Hello! Welcome to UFM

UFM's MISSION:
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. UFM Community Learning Center is a creative educational program serving Kansas State University, the Manhattan area and the state of Kansas.


table of contents

aquatics
swim lessons
scuba diving
shallow/deep water aerobics
lifeguard training

earth & nature
late spring wildflowers on the konza
landscaping with kansas native plants
growing and harvesting herbs
the um solar electric system

language
french
spanish

recreation & fitness
zumba
bicycling for transportation, fitness & fun
belly dance zill skillz
dances of the world
choreography l.a.

youth
intro to nutcracker ballet and tap
ekarate
baking buddy's
dance-cheer-gymnastics camp
basic sewing

creative free time
how to document home inventory
beginning adult drawing
knitting
scrapbooking

fun foods
thai cooking
beer tasting
going greek
mama's feast

health & wellness
living the art: jin shin jyutsu
body, mind and spirit
morning yoga
living better with massage

martial arts
judo i & ii
tae kwon do
karate self-defense
laod hu pai kung fu

personal interest
flint hills youth radio project-sound and recording
pet first & safety

personal instruction

information
about ufm
cancellation policies
general policies
university credit information
registration information
inclement weather policy
class registration forms

special assistance: A participant in a UFM non-credit program with a disability who needs accommodations should indicate at the time of registration. Any class can be placed in a handicapped accessible room.

ufm staff
executive director | linda lawton
education coordinator | marcia hornung
community outreach coordinator | charlene brownson
special projects coordinator | val coltharp
teen mentoring coordinator | jill thien
registrar/media coordinator | annette sweet
swim coordinator | terra sawdy

plus all the teachers who share their talents!

board of directors
chair | robert wilson
vice chair | bettie mishall
secretary | mitzi frieling
treasurer | paula walawender
president & ceo | linda inlow lawton

ufm office hours
monday - friday | 8:30 am - 5 pm
(*closed noon - 1 pm)
1221 thurston st. | manhattan, ks 66502
785.539.8763 | 785.539.9460 (fax)

*call if you need to visit the office at lunchtime and we will make arrangements to be open for you.

enroll online at www.tryufm.org

ufm's anniversary celebration

on june 14 ufm and the city of manhattan parks and recreation are co-sponsoring the arts in the park. family activities start at 1 pm. concert featuring robin and linda williams and their fine band at 8 pm. opening act is hans mayer at 6:30. we hope to see you there!
1968-2008 Celebrating 40 years

UFM would like to thank instructors and students for their participation at our 40th Anniversary Mall event on April 12.

Turbo Kick & Toning
Jenni Brenner – Instructor
Shakira Grant
Saundra Werner
Kelley Perkins
Megan Watts
Sarah Webb

Knitting
Kennita Tully

Writing Class
Glenn Sixbury

Home Inventory
Kevin Wilson

Kung Fu
Dr. Michael Tran – Instructor
Mervin Lare
Chrisehelle Berhane
Joshua Richtasik

Fencing
Jeff Gwirtz – Instructor
Pinakin Sukthankar
Kathy MacKenzie
Brian Suter
James Arthur Cipra
Tyler Tobald

Flying Controlled Radio Airplanes
Bill Fortney

Tae Kwan Do
Brian Cooper
Jordan Wagner
Christine Petes

Charles Henderson
Travis Holter
Michael Hallwell
Bobbie Norton
Elaine Morgan
James Wheeler

Zumba
Elsa Toburen – Instructor
Chandra Ruthstrom
Karolyn Stoerzinger

Yoga
Ana Franklin – Instructor
Kaiusha Schmelzle
David Mitchell

David Espenoza started instructing cooking classes at UFM in Summer 2006. He began with one class, Tortillas to Tamales, and has now grown into a staple for UFM’s Fun Foods section as well as the popular Friday Night Out!

“Attiee’ bit about myself, I grew up in a large family with three brothers and two sisters. The one thing in common that my family shares is eating. Growing up I always found it easier to work in the kitchen with my mother, Ruth Espenoza, who was an amazing cook. The recipes that she shared with me were never really written down. She believed that it was easier to show you how to make fresh tortillas than to tell you exact measurements. Very rarely would I see her use a measuring cup. She would instead say things like, ‘You need a bowl about this size then you add this much flour, then you add this much lard, salt and baking soda. The water has to be this temperature and this is how much you need. The masa needs to feel like this not like that.’ As strange as it sounds, I understood her completely. We called this special language Jimenez (my Mom’s maiden name).

When I would bring a dish into work or share a meal with friends, I was always asked for recipes. My first job was working in a restaurant as a dishwasher, then as a prep cook and finally as a cook. I don’t consider myself a chef. I feel that I have been blessed with my mother’s gift of cooking. I know my mom is always with me in spirit, and I honor her with every class I teach. Cooking is the one thing that binds us all together. I started to teach at UFM much the same way.”

David Espenoza

UFM was founded in 1968 by a group of KSU students and faculty, as a way to bridge communication between the campus community and the Manhattan community. That year seven classes were offered with 150 people participating. The goal at that time was to provide opportunities for students and faculty to interact more easily with the general community and to serve a variety of people in the community. UFM continues to address those goals 40 years later.

UFM is planning a number of events as we celebrate our 40th anniversary in 2008.

June 14 has been designated as Family Music Festival by Parks and Recreation. Beginning around 1 pm, children’s activities will be available in the City Park Pavilion provided by Manhattan Parks and Recreation, the Beach Museum, Manhattan Arts Center and Sunset Zoo. Special music will be provided throughout the afternoon. That evening UFM will work with the City of Manhattan Parks and Recreation in co-sponsoring the Arts in the Park Concert featuring Robin and Linda Williams and their Fine Band. Hans Mayer, a folk musician will open at 6:30 pm and Robin and Linda Williams will follow at 8 pm.

COME join us this summer as we celebrate community, the heart of UFM’s success for 40 years! Thank You!!

www.tryufm.org
1221 Thurston St.
785.539.8763
1968-2008 Celebrating 40 years
LEARN TO SWIM CLASSES

UFM proudly teaches the American Red Cross Swim Lessons Levels I-VI, 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 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 - Thursday, June 9 - June 19
Session B: Monday - Thursday, June 23 - July 3
Session C: Monday - Thursday, July 7 - July 17
Session D: Monday - Thursday, July 21 - July 31

Beginning & Ending Dates (Parent Infant/Parent Tot, Tot Transition and Private Swim Lessons)
Session A1: Monday - Thursday, June 9 - June 12
Session A2: Monday - Thursday, June 16 - June 20

Session B1: Monday - Thursday, June 23 - June 26
Session B2: Monday - Thursday, June 30 - July 3

Session C1: Monday - Thursday, July 7 - July 10
Session C2: Monday - Thursday, July 14 - July 17

Session D1: Monday - Thursday, July 21 - July 24
Session D2: Monday - Thursday, July 28 - July 31

Session E1: “Friday AM ONLY, June 6 - June 27
Session E2: “Friday AM ONLY, July 11 - August 1

Parent/Infant and Parent/Tot
This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water 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 4 meetings the parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child in the water.

Fee: $25.00 per session (4 lessons)

Level I: Water Exploration
The objective 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: Monday - Thursday
AQ01A1 10:05 AM to 10:45 AM
AQ01A2 10:50 AM to 11:30 AM
AQ01A3 6:15 PM to 6:55 PM

Session B: Monday - Thursday
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: Monday - Thursday
AQ01C1 10:05 AM to 10:45 AM
AQ01C2 10:50 AM to 11:30 AM
AQ01C3 6:15 PM to 6:55 PM

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

Fee: $49.00 per session (8 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 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: Monday - Thursday
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: Monday - Thursday
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: Monday - Thursday
AQ02C1 10:05 AM to 10:45 AM
AQ02C2 10:50 AM to 11:30 AM
AQ02C3 6:15 PM to 6:55 PM

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

Fee: $49.00 per session (8 lessons)

Tot Transition
This class is for the toddler who is ready to try the water without a parent, but not yet ready for Level I.

Session A2: Monday - Thursday
AQATA 9:25 AM to 10:00 AM
AQATP 5:30 PM to 6:05 PM

Session B2: Monday - Thursday
AQBTA 9:25 AM to 10:00 AM
AQBTP 5:30 PM to 6:05 PM

Session C2: Monday - Thursday
AQCTA 9:25 AM to 10:00 AM
AQCTP 5:30 PM to 6:05 PM

Session D2: Monday - Thursday
AQDTA 9:25 AM to 10:00 AM
AQDTP 5:30 PM to 6:05 PM

Fee: $25.00 per session (4 lessons)

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 539.876-3 or email UFM@ksu.edu to share your ideas!
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 back stroke and to the fundamentals of treading water. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level II.

Session A: Monday - Thursday
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 - Thursday
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 - Thursday
AQ03C1 10:05 AM to 10:45 AM
AQ03C2 10:50 AM to 11:30 AM
AQ03C3 6:15 PM to 6:55 PM

Session D: Monday - Thursday
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 (8 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 - Thursday
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 - Thursday
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 - Thursday
AQ04C1 10:05 AM to 10:45 AM
AQ04C2 10:50 AM to 11:30 AM
AQ04C3 6:15 PM to 6:55 PM

Session D: Monday - Thursday
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 (8 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 - Thursday
AQ05A1 10:50 AM to 11:30 AM
AQ05A3 6:15 PM to 6:55 PM

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

Session C: Monday - Thursday
AQ05C1 10:50 AM to 11:30 AM
AQ05C3 6:15 PM to 6:55 PM

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

Fee: $49.00 per session (8 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 - Thursday
AQ06A1 10:50 AM to 11:30 AM
AQ06A3 6:15 PM to 6:55 PM

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

Session C: Monday - Thursday
AQ06C1 10:50 AM to 11:30 AM
AQ06C3 6:15 PM - 6:55 PM

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

Fee: $49.00 per session (8 lessons)

Manhattan Marlins
Swim Team
A nonprofit organization dedicated to providing children the chance to participate in competitive swimming. Primary emphasis is on positive self-image, physical conditioning and development to the child’s fullest potential.

Ages: 5 years through college
www.manhattanmarlins.org

For more information contact: Todd Kramer at 785-317-0545 or Helena Grinter at 785-776-0681
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 - Thursday
5:30 PM to 6:10 PM
Fee: $19.00 per session (8 times)

AQ-22D:  Monday - Thursday
5:30 PM to 6:10 PM
Fee: $49.00 per session (8 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 scheduled times below.

Session A:  Monday - Thursday
AQLSA1  10:00 AM to 11:30 AM
AQLSA3  5:30 PM to 7:00 PM
Fee: $19.00 per session (8 times)

Session B:  Monday - Thursday
AQLSB1  10:00 AM to 11:30 AM
AQLSB3  5:30 PM to 7:00 PM
Session C:  Monday - Thursday
AQLSC1  10:00 AM to 11:30 AM
AQLSC3  5:30 PM to 7:00 PM
Session D:  Monday - Thursday
AQLSD1  10:00 AM to 11:30 AM
AQLSD3  5:30 PM to 7:00 PM
Fee: $16.00 per session (8 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. You may choose your 40-minute block of time during the scheduled times below.

Session A:  Monday - Thursday
AQLPA1  10:00 AM to 11:30 AM
AQLPA2  5:30 PM to 7:00 PM
Session B:  Monday - Thursday
AQLPB1  10:00 AM to 11:30 AM
AQLPB2  5:30 PM to 7:00 PM
Session C:  Monday - Thursday
AQLPC1  10:00 AM to 11:30 AM
AQLPC2  5:30 PM to 7:00 PM
Session D:  Monday - Thursday
AQLPD1  10:00 AM to 11:30 AM
AQLPD2  5:30 PM to 7:00 PM
Fee: $16.00 per session (8 times)

Shallow Hydroaerobics: Water Exercise
This is a 50-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:  06/09/2008 to 07/03/2008
AQ-26A  (1 time per week)
AQ-27A  (2 times a week)
AQ-28A  (3 times a week)
AQ-29A  (4 times a week)
Fee: $20 for 1 time per week per session
$24 for 2 times a week per session
$29 for 3 times a week per session
$33 for 4 times a week per session

Session B:  07/07/2008 to 07/31/2008
AQ-26B  (1 time per week)
AQ-27B  (2 times a week)
AQ-28B  (3 times a week)
AQ-29B  (4 times a week)
Fee: $20 for 1 time per week per session
$24 for 2 times a week per session
$29 for 3 times a week per session
$33 for 4 times a week per session

Shallow Water Hydroaerobics for the entire summer
Session E:  06/09/2008 to 07/31/2008
AQ-26E  (1 time per week)
AQ-27E  (2 times a week)
AQ-28E  (3 times a week)
AQ-29E  (4 times a week)
Fee: $36 for 1 time per week per session
$40 for 2 times a week per session
$45 for 3 times a week per session
$49 for 4 times a week per session

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. This class in intended to add variety to your work out. Only swimmers who can tread water without a floatation device are allowed to participate in the class.

Session A:  06/10/2008 to 07/03/2008  (Tu/Th)
AQ-100A  6:10 PM to 7:00 PM
AQ-100B  6:10 PM to 7:00 PM
Fee: $29 for 2 times per week per session

Deep Water Hydroaerobics for the entire summer
Session E:  06/10/2008 to 07/31/2008  (Tu/Th)
AQ-100E  6:10 PM to 7:00 PM
Fee: $49 for 2 times per week

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

For more info call 539.8763

www.tryufm.org
1221 Thurston St.
785.539.8763
Private Swim Lessons  
AQ103
Private lessons provide one-on-one instruction for any level of swimmer. Sessions include four 35 minute lessons. Weekday session will occur on consecutive days; Friday lessons occur weekly. To improve scheduling and better serve our families, please make sure you record these times and dates when you register; due to time contraints: THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Morning and Evening Private Lessons:
AQ103A1: Mon. - Thur., June 9 - June 12
AQ103A2: Mon. - Thur., June 16 - June 19
AQ103B1: Mon. - Thur., June 23 - June 26
AQ103B2: Mon. - Thur., June 30 - July 3
AQ103C1: Mon. - Thur., July 7 - July 10
AQ103C2: Mon. - Thur., July 14 - July 17
AQ103D1: Mon. - Thur., July 21 - July 24
AQ103D2: Mon. - Thur., July 28 - July 31
AQ103E1: *Friday AM only, June 6 - June 27
AQ103E2: *Friday AM only, July 11 - Aug. 1

Times for all morning classes:
8:45 AM to 9:20 AM
9:25 AM to 10:00 AM
*Times for Session E1A-C & E2A-C, AM ONLY:
9:25 AM to 10:00 AM
10:05 AM to 10:40 AM
10:45 AM to 11:20 AM

Times for all evening classes:
5:30 PM to 6:05 PM

Fee: $69 per session (FOUR 35 MINUTE lessons)
$55 per student for semi-private lessons:
(2 students per teacher) (FOUR 35 MINUTE lessons)

Open Swim Appreciation  08BAQ31A
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 appropriate lifeguards.

Date: 06/22/2008 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: Natatorium, KSU Campus

Open Swim Appreciation  08BAQ31B
Date: 07/27/2008 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: Natatorium, KSU Campus

Lifeguard Training  08BQ35B
The American Red Cross Lifeguarding program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Enrollment and certification requirements for this class are listed at www.tryufm.org. Book and pocket mask available for purchase at UFM, 1221 Thurston.
Instructor: Abby Thrash

Date: 05/27/2008 to 05/29/2008 (T/W/Th)
Time: 8:00 AM to 5:00 PM
Fee: $149.00
Location: Natatorium, KSU campus

Fitness Swimming  08BAQ108AZ
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, wheatlan@kansas.net

Date: 06/09/2008 to 07/14/2008 (M)
Time: 9:30 PM to 9:30 PM
Fee: $232.00 (Available for KSU credit
Location: Natatorium, KSU Campus

Lifeguard Instructor  08BAQ122Z
This class will provide candidates with the knowledge and skills necessary to teach Lifeguarding (including First Aid), Lifeguard Management, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Community Water Safety, and Basic Water Rescue. With additional training and for those meeting the prerequisites, interested candidates would also be able to teach Safety Training for Swim Coaches and/or Waterfront Lifeguarding. Enrollment and certification requirements for this class are listed at www.tryufm.org. Books available for purchase at UFM, 1221 Thurston.

Date: View website www.tryufm.org
Time: TBA
Fee: $149.00
Location: Natatorium, KSU Campus

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 406-1/2 Poynitz 537-2099

www.tryufm.org
1221 Thurston St.
785.539.8763
1958-2008 Celebrating 40 years
Secrets to Selling Your House 08BFC39
Want to learn more about how to go about selling your home? Come to this class and learn information on how to prepare your home for selling, what it costs to sell your home, and just walk you through the “selling process” on to your next home. There will be time for questions, answers and round tables discussion. Refreshments will be provided.
Instructor: Cindy Sloan and Pam Westmeyer
Cindy Sloan has been selling real estate with G&A Real Estate, Inc. since 1995. Cindy earned her GRI (Graduate Realtor Institute) designation. Cindy attended KSU in Fashion Marketing.
Pam Westmeyer is a Manhattan native and graduated from Kansas State University with a Master’s Degree in Kinesiology. She has been selling real estate here since 1995 and is a saleperson with Christian & Associates Real Estate. Pam’s passion are her horses.
Date: 06/30/2008 (M)
Time: 6:00 PM to 8:00 PM
Fee: $12.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor
Tips to Buying a Home 08BFC57
Buying a home can be an exciting process! But it pays to know the common mistakes, possible pitfalls, how to choose a lender, what to expect in the process, how much to pay, and where to look. This class will be loosely structured with ample opportunity to take the class in the direction you want and need.
Instructor: Cindy Sloan and Pam Westmeyer
Date: 07/14/2008 (M)
Time: 7:00 PM to 8:00 PM
Fee: $10.00
Location: UFM Conference Room
Networking and Blogging on the Internet 08BFC52
Learn about the social networks and blogs on the Internet. You will learn how to create an account on the sites, modify your privacy options, journal in your online blog, upload pictures, and search for others on the sites. The main websites that will be used during class are: LiveJournal (online blog), MySpace, Facebook, and YouTube (videos.) It is recommended that you have basic Internet and computer skills before taking this course.
Instructor: Amy Trujillo
Date: 06/07/2008 (Sa)
Time: 10:00 AM to Noon
Fee: $12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.
Basic Computer Skills 08BFC51
Afraid to turn on a computer? This is the class for you! You will learn how to identify the basic parts of the computer, how to use the mouse, explore some of the programs on your computer, and how to navigate your way through your computer. Once you have the basics down, you will learn how to manage your free email account and how to perform a basic Internet search.
Instructor: Amy Trujillo
Date: 06/03/2008 (Tu)
Time: 6:00 PM to 8:00 PM
Fee: $12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.
Excel and Word 08BFC54
Learn the basics of Excel and Word. You will learn how to use the toolbars, the basics of each program, basic functions in Excel, how to save, print, and email your work. These programs can be lifesavers and you can create professional looking documents to save time and impress your boss/family. It is recommended that you have basic mouse skills before taking this course.
Instructor: Amy Trujillo
Date: 07/10/2008 (Th)
Time: 6:00 PM to 8:00 PM
Fee: $12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.
Your Digital Life 08BFC53
This class includes iPod and iTunes skills, uploading and ordering photographs, audio books online, and creating your own books. Bring your iPod, digital photos from your camera, and your imagination to this class. If you can’t bring anything, no worries! You can still learn how to do it so you are prepared when you get your own. Some of the websites and programs that will be used in this class are iTunes, audio books websites, realebooks.com, and photo sharing websites. It is recommended that you have basic Internet and computer skills before taking this course.
Instructor: Amy Trujillo
Date: 06/18/2008 (W)
Time: 6:00 PM to 8:00 PM
Fee: $12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.
PowerPoint and Publisher 08BFC55
Learn the basics in PowerPoint and Publisher. You will learn how to use the toolbars, the basics of each program, how to save, print, and email your work. Both of these programs have templates that you can work from and enhance to create professional presentations and documents for your work and your hobbies. It is recommended that you have basic mouse skills before taking this course.
Instructor: Amy Trujillo
Date: 07/12/2008 (Sa)
Time: 10:00 AM to Noon
Fee: $12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.
Computer Skills for Worldly People 08BFC56
This class is open to everyone but is geared toward people learning another language. Learn how to find websites in another language, programs to translate websites, and where to find the news from around the world. This class also teaches basic computer and Internet skills. It is taught by an English Language Learner (ELL) certified teacher. There will be a lot of visuals and hands on opportunities so you will feel comfortable with the class, the computer and the Internet.
Instructor: Amy Trujillo
Date: 07/12/2008 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: $12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

JOIN UFM’S 40TH ANNIVERSARY CELEBRATION!!
Please join UFM and City of Manhattan Parks and Recreation on June 14 for the 2nd Annual Family Music Festival. Family activities start at 1:00 pm. Arts in the Park concert featuring Robin and Linda Williams and their Fine Band at 8 pm. Opening act is Hans Mayer at 6:30 pm.

VISIT UFM WEBSITE @WWW.TRYUFM.ORG
ENROLL ONLINE AND VIEW OTHER UFM PROGRAMS
Manhattan Parks and Recreation
Summer Brochure is available online & at MPRD
Beginning Knitting 08BCF05A
Two projects (headband and hat) will be completed as you learn to cast-on, the knit stitch, the purl stitch, binding off, shaping and seaming. Materials for the first class project are short size 10 needles and a light colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.
Instructor: Kennita Tully, (785) 537-1826

Kennita Tully is a nationally recognized freelance knitwear designer whose work has appeared in most knitting publications including Knitters, Interweave Knits, Vogue Knitting, Family Circle Easy Knitting, Knit It! and others. She also designs for yarn companies and her shop, Wildflower yarns and knitwear in downtown Manhattan.

Date: 06/17/2008 to 07/08/2008 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting 08BCF05B
Instructor: Kennita Tully, (785) 537-1826

Date: 07/09/2008 to 07/30/2008 (W)
Time: 2:00 PM to 3:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting 08BCF05C
Instructor: Kennita Tully, (785) 537-1826

Date: 07/09/2008 to 07/30/2008 (W)
Time: 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Poker Night 08BCF30
This class will discuss the basic rules 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: 07/25/2008 (F)
Time: 8:00 PM to 9:30 PM
Fee: $17.00
Location: UFM Fireplace Room, 1221 Thurston

Scrapbooking Basics 08BCF64
New to scrapbooking? Feeling overwhelmed with pictures and need to get caught up? In this class, you will complete 12 layouts in 2 hours! You choose your own paper pack and stickers from Close to My Heart's line of products. All your pieces will be pre-cut so all you have to do is bring your own adhesive and glue it all together using the examples at the class. Class fee includes materials and instructions.
Deadline registration is June 3.
Instructor: Amy Hervey
Amy Hervey is an Independent Consultant with Close To My Heart.

Date: 06/17/2008 (Tu)
Time: 7:05 PM to 9:05 PM
Fee: $34.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

The Digital Darkroom for Photographers: Introduction to Photoshop, Image Processing & Printing 08BCF65
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 (the freeware image processing software GIMP is also available) as well as inkjet printing. 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: 07/08/2008 to 07/17/2008 (Tu/Th)
Time: 7:00 PM to 9:00 PM
Fee: $48.00
Location: UFM Computer Lab
1221 Thurston St., 2nd floor
Beginning Sewing 08BCF82A
This class is for beginner sewers only. We will learn the basic skills of sewing and complete a tote bag and cd case project. A list of supplies will need to be purchased. You will also need to bring your own sewing machine. Ages in grades 6-12. Please call UFM for supply list. 
Instructor: Alicia Pecenka

Alicia is a middle school Family and Consumer Science teacher and has taught for six years. She loves cooking and baking and believes it is essential life skills for all kids to learn.

Date: 07/07/2008 to 07/10/2008 (M/W/Th)
Time: 8:00 AM to 10:00 AM
Fee: $36.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

Beginning Sewing 08BCF82B
Instructor: Alicia Pecenka

Date: 07/07/2008 to 07/10/2008 (M/W/Th)
Time: 10:15 AM to 12:15 PM
Fee: $36.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

Beginning Sewing 08BCF82C
Instructor: Alicia Pecenka

Date: 07/08/2008 to 07/11/2008 (Tu/F)
Time: 8:00 AM to 11:00 AM
Fee: $36.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

How to Document Home Inventory 08BCF91A
Learn the importance of completing a home inventory, the benefits of having a home inventory and how to properly complete one. Free inventory sheets will be provided to attendees via email. Recommend attendees bring home insurance policy to better follow along with the instructor. Attendees will also need to have a valid email address to receive inventory forms. Asking no kids be brought to class, and no recording devices allowed. Please arrive 15 minutes prior to start of class for roll call. Any questions (beyond registration) will be addressed by an Eagles Home Inventory representative. Registration deadline is June 2.
Instructor: Kevin Wilson, (785) 238-8946 eagleshomeinventory@juno.com

Date: 06/09/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: $12.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

How to Document Home Inventory 08BCF91B
Registration deadline is June 17.
Instructor: Kevin Wilson, (785) 238-8946 eagleshomeinventory@juno.com

Date: 06/23/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: $12.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

How to Document Home Inventory 08BCF91C
Registration deadline is June 30.
Instructor: Kevin Wilson, (785) 238-8946 eagleshomeinventory@juno.com

Date: 07/07/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: $12.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

How to Document Home Inventory 08BCF91D
Registration deadline is July 17.
Instructor: Kevin Wilson, (785) 238-8946 eagleshomeinventory@juno.com

Date: 07/21/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: $12.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

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!
Fall Gardening 08BEN01
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 winter and it can be accomplished without a greenhouse!
Instructor: Colleen Hampton, (785) 539-5934

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: 07/19/2008 (Sa)
Time: 10:00 AM to Noon
Fee: $12.00
Location: UFM Conference Room, 2nd floor

Growing & Harvesting Herbs 08BEN54
The art of growing herbs is as popular today as ever. This class is an introduction to growing ornamental and culinary herbs. We will discuss how to design an herb garden and grow and harvest these flavorful plants. Herbs that do well locally will be highlighted.
Instructor: Colleen Hampton

Date: 06/07/2008 (Sa)
Time: 10:00 AM to Noon
Fee: $12.00
Location: UFM Fireplace Room, 1221 Thurston St.

Late Spring Wildflowers on the Konza 08BEN45
Join Mike Haddock, author of the 2006 Kansas Notable Book “Wildflowers and Grasses of Kansas: A Field Guide”, as he leads a late spring wildflower walk at the Konza Prairie. The walk will begin at 9:00 AM on Saturday, May 31st and will last two hours. Meet at the Konza trail head parking lot. From Manhattan, turn right onto Riley County Road 901 immediately after crossing the Kansas River bridge. Follow 901 about six miles to the Konza Prairie Biological Station entrance. A few hundred yards down the gravel road is the parking area. Please wear clothing and footwear appropriate for walking in vegetation.

Instructor: Colleen Hampton

Date: 06/05/2008 (Th)
Time: 8:00 PM to 8:00 PM
Fee: No charge
Location: Konza Prairie Trail Head

Landscaping with Kansas Native Plants 08BEN51
Landscaping with Kansas native plants saves money and is good for the environment. Learn about some of the plants that are native to Kansas and how to incorporate them into your landscape. Kansas has a wide variety of native trees and shrubs as well as native wildflowers and grasses. These native plants are well adapted to Kansas environments and make beautiful additions to our home landscapes. In this class you will learn to plan your native landscape, select plants to match your site’s characteristics, prepare the site, plant it, and maintain it. Seeds and plants will be available for purchase.
Instructor: Jeff Hansen, (785) 806-6917, hanjd@cox.net

Jeff has been a gardener all of his life and a native plant enthusiast for the past ten years. He landscapes with native plants, makes paper from them, and leads wildflower walks around the state. He has his own grass and wildflower nursery - Kansas Native Plants - and does native landscape design. He served as president of the Kansas Native Plant Society from 2005 to 2007 and is still an active board member. He is an enthusiastic teacher that loves sharing his knowledge with others.

Date: 06/26/2008 (Th)
Time: 6:00 PM to 8:00 PM
Fee: No charge
Location: UFM Banquet Room, 1221 Thurston St.

Introduction to Kansas Wildflowers 08BEN52
Have you ever seen a wildflower but couldn’t identify it? There are nearly 2100 species of wild flowering plants growing in Kansas (1700 native, 400 introduced) so the task of identifying them can be daunting. But there are some simple steps to follow that can make you a pro at identifying wildflowers and other plants. A slideshow presentation will provide the foundation for learning identifying characteristics of plants. You will learn how plants are named and divided into family, genus, and species. Furthermore, you will learn about historical connections, interdependence of flowers and insects, medicinal and horticultural uses, and plant use by wildlife and livestock.
Instructors: Jeff Hansen and Nancy Goulden

Date: 07/09/2008 (W)
Time: 6:00 PM to 8:00 PM
Fee: No charge
Location: UFM Conference Room, 1221 Thurston St., 2nd floor
Sponsored by Grassland Heritage Foundation, www.grasslandheritage.org

The UFM Solar Electric System: An Exploration of Your Possibilities 08BEN53
Whether you are concerned about energy independence, climate change, national security or just your own pocketbook; renewable energy is enormously popular across all political parties and nationalities. This spring, UFM is installing one of the first solar electric systems connected to the powerlines in Kansas. We will discuss the different parts of the system at UFM’s Solar Addition. We will also discuss installing your own solar electric system as well as the hardware required.
Instructor: Bill Dorsett, (785) 539-1956 wmdorsett@sbcglobal.net

Bill has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.

Date: 06/07/2008 (Sa)
Time: 10:00 AM to Noon
Fee: No charge
Location: UFM Solar Addition, 1221 Thurston St.

Tips on Recycling, Reusing
10 Ways to Start Living Green
1. Recycle this Catalog
2. Bring Your Own Bags to Grocery Store (Save 5 Cents per Bag at Dillons)
3. Adjust Thermostat for the Season
4. Ride Your Bike or Carpool
5. Plant a Garden
6. Switch to Compact Fluorescent Light Bulbs
7. Check Your Tire Air Pressure (Underinflated Tires Reduce Fuel Efficiency)
8. Buy Organic or Local Food
9. Get a Library Card
10. Always Reduce, Reuse and Recycle!!!

*PLEASE NOTE: All classes offered at no charge have been sponsored by the instructor or an organization
Thai Cooking 08BFF12A
Learn how to cook traditional Thai food. This includes how to cook Thai jasmine rice, sticky rice, appetizer, main dish, Thai curry, dessert 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
cyaege@hotmail.com

Date: 06/14/2008 to 06/21/2008 (Sa)
Time: 9:00 AM to Noon
Fee: $64.00
Location: UFM Kitchen, 1221 Thurston St.

Thai Cooking 08BFF12B
Instructor: Chulee Yaege, (785) 537-0656
cyaege@hotmail.com

Date: 07/12/2008 to 07/19/2008 (Sa)
Time: 9:00 AM to Noon
Fee: $64.00
Location: UFM Kitchen, 1221 Thurston St.

Wine Tasting 08BFF30
Do you enjoy wine and want to know more about it? If so, this class is for you. Bob Campbell, owner of Candlewood Liquor, Grant Holthaus and Craig Graves, wine sales for Standard Beverage will help demystify wine. Food will be provided to showcase wine and food combinations. Participants must be 21 years or over to enroll in this class.

Date: 07/09/2008 to 07/30/2008 (W)
Time: 7:00 PM to 9:00 PM
Fee: $95.00
Location: UFM Banquet Room, 1221 Thurston

Evening of Southern Italian Cooking 08BFF35A
Italians love the summer and the bounty it brings in fresh tomatoes, beans, eggplant, peppers, fresh greens and basil. Meats are grilled and often the kitchen moves to the back porch to keep the house cool in the summer heat. Wine will also be provided for participants age 21 and older.
Instructor: Christopher Renner, (785) 341-9459
 rennerchristopher@yahoo.com

Date: 06/13/2008 (F)
Time: 6:30 PM to 8:30 PM
Fee: $19.00
Location: UFM Kitchen, 1221 Thurston St.

Evening of Southern Italian Cooking 08BFF35B
Instructor: Christopher Renner, (785) 341-9459
 rennerchristopher@yahoo.com

Date: 08/01/2008 (F)
Time: 6:30 PM to 8:30 PM
Fee: $19.00
Location: UFM Kitchen, 1221 Thurston St.

Beer Tasting 08BFF39
Tallgrass Brewing Company’s Brewmaster will guide students during a beer tasting of various beer styles from around the world. Students will learn about the influence of barley, wheat, hops, water, and yeast on the flavor of beer, and how to recognize those flavors in fine beers. Class will be held at Tallgrass Brewing Company. Participants must be 21 years and older.
Instructor: Jeff Gill

Date: 06/27/2008 (F)
Time: 6:30 PM to 8:30 PM
Fee: $12.00
Location: Tallgrass Brewing Company
8845 Quail Lane, Suite 1
Directions: East on US-24, Left on Dempsey Road, Continue on Green Valley Road then turn right on Quail Lane.

Beginning Cooking 08BFF40A
A basic beginning baking/cooking class designed to teach the following: the basic food groups, kitchen abbreviations, how to read a recipe, kitchen tools and how to make basic kid friendly recipes. These basic recipes include: chocolate chip cookies, home-made pizza, chocolate cake, casseroles, lasagna and muffins. A list of pans you will need to bring will be given at UFM. Deadline for registration is May 27.
Instructor: Alicia Pecenka

Alicia is a middle school Family and Consumer Science teacher and has taught for six years. She loves cooking and baking and believes it is essential life skills for all kids to learn.

Date: 06/02/2008 to 06/05/2008 (M/W/Th)
Time: 6:30 PM to 8:30 PM
Fee: $61.00
Location: UFM Kitchen, 1221 Thurston St.

Beginning Cooking 08BFF40B
Deadline for registration is July 1.
Instructor: Alicia Pecenka

Date: 07/07/2008 to 07/10/2008 (M/W/Th)
Time: 6:30 PM to 8:30 PM
Fee: $61.00
Location: UFM Kitchen, 1221 Thurston St.

Going Greek! 08BFF41
This summer we would like to change up the menu by going Greek with traditional and new recipes. From appetizers to entrees this class will give you a passport to the Greek Isles without ever leaving Manhattan. All recipes are simple and easy to do.
Instructor: David Espenoza, (785) 341-3410
gablelewis@cox.net

David is a Theory Instructor for Crum’s Beauty College. He has had over 20 years of restaurant experience and also works as a part-time caterer specializing in Latino Cuisine and baked goods. David has a passion for cooking and would love to share his culinary skills with you.

Date: 06/06/2008 (F)
Time: 6:30 PM to 9:00 PM
Fee: $24.00
Location: UFM Kitchen, 1221 Thurston St.

Tamales Feast 08BFF42
Ever want to learn how to make your own authentic tamales from scratch? Take this class and you will become a tamale guru! Class includes a dozen fresh homemade tamales made in class, salsa and refreshments for those over 21.
Instructor: David Espenoza, (785) 341-3410
gablelewis@cox.net

Date: 07/11/2008 (F)
Time: 5:00 PM to 9:00 PM
Fee: $30.00
Location: UFM Kitchen, 1221 Thurston St.

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.
Health & Wellness

Living the Art: Jin Shin Jyutsu 08BHW08A
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.

Beginning Yoga 08BHW15AZ
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
yogasconnection@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: 06/09/2008 to 07/03/2008 (M/W)
Time: 12:15 PM to 2:15 PM
Fee: $28.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Meditation & Relaxation: Guided Meditation-Journey to the Seven Directions 08BHW66A
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

Palma Holden is a spiritual intuitive consultant, Lightworker and animal communicator who has been providing spiritual guiding for others for 10 years.

Date: 06/21/2008 (Sa)
Time: 10:00 AM to Noon
Fee: $28.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Meditation & Relaxation: Guided Meditation-Journey to the Seven Directions 08BHW66B

Date: 07/19/2008 (Sa)
Time: 10:00 AM to Noon
Fee: $28.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Protocols for Healing and Protection 08BHW90
Creating spiritual practices for the spiritual warrior. Participants will learn ways to dissipate negative activity and create harmony within their own environments.
Instructor: Palma Holden, (785) 539-1183 & Kathlene Casey

Kathlene is a natural force healing practitioner living in Las Vegas, New Mexico.

Body, Mind & Spirit 08BHW91
Weekly spiritual meditations, lectures, and discussions. Topics determined by group interest. Come to some; come to all. Contact Tim Sidorsky 785-341-6431 or Palma Holden 785-539-1183.

Date: 06/11/2008 to 07/23/2008 (W)
Time: 7:00 PM to 9:00 PM
Fee: No charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Sponsored by Unity Church of Manhattan

Church of Manhattan
Awaken your Spirit!!
Positive Message & Joyful Music
A Growing Spiritual Community Dedicated to the Transformation of Consciousness through Meditation, Prayer, Support & Service
Contemporary Church Service
Sundays 11:00 A.M.
People of All Ages, Nationalities & Lifestyles Welcome!
ECM Center | 1021 Denison
unitycm@gmail.com | www.unity.org
1-800-NOW-PRAY (669-7729) | 785.537.6120

785.539.8763
1968-2008 Celebrating 40 years

www.unity.org
1221 Thurston St.
Beginning Spanish for Adults 08BLA02
This introductory class will emphasize basic written and oral communication in Spanish. Classes are adapted to students' preferences and pace, with main topics including greetings, numbers, colors, clothing and common adjectives.

Date: 07/08/2008 to 07/24/2008 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: $35.00
Location: UFM Fireplace Room, 1221 Thurston St.

French Language 08BLA04A
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 de Formation Pedagogic” 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: 06/04/2008 to 06/27/2008 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: $46.00
Location: UFM Fireplace Room, 1221 Thurston St.

French Language 08BLA04A
Date: 07/09/2008 to 08/01/2008 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: $46.00
Location: UFM Fireplace Room, 1221 Thurston St.

ENROLL ONLINE AT WWW.TryUFM.ORG
Karate & Self-Defense

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 patterns of movements and techniques that demonstrate physical/combat principles and sparring (“Kumite’). No matter your current situation, you will be guided by step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+). Class will meet on the north side of Ahearn, close to College Heights St.

Instructor: Habib Diop, hdiop@ksu.edu

Date: 06/10/2008 to 07/03/2008 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: $62.00
Location: KSU- Ahearn Field House

As a martial art instructor, Habib has spent 9 years teaching people how to control their environment, properly breathe and to relax as you breathe and to overcome stress. He is a champion and member of the Karate National team in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has worked with the Japanese most known “Sensei”, Sensei Ayashi, Sensei Yoshinao Nambu. His own Sensei was directly formed by Sensei Eiji Ogasahara.

Tae Kwon Do

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: 06/03/2008 to 07/31/2008 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: $72.00
Location: KSU Ahearn Room 302

Lao Hu Pai Kung Fu

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: Michael Tran, mtrandpm@hotmail.com

Dr. Michael Tran has been in martial arts for 22 years. He has black certificates in Lao Hu Pai Kung Fu, Won Hop Loong Chuan Kung Fu and Goshin Aikijutsu. He has other trainings in Vovinam Viet Vo Dao, Shaolin Long Fist and Praying Mantis Kung Fu.

Date: 06/04/2008 to 07/30/2008 (Tu/Th)
(No class 7/23)
Time: 6:45 PM to 8:45 PM
Fee: $62.00
Location: KSU Ahearn Room 302

Tae Kwon Do I

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: 06/03/2008 to 07/31/2008 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: $72.00
Location: KSU Ahearn Room 302

Lao Hu Pai Kung Fu

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: Michael Tran, mtrandpm@hotmail.com

Dr. Michael Tran has been in martial arts for 22 years. He has black certificates in Lao Hu Pai Kung Fu, Won Hop Loong Chuan Kung Fu and Goshin Aikijutsu. He has other trainings in Vovinam Viet Vo Dao, Shaolin Long Fist and Praying Mantis Kung Fu.

Date: 06/04/2008 to 07/30/2008 (Tu/Th)
(No class 7/23)
Time: 6:45 PM to 8:45 PM
Fee: $62.00
Location: KSU Ahearn Room 302

Lao Hu Pai Kung Fu

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: Michael Tran, mtrandpm@hotmail.com

Dr. Michael Tran has been in martial arts for 22 years. He has black certificates in Lao Hu Pai Kung Fu, Won Hop Loong Chuan Kung Fu and Goshin Aikijutsu. He has other trainings in Vovinam Viet Vo Dao, Shaolin Long Fist and Praying Mantis Kung Fu.

Date: 06/04/2008 to 07/30/2008 (Tu/Th)
(No class 7/23)
Time: 6:45 PM to 8:45 PM
Fee: $62.00
Location: KSU Ahearn Room 302

Lao Hu Pai Kung Fu

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: Michael Tran, mtrandpm@hotmail.com

Dr. Michael Tran has been in martial arts for 22 years. He has black certificates in Lao Hu Pai Kung Fu, Won Hop Loong Chuan Kung Fu and Goshin Aikijutsu. He has other trainings in Vovinam Viet Vo Dao, Shaolin Long Fist and Praying Mantis Kung Fu.

Date: 06/04/2008 to 07/30/2008 (Tu/Th)
(No class 7/23)
Time: 6:45 PM to 8:45 PM
Fee: $62.00
Location: KSU Ahearn Room 302
Reporters Wanted: Basic Skills for Citizen Journalists

UFM has undertaken a new community project: we have submitted an application for a noncommercial/educational radio station license to the FCC. We envision developing a station that uses an independent community-radio model to stimulate, educate and entertain our audience; to reflect the diversity of the local and world community; and, to provide a channel for individuals and groups, issues and music that have been overlooked, suppressed or under-represented by other area media. The station will be run in large part by volunteers from music disc jockies to talk show hosts to news reporters.

As part of our on-going efforts to prepare for this new project, this Summer we repeat our Basic Citizen Journalist course to help community members learn basic skills needed to be part of this project. The course covers journalist ethics, how to write a story for publication/air time, and teaches basic technology required to record a story for broadcasting. Participants will develop a class project in which they prepare a news/feature story for on-air broadcasting. Participants will need to download Audacity - a freeware program that will be used in the production of their class project, which is available for both Mac and PC platforms.

Instructors: Dave McFarland and Christopher Renner

Date: 05/22/2008 to 6/19/2008 (Th)
Time: 7:00 PM to 9:00 PM
Fee: No charge
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Pet First Aid & Safety

UFM has undertaken a new community project: we have submitted an application for a noncommercial/educational radio station license to the FCC. We envision developing a station that uses an independent community-radio model to stimulate, educate and entertain our audience; to reflect the diversity of the local and world community; and, to provide a channel for individuals and groups, issues and music that have been overlooked, suppressed or under-represented by other area media. The station will be run in large part by volunteers from music disc jockies to talk show hosts to news reporters.

As part of our on-going efforts to prepare for this new project, this Summer we repeat our Basic Citizen Journalist course to help community members learn basic skills needed to be part of this project. The course covers journalist ethics, how to write a story for publication/air time, and teaches basic technology required to record a story for broadcasting. Participants will develop a class project in which they prepare a news/feature story for on-air broadcasting. Participants will need to download Audacity - a freeware program that will be used in the production of their class project, which is available for both Mac and PC platforms.

Instructors: Dave McFarland and Christopher Renner

Date: 05/22/2008 to 6/19/2008 (Th)
Time: 7:00 PM to 9:00 PM
Fee: No charge
Location: UFM Conference Room, 1221 Thurston St., 2nd floor
Salsa Night

08BRF03

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: Rebecca L. Schippers
rebeccaschippers@gmail.com

Date: 07/18/2008 (F)
Time: 8:15 PM to 9:00 PM
Fee: $14.00
Location: Cross Roads, ECM, 1021 Denison Ave.

Ballroom Dance I

08BRF26AZ

Enjoy an introduction to the principles of ballroom dancing. Class activities include dance terminology, dance position, correct body alignment, 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: Jim Gregory, (785) 539-1041

Date: 06/06/2008 to 08/10/2008 (F)
Time: 6:30 PM to 8:00 PM
Fee: $72.00
Location: Cross Roads, ECM, 1021 Denison Ave.

Introduction to Golf

08BRF04A

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, (785) 539-1041

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

Date: 06/05/2008 to 06/26/2008 (Th)
Time: 7:00 PM to 8:00 PM
Fee: $41.00
Location: Stagg Hill Golf Club, 4441 Fort Riley Blvd.

Zumba Dance

08BRF08A

Zumba is a fusion of Latin and other International music - a dance theme that creates a dynamic, exciting, effective fitness system! It is based on the principle that a workout should be “FUN AND EASY TO DO” allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Ages 13 and up.

Instructor: Elsa Toburen, (785) 494-2836
elisatob@hotmail.com

Elsa Toburen was born and raised in Tarapoto, Peru. She grew up listening to Latin music. Her mother is a Peruvian folk dancer. Elsa became a Zumba instructor in 2007. She loves Zumba because it gives her a way to express her passion for Latin dance and at the same time, teach others her passion and help them get fit.

Date: 06/03/2008 to 06/26/2008 (Tu/Th)
Time: 5:20 PM to 6:20 PM
Fee: $54.00
Location: KSU Ahearn Room 302

Zumba Dance

08BRF08B

Instructor: Elsa Toburen, (785) 494-2836
elisatob@hotmail.com

Date: 07/08/2008 to 07/31/2008 (Tu/Th)
Time: 5:20 PM to 6:20 PM
Fee: $54.00
Location: KSU Ahearn Room 302

Zumba Dance

08BRF08C

Instructor: Elsa Toburen, (785) 494-2836
elisatob@hotmail.com

Date: 08/05/2008 to 08/28/2008 (Tu/Th)
Time: 5:20 PM to 6:20 PM
Fee: $54.00
Location: KSU Ahearn Room 302

Bicycling for Transportation, Fitness & Fun

08BRF13

Summertime in Manhattan can be a great time to ride a bike. Cycling is one of the most basic and efficient forms of transportation, and a fantastic form of exercise. With the price of gasoline climbing higher and higher, more people are looking at their bicycles for short trips around town. Or, maybe you have been wanting to do some riding to get in better shape. Either way, it takes some skill and knowledge to ride safely across town on roads dominated by cars. This class will help you gain the skill and knowledge to feel confident using a bike to commute, increase your fitness, and to have a great time no matter what the weather is doing. Classes will take place on and off the bike, and will cover safety considerations, rules of the road, basic mechanical skills, equipment considerations, bike handling skills, best routes of travel, and training for fitness. At a minimum, participants need a bicycle in good working order, a helmet, a spare tube, and tire levers.

Instructor: Ric Rosenkranz, (785) 317-5751
ricrosenkranz@hotmail.com

Ric Rosenkranz has been a bicycling commuter for over 5 years, owns four bikes, and prefers cycling over driving any day. Ric is also a former professional triathlete and triathlon coach holding a Level III elite license with USA Triathlon.

Date: 06/04/2008 to 06/25/2008 (W)
Time: 7:00 PM to 8:00 PM
Fee: $58.00
Location: UFM Fireplace Room, 1221 Thurston

STAGG HILL GOLF CLUB

Pro-Shop

K-18 West

For all your golfing needs
Fully equipped “discount” pro shop
Professional golf instruction available
(Individual & group)
Club regripping & repair

539-1041
Jim Gregory, PGA Professional

www.tryufm.org
1221 Thurston St.
785.539.8763
1968-2008 Celebrating 40 years
**Yoga-Pilates** 08BRF142AZ

Yoga-Pilates is a hybrid class combining both yoga and pilates. You will learn about the different types of yoga and various poses with their beginner and more advanced positions. 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) 539-7095
dknox@ksu.edu

Diana Knox has been involved in the fitness industry for over 14 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:** 06/10/2008 to 07/31/2008 (Tu/Th)
**Time:** Noon to 1:00 PM
**Fee:** $75.00
**Location:** Pro Fitness, 1125 Laramie St.

---

**Boxing** 08BRF14AZ

This 8-week introductory course will introduce students to the sport of USA Olympic Style Boxing in a safe and comfortable environment. This course is for both men and women of all shapes and sizes that have the desire to learn how to box. Whether you are interested in losing weight, getting in great shape, gaining boxing knowledge and even wishing to become an amateur boxer, this is where your training begins. Equipment used: heavy bags, speed bags, double-end bags and mitts that can be purchased at first day of class or before. No sparring during course. Enrollment open to men and women.

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

Lorissa, founder and CEO of K.O. Boxing, Inc., USA certified boxing coach and holds over 25 years experience coaching athletes.

**Date:** 06/09/2008 to 07/30/2008 (M/W)
**Time:** 10:30 AM to 11:30 AM
**Fee:** $148.00
**Location:** K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

---

**Boxing** 08BRF14BZ

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

**Date:** 06/10/2008 to 07/31/2008 (Tu/Th)
**Time:** 7:00 PM to 8:00 PM
**Fee:** $75.00
**Location:** Pro Fitness, 1125 Laramie St.

---

**Boxing** 08BRF14DZ

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

**Date:** 06/10/2008 to 07/31/2008 (Tu/Th)
**Time:** 6:30 PM to 7:30 PM
**Fee:** $148.00
**Location:** K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

---

**Intermediate Boxing** 08BRF54A

Students will train in the sport of USA Olympic Style Boxing. Intermediate boxing is physically and mentally demanding. It is a continuation of Boxing. Instructor permission required.

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

**Date:** 06/09/2008 to 07/30/2008 (M/W)
**Time:** 7:30 PM to 8:30 PM
**Fee:** $148.00
**Location:** K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

---

**Intermediate Boxing** 08BRF54B

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

**Date:** 06/09/2008 to 07/30/2008 (M/W)
**Time:** 8:30 PM to 9:30 PM
**Fee:** $148.00
**Location:** K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

---

**Intermediate Boxing** 08BRF54C

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

**Date:** 06/10/2008 to 07/31/2008 (Tu/Th)
**Time:** 7:30 PM to 8:30 PM
**Fee:** $148.00
**Location:** K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

---

**Teach a Class at UFM**

*Enhance your business*
*Instructional opportunity for students*
*Network with others*
*Nice way to meet people*

Call UFM at 539.8763 to offer a class in our catalog

---

Recreation classes for children are listed in Youth and Aquatics sections

---

785.539.8763
1968-2008 Celebrating 40 years
Yoga for Combat Sports (Ages 16+)

This course is for men and women alike, athletes and non-athletes interested in becoming stronger, more flexible, powerful and centered while working at their own level. Yoga for Combat Sports will lengthen your reach, increase your range of motion which will in turn give you more power, increase flexibility to decrease your chances of injury, help maintain balance in your stance, and increase your isometric force and muscle endurance. Train to properly utilize your core strength in your sport as well as everyday activities whether you are a competitive athlete, ex-athlete, or even a non-athlete looking for more intense yoga.

Instructor: Lorissa Ridley-Fink, (785) 341-1708

Date: 06/10/2008 to 07/31/2008 (Tu/Th)
Time: 9:30 AM to 10:30 AM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Choreography L.A. (Ages 16+)

Choreography Lyric Association is for women and men alike who have the desire to learn how to dance in a comfortable environment. Whether you are a beginner or advanced dancer, this course will allow you to discover your creative side. A variety of styles of music will be used including hip-hop (old and new), country and Latin. This choreography course is based on word and movement association. Students will learn basic dance techniques as well as creating their own. The class will work together, listen to the music, choreograph dance routines and realize that anyone can learn how to dance if they are taught correctly and are having a good time.

Instructor: Lorissa Ridley-Fink, (785) 341-1708

Date: 06/09/2008 to 07/30/2008 (M/W)
Time: 11:30 AM to 12:30 AM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center
Marathon Training 08BRF68
If you have ever wanted to finish a marathon or run a personal best, but didn’t know how to begin or train, this is the class for you! This class will cover setting a marathon goal, designing a marathon schedule, selecting a marathon, nutrition, hydration, weather, prerace routines and postrace recovery. The course structure will consist of classroom lectures, discussions and some running. All participants are encouraged to meet outside of class time for organized runs. In addition, there will be opportunities to meet with the instructor at different locations outside of regularly scheduled classes for organized runs. This course is recommended for individuals who have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to train for, complete and survive a marathon. Classroom will meet Tuesday at UFM’s Conference Room, 1221 Thurston and work outs will be Thursday from 6-7 pm at Memorial Stadium outdoor track. Instructor: Dan Boyle, (785) 532-6647

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. He has helped numerous athletes from around the US achieve their goals at distances from 2 miles up to the marathon distance. To view Dan’s many running achievements, please visit www.tryufm.org.

Let's Get Running! 08BRF72
If you have ever wanted to start running, but didn’t know how to begin, this is the class for you! This training program is designed for people who have never run before, those who may have tried to run, then stopped, and those who used to run and want to begin again. The program starts with walking/running workouts with a goal to run continuously for 30 minutes or 5 km by the work end of the 6 week program. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to incorporate a running program into your lifestyle. You must have the physical ability to begin a program based on walking or running.
Instructor: Dan Boyle, (785) 532-6647

Date: 06/02/2008 to 07/14/2008 (M/W/F)
Time: 6:00 PM to 7:00 PM
Fee: $145.00
Location: Memorial Stadium outdoor track

Belly Dance Zill Skillz 08BRF75
This class will cover and drill the basics of incorporating zills, or finger cymbals, into your belly dancing. We will learn some common patterns used and drill playing them while practicing basic belly dance moves. This class is aimed at students who have at least one belly dance technique class under their belt and are new to the art of zilling, or for more advanced students who would like to drill the basics and perfect their playing.
Instructor: Lisa "Gaitri" McNeil
lisajean.mcneil@gmail.com

Lisa "Gaitri" McNeil has been dancing for the past 8 years. In 2001, she joined the dance department at K-State and spent 4 years studying modern dance, various forms of improvisation, and choreography. In that time she also began to informally study belly dancing and has since immersed herself in this ancient art form by studying with national starts such as Morocco, Jillina, Meera and Sharon Kihara. Lisa has been teaching belly dance for 4 years and is dedicated to sharing her passion with others.

Date: 06/02/2008 to 07/07/2008 (M)
Time: 6:00 PM to 7:00 PM
Fee: $48.00
Location: UFM Banquet Room, 1221 Thurston St.

Dances of the World 08BRF76
Learn fun dances from around the globe! You will learn dances and styles from many parts of the world, including Russian folk dances, Middle Eastern dance, Cajun dance and gypsy dance hand movements. Be ready to move, have fun, and learn about other cultures!
Instructor: Cathia Bailey
Cathia has loved both traveling and dancing from a young age. She has traveled quite a bit in Europe, Asia and Africa and lived in both Russia and West Africa. In Manhattan, she has taught belly dance for the past two years, as well as workshops on West African dance.

Date: 06/03/2008 to 07/11/2008 (Tu)
Time: 6:30 PM to 7:30 PM
Fee: $40.00
Location: UFM Banquet Room, 1221 Thurston St.

Enroll online at our website:
www.tryufm.org
*View class descriptions
*Times, dates and locations

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
- Bulk Grains & Flour
- Dairy Products
- Vegetarian Items
- Gluten-Free Foods
- Huge variety of Herbs and Spices
- Fresh Ground Peanut Butter
- Organic Meats
- Full Service Deli
- Wide selection of Vitamins & Supplements
- Cultural Healthy & Beauty Aids

Organic Clothing
Locally Owned / low co-op prices

Join us in helping promote an ethical system of food production. Feed your family the cleanest and healthiest food possible.

If we don’t have it, we can get it for you!
Always happy to take special orders

People's Grocery & Deli
523 S. 17th
Manhattan (Corner of Yuma & 17th) 785-539-4611

www.tryufm.org
1221 Thurston St.

785.539.8763
1968-2008 Celebrating 40 years
Introduction to Nutcracker Ballet and Tap Dancing 08BYO06
This beginning class is designed to teach students basic ballet steps and a dance from the Nutcracker Ballet. Basic tap steps will be introduced with a peppy routine. After the 3 lessons, students may continue dance lessons through private instruction. No dance experience or formal dance attire necessary. For girls and boys ages 4-12. NOTE: Children may be divided by age if needed. Tennis shoes may be used as tap shoes.
Instructor: Randi Dale, (785) 539-5767

Randi Dale has taught dance for 46 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. In May 2008 her regular students will perform the story "Nutcracker Ballet". In the past her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.

Date: 06/10/2008 to 06/24/2008 (Tu)
Time: 6:00 PM to 6:40 PM
Fee: $16.00
Location: 2416 Rogers Blvd.

Youth Boxing (Ages 7-16+) 08BYO29A
The K.O. Youth Boxing 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. All K.O. classes encourage teamwork and confidence, and are fun and exciting. (Ages 12-16 may enroll in Boxing 101 - the Adult Intro Course - following evaluation with Coach L)
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Lorissa, founder and CEO of K.O. Boxing, Inc., USA certified boxing coach and holds over 25 years experience coaching athletes.

Date: 06/10/2008 to 07/31/2008 (Tu/Th)
Time: 3:00 PM to 4:00 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Dance-Cheer-Gymnastics Camp 08BYO34A
This specialized camp is for girls who have the desire to dance, tumble and cheer in a safe and non-competitive environment. Beginners as well as those who have dance and/or gymnastics training will discover their creative side. Every pre-teen to teenage girl trying to try out for cheerleading or drill team should join this camp. During this camp students will learn and perform entertaining dance routines choreographed with floor gymnastics skills, along with cheers, jumps, and chants. Girls will learn how to take the stage by leaps, jumps and vote-getting smiles!
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 06/09/2008 to 06/30/2008 (M-F)
Time: 3:00 PM to 4:00 PM
Fee: $30.00
Location: UFM Kitchen, 1221 Thurston St.

Baking Buddies 08BYO40B
A basic beginning baking/cooking class designed to teach the following: the basic food groups, kitchen abbreviations, how to read a recipe, kitchen tools and how to make basic kid friendly recipes. Students will be given the option to take their food samples with them, and will receive a basic recipe book to make the recipes at home. Deadline registration is May 27.
Instructor: Alicia Pecenka

Alicia is a middle school Family and Consumer Science teacher and has taught for six years. She loves cooking and baking and believes it is essential life skills for all kids to learn.

Date: 06/03/2008 to 06/05/2008 (Tu/Th)
Time: 8:00 AM to 10:15 AM
Fee: $30.00
Location: UFM Kitchen, 1221 Thurston St.

Baking Buddies 08BYO40C
Deadline registration is June 3.
Instructor: Alicia Pecenka

Date: 06/10/2008 to 06/12/2008 (Tu/Th)
Time: 8:00 AM to 10:15 AM
Fee: $30.00
Location: UFM Kitchen, 1221 Thurston St.

Baking Buddies 08BYO40D
Deadline registration is June 3.
Instructor: Alicia Pecenka

Date: 06/10/2008 to 06/12/2008 (Tu/Th)
Time: 10:30 AM to 12:45 AM
Fee: $30.00
Location: UFM Kitchen, 1221 Thurston St.
JUNE 6 | GOING GREK
This summer we would like to change up the menu by going Greek with traditional and new recipes. From appetizers to entrees, this class will give you a passport to the Greek isles without ever leaving Manhattan. All recipes are simple and easy to do.
Instructor: David Espenoz
6:30 to 9:30 PM | $24 | UFM Kitchen

JUNE 13 | EVENING OF SOUTHERN ITALIAN COOKING
Italians love the summer and the bounty it brings in fresh tomatoes, beans, eggplant, peppers, fresh greens and basil. Meats are grilled and often the kitchen moves to the back porch to keep the house cool in the summer heat. Join us for an opportunity to have a traditional Southern Italian summer fare prepared. Wine will also be provided for participants age 21 and older.
Instructor: Chris Renner
6:30 to 8:30 PM | $19 | UFM Kitchen

JUNE 20 | 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.
Instructor: Mandy Ebert
7:00 to 8:30 PM | $10 | UFM Fireplace Room

JULY 11 | TAMALE FEAST
Ever want to learn how to make your own authentic tamales from scratch? Take this class and you will become a tamale guru! Class includes one dozen fresh homemade tamales made in class, salsa and refreshments for those over 21.
Instructor: David Espenoz
5:00 to 9:00 PM | $30 | UFM Kitchen

JULY 18 | 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.
Instructor: Becky Schippers
8:15 to 9:00 PM | $14 | 1021 Denison Ave.

JULY 25 | 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 8:30 PM | $17 | UFM Fireplace Room

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

**REFRESHMENTS WILL BE SERVED AT CLASSES**
These recreational courses for KSU credit are offered for credit through the DIVISION OF CONTINUING EDUCATION with the cooperation of various KSU departments. Register at 131 College Court St. on Anderson Ave. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Education Registration office. Call 785/532.5566 for questions or information, or visit http://www.dce.ksu.edu/courses/recreational.shtml

**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: Rebecca Schippers

Reference Number: 90400

Date: 06/08/2008 to 08/15/2008 (F)

Time: 6:30 PM to 8:00 PM

Fee: $280 (Available for non-credit, RF26AZ)

Location: ECM Auditorium, 1021 Denison

**Fitness Swimming**

**RRES-200**

Students will learn how to apply principles of physical fitness, hydrodynamics, and training techniques to design goal-based personal workouts. Emphasis will be on refining stroke technique for the four competitive strokes, addressing turns; improving endurance, strength, efficiency, and flexibility; exploring various types of aquatic workouts; and, using a weekly point system, understanding the role of activity in maintaining lifetime wellness.

Prerequisites: Students MUST be able to 1) comfortably swim 50 yards of front crawl, back crawl, and breaststroke, at an intermediate level; ie., using rhythmic breathing and a propellant kick during stroke; and 2) be comfortable in deep water (be able to tread).

Instructor: Melissa Haug

Reference Number: 90414

Date: 06/10/2008 to 07/24/2008 (Tu/Th)

Time: 6:00 PM to 7:30 PM

Fee: $240.50 (Available for non-credit, AQ108AZ)

Location: Natatorium, KSU Campus

**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, (785) 537-8224
yogacomics@gmail.com

Reference Number: 90401

Date: 06/09/2008 to 07/30/2008 (MW)

Time: 5:45 PM to 6:45 PM

Fee: $280

Location: Pro Fitness, 1125 Laramie St.

**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, wheatlan@kansas.net

Reference Number: 90407

Date: 06/09/2008 to 07/14/2008 (M)

Time: 5:30 PM to 9:30 PM

Fee: $387.50 (Available for non-credit, AQ105AZ)

Location: Natatorium, KSU Campus

**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: Jenni Brenner

Reference Number: 90410

Date: 06/09/2008 to 07/30/2008 (M/W)

Time: Noon to 1:00 PM

Fee: $280 (Available for non-credit, RF159AZ)

Location: Pro Fitness, 1125 Laramie St.

**Yoga-Pilates**

**RRES-200**

Yoga-Pilates 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, dknox@ksu.edu

Reference Number: 90412

Date: 06/10/2008 to 07/31/2008 (Tu/Th)

Time: 10:30 AM to 11:30 AM

Fee: $280 (Available for non-credit, RF159BZ)

Location: Pro Fitness, 1125 Laramie St.
### Tae Kwon Do

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: 06/03/2008 to 07/31/2008 (Tu/Th)  
Time: 7:00 PM to 8:00 PM  
Fee: $240.50  
Location: KSU Ahearn Room 302

### Boxing

This 8-week introductory course will introduce students to the sport of USA Olympic Style Boxing in a safe and comfortable environment. This course is for both men and women of all shapes and sizes that have the desire to learn how to box. Whether you are interested in losing weight, getting in great shape, gaining boxing knowledge and even wishing to become an amateur boxer, this is where your training begins. Equipment used: heavy bags, speed bags, double-end bags and mitts. No sparring during course. Enrollment open to men and women.

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

Reference Number: 90403  
Date: 06/09/2008 to 07/30/2008 (M/W)  
Time: 10:30 AM to 11:30 AM  
Fee: $278  
Location: K.O. Boxing, Bluehills Shopping, 2303 Tuttle Creek Blvd.

Reference Number: 90415  
Date: 06/10/2008 to 07/31/2008 (Tu/Th)  
Time: 6:30 PM to 7:30 PM  
Fee: $278  
Location: K.O. Boxing, Bluehills Shopping, 2303 Tuttle Creek Blvd.
We wish to thank the following contributors to UFM and to the Lou Douglas Lecture Series for their financial assistance during 2007. These donations help underwrite general operating costs, lecture expenses and scholarships that make UFM program services and the Lou Douglas Lectures possible.

**LIFELONG LEARNER**
- Aceware Systems
- Kate Cashman and Jerry Bays
- Don and Irmie Fallon
- John and Kathryn Hodge
- K-State Student Governing Association
- Sam and Yvonne Lacy
- Little Apple Pilot Club
- Manhattan Alliance for Peace & Justice
- Manhattan Mercury
- Karen and John McCulloh
- Jerry and Berry Phares

**BENEFACCTOR**
- Nancy Boisen
- Brock and Bettie Dale
- Claffin Books and Copies
- Commerce Bancshares Foundation
- Sue Maes and Dennis Hemmendinger
- John and Karen Hofmeister
- Jeune and Philip Kirmser
- Kelly Landes
- Steve and Lori Levin
- Jo Manz
- McCaíl’s Employee Group
- Harriet and Martin Ottenheimer
- Melodie Pooier
- John and Barbara Rees
- Faith Roach
- Don and Ronna Robertson
- Jane and Bill Roy, Sr.
- Franz and Phoebe Samelson
- Neil and Ruth Schrum
- Edward Seaton
- S. Lee Taylor
- Larry Weaver

**EDUCATOR**
- Loren and Donna Alexander
- Phil and Dawn Anderson
- Andrea Blair
- Steve and Dorothy Bollman
- Forrest Butler
- James and Terry Carpenter
- Carol and John Chalmers
- Ken and Margaret Conrow
- Mel and Mary Cottom
- Anne Cowan
- Bill Dorsett
- Lelah Dushkin
- John and Judy Exdell
- Clyde and Marilena Ferguson
- Larry and Penny Fry
- Jan Garton
- Buzz and Rose Harris
- Ernst Horber
- Don and Joyce Hoyt
- Grace Y. Hwang
- Stacy and Lowell Kohlmeier
- Bobbie and Dave Kromm
- Bob and Jan Kruh
- Eugene Laughlin
- Manhattan Friends Meeting
- Joseph and Julie Merkin
- Tom and Virginia Moxley
- Wayne and Elfrieda Nafziger
- Debbie L. Nuss
- Kathleen and Michael Oldfather
- Ovati Family
- Barbara and Ernie Peck
- Floride Pettis
- Tom Phillips
- Emilie Rabbat
- Leo and Joy Schell
- Bruce and Leslie Sneed
- Michael and Penny Suleiman
- Lloyd and Sally Thomas
- Dwight and Mary Hale Tolar
- Paul Weidhaas and Madonna Stallman
- Dan Wilcox
- Van and Barbara Withee
- Bruce McMillan
- Linda Morse
- Charles and Susan Oviatt
- Ann Pyle
- Allen and Amy Renz

**K-State Offices, Colleges and Departments:**
- Office of the Provost
- Student Governing Association
- KSU Graduate School
- College of Agriculture
- College of Arts and Science
- College of Education
- College of Business Administration
- School of Journalism and Mass Comm.
- Department of Geology
- Department of Geography
- Department of Mathematics
- Department of Political Science
- Department of Psychology
- Department of Speech Communication
- Theater and Dance
- Division of Continuing Education
- Union Program Council

**CATALOG SPONSORS**
- Claffin Books and Copies
- Dorothy Bramlage Library
- Grassland Heritage Foundation
- KSU Evening College
- KSU Volunteer Center
- Manhattan Arts Center
- Manhattan Mystery Conclave
- Marianna Kistler Beach Museum of Art
- Morning Star Bed and Breakfast
- Pawnee Mental Health Services
- People’s Grocery
- PFLAG
- Radina’s Coffeehouse and Bakery
- Riley County Historical Museum
- Stagg Hill Golf Pro Shop
- Strecker-Nelson Gallery
- Unity Church of Manhattan
- Wildflower Yarns and Knitwear
- Yama Bushi Kai Martial Arts
- Yoga Connection

What Will Your Donation Buy?
- Gifts to UFM may be designated in several ways.

**UFM Can Accept Donations in Many Forms**
- We will be glad to find a way to make a UFM donation fit your budget and convenience.

**Endowment Fund** -- Supports long-term program success.

**Scholarship Fund** -- Provides scholarships to adults and children with financial challenges.

**Program/Series Sponsorship** -- Sponsor a class, a series, or an entire section of the catalog that interests you.

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

Call Linda at 785/539.8763 for details and to discuss options.

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

I would like to be billed in _______ installments.

Call me regarding a gift to UFM.

Name: ____________________________________________ (H)

Address: _________________________________________ (W) Zip code: ______________

City: __________________________ State: __________

It’s not too late to become a UFM Sponsor. Fill out the coupon and send to: UFM, 1221 Thurston, Manhattan, KS, 66502. Your contribution is tax deductible.
ON CAMPUS REGISTRATIONS
The following dates and locations have been scheduled to make registering for a UFM class even easier!
DATE: Wednesday, June 4, 2008
TIME: 10:00 AM to 2:00 PM
LOCATION: KSU Student Union
Registration continues throughout the semester:
UFM 1221 Thurston St, | 8:30 AM to 5:00 PM
Closed Noon to 1:00 PM
(after office hours, you can leave a message between 5:00 PM and 8:30 AM at 785/539.8763)

MAILING YOUR REGISTRATIONS?
Class confirmations will not be sent unless requested. Consider yourself registered when we receive payment. Call us to inquire about our receipt of your registration.

Registration Office (785/532.5566) postmarked no later than 5:00 PM on the final day to receive a refund. A course dropped after 63% of the course has been completed.

CREDIT ENROLLMENT FEE: Courses taken for credit carry additional fees required for University administration of the credit program. A $25.00 late fee will be charged for enrollments taken after the first day of classes. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours. There is a non-refundable material fee for withdrawing from some classes after the first day.

DISABLEMENT WEATHER POLICY: UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are cancelled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson.

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

NONDISCRIMINATION POLICY: UFM Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, political beliefs or other non merit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era) as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions or may require instructor permission. Please call (785/539.8763) to make arrangements for classroom accessibility.

UFM’s website is updated frequently. For the most current information, please visit website, www.tryufm.org, and click on Non-credit classes.

www.tryufm.org
1221 Thurston St.
4968-2008 Celebrating 40 years

785.539.8763

CRA-Community Resource Act
An activity of Kansas State University

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

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

**UFM Community Learning Center**

Registration Form

**UFM 1221 THURSTON**
Manhattan, KS 66502 539-8763

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>Session</th>
<th>TITLE</th>
<th>FEE</th>
<th>LOCATION</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tax Deductible Donation

Total

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 ____________________________

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

Signature**: Date ____________________________

*Signature of Parent or Guardian required for minors.

Office Use Only

Date Received: ____________ Date Entered: ____________ Date Computer: ____________

Amount: ____________ Total Paid: ____________

Check _________ Cash _________ Visa _________ M/C _________ Discover _________

**Signature**: Date ____________________________

*Signature of Parent or Guardian required for minors.

Office Use Only

Date Received: ____________ Date Entered: ____________ Date Computer: ____________

Amount: ____________ Total Paid: ____________

Check _________ Cash _________ Visa _________ M/C _________ Discover _________

**UFM Community Learning Center**

Registration Form

**UFM 1221 THURSTON**
Manhattan, KS 66502 539-8763

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>Session</th>
<th>TITLE</th>
<th>FEE</th>
<th>LOCATION</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tax Deductible Donation

Total

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 ____________________________

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

Signature**: Date ____________________________

*Signature of Parent or Guardian required for minors.

Office Use Only

Date Received: ____________ Date Entered: ____________ Date Computer: ____________

Amount: ____________ Total Paid: ____________

Check _________ Cash _________ Visa _________ M/C _________ Discover _________

**Signature**: Date ____________________________

*Signature of Parent or Guardian required for minors.
Summer 2008 Classes -inside-

**SUMMER CLASSES**
- Youth/Adult drawing
- Computer classes
- Friday Night Out! Series

**JUNE - AUGUST 2008**
- Baking Buddies
- Belly Dance Zill Skillz
- Beer Tasting