Discover the magic of learning this Fall!

Fall Classes Aug-Dec 2002

Women and Money
Prep Courses: 
PSSST, LSAT, GMAT, GRE
Understanding Islam
Vegetarian Cooking
Women's Self Defense

UFM Community Learning Center

2002 Fall Classes

OR CURRENT RESIDENT
# 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. Call us with your ideas.

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### Classes

- **Aquatics**
  - Red Cross Learn to Swim Lessons
  - Adult Lessons
  - Private Lessons
  - Lap Swimming
  - Hydro aerobics
  - Scuba Diving
  - Swim Appreciation Dates

- **Martial Art**
  - Taekwondo Do
  - Judo
  - and others

- **Career & Finance**
  - Financial Planning
  - Long Term Care
  - Gain Control of Your Money
  - Test Prep Courses
  - Beginning AOL
  - Direct Mail
  - Money Management
  - and others

- **Creative Free Time**
  - Write and Sell Fiction
  - Film Developing
  - Needle Lace
  - Jewelry Making
  - Pinno
  - Embroidery
  - Painting
  - Photography
  - and much more

- **Recreation and Dance**
  - Ballroom Dance
  - West Coast Swing
  - Golf
  - Bowling
  - Sports Officiating
  - Fencing
  - Archery
  - and others

### Wellness

- Jin Shin Jyutsu
- Massage
- Reiki
- Chi Lei - Chi Gong
- Essential Oils
- and others

### Languages

- English as a Second Language
- French
- Sign Language

### Personal Development

- SHARP Self Defense for Women
- Understanding Islam
- Clearing Clutter
- and others

### Earth, Nature and Environment

- Gardening classes
- Fly Fishing
- Meteor Party
- Pet First Aid & Safety
- Fun With Rabbits

### Youth

- Art From Around The World
- Archery
- Introduction To Dance

### Food for Fun

- Biscotti
- Vegetarian Cooking

### Credit Optional Classes

- Scuba Diving
- Judo
- Fitness Swimming
- Women & Money
- and others

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**WHERE WE'RE LOCATED**

**UFM**

1221 Thurston

Bertrand St.  
Thurston St.  
Keeney St.  
Vander St.  
Anderson Ave.  
Anderson Ave.  
Blu mont Ave.

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**UFM Staff**

- Executive Director - Linda Inlow-Teener
- Education Coordinator - Kristen Johnston
- Community Outreach Coordinator - Charlene Brownson
- Swim Supervisor - Chris Branton
- Lou Douglas Lecture Series Coordinator - Olivia Collins
- Teen Mentoring Program Coordinator - Karen Roesch
- Office Coordinator - Rusty Smith

Plus all the teachers who share their talents!

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**HANDICAPPED ACCESSIBLE**

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

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.
ON CAMPUS REGISTRATIONS

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

DATE        TIME       LOCATION
Aug. 26     10 am - 2 pm  KSU Union
Aug. 27     10 am - 2 pm  KSU Union

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 when requested. Consider yourself registered. We will not accept payment unless you hear from us that the class is full. Please feel free to call us to inquire about our receipts of your registration.

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

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, Manhattan, KS 66502.

BOARD OF DIRECTORS
Larry Fry - Chair
Robert Wilson - Vice Chair
Migette Kaup - Treasurer
Sharon Brooker - Secretary
Linda Inna Teemer - President and CEO

UFM INSTRUCTORS

Mohammad Al-Dobb
Scott Bean
Michael Bennett
Amy Bipes
Charlene Brownson
Mike Bonelli
Kate Cashman
Andre Chandler
Randy Dale
Terri Elly
Sarah English
Jolene Flavin
Enroll Forster
Ann Franklin
Diane Frewen
Quintin Gamble
Rachel Greenwood
Jim Gregory
Colleen Hampton
Steven Hardesty
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David Moore
Chad Myers
Greg Noll
Barbara Oettle
Caryn Peter
Emily Rabbat
Ronna Robertson
Sue Scoby
Gordon Schmidt
Pam Schmid
David Seaman
Jeni Sibby
Karen Smith-Grindell
Paul Sokalman
Dean Stremel
Carol Stiles
Sandy Snyder
Helene Tamehouse
Diana Tarver
Kimberly Tino
William Tegeb
Annette Trieb
Brenda Trieb
Barbara Trieb
Sue Wąsakiewski
Ralph Wasmer
Mike Webb
Harold Welilmeier
Jeff Wilson
Sta3 Wilson
Chan Sun Yi

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 umfksu.edu to share your ideas!

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 the class should go so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Kristen at 539-8763.

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 you may reach us 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 $3 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.

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

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

Credit Registration Refunds: After the second credit optional class meeting, but before one-third of the scheduled class sessions have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended.

Credit Enrollment Fees: Courses taken for credit carry additional fees required for University administration of the credit program. A $15.00 late fee will be charged for enrollments taken after the second class meeting. A $35.00 late fee will be charged for enrollments taken after one-third of the class meetings. Additional student activity and health fees may be assessed for students enrolled in 0-2 fulltime credit hours. Withdrawals: A student may withdraw from a credit option class by written request prior to the completion of one-third of the scheduled class meetings without a grade being recorded on the student's transcript. If a student withdraws after one-third, but before two-thirds of the scheduled class meetings, a grade of W (withdrawn) will be issued. No withdrawals will be accepted after two-thirds of the scheduled classes have been completed.

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.

! Wanted!
Instructors to Teach:

• International Dances
• Pilates
• Cooking Classes
• Fielded Trips
• Real Estate

USE REGISTRATION FORM on the back cover.
Learn to Swim Classes

UFM proudly teaches the American Red Cross Swim Lessons Levels 1 - 7, Parent/Infant and Parent/Tot, and Tot Transition. UFM also offers, Private, Mini-Team, 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 - Abear Complex

Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water.

Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex.

Note: Minimum enrollment for all classes is 4. If less than 4 enroll, classes of the same level may be combined or cancelled.

BEGINNING & ENDING DATES
(Except Where Noted):

Session A: Mondays, September 9 - November 11
Session B: Tuesdays, September 10 - November 12
Session C: Wednesdays, September 11 - November 13
Session D: Thursdays, September 12 - November 21
(No Class October 31)
Session E: Saturdays, September 14 - November 23
(No Class October 26)

Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming, and water enjoyment for you and your child. Small children should wear appropriate swim diapers. 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 10 meetings, the parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child.

Session A:
AQ-01F (See BEGINNING & ENDING DATES)
Monday 6 - 6:30 pm

Session B:
AQ-02F (See BEGINNING & ENDING DATES)
Thursday 6 - 6:30 pm

Session C:
AQ-03F (See BEGINNING & ENDING DATES)
Tuesday 6 - 6:30 pm

Session D:
AQ-04F (See BEGINNING & ENDING DATES)
Wednesday 6 - 6:30 pm

Session E:
AQ-05F (See BEGINNING & ENDING DATES)
Saturday 9:30 - 10:00 am

Fee: $36 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 class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Session A:
AQ-01T (See BEGINNING & ENDING DATES)
Monday 6:45 - 7:15 pm

Session B:
AQ-02T (See BEGINNING & ENDING DATES)
Tuesday 6:45 - 7:15 pm

Session C:
AQ-03T (See BEGINNING & ENDING DATES)
Wednesday 6:45 - 7:15 pm

Session D:
AQ-04T (See BEGINNING & ENDING DATES)
Thursday 6:45 - 7:15 pm

Session E:
AQ-05T (See BEGINNING & ENDING DATES)
Saturday 10:15 - 10:45 am

Fee: $35 per session

Level I: Water Exploration

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

Session A:
AQ-01A (See BEGINNING & ENDING DATES)
Monday 6 - 6:40 pm

Session B:
AQ-02B (See BEGINNING & ENDING DATES)
Tuesday 6 - 6:40 pm

Session C:
AQ-01C (See BEGINNING & ENDING DATES)
Wednesday 6 - 6:40 pm

Session D:
AQ-01D (See BEGINNING & ENDING DATES)
Thursday 6 - 6:40 pm

Session E:
AQ-01E (See BEGINNING & ENDING DATES)
Saturday 9:30 - 10:10 am

Fee: $43 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 adds some of the self-help and basic rescue skills begun in Level I. Students entering this course must have a Level I certificate or be able to demonstrate all the completion requirements of Level I.

Session A:
AQ-01A (See BEGINNING & ENDING DATES)
Monday 6 - 6:40 pm

Session B:
AQ-02B (See BEGINNING & ENDING DATES)
Tuesday 6 - 6:40 pm

Session C:
AQ-01C (See BEGINNING & ENDING DATES)
Wednesday 6 - 6:40 pm

Session D:
AQ-01D (See BEGINNING & ENDING DATES)
Thursday 6 - 6:40 pm

Session E:
AQ-01E (See BEGINNING & ENDING DATES)
Saturday 9:30 - 10:10 am

Fee: $43 per session

MANHATTAN MARLINS
SWIM TEAM

A non-profit organization dedicated to providing children the chance of participating in competitive swimming. Primary emphasis on positive self image, physical conditioning and development to the child's fullest potential.

Ages: 5 years thru College level

Four Practice Groups: Developmental • Bronze • Silver • Gold

For more information contact: Kathy Musch at 776-1742 or Jerry Carpenter at 539-1384

E-mail ufm@ksu.edu
Level III: Stroke Readiness
The objective of Level III is to build on the skills in Level II by providing additional guided practice. Students will learn to coordinate the front and back crawl. They will be introduced to the elementary back stroke and to the fundamentals of treading water. Students 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: (See BEGINNING & ENDING DATES) AQ-07A
Monday 6:00 - 7:30 pm

Session B: (See BEGINNING & ENDING DATES) AQ-07B
Tuesday 6:00 - 7:30 pm

Session C: (See BEGINNING & ENDING DATES) AQ-07C
Wednesday 6:00 - 7:30 pm

Session D: (See BEGINNING & ENDING DATES) AQ-07D
Thursday 6:00 - 7:30 pm

Session E: (See BEGINNING & ENDING DATES) AQ-07E
Saturday 9:30 - 10:10 am

Fee: $43 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 backstroke, front crawl, and back crawl) for greater distances. Students will be introduced to the breaststroke and sidestroke and the basics of turning at a wall. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

Session A: (See BEGINNING & ENDING DATES) AQ-10A
Monday 6:50 - 7:30 pm

Session C: (See BEGINNING & ENDING DATES) AQ-10C
Wednesday 6:50 - 7:30 pm

Session D: (See BEGINNING & ENDING DATES) AQ-10D
Thursday 6:50 - 7:30 pm

Session E: (See BEGINNING & ENDING DATES) AQ-10E
Saturday 10:15 - 10:55 am

Fee: $43 per session

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 breast-first surface dive and springboard diving. Participants learn to perform the front crawl and back crawl for increased distances and to perform the sidestroke and breaststroke. Students entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements of Level IV.

Session C: (See BEGINNING & ENDING DATES) AQ-13C
Wednesday 6:50 - 7:30 pm

Session E: (See BEGINNING & ENDING DATES) AQ-13E
Saturday 10:15 - 10:55 am

Fee: $43 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 pike and tuck surface dives. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V.

Session C: (See BEGINNING & ENDING DATES) AQ-16C
Wednesday 6:30 - 7:30 pm

Session E: (See BEGINNING & ENDING DATES) AQ-16E
Saturday 10:15 - 10:55 am

Fee: $43 per session

Level VII: Advanced Skills
The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

Session C: (See BEGINNING & ENDING DATES) AQ-19C
Wednesday 6:40 pm

Session E: (See BEGINNING & ENDING DATES) AQ-19E
Saturday 10:15 - 10:55 am

Fee: $43 per session

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.

Session B: (See BEGINNING & ENDING DATES) AQ-22B
Tuesday 6:30 - 7:30 pm

Session D: (See BEGINNING & ENDING DATES) AQ-22D
Thursday 6:30 - 7:30 pm

Fee: $43 per session

Lap Swimming Ages 13 plus
Lap swimming is for individual workout. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 60 minute block of time during the below scheduled times.

Session A: (See BEGINNING & ENDING DATES) AQ-24A
Monday 6:40 pm

Session B: (See BEGINNING & ENDING DATES) AQ-24B
Tuesday 6:30 - 7:30 pm

Session C: (See BEGINNING & ENDING DATES) AQ-24C
Wednesday 6:30 - 7:30 pm

Session D: (See BEGINNING & ENDING DATES) AQ-24D
Thursday 6:30 - 7:30 pm

Session E: (See BEGINNING & ENDING DATES) AQ-24E
Saturday 9:30 - 11:00 am

Fee: $12 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: (See BEGINNING & ENDING DATES) AQ-25A
Monday 6:40 pm

Session B: (See BEGINNING & ENDING DATES) AQ-25B
Tuesday 6:30 - 7:30 pm

Session C: (See BEGINNING & ENDING DATES) AQ-25C
Wednesday 6:30 - 7:30 pm

Session D: (See BEGINNING & ENDING DATES) AQ-25D
Thursday 6:30 - 7:30 pm

Session E: (See BEGINNING & ENDING DATES) AQ-25E
Saturday 9:30 - 11:00 am

Fee: $10 per session

Shallow Water Hydroaerobics
This is a 50 minute water exercise class that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class.

Session A: August 26 - September 26
Monday - Thursday (6:30 - 7:30 pm) and Saturday (10:05 - 11 am)
AQ-26A (1 Time per week)
AQ-27A (3 Times a week)
AQ-28A (5 Times a week)

Session B: September 30 - November 2
Monday - Thursday (6:30 - 7:30 pm) and Saturday (10:05 - 11 am)
AQ-26B (1 Time per week)
AQ-27B (3 Times a week)
AQ-28B (5 Times a week)

Session C: November 4 - December 14
Monday - Thur. (6:30 - 7:30 pm) & Sat. (10:05 - 11 am)
AQ-26C (1 Time per week)
AQ-27C (3 Times a week)
AQ-28C (5 Times a week)
No Classes September 2, October 26, 31, and November 25 - 29

Fee: $16 for 1 time a week per session
$20 for 3 times a week per session
$24 for 5 times a week per session

Shallow Water Hydroaerobics for the Entire Semester

Session D: August 26 - December 14
Monday - Thursday (6:30 - 7:30 pm) and Saturday (10:05 - 11 am)
AQ-26D (1 Time per week)
AQ-27D (3 Times a week)
AQ-28D (5 Times a week)
No Classes September 2, October 26, 31, and November 25 - 29

Fee: $46 for 1 time a week per session
$58 for 3 times a week per session
$70 for 5 times a week per session
Deep Water Hydroaerobics

This semester we will be offering a deep water hydroaerobics class. This will be in the diving well of the Natatorium. Participants will be issued an aquagag- gert belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydroaerobics classes. This class is intended to add variety to your workout. Only swimmers who can tread water without a flotation device are allowed to participate in the class.

Session A: August 27 - September 26
AQ-100A Tuesday and Thursday 6:35 - 7:30 pm

Session B: October 1 - November 5
AQ-100B Tuesday and Thursday 6:35 - 7:30 pm

Session C: November 7 - December 12
AQ-100C Tuesday and Thursday 6:35 - 7:30 pm

No classes October 31 and November 28.

Fee: $16 per session

Open Swim Appreciation

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

Date: October 6 (Sunday)
Time: 5 - 7 pm
Fee: N/C
Location: KSU Natatorium

Open Swim Appreciation

For UFM swim participants and their parents.

Date: October 20 (Sunday)
Time: 5 - 7 pm
Fee: N/C
Location: KSU Natatorium

Sunday Family Swim

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 adequate lifeguards.

Date: October 6 - October 20 (Sunday)
Time: 5 - 7 pm
Fee: $10 individual/$25 family
Location: KSU Natatorium

Introduce to Competitive Swimming - Mini Team

This class will focus on the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle as well as competitive starts and turns. The goal of stroke refinement and endurance will be the main objectives. Swimmers on average will swim between 500 and 1000 yards each session. This class is designed for participants who have completed Level VII of the Learn to Swim program or those who would like preparation for a swim team. While enrolled in this class, individuals can practice with the Manhattan Marlins Swim Team at no charge. Prior to participating with the Marlins, contact Kathy Moch 785-774-1742 or Jerry Carpenter 539-1384. For more information concerning Manhattan Marlins, see brochure near pool entrance.

Session B: (See BEGINNING & ENDING DATES)
AQ-107B Tuesday 6 - 6:40 pm

Session C: (See BEGINNING & ENDING DATES)
AQ-107C Thursday 6 - 6:40 pm

Session D: (See BEGINNING & ENDING DATES)
AQ-107D Saturday 9:30 - 10:10 am

Fee: $43 per session

Private Swim Lessons

Private lessons provide one-on-one instruction for any level of swimmer. There are 5 lessons of 30 minute each that occur once a week for 5 weeks. To improve schedule and better serve our families, you will reserve specific days and times for private lessons when you enroll. Please make sure you record these times and dates when you register, because THERE WILL BE NO OPPORTUNITY FOR MAKE-UP LESSONS.

Beginning and Ending Dates for Private Lessons:

Session A1: Mondays September 9 - October 7
Session A2: Mondays October 14 - November 11
Session B1: Tuesdays September 10 - October 8
Session B2: Tuesdays October 15 - November 12
Session C1: Wednesdays September 11 - October 9
Session C2: Wednesdays October 16 - November 13
Session D1: Thursdays September 12 - October 10
Session D2: Thursdays October 17 - November 21
Sessions October 31 (No Class)
Session E1: Saturdays September 14 - October 12
Session E2: Saturdays October 19 - November 23

Times for Monday, Tuesday, Wednesday, and Thursday sessions:

6 - 6:30 pm 6:45 - 7:15 pm
6:30 pm 10:15 - 10:45 am

Times for Saturday sessions:
9:30 - 10:00 am
10:00 - 10:15 am

Fee: $51 per session

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 including swimming and life-saving techniques. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Conf. Staff:
Date: September 10 - October 24 (Tue./Thur.)
Time: 6 - 7:30 pm
Fee: $73 non-credit
(May be applied for credit. Call 539-8760)
Location: KSU Natatorium

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 class fee; however, neither UFM nor KSU is responsible for the certification.

Instructor: Jeff Wilson
Date: September 16 - October 21 (Monday)
Time: 6:00 - 10:00 pm
Fee: $230 non-credit (KSU credit also available)
Location: YMCA
1703 McFarland, Junction City

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.

Wildflower

yarns & knitwear by Kerri Tully

103 North 3rd Street B
Manhattan, KS 66502
(785) 537-1826
wildflower@kansas.net
Gain Control of Your Money & Become Debt-Free

In 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 insurances? 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 session will have the option to get an individual consultation to establish their debt-free date.

Charlene Brownson (787-3666) is the instructor for Women & Money, an 8-week program that is offered in the fall for KSU credit and non-credit. She enjoys sharing her knowledge with others to help them develop money skills. Charlene works with a local financial service company.

Date: September 23 (Monday)
Time: 7:30 p.m.
Fee: $8 individual/$12 couple
Both: Gain Control & Invoicing
$10 individual/$14 couple
Location: UFM Conference Room

Investing in Your Future

Individuals who are in the accumulation phase of their lives, ages 25-65 years of age, or those who need to save for a home or future college tuition will benefit from this course. Discussion will cover investing and personal management concepts 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 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.

Charlene Brownson (787-3666)

Date: September 30 (Monday)
Time: 7:30 p.m.
Fee: $8 individual/$12 couple
Both: Gain Control & Invoicing
$10 individual/$14 couple
Location: UFM Conference Room

Invest Ed - 529 Plan

Are you concerned about funding your child or grandchild's college education? If so, you are not alone. It is important, when deciding how to fund their education, that you are aware of all your options. This session has been designed to help you understand 529 plans and how they can help you accumulate assets through tax-deferred savings, estate planning benefits, low minimum investment, and high contribution limits.

Kimberly D. Tore

Date: September 10 (Tuesday)
Time: 7:30 p.m.
Fee: $8 individual/$12 couple
Location: Waddell and Reed, Inc.
555 Poyntz, Suite 280

Financial Planning for Women

Ninety percent of women become wholly responsible for their own financial welfare sometime during their lifetimes. It is critical for women to take an active role in managing their money and preparing for the future. This class will cover basic information to provide structure in planning and managing your finances. Information on investing will be included.

Diane Frethy (537-4505) is graduate of Kansas State University. She holds a degree in education and business management. Diane is a financial advisor with Waddell & Reed, Inc.

Date: October 15 (Tuesday)
Time: 7:30 p.m.
Fee: $8
Location: Waddell & Reed, Inc.
555 Poyntz Avenue

Saving for Your Children's Education, Is it Out of Reach?

Would you like to find out about the different plans available to fund your children's/grandchildren's college or vocational education? Have you heard about the 529 plan? When you make purchases (groceries, Real Estate, automobiles, and various services) a percent of your purchase may go into your 529 plan. Learn the pros and cons about 529 plans.-covered IRA (educational IRA) and UMAA/UTMA. Find out why many people don't start planning.

Charlene Brownson

Date: October 14 (Monday)
Time: 7 p.m.
Fee: $8
Location: UFM Conference Room

The Small Business LLC

This is a class on limited liability company (LLC) basics for entrepreneurs. Discussion topics: What is an LLC? How do I start an LLC? What are the advantages? How are they different? What are the differences between the ongoing operation of an LLC and a corporation? Amy Harris (785-484-2387), an attorney with Sterckman & Noll LLC, practices a counseling oriented approach to assist individuals and families in attaining their estate and business planning goals. She particularly enjoys practicing in the areas of advanced business planning, charitable giving, and working with individuals and organizations to establish giving programs. Amy is a member of the Kansas and Jefferson County Bar Associations as well as the National Network of Estate Planning Attorneys. She is also a member of the America's Bar Association. Amy received her juris doctor from Washburn University of Law in 1998. She graduated summa cum laude from Kansas State University with a bachelor's degree in education.

Date: September 24 (Tuesday)
Time: 7:30 p.m.
Fee: $33
Location: UFM Conference Room

Long-Term Care, Protecting Your Health and Wealth in the Future

The topics we will address in class:
What are the risks?
What are the effects of new legislation?
Is Medicare already working?

Kimberly D. Tore is a Financial Advisor with Waddell and Reed, Inc.

Date: September 14 (Saturday)
Time: 10 - 11:30 am
Fee: $8 individual/$12 couple
Location: Waddell and Reed, Inc.
555 Poyntz, Suite 280

Long-Term Care, Protecting Your Health and Wealth in the Future

Kimberly D. Tore

Date: November 9 (Saturday)
Time: 10 - 11:30 am
Fee: $8 individual/$12 couple
Location: Waddell and Reed, Inc.
555 Poyntz, Suite 280

Direct Mail Postal Service Seminar

This class is an overview of what Direct Mail is and is not. For this class it does not matter if you are new to direct mail or have an experienced hand with it. From creating your direct mail copy to designing an attractive mail order piece, there is something for everyone. Learn how to choose the right paper and ink as well as understand the whole process. All done with a dash of humor and fun. Clubs, user groups, entrepreneurs, small business owners, retailers, sales managers, ad managers, marketing managers, professionals, and fundraisers can find ideas that will be of help. Different software and options for mailings will be explained.

Ralph Winters

Date: September 28 (Saturday)
Time: 10 - 12 pm
Fee: $33
Location: Manhattan Public Library

Frankenstein:
Penetrating the Secrets of Nature

A Special Exhibit on Display at Hale Library, Kansas State University

October 2 - November 15, 2002

Opening reception, weekly programs, guest lecturers, films and more!

For more information: www.lib.ksu.edu/frank

This exhibit was developed by the National Library of Medicine in collaboration with the American Library Association. It has been made possible by a major grant from the Novartis Enzyme Institute for the National Institutes of Health, Washington, D.C. and the National Library of Medicine, Bethesda, MD.
Learning to Write and Sell Fiction  CF-20
A workshop where students learn through participation, this class will introduce the fundamentals of writing and selling novels, stories, and teleplays, especially those in the genres of science fiction, fantasy, mystery, and horror (although the principles taught apply to all genre fiction). General topics will be covered as well as specific issues related to the student’s manuscript. Please bring a sample of a work in progress or begin a project after the first class session. Week will be critiqued by the instructor and by other members of the class.
Class Site: has been writing and selling science fiction and fantasy for thirteen years. He's credits include science fiction, fantasy, horror, and children's stories published in magazines and international, hardcover and paperback anthologies. Over 200,000 copies of his stories exist in print, including international versions in both French and German. His first novel Legacy, was released in hardback and trade paperback by Tor Publishing in May 2002.
Date: October 22 - November 5 (Tuesday)
Time: 7:30 – 9:30 pm
Fee: $114
Location: UFM Fireplace Room

Christmas Heirlooms  CF-30
Join us for a workshop designing and crafting lovely Christmas ornaments in needlepoint. Keep them in family heirlooms or give them as gifts to friends. The first session will be to design your own ornament and learn the basic stitches required to get you started. The second session will cover advanced techniques and give you answers to any difficulties. The third session will discuss finishing techniques. Supplies are included in the class fee.
Cheryl Potter
Date: November 2 - 16 (Saturday)
Time: 10 - 12 pm
Fee: $44
Location: UFM Multipurpose Room

Money Management  CF-34
The class is designed to provide basic knowledge about current issues that are important to planning one's financial future. We will sort out many saving and investment options that are available to the public, without leaning toward any one method of investing. It also shows those who attend the value of planning for their financial future.
Kimberly D. Tiro
Date: September 28 (Saturday)
Time: 10 - 11:30 am
Fee: $8 individual/$12 couple
Location: Waddell and Reed, Inc 555 Pokey, Suite 200

Money Management  CF-34
Kimberly D. Tiro
Date: December 7 (Saturday)
Time: 10 - 11:30 am
Fee: $8 individual/$12 couple
Location: Waddell and Reed, Inc 555 Pokey, Suite 200

Piano I  CF-35
This is a group keyboard class designed for the adult beginner with no previous keyboard experience. This popular class teaches basic concepts which include note reading, rhythm reading, sight reading, and group and solo playing. Outside practice is essential for progress in this class.
Sylver Kuder (776-2090) is an adjunct instructor at K-State and owner of a private piano studio. Her graduate work was in piano pedagogy. She is a member of KMTA, MMTA, and MTNA. In March of 1996, she had a performance broadcast on public radio.
Date: September 4 - December 2 (Monday/Wednesday)
Time: 12:30 - 1:20 pm
Fee: $117
Location: McCain, Room 1227, KU
No class November 27

Look for Fun with Rabbits in the Earth & Nature Section of the catalog on page 11

UFM classes make great gifts.
CREATIVE FREE TIME (Continued)

Tenerife Needle Lace CF-57
Tenerife is a needle lace done in the round. Use metallic threads and a bangle bracelet to make an ornament for the holidays while learning the basics of this old needle weaving technique. Class supplies are included in the class fee and will be provided by the instructor.
Romma Robertson (770-8305) has been making and teaching needle laces for over 10 years.
Date: November 7 (Thursday)
Time: 7 - 9 pm
Fee: $16
Location: 1717 Kingwood Drive
Stagg Hill Rd. to Sumac Dr. to Kingwood Dr.

Neaddlepoint
Needlepoint is a most appreciated art since the Middle Ages. Lovely, durable needlepoint textiles have lasted through the centuries and are on display in museums throughout Europe and America. You can learn to make similar heirlooms for your family, friends, and yourself. Design and stitch your own needlepoint sampler using top quality wool yarns. Learn the basic techniques and patterns that will enable you to continue to create treasures. Basic stitches will be taught along with your selection of more advanced techniques. All supplies, except yarn, are included in the class fee.
Cheryl Poister is an experienced needlework instructor with decades of teaching experience. She has spent the last five years in Southeast Asia, and is back teaching with us again.
Date: October 5 - 26 (Saturday)
Time: 10 - 12 pm
Fee: $39 (Yarn needed will be available for purchase from instructor)
Location: UFM Multipurpose Room

Blackwork Embroidery CF-59
The sumptuary laws of the Renaissance forbade lower classes to wear lace. Laws strictly prohibited more desirable and ornate lace to be worn by those not deemed to be sufficiently high in social status. Fashion, of course, was not to be thwarted. Ingenious dressmakers devised a type of embroidery that mimicked the textures and patterns of lace. Portraits of England's Queen Elizabeth I show her dressed in fabrics rich with Blackwork embroidery. Devise your own sampler using a selection of blackwork patterns in this class. Blackwork is similar to counted cross stitch but with a different style of stitch and fabric. Join us and try these easy yet elegant crafts. Supplies are included in the class fee.
Cheryl Poister
Date: September 14 - 28 (Saturday)
Time: 10 - 12 pm
Fee: $44
Location: UFM Multipurpose Room

Safe and Creative Care of Family Photos CF-02a
Are your photos stuffed in shoeboxes or, worse, in albums that are chemically destroying them? This workshop covers organizing your photos, photo-safe materials, ideas for creative cropping and photo-journaling. You will receive assistance in helping you create a unique and lasting photo album. Bring a packet of pictures (12) and memorabilia plus a pair of scissors. The fee includes 1 acid-free album page and the use of photo-safe materials and supplies. Additional pages are available for purchase from the instructor.
Pam Schmid (1-800-347-2625) has been a consultant with Creative Memories since 1989.
Date: September 12 (Thursday)
Time: Class will begin
Fee: $15
Location: UFM Fireplaceroom

Safe and Creative Care of Family Photos CF-02b
Pam Schmid (1-800-347-2625)
Date: October 7 (Monday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Fireplaceroom

Safe and Creative Care of Family Photos CF-02c
Pam Schmid (1-800-347-2625)
Date: November 12 (Tuesday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Fireplaceroom

Black & White Printing CF-10
Feel the satisfaction of turning your own black and white negatives into prints. Each student will gain hands-on darkroom experience in print procedures. Bring 2 black and white negatives of your choice to print and print in class. Processing and printing materials included in class fee.
Harold Wellmeier
Date: By appointment
Time: As arranged
Fee: $15 No refund on class; instructor must buy chemicals that can't be used if students don't attend.
Location: UFM Darkroom

Digital Video Disk (DVD) Editing Basics CF-49a
Do you have a stack of video tapes at home? Old 8mm tapes? Let's see theirs! You will learn how to transfer these to an edited video or better yet put them on a DVD. A DVD will hold up to 2 hours of video. You will how to make an edited movie with a menu that will take you right to that special occasion, kid's championship game, your parent's anniversary, the vows of your wedding, or Uncle Bob at the last reunion. Learn the basics necessary to produce a finished DVD project. The archival benefits of DVD for your precious video will be demonstrated and discussed.
Gordon Schmid is from Council Grove. He has taught for 35 years in the public schools with recent experience in Library Media/Technology. Gordon currently is the owner of a mobile digital video editing business, Story2Tell. He has 15 years experience using Mac Computers as well as 10 years experience as a hobbyist videographer.
Date: September 12 (Thursday)
Time: 7 - 9 pm
Fee: $25
Location: UFM Greenhouse

Black & White Film Developing for the Beginner CF-09a
This class will cover the basics of black and white film processing and darkroom procedures. We will limit the class size to provide hands-on experience. Each student will develop their own roll of black and white film. Note: Student needs to bring an exposed roll of Tri-X 400 ISO film to class. All other materials are included in the class fee.
Harold Wellmeier has a degree in Commercial and Industrial Photography. He enjoys black and white photography and enjoys processing his own film.
Date: September 24 (Tuesday)
Time: 7 pm
Fee: $15 No refunds on class; instructor must buy chemicals that can't be used if students don't attend.
Location: UFM Darkroom
Deadline to enroll in this class is Sept. 17

Black and White Film Developing for the Beginner CF-09b
This class will cover the basics of black and white film processing and darkroom procedures. We will limit the class size to provide hands-on experience. Each student will develop their own roll of black and white film. Note: Student needs to bring an exposed roll of Tri-X 400 ISO film to class. All other materials are included in the class fee.
Harold Wellmeier
Date: October 29 (Tuesday)
Time: 7 pm
Fee: $15 No refunds on class; instructor must buy chemicals that can't be used if students don't attend.
Location: UFM Darkroom
Deadline to enroll in this class is October 22.

Teach a Class at UFM
Teaching a Class at UFM can enhance your business, be an instructional opportunity for students, be an opportunity to network with those who share your interests or be a nice way to meet people. Cali Kristen at UFM (539-8763) by October 25th to offer a class in the spring catalog.

All participants must register in advance.
Basic Nature Photography

Information will be primarily centered around SLR cameras and equipment. Some topics include camera settings and operation, choosing and using different lenses, types of film and an introduction to exposure, composition, and technique. This course is for beginners. Participants will need their own high-quality SLR camera. Tripods will also be beneficial. Participants should bring their cameras to each class for maximum benefit. The class will include 4 classroom meetings and 3 photo field trips. Class fees will include 3 rolls of slide film and development, plus 1 framed 8 x 10 picture.

Scott Bea has been enjoying the hobby of nature photography for the past 5 years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott started trying to capture those moments five years ago and would like the chance to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer.

Date: September 19 - October 10 (Thursday)
September 22 - October 6 (Sunday)
Time: 7 - 9 pm (Thursday)
6 pm (Sunday)
Fee: $75
Location: UFM Conference Room
Meeting at UFM (Sunday)

Basic Bead Stringing

In this class you will learn to make a bracelet and necklace with different types of clasps using elastic thread, and German silver wire. Beads will be provided which include semi-precious stones, clasps, thread, needle, etc.

Mary Kamara

Date: November 5 and 7 (Tuesday and Thursday)
Time: 7 - 8 pm
Fee: $80
Location: UFM Conference Room

Basic Bead Stringing

Mary Kamara

Date: November 5 and 7 (Tuesday and Thursday)
Time: 7 - 8 pm
Fee: $80
Location: UFM Conference Room

Introduction to Dance Ballet, Tap, and Jazz

This is an introductory class designed to provide exposure to ballet, jazz, and tap steps for children ages 4-12. No dance experience or formal dance attire is needed.

Randall Dake (KSU '77) has taught dance for 40 years. His dance school is located in the Midwest and Europe. He is a certified teacher with a Masters degree in Education. In Spring 2002, his dance students performed Swan Lake Ballet with their original choreography designed for children.

Date: September 4, 11 (Wednesday)
Time: 6:15 - 7 pm
Fee: $8
Location: 2416 Rogers Blvd.

Archery for Youth

The main focus of this course will be to introduce youth to archery. Learn all the important basics of the sport. This is a great sport geared towards 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 8-12.

Tom Karte is a certified national archery instructor NAA level 4. Tom has helped his students compete at a national level and produced a National Champion. He has many years of coaching experience including Archery Instructor for 4H. He is presently coaching JOAD club, Manhattan Royal Archers.

Date: November 7 - December 5 (Tuesday)
Time: 7 - 8 pm
Fee: $18
Location: 1125 Laramie Plaza (upstairs)

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.

Youth

1221 THURSTON
539-8763

Art From Around the World

(5 - 10 year-olds)

Date: September 7 - 28 (Saturday)
Time: 9:30 - 10:30 am
Fee: $31
Location: UFM Fireplace Room

Art From Around the World

(5 - 10 year-olds)

Date: October 5 - 26 (Saturday)
Time: 9:30 - 10:30 am
Fee: $31
Location: UFM Fireplace Room

Art From Around the World

(5 - 10 year-olds)

Date: November 2 - 23 (Saturday)
Time: 9:30 - 10:30 am
Fee: $31
Location: UFM Fireplace Room

Classes the family can enjoy together:

- Sunday Family Swim
- Jewelry Making
- SHARP Women's Self Defense
- SHARP "ER" Women's Self Defense
- Fun with Rabbits
- Tai Kwon Do
- Meteor Party
- Beginning Chinese
- Golf
- Pet First Aid and Safety

Would you like a positive, relaxed, but deeply spiritual experience? If so, join us at the
UNITY Church of Manhattan
1021 Denison Ave.
537-6120
Sunday Service 11:00 am

Kids On Campus

Join us for a fun-filled, educational field trip of the KSU Campus. We will visit several departments with interesting activities, take time out for bowling, eat lunch at the Student Union and return to UFM. This program is geared for children 3rd - 6th grade. Call UFM, 539-8763 for a complete list of activities. Fee includes lunch and a game of bowling at the K-State Union.

Date: October 24 (Thursday)
Time: 8 am - 5 pm
Fee: $25
Location: Meet at UFM

Youth

1221 THURSTON
539-8763

E mail ufm@ksu.edu
Earth, Nature & Environment
1221 THURSTON 539-8763

Fly Fishing
EN-01a
This course will cover the proper techniques for performing four basic fly-casting techniques: roll casting, pick up and put down, false casting and dripping 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, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor.
Paul Sedamann (564-2140)
Date: September 9 - 19 (Mon, Tues, Wed, Thurs)
Time: 6 - 8 pm
Fee: $60 non-resident
Location: Susan B. Anthony Middle School
2501 Browning

Meteor Party
EN-07
The Leonid meteor shower occurs each November. There have been some awesome displays of meteors during the last several years, just not in Kansas. We plan to meet in a good dark spot to stay up late to see what the Leonids do this year. We will have at least two telescopes set up to view the moon and whatever else we can find. We will stay out as long as people are interested.
Dress warmly! Bring a blanket or a lawn chair. (The best way to watch for meteors is lying down.) Bring a thermos of coffee or cocoa. Come and go whenever you wish. But remember showers last the later you stay up, the better the show.
We will meet at the parking lot on the east end of Turtle Creek Dam. Please lower your lights as you pull in, to save the night-vision of those there. I will teach lots of astronomy, and answer as many questions about the sky as I can. The beautiful winter sky will be visible later in the evening. This is a great chance to learn about the wonders of the night sky.
Dr. Steve 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: November 7 (Sunday)
Time: 7 pm
Fee: $5 per family
Location: East end of Turtle Creek Dam

Composting: The Fine Art of Making Black Gold
EN-30a
The fail can be the best time to make a compost pile! If you're not had much luck in the past with compost making this class will cover everything you need to know to be successful. You choose how long you want the process to take and we'll do the rest. We'll cover techniques to enhance your yard or garden.
Colleen Hampton (559-9394) is a seasoned Extension Master Gardener and a member of the Manhattan Community Garden Club and several local garden clubs.
Date: September 23 (Monday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Greenhouse

Composting: The Fine Art of Making Black Gold
EN-30b
Colleen Hampton (559-9394)
Date: October 19 (Saturday)
Time: 10 - 12 pm
Fee: $8
Location: UFM Greenhouse

Butterfly Gardening
EN-05
Join the growing number of people who enjoy this exciting hobby that combines the best of gardening and butterfly-watching. Includes a slide show of native and exotic butterflies, flowers that attract them, and garden designs. The presenter has descriptions of suitable plants for local butterflies, and more.
Andrea Chandler
Date: October 9 (Wednesday)
Time: 7 - 9 pm
Fee: $14
Location: UFM Conference Room

Pet First Aid and Safety
EN-04
The American Red Cross has a new 5 hour First Aid and CPR course for animal lovers. The course will teach you how to:
Protect both you and your pet from injury
Perform rescue breathing and what to do when your pet is choking
Stop bleeding, split broken bones and treat for shock
Prevent and handle poisoning
Take care of your pet if bitten by a snake
Handle sudden illnesses, including ear sickness
Treat your pet for exposure to extreme heat or cold, and more!
Please bring a stuffed animal to class. No live animals please.
Lena Iams has been an American Red Cross Health and Safety instructor since 1997. She is a current resident of Geary County, KS since 1998. She has been involved with the Manhattan Kansas Kennel Club since 1999 and currently is their Public Education Coordinator.
Date: October 26 (Saturday)
Time: 9 - 3 pm
Fee: $26
Location: UFM Conference Room

See More Earth & Nature Classes on next page

JOIN THE NORTHERN FLINT HILLS AUDUBON
FOR CHAPTER ACTIVITIES
THIS FALL:

Ice Cream Social September 15 (Sunday) at 2:00 p.m. at Sojournor Truth Park. Learn about how we work in the community. Everyone is welcome. For more details call 785-494-2556.
Musical Fundraiser November 16 (Saturday) at 8:00 p.m. at the Manhattan Arts Center. Performances by Ann Zimmerman, Connie Dover and others. Tickets are available at AC or the Dusty Bookshelf.
Beginning Birding The Second Saturday of every month at 8:00 a.m. Meet at the Acker/Durdle parking lot on KSU campus. Birders of all experience levels welcome, especially children.

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

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Cottage Garden in Suburbia

EN-41
Cottage-type gardens replete with an abundance of old-fashioned annuals and perennials are gaining in popularity again. Find out how you can create one of these gardens for your own sunny yard, and view a slide show of plants suitable for our climate.

Andrea Ray Chandler is a horticulturist and author of Growing Great Vegetables in the Heartland, plus numerous articles on gardening published in local and national magazines. She received her training through the Extension Master Gardener program and has a BS in Horticulture from Kansas State University. She has taught gardening classes at Johnson County Community College, and has given presentations to a variety of audiences in both Kansas and Missouri. She is a Zone 5 Trial Variety Tester for Organic Gardening (OG) magazine. She evaluates new plant materials year to year in her own garden.

Date: October 23 (Wednesday)
Time: 7 - 9 pm
Fee: $14
Location: UFM Conference Room

Made in the Shade Gardens

EN-42
Shade gardeners don’t worry about sunburn, tomato wilt or, wind-whipped plants. What do you grow in the shade besides impatiens and hostas? What can you do about (enough) slugs and snails? Get horticulture tips over three dozen dustjacket ways to do in the slime demons, along with plant descriptions, and resources. View a slide show of three seasons of flowering plants.

Andrea Chandler
Date: October 16 (Wednesday)
Time: 7 - 9 pm
Fee: $14
Location: UFM Conference Room

"I never feel age...if you have creative work, you don't have age or time." - Louise Nevelson

Tae Kwon Do I

MA-01
Tae Kwon Do is a traditional Korean martial art designed to provide the ultimate in unarmed self-defense. Blockading, 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+

**Thursday, August 29, at 7 pm, a Public Demonstration and formal introduction of instructors will be conducted in Ahearn Field House, KSU.

Grandmaster Clair Sun Yi (566-8662) is an 8th degree black belt with over 41 years experience in Tae Kwon Do. He is a former captain and chief instructor of Tae Kwon Do for the ROTC Army National Team, and he has held classes at KSU since 1975.

Instructor David Moore (539-6768) is a 4th degree black belt with over 11 years experience in Tae Kwon Do.

Date: August 29 - December 12 (Tuesday/Thursday)
Time: 6:30 - 7:30 pm
Fee: $72
Location: Ahearn Fieldhouse, KSU
No class November 28

Tae Kwon Do II Advanced

MA-02
Grandmaster Clair Sun Yi (266-8662), Instructor David Moore (528-4768)

Date: August 29 - December 12 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Fee: $72
Location: Ahearn Fieldhouse, KSU
No class November 28

Combat Grappling

MA-03
In this class we will work on the style of grappling used in the Ultimate Fighting Championships and standup self-defense. We will work on falls, escapes from the mount, passing the guard, submissions, and the 20 basic standup self-defense techniques. Escapes from the mount and falls are required to pass the 5th lower level of the White Phoenix System.

Sten Wilson (539-7723) has been practicing martial arts for 32 years. He has a 2nd degree black belt in Hakkoryu Jujutsu, a 1st degree black belt in 18 Taekw Palm Kung Fu, a 3rd degree black belt in White Dragon Kung Fu, an 8th degree black belt in Zu Lu Lum Kung Fu, and is the founder of the White Phoenix System. He has been involved in Ninjutsu for 25 years.

Date: September 9 - October 28 (Monday)
Time: 8 - 9 pm
Fee: $45 includes 3 manuals
Location: Ahearn Fieldhouse, KSU

Ninpo Taijutsu

MA-04
Ninpo Taijutsu is the unarmed fighting style of the Ninja. In this class we will work on six solo techniques, Godokuryu two person techniques, and 20 basic self-defense techniques.

Sten Wilson (539-7723)

Date: November 4 - December 9 (Monday)
Time: 8 - 9 pm
Fee: $30 includes 2 manuals
Location: Ahearn Fieldhouse, KSU

Judo I

MA-05
Judo I is intended not to gain proficiency, but to gain understanding of how principles of dynamics force, accele-
eration, momentum, work, rotation, moment of inertia, etc. are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of partici-
pants and for demonstrating fundamental principles.

Instructor: Itsuo Watabayashi

Date: August 27 - December 5 (Tuesday/Thursday)
Time: 8:15 - 9:15 pm
Fee: $73 non-credit
Location: Ahearn Fieldhouse
No class November 26 and 28

Judo II

MA-06
Instructor: Itsuo Watabayashi

Date: August 27 - December 5 (Tuesday/Thursday)
Time: 9:15 - 10:15 pm
Fee: $73 non-credit
Location: Ahearn Fieldhouse
No class November 26 and 28

Look for the UFM Catalog on the web at www.ksu.edu/ufm
French Language
This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation, and everyday vocabulary.

Emile Rabaté (587-9036), a naturalized citizen, is 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 working with adult Egyptian teachers, primary level students and teaching French for 20 years at a Jesuit French School in Cairo.

Date: September 3 - 25 (Tuesday & Wednesday)
Time: 10 - 11 am
Fee: $44
Location: UFM Multipurpose Room

LA-02a

Chinese I
This course teaches the basic knowledge of Chinese. Students will learn some skills in speaking, reading, and listening. Students will learn the Chinese culture from this course.

Jui Jong Huang (Nancy) is from Taiwan and she is a graduate student at KSU. She is currently pursuing her PhD in Technology Education. She has experience in teaching Chinese at a church in Manhattan. She likes to share the Chinese culture with people who are enthusiastic about teaching Chinese.

Date: September 3 - 26 (Tuesday and Thursday)
Time: 7:30 - 8:30 pm
Fee: $57
Location: UFM Multipurpose Room

LA-12a

Chinese I
Jui Jong
Date: October 1 - 24 (Tuesday and Thursday)
Time: 7:30 - 8:30 pm
Fee: $57
Location: UFM Multipurpose Room

LA-12b

Chinese I
Jui Jong
Date: November 5 - 21 (Tuesday and Thursday)
Time: 7:30 - 8:30 pm
Fee: $44
Location: UFM Multipurpose Room

LA-12c

Chinese II
Please come join us in learning more Chinese. This course will include reading, writing, and speaking Chinese. You will also be learning the beauty and culture of China.

Jui Jong

Date: September 4 - 28 (Wednesday)
Time: 7:30 - 8:30 pm
Fee: $48
Location: UFM Multipurpose Room

LA-10a

Chinese II
Jui Jong
Date: October 2 - 23 (Wednesday)
Time: 7:30 - 8:30 pm
Fee: $48
Location: UFM Multipurpose Room

LA-10b

In Memory:
Mark Tessendorf

Mark Tessendorf, UFM tennis instructor, died last May. Mark earned his Bachelor's degree from Coe College in Cedar Rapids, Iowa in Business and Economics, and received his Masters degree from Kansas State University in Kinesiology. Mark taught beginning and intermediate tennis for over 11 years for UFM. Students learned from his teaching and enjoyed learning the game of tennis.

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UFM classes make great gifts.
**Introduction to Golf**

Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginners 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.

Jim Gregory (539-1041), a PGA professional, is the golf pro at Stagg Hill Golf Course.

- **Date:** August 22 - September 12 (Thursday)
- **Time:** 6:30 - 7:30 pm
- **Fee:** $36
- **Location:** Stagg Hill Golf Club
  - 4441 N. Riley Blvd.

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**Swing & Salsa Dancing**

Swing and Salsa Dancing

Have some fun learning classic big band swing dance and salsa. Learn swing, salsa and lindy basics, lifts, spins, and jumps. You will learn to move around the dance floor to lively music and add some special moves as well. Learn closed and open positions, pretzels, drape and yoke. Roman handshakes and other hot steps. Class emphasis will be on learning the steps cleanly and precisely. No prior dance experience is required! Wear comfortable clothing and non-stick shoes. Having fun is the only requirement.

Michael Bennett (776-7557)

- **Date:** August 31 - October 5 (Saturday)
- **Time:** 7:30 - 8:30 pm
- **Fee:** $28 individual/$40 couple
- **Location:** ECM Auditorium
  - 1021 Denison Avenue

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**Ballroom Dance**

Ballroom Dance

**Michael Bennett (776-7557)**

- **Date:** November 2 - December 14 (Saturday)
- **Time:** 7:30 - 8:30 pm
- **Fee:** $29 individual/$49 couple
- **Location:** ECM Auditorium
  - 1021 Denison Avenue
  - No class November 30

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**Intermediate Ballroom Dance**

This class will emphasize dancing with your partner and learning the routines. Fox trot, waltz, rumba, and tango are tentatively scheduled. However, specific dances will depend on the interests of the class and these dances may change. Three weeks will be spent on each step and participants will be provided with a choreographed dance routine. Prior dance lessons are required. Students who have taken classes from Mike are encouraged to enroll.

Michael Bennett

- **Date:** August 30 - December 13 (Friday)
- **Time:** 7:30 - 8:30 pm
- **Fee:** $49 individual/$99 couple
- **Location:** ECM Auditorium
  - 1021 Denison Avenue
  - No class October 18 and November 29

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**Golf in Junction City**

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

Mike Webb, golf pro at Rolling Meadows Golf Course, Junction City.

- **Date:** August 28 - October 16 (Wednesday)
- **Time:** 4 - 6 pm
- **Fee:** $120
- **Location:** Rolling Meadows Golf Course
  - 700 Old Milford Road
  - Junction City

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Special thanks to all UFM INSTRUCTORS who volunteer their time!
**Beginning Fencing** RH-08
Fencing is the ancient art of sword play. Soldiers and noblemen were all once required to know the way of the sword. Now a modern Olympic sport, fencing builds lightning-fast reaction, speed, and agility. Classes will include introduction to the foil for recreation and competition. Minimum age 13. Equipment provided. Course may be repeated.

Bill Meyer (587-9990) began fencing as a child in Germany. He studied modern foil, epee, and saber at Washington State University and the University of Idaho, and is L-1-certified through USFA Coaches College.

**Date:** September 9 - December 2 (Monday)
**Time:** 7:30 pm
**Fee:** $40 if you have your own equipment
**Location:** South end of indoor track, Abiem Fieldhouse, KSU - Enter westside of Abiem off of Denison Street

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**Intermediate Fencing** RH-09
This class will focus on fencing. Emphasis is on technique refinement, theory of attack, second intention, feinte, coup, glissade, faconsad e, right-of-way issues, quickening, attack into preparation. Prerequisites: at least a beginning course in foil-only fencing. Course may be repeated.

Bill Meyer (587-9990)

**Date:** September 9 - December 2 (Monday)
**Time:** 7:30 - 9 pm
**Fee:** $40 if you have your own equipment
**Location:** South end of indoor track, Abiem Fieldhouse, KSU - Enter westside of Abiem off of Denison Street

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**Competition Fencing** RH-24
This course focuses on skills and skills in preparation for local and national tournaments in electric foil and epee. Some topics covered include: equipment tuning, refereeing, corpus, passage, cards, tactical wheel, right-of-way, counter attack, and evasion. USFA membership or FIE license will be required. By permission only.

William Meyer

**Date:** September 11 - December 4 (Wednesday)
**Time:** 7 - 7 pm
**Fee:** $42 if you have your own equipment
**Location:** Abiem Fieldhouse, KSU - Enter westside of Abiem off of Denison. No class November 27

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**Beginning Bowling** RH-10a
This course will cover the basic fundamentals of bowling: how to choose a ball, stance, four-step approach, aim, spot bowling, proper release, and spare conversion system. Score keeping, tournament play, rules, and tips will also be taught. 3 intro bowlers will be taught. Course may be repeated.

Terri Eddy (532-6652) is the Recreation Manager of the K-State Student Union. She is an experienced bowler. She held the record for 12 years for the High Women's Scores for the state of Kansas (812). Manhattan Woman Bowler of the year for 6 years, and Manhattan City Bowler of the year for 4 years. She is a member of the All Event Champion from 1993-1995.

**Date:** August 28 - December 11 (Wednesday)
**Time:** 10:30 - 11:20 am
**Fee:** $20
**Location:** Student Union Bowling Alley

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**Beginning Bowling** RH-10b

**Date:** August 29 - December 12 (Thursday)
**Time:** 10:30 - 11:20 am
**Fee:** $20
**Location:** Student Union Bowling Alley

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**Basic West Coast Swing** RH-20
West Coast Swing is a couple dance to music in 4/4 time and between 60 to 120 beats per minute. All types of music will be used (gypsy, R&B, Rock, Country, etc). This is a beginner level class and no prior dance experience is required. Class size is small and fun.

Eric Heitman has been involved in West Coast Swing since 1995, including competition level dancing. He feels dancing is to be enjoyed.

**Date:** September 6 - October 11 (Friday)
**Time:** 7:30 - 8:30 pm
**Fee:** $24 individual / $42 couple
**Location:** UFM Fireplace Room

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**Ballroom Dance in Salina** RH-25
Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positions, and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American Waltz, foxtrot, and Latin steps will be taught. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center.

Audrey Umeleck

**Date:** September 4 - December 11 (Wednesday)
**Time:** 7 - 8 pm
**Fee:** $50
**Location:** KSU Salina, Recreation Center

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**Golf in Salina** RH-36
This course will emphasize the fundamentals of the full swing golf; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.

Steve Harestock

**Date:** August 28 - October 16 (Wednesday)
**Time:** 7 pm
**Fee:** $50
**Location:** Salina Municipal Golf Course

**Football Officiating** RH-30
This class is for new and semi-experienced officials who want to improve; exec, and learn the fundamentals and rules of football officiating.

Ben Sotz (537-5133)

**Date:** August 28 - October 9 (Wednesday)
**Time:** 7 pm
**Fee:** $50
**Location:** UFM Conference Room

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**Take a Peek at the Past**
(All visits—including peek, looks & stares—are free!) That's right...free!

**Riley County Historical Museum**
2309 Cliffs
- Exhibits of Riley County history—pioneer days to the present
- Research library by appointment
- Educational programs
- Speaker bureau
- 8:30-5:00 Tuesday-Friday
- 2:00-5:00 Saturday-Sunday

**Goodnow House Museum**
2309 Cliffs
- Home of Isaac Goodnow (founder of KSU and Manhattan)
- Free state advocate
- Educator (common school to college)
- A State Historic Site
- Call 585-6490 for hours

**Pioneer Log Cabin**
Manhattan Park
- Walnut log cabin built in 1916
- Pioneer home and tool exhibit
- Open April-October
- Sunday 2:00-5:00
- and by appointment

**Wolf House Museum**
630 Fernnet
- 1868 stone home also served as a boarding house
- Furnished with period antiques
- Special exhibits
- New Exhibit opening Fall 2002
- 1:00-5:00 Saturday 2:00-5:00 Sunday
- and by appointment

For more information, call 585-6490

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Look for the UFM Catalog on the web at www.ksu.edu/ufm
Basketball Officiating
RH-29
This class is for new and semi-experienced officials who want to improve, excel, and learn the fundamentals and rules of basketball officiating.
Ben Scoby (537-5113) is a student at Kansas State University who enjoys officiating and wants to get more people involved and informed about the great rewards that come from officiating games.

Date: October 16 - December 4 (Wednesday)
Time: 7 pm
Fee: $56
Location: UFM Conference Room
No class November 27

Advanced Golf
RH-31
This course is being offered to take players to the next level of golf proficiency. By learning little things to help you game both on and off the course. Students will play 2 times and also receive instruction on other specific areas of the game.
Chad Myers (776-6475) has 25 years golfing and 13 years teaching experience. He graduated KSU in 1996 where he played golf from 1994 - 1996. Chad is now the Head Golf Professional at Colbert Hills.

Date: September 3 - October 29 (Tuesday)
Time: 5 - 6 pm
Fee: $86
Location: Colbert Hills Golf Course
5200 Colbert Hills Drive
No class October 13

Vegetarian Cooking
FF-05
Vegetarian cooking can be more creative than grilled cheese sandwiches and cheese pizza. In this course, students will learn some basic skills for meeting nutritional needs for the vegetarian as well as how to create several yummy dishes. On the first night, the class will focus on the use of soy products such as Tofu and TVP. We will discuss some nutrition and have a big meal. Students are encouraged to participate by doing some cooking, however it is not mandatory. At the end of the first night, the instructor will ask students what types of dishes they are interested in learning to prepare and we will prepare many of those dishes on the second night. Recipes will be given out for all dishes made in class. Students will need to bring a beverage or money for the soda machine. If you sign up for this class, bring an appetite, dinner will be provided.

Rita Roddell (785-456-3783) is the former coordinator of the People's Grocery Co-operative. The People's Grocery is Manhattan's finest natural food store. He has extensive knowledge in natural foods. He has experience as a professional cook in restaurants and he has catered parties as well as his own wedding. He enjoys cooking healthy vegetarian dishes for his friends and family.

Date: September 4 and 11 (Wednesday)
Time: 6 - 8 pm
Fee: $35
Location: UFM Kitchen

Lou Douglas Lecture Series on Public Issues

Sister Helen Prejean, C.S.J.
Nobel Peace Prize Nominee and Author of the Pulitzer Prize-Nominated Book Dead Man Walking: An Eyewitness Account of the Death Penalty in the U.S.
"Dead Man Walking: The Journey Continues"
Monday, September 9, 2002
7:00 p.m., McCain Auditorium
Co-sponsored by the Manhattan Alliance for Peace & Justice
Announcement Sponsored By
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Dr. Ali A. Mazrui
Albert Schweitzer Professor in the Humanities and Director, Institute of Global Cultural Studies, Binghamton University, State University of New York
"The African Condition: Today's Problems, Tomorrow's Prospects"
Tuesday, February 18, 2003
7:00 p.m., K-State Student Union Forum Hall
Co-sponsored with the University Distinguished Lecturers Committee, the Donald J. Adamchak Distinguished Lecture Series in Sociology, and Multicultural Programs and Services
All Lectures Free of Charge

Special thanks to all UFM INSTRUCTORS who volunteer their time!
SHARP Self-Defense for Women SP-01
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 conditions.
Diane Turner has a black belt in Taekwondo and hapkido and is a certified instructor with the American Taekwondo Association. She has 18 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.
Date: October 7 (Monday)
Time: 6:30 - 9:30 pm
Fee: $18 individual/$30 mother-daughter
Additional $10 per child (13 and older)
Location: First Lutheran Church basement
(Enter at North Door)
930 Poyntz

SHARP "ER" SP-27
A Second Class in Self-Defense for Women
A continuation of the SHARP Sexual Harassment, Assault and Rape Prevention class for Women. This class will review information learned in the first session and allow more practice time on the physical techniques already introduced as well as introducing new techniques. In addition, there will be discussion of personal safety issues including date rape, living alone and travel concerns. Techniques for verbal self-defense will also be practiced. This class is open to any woman who has taken the first class in any previous semester or who is enrolled and attends the October 7th class.
Diane Turner
Date: October 14 (Monday)
Time: 6:30 - 9:30 pm
Fee: $10 individual/$30 mother-daughter
Additional $10 per child (13 and older)
Location: First Lutheran Church basement
(Enter at North Door)
930 Poyntz

Clearing Clutter SP-12
Learn to clear your space to enhance your life. We'll examine the energetics of clutter and talk about the attitudes and ideas that enable us to let go. Liberate yourself.
Recommended reading: Clear Your Clutter with Feng Shui by Karen Kingston.
After studying for years with cluther, Elisabeth Jankard and Katy Caslin (537-1911) have been enjoying the effects of space clearing. They operate a consulting business, Cluster Busters.
Date: September 3, 10, 17 (Tuesday)
Time: 7 - 9 pm
Fee: $20
Location: UFM Fireplace Room

How to Maintain Control of Your TV Remote SP-00
Nothing is worse than sitting on the couch with your loved ones, as they flip through the television stations. What a frustrating thing to end your day! Learn patience, communication, and "remote control" skills, and the best way to control your television. This two day class is intensive and requires the ownership of your own remote control.
Professor Phillips Sony is nationally known for his work in controlling the remote. He has been teaching and counseling for more than 20 years.
Date: September 17 and 18 (Tuesday and Wednesday)
Time: 6:30 - 7:30 pm
Fee: $10
Location: UFM Living Room

Optimal Performance SP-19
Optimal Performance is an introduction to Educational Kinesiology. In this class you will learn the 20 Brain Gym Activities. These simple, easy and fun activities are used to enhance academic performance. Through this experience you will gain a better understanding of the way you organize to learn, tools for managing the stress around new learning experiences, and other ideas for enhancing your daily life activities. Parents and teachers will find this class beneficial for themselves and their children. Join us for fun and learning in an optimal way.
Judy Metcalfe (571-217-7756) has been certified to teach Brain Gym by the International Brain Gym organization since 1989. A physical educator in the public schools for 25 years, she has spent the past few years exploring the importance of movement to "life long learners". She loves sharing Brain Gym and what she has learned about the latest brain research, with students of all ages. She welcomes this opportunity to share and invites your participation in this September class.
Date: September 14 (Saturday)
Time: 9:30 - 4:00 pm
Fee: $67
Location: UFM Conference Room

Understanding Islam SP-30
This class will focus on the basic aspects of the Islamic religion - the message of peace, love, and grace of God to the whole world - including a thorough explanation of the five pillars of Islam, the Islamic concept of family and social life, and other principles of Islam, while highlighting certain misconceptions such as, the view on women, terrorism, fundamentalism, etc. Participants will learn how Islam blends into the American Society.
Mohammed Al-Dhib is a Ph.D. graduate student at K-State. He is the former president of both the Islamic Center of Manhattan and the Muslim Student Association; Qasim Gamble is an undergraduate student at K-State and the former secretary of the Islamic Center of Manhattan.
Date: September 17 - October 24 (Tuesday and Thursday)
Time: 7 - 8 pm
Fee: $10 individual/$30 couple
Location: K-State Justin Hall, Room 149

Jin Shin Jyutsu translates as the "Art of the Creator through knowing and compassionate 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). Part II may be taken before Part I.

Karma Smith-Groddell (537-3733) is retired from professional careers in teaching and homecare and hospice nursing. Her avocation for more than twenty-five years has been the study of a variety of mind-body practices including Alexander Technique, Swedish/Zealas massage, Therapeutic Touch, and Jin Shin Jyutsu. Since 1995 her main focus has been Jin Shin Jyutsu. She is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: October 5 (Saturday)
Time: 9 - 4 pm (12 - 1 pm lunch break)
Fee: $14
Location: UFM Conference Room

Yoga for Beginners

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

Karma Smith-Groddell (537-3733)

Date: November 2 (Saturday)
Time: 9 - 4 pm (12 - 1 pm lunch break)
Fee: $14
Location: UFM Conference Room

Yoga for Beginners

Indra's great gift to humanity is an accessible, practical approach to happiness. This is the gift of YOGA," T.K.V. Desikachar.

This class is open to everyone. We will use the breath and the body to help focus the mind. The student will participate in developing a personal practice which meets her/his unique needs. Please wear comfortable clothing that allows for full range of movement. It is best not to eat within two hours of class (a piece of fruit is ok). Bring a towel.

Ana Franklin (537-8224) has been practicing yoga for more than 25 years. She took Teacher Training from Gary Kraftsow, the world renowned teacher of Vinyasa and author of the books Yoga for Wellness and Yoga for Transformation. Ana has been teaching yoga since 1984.

Date: October 2, 9, 16, 23, 30, and November 6 (Wednesday)
Time: 6 - 7:30 pm
Fee: $77
Location: 520 North Juliette, Apartment 2

The Heart of Yoga

This class is for anyone who would like a deeper understanding of what yoga is and how we can use it to transform our lives. We will be reading, chanting, and discussing Patanjali's Yoga Sutra, which is considered by many to be the most complete and authoritative yoga text. The book we will use is Desikachar's The Heart of Yoga. We will do some simple breathing and movement to facilitate comfortable sitting. Please wear comfortable clothing and bring a pencil and notepad (optional). You will find the book, The Heart of Yoga at most bookstores, or on the internet.

Ana Franklin (537-8224), as a serious student of yoga, has been reading and studying the Yoga Sutra of Patanjali for more than seven years. The practice of memorizing and chanting this great work continues to be very rewarding for her.

Date: September 27 - October 11 (Friday)
Time: 6:30 - 8 pm
Fee: $42
Location: 520 North Juliette, Apartment 2

Yoga for Moms

More, most of us, have trouble finding time for ourselves. This class will inspire moms to take better care of themselves, the caregiver. It will also be a much needed mini-vacation for your busy day. Find someone to stay with the kids for just 90 minutes and please join us! Bring a towel.

Ana Franklin (537-8224)

Date: September 26 - October 31 (Thursday)
Time: 6 - 7:30 pm
Fee: $77
Location: 520 North Juliette, Apartment 2

Yoga for Moms

This class is open to those who have had at least 6 weeks of yoga with an instructor. Refine your understanding of how to use asana and pranayama to improve specific areas, purify the body, and clear the mind. This knowledge will help you to be more spontaneous and creative with your personal practice. Bring a towel.

Ana Franklin (537-8224)

Date: October 2, 9, 16, 23, 30, and November 6 (Wednesday)
Time: 7 - 8:30 am
Fee: $77
Location: 520 North Juliette Apartment 2

Yoga for Moms

Ana Franklin (537-8224)

Date: October 2, 9, 16, 23, 30, and November 6 (Wednesday)
Time: 6:30 - 8 pm
Fee: $42
Location: 520 North Juliette, Apartment 2

Special thanks to all UFM INSTRUCTORS who volunteer their time!
Yoga for Wellness

WE-37d

Basic Yoga with Barbara

Barbara Ouettelet (776-4396)

Dates: November 13, 20, and December 4, 11 (Wednesday)
Time: 4:30 - 6 pm
Fee: $40
Location: 520 North Juliette Apartment 2

Yoga to Heal Your Body

WE-15a

This is a great class to continue Yoga but beginners will also benefit. We will learn more asanas (poses) to gain strength and flexibility, work on physical problems like headaches, back and shoulder pain. Barbara will help you to design your own practice.

Barbara Ouettelet (776-4396)

Dates: September 3 - 24 (Tuesday)
Time: 7 - 8:15 pm
Fee: $40
Location: First Lutheran Church 930 Poyntz

Basic Yoga with Barbara

WE-28a

This is a great class for beginners of all ages and for those who have been practicing Yoga. It is an ancient discipline used for physical and spiritual growth, pain, and relaxation. Requirements: Comfortable clothing, no food 1 hour before class, bring a sticky mat or bath towel, and very important, a firm blanket for sitting.

Barbara Ouettelet (776-4396) has been a student for 8 years and has been teaching for 2 years.

Dates: August 26 - September 23 (Monday)
Time: 6:30 - 7:45 pm
Fee: $40
Location: First Lutheran Church 930 Poyntz

Basic Yoga with Barbara

WE-35d

Basic Yoga with Barbara

Barbara Ouettelet (776-4396)

Dates: November 11 - December 2 (Monday)
Time: 10 - 11:15 am
Fee: $40
Location: First Lutheran Church 930 Poyntz

Aromatherapy and Healing Teas

WE-16

The popular Yang style ‘Short Form’ of Tai Chi Chuan will be offered. Advanced students will practice more in-depth poses of the form. Each class will focus on the strengthening poses of the form. The ancient art of Tai Chi Chuan has proven to be an effective method for achieving relaxation, health, and well being. Tai Chi Chuan can be practiced by young and old alike. Please wear comfortable and loose clothing and flat soled shoes.

Kerena Kimble

Date: September 7 - 28 (Saturday)
Time: 10:45 - 11:45 am
Fee: $56
Location: UFM Fireplace Room

Tai Chi Chuan/Beginning and Advanced

WE-12b

Chi Lei - Chi Gong

WE-17

Chi Lei is a self-healing method prescribed by the world’s largest medicineless hospital in Qiuhsuango, 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.

Enwill Forsyth (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 exercises and is currently a certified Body Recall exercise instructor. She has taught Red Cross CPR and First Aid, Yoga and other classes for UFM.

Dates: October 1 - 31 (Thursday)
Time: 5:30 - 6:15 pm
Fee: $31
Location: UFM Conference Room

Beginning Tai Chi Chuan

WE-18a

The popular Yang style ‘Short Form’ of Tai Chi Chuan will be offered. Each class will focus on the strengthening poses of the form. The ancient art of Tai Chi Chuan has proven to be an effective method for achieving relaxation, health, and well being. Tai Chi Chuan can be practiced by young and old alike. Please wear comfortable and loose clothing and flat soled shoes.

Kerena Kimble is an artist and Tai Chi Chuan practitioner. She studied under the tutelage of Jim and Bitaan Faigo, advanced students of Master Cheng Man-Ching. She has been dedicated to the practice for nine years.

Dates: September 4 - 30 (Monday and Wednesday)
Time: 6:30 - 7:30 pm
Fee: $56
Location: UFM Fireplace Room

Beginning Tai Chi Chuan

WE-18b

The popular Yang style ‘Short Form’ of Tai Chi Chuan will be offered. Each class will focus on the strengthening poses of the form. The ancient art of Tai Chi Chuan has proven to be an effective method for achieving relaxation, health, and well being. Tai Chi Chuan can be practiced by young and old alike. Please wear comfortable and loose clothing and flat soled shoes.

Kerena Kimble

Date: October 2 - 28 (Monday and Wednesday)
Time: 6:30 - 8:30 pm
Fee: $56
Location: UFM Fireplace Room

Look for the UFM Catalog on the web at www.ksu.edu/ufm
Advanced Tai Chi Chuan
Kareem Kinble
Date: October 28, 20-28 (Monday and Wednesday)
Time: 6:00-7:00 pm
Fee: $63
Location: UMF Fireplace Room

Nutritional Hints For Staying Young
We-41
Kareem Kinble

Subtle Body Energies
We-11
Sandi Johnson (539-4307), age 32, has a BS from K-State in Home Economics and a MS from Western Reserve University in Child Development. She has taught all grades from 1st - 8th and is a guest speaker for many organizations in Wichita. Nutrition is her life long interest, and even though she has arthritis, she wants to share her nutritional knowledge with others.

Date: September 25 (Wednesday)
Time: 6:00-7:00 pm
Fee: $6
Location: UMF Fireplace Room

Introduction to Tai Chi Chuan
Kareem Kinble

Date: October 30 - November 25
(Monday and Wednesday)
Time: 6:00-7:00 pm
Fee: $63
Location: UMF Fireplace Room

Enneagram: Nine Ways of Being in the World
We-32
The Enneagram (pronounced ANY-e-grahm and meaning 9 models, or world views) is a system of personality typing from sacred psychology which helps us to identify the central motivations of our own character, the particular patterns of how we think, feel, and act. It also is a tool for helping us enter the realities of people different from ourselves, to see the world as they see it. Thus it is a tool for compassion as well as self-knowledge. The system is dynamic, explaining the nuances of personality as well as the relationships among types. Knowledge of Enneagram can bring positive change into our life and relationships. The class will provide an overview of this profound system.

Kareem Szluf-Czirnoll has been studying and using the Enneagram since she was first introduced to it as a student at Kendall Hill (a Quaker center for study and contemplation) in 1984-85 and has found it helpful in her personal and professional life. She has studied with several prominent teachers in the newly emerging field of Enneagram Studies, most intensively with Helen Palmer; also with Eisa and Hudson; Beeslen and O'Leary and others. She attended the first International Enneagram Conference at Stanford University in 1994. She has, by request, taught small groups in private settings several times over the last ten years.

Date: October 2, 7, 14, 21 (Monday)
Time: 7:00-9:00 pm
Fee: $25
Location: UMF Multipurpose Room

Intro to Self-Massage
We-07
Learn some self-massage routines to help with promotion of relaxation and relief of muscular aches, pains, and tensions. You will become familiarized with basic principles of therapeutic massage that can be adapted to meet your personal needs. Bring a blanket and pillow and wear loose clothing or shorts and T-shirt.

Sandi Snyder (537-5607) is a licensed Massage Therapist with 16 years experience. She is the owner of Lifercenter Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology, Baby and Pet Massage.

Date: November 1 (Friday)
Time: 7:00-8:00 pm
Fee: $25
Location: UMF Fireplace Room

Intro to Massage for Two
We-08
Come learn the basic principles of therapeutic massage and understand how massage can help maintain health. Swedish style massage, the most common style of massage, uses long flowing strokes. Emphasis of the class will be on the neck and back. Wear loose shirts and a T-shirt. Each pair will need to bring a sleeping bag or thin blanket and 2 flat sheets. Pair may include mother-daughter, friends, or couples.

Sandi Snyder (537-5607)

Date: October 25 (Friday)
Time: 7:00-8:00 pm
Fee: $25
Location: UMF Fireplace Room

Young Living Essential Oils
We-33
Are you interested in finding out about the use and application of essential oils? How can this ancient knowledge improve our health and lifestyle today? This ancient system described in the Bible, also used by the Egyptians, Indian, Greek, and Chinese cultures has been brought up to date by Dr. Gary Young. Using modern distillation and new formulations Dr. Young has given us insight into this use of ancient healing. Learn about the background, development, and many uses of essential oils. You will receive information and a sample kit of some of the basic oils.

There will be a video introduction to Young Living; by Dr. Young and to the basic oils; information on the different formulas and some hands on procedures of the Lymphatic pump.

Evolve Forrest has studied and used essential oils. She has organized this class so that you can learn about the benefits of using essential oils. Joe and Alice Long have completed over 50 hours of training at Young Living Essential Oils Workshops. They use the oils themselves and their family.

Date: November 9 (Saturday)
Time: 10:00-3:00 pm
Fee: $25 includes the Basic Oils kit
Location: UMF Conference Room

"Education is when you read the fine print. Experience is what you get if you don't.
—Pete Seeger"

Manhattan Arts Center

Galleries
823-9292: Dana Pinkston: Visualizing the Character
Sherry Haar: Sensory Costumes
104-11:8: Columbian Artists: Membership Show
115-01:05: Wrap It Up: Art Show & Sale

Watercolor Studio

Swing City Jazz
Featuring Wayne Goin and the Swing Machine

The Red Inklings (a winging group)
The very best in acoustic music

Theatre
Charles & Company; Aug. 23-25
Special added attraction
Barefoot in the Park: Oct. 18-20, 24-27
Directed by Pat Weisensburger
Directed by Vil Dykes
Run for Your Wife: Apr. 26-27 & May 1-4
Directed by Maggie Jackson

For dates, times or information on any of our programs, to become a member or to be added to our mailing list, please call 537-4420, step by 1520
Poyntz Ave. or email programs@manhattanarts.org

Manhattan Arts Center, 1520 Poyntz * Beautiful * Outlet mall accessible * www.manhattanarts.org
The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency, and from National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan and MAC members and friends. MAC is a member of the Manhattan Arts & Humanities Coalition.

Special thanks to all UMF INSTRUCTORS who volunteer their time!
Test Preparation Courses
Be Confident and Prepared to take the PPST, GMAT, GRE, and LSAT

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

Date: October 22 - November 14 (Tue/Thurs)
Time: 7 - 9 pm
Fee: $160 (includes Cambridge Test Prep Plus textbook, and The PPST Guide test with answer explanations, skill review and practice test)

Location: Justin Hall, Rm 341, KSU
* Dates may be subject to change.

GMAT Prep FC-22
Graduate Management Admission Test Preparation

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

Date: Sept. 16, 18, 23, 25, Oct. 7, 9, 14, 16, 21, 23
Time: 7 - 9 p.m.
Fee: $240.00 (fee includes Cambridge Test Prep PLUS textbook, the official guide for GMAT review and CD-ROM)

Location: Justin Hall, Room 256, KSU
* Dates may be subject to change.

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

Date: October 15 - November 21 (Tu/Th)
Time: 7 - 9 p.m.
Fee: $210

Location: Justin Hall, Room 256, KSU
* Dates may be subject to change.

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

Date: Sept. 9, 11, 16, 18, 23, 25, 30
Oct. 2, 14, 16, 28, 30
Time: 7 - 9 p.m.
Fee: $240.00 (fee includes in-class and home study books)

Location: Justin Hall, Room 256, KSU
* Dates may be subject to change.

Look for the UFM Catalog on the web at www.ksu.edu/ufm
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 332-5566 for questions or information.

**Golf in Salina**

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

**Steven Hardisty**

- **Date:** August 28 - October 16 (Wednesday)
- **Time:** 1 - 8 pm
- **Fee:** $485
- **Location:** Salina Municipal Golf Course
  200 East Crawford, Salina

**Ballroom Dance in Salina**

**DANCE 599 #9220**

Introduction to the principles of ballroom dancing. Includes: dance terminology, dance position, correct body alignment and positions; and partnering techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American Waltz, Foxtrot, and Latin steps will be taught. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center.

**Andrew Umlaitz**

- **Date:** September 6 - December 11 (Wednesday)
- **Time:** 7 - 8 pm
- **Fee:** $135
- **Location:** USD Salina, Recreation Center
  3240 Scantlin Avenue, Salina

**Scuba Diving in Salina**

**DANCE 200 #9210**

This course will prepare students for Open Water certification. Areas of instruction 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 class fee; however, neither USM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fin, wetsuit, and snorkel.

There is a non-refundable material fee of $50 for withdrawing from the class after the first day.

**Instructor:** Jeff Wolfe

- **Date:** September 12 - October 24 (Thursday)
- **Time:** 6:30 - 10:00 pm
- **Fee:** $225
- **Location:** YMCA
  700 YMCA Drive, Salina

**Ballroom Dance**

**DANCE 599 #91400**

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

**Instructor:** Michael Bennett

- **Date:** August 28 - December 11 (Wednesday)
- **Time:** 8 - 9 pm
- **Fee:** $150
- **Location:** BCM Auditorium
  3021 Division Ave.
  No class November 27

**Archery**

**DANCE 200 #91404**

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

**Instructor:** Tom Korta

- **Date:** September 5 - October 24 (Thursday)
- **Time:** 8 - 9:45 pm
- **Fee:** $150
- **Location:** 1125 Laramie Plaza, upstairs

**Beginning Fencing**

**DANCE 200 #91406**

Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competition, only foil is taught in beginning fencing.

Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fencer's wrists. Understanding fencing has wide application of the stop integrating: diplomacy, aggression, speed and skill. This course may not be repeated for credit.

**Instructor:** William Meyer

- **Date:** September 9 - December 2 (Monday)
- **Time:** 6 - 7:30 pm
- **Fee:** $150
- **Location:** UBM
  221 Thurnott Street

**Intermediate Fencing**

**DANCE 200 #91407**

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

**Instructor:** William Meyer

- **Date:** September 9 - December 2 (Monday)
- **Time:** 7:30 - 9 pm
- **Fee:** $150
- **Location:** UBM
  221 Thurnott Street

**Ballroom Dance II**

**DANCE 599 #91402**

**Instructor:** Michael Bennett

- **Date:** August 30 - December 13 (Friday)
- **Time:** 7:30 - 8:30 pm
- **Fee:** $150
- **Location:** BCM Auditorium
  3021 Division Ave.
  No class October 18 and November 29
Fly Fishing

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and allowing 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 be dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor.

Instructor: Paul Sodemann
Date: September 9 - 19 (Mon, Tues, Wed, Thu)
Time: 6:00 - 8:00 pm
Fee: $169
Location: Susan B. Anthony Middle School 2501 Browning

Golf in JC

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: Mike Webb
Date: August 28 - October 16 (Wednesday)
Time: 4 - 6 pm
Fee: $175
Location: Rolling Meadows Public Golf Course 7557 Old Milford Road, Milford

Judo

Judo is intended 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 (shading the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.

Instructor: Isaac Vakhebashi
Date: August 27 - December 5 (Tuesday/Thursday)
Time: 8:15 - 9:15 pm
Fee: $138
Location: UFM 1221 Thurston Street

No class November 28

Fly Fishing

Instructor: Paul Sodemann
Date: September 25 - October 5 (Mon, Tues, Wed, Thurs)
Time: 6:00 - 8:00 pm
Fee: $169
Location: Susan B. Anthony Middle School 2501 Browning

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
Session I
Date: August 27 - October 15 (Tuesday)
Time: 2:30 - 4:30 pm
Fee: $175
Location: Stagg Hill Golf Club 4441 Ft. Riley Blvd.

Session II
Date: August 28 - October 16 (Wednesday)
Time: 1:30 - 3:30 pm
Fee: $175
Location: Stagg Hill Golf Club 4441 Ft. Riley Blvd

Session III
Date: August 29, October 16 (Wednesday)
Time: 5:30 - 7:30 pm
Fee: $175
Location: Stagg Hill Golf Club 4441 Ft. Riley Blvd

Session IV
Date: August 29 - October 17 (Thursday)
Time: 9:30 - 11:30 am
Fee: $175
Location: Stagg Hill Golf Club 4441 Ft. Riley Blvd

Scuba Diving

Instructor: Jeff Wilson has been diving for 25 years and instructing scuba for 15 years.

Date: September 16 - October 21 (Monday)
Time: 6 - 10 pm
Fee: $230
Location: YMCA 1703 McFarland, Junction City

Look in other sections of the catalog for other classes that may be applied for credit:

Piano I and II
Page 8

Bowling
Page 15

Fitness Swimming
Page 6

Contact Charlene at 539-8763 for more information.
FOR YOU... One participant per form, please

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