What’s Inside:

- ZUMBATOMIC ® LIL STARZ
- Dog Obedience
  - Also Dog Trick Training
- Scrapbooking Classes
  - Gerber to Graduation
  - 10 Things I Like About You!
- Intro to Adobe Photoshop
- Women’s Self Defense
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UFM OFFICE HOURS:
MONDAY-FRIDAY
8:30 AM-5:00 PM (CLOSED NOON-1 PM)
785.539.8763 | info@tryufm.org
www.tryufm.org | www.facebook.com/UFMCLC

Find UFM on Facebook!
2011 SPRING INSTRUCTORS

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

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

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

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor’s financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor’s ability with Marcia at 785.8763.

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

REFUND POLICY
We will provide a full refund if a class is canceled 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.

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

LIABILITY STATEMENT
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize K-State 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 K-State 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.

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 18 age 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. Feel free to call us to inquire about our receipt of your registration.

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 deductions contributions may be sent to UFM at 1221 Thurston St, Manhattan, KS 66502.

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.

SPECIAL POLICIES FOR K-STATE CREDIT CLASSES
CREDIT REGISTRATION REFUNDS
A full refund of tuition and fees, less any non-refundable material fee, may be given before 20% of the scheduled class meetings. A 50% refund of tuition and fees may be given, less any non-refundable material fee, between 20% and 25% of the scheduled class meetings. No refund is issued after 25% of the scheduled class meetings. A course dropped between 30% to 60% of the scheduled class meetings will have a “W” recorded on the students transcript. A course dropped between 30% to 63% of the scheduled class meetings will have a “W” recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: http://www.k-state.edu/deg/distance/forms.html or send written notification to the DCE Registration Office 785.532.5564 postmarked no later than the deadline. Students may not drop from a course after 63% of the class has been completed.

CREDIT ENROLLMENT FEE
Courses taken for credit carry additional fees required for University administration of the credit program. A $25.00 late fee will be charged for enrollments taken after the first day of classes. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer 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@ksstate.edu. Early notification is requested to ensure that accommodations can be provided in a timely manner.

UFM STAFF
Executive Director | LINDA INLOW TEENER
Education Coordinator | MARCIA HORNUNG
State Outreach/K-State Credit Coordinator | CHARLENE BROWNSON
Program Assistant | VALERIE COLTHARP
Registrar/Program Assistant | ANNETTE ROUTON
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UFM would like to acknowledge and thank The Manhattan Mercury for their continued support and catalog printing.
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 each class 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 K-State 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.

BEGINNING & ENDING DATES (Levels 1-6, Adult Lessons and Lap Swimming):

| Session A | Monday, Feb. 7 to April 1 (No class 3/21) |
| Session B | Tuesday, Feb. 8 to April 19 (No class 3/22) |
| Session C | Wednesday, Feb. 9 to April 20 (No class 3/23) |
| Session D | Thursday, Feb. 10 to April 21 (No class 3/24) |
| Session E | Saturday, Feb. 12 to May 7 (No classes 3/19, 3/26, 4/23) |

Parent and Child Aquatics (12 mos-3 yrs)

Parent and Child Aquatics introduces basic 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

Level 1: Introduction to Water Skills
The objectives of Level 1 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)

Level II: Fundamental Aquatic Skills

The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes. As in all levels, safety skills will be presented to improve comprehension of previous knowledge.

Fee: $54.00 per session (10 lessons/40 min)

Level III: Stroke Development

The objective of Level 3 is to build on previously learned skills by providing additional guided practice. Participants will learn to swim, swim the front crawl and elementary backstroke. Scissors and dolphin kicks, as well as the fundamentals of treading water will be introduced. Participants will also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside. As in all levels, safety skills will be presented.

Fee: $54.00 per session (10 lessons/40 min)

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 330-614-1397 or Nellie Bucholtz at 785-587-8770
Level IV: Stroke Improvement

The objectives of Level 4 are to develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. In Level 4, participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Participants add the arms to the scissors kick for the sidestroke. Participants also start to learn the back crawl, breaststroke and butterfly and the basics of turning at a wall.

Fee: $54.00 per session (10 lessons/40 min)

AQ-04A Monday 6:45 PM to 7:25 PM
AQ-04B Tuesday 6:45 PM to 7:25 PM
AQ-04C Wednesday 6:45 PM to 7:25 PM
AQ-04D Thursday 6:45 PM to 7:25 PM
AQ-04E Saturday 10:20 AM to 11:00 AM

Level V: Stroke Refinement

The objectives of this level are coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

Fee: $54.00 per session (10 lessons/40 min)

AQ-05A Monday 6:45 PM to 7:25 PM
AQ-05C Wednesday 6:45 PM to 7:25 PM
AQ-05E Saturday 10:20 AM to 11:00 AM

Level VI: Swimming and Skill Proficiency

The objectives of this level are to refine strokes so participants can swim them with more ease, efficiency, power and smoothness and over greater distances. Level 6 also introduces other aquatic activities and offers three options - Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as the Water Safety Instructor course, or other aquatics activities, such as competitive swimming or diving.

Fee: $54.00 per session (10 lessons/40 min)

AQ-06A Monday 6:45 PM to 7:25 PM
AQ-06C Wednesday 6:45 PM to 7:25 PM
AQ-06E Saturday 10:20 AM to 11:00 AM

Adult Swim Lessons

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

Fee: $54.00 per session (10 lessons/40 min)

AQ-22A Monday 6:00 PM to 6:40 PM

Lap Swimming: Ages 13+

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

Fee: $19.00 per session (10 times)

AQLSA Monday 6:00 PM to 7:30 PM
AQLSB Tuesday 6:00 PM to 7:30 PM
AQLSC Wednesday 6:00 PM to 7:30 PM
AQLSD Thursday 6:00 PM to 7:30 PM
AQLSE Saturday 9:30 AM to 11:00 AM

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)

AQLPA Monday 6:00 PM to 7:30 PM
AQLPB Tuesday 6:00 PM to 7:30 PM
AQLPC Wednesday 6:00 PM to 7:30 PM
AQLPD Thursday 6:00 PM to 7:30 PM
AQLPE Saturday 9:30 AM to 11:00 AM

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 floatation device are allowed to participate in this class). Shallow Water meets M-Th and Deep Water meets only Tues/Thurs.

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

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

Times for Saturday sessions:
9:30 AM to 10:00 AM

Open Swim Appreciation

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

Date: 04/03/2011 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

*Professional Certification Courses*

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 539.8763

Teach a class! Call UFm at 539.8763

[Image of Aquatics catalog]
## Open Swim Appreciation 11AAQ31B

| Date          | 04/17/2011 (Su)          | Time | 5:00 PM to 7:00 PM | Fee | No charge | Location | Natatorium, K-State Campus |

## Sunday Family Swim 11AAQ32

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

| Date          | 04/03/2011 to 05/01/2011 (Su) | Time | 5:00 PM to 7:00 PM | Fee | $8.00/Individual; $20.00/Family | Location | Natatorium, K-State Campus |

## Lifeguard Training 11AAQ35AZ

The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. There will be a lunch or dinner break.

Enrollment and certification requirements for this class are listed at www.tryufm.org. Materials are required and NOT included in fee; please pick up at UFM, 1221 Thurston St. before class begins.

**Instructor:** Carol Russell, iteach@ksu.edu

| Date          | 04/08/2011 to 04/16/2011 (F/Sa) | Time | 4/8 from 6:00 PM to 9:00 PM (F) | Fee | $149.00 (Available for KSU Credit) | Location | Natatorium, K-State Campus |

## Scuba Diving 11AAQ105AZ

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of $75 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student’s expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from $100 to $175. There is a non-refundable material fee of $50 for withdrawing from the class after the first day.

**Instructor:** Jeff Wilson, (785) 313-4231

| Date          | 03/28/2011 to 05/02/2011 (M) | Time | 6:00 PM to 10:00 PM | Fee | $257.00 (Available for KSU Credit) | Location | Natatorium, K-State Campus |

## Intermediate Kayak Chapter Workshop 11AAQ109B

This course is for experienced touring and white water kayakers only. Bring your boats to practice self and assisted rescues. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (KCA) Kayak Chapter.

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

Equipment and location needs for this class are listed at www.tryufm.org.

**Instructor:** T.J. Hittle, tjhittle@yahoo.com

| Date          | 01/30/2011 (Su) | Time | 8:00 AM to 12 N | Fee | $16.00 | Location | Natatorium, K-State Campus |

## WSI-Water Safety Instructor 11AAQ121Z

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn-To-Swim, WSI-aided, Water Safety Outreach presentations, and Parent and Child Aquatics. Please Note: The WSI course is NOT designed to teach you the required strokes and skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading, homework and presentations. Enrollment, certification and materials are required for this class are listed at www.tryufm.org.

**Instructor:** Carol Russell, iteach@ksu.edu

| Date          | 03/04/2011 to 03/13/2011 (F/Sa/Su) | Time | 3/13 from 9:00 AM to 12:00 PM (Su) | Fee | $180.00 (Available for KSU Credit) | Location | Natatorium, K-State Campus |

## Deep Water Exercise 11AAQ100Z

Exercise and enjoy it! This is a course intended for students interested in becoming familiar with and practicing in various types of water exercise for fitness and conditioning. Topics addressed include a review of different types of water exercise, current research findings, hydrodynamic principles, basic principles of physical fitness and exercise physiology, applications and considerations, workout design. Lecture/lab once weekly; main lab time, which will be in water! Prerequisites: must be able to jump into deep water, swim to surface and tread water for one minute.

**Instructor:** Julie Gibbs

| Date          | 01/18/2011 to 05/03/2011 (Tu) | Time | 8:30 AM to 2:00 PM (Tu) | Fee | $95.00 (Available for KSU credit) | Location | Natatorium, K-State Campus |

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To view instructor’s bio visit www.tryufm.org
Take Control of Your Money 11AFC01
Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend, and save? Are you spending too much on debt, insurance and personal items. You will learn to identify problem areas in your finances so that you can start to take control of your money. Learn to buy wisely and set realistic financial goals. Topics will include planned spending, debt, credit cards, insurances and investment basics. Instructor: Charlene M. Brownson, (785) 539-8763, cmb@ksu.edu
Date: 03/10/2011 to 03/17/2011 (Th)
Time: 7:00 PM to 8:30 PM
Fee: Individual - $12.00, Couple - $16.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

LSAT Prep Course 11AFC24
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. Instructor: Kelsey Moran
Date: 03/28/2011 to 04/20/2011 (M/W)
Time: 6:00 PM to 9:00 PM
Fee: $270.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

One-on-One Computer Help 11AFC107A
This is an one-hour computer class meant for an individual or a small group of individuals to have tailored one-on-one instruction on computers and Internet use. The student will contact the instructor to discuss topics and goals for the session.
*Please contact UFM if there is more than one person enrolling for a session.
Instructor: Amy Trujillo, amyellen@me.com
Date: 02/05/2011 (Sa)
Time: 1:00 PM to 2:00 PM
Fee: $12.00
Location: UFM Computer Lab, 1221 Thurston St., 2nd floor

One-on-One Computer Help 11AFC107B
Instructor: Amy Trujillo, amyellen@me.com
Date: 02/05/2011 (Sa)
Time: 2:00 PM to 3:00 PM
Fee: $12.00
Location: UFM Computer Lab, 1221 Thurston St., 2nd floor

One-on-One Computer Help 11AFC107C
Instructor: Amy Trujillo, amyellen@me.com
Date: 03/05/2011 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: $12.00
Location: UFM Computer Lab, 1221 Thurston St., 2nd floor

One-on-One Computer Help 11AFC107D
Instructor: Amy Trujillo, amyellen@me.com
Date: 03/05/2011 (Sa)
Time: 11:00 AM to 12 N
Fee: $12.00
Location: UFM Computer Lab, 1221 Thurston St., 2nd floor

One-on-One Computer Help 11AFC107E
Instructor: Amy Trujillo, amyellen@me.com
Date: 04/09/2011 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: $12.00
Location: UFM Computer Lab, 1221 Thurston St., 2nd floor

One-on-One Computer Help 11AFC107F
Instructor: Amy Trujillo, amyellen@me.com
Date: 04/09/2011 (Sa)
Time: 11:00 AM to 12 N
Fee: $12.00
Location: UFM Computer Lab, 1221 Thurston St., 2nd floor

Computers and the Internet for Beginners 11AFC108
Technology is not as scary as it sometimes appears! This workshop is an opportunity for those not confident in their computer skills to have guidance at an appropriate pace. Participants will learn how to turn on the computer, access programs and documents in the computer, create folders, use the mouse, and navigate the Internet. Some of the Internet sites that will be included are: Google, Gmail, Facebook, Walgreens, WebMD, Manhattan Mercury, Manhattan Public Library, and genealogy sites. There are a limited number of one-on-one classes available after the Beginners Workshop for additional computer support. This class is tailored to move at a pace so those in attendance feel comfortable with their computer skills. Participants will receive an e-mail after attending to use for proof of attendance for professional development. Enrollment closes January 18, 2011. Instructor: Amy Trujillo, amyellen@me.com
Date: 01/22/2011 (Sa)
Time: 10:00 AM to 1:00 PM
Fee: $12.00
Location: Manhattan Public Library
Computer Classroom, 629 Poyntz Ave.
Getting Your Money’s Worth from Microsoft Office 11AFC112

Does your business or organization require that you have basic Microsoft Office skills? This workshop will guide you through the basics of Word, Excel, and PowerPoint. After this workshop, participants will have the knowledge to create letters, business cards, budgets, inventory lists, resumes and slide show presentations. Various tips and tricks will also be taught like page formatting, templates, customization of toolbars, formulas, shortcuts and auto-fill/auto-complete options. Different versions of Microsoft Office as well as Google Docs will be covered in this workshop. One-on-one classes are available for participants before and after the workshop for more in-depth individual help for Microsoft Office. Participants will receive an e-mail after attending to use for proof of attendance for professional development. Enrollment closes April 1, 2011.

Instructor: Amy Trujillo, amyellen@me.com

Date: 04/16/2011 (Sa)
Time: 10:00 AM to 1:00 PM
Fee: $12.00
Location: Manhattan Public Library

Teens on the Net Workshop 11AFC113

Internet users 11 years old and older and their parent(s) are encouraged to attend this helpful workshop on Internet use, privacy settings, and appropriate web sites for teens and preteens. Some of the web sites that will be discussed are Facebook, Twitter, Wordle, Glogster, Google, Youtube, FourSquare, Homework Kansas, Kansas State Library, Easy Bib, and Parent Portal. Students will learn how to set the privacy settings on social networking sites, how to get help with homework and projects, and how to monitor their own grades. Parents will have an opportunity to see what the teens are doing online, what is safe and not safe, how to monitor their child, his/her grades, and online activity from a safe distance. Enrollment closes May 3, 2011.

Instructor: Amy Trujillo, amyellen@me.com

Date: 05/07/2011 (Sa)
Time: 10:00 AM to 12 N
Fee: $12.00
Location: Manhattan Public Library

Making Social Networking Work for Your Organization 11AFC111

Are you confused over how social networking fits into your life? Social networking can be a valuable or hurtful item for businesses and organizations, depending on how people are using (or not using) them. Participants will be introduced on how FourSquare, Where, Twitter, Facebook, Yelp and other sites can help generate buzz about their products, increase sales and provide a human face for the consumers. Participants will brainstorm how social networking could be beneficial to their organization or business, learn about which social networking service would work best for them, and how to manage their account, including privacy settings. Participants will receive an e-mail after attending to use for proof of attendance for professional development. Enrollment closes March 8, 2011.

Instructor: Amy Trujillo, amyellen@me.com

Date: 03/12/2011 (Sa)
Time: 10:00 AM to 12 N
Fee: $12.00
Location: Manhattan Public Library

5 WAYS TO START LIVING GREEN

1. RECYCLE THIS CATALOG
2. BRING YOUR OWN BAGS TO GROCERY STORE (SAVE 5 CENTS PER BAG AT DILLONS AND RAY’S APPLE MART)
3. ADJUST THERMOSTAT FOR THE SEASON
4. SWITCH TO COMPACT FLUORESCENT LIGHT BULBS
5. CHECK YOUR TIRE AIR PRESSURE (UNDERINFLATED TIRES REDUCE FUEL EFFICIENCY)

Using Technology to Meet the Needs of Diverse Learners 11AFC115

This workshop is for certified, pre-service, and home school teachers as well as others interested in using technology with students. Using technology helps educators make sure that no child is left behind because it meets a variety of learning styles as well as linguistic needs. Some of the technology and web sites that will be used in the workshop include: Youblisher, Glogster, EasyBib, Text to Speech Translation, Online Stopwatch, Audacity, Comic Life, Interval Timers, Visual Online Dictionary, Online Manipulatives, Online Summary Tool, and Google SketchUp. Some of the tools that will be demonstrated are: digital voice recorders, computers, digital cameras, and flip camcorders. Participants will be provided with digital handouts that will direct them to further professional development on working with diverse learners, including podcast, webinars, and websites. Participants will receive an e-mail after attending to use for proof of attendance for professional development. Enrollment closes April 17, 2011.

Instructor: Amy Trujillo, amyellen@me.com

Date: 04/21/2011 (Th)
Time: 5:30 PM to 7:30 PM
Fee: $12.00
Location: K-State Bluemont Hall

H.A.V.E. AN IDEA FOR A UFM CLASS OR INTERESTED IN TEACHING A CLASS? UFM IS ALWAYS LOOKING FOR NEW IDEAS AND PROJECTS. WE WANT TO HEAR FROM YOU! CALL US AT 539.8763 OR EMAIL INFO@TRYUFM.ORG TO SHARE YOUR IDEAS!
Beginning Knitting 11ACF05A
Two projects (headband and hat) will be completed as you learn to cast-on, the knit stitch, the purl stitch, binding off, shaping and seaming. Materials for the first class project are short size 10 needles and a light-colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.
Instructor: Kennita Tully, (785) 537-1826
Date: 01/19/2011 to 02/09/2011 (W)
Time: 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting 11ACF05B
Instructor: Kennita Tully, (785) 537-1826
Date: 02/15/2011 to 03/08/2011 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting 11ACF05C
Instructor: Kennita Tully, (785) 537-1826
Date: 03/29/2011 to 04/19/2011 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Introduction to Adobe Photoshop 11ACF65
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, (785) 341-1047
scott@scottbeanphoto.com
Date: 02/01/2011 to 02/10/2011 (Tu/Th)
Time: 7:00 PM to 9:00 PM
Fee: $48.00
Location: UFM Computer Lab
1221 Thurston St., 2nd floor

Introduction to Photography 1: The Basics 11ACF78
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, (785) 341-1047
scott@scottbeanphoto.com
Date: 02/16/2011 to 03/16/2011 (W/Sa)
(No class 3/5)
Time: 7:00 PM to 9:00 PM
Fee: $74.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Introduction to Photography 2: Improving Your Composition 11ACF120
This class is designed as a follow up to the “Introduction to Photography” class offered at UFM. Students should know how to use their cameras and understand the basic principles of photography (e.g. know what f-stop, shutter speed, depth of field, etc. are).
The class will be structured around the review and discussion of photographs taken during the class and how to create photographs they wish to capture. Discussions will involve how to improve composition and exposure in camera and also how post-processing can help translate your vision to your finished print. Classroom time and Saturday field trips.
Instructor: Scott Bean, (785) 341-1047
scott@scottbeanphoto.com
Date: 04/07/2011 to 04/28/2011 (Th/Sa)
Time: 7:00 PM to 9:00 PM
Fee: $74.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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.
Introduction to Adobe Lightroom 11ACF140
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 develop 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, (785) 341-1047
scott@scottbeanphoto.com
Date: 01/18/2011 to 01/27/2011 (Tu/Th)
Time: 7:00 PM to 9:00 PM
Fee: $48.00
Location: UFM Computer Lab
1221 Thurston St., 2nd floor

Brain Gym ® 101 Core Course 11ACF29
Discover a way to...learn ANYTHING faster and more easily with Brain Gym ® 101 Core Course. This 24-hour course introduces you to using Brain Gym to benefit yourself and others. You will learn how to draw out potential in all areas of life by using powerful Brain Gym tools including: 4 steps to Get Ready. This 4 minute BG warm-up helps you feel focused, relaxed and ready to begin any new task or challenge.

26 Specific Movement Activities: Quick, simple physical movements that enhance specific skills. The 5-step Balance: This process targets a goal of your choice. Two Repatterning Sequences: Dennison Laterality Repatterning and Three Dimensional Repatterning “remind” different areas of your brain to work together synergistically. Class fee includes $85 in materials.
Instructor: Judy Metcalf, (571) 217-7736
kinlearn3jm@yahoo.com
Date: 03/19/2011 to 03/27/2011 (Sa/Su)
Time: 9:30 AM to 4:00 PM
Fee: $72.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

An Introduction to Brain Gym : The Physical Skills of Comprehension 11ACF121
Within the Brain Gym 5 step process for making learning fun and easy, participants will learn PACE, a simple movement sequence that prepares the mind/body system for new learning experiences.

The technique of “Noticing” will be taught to refine body awareness skills and “the physical skills of comprehension” will be explored. Six Brain Gym Activities will be taught from the Focus Dimension. Participants will benefit from bringing simple goals/intentions related to comprehension.
Instructor: Judy Metcalf, (571) 217-7736
kinlearn3jm@yahoo.com
Date: 03/19/2011 (Sa)
Time: 9:30 AM to 4:00 PM
Fee: $72.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Paper Bead Jewelry Making 11ACF72
Paper beads were made in Victorian times by women in England; the women would gather in dining rooms to roll scraps of wallpaper on knitting needles. The beads were strung on yarn and used to create curtains that separated rooms. This craft has become popular again; paper jewelry is sold in many boutiques today. In this class you will learn how to create your own paper beads and string them into necklaces, bracelets or earrings. Materials needed for assembling your jewelry will be included in class fees.
Instructor: Judy Metcalf, (571) 217-7736
kinlearn3jm@yahoo.com
Date: 04/21/2011 to 04/28/2011 (Th)
Time: 6:30 PM to 8:00 PM
Fee: $5.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

An Introduction to Brain Gym : The Physical Skills of Communication 11ACF123
Within the Brain Gym 5 step process for making learning fun and easy, participants will learn PACE, a simple movement sequence that prepares the mind/body system for new learning experiences.

An additional technique of “Noticing” will be taught to refine body awareness skills and “the physical skills of communication” will be discussed. Ten Brain Gym Activities will be taught from the Laterality Dimension. Participants will benefit from bringing simple goals/intentions related to communication.
Instructor: Judy Metcalf, (571) 217-7736
kinlearn3jm@yahoo.com
Date: 03/26/2011 (Sa)
Time: 9:30 AM to 4:00 PM
Fee: $72.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

An Introduction to Brain Gym : The Physical Skills of Organization 11ACF122
Within the Brain Gym 5 step process for making learning fun and easy, participants will learn PACE, a simple movement sequence that prepares the mind/body system for new learning experiences.

Another technique of “Noticing” will be taught to refine body awareness skills and “the physical skills of organization” will be experienced. Six Brain Gym Activities will be taught from the Centering Dimension. Participants will benefit from bringing simple goals/intentions related to organization.
Instructor: Judy Metcalf, (571) 217-7736
kinlearn3jm@yahoo.com
Date: 03/20/2011 (Su)
Time: 9:30 AM to 4:00 PM
Fee: $72.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Introduction to Voiceovers 11ACF129
Fun, one-on-one, online class to get started in Professional Voice Acting, covering some of the many details of the industry. Receive a professional voice evaluation. This class is taught by a professional voice actor from the voice acting training company, Voices For All. Requirements: Students must have Internet Access and Video Chatting capabilities using either of the following free methods: Skype (for PC users) and iChat (for Mac Users) to conduct the class from the convenience of your home. Now offering over the telephone. Please be sure to include email and phone number with registration. NOTE: Instructor will contact the students with information regarding the specific class fees and date. This class meets only once. View www.tryufm.org for information.
Instructor: Voices For All, LLC
Date: 01/18/2011 to 05/03/2011 (Tu)
Time: See class description
Fee: $30.00
Location: See class description

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Arts for All at the Manhattan Arts Center

**Live Theatre**
**Drinking Alone**
Feb 25-27 & Mar 3-6
**Seussical The Musical**
Apr 29-May 1 & May 5-8

**Galleries**
Watercolors, photos, ceramics, etc.

**Live Music**
Chuck Pyle
Jan 15
The Waymores
Thursday, Feb 10
...and more!

**MACcademy Youth Theatre**
**Missoula Children’s Theatre**
**King Arthur’s Quest**
Jan 24–29
**Paul Mesner Puppets**
**Sleeping Beauty**
March 19

**Adult & Kids’ Classes**
Clay, Theatre, Music, Painting, Violin, Mixed Media & more
Starting in February

**Ongoing Adult Studios**
Clay Open Studio
Watercolor Studio
Writers’ Studio

visit us on the web at www.manhattanarts.org
by phone at (785) 537-4420 or at 1520 Poyntz

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To view instructor’s bio visit www.tryufm.org
Dog Obedience-Foundations For a Well-Mannered Canine 11ACF136
This small and low stress class is designed to get you and your dog off to a great start in your life together. No more than six dogs per class will ensure much personal attention to every participant. The trainer is a member of the Association of Pet Dog Trainers (APDT) and learned positive training methods at the Animal Behavior College (ABC). All training is dedicated to methods that are fun for the dog and effective for the handler. While you will be learning basic commands like sit, down, stay, come and loose leash walking, every class can be customized to the level of the participating dogs and their handlers. Specific requests about commands or behaviors are welcome at any time. Class fee includes book and class materials. More information available at www.muttschool.com. *Our insurance company requires that in order to participate in this class, you will need to fill out an animal release form and an up-to-date copy of your dog’s shot record. These records will be retained for UFM’s files.
Instructor: Nadja Peery, (541) 974-4715
info@muttschool.com

Date: 01/26/2011 to 03/02/2011 (W)
Time: 6:30 PM to 7:30 PM
Fee: $75.00
Location: UFM Solar Addition, 1221 Thurston St.

Pet First Aid & Safety 11ACF141
Pet First Aid, from the American Red Cross and the Riley County Humane Society, is an illustrated first aid reference for dog lovers. This course provides detailed instructions for emergency situations and common injuries. Class fee includes a practical reference book and DVD.
Instructor: Nadja Peery, (541) 974-4715
info@muttschool.com

Date: 03/12/2011 to 03/12/2011 (Sa)
Time: 10:00 AM to 1:00 PM
Fee: $33.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Dog Trick Training 11ACF142A
Put the fun back into dog training with wave, roll over, play dead and more! Taking away the pressure of having to perfect obedience cues, this class will remind you and your dog that training should be a fun experience. And the benefits go way beyond silly tricks. This class is an opportunity to bond with your dog in a way that gets rid of his pent up energy, teaches him to problem solve and teaches you to communicate more effectively with your best friend. For more information go to www.muttschool.com. Class materials, equipment and a starting supply of treats will be provided. NOTE: Participating dogs should know the commands sit and down. *Our insurance company requires that in order to participate in this class, you will need to fill out an animal release form and an up-to-date copy of your dog’s shot record. These records will be retained for UFM’s files.
Instructor: Nadja Peery, (541) 974-4715
info@muttschool.com

Date: 01/27/2011 to 02/10/2011 (Th)
Time: 6:30 PM to 7:30 PM
Fee: $50.00
Location: UFM Solar Addition, 1221 Thurston St.

Dog Trick Training 11ACF142B
Instructor: Nadja Peery, (541) 974-4715
info@muttschool.com

Date: 02/17/2011 to 03/03/2011 (Th)
Time: 6:30 PM to 7:30 PM
Fee: $50.00
Location: UFM Solar Addition, 1221 Thurston St.

Montessori at Home with Children Ages 2-6 11ACF137A
There aren’t many Montessori schools in Manhattan, but Montessori at Home with Children is the place to learn Montessori-style exhibit skills of independence and good manners, long attention spans, a love of learning, and peacefulness. Parents, in turn, get to witness children at their best behavior, which brings profound joy and satisfaction. Lecture geared toward parents of children ages 2-6, Q&A period, and a chance to see many basic Montessori materials.
Instructor: Sara Shea, (785) 537-2483

Date: 01/28/2011 to 03/02/2011 (Th)
Time: 7:00 PM to 9:00 PM
Fee: $44.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Montessori at Home with Children Ages 2-6 11ACF137B
Instructor: Sara Shea, (785) 537-2483

Date: 03/11/2011 (F)
Time: 7:00 PM to 9:00 PM
Fee: $22.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

10 Things I Like about You! 11ACF138A
Trouble planning your album? At a loss for words? A 10 Things album is a series of 10 questions designed to get you thinking about a topic in depth. You will have a variety of themes to choose from or I will help you create your own. Come prepared with a set of photos (20-40) from one event, season, sport or activity and leave with a complete album. This is a great way to remember a special event, celebrate a favorite friend or coach or honor a loved one.

Price includes album, paper, stickers and adhesive to complete your album.
Instructor: Renee Gates, (785) 565-1633, cmfun@cox.net

Date: 01/18/2011 to 01/25/2011 (Tu)
Time: 7:00 PM to 9:00 PM
Fee: $44.00
Location: UFM Fireplace Room, 1221 Thurston St.

Sponsorship Opportunities!
Increase Your Market Potential By Sponsoring The UFM Catalog. For More Information, Please Contact Marcia or Annette At 785.539.8763 | Info@tryuFM.org

STRECKER-NELSON GALLERY
OUR ART IS THE “CAT’S MEOW”
Preview It On Our Website At www.strecker-nelsongallery.com Then Visit The Gallery Mon-Sat 10:00-6:00 At 4061/2 Poyntz 537-2099

Teach a class! Call UFM at 539.8763
Gerber to Graduation 11ACF139A
Create a keepsake album for your upcoming graduate OR get an early start on one for a younger student. This project will encompass 3 sessions and will result in a completed 12X12 or 11X14 photo album for display at graduation and hours of family enjoyment. Bring photos (8-10 per category) from birth to now in the following areas: birthdays, grade school, middle school, high school, activities and sports, dances, family, summer, winter, spring, fall, first years and friends. *Fees include album, paper, stickers and adhesive to complete your album.
Instructor: Renee Gates, (785) 565-1633, cmfun@cox.net
Date: 02/01/2011 to 02/22/2011 (Tu) (No class 2/15)
Time: 7:00 PM to 9:00 PM
Fee: $76.00
Location: UFM Fireplace Room, 1221 Thurston St.

Gerber to Graduation 11ACF139B
Instructor: Renee Gates, (785) 565-1633, cmfun@cox.net
Date: 03/02/2011 to 03/16/2011 (W)
Time: 7:00 PM to 9:00 PM
Fee: $76.00
Location: UFM Fireplace Room, 1221 Thurston St.

Gerber to Graduation 11ACF139C
Instructor: Renee Gates, (785) 565-1633, cmfun@cox.net
Date: 04/05/2011 to 04/19/2011 (Tu)
Time: 7:00 PM to 9:00 PM
Fee: $76.00
Location: UFM Fireplace Room, 1221 Thurston St.

Beginning Violin 11ACF143A
Beginning Violin will go through Suzuki's first violin book. It will cover basic music reading and violin technique. Students should leave able to play simple songs on the violin. Students will need to acquire the first Suzuki violin volume prior to the first class. Students will need to provide their own violin.
Instructor: Kelley Bowker, fischers.music@gmail.com
Date: 01/21/2011 to 03/11/2011 (F)
Time: 8:00 PM to 9:00 PM
Fee: $80.00
Location: College Avenue United Methodist 1609 College Ave

Beginning Violin 11ACF143B
Instructor: Kelley Bowker, fischers.music@gmail.com
Date: 03/18/2011 to 05/06/2011 (F)
Time: 8:00 PM to 9:00 PM
Fee: $80.00
Location: College Avenue United Methodist 1609 College Ave

Guitar Fundamentals 11ACF144A
Guitar Fundamentals covers basic chord structure and technique through exploring a variety of styles, from blues/rock to fingerstyle. Students will need to provide their own guitar.
Instructor: Kelley Bowker, fischers.music@gmail.com
Date: 01/21/2011 to 03/11/2011 (F)
Time: 6:00 PM to 7:00 PM
Fee: $80.00
Location: College Avenue United Methodist 1609 College Ave

Intermediate Guitar 11ACF145A
Intermediate Guitar will strengthen the student’s foundation in chord structure and technique, as well as learning the basics of soloing. Students will need to provide their own guitar.
Instructor: Kelley Bowker, fischers.music@gmail.com
Date: 03/18/2011 to 05/06/2011 (F)
Time: 7:00 PM to 8:00 PM
Fee: $80.00
Location: College Avenue United Methodist 1609 College Ave

Intermediate Guitar 11ACF145B
Instructor: Kelley Bowker, fischers.music@gmail.com
Date: 03/18/2011 to 05/06/2011 (F)
Time: 7:00 PM to 8:00 PM
Fee: $80.00
Location: College Avenue United Methodist 1609 College Ave

Interact with the Beach Museum’s art through the “Meet the Art” series.

January 11, March 8, May 10
10:30 a.m.
Watch for details at beach.k-state.edu

Leading in a Networked World

It’s not about who you know…. It’s about who knows you…. And how you learn and work together.

15th Annual K-State Leadership Seminar
Thursday, April 7, 2011

Visit the seminar website in early February for more information and online registration:
www.k-state.edu/leadershipseminar
**Earth & Nature**

**Fly Fishing 11AEN04AZ**
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. There is a non-refundable material fee of $40 for withdrawing from the class after the first day.

**Instructor:** Paul Sodamann, (785) 494-2340

**Date:** 04/18/2011 to 04/28/2011 (M-Th)
**Time:** 6:00 PM to 8:00 PM
**Fee:** $85.00
**Location:** K-State Durland/Rathbone Hall 1061

**Home Landscape Design 11AEN08**
Learn the basics of landscaping your home! Locally available resources will be presented. Property values can be increased by as much as 10-20% by smart landscape design. This course is a must for residents new to the Manhattan community or those of us with “brown thumbs.” Single home owner and/or couples are encouraged to enroll.

**Instructor:** Gregg Eyestone

**Date:** 03/03/2011 to 03/17/2011 (Th)
**Time:** 6:30 PM to 8:30 PM
**Fee:** Individual-$21.00, Couple-$30.00
**Location:** Riley County Extension Office, 110 Courthouse Plaza, 2nd Floor

**Wildflower Walks at Tuttle Creek Lake 11AEN69**
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 a 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:** 05/07/2011 (Sa)
**Time:** 7:30 PM to 8:30 PM
**Fee:** $12.00
**Location:** UFM Fireplace Room, 1221 Thurston St.

**Basic Photovoltaics: Solar Energy For Your Home and Entertainment 11AEN94**
We will discuss the ways you can produce solar electricity from sunlight, the various solar panels, the tracking and concentrating sunlight. We will then discuss how to use it to power anything you are interested in...from remote computers, house boats, or livestock pumps, to selling electricity from your home back to Westar. We won’t have time for details, but we will try to cover whatever you are interested in.

**Instructor:** Bill Dorsett, (785) 539-1956 wmdorsett@sbglobal.net

**Date:** 02/19/2011 (Sa)
**Time:** 10:00 AM to 12 N
**Fee:** No Charge
**Location:** UFM Solar Addition, 1221 Thurston St.

**Container Gardening for Herbs 11AEN95**
Enjoy the freshness of home grown with a container garden just steps away from your door. You can grow a variety of things in pots depending on the space and light available on your patio, balcony or porch. Our class will explore what to grow and how to do it successfully. We will discuss pot sizes and types for different kinds of plants as well as potting soil recommendations. We’ll talk about combining plants together for color and variety. We’ll also talk about caring for your plants so they’ll look great and be productive all summer. Prepare to show off your green thumb and if it isn’t green yet, it will be before you know it!

**Instructor:** Anita Carroll, a.carroll.design@gmail.com

**Date:** 03/31/2011 (Th)
**Time:** 7:30 PM to 8:30 PM
**Fee:** $12.00
**Location:** UFM Fireplace Room, 1221 Thurston St.

**Container Gardening for Veggies 11AEN97**
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 a 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:** 04/14/2011 (Th)
**Time:** 7:30 PM to 8:30 PM
**Fee:** $12.00
**Location:** UFM Fireplace Room, 1221 Thurston St.

**Container Gardening for Flowers 11AEN96**

**Date:** 04/07/2011 (Th)
**Time:** 7:30 PM to 8:30 PM
**Fee:** $12.00
**Location:** UFM Fireplace Room, 1221 Thurston St.

**Spring Back to Gardening Workshop & Plant Swap 11AEN99**
Join Riley County Extension Master Gardeners for their spring workshop and plant swap. There will be a variety of classes to choose from including:
- Drip Irrigation for the Novice (9:00 AM)
- Growing Roses in Riley County (9:00 AM)
- Container Gardening (10:00 AM)
- Plant & Flower Photography (10:00 AM)
- Butterflies in Your Gardens (11:00 AM)
- If You Like Day Lilies (11:00 AM)

Along with classes, there will also be a plant swap from 9 am to 1 pm. For more information on these classes and to view full class descriptions, please visit www.tryufm.org. Please register by March 28, 2011.

**Date:** 04/02/2011 (Sa)
**Time:** 9:00 AM to 1:00 PM
**Fee:** $12.00
**Location:** UFM, 1221 Thurston St.

**Vegetable Gardening for Beginners 11AEN98**
This class will focus on general aspects of growing a wide variety of vegetables including seed/plant selection, soil improvement, watering, and culture. It will also focus on some specific vegetable crops grown in gardens-cool season, warm season and perennials.

**Instructor:** Charles “Chuck” Marr, cmarr@ksu.edu

**Date:** 02/09/2011 to 02/16/2011 (W)
**Time:** 7:00 PM to 8:30 PM
**Fee:** $14.00
**Location:** UFM Fireplace Room, 1221 Thurston St.

**For more information, call UFM at (785) 539-8763 or e-mail info@tryufm.org.**

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**The Manhattan Community Garden is a cooperative gardening project located in the south part of Manhattan, Kansas. Land is provided by the City of Manhattan and supervised by UFM. The Garden is located in southern Manhattan at 9th and Riley Lane. Over 150 plots are available on an annual basis. A small plot rental fee is charged to cover costs of operating the program. Rent is charged on a sliding fee scale to allow all income groups to participate. Water, mulch, tools, seeds and advice are available.**

**2011 MANHATTAN COMMUNITY GARDEN SIGN UP**

**NEW GARDENERS**

**OrIENTATION & SIGN UP**
**JANUARY 5 AT 7-8:30 PM (W)**
**FEBRUARY 2 AT 7-8:30 PM (W)**
**FEBRUARY 12 AT 10-12 PM (S)**

**ALL DATES ABOVE AT UFM, 1221 THURSTON ST.**
Beer Tasting  11AFF39
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:  03/11/2011 (F)
Time:  6:30 PM to 8:30 PM
Fee:  $12.00
Location:  Tallgrass Brewing Company, 8845 Quail Lane, Suite 1. East on US-24, Left on Dempsey Road, Continue on Green Valley Road then turn right on Quail Lane.

Eating Healthy on a Budget  11AFF52
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.
Date:  View www.tryufm.org for updated info
Time:  TBA
Fee:  No Charge
Location:  People’s Grocery, 523 South 17th St

Make your Own
Kombucha at Home  11AFF76
Participants will learn how to make this healthy and ancient healing tea. Kombucha tea is gaining popularity in the U.S. Health benefits attributed to Kombucha tea include stimulating the immune system, possible cancer preventions, and improving digestion and liver functioning.
Date:  View www.tryufm.org for updated info
Time:  TBA
Fee:  No Charge
Location:  People’s Grocery, 523 South 17th St

Beginner Indian Cooking  11AFF75A
Did you always want to learn how to cook delicious and authentic Indian food? Join me on this culinary adventure where I will simplify Indian cooking so you can do it at home. All classes will feature different dishes.
Instructor: Samatha Gangapuram
gangapuram@gmail.com
Date:  01/28/2011 (F)
Time:  6:30 PM to 8:30 PM
Fee:  $22.00
Location:  UFM Kitchen, 1221 Thurston St.

Beginner Indian Cooking  11AFF75B
Instructor: Samatha Gangapuram
gangapuram@gmail.com
Date:  02/25/2011 (F)
Time:  6:30 PM to 8:30 PM
Fee:  $22.00
Location:  UFM Kitchen, 1221 Thurston St.

Beginner Indian Cooking  11AFF75C
Instructor: Samatha Gangapuram
gangapuram@gmail.com
Date:  04/08/2011 (F)
Time:  6:30 PM to 8:30 PM
Fee:  $22.00
Location:  UFM Kitchen, 1221 Thurston St.

Wine 101  11AFF77
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.
Instructor: Harry’s Staff
Date:  02/22/2011 to 03/15/2011 (Tu)
Time:  6:00 PM to 7:30 PM
Fee:  $76.00
Location:  Harry’s Restaurant, 418 Poyntz Ave.

Champagne and Dessert Wine Tasting  11AFF78
Let’s skip dinner and go to dessert! Do you love champagnes, proseccos, or just anything with bubbles? Join us at Harry’s for our Sparkling and Dessert Wine Tasting! We will try different wines from all over the world and discuss how they are made, what foods to pair them with, and how they are best served.
Instructor: Harry’s Staff
Date:  03/29/2011 (Tu)
Time:  6:00 PM to 7:30 PM
Fee:  $29.00
Location:  Harry’s Restaurant, 418 Poyntz Ave.
Sahaj Marg Meditation 11AHW02
Sahaj Marg translates to “The Natural Path.” It is a natural, simple system of meditation and spiritual practice that helps one realize the ultimate potential within one’s self. Regular spiritual practice under capable guidance enables aspirants to progressively experience the sublime presence of the divine in their daily lives. The Sahaj Marg system is freely offered to seekers worldwide, and is effectively practiced by individuals from all walks of life, diverse nationalities, religious backgrounds, and various social conditions. The first class will be an overview of the system and involves one-on-one training sessions followed by weekly group meditation sessions.
*PLEASE NOTE: All classes offered at no charge have been sponsored by the instructor or an organization.
Instructor: Gayathri Kambhampati,
Date: 02/20/2011 to 05/15/2011 (Su)
Time: 7:30 AM to 9:30 AM
Fee: No Charge
Location: UFM Solar Addition, 1221 Thurston St.

Living the Art: Jin Shin Jyutsu 11AHW08A
Living the Art JSJ is an ancient art that through simple practice promotes harmony within our mind, body and spirit. It is based on the premise that we are energetic beings and when energy becomes stuck or stagnant (whether from lifestyle, injuries, attitudes, environment) we feel discomfort, pain or may experience illness. JSJ is a way to get to know and help one’s self and promote wellness. Healing may be a side effect! We will be engaged in self help during most of class time. Wear comfortable clothes, sack lunch and bring a smile!
Instructor: Kate Cashman, (785) 537-1911
Date: 01/15/2011 to 01/15/2011 (Sa)
Time: 10:00 AM to 3:00 PM
Fee: $22.00
Location: 1421 Colorado Street

Living the Art: Jin Shin Jyutsu 11AHW08B
Instructor: Kate Cashman, (785) 537-1911
Date: 02/26/2011 to 02/26/2011 (Sa)
Time: 10:00 AM to 3:00 PM
Fee: $22.00
Location: 1421 Colorado Street

Living the Art: Jin Shin Jyutsu 11AHW08C
Instructor: Kate Cashman, (785) 537-1911
Date: 04/09/2011 to 04/09/2011 (Sa)
Time: 10:00 AM to 3:00 PM
Fee: $22.00
Location: 1421 Colorado Street

Beginning Yoga 11AHW15AZ
Instructor: Ana Franklin, (785) 537-8224
yogaconnection@gmail.com
Date: 01/18/2011 to 03/08/2011 (Tu/Th)
Time: 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Beginning Yoga 11AHW15BZ
Instructor: Ana Franklin, (785) 537-8224
yogaconnection@gmail.com
Date: 03/14/2011 to 05/04/2011 (m/W)
(No class 3/21, 3/23)
Time: 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Beginning Yoga 11AHW15EZ
Instructor: Ana Franklin, (785) 537-8224
yogaconnection@gmail.com
Date: 03/14/2011 to 05/04/2011 (m/W)
(No class 3/21, 3/23)
Time: 3:00 PM to 4:00 PM
Fee: $99.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Yoga Connection
221 Poyntz, Suite A
Manhattan, Kansas
785-537-8224 or 785-344-0008
Workshops, Private Lessons & Classes
With Ana Franklin
Teaching Yoga since 1994
Website: www.yogaconnection.byregion.net
Email: yogacollection@kansas.net
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Visit our website or contact Megan at 785-539-8763
or megan@tryufm.org for more info.
Intermediate Yoga 11AHW21Z
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.

Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class.

Prerequisite: 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, (785) 537-8224 yogacon@gmail.com
Date: 03/10/2011 to 05/06/2011 (Th/Tu)
No class 3/22, 3/24
Time: 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Yoga Over Forty 11AHW99A
This class will heal your body, heart and mind. All you have to do is arrive at each class with an empty stomach, a willingness to relax and listen to your body’s messages. Yoga can help you in all areas of your life - heart health, weight and stress reduction, emotional health and mental focus. Yoga means integration of the whole person. Hormone balance is also gained from regular practice.
Instructor: Ana Franklin, (785) 537-8224 yogacon@gmail.com
Date: 01/18/2011 to 03/08/2011 (Tu)
Time: 7:30 PM to 8:30 PM
Fee: $80.00
Location: Yoga Connection, 321 Poyntz Ave, Ste A

Responding to Emergencies 11AHW19AZ
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 book and mask for $49 at UFM, 1221 Thurston St. before class.
Instructor: Henry Brown
Date: 02/05/2011 to 02/19/2011 (Sa/Su)
Time: 12 N to 6:30 PM
Fee: $154.00
Location: UFM Banquet Room, 1221 Thurston St.

Yoga Over Forty 11AHW99B
Instructor: Ana Franklin, (785) 537-8224 yogacon@gmail.com
Date: 03/29/2011 to 05/17/2011 (Tu)
Time: 7:30 PM to 8:30 PM
Fee: $80.00
Location: Yoga Connection, 321 Poyntz Ave, Ste A

Community CPR, First Aid & AED 11AHW25A
First Aid & AED
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. Textbook included in fee. There will be a $20 non-refundable deposit for this class.
Instructor: Abby Thrash,abbythrash@gmail.com
Date: 04/15/2011 to 04/16/2011 (F/Sa)
Time: F from 6:30 PM to 9:30 PM; Sa from 8:00 AM to 12 N
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, First Aid & AED 11AHW25B
First Aid & AED
Instructor: Abby Thrash,abbythrash@gmail.com
Date: 01/29/2011 to 01/30/2011 (Sa)
Time: 11:00 AM to 6:00 PM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, First Aid & AED 11AHW25C
Instructor: Abby Thrash,abbythrash@gmail.com
Date: 02/25/2011 to 02/26/2011 (F/Sa)
Time: F from 6:30 PM to 9:30 PM; Sa from 8:00 AM to 12 N
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, First Aid & AED 11AHW25D
Instructor: Abby Thrash,abbythrash@gmail.com
Date: 02/26/2011 to 02/27/2011 (Sa)
Time: 11:00 AM to 6:00 PM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, First Aid & AED 11AHW25E
Instructor: Abbey Thrash,abbythrash@gmail.com
Date: 04/16/2011 to 04/17/2011 (Sa)
Time: 11:00 AM to 6:00 PM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Ask about our Adult & Youth scholarships! Call 539.8763 or visit www.tryufm.org

Flint Hills PFLAG
(Parents, Families and Friends of Lesbians and Gays)
Monthly Educational meetings:
7:00 pm, third Tuesday of each month
First Congregational Church
700 Poyntz Ave. Manhattan, KS
Educational presentation on GLBT issues and an opportunity to socialize and network.

Family Support:
Call 785-410-3130 for more information on support resources and activities, and dates and location for informal support group meetings.
Join with us as we continue to listen to, support, and advocate for gay, lesbian, and transgender people and their families. More info at www.fhpflag.org
Beginning Tai Chi Chuan  11AHW31
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, any place.
Instructor: Mei Hwa (Tina) Terhune, (785) 539-4277
Date:  03/23/2011 to 04/13/2011 (W)
Time:  5:30 PM to 6:30 PM
Fee:  $43.00
Location: UFM Banquet Room, 1221 Thurston St.

Blended Learning:
CPR/First Aid  11AHW70A
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. 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. You will be contacted via email with login information and directions. There is a $20 non-refundable deposit.
Instructor: Abby Thrash, abbythrash@gmail.com
Date:  01/29/2011 to 01/29/2011 (Sa)
Time:  10:00 AM to 11:00 AM
Fee:  $45.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

Blended Learning:
CPR/First Aid  11AHW70B
Instructor: Abby Thrash, abbythrash@gmail.com
Date:  02/26/2011 to 02/26/2011 (Sa)
Time:  10:00 AM to 11:00 AM
Fee:  $45.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

Meditation Practices  11AHW119A
Engaging meditation exercises to strengthen your body, mind & spirit connection.
Instructor: Palma Holden, (785) 539-1183
Date:  04/09/2011 (Sa)
Time:  10:00 AM to 11:30 AM
Fee:  $22.00
Location: UFM Solar Addition, 1221 Thurston St

Guided Meditation:
Journey to the Seven Directions  11AHW66A
The instructor will lead participants first through relaxation and grounding exercises then into a taped guided meditation by a Native American shaman. Record your experiences of meeting spirit guides (animals, ancestors, angels) at each of the seven directions.
Instructor: Palma Holden, (785) 539-1183
Date:  03/05/2011 (Sa)
Time:  10:00 AM to 11:30 AM
Fee:  $22.00
Location: UFM Solar Addition, 1221 Thurston St

Date:  04/09/2011 (Sa)
Time:  10:00 AM to 11:30 AM
Fee:  $22.00
Location: UFM Solar Addition, 1221 Thurston St

Blended Learning:
CPR/First Aid  11AHW70C
Instructor: Abby Thrash, abbythrash@gmail.com
Date:  04/16/2011 to 04/16/2011 (Sa)
Time:  10:00 AM to 11:00 AM
Fee:  $45.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

Beginning Pilates  11AHW73A
Pilates exercise dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. Pilates teaches body awareness, good posture and easy, graceful movement. It improves flexibility, agility and economy of motion. Pilates is a safe, sensible exercise system using a floor mat, that will help you look and feel your very best. No matter your age or condition, it will work for you. (information courtesy of Balanced Body Pilates website, www.pilates.com)
Instructor: Alison Watson, (785) 236-9419
awatson421@gmail.com
Date:  03/08/2011 to 04/07/2011 (Tu/Th)
(No class 3/22, 3/24)
Time:  9:15 AM to 10:15 AM
Fee:  $61.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Evening Yoga  11AHW88A
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:  01/24/2011 to 02/14/2011 (M)
Time:  7:15 PM to 8:45 PM
Fee:  $27.00
Location: K-State International Student Center, Multipurpose Room

Evening Yoga  11AHW88B
Date:  02/21/2011 to 03/14/2011 (M)
Time:  7:15 PM to 8:45 PM
Fee:  $27.00
Location: K-State International Student Center, Multipurpose Room

Evening Yoga  11AHW88C
Date:  03/28/2011 to 04/18/2011 (M)
Time:  7:15 PM to 8:45 PM
Fee:  $27.00
Location: K-State International Student Center, Multipurpose Room

Beginning Pilates  11AHW73B
Instructor: Alison Watson, (785) 236-9419
awatson421@gmail.com
Date:  04/12/2011 to 05/05/2011 (Tu/Th)
Time:  9:15 AM to 10:15 AM
Fee:  $61.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Guided Meditation:
Journey to the Seven Directions  11AHW66B
Instructor: Palma Holden, (785) 539-1183
Date:  03/17/2011 (Th)
Time:  7:00 PM to 8:30 PM
Fee:  $22.00
Location: UFM Solar Addition, 1221 Thurston St

Meditation Practices  11AHW119B
Instructor: Palma Holden, (785) 539-1183
Date:  04/14/2011 (Th)
Time:  7:00 PM to 8:30 PM
Fee:  $22.00
Location: UFM Solar Addition, 1221 Thurston St

Evening Yoga  11AHW88B
Instructor: Debbie Newton, dnewton@flinthills.com
Date:  02/21/2011 to 03/14/2011 (M)
Time:  7:15 PM to 8:45 PM
Fee:  $27.00
Location: K-State International Student Center, Multipurpose Room

Evening Yoga  11AHW88C
Instructor: Debbie Newton, dnewton@flinthills.com
Date:  03/28/2011 to 04/18/2011 (M)
Time:  7:15 PM to 8:45 PM
Fee:  $27.00
Location: K-State International Student Center, Multipurpose Room

*** Free Admission at All Sites ***

Take a Peek at the Past
Riley County Historical Museum
2309 Claflin Road, Manhattan, KS 66502
Open: Tues. - Fri. 8:30 - 5:00
Sat. – Sun. 2:00 - 5:00
Research Library by appointment
(785) 565-6490

Goodnow House Museum
State Historic Site
2301 Claflin Rd.
Open: Tues. - Fri. 8:30 - 5:00
Sat. – Sun. 2:00 - 5:00
Research Library by appointment
(785) 565-6490

Wolf House Museum
Manhattan City Park
Open: April-October
2:00 - 5:00

Pioneer Log Cabin
College heights st. and Denison ave.

ENROLL ONLINE AT WWW.TRYUFM.ORG

Teach a class! Call UFM at 539.8763
Evening Yoga 11AHW88D
Instructor: Debbie Newton, dnewton@flinthills.com
Date: 04/25/2011 to 05/16/2011 (M)
Time: 7:15 PM to 8:45 PM
Fee: $27.00
Location: K-State International Student Center, Multipurpose Room

Morning Yoga 11AHW89A
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: 01/22/2011 to 02/12/2011 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $27.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Cerebral Horticultural
Lawn Mediation 11AHW252
Are you the type of person who enjoys watching grass grow but are tired of broadleaf infringing on your bentgrass? Well then, Greenthumb, this is the class for you! During the course of study you will learn to mentally negotiate with pesky weeds and persuade them that the place for them is in someone else’s yard. Using no more than the mental capacity you have, now you can harness the power of metacognition and visualize a lawn that is dandelion-free, or at least dandelion-flexible.
Instructor: Debbie Newton, dnewton@flinthills.com
Date: 03/21/2011
Time: 5:50 AM to 6:15 AM
Fee: $1.00
Location: UFM West Side

Morning Yoga 11AHW89B
Instructor: Debbie Newton, dnewton@flinthills.com
Date: 02/19/2011 to 03/12/2011 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $27.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Hypnosis for Weight Loss 11AHW102A
A variety of suggestive therapies as well as self hypnosis can be used to change thinking and behaviors. You can change anything in your life you want. All hypnosis is self hypnosis. Your motivation determines your results.
*PLEASE NOTE: HYPNOSIS DOES NOT WORK ON EVERYONE. RESULTS MAY VARY.
Instructor: Steven Paul
Date: 01/24/2011 to 02/28/2011 (M)
Time: 7:00 PM to 9:00 PM
Fee: $90.00
Location: UFM Multipurpose Room 1221 Thurston St.

Morning Yoga 11AHW89C
Instructor: Debbie Newton, dnewton@flinthills.com
Date: 03/19/2011 to 04/09/2011 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $27.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Morning Yoga 11AHW89D
Instructor: Debbie Newton, dnewton@flinthills.com
Date: 04/16/2011 to 05/07/2011 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $27.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Hypnosis for Weight Loss 11AHW102B
Instructor: Steven Paul
Date: 03/07/2011 to 04/18/2011 (M)
Time: 7:00 PM to 9:00 PM
Fee: $90.00
Location: UFM Multipurpose Room 1221 Thurston St.

Women’s Self Defense 11AHW118A
1 out of every 6 women are assaulted. College age women are 4 times more likely to be assaulted. 60% are not reported. Learn the don’t and do’s of self defense and the ABC’s of basic training. Learn how to avoid situations and mid-setting techniques. All ages welcome!
Instructor: Pam Renshi Johansen
Date: 01/22/2011 to 02/12/2011 (Sa)
Time: 2:00 PM to 3:00 PM
Fee: $38.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Women’s Self Defense 11AHW118B
Instructor: Pam Renshi Johansen
Date: 02/26/2011 to 03/19/2011 (Sa)
Time: 2:00 PM to 3:00 PM
Fee: $38.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

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Introduction to French 11ALA32
Have you never had French, but you are interested in learning the basics of the French language? Or have you had a class but need a refresher? This class is for you! This introductory French language class will teach the basic structure of the French language and how to communicate in French.
Instructor: Amy Boesen, (316) 772-6107
aboesen@ksu.edu
Date: 02/03/2011 to 03/17/2011 (Th)
Time: 7:00 PM to 8:00 PM
Fee: $46.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Introduction to Spanish 11ALA33A
This class will give a basic introduction to the Spanish Language and apply the language to real life situations.
Instructor: Alyssa Klimek
Date: 01/19/2011 to 03/02/2011 (W)
Time: 6:30 PM to 8:30 PM
Fee: $44.00
Location: UFM Multipurpose Room
1221 Thurston St.

Introduction to Spanish 11ALA33B
Instructor: Alyssa Klimek
Date: 03/09/2011 to 04/27/2011 (W)
(No class 3/23)
Time: 6:30 PM to 8:30 PM
Fee: $44.00
Location: UFM Multipurpose Room
1221 Thurston St.

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Tae Kwon Do 11AMA01Z
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: 01/18/2011 to 05/05/2011 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: $72.00
Location: Sun Yi’s Academy, 1650 Hayes Dr.

Basics White Phoenix System 11AMA03
In this class, we will learn basic solo Pai Lum Kung Fu techniques and some self defense techniques. If the student wants to, they will be able to test at the end of the semester. In order to test, the student will be required to buy a uniform consisting of a school t-shirt and martial arts pants and pay the test fee.
Instructor: Stan Wilson
Date: 02/02/2011 to 04/27/2011 (W)
Time: 7:00 PM to 8:00 PM
Fee: $72.00
Location: K-State Ahearn Fieldhouse

Modern Aikijujutsu 11AMA11
In this class, we will learn to take a fall without getting hurt and do the first basic waza (techniques) of Hakkoryu (aiki) Jujutsu. We will work on self defense techniques and walking exercises if we have time. If the student wants to, they will be able to test at the end of the semester. The student will be required to have a uniform consisting of a school t-shirt and martial arts pants and pay the test fee in order to test.
Instructor: Stan Wilson
Date: 01/31/2011 to 04/25/2011 (M)
Time: 7:00 PM to 8:00 PM
Fee: $72.00
Location: K-State Ahearn Fieldhouse

Lao Hu Pai Kung Fu 11AMA05
Students will learn and be promoted in a unique system where the founder mastered the Chinese (Tibetan) Kung Fu and Japanese (Okinawan) Karate. Students will learn basic stances, blocks, punches, kicks, exercises, and forms. Students will soon learn take downs and opponent control (jujutsu and chi na). Animal fighting techniques will be taught as students advance. This class is for students age 14+
Instructor: Michael Tran, mtrandpm@cox.net
Date: 01/19/2011 to 05/04/2011 (W)
Time: 6:00 PM to 8:00 PM
Fee: $62.00
Location: K-State Ahearn Gym, 2nd floor

Judo I 11AMA08Z
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: 01/18/2011 to 05/05/2011 (Tu/Th)
Time: 8:00 PM to 9:00 PM
Fee: $75.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Karate & Self-Defense (Adults & Youth) 11AMA10
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/combat 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: 03/17/2011 to 05/05/2011 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $51.00
Location: K-State Ahearn Gym, 2nd floor

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Zumba® Fitness
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 03/01/2011 to 04/05/2011 (Tu) (No class 3/22)
Time: 5:30 PM to 6:30 PM
Fee: $47.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Zumba® Fitness
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 04/12/2011 to 05/26/2011 (M)
Time: 5:30 PM to 6:30 PM
Fee: $47.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Beginning Belly Dance
Instructor: Amy (Nashid) Werner
Date: 01/25/2011 to 04/19/2011 (Tu) (No class 3/22)
Time: 7:00 PM to 8:00 PM
Fee: $96.00
Location: K-State International Student Center Multipurpose Room

Intermediate Belly Dance
Instructor: Brandi (Anola) Kiekel, bnkiekel@gmail.com
Date: 01/26/2011 to 04/20/2011 (W) (No class 3/23)
Time: 7:00 PM to 8:00 PM
Fee: $96.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Introduction to Golf
Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps. **First class meets from 6-7 pm, the second and third meet from 6-7:30 pm.
Instructor: Jim Gregory, (785) 539-1041

Zumba® Fitness
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 01/24/2011 to 02/21/2011 (M)
Time: 5:30 PM to 6:30 PM
Fee: $47.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Zumba® Fitness
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 02/28/2011 to 04/04/2011 (M) (No class 3/21)
Time: 5:30 PM to 6:30 PM
Fee: $47.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Zumba® Fitness
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 04/11/2011 to 05/09/2011 (M)
Time: 5:30 PM to 6:30 PM
Fee: $47.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Zumba® Fitness
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 01/25/2011 to 02/22/2011 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: $47.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Zumba® Fitness
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 03/01/2011 to 04/05/2011 (Tu) (No class 3/22)
Time: 5:30 PM to 6:30 PM
Fee: $47.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Zumba® Fitness
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 04/12/2011 to 05/26/2011 (M)
Time: 5:30 PM to 6:30 PM
Fee: $47.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.
Advanced Belly Dance 11ARF11
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: Amy (Nashid) Werner
Date: 01/24/2011 to 04/18/2011 (M)
(No class 3/21)
Time: 6:45 PM to 7:45 PM
Fee: $96.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Belly Dance Conditioning Workout 11ARF12A
Looking for a fab workout that's also a lot of fun? Welcome to the Belly Dance Workout class! Belly Dancing is designed to echo the natural movements of the female body, and celebrates our bodies as well as keeping us strong and fit. Using moves from Belly Dance, this class combines a high-energy cardiovascular workout with strengthening exercises that tone the abs, arms, chest, legs, and hips. No previous experience with Belly Dancing is necessary; all steps will be taught in class. A friendly, fast-paced aerobic workout, this class is great for all ages and body types!
Instructor: Michele Janette, mjanette@ksu.edu

Tennis 11ARF19BZ
Beginning Fencing 11ARF12Z

Intermediate Fencing 11ARF22Z
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting.
Instructor: Jeff Gwirtz

Swing & Salsa Dance 11ARF27AZ
This is an intermediate course on swing dancing that emphasizes technique and style of Jitterbug, Lindy and West Coast swing. The emphasis will be on partnering and rhythmic articulation. Demonstrations, performances and videos will supplement the course. Prerequisites: Ballroom Dance I or a minimum of 6 months of social level dance classes or significant training in Ballet, Jazz or Modern dance is strongly recommended before entering this swing and salsa dance course. Partners are welcome but not required for this class.
Instructor: Rebecca Hickert, rebeccahickert@gmail.com

To view instructor's bios visit www.tryufm.org
Ballroom, Swing and Salsa   11ARF100A
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 (Chacha, Salsa, or Mambo) will be taught. Learn something new each time you enroll! Partners are welcome, but not required for the class.
Instructor: Rebecca Hickert, rebeccahickert@gmail.com
Date: 01/21/2011 to 02/25/2011 (F)
Time: 6:00 PM to 7:00 PM
Fee: $50.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Ballroom, Swing and Salsa   11ARF100B
Instructor: Rebecca Hickert, rebeccahickert@gmail.com
Date: 03/04/2011 to 04/15/2011 (F)
Time: 6:00 PM to 7:00 PM
Fee: $50.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Golf in Junction City   11ARF30AZ
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: 03/01/2011 to 04/26/2011 (Tu)
(No class 3/22)
Time: 5:00 PM to 7:00 PM
Fee: $143.00
Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City

Golf in Junction City   11ARF30BZ
Instructor: Jim Peterson
Date: 03/02/2011 to 04/27/2011 (W)
(No class 3/23)
Time: 5:00 PM to 7:00 PM
Fee: $143.00
Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City

Archery Instructor Training & Certification   11ARF37Z
In this Level I Basic Training and Certification archery program, you will learn how to set up and operate a safe, short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. The required NADA textbook will be available for purchase for the instructor at the first class meeting.
Instructor: Tom Korte, (785) 494-8889
Date: 01/24/2011 to 03/14/2011 (M)
Time: 7:00 PM to 8:45 PM
Fee: $96.00
Location: Archery Range, 8330 East HWY 24

Let’s Get Running!   11ARF72
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 train for, complete and survive a marathon. Class will meet Tuesday from 5:30-6:30 pm at UFM, 1221 Thurstont and work outs will be Thursday from 5:30-6:30 pm at Memorial Stadium outdoor track.
Instructor: Dan L. Boyle, (785) 532-0134, dboyle@ksu.edu
Date: 03/08/2011 to 05/05/2011 (Tu/Th)
(No class 3/22, 3/24)
Time: 5:30 PM to 6:30 PM
Fee: $140.00
Location: UFM Conference Room

Marathon Training   11ARF68
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 Thurstont and work outs will be Thursday from 5:30-630 pm at Memorial Stadium outdoor track.
Instructor: Dan L. Boyle, (785) 532-0134, dboyle@ksu.edu
Date: 03/08/2011 to 05/05/2011 (Tu/Th)
(No class 3/22, 3/24)
Time: 5:30 PM to 6:30 PM
Fee: $140.00
Location: UFM Conference Room

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RECREATION & FITNESS

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23
Beginning Ballet 11ARF71A
This ballet class is challenging and fun for teens or adults looking to learn or refresh an enjoyment of classical ballet. This class is geared toward beginning students, but intermediate and advanced students are welcome. We’ll work on body placement, technique at the barre, and center exercises including turns, jumps and leaps. Ballet slippers are recommended, but socks are fine. All ages welcome.
Instructor: Alison Watson, (816) 522-5028, awatson421@gmail.com
Date: 03/07/2011 to 04/05/2011 (Tu)
Time: 9:15 AM to 10:15 AM
Fee: $75.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.
Beginning Ballet 11ARF71B
Instructor: Alison Watson, (816) 522-5028, awatson421@gmail.com
Date: 04/12/2011 to 05/03/2011 (Tu)
Time: 9:15 AM to 10:15 AM
Fee: $75.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Dance Conditioning 11ARF96AZ
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 person optimal level.
Instructor: Alison Watson, (816) 522-5028, awatson421@gmail.com
Date: 03/07/2011 to 05/04/2011 (M/W)
Time: 9:15 AM to 10:15 AM
Fee: $75.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Dance Conditioning 11ARF96BZ
Instructor: Alison Watson, (816) 522-5028, awatson421@gmail.com
Date: 03/07/2011 to 05/04/2011 (M/W)
Time: 1.30 PM to 2.30 PM
Fee: $75.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Bootcamp Fitness 11ARF97AZ
Bootcamp Fitness is a comprehensive fitness class geared toward beginners to advanced participants. This course 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: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 01/19/2011 to 03/09/2011 (W/M)
Time: 12 N to 1:00 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness 11ARF97BZ
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 03/14/2011 to 05/04/2011 (M/W)
Time: 12 N to 1:00 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness 11ARF97CZ
Instructor: Meghan Olson, (620) 253-6458,olson.meghan@yahoo.com
Date: 01/18/2011 to 03/08/2011 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness 11ARF97DZ
Instructor: Meghan Olson, (620) 253-6458,olson.meghan@yahoo.com
Date: 03/10/2011 to 05/05/2011 (Th/Tu)
Time: 7:00 PM to 8:00 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

In a disaster, make a difference
In your neighborhood
In your business / organization
In your school
In your community

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A Community Emergency Response Team (CERT) is a ready force of organized and trained volunteer disaster workers that operates at the neighborhood level.

When disaster strikes, CERT volunteers sprint into action: they check on neighbors, suppress small fires, conduct light search and rescue, and provide emergency medical aid and psychological comfort to their neighbors.

For more information or to register for free classes, contact Laurie Harrison, Riley County Emergency Management Coordinator, lharrison@rileycountyks.gov or call (785) 537-6333.
Yogilates 11ARF142AZ
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, (785) 539-7095, dknox@ksu.edu
Date: 01/19/2011 to 03/09/2011 (W/M)
Time: 9:00 AM to 10:00 AM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11ARF142BZ
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 03/14/2011 to 05/04/2011 (M/W)
Time: 9:00 AM to 10:00 AM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11ARF142CZ
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 01/19/2011 to 03/09/2011 (W/M)
Time: 1:30 PM to 2:30 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11ARF142DZ
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 03/14/2011 to 05/04/2011 (M/W)
Time: 1:30 PM to 2:30 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11ARF142EZ
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 01/18/2011 to 03/08/2011 (Tu/Th)
Time: 12 N to 1:00 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11ARF142FZ
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 03/10/2011 to 05/05/2011 (Th/Tu)
Time: 12 N to 1:00 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Introduction to CrossFit 11ARF146A
Introduction to CrossFit is a basic course tailored for all levels of fitness. The course provides detailed instructions, demonstration and execution of various functional exercises primarily utilized in a CrossFit workout. Each session incorporates newly acquired skills/exercises in a workout of the day (WOD). All workouts are scaled/modified based upon individual athletic abilities to assure safety, effectiveness and an appropriate level of intensity. Furthermore, the course shall provide a brief overview on nutritional recommendations endorsed by the CrossFit community.
Instructor: Megan John, (785) 543-8341
info@crossfitmanhattan.com
Date: 02/22/2011 to 03/17/2011 (Tu/Th)
Time: 4:30 PM to 5:30 PM
Fee: $96.00
Location: CrossFit, 353 Johnson Rd.

Basic Olympic Weightlifting 11ARF147A
Basic Olympic Weightlifting is a fundamental course of instruction on the two Olympic lifts: the snatch, and the clean and jerk. The course shall introduce recommended warm-up drills and skills transfer exercises to better prepare for Olympic weightlifting. This course is tailored for anyone interested in learning the basics of these two extremely technical exercises.
Instructor: Megan John, (785) 543-8341
info@crossfitmanhattan.com
Date: 03/29/2011 to 04/21/2011 (Tu/Th)
Time: 4:30 PM to 5:30 PM
Fee: $96.00
Location: CrossFit, 353 Johnson Rd.

Basic Olympic Weightlifting 11ARF146B
Instructor: Megan John, (785) 543-8341
info@crossfitmanhattan.com
Date: 02/22/2011 to 03/17/2011 (Tu/Th)
Time: 4:30 PM to 5:30 PM
Fee: $96.00
Location: CrossFit, 353 Johnson Rd.

Basic Olympic Weightlifting 11ARF147B
Instructor: Megan John, (785) 543-8341
info@crossfitmanhattan.com
Date: 03/05/2011 (Sa)
Time: 8:00 AM to 10:00 AM
Fee: $52.00
Location: CrossFit, 353 Johnson Rd.

Basic Olympic Weightlifting 11ARF147C
Instructor: Megan John, (785) 543-8341
info@crossfitmanhattan.com
Date: 04/02/2011 (Sa)
Time: 8:00 AM to 10:00 AM
Fee: $52.00
Location: CrossFit, 353 Johnson Rd.

Burlesque for the Performer 11ARF98
Burlesque is an art form involving short turns, comic skits, and sometimes striptease acts. In this class, it’s all about personal comfort and bringing out your inner diva. We will work on basic burlesque movements, the use of props, creating a character, and putting together your own two-minute routine. You will need a pair of comfortable heels that you can work in and tighter, form-fitting workout clothing you can dance in. No jeans please.
Instructor: Brandi (Anola) Kiekel, bnkiekel@gmail.com
Date: 02/01/2011 to 04/26/2011 (Tu)
Time: 6:40 PM to 8:00 PM
Fee: $96.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Basic Burlesque 11ARF99A
This class will teach you basic burlesque moves, use of props and fun and exciting ways to strut your stuff.
Instructor: Brandi (Anola) Kiekel, bnkiekel@gmail.com
Date: 02/04/2011 to 03/11/2011 (F)
Time: 7:15 PM to 8:45 PM
Fee: $48.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Basic Burlesque 11ARF99B
Instructor: Brandi (Anola) Kiekel, bnkiekel@gmail.com
Date: 04/01/2011 to 05/06/2011 (F)
Time: 7:15 PM to 8:45 PM
Fee: $48.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Beginning Tap Dancing for Teens, Adults and Seniors 11ARF101
This class is designed to introduce tap dancing techniques and a routine to all that like to make noise with their feet. Tennis shoes can be used for tap shoes. The classes can be continued if there is an interest.
Instructor: Randi Dale, (785) 539-5767
Date: 01/11/2011 to 01/25/2011 (Tu)
Time: 5:30 PM to 6:00 PM
Fee: $21.00
Location: 2416 Rogers Blvd.

Introduction to CrossFit 11ARF146C
Instructor: Megan John, (785) 543-8341
info@crossfitmanhattan.com
Date: 03/29/2011 to 04/21/2011 (Tu/Th)
Time: 4:30 PM to 5:30 PM
Fee: $96.00
Location: CrossFit, 353 Johnson Rd.

International Folk Dancing
Ever wanted to dance like Zorba the Greek? Learn easy line and circle dances from all nations!

Classes are 6:30-7:30 pm on the second and fourth Saturdays of every month at Douglass Center Annex, 9th and Yuma (enter through the south door). No partners necessary.

First class is free; after first class, a $5 fee will donation is requested.

For more information, call Douglass Center at 587-2774
Introduction to Nutcracker Ballet and Tap Dancing 11AY006
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 delightful music. After three lessons, students may continue dance lessons though private instruction. No dance experience or formal dance attire necessary. For girls and boys ages 4-12. NOTE: Children can be divided by age if needed. Tennis shoes can be used as tap shoes.
Instructor: Randi Dale, (785) 539-5767
Date: 01/11/2011 to 01/25/2011 (Tu)
Time: 6:00 PM to 6:30 PM
Fee: $21.00
Location: 2416 Rogers Blvd.

American Red Cross Babysitter’s Clinic 11AYO23A
The 6½ hour Babysitter’s Training course gives 11 to 15 year olds the skills and confidence to safely and responsibly care for children and infants. Through hands-on activities, interactive video and lively discussions, the course teaches young people how to:
* Care for children and infants.
* Be good leaders and role models.
* Make good decisions and solve problems.
* Keep the children they babysit and themselves safe.
* Handle emergencies such as injuries, illnesses and household accidents.
* Write resumes and interview for jobs.
**Materials included in fee and students will have lunch from 12-1 pm. Lunch is not included.**
Instructor: Kelly Reed-Harkness
Date: 03/26/2011 (Sa)
Time: 10:30 AM to 12:00 PM
Fee: No Charge
Location: UFM Solar Addition, 1221 Thurston St., 2nd Floor

Solar Energy for Kids 11AYO57
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 next Saturday, April 30.
Instructor: Bill Dorsett, (785) 539-1956
wmdorsett@sbcglobal.net

Zumbatomic® Lil Starz (ages 4-7) 11AYO58B
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, (785) 844-2016
elsatob@hotmail.com
Date: 04/16/2011 to 05/07/2011 (Sa)
Time: 11:20 AM to 12:20 PM
Fee: $36.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Zumbatomic® Lil Starz (ages 4-7) 11AYO58C
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 03/19/2011 to 04/09/2011 (Sa)
Time: 11:20 AM to 12:20 PM
Fee: $36.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Zumbatomic® Lil Starz (ages 4-7) 11AYO58A
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 01/22/2011 to 02/12/2011 (Sa)
Time: 11:20 AM to 12:20 PM
Fee: $36.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Zumbatomic® Lil Starz (ages 4-7) 11AYO58D
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 04/16/2011 to 05/07/2011 (Sa)
Time: 11:20 AM to 12:20 PM
Fee: $36.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Zumbatomic® Big Starz (ages 8-12) 11AYO59A
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, (785) 844-2016
elsatob@hotmail.com
Date: 01/22/2011 to 02/12/2011 (Sa)
Time: 12:30 PM to 1:30 PM
Fee: $36.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.
Zumbatonic® Big Starz (ages 8-12) 11AYO59B
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 02/19/2011 to 03/12/2011 (Sa)
Time: 12:30 PM to 1:30 PM
Fee: $36.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Zumbatonic® Big Starz (ages 8-12) 11AYO59C
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 03/19/2011 to 04/09/2011 (Sa)
Time: 12:30 PM to 1:30 PM
Fee: $36.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Zumbatonic® Big Starz (ages 8-12) 11AYO59D
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 04/16/2011 to 05/07/2011 (Sa)
Time: 12:30 PM to 1:30 PM
Fee: $36.00
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

Musikgarten-Family Music for Toddlers (6 months-3 years) 11AYO60A
This class is designed to bring the joy of music and movement to toddlers and their caregivers. Activities include singing, dancing, focused listening and simple instrument playing, creating an environment in which the child’s music aptitude is nurtured and skills are developed.

Musikgarten-Family Music for Toddlers (16 months-3 years) 11AYO60B
Instructor: Jacqueline Taylor
Date: 03/02/2011 to 04/06/2011 (W)
Time: 3:00 PM to 4:00 PM
Fee: $60.00
Location: Max Fitness, 3011 Anderson Ave.

Musikgarten-Family Music for Toddlers (16 months-3 years) 11AYO60C
Instructor: Jacqueline Taylor
Date: 04/13/2011 to 05/11/2011 (W)
Time: 3:00 PM to 4:00 PM
Fee: $60.00
Location: Max Fitness, 3011 Anderson Ave.

Musikgarten-All Together Now! (mixed ages) 11AYO61A
Musikgarten’s All Together Now recaptures the magic of nursery rhymes (a wonderful part of our cultural tradition featuring delightful language and playful rhythms) in a versatile mixed-age curricula for children birth to four. There is lots of movement for those toddlers, while three year-olds and older will learn language skills and use their imaginations in fun new ways. Each program is full of music, movement, imagination, and class time fun. NOTE: A one-time fee of $35 for family packet to be paid at first class. If registering more than one child, the discounted fee is $55 per sibling after the first child.

Musikgarten-All Together Now! (mixed ages) 11AYO61B
Instructor: Jacqueline Taylor
Date: 03/02/2011 to 04/06/2011 (W)
Time: 3:00 PM to 4:00 PM
Fee: $60.00
Location: Max Fitness, 3011 Anderson Ave.

Musikgarten-All Together Now! (mixed ages) 11AYO61C
Instructor: Jacqueline Taylor
Date: 04/13/2011 to 05/11/2011 (W)
Time: 3:00 PM to 4:00 PM
Fee: $60.00
Location: Max Fitness, 3011 Anderson Ave.

Musikgarten-All Together Now! (mixed ages) 11AYO61D
Instructor: Jacqueline Taylor
Date: 01/19/2011 to 02/16/2011 (W)
Time: 3:00 PM to 4:00 PM
Fee: $60.00
Location: Max Fitness, 3011 Anderson Ave.

Musikgarten-Family Music for Babies (6 weeks-18 months) 11AYO62A
Instructor: Jacqueline Taylor
Date: 02/25/2011 to 04/01/2011 (F)
Time: 10:00 AM to 10:30 AM
Fee: $60.00
Location: Max Fitness, 3011 Anderson Ave.

Musikgarten-Family Music for Babies (6 weeks-18 months) 11AYO62B
Instructor: Jacqueline Taylor
Date: 04/08/2011 to 05/06/2011 (F)
Time: 10:00 AM to 10:30 AM
Fee: $60.00
Location: Max Fitness, 3011 Anderson Ave.
These Recreational courses are offered for K-State 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.k-state.edu/courses/recreational.shtml

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

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<td>04/01 &amp; 4/15</td>
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<td>4/12, 4/16</td>
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<td>LIFEGUARD TRAINING</td>
<td>16000</td>
<td>04/08/2011 to 04/16/2011 (F/Sa)</td>
<td>6:00 PM to 9:00 PM (F)</td>
<td>$542.40</td>
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<td>4/09 &amp; 4/16</td>
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<tr>
<td>RESPONDING TO EMERGENCIES</td>
<td>15701</td>
<td>02/05/2011 to 02/19/2011 (Sa/Su)</td>
<td>Noon to 6:30 PM</td>
<td>$666</td>
<td>UFM Banquet room, 1221 Thurston</td>
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<td>SCUBA DIVING</td>
<td>15764</td>
<td>01/31/2011 to 03/07/2011 (M)</td>
<td>6:00 PM to 10:00 PM</td>
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<td>TAE KWON DO I</td>
<td>15671</td>
<td>01/18/2011 to 05/05/2011 (Tu/Th)</td>
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<td>02/02/2011 to 04/19/2011 (Tu)</td>
<td>1:30 PM to 3:00 PM</td>
<td>$341</td>
<td>Body First Tennis &amp; Fitness, 3615 Claflin</td>
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<td>Mercy Fitness West, 315 Seth Childs</td>
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<td>01/19/2011 to 03/09/2011 (MW)</td>
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<td>TURBO KICK™</td>
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<td>TURBO KICK™</td>
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<td>WATER SAFETY INSTRUCTOR</td>
<td>16227</td>
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<td>$550.80</td>
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<td>YOGILATES</td>
<td>15689</td>
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<td>9:00 AM to 10:00 AM</td>
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<td>15669</td>
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<td></td>
<td>15670</td>
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<td>1:00 PM to 2:00 PM</td>
<td>$357</td>
<td>Mercy Fitness West, 315 Seth Childs</td>
</tr>
</tbody>
</table>

K-State Evening College is the perfect opportunity to take classes while balancing your busy lifestyle. Classes are offered on the K-State campus in Manhattan in both 8- and 16-week schedules between 5:30 and 10:30 p.m.

Accelerate in your program by enrolling in Intersession during January, May, and August on the K-State Manhattan campus or online. Intersession now offers online classes!

Distance education courses are offered online on a variety of schedules. K-State offers bachelor’s degree completion programs, master’s degrees, a Ph.D. program, and certificates.

K-State has options for your education.

Teach a class! Call UFM at 539.8763
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+ ______

<table>
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<tr>
<th>Course Code</th>
<th>Session</th>
<th>Course Name</th>
<th>Fee $</th>
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<tr>
<td>Example: 11AAQ01</td>
<td>A</td>
<td>Level I: Introduction to Water Skills</td>
<td>$4.00</td>
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</table>

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

Check or Money Order (Make check payable to UFM) _____ Cash _____
I hereby authorize the use of my Visa _____ Mastercard _____ Discover _____ Card number ______________________ Exp. Date / ______
Name on card (please print) ___________________________________________

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.

Signature (Signature of Parent or Guardian required for minors) ____________________________ Date ________

UFM Refund and Cancellation Policies
We will provide a full refund if a class is canceled 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.

Stop by the UFM House at 1221 Thurston between 8:30-Noon & 1:00-5:00 PM (Monday - Friday). After-hours drop box available.