What's Inside
Aqua Zumba®
Destination Day Trip
Geocaching
Local Foods
Bicycle Repair
Cooking
AND MORE!

FALL 2011
UFM

PHOTO BY SCOTT BEAN .: WWW.SCOTTBEANPHOTO.COM

Manhattan, Ks 66502
UFM Community Learning Center
1221 Thurston St
Fall kicks off a new season of more than 200 classes here at UFM! New classes include Aqua Zumba® (page 6, 22), Destination Day Trip (page 8), and Learn to Play Bridge (page 9) plus many more!

UFM has classes for all ages. Check out page 26 for our Youth classes.

In addition to the classes at UFM, we have many other projects happening this fall. We are proud to sponsor the 31st Annual Lou Douglas Lectures in September and October; we are coordinating an Osher program for older adults; and we offer mentoring for students.

Learn a new language this year, start a new hobby before the winter weather arrives, stay fit for the spring with one of our fitness classes.

UFM has something for everyone......TRY UFM!
INCLIMENT WEATHER POLICY
UFM continues to hold on-campus follow field
incliment 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 or UFM facilities. Individuals are
reminded that they should review their own
personal circumstances to determine if they
have adequate insurance or protection in case
of injury resulting from the use of University
facilities or participation in programs. It is
recommended that all participants have a
complete physical before engaging in any
physical recreation program.

DONATIONS
UFM accepts donations of money and usable
office items. Private monetary donations help
underwrite the costs of maintaining the UFM
building, coordinating the catalog of classes
and special projects such as scholarships,
youth projects or gardening. Tax deductible
contributions may be sent to UFM at 1221
Thurston St, Manhattan, KS 66502.

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.

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

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

KSU CREDIT CLASSES
CREDIT CLASS REFUNDS AND WITHDRAWALS
Tuition refunds are calculated based on
the number of calendar days in the class. You
may be eligible for a full or partial refund of tuition
if you choose to drop your class before a
certain date. Please refer to the full withdrawal
and refund policy at http://www.dce.k-state.
edu/courses/registration/policies-withdrawal
or visit http://courses.k-state.edu/fall2011/
information/deadlines.htm

DROP POLICY
All drop deadlines are calculated based on
the number of calendar days in the class.
The following policies apply: a student may drop
a class prior to 33% of the class duration
with a grade being recorded on the student’s
transcript; if a student drops after 33% but
before 62% of the class duration, a grade of W
will be issued; and no drops will be accepted
after 62% of the course duration. Failure to
drop a class may result in a failing grade. Visit
http://courses.k-state.edu/fall2011/information/
deadlines.htm for more information.

CREDIT ENROLLMENT FEES
Courses taken for credit carry additional fees
required for University administration of the
credit program. A one-time $50.00 late fee
will be charged for enrollments beginning
on the first day of classes if this is your first
enrollment at K-State for the semester.
Additional campus privilege and health fees
may be assessed for students enrolled in 12
or fewer K-State credit hours. There is a non-
refundable material fee for withdrawing from
some classes after the first day.

DISABILITY SUPPORT SERVICES
A student with a disability who wishes to
request accommodations for a credit course
should notify the course instructor or contact
the Disability Support Services office, www.k-
state.edu/dss, 785.532.6441 or dss@k-state.
edu. Early notification is requested to ensure
that accommodations can be provided in a
timely manner.

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Student Assistant | JESSI LONG
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View full class descriptions at www.tryufm.org
LEARN TO SWIM CLASSES

UFM proudly offers the American Red Cross Swim Lessons Levels 1-6, Parent and Child Aquatics, 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 on Denison Ave. 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.

PARKING: Parking is available in the KSU student/faculty parking lot on Denison Ave. across the street west of Natatorium after 5 pm or on side streets.

SWIM PROGRAM MAKE-UP & REFUND POLICY
When a class is cancelled due to severe weather, or other circumstances when a lesson cannot be provided by UFM, a make-up class will be scheduled OR a refund will be issued in the amount of the missed lesson. When class participants are absent from class, UFM will not issue a refund or make-up session due to staff availability, budgeting and scheduling constraints.

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.

AQUATICS

Beginning & Ending Dates (Levels 1-6, Adult Lessons, and Lap Swimming) *Except where noted Session A: Monday, Sept. 12 to Nov. 14 Session B: Tuesday, Sept. 13 to Nov. 15 Session C: Wednesday, Sept. 14 to Nov. 16 Session D: Thursday, Sept. 15 to Nov. 17 Session E: Saturday, Sept. 10 to October 15 (No Class 10/8)

Parent and Child Aquatics (12 mos-3 yrs) Parent and Child Aquatics introduces basic pre-swimming skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. Several water safety topics are also introduced that are directed to parents. Fee: $29.00 per session (5 lessons/30 min)

Monday 6:00 PM to 6:30 PM 11CAQ-01P1 Sept. 12 to Oct. 10 11CAQ-01P2 Oct. 17 to Nov. 14
Thursday 6:00 PM to 6:30 PM 11CAQ-04P1 Sept. 15 to Oct. 13 11CAQ-04P2 Oct. 20 to Nov. 17
Saturday 9:30 AM to 10:00 AM 11CAQ-05P1 Sept. 10 to Oct. 15 (no class Oct. 8)

Tot Transition (3-4 yrs) If your toddler is ready to try the water without a parent, but not ready for Level 1, this short class is a great option. The primary objective of preschool aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Some of the skills to be introduced include: water entry and exit, breast control and submerging, buoyancy, changing direction and position, treading and swimming on front and back. Fee: $29.00 per session (5 lessons/30 min)

Tuesday 6:00 PM to 6:30 PM 11CAQT-01A Sept. 13 to Oct. 11 11CAQT-01B Oct. 18 to Nov. 15
Wednesday 6:00 PM to 6:30 PM 11CPMAQT-02A Sept. 14 to Oct. 12 11CPMAQT-02B Oct. 19 to Nov. 16
Saturday 10:10 AM to 10:40 AM 11CAQT-05E Sept. 10 to Oct. 15 (No class Oct. 8)

Level I: Introduction to Water Skills The objectives of Level I are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. At this level, participants start developing positive attitudes, good swimming habits and safe practices in and around the water. Fee: $54.00 per session (10 lessons/40 min)

11CAQ-01A Monday 6:45 PM to 7:25 PM 11CAQ-01B Tuesday 6:45 PM to 7:25 PM 11CAQ-01C Wednesday 6:45 PM to 7:25 PM 11CAQ-01D Thursday 6:45 PM to 7:25 PM

Level II: Fundamental Aquatic Skills The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills begun in Level I. Students will be introduced to treading water, and swimming on their front and back. Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements of Level I. Fee: $54.00 per session (10 lessons/40 min)

11CAQ-02A Monday 6:45 PM to 7:25 PM 11CAQ-02B Tuesday 6:45 PM to 7:25 PM 11CAQ-02C Wednesday 6:45 PM to 7:25 PM 11CAQ-02D Thursday 6:45 PM to 7:25 PM

Level III: Stroke Development 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 butterfly stroke. Students will also learn rules for safe diving and learn to dive from the side of the pool. Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II. Fee: $54.00 per session (10 lessons/40 min)

11CAQ-03A Monday 6:45 PM to 7:25 PM 11CAQ-03B Tuesday 6:45 PM to 7:25 PM 11CAQ-03C Wednesday 6:45 PM to 7:25 PM 11CAQ-03D Thursday 6:45 PM to 7:25 PM

Level IV: Stroke Improvement The objective of Level IV is to develop confidence in the skills learned and improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, back crawl, breaststroke) for greater distances. Students will be introduced to the basics of turning at a wall and coordinating the butterfly stroke. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III. Fee: $54.00 per session (10 lessons/40 min)

11CAQ-04A Monday 6:45 PM to 7:25 PM 11CAQ-04B Tuesday 6:45 PM to 7:25 PM 11CAQ-04C Wednesday 6:45 PM to 7:25 PM 11CAQ-04D Thursday 6:45 PM to 7:25 PM

Level V: Stroke Refinement The objective of Level V is coordination and refinement of all strokes. Participants learn to perform each of the strokes over increased distances as well as learn surface dives and flip turns. Students entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements of Level IV. Fee: $54.00 per session (10 lessons/40 min)

11CAQ-05A Monday 6:45 PM to 7:25 PM 11CAQ-05C Wednesday 6:45 PM to 7:25 PM

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: Ben Skutnik at 785-341-4235 or Nellie Bucholtz at 785-587-8770

Find UFM on Facebook!
Level VI: Swimming and Skill Proficiency

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

Fee: $16.00 per session (10 times)

Lap Swimming for Parents

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

Fee: $16.00 per session (10 times)

Shallow/Deep Water

Exercise

Enjoy the benefits of Shallow and Deep Water Exercise for one price! Design your own workout schedule by enrolling in the number of classes and choosing the day(s) you want to attend. Water Exercise is designed to use water for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance. Shallow Water exercise is done in a vertical position with head and shoulders out of the water. Deep Water participants will be issued an aquajogger belt to help provide buoyancy in the water and is taught in the diving well (only swimmers who can tread water without a flotation device are allowed to participate in this class). Shallow Water classes meet Monday through Thursday and Deep Water classes meet Tuesdays and Thursdays.

**NOTE: Participants will receive a punch card with name, the number of classes purchased and it will be distributed the first day of class. Participants can also attend Aqua Zumba classes (11CAQ22A) offered on Saturday mornings (see class description for specific dates and times). Cards will get two punches per Aqua Zumba class attended.**

Private Swim Lessons 11CAQ103

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

Beginning and Ending Dates for Private Lessons:

<table>
<thead>
<tr>
<th>Session A1:</th>
<th>Monday</th>
<th>Sept. 12 to Oct. 10</th>
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</thead>
<tbody>
<tr>
<td>Session A2:</td>
<td>Monday</td>
<td>Oct. 17 to Nov. 14</td>
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<tr>
<td>Session B1:</td>
<td>Tuesday</td>
<td>Sept. 13 to Oct. 11</td>
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<tr>
<td>Session B2:</td>
<td>Tuesday</td>
<td>Oct. 18 to Nov. 15</td>
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<td>Session C1:</td>
<td>Wednesday</td>
<td>Sept. 14 to Oct. 12</td>
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<td>Session C2:</td>
<td>Wednesday</td>
<td>Oct. 19 to Nov. 16</td>
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<td>Session D1:</td>
<td>Thursday</td>
<td>Sept. 15 to Oct. 13</td>
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<td>Session D2:</td>
<td>Thursday</td>
<td>Oct. 20 to Nov. 17</td>
</tr>
<tr>
<td>Session E1:</td>
<td>Saturday</td>
<td>Sept. 10 to Oct. 15</td>
</tr>
</tbody>
</table>

Times for Monday-Thursday sessions:
6:00 PM to 6:30 PM
6:45 PM to 7:15PM

Times for Saturday sessions:

- E1: 9:30 AM to 10:00 AM
- E2: 10:10 AM to 10:40 AM
- E3: 11:50 AM to 12:20 AM

Fee:
- $69 per session for one-on-one lesson
- $55 per student for semi-private lessons
- (2 students per teacher at same swim level)

Open Swim Appreciation 11CAQ31A

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

- Date: 10/09/2011 (Sunday)
- Time: 5:00 PM to 7:00 PM
- Fee: No charge
- Location: Natatorium, KSU Campus

Open Swim Appreciation 11CAQ31B

Date: 10/23/2011 (Sunday)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Sunday Family Swim 11CAQ32

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

Date: 10/02/2011 to 10/23/2011 (Sunday)
Time: 5:00 PM to 7:00 PM
Fee: $8.00/Individual; $20.00/Family
Location: Natatorium, KSU Campus
Scuba Diving 11CAQ105AZ
Instructor: Jeff Wilson, wheatlan@kansas.net
Date: 10/24/2011 to 10/25/2011 (M)
Time: 6:00 PM to 10:00 PM
Fee: $232.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Fitness Swimming 11CAQ108AZ
Students will identify and measure components of health-related physical fitness; learn how to apply principles of exercise science and hydrodynamics to develop a well-balanced, goal-driven exercise prescription that will provide general conditioning, as well as develop or improve skill/ sport-related components of fitness. Emphasis will be on analyzing and refining stroke technique and additional competitive skills, introducing various types of aquatic-related exercise, and implementing principles that will help evaluate, improve and maintain physical fitness and wellness through a progressive, varied swim program.

Prerequisites: Students MUST be able to 1) comfortably swim 50 yards of front crawl, back crawl, and breaststroke, at an intermediate level; using rhythmic breathing and a propellant kick during stroke; and 2) be comfortable in deep water (be able to tread). Questions may be directed to the instructor.
Instructor: Melissa Copp
Date: 08/23/2011 to 10/11/2011 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: $95.00 (Available for KSU Credit)
Location: Natatorium, KSU

Fitness Swimming 11CAQ108BZ
Instructor: Melissa Copp
Date: 10/16/2011 to 12/08/2011 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: $95.00 (Available for KSU Credit)
Location: Natatorium, KSU

Aqua Zumba 11CAQ26A
Known as the Zumba “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.
Instructor: Elsa Toburen
Date: 09/10/2011 to 10/15/2011 (Saturday)
Time: 10:30 AM to 11:15 AM
Fee: $28.00
Location: Natatorium, KSU

UFM offers a wide variety of professional certification courses ranging from:

*CPR/First Aid/AED
*Lifeguard Instructor/Training
*Water Safety Instructor Training
*Responding to Emergencies and many others

Classes that can be taken for KSU credit are denoted with an asterisk (*). UFM also offers Lifeguard, CPR and First Aid review courses for those students who are already certified and about to expire. To view the current class listings, visit www.tryufm.org, click on noncredit classes.

Enroll at www.tryufm.org or call 532.8783

To view instructor’s bios visit www.tryufm.org
Taking Control-The Rules of the Money Game  11CFC01
Stressed out about debt? No savings plan? No emergency fund? Worried about your financial future? Learn how to develop a personal roadmap for accomplishing life goals such as retirement, college education, improving your credit score to purchase a home, and ensuring your family's financial well-being for a better quality of life.
Instructor: Charlene M Brownson, cmb@ksu.edu

Date:  09/26/2011 (M)
Time:  M from 7:00 PM to 8:30 PM
Fee:   Individual - $12.00, Couple - $16.00
Location:  UFM Conference Room
1221 Thurston St., 2nd floor

Charlene has worked with financial services for many years and enjoys sharing her knowledge with others to help them develop money skills.

ABCs of Grant Writing  11CFC09
Whether you're a volunteer or staff member in one of the many non-profit organizations in Kansas, grant writing is a key ability to have to ensure the success of your mission. Learn the basics of grant research, prospect research, and the basic types of grants in this hands-on workshop.
Instructor: Marcia Hornung

Date:  10/05/2011 to 10/12/2011 (W)
Time:  W from 3:30 PM to 5:00 PM
Fee:   $22.00
Location:  UFM Conference Room
1221 Thurston St., 2nd floor

Marcia Hornung is the Education Coordinator at UFM Community Learning Center. She has coordinated and facilitated workshops on a variety of topics. She is a graduate of Leadership Manhattan and is involved in many community leadership and volunteer activities.

Starting and Sustaining a Secondary School Writing Center  11CFC117
K-State Writing Center tutors are running an interactive workshop directed toward prospective or current middle and high school teachers interested in founding writing centers in their districts. Teachers will work with tutors to adapt the current secondary school model to the needs of their specific schools. This workshop will give teachers the tools and support needed to create an enduring, effective writing center. We will tackle ideas such as writing center philosophy, tutor recruitment and training and navigating administrative concerns.
Instructors: Caitlin Garzi & Shannon Wilson

Date:  10/01/2011 (Sa)
Time:  Sa from 9:30 AM to 11:00 AM
Fee:   $12.00
Location:  UFM Conference Room
1221 Thurston St., 2nd floor

Computer Safety for Parents  11CFC116A
Do you wonder what your kids are doing when they are online? Do you wonder what information people can find out about you on the internet? If so, this class is for you. The class is an interactive presentation that discusses ways to protect yourself, and your kids from identity theft, online predators, and other online risks while surfing the Internet.
Instructor: Michael Lowry

Date:  12/01/2011 (Th)
Time:  Th 7:00 PM to 9:00 PM
Fee:   $14.00
Location:  UFM Conference Room
1221 Thurston St.

Microsoft Excel Basics  11CFC54
This is a basic class covering the basic Excel features. We will cover the toolbars, the differences between the versions of Excel, templates, functions, tables, how to save, print, and email your documents. It is a great class for those that don't want to be afraid of using the computer (and Microsoft Excel) anymore.

Date:  10/22/2011 (Sa)
Time:  Sa from 10:00 AM to 12 N
Fee:   $12.00
Location:  Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

Microsoft Word Basics  11CFC85
This is a basic class covering the basic Word features. We will cover the toolbars, the differences between the versions of Word, templates, how to save, print, and email your documents. It is a great class for those that don’t want to be afraid of using the computer (and Microsoft Word) anymore.

Date:  10/22/2011 (Sa)
Time:  Sa from 12 N to 1:00 PM
Fee:   $12.00
Location:  Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

Computer Safety for Parents  11CFC116B
Instructor: Michael Lowry

Date:  12/08/2011 (Th)
Time:  Th 7:00 PM to 9:00 PM
Fee:   $14.00
Location:  UFM Conference Room
1221 Thurston St.

GRE Prep Course  11CFC06
Graduate Record Exam Preparation Course. Review and practice the three GRE subject areas of Math, Logic and Verbal skills, learn strategies for successful test-taking and analyze the reason for correct responses. Materials included in fee. Deadline one week prior to class or $20 extra fee to order materials.

Date:  View www.tryufm.org for information
Time:  TBA
Fee:   TBA
Location:  TBA

LSAT Prep Course  11CFC24
Law School Admission Test Review Course. Comprehensive 28-hour review, in-class & at-home study materials, analytical lectures and test-taking strategies. Materials included in fee. Deadline one week prior to class or $20 extra class fee to order materials.

Date:  View www.tryufm.org for information
Time:  TBA
Fee:   TBA
Location:  TBA

We WANT You!
Do you have a hobby or skill and want to share? Teach at UFM!

Foreign Language

Gardening classes

We are always looking for new and interesting class ideas!
info@tryufm.org
785-539-8763
www.tryufm.org
Destination Day Trip: Rural Pottawatomie County 11CCF162
Enjoy an afternoon touring rural Pottawatomie County and see the beauty of the vibrant colors of fall! The tour includes a variety of locations such as a church, buffalo ranch, an arched stone bridge, part of the Oregon Trail and more. Bring your cameras!

Transportation is provided. Jeannie is a long-time Pottawatomie County resident and local historian. She will tell about the history of the area and sites during the tour for an engaging experience!

Instructor: Jeannie Meyer-Johnson
Date: 10/30/2011 (Su)
Time: Su from 1:00 PM to 5:00 PM
Fee: $48.00
Location: UFM Parking Lot, 1221 Thurston St.

Philosophy of Gurdjieff & Ouspensky 11CCF128
Explore the psychological system of the two Russian philosophers and teachers: Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs by emphasizing a system of self-development grounded in verification through personal exercises, discussion and reading aloud from Ouspensky’s A Psychology of Man’s Possible Evolution.

Instructor: David Seaman
Date: 09/15/2011 to 10/27/2011 (Th)
Time: Th from 7:30 PM to 9:30 PM
Fee: $19.00
Location: UFM Solar Addition, 1221 Thurston St.

David Seaman has been active with Gurdjieff’s work for 24 years. He has studied with J.G. Bennet, a pupil of both Gurdjieff and Ouspensky.

Introduction to Adobe Photoshop 11CCF65
The class will cover an introduction to image processing using Photoshop Elements 8 and basic adjustments such as cropping and resizing images, adjusting the tonality using levels, color correction, image cleanup using the healing brush and clone stamp tools, an introduction to layers and how to use them in your workflow, black and white conversions, putting panoramas together, high dynamic range photography and an introduction to camera RAW.

Instructor: Scott Bean, scott@scottbeanphoto.com
Date: 11/29/2011 to 12/08/2011 (TTTh)
Time: Tu and Th from 7:00 PM to 9:00 PM
Fee: $52.00
Location: UFM Computer Lab, 1221 Thurston St., 2nd floor

Introduction to Adobe Lightroom 11CCF140
This class will cover an introduction to the software program Adobe Lightroom, which is part of the Photoshop family of programs. All modules of Lightroom (library, development, slideshow, print, and web) will be covered, however most of the class will focus on the library and development modules. The use of presets to speed up your workflow will be discussed as well as using Lightroom in combination with other image editing programs such as Photoshop.

Instructor: Scott Bean, scott@scottbeanphoto.com
Date: 11/08/2011 to 11/17/2011 (TTTh)
Time: Tu and Th from 7:00 PM to 9:00 PM
Fee: $52.00
Location: UFM Computer Lab, 1221 Thurston St., 2nd floor

Photography for Adults 11CCF64
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.

Instructor: Scott Bean, scott@scottbeanphoto.com
Date: 10/18/2011 to 12/06/2011 (Tu)
Time: Tu and Th from 6:30 PM to 8:30 PM
Fee: $12.00
Location: UFM Multipurpose Room, 1221 Thurston St.

Beginning Knitting 11CCF05A
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 US 10.5 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 D (785) 537-1826
Date: 08/23/2011 to 09/13/2011 (T)
Time: Tu from 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

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 is in downtown Manhattan.

Beginning Knitting 11CCF05B
Instructor: Kennita Tully D. (785) 537-1826
Date: 09/21/2011 to 10/12/2011 (W)
Time: W from 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave., Wildflower Yarns and Knitwear

Beginning Knitting 11CCF05C
Instructor: Kennita Tully D. (785) 537-1826
Date: 10/18/2011 to 11/08/2011 (Tu)
Time: Tu from 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting 11CCF05D
Instructor: Kennita Tully D. (785) 537-1826
Date: 11/16/2011 to 12/14/2011 (W)
Time: W from 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

The Art of Illusion 11CCF160
Step into the world of illusion as you’re taken through this bizarre class. Coins disappearing, cards moving, thoughts heard, it all happens here for your learning experience in the Art of Illusion. All materials included in registration fee.

Instructor: Tyler Corsaut
Date: 10/10/2011 to 11/17/2011 (MTh)
Time: M and Th from 6:30 PM to 8:00 PM
Fee: $49.00
Location: UFM Conference Room

Make a Pillowcase Dress 11CCF161
Pillowcase dresses are fun for little girls and an easy beginning sewing project. Pillowcase dresses can be worn in the summer as a sun dress or in the winter as a jumper with tights and a shirt. We will make these dresses with new fabric, not from a pillowcase. The only sizing is to determine the length to fit your child.

Instructor: Linda Teener
Date: 10/11/2011 (Tu)
Time: Tu from 6:30 PM to 8:30 PM
Fee: $12.00
Location: UFM Multipurpose Room, 1221 Thurston St.

Introduction to Adobe Photoshop 11CCF65
The class will cover an introduction to image processing using Photoshop Elements 8 and basic adjustments such as cropping and resizing images, adjusting the tonality using levels, color correction, image cleanup using the healing brush and clone stamp tools, an introduction to layers and how to use them in your workflow, black and white conversions, putting panoramas together, high dynamic range photography and an introduction to camera RAW.

Instructor: Scott Bean, scott@scottbeanphoto.com
Date: 11/29/2011 to 12/08/2011 (TTTh)
Time: Tu and Th from 7:00 PM to 9:00 PM
Fee: $52.00
Location: UFM Computer Lab, 1221 Thurston St., 2nd floor

Beginning Knitting 11CCF05A
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 US 10.5 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 D. (785) 537-1826
Date: 08/23/2011 to 09/13/2011 (T)
Time: Tu from 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

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 is in downtown Manhattan.

Beginning Knitting 11CCF05B
Instructor: Kennita Tully D. (785) 537-1826
Date: 09/21/2011 to 10/12/2011 (W)
Time: W from 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave., Wildflower Yarns and Knitwear

Beginning Knitting 11CCF05C
Instructor: Kennita Tully D. (785) 537-1826
Date: 10/18/2011 to 11/08/2011 (Tu)
Time: Tu from 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting 11CCF05D
Instructor: Kennita Tully D. (785) 537-1826
Date: 11/16/2011 to 12/14/2011 (W)
Time: W from 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

The Art of Illusion 11CCF160
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Instructor: Tyler Corsaut
Date: 10/10/2011 to 11/17/2011 (MTh)
Time: M and Th from 6:30 PM to 8:00 PM
Fee: $49.00
Location: UFM Conference Room
Learning to Write and Sell Fiction [11CCF36]

Have you ever dreamed of being a writer? Do you have a great idea but you don’t know how to turn that idea into a story or a novel? Are you already working on a novel but you’d like to get feedback from others to see if you’re on the right track? Whether you’re a complete beginner or you’ve been writing for years, this class can help you hone your skills and land a publishing contract.

“Learning to Write and Sell Fiction” will introduce the fundamentals of writing and selling novels, stories, and teleplays. General topics will be covered as well as specific issues related to student manuscripts.

Please bring a sample of a work in progress or begin a project after the first class session. Each class provides guided workshop time where students learn through participation.

Instructor: Glenn Sixbury, (785) 539-8934

Date: 10/03/2011 to 10/17/2011 (M)
Time: M from 7:00 PM to 8:00 PM
Fee: $12.00
Location: UFM Fireplace Room, 1221 Thurston St.

John Sixbury has been writing and selling fiction for over twenty years. His credits include mainstream, science fiction, fantasy, horror, and children’s stories published in magazines and international hardcover and paperback anthologies. Glenn has been a writing instructor for over ten years. See Glenn’s full bio at www.tryufm.org.

Haiku for You! [11CCF155]

You can write Haiku about anything! Come learn the history and background about Haiku. Some attention will be given to other related forms such as Sennyu and Tonka. You will write, share and discuss your own Haiku.

Instructor: Bob Sinnett D: (785) 539-8934

Date: 09/19/2011 to 09/26/2011 (M)
Time: M from 7:00 PM to 8:00 PM
Fee: $12.00
Location: UFM Fireplace Room, 1221 Thurston St.

Bob Sinnett has over 50 years of writing Haiku. He is a long time member of the American Haiku Society.

Beaded Jewelry [11CCF99]

Learn how to make a beaded bracelet, earring and necklace set. Students will learn how to design and then work on their projects during the class. Instructor will provide beading wire, crimps, beads, clasps and bead organizer and will have beads that students can use. Quality materials are included in class fee. Ages 13+.

Note: Students will need to bring their own tools. Email instructor for recommended tools.

Instructor: Gen Gardner, gwen76@gmail.com

Date: 09/06/2011 to 10/06/2011 (T-Th)
Time: Tu and Th from 6:00 PM to 8:00 PM
Fee: $110.00
Location: UFM Banquet Room, 1221 Thurston St.

Learn to Play Bridge [11CCF159]

Bridge is a skilled card game for groups of four people and it can provide immense challenge and enjoyment for the rest of your life. Class will start with the fundamentals of bidding and play and progress into playing games by the second class meeting. This class is intended for the complete beginner. If this describes you, join us and learn more about this challenging and fun game!

Instructor: Carolyn Meares

Date: 09/09/2011 to 10/13/2011 (T-Th)
Time: Th from 7:00 PM to 8:30 PM
Fee: $20.00
Location: UFM Fireplace Room, 1221 Thurston St.

Paper Bead Jewelry Making [11CCF72]

In this class you will learn how to create your own paper beads and string them to create necklaces, bracelets, or earrings. These make great gifts for the holidays. Ages 16 +

Bring to class: scissors; white glue or glue stick; paper: wrapping paper, magazines, newspaper; and washcloth.

Instructor: Charlene M Brownson, cmb@ksu.edu

Date: 11/07/2011 to 11/14/2011 (M)
Time: M from 6:30 PM to 8:00 PM
Fee: $5.00
Location: UFM Fireplace Room, 1221 Thurston St.

Introduction to Photography 1: The Basics [11CCF78]

This class will focus on basic concepts of photography. To get the most out of this class, participants should have either a film or digital camera that users can take complete manual control of settings such as aperture (f-stop) and shutter speed; such as SLR’s or advanced compact cameras.

Topics that will be covered include basic camera settings and operation, how f-stop and shutter speed affect your photos, how to select the right settings, and choosing and using different lenses. The class will also cover an introduction to exposure, metering and controlling light, composition and learning to see creatively. Discussion of issues relevant to digital photography such as white balance and image resolution will also be covered. The class will emphasize landscape and nature photography, but anyone interested in photography will benefit.

The class will include 5 classroom meetings and 3 field trips. Exact times of the field trips will be discussed at the first class, but will be on Saturday evenings a couple of hours before sunset. Participants will be responsible for their own film and development costs if applicable.

Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 09/09/2011 to 10/06/2011 (Th-Sa)
No class 10/1
Time: Th and Sa from 7:00 PM to 9:00 PM
Fee: $82.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor.

Scott Bean Photography
2117 M-Dowell Ave., Manchester, KS 66502
(785) 539-1947
scott@scottbeanphoto.com
www.scottbeanphoto.com

Teach a class! Call UFM at 539.8763
**German for Beginners 11CLA35**
Do you plan to travel to a German speaking country? Or do you just want to get a basic understanding of the German language? Then this course is for you! We will learn some basic vocabulary and encounter some of the culture in German speaking countries such as Austria, Germany and Switzerland. This introductory course will give you the opportunity to learn about the language in a safe, fun and collaborative environment. Bring a notebook and pens or pencils to take notes. Ages 10+
Instructor: Jessi Long, jessi@tryufm.org
Date: 08/08/2011 to 10/04/2011 (T)
Time: T from 6:30 PM to 7:30 PM
Fee: $20.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Introduction to Spanish 11CLA33B**
Date: 10/19/2011 to 12/14/2011 (W)
Time: W from 6:00 PM to 8:30 PM
Fee: $44.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor
Instructor Aaron Hernandez is a junior at Manhattan Christian College studying Youth Ministry. He has a focus in Bible and Theology at MCC.

**Conversational Sign Language 11CLA29**
This is a conversational sign language class for beginner and intermediate signers that will focus on learning vocabulary through connected language. Printed material and videos will be used during instruction. Families with children are welcome. All materials and fees are included in the registration cost.
Instructor: Susie Stanfield, isign@cox.net
Date: 09/01/2011 to 10/27/2011 (Th)
Time: Th from 2:00 PM to 3:30 PM
Fee: $150.00 for one person
*Group rate available
Location: UFM Conference Room
1221 Thurston St.

**Beginning Italian 11CLA36**
This introductory course will teach you basic Italian vocabulary, pronunciation and phrases. Whether you intend to travel abroad or you wish to learn another language, this class will teach you the fundamentals of Italian language and culture.
Instructor: Jessi Long, jessi@tryufm.org
Date: 09/08/2011 to 10/13/2011 (Th)
Time: Th from 6:00 PM to 7:30 PM
Fee: $20.00
Location: UFM Multipurpose Room
1221 Thurston St., 2nd floor
Wildflower Walk at Tuttle Creek Lake 11CEN69
Join members of the Kansas Native Plant Society, who also serve as Konza Prairie docents, on wildflower walks at Tuttle Creek Lake. We will identify and talk about the incredible variety of wildflowers which grace our local tall grass prairie environs. You are sure to come away with renewed appreciation for Flint Hills flora. Please preregister so that we will know how many persons to expect.
*Rain date the following Sunday.
Instructor: Paul Weidhaas, (785) 539-8511
Date: 08/20/2011 (Sa)
Time: Sa from 1:00 PM to 3:00 PM
Fee: No Charge
Location: Tuttle Creek Lake Visitor’s Center
5020 Tuttle Creek Blvd

Food Forests and Plant Guilds: An Introduction to Permaculture 11CEN74
Bill Mollison and David Holmgren define Permaculture as “Consciously designed landscapes which mimic the patterns and relationships found in nature, while yielding an abundance of food, fibre and energy for provision of local needs.” We will briefly explore the elements and ethics of permaculture design and point you toward resources for further study.
Instructors: Carol Barta, (785) 410-8608 and Susan Oviatt
Date: 10/27/2011 (Th)
Time: Th from 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Fireplace Room, 1221 Thurston St.
Carol Barta is longtime gardener and recent student of the Midwest Permaculture Institute.

Utility Connected Photovoltaics for Your Home 11CEN102
Whether you are concerned about energy independence, climate change, national security or just your own pocketbook, renewable energy is enormously popular for people from all political parties and backgrounds. We will also discuss lessons learned from three different Manhattan systems...three of the first in Kansas. With step-by-step photos of designing and installing solar electric systems using the latest hardware, we’re going to discuss the advantages and disadvantages of various choices. We can also talk about how these systems compare with battery backup or independent systems. Come with questions and new information for discussion.
Instructor: Bill Dorsett, wmdorsett@sbcglobal.net
Date: 09/30/2011 (F)
Time: F from 8:00 PM to 10:00 PM
Fee: $10.00
Location: Big Poppi Bicycle Co, 1126 Moro St.

Bicycle Ed 101 11CEN75A
Cyclists will learn how to care for their bicycle with proper maintenance and basic repair skills. Participants will learn about tire & tube changes, bicycling & the law, pre-ride safety check, cleaning and lubrication, proper storage and wheel removal & installation. Plan to wear clothes you don’t mind getting greasy.
Instructor: Big Poppi Bicycle Company, (785) 537-3737
Date: 09/17/2011 to 09/24/2011 (Sa)
Time: Sa from 10:00 AM to 12:00 PM
Fee: $14.00
Location: UFM Fireplace Room, 1221 Thurston St.

Intro to Geocaching 11CEN103
Geo is a prefix for earth. Cache is a hiding place used to store items.
On May 2, 2000, the Clinton Administration removed selective availability and the accuracy of GPS receivers around the world improved tenfold. Two days later, Dave Ulmer, a computer consultant decided to test the accuracy. He hid a black bucket filled with trading items in the woods near Beaver Creek, Oregon and posted the satellite coordinates online. Thus began a global, family friendly activity that is growing quickly in popularity.
Today there are over 1.4 million geocaches hidden around the world. They can be found deep in the woods, under water and even stuck to the underside of park benches and the containers are getting increasingly clever.
Has your interest been piqued? Here’s your chance to find out more. No materials required.
Instructor: Daedra Lowry
Date: 09/17/2011 to 09/24/2011 (Sa)
Time: Sa from 10:00 AM to 12:00 PM
Fee: $14.00
Location: UFM Fireplace Room, 1221 Thurston St.

Food Forests and Plant Guilds: An Introduction to Permaculture 11CEN74
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Date: 09/17/2011 to 09/24/2011 (Sa)
Time: Sa from 10:00 AM to 12:00 PM
Fee: $14.00
Location: UFM Fireplace Room, 1221 Thurston St.

Bicycle Ed 101 11CEN75A
Cyclists will learn how to care for their bicycle with proper maintenance and basic repair skills. Participants will learn about tire & tube changes, bicycling & the law, pre-ride safety check, cleaning and lubrication, proper storage and wheel removal & installation. Plan to wear clothes you don’t mind getting greasy.
Instructor: Big Poppi Bicycle Company, (785) 537-3737
Date: 09/17/2011 to 09/24/2011 (Sa)
Time: Sa from 10:00 AM to 12:00 PM
Fee: $14.00
Location: UFM Fireplace Room, 1221 Thurston St.

Bicycle Ed 101 11CEN75B
This date is for women only.
Instructor: Daedra Lowry
Date: 10/14/2011 (F)
Time: F from 8:00 PM to 9:00 PM
Fee: $10.00
Location: Big Poppi Bicycle Co, 1126 Moro St.
**Earth & Nature**

**Bicycle Core Concepts: Drive-train Mechanics** 11CEN76

CLICK! TICK! POP! CREAK! Do your gears feel like they are jumping all over creation when you are pedaling? You need help and we have a class that will teach you how to fix all of those sounds, the clunky performance and leave you with nothing but crisp, smooth, quite shifting all the live long day. Topics covered include: drivetrain cleaning & lubrication, front & rear, derailleur installation, front & rear derailleur cable adjustment, front & rear derailleur limit adjustment, chain installation & maintenance and shifter maintenance & cleaning.

Instructor: Big Poppi Bicycle Company, (785) 537-3737

date: 10/02/2011 (Su)
time: Su from 5:00 PM to 7:00 PM
fee: $60.00
location: Big Poppi Bicycle Company
1126 Moro St.

**Bicycle Wheel Systems** 11CEN79

Bicycle wheelbuilding is a beautiful combination of science and art reserved for the patients. This class will explain the amazing almagimation of parts and technique that it takes to procedure bicycle wheels from the three components that comprise it: a rim, hub, and spokes. Topics covered: wheel lacing 2-cross, 3-cross, 4-cross, radial, spoke tensioning, dishing, radial truing, lateral truing. You will leave this class with a new wheel hand built by YOU!

Cost: If you buy a hub, rim, and spokes from Big Poppi Bicycle Co. the class is $10. If you opt to attend and bring outside materials, the normal cost of the class is $125.

Instructor: Big Poppi Bicycle Company, (785) 537-3737

date: 10/23/2011 (Su)
time: Su from 5:00 PM to 7:00 PM
fee: Big Poppi Materials $10.00
Purchased on Own $125.00
location: Big Poppi Bicycle Co
1126 Moro St.

**Bicycle Core Concepts: Brake System Mechanics** 11CEN77

Let’s just leave this one to explain itself. The danger of bad brakes is pretty apparent. If your bike currently has or has ever had trouble stopping or you are just a gear-head and want to know how everything works, this class is a great opportunity to understand the different styles of brakes for bicycles and how they work. Topics covered: cantilever, side-pull, disc, v-brake/linear pull, u-brake, dual-pivot, brake pad installation, brake cable adjustments, caliper adjustments.

Instructor: Big Poppi Bicycle Company, (785) 537-3737

date: 10/09/2011 (Su)
time: Su from 5:00 PM to 7:00 PM
fee: $60.00
location: Big Poppi Bicycle Company
1126 Moro St.

**Bicycle Major Bearing Systems** 11CEN78

Each of these four area’s on the bike are the key to smooth, efficient forward movement. Without good bearing adjustment you will go no where fast. The key to this class is, “as loose as possible without knock.” Topics covered: bottom bracket overhaul, hub overhaul & adjustment, headset overhaul & adjustment 1” & 1 1/8”.

Instructor: Big Poppi Bicycle Company, (785) 537-3737

date: 10/16/2011 (Su)
time: Su from 5:00 PM to 7:00 PM
fee: $100.00
location: Big Poppi Bicycle Company
1126 Moro St.

TakeCharge Challenge: Home Energy Workshop 11CEN80

This workshop is one of the final events for the TakeCharge Challenge in Manhattan; help us ‘turn the lights out’ on the competition! You will learn many ways to make your home more energy efficient while not spending very much money. PLUS participants will take home a basket of energy efficiency tools, valued at $30.

Instructor: Laura Lutz

date: 09/24/2011 (Sa)
time: Sa from 9:00 AM to 12:00 PM
fee: $20.00
location: Leadership Studies Lecture Hall,
K-State campus

**Fly Fishing** 11CEN04AZ

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

Instructor: Paul Sodamann, (785) 456-5654

date: 10/17/2011 to 10/27/2011 (MTWTh)
time: M, Tu, W & Th from 6:00 PM to 8:00 PM
fee: $95.00
location: K-State Durland/Rathbone Hall 1061

**Movies on the Grass**

8/28 Trouble the Water

8 PM

Explore the Water’s Impact in North America

Coffman Commons in front of Hale Library

9/11 Houston We Have a Problem

An Investigation of the Oil Industry

Coffman Commons in front of Hale Library

9/18 A Small Act

Official Selection at 2010 Sundance Film Festival

Coffman Commons in front of Hale Library

9/25 The Elephant in the Living Room

Opening of K-State Alumni Sunset Zoo

2313 Oak St.

www.k-state.edu/moviesonyounggrass/

Go to website for rainout locations

**5 Ways to Start Living Green**

1. Recycle this catalog
2. Bring your own bags to grocery store
3. Adjust thermostat for the season
4. Sign up for the TakeCharge Challenge Workshop and switch to compact fluorescent light bulbs
5. Check your tire air pressure (underinflated tires reduce fuel efficiency)

To view instructor’s bios visit www.tryufm.org
Lou Douglas Lectures  
**Fall 2011**

**Ali Noorani**
“Defining a New Consensus on Immigrants and America”

Tuesday, September 20 at 7:00 p.m.  
Forum Hall, Kansas State University

**Karen Countryman-Roswurm**
“Domestic Minor Sex Trafficking: Modern Day Slavery”

Tuesday, October 18 at 7:00 p.m.  
Forum Hall, Kansas State University

Funded by the City of Manhattan Social Services Advisory Board and administered by UFM Community Learning Center

Call UFM Community Learning Center at 539-8763 or go to www.tryufm.org for more information

**Manhattan Community Youth Scholarship Fund**

Any Manhattan youth  
Any Manhattan program  
 Scholarships available year-round

Scholarships cover 50% of the program cost up to $125  
All youth in preschool to 12th grade are eligible  
Funded by the City of Manhattan Social Services Advisory Board and administered by UFM Community Learning Center

Call UFM Community Learning Center at 539-8763 or go to www.tryufm.org for more information
Beer Tasting  11CFF39
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: 10/21/2011 (F)
Time: F from 6:30 PM to 8:30 PM
Fee: $12.00
Location: Tallgrass Brewing Company
8845 Quail Lane, Suite 1

Eating Healthy on a Budget  11CFF52
Would you like to learn ways to eat and stay healthy
without blowing your budget? This class will include
information about purchasing bulk grains, organic products
and specialty herbs & spices; buying healthy food in bulk
can help your budget and your health.
Instructor: Jennifer Guilford, 1veggielady@gmail.com
Date: 09/23/2011 (F)
Time: F from 6:00 PM to 7:30 PM
Fee: No Charge
Location: People’s Grocery, 523 South 17th St

Gluten-Free Pizza Party
At Home!  11CFF73
Wish you could enjoy a pizza on Friday night without driving
over an hour to a restaurant with gluten-free crust? You
can! In the time it takes other people to order takeout, you
can whip up a fabulous gluten-free pizza crust, bake and
top it, and throw a pan of amazing gluten-free brownies in
the oven. Come hungry and ready to cook.
Instructor: Jo Maseberg-Tomlinson, jo.maseberg@gmail.com
Date: 10/12/2011 (W)
Time: W from 6:00 PM to 8:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Wine 101  11CFF77
Are you new to wine or interested to know more of the
basics? Harry’s is offering our Wine 101 series. Join us
as we try six different wines each week while discussing
various topics on the wines and the regions in which they
grow. The four classes in this series include The Americas;
France; Italy, Spain and Portugal; Australia and New
Zealand.
Instructors: Evan Grier & Ian Hulon
ian.hulon@harrysmanhattan.com
Date: 10/25/2011 to 11/15/2011 (Tu)
Time: Tu from 6:00 PM to 7:30 PM
Fee: $75.00
Location: Harry’s Restaurant, 418 Poyntz Ave

Baking from Scratch for Kids  11CFF82A
Children will learn to bake cookies, cupcakes and other
baked goods from scratch. They will then have the
opportunity to decorate their baked creations and take
home delicious treats for their friends and families. Ages
6-12.
Instructor: Jessica Campbell, jessica@tryufm.org
Date: 09/10/2011 (Sa)
Time: Sa from 2:00 PM to 5:00 PM
Fee: $15.00
Location: HyVee Club Room, 601 3rd Pl

Baking from Scratch for Kids  11CFF82B
Date: 12/10/2011 (Sa)
Time: Sa from 2:00 PM to 5:00 PM
Fee: $15.00
Location: HyVee Club Room, 601 3rd Pl

Local Food: What It Is and What It Can Do
for Your Family & Community  11CFF85
Want to learn about local food but not sure exactly what
it means? What is a CSA? Come to this class and we
will cover that and more. Learn about what defines local
and regional foodsheds and how local purchasing can
strengthen your community. Buying locally raised produce
and meats often means healthier, fresher food, sustainably
raised with a lighter environmental impact. And last but
not least a personal relationship with the farmers that raise
your food. We will also cover resources available in the
Manhattan area.
Instructor: Jennifer Guilford, 1veggielady@gmail.com
Date: 09/16/2011 (F)
Time: F from 6:00 PM to 7:30 PM
Fee: No charge
Location: UFM Solar Addition
1221 Thurston St.

Jenny Guilford is the Produce Manager at Peoples Grocery
Cooperative in Manhattan, formerly the manager of the
K-State Willow Lake Farm, with a Bachelor of Science in
Horticulture with an emphasis on organic and sustainable
agriculture.
How Local Can You Go?  
11CFF86
So you like the idea of eating more locally produced food but aren’t sure if it’s even possible? Come and hear from people who are “walking the walk” and supplying a large part of their diet from local sources. You’ll find out why and how to succeed in becoming a locavore. The community-wide EAT LOCAL CHALLENGE WEEK will kick off with a dinner of local food on Sunday, August 28 at Noon. Sign up Sunday to take the pledge to try to consume at least 80% of your diet (4 out of 5 meals) from food grown or produced locally. How local can you go?

Date: 08/28/2011 to 08/28/2011 (Su)
Time: Su from 2:00 PM to 3:00 PM
Fee: No charge
Location: Riley County Senior Service Center, 412 Leavenworth

Food for Thought:  
Beginner’s Cooking  
11CFF87
Tired of eating Ramen? Too busy to cook? If you want to learn how to cook, whatever your reason may be, then this class is for you! Learn basic, quick, and easy meals that fill your tummy without emptying your wallet or taking your time. Bring a notebook and a writing utensil for notes. Ages 18+
Instructor: Jessi Long

Date: 09/17/2011 to 10/08/2011 (Sa)
Time: Sa from 11:30 AM to 1:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Holiday Entertaining:  
The Ultimate Party Table!  
11CFF88
It’s time for Holiday parties! You will want to include this class on your calendar as you prepare for upcoming holiday celebrations. Karen will be cooking up delicious party appetizers, desserts and drink ideas to help entertain your guests with style. This class will also include "how-to" ideas for decorating your table, and making your party “simple-to-do”, but memorable for your guests.
Instructor: Karen Hanson

Date: 11/09/2011 (W)
Time: W from 6:00 PM to 8:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Peruvian Cuisine  
11CFF48
Come and discover a fun way to learn to cook Peruvian dishes and the richness of the Peruvian cuisine. We will prepare three dishes, one from each region of Peru (coast, highland and jungle). Peruvian food is often considered to be the best food in south america.
Instructor: Elsa Toburen

Date: 10/26/11 (W)
Time: F from 6:30 PM to 8:30 PM
Fee: $39.00
Location: HyVee Club Room, 601 3rd Place

Holiday Sweets:  
Candies & Cookies  
11CFF90
Holiday candy and cookie baking can be such a fun tradition. Sharing the results will quickly become a tradition too! In this class we will teach you how to assemble, test and even store the finished products. We will also learn about baking a variety of cookies that would be perfect for a beautiful assorted tray for gift giving. Come join us, just in time for the holidays and gift giving.
Instructor: Karen Hanson

Date: 12/02/2011 (F)
Time: F from 6:00 PM to 8:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Easy As Pie  
11CFF91A
You will learn that baking can be easy and fun in this introductory course to the wonderful world of baking. You will learn how to make an assortment of baked goods including a basic bread and a pie! Come and learn how easy it really can be to bake. You will leave with the confidence you need to try other recipes in your own kitchens. Ages 18+
Instructor: Jessi Long

Date: 10/22/2011 (Sa)
Time: Sa from 1:00 PM to 5:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Easy As Pie  
11CFF91B
You will learn that baking can be easy and fun in this introductory course to the wonderful world of baking. You will learn how to make an assortment of baked goods including a basic bread and a pie! Come and learn how easy it really can be to bake. You will leave with the confidence you need to try other recipes in your own kitchens. Ages 18+
Instructor: Jessi Long

Date: 10/29/2011 (Sa)
Time: Sa from 1:00 PM to 5:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Holiday Entertaining:  
The Holiday Feast!  
11CFF89
Planning the Holiday meal will be a breeze this season... come learn how to plan, shop for and cook the most amazing holiday dinner! Karen Hanson, the Hy-Vee dietitian will be walking you step by step through the process so that your holiday meal will be well planned, deliciously prepared and elegantly served. And, best of all, you will be so relaxed that you will enjoy the meal along with your guests! Karen will share how to plan the schedule leading up to the day, ideas on shopping for the meal, and best of all, she will be cooking up the recipes for you to sample!
Instructor: Karen Hanson

Date: 11/16/2011 (W)
Time: W from 6:00 PM to 8:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Easy As Pie  
11CFF91B
You will learn that baking can be easy and fun in this introductory course to the wonderful world of baking. You will learn how to make an assortment of baked goods including a basic bread and a pie! Come and learn how easy it really can be to bake. You will leave with the confidence you need to try other recipes in your own kitchens. Ages 18+
Instructor: Jessi Long

Date: 10/22/2011 (Sa)
Time: Sa from 1:00 PM to 5:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Easy As Pie  
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You will learn that baking can be easy and fun in this introductory course to the wonderful world of baking. You will learn how to make an assortment of baked goods including a basic bread and a pie! Come and learn how easy it really can be to bake. You will leave with the confidence you need to try other recipes in your own kitchens. Ages 18+
Instructor: Jessi Long

Date: 10/29/2011 (Sa)
Time: Sa from 1:00 PM to 5:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

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The Ultimate Party Table!  
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Date: 11/09/2011 (W)
Time: W from 6:00 PM to 8:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Peruvian Cuisine  
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Come and discover a fun way to learn to cook Peruvian dishes and the richness of the Peruvian cuisine. We will prepare three dishes, one from each region of Peru (coast, highland and jungle). Peruvian food is often considered to be the best food in South America.
Instructor: Elsa Toburen

Date: 10/26/11 (W)
Time: W from 6:30 PM to 8:30 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

EAT LOCAL FOODS DINNER
kick off for community-wide EAT LOCAL CHALLENGE WEEK

When: Sunday, August 28, Noon
Fee: $10 (open to the public)
Location: Riley County Senior Service Center, 412 Leavenworth

The Challenge: How local can you go? Sign up after the dinner to take the pledge to try to consume at least 80% of your diet (4 out of 5 meals) from food that is grown or produced locally.

A free class will follow the dinner at 2pm to discuss more about foods grown locally.
HypnoBirthing A Natural Approach to Safe & Comfortable Birthing  11CHW30
HypnoBirthing is more of a philosophy, rather than a specific method of childbirth. The basic idea: Childbirth is a normal, natural and healthy function of a woman’s body. Understanding this concept (through exploring past and present birthing practices) and knowing how a woman’s body works during birth, helps set the stage for a gentle, calm, and empowering birth experience for many low-risk women and their birth partners. Women’s bodies instinctively know how to birth, much like other mammals in nature if they learn to remain relaxed. HypnoBirthing allows a woman and her birth partner to fully align with the knowledge that her body is perfectly designed to give birth just as it is designed to conceive and carry her baby.

HypnoBirthing provides couples with visualizations, affirmations, relaxation, breathing, and self-hypnosis techniques to prepare the mind and body for the most amazing day of all of their lives. The class also explores the importance of good nutrition, exercise, and massage during pregnancy and at birth. In addition, the class helps parents get ready for the baby, preparing for labor, understanding labor, birth plans or preferences (for hospital, birth centers, etc.), breastfeeding, and what to expect postpartum. HypnoBirthing also supports prenatal bonding or attachment, which is great for any new parent, especially for a mother who plans to breastfeed.

Hypnosis for childbirth has shown to help reduce the need for pain medication and support women in shorter, more comfortable births. For more information, visit the HypnoBirthing Institute at www.hypnobirthing.com

Weighing the Fat Controversy  11CHW120
There is a multitude of contradictory information out there about good versus bad fats and oils. This class will attempt to weed through some of that controversy. The class will focus on fats and oils in light of the historical trends of attitudes toward fats, the books Eat Fat Lose Fat by Dr. Mary Enig and Sally Fallon, and Know Your Fats by Dr. Mary Enig; and current, peer-reviewed research. Topics covered in the discussion will include the differences between saturated and unsaturated fats, how your body uses fats, what oils to use or not use when cooking, the fatty acids essential for a healthy body, how to use and cook with coconut oil, what foods contain healthy fats, and what fats and oils are dangerous for your health.

Instructor: Stephanie Schiefelbein
Date: 10/15/2011 (Sa)
Time: Sa from 2:00 PM to 4:00 PM
Fee: No charge
Location: UFM Fireplace Room, 1221 Thurstin St.

Stephanie Schiefelbein is employed by Kansas State University as an Undergraduate Specialist at Hale Library. Stephanie is originally from Minnesota and completed her undergraduate degree in Wisconsin. She is currently a member of the Weston A. Price Foundation, the Farm-to-Consumer Foundation, and the Education Committee of People’s Grocery. For Stephanie’s complete bio, visit www.tryufm.org.

Navigate the Organic Food Aisle  11CHW121
When walking down the organic food aisle of the grocery store, the choices can be overwhelming. What do these health claims mean? How do I pronounce that word on the list of ingredients? Where did this product come from? Which product should I ultimately choose? This workshop will delve into the intricacies of the language used by organic food products, provide insights as to what preservatives, dyes, additives, and ingredients you should be aware of on ingredient lists, and give an overview of the evolving landscape of the organic food industry. Our goal is to educate organic food consumers so they are armed with the knowledge and information necessary to be confident in their pursuit of interpreting food labels and finding the best sources for organic and natural living.

Instructors: Stephanie Schiefelbein & Jennifer Guilford, 1veggie lady@gmail.com

Date: 10/17/2011 to 12/07/2011 (MW)
Fee: $99.00
Location: K-State Ahearn Room 301

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Increase your market potential by sponsoring the UFM catalog. For more information, please contact Marcia or Kayla at 785.539.8763 | info@tryufm.org

Yoga I  11CHW15AZ
This course will cover the basic fundamentals of yoga. Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencings of exercises, ten or more basic exercises and introduction to yoga philosophy.

Instructor: Ana Franklin, yogacommunication@gmail.com
Date: 08/22/2011 to 10/12/2011 (MW)
Time: M and W from 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Ahearn Room 301

Instructor: Ana Franklin, yogacommunication@gmail.com
Date: 08/23/2011 to 10/11/2011 (Th)
Time: Tu and Th from 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Ahearn Room 301

Instructor: Ana Franklin, yogacommunication@gmail.com
Date: 10/17/2011 to 12/07/2011 (MW)
Fee: $99.00
Location: K-State Ahearn Room 301

Instructor: Ana Franklin, yogacommunication@gmail.com
Date: 10/17/2011 to 12/07/2011 (MW)
Fee: $99.00
Location: K-State Ahearn Room 301

Yoga Connection
521 Poyntz, Suite A
Manhattan, Kansas
785-537-6224 or 705-41-1908
Website: www.yogacommunication.byregion.net
Email: yogacommunication@kansas.net

“Stretching Body, Breath & Mind”
Sounds of Yoga 11CHW201
The Yoga Tradition has come to us from ancient times through the use of the human voice. Going back more than 5,000 years to a time when there was no other way to transmit this knowledge, teachers chanted and students listened and repeated. The language of Yoga is Sanskrit, one of the world’s most ancient and beautiful languages. The names of the traditional poses or ‘asanas’ of Yoga are in Sanskrit, which some have noticed has a very rhythmic nature. In this class you will learn to listen and memorize some of the ancient chants from the Vedic Tradition and also from the Yoga Tradition. You’ll also learn how to read Sanskrit in its transliterated form using English text and symbols.
Instructor: Ana Franklin, yogaconnection@gmail.com
Date: 10/03/2011 to 11/28/2011 (M)
Time: M from 4:30 PM to 5:30 PM
Fee: $99.00
Location: Yoga Connection, 321 Poyntz Ave, Ste A

Morning Yoga 11CHW89A
Greet the new day with breath and body-opening, stretching and energizing through yoga. No experience necessary. Yoga is for everybody.
Instructor: Debbie Newton, dnewton@flinthills.com
Date: 08/13/2011 to 09/10/2011 (Sa)
Time: Sa from 9:30 AM to 11:00 AM
Fee: $27.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

Morning Yoga 11CHW89B
Date: 09/17/2011 to 10/08/2011 (Sa)
Time: Sa from 9:30 AM to 11:00 AM
Fee: $27.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

Morning Yoga 11CHW89C
Date: 10/15/2011 to 11/05/2011 (Sa)
Time: Sa from 9:30 AM to 11:00 AM
Fee: $27.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

Morning Yoga 11CHW89D
Date: 11/12/2011 to 12/10/2011 (Sa)
Time: Sa from 9:30 AM to 11:00 AM
Fee: $27.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

Yoga II 11CHW21Z
This course will increase the student’s understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type. *Prerequisite: Eligibility for this course requires a personal interview with Ana Franklin. Students must make arrangements to meet with Ana to receive permission to enroll for this course. Please call or email her at 785-341-9908 or yogaconnection@gmail.com. Instructor: Ana Franklin, yogaconnection@gmail.com
Date: 10/13/2011 to 12/08/2011 (ThTu)
Time: Th and Tu from 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

Sleeping Beauty: How to Set Your Alarm Clock 11CHW7482
Late to work because your alarm didn’t sound or you set it to p.m. instead of a.m.? We have just the class for you! Gain the confidence to correctly set your alarm clock, allowing you to keep your mind off of oversleeping and being late again. Please bring your alarm clock that you intend to use, once you master the skill of setting your alarm! We will also cover how to successfully (and unsuccessfully) use the Snooze button on your alarm clock.
Instructor: Susan Westclox
Date: 08/23/2011 (Tu)
Time: 6:00 PM to 6:30 PM
Fee: -$1.00
Location: UFM, 1221 Thurston

Morning Yoga 11CHW89A
Close your day with gentle yogic movements and breathing practices to help you relax, rejuvenate and restore your energy! No experience necessary. Yoga is for everybody.
Instructor: Debbie Newton, dnewton@flinthills.com
Date: 09/22/2011 to 09/19/2011 (M)
Time: M from 7:15 PM to 8:45 PM
Fee: $27.00
Location: K-State International Student Center, Multipurpose Room Corner of Midcampus Drive and Claflin

Evening Yoga 11CHW88B
Date: 09/26/2011 to 10/17/2011 (M)
Time: M from 7:15 PM to 8:45 PM
Fee: $27.00
Location: K-State International Student Center, Multipurpose Room Corner of Midcampus Drive and Claflin

Evening Yoga 11CHW88C
Date: 10/24/2011 to 11/14/2011 (M)
Time: M from 7:15 PM to 8:45 PM
Fee: $27.00
Location: K-State International Student Center, Multipurpose Room Corner of Midcampus Drive and Claflin

Sleeping Beauty: How to Set Your Alarm Clock 11CHW7482
Date: 09/26/2011 to 10/17/2011 (M)
Time: M from 7:15 PM to 8:45 PM
Fee: $27.00
Location: K-State International Student Center, Multipurpose Room Corner of Midcampus Drive and Claflin

Debbie is a certified yoga teacher (CYT) and has been teaching yoga for two years.

Evening Yoga 11CHW88D
Date: 11/28/2011 to 12/19/2011 (M)
Time: M from 7:15 PM to 8:45 PM
Fee: $27.00
Location: K-State International Student Center, Multipurpose Room Corner of Midcampus Drive and Claflin

Evening Yoga 11CHW88A
Close your day with gentle yogic movements and breathing practices to help you relax, rejuvenate and restore your energy! No experience necessary. Yoga is for everybody.
Instructor: Debbie Newton, dnewton@flinthills.com
Date: 08/22/2011 to 09/19/2011 (M)
Time: M from 7:15 PM to 8:45 PM
Fee: $27.00
Location: K-State International Student Center, Multipurpose Room Corner of Midcampus Drive and Claflin

Evening Yoga 11CHW88B
Date: 09/26/2011 to 10/17/2011 (M)
Time: M from 7:15 PM to 8:45 PM
Fee: $27.00
Location: K-State International Student Center, Multipurpose Room Corner of Midcampus Drive and Claflin

Evening Yoga 11CHW88C
Date: 10/24/2011 to 11/14/2011 (M)
Time: M from 7:15 PM to 8:45 PM
Fee: $27.00
Location: K-State International Student Center, Multipurpose Room Corner of Midcampus Drive and Claflin
Responding to Emergencies 11CHW19AZ

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Materials not included in fee; need to buy mask for $13.50 at UFM, 1221 Thurston St. before class.

Instructor: Henry Brown

Date: 10/02/2011 to 10/16/2011 (SuSa)
Time: Su and Sa from 12 N to 6:30 PM
Fee: $154.00
Location: UFM Banquet Room
1221 Thurston St.

Community CPR, First Aid & AED 11CHW25A

This course includes training in Adult, Child, Infant CPR, First Aid and AED. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; control bleeding; and many other useful skills. Class materials included in fee. There will be a $20 non-refundable deposit for this class.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/28/2011 (Su)
Time: Su from 11:00 AM to 7:00 PM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning:

CPR/First Aid 11CHW70A

Find out how you can cut classroom time for CPR, First Aid, and AED Training in half by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a hands-on skills practice and assessment session. YOU WILL BE CONTACTED VIA EMAIL with login information and directions. Certification requirements are as follows:

Part I
A. Complete online session by correctly answering at least 80% of the questions of the final exam, then bring printed final exam score to hands-on skills practice and assessment session.

Part II
B. Attend in person and demonstrate competency in the hands-on skills practice and assessment session.

Source: American Red Cross

**No textbook required and the date listed is for hands-on skills practice session. There is a $20non-refundable deposit.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/28/2011 (Su)
Time: Su from 10:00 AM to 11:00 AM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning:

CPR/First Aid 11CHW70B

Date: 09/03/2011 (Sa)
Time: Sa from 10:00 AM to 11:00 AM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning:

CPR/First Aid 11CHW70C

Date: 09/10/2011 (Sa)
Time: Sa from 10:00 AM to 11:00 AM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning:

CPR/First Aid 11CHW70A

Date: 08/28/2011 (Su)
Time: Su from 10:00 AM to 11:00 AM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Communit
Beginning Tai Chi Chuan 11CHW31
Practiced by millions of people around the world, the ancient and gentle Chinese martial art of tai chi offers the perfect balance of mind and body, strength and flexibility, grace and agility. Its smooth, fluid movements offer exercisers of all ages improved fitness, stress reduction, and total relaxation. In this class, we will introduce the Yang style short form, which can be practiced by young and old, anytime, anyplace.
Instructor: Mei Hwa (Tina) Terhune
Date: 09/21/2011 to 10/19/2011 (W)
Time: W from 5:30 PM to 6:30 PM
Fee: $43.00
Location: UFM Banquet Room, 1221 Thurston St.

Living the Art: Jin Shin Jyutsu 11CHW08
Jin Shin Jyutsu is an ancient art of harmonizing body, mind and spirit. During class we'll be practicing self help and learning how to interpret the messages our bodies send us. As we begin to know ourselves, we can better help ourselves. Jin Shin Jyutsu is relaxing, simple, and profound. Please wear comfortable clothing and bring a smile.
Instructor: Kate Cashman
Date: 09/10/11 (Sa)
Time: Sa from 1:00 PM to 5:00 PM
Fee: $24.00
Location: 1421 Colorado St.

Clutter Clearing 11CHW22
Clearing our environment is a dynamic tool for change. Clutter holds us in the past, preventing us from fully living. We will examine the energetics of clutter and discuss ideas that empower us to let go of our excess baggage! A variety of organizing strategies and principles of feng shui will also be utilized. Homework assignments are an integral part of class. Come prepared to liberate yourself!
Instructor: Kate Cashman
Date: 10/11/11 to 10/25/11 (Tu)
Time: Tu from 7:00 PM to 9:00 PM
Fee: $35.00
Location: 1421 Colorado 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.

www.ksfamilies.org * director@ksfamilies.org

To provide resources and support to adoptive families; To create a community of adoptive families; and, To educate about the blessing of adoption.

KAF is accepting donations of
• New and gently used baby clothing (0-12 months)
• Other baby goods (diapers, blankets, etc.)
• Tax-deductible financial contributions in order to fully launch its programs and services in this region.

KAF services include: providing Special Deliveries kits of essential baby items to adoptive parents and educational, community and financial support for adoptive families

For more information or to donate or obtain services, email director@ksfamilies.org

Kansas Adoptive Families

MARIANNA KISTLER BEACH MUSEUM OF ART
Wednesday through Saturday 10-5 Sunday 12-5
14th & Anderson Manhattan, KS
785.532.7778 beach.k-state.edu

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Instructor: Kate Cashman

Date: 10/11/11 to 10/25/11 (Tu)
Time: Tu from 7:00 PM to 9:00 PM
Fee: $35.00
Location: 1421 Colorado St.

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Kansas Adoptive Families
Tae Kwon Do I 11CMA01Z

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 with the instructor. At the end of the semester, students will have the option to be tested for their orange belt. Ages 9+.
Instructor: David Moore

Date: 08/23/2011 to 12/08/2011 (TTh)
(Time: M and Th from 8:00 PM to 9:00 PM)
Fee: $72.00
Location: Sun Yi’s Academy
1650 Hayes Dr.

Lao Hu Pai Self Defense and Kung Fu 11CMA05

Lao Hu Pai Self Defense and Kung Fu - New students will learn self defense (Aikijutsu and Chinese chi na). Students will learn falling, joint manipulation, take downs, self defense with punches/grabs/kicks/weapons, basic forms/exercises, and ground techniques. Students may join the Kung Fu class after acquiring a Brown Belt level in self defense. Ages 14+.
Instructor: Michael Tran, mtranandpm@cox.net

Date: 08/31/2011 to 12/07/2011 (W)
(Time: W from 6:00 PM to 8:00 PM)
Fee: $62.00
Location: K-State Ahearn Gym, 2nd floor

Dr. Michael Tran has participated in the martial arts for 23 years. He holds black belt/sash in Lao Hu Pai Kung Fu, Won Hop Loong Chuan Kung Fu, and Goshin Aikijutsu. He also has training in: Vovinam Viet Vo Dao, Shaolin Long Fist, and Praying Mantis Kung Fu. Website: http://www.honorabilitemmarialarts.com/

Judo I 11CMA08Z

Judo I is an introduction to the Olympic sport of Judo. Students will learn mat etiquette, break falls, basic mat and throwing techniques. Judo I is intended not for gaining proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.
Instructor: Jim Kiker

Date: 08/22/2011 to 12/05/2011 (MTh)
(Time: M and Th from 8:00 PM to 9:00 PM)
Fee: $75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Karate & Self-Defense (Adults & Youth) 11CMA10

Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion (“Kihon”) with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combative principles and sparring (“Kumite”). No matter your current situation, you will be guided step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+).
Instructor: Habib Diop, hdiop@ksu.edu

Date: 10/06/2011 to 11/17/2011 (Th)
(Time: Th from 6:00 PM to 7:00 PM)
Fee: $51.00
Location: K-State Ahearn Gym, 2nd floor

As a martial arts instructor, Habib has spent 9 years teaching people how to control their environment, properly breathe, 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 Yoshinoh Nambu. His own Sensei was directly formed by Sensei Elji Ogashahara.

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Visit our website, contact Tiffany at 785-539-8763 or tiffany@tryufm.org for more info.
Introduction to Golf 11CRF04B
**First class meets from 6-7 pm, the second and third meet from 6-7:30 pm.

Date: 09/15/2011 to 09/29/2011 (Th)
Time: Th from 6:00 PM to 7:00 PM; 6:00 PM to 7:30 PM
Fee: $41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Tennis 11CRF19AZ
The focus of this tennis class will be to introduce the proper technique of each tennis stroke. Scoring, rules, singles and doubles formations, shot selection, and match play will also be covered. Come enjoy the “Sport of a Lifetime.” All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Students must provide their own tennis rackets.

Instructor: Ryan Marick
Date: 09/06/2011 to 11/15/2011 (T)
Time: Tu from 1:30 PM to 3:00 PM
Fee: $82.00
Location: Body First Tennis & Fitness
3615 Claffin Road

Golf in Junction City 11CRF30AZ
This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.

Instructor: Jim Peterson
Date: 08/23/2011 to 10/11/2011 (T)
Time: Tu from 5:30 PM to 7:30 PM
Fee: $143.00
Location: Rolling Meadows Golf Course
6514 Old Milford Rd., Junction City

Golf in Junction City 11CRF30BZ
Date: 09/07/2011 to 11/16/2011 (W)
Time: W from 5:30 PM to 7:30 PM
Fee: $82.00
Location: Body First Tennis & Fitness
3615 Claffin Road

Archery for Adults 11CRF01AZ
This course provides men and women instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Instructor: Tom Korte
Date: 08/29/2011 to 11/28/2011 (M)
Time: M from 7:00 PM to 8:20 PM
Fee: $96.00
Location: Sports Center, 11th St #615 A

Archery for Adults 11CRF01BZ
Date: 08/29/2011 to 11/28/2011 (M)
Time: M from 8:30 PM to 9:50 PM
Fee: $96.00
Location: Sports Center, 11th St #615 A

Introduction to Golf 11CRF04A
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, chips, 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.

**First class meets from 6-7 pm, the second and third meet from 6-7:30 pm.

Instructor: Jim Gregory, (785) 539-1041
Date: 08/26/2011 to 09/08/2011 (Th)
Time: Th from 6:00 PM to 7:00 PM; 6:00 PM to 7:30 PM
Fee: $41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

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

Tennis 11CRF19AZ
Date: 09/07/2011 to 11/16/2011 (W)
Time: W from 1:30 PM to 3:00 PM
Fee: $82.00
Location: Body First Tennis & Fitness
3615 Claffin Road

Ballroom, Swing and Salsa 11CRF100A
Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Steps from Ballroom (Foxtrot, Waltz, or Tango), Swing (Jitterbug or Lindy), and Latin (Cha Cha, Salsa, or Mambo) will be taught. Learn something new each time you enroll! Classes fill rapidly, and it is advisable to register early. Partners are welcome, but not required for the class.

Instructor: Rebecca Hickert, rebeccahicket@gmail.com
Date: 08/26/2011 to 10/07/2011 (F)
Time: F from 6:00 PM to 7:00 PM
Fee: Individual - $50.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Ballroom, Swing and Salsa 11CRF100B
Date: 10/14/2011 to 11/18/2011 (F)
Time: F from 6:00 PM to 7:00 PM
Fee: Individual - $50.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Exploring Contact Improvisation 11CRF103
Want to learn an exciting new dance form that will increase your strength and bodily awareness? Looking for a new way to connect with other people? In this class, students will learn about and explore the contemporary dance form called contact improvisation. Dancers stay in constant contact with a partner to create a shared improvised dance. Contact improvisation uses shared weight, counterbalances, momentum, falling, and lifting to create a unique dance. Participants should wear comfortable clothing that is easy to move in. Beginner to advanced dancers are welcome and no previous dance experience necessary.

Instructor: Charissa Bowditch, charissabowditch@gmail.com
Date: 10/08/2011 to 11/05/2011 (Sa)
Time: Sa from 3:00 PM to 4:00 PM
Fee: $25.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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
RECREATION & FITNESS

**Zumba Fitness 11CRF08A**
Zumba Fitness is a dance-based fitness class that features Latin and exotic music flavors including salsa, merengue, cumbia, flamenco, reggaeton, samba and many other international flavors. ZUMBA Fitness is designed for everyone, every shape, and every age. It’s an absolute blast!!! Ages 13 and up.
Instructor: Elsa Toburen, elsatob@hotmail.com
Date: 09/13/2011 to 12/06/2011 (T)
Time: Tu from 5:30 PM to 6:30 PM
Fe: $47.00
Location: K-State Ahearn Room 301

**Zumba Gold 11CRF104A**
Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle with an invigorating, party-like atmosphere.
Instructor: Elsa Toburen, elsatob@hotmail.com
Date: 08/22/2011 to 09/26/2011 (M)
Time: M from 6:40 PM to 7:40 PM
Fee: $47.00
Location: K-State Ahearn Room 301

**Zumba Gold 11CRF104B**
Date: 10/03/2011 to 11/07/2011 (M)
Time: M from 6:40 PM to 7:40 PM
Fee: $47.00
Location: K-State Ahearn Room 301

**Zumba Gold 11CRF104C**
Date: 08/22/2011 to 09/26/2011 (T)
Time: M from 6:40 PM to 7:40 PM
Fee: $47.00
Location: K-State Ahearn Room 301

**Aqua Zumba 11CAQ26A**
Known as the Zumba “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.
Instructor: Cathia Krehbiel
Date: 09/14/2011 to 12/07/2011 (W)
Time: W from 6:45 PM to 7:45 PM
Fee: $96.00
Location: K-State Ahearn Room 301

**Beginning Belly Dance 11CRF09**
This course will cover the fundamentals of Middle Eastern Dance, more commonly known as Belly Dance. It will include basic moves such as hip and rib isolations, traditional arm moves, undulations and traveling steps. You will also learn a fun choreography to put all the moves together! Please wear comfortable clothing and be prepared to have fun!
Instructor: Amy (Nashid) Werner
Date: 09/13/2011 to 12/06/2011 (T)
Time: Tu from 5:45 PM to 6:45 PM
Fee: $96.00
Location: K-State International Student Center, Multipurpose Room
Corner of Midcampus Drive and Claflin

**Intermediate Belly Dance 11CRF10**
Come and get your shimmy on! This class will take you beyond the basics of Belly Dance by teaching you how to layer moves together and to find grace and fluidity in your dancing. New skills will also be covered, such as zills (or finger cymbals) and dancing with a veil. Students must have at least one session of Beginning Belly Dance or equivalent.
Instructor: Cathia Krehbiel
Date: 09/13/2011 to 12/06/2011 (T)
Time: Tu from 7:00 PM to 8:00 PM
Fee: $96.00
Location: K-State International Student Center, Multipurpose Room
Corner of Midcampus Drive and Claflin

**Advanced Belly Dance 11CRF11**
In this class, we will not only learn advanced moves, but will also delve into more specialized areas of Belly Dance. Topics may include: Gypsy, drum solos, advanced zills, double veil, sword balancing, and oh so much more! Be prepared to challenge yourself as we explore the many sides of Belly Dance! Student must have at least one session in Intermediate Belly Dance or equivalent.
Instructor: Cathia Krehbiel
Date: 09/14/2011 to 12/07/2011 (W)
Time: W from 6:45 PM to 7:45 PM
Fee: $96.00
Location: K-State Ahearn Room 301

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**RECYCLE THIS CATALOG!!**

To view instructor's bios visit www.tryufm.org
Intermediate & Advanced Modern Dance 11CRF105
This contemporary modern class will help increase your strength, balance, and flexibility. This class will also challenge your way of moving and encourage you to find new ways of exploring the art of dance. Class time will include a floor warm-up, center combinations, and traveling combinations. Participants will learn to release their muscles to aid in the fluidity of movement. Inversions, turns, balances, floor work, improvisation, and jumps will be explored. Participants should wear comfortable clothing that is easy to move in. Intermediate to advanced dancers with experience in ballet or modern are encouraged to take this class.

Instructor: Diana Knox, dknox@ksu.edu
Fee: $75.00
Time: Tu and Th from 12:00 PM to 1:00 PM
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11CRF142AZ
Yogilates is a hybrid class combining yoga and Pilates. The different styles of yoga will be introduced, as well as classical and modern Pilates. We will work on flexibility, balance, and strength. Beginners as well as experienced yogi’s and Pilates masters are welcome, as this class is taught with multi-levels. A sticky mat (yoga) is recommended, but not required. Please wear comfortable clothes that do not restrict movement and try not to eat two hours before class (a small snack is fine).

Instructor: Diana Knox, dknox@ksu.edu
Fee: $75.00
Time: M and W from 9:00 AM to 10:00 AM
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11CRF142BZ

Instructor: Diana Knox, dknox@ksu.edu
Fee: $75.00
Time: M and W from 1:30 PM to 2:30 PM
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11CRF142CZ
Yogilates is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip, integrating diplomacy, aggression, speed and skill.

Instructor: Jeff Gwirtz
Fee: $75.00
Time: Tu and Th from 12:00 PM to 1:00 PM
Location: Pro Fitness, 1125 Laramie St.

Begining Fencing 11CRF21Z
Intermediate Fencing 11CRF22Z
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting.

Instructor: Jeff Gwirtz
Fee: $75.00
Time: M and W from 1:30 PM to 2:30 PM
Location: Pro Fitness, 1125 Laramie St.

Marathon Training 11CRF68
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 that 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. Class will meet Tuesday from 5:30-6:30 pm at UFM, 1221 Thurston and work outs will be Thursday from 5:30-6:30 pm at Memorial Stadium outdoor track meet at south end.

Instructor: Dan L Boyle, dbbole@ksu.edu
Fee: $140.00
Time: Tu and Th from 5:30 PM to 6:30 PM
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. Since becoming a Masters Runner, he has been ranked as one of the best distance runners in the US and since 1992 has completed over 20 marathons. He has helped numerous athletes from around the US achieve their goals at distances from 2 miles up to the marathon distance. For Dan’s complete bio, visit www.tryufm.org.
Let's Get Running!  

11CRF72  
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 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 and running.  

Instructor: Dan L Boyle, dbolley@ksu.edu  
Date: 09/07/2011 to 10/17/2011 (WF)  
Time: W, F and M from 6:00 PM to 7:00 PM  
Fee: $145.00  
Location: K-State Ahearn Field House  
Indoor Track

Dance Conditioning  
11CRF96AZ  
A varied and challenging class, Dance conditioning is based on the fundamental elements that professional dancers use in their everyday training. The lessons will be as beneficial to the aspiring dancer as to someone wanting the benefits of a structured exercise regimen. The training provides a great overall workout, including exercises that tone and strengthen, exercise for balance, and exercises for movement and agility. You will become familiar with your own body’s strengths and weaknesses, and learn what keeps a dancer healthy in body and mind and able to perform at their personal optimal level.  

Instructor: Alison Watson, awatson421@gmail.com  
Alison Watson has studied dance and performed her own dance choreography in Siracusa, Sicily and in Times Square in New York. She has a Bachelor of Arts degree and has performed with the K-State dance department and has taught dance and gymnastics classes in Manhattan. She hopes you’ll join her in these upcoming sessions!  

Date: 10/10/2011 to 12/07/2011 (MW)  
(no class 11/21, 11/22)  
Time: M and W from 9:15 AM to 10:15 AM  
 Fee: $75.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Bootcamp Fitness  
11CRF97AZ  
Bootcamp Fitness is designed for students who want to improve their physical fitness through high intensity cardio and conditioning. Various forms of exercise will be introduced, such as weight training, agility exercises and drills, circuit training, aerobic and anaerobic exercises, jogging/running, flexibility and core conditioning to produce cross-training effects. Pre and post tests will be conducted as a means of measuring their results.  

Instructor: Meghan Olson, olson.meghan@yahoo.com,  
Date: 08/22/2011 to 10/12/2011 (MW)  
(no class 9/5)  
Time: M and W from 12 N to 1:00 PM  
Fee: $75.00  
Location: Pro Fitness, 1125 Laramie St.

Meghan Olson is a certified personal trainer at ProFitness. She has her bachelor’s degree in health promotions from Fort Hays State University.

Bicycle Ed 101  
11CEN75D  
Cyclists will learn how to care for their bicycle with proper maintenance and basic repair skills. Participants will learn about tire & tube changes, bicycling & the law, pre-ride safety check, cleaning and lubrication, proper storage and wheel removal & installation. Plan to wear clothes you don’t mind getting greasy.  

Instructor: Big Poppi Bicycle Company, (785) 537-3373  
Date: 10/02/2011 (Su)  
Time: Su from 5:00 PM to 7:00 PM  
Fee: $60.00  
Location: Big Poppi Bicycle Company  
1126 Moro St.

Bicycle Core Concepts:  
Drive-train Mechanics  
11CEN76  
CLICK! TICK! POP! CREAK! Do your gears feel like they are jumping all over creation when you are pedaling? You need help and we have a class that will teach you how to fix all of those sounds, the clunky performance and leave you with nothing but crisp, smooth, quite shifting all the live long day. Topics covered include: drivetrain cleaning & lubrication, front & rear derailer installation, front & rear derailer cable adjustment, front & rear derailer limit adjustment, chain installation & maintenance and shifter maintenance & cleaning.  

Instructor: Big Poppi Bicycle Company, (785) 537-3373  
Date: 10/09/2011 (Su)  
Time: Su from 5:00 PM to 7:00 PM  
Fee: $60.00  
Location: Big Poppi Bicycle Company  
1126 Moro St.
Bicycle Major Bearing Systems  11CEN78
Each of these four area’s on the bike are the key to smooth, efficientforward movement. Without good bearing adjustment you will go no where fast. The key to this class is, “as loose as possible without knock.” Topics covered: bottom bracket overhaul, hub overhaul & adjustment, headset overhaul & adjustment 1” & 1 1/8”.
Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 10/16/2011 (Su)
Time: Su from 5:00 PM to 7:00 PM
Fee: $100.00
Location: Big Poppi Bicycle Company
1126 Moro St.

Bicycle Wheel Systems  11CEN79
Bicycle wheelbuilding is a beautiful combination of science and art reserved for the patients. This class will explain the amazing almagimation of parts and technique that it takes to procedure bicycle wheels from the three components that comprise it: a rim, hub, and spokes. Topics covered: wheel lacing 2-cross, 3-cross, 4-cross, radial, spoke tensioning, disking, radial truing, lateral truing. You will leave this class with a new wheel hand built by YOU!
Cost: If you buy a hub, rim, and spokes from Big Poppi Bicycle Co. the class is $10. If you opt to attend and bring outside materials, the normal cost of the class is $125.

Date: 10/23/2011 (Su)
Time: Su from 5:00 PM to 7:00 PM
Fee: Big Poppi Materials $10.00
Purchased on Own $125.00
Location: Big Poppi Bicycle Co
1126 Moro St.
Zumbatomic Fitness (Ages 4-11) 11CYO58A
Sure, chillin’ out is cool. But rockin’ out is a blast. That’s why you’re gonna love the Zumbatomic fitness program for kids. It’s a fast-forward fusion of the Zumba program’s moves (salsa, cumbia, reggaeton, hip-hop, and more) and high-octane workouts designed to let kids max out on fun and fitness all at the same time. Safe and effective, kids can’t wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove.
Instructor: Elsa Toburen, elsamot@hotmail.com

Zumbatomic Fitness (Ages 4-11) 11CYO58B

Zumbatomic Fitness (Ages 4-11) 11CYO58C

Archery for Youth (Ages 13-16) 11CYO01B

Tutoring in Reading and Language Arts 11CYO54A
This class was designed to meet the needs of students who want to enhance their reading and language arts skills this fall. Tutoring will be tailored to each student’s needs and interests and will develop sight word vocabulary, context clues, dictionary aids, reading for meaning and comprehension skills. Writing techniques will be taught. Homework will be assigned and is necessary to continue learning. Students will be divided into appropriate reading and age levels. This is for grade levels completed 1st grade through 6th grade.
Instructor: Randi Dale

Baking from Scratch for Kids 11CFF82A
Children will learn to bake cookies, cupcakes and other baked goods from scratch. They will then have the opportunity to decorate their baked creations and take home delicious treats for their friends and families. Ages 6-12.
Instructor: Jessica Campbell, jessica@tryufm.org

Baking from Scratch for Kids 11CFF82B

Solar Energy for Kids 11CYO57
We’ll demonstrate solar energy and how it is used for kids ages 10 to teen. Pie pans will show how sunlight can heat our homes and concentrating reflectors will cook a hot dog. From there, we will pump water with solar cells and power a toy dinosaur. Showing how sunshine is used will require no more than a few clouds this morning, so if it’s cloudy, we’ll try the following Saturday.
Instructor: Bill Dorset, wmdorset@sbcglobal.net

Pre-School Ballet 11CYO63A
This class is designed for girls and boys ages 3-5. Basic Dance movements like marching, hopping, skipping, jumping and turning will be blended with ballet technique. Dance games and creative dance will make this class fun and exciting. No dance attire needed.
Instructor: Randi Dale

Pre-School Ballet 11CYO63B

Introduction to Nutcracker Ballet and Tap Dancing 11CYO06A
This class is a wonderful way to introduce ballet and tap technique to children. A ballet dance from the Nutcracker Ballet will be taught. For the last part of class, tap steps will be taught to delighteful music. After two lessons, students may continue dance lessons though private instruction. No dance experience or formal dance attire necessary. For girls and boys ages 4-10. Tennis shoes can be used as tap shoes.
Instructor: Randi Dale

Introduction to Nutcracker Ballet and Tap Dancing 11CYO06B

Introduction to Nutcracker Ballet and Tap Dancing 11CYO06C

Introduction to Nutcracker Ballet and Tap Dancing 11CYO06D

Ballet will be taught. For the last part of class, tap steps will be taught to delightful music. After two lessons, students may continue dance lessons though private instruction. No dance experience or formal dance attire necessary. For girls and boys ages 4-10. Tennis shoes can be used as tap shoes.
Instructor: Randi Dale

Instructor: Randi Dale

Archery for Youth (Ages 9-12) 11CYO01A
The main focus of this course will be to introduce youth to Olympic Style Archery and learn the important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety and introduction to the world of archery. All equipment will be provided by the instructor.
Instructor: Tom Korte

Dates: 09/05/2011 to 11/19/2011 (Sa)
Time: Sa from 11:45 AM to 12:30 PM
Fee: $36.00
Location: K-State Ahearn Room 301

Dates: 10/06/2011 to 10/27/2011 (Th)
Time: Th from 6:15 PM to 6:45 PM
Fee: $45.00
Location: 2416 Rogers Blvd.

Dates: 09/10/2011 to 09/10/2011 (Sa)
Time: Sa from 11:45 AM to 12:30 PM
Fee: $30.00
Location: K-State Ahearn Room 301

Dates: 12/10/2011 to 12/10/2011 (Sa)
Time: Sa from 2:00 PM to 5:00 PM
Fee: $10.00
Location: HyVee Club Room, 601 3rd Pl

Dates: 10/06/2011 to 10/27/2011 (Th)
Time: Th from 6:15 PM to 6:45 PM
Fee: $45.00
Location: 2416 Rogers Blvd.

Dates: 09/10/2011 to 09/10/2011 (Sa)
Time: Sa from 11:45 AM to 12:30 PM
Fee: $36.00
Location: K-State Ahearn Room 301

Dates: 10/06/2011 to 10/27/2011 (Th)
Time: Th from 6:15 PM to 6:45 PM
Fee: $45.00
Location: 2416 Rogers Blvd.

Dates: 09/06/2011 to 09/13/2011 (T)
Time: Tu from 6:30 PM to 7:00 PM
Fee: $12.00
Location: 2416 Rogers Blvd.

Dates: 09/06/2011 to 09/13/2011 (T)
Time: Tu from 6:30 PM to 7:00 PM
Fee: $12.00
Location: 2416 Rogers Blvd.

Dates: 08/22/2011 to 08/29/2011 (M)
Time: M from 6:00 PM to 6:30 PM
Fee: $12.00
Location: 2416 Rogers Blvd.

Dates: 08/22/2011 to 08/29/2011 (M)
Time: M from 6:00 PM to 6:30 PM
Fee: $12.00
Location: 2416 Rogers Blvd.

Dates: 08/22/2011 to 08/29/2011 (M)
Time: M from 6:00 PM to 6:30 PM
Fee: $12.00
Location: 2416 Rogers Blvd.

Dates: 09/06/2011 to 09/13/2011 (T)
Time: Tu from 6:30 PM to 7:00 PM
Fee: $12.00
Location: 2416 Rogers Blvd.

Dates: 09/06/2011 to 09/13/2011 (T)
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Location: 2416 Rogers Blvd.

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Time: Tu from 6:30 PM to 7:00 PM
Fee: $12.00
Location: 2416 Rogers Blvd.

Dates: 09/06/2011 to 09/13/2011 (T)
Time: Tu from 6:30 PM to 7:00 PM
Fee: $12.00
Location: 2416 Rogers Blvd.
These Recreational courses are offered for KSU credit through the DIVISION OF CONTINUING EDUCATION with the cooperation of various Kansas State University departments.

For full class descriptions and information visit: www.tryufm.org OR http://www.dce.ksu.edu/courses/recreational.shtml

Enrollment available on iSIS https://isis.k-state.edu

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<td>15678</td>
<td>10/17/2011 to 12/07/2011 (M/W)</td>
<td>5:30 PM to 6:30 PM</td>
<td>$303.20</td>
<td>K-State Ahearn Room 301</td>
</tr>
<tr>
<td>YOGA I</td>
<td>15679</td>
<td>08/22/2011 to 10/12/2011 (M/W)</td>
<td>10:30 AM to 11:30 AM</td>
<td>$303.20</td>
<td>K-State Ahearn Room 301</td>
</tr>
<tr>
<td>YOGA II</td>
<td>15688</td>
<td>10/13/2011 to 12/08/2011 (T/TH)</td>
<td>10:30 AM to 11:30 AM</td>
<td>$303.20</td>
<td>K-State Ahearn Room 301</td>
</tr>
<tr>
<td>SWING &amp; SALSA DANCE</td>
<td>15690</td>
<td>08/23/2011 to 12/06/2011 (T)</td>
<td>7:00 PM to 8:00 PM</td>
<td>$253.20</td>
<td>K-State Ahearn Room 301</td>
</tr>
<tr>
<td>RES -200</td>
<td>15719</td>
<td>08/29/2011 to 11/14/2011 (M)</td>
<td>7:00 PM to 8:20 PM</td>
<td>$370.80</td>
<td>Sports Center, 615 A South11th Street</td>
</tr>
<tr>
<td>ARCHERY</td>
<td>15971</td>
<td>08/29/2011 to 11/14/2011 (M)</td>
<td>8:30 PM to 9:50 PM</td>
<td>$370.80</td>
<td>Sports Center, 615 A South11th Street</td>
</tr>
<tr>
<td>BEGINNING BOWLING</td>
<td>15739</td>
<td>08/22/2011 to 12/05/2011 (M)</td>
<td>10:30 AM to 11:30 AM</td>
<td>$283.20</td>
<td>K-State Union Bowling Alley</td>
</tr>
<tr>
<td>BEGINNING BOWLING</td>
<td>15751</td>
<td>08/23/2011 to 12/06/2011 (T)</td>
<td>2:30 PM to 3:20 PM</td>
<td>$283.20</td>
<td>K-State Union Bowling Alley</td>
</tr>
<tr>
<td>BEGINNING BOWLING</td>
<td>15752</td>
<td>08/24/2011 to 12/07/2011 (W)</td>
<td>2:30 PM to 3:20 PM</td>
<td>$283.20</td>
<td>K-State Union Bowling Alley</td>
</tr>
<tr>
<td>BEGINNING BOWLING</td>
<td>15753</td>
<td>08/23/2011 to 12/06/2011 (T)</td>
<td>10:30 AM to 11:20 AM</td>
<td>$283.20</td>
<td>K-State Union Bowling Alley</td>
</tr>
<tr>
<td>BOOTCAMP FITNESS</td>
<td>15826</td>
<td>08/23/2011 to 10/11/2011 (T/TH)</td>
<td>9:30 AM to 10:30 AM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td>Diana Knox</td>
<td>15827</td>
<td>08/22/2011 to 10/12/2011 (M/W)</td>
<td>12:00 PM to 1:00 PM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td>Meghan Olson</td>
<td>15828</td>
<td>08/23/2011 to 10/11/2011 (T/TH)</td>
<td>9:30 AM to 10:30 AM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td>Meghan Olson</td>
<td>15829</td>
<td>10/13/2011 to 12/08/2011 (T/TH)</td>
<td>12:00 PM to 1:00 PM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td>Diana Knox</td>
<td>15830</td>
<td>10/17/2011 to 12/07/2011 (M/W)</td>
<td>12:00 PM to 1:00 PM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td>BOXING I</td>
<td>15712</td>
<td>08/22/2011 to 10/12/2011 (M/W)</td>
<td>6:30 PM to 7:30 PM</td>
<td>$375.80</td>
<td>K.O. Boxing, 2303 Tuttle Creek Blvd.</td>
</tr>
<tr>
<td>BOXING I</td>
<td>15711</td>
<td>08/23/2011 to 10/11/2011 (T/TH)</td>
<td>2:00 PM to 3:00 PM</td>
<td>$375.80</td>
<td>K.O. Boxing, 2303 Tuttle Creek Blvd.</td>
</tr>
<tr>
<td>BOXING I</td>
<td>15710</td>
<td>08/23/2011 to 10/11/2011 (T/TH)</td>
<td>6:30 PM to 7:30 PM</td>
<td>$375.80</td>
<td>K.O. Boxing, 2303 Tuttle Creek Blvd.</td>
</tr>
<tr>
<td>BOXING I</td>
<td>15709</td>
<td>08/22/2011 to 10/12/2011 (M/W)</td>
<td>2:00 PM to 3:00 PM</td>
<td>$375.80</td>
<td>K.O. Boxing, 2303 Tuttle Creek Blvd.</td>
</tr>
<tr>
<td>BOXING I</td>
<td>15708</td>
<td>10/17/2011 to 12/07/2011 (M/W)</td>
<td>2:00 PM to 3:00 PM</td>
<td>$375.80</td>
<td>K.O. Boxing, 2303 Tuttle Creek Blvd.</td>
</tr>
<tr>
<td>TITLE</td>
<td>REFERENCE #</td>
<td>DATE</td>
<td>TIME</td>
<td>FEE</td>
<td>LOCATION</td>
</tr>
<tr>
<td>-----------------------</td>
<td>-------------</td>
<td>-----------------------</td>
<td>--------------------</td>
<td>------------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td>BOXING I</td>
<td>15707</td>
<td>10/17/2011 to 12/07/2011 (M/W)</td>
<td>6:30 PM to 7:30 PM</td>
<td>$375.80</td>
<td>K.O. Boxing, 2303 Tuttle Creek Blvd.</td>
</tr>
<tr>
<td>BOXING I</td>
<td>15700</td>
<td>10/13/2011 to 12/08/2011 (T/TH)</td>
<td>6:30 PM to 7:30 PM</td>
<td>$375.80</td>
<td>K.O. Boxing, 2303 Tuttle Creek Blvd.</td>
</tr>
<tr>
<td>BOXING I</td>
<td>15699</td>
<td>10/13/2011 to 12/08/2011 (T/TH)</td>
<td>2:00 PM to 3:00 PM</td>
<td>$375.80</td>
<td>K.O. Boxing, 2303 Tuttle Creek Blvd.</td>
</tr>
<tr>
<td>BOXING II</td>
<td>16299</td>
<td>08/22/2011 to 10/12/2011 (M/W)</td>
<td>12:00 PM to 1:00 PM</td>
<td>$375.80</td>
<td>K.O. Boxing, 2303 Tuttle Creek Blvd.</td>
</tr>
<tr>
<td>BOXING III</td>
<td>15699</td>
<td>10/13/2011 to 12/08/2011 (T/TH)</td>
<td>12:00 PM to 1:00 PM</td>
<td>$375.80</td>
<td>K.O. Boxing, 2303 Tuttle Creek Blvd.</td>
</tr>
<tr>
<td>BOXING IV</td>
<td>15700</td>
<td>10/17/2011 to 12/07/2011 (M/W)</td>
<td>6:30 PM to 7:30 PM</td>
<td>$375.80</td>
<td>K.O. Boxing, 2303 Tuttle Creek Blvd.</td>
</tr>
<tr>
<td>BOXING IV</td>
<td>15699</td>
<td>10/13/2011 to 12/08/2011 (T/TH)</td>
<td>2:00 PM to 3:00 PM</td>
<td>$375.80</td>
<td>K.O. Boxing, 2303 Tuttle Creek Blvd.</td>
</tr>
<tr>
<td>BOXING IV</td>
<td>15699</td>
<td>10/17/2011 to 12/07/2011 (M/W)</td>
<td>6:30 PM to 7:30 PM</td>
<td>$375.80</td>
<td>K.O. Boxing, 2303 Tuttle Creek Blvd.</td>
</tr>
<tr>
<td>BEGINNING FENCING</td>
<td>15754</td>
<td>08/22/2011 to 12/05/2011 (M)</td>
<td>6:00 PM to 7:30 PM</td>
<td>$285.20</td>
<td>K-State Ahearn Field House</td>
</tr>
<tr>
<td>INTERMEDIATE FENCING</td>
<td>15911</td>
<td>08/22/2011 to 12/05/2011 (M)</td>
<td>7:30 PM to 9:00 PM</td>
<td>$285.20</td>
<td>K-State Ahearn Field House</td>
</tr>
<tr>
<td>FIRST AID/CPR/AED</td>
<td>15713</td>
<td>08/27/2011 to 08/28/2011 (Sat/Sun)</td>
<td>12:00 PM to 7:30 PM</td>
<td>$345.80</td>
<td>UFM Conference Room, 1221 Thurston</td>
</tr>
<tr>
<td>FIRST AID/CPR/AED</td>
<td>15714</td>
<td>09/11/2011 to 09/18/2011 (Sun)</td>
<td>12:00 PM to 7:30 PM</td>
<td>$345.80</td>
<td>UFM Banquet Room, 1221 Thurston</td>
</tr>
<tr>
<td>FIRST AID/CPR/AED</td>
<td>15715</td>
<td>09/24/2011 to 09/25/2011 (Sat/Sun)</td>
<td>12:00 PM to 7:30 PM</td>
<td>$345.80</td>
<td>UFM Banquet Room, 1221 Thurston</td>
</tr>
<tr>
<td>FIRST AID/CPR/AED</td>
<td>15716</td>
<td>10/22/2011 to 10/23/2011 (Sat/Sun)</td>
<td>12:00 PM to 7:30 PM</td>
<td>$345.80</td>
<td>UFM Banquet Room, 1221 Thurston</td>
</tr>
<tr>
<td>FIRST AID/CPR/AED</td>
<td>15717</td>
<td>11/12/2011 to 11/13/2011 (Sat/Sun)</td>
<td>12:00 PM to 7:30 PM</td>
<td>$345.80</td>
<td>UFM Banquet Room, 1221 Thurston</td>
</tr>
<tr>
<td>FIRST AID/CPR/AED</td>
<td>15718</td>
<td>12/03/2011 to 12/04/2011 (Sat/Sun)</td>
<td>12:00 PM to 7:30 PM</td>
<td>$345.80</td>
<td>UFM Banquet Room, 1221 Thurston</td>
</tr>
<tr>
<td>FITBALL FUSION</td>
<td>15905</td>
<td>08/23/2011 to 10/11/2011 (T/TH)</td>
<td>10:00 AM to 11:00 AM</td>
<td>$369.80</td>
<td>Max Fitness, 3011 Anderson Ave #503</td>
</tr>
<tr>
<td>FITBALL FUSION</td>
<td>15852</td>
<td>10/13/2011 to 12/08/2011 (T/TH)</td>
<td>10:00 AM to 11:00 AM</td>
<td>$369.80</td>
<td>Max Fitness, 3011 Anderson Ave #503</td>
</tr>
<tr>
<td>FITNESS SWIMMING</td>
<td>15775</td>
<td>08/23/2011 to 10/11/2011 (T/TH)</td>
<td>6:00 PM to 7:30 PM</td>
<td>$289.20</td>
<td>K-State Natatorium</td>
</tr>
<tr>
<td>FITNESS SWIMMING</td>
<td>16222</td>
<td>10/13/2011 to 12/08/2011 (T/TH)</td>
<td>6:00 PM to 7:30 PM</td>
<td>$289.20</td>
<td>K-State Natatorium</td>
</tr>
<tr>
<td>FLY FISHING</td>
<td>15854</td>
<td>10/17/2011 to 10/27/2011 (M/T/W/TH)</td>
<td>6:00 PM to 8:00 PM</td>
<td>$293.20</td>
<td>K-State Durland Hall Room 1061</td>
</tr>
<tr>
<td>GOLF</td>
<td>15855</td>
<td>08/24/2011 to 10/12/2011 (W)</td>
<td>1:30 PM to 3:30 PM</td>
<td>$389.80</td>
<td>Stagg Hill Golf Club, 4441 Ft Riley Blvd</td>
</tr>
<tr>
<td>GOLF</td>
<td>15856</td>
<td>08/24/2011 to 10/12/2011 (W)</td>
<td>5:30 PM to 7:30 PM</td>
<td>$389.80</td>
<td>Stagg Hill Golf Club, 4441 Ft Riley Blvd</td>
</tr>
<tr>
<td>GOLF</td>
<td>15857</td>
<td>08/23/2011 to 10/11/2011 (T)</td>
<td>2:30 PM to 4:30 PM</td>
<td>$389.80</td>
<td>Stagg Hill Golf Club, 4441 Ft Riley Blvd</td>
</tr>
<tr>
<td>GOLF</td>
<td>15906</td>
<td>08/25/2011 to 10/13/2011 (T)</td>
<td>9:30 AM to 11:30 AM</td>
<td>$389.80</td>
<td>Stagg Hill Golf Club, 4441 Ft Riley Blvd</td>
</tr>
<tr>
<td>GOLF IN JUNCTION CITY</td>
<td>15907</td>
<td>08/23/2011 to 10/11/2011 (T)</td>
<td>5:30 PM to 7:30 PM</td>
<td>$389.80</td>
<td>JC Golf Course, 7550 Old Milford Rd</td>
</tr>
<tr>
<td>GOLF IN JUNCTION CITY</td>
<td>15908</td>
<td>08/24/2011 to 10/10/2011 (W)</td>
<td>5:30 PM to 7:30 PM</td>
<td>$389.80</td>
<td>JC Golf Course, 7550 Old Milford Rd</td>
</tr>
<tr>
<td>INDOOR CYCLING</td>
<td>15909</td>
<td>08/22/2011 to 10/12/2011 (M/W)</td>
<td>11:30 AM to 12:30 PM</td>
<td>$369.80</td>
<td>Max Fitness, 3011 Anderson Ave #503</td>
</tr>
<tr>
<td>INDOOR CYCLING</td>
<td>15910</td>
<td>10/17/2011 to 12/07/2011 (M/W)</td>
<td>11:30 AM to 12:30 PM</td>
<td>$369.80</td>
<td>Max Fitness, 3011 Anderson Ave #503</td>
</tr>
<tr>
<td>JUDO</td>
<td>15912</td>
<td>08/22/2011 to 12/08/2011 (M/TH)</td>
<td>8:00 PM to 9:00 PM</td>
<td>$264.20</td>
<td>K-State Ahearn Room 301</td>
</tr>
<tr>
<td>RESPONDING TO EMERGENCIES</td>
<td>15930</td>
<td>10/02/2011 to 10/16/2011 (Sun,Sat)</td>
<td>12:00 PM to 6:30 PM</td>
<td>$691.60, 2 hour credit</td>
<td>UFM Banquet Room, 1221 Thurston</td>
</tr>
<tr>
<td>SCUBA DIVING</td>
<td>15931</td>
<td>09/12/2011 to 10/17/2011 (M)</td>
<td>6:00 PM to 10:00 PM</td>
<td>$441.20</td>
<td>K-State Natatorium</td>
</tr>
<tr>
<td>SCUBA DIVING</td>
<td>15932</td>
<td>10/24/2011 to 12/05/2011 (M)</td>
<td>6:00 PM to 10:00 PM</td>
<td>$441.20</td>
<td>K-State Natatorium</td>
</tr>
<tr>
<td>TITLE</td>
<td>REFERENCE #</td>
<td>DATE</td>
<td>TIME</td>
<td>FEE</td>
<td>LOCATION</td>
</tr>
<tr>
<td>-------------------</td>
<td>-------------</td>
<td>-----------------------------</td>
<td>--------------------</td>
<td>-------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>TAE KWON DO I</td>
<td>15933</td>
<td>08/23/2011 to 12/08/2011 (T/TH)</td>
<td>5:00 PM to 6:00 PM</td>
<td>$345.80</td>
<td>Sun Yi's Academy, 1650 Hayes Drive</td>
</tr>
<tr>
<td>TENNIS</td>
<td>15934</td>
<td>09/06/2011 to 11/15/2011 (T)</td>
<td>1:30 PM to 3:00 PM</td>
<td>$353.80</td>
<td>Body First Tennis and Fitness, 3615 Clifton Rd</td>
</tr>
<tr>
<td>TENNIS</td>
<td>15935</td>
<td>09/07/2011 to 11/16/2011 (W)</td>
<td>1:30 PM to 3:00 PM</td>
<td>$353.80</td>
<td>Body First Tennis and Fitness, 3615 Clifton Rd</td>
</tr>
<tr>
<td>TOTAL BODY TONING</td>
<td>15936</td>
<td>10/17/2011 to 12/07/2011 (M/W)</td>
<td>10:30 AM to 11:30 AM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td></td>
<td>15937</td>
<td>08/23/2011 to 10/11/2011 (T/TH)</td>
<td>4:15 PM to 5:15 PM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td></td>
<td>15938</td>
<td>08/22/2011 to 10/12/2011 (M/W)</td>
<td>10:30 AM to 11:30 AM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td></td>
<td>15939</td>
<td>08/22/2011 to 10/12/2011 (M/W)</td>
<td>1:00 PM to 2:00 PM</td>
<td>$369.80</td>
<td>Max Fitness, 3011 Anderson Ave #503</td>
</tr>
<tr>
<td></td>
<td>15940</td>
<td>08/22/2011 to 10/12/2011 (M/W)</td>
<td>10:00 AM to 11:00 AM</td>
<td>$369.80</td>
<td>Max Fitness, 3011 Anderson Ave #503</td>
</tr>
<tr>
<td></td>
<td>15941</td>
<td>08/23/2011 to 10/11/2011 (T/TH)</td>
<td>1:30 PM to 2:30 PM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td></td>
<td>15942</td>
<td>10/13/2011 to 12/08/2011 (T/TH)</td>
<td>4:15 PM to 5:15 PM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td></td>
<td>15943</td>
<td>10/17/2011 to 12/07/2011 (M/W)</td>
<td>10:00 AM to 11:00 PM</td>
<td>$369.80</td>
<td>Max Fitness, 3011 Anderson Ave #503</td>
</tr>
<tr>
<td></td>
<td>15944</td>
<td>10/17/2011 to 12/07/2011 (M/W)</td>
<td>1:00 PM to 2:00 PM</td>
<td>$369.80</td>
<td>Max Fitness, 3011 Anderson Ave #503</td>
</tr>
<tr>
<td></td>
<td>15945</td>
<td>10/13/2011 to 12/08/2011 (T/TH)</td>
<td>1:30 PM to 2:30 PM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td></td>
<td>15729</td>
<td>08/23/2011 to 10/11/2011 (T/TH)</td>
<td>4:00 PM to 5 PM</td>
<td>$369.80</td>
<td>Max Fitness, 3011 Anderson Ave #503</td>
</tr>
<tr>
<td></td>
<td>15728</td>
<td>10/13/2011 to 12/08/2011 (T/TH)</td>
<td>4:00 PM to 5 PM</td>
<td>$369.80</td>
<td>Max Fitness, 3011 Anderson Ave #503</td>
</tr>
<tr>
<td>YOGILATES</td>
<td>15727</td>
<td>08/22/2011 to 10/12/2011 (M/W)</td>
<td>9:00 AM to 10:00 AM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td></td>
<td>15726</td>
<td>08/22/2011 to 10/12/2011 (M/W)</td>
<td>1:30 PM to 2:30 PM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td></td>
<td>15725</td>
<td>08/23/2011 to 10/11/2011 (T/TH)</td>
<td>12:00 PM to 1:00 PM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td></td>
<td>15724</td>
<td>10/13/2011 to 12/09/2011 (T/TH)</td>
<td>12:00 PM to 1:00 PM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td></td>
<td>15723</td>
<td>10/17/2011 to 12/07/2011 (M/W)</td>
<td>9:00 AM to 10:00 AM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td></td>
<td>15722</td>
<td>10/17/2011 to 12/07/2011 (M/W)</td>
<td>1:30 PM to 2:30 PM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td></td>
<td>16088</td>
<td>08/23/2011 to 10/11/2011 (T/TH)</td>
<td>7:00 PM to 8:00 PM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td></td>
<td>16089</td>
<td>10/13/2011 to 12/09/2011 (T/TH)</td>
<td>7:00 PM to 8:00 PM</td>
<td>$369.80</td>
<td>Pro Fitness, 1125 Laramie St</td>
</tr>
<tr>
<td>ZUMBA</td>
<td>15721</td>
<td>08/23/2011 to 10/11/2011 (T/TH)</td>
<td>1:00 PM to 2:00 PM</td>
<td>$369.80</td>
<td>Max Fitness, 3011 Anderson Ave #503</td>
</tr>
<tr>
<td>ZUMBA</td>
<td>15720</td>
<td>10/13/2011 to 12/09/2011 (T/TH)</td>
<td>1:00 PM to 2:00 PM</td>
<td>$369.80</td>
<td>Max Fitness, 3011 Anderson Ave #503</td>
</tr>
<tr>
<td>FUNDAMENTALS OF CANOEING</td>
<td>16408</td>
<td>09/24/2011 to 09/25/2011 (Sat/Sun)</td>
<td>8:30 AM to 4:30 PM</td>
<td>$377.80</td>
<td>UFM Banquet Room, 1221 Thurston</td>
</tr>
<tr>
<td>FUNDAMENTALS OF CANOEING</td>
<td>16409</td>
<td>10/01/2011 to 10/02/2011 (Sat/Sun)</td>
<td>8:30 AM to 4:30 PM</td>
<td>$377.80</td>
<td>UFM Banquet Room, 1221 Thurston</td>
</tr>
<tr>
<td>INTRO TO RIVER CANOEING</td>
<td>16407</td>
<td>10/08/2011 to 10/09/2011 (Sat/Sun)</td>
<td>8:30 AM to 4:30 PM</td>
<td>$377.80</td>
<td>UFM Banquet Room, 1221 Thurston</td>
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Fall 2011 Manhattan Courses

1950s Television and American Culture

Thursdays, September 15, 22, and 29 from 7-9 p.m.
NISTAC Conference Room
2005 Research Park Drive, Manhattan, Kan.
$35

This course, offered by video conferencing from KU, examines the development of network television during the Eisenhower era and how several television programs reflected post-war cultural concerns. Television genres such as the sitcom, the crime series and the western will be studied. Programs to be viewed include I Love Lucy, Father Knows Best, Highway Patrol, Johnny Staccato, Have Gun Will Travel, and Gunsmoke.

Ron Wilson, Ph.D., is a lecturer at KU where he has taught courses in American popular culture. He is currently working on a book on The Untouchables for Wayne State University Press.

Aesthetics of Theater

Mondays, October 10, 17 and 24 from 3-5 p.m.
Meadowlark Hills Retirement Center
Community Room
2121 Meadowlark Road, Manhattan, Kan.
$35

Aesthetics is the branch of philosophy dealing with such notions as the beautiful, the ugly, the sublime, the comic or as applicable to the fine arts, with a view to establishing the validity of critical judgments concerning works of art, and the principles justifying such judgments. What do you think is beautiful and why? Explore the world of beauty and theater. Learn about the aesthetics of theater in two class sessions and witness the world of aesthetics through the Manhattan Experimental Theater Workshop group in the third class session.

Jim Hamilton is a professor of Philosophy at Kansas State University. His research is in aesthetics, especially theater-aesthetics. He received his Ph.D. from the University of Texas at Austin. He is the founder and director of the Manhattan Experimental Theater Workshop, a program of the Manhattan Arts Center.

Landscapes of the Flint Hills

Mondays, Oct. 31, Nov. 7 and 14 from 3-5 p.m.
Meadowlark Hills Retirement Center
Community Room
2121 Meadowlark Road, Manhattan, Kan.
$35

Explore the fascinating history of the Kansas Flint Hills in this three part series! Investigate the geology of how the gently rolling hills were created. Learn about the lush vegetation and wildflowers of this impressive landscape. Discover the majestic beauty of the Flint Hills and learn creative techniques to capture that divine beauty through photography.

Keith B. Miller is a research assistant professor of geology at Kansas State University.

Recalling World War II

Wednesdays, Nov. 2, 9, and 16 from 12:30-2:30 p.m.
Meadowlark Hills Retirement Center
Community Room
2121 Meadowlark Road, Manhattan, Kan.
$35

Learn about the start of WW II, the major battles that were fought, what was happening on the Home Front, and the end to the war. Discussion will cover the turning points of the war and the outstanding military leaders. Guest speakers will be WWII veterans who will share their experiences.

Bill McKale is the former director of the Cavalry Museum at Fort Riley, Kansas. He is a native Kansan who earned his M.A. degree in history from Kansas State University.

Notice of Nondiscrimination

Kansas State University is committed to nondiscrimination on the basis of race, color, national origin, sex, sexual orientation, gender identity, religion, age, ancestry, disability, military status, veteran status, 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. Responsibility for coordination of compliance efforts and receipt of inquiries concerning Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and the Americans With Disabilities Act of 1990, has been delegated to the Director of Affirmative Action, Kansas State University, 114 Anderson Hall, Manhattan, KS 66506-0134, (Phone) 785-532-6210, (TTY) 785-532-4807.

Special Assistance

A participant in a KU noncredit program who needs accommodation should indicate this at time of registration. Early notification is requested to ensure that accommodations can be provided in a timely manner.

HOW TO ENROLL:

⇒ Online at www.isher.ku.edu
⇒ Call toll free 1-877-404-5823
⇒ Download a registration form and mail with payment to:
Osher Lifelong Learning Institute
KU Continuing Education — Registrations
1515 Saint Andrews Dr.
Lawrence, KS 66047-1619

For local information, contact Linda Teener at 785-539-8763,
UFM Community Learning Center
1221 Thurston St.
Manhattan, KS 66502

Kansas State University
Division of Continuing Education
UFM’s Education Program Offers Diverse Credit and Noncredit Classes as Well as Test Preparation Courses. Classes are Taught by People Who Want to Share Their Interest with Others. Participants Range from Students, Manhattan Area Residents and KSU Faculty/Staff.

CrA-state Outreach
UFM’s State Outreach Program Provides Consultation, Technical Assistance and Mini-Grants to Kansas Communities Interested in Starting Their Own Community Education and Development Programs.

Lou Douglas Lecture Series on Public Issues
Focuses on Social Justice, Human Rights, World Peace and International Development.

Teen Mentoring Program
The Teen Mentoring Program Was Developed as a Way to Provide Support and Positive Interaction with Varied Curriculum. Opportunities Are Planned for Recreation and Learning Experiences. Middle and High School Group Meets Two Days a Week After School. Call UFM at 539.8763 or info@tryufm.org.

Manhattan Community Garden
The Manhattan Community Garden Is a Cooperative Gardening Project with Over 170 Plots. Plot Sign-Ups Occur in February and March Each Year.

Flint Hills Community Radio

For More Information—www.tryufm.org
785.539.8763
info@tryufm.org
UFM REGISTRATION FORM
1221 Thurston St | Manhattan KS 66502
785.539.8763 | (F) 785.539.9460 | www.tryufm.org | info@tryufm.org

Student Name ____________________________________________________
Address _________________________________________________________
City ______________________ State _____ Zip __________

Day Phone (______) Evening Phone (______) Email ______________________

Parent’s name if student is under age 18 ____________________________ Age if under 18 ________

Participant Statistics: K-State Student _______ K-State Faculty/Staff _______ Fort Riley _______ Other _______ Age Group: 18-24 _______ 25-59 _______ 60+ ________

Course Code Session Course Name Fee $
Example: 11CAQ01 A Level I: Introduction to Water Skills 54.00

Method of Payment (All fees must be paid for at the time of registration) ________________________________

Check or Money Order (Make check payable to UFM) _______ Cash _______

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Name on card (please print) ____________________________________________ A class I would like offered _________________________________

Where did you obtain your catalog? ____________________________ A class I would like offered _________________________________

UFM Liability Participant Statement
By enrolling in this class, I hereby agree, for myself and for the enrollee, to UFM Community Learning Center’s liability statement and acknowledge and understand the potential risk(s) of injury associated with participation in recreational sports and fitness activities. Participants should voluntarily assume all risks of loss, damage or injury that may be sustained while using Kansas State University or UFM facilities or participating in programs. K-State Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their 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.

_________________________________________________________ Date ______________________
Signature (Signature of Parent or Guardian required for minors)

UFM Refund and Cancellation Policies
We will provide a full refund if a class is cancelled by UFM. If a student withdraws from a class 48 hours before the class begins, a full refund may be given, except for any published non-refundable material fees. No refunds will be given once class has started. When we cancel or reschedule a class, you will be notified. Therefore, it is extremely important that we have a daytime and an evening phone number where we may reach you or leave a message. We reserve the right to cancel any class.