
Time: 10:00 AM to 11:30 AM
Fee: $30.00
Location: UFM Conference Room

Congratulations on completing your 10th class. Jill Nixon, Bead Retreat Coordinator, has lived in Manhattan for 13 years. She enjoys many different hobbies including photography, geocaching, sports and of course, beading!

Sandwich Masterpieces 07BCF101
Have you ever wanted to make a sandwich and didn’t know where to start? There are so many layers and it can be overwhelming. Sign up and learn what lunchmeats work well together, choosing the right condiment and how bread can help your sandwich go from Po’ Boy to a Masterpiece. We will take field trips to nearby sandwich shops to witness true sandwich construction by the pros.
Instructor: Del A. Citessen
Del has been making sandwich masterpieces since Captain James Cook founded the Sandwich Islands in 1778.
Date: 06/04/2007 to 07/28/07
Time: Lunchtime
Fee: $2.99
Location: UFM House

IDEA FOR A UFM CLASS? OR INTERESTED IN TEACHING A CLASS? UFM IS ALWAYS LOOKING FOR NEW IDEAS AND NEW PROJECTS. WE WANT TO HEAR FROM YOU! CALL US AT 539.8763 OR EMAIL UFM@KSU.EDU TO SHARE YOUR IDEAS!

DID YOU KNOW???
The word “purple” does not rhyme with any other word in the English language.
Fall Gardening 07BEN01
Fall is the best time to grow many vegetables! Get extra mileage out of your garden space this year and take advantage of Kansas' great autumn weather to plant a fall vegetable garden. The cooler temperatures result in better quality produce and less stress on you! Learn what to plant and when to plant for best results. Discussion includes soil preparation, fertilizer needs, and helpful tips for obtaining maximum seed germination and crop yields. Finally, we'll discuss growing and harvesting some vegetables beyond the end of October! Imagine fresh veggies in the middle of the winter and it can be accomplished without a greenhouse!
Instructor: Colleen Hampton, 539-5934 cmhampton314@sbcglobal.net
Colleen Hampton is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 15 years. She is a member of the Manhattan Community Garden and several area garden clubs. Colleen welcomes your questions and class participation.
Date: 07/28/2007 (Sa)
Time: 10:00 AM to Noon
Fee: $12.00
Location: UFM Conference Room

Learn the Night Sky 07BEN02
Learn the major constellations and other features of the northern sky near the North Star. Dean has all the constellations on slides and can help you learn to find your way around the night sky. We will discuss some of the mythology and understand what the zodiac is and what it means. Most of you should be able to locate YOUR zodiac sign in the sky after this class. The instructor also has simple maps that you can take home that will help you become familiar with the sky. If the night is clear after class, you can go outside to see some things you have learned.
Instructor: Dean Stramel
Dean teaches Earth Science at Manhattan High School and has taught the sky to many groups for many years.
Date: 08/03/2007 (F)
Time: 7:00 PM to 9:00 PM
Fee: $8.00/Individual; $4/additional person
Location: Manhattan High School Little Theater

Trees: Hate 'Em 07BEN27A
Visit the Konza and other prairies and discuss how to bring quail and prairie chickens back to the Flint Hills area. You will also learn about wildflowers and prairie grasses. Upland bird hunters are welcome. Contact UFM or instructor for directions to class.
Instructor: Carroll A. Lange, CWB, (785) 776-3944
Carroll Lange is a Certified Wildlife Biologist, with a Master's Degree in Range Management. He has nearly 25 years experience in the field of Wildlife Biology; much of his time has been spent studying Kansas Prairies.
Date: 06/09/2007 (Sa)
Time: 8:00 AM to Noon
Fee: $12.00
Location: 7102 Abbott Drive

Trees: Hate ‘Em 07BEN27B
This course is approved by the Coast Guard and the State of Kansas. It is a one day entry level boating class that provides the knowledge needed to obtain the education certification which is required for certain age groups to operate a vessel in the state. As an extra benefit, many boat insurance companies offer discounts on boating insurance for those who successfully complete this course.
Instructor: Coast Guard Auxiliary
http://a08531.uscgaux.info/
Date: 05/12/2007 (Sa)
Time: 9:00 AM to 5:00 PM
Fee: $25.00
Location: UFM Banquet Room

Wildland Fire Management 07CEN26
This introductory course is designed to train entry-level firefighter. You will be introduced to and gain knowledge of the basic incident management organization, firefighting techniques, suppression equipment, safety, strategy/tactics along with fire behavior, and establish an awareness of human performance issues that impact fireline job performance. Scenario-based and field exercises (as weather permits) will be performed for valuable hands-on training. 100% attendance of this course meets training requirements. Students will need to bring work clothing, leather lace-up boots, work gloves and hardhat to this class.
Instructor: Jason Hartman, Fire Prevention Specialist
Date: 08/23/2007 to 11/29/2007 (Th)
Time: 6:00 PM to 8:30 PM
Fee: $94.00 (Also for KSU Credit)
Location: KSU, Throckmorton Hall Room 1023

For more information, call 565-6490
Thai Cooking

Learn how to cook traditional Thai food. This includes how to cook Thai jasmine rice, sticky rice, appetizer, main dish, Thai curry, desert and soft drink. The instructor will provide ingredients and condiments. Please contact UFM upon enrollment for additional information on ingredients you will need to bring to class.

Instructor: Chulee Yaege, (785) 537-0656

Date: 06/09/2007 to 06/23/2007 (Sa)
Time: 6:00 PM to 9:00 PM
Fee: $65.00
Location: UFM Kitchen

Thai Cooking

Instructor: Chulee Yaege, (785) 537-0656

Date: 07/14/2007 to 07/28/2007 (Sa)
Time: 9:00 AM to Noon
Fee: $65.00
Location: UFM Kitchen

Muddy Water: An Informal Discussion About Coffee

Did you know that coffee only grows within 30 degrees of the equator, it is native only to Ethiopia, and is the second most traded commodity on the planet? Spend a few hours with Wade Radina discussing the history of coffee, the fundamentals of roasting and cupping, and current issues in the industry. Course price includes a bag of fresh roasted coffee and desserts from Radina’s Cafe.

Instructor: Wade Radina

Date: 06/29/2007 (F)
Time: 7:00 PM to 9:00 PM
Fee: $14.00
Location: Radina’s Coffeehouse, Aggieville

Basic Cake Decorating

This course focuses on the techniques and methods of basic cake decorating. Learn to bake a cake, prepare a cake for stacking, make quick icings (recipes will be included) and quick decorating techniques. (If enrolling online, please contact UFM for the materials list)

Registration deadline is July 13.
Instructor: Heather Keen, heather@lafleurdechocolat.com

Date: 07/22/2007 (Sa)
Time: 1:00 PM to 4:00 PM
Fee: $29.00
Location: UFM Kitchen

Learn to Make Russian Borsh Soup

Borsh is a vegetable soup that is very popular throughout a large territory, including countries such as Russia, Ukraine, and Belarus. Beets are a key ingredient and make the soup a good alternative for those who are watching calories.

Instructor: Luba Ramm

Date: 06/21/2007 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $15.00
Location: UFM Kitchen

Indian Cooking Night

Discover Indian flavors! Enjoy a “hot & spicy” experience with traditional Indian dishes that are easy to make and can be shared with friends. Recipes will include Pakora (2 types), a delicious appetizer and Samosa, an Indian chilli. Indian Tea will also be served with food.

Instructor: Sangeeta Nath, sangeeta.nath@rediffmail.com

Date: 06/22/2007 (F)
Time: 6:30 PM to 8:00 PM
Fee: $19.00
Location: UFM Kitchen

Wine Tasting

Do you enjoy wine and want to know more about it? If so, this class is for you. Bob Campbell, owner of Candlewood Liquor will help you demystify wine. Food will be provided to showcase wine and food combinations. Participants must be 21 years or over to enroll in this class.

Instructor: Bob Campbell

Date: 07/13/2007 (F)
Time: 7:00 PM to 9:00 PM
Fee: $35.00
Location: UFM Banquet Room

Organic & Natural Foods!

Come check out our wide variety of Fresh, Healthy, and Organic foods that are sure to help you achieve a healthier Lifestyle!

- Produce
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- Huge Variety of Herbs and Spices
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Manhattan
(785) 539-4611

www.fryufm.org
Living the Art: Jin Shin Jyutsu 07BHW08A
Jin Shin Jyutsu is the art of harmonizing ourselves with the creator. It is simple, powerful and profound. The body intuitively works toward balance and always communicates its needs. Jin Shin Jyutsu is a way for us to interpret those messages and help ourselves. Healing is often a side effect of the art. Almost all of our class time will be spent practicing self help. Wear comfortable clothes and bring a smile.
Instructor: Kate Cashman, (785) 537-1911

Kate Cashman has been studying Jin Shin Jyutsu since she took a self-help class from UFM nine years ago! She is a certified Jin Shin Jyutsu practitioner and Self-Help instructor.

Date: 06/11/2007 to 06/25/2007 (M)
Time: 7:00 PM to 9:00 PM
Fee: $26.00
Location: 1421 Colorado Street

Living the Art: Jin Shin Jyutsu 07BHW08B
Instructor: Kate Cashman, (785) 537-1911

Date: 08/02/2007 to 08/16/2007 (Th)
Time: 7:00 PM to 9:00 PM
Fee: $26.00
Location: 1421 Colorado Street

Yoga for Everyone 07BHW12
“Yoga’s gift to the world is an accessible, practical approach to happiness.”-T.K.V. Desikacher. This class is open to everyone. We will use the breath and the body to help focus the mind. You will participate in developing a personal practice which meets your unique needs. Please wear comfortable clothing that allows for full range of movement (no jeans please). Please refrain from eating two hours prior to class (a piece of fruit is ok). Bring a towel.
Instructor: Ana Franklin, (785) 537-8224
yogacconnection@gmail.com

Ana has been teaching Yoga since 1984. She began her own practice of Yoga in the early 1970’s. “My purpose is to give people a way that they can improve all areas of their lives—so that they become happier, healthier and more relaxed.”

Date: 06/07/2007 to 07/12/2007 (Th)
Time: 8:45 AM to 9:45 AM
Fee: $52.00
Location: KSU Ahearn Room 302

Beginning Yoga 07BHW15AZ
This course will cover the basic fundamentals of yoga. Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy.
Instructor: Ana Franklin, (785) 537-8224
yogacconnection@gmail.com

Date: 06/04/2007 to 07/25/2007 (M/W)
(NO class 07/04)
Time: 5:45 PM to 6:45 PM
Fee: $99.00
Location: KSU Ahearn Room 302

You and Your Hearing Aids 07BHW14A
Family and friends thought you were having problems hearing. It seems you were talked into it. Now you have hearing aids and don’t know what to do with them or what you think about the darn gadgets. There’s a lot you can learn to help yourself hear better, understand more, and get more out of the dollars already invested in those electronic marvels. In this class you will learn how hearing aids work, what they can do for you (and what they can’t), how to keep your hearing aid in peak condition, and how to get the most out of the instruments and hearing you have.
Instructor: M’Eliz Maata, AuD, (785) 539-7361
listenAA@sbcglobal.net

Dr. M’Eliz Maata 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 103. M’Eliz 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: 05/24/2007 (Th)
Time: 7:00 PM to 9:00 PM
Fee: $12.00
Location: 1133 College Ave, Lower level, Bldg A

You and Your Hearing Aids 07BHW14B
Instructor: M’Eliz Maata, AuD, (785) 539-7361
listenAA@sbcglobal.net

Dr. M’Eliz Maata 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 103. M’Eliz 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: 06/26/2007 (Th)
Time: 7:00 PM to 9:00 PM
Fee: $12.00
Location: 1133 College Ave, Lower level, Bldg A

Manhattan Arts Center

Summer Classes:
June 4-29   12:30-5:30
July 2-August 10  9:00-5:30
children’s choir, cartooning, painting, sculpture, clay, theatre, creative writing, music appreciation, and more!!

NEW! Saturday mornings 9-10 am something for each member of the family!
Preschool music & movement
Cartooning for kids & teens
Clay for adults

Summer Theatre:
Manhattan Experimental Theatre
Workshop for High School Students
Performances June 15 & 16
also watch for MAC Improv, Beyond Experimental Theatre, and Theater Technical Workshops

Summer Music:
Pernambuco String Quartet
May 25, 7:30 pm

Summer Shakespeare:
A Midsummer Night’s Dream
Directed by Kyle McCuffin
Auditions June 18 & 19, 7-9 pm
Performances August 16-19

Summer Gallery Exhibits:
June 2–July 14
Kristen Powers-Nowlin “The Code Series”
Randall French “Southeast Perspectives”
July 21-September 1
MAC Watercolor Studio
KSU Summer Small Works Invitational

Find more information and order your tickets online at www.manhattanarts.org
Manhattan Arts Center * 1520 Poyntz * 537-4420 *

The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan and MAC members and friends. MAC is a member of the Manhattan Arts & Humanities Coalition.

www.tryufm.org
1221 Thurston St.
785.539.8763
Speechreading 07BHW64
Life seems to be going faster and faster. People whiz by on cell phones, children mumble from two rooms over, and the spouse 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.

Date: 05/15/2007 to 06/05/2007 (Tu)
Time: 7:00 PM to 9:00 PM
Fee: $12.00
Location: 1133 College Ave, Lower level, Bldg. A

Community CPR & First Aid 07BHW25
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. There will be a break for lunch. Students must pick up book at American Red Cross, 2601 Anderson Ave.; fee does not include materials. There will be a $20 non-refundable deposit for this class.

Instructor: Abby Thrash
Date: 06/30/2007 (Sa)
Time: 9:00 AM to 5:00 PM
Fee: $40.00
Location: UFM Conference Room

CPR Challenge 07BHW27
This class is for those already certified in CPR and either their certification is coming due, is within 30 days of expiration or they would like to be updated to the new skills. Participants must demonstrate all skills involved with CPR. Bring a pocket mask.

Instructor: Carol Russell
Date: 05/05/2007 (Sa)
Time: 12:30 PM to 5:00 PM
Fee: $30.00
Location: UFM Conference Room

Beginning Tai Chi Chaun 07BHW31
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 offering exercises of all ages improved fitness, stress reduction, and total relaxation. In this class we will introduce the Yang style short form, which can be practiced by young and old, anytime, anywhere.

Instructor: Mei Hwa (Tina) Terhune, (785) 539-4277
Mei Hwa Terhune (Tina) is a native of China where she acquired her knowledge of Tai Chi Chaun while attending Ming Chuang 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. She has been practicing yoga for over 5 years and has completed yogaist instructor’s training.

Date: 07/09/2007 to 07/30/2007 (M)
Time: 5:30 PM to 6:30 PM
Fee: $43.00
Location: UFM Banquet Room

Yoga Lite 07BHW65
Yoga Lite is for people beginning their yoga practice. In this class you will learn gentle yoga poses, connecting transition and breathing meditation. This will help strengthen the muscles and improve flexibility. Please wear comfortable clothes, bring yoga mat or large towel.

Instructor: Mei Hwa (Tina) Terhune, (785) 539-4277
Date: 06/06/2007 to 06/27/2007 (W)
Time: 5:45 PM to 6:15 PM
Fee: $28.00
Location: UFM Banquet Room

Meditation & Relaxation: Creating Peace 07BHW55
We will utilize guided meditation, affirmations, music and spiritual readings as a way of promoting peace within ourselves, the environment, and globally in this class. Great for beginners and anyone wanting to consciously shift awareness to a more peaceful reality.

Instructor: Palma Holden, (785) 539-1183
Palma Holden began her spiritual journey in earnest nine years ago (fall 1998) as a student of Sharon Landrith’s local meditation classes. Palma has been an active member of the Iris Cooperative and Livingwell communities and is an intuitive consultant offering spiritual readings for people and pets. She is a lifetime learner and teacher with an M.S. in Education, B.A. in English and Education, plus experience running a small business.

Date: 07/16/2007 to 07/25/2007 (M/W)
Time: 7:00 PM to 8:00 PM
Fee: $38.00
Location: UFM Conference Room

Meditation & Relaxation: Guided Meditation-Journey to the Seven Directions 07BHW66A
The instructor will lead participants first through relaxation and grounding exercises then into a taped guided meditation by a Native American shaman. Bring pen and paper to record your experiences of meeting spirit guides (animals, ancestors, angels) at each of the seven directions.

Instructor: Palma Holden, (785) 539-1183
Date: 06/23/2007 (Sa)
Time: 10:00 AM to Noon
Fee: $28.00
Location: UFM Conference Room

Meditation & Relaxation: Guided Meditation-Journey to the Seven Directions 07BHW66B
Instructor: Palma Holden, (785) 539-1183
Date: 07/21/2007 (Sa)
Time: 10:00 AM to Noon
Fee: $28.00
Location: UFM Conference Room

Living Better with Massage 07BHW67
Explore the benefits of massage related to stress, athletic performance and headache relief. Learn how stress negatively affects your body and how massage can help decrease stress. Discover how massage provides relief for headache sufferers. Hands-on demonstrations, instructions on self massage for headache and pain relief; and information on partner massage will be an important part of the class. Dress comfortably and come ready to learn and have a fun time.

Instructors: Rose Woosley & Jessica Lewis
Rose Woosley and Jessica Lewis are massage therapists at Body First Therapeutic Massage. Visit our website, www.tryufm.org for information on instructors’ training and areas of expertise.

Date: 07/27/2007 (F)
Time: 7:00 PM to 8:30 PM
Fee: $10.00
Location: UFM Fireplace Room

Tai Chi for Arthritis 07BHW62
This class is based on the Sun Lu-Tang style as developed by Dr. Paul Lam and supported by the American Arthritis Foundation. It is also an excellent way to get started in Tai-Chi. We will learn the 12 basic movements and some Qigong exercises, these will help improve balance and mobility, relieve pain through exercise and promote calmness. Participants should wear loose comfortable clothes and flat shoes suitable for exercise.

Instructor: Don Terhune, (785) 539-4277
Don Terhune is a Feng Shui practitioner and Tai Chi instructor in Manhattan, KS. He is schooled in Tantric Black Sect Feng Shui.

Date: 06/09/2007 to 06/23/2007 (Sa)
Time: 10:00 AM to 10:45 AM
Fee: $36.00
Location: UFM Lower Level
Beginning Spanish for Adults 07BLA02
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.
Instructors: Lotus Hazlett & Suzanne Spremkle

Suzanne and Lotus are teachers in the Wamego School District. Between them they cover Spanish classes from middle school through high school, beginners through advanced. Both graduated from KSU with a degree in K-12 Spanish Education, and they both have spent time in Spanish-speaking countries. They employ the use of the most current and effective method for foreign language acquisition. This method is both educational and fun!

Date: 06/12/07 to 06/28/07 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: $40.00
Location: UFM Multipurpose Room

French Language 07BLA04
This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and every day vocabulary.
Instructor: Emilie Rabbat, (785) 587-9036

Emilie Rabbat is a naturalized citizen and is originally from Egypt. Her training course, “Stage do 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 Jesuit French School in Cairo.

Date: 06/06/2007 to 06/29/2007 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: $46.00
Location: UFM Fireplace Room

Introduction to Russian 07BLA15
This Introduction to Russian is aimed at those who want to make a short visit to Russia or quickly explore the language. Participants will learn how to read the Cyrillic alphabet, become acquainted with Russian language structure and learn phrases in Russian. In addition, we will discuss Russian culture, literature, music, films, food, and everyday life of Russia’s people. There will be six sessions, the last devoted mostly to making BORSCH (a vegetable soup).
Instructor: Luba Ramm

Luba has been a resident of Manhattan for more than 15 years. In Russia, she lived in Siberia.

Date: 06/04/2007 to 06/21/2007 (M/Th)
Time: 6:30 PM to 8:00 PM
Fee: $32.00
Location: UFM Multipurpose Room

Got an Idea for a UFM Class or Interested in Teaching a Class? UFM is always looking for new ideas and new projects. We want to hear from you!

Call us at 539.8763 or email UFM@KSU.edu to share your ideas!

Beginning Conversational Sign Language 07BLA23A
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 learn the class with a better understanding of American Sign Language.
Instructors: Toni Kroll, (785) 313-5555 & Aimee Kraus, (785) 313-0829, arkraus@earthlink.net

Toni Kroll is a Certified Interpreter who has over 15 years of experience with sign language. She graduated with an Associates Degree, ITP, in American Sign Language in 1989. She also worked for seven years in Seattle as an interpreter. She now interprets at KSU and does freelancing.

Aimee Kraus is a Certified Sign Language Interpreter. She graduated from J.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 free-lancing within a 100 mile radius.

Beginning Conversational Sign Language 07BLA23B

Instructors: Toni Kroll, (785) 313-5555 & Aimee Kraus, (785) 313-0829, arkraus@earthlink.net

Date: 06/05/2007 to 06/28/2007 (Tu/Th)
Time: 6:00 PM to 7:00 PM
Fee: $64.00
Location: UFM Multipurpose Room

Basic Arabic Language 07BLA51
This class is a beginning class in Arabic language; it is designed for people who have not previously studied Arabic. The goal of this course is to begin reading, writing and speaking Arabic.
Instructor: Ibrahim Saleh, isaleh@ksu.edu

Ibrahim is a GTA in Mathematics at KSU. He is Egyptian and a native Arabic speaker.

Date: 06/13/2007 to 07/25/2007 (W)
(No class 07/04)
Time: 5:30 PM to 6:30 PM
Fee: $59.00
Location: UFM Conference Room

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Martial Arts

Tae Kwon Do I 07BMA01Z
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: David Moore
Date: 06/05/2007 to 07/31/2007 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: $72.00
Location: KSU Ahearn Room 302

Tae Kwon Do II 07BMA02Z
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: David Moore
Date: 06/05/2007 to 07/31/2007 (Tu/Th)
Time: 7:30 PM to 8:30 PM
Fee: $72.00
Location: KSU Ahearn Room 302

Lao Hu Pai Kung Fu 07BMA05
Students will learn and be promoted in a unique system where the original founder mastered the Chinese (Tibetan) Kung Fu and Japanese (Okinawan) karate. Students will learn basic stances, blocks, punches, kicks, exercises, forms and fighting techniques. Students will soon learn opponent control (jujutsu and chi na) and take downs. Animal forms and animal fighting techniques will be taught as students advance. This class is for students age 14+
Instructor: Dr. Michael Tran
Date: 06/13/2007 to 08/01/2007 (W)
Time: 6:00 PM to 8:00 PM
Fee: $62.00
Location: KSU Ahearn Room 302

Tae Kwon Do II 07BMA02Z
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: David Moore
Date: 06/05/2007 to 07/31/2007 (Tu/Th)
Time: 7:30 PM to 8:30 PM
Fee: $72.00
Location: KSU Ahearn Room 302

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Recreation classes for children are listed in Youth & Aquatics sections.
Oriental Fusion Dance 07BRF02
This class is for all levels and will truly be a fusion class; entwining aspects of African dance, Indian dance and even Martial Arts stances, while emphasizing isolation found in Oriental dance. Warm-up and strength training will be key to the start of every class. Techniques and combos will be put together in a unique choreography for each session to use either for performance or personal fun! There will be demonstrations in easy and affordable costume ideas too! Please wear comfortable workout clothes.
Instructor: Isara Nari, shefro_@hotmail.com

Isara Nari has experienced Middle Eastern and Ethnic Dance for 4 years through classes, workshops and independent study. She has performed at several cultural and local events.
Date: 06/21/2007 to 07/26/2007 (Th)
Time: 7:00 PM to 8:00 PM
Fee: $40.00
Location: Pro Fitness, 1125 Laramie St.

Salsa Night 07BRF03
Salsa is the hottest of the Latin American dances! Its lively beat makes you want to get up and move. Come enjoy this easy-to-learn, fun dance. Wear comfortable shoes and get ready to have fun! No partner necessary.
Instructor: Michael Bennett, dance599@yahoo.com
Michael Bennett has trained in Ballroom Dance at U.C. Berkeley, Mandala Ballroom, San Francisco; Alibaba Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. For more information visit www-personal.ksu.edu/~costa. He choreographed and performed in Ballroom Suite, Winter Dance 1990, KSU. He is a member of the United States Amateur Ballroom Dancers Association.
Date: 08/10/2007 (F)
Time: 8:15 PM to 10:00 PM
Fee: $14.00
Location: Cross Roads, ECM, 1021 Denison Ave.

Swing and Salsa 07BRF27
Have some fun learning classic big band swing dance and salsa. Learn the swing, salsa and lindy basics, 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, drape and yoke, Roman handshakes and other hot steps. Class emphasis will be on learning the steps cleanly and precisely. No prior dance experience is required! Wear comfortable clothing and non-stick shoes. Having fun is the only requirement! Each partner needs to register individually for both names to appear on roster.
Instructor: Michael Bennett, dance599@yahoo.com

Date: 06/08/2007 to 07/27/2007 (F)
Time: 8:30 PM to 9:30 PM
Fee: $42.00/Individual
Location: Cross Roads, ECM, 1021 Denison Ave.

Introduction to Golf 07BRF04A
Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps.
Instructor: Jim Gregory, 539-1041

Jim Gregory a PGA professional at the Stagg Hill Golf Course.

Date: 05/25/2007 to 08/10/2007 (F)
Time: 6:45 PM to 8:00 PM
Fee: $89.00/Individual
Location: Cross Roads, ECM, 1021 Denison Ave.

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Recreation & Fitness Continued

Beginning Belly Dance 07BRF09B
Instructor: Cathia Bailey
Date: 07/10/2007 to 07/31/2007 (Tu)
Time: 6:35 PM to 7:35 PM
Fee: $36.00
Location: UFM Banquet Room

Intermediate Belly Dance 07BRF10A
This class is for those students who have taken at least one session of Beginning Belly Dance I or equivalent. Students in this class will learn additional dance movements, combinations, and choreography. Veil dancing will also be introduced.
Instructor: Lisa McNeil, lisajean.mcneil@gmail.com

Intermediate Belly Dance 07BRF10B
Instructor: Lisa McNeil, lisajean.mcneil@gmail.com
Date: 07/10/2007 to 07/31/2007 (Tu)
Time: 7:40 PM to 8:40 PM
Fee: $36.00
Location: UFM Banquet Room

Advanced/Troupe Combo Class 07BRF11A
This class is for students who have taken at least two sessions of Beginning Belly Dance or equivalent. In this class, we'll cover intermediate and advanced topics such as finger cymbals, veil dancing, drum solos, folkloric dance, gypsy belly dance, floorwork, stage dynamics, and more. We'll also learn how to work with props such as tambourines, canes, swords, baskets, and candles. Required materials: hip scarf, veil, and finger cymbals. Performance opportunities are provided, but not required. Entry into the professional dance troupe is by invitation/audition only.
Instructor: Lisa McNeil, lisajean.mcneil@gmail.com
Date: 06/05/2007 to 06/28/2007 (Th)
Time: 7:45 PM to 8:45 PM
Fee: $36.00
Location: UFM Banquet Room

Belly Dance Conditioning Workout 07BRF12A
Looking for a new and different type of workout? Belly dancing is now a popular trend in exercise! In this class, you'll get a total body workout. You'll raise your heart rate, burn fat, and tone your muscles. Class will include warm-up, break-down 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.
Instructor: Michele Janette, (785) 979-4681 michele@mayazahira.com
Date: 06/05/2007 to 07/10/2007 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: $54.00
Location: UFM Banquet Room

Strengthening the core is part of a complete fitness program. This class is open to all ages and is exciting for those who are new to belly dance. In this class, you'll learn how to work with props such as belly dance weapons, floorwork, and stage dynamics. Performance opportunities are provided, but not required.
Instructor: Lisa McNeil, lisajean.mcneil@gmail.com
Date: 07/10/2007 to 07/31/2007 (Tu)
Time: 7:45 PM to 8:45 PM
Fee: $36.00
Location: UFM Banquet Room

Intermediate Belly Dance 07BRF10B
Instructor: Lisa McNeil, lisajean.mcneil@gmail.com
Date: 06/05/2007 to 06/28/2007 (Th)
Time: 7:45 PM to 8:45 PM
Fee: $36.00
Location: UFM Banquet Room

Advanced/Troupe Combo Class 07BRF11B
Instructor: Lisa McNeil, lisajean.mcneil@gmail.com
Date: 07/05/2007 to 07/26/2007 (Th)
Time: 7:45 PM to 8:45 PM
Fee: $36.00
Location: UFM Banquet Room

Recreation classes for children are listed in Youth and Aquatics sections

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Boxing 07BRF14Z

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, footwork, and defensive moves such as blocks, bob and weave, and sliding. Counter punching and how to catch punches working with the catchmats will also be covered. These moves will give students an ab workout for the entire body core. Emphasis will be on how to use the exercises correctly. Advanced punching including haymakers, body shots, and combos will be covered in class along with how to put together your own combos. Students will workout on various bags such as the heavy bag, the double end bag, and speed bag to develop rhythm and hand-eye coordination. There will be no physical contact. Everyone is welcome to take this course.

Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Lorissa Ridley is the owner and operator of K.O. Boxing Gymnastics, Dance & Fitness. Lorissa has been instructing gymnastics, dance & fitness for over 20 years. She began dancing in 1969 and has continued her lifelong journey in the field of fitness to bring Manhattan incredible fitness training including core-abdominal workouts, footwork drills that build balance and shadow-boxing workouts that will kick start your heart. Best of all make new friends and be a part of a team! This is a no contact, no sparring course. NOTE: Fee includes the required 180 hook and elastic hand-wraps.

Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Introductory Course to Boxing for Women & Men (Ages 16+)
07BRF14A

K.O. boxing training program is professionally designed to appeal to all ages, shapes and sizes. Beginners are encouraged to take this course due to its personal training style instruction. Whether you are interested in losing weight, getting in great shape, stress relief, self-protection, gaining boxing knowledge, and even wish to become an amateur boxer, this is where your training begins. This 5-week introductory course will introduce students to the sport of boxing by learning boxing terminology along with executing boxing skills with proper form and technique. Students will hit the heavy bags, work on their hand-eye coordination and rhythm on the double end bags and speed bags, strength train like a boxer to gain muscle strength and endurance, train to work the catch mitts, participate in fitness training including core-abdominal workouts, footwork drills that build balance and shadow-boxing workouts that will kick start your heart. Best of all make new friends and be a part of a team! This is a no contact, no sparring course. NOTE: Fee includes the required 180 hook and elastic hand-wraps.

Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 06/13/2007 to 07/18/2007 (W/M)
No class 07/04
Time: 6:30 PM to 7:30 PM
Fee: $98.00
Location: 2303 Tuttle Creek Boulevard
Blue Hills Shopping Center

Introductory Course to Boxing for Women & Men (Ages 16+)
07BRF14B

K.O. boxing training program is professionally designed to appeal to all ages, shapes and sizes. Beginners are encouraged to take this course due to its personal training style instruction. Whether you are interested in losing weight, getting in great shape, stress relief, self-protection, gaining boxing knowledge, and even wish to become an amateur boxer, this is where your training begins. This 5-week introductory course will introduce students to the sport of boxing by learning boxing terminology along with executing boxing skills with proper form and technique. Students will hit the heavy bags, work on their hand-eye coordination and rhythm on the double end bags and speed bags, strength train like a boxer to gain muscle strength and endurance, train to work the catch mitts, participate in fitness training including core-abdominal workouts, footwork drills that build balance and shadow-boxing workouts that will kick start your heart. Best of all make new friends and be a part of a team! This is a no contact, no sparring course. NOTE: Fee includes the required 180 hook and elastic hand-wraps.

Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 07/23/2007 to 08/22/2007 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: $98.00
Location: 2303 Tuttle Creek Boulevard
Blue Hills Shopping Center

Intermediate Boxing 07BRF54AZ

Participants in boxing must protect themselves at all times. A boxer must be able to move easily with speed, power and agility, while thinking on their feet. Prerequisite for this class is to have completed Boxing for Women/No Contact Boxing for Men or have at least one year of boxing training. This does not include aerobic boxing classes. Students will continue working on their punches, execute combos and participate in bag training. They will train their bodies and discipline their minds. In this no contact boxing class, students will not spar. There will be intense “Catch Mitt” training. Boxing conditioning in this class will include: Power and speed drills, agility, hand-eye coordination exercises, balance and footwork drills, upper and lower body strength training, hard core abs, and strengthening physical endurance. Endurance is pushing your body past your mind’s desire to stop. Glove up, protect yourself and be ready to move!

Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 06/05/2007 to 07/28/2007 (Tu/Th)
Time: 7:30 PM to 8:30 PM
Fee: $129.00
Location: 2303 Tuttle Creek Boulevard
Blue Hills Shopping Center

Beginning Bowling 07BRF17AZ

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

Instructor: Terri Eddy, 532-6562 is an experienced bowler.

Date: 06/04/2007 to 07/30/2007 (M/W)
Time: 1:30 PM to 2:20 PM
Fee: $94.00
Location: KSU Student Union-Bowling Alley

WIN $1 OFF ANY UFM CLASS... by finding the “Fake Class” included in this catalog!! Identify it when you register and receive $1 off your registration for one class.
Yogilates 07BRF142AZ  
Yogilates is a hybrid class combining both yoga and pilates. You will learn about the different types of yoga and all the various poses with their beginner and more advanced poses. Pilates is a series of exercises or poses that are connected in a particular way to increase circulation and flexibility. Learn what the “powerhouse” is as we strengthen our backs and abdominals. A sticky mat is recommended but not required. Please wear comfortable clothes that will not restrict movement and try not to eat 2 hours before class (a small snack is OK).  
Instructor: Diana Knox, (785) 564-3663, dknox@ksu.edu  
Diana Knox has been involved in the fitness industry for over 12 years as a certified instructor and director. As the Fitness Director and a personal trainer at ProFitness in Aggieville, she offers classes incorporating step, yoga, stability ball, pilates, weight training/toning, kickboxing and yogilates.  
Date: 06/05/2007 to 07/26/2007 (Tu/Th)  
Time: Noon to 1:00 PM  
Fee: $72.00  
Location: Pro Fitness, 1125 Laramie St.

Total Body Toning 07BRF159AZ  
Gaining strength and toning the body are the focus of this class. Exercises for all muscle groups (upper, lower, core) will be used, with safety stressed and taught. Hand weights, tubing, stability balls and steps will be utilized to help develop the body. Come away with some new ways to stay fit. Open to men & women.  
Instructor: Diana Knox, 785) 564-3663, dknox@ksu.edu  
Date: 06/05/2007 to 07/26/2007 (Tu/Th)  
Time: 10:30 AM to 11:30 AM  
Fee: $72.00  
Location: Pro Fitness, 1125 Laramie St.

Prairie Land Food offers a nutritious grocery package which includes a wide assortment of frozen meats, fresh fruits and vegetables, just like you see in major grocery stores. Packages are offered at a low cost, helping stretch your food dollars. Prairie Land is funded through you -- the participant. The more people that participate, the greater the buying power, and the more communities will benefit through volunteer service.  
A professional purchasing staff buys from growers, manufacturers and producers. The food is distributed from the Topeka warehouse to a network of community host sites. There is NO government funding. The program is open to all who wish to participate. Your time and your talent can benefit the community.  
One Basic package costs $20.00 plus two hours of community service. More than one package may be purchased and often these are monthly specials on meat items.  
Meat only package: Add an extra serving of the meats in the Basic Package and $12.00 plus 1 hour volunteer service  
Specials: Prices for these packages vary, but usually cost $11.00 to $20.00 plus 1 additional hour of volunteer service.  
Orders can be paid by cash, check or EBT/Food Stamps.  
Everyone who participates in Prairie Land Food contributes volunteer time as their commitment to the not-for-profit organization. Any service freely given to non-household members counts as volunteer service. Examples include helping at your local host site, mowing lawns, house-sitting or pet sitting for someone that is on vacation or hospitalized. Visiting or calling the homebound. Volunteer involvement in community service organization such as: volunteer fire department, rescue squad, Hospice, church groups, Scouting, 4-H, picking up trash in the parks or along the roadways, coaching little league, organist for your church, teaching Sunday school, prayer chains and mentoring. Anything that you do out of the goodness of your heart is volunteer service.  
Sign up early in the month at UFM. Packages are distributed on the 3rd and 4th Saturday morning of each month at Blue Valley United Methodist Church, 835 Church Ave.

Prairie Land Food: Good for You and Good for the Community  
For more information, call UFM at 539-8763 or website: www.prairielandfood.com
3 Day Youth Boxing & Fitness Camp
(Ages 8-16) 07BYO04A
This camp is specifically designed for youth interested in learning new and exciting ways to train and get in shape. During this 3-Day Camp, youth will get the opportunity to train with a USA amateur boxer. The K.O. Boxing & Fitness camp is designed to introduce youth to the sport of boxing and how boxers train to stay in shape. Youth will learn boxing terminology along with executing boxing skills with proper form and technique. Youth will hit the heavy bags, train like a boxer on the catch mitts, work on their hand-eye coordination and rhythm on the double end bags and speed bags, jump rope, lift weights like a boxer to gain muscle endurance, participate in fitness training including ab workouts and footwork drills that build teamwork, and most importantly personally experience and understand the importance of discipline and hard work. This is a no contact, no sparring camp. NOTE: Fee includes the required hook & loop elastic hand-wraps.
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 06/25/2007 to 06/27/2007 (M-W)
Time: 10:00 AM to Noon
Fee: $90.00
Location: 2303 Tuttle Creek Boulevard

Youth Boxing (Ages 7-15) 07BY029A
This course is specifically designed for youth interested in learning new and exciting ways to train and get in shape. During this Intro course youth will get the opportunity to train with a USA amateur boxer. The K.O. Boxing Intro Course is designed to introduce youth to the sport of boxing and how boxers train to stay in shape. Youth will learn boxing terminology along with executing boxing skills with proper form and technique. Youth will hit the heavy bags, train like a boxer on the catch mitts, work on their hand-eye coordination and rhythm on the double end bags and speed bags, jump rope, lift weights like a boxer to gain muscle endurance, participate in fitness training including ab workouts and footwork drills that build teamwork, and most importantly personally experience and understand the importance of discipline and hard work. This is a no contact, no sparring course. NOTE: Fee includes the required hook & loop elastic hand-wraps.
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 06/18/2007 to 06/20/2007 (M-W)
Time: 10:00 AM to Noon
Fee: $90.00
Location: 2303 Tuttle Creek Boulevard

Lorissa Ridley is the owner and operator of K.O. Boxing...Gymnastics, Dance & Fitness. Lorissa has been instructing gymnastics, dance & fitness for over 20 years. She began dancing in 1969 and has continued her lifelong journey in the field of fitness to bring Manhattan incredible fitness classes including: boxing, kickboxing, self-defense, hip hop dance, Dancenastics, Sportsnastics for boys, K-State credit boxing classes and much more.

Enroll online at www.tryufm.org
Youth Boxing (Ages 7-15) 07BYO29B  
Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer@sbcglobal.net  
Date: 07/17/2007 to 08/16/2007 (Tu/Th)  
Time: 5:15 PM to 6:15 PM  
Fee: $98.00  
Location: 2303 Tuttle Creek Boulevard

Introduction to the Nutcracker Ballet and Tap Dancing 07BYO06  
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. Students wishing to continue will learn a routine that can be performed. For girls and boys ages 4-12.  
Instructor: Randi Dale, (785) 539-5767  
Date: 06/12/2007 to 06/26/2007 (Tu)  
Time: 6:00 PM to 6:30 PM  
Fee: $16.00  
Location: 2416 Rogers Blvd.

Jazz and Tap Dancing (Ages 4-13) 07BYO19  
This tap and jazz dancing class is designed for beginners as well as for children that have had some experience. A fun, short dance routine will be taught as well as learning basic steps. Formal dance attire is not necessary.  
Instructor: Randi Dale, (785) 539-5767  
Date: 06/12/2007 to 06/26/2007 (Tu)  
Time: 6:30 PM to 7:00 PM  
Fee: $16.00  
Location: 2416 Rogers Blvd.

Internet Etiquette & Safety 07BYO13  
Students will learn proper etiquette on the internet. How to keep themselves and their children protected while using the internet. Safety tips for internet usage and programs that can help in this task.  
Instructor: Carl Brown, (785) 341-9371  
carl@reddragoncm.com  
Date: 07/21/2007 (Sa)  
Time: 1:00 PM to 3:00 PM  
Fee: $29.00  
Location: Manhattan Public Library - Computer Lab

Karate & Self-Defense (youth) 07BYO31A  
Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion (“Kihon”) with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combative principles and sparring (“Kumite”). No matter your current situation, you will be guided step-by-step and shown exactly how to achieve Karate success. Note: “I promise remarkable progress for children in a short period of time.”  
Instructor: Habib Diop  
hdiop@ksu.edu  
Date: 06/05/2007 to 06/26/2007 (Tu)  
Time: 11:00 AM to Noon  
Fee: $43.00  
Location: UFM Banquet Room

Introduction to Spanish for Kids (ages 6-10) 07BYO42  
Children interested in learning a new language through such activities as listening, reading, speaking, and singing can take this class. Students will not only be learning about the Spanish language, but also learning and enjoying some of the cultural aspects of the Spanish-speaking world. Fee includes materials for fun art projects and food day.  
Instructor: Lotus Hazlett & Suzanne Spenkle  
Suzanne and Lotus are teachers in the Wamego School District. Between the two of them they cover Spanish classes from middle school through high school, beginners through advanced. Both graduated from KSU with a degree in K-12 Spanish Education, and they both have spent time in Spanish-speaking countries.  
Date: 06/12/07 to 06/28/07 (Tu/Th)  
Time: 5:30 PM to 6:30 PM  
Fee: $35.00  
Location: UFM Conference Room

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UFM Community Learning Center  
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Ballroom Dance  
**DANCE-599**

Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positions, and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught.

Instructor: Michael Bennett

Reference Number: 90400

Date: 05/26/07 to 08/10/07 (F)

Time: 6:45 PM to 8:00 PM

Fee: $261 (Also available for non-credit partner through UFM RF26AZ)

Location: ECM Auditorium, 1021 Denison

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Beginning Yoga  
**DANCE-599**

This course will cover the basic fundamentals of yoga: Sibilant breathing, and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy.

Instructor: Ana Franklin

Reference Number: 90401

Date: 06/04/07 to 07/30/07 (M/W)

Time: 5:45 PM to 6:45 PM

Fee: $239.50

Location: Pro Fitness, 1125 Laramie St.

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Scuba Diving  
**RRES-200**

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 $75 will be assessed at the time of check out dives. However neither UFM 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. Equipment ranges in price from $100 to $175. There is a nonrefundable materials fee of $50 for withdrawing from the class after the first day.

Instructor: Jeff Wilson

Reference Number: 90406

Date: 06/04/07 to 07/09/07 (M)

Time: 5:30 PM to 9:30 PM

Fee: $352.50

Location: Natatorium, KSU Campus

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Golf  
**RRES-200**

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.

Instructor: Jim Gregory

Reference Number: 90407

Date: 06/06/07 to 08/01/07 (W)

Time: 6:00 PM to 8:00 PM

Fee: $280 (Available for non-credit, RF05Z)

Location: 4441 Fort Riley Blvd.

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Beginning Bowling  
**RRES-200**

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

Instructor: Terri Eddy

Reference Number: 90410

Date: 06/04/07 to 07/30/07 (M/W)

Time: 1:30 PM to 2:20 PM

Fee: $219.50

Location: KSU Student Union-Bowling Alley

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Total Body Toning  
**RRES-200**

Gaining strength and toning the body are the focus of this class. Exercises for all muscle groups (upper, lower, core) will be used, with safety stressed and taught. Hand weights, tubing, stability balls and steps will be utilized to help develop the body. Come away with some new ways to stay fit. Open to men & women.

Instructor: Diana Knox

Reference Number: 90404

Date: 06/05/07 to 07/26/07 (Tu/Th)

Time: 10:30 AM to 11:30 AM

Fee: $261

Location: Pro Fitness, 1125 Laramie St.

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Tae Kwon Do I  
**RRES-200**

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. At the end of the semester, students will have the option to be tested for their orange belt.

Instructor: David Moore

Reference Number: 90408

Date: 06/05/07 to 07/31/07 (Tu/Th)

Time: 6:30 PM to 7:30 PM

Fee: $225.50

Location: KSU Ahearn Room 302

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Yogilates  
**RRES-200**

Yogilates is a hybrid class combining both yoga and Pilates. You will learn about the different types of yoga and all the various poses with their beginner and more advanced poses. Pilates is a series of exercises or poses that are connected in a particular way to increase circulation and flexibility. Learn what the “powerhouse” is as we strengthen our backs and abdominals. A sticky mat is recommended but not required. Please wear comfortable clothes that will not restrict movement and try not to eat 2 hours before class (a small snack is OK).

Instructor: Diana Knox

Reference Number: 90405

Date: 06/05/07 to 07/26/07 (Tu/Th)

Time: 12:00 PM to 1:00 PM

Fee: $261

Location: Pro Fitness, 1125 Laramie St.
Tae Kwon Do II                       RRES-200
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one’s health by increasing cardiovascular abilities, strength, balance and flexibility. The Tae Kwon Do II class is for students who have completed Tae Kwon Do I or who have advanced skills including at least six months of martial arts training. Students will continue to develop the skills of blocking, punching, kicking and self-defense. Students will have the option to be tested for their next belt.
Instructor: David Moore
Reference Number: 90409
Date: 06/05/07 to 07/31/07 (Tu/Th)
Time: 7:30 PM to 8:30 PM
Fee: $225.50
(Available for non-credit, MA02Z)
Location: KSU Ahearn Room 302

Boxing                      RRES-200
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, bob and weave, and sliding. Counter punching and how to catch punches working with the catchmits will also be covered. These moves will give students an ab workout for the entire body core. Emphasis will be on how to use the exercises correctly. Advanced punching including haymakers, body shots, and combos will be covered in class along with how to put together your own combos. Students will workout on various bags such as the heavy bag, the double end bag, and speed bag to develop rhythm and hand-eye coordination. There will be no physical contact. Everyone is welcome to take this course.
Instructor: Lorissa Ridley
Reference Number: 90402
Date: 06/05/07 to 07/26/07 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: $259 (Available for non-credit, RF14Z)
Location: K.O. Boxing, Bluehills Shopping, 2303 Tuttle Creek Blvd.

Intermediate Boxing                 RRES-200
Participants in boxing must protect themselves at all times. A boxer must be able to move easily with speed, power and agility, while thinking on their feet. Prerequisite for this class is to have completed Boxing for Women/No Contact Boxing for Men or have at least one year of boxing training. This does not include aerobic boxing classes. Students will continue working on their punches, execute combos and participate in bag training. They will train their bodies and discipline their minds. In this no contact boxing class, students will not spar. There will be intense “Catch Mitt” training. Boxing conditioning in this class will include: Power and speed drills, agility, hand-eye coordination exercises, balance and footwork drills, upper and lower body strength training, hard core abs, and strengthening physical endurance. Endurance is pushing your body past your mind’s desire to stop. Glove up, protect yourself and be ready to move!
Instructor: Lorissa Ridley
Reference Number: 90403
Date: 06/05/07 to 07/26/07 (Tu/Th)
Time: 7:30 PM to 8:30 PM
Fee: $259
(Available for non-credit, RF54AZ)
Location: K.O. Boxing, Bluehills Shopping, 2303 Tuttle Creek Blvd.

Enroll for KSU Credit classes through Division of Continuing Education at 785.532.5566

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

JUNE 8 | POKER NIGHT
This class will discuss the basic rules of Texas Hold’em (and its variations) as well as betting strategies and “table” manners. Luck will get you so far, but skill will get you farther.
Instructor: Adam Durar

7:00 to 8:20 PM | $17 | UFM Fireplace Room

JUNE 15 | TRADITIONAL TAPAS PARTY
Popular throughout Spain in bars and restaurants, tapas are appetizers that usually accompany drinks. These classic tapas dishes bring to one’s plate the essence of Spanish life and culture. Sangrias and margaritas will be served for those 21 and over.
Instructor: David Espenosa

7:00 to 9:00 PM | $24 | UFM Kitchen

JUNE 22 | INDIAN COOKING NIGHT
Discover Indian flavors! Enjoy a “hot & spicy” experience with traditional Indian dishes that are easy to make and can be shared that usually accompany drinks. Recipes will include pakora (2 types), a delicious appetizer and samosa, an Indian chill. Indian tea will also be served with food.
Instructor: Sangeeta Nath

6:30 to 8:00 PM | $19 | UFM Kitchen

JUNE 29 | Muddy Water: An Informal Discussion About Coffee
Spend a few hours with Wade Radina discussing the history of coffee, the fundamentals of roasting and cupping, and current issues in the industry. Fee includes a bag of fresh roasted coffee and desserts from Radina’s coffeehouse.
Instructor: Wade Radina

7:00 to 9:00 PM | $14 | Radina’s Coffeehouse

**Refreshments will be served at all classes**

Forget the movie lines. Give the TV a rest. Leave the fast food behind. Make UFM part of your Friday night fun!!

JULY FRIDAY NIGHTS

JULY 6 | INDIVIDUAL DESSERTS FOR TWO OR A CROWD
For those who don’t like to have a lot of leftover sweets, this is the class for you! You will make individual chocolate tarts and work with pastry cream and create delicious desserts for any number of people. Learn to make individual desserts; perfect for an intimate dinner, bridal shower, or even a barbecue! Instructors: Heather Keen

6:30 to 8:30 PM | $19 | UFM Kitchen

JULY 13 | WINE TASTING
Do you enjoy wine and want to know more about it? If so, this class is for you. Bob Campbell, owner of Candlewood Liquor will help you demystify wine. Food will be provided to showcase wine and food combinations. Participants must be 21 years or over to enroll in this class.
Instructor: Bob Campbell

7:00 to 9:00 PM | $35 | UFM Banquet Room

JULY 20 | EVENING OF SOUTHERN ITALIAN COOKING
Come ready to slow down and enjoy some of the best recipes of Southern Italian cooking on this Friday night. Our instructor is Christopher E. Renner who lived in Naples and the Province of Potenza for 17 years. He will prepare a summer feast typical of the area rich in vegetables, cheeses and pasta. Wine will also be provided for participants age 21 and older.
Instructor: Chris Renner

6:30 to 8:30 PM | $19 | UFM Kitchen

JULY 27 | LIVING BETTER WITH MASSAGE
Explore the benefits of massage and learn how stress negatively affects your body and how massage can help decrease stress. Hands-on demonstrations, instructions on self massage for headache and pain relief; and information on partner massage will be an important part of the class. Dress comfortably and come ready to learn and have a fun time.
Instructors: Rose Woolsey & Jessica Lewis

7:00 to 8:30 PM | $10 | UFM Fireplace Room

AUGUST FRIDAY NIGHTS

AUGUST 3 | LEARN THE NIGHT SKY
Learn the major constellations and find your way around the night sky. We will discuss some of the mythology and understand the zodiac.
Instructor: Dean Stramel

6:30 to 8:00 PM | $8 & $4 additional family member | MHS West, 2100 Poyntz Ave.

AUGUST 10 | SALSA NIGHT
Salsa is the hottest of the Latin American dances! Its lively beat makes you want to get up and move. Come enjoy this easy-to-learn, fun dance. Wear comfortable shoes and get ready to have fun! No partner necessary.
Instructors: Michael Bennett & Becky Schippers

8:15 to 10:00 PM | $14 | 1021 Denison Ave.
CRA-Community Resource Act

Who we are: UFM’s State Outreach Program
What we do: Assist Kansas towns in developing community education programs
How we assist: Mini-grants and free technical assistance
For more information: call UFM at 785.539.8763

UFM’s website is updated frequently. For the most current information, please visit website, www.tryufm.org, and click on Non-credit classes.
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CLICK on non-credit classes and register online for any class. VIEW class descriptions, times and dates.

Call 539.8763 during business hours and use your Mastercard, Visa or Discover. Please have your card number and expiration date.

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.

Stop by the UFM House, 1221 Thurston between 8:30-Noon & 1:00-5:00 PM (Monday thru Friday)

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Date: ______________  Age: Under 18 exact age _____________ 19-24 19-24 25-59 25-59 60+ 60+
Parent’s Name if Student is Under Age 18 _______________________________________________

CLASS # Session TITLE FEE LOCATION DATE TIME

I hereby authorize the use of my Visa [ ] MasterCard [ ] Discover [ ]
Card Number  Expiration Date
Card Cardholder’s Name (Please Print) _______________________________________________
Cardholder’s Signature ______________________________________________________________

Participant Statistics: KSU Student [ ] KSU Faculty/Staff [ ] Ft Riley [ ] Other [ ]
Where did you obtain your catalog? ____________________________________________________
A class I would like offered _____________________________________________________________

Signature** Date  *Signature of Parent or Guardian required for minors.

Office Use Only  Date Staff  Amount  Total Paid
Date Received _______ Entered _______ Computer _______
Check _______ Cash _______ Visa _______ M/C _______ Discover _______

UFM Community Learning Center  
Registration Form  
1221 Thurston  
Manhattan, KS 66502  
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Date Received _______ Entered _______ Computer _______
Check _______ Cash _______ Visa _______ M/C _______ Discover _______
**Signature of Parent or Guardian required for minors.**

_______________________________________________________________ _________________________

and to hold UFM Community Learning Center harmless as to liability for such injury.

I hereby agree, for myself and all who may hereafter claim through or for me, to assume all risk of personal harm or injury relating to or resulting from my participation in any or all classes for which I have registered.

**Participant Statistics:**

Card Cardholder's Name (Please Print) _________________________________________________

Parent's Name if Student is Under Age 18 _______________________________________________

Age: Under 18 exact age _____________ 19-24

City ________________________ State KS

Student Name______________________________________ Day Phone ____________________

**Classes**

SUMMER 2007 CLASSES

Intro to Russian
Cake Decorating
History of Islam

JUNE - AUGUST 2007

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Other

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Fax ____________________________ Zip _____________ Email_______________________

Date ____________

Total Paid

Cash _________
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Discover _________
M/C _________
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Amount

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Enter your card number and expiration date ready.

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