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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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WHERE WE'RE LOCATED

UFM
1221 Thurston
KSU Campus

Bertrand St.
Thurston St.
Kearney St.
Vatter St.
Anderson Ave.
Bluemont Ave.

Look throughout the catalog for these classes the family can enjoy together:
- Sunday Family Swim
- SHARP Women's Self Defense
- Fun with Rabbits
- Tae Kwon Do
- Archery for Families
- Harmonica Classes
- Golf
- Pet First Aid and Safety
- Reptiles and Amphibians

UFM Staff:
Executive Director - Linda Islow Teener
Education Coordinator - Kristen Johnston
Community Outreach Coordinator - Charlene Browne
Lou Douglas Lecture Series Coordinator - Olivia Collins
Teen Mentoring Program Coordinator - Karen Roesch
Office Coordinator - Callista Wilson

Plus all the teachers who share their talents!

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.
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: March 13 (Thursday)
Time: 8 am - 5 pm
Fee: $26
Location: Meet at UFM

--- Featured Class ---

UFM/KSU fencing students Matt Hunt, Heather Wrocklage, and Eli May take 4th, 5th, and 5th at the Johnson County Community College Foul Tournament on April 27th in Overland Park, KS. Over 40 fencers competed from KSU, Longview College, Emporia State and JCCC. The three missed sweeping the tourney by the narrowest of margins. Hunt made strong use of in-fighting while Wrocklage preferred the riposte to score most of her points. May utilized the reverse beat flancanade to great effect in the final eliminations. All three

--- Featured Instructor ---

BILL MEYER

Bill Meyer has lived for four years in Manhattan with his wife Deb and two children, Cole and Niki. He began fencing in Germany in 1964 and still competes at the local and national level. He studied fencing at Washington State University and the University of Idaho and became a certified coach in foil, epee and sabre by the Colorado College at the Olympic Training Center in Colorado Springs.

Bill teaches Americanized fencing that de-emphasizes the old master combat format of the 19th century and goes a long way in making fencing an activity that can be enjoyed for life, whether as recreation or competition. “It’s really fun to play a game that was once so deadly serious-you ask anyone in Manhattan who’s taken fencing.”

For the past three years Bill has been teaching the credit and non-credit beginning, intermediate and competition classes through UFM. New this semester is a class in French epee fencing for women that emphasizes the grace, protocol and history of formal dueling.
Learn to Swim Classes

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.

AQ-19C Wednesday 6:30 - 7:30 pm
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.

AQ-22A Monday 6:30 - 7:30 pm
AQ-22D Wednesday 6:00 - 6:40 pm
Fee: $42 per session

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

Session A: January 6 - February 8
Monday - Thursday (6:35 - 7:30 pm)
AQ-26A (1 Time a week)
AQ-27A (3 Times a week)
AQ-28A (5 Times a week)

Session B: February 10 - March 13
Monday - Thursday (6:35 - 7:30 pm)
AQ-26B (1 Time a week)
AQ-27B (3 Times a week)
AQ-28B (5 Times a week)

Session C: March 24 - April 26
Monday - Thursday (6:35 - 7:30 pm)
AQ-26C (1 Time a week)
AQ-27C (3 Times a week)
AQ-28C (5 Times a week)

Session D: April 25 - May 31
Monday - Thursday (6:35 - 7:30 pm)
AQ-26D (1 Time a week)
AQ-27D (3 Times a week)
AQ-28D (5 Times a week)

Per Session 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

Deep Water Hydroaerobics
This will be held in the diving well of the Natatorium. Participants will be issued an aquajugger 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. Space is limited to the number of belts available.

Session A: January 7 - February 6
AQ-100A Tuesday and Thursday 6:35 - 7:30 pm
AQ-100B Tuesday and Thursday 6:35 - 7:30 pm

Session B: February 11 - March 13
AQ-100C Tuesday and Thursday 6:35 - 7:30 pm

Session C: March 25 - April 24
AQ-100D Tuesday and Thursday 6:35 - 7:30 pm

Per Session Fee: $18 per session

Deep Water Hydroaerobics for the Entire Semester
Session E: January 7 - May 29
AQ-100E Tuesday and Thursday 6:35-7:30 pm
Per Semester Fee: $52 per session

Lap Swimming Ages 13 plus
Lap swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40 minute block of time during the below scheduled times.

AQ-24A Mondays 6 - 7:30 pm
AQ-24B Tuesdays 6 - 7:30 pm
AQ-24C Wednesdays 6 - 7:30 pm
AQ-24D Thursdays 6 - 7:30 pm
AQ-24E Saturdays 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.

AQ-25A Mondays 6 - 7:30 pm
AQ-25B Tuesdays 6 - 7:30 pm
AQ-25C Wednesdays 6 - 7:30 pm
AQ-25D Thursdays 6 - 7:30 pm
AQ-25E Saturdays 9:30 - 11:00 am
Fee: $10 per session

Shallow Water Hydroaerobics for the Entire Semester
Session E: January 6 - May 31
Monday - Thursday (6:35 - 7:30 pm)
AQ-26E (1 Time a week)
AQ-27E (3 Times a week)
AQ-28E (5 Times a week)

Per Semester Fee: $60 for 1 time a week per session
$76 for 3 times a week per session
$92 for 5 times a week per session

Private Swim Lessons
AQ-30
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 scheduling 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 February 10 - March 10
Session A2: Mondays March 24 - April 21
Session B1: Tuesdays February 11 - March 11
Session B2: Tuesdays March 25 - April 22
Session C1: Wednesdays February 12 - March 12
Session C2: Wednesdays March 26 - April 23
Session D1: Thursdays February 13 - March 13
Session D2: Thursdays March 27 - April 24
Session E1: Saturdays February 15 - April 5
Session E2: Saturdays April 12 - May 19
(No lessons February 22 and March 15, 22)
Times for Monday, Tuesday, Wednesday, and Thursday sessions:
6 - 6:30 pm
6:35 - 7:15 pm
Times for Saturday sessions:
9:30 - 10:00 am
10:15 - 10:45 am
Fee: $51 per session
Open Swim Appreciation
For USM 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 we can provide adequate lifeguards.

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

Open Swim Appreciation
For USM swim participants and their parents.

Date: April 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: April 6 - April 27
Time: 5 - 7 pm
Fee: Individual/$25 family
Location: KSU Natatorium

WSI- Water Safety Instructor
How about a job by the pool? Receive a WSI certification to teach the American Red Cross Learn to Swim and Water Safety Courses. This course includes the fundamentals of Instructor Training Course. Prerequisites: Minimum age 17, on or before the final scheduled session of the instructor course, successfully demonstrate Freestyle, Backstroke, Butterfly, Elementary Backstroke and Sidestroke, and successfully demonstrate rescue skills. Certification Requires: Demonstrate competency in all required skills and correctly answer at least 80 percent of the written tests.

Date: March 30 (Monday)
Time: 5:30 - 7:30 pm (Prerequisites)
Fee: $195 (Fee includes test book and can be picked up at USM)

Deposit: To reserve a spot in the class, a deposit of $200.00 needs to be paid before the prerequisite date. This deposit is non-refundable. Even if you do not pass the prerequisites and will go toward the cost of the class. You will pay for the class and books in the USM office after successful completion of the prerequisites. There is a maximum of 10 people per class.
Location: KSU Natatorium

Lifeguard Training
American Red Cross Lifeguard Training teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. This course will certify you for the Professional Rescuer, and First Aid. Prerequisites: Minimum age of 15. Swim 500 yards continuously, using the strokes in the following order: 200 yard front crawl with rhythmic breathing and stabilizing, propellant kick, 100 yard breaststroke, and 200 yards of either front crawl using rhythmic breathing or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound brick, return to surface, and swim 20 yards back to the starting point with the object. Certification requires: Demonstrate competency in all required skills, demonstrate competency in the three final skill scenarios, and correctly answer at least 80 percent of the written tests.

Date: April 21 - May 2 (Monday - Friday)
Time: 9 am - 5 pm (Saturday)
Fee: $152 (Fee includes test book and pocket mask w/2 oz. ink and can be used at USM)

Deposit: To reserve a spot in the class, a deposit of $200.00 needs to be paid before the prerequisite date. This deposit is non-refundable, even if you do not pass the prerequisites and will go toward the cost of the class. You will pay for the class and books in the USM office after successful completion of the prerequisites. There is a maximum of 15 people per class.
Location: KSU Natatorium

Red Cross CPR for Lifeguards Only
Date: April 6 & 5 (Saturday and Sunday)
Time: 10 am - 4 pm (Saturday)
Fee: $46 (Fee does not include test book and pocket mask)
Location: USM Conference Room

Lifeguard Instructor Training
American Red Cross Lifeguard Instructor Training teaches instructor candidates to teach Lifeguard Training, First Aid, and CPR.
Aquatics Fitness Instructor

AQ-104
Love to work out and get paid! Now this year is a course sponsored by the American Red Cross on how to be a Water Aerobics Instructor. This course is an educational and training program for individuals interested in advancing their knowledge and skills in designing and leading different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs. Prerequisites: Minimum age 17, on or before the first scheduled session of the course. Must have current Adult CPR and First Aid certificates or equivalent. If you do not have a current Adult CPR and First Aid or equivalent, you must get them within 30 days of the class in order to receive your Aquatic Fitness Instructor certification. Swim continuously for 200 yards demonstrating: 50 yards Freestyle, 50 yards Breaststroke, 50 yards of your choice. (Not timed and can be done with head out of water.) Prerequisite will take place the first part of the March 1st session. Basic water rescues will be reviewed in class.

Carol Stites
Date: March 1 and 8 (Saturday)
Date: March 3 and 5 (Monday and Wednesday)
Time: 9 a.m - 5 p.m. (Saturday)
Time: 4:30-7:30 p.m. (Monday and Wednesday)
Fee: $13 (Fee includes gloves, test books and can be picked up at UFM.)

Deposit: To reserve a spot in the class, a deposit of $20.00 needs to be paid before the prerequisite date. This deposit is non-refundable. (Even if you do not pass the prerequisites) and will go toward the cost of the class. You will pay for the class and books in the UFM office after successful completion of the prerequisites. There is a maximum of 15 people per class.

Location: KSU Natatorium

Scuba Diving

AQ-103A
This course will prepare students for Open Water certification. Relevant information covered include introduction to scuba diving, diving equipment, pressure 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. Travel and lodging are at the student’s expense. Students must provide their own mask, fins and snorkels.

Jeff Wilson
Date: February 3 - March 10 (Monday)
Time: 6:10 pm
Fee: $255
Location: YMCA, 1703 McFarland, Junction City

Scuba Diving

AQ-103B
Date: April 7-May 12 (Monday)
Time: 6:10 p.m.
Fee: $255
Location: YMCA, 1703 McFarland, Junction City

Fitness Swimming

AQ-106
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 improving and maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Carol Stites
Date: January 28 - March 13
(Tuesday and Thursday)
Time: 6 - 7:30 pm
Fee: $73
Location: Natatorium, KSU Pools
May be applied for credit, call 539-8763

Creative Free Time

1221 THURSTON
539-8763

The Lore and Lure of the Celts

CF-01
The Lore and Lure of the Celts: an interactive look at the history, lore, music, food, languages and spirituality of the Celtic people over the centuries. Did your ancestors come from Brittany, Cornwall, Wales, Ireland, Scotland or the Isle of Man? Even Galicia? Come find out more about your heritage. Interested in music? Like to sing? Play an instrument? Come, listen and participate. Like to cook? Let’s put together a Celtic feast to celebrate May Day. Interested in the spiritual side of life? Learn about Celtic Spirituality: both before and after the advent of Christianity. Interested in the Celt: who they were and who they are? Come join in the quest.

Frank Siegle is a native of Manhattan. He and his family have returned home after 28 years in Minneapolis, MN. He and his wife, Mary, are members of the North American Welsh Choir as well as the St.David’s societies of both Kansas and Kansas City and the Greater Kansas City Cornish Society. He has taken workshops and classes in Irish Gaelic and Welsh, and with his wife, Scottish Gaelic and Cornish. He has presented workshops on Celtic language to festivals in Minnesota and programs on Celtic spirituality to church groups in Minnesota and Wisconsin. He won the bard’s chair for original poetry at the Minnesota Celtic Festival in 1994. As a long time member of the worker’s collective which operates Seward Cafe in Minneapolis, he helped organize and prepare their semi-annual Celtic feast. He holds a B.A. in history and an M.A. in theater from Kansas State.

Date: March 6 - May 1 (Thursday)
Time: 7 - 9 pm
Fee: $41
Location: UFM Multipurpose Room

Safe & Creative Care of Family Photos

CF-02a
Where are your photos?? I will teach you quick, upbeat fun ways to organize your photo projects. We all have everyday photos, heritage and special event photos and memorabilia. I can help you get your projects started. You will learn how to mount and journal your photos and memorabilia. Your albums will give you and your family a lifetime of enjoyment and a priceless heirloom to leave to future generations. Bring 10-15 of your favorite pictures, preferably of a special event for hands on practice. The fee covers material used in class.

Pam Schmid, Creative Memories SR. Director has been teaching classes since 1989.

Date: February 11 (Tuesday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Fireplace Room

Safe & Creative Care of Family Photos

CF-02b
Pam Schmid

Date: March 10 (Monday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Fireplace Room

Safe & Creative Care of Family Photos

CF-02c
Pam Schmid

Date: April 7 (Monday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Fireplace Room

Rubber Stamping Basics

CF-03a
Come and learn the basics of Rubber Stamping. You will learn the differences in inks, papers, stamps and powders. We will cover basic techniques and embossing. Supplies for 3 cards will be provided, which will be made in class. (Please bring the following to class if you don’t have them you can share: 12” paper cutter, adhesive, scoring tool, scissors and a heat tool.)

Heather Scott (494-2595) is a published rubber stamp artist. She has been stamping for 7 years. Let her help you catch the stamping bug, so you can create masterpieces of your own for friends and family.

Date: January 29 (Wednesday)
Time: 7 - 9 pm
Fee: $18
Location: UFM Fireplace Room

Rubber Stamping Basics 2

CF-03b
Heather Scott

Date: March 26 (Wednesday)
Time: 7 - 9 pm
Fee: $18
Location: UFM Fireplace Room

Rubber Stamping Basics 2

CF-04a
Want to take your stamping to the next level? In this class you will learn advanced stamping techniques such as Masking, Resist, using a stamp positioner, and various embellishment ideas! Learn to cover up your mistakes, and make several projects while learning new techniques.

Heather Scott

Date: February 6 (Thursday)
Time: 7 - 9 pm
Fee: $18
Location: UFM Multipurpose Room

Rubber Stamping Basics 2

CF-04b
Heather Scott

Date: April 3 (Thursday)
Time: 7 - 9 pm
Fee: $18
Location: UFM Multipurpose Room
Birthday Bonanza CF-05
Ever been in a pinch for a Birthday card? Don’t let it happen again! We will make a perpetual calendar with pockets for you to store your creations and track your birthdays. And we will make 12 unique birthday cards to get you started! Basic stamping experience is strongly suggested and you need to have basic supplies.

Heather Scott
Date: January 27 (Monday)
Time: 7 - 9 pm
Fee: $25
Location: UFM Fireplace Room

Black and 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 process and print in class. Processing and printing materials included in class fees.

Harold Weisburger
Date: By Appointment
Fee: $17
Location: UFM Darkroom

Billions of Backgrounds CF-06
Learn to create billions of backgrounds for your cards, scrapbooks and crafts. We will be using items from all around the house. So come, learn and get some great new ideas! Basic stamping experience is strongly suggested and you need to have basic supplies.

Heather Scott
Date: March 26 (Monday)
Time: 7 - 9 pm
Fee: $25
Location: UFM Fireplace Room

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 Weisburger has a degree in Commercial and Industrial Photography. He enjoys black and white photography and enjoys processing his own film.
Date: March 4 (Tuesday)
Time: 7 pm
Fee: $17
Location: UFM Darkroom
Deadline for sign up is February 25

Black & White Film Developing for the Beginner CF-09b
Herald Weisburger
Date: April 14 (Monday)
Time: 7 pm
Fee: $17
Location: UFM Darkroom
Deadline for sign up is April 7

Drawing from Still Life CF-07a
This class will focus on the fundamentals of drawing through still life subjects. Concepts such as proportion, gesture, light and shadow, and perspective and space will be emphasized. We will explore a variety of drawing media including pencil, charcoal, and pastel. For the beginner as well as the advanced student wanting to expand his or her drawing skills further. Bring a sketch book and pencils to first class. Materials list will be provided.

Chris Brennan (539-7738) holds an MBA in painting from KSU where he taught design and drawing as a graduate student. He currently teaches drawing at Washburn University, and has exhibited his work locally, regionally and nationally. His work is in several corporate collections, including Citizen's National Bank in Lansing, KS and Firstar Bank in St. Louis, MO.
Date: January 25 - March 1 (Saturday)
Time: 11 am - 1 pm
Fee: $65
Location: 3590 Scottie Lane

Drawing from Still Life CF-07b
Chris Brennan
Date: March 29 - May 3
Time: 11 am - 1 pm
Fee: $65
Location: 3590 Scottie Lane

Black & White Film Developing for the Beginner CF-09b

Pattern Making This class will teach pattern making from scratch. You will learn what your body shape is and how to appropriately take measurements. You will also learn how to place different seam lines and darts. The goal of the class is to make a pattern that can be altered for you and your entire family. Students will need to bring a basic sewing kit, pencil and notebook. Wear a swimsuit or t-shirt and shorts to get accurate body measurements.

Florence Wang has worked as a pattern maker and fashion designer in Taiwan and was born into a family textile business that gave her 12 years of pattern design experience.
Date: March 28 & April 4 (Friday)
Time: 10:00 am - 12:30 pm
Fee: $35
Location: UFM Conference Room

Pattern Making CF-21b
Florence Wang
Date: April 18 & April 25 (Friday)
Time: 10:00 am - 12:30 pm
Fee: $35
Location: UFM Conference Room

LIVE THEATRE
Over the River and Through the Woods 2/21-23, 27-28, 3/1-2
Run For Your Wife 4/25-27, 5/1-4

WATERCOLOR STUDIO Wed. a.m.

CLASSES for all ages
Star Struck Players (theater)
Suzuki violin Red linkings (writers group) and more...

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MAC TRUCK FILM SOCIETY OUTREACH

FOR INFORMATION, to become a member or to be added to our mailing list, call 537-4420 or e-mail programs@manhattanarts.org
Manhattan Arts Center, 1520 Peavy Pl. * Smoke-free * Wheelchair accessible * www.manhattanarts.org The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency, and the 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 Arts & Humanities Coalition.

GALLERIES
1/11 - 2/20: Wearable Art
3/1 - 4/12: Art by International Students at KSU Small gallery. Masks from Private Collections
4/19 - 5/25: MFA Student Group Show Small gallery. Individual MFA shows Patience Series by Pete Garfinkle
5/7 - 7/7: MAC Watercolor Studio Small gallery.

103 North 3rd Suite B Manhattan, KS 66502 (785) 537-1826 wildflower@kansas.net
Clothing Care
This class will include three essential parts in making sure you have clothes that look like new and last for years. You will receive washing tips, proper ironing techniques and basic sewing and altering skills. Student needs to bring an iron, a portable ironing board or a flat sheet and towel, and a basic sewing kit.

Florence Wang
Date: February 21 & 28 (Friday)
Time: 10:00 am - 12 pm
Fee: $20
Location: UFM Conference Room

Clothing Care
Florence Wang
Date: March 7 & 14 (Friday)
Time: 10:00 am - 12 pm
Fee: $20
Location: UFM Conference Room

Piano I
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.
Sylve Kuder (776-2989) 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, MSMITA, and MTNA. In March of 1996, she had a performance broadcast on public radio.

Date: February 3 - May 7
(Monday and Wednesday)
Time: 12:30 - 1:20 pm
Fee: $117 (May be applied for credit, call 539-8765)
No Class March 17, 19

Piano II
This group keyboard class is designed for adults with limited previous keyboard experience, ideal follow-up to Piano I. The focus will be on theory and practical skills, group and solo performance. A skills assessment will be conducted the first class. If you are unsure whether your level of experience is appropriate for this class, please contact the instructor.

Sylve Kuder
Date: February 4 - May 8 (Tuesday and Thursday)
Time: 12:30 - 1:20 pm
Fee: $117 (May be applied for credit, call 539-8765)
Location: KU, McCain, Room 127
No Class March 18, 20

Beginning Weaving
Learn the basics of weaving on looms that are prepared for you. Participants will experience four weave structures using one or two shuttles.
Marie Burgett has been a weaver and spinner for decades. She is Kansas representative for Handweaver's Guild of America, editor for Kansas Affiliation of Weavers, member Manhattan Weavers Guild, and a member of the Smoky Valley Weavers Guild.

Date: February 15 (Saturday)
Time: 9 - 11:30 am
Fee: $18
Location: UFM Conference Room

Beginning Spinning
This class will cover the basics of fiber preparation and spinning on a drop spindle. Students will receive their own drop spindle and flocks to learn with and plenty of handouts. Enrollment is limited to 4, so sign up early!

Marie Burgett
Date: January 27 (Monday)
Time: 7 - 9 pm
Fee: $18
Location: 801 Haid Court

Digital Video Disk (DVD) Editing Basics
Do you have a stack of video tapes at home? Old home movies? Lots of slides? 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 have the opportunity to make an edited movie with a menu that will take you right to that special occasion, kid's birthday party, your new pet's birthday, the news of your birthday, 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: February 11 (Tuesday)
Time: 7 - 9 pm
Fee: $25
Location: UFM Greenhouse

Digital Video Disk (DVD) Editing Basics
Gordon Schmid
Date: March 10 (Monday)
Time: 7 - 9 pm
Fee: $25
Location: UFM Greenhouse

Digital Video Disk (DVD) Editing Basics
Gordon Schmid
Date: April 7 (Monday)
Time: 7 - 9 pm
Fee: $25
Location: UFM Greenhouse

Beginning Knitting
Learn to knit a headband and hat in this 4 session class. You will learn basic stitches, two different cast-ons and various shaping techniques in these two class projects. Please bring size 10 or 10½ needles to the first session. Yarn will be available for the first project. A materials list will be provided at the first class.

Kensita Tully (S37-1826) is sole proprietor of Wildflower Yarns and Knitwear, 103 N.3rd in Manhattan. She designs knitwear for national knitting magazines and yarn companies.

Date: January 22, 29, February 5 & 12 (Wednesday)
Time: 7:30 - 9:00 pm
Fee: $25
Location: 103 North 3rd Street, Second Floor

Win $1 off any UFM Class...
by finding the "Fake Class" included in this catalog! Identify it when you register and receive $1 off your registration for one class.

Digital Video Disk (DVD) Editing Basics
Gordon Schmid
Women's Book Club
The women's book club members will choose a book to discuss once a month. Meeting locations will vary. Women of all ages are welcome. We will read books of all kinds.
Terry Murray (776-3029) has enjoyed reading books for a very long time. She started the club about a year ago and enjoys the group discussions.
Date: January 21 (Tuesday)
Time: 6:30 pm
Fee: $6
Location: UFM Conference Room

Beginning Nature Photography
CF 73
Information will be primarily centered around 35mm SLR cameras and equipment in this class. Some topics include camera settings and operation. Choosing and using different lenses, types of film and an introduction to exposure, composition, and technique. This class is geared toward beginning photographers and those wishing to know more about camera operation and nature photography. Participants will need their own fully functional 35mm SLR cameras. Tripods will also be beneficial. Participants are encouraged to bring their cameras to each class for maximum benefit. The class will include 4 classroom meetings and 2 field trips. Class fees include 2 rolls of film and developing plus a 8x10 picture.
Scott Born 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 these views 5 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: March 27, April 3, 10, 17 (Thursday)
Time: 7 - 9 pm
Fee: $63
Location: UFM Conference Room
Notes: Field Trips are April 9 & 12 (Saturdays) from 5-7 pm and will be discussed at the first class.

Introduction to Digital Photography
CF 43
This is a basic digital photography class for beginners to learn the fundamentals of photography using digital cameras. Topics include: composition and framing; design; lighting; computer photo post processing; enhancement, error correction, cropping and printing. Students must provide their own digital camera or 35mm camera.
Matthieu Boyer
Date: January 25, February 8, 22 March 8, 29 April 12, 25 May 10 (Saturday)
Time: 1-3 p.m.
Fee: $73
Location: Kekola Inn. 208

Harmonica Night
CF 27
Harmonica is for everyone! Kids, parents, and grandparents will laugh and learn as they are led through an introduction to the 10 hole diatonic harmonica. The class covers folk, gospel, old-time, bluegrass, and country-blues styles. Learn proper care of your instrument and the essentials to play by ear or from harmonica notation. Harmonica and handout included in the fee.
Thad Beach, a full-time musician since 1988, has worked as an "Artist in Education" through Arts Commission Programs in Kansas, Iowa, North Carolina and South Carolina. He performs at schools, libraries and festivals across Kansas. An experienced, organized, creative, and humorous teacher, Thad has conducted harmonica classes in Abilene, Salina, McPherson, Newton, Hays and Winfield.
Date: February 25 (Tuesday)
Time: 6:30 - 8:30 pm
Fee: $20
Location: UFM Banquet Room

Cowboy Harmonica
CF 29
Come out around the campfire and learn to play the "old Chisholm trail" and other cowboy favorites. You will need a 10 hole diatonic harmonica in the key of C.
Thad Beach
Date: March 5 (Wednesday)
Time: 6:30 - 8:30 pm
Fee: $16
Location: UFM Fireplace Room

Gospel Harmonica
CF 31
Learn tips and instruction on how to get those hymns from your head to your harp! You will be given a load of tips on playing with other instruments, groups and playing background and fills. 10 hole diatonic harp in C needed.
Thad Beach
Date: March 11 (Tuesday)
Time: 6:30 - 8:30 pm
Fee: $16
Location: UFM Fireplace Room

Hot Hoe-downs & Hobo Harmonica
CF 32
From traditional old-time hoe-downs to classic train songs straight harp and blue style will be taught. 10 hole diatonic harmonica in C needed.
Thad Beach
Date: March 31 (Monday)
Time: 6:30 - 8:30 pm
Fee: $16
Location: UFM Fireplace Room

$4.00 off if you enroll in all 4 Harmonica Classes!

Harmonica night: to have lost is to have dared; to have dared is to have succeeded! —Anonymous

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

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

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

Goodnow House Museum
2309 Cliff
• Home of Isaac Goodnow (founder of KSU and Manhattan)
• Free state advocate
• Educator (common school to college)
• A State Historic Site
Call 565-6490 for hours

Wolf House Museum
630 Fremont
• 1868 stone home also served as a boarding house
• Furnished with period antiques
• New exhibit opening Fall 2002
• 10:00-5:00 Saturday 2:00-5:00 Sunday and by appointment

Riley County Historical Museum
Pioneer Log Cabin
Goodnow House Museum
Wolf House Museum

For more information, call 565-6490

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.
Tae Kwon Do I  
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one’s health by increasing cardiovascular ability, strength, balance and flexibility. Along with these benefits one can gain more self-confidence, self-discipline, respect, and better focus. Together, they combine into a powerful self-defense against any attacker. Anyone can begin from their present condition and enjoy continued success through Tae Kwon Do. TKD I is for beginners. Age 9.

- Thursday, January 25, at 7:00 pm, a public demonstration and formal introduction of instructors will be conducted in Ahearn Fieldhouse, KSU.

Grand Master Chae Sun Yi (785-566-9662) is the founder, president and chief instructor of Sun Yi’s Academy and the traditional Tae Kwon Do Association. He is a 9th Degree Black Belt and an internationally certified instructor. For over 40 years he has been instructing students of all ages and races. The classes at Kansas State University have been held since 1975.

- Instructor Jr. Master David Moore (785-539-6787) is a 4th degree Black Belt and a nationally certified instructor. He has been studying TKD for over 12 years. He has also been teaching at KSU for over 4 years.

Date: January 28 - May 8 (Tuesday & Thursday)  
Time: 6:30 - 7:30 pm  
Fee: $72  
Location: Ahearn Fieldhouse, KSU

Tae Kwon Do II  
TKD II is for advanced learners.

Grand Master Chae Sun Yi and Instructor Jr. Master David Moore

Date: January 28 - May 8 (Tuesday & Thursday)  
Time: 7:30 - 8:30 pm  
Fee: $72  
Location: Ahearn Fieldhouse, KSU

Modern Aikijujutsu  
This class will cover the basic waza (techniques) of modern Aikijujutsu (Hakko Ryu), walking exercises and self-defense Jujutsu techniques. This is a style that is an offshoot of Daito Ryu, the same style that Aikido is descended from. This is a self-defense oriented class teaching both self-defense techniques and the basic waza that can be the source of many self-defense variations.

Stan Wilson (539-7723)  
Date: March 24 - May 5 (Monday)  
Time: 8 - 9 pm  
Fee: $39 includes 3 manuals  
Location: Ahearn Fieldhouse

Heartland SHARE

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

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

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

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

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

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

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

Isaac Watanabe

Date: January 21 - May 8 (Tuesday & Thursday)  
Time: 8:45 - 9:45 pm  
Fee: $75  
Location: Ahearn Fieldhouse, Room 301  
No class March 18th and 20th

Judo II  
MA-06
In Judo II, participants continue to gain understanding of how principles of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual’s physique.

Isaac Watanabe

Date: January 21 - May 8 (Tuesday & Thursday)  
Time: 9:45 - 10:45 pm  
Fee: $73  
Location: Ahearn Fieldhouse, Room 301  
No Class March 18th and 20th

White Phoenix Kung Fu  
MA-07
This style is an offshoot of Pai Lum (White Dragon) Kung Fu. We will work on solo basics: stances, blocks, punches, strikes, and kicks, and two person step sparring. This style is a blend of hard, soft, external and internal systems. The forms (which we will not get into in this class) of this style are both northern and southern Chinese in origin.

Stan Wilson (539-7723) is the founder of the White Phoenix System of martial arts. He has a second degree black belt in Hakko Ryu Ju-Jutsu, a third degree black sash in Pai Lum Kung Fu, an eight degree black sash in Zee Lu Lum Kung Fu, and a first degree black sash in Mow King’s 18 Taistai Palme Kung Fu. He has been practicing martial arts since 1970.

Date: January 27 - March 10 (Monday)  
Time: 8 - 9 pm  
Fee: $39 includes 3 manuals  
Location: Ahearn Fieldhouse

Win $1 off any UFM Class...
by finding the “Fake Class” included in this catalog! Identify when you register and receive $1 off your registration for one class.
Fun with Rabbits

EN-03
Have you ever wanted to own a rabbit? Do you own a rabbit and have questions about rabbit care? Did you know there are 45 breeds recognized in the Rabbit Standards book? We will cover basic rabbit care, breed identification and uses for various breeds. We will teach you rabbit showmanship and give you a chance to try it out for yourself. You will learn about selection and how rabbits are judged. Rabbits are one of the healthiest and most enjoyable pets to own. Come to our workshop just to watch or to get as much hands on experience as you would like. We promise you... Fun with RABBITS!

William, Annette and Bernadette Trieb (785-456-2080) jointly own their rabbits as Tribb Tribe WABFity. They raise various varieties of Rex and Satin rabbits, plus New Zealand and Himalayan rabbits. They show rabbits at the county, area, state, and national levels, including the 2000, 2001, and 2002 National Conventions. William is the current Kansas ARBA Rabbit Prince and 3rd Runner-Up National Prince. Annette is the Kansas Rabbit Lady and 3rd Runner-Up at the National level. Beresette is the 2nd Runner-Up Kansas Rabbit Queen. They earned these titles for their knowledge of rabbits ad their performance in showmanship. They have been taught by their older sister, Bernadette, who has been showing rabbits for 9 years.

Date: April 1 (Tuesday)
Time: 6 - 8 pm
Fee: $8
Location: UFM Fireplaces Room

Northern Flint Hills Audubon Chapter

Winter and Spring Events

February Bird Feed Sale
Order deadline February 8th
Pick Up Seeds February 22nd
- Visit our table at the Manhattan Area Garden Show in February at CiCo Park
- Join us for Beginning Birding the second Saturday of every month @ 8:00 a.m. Meet at the Ackert/Durland parking lot on KSU campus for a half-day trip.

Contact the chapter at NFHAS, PO. Box 1932, Manhattan, KS 66505
Gardening 101
EN-19
Welcome to America's #1 hobby! But Mom or Dad or Grandma made it look so easy back then. Now you're in charge and you have questions about site selection, soil types, what to plant when, pest control, and how to deal with the weather extremes in Kansas. We will answer all these questions whether you're a vegetable or flower gardener. Your specific questions are welcome, too!
Colleen Hampton (539-5934) is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UF&M gardening classes for over 10 years. She is a member of the Manhattan Community Garden and several local garden clubs. Colleen welcomes your questions and class participation.

Date: March 24 (Monday)
Time: 7 - 9 pm
Fee: $5
Location: UF&M Greenhouse

Herb Gardens
EN-33
This class is full of sensory experience. Watch a full slide show of different herbs and herb gardens. Then, explore the differences between annual and perennial herbs and discuss seed starting. You'll also get to smell and taste herbs in a few recipes, and get pages of handouts with recipes and uses. Learn how to make herbal oils, vinegars, and more. Class is devoted to culinary, not medicinal herbs.
Andrea Chandler
Date: April 2 (Wednesday)
Time: 7 - 9 pm
Fee: $14
Location: UF&M Conference Room

Made in the Shade Gardens
EN-42
Shade gardeners don't worry about sunburn, tomato wart, or wind-whipped plants. But what do you grow in the shady baysides of patios and backyards? What can you do about (sew)! slugs and snails? Get handouts listing over three dozen dastardly ways to do in the slime demons along with plant descriptions and resources. View a slide show of these seasons of flowering plants.
Andrea Chandler
Date: February 19 (Wednesday)
Time: 7 - 9 pm
Fee: $14
Location: UF&M Conference Room

Children's Gardening
YO-03
Children, do you love digging in the soil? Put this interest to work! We will discuss the best potential flowers for the Manhattan area and when each blooms, how to get season-long color, and other planting and growing tips. Be the envy of your neighborhood with minimal effort!
Colleen Hampton
Date: April 14 (Monday)
Time: 7 - 9 pm
Fee: $5
Location: UF&M Greenhouse

Perennial Flowers
EN-20
Are you tired of buying and planting new flowers year after year? We will discuss the best perennial flowers for the Manhattan area and when each blooms, how to get season-long color, and other planting and growing tips. Be the envy of your neighborhood with minimal effort!
Colleen Hampton
Date: April 14 (Monday)
Time: 7 - 9 pm
Fee: $5
Location: UF&M Greenhouse

Xeriscaping
EN-24
Xeriscaping doesn't mean «zero-landscaping», but rather landscaping which holds up better in times of drought. Learn about our native wildflowers (and their improved cultivars), ornamental grasses, improving soil, and Xeriscaping principles for xeriscape gardens. Class includes a handout describing plants and principles, catalog, bibliography, and a slide show.
Andrea Chandler
Date: February 12 (Wednesday)
Time: 7 - 9 pm
Fee: $14
Location: UF&M Conference Room

Space Efficient Gardening: Get More in Less Space
EN-29
Let's face it, most of us don't have unlimited space to grow herbs and vegetables. There are techniques that not only save a lot of space, but can actually reduce weeding, watering, and other chores. Learn these techniques and you're on your way to increased harvests in a small amount of space. We will also discuss patio gardening and how you can grow many varieties in pots right outside your door!
Colleen Hampton
Date: March 31 (Monday)
Time: 7 - 9 pm
Fee: $5
Location: UF&M Greenhouse

Water Gardens 101: Construction and Maintenance
EN-40
Water gardening is the fastest growing sector in the gardening world. Once you have a water feature, you'll understand why! Water gardens are simple to care for; if they are built and maintained with some basic ecological principles in mind. Learn how to install this type of pond with easy step-by-step instructions. After that, we'll discuss how to stock and plant your pond to maintain this ecological balance. You'll be on your way to enjoying the relaxing sound of water in your garden!
Colleen Hampton
Date: April 12 (Saturday)
Time: 9:30 am - Noon
Fee: $6
Location: UF&M Greenhouse

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 Chandler
Date: February 26 (Wednesday)
Time: 7 - 9 pm
Fee: $14
Location: UF&M Conference Room

Manhattan Community Garden
Plot Sign up
The Manhattan Community Garden is a UF&M sponsored cooperative project located on 3 1/2 acres in the south part of Manhattan at 9th and Riley Lane. Over 160 plots are available on an annual basis. Rent per plot is charged on a sliding scale basis. Water, tools, mulch and advice are provided. Plot rental fees range from $2.5 to $5 per square foot. Plots are available in various sizes. A $10 deposit is also required.

Spring 2003 sign up dates are:
Returning Gardeners:
February 5, Wednesday, 7:30 pm, UF&M
February 8, Saturday, 10 am, UF&M

New Gardeners:
March 5, Wednesday, 7:30 pm at UF&M
March 15, Saturday, 10 am at UF&M
April 9, Saturday, 10 am at UF&M

Call 539-8763 for more information.
Reptiles and Amphibians of Kansas

We will begin the class with a photographic slide show to review common amphibians and reptiles of eastern Kansas. This review will be followed by a field trip in which we will carpool to one or more sites in Riley County to see and capture amphibians and reptiles. Topics covered will include identification, handling, natural history (habitat and food items), safety and responsible study of amphibians and reptiles in their natural habitats. This class will be entertaining and provide useful information for all age groups. Students need not stay for the entire field trip. If you get tired you can call it a day, but those interested in finding more amphibians and reptiles will be able to do so with the instructor throughout the afternoon. It is suggested that you bring along water and a snack or light lunch in your plan to stay for the entire field trip.

Ryan Bohmert (532-0123) is a Ph.D student in Biology at Kansas State University. He is a mammalogist by trade but has an interest in the natural history of birds, amphibians, and reptiles, as well. For the past five years, he has traveled throughout the state to observe reptiles and amphibians in their native habitat.

Date: April 12 (Saturday)
Time: 8:30 - 4:00 pm
Fee: $8 individual / $12 family
Location: UFM Conference Room

Zoo Keeping 101

Did you ever wonder what it would be like to be a zookeeper? Now is your chance to find out. You will discover what is needed to be a zookeeper and work along side with an animal keeper at Sunset Zoo. Participants must bring weather appropriate attire and sign a release form to participate with an animal keeper. Enrollment is limited to 4 adults.

Schanne Anderson (587-2727) has been the curator of Education at Sunset Zoo since 1992. She has a BA in Environmental Service and a MS in Elementary Education. Her hope is to inspire conservation of the natural world through fun, educational activities.

Date: March 8 (Saturday)
Time: 1-5 pm
Fee: $10
Location: Sunset Zoo

Zoo Keeping 101 - EN13a

Date: March 10 (Sunday)
Time: 1 - 5
Fee: $10
Location: Sunset Zoo

Slumber Safari at Sunset Zoo

Did you ever wonder what goes bump in the night at Sunset Zoo? Now is your chance to find out by spending the night at Sunset Zoo. Overnight guests will participate in animal enrichment activities, watch an animal ambassador program, take a nocturnal hike, discover some behind the scenes areas, and sleep outside in the covered pavilion. Evening snack and continental breakfast provided. Guests must bring sleeping gear and personal toiletries. Tent are not needed. Must be 19 years of age or older.

Schanne Anderson
Date: April 11 - 12 (Friday and Saturday)
Time: 6:30 pm - 8:30 am
Fee: $28
Location: Sunset Zoo

Zoo Keeping 101 - EN13c

Date: April 19 (Saturday)
Time: 8:30 am - 12:30 pm
Fee: $10
Location: Sunset Zoo

Pet First Aid and Safety

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, splint broken bones and treat for shock; Prevent and handle poisoning; Take care of your pet if bitten by a snake; Handle sudden illnesses, including car sickness; Treat your pet for extreme heat or cold, and more! Please bring a stuffed animal to class. No live animals please.

Lara Iann has been an American Red Cross Health and Safety Instructor since 1997. She is a current resident of Geary County, KS since 1984. She has been involved with the Manhattan Kansas Kennel Club since 1999 and currently is their Public Education Coordinator.

Date: March 20 (Saturday)
Time: 10:00 am - 4:00 pm
Fee: $26 per participant, $12 each additional family member
Location: UFM Conference Room

Pet First Aid and Safety

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Date: March 20 (Saturday)
Time: 10:00 am - 4:00 pm
Fee: $26 per participant, $12 each additional family member
Location: UFM Conference Room
Language

1221 THURSTON 539-8763

French Language

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

Emilie Rabot (587-9293), a naturalized citizen, is originally from Tanta, Egypt. Her training course, "Stage du 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: February 7-28 (Thursday & Friday)
Time: 10-11 am
Fee: $41
Location: UFM Fireplace Room

French Language

LA-02b
Emilie Rabot

Date: April 3-25 (Thursday & Friday)
Time: 10-11 am
Fee: $41
Location: UFM Fireplace Room

Beginning Sign Language

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

Aimaz Rae McLain (241-2453) has worked as an interpreter in Kansas City for four years. For the past two years she has worked for the Manhattan schools. Toni Kroll (587-0600) has over 11 years of experience with sign language. She graduated with an Associates Degree, ITP, in American Sign Language in 1989. Toni was an interpreter in Washington D.C. for 3 years, and was involved with the deaf community. She also worked for seven years in Seattle as an interpreter.

Date: January 22- March 12 (Wednesday)
Time: 7:50-8:50 pm
Fee: $56
Location: Justin Hall, Rm 149

Survival English

LA-05a
This class will help students in procuring Driver's Licenses and other certifications to allow them to function in the framework of governmental bodies within the U.S. Available opportunities for citizens in the country, state and city will be outlined for students. Students will be assisted in reading magazines, newspapers, and ads. Students will also listen to tapes where proper English is used by American speakers. They will then use proper English themselves and listen to their own pronunciation.

Rae Orgeron has a BA from the University of Southwestern Louisiana at Lafayette, where she developed a program for Lafayette Parish. Here she taught nine different nationalities, tapping the program for use in the future by other instructors. After teaching there four years, she left to organize a survival English course at Capel on campus at LSU, Baton Rouge, and that is the course offered at UFM. Many of the methods used in current courses were obtained from nationwide instructors at seminars throughout the country.

Date: February 17-March 12
(Monday & Wednesday)
Time: 6-8 pm
Fee: $60
Location: UFM Multipurpose Room

Beginning Sign Language

LA-03b
Aimaz Rae McLain & Toni Kroll

Date: March 26-May 7 (Wednesday)
Time: 7:50-8:50 pm
Fee: $49
Location: Justin Hall, Rm 149

Sign Language II

LA-06a
This class is for those who have a basic knowledge of sign language and would like to continue learning. Vocabulary previously learned will be enhanced by learning how to use it in everyday conversation. The instructors will adjust the format to meet students' needs.

Aimaz Rae McLain & Toni Kroll

Date: January 22-March 12 (Wednesday)
Time: 6:45-7:45 pm
Fee: $53
Location: Justin Hall, Rm 149

Introduction to Spanish for Children

YO-08a
This class will cover the introduction to the basics of the Spanish language. Come and learn to communicate and write in Spanish.

Davide Montevinos and Merah Anderson are both Juniors at K-State, majoring in Elementary Middle School Education. Davide is from El Salvador and fluent in the Spanish language. Merah is minoring in Spanish and has taught introduction to Spanish previously at UFM.

Date: February 3-26 (Monday & Wednesday)
Time: 7:15-8:15 pm
Fee: $32
Location: UFM Banquet Room

Introduction to Spanish for Children

YO-08b
Davide Montevinos and Merah Anderson

Date: March 3-April 2 (Monday & Wednesday)
Time: 7:15-8:15 pm
Fee: $32
Location: UFM Banquet Room

No class March 17 and 19

Beginning Spanish for Adults

LA-11
This class is a basic introduction to the Spanish language which will focus on the four basic skills: listening, speaking, reading and writing. This course is designed as an introduction to everyday Spanish usage. This class includes selected aspects of Spanish culture.

Kate Delia (315-8865) graduated in December of 2002 from K-State with a degree in Modern Languages. She has lived and studied in Spain and is fluent in written and verbal Spanish. She has extensive knowledge of the Spanish culture and its literature.

Date: February 3-March 3 (Monday)
Time: 7:30-8:30 pm
Fee: $33
Location: UFM Multipurpose Room

The Manhattan Star Bed & Breakfast

Exceptional accommodations in the Heart of Manhattan
785-587-9703 www.innmanhattan.com
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 basic technique 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: April 3, 10, 17, 24 (Thursday)
Time: 6 - 7 pm
Fee: $36
Location: Stagg Hill Golf Club

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

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkeley, Mandalia Ballroom, San Francisco; Alhambra Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Pittsburgh Champion. He choreographed and performed in Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

Date: January 31 - March 7 (Friday)
Time: 8:30 - 9:30 pm
Fee: $28 individual / $49 couple
Location: ECM Auditorium, 1021 Denison

Swing and Salsa
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, lunge, shape 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-slip shoes. Having fun is the only requirement.

Michael Bennett (776-7557)

Date: February 1 - March 8 (Saturday)
Time: 7:30 - 8:30 pm
Fee: $28 individual / $49 couple
Location: ECM Auditorium, 1021 Denison

Ballroom Dance
Michael Bennett (776-7557)

Date: April 6 - May 9 (Saturday)
Time: 8:30 - 9:30 pm
Fee: $28 individual / $49 couple
Location: ECM Auditorium, 1021 Denison

Swing and Salsa
Michael Bennett (776-7557)

Date: April 5 - May 10 (Saturday)
Time: 7:30 - 8:30 pm
Fee: $28 individual / $49 couple
Location: ECM Auditorium, 1021 Denison

Middle Eastern Dance (Belly Dancing) RH-11a
Belly dance is an ancient ethnic dance form that supports creativity, fitness, healing, and fun. It is effective in connecting women with their own bodies, with their femininity, with their inner strength and self-esteem. Belly dance is also excellent exercise for flexibility, strength, endurance and weight loss. It is appropriate for women of all ages, shapes and sizes and is gentle enough for people of all fitness levels, including those with previous injuries or physical limitations. Come join us for creative movement and exercise in a positive and fun setting.

Maya Zahra (aka Jane Saxer) began studying belly dance four years ago at UFM under the instruction of Ferdona Aflal. Shortly thereafter, Maya traveled to New York City, where she studied at Serena Studio in the Theater District. She continues to study belly dance today under the instruction of several well-known teachers in the Kansas City area including Masanari, Jamira, Zada al Gathreh, Raya Shaim, and Zaini Ali. Maya’s dance performances include restaurant dancing, international fairs, sidewalk sales, and The K.C. Renaissance Festival. Maya currently teaches belly dance classes in her private dance studio in Lawrence, KS. She taught belly dancing at UFM two years ago and she looks forward to teaching there again.

Date: February 6 - March 13 (Thursday)
Time: 7 - 8 pm
Fee: $40
Location: UFM Fireplace Room

Middle Eastern Dance (Belly Dancing) RH-11b

Date: February 6 - March 13 (Thursday)
Time: 8 - 9 pm
Fee: $40
Location: UFM Fireplace Room

Middle Eastern Dance (Belly Dancing) RH-11c

Date: March 27 - May 1 (Thursday)
Time: 7 - 8 pm
Fee: $40
Location: UFM Fireplace Room

Continuing Belly Dance
This class is for those students who have taken at least one session of Maya’s general belly dance classes. Students in this class will be taught intermediate dance movements and combinations, choreography and veil work.

Maya Zahra (aka Jane Saxer)

Date: March 27 - May 1 (Thursday)
Time: 8 - 9 pm
Fee: $40
Location: UFM Fireplace Room
Golf in Junction City

No More Damsels in Distress!

Come learn classical fencing for women of the 18th century with emphasis on manners, history, diplomacy and strategy without the complex rules and body moves of modern foil and saber. This class will be low aerobic and impact. This is a good stress reliever that relies on precision instead of force.

William Meyer

Date: January 29 - May 7 (Wednesday)
Time: 6 - 7 pm
Fee: $44 with own equipment
$74 for instructors equipment
Location: Ahearn Fieldhouse

Beginning Bowling

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.

Terri Eddy (932-6562) is the Recreation Manager of the K-State Student Union and an experienced bowler. She has held the record for 12 years for the High Women's Scores in the state of Kansas (972). Manhattan Women Bowler of the year for 6 years, and Manhattan City Scratch all event Champion from 1993-1995.

Date: January 23 - May 8 (Thursday)
Time: 10:30 - 11:20 am
Fee: $59
Location: Student Union Bowling Alley, KU

Basic West Coast Swing

This is the basic class for West Coast Swing. West Coast Swing is a unique dance that is not as restrictive as ballroom and not as physical as East Coast variations (jive, jitterbug, lindy). It is similar to the Hustle as seen on American Bandstand years ago. West Coast Swing can be danced to any music (Pop, R&B, Hip Hop, Rock, Country, etc) that is 4/4 time and between 60-120 bpm. The classes will have a laid back atmosphere and the primary goal of the classes will be to have fun while learning some West Coast patterns. No prior dance experience is necessary. Come and get a taste of West Coast.

Erik Holmman has been dancing West Coast Swing since the early 90's, even at the competition level. He started teaching West Coast a couple of years ago.

Date: January 24 - March 7 (Friday)
Time: 7:30 pm
Fee: $30 individual / $50 couple
Location: UPM Fireplace Room

Intermediate West Coast Swing

This is the intermediate class for West Coast Swing. For those who have taken basic West Coast Swing or have learned West Coast somewhere else and need a refresh, this class will go over some of the basic patterns and begin allowing patterns in parallel and crossed positions as well as more complicated turns and tunnels.

Erik Holmman

Date: March 28 - May 9 (Friday)
Time: 7:30 pm
Fee: $30 individual / $50 couple
Location: UPM Fireplace Room
No class March 18

Golf in Junction City

Mike Webb

Date: March 6 - May 8 (Thursday)
Time: 2:30 - 4:30 pm
Fee: $120
Location: Rolling Meadows Public Golf Course
7500 Old Milford Road, Milford
No class March 20 & April 3

Archery for Families

Join us for some fun for the whole family! Archery can be a simple, life-long sport that anyone in the family can enjoy. The instructor will provide all equipment and he will gear the class toward each individual’s needs. Come and have fun with your family and learn a new sport together.

Tom Korte

Date: February 9 - 23 (Sunday)
Time: 6 - 7:30 pm
Fee: $18 Family
Location: 1125 Laramie Plaza, upstairs

Archery for Adults

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

Tom Korte

Date: March 27 - May 8 (Thursday)
Time: 8 - 9:30 pm
Fee: $34
Location: 1125 Laramie Plaza, upstairs

Archery for Youth

The main focus of this course will be to introduce youth to Archery and learn the important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety and introduction to the world of archery. All equipment will be provided by the instructor. Ages 8+.

Tom Korte is a certified national archery instructor NAA level 4. Tom has helped his students compete at a national level and has produced a national champion. He has many years of coaching experience including Archery Instructor for 4-H and shooting Sports Director for Boy Scout Camp. He is presently coaching JOAD club, Manhattan Royal Archers.

Date: February 6 - 27 (Thursday)
Time: 6 - 7:30 pm
Fee: $18
Location: 1125 Laramie Plaza, upstairs

Intermediate Fencing

Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack and blocking.

William Meyer

Date: January 27 - May 5 (Monday)
Time: 6 - 7:30 pm
Fee: $44 with your own equipment
$74 with the use of instructors equipment
Location: Ahearn Fieldhouse. South end of indoor track
No class March 17

Archery for Youths

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

Tom Korte

Date: April 3 - 24 (Thursday)
Time: 6 - 7:30 pm
Fee: $18
Location: 1125 Laramie Plaza, upstairs

Beginning Fencing

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

William Meyer

Date: January 27 - May 5 (Monday)
Time: 6 - 7:30 pm
Fee: $44 with your own equipment
$74 with the use of instructors equipment
Location: Ahearn Fieldhouse. South end of indoor track
No class March 17
Competition Fencing
RH-24
This course focuses on drills and skills in preparation for local and national tournaments in electric foil and epee. Some topics covered include: equipment tuning, referee reading, corps-a-corps, cards, tactical wrist, right-of-way, counter attack and evasion. USFA Membership of FIE license will be required. By permission only.
William Meyer
Date: January 29 - May 7 (Wednesday)
Time: 7 - 9 pm
Fee: $42 with own equipment
$72 use of instructors equipment
Location: Abnew Fieldhouse, South end of indoor track, No class March 19

Ballroom Dance - Salina
RH-25
Learn a variety of Latin and smooth dances such as swing, rumba, cha cha, mambo, waltz, tango and foxtrot. Emphasis will be on posture, dance positions, footwork and partnership. Partners not necessary.
Audrey Lemboubo has been teaching ballroom dancing for 24 years, getting her start and training from the Fred Astaire Dance Studio Organization in Los Angeles, California. She was employed to teach students, train new teachers, choreograph routines for competitions and exhibitions. Audrey has earned several Top Teacher Awards and has won numerous student and professional dance competition trophies in her career. Currently she teaches private and group lessons in her home studio.
Date: January 21 - May 6 (Tuesday)
Time: 7 - 8 pm
Fee: $80
Location: KSU Salina, Tullis Building, No class March 18

Ballroom Dance I
RH-27a
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.
Michael Bennett
Date: January 17 - May 9 (Friday)
Time: 6:30 - 7:30 pm
Fee: $51 individual / $89 couple
Location: ECK Auditorium, 1021 Division, No class March 14th and 21st
Available for KSU credit

Intermediate Golf
RH-31
In this class you will learn more about the short game as well as the full swing. Learn drills that will improve all aspects of your game as well as rules and etiquette to use on the course. Each student will receive a free all day pass for the par 3 Colbert Hill Course upon successful completion of intermediate golf.
Chad Myers is a PGA member and head golf professional at Colbert Hills. He was born and raised in Manhattan and an alumni of KSU and the KSU golf team. He has 15 years teaching experience with all ages and abilities.
Date: April 1 - 29 (Tuesday)
Time: 9:30 - 6:30 pm
Fee: $75
Location: Colbert Hills, 5200 Colbert Hills Drive

Ballroom Dance I
RH-27b
Michael Bennett
Date: January 22 - May 7 (Wednesday)
Time: 6 - 8 pm
Fee: $85 individual / $89 couple
Location: ECK Auditorium, 1021 Division, No class March 19th
Available for KSU credit

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The K-State ACT Center is PROUD To offer this service.
The Enneagram: Nine Ways of Being in the World

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. The second night will 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. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical condition.

Date: February 4 and 11 (Tuesday)
Time: 6:30 - 9:30 pm
Fee: $31 individual / $50 mother-daughter
Location: First Lutheran Church
930 Poyntz

How to RSVP
We will receive invitations in the mail to important events involving weddings, receptions, parties and exhibits. Come join us in this informative and exciting class involving proper etiquette on how and when to RSVP at an event. This class will include information such as checking your calendar, making a proper phone call, and responding before the deadline.

Miss Manners has been instructing classes including proper etiquette and manners on a variety of topics for years. She's excited to share her most recent ideas on how to RSVP.
Date: March 3 (Wednesday)
Time: 11 am
Location: UFM Reception Hall

Optimal Performance
SP-19
Optimal Performance is an introduction to Educational Kinesiology. In this class you will learn the 26 Brain Gym Activities. These simple, easy and quick 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 (571-217-7736) 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 invite your participation in this class.
Date: April 26 (Saturday)
Time: 9:30 am - 4:00 pm
Fee: $67
Location: UFM Conference Room

Introduction to Vedic Chant
SP-28
The Vedas are the ancient wisdom teachings of India. They are the source of numerous arts and sciences, including yoga and ayurveda. The Vedas have been preserved through the ages and passed down to us by the oral tradition of chanting and memorization. In this class we will learn to repeat and chant several chants in Sanskrit. We will also begin to read some Sanskrit translations.
Chanting is fun and very energizing for both body and mind. Beyond this, learning to chant the Vedas connects us with a five thousand year old wisdom tradition.
Ari Franks (537-8224) has been chanting for more than six years. She has studied Vedic chant with TKV Desikachar of Krishnamacharya Vedavaani in Chennai, India and with Sonia Nelson of the Vedic Chant Center, Santa Fe, NM.
Date: February 21, 28 and March 7 (Friday)
Time: 5:30-6:30 pm
Fee: $41
Location: 520 North Juliette, Apt. 2
Understanding Islam
This class will focus on the basic aspects of the Islamic religion. The message of peace, love and the grace of God to the whole world. Including a thorough explication of the five pillars of Islam, the Islamic concept of family, 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.

Qo'ran Gambull is an undergraduate student at K-State and the former secretary of the Islamic Center of Manhattan. Fahed Kamal is a graduate student at K-State in computer sciences.

Date: February 4 - March 13 (Tuesday and Thursday)
Time: 7 - 8 pm
Fee: N/C
Location: Justin Hall, Room 149

Clearing Clutter CF-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 struggling for years with clutter, Elisabeth Janiak and Kate Cashman (537-1911) have been enjoying the effects of space clearing. They operate a consulting business, Clutter Busters.

Date: February 10, 17, and 24 (Monday)
Time: 7-9 pm
Fee: $24
Location: UFM Fireplace Room

Wellness
1221 THURSTON 539-8763

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 cause 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. This course will introduce you to hands-on techniques for self and others, and the history, philosophy, and theory of Jin Shin Jyutsu.

Karma Smith-Grindell (539-3733) is retired from professional careers in teaching and in 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/Esalen massage, Therapeutic Touch and Jin Shin Jyutsu. She is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: January 27, February 3, 10 (Monday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Conference Room

Jin Shin Jyutsu, Self-help Part II WE-02
In Part II, we will focus on developing a deeper understanding and experience the Safety Energy Locks and the Depths in order to be better able to release our tensions and suspened body/mind natural healing and harmonizing capacities. Part II may be taken before Part I.

Karma Smith-Grindell
Date: February 17, 24, March 3 (Monday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Conference Room

Yoga for Beginners WE-03a
"India'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 students will participate in developing a personal practice which meets their 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.

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

Date: February 4 - 25 (Tuesday)
Time: 6 - 7:30 pm
Fee: $32
Location: 520 North Juliette, Apt.2

Yoga for Beginners WE-03b
Ann Franklin
Date: April 8 - 29 (Tuesday)
Time: 6 - 7:30 pm
Fee: $32
Location: 520 North Juliette, Apt.2

The Heart of Yoga WE-05
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 Sutras, 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 comforting sitting. Please wear comfortable clothing and bring a pencil and notepad. You will find the book, The Heart of Yoga, at most bookstores, or on the Internet.

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

Date: January 30 (Thursdays)
Time: 6 - 7:30 pm
Fee: $18
Location: 520 North Juliette, Apt.2

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

Yoga
THE VINIYOGA CONNECTION
Manhattan, Kansas
PRIVATE LESSONS, PRIVATE LEVELS, HIGHLY QUALIFIED EXPERIENCED INSTRUCTORS
Call Ann Franklin 785-537-8224, anyog@hotmail.com

Manhattan Community Garden
Plot Sign up
The Manhattan Community Garden is a UFM sponsored cooperative project located on 5 1/2 acres in the south part of Manhattan at 9th and Riley Lane. Over 160 plots are available on an annual basis. Rent per plot is charged on a sliding scale basis. Water, tools, mulch and advice are provided. Plot rental fees range from 2.5 to 5 cents per square foot. Plots are available in various sizes. A $10 plot deposit is also required.

Spring 2003 sign up dates are:
Returning Gardeners: February 5, Wednesday, 7:30 pm, UFM
February 8, Saturday, 10 am, UFM
New Gardeners: March 5, Wednesday, 7:30 pm at UFM
March 15, Saturday, 10 am at UFM
April 9, Saturday, 10 am at UFM

Call 539-8763 for more information.
Introduction to Yoga
This class is for anyone who is interested in learning more about Yoga without committing to a full session. This one time class will be easy and will help you to feel better physically and mentally. Please wear comfortable clothes that allow for a full range of movement. It is best not to eat within two hours of class. Please bring a towel.

Ana Franklin
Date: January 28 (Tuesday)
Time: 6 - 7:30 pm
Fee: $16
Location: 520 North Juliette, Apt 2

Intro to Massage for Two
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 sports shorts and a t-shirt. Each pair will need to bring a sleeping bag or thick blanket and 2 flat sheets. Pair may include mother-daughter, friends or couples.

Sandy Snyder (537-3607)
Date: March 14 (Friday)
Time: 7 - 8 pm
Fee: $26
Location: UFM Firepace Room

Introduction to Reiki
Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the idea that an unseen "life force energy" or "Chi" flows through us and is what causes us to be alive. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit. Creating many beneficial effects that include relaxation and feelings of peace, security and well being. We will be working in stocking feet. Please bring a towel to class. Each class members will receive a sample treatment.

Sarah English (399-4127) is a teaching Reiki Master with over 3 years experience in Reiki. She has been working with subtle energies, Feng Shui, aquas and chakra's since 1974.

Date: February 24 (Monday)
Time: 7 - 9:30 pm
Fee: $10
Location: UFM Greenhouse

Yoga for Wellness
This class is open to those who have had at least 4 weeks of Yoga with a instructor. Refined 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 be more spontaneous and creative with your personal practice. Bring a towel.

Ana Franklin
Date: February 5 - 26 (Wednesday)
Time: 4:30 - 6:00 pm
Fee: $25
Location: 520 North Juliette, Apt 2

Yoga for Wellness
Date: April 9 - 30 (Wednesday)
Time: 4:30 - 6:00 pm
Fee: $25
Location: 520 North Juliette, Apt 2

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

Sandy Snyder (537-3607) is a licensed Massage Therapist with 26 years experience. She is the owner of Linoconter Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology, Baby and Pet Massage.

Date: March 25 (Tuesday)
Time: 6 - 7:30 pm
Fee: $25
Location: 520 North Juliette, Apt 2

Tai Chi Chuan
The popular Yang style "Short Form" of Tai Chi Chuan will be introduced. Advanced students will practice moves in depth positions of the form. Each class will focus on the strengthening postures. The ancient art of Tai Ch 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 Jane and Basan Paigo, advanced students of Master Cheng Man-Ching. She has been dedicated to the practice for nine years.

Date: February 2 - 23 (Sunday)
Time: 10:30 - 11:30 am
Fee: $41
Location: UFM Firepace Room

Getting Fit with Seated Yoga
This class is designed for seniors and people with physical limitations. We also discuss menopause. The pace is slow, very relaxed and fun.

Barbara Oudlette
Date: March 24 - April 14 (Monday)
Time: 10 - 11:15 am
Fee: $20
Location: First Lutheran Church, 930 Poyntz Ave.
Survival Foods for the 21st Century  FF-03
This class will focus on reasonable food choices for optimal health, highlighting multi-ethnic and down-home dietary wisdom. Kitchen demonstrations and recipes will be included in each session.

Martha Sexton (557-0936) is a native of Manhattan, KS. She earned a degree in education from KSU. In Brazil as well as in the USA, she has celebrated the array of inspirational foods which sustain life on this planet.

Date: February 18 - March 11 (Tuesday)
Time: 9:30 - 7:00 pm
Fee: $21
Location: UFM Kitchen

The Art of Bread Making  FF-06a
In this class you will learn the basic art of bread making. You will learn a short history and take home your creation. You will want to wear clothes you can get messy in.

Calista Wilson was taught bread making from her mother at a young age and continues to bake for her family.

Date: March 6 (Tuesday)
Time: 7:00 - 9:30pm
Fee: $20
Location: UFM Kitchen

Chinese Cooking  FF-06b
Learn the 3 principles involved in making a wonderful Chinese meal. Everyone will learn some basic skills to create several traditional and delicious dishes. On the first night we will have a question and answer session as well as a demonstration and exploration of Chinese cooking. On the second night we will continue this adventure into the mysterious allure of Oriental Cooking and enjoy a meal together.

Florence Wang comes from Taiwan and has prepared Chinese cuisine for over 35 years. She enjoys cooking for friends and family.

Date: February 3 & 10 (Monday)
Time: 7 - 9 pm
Fee: $27
Location: UFM Kitchen

Chinese Cooking  FF-06c
Florence Wang
Date: March 3 & 10 (Monday)
Time: 7 - 9 pm
Fee: $27
Location: UFM Kitchen

A Night of Japanese Cooking  FF-07a
We will gather and make a grand feast. Working together you will learn about Japanese cooking, and leave with some tasty new recipes and a full tummy. The meal will include panko chicken, miso soup, sticky rice, yakitori sauce and possibly more.

Calista Wilson has been feeding her family of six oriental meals for many years, for its health benefits and because it tastes so good.

Date: January 22 (Wednesday)
Time: 6:30 - 9:00 pm
Fee: $28
Location: UFM Kitchen

A Night of Japanese Cooking  FF-07b
Calista Wilson
Date: May 7 (Wednesday)
Time: 6:30 - 9:00 pm
Fee: $28
Location: UFM Kitchen

Look for classes for youth and families throughout the catalog

Discover the Wines of France  FF-04
This class will explore the many regions of France over six classes. Each night we will discuss the history, viticulture and wines of a distinct region of France. During each class we will try the various wines of each region and look at what makes each wine unique. Wines tried will vary from the most simple table wines (perfect for the university to the most complex and unique Grand Crus. Overall you should expect to sample over 75 wines. During each class we will also have a choice from the region we are studying provided by Dean & De Luca. This will be a complete education of French wines. After class you might feel a strong need to fly to France!

January 30 - Alsace
February 6 - Rhone
February 13 - Loire
February 20 - Bordeaux
February 27 - Champagne
March 6 - Burgundy

Scott Benjamin has studied wine in France, Australia and California and has developed his vast knowledge from working within the wine industry for over 10 years. He has previously taught eight very successful classes here at UFM.

Date: January 30 - March 6 (Thursday)
Time: 7 - 9 pm
Fee: $150
Location: UFM Conference Room

Scones  FF-07
A demonstration of making scones and discussion of the wide variety of additions which can be made to these sweet biscuits. Samples will be available.

Ronni Robertson (770-8355) was introduced to scones several years ago and continues to experiment with new additions and collect recipes.

Date: March 6 (Thursday)
Time: 7 - 9 pm
Fee: $12
Location: 1717 Kingwood Drive
Stagg Hill to Sunmac to Kingwood

TEEN MENTORING PROGRAM

Spring Program
- Program open to middle and high school students
- Opportunities to make new friends
- Activities to enhance leadership skills and group interaction
- Learn and improve life skills
- Have fun

Group meets every Wednesday from 3:30 to 5:00 p.m.
Call UFM at 539-8763 for an application or more information
Saving for your Children's Education; Is it Out of Reach? FC-25
We often think about how much would it take to send our children to college or find out about the different plans available for your children's education? Have you heard about the uprise in college costs? For parents, this can be a daunting task. The cost of college can be a significant financial burden. The following tips can help you plan for your children's education:

- Start saving early: Consider opening a college savings account for your children as soon as possible.
- Research scholarships: Look into scholarships and grants that can help defray the cost of college.
- Consider a 529 plan: A 529 plan allows you to save for your children's college education in a tax-advantaged way.
- Consider a home equity loan: A home equity loan can be used to pay for college tuition.

Date: March 3 (Monday)
Time: 7 - 8 pm
Fee: $8
Location: UFM Conference Room

Gain Control of Your Money & Become Debt- Free FC-01
Is there too much month at the end of your paycheck? Do you plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? This class will cover fees and charges to budget with your credit card and create a monthly budget. You will learn to identify critical areas of your finances, so that you can start to take control of your money. Learn to save wisely and reach your financial goals. Everyone attending this class will have the option to get an individual consultation to establish their debt-free date.

Charlene Browson (775-3666) is the instructor for Women & Money, an 8-week program that is offered in both credit and non-credit. She enjoys sharing her knowledge with others to help them develop money skills. Charlene works with a local financial services company.

Date: March 3 (Monday)
Time: 7 - 8:30 pm
Fee: $10 individual / $20 couple
Both Gain Control and Investing
10 individual / $14 couple
Location: UFM Conference Room

Investing in YOUR Future FC-02
Individuals who are in the accumulation phase of their lives, age 25 to 55 years of age, or those who need a home or future college tuition will benefit from this course. Discussion will cover important money management concepts with practical, easy-to-understand language. Using examples you can put into practice. Topics include investing 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. An overview of your options will help you see 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 Browson
Date: March 10 (Monday)
Time: 7 - 8:30 pm
Fee: $8 individual / $12 couple
Both Gain Control and Investing
10 individual / $14 couple
Location: UFM Conference Room

KSU Preparation Course
PPST Prep FC-23
Pre-Professional Skills Test Review Course for Teachers
- Review & practice the three subject areas: reading, mathematics, and writing.
- Learn strategies for successful test-taking, problem solving, and quizzes.

Date: March 26 - April 18 (Tues./Thurs.)
Time: 7 - 9 pm
Fee: $80 (includes Cambridge Test Prep Plus textbook and PPST Guide test with answer explanations, skill review, and practice test)
Location: Justin Hall, Rm 341, KSU
*Dates may be subject to change.

Campaign for Nonviolence — Season for Nonviolence
The season for Nonviolence takes place annually and simultaneously in hundreds of communities from January 30th to April 4th — the dates that Mahatma Gandhi and Martin Luther King were assassinated. The Season for Nonviolence is a 64-day commemoration established in 1998 to further nonviolence teachings. For 64 days participants work to spread the active, pragmatic and transforming messages of nonviolence through their own actions. Please join us and participate in our community's Season for Nonviolence 2003.

Season for Nonviolence Film Series — "Young People Creating Nonviolent Changes in the World"
64 Ways, 64 Days to practice Non-violence publicity campaign
Manhattan Crisis Center, Volunteer Training
Black History and the Underground Railroad Tour
V-Day, Until the Violence Stops, "The Vagina Monologues"
Take a hike on the Kansas
Noontime Yoga for Beginners
PEERS (Peer Educators for the Elimination of Rape) — 3 hour credit course
Manhattan-K-State Peace Cycle 2003
"Cycling for Nonviolence Solutions"

For more information watch for ads, visit the K-State Campaign for Nonviolence (CNV) website at: www.ksu.edu/nonviolence, or call us, 532-6444.
KSU Credit Courses

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

Scuba Diving in Salina
This course will prepare students for Open Water certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physical 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. Travel and lodging are at the student's expense. Students must provide their own mask, fins and snorkel.

Jeff Wilcox
Date: January 30 - March 13 (Thursday)
Time: 6:30 - 11:00 pm
Fee: $321
Location: YMCA, 570 YMCA Drive, Salina

Ballroom Dance in Salina
Learn a variety of Latin and smooth dances such as swing, rumba, cha cha, mambo, waltz, tango and foxtrot. Emphasis will be on posture, dance position, footwork and partnership. Partners not necessary.

Audrey Landale
Date: January 21 - May 6 (Tuesday)
Time: 7 - 8 pm
Fee: $256
Location: KSU Salina, Tullis Building
No class March 18

Ballroom Dance I
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 position, leading and following, and a variety of steps will be emphasized. The interplay between the partner will be taught.

Michael Bennett
Date: January 17 - May 9 (Friday)
Time: 6:30 - 7:45 pm
Fee: $159
Location: ECOM Auditorium, 1021 Denton
No class March 14th and 21st

Scuba Diving
This course will prepare students for Open Water certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physical 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. Travel and lodging are at the student's expense. Students must provide their own mask, fins and snorkel.

Jeff Wilcox
Date: February 3 - March 10 (Monday)
Time: 6 - 10 pm
Fee: $296
Location: YMCA, 1703 Melba Lane, Junction City

Ballroom Dance II
This class will emphasize dancing with your partner and learning the routine: foxtrot, waltz, rumba and tango. Prior dance lessons required.

Michael Bennett
Date: January 17 - May 9 (Friday)
Time: 8 - 9 pm
Fee: $159
Location: ECOM Auditorium, 1021 Denton
No class March 14th and 21st

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

Tom Korte
Date: January 23 - March 15 (Thursday)
Time: 8 - 9:45 pm
Fee: $159
Location: 1125 Lamarie Plaza, upstairs

Beginning Fencing
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, saber) 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 fingers and wrists. Understanding fencing also has wide application off the strip–integrating diplomacy, aggression, speed and skill. This course may not be repeated for credit.

William Meyer
Date: January 27 - May 5 (Monday)
Time: 6 - 7:30 pm
Fee: $159
Location: UFM, 1221 Thurston
No class March 17

Ballroom Dance I
Michael Bennett
Date: January 22 - May 7 (Wednesday)
Time: 8 - 9 pm
Fee: $159
Location: ECOM Auditorium, 1021 Denton
No class March 9th

Ballroom Dance II
Michael Bennett
Date: January 17 - May 9 (Friday)
Time: 8 - 9 pm
Fee: $159
Location: ECOM Auditorium, 1021 Denton
No class March 14th and 21st

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

Date: January 27 - May 5 (Monday)
Time: 7:30 - 9 pm
Fee: $159
Location: UFM, 1221 Thurston
No class March 17

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Fly Fishing

Paul Sedam

Date: February 17 - February 27 (M, T, W, TH)
Time: 6:30 - 8:30 pm
Fee: $169
Location: Susan B. Anthony Middle School
2501 Browning Avenue

Fly Fishing

Paul Sedam

Date: March 3 - March 13 (M, T, W, TH)
Time: 6:30 - 8:30 pm
Fee: $169
Location: Susan B. Anthony Middle School
2501 Browning Avenue

Golf

Jim Gregory

Date: March 5 - April 30 (Wednesday)
Time: 3:30 - 5:30 pm
Fee: $178
Location: 4441 Ft Riley Blvd. Stagg Hill Golf Club
No class March 19

Judo I

Date: January 21 - May 8 (Tuesday & Thursday)
Time: 8:45 - 9:45 pm
Fee: $138
Location: UFM, 1221 Thurnston
No class March 18th and 20th.

Judo II

Date: January 21 - May 8 (Tuesday & Thursday)
Time: 9:45 - 10:45 pm
Fee: $138
Location: UFM, 1221 Thurnston
No class March 18th and 20th.

Golf in Junction City

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

Mike Webb

Date: March 5 - May 7 (Wednesday)
Time: 9:30 - 11:30 am
Fee: $178
Location: Rolling Meadows Public Golf Course
7550 Old Millford Road, Millford
No class March 19 & April 2

Golf in Junction City

Mike Webb

Date: March 5 - May 6 (Saturday)
Time: 2:00 - 4:30 pm
Fee: $178
Location: Rolling Meadows Public Golf Course
7550 Old Millford Road, Millford
No class March 20 & April 3

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
Acquatics Fitness Instructor
Page 6

Introduction to Digital Photography
Page 10

Contact Charlene at 539-8763 for more information.
Thanks for Your Support!

We wish to thank the following contributors for their financial assistance during 2002. These donations help underwrite the general operating costs and scholarships that make our program services possible.

LIFELONG LEARNER
- Acowsor Systems
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- Chelsea White

UFM Can Accept Donations in Many Forms

We will be glad to find a way to make a UFM donation fit your budget and convenience.

- **Teach a Class**—Donating your time to teach a UFM class can be deducted from your taxes at a dollar value.
- **Stocks and Securities**—UFM has a brokerage account that can accept donations of appreciated stock and other securities.
- **Put Us in Your Will** for future assistance.
- **Equipment, Supplies or Services**—UFM often has need for carpentry, yard care, miscellaneous equipment and specialty supplies. A donation in this area is also tax deductible.
- **Cash**—One-time payments, monthly or quarterly installments, credit card, billed or direct deposit.

Call Linda at 539-8763 for details.

What will a donation buy?

Gifts to UFM may be designated in several ways.

- **General Operations**—Keeps the catalog coming with a wide array of class choices and supports service projects.
- **Endowment Fund**—Supports long term program success.
- **Scholarship Fund**—Provides scholarships to adults and children with financial challenges.
- **Program/Series Sponsorship**—Sponsor a class, a series, or an entire section of the catalog that interests you.
- **Program/Series Endowment**—A gift of $5,000 or more can ensure a regular series of classes/lectures around a topic of your interest.

Call Linda at 539-8763 to discuss these options.

It's not too late to become a UFM Sponsor. Return the coupon below with your deductible contribution.

YES!
I WANT TO SUPPORT UFM!

I wish to donate: [ ] $10 [ ] $25 [ ] $50 [ ] $100 [ ] Other

I would like to be billed in: [ ] installments.

Call me regarding a gift to UFM.

Name:
Address:
City:

Home Phone
Work Phone
State:
Zip:

1221 Theorton, Manhattan, KS 66502
(785) 539-8763
ON CAMPUS REGISTRATIONS

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

**DATE** | **TIME** | **LOCATION**
--- | --- | ---
Jan. 21 | 10 am - 2 pm | KSU Union
Jan. 22 | 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 when we receive your payment unless you hear from us that the class is full. Feel free to call us to inquire about our receipt of your registration.

Please share any concerns you may have about class material, an instructor, or any other problems by calling 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.

BOARDS OF DIRECTORS

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<td>Sharon Brookshire — Treasurer</td>
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<td>Linda Inlow Turner — President and CEO</td>
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ANSWERING MACHINE

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

Gott 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 ufm@ksu.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 capabilities provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor’s abilities.

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor’s financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling 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 we may reach you or leave a message. We reserve the right to cancel any class.

REFUND POLICY

We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the start 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.

INCLUSION WEATHER POLICY

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

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 fine 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 6 or fewer KSU 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. A student withdrawing 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
**SIGN UP NOW!!**

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

**UFM Community Learning Center**
1221 Thurston
Manhattan, KS 66502
539-8763

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Tax Deductible Donation

Total

I hereby authorize the use of my Visa □ MasterCard □ Discover □

Card Number:
Expiration Date:
Cardholder's Name (Please Print):
Cardholder's Signature:

Participant Statistics: KSU Student □ KSU Faculty/Staff □ R Riley □ Other □

Where did you obtain your catalog?

A class I would like offered

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

Signature:
Date:

*Signature of Parent or Guardian required for minors.*

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Total Paid: □

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

**UFM Community Learning Center**
1221 Thurston
Manhattan, KS 66502
539-8763

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**Register by phone:** Call 539-8763 during business hours and use your Mastercard, Discover, or Visa. Please have your card number and expiration date ready.

**Register by Mail:** Complete the form below and mail it with your check, money order, or credit card to: UFM Class Registrations, 1221 Thurston, Manhattan, KS 66502-5299.

**Register in Person:** Stop by the UFM house, 1221 Thurston between 8:30-12 and 1:00-5:00 (Monday thru Friday).

- Flexible registration—register by phone, mail, or in person
- Discounts—find the fake class and win $1.00 off any UFM class. Youth scholarships are also available.
- Enrollment office hours are between 8:30 & 12:00 and 1:00 & 5:00, Monday thru Friday.