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

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor’s financial interests are not to be distributed in 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 by calling Marcia at 539.8763.

DISCLAIMER
UFM’s staff and board of directors do not endorse any particular viewpoint or philosophy presented in classes, activities or events included in any UFM publication.

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

REFUND POLICY
We will 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.

INCLEMENT 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 canceled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is responsible for arranging a make-up lesson.

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

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

NONDISCRIMINATION POLICY
UFM Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, political beliefs or other non-merit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era) as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions or may require instructor permission. Please call 785.539.8763 to make arrangements for classroom accessibility.

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

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

KSU CREDIT CLASSES
CREDIT CLASS REFUNDS AND WITHDRAWALS
Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at http://www.dce.k-state.edu/courses/registration/policies-withdrawal or visit http://courses.k-state.edu/spring2012/information/deadlines.htm

Dropping all of your classes (Withdrawal) requires you to complete a Notice of Withdrawal form; contact your academic dean’s office. (Graduate students should contact the Graduate School.)

DROP POLICY
All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration with a grade being recorded on the student’s transcript; if a student drops after 33% but before 62% of the class duration, a grade of “W” will be issued; and no drops will be accepted after 62% of the course duration. Failure to drop a class may result in a failing grade. Visit http://courses.k-state.edu/spring2012/information/deadlines.htm for more information.

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

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

2012 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 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 class each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

**LOCATION:** KSU Natatorium - Ahearn Complex on Denison Ave. Lockers are available for use during class. Participants must supply towels and swimsuits. Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex. Changing tables are available in both the men’s and women’s locker rooms.

**PARKING:** Parking is available after 5pm in the K-State parking lot on Denison Ave. across the street west of Natatorium 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.

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**BEGINNING & ENDING DATES**

<table>
<thead>
<tr>
<th>Level</th>
<th>Session</th>
<th>Dates</th>
<th>Fee:</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level I: Introduction to Water Skills</td>
<td>12AAQ-01A</td>
<td>Monday 6:45 PM to 7:25 PM</td>
<td>$54.00 per session (10 lessons/40 min)</td>
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<tr>
<td></td>
<td>12AAQ-01B</td>
<td>Tuesday 6:45 PM to 7:25 PM</td>
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<tr>
<td></td>
<td>12AAQ-01C</td>
<td>Wednesday 6:45 PM to 7:25 PM</td>
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<tr>
<td></td>
<td>12AAQ-01D</td>
<td>Thursday 6:45 PM to 7:25 PM</td>
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</tbody>
</table>

**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.

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12AAQ-02A</td>
<td>Monday 6:45 PM to 7:25 PM</td>
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<tr>
<td></td>
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</tbody>
</table>

**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, float, stand 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.

<table>
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**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 directed to parents are also introduced.

Fee: $29.00 per session (5 lessons/30 min)

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<td>12AAQ-PD1</td>
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<td>6:00 PM to 6:30 PM</td>
</tr>
<tr>
<td>12AAQ-PD2</td>
<td>March 15 to April 19 (No class 3/22)</td>
<td>6:00 PM to 6:30 PM</td>
</tr>
<tr>
<td>12AAQ-PE1</td>
<td>Feb. 11 to March 3</td>
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</tr>
<tr>
<td>12AAQ-PE2</td>
<td>April 7 to May 5</td>
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**Tot Transition (3-4 yrs)**

If your toddler is ready to try the water without a parent, but not ready for Level 1, this short class is for them. The primary objective of preschool aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Some of the skills to be introduced include: water entry and exit, breath control and submerging, buoyancy, changing direction and position, treading and swimming on front and back.

Fee: $29.00 per session (5 lessons/30 min)

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<td>12AAQ-TB1</td>
<td>Feb. 7 to March 6</td>
<td>6:00 PM to 6:30 PM</td>
</tr>
<tr>
<td>12AAQ-TB2</td>
<td>March 13 to April 17 (No class 3/20)</td>
<td>6:00 PM to 6:30 PM</td>
</tr>
<tr>
<td>12AAQ-TC1</td>
<td>Feb. 8 to March 7</td>
<td>6:00 PM to 6:30 PM</td>
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<tr>
<td>12AAQ-TC2</td>
<td>March 14 to April 18 (No class 3/21)</td>
<td>6:00 PM to 6:30 PM</td>
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<tr>
<td>12AAQ-TD1</td>
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**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 directed to parents are also introduced.

Fee: $29.00 per session (5 lessons/30 min)

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**AQUATICS**

**Manhattan Marlins**

**Swim Team**

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

Ages: 5 years through college

www.manhattanmarlins.org

For more information contact: Ben Skutnik at 785-341-4235 or Nellie Bucholtz at 785-587-8770

Find UFM on Facebook!
Open Swim Appreciation 12AAQ31A
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: 04/22/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: No charge  
Location: Natatorium, K-State Campus

Open Swim Appreciation 12AAQ31B

Date: 04/29/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: No charge  
Location: Natatorium, K-State Campus

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)

12AAQ-04A Monday 6:45 PM to 7:25 PM  
12AAQ-04B Tuesday 6:45 PM to 7:25 PM  
12AAQ-04C Wednesday 6:45 PM to 7:25 PM  
12AAQ-04D Thursday 6:45 PM to 7:25 PM

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)

12AAQ-05A Monday 6:45 PM to 7:25 PM  
12AAQ-05C Wednesday 6:45 PM to 7:25 PM

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)

12AAQ-06A Monday 6:45 PM to 7:25 PM  
12AAQ-06C Wednesday 6:45 PM to 7:25 PM

Adult Swim Lessons
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)

12AAQLPA Monday 6:00 PM to 7:30 PM  
12AAQLPB Tuesday 6:00 PM to 7:30 PM  
12AAQLPC Wednesday 6:00 PM to 7:30 PM  
12AAQLPD Thursday 6:00 PM to 7:30 PM  
*12AAQLPE Saturday 9:30 AM to 11:00 AM

*Limited dates are available for Saturday lap swim; dates are 2/11 - 3/3 and 4/14 to 5/5

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)

12AAQLPA Monday 6:00 PM to 7:30 PM  
12AAQLPB Tuesday 6:00 PM to 7:30 PM  
12AAQLPC Wednesday 6:00 PM to 7:30 PM  
12AAQLPD Thursday 6:00 PM to 7:30 PM  
*12AAQLPE Saturday 9:30 AM to 11:00 AM

Sunday Family Swim 12AAQ32
Bring the family out for a refreshing evening of swimming. Take advantage of the indoor pool at K-State on Sunday evenings. You must register in advance so we can plan for adequate lifeguards.

Date: 04/15/2012 to 05/06/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: $8.00/Individual; $20.00/Family  
Location: Natatorium, K-State Campus

Open Swim Appreciation 12AAQ31A
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: 04/22/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: No charge  
Location: Natatorium, K-State Campus

Open Swim Appreciation 12AAQ31B

Date: 04/29/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: No charge  
Location: Natatorium, K-State Campus

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)

12AAQ-04A Monday 6:45 PM to 7:25 PM  
12AAQ-04B Tuesday 6:45 PM to 7:25 PM  
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12AAQ-04D Thursday 6:45 PM to 7:25 PM

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)

12AAQ-05A Monday 6:45 PM to 7:25 PM  
12AAQ-05C Wednesday 6:45 PM to 7:25 PM

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)

12AAQ-06A Monday 6:45 PM to 7:25 PM  
12AAQ-06C Wednesday 6:45 PM to 7:25 PM

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)

12AAQ-22 Monday 6:00 PM to 6:40 PM

Private Swim Lessons 12AAQ103
Private lessons provide one-on-one instruction for any level of swimmer. Lessons occur once a week. M-Th and Sat lessons are 30 minutes for 5 lessons. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. Due to time constraints, THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Private Lessons:

Session A1: Monday  
Feb. 6 to March 5  
March 12 to April 16  
(No class on 3/19)

Session B1: Tuesday  
Feb. 7 to March 6  
March 13 to April 17  
(No class on 3/20)

Session C1: Wednesday  
Feb. 8 to March 7  
March 14 to April 18  
(No class on 3/21)

Session D1: Thursday  
Feb. 9 to March 8  
March 15 to April 19  
(No class on 3/22)

Session E1: Saturday  
Feb. 11 to March 3  
April 7 to May 5

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

Times for Saturday sessions:
A: 9:30 AM to 10:05 AM  
B: 10:10 AM to 10:45 AM  
C: 10:55 AM to 11:30 AM

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

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)

12AAQLSA Monday 6:00 PM to 7:30 PM  
12AAQLSB Tuesday 6:00 PM to 7:30 PM  
12AAQLSC Wednesday 6:00 PM to 7:30 PM  
12AAQLSD Thursday 6:00 PM to 7:30 PM  
*12AAQLSE Saturday 9:30 AM to 11:00 AM

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

**Shallow/Deep Water Exercise 12AAQSHD**

Expanded offerings! Due to increased demand, Deep Water Exercise is now available Tuesday, WEDNESDAY and Thursday AND AquaZumba will be held on Thursdays (shallow pool).

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 Monday through Wednesday and Deep Water meets on Tuesday, Wednesday and Thursday.

**NOTE: Participants will receive a punch card with name, the number of classes enrolled in and will be distributed on the first day of class. Cards are valid only to the registered participant.**

**Date:** 01/19/2012 to 03/5/2012

**Times:** Monday-Thursday (6:40pm - 7:30pm)

**Fee:** $28 for 16 classes
$40 for 24 classes
$52 for 32 classes
$68 for 48 classes

**AquaZumba 12AAQ26**

Known as the Zumba “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Aqua shoes are recommended.

**Date:** 01/19/2012 to 03/5/2012
(No class 3/19-3/22)

**Time:** Monday-Thursday (6:40pm - 7:30pm)

**Fee:** $38 for 8 classes

**Location:** Natatorium, K-State Campus

**Lifeguard Training Prep 12AAQ23A**

Are you interested in getting in shape with the possibility of working as a lifeguard? A new program by the City of Manhattan, the Greater Manhattan Community Foundation, and UFM Community Learning Center will offer a lifeguard prep course for any individual considering lifeguarding this summer. This class will strengthen swim skills before enrolling in Lifeguard Training. The class will help you improve your swimming strokes, build endurance, introduce basic rescue skills, and help prepare you for your certification course in Lifeguarding, CPR, and First Aid. Hurry - space is limited; scholarships are available at 587-2757!

**Instructor:** Melissa Copp

**Date:** 02/6/2012 to 02/27/2012 (M)

**Time:** 6:00PM to 7:00 PM

**Fee:** $20.00

**Location:** Natatorium, K-State Campus

**Lifeguard Training Prep 12AAQ23B**

**Date:** 02/08/2012 to 02/29/2012 (W)

**Time:** 6:00PM to 7:00 PM

**Fee:** $20.00

**Location:** Natatorium, K-State Campus

**Lifeguard Training 12AAQ35AZ**

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

There will be lunch and/or dinner breaks. Enrollment and certification requirements for this class are listed at www.tryufm.org. Required materials are $52.00 and not included in fee. Please purchase at UFM, 1221 Thurston Street before first class.

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

**Date:** 02/28/2012 to 03/10/2012 (Tu, Th, Sa)

**Time:** Precourse: 2/28 6:00 to 9:00 PM (Sa) 3/1, 3/6, 3/8, 4PM to 9PM (Th/Tu) 3/10, 8AM to 7:30PM (Sa)

**Fee:** $149.00 (Available for KSU Credit)

**Location:** Natatorium, K-State Campus

**Lifeguard Training 12AAQ35BZ**

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

**Date:** 04/03/2012 to 4/14/2012 (Tu, Th, Sa)

**Time:** Precourse: 4/03 from 6:00 PM to 9:00 PM 4/5, 4/10, 4/12, 4PM to 9PM 4/14, 8AM to 7:30PM

**Fee:** $149.00

**Location:** Natatorium, K-State Campus

**Lifeguard Training 12AAQ35A**

**Instructor:** Abby Thrash, abbythrash@gmail.com, and Jordan Meyer

**Date:** 03/31/2012 to 04/01/2012 (Sat, Sun)

**Time:** 8:00AM to 7:00PM (Sat) 8:00 AM to 5:00 PM (Sun)

**Fee:** $149.00

**Location:** Natatorium, K-State Campus

**Lifeguard Training 12AAQ35B**

**Instructor:** Abby Thrash, abbythrash@gmail.com, and Jordan Meyer

**Date:** 05/05/2012 to 05/06/2012 (Sat, Sun)

**Time:** 8:00AM to 7:00PM (Sat) 8:00 AM to 5:00 PM (Sun)

**Fee:** $149.00

**Location:** Natatorium, K-State Campus

**Lifeguard Instructor (LGI) 12AAQ122**

This class will provide candidates with the knowledge and skills necessary to teach Lifeguarding (including First Aid), Lifeguard Management, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Community Water Safety, and Basic Water Rescue. With additional training and for those meeting the prerequisites, interested candidates would also be able to teach Safety Training for Swim Coaches and/or Waterfront Lifeguarding. Enrollment and certification requirements for this class are listed at www.tryufm.org. Required materials cost $84.00 and not included in fee. Please purchase at UFM, 1221 Thurston St before class.

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

**Dates:** 2/18/2012 to 03/10/2012 (Sa/Tu/Th) 3/1, 3/6, 3/8, 4PM to 9PM (Tu/Th) 3/10, 8AM to 7:30PM (Sa)

**Fee:** $149.00

**Location:** Natatorium, K-State Campus

**WSI-Water Safety Instructor 12AAQ121**

This course is dedicated to developing the skills you will need to instruct and plan courses in the American Red Cross Learn to Swim and Water Safety Programs. Instructone includes Parent and Child classes, Preschool levels 1-3, and Learn to Swim Levels 1-6, Community Water Safety, Basic Water Rescue, and Special Populations. Other training that may be available with additional training: Safety training for Coaches. Please note: The WSI course is NOT designed to teach you the required strokes/ skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading and homework. Enrollment and certification requirements for this class are listed at www.tryufm.org. Required materials cost $62.50 and are not included in fee. Please purchase at UFM, 1221 Thurston St before class. NOTE: Bring a pocket mask or purchase at UFM.

**Instructor:** Abby Thrash, abbythrash@gmail.com

**Dates:** 5/31/2012 to 6/2/2012 (Th, Fr, Sa) 6/1, 6/2, 8:00 AM to 5:00 PM

**Fee:** $180.00

**Location:** Natatorium, K-State Campus
Fitness Swimming 12AAQ108AZ
Students will identify and measure components of health-related physical fitness; learn how to apply principles of exercise science and hydrodynamics to develop a well-balanced, goal-driven exercise prescription that will provide general conditioning, as well as develop or improve skill/sport-related components of fitness. Emphasis will be on analyzing and refining stroke technique and additional competitive skills, introducing various types of aquatic-related exercise, and implementing principles that will help evaluate, improve and maintain physical fitness and wellness through a progressive, varied swim program.

Prerequisites: Students MUST be able to 1) comfortably swim 50 yards of front crawl, back crawl, and breaststroke, at an intermediate level; i.e., using rhythmic breathing and a propellant kick during stroke; and 2) be comfortable in deep water (be able to tread). Questions may be directed to the instructor. Instructor: Melissa Copp, mcopp@ksu.edu

Date: 1/17/2012 to 3/6/2012 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: $95.00 (Available for KSU Credit)
Location: Natatorium, K-State Campus

Fitness Swimming 12AAQ108BZ
Instructor: Melissa Copp, mcopp@ksu.edu

Date: 3/8/2012 to 03/20/2012 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: $95.00 (Available for KSU Credit)
Location: Natatorium, K-State Campus

Scuba Diving 12AAQ105AZ
This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The data for certification will be determined at a later date. A certification fee of $75.00 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 wetsuits. 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 wheatlandsports@twinvalley.net

Date: 1/28/2012 to 3/3/2012 (Sat)
(No class 2/4)
Time: 9:30AM to 1:30 PM
Fee: $257.00 (Available for KSU Credit)
Location: Natatorium, K-State Campus

Intermediate Kayak Chapter Workshop 12AAQ109A
Instructor: T.J. Hittle, tjhittle@yahoo.com

This class is for experienced touring and white water kayakers only. Bring your boats to practice self and assisted rescues. NOTE: 1) Your boat(s) must be washed and cleaned inside and out prior to the class. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (KCA) Kayak Chapter.

Instructor: Larry Storer, larrystorer@yahoo.com

Date: 2/5/2012 (Sun)
Time: 9:00 AM to 12:00 PM
Fee: $77.00
Location: Natatorium, K-State Campus

Intro to Sea Kayaking 12AAQ43
This class is perfect for those starting out in kayaking or wanting to brush-up on their kayaking skills. After some brief instructions on land, we will work on being comfortable on the water with efficient stroke technique and boat control. Techniques including wet exits, assisted rescues, and self-rescues will be practiced. This class will give you the invaluable tools needed to practice and refine your strokes and rescues. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. This is a fun and class and you will paddle away learning something new and feeling more confident. For ages 16 and up. Required equipment: Clean touring kayak, pfd (life jacket), bilge pump, paddle float, spray/splash skirt, nose plugs (optional) and swim goggles (optional). Instructor: Larry Storer, larrystorer@yahoo.com

Date: 2/26/2012 (Sun)
Time: 9:00 AM to 12:00 PM
Fee: $77.00
Location: Natatorium, K-State Campus

The Extended Paddle Roll and Beyond 12AAQ44A
This class introduces you to the “Extended Paddle Roll” which is a very effective roll to use with a touring/sea kayak. Other skills covered include working on high and low braces as a means of preventing your kayak from rolling over. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. Ages 16 and up. Required equipment: Clean touring kayak, PFD (life jacket), bilge pump, paddle float, spray/splash skirt, nose plugs (optional), and swim goggles (optional). Instructor: Larry Storer, larrystorer@yahoo.com

Date: 4/1/2012 (Sun)
Time: 9:00 AM to 12:00 PM
Fee: $77.00
Location: Natatorium, K-State Campus

Scuba Diving 12AAQ105BZ
Instructor: Jeff Wilson, (785) 313-4231 wheatlandsports@twinvalley.net

Touring Kayaking 12AAQ105AZ
This class is for experienced touring and white water kayakers only. Bring your boats to practice self and assisted rescues. NOTE: 1) Your boat(s) must be washed and cleaned inside and out prior to the class. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (KCA) Kayak Chapter.

Instructor: Larry Storer, larrystorer@yahoo.com

Date: 2/5/2012 (Sun)
Time: 9:00 AM to 12:00 PM
Fee: $77.00
Location: Natatorium, K-State Campus

Intermediate Kayak Chapter Workshop 12AAQ109B
Instructor: T.J. Hittle, tjhittle@yahoo.com

This class is for experienced touring and white water kayakers only. Bring your boats to practice self and assisted rescues. NOTE: 1) Your boat(s) must be washed and cleaned inside and out prior to the class. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (KCA) Kayak Chapter.

Instructor: Larry Storer, larrystorer@yahoo.com

Date: 2/26/2012 (Sun)
Time: 9:00 AM to 12:00 PM
Fee: $77.00
Location: Natatorium, K-State Campus

The Extended Paddle Roll and Beyond 12AAQ44B
Instructor: Larry Storer, larrystorer@yahoo.com

Date: 4/1/2012 (Sun)
Time: 9:00 AM to 12:00 PM
Fee: $77.00
Location: Natatorium, K-State Campus

TEACH a Class at UFM
*Enhance your business
*Instructional opportunity for students
*Network with others
*Nice way to meet people

Call UFM at 539.8763
Computer Skills 101  12AFC119
Everywhere we turn, computers and websites are being emphasized, but not everyone is comfortable using this technology. This class will give you a basic orientation on how your computer works, how to move around and how to find things on your computer. We will also cover basic internet skills including browsing websites, searching for information, setting up email accounts, internet safety and useful tools for fun and productivity.
Instructor: Linda Teener, linda@tryufm.org

Date:  03/13/2012 (T)
Time:  Tu from 6:30 PM to 8:00 PM
Fee:  $7.00
Location:  UFM Computer Lab
1221 Thurston St., 2nd floor

Internet Safety: Cyberbullying, Sexting & Facebook  12AFC118
This three session class is for families with pre-teens and teens and covers the issues of Cyberbullying, Sexting and the scary side of Facebook. The entirety of cyberbullying will be discussed, both being the bully and being the victim of the bully. Cell phone safety and learning about what you may not realize you’re sharing with others. Facebook is a very public profile; learn about privacy settings and sharing personal information online.
Instructor: Katie Fox (785) 539-1947, projects@bgclubmanhattan.com

Date:  02/21/2012 to 02/27/2012 (T/W/M)
Time:  6:30 PM to 8:00 PM
Fee:  $9.00
Location:  UFM Conference Room
1221 Thurston St., 2nd floor

Microsoft Word Basics  12AFC85
This is an introductory class covering the basic Word features. We will cover toolbars, the differences between versions of Word, templates, how to save, print and email your documents. It is a great class for those who don’t want to be afraid of using the computer (and Microsoft Word) anymore.
Instructor: Kayla Oney, kayla@tryufm.org

Date:  02/18/2012 (Sa)
Time:  Sa from 9:00 AM to 10:30 AM
Fee:  $12.00
Location:  UFM Conference Room, 1221 Thurston St., 2nd floor

Voter Registration Update  12API71
Registering to Vote has just gotten harder! The League of Women Voters of Manhattan/Riley County will share information about changes to the state’s voter registration laws and regulations from the 2011 Kansas Legislature. More changes are expected in the 2012 Legislature. Join us for an Update!

Coordinators: League of Women Voters of Manhattan/Riley County

Date:  04/07/2012 (Sa)
Time:  10:00 AM to 11:00 AM
Fee:  No Charge
Location:  UFM Fireplace Room
1221 Thurston St.

Financial Aid Form Prep  12AFC120
This class will explain the Free Application for Federal Student Aid (FAFSA) step by step. Strategies for maximizing student aid will also be explored. The goal is to make the process of completing the application easy to understand. One registration includes the student and their parent(s) or guardian(s).
Instructor: Jeff Keller, Jeff.keller@windmillbenefits.com

Date:  01/18/2012 to 01/25/2012 (M/W)
Time:  6:30 PM to 8:00 PM
Fee:  $19.00
Location:  UFM fireplace Room, 1221 Thurston

Get Prepared for the ACT  12AFC121
This class is designed to improve your ACT score by decreasing test anxiety and familiarizing students with test format. Strategies for test-taking to maximize scores are taught. Tutoring in specific subjects is not part of this course. This class is timed leading up to the ACT test scheduled for April 14, 2012.
Class meets in the UFM Multipurpose Room on Saturdays 9:00 AM to 1:00 PM and in the UFM Fireplace Room on Tuesday and Thursday from 6:00-8:00PM.

Date:  03/31/2012 to 04/07/2012 (Sa/T/TH)
Time:  Sa 9:00 AM to 1:00 PM;
T/TH 6:00 PM to 8:00 PM
Fee:  $94.00 includes book
Location:  UFM Multipurpose Room/UFM Fireplace Room, 1221 Thurston

WELDING BASICS
March 7, 14, 21, 28 2012 (Wednesdays)
$120
6:00-8:00 p.m.
Instructor: Wes Chambers
3136 Dickens Avenue
Manhattan, KS 66503

Enrollment is on a first come/first pay basis. The fee of $120 needs to be paid at the time of enrollment at the MATC office. The MATC office hours are Monday-Thursday 7:30 am-5:30pm and Friday 7:30am-5:00pm. Cash, check, money order, VISA, Mastercard and/or Discover are accepted for payment.
Beginning Knitting 12ACF05A
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 include: short size US 10.5 needles and a light-weight 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: 01/18/2012 to 02/08/2012 (W)
Time: 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

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

Beginning Knitting 12ACF05B
Date: 04/04/2012 to 04/25/2012 (W)
Time: 6:00 PM to 8:00 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting 12ACF05C
Date: 03/06/2012 to 03/27/2012 (T)
(No class 3/20)
Time: 6:30 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Introduction to Robotics 12ACF117
Introduction to a variety of embedded controllers, sensors and mobile platforms. Controllers include Arduino (Uno and Mega), Intellibrain, Stamps (basic and javelin), and Beagleboard. Sensors include rangefinders (analog and digital), radios, gps, cell phones, accelerometers, etc. Mobile platforms include MMP5 1/6 scale RC cars, Wild Thing, etc. Topics include interfacing issues, setting up IDEs, product development and implementation, and anything else the class decides is interesting. First milestone is robotic car racing where the cars use gps and other sensors to negotiate a fixed course. People with metal shop experience are encouraged to participate.
Instructor: Bill Rust

Date: 01/16/2012 to 04/09/2012 (M)
(No class 3/19)
Time: 7:00 PM to 9:00 PM
Fee: $270.00 (includes materials)
Location: UFM Multipurpose Room
1221 Thurston St.

Bill started the Kansas Robot League over ten years ago. He has visited hundreds of classrooms across the state of Kansas and presented at numerous education conventions.

Introduction to Voiceovers 12ACF129
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 student with further information regarding time/date. This class meets only once. View www.tryufm.org for information.
Date: 01/30/2012 to 02/03/2012 (M/F)
Time: See class description
Fee: $30.00
Location: See class description

Voices For All, LLC, The Voices For All Voice Coach/Producer/Instructors are known for their fun and informative presenting methods. Our Coaches have many years experience in the Voiceover Industry, and are masters at teaching all of the information pertinent to making it in Voice Acting. Whether it be speaking, presenting, writing, producing, or announcing, Voices For All has it covered.

Buying a Sewing Machine 12ACF164
Buying a sewing machine can be intimidating if you don’t know what to look for. This class will review the variety of sewing machines that are on the market and key features you should consider. Bring your questions.
Instructor: Linda Teener, linda@tryufm.org
Date: 03/01/2012 (Th)
Time: 6:00 PM to 6:45 PM
Fee: $5.00
Location: UFM Fireplace Room
1221 Thurston St.

Linda has been sewing since she was six years old. She enjoys sewing everything from garments to home decor and quilting projects.

Beginning Sewing I 12ACF165
Learn to feel comfortable with your sewing machine and make a simple project. We will construct a nine patch pillow. The fabric and thread will be provided. Bring your sewing machine and a basic sewing kit that includes extra sewing machine needles, scissors, pins and a pin cushion, a seam ripper and a seam gauge. Add your own stuffing after class.
Instructor: Linda Teener
Date: 03/01/2012 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $12.00
Location: UFM Multipurpose Room
1221 Thurston St.

Beginning Sewing II 12ACF166
Building on your basic sewing skills, we will construct a simple purse. You will provide two fabrics of your choice and handles of your choice. The supply list and pattern will be provided ahead of class. In addition to the fabric and handles, bring your sewing machine and your basic sewing kit.
Instructor: Linda Teener
Date: 03/08/2012 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $12.00
Location: UFM Multipurpose Room
1221 Thurston St.

Buying a Sewing Machine 12ACF164
Buying a sewing machine can be intimidating if you don’t know what to look for. This class will review the variety of sewing machines that are on the market and key features you should consider. Bring your questions.
Instructor: Linda Teener, linda@tryufm.org
Date: 03/01/2012 (Th)
Time: 6:00 PM to 6:45 PM
Fee: $5.00
Location: UFM Fireplace Room
1221 Thurston St.

Linda has been sewing since she was six years old. She enjoys sewing everything from garments to home decor and quilting projects.

Beginning Sewing I 12ACF165
Learn to feel comfortable with your sewing machine and make a simple project. We will construct a nine patch pillow. The fabric and thread will be provided. Bring your sewing machine and a basic sewing kit that includes extra sewing machine needles, scissors, pins and a pin cushion, a seam ripper and a seam gauge. Add your own stuffing after class.
Instructor: Linda Teener
Date: 03/01/2012 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $12.00
Location: UFM Multipurpose Room
1221 Thurston St.

Beginning Sewing II 12ACF166
Building on your basic sewing skills, we will construct a simple purse. You will provide two fabrics of your choice and handles of your choice. The supply list and pattern will be provided ahead of class. In addition to the fabric and handles, bring your sewing machine and your basic sewing kit.
Instructor: Linda Teener
Date: 03/08/2012 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $12.00
Location: UFM Multipurpose Room
1221 Thurston St.
**Origami for Adults** 12ACF163

Come learn the Japanese art of folding paper to make shapes from nature! In this class, you will learn how to make paper cranes, jumping frogs and more out of recycled paper. Be prepared to learn and have fun making great works of art! Ages 18+

- **Instructor:** Jessi Long
- **Date:** 03/11/2012 (Su)
- **Time:** 3:00 PM to 4:00 PM
- **Fee:** $12.00
- **Location:** UFM Fireplace Room
  1221 Thurston St.

**Introduction to Photography 1: The Basics** 12ACF78

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 they can take complete manual control of settings such as aperture (f-stop) and shutter speed; such as SLR’s or advanced compact cameras.

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

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

- **Instructor:** Scott Bean, scott@scottbeanphoto.com
- **Date:** 03/29/2012 to 04/26/2012 (Th/Sa)
  (No class 04/14)
- **Time:** 7:00 PM to 9:00 PM
- **Fee:** $82.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

**Card Making and Stamping** 12ACF167

Create two handmade greeting card projects from beginning to end using rubber stamps and paper crafting tools and techniques. Materials needed include adhesive such as a glue stick, double-stick tape, or scrapbooking adhesive. All other materials for the two card projects will be provided. Beginner card-makers welcome! Ages 13+.

- **Registration deadline April 4.**
- **Instructor:** Rosanna Vail
- **Date:** 04/11/2012 (W)
- **Time:** 6:30 PM to 8:00 PM
- **Fee:** $15.00
- **Location:** UFM Multipurpose Room
  1221 Thurston St.

Rosanna is a paper craft enthusiast who loves creating handmade greeting cards and gifts using rubber stamps, paper, embellishments, and just about anything that can be found around the house.

**How To Climb Your Family Tree: Beginning Genealogy** 12ACF203A

Learn how to complete and read pedigree charts, document family groups, and organize the generations. Know what the next step should be and how to go about doing it. Research tax records, Federal and State census, list groups, family history books and a multitude of research resources that will move you up your family tree. A majority of the resources are free. The final class meeting will involve a field trip to the Family History Center in Manhattan. This class will be very interesting as we meet our ancestors and learn what really makes us who we are. Ages 12 and up.

- **Instructor:** Misty Gandara
- **Date:** 01/19/2012 to 02/09/2012 (Th)
- **Time:** 7:00 PM to 9:00 PM
- **Fee:** $16.00
- **Location:** Meadowlark Hills, K-State Classroom, 2121 Meadowlark Road

Misty has been researching family histories for 20+ years. She has taught children and adults how to begin the process of researching their own genealogical history. Misty is a family history specialist and has worked at the local family history center.

**How To Climb Your Family Tree: Beginning Genealogy** 12ACF203B

- **Date:** 02/16/2012 to 03/08/2012 (Th)
  (No class 03/09)
- **Time:** 7:00 PM to 9:00 PM
- **Fee:** $16.00
- **Location:** UFM Conference Room
  1221 Thurston

**How To Climb Your Family Tree: Beginning Genealogy** 12ACF203C

- **Date:** 03/09/2012 to 04/19/2012 (Th)
  (No class 04/14)
- **Time:** 7:00 PM to 9:00 PM
- **Fee:** $16.00
- **Location:** UFM Multipurpose Room
  1221 Thurston

**Beginning Crochet** 12ACF84A

Two projects (headband and hat) will be completed as you learn single and double crochet, shaping and seaming. Materials for the first class project are size I hook 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:** 01/18/2012 to 02/08/2012 (W)
- **Time:** 5:00 PM to 6:30 PM
- **Fee:** $31.00
- **Location:** UFM Multipurpose Room
  300 Poyntz Ave.
  Wildflower Yarns and Knitwear

**Origami for Adults** 12ACF84B

**How To Climb Your Family Tree: Beginning Genealogy** 12ACF84B

**How To Climb Your Family Tree: Beginning Genealogy** 12ACF84B

**Beginning Crochet** 12ACF84B

**Introduction to Photography 1: The Basics** 12ACF78

**Card Making and Stamping** 12ACF167

To view instructor’s bios visit www.tryufm.org
Introduction to Adobe Lightroom 12ACF140
This class will cover an introduction to the software program Adobe Lightroom, which is part of the Photoshop family of programs. All modules of Lightroom (library, development, slideshow, print, and web) will be covered, however most of the class will focus on the library and development modules. The use of presets to speed up your workflow will be discussed as well as using Lightroom in combination with other image editing programs such as Photoshop.
Instructor: Scott Bean, scott@scottbeanphoto.com
Date: 01/17/2012 to 01/26/2012 (T/Th)
Time: 7:00 PM to 9:00 PM
Fee: $52.00
Location: UFM Computer Lab 1221 Thurston St., 2nd floor

Introduction to Adobe Photoshop 12ACF65
The class will cover an introduction to image processing using Photoshop Elements 8 and basic adjustments such as cropping and resizing images, adjusting the tonality using levels, color correction, image cleanup using the healing brush and clone stamp tools, an introduction to layers and how to use them in your workflow, black and white conversions, putting panoramas together, high dynamic range photography and an introduction to camera RAW.
Instructor: Scott Bean, scott@scottbeanphoto.com
Date: 01/31/2012 to 02/09/2012 (T/Th)
Time: 7:00 PM to 9:00 PM
Fee: $52.00
Location: UFM Computer Lab 1221 Thurston St., 2nd floor

Beginning Flute Lessons 12ACF152
The repertoire for Flute offers a great variety of styles. One can play solo, in a small ensemble or a concert band. In this beginning class we will focus on tone production and quality, fingerings and your first performance. Individual-or group-instruction is possible and available. Students must purchase music (approx. $20-$40). Requirements: a working flute and a notebook/binder with filler paper. Ages 10+. Additional lessons are available by appointment.
Instructor: Daniela Thrasher, (785) 313-2909
Date: 01/17/2012 to 02/14/2012 (Tu)
Time: 6:00 PM to 7:00 PM
Fee: $30.00
Location: UFM Multipurpose Room 1221 Thurston

Pool School for Beginners and Novices 12ACF170
Learn to play pool, a game for everyone and all ages, in a non pool hall setting. Start by learning the basic techniques of handling the cue stick and striking balls. Advance to understanding how to find and carry out shots. Finally, learn to play the most common game for beginners, 8-ball.
Instructor: Don Rasmussen
Date: 02/01/2012 to 03/07/2012 (W)
Time: 1:00 PM to 2:30 PM
Fee: $22.00
Location: Billiards Room, Meadowlark Hills 2121 Meadowlark Hills Road

S.T.A.R. Puppy 12ACF169
The AKC S.T.A.R. Puppy is an exciting new program designed to get dog owners and their puppies off to a good start. This training class is a natural lead into the AKC Canine Good Citizen program. S.T.A.R. Puppy covers the basic skills every puppy should know including sit, down, come, stay, walk on a loose leash, leave it, find it, drop it, focus, name recognition and more! At the end of this 6 session course, participants will be able to be evaluated to earn AKC S.T.A.R. Puppy certification.
Requirements: Your puppy must be less than one year old at the time of evaluation. Current vaccination records must be provided to UFM Community Learning Center at the time of enrollment. Records can be faxed to 785-539-9460.
Instructor: Stefanie Lamont stefanie.lamont@hotmail.com
Date: 01/20/2012 to 03/02/2012 (F)
Time: 7:00 PM to 8:00 PM
Fee: $68.00
Location: UFM Solar Addition 1221 Thurston

Canine Good Citizen 12ACF168
The AKC Canine Good Citizen Program is designed to recognize dogs who have good manners at home and in the community. This rapidly growing, nationally recognized program stresses responsible dog ownership for owners and basic training and good manners for dogs. All dogs who pass the 10 step CGC test may receive a certificate from the American Kennel Club. All dogs are welcome to participate in the AKC Canine Good Citizen Program, including pure breeds and mixed breeds.
Requirements: Your dog must be up-to-date on all vaccinations. Records must be provided to UFM Community Learning Center at the time of enrollment. Records can be faxed to 785-539-9460.
Instructor: Stefanie Lamont stefanie.lamont@hotmail.com
Date: 01/17/2012 to 02/28/2012 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: $68.00
Location: UFM Solar Addition 1221 Thurston
Conversational Sign Language 12ALA29
This is a conversational sign language class for beginner and intermediate signers that will focus on learning vocabulary through connected language. Printed material and videos will be used during instruction. Families with children are welcome. All materials and fees are included in the registration.
Instructor: Susie Stanfield, isign@cox.net

Date: 04/10/2012 to 05/15/2012 (T)
Time: 7:00 PM to 8:30 PM
Fee: $50.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Susie Stanfield, MA, has been a certified Teacher of the Deaf for over 25 years and is the owner of I SIGN Consulting. She has over 30 years of experience teaching sign language classes. In addition to teaching, Susie has experience interpreting in a variety of settings including educational, community, and deaf ministry. She is the Interpreter Coordinator for the Country Stampede and is the director of the Manhattan Silent Singers, a sign language performance group.

German for Beginners 12ALA35
Do you plan to travel to a German speaking country? Or do you just want to get a basic understanding of the German language? Then this course is for you! We will learn some basic vocabulary and encounter some of the culture in German speaking countries such as Austria Germany and Switzerland. This introductory course will give you the opportunity to learn about the language in a safe, fun and collaborative environment. Bring a notebook and pens or pencils to take notes. Ages 10+.
Instructor: Daniela Thrasher, (785) 313-2909

Date: 01/23/2012 to 02/15/2012 (M/W)
Time: 6:00 PM to 6:45 PM
Fee: $36.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Daniela Thrasher is a senior in music and German education at K-State. She was born in Germany and moved to Manhattan, KS in 2006. In the Fall, she student-taught Music and German at Junction City High School and Ware Elementary School on Ft. Riley. For more information, please visit http://web.me.com/danielathrasher/Daniela_A._Thrasher/Welcome.html

Beginning Chinese Language 12ALA03
Learn about a mysterious Asian country—China. Students will learn about Chinese culture and use easy Chinese to communicate.

Date: TBD
Time: TBD
Fee: $50.00
Location: UFM Fireplace Room
1221 Thurston St.

Beginning Spanish for Students 12ALA54
This class is for students in grades 7-12. This class will focus on basic Spanish words, numbers, and the alphabet. We will also discuss pronunciation and sounds.
Instructor: Ariel Anib

Date: 01/18/2012 to 02/29/2012 (W)
(No class 2/22)
Time: 4:00 PM to 5:00 PM
Fee: $27.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Beginning Spanish for Adults 12ALA02
This class will focus on basic Spanish words, numbers, and the alphabet. We will also discuss pronunciation and sounds.
Instructor: Ariel Anib

Date: 03/07/2012 to 04/18/2012 (W)
(No Class 3/21)
Time: 6:30 PM to 7:30 PM
Fee: $27.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Enroll 24/7 at www.tryufm.org
**Fly Fishing**  
12AEN04AZ  
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: Gregg Eyestone  
Date: 03/05/2012 to 03/15/2012 (M/T/W/Th)  
Time: 6:00 PM to 8:00 PM  
Fee: $95.00  
Location: K-State Durland/Rathbone Hall 1061 Ahearn Fieldhouse (3/6, 3/7)

**Simple Solar Water and Space Heating**  
12AEN105  
In this class, different ways of solar heating water and air, and storing the heat for later in the day will be discussed. Desired temperatures are mostly well within the reach of simple hardware that we can make ourselves. The class will emphasize the simplest, lowest-cost ways of making the sun work for us: from drain-back and batch water heaters to freeze protection and how to integrate simple daytime space heaters into your house, making the air wander through and heat as much of your house as possible.  
Instructor: Bill Dorsett, wmdorssett@sbcglobal.net  
Date: 02/11/2012 (Sa)  
Time: 1:00 PM to 3:00 PM  
Fee: No Charge  
Location: UFM Solar Addition, 1221 Thurston

**Intro to Geocaching**  
12AEN103  
Geo is a prefix for earth. Cache is a hiding place used to store items. Today there are over 1.4 million geocaches hidden around the world. They can be found deep in the woods, under water and even stuck to the underside of park benches and the containers are getting increasingly clever. Has your interest been piqued? Here’s your chance to find out more. No materials required.  
Instructor: Daedra Lowry  
Date: 05/05/2012 to 05/12/2012 (Sa)  
Time: 10:00 AM to 12 Noon  
Fee: $12.00  
Location: UFM Fireplace Room, 1221 Thurston

**Home Landscape Design**  
12AEN08  
Learn the basics of landscaping your home! Locally available resources will be presented. Property values may be increased 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: 02/23/2012 to 03/08/2012 (Th)  
Time: 6:30 PM to 8:30 PM  
Fee: Individual - $21.00, Couple - $30.00  
Location: Clover Room, Pottorf Hall Cico Park

**Basic Fruit Tree Pruning**  
12AEN104  
Pruning a fruit tree correctly is important for the shape of the tree and production of fruit. Join this hands-on workshop to learn the techniques of pruning a fruit tree. Participants are encouraged to bring their pruning tools. *The class will meet in the UFM yard. In case of inclement weather, the class will meet in the UFM Solar Addition.*  
Instructor: Gregg Eyestone  
Date: 03/03/2012 (Sa)  
Time: 1:00 PM to 2:30 PM  
Fee: No Charge  
Location: UFM Solar Addition, 1221 Thurston

**Intro to Geocaching**  
12AEN103  
Geo is a prefix for earth. Cache is a hiding place used to store items. Today there are over 1.4 million geocaches hidden around the world. They can be found deep in the woods, under water and even stuck to the underside of park benches and the containers are getting increasingly clever. Has your interest been piqued? Here’s your chance to find out more. No materials required.  
Instructor: Daedra Lowry  
Date: 05/05/2012 to 05/12/2012 (Sa)  
Time: 10:00 AM to 12 Noon  
Fee: $12.00  
Location: UFM Fireplace Room, 1221 Thurston

**Attached Solar Greenhouses: Design for Plants & Warmth**  
12AEN21  
Whether you want winter salad greens, house plants or heat for adjoining rooms, sunrooms are certain to add light and enjoyment to your home. Attached sunrooms are some of the most popular and successful uses of solar energy. There are many choices for storing heat into the night; single or active thermal systems and in solar electric applications.  
Instructor: Bill Dorsett, wmdorssett@sbcglobal.net  
Date: 05/03/2012 (Th)  
Time: 7:00 PM to 9:00 PM  
Fee: No Charge  
Location: UFM Conference Room 1221 Thurston St., 2nd floor

**Food Forests and Plant Guilds: Not Just Another Gardening Class**  
12AEN74  
Explore the ethics and core principles that encompass the permaculture method of designing sustainable environments. Learn why a hammock just might be your most valuable tool.  
Instructor: Carol Barta, (785) 410-8608  
Date: 05/05/2012  
Time: 3:00 PM to 5:00 PM  
Fee: No Charge  
Location: UFM Conference Room 1221 Thurston St., 2nd floor

**Wildflower Walk at Tuttle Creek Lake**  
12AEN69  
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 we will know how many persons to expect.  
Instructor: Paul Weidhaas  
Date: 05/05/2012 (Sa)  
Time: 10:00 AM to 12 Noon  
Fee: No Charge  
Location: Tuttle Creek Lake Visitor’s Center 5020 Tuttle Creek Blvd

**Simple Solar Water and Space Heating**  
12AEN105  
In this class, different ways of solar heating water and air, and storing the heat for later in the day will be discussed. Desired temperatures are mostly well within the reach of simple hardware that we can make ourselves. The class will emphasize the simplest, lowest-cost ways of making the sun work for us: from drain-back and batch water heaters to freeze protection and how to integrate simple daytime space heaters into your house, making the air wander through and heat as much of your house as possible.  
Instructor: Bill Dorsett, wmdorssett@sbcglobal.net  
Date: 02/11/2012 (Sa)  
Time: 1:00 PM to 3:00 PM  
Fee: No Charge  
Location: UFM Solar Addition, 1221 Thurston

Bill has built and installed most types of solar water and space heating collectors since 1980. His favorite are the simplest. Bill Dorsett has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.

**Attached Solar Greenhouses:**  
12AEN21  
Whether you want winter salad greens, house plants or heat for adjoining rooms, sunrooms are certain to add light and enjoyment to your home. Attached sunrooms are some of the most popular and successful uses of solar energy. There are many choices for storing heat into the night; single or multi-story greenhouses, and many alternatives to glass. Some are as simple as electrical conduit and polyfilm, or elaborate indoor home additions. We will discuss examples of sunrooms built here in Manhattan and talk of the various design considerations for both growing plants and exporting warmth. Bring your blueprints. Bill will be happy to discuss your particular home and plans.  
Instructor: Bill Dorsett, wmdorssett@sbcglobal.net  
Date: 05/02/2012 (Sa)  
Time: 1:00 PM to 3:00 PM  
Fee: No Charge  
Location: UFM Solar Addition, 1221 Thurston

Bill has been designing and building sunrooms in Manhattan since 1981.
The World According to Monsanto: Is Our Food Safe to Eat?  12AEN106
Please join us for a free showing of the documentary *The World According to Monsanto* which will start at 6pm with sampling of non-GMO (genetically modified organisms) finger foods from People’s Grocery. This French film (the documentary is in English) has interviews with farmers from around the world. It looks at Monsanto’s controversial past and their race to genetically engineer (and patent) the world’s food supply, a frightening strategy which profoundly threatens our health, environment, and economy. A 3-minute video “What Can We Do on The Campaign for Healthier Eating in America” will follow the film. The movie will begin at 6:30 pm; everyone is welcome to stay for a discussion after the showing.
Facilitators: Deane Lehmann, Stephanie Cold

Date: 02/23/2012 (Th)
Time: 6:00 PM to 8:45 PM
Fee: No Charge
Location: Manhattan Public Library Auditorium

Bicycle Ed 101  12AEN75A
Cyclists will learn how to care for their bicycle with proper maintenance and basic repair skills. Participants will learn about tire & tube changes, bicycling & the law, pre-ride safety check, cleaning and lubrication, proper storage and wheel removal & installation. Plan to wear clothes you don’t mind getting greasy.
Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 03/02/2012 (F)
Time: 7:00 PM to 8:00 PM
Fee: $10.00
Location: Big Poppi Bicycle Co, 1126 Moro St.

Bicycle Ed 101  12AEN75B
This date is for women only.

Date: 03/16/2012 (F)
Time: 7:00 PM to 8:00 PM
Fee: $10.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Ed 101  12AEN75C

Date: 03/30/2012 (F)
Time: 7:00 PM to 8:00 PM
Fee: $10.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Core Concepts:
Drive-train Mechanics  12AEN76
CLICK! TICK! POP! CREAK! Do your gears feel like they are jumping all over creation when you are pedaling? You need help and we have a class that will teach you how to fix all of those sounds, the clunky performance and leave you with nothing but crisp, smooth, quiet shifting all the live long day. Topics covered include: drivetrain cleaning & lubrication, front & rear, derailleur installation, front & rear derailleur cable adjustment, front & rear derailleur limit adjustment, chain installation & maintenance and shifter maintenance & cleaning.
Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 03/04/2012 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $60.00
Location: Big Poppi Bicycle Company
1126 Moro St.

Bicycle Core Concepts:
Brake System Mechanics  12AEN77
Let’s just leave this one to explain itself. The danger of bad brakes is pretty apparent. If your bike currently has or has ever had trouble stopping or you are just a gear-head and want to know how everything works, this class is a great opportunity to understand the different styles of brakes for bicycles and how they work. Topics covered: cantilever, side-pull, disc, v-brake/linear pull, u-brake, duel-pivot, brake pad installation, brake cable adjustments, caliper adjustments.
Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 03/11/2012 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $60.00
Location: Big Poppi Bicycle Company
1126 Moro St.

Bicycle Wheel Systems  12AEN79
Bicycle wheelbuilding is a beautiful combination of science and art reserved for the patience. This class will explain the amazing amalgamation of parts and technique it takes to procedure bicycle wheels from the three components that comprise it: a rim, hub, and spokes. Topics covered: wheel lacing 2-cross, 3-cross, 4-cross, radial, spoke tensioning, dishing, radial truing, lateral truing. You will leave this class with a new wheel hand built by YOU!
Cost: If you buy a hub, rim, and spokes from Big Poppi Bicycle Co. the class is $10. If you opt to attend and bring outside materials, the normal cost of the class is $125.

Date: 04/01/2012 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $10.00 Big Poppi Materials
$125.00 Purchased on Own
Location: Big Poppi Bicycle Co
1126 Moro St.

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 10:00-5:00 AT 406 Poyntz 537-2099

To view instructor’s bios visit www.tryufm.org
**Peruvian Cuisine**  
*12AFF48*  
Come and discover a fun way to learn to cook Peruvian dishes and the richness of the Peruvian cuisine. Peruvian food is often considered to be the best food in South America. Let’s have fun cooking Peruvian!

Instructor: Elsa Toburen, elsatob@hotmail.com

Date: 05/02/2012 (W)  
Time: 6:30 PM to 8:30 PM  
Fee: $29.00  
Location: HyVee Club Room, 601 3rd Place

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**Wine 101**  
*12AFF77*  
Are you new to wine or want to know more of the basics? Harry’s is offering our Wine 101 series. Join us as we try six different wines each week while discussing various topics on the wines and the regions in which they grow. The four classes in this series include The Americas; France; Italy, Spain and Portugal; Australia and New Zealand.

Instructors: Evan Grier & Ian Hulon  
inian@harrysmanhattan.com

Date: 02/21/2012 to 03/13/2012 (T)  
Time: 6:00 PM to 7:30 PM  
Fee: $75.00  
Location: Harry’s Restaurant, 418 Poyntz Ave.

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**Two Days in California**  
*12AFF92*  
Join us for two classes as we take you on a viticultural tour of the Napa and Sonoma Valleys of California! With exceptional wines to taste and an in-depth presentation each day, you will be well versed and know exactly where to go should you take a trip to the California wine country!

Instructors: Evan Grier & Ian Hulon, inian@harrysmanhattan.com

Date: 04/10/2012 to 04/17/2012 (T)  
Time: 6:00 PM to 7:30 PM  
Fee: $59.00  
Location: Harry’s Restaurant, 418 Poyntz Ave.

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**Home Brewing 101**  
*12AFF32*  
This course will teach would-be beer enthusiasts how to brew their own beer at home. The course will cover how to brew a beer using an extract kit, bottle the beer, and drink it. The course also includes discussions and samplings of the major brewing styles. In order to participate, you must be at least 21, with a copy of current ID for UFM’s records. You may bring copy into office at 1221 Thurston or mail in before class begins.

Instructors: Walter Dodds, wkdodds@ksu.edu; Ray Davis, raymond.davis@us.army.mil; Joe Callaghan, fjc2947@networksplus.net

Date: 04/09/2012 to 04/23/2012 (M)  
Time: 7:00 PM to 9:00 PM  
Fee: $35.00  
Location: UFM Kitchen & Banquet Room  
1221 Thurston

The instructors are all members of the Little Apple Brew Crew Club, that consists of over 50 home brewers in Manhattan and surrounding communities. They have a combined brewing experience of 40+ years.

**Beer Tasting**  
*12AFF39*  
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: 03/09/2012 (F)  
Time: 6:30 PM to 8:30 PM  
Fee: $12.00  
Location: Tallgrass Brewing Company

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**Kombucha at Home**  
*12AFF76*  
Kombucha and water kefir are healthy beverages that are gaining popularity. Kombucha is a fermented tea drink made by a community of bacteria and yeast called a mother or mushroom. Water kefir is a fermented drink made using sugar, fruit, and a community of bacteria and yeast called kefir grains. Both are relatively easy and inexpensive to make at home. In this class we will talk about the history, reported health benefits and instructions for making kombucha and water kefir.

Instructors: Deane Lehmann & Stephanie Cold

Date: 03/31/2012 (Sa)  
Time: 2:00 PM to 4:00 PM  
Fee: No Charge  
Location: UFM Fireplace Room, 1221 Thurston

Stephanie is a passionate supporter of raw milk, alternative health, and organic, nutrient-dense foods. She tries to live as naturally as possible, consuming limited processed foods, is committed to homemade food products, and living sugar-free and gluten-free.

**Got (Raw) Milk?**  
*12AFF81*  
Learn about the benefits of raw milk and raw milk products. Unpasteurized, farm-fresh milk is Mother Nature’s most perfect food. During this class, you will discover the differences between pasteurized and unpasteurized milk, the political history of raw milk in America and in Kansas, and how to find quality sources of raw milk for you and your family. Learn how to utilize raw milk at home by making raw milk products such as butter, cheese, and buttermilk. The class will especially focus on two milk products, providing step-by-step instructions for making milk kefir and yogurt. Whether you’re unsure about what raw milk is or if you’ve been drinking it for years, this class is essential for all people who want a healthy lifestyle.

Instructors: Stephanie Cold & Deane Lehmann

Date: 04/21/2012 (Sa)  
Time: 2:00 PM to 4:00 PM  
Fee: No Charge  
Location: UFM Fireplace Room, 1221 Thurston St.

**Baking from Scratch for Kids**  
*12AFF82A*  
Children will learn to bake cookies, cupcakes and other baked goods from scratch. They will then have the opportunity to decorate their baked creations and take home delicious treats for their friends and families. Ages 6-12.

Instructor: Jessica Campbell, jessica@tryufm.org

Date: 01/21/2012 (Sa)  
Time: 3:00 PM to 5:00 PM  
Fee: $15.00  
Location: HyVee Club Room, 601 3rd Place

**Baking from Scratch for Kids**  
*12AFF82B*  
Children will learn to bake cookies, cupcakes and other baked goods from scratch. They will then have the opportunity to decorate their baked creations and take home delicious treats for their friends and families. Ages 6-12.

Instructor: Jessica Campbell, jessica@tryufm.org

Date: 03/31/2012 (Sa)  
Time: 3:00 PM to 5:00 PM  
Fee: $15.00  
Location: HyVee Club Room, 601 3rd Place
Gluten-Free Ravioli Baking  12AFF93
Gluten-free treats for your sweetie! Join us for a hands-on lesson in gluten-free ravioli making. It's simpler than it sounds! We'll use both cheese and meat-based fillings and discuss ways to come up with tasty personalized fillings at home. We'll also make and enjoy homemade gluten-free ice cream sandwiches.
Instructor: Jo Maseberg-Tomlinson
jo.maseberg@gmail.com
Date: 02/08/2012 (W)
Time: 6:00 PM to 8:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Scrumptious Slow Cooking  12AFF95
Bring your own crock pot and go home with tomorrow's dinner! For this hands-on class, bring your empty crock pot and plan to fill it up with a delicious, healthy, and convenient dinner that you can take home and cook the next day. Tips about what foods to cook, seasonings, cooking times and even easy clean-up will be shared! While at class you will be sampling dishes from Karen's slow cookers recipes...including a simple, delicious dessert!
Instructor: Karen Hanson, karenhanson@hy-vee.com
Date: 02/01/2012 (W)
Time: 6:00 PM to 8:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Spring Make-Over: Recipe Style 12AFF96
Do you have a favorite recipe that you would like to see transformed into a healthier dish? For this class, Karen, the “dietitian magician”, will be giving your recipes a make-over! Karen will give tips for lowering sugar, salt and fats in your recipes. If you have a recipe you would like to see transformed, please plan to submit the recipe for use in the class two weeks prior, to karenhanson@hy-vee.com, or just plan to drop it by Hy-Vee. Karen will try to include your recipe, and cook up the healthier version for sampling during the Recipe Make-Over Class. (May be limited to the first 5 recipes submitted.)
Instructor: Karen Hanson, karenhanson@hy-vee.com
Date: 03/14/2012 (W)
Time: 6:00 PM to 8:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Host A Gluten-Free Dinner: Simple & Tasty So You Can Enjoy Your Guests  12AFF94
Baking everything from scratch or buying gluten-free baked goods that don’t taste “real” can make hosting a gluten-free dinner at home seem arduous and painful. In reality, there are easy (and relatively inexpensive!) options available and your guests won’t even notice that dinner’s gluten-free! Join us to make a full dinner: appetizers, grilled quesadillas with a variety of fillings, and an easy, delicious gluten-free dessert, a meal that won’t break the bank.
Instructor: Jo Maseberg-Tomlinson
jo.maseberg@gmail.com
Date: 03/07/2012 (W)
Time: 6:00 PM to 8:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Scrumptious Slow Cooking  12AFF95
Bring your own crock pot and go home with tomorrow’s dinner! For this hands-on class, bring your empty crock pot and plan to fill it up with a delicious, healthy, and convenient dinner that you can take home and cook the next day. Tips about what foods to cook, seasonings, cooking times and even easy clean-up will be shared! While at class you will be sampling dishes from Karen’s slow cookers recipes...including a simple, delicious dessert!
Instructor: Karen Hanson, karenhanson@hy-vee.com
Date: 02/01/2012 (W)
Time: 6:00 PM to 8:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Spring Make-Over: Recipe Style 12AFF96
Do you have a favorite recipe that you would like to see transformed into a healthier dish? For this class, Karen, the “dietitian magician”, will be giving your recipes a make-over! Karen will give tips for lowering sugar, salt and fats in your recipes. If you have a recipe you would like to see transformed, please plan to submit the recipe for use in the class two weeks prior, to karenhanson@hy-vee.com, or just plan to drop it by Hy-Vee. Karen will try to include your recipe, and cook up the healthier version for sampling during the Recipe Make-Over Class. (May be limited to the first 5 recipes submitted.)
Instructor: Karen Hanson, karenhanson@hy-vee.com
Date: 03/14/2012 (W)
Time: 6:00 PM to 8:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Cook Once; Eat for a Week!  12AFF97
With busy schedules, who wouldn’t love to have more time enjoying their meals, and less time in the kitchen preparing them? How do we plan healthy meals, on a budget with cost and time in mind? This class will teach you how to design a full week’s menu, compile the grocery list and spend only a few short hours in the kitchen preparing for the week all with good nutrition in mind! Come to class, learn the techniques and leave with a game plan for your first week in hand!
Instructor: Karen Hanson, karenhanson@hy-vee.com
Date: 04/18/2012 (W)
Time: 6:00 PM to 8:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Easy As Pie  12AFF91A
You will learn that baking can be easy and fun in this introductory course to the wonderful world of baking. You will learn how to make an assortment of baked goods including a basic bread and a pie! Come and learn how easy it really can be to bake. You will leave with the confidence you need to try other recipes in your own kitchens. Ages 18+.
Instructor: Jessi Long
Date: 02/25/2012 (Sa)
Time: 1:00 PM to 5:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

Easy As Pie  12AFF91B
Date: 03/10/2012 (Sa)
Time: 1:00 PM to 5:00 PM
Fee: $29.00
Location: HyVee Club Room, 601 3rd Place

To view instructor’s bios visit www.tryufm.org
Living the Art: Jin Shin Jyutsu  12AHW08A
Jin Shin Jyutsu is an ancient harmonizing art for body, mind and spirit. During class we practice easy self help techniques and learn ways to interpret our body's messages to us: as we get to know ourselves, we are better able to help ourselves. Jin Shin Jyutsu is as simple as exhaling and inhaling, and as complicated and intricate as our bodies. This class lends itself to beginners and is also appropriate for anyone who has previously taken a class. Jin Shin Jyutsu is a subtle, relaxing and profound support for our entire being. Please wear comfortable clothes, bring a light lunch and your smile.
Instructor: Mei Hwa (Tina) Terhune, (785) 539-4277
Date:  02/25/2012 (Sa)
Time:  10:00 AM to 4:00 PM
Fee:  $24.00
Location:  1421 Colorado Street

Kate Cashman has been studying and practicing Jin Shin Jyutsu since taking a self help class through UFM in 1998. She is a practitioner and certified self help instructor of the art. Kate has a bodywork practice and has been in business since 1991. She loves sharing her knowledge of Jin Shin Jyutsu.

Living the Art: Jin Shin Jyutsu  12AHW08B
Date:  03/24/2012 (Sa)
Time:  10:00 AM to 4:00 PM
Fee:  $24.00
Location:  1421 Colorado Street

Beginning Tai Chi Chaun  12AHW31
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:  03/28/2012 to 04/25/2012 (W)
Time:  5:30 PM to 6:30 PM
Fee:  $48.00
Location:  UFM Banquet Room, 1221 Thurston

Mei Hwa Terhune (Tina) is a native of China where she acquired her knowledge of Tai Chi Chaun while attending Ming Chung University in Taipei, Taiwan. She is a certified instructor for Tai Chi for Arthritis and YogaFit. She specializes in 24 movement Beijing style, and “Cheng Man-Ching” Yang style.

Healing Touch Level I  12AHW123
Healing Touch is a relaxing, nurturing energy therapy that uses gentle, heart-centered touch to assist in balancing Physical, Mental, Emotional, and Spiritual well-being. Topics covered in the class include the following: energy system concepts related to health; basics and assessment of the energy system; meditation for centering and maintaining energetic flow; principles and practice of Healing Touch for personal and professional use; legal and professional aspects of touch therapies, Ethical Conduct and Standards of Practice, and integrity in Healing Touch. This class is for registered nurses, health care professionals, body-oriented therapists, psychotherapists, licensed health care professionals and individuals, and those who desire to study energy therapy with a commitment to help others. A short lunch break will be taken both days. Please bring lunch with you. *Registration deadline: March 9th.
Instructor: Susan King Shoemaker, (785) 579-6481
Date:  03/24/2012 to 03/25/2012 (SaSu)
Time:  9:00 AM to 6:00 PM
Fee:  $314.00
Location:  UFM Conference/Banquet

Susan King Shoemaker, RN,MS, CHTP/I is a Certified Healing Touch Practitioner and Certified Healing Touch Instructor. Susan has worked 6 1/2 years in education. She coordinated the Healing Touch Program for Central Peninsula Hospital in Soldotna, Alaska. Susan has a private practice in Healing Touch providing individual sessions.

Dao Yin  12AHW124
Dao Yin is a classic Daoist practice that focuses on directing energy or Qi in the body by using several easy exercises. The practices taught in this course focus on gentle strength development, revitalization and detoxification. They are able to relieve chronic discomforts by opening the body's energetic pathways (the acupuncture meridians). The purpose of Dao Yin is to feel responsive and full of energy like that of a child. This form of exercise is an excellent complement to any current exercise or health regimen.
Instructors: Stephen Williams & Catherine Ryba
Date:  01/28/2012 to 03/17/2012 (Sa)
Time:  11:30 AM to 12:30 AM
Fee:  $74.00
Location:  UFM Multipurpose Room

Stephen Williams and Catherine Ryba are both classically trained acupuncturists and Chinese herbalists. Both have studied martial arts, Qi gong, bio-energetics and various sciences for many years and are passionate about bringing comprehensive health to their community.
Yoga 1  
12AHW15AZ  
This course will cover the basic fundamentals of yoga. Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy.  
Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 01/17/2012 to 03/06/2012 (T/Th)  
Time: 10:30 AM to 11:30 AM  
Fee: $99.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Yoga 2  
12AHW21Z  
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

Date: 03/08/2012 to 05/03/2012 (Th/T)  
(No class 3/19, 3/22)  
Time: 10:30 AM to 11:30 AM  
Fee: $99.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Yoga Over Forty  
12AHW99  
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, yogaconnection@gmail.com

Date: 01/17/2012 to 02/21/2012 (T)  
Time: 5:30 PM to 6:30 PM  
Fee: $85.00  
Location: Yoga Connection, 321 Poyntz Ave, Ste A

Morning Yoga  
12AHW89A  
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: 02/25/2012 to 03/17/2012 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: $27.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Morning Yoga  
12AHW89B  
Date: 03/31/2012 to 04/21/2012 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: $27.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Morning Yoga  
12AHW89C  
Date: 04/28/2012 to 05/19/2012 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: $27.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Evening Yoga  
12AHW88A  
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: 01/23/2012 to 02/13/2012 (M)  
Time: 7:15 PM to 8:45 PM  
Fee: $27.00  
Location: K-State International Student Center, Multipurpose Room  
Corner of Midcampus Drive and Claflin

Debbie is a certified yoga teacher (CYT) and has been teaching yoga for five years.
Evening Yoga 12AHW88B
Date: 02/20/2012 to 03/12/2012 (M)
Time: 7:15 PM to 8:45 PM
Fee: $27.00
Location: K-State International Student Center, Multipurpose Room
Corner of Midcampus Drive and Claflin

Evening Yoga 12AHW88C
Date: 03/26/2012 to 04/16/2012 (M)
Time: 7:15 PM to 8:45 PM
Fee: $27.00
Location: K-State International Student Center, Multipurpose Room
Corner of Midcampus Drive and Claflin

Evening Yoga 12AHW88D
Date: 04/23/2012 to 05/14/2012 (M)
Time: 7:15 PM to 8:45 PM
Fee: $27.00
Location: K-State International Student Center, Multipurpose Room
Corner of Midcampus Drive and Claflin

The World According to Monsanto:
Is Our Food Safe to Eat? 12AEN106
Please join us for a free showing of the documentary The World According to Monsanto which will start at 6pm with sampling of non-GMO (genetically modified organism) finger foods from People's Grocery. This French film (the documentary is in English) has interviews with farmers from around the world. It looks at Monsanto's controversial past and their race to genetically engineer (and patent) the world's food supply, a frightening strategy which profoundly threatens our health, environment, and economy. A 3-minute video What Can We Do on The Campaign for Healthier Eating in America will follow the film.
The movie will begin at 6:30 pm; everyone is welcome to stay for a discussion after the showing. Facilitators: Deane Lehmann, Stephanie Cold

Blended Learning: CPR/First Aid 12AHW70A
Find out how you can cut classroom time for CPR, First Aid, and AED training in half by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a hands-on skills practice and assessment session. YOU WILL BE CONTACTED VIA EMAIL with login information and directions. See the directions at www.tryufm.org.
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 01/28/2012 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, First Aid & AED 12AHW25A
This course includes training in Adult, Child, Infant CPR, First Aid and AED. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; control bleeding; and many other useful skills. Class materials included in fee. There will be a $20 non-refundable deposit for this class.
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 02/11/2012 (Sa)
Time: 02/11/2012 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, First Aid & AED 12AHW25B
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 02/11/2012 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, First Aid & AED 12AHW25C
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 03/10/2012 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, First Aid & AED 12AHW25D
Instructor: Kelly Reed-Harkness
Date: 02/25/2012 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, First Aid & AED 12AHW25E
Instructor: Kelly Reed-Harkness
Date: 04/21/2012 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: CPR/First Aid 12AHW70B
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 02/11/2012 (Sa)
Time: 02/11/2012 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: CPR/First Aid 12AHW70C
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 03/10/2012 (Sa)
Time: 03/10/2012 (Sa)
Time: 11:00 AM to 7:00 AM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: CPR/First Aid 12AHW70D
Instructor: Kelly Reed-Harkness
Date: 02/25/2012 (Sa)
Time: 02/25/2012 (Sa)
Time: 11:00 AM to 7:00 AM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: CPR/First Aid 12AHW70E
Instructor: Kelly Reed-Harkness
Date: 04/21/2012 (Sa)
Time: 04/21/2012 (Sa)
Time: 11:00 AM to 7:00 AM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor
Mindfulness-based Stress Reduction 12AHW126
Mindfulness-based Stress Reduction (MBSR) will teach you how to voluntarily self-regulate your Autonomic Nervous System, which controls the fight or flight response. Finding a third way, a middle way, between fight or flight will lead to more inner peace and happiness for every individual who practices. Meditation techniques, sitting and walking meditation along with Mindfulness Movements will be the feature techniques offered.

Mental Health Professionals and Healthcare Workers are especially encouraged to participate in this course and are offered a 35% discount. CME and CEU, pending approval. The Saturday practice intensive session will be April 7 from 10am to 4pm.

Instructors: Dr. Matthew Cobb, matthew.cobb@meadowlark.org & William Hale, M.D.

Date:     03/01/2012 to 04/26/2012 (Th)
Time:     6:30 PM to 8:00 PM
Fee:      $176.00, Includes Materials
Location: Meadowlark Hills
          K-State Classroom
          2121 Meadowlark Road

Matthew Cobb, D Min., M. Div., MA has over 15 years of experience in pastoral care and counseling and spiritual direction. Dr. Cobb’s practice integrates body, mind, heart and soul with people seeking healing and transformation on their unique life path. He works with children, adults and elders using Neurolinguistic Programming and Gestalt Therapy and stress management techniques based on mindfulness meditation. He teaches intensive courses in Stress Management based on Mindfulness Meditation and leads Integral Transformative Practice of Kansas.

William Hale, M.D. has over 25 years of experience in psychiatry and mind-body medicine. Dr. Hale’s practice incorporates mind-body work with people who have physical illnesses such as hypertension, migraines, chronic pain, cancer and other conditions. He works with children, adults and elders using psychotherapy, medication, biofeedback and stress management techniques based on mindfulness meditation. He teaches intensive courses in Stress Management based on Mindfulness Meditation. He also did an internship in Mindfulness Meditation-based Stress Management at the University of Massachusetts School of Medicine.

Refuse To Be A Victim 12AHW202A
Safety experts agree the single most important step toward ensuring your personal safety is making the conscious decision to Refuse To Be A Victim. You stand a much better chance of preventing criminal attack if you develop a safety plan before you need it. That is why the National Rifle Association is offering the Refuse To Be A Victim crime prevention seminar.

The seminar teaches easy-to-understand methods you can use to increase awareness and prevent criminal confrontation. In just three to four hours, you will get the tools you need to develop your own personal safety strategy, including information about:

- The Psychology of the Criminal Mind
- Home & Phone Security
- Automobile & Travel Security
- Personal & Technological Security
- Self-Defense Devices and Training Options
- And more!

Instructor: Robert D Auten

Date:     02/04/2012 (Sa)
Time:     8:00 AM to 12 N
Fee:      $47.00, Includes Materials
Location: UFM Conference Room
          1221 Thurston St., 2nd floor

Robert Auten is a full-time staff member at Kansas State University as well as a NRA certified instructor in many disciplines including Refuse To Be A Victim.

Refuse To Be A Victim 12AHW202B

Date:     03/03/2012 (Sa)
Time:     8:00 AM to 12 N
Fee:      $47.00, Includes Materials
Location: UFM Conference Room
          1221 Thurston St., 2nd floor

Refuse To Be A Victim 12AHW202C

Date:     04/07/2012 (Sa)
Time:     8:00 AM to 12 N
Fee:      $47.00, Includes Materials
Location: UFM Conference Room
          1221 Thurston St., 2nd floor

To view instructor’s bios visit www.tryufm.org
Martial Arts

Tae Kwon Do I 12AMA01Z
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: 01/17/2012 to 05/03/2012 (T/Th)
(No class 3/20, 3/22)
Time: 5:00 PM to 6:00 PM
Fee: $72.00
Location: Sun Yi’s Academy, 1650 Hayes Dr.

Lao Hu Pai Self Defense and Kung Fu 12AMA05
Lao Hu Pai Self Defense and Kung Fu - New students will learn self defense (Aikijutsu and Chinese chi na). Students will learn falling, joint manipulation, take downs, self defense with punches/grabs/ kicks/weapon, basic forms/exercises, and ground techniques. Students may join the Kung Fu class after acquiring a Brown Belt level in self defense. Ages 14+.
Instructor: Michael Tran, mtrandpm@hotmail.com
Date: 01/18/2012 to 05/02/2012 (W)
(No class 3/21)
Time: 6:00 PM to 8:00 PM
Fee: $62.00
Location: K-State Ahearn Gym, 2nd floor

Judo I 12AMA08Z
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: 01/19/2012 to 05/03/2012 (ThM)
(No classes 3/19, 3/22)
Time: 8:00 PM to 9:00 PM
Fee: $75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Judo II 12AMA09Z
In Judo II, participants continue to gain understanding of how principles of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual’s physique.
Instructor: Jim Kiker
Date: 01/19/2012 to 05/03/2012 (ThM)
(No class 3/19, 3/22)
Time: 8:00 PM to 9:30 PM
Fee: $75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Karate & Self-Defense 12AMA10
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: 03/31/2012 to 05/12/2012 (Sa)
Time: 1:00 PM to 2:00 PM
Fee: $51.00
Location: K-State Ahearn Room 301
College Heights St., 3rd 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.

Yama Bushi Kai
Martial Arts
Manuals, books, videos, knives, swords, and martial arts supplies.
Owner is the founder of the White Phoenix System.
2032 Judson, Manhattan, Kansas * 785-313-5488
Golf in Junction City  12ARF30AZ
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: 03/06/2012 to 05/01/2012 (T)
Time: 5:30 PM to 7:30 PM
Fee: $143.00
Location: Rolling Meadows Golf Course, 6514 Old Milford Rd, Junction City

Golf in Junction City  12ARF30BZ
Date: 03/07/2012 to 05/02/2012 (W)
No class 3/21
Time: 5:30 PM to 7:30 PM
Fee: $143.00
Location: Rolling Meadows Golf Course, 6514 Old Milford Rd, Junction City

ZUMBA Fitness  12ARF08A
ZUMBA Fitness is a dance-based fitness class that features Latin and exotic music flavors including salsa, merengue, cumbia, flamenco, reggaeton, samba and many other international flavors. ZUMBA Fitness is designed for everyone, every shape, and every age. It’s an absolute blast!!! Ages 13 and up.
Instructor: Elsa Toburen, elsatob@hotmail.com
Date: 01/17/2012 to 02/14/2012 (T)
Time: 5:30 PM to 6:30 PM
Fee: $47.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

ZUMBA Gold  12ARF09
This course will cover the fundamentals of Middle Eastern Dance, more commonly known as Belly Dance. It will include basic moves such as hip and rib isolations, traditional arm moves, undulations and traveling steps. You will also learn a fun choreography to put all the moves together! Please wear comfortable clothing and be prepared to have fun!
Instructor: Amy (Nashid) Werner
Date: 01/17/2012 to 04/10/2012 (T)
(no class 3/20)
Time: 5:45 PM to 6:45 PM
Fee: $96.00
Location: KSU International Student Center, Multipurpose Room

Beginning Belly Dance  12ARF09
This course will cover the fundamentals of Middle Eastern Dance, more commonly known as Belly Dance. It will include basic moves such as hip and rib isolations, traditional arm moves, undulations and traveling steps. You will also learn a fun choreography to put all the moves together! Please wear comfortable clothing and be prepared to have fun!
Instructor: Amy (Nashid) Werner
Date: 01/17/2012 to 04/10/2012 (T)
(no class 3/20)
Time: 5:45 PM to 6:45 PM
Fee: $96.00
Location: KSU International Student Center, Multipurpose Room

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

Introduction to Golf  12ARF04A
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
Date: 04/05/2012 to 04/19/2012 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $41.00
Location: Stagg Hill Golf Club 4441 Fort Riley Blvd.

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(Individual & group)
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Jim Gregory, PGA Professional

Introduction to Golf  12ARF04B
Date: 05/10/2012 to 05/24/2012 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $41.00
Location: Stagg Hill Golf Club 4441 Fort Riley Blvd.
Intermediate Belly Dance 12ARF10

Come and get your shimmy on! This class will take you beyond the basics of Belly Dance by teaching you how to layer moves together and to find grace and fluidity in your dancing. New skills will also be covered, such as zills (or finger cymbals) and dancing with a veil. Students must have at least one session of Beginning Belly Dance or equivalent.

Instructor: Brandi (Anola) Kiekel
bnkiekel@gmail.com

Date: 01/30/2012 to 04/23/2012 (M)
(No class 3/19)
Time: 6:45 PM to 7:45 PM
Fee: $96.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Brandi (Anola) Kiekel grew up in the spotlight on Stage as a drama kid. In Fall 2004 Anola took Belly Dance. Studying under Maya Zahira she was hooked instantly. She is a member of The Eyes of Bastet dance troupe, since 2010.

Advanced Belly Dance 12ARF11

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
dknox@ksu.edu

Date: 02/01/2012 to 04/25/2012 (W)
(No class 3/21)
Time: 6:45 PM to 7:45 PM
Fee: $96.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Professional Dance Troupe 12ARF152

This is a rehearsal time for the Eyes of Bastet Dance Troupe. We will review choreographies in order to prepare for upcoming performances. Students must contact instructor to receive permission to enroll for this course.

Instructor: Amy (Nashid) Werner

Date: 02/12/2012 to 04/22/2012 (Su)
(No class 3/18, 3/25)
Time: 3:00 PM to 5:00 PM
Fee: $48.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yogilates 12ARF142AZ

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

Instructor: Diana Knox, dknox@ksu.edu

Date: 01/18/2012 to 03/07/2012 (WM)
Time: 9:00 AM to 10:00 AM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Diana Knox has been involved in the fitness industry for over 17 years as a certified instructor and director. As the Fitness Director and a personal trainer at ProFitness in Aggieville, she offers classes incorporating yoga, stability ball, pilates, weight training/toning, and yogilates. Her classes are available in Manhattan through UFM, K-State for credit and ProFitness.

Bharatanatyam for Adults 12ARF156

Dance: Bharatanatyam (a classical dance of India). Level: Beginners.
Age: 13+

Students will learn basic level theory and practice of Bharatanatyam dance including warm up, dance prayer, gestures of hand and feet, and pure dance movements. Bharatanatyam is a beautiful classical dance originated from south India with a history of about 2,000 years. Deeply rooted in religion and mythology, it exhibits exquisite harmony of expressions, melody, and rhythm. It is presented in two main aspects: pure dance movements and narrative dance choreography. Today Bharatanatyam is one of the most popular and widely performed dance styles all around the world.

Instructor: Jui Mhatre, confidance78@gmail.com

Date: 02/02/2012 to 04/26/2012 (Th)
(No class 3/22)
Time: 5:30 PM to 6:30 PM
Fee: $24.00
Location: UFM Banquet Room
1221 Thurston

Jui Mhatre has been practicing classical Indian dance “Bharatanatyam” for the past fifteen years, and teaching classical as well as folk dances for the past ten years. Before moving to Manhattan, she taught Indian dance to children and adults in Victoria, Texas. She has also appeared in several solo performances in the United States and Canada. Apart from practicing classical Indian dance, she also works as an interdisciplinary artist mixing performance with other media such as clay and video.
Beginning Ballet for Adults 12ARF157A
This is a basic ballet class for adults with little or no experience. Ballet is a fantastic way to gain strength and flexibility, as well as balance and focus. The class will be a fun and relaxed atmosphere and open to anyone wanting to learn!
Instructor: Amy Jones

Date: 01/25/2012 to 02/29/2012 (W)
Time: 8:15 PM to 9:15PM
Fee: $22.00
Location: K-State Ahearn Room 301

Tennis

Date: 02/07/2012 to 04/24/2012 (T)
Time: 1:30 PM to 3:00 PM
Fee: $99.00
Location: Body First Tennis & Fitness

Date: 02/08/2012 to 04/25/2012 (W)
Time: 1:30 PM to 3:00 PM
Fee: $99.00
Location: Body First Tennis & Fitness

Intermediate Fencing 12ARF22Z
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting.
Instructor: Jeff Gwirtz

Date: 01/23/2012 to 04/30/2012 (M)
Time: 7:30 PM to 9:00 PM
Fee: $60.00
Use instructor’s $93.00
Location: K-State Ahearn Fieldhouse

Total Body Toning 12ARF159AZ
The focus of this class is on gaining strength and toning the body. Exercises for all muscle groups (upper, lower, core) will be used, with safety stressed and taught. Hand weights, tubing, stability balls, BOSU’s, and steps will be utilized to help develop the body. Come away with some new ways to stay fit. Open to men & women.
Instructors: Diana Knox, dknox@ksu.edu & Meghan Olson, olson.meghan@yahoo.com

Date: 01/17/2012 to 03/06/2012 (T/Th)
Time: 1:30 PM to 2:30 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Tennis

Date: 03/08/2012 to 05/03/2012 (Th/T)
Time: 1:30 PM to 2:30 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Run Happy! Run For Life! 12ARF72
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 Thurston and work outs will be Thursday from 5:30-6:30 pm at Memorial Stadium outdoor track meet at south end.
Instructor: Dan L Boyle, dboyle@ksu.edu

Date: 03/27/2012 to 05/17/2012 (T/Th)
Time: 5:30 PM to 6:30 PM
Fee: $140.00
Location: UFM Conference Room

Run Happy! Run For Life! 12ARF72
If you have ever wanted to start running, but didn’t know how to begin, this is the class for you! This training program is designed for people who have never run before, those who may have tried to run, then stopped, and those who used to run and want to begin again. The program starts with walking/running workouts with a goal to run continuously for 30 minutes or 5 km by the end of the 6 week program. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to incorporate a running program into your lifestyle. You must have the physical ability to begin a program based on walking and running.
Instructor: Dan L Boyle, dboyle@ksu.edu

Date: 03/26/2012 to 05/04/2012 (M/W/F)
Time: 6:30 PM to 7:30 PM
Fee: $145.00
Location: K-State Ahearn Field House Indoor Track

Intermediate Fencing 12ARF22Z
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting.
Instructor: Jeff Gwirtz

Date: 01/23/2012 to 04/30/2012 (M)
Time: 6:00 PM to 7:30 PM
Fee: $60.00
Use instructor’s $93.00
Location: K-State Ahearn Fieldhouse
Dance Conditioning 12ARF96AZ
A varied and challenging class, Dance Conditioning is based on fundamental elements that professional dancers use in their everyday training. The lessons will be as beneficial to the aspiring dancer as to someone wanting the benefits of a structured exercise regimen. The training provides a great overall workout, including exercises that tone and strengthen, exercise for balance, and exercises for movement and agility. You will become familiar with your own body’s strengths and weaknesses, and learn what keeps a dancer healthy in body and mind and able to perform at their personal optimal level.
Instructor: Alison Watson, awatson421@gmail.com
Date: 03/05/2012 to 05/02/2012 (M/W) (No class 3/19, 3/21)
Time: 1:30 PM to 2:30 PM
Fee: $75.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

Alison Watson has studied dance and performed her own dance choreography in Siracusa, Sicily and in Times Square in New York. After graduating with a Bachelor of Arts degree, she enrolled in a professional dance program in Kansas City. The following year she performed with Kansas City Contemporary Dance for their 2007 season. Alison will dance and move anywhere there is space! She performed with the K-State dance department and has taught dance and gymnastics classes in Manhattan. She hopes you’ll join her in these upcoming sessions!

Dance Conditioning 12ARF96BZ
Date: 03/05/2012 to 05/02/2012 (M/W) (No class 3/19, 3/21)
Time: 1:30 PM to 2:30 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness 12ARF97CZ
Bootcamp Fitness is designed for students who want to improve their physical fitness through high intensity cardio and conditioning. Various forms of exercise will be introduced, such as weight training, agility exercises and drills, circuit training, aerobic and anaerobic exercises, jogging/running, flexibility and core conditioning to produce cross-training effects. Pre and post tests will be conducted as a means of measuring their results.
Instructor: Diana Knox, dknox@ksu.edu
Date: 01/17/2012 to 03/06/2012 (T/Th)
Time: 9:30 AM to 10:30 AM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness 12ARF97EZ
Date: 01/17/2012 to 03/06/2012 (T/Th)
Time: 4:15 PM to 5:15 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness 12ARF97AZ
Date: 01/18/2012 to 03/07/2012 (W/M)
Time: 12 N to 1:00 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness 12ARF97DZ
Date: 03/08/2012 to 05/03/2012 (Th/T)
Time: 9:30 AM to 10:30 AM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness 12ARF97FZ
Date: 03/08/2012 to 05/03/2012 (Th/T)
Time: 4:15 PM to 5:15 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Bicycle Ed 101 12AEN75A
Cyclists will learn how to care for their bicycle with proper maintenance and basic repair skills. Participants will learn about tire & tube changes, bicycling & the law, pre-ride safety check, cleaning and lubrication, proper storage and wheel removal & installation. Plan to wear clothes you don’t mind getting greasy.
Instructor: Big Poppin Bicycle Company, (785) 537-3737.
Date: 03/02/2012 (F)
Time: 7:00 PM to 8:00 PM
Fee: $10.00
Location: Big Poppin Bicycle Co, 1126 Moro St.

Bicycle Ed 101 12AEN75B
This date is for women only.
Date: 03/16/2012 (F)
Time: 7:00 PM to 9:00 PM
Fee: $10.00
Location: Big Poppin Bicycle Co, 1126 Moro St.

Bicycle Ed 101 12AEN75C
Date: 03/20/2012 (F)
Time: 7:00 PM to 8:00 PM
Fee: $10.00
Location: Big Poppin Bicycle Co, 1126 Moro St.
RECREATION & FITNESS

Bicycle Wheel Systems  12AEN79
Bicycle wheelbuilding is a beautiful combination of science and art reserved for the patients. This class will explain the amazing amalgamation of parts and technique that it takes to procedure bicycle wheels from the three components that comprise it: a rim, hub, and spokes. Topics covered: wheel lacing 2-cross, 3-cross, 4-cross, radial, spoke tensioning, dishing, radial truing, lateral truing. You will leave this class with a new wheel hand built by YOU!

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

Date: 04/01/2012 (Su)
Time: 5:00 PM to 7:00 PM
Fee: Big Poppi Materials $10.00
Purchased on Own $125.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Major Bearing Systems  12AEN78
Four areas on the bike are the key to smooth, efficient forward movement. Without good bearing adjustment you will go nowhere fast. The key to this class is, “as loose as possible without knock.” Topics covered: bottom bracket overhaul, hub overhaul & adjustment, headset overhaul & adjustment 1” & 1 1/8”.
Instructor: Big Poppi Bicycle Company, (785) 537-3737.

Date: 03/18/2012 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $100.00
Location: Big Poppi Bicycle Company
1126 Moro St.

Navigating Your Way Home  12ARF700
Have you ever followed all of the directions given by your GPS device, only to end up in a vacant parking lot? Pushed the home button and ended up in a nearby town? In this class, you will learn not only to find your way home, but also about a variety of navigation-related topics including: calculating locations and how to hold a conversation with Tommy. Garmin and others. You will learn what it means to turn right, turn right, and turn right; also what to do when you’re lost. Some of the concepts and methods to be explored include: “back seat driver GPS override,” as well as the lost arts of map reading and an infrequently practiced technique called “asking for directions.” Note: this class is designed for people who are directionally-challenged; not for those who have no idea where they want to go.
Instructor: Tommy Tom Thompson

Date: to be calculated
Time: to be recalculated
Fee: $-1.00
Location: UFM, 1221 Thurston

Irish Set Dancing  12ARF158
Irish dancing is a fun way to stay active and is appropriate for all ages. In this class we will learn basic Irish dance steps and traditional set and ceili dances. No previous dance experience is needed, beginners are welcome. Course content may vary depending on size and interests of the class.
Instructor: Hillary Betzen

Date: 02/06/2012 to 03/12/2012 (M)
Time: 6:00 PM to 7:00 PM
Fee: $22.00
Location: KSU International Student Center
Multipurpose Room

Date: 03/26/2012 to 04/30/2012 (M)
Time: 6:00 PM to 7:00 PM
Fee: $22.00
Location: KSU International Student Center
Multipurpose Room

UNITY
Church of Manhattan
A Spiritual Community
Joy-filled Music & Ministry
11:00 A.M. Sunday Celebration Service
+ children’s lesson
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785.537.6120 unitycm@gmail.com
unityonline.org 1-800-NOW-PRAY

To view instructor’s bios visit www.tryufm.org
Babysitter’s Clinic 12AYO23A
The 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. Please bring a light lunch with you.**

Instructor: Kelly Reed-Harkness
Date: 04/28/2012 (Sa)
Time: 9:00 AM to 4:00 PM
Fee: $46.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Babysitter’s Clinic 12AYO23B
American Red Cross
Date: 05/19/2012 (Sa)
Time: 9:00 AM to 4:00 PM
Fee: $46.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

ZUMBATOMIC Fitness 12AYO58A
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 grove. Watch their energy and fitness levels soar as they get the groove. Ages 4-11.
Instructor: Elsa Toburen, elstatob@hotmail.com
Date: 01/14/2012 to 02/04/2012 (Sa)
Time: 11:45 AM to 12:30 PM
Fee: $36.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

ZUMBATOMIC Fitness 12AYO58B
Date: 02/11/2012 to 03/03/2012 (Sa)
Time: 11:45 AM to 12:30 PM
Fee: $36.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Origami for Kids 12AYO67
Come learn the Japanese art of folding paper to make shapes from nature! In this course, you will learn how to make paper cranes, jumping frogs, and more out of recycled paper. Be prepared to learn and have fun making great works of art! Ages 6-14
Instructor: Jessi Long
Date: 02/12/2012 (Su)
Time: 3:00 PM to 4:00 PM
Fee: $12.00
Location: UFM Conference Rm, 1221 Thurston St.

Introduction to Nutcracker Ballet and Tap Dancing 12AYO06
This class is a wonderful way to introduce ballet and tap technique to children. A ballet dance from the Nutcracker Ballet will be taught. Tap steps will be learned to delightful music. After two lessons, students may continue dance lessons through private instruction. No dance experience or formal dance attire necessary. For girls and boys ages 5-10. Tennis shoes can be used as tap shoes.
Instructor: Randi Dale, (785) 539-5767
Date: 01/23/2012 to 01/30/2012 (M)
Time: 6:15 PM to 6:45 PM
Fee: $12.00
Location: 2416 Rogers Blvd.

Randi Dale has taught dance for 50 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master’s Degree in Education. In May 2008, her regular students performed the story “Nutcracker Ballet.”

Pre-School Ballet 12AYO63A
This class is designed for girls and boys ages 3-6. Basic Dance movements like marching, hopping, skipping, jumping and turning will be blended with ballet technique. Dance games and creative dance will make this class fun and exciting. More classes can be taken. No dance attire needed. Call for more information.
Instructor: Randi Dale, (785) 539-5767
Date: 01/18/2012 to 01/25/2012 (W)
Time: 6:00 PM to 6:30 PM
Fee: $12.00
Location: 2416 Rogers Blvd.

Pre-School Ballet 12AYO63B
Date: 01/19/2012 to 01/26/2012 (Th)
Time: 4:50 PM to 5:20 PM
Fee: $12.00
Location: 2416 Rogers Blvd

Baking from Scratch for Kids 12AFF82A
Children will learn to bake cookies, cupcakes and other baked goods from scratch. They will then have the opportunity to decorate their baked creations and take home delicious treats for their friends and families. Ages 6-12.
Instructor: Jessica Campbell, jessica@tryufm.org
Date: 01/21/2012 (Sa)
Time: 2:30 PM to 5:00 PM
Fee: $15.00
Location: HyVee Club Room, 601 3rd Place

Baking from Scratch for Kids 12AFF82B
Date: 03/31/2012 (Sa)
Time: 2:30 PM to 5:00 PM
Fee: $15.00
Location: HyVee Club Room, 601 3rd Place

Karate & Self-Defense 12AMA10
Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion (“Kihon”) with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combative principles and sparring (“Kumite”). No matter your current situation, you will be guided step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+).
Instructor: Habib Diop, hdiop@ksu.edu
Date: 03/31/2012 to 05/12/2012 (Sa)
Time: 1:00 PM to 2:00 PM
Fee: $51.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Bharatanatyam for Children 12AYO66
Dance: Bharatanatyam (a classical dance of India). Level: Beginners.
Age: 8 to 12 years.
Students will learn basic level theory and practice of Bharatanatyam dance including warm up, dance prayer, gestures of hand and feet, and pure dance movements. Bharatanatyam is a beautiful classical dance originated from south India with a history of about 2000 years. Deeply rooted in religion and mythology, it exhibits exquisite harmony of expressions, melody, and rhythm. It is presented in two main aspects: pure dance movements and narrative dance choreography. Today Bharatanatyam is one of the most popular and widely performed dance styles all around the world.
Instructor: Jui Mhatre, confidance78@gmail.com
Date: 02/05/2012 to 04/29/2012 (Su)
Time: 5:15 PM to 6:15 PM
Fee: $24.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor
## K-State Credit Courses

- 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.ksu.edu/courses/recreational.shtml]
- Enrollment available on iSIS [https://isis.k-state.edu](https://isis.k-state.edu)

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*2 CREDITS

Enrollment available on iSIS [https://isis.k-state.edu](https://isis.k-state.edu)
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<td>$375.80</td>
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### KSU CREDIT COURSES

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<td>INTRO TO RIVER CANOEING</td>
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Addresses:
- Pro Fitness in Aggieville, 1125 Laramie St, Lower Level, phone: 785-539-7095
- Max Fitness, 3011 Anderson Ave
- Natatorium, K-State pools in Ahearn Complex
- UFM Building, 1221 Thurston Street, 785-539-8763
- Ahearn 301, Ahearn Complex, 3rd floor, Gymnasium door entry
- ECM Auditorium, 1021 Denison Avenue
- Stagg Hill Golf Club, 4441 Ft Riley Blvd, 785-539-1041
- Junction City Golf-Rolling Meadows Golf Course, 7550 Old Milford Rd, JC, 785-238-4303
- Sport’s Center 615 South 11th Street
- Sun Yi’s Academy of Tae Kwon Do, 1650 Hayes Drive
- Body First Tennis and Fitness, 3615 Clafin Rd, 785-776-6060
- K.O. Boxing, Blue Hills Shopping Center, 2303 Tuttle Creek Blvd
- Ahearn Fieldhouse
- K-State Union Bowling Alley
- Fly Fishing, Durland Hall, room 1061 (day 2 & 3 in Ahearn Fieldhouse)

Contact Charlene Brownson at cmb@ksu.edu for more information

K-State has options for your education.

**evening**
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.

**intersession**
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**
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.

Visit [www.dce.k-state.edu](http://www.dce.k-state.edu)

K-State has options for your education.

Your education. Your terms.

Teach a class! Call UFM at 539.8763
Ways to Register

Visit UFM’s secure website: www.tryufm.org
> CLICK on non-credit classes
> VIEW the list of currently scheduled courses
> CHOOSE course group

Call UFM at 785.539.8763 or fax registration form(s) to 785.539.9460.
We gladly accept Debit, Mastercard, Visa and Discover.

Complete the registration form and mail it with your check, money order or credit card information to:
UFM Class Registrations 1221 Thurston St.
Manhattan, KS 66502-5299.

Class registration confirmations will be sent via email. Feel free to call us to inquire about your registration receipt.

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

UFM registration form

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+ ________

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<td>A</td>
<td>Level I: Introduction to Water Skills</td>
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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.