MAKE A SPLASH THIS SUMMER
at UFM
Summer Classes
June.-Aug 2001

Home Energy
Clothing Line Designing
Night Walk on the Alcove Observation
Opem Book Club

UFM Community Learning Center
2001 Summer Classes
Welcome to UFM Community Learning Center...

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

UFM is a unique program where the “faculty” is the entire community. We rely very much on the interests and involvement of the community to make our programs work. In the past 31 years, over 8000 people have taken the time to share something they know with others. Our instructors have ranged in age from 11 to 94. Many volunteer their time. Others receive a small stipend for their efforts. Instructor reimbursement, learning tools, facility costs and UFM overhead expenses determine the fee charged for a class. Since 1991, UFM has been totally self-supporting and class fees make up over two thirds of our budget.

Classes have run the A to Z of topics. Some of our most popular classes include ballroom dance, golf, Tae Kwon Do, cake decorating and swimming. We are also known for offering unique classes you won’t find elsewhere. Look through the catalog for what’s new this semester.

UFM Staff:
Executive Director—Linda Inlow Tenen
Education Coordinator—Charlene Brownson
Swim Coordinator—Chris Brantson
State Outreach Coordinator—Arita Madison
Lou Douglas Lecture Series Coordinator—Olivia Collins
Office Coordinator—Tabitha Smith
Plus all the teachers who share their talents!

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WHERE WE'RE LOCATED

UFM
1221 Thurston
Bertrand St.
KSU Campus
Thurston St.
Kearney St.
Vatter St.
Anderson Ave.
Bluebonnet Ave.

Carol Stites has been a UFM instructor for over 7 years. She teaches several aquatic programs for UFM. The certification courses include: Lifeguard Training, Lifeguard Instructor Training, Water Safety Instructor & Aquatic Exercise Instructor. Carol is the KSU/UFM instructor for Fitness Swimming & Swimming. KSU classes that are available for 1 hour of SG credit. Her certifications include: ARC: Instructor Trainer, Aquatics & First Aid and CPR Programs, Riley County ARC and State of Kansas; USWFA, Instructor Trainer and Presenter; ACSM, Health Fitness instructor. Carol is American Red Cross Health & Safety Chair Instructor Trainer State Training Cadre. Along with aquatic training for UFM, Carol works with The Manhattan Parks & Rec Department, Fort Riley, and KSU. Many people have benefitted from Carol’s training and enjoyed her aquatic classes. Carol enjoys Aquatics!!! Biking, hiking, (especially with her dogs), skiing, dog grooming, and visiting her son in California.

BOARD OF DIRECTORS

Bill Richter - Chair
Larry Fry - Vice Chair
Michele Kaup - Treasurer
Shane Bressler - Secretary
Linda Inlow Tenen - President and CEO
Mary Kidd
Sue Mates

Dick Hayter
Robert Wilson
Candace White
Craig Combs
Travis Larkin
Sharif Brookes
Audrey Abbott
Brandy McKenna

The UFM office is open Monday-Friday 8:30 am - 5 pm (closed 12 Noon - 1 pm). Call if you need to visit the office at lunchtime and we will make arrangements to be open for you.

ANSWERING MACHINE
You can leave a message or receive current UFM information by calling 539-8763 between 5:00 pm and 8:30 am.

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

Look for the UFM Catalog on the web at www.ksu.edu/ufm
COMMUNITY REGISTRATIONS

The following dates and locations have been scheduled to make registering for a UFM class even easier.

DATE       TIME     LOCATION
June 4 Mon  10 am - 2 pm    KSU Union
June 5 Tues 10 am - 2 pm    KSU Union
June 8 Fri  4 - 6 pm          Manhattan
Public Library

Registration continues throughout the semester:
UFM House — 1221 Thurston
8:30 am - 5 pm  closed 12 Noon - 1 pm

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

Please share any concerns you may have about class material, an instructor, or any other problems by calling Charlene at UFM 539-8763.

Got an idea for a UFM class? UFM is always looking for new ideas and new projects. Let us hear from you! Call us at 539-8763 or e-mail umf@ksu.edu to share your ideas!

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, literacy improvement or gardening.

Tax deductible contributions may be sent to UFM at 1221 Thurston, Manhattan, KS 66502.

About UFM Classes

UFM adheres to the philosophy that anyone can teach and anyone can learn. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor’s abilities.

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 Charlene at 539-8763.

INLEMENT 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 then responsible for arranging a make-up lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling.

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 give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a $2 processing fee. NO REFUND AFTER THE CLASS BEGINS.

PRE-REGISTRATION IS REQUIRED
All participants must pay registration fees before attending a UFM class. This allows for adequate handouts and materials. You are not registered until we receive your registration fee. A class may be canceled due to insufficient pre-registration.

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 incurred 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.

CRRA- Community Resource Act
Who we are: UFM’s State Outreach Program
What we do: Assist Kansas towns in developing community education/development programs
How we assist: Mini grants and free technical assistance
For more information, call UFM (785) 539-8763.

USE REGISTRATION FORM on the back cover.
Parent/Infant and Parent/Tot

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

Session A: Mon./Wed./Fri. (See Dates Above)
Session B: Mon./Wed./Fri. (See Dates Above)
Session C: Mon./Wed./Fri. (See Dates Above)
Session D: Mon./Wed./Fri. (See Dates Above)

Fee: $19 per session

Tot Transition

If your 3-4 year old toddler is ready to try the water without a parent, but not ready for Level I, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Session A: Mon./Wed./Fri. (See Dates Above)
Session B: Mon./Wed./Fri. (See Dates Above)
Session C: Mon./Wed./Fri. (See Dates Above)
Session D: Mon./Wed./Fri. (See Dates Above)

Fee: $19 per session

Level I: Water Exploration

The objective of Level I is to help students feel comfortable in the water and enjoy the water safely. Students will be introduced to elementary aquatic skills which will be built on as they progress through the Learn to Swim program. Students are ready for this level when they are mature enough to participate in a group setting without a parent.

Session A: Mon.-Fri. (See dates above)
Session B: Mon.-Fri. (See dates above)
Session C: Mon.-Fri. (See dates above)
Session D: Mon.-Fri. (See dates above)
Session E: Mon.-Fri. (See dates above)
Session F: Mon.-Fri. (See dates above)
Session G: Mon.-Fri. (See dates above)
Session H: Mon.-Fri. (See dates above)
Session I: Mon.-Fri. (See dates above)
Session J: Mon.-Fri. (See dates above)
Session K: Mon.-Fri. (See dates above)
Session L: Mon.-Fri. (See dates above)
Session M: Mon.-Fri. (See dates above)
Session N: Mon.-Fri. (See dates above)
Session O: Mon.-Fri. (See dates above)
Session P: Mon.-Fri. (See dates above)
Session Q: Mon.-Fri. (See dates above)
Session R: Mon.-Fri. (See dates above)
Session S: Mon.-Fri. (See dates above)
Session T: Mon.-Fri. (See dates above)
Session U: Mon.-Fri. (See dates above)
Session V: Mon.-Fri. (See dates above)
Session W: Mon.-Fri. (See dates above)
Session X: Mon.-Fri. (See dates above)
Session Y: Mon.-Fri. (See dates above)
Session Z: Mon.-Fri. (See dates above)

Fee: $38 per session

Level II: Primary Skills

The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and aids to the self-help and basic rescue skills begun in Level I. Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements of Level I.

Session A: Mon.-Fri. (See dates above)
Session B: Mon.-Fri. (See dates above)
Session C: Mon.-Fri. (See dates above)
Session D: Mon.-Fri. (See dates above)

Fee: $38 per session

Level III: Stroke Readiness

The objective of Level III is to build on the skills in Level II by providing additional guided practice. Students will learn to coordinate the front and back stroke. They will be introduced to the elementary back stroke and to the fundamentals of treading water. Students will also learn rules for safe diving and begin to learn to dive from the side of the pool. Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

Session A: Mon.-Fri. (See dates above)
Session B: Mon.-Fri. (See dates above)
Session C: Mon.-Fri. (See dates above)
Session D: Mon.-Fri. (See dates above)
Session E: Mon.-Fri. (See dates above)
Session F: Mon.-Fri. (See dates above)
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Session V: Mon.-Fri. (See dates above)
Session W: Mon.-Fri. (See dates above)
Session X: Mon.-Fri. (See dates above)
Session Y: Mon.-Fri. (See dates above)
Session Z: Mon.-Fri. (See dates above)

Fee: $38 per session

Level IV: Stroke Development

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

Session A: Mon.-Fri. (See dates above)
Session B: Mon.-Fri. (See dates above)
Session C: Mon.-Fri. (See dates above)
Session D: Mon.-Fri. (See dates above)

Fee: $38 per session

We now have E mail access: ufm@ksu.edu
Level V: Stroke Refinement

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

Session A: Mon - Fri (See dates above)
AQ-49 10:30 - 11:30 am
AQ-50 6 - 6:40 pm
Session B: Mon - Fri (See dates above)
AQ-51 10:30 - 11:30 am
AQ-52 6 - 6:40 pm
Session C: Mon - Fri (See dates above)
AQ-53 10:30 - 11:30 am
AQ-54 6 - 6:40 pm
Session D: Mon - Fri (See dates above)
AQ-55 10:30 - 11:30 am
AQ-56 6 - 6:40 pm

Fee: $38 per session

Level VI: Skill Proficiency

The objective of Level VI is to polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Additional practice is helpful to develop and maintain the strength necessary in Level VII. Participants will be introduced to additional turns as well as the dive and tuck scrambles dives. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V.

Session A: Mon - Fri (See dates above)
AQ-51 10:30 - 11:30 am
AQ-58 6 - 6:40 pm
Session B: Mon - Fri (See dates above)
AQ-59 10:30 - 11:30 am
AQ-60 6 - 6:40 pm
Session C: Mon - Fri (See dates above)
AQ-61 10:30 - 11:30 am
AQ-62 6 - 6:40 pm
Session D: Mon - Fri (See dates above)
AQ-63 10:30 - 11:30 am
AQ-64 6 - 6:40 pm

Fee: $38 per session

Adult Swim Lessons

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don't have to anymore. Now it'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.

Session A: Mon - Fri (See dates above)
AQ-73 10:30 - 11:30 am
AQ-74 6 - 6:40 pm

Fee: $38 per session

Lap Swimming Ages 13 plus

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

Session A: Mon - Fri (See dates above)
AQ-75 10:30 - 11:30 am
AQ-76 6 - 6:40 pm
Session B: Mon -Fri (See dates above)
AQ-77 10:30 - 11:30 am
AQ-78 6 - 6:40 pm
Session C: Mon - Fri (See dates above)
AQ-79 10:30 - 11:30 am
AQ-80 6 - 6:40 pm
Session D: Mon - Fri (See dates above)
AQ-81 10:30 - 11:30 am
AQ-82 6 - 6:40 pm

Fee: $15 per session

Lap Swimming for Parents

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

Session A: Mon - Fri (See dates above)
AQ-83 10 - 11:30 am
AQ-84 6 - 7 pm
Session B: Mon - Fri (See dates above)
AQ-85 10 - 11:30 am
AQ-86 6 - 7 pm
Session C: Mon - Fri (See dates above)
AQ-87 10 - 11:30 am
AQ-88 6 - 7 pm
Session D: Mon - Fri (See dates above)
AQ-89 10 - 11:30 am
AQ-90 6 - 7 pm

Fee: $12 per session

Hydroaerobics: Water Exercise

This is a 55 minute water exercise class that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class.

Session A: Tues/Thurs or Mon/Wed
AQ-91 6:35 - 7 pm
AQ-92 6:35 - 7 pm
AQ-93 6:35 - 7 pm
Session B: Tues/Thurs or Mon/Wed
AQ-94 6:35 - 7 pm
AQ-95 6:35 - 7 pm
AQ-96 6:35 - 7 pm
Session C: Tues/Thurs or Mon/Wed
AQ-97 6:35 - 7 pm
AQ-98 6:35 - 7 pm
AQ-99 6:35 - 7 pm

Fee: $17 per session Tues/Thurs
$19 per session Mon/Wed/Fri
$22 per session Mon - Fri

Private Lessons

These lessons provide one-on-one instruction for any level of swimmer. A few days prior to the lesson the beginner instructor will contact the student to schedule a class of 30 minutes each. Space is limited.

Date: By appointment
Time: 9am - 5:45 pm Mon/Wed/Fri
4:30 - 5:30 pm Mon/Wed/Fri
Fee: $49 per session

**Scuba Diving**

**Fitness Swimming on page 6**
AQUATICS (Continued)

Private Lessons for Special Populations AQ-100
For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. A few days after group lessons begin, an instructor will contact the student to arrange 6 classes of 30 minutes each. The facility is equipped with a lift to the lower deck and leading into the pool.

Date: By Appointment
Time: 9 am - 9:45 am Mon/Wed/Fri
4:30 - 5:55 pm Mon/Wed/Fri
Fee: $49 per session of 6 lessons

Open Swim Appreciation AQ-102
For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity; however, registration with the number of participants planning to attend is requested so that we can provide adequate lifeguards.

Date: July 29 (Saturday)
Time: 1 - 3 pm
Fee: N/C
Location: KU Natatorium

Scuba Diving AQ-103
This class will prepare students for Open Water certification. Areas to be covered include: introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of dive tables, diving environment, and general information. The date of certification will be determined later. The certificate is included in the class fee. However, neither, UFM nor KU, is responsible for this certification. Travel and lodging are at the students expense. Students must provide their own mask, fins, and snorkel.

Jeff Wilson (776-2763) has been diving for 25 years and instructing scuba for 15 years.

Date: June 11 - July 16 (Monday)
Time: 5:30 - 9:00 pm
Fee: $250 credit/$350 non-credit
Location: YMCA, 1703 McFerrland
Junction City, KS

French Language LA-02a
This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and everyday vocabulary.

Emile Rabbat (857-9036), a naturalized citizen, was originally from Tanta, Egypt. Her training course, "Stage de Formation Pedagogique," was from the Catholic University of West-Angers, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her learning experience includes teaching adult Egyptian students, primary level students and teaching French for 20 years at a Jesuit French School in Cairo.

Date: June 7 - 29 (Thursday & Friday)
Time: 10 - 11 am
Fee: $40
Location: UFM Conference Room

Beginning Sign Language LA-03
This class covers the basics of American Sign Language, including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.

Tosi Kroll has over 11 years experience with sign language. She graduated with an Associate Degree, ITP, in American Sign Language in 1989. Tosi was an interpreter in Washington D.C. for 3 years, and was involved with the deaf community. She also worked for 7 years in Seattle as an interpreter.

Date: July 10 - August 14 (Tuesday)
Time: 7 - 8:30 pm
Fee: $49
Location: Justin Hall, Room 149, KSU

Advanced Sign Language LA-08
This class is for those who have a basic knowledge of sign language and would like to continue learning. The focus will be on everyday conversation and vocabulary. The instructor will adjust class format to meet the students needs.

Tosi Kroll

Date: July 12 - August 16 (Thursday)
Time: 7 - 8 pm
Fee: $49
Location: Justin Hall, Room 149, KSU

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
Safe and Creative Care of Family Photos

Where are your photos? Can you help you for getting all your pictures and memorabilia into unique and lasting photo safe albums. Pam Schmid, Creative Memories Sr. Director has been teaching classes since 1989. I will teach you techniques for organizing, doing page layouts, mounting, journaling, and more. We all have different projects such as personal, family, wedding, baby, school heritage and others that we can address. Your albums will give you and your family a lifetime of enjoyment, a priceless heirloom. Bring 10-12 pictures. Fee covers material used in the class.
Pam Schindl (1-800-347-2625) has been a consultant with Creative Memories since 1990.
Date: June 18 (Monday)
Time: 7 - 9:30 pm
Fee: $15 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

Pam Schmid (1-800-347-2625)
Date: July 23 (Tuesday)
Time: 7 - 9:30 pm
Fee: $15 includes some supplies
Location: UFM Fireplace Room

Ghostbusters

Join us for a tour of Sunset Cemetery and meet some past Manifestations. This class will be an overview of the history of some of the people buried there. Some strategies of using the cemetery for genealogical and historical research will be discussed.
Rain Date: July 12
Cheryl Collins is the director of the Riley County Historical Museum.
Date: July 10 (Tuesday)
Time: 7 pm
Fee: $8 individual/$12 couple
Location: Sunset Cemetery, by front gate

Beginning Genealogy

Would you like to learn more about genealogy? This course will consist of 4 classes: The first class covers introduction and information sources. The second class is organizing your information. The third class is about knowledge and the last class is about computing and genealogy. Material will be provided via computer screen aids shows and class discussion formats. Course outlines and example copies of documents used in genealogy will be provided. Enrollment is limited so please register early.
Lewis Browder is a retired research plant pathologist with the U.S. Department of Agriculture and Kansas State. He is active in the Riley County Genealogical Society and most intrigued by the history of families in Kansas and our country.
Date: June 5 - 26 (Tuesday)
Time: 7 - 9 pm
Fee: $39
Location: Riley County Genealogical Library 2005 Clifton Rd.

Beginning Knitting

Learn the basics of knitting and come away with a head-band and hat designed to take you through each step of the process. Materials will be provided for the first project and a list of further materials needed will be available at the 1st class session for the 2nd project.
Kermiti Talley is the sole proprietor of Wildflower Knitworks and has had her designs published in several national knitting magazines.
Date: June 13, 14 & 27 (Wednesday)
Time: 7 - 9 pm
Fee: $25
Location: UFM Greenhouse

Intermediate Knitting

If you are familiar with the basics, this class can take you further as you learn to read patterns and step by step garment instructions. A simple sweater design will be provided and a list of materials will be available at the 1st class session.
Kermiti Talley
Date: July 11, 18 & 25 (Wednesday)
Time: 7 - 9 pm
Fee: $25
Location: UFM Greenhouse

Home Video Editing Basics

Do you have a stack of video tapes at home? Do you want to make a video for a special occasion...birthday, anniversary, reunion, home videos, hobby or vacation? I can teach you how to transfer your VHS tape to a VHS tape...so you can edit your video!...add titles, music, voice over...and much more! Bring a VHS tape or video that you would like to edit or your ideas on how you want to edit it.
Date: June 24 (Tuesday)
Time: 7 - 9 pm
Fee: $35
Location: UFM Conference Room

Protecting The Creative Spirit of Our Children

How do we protect the creative spirit of our children? What tools can we give them so they become precious of their talent and creativity. First, we will examine our own creativity and integrity. Using improvisation and movement we will explore story and myths; we will continue our exploration in paint. It’s fun! Second, we will learn to recognize that creativity and what it means to us. We will also learn to recognize talent in our children and how to develop it in an organic way; we will understand the role of failure and respect in the creative process and we will learn how to radiate belief in support of our children’s ability to create. This class is appropriate for parents, grand parents, day care providers, teachers, students, (age 16 and older), nurses and counselors and anyone involved in the care of children. Hands-on and all art supplies will be provided by the instructor; wear loose comfortable clothing that allows for free movement and possible paint drops. (At the beginning of class, we will determine the length of the hands breaks.)
June 9 (Saturday)
Time: 3 - 6 pm
Fee: $39
Location: UFM Multi-Purpose Room

Dog Obedience

In the four week course you will learn basic obedience commands including: sit, down, come, stay and heel. In the last session, we will use the obedience commands to have fun with some basic agility obstacles. A copy of certificate of Health with rabies and other shots MUST BE SUBMITTED with enrollment by June 5, extra time is needed to submit paperwork.
Ashleigh Rodgers (539-6349), has been training dogs through her 4H Project for ten years. She has trained new handlers and their dogs at 4H regional workshops and project meetings for years. Ashleigh and her dog Buster have competed successfully at the county and state level in obedience, agility and showmanship.
Date: June 25, July 2, 9, 16
Time: 6:30 - 7:30 pm
Fee: $35 per dog & family
Location: TO BE ANNOUNCED

Oprah Book Club

Class members will read the current Oprah book club selection and discuss the book at the court a month meetings. Oprah’s book selections are geared toward women, often about overcoming tragedies and other triumphs. The future meeting dates will be determined at the first class.
Terry Murray has enjoyed reading the Oprah book club selection and would love to discuss them with others. Participants may come as many as or less times as they wish.
Date: June 5 (Tuesday)
Time: 7 pm
Fee: $8
Location: UFM, Conference Room

All participants must register in advance.
Gain Control of Your Money & Become Debt-Free

FC-01 Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? This class will cover fees and charges to watch out for with credit cards and mortgages. You will learn to identify problem areas in your finances, so that you can start to take control of your money. Learn to buy wisely and reach your financial dreams. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

Robin Siep (776-3666) works with a local financial serve company. She has 20 years experience teaching in the public schools. Robin enjoys teaching and helping families take control of their finances.

Date: July 12 (Thursday)
Time: 7-8:30 pm
Fee: $8 individual/$12 couple
Both: Gain Control & Investing
$10 individual/$14 couple
Location: UFM Conference Room

Investing in YOUR Future

FC-02 Individuals who are in the accumulation phase of their lives, at 25 or 55 years of age, or those who need to save for a lease or future college tuition will benefit from this course.

Disbursement will cover important money management concerns with practical, easy-to-understand language, using examples you can put into practice. Topics include investment basics, types of products, and developing a personal financial game plan that will help you plan a secure future for you and your family. No matter how much or how little money you have, these principles apply to you. Invest an evening of your time to learn how you can accumulate more wealth and have a better quality of life.

Everyone attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish their road map for their various goals and dreams.

Robin Siep (776-3666)

Date: July 19 (Thursday)
Time: 7-8:30 pm
Fee: $8 individual/$12 couple
Both: Gain Control & Investing
$10 individual/$14 couple
Location: UFM Conference Room

Financial Planning For Women

FC-06 Women outlive men on average by about seven years, according to the U.S. Department of Labor, and the average age of widowhood in the United States is 56. Since most women will eventually handle finances on their own, it's critical for them to take an active role in managing their money and preparing for the future. What can you do to create the financial future you want? This class is designed to help women of all ages learn how they can achieve their financial goals.

Mary Jan Towich (537-4305) is a financial advisor with Waddell & Reed in Manhattan. She earned her bachelor's degree in finance and has done graduate work in counseling. She lives in Manhattan with her husband and children.

Date: June 12 (Tuesday)
Time: 7-8:30 pm
Fee: $8
Location: Waddell & Reed, Suite 208
505 Pryzmat Ave.

COMING THIS FALL

FC-04 Women & Money program is designed to help women of all ages become better prepared to make informed decisions about financial planning. This 8 weeks money seminar will be offered on Tuesdays, September 4 - October 23, from 6-8 pm. Guest speakers who are experts in their fields are invited to this seminar.

Topics include: Get Organized: Budgeting & Cash Flow; Credit & Debt; Social Security Benefits; Kansas Insurance Department will cover insurance; New Tax Laws; Estate Planning; and Investing. Each presentation will be followed by a group discussion and related activities.

Date: September 4 - October 23 (Tuesday)
Time: 6-8 pm
Fee: $30 non-credit/$110 credit
Early Bird for $25 if registered before August 7.
Location: UFM Conference Room

What Matters Most

FC-27 THE TIME MANAGEMENT WORKSHOP FOR IMPROVED PRODUCTIVITY & PEACE OF MIND

Expert presenters, thought-provoking videos, group discussions, and plenty of hands-on exercises teach you to:

• Discover who you are, what you value most, and what you want to do with your life
• Plan your weeks and days in harmony with your role and long-range goals to maintain personal and professional balance;

Productivity, Balance & Inner Peace Are Within Your Reach

Picture a life that's more organized, more peaceful, and more productive. Imagine balancing your roles more successfully - be they spouse, manager, parent, team leader, coach, volunteer, or friend. Envision a workplace that's productive rather than reactive, where focus and direction leave little room for critics, stress, and frustration. Just a pipe dream? Not any longer.

Improve Your Life At Work & At Home With What Matters Most

Franklin Covey introduces What Matters Most, the new time management workshop for the entire business of living, not just the demands of eight to five. What Matters Most helps you focus your time, energy, and resources on the things that are most important to you. It's an ideal first-time workshop or an excellent renewal course for those who have experienced TimeQuartet® or First Things First®.

Invest one day in What Matters Most and discover principles that lead to increased relationships, and peace of mind.

Organizations experience greater results and return on investment through focused employees who are moving forward instead of in circles.

Revitalize Your Organization With Training That Works

Change Your Personal Life Through Proven Principles

Date: July 31 (Tuesday)
Time: 8 am - 5 pm
Fee: $229
Location: Manhattan Area Technical College
3136 Dickens Ave., Room 105
Sponsored by UFM Community Learning Center & Lifelong Learning, Manhattan Area Technical College

Franklin Covey

UFM classes make great gifts.
**PPST Prep FC-23**  
Pre-Professional Skills Test Review Course for Teachers

- Review & practice the three subject areas of reading, mathematics and writing
- Learn strategies for successful test taking, problem solving, and quizzes

<table>
<thead>
<tr>
<th>Date</th>
<th>Oct. 16 - Nov. 8 (Tue/Thurs)</th>
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<tr>
<td>Time</td>
<td>7 - 9 pm</td>
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<tr>
<td>Fee</td>
<td>$160 (fee includes Cambridge Test Prep PLUS textbook &amp; the PPST Guide tests with answers and explanations, skill review &amp; practice tests)</td>
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</tbody>
</table>

**Location:** Justin Hall, Rm 341, KSU

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**LSAT Prep FC-11**  
Law School Admission Test Review Course

- Comprehensive 28-hour Review
- In-Class & At-Home Study Materials
- Analytical Lectures
- Test-Taking Strategies
- Convenient Campus Location

<table>
<thead>
<tr>
<th>Date</th>
<th>Aug. 28 - Oct. 3 (Tue/Thurs)</th>
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<tr>
<td>Time</td>
<td>7 - 9 pm</td>
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<td>Fee</td>
<td>$210</td>
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**Location:** Justin Hall, Room 256, KSU

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**GMAT Prep FC-22**  
Graduate Management Admission Test Preparation

- Review Segments
  - Reading Comprehension
  - Sentence Correction & Analytical Writing Assessment
  - Discrete Quantitative
  - Data Sufficiency

<table>
<thead>
<tr>
<th>Date</th>
<th>Sept. 17, 19, 24, 26, Oct 8, 10, 15, 17, 23, 24 (Mon./Wed.)</th>
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<tr>
<td>Time</td>
<td>7 - 9 pm</td>
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<tr>
<td>Fee</td>
<td>$240 (fee includes Cambridge Test Prep PLUS textbook, the official guide for GMAT review and CD-ROM)</td>
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</table>

**Location:** Justin Hall, Room 341, KSU

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**GRE Prep FC-10**  
Graduate Record Exam Preparation Course

- Review and practice the three GRE subject areas of Math, Logic and Verbal Skills
- Learn strategies for successful test taking
- Analyze the reasons for correct responses

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<thead>
<tr>
<th>Date</th>
<th>Sept. 10, 12, 17, 19, 24, 26, Oct 1, 3, 15, 17, 29, 31 (Mon./Wed.)</th>
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<tr>
<td>Time</td>
<td>7 - 9 pm</td>
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<tr>
<td>Fee</td>
<td>$240 (fee includes in-class and at-home study books)</td>
</tr>
</tbody>
</table>

**Location:** Justin Hall, Room 341, KSU

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Tae Kwon Do

Tae Kwon Do is a traditional Korean martial art designed to provide the ultimate in unrivaled self-defense, blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstrations and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Tae Kwon Do degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age 9 - **Tuesday, June 12, at 6:30 pm, a Public Demonstration and formal introduction of instructors will be conducted in Ahearn Room 301, KSU.

Grandmaster Choe Sun Yi (266-8662) is an 8th degree black belt with over 35 years experience in Tae Kwon Do. He is a former captain and chief instructor of Tae Kwon Do for the ROA Army National Team, and he has held classes at KSU since 1973. Instructor David Moore (539-6786) is a 3rd degree black belt with over 9 years experience in Tae Kwon Do. He has been assisting/teaching for over 4 years.

Date: June 12 - August 9 (Tuesday/Thursday)
Time: 6:30 - 7:30 pm
Fee: $47
Location: Room 301 Ahearn, KSU

Ninpo Taijutsu

Ninpo Taijutsu (body art) is the unarmed self-defense method that is practiced by the modern version of the ninja. In this class we will work on six solo techniques, the four elements, two person techniques, the Gokoryu basic waza (two person short forms) and 20 self-defense techniques.

Steve Wilson has practiced martial arts for 31 years and has been involved on the fringes of Ninjutsu for over 20 years. He has a black belt in Jujutsu, and black sashes in two styles of Kung Fu. Stan is the founder of the White Phoenix System a style of Shindojutsu, which is related to Ninjutsu.

Date: June 12 - July 30 (Monday)
Time: 8 - 9 pm
Fee: $35 fee includes 2 manuals
Location: Ahearn Fieldhouse, East Lobby, KSU

UFM Teen Mentoring Program

This is a cool group for all middle and high school students.
Meet many interesting new people.
Great opportunity to learn and have fun.
Lots of fun activities and recreation.
You can join at any time.
Make some new friends.
Teens are matched with a K-State Student for weekly activities at UFM, 1221 Thurston St.

Summer Meetings are
Wednesdays from 3:00 - 5 pm
Transportation provided
No cost to participants

For more information, call UFM at 539-8763.
Funded by City of Manhattan Alcohol Program Fund and the YESF Fund.

Wanted: Volunteers for Teen Mentoring Program

Work with local teens.
Provide friendship and support.
Fun and recreation.
Group and individual activities.

Summer Program meets
Wednesdays, 3:00 - 5:00 pm
at UFM, 1221 Thurston St.

For information, call 539-8763.
Make a difference in a teen’s life!
Funded by City of Manhattan Alcohol Program and the YESF Fund.

UFM Lou Douglas Lectures Fall 2001 Speakers

September 10: Juliette Beck
"Reclaiming Just and Sustainable Communities in an Age of Corporate Globalization"

October 1: Carl Rosen
"Putting the Movement Back in the Labor Movement"

October 22: Olga Davis
"Performing Survival: The Tulsa Race Riot of 1921"

November 5: Stefanie Woolhandler
"A National Health Program for the U.S."

Interns Needed
The Lou Douglas Lecture Series Internship is a supervised experience that provides an opportunity for students to interact with nationally and internationally known individuals who are influencing national and world affairs. Students gain practical experience in organizing and implementing educational and public service activities and are involved in making arrangements for and hosting speakers, publicizing the lectures and related events on campus, assisting with fund raising, meeting with community decision makers, and helping with the overall coordination of the series.

To apply, call UFM at 539-8763.

All participants must register in advance.
Self & Personal Development
1221 THURSTON 539-8763

SHARP Self-Defense for Women
This course has been designed to offer women quick, easy-to-learn, and extremely effective techniques for defending themselves against violent physical assault and rape. By empowering women to better protect themselves, they gain confidence in social and professional environments. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical condition.

Diane Turner (827-7902) has a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 17 years experience teaching mental, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Release Date: June 25 (Monday)
Time: 6:30 - 10 pm
Fee: $18 individual/$30 mother-daughter (13+ and older)
Location: UPM

Leading a Balanced Life and Overcoming Defenses:
Two Keys to Mental Health
In the first meeting we will discuss scales for measuring balance in seven areas of life. Each participant will evaluate the amount of balance in his/her own life in each area as relationships/being alone and sleep/wakefulness. Then we'll discuss ways to bring your life into better balance. In the second meeting we will talk about psychological defenses, for example changing or dental. Each participant will be helped to identify his or her own most prominent defenses and learn ways to replace them with healthier responses. You will learn important things about yourself as these meetings, but they are not therapy sessions.

Dennis Blake addresses these subjects professionally in the work he does, and it occurred to him that everyone should have access to this cost at help without paying professional fees. He has lived in Manhattan for 26 years and has taught guitar for UFM, where he has also studied strategic Zen Meditation, and hypnosis. Being both a teacher and a learner is one way Dennis keeps his own life in balance.

Date: June 5 & 12 (Tuesday)
Time: 7 pm
Fee: $5
Location: Fireplape Room

Conceptual Self-Defense
This is a concept-based class curriculum rather than being technique driven. This means as a student you will have an indepth study of all aspects of self defense. You will learn the mental and physical disciplines of defending yourself. We will study the psychology of confrontations, how they develop, what signs to watch for, how to use the environment to your advantage, how to deal with attacks at different ranges, and avoiding prey behavior. We will also look at fear management and the differences between physical fear and psychological fear. Participants will learn mental and physical tactics and techniques that are both practical and effective. It is here we cover what to do when and how to do it, including how to defend yourself against weapons. Finally we will learn how to put it all together into your own personal self defense strategic plan.

Steve Cleveland (864-1192) has been a practitioner of martial arts since 1974 while serving with the United States Marine Corps. He holds 2nd and 3rd degree black belt rankings in Hapkido and Tae Kwon Do and is a certified instructor with the International Combat Hapkido Federation and the North American Black Belt Federation. His self defense experience is based not only on the study of these arts, but also from studies in confrontation psychology and practical tactics combined with operating on extensive long range reconnaissance terms for 2 years and four weeks of specialized reconnaissance training with the Navy Seal team at the Naval Seal Station at Coronado Island, San Diego, CA.

Date: June 6 - July 18 (Wednesday)
Time: 6:00 pm - 7:00 pm
Fee: $49
Location: Green Valley Community Center
3770 Green Valley Rd
No Class July 4

Heartland SHARE
What is Heartland SHARE? Self Help And Resource Exchange is dedicated to providing a monthly basic, consistent, affordable supplemental food package to those willing to help themselves and others. Open to everyone.

What is a "SHARE"? A food package consisting of 4-5 items, a variety of fresh fruits and vegetables and other grocery items. Our share costs 2 hours of volunteer service and $16.00. Vision Cards are accepted.

Where does the food come from? Food is purchased on the open market by one or more professional purchasing staff. The bulk buying power (over 12 million pounds of food monthly) and the volunteer distribution network provides savings up to 60%. First quality and brand names like you would find in the grocery store.

Who can participate? The program is open to everyone in the community regardless of income.

Sign up at UFM early in the month. SHARES are distributed the 3rd or 4th Saturday of each month at Blue Valley United Methodist Church, 835 Church Ave.

SHARE: Good for You and Good for the Community.
For more information, call UFM at 539-8763 or sign up at the UFM Office, 1221 Thurston St.

Community Garden
for All Ages
A walk through the Community Garden in July is a delight to the senses. Flowers, common vegetables and many exotic varieties speak of the interest and diversity of those who garden there. This longstanding UFM program provides garden space, water, tools and community involvement while supplementing food budgets and growing friendships.

Special Children’s Garden
A special section of the garden is set aside as a Children’s Garden. Children work in individual or group plots. KSU students and faculty work with the children on Saturday mornings. No registration is needed. Join the free fun on Saturday mornings 10-noon at the Manhattan Children’s Garden, 8th and Riley Lane

UFM is a sign up location for Heartland SHARE

Look for the UFM Catalog on the web at www.ksu.edu/ufm
Swing and Salsa Dancing RH-02
Have some fun learning classic big band swing dance and salsa. You will learn to move around the dance floor to lively music and add some special moves as well. Learn closed and open positions, pivot, weave, tango, and more. No prior dance experience is required. Wear comfortable clothing and non-skid shoes. Having fun is the only requirement.

Michael Bennett (776-7557)
Date: June 1-August 3 (Friday)
Time: 8-9 pm
Fee: $36 individual/$64 couple
Location: ECM Auditorium
1021 Denison Ave.

Tennis: Junior Beginners Ages 7-16 RH-06
Join us for fun and skill development for this great sport! This class is designed for beginners and will provide instruction on fundamentals of strokes, basic rules of play and beginning competition. We provide the balls; students provide their own rackets. If you don't have a racket, give us a call and we may be able to help you locate one. Parking may be a challenge so plan accordingly and come early.

Mark Teusendoff has an M.S. degree in Kinesiology and has played tennis for over 20 years, including varsity at Coe College, Cedar Rapids, Iowa. He recently served as an instructor at Manitoba-Wabon Sports and Arts Center in Ontario.

Date: June 5 - 26 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: $36
Location: LP Washburn Rec Complex, KSU

Ballroom Dance RH-03
Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Swing, foxtrot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Classes fill rapidly. It is advisable to register early.

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkeley, Mandola Ballroom, San Francisco; Athlita Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1996 San Francisco Avenue Ballroom Jitterbug Champion. He has photographed and performed in Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

Date: June 1 - August 3 (Friday)
Time: 7-8 pm
Fee: $36 individual/$64 couple
Location: ECM Auditorium
1021 Denison Ave.

Intermediate Fencing RH-09
This class will focus on footwork. Emphasis is on technique refinement, theory of attack, second intention, fencer's power, gun, patience, right-of-way issues, inflightng, attack into preparation. Made tuning and writing. Prerequisites: at least a beginning course in foil-only fencing. Course may be repeated.

Bill Meyer (807-9990)
Date: May 21 - July 30 (Monday)
Time: 6:30 - 8:00 pm
Fee: $32 if you have your own equipment/$72 to use instructor's equipment
Location: Room 301, Ahearn, KSU

Introduction to Golf RH-01a
A short course geared for beginning and intermediate players. The fundamentals of the full swing, short game pitching, chipping, and putting will be covered. Get some fresh air and find out if golf is the sport for you. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of address and hand caps.

Jim Gregory (539-1040), a PGA professional, is the golf pro at Stagg Hill Golf Course.

Date: June 7 - 28 (Thursday)
Time: 7-8 pm
Fee: $36
Location: Stagg Hill Golf Club
4441 T Riley Blvd.

Tennis: Beginners Ages 17 and Up RH-06
This class will focus on fundamentals of stroke, basic rules of play and beginning competition. Parking may be a challenge so plan accordingly and come early.

Mark Teusendoff
Date: June 5 - 26 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: $36
Location: LP Washburn Rec Complex, KSU

Introduction to Golf RH-01b
Jim Gregory (539-1040)

Date: July 5 - 26 (Thursday)
Time: 7-8 pm
Fee: $36
Location: Stagg Hill Golf Club
4441 T Riley Blvd.
Middle Eastern Dance (Belly Dance) I

Christine Harkey

Date: June 6-7 (Wednesday)
Time: 6-7 pm
Fee: $24/$30 both sessions A & B
Location: Abearm, Room 301, KSU

Middle Eastern Dance (Belly Dancing) II

Christine Harkey

Date: June 6 - 7(Thursday)
Time: 10 am
Location: Aabearm, Room 301, KSU

Middle Eastern Dance (Belly Dancing) III

Christine Harkey

Date: June 6 - 7(Thursday)
Time: 10 am
Fee: $12
Location: Krasy Krist Painting Field 9600 Anderson

Survival: Kansas Style

Volunteer as a survivor of the Kansas summer. Test your heat tolerance. Try a tasty stack of goats, flies, and June bugs as they swarm around your face and food. Special challenge events include harvesting and processing the wheat to bake your own bread, the paddle boat race across Tattle Puddle, and cooking eggs on the sidewalk. Prepare for the dangers of shocks (that stick to the saplings), cats as hot as crows and those blood-sucking mosquitoes. The winner of the survival challenge will receive $1.00 off in a UFM class and the self-satisfaction of having survived the wind, heat, and bugs of the Kansas wilderness.

Instructor: Kansas Clyde is a lifetime resident of the Kansas Wilderness. He loves the challenges wading Kansas summers.

Date: May - September
Time: Anytime Day or Night
Fee: Free to all
Location: Look right outside your door.

Archie for Adults & Youth

The main focus of this course will be to introduce youth to Archery. Adults are welcome to enroll and learn the important basics of the sport. This is a great family sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety, and introduction to the world of archery. All equipment will be provided by the instructor. Ages 9 through Adult.

Tom Korte is a certified national archery instructor, aAA level 4. He has many years of coaching experience including Archery Instructor for 4-H. Shooting Sports Director for Boy Scout Camp. He is presently coaching JOAD club, Manhattan Royal Archers.

Date: June 7 - 28 (Thursday)
Time: 6:30 - 8 pm
Fee: $28
Location: 1125 Laramie Plaza (upstairs)

Introduction to Painting

Want to learn about painting? In this discussion and demonstration class you will find out what it is, including the equipment players use, the safety equipment and high tech upgrade equipment available. Find out about the basics of the games with a description of the equipment, a tour of the fields with hands on firing of a painting marker and an actual game demonstration by Kansas & Highlands' paintball team.

Gra Bar можно is the owner, operator of Kansas Krist paintball, started in 1986 and has been involved in many tournaments and paintball activities for the past 15 years, he stresses safety and having fun in this fast growing sport.

Date: June 30 (Saturday)
Time: 10 am
Fee: $12
Location: Krasy Krist Painting Field 9600 Anderson

Beginner Line Dance Lessons

Come have fun and learn two new line dances each night. We will start at a beginner level and move toward intermediate as classes continue. You will learn the moves and be able to dance with confidence. Including Cha Cha and some group dances. Emphasis on understanding the beats, rhythm, and feel of music. Class starts with warm ups and stretching, then you get a great work-out dancing. Many of the dances that will be taught were created in Nashville, TN and taught at the Wild Horse Saloon. "No black shoes on shoes," This class is geared for individuals, not couples.

Lucia Flower (776-7912) has been dancing for several years, she enjoys Line dancing and is excited to help others learn to have fun dancing. Lucia has a B A in Psychology and is a graduate student at Washburn. She has learned many dances locally, and at Colorado Springs, Co. and Nashville, TN.

Date: June 7 - 28 (Thursdays)
Time: 7 - 9 pm
Fee: $28 individual/$48 couple
Location: UFM

Beginner Line Dance Lessons

Lucia Flower (776-7912)

Date: July 5 - 26 (Thursdays)
Time: 7 - 9 pm
Fee: $28 individual/$48 couple
Location: UFM

Beginner Line Dance Lessons

Lucia Flower (776-7912)

Date: August 2 - 23 (Thursdays)
Time: 7 - 9 pm
Fee: $28 individual/$48 couple
Location: UFM

Unity Church of Manhattan

"A spiritual family dedicated to the transformation of consciousness."

Worship Service: Sunday 11 a.m.
1021 Denison Ave.
537-6120 Everyone is Welcome
Introducing Jin Shin Jyutsu:

A Self-Help Class

Jin Shin Jyutsu translates as the "Art of the Creator through knowing and compassion for person." It is an ancient art of releasing the tensions which are the causes of various symptoms of discomfort. In Jin Shin Jyutsu philosophy, our bodies contain energy pathways which become blocked through daily physical, mental, emotional or spiritual stresses, resulting in pain and discomfort. We can unblock these pathways through non-forceful application of the hands to various locations on the body, giving ourselves renewed vitality, deep relaxation, pain relief, easier breathing and decreased stress. This course will introduce you to hands-on techniques for self and others, and to the history, philosophy, and theory of Jin Shin Jyutsu. Jin Shin Jyutsu self-help books will be available for purchase (optional).

Karina Smith-Grindell (539-3733) is a Licensed Practical Nurse, and Certified Massage Therapist whose avocation during the last twenty years has been to study and practice a variety of bodywork modalities: Swedish, Balinese Massage, Therapeutic Touch, and Shiatsu. Since 1995 she has focused on Jin Shin Jyutsu and is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: June 12, 19 & 26 (Tuesday)
Time: 7 - 9 pm
Fee: $14
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

Continuing Jin Shin Jyutsu Self-Help

(Prerequisite: Introducing Jin Shin Jyutsu)

WE-02

This class will focus on developing a deeper understanding and experience of the Safety Energy Locks and the Depressions in order to be better able to release our tensions and support the body/mind's natural healing and harmonizing capacities.

Karina Smith-Grindell (539-3733)

Date: July 10, 17 & 24 (Tuesday)
Time: 7 - 9 pm
Fee: $14
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

Yoga for Body and Mind Introductory Class

WE-03

Yoga is a useful tool to help anyone with the physical, mental and emotional challenges we all encounter in our lives. We will focus on the practice of asana (postures) and pranayama (breathing exercise) as well as developing a personal practice which meets each individual's needs. This class is for men, women, couples and lone. Both new and returning students will benefit from this class. Please bring a mat or towel and wear comfortable clothes that do not restrict movement. For your safety and comfort, please do not eat for at least three hours before class (a piece of fruit is ok).

Ana Franklin (537-8224) has been practicing yoga for more than 25 years. She teaches in the Tradition of T Krishnamacharya who was teacher to BKS Iyengar, Pauli Joli and other eminent yoga teachers. Including her father Albert Franklin, who taught yoga through UFM in the 1970s. Ana is a student of Gary Kraftcow, who studies under TKV Desikachar, Sri Krishnamacharya's son.

Date: June 7 - July 12 (Thursday)
Time: 5:30 - 7:00 pm
Fee: $60
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

Now Organizing an HERB Interest Group

- Learn Cultivation Techniques
- Right Plant - Right Place
- Landscaping Possibilities
- Uses for Herbs
- Meet Others With Similar Interests

Jennie DeArmond  Day (532-3477)
Night (537-2295)

2nd Saturday of each month, 2 - 3:30 pm at the UFM Greenhouse.

Aromatherapy

WE-16

We will discuss the healing effects of 8 different essential oils, massage blends, diffusers, and making your own cleaning products with oils. Participants will receive a free bath salt sample and lots of recipes.

Barbara Coullett has been interested in holistic healing for over 10 years. She studies herbs and Aromatherapy. Barbara also volunteers her time at People's Grocery in the herbal department.

Date: July 17 (Tuesday)
Time: 7 - 9 pm
Fee: $12
Location: UFM Conference Room

Chi Lei - Chi Gong

WE-17

Chi Lei is a self-healing method prescribed by the world's largest medicine hospital in Quahungdao, China. Chi Lei is a slow exercise that gathers and concentrates the Chi (vital life energy) and moves it through the body. As we work with this healing energy, it helps to balance our inner energies, to improve our health responses and the mind becomes tranquil. The exercises are done standing, but can be practiced while seated.

Jenli Forster (537-0977) has studied under Luke Chan, the only Chi Lei master teacher outside of China. She has taught Jackie Sorensen's Aerobic Dancing, aquatic exercise class and is currently certified Body Recall exercise instructor. She has taught Red Cross CPR and First Aid, Yoga and other courses for UFM.

Date: June 25 - July 19 (Thursday)
Time: 5:30 - 6:35 pm
Fee: $31
Location: UFM Multipurpose Room

Four Winds Therapeutic Massage

Bernice Martin, Licensed Massage Therapist

- Relieve Stress
- Improve Circulation
- Decrease Physical & Mental Fatigue
- Relieve Muscle Pain and Tightness

* Hot Tub and Sauna *
Gift Certificates Available

1114 Lamie St. Manhattan 539-9919

Special thanks to all UFM INSTRUCTORS who volunteer their time!
Parish Nursing: A Nurse at Church? WE-23
What is it? How do I become a Parish Nurse? How does my church start a program? These are a few of the many questions that will be covered in this presentation about health ministries and parish nurses in our community. The Parish Nurse Program is a congregational-based ministry to promote wellness and improved health to members of all denominations. Parish nurses care for the whole person: body, mind and spirit. Rita Currie, RN, Parish Nurse Coordinator from Mercy Health Center will present this informational program and will assist those interested in starting parish nurses or starting a program in their churches.

Rita Currie has worked in the Manhattan community for 27 years. She was commissioned as a Parish Nurse at the Basic Parish Nurse Preparation Program in Carefree, Arizona on November 3, and was commissioned as a Parish Nurse Coordinator at the Basic Parish Nurse Coordinator Program in Techy, Illinois, November 10, 2000. She is excited about sharing this new specialty of nursing with the Manhattan community.

Date: June 12 (Tuesday)
Time: 7 - 9 pm
Fee: N/C
Location: UFM Conference Room

Alternative Diagnosis and Treatment of Allergies WE-24a
Do you have allergies? Join Dr. Larry Dall at Natural Health Care and learn why your body responds unfavorably to certain allergens. Whether these are food or environmental allergens, Dr. Dall will diagnose your particular allergy and recommend the proper treatment to clear the allergy and eliminate these unpleasant reactions so you can enjoy renewed health and a pleasant life.

Dr. Larry Dall (939-9113) has practiced chiropractic care in Manhattan for the last 15 years. He also advises that you consider removing the roadblock that made the body to heal the body.

Date: June 11 (Monday)
Time: 7 - 9.30 pm
Fee: $8
Location: 1130 Westport Dr, Suite 5

How to Maximize Your Energy & Minimize Stress In Your Life WE-25a
You will learn how to be happier, healthier and more productive in challenging environments, learn three powerful strategies to maximize personal energy and minimize stress. Find out how to avoid the fatal mind set that robs many people of their vital energy, and why we must not mess with Mother Nature - if we are serious about increasing our energy and decreasing stress.

Dr. Royce Ren (517-7500) has practiced chiropractic for 7 years, the last 2 years in a family wellness practice in Manhattan. In addition to practicing, he speaks regularly to help people make positive changes in their lives. His entertaining presentations are filled with exciting, easy-to-use strategies.

Date: June 5 (Tuesday)
Time: 7:00 pm
Fee: $8
Location: 3230 Kimball Ave
Candlewood Shopping Center

How to Maximize Your Energy & Minimize Stress In Your Life WE-25b
Dr. Royce Ren (517-7500)

Date: July 10 (Tuesday)
Time: 7:00 pm
Fee: $8
Location: 3230 Kimball Ave
Candlewood Shopping Center

What Matters Most FC-27
THE TIME MANAGEMENT WORKSHOP FOR IMPROVED PRODUCTIVITY & PEACE OF MIND
Export presenters, thought-provoking videos, group discussions, and plenty of hands-on exercises teach you to:
* Discover how you are, what you value most, and what you want to do with your life.
* Plan your weeks and days in harmony with your roles and long-range goals to maintain personal and professional balance.
* Act according to your plan using the Franklin Planner,™ either paperbound or electronic, as your daily road map.
Productivity, Balance & Inner Peace Are Within Your Grasp
Picture a life that's more organized, more peaceful, and more productive. Imagine balancing your roles more successfully - be it spouse, manager, parent, team leader, coach, volunteer, or friend. Envision a workplace that's productive rather than reactive, where focus and direction leave little room for crisis, stress, and frustration... Just a pipe dream? Not any longer.

Improve Your Life At Work & At Home With What Matters Most
Franklin Covey introduces What Matters Most, the new time management workshop for the entire business of living, not just the demands of eight to five. What Matters Most helps you focus your time, energy, and resources on the things that are most important to you. It's an ideal first-time workshop or an excellent renewal course for those who have experienced TimeQuest® or First Things First®.

Invest one day in What Matters Most and discover principles that lead to increased relationships, and peace of mind.
Organizations experience greater results and return on investment through focused employees who are moving forward instead of in circles.
Revitalize Your Organization With Training That Works
Change Your Personal Life Through Proven Principles
Date: July 31 (Tuesday)
Time: 8 am - 5 pm
Fee: $299
Location: Manhattan Area Technical College
2165 Dickens Ave., Room 105
Sponsored by UFM Community Learning Center & Lifelong Learning, Manhattan Area Technical College

STOP putting stress on your body with DRUGS that do not solve the PROBLEMS!
Dr. Dall's holistic approach is effective and painless!

*Allergies *TMI *Ear Infections *Migraines *Sugar handling *Backpain *Asthma *ADD/ADHD *Shoulder pain

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CHIROPRACTIC NATURAL HEALTH CARE 1130 Westport Dr. Ste. 5 Manhattan KS, 66502

Look for the UFM Catalog on the web at www.ksu.edu/ufm
Introduction to Ballet, Tap & Jazz
Children will learn basic ballet techniques, along with an introductory class designed to expose children ages 4 - 12 to tap and jazz steps. Rock & Roll music will make learning jazz and tap steps fun. No dance experience or formal dance attire is needed.

Date: June 6 & 13 (Wednesday)
Time: 5:30 - 6:30 pm
Fee: $8
Location: 2416 Rogers Blvd
Manhattan, Ks 66502

Beginning Ballet
This class is designed for children ages 5 - 11 with limited previous ballet experience. Students will learn basic ballet terminology and techniques. If students do not have their own ballet attire they may wear comfortable clothes to the first class and order a leotard, tights, and ballet slippers then.

Date: June 5 - 21 (Tuesday/Thursday)
Time: 6:15 - 7:15 pm
Fee: $45
Location: Abessin Dance Studio, Room 301, KSU

Children’s Gardening
Children, do you love digging in the soil? Put this interest to good use and learn about planting a garden, preparing soil, weeding, harvesting, and maintaining a garden throughout the growing season. Children (ages 5 - 12) will be assigned individual and group gardens. No registration necessary. Join us at the garden on Saturday mornings.

Date: April - October (Saturday)
Time: 10 am - 12 pm
Fee: N/C
Location: Manhattan Children’s Garden 8th and Riley Lane

Start-A-Story with Storycrafter
If you’re a kid who likes to write stories, come join us for a new story starter game. Learn about what makes good stories and begin an unusual one you just might like to write more on at home. Don’t forget your imagination. (Note for parents: this is not a “class” for children who don’t like to write, or don’t know how to write.) For ages 8 - 12.

Jeri Garretson has had fun doing writing workshops with children as a librarian and an author, in schools and libraries. She is the author of four books and creator of the StoryCrafter storytelling game, which will be used in this “workshop”.

Date: July 10 (Tuesday)
Time: 4 - 5 pm
Fee: $13
Location: UFM

Gift Certificates for UFM Classes are Always Available. Give a gift of learning! Call or stop by UFM 1221 Thurston 539-8763 • Birthdays • Anniversaries • Thank You’s

Oak Grove School Summer Enrichment Program How Our Garden Grows
In the World Around Us
2 week sessions June 4 - August 10, 2001 for Ages 3-8
Monday - Friday 8:00 am - 5:00 pm
Full day or 1/2 day, before and after school times available
For more information call: 539-7910

Program Highlights: Gardening; Discovery of plants, animals and outdoor habitats; Preparing and eating healthy food; Community involvement; Art, Science, Games, Picnics, Park and Playground Activities, Swimming, Tennis

For more information, call 565-6490

Special thanks to all UFM INSTRUCTORS who volunteer their time!
Introduction to the Internet:

By Cyber-Street Project

The Internet, the web, the gold watch, and everything. A quick-moving town hop-skip around the Internet for those that are new to the use of the Internet. Details about how you can find what you want, and how to move within this new medium. Special topics will include tips for Netscape Communicator and how to select the E-mail program to safely use to know how to get and send messages free over the Internet. Other topics include transfer of data files over the Internet as well as how to send attachments, browsers, Internet Addressing, Internet Directories, Switch Engines, Other Resources-Accessing Libraries, finding people, E-mail strategies, survival tips, program choices, file handling and web pages. Supplemental information may be acquired in hard copy form from Copy Co in Aggieville. A list of documents will be available at the class session. Catalogs of technical book vendors will also be available at the class session. Optional handouts, demo software, and other items will be on CD that will be available for purchase from The Great Inland Sea Computer User Group at the class session. (Cost $15.00).

Ralph Warner, Jamie Allen & Pat Farrel

Date: June 9 (Saturday)
Time: 10 am - 2 pm
Fee: $35 individual/$80 couple
Location: UF M Fireplace Room

Introduction to E-Mail Security: How to keep your Electronic Messages Private

The world of electronic mail or messages is much like a world of postcards. Between you and who you send the message to lurk potential eavesdroppers and they can, with a bit of work, read everything you send or receive. E-mail Security is about keeping your electronic mail private. You use envelopes and sealed boxes to send hard copy printed mail, so why shouldn't you do the same with your E-mail? A discussion of what E-mail is, and how to protect the privacy of your mail with tools that are available now that are either free or very inexpensive. Topics covered will include but are not limited to the following: PGP (pretty good privacy), PEM (pretty easy mail), privacy & electronic mail problems, encryption, key management, authentication, certificates, keeping your private key private, viruses, EXE attachments, data compression-ZIP files, and vendors of compression software. Supplemental information may be acquired in hard copy form from Copy Co in Aggieville. A list of documents will be available at the class session. Catalogs of technical books will also be available at each class session. Optional handouts, demo software, and other items will be on CD that will be available for purchase from The Great Inland Sea Computer User Group at the class session. (Cost $15.00).

Ralph Warner, Jamie Allen & Pat Farrel

Date: August 4 (Saturday)
Time: 10 am - 2 pm
Fee: $35 individual/$50 couple
Location: UF M Fireplace Room

Introduction to HTML

Have you always wanted to create your own web page, or would you like to post your resume online? Designed for anyone interested in writing a web page, this class will teach you the fundamentals of HTML (Hyper Text Markup Language) including inserting tables and images. Prior experience with computers is not required. Co-sponsored with Community On-line Resource Exchange (CORE) Manhattan Public Library.

Angela Johnston (539-7923) is a student at Kansas State University working towards a degree in Computer Science. Currently, she works for the Agriculture Department at K-State as a web programmer developing extensive knowledge of most web programming languages including Java, HTML, C++ and JavaScript.

Date: June 5-14 (Tues/Thurs)
Time: 7 - 8 pm
Fee: $44
Location: Manhattan Public Library

Introduction to HTML

Date: June 5-14 (Tues/Thurs)
Time: 7 - 8 pm
Fee: $44
Location: Manhattan Public Library
Perseid Meteor Shower

Meet us to view the Perseid Meteors. We can see the summer sky, and hope for a few bright meteors. Dean will explain what meteors are, and why they sometimes come in showers. We will meet at the UFM parking lot at 8 pm to car pool to a good dark spot. Bring a blanket, or lawn chairs. We will stay out as late as people want to stay. If it is cloudy, call UFM for confirmation or call Dean at home that evening, at 770-8331. Rain date will be the next night August 12.

Dean Stremel teaches Earth Science classes at Manhattan High School, East Campus. He has been sharing his knowledge of the sky for years and loves to meet people who share his interest in the night sky.

Date: August 11 (Saturday)
Time: 8 pm
Fee: $8 individual/$12 family
Location: Meet at UFM Parking Lot

Night Walk on Konza Prairie

We will walk the short nature trail on Konza. Along the way we can sniff for spiders, listen for owls, and watch as night visits in. We will end up on top of a hill, where the night sky will be amazing. I will show you Scorpions, Sagittarius, the Summer Triangle, and the whole summer sky. We will stay out until well past dark, bringing a flashlight, a water bottle, and a jacket. Bug repellent would be a very good idea. Good walking shoes are needed, as the trail may be a little rough at spots. If it is cloudy, call UFM office for confirmation, or call Dean at home that evening at 770-8331.

Dean Stremel

Date: June 1 (Friday)
Time: 7:30 pm
Fee: $8 individual/$12 family
Location: Meet at Konza Prairie Entrance
Rain Date: August 10

Night Walk on Konza Prairie

Dean Stremel

Date: August 10 (Friday)
Time: 7:30 pm
Fee: $8 individual/$12 family
Location: Meet at Konza Prairie Entrance
Rain Date: August 17

Fall Gardening

Successful fall gardening is planned in the heat of summer! Get more mileage out of your garden space by planting a fall garden this year. Many vegetables actually produce and taste better when grown in the cool days of autumn. Find out what, when, and how to plant fall vegetables in August, when you'll harvest in September, October, and even beyond!

Collin Hampton (539-9934) has gardened both indoors and outdoors for 27 years and looks forward to sharing her practical knowledge in her gardening classes.

Date: August 4 (Saturday)
Time: 10am - 12 pm
Fee: $8 individual/$12 couple
Location: UFM Conference Room

Solar Greenhouses & Sun Rooms

Whether you want to winter greens or just heat adjoining room, sunrooms are certain to add light and enjoyment to your home. With slides, we will look at examples of sunrooms built here in Manhattan, and talk of the various design considerations for both growing plants and exporting warmth.

Bill Dorsett sunrooms have been the speciality of Bill's for nearly 20 years.

Date: July 29 (Sunday)
Time: 1:30 pm
Fee: $8
Location: UFM Greenhouse

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.

Home Energy Session I: Staying Comfortable with Less Gas

If you were shocked by your energy bills this winter, this series will discuss what you might do about it. Technology and our understanding of heating and cooling our homes didn't stop with the end of the oil embargo. In the first session, we will discuss the steps anyone should take: making their house more efficient. In the second session, we will discuss solar and wind energy as it might apply to providing you with electricity, and hot water on air. Keeping it simple is the key so don't be bashful about simple questions.

Bill Dorsett has worked with passive and active solar air and water heating and solar electric systems.

Date: July 21 (Saturday)
Time: 1:30 pm
Fee: $8/$12 both classes
Location: UFM Greenhouse

Home Energy Session II: Home Brew Heat & Power

Bill Dorsett

Date: July 28 (Saturday)
Time: 1:30 pm
Fee: $8/$12 both classes
Location: UFM Greenhouse

In Memory:

Dr. F.C. Lanning

Dr. Francis Lanning, a long time UFM instructor, died this past March. Dr. Lanning was a professor Emeritus of Chemistry at Kansas State University and a long-time member of the Manhattan Mineral, Gem and Fossil Club. He volunteered his time as a UFM instructor for over 14 years. Dr. Lanning was one of our oldest (and age) instructors and was recently listed as a featured instructor in the UFM catalog. Throughout the years, hundreds of individuals joined Dr. Lanning for the day as a rock hound. He took participants on field trips to choice spots in Pottawatomie and Wabaunsee counties, and to the Gravel Pits in Wavusville and Blue Rapids. UFM and the community will miss this great resource and his love of sharing rock hunting with others.

"Age is not important unless you're a cheese." - Helen Hayes

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Anyone can shop and buy, but members receive discounts

UFM classes make great gifts.
The courses on this page are offered for credit through the Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal, and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information.

*Special and health fees and non-resident fees may also be assessed—contact the Division of Continuing Education, 532-5566 for addition information.

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

Instructor: Jim Gregory
Date: June 6 - August 1 (Wednesday)
Time: 6 - 8 pm
Fee: $156
Location: Stegg Hill Golf Club, 4441 Rt. Riley Blvd.
No Class July 4

Intermediate Fencing
Intermediate fencing continues with the concepts presented in beginning fall fencing. Emphasis is on technical refinement, theory of attack, and blocking. The course may be repeated for credit.

Instructor: William Meyer
Date: May 21 - July 30
Time: 6:30 - 8:00 pm
Fee: $158
Location: UFM, 1221 Thurston

Fitness Swimming
Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills involving physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Instructor: Carol Sines
Date: June 5 - July 19 (Tuesday/Thursday)
Time: 5:00 - 6:30 pm
Fee: $123 Credit
Location: Port Riley, Eyster Pool, Building 6940

KSU Credit Courses

Scuba Diving
This course will prepare students for Open Water certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. The certification is included in the course fee; however, neither UFM nor KSU is responsible for it. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel.

Instructor: Jeff Wilson
Date: June 11 - July 16 (Monday)
Time: 5:30 - 9:30 pm
Fee: $253
Location: YMCA, 1703 McFarland
Junction City, KS

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

Instructor: Michael Bennett
Date: June 1 - August 3 (Friday)
Time: 6:30 - 8 pm
Fee: $145
Location: PCM Auditorium
1021 Denison Ave.

KSU 1 hour Credit Classes, Fall 2001

- Golf
- Scuba Diving
- Beginning Fencing
- Women & Money
- Judo I
- Fly Fishing
- Intermediate Fencing
- Fitness Swimming
- Judo II
- Ballroom Dance
- Archery
- Swimming I

Special thanks to all UFM INSTRUCTORS who volunteer their time!
### Registration by Mail
Complete the registration form and mail the form with your check, money order, or credit card number to:

**UFM Class Registrations**  
1221 Thurston  
Manhattan, Kansas 66502-5299

You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

#### FOR YOU...
One participant per form, please

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#### Registration Form
- Student Name
- Address
- City
- Age/Under 18 exact age
- Parent's Name if Student is Under Age 18
- CLASS #
- Session
- TITLE
- FEE
- LOCATION
- TIME
- Tax Deductible Donation
  - Total

#### Card Information
- Cardholder's Name (Please Print)
- Card Number
- Expiration Date

#### Participant Information
- Participant Statistics: KSU Student, KSU Faculty/Staff, R Riley, Other
- Where did you obtain your catalog?
- A class I would like offered

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

Signature:

**FOR A FRIEND...
One participant per form, please

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Signature:

**Registration in Person**
Stop by the UFM House, 1221 Thurston  
HOURS: 8:30 am - 12 Noon  
1:00 pm - 5:00 pm  
Monday through Friday

Youth Scholarships are available.